

NORMANDY FOREST

June 2013

Official Publication of the Normandy Forest Homeowners Association

Volume 2, Issue 6

NORMANDY FOREST MOVIE NIGHT

was a great success! We watched Madagascar 3, and everyone enjoyed popcorn and candy on the lawn. A big thank you to Michelle Tsatsaronis, activities coordinator, and her family, for organizing the event. Also, thank you to Roger Rumsey for volunteering to help with the event and to all those who pitched in to clean up at the end of the movie. We would like to recognize and thank STRIPES and HEB for donating water and Sally Rodriguez for her \$30 donation towards the event. We are excited that so many of you came out for our Movie Night under the stars. Hope to see you at the next neighborhood event.



Neighborhood Events

Family Fun Nights at the Pool will begin on Tuesday, June 4, at 6:30 PM. Join us for an evening at the pool - meet your neighbors, enjoy snacks, listen to music, and, of course, enjoy some pool time with your family. If you would like to volunteer at these events, contact Michelle Tsatsaronis, activities coordinator, at 281-907-2276, michelletsatsaronis@gmail.com.

Our annual Community Garage Sale was a success. Many of our community members participated in the April 20, event and lots of treasures were found. Thank you to all who participated. As you know, an event like this is only successful if you participate. We'll plan to host this annual event again next spring, so start your new "garage sale" box now. If you have feedback about this event, contact Sally Rodriguez at onesalrod@aol.com.

The Pool is OPEN!!

Pool Schedule:

May – Saturdays and Sundays, 12:00 PM – 8:00 PM

Memorial Day, 12:00 PM – 8:00 PM

June 1 – August 18 – open daily, 12:00 PM – 8:00 PM; Closed Mondays

August 24, 25, 31 – 12:00 PM – 8:00 PM

Labor Day – 12:00 PM – 8:00 PM

Guest Policy:

Two (2) guests per pool tag issued, not to exceed six (6) guests, whichever is greater.

There is no guest fee for the 2013 season.

Park Reminders

- The park is open to residents from dawn to dusk.
- Help keep our park clean. Pick up after yourself when picnicking, and clean up after your pets.
- Keep your pet on a leash.
- The jogging trail is for walkers and joggers. Bikes are not allowed, as they create ruts in the trail. Please remind your children not to ride on the trail.
- If you see any suspicious persons or odd activity in the park

(Continued on Page 3)

NORMANDY FOREST COMMITTEES

THE ARCHITECTURAL COMMITTEE

Danny Rodriguez 281-528-6640
Rod Selman 281-731-0297

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

Michelle Tsatsaronis michelletsatsaronis@gmail.com

POOL MAINTENANCE & LIFEGUARDS

Jeffery King 281-655-8675

CLUBHOUSE RENTALS

Sally Rodriguez 832-788-4186

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

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IMPORTANT CONTACTS

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Jim Norris | Vice President 281-907-0099
Sally Rodriguez | Secretary 832-788-4186
Scott Marder | Treasurer 281-682-3056

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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Sally Rodriguez onesalrod@aol.com

PUBLISHER

Peel, Inc. www.PEELinc.com, 512-263-9181
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Events (Continued from Cover Page)

or greater neighborhood, contact the constable at 281-376-3472. Add this number to your cell phone contact list for your convenience.

Going on Vacation?

Don't forget the Precinct 4 Constable's office offers protection for your home while you are on vacation. Go to http://www.cd4.hctx.net/online_forms.php?formID=vacation and simply fill out the request form.



Easy Steps to Renovate Your Lawn

Solve your lawn's problems with our step-by-step guide to lawn renovation.



Diagnose the Problem

Figure out why your lawn has declined. If you don't determine the problem, fixing your lawn could be a waste of time. For example, if grubs are the problem, you'll need to treat for them before laying a new lawn. But if too much shade is the problem, you're better off forgetting a lawn and investing in low-maintenance shade-loving ground covers instead.

Get a Fresh Start

If more than half of your lawn is screaming for help, start from scratch. Spray the lawn with an herbicide containing glyphosate (be sure to follow all directions on the packaging). It kills all vegetation but allows new turf to re-establish quickly.

Mow Low

Wait a couple of weeks after applying the herbicide, then mow the turf as short as you can. Don't be afraid to really scalp it -- this low mowing leaves the area with short, dead plants, to prevent erosion, and keeps the dead plants from shading your new lawn too much.

Rake, Rake, Repeat

Visit your local rental center and get a power rake. Don't worry, it's not as bad as it sounds -- many models are as easy to handle as the average lawn mower. To save yourself frustration, ask the clerk to show you how to adjust the blades.

You want to leave just the barest layer (about 1/4 inch) of thatch on the ground. Then rake off the remaining debris and compost it. You'll know you've raked enough when you see equal amounts bare soil and dead grass stems. Then spread a thin layer of compost over the soil and rake it in evenly.

Add the Green

Now it's time to plant. If you're using seed, follow the instructions on the package to determine how much seed to use. This is important: Not enough, and your lawn will be thin and scraggly. To make the seed application uniform, spread half the seed in a north/south direction, then turn around and apply the other half in an east/west direction. This will lessen the likelihood that you'll end up with bare spots.

If you're installing sprigs or plugs, it's just a matter of digging little holes and plopping the plants in place. Cut a small trench for sprigging and using a transplanter tool for plugs. You can usually

(Continued on Page 5)

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NORMANDY FOREST

Normandy Forest - Pool Pass Application

\$20.00 – up to 4 residents

\$5.00 each additional resident

Guidelines:

- ☐ All HOA dues must be paid in full
- ☐ Failure to follow pool rules will result in loss of pool privileges for 2013
- ☐ 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 6 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 correct amount or meet us at the club house during the times listed below.

**Checks payable to:
Normandy Forest HOA**

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

Or come by the clubhouse 4/18, 4/24 or 5/5 see website for times.

Please print clearly:

Homeowners Name _____
Address _____
Phone Number _____

Names of Residents for Pool Tags

NORMANDY FOREST

Lawn Renovation (Continued from Page 3)

buy this little tool from the same place you purchased the plugs.

Deter New Weeds

This is an optional step, but it's pretty easy and usually worth the effort. Apply a pre-emergence herbicide containing siduron. This product will prevent crabgrass seeds from sprouting, yet allow lawn grass seed to grow. Note: If you renovate in fall, this isn't necessary, because crabgrass is mainly a problem in spring.

Water Well

When everything is planted, your task is to keep the area moist. For the first week or so after planting, be sure the soil does not go dry. After the grass is up and growing, it's like the story of the three bears: You don't want the area too dry or too soggy, but just moist. This may mean watering a couple of times a day early on (for short, five-minute applications). Over time, you can go to a once-a-day watering for 10 or 15 minutes. It's important that the moisture be applied evenly so that your seed doesn't wash away, creating bare spots.

Feeding Time

When the grass shoots are about an inch tall, apply a starter fertilizer to encourage growth. The same goes for sprigs and plugs: After you see a couple of new shoots, apply fertilizer. But be sure to wait until there's growth -- you can burn roots if you fertilize too early (see Randy's Lawn fertilization schedule)

Start Mowing

When the grass is about 3 inches tall, give it its first mowing. This will discourage weeds and encourage the spread of your grass. This simple step makes a huge difference in the success of the project!

Be sure the mower blade is sharp the first time you mow; a dull blade could rip the seedlings right out of the ground. Then mow as normal once the grass is the height you want it. For the health of your turf, don't cut off more than a third of the leaf length in any one mowing.

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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

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Randy's Lawn Fertilization Schedule

**FOR SOUTHERN GRASSES INCLUDING: ST.
AUGUSTINE, BERMUDA AND ZOYSIA**

FERTILIZE - four times a year:

Late February-Early March - apply a simple 15-5-10 for an early green-up. Most companies that make slow-release fertilizers also make a non slow-release 15-5-10 that provides for a quick two-week green up before we get to the heart of the fertilizer schedule.

WARNING: Some people will be tempted to use a weed-and-feed at this time, but if you've been following the GardenLine herbicide schedule, there should never be a need. However, spot weed-and-feed treatments are recommended for those with turf-only landscapes or landscapes that have been established for many years. Most weed-and-feeds contain Atrazine which burns roots of young trees and shrubs.

Late March-Early April - apply slow-release 3-1-2 ratio fertilizers. Recommended formulations:

19-4-10	Nitro Phos Super Turff
18-4-6	Fertilome Southwest Greenmaker
18-0-6	Fertilome's Zero Phosphate Formula
15-5-10	Southwest Fertilizer Premium Gold
20-0-10	Bonide Premium Lawn Food

Late June-Early July - apply slow-release 3-1-2 ratio fertilizers. (recommended formulations 19-5-9, 19-4-10, 18-4-6, 15-5-10.)

October-November - apply winterizer formulas for winter hardiness. Ratios vary, but make sure they are "winter" or "fall" formulas designed for southern grasses.

(examples: 18-6-12, 8-12-16, 10-5-14) Will make lawns winter-hardy.

June-September - if turf grass looks yellow (chlorosis) or necrotic, use an application of either granular or liquid iron. Once a year should be enough.



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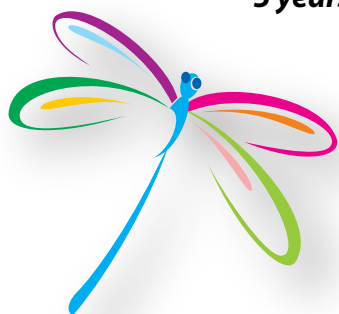
Ongoing: Colin's Hope Athlete Ambassadors needed! <http://www.tinych.org/signup>

Now-June 18: Discount Schlitterbahn Tickets for sale. <http://www.tinych.org/tickets>

June 18: World's Largest Swim Lesson at Schlitterbahn Waterpark New Braunfels

July 1: Colin's Hope Got2Swim Lake Austin 4 Miler (solo or relay) <http://www.tinych.org/got2swim4>

July 21: Colin's Hope Kids Got2Swim Pure Austin Quarry Lake <http://www.tinych.org/got2swimkids>



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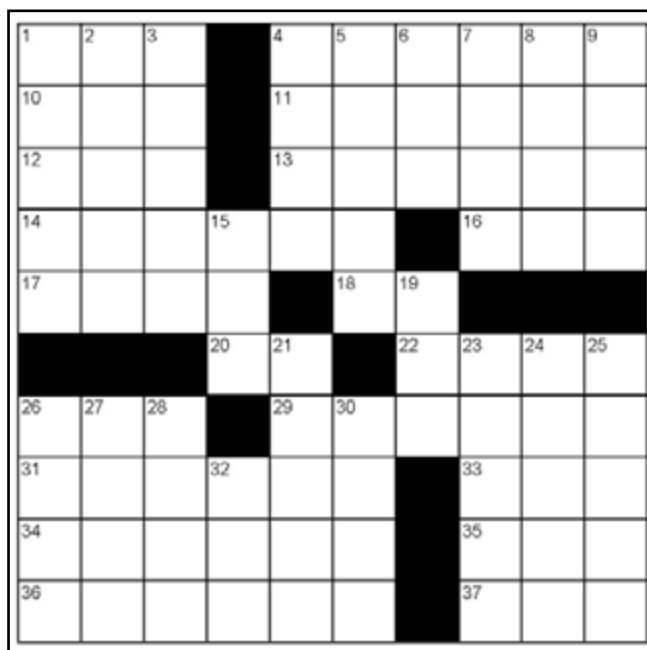
NORMANDY FOREST

NORMANDY FOREST BLOCK CAPTAINS



Peggy Zuckero	La Seine Ln	281/353-4669
Carol Pontello	La Mer	281/353-0247
Julie/Jerry Sarno	La Arbre Ln	713-515-4529
	Florette	OPEN POSITION
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Nikki Grant	Arromanches	281-353-6481
Chesley Dietzel	Meadow Hill	832-434-2147
Ashley Blackburn	Deauville/Riviere	713-854-4144
Tamara	Deauville	281-353-1757
Adele Carboni	LaCote Circle	281-528-8727
Sally Rodriguez	Normandy Forest/ Normandy Forest Ct.	832-788-4186
Jennifer Preston	Divellec	
Johnathan Woodard	Bayeux Ln/Le Fleur	979-224-2739
Corina Patterson	Utah Beach	832-651-6068
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	Colleville Sur Mer	OPEN POSITION
	Sainte Mere Eglise	
Lupe/Paul Diaz	Ln.	281-355-8890

CROSSWORD PUZZLE



ACROSS

1. Bad (prefix)
4. Asks for legally
10. Monkey
11. Author of "Sense and Sensibility"
12. Gross national product (abbr.)
13. Plan
14. More humble
16. Swab
17. Retired persons association (abbr.)
18. Education (abbr.)
20. Headquarters (abbr.)
22. Cool
26. Poisonous snake
29. African country
31. Penzoil is this (2 wds.)
33. MD
34. Build
35. Kimono sash
36. Walk quietly
37. Misty

DOWN

1. Lava
2. Sleep disorder
3. Biblical outcast
4. Casing
5. Money
6. Tree
7. Detail
8. Business note
9. Metal fastener
15. Kilometers per hour
19. Cell stuff
21. Capital of Ecuador
23. Give
24. Mud brick
25. Inferred
26. Account (abbr.)
27. Dress
28. Secondary
30. Rejoicing
32. Grain

View answers online at www.peelinc.com

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Health Briefs

Older adults express anxiety in different ways

While there are several factors that can cause anxiety in older adults, it can be difficult to identify because they express anxiety in unique ways, according to an expert at Baylor College of Medicine.

According to Dr. Melinda Stanley, professor in the Menninger Department of Psychiatry and Behavioral Sciences at BCM, common types of anxiety disorders in adults include:

- Generalized anxiety
- Specific fears and phobias
- Social phobias
- Post-traumatic stress disorder
- Anxiety symptoms that older adults and their family members should watch for include:
 - Shortness of breath
 - Increased heart rate
 - Dizziness
 - Difficulty sleeping
 - Muscle aches and pains

Anxiety is not a normal part of aging and can be treated. The first important step is to have a physical exam.

Cognitive behavioral therapy is a treatment option that teaches learning skills to manage anxiety. Skills that can help reduce anxiety include relaxation, changing thoughts, facing fears, learning how to solve problems and learning behaviors to improve sleep.



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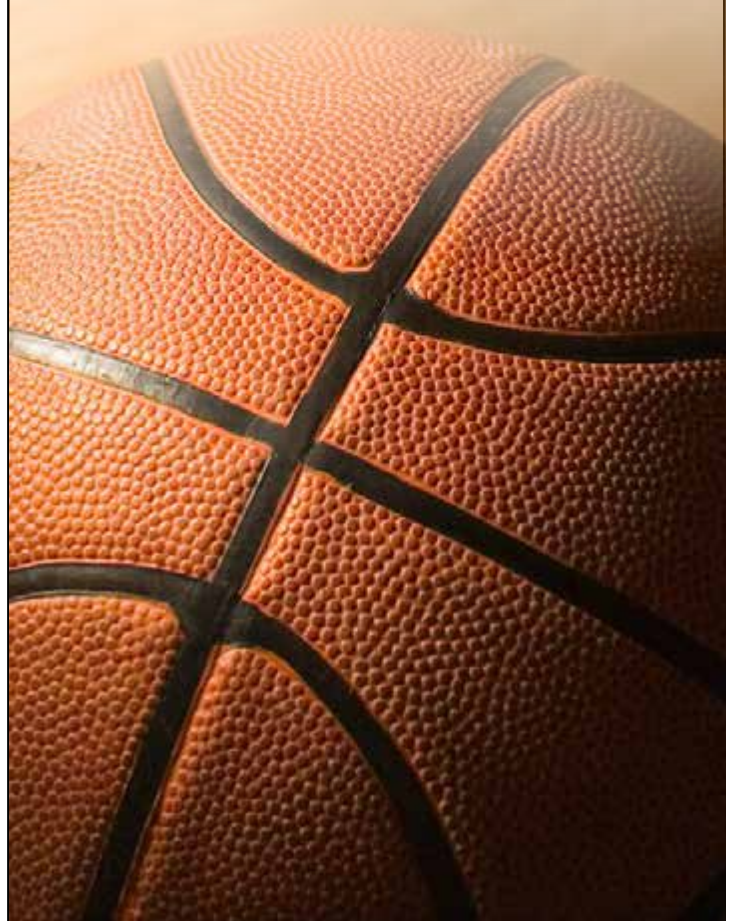
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