



The Harbour

COMMUNITY • CONNECTION • CULTURE

December 2013

Official Newsletter of the Chelsea Harbour Homeowners Association

Volume 4, Issue 12



HOLIDAY LIGHT Decorating Contest

The Board of Directors would like to take this opportunity to thank all the Chelsea Harbour Homeowners for doing such a wonderful job keeping up their yards over this last spring and summer. A large part of property value is how it looks from the outside.

The holidays are a great time to give our neighborhood some extra bling by adding holiday lights to your landscape. Our homes have beautiful architectural features that look great when highlighted by strings of lights. Tree and bushes can be wrapped with lights or your yard outlined. In our community we all see each other's backyards too. You might want to light your dock or pergola or wind a string of lights through the iron fence.

Our "Keep Chelsea Harbour Beautiful" Committee is sponsoring a Holiday Light Decorating Contest. The winner will be selected on December 8th. Yes that is early but we want to be able to announce the winner in the January newsletter so we need to select a yard early in the holiday season. The yards will be judged by the front yard display only. The weekend after Thanksgiving is a great time to get your holiday decoration up so your family is able to enjoy the decorations for the entire holiday season. The prize is a \$50 Lowe's gift card. Thanks again for taking pride in your neighborhood and keeping your yard looking great all year.

AUSTIN HIGH SCHOOL NEWS

Looking for news about Austin High School - For the latest news, events and information visit our new website AHS Access – CHECK OUT - <http://ahsaccess.weebly.com/>. The final exam schedule is on this website – check it out.

AHS is proud to announce that Hannah Ray was named 2014 National Hispanic Recognition Program (NHRP) Scholars.

Enjoying the cold weather – why not support AHS ProGrad at the same time. Holiday Hay Rides in Pecan Grove - Dec 6 & 7, Dec 13 & 14, Dec 20 & 21 (Fri and Sat nights) – starting at 7:00 pm until 9:00 pm (about 20 minutes). Reservations are recommended for parties of 6 or more. Email: ahsprograd@gmail.com or 281 240 9460 for more info. Check out austinbulldogprograd.weebly.com - click on Fundraisers for full details.

Start cleaning out those closets, garages and homes for our annual garage sale to be held January 19 at Parkway Church! For further information and dates, please check the website: austinbulldogprograd.weebly.com, Facebook: Fort Bend Austin High School ProGrad 2014 or AHS access!

The Austin High School Full Orchestra will present its "Orchestra Midwest Fairwell Concert" on Thursday, December 12 at 7 pm in the Austin High School auditorium. The concert is FREE and opportunity for everyone one to wish them good luck. The Austin High School Choir will present its "Choir Winter Tour" on Friday, December 13 at 7 pm in the Austin High School auditorium.

Yearbooks are on sale. Go to smart-pay.com to order them for a discounted price. There are a limited number, so be sure to reserve your copy. New? Who Knew? If you are a transfer student to Austin High School, we want to get to know you...join the PALS in T8 every Monday morning at 6:55 for New? Who Knew? Don't forget that the school store is open 6:50-7:20 and during all lunches. School supplies and various items are being sold in the school store.

Volunteers are always welcome and needed at Austin High. Send an email to austinvolunteers@gmail.com to get on the volunteer list.

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
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Email all members - Beautiful@chelseaharbourhoa.com

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Members Dan Charly, Seun Mabadeje, Dhiren Desai

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A Happy Holiday SAFETY REMINDER

Fort Bend schools Winter Break is December 23 – January 7. During the holiday season children are home during the day and many families in our neighborhood have visitors during that time. Be extra careful when driving in the neighborhood during the holidays. Going slowly allows you to be able to stop when the unexpected happens; such a child or visitor stepping out into the street. A happy holiday is a safe holiday.

If you plan to be away for the holiday remember to let your neighbors know you will be gone. Stop your mail and newspaper but leave a light on a timer inside your home. It is a good idea not to talk about travel plans on social media. You never know who might be reading about you on the web. It is a good idea to notify your alarm company that you are out of town. Remember you can also let the Fort Bend County Sheriff's office know you will be out of town and they will drive by your home daily.



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Winterize Your Yard

Here are two tips for taking care of your yard this winter:

St. Augustine grass will still need to be mowed and watered through the winter. When you mow leave the grass a bit longer and water a little less than you do in spring, summer and fall. Plan ahead to use a “weed and feed” lawn application in early spring. (February or March) Pre-emergent herbicide will keep weeds from growing. It is an easy way to prevent weeds from getting started in your lawn. The fertilizer helps the plants stay strong to fend off insects who are attracted to the new growth.

Are your trees being strangled? Some of the homes in our neighborhood still have the stabilizer posts around their trees and in some cases the trees are still tied to the posts. Unless you have recently planted your tree most trees in our neighborhood are large enough to do without the stabilizer posts. In some cases the wire that held the tree when it was young has now grown into the bark of the tree. In those cases the tree will eventually die as the wire tightens like a noose around the tree choking its ability to bring water and nutrients from the roots to the leaves. Remember that trees need water in the winter also. Use your sprinkler system during dry periods all winter.



THANKYOU BOARD MEMBERS

As our Home Owner Association elections come around again we should take an opportunity to thank our HOA Board Members. They spend many hours each week making decisions, dealing with issues, and planning a great future for our neighborhood. When you come to the Annual Meeting please let the Board Members know how much you appreciate the service they provide for our community. We all have a lovely place to call home because of the work they do for us. We look forward to another great year in our marvelous neighborhood.

Treat Yourself!

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Traveling with your pet over the holidays? Here are some tips that will help make your drive smooth sailing.

Submitted by Kristen West, Owner of Gusto Dogs LLC.

1. Take your pet on short trips prior to the big day to let him get used to traveling by car.

2. Keep your pet safe in a secured, well-ventilated crate or carrier. It should be large enough for your pet to stand, sit, lie down and turn around. Letting him have free range in the car not only puts him at risk, but it also poses a risk to your family if you were to stop suddenly.

3. Never let your dog travel in the bed of a truck. Even if he is secured on a short line to prevent him falling or jumping out, your pet can experience discomfort from the weather and wind or sustain injury from debris.

4. Feed your pet three or four hours prior to departure and avoid giving him any food or treats in the car.

5. Never leave your pet in a parked vehicle, which can quickly become a furnace and cause heatstroke, even with open windows. In cold weather, the car holds the temperature like a refrigerator.

6. Your pet's microchip should be up-to-date and he should be wearing a flat collar and ID at all times.

7. Bring a bowl and extra water in case you get stuck in the inevitable holiday traffic jam!

8. Take lots of breaks to let your pet stretch his legs and relieve himself. It's a great excuse to do some sight-seeing or pick up a fun treat for yourself!



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A FEW HOLIDAY THOUGHTS...

It is good to be children sometimes, and never better
than at Christmas, when its mighty founder was a
child Himself.
Charles Dickens

There are two ways to live your life. One is as
though nothing is a miracle. The other is as though
everything is a miracle.
Albert Einstein

The way you spend Christmas is far more important
than how much.
Henry David Thoreau



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HEADACHES

Have You Tried Doing This?

By Mike McTague, DPT, OCS

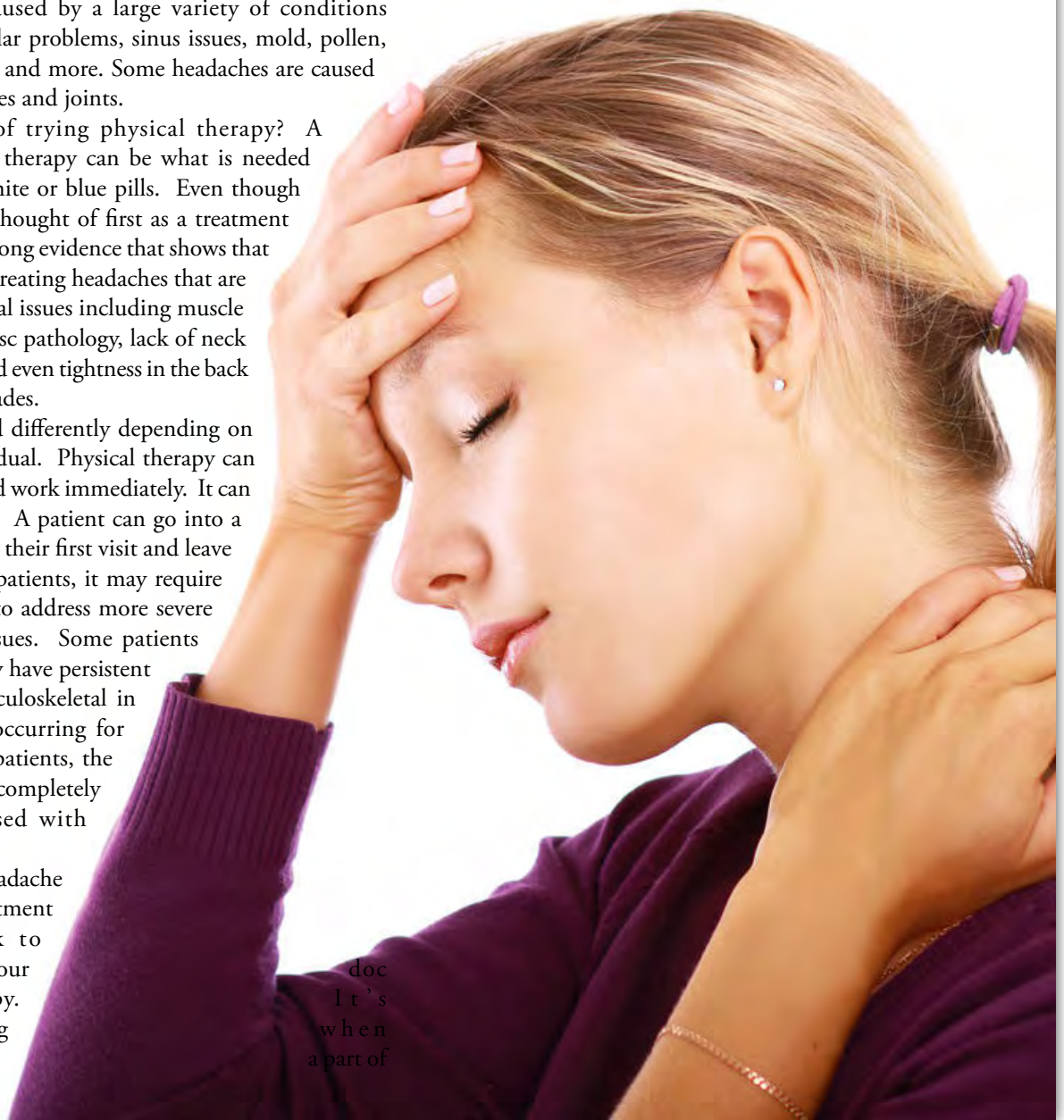
“Take two aspirin or ibuprofen, drink lots of water, rest and get a good night’s sleep.” Sound familiar?

Headaches can be caused by a large variety of conditions including tumors, vascular problems, sinus issues, mold, pollen, pesky Austin cedar fever and more. Some headaches are caused by issues with our muscles and joints.

Have you thought of trying physical therapy? A prescription of physical therapy can be what is needed instead of those little white or blue pills. Even though physical therapy is not thought of first as a treatment for headaches, there is strong evidence that shows that it can be effective when treating headaches that are caused by musculoskeletal issues including muscle tension and tightness, disc pathology, lack of neck motion, poor posture, and even tightness in the back between the shoulder blades.

Each patient is treated differently depending on the cause and the individual. Physical therapy can be extremely effective and work immediately. It can work as fast as one visit. A patient can go into a clinic with a headache in their first visit and leave without one. For other patients, it may require a few weeks of therapy to address more severe motion and strength issues. Some patients require more time if they have persistent headaches that are musculoskeletal in nature and have been occurring for a long time. For these patients, the pain may not go away completely until they are addressed with therapy!

Next time you get a headache and your preferred treatment doesn’t do the trick to alleviate the pain, ask your doctor about Physical Therapy. It’s definitely worth trying when headaches are too often a part of your everyday life!



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