

The Clippings



August 2019 Volume 7, Issue 8

Member Traditions

- Breakfast 7-2:00 pm Weekends
- Pasta Night 5-8:00 pm
- Gourmet Burgers All Day Thursdays

Upcoming Events:

- 9/2: Folds of Honor Golf Tournament
- 9/8: Christmas Craft Fair
- 9/20: MGA Member/Guest
- 9/27: Giant Beer Pong
- 10/31: Halloween Trunk or Treat

Pool & Snack Bar Hours

Pool Open 11-8:00 pm everyday
 Snack Bar 11-7:00 pm
 The pool will be open weekends
 ONLY once school begins
 August 12th.

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

Stay up to date with everything
 happening at the Club by joining our
 e club on the Club's home page



August 2019



SUN	MON	TUE	WED	THU	FRI	SAT
				1 Gourmet Burgers	2 WTF Wine Tasting Friday	3
4	5	6 Sops & Sticks at 6	7 Pasta Night	8 Gourmet Burgers IGA Mtg	9	10
11	12 Back To School	13 SMGA	14 Pasta Night	15 Gourmet Burgers	16 WTF Wine Tasting Friday	17 MGA
18 WCGA	19 CLUB OPEN	20	21 Pasta Night	22 Gourmet Burgers	23	24
25	26 CLUB OPEN	27	28 Pasta Night	29 Gourmet Burgers	30 Backyard Brow & Que	31

Clubhouse Hours

Mon.: 19th Hole 10-6	Kitchen 10-4
Tues.-Fri.: 19th Hole 10-8	Kitchen 10-8
Saturday: 19th Hole 7-8	Kitchen 7-8
Sunday: 19th Hole 7-6	Kitchen 7-6

Fitness Center Hours

Monday-Thursday: 6am-9:30PM
 Friday: 6am-9pm
 Sat & Sun: 8am-5pm
Pro Shop & Driving Range Hours
 7am-7pm

WALDEN ON LAKE HOUSTON

18100 Walden Forest Drive

832-445-2100 Main Line
 832-445-2113 Golf Pro Shop
 832-445-2120 Tennis Pro Shop
 832-445-2103 Membership
 832-445-2104 Private Events
 832-445-2116 19th Hole/To Go Orders

IMPORTANT CONTACTS

2019 BOARD OF GOVERNORS CONTACT LIST

Debbie Banta - tiredofspam@earthlink.net

John Edgar - je_edgar_jr@yahoo.com

James Gregory - jamespatrickgregory@comcast.net

Jack Sauer - jsauer@hotmail.com

Angie Clark - angieclark776@gmail.com

Armand Russo - avrintx@aol.com

Josh Goolsby - jdfmoc@gmail.com

CLUB MANAGEMENT TEAM

Bob Strohecker- General Manager
bstrohecker@waldencc.com, 832-445-2107

Tanna Shelton – Membership Director
tshelton@waldencc.com, 832-445-2105

Cathy Bellnap – Private Events Director
cbellnap@waldencc.com, 832-445-2104

Olle Karlstrom – Director of Golf
okarlstrom@waldencc.com, 832-445-2115

Kevin Lyles – Golf Course Superintendent
kyles@waldencc.com, 832-445-2114

Joshua Lujan – Food and Beverage Director
jlujan@waldencc.com

Tom Tanes – Executive Chef
ttanes@waldencc.com

Kim Mello – Club Accountant
kmello@waldencc.com, 832-445-2117

NEWSLETTER

Peel, Inc.
advertising@PEELinc.com
512-263-9181
or
888-687-6444

At Walden and Waterhaven we want
MEMBERSHIP

Walden and Waterhaven Residents...

Did you know, you are already a Member of the Country Club!
As social members, you have access to our Fitness Center, Aerobics Classes, Swimming Pool, 19th Hole Bar & Grill, Formal Dining Room and Member Events!

POOL ACCESS
Just a reminder, summer is just around the corner and if you plan to use the pool this summer, **membership cards are required to enter.**

If you would like information about how to enjoy the Club amenities included in your membership or to receive your member card please call Tanna Shelton to get started.

As a Member of Walden we will
waive your room fee!

BOOK YOUR EVENT TODAY!

Business Meetings	Pool Parties
Weddings	Catering to 50
Graduations	Quinceaneras
Bridal/Baby Shower	Holiday Parties

Caterer Cathy Bellnap, Catering Director at 832-445-2104 or cbellnap@waldencc.com

THE CLUBHOUSE IS CLOSED ON MONDAYS

Wednesday Walden Guest Day!
Golf Members can bring Guests for a \$25 guest fee.
Includes cart, range balls and greens fee.

GOLF

Summer is here and we would like to extend to you a special Golf Membership upgrade opportunity!

Contact Tanna Shelton, Membership Director for more details!
832-445-2105 or tshelton@waldencc.com

WE'RE IN YOUR NEIGHBORHOOD!

Your neighbor replaced their HVAC system with a High Efficiency Ruud unit. With all the choices available to them, they placed their trust in us. If you're having issues with your AC system, call the name your neighbors trust!

RELY ON RUUD.™

\$69.95 Complete A/C Clean & Check Additional Units \$59.00 Each.	10% OFF Any Repair Over \$200	FREE COOL CASH Instant Rebates up to \$1000 when you install a RUUD System 16 SEER or Higher
--	---	--

Residential units only. With Coupon. Not valid on new installs. Not valid on units with other offers. Expires Aug 31, 2019.

Residential units only. With Coupon. Not valid on new installs. Not valid on units with other offers. Expires Aug 31, 2019.

Residential units only. With Coupon. Not valid on new installs. Not valid on units with other offers. Expires Aug 31, 2019.

www.AaronMechanical.com

AARON MECHANICAL, LLC

Air Conditioning / Heating / Refrigeration

281.540.HVAC

PAY NO LENDER FEES!*

NO points, origination, underwriting & processing fees!



home
is where the
HEART
is
#LoveMyMortgage

- ♥ Local, direct access to mortgage professionals
- ♥ First-time home buyer mortgage experts
- ♥ Mortgage solutions tailored to you



COMMUNITY
RESOURCE

CREDIT UNION

Start here to get there.

281.462.2728 | crcu.org/home

*All loans subject to credit approval. Under certain circumstances, private mortgage insurance (PMI) and an escrow account for taxes and insurance may be required. Other eligibility includes a credit score of 680 or greater, no bankruptcy in the previous 36 months, debt-to-income ratio not to exceed 43%, and loan-to-value ratio not to exceed 95%. Other credit and income qualifications will apply. Minimum finance amount of \$75,000. Offer does not include FHA, VA, and USDA mortgages or other government backed mortgage loans. Investment properties and Jumbo Loans are not eligible for this offer. Verifiable employment required and time on job required of 1 year plus. Real estate promotions cannot be combined with any other offer. Certain other credit and income qualifications may apply. CRCU reserves the right to cancel or change these promotions at any time. Please contact a representative for more details. CRCU membership required. Offer expires 08/31/19.



**Walden on Lake Houston
Golf and Country Club
Presents...**

Sips & Sticks at 6

What's Included

Fun 6 Hole Scramble and WINE, WINE, WINE!

- Each player will receive 2 glasses of wine or beer
- Nacho Bar available after play

Who's Invited

All Walden Golf Members, Residents
and Ladies from Surrounding Communities.

All Female Golfers are Welcome!

Handicap IS NOT REQUIRED

Open to all skill levels

Must have your own clubs

When

Tuesday, August 6th, 2019

Time

6:00pm

Cost

\$20 per person

Hosted by: Tanna Shelton and Cathy Bellnap
Membership Director Catering Director



**18100 Walden Forest Dr
Humble, TX 77346
www.waldencc.com**



Door Prizes

Closest to the Pin

&

Long Drive Contest



**REGISTER
TODAY!**

**Call the Pro Shop
832-445-2115**





Walden's Backyard Brew & Que Trail
Friday, August 30th
6:30 PM

GUESTS WILL TRAVEL BY GOLF CART TO THE HOMES OF 3 MEMBERS WHO WILL HOST GRILLED APPETIZERS IN THEIR BACKYARDS WITH DESSERT SERVED AT THE CLUBHOUSE. WALDEN WILL PROVIDE A DIFFERENT CRAFT BEER AT EACH HOME.

PRICES IN \$30++ PER COUPLE

ONLY 40 RESERVATIONS WILL BE ACCEPTED. RESERVATIONS REQUIRED 832-445-2100

CANCELLATIONS LESS THAN 75 HOURS IN ADVANCE WILL BE CHARGED AS IF IN ATTENDANCE

Lake Houston Ladies Club

The Lake Houston Ladies Club is a social organization that meets from September through May for a luncheon 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 and offers many avenues for individual interest. They include: Scrabble 'N Babble, Hand Knee and Foot, Shooting Club, Artsy Smartsy, Bunco, Movie Group, Mah Jongg, Lunch 'N Look, Supper Club, Mexican Train, Readers' Choice, Tea Time, Bridge and Game Day. Many of the groups continue throughout the summer months. 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.

New members are welcome to join at any time. For more information about the club, please go to the club web page at <http://www.lakehoustonladiesclub.com> or call Karen at 281-900-5584.



WIRED | **GENERATORS**
 ELECTRICAL SERVICES | by **WIRED**

Residential & Commercial
 Family Owned & Operated

Home Standby Generators

- ✓ Installation
- ✓ Maintenance
- ✓ Services & Repair

713-467-1125
generatorsbywired.com

\$20 OFF Your Next Service Call!
Not to be combined with any other discount or offer. Expires 8/31/19

5 Year Warranty*
 100% Customer Satisfaction Guaranteed!

GENERAC

VISA, MasterCard, American Express, Discover, BBB

Master #100394 TECL #22809

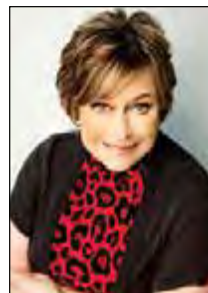
TOGETHER

We will get you where you want to be, **HOME.**



Whether you are moving to your first home, a larger home, or downsizing to a smaller home, choose an experienced agent who will get you where you want to go with less stress and worry. Contact me today!

Count On Carol!



Carol Marple
 REALTOR®
281.610.3455

Carol.Marple@garygreene.com
www.CountOnCarol.net

Better Homes and Gardens
 REAL ESTATE

GARY GREENE

©2019 Better Homes and Gardens Real Estate LLC. Better Homes and Gardens® is a registered trademark of Meredith Corporation licensed to Better Homes and Gardens Real Estate LLC. Equal Housing Opportunity. Each Franchise is Independently Owned and Operated. If your property is currently listed with a real estate broker, please disavow. It is not our intention to solicit the offerings of other real estate brokers.

The Clippings



Prime Rib Night
Friday, September 6th
5:00 pm—8:00 pm

Reservations Required
832-445-2100



Walden
OLD FASHIONED
GOLF & COUNTRY CLUB

Craft & Gift Fair

*The best place
for your holiday
gift shopping!*

FREE ADMISSION • HOLIDAY MUSIC • HANDMADE GIFTS • AND MUCH MORE!

SUNDAY
September 8th, 2019
12pm-4pm

For vendor information
Contact Cathy Bellnap
832-445-2104 or
cbellnap@waldence.com

Crafts, Gifts, Art,
Holiday Decorations,
Ornaments, Jewelry,
Candles, Kids Items,
and much more!



TEXAS

HEATWAVE

"Love the ball...and the Sport!"

Registration opens in June for
Fall 2019 Recreational Soccer!
Youth Boys and Girls Ages 4-18
Don't Miss Out!

HURRY!!

REGISTRATION ENDS AUGUST 15th!!

www.txheatwave.com 281-359-7280

Walden on Lake Houston

Giant Beer Pong Tournament

Friday, September 27th

\$20++ per player includes Beer, Food & Tournament

Buffet served 6:30—7:30 pm

Tournament Starts on the Tennis Courts at 7:00 PM

Sign up your 2 man team by September 23rd
in the tennis shop or call 832-445-2120



WALDEN ON LAKE HOUSTON CC



THE WALDEN HOA

PRESENT THE 1ST ANNUAL

Trunk
or
Treat



OCTOBER 31ST

5:00 PM-8:00 PM

(OR UNTIL THE CANDY RUNS OUT)

LOCATED IN THE FITNESS CENTER PARKING LOT.
WE NEED 50 VOLUNTEERS TO PASS OUT THEIR CANDY

CALL CATHY @ WALDEN CC TO SIGN UP 832-445-2104

Lic#TACLA55198E



0%

Financing
Available

NEWPORT

AIR CONDITIONING & HEATING

RESIDENTIAL & COMMERCIAL

INDOOR AIR QUALITY + SERVICE + INSTALLATION

281.808.8630 + NEWPORTAC.COM

PANCAKES & PJ'S WITH SANTA



**SUNDAY, DECEMBER 8TH
9:00-1:00 PM AT WALDEN CC**

**\$10 per person includes
Pancake Breakfast Buffet
&**

Pictures with Santa

Reservations Required by 12/3. This event will sell out!

This event is for Members of Walden CC and their guests only.

College or retirement? Find out how to afford both.



Jim Mastin

Financial Advisor

7702 Fm 1960 East Suite 110
Humble, TX 77346
281-812-1118

Edward Jones
MAKING SENSE OF INVESTING

MKT-5894I-A

Member SIPC



ADVERTISE
Your Business Here
Call 512.263.9181
for details

www.peelinc.com

PATIO COVERS | PERGOLAS | CARPORTS | PORTE COCHÈRES
OUTDOOR KITCHENS | DECORATIVE OUTDOOR FLOORING



RAIN PROOF DESIGN

CUSTOM PATIO STRUCTURES

Committed to Quality, Value & Service



832.570.3990 www.custompatiostructures.com



FAMILY OWNED & OPERATED WITH OVER 20 YEARS EXPERIENCE
FREE ESTIMATES & DESIGN CONSULTATION • 100% FINANCING AVAILABLE



*Keep Our
Neighborhood
Beautiful!*

GO GREEN



Receive your newsletter in your inbox

For details go to
www.PEELinc.com
and click the RESIDENTS tab



At no time will any source be allowed to use The Clippings contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in The Clippings is exclusively for the private use of Walden on Lake Houston Golf and Country Club and Peel, Inc.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

6 Health Benefits of Eating Dark 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 sun-induced 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 guilt-free 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 and 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

SKIN CANCER

THE SAD TRUTH

Every year, **5.4 million new cases** of skin cancer are diagnosed, making skin cancer more prevalent than any other cancer. 1 in 5 Americans will develop skin cancer in their life. The saddest part is that skin cancer is one of the most **easily preventable** and diagnosable cancers, and, if detected early, has one of the highest treatment rates. Yet, the public is still ill-informed on such a common cancer.



WHAT CAN YOU DO TO REDUCE YOUR RISK

PROTECT

Apply sunscreen and wear long-sleeves & hats under the sun.



PREVENT

Avoid direct sun exposure between the hours of 11:00 am and 4:00 pm. Never use tanning beds.



DETECT

Look out for abnormal moles or skin patches on your skin and regularly get physical examinations.



Oddly shaped, discolored, large, and evolving moles are potentially malignant

PREPARE FOR A HURRICANE



Each year NOAA and the American Red Cross publishes a preparedness guide of tropical cyclones to help us prepare for such an emergency. You can download a copy of that guide at <http://www.nws.noaa.gov/os/hurricane/resources/TropicalCyclones11.pdf>. This guide gives great information on the metrological terms associated with tropical storms and what to expect from those storms. Most importantly, it lists critical information about how to prepare for an incoming storm.

GUIDELINES EACH YEAR PRIOR TO HURRICANE SEASON:

- Determine safe evacuation routes inland
- Learn locations of official shelters
- Check emergency equipment such as flashlights, generators and battery powered equipment such as cell phones and your NOAA Weather Radio All Hazards receiver.
- Buy food that will not spoil and store drinking water.
- Buy plywood or other material to protect your home if you don't have it.
- Trim trees and shrubbery so branches don't fly into your home.
- Clear clogged rain gutters and downspouts.
- Decide where to move your boat if applicable.
- Review your insurance policy.
- Find pet friendly hotels on your evacuation route.

DURING THE STORM AND WHEN PEARLAND IS IN THE WARNING AREA, YOU SHOULD:

- Closely monitor radio, TV or NOAA Weather Radio All Hazards for official bulletins.
- Close storm shutters.

- Follow instructions issued by local officials. Leave immediately if ordered.
- Stay with friends or relatives at a low-rise inland hotel or at designated public shelter outside of the flood zone.
- DO NOT stay in a mobile home or manufactured home.
- Notify neighbors and a family member outside of the warned area of your evacuation plans.
- Take pets with you, but remember that most public shelters do not allow pets other than service pets for people with disabilities.
- Identify pet friendly hotels along your evacuation route.

IF YOU ARE STAYING HOME TO "HUNKER" OUT THE STORM:

- Turn refrigerator to maximum cold and keep it closed.
- Turn off utilities if told to do so by authorities.
- Turn off propane gas tanks.
- Unplug small appliances.
- Fill bathtub and large containers with water in case clean tap water is unavailable. Use water in bathtubs for cleaning and flushing only. Do NOT drink it.
- Stay away from windows and doors, even if they are covered. Take refuge in a small interior room, closet or hallway.
- Close all interior doors. Secure and brace exterior doors.
- If you are in a two-story house, go to an interior first floor room.
- If you are in a multi-story building and away from water, go to the first or second floor and stay in the hallways or other interior rooms away from windows.
- Lie on the floor under a table or other sturdy object.

DID YOU SAY FREE?

**YES! YOUR NEWSLETTER IS
PROVIDED 100% FREE OF CHARGE**

and is made possible by the advertisers within. Please frequent their businesses and let them know where you saw their advertisement. While there, be sure to say "Thanks!"

www.PEELinc.com

PEEL, INC.
community newsletters





PEEL, INC.

1405 Brandi Ln
Round Rock, TX 78681

PRSR STD
U.S. POSTAGE
PAID
PEEL, INC.

WAL

YOU'VE SET YOUR GOALS, **NOW REACH THEM.**

Expand your
target audience in
**Walden on Lake
Houston Golf
and Country Club**
today.

Call 1.888.687.6444
or visit: www.peelinc.com



PEEL, INC.
community newsletters