



Steeplechase

NEWSLETTER



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

Santa at the Park

Santa arrived at Saddlebough Park at 6P on Saturday December 15th with the assistance of Cy-Fair Fire Department and our Harris County deputies. His visit delighted many of our young residents and some slightly older residents as well. Santa distributed over 100 Teddy Bears to our young Residents. Hot Chocolate and cookies were enjoyed by all. Santa's parting comments was:

"SEE YOU ALL NEXT YEAR"!!



2019 Resident Survey Release

The SCIA BOD has released a new resident survey that is available on the www.steeplechasecia.com website. The survey solicits resident feedback about the BOD and Association priorities.

You must be registered to access the survey. If you are not registered, go the website and register. Then you can complete the survey. If you have trouble registering, please contact Chaparral for help.

Finally, if you do not want to, or are unable to register on the website you can complete a hardcopy of the survey before the start of the February 19th BOD meeting at the clubhouse.

The BOD continues to urge residents to register for the website.

November 2018 Online Survey Results Summary

Eighty-one percent (81%) of responses rated Chaparral performance as okay or better. A comparable number, seventy-nine percent (79%) responded that email and voicemail response time was 2 business days or less. Seventy-five percent (75%) stated that Chaparral's response to special requests was timely but only forty-four percent (44%) said that the response to correcting problems was timely. In general, the survey indicates that Chaparral Management performs adequately but that there can be improvement.

Seventy-eight percent (78%) of responses indicated that they visit the Association website, monthly or quarterly. Sixty percent (60%) replies that they knew Chaparral's phone, email and website but only forty percent (40%) said that they knew

(Continued on Page 2)

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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Email Contacts

board@steeplechasecia.com

(Simultaneously sends an unedited message to the Community Manager and each SCIA BOD member.)

pool@steeplechasecia.com

(Simultaneously sends an unedited message to the Community Manager, the Pool Management Company and each SCIA BOD member about pool issues, problems, concerns, suggestions, etc.)

drv@steeplechasecia.com

(Simultaneously sends an unedited message to the Community Manager, the Community Inspector and each SCIA BOD member about deed restriction violations or issues.)

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



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(Continued from Cover)

the Community Manager's contact information. The BOD will continue to emphasize resident registration for the website as the information available on the website is comprehensive and current. Furthermore, website registration will enable e-blasts concerning Steeplechase issues, etc. to be sent directly to you.

A little more than fifty percent, fifty-three percent (53%) to be exact, added comments. There were many topics noted but only a few repeated. Repeaters included poor deed restriction enforcement, pool tags and the pool management company, the LED sign, and Chaparral management.

The results of the survey confirms what we hear at the BOD meetings. Since this survey was completed, BOD representatives met with Chaparral to discuss the results and improvements that the BOD expects Chaparral to make in 2019.



See Something that Needs Repair?

If you see something that needs repair, please report it. For example, monument lighting is out, graffiti, sprinkler heads blown off or sprinklers spraying the streets, not the grass, etc. Report it to Chaparral Management at cmc@chaparralmanagement.com or call 281-537-0957.

Thanks for your help in keeping your community well maintained.



VOLUNTEERS NEEDED

The SCIA BOD has created committees to develop recommendations in specific areas. There are four committees seeking volunteers: 1) Social, 2) Facilities, 3) Landscaping, and 4) Capital Projects.

If you have an interest, or if you would like to further discuss what volunteering for a committee entails, come to the monthly BOD meeting, send an email to board@steeplechasecia.com, or contact Chaparral Management at cmc@chaparralmanagement.com or call 281-527-0957,



Ways to Clean Oil Off a Driveway

Cat Litter

Put cat litter on the stain and rub it in.
Let it sit for a while, then, sweep the cat litter up.
Repeat at least once.

Peat Moss

Spread peat moss on the stain. Roll it over the stain.

Pepsi

Pour some Pepsi over the stain. Scrub the spot vigorously.
Repeat if necessary.

Simple Green

Pour lots of Simple Green on the stain. Let the spot soak for a few hours. Wipe/rinse the area.

Liquid Tide

Cover the area with liquid Tide.
Pour ¼ cup of water on top of the Tide.
Use an old broom to scrub the area for about 5 minutes.
Wipe down the area and/or rinse it with a hose.
Repeat if necessary.

Oil-Removal Product

Go to local hardware store and ask for a product that will clean up the oil. Pour oil cleaner on the ground, rub a little with a rag and let it vaporize. Repeat if necessary.

Oxy Clean Laundry Spray

Spray generously with Oxy Clean laundry spray.
Let this stand for a few minutes. Scrub with a stiff brush.
Wipe with a paper towel or flush with hose.

Pour N Restore

Pour this white liquid on the oil stain.
Let it dry into a powder and brush the powder away.



STEEPLECHASE

Harris County M.U.D. No. 168

Recycling day is Wednesday



**YES,
you can recycle it!**



PAPER: DRY & CLEAN, LOOSE

Newspaper & inserts
Magazines & catalogs
Junk mail, envelopes, file folders
Office white, colored and computer paper
Corrugated cardboard boxes
Cereal & gift boxes, etc (that tear brown or grey)
Paper bags & phone books
Wrapping paper
Milk cartons
Juice cartons
Wax coated boxes

CONTAINERS: EMPTY & CLEAN, LOOSE

Glass - clear and colored
Aluminum cans
Aluminum foil
Aluminum foil plates/ serving containers
Plastic bottles, jars, tubs and buckets
(such as soda, water, milk, juice, liquor, shampoo,
detergent, condiments, salad dressing, yogurt,
margarine, pet food, etc)
Plastic grocery bags
Styrofoam containers/ packaging
Metal food cans (tin & steel)
Metal food can lids
Metal pots and pans



KNOW YOUR RISK

Take this first step in protecting yourself against heart disease. Join the experts at Houston Methodist Willowbrook Hospital for:

- Free heart screenings, including cholesterol and blood pressure readings, to learn your 10-year risk for heart disease
- Talk with an expert about your results

Free Heart Screening Event
Thursday, Feb. 28 | 6-8 p.m.

Houston Methodist Willowbrook Hospital
18220 State Hwy. 249
Conference Center, 1st Floor
Houston, TX 77070

Light refreshments provided.

Visit houstonmethodist.org/heart-event to reserve your spot.

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6 Health Benefits of Eating Dark Chocolate

If your sweet tooth craves chocolate, there are plenty of reasons to surrender to your cravings and indulge. Dark chocolate is loaded with nutrients that can positively affect your health. Made from the seed of the cocoa tree, it is one of the best sources of antioxidants on the planet. Cacao offers a number of health benefits from helping to control blood sugar to lowering the risk of cardiovascular disease because it contains flavonols, which are a type of antioxidant that has been shown to improve blood flow and can protect against sun-induced damage, improve blood flow to the skin and increase skin density and hydration.

Bottom Line: Quality dark chocolate has various nutritional perks so enjoying a delicious treat that has at least 65% cacao can be guilt-free if you don't overdo it.

NUTRITIONAL PERKS HEART-HEALTHY

Dark chocolate has been shown to improve blood flow and possibly prevent blood clots. It also helps lower blood pressure and may help keep arteries from hardening.

BRAIN FOOD

Because chocolate increases blood flow to the brain, it can be a boost to your cognitive health.

MOOD CHANGER

Chocolate also contains phenylethylamine (PEA), which encourages your brain to release endorphins that make you feel good.

CANCER FIGHTER

Antioxidants in chocolate help rid your system of free radicals, which have been linked to multiple age-related health risks and diseases.

SOMETHING TO SMILE ABOUT

Theobromine, found in dark chocolate, helps harden tooth enamel, which helps prevent cavities.

SUN BLOCKER

Some studies show that people with diets high in flavonols take longer to burn in the sun than people with low flavonol diets.

Written by: Claudia Mosley, Moms Making Six Figures

Reviewed by: Dr. Barbara Ryan, MD



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Shedding Light on New Bulbs



Standard incandescent light bulbs may soon become a thing of the past. Under the Clean Energy Act of 2007, required the sale of energy-inefficient incandescent bulbs to be phased out over a two-year period, beginning with 100-watt bulbs in January 2012. Compact fluorescent lights (CFLs) have become the most popular replacement choice. The typical CFL uses 66 percent less energy and lasts up to ten times longer than an incandescent bulb.

Making the switch to CFLs doesn't require that you throw out all your incandescent bulbs right away. Even a gradual change can result in significant savings. Just replacing your home's five most frequently used light fixtures can save you more than \$65 each year, as CFLs provide the most savings when a lighting source is used for at least two hours a day. You can continue to use incandescent bulbs for fixtures that are only on for a few minutes at a time, such as closet lights, changing to CFLs as your supply of incandescent bulbs runs out.

One important point to know about CFLs is that they contain an average of 4 milligrams of mercury (about the amount that would cover the tip of a ballpoint pen). The mercury is sealed within the bulb's glass tubing, and no mercury is released when the bulb is intact or in use. Special caution must be taken when disposing of used bulbs or cleaning up broken bulbs, however. Some states require used CFL bulbs (broken and unbroken) to be taken to local recycling centers for disposal. And if a bulb breaks in your home, you should follow the Environmental Protection Agency's guidelines to clean up the debris:

Before Clean-up: Air Out the Room

- Have people and pets leave the room, and don't let anyone walk through the breakage area on their way out.
- Open a window and leave the room for 15 minutes or more.
- Shut off the central forced-air heating/air conditioning system, if you have one.

Clean-Up Steps for Hard Surfaces

- Carefully scoop up glass pieces and powder using stiff paper or cardboard and place them in a glass jar with metal lid (such as a canning jar) or in a sealed plastic bag.

- Use sticky tape, such as duct tape, to pick up any remaining small glass fragments and powder.
- Wipe the area clean with damp paper towels or disposable wet wipes. Place towels in the glass jar or plastic bag.
- Do not use a vacuum or broom to clean up the broken bulb on hard surfaces.

Clean-up Steps for Carpeting or Rug

- Carefully pick up glass fragments and place them in a glass jar with metal lid (such as a canning jar) or in a sealed plastic bag.
- Use sticky tape, such as duct tape, to pick up any remaining small glass fragments and powder.
- If vacuuming is needed after all visible materials are removed, vacuum the area where the bulb was broken.
- Remove the vacuum bag (or empty and wipe the canister), and put the bag or vacuum debris in a sealed plastic bag.

Clean-up Steps for Clothing, Bedding and Other Soft Materials

- If clothing or bedding materials come in direct contact with broken glass or mercury-containing powder from inside the bulb that may stick to the fabric, the clothing or bedding should be thrown away. Do not wash such clothing or bedding because mercury fragments in the clothing may contaminate the machine and/or pollute sewage.
- You can, however, wash clothing or other materials that have been exposed to the mercury vapor from a broken CFL, such as the clothing you are wearing when you cleaned up the broken CFL, as long as that clothing has not come into direct contact with the materials from the broken bulb.

- If shoes come into direct contact with broken glass or mercury-containing powder from the bulb, wipe them off with damp paper towels or disposable wet wipes. Place the towels or wipes in a glass jar or plastic bag for disposal.

Disposal of Clean-up Materials

- Immediately place all clean-up materials outdoors in a trash container or protected area for the next normal trash pickup.
- Wash your hands after disposing of the jars or plastic bags containing clean-up materials.
- Check with your local or state government about disposal requirements in your specific area. Some states do not allow such trash disposal. Instead, they require that broken and unbroken mercury-containing bulbs be taken to a local recycling center.

Future Cleaning of Carpeting or Rug: Air Out the Room During and After Vacuuming

- The next several times you vacuum, shut off the central forced-air heating/air conditioning system and open a window before vacuuming.
- Keep the central heating/air conditioning system shut off and the window open for at least 15 minutes after vacuuming is completed.



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