

NORMANDY FOREST



May 2012

Official Publication of the Normandy Forest Homeowners Association

Volume 1, Issue 5

Normandy Forest **Pool Pass Application**

\$20

GUIDELINES:

- All HOA dues must be paid in full
- Failure to follow pool rules will result in loss of pool privileges for 2012
- No one under the age of 10 will be allowed in the pool area without an adult resident
- Residents are allowed to bring up to 4 guests they must remain with the resident during their entire stay at the pool – No exceptions
- Special Events/Parties etc must be held before or after pool hours and with lifeguard contact and pool rental contact. See website for details.

Complete the form and enclose your check or money order for \$20.00 payable to:
Normandy Forest HOA

Mail to:

Normandy Forest HOA
Attn: Pam Selman
3422 La Mer Lane
Spring, Texas 77388

Please print clearly:

Homeowners Name: _____

Address: _____

Phone Number: _____

Additional Family Members – Must be residents! _____

VANDALISM AT THE PARK

*Take pride in your community, report this
illegal activity.*



Sometime over the past few weeks vandals sprayed and wrote graffiti on some of the playground equipment. The park's security cameras are being examined with the hope to identify and prosecute these vandals. Most of this graffiti has been cleaned off, but the cost to do this comes at the expense of all homeowners.

All homeowners are encouraged to become proactively diligent in reporting any irregular activity or suspicious people in our neighborhood. Please report this directly to the Constable. 281-376-3472 or 281-401-6200.

NORMANDY FOREST

NORMANDY FOREST COMMITTEES

THE ARCHITECTURAL COMMITTEE

Danny Rodriquez 281-528-6640
Rod Selman 281-682-3056

The Association has an active Architectural Control Committee that approves or denies all construction and any improvements. You may request an ACC form by contacting Chaparral Management 281-537-0957 or the association website. Please keep in mind that the Association has thirty days (30 days) to approve or disapprove any ACC and verbal approvals or disapprovals are not given.

SECURITY COMMITTEE

In the event of an emergency please call "911" or for Precinct 4 please program your cell phone with the number below.

Precinct 4 281-376-3472
Jim Norris 281-924-5828 | jnorris@normandyforest.org

ACTIVITIES COMMITTEE

Pam Selman, Coordinator pselman@normandyforest.org
Peggy Zuckero 281-353-4669

POOL MAINTENANCE & LIFEGUARDS

Jeffery King 281-655-8675

CLUBHOUSE RENTALS

Sally Rodriquez 281-528-6640

MAINTENANCE COMMITTEE

John Nemec 281-651-8606 | jnemec@normandyforest.org
OPEN POSITION

POOL TAG COMMITTEE

Pam Selman pselman@normandyforest.org
OPEN POSITION

WEBMASTER COMMITTEE

Emily Nget enget@normandyforest.org

IMPORTANT CONTACTS

BOARD OF DIRECTORS

John Nemec | President 281-651-8606
Paul Diaz | Vice President 281-355-8890
Pam Selman | Secretary 281-682-3056
Scott Marder | Treasurer 281-350-5118
Jim Norris | Director 281-907-0099

BALLPARK RESERVATIONS

John Nemec | Coordinator
..... jnemec@normandyforest.org | 281-651-8606

COMMUNITY SERVICES

Gas | Centerpoint Energy 713-659-2111
Electric | Reliant Energy 713-207-7777
Phone | AT&T www.att.com
Sewer | Harris County MUD #28 281-353-9809
Trash | Republic Waste 281-446-2030
Fire Department | Spring VFD 281-355-1266
County Commissioner | Jack Cagle 713-755-6444

MANAGEMENT COMPANY

Chaparral Management Company, AAMC
6630 Cypresswood Suite 100 | Spring, Texas 77379
281-537-0957 phone | 281-537-0312 fax
Kay Serventi | Association Manager
kserventi@chaparralmanagement.com

OFFICE HOURS

9am to 5pm | closed for lunch 12:30 to 1:15 pm

NEWSLETTER INFO

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PUBLISHER

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Advertising advertising@PEELinc.com

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DOGS IN THE PARK



Please keep your dogs on a leash while in the park please. It is a rule of the park. Also, please clean up after your dog in the park or neighborhood as well.

Thank you for your cooperation.

Top Ten Tips for Improving Bad Breath

Suffering from bad breath, but not sure why? Think about drinking more water and using less mouthwash. Find out why and learn more ways to improve your breath with these top ten tips.

Call it by its fancy name, “halitosis,” and it won’t smell any sweeter. Bad breath is frequently a sign that you’re not keeping up with your oral health. The source of this unpleasant odor is, in most cases, bacteria living on your teeth, gums or tongue. Follow these ten tips for a breath of fresh air:

Brush your choppers twice each day. Better yet, brush after every meal. If you eat lunch at work or school, keep an extra toothbrush there. Also, be sure to replace your toothbrush regularly. Every few months, swap your brush for a fresh one.

Reach between your teeth. Flossing daily helps you remove food particles from between your teeth, where your toothbrush just can’t reach. Flossing also helps keep your gums healthy, preventing periodontal disease, which can also lead to bad breath. If using regular floss is difficult for you, try one of the many interdental cleaners available at drugstores.

Pick up an electric toothbrush. Along with floss, an electric toothbrush removes plaque better than a manual toothbrush.

Treat your tongue right. Bacteria can gather on the surface of your tongue, so use a soft-bristled toothbrush or a tongue scraper to clean it every time you brush.

Tap your inner teenager and chew gum. The act of chewing (sugarless!) gum stimulates the production of saliva, which naturally washes away bacteria and food particles. If you suffer from a lack of saliva due to “dry mouth,” a condition sometimes caused by medication, let us know; we can help address the problem.

Don’t fall for the myth of mouthwash. Most mouthwashes merely mask the smell of bad breath and don’t do anything to solve the underlying problem.

Hydrate, hydrate, hydrate. Drink water regularly to keep your mouth moist, and go easy on alcohol and caffeine, both of which are dehydrating.

Turn off the tobacco. Smoking and chewing tobacco lead to bad breath. They also increase your risk of a host of serious health problems, from periodontal disease to cancer.

Take note of what you take in. Certain diets, foods and medications can affect your breath. If your problem doesn’t appear to be oral, make a list of the foods you eat and medications you take. Review it with your dentist or your family doctor to assess the source of the problem.

Call in the experts. It’s important to have your teeth professionally checked and cleaned twice a year. Your dentist can give your teeth a thorough cleaning that isn’t possible at home, as well as check for and treat early signs of problems such as cavities or

periodontal disease.

In rare cases, persistent bad breath can be a sign of a larger health problem. The American Dental Association lists possible medical sources of bad breath, including respiratory infection, chronic sinusitis, postnasal drip, chronic bronchitis, diabetes, gastrointestinal disturbance, and liver or kidney ailments. If your dentist suspects that your breath problem stems from a medical issue, he or she will recommend speaking with your family doctor immediately.

Submitted by Dr. Flury



Make an impact.

Call today to reserve this space.



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512-263-9181



A FOCUS ON PHYSICAL ACTIVITY

Pathway to Improved Health

By Concentra Urgent Care

Being physically active is one of the most important steps you can take to maintain or improve your health. When combined with eating a healthy diet, regular exercise can substantially reduce your risk of chronic disease, prevent weight gain, and improve your overall level of physical and emotional fitness.

HOW MUCH PHYSICAL ACTIVITY DO I NEED?

The U.S. Department of Health & Human Services (HHS) has recently published several recommendations related to exercise:

Any physical activity is better than no physical activity

- Includes people with disabilities
- Far outweighs the possibility of risk of injury or illness

Most health benefits occur with at least 150 minutes a week

- Both aerobic (endurance) and muscle-strengthening (resistance) are beneficial

For most people, additional benefits occur when

- You increase the intensity of your physical activity
- You increase the frequency of your physical activity
- You increase the duration of your physical activity

SHOULD OLDER ADULTS EXERCISE, TOO?

The same HHS guidelines apply, but older adults need to make sure that their fitness level and any chronic conditions allow them to safely perform physical activity. For example, if an older adult is at risk of falling, he should do exercises that maintain or improve his balance.

WHAT IF I HAVE A CHRONIC MEDICAL CONDITION?

If you have a chronic medical condition, you should be under the care of a health care provider. It is important to consult your physician about the type and amount of physical activity appropriate for you.

HOW DO I GET STARTED?

The health benefits of physical activity far outweigh the risks and some activity is better than none. Persons who have not been diagnosed with a chronic condition (such as diabetes, heart disease, or osteoarthritis) and do not have symptoms (e.g., chest pain or pressure, dizziness, or joint pain) do not need to consult with a health care provider prior to starting an exercise program.

For more information on total fitness programs in general, you can contact your health care provider, your Concentra health specialist, or visit the National Safety Council's Web site at: <http://www.nsc.org/resources/Factsheets/hl/fitness.aspx>.



Looking for Volunteers!

Center for Cultural Interchange is looking for volunteer hosts for foreign students. These students need a caring and safe environment to stay for the school year. Our students come from over 60 countries and are high school aged. They have their own spending money and are fully insured. Hosts are required to provide a bed and meals in their home. Searching for volunteers for the fall school year now. For more information or to get started please contact Jennifer Tausworthe at 713-203-6556 jennifer4cci@aol.com



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Celebrate Cinco de Mayo *at Spring Festival*

DATE:
Saturday, May 5, 10 a.m. – 5 p.m.

TIMES:

Live Auction: 1:15 p.m.
Silent Auction: 10 a.m. to 3 p.m.
Lunch: Served 11 a.m. - 3 p.m.
Barbecue, Chicken Burrito, or Hamburger/
Hot Dog (Adult Plate: \$8.00, Kid's Plate: \$6:00)

ACTIVITIES:
All-Day Kids' Activity Passes: \$15.00
(individual activity tickets also available starting at \$0.25 each.)

LOCATION:
18806 Roberts Road, Hockley, Texas 77447,
19 miles west of Beltway 8 off Highway 290.

On Saturday, May 5th, Boys and Girls Country of Houston will host their annual Spring Festival on their campus in Hockley, Texas. Located 35 miles northwest of downtown Houston, Spring Festival is a great way for families to spend the day.

Spring Festival promises to be a huge celebration for community and family with a lively Cinco de Mayo theme. Admission and parking are free, and children's all-day event passes are only \$15 each. Booths will include a number of inflatable rides like King of the Mountain, Shark Slide, and Water Balls; a Slime Machine booth where you can slime your favorite person, and crafting booths for the little ones. There will be three stages with a variety of live entertainment, including Spanish musicians, Gospel singers, and solo artists.

"All of the proceeds of Spring Festival go directly to helping us provide a Home for our children," said George O'Neal, Director of Spring Festival and Community Relations. "This is going to be our largest and most exciting Spring Festival ever with many new additions that add fun and excitement."

For 41 years, Boys and Girls Country has provided a Home for children from families in crisis. They raise 88 children at their main campus and provide support to 55 young adults in their College and Career program. Boys and Girls Country is not a United Way member agency and does not rely on federal or state funding.

DROWNING IS PREVENTABLE



COLIN'S HOPE
WATER SAFETY TIPS AT
WWW.COLINSHOPE.ORG



Did you know that drowning is still the #1 cause of accidental death for children under 5 and the #2 cause for children ages 1-14?

Join us as we celebrate May as National Water Safety month.
Please keep your family safe around water and have the
Best May Ever!

LAYERS OF PROTECTION



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SUPERVISION**



LEARN TO SWIM



**WEAR LIFE
JACKETS**



**MULTIPLE BARRIERS ON
ALL POOLS & HOTTUBS**



**KEEP BACKYARDS &
BATHROOMS SAFE**



LEARN CPR



**CHECK POOLS/HOTTUBS
1ST FOR MISSING CHILDREN**



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ONLINE**

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LANDSCAPING

...little touches make all the difference!

The right landscape design can make all the difference to a prospective buyer, especially when it's beautifully and carefully executed. In fact, Realtors® and landscape professionals estimate that a well-landscaped yard can add 5% to 15% to the selling value of a house. Houses that look good from the road carry higher price tags—a fact that turns landscape investments into money in the bank when selling a house.

Visit <http://SallyRodriguez.GaryGreene.com>
for more tips and a variety of home services. **Call or click today!**

Nobody Knows The Neighborhood Like A Neighbor!

If you're thinking about selling your home,
you'll want to carefully choose the real estate professional
you work with during the process.

You should choose a professional who specializes in residential real estate and
who has the specific knowledge of the local real estate market.

You should choose me ... as a resident of Normandy Forest,
I have a vested interest in keeping the neighborhood values as high as possible.

So, when you're ready to sell, call me. You'll be glad you did.



Sally Rodriguez

Realtor®

Sales & Marketing Specialist

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onesalrod@aol.com

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