



# The Harbour

COMMUNITY • CONNECTION • CULTURE

August 2011

Official Newsletter of the Chelsea Harbour Homeowners Association

Volume 2, Issue 7



Have a Great  
Year Everyone!

## SEND US YOUR Event Pictures!!

Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue. Email the picture to [secretary@chelseaharbourhoa.com](mailto:secretary@chelseaharbourhoa.com). Be sure to include the text that you would like to have as the caption. Pictures will appear in color online at [www.PEELinc.com](http://www.PEELinc.com).



## Lets Go Fishing!



4-pound, 13 inch bass  
caught by Jordan Donald



Another big fish  
caught by Joe Inchaustegui



4-pound, 14 inch bass  
caught by Lauren



6-pound, 19 inch bass  
caught by Joe Inchaustegui

## COMMUNITY CONTACTS

### BOARD OF DIRECTORS

President, William Lee .....[president@chelseaharbourhoa.com](mailto:president@chelseaharbourhoa.com)  
Vice President, Anil Nair .....[vp@chelseaharbourhoa.com](mailto:vp@chelseaharbourhoa.com)  
Treasurer, Mark Owczarczak...[treasurer@chelseaharbourhoa.com](mailto:treasurer@chelseaharbourhoa.com)  
Secretary, John Rushing.....[secretary@chelseaharbourhoa.com](mailto:secretary@chelseaharbourhoa.com)  
At-Large ..... VACANT

*To email all board members -  
[Board@ChelseaHarbourHOA.com](mailto:Board@ChelseaHarbourHOA.com)*

### MANAGEMENT COMPANY

REAL MANAGE - [www.RealManage.com](http://www.RealManage.com)  
11777 Katy Freeway, Suite 441  
Houston, TX 77079  
Phone: 1.866.473.2573 (7:30am to 7pm M-F)  
Fax: 1.866.919.5696

*Community Manager: Kelli Hernandez*

## COMMITTEE MEMBERS

### ARCHITECTURAL COMMITTEE

Chair..... Gerald Sill  
Members ..... Tracee Turner, Tim Hanzelka  
Members ..... (2) VACANT

### CONVENANTS COMMITTEE

Chair..... VACANT  
Members ..... Sheri Hanzelka, Dee Dobbins, Anil Pasupuleti

### BEAUTIFICATION COMMITTEE

Chair..... Gloria Smith  
Members ..... John Tan, Chau Bao, Tuan Huynh

*Email all members - [Beautiful@chelseaharbourhoa.com](mailto:Beautiful@chelseaharbourhoa.com)*

### LANDSCAPE AND LAKE COMMITTEE

Chair..... William Lee  
Members ..... Edward Haddad, Dan Charly, Dhiren Desai  
Members ..... Jennifer Nguyen, Ann Sill

### SAFETY COMMITTEE

Chair..... VACANT  
Members ..... Sheri Hanzelka, Anil Nair, Vijay Raj  
Members ..... Dan Charly, Seun Mabadeje, Dhiren Desai

## NEWSLETTER INFO

### ARTICLE SUBMISSIONS

John Rushing .....[secretary@chelseaharbourhoa.com](mailto:secretary@chelseaharbourhoa.com)

### NEWSLETTER PUBLISHER

Peel, Inc. .... 888-687-6444, [www.PEELinc.com](http://www.PEELinc.com)  
Advertising..... [advertising@PEELinc.com](mailto:advertising@PEELinc.com)

## Will My Child Be Ready for Elementary School?

*Submitted by: Brandi Muse*

More and more parents are recognizing the importance of enrolling their children in preschool to help them develop the right foundation for success in elementary school and beyond. However, the best programs go beyond helping children master basic academic skills to supporting their development as happy, confident, well-rounded individuals.

Research shows that from birth to age five, development in all areas is rapid. Children form strong neural connections during this time as a result of experiences they have with everyone and everything they encounter. The quality of those early interactions determines how children continue to learn and form relationships, strongly influencing their future success and happiness.

"Parents should look for preschool, pre-K, kindergarten and first grade programs that take a balanced approach to developing motor, social-emotional, creative and academic skills," said Brandi Muse, of Primrose School at Summerwood. "It takes quality instruction, a well-rounded curriculum and a positive teacher relationship to prepare a child to succeed."

- **Academics:** Let's go beyond concentrating only on basic math and reading skills. Academic success is not just about memorization – it requires learning how to think critically, use mathematical concepts, express curiosity and develop competence in language skills like listening, speaking and writing.
- **Technology:** In today's technology-rich world, children need to have a grasp of technology as a tool for creative expression and problem solving. Computers equipped with developmentally-appropriate educational software and online resources should be integrated into the classroom.
- **Physical Development:** Children who participate in daily physical activity develop basic motor skills like throwing, jumping and balance that help them become healthy adults. Physical activity also creates neural connections that support academic achievement.
- **Music and Art:** Young children naturally engage in "art," or spontaneous, creative play, but when educators involve children in music and art activities regularly from an early age, they encourage cognitive and emotional development.
- **Social-Emotional Development:** Preschool programs should focus on social and life skills to help your child establish positive relationships and transition easily to elementary school.



## Recipe of the Month Granny's Cole Slaw

### Ingredients

- ½ cup mayonnaise
- ¼ cup sugar
- 1 tsp. salt
- ½ tsp. celery seed
- 2 T. vinegar
- ½ head cabbage, shredded

Mix mayonnaise, sugar, salt, vinegar, & celery seed. (May want to adjust to taste.) Shred cabbage. Mix with dressing. Is better make several hours ahead.

*Enjoy!*



## COLIN'S HOPE

*Increasing water safety awareness and standards*

**FACTS YOU NEED TO KNOW ABOUT DROWNING**

### DROWNING ALERT!!!



**TEXAS has more drownings than any other state so far this year and we still have a long HOT summer ahead of us. Please be safe in and around the water.**

Source: U.S. Consumer Product Safety Commission's Pool Safety Campaign [www.poolsafely.gov](http://www.poolsafely.gov)

For more information,  
check out our website at

**[www.colinshope.org](http://www.colinshope.org)**

**DROWNING CAN STILL OCCUR  
EVEN IF YOU KNOW HOW TO SWIM**

Download a  
QRcode App  
on your phone  
& scan me!



NO ONE is "drown proof" – no matter their level of swimming ability.

Falls, entrapments, and injuries lead to drowning regardless of swimming level.

### DROWNING IS QUICK AND SILENT



Drowning can occur in less than 2 minutes.



Irreversible brain damage can occur in 4 minutes or less.



Most children are out of sight or missing for less than 5 minutes and usually in the presence of 1 or both parents.



Most children die who are submerged for as little as 6-10 minutes.

**Children who drown may not *scream, splash, or struggle*. They can silently slip beneath the water, even with adults & lifeguards present.**



### ***Keep toddlers close enough to touch in pools***

Parents can help prevent potential accidents at the pool this summer by staying alert and attentive, said a pediatric emergency medicine physician at Baylor College of Medicine.

*"A high percentage of summer drownings and accidents occur in community and residential swimming pools,"* said Dr. Rohit Sheno, assistant professor of pediatrics - emergency medicine at BCM and Texas Children's Hospital. *"By far, the most common cause of drowning is lack of supervision."*

Parents need to keep a close watch, both physically - in proximity to the child - and mentally, with little distractions to prevent these accidents, Sheno said. A good rule of thumb, he said, is to implement *"touch supervision,"* which means keeping within arms-length of your toddler at all times.

#### **Other Safety Tips Include:**

- Don't rely on floating devices because children can easily slip out of them
- Make sure the pool has two unblockable drains to prevent the child or a body part from getting stuck in the drain
- Fence in your pool

### ***Active summers can lead to healthy lifestyles***

A balance of indoor and outdoor activities can help children maintain a healthy weight during the summer months. *"Some research has shown that kids gain the most weight during summer vacation, so it's important that parents take an active role in providing opportunities for their children to be physically active,"* said Dr. Jason Mendoza, assistant professor of pediatrics at the USDA/ARS Children's Nutrition Research Center at Baylor College of Medicine. Children should have at least one hour of physical activity per day, the type of activities that raise their breathing and heart rate.

Outdoors activities can include swimming, biking and other

outdoor play but remember to follow safety precautions, such as using sunscreen, drinking plenty of water and wearing proper safety gear. Television, computer and other media usage should be kept to no more than two hours a day for children ages 2 and up. Instead, parents can read to younger children, encourage them to use their imagination by playing around the house, or engage them in arts and crafts activities.

For older children, parents can arrange summer camps through the school or YMCA and plan simple family activities like preparing meals together or taking evening walks together. Getting children involved in chores is another way to keep them active, said Mendoza.

### ***Exercise-induced asthma is manageable condition***

Gasping for breath during a workout may be more than just a sign that you're out of shape. It could also indicate a condition called exercise-induced asthma, according to an expert at Baylor College of Medicine. It occurs when someone has shortness of breath, gets winded easily, has wheezing and sometimes even a cough shortly after exercise begins, explained Dr. John Rogers, professor of family and community medicine at BCM.

The condition is manageable and people are still able to perform at a very high level athletically with proper treatment, he said. Treatment usually includes using an inhaler 20 to 30 minutes before exercise. The inhaler helps relax the smooth muscle and can last for up to four hours. There is not one exercise routine that is better for the condition than another. Rogers recommends those with the condition do other things to manage it such as staying away from cigarette smoke, staying indoors when pollen or other allergen counts are high if you have allergies and avoiding exercise when you have cold symptoms. Getting the flu shot each year is also recommended to help maintain healthy lung function.

### ***Food poisoning major concern during summer***

If this summer weather has you feeling wilted, imagine what it does  
(Continued on Page 5)

**Looking to get an edge  
on selling your home for top dollar.....**

**Ask about the no obligation FREE home consultation. Ready to buy  
a home...ask about the no obligation FREE buyer blueprint.**

**Lakemont, I am  
"Providing The Expertise Necessary To Serve You!"**

**www.mymove2houston.com**



Chalmette Ray  
Keller Williams Realty  
Real Estate Consultant  
713-591-5922



## Health Briefs - (Continued from Page 4)

to your food. An expert at Baylor College of Medicine advises taking extra precautions with food during the summer heat.

Roberta Anding a registered dietitian at BCM, advises following the “golden hour” rule for foods such as meat, mayonnaise, eggs and cheese. These foods can only stay in an environment above 90 degrees for an hour before they need to be thrown out. This rule also applied to baby formula.

*“Don’t assume that you can leave something like a turkey sandwich in the car while you run to the mall for an hour. Don’t run the risk of a food-borne illness,”* said Anding. In addition, be sure to wash all fruits and vegetables before cutting or eating. Use separate cutting boards for meats and veggies, and do not use a sponge to clean up drippings after working with raw meat - it only spreads the germs around.

### Other Food Safety Tips Include:

- Be sure to have a refrigerator thermometer and a meat thermometer to ensure that food is always at the right temperature.
- When reheating food, make sure it’s not just lukewarm. The center of a piece of meat should be hot, ensuring that any potential bacteria that has grown is killed.
- Be cautious when going organic - make sure milk products are pasteurized to avoid food borne illnesses and bacteria.

## ADOPTION COALITION



[WWW.ADOPTTEXAS.ORG](http://WWW.ADOPTTEXAS.ORG)

Keyon'te is 15 years old and will absolutely melt your heart with his sweet smile! He has a friendly and engaging personality. He loves playing soccer and also enjoys riding bikes, going fishing, skateboarding and playing video games. Keyon'te enjoys listening to Christian music. He is a smart young man and makes all A's in school. Keyon'te responds well to structure and needs a family that can give him a lot of attention.



Located in  
the OakBend  
Doctor's Center



**neighbors**  
**EMERGENCY CENTER**

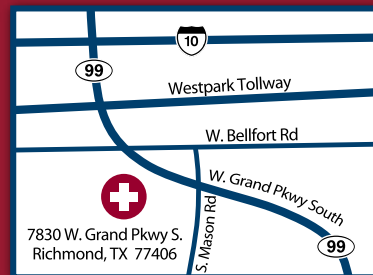
A Department of OakBend Medical Center

## OPEN WHEN YOU NEED US THE MOST

When your family is in need of *immediate care* from injury or illness, our courteous staff and board certified doctors are *just minutes away*.

- Short Wait Times
- Staffed by Board Certified Physicians
- Treatment of Adult & Pediatric Emergencies
- Fully Equipped Private Treatment Rooms
- 24 Hour Imaging & Laboratory Testing
- In-Network with Most Major Health Insurance Plans

**Always**  
**OPEN 24/7**



**281.238.7897 | [www.nec24.com](http://www.nec24.com)**

# THE HARBOUR



## SHOW OFF YOUR SUPERHERO

Parents this is your chance to brag on your kiddos. We want pictures of your kids doing everyday things, school events, plays, sports, etc. Send in your pictures to be featured in The Harbour.

E-mail your pictures to [secretary@chelseaharbourhoa.com](mailto:secretary@chelseaharbourhoa.com) by the 8th of the month.

At no time will any source be allowed to use The Harbour's 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 Peel, Inc. The information in The Harbour is exclusively for the private use of the Chelsea Harbour HOA and Peel, Inc.

**DISCLAIMER:** Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

\* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

\* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

\* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

## Save on Your Energy Costs with StarTexPower.

SIGN UP online TODAY at [www.StarTexPower.com](http://www.StarTexPower.com)



SCAN THE QR CODE!

THEN ENTER  
"NEIGHBORHOOD  
NEWSLETTER"  
AS THE PROMO CODE.

We pride ourselves with low rates, award-winning customer service, and no surprises.

Listen to Alan "Petrodamus" Lammey, host of 'Energy Week', every Sunday on 1070 KNTH in Houston.

To speak to Alan Lammey about your electricity needs, call: 281-658-0395



PH: 866-917-8271  
PUCT #10089



## Bashans Painting & Home Repair

Commercial/Residential  
Free Estimates

281-347-6702



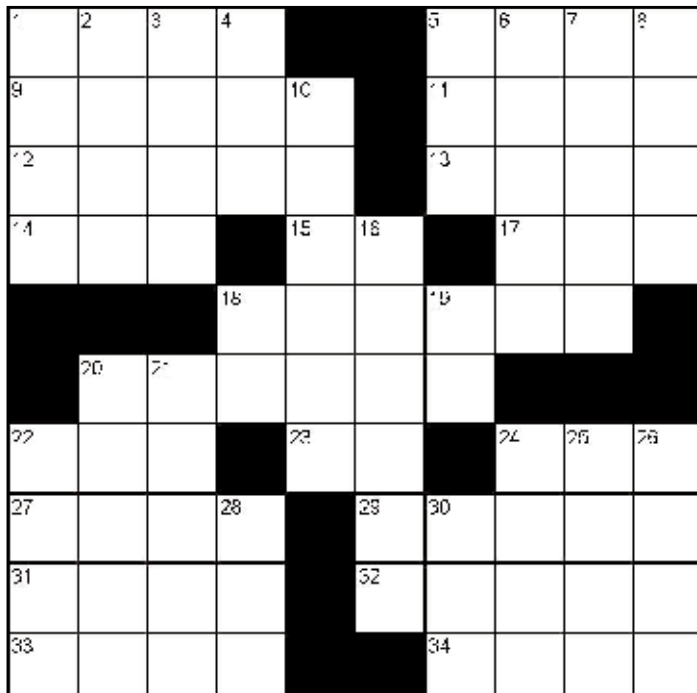
281-731-3383 cell



- Interior & Exterior Painting
- Garage Floor Epoxy
- Hardi Plank Installation
- Custom Staining
- Wood Replacement
- Roofing
- Sheetrock Repair
- Gutter Repair/Replacement
- Interior Carpentry
- Faux Painting
- Cabinet Painting
- Door Refinishing
- Wallpaper Removal and Texturizing
- Window Installation
- Pressure Washing
- Trash Removal
- Fence Repair/Replacement
- Ceiling Fan/Light Fixtures

**References Available • Fully Insured**  
**NO PAYMENT UNTIL COMPLETION**  
[bashanspainting@earthlink.net](mailto:bashanspainting@earthlink.net)

## CROSSWORD PUZZLE



### ACROSS

1. Tack
5. Giant
9. Philippine dish with marinated chicken or pork
11. Journalist's question
12. Tiny insects
13. Cut of beef
14. School group
15. South
17. United States
18. Bottle need
20. Upset
22. Cow's chow
23. Year (abbr.)
24. Computer makers
27. Brews
29. Sleep disorder
31. Parent teacher groups
32. Strong rope fiber
33. Bend
34. Decorative needle case

### DOWN

1. Incline
2. Change
3. Small particle
4. Compass point
5. Night bird
6. Body snatcher
7. Cultivate
8. Volcano
10. Change into bone
16. Musical productions
18. Canadian prov.
19. Palladium (abbr.)
20. Many
21. Perfect
22. Captain (abbr.)
24. Institution (abbr.)
25. Swain
26. African country
28. Fast plane
30. Pastry

© 2006. Feature Exchange

[View answers online](#)

**DREAMING OF BETTER THINGS?**

**SELL US YOUR CAR!**

There's an easier way to sell your car.  
**WE PAY MORE. WE PAY TODAY.**  
 Fast. Easy. Fun. Yes! It's true. Sell Us Your Car!

 **TEXASDIRECTAUTO.COM**





**PEEL, INC.**

308 Meadowlark St.  
Lakeway, TX 78734-4717

PRSR STD  
U.S. POSTAGE  
PAID  
PEEL, INC.

CH

**ADVERTISE**  
*Right on mark  
for your  
target audience*  
**Call Today 512-263-9181.**

**PEEL, INC.**  
community newsletters

[www.PEELinc.com](http://www.PEELinc.com)  
512-263-9181