



NORMANDY FOREST

March 2020

Official Publication of the Normandy Forest Homeowners Association

Volume 9, Issue 3



Normandy Forest Annual Easter Egg Hunt

Saturday, April 4th
Normandy Forest Park - 10:00 a.m. SHARP
Golden Egg Prizes!

We recommend arriving by 9:50 a.m.

In order to accommodate families with special needs children, an earlier egg hunt has been scheduled for 9:30 a.m. at the park.

Volunteers are needed to help hide eggs and assist during the egg hunt. Contact Sherri Cabrera at 512-709-8476 for details.

Help Us Fill the Eggs!

Wednesday, April 1st – NF Clubhouse – 6:00 p.m. – 8:00 p.m.
Come meet some of your neighbors as we work together to fill over 2,000 Easter eggs for the egg hunt! Light refreshments will be served.

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

Associa Management 713-329-7100

NEWSLETTER TEAM

Sherri Cabrera 512-709-8476

NEWSLETTER INFO

PUBLISHER

Peel, Inc. www.PEELinc.com, 512-263-9181
Advertising advertising@PEELinc.com

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IMPORTANT CONTACTS

HOA DIRECTORS

Paul Diaz | President 281-687-2045
Vice President Position Open
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
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 & 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
Courtney Maughan | Assistant
c.maughan@pmghouston.com
OFFICE HOURS
Monday – Friday 8:30AM – 5:00PM

Storm Season 2020

The official start of spring is a great time to begin preparing for the next storm season. The Texas version of April showers tends to leave us searching for garbage cans that floated off during a storm. Here are a few tips on how to prepare:

- Have emergency cash on hand in the event power is lost. ATM's and registers may not work.
 - Consider purchasing a generator. Our neighborhood was without power for days after Hurricane Ike in 2008.
 - Stock up on the essentials! Water, diapers, and baby formula were just a few items that were hard to find after Hurricane Harvey.
 - Create an emergency kit, as well as an evacuation plan with your family.
 - Purchase flood insurance now. It takes 30 days for the policy to go into effect. Remember, many homes that flooded during Hurricane Harvey were not located in a flood zone.
- For additional tips on storm preparation, visit www.ready.gov.



Happy Spring, Normandy Forest!

March, 2020 - NF Events

- 04 – Recycling pick-up
 - 13 – Large-trash collection
 - 09–13 - KISD Spring Break
 - 17 – St. Patrick's Day
 - 18 – Recycling pick-up
 - 18 – HOA Meeting at NF Clubhouse - 7:00 p.m.
 - 19 – First day of spring
 - 24 - MUD 28 Meeting at NF Clubhouse - 6:30 p.m.
- (Visit <http://www.nwhcmud28.org/> for current information).

Upcoming April Events:

- 1 – Help Us Fill the Eggs! – NF Clubhouse 6:00p.m. – 8:00p.m
- 4 - Easter Egg Hunt – NF Park -10:00AM
- 25 – Neighborhood Garage Sale

Thank You, Marie!

The Normandy Forest HOA Board would like to thank Willmarie (Marie) Muniz for her volunteer service on the HOA Board. Due to personal reasons, Marie has resigned her post on the NF HOA Board. Her volunteer service has been an asset to our neighborhood. Marie has assisted with planning and photographing neighborhood events. Marie has been actively involved in implementing neighborhood improvements. She has kept neighbors informed via NF social media accounts. Marie was also a powerhouse in providing direct support to the Spring community after Hurricane Harvey. Thank you for your service, Marie!

As of early February, a position on the HOA Board is still open. Contact HOA Board President, Paul Diaz for more information.

Thank
you



NORMANDY FOREST

Little Free Library Update



We would like to thank all those that have participated in providing books and using the Little Free Library. We are in need of children and young adult books. If you have any that you would like to donate, please call Ronda Mixon at 832-663-5200. We will be more than happy to come to your house and pick them up. Ronda is the steward and takes great care in seeing that the library has a variety of books.

Also, please advise your children that the pencils, erasers and goodies are placed there for free. However, stress the importance of your child taking only one of each and not all at once, which has happened. That way many children can enjoy the free pencils and erasers.

Normandy Forest Newsletter Team

All neighbors are welcome to submit articles, suggestions, 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. Thanks!



Calling All Normandy Forest Youth!

Do you have a special talent, volunteer for an organization, or participate in an activity that you think other NF youth might enjoy? If so, we would like to feature you in an upcoming newsletter!

Write a short article (250 words or less) about:

- why you love what you do
- any recognition or awards that you've received
- information on how other youth can get involved
- Be sure to include your name, age, and a picture of yourself doing the activity that you love.
- Send it to Sherri Cabrera at struexcabrera@gmail.com

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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

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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.

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.

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