

NORTHLAKE FOREST Herald

OFFICIAL PUBLICATION
OF THE NORTHLAKE
FOREST HOA

March 2011

Volume 1, Issue 3

New Deed Restriction Enforcement Policy Effective March 1, 2011

To respond to requests from Northlake Forest residents for more consistent enforcement of the Deed Restrictions, your Association is authorizing PCMI to use additional measures to insure compliance with the deed restrictions that govern your community beginning March 1st 2011.

These additional procedures, which are used by other communities, are aimed only at situations involving continuing non-compliance with the Deed Restrictions. These additional measures will include fines or direct action to correct a non-conforming situation after multiple notifications have been given.

A summary of the new policy is as follows:

In the event of continued non-conformance after a first and second courtesy reminder for the same event, fines will be assessed as follows:

- 3rd consecutive violation of a similar kind will result in a \$25 fine
- 4th consecutive violation of a similar kind will result in a \$50 fine
- 5th consecutive violation of a similar kind will result in a \$100 fine
- Each subsequent consecutive similar violation will result in \$100 fine
- Failure to obtain ACC approval for exterior alterations / repair or remodel - \$100

Refer to the HOA Documents page on www.northlakeforesthoa.com for details of the policy change.

Taking Care of Our Feathered Friends...

*why feeding ducks may do
more harm than good*

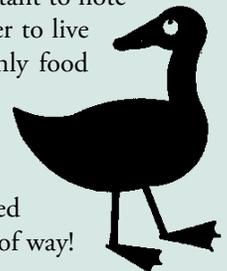
Feeding wild ducks encourages them to stay in the feeding area and may attract other ducks to the area, which can cause overcrowding and traffic issues if near main streets. When there is a large population of ducks the surrounding area may be damaged by droppings and overpopulation around the lake areas can also increase bacteria in the water, which can kill off other wildlife, sicken other ducks and possibly cause infections to humans who are in contact with the water.

What Foods Are Nutritious for Ducks

Bread you all say no, no, no, no ! ... a normal diet for wild ducks includes both plants and invertebrates. Plants around lakes such as pond weeds, aquatic grasses and seeds work just fine. Invertebrates include small fish and fish eggs. Young ducks and ducks that are about to breed tend to eat more invertebrates to gain essential proteins. Ducks will always eat bread, chips, leftovers and other foods designed for human consumption however none of these foods will benefit the duck nutritionally and will cause harm including internal organ damage in the long term.

If you want to safely feed a wild duck, it is important to note that ducks have specific nutrients they need in order to live a healthy and natural life. Ducks should be fed only food designed for them in crumb or pellet form typically found at a pet or farm store.

And lastly, always remember to slow down when driving through the neighborhood... our feathered friends are here to stay – so let's give them the right of way!



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VOLUNTEERS NEEDED

All of our committees are seeking volunteers to help continue making our community a fun place to be. Just a little bit of your time can go a long way. If you are willing to help, in any way, please contact a board member with your interest.

NEWSLETTER INFO

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Wendy McCurley..... wendymccurley@gmail.com

PUBLISHER

Peel, Inc. www.PEELinc.com, 512-263-9181
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Poison Control 1-800-222-1222

NON-EMERGENCY NUMBERS

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Harris County Sheriff (713) 221-6000
Cy-Fair Volunteer Fire Department..... (281) 550-6663
Cypress Substation (281) 376-2997

GOVERNMENT NUMBERS

Animal Control (281) 999-3191
Health Department (281) 439-6290

Harris County Commissioner Precinct 4

Jerry Eversole - Community Assistance Office .. (713) 755-6444
Harris County Appraisal District (713) 957-7800
Social Security..... (800) 772-1213
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Department of Public Safety (*Hempstead*) .. (979)-826-4066

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Barbara Bush Library (*Cypress Creek*)..... (281) 376-4610

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View the current issue of the Northlake Forest Herald on
the 1st day of each month at www.PEELinc.com

HOA Board Meetings

The Northlake Forest HOA meets on the third Tuesday of each month at the Cypress Point Recreation Center located at 14415 Barker Cypress at 7:00pm. If you would like to address the Board regarding any issues or concerns, please contact Michael Quast/PCMI at MQuast@stes.com or 281.870.0585 with your request to be added to the agenda. Please schedule before the meeting date as the Board needs proper notification in order to address your concerns the day of the meeting.

Garage Sales

Garage Sales are neighborhood events that are held twice a year only. NO individual sales are allowed. This helps to ensure safety of our residents and children by reducing unwanted neighborhood traffic. Please be courteous to your fellow residents and only have garage sales on scheduled dates.

The first neighborhood garage sale is scheduled for Saturday, April 2nd, 2011. Our Fall garage sale will be announced at a later date.

NORTHLAKE FOREST BOARD OF DIRECTORS

President Paul Rath
Vice President Dan Daues
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Secretary Kelly Moore
Director Wendy McCurley

If you notice a problem or have a concern about something within NLF, please complete the form on our website and bring it to the attention of the management company or Board member so that the issue can be addressed.

MANAGEMENT COMPANY

Planned Community Management, Inc. (PCMI)
Michael Quast
(281) 870-0585
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www.pcmi-us.com

Northlake Forest HOA Website: www.northlakeforesthoa.com

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INFANTS CHILDREN TEENS

NORTHLAKE FOREST

Upcoming Events...

Moms in Touch

Attention Moms! Do you have days when you worry about your children? Come join us in Moms in Touch and experience how to replace worry and anxiety with peace and hope. Moms in Touch international gather moms together to pray specifically and spiritually for our children and schools. We have two groups meeting in Northlake Forest, one for college students, and one for Cy-Woods High School. Won't you join us in prayer for this next generation? For information about the groups in our neighborhood contact Laurie Tamez at 281-256-4954 or Kathleen Smith at 713-698-9781. For more information about Moms in Touch International visit www.momsintouch.org.

Cypress Tomball Democrats Club

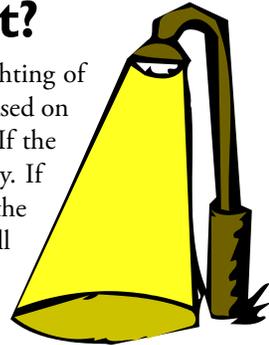
CYPRESS-TOMBALL DEMOCRATS - NEXT MEETING
The Cypress-Tomball Democrats will meet Wednesday March 16th at Luigi's Ristorante, 12779 Jones Rd. A meet and greet begins at 6:30 p.m. followed by the general meeting at 7 p.m. which includes a guest speaker. This club, formed in the fall of 2010, welcomes informative and interesting speakers each month. Please contact Susan Woodyard for more details by e-mail: woodquack@sbcglobal.net

Cypress Fellowship Craft Show

Spend the day with us shopping with your girlfriends on March 25th and 26th from 10am to 4pm at Cypress Fellowship 15014 Spring Cypress! We will have local vendors and concessions! A limited number of booths are still available for vendors. Proceeds benefit the Cypress Fellowship building fund! Please contact Erica Ryan for more information at 713.632.4265.

Street Lights Out?

As homeowners, you are paying for the lighting of the streets in your neighborhood. Billing is based on the number of poles within the subdivision. If the lights are not working, we are wasting money. If you see lights that are out, get the number on the pole and the nearest street address and either call Centerpoint Energy at 713.207.2222 or use the online form: <http://cnp.centerpointenergy.com/outage>



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Safety Side Note...

Residents can save between 5 – 10% off their Home Owners Insurance premium by obtaining a Residential Security Inspection from the Harris County Sheriff's Department. Simply call the Crime Prevention department at 713-759-9454 and let them know you would like to schedule a residential safety inspection. They will explain the program to you and send you necessary documentation!

For Your Information

To report any issues that need HOA attention, please visit www.northlakeforesthoa.com and use the Contact Us feature. You can contact our management company directly by sending an email to PCMI at CustomerCare@PCMI-US.com.

Special Announcements

Dick and Maureen Cummings will celebrate their 45th wedding anniversary with a river cruise through France. Their anniversary date is March 10.

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Recipe Corner

Submitted By: Alice Amoroso

Slow-Cooker Red Beans and Rice

- 1 lb. dried red beans (small red beans sold at Walmart)(I soak beans overnight)
- 3/4 lb. smoked turkey sausage, thinly sliced (I used Chorizo - spicy sausage Cajun)
- 3 celery ribs, chopped
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 onion, chopped
- 3 garlic cloves, minced
- 1 Tbsp. Creole seasoning (I used Tony Chachere)
- Hot cooked long grain rice
- Hot sauce (optional)
- Garnish: finely chopped green onion, and finely chopped red onion

Combine first 8 ingredients and 7 cups water in a 4 qt. slow cooker. It will be very full. Cover and cook on HIGH 7 hours or until beans are tender.

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NORTHLAKE FOREST

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North Cypress Medical Center

21214 Northwest Freeway, Cypress, TX 77429
832-912-3773

Cypress Fairbanks Medical Center

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281-890-4285

Methodist Willowbrook Hospital

18220 Tomball Parkway, Houston, TX 77070
281-477-1000

Tomball Regional Hospital

605 Holderieth Boulevard
Tomball, TX 77375

Block Captains

Please visit the Neighborhood Watch page on our website at www.northlakeforesthoa.com. Click the link to view the Block Captains by Zone and verify that the information is correct. If you are listed as a block captain but are no longer able to perform the duties of a block captain, or if you are interested in becoming a block captain and would like information email Kelly at kelful@gmail.com.

Architectural Request for Improvements

JUST A REMINDER: Any changes or improvements to the exterior of your home (new garage doors, installing a pool, new windows, covered patios/decks, walkways, painting etc) must have the approval of the Architectural Committee. The ARC has up to 45 days to approve plans so keep that in mind when hiring a contractor. Forms and instructions can be found on our website at www.northlakeforesthoa.com under NLF Forms.



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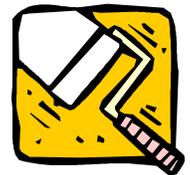
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Cardiovascular Disease and Women

Think Red Heart

Do you know the number one killer of women in the United States? It's not breast cancer. Try again. It's heart disease. 489,000 women die from heart disease annually, not breast cancer, according to the Centers for Disease Control and Prevention. In a research study, the American Heart Association reported only 13 percent of all women in the United States are aware that heart disease can kill them or play a major threat in their lives. Women are bombarded with advertisements, news media, and commercials about how breast cancer can kill them. Yet, cardiovascular disease is playing a lethal role in women's health today, more so than cancer.

Cancer is the second killer of women. Though it's not breast cancer, but rather lung cancer. 73,000 women die annually of cigarette related lung cancer. In the United States 202,964 women were diagnosed with breast cancer in 2007, and 40,598 women died from this disease. Receiving regular mammograms and doing daily breast self-checking examinations are crucial for survival. Along with great surveillance, research, and early detection fewer women are succumbing to this disease. Colorectal cancer is the third leading cancer killer in women.

The fact is heart disease is the number one killer in women. Women need to think more Red, along with Pink. Heart disease is a preventable disease and can be controlled. Yes, many contributing factors, such as genetics, gender, and ethnicity, do play a role. However, lifestyle is a major culprit in heart disease. Adopting a healthy lifestyle, which includes the following factors, can reduce the risk of contracting heart disease:

- Exercise regularly.
- Control other contributing factors such as blood pressure, diabetes, hypertension, and cholesterol.
- Maintain a well-balanced nutritional menu that is rich in fruits and vegetables, whole grains, and lean meats.
- Eat high fat foods sparingly.
- Reduce the amount of sodium, sugar, and alcohol.
- Maintain a health body weight.
- Cook meals more frequently.
- Limit pre-packaged foods.

*Article by,
Valerie Salinas, MS*

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Sudoku

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	7	3						
				5		2		
	8					5		
			6		3			9
1					5		2	8
7	6							3
3					2		1	
				8		4		
		4					9	5

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Tips to Turn Your Walk Into a Workout

By Sarah S. Jordan, MS

Walking is a great mode of exercise because it requires no equipment, it is low-impact, and something that many people can do regardless of their fitness level or experience.

Benefits of Walking

Any movement is good movement and the same is true for walking. Like other forms of exercise, walking can help you improve cholesterol levels, lower blood pressure, control weight, improve mood, decrease stress, and it also provides numerous other health benefits. Here are some tips to turning your walk into a workout.

Get the Goods

Proper footwear is essential for any kind of exercise. It is important to select shoes with good arch support and soles that absorb shock and provide cushioning. If you are unsure about fit, Austin has several local shoe stores that will personally fit you to a new pair of sneakers.

Choose clothing that is comfortable to move in and that you feel good wearing. Dress in layers if the weather is cool so that you can adjust as needed during your workout. And take a bottle of water along so that you can hydrate along the way. You may find that taking an iPod along will help keep you motivated.

Walking for Fitness: Proper Speed and Technique

Although the act of walking is simple, walking for fitness takes more effort, attention to speed, and technique. In order to get the most out of your walking

workout, the speed should be brisk and above your "stroll in the park" comfort level. Also, your heart rate should be elevated. A good estimate: 10 - 15 heartbeats in a 6-second pulse count. (Multiply that number by 10 to get heartbeats per minute.) Strike the ground with the heel and drive off from heel-to-toe in order to effectively engage the muscles of your lower-body.

A few minutes after starting your walking workout, take a moment to stretch the calves, quadriceps, and hamstrings. Hold stretches for several seconds (with no bouncing) on each side. After your workout, reward your muscles and improve flexibility by taking a few minutes to stretch. Hold stretches longer here because muscles are warm and can make gains in flexibility at this point.

Just Getting Started?

If you are new to exercise, it is important to check with your doctor before starting an exercise program. Start slowly and gain confidence before adding distance. For

example, you might try walking 10 minutes in one direction and 10 minutes back. Slowly build up to 15 minutes in one direction and 15 minutes back. Over time, build up to 2-3 miles or 40-60 minutes of walking at a brisk pace most days of the week.

A Seasoned Walker?

If you have been walking for quite some time, you may be looking for something new to add to your walking workout. With a few quick additions, you can further challenge and tone muscles and increase the intensity of your workouts.

Add speed. Turn your walk into a speed walk. Engage the arms and the core muscles.

Incorporate intervals. Walk for five minutes. Do an interval for two minutes. Repeat. Intervals can include things like walking lunges, moving side squats, push-ups, and jogging.

Hit the hills. Adding an incline will increase intensity in a hurry!

Add resistance. Use a weighted backpack or vest. Or push your child in the stroller. I did not realize just how much weight I was pushing when I exercise with my son until I did the math recently. He is 25 pounds, and the stroller is 15. That extra 40 pounds adds great intensity (and a whole lot of cuteness) to my workouts!

If this is the year that you have devoted to improving health, walking is a great way to start! Remember... "The journey of a thousand miles begins with a single step."



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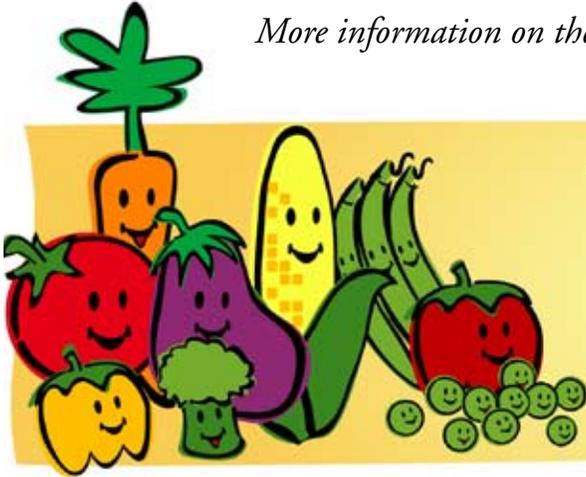
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More information on the EWG, as well as the full list of fruits and vegetables ranked, can be found at <http://www.ewg.org>.



TIPS FOR MASTERING THE FARMERS' MARKET

By Melanie Dragger, M.Com.

Many people are taking steps to improve their health and the environment by eating organically grown and raised foods. While some people are selecting organic items at their local grocery store, farmers' markets are becoming increasingly popular. Over the past year, according to the Department of Agriculture, the number of farmers' markets in the U.S. increased by 858, or 16 percent, from 5,274 in 2009 to 6,132 in 2010. When the USDA first began tracking farmers' markets in 1994, there were only 1,755 markets.

Outside of growing your own produce and raising your own livestock, shopping at a farmers' market is the best way to obtain fresh, local, and seasonal fruits, vegetables, and herbs, as well as farm-fresh eggs, meat, poultry, and dairy products. Many farmers' markets also offer artisan breads, honey, and seasonal jams, jellies, and preserves.

Below are tips to help you master your local farmers' market:

1. Do Your Research – Before heading to the market, research what produce is in season in your area. Since all products sold at a farmer's market may not be organic, and some organic products sold may not be certified, familiarize yourself with the organic certification process and product labeling. Information on the USDA's National Organic Program can be found at <http://www.ams.usda.gov/nop>.
2. Bring Your Own Containers – While some

vendors have bags and boxes available for customers, bringing your own containers is the best way to ensure you will be able to transport and protect your purchases properly. Additionally, recycling containers helps the environment by reducing the number of natural resources used to produce new ones.

3. Bring Cash – Swing by your bank or ATM before hitting the farmers' market. Most vendors do not accept checks or credit cards. Bring small bills, since it may be difficult for some vendors to make change.
4. Go Early or Go Late – The best items usually go first, so try to get to the market early. However, before making a purchase, take a quick trip down the aisles, since prices can vary greatly among vendors. If you can't make it to the market when it first opens, go at the end of the market day to catch deals from vendors trying to unload their remaining products.
5. Speak with Vendors – Shopping at a farmers' market allows you an opportunity to speak directly with growers and farmers. Not familiar with Swiss chard? Looking for a new way to prepare eggplant? Most vendors love to share their knowledge, including discussing their production methods, providing storage and transportation advice, and sharing recipes and cooking tips.

Buying organic products at your local farmers' market offers numerous benefits, including boosting the local economy, reducing the amount

of toxic chemicals that enter your body and the environment, and decreasing the amount of fossil fuels used to transport products to consumers. However, organic products can be more expensive than conventionally grown and raised products, and some organic products may be difficult to find in some areas. If going 100% organic is not feasible, use the following list as a guide. According to the 2010 report of the Environmental Working Group, a non-profit organization specializing in research and advocacy related to public health and the environment, these 12 fruits and vegetables consistently contained the highest amount of pesticides when conventionally grown, and should be consumed in organic form when possible:

1. Celery
2. Peaches
3. Strawberries
4. Apples
5. Blueberries (domestic)
6. Nectarines
7. Sweet Bell Peppers
8. Spinach
9. Cherries
10. Kale/Collard Greens
11. Potatoes
12. Grapes (imported)

The EWG's annual ranking of produce pesticide contamination is based on its analysis of tests conducted by the USDA and the federal Food and Drug Administration. More information on the EWG, as well as the full list of fruits and vegetables ranked, can be found at <http://www.ewg.org>.

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\$130,000- \$159,999							1					
\$160,000- \$189,999				1						1		
\$190,000- \$219,999		1	1	1	2	2					1	
\$220,000- \$249,999									1	1	1	1
\$250,000- \$279,999		1	1			1						
\$280,000- \$300,000					1							1
Total	0	2	2	2	3	3	1	0	1	2	2	2
Highest \$/sq ft	-	\$72.60	\$87.32	\$85.05	\$87.95	\$80.55	\$53.42	-	\$71.42	\$88.87	\$92.87	\$82.27

This information is taken from the Houston Multiple Listing Service



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Northlake Forest Resident

FREE Market Analysis

Realistic Marketing Strategy

Multiple Website Exposure

**Networking with Buyers
& Realtors Worldwide**

This is not a solicitation of currently listed properties.