

NORMANDY FOREST



August 2018

Official Publication of the Normandy Forest Homeowners Association

Volume 7, Issue 8

Thinking Holidays?!



The Ladies Auxiliary from St. Elizabeth Ann Seton Catholic Church will hold their 26th Annual Gingerbread Village Holiday Market on October 27, 2018. If you are interested in showcasing your arts, craft, products, etc., consider joining us as a vendor this year! For an application or more information regarding this event, please email: gingerbreadvillage@yahoo.com.

TRASH PICK UP



Most Mondays and Thursdays trash is picked up by an automated truck. Trash that is not in the container will not be picked up. Please try to get as much in the trash receptacle as possible. Thank you!

BACK TO SCHOOL TIPS from the American Academy of Pediatrics

The following health and safety tips are from the American Academy of Pediatrics (AAP). Feel free to excerpt these tips or use them in their entirety in any print or broadcast story, with acknowledgment of source.

MAKING THE FIRST DAY EASIER

- Parents should remember that they need not wait until the first day of class to ask for help. Schools are open to address any concerns a parent or child might have, including the specific needs of a child, over the summer. The best time to get help might be one to two weeks before school opens.
- Many children become nervous about new situations, including changing to a new school, classroom or teacher. This may occur at any age. If your child seems nervous, it can be helpful to rehearse entry into the new situation. Take them to visit the new school or classroom before the first day of school. Remind them that there are probably a lot of students who are uneasy about the first day of school. Teachers know that students are nervous and will make an extra effort to make sure everyone feels as comfortable as possible. If your child seems nervous, ask them what they are worried about and help them problem solve ways to master the new situation.
- Point out the positive aspects of starting school to create positive anticipation about the first day of class. They will see old friends and meet new ones. Talk with them about positive experiences they may have had in the past at school or with other groups of children.
- Find another child in the neighborhood with whom your child can walk to school or ride on the bus.
- If it is a new school for your child, attend any available orientations and take an opportunity to tour the school before the first day. Bring the child to school a few days prior to class to play on the playground and get comfortable in the new environment.

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NORMANDY FOREST

NORMANDY FOREST COMMITTEES

THE ARCHITECTURAL COMMITTEE

Brian Badger 281-353-1972
Cecil Mixon 832-663-5200

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

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

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

BLOCK CAPTAIN

Sherri Cabrera 512-709-8476

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Peel, Inc. www.PEELinc.com, 512-263-9181
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IMPORTANT CONTACTS

HOA DIRECTORS

John Nemece | President 281-651-8606
Paul Diaz | Vice President 281-687-2045
Willmarie Muniz | Secretary 973-930-4839
Lindsey McPherson | Treasurer 713-898-9878
Jim Norris | Director 281-924-5828

MUD #28 BOARD

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Denean Bennett | Director 281-350-6360
Troy Zuckero | Director 832-607-3697

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
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
Constable 281-376-3472

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

(Continued from Cover)

- If you feel it is needed, drive your child (or walk with her) to school and pick her up on the first day, and get there early on the first day to cut down on unnecessary stress.
- Make sure to touch base with your child's new teacher at the beginning or end of the day so the teacher knows how much you want to be supportive of your child's school experience.
- Consider starting your child on their school sleep/wake schedule a week or so ahead of time so that time change is not a factor on their first couple of days at school.

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GO PAPERLESS**



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Banana Smoothie

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4 bananas, peeled
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4 cups ice

Directions:

Break bananas into large pieces and put in blender; add sugar. Blend until smooth. Blend in ice, a cup at a time, until a smooth, thick consistency.

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To Sign Up: FFPS.org

HEAD LICE



Head lice can become a problem brought home from summer camp or during the school year. These insects are small, tan to gray, and wingless. Eggs, also called nits, are glued to the hair shaft near the scalp. Nits are dark in color until they have hatched and turn white. It takes 7-11 days for eggs to hatch. Females lay 3-5 eggs each day and live from 7-10 days.

Head lice reside on the hairy part of the head. If they drop off, they only live for about 2 days. They are incapable of surviving on pets and are not known to transmit any diseases from person to person.

Several states, including Texas, now have what are being called "super lice". Essentially these lice are resistant to pesticides commonly found in over the counter lice treatments. If you are using an over the counter treatment for lice and they are not dying, then you need to see a physician. Doctors are able to prescribe other treatments that can kill the lice.

To manage lice:

1. Use an effective treatment. Head louse shampoos contain insecticides so they must be used properly and with care. Wash the infested person's hair in a sink or basin so insecticide does not come into contact with other parts of the body. The person shampooing should wear rubber gloves. Do NOT use off label products such as flea & tick shampoo, other insecticides, or gasoline. Only treat the infested person(s), but check everyone in the household.
2. Hair combing is an extremely important step in controlling head lice. Shampoos may not kill all eggs, so thorough combing can help remove eggs from the hair shaft. Wet hair and use a special metal louse comb to comb through small sections of hair. Remove debris from the comb with a tissue and place it in a plastic bag that can be sealed and disposed of when you are finished combing through all hair. Hair should be combed daily until no more lice or nits are found.
3. Clothing and bedding of the infested person should be washed in hot, soapy water at the same time as the treatment. If items cannot be washed, try dry cleaning. For items that cannot be laundered, place them in a sealed plastic bag in the freezer for at least 24 hours.
4. It's important to contact anyone your child has had close contact with to let them know of the head louse infestation. This can help everyone manage the problem at the same time so there is less chance of reinfestation occurring.

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

This work is supported by Crops Protection and Pest Management Competitive Grants Program [grant no. 2017-70006-27188 /project accession no. 1013905] from the USDA National Institute of Food and Agriculture.

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