



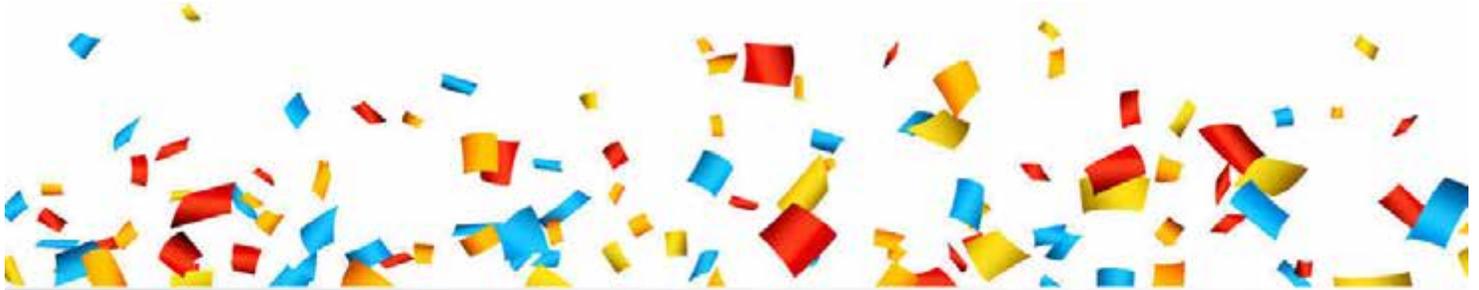
Northlake Forest

HERALD

March 2016

OFFICIAL PUBLICATION OF THE NORTHLAKE FOREST HOA

Volume 6, Issue 3



Celebrating our NLF Residents

Now that you've stayed tuned, here is the news on Maureen Cummings of Sunmill Ct.

Maureen was able to spend her February annual 39th birthday in Monte Carlo. Now she is a lucky girl to be able to celebrate her 50th Wedding Anniversary on March 10th with her wonderful husband, Jon (Dick) Cummings.

**Happy 50th Anniversary to
Maureen and Dick Cummings!**



NORTHLAKE FOREST

NORTHLAKE FOREST COMMITTEES

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NEWSLETTER

Chair Elizabeth Oliver
Board Liaison..... Russell McPherson

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)
Merlene Faust
281-870-0585 x 30369

Merlene.Faust@STServices.com · www.pcmi-us.com
Northlake Forest HOA Website: www.northlakeforesthoa.com

IMPORTANT NUMBERS

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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
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Department of Public Safety (*Hempstead*) ..(979)-826-4066

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USPS (Cypress) (281) 373-9013

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NW Harris County Library (*Lonestar College*) .. (281) 618-5400
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Goodson Middle School (281) 373-2350
Cy-Woods High School (281) 213-1800

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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

DON'T WANT TO WAIT FOR THE MAIL?

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

Track Club Registration for Middle School and High School Athletes

The Northwest Flyers Track Club is now registering middle and high school athletes for the spring and summer 2016 season. The team is sanctioned by USA Track & Field, and provides a full program of "track" events such as sprints, hurdles, middle distance, distance and relays, and "field" events such as long jump, triple jump, high jump, pole vault, discus, shot put and javelin. It is an excellent "off-season" program for young athletes who compete on their middle school or high school track teams.

The team was founded 29 years ago by local Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the northwest Houston area. In July, 2015 the Northwest Flyers had one of its most successful competitions ever at the Junior Olympics in Jacksonville, Florida.

For additional information about the Northwest Flyers, visit the team website at www.northwestflyers.org, email linette.roach@sbcglobal.net, or "Like" the club on Facebook.

SEND US YOUR Event Pictures!!

Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue. Email the picture to ARTICLES@peelinc.com. Be sure to include the text that you would like to have as the caption. Pictures will appear in color online at www.PEELinc.com.



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FINDING FATE

Is it Luck or is it Fate?

As we rapidly approach the luckiest day of the year (i.e. St. Patrick's Day) I've been thinking about how much luck actually plays in our lives. It can be just about guaranteed that come March 17th you, me, and your mother will all be wearing green and pinching people for good luck. But how much does luck really account for in our lives?

And, of course, there's the question of fate. The constantly sought yet ever-elusive thing everyone consistently seeks and desires to control. Can fate be controlled? Just what exactly is fate? One might consider it to be the inevitable, predestined course in life, a coincidence, or even chance. This thought leads to a rather worrisome question--Are we predestined to live exactly as a plan woven in some great tapestry of life? Or are we lucky enough in life to choose our fate?

What if there was another choice besides just blindly choosing to trust in fate or luck? I believe there is, and I learned that best from my horse!

When I'm riding, I refuse to count on luck and my fate does not rest in the horse's hands (hooves?). Trusting my safety to either of those is asking for a bruising, and I just don't bounce back from such bruising's the same way anymore. I know that I am safe when I ride because I have faith--Faith in God to keep me safe and to show me when it something is unsafe. Faith that things will be better, and will continue to get better on my darkest days. When my faith is shaken and I'm wondering how I can keep going, all I need to do is sit with my horse and everything suddenly seems to grow brighter.

I have found that horses are hands-down the best non-verbal therapists and the perfect teachers of how to practice faith. They not only help us find our faith and belief in God's presence with their beauty, power, and spirit, but actively demonstrate faith in everything they do. Talk about role models!

There is a bigger plan for our lives, but you have to make the choice to pursue it. Choose Faith. Faith in Jesus is the only thing you can always count on & do not need to seek. It's always there, waiting patiently for you to notice it & pick it up. It comes in many colors, sizes, and shapes, and can be all but invisible much of the time. Nonetheless, no matter how big, small or percentage of visibility, I will choose to live my life according to my faith rather than fate or luck each and every time.

So, don't count on seeing me in green this St. Patrick's Day, but you can bet that you'll find me on a horse!

Tara Chatterson works at Five Horses, LLC in Waller, TX. To find out more about how horses can help you, check out the natural horsemanship program, as well as the equine assisted learning workshops provided here: www.fivehorses.com.



Zika Virus

Zika virus is transmitted by Aedes mosquitoes and there is no specific treatment or vaccine currently available. The best way to avoid getting the virus is to avoid being bitten by infected mosquitoes. About 20% of people with Zika virus actually get ill. Severe disease, requiring hospitalization, is uncommon and death due to the virus is rare.

The incubation period of Zika virus is thought to be a few days to a week, but is still unknown. Symptoms include fever, skin rash, conjunctivitis, muscle and joint pain, and headache. Symptoms tend to be mild and last from 2-7 days. Zika virus can be contracted through the bite of an infected mosquito, through blood transfusions, through sexual contact, and from mother to child during pregnancy.

The mosquitoes that are able to transmit Zika virus are also able to transmit dengue and Chikungunya viruses. These mosquitoes are daytime biters, but can also bite at night. Aedes mosquitoes lay their eggs in standing water- buckets, tires, tree holes, animal water dishes, etc.

To protect yourself from mosquito bites, wear light-colored clothing that covers as much skin as possible, use insect repellent (read and follow label instructions), use screening on doors and windows, use mosquito netting (if needed) while sleeping, and reduce standing water areas.

For more information on Zika virus, please see the CDC website here <http://www.cdc.gov/zika/index.html>

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com

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TENNIS TIPS

By USPTA/PTR Master Professional, Fernando Velasco



How to execute The Half Volley

In previous newsletters, I offered tips on how to execute a forehand groundstroke, a two-handed backhand, one-handed backhand, forehand volley, the two handed backhand volley, and the serve. In this issue, I will give you instructions on how to execute the half volley, which is usually played between the base line and the net. The player is not close enough to the net to hit it on the air and/or does not have enough time to retrieve back to hit it on the top of the flight. The ball is usually hit right after it hits the ground. In these pictures student Liz Stanis from the Grey Rock Tennis Club demonstrates the proper form and technique.

Step 1: The Split step: When the player realizes that she will have to play the ball right after it hits the ground, the player will stop and take the split step by bouncing off her toes at the same time and let her body lean forward to react to the ball. Both hands are on the racket so it can react to either move to the left or to the right. Eyes are focused on the incoming ball.

Step 2: The Back Swing: The secret of the half volley is to take the racket back early and have a short back swing. Also, it is critical to lay the wrist back slightly to allow for a good point of contact in front of the body. The player will then bend her knees and lunge forward to hit the ball as soon as it hits the ground. Notice the concentration of keeping her eye on the ball.

Step 3: The Point of Contact: As soon as the ball starts to rise, the player will make the contact with the ball and will aim to go away from the net person. Her eyes are focused on the point of contact and the left hand is still close the body for better balance. The left knee is still bent and the left toe is pointing toward the point of contact.

Step 4: The Finish: Once the ball leaves the racket, the left knee has now almost straightened up and the follow through is above the players' head. This will allow the ball to go high over the net and will land deep toward the baseline. The opponent will have to back off to hit the next ball, or will also be forced to hit another half volley. The left hand is ready to hold the racket on the handle to anticipate the next shot, which probably will be the volley.

Look for in the next Newsletter: The One Handed Backhand Volley

PET OF THE MONTH



Interested in adopting? Please email us to fill out an adoption application animalrescuekingdom@gmail.com

Checkers was found as a stray and our group too him in. He is a chihuahua mix. He is 9 months old. Checkers is such a happy little guy! He loves everyone! Gets along with kids, dogs and cats. He is super friendly. He can use the doggy door and is kennel trained. He is active, alert and would make a great family dog. He is heart worm negative and up to date on shots. He has a video too, if you would like to see it please email us, animalrescuekingdom@gmail.com

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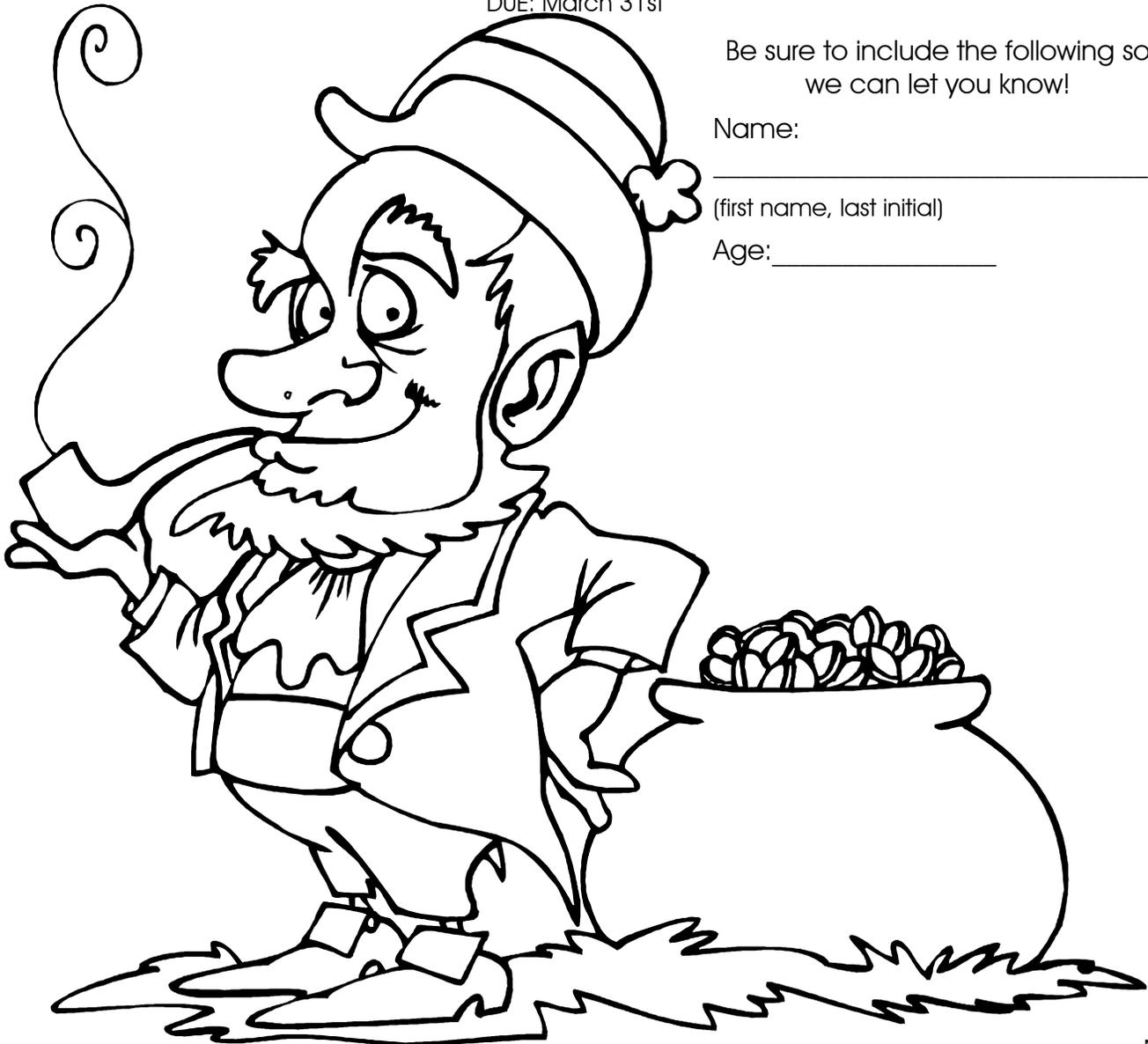
DUE: March 31st

Be sure to include the following so
we can let you know!

Name: _____

(first name, last initial)

Age: _____



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