

NORTHLAKE FOREST

Herald

OFFICIAL PUBLICATION
OF THE NORTHLAKE
FOREST HOA

February 2014

Volume 4, Issue 2

"Being deeply loved by someone gives you strength,
while loving someone deeply gives you courage."

-Lao Tzu

*Happy
Valentine's
Day!*

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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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

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

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(Setup service/billing) (281) 579-4500
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(Trash can request/time schedules) (281) 561-5646
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Are You About to Blow It with Fallen Leaves?

If you've been blowing those annoying leaves into the street and down the storm drain for years – you've blown it! Leaves should never be blown or raked into storm drains. When leaves enter storm drains, they clog the pipes and cause street flooding in our neighborhood. Also, when leaves reach the waterway, they begin to decay.

That means the leaves are turning to nutrients the same way they do in your compost pile. Nutrients may fertilize the garden, but we don't

need to fertilize the waterways. Too much algae takes oxygen from the water, and fish and other critters can't breathe. If you are blowing leaves into the storm drains, please consider where it all ends up. Our bayous and Galveston Bay - that's where. Virtually anything that touches the ground can make its way into the storm water drainage system and flow directly into our bayous, streams and ultimately, into the bay. So, blowing leaves into the storm drains is not the way to deal with leaves. Please bag them, compost them, or mow over your leaves to create finely chopped mulch and then leave them in place.



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Boys Invited to Join Local Boy Scout Troop

By Lisa Hyde

If you have a son who likes adventure and outdoors, you might want to check out the Boy Scouts of America. One local troop, Troop #19, invites new scouts to join their ranks this year as they go camping, climbing, cliff jumping, shark fishing, and more.

Hernan Arzac, the leader of Troop #19 said “we’ve got a fantastic group of boys this year that really get along well and have a lot of fun together, but who also show great character and values. Scouting is a fantastic outlet for boys this age, and we would love for more boys to join us.”

Boys may join Boy Scouts if they are 11-17 years old. Cub Scouting is for boys in the first through fifth grades, or 7 to 10 years of age.

Boys in scouting typically have meetings with their troop several times per month where they learn new skills, good citizenship, strong character, and physical and mental fitness. Activities are designed to be fun and teach skills in a variety of areas from how to survive in the wilderness to how to build the fastest pinewood derby car. Troop #19 also does a great deal of service and one camping trip per month.

“We’ve got some exciting activities planned for the boys this year,” said Arzac. “In the coming months we will be working on our cooking, climbing and citizenship merit badges, and of course, doing lots of camping and wilderness survival. We also like to

play a lot of dodge ball and basketball together. In the summer, the boys will go to Buffalo Trail Scout Ranch to work on more merit badges, and the boys age 14 and up will get to go to high adventure camp, which is a lot of fun.”

All troops in the area are also invited to the “Century of Service” event for the Sam Houston Area Council’s 100th Birthday at the 2014 Scout Fair, which will be held on Saturday, April 12, 2014 from 10 am - 3 pm. The event will be fun and informative for the whole family.

The Boy Scouts of America is one of the nation’s largest and most prominent values-based youth development organizations. For over a century, the BSA has helped build the future leaders of this country by combining educational activities and lifelong values with fun.

Arzac said Troop #19 historically has a great deal of parental involvement and support. Many of the boys end up receiving their Eagle Scout Award.

Troop #19 is sponsored by The Church of Jesus Christ of Latter-day Saints, and many of the scouting meetings take place on Wednesday nights at the local Church building at 10555 Mills Road. All boys are welcome to join. For more information, contact Hernan Arzac at 281-844-1029 or Hernan.arzac@gmail.com.

The National Kidney Foundation is the leading organization in the U.S. dedicated to the awareness, prevention and treatment of kidney disease for hundreds of thousands of healthcare professionals, millions of patients and their families, and tens of millions of Americans at risk

Nearly six of ten Americans will develop kidney disease in their lifetime, according to a new analysis published in the American Journal of Kidney Disease. In comparison, lifetime risk of diabetes, heart attack and invasive cancer is approximately four in ten.

The Kidney Walk is the nation’s largest walk to fight kidney disease and is held to raise awareness of, and support those who are battling this disease. Held in nearly 100 communities, the event raises awareness and funds lifesaving programs that educate and support patients, their families and those at risk. Take a lifesaving step today and sign up for a walk below. The Houston Walk will be held on May 4th at 7:30am at Discovery Green Park Downtown. Registration at www.donate.kidney.org.

For more information on forming teams or sponsorship, please call 713-964-2644.



National
Kidney
Foundation

**Kidney
Walk**

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.

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 or call 303-809-0774.



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AMERICAN HEART ASSOCIATION'S NORTHWEST HARRIS COUNTY **GO RED FOR WOMEN LUNCHEON**

MARCH 7, 2014 AT CROWNE PLAZA HOUSTON NORTHWEST

The American Heart Association's Northwest Harris County Go Red for Women Luncheon will be held on Friday, March 7th at The Crowne Plaza Houston Northwest. The annual event serves as a way for the Northwest Harris County community to come together to raise awareness and funds for cardiovascular disease and stroke research through the popular and engaging Go Red for Women movement. Activities at the luncheon include a silent auction, health screenings, wine tasting, a keynote speaker and more.

Many women are surprised to find that heart disease is the No. 1 killer of women – taking more lives than all forms of cancer combined. In addition, heart disease is often called the “silent killer” because most women don't recognize the symptoms until it's too late.

For more than a decade, millions of women have united to raise their voices about this deadly disease by participating in The American Heart Association's Go Red For Women

movement, which helps educate women about what they can do to live healthier lifestyles and lower their risk of heart disease and stroke.

The American Heart Association's Go Red For Women movement is sponsored nationally by Macy's. Locally, the Northwest Harris County Go Red for Women luncheon sponsors include Houston Methodist Willowbrook Hospital, North Cypress Medical Center, Harris County Emergency Corps, HealthSouth Rehabilitation Hospital of Cypress, Kindred Hospital Houston Northwest, St. Luke's Hospital at The Vintage, Tomball Regional Medical Center, Darcy Mingoia, Cypress Creek EMS, Heritage Texas Properties and Houston Methodist West Hospital. Individual tickets for the event are \$100 and tables start at \$1,500.

For more information, please visit nwharriscountygored.heart.org or contact Kara Denney at the American Heart Association at (713) 610-5030 or at kara.denney@heart.org.

About the American Heart Association

The American Heart Association is devoted to saving people from heart disease and stroke – America's No. 1 and No. 4 killers. We team with millions of volunteers to fund innovative research, fight for stronger public health policies, and provide lifesaving tools and information to prevent and treat these diseases. The Dallas-based association is the nation's oldest and largest voluntary organization dedicated to fighting heart disease and stroke. To learn more or to get involved, call 1-800-AHA-USA1, visit heart.org or call any of our offices around the country. Follow us on Facebook and Twitter.



American Heart Association®

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4th Annual Spring Craft Show
April 5th & 6th, 2014

Saturday, April 5, 9am-5pm
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For Vendor Registration/Forms
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CYWOODSFFA.ORG

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