



Steeplechase

NEWSLETTER



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

THINKING ABOUT A STORAGE SHED OR GAZEBO?

This is a reminder about the recently adopted "Outbuilding Policy". An outbuilding is any structure that is not attached to the main residence, except for detached garages. This includes but is not limited to, all storage sheds, play structures, gazebos, pergolas, etc. An ACC application must be submitted for the construction of any such structure. The application must include a plot plan/survey showing the proposed location in relation to property lines, building set back lines, existing structures and fences. The standard, type, quality and color of the materials used in construction shall match or be harmonious with the materials used in the main residence. All outbuildings must be placed on the lot so as not to be visible from the street in front of the lot, not be closer to the rear lot line than 7 feet, not nearer to the side lot line than 5 feet or aligned with the side wall of the residence structure, whichever is greater. Outbuildings shall be no more than 10 feet in height and may not exceed 144 square feet of floor area. The floor area of a treehouse or other play structure must not be more than 3 feet from the ground.

For complete details, contact Chaparral Management or the ACC.

WALKING TRAIL AND GREENBELT TRASH AND DEBRIS



Recently we have noted an influx of debris / garbage being tossed over the fence along the walking trail, Meadowchase Park and into the greenbelt. Please note that this is a violation of Steeplechase deed restrictions as well as littering. It is also unsightly for our fellow neighbors, encourages rodents and critters and is an extra cost to the HOA for cleanup. Help us keep Steeplechase beautiful by disposing of waste properly.

DON'T MESS WITH STEEPLCHASE!!

KIDS' RUNNING TEAM REGISTRATION STARTS SEPTEMBER 4TH

The Northwest Flyers Track Club Youth Cross Country Team kicks off the fall season with a mandatory orientation meeting for parents and athletes on Tuesday, September 4, 2018, at 6:30 p.m. at the D. Bradley McWilliams YMCA at Cypress Creek outdoor pavilion, 19915 TX-249, Houston, TX. Registration starts online September 1 at www.northwestflyers.org. Practices are held at the YMCA and at Spring Creek Park in Tomball.

The Northwest Flyers Track Club is a member program of USA Track and Field (USATF), the national governing body for track and cross country. The club is celebrating its 31st year in the northwest Houston area. Ages 6 - 18 may participate in the team, and both beginners and experienced runners are welcome. Middle school and high school cross country athletes can also register, but should compete after their school cross country season is over.

For more information contact Coach Genia English at (818) 223-1618 or genia.english@gmail.com. Visit www.northwestflyers.org to get updates and learn more about the team.



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.....	713.983.9682
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 #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.....	lwikency@chaparralmanagement.com

Community Center Contacts

Community Maintenance Concerns

Chaparral Management Company	281.586.1700
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Clubhouse Rentals

Private Parties and Community Events (Jinnie Kelley)	832.922.8030
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Pool Company Contact

Aquatic Management of Houston.	281.446.5003
www.houston-pmg.com	

Board Member Contact

Chaparral Management Company	281.586.1700
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Schools

Emmott Elementary.....	281.897.4500
Campbell Middle School.....	281.897.4300
Cy-Ridge High School.....	281.807.8000

Contact the Management Company

www.steeplechasecia.com
or by phone 281.586.1700

HOLIDAY MARKET VENDOR OPPORTUNITY AWAITS

The Ladies Auxiliary from St. Elizabeth Ann Seton is holding their 26th annual Gingerbread Village Holiday Market on October 27, 2018. We are located at 6646 Addicks Satsuma Road, Houston, 77041. If you are a vendor who would like to showcase your arts, crafts, seasonal décor, etc. at our event, please email: gingerbreadvillage@yahoo.com for more information or application.

STREETLIGHT NOT WORKING PROPERLY?



REPORT IT

If you notice a streetlight is out, going on and off or flickering, report it. Make a note of the pole number. Go to www.centerpointelectric.com and fill out a streetlight repair request. Street lighting helps to improve security.

HOMEMADE VANILLA ICE CREAM

2 large cans cream	½ quart whipping cream
2 cups sugar	1 tablespoon vanilla
1 pint Half & Half	1 quart milk

Mix together in ice cream freezer container. This mixture does not have to be cooked. The recipe makes enough for a two quart freezer.



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Cy-Fair Republican Women June Meeting

**Cy-Fair Republican Women to meet on June 12th.
CFRW will meet on Tuesday, June 8th at 10:30 AM.**

**Hearthstone Country Club,
7615 Ameswood, Houston, TX 77095**

Meeting is \$3 – Meeting with Lunch at Noon is \$23.

State Senator Paul Bettencourt, business owner, Radio personality, and former Harris County Tax Assessor-Collector will be our speaker in June. In his first Legislative Session, Senator Bettencourt wasted no time in bringing about conservative solutions to Texas' challenges. His work recently earned him the distinction of "Most Valuable Freshman" by Capitol Inside. Don't miss this opportunity to hear from and meet your State Senator from Senatorial District 7.

See the website for details and RSVP to www.cfrw.net by June 5th.

Several candidates attend our meetings regularly so come and get to know them. Invite your friends and neighbors for this event. We look forward to seeing you there.

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THE BEST GIFT YOU CAN GIVE DAD?

Encouraging him to make an appointment for his annual physical

June is Men's Health Awareness Month and physicians affiliated with Memorial Hermann Cypress Hospital are encouraging men to use this time as a reminder to get their annual physical.

"Men often forego yearly physical exams, but early detection is key to avoiding many of the diseases that affect our mortality and quality of life. Sometimes, all it takes is a simple discussion of prevention and treatment of illnesses like heart disease, high blood pressure, and diabetes with a family doctor for people to get on a better health track," says Adan Alvarez, M.D., a family medicine physician with Memorial Hermann Medical Group Copperfield.

Dr. Alvarez emphasizes the importance of basic screening and patient education to help patients prevent more serious interventions down the line.

"If you're seeing your physician annually, you'll be more involved with tracking your overall health—simple things

such as changes in your blood pressure and weight are good indicators. Monitoring risk factors, getting appropriate lab work, and making lifestyle modifications now will go a long way and may spare you the need for medications or even surgery down the line," says Dr. Alvarez.

Family medicine physicians with Memorial Hermann Medical Group treat patients of all ages for a variety of conditions, including routine physicals, chronic disease management, and immunization. All clinics are staffed by board-certified physicians and offer X-ray and lab services on-site.

Memorial Hermann Medical Group Copperfield is open from 8 a.m. – 6 p.m. Monday through Thursday, and 8 a.m. to 5:30 p.m. on Friday. It is located in the Kroger shopping center at the corner of Hwy 6 N and Pebble Lake Dr., between West Road and Huffmeister. Call 281.550.9005 to schedule an appointment.

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TEXAS A&M AGRI LIFE EXTENSION

MUD DAUBERS



Mud daubers are a great wasp to have around. They are solitary, generally docile, and can help to reduce various bugs in the landscape. Mud dauber wasps are $\frac{3}{4}$ -1" in size and come in a variety of colors. They have a very thin, thread-like waist.

Mud daubers create a mud structure that they provision with insects and/or spiders; they lay an egg on each prey item within a cell in the nest, and then seal the nest off. When larvae hatch from eggs, they eat the items provisioned for them, pupate, and then emerge as adults to begin the process over.

Management is not usually needed for mud daubers as they do not guard their nest like other wasps. While they are capable of stinging, they are not considered to be aggressive. If you do not like the look of the mud nests, you can remove them with a putty knife.

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

This work is supported by Crops Protection and Pest Management Competitive Grants Program [grant no. 2017-70006-27188 /project accession no. 1013905] from the USDA National Institute of Food and Agriculture.

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GO GREEN
GO PAPERLESS



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WHAT'S LIVING IN MY CHIMNEY?

By Cheryl Conley, TWRC Wildlife Center



If you're hearing twittering followed by rapid, high-pitched chirps in your fireplace, you've got Chimney Swifts but before you call an exterminator to have them removed, it's important to know that the birds have the

law on their side. They are protected by federal law under the Migratory Bird Treaty Act. It is illegal to remove or disturb their nests, eggs or young during the breeding season. Any knowledgeable, respected exterminating company won't touch them. Once the babies are old enough to chirp, they'll only be around for a couple of weeks before they leave the nest so hang in there and leave them alone. They cause little to no damage.

Sadly, according to the North American Breeding Bird Survey, Chimney Swift populations have decreased by 72% since 1966. Their favorite nesting places are old hollow trees and masonry chimneys. With urban sprawl many of the trees are being removed and newer homes and buildings are being constructed without fireplaces. If fireplaces are being built, newer materials such as metal liners are being used making it impossible for the Swifts to cling to the sides.

Once a nesting site has been found, Mom and Dad Swift construct a half saucer-shaped nest made of twigs. The twigs are held together by glue-like saliva from a gland under the bird's tongue. The nest is "glued" to the side of the chimney.

Chimney Swifts fly almost constantly except when roosting overnight and nesting. They even bathe while flying. They fly down to the water, hit the surface with their body, bounce up and shake off the water. When it is time to rest, they don't sit on perches. They have long claws that cling to textured walls and other textured vertical surfaces such as the walls of your chimney.

Swifts are very beneficial. They gobble up thousands of mosquitoes, flies and other insects while in flight. Two parents along with their nestlings will consume up to 12,000 flying insects every day.

Come fall the birds migrate back to the Amazon River Basin.

Chimney Swifts are admitted to TWRC Wildlife Center every year. As part of our mission, we want to educate the public to the laws regarding this species as well as many other migratory species. If you have Chimney Swifts in your chimney, please leave them alone and don't risk the fines and possible jail time associated with disturbing them. If you have questions, please give us a call at 713-468-8972 or check our website at www.twrcwildlifecenter.org.

HOUSTON METHODIST WILLOWBROOK HOSPITAL RECEIVES 'A' FOR PATIENT SAFETY IN SPRING 2018 LEAPFROG HOSPITAL SAFETY GRADE A



Houston – April 26, 2018 – Houston Methodist Willowbrook Hospital received an 'A' grade in the Spring 2018 Leapfrog Hospital Safety Grade by The Leapfrog Group for patient safety.

The Leapfrog Group, which is based in Washington, D.C., is a national nonprofit organization aiming to improve health care quality and safety for patients and consumers. The organization releases its hospital safety grades twice a year, where it assigns an A-to-F grade to hospitals across the country based on their performance in keeping patients safe from preventable harm and medical errors.

"We maintain a continuous focus on quality and patient experience at Houston Methodist Willowbrook Hospital," said Keith Barber, CEO of Houston Methodist Willowbrook and senior vice president of Houston Methodist. "Providing high quality health care in a safe and compassionate environment to our growing Northwest Houston community is our top priority."

The Leapfrog Group uses 27 measures of publicly available data to produce its hospital safety grade reports. The measures include infection rates, practices to prevent medical errors and safety incidents – such as falls and bed sores – and doctor-patient communication effectiveness. Houston Methodist Willowbrook has received an 'A' for nine consecutive grading cycles, and all Houston Methodist hospitals received 'A's this spring for the first time.

Click here to view Houston Methodist Willowbrook's full Hospital Safety Grade details.

For more information about The Leapfrog Group, visit www.hospitalsafetygrade.org.

About Houston Methodist Willowbrook Hospital

Houston Methodist Willowbrook Hospital is a 312 bed, not-for-profit, faith-based hospital, which is part of Houston Methodist. The hospital has expanded in Northwest Houston to serve the comprehensive health care needs of the growing community.

Houston Methodist Willowbrook Hospital has been named a Magnet recognized health care facility by the American Nurses Credentialing Center's (ANCC) Magnet Recognition Program®.

Houston Methodist Willowbrook is ranked No. 5 in the Houston metro area and No. 12 in Texas by U.S. News & World Report as a "Best Hospital" in 2017.

Houston Methodist Willowbrook Hospital specializes in cardiology and cardiovascular services, neurology, neurosurgery, orthopedics and sports medicine, and comprehensive cancer services. Houston Methodist Willowbrook Hospital has a Breast Care Center, Cancer Center, Imaging Center, Infusion Center, Sleep Center, and Surgical Weight Loss Center and operates a Childbirth Center with a Level III Neonatal Intensive Care Unit.

For more information about the comprehensive services available on the Houston Methodist Willowbrook campus and to learn about upcoming events, please visit houstonmethodist.org/willowbrook. To find a physician, call 281.737.2500.

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NORTHWEST HARRIS COUNTY AGGIE MOM'S CLUB

www.nwhcaggiemoms.org

Calling all NEW AGGIE MOMS!!! And current Aggie moms!!! We would love to see you at one of the Aggie Mom mixers this summer, hosted by the Northwest Harris County Aggie Mom's club. This is a great opportunity for you to meet other Aggie moms, and to meet members of the NWHC Aggie Mom's Club, in a fun & casual get-together! The dates for the mixers are in June & July. Please check our website (above) for details on dates & locations. Come alone or bring another Aggie Mom with you! Dress is casual.

And please mark your calendars for Tues, August 14th at 6:30 pm. at the Houston Distributing Company, 7100 High Life Drive, Houston, Texas!! This our annual Howdy party, and a great way to meet other Aggie Moms, find out about upcoming events, and enter for a chance to win a door prize! We welcome all Aggie Moms, whether of freshman Aggies, current Aggie students or former Aggies. We'd love to meet you!



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