

# NORMANDY FOREST

April 2016

Official Publication of the Normandy Forest Homeowners Association

Volume 5, Issue 4

## Greetings From THE PRESIDENT

If you attended our annual meeting in November you heard of a few projects that were completed in 2015 and a few exciting things that will take place in 2016.

Last year we added a new swing set and placed new playground equipment where the volleyball pit was. Both look great and are getting a good workout from the neighborhood kids.

In order to help fight the heat, this year we are planning to put a shaded cover over the baby pool. Also the board is exploring different ideas to extend and/or cover the pergola at the pool. The pool season is right around the corner, so be on the lookout for times we will be selling the new pool passes.

As we move further into spring, we will be looking to improve other things as well. However, this does not happen by itself. We want to schedule a neighborhood work day to help clean up and beautify the clubhouse, park, and play area. More details will follow.

If you would like to help with any of this year's events, please contact one of the board members.

John Nemec  
HOA President

## TRACK CLUB

Spring-Klein Athletics Track Club is now registering for its Summer Youth Track Program. This program is for grades K-12 and offers the opportunity to learn the disciplines of throws, jumps, sprints, hurdles, and distance running.

Our Summer session will run from April 15th to Nationals. We will meet from 6:30 to 8:00 PM on Monday, Tuesdays and Thursdays. All participants will receive a team uniform, team warm-up, team spirit performance tee.

Registration fees also include insurance, association membership. Teams are be coached by volunteer coaches. For full details and registration information, please visit us online <http://www.springkleinathletics.org> or call (832) 415-0568 or email at [teamska@skathletics.com](mailto:teamska@skathletics.com).

## Curb Appeal

Replace old or rotted wooden louvers with low maintenance polyurethane louvers

Upgrade the look of your entranceway by adding a brass kick plate and polishing hardware

Flank your windows with freshly painted shutters

Add decorative lamps to your yard to light up the night

Add color to your yard by adding colorful flowers, a flag, or new welcome mat

Keep your lawn manicured and scrubs clipped

Clean off mildew from all sides of your home

Replace old, broken door bells

Sweep leaves from your porch



## Congratulations !

The HOA is pleased to announce the appointment of Marie Muniz, official photographer for our newsletter and events.

Congratulations Marie!

# 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  
Paul Diaz ..... 281-651-8606

### ACTIVITIES COMMITTEE

### POOL MAINTENANCE & LIFEGUARDS

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

### CLUBHOUSE RENTALS

Chaparral Management / Valerie Overbeck ..... 281-537-0957

### MAINTENANCE COMMITTEE

John Nemec ..... 281-651-8606 | [jnemec@normandyforest.org](mailto:jnemec@normandyforest.org)  
Paul Diaz ..... 281-687-2045

### POOL TAG COMMITTEE

George Tsatsaronis ..... 281-323-9900  
Tim Benjamin .....

### BLOCK CAPTAIN COORDINATOR

Karen Zuckero ..... 713-504-6469

## IMPORTANT CONTACTS

### BOARD OF DIRECTORS

John Nemec | President ..... 281-687-2045  
Paul Diaz | Vice President ..... 281-651-8606  
Judy Doll | Secretary ..... 281-528-9110  
George Tsatsaronis | Treasurer ..... 281-323-9900  
Tim Benjamin | Director at Large ..... 281-704-3570

### BALLPARK RESERVATIONS

John Nemec | Coordinator ..... 281-651-8606

### COMMUNITY SERVICES

Gas | Centerpoint Energy ..... 713-659-2111  
Electric | Reliant Energy ..... 713-207-7777  
Phone | AT&T ..... [www.att.com](http://www.att.com)  
MUD #28 ..... Meet 4th Tuesday of the Month @ 4 pm  
Hayes Utility South (Water & Sewer) ..... 281-353-9756  
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](mailto:voverbeck@chaparralmanagement.com)

### OFFICE HOURS

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

## NEWSLETTER INFO

### EDITOR

Judy Doll ..... [txcardlady@sbcglobal.net](mailto:txcardlady@sbcglobal.net)

### PUBLISHER

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Advertising ..... [advertising@PEELinc.com](mailto:advertising@PEELinc.com)

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## NEIGHBORHOOD WATCH

Get Involved  
Your Neighborhood  
depends on it!!





## ANNUAL GARAGE SALE

Time to clean out your garages and closets  
Normandy Forest, it's time for our annual garage sale!

**April 16th**  
**8am to 1pm**

Thank you Danny & Sally Rodriguez for running  
this event every year!



## ZUBE PARK TRAINS

On the third Saturday of each month, March through November,  
the members of Houston

Area Live Steamers offer FREE rides to the public on miniature  
steam & diesel trains at the track in Zube Park, weather permitting.  
HALS has a weather status line 281-758-8012 for information. For  
more info about HALS activities go to: [www.hals.org](http://www.hals.org)

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**Hardeep "Debbie" Bai, DO**  
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Family Medicine



**Pheba Zachariah, DO, MPH**  
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## Honey Bee Swarms

Honey bees are beneficial by producing honey, wax and pollinating crops. With warmer temperatures, honey bees are becoming more active and may soon begin to swarm.

Honey bee swarms look like a large clump of bees clustered together. The swarm may stay in a location from a few hours to a week. Swarms are produced as a part of the colony's reproductive process. An established colony produces a new queen, causing the old queen and half the worker bees to leave the colony to search for a new nesting location. Swarming honey bees are usually gentle and unlikely to sting. Swarms are not protecting their home, food or offspring. Scout bees are sent out from the swarm to search for a nesting site. Colonies produce comb and honey and are defensive. Bees from a colony are more likely to sting as they are guarding their home, food and offspring.

Sometimes, honey bee colonies can be found in wall voids, chimneys, attics or sheds. If bees are in a wall void, DO NOT block their entrance; this makes them search for another way to exit and could lead bees into the structure. To keep bees from entering a home, seal any holes found in walls where pipes enter the home, cracks in window framing, knotholes, weep holes, or cracks between wood and brick junctures.

While many enjoy having honey bees around, some people are severely allergic to their venom. This, along with other situations, such as bees located near sensitive areas (such as playgrounds) may require removal or even extermination of the bees.

People should NOT try remove or exterminate bees on their own. Beekeepers and pest control companies have equipment to carry out these jobs in a safe manner. The city or county does not provide bee removal services.

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](http://www.urban-ipm.blogspot.com)

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## Live Allergy Free

Do you suffer from nose congestion, running nose, sneezing constantly, itchy nose, sore throat, red & itchy watery eyes, and cough? Do you have more than ten sneezes non-stop sometimes especially in the morning. If this sounds like you? You may suffer from allergy. If you have these symptoms during certain seasons of the year, you may have seasonal allergies. With all the trees and flowers in Houston, more and more people suffer from seasonal allergy.

If the symptoms are not effectively under control by western medicine, some people may develop chronic allergy, the symptoms become more severe every time. Other people may develop dependency to the medication, need to increase dosage form time to time.

The cause of the allergy is either the exterior pathogen (allergen) or the internal constitution (body type). Traditional Chinese Medicine treat patient's constitution, rebalance the body, change the internal environment by improving the circulation of Qi and blood, therefore to control, reduce and cure the allergy.

Several Chinese patterns of disharmony may be involved in cases of allergies. In all cases, however, wind is often part of the diagnosis. In seasonal allergies, such as hay fever, the most common diagnosis is related to wind and dampness. Individual's body constitution and condition at the time play a big role in the treatment plan.

Treatment plans for allergies vary greatly, and the possible results range from temporary relief to complete remission based on the reaction of individual person. Acupuncture frequently relieves allergy symptoms immediately. Diet advice and control plays an important part in controlling seasonal allergies.

Take your health into your own hands, live allergy free with safe effective natural way.

Apart from respiratory issues including allergy, acupuncture is also effective to treat reproductive issues for male and female, emotional issues, neurological issues, gastric distress. It is a wonderful way to relieve pain without intoxications, to help with rehabilitation, to treat addictions and fatigue.

Talk to your licensed Acupuncturist about what acupuncture and TCM can do for you.



## APRIL GARDENING TIPS

*Offered by WeekendGardener.Net*

Use this list to help you figure out what gardening tasks you want to accomplish this month.

### **Planning**

When purchasing bedding annuals this spring, choose properly grown plants with good color. Buy plants with well-developed root systems that are vigorous, but not too large for their pots. Plants that bloom in the pack are often root bound and can be set back for several weeks after being transplanted. Plants not yet in bloom will actually bloom sooner, be better established and grow faster.

For hot-weather color, select one of the following: Gloriosa Daisy, Madagascar Periwinkle, Ornamental Peppers, Mexican Zinnia or Amaranthus 'Joseph's Coat. Plan to attract hummingbirds to your garden this year by planting red or orange flowers. Monarda (common names: beebalm, horsemint, Oswego tea, and bergamot) is a good perennial plant that thrives in sun and provides nectar for these small birds.

### **Planting**

Begin to plant seedlings of warm-season vegetables such as tomatoes, peppers, and eggplants. You can also start your pumpkin seeds now.

Sow beets, beans, cucumbers, carrots, lettuce, sweet corn and radishes

Plant herbs such as thyme, sage, parsley, chives and basil  
Sod or sow new lawns, and over seed damaged older lawns

Start planting out warm season annuals such as impatiens, marigolds, petunias, sunflowers, zinnia, lobelia, alyssum

Finish planting summer-flowering bulbs like tuberose, gladiolus, dahlias, and callas

Plant chervil, coriander, dill, rosemary, and summer savory outside after the last spring frost date for your area. Your Extension agent should be able to give you the date.

### **Maintenance**

Mulch soil to save water, smother weeds, keeps soil cooler. Spread 1-3 inches (2.5-7cm) of bark chips, compost, wood shavings, or other organic material under shrubs trees, annuals and vegetables. Thin vegetables that were sown too thickly, like basil, carrots, green onions, or lettuce. Prune spring-flowering shrubs and trees after bloom is over.

Fertilize everything right now, but do not feed spring-flowering shrubs like azaleas, camellias, and rhododendrons until after they have finished flowering. Use an acid based fertilizer. They also should be pruned after blooming.

# NORMANDY FOREST

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Lakeway, TX 78734-4717

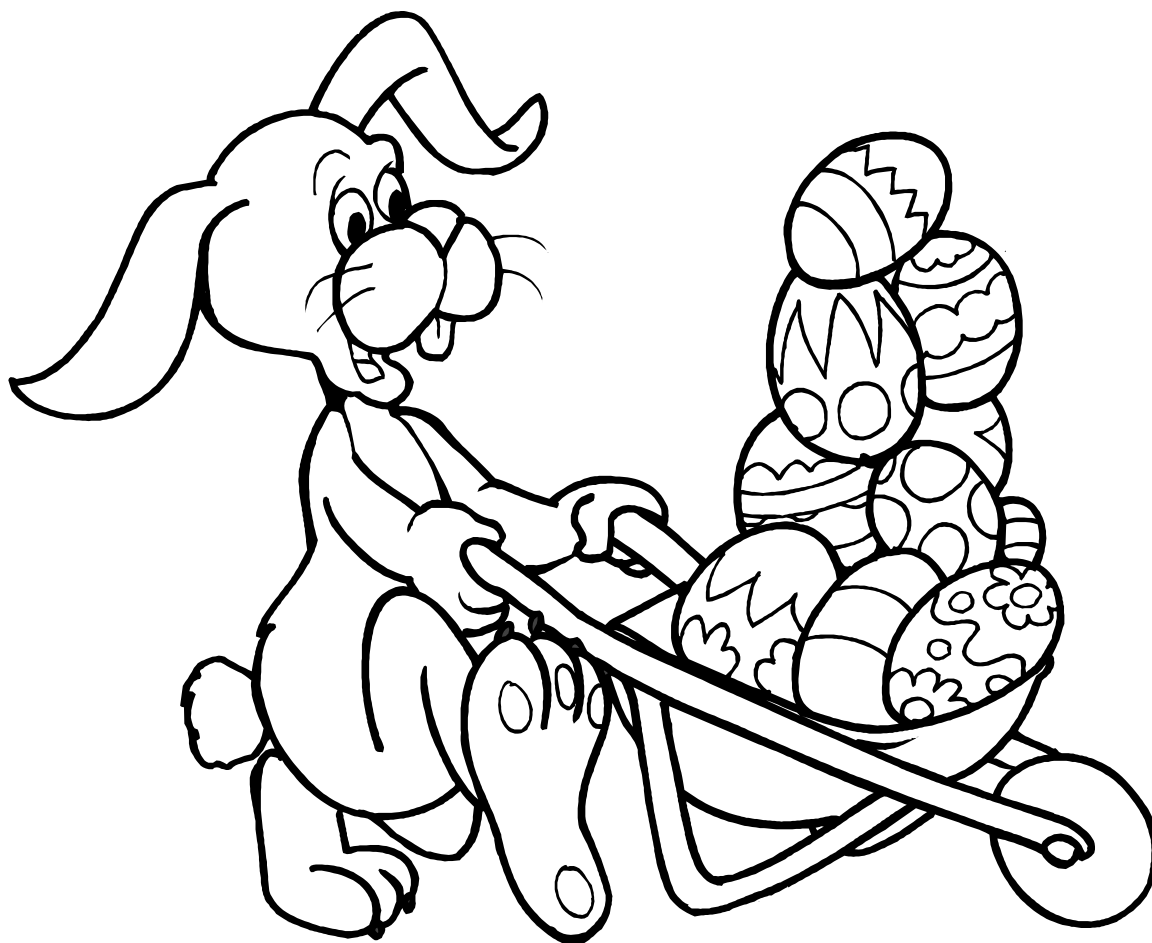
We will select the top few and post their artwork on our Facebook Page - Facebook.com/PeelInc.

DUE: April 30th

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

Name: \_\_\_\_\_ (first name, last  
initial)

Age: \_\_\_\_\_



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# Normandy Forest Community **Garage Sale!**

*Don't miss this great opportunity to support our neighborhood with a community garage sale!*



*Please donate your leftover items  
to our local Goodwill, Salvation  
Army or any other charities  
of your choice.*

**GARAGE  
SALE**  
April 16, 2016

*When: Saturday,  
April 16, 2016*

*Time: 8 a.m. – 2 p.m.*

*Where: Participating  
Normandy Forest Homes*

*If you have friends and family  
who love garage sales,  
be sure to bring them along!*



**Sally Rodriguez**  
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