



STONE FOREST

Flyer

July 2016

Volume 6, Issue 7

Save THE Date

Stone Forest Annual Meeting

Thursday July 14, 2016 at 7:00pm

YOU'RE INVITED.....

Please join us at
Normandy Forest Clubhouse
20811 Normandy Forest Dr. Spring, TX 77388

The annual meeting is a time for homeowners to get informed of the status of the association. Elections for board positions will be voted on, and EVERY vote matters!!

Visit your website and sign up for email updates: www.stoneforesttha.org

There will be a drawing in the amount of the 2017 annual assessments. If you are present will you get the entire amount credited to your account. If your ticket is drawn and you turned in a proxy, then you will receive half of the amount. Only those present will be in the drawing for one \$100.00 gift card and one \$50.00 gift card. Please come and meet your Board of Directors and Management Team!!!

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
Contact 832-717-0749 (Home)
..... 361-946-1838 (Cell)
..... j24hd@yahoo.com

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TREASURER

Robin Jones 19210 Holly Shade
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..... 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
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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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Harris County Precinct #4 www.hcp4.net

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..... **7717 Louetta Rd. , Spring, TX 77379**

Republic Waste

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NEWSLETTER INFORMATION

Articles kserventi@chaparralmanagement.com

Publisher - Peel Inc. www.peelinc.com

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Northwest Houston chapter of Business Professional Women

The July meeting of the Northwest Houston chapter of Business Professional Women will take place on Thursday, July 21st, at 11:00am at Northgate Country Club, 17110 Northgate Forest Drive, Houston, Texas (off FM 1960 between TC Jester & Kuykendahl).

Join other professional businesswomen for networking, lunch and learning with a speaker who will impart pertinent information on a specific area of business from a woman's perspective.

The cost for our luncheon is \$25.00 for members and guests. Reservations received after Tuesday, July 19th will cost \$30.00. Inquiries may be sent via email to: nwhoustonbpw@yahoo.com. Please include your name and contact information.

Reservations can be made on our website: nwhoustonbpw.com

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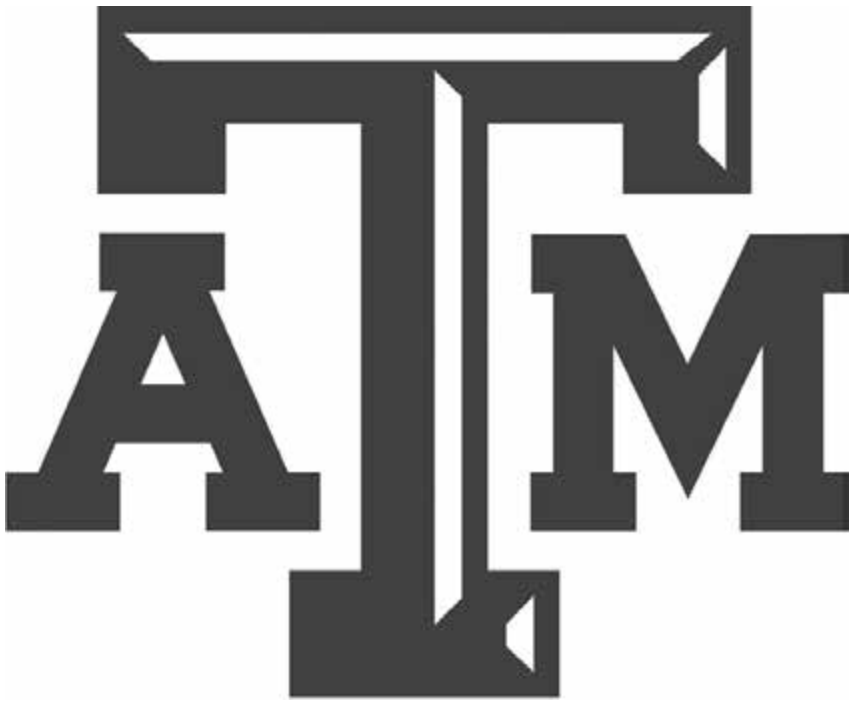


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Calling all Aggie Moms!

If you are a mom, step-mom or guardian to a student at Texas A&M, please join us in making a difference in student's lives. The NWHC Aggie Mom's club will be hosting, Summer Mixers. This is an opportunity for you to meet other Aggie Mom's and find out what our club is all about. Please join us at one of our informal Summer Mixers details can be found on our website.

Save the Date: July 7 and July 14 Summer Mixers

Howdy Party-August 9, 2016

The Northwest Harris County Aggie Mom's Club meets August thru May on the second Tuesday of every month at 6:30 pm at 7100 High Life Drive. Refreshments are served at 6:30 with meeting beginning at 7:00. For more information on monthly speakers or upcoming events visit our website at www.nwhcaggiemoms.org or contact Summer Perkins, Club President at summer@nhh-realty.com.

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USA Fit Champions Ready to Get Aspiring Runners Marathon/Half Marathon-Ready by January



With many winter long distance races to look forward to, USA Fit Champions seeks to get Spring and Northwest Houston area residents "marathon-ready." The local full and half marathon training group is currently taking registrations through Aug. 30 at www.ChampionsFit.net for its new season, which kicks off with two orientation/in-person registration events at 7 a.m., Saturday, July 9 and 16, at the D. Bradley McWilliams YMCA in Spring. Now, Co-Organizer Roy McDonald says, is the perfect time, no matter a runner's ability level, to start training for January races such as the Chevron Houston Marathon, Aramco Half Marathon and Memorial Hermann USA Fit Marathon.

"Most people don't believe they can complete a full or half marathon for various reasons," said McDonald. "Our mission at USA Fit is to show people they absolutely can succeed by providing training plans for every fitness level in a fun, non-intimidating and safe environment."

McDonald himself joined USA Fit's Houston group 25 years ago when he and four fellow employees at his company discussed running a marathon. It was a goal he had never entertained. At the time, he weighed 240 pounds and at the end of his first marathon training with the group dropped to 185 pounds. In addition to gaining a lifelong love of running, McDonald gained a lifelong friend in member and now co-organizer Mitchell Garcia, who was one of the employees who had initially joined him.

McDonald and Garcia both hope as organizers and coaches to bring the same motivation and encouragement that their coaches and fellow members had given him to help runners and walkers around the Champions area reach their own personal goals.

According to McDonald, the top myths about marathon running include:

- Marathoners must be young.
- Marathoners must be athletes.
- It is not possible to walk 13.1 or 26.2 miles.

- Running long distances is dangerous to one's health.
- Runners must be a certain weight or size to successfully run a full or half marathon.

He said that members of USA Fit Champions defy all of these myths and have gone on to complete half and full marathons during their very first seasons with the group as well as meet personal health and fitness goals.

"The most rewarding part of our job as coaches is to see members achieve so much more than they thought possible, no matter their fitness level or stage in life," said McDonald. "The only thing we ask our members to show up with is a goal and the passion to meet it. We take care of the rest."

Registration for USA Fit Champions is \$140 for new members and \$100 for returning members. Runners meet Saturday mornings for ability-based group trainings, enjoy weekly seminars and social events throughout the season and benefit from the encouragement and expertise of certified coaches. To learn more and to register, visit www.ChampionsFit.net or contact Roy McDonald at info@championsfit.net.

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In Girl Scouts, the volunteers are the backbone of our organization. Without our volunteers, there are no Girl Scout troops, no camping experiences, no cookie businesses, and no troop badges earned. As an adult, all of your experiences have brought you to where you are in your life today. As a Girl Scout leader, an adult has the chance to mentor a group of girls to help them reach their fullest potential through your shared experiences.

Please consider volunteering with Girl Scouts so you can have a direct impact on the girls in your community. To volunteer, please visit our website at www.gssjc.org and click on "Volunteer Today." Let's show the girls in CyFair what's possible!



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STONE FOREST FLYER

Women Empowering Women Express Network

Expand your network, grow your business skills, reach a new audience, or advance your career with the Women Empowering Women Express Network of the American Business Women's Association (WEWEN). WEWEN meets the first Wednesday of each month from 11AM-1PM in the West Dining Room of Lone Star College-University Park 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. Additional details and registration (\$25) are available at wewen.org. Contact communications@wewen.org with questions.

Plant of the Month: Sunflower

*Info from Ladybird Johnson Wildflower Center,
University of Texas at Austin*

The Sunflower is one of the most common flowers in Texas. Varieties grow wild throughout the States. Some varieties grow up to 8'. They grow quickly, so are a good plant for children to try as one of their first gardening adventures. Point out to them that the flower heads follow the sun in a remarkable way, facing East in the morning and West at sunset. In fact the Spanish name for the Sunflower is Gyrosol, which means "follow the sun." The English scientific word for such turning is heliotropism. Remind them that the Sunflower is the State Flower of Kansas. The flower was used to obtain yellow, black, and blue dyes which were used by the American Indians for basket-making.

The Sunflower is drought-tolerant (once established), and the seeds may be planted as deep as 3 inches, though generally about an inch. Do plant them in the sun. Water sparingly, but water. In our soil, it is likely that they will become top heavy, so you may need to stake them. Birds and bees love them, and there is a certain strange spindly species of insect that you will probably find on the plants when they are mature.

Late April is the best time to plant, but July is not too late as long as you can keep the soil moist during the first few weeks of early life. Expect them to mature in about 90 days. It takes a very cold frost to kill them.



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