SONOMA
ANNUAL MEETING

At the August 20th Sonoma HOA Annual Meeting, Doug White and Jennifer Smith were elected to fill the 2 expiring seats on the Board. The Board will vote on specific positions at the next regular meeting on September 17, 2014.

Thanks to everyone who attended the Annual Meeting or sent in a proxy we were able to reach a quorum!!

SONOMA HOA
2014 SOCIAL EVENTS

The Social Committee has put together another fun filled year of activities for your family. If you are looking to gather with your neighbors or make new friends—come out and be Social

SEPTEMBER 27, 2014
Neighborhood Garage Sale

OCTOBER 25, 2014
Halloween Party at Barefoot Park, 3pm-5pm

DECEMBER 6, 2014
Santa Claus returns to Barefoot Pool, 11am-1pm

We need your help to make a successful event. If you can volunteer your time for any event, please contact Cyndi Wasserboehr, social@hoasonoma.com or 512-294-2183.

YARD MAINTENANCE
REMINDERS

Please take a minute to review these yard maintenance requirements. Violation notices and fines are in effect and enforced.

Yard Maintenance

Yards must be kept up frequently enough to maintain an overall decent appearance. This includes:

- Mowing front and side yards of corner lots; all backyards must be mowed as well.
- Edging sidewalks, driveways and curbs; NO runners should be showing on paved surfaces.
- Weed control in grass, flowerbeds and cracks; weed eating at fences, walls and foundations.
- Grass maintenance by treating diseased areas and adding sod or reseeding where grass has died.
- Trimming hedges and bushes as needed.
- Blowing or sweeping up grass clippings after maintenance and not left on sidewalks or in the street.
- Removing dead plants, shrubs and trees in a timely manner.
- Regular watering without violating local voluntary or mandatory conservation directives.

Yard Maintenance Violation Fines

For Yard Maintenance, ONE warning that will include a forced mow warning will be sent on the 1st violation. The 2nd violation will result in a $25 fine and thereafter forced mows can be ordered at the owner’s expense.
BOARD OF DIRECTORS

PRESIDENT
Donna Kohn.......................... president@HoaSonoma.com

VICE PRESIDENT
Doug White............................ vice_president@HoaSonoma.com

SECRETARY
Carl Anderson.......................... secretary@HoaSonoma.com

TREASURER
Will Smith............................. treasurer@HoaSonoma.com

MEMBER AT LARGE
Charles King.......................... member_at_large@HoaSonoma.com

COMMITTEES

POOL CHAIR
Charlie King.......................... pool@HoaSonoma.com

LANDSCAPE CHAIR
Donna Kohn............................ landscape@hoaSonoma.com

SOCIAL COMMITTEE CHAIR
Cyndi Wasserboehr..................... social@HoaSonoma.com

NEWSLETTER
....................................... OPEN

WEBSITE
................................. webmaster@HoaSonoma.com

NEIGHBORHOOD WATCH
Donna Stina............................ neighborhood_watch@hoasonoma.com

MANAGEMENT CO.

Goodwin Management Company
Property Manager: Jim Smitherman
11149 Research Blvd. Suite 100, Austin, TX 78759-5227
Voicemail: 512-502-2114
Cell: 512-230-3220, Fax: 512-346-4873
E-mail: jim.smitherman@Goodwintx.com
http://son.goodwintx.com

NEWSLETTER INFO

NEWSLETTER PUBLISHER
Peel, Inc............................................... 512-263-9181
Article Submissions.............................. OPEN
Advertising.............................. advertising@PEELinc.com

ONLINE

FOLLOW US ON FACEBOOK!
Sonoma HOA, Round Rock, TX
SONOMA HOA WEBSITE
http://hoasonoma.com

IMPORTANT NUMBERS

Emergency ............................................. 911
Fire Department................................. 218-5590
Poison Control ................................. 800-764-7661
Police Department ......................... 218-5500
Round Rock Hospital......................... 341-1000
Williamson County Sheriff’s Department 246-1155
Post Office- 2250 Double Creek Road ........ 800-275-8777
Blackland Prairie Elementary School........ 424-8600
http://schools.roundrockisd.org/bkldprairie/
Ridgeview Middle School.................... 424-8400
http://schools.roundrockisd.org/ridgeview/
Stony Point High School..................... 428-7000
http://schools.roundrockisd.org/stonypoint/
Cedar Ridge High School.................... 704-0100
http://schools.roundrockisd.org/cedarridge/
City of Round Rock Website
........................ http://www.roundrocktexas.gov/

Tony Droubi, REALTOR®
text/call: 512.627.6727
tony@austincustomrealty.com
www.austincustomrealty.com

AUSTIN CUSTOM REALTY
Service ~ Experience ~ Integrity
Round Rock Expert | Sonoma Resident!

JUST LISTED – 1865 Paradise Ridge Drive ~ beautiful and spacious home boasts nearly 3,700 square feet of living space and enjoys ~ 4 bedrooms/ 3.5 baths/ Study/ Game room & 3-car garage ~ backs to open green space! Please directly contact me for showings.

Hello neighbors ~ if you let me know that you ‘heard it through the Grapevine’ I will prepare a Free Market Analysis and cover your home with a service warranty during our listing!!!
LANDSCAPE NOTES

WE ALWAYS NEED AN EXTRA SET OF EYES

Please report any broken sprinklers or other irrigation irregularities to landscape@hoasonoma.com. This would include any areas sprinkling when you think they should be off or any water coming from sprinkler heads in an improper fashion. Thank you for your assistance.

WE ALWAYS NEED AN EXTRA SET OF EYES

Sonoma is a family neighborhood made up of residents of all ages. Please be considerate when parking in your driveway to not block the sidewalk. We don't want young children, the elderly or special needs neighbors to have to enter the street to get around these cars...it is just not safe for them to have to do so!

Thank you for your consideration and for asking your guests to do the same.

A Little Consideration, PLEASE!
A FOCUS ON BACKPACK SAFETY TIPS FOR YOUR FAMILY

Wear both straps
The use of one strap causes one side of the body to bear the weight of the backpack. By using two shoulder straps, the weight of the backpack is evenly distributed.

Wear the backpack over the strongest mid-back muscles
Pay close attention to the way the backpack is positioned on the back. It should rest evenly in the middle of the back. Shoulder straps should be adjusted to allow the child to put on and take off the backpack without difficulty and allow free movement of the arms. Straps should not be too loose, and the backpack should not extend below the low back.

Liften the load
Keep the load at 10%-15% or less of the child’s body weight. Carry only those items that are required for the day. Organize the contents of the backpack by placing the heaviest items closest to the back. Some students have two sets of books, so as not to have to carry the heavy books to and from school.

Proper backpack usage
While a backpack is still one of the best ways to tote homework, an overloaded or improperly worn backpack gets a failing grade, according to the American Physical Therapy Association (APTA). Improper backpack use can cause injury, especially to children with young, growing muscles and joints.
Injury can occur when a child, in trying to adapt to a heavy load, uses harmful postures such as arching the back, leaning forward or, if only one strap is used, leaning to one side. According to physical therapists, these postural adaptations can cause spinal compression and/or improper alignment, and may hamper the proper functioning of the disks between the vertebrae that provide a shock absorption. A too-heavy load also causes muscles and soft tissues of the back to work harder, leading to strain and fatigue. This leaves the back more vulnerable to injury. A heavy load may also cause stress or compression to the shoulders and arms. When nerves are compressed, the child may experience tingling or numbness in the arms.

What to look for in a backpack
Physical therapists recommend the following features when selecting a backpack:
• A padded back to reduce pressure on the back and prevent the pack's contents from digging into the child’s back
• A waist belt to help distribute some of the load to the pelvis
• Compression straps on the sides or bottom of the backpack that, when tightened, compress the contents of the backpack and stabilize the articles
• Reflective material so that the child is visible to drivers at night

The results
Worn correctly and not overloaded, a backpack is supported by some of the strongest muscles in the body: the back and abdominal muscles. These muscle groups work together to stabilize the trunk and hold the body in proper postural alignment.

How a physical therapist can help
A physical therapist can help you choose a proper backpack and fit it specifically to your child. Children come in all shapes and sizes, and some have physical limitations that require special adaptations. Additionally, a physical therapist can help improve posture problems, correct muscle imbalances, and treat pain that can result from improper backpack use. Physical therapists can also design individualized fitness programs to help children get strong and stay strong – and carry their own loads.

For more information on backpack safety, visit the American Physical Therapy Association at www.apta.org.
August 2014 YOM honorees are the Iacobacci Family of 1828 Paradise Ridge...thank you for all you do to keep Sonoma beautiful!

Kasey Jorgenson – Sonoma Specialist & Realtor

Sonoma Statistics for August

Average Days to Sell: 22
Average Price/Square Foot: $101.66
Average Sales Price: $281,057

View our Sonoma listings at www.SonomaRoundRock.com

Have a great month getting the kiddos back to school! The market is still doing great - give me a call to find out how great! Kasey@JorgensonRealEstate.com
In previous newsletters, I offered tips on how to execute the basic strokes for players who are just beginning to play tennis or who want to resume playing.

I am now offering suggestions on how to play the “modern” game mostly geared towards players who are happy with hitting the ball over the net and controlling the point with consistency. These players may be already playing for leagues or in tournaments and are looking for more “weapons” on the court.

In this issue, I will offer instructions on how to execute “The Swinging Forehand Approach Shot or Volley.” This shot is used when an opponent hits a soft shot that is floating high on the service line area. The player will take advantage and will hit the ball on the fly with a huge swing, thus hitting with top spin high over the net and hit with power. When the ball hits the court, it will take a big hop, forcing the opponent to fall back close to the fence, or to hit the ball on the rise. This shot can be used as a “winner” or as an “approach shot.”

In the illustrations, Ryker Heller, one of the top players of the Grey Rock Tennis Academy, shows the proper technique to execute this stroke. Ryker is coached by the Director of the Tennis Academy, Darin Pleasant.

Step 1: The Back Swing: When Ryker sees the opportunity, he makes a quick turn of his upper body and takes the racket high and back. The head of the racket is now at shoulder height, his shoulders are turned, the right hand gripping the racket and arm in front. His weight is on the front foot as his momentum carries his forward to attack the ball. His right wrist is “laid back” to allow maximum point of contact.

Step 2: The Point of Contact: The success of a top spin shot is keeping the ball on the strings going from low to high in a 30 degree angle and accelerating the racket head around the outside of the ball. Ryker started the swing high and “looped” it to allow the head of the racket to drop down. He will be brushing around the outside of the ball as he makes contact with it. His left shoulder is almost opening and his weight has is moving through the shot.

Step 3: The Follow Through: In order to get maximum control and power, Ryker is keeping his right arm extended through the shot. He has “snapped” his right wrist and has the head of the racket facing down. His weight is going forward.

Step 4: The Finish: Ryker’s upper body acceleration forced the head of the racket to “wrap around” his left shoulder, thus creating the most power and topspin on the ball. His legs are already in position to move forward the net for a volley. His right foot should naturally move forward due to his momentum and racket speed. From his looks, he apparently hit a very deep volley for a winner.

Look in the next Newsletter for: “The Modern Game: The Swinging Backhand Volley”
Sonoma Listing Services

Teenagers, are you looking for babysitting/pet sitting jobs in Sonoma?? The HOA is collecting information to compile a list of services offered by residents in our community. Please complete this survey: http://www.surveygizmo.com/s3/1571930/8fa40b0ed5e2b to be included in our 2014 Sonoma Services List.

Not Available Online

Drowning is Fast & Silent
Keep Kids In Arm’s Reach

WATER SAFETY TIPS AT
WWW.COLINSHOPE.ORG

At least 50 Texas children have fatally drowned this year.*
Keep your children and families safer in, near and around all bodies of water.

Take our Water Safety Quiz. www.colinshope.org/quiz/

Sept. 14th: Colin’s Hope Kid’s Tri! Registration is now open. www.tinych.org/KidsTri
Ongoing: Volunteers needed to distribute water safety packets. info@colinshope.org
Ongoing: Colin’s Hope Athlete Ambassadors needed. www.tinych.org/AthleteAmbassador
Ongoing: Colin’s Hope Community Ambassadors needed. info@colinshope.org

*Source: Texas DFPS, Watch Kids Around Water

Layers of Protection Can Prevent Drowning

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