

Summer 2006

HOUSTONIAN

Member

**REACT Sports Training
Improves Youth
Conditioning**

**Lose fat and
gain strength
with Russian
Kettlebells**

**Celebrate with
family at the
July 4th Pool Party**



Dear Houstonian Member,

We sincerely believe that The Houstonian is the absolute best club and facility for individuals and families in Houston! For many Members, The Club is a second home. In order to work towards improving the enjoyment for all, we would like to bring a few items to the Membership's attention.

The staff is responsible from open to close for performing such tasks as: maintaining the general appearance of the facilities, maintaining adequate supplies, dispensing the daily newspapers, offering customized fruit drinks and meals, collecting and dispensing personal laundry from and to the relevant lockers, providing professionalism and expertise and many other services, some more visible than others. All of those services help make our club run smoothly.

We would like to remind everyone to treat The Club, fellow Members and employees with respect. Following are some guidelines:

Basketball Court

- No food or drink is allowed on the court

Fitness Center / Group Exercise Studios

- Re-rack weights.
- Wipe off sweat from equipment.
- Put debris in proper receptacles.
- Adhere to time limits when crowded.
- Allow others to work in on strength equipment.
- Do not save equipment or space for others in Group Exercise Studios. Any individual equipment or space saved becomes unsaved at start of class.
- Keep cell phone conversations to a minimum. If taking a phone call, please do so in the entrance vestibule.

Garage

- Use one parking space only per vehicle. Outdoor parking is available for larger vehicles.
- Put towels and debris in proper receptacles.
- For safety, do not use the main drive or bridge for unloading / loading purposes.

Locker Rooms

- Place all dirty towels, used razors and other debris in proper receptacles.
- Shave only in the shower stalls or bathroom areas, not the steam room.
- Place shoes on the floor or benches, not clean countertops.
- Talk on cell phones in a quiet and respectful manner.
- Share the walkways.
- Member's children should behave in a quiet manner while in the locker rooms.

Minors

- The Houstonian is a club that appeals to families as well as adults without children. Parents are asked to be sensitive to the enjoyment of facilities by fellow Members.
- This requires that children and teenage dependents be advised on appropriate behavior and supervised while visiting The Club.
- This is particularly important in the Center Court Café, locker rooms, pools and Fitness Center. We are raising our future Club Members.

Pools

- Remove all dirty towels from lounge chairs.
- Put debris in proper receptacles.
- Talk in a quiet manner for all to enjoy the pool area.
- Do not save chairs when the pool is busy.
- Children should be supervised and adhere to the safety guidelines.

It is important that we all pull together as an extended family to keep our club special. Let's remember to take good care and show respect to those people who take such good care of us. It starts with you, the Member, and we need your help to accomplish this.

Thank you for your attention and assistance on these matters.



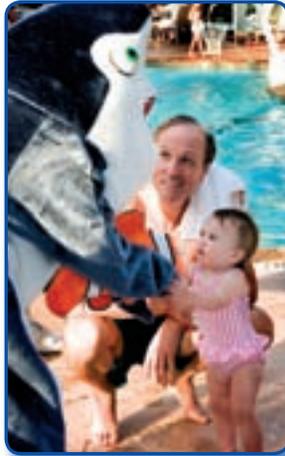
Member Advisory Board

Announcing the 2006-2007 Member Advisory Board. This group, selected from each segment and demographic of the Club Membership, will serve as a valuable resource in helping to understand requests and expectations of our overall Membership. After serving a two year period, Board Members will nominate candidates to serve as new members of the group. This is a voluntary group that is very active and passionate about the overall success and direction of The Houstonian Club.

Advisory Board Members pictured from left: Norton Berlin, Les Gourwitz, Preston Moore, Tammy Morris, Anne Carl, Wini Lipsey, Tiffani Miller, Carol Sawyer, Tami Stomberg, Michael Abdouch and Harvard Hill. Not pictured: Mary Bass and Laura Ward.

DIVE-IN MOVIE

Lenny the Shark entertained children and families during the Dive-In Movie, *A Shark's Tale*, featured recently at the pools.



April In Paris



French wine and cuisine, live music and good friends made a splendid evening at the **April in Paris** event held recently at The Manor House.

JAZZ NIGHT ON THE MEADOW



Members enjoyed the smooth sounds of **The Ken Mondshine Band** during the recent **Jazz Night on The Meadow**.



Easter Eggs in the Pool?



Only at The Houstonian...

Children enjoyed a unique Easter experience at the Resort Pool. Special sinking eggs were dropped on the bottom of the pool. Kids then dove in to retrieve them and traded them for toys and prizes.

July 4th Pool Party

**Tuesday, July 4
Noon - 5:00 pm
The Resort Pool**

Celebrate with live music, food, games and fun for the entire family. For more information, call 713.685.6751.

VERAISON Vineyards Wine Dinner

**Friday, August 25
7:30 pm
The Hearth Room at Olivette
\$85 inclusive**

Join Dr. Jan Krupp, owner of the vineyard, and Executive Chef Jeffrey Everts for an evening of exquisite cuisine paired with premium wines from Veraison. At 1,450 feet above sea level, Krupp's vineyard rests high above Stag's Leap in Napa Valley. With more than a dozen different red and white varietals planted amidst 1,300 acres of red and rocky soils, a fantastically diverse palette is available to create rich and complex wines each year. For reservations, call 713.685.6713.



Bridge Lessons

**September 13 - November 1
Wednesdays
9:45 - 11:45 am
Club Library
\$90**

An 8-week course, the Club Series is for beginners or those who have not played in a while. \$90 includes book. For reservations, call 713.685.6888.



Live Band at the Pools

**Labor Day
Monday, September 4
1:00 - 5:00 pm**

**Featuring
*The Convertibles***

Summer Hotel Packages

Take advantage of one of The Hotel's summer getaways and spend some time with family and friends without ever leaving the city. Summer packages include pool amenity giveaways, in room movies, child care, golf and spa options. For a complete list of these special offers, visit www.houstonian.com or call 713.685.6810.



Having Fun in the Sun

Erica Meyer – Aquatics Director

Usually I spend a little time sharing tips on swimming, but in this issue I will be sharing some basic ideas for safety in or around pools.



Sun Protection

Each year the UVA warnings become more frequent and more intense. Consider the following steps to protect yourself and prevent sun damage:

- Wear a hat that covers your head and has a brim all the way around. Baseball hats leave ears and neck exposed. Visors leave your scalp unprotected.
- Wear UV blocking clothing even if you use sunblock. Many companies, such as Land's End, have very reasonably priced clothes for kids and adults that can be worn both in and out of the pool.
- Apply a moisturizing lotion with built in sunblock to your face every morning even if you will be applying make up.
- Most sunblocks take a minimum of 20 minutes to absorb into the skin. Apply sunblock (minimum SPF30) when you put your swim suit on. Then wait at least 15 minutes before going in the hot sun or swimming in a pool. The only sunblocks that absorb immediately are BullFrog or a sunblock stick. Always read the directions before buying a product so you are sure the product works the way you need it to.
- Do not apply sunblock on a child that is already wet. It will not absorb into the skin efficiently and it may get in your child's eyes. If your child gets sunblock in his or her eye, gently rinse it with fresh water or an eye wash. Continue doing so every 15 minutes until the pain subsides (which may be several hours).
- Keep lip balm containing sunblock on hand and apply every 15 - 20 minutes.
- Be sure to apply sunblock to all exposed areas (tips of ears, back of neck, ankles and feet, etc.).
- To get sunblock off, use a very mild, non-drying soap.
- Wear sunglasses.
- Go to the pools when the sun is not high up in the sky (before 11:00 am and after 6:00 pm).

Other Helpful Tips

- Water pressure on your body increases kidney output. Visit the restroom every 30 - 45 minutes, even more frequently with small children. Parents need to remind their kids to visit the restroom, because if one waits too long, physical movement can trigger an accident. Contaminations are the number one reason pools must close... and that affects everyone's visit to the pool.
- Drink water every 15 minutes. Not only are your kidneys working hard, but you actually sweat when you swim. The water feels like you are cooled off, but in fact your core is as hot as it would be on land if you were exercising in the same temperature.
- Do not eat or drink in or right beside a pool. If food goes into a pool, it is considered contamination. Please eat or drink at the tables and chairs. It is not nice for someone to leave food or a spilled beverage on the ground where everyone is walking around barefoot.
- Parents need to watch for the "Terrible Too's", when a child's behavior goes from reasonably happy to moody or acting out. These are: Too Tired; Too Hungry and Too Dehydrated. Swimming in a pool in the sun is exhausting for young children. They need to take a shade break for 10 - 15 minutes every hour, so bring some of their favorite toys or coloring books. If a child gets fussy and nothing is working, pack up and head home instead of forcing the child to stay miserable and tired in the heat.
- When you bring your children to a pool, it is quality time for you with them. Keep an eye on your child. If they are not able to swim across the pool by themselves, you need to be within arm's reach.



AQUATICS CLASSES

Schedule Changes for July & August

H.A.R.T.

Mondays 9:30 - 10:30 am Resort Pool

Poolates

Mondays 10:40 - 11:30 am Garden Pool

Hydro-Power

Wednesdays 9:30 - 10:30 am Resort Pool

Abs-olutely

Wednesdays 10:40 - 11:30 am Garden Pool

Circuit

Thursdays 9:30 - 10:30 am Garden Pool

Boot Camp

Fridays 9:30 - 10:30 am Resort Pool

Poolates / Yoga

Fridays 10:40 - 11:30 am Garden Pool

Hydro-Kal

Saturdays 1:30 - 2:30 pm Sports Pool

For schedules and to register call Aquatics at 713.685.6751 or visit myhoustonian.com.

Easter Bonnets!



Houstonian Hammerheads MS150 Results



More than 107 people have joined The Houstonian Hammerheads cycling team this year and 75 registered and rode the annual BP MS150 bike ride, the two-day cycling adventure from Houston to Austin that raises funds to help people living with Multiple Sclerosis. Those 75 riders raised \$194,000.00 surpassing last year's total of \$103,000. Some of the top fund raisers include: Ernest Johnson, Michael Harlan, Franelle Rogers, Buz Brown, Lisa Rainey, Michael Parnet, Chad Wetmore, Kendall Gray, Cynthia Dopjera, Donald Kendall, Kirt Broesche, Jim Kendrigan, Jim Mills and Nash Reeves.

MUSCLE ACTIVATION TECHNIQUE

Your Passport To Pain Free Movement

MAT is a body work technique using a systematic, revolutionary approach to assess and correct muscular imbalances in the human body. First, the MAT Specialist identifies restrictions in motion, joint instability, muscular tightness, compensation patterns and muscle weakness. Then, carefully designed MAT protocols are used to "jump start" the muscles to get them working efficiently and effectively.

Who Benefits From MAT?

Athletes, fitness enthusiasts, active and sedentary individuals who have experienced any of the following conditions:

- Injury or pain in muscles and/or joints
- Limitations in motion or flexibility
- Impaired performance
- Muscular weakness or tightness

The goal of MAT is to restore function to anyone who wishes to move and play PAIN FREE.

"A few weeks ago I skeptically started the MAT program due to a back problem consisting of severe acute onset lower back pain. I had difficulty walking and trouble sleeping due to its severity. During my first session, I witnessed dramatic results as I regained strength, had an instant decrease in pain and significant improvement in range of motion. After two more sessions and the appropriate strengthening exercises, I am back to baseline, pain free and able to excel in the exercise of my choice." -- Debbie Rembert, R.N. and avid rock climber.

For more information on the program, call Joel Kupke at 713.203.5719; Jim Guillory at 713.569.5602; or Eric Vaughn at 713.318.9236.

RUSSIAN KETTLEBELL CLASS

Tuesdays & Thursdays, 6:00 - 6:45 am
Six-week class, \$425 per person



Lose excess fat and make massive gains in strength, speed and endurance using Russian Kettlebells, the number one exercise tool for strength and conditioning.

What is a kettlebell? A kettlebell is a traditional Russian cast iron weight that looks like a cannonball with a handle.

Why train with kettlebells? Because they deliver extreme all-round fitness. No other single tool does it better.

Who trains with kettlebells? Russian Special Forces, elite US military personnel, FBI hostage rescue teams, Olympic weightlifters... and now you! For reservations, call Sean Cashman at 832.876.3239.

Adventure Trip to Belize

November, 2006

Hiking, rappelling, caving, kayaking, mountain biking and more!
Informational meeting scheduled for July.

For more information, contact Bob Talamini 281.279.5144,
btalamini@houstonian.com or bgtalmo@aol.com.



OF NOTE...

Longtime Member **Jerry Kaplan** recently turned 76 years old. For his birthday he wanted to participate in an adventure day, which resulted in a 5 hour hike/kayak with Bob Talamini in Sam Houston National Forest, north of Houston.

Pardon Our Mess... Phase Two of our Fitness Center Renovation

The following equipment will be coming soon:

- 8 Woodway Treadmills (The industry's most luxurious treadmill originally designed for NASA – excellent surface for runners and walkers.)
- Power Rack with Olympic Platform by Power-Lift
- Olympic Platform for Cybex Power Cage
- MaxRack by Star Trac (Provides the freedom and functionality of a free weight Olympic bar with the safety of a Smith Machine, allowing users to progress from beginning to advanced free weight exercises.)

Please ask a member of our Fitness Staff how you can incorporate this equipment into your workout programs.

Please welcome **Lindsay Boeke**, new Assistant Fitness Director for The Club. Previously director of the Vista Ridge Community Center in Erie, Colorado, Lindsay has experience in fitness management, event planning and marketing at clubs throughout Colorado, Iowa and Illinois.



Resolution Shape Up Fitness and Weight Management Programs

6 Week Program
July 17 – August 25

8 Week Program
September 25 – November 17

Combined strength and cardiovascular training with nutrition counseling for all ages and levels of fitness. The class includes a complete fitness evaluation at the beginning and end of the program, as well as a workbook to use during the program and for years to come.



Metabolic Testing

July 15	8:00 - 11:30 am
July 17	6:00 - 8:00 pm
August 19	8:00 - 11:30 am
September 9	8:00 - 11:30 pm

Knowing your metabolic rate is the key to weight management. Sign up for a session to discover your resting metabolic rate and receive a nutritional consultation designed just for you.

Grocery Store Tours

Tuesday, July 11, 6:00 - 8:00 pm
Central Market

Thursday, August 10, 9:00 - 11:00 am
Whole Foods

Tuesday, September 19, 9:00 - 10:30 am
Rice Epicurean

Learn to breeze through the supermarket, filling your basket with nutritious foods and great meal ideas. This is a great beginning to establishing a healthier lifestyle.

Monthly Nutrition Seminars

The Truth About Chocolate:

Is it really good for us?

Wednesday, July 12, 11:00 am - Noon

Tame Your Cravings & The 5 Healthiest Habits

Tuesday, August 8, 11:00 am - Noon

What's New on Your Supermarket Shelf?

Learn about the year's hottest products and how to turn them into quick and easy meals for your family this fall.

September 13, 11:00 am - Noon

Seminars are \$15 per person and are held in the Club Library.

Eat Right Vacation Guide

Catherine Kruppa, MS, RD, LD - Houstonian Nutritionist

Traveling and vacations do not have to mean weight gain. Here are a few tips to help you enjoy your vacation without having to shed the extra weight when you get home.



Air Travel - Call your airline at least 48 hours prior to departure and order a low fat airline meal. United Airlines offers a choice of medical (including low fat), vegetarian, religious and children's meals. The average in-flight coach dinner has about 1,054 calories, equivalent to a Big Mac, medium fries and a strawberry sundae. That same dinner has 52 grams of fat - 8 grams more than the fast food meal.

Survive the Ride - Pack a cooler and include packets of instant oatmeal or soup, baby carrots, celery sticks, cucumber spears, fresh or dried fruit, rice cakes, cans of tuna, peanut butter on whole wheat bread, yogurt and pretzels. Throw in some bottled water, orange juice or low fat milk.

Room Service - It is tempting, but do not open the mini-bar. Cover it with a towel, and take a walk to a nearby grocery store to stock up on fruit, baked tortilla chips and salsa or other healthy snacks.

Dining Out Techniques - Balance one rich meal with one all-vegetable meal daily such as a vegetable plate, soup and salad or a baked potato and salad.

Cruise Control - Scan the buffet first and then go back and get a plate. Fill at least 50% of your plate with salad and steamed veggies.

For many more travel tips, visit www.adviceforeating.com

• HARD TAIL • PUMA •

• TWISTED HEART • NIKE • YOGI •

THE
SPORTS SHOP
— AT —
THE HOUSTONIAN
713.685.6719

• GREEN DRAGON • CITY TECH •

PEZZI

For all programs, call 713.316.5945.



YOGA SCHEDULE CHANGES

MONDAY

7:30 - 8:30 pm, Vinyasa 1, Rie Congelio

NEW class at this time slot. Great slower paced class; good way to wind down after a long day.

TUESDAY

7:30 - 8:30 am, Vinyasa 1, Mariana Soares

NEW class at this time slot.

11 am - 12 noon, Vinyasa 2, Cathrine Moulis

Cathrine's return after being out for a year - yea!

12:30 - 1:30 pm, Boustany Yoga, Robert Boustany

Great place for beginners.

WEDNESDAY

6 - 7:15 pm, Vinyasa 2, Nina Helms

One of the early morning instructors new to the evening time slot.

THURSDAY

7:30 - 8:30 am, Vinyasa 1, Misha Laird

NEW class at this time slot.

SUNDAY

10:15 - 11:15 am, Intro to Yoga, Misha Laird

Great place for beginners.

Childcare Extended For Yoga On Sundays

Interested in getting started in Yoga? Now it's even easier for Members with children. The Bungalow and the Kids Gym are now open until 6:15 pm on Sundays specifically to accommodate parents who would like to attend Todd Greenlaw's Yoga Basics class.

Personalized Yoga Mats

Would you like your own yoga mat? Black mats are available with or without a name silkscreen. \$40/mat. Order forms are in Studio C.

CHECK OUT THE SUMMER GROUP EXERCISE SCHEDULE HOTLINE

Keep an eye out for new class names on the schedule this summer as we update some of our group exercise classes. Confirm instructors and schedule updates by calling the Group Exercise Hotline: 713.685.6848.

FUTURE EVENTS

JULIE BYRD September Workshop

Date and topic to be announced.



ANA FORREST Weekend Workshop

December 15 - 17

"Unraveling the Mysteries of Neck, Shoulders, & Hips"

Friday, 6:30 - 9:00 pm
Saturday, 9:30 am - Noon
Sunday, 9:30 am - Noon

"Journey to the Core"
Saturday, 2:00 - 4:30 pm

"Backbends: Free Your Spine"
Sunday, 2:00 - 4:30 pm

To register, call 713.953.9642 or 713.977.3567.

Ana Forrest

Ana Forrest is recognized worldwide as a pioneer in yoga and emotional healing. Born with leg and torso deformities, her own life trauma and experiences help her teach yoga from an intuitive and highly developed understanding of the human body and psyche. She openly shares her wisdom in the yoga room. Every breath and yoga asana combine to create a healing dance between student and teacher. Ana challenges the student to access their whole being. She teaches the student to use yoga as a path to find and clear the emotional and mental blocks that dictate and limit their lives. With Ana's meticulous guidance, students cultivate attentiveness and deep care to their own practice and life process, so each class becomes an exhilarating journey.

Creator of Forrest Yoga, the Forrest Yoga Institute (Santa Monica, CA) and the Forrest Yoga Educational Library, she is also a well-known contributing expert to Yoga Journal and other national wellness publications.

WALK-A-DAY PROGRAM RESULTS

66 walkers logged
1036 days of walking
30 minutes or more per day

CONGRATULATIONS
to all who participated. Everyone is a winner!

BIRTHDAY SOCIALS

Every 2nd Wednesday
(July 12, August 9, September 13)
2:00 pm
The Library

Cookies and punch served. No reservations required.

For more information or reservations, call
Sam Grow, 713.685.7946 or
Mitzi Ruff, 713.685.7934.



NuStep is Here!

The most versatile recumbent cross trainer in the industry, the NuStep® TRS 4000 Recumbent Cross Trainer is ergonomically designed to accommodate nearly every body type and size. With its smooth, full range of motion, the Recumbent Cross Trainer provides simultaneous upper and lower body conditioning for muscles and cardiovascular training without putting stress on the joints including hips, knees, and shoulders. An ergonomically correct design helps prevent back strain while a large, easy-to-read display shows heart rate, METS, watts, total steps and calories burned. In addition, the equipment has adjustable handles that adapt to users of all sizes and a comfortable swivel seat for easy entering and exiting.

RACQUET

Tournament Results

Congratulations to Member **Michael Kaplan**, winner of the Texas State Singles Championships Open "A" Division Racquetball Tournament!

St. Patrick's Day Mixer Winners
Linda Sandler and Madeline Haenggi

**12th Annual Iron Man
Tournament Winners**
Charney Cowin and Tim Perry
def. Ann Stallings and Shanoop Kothari

Summer Junior Racquet Sports Program

Weekly camps through August 18
9:00 am - 12:00 Noon

Ages 4 - 16 years old
\$225 per week for each child
\$50 per day for each child

Houstonian Junior Tennis Championships Series I Results

8 Year old division
Giancarlos Vega def. Hamton Stewart
Consolation winner: Ben Contant

10 Year old division
Rodrigo Ojeda def. Ryan Freeman
Consolation winner: Dane Esses

12 year old division
Andrew Mudd def.
Nick Whalley
Consolation winner:
Juan Pablo Urrutia

15 Year old division
Hunter Paniagua def.
Nicolas Preti
Consolation winner:
Ryan Shingledecker

14 year old division
Annie Kish def.
Theresa Studivant
Consolation winner:
CC Wood



For reservations or more information on all programs and events, call 713.684.6847.

CONGRATULATIONS BLUEFINS!

The Houstonian Bluefins swim team season got off to a great start with wins against the Royal Oaks Sting Rays and Breaburn Sharks as well as defeating the Briar Club Barracudas for the first time in the history of the team! Come out and catch the action at a future swim meet.



SPORTS CLASSES

Ages 4 - 6
Fridays, 12:30 - 1:30 pm

Ages 5 - 8
Tuesdays, 3:30 - 4:30 pm

Classes will rotate between baseball, basketball, soccer and football.
\$185 per month

For more information or to register for all youth events, call Carter Ayers at 713.685.7911.

FALL KID YOGA with Su Marshman

Sept 8 - Oct 6, 2006
5 class series, \$70

Young Kid Yoga (ages 3 to 5)
Fridays, 3:30 - 4:15 pm

Kid Yoga (ages 6 to 10)
Fridays, 4:30 - 5:30 pm

Splash Camps in July

July 10 - 13, July 17 - 20, July 24 - 27
Mondays - Thursdays, 2:00 - 3:30 pm

Camps will cover all four strokes (free, fly, breast and back) as well as starts and turns, video taped stroke reviews and snack breaks. \$100 per week. For more information, call 713.685.6751.

3 on 3 Basketball League

September 5 - October 28
Practices: Tuesday, 4:30 - 5:30 pm
Games: Saturday, 11:00 - noon

Ages: 5 - 8, \$200

For more information or to register, call Carter Ayers at 713.685.7911.



POWER CHEER

Cheer Class - Through July 19
Mondays and Wednesdays
3:00 - 4:00 pm

GET READY FOR THE NEW SEASON!

- Improve Motion and Jump Technique
- Increase Flexibility
- Develop Stage Presence
- Strength and Agility Training to help Prevent Injury



Led by Houstonian Trainer Andria Miguez. Andria has 16 years of cheerleading experience, including four years at the University of Houston during which she was named National Collegiate Champion in 2001. For more information or to register, call Andria at 281.704.5578.

REACT Sports Training

Next Session: July 10 - August 3

Improve strength, agility, speed, power and conditioning.
All levels.

Junior High
Mondays & Thursdays, 1:00 - 2:00 pm

High School / College
Mondays & Thursdays, 2:00 - 3:00 pm

\$400

For more information and registration, call Eric Vaughn at 713.318.9236 or call Brian Bennett at 281.222.4599.



HOUSTONIAN *Lite*

Members of The Houstonian Club may join Houstonian Lite at no initiation fee and pay only the applicable monthly dues.

Houstonian Lite Town Square
16190 City Walk, Suite 200
Sugar Land, TX 77479
281.313.7979

Houstonian Lite Pennzoil Place
South Tower - Suite 200
711 Louisiana Street
Houston, TX 77002
713.224.5990

Houstonian Lite at Wells Fargo Plaza
1000 Louisiana, 14th floor
Houston, TX 77002
713.980.4782



Redstone Golf Management recently announced **Charlie Epps** as the Director of Golf for The Golf Academy at The Houstonian Golf & Country Club. The state-of-the-art teaching facility was originally designed for and by the late Dick Harmon, one of America's top teaching pros and golf legend. The Golf Academy will cater to Members and guests of The Houstonian Golf & Country Club and Shadow Hawk Golf Club, as well as corporate clientele.

The facility features indoor practice bays with state-of-the-art computer equipment for swing and game analysis, along with outdoor practice tee, practice green and short game area. The Golf Academy is only one of fifteen teaching facilities in the country to feature the Titleist Launch Monitor, which is available for club fittings and equipment analysis.

The facility's Director of Golf, Charlie Epps, has been a highly regarded PGA golf professional in the Houston area for over 25 years, previously serving as Head Golf Professional at Houston Country Club and Pine Forest Country Club. He was the host of "The Golf Doctor Hour" on KTRH 740 AM for over 16 years and is the current host of "The Golf Hour" on KILT Sports Radio 610 AM. He is a member of the Golf Digest teaching faculty, and was instrumental in developing the nationally renowned Nicklaus/Flick Golf Schools.

Along with Charlie Epps, Teaching Professionals Arthur Scarbrough, Lisa Edgmon, and Rick Harmon are available for private lessons, club fittings, and corporate events. For more information about The Golf Academy at The Houstonian Golf & Country Club, please call 281.340.7240 or visit www.houstoniangolf.com.



THE HOUSTONIAN
GOLF & COUNTRY CLUB



Redstone Golf Club has introduced new membership opportunities, including Non-refundable Charter, Corporate and two new categories of Junior Executive Memberships, making it easier than ever to enjoy the private golf club experience at the home of Houston's only PGA TOUR stop, the Shell Houston Open!

Redstone Golf Club Members enjoy golf privileges at both the Member Course and the Tournament Course at Redstone Golf Club, both courses at BlackHorse Golf Club and at The Houstonian Golf & Country Club - 90 holes of the region's finest golf. Plus, Houstonian Club Members receive a 10% reduction on Initiation Fees at Redstone Golf Club. To find out more about your golf membership opportunities, please contact Redstone Golf Club Membership Director Erika Johnson at 281.459.7833 or ejohnson@redstonegolfclub.com.



FRIENDS & FAMILY BANKING

Here's a special banking program available to Houstonian Club Members. Discover the great benefits of this high-yield checking account.

- 3.03% Annual Percentage Yield*
- Never pay another ATM Fee!
- Unlimited check writing
- Free online banking and bill pay
- No minimum balance requirement
- No monthly fees or service charges

To open an account or for more information, please contact Gail Rasmussen Morgan at 713.316.3674 or gmorgan@redstonebank.com.



*Balances in your Friends & Family checking account must remain at \$25,000 or higher to receive the premium rate. Balances less than \$25,000 will receive 1.00% APY. Rates are current as of May 25, 2006 and are subject to change without notice.



From head... to toes!

Trellis is your summer oasis. Escape within the spa and spoil yourself with massage, hydrotherapy and facials. Hair and makeup professionals can provide the extra touch to your summer glow or pre-vacation prep. With that in mind, remember that Trellis pedicures are a decadent touch to make you perfectly polished.

Classic Pedicure

Treatment includes a cuticle soak, skin exfoliation, therapeutic massage, nail shaping and nail enamel application.

50 minutes \$50

Prestige Pedicure

This upgrade to the Classic Pedicure includes a warm clay mask and pressure point massage.

50 minutes \$60

Champagne of the Sea Pedicure

For a true therapeutic experience, an application of warm foamy sea mud is applied prior to receiving your traditional pedicure. This invigorating foot mask restores vital essential energy and dynamism throughout your entire body.

100 minutes \$100

Sports Pedicure for Men

A cooling foot mask is incorporated into the Classic Pedicure to soothe inflammation, aches and fatigue.

50 minutes \$60

Foot Rescue for Mothers-To-Be

A gentle exfoliation of the feet and legs is the first step toward caring for those feet that carry two. Once soaked in a remineralizing seawater bath, a cooling foot mask is applied to reduce swelling and increase circulation. Once the feet have been groomed and smoothed, you will enjoy a moisturizing foot massage.

50 minutes \$60



TRELLIS

THE SPA AT THE HOUSTONIAN

For a complete menu of services, visit www.trellisspa.com.

The spa recommends that appointments be scheduled two weeks in advance.

Resident Members may deduct 20% • Associate Members may deduct 10% • Packages and gift certificates are available.



THE HOUSTONIAN
HOTEL, CLUB & SPA

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Rhonda Zgarba, Editor

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