

STONE FOREST

Flyer

January 2017

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Hello Neighbors,

Once again, Happy New Year. I hope everyone had a pleasant Holiday season.

Quick reminder about the Christmas Lights. Hopefully we all have put them away for next Christmas.

The next meeting of the Stone Forest HOA Board of Directors is set for Wednesday January 11, 2017. I encourage our residents to attend when ever possible.

I should have more to talk about after the January meeting.

Be safe,
Tod Bisch
President



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Tomball Art League

Have you been thinking of getting back to your art and becoming involved in the local art community? Join TAL and meet other artists, learn more about the league, art shows and art techniques shared by guest artists. Our first meeting of 2017 is January 14 at 9:30 a.m. in in the Amegy Bank building (2nd floor) located at Hwy 249 @ Medical Complex Dr. in Tomball.

For more info: www.thetomballartleague.com



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It's Another New Year...

"Happy New Year!" That greeting will be said and heard for at least the first couple of weeks as a new year gets under way. But the day celebrated as New Year's Day in modern America was not always January 1.

ANCIENT NEW YEARS: The celebration of the new year is the oldest of all holidays. It was first observed in ancient Babylon about 4000 years ago. In the years around 2000 BC, the Babylonian New Year began with the first New Moon (actually the first visible crescent) after the Vernal Equinox (first day of spring). The beginning of spring is a logical time to start a new year. After all, it is the season of rebirth, of planting new crops, and of blossoming. January 1, on the other hand, has no astronomical nor agricultural significance. It is purely arbitrary. The Babylonian new year celebration lasted for eleven days. Each day had its own particular mode of celebration, but it is safe to say that modern New Year's Eve festivities pale in comparison. The Romans continued to observe the new year in late March, but their calendar was continually tampered with by various emperors so that the calendar soon became out of synchronization with the sun. In order to set the calendar right, the Roman senate, in 153 BC, declared January 1 to be the beginning of the new year. But tampering continued until Julius Caesar, in 46 BC, established what has come to be known as the Julian Calendar. It again established January 1 as the new year. But in order to synchronize the calendar with the sun, Caesar had to let the previous year drag on for 445 days.

THE CHURCH'S VIEW OF NEW YEAR CELEBRATIONS: Although in the first centuries AD the Romans continued celebrating the new year, the early Catholic Church condemned the festivities as paganism. But as Christianity became more widespread, the early church began having its own religious observances concurrently with many of the pagan celebrations, and New Year's Day was no different. New Years is still observed as the Feast of Christ's Circumcision by some denominations. During the Middle Ages, the Church remained opposed to celebrating New Years. January 1 has been celebrated as a holiday by Western nations for only about the past 400 years.

NEW YEAR TRADITIONS: Other traditions of the season include the making of New Year's resolutions. That tradition also dates back to the early Babylonians. Popular modern resolutions might include the promise to lose weight or quit smoking. The early Babylonian's most popular resolution was to return borrowed farm equipment. The tradition of using a baby to signify the new year was begun in Greece around 600 BC. It was their tradition at that time to celebrate their god of wine, Dionysus, by parading a baby in a basket, representing the annual rebirth of that god as the spirit of fertility. Early Egyptians also used a baby as a symbol of rebirth.

AULD LANG SYNE: The song, "Auld Lang Syne," is sung at the stroke of midnight in almost every English-speaking country in the world to bring in the new year. At least partially written by Robert Burns in the 1700's, it was first published in 1796 after Burns' death. Early variations of the song were sung prior to 1700 and inspired Burns to produce the modern rendition. An old Scotch tune, "Auld Lang Syne" literally means "old long ago," or simply, "the good old days."

FINDING RESOLUTION

I am a goal-oriented, list-making individual. It's how I'm wired, and it has helped me be productive and successful in many ways. However, being goal-oriented doesn't always work so well when building relationships. What if the other individual doesn't have the same goals as you do?

This has been the case many times in my life, and my tendency was to bulldoze over them with my lack of concern for their goals. My goals were better, more thought out, more important, etc. What does that do to this relationship that I valued to work on so much? It completely undermines the whole thing! So, how did I learn to stop this destructive pattern in my relationships? Horses!

How many of you have tried to get an animal that weighs over 1000 pounds to meet your personal goals? It's not easy. Yes, it is possible to force them to do many things, but can you catch them easily the next day? Do they really want to have a relationship with you after you have met said goals? Mine didn't.

Mine ran away and fought many things I tried to "teach". What did it take for me to listen to the horse's thought on our relationship? An unplanned dismount is the nicest way I've heard it phrased. When a horse goes to bucking, it is pretty clear it doesn't respect your leadership. A wise man once asked me what happened before that buck. I answered, "Lots of little things that I ignored, actually."

I'm too old to ignore those little signals anymore. It hurts to hit the ground with that kind of force! As I've learned to listen to horses better, it has also helped me to listen to people better. Have you ever asked a friend what they want to receive out of the relationship you have? Do they have needs that aren't being met? If they aren't treated respectfully and valued, they may not stick around.

Setting goals is still helpful, especially in helping me think of the steps to help myself achieve them. I just want to make sure I am not ruining relationships along the way. So, my goal setting looks different now as I make sure it includes the friends I value the most.

These are a few of my relational goal ideas for the next year. They are all oriented toward preventing those blow ups, like my horse gave me, with one of my friends or husband.

Be a better friend by:

1. When feeling annoyed or offended- stopping to question why and if it is really that important?
2. Plan monthly dates to build relationships.
3. Check in with my friends to find out their needs, before they ask!
4. Be more available by being less BUSY- say no to more things, so I can say yes to important ones.
5. LISTEN better- friends are giving you early signs of needs, but we are distracted with our own.

****If you find these things to be true in your own life, and would like to make a change, please visit our website at [www.fivehorses.com](http://fivehorses.com) to learn more about our new Goal-Setting Workshop this January****

STONE FOREST FLYER

TENNIS TIPS

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

HOW TO EXECUTE THE FOREHAND LOB



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

In this issue, I will offer instructions on how to execute the Forehand Lob. This shot is used when a player is forced to retrieve a ball that is hit deep and the opponent is either charging to the net or staying far back. The player hitting the lob is looking for "air time" to regain balance and court space. This ball should be hit high enough so the players at the net cannot reach and "slam" the ball down, or force the opponent at the base line to retrieve back. In the illustrations, "Suzie" Foster, Member of the Polo Tennis and Fitness Club, shows the proper technique to execute this stroke.

Step 1: The Back Swing: When Suzie is forced deep into the court and realizes that she must hit a defensive lob, she pivots to the right and gets her racket back early. Notice that the head of the racket is

low and her left arm is up in front to keep her balance. Her eyes are focused on the path of the ball and her weight is in her right foot.

Step 2: The Point of Contact: Suzie is now ready to hit the ball. Her eyes are now on the point of contact and the face of the racket is tilted at a 45-degree angle to create height and depth on her lob. Her goal is to keep her head still and not start looking up to her opponent or to the other side of the court.

Step 3: The Follow Through: The success of a deep lob is the follow through. Suzie's wrist is still "laid back" and her shoulder is lifting the racket above her head. Her right arm is still in front of her to allow maximum balance.

Step 4: The Shuffle Back: Once Suzie finishes the stroke, her goal is to either move forward toward the net to hit an overhead, or to shuffle back to the middle of the court to drive the next ball back to the opponent.

Look in the next Newsletter for: How to execute
“The Two-Handed Backhand Lob”



FUNGUS GNATS

Fungus gnats often become a problem in homes due to an overwatering problem. Since this time of year can bring poinsettias or other plants into the home, fungus gnats are a pest to watch for.

Fungus gnat adults are small, black, long-legged flies with long antennae. Most adults are about 1/16 an inch but some can get up to 1/2 an inch. They are weak fliers and generally remain near potted plants, growing media, foliage or leaf litter.

Larvae, or immatures, have a black head capsule and long whitish body without legs. They feed on organic matter such as mulch, compost, grass clippings, plant roots and fungi. When conditions are very moist, fungus gnat larvae can become abundant and may leave slime trails on media that looks similar to trails left by snails or slugs.

While these gnats are a nuisance they are fairly easy to manage.

Indoors, it is a good idea to use yellow sticky cards as a monitoring tool. Potato pieces may also be used as a monitoring tool for fungus gnats. To do this, imbed a peeled potato cube into media and inspect the underside of the potato and the media directly below it twice a week for fungus gnat larvae.

To manage fungus gnat populations, work on reducing excessively moist conditions. Avoid overwatering and make sure that there is good drainage. The surface of container soil should be allowed to dry before watering again.

If using compost, make sure that items have been fully composted. Compost piles should be turned regularly and kept away from doors or windows. Inspect all doors, windows, vents and screens for a good seal to reduce the number of gnats that may enter a structure.

Bacillus thuringiensis var. israelensis or the nematode Steinernema feltiae can be applied in containers to control larvae. Either spray on the media or apply as a soil drench. Biologicals work best when they are applied early in an infestation. If a population is already large, they may not provide the control desired.

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

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RECIPE OF THE MONTH

Curry Chicken Salad

Ingredients:

3 whole (6 split) chicken breasts, bone-in, skin-on

Olive oil

Kosher salt and freshly ground black pepper

1 1/2 cups good mayonnaise (recommended: Hellman's)

1/3 cup dry white wine

1/4 cup chutney (recommended: Major Grey's)

3 tablespoons curry powder

1 cup medium-diced celery (2 large stalks)

1/4 cup chopped scallions, white and green parts (2 scallions)

1/4 cup raisins

1 cup whole roasted, salted cashews

Procedure:

Preheat the oven to 350 degrees F.

Place the chicken breasts on a sheet pan and rub the skin with olive oil. Sprinkle liberally with salt and pepper. Roast for 35 to 40 minutes, until the chicken is just cooked. Set aside until cool enough to handle. Remove the meat from the bones, discard the skin, and dice the chicken into large bite-size pieces.

For the dressing, combine the mayonnaise, wine, chutney, curry powder, and 1 1/2 teaspoons salt in the bowl of a food processor fitted with the steel blade. Process until smooth. Combine the chicken with enough dressing to moisten well. Add the celery, scallions, and raisins, and mix well. Refrigerate for a few hours to allow the flavors to blend. Add the cashews and serve at room temperature.



Kids' Club

Attention KIDS: Send Us Your Masterpiece!

Color the drawing below and mail the finished artwork to us at:

Peel, Inc. - Kids Club
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Lakeway, TX 78734-4717

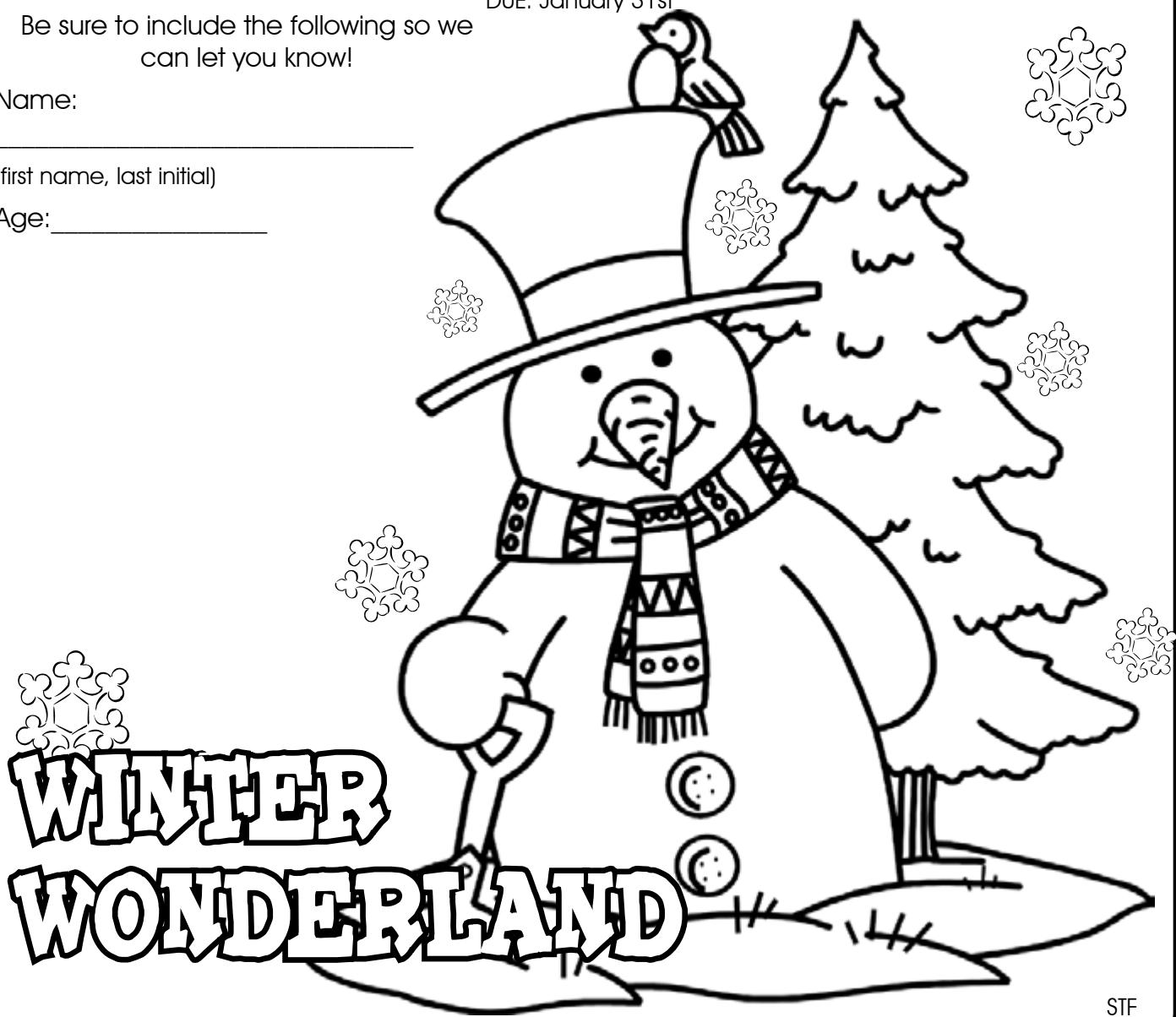
We will select the top few and post their artwork on our Facebook Page - Facebook.com/PeelInc.

DUE: January 31st

Be sure to include the following so we
can let you know!

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