



STONE FOREST



Flyer

December 2016

Volume 6, Issue 12

Hello Neighbors,

Hope this finds you all well and had that you all enjoyed Thanksgiving.

The Board of Directors for the Stone Forest Homeowners Association met for the last meeting of 2016 on Wednesday November 9.

We were able to appoint a new Board member to fill one of two vacancies. Please welcome Randall McSwain as a member at large and Secretary for the Board.

The Board is still one member short and we are looking to the SF community for a volunteer to finish out the unexpired term for this vacancy. Meetings are every other month, so this person would only need to attend the January, March and May meetings. We would also hope that this person would attend the annual meeting in July and consider being a candidate for a two year term.

The meetings generally run from 30 minutes to an hour. We try to accomplish most of our work via email, ratifying those matters at the Board meeting.

Please consider joining the Board of Directors for Stone Forest and help make our community one the best in area. Contact Randie Capps at Chaparral Management (rcapps@chaparralmanagement.com).

We are also looking for someone to maintain our announcement Marquees. This would require that person to post Board meeting dates and other important community information. Fun quotes and other quips would put a smile on our faces too! We will be replace the current Marquees with larger ones, hopefully before year end. Contact Randie Capps above if you are interested.

Looking back on 2016, the Stone Forest community had a very good year. Updates to infrastructure have gone well and we continue to look for ways to improve SF in general. If you have any questions or suggestions, please do not hesitate to contact any of us on the Board. Hopefully this issue of the newsletter will have the updated contact information on the Board members.

To All a Merry Christmas and a Happy New Year!

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

Phil Westover 19314 Camellia Bend Cir.
Contact 281-203-7788
..... west0704@gmail.com

SECRETARY

Randall McSwain 19414 Valiant Woods Dr.
Contact 713-582-8824
..... wrmcswain@sbcglobal.net

TREASURER

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

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Vacant.....

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www.chaparralmanagement.com

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P.O. Box 681007, Houston, TX 77268-1007

Physical address:

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NEWSLETTER INFORMATION

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Albion Hurricanes FC Soccer Spring Evaluations December 2016

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. We ask that all interested players pre-register before coming out to the fields. Please visit albionhurricanes.org for details about your particular campus.

AHFC offers JHSL (a recreational program for 5 - 10 year olds) at our Cy Fair and Central locations and offers additional training at Katy Friday Night Academy and New Territory Thursday Night Academy. Questions

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Timely Tips for December Gardeners

Working in your garden is an excellent escape during the holidays. It's a great time of year to do some of the heavy work in the landscape as opposed to sweating it up in the heat of the summer.

Don't put up the mower yet. Although turf grasses have stopped growing, you can use the mower to chop up and recycle the leaves back into the lawn or for a compost pile. Prepare gas-powered engines for winter. The owner's manual is the best guide to winterizing a lawn mower, tiller, garden tractor or other equipment.

Drain and store garden hoses and watering equipment in a readily accessible location. Lawns and other plants may need an occasional watering during prolonged dry spell.

In general, once the weather gets and stays cold, pruning of deciduous plants (ones that lose their leaves) can be safely done. Evergreen hedges can be sheared or cut back in the winter also. Wait until February to prune your roses. Remember – Do Not Top your Crapemyrtles! Simply prune to remove seed heads and shape.

Prepare for the cold weather before it hits! One of the best things you can do for your landscape plants is to provide a 2 to 3 inch layer of mulch. Mulching is necessary year round but during the colder periods it provides a layer of insulation for the roots. Water your

landscape well before a cold spell. A drought stressed plant is more susceptible to freeze damage. For more tender plants, purchase frost cloth for extra protection. Cover the plant completely allowing the edges to come all the way to the ground, utilizing the heat which radiates from the ground.

December is a perfect time to plant trees and shrubs so they can develop a strong root system for next Spring. Cool weather color such as Pansies, Snapdragons, Cyclamen, Flowering Cabbage and Kale add splashes of color to your landscape. Spring flowering bulbs can be planted now once they have been properly chilled. Make your home beautiful for the Holidays with a stunning assortment of floral quality Poinsettias, Cyclamen, freshest greenery and Christmas Trees. Add a mix of new indoor and tropical plants to energize your home. Remember to provide food and water for the birds this winter. You can attract just as many birds with a bird bath as with food, especially during the dry spells. To draw a diversity of birds provide a variety of seeds, like sunflower, thistle, safflower and millet; plus suet. Once you begin putting out bird food, continue feeding them through the spring time.

Information is courtesy of Calloway's Nursery at www.calloways.com

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Description: The position includes marketing our community newsletters to local and area businesses. It is a flexible position that allows you to work from home and set your own hours.

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Shield Bearer salutes local business, church, ministry, and volunteer supporters

The Shield Bearer Celebration of Hope Dinner was held Thursday, October 27, 2016 at Bammel Church of Christ in Houston, Texas. Shield Bearer honored volunteers and key supporters including The Work Lodge, Calvary Community Church, TOMAGWA Healthcare Ministries, and volunteer ambassador Donna McCarty.

Shield Bearer, a 501c3 nonprofit charity and a lead agency in the movement for healthy marriages, families, and communities, provides counseling, education, and prevention programs to thousands in the community each year. Executive Director Roy Wooten stated, "Our work with human trafficking survivors, victims of crime and abuse, and veterans and their families is only possible because of support from the community. Many individuals and families are in desperate need of services and cannot afford to pay for them. When you support Shield Bearer, you give hope and healing to these families."

Event sponsors included Halford Busby Construction Consultants, Klein Funeral Homes and Memorial Parks, Insurance One, and

Community Impact Newspaper. Associate Director Melissa Rotholz stated, "This event would not have been possible without our sponsors and the many local individuals and businesses that donated auction items. Every donation furthers the mission of strengthening and uniting families here in Houston and surrounding areas."

Shield Bearer currently has five locations in the Houston area including Cy-Fair, Tomball, Cypress Station, and Montgomery County. Interested volunteers are encouraged to attend an upcoming free community breakfast held on the first Tuesday of each month at 12340 Jones Rd. Ste 290, Houston, TX 77077 at 9am. Find out more at shieldbearer.org or contact volunteer@shieldbearer.org or (281) 894-7222.



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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; or "Like" the club on Facebook.



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TENNIS TIPS

*By USPTA/PTR Master Professional
Polo Tennis and Fitness Club*

How to execute The One-Handed High Backhand Volley Approach Shot



In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand, 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, and the two-handed high volley approach shot.

In this issue, I will offer you instructions on how to execute the one-handed backhand high approach shot. This shot is used when a player is caught in “no-person’s land” (around the service line area) and receives a high ball to volley. The important part of this shot is to be able to hit a deep volley at the feet of the opponents and/or to hit a deep volley close to the baseline, so the opponent is put into a defensive mode. This will cause the player to hit a softer ball so the player can now move closer to the net for the “killer or placement volley”. In the illustrations, Sondra Thornton, a player at the Polo Tennis and Fitness Club, shows the proper technique to execute this stroke.

Step 1: The Ready Position and Split Step: When Sondra realizes that she is caught in “no-person’s land”, she takes the split step by bending of the knees and staying on her toes. Her racket is in the volley position and her feet are angled toward the path of the incoming ball. Notice that the left hand is on the throat of the racket.

Step 2: The Back Swing: Once Sondra realizes that the ball has been directed to her backhand, she will turn her upper body and will

take the racket slightly back. Notice that the left hand is still on the throat of the racket. She has loaded her weight onto her left foot and will be ready to step forward to meet the ball. She will make a slight change toward the continental grip on the right hand.

Step 3: The Point of Contact: Sondra is now ready to step into the ball. She has kept her eye on the ball and her center of gravity now is shifted toward the point of contact. Notice the right toe pointing to the ball meeting the racket. The face of the racket is open to allow her to hit behind the ball and allow maximum net height and allow her to hit the ball deep. The control of the ball will be made with the right hand, which is holding the racket tighter. The right hand will keep the face of the racket at a 45-degree angle at the point of contact.

Step 4: The Follow Through: Once Sondra has contacted the ball, she finishes the follow through with her right wrist laid back and leading the stroke with her right knuckles. Her left arm is pulling back for better body balance and her eyes are still watching the racket where she contacted the ball.

Step 5: The Move for the Kill Volley: As the ball is headed toward the opponent and Sondra realizes that her shot is deep, she now moves closer to the net for the put away volley. If her shot was not deep, Sondra will decide to stay close to the service line to protect the lob over her head. By the look in her eyes and her smile, she just did a “kill volley”.

Look in the next Newsletter for: How to execute “The Lob”

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