

# NORTHLAKE FOREST

# Herald

OFFICIAL PUBLICATION  
OF THE NORTHLAKE  
FOREST HOA

January 2014

Volume 4, Issue 1



## 2014 Board of Directors

Congratulations to newly elected board members

Becky Dessenberger and David Stewart.

*Thank you for serving in these positions!*

PLEASE KEEP OUR  
**NEIGHBORHOOD**  
SAFE & CLEAN

## Special Announcements

Happy Birthday to Shari Woodward on her birthday,  
Feb. 2, 2014, also known as Groundhog Day!!!

Happy Birthday to Tricia Pena on Jan 5, 2014!!

Happy Birthday to Cliff Woodward on his birthday,  
Jan. 17, 2014!!!

It has been reported that food and trash continues to be left out around our community lakes. If you are feeding the ducks, please be considerate of your neighbors and throw away any remaining trash. Many people enjoy feeding the ducks, but this seemingly generous act can actually be harmful. Bread, crackers, and other human foods do not contain the proper nutrients for ducks. Regular feeding can cause poor nutrition, spread of disease, pollution, unnatural behavior, overcrowding, and delayed migration. Moreover, the food that is left out is attracting unwanted wildlife!! Residents of Northlake Forest have reported coyotes by the lake at the front entrance of Oak Springs and Northlake Forest Drive, which seem to be attracted to these leftover food items. Please keep our neighborhood safe and clean. Don't leave a mess at our beautiful lakes!

# NORTHLAKE FOREST

## NORTHLAKE FOREST COMMITTEES

### FACILITIES MAINTENANCE

Chair .....Paul Rath  
Board Liaison ..... Russell McPherson

### SAFETY/NEIGHBORHOOD WATCH COMMITTEE

Chair ..... Kelly Moore  
Board Liaison.....Paul Rath

### ARCHITECTURAL REVIEW COMMITTEE

Chair ..... Fred Vasquez  
Board Liaison ..... Dan Daues

### NEWSLETTER

Chair ..... Chanda Serhus  
Board Liaison.....Paul Rath

### WELCOME

Chair ..... Maureen Cummings

### 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

### EDITOR

Chanda Serhus..... cserhus@gmail.com

### PUBLISHER

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

## NORTHLAKE FOREST BOARD OF DIRECTORS

President ..... Russell McPherson  
Vice President ..... Dan Daues  
Treasurer .....Paul Rath  
Secretary ..... Fred Vasquez  
Director ..... Open

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

mquast@stes.com · www.pcmi-us.com

Northlake Forest HOA Website: [www.northlakeforesthoa.com](http://www.northlakeforesthoa.com)

## IMPORTANT NUMBERS

### EMERGENCY NUMBERS

Ambulance/Fire/Police ..... 911  
Poison Control ..... 1-800-222-1222

### NON-EMERGENCY NUMBERS

Constable, Precinct 4 ..... (281) 376-3472  
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  
Department of Public Safety (*Grant Rd*) ....(281)-890-5440  
Department of Public Safety (*Hempstead*) ..(979)-826-4066

### POST OFFICE

USPS (Cypress) ..... (281) 373-9013

### LIBRARY

NW Harris County Library (*Lonestar College*) .. (281) 618-5400  
Barbara Bush Library (*Cypress Creek*)..... (281) 376-4610

### SCHOOLS

Administrative Offices ..... (281) 897-4000  
Farney Elementary ..... (281) 373-2850  
Goodson Middle School ..... (281) 373-2350  
Cy-Woods High School ..... (281) 213-1800

### UTILITIES

#### Northwest M.U.D. No. 10

(Setup service/billing) ..... (281) 579-4500  
Northwest M.U.D. No. 10 (*Repair*) ..... 281) 398-8211

#### Best Trash

(Trash can request/time schedules) ..... (281) 561-5646  
Centerpoint (*Gas*) ..... (713) 207-7777

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Please support the advertisers that make the Northlake Forest Herald possible. If you would like to support the newsletter by advertising, please contact our sales office at 512-263-9181 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com). The advertising deadline is the 8th of the month prior to the issue.

## Attention Teenage Job Seekers!

We need to update our teenage job seeker listings in both the newsletter and the website. If you have a listing, please verify that your information is up to date. If you are not yet listed, contact us to advertise services such as babysitting, pet sitting, house sitting, yard work, or car washing! You must be in full time education (college age or younger) to post. Please send your information to [cserhus@gmail.com](mailto:cserhus@gmail.com) or complete the form under NLF Youth Services on:

[WWW.NORTHLAKEFORESTHOA.COM](http://WWW.NORTHLAKEFORESTHOA.COM)



## BOOK CLUB

NLF has a wonderful book club that usually meets the first Wednesday of each month. In January it will be a different date due to the New Year holiday. It is a great opportunity to meet new people and read interesting books. The meetings are held at different members' homes in NLF. For further information contact Rebecca Melancon at [rlg270@yahoo.com](mailto:rlg270@yahoo.com) or call 303-809-0774.



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# NORTHLAKE FOREST

## BUNCO



NLF has a great Bunco group. We usually meet the 3rd Tuesday of each month. We do not meet during the summer months. If you would like to be a regular member or just a sub once in a while, contact Maureen Cummings at mgqueen02@yahoo.com or call 281-304-1109. Never played before, no problem, it is a very easy dice game to learn in about 2 minutes.

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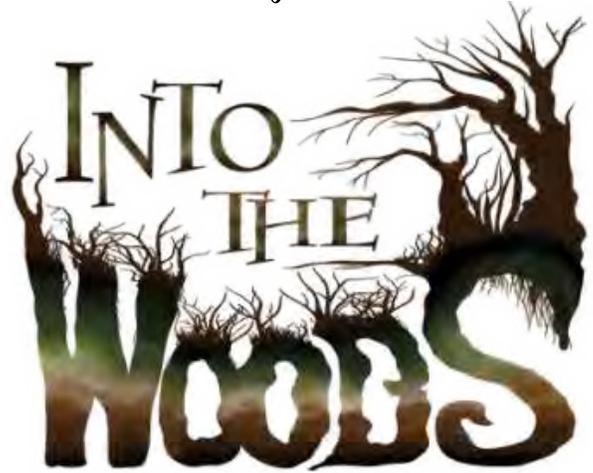
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## CY WOODS THEATRE COMPANY

Proudly Presents



Cy Woods theatre students will be performing the musical "Into the Woods" by Stephen Sondheim and James Lapine. This musical encompasses classic fairy tale characters that portray a sense of fantasy and reality.

Performances will be held in the Cy Woods High School Auditorium Thursday – Saturday (January 30th – February 1st) at 7:00 pm with a Saturday (January 30th) Matinee at 2:00 pm.

Tickets may be purchased online at [www.showtix4u.com](http://www.showtix4u.com).

### Ticket prices:

Orchestra Level - \$15.00

Mezzanine Level - \$10.00

**Synopsis:** The story follows a Baker and his wife who wish to have a child, Cinderella who wishes to attend the King's Festival, and Jack who wishes his cow would give milk. When the Baker and his wife learn that they cannot have a child because of a witch's curse, the two set off on a journey to break the curse. Everyone's wish is granted, but the consequences of their actions return to haunt them later with disastrous results.

## Rachael's



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## A FOCUS ON RESOLUTIONS

By: *Concentra Urgent Care*

The New Year is a great time to make healthy lifestyle changes. According to the US Department of Health and Human Services, the most common resolutions focus on losing weight, getting fit, quitting smoking, and reducing stress. These are important themes that can reduce your risk of disease. Here are ways you can achieve your goals this year.

### LOSING WEIGHT

A weight loss of five to seven percent of your body weight can improve your health and quality of life. It can also help prevent weight-related health problems, like diabetes. Changing your eating habits and increasing your physical activity are keys to successful weight loss and help to maintain optimal weight for the rest of your life. Create a plan for healthy eating and increased physical activity, while taking in fewer calories than you use. Your healthy eating plan should include:

- Taking into account foods you like and dislike
- A focus on fresh fruits, vegetables, and whole grains
- Consuming fat-free or low-fat dairy products such as yogurt, cheese, and milk
- Protein sources such as lean meats, poultry, fish, beans, eggs, and nuts
- Avoiding saturated and trans fats such as animal fat, butter, and

hydrogenated oils

Staying away from foods high in sodium and added sugars

### GETTING FIT

Regular physical activity for at least 30 minutes each day, or broken up into several shorter periods of 20, 15, or 10 minutes, can help you lose weight, keep it off, and stay fit. It can also improve your energy and mood and lower your risk for heart disease, diabetes, and some cancers. Try some of these physical activities:

Walking (15-minute miles or 4 miles per hour)

Biking

Tennis

Aerobic exercise classes (step aerobics, kickboxing, dancing)

Yard work or house cleaning (gardening, raking, mopping, vacuuming)

Taking the first step can be the hardest part. Start slowly, at a level that is comfortable for you and add activity as you go along. Sometimes, it helps to have a friend or activity buddy when you start out. It is recommended that adults get at least two and a half hours of moderate physical activity each week. Strengthening activities, such as pushups, sit-ups, or lifting weights, at least two days per week are also encouraged.

## IF YOU CAN IMAGINE IT, WE CAN HELP YOU MAKE IT.

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## **CY-WOODS FFA BOOSTER CLUB**

### **4th Annual Spring Craft Show**

### **April 5th & 6th, 2014**

Saturday, April 5, 9am-5pm  
Sunday, April 6, 10am-4pm

**CFISD Telge Exhibit Center  
(Telge & Hwy 290)**

**For Vendor Registration/Forms  
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