

The Clippings

August 2016 Volume 4, Issue 8



Letter from the Golf Course Super

While June and July have had their challenges, if weather patterns are consistent, August will prove to be just as big of a challenge as well. The “dog days of Summer” had the Golf Course Maintenance crew busy over the past months.

Mechanical issues within the irrigation system showed where all the dry spots were at, and areas that sprinklers did not cover. Keeping up with water line breaks, attempting to keep up with mowing schedules, and just being beat down by the heat, is starting to take its toll on everyone.

Herbicide applications back in June are looking to be successful in the elimination of several weed species that were dominant throughout the course. Although a small percentage of these weeds could return, the plan is to keep up with spot spraying these areas and keep them eliminated.

Greens spiking is an ongoing practice that aids in the overall health of greens. This simple form of aerification is used often on closed days and causes minimal disruption to the putting surface. The depth of the spikes usually only go down about 2 inches but does a good job in helping with allowing water to move down through the greens profile, rather than running off the surface.

I hope you are enjoying the course,

Kevin Lyles

Golf Course Superintendent



Lake Houston Ladies Club

Lake Houston Ladies Club is a social organization that meets from September to May on the third Tuesday of the month at the Walden Country Club, 18100 Walden Forest Drive, in Humble TX. The club 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 and Tea Time Group. Many of the groups continue throughout the summer months. There are periodic events planned during the year that include spouses or significant others. The club is an excellent way to meet new people and make new friends. Please call Linda at 832-379-3009 for more information about the club. Lake Houston Ladies Club Website: <http://www.lakehoustonladiesclub.com/>

Walden on Lake Houston Country Club
Requests the Honor of Your Presence at Our

Bridal Open House

Sunday, August 14th, 2016

3:00 to 5:00 PM

Join us at Walden for a Bridal Open House and Champagne Social. Sample delectable bites and sparkling champagne while speaking with local vendors about the hottest wedding trends. All of the details for your perfect day will fall into place as you take in the breathtaking views Walden has to offer. We specialize in both scenic outdoor gazebo weddings and elegant receptions.

Door prizes plus...

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SPECIAL INCENTIVES!

RSVP to 832.445.2104, or email us at
cbellnap@waldencc.com, by Wednesday, February 10th.
Country Club Attire

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RECIPE OF THE MONTH

The Wrap Of Kahn

Ingredients:

1 bottle Peanut sauce- (the best I have found is made by Archer farms and sold at Target stores that have bigger grocery sections. I've made my own but prefer theirs)

1 to 1 1/2 lbs chicken breast cut in small to medium cubes

1 to 2 limes

some cilantro chopped

1 cup white rice (jasmine is best)

1 or 2 cups- raw- shredded red cabbage (you will want to figure out how to use up the rest of the cabbage-though it keeps quite a while)

Some bamboo shoots- drained and cut skinny

1 jar spicy black bean or spicy brown bean sauce

Good Gorgonzola cheese- crumbled up

Thin flour tortillas (the thick ones don't work well for this)

Procedure:

Rice- cook it according to the directions- when done fluff with fork and mix in some cilantro and lime juice to taste. Set aside.

Chicken- I usually cook it in large sauté pan with olive oil, lime juice, garlic (powered or fresh depending on what I have) salt and some pepper- If I'm feeling real energetic I cook some finally chopped sweet onion in there as well. When it is just about done I add the peanut sauce and cook till chicken is done and sauce is heated through. Sometimes I throw cilantro in this part of the dish also. Be mindful that you want some looseness to the chicken mixture some the excess peanut sauce seeps into the rice- yum!

The put together:

Heat up tortilla over gas if you can (don't microwave it)

schmere on a thin layer of the spicy bean sauce

put on decent layers of bamboo shoots and cabbage

add rice layer

add some of the chicken mixture

top with Gorgonzola (I put healthy portion because I love the stuff, but you will want to play around till it tastes right to you.)

Roll it up like a burrito,

Enjoy!



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**For more info contact
Mike Beatty
832-445-2120**



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Walden Country Club

Friends* Family* Traditions



**The kids are back in school...
It's YOUR turn to PLAY!**

Come out to
Walden on Lake Houston Country Club
and play on our
18 holes of Golf, 8 Tennis courts, Racquetball court and more!
Also, fun for the whole family with our Fall Social Calendar filled
with events for everyone!

**Upgrade to a Full Privilege Golf Member
before September 15th and receive
\$1000 off the initiation fee.**

Contact Membership Director, Tanna Shelton for more information
(832) 445-2105
tshelton@waldence.com





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832-445-2105

Expiration 9/15/16

WOLH 8/2016 Clippings

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Waldino's Pasta Night

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The Clippings



Join Our Email List

As a Resident of Walden & Waterhaven you are automatically a Social Member of Walden on Lake Houston Golf & Country Club.

If you have not received a tour of the Club or your Membership cards please contact Tanna Shelton @ 832-445-2105 or tshelton@waldencc.com

Please join our mailing list on our homepage to Stay up to date on our Club events. All events are also listed on the website calendar. Everyone that signs up will receive a free dessert in The 19th Hole on their birthday.
www.waldencc.com



New to Golf or Want to Start?

1st & 3rd Saturday of the Month @ 4:00 pm
Join our FAB-FOUR HOLLERS GROUP

Enjoy a complimentary golf clinic taught by one of our Golf Professionals, followed by four holes of golf.

This group is open to Adult Members of ANY Membership Category and all skill levels.

Drink Specials in the 19th Hole 3:30pm-8:00pm
\$3 House Wine \$2 Domestic Beer

Let us help you reach your golf goals.

Call 832-445-2105, or www.waldencc.com for more information

Proper Golf Attire Required

Book your Holiday Party at Walden on Lake Houston

Summer Incentives available

Call Cathy 832-445-2104 or
cbellnap@waldencc.com





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TO START YOUR MEMBERSHIP TODAY.**

The Clippings

Outdoor Movie Night at Walden on Lake Houston

Friday July 29th & August 12th
Free Fun for the Whole Family

Bring your own chair or blanket.
Free Popcorn & Concessions for sale.
Movie starts when the sun goes down



Hot Dogs & Pulled Pork Sliders
with chips @ \$5
available 7:30—8:30 pm

Happy Hour
Pricing
All Night

Luau on the Patio
August 26th
6:00 - 9:00 pm

Traditional Luau Buffet

Adults \$15 Kids 3-10 \$7
Connect: Adults \$12.50 kids \$5

Celebrate the end of summer Hawaiian Style.
Decorate your golf cart & throw on your Aloha
shirt and flip flops and come out to the Patio.
DJ Music & Tropical Drink Specials.
Best Luau Costume Contest
& Limbo Contest

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Chef's Grape Stompers' Wine Dinner

*August 2nd, 6.30 pm
In the Palmer Lounge*

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

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

\$60+ per person

\$50+ Connect Members

*Reservations are very limited to
the first 40 guests and are
required by Sunday evening*

48 hour cancellation fee in effect.



Best Foods & Fitness Matchups

It's a common problem: You're going for the final stretch, looking for that extra push to help you burn just a few more calories, but suddenly you're out of gas. You're not alone. "The muscles maximally absorb nutrients from food during the first 30 minutes after a workout," says Roberta Anding, M.S., R.D., national spokesperson for the American Dietetic Association.

What to do? Fuel up with the right stuff before you hit the gym, and don't forget a recovery meal post-workout. Try one of these winning combinations before your next workout, and see if you don't find that extra oomph you've been missing.

Weight Training + Protein: Combining a high-protein diet with strength training can help dieters lose more weight — and you lose fat, not muscle. Protein not only builds muscles but it also helps repair them after a workout. "The winning combination is typically four grams of carbs for every one gram of protein (think skim chocolate milk, energy bars, a turkey sandwich on whole wheat)," says Anding.


Long Distance Running + Carbohydrates: For long workouts, the performance edge goes to people who have the most glycogen (the

stored form of carbohydrates). When you eat pasta or other starchy food, the body converts those carbohydrates into muscle glycogen for fuel. Hence the reason marathoners "carbo-load" the night before a big race. The trouble comes in when you eat more carbs than you need, because unused carbs can also be stored as fat!

Aerobics, Kickboxing and Spinning + Fat: For activities that involve repetitive joint action, monounsaturated fats from fish, nuts, seeds and canola, olive and peanut oils can help lubricate the joints while also providing high-quality protein to power you through a workout. An added bonus: These fats also reduce post workout soreness and stiff muscles.

Yoga and Pilates + Complex Carbohydrates: The fiber from whole grains and vegetables slows the digestion of food, allowing your body more time to absorb critical nutrients. And since most yoga and Pilates classes require fasting for two hours before class, the long lasting effects of fiber will help sustain you through a few hours without food.

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6 oz. Chicken Breast	\$7.95
Smoked Andouille Sausage	\$6.95
Ball Park Hot Dog	\$5.95
Kids Hot Dog or Burger	\$4.95

Served with:
Potato Salad,
Club Mate Potato Chips &
Ranch Style Beans



**Waldino's
Pasta Night**
Every Wednesday Night 5-8:00 pm

Waldino's Chef's Creations:
Cheese Fries (no paying) & unlimited toppings
(includes Salad Bar, Garlic Bread & Dessert)
Pasta \$12.95 + tax per person
Unlimited Prices \$19.95 + tax per person



Gluten Free
Pasta also
available

*Thursday is
Prime Rib Night*



5:00 - 8:00 pm in the Palmer Lounge
 12 ounce cut \$18.95 8 ounce cut \$13.95
 Connect Members receive a \$5 discount
 Served with Baked Potatoes and Fresh Vegetables
 Reservations required by 2:00 PM



**Friday Nights in the Palmer Lounge:
5:00 pm - 8:00 pm
Reservations required by 2:00 pm**

**Featuring Member Favorites and
Weekly Chef's Specials**



Pasta Salad

- 4 cups Elbow Macaroni
- 3 whole Roasted Red Peppers Chopped (more to taste, can also use Pimentos)
- 1/2 cups Black olives - chopped fine/ can use Calamari olives
- Add pepperoncinis sliced - to taste
- 6 whole Dill pickle slices -diced about 1/2 cup diced
- 3 whole Green onions sliced - white and dark green parts
- 1/2 cups Mayonnaise
- 1 Tablespoon Red Wine or Distilled Vinegar
- 3 teaspoon Sugar more or less to taste
- 1/4 Salt teaspoon
- Plenty of black pepper
- 1/4 cup Milk - more if needed
- Splash of Pickle juice - add more if needed/ can also add pepperoncinis juice also

Cook Macaroni in lightly salted water according to package directions. Drain and rinse under cold water to cool. Set aside.

Mix together mayo, vinegar, sugar, salt & pepper. Splash in enough milk (1/4 of milk) to make it pourable. Splash in pickle juice for extra flavor. Taste & adjust seasonings as needed. Set aside.

Place cooled Macaroni in a large bowl and pour 3/4 of the dressing. Toss and add more dressing if you if you like. (Dressing will seem a little thin, but it will thicken up as salad chills).

Stir in olives, Roasted red peppers(or Pimentos), pickles, and green onions. Add more of any ingredient if you'd like stuff going on. At the end, splash in a little more pickle juice and stir.

Chill for at least 2 hours before serving. Sprinkle with sliced green onion to serve.

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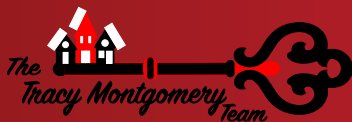
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Enter to win by sending us an email. Put BACK TO SCHOOL in the subject line. Send us your name, address, and phone number where you can be reached if you win.

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Congratulations to the Shelton Family for winning the Schlitterbahn tickets in July!

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