

April 2014

Official Publication of the Normandy Forest Homeowners Association

Volume 3, Issue 4

NORMANDY FOREST COMMUNITY

## EASTER EGG HUNT!

SATURDAY, APRIL 12, 2014 10 a.m. SHARP

Normandy Forest Clubhouse Music & Fun for the whole family!

Volunteers Needed - Contact Michelle Tsatsaronis at michelletsatsaronis@gmail.com or call 281.907.2276





# COMMUNITY GARAGE SALE

SATURDAY APRIL 5TH 8AM TILL 1 PM

## EDITOR WANTED

We are in need of an Editor for our NF Newsletter. If anyone is interested in helping write an article or two and finding interesting, relevant news, please contact Judy Doll at txcardlady@sbcglobal.net Subject line: Newsletter Editor

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## NORMANDY FOREST COMMITTEES

#### THE ARCHITECTURAL COMMITTEE

Danny Rodriguez	281-528-6640
Mark Lawson	281-651-8034

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.

#### **ACTIVITIES COMMITTEE**

Michelle Tsatsaronis ...... michelletsatsaronis@gmail.com

#### **POOL MAINTENANCE & LIFEGUARDS**

#### **CLUBHOUSE RENTALS**

Sally Rodriguez ......832-788-4186

#### **MAINTENANCE COMMITTEE**

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

#### **POOLTAG COMMITTEE**

George Tsatsaronis	
Ashley Blackburn	713-854-4144

#### **BLOCK CAPTAIN COORDINATOR**

Karen Zuckero .......713-504-6469



#### **IMPORTANT CONTACTS**

#### **BOARD OF DIRECTORS**

Paul Diaz   President	281-687-2045
John Nemec   Vice President	281-651-8606
Judy Doll   Secretary	281-701-6925
John Hopkins   Treasurer	281-795-9772
George Tsatsaronis   Director at Large	281-323-9900

#### **BALLPARK RESERVATIONS**

#### **COMMUNITY SERVICES**

713-659-2111
713-207-7777
www.att.com
281-353-9809
281-446-2030
281-355-1266
713-755-6444

#### **MANAGEMENT COMPANY**

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

#### **OFFICE HOURS**

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

#### **NEWSLETTER INFO**

#### **EDITOR**

Judy Doll	txcardlady@sbcglobal.net
PUBLISHER	
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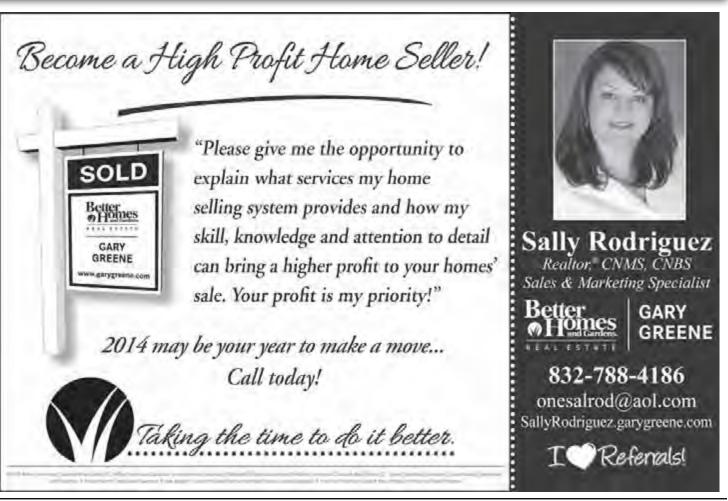
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## ANNUAL FAMILY FITNESS FAIR

SATURDAY, APRIL 26TH 8AM TO NOON AT KLEIN MEMORIAL STADIUM 16715 STUEBNER-AIRLINE RD, KLEIN, TX



The fair will feature vendors, moonwalks, games, Radio Disney (1590AM) and other activities for the entire family all at NO cost! There will also be a 1 mile run/ walk, \$10/person and includes a tee shirt. For more information contact Winni Attaway at 832-249-4162 or http://www.kleinisd.net/ familyfitness



## Come on down to the Harris County HHW Collection Facility

What do you do with your leftover paint, household cleaners, and yard products? You bring them to the Harris County Household Hazardous Waste (HHW) Collection Facility located at 6900 Hahl Road located on the NW corner of Gessner and 290. The facility accepts items used in your home that include, but are not limited to, paint and paint related products, household cleaners, yard and automotive products, pool chemicals, batteries, propane cylinders, and items that contain mercury.

The facility is open to the public for collections on Wednesdays from 9 a.m. – 3 p.m. and the second Saturday of the month from 9 a.m. – 2 p.m. Collections on the fourth Saturdays vary in location and hours. The calendar on the HHW home page at http://www.eng.hctx.net/watershed/hhw\_home.html provides information for the fourth Saturday collections. Our website also provides you with additional information about HHW products, acceptable and unacceptable items, and gives you information on how to safely transport your items to our collections. You may also call 281.560.6200 for a recording that provides information about the facility.

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## **BLOOD PRESSURE**

#### TAKE CONTROL OF THE SILENT KILLER



High blood pressure, or hypertension, is sometimes called the silent killer because there are often no symptoms. That's why keeping track of blood pressure is one of the most important things a person can do to stay healthy, said doctors at Baylor College of Medicine.

Left untreated, hypertension, can cause organ damage over time, leading to heart attack, blindness, kidney failure or stroke, said Dr. Biykem Bozkurt, professor of medicine at BCM.

Some factors that are associated with hypertension are diabetes, family history of hypertension, being overweight, taking in too much sodium, drinking excessive alcohol and smoking. Generally a healthy

reading is 120/80, and hypertension diagnosis is made at 140/90. People considered prehypertensive generally have readings that fall between 120/80 and 140/90. Doctors always check blood pressure as part of appointments and there are also many locations where blood pressure machines are available for anyone to have their pressure checked. Bozkurt advises talking to a doctor to determine if your reading is at a healthy level rather than taking the machine's reading at face value.

"For a relatively healthy person not suffering from any other illnesses, only a few lifestyle changes like diet modifications and exercise may be needed," said Bozkurt.



## School in the Pines

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Half day, Full day, or 8am-3pm Eighteen months - Kindergarten • Child care for ages 5 - 12 years Fun & engaging summer camp • Open on Klein holidays/in-service

Secluded neighborhood location! Motivated and professional staff! Excellent academic curriculum!

> Sign up for Summer Camp 2014! Exciting programs for toddlers - 6th grade

Amanda and Joe Maisonneuve, owners 19027 Joanleigh Dr. • 281-288-6402 schoolinthepines.com • sitp84@sbcglobal.net

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### NORMANDY FOREST



Please remember to pick up after your pets and "scoop the poop"



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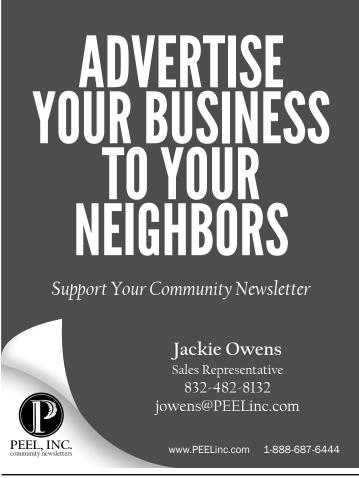
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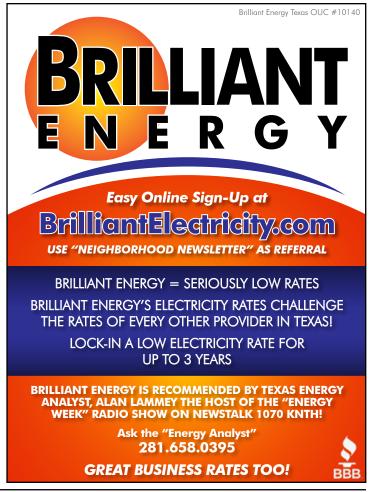
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