



The Clippings



January 2019 Volume 7, Issue 1

Member Traditions

- Breakfast 7-2:00 pm Weekends
- Taco Tuesday 11-4:00 pm
- Pasta Night 5-8:00 pm \$10.95++
Made to order pasta, salad & dessert
- Gourmet Burgers All Day Thursdays

Upcoming Events:

2/14: Valentine's Dinner

2/23: LGA Mardi Gras Tourney

3/8: Daddy/Daughter Dance

Interested in hosting an event at
The Club? Call Cathy in the Catering
Department to reserve your date.
832-445-2104 or
cbellnap@waldencc.com

Stay up to date with everything
happening at the Club by joining our
club on the home page
www.waldencc.com

January 2019



SUN	MON	TUE	WED	THU	FRI	SAT
		1 Club Closed	2 Pasta Night	3 Gourmet Burgers	4	5
6	7 Club Closed	8 Taco Tuesday SMGA	9 Pasta Night	10 Gourmet Burgers LGA Mtg	11	12
13	14 Club Closed	15 Taco Tuesday	16 Pasta Night	17 Gourmet Burgers	18	19
20 WCGA	21 Club Closed	22 Taco Tuesday	23 Pasta Night	24 Gourmet Burgers	25 Wine Dinner	26
27	28 Club Closed	29 Taco Tuesday	30 Pasta Night	31 Gourmet Burgers New Member Reception		

Clubhouse Hours

Tuesday: 19th hole 10-6 Kitchen 10-4
Wed.—Fri.: 19th hole 10-8 Kitchen 10-8
Saturday: 19th hole 7-6 Kitchen 7-4
Sunday: 19th hole 7-6 Kitchen 7-4

Fitness Center Hours

Monday 4:30pm—9:30pm
Tues-Thursday: 6am—9:30PM
Friday: 6am—9pm
Sat & Sun: 8am—8p

Pro Shop & Driving Range Hours
7am—6 pm

WALDEN ON LAKE HOUSTON

18100 Walden Forest Drive

Phone: 832-445-2100 Main Line
832-445-2115 Golf Pro Shop
832-445-2120 Tennis Pro Shop
832-445-2105 Membership
832-445-2104 Private Events/Mbr Relations
832-445-2116 19th Hole/To Go Orders

IMPORTANT CONTACTS

2018 BOARD OF GOVERNORS CONTACT LIST

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CLUB MANAGEMENT TEAM

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Cathy Bellnap – Private Events Director

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Olle Karlstrom – Director of Golf

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Kevin Lyles – Golf Course Superintendent

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Joshua Lujan – Food and Beverage Director

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Danny Villalta – Executive Chef

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Kim Mello – Club Accountant

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NEWSLETTER

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NEW MEMBER
MIXER

6:00P - 7:30P |
THURSDAY

JANUARY 31st

Please join us for our New Member Mixer. Enjoy light hors d'oeuvres and wine & beer while you mingle with fellow new Members and get to know our current Members.

All Members that joined in 2018 are welcome to this complimentary event.

Reservations required
832-445-2100

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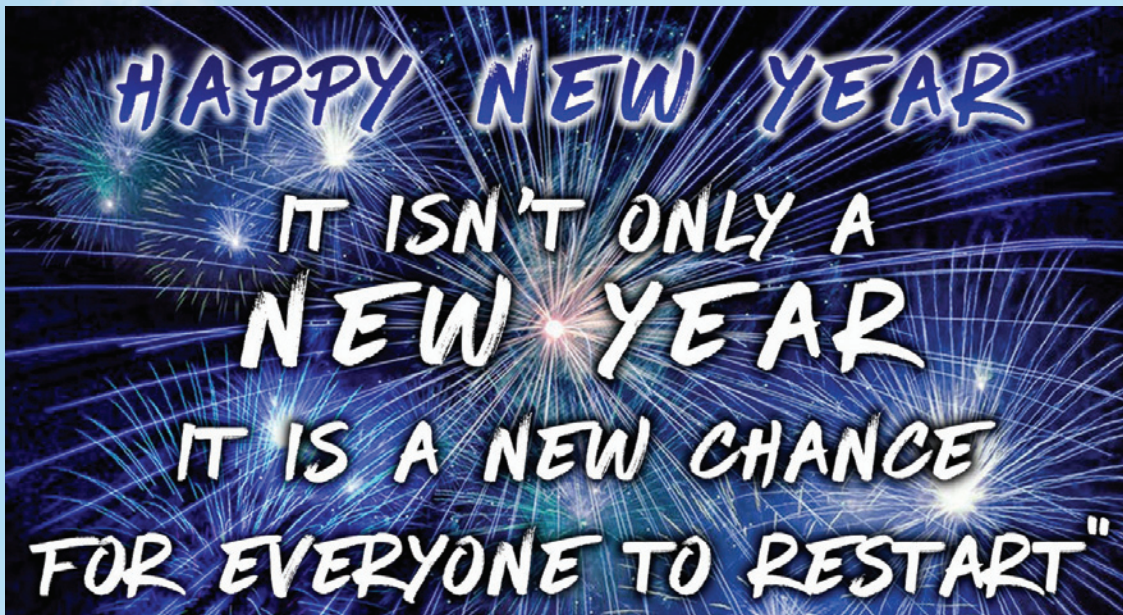
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Winter Wine Dinner

Friday, January 25th 6:30 pm

Enjoy a sumptuous 4 course meal
paired with a different winter
wine for each course.

\$60+ +per person

\$50++ Connect Members

Reservations are limited to the first 40 guests and
are required by Wednesday 1/23. Cancellations after
1/23 will be charged as if in attendance.



*Did you get engaged
over the holidays?*

*Call Cathy at Walden on Lake Houston CC to start
planning your dream wedding. Booking
incentives available for events booked in
January and February.*

*832-445-2104 or cbellnap@waldencc.com
Call today to schedule your champagne tour.*

GO GREEN



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Market swings making you uneasy? Let's talk.



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Edward Jones
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Valentine's Day Dinner

February, 14th

6:00 pm—9:00 pm

3 Course Price Fixe Menu

@ \$90++ per couple

Connect Members @ \$75++ per couple

Includes complimentary glass of champagne

Reservations required by February 10th

832-445-2100

No shows will be charged as if in attendance.

10 TIPS TO HELP YOU KEEP YOUR NEW YEAR'S RESOLUTION

1. BE REALISTIC - The surest way to fall short of your goal is to make your goal unattainable. For instance, resolving to NEVER eat your favorite food again is setting you up to fail. Instead, strive for a goal that is attainable, such as avoiding it more often than you do now.

2. PLAN AHEAD - Don't make your resolution on New Year's Eve. If you wait until the last minute, it will be based on your mindset that particular day. Instead, it should be planned well before December 31st arrives.

3. OUTLINE YOUR PLAN - Decide how you will deal with the temptation to skip that exercise class or have that piece of cake. This could include calling on a friend for help, practicing positive thinking and self-talk, or reminding yourself how your "bad" will affect your goal.

4. MAKE A "PROS" AND "CONS" LIST - It may help to see a list of items on paper to keep your motivation strong. Develop this list over time, and ask others to contribute to it. Keep your list with you and refer to it when you need help keeping your resolve.

5. TALK ABOUT IT - Don't keep your resolution a secret. Tell friends and family members who will be there to support your resolve to change yourself for the better or improve your health. The best-case scenario is to find a buddy who shares your New Year's resolution and motivate each other.

6. REWARD YOURSELF - This doesn't mean that you can eat an entire box of chocolates if your resolution is to eat a better diet. Instead, celebrate your success by treating yourself to something you enjoy that doesn't contradict your resolution. If you have been sticking to your promise to eat better, for example, reward yourself with new fitness clothing or by going to a movie with a friend.

7. TRACK YOUR PROGRESS - Keep track of each small success. Short-term goals are easier to keep, and each small accomplishment will help keep you motivated. Instead of focusing on losing 30 pounds, focus on losing the first five. Keep a food journal to help you stay on track, and reward yourself for each five pounds lost.

8. DON'T BEAT YOURSELF UP - Obsessing over the occasional slip won't help you achieve your goal. Do the best you can each day, and take one day at a time.

9. STICK TO IT - Experts say it takes about 21 days for a new activity to become a habit and six months for it to become part of your personality. It won't happen overnight, so be persistent and patient!

10. KEEP TRYING - If you have totally run out of steam when it comes to keeping your resolution by mid-February, don't despair. Start over again! Recommit yourself for 24 hours. You can do anything for 24 hours. The 24-hour increments will soon build on each other and, before you know it, you will be back on track.



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If you know of someone who would appreciate the level of service my Team provides, please call me with their name and business number. I'll be happy to follow up and take great care of them.

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