

The Clippings

November 2013 Volume 1, Issue 2



OUT ON THE COURSE

Walden members as I approach 4 years of service here at Walden Country Club, I can't help but reflect on all we have done. And of course without the steady growth and support very little of these projects or improvements would not have been possible. Here are is a list of many of our achievements.

1. Pampas Grass removed from the lakes, hundreds of them.
2. Par 3 tees reshaped and enlarged for more teeing area.
3. Bunkers either removed or reshaped.
4. Irrigation sprinkler upgrades around greens and tees.
5. Landscape improvements including clubhouse, tennis and the pool. Removal of overgrown materials to the installation of new plant material and flowers.
6. Tree removal maybe not a positive item but with the drought and storms we have lost over 400 trees.
7. Restrooms remodeled
8. Cart paths resurfaced
9. New water well 300 ft deep for irrigation water (City of Houston)
10. Six pieces of new equipment
 - A. Slope mower (for green/tee surrounds)
 - B. Buffalo Blower (for smaller clean up jobs)
 - C. Greens triplex (for daily greens mowing)
 - D. Utility Spray Rig (does 90% of spraying operations)
 - E. Irrigation Central Control Computer (heart of the irrigation system)
 - F. Fairway unit (just delivered 6-1-13)

I would like to thank you all for supporting our efforts here at Walden. It is my promise to make each and every golfing experience an enjoyable one. I believe we have built a great member/employee relationship. A trust and appreciation for what we do and deliver. Thank you for being a member.

Bob Cook CTP
Your Superintendent

FROM THE PRO SHOP

In October, the club held their two-day Club Championship events for the Ladies, Senior Men, Men and Junior's. We would like to congratulate our winners:

Ladies gross winner - **Carol Haeffling**

Ladies Net winner - **Helen Fuelberg**

Mens senior gross winner - **Dave Faulkner**

Mens senior net winner - **Larry Rhodes**

Mens gross winner - **Ken Kelley**

Mens net winner **Don Henderson**

Junior winner - **Austin Olsen**

Junior 12 and under winner - **Andrew Lovejoy**

HOLE IN ONE FOR SEPTEMBER

David Branham 15th hole

Susie Nelson 4th hole

Penny Nowicki 4th hole

Lee Brewer 6th hole

Don Henderson 4th hole

Bob Ledger 6th hole

IMPORTANT CONTACTS

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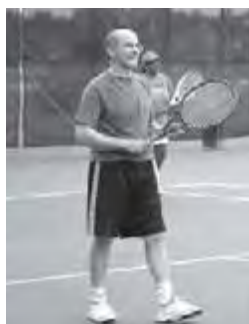
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Please support the businesses that advertise in *The Clippings*. Their advertising dollars make it possible for all Walden on Lake Houston residents to receive the monthly newsletter at no charge. If you would like to support the newsletter by advertising, please contact our sales office at 512-263-9181 or advertising@PEELinc.com. The advertising deadline is the 10th of each month for the following month's newsletter.

WALDEN TENNIS & FITNESS Is the Place to Be

Fall is in the air and the temperatures and humidity are dropping, which means it's the perfect time to get your racquets out, dust them off, and start swinging again. If you are new to the neighborhood, or have never stopped in, we encourage you do to so. Let's us customize a program that fits your family's need. We have year round classes and programs for all ages and abilities. Whether you are a member or not, stop by and check our daily and weekly programs out. Come try 2 complimentary sessions on us. We have a 8 lit courts, a hitting wall, a Ball Machine, a full service Pro Shop, 1 Racquetball Court, 1 Table Tennis Court, and a newly refurbished Fitness Center, an Aerobics Center offering, Aerobics, Pilates, Yoga, and Karate Classes. We also offer Child-care for Tennis & Fitness weekday mornings, Wednesday evening and by RSVP for other events. In the Tennis department, we have both Junior and Adult Programs year-round, as well as leagues, mixers, and tournaments. Give us a call @832.445.2120 or stop by the center, which is open 7 days a week.



TENNIS 101 – A class designed for first timers, as well as, those coming back to the game. Singles, Couples, and Families welcome. Tuesday 7-8pm & Saturday 9-10am.

ADULT TENNIS – Men's Drill Monday Evenings 8pm, Women's Drill Wednesday Evenings 7:15pm, League Teams and Team Drills set by the Pro Staff

JUNIOR TENNIS – 10 & Under Programming starting at age 4 up to Advanced Super-Champ Drills, Camps, and Leagues

FRIDAY NIGHT LIGHTS – Co-Ed Fun Doubles weekly Friday Night at 7pm

WEEKEND PROGRAMMING – Saturday 9-10am Tennis 101, 10 & Under Class 10-11am, Men's Doubles, and Junior Team Tennis

Mark Your Calendar: Next Tennis Social - Friday, November 1st 7pm, 2013 Club Championships December 5-7, and Holiday Tennis Party – December 8th

Coming in 2014: Tennis & Golf Charity Tourney



*See You On the Courts,
Craig L. Bobo, Director of Tennis & Athletics*



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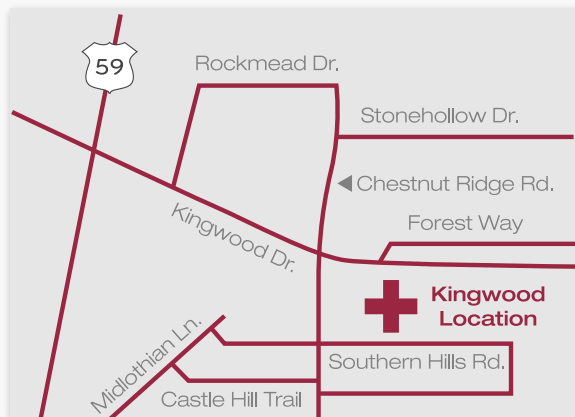


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MESSAGE *from the* BOARD

The Board of Governors of Walden of Lake Houston Golf and Country Club are happy to begin sending all members of the Walden Community and Country Club members this newsletter. Our hope is that through this publication we are able to help improve communication between the club and its membership. There are many changes that have happened over the last several years and are planned for the future.

The mission of the Board of Governors is to partner with club management to create the very best club experience, every day, for all members. If you have never been to the club, please take the time to come and visit us. As you may know, we offer Golf, Tennis, Dining, Special Events as well as very nice Swimming and Workout Facilities. We have some very exciting things happening here at Walden. With the assistance of a strong membership roster we have recently renovated our patio area, men's locker room, course restrooms and are about to undergo an extensive "Sand Trap Renovation" throughout the golf course to make your golf experience a more enjoyable one. I hear from our current members repeatedly that, "our golf course has the best greens in our area". I am confident that Walden on Lake Houston Golf and Country Club provides the best value for a Full Golf Membership in all of Houston. We welcome you and your family to just drop in and ask for Brad Kuykendall (Membership Director) and take a tour of our facilities and find out about options for your immediate enrollment. We hope to see you soon both on the course and around the clubhouse!

The patio renovation is complete and new blinds are being ordered for the locker room and other common spaces within the club. Look for work to begin on the sand traps throughout the course to begin soon. Great things are happening at the club and we want you to be a part of it!

Chester Loth
Walden on Lake Houston C.C.
Chairman of the Board

FOOD & FUN

Wednesdays - pasta night

Thursdays - Prime Rib 5:00 - 8:00, RSVP required

Fridays - Fine Dining Friday with Chef John, RSVP required

November 10 - Holiday Expo - Cooking Demo with Chef John, Holiday Martinis with Tim, vendor booths and much more - Check website and Facebook for details coming soon.

November 15 - Fun Fall Family Night from 5:00 - 8:00 pm
- Details coming soon

November 24 - Sunday Brunch from 10:00 to 1:00 - RSVP required, brunch includes: carving station, omelet station, smoked salmon, shrimp cocktail, fresh fruit, and much more - 15.95 adult, 7.95 for 6 - 12 years old 5 and under eat free.

November 28 - Thanksgiving Brunch 19.95 - traditional Thanksgiving Feast with much more. Adults 19.95, 6 - 12 9.95, 5 and under eat free. RSVP required

Also, be looking for a new
19th Hole menu!

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November Meeting

The Lake Houston Ladies Club will have their luncheon and meeting on Tuesday, November 19, 2013 beginning at 10:00 a.m. at the Walden Country Club, 18100 Walden Forest, Humble TX 77346. This month's entertainment will be "Fun with Psychics". The Lake Houston Ladies Club is a social organization that welcomes new members from all surrounding areas to join and offers several avenues for individual interest. They include: Readers Choice, Bridge, Bunco, Mah Jongg, Lunch and Look, Movie Group, Supper Club. Please join us. New members are always welcome. Please call Carol at 832-671-4475 for more information and for reservations call by Friday, November 15, 2013 by 5:00 p.m.



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Mood Changes Triggered By Menopause

HOUSTON – Because hormones influence mood, perimenopause, or the transition period prior to menopause, can be an emotional time for women, according to an expert at Baylor College of Medicine (www.bcm.edu).

According to Dr. Britta Ostermeyer, associate professor in the Menninger Department of Psychiatry and Behavioral Sciences at BCM, perimenopause occurs at the same time as other life changes, such as children moving away for college, leaving behind an “empty nest.”

It’s important to encourage someone with menopausal mood changes to stay involved, whether it’s through work, social activities or exercise. Scheduling an appointment with a primary care physician or OB/GYN can also be helpful.

The most common type of mood disorder that

can occur during perimenopause or menopause is depression. The symptoms include:

- A depressed mood that occurs most of the day, nearly every day
- A decrease in interest or pleasure from daily activities
- Weight loss or gain
- Insomnia or hypersomnia
- Feeling restless or fatigued
- Feelings of worthlessness or guilt
- Diminished ability to think or concentrate
- Thoughts of suicide

Ostermeyer recommends seeking help from a health care provider as soon as possible if symptoms of depression occur.



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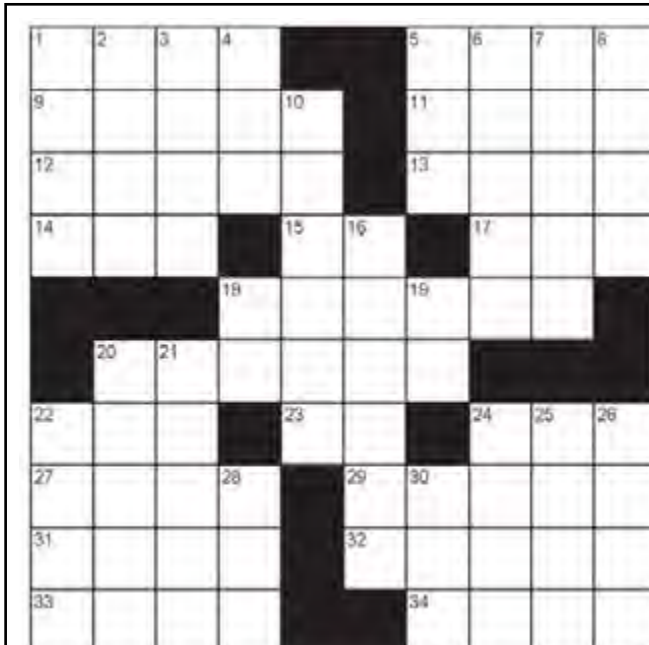
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The Clippings

CROSSWORD PUZZLE



ACROSS

1. Swiss-like cheese
5. Black
9. Confuse
11. Dog food brand
12. Flat
13. Sticky black substances
14. Mr.
15. Advertisement
17. No
18. Make better
20. Pre-Nissan
22. Electric spark
23. Miss lang
24. Tire
27. Saloons
29. Immense
31. Shine
32. Santa's helpers
33. Madam
34. Ribald

DOWN

1. Tides
2. Cafe
3. Far away
4. Day of wk.
5. Sup
6. Mont ____
7. Ms. Winfrey
8. Curious
10. City
16. Toil
18. Movie alien
19. Fashionable
20. Play
21. Smoky
22. Cain killed him
24. Skimp
25. Afresh
26. Posttraumatic stress disorder
28. Pigpen
30. Unwell

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MORTGAGE RATES

There's no doubt that mortgage rates have risen from the record lows seen in 2012. Given a choice, everyone wants the lowest possible interest levels. The question is whether rates today have risen to the point where real estate is no longer attractive.

I believe that one of the attributes possessed by Great Realtors is perspective. Buyers, almost all of us are emotional. It can be hard for many to purchase a home with interest rates at 4.5, 5, 6, or 7+ percent interest when just 60 days ago they heard of friends and family getting 2.5% interest rates on a 15 year mortgage. Perspective; mortgage rates are astonishingly low. The expectation should be that rates are rising and will continue to do so. The logical answer is that now is the time to buy before rates go higher.

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