

NORMANDY FOREST

August 2014

Official Publication of the Normandy Forest Homeowners Association

Volume 3, Issue 8



MEMORIAL DAY EVENT

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

Michelle Tsatsaronis michelletsatsaronis@gmail.com

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
Paul Diaz 281-687-2045

POOL TAG COMMITTEE

George Tsatsaronis 281-323-9900

BLOCK CAPTAIN COORDINATOR

Karen Zuckero 713-504-6469

IMPORTANT CONTACTS

BOARD OF DIRECTORS

Paul Diaz | President 281-687-2045
John Nemec | Vice President 281-651-8606
Judy Doll | Secretary 281-528-9110
John Hopkins | Treasurer 281-795-9772
George Tsatsaronis | Director at Large 281-323-9900

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
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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NEIGHBORHOOD WATCH

Get Involved
Your Neighborhood
depends on it!!



Is the Grass Greener?

Does it always look like the grass is greener in other people's yards? Summer heat and low rainfall are tough on lawns, so your neighbors may have a better species of grass, higher quality topsoil, or a sprinkler system that goes on regularly. Taller grass, 3 inches, stays greener than shorter grass. It shades the soil and that keeps the roots wet. Inspect the grass after mowing. If the grass is jagged and torn, the mower blade is dull and should be sharpened or replaced. Water your lawn on a schedule. It is best to water early in the morning before 6 am. The water will not evaporate as fast and lets the soil absorb more. Invest in a rain sensor. It will override the system when it rains and save you money. When brown circles appear, put down granules for Cinch Bugs. The longer you wait the faster they will spread. In the fall, aerate your lawn. It will loosen the soil and break up hard chunks of dirt. Top with compost and a mix of grass seed. If this is done for several seasons, your lawn will improve and the grass will be greener on your side of the fence!

New Pool Hours

The swimming pool is now open on Tuesdays & Thursdays at 10am for adults/seniors who would like to swim and parents with children UNDER the age of five. Thank you for your cooperation.

SCHEDULE of EVENTS

August 5th.....Family Fun Night, BBQ & Pool Party

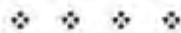
August 19th.....Family Fun Night, BBQ & Pool Party

Labor Day.....BBQ & Pool Party

October 7th.....National Night Out

December 6th.....Breakfast with Santa

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TENNIS TIPS

By USPTA/PTR Master Professional
Fernando Velasco



How to execute The Two Handed Backhand Lob

In previous newsletters, I offered tips on how to hit the forehand groundstroke, the two-handed backhand, the one-handed backhand, the forehand volley, the two handed backhand volley, the serve, the forehand half-volley, the one-handed backhand volley, the overhead “smash”, the forehand service return, the backhand service return, the forehand high volley approach shot, the two handed high volley approach shot, the one-handed high volley approach shot, and the forehand lob.

In this issue, I will offer instructions on how to execute the Two Handed Backhand Lob. This shot is used when a player is forced to retrieve a ball that is hit deep to the backhand side of the player, and the opponent is either charging to the net or staying far back. The player hitting the lob is looking for “air time” to regain balance and court space. This ball should be hit high enough so the players at the net cannot reach and “slam” the ball down, or force the opponent at the base line to retrieve back. In the illustrations, Marimel Ansdell, a Member of the Grey Rock Tennis Club, shows the proper technique to execute this stroke.

Step 1: The Back Swing: When Marimel is forced deep into the backhand side and realizes that she has to hit a defensive lob, she pivots to the left and gets her racket back early. Notice that the head of the

racket is low and her left hand is on the handle of the racket. Her eyes are focused on the path of the ball and her weight is on her left foot.

Step 2: The Point of Contact: Marimel is now ready to hit the ball. Her eyes are now focused on the point of contact and the face of the racket is tilted at a 45 degree angle in order to create height and depth on her lob. Her goal is to keep her head still and not start looking up to her opponent or to the other side of the court.

Step 3: The Follow Through: The success of a deep lob is the follow through. Marimel’s left wrist is still “laid back” and her shoulder is lifting the racket above her head. Her right hand is holding the racket slightly, but still in control of the racket.

Step 4: The Finish: In order to create a natural top spin on the lob, Marimel is now finishing her stroke with the racket behind her right ear. This will make the ball bounce higher and/or force the opponent to hit a tennis ball that is still rotating on the air.

Step 5: The Shuffle Back: Once Marimel finishes the stroke, her goal is to either move forward toward the net top to hit an overhead, or to shuffle back to the middle of the court in order to drive the next ball back to the opponent. In this caption, she moved back to the center of the court waiting for the opponent’s shot to come back.

Look in the next Newsletter for: How to execute “The One-Handed Backhand Lob”

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NORMANDY FOREST



RESIDENT NEWS

If you have something interesting, constructive, or just want to share some news with your Normandy Forest neighbors; email a short note to txcardlady@sbcglobal.net with the subject line, Resident News and we will try to print it in the next newsletter.

SUDOKU

View answers online at www.peelinc.com




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