

A Message from the General Manager

Dear Walden Members,

2015 has turned out to be one of our best years ever so I would like to take a few moments to update you on some of the highlights of the year.

First of all, CBons International Golf Group (CBIGG) has now officially owned the property for a full year and not only have they honored the Partner Fund, in which members generated \$160,000 in 2014, they also contributed an additional \$80,000 toward the renovation of the tee boxes. I am proud to report the following improvements and upgrades that were done this year using the Partner Fund and CBIGG's contribution:

Renovation of all the tee boxes\$160,000Cart Path Repairs\$40,000NEW Pool Furniture\$27,000NEW Gorilla Play Set\$3,000NEW Tennis Equipment\$3,000NEW Weight Room\$7,000

The renovation of the tee boxes, which took place from June to October, required all the boxes to be leveled and some of the boxes were expanded. Renovations are complete and all tee boxes are now in play so you should come and check them out if you haven't already.

Our pool area, which is available to all members, has consistently been one of the most popular amenities at the club. Therefore, we invested in new pool furniture which included 20 lounge chairs, 20 umbrellas and stands, 4 large tables with 6 chairs each and 20 end tables. And since safety is of utmost importance to us, we built and installed new lifeguard chairs so our lifeguards are better able to keep watch over our children.

The tennis area of the club has also undergone some significant improvements. Each of the courts has a new bench and umbrella

for the comfort of the players. We also received new umbrellas for each of the 4 tables located in the observation area. For those of you who participate in one of our many junior and adult tennis programs, you may have noticed that the tennis instructors have upgraded tennis carts and all new tennis balls. The junior practice tennis balls that we purchased are softer than standard balls and are designed to help younger players in their development. This will benefit our tennis pros by enabling them to cater to younger players which will help our junior programs grow.

At Walden, our goal is to have something for everyone in your family to enjoy. Therefore, we installed a brand new Gorilla Play Set for children of all ages to have fun on. If you haven't seen it yet, it's right next to the pool and tennis areas. The play area is also available to all members.

One of the best kept secrets at Walden is that we have an excellent exercise gym equipped with all the latest machines and equipment. We recently transformed one of our two racquetball courts into a free weight gym giving us a separate free weight room and cardio gym. We removed the glass wall and replaced the floor with rubber mats and lined the walls with mirrors. The transformation was complete after we installed a 60" flat screen TV on the wall.

These are the many things we have done to revitalize Walden. We have plans in 2016 to paint the main building inside and out and the fence and pillars of the swimming pool. Thank you for being a member and I am looking forward to seeing you at the club.

Sincerely, Jon Schlemmer, GM



New Club Hours

Monday: Closed, Gym 4:30p-9:30p Tuesday: Club 7a-7p, Kitchen 10a-7p, Gym 6a-9:30p Wednesday: Club 7am-10p, Kitchen 10a-8p, Gym 6a-9:30p Thursday: Club 7a-10p, Kitchen 10a-8p, Gym 5a-9:30p Friday: Club 7a-10p, Kitchen 10a-8p,

Gym 6a-9p Saturday: Club 7a-9p, Kitchen 7a-8p,

Gym 8a-8p Sunday: Club 7a-8p, Kitchen 7a-7p. Gym 8a-8p

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

.

Sun	Mon	Tue	Wed	Thu	Fri	Sat	MORNINGS: Monday through Friday 8AM-10AM EVENINGS		
1 Clempegier Breakfied (8-2	2 Tennis/Fitness Center Open 4:30-9:30 pm	3 Wine Dinner 6:30 pm MUST RSVPI Tennis 101	4	5 Stenk Mght In the Palmer Lounge Spm-8pm	6 Steak Night in the Palmer Lounge Spm-8pm	7 Tennis 101 Fab Four-Hotors	Monday through Wednesday 6FM-9FM Thursday through Friday 5FM-8FM Drop your kids off while you workout or Line in the 19th Hole or steak Night Make your reservations: today 832-445-2120		
8 Mother's Day Brunch	9 Tennis/Fitness Center Open 4:30-9:30 pm	10 Tannis 101	11	12 Steak Might in the Paimer Lounge Epm 8pm	13 Steak Might in the Patmer Lounge 5pm-8pm	14 Tennis 101	AEROBICS CLASSES MORNING CLASS Start at 830AM Mon. Cardio/Weights		
15 Champagne Brookfact 8-2	16 Tennis/Fitness Center Open 4:30-9:30 pm	17 Tennis 101	18	19 Steak Night In the Patmer Lounge 5pm 8pm	20 Steak Night in the Palmer Lounge 5pm-Spm	21 Tennis 101 Fab Four-Holers	Tues. Yoga Wed. Cardio/Weights Thurs. Hot Yoga Fri. Zumba EVENING YOGA CLASS 630PM to 7:30PM Monday and Thursday		
22 Champagne Breakfast, 8-2	23 Tennis/Fitness Center Open 4:30-9:30 pm	24 Tennis 1/)1	25	26 Steak Mght in the Palmer Loungo 5pm-8pm	27 Steak Mght in the Palmer Loonge Epm 8pm	28 Tennis 101 Pool Open 11a-7p	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		
29 Champagho Breakdast 8-2 Pool Open 11a 7p	30 Pool Open 11a-7p	31 Tennis 101			LARC HOUSEON E Country Club		General Manager: 832-445-2107 18100 Walden Forest Dr Humble, Tx 77346		



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IMPORTANT CONTACTS

2015 BOARD OF GOVERNORS CONTACT LIST

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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

LAKE HOUSTON LADIES CLUB

May 2016 Meeting and Luncheon Information

Lake Houston Ladies Club will have their meeting and luncheon on Tuesday, May 17, 2016 beginning at 10:00 a.m. at the Walden Country Club, 18100 Walden Forest, Humble TX 77346. The Hula Mammas will be performing their Drums of the Pacific show, an Authentic Polynesia Review. There will audience participation, so ladies get ready. This should be lots of fun, as they will bring Hawaii to us. 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 Sunday, May 8, 2016 by 5:00 pm. For luncheon reservations go to: http://www. lakehoustonladiesclub.com/ For more information about the club call Linda at 832-379-3009.



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& Country Club

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Mother's Day Brunch

Sunday, May 8th at Walden CC Reservations available at your choice of: 11:00 am or 1:00 pm

> Adults \$34.95++ Kids 4-12 \$12.65++ Connect Price Adults \$28.95++ Kids 4-12 \$10.95++

Reservations Required by May 6th 48 hour cancellation fee in effect 832-445-2100





6 The Clippings - May 2016

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BIGG CHAMPIONSHI

TYING DA

THE FIRST 3 TE

JUNE 18TH

(future dates to be announced)

•TEAMS: CAN BE ANY COMBINATION OF MALE OR FEMALE PLAYERS WITH A TEAM HANDICAP EQUAL TO OR GREATER THAN 35.

FORMAT: 3 BEST NET STABLE FORD POINTS OF THE FOURSOME WILL BE COUNTED. THE TEAM WITH THE MOST POINTS WILL ADVANCE TO THE FINALS!

• 10% OF EACH FIELD WILL QUALIFY FOR THE WALDEN FINALS ON OCTOBER 1ST.

COST IS \$100 PER PLAYER.



Walden 10& Under Tennis

10& Under class is a great starter class for kids between the ages of 3 & 10.

Low compression balls, a smaller tennis court, and a shorter racquet are used to make the game less intimidating. 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@waldencc.com

Come Enjoy the Fun!

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The Clippings - May 2016 9

Summer Pool Hours

Pool Open May 28th-30th 11:00-7:00 pm

Starting June 4th the pool is open Tuesday-Saturday 11:00-7:00 pm

> **Snack Bar Open** 11:00 am -6:00 pm

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6 Health Benefits of Eating Park Chocolate

If your sweet tooth craves chocolate, there are plenty of reasons to surrender to your cravings and indulge. Dark chocolate is loaded with nutrients that can positively affect your health. Made from the seed of the cocoa tree, it is one of the best sources of antioxidants on the planet. Cacao offers a number of health benefits from helping to control blood sugar to lowering the risk of cardiovascular disease because it contains flavonols, which are a type of antioxidant that has been shown to improve blood flow and can protect against suninduced damage, improve blood flow to the skin and increase skin density and hydration.

Bottom Line: Quality dark chocolate has various nutritional perks so enjoying a delicious treat that has at least 65% cacao can be guiltfree if you don't overdo it.

NUTRITIONAL PERKS HEART-HEALTHY

Dark chocolate has been shown to improve blood flow and possibly prevent blood clots. It also helps lower blood pressure ad may help keep arteries from hardening.

BRAIN FOOD

Because chocolate increases blood flow to the brain, it can be a boost to your cognitive health.

MOOD CHANGER

Chocolate also contains phenylethylamine (PEA), which encourages your brain to release endorphins that make you feel good.

CANCER FIGHTER

Antioxidants in chocolate help rid your system of free radicals, which have been linked to multiple age-related health risks and diseases.

SOMETHING TO SMILE ABOUT

Theobromine, found in dark chocolate, helps harden tooth enamel, which helps prevent cavities.

SUN BLOCKER

Some studies show that people with diets high in flavonols take longer to burn in the sun than people with low flavonol diets. Written by: Claudia Mosley, Moms Making Six Figures Reviewed by: Dr. Barbara Ryan, MD

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12 The Clippings - May 2016

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The Clippings - May 2016 15

Whiteflies

Whiteflies are small, soft bodied insects with piercing-sucking mouthparts. They are creamy white and adults have a mealy wax coating their body and wings. Immatures, also called nymphs, are small, oval, flattened and wingless.

Whitefly populations can increase quickly when temperatures are warmer. The insects like to be on the underside of leaves, often in clusters. Common species of whiteflies have a wide host range and can switch host plants.

Whiteflies suck plant juices and large populations can cause foliage to turn yellow, appear to be dry or even fall off the plant. Some whiteflies cause plant distortion or foliage to turn silver in color. Whiteflies produce honeydew, a sticky substance secreted by some insects. Honey dew causes foliage to become shiny in appearance and can attract a fungus called sooty mold. Some whiteflies are capable of transmitting plant viruses.

Try to encourage natural enemies to help manage whitefly populations in your garden. To do this, make wise pesticide choices. Try to choose pesticides to target specific pests and/ or specific areas. Also, you may need to manage ants that tend the whiteflies to obtain honeydew. The ants protect whiteflies from natural enemies that may normally keep the pest population at manageable levels.

In vegetable gardens, you may want to try reflective mulches to make the underside of the leaves where whiteflies hide less habitable.

As for chemical treatment, you can use high pressure water sprays, insecticidal soap, azadirachtin, d-limonene, botanicals or a synthetic product. Target your treatment to the underside of the leaves to get to where the whiteflies like to hide.

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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