

# The Clippings

April 2016 Volume 4, Issue 4



## LAKE HOUSTON LADIES CLUB

### April Meeting and Luncheon Information

Lake Houston Ladies Club will have their meeting and luncheon on Tuesday, April 19, 2016 beginning at 10:00 a.m. at the Walden Country Club, 18100 Walden Forest, Humble TX 77346. Jerry Diaz and Hannah's Reef Tropical Band will be back playing their original style of "Texas Beach Music". Come join us on a musical journey to New Orleans, Pensacola, Key West and the Texas Beach scene. Lake Houston Ladies Club is a social organization that welcomes new members from all surrounding areas. Several Interest groups are available which include: Readers Choice, Bridge, Bunco, Tea Time, Lunch and Look, Movie Group, Supper Club, Mah Jongg, and Girl's Night Out. Please join us. New members are always welcome. Reservations need to be made by Friday, April 8, 2016 by 5:00 pm. For luncheon reservations go to: [www.lakehoustonladiesclub.com/](http://www.lakehoustonladiesclub.com/) For more information about the club call Linda at 832-379-3009.

## Neighborhood **WATCH** Tips

Let's all work together to help eliminate neighborhood crime. Please watch out for these activities in our neighborhood:

- \* Someone running from a car or home.
- \* Someone screaming. If you can't explain the screams, call law enforcement and report them.
- \* Someone going door-to-door in the neighborhood or looking into windows and parked cars.
- \* Someone asking about past residents.
- \* Someone who appears to have no purpose wandering through the neighborhood.
- \* Unusual or suspicious noises that you cannot explain, such as breaking glass or pounding.
- \* Vehicles moving slowly without lights or without an apparent destination.
- \* Business transactions conducted from a vehicle. This could involve the sale of drugs or stolen goods.
- \* Offers of merchandise available for ridiculously low prices. The merchandise might be stolen.
- \* Someone walking or running while carrying property at an unusual time or place.
- \* Someone removing property from unoccupied residences.
- \* A stranger entering a neighbor's home which appears to be unoccupied.
- \* A stranger in a car who stops to talk to a child.
- \* A child resisting the advances of an adult.

# The Clippings



## New Club Hours

Monday: Closed, Gym 4:30p-9:30p  
 Tuesday: Club 7a-7p, Kitchen 10a-6p, Gym 6a-9:30p  
 Wednesday: Club 7am-10p, Kitchen 10a-8p, Gym 6a-9:30p  
 Thursday: Club 7a-9p, Kitchen 10a-8p, Gym 6a-9:30p  
 Friday: Club 7a-9p, Kitchen 10a-8p, Gym 6a-9p  
 Saturday: Club 7a-8p, Kitchen 7a-7p, Gym 8a-8p  
 Sunday: Club 7a-7p, Kitchen 7a-6p.

## Save the Date

Sunday, May 8th, Mother's Day Brunch. Reservations available at your choice of 11am or 1pm. RSVP by May 6th.

Steak Night every Thursday and Friday.

## Kids Zone



### MORNINGS:

Monday through Friday  
 8AM-10AM

### EVENINGS:

Monday through Wednesday  
 6PM-9PM  
 Thursday through Friday  
 5PM-8PM

Drop your kids off while you workout or Dine in the 19th Hole or Steak Night. Make your reservations today.  
 832-445-2120

\$3 per child per hour

## AEROBICS CLASSES

### MORNING CLASS

Start at 8:30AM  
 Mon. Cardio/Weights  
 Tues. Yoga  
 Wed. Cardio/Weights  
 Thurs. Hot Yoga  
 Fri. Zumba

### EVENING YOGA CLASS

6:30PM to 7:30PM  
 Monday and Thursday

### Key Phone Numbers:

Main: 832-445-2100  
 Golf: 832-445-2115  
 Tennis: 832-445-2120  
 19th Hole: 832-455-2116  
 Membership: 832-445-2105  
 Catering: 832-445-2104  
 General Manager:  
 832-445-2107

18100 Walden Forest Dr  
 Humble, Tx 77346

Sun

Mon

Tue

Wed

Thu

Fri

Sat



1

Steak Night  
 in the  
 Palmer Lounge  
 5pm-8pm

2

Tennis 101  
 Fab  
 Four Holes

3

Champagne  
 Breakfast 8-2

4

Tennis/Fitness  
 Center Open  
 4:30-9:30 pm

5

Wine Dinner  
 6:30 pm  
 MUST RSVP!  
 Tennis 101

6

7

Steak Night  
 in the  
 Palmer Lounge  
 5pm-8pm

8

Steak Night  
 in the  
 Palmer Lounge  
 5pm-8pm

9

Tennis 101

10

Champagne  
 Breakfast 8-2

11

Tennis/Fitness  
 Center Open  
 4:30-9:30 pm

12

Tennis 101

13

14

Steak Night  
 in the  
 Palmer Lounge  
 5pm-8pm

15

Steak Night  
 in the  
 Palmer Lounge  
 5pm-8pm

16

Tennis 101  
 Fab  
 Four-Holes

17

Champagne  
 Breakfast 8-2

18

Tennis/Fitness  
 Center Open  
 4:30-9:30 pm

19

Tennis 101

20

21

Steak Night  
 in the  
 Palmer Lounge  
 5pm-8pm

22

Steak Night  
 in the  
 Palmer Lounge  
 5pm-8pm

23

Tennis 101

24

Champagne  
 Breakfast 8-2

25

Tennis/Fitness  
 Center Open  
 4:30-9:30 pm

26

Tennis 101

27

28

Steak Night  
 in the  
 Palmer Lounge  
 5pm-8pm

29

Steak Night  
 in the  
 Palmer Lounge  
 5pm-8pm

30

Tennis 101





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*TEAM WORK...Whoever said "Many hands make light work" really understood a team work concept. Each member of my team (including you) will have specific duties towards our common goal to ensure the strength and endurance needed to get this transaction closed.*



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*January – March 2015 INTERNATIONALLY*  
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# IMPORTANT CONTACTS

## 2015 BOARD OF GOVERNORS CONTACT LIST

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**Eric Rounlick**

rounlick1@gmail.com

## CLUB MANAGEMENT TEAM

**John Schlemmer- General Manager**

jschlemmer@waldencc.com, 832-445-2107

**Tanna Follis – Membership Director**

tfollis@waldencc.com, 832-445-2105

**Cathy Bellnap – Private Events Director**

cbellnap@waldencc.com, 832-445-2104

**Charlie Rudd – Head Golf Pro**

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**Kevin Lyles – Golf Course Superintendent**

kyles@waldencc.com, 832-445-2114

**Stella Meintzer - Food and Beverage Director**

smeintzer@waldencc.com, 832-445-2131

**Marty Tarabochia – Executive Chef**

mtarabochia@waldencc.com, 832-445-2118

**Mike Beatty – Athletics Director**

mbeatty@waldencc.com, 832-445-2123

**Kim Mello – Club Accountant**

kmello@waldencc.com, 832-445-2117

## *Chef Marty's Grape Stompers' Wine Dinner*

*1st Tuesday of Every Month 6:30 pm*

*In the Palmer Lounge*

*Walden's culinary team creates a gourmet 5 course meal  
paired with complementing wines.*

*The price & menu varies monthly and will be available  
as the date approaches.*

*Reservations are very limited &  
required by Sunday evening*

*48 hour cancellation fee in effect*



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SERVED WITH 'TATERS, CORN & MUSHROOMS  
**FRIDAY, APRIL 15<sup>TH</sup> 5-10:00 PM**  
**BOILING STARTS AT 6:00 PM**



**YA COMIN'?**  
**RSVP 832-445-2100**

**DJ, DANCING, COLD BEER AND  
1ST ANNUAL GUMBO CONTEST**  
**BRING YOUR FAVORITE GUMBO IN A CROCK POT  
BY 6:00PM. MEMBERS WILL VOTE ON THEIR  
FAVORITE ENTRY. WHITE RICE SERVED ON THE  
SIDE AND PROVIDED BY THE CLUB**

**JUDGING @ 7:00PM**

**WINNER WILL RECEIVE STEAK NIGHT FOR TWO,  
A TROPHY AND BRAGGING RIGHTS FOR A YEAR!**  
**SIGN UPS FOR THE GUMBO CONTEST REQUIRED  
BY 4/14 @ 12:00 PM**



## Walden Tennis 10& Under

10& Under class is a great starter class for the ages starting at 3 to 10.

Low compression balls are used so it does not hurt. The kids also use the mini tennis court and racquets to fit them.

If you would like your child to try it out they get One FREE Class.



For more information please call Mike Beatty at 832-445-2120 or email at [mbeatty@waldence.com](mailto:mbeatty@waldence.com)

**Come Enjoy the Fun!**

# Hey **Peeps** you Need this Chick to Sell Your Home



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sell

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# The Clippings

A circular arrangement of tennis-related illustrations including players in various poses, tennis rackets, and tennis balls in yellow, green, and blue. The text is centered within this frame.

Fantastic Selection of:  
Racquets  
String  
And all equipment  
necessary for a great day on the  
courts!

Come by Walden Tennis & Fitness  
Center for all your tennis needs.

A photograph of a small, scruffy dog with white and tan fur running joyfully across a green grassy field. The dog's mouth is open, showing its tongue. Overlaid on the image is large, stylized text.

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# The Clippings

## Introductory Tennis Class



**Tuesday 7pm-8pm  
Saturday 9am-10am**

**For more information  
call the Tennis Shop  
832-445-2123**

## SUDOKU

View answers online at [www.peelinc.com](http://www.peelinc.com)

			7		4	9		
					8	6		
		4	3	9				
			2					
	2					3	4	6
6				4		5		8
1				5		7		
		5						3
		3	9					

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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

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# Neighborhood Sale



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## Live Allergy Free

Do you suffer from nose congestion, running nose, sneezing constantly, itchy nose, sore throat, red & itchy watery eyes, and cough? Do you have more than ten sneezes non-stop sometimes especially in the morning. If this sounds like you? You may suffer from allergy. If you have these symptoms during certain seasons of the year, you may have seasonal allergies. With all the trees and flowers in Houston, more and more people suffer from seasonal allergy.

If the symptoms are not effectively under control by western medicine, some people may develop chronic allergy, the symptoms become more severe every time. Other people may develop dependency to the medication, need to increase dosage form time to time.

The cause of the allergy is either the exterior pathogen (allergen) or the internal constitution (body type). Traditional Chinese Medicine treat patient's constitution, rebalance the body, change the internal environment by improving the circulation of Qi and blood, therefore to control, reduce and cure the allergy.

Several Chinese patterns of disharmony may be involved in cases of allergies. In all cases, however, wind is often part of the diagnosis. In seasonal allergies, such as hay fever, the most common diagnosis is related to wind and dampness. Individual's body constitution and condition at the time play a big role in the treatment plan.

Treatment plans for allergies vary greatly, and the possible results range from temporary relief to complete remission based on the reaction of individual person. Acupuncture frequently relieves allergy symptoms immediately. Diet advice and control plays an important part in controlling seasonal allergies.

Take your health into your own hands, live allergy free with safe effective natural way.

Apart from respiratory issues including allergy, acupuncture is also effective to treat reproductive issues for male and female, emotional issues, neurological issues, gastric distress. It is a wonderful way to relieve pain without intoxications, to help with rehabilitation, to treat addictions and fatigue.

Talk to your licensed Acupuncturist about what acupuncture and TCM can do for you.



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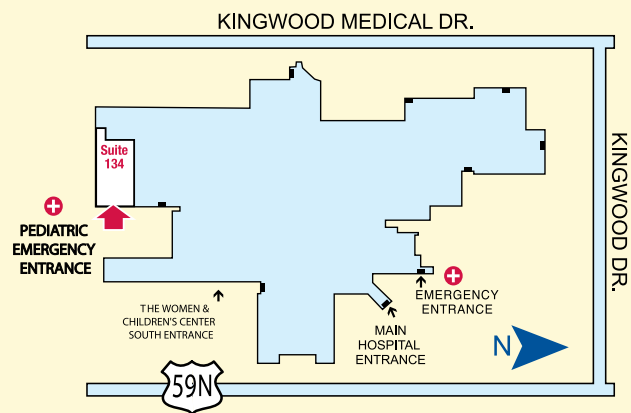


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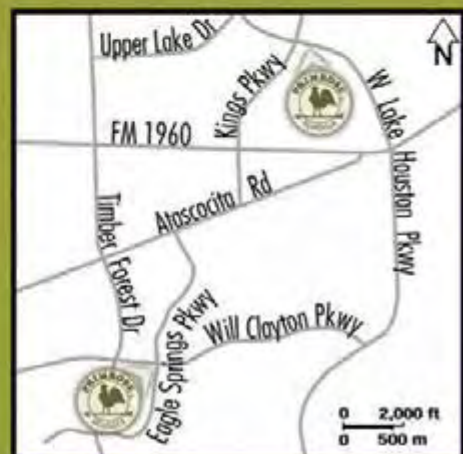
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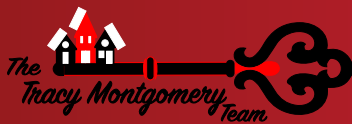
## Expecting Out of Town Guests?

Many of you have friends and family that use your guestroom. Here are a few tips on making them feel welcome in your home.

Consider buying or cutting some fresh flowers and put them on the dresser. This will help brighten the room and make your guests feel welcome. You could also lay out a couple good books or a magazine. Most people will enjoy flipping through a home magazine or a celebrity magazine. This will make an excellent addition on the nightstand next to a bedside lamp. It isn't uncommon for one of your guests to be a night owl. When you have a bedside lamp in the room, the early riser can sleep while their spouse can stay up all night finishing their favorite book. Don't forget to leave a couple extra pillows.

Nothing says comfort like a soft pile of plush pillows on a big bed. This will make the bed look nice and inviting. And last but not least, leave a universal charger in the room. One of the worst things to forget is a charger for a cell phone, laptop or tablet. We all forget things when we travel and this could save your guest a trip to the local convenient store. Universal chargers aren't very expensive and it can keep all their devices charged up and ready to go.

You don't have a guest room? Is it time to buy a bigger house? Feel free to call the Tracy Montgomery team if you want to see homes in the area. We can help you every step of the way and would love to help you with the listing or buying process.



**Tracy Montgomery**  
Cell: 713.825.5905

**Sandy Brabham**  
Cell: 713.503.8110

**Lisa Hughes**  
Cell: 281.323.5894

**Melissa Nelson**  
Cell: 832.527.4989

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