



Steeplechase

NEWSLETTER



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

Volume 4, Issue 10

October 2006

Meadowlands Update

On August 30th the Board of the Texas Department of Housing and Community Affairs awarded tax-exempt bonds of \$13,500,000 and housing tax credits of \$ 967,760. to

HT Seattle Slew LTD. for construction of low- income apartments on Steepleway Boulevard at Steeplepark Drive. Despite widespread community opposition, including from elected officials, the Board unanimously voted to follow the TDHCA staff recommendation to award the credits and bonds.

Four Steeplechase residents-Ron Green, Kathy Dowling, Greg Fredericks and Betty Hattman- traveled to Austin and testified before the Board as did State Representative Gary Elkins. On August 15th an entire box of written comment was sent to the TDHCA including: petitions (over 1,100 signatures) opposing the project, a request for disqualification of the application, reports regarding the lack of municipal services and transportation as well as the negative impact on schools and area crime, and the abundance of available affordable apartments in the area. Forty-five people wrote letters of opposition to the TDHCA as did U.S. Congressman Culberson, Representative Elkins, Commissioner Eversole, Sheriff Thomas and Jersey Village Mayor Heathcott. In addition two hundred area residents attended each of the two public hearings in August.

In the end, those opposing the project were dismissed as “not in my backyards” and worse, labeled as racists. It was clear that the TDHCA was not interested in community input. Further, as we learned, all of the rules are written to benefit the developers, not the communities or the low- income households they are purported to serve. After such a disappointing defeat it would be easy to ask why even bother to fight if state officials don’t listen and the rules are stacked against the neighborhoods. But we have to continue to fight as there will be more of these projects built in our area unless we work together to protect our communities. Our area elected officials support us and we need to work with them for legislation to change

the rules and policies of these programs. We must collaborate with other neighborhood associations and groups, such as the Fairbanks Partnership, to send our message to Austin.

While our effort to defeat this project failed, we did form valuable working relationships with other nearby neighborhood associations—Windermere Lakes, Crossroads, Willowbridge and Willow Lake- and we will reach out to more. What can you do?

Log-on to steeplechasetx.com for more information including a sample letter you can send to Governor Perry and other state officials.

And most important—get involved in your neighborhood! The next Open Residents Meeting is Monday, November 6th at 7pm in the clubhouse.

Churchill Board of Directors

Churchill residents elected Dean Green to their HOA Board at the Churchill Annual Meeting in August. Welcome Dean!

Many thanks to former Director Philip Ramirez for his six years of service to the Churchill and Steeplechase Associations. Philip did not run for re-election and plans to devote his volunteer time to forming a Steeplechase Youth Swim Team.

A neighborhood is only as good as its citizens and we are fortunate to have committed volunteers such as Philip and Dean. To learn how you can get involved with your community, log on to: steeplechasetx.com. The next Open Residents meeting is Monday, November 6th at 7pm at the clubhouse.

**View the
Steeplechase Community Association Newsletter
each month on-line at www.PEELinc.com**

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
Library.....	281-890-2665
Post Office.....	713-937-6827
Steeplechase Community Center.....	281-469-CLUB
Deed Restriction Issues (PCMI)	281-870-0585
Water/Sewer.....	281-240-1300
Architectural Control (PCMI).....	281-870-0585
Trash Pick-up (Waste Management).....	713-686-6666
	(Monday & Thursday)
Harris Co. Pct. 4 Road Maintenance.....	281-353-8424
Community Events.....	281-469-CLUB
Clubhouse Rentals:	
Private Events (Phyllis McFarland).....	832-922-8031
Community Group Events (Jinnie Kelley)	832-922-8030
Traffic Initiative	281-290-2100

NEWSLETTER PUBLISHER

Peel, Inc. kelly@PEELinc.com, 888-687-6444
 Peel, Inc. Sales Office advertising@PEELinc.com, 888-687-6444

**Steeplechase Information Line:
 281-469-CLUB - Option #3**

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COMMUNITY CENTER CONTACTS

Community Maintenance Concerns

PCMI..... 281-870-0585

Clubhouse Rentals

 Private Events (Phyllis McFarland) 832-922-8031
 Community Groups (Jinnie Kelley) 832-922-8030

Weekday Use of Club

Jinnie Kelley 832-922-8030

Private Pool Parties

Sweetwater Pools..... 281-988-8480

Board Member Contact

PCMI..... 281-870-0585

NEWSLETTER DEADLINE

The deadline for submitting articles is the 10th of each month.

Please send all articles and photos to:

newsletter@steeplechasetx.com

(high quality digital photos up to 2 MBs accepted)
 or mail your submissions to the Steeplechase clubhouse at
 11250 Steepleway Blvd., Houston, TX 77065
 if you do not have a computer

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STEEPLECHASE

Steeplechase Swim Team for 2007

The Steeplechase community is forming a swim team for 2007. We will be brand new and your help is needed to kick off this great effort! Planning is already underway. Anyone interested in participating, helping or coaching – please contact Philip Ramirez:

E-mail is swim_steeplechase@yahoo.com or call 281-894-5763. If you would just like to be “kept in the loop” about our progress, E-mail with your contact information.

Steeplechasetx.com

Do you want to know what is going on in the neighborhood? Go to steeplechasetx.com. You can sign up to receive important email bulletins about neighborhood activities, learn about meetings, classes, groups and programs, post lost/found pet information and communicate with your neighbors on the message board. You can also list Garage Sale or Real Estate information.

Names and addresses of all residents are being updated on the website: for resident login use the first 4 letters of your last name and your numeric street address. This is your login and password that you can change once you’ve logged in.

At no time will any source be allowed to use the Steeplechase Community Association Newsletter contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from the Steeplechase Homeowners Association and Peel Inc. The information in the Steeplechase Newsletter is exclusively for the private use of Steeplechase residents only.

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Cobblestone Betty Hattman Sandra Jordan Virginia Kelley Dan Carr	Churchill Jon Lavallee Dean Green Nace Peard Regina Abruzzese Mabel Butler	Green-Brook-Bridge Jim Andrews Clark Fredenburg David Gerow Gayle Owens
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If you need to contact a director within your subdivision, please contact **PCMI** at **281-870-0585** and they will forward your request.

Steeplechase Sanctioned Committees

Security Communications Pool Playground	Welcome Landscape Clubhouse Tennis
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STEEPLECHASE

6th Annual Houston Buddy Walk

October 14, 2006

Benefiting the National Down Syndrome Society and the Down Syndrome Association of Houston

Join us for the Buddy Walk at 10am, Saturday, October 14 at the George R. Brown Convention Center (Exhibit Hall A)

To Register: ONLINE at join.buddywalk.org by October 11 (\$10)
AT WALK (\$15) or Call 713-682-7237

Water Aerobics

Classes are held Monday and Wednesday evenings @ 6:30pm

Thursday and Saturday mornings @ 9am

Cost is \$ 5. class – Pay as You Go
Guests and Newcomers Always Welcome!



Steeplechase Crime Stats for August 2006

Includes MUD 168 & Steeplechase Contracts

Burglary/Res	3	Standed motorist	2
Theft/Res	2	Alarm/Local	16
Burglary/MotVeh	8	Alarm/Silent	1
Home Invasion	1	Theft/Bus	1
Criminal Mschf	13	Alarm/Aud	1
Theft/Other	5	Dist/Juvenile	2
IndecExposure	1	Dist/Family	3
Forgery	2	Creditor/abuse	1
Fraud/use/ID	1	Domestic Dist	8
Runaway	2	Dist/Noise	9
Injurychild	2	Dist/Other	21
AssaultAgg	1	Animal Humane	2
Arson/Fire	1	Telph Harras	2
Dist/weapon	1	Propfound/lost	3
Meet officer	1	Meet Citizen	20
Injury/Child	1	InfoCall	7
DischFirearms	1	Welfare Check	12
Child Custody disp	2	Follow Up	5
Terror Threat	1	PrkngLot Check	3
Suspicious Pers	12	Contract Check	317
Drug/OD/Poss	2	Check Business	6
Vehicle/Suspici	7	Bldg Check	2
Vehicle/Abandon	2	Accident/FSGI	5
Vehicle Stop	76	Accident	6
Vehicle Stolen	4	Traffic Hazrd	1
Vehicle speeding.	1	Hang Up	13
AccidentMajor	1	AccidentMinor	4
AccidentFSGI	2	WarrantServ	2
DWI	2	UnkMedical	4

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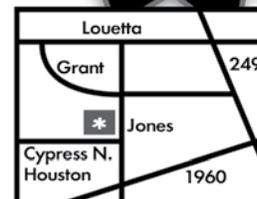
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Classified Ads

Personal classifieds (one time sell items, such as a used bike...) run at no charge to Steeplechase residents, limit 30 words, please e-mail to newsletter@steeplechasetx.com.

Business classifieds (offering a service or product line for profit) are \$45, limit 40 words, please contact Peel, Inc at 888-687-6444 or advertising@PEELinc.com.

MARK YOUR CALENDARS!!!

The Fairfield 5K for Life, Benefiting the Leukemia Lymphoma Society is Back

Saturday morning, October 28, 2006 is the date for the 5th Installment of the Fairfield 5K for Life Fun Run/Walk. It's a Walk, It's a Run, It's a Party! So put on your costume, get your friends and family, and grab your shoes to help us have a good time for a good cause!

Plan on joining us at the Fairfield Athletic Club early Saturday morning for a jaunt through Fairfield's beautiful hike and bike trails and then stick around afterwards for refreshments, a costume contest and award ceremony.

You can go online now and register at www.active.com. Click the link for Individual Sports and enter Fairfield 5k for Life.

For sponsorship information, call Jane Lakatos at 281-373-9767. All proceeds benefit the Leukemia and Lymphoma Society helping to cure blood-related cancers.



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Newsletter Submissions Requested

Every news publication needs “reporters” – the “reporters” for this Newsletter are community volunteers who gather information from the community to publish. So if you are involved with a school group, scouts, sports etc. – please submit your information to the editor at newsletter@steeplechasetx.com or mail to the clubhouse at 11250 Steepleway Boulevard, Houston, TX 77065. Personal news from residents-such as awards, special celebrations, military service are also welcome.

Please remember that this newsletter is sent to 1650 homes (at no cost to homeowners) – so please send your important news to us today. Remember, the deadline for each month is by the 10th day of the prior month.

Advertising Information

Please support the businesses that advertise in the Steeplechase Community Association Newsletter. Their advertising dollars make it possible for all residents to receive a newsletter each month at no charge. No homeowners association funds are used to produce or mail the newsletters. If you would like to support the newsletter by advertising, please contact our sales office at 888-687-6444 or advertising@PEELinc.com for ad information and pricing. The deadline for ads is the 10th of each month for the upcoming month’s newsletter.

TEEN JOB SEEKERS LIST

If you are a teen and wish to have your name published, please email your name, address, date of birth, and phone number to newsletter@steeplechasetx.com by the editor’s deadline. If you are currently listed, please notify the editor if changes are needed to your age or phone number.

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9:30 a.m. – Contemporary, *the Ministry Activity Center*

11:00 a.m. – Traditional, *in the Sanctuary*

11:00 a.m. – **Common Ground**, *Ministry Activity Center*
a worship service offering a Traditional
worship format with traditional hymns
and light contemporary praise music.

Sunday School for...

Adults at all Worship times

Youth at 11:00 a.m.

Children at 9:30 & 11:00

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- ❖ Music, fine arts
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STEEPLECHASE

Texas Events - October

14-15—HOUSTON: Bayou City Art Festival Features fine juried art by 300 artists, entertainment, interactive Creative Zone for children and more. In front of City Hall and around Hermann Square on Walker, Bagby and McKinney streets, plus Sam Houston Park. www.bayoucityartfestival.com 713/521-0133

14-15—HOUSTON: 28th Houston Festa Italiana Features children's area, bocce ball, grape stomp, pasta-eating contest, Italian car show, Italian heritage area and more. Houston Farm and Ranch Club. www.houstonitalianfestival.com 713/524-4222

15—HOUSTON: Heights Skate & Bike Rally and Scavenger Hunt Self-paced event begins at 8 a.m. Visit the Web site to register online. Rally begins and ends at the fire station on 12th and Yale streets. www.houstonheights.org 713/861-4002

21—HOUSTON: 35th Annual Buffalo Bayou Regatta & Outdoor Expo Participants can test their endurance in Texas' largest kayak and canoe race. www.buffalobayou.org/regattabayou.html 713/752-0314

21—HOUSTON: All-British Motor Vehicle Expo www.houstonmgcarclub.org 281/346-2417

21-22—HOUSTON: Wings Over Houston Airshow Features the

USAF Thunderbirds, numerous aerobatic acts, re-enactments, Kids Fun Zone, BMX demonstration team and more. Ellington Field. www.wingsoverhouston.com 713/266-4492

21, 24, 27, 29—HOUSTON: Verdi's Simon Boccanegra Houston Grand Opera. 713/228-6737 or 800/626-7372

22—HOUSTON: Fall MS Walk Sam Houston State Park. www.mswalklonestar.org 713/867-3201

27-28—HOUSTON: Fall 2006 Houston Book, Postcard & Paper Fair Arabia Shrine Center, 2900 N. Braeswood. www.houstonshow.com 281/565-0771

28—HOUSTON: Annual Halloween Boo Bash for Kidz Presents live music and activities from 1 to 4 p.m. Traders Village. www.tradersvillage.com 281/890-5500

28, 31—HOUSTON: Mozart's Don Giovanni Houston Grand Opera. Wortham Theater Center. 713/228-6737 or 800/626-7372

Texas Events has been published with the permission of the Texas Department of Transportation. All events are taken in part from the Texas Events Calendar. All dates for events were correct at the time of publication and are subject to change.

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Kick Your Way to Fitness

Are you bored with your current fitness routine?

It may be time to kick your way to one of the hottest workouts around. Kickboxing, also referred to as boxing aerobics and cardio kickboxing, is a hybrid of boxing, martial arts and aerobics that offers an intense cross-training and total-body workout.

It blends a mixture of high-power exercise routines that strengthen the body and mind, decrease stress and hone reflexes while increasing endurance and cardiovascular power. While kickboxing's roots are in full-contact fighting, it has found a safe and very effective niche in the fitness community.

While some estimates of kickboxing's calorie-burning potential have reached as high as 500 to 800 calories per hour, ACE-sponsored research suggests that only very large individuals working out at exceptionally high intensities are like to burn that many.

Instead, a 135-pound person is likely to burn 350 to 450 calories during a typical 50-minute class that consists of a warm-up, aerobic period and cool-down. There are, however, other important factors to consider before taking the first kick.

What is your current fitness level?

Keep in mind that many clubs may not offer classes that are based on progression. Even if your current routine features a hearty combination of cross-training workouts, you may want to take it easy at first, then build as your body adapts.

For this reason, an hour-long session may not be the wisest choice for someone who isn't used to this level of concentrated activity.

Familiarize yourself with the basics

Remember, adequate warm-up and close attention to proper technique are paramount. Classes should begin with basic stretches and a light cardiovascular warm-up such as pushups and jumping jacks.

A typical aerobic kickboxing routine involves a series of repetitive punches alternating with hand strikes, kicks and then a combination of all three. The repetitions help participants focus on proper technique while engaging several muscles groups and getting a fierce cardiovascular workout.

After the main section of the routine, stretches and floor exercises are commonly performed as a cool-down.

Don't forget to wear loose clothing that allows freedom of movement during your kickboxing workout and drink plenty of water.

Beginner beware

When attending your first class, try to avoid these common mistakes:

- Wearing weights or holding dumbbells when throwing punches, which puts your joints in danger of injury
- Locking your joints when throwing kicks or punches
- Over-extending kicks (Beginners should avoid high kicks until they get used to the routine and become more flexible.)
- Giving in to group peer pressure and exercising beyond fatigue
- And of course, you should ask your instructor about their training. Cardio kickboxing is a combination of martial arts and aerobics, and employs different techniques from a "pure" martial arts class.

Many teachers may have boxing or martial arts training, but may not have the appropriate class experience or be properly certified by an organization such as ACE. Finally, once you understand the basics of this stress-relieving, total-body workout, you can kick your way to a new level of fitness.

Basic moves and equipment

It may seem awkward at first, but the basic moves in a kickboxing class can be mastered with time, patience and practice.

A prepared class will have mirrors, a punching or "heavy" bag and hit pads for participants to use. Here are two basic lower-body kickboxing moves that work the hamstrings, gluteals and quadriceps:

- The roundhouse kick - Starting from a basic stance (side of body facing bag, knees slightly bent, shoulder-length apart), lift your right knee and point it just to the right of your target. Pivot on your left foot as you extend your right leg. Kick the target with the top of your foot.
- The side kick - From the basic stance, pull your right knee up toward your left shoulder. Pivot on your left foot as you snap your right leg into your target. Strike with either the outside edge of your foot or your heel.



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Villages of Langham Creek

Waterford Harbor
White Oak Bend
Willowbridge
Willowlake
Willow Pointe
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Winchester Trails
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Eldorado HOA
Glendover Park
Woodland Hills

-- Austin --

Barker Ranch
Cherry Creek on Brodie Ln.
Circle C Ranch
Courtyard
Coventry
Davenport Ranch
Eagle Ridge
Estates of Shady Hollow
Granada Hills

Harris Branch
Highland Park West Balcones
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Horizon Park
Hutto Parke
Lakeside Estates
North Acres
Park & Lakeside of Blackhawk
Ridgewood

Scenic Brook
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STEEPLECHASE

Sudoku

The challenge is to fill every row across, every column down, and every 3x3 box with the digits 1 through 9. Each 1 through 9 digit must appear only once in each row across, each column down, and each 3x3 box.

				5				
6		5	1	7				
	1						3	9
8			4					
			3	2		1		5
	2	6						
2			6	4				
3					1		2	8
		7		3		4		

*Solution at www.PEELinc.com © 2006. Feature Exchange

R.A.D. Self Defense Training for Women

October 3,4,5 from 6-10pm
Steeplechase Community Center
Ages 14 and older

Come join us at the clubhouse for this three evening program October 3rd through 5th. It's free and when you have completed the course you'll feel more confident and be better aware of your surroundings. This course is taught by the Harris County Constables. So come, have fun and learn at the same time. To attend call Jinnie @ 832-922-8030.

Do you have a Home Based Business right here in Steeplechase?

You can get information about your service or products to every home in Steeplechase, by running a business classified in The Steeplechase Community Association Newsletter. The cost is \$45 for up to 40 words. Display ads are also available. For more information, please contact Peel, Inc. at 888-687-6444 or advertising@PEELinc.com. The deadline is the 10th of each month for the upcoming month's newsletter.



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Support your neighborhood newsletter.

*Advertise your business
to your neighbors.*

STEEPLECHASE MARKET REPORT

Courtesy of "SUPER DAVE"

This market information report is provided to keep you informed of resale market activity in your subdivision.

	Mar 06	Apr 06	May 06	Jun 06	July 06	Aug 06
\$160,000 & Above	0	0	0	0	1	0
\$140,000-159,999	2	1	1	1	3	3
\$120,000-139,999	3	3	7	2	3	4
\$110,000-119,999	3	3	3	2	5	2
\$100,000-109,999	1	0	3	1	0	2
\$100,000 Below	3	2	1	1	2	0
TOTAL	12	9	15	7	14	11
Highest \$/Sq Ft	74.04	75.50	76.85	77.18	81.05	81.02

This chart represents the homes that have sold and closed in the past 6 months according to the Houston Multiple Listing Service.

Recent Sales By "SUPER DAVE" in Steeplechase

- 9830 Hambleton Way Cir
- 12310 Hedgedown
- 9618 Dapple
- 12307 Dapple
- 12310 Flaxen
- 12219 Flaxen
- 11311 Hambleton Way
- 11558 Withers Way Cir
- 10211 Churchill Way
- 12326 Hedgedown
- 9618 Blackamore
- 12031 Canterhurst Way
- 11706 Meadowchase
- 12014 Hedgegate
- 11223 Hambleton Way
- 9838 Meadow Bend
- 10102 Hedgeway
- 9602 Top Gallant Ct
- 9714 Overmead
- 11323 Creighton Ct
- 11615 Autumn Chase

David "Super Dave" Flory



- #1 Selling Agent in Steeplechase 1992-2005!*
- #3 Selling Realtor in Houston!**
- Top 1% of Realtors in the U.S.
- Over 600 Homes SOLD in 2005
- Over 96% of David's Listings Result in a Sale

The HIGHEST PRICE PER SQ.FT. House Sold
in Steeplechase: \$85.21



832-478-1205

Direct line: **281-477-0345**

*According to information taken from the Houston Board of Realtors MLS computer.

5**According to information taken from the Houston Business Journal 3/2006

Peel, Inc.

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