

NORMANDY FOREST



October 2018

Official Publication of the Normandy Forest Homeowners Association

Volume 7, Issue 10



THE 3RD ANNUAL TRUCK OR TREAT

TOWN GREEN PARK, THE WOODLANDS

OCTOBER 27 - 12-11PM

FOOD | FRIGHT | FUN

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NORMANDY FOREST COMMITTEES

THE ARCHITECTURAL COMMITTEE

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

NEWSLETTER INFO

PUBLISHER

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

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ADVERTISING

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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

Dwight Osteen | President 832-527-6289

Thomas Pratt | Vice President 832-515-4199

Rich Doll | Secretary 281-528-9110

Denean Bennett | Director 281-350-6360

Hal Walker | Director

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



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ENTRY: \$5 PER PERSON (AGE 2+)

**HOURS: FRIDAYS IN OCT. 4PM - 7PM
SATURDAYS/SUNDAYS IN OCT. 10AM - 7PM**

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Saturday, October 13, 2018 • 7 a.m.
Northshore Park *NEW LOCATION*

The **Memorial Hermann 10 for Texas** 10-mile race, **3.1 Armadillo Run** 5K and **One 4 Texas Kids' Fun Run** through The Woodlands will be held Saturday, October 13, 2018. Produced by The Woodlands Township Parks and Recreation Department, Memorial Hermann 10 for Texas is a USA Track and Field (USATF) sanctioned event with a certified 10-mile course.

The Texas-sized Post-Race Party in Northshore Park will feature food and drinks for race participants with great live music. Plus great swag, smooth course, first-class volunteers and top-notch organization make for an unforgettable experience.

For more information, please email races@thewoodlandstownship-tx.gov or visit www.thewoodlandstownship-tx.gov/10fortexas.



2018 races generously sponsored by:



October is National Breast Cancer Awareness Month

From WhatHealth.com

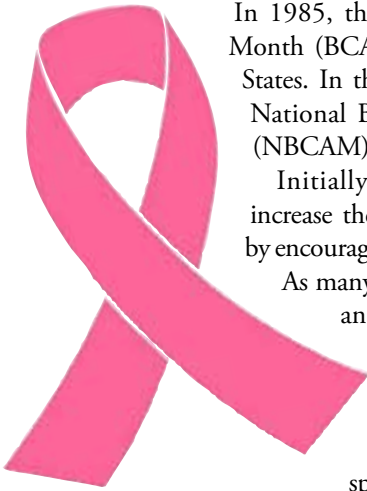
The First Event

In 1985, the first Breast Cancer Awareness Month (BCAM) was observed in the United States. In the US this event is referred to as National Breast Cancer Awareness Month (NBCAM).

Initially, the aim of this event was to increase the early detection of breast cancer by encouraging women to have mammograms.

As many women know, a mammogram is an x-ray of the breast used to detect abnormalities in breast tissue.

Early detection means that cancer can be more effectively treated and prevented from spreading to other areas of the body.



The Rise In Popularity

The US National Breast Cancer Awareness Month Website went online in 1998, and lists the organizations which are on the board of sponsors for this event. Over the years, the focus of this event has widened. A number of organizations based in the US and in other countries now support this international health awareness event.

Given the large number of organizations involved, and the huge sums of money raised, breast cancer awareness has grown into an industry in its own right; this campaign can almost be described as a year long event.

Today, Breast Cancer Awareness Month is as much about raising funds for breast cancer research and support, as it is about raising awareness.

The Color Pink & The Pink Ribbon

With the founding of The Breast Cancer Research Foundation in 1993, the pink ribbon, which had previously been used to symbolize breast cancer, was chosen as the symbol for breast cancer awareness.

The color pink itself, at times, has been used to striking effect in raising breast cancer awareness. Many famous buildings and landmarks across the globe have been illuminated in pink light during this event; Sydney's Harbour Bridge, Japan's Tokyo Tower and Canada's Niagara Falls to name a few.

Due to the success of this awareness event, for many people, the color pink and breast cancer awareness ribbons are now associated with breast cancer awareness.

Activities

To sustain momentum of this awareness campaign & gather maximum support, daily events and activities are often held throughout the month of October. For example, a company may designate a day as 'Pink Day' in which employees wear pink at work.

The numerous awareness activities which take place may include

sponsored walks, golf events, seminars and breast cancer screening days.

Background To This Event

Breast cancer is a disease which begins in the breast tissue; it's the second most common type of cancer and mainly affects women (breast cancer is rare in men).

During 2005, over 185 000 women were diagnosed with breast cancer (see incidence of breast cancer). Left undetected and untreated, breast cancer can spread to other areas of the body. Where breast cancer has to spread to other areas, it is referred to as metastatic breast cancer and classed as stage 4.

The prognosis for stage 4 breast cancer is not good; the 5 year survival rate is only 16 percent. Given the high incidence and destructive nature of breast cancer, early prevention and treatment of this disease is a high priority.

To find more about breast cancer, you may visit www.whathealth.com/breastcancer or the World Health Organization (WHO)'s website <http://www.who.int/cancer/prevention/diagnosis-screening/breast-cancer/en/>

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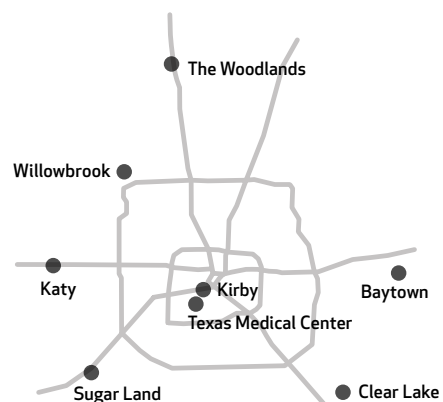
It could add years to your life.

Scheduling a mammogram is an important first step for early detection. At Houston Methodist Breast Care Center at Willowbrook, scheduling online is easy and — with eight locations across the Greater Houston area — more convenient than ever.

Our Breast Care Centers offer:

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- Advanced technology in a spa-like atmosphere
- Access to our breast specialists at Houston Methodist Cancer Center

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281.737.PINK (7465) to schedule your mammogram.

NORMANDY FOREST

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DUE: October 31st, 2018

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

Name (first name, last initial): _____ Age: _____



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