

NORMANDY FOREST

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I FOUND A BABY SQUIRREL, NOW WHAT?

By Cheryl Conley, TWRC Wildlife Center

If you find a baby squirrel, check for the following:

- Is it bleeding, have an open wound, or a broken bone?
- Is it covered in fly eggs [they look like grains of rice]?
- Is it cold, wet, or crying?

If the answer is YES to any of the above, the squirrel is likely injured. Bring it to us as soon as possible.

If NO, the next step is to determine its approximate age to see if you need to intervene.

Does the squirrel have a fluffed-out tail [like a bottle brush]?

Is the body longer than 6" [not including the tail]?

If the answer is YES to these questions, this is likely a juvenile squirrel. You do not need to intervene. Even at the young age of 10 to 12 weeks, the squirrel is already independent and on its own.

If NO, this is an infant squirrel. You will need to help reunite the baby with its mother.

Baby squirrels at this age must be kept warm. Heat a towel in the microwave or place uncooked rice or bird seed in a sock and warm in the microwave for 20-30 seconds. Wrap the sock in a soft towel and place it with the baby in an open container like a small box or plastic container.

Place the box IN A SAFE PLACE OFF THE GROUND near where you found the baby or under the tree with the nest if you know which tree it is. You can also attach the container directly to the tree but MAKE SURE IT IS SECURE.



Keep children, dogs, and cats out of the area.

Observe the baby squirrel for the next six to eight hours of daylight. Reheat the towel or rice/birdseed bag every two hours. Has the mother returned to retrieve her baby?

If YES

... congratulations!

If NO,

bring the box with the baby inside. Continue to keep it warm until you can bring it to us.

REMEMBER: DO NOT ATTEMPT TO FEED THE SQUIRREL OR GIVE IT WATER!

TWRC Wildlife Center is your resource for wildlife-related questions. They also serve as an emergency wildlife care facility should you find animals in need of help. If you have any questions, please call 713-468-TWRC. You can also find useful information at www.twrcwildlifecenter.org.

NORMANDY FOREST

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.

Precinct 4 281-376-3472
Paul Diaz 281-651-8606

POOL MAINTENANCE & LIFEGUARDS

Jeffery King 281-655-8675

CLUBHOUSE RENTALS

Chaparral Management / Valerie Overbeck 281-537-0957

MAINTENANCE COMMITTEE

John Nemec 281-651-8606 | jnemec@normandyforest.org
Paul Diaz 281-687-2045

POOL TAG COMMITTEE

Sally Rodriguez 832-788-4186
Chaparral Management 281-537-0957

BLOCK CAPTAIN COORDINATOR

Sally Rodriguez 832-788-4186

BLOCK CAPTAIN

Sherri Cabrera 512-709-8476

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Call Centerpoint for street light repair or outages
Electric | Reliant Energy 713-207-7777
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MUD #28 Meet 4th Tuesday of the Month @ 4 pm
Hayes Utility South (Water & Sewer) 281-353-9756
Trash | Republic Waste 281-446-2030
Heavy Trash 2nd Friday of the Month
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
Valerie Overbeck | Association Manager
voverbeck@chaparralmanagement.com

OFFICE HOURS

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

NEWSLETTER INFO

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Welcome Neighbors!

Mishelle Nicolson
Xin Yu



3-Meat Pizza Ring



Preparation: 20 minutes **Cook Time:** 20 minutes **Serves:** 8

Ingredients

- 1 lb. Italian Sausage
- 1 (15 oz.) can pizza sauce, divided
- 2 garlic cloves, crushed
- 1 1/2 c. shredded pizza cheese
- 1/2 c. diced Canadian bacon
- 1/2 c. chopped pepperoni
- 2 (8 oz.) tubes refrigerated crescent rolls

Instructions

1. Preheat oven to 375 degrees.
2. In a large skillet over medium heat cook sausage and garlic until no longer pink. Drain grease off. Stir in 1/2 c. pizza sauce, pepperoni, Canadian bacon and 1 c. pizza cheese.
3. Unroll crescent dough and separate into triangles. Arrange triangles on a 14 inch ungreased pizza pan with points toward the outside and wide ends overlapping at the center, leaving a 4 inch opening in the center. Press overlapping dough to seal.
4. Spoon the mixture onto the wide ends of the triangles. Fold pointed ends of triangles over filling, tucking points under to form a a ring. The filling will be visible.
5. Baked for 12-15 minutes or until the crescents are golden brown. Sprinkle with remaining cheese. Bake 5 minutes longer or until cheese is melted. Serve with remaining pizza sauce.

Men's Health Month

Wear BLUE Day: Friday, June 16th

Whether it is your friend, brother, dad, boyfriend, spouse, or boss, show them you care about them and their health by wearing blue. If Friday of Men's Health Week doesn't work for you then pick any other day of the year and start a fun Wear BLUE day at work.

Host a Wear BLUE day to raise awareness and money for education about men's need to seek regular checkups, or testicular cancer education, prostate cancer education, or other health issues that affect men. (Cardiovascular disease, skin cancer, lung cancer, diabetes, gout, and more.)

Men live sicker and die younger. Wear BLUE was created by Men's Health Network to raise awareness about the importance of male health and to encourage men to live longer and healthier lives.

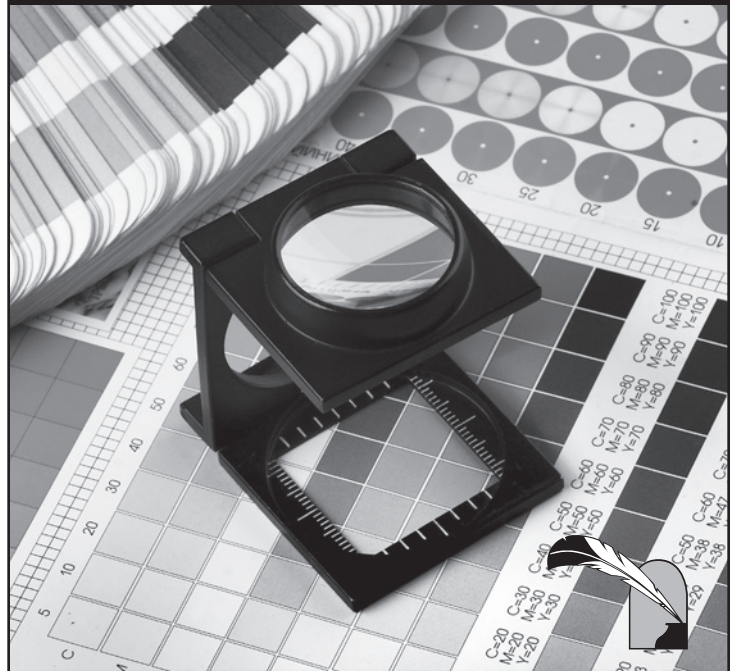
Men's health awareness can mean many different things.

It means raising awareness of making healthy lifestyle choices, making regular annual visits to the doctor, getting educated on heart disease or diabetes, starting general health conversations with their male friends, and much more.

Wear BLUE event where you live, work, play, and pray.



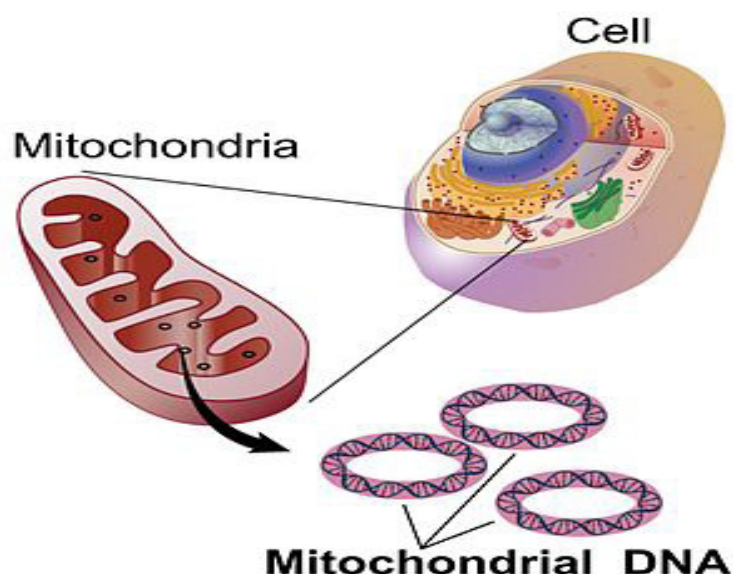
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Could Healthy Mitochondria Be The Secret To Staying Disease Free?



There are incredible possibilities locked inside our cells.

The cell is the source of the body's energy supply. It's what keeps us not only functioning at optimal health but functioning at all. In fact, when the cells lose any of their ability to produce needed energy, the result is decline in health and emergence of degenerative diseases. How do the cells actually work to produce energy? The task falls to the MITOCHONDRIA, the "power plants" of the cell. The mitochondria function is at the heart of everything that occurs in our body. There are hundreds of mitochondria in a typical cell, every one containing a unique pattern of DNA. DNA damage is a biomarker of cancer and other diseases. "How quickly your body ages largely depends on how well your mitochondria work and how much damage can be minimized by diet optimization." ...Dr. Mercola. Now The Good News...we can improve or keep our mitochondria healthy by making sure it receives the proper nutrients. A healthy diet and exercise play an important part in the health of the mitochondria. We have enormous control over the way we age...which is very empowering!

Donna Konopka

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HOUSE FLIES

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EXTENSION



Moving into summer, we should prepare for the inevitable....house flies. While many see house flies as a nuisance, they are capable of spreading diseases such as dysentery or food poisoning. Due to the locations house flies frequent- garbage, manure, and carrion- they can pick up bacteria and other disease organisms which can transfer to other areas where they may land such as dishes, food, or countertops. House flies regurgitate onto food to liquefy it before eating and they can further contaminate items by defecating upon surfaces.

The common house fly has two wings and is dull gray with black stripes on the thorax (the section where the wings are attached). Adult flies can only eat liquid foods and have sponging mouthparts specialized to help them feed.

Eggs are usually laid on decaying matter such as animal fecal material, grass clippings, or garbage. Around 100-150 eggs are laid by the female. Depending upon temperature (warmer temperatures speed things up); eggs may hatch within 8 hours to 2 days.

Maggots, the immature stage of a fly, are small, white, carrot-shaped, and

legless. There are 3 larval molts then mature larvae seek a dry location for pupation. Pupae are reddish brown and somewhat oval in shape.

During the summer, house flies may live up to 2.5 weeks while during cooler times of the year they may live up to 3 months.

The key to fly management is sanitation, or cleaning. Eliminate breeding sites by picking up animal waste one to two times per week; empty garbage cans regularly; clean garbage cans at least once a month with soapy water. Keep garbage cans located away from doors that lead into the home and make sure they have tight fitting lids.

Other items that can help reduce fly problems include keeping window screens in good repair; making sure doors and windows have a tight seal and weather stripping is in good condition; and using fly swatters or sticky fly paper to get rid of adult flies.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com

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