

STONE FOREST

Flyer

September 2014

Volume 4, Issue 9

PRESIDENT'S MESSAGE

Hey, Neighbors,

We had a very good annual meeting in July at Trinity Lutheran Church with 46 residences being represented. Considering that previous annual meetings have anywhere from 9 to 19 attendees, this turnout was fine. See how well we respond when money is offered? We're shooting for over 50 next year. To boost attendance, we tried something new--door prizes. One resident won the grand prize of free dues for 2015 and two others won a \$100 VISA gift certificate and a \$50 MasterCard gift certificate. The meeting went almost exactly one hour as promised and was pretty smooth.

The board explained spending this year over and above regular maintenance and contract expenditures. These included the three street lights on Edgewood Place (less than \$1,000), the playground re-make (approx \$62,000) and the coming sidewalk (approx \$26,000). We feel that this enough spending for this year and re-assess things at the beginning of 2015.

As to the sidewalk, the contract has been awarded to Nu-Tech Concrete and they will begin soon. Hopefully, it will be done by the time you read this newsletter. The new sidewalk will be 6 feet wide with a wave pattern (i.e. not just a straight line) and will include approx 250 yards from Young Oak to Valiant Woods, approx 60 yards from Valiant Woods to the mailbox cluster on the south east side of Edgewood Place and approx 30 yards to connect the two sidewalk sections in front of the playground.

As I mentioned at the annual meeting, some of our homes are now over 12 years old and that means some exterior

maintenance such as repainting and refencing will soon be pulling stuff from our checkbooks. Please be mindful of our deed restrictions in those matters. There are guidelines on our webpage under the News and Activities section. See the ACC section. There several things I'll suggest here. Repainting is definitely NOT simple. Please consult a knowledgeable painter or sales person when selecting the proper color. Or, as one of the women at the meeting suggested, consult with your wife before selecting a color. Experience shows that the small sample on a piece of paper at the local store hardly ever matches with what it will look like when it is painted on something as large as a house. Generally, the color is highly magnified when applied. I had a friend in Corpus Christi who was repainting a cream colored house. He found a perfectly matching sample (he thought) and purchased it. When he was done he had the brightest mustard yellow house he had ever seen. And he isn't the only example I've heard of. Either go at least one or two shades lighter or at least paint a 5 foot by 5 foot sample first on some "hidden" place on your house before spending a large amount on what may be the wrong kind.

The other thing often needing "help" is the fencing. The present grades of cedar don't hold up well to our sun, humidity and the constant clicking of the clock. Therefore, some of our fences are also coming up for re-do's. Some residents have already re-done theirs on their own and have done well. Some have tried to stain and/or paint theirs and that has led to some headaches.

(Continued on Page 2)

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President (Continued from Cover)

Just got an anonymous letter as I was sending off this newsletter. First thing, please call me or e-mail me instead---I still don't bite--really. My first impulse is to disregard it since I don't have a way of working it out unless I wait for the next newsletter which is often over a month away. And one way communication is far less efficient than talking it over and kicking it back and forth in conversation. So, PLEASE indulge me, and give me a call instead---I prefer that to e-mail actually.

Here's a partial response to that letter. Homeowners are responsible for trimming trees over the sidewalks. Chaparral tours our neighborhood looking for violations of the guidelines and deed restrictions. Most of the residents respond well to the letters sent out. There will always be a few pushing the limit.

Some good signs. Two new neighbors I met this past month had moved into Stone Forest because of someone already here. One has a brother that has lived here over 9 years and the other had a friend who had been here for a while (in other words, I forgot how long he said it was--old age, I guess). One is also trying to line up a house for his parents to get into the area. Sounds good to me.

Thanks,
Dick Leonard, Pres

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In 1986, a group of parents in Katy felt there had to be a better way to provide every youth soccer player a positive experience. They saw the main problem as parents who put too much pressure on the kids to perform. They developed a system so the kids could play and enjoy the sport without demands from adults. They modified the rules and designed a process of 5-side rules, equal play with a unique equal substitution system, balanced teams, and parent training to ensure that it would be fair. The parents would behave and be positive so it would be truly "Made for Kids".

Thus Fun-Fair-Positive Soccer (FFPS) was founded in the spring of 1986, by Jack Hendrie and several parents, to establish a positive environment for youth soccer players. The first season of the Katy youth soccer league registered 150 players. In 1995, Jack decided to expand beyond Katy. FFPS has added 21 additional programs in the last 24 years totaling over 16,000 players, with 25,000 players expected by 2016. FFPS is sure to have a youth soccer community near you. Just enter your zip code on the website at www.FFPS.org and find it on the map.

FALL Registration - Now Open!

For boys & girls, age 4-18. FALL season is October 11 to December 6, 2014. FFPS provides a positive youth sports experience. FFPS offers a fun fair experience, weekly practices, full uniform & trophy, equal play time & play every position, balanced teams, positive coaches & much more. SIGN UP EARLY AND SAVE!

Online Registration Schedule:

Sign up between now and Sept 2nd fee is: \$102

Sign up Sept 3rd to Sept 23rd fee is: \$107

Sign up Sept 24th until Teams Full fee is: \$112

Go to www.FFPS.org to sign up. Registration fee includes full uniform (shirt, shorts & socks), trophy, trained positive coaches, nice fields & background checks on all volunteers. Schedule includes all eight games played locally on Saturdays, October 11th through December 6th. For more information, to find a location near you, or to register online, go to www.FFPS.org or call 1-800-828-PLAY.



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A FOCUS ON PHYSICAL ACTIVITY *Pathway to Improved Health*

By *Concentra Urgent Care*

Being physically active is one of the most important steps you can take to maintain or improve your health. When combined with eating a healthy diet, regular exercise can substantially reduce your risk of chronic disease, prevent weight gain, and improve your overall level of physical and emotional fitness.

HOW MUCH PHYSICAL ACTIVITY DO I NEED?

The U.S. Department of Health & Human Services (HHS) has recently published several recommendations related to exercise:

1. Any physical activity is better than no physical activity
- Includes people with disabilities
 - Far outweighs the possibility of risk of injury or illness
2. Most health benefits occur with at least 150 minutes a week
- Both aerobic and muscle-strengthening are beneficial
3. For most people, additional benefits occur when
- You increase the intensity of your physical activity
 - You increase the frequency of your physical activity
 - You increase the duration of your physical activity

SHOULD OLDER ADULTS EXERCISE, TOO?

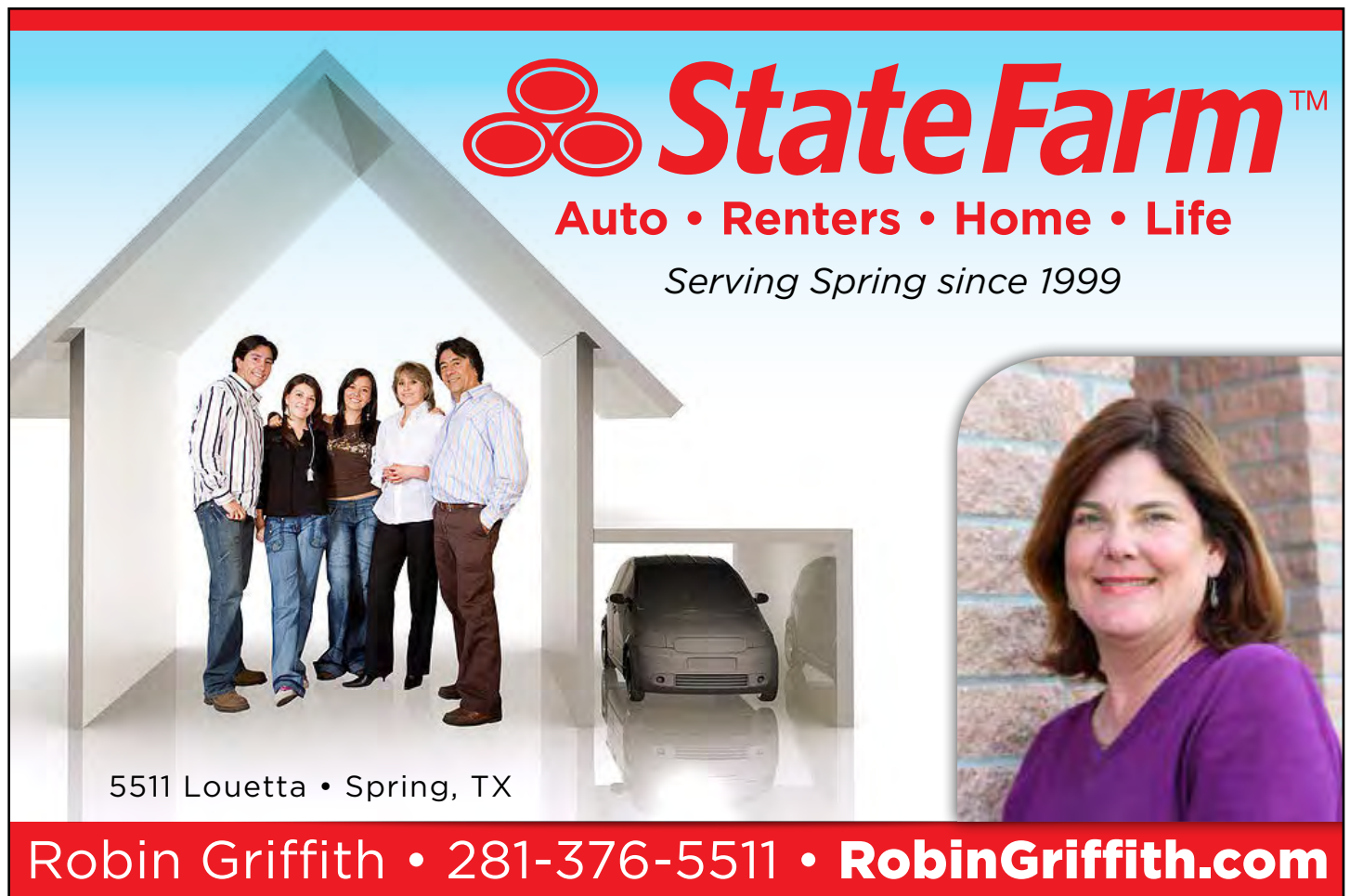
The same HHS guidelines apply, but older adults need to make sure that their fitness level and any chronic conditions allow them to safely perform physical activity. For example, if an older adult is at risk of falling, he should do exercises that maintain or improve his balance.

WHAT IF I HAVE A CHRONIC MEDICAL CONDITION?

If you have a chronic medical condition, you should be under the care of a health care provider. It is important to consult your physician about the type and amount of physical activity appropriate for you.

HOW DO I GET STARTED?

The health benefits of physical activity far outweigh the risks and some activity is better than none. Persons who have not been diagnosed with a chronic condition (such as diabetes, heart disease, or osteoarthritis) and do not have symptoms (e.g., chest pain or pressure, dizziness, or joint pain) do not need to consult with a health care provider prior to starting an exercise program.



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Email the picture to kserventi@chapparalmanagement.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.



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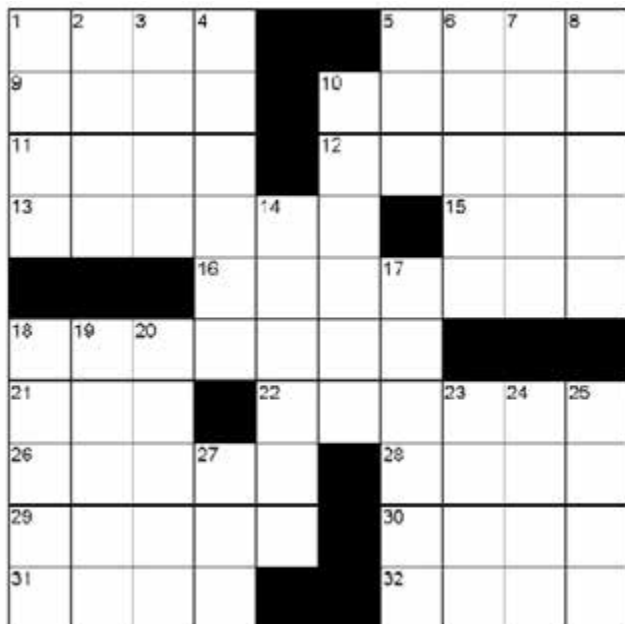
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ACROSS

1. Canned meat brand
5. Recommend
9. Volcanic rock
10. Strength
11. Consumer
12. Refastens
13. Mire
15. Flurry
16. Remove a light bulb
18. Easier to get at
21. Frosty
22. Pretended
26. Spring flower
28. Basic's opposite
29. Buddy
30. Sliding toy
31. Ball player __ Aaron
32. Food

DOWN

1. Ghetto
2. El __ (Texas city)
3. Maintain
4. Plunder
5. Vase
6. Measuring instrument
7. Point
8. Render capable
10. Public transportation vehicles
14. Short-tempered
17. Put a fold in
18. Catch a ride
19. Sporty car brand
20. Synthetic fiber
23. Ca. University
24. Abstain from certain foods
25. Chances of winning
27. Writing liquid

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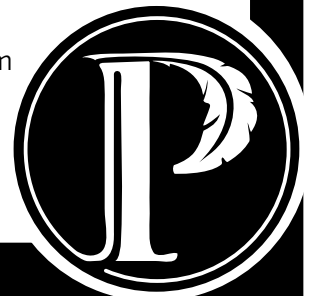
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- Lakemont
- Lakes of Fairhaven
- Lakes of Rosehill
- Lakes on Eldridge
- Lakes on Eldridge North
- Lakewood Grove
- Legends Ranch
- Longwood
- Meyerland
- Normandy Forest
- North Lake Forest
- Park Lakes
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