



# Northlake Forest

## HERALD

December 2015

OFFICIAL PUBLICATION OF THE NORTHLAKE FOREST HOA

Volume 5, Issue 12

## A New Christmas Tradition

Two Northlake Forest families will have a very different Christmas this year. It will be the first time in months they will hear their son's voices. The Gonzales and Maloney families have sons who are serving full-time missions for The Church of Jesus Christ of Latter-day Saints. Augie and Debbie Gonzales and their two children have lived in Northlake Forest for 17 years. Their son Jeremy Gonzales left in July for his mission in Utah. Ken and Tami Maloney and their four children have lived in the neighborhood for 3 years. Their son Nathan Maloney left in June for his mission in California.

When these two young men chose to serve full-time missions for their church, they agreed to serve for two-years, to forgo college and career, to avoid dating and sports and to have enough money saved to provide for their personal needs for two years. The only contact they have with home is weekly access to email, hand-written letters and a phone call (or Skype/FaceTime) twice a year on Christmas and Mother's Day. So this Christmas will be the first time each family will talk to their missionary live since the summer. This is unique for the Gonzales family, who are not members of the church, but support their son in his choice to become a member of The Church of Jesus Christ of Latter-day Saints four years ago. The Maloney family raised their children in the faith and hoped each of their children will choose to serve the Lord.

In a recent email, Elder Gonzales said this about his mission experience, "The best thing to ever hear is someone thanking you for teaching simple gospel principles that can have an everlasting impact. I just watched a girl change her attitude in a matter of days. She was worried, bitter, confused and unsure of her future. After understanding the power of prayer and scriptures, she was uplifted and happy. She's excited for the hard things to come because she knows they can make her stronger. I am not a perfect person. I am not

even the best at my own advice. But I am striving to be better at it."

Elder Maloney recently wrote, "I know that Jesus Christ is my Lord, and Savior. Through His Atonement I can be cleaned as I humble myself and repent quickly. The Gospel of Jesus Christ is our map to return to Him, and God is rooting for us to make it back. That's why I am in California now, so that I can help maybe even one person to come closer to Christ through faith, repentance, and baptism. And I love every day of it!"

The Gonzales and Maloney families will have a different Christmas without their sons this year and next year, but both are pleased with the choices they have made and are excited to build a new Christmas tradition – FaceTime chat!

- Tami Maloney



# NORTHLAKE FOREST

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### 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

### EDITOR

Elizabeth Oliver ..... zabelalomas@gmail.com

### PUBLISHER

Peel, Inc. .... www.PEELinc.com, 512-263-9181  
Advertising..... advertising@PEELinc.com

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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](http://www.northlakeforesthoa.com)

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### NON-EMERGENCY NUMBERS

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### Harris County Commissioner Precinct 4

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## First Baptist Church of Cypress

*Jesus said, "Come to me ... and I will give you rest."*

#### Sundays:

Traditional worship: 10:45am  
Children's worship: 10:45am  
Bible Study: 9:30am

#### Wednesdays:

Dinner: 6:00pm  
Worship & Acts Study: 6:30pm

#### Thursdays:

Men's coffee & Life Focus: 9:00-10:00am

Christmas Program:  
Sunday Dec. 20 at  
5:00pm

Christmas Eve Service:  
Thursday Dec. 24 at  
5:00pm

14515 Cypress N. Houston Rd, 77429 281-469-0171 [www.fbccypress.org](http://www.fbccypress.org)

## Northwest Flyers Youth Track Club Free Registration Breakfast

The Northwest Flyers Youth Track Club will celebrate its 29th Anniversary Season by hosting its annual free Registration/Orientation Breakfast on Saturday, February 6th, 2016. The breakfast starts promptly at 8:30 AM at the Cypress Creek Christian Community Center Forum, 6823 Cypresswood Dr., Spring, TX, 77379.

In July, 2015 the club had one of its most successful competitions ever at the Junior Olympics in Jacksonville, Florida. All boys and girls who wish to join the team for the 2016 spring/summer track season must attend the orientation, which will be highlighted by a special presentation from a member of the USA Track & Field Olympic organization (USATF).

The Northwest Flyers Track Club is a youth (ages 6 -18) track club, affiliated with USATF, that provides a full program of sanctioned "track" events such as sprints, hurdles, middle distance, distance and relays, and "field" events such as long jump, triple jump, high jump, pole vault, shot put, discus and javelin.

For additional information on the Northwest Flyers Track Club, please visit the team website at <http://www.northwestflyers.org>; contact Linette Roach at [linette.roach@sbcglobal.net](mailto:linette.roach@sbcglobal.net); or "Like" the club on Facebook.

## Make a Difference in Your Family

The holiday season is generally a time of family get-togethers, increased community service and an overall joyful experience as we share this wonderful time with family and friends.

But did you know that you can make the spirit of the holiday season last all year? How, you ask? By opening your heart and your home to an International Exchange Student!

Host families reap the benefits of opening their home by sharing their America. When they share with their exchange student, they are also able to see America with fresh eyes through the student. Families often learn new things about the U.S. and have different perspectives after hosting. The experiences and memories that are shared during the program last a lifetime and span international borders.

Make a difference in the life of a student and in your family! If your family enjoys exploring new cultures and nurturing youth, please contact us to request more information about this amazing opportunity to share your life with a special young person and to learn how you can make a difference. The application process for the 2016/2017 school year has begun. It is recommended to start now as available schools spots fill up early.

Ayusa is a non-profit organization founded in 1981 to promote global learning and leadership through foreign exchange, study abroad, and leadership programs for high school students from the U.S. and around the world.

For more information about hosting a high school foreign exchange student, please contact your local representative Vicki Odom at 832.455.7881 or [vodom@ayusa.org](mailto:vodom@ayusa.org) or Ayusa at 1.888.552.9872 or by visiting the website at [www.ayusa.org](http://www.ayusa.org).



From left to right: Zeineb (Tunisia), Orpa (Bangladesh), Dima (West Bank), Mariam (Egypt), Aliyou (Senegal)

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# NORTHLAKE FOREST

## Christmas Keepsake Photos at Vintage Park

"Photos with Santa" returns to Vintage Park Shopping Village. Vintage Park Shopping Village is Northwest Houston's premier destination for business, shopping, dining and entertainment. Vintage Park is a visual transport to an Italian shopping promenade, with the Piazza, a nearly one acre pedestrian area, as the heart of the center. The Piazza features a series of fountains and beautiful landscaping that can be enjoyed by diners from one of the many venues that overlook the area. Where else can you find award-winning restaurants, world-class healthcare, unique entertainment options, and a variety of boutiques and shops available in one location? There's always something happening at Vintage Park.

This year, the holiday season kicks off with Visits from Santa and Keepsake Photos. Vintage Park Shopping Village is offering keepsake photos with Santa. Photos sessions will be available in the lobby of Building K at the park from 1-5 pm beginning Nov 28 and subsequent Saturday afternoons, Dec. 5, Dec. 12, and Dec. 19. Building K is located directly across from the management offices.

The Vintage is located at 110 Vintage Park Blvd. (Off of Hwy 249 at Louetta Rd.) Visit [vintageparkhouston.com](http://vintageparkhouston.com)



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## Albion Hurricanes FC Soccer

**Spring Evaluations December 7th - 10th, 2015**

Albion Hurricanes FC (AHFC), established in 1989, is leading the way in South Texas youth soccer by inspiring and developing young men and women through world class coaching and innovative techniques, as well as instilling the proper framework, self-esteem, confidence and sportsmanship within our athletes.

AHFC has multiple campuses in and around Houston. The club invites all interested players from the ages of 7 to 18, to the Player Evaluations and to become part of our success.

AHFC also offers the JHSL Rec Program for boys & girls who want to play and have fun in a safe and developmentally appropriate environment. The JHSL program is offered at multiple locations and in conjunction with CFSA at the Schiel Road Complex.

For those wishing only to train, join us in Katy for AHFC Friday Night Academy. Visit Katy Youth Soccer to register for this Friday Fun Program.

To learn more about each location and to register please visit [www.albionhurricanes.org](http://www.albionhurricanes.org).

## 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](mailto: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](http://www.PEELinc.com).



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## TENNIS TIPS

*By USPTA/PTR Master Professional Fernando Velasco  
Owner, Manager and Director of Tennis  
Grey Rock Tennis Club, Austin, TX*



### HOW TO EXECUTE THE FOREHAND VOLLEY

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand and a one-handed backhand. In this issue, I will give you instructions on how to execute a forehand volley for a right hander. This stroke is used whenever the player is forced to hit a ball in the air. In these pictures Grey Rock Tennis Club player, Camille Palafox, demonstrates the proper form and technique. Photos by her husband Charlie Palafox.

**Step 1: Ready Position:** The body is facing the net. The right hand is holding the end of the racket in a forehand grip position and the left hand is next to the right hand. The left hand is holding the racket slightly tighter than the right hand. Feet are a shoulder width apart and the body is in equal balance. For beginners it is okay to use the forehand and backhand grips for the forehand and backhand volleys. As the player gets stronger and the balls come at a faster speed, it will be best to use the continental grip for both volleys.


**Step 2: Back Swing:** Since the volley is usually executed when a player

is close to the net and there is very little time to react to the incoming ball, the back swing is very short. The right arm should take a short turn and the head of the racket should align to the flight of the ball. The right wrist should be “cocked” back slightly and the head of the racket should be above the wrist. Eyes are still focused on the incoming ball. Here I am helping Camille to feel the hand on the racket to tilt back and still keep the head of the racket above her wrist.

**Step 3: Point of Contact:** The right foot is now taking a step forward and the racket is making contact with the ball. It is important to keep the left shoulder closed and not rotate the right hip too early. Flexing the right knee will allow more flexibility to find the proper point of contact and give power to the ball.

**Step 4: Follow Through:** Once the racket has made contact with the ball, the follow through is very short to allow the player to immediately get back to the ready position. The left arm should be close to the body.

Look for in the next Newsletter: The Two-Handed Backhand Volley



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