

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

## Hurricane Season Is Here Are you ready?



Plan ahead for a hurricane to minimize loss and injury. The list below was taken from Harris County Office of Homeland Security & Emergency Management. The time to plan and prepare is now, not when the hurricane forms in the Gulf.

### Before the Storm

#### General Preparedness through the Season

- Keep your vehicle gas tank above ½ full through the season.
- Test run generators monthly with a load to insure proper working order.
- Consider the purchase of flood insurance, even if outside of a floodplain.
- Have cash on hand in small denominations for year-round preparedness.
- Maintain portable battery powered AM radio.
- Contact 2-1-1 to register if you need transportation assistance to evacuate.

#### **Home Preparedness**

- Board up your windows or close storm shutters.
- Trim the trees and shrubs around your home.
- Cleared loose and clogged downspouts and rain gutters.
- Perform an inventory of home contents (electronics,
- jewelry, appliances, clothing, etc.) and store in safe place.
- Take detailed photos(s)/videos(s) of home property and contents (internal and external) and store in safe place.
- Secure or remove all items outside your home (grill, hanging plants, potted plants, etc.).
- Tie down small or young trees to prevent uprooting.
- Store all important documents (insurance papers, etc.)
- in a waterproof container and in a secure location.
- Prepare your evacuation kit using the pertinent items in the attached Emergency Essentials Kit checklist.
- Turn off propane tanks.
- Fill the bathtub and other large containers with water for sanitary purposes (cleaning, flushing toilets, etc.)

Visit <u>www.hcoem.org</u> for additional information on Hurricane Preparedness.

## MARQUEE

The Marquee across from the Clubhouse Complex is used to provide our residents with important information to make their lives more informative and stress free.

We continue to search for timely information to place on the Marquee. Information that honors our residents is always welcome. Some examples of honors would be a service personnel home on leave or some great achievement by our residents. If you have an item that has potential as a message for the Marquee contact Ms. Lindsey Hall-Wikenczy at lwikenczy@chaparralmanagement.com.

## **TRAFFIC SIGNAL**



After repeated requests, SCIA was successful in working with Harris County to get a signal installed at Eldridge and Paddock Way. Construction has begun. SCIA continues to work with both Harris County and MUD 168 on other projects to better the lives of our resident.

# <u>STEEPLECHASE</u>

## IMPORTANT Telephone Numbers



Emergency	
Sheriff's Dept	713-221-6000
Cy-Fair Fire Dept	
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 SteeplechaseSe	curity@gmail.com
Library	281-890-2665
Post Office	713-983-9682
Steeplechase Community Center	281-586-1700
Deed Restriction Issues (CMC)	281-586-1700
Water/Sewer	832-467-1599
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 #168hcmud168b	oard@gmail.com
Community Events	281-586-1700
Clubhouse Rentals: Private Parties and Commun	nity 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.....lwikenczy@chaparralmanagement.com

## Community Center Contacts

#### 

Emmott Elementary	281-897-4500
Campbell Middle School	
Cy-Ridge High School	
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### Contact the Management Company

www.steeplechasecia.com or by phone 281-586-1700

## **Cypress-Fairbanks Rotary Club**



The Rotary Club of Cypress-Fairbanks donated proceeds from their 2017 Mother's Day Brisket Sale to Shield Bearer. Funds provide counseling services and prevention programs for local families, including those affected by crime, trauma, human trafficking, and more.

Shield Bearer, a 501c3 nonprofit fighting for the hearts of individuals, couples, and families, reached over 16,000 hurting hearts last year with the help of the community. Interested supporters and volunteers are encouraged to tour the central office at an upcoming free community breakfast held on the first Tuesday of each month at 12340 Jones Rd. Ste. 290, Houston, TX 77077 at 9am. Additional information can be found at shieldbearer.org or contact (281) 894-7222.

## **Volunteer Program**

Memorial Hermann Health System recognizes the vital importance of volunteers, and the newly opened Memorial Hermann Cypress Hospital is no different. The hospital is now taking applications for its volunteer program.

"Volunteers provide support to our staff so that they can focus on patient care, as well as provide positive interactions with patients and their family members," says Lorena Hurtado, the volunteer services coordinator at Memorial Hermann Cypress.

Volunteer tasks range from working at the front desk, to nursing unit assistance, helping discharge patients and much more. Dozens of volunteers have already joined the program, but there are more spots available.

"Volunteering is a great experience. The nurses and staff are so friendly and professional, and many of them live in the area. As a longtime Cypress area resident, it makes me feel even better knowing the hospital is staffed by people who share the same love for this community that I do," says Toni Scott, a volunteer at Memorial Hermann Cypress.

Four-hour volunteer shifts are available seven days a week from 5 a.m.to 9 p.m. Adults are asked to complete an application and schedule an interview with the volunteer coordinator. Learn more at: http://www.memorialhermann.org/locations/cypress/volunteer-at-memorial-hermann-cypress-hospital/

# **STEEPLECHASE**



## August Meeting

Tuesday, August 8th will be CFRW Evening Social, 6:30 PM at Sterling Country Club, 16500 Houston National Blvd., Houston, TX 77095

We'll have a great speaker and heavy appetizers \$20. Cash Bar. RSVP to www.cfrw.net by July 28th. No walk-ins. We look forward to seeing you there!

SAVE the DATE—Friday, November 3rd for High Heels & High Tea at Sterling CC. Watch this space and/or website for further details. Vendors wanted—Contact Nancy Roberts.

> Nancy Roberts-Publicity Chair Cy-Fair Republican Women 713-466-4199 / nancyroberts004@att.net



# **Cypress Texas Tea Party**

The next meetings of the Cypress Texas Tea Party will be on:

Saturday, August 19, 2017 NOON - 2:00 PM

Saturday, September 9, 2017 NOON - 2:00 PM

Dwayne Bohac, Texas State Representative, District 138

The Cypress Texas Tea Party meets every three weeks on Saturday Noon until 2:00 PM at:

Spring Creek BBQ

25831 Northwest Freeway

Cypress, Texas 77429 Map: http://goo.gl/maps/OoNjY

A schedule of our meetings and confirmed speakers can be found at our website, www.cypresstexasteaparty.org

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# **STEEPLECHASE**

### AHFC Junior Hurricanes (JHSL) Registration Now For FALL 2017 Open

The Junior Hurricanes Soccer League (JHSL) is led by professional United States Soccer Federation (USSF) licensed staff and is designed for boys & girls who want to play and have fun in a safe and developmentally appropriate environment. The JHSL program is being offered at multiple locations and in conjunction with CFSA at the Schiel Road Complex. To learn more about each location and to register please visit www.albionhurricanes.org.

For those wishing only to train, join us in Katy for AHFC Friday Night Academy. Visit Katy Youth Soccer to register for this Friday Fun Program.

AHFC is proud to partner with New Territory and offer New Territory Thursday Night Academy, a 5-week Skills Program.

Email us at jhsl@albionhurricanes.org for more information or questions. Office Phone: 713-939-7473



#### September 29 - 30

Visit the 2017 St. Mary's Fall Gift Market – Sept. 29-30 – to kickoff your holiday shopping and decorating. The Tea Room offers our famous taco soup, sandwiches and desserts, and the Silent Auction benefits church-affiliated projects and outreach.stmaryscypress.org – Questions? Contact Michelle at 832-559-8726.

Questions: Contact Michele at 852-559-872

St. Mary's Episcopal Church 15415 N. Eldridge Parkway Cypress, Texas 77429-2005 281.370.8000

Pregnancy Care

Getting high-risk pregnancy care is now more convenient for many in Cypress thanks to a new clinic at Memorial Hermann Cypress Hospital. The Maternal Fetal Medicine Clinic provides onsite diagnostic testing, genetic counseling and highly specialized care from maternal-fetal medicine specialist from UT Physicians.

Currently, the clinic is open on Mondays. Please consult your OB/ GYN physician to schedule any maternal-fetal medicine services you may require. For more information, call 713-222-CARE.

## **BALLOONS ARE DANGEROUS!**

By Cheryl Conley, TWRC Wildlife Center

I can remember in grade school how we all attached notes to balloons before letting them go in hopes that the balloon would be found by someone far, far away. It was exciting to think that maybe someone from New York or California would find it and contact me. It never happened. I've been to weddings and graduations where helium balloons were let go as part of the celebration. What I didn't know is the enormous amount of damage these balloons can do to our environment. I know now. If you think about it, helium balloons are nothing more than floating litter. Would you throw a deflated balloon with string on the ground? Most people would not. It makes for ugly trash especially on our beaches.

According to an article in February of this year on the Huffington Post website, balloons are among the top 3 most harmful pollutants threatening marine wildlife but they also harm domestic animals such as cattle, dogs and sheep.

Seabirds are most at risk. Deflated balloons are mistaken for jellyfish or squid and are eaten by the birds. Not able to digest the balloon, it will clog the bird's stomach and the bird will eventually die of starvation. Choking is also a threat.

The ribbons or strings that are attached to the balloon are a hazard to birds because they can become entangled in them when the balloon lands in a tree. They may also use the materials to build a nest causing a risk factor for the hatchlings.

In its natural state, latex is biodegradable but when processed for balloons and treated with chemicals, plasticizers and dyes, it can no longer be classified as natural. It can take a balloon from 6 months to 4 years to decompose. Think of the damage it can cause in that time. Shiny mylar balloons can take even longer.

How can you help? Explain the dangers of releasing helium balloons to your children. Don't plan balloon releases at any of your celebrations and if you know of someone who is planning this, please discourage them from doing so.

TWRC Wildlife Center is a non-profit organization located in Houston. We provide emergency care for Texas wildlife and offer educational and training programs for adults and children focused on wildlife and the environment. Your donations are greatly appreciated. www.twrcwildlifecenter.org



### TEXAS A&M GRILIFE EXTENSION

# CHIGGERS



Chiggers are the immature stage of a mite. They climb onto people walking through infested areas, crawl upwards, and wander around the body seeking a good site to settle down and feed. Feeding preference for these mites is in areas where skin

is thinnest or where clothing fits tightly, such as the ankles, waist, behind the knees, and the groin area.

Chiggers do not burrow into skin as many people believe, so "smothering" them with nail polish is useless. When chiggers feed, they inject a digestive enzyme that breaks down skin cells which are then eaten. Itching and redness is caused by our body reacting to the enzymes injected into our skin. Itching typically begins 3-6 hours after being bitten, peaks at 24 hours, and can last up to two weeks.

#### The best way to avoid getting chiggers is to avoid infested areas. Since this is not always possible, here are some other things to try:

- Wear protective clothing- tightly woven items that fit loosely; including long sleeves & pants; shoes or boots
- Tuck pant legs into boots
- Avoid sitting on the ground
- Remove & launder clothing ASAP after being in infested areas
- Shower/ bathe after being in an infested area; scrub vigorously with a washcloth
- Use an insect repellent with DEET or picaridin

#### To treat chigger infestations around the home try the following:

• Keeping lawn trimmed

• Maintain vegetation; do not allow weeds to grow up & keep brush cleared

• Targeted residual pesticide sprays, usually pyrethroids

#### For chigger bites:

• Do not scratch pustules; opening pustule might lead to infection

• Oral antihistamines or topical anti-itch creams to relieve itching sensation

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com

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## <u>STEEPLECHASE</u> Is Your Networking not Working?

Luncheon Details

Thursday, August 24, 2017 Networking 11 a.m.; Luncheon begins at 11:30 a.m. Sterling Country Club, 16500 Houston National Blvd., Houston, TX 77095

Costs \$25 with advanced reservations; \$30 at the door



Houston, TX (July 7, 2017) Toni Harris Taylor is a motivation marketing coach who helps solopreneurs and sales professionals to take drastic steps to get known, get connected and get paid to earn six-figures in record time. Toni Harris Taylor has over 25 years' experience as an entrepreneur. Although she has suffered great personal losses and

business challenges, every time she is knocked down, she turns it around by taking drastic steps. Toni brings a level of professionalism and expertise to her clients helping them to take the necessary steps to rise to the ranks of the Top 6 percent of entrepreneurs.

Toni speaks about effectively using networking to build relationships, stay connected and get new clients. With over 13,000 social media followers and friends and 5,000 on her email list, Toni knows how to build relationships that have grown her business nationally and globally. Toni shares the strategies she used to grow her business and helps her sales professional clients to achieve six figures in record time!

Toni has a BS degree in Business Management and Entrepreneurship and a Masters in Adult Education and Training.

This month's CYFEN meeting begins with networking at 11 a.m. followed with a prompt 11:30 a.m. start of the program. Luncheons are held at the Sterling Country Club, 16500 Houston National Blvd.

### ABOUT CY-FAIR EXPRESS NETWORK (CYFEN)

Now over 60 members strong, Cy-Fair Express Network's vision is to be a community and national leader for the support of professional women by providing a nurturing environment for business development, networking, education and mentoring. Our members have opportunities to pursue excellence and achieve both local and national recognition. CYFEN is part of the national organization of American Business Women's Association (ABWA), for more information go to www.CYFEN.org.

#### ABOUT AMERICAN BUSINESS WOMEN'S ASSOCIATION (ABWA)

Founded in 1949, ABWA provides business training and networking opportunities for women of diverse occupations and backgrounds. ABWA has dedicated 60 years to women's education, workplace skills and career development training. For more information, visit, www.abwa.org.

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## **CROSSWORD PUZZLE**

1	2	3		4	5	6	7	8	9
10	-	+		11	+	+		+	
12	+	+		13	+	+	+	+	+
14			15				16		
17	+		+		18	19			
			20	21		22	23	24	25
26	27	28		29	30				1
31		$\top$	32		+		33	$\top$	
34	+	+	+	+	+		35	+	
36	+	+	+	+	+		37	+	+

DOWN

2. Marsh

6. Lube

7. Mope

9. At sea

21. Got up

23. Jargon24. Female singer

28. Churn

30. Floating ice

32. Card game

25. Colorless

26. Gambling game27. Beat severely

Utopian
Tights

5. Bad smells

1. Toothbrush brand

8. Stringed instrument

15. BB association

19. Stage of life

#### ACROSS

- 1. Kimono sash
- 4. Hype
- 10. Really cool
- 11. Hateful
- 12. Sailor's yes
- 13. Dissolved substance
- 14. Replacement car
- 16. British drink
- 17. Flower start
- 18. Book of Samuel abbr.
- 20. Arkansas
- 22. Fish lifting hood
- 26. Popular president's initials

View answers online at www.peelinc.com

- 29. Portugal's peninsula
- 31. Elicit
- 33. Titan
- 34. Destroyer
- 35. Single
- 36. Stretched circle
- 37. Little bit

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Apple



## Attention KIDS: Send Us Your Masterpiece!

Color the drawing below and mail the finished artwork to us at: Peel, Inc. - Kids Club, 308 Meadowlark St, Lakeway, TX 78734-4717 We will select the top few and post their artwork on our Facebook Page - Facebook.com/PeelInc.

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