

NORTHLAKE FOREST Herald

OFFICIAL PUBLICATION
OF THE NORTHLAKE
FOREST HOA

June 2012

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SUMMER TIME SAFETY!

From the U.S. Consumer Product Safety Commission

One of the best ways to stay safe this summer is to wear a helmet and other safety gear when biking, skating and skateboarding, and when riding scooters, all-terrain vehicles, and horses. Studies on bicycle helmets have shown they can reduce the risk of head injury by as much as 85 percent.

- Use layers of protection to prevent a swimming pool tragedy. This includes placing barriers completely around your pool to prevent access, using door and pool alarms, closely supervising your child and being prepared in case of an emergency. Never bring charcoal grills indoors. Burning charcoal produces deadly carbon monoxide.
- When cooking outdoors with a gas grill, check the air tubes that lead into the burner for any blockage from insects, spiders, or food grease. Check grill hoses for cracking, brittleness, holes, and leaks. Make sure there are no sharp bends in the hose or tubing. If you ever detect a leak, immediately turn off the gas at the tank and don't attempt to light the grill until the leak is fixed. Newer and propane tanks have improved safety devices to prevent gas leaks.
- Make sure your home playground is safe. Falls cause 60 percent of playground injuries, so having a safe

surface is critical. Concrete, asphalt or packed dirt surfaces are too hard. Use at least 9 inches of wood chips or mulch.

- Use softer-than standard baseballs, safety-release bases and batting helmets with face guards to reduce baseball-related injuries to children.
- If you are a soccer mom or dad, beware that movable soccer goals can fall over and kill children. Make sure the goal is anchored securely at all times and never allow anyone to climb on the net or goal framework or hang from the cross bar. Remove nets when the goals are not in use.
- To prevent serious injuries while using a trampoline, allow only one person on at a time, and do not allow somersaults. Use a shock-absorbing pad that completely covers the springs and place the trampoline away from structures and other play areas. Kids under 6-years-old should not use full-size trampolines.
- Don't allow a game of hide-n-seek to become deadly. CPSC has received reports of numerous suffocation deaths involving children who crawled inside old cedar

(Continued on Page 6)

SAFETY SIDE NOTE

**JUNE 2012
POOL HOURS**

Open Full Time
Monday CLOSED
Tuesday-Saturday 11:00 a.m.-8:00 p.m.
Sunday 12:00 p.m.-8:00 p.m.



NORTHLAKE FOREST

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

Girl Scouts Celebrate with Spring Fling Carnival

Girl Scouts of the Compass Rose Service Unit celebrated the season with a Spring Fling carnival in April. Each participating troop organized an activity or game for all the girls to enjoy at the Cy Fair Science Resource Center exhibition hall. About 150 girls participated. Of course, it wouldn't be a Girl Scout event without a service project. Troop 14377 organized a supply drive to restock the shelves of the SRC after a busy year.

Girls took turns staffing their own booths and enjoying the others. There were carnival favorites; such as a ring toss, a lollipop draw, a cake walk and fishing for prizes. The event included a Girl Scout twist with Pin-the-Patch-on-the-Girl-Scout and Tap a Scout a la "Whack a Mole." Popcorn and cotton candy were a tasty treat for all.

Thinking about the next scouting year, girls also had the opportunity to talk to older and younger Scouts about their program level and activities. When a Girl Scout moves to the next program level, such as from Brownies to Juniors, the occasion is marked by a Bridging Ceremony. The girls of Compass Rose celebrated their year of fun and bridging with an event at Goodson Middle School in May.

The adults and Girl Scouts of the Compass Rose Service Unit would like to thank these area businesses for their generous support this year: HEB, Kroger, Randalls, Post Net, Mary Kay consultant Cynthia Lyng and Dance Central.

Girl Scouting builds girls of courage, confidence and character; who make the world a better place. For information on how to join the fun of Girl Scouting, contact LaceyC@entouch.net



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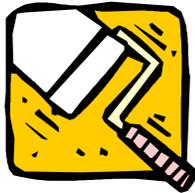
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Cy-Woods Key Club is Number One

Article by: Gaurav Lalsinghani

As Mother Teresa once said, "We ourselves feel that what we are doing is just a drop in the ocean, but the ocean would be less because of that missing drop. We can do no great things, only small things with great love." As Key Club wraps up its current term, Key Clubbers look fondly back upon the opportunities, experiences, and memories they have gained from their volunteering efforts.

From working with children with mental and social disabilities at the Respite at K2 Academy to a DVD collection drive for soldiers deployed in Afghanistan, volunteers have surpassed the expectations and have rallied together to truly make a difference in our community. Key Clubbers have worked around the clock throughout the school year under the supervision of a determined officer team; have become the #1 Key Club in the mighty Texas-Oklahoma district.

As Lieutenant Governor Layeeka Ismail's term comes to a close, she recalls the success of the Cy-Woods Key Clubbers in their efforts throughout the year. "As a Lieutenant Governor, it's always really great to see your clubs responding and taking things to the next level, and Cy-Woods's projects have really made me proud, as they have inspired other clubs in our division to follow by example."

With the Key Club year coming to close, the Cy-Woods Key Club attended the 63rd Annual District Convention in order



to commemorate club achievements and celebrate the spirit of volunteerism. After a Weekend of Paradise, Key Clubbers have a revitalized spirit for service and hope to expand the outlook of their members with a multitude of new projects.



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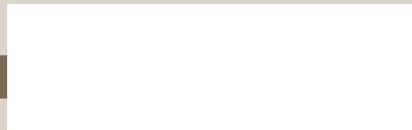
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Register NOW for FSA Soccer!

It is time once again to register your soccer superstar for FSA Soccer. The Fairfield Sports Association offers a fantastic environment for your budding soccer player to develop their skills and grow their passion for the beautiful game. We offer soccer divisions for boys and girls ages 4 – 12. Our younger divisions (U5 and U6) play 3 v 3 soccer on small fields with no goal players. We gradually increase the size of the field and the number of players as the kids get older. Starting at age 7, players participate in an evaluation and are selected by their respective teams.

This soccer season, FSA soccer players will wear the XARA MLS City Series 2 uniform. The uniforms look GREAT, and the kids will really love them! Registration costs cover a complete uniform kit including game jersey, shorts, and socks. Registration for the U5 and U6 divisions is \$115. Registration for the U7 and older division is \$130. There are no additional FSA fees, fundraisers, or sponsorships players or teams are responsible for during the season.

All practices and games are played in Fairfield. Players in the U5, U6, and U7 divisions are all awarded participation trophies at the end of the season. In the older divisions, trophies are awarded for the divisional champions and runners-up. Additionally, the older divisions participate in a season ending tournament. Tournament time is very exciting with many games played "under the lights" at night on the grounds of the Fairfield Athletic Center.

FSA Soccer is also thrilled to announce we are conducting our first ever Kick-off Summer Soccer Camp! This camp is for boys and girls ages 6-10. The camp is scheduled for June 11th thru 14th from 9:00am until 11:00am. Professional trainers from the Challenge Soccer Club and the Texans Soccer Club will be working with FSA Soccer providing the training for the camp. The cost of the camp is only \$50. The camp will be held in Fairfield at our Robert's Fields facility near our Central Park Splash Pad.

To register for either the camp or an exciting season of FSA soccer, visit the Fairfield Sports website at www.fairfieldsports.net. From the menu button, click the SOCCER link. Once at the Soccer page, click the MORE menu button and then click the REGISTRATION link.

IMPORTANT FSA SOCCER DATES:

FSA Kick-off Summer Soccer Camp registration:

Open Now – June 9th

FSA Kick-off Summer Soccer Camp:

June 11th – June 14th

FSA Soccer registration:

May 28th – July 20th

Player evaluations (ages 7 and older):

July 23rd – July 25th

Practices begin:

Week of July 30th

Games begin:

Weekend of August 25th

Please direct any questions about the FSA Soccer program to Scott Baehren, Commissioner – FSA Soccer at soccer@fairfield-sports.net.

Double Tomato Bruschetta

INGREDIENTS

- 6 roma (plum) tomatoes, chopped
- 1/2 cup sun-dried tomatoes, packed in oil
- 3 cloves minced garlic
- 1/4 cup olive oil
- 2 tablespoons balsamic vinegar
- 1/4 cup fresh basil, stems removed
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 French baguette
- 2 cups shredded mozzarella cheese

DIRECTIONS

Preheat the oven on broiler setting. In a large bowl, combine the roma tomatoes, sun-dried tomatoes, garlic, olive oil, vinegar, basil, salt, and pepper. Allow the mixture to sit for 10 minutes. Cut the baguette into 3/4-inch slices. On a baking sheet, arrange the baguette slices in a single layer. Broil for 1 to 2 minutes, until slightly brown. Divide the tomato mixture evenly over the baguette slices. Top the slices with mozzarella cheese. Broil for 5 minutes, or until the cheese is melted.

(Summer Time Safety Continued from Cover Page)

- chests, latch-type freezers and refrigerators, iceboxes in campers, clothes dryers and picnic coolers. Childproof old appliances, warn children not to play inside them.
- If summer plans include camping and you want heat inside your tent or camper, use one of the new portable heaters that are equipped with an oxygen depletion sensor (ODS). If oxygen levels start to fall inside your tent or camper, the ODS automatically shuts down the heater before it can produce deadly levels of carbon monoxide (CO). Do not attempt to use alternative sources of heat or power to warm a tent or camper. Traditional camping heaters, charcoal grills, camping lanterns, and gas generators also can cause CO poisoning.
 - Install window guards to prevent children from falling out of open windows. Guards should be installed in children's bedrooms, parents' bedrooms, and other rooms where young children spend time. Or, install window stops that permit windows to open no more than 4 inches. Whenever possible, open windows from the top - not the bottom. Also, keep furniture away from windows to discourage children from climbing near windows.
 - Summer also means yard work. When mowing, keep small children out of the yard, and turn the mower off if children enter the area. If the lawn slopes, mow across the slope with the walk-behind rotary mower, never up and down. With a riding mower, drive up and down the slope, not across it. Never carry children on a riding mower.

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