

The Clippings

September 2016 Volume 4, Issue 9



RECIPE == of the == MONTH

Root Beer-Glazed Pork Chops with Bourbon Mashed Sweet Potatoes & Caramelized Onions

Ingredients:

Caramelized Onions

- 8 tablespoons unsalted butter
- 2 pounds yellow onions, peeled and sliced thin

Pork Chops & Glaze

- 2 cups root beer
- 2 cups reduced veal stock
- 4 16-ounce double-cut-bone-in pork chops
- 4 teaspoons olive oil
- Salt & pepper

Bourbon-Mashed Sweet Potatoes

- 2 pounds sweet potatoes
- ½ cup heavy cream
- ¼ cup bourbon whiskey
- 3 tablespoons light brown sugar
- 2 tablespoons molasses
- Salt

Procedure:

1. For the caramelized onions: Melt the butter in a large skillet over medium-low heat. Add the onions and cook slowly, stirring occasionally until golden brown. Remove from heat and keep warm.
2. For the glaze: combine the root beer and stock in a heavy medium sauce pan. Bring to a boil over medium high heat. Reduce the heat to low and simmer until reduced to thick syrup. Remove from the heat.
3. Preheat a grill to medium-high heat. Preheat the oven to 425 degrees F. Season each chop on both sides with salt and pepper. Grill each chop 5 minutes on each side, turning properly in order to obtain desired grill marks.
4. Transfer to a baking sheet. Drizzle 1 teaspoon of olive oil over each chop. Roast until cooked through and internal temperature reaches 150 degrees F. About 15 minutes. Drizzle chops with root beer glaze immediately upon removal from the oven.

Bourbon-Mashed Sweet Potatoes:

1. Preheat oven to 350 degrees F. Place the potatoes on a foil lined baking sheet. Bake until tender and starting to ooze. About 1 hour. Remove from oven and let cool enough to touch.
2. Scoop the inside out of each potato and place in a large bowl. Discard the skins. Add the cream, bourbon, brown sugar, molasses, and salt and beat on high speed with an electric mixer until smooth, or mash with hand masher. Cover to keep warm, or reheat before serving.

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Lake Houston Ladies Club

Lake Houston Ladies Club is a social organization dedicated to connecting women through monthly luncheon meetings, social activities and interest groups.

We will greet old friends and make new ones at the next meeting on Tuesday, September 20 from 10:00-12:00 at the Walden Country Club, 18100 Walden Forest Drive, in Humble, TX.

The club welcomes new members from all surrounding areas. Many interest groups are available including: Readers Choice, Tea Time, Lunch 'N Look, Movie Group, Supper Club, Girl's Night Out, and many game groups (Bridge, Mah Jongg, Pokeno, Canasta, Bunco). There are also events during the year that include spouses or significant others. The club is an excellent way to meet new people and make new friends. To learn more about the club go to our website at: www.lakehoustonladiesclub.com, or call Linda at 832-379-3009.

Save the Date.....

SEPT 5TH

THEY SERVED US, NOW IT'S TIME TO SALUTE THEM....

Sept 5th, Walden Country Club invites you to play in a tournament benefitting the Folds of Honor Foundation.

The Folds of Honor Foundation provides post-secondary educational scholarships for children and spouses of military service men and women killed or disabled while serving our Great Nation. To date, more than 2,100 scholarships have been awarded by the Folds of Honor Foundation.

Sign up in the Walden Golf Shop

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



September



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Pizza & Burger Night Prime Rib Night	2 New Member Round Up/ Party on Patio Walden Bistro	3 Fab Four-Holers Tennis 101
4 Champagne Breakfast 8-2	5 Labor Day Club Open Folds of Honor	6 Club Closed Tennis/Fitness Center Open	7 Pasta Night Wine Down Wednesday	8 Pizza & Burger Night Prime Rib Night	9 Walden Bistro	10 Tennis 101
11 Champagne Breakfast 8-2	12 Club Closed Tennis/Fitness Center Open 4:30-9:30 pm	13 Grillin' & Chillin' Tennis 101 Wine Dinner	14 Waldino's Pasta Night Wine Down Wednesday	15 Pizza & Burger Night Prime Rib Night	16 Walden Bistro Party on the Patio 50's Sock Hop	17 Fab Four-Holers Tennis 101 LGA Mbr/Mbr
18 Champagne Breakfast 8-2 LGA Mbr/Mbr	19 Club Closed Tennis/Fitness Center Open 4:30-9:30 pm	20 Grillin' & Chillin' Tennis 101 Beer Dinner	21 Waldino's Pasta Night Wine Down Wednesday	22 Pizza & Burger Night Prime Rib Night	23 Walden Bistro Hall of Fame Dinner	24 Tennis 101 Club Championship
25 Champagne Breakfast 8-2 Club Championship	26 Club Closed Tennis/Fitness Center Open 4:30-9:30 pm	27 Grillin' & Chillin' Tennis 101	28 Waldino's Pasta Night Wine Down Wednesday	29 Pizza & Burger Night Prime Rib Night	30 Walden Bistro Pinot & Putting	1 Fab Four-Holers Tennis 101

Tennis/Fitness:

Monday
Open 4:30-9:30 PM

Tuesday
Ladies & Junior Tennis Drills

Wednesday
Ladies & Junior Tennis Drills

Thursday
Junior Tennis
Mixed Doubles Drills

Friday
Ladies Tennis Drills

Saturday
Tennis 101
Fast Speed Drills

19th Hole
Happy Hour 3-6:00 pm
Tuesday-Friday
1/2 priced kids meals

AEROBICS

8:30 MORNING CLASSES

Mon. Cardio/Weights
Tue. Yoga
Wed. Cardio/Weights
Thurs. Zumba
Fri. Yoga

EVENING YOGA CLASS

6:30-7:30 PM
Monday & Thursday
4:30-5:30 Sunday

Join our e-club to received our weekly email and to stay up to date with events at the Club.

Go to www.waldencc.com to register and you will receive a complimentary dessert during your birthday week.

Chef's Grape Stompers' Wine Dinner

September 13th, 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

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A vibrant poster for a Sock Hop Party. At the top, the words "SOCK HOP" are written in large, colorful, block letters (S, O, C, K, H, O, P) that appear to be resting on a black vinyl record. The record has a white center and is surrounded by musical notes. Below the record, the text "Get Your Thrill!" is written in a stylized font. The background is a bright blue with radiating lines and white starburst patterns. The event details are listed in a bold, black, serif font. At the bottom left, there is a cartoon illustration of a pink and white classic car. At the bottom right, there is a cartoon illustration of a man and a woman dancing in a classic sock hop style. The man is wearing a white shirt and red pants, and the woman is wearing a red top and black skirt.

SOCK HOP

Get Your Thrill!

Friday, September 16th
6:00—9:30 pm

*Come rock the night away at the Sock
Hop Party on the Patio.*

*Put on your poodle shirt & letter jacket
and bring the whole family
for the food and fun!*

*DJ music, games & best dressed and
hula hoop contests!*

Adults \$15++ Kids 3-10 \$7++
Connect price \$12.50++ Kids \$5++



*Thursday is
Prime Rib Night*



5:00—8:00 pm in the Palmer Lounge

12 ounce cut \$18.95 8 ounce cut \$ 15.95

Connect Members receive a \$5 discount

Served with Baked Potatoes and Fresh Vegetables

Reservations required by 2:00 PM

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Crickets

Field crickets are a common sight around homes in late summer into autumn. These insects are about 1" long when fully grown. Crickets are dark brown to black with large hind legs used for jumping. They also have two cerci, or appendages that come off the tip of the abdomen. Female crickets have a large sword-like structure, the ovipositor, protruding from the tip of the abdomen. The ovipositor is used to deposit eggs into soil.

Crickets feed on plant material as well as other insects. They are able to cause damage to seedlings and sometimes large populations can be destructive. Large masses of dead crickets around doorways or other areas can be distasteful to view and cause a foul odor.

Field crickets are primarily outdoor insects, but may occasionally venture indoors. When crickets do come indoors, they may bother residents with their chirping. Males chirp to attract a mate creating the sound by rubbing their forewings together.

Cricket management is more easily accomplished in the summer when nymphs, who cannot fly, are present. Unfortunately, this usually isn't when large populations of crickets are discovered.

Before turning to pesticides to manage your cricket problems, try these ideas:

- Turn off outside lights at night or use bulbs that are less attractive to insects
- Seal cracks & crevices where insects can enter with sealant
- Remove debris stacked near the structure
- Keep lawn & surrounding areas mowed
- Stuff weep holes with copper mesh

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 <http://www.urban-ipm.blogspot.com>

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- Decrease the risk of diabetes
- Decrease the risk of certain cancers
- Help maintain a healthy weight
- Lower the risk of inflammatory diseases
- Help improve cholesterol levels
- Help improve blood pressure

“When you base your meals on plant foods, you’re packing your diet with the fiber, vitamins, minerals and healthy fats that most Americans don’t get enough of.”

“A Harvard study that tracked more than 120,000 people for 30 years found that those who ate the most meat tended to die younger during the study period but that swapping just one daily serving of beef for nuts could cut the risk of dying

early by as much as 19 percent. One possible reason for those benefits is that a plant based diet can improve blood lipid levels.

A “less meat, more plants” style of eating can also improve the quality of your life.

Here are a few ideas if this is something you want to consider:


Breakfast: Avocado toast: 2 slices of whole grain bread, mashed avocado, red pepper flakes, sea salt; coffee with coconut milk creamer.

Lunch: Quinoa tabbouleh with chickpeas: Cooked quinoa, chopped tomatoes, chopped cucumber, chopped parsley, olive oil, lemon juice, black olives and garbanzo beans.

Dinner: Black-bean tacos: Corn tortillas, black beans, roasted cauliflower, jarred corn salsa, pico de gallo, cumin and salad greens.

Dessert: Frozen banana “ice cream”. Blend a frozen banana in a blender with a touch of almond milk until it resembles soft serve, topped with chopped walnuts.

Information courtesy of WebMD and Consumer Reports



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Overnight Coffee Cake



Recipe provided by Sherry Watson. The original source is unknown (cut from an old magazine many years ago). This recipe is unbelievably simple, but it makes a beautiful presentation at the table.

1 pkg. frozen cloverleaf roll dough (about 25 rolls)
1 pkg. (four-serving size) vanilla pudding mix (not instant)

½ cup brown sugar

½ cup pecans, chopped

1 stick butter, melted

Separate frozen roll dough into pieces (each cloverleaf makes three pieces). Other rolls will work, but with larger pieces of dough, use only 20; more may be too many for your pan.

Combine dry pudding mix with brown sugar and pecans.

Melt butter.

Place pieces of frozen roll dough in a well-buttered Bundt pan. (Do not use angel food pan; butter leaks out!) Pour melted butter over frozen dough and sprinkle with pudding mixture.

Leave cake pan out overnight; the dough rises beautifully by morning. Bake at 350 degrees for 30 minutes. Invert on serving plate to serve. Sticky – but good!

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TENNIS TIPS

By USPTA/PTR Master Professional - Owner, Manager and
Director of Tennis
Grey Rock Tennis Club, Austin, TX



How to execute The Backhand Service Return

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand, forehand volley, the two handed backhand volley, the serve, the forehand half-volley, the one-handed backhand volley, the overhead “smash” and the forehand service return.

In this issue, I will offer you instructions on how to execute the second most important shot in the game of tennis: The Service Return, since it is the response to the first most important shot of the game: The Serve. In the illustrations, Susan Herb, player at the Grey Rock Tennis Club, shows the proper technique to execute this stroke.

Step 1: The Ready Position: When Susan is getting ready to return the serve, her eyes are focused on the tennis ball held by the opponent. Knees are relaxed and the hands are holding the racket with a relaxed grip.

Step 2: The Back Swing: Once Susan realizes that the ball has been directed to her forehand, she will turn her upper body and will take the racket back. Notice that the left hand is up in front to allow her to keep her center of gravity in the center. She has loaded her weight on her left foot and will be ready to step forward to meet the ball.

Step 3: The Point of Contact: Susan now is ready to step into the ball. She has kept her eye on the ball and her center of gravity now is shifted to the point of contact. Notice the right knee being slightly bent and the right foot is pointing to the ball meeting the racket.

Step 5: The Follow Through: Once Susan has finished her stroke, the momentum of the racket continues to move almost to a point behind her neck. Her left hand is next to her body and her left elbow is pointing toward her target. Her body is now ready to take the “split step” with both feet in order to prepare for the opponent’s returned shot.

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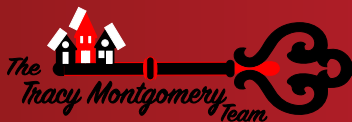


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