



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

# 2015 SCIA Budget & Plans

In 2015, SCIA will continue with the repair, refurbishment, and replacement of Association assets.

## **Last year, SCIA completed three major projects.**

- Swimming pool re-plaster and in-pool lighting replacement
- Replacement of the Jones Road entrance monument/lighting and the installation of new entrance signage at Fetlock/Eldridge Parkway and Paddock Way/Eldridge Parkway
- Trim, prune trees located on Association property to preserve the health and beauty of the trees

Smaller projects completed last year include replacement of two HVAC units, dining room chairs, and carpet in the clubhouse. In the pool area, SCIA purchased two new life guard chairs and four tables with umbrellas.

The Association's 2015 operating expense budget includes several repair projects; cul-de-sac landscaping, pool house repair/painting, pool gate/fence powder coating, and repair of the water leak under the clubhouse. Not counting expenditures for these one-time repair projects the 2015 budget is about the same as the 2014 budget.

## **Major projects to be completed in 2015 include the following.**

- Replacement of four internal monuments (Cobblestone, Saddlebrook, Sturbridge, and Greentree) along Steeplechase Blvd.
- Refurbishment of the Churchill and Cobblestone brick monuments
- Recoating of the west tennis courts in accordance with the reserve study
- Replacement of the deteriorated pool deck expansion joints
- Phase 1 of the Steeplechase Blvd sidewalk repair/replacement program

This type of investment is necessary on an on-going basis to keep Association assets in good condition to enhance values in Steeplechase.

The SCIA Board thanks each resident for their support in this continuing effort to maintain/improve property values in Steeplechase.

## **Cul-De-Sac Islands**

The Steeplechase Board of Directors is currently considering options for beautification of the Cul-de-sac islands, discussions are in the early stages w / photography documentation of each island currently underway. The board is seeking input from the residents of Steeplechase, especially those residents w / homes within a cul-de-sac. One option being considered is "adopt a cul-de-sac" program. Residents of a cul-de-sac could decide on what type of plants for their individual island, purchase and install the plants at their expense and the association would maintain the plants. More information will be provided as it becomes available.

Submit your comments / suggestions to: [sjohnston@chaparralmanagement.com](mailto:sjohnston@chaparralmanagement.com)



# STEEPLECHASE

## IMPORTANT

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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
<a href="http://cnp.centerpointenergy.com/outage">http://cnp.centerpointenergy.com/outage</a>	
Neighborhood Crime Watch .....	SteeplechaseSecurity@gmail.com
Library.....	281-890-2665
Post Office.....	713-937-6827
Steeplechase Community Center.....	281-586-1700
Deed Restriction Issues (CMC) .....	281-586-1700
Water/Sewer .....	713-405-1750
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

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Articles..... [newsletter@steeplechasetx.com](mailto:newsletter@steeplechasetx.com)

## Community Center Contacts

### Community Maintenance Concerns

Chaparral Management Company ..... 281-586-1700

### Clubhouse Rentals

Private Parties and Community Events

(Jinnie Kelley) ..... 832-922-8030

### Pool Company Contact

Aquatic Management of Houston. .... 281-446-5003

[www.houston-pmg.com](http://www.houston-pmg.com)

### Board Member Contact

Chaparral Management Company ..... 281-586-1700

## Schools

Emmott Elementary..... 281-897-4500

Campbell Middle School..... 281-897-4300

Cy-Ridge High School..... 281-807-8000

## Contact the Management Company

[cmc@chaparralmanagement.com](mailto:cmc@chaparralmanagement.com)

or by phone 281-586-1700

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# STEEPLECHASE

## MUTT MITTS FOR THE WALKING TRAIL

MUD 168 will be installing MUTT MITT stations at the Walking Trail so that dog walkers can pick up, clean up after their dog has done their "business". If you are dog walker, please use the MUTT MITTs as needed and deposit it in one of the trash cans located along the trail.

Thanks for your help in keeping the trail clean and enjoyable for all to use.



## THE CYPRESS SYMPHONY

The Cypress Symphony presents "A String Potpourri" with Tom Hong, guest conductor

January 24th, 2015, 7 pm at The Centrum

Featuring: Telemann Viola Concerto with Joan DerHovsepien, viola Mendelsohn- Octet Copland "Rodeo"

Visit [cypresssymphony.org](http://cypresssymphony.org) for tickets

## CONSIDERING A PRIVATE SCHOOL?

Come explore the rich variety of private educational opportunities in our community. The 13th Annual NW Private School Preview will be held on Sunday, January 25, 2015 from 3:00 to 5:00 p.m. This free event provides the opportunity to visit with representatives from over twenty private, independent and parochial schools which represent all grade levels.

Sponsored by the McWilliams YMCA, Kid's Directory, Community Impact Newspaper, G. Michael Photography, and Tutor Doctor, the event attracts families from all over the greater NW Houston area. The preview will be held in the Schindldecker Building at D. Bradley McWilliams YMCA located on 19915 SH 249 @ Cypresswood Drive.

Register to win a \$500 tuition voucher to use at one of the participating schools

## AHFC JUNIOR HURRICANES (JHSL) REGISTRATION NOW OPEN

The Junior Hurricanes Soccer League (JHSL) is led by professional United States Soccer Federation (USSF) licensed staff and is designed for boys & girls who want to play and have fun in a safe and developmentally appropriate environment. The JHSL program is being offered at Campbell Road Campus, West U and Cy Fair locations. To learn more about each location and to register please visit [www.albionhurricanes.org](http://www.albionhurricanes.org) or you can email us at [jhsl@albionhurricanes.org](mailto:jhsl@albionhurricanes.org) or call 713-939-7473 .

### Fall 2014 JHSL Highlights

- 10 weeks September - November
- Season will extend 1 week if both practice & game is rained out
- Professionally trained
- One practice during the week
- Games on Saturdays 8:00 AM-12:00 PM or Sundays 1:00-5:00 PM; please check your location to details.
- Cost per player is \$150 U5/U6 and \$160 U7-U12
- Nike uniform included

## BASHANS PAINTING & HOME REPAIR

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## NORTHWEST FLYERS YOUTH TRACK CLUB - FREE REGISTRATION/ORIENTATION BREAKFAST

The Northwest Flyers Youth Track Club will celebrate its 28th Anniversary Season by hosting its annual free Registration/Orientation breakfast on Saturday, February 7th, 2015, for all boys and girls who are interested in joining for the 2015 track season. The breakfast starts promptly at 8:30 AM at the Cypress Creek Christian Community Center Forum located at 6823 Cypresswood Dr., Spring, TX, 77379.

The free breakfast is the opportunity for youth athletes to register for the 2015 spring/summer track season, and to meet the Northwest Flyers coaches, staff, and other new and returning athletes. The event will be highlighted by a special presentation from a member of the USA Track & Field Olympic organization (USATF). All athletes and parents who wish to join the Northwest Flyers must attend the orientation.

The Northwest Flyers Track Club is a youth (ages 6 -18) track club, affiliated with USA Track & Field (USATF), that provides a full program of sanctioned "track" events such as sprints, hurdles, middle distance, distance and relays, and sanctioned "field" events such as long jump, triple jump, high jump, pole vault, shot put, discus and javelin. The Northwest Flyers has approximately 285 members.



The club was founded 28 years ago by Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the Northwest Houston area.

The Northwest Flyers is a member of the "Win with Integrity" program, a partnership between USATF and the American College of Sports Medicine. "Win with Integrity" brings elite track & field athletes and school-aged kids together to promote healthy lifestyles, keeping active, and living with integrity through the sport of track & field.

For additional information on the Northwest Flyers Track Club, please visit the team website at <http://www.northwestflyers.org> ; contact Linette Roach at [linette.roach@sbcglobal.net](mailto:linette.roach@sbcglobal.net); or "Like" the club on Facebook.

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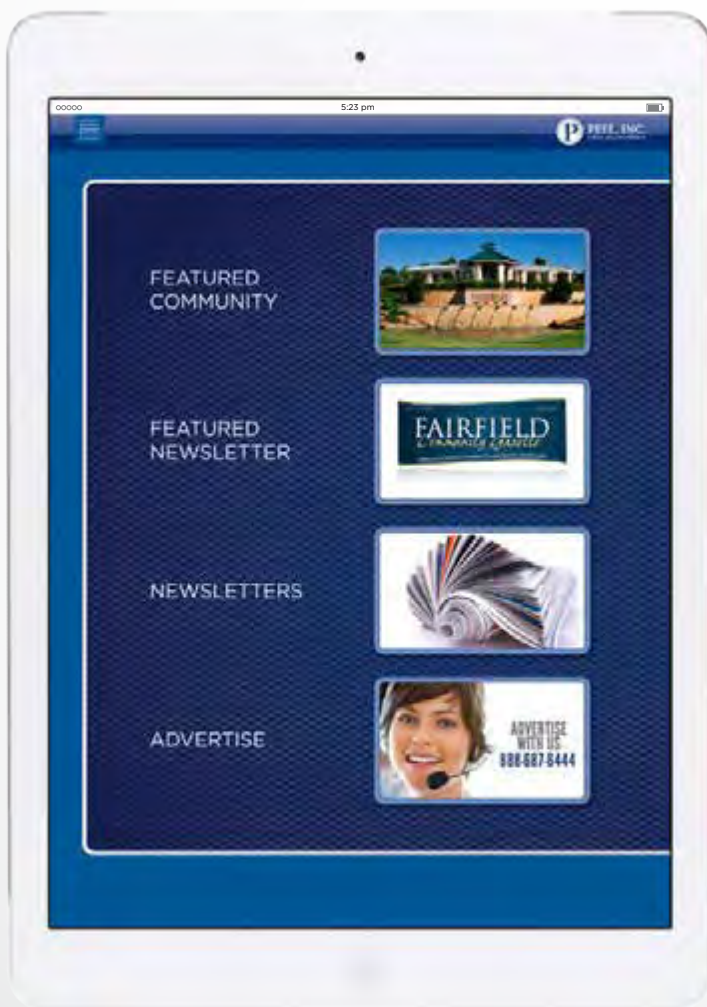
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## DEMOCRATS JANUARY MEETING

The next Cypress-Tomball Democrats monthly meeting will be on Tuesday, January 20th, 2015. It will be held at Rudy's Grill & Cantina, 11760 Grant Rd., Cypress, TX 77429, from 6:30 to 8:00 p.m.

All are welcome to attend the meeting and to join this growing club, which meets on the third Tuesday of every month. The meetings are open to all, and always feature great fellowship and informative guest speakers. For more information, visit the website at [www.cytomdems.com](http://www.cytomdems.com); contact Glenn Etienne at [cytomdems@yahoo.com](mailto:cytomdems@yahoo.com); or "Like" the club on Facebook.

## CY-FAIR KIWANIS CLUB

Kiwanis wants YOU! Start the New Year by joining with the Cy-Fair Kiwanis Club by giving in service to others. We work with Key Clubs, Builders Clubs, and Boy and Girl Scout troops to build leadership and orientation toward service to others, and with community based organizations that provide goods and services to the needy in our community and our world. Visit the Cy-Fair Kiwanis Club and learn about the projects in which its members participate to enrich and improve life for citizens worldwide. Internationally, both Kiwanis and Key Club are participating in the ELIMINATE PROJECT aimed at the eradication of maternal/neonatal tetanus.

Businesses of the community are encouraged to support a representative for membership in Kiwanis. We welcome business and organization representatives as well as individual memberships.

Regular meetings of the club will occur on January 6, 13, and 20 at the Hearthstone Country Club at 12:15 p.m. We invite you to be our guest for lunch and fellowship and for informative programs. For more information, call John Carroll at 281-463-0373, George Crowl at 832-467-1998 or Peggy Presnell at 281-304-7127.

We welcome your visit at our Club meeting and your consideration of membership in our service organization. Join Now.

Cy-Fair Hospital now has **SEVEN** locations to serve your Emergency and Urgent Care needs.

Cypress Fairbanks Medical Center Hospital now offers an online check-in service at **CyFairERandUrgentCare.com** for all seven locations where you can reserve your time online and comfortably wait at home. It's quick, easy and you'll be seen by a healthcare professional within 15 minutes of your scheduled time.

### EMERGENCY CARE

- 1** 10655 Steepletop Drive  
(FM. 1960 near Jones Road)  
ER 281.897.3150
- 2** 27126 Highway 290 at Mueschke Road  
281.949.3800
- 3** 7015 Barker Cypress at FM. 529  
281.949.3600
- 4** 8470 Hwy. 6 North at West Road  
281.949.3799

### URGENT CARE

- 5** 9110 Barker Cypress at West Road  
281.517.9900
- 6** 14044 Spring Cypress at Grant Road  
281.949.3703
- 7** 9138 West Road at Beltway 8  
281.949.3737



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## POWERHOUSE FOODS THAT WILL HELP YOU BURN FAT IN THE NEW YEAR!

By Marissa Dosser, CPT, Nutrition Coach - Texas Fit Chicks Boot Camp

www.texasfitchicks.com/marissa • marissa@texasfitchicks.com

1. **Oatmeal** - Great source of soluble fiber and slow-digesting carbohydrates that will keep blood sugar and insulin in check so fat burning can stay high.

2. **Eggs** - A form of well-absorbed protein, healthy fats and Vitamin D (found in the egg yolk). Eggs also contain lecithin, which promotes healthy liver function, thereby helping the body to burn fat.

3. **Salmon** - High in omega-3 fatty acids, salmon reduces inflammation in the body and lowers LDL and triglyceride levels while raising good HDL levels. Salmon also has a beneficial effect on leptin (hunger hormone) levels in the body, which means it helps to suppress your appetite.

4. **Nuts** - Another source of fiber and rich in omega-3s, these fats help to regulate blood sugar and protect the heart and the immune system.

5. **Grapefruit & Berries** - These fruits contain slow-digesting carbs and are rich in fat-fighting fiber. Strawberries, raspberries, blueberries and blackberries all are loaded with soluble fiber and antioxidants that protect blood vessels and promote healthy blood flow.

6. **Avocado** - It's got fat, yes, but the good kind! The monounsaturated fats found in avocado are burned readily for fuel during exercise and actually encourage fat burning. Good source of fiber and antioxidants.

7. **Leafy Greens** - Broccoli, specifically, is a fibrous carb that can make you feel full quickly—one reason why it's a great food for getting lean. Broccoli also contains phytochemicals that can help enhance fat loss.

8. **Cinnamon** - Helps to reduce blood sugar levels, which in turn prevents the body from storing sugar as fat. Add it to your oatmeal and yogurt to enhance flavor without adding calories.

9. **Green Tea** - Drink this! Not only is green tea packed with antioxidants, it also contains catechins, a phytochemical that helps speed up metabolism and burn more fat.

10. **Beans & Legumes** - Great sources of protein and they normalize insulin levels and help keep your blood sugar steady throughout the day. Black beans, Garbanzo beans, red beans and lentils are all great to incorporate into your diet.

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