

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

SAVE THE DATE

Mark your calendars for the following Steeplechase events in 2010!

II/0I/10: Steeplechase Open Residents Meeting w/ guest MUD 168 HCSO Deputies

11/22/10: Steeplechase Resident's Happy Hour at ON THE ROX @ 7pm

12/27/10: Steeplechase Resident's Happy Hour at ON THE ROX @ 7pm

RAD Classes

RAD (Rape Aggression Defense) classes for ladies 14 & up. All classes are offered at our Clubhouse by specially trained law enforcement officers.

<u>Upcoming Dates:</u> November 8,9,10 6pm-9:30pm For more information call Danni Rae Moss @ 713-247-9781 or by email to draemoss@gmail.com

Next Open Residents Meeting

Monday, November 1, 2010 at 7pm in the Steeplechase Clubhouse with specil guests: HCMUD 168 HCSO Deputies



Steeplechase Seahorses



The Seahorses had a wonderful and successful season. We lost weight and inches and became trim and fit.

We practiced stretches, yoga, P90X, meditation, jogging, and learned how to open our Chakras all while doing water aerobics. We learned deep breathing and clear thinking.

We learned the Buddhist chant 'NAM-MYO- HO-REN-GE-KYO'. And of course our Namaste and OM mantra chant, along with regular prayers.

Each month we added 25 reps to our regular work out. May and June was 25 reps, July was 50, August was 75, September and October 100. About 1/2 of class dropped out when we reached level 3, and there are 10 that reached level 4.

When you reach level 4, you are in tip top shape. Congratulations to all the water aerobics participants, and especially the level 4 team. We all worked out in very hot weather, a couple of days in August it was like exercising in a sauna, we had to put the sprinkler on us, and also very cold days when the rain poured down on the water and us was cold. We had a wonderful end of the year Seahorse picnic in September.

If you plan to join us May 2011 please start early so you can work up to the levels carefully and slowly.

Keep yourself fit all the time but especially over the winter months so you do not lose all the tone and fitness you have worked hard to gain from water aerobics. Have a wonderful winter and remember to listen to your clear thinking and higher voice that will keep you in line with your goals especially your fitness goals.

Namaste, Niecy Moss

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<u>STEEPLECHASE</u>

IMPORTANT Telephone Numbers



Emergency
Sheriff's Dept
Cy-Fair Fire Dept911
Cy-Fair Hospital
Animal Control
Center Point (Street lights)713-207-2222
http://cnp.centerpointenergy.com/outage
Neighborhood Crime Watch SteeplechaseSecurity@gmail.com
Library
Post Office
Steeplechase Community Center
Deed Restriction Issues (PCMI) 281-870-0585
Water/Sewer713-405-1750
Architectural Control (PCMI) 281-870-0585
Trash Pick-up (Best Trash, LLC) (Wed. & Sat.) 281-313-BEST
Harris Co. Pct. 4 Road Maintenance 281-353-8424
Harris Co. MUD #168hcmud168board@gmail.com
Community Events
Clubhouse Rentals: Private Parties and Community Events
(Phyllis McFarland)
Traffic Initiative
Private Pool Parties

NEWSLETTER PUBLISHER

Peel, Inc. (Advertising)......kelly@PEELinc.com, 888-687-6444 Articles.....newsletter@steeplechasetx.com

Community Center Contacts

Community Maintenance Concerns

PCMI
Clubhouse Rentals
Private Parties and Community Events
(Phyllis McFarland)
Pool Company Contact
Texas Aquatic Enterprises, Inc
www.texasaquaticenterprises.com
Board Member Contact
PCMI

Schools

Emmott Elementary	281-897-4500
Campbell Middle School	
Cy-Ridge High School	281-807-8000

Want to Help Steeplechase Go Green?

Join our E-Mailing List at www.SteeplechaseTX.com. Please add webmaster@steeplechasetx.com to your address book to ensure you receive our emails. Your email address will not be shared, published, or used for soliciting.

Steeplechase Board of Directors

Cobblestone Virginia Kelley James Clarke

Churchill Nace Peard Bill Kuschmeider Michael Cirillo Greg Fredericks Tricia Winters

Green-Brook-Bridge Andy Sherbondy Wade Wnuk Michael Young Maurice Amidei

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

Welcome
Landscape
Clubhouse
Tennis

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



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SAFETY CORNER *Tip Of The Month*

Recognizing risk and taking steps to avoid that risk is 90% of Self-Defense Education. The bottom line is you are ultimately responsible for your safety.

The holiday season is right around the corner, review the safety tips below for yourself and with your family!

OUT & ABOUT, AND IN YOUR VEHICLE

- A. If you carry a purse, hold it close to your body. Don't loop the shoulder strap around your NECK.
- B. Whenever possible, travel with SOMEONE to the store, doctor's office, or to exercise.
- C. Have your car or house keys firmly in hand BEFORE you go outside the store. And don't overburden yourself with packages so they obstruct your view and

limit your movement. Be AWARE of your surroundings.

- D. Keep bags and valuables out of sight in your vehicle to reduce "SMASH AND GRAB" type theft.
- E. Keep your gas tank FULL. When it gets to half full, it's time to refill.
- F. If you think you're being followed, don't go straight HOME. Instead, go to populated areas like 24 hour shopping areas.
- G. Try to park in well lit areas. Be aware of lighting in parking lots, as it may be DARK when you return to your car.
- H. Avoid dark, deserted routes, even if they are SHORTER.

I. Always stay calm, and don't PANIC. IGNORANCE IS NOT BLISS BE SAFE – BE SMART!!!!!

ARE YOU RECEIVING *Neighborhood Security Alerts?*

Interested in receiving neighborhood security alerts? If so, please send an email request to steeplechasesecurity@gmail. Remember, for your safety, emails are sent using 'blind copy' (BCC) so you will need to add steeplechasesecurity@ gmail to your safe senders list.

Already on the security alert distribution list? Please make sure if you have changed your email address, to email steeplechasesecurity@gmail. com so you don't miss-out on important notifications.

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New Online Service Option for Citizens Reporting Crimes

The Sheriff's Office has implemented an on-line service called "CopLogic" for Harris County citizens to report crimes. This is for reporting lost property, theft or vandalism ONLY and when the complaint has NO suspect information. This service is provided as an option to the citizen in lieu of waiting for a unit to respond to their location.

Examples of incidents that can be reported via CopLogic:

- 1.LOST PROPERTY: When property is missing or lost, i.e. leaving items in a restaurant or missing from home.
- 2. THEFT: Property is taken without the owner's permission.
- 3. VANDALISM: The act of changing, modifying or defacing public or private property, i.e. graffiti, knocking over a mailbox, throwing a rock through a window, etc.

To access this service, please visit the Sheriff's Office web site: www.hcso.hctx.net

- Click on "Report Crime" link at top of screen
- Click on "Report an Incident"
- Follow instructions on the screen for filing an offense report

CopLogic is an alternative method for the citizen to report the crime quickly, get a case number and print a copy of the report. It does not replace entering a call for service for a unit to respond if the citizen prefers to see a unit or does not have access to the Internet.



CY-Woods Key Club

Key Club is a high school service organization that frequently volunteers to better the community. Last month they Cy-Woods key club volunteered with the Houston Food Bank. Members assisted with things like sorting food, packaging food, and making boxes of food. Key Club also helps with events like working at Middle School concession stands during the football games, allowing the parents to watch their children in the game. Another popular event that we love to volunteer at during this time of year is church and school Fall Festivals. If you know of any event that needs volunteers, the Cy-Woods Key Club would love to help! Contact us at cywoodskeyclub@gmail.com



Mary Sangalang 281-989-8064-Direct



13206 Lakecrest

Just Sold



11019 Mistic Moon

Leased



12026 Hedgegate



Just Listed



10703 Starlit Meadows SANGALANC EALTY III G R O

11250 West Rd, Unit A, Houston, TX 77065 281-469-6796-Office

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STEEPLECHASE support during tough times

DEPRESSION AND BIPOLAR SUPPORT ALLIANCE DBSA GREATER HOUSTON, 713-600-1131

www.dbsahouston.org

DBSA Greater Houston is a non-profit organization that sponsors both free and confidential support groups for those who have been diagnosed or have symptoms of a mood disorder. Families and friends of those with mood disorders are also invited to attend any one of our over 50 support groups across the Houston metropolitan area. Moreover, DBSA Greater Houston provides personal support and direct services to its members, educates the public about the nature and management of these treatable disorders and promotes related research.

<u>CRISIS INTERVENTION OF HOUSTON</u> 713-HOTLINE, 713-529-TEEN, http://crisishotline.org/

Crisis Intervention of Houston's goal is to serve persons in crisis and overcome the barriers to help due to fear, isolation, abuse, physical disability, health, language, age, income, location, problem type or timing of the crisis. Crisis Intervention of Houston meets our mission to serve people in crisis by providing 24-hour telephone and webbased counseling, suicide prevention and intervention education, links to community resources, and community education.



AGGIE MOM'S CLUB A Festive Holiday Social Evening

The Northwest Harris County Aggie Mom's Club invites you to join other Aggie moms for a festive social evening on Tuesday, December 14th. All current, future, and former Aggie moms are welcome to join us at 7 pm for some holiday fun in a friendly and supportive atmosphere. The event will be held at the Houston Distributing Center conveniently located near Willowbrook Mall at the corner of Cutten Road and 7100 High Life Drive. Come and learn more about Aggie student activities, purchase great Christmas gifts from the Aggie boutique, win door prizes and book money for your students, and learn about upcoming scholarship opportunities. During the December celebration, we will have an "Aggie" Christmas ornament exchange. Please bring a wrapped Aggie tree ornament to exchange with other Aggie moms.

One of the main goals of the Aggie Mom's Club is to give scholarships to Aggie students. The NWHC Aggie Mom's Club is now accepting Scholarship Applications for the 2010-2011 school year. Complete applications and eligibility requirements are available at www. nwhcaggiemoms.com and also at the general meetings. The application must be postmarked no later than Monday, Feb 7th, 2011. Last year 6 scholarships totaling \$6750 were awarded to area Aggie students. *Please contact Vickie Hamley at 713-466-4494 or check out our website for more information!*



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