

# NORMANDY FOREST



July 2017

Official Publication of the Normandy Forest Homeowners Association

Volume 6, Issue 7



**HAPPY  
FOURTH  
OF JULY!**

# NORMANDY FOREST

## NORMANDY FOREST COMMITTEES

### THE ARCHITECTURAL COMMITTEE

Brian Badger ..... 281-353-1972  
Cecil Mixon ..... 832-663-5200  
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](mailto:jnemec@normandyforest.org)  
Paul Diaz ..... 281-687-2045

### POOL TAG COMMITTEE

Lindsey McPherson ..... 713-898-9878  
Chaparral Management ..... 281-537-0957

### BLOCK CAPTAIN

Sherri Cabrera ..... 512-709-8476

## IMPORTANT CONTACTS

### BOARD OF DIRECTORS

John Nemec | President ..... 281-651-8606  
Paul Diaz | Vice President ..... 281-687-2045  
Judy Doll | Secretary ..... 281-528-9110  
Lindsey McPherson | Treasurer ..... 713-898-9878  
Jim Norris | Director at Large ..... 281-924-5828

### BALLPARK RESERVATIONS

John Nemec | Coordinator ..... 281-651-8606

### COMMUNITY SERVICES

Gas | Centerpoint Energy ..... 713-659-2111  
*Call Centerpoint for street light repair or outages*  
Electric | Reliant Energy ..... 713-207-7777  
Phone | AT&T ..... [www.att.com](http://www.att.com)  
MUD #28 ..... Meet 4th Tuesday of the Month @ 6:30pm  
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](mailto:voverbeck@chaparralmanagement.com)

### OFFICE HOURS

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

## NEWSLETTER INFO

### EDITOR

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### PUBLISHER

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# Welcome Neighbors!

L. Davis  
Anabel Compean  
Julian A. Najera





## Barking Dogs

Please be considerate of your neighbors and do not allow your dog to bark for long periods of time.



## Finding Hope

*Submitted by FiveHorses.Com*

Sometimes I just feel broken. Broken as in not whole, shattered & not even sure how to begin putting the pieces back together. Are all of the pieces even still there?

I'm not going to lie. Living and dealing with emotional trauma is no cup of tea. You feel lost, beaten, broken, and very much alone. You frequently feel things will never get better. After all, how can they ever be as good as they were (or, at least, as good as you thought they were) when you're this broken shell of a person. Then, you watch and see the rest of the world passing, and think, "Why even try? It's hopeless."

With the passing of spring, I've been thinking about the significance of this particular season at this junction of my life. Spring is the season of rebirth and renewal; the time of fresh starts. So, as I sit & watch the renewal of everything around me, I wonder... What about me? Can I be renewed? Is there enough left of this broken person to put back together, fill the holes, and turn out a new person fresh and whole?

I've found that spending time with friends, both the human and equine variety, is a great healer. They have become my glue that pulls the shattered pieces back together. While spending quiet moments relaxing with my horse I hear God more clearly, telling me that I have purpose in this life. What came before was meant to happen, if only to prepare me for what is to come and to help me become the person He means me to be. Learning God's plans for me not only helps reassemble the scattered pieces, but leads me to discover new pieces, more vibrant than the old ever were. Suddenly, I find myself renewed and, just like that, there it is--- Hope Resurrected

*\*\*If you find these things to be true in your own life, and would like to make a change, please visit our website at [www.fivehorses.com](http://www.fivehorses.com) to learn more about our newest workshop, Finding Courage, coming this July\*\**

## ATTENTION TEENAGE JOB SEEKERS

If any of your information is out of date or you would like to be removed from the list, please contact Judy Doll at [txcardlady@sbcglobal.net](mailto:txcardlady@sbcglobal.net) Thank you.



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## TICK CONTROL IN THE YARD



This article covers what to do about ticks in your yard. I didn't want to make it too long, so I decided to just link to sources giving information on how to treat pets or yourself/family.

Ticks are arachnids with two body regions, eight legs (except the first stage out of the egg has

only six legs and is called a seed tick), and no antennae. Ticks come in a variety of sizes depending upon if they are nymphs or adult, male or female, engorged or not. Ticks require a blood meal before molting to the next stage of their development as well as adult females requiring a blood meal before laying eggs.

Since ticks can feed on multiple hosts during their lifetime, including humans and other animals, they are capable of transmitting disease organisms through their bite. For more information on diseases transmitted by ticks see this link:

<https://www.cdc.gov/ticks/diseases/index.html>

Ticks wait hosts by climbing up vertical surfaces such as vegetation, fences or shrubbery. When a host brushes past, ticks grab on and locate a suitable spot for feeding. To reduce ticks in your yard you can try some or all of the following:

- Keep grass mowed
- Clear brush, weeds, or overgrown areas
- Discourage wildlife
- Remove debris from the yard
- Treat yard with insecticide making sure to go up surfaces as ticks will climb upwards to grab onto a passing host
- Treat pets

For information on how to deal with ticks on your pet(s) see this source: [https://www.cdc.gov/ticks/avoid/on\\_pets.html](https://www.cdc.gov/ticks/avoid/on_pets.html)

For how to avoid getting, properly inspecting for, or removing ticks from yourself or family members see this source:

[https://www.cdc.gov/ticks/avoid/on\\_people.html](https://www.cdc.gov/ticks/avoid/on_people.html)

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](http://www.urban-ipm.blogspot.com)

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## Don't Spend Your Holiday in the Hospital

*Physicians encourage safety while celebrating  
Independence Day*

The upcoming Independence Day holiday may have people thinking about fireworks, barbecues, and outdoor activities. However, they are the very same activities that can make the holiday a dangerous one. In fact, according to the National Safety Council, Independence Day is one of the most dangerous holiday weekends of the year. Physicians and staff at the Memorial Hermann Convenient Care Center in Cypress want to remind people to stay safe while celebrating.

"We see a lot of heat and firework related injuries during the Fourth of July holiday weekend. Parents may not think about it, but even sparklers can cause serious burns," says Marco Garza, M.D., a board-certified emergency medicine physician and Medical Director of the Emergency Center at Memorial Hermann Convenient Care Center in Cypress. The Consumer Product Safety Commission reminds parents that sparklers can burn at a temperature of 2,000 degrees.

The CPSC also offers these tips to use fireworks more safely:

- Follow local laws
- Do not allow young children to play with fireworks and older children should have adult supervision
- Never have any portion of your body directly over a firework while lighting
- Keep a bucket of water nearby for emergencies

If a person is burned by a firework, the injury may need immediate care.

"Any burn involving your face, hands, feet, genitals or over a major joint should get medical attention. If the burn is larger than your hand, or a blister forms soon after the injury, you should go to the emergency center or call 9-1-1," adds Dr. Garza.

The summer heat can also prove dangerous over the holiday weekend.

"It's no secret that it's hot here in Texas. Spending too much time in the sun can lead to everything from sunburn to heatstroke," reminds Dr. Garza. Physicians encourage people to stay hydrated, use sunscreen, and take a break from the sun when possible.

"If you do choose to drink alcohol over the holiday weekend, it's even more important that you also drink plenty of water. Excessive alcohol consumption can cause dehydration. Dehydration combined with the Texas heat can make for a dangerous situation," advises Dr. Garza.

If an emergency does arise, the Memorial Hermann Convenient Care Center in Cypress offers a 24-hour emergency center at their location at 27700 Northwest Freeway in Cypress, Texas. The Convenient Care Center also offers access to primary care physicians through the Memorial Hermann Medical Group, a diagnostic laboratory, outpatient imaging, The University of Texas MD Anderson Cancer Center Breast Care with Memorial Hermann and Sports Medicine & Rehabilitation.

## Kids' Running Team's Cross Country Season Starts September 5th

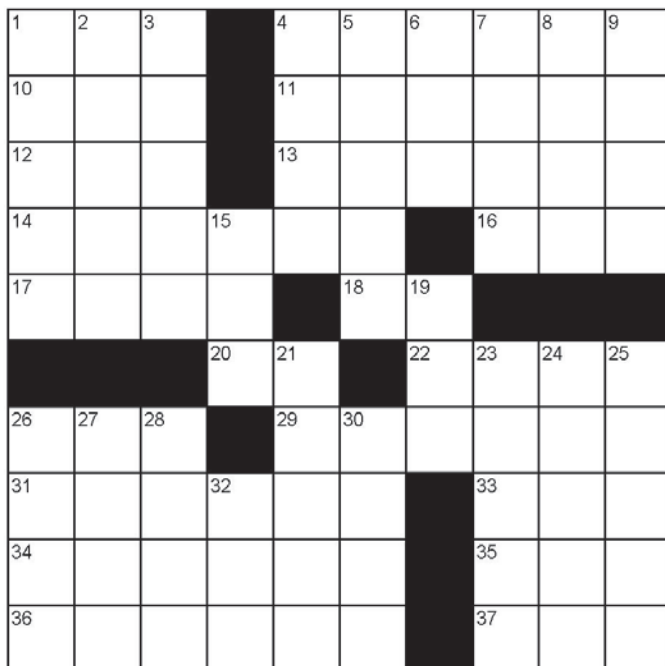
The Northwest Flyers Track Club Youth Cross-Country Team kicks off the fall season with a mandatory orientation meeting for parents and athletes on Tuesday, September 5, 2017, at 7:00 p.m. at Cypress Creek High School, 9815 Grant Rd., Houston. Registration starts online September 1 at [www.northwestflyers.org](http://www.northwestflyers.org). Practices are held at the Cypress Creek YMCA and Spring Creek Park in Tomball.

The Northwest Flyers Track Club is a member program of USA Track and Field (USATF), the national governing body for track and cross country. The club is celebrating its 30th year in the northwest Houston area. Ages 6 - 18 may participate in the team, and both beginners and experienced runners are welcome. Middle school and high school cross country athletes can also register, but should compete after their cross country season is over.

For more information contact Coach Angela Mosley at [msangela.mosley@gmail.com](mailto:msangela.mosley@gmail.com) or 469-336-9421. Visit [www.northwestflyers.org](http://www.northwestflyers.org) to get updates and learn more about the team.



## CROSSWORD PUZZLE



### ACROSS

1. Middle
4. Preoccupy
10. Is
11. Properly
12. Pat
13. Aviator
14. "Eagle" constellation
16. Most basic
17. Baseball glove
18. Road (abbr.)
20. Scale note
22. Object
26. Danish krone (abbr.)
29. Canyon
31. Wild beast
33. Digital audio tape
34. Movie "Total \_\_\_"withdraw
35. Genius
36. Handy
37. Type of partnership

### DOWN

1. Dame
2. Iranian's neighbor
3. First public appearance
4. Opaque gem
5. Thistle
6. Title of respect
7. Austin novel
8. Block
9. In \_\_\_ (together)
15. \_\_\_ A Small World...
19. Division (abbr.)
21. Toothbrush brand
23. Large wave
24. Found
25. Doled
26. Drat!
27. Joint
28. Costa \_\_\_
30. Unite
32. Mutilate

View answers online at [www.peelinc.com](http://www.peelinc.com)

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# NORMANDY FOREST

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ONLINE**

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Peel, Inc. - Kids Club

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We will select the top few and post their artwork on our Facebook Page - Facebook.com/PeelInc.

DUE: July 30th

Be sure to include the following so we can  
let you know!

Name: \_\_\_\_\_  
(first name, last initial)

Age: \_\_\_\_\_



**Happy 4th  
of July!**

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