



# The Harbour

COMMUNITY • CONNECTION • CULTURE

January 2014

Official Newsletter of the Chelsea Harbour Homeowners Association

Volume 5, Issue 1



## HOLIDAY LIGHT Decorating Contest WINNERS

The "Keep Chelsea Harbour Beautiful" Committee awarded two homeowners gift cards for the exceptional beauty of their holiday decorations.

**OUR NEIGHBORS AT 14238 INGHAM &  
14330 DUNROBIN WERE THE 2013 WINNERS.**

We hope you took the time to drive through the neighborhood to see their winning displays as well as all of the other beautifully decorated homes.

Thank you to everyone who displayed beautiful decorations during the holidays that enhanced the beauty of Chelsea Harbour.

## Home Owners Re Elect Three Board Members



At the Annual Chelsea Harbour Board meeting on Monday, December 2, 2013, homeowners unanimously re-elected Don Charley, William Lee and Dan Turner to another two - year term, ending December, 2015.

Please remember that Board members are volunteer home owners in Chelsea Harbour and depend on everyone to do their part in keeping our community a choice place to live and call home.

## Some Very Important Reminders - 2014 HOA Fees

2014 Home Owner Fees are due as of January 1. To those homeowners who have paid, thank you for your promptness. In order to meet the expenses of maintaining our community everyone must pay their share.

If you have not paid your 2014 fees, please contact Real Manage . Thank you

Please be considerate of those neighbors who enjoy walking by not blocking the sidewalk with your vehicle and forcing them to walk in the streets. We are concerned for everyone's safety and don't want anyone to get injured.

Pet waste portals are conveniently located on Auckland and Mornington for your use as you walk your dog. Please use them and help keep our environment clean.

Remember this is your community paper and you are invited to submit articles that you think would be of interest: Birthdays, Anniversary, Graduations, Good Neighbor Recognition, etc.

# COMMUNITY CONTACTS

## BOARD OF DIRECTORS

President, William Lee ..... [president@chelseaharbourhoa.com](mailto:president@chelseaharbourhoa.com)  
 Vice Presidnet, Mark Owczarczak .....  
 Treasurer, Dan Turner ..... [treasurer@chelseaharbourhoa.com](mailto:treasurer@chelseaharbourhoa.com)  
 Secretary, Gloria Smith ..... [secretary@chelseaharbourhoa.com](mailto:secretary@chelseaharbourhoa.com)  
 Director, Dan Turner ..... ['at-large@chelseaharbourhoa.com](mailto:'at-large@chelseaharbourhoa.com)  
 Director, Don Charly ..... ['at-large@chelseaharbourhoa.com](mailto:'at-large@chelseaharbourhoa.com)

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

## MANAGEMENT COMPANY

REAL MANAGE - [www.RealManage.com](http://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*

# COMMITTEE MEMBERS

## ARCHITECTURAL COMMITTEE

Chair..... Dan Turner  
 Members ..... Jack Jones, Ming Lai, Dilner Minesse  
 ..... Ernest Smith, Steve Tegehoff

## CONVENANTS COMMITTEE

Chair..... John Rushing  
 Members ..... Sheri Hanzelka, Dee Dobbins, Anil Pasupuleti

## BEAUTIFICATION COMMITTEE

Chair..... Gloria Smith  
 Members ..... Chau Bao, Mark Hutton  
 ..... Tu Nguyen, Saleem Makda, Niki Patel, John Tan  
*Email all members - [Beautiful@chelseaharbourhoa.com](mailto:Beautiful@chelseaharbourhoa.com)*

## LANDSCAPE AND LAKE COMMITTEE

Chair..... William Lee  
 Members ..... Edward Haddad, Don Charly, Dhiren Desai  
 ..... Jennifer Nguyen, Ann Sill Doris Morgan, Dinesh Patel

## SAFETY COMMITTEE

Chair..... Dan Turner  
 Members ..... Sheri Hanzelka, Anil Nair, Vijay Raj  
 Members ..... Dan Charly, Seun Mabadeje, Dhiren Desai

# NEWSLETTER INFO

## ARTICLE SUBMISSIONS

Gloria Smith ..... [secretary@chelseaharbourhoa.com](mailto:secretary@chelseaharbourhoa.com)

## NEWSLETTER PUBLISHER

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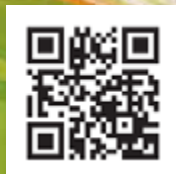
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# AHS ProGrad 2014 Garage Sale

## YOUR TREASURES AWAIT YOU!

**When:** Saturday, January 18, 2014 - 8:00 am – 1:00 pm

**Where:** Parkway United Methodist Church  
5801 New Territory Blvd, Sugar Land, TX

**Who:** AHS ProGrad 2014 (Austin High School)

**Why:** To provide funding for Project Graduation. AHS Project Graduation (ProGrad) is a supervised, all night, drug and alcohol free, celebration for AHS graduating seniors held at the end of the school year, normally the night following graduation! The entire evening is spent on campus with an assortment of food and refreshments, games, sports activities, entertainment and many, many prizes.

All proceeds will benefit the AHS ProGrad 2014. One person's stuff is another person's treasure; or, at the very least, a fabulous deal. There will be loads of furniture, clothing, home items, books, electronics and more! For more information: [austinbulldogprograd.weebly.com](http://austinbulldogprograd.weebly.com).



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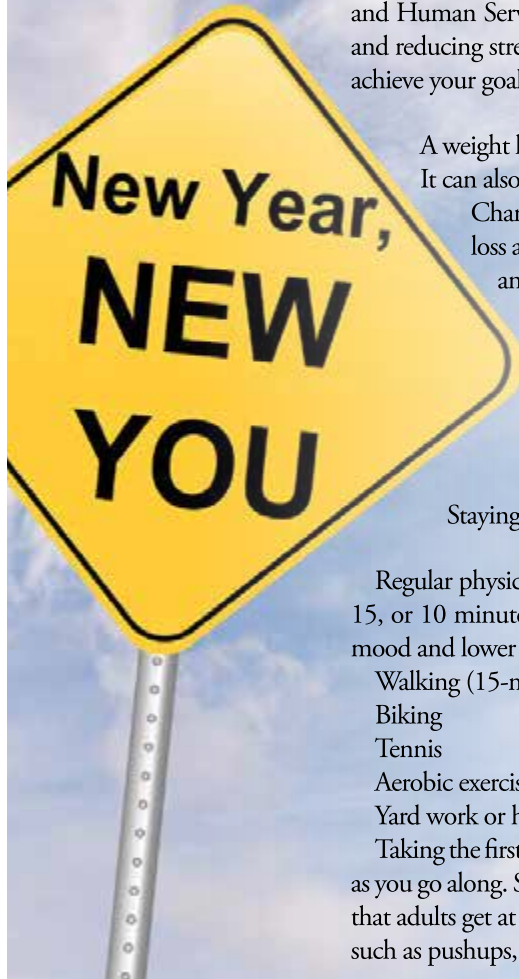
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# A FOCUS ON RESOLUTIONS

## RESOLVE TO BE A BETTER YOU

By: *Concentra Urgent Care*

The New Year is a great time to make healthy lifestyle changes. According to the US Department of Health and Human Services, the most common resolutions focus on losing weight, getting fit, quitting smoking, and reducing stress. These are important themes that can reduce your risk of disease. Here are ways you can achieve your goals this year.



### LOSING WEIGHT

A weight loss of five to seven percent of your body weight can improve your health and quality of life. It can also help prevent weight-related health problems, like diabetes.

Changing your eating habits and increasing your physical activity are keys to successful weight loss and help to maintain optimal weight for the rest of your life. Create a plan for healthy eating and increased physical activity, while taking in fewer calories than you use. Your healthy eating plan should include:

- Taking into account foods you like and dislike

- A focus on fresh fruits, vegetables, and whole grains

- Consuming fat-free or low-fat dairy products such as yogurt, cheese, and milk

- Protein sources such as lean meats, poultry, fish, beans, eggs, and nuts

- Avoiding saturated and trans fats such as animal fat, butter, and hydrogenated oils

- Staying away from foods high in sodium and added sugars

### GETTING FIT

Regular physical activity for at least 30 minutes each day, or broken up into several shorter periods of 20, 15, or 10 minutes, can help you lose weight, keep it off, and stay fit. It can also improve your energy and mood and lower your risk for heart disease, diabetes, and some cancers. Try some of these physical activities:

- Walking (15-minute miles or 4 miles per hour)

- Biking

- Tennis

- Aerobic exercise classes (step aerobics, kickboxing, dancing)

- Yard work or house cleaning (gardening, raking, mopping, vacuuming)

Taking the first step can be the hardest part. Start slowly, at a level that is comfortable for you and add activity as you go along. Sometimes, it helps to have a friend or activity buddy when you start out. It is recommended that adults get at least two and a half hours of moderate physical activity each week. Strengthening activities, such as pushups, sit-ups, or lifting weights, at least two days per week are also encouraged.

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Sales Representative

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## GOOD NEIGHBORS CAN BE GREAT FOR STRESS LEVELS

Do you live in a neighborhood where you feel safe and connected to others, or do you feel overcrowded, threatened, and otherwise unsafe in your surroundings? This, and other aspects of neighborhood life, can impact both your level of happiness and stress.

**Socializing:** With our busy schedules, we don't always see friends as often as we'd like. For a bit of socializing that takes only minutes out of your day, it's nice to stop and chat with people for a few minutes on your way out to your car. And the more people you have available for shared social support, the better, generally speaking.

**Pooled Resources:** I know people in some more-friendly neighborhoods who share dinners, minimizing the effort it takes to cook. Others trade fruit from their trees. A neighbor who borrows a few eggs may come back with a plate of cookies that the eggs helped create. Knowing your neighbors increases everyone's ability to share.

**Security:** Knowing the people around you can bring a sense of security. If you need something--whether it's a cup of sugar when you're baking cookies, or someone to call the police if they see someone lurking outside your home--it's nice to know you can depend on those around you and they can depend on you.

**Home Pride:** Knowing the people who live around you provides a strengthened sense of pride in your home and neighborhood.

Coming home just feels nicer. While you may not be able to change the neighborhood in which you live, you can change the experience you have in your own neighborhood by getting more involved with those around you and taking pride in the area in which you live. The following are some ideas and resources that can help you to feel more at home in your neighborhood:

**Get Out More:** If you live in a generally safe area, I highly recommend taking a morning or evening walk. It's a great stress reliever that also allows you to get to know many of your neighbors, get an understanding of who lives where, and feel more at home in your surroundings.

**Smile:** It's simple enough, but if you're not in the habit of smiling and giving a friendly hello to the people you encounter in your neighborhood, it's a good habit to start. While not everyone will return the friendliness immediately, it's a quick way to get to know people and build relationships, even if you've lived close for years and haven't really said much to one another.

**Talk To Your Elders:** The more veteran members of the neighborhood often have the inside scoop on the neighborhood. You may be surprised at how much you can learn if you stop to take the time to talk to the sweet old lady at the end of the block.

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## POSTURE TIPS FOR MOMS AND DADS

*Mike McTague PT, DPT, OCS*

Lifting and carrying a child, picking up toys off of the floor, and pushing a stroller are normal daily tasks for many parents. Below are some quick tips to avoid overstraining your spine and other body areas.

### **LIFTING YOUR CHILD FROM THE FLOOR**

When picking your child up off the floor, you should use a half-kneel lift. First, stand close to your child on the floor. While keeping your back straight, place one foot slightly forward of the other foot, and bend your hips and knees to lower yourself onto one knee. Once down on the floor, grasp your child with both arms and hold him or her close to your body. Tighten your stomach muscles, push with your legs, and slowly return to the standing position. To place your child onto the floor, the same half-kneel technique should be performed.

### **CARRYING/HOLDING YOUR CHILD**

When holding or carrying your child, you should always hold him or her close to your body and balanced in the center of your body. Avoid holding your child in one arm and balanced on your hip. When using a child carrier be sure to keep your back straight and your shoulders back to avoid straining your back and neck.

### **PICKING UP TOYS FROM THE FLOOR**

As a parent you will too often be involved in cleaning up after your child. When picking toys up from the floor, keep your head and back straight, and while bending at your waist, extend one leg off the floor straight behind you. This is often called a “golfer’s lift”, as you may see some “seasoned” golfers retrieve their ball from the hole this way.

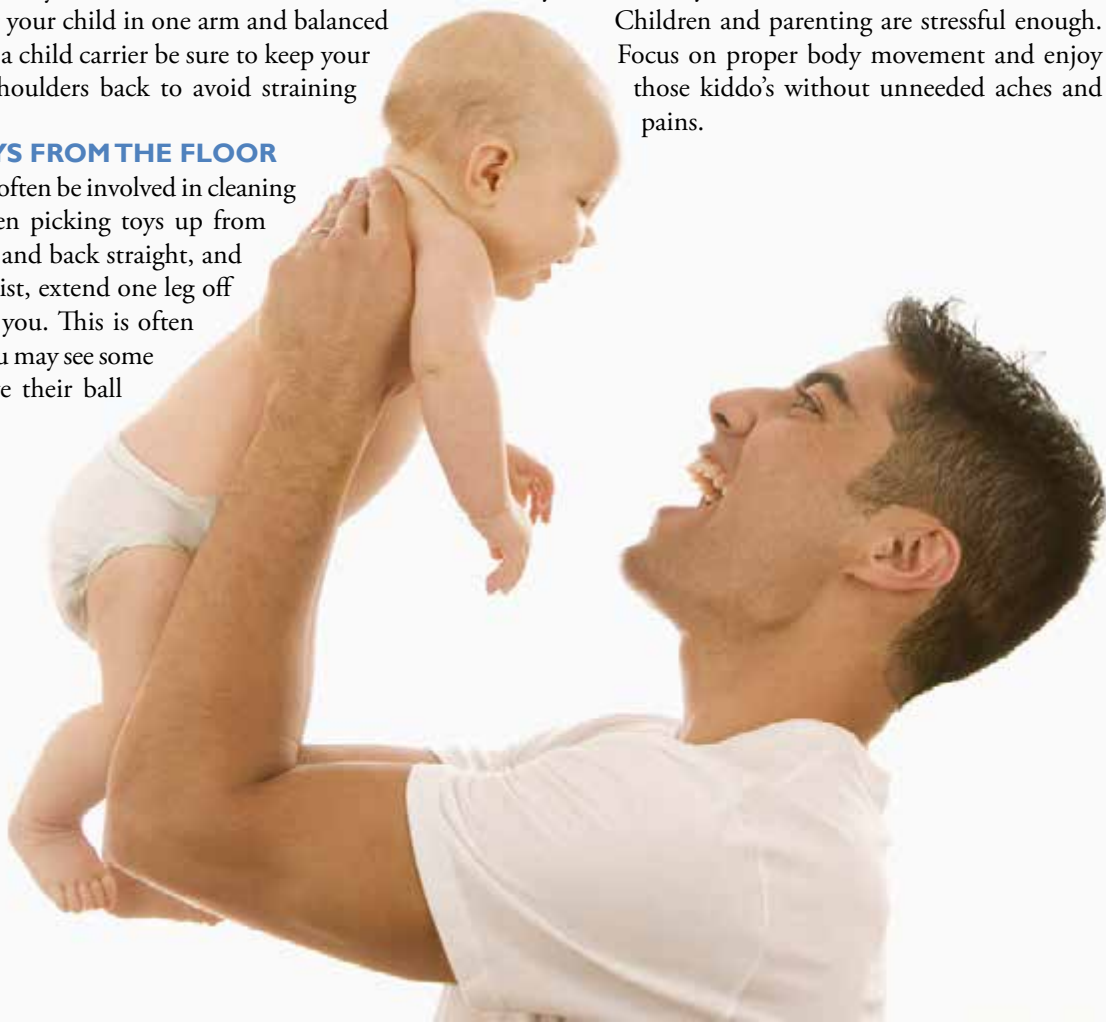
### **LIFTING YOUR CHILD OUT OF THE CRIB**

If your child’s crib has a rail that lowers, you will want it in the lowest position when lifting your child out of the crib. As you lift, keep your feet shoulder-width apart, knees slightly bent. Arch your low back and, while keeping your head up, bend at your hips. With both arms, grasp your child and hold him or her close to your chest. Straighten your hips so you are in an upright position, and then extend your knees to return to a full stand. To return your child to the crib, use the same technique and always remember to keep your child close to your chest.

### **PUSHING A STROLLER**

When pushing your child in a stroller, you will want to stay as close to the stroller as possible, allowing your back to remain straight and your shoulders back. The force to push the stroller should come from your entire body, not just your arms. Avoid pushing the stroller too far ahead of you because this will cause you to hunch your back and shoulders forward.

Children and parenting are stressful enough. Focus on proper body movement and enjoy those kiddo’s without unneeded aches and pains.



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