



Steeplechase

NEWSLETTER



The Official Newsletter of The Steeplechase Community Improvement Association, Inc. and Steeplechase

SAFETY CORNER: TIP OF THE MONTH



Holiday Safety!

Its holiday season – time to review your safety checklist and remember some important safety tips! If you're going away for the holiday, make sure to alert HCSO with the enclosed Vacation Watch form!

The holidays should be a magical time, yet each year, hospital emergency rooms treat people for injuries, such as falls, cuts and shocks, related to holiday lights, decorations and Christmas trees.

Keep the season merry with this list of safety tips!

SAFER TREES AND DECORATIONS

When purchasing an artificial tree, look for the label "Fire Resistant." Although this label does not mean the tree won't catch fire, it does indicate the tree will resist burning and should extinguish quickly.

When purchasing a live tree, check for freshness. A fresh tree is green, needles are hard to pull from branches and when bent between your fingers, needles do not break. The trunk butt of a fresh tree is sticky with resin, and when tapped on the ground, the tree should not lose many needles.

When setting up a tree at home, place it away from fireplaces and radiators. Because heated rooms dry live trees out rapidly, be sure to keep the stand filled with water. Place the tree out of the way of traffic and do not block doorways.

Cut a few inches off the trunk of your tree to expose the fresh wood. This allows for better water absorption and will help to keep your tree from drying out and becoming a fire hazard.

Never use lighted candles on a tree or near other evergreens. Always use nonflammable holders and place candles out of children's reach.

Take special care to avoid decorations that are sharp or breakable, keep trimmings with small removable parts out of the reach of children to avoid the child swallowing or inhaling small pieces, and avoid trimmings that resemble candy or food, which may tempt a child to eat them.

BRIGHT IDEAS FOR LIGHTS

Indoors or outside, always use lights that have been tested for safety by a recognized testing laboratory that indicates conformance with safety

standards.

Check each set of lights, new or old, for broken or cracked sockets, frayed or bare wires, or loose connections, and throw out damaged sets.

Use no more than three standard-size sets of lights per single extension cord.

Never use electric lights on a metallic tree. The tree can become charged with electricity from faulty lights, and a person touching a branch could be electrocuted.

Before using lights outdoors, check labels to be sure they have been certified for outdoor use.

Fasten outdoor lights securely to trees, house walls, or other firm supports to protect the lights from wind damage. Use insulated staples to hold strings in place, not nails or tacks. Or run strings of lights through hooks (available at hardware stores).

Plug all outdoor electric decorations into circuits with ground fault circuit interrupters to avoid potential shocks.

FRIENDLIER FIREPLACES

Use care with "fire salts," which produce colored flames when thrown on wood fires. They contain heavy metals that can cause intense gastrointestinal irritation and vomiting if eaten. Keep them away from children.

Do not burn wrapping papers in the fireplace. A flash fire may result, as wrappings ignite suddenly and burn intensely.

Before lighting any fire, remove all greens, boughs, papers, and other decorations from fireplace area. Check to see that the flue is open.

There's lots of tips on our Steeplechase Safety & Security Facebook page – don't be shy, go ahead and start following-us and be a part of our Steeplechase Safe Community!

BE SAFE and BE SMART!

Have a wonderful and safe Holiday -

Lynn Cirillo, Steeplechase Security Coordinator

For more safety tips, LIKE us on Facebook: Steeplechase Safety & Security
<http://www.facebook.com/#!/pages/Steeplechase-Safety-Security/181933781906989>

STEEPLECHASE

IMPORTANT

Telephone Numbers



Emergency.....	911
Sheriff's Dept.....	713-221-6000
Cy-Fair Fire Dept	911
Cy-Fair Hospital.....	281-890-4285
Animal Control	281-999-3191
Center Point (Street lights)	713-207-2222
http://cnp.centerpointenergy.com/outage	
Neighborhood Crime Watch	SteeplechaseSecurity@gmail.com
Library.....	281-890-2665
Post Office.....	713-937-6827
Steeplechase Community Center.....	281-586-1700
Deed Restriction Issues (CMC)	281-586-1700
Water/Sewer	713-405-1750
Architectural Control (CMC).....	281-586-1700
Trash Pick-up (Best Trash, LLC) (Wed. & Sat.)	281-313-BEST
Harris Co. Pct. 4 Road Maintenance	281-353-8424
Harris Co. MUD #168.....	hcmud168board@gmail.com
Community Events.....	281-586-1700
Clubhouse Rentals: Private Parties and Community Events (Jinnie Kelley).....	832-922-8030
Traffic Initiative	281-290-2100
Private Pool Parties	281-446-5003
NEWSLETTER PUBLISHER	
Peel, Inc. (Advertising).....	kelly@PEELinc.com, 888-687-6444
Articles.....	newsletter@steeplechasetx.com

Community Center Contacts

Community Maintenance Concerns	
Chaparral Management Company	281-586-1700
Clubhouse Rentals	
Private Parties and Community Events	
(Jinnie Kelley)	832-922-8030
Pool Company Contact	
Aquatic Management of Houston.	281-446-5003
www.houston-pmg.com	
Board Member Contact	
Chaparral Management Company	281-586-1700

Schools

Emmott Elementary	281-897-4500
Campbell Middle School	281-897-4300
Cy-Ridge High School	281-807-8000

Contact the Management Company

cmc@chaparralmanagement.com
or by phone 281-586-1700

HOLIDAY STRESS?

The shopping and crowds. The back-to-back diet-busting parties. The interminable chats with the in-laws. It is easy to feel not so wonderful at this most wonderful time of the year. Try these several tried and true stress-reduction and relaxation techniques to help you dodge the seasonal blues and stay happy, healthy, and energized.

1. **Breathe:** Yes, breathing is second nature, but during stressful times, that's often not the case. Under a cloud of worry, many people hold their breath or have shallow breath, or tense up so much that it's actually difficult to inhale adequate oxygen. So the first way to turn your stress level down a few notches is to focus on your breathing. Sitting up, close your eyes and inhale and exhale, nice and easy, then repeat 10 times. Or, lie down, place a pillow under your knees, and put your hand on your belly to feel your breath rise and fall. You can say the words "rising" and "falling" in your head as you take in and release your breath.

2. **Eat Chocolate:** Having a bad day? A piece of dark chocolate might be just the nibble you need to brighten your outlook and reduce stress. In fact, a daily dose of dark chocolate (70% cacao or higher) is a proven antidote to stress (Plus, it can lower your risk of stroke, diabetes and heart disease.). Cocoa beans are rich in flavonoids, an antioxidant, which counteract the anxiety-producing hormone, cortisol. If possible, opt for brands that offer the purest form, preferably organic and made from "single estate" or "single origin" beans.

3. **Reach for Soothing Scents:** To calm those nerves in an instant, try inhaling aromas from bergamot, lavender or peppermint oils. Have a tension headache? Put one drop of lavender oil on your fingertips and massage your temples. To get the scent to permeate the room, add a few drops of essential oil to an unscented candle and light it. Not only will your space smell heavenly, this relaxation technique will calm your spirit in no time.

4. **Take a Bath:** Since ancient times, hydrotherapy has been practiced for its healing and restorative powers. To make your tub-time extra therapeutic, sprinkle in a handful of bath salts, turn down the lights, turn on some relaxing music and light an aromatherapy candle.

5. **Get Moving:** Even if it's the last thing you feel like doing at the moment, one of the quickest, most effective ways to reduce stress is to exercise. You've heard of a runner's high? The "high" comes from the endorphins that our brains produce when we get our heart pumping. Low impact exercises — walking, swimming, biking, weight lifting, yoga or Pilates — are just as effective when it comes to boosting your mood, too.

6. **Picture Peacefulness:** When you feel tension throughout your body, calm those nerves by closing your eyes and picturing the most peaceful place you can imagine. Whether it's curling up by the fire, lying on the beach or staring at a moonlit lake with only the sounds of lapping waves and crickets, just the thought can bring you some measure of peace.

7. **Apply Pressure:** Stress can cause some serious aches and pains. To manage these physical ailments, try acupressure — a Chinese therapy in which pressure is applied to the meridians, or channels, in your body. It is believed these channels connect your organs, and, when one is blocked, can result in pain or illness. To alleviate the discomfort of a headache, apply your index and middle finger to your wrist, at the base of your palm in line with your pinky finger and hold firmly for 30 seconds. Repeat on the other wrist. Similarly, you can try the point between your big toe and the second toe. Try it — it works!

STEEPLECHASE

HARRIS COUNTY SHERIFF'S DEPARTMENT DISTRICT V **VACATION WATCH**

PLEASE PRINT OR TYPE ALL INFORMATION

SUBDIVISION: _____ ADDRESS: _____

NAME: _____ TELEPHONE: _____

DATE LEAVING: _____ AM / PM DATE RETURNING: _____ AM / PM

VEHICLES:

COLOR	YEAR	MAKE / MODEL	LICENSE #	DRIVEWAY / GARAGE
				YES / NO
				YES / NO
				YES / NO
				YES / NO

LIGHTS LEFT ON YES / NO TIMER ON LIGHTS YES / NO

IF YES, WHAT ROOM LOCATIONS: _____

ALARM: YES / NO PETS: YES / NO TYPE: WHERE: INSIDE / OUTSIDE / GARAGE

EMERGENCY CONTACTS: (Include phone #'s and at least one key holder with alarm codes if alarm is set)

NAME	PHONE #	KEYHOLDER	ALARM CODES
		YES / NO	YES / NO
		YES / NO	YES / NO
		YES / NO	YES / NO
		YES / NO	YES / NO

ADDITIONAL COMMENTS:

PLEASE MAIL OR FAX TO
HARRIS COUNTY SHERIFF'S OFFICE
Attn: Vacation Watch
23828 Tomball Pkwy
Tomball, TX 77375
Fax (281) 290-2177

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713-HOTLINE | 713-529-TEEN

<http://crisishotline.org/>

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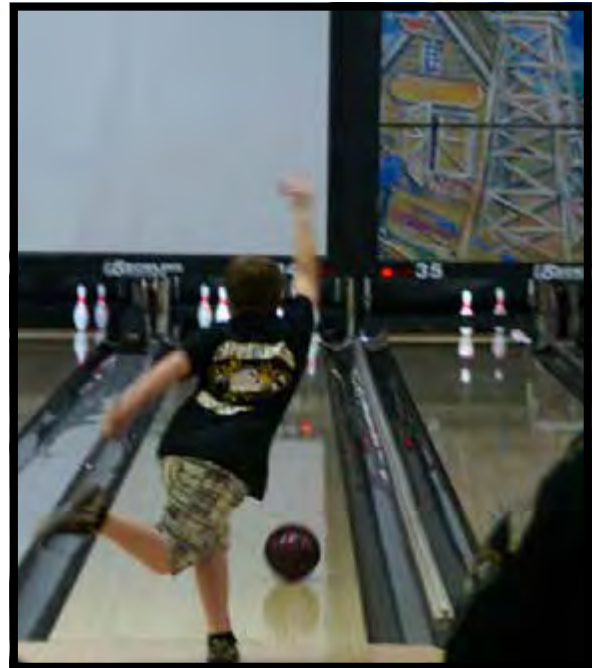
The Copperfield Bowl Youth Bowlers First Annual Craft Show and BBQ fundraiser on November 9th was a success in part to HEB, Kroger and Wal-Mart for providing in-kind donations for the event.

Steeplechase resident, Charles Bales, 5th grade student at Harmony School of Excellence, spoke with neighborhood store managers explaining the event and requesting items such as drinks, bbq sauce, and chips. Funds raised support the youth bowling program at Copperfield Bowl for their upcoming state tournament in 2014 to lower program cost for each bowler on items such as tournament shirts, supplies, equipment, and entry fees which are costly. Plans are being made for a spring craft show to cover remaining expenses, and Charles will be at it again requesting donations!

Currently, Charles is 2nd in doubles and 7th in the state in his division and has his sights set on the top 3 for 2014. This is his best season yet with an increased average to 135 for the fall league and a high score of 184 he is ready for that first 200 game!

USBC Youth bowling is a unique opportunity to get involved with a sport that can last a lifetime and encourages higher education with more than \$6 million in annual college scholarships that reward academic, leadership and on-lanes performance skills. Already, Charlie has close to \$1,000 in college scholarships in his "smart account" with the USBC!

Join Charles and other area youth at Copperfield Bowl for pre-registration for the next season on Saturday, January 4, 2014. The league will begin on January 11th and will run 17 weeks plus the awards ceremony and end of season party. Lauren Garcia, Youth League Coordinator, can be reached at 281.550.8710 for more information or on-line at www.copperfieldbowl.com. If you would like to support Charles in his efforts and the youth bowling program please contact: Naomi Dingle, Bowling Mom, at 713.202.1395 or nadingle@sbcglobal.net regarding donations, sponsorships and the upcoming spring craft show fundraiser.



Charles Bales, 2012 State Tournament



Lauren Garcia, Copperfield Youth League Coordinator and Youth Bowler Charles Bales



Youth Bowlers from left to right: Dakota, Beau, Michael, Kenny and Charles

STEEPLECHASE

Make Your Dollar Go Further This Holiday Season

This season make an effort to shop local...it could be as close as your neighbor down the street who could be an independent consultant for a direct sales company, a school fundraiser supporting the band program, the or the small business around the corner. Where ever you shop, try to make your dollar go further by helping someone, including yourself, and the community.

Direct selling has always been an attractive venture for many people, including hundreds here in Steeplechase, primarily because of the high potential for profit without the demanding working hours of a full-time job or running an independent business. While majority of direct sales representatives only work part-time, direct selling still proves to be a viable and profitable venture for those who want to work full-time while doing something fun and rewarding supporting an additional passion.

From The Pampered Chef to Thirty-One Gifts to Origami Owl Steeplechase residents are selecting a direct sales company that fits



their schedule and passion to support their "shopping habit", supplement their income or in some cases make it their primary source of income.

These passionate and motivated individuals can offer you ways to make your dollar go further by hosting product gatherings or catalog shows to earn free products! What a great way for you to mark some items off that holiday shopping list!

Many companies offer product kits up to 75% off and include the most popular products for those that would like to sign up to start their own businesses. It is known that some sign up to take the discounts for themselves and only maintain the requested minimum of sales by the company. This creative approach saves the loyal shopper money and still

supports the independent consultant that introduced the product line.

Are you an independent consultant for a direct sales company? Let us know! We would like to feature you in an upcoming newsletter!

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YEAR END GIVING TIPS FROM THE IRS

To help taxpayers plan their holiday-season and year-end giving, the IRS offers the following additional reminders:

Contributions are deductible in the year made. Thus, donations charged to a credit card before the end of 2013 count for 2013. This is true even if the credit card bill isn't paid until 2014. Also, checks count for 2013 as long as they are mailed in 2013.

Check that the organization is qualified. Only donations to qualified organizations are tax-deductible. A searchable online database available on IRS.gov, lists most organizations that are qualified to receive deductible contributions. In addition, churches, synagogues, temples, mosques and government agencies are eligible to receive deductible donations, even if they are not listed in the database.

For individuals, only taxpayers who itemize their deductions on Form 1040 Schedule A can claim deductions for charitable contributions. This deduction is not available to individuals who choose the standard deduction, including anyone who files a short form (Form 1040A or 1040EZ). A taxpayer will have a tax savings only if the total itemized deductions (mortgage interest, charitable contributions, state and local taxes, etc.) exceed the standard

deduction. Use the 2013 Form 1040 Schedule A to determine whether itemizing is better than claiming the standard deduction.

For all donations of property, including clothing and household items, get from the charity, if possible, a receipt that includes the name of the charity, date of the contribution, and a reasonably-detailed description of the donated property. If a donation is left at a charity's unattended drop site, keep a written record of the donation that includes this information, as well as the fair market value of the property at the time of the donation and the method used to determine that value. Additional rules apply for a contribution of \$250 or more.

The deduction for a motor vehicle, boat or airplane donated to charity is usually limited to the gross proceeds from its sale. This rule applies if the claimed value is more than \$500. Form 1098-C, or a similar statement, must be provided to the donor by the organization and attached to the donor's tax return.

If the amount of a taxpayer's deduction for all noncash contributions is over \$500, a properly-completed Form 8283 must be submitted with the tax return.

And, as always it's important to keep good records and receipts.

More information available at www.irs.gov

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