

# NORMANDY FOREST



January 2020

Official Publication of the Normandy Forest Homeowners Association

Volume 9, Issue 1

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#### **Connect, Collaborate and Stay Up to Date**

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[www.townsq.io](http://www.townsq.io). You will need your PMG/Associa account number and zip code for the registration. If you don't know your account number, please call Principal Management

Group at 713-329-7100 or email [aballard@pmghouston.com](mailto:aballard@pmghouston.com) with your name, address and request. We look forward to seeing you all on Town Sq.

#### **Client Support**

Email: [Support@townsq.io](mailto:Support@townsq.io)

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Service: (844) 281-1728



# NORMANDY FOREST

## NORMANDY FOREST COMMITTEES

### THE ARCHITECTURAL COMMITTEE

Cecil Mixon ..... 832-663-5200  
Steve Miller ..... 281-723-2148

*The Association has an active Architectural Control Committee (ACC) that approves or denies all construction and any improvements. You may request an ACC form by contacting Associa Management 713-329-7100 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 ..... 281-446-5003

### CLUBHOUSE RENTALS

Associa Management ..... 713-329-7100

### MAINTENANCE COMMITTEE

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

### POOL TAG COMMITTEE

Willmarie Muniz ..... 973-930-4839  
Associa Management ..... 713-329-7100

### NEWSLETTER TEAM

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

## NEWSLETTER INFO

### PUBLISHER

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## IMPORTANT CONTACTS

### HOA DIRECTORS

Paul Diaz | President ..... 281-687-2045  
Willmarie Muniz | Vice President ..... 973-930-4839  
Jim Norris | Director ..... 281-924-5828  
Angela Nandial | Secretary  
Mischelle Leon | Treasurer ..... 516-305-3665

### 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 ..... 281-687-2045

### COMMUNITY SERVICES

Gas | Centerpoint Energy ..... 713-659-2111  
*Call Centerpoint for street light repair or outages*  
Electric | Reliant Energy ..... 713-207-7777  
..... [www.powertochoose.org](http://www.powertochoose.org)  
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 & Recycle | Republic Services ..... 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 Precinct 4 ..... 281-376-3472

### MANAGEMENT COMPANY (AS OF 10/01/2019)

Principal Management Group of Houston  
- An Associa Company  
11000 Corporate Centre Dr #150,  
Houston, TX 77041 713-329-7100 phone  
Amy Ballard | Subdivision Manager  
[ABallard@pmghouston.com](mailto:ABallard@pmghouston.com)  
Courtney Maughan | Assistant  
[c.maughan@pmghouston.com](mailto:c.maughan@pmghouston.com)

### OFFICE HOURS

Monday – Friday 8:30AM – 5:00PM

## HEB Proudly Serving Veterans



Our local HEB, FM 2920 & Gosling, comes through again. On Nov 12th, HEB provided lunch to local area veterans and what a terrific lunch it was! Chef Brittany Stiborik put on a feast and topped it off with pie, cake, and ice cream. Veterans from all branches attended, shared comradeship and had cheerful conversation. Brittany and Nichole were wonderful hosts and left the veterans with a feeling of respect and appreciation. Normandy Forest veterans Steve Miller, wife Carol, Cecil Mixon, wife Ronda, were in attendance. They would like to give a big shout-out to HEB and say thanks again for all you do for the community!



## Happy New Year, Normandy Forest!

### January, 2020 NF Events

- 02 – THURSDAY! Recycling pick-up  
(according to Republic Services)
  - 10 – Large-trash collection
  - 15 – Recycling pick-up
  - 21 – HOA Meeting at NF Clubhouse –  
6:30PM
  - 28 – MUD 28 Meeting at NF Clubhouse 6:30  
p.m.
- (Visit <http://www.nwhcmud28.org/> for  
current information).

*Happy New Year from*

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# NORMANDY FOREST

## A Message from the Normandy Forest HOA Board:



The Normandy Forest HOA Board Members would like to thank everyone who voted during the Tuesday, November 19th elections. All Board Members who were running where re-elected.

**Paul Diaz - President**

**Willmarie Muniz - Vice President**

**Jim Norris - Director**

Also, a position for Secretary became available and Angela Nandlal was elected to serve. Thank you and welcome to the Board, Angela!

A big thank you to Beth Craig for running and wanting to make a change for our community.

We were excited to see many new faces at our meeting. There was a great neighbor turnout! We would love to see all of you, as well as new faces, at the next meeting scheduled for Tuesday, January 21st

Lots of things are happening and we encourage everyone to make sure to sign up for the Town Sq App. We cannot stress enough the importance of this.

<https://app.townsq.io/login>

We will continue to serve our neighbors and make more exciting changes for the new year. If you have any questions please don't hesitate to contact any of the Board members.

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## Normandy Forest Newsletter Team

Neighbors are welcome to submit article suggestions. Neighbors may also submit pictures, art, poetry, favorite recipes, etc. If you have an idea that will positively impact our Normandy Forest Community, please send it to [struexcabrera@gmail.com](mailto:struexcabrera@gmail.com). Thanks!



*Help Keep Our  
Neighborhood  
Beautiful!*

## **Rent the NF Clubhouse**



**Don't forget the Clubhouse  
is available for rent!**

*Great for birthdays, get-togethers, receptions,  
family reunions, or game nights.*

Please call Amy Ballard at 713-329-7144 or  
Katelyn Arroyo 713-329-7160  
or email at [aballard@pmghouston.com](mailto:aballard@pmghouston.com)



## Make Your Weight Loss Goals *a Reality*



(Family Features) Losing weight is a highly personal journey as a wide range of factors can affect a person's ability to do so. There's no one approach to weight loss; rather, the best approach is the one that fits your life and body best.

Get motivated to reach your weight loss goals with these expert tips.

**Set realistic goals.** Most experts agree you shouldn't lose more than 1-2 pounds per week. More rapid loss may shock your system, and chances are you're depriving your body of important nutrients. More aggressive loss is also less likely to be permanent or sustainable; long-term results generally come with steady loss over a period of time.

**Eat well.** Regardless what eating plan you choose, recognize the importance of nutrition in your weight loss program. Weight loss occurs when you burn more calories than you consume, so build your menu around nutrient-rich foods that fill you up. Strive for a well-balanced diet that encompasses all the food groups and, if necessary, discuss your goals with a doctor or nutritionist who can help you identify the best foods to enjoy and those to avoid.

**Consider a supplement.** If managing cravings or your appetite hinders your weight loss, a supplement may be a good solution. For example, RiduZone is a patented supplement that gives your body more of a substance it already creates called Oleoylethanolamide (OEA). In essence, OEA tells your brain you are full and it's time to stop eating. Developed and endorsed by Dr. Jay Yepuri, a board-certified gastroenterologist, the supplement is a non-stimulant that may help you feel full faster to reduce caloric intake and boost metabolism to burn stored fat.

**Get active.** Creating a calorie deficit is necessary to lose weight, and increasing your physical activity helps ensure you're burning calories. However, getting active isn't just about playing the numbers game. Physical activity also promotes overall wellness with numerous physical and mental health benefits, including improving circulation and stimulating feel-good endorphins.

**Stay committed.** It's easy to fall off your weight loss plan when unexpected circumstances arise. Give yourself a little grace and

permission for occasional misses so you stay motivated to get back to your program. That may mean waiting for a cold to pass and doing less strenuous workouts at home or making extra healthy choices at mealtime in advance of an indulgent event. To help make keeping your commitments easier, consider an option like RiduZone to boost your body's natural appetite-curbing power.

*Find more information to help jump-start your weight management program at [TryRiduZone.com](http://TryRiduZone.com).*

### What is OEA?

Oleoylethanolamide (OEA) is a metabolite of oleic acid, a naturally produced substance that interacts with appetite-controlling receptors in the small intestine to signal the brain you are full. It also helps boost metabolism. However, as a result of food choices and excess body fat, naturally produced OEA may require supplementation to achieve the desired effect on appetite or body fat.

Created to mimic this naturally occurring metabolite, RiduZone is the only weight management supplement that contains OEA as an ingredient. Its production has been reviewed and is accepted as safe by the Food and Drug Administration.

### Less fat

A clinical study published in the "Journal of Lipid Research" shows higher blood levels of OEA, which is derived from oleic acid-rich olive oil, correlate to lower amounts of body fat. This means weight loss results may be more visible.

### Fewer calories

A prominent research study published in the journal "Food & Function" shows higher circulating levels of OEA can result in a significant reduction in calorie intake. Over time, OEA users become satisfied with smaller, healthier-sized portions.

*Photos courtesy of Getty Images #15081, Source: NutriForward, Content downloaded from FamilyFeatures.com*



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