

STONE FOREST

Flyer

February 2017

Volume 7, Issue 2

Fun Family Event Benefits Trauma Victims



Shari Nightingale knows firsthand how difficult it is to survive trauma. Her daughter Lindsay Ferrill was murdered in 2012. Now she prevents others from becoming victims through the Lindsay's Light Dating Violence Prevention program at Shield Bearer. "I'm so thankful to be a part of a Christian ministry that brings hope for people going through such horrible experiences," stated Shari.

Volunteers have been planning this year's "Running for Hearts" annual 5K Family Fun Run and Walk. This fun-filled event will take place on March 25, 2017 and features a timed 5K trail run, a one mile family fun walk (strollers welcome), children's activities, local vendors, and more. Participants will receive a swag bag, a race day t-shirt, and are invited to an after-race celebration featuring a DJ, food, and a few surprises. Prizes for participants include race winners and fund raising winners.

Northside Christian Church (20250 Kuykendahl in Spring) is hosting this year's fundraiser on March 25, 2017, with proceeds going to support Shield Bearer Counseling Centers. "Shield Bearer provides a safe and hopeful place for children and adults to rebuild after tragedy and trauma. We are so thankful for everyone who is coming out to make a difference for people who have gone through traumatic events like crime victims, human traffic survivors, and veterans and their families right here in Northwest Houston," states Executive Director Roy Wooten.

First Metropolitan Church Pastor John D. Ogletree, Jr. stated, "Our community is grateful to have Roy Wooten and Shield Bearer as a viable resource to assist victims with the horrible aftermath of crime. I am familiar with the emotional, physical and financial wounds of crime victims and would not hesitate to refer someone to Shield Bearer."

Registration is available at shieldbearer.org/5K. Pre-race day entrance fees are \$25 per participant. Children under 13 are \$10. Vendor and sponsor opportunities are available by contacting events@shieldbearer.org or calling (281) 894-7222.

For more information about Shield Bearer, a Houston based non-profit and lead agency in the movement to strengthen individuals, couples, and families, visit shieldbearer.org, call (281) 894-7222, or attend a free Community Breakfast on the first Tuesday of the month at 9AM at 12340 Jones Rd, Ste 290 in Houston.

RUNNING FOR HEARTS
Join us in support of victims of crime, abuse, and human trafficking

Timed 5K Trail Run, 1 Mile Walk (strollers welcome)
Activities for the Kids (face painting, kite flying, games)
Music, Food, T-shirts, Prizes, and More!

March 25, 2017
7AM - 11AM

Northside Christian Church
20250 Kuykendahl
Spring, TX

Registration and fundraising at shieldbearer.org/5K
\$25 Adults (18 and up) \$10 Children (13 and under)

SHIELD BEARER



COMMUNITY CONTACTS

STONE FOREST HOA
Spring, Texas 77379
HOA BOARD

PRESIDENT

Tod Bisch5223 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 713-582-1064
..... rkmcswain@gmail.com

TREASURER

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

DIRECTOR AT LARGE

Vacant.....

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

CHAPARRAL MANAGEMENT CO.

281-537-0957

www.chaparralmanagement.com

Mailing address:

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

Physical address:

6630 Cypresswood Dr. Suite 100, Spring, TX 77379

UTILITIES

Bridgestone MUD (*water district*)..... 713-983-3602
..... **P.O. Box 90045, Houston, TX 77290**
Centerpoint Energy (*to report street light outages*).... 713-207-2222
..... www.centerpointenergy.com/outage
Harris County Health Dept.www.harriscountyhealth.com
Harris County Precinct #4 www.hcp4.net
Comcast (*cable*)..... 713-462-9000, www.comcast.com
U.S. Post Office..... 1-800-275-8777
..... **7717 Louetta Rd. , Spring, TX 77379**

Republic Waste

Trash pick-up days: Mondays & Thursdays

NEWSLETTER INFORMATION

Articles kserventi@chaparralmanagement.com
Publisher - Peel Inc..... www.peelinc.com
Advertising..... 1-888-687-6444

RECIPE OF THE MONTH

Jambalaya!

Living only 4 hours from New Orleans is a southern foodies dream! I love everything about New Orleans the people, the music and the food! Visiting once a year isn't enough for my creole fix. I am so fortunate that my mom makes the best gumbo, my Cajun neighbor hosts the yummiest crayfish boils and I have been working on perfecting my jambalaya! Tonight I made this dish and got rave reviews even from my mother in law! I hope you enjoy it as much as we do! Happy cooking.

You will need: 1 pound of chicken breast cut into bite size pieces, 14 ounces beef sausage sliced, 1/2 pound peeled cooked shrimp, 28 ounces crushed tomatoes, 1 1/4 cup white rice, 2 1/2 cups chicken broth, 1 bell pepper, 1 onion and 4 stalks of celery. These 3 vegetables together are called the trinity. It is a base to many Cajun dishes.

Spices: 1 tsp. salt, 1/2 tsp. black pepper, 2 tbsp. Worcestershire sauce, 1 tsp. red pepper flakes, 1 tsp. file powder, 1 tsp. hot pepper sauce and 6 cloves of minced garlic.

File powder can be found on the spice aisle with the Cajun seasonings. It adds a wonderful Sassafras flavor to this authentic dish.

Heat 1 tablespoon canola oil in a large Dutch oven over medium high heat. Place the chicken in the pan and cook until juices run clear and then set aside. Using the same Dutch oven with the chicken drippings add the trinity (chopped onion, celery, green bell pepper) and sauté over medium high heat. Sauté for 4-5 minutes.

Now add the crushed tomatoes and all of the spices and mix well. Slowly add the chicken broth, chicken, sausage, shrimp and rice.

Bring to a boil and then simmer covered for 20 to 25 minutes or until the rice is cooked. Serve with crusty bread.



SMART TALK ABOUT HOME REMODELING

The temperatures feel like Spring already and the time of year that you start looking at your home and thinking about remodeling is almost here. You may have noticed that the outside of your home needs a little work or you may be looking at putting your home on the market. When it comes to remodeling, where do you start?

Every year, "Remodeling" magazine looks at the average costs of home remodeling projects with the value of those projects retain at resale in over 100 U.S. cities. The smartest investment that you can make when remodeling may surprise you. Many homeowners go to the time honored update of the kitchen and bathrooms to garner the best price per square foot at resale.

However, "Remodeling" magazine ranks "re-siding with fiber cement as the #1 return on investment when compared to other mid-size remodeling projects" for the fourth year in a row. Compared to adding a bathroom, re-siding your house with fiber cement nets a 25 percent higher return on investment. Re-siding with fiber cement will also increase your return by 11 percent over vinyl windows and a whopping 24 percent greater than a major kitchen remodel or roof replacement.

The next question in remodeling is who to trust with your home remodeling project. Choose a company with a good reputation that offers solutions for your remodeling needs. Ask trusted friends for recommendations, check out the company's BBB rating and know that the cheapest estimate may not always be the best. Michael Berry, KTRH 740AM personality and host of the Michael Berry Show, endorses Houston Siding. Berry states, "I have spoken for Houston Siding Company for 10 years and have never had a complaint."

Texas has its own set of challenges with temperatures in the highs and lows as well as high humidity and storm potential. With a familiar slogan in Texas being "if you don't like the temperature just wait a few minutes," you should look for products that are durable as well as suited for the climate.

An innovative product from James Hardie brings new technology to siding. James Hardie Insulated Lap Siding offers siding backed with foam insulation. It is engineered to keep your home cooler in the summer and warmer in the winter. Because foam insulation helps maintain a more consistent temperature in your home, it can help reduce your energy bills and conserve resources for long-term energy efficiency. James Hardie insulated siding is available at Houston Siding, a James Hardie Elite Preferred Contractor.

As Spring time approaches and remodeling projects start, you want to ensure that you're using the best possible products and company for your next remodeling project.

About Houston Siding

Houston Siding Company is a Houston based company that provides replacement siding, installation and repairs along with windows and roofing. They were established in 1991. They are a James Hardie Elite Preferred Contractor. For more information, please see www.houstonsiding.com.



ALBION HURRICANES

*AHFC Junior Hurricanes (JHSL)
Registration Now Open For Spring 2017*

The Junior Hurricanes Soccer League (JHSL) is led by professional United States Soccer Federation (USSF) licensed staff and is designed for boys & girls who want to play and have fun in a safe and developmentally appropriate environment. The JHSL program is being offered at multiple locations and in conjunction with CFSA at the Schiel Road Complex. To learn more about each location and to register please visit www.albionhurricanes.org.

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.

AHFC is proud to partner with New Territory and offer New Territory Thursday Night Academy, a 5-week Skills Program.

Email us at jhsl@albionhurricanes.org for more information or questions. Office Phone: 713-939-7473



NORTHWEST HARRIS COUNTY AGGIE MOM'S CLUB

www.nwhcaggiemoms.org

Come join us, on Tuesday, February 14th at 6:30 pm. at the Houston Distributing Company, 7100 High Life Drive, Houston, Texas. 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! Come listen to our guest speaker, Nicholas Taunton '07, the Director of Development for the Association of Former Students. In honor of Valentine's Day, there will be a chocolate fountain and beer, and husbands/fathers are invited to attend. We welcome all Aggie Moms, whether of freshman Aggies, current Aggie students or former Aggies. And if your son or daughter is a newly accepted Aggie, please join us! Whoop!

Common Structural Termites

There are three main types of termites that can cause problems for homeowners in Texas- native subterranean termites, formosan subterranean termites and drywood termites.

Native subterranean termites have nests in the soil and must maintain contact with soil or an above-ground moisture source to survive. If native subterranean termites move to areas above ground they make shelter (mud) tubes of fecal material, saliva and soil to protect themselves.



Native subterranean termite workers and soldiers.

Formosan termites are a more voracious type of subterranean termite. These termites have been spread throughout Texas through transport of infested material or soil. Formosan termites build carton nests that allow them to survive above ground without contact with the soil. Nests are often located in hollow spaces, such as wall voids.



Formosan subterranean termite workers and soldiers.

Formosan termites feed on a wider variety of cellulose than other subterranean termites, including live plants (and can be found living and feeding on trees), consuming both spring and summer growth wood whereas native subterranean termites feed only on spring growth. Formosan termites have also been known to chew through non-cellulose materials such as soft metals, plaster or plastic.

Drywood termites do not need contact with soil and reside in sound, dry wood. These termites obtain moisture from the wood they digest. Drywood termites create a dry fecal pellet that can be used as an identifying characteristic. They have smaller colonies-around 1,000 termites- than subterranean termites; they also do not build shelter tubes.



Drywood termite fecal pellets.

If you are concerned that you may have termites, call a pest management professional to inspect your home for termites.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com

The information given herein is for educational purposes only. Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement by Texas A&M AgriLife Extension Service or the Texas A&M AgriLife Research is implied.

The Texas A&M AgriLife Extension Service provides equal access in its programs, activities, education and employment, without regard to race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation or gender identity.

THE 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.

Northwest Flyers Youth Track Club Registers for 30th Anniversary Season

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.



PROTECT YOUR HOME & POCKETBOOK

CALL FOR A FREE ESTIMATE ON JAMES HARDIE INSULATED SIDING AND WINDOWS

Get a \$200 VISA Gift Card on Simonton windows *(minimum of 10 windows)*

AND

\$200 Rebate on James Hardie Insulated Siding *(10 squares or more)*

24 month financing with no interest
1st and oldest Hardplank company in Houston

281.859.9000
HoustonSiding.com
See store for details.

HOUSTON SIDING COMPANY

STONE FOREST FLYER

At no time will any source be allowed to use the Stone Forest Flyer's contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the Stone Forest Flyer is exclusively for the private use of the Stone Forest HOA and Peel, Inc.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

Healthy Organic Dog Cookies

Our dogs are family and they simply deserve the best! They cookies are healthy and organic. From the way my dogs gobble them up they must be delicious!

You will need: 1 cup oats, 1 cup boiling water, 1/2 cup milk, 1 egg, 1/3 cup butter, 3 chicken bouillon cubes, 1/2 cup corn meal, 1/2 cup golden flaxseed meal, 1 cup shredded sharp cheddar and 3 cups brown rice flour.

Preheat oven to 350 degrees.

In a large bowl combine bouillon cubes, boiling water, oats and butter. Stir until well mixed.

Add flaxseed meal, corn meal, egg, milk and cheese. Mix well. Now add the brown rice flour one cup at a time. Knead into dough.

On a floured surface roll the dough and cut into your dog's favorite shapes.

Bake for 24 to 28 minutes or until golden brown.

My dogs give these 2 paws up!

**ADVERTISE
YOUR BUSINESS
TO YOUR
Neighbors**

Katie Tagliavia

ktagliavia@peelinc.com

617.642.3076



PEEL, INC.
community newsletters

WIRED

ELECTRICAL SERVICES

SERVICING ALL YOUR ELECTRICAL NEEDS

- Panel Upgrades
- Home Inspections
- TV Install/Mounting
- Troubleshooting
- Remodeling
- Landscaping Lighting
- Home Generators

RESIDENTIAL & COMMERCIAL 24-7 SERVICE
LICENSED & INSURED

**Take \$25.00 Off Your
Next Service Call**



FAMILY OWNED AND OPERATED
713.467.1125 or 281.897.0001
www.WiredES.com



TECL 22809 Master 100394



Women Empowering Women Express Network

The Women Empowering Women Express Network (WEWEN) of the American Business Women's Association (ABWA) invites you to attend a Monthly Networking Luncheon on February 1, 2017. The luncheon will be held at the Raveneaux Country Club at 20515 State Hwy 249, Houston, Texas 77070. Open Networking begins at 11:00AM, followed by an informative program and lunch from 11:30AM-1:00PM. This month's program features Marie Myers, Senior Vice-President of Finance, HP Inc., presenting a program titled, "Finance is a Field that Goes Far Beyond Administration for Successful Businesses!"

Marie Myers is an internationally recognized business leader and expert in global information technology, finance, and business strategy.

As Senior Vice-President of Finance for HP Inc. in Houston Texas, Myers oversees the Global Controllershship and Financial Shared Services organizations.

Following her graduation from the University of Queensland with a Bachelor of Arts and Bachelor of Economics, Myers worked as an economist for the Australian government before setting her sights firmly on an international career and moving overseas to eventually join Compaq, which was bought out by Hewlett Packard.

Myers impressive list of achievements within Hewlett Packard over 20 years include directing the largest financial division in business history, leading the change management of 2,500 employees internationally, and overseeing revenue in excess of \$50 billion.

Myers is not only renown for her skills as a leader in business and technical acumen, but for her ability to coach, direct and run diverse teams, and her dedication to mentoring and developing people, which has earned her the admiration and respect of her peers throughout the industry.

Myers is a passionate supporter of young women, and has provided mentorships for women at University of St Thomas in Houston, and is a regular panelist, speaker and presenter on diversity and improving the status of women.

Expand your network, grow your business skills, reach a new audience, or advance your career with the Women Empowering Women Express Network of ABWA. WEWEN meets the first Wednesday of each month from 11AM-1PM. Additional details and luncheon registration (\$25) are available at wewen.org. Contact communications@wewen.org with questions.

About ABWA

Founded in 1949, ABWA provides business training and networking opportunities for women of diverse occupations and backgrounds. ABWA has dedicated 65 years to women's education, workplace skills, and career development training. For more information, visit abwa.org.

Winter Alert! Protect Your Plants and Irrigation Systems

PROTECT YOUR PLANTS:

Water your plants thoroughly ahead of time. You need to be sure the roots are wet, not just the leaves. Much of freeze damage is from dehydration. Watering before a freeze could make a big difference in your tropicals and tender perennials.

Cover your delicate plants. Remember, you want to be sure the roots are protected, covered, or mulched well. Even if you lose the top growth of these tender plants, if the roots are alive the plants will come back in the spring. Do not cover them with plastic touching the leaves of your plants. If possible, use woven frost protection sheets such as N-Sulate (which can be folded, stored, and reused for many years) or sheets and blankets. In a mild freeze or frost, one blanket will probably do for most plants. In a hard freeze (below 30 degrees for any period of time), use a heavy blanket or several layers of sheets. You can even add a plastic over that if you want, since it won't be touching the foliage. Also, don't forget to put rocks or something heavy on the edges of your N-Sulate or blanket to be sure the wind doesn't blow it away, exposing the roots of your plants.

Don't do any heavy pruning on freeze-damaged plants until late winter, when you think all chance of frost is over.

Remove all protective covering if the sun comes out and the temperature goes up, because it can be 32 degrees today and 70 degrees tomorrow.

Along with protecting your tender plants during the winter, remember it's not a good idea to fertilize tender tropicals that are exposed to outside temperatures during these cold months. Fertilizing encourages new growth, and that new growth is more vulnerable to freezing and near-freezing conditions than old growth is. It's OK to fertilize and encourage growth with indoor or green-housed tropicals, although shorter days usually slow down growth no matter how much you fertilize.

PROTECT YOUR IRRIGATION SYSTEM:

Your backflow-prevention device is the most important part of your irrigation system. It's also the most vulnerable part of your system if there is a freeze. It may be located somewhere right outside the garage and next to the foundation. Cover the top by wrapping the part that is above ground with a towel. It is also best to turn off your valve.



PEEL, INC.

308 Meadowlark St. South
Lakeway, TX 78734

PRSR STD
U.S. POSTAGE
PAID
PEEL, INC.

STF



**SELL US
YOUR
CAR!**TM



TEXASDIRECTAUTO.COM