



NORMANDY FOREST

February 2012

Official Publication of the Normandy Forest Homeowners Association

Volume 1, Issue 2



WELCOME

NORMANDY FOREST

*Official Newsletter of the Normandy
Forest Homeowners Association*

Normandy Forest is a monthly newsletter mailed to all Normandy Forest residents. Each newsletter will be filled with valuable information about the community, local area activities, school information, and more.

If you are involved with a school group, play group, scouts, sports team, social group, etc., and would like to submit an article for the newsletter, you can do so online at PEELinc.com, or you can send an email to scott@normandyforest.org. Personal news (announcements, accolades/ honors/ celebrations, etc.) are also welcome as long as they are from area residents.

GO GREEN! Subscribe via Peelinc.com to have an email sent to you with a link to a PDF of the newsletter, or have an email sent to you instead of having a newsletter mailed to you!

NORTHWEST FLYERS YOUTH TRACK CLUB BEGINS 25TH SEASON

The Northwest Flyers Youth Track Club will begin the 2012 season with its first practice during the week of February 13th. The team consists of boys and girls, ages 6 -18, provides a full program of track and field events, and is affiliated with USA Track & Field (USATF). The club was founded 25 years ago by Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the Northwest Houston area.

For additional information on how to register, please visit the team website at <http://www.northwestflyers.org> or contact Linette Roach at (281) 587-8442 or linette.roach@sbcglobal.net.

TEAM TIARA & PINKTOBER 365

Team Tiara is a 501(c)(3) dedicated to raising money to fund research and education for breast cancer as well as provide outreach services to those affected by it. 2012 will mark our 7th year in this fight against breast cancer. To date, we have raised over \$600,000 for breast cancer awareness, research and direct support for survivors. In 2012, Team Tiara will begin directly funding research into metastatic breast cancer. This is an under-funded area of research where we need to have a lasting impact. Men and women do not die when their cancer is confined to their breasts. We lose them when that cancer spreads to their bones, liver, lungs, brain and other organs -- robbing them of time with their families and friends. This is the heart-breaking side of breast cancer, and an area of research we need to be a part of.

Our goal is to raise \$100,000 in 2012, specifically targeted to metastatic breast cancer research. SO WE are excited to announce that www.pinktober365.com launched January 1. This new website will profile 365 pink warriors -- survivors, walkers, researchers, and advocates. We want to hear your story, whether you are a fighter, survivor, family or friend affected by breast cancer. Go to www.pinktober365.com to share your story or obtain more information. Team Tiara would be honored to hear from you.

NORMANDY FOREST

NORMANDY FOREST COMMITTEES

THE ARCHITECTURAL COMMITTEE

Danny Rodriquez..... 281-528-6640
Rod Selman..... 281-682-3056

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 | jnorris@normandyforest.org

ACTIVITIES COMMITTEE

Pam Selman, Coordinator pselman@normandyforest.org
Peggy Zuckero..... 281-353-4669

POOL MAINTENANCE & LIFEGUARDS

Jeffery King..... 281-655-8675

CLUBHOUSE RENTALS

Sally Rodriquez 281-528-6640

MAINTENANCE COMMITTEE

John Nemece281-651-8606 | jnemece@normandyforest.org

OPEN POSITION

POOL TAG COMMITTEE

Pam Selman pselman@normandyforest.org

OPEN POSITION

WEBMASTER COMMITTEE

Emily Nget..... enget@normandyforest.org

IMPORTANT CONTACTS

BOARD OF DIRECTORS

John Nemece | President 281-651-8606
Paul Diaz | Vice President..... 281-355-8890
Pam Selman | Secretary 281-682-3056
Scott Marder | Treasurer 281-350-5118
Jim Norris | Director 281-907-0099

BALLPARK RESERVATIONS

John Nemece | Coordinator
.....jnemece@normandyforest.org | 281-651-8606

COMMUNITY SERVICES

Gas | Centerpoint Energy 713-659-2111
Electric | Reliant Energy 713-207-7777
Phone | AT&T www.att.com
Sewer | Harris County MUD #28 281-353-9809
Trash | Republic Waste 281-446-2030
Fire Department | Spring VFD..... 281-355-1266
County Commissioner | Jack Cagle..... 713-755-6444

MANAGEMENT COMPANY

Chaparral Management Company, AAMC
6630 Cypresswood Suite 100 | Spring, Texas 77379
281-537-0957 phone | 281-537-0312 fax
Kay Serventi | Association Manager
kserventi@chaparralmanagement.com

OFFICE HOURS

9am to 5pm | closed for lunch 12:30 to 1:15 pm

NEWSLETTER INFO

EDITOR

Scott Marder.....scott@normandyforest.org

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.

DON'T WANT TO WAIT FOR THE MAIL?

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

Explore the World Without Leaving Home!

HOST AN INTERNATIONAL EXCHANGE STUDENT THROUGH AYUSA INTERNATIONAL.

Learn the true heart & soul of a culture!

AYUSA International is a non-profit high school foreign exchange student organization. We welcome teenagers from over 60 countries worldwide and provide host family placement and ongoing supervision for 5 and 10 month academic programs. These exceptional young people look forward to a warm bond of friendship with your family and a rewarding cultural exchange. Host families are asked to provide meals and provide a bedroom either shared or private. Students pay for all other personal expenses while in the U.S.

All across the world, AYUSA students are eagerly awaiting their host family placement. Please call today and begin the adventure of a lifetime! Call Ayusa International at 1-888-552-9872 or email at staff@ayusa.org. Locally you can contact Vicki Odom at vickiayusa@yahoo.com or call 832-455-7881 for more information as well.

Pick up the Pile

Happy New Year to all! As we embark on 2012's journey, some will think of ways to improve upon themselves. I'd like to offer an idea to those that still think dog poop is fertilizer, let's try picking up after our dogs. In case you were not aware, scientists have established the fact that the dog's gut harbors a particular type of bacteria known as the coli form bacteria. This bacterium includes the dreaded E. coli bacteria and also contains strains of salmonella and giardia. Now, since the rains have finally come, all the piles that have been left behind will be washed into our storm drains and contaminate our water supply. Not only is our water supply affected but perhaps even the air we breathe...I came across this article:



SCIENCEDAILY (AUG. 18, 2011)

"Bacteria from fecal material -- in particular, dog fecal material -may constitute the dominant source of airborne bacteria in Cleveland's and Detroit's wintertime air, says a new University of Colorado Boulder study."

This was the first test conducted, for air borne disease so far, however, scientist presume other cities, with an abundance of the canine kind, will show similar results.

Please be kind, don't leave it behind.

To those that pick up....THANK YOU

www.pickupthepile.com

BLOCK CAPTAINS

Peggy Zuckero Coordinator	281-353-4669
Sally Rodriquez BC-Normandy Forest Court	281-528-6640
Sally Rodriquez BC-Normandy Forest Drive.....	281-528-6640
Drew Grant BC-Arromanches Lane	281-353-6481
Serena Schneider BC-Deauville Drive.....	281-536-2429
Serena Schneider BC- Riviere Lane.....	281-536-2429
Dorothy Hobbs BC-Meadowhill Drive	281-353-5641
Jonathan Woodard BC-Bayeaux Lane	979-224-2739
Julie Sarno BC-La Arbre Lane	281-350-2081
Nida Tria BC-Florette Lane.....	281-353-7762
Garland Bennett BC-Florette Lane.....	713-820-1793
Troy Zukero BC-Manon Lane.....	281-350-9707
Adele Carboni BC-LaCote Circle	281-528-8727
Jennifer Preston BC-Divelec Lane.....	281-350-2069
Carol Pontello BC-La Mer Lane	281-353-0247
Jonathan Woodard BC-LaFleur Lane.....	979-224-2739
Peggy Zuckero BC-LaSiene Lane	281-353-4669
Nicholas Tangeh BC-Omaha Beach	832-545-9008
Corina Patterson BC-Utah Beach	281-353-2404
Amanda Shaw BC-Viking Landing Circle.....	281-528-5358
Bianca Woodruf BC-Colleville Sur Mer Lane.....	
Paul Diaz BC-Sainte Mere Eglise Lane	281-355-8890

At no time will any source be allowed to use the Normandy Forest's contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the Normandy Forest is exclusively for the private use of the Normandy Forest HOA and Peel, Inc.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

REACHING YOUR NEIGHBORS

and many others...

AUSTIN

Avery Ranch
Barton Creek
Bee Cave
Bella Vista
Belterra
Canyon Creek
Cedar Park Town Center
Chandler Creek
Cherry Creek on Brodie Lane
Circle C Ranch
Courtyard
Crystal Falls
Davenport Ranch
Forest Creek
Hidden Glen
Hunter's Chase
Highland Park West Balcones
Highpointe
Jester Estates
Lakeline Ranch
Lakeway
Lakewood
Legend Oaks II
Long Canyon
Lost Creek
Mayfield Ranch
Meadows of Bushy Creek
Pemberton Heights
Plum Creek
Ranch at Brushy Creek
River Place
Round Rock Ranch
Sendera
Shady Hollow
Sonoma
Steiner Ranch
Stone Canyon
Teravista
Travis Country West
Twin Creeks
Villages of Westen Oaks
Vista Ridge
Westside at Buttercup Creek
Wood Glen

HOUSTON

Atascocita CIA
Blackhorse Ranch
Bridgeland
Chelsea Harbour
Coles Crossing
Copperfield
Cypress Mill
Cypress Point
Eagle Springs
Enchanted Valley
Fairfield
Fairwood
Harvest Bend The Village
Kleinwood
Lakemont
Lakes of Fairhaven
Lakes of Rosehill
Lakes of Savannah
Lakes on Eldridge
Lakes on Eldridge North
Lakewood Grove
Legends Ranch
Longwood
Normandy Forest
North Lake Forest
Riata Ranch
Riverpark on the Brazos
Shadow Creek Ranch
Silverlake
Southgate
Steeplechase
Stone Forest
Stone Gate
Summerwood
Village Creek
Villages of NorthPointe
Willowbridge
Willowlake
Willow Pointe
Winchester Country
Winchester Trails
Windermere Lakes
Wortham Villages

DALLAS FT. WORTH

Brook Meadows
Timarron
Woodland Hills

SAN ANTONIO

Fair Oaks Ranch
Olmos Park
The Dominion
Wildhorse

**FOR ADVERTISING
INFORMATION**

Call Today

512-263-9181

www.PEELinc.com
advertising@PEELinc.com

PEEL, INC.
community newsletters



Heart Healthy Lifestyles

By: Concentra Urgent Care

APPROXIMATELY EVERY 60 SECONDS, AN AMERICAN WILL DIE FROM A CORONARY EVENT.

According to the American Heart Association (AHA), an estimated 71 million Americans have some form of heart disease, the most common being high blood pressure. And most of these problems are self-created by poor lifestyle choices.

What can you do to live heart healthy?

The AHA recommends:

EATING A HEALTHY DIET

- Lean, skinless meats and poultry
- Fat-free, 1% fat, and low-fat dairy products
- Avoid foods containing partially hydrogenated vegetable oil or added sugars
- Avoid foods high in dietary cholesterol
- Prepare foods without added salt, saturated fat, and trans fat

EXERCISING REGULARLY

- 20-to-60 minutes per day, 3-to-5 times per week

• AVOIDING TOBACCO PRODUCTS AND TOBACCO SMOKE

• LIMITING YOUR ALCOHOL INTAKE

- Women: 1 drink per day (maximum)
- Men: 2 drinks per day (maximum)

In addition to poor lifestyle choices, heredity plays a factor in heart disease, too. It is therefore important to know your family history to help identify familial risk factors and help prevent the development of certain familial illnesses.

What should be included in a family history?

ANY KNOWN CONGENITAL OR HEREDITARY DISORDERS

MAJOR ILLNESSES

CHRONIC AILMENTS OR RISK FACTORS

- Smoking
- Obesity
- Alcohol problems

THE CAUSE & AGE OF DEATH OF

ANY DECEASED RELATIVES

CHILDHOOD CONDITIONS

- Major illnesses
- Vaccinations
- Surgeries
- Treatments, especially those involving radiation

For more information on living a heart healthy lifestyle, you can contact your health care provider or visit the American Heart Association's Web site at: www.AmericanHeart.org.



**Advertise
Your Business Here
888-687-6444**

RECIPE OF THE MONTH

Paris Potatoes

5 cups potatoes, diced in ½” cubes
1 C sour cream
2 C creamed cottage cheese
1 C green onions & tops, finely chopped
½ tsp. garlic salt, optional
salt & pepper to taste
1 C shredded cheddar cheese

Parcook diced potatoes in boiling water until crispy tender. Drain, and combine potatoes with all ingredients except cheese. Baked in buttered 13 x 9” baking dish at 350° for 30 minutes or until sauce is bubbly. Sprinkle with cheese during last 10 minutes of baking time.

What Causes Sensitive Teeth & What To Do About It

Do you experience discomfort in your teeth? Do you find it difficult to drink icy or hot beverages? You may have a case of sensitive teeth. Luckily, it's very treatable. Find out what causes sensitive teeth and how to change your habits to avoid sensitivity.

What does it mean to have sensitive teeth?

If you experience pain or discomfort when consuming foods or beverages that are hot, cold, sweet, or sour; when brushing or flossing; or even when breathing sharp, cold air, you may have sensitive teeth.

What is the reason for sensitive teeth?

COMMON CAUSES OF TOOTH SENSITIVITY:

- **Over-brushing** – brushing your teeth too hard may wear down enamel or irritate the gum line, causing it to recede and expose the tooth's sensitive roots.
- **Cracked teeth** – a crack or chip in your tooth may expose the underlying dentin or may fill with bacteria from plaque, causing the nerve to inflame.
- **Teeth grinding** – over time, grinding or clenching your teeth can erode enamel and expose dentin.
- **Gum disease** – gum disease leads to tooth decay which breaks down enamel; gum disease can also lead to infection which may attack the tooth's roots or cause the gum line to recede.
- **Tooth whitening** – using products with peroxide or baking soda can seriously aggravate exposed roots or dentin.
- **Age** – studies have shown that tooth sensitivity occurs most often in people between the ages of 25 and 30.

It is possible to experience tooth sensitivity after routine dental procedures such as the placement of a filling or crown, tooth restoration, or even tooth cleaning. Such sensitivity is temporary; if it does not cease after four to six weeks please consult your dentist.

How should I take care of my teeth if they are sensitive?

Tooth sensitivity is very treatable, no matter what the cause.

Here are a few remedies you can take advantage of at home:

Try a **desensitizing toothpaste** which contains chemicals that block sensations like hot and cold from reaching the nerves in your teeth. Use a **soft-bristled toothbrush** that will be gentler on both your teeth and gums. Switch to a **fluoride mouthwash**. **Avoid acidic foods** such as tea, tomatoes, and citrus fruits. Maintain **good oral hygiene** by brushing twice every day and flossing once daily.

Depending on the cause and severity of your sensitivity, you may benefit from professional treatment. If you suffer from sensitive teeth, please be sure to contact your dentist. We can set up an appointment to discuss what is bothering you and determine the best way to address the problem.

Submitted by Dr. Flury

ADVERTISE YOUR BUSINESS TO YOUR NEIGHBORS

Support Your Community Newsletter

Ryan Lundberg

Sales Manager

1-888-687-6444 ext 23

ryan@PEELinc.com



PEEL, INC.
community newsletters

www.PEELinc.com

**NOT AVAILABLE
ONLINE**

SUDOKU

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

View answers online at www.peelinc.com

© 2006. Feature Exchange

The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

DOGS IN THE PARK



Please keep your dogs on a leash while in the park please. It is a rule of the park. Also, please clean up after your dog in the park or neighborhood as well.

Thank you for your cooperation.

**BRILLIANT
ENERGY**
ELECTRICITY PROVIDER



Brilliant Energy = Seriously LOW Electricity Rates

Brilliant Energy's Electricity Rates Challenge The Rates of Every Other Electricity Provider in Texas!

Lock-in a low electricity rate for up to 3-years!

Easy Online Sign-Up at BrilliantElectricity.com

USE "NEIGHBORHOOD NEWSLETTER" AS REFERRAL



Brilliant Energy is recommended by Texas Energy Analyst, Alan Lammey the host of the 'Energy Week' radio show on NewsTalk 1070 KNTH!

**Ask the "Energy Analyst":
281-658-0395**



Great Business Rates Too!

Brilliant Energy Texas PUC #10140



PEEL, INC.

308 Meadowlark St. South
Lakeway, TX 78734

PRSR STD
U.S. POSTAGE
PAID
PEEL, INC.

NMF



Making new friends is the heart
of my successful business.
Thank you in advance for recommending
my services to family and friends.
If your heart is set on selling or buying a home,
please call me for Rock Solid Results!

Happy Valentine's Day!

Nobody Knows The Neighborhood Like A Neighbor!

If you're thinking about selling your home,
you'll want to carefully choose the real estate professional
you work with during the process.

You should choose a professional who specializes in residential real estate and
who has the specific knowledge of the local real estate market.

You should choose me ... as a resident of Normandy Forest,
I have a vested interest in keeping the neighborhood values as high as possible.

So, when you're ready to sell, call me. You'll be glad you did.



Sally Rodriguez

Realtor®

Sales & Marketing Specialist

Direct: 832-788-4186

onesalrod@aol.com

www.SallyRodriguez.garygreene.com

I ♥ Referrals!



©2012. An independently owned and operated member of The Prudential Real Estate Affiliates, Inc. Prudential is a registered trademark of The Prudential Insurance Company of America. Used under license. Equal Housing Opportunity.

Please don't hesitate to call - I'm never too busy to help you, your family or your friends!