

PRESIDENT'S MESSAGE

Hey neighbors,

We had a very well attended Annual Homeowners Meeting with 42 homes represented in person and 33 represented by proxy. That is a very high percentage of homes being represented. So, thanks for turning out.

The HOA board will be looking at some of the suggestions and projects discussed at the meeting. One of those is to contact the owners of the property that fronts onto Spring-Cypress in front of our neighborhood to see if they would clear that property of the visible fallen trees from the previous drought in the interests of making the entrance to Stone Forest more attractive. We realize that an HOA "suggesting" to an adjacent property owner that they take some action has to be handled very diplomatically as we have no power over them. Never hurts to try, though.

Another project will be to add some landscaping along the new sidewalk on Edgewood Place. We will discuss what alternatives and designs would be the most functional. (In view of the recent lack of rain, do we want to consider cactus? Just kidding.) Probably it will involve "clumps" of plants, preferably perennials, in several areas along the walk. The sprinkler system is already in place from previous years.

Also, we will be looking at purchasing Christmas decorations that can be placed at the entrance on Spring-Cypress. At this time we do not have electrical outlets available so it will probably involve something highly visible and attractive, yet (hopefully) not 'theftavailable."

Word of warning: Be aware that the Republic trash truck hits our neighborhood shortly after 7:00 a.m. on Mondays (and sometimes that early on Thursdays too). I've seen several bins still full at the end of the day---now you know why.

One other thing. Since we have people who like to speed through our neighborhood, we will make an attempt to slow things down. One of our residents has provided a copy of a new statute making it possible to have speed limits reduced to 20 m.p.h. on residential streets if sufficient signatures are provided on the petition. In Stone Forest, that would mean having at least 152 homes represented by signature. The board will discuss this and if we move forward with that, we will need volunteers to go and help gather those signatures. Stay tuned.

Now, for a note from our newest HOA board member, Phil Westover. "I am pleased to serve the Stone Forest HOA this year. My lovely wife Adriana and I have lived in Stone Forest for almost eleven years. We have a son John who just returned from the Air Force and daughter Linda who was married in 2012. Linda lives with her husband and our first grandson David in Stone Forest too. I work as a sales engineer with a company named Arrow SI.

We welcome Phil aboard.

Thanks,

Dick Leonard, HOA Pres.

COMMUNITY CONTACTS

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VOLUNTEER INTERFAITH CAREGIVERS

Volunteer Interfaith Caregivers - Southwest (VIC-SW), a nonprofit established in the southwest area of Houston for over 20 years, is pleased to announce the expansion of free transportation services for seniors in the northwest area of Houston beginning April 1, 2015. VIC-SW is a faith-based nonprofit whose mission is to promote senior independent living, health, and safety by providing free transportation and other services to qualified seniors. VIC-SW is partnering with Northwest Assistance Ministries (NAM) by expanding their former Senior Wheels Program into 11 zip codes in the northwest area. VIC-SW offers a unique volunteer opportunity to individuals wanting to help their community. Through a network of volunteers, VIC-SW provides free services, to elderly that are at least 65 years old and ambulatory (small walker or cane is acceptable), live in our service area, and have not been diagnosed with a mental disease or Alzheimer's, that include transportation to doctors and clinics, pharmacy, grocery stores, to attend religious services, and to run errands. Our volunteers remain with a client throughout the appointments to reassure them. As we recruit more volunteers in the northwest area other services, offered in the Southwest area that include minor household repairs, light home management, minor yard work, telephone reassurance call, and companion visits, will be added to our northwest services. No other agency in our service area provides this valuable free transportation service to the elderly population helping them stay engaged in their communities and to be able to go to the doctor's office and to maintain the best possible quality of life. We are always looking for valuable volunteers to help with our services as well as clients that meet the requirements of service. For more information on the service area, senior requirements, and volunteering, please contact VIC-SW at (281) 885-4678 or visit our website at www.vic-sw.org.

STONE FOREST FLYER



Kids' Running Team's Cross Country Season Starts September 8th

The Northwest Flyers Track Club Youth Cross-Country Team kicks off the fall season with registration and a mandatory orientation for parents and athletes on Tuesday, September 8, 2015, at 7:00 p.m. at Cypress Creek High School, 9815 Grant Rd., Houston. Registration starts online September 1 at www. northwestflyers.org. Practices are held at the Cypress Creek YMCA and Spring Creek Park in Tomball.

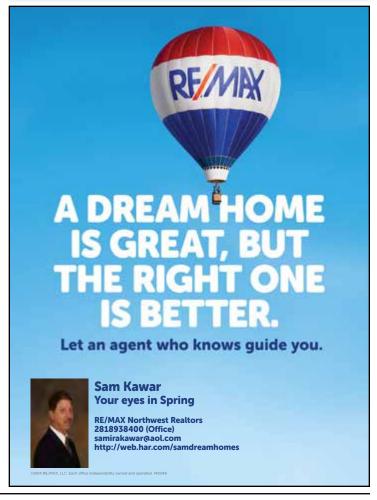
The Northwest Flyers Track Club is a member program of USA Track and Field (USATF), the national governing body for track and cross country. The club is in its 28th year in the northwest Houston area. Ages 6 - 18 may participate in the team, and both beginners and experienced runners are welcome. Middle school and high school cross country athletes can also register, but should compete after their cross country season is over.

For more information Contact Coach Eric Wentworth at emw185@gmail.com, 281-961-6603, or Coach Donnell Carter at dcarter.nwflyers@yahoo.com, 281-467-4727. Email Coach Carter to get on the email list and you will receive a free running training video. Visit www.northwestflyers.org to get updates and learn more about the team.



PET OF THE MONTH

Georgia is a sweet sweet Chihuahua mix of some sort. She was saved from a high kill shelter while she was pregnant. She had her puppies under our care and now they are all adopted and Mom is ready to find a forever home now too! She is approx 2.5 years old and 15 lbs. She is a darling little girl and we would love for her to find a forever home! animalrescuekingdom@gmail.com 832-267-5777



TENNIS TIPS

By USPTA/PTR Master Professional Fernando Velasco



With this issue, I will be offering tips on the fundamentals of the game of tennis. Kristen Somerholter, a Member of the Grey Rock Tennis Club shows the proper form and technique for the forehand groundstroke:

Step 1: Early Anticipation: The upper body turns with the right wrist slightly "cocked" back and level with the hip. Notice the eyes

focused toward the incoming ball and the balance of the left hand in front of the body.

Step 2: Point of contact: Once the racquet starts accelerating, the right wrist is still slightly "cocked" back, but will have a small snap when making contact with the ball. Optimum point of contact is in front of the opposite foot. Notice that the eyes are still focused on the tennis ball and her weight has transferred to her left foot.

Step 3: Follow Through: Once the ball has made contact with racket, the arm needs to follow through for a long period of time to allow maximum compaction of the ball and help from the strings and the frame. Notice that the body has slightly turned watching where the ball is landing. The knee has flexed to allow more flexibility and power for the ball.

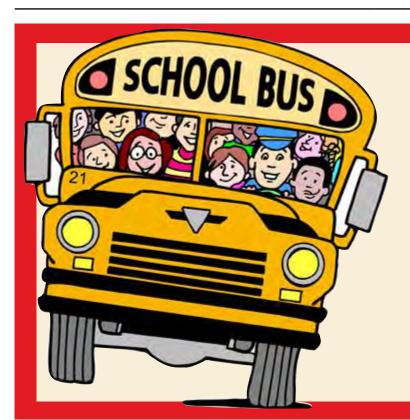
Step 4: Finish: If the racket has great momentum, let it continue following through the body and finishing it around the neck. This will allow for a more powerful impact and depth on the ball. The smile on her face shows that she hit a great shot!!

Look for next Issue: The Backhand Groundstroke





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Back To School

School starts in August, so now is the time for drivers to pay closer attention to the school zones in the neighborhood. We want to remind you that the speed limit in a school zone is 20mph and traffic fines double!

Other changes to be aware of include;

- Children behaving unpredictably
- School Bus Stops
- Crossing Guards please obey the guards! Remember, they are there for the safety of you and your children
- New areas of traffic congestion
- Be prepared for delays
- Use of cell phones in schools zones is prohibited!

Please give yourself extra time in the mornings and midafternoons and remember if you are traveling in a school zone to slow down.

Time To Slow Down



STONE FOREST FLYER

Cy-Fair Women's Club

Shop 'til you Drop Marketplace presented by Cy-Fair Women's Club www.cyfairwomensclub.org

September 12, 2105

9am-5pm at the Berry Center Free Admission and parking Child care available/Club Rewind



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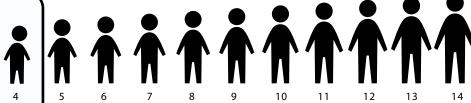


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