

November 2014

Official Publication of the Normandy Forest Homeowners Association

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NOVEMBER 2014 NEWSLETTER

DEED RESTRICTION VIOLATION LETTERS

Your HOA Board is trying to cut back on mailing violation letters, but we need your help. Please check your house and grounds every week.

Are there fence posts missing or broken? Are weeds taking over your flower beds and walks? Is there mildew on the sides of your house? Do you have paint chipping from windows or shutters or air vents? Keeping abreast of these problems will save time and extended repairs as well as your HOA dollars.

If we all cooperate, we can save money used to write and mail violation letters. This money can then be used to off set expenses and avoid an increase in HOA dues.

PRECINCT 4 CONSTABLES

Some of you may not be aware that the constables' office for Precinct 4 provides a "Vacation Watch Service" to the Normandy Forest community. Their website is: www.cd4. hctx.net

A constable will inspect your property and do a perimeter search once a day to make sure everything is in order. You can register as far in advance as needed.

If you should need to phone the constables' office their number is: 281-379-6134. A constable should be about 10 minutes away. Please do NOT call this number for medical emergencies. Medical emergencies should still be called in on 911.

(Continued on Page 3)



NORMANDY FOREST COMMITTEES

THE ARCHITECTURAL COMMITTEE

SECURITY COMMITTEE

In the event of an emergency please call "911" or for Precinct 4	É
please program your cell phone with the number below.	
Precinct 4	
Paul Diaz	

ACTIVITIES COMMITTEE

POOL MAINTENANCE & LIFEGUARDS

Jeffery King	
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CLUBHOUSE RENTALS

MAINTENANCE COMMITTEE

POOL TAG COMMITTEE

BLOCK CAPTAIN COORDINATOR

NEIGHBORHOOD WATCH

Get Involved Your Neighborhood depends on it!!

IMPORTANT CONTACTS

BOARD OF DIRECTORS

Paul Diaz President	. 281-687-2045
John Nemec Vice President	. 281-651-8606
Judy Doll Secretary	. 281-528-9110
John Hopkins Treasurer	. 281-795-9772
George Tsatsaronis Director at Large	. 281-323-9900

BALLPARK RESERVATIONS

COMMUNITY SERVICES

Gas Centerpoint Energy	
Electric Reliant Energy	713-207-7777
Phone AT&T	www.att.com
Sewer Harris County MUD #28	
Trash Republic Waste	
Fire Department Spring VFD	
County Commissioner Jack Cagle	713-755-6444

MANAGEMENT COMPANY

Chaparral Management Company, AAMC 6630 Cypresswood Suite 100 | Spring, Texas 77379 281-537-0957 phone | 281-537-0312 fax Valerie Overbeck | Association Manager voverbeck@chaparralmanagement.com

OFFICE HOURS

9am to 5pm | closed for lunch 12:30 to 1:15 pm

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Newsletter (Continued from Cover)

DOWN THE DRAIN

What goes down your drain doesn't always flow and what you can do to keep sewers cleaner. Grease, gunk, fats, oils and even flushable wipes are put down the drain and into our sewer system every hour of every day. All this takes one sewer ramp to your district. Just because a package label reads "biodegradable" does not mean it will not make a pretty big mess of your sewer lines no matter what the manufacturer claims or promises. Please be mindful of what your family is putting down all drains throughout your house.

Did you know that a single gram of dog waste could contain 23 million fecal coliform bacteria? This is why it is so important not to leave dog waste on your lawn and yard. When it rains or your sprinklers go on, the runoff carries these bacteria into our bayous and rivers. This affects wildlife as well as our water supply. Please be sure to dispose of harmful substances properly. For information on disposing hazardous materials go to: CleanWaterways.org

If we all work together, we can keep our environment a safe place for generations to come.

CONGRATULATIONS KLEIN COLLINS TIGERS!

Klein Collins High School football team is now 4-0 after rolling over the Klein Oak team last week. The score was 28-6. Get out there and cheer for the Tigers!



RESIDENT NEWS

If you have something interesting, constructive, or just want to share some news with your Normandy Forest neighbors; email a short note to **txcardlady@sbcglobal.net** with the subject line, Resident News and we will try to print it in the next newsletter.



















KC TAP 2015

Fundraiser - Bunco Night \$30 donation to play

Saturday, November 8, 2014 6:00 PM

Forest Oaks Swim & Racquet Club 19023 Joanleigh Drive Spring, TX 77388

Bunco + Vendors + BYOB + Door Prizes = Fun, fun fun!!!

For more information, please visit our Facebook Page: https://www.facebook.com/#!/KCtap2015 More details coming soon!





The Modern Game: The Swinging Backhand Approach Shot or Volley

In previous newsletters, I offered tips on how to execute the basic strokes for players who are just beginning to play tennis or who want to resume playing.

I am now offering suggestions on how to play the "modern" game mostly geared towards players who are happy with hitting the ball over the net and controlling the point with consistency. These players may be already playing for leagues or in tournaments and are looking for more "weapons" on the court.

In this issue, I will offer instructions on how to execute "The Swinging Backhand Approach Shot or Volley." This shot is used when an opponent hits a soft shot that is floating high on the service line area. The player will take advantage and will hit the ball on the fly with a huge swing, thus hitting with top spin high over the net and hit with power. When the ball hits the court, it will take a big hop, forcing the opponent to fall back close to the fence, or to hit the ball on the rise. This shot can be used as a "winner" or as an "approach shot."

In the illustrations, Vishwa Aduru, one of the top players of the Grey Rock Tennis Academy, shows the proper technique to execute this stroke. Vishwa is coached by the Director of the Tennis Academy, Darin Pleasant.

Step 1: The Back Swing: When Vishwa sees the opportunity, he makes a quick turn of his upper body and takes the racket high

and back. The head of the racket is now at shoulder height, his shoulders are turned, the left hand is gripping the racket tight and the right hand is semi-relaxed. His weight is on the front foot as his momentum carries his forward to attack the ball. His left wrist is "laid back" to allow maximum point of contact.

Step 2: The Point of Contact: The success of a top spin shot is keeping the ball on the strings going from low to high in a 30 degree angle and accelerating the racket head around the outside of the ball. Vishwa started the swing high and "looped" it to allow the head of the racket to drop down. He will be brushing around the outside of the ball as he makes contact with it. His left shoulder is almost opening and his weight is moving through the shot.

Step 3: The Follow Through: In order to get maximum control and power, Vishwa is keeping left arm extended through the shot. He has "snapped" his left wrist and has the head of the racket facing down. His weight is going forward.

Step 4: The Finish: Vishwa's upper body acceleration forced the head of the racket to "wrap around" his right shoulder, thus creating the most power and topspin on the ball. His legs are already in position to move forward the net for a volley. His left foot should naturally move forward due to his momentum and racket speed. From his looks, he apparently hit a very deep volley for a winner.

Look in the next Newsletter for: ": "The Modern Game: The Slice Overhead"



New Partner of the Houston Zoo

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Your Neighborhood at Your Fingertips



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