

# STONE FOREST

## Flyer

November 2016

Volume 6, Issue 11

## Hello Neighbors,

The Board of Directors met on October 3, 2016. Having established a quorum, we attended to the business of the HOA.

This being the first meeting of the Board after the General Meeting in July, election of this years officers was held. For the year 2016-2017; President, Tod Bisch; Vice-President, Robin Griffith; Treasurer, Phil Westover. The position of Secretary is vacant and will be filled by appointing an At Large Director at our next meeting in November. There is also one other At Large position open due to a member resignation in August. We are currently accepting inquiries to fill this position.

If you are interested in becoming a board member, please contact Randie Capps at Chaparral Management. Her email is [rcapps@chaparralmanagement.com](mailto:rcapps@chaparralmanagement.com) and the phone is 281-537-0957, Ext. 13. We meet every other month for approximately one hour. We handle much of the HOA business via email, and meet to confirm those actions. Other items also are discussed at the board meetings and those minutes are available for review up on request. We hope to have them on the website soon.

During our October meeting we adopted the proposed 2016-2017 budget. This budget is 8.8% higher than last years but does not require an increase in homeowner dues this year. Stone Forest continues to have a healthy budget reserve and we do not anticipate any increase for some time. We are currently looking possibly add a half court basketball area behind the playground and gazebo. It's early in the look-see stage and we will update you as we move forward.

Contract are currently be let to; power wash the gazebo area including the sidewalks; new marquee signs for announcements should be installed before year end.

Please remember that all resident are welcome to the Board meetings. Refer to the meetings notice on the website for further information.

Happy Thanksgiving to all,  
Tod Bisch  
President

# COMMUNITY CONTACTS

**STONE FOREST HOA**  
*Spring, Texas 77379*  
**HOA BOARD**

**PRESIDENT**

**Tod Bisch** .....5223 Sunlight Hill Ct.  
 Contact ..... 281-370-0120  
 ..... *todnlorri@gmail.com*

**VICE PRESIDENT**

**Richard Leonard** .....5423 Chelsea Fair Lane  
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 ..... *j24hd@yahoo.com*

**SECRETARY**

**Cathy Schmidt** .....19427 Yaupon Green Ct.

**TREASURER**

**Robin Jones** ..... 19210 Holly Shade  
 Contact ..... 281-376-5511  
 ..... 281-382-5228 (Cell)  
 ..... *RobinGriffithJones@yahoo.com*

**DIRECTOR AT LARGE**

**Chris Jackson** .....5607 Edgewood Place Dr.

**KLEIN ISD**

Klein ISD website: .....<http://www.kleinisd.net/>  
 Kuehnle Elementary School ..... 832-484-6650  
 Strack Middle School ..... 832-249-5400  
 Klein Collins High School ..... 832-484-7811

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[www.chaparralmanagement.com](http://www.chaparralmanagement.com)  
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 Physical address:  
 6630 Cypresswood Dr. Suite 100, Spring, TX 77379

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 ..... **P.O. Box 90045, Houston, TX 77290**  
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 ..... [www.centerpointenergy.com/outage](http://www.centerpointenergy.com/outage)  
 Harris County Health Dept. ....[www.harriscountyhealth.com](http://www.harriscountyhealth.com)  
 Harris County Precinct #4 ..... [www.hcp4.net](http://www.hcp4.net)  
 Comcast (*cable*) ..... 713-462-9000, [www.comcast.com](http://www.comcast.com)  
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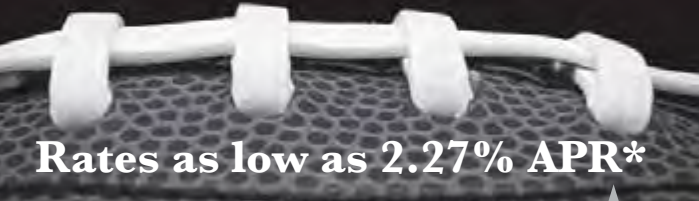
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\*APR = Annual Percentage Rate and is inclusive of all discounts and is dependent on credit worthiness. Rates, terms and offers stated on this website are subject to change without notice. Your rate may vary based on the loan amount, term and your personal circumstances. Certain loan terms and rates depend on model year and loan amount. Membership is required before loan can be funded. 84 monthly payments of \$12.89 per \$1,000 borrowed. Effective 9/1/2015 rates will be discounted by .20% on these loans for each stipulation that is met from the following: 1) Auto loans if an Extended Warranty is elected. 2) Auto loans if Vehicle Multi-Shield is elected. .10% on these loans for each stipulation that is elected: 3) Auto loans, motorcycle, motorhomes, travel trailers, boats, ATV and jet ski loans if GAP is elected. 4) .05% If Loss of Life Protection is elected. 5) .10% if a combination of Loss of Life/Disability/Involuntary Unemployment/Family Leave Protection are elected. The maximum discount for auto loans is .60% if all of the above stipulations are met. The maximum discount for motorcycle, motorhomes, travel trailers, boats, ATV and jet ski loans is .20% if all of the above stipulations are met. The maximum for all other loans is .10% if a combination of Loss of Life/Disability/Involuntary Unemployment/Family Leave Protection are elected. The rate discount excludes VISA(r) Platinum Credit Cards, Business MasterCard Credit Cards, Home Equity Loans, Mortgage Loans and Business Loans. Discounts are only given at time of loan closing. \*\*90 days of no car payments is available only for credit scores 660 or greater. Loans currently financed at ECCU are not eligible for this offer.



## NORTHWEST HARRIS COUNTY AGGIE MOM'S CLUB

[www.nwhcaggiemoms.org](http://www.nwhcaggiemoms.org)

Come join us, on Tuesday, November 8, 2016 at 6:30 pm. at the Houston Distributing Company, 7100 High Life Drive, Houston, Texas 77066. This fun-filled Aggie evening is a great way to meet other Aggie Moms, find out about upcoming events, and enter for a chance to win a door prize! Or a book award for your Aggie! Enjoy light refreshments and listen to our speaker that evening, Maggie Gartner, Ph. D., ABPP, Executive Director, Student Counseling Services. We are looking forward to meeting all Aggie Moms, whether of freshman Aggies, current Aggie students or former Aggies. Whoop!

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## **OLIVER, FAGIN AND THE GANG TAKE OVER THE GARZA MAINSTAGE**

### **For the holidays, Stageworks Theatre presents the touching story of Oliver!**

How can one small boy defy cruel taskmasters, abusive authority figures, thieving friends, and even a heartless murderer? Join us for *Oliver!*, November 25 – December 18 to find out. With music, lyrics and book by Lionel Bart, adults and children of all ages will enjoy renowned songs such as, “Food, Glorious Food,” “Consider Yourself,” and “Pick-a-Pocket!”

The Garza Mainstage ushers you into Victorian England with a tri-level set—complete with secret passageways, special effects, and amazing transformations! Join us as *Oliver*, a malnourished, workhouse orphan, becomes the neglected apprentice of an undertaker, only to escape to London and find acceptance amongst a group of petty thieves and pickpockets led by the cunning Fagin. When *Oliver* is captured for a theft he did not commit, the benevolent victim, Mr. Brownlow, takes him in as his ward. However, fearing the secrecy of his hideout, Fagin employs the sinister Bill Sikes and the sympathetic Nancy to kidnap *Oliver*, threatening the boy’s chances of discovering the true love of a family. Find out how *Oliver* makes it through...with a little help from his friends! Join Stageworks, November 25 – December 18 for the Tony and Olivier Award-winning, *Oliver!*

Michael Montgomery, director, explained, “I’ve worked hard to stay true to Dickens’ social activism and Bart’s bold musical storytelling, but mixed that with some of my favorite modern storytellers, such as Tim Burton, Michael and Janet Jackson, and Lin Manuel Miranda. The crisp movement, colorful costumes and scenic imagery is all inspired by some of my favorite musical productions, including *Les Misérables*, *Fiddler on the Roof*, *Cabaret* and *Hamilton*. It should feel like a fun, familiar mashup of a classic story—one which I hope inspires you to support and defend, with the *Oliver* grit, those less fortunate in our society this holiday season.”

Victoria-era London is home to Stageworks regulars Clairey Townsend (*Oliver*), last seen as Zuzu in *It’s A Wonderful Life*; The Narrator from *Into the Woods*, Chris Conway (*Fagin*); also from *Into the Woods* as the Baker’s Wife, Jennifer Stewart (*Nancy*); Jana Ellsworth (*Widow Corney*), last seen as Vi Moore in *Footloose*; Taylor Fisher (*Bill Sikes*), coming off his performance as Audrey II in *Little Shop of Horrors*; playing another character of questionable morals is JT Fischer (*Artful Dodger*), last seen in *Footloose* (*Chuck*); and Patrick Barton (*Mr. Sowerberry*), last seen as Clarence in *It’s a Wonderful Life*. Other faces Stageworks fans will recognize are Eugene Griesbach (*Mr. Brownlow*), Catherine Campbell (*Bett*), Chad Dyer (*Noah*), and ensemble members: Sam Balest, Kevyn Eddy, Jeff Hirt, Alex Kerry, Kendall Montgomery, Morgan Montgomery, Lindsay Scovil, Noah Sprague, Jett Thompson, Jenna Townsend, Peyton Wilkinson, and Alexandra Wiese. Rounding

out the London scene are Stageworks newcomers Amanda Hart Basset (*Mrs. Sowerberry*), Ellen Evans (*Charlotte*), Jennifer Henzler (*Mrs. Bedwin*), Scott Johnson (*Mr. Bumble*), Zachary Salich (*Dr. Grimwig*), Faith Taylor (*Old Sally*) and ensemble members: Thomas Brown, Ethan Chumley, Brennan Ellsworth, Enrique Gomez, Adrienne Guss, Daniel LeCheminant, Chelsea Lerner, Lili Longden, Meghan Longden, Patty Lozano, Caleb Walker and Henry Wolfe.

This Dickens classic come to life with the leadership of Michael Montgomery (director), Jana Ellsworth (music director), Adam Delka & Dru Wisner (choreographers), David Dean (sound design), Ron Putterman (light design), Barbara Terry (costume design), and Stephanie Wisdom (stage manager).

Performances of *Oliver!* are Friday and Saturday evenings at 7:30 p.m., with Sunday matinees at 3 p.m., November 25 – December 18 on the Garza Mainstage at Stageworks Theatre. There will be two special Saturday matinees on Saturday, November 26 and December 17 at 2 p.m. Tickets are on sale now and may be purchased online at [stageworkstx.org](http://stageworkstx.org), or by phone at (281) 587-6100. Special pricing is available for groups of 10 or more.

#### ***Performance Location:***

Stageworks Theatre  
10760 Grant Road  
Houston, TX 77070

*(Located in NW Houston, easily accessible from SH 249 and SH 290)*

#### ***Performances:***

Friday, November 25th at 7:30 p.m.  
Friday, December 9th at 7:30 p.m.  
Saturday, November 26th at 2 p.m.  
Saturday, December 10th at 7:30 p.m.  
Saturday, November 26th at 7:30 p.m.  
Sunday, December 11th at 3:00 p.m.  
Sunday, November 27th at 3:00 p.m.  
Friday, December 16th at 7:30 p.m.  
Friday, December 2nd at 7:30 p.m.  
Saturday, December 17th at 2 p.m.  
Saturday, December 3rd at 7:30 p.m.  
Saturday, December 17th at 7:30 p.m.  
Sunday, December 4th at 3:00 p.m.  
Sunday, December 18th at 3:00 p.m.

#### ***Ticket Prices:***

Adults: \$26  
Seniors (65+): \$22  
Students (3-18): \$15

*(Continued on Page 5)*

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## About Stageworks Theatre

Stageworks Theatre, founded in 2005, is a not-for-profit performing arts and educational organization, with a passion for entertaining, enlightening and engaging audiences in Texas. Recent winner in ten categories for the Broadway World Houston Awards, Stageworks Theatre has also been named Houston's "Best Gem of a Theater" by the Houston Press and "Best Arts and Entertainment" by the "Best of the Northwest" Readers' Choice awards. Stageworks Theatre is a proud winner of the prestigious national American Association of Community Theatre Twink Lynch Organizational Award. Stageworks Theatre produces a broad mix of classics, comedies, dramas, musicals and new works.

Through its award-winning Acting Academy, Stageworks Theatre offers acting and singing classes, and provides performance opportunities for all ages. To purchase tickets, sign up for auditions or classes, or for more information, please visit [stageworkstx.org](http://stageworkstx.org) or call Stageworks Theatre at (281) 587-6100.

# Finding Balance

I know, work-life balance has been discussed to death. Yet how many of you find yourself nodding and saying, "Yes, I know I need to do find a better balance. It totally makes sense that I feel tired and unhappy because I'm rushing around all the time. I'll find a way to make some time for myself"? You tell yourself you'll schedule some free time later, but does later ever come? I know I've been waiting for later for years now. I decided it was time for a change. Here are a few thoughts that have helped me along the way:

- What's really important? It's time to decide what is really necessary and important in your life. Pick 5 priorities that you feel are absolutely vital to your well-being (e.g. family, religion, work, friends, and hobbies).
- How can you cut back? Now, that you've chosen your top 5 priorities it's time for the hard part—cutting back. Find ways to negate, or decrease, of the things that are stressing you out. Maybe you don't have to do \_\_\_\_\_ for so and so. Or is there a certain person in your life who's been causing more stress than happiness? You don't have to cut that person out of your life, but maybe it's time you take a step back and re-evaluate whether or not the friendship is healthy at this time in your life.
- Scheduled spontaneity. I know, scheduled spontaneity seems like an oxymoron, but it's incredibly important. Create a routine that works for you, but be sure to block out some free time. This time can be as long, or as short, as you'd like and is time where you can do whatever you want to do. Just make sure it's fun!

As always, I turned to the pasture for inspiration. As I sat and watched my horses going about their day, I made some interesting observations. Horses are masters of prioritizing what's important. Their top priorities fall into line as: safety, comfort, and play. Everything else falls by the wayside if these priorities aren't met. They are terrific partners with a healthy work ethic, while still relishing in their freedom to run and play. Their exuberance is captivating and beautiful to watch.

Once I took a step back to look at the bigger picture, I was amazed at how easy finding balance could be. I didn't need to run myself into exhaustion to please everyone. Doing so always ended with me feeling like I was trying to do so much, but doing none of it as well as I wanted. Finding a new work-life balance would not be possible without the support of great friends (both human and horse!), family, and God. These pillars of support help me stay on track and keep me motivated. I highly recommend you find pillars of your own to utilize in your own transition.

Tara Chatterson works at Five Horses, LLC. Please visit the Five Horses' website, [FiveHorses.com](http://FiveHorses.com), for more information about Natural Horsemanship lessons or Equine Assisted Learning.

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## NORTHWEST FLYERS YOUTH TRACK CLUB

The Northwest Flyers Youth Track Club will celebrate its 30th Anniversary Season by hosting its annual free Registration/Orientation breakfast on Saturday, February 4th, 2017, for all boys and girls who are interested in joining for the 2017 track season. The breakfast starts promptly at 8:30 AM at the Cypress Creek Christian Community Center Forum located at 6823 Cypresswood Dr., Spring, TX, 77379.

The event is an opportunity for youth athletes to register for the 2017 spring/summer track season, and to meet the Northwest Flyers coaches, staff, and other new and returning athletes. The event will be highlighted by a special presentation from a member of the USA Track & Field Olympic organization (USATF). All athletes and parents who wish to join the Northwest Flyers must attend the orientation.

The Northwest Flyers Track Club is a youth (ages 6 -18) track club, affiliated with USA Track & Field (USATF), that provides a full program of sanctioned "track" events such as sprints, hurdles, middle distance, distance and relays, and sanctioned "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.



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## RECIPE OF THE MONTH

### *The Wrap Of Kahn*

#### Ingredients:

- 1 bottle Peanut sauce- (the best I have found is made by Archer farms and sold at Target stores that have bigger grocery sections. I've made my own but prefer theirs)
- 1 to 1 1/2 lbs chicken breast cut in small to medium cubes
- 1 to 2 limes
- some cilantro chopped
- 1 cup white rice (jasmine is best)
- 1 or 2 cups- raw- shredded red cabbage ( you will want to figure out how to use up the rest of the cabbage-though it keeps quite a while)
- Some bamboo shoots- drained and cut skinny
- 1 jar spicy black bean or spicy brown bean sauce
- Good Gorgonzola cheese- crumbled up
- Thin flour tortillas (the thick ones don't work well for this)

#### Procedure:

Rice- cook it according to the directions- when done fluff with fork and mix in some cilantro and lime juice to taste. Set aside.

Chicken- I usually cook it in large sauté pan with olive oil, lime juice, garlic (powered or fresh depending on what I have) salt and some pepper- If I'm feeling real energetic I cook some finely chopped sweet onion in there as well. When it is just about done I add the peanut sauce and cook till chicken is done and sauce is heated through. Sometimes I throw cilantro in this part of the dish also. Be mindful that you want some looseness to the chicken mixture some the excess peanut sauce seeps into the rice- yum!

#### The put together:

Heat up tortilla over gas if you can (don't microwave it) schmear on a thin layer of the spicy bean sauce  
put on decent layers of bamboo shoots and cabbage  
add rice layer  
add some of the chicken mixture  
top with Gorgonzola ( I put healthy portion because I love the stuff, but you will want to play around till it tastes right to you.)  
Roll it up like a burrito,  
**Enjoy!**

## Best Foods & Fitness Matchups

It's a common problem: You're going for the final stretch, looking for that extra push to help you burn just a few more calories, but suddenly you're out of gas. You're not alone. "The muscles maximally absorb nutrients from food during the first 30 minutes after a workout," says Roberta Anding, M.S., R.D., national spokesperson for the American Dietetic Association.

What to do? Fuel up with the right stuff before you hit the gym, and don't forget a recovery meal post-workout. Try one of these winning combinations before your next workout, and see if you don't find that extra oomph you've been missing.

**Weight Training + Protein:** Combining a high-protein diet with strength training can help dieters lose more weight — and you lose fat, not muscle. Protein not only builds muscles but it also helps repair them after a workout. "The winning combination is typically four grams of carbs for every one gram of protein (think skim chocolate milk, energy bars, a turkey sandwich on whole wheat)," says Anding.

**Long Distance Running + Carbohydrates:** For long workouts, the performance edge goes to people who have the most glycogen (the stored form of carbohydrates). When you eat pasta or other starchy food, the body converts those carbohydrates into muscle glycogen for fuel. Hence the reason marathoners "carbo-load" the night before a big race. The trouble comes in when you eat more carbs than you need, because unused carbs can also be stored as fat!

**Aerobics, Kickboxing and Spinning + Fat:** For activities that involve repetitive joint action, monounsaturated fats from fish, nuts, seeds and canola, olive and peanut oils can help lubricate the joints while also providing high-quality protein to power you through a workout. An added bonus: These fats also reduce post workout soreness and stiff muscles.

**Yoga and Pilates + Complex Carbohydrates:** The fiber from whole grains and vegetables slows the digestion of food, allowing your body more time to absorb critical nutrients. And since most yoga and Pilates classes require fasting for two hours before class, the long lasting effects of fiber will help sustain you through a few hours without food.





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