



# HOUSTON OAKS

MEMBER NEWSLETTER

SPA AND FITNESS FACILITY

WINTER ISSUE  
JANUARY - MARCH 2015





## A MESSAGE FROM THE CEO



*As we enter a new year here at Houston Oaks, there is a lot going on. We have a couple of major projects that are well under way including the Hotel and the Shooting Club. The tunnel project under Hegar Road allowing access from our Clubhouse area to the Ranch is now completed and available for use. We will keep you posted with our weekly E-Blasts and through the website on the progress of these great new amenities.*

We'd like to thank those of you who took the time to complete the Member Survey. It is a thorough list of questions that are designed to help us get better at what you, our members, feel like we need to improve on. It also allows us to see what you think we are doing well at. As you might expect, we will never be done improving what we are doing here at the Club. This feedback helps give us a roadmap to where we need to prioritize our time in order to improve the member experience. The feedback has been shared with the owners as well as with the entire management team. Be assured that we will be putting action plans together to address the concerns that were identified. Thank you again for the feedback.

Music continues to be a big part of the programming that we are offering here at the Club. We had music each Thursday night in December the club was open and have started to build a tradition of attracting some great artists. It is our plan to continue to expand on the musical programming as we work to design the "Party Barn". Please keep an eye out for who may be performing by checking your weekly emails or the website at [www.houstonoaks.com](http://www.houstonoaks.com).

Finally, I'd like to say thank you to each of you who contributed to the Employee Holiday Fund. We had a record number of members contribute and a record pool of funds distributed to the staff (a 65% increase over 2013). As a reminder, these funds go to the non-management team members of our staff. Your thoughtfulness and generosity helped make our staff's Holiday Season that much brighter. Thank you!

Best,  
Michael J. Kelly, CEO





Maria McGinity  
Assistant General Manager

## ***I am enthusiastic about the 2015 Club event calendar and programming.***

The number of new members we welcomed at the end of 2014 creates more opportunity for event attendance to increase which will add energy to the events with potential increased participation. Please make time to attend the Club events scheduled for each season and we encourage you to bring your friends with

you. In order to help coordinate and promote the club's social, fishing, golf and dining events, we recently promoted Alissa O'Bannon to Club Events Manager. Alissa has been with Houston Oaks going on 3 years; she may have helped many of you with your private events in the past. Her energy and creativity made her a natural fit to handle overseeing the improvements to our club programming. Keep an eye on the calendar for new club events like our Inaugural SnowFest in January, Gumbo Cook-off in February and our Yappy Hour in March.

We encourage you to invite your friends and family to these events and that you reserve your spot early! Alissa welcomes your input and feedback in this area. She has been busy coordinating the calendar for all the holiday and seasonal events with new vendors, event formats and offerings. A very big thank you to members who have sponsored one of our new members and if you cannot take them to one of these events, please reach out to them and see how they are enjoying the Club. These three events are not just about welcoming new members. Perhaps you would like to reconnect with some of your fellow members or some of your non-member friends; we encourage you to show your Club off to all the special people in your life. Kameron Blount, the Club's Catering and Event Director, is busy planning private member events which we have seen an increase with in addition to overseeing the coordination and service quality of every event. She has been charged with raising the service standards from the initial phone call to the Club throughout the follow up post event. Kameron is ready to book your next event and coordinate creative menus, vendors and entertainment for you. The private events that wrapped up our year for 2014 was at a record high, so please book your private event for your organizations or business well in advance as we are forecasting a significant increase in members hosting their private events more regularly this coming year.

You will find it easier to make your reservations by logging on to the Club's website for event reservations and reserving a meal time in the dining room. If you have forgotten your log on or password, simply click on the link "login help" on the lower right

side of the log in window box and your information will be sent to you. We are confident that you will find the ease of making reservations less cumbersome by utilizing the website, but you can always call us for any reservations or information as you have done in the past. The Club's website is smart phone friendly and a very useful source for current Club information. Please log in to see what we have planned for you and your family!

***See you at the Club,***  
Maria

## **DID YOU KNOW.....**

- As a member you can sponsor events at Houston Oaks. Your group can contact Kameron Blount, Director of Catering & Events and they can simply let her know that they are sponsored by you. You then will be contacted by the Club to confirm the sponsorship and we will work directly with the group to coordinate all the details. Kameron's direct line is (936) 372-4321 and e-mail is [kblount@houstonoaks.com](mailto:kblount@houstonoaks.com). We are happy to assist you or your group in planning an amazing event here at Houston Oaks!
- As we roll into the New Year, Chef has started planning the new menus for the dining room. He chooses to use seasonal products as well as the highest quality products. For example, we source our beef from Allen Brother's. All of the Club's beef is hand selected from a USDA prime category and aged for 21 days through Allen Brothers' unique patented aging process prior to arriving in our kitchen. It further ages in our specially designed fridge until you order it. All of the steaks served at Houston Oaks are Prime Certified USDA beef.
- The Spa at Houston Oaks will be showcasing a new and improved brochure in 2015. Not only do we offer an assortment of massages but also body scrubs, facials and the exclusive line of Caudalie products. Our Spa technicians and massage therapists are available virtually every weekend. If you are thinking of getting a Hot Stone massage or even our 30 min Caudalie Devine Escape Facial, please call us to schedule your next pampering! Call (713) 888-0000 or e-mail [services@houstonoaks.com](mailto:services@houstonoaks.com).
- Houston Oaks currently serves over 26 wines by the glass from all around the world! In addition to our by the glass and bottle program, we offer some interesting half bottle selections such as Moet, Bond, Opus One, and Amarone. Half Bottles give you the opportunity to try something new without the commitment (or the price!) of a full bottle. Contact CC via e-mail at [Cecilia@houstonoaks.com](mailto:Cecilia@houstonoaks.com), to order any special wines in advance of your reservation or to get more information about the wines we serve in the restaurant.

## Welcome New Members



**Roger & Carole Benedict**  
**Sport & Social**  
He: Senior Rep., Chevron Corporation



**Robert and Lori Hendricks**  
**Sport & Social**  
He: Principal, Chambers Energy Capitol  
Children: Harrison (9), Bennett (8), Pierce (4), Whitt (10 mo.)  
Referred by Carter & Jamil Higley



**Josh and Jill Betz**  
**Legacy**  
He: President, Argo Surety  
Children: Madison (20), Noah (13), Micah (11), Kayna (8), Elizabeth (2)  
Referred by Tray Mounce



**Brittany Hildebrand**  
**Golf**  
She: Student



**Allen and Leah Crosswell**  
He: Managing Principal, Newquest/Crosswell  
Children: Holcombe (19), Ligon (17), Greyson (16)



**Jay and Sheri Jorczak**  
**Golf**  
He: Engineer, Yaskawa  
She: Occupational Therapist, Helping Hand Occupational Therapy  
Children: Jackson (16), Jessica (13)  
Referred by Steve Campbell and Jeff Shipper



**Mark and Deana Day**  
**Sport & Social**  
He: President/Owner, Olsen Day Executive Search  
She: CPA, self employed  
Referred by David & Kathy Ambrose



**John and Gaye Kelsey**  
**Legacy**  
He: Director, Morgan Stanley Graystone  
Referred by Brent Anderson



**Eric and Lisa Elder**  
**Legacy**  
He: Trader, Vitol, Inc.  
Children: Patrick (10), Carson (8), Matthew (8)  
Referred by Brent Anderson & Gene Stahl



**Stephen and Allison Lewis**  
**Sport & Social**  
He: Senior Principal, Alliance Bernstein Global Wealth  
She: Owner, Decimus Wine  
Children: Grace (12), Ellie (4) Colton (3)  
Referred by Larry Foyt



**Todd & Jill Fisk**  
**Legacy**  
He: EVP/GM, Mustang Cat  
Children: Gracen (14), Griffin (11), Ryan (8)



**Russell and Ruth Lindley**  
**Sport & Social**  
He: President, Ad Results Advertising  
Children: Mayers (21), Kirby (16), Kitty (13)  
Referred by Chris Kolkhorst



# Welcome New Members

# membership



## Anthony and Brandy Moreno

### Sport & Social

He: Sales Manager, Westin Homes  
Children: Presley (3), Harper (18 mo)  
Referred by Chris Kolkhorst



## Jeff and Traci Spann

### Legacy

He: President, Signet Capital Investments, LLC.  
Children: Natalie (13), Lydia (9)  
Referred by Jeff and Alecia Mallet



## Vey and Brigid Spin

### He: Retired

Referred by Jan & Christine Spin



## Brad and Stephanie Tucker

### Legacy

He: President, Mustang Machinery Company  
Referred by Louis Tucker



## Ronnie and Tiffany Vaughan

### Golf

He: CEO, Monarch Civil Constructors  
Children: Jordan (14),  
Kennedi (13), Gavin (7), Elin (4)



## Susan Vick

### Sport & Social

She: CEO, Syren Capital, LLC



## George and Christie Vlahakos

### Sport & Social

He: Partner, Andrews Kurth LLP  
Children: Ellie (11), Anna (8), William (5)  
Referred by William & Laura Wheless



## William and Laura Wheless

### Sport & Social

He: Owner, Wheless Realty  
Children: Elizabeth (11), Billy (9),  
Jack (6), Madeline (4), Robert (2)

## New Members with Photographs Unavailable:

## Warren and Lisa Barhorst

### Sport & Social

He: CEO, Iscential  
She: COO, Iscentail

## William and Karen Bean

### Legacy

He: President, Fabricating Specialties, Inc.  
Referred by Larry Foyt

## Jay and Sandy Carlton

### Legacy

He: President, Sterling Structures, Inc.  
Children: Brent (21), Brandon (18)  
Referred by Jeff Lester

## Walter and Elizabeth Cochran

### Golf

He: President, Etoco, LP  
She: Associate Professor of Emergency Medicine, UT Health Sciences  
Referred by Mark and Cher Halk

## Carter and Jamil Higley

### Sport & Social

He: Financial Advisor, UBS  
Children: Selah (8), Grace (5), Wilson (18 mo)  
Referred by Bob Nickles

## Hess Corporation

### Legacy

## Brooks and Sarah Shughart

### Sport & Social

He: Director, First Reserve  
Children: Anna (9), William (6), Warren (5)

## Donald and Kelly Young

### Sport & Social

He: CEO, The Hoover Group, Inc.  
Children: Chap (4)

## MEMBERSHIP UPGRADES:

Doug and Cindy McCullough, **Legacy**

Randy and Lisa Rutherford, **Legacy**

Greg and Karen Self, **Legacy**

Patrick and Amy Vardeman, **Legacy**

# Social Events

## **Legacy Member Wine Dinner by Honig Wines** **Wednesday, January 14**

**6:30pm**

**\$150.00 ++ per person**

Enjoy a five-course, pre-fixed menu featuring Chef Jeffrey and winemaker Michael Honig. Honig is a family owned winery. The Cabernet Sauvignon from Rutherford consistently year after year receives top ratings from all publications. What is truly amazing about this property located in the heart of Napa Valley, is their commitment to sustainable farming and in addition utilizing solar energy to power their facilities. This is a great opportunity to meet Michael Honig.

## **Snow Fest**

**Sunday, January 18**

**2:00pm-5:00pm**

**\$35++ per person**

### **Pavilion**

Be our guest at Snow Fest! Families are invited to “chill out” at the Inaugural, Houston Oaks Snow Fest with real snow! Kids will be thrilled to play in actual snow under the oaks. Other activities will include “winter games” like make-your-own snowman contest and snow angel fun. A surprise “frozen” treat will be on display!

## **Ladies' Night**

**Tuesday, January 20**

**5:30pm-7:30pm**

**Ladies Locker Room**

## **Wine Down**

**Thursday, January 22**

**6:00 pm - 6:30 pm**

**\$15.00++ per person**

**Clubhouse Dining Room**

## **Sunday Brunch**

**Sunday, February 1**

**11:00am-2:00pm**

**\$35++ Adults**

**\$12++ Children (3-13)**

## **Super Bowl Shoot Out**

**Sunday, February 1**

**3:30pm-4:30pm**

**Pre Super Bowl Shoot Out at the  
Ranch House**

## **Super Bowl Party**

**Sunday, February 1**

**4:30pm (Kick-off at 5:30pm)**

**\$25++ per adult**

**\$15++ per child**

### **Clubhouse**

Are you ready for some Football? Super bowl fans can watch the game on our big screen TV. Munchies and Super Bowl buffet will include dips, chips, mixed green salad, burgers, hot dogs, popcorn and other “concessions”. Kids can come and enjoy their own game of football toss on the back lawn.

## **Father Daughter Dance**

**Saturday, February 7**

**7:00pm-10:00pm**

**\$30++ per Child**

**\$40++ Per Adult**

**Dinner, Dancing and DJ**

### **Conservatory**

Dance the night away with your darling daughter and enjoy a seated dinner in the decked out conservatory. Dads and daughters will enjoy a photo booth photo booth and chocolate fountain.

## **Valentine's Dinner**

**Saturday, February 14th**

**6:00pm and 8:00pm**

**\$65++**

### **Clubhouse**

Celebrate your loved one with a decadent four-course meal at the club. This special menu by Chef Jeffrey will be with wine perfectly paired to heighten your Valentine Day experience. A perfectly paired wine by the glass menu by CC, will heighten your Valentine's Day experience. Consider preordering a bouquet of flowers or bottle of wine to be displayed at your table when you arrive!



# Social Events

## **WGA Ladies Kick-Off Luncheon and JoeFit Fashion Show**

**Thursday, February 19**

**12:00pm**

**Ladies Locker Room**

All lady members welcome

## **Wine Down**

**Thursday, February 19**

**5:30pm-6:00pm**

**\$10.00++per person**

**Clubhouse Dining Room**

## **Fill Your Wine Locker**

**Saturday, February 21**

**4:30pm-5:00pm**

**\$40 ++ per person**

**Legacy Boardroom**

Houston Oaks' "Fill Your Wine Locker" event will be a great opportunity for our members to try some highly allocated and boutique wines from around the world.

## **Gumbo Cook-Off**

**Saturday, February 21**

**Pavilion**

## **Ladies' Night**

**February 24**

**6:30pm-8:30pm**

**Men's Locker Room**

Couples in the Men's Locker Room

## **Yappy Hour**

**Sunday March 22nd**

**2:00-4:00pm**

**Park House**

Bring the dogs out after a "ruff" day and enjoy doggie playtime and drink specials. Lunch may be ordered from the Park House. Food and Drink orders charged to member accounts.

## **Ladies' Night**

**Tuesday, March 24**

**5:30pm-7:30pm**

**Clubhouse Dining Room**

Dinner in the Dining Room

## **Small Batch Bourbon and Cigar Dinner**

**Thursday, March 26**

**6:30pm**

**\$85.00++per person**

**Men's Locker Room**

Progressive dinner will consist of 4 courses crafted by our Houston Oaks chefs paired with small batch bourbon cocktails, followed by hand rolled cigars on the patio.

## **SAVE THE DATE:**

### **Fishing Derby**

**Saturday January 17**

**Fish Camp**

### **Shooting Tournament**

**Saturday January 17**

FOR RESERVATIONS VISIT

[WWW.HOUSTONOAKS.COM](http://WWW.HOUSTONOAKS.COM)

## CHEF'S CORNER



**Jeffery Baker**  
Executive Chef

### ***The Joy of Food - Bringing Family and Friends Together.***

Food is so much more than just survival. With it we make and nurture current and future relationships. Food makes me count my blessings each day. I have been given the gift of being the facilitator of the important task of bringing joy and happiness and fostering the kindred spirits of all

those in which I have been blessed to come in contact with through food.

The simple act of breaking bread at a communal table is just hard to beat. The "meal" has the power to forge relationships and provoke laughter. Even, in a time when foods can be quite complex, the meals that we enjoy most are those that encourage shared dishes and evoke memories of our childhood.

My time at Houston Oaks is focused on just that: Having a community table where all are welcomed. A place where friends can gather for hours to create lasting bonds and

memories. We will offer numerous family style events, such as Fried Chicken Nights and Themed Friday nights, where interaction with the kitchen and its staff will become a comfortable act. Our connection to the food that we eat, for me, makes all the difference in the world.

For centuries this is how it was done, at least two meals gathered around the family table. The first, discussing the upcoming daily activities and the last, the reflective meal of the evening, where we review our day with the ones we love. The bonds of family and friends are thus forged through food.

I hope to build this tradition here at Houston Oaks. It is my mission to connect you and your family with the spirit of our farm to table and summer dinners.

I retire each night full of exciting ideas of the great meals that we will share in the near future.

Food is a lot more than just physical sustenance, it feeds our souls.

***Chef Jeffrey***

## WINTER RECIPE FROM DAWN



**Dawn E. Paulson**  
Pastry Chef

### *Pecan Butter Crunch*

#### **Ingredients:**

Butter 1 lb  
Sugar 2 cups  
Water ¼ cup  
Salt 3 tsp, divided  
Pecans 2 cups (12 oz)  
Dark Chocolate 8oz



#### **You will need:**

a heavy bottomed pan  
cookie sheet  
candy thermometer (I like the digital ones)  
\*silicon baking mat (optional)

Coarsely chop pecans & lightly toast on a sheet pan at 350\* for 5 min.

Melt butter in a heavy bottomed saucepan. Add the sugar, water, and 1 tsp of salt. Bring to a rolling boil over high heat. Cook, stirring very frequently, with a wooden spoon, until the mixture reaches 295\* and is a light golden brown.

Pour the mixture onto a silicone baking mat. Using an offset spatula, spread evenly over the mat & allow to cool completely.

Toss the pecans with the remaining 2 tsp salt.

Melt the chocolate in a microwave safe bowl in the microwave. Do this in 20 second intervals, stirring in between. Spread the melted chocolate on the cooled toffee. While the chocolate is still fluid, scatter the salted pecans over the top. Allow to cool completely, break apart & enjoy.





**Cecilia Shan-Brown**  
Restaurant Manager &  
Director of Wine

## Legacy Member Wine Events Honig Wine Dinner Wednesday, January 14 6:30pm \$150.00 ++ per person

Five course dinner featuring Honig's premiere wines. Honig is a family owned winery. The Cabernet Sauvignon from Rutherford receives top ratings from all publications consistently year after year. The Honig winery is located in the heart of Napa Valley, and their commitment to sustainable farming and in addition utilizing solar energy

to power their facilities is a unique element that distinguishes them apart from other wineries. Michael Honig will be hosting this intimate dinner, you will not want to miss this one!

## Fill Your Wine Locker Event: Saturday, February 21 4:30 pm-5:00 pm \$40 ++ per person

### Join Us for Our Premiere Legacy Wine Tasting Event

Houston Oaks' "Fill Your Wine Locker" event exclusively for Wine Locker members is scheduled for Saturday, February 21 from 4:30pm to 5:00pm. This event will be held in the Legacy Board Room and will be a great opportunity for our members to try some highly allocated and boutique wines from all around the world.

Here is a sneak peak of the list....

- Gothic, Pinot Noir, Hyland Vineyard Edition • Bethel Heights Reserve Pinot Noir
- Fabrizio Dionision, Tuscany, Syrah • Maison L'Envoye Pinot Noir
- Miner, Cabernet Sauvignon • Swagger, Cabernet Sauvignon
- Biale, Black Chicken, Zinfandel

*Chef Jeffery cheese selection will accompany the tasting.*

## Upcoming Member Events:

### Small Batch Bourbon and Cigar Dinner

Thursday, March 26

Men's Locker Room

6:30pm

\$85.00++per person

**Progressive cigar sampling, dinner and pairing with small batch bourbon and single malt scotch.**

**Four course paired with beverages will be featured.**

## Wine Down Events:

Thursday, January 22 and February 19

5:30pm-6:00pm

\$15.00++per person

Join me and taste some beautiful wine. Upcoming Wine Down events are Jan. 22 and Feb. 19. For the January event, come join me and try some great one ounce (1oz) tastings of red wines from Willamette Valley where the Pinot Noir grape is king! In addition to Pinot Noir, we will try a variety of different clones. In the month of February, to fight the cold weather, we will feature some 'hot drink' selections. Make it out to the Club and melt into something sweet and delicious.

**Make Reservations at [www.houstonoaks.com](http://www.houstonoaks.com)**



**Paul Ramirez**  
Restaurant Manager

## SMALL BITES

*To my Houston Oaks Family, my first two months here have been a whirlwind but an amazing adventure to say the least.*

I always refer to a Mark Twain quote I read as a young man "If you love what you do, you'll never work another day in your life". There are few people in this world that can say this reflects their life but for me I feel incredibly fortunate to live this every day. Through my interview process I always said that I was looking for a new home, somewhere to settle and root myself and I believe I have found that. I would like to thank all of the membership that I have met for making me feel so welcome in your home and for those who I have not had the fortune of meeting I look forward to serving you soon. Working hand in hand with Chef Jeffery Baker we are working towards a common goal of raising the standards here at Houston Oaks, with that being said please look forward to exciting programming and menus in the near future. I look forward to growing with Houston Oaks and being part of something incredible. *Thank You!*

**Paul Ramirez • Restaurant Manager**

The Houston Oaks Spa is the perfect place to come for relaxation and rejuvenation in an elegant state of the art setting. Located in the building next to the clubhouse, the spa features a beautiful tranquility waiting area overlooking the main lake. With the sparkling infinity pool and Jacuzzi right outside the tranquilly room and his and her locker rooms with steam saunas back inside, this spa will fulfill any hydrotherapy desires. We have two quaint, but luxurious treatment rooms where you can indulge in a premier selection of massages, body treatments, and facials using the number one skin care line in Europe, Caudalie. Created from the beautiful vineyards of Bordeaux, France, Caudalie Vintothearpy has been able to extract and patent three unique ingredients found in this powerful, antioxidant fruit that makes the Caudalie skin care line second to none. Vineifrine is the ultimate in dark spot correction and evening the complexion. Resveratrol, the anti-aging ingredient that's extracted from the vine of the grape, erase and stops all signs of aging, and the third patent, grape seed Polyphenols. The most powerful anti-oxidant in the plant world and are amazing skin youth protectors. Whatever your age and skin care needs may be, you will find your answer in Caudalie. Keep a look out for a special Caudalie event coming early 2015.

## Meet our Massage Therapists

Our therapists are highly trained and experienced in all areas of massage therapy. Whether it's R&R, chronic pain relief, or improving your golf swing, our therapists will accommodate all of your kneads. Massage therapists are on call Tuesdays thru Fridays, and are staffed Saturdays and Sundays from 10:00 a.m. to 6:00 p.m. To make an appointment, contact the concierge at 713-888-0000 or email [services@houstonoaks.com](mailto:services@houstonoaks.com)



**Abbey Touchette** started practicing massage in 2003. She received her associate's degree in therapeutic massage in Detroit, MI, and has continued her education here in Texas. She specializes in chronic pain management involving the neck, shoulders and back. Abbey is certified in Swedish, deep tissue, sports, hot stone, neuromuscular (trigger point) therapy, lymphatic, pre and post natal massages, reflexology and raindrop therapy.



**Danielle Williams** was trained and graduated from the Memorial Herman Hospital School of Massage Therapy 500 hour program in Houston, TX. Dani holds a Texas State LMT license and maintains a certified level professional membership with ABMP. In addition, she is certified as a MMP Medical Massage Practitioner and an AMMP Advance Medical Practitioner and processes the ability and knowledge to work on sports injury, muscle trauma, and therapeutic massage and spa services. Dani provides advance massage and bodywork utilizing integrated and innovative massage therapy styles to achieve healthy muscle tissue and body balance. Specializing in massage, bodywork, stretching, stress management, pain management, rehabilitation work and body treatments.



**Amy McCreary-Smith** has been a therapist for 9 years. She attended the European Institute of massage therapy in Houston, TX. She is trained in Swedish, deep tissue, sports, hot stone, lymphatic, raindrop, aroma therapy, neuromuscular (trigger point), and pregnancy massages.





## AND FITNESS FACILITY



Houston Oaks offers a state of the art fitness center, complete with the latest weight machines and cardio equipment, free weights, and Pilates reformers.

The fitness center is open daily from 5:00 am to 10:00 pm, and personal trainers Heather Burman and Ray Baxter are available for personal training sessions, fitness consultations, and fitness classes.

The fitness center offers countless opportunities for our members to lead a healthier, more active lifestyle in 2015. Fitness classes are just \$10 per class (\$15 per class for guests), and are a great way to boost motivation, learn something new and meet other members. An "Unlimited Fitness Class" option is also available for a \$45 (\$35 Legacy Members) monthly fee. ***All fitness levels are welcome!***

### CLASSES ARE AS FOLLOWS:

#### ***Saturday classes:***

**9:00:** Circuit Training with Heather - use a variety of machines, free weights, & body weight exercises to go through a complete total body workout. This class has an upbeat tempo, so the heart rate is up the entire time. Learn to use the equipment and practice a variety of training methods. All fitness levels.

**10:00:** Pilates Reformer with Heather.

**10:00:** Boot Camp with Ray - boxing, rope training, weight training, & cardio. Ray mixes it up for a quick, boot camp style workout. All fitness levels.

**11:00:** Pilates Reformer with Heather.

#### ***Tuesday classes:***

**3:00:** Pilates Reformer with Heather

#### ***Thursday classes:***

**3:00:** Pilates Reformer with Heather

\*For Pilates Reformer classes, please call or text Heather at 713-416-7172 to reserve your Reformer.

**Heather Burman** is a NESTA certified personal trainer who specializes in women's fitness, nutrition and weight loss. Heather offers 1-on-1 personal training, small group training, and teaches several fitness classes. Heather is also available to help plan a workout routine, should you need to workout at home, while traveling, or on your own time.

**Ray Baxter** is a NSCA certified personal trainer who carries over 15 years of experience in sport specific training, weight training, and general conditioning. Ray is a strength conditioning specialist and offers personal training and boot camp style fitness classes.

***For more information regarding personal training, fitness consultations, or fitness classes, please contact Heather Burman at (713) 416-7172 or HeatherDBurman@yahoo.com or Ray Baxter at (713) 515-7841 StarBax@hotmail.com***



**Darren Howard**  
*Director of Golf*

## GOLF OPERATIONS

### ***Tips From the Pro: Golf and Exercising***

Now that the weather is changing to cooler temperatures everyone must remember to stretch and loosen up before they go out to play. The number one cause of golf related injuries is that golfers do not stretch before they go out to play a round of golf or even before they practice. Below is a list of stretching exercises that will help you not only swing better but will also help prevent you from injuries.

- To stretch the shoulder, put your left hand on your right elbow and pull gently across your body toward the shoulder without rotating your torso. Hold this position for 10-15 seconds, then repeat with the opposite arm.
- To maintain wrist flexibility and improve your grip, put one hand over the back of the opposite hand and bend the fingers toward the palm, pulling the wrist down and holding the stretch for up to 10 seconds.
- Stretch the hamstrings by putting your heel up on a chair or the step of a golf cart. Straighten your knee and lean over, sliding your hands down your shin until you feel the back of your thigh begin to stretch. Do both legs, holding the stretch for 10-20 seconds each. Don't bounce!
- Loosen lower back muscles by putting a club between your elbows and behind your back and rotate slowly and smoothly back and forth about 10 times, holding the stretch for up to 10 seconds.
- Weighted clubs should be used if you have them. Slowly swing the club 25-30 times feeling the shoulder turn and the muscles in the forearms.

These are just some examples of exercises that will help you increase your flexibility and tone muscles that are used in the golf swing. Remember to not only do these exercises before you play but also while you are playing your round and after the round is completed. Concentrate on holding the stretches and not bouncing and don't forget to breathe while holding the stretch. By following these warm-up exercises you will decrease your chance of injuries.

*The winter season is a great time to have a family golf lesson! Improve your game and begin enjoying golf as a fun family activity. Contact Darren Howard at 936-372-4301 for available times and pricing.*

**Kids' Clinic**  
**Jan. 24, Feb. 28, Mar. 28**

**Ladies' Golf Day**  
**Feb. 26, Mar. 5, 12, 19, & 26**

**MGA Event**  
**Mar. 7**

**Family Par 3 Challenge**  
**Mar. 21**

**Nine & Wine**  
**Mar. 27**



**Save the Date!**

**April 18-19, 2015**  
**Member –Member Tournament**  
**May 14-16, 2015**  
**Member –Guest Tournament**





**Chris Patton, Sue Rowe and Sally Johnson**

## *2014 Ladies' Club Championship*

*Sue Rowe successfully defended her Ladies' Club Championship by posting two steady rounds of golf. This makes her third consecutive Ladies' Club Championship!!! Congratulations Sue Row and enjoy that parking spot for another year! The Net Division was won by two very good rounds by Chris Patton and Sally Johnson finished Runner-Up. Great competition ladies' and we look forward to more ladies to join in on the fun next year!*

## *Ladies' Houston Oaks Cup*

*The Ladies' Annual Houston Oaks Cup was held over a two week period; 36 hole stroke play, 100% handicap. Sue Rowe took a 2 stroke lead into the second round, but Ruth Hummer proved to be too much for everyone else to handle and with her second round 64 she was able to win her second straight Ladies' Houston Oaks Cup. Congratulations Ruth Hummer on your victory and to Sue Rowe for second place. Thank you also to all the ladies who participated and we hope to see more of you competing next year!*



**Ruth Hummer and Sue Rowe**

## FROM THE GREENS

### *Greetings from your Agronomy Department:*



**Jay Leturno**  
*Superintendent*

Winter came early this year with our first frosts arriving in November. The summer and fall rain diminished and drier weather has dominated the last few months. The early frosts have turned most turf grass dormant, especially our Bermuda grass roughs.

We have applied pre emergent herbicide to the tees, fairways, approaches, and roughs to control winter weeds. Control is near 100% with almost no winter weeds to be found. We have scaled back our mowing frequency on tees, fairways, and approaches to once per week due to lack of growth. The greens are still mowed or rolled daily to provide a smooth ball roll and to remove any foot prints from players. All greens have been sprayed with a post emergent herbicide to kill any poa that may encroach onto the green surface. Park areas were over seeded with annual ryegrass in November and are being mowed weekly. This includes main entrance, ball

diamond, family pool, medians in parking lot and main circle at entrance to the club. Rye grass will last throughout the winter until next spring when air and soil temperature start to rise. Houston Oaks has hired The Brickman Group to maintain all landscaping with the Club. They will be responsible for weeding, pruning, mulching, dead heading, fertilizing, edging, etc. all ornamental and landscape beds. Brickman is a national company that has years of experience performing all aspects of landscape maintenance.

Last but not least, Jay Loudermilk has filled the Assistant Superintendent position here at Houston Oaks. Jay is a recent graduate from Texas A&M with a BS in Soil Science. Originally hailing from Brownwood TX, Jay moved to Houston Oaks from Bear Creek Golf Club in Dallas.

***I will see you throughout the property.***

**Jay Leturno**

# WINTER TIME FISHING

By Matt Eno



Matt Eno  
Director of Fishing

JAN. 120  
All Fish Camp Basic  
Fly-Tying  
JAN 17  
Fishing Derby  
FEB. 15  
Coldwater Bass  
Fishing  
FEB. 22  
Large Mouth Bass  
Outing  
MAR. 21  
Casting Clinic  
MAR. 29  
Fly Fish Tournament

Emerson Hankamer winning bass



Josh & Kayna Betz

I want to take a moment to Congratulate Emerson Hankamer for winning our 2014 inaugural Big Bass Classic held this last October in the (considered the club championship of fishing) adult division. Congrats also goes out to Brandt Okonski for taking

top honors in the youth division. Thank you to all who participated in this event.

2015 is going to be a busy time here in the fishing department. On January 10th from 3-5pm we will be demonstrating and practicing basic fly tying. We will host a Trout Derby on January 17th. February 15th we will have a discussion forum at Fish Camp covering the above topic of cold water LMB fishing. The following week we will do a guided cold water LMB fishing outing, followed by a Gourmet lunch. March 29th we will host our first Fly Fishing tournament here at Houston Oaks Family Sports Retreat. There will be complimentary casting clinics beginning in March on the 3rd Saturday of each month thru December. We have activities planned each month of 2015. Stay tuned for more dates etc. As always I encourage you to contact me at [meno@houstonoaks.com](mailto:meno@houstonoaks.com) or directly at 936-372- 4308 with any questions you may have concerning fishing here at the club or anywhere 2015 may take you. Please remember Trout fishing on the property is also catch and release until further notice. HAPPY NEW YEAR & HAPPY FISHING! We will see you on the water soon.

**Fish On!**

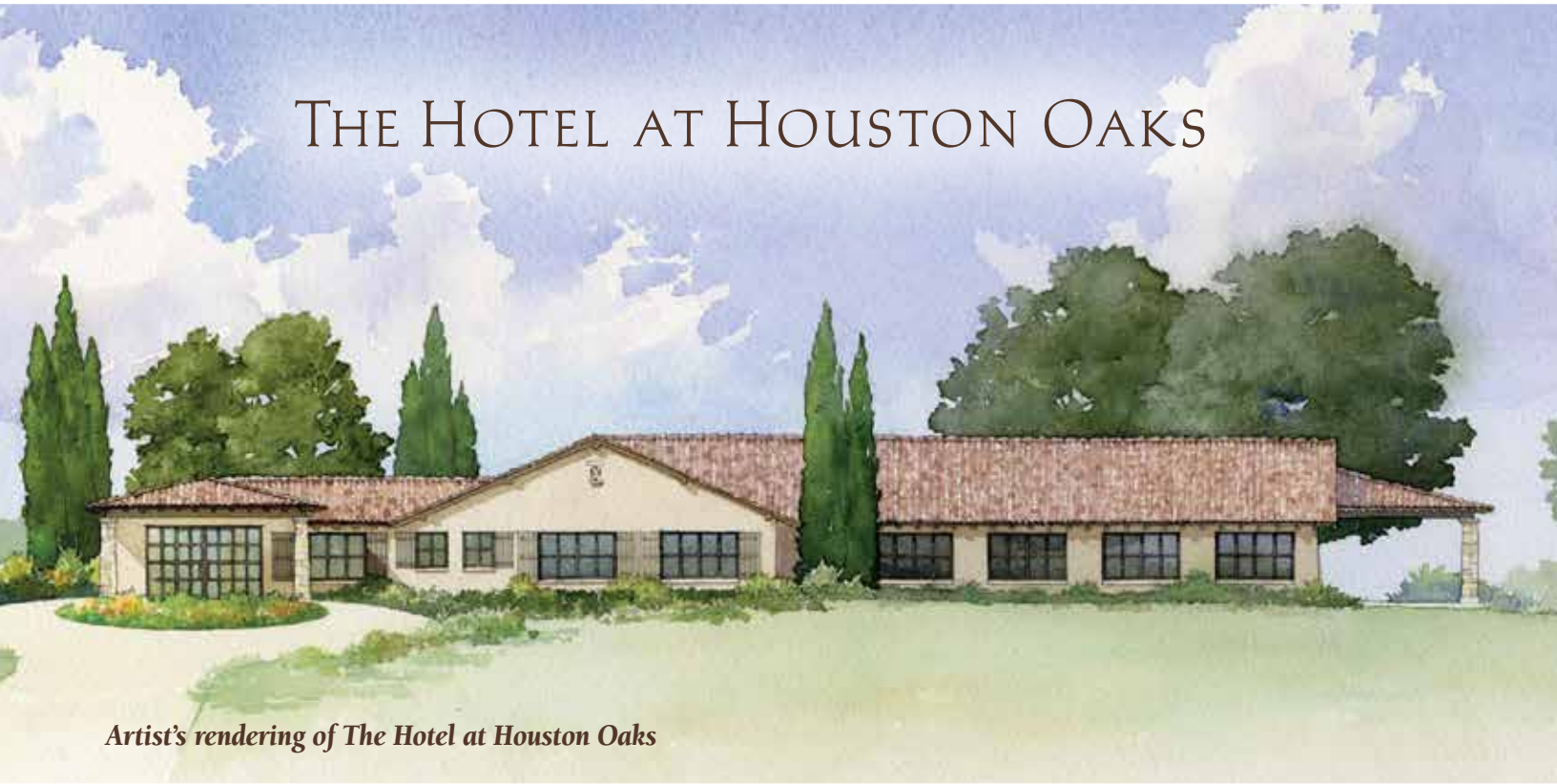
Matt Eno

When there is a steady water temperature drop (as there is in the fall transition to winter), our relatively shallow lakes and ponds temperatures may plummet from 72 degrees to 60 degrees with the passing of one or two cold fronts. Additional cold spells have dropped our lake temperatures to as low as 42 degrees. When this happens the angler must be prepared to change tactics when fishing for our Large Mouth Bass (LMB).

Being cold blooded, the LMB metabolism slows down considerably when the thermometer starts to drop below 65 degrees. This means the bass will feed less often. This is one reason why Fall fishing usually produces more fish because in anticipation of colder water, the LMB will feed more often and more aggressively in preparation for winter. On a quick note; Sunfish meaning Bluegill and Redear all but quit actively feeding during the winter time. Your approach to LMB fishing MUST account for these environmental changes. Be prepared to fish deep and slow. I suggest using smaller sized lures as well. The bass digest their food much slower during winter, hence why they feed less often. In cold water the LMB metabolism all but prevents them from chasing a lure down to eat, but a 3/8 oz. football jig that finds its target will usually trigger a bite. In extremely cold water you almost have to put the lure right in front of the fish to take it. Of course if there is a period of warmer weather that causes the water temp to rise sometimes only a few degrees, some of the LMB will move up in the water column to warmer water to warm up, not necessarily to feed. Winter time LMB fishing can produce some large, lunker-sized fish. During late January and into February LMB fishing has produced some double digit fish across the state. Dress warm and be prepared to hang a fish of a life time!



## THE HOTEL AT HOUSTON OAKS



*Artist's rendering of The Hotel at Houston Oaks*



Sheila Nelson  
*Lodging Manager*

The first quarter of 2015 will be an exciting time here at Houston Oaks with the opening of the newly refurbished Houston Oaks Hotel. We are planning to open the doors in early March and are currently taking reservations for those rooms. The hotel will feature 8 guest rooms with king beds and 2 family suites with a king bedroom and a bedroom with bunk beds. There is also a common gathering area, a fully stocked kitchen and a dining room. The entire building will be decorated true to Houston Oaks style with all of the best amenities.

Our Houston Oaks lodging became very popular during 2014 and we already have several key dates in 2015 filling up. Be sure to book your rooms early and spend some quality time at Houston Oaks with your families!

# Meet the Day Family

**Mark Day: President/Owner, Olsen Day Executive Search**

**Deana Day: Self-Employed CPA**

**Children: Christopher (25), Patrick (24)**

**Joined: Sports and Social, November 2014**

Mark and Deana Day have known about Houston Oaks for a while. They actually took their first tour back around 2007 when new owner Steve Alvis invited a group of friends to come out to see the golf club he and the new ownership group had recently purchased. Back then, there was no grand, lavish Clubhouse but Mark Day remembers the owners had a clear vision of what they saw with the future of the property.

“Steve was showing us all around, explaining that he the owners wanted to provide a Club environment where the whole family could enjoy activities together. They envisioned people from the city joining Houston Oaks and staying here for the weekend. At the time, I didn’t understand why they thought people would want to stay here when Houston was just 40 minutes away ....I guess that’s why the owners are so successful; because that’s exactly what Houston Oaks became!”

Over the years, the Days socialized with more and more friends who were members of Houston Oaks and when they come out as guests of Jenkins or Gibbs, they saw first-hand that the vision the owners had for the property was coming to fruition – but even bigger and better than the original discussions. Mark and Deana came up for dinner one night with David and Kathy Ambrose and decided to look into becoming members themselves. They joined just weeks later, and jumped with both feet in regards to enjoying the benefits of membership.... they went straight from signing the Membership Application to the Fitness Center to work out! In the month since they’ve joined, Mark and Deana have become regulars at the Fitness Center, enjoying several



classes on the weekends and have utilized the social aspects of the Club by regularly joining friends for dinner.

When asked if they had a favorite HO memory/event, Deana said the Ladies at Houston Oaks Ornament Exchange held at the Legacy Lodge was so much fun and the food delicious. Best event they’ve attended as a couple? Both replied that the Member Holiday Party “knocked it out of the park!” Of special mention, the food was exceptional and they loved that the “open house” setup made it so easy to mingle with other guests and even meet members they had not yet met.

The Days are looking forward to attending our Christmas Eve Brunch and bringing their two sons, Christopher and Patrick, who live in Houston.







# UPCOMING EVENTS AT HOUSTON OAKS

## JANUARY

SUN	MON	TUES	WED	THUR	FRI	SAT
				1 Brunch	2	3
4 Sunday Brunch	5	6	7	8	9	10 All Fish Camp Basic Fly-Tying
11	12	13	14 Wine Dinner Legacy Member Only	15	16 Family Dinner Night	17 Fishing Derby Shooting Tournament
18 Snow Fest	19 Club Open	20 Houston Oaks Ladies' Night	21	22 Wine Down	23	24 Kids' Clinic
25	26	27	28 January Birthday Dinner Night	29	30	31

## FEBRUARY

SUN	MON	TUES	WED	THUR	FRI	SAT
1 Super Bowl Shoot Out Sunday Brunch	2	3	4	5	6	7 Father Daughter Dance
8	9	10	11	12	13	14 Valentine's Dinner & Dance
15 Coldwater Bass Fishing	16	17 Mardi Gras	18	19 Houston Oaks Ladies' Night Wine Down	20 Family Dinner Night	21 Gumbo Cook Off Fill Your Wine Locker
22 Large Mouth Bass Outing w/Lunch	23	24	25 February Birthday Dinner Night	26 WGA Ladies' Golf	27	28 Kids' Clinic



# UPCOMING EVENTS AT HOUSTON OAKS

MARCH

SUN	MON	TUES	WED	THUR	FRI	SAT
1 Sunday Brunch	2 Houston Livestock Show & Rodeo Begins	3	4	5 WGA Ladies' Golf	6	7 MGA Event
8 Daylight Savings	9	10	11	12 WGA Ladies' Golf Am. Regional Cooking Class	13	14
15	16	17 St. Patrick's Day	18	19 WGA Ladies' Golf	20 Family Night	21 Casting Clinic Family Par 3 Challenge
22 Houston Livestock Show & Rodeo Ends Yappy Hour	23	24 Houston Oaks Ladies' Night	25 March Birthday Dinner Night	26 WGA Ladies' Golf Cigar Dinner	27 Nine & Wine	28 Kids' Klinik
29 Fly Fishing Only Tournament	30	31				

## Make plans for your sweetheart!

### Valentine's Dinner

Saturday, February 14th

6:00pm and 8:00pm • Clubhouse • \$65++

*Celebrate your loved one with a decadent four-course meal at the club. This special menu by Chef Jeffrey will be with wine perfectly paired to heighten your Valentine Day experience.*

*A perfectly paired wine by the glass menu by CC, will heighten your Valentine's Day experience. Consider preordering a bouquet of flowers or bottle of wine to be displayed at your table when you arrive!*





# *You're Invited...*

TO EXPERIENCE ALL WE HAVE TO OFFER!

- 18 hole championship golf course
- 9 hole family course
- Stocked fishing lakes
- Resort style swimming pool
- 30,000 square foot grande clubhouse
- Extensive outdoor games and activities
- Fitness center, pilates studio, group classes and full spa services
- Exquisite lodging on property
- Shooting Facilities

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