

NORMANDY FOREST



April 2019

Official Publication of the Normandy Forest Homeowners Association

Volume 8, Issue 4

Pay It Forward



There is also an annual International Pay It Forward Day that helps remind people to do so. It is on April 26 every year. The website provides lots of ideas for the different activities people are doing around the world, ideas about what you can do, business cards you can print to share the message, and a place where you can share your stories.

There are so many reasons to do good deeds that go way beyond simply helping the recipient of the deed. You may question your own motivation if you are giving for these reasons instead of giving only for the sake of giving. I understand the questioning since some benefits just feel ickier than others. In the end, though, no matter what reasons you choose forgiving, you should continue to give. Your contribution, no matter what the intention is behind it, will still help make you a better person and the world a better place.

<http://www.good-deeds-day.org/>Any day is an excellent day to do good deeds. There is no time like the present to do something nice for someone.



Attention Parents of Graduating Seniors!

We would like to recognize our graduating seniors by including a small picture and a few lines about where your child will be attending college. Please send your information to articles@peelinc.com (include the newsletter you would like to recognize them in, photo, name, etc).



Shield Bearer Running for Hearts 5K Family Fun Run and Walk

The Shield Bearer Running for Hearts 5K Family Fun Run and Walk will take place on March 30, 2019, from 7:00AM to 11:00AM, at Windwood Church at 10555 Spring Cypress Road in Houston, Texas. This family friendly event will feature a 5K timed, trail style run, a 1-mile family walk, games for the kids, t-shirts, food, prizes, and lots of fun for all ages. Race registration is \$25 for adults (ages 14 and up) and \$10 for children (ages 13 and under) before March 15, 2019. Registration, sponsorship, vendor, fundraising, and volunteer information is available at shieldbearer.org/5K.

Race sponsors include Bammel Church of Christ, Element Payment Services, Louetta Automotive, Caldwell Companies, Lone Star College, Murdoch's Backyard Pub, Insperity, Lindsay's Light, Windwood Church, Fox Focus Photography, Rollin' Local, Amegy Bank, Misfit Design Group, Leadership North Houston, and Action Specialties.

Proceeds for the event will fund services and programs at Shield Bearer, a Houston based 501c3 nonprofit counseling and community resource center that provides services on a sliding scale. Shield Bearer has six locations in Houston and serves individuals, couples, and families including those recovering from the trauma of human trafficking, domestic violence, crime, abuse, war, and natural disasters. Additional information about services and programs can be found online at shieldbearer.org or by calling (281) 894-7222.

NORMANDY FOREST

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

Aquatic Management of Houston 281-446-8675

CLUBHOUSE RENTALS

Chaparral Management / Valerie Overbeck.....281-537-0957

MAINTENANCE COMMITTEE

Paul Diaz..... 281-687-2045

POOL TAG COMMITTEE

Willmarie Muniz..... 973-930-4830

Chaparral Management..... 281-537-0957

BLOCK CAPTAIN

Sherri Cabrera 512-709-8476

NEWSLETTER INFO

PUBLISHER

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

Advertising..... advertising@PEELinc.com

ADVERTISING

Please support the advertisers that make the Normandy Forest Newsletter possible. If you would like to support the newsletter by advertising, please contact our sales office at 512-263-9181 or advertising@PEELinc.com. The advertising deadline is the 8th of the month prior to the issue.

IMPORTANT CONTACTS

HOA DIRECTORS

Paul Diaz | President 281-687-2045

Willmarie Muniz | Vice President..... 973-930-4839

Triana Sanches | Secretary..... 917-328-2941

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

Paul Diaz | 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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Where's My Money! Understanding your numbers and when you need a loan?

Luncheon Details

Thursday, April 18, 2018

Registration/Networking 11 a.m.; Luncheon begins at 11:30 a.m.

Sheraton West Houston Hotel, 11191 Clay Rd., Houston, TX 77041

Early Registration Costs \$30; or pay at the door for \$38.

Houston, Texas (April 18, 2019) Join the Houston Area Professional Express Network on Thursday, April 18th for a networking luncheon and a presentation by, Liz Lara Careno & Rebecca Scultz who will teach you about understanding your money, identifying when your business needs a loan and how to leverage your banking relationships.

This month's HAPEN meeting begins with registration and networking at 11:00 a.m. followed with a prompt 11:30 a.m. start of the program. Luncheons are held at the Sheraton West Houston Hotel, 11191 Clay Rd.

About Houston Area Professional Express Network (HAPEN)

Houston Area Professional Express Network's mission is to GROW our membership TOGETHER through strength and vitality of positive relationships of each member's experiences. Our members

have opportunities to pursue excellence and achieve both local and national recognition. HAPEN is part of the national organization of American Business Women's Association (ABWA), for more information visit www.HAPEN.org.

About American Business Women's Association (ABWA)

Founded in 1949, ABWA provides business training and networking opportunities for women of diverse occupations and backgrounds. ABWA has dedicated 60 years to women's education, workplace skills, and career development training. For more information, visit, www.abwa.org.



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RAPTORS

By Cheryl Conley, TWRC Wildlife Center



Baby Screech Owl

Have you ever heard of a hawk vest, raptor shield or coyote vest? I had no idea they even existed until I started researching this article. Although they may go by different names, they are all very similar and serve the same purpose. They claim to protect small animals from birds of prey, coyotes and even aggressive dogs. Now you may think this is silly and even a little

ridiculous but if you're someone who has suffered the loss of a pet snatched by a raptor or coyote, it makes perfect sense. As recently as January 18th in Pennsylvania, an 8-pound bichon frise was playing in the backyard when an eagle swooped down, grabbed it with its talons and flew off with it. Not to worry. For some unknown reason, the eagle dropped it 4 miles away and the dog recovered.

A bird of prey is a meat-eater but not all birds of prey are raptors. Eagles, owls, ospreys, kites, hawks, buzzards, harriers, vultures, and falcons are all raptors. Three traits help distinguish a raptor from other birds of prey and these three traits make raptors excellent hunters. A raptor has a curved beak with sharp edges, sharp claws or talons and excellent eyesight.

Of all the animals in the animal kingdom, raptors have the best eyesight. Their eyesight is 6 to 8 times better than ours. As far as which raptor has the best eyesight it is most definitely the eagle. It is believed that an eagle can spot an ant crawling on the ground from atop a 10-story building, or a rabbit up to a mile away. Breaking that down even a little further, this means an eagle flying at an altitude of 1000 feet over open country could spot prey over an area of almost 3 square miles from a fixed position.

The talons, or claws, of raptors are curved downward and are razor sharp. If you were to see a raptor's foot up close you would also notice rough bumps on the pads of the feet which aid in hanging onto their prey like slippery fish. The raptor swoops down and with a vise-like grip either kills the prey or inflicts serious wounds.

The beaks of raptors are all the same. They are curved with very sharp edges. They use their beaks to tear off fur, pull out feathers and tear meat into bite-sized pieces that they swallow whole.

Raptors also have what we would call a "tooth" on the inside of the upper part of their beak. It's shaped like a triangle and is called a tomia. This is used to cut the spinal cord of its prey.

If you come across an injured raptor, there are very important steps to take to insure your safety and the safety of the bird. First, call TWRC Wildlife Center. If the bird doesn't fly away when approached, this doesn't always mean it's injured. It could be protecting food or babies. If it is determined that the bird actually needs rescuing, we will direct you on how to safely capture and restrain the hawk. If you do not feel comfortable handling the hawk, we can recommend other options for transport. If it is injured, you'll need heavy gloves, safety glasses and a thick towel or blanket. Throw the towel or blanket over the bird and take hold of the bird by keeping its wings close to its body and your hands out of reach of the talons. The towel provides darkness and darkness helps calm birds. Place the bird in a sturdy box or pet carrier that is only slightly larger than the bird. If the container is too big, the bird can flop around and can cause further injuries. Be sure to remove the towel or blanket. Now place that towel or blanket over the carrier. Bring the bird to us as quickly as possible for care. Please do not attempt to feed the bird or provide water. As with most wild animals, it is illegal to have raptors in your possession. They are federally protected under the Migratory Bird Treaty Act of 1918.

If you have wildlife questions, please call us at 713.468.8972 or check our website at www.twrcwildlifecenter.org.

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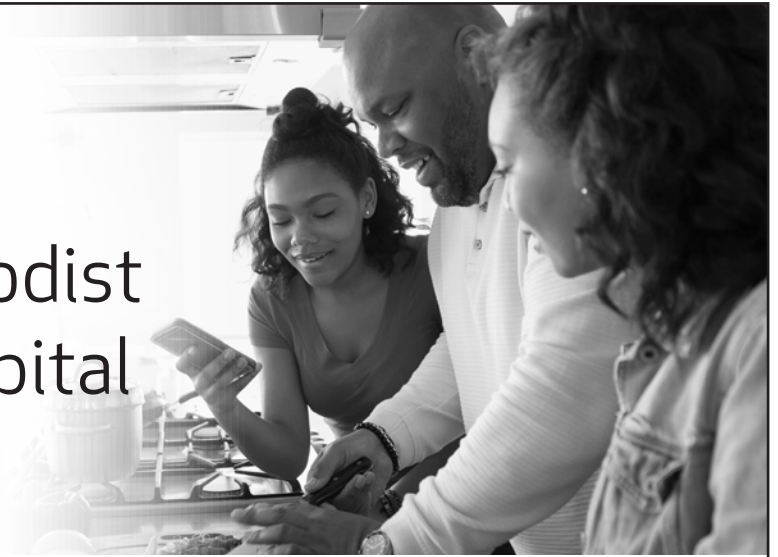


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Still on the Fence About Hosting an Exchange Student?



You don't have any kids? Are you a single parent? Same sex couple? An empty nester? This is not a problem, we place our students in all kinds of families!

You're not rich? Neither am I! Your exchange student comes with their own spending money and health insurance. All you provide is room/board and three meals a day. Oh and TLC...but that's free.

Live in the middle of no where? Small town? Not a big deal. Some kids prefer to get away from the hustle and bustle of big cities. The exchange students also do pretty well in small schools, as they usually get to be the center of attention and make friends rather quickly. Our students also get chances to travel to New York, Washington DC, Hawaii and California...so they can get their fill of the city life and return back to the peaceful sounds of nature.

Do you consider yourself a boring person? More than likely this is not true, and you should quit being so hard on yourself. Your student will make friends. Your student will meet other exchange students. Your student will attend activities offered by our program. Your student

will get involved in sports and school clubs. Your purpose is not to entertain them. But you might find that you bring a little adventure to each others lives.

Kids are too young? Great! Lots of students love young kids, and your kids will love them. It's beneficial to introduce your kids to new cultures at a very young age. You're preparing them to accept people no matter what the religion, color of their skin, or language they speak. That my friend, is good parenting.

Don't hold back! This is a gret experience for both parties. You get the opportunity to change a child's life. You get the satisfaction of seeing them grow, even after they leave your home into becoming a doctor, a lawyer, a diplomat, artist, teacher...the list goes on. And you contributed to that success! And the best part of it all, is you gain another family member for life. We need people like you to give these kids a chance.

STS Foundation is a 501(c)(3) organization whose mission is to place exchange students in our area. If you are interest in hosting, please contact me at 832-455-7881 or at vicki.stsfoundation@yahoo.com. I'll be happy to answer any question you might have and get you started on hosting your very own student!



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“

As you know, my first advertisement with your firm went out on or around May 5th. By May 8th I had made over \$6,000 in sales due to traffic from your newsletters. I appreciate the results as well as the assistance your office gave me with the design of my advertisement.

Justin Hyatt
Hyatt Insurance

”

“

We just got our copy of the Meyerlander Monthly with our flyer insert. It looks amazing. Yall did a wonderful job. I love the paper yall used as it really makes it look classy. Thanks!

Claire Bland
Austin Landscaping

”

“

Thank you so much for guiding me through the ad process! This was the first time that I've advertised my tutoring in a publication and you made it so easy! Your team did a great job of creating the ad - it looks very professional and it was extremely effective! I only ran my ad twice and the students who found me through your publication have already more than compensated me for the cost of the ad. Thank you!

Laura Ringwood
Math Tutoring

”

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Club Track Team Registration for Middle & High School Athletes

The Northwest Flyers Track Club is now registering middle and high school athletes for the spring and summer 2019 season. An orientation session for school athletes will be held on Tuesday, April 2, 2019 at 7:00 p.m. at Matzke Elementary School, 10002 Mills Rd., Houston, 77070.

The team, which is celebrating its 32nd season, is sanctioned by USA Track & Field, and provides a full program of “track” events such as sprints, hurdles, middle distance, distance and relays, and “field” events such as long jump, triple jump, high jump, discus, shot put and javelin. It is an excellent “off-season” program for young athletes who compete on their middle school or high school track teams.

For additional information about the team and the orientation, visit www.northwestflyers.org, email linette.roach@sbcglobal.net, or call 832-725-4754.



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