



# NORMANDY FOREST

January 2014

Official Publication of the Normandy Forest Homeowners Association

Volume 3, Issue 1

## Normandy Forest Reminders

### Park Reminders

- The park is open to residents from dawn to dusk.
- Help keep our park clean. Pick up after yourself when picnicking, and clean up after your pets whether walking in park or neighborhood
- Remind your children not to litter
- Keep your pet on a leash.
- The jogging trail is for walkers and joggers. Bikes are not allowed, as they create ruts in the trail. Please remind your children not to ride on the jogging trail.
- If you see any suspicious persons or odd activity in the park or greater neighborhood, contact the constable at 281-376-3472. Add this number to your cell phone contact list for your convenience.

### Going on Vacation?

- Don't forget the Precinct 4 Constable's office offers protection for your home while you are on vacation. Go to [http://www.cd4.hctx.net/online\\_forms.php?formID=vacation](http://www.cd4.hctx.net/online_forms.php?formID=vacation), and simply fill out the request form.

### MUD Board Meetings

- MUD Board Meetings are held every fourth Tuesday of the month at 4:00 PM, at 3327 La MER in Normandy Forest. The meetings are open to all residents.

### Home Owner Association Meeting

- The next HOA Meeting will be on January 21, 2014 at 7:00 pm, in the Normandy Forest Clubhouse. Watch for the signs throughout our neighborhood reminding you

about the meeting. All residents of Normandy Forest are invited and encouraged to attend.

### Trash Pick up

- Trash is picked up twice a week, on Monday and Thursday mornings. Please remember to remove your trash can from the curb and out of the driveway by the evening on those respective days.
- Heavy Trash Pick Up Day is every second Friday of the month, only once a month.

### Homeowner Association Announcements

- Paul Diaz our new HOA president has lived in the neighborhood for 7 years is dedicated to the betterment of our neighborhood. He will do his best to keep cost down by bidding out all upcoming projects. He is very handy and will make time to do the duties himself.
- Jon Hopkins is the new Treasurer for the Homeowner Association Board. Jon is a financial analyst with an oil & gas pipeline company. He enjoys community service and is looking forward to getting to know more people in the neighborhood.
- Judy Doll is the new Secretary for the Homeowner Association Board. Judy has lived in Normandy Forest for 12 years and is now retired she is willing give the necessary attention to her new position.
- George Tsatsaronis is the new Director at Large. George is an aircraft maintenance supervisor for United Airlines. He is very honored to be a part of HOA and volunteer his time for the benefit of Normandy Forest.

# NORMANDY FOREST

## NORMANDY FOREST COMMITTEES

### THE ARCHITECTURAL COMMITTEE

Danny Rodriguez ..... 281-528-6640

Mark Lawson ..... 281-651-8034

*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

Michelle Tsatsaronis ..... michelletsatsaronis@gmail.com

### POOL MAINTENANCE & LIFEGUARDS

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

### CLUBHOUSE RENTALS

Sally Rodriguez ..... 832-788-4186

### MAINTENANCE COMMITTEE

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

### OPEN POSITION

### POOL TAG COMMITTEE

Sally Rodriguez ..... 832-788-4186

Ashley Blackburn ..... 713-854-4144

## IMPORTANT CONTACTS

### BOARD OF DIRECTORS

Paul Diaz | President ..... 281-687-2045

John Nemece | Vice President ..... 281-651-8606

Judy Doll | Secretary ..... 281-701-6925

John Hopkins | Treasurer ..... 281-795-9772

George Tsatsaronis | Director at Large ..... 281-323-9900

Karen Zuckero | Block Captain Coordinator... 713-504-6469

### BALLPARK RESERVATIONS

John Nemece | Coordinator ..... 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

Valerie Overbeck | Association Manager

voverbeck@chaparralmanagement.com

### OFFICE HOURS

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

## NEWSLETTER INFO

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Sally Rodriguez ..... onesalrod@aol.com

### PUBLISHER

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**NEIGHBORHOOD WATCH**

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depends on it!!

## Quick Tips To Take Care of Your Home

Here are some helpful tips from a professional home inspector to give your home a quick once-over this fall, before the cold winter weather sets in.

Try inserting a piece of paper in the gaps around your doors and windows. If you can do it, then you know exactly where you're money is going – out the window, due to energy loss. Simple do-it-yourself repairs can include installing a variety of caulking of inexpensive door or window insulating strips or plastic sheeting.

Turn on all of the exhaust fans in the house (including any kitchen fans that vent outside) and put the clothes dryer on the 'air dry' setting," then light some incense and watch the flow of the smoke to detect drafts around windows, doors, and other gaps in the house.

You can tell if moisture is coming in from the outside by duct-taping a garbage bag on the basement floor for 24-hours; if you can see the outline of the bag when you remove it, then you have moisture coming through the concrete. Wet basements are often the result of something changing, many times it's that the gutters have filled up or the downspouts are sending water where it doesn't belong. Gutters are another service we offer besides our core service of roof replacement and repairs.

Fall is the time to pick up outdoor extension cords and check all cords for potentially dangerous nicks or frayed spots. To store extension cords neatly in the garage or basement,

wind your cords loosely around a notched board, or hang off of something secure.

Change your HVAC filter every month. Even the higher quality ones that say every 60 to 90 days should be replaced every month because as they capture debris, they are making your unit work harder, meaning higher electric bills, and possibly pre-mature breakdowns.

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## Good Neighbors Can Be Great For Stress Levels

Do you live in a neighborhood where you feel safe and connected to others, or do you feel overcrowded, threatened, and otherwise unsafe in your surroundings? This, and other aspects of neighborhood life, can impact both your level of happiness and stress.

**Socializing:** With our busy schedules, we don't always see friends as often as we'd like. For a bit of socializing that takes only minutes out of your day, it's nice to stop and chat with people for a few minutes on your way out to your car. And the more people you have available for shared social support, the better, generally speaking.

**Pooled Resources:** I know people in some more-friendly neighborhoods who share dinners, minimizing the effort it takes to cook. Others trade fruit from their trees. A neighbor who borrows a few eggs may come back with a plate of cookies that the eggs helped create. Knowing your neighbors increases everyone's ability to share.

**Security:** Knowing the people around you can bring a sense of security. If you need something--whether it's a cup of sugar when you're baking cookies, or someone to call the police if they see someone lurking outside your home--it's nice to know you can depend on those around you and they can depend on you.

**Home Pride:** Knowing the people who live around you provides a strengthened sense of pride in your home and

neighborhood. Coming home just feels nicer. While you may not be able to change the neighborhood in which you live, you can change the experience you have in your own neighborhood by getting more involved with those around you and taking pride in the area in which you live. The following are some ideas and resources that can help you to feel more at home in your neighborhood:

**Get Out More:** If you live in a generally safe area, I highly recommend taking a morning or evening walk. It's a great stress reliever that also allows you to get to know many of your neighbors, get an understanding of who lives where, and feel more at home in your surroundings.

**Smile:** It's simple enough, but if you're not in the habit of smiling and giving a friendly hello to the people you encounter in your neighborhood, it's a good habit to start. While not everyone will return the friendliness immediately, it's a quick way to get to know people and build relationships, even if you've lived close for years and haven't really said much to one another.

**Talk To Your Elders:** The more veteran members of the neighborhood often have the inside scoop on the neighborhood. You may be surprised at how much you can learn if you stop to take the time to talk to the sweet old lady at the end of the block.

## 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.

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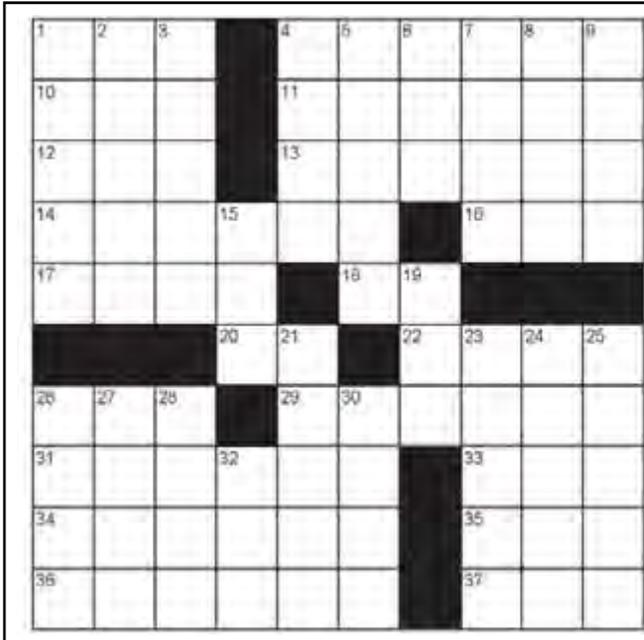
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### ACROSS

1. What's owed
4. Beats it!
10. Hotel
11. Flower child
12. Certified public accountant
13. White fur
14. Breath mint
16. Rescue
17. Opposed
18. Scottish "one"
20. Acidity
22. Corn syrup brand
26. Insane
29. Angry
31. Relating to horses
33. Kimono sash
34. National capital
35. Reverend (abbr.)
36. Bath powder
37. East northeast

### DOWN

1. Formal statement
2. Remove pins from
3. Playact
4. Popular stadium
5. Approximate date
6. Revolutions per minute
7. Capital of Western Samoa
8. Short
9. Origination
15. Lean
19. Stretch to make do
21. Large eastern religion
23. Before
24. Hot sandwich
25. \_\_\_ Oyl (Popeye's girlfriend)
26. Soften cheese
27. Greenish blue
28. Twofold
30. Stack of paper
32. Business abbr.

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