



The Harbour

COMMUNITY • CONNECTION • CULTURE

July 2013

Official Newsletter of the Chelsea Harbour Homeowners Association

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Do Your Part to Keep Our Lakes *Beautiful*

Our neighborhood is unique. Most lake neighborhoods only allow home owners to look at the lakes or interact with the water in public areas. We are fortunate to have backyard access to our lakes. We all enjoy the lakes in a variety of ways. We have neighbors who canoe, kayak, paddle board, feed the fish, meditate, and boat around the lake. It is relaxing to sit out back and look at the water. The wildlife is interesting and the breeze created in our backyard micro-climate makes hot summer days more enjoyable. Along with the opportunity to enjoy the water comes a responsibility to protect the lakes. The best plan is to keep everything out of the lakes. Watch for trash blowing from your yard along with coolers, plastic toys, balls, trash cans, buckets, etc...

The Lake Management Company comes every Thursday and clean trash out of our lakes. The number one enemy of the fountains is plastic bags. If you see a plastic bag or other floating plastic items in the lake please remove it if you can do so safely. Keeping one plastic bag from being stuck in a fountain may save thousands of dollars. Our fountains are between seven and nine years old. They are nearing the end of their useful lives and the Board has a replacement plan ready when one fails.

Thanks for keeping the lakes safe and clean by watching the chemicals that you use around your yard and dock. Remember, our lakes are our most important amenity. The lakes make this community unique and desirable. With all of us working together our property values will continue to increase as our area develops. When the weather warms up a bit get outside and enjoy your lake!



Are the lights on but nobody's home?

Please only light your backyard when you are using it. We all share our backyards and because of this, what you do in your backyard affects other home owners in a way that doesn't happen in most neighborhoods. Please check your backyard light periodically. Some homeowners leave backyards lights on every night all night. If you feel that you need security lights in your backyard you must put them on motion detectors. Leaving your lights on can ruin your neighbors enjoyment of their backyard. Thank you for allowing your neighbors to enjoy the natural moonlight and meditate in peace. Thank you for being a considerate neighbor.

Leaving lights on is a violation of the deed restrictions. (CCR-Article 4-D) If your neighbors are shining their lights into your yard and home at night you can log into the resident portal and notify the management company. When these constant light situations are reported to the management company violation notices are sent to the homeowner. You can log on to the Resident Portal at <https://www.realmanage.com/>.

Drive Slowly in the Neighborhood

Please watch out for your neighbors! Drive slowly and friendly. We should be extra cautious on our narrow streets. We would all feel terrible if two neighbors had an accident! Our neighborhood is full of pedestrian walkers and bike riders. Children are on their bikes going from house to house or to the pool and playground. Driving slowly lets you look out for them. Obey all the stop signs in the neighborhood. When you drive safely your travel time doesn't change much, you arrive in one piece at your destination and you follow the law. Next time you feel like you are in a hurry and want to drive fast just think about how long it could take you if have an accident.

COMMUNITY CONTACTS

BOARD OF DIRECTORS

President, William Leepresident@chelseaharbourhoa.com
Vice President, Mark Owczarczak
Treasurer, Dan Turner treasurer@chelseaharbourhoa.com
Secretary, Gloria Smith secretary@chelseaharbourhoa.com
Director, Dan Turner at-large@chelseaharbourhoa.com
Director, Don Charly at-large@chelseaharbourhoa.com

*To email all board members -
Board@ChelseaHarbourHOA.com*

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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NEWSLETTER INFO

ARTICLE SUBMISSIONS

Gloria Smith secretary@chelseaharbourhoa.com

NEWSLETTER PUBLISHER

Peel, Inc. 888-687-6444, www.PEELinc.com
Advertising..... advertising@PEELinc.com

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Chelsea Harbour Community Events

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GOLFCARTS AND TEXAS LAW

There have been numerous questions about golf carts and other non-standard motor vehicles in Fairfield. Golf carts may be driven on roadways in the Fairfield community with certain restrictions. According to a Texas Attorney General opinion, golf carts are considered motor vehicles and do require a licensed driver. In order to be driven on the roadways, golf carts must meet the following guidelines:

1. The road has a posted speed limit of 35 mph or less;
2. Must have the following equipment:
 - a. headlights;
 - b. taillights
 - c. reflectors;

- d. a parking brake;
- e. mirrors; and
- f. slow-moving vehicle emblem.

Golf carts do not require registration or insurance but drivers and/or owners of a golf cart would be responsible for damages caused by their golf cart. No vehicles, whether golf carts or all terrain vehicles, may be driven on the green belts, sidewalks, or other public property. All terrain vehicles or other vehicles that are not golf carts are expressly forbidden. Law Enforcement officers explained the law at the May 2013, Home Owners Association meeting and have expressed their intent to ticket violators of these laws.

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A FOCUS ON HEAT EMERGENCIES

Healthy Tips To Stay Cool In Extremely Hot Weather

By: Concentra Urgent Care

Heat emergencies fall into three categories of increasing severity:

Heat Cramps, Heat Exhaustion, and Heatstroke.

Heat illnesses are easily preventable by taking precautions in hot weather. Children, elderly, and obese people have a higher risk of developing heat illness. People taking certain medications or drinking alcohol also have a higher risk. However, even a top athlete in superb condition can succumb to heat illness if he or she ignores the warning signs. If the problem isn't addressed, heat cramps (caused by loss of salt from heavy sweating) can lead to heat exhaustion (caused by dehydration), which can progress to heatstroke. Heatstroke, the most serious of the three, can cause shock, brain damage, organ failure, and even death.

SIGNS AND SYMPTOMS:

Heat Cramps

- Sweating
- Pain in arms, legs, and abdomen
- Heat Exhaustion
- Moist, pale skin
- Fatigue and fainting
- Dizziness and lightheadedness
- Headache and confusion
- Nausea and vomiting
- Rapid pulse and breathing

Heat Stroke

- No sweating
- Dry, hot, red skin
- Confusion/loss of consciousness
- Rapid pulse
- Temperature over 103° F
- Seizures

CAUSES:

The following are common causes of heat emergencies:

- High temperatures or humidity
- Dehydration
- Prolonged or excessive exercise
- Excess clothing
- Alcohol use
- Medications, such as diuretics, neuroleptics, phenothiazines, and anticholinergics
- Cardiovascular disease

WHAT TO DO IN HEAT EMERGENCIES...

First Aid

1. Have the person lie down in a cool place. Elevate the person's feet about 12 inches.
2. Apply cool, wet cloths (or cool water directly) to the person's skin and use a fan to lower body temperature. Place cold compresses on the person's neck, groin, and armpits.
3. If the person is alert, give cool water or sports beverages. It's advisable to drink slowly and steadily, particularly if they are experiencing nausea.
4. For muscle cramps, give beverages as above, and massage and stretch affected muscles gently, but firmly, until they relax.
5. If the person shows signs of shock (bluish lips and fingernails, and decreased alertness), starts having seizures, or loses consciousness, call 911 and continue cooling procedures, as described above.

DO NOT:

- DO NOT underestimate the seriousness of heat illness, especially

if the person is a child, elderly, or injured.

- DO NOT give the person medications that are used to treat fever (such as aspirin or acetaminophen). They will not help, and they may be harmful.

- DO NOT give the person salt tablets.

- DO NOT give the person liquids that contain alcohol or caffeine. They will interfere with the body's ability to control its internal temperature.

- DO NOT use alcohol rubs on the person's skin.

- DO NOT give the person anything by mouth (not even salted drinks) if the person is vomiting or unconscious.

PREVENTION:

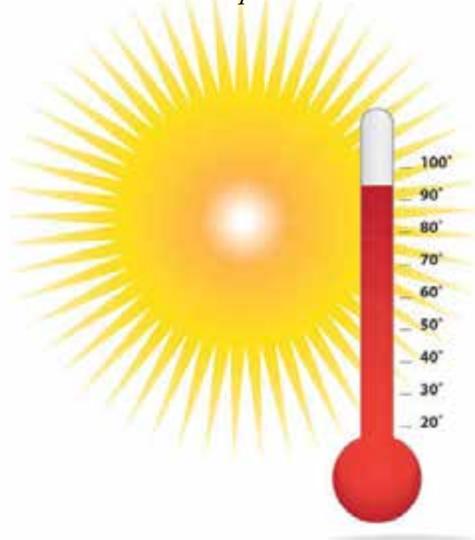
- Wear loose-fitting, lightweight clothing in hot weather.
- Rest regularly in a cool area; seek shade when possible.
- Avoid strenuous physical activity in hot or humid conditions.
- Drink plenty of fluids every day. Drink more fluids before, during, and after physical activity.
- Be especially careful to avoid overheating if you are taking drugs that impair heat regulation, or if you are overweight or elderly.
- Be careful of hot cars in the summer. Allow the car to cool off before getting in.
- Avoid heavy meals and hot foods.

For more information on how to cope with the heat, ask your Concentra health professional, or visit the CDC's Web site at: www.cdc.gov/niosh/topics/heatstress/

References

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July 21: Colin's Hope Kids Got2Swim Pure Austin Quarry Lake. <http://www.tinych.org/got2swim>
August 29: Colin's Hope Got2Swim Lake Austin 10K/10 miler. <http://www.tinych.org/got2swim>
September 8: 5th Annual Colin's Hope Kids Triathlon <http://www.tinych.org/KidsTri>

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