



The Harbour

COMMUNITY • CONNECTION • CULTURE

March 2013

Official Newsletter of the Chelsea Harbour Homeowners Association

Volume 4, Issue 3

Beautification Committee News

The Chelsea Harbour Beautification Committee is getting geared up to start awarding Yard of the Month again so it is time for you to start thinking about what you can do to make your yard a contender this year. A great yard starts with a great lawn. You may have noticed how nice the plantings in our common areas are looking as well as our large grass areas. Our neighborhood landscaper is Palma Landscaping. They have been doing a great job for us for a while now and they would also like to help you with your yard. The Beautification Committee and Palma Landscaping are working together to offer our neighbors a weekly front and back lawn cut for \$18. If you think you would be interested in getting in on this deal and making sure your yard looks great all summer please email the Chairperson of the Beautification Committee at secretary@chelseaharbourhoa.com.



Home Owner Assessment Fee

Thank you so much to all the homeowners who paid their annual fees on time. It is very important to have the funds necessary to run our lovely neighborhood. Trash must be picked up, street lights must be on, the common areas must be maintained and to do all that takes money. It is never too late to pay your dues, but to avoid any late charges please pay on time each year. You can pay on-line at www.realmanage.com. Please remember, if you don't pay your annual dues your trash service will be suspended. Please take a minute to check your information on the web page and make sure the email address is up to date. If you register your email address in your resident portal you get all the electronic information from our property managers. Thanks again for supporting your community and your neighbors by taking care of your financial responsibilities on time each year.

Having a Party This Spring?

Are there bridal showers, baby showers, or graduation parties in your future? The Clubhouse at Chelsea Harbour makes a great event location. The fee for renting the clubhouse is \$300 per event. A \$250 security deposit is required and is refunded once the keys are returned and the cleaning is verified. Clubhouse rental includes the large room with tile floors and a complete kitchen with full size refrigerator, stove and microwave. There is a double sink with garbage disposal but no dishwasher. There are men's and women's restroom facilities. The storage closet holds six 6-foot folding tables and 80 folding chairs. Alcohol can be consumed at events as long as uniformed Police Officers are hired for the event. All events at the clubhouse must conclude by 12:00 a.m.

Your neighborhood clubhouse is convenient, reasonable, and easy to use. For information about renting the clubhouse please email Valerie Silva at Real Manage. She will be able to take your reservation, provide the proper forms and explain the process. You can reach Valerie at valerie.silva@realmanage.com

COMMUNITY CONTACTS

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*To email all board members -
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MANAGEMENT COMPANY

REAL MANAGE - www.RealManage.com
2000 S. Dairy Ashford, Suite 120 - Houston, Texas 77077
Phone: 1.866.473.2573 (7:30am to 7pm M-F)
Fax: 1.866.919.5696

Community Manager: Jaine Prieto

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March is National Nutrition Month

National Nutrition Month® is a nutrition education and information campaign sponsored annually by the Academy of Nutrition and Dietetics. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. Check out all their great information at <http://www.eatright.org/nnm/>

The web site is full of information including tips for eating healthy for kids and on the run. It also includes interactive games like Nutrition Sudoku and Fact or Fiction. Here are few tips for older adults who want to eat right.

1. Make half your plate fruits and vegetables
2. Make half your grains whole
3. Switch to fat-free milk, yogurt and cheese
4. Vary your sources of protein
5. Cut back on sodium and empty calories
6. Enjoy your food but eat less
7. Be physically active your way

SUDOKU

6	1	8		2	9	3		
			5				9	
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3	8		4	5				
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	6							
	3			1		4		

View answers online at www.peelinc.com

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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

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A Focus on Healthy Snack Ideas

By: Concentra Urgent Care

March is National Nutrition Month. Celebrate by trying out some of these healthy snack ideas:

- Whole grain bagel with melted low fat or non-fat cheese
- Baked tortilla chips and salsa
- Cereal (preferably whole-grain) and low-fat or fat free milk
- Homemade trail mix of wheat or bran Chex or cheerios, pretzels, raisins, and nuts
- Whole wheat toast with butter or margarine and jam
- Baby carrots, broccoli, cauliflower, or celery and yogurt-based dip
- Fruit, including fresh, frozen, canned, or ready-to-eat fruit, such as apples peeled and sliced, oranges cut into sections, cantaloupe and pineapple in bite-sized cubes, or fruit salad
- Fruit shake or smoothie made with frozen fruit and a cup of fat free or low-fat milk or yogurt
- Vegetable soup
- Bean burritos or burrito bites containing canned, fat-free refried beans, low-fat cheese, and salsa on a tortilla – roll up and cut into bite-sized pieces
- Tortilla roll-ups: spread chicken breast strips, salsa, and lettuce on a tortilla. Roll up and cut into bite-sized pieces. Or, leave out the tortilla and roll up the chicken and salsa in the lettuce
- Yogurt, alone, or as a dip or topping for fresh fruit
- Layer fruit, yogurt and grape-nuts in a glass for a parfait
- Nuts
- Peanut butter on graham crackers
- Peanut butter on sliced apple or celery
- Milkshake made with nonfat or low-fat frozen yogurt
- Sugar-free pudding or Jello cup
- Oatmeal raisin or peanut butter cookies and fat free or low-fat milk
- Zucchini or pumpkin bread
- Low fat Cottage cheese and fruit
- Turkey sandwich on wheat bread
- Granola or cereal bar



For more information about healthy snacks and diets, contact your health care provider, your Concentra health specialist, or visit the Department of Health and Human Services at: <http://www.health.gov/dietaryguidelines/dga2005/recommendations.htm>

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OFFICIAL PRELIMINARY FOR MISS TEXAS & MISS AMERICA SCHOLARSHIP PAGEANT

Cy-Fair Area is set for two days of pageants as Miss/Miss Teen compete on March 23rd & Princess Divisions on March 24th, 2013. The 2013 Miss Cy-Fair Houston Pageant, hosted by Cy-Fair Houston Chamber of Commerce, takes the big stage in its Fourth Annual Pageant on March 23th, 2013 at 6pm for all Miss & Miss Teen Contestants at Berry Center, 8877 Barker Cypress Road, Cypress, TX 77433. All Princess Contestants will compete on the following day, March 24th, 2013 at Berry Center. Applications are now being accepted via fax or mail. No Checks accepted.

"We are excited about the Miss division being accepted into the Miss America Scholarship System as a preliminary for Miss Texas. This will allow the outstanding young ladies of this area to show their leadership skills and shine on a national level," States newest 2013 Cy-Fair Houston Pageant chair & Co-Director Blaire Pancake. (Former Miss Tennessee 2006 & also current Cy-Fair resident.) With initial buzz in NW Houston about the new Prelim status of the Miss division, back with continued success and support are the Miss Teen (Ages 15-17), Junior Princess (10-14), Little Princess (6-9) and Tiny Princess (4-5) divisions.

"With the popularity and growth of this pageant we feel that the Committee has selected the best age group divisions for 2013. We expect a great turnout for this year and have seen continued success for every contestant year after year." Said Pageant Director Casey Cargle.

DID YOU KNOW?

As an official state preliminary competition to the Miss America Program, Miss Cy-Fair Houston is part of the largest provider of educational scholarships to women in the world, awarding over \$45 million in scholarships each year.

Reigning Miss Cy-Fair Houston, Kyndal Irwin attends Cypress Ranch High School while also volunteering at BARC Animal Shelter and Houston Zoo as she plans to become a zoo veterinarian.

With Miss Division now preliminary status for Miss Texas the following guidelines are in place for 2013:

MISS CY-FAIR HOUSTON MISS DIVISION REQUIREMENTS

No entry fee: Just a \$100.00 refundable deposit will be required to hold spot. It will be refunded at pageant.

Age Requirements - Between the ages of 17 & 24 years of age.

Must be 17 of age and a High School Senior by the time of their first appearance in the preliminary round of the local or state competition. Must be no older than twenty-four (24) years of age on December 31, 2013. Must live or attend school within the inside boundaries of North of IH10-West, West of IH45 North, South of Hwy 21 and North of Loop 610. See Map for clarification.

Phases of Competition

- Private interview with a personal platform – 10 minutes in Length
- Physical fitness in swimsuit
- Talent – up to 90 seconds in length
- Evening wear in gown of choice
- On stage question

MISS CY-FAIR HOUSTON TEEN DIVISION REQUIREMENTS

(Note: Not a Prelim to Miss Texas)

Cost \$250

Age Requirements - Between the ages of 15 & 17.

Interview, Evening gown, Casual Dress and On Stage Questions

Winner, 1, 2, 3, Most Photogenic and Miss Congeniality

Winner receives \$1,000 Scholarship, crown, sash

Deadline for applications: March 11, 2013

JUNIOR PRINCESS DIVISION REQUIREMENTS

(Note: Not a Prelim to Miss Texas)

Cost \$150

Party dress, no glitz

Contestants will pose and state name and what they would like to be at microphone on stage. Winner receives: crown, sash and VIP goody bag

LITTLE PRINCESS DIVISION REQUIREMENTS

(Note: Not a Prelim to Miss Texas)

Cost \$150

Party dress, no glitz

Contestants will pose and state name and what they would like to be at microphone on stage. Winner receives: crown, sash and VIP goody bag

TINY PRINCESS DIVISION REQUIREMENTS

(Note: Not a Prelim to Miss Texas)

Cost \$150

Party dress, no glitz

Contestants will pose and state name and what they would like to be at microphone on stage. Winner receives: crown, sash and VIP goody bag

SPONSORSHIPS AVAILABLE FOR 2013 PAGEANT

The Miss Cy-Fair Houston Pageant is proud to have To the 9's Boutique as the Pageant Underwriter for the 2013 pageant. Other pageant sponsors include: Autumn Leaves Florist and Gifts, Cypress Fairbanks Medical Center, Kwik Kopy Business Solutions, Kids R Kids Learning Academy, Your Community Magazine, The Joint... The Chiropractic Place, Massage Envy and Wax Center. Tangible donations for contestant goody bags and contestant sponsors are also needed for the pageant. Advertising space is available in the pageant programs.

PAGEANT SPECIFICS:

2013 Cy-Fair Houston Pageant Miss/Miss Teen Divisions, Saturday March 23rd at 6pm

2013 Cy-Fair Houston Princess Divisions, Sunday March 24th at 3pm

Both Pageants will be held at Berry Center, 8877 Barker Cypress Road, Cypress, TX 77433.

For more information about the Cy-Fair Houston Pageants, including official rules and entry forms, or sponsorships opportunities, call Casey Cargle at (281) 373- 1390 or email her at Casey@cyfairchamber.com. Information is also posted on the following sites:

[www.facebook.com/Miss Cy-Fair Houston Pageant](http://www.facebook.com/Miss-Cy-Fair-Houston-Pageant)

www.MissTexas.org

www.MissCyFairHouston.com



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CRIME PREVENTION FOR YOUR HOME

Doors & Windows

- All exterior doors should be solid core or of metal construction.
- All entry doors should be equipped with a good quality deadbolt lock having a minimum of a one inch throw.
- A good quality double cylinder deadbolt lock should be used if there is glass within 40 inches of the lock. If using such a lock, be certain a key is readily available in case of emergency. In all cases, use a heavy duty strike plate with Number 12 gauge 3" woodscrews.
- All exit doors without side hinges should have their hinges pinned. Install a peephole with at least a 180 degree viewing area.
- Secure all sliding doors with an anti-lifting device and a secondary locking device, and install secondary locking devices on all windows.

Exterior & Landscape

- Install lighting in areas around doors, walkway, and driveways.
- Use inexpensive timers to automatically turn the lights on and off at dusk and dawn. Do not leave ladders or tools outside. They can assist someone in gaining entry.
- Be certain your shrubs/trees do not hide your address & it is visible so if necessary, emergency personnel can find your home quickly.

Alarm Systems

- Choose a reputable, well established company.
- Learn how to use your alarm system properly to reduce false alarms (fines can be assessed for false alarms).
- Do not write your alarm code/password on or near the alarm keypad. Put a warning sign on windows and entrances.
- Be certain your alarm call-back list is up-to-date.
- Additional Information
- Acknowledge all callers through locked doors and/or your peephole.
- Keep doors, windows and garage doors closed and locked, even when you're at home. Draw all curtains and shades at night to prevent viewing from the street.
- When traveling, keep your home looking lived-in by having the grass cut, mail and newspapers picked up and lights turned on and off with a timer.
- Before moving into a new house, re-key or change all exterior locks and also change the code to your garage opener.
- Engrave valuables with your Texas driver license (preceded by the letters "TX"). Engravers are inexpensive and are available in hardware departments.





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