

THE
FOREST CLUB
MONTHLY



11 | Valentine's Dinner



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OUR STORY

The Forest Club is a Home Away from Home

Situated on more than six wooded acres, deep in the heart of Houston just off Memorial Drive, the Club is a rare gem in the bustling City of Houston. Founded in 1946, by some of Houston’s oldest and finest families, The Forest Club’s guiding principle has always been to create a comfortable environment where friends and family can gather, dine and enjoy recreational activities; a place where the staff knows your name and greets you warmly each visit.

BOARD OF DIRECTORS



FROM THE PRESIDENT



Fellow members –

As January draws to a close, the Club is already preparing for spring and all of the welcomed activity that season brings. The remodel of the outdoor pavilion and restrooms continues and is scheduled to be completed by the end of February. It is a long overdue improvement to those facilities and will be a place that swimmers and anyone poolside will actually want to use. And speaking of the pool, we’re very excited that it will no longer have rocks in it! In early February, turf installation will begin at the playground area. We’ve been planning for this improvement for a couple of years, and I think it’s something many people will enjoy – not only kids and their parents, but also anyone who uses the pool and will no longer have to continue to step on small rocks at every turn!

On the food and beverage side of the equation, you’ll notice a few changes to the menu. As always, we are constantly examining the menu to see which items we sell the most and those of which we sell very little. The updated menu will reflect those changes and will be in service in early February. Also, be on the lookout for our new brunch buffet offering. It will begin in February and will be on the 4th Sunday of each month thereafter, unless that Sunday falls on a holiday.

Though this month’s letter is a bit shorter and focuses mostly on new projects at the Club, I think it speaks to the well-run club that we have. It’s enjoyable to write this letter and to be able to focus on the accomplishments of The Forest Club.

I look forward to seeing you there!

Will Stacy

FROM THE LADIES ASSOCIATION PRESIDENT



Since February is a month associated with love, I thought I would share a picture of the people I love the most at one of the places I love the most. This is my immediate family after enjoying brunch at the club: my incredible husband, three amazing grown kids, and two precious sons-in-law.

February is an exciting month at the Forest Club, there are many things you want to put on your calendar and be sure not to miss.

The Heart & Soul Party for families is planned to be held on Friday, February 7 from 5:30 to 8pm. Co-chairs Elise Detering, Callie Johnson, and Ashley Steward have been hard at work planning this fun-filled event. The ever-popular Airbrush Brothers are back, along with a fabulous DJ, entertaining crafts, and a photo booth for the kids. Make reservations and plan to be there.

Read [The Mayor of Casterbridge](#) by Thomas Hardy and come to the book club dinner on February 11. Book club chair Joy Yeager and our chef develop a menu unique to the book that is being discussed and create a combination of

deep discussion and fabulous food. Book Club is at 6pm and everyone is invited to attend.

We created a committee on the Ladies' Board this year called "Try Something New" and the first of these will occur on Wednesday, February 19. Co-chairs Cathy Brown, Linda Elmer, and Meryl Gregory present Ballads & Beads Mardi Gras Karaoke! Don't miss the opportunity to have a cocktail and sing with your friends in the living room. This is an event for adults from 5:30 to 7:30pm.

Sunday, March 29, 2020 we will host the Senior Recognition Brunch. Co-chairs Kris Maclay and Farrell Saunders are working very hard to make this event a memorable time for the seniors and their families. If you have a child or grandchild who is graduating from high school this year, please contact Kris, Farrell, or Deanna to make sure they are included.

I would LOVE to see all of you at the club this month!

Kathryn Johnson

YOGA | MONDAYS, WEDNESDAYS, & SATURDAYS



Forest Club Yoga

Mondays at 8:30am
Wednesdays at 8:30am & Slow Flow at 9:40am
Saturdays at 9am

Join us in the Teen Room to:

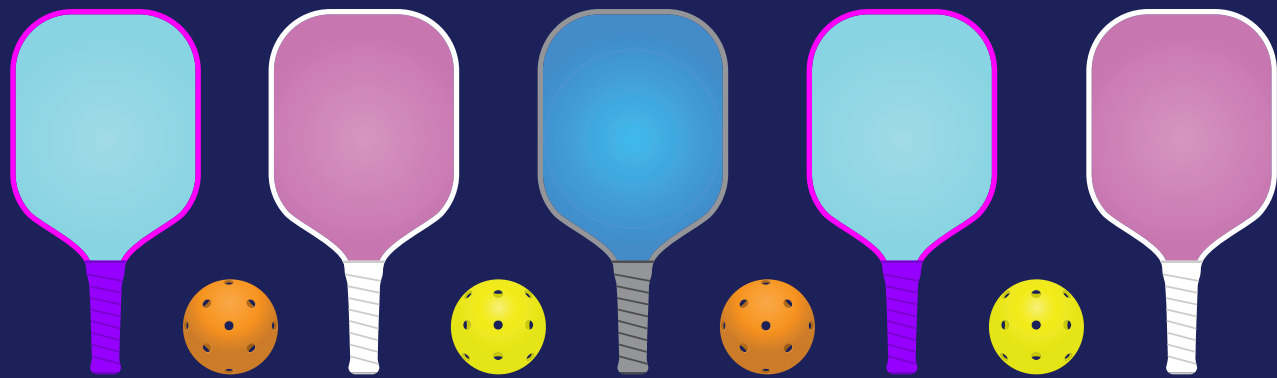
GET A GREAT FULL BODY WORKOUT
FOCUS ON BREATHING
IMPROVE FLEXIBILITY
FEEL AMAZING

\$20/Class
Bring your own yoga mat

Contact Kathryn Johnson with questions.
kathrynmjohnson@comcast.net

PICKLEBALL | THURSDAYS, 6PM

OPEN PICKLEBALL PLAY



What are you waiting for?
Show up with your partner
& meet other members at the club
for a pick-up pickleball match.

Every Thursday at 6pm - until you are pickled out!

Demos will be provided on a first come, first serve basis.

BIRTHDAY DINNER | FEBRUARY 5

BIRTHDAY NIGHT

CELEBRATE
YOUR JANUARY,
FEBRUARY,
OR MARCH
BIRTHDAY

FEBRUARY 5TH

Make a reservation for your
complimentary birthday
dinner and a glass of
champagne.



FOREST CLUB EVENTS

FAMILY VALENTINE PARTY | FEBRUARY 7, 5:30-8PM



Heart
& Soul

Family Valentine's Party

Join us for a buffet, music, crafts,
Mirror Mirror, and Airbrush Brothers

Friday, February 7 | 5:30-8pm

Adults \$39, Children \$16

RESERVATIONS REQUIRED

FOREST CLUB EVENTS

PINTS & PICKLE | FEBRUARY 9, 2PM



Come Join Us
for a Laughter Filled
**PICKLEBALL
TOURNAMENT**
(DON'T WORRY, IT'S NOT SERIOUS.)

All abilities are welcome,
but space is limited.
Grab your partner and sign up today!

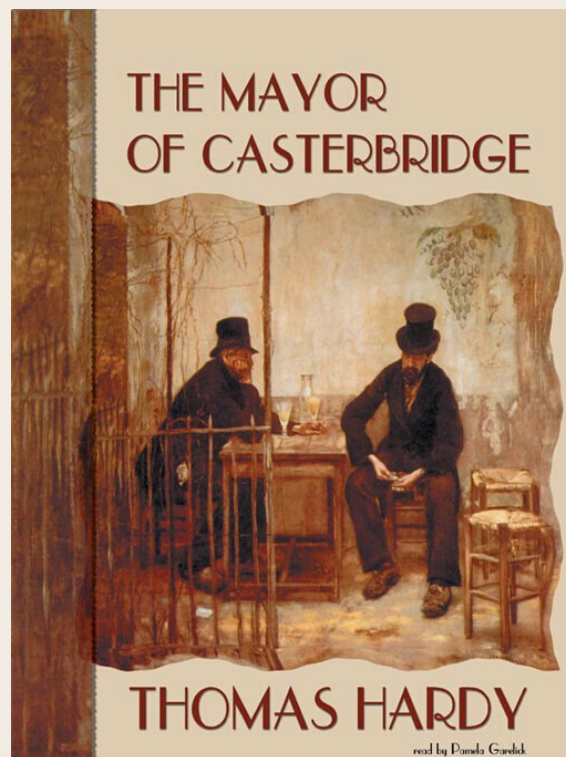
Sunday, Feb 9th at 2pm
\$10 per person
Includes all you can snack and drink.

RSVP: Shirley.Mendoza@forestclub.org

FOREST CLUB EVENTS

BOOK CLUB | FEBRUARY 11, 6PM

BOOK CLUB Tuesday, February 11 at 6pm



A classic novel set in England in the early 1800's, *The Mayor of Casterbridge* is the story of a fortuitous event that changes everything.

Please join us to discuss the timeless subject of a dark secret told in the wondrous language of Thomas Hardy. As part of our discussion, we will be viewing newly unearthed photographs of the author, Thomas Hardy, and visiting sites that inspired the novel.

Come enjoy a dinner inspired by the book and great conversation with your friends at The Forest Club. All are welcome!

Reservations Required.

FOREST CLUB EVENTS

VALENTINE'S DINNER MENU | FEBRUARY 14, 5:30PM

Valentine's Dinner

FRIDAY, FEBRUARY 14TH - 5:30PM

\$75 DINNER

\$110 WITH GARLAND'S WINE PAIRINGS

1st Course

Lobster Vol au Vent

or

Mini Southwestern Caesar Salad

2nd Course

Prime Beef Tenderloin with Hunter Sauce,
Potato Pave and Asparagus with Maltese Sauce

or

Chilean Sea Bass with Ancho Beurre Blanc,
Texas Fried Wild Rice, and Roasted Corn Casserole

3rd Course

Chocolate Covered Stem Strawberries with Romanoff Sauce

or

Double Chocolate Cake with White Chocolate Cream

RESERVATIONS REQUIRED

FOREST CLUB EVENTS

MIXED DOUBLES | EVERY SUNDAY BEGINNING FEBRUARY 16, 2PM

 KINGS & MIXED	 QUEENS DOUBLES
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EVERY SUNDAY
Beginning Feb. 16 at 2pm
UNTIL YOU ARE TIRED OF RUNNING AROUND!

One set no-ad; winners move up one court, and losers move down one court. Kings and Queens is a self-directed event, so make sure you bring a can of balls, your partner, and meet your fellow opponents on the deck at court one.

RSVP: BethAnne.Cooper@forestclub.org

FOREST CLUB EVENTS

SPANISH WINE DINNER | FEBRUARY 18, 6:30 PM



Spanish Wine Dinner
Tuesday, February 18th - 6:30pm

Four course dinner celebrating wines from Spain and paired with traditional Spanish cuisine presented by Chef Rafael Fernandez.

\$150 | RESERVATIONS REQUIRED

MARDI GRAS KARAOKE | FEBRUARY 19, 5:30 PM



Karaoke Happy Hour
Wednesday, February 19
5:30 p.m. to 7:30 p.m. in the Living Room

***Don't regret having one last cocktail before Lent,
Grab your friends or your spouse and come celebrate!***

****If you are staying for dinner afterward please make reservations. Adults only, please.***

ANNIVERSARY DINNER | FEBRUARY 19



Happy Anniversary
TO OUR FOREST CLUB MEMBERS

CELEBRATING AN ANNIVERSARY
IN JANUARY, FEBRUARY, OR MARCH?

JOIN US FEBRUARY 19TH

MAKE YOUR RESERVATION FOR
A TWO-FOR-ONE DINNER
AND A GLASS OF
CHAMPAGNE.

NEW ORLEANS BRUNCH | FEBRUARY 23, 11AM

The background of the advertisement is a collage of Mardi Gras-themed items, including colorful beads in shades of purple, green, gold, and blue, and several ornate masks in yellow, green, and purple. The text is centered on a white background.

NEW ORLEANS
STYLE BRUNCH
BUFFET

Sunday, February 23
11am-3pm

\$35 Adults
\$17 Kids

Bloody Mary Bar Available
RESERVATIONS REQUIRED

CANASTA | FEBRUARY 26, 9:30AM

The advertisement has a dark green background. At the top, the text 'Join us for' is in white, and 'CANASTA' is in large, bold, red letters. Below this, the text 'and practice what you have learned.' is in white. To the right of this text is a fan of five playing cards: the Ace, King, Queen, Jack, and 10 of Hearts. Below the cards, the text 'No teachers this time, just a chance to play.' is in white. At the bottom, the date and time 'Wednesday, February 26th 9:30am-12:30pm' are in red. Below that, the text '\$5 per person. Beverages and snacks provided. Reservations required. For questions or to RSVP contact Deanna Packard. Deanna.Packard@forestclub.org 713-686-3728 ext. 223' is in white.

Join us for
CANASTA

and practice what
you have learned.

No teachers this
time, just a chance
to play.

Wednesday, February 26th
9:30am-12:30pm

\$5 per person. Beverages and snacks provided. Reservations required.
For questions or to RSVP contact Deanna Packard.
Deanna.Packard@forestclub.org
713-686-3728 ext. 223

FOREST CLUB EVENTS

WILD GAME DINNER | MARCH 5, 7PM



FOREST CLUB EVENTS

MARCH MADNESS | MARCH 8, 5PM

A photograph of two men in suits standing in front of a large digital screen displaying a March Madness basketball tournament bracket. The man on the left is pointing at the screen, while the man on the right is looking at it with a thoughtful expression. The bracket shows various teams and rounds, including Round 1, Round 2, Sweet Sixteen, and Elite 8.

THE FOREST CLUB'S FIRST EVER

MARCH MADNESS BRACKETOLOGY

Sunday, March 8th | 5-7pm

An open discussion with our in house experts about how to fill out your upcoming NCAA Mens' Basketball Tournament Bracket. Don't Forget to make your Reservations for Chicken Buffet Night.

•Bracketology - the process of predicting the field of college basketball participants in the NCAA Basketball Tournament, named as such because it is commonly used to fill in tournament brackets for the postseason.

TENNIS CAMP | MARCH 17-20, 9AM



**Spring Break
Tennis Camp**

**March 17-20
9am-12pm
The Forest Club
Ages 5-14**

**Awards Lunch
Celebration
included on Friday**

\$225 Members
\$300 Non-Members
To register go to
tinyurl.com/fcspring2019

For questions contact Stacy Aguirre at stacy.aguirre@forestclub.org

SENIOR BRUNCH | MARCH 29



**2020
GRAD**

ATTENTION PARENTS AND GRANDPARENTS
OF HIGH SCHOOL SENIORS

Please let us know if you have a child or grandchild graduating from high school this year. We hope you will be able to attend the Senior Brunch on

Sunday, March 29th

We would also like to include your senior in the newsletter. Please send a photo and bio to chelsi.chezem@forestclub.org. Forms are available at the Club.

SUBMIT BY APRIL 15TH

GARLAND'S CORNER

WINE OF THE MONTH

Domaine Laurent Tribut Chablis, \$15

A ripe and appealingly layered nose brings together notes of pear, apple and lemon zest. Rich and succulent with seductively textured medium weight exuding a hint of minerality on the clean dry finish. A smart Chablis for the purists.

BEER OF THE MONTH

Westmalle Dubbel, \$8

Officially elevated to the rank of Trappist Abbey in 1836, this dubbel is brewed using the exact recipe from 1856. Dark red-brown beer with a rich, complex taste thanks to refermentation in the bottle. Touches of caramel, malt and fruity esters reminiscent of a ripe banana with pearls of a dense, cream coloured froth.

FAREWELL



WILLIE JOHNSON

Willie Johnson has been an employee of The Forest Club for over 35 years. She has been our lead bartender during her career.

LIQUORS OF THE MONTH

Great Women Spirits, \$\$\$\$

As February is the month we celebrate the our special someone's. There has been a movement highlighting women involved in both wine and spirits. This month I've chosen to highlight a few cocktails/spirits from Francis Ford Coppola. As I have always been fond of wines that have a strong female influence. Lately, the spirit side of the industry has been revved up. So please, on your next trip to the club, take a moment and allow Seth/Ivan to use one of the following small batch, organic, hand-crafted spirit's in place of your normal go to. I promise, you'll be pleasantly surprised.

Agnesi 1799 American Brandy

Ada Lovelace California Gin

Countess Walewska Vodka, Potato Vodka

Hypatia Rubi Amaro, no added sugars (Campari)

Willie has been making personalized drinks for our members and makes a mean Bloody Mary and Margarita. Willie's knowledge of what the members' favorite drinks are inspired me to learn all I could about the membership. Willie has been essential to the club. With her retirement coming, I think she will enjoy not working anymore, but I think she will miss the day to day of being at The Forest Club as she has become a mainstay behind the bar in the Grill.

I wish her all the best in retirement and to enjoy her life after The Forest Club.

Please join us for a Retirement Party to say farewell on Sunday, February 23 from 6-9pm.

TENNIS

2020 TENNIS EVENTS

Hello Forest Club Tennis Players:

Below is a brief description of each tennis event for 2020. If you are unsure of your tennis or pickleball level, please don't let that stop you from signing up. Call us at the pro shop and we can either get your game up to speed or reassure you that you are at the right level to participate and have fun at our racquet sports events. We want nothing more than to get you on the court! If you have any questions or concerns, you know where to find us.

Keep Playing!

Shirley

Shirley.mendoza@forestclub.org

Sunday, February 9 at 2pm - Pints & Pickle

Here it is, a chance for you to participate in our "not so serious" pickleball tournament. All levels are welcome, and don't worry if you do not know how to score. We will explain the rules and get you up and running in no time. Between rounds, you can enjoy a few pints while hanging out with your fellow members.

Saturday, April 4 from 8:30am - 12pm - Mother/Daughter + In-law Doubles Tournament

This tournament is for all mothers, daughters, and daughter-in-law ladies to participate in our first ever family tournament. This is your chance to participate in a fun-filled doubles event with your favorite person! Don't miss your opportunity to join the fun, sign up today!

Saturday, May 2nd at 8:30am - Forest Club vs. River Oaks Country Club

This year our club is inviting The River Oaks Country Club tennis members and their guests for our annual dual match. We won last year's challenge...so the pressure is on to keep the title

at home! If you aren't familiar with a dual match set-up, it is where both ROCC and the FC will have the same amount of men and women on each team with a range of playing abilities from intermediate to advanced levels. Similar levels will compete against each other in a race to see who wins the most games as a team. Come and be a part of our Forest Club Tennis Team!

Sunday, May 17th at 2pm - Paddle Battle

The name says it all. Paddle Battle! Don't miss out. Grab your pickleball paddle and hit our courts with your partner. The kids are almost out of school; you are most likely counting the days till your exotic summer travels. You need some Paddle Battle! This is a doubles mixer format which means ...it's super laid back, and it's a chance for you to see if you really know how to keep score on the pickleball court!

Saturday, September 19th at 8:30am - Forest Club vs. Lakeside Country Club

If your schedule didn't allow for you to participate in our last dual match against River Oaks Country Club, be sure not to miss our first ever dual match vs. Lakeside Country Club. The dual match will be at the Forest Club for a "home court advantage!" Juan and Shirley will field a team of intermediate to advance level players. Members, you can invite your ringer friends to participate (as long as they aren't a teaching pro!). I hope to see your name on the sign-up sheet.

Saturday, October 3rd at 1pm - Men's and Women's Doubles Club Championships

Ready to earn the title of "The Forest Club Doubles Champions?" If so sign up! Depending on your level Juan and Shirley will place you in the intermediate or advanced doubles bracket. This is a member event, so leave your non-member "ringer," friends at home!

2020 TENNIS EVENTS CONTINUED

Saturday, October 31st at 8:30am - Cuatro Hombres Men's Tournament at ROCC

The Cuatro Hombres consists of four clubs: The Forest Club, The Houston Racquet Club, Houston Country Club, and River Oaks Country Club. Tennis pros from each club will coach a team consisting of players from all four clubs (not just their own). Each pod has different levels of players ranging from intermediate to advanced. Doubles teams will play against all the teams in their bracket in a round-robin format. The team that captures the most wins will be the “El Jefe(s),” of the Cuatro Hombres!

Friday, November 6th at 8:30am - TUTT Lung Cancer Tennis Tournament

This event is close to everyone's heart at the Forest Club. Tami's Uncensored Tennis Tournament benefits the Lung Cancer Alliance. All nine courts at the Forest Club are filled with Tami's friends and friends of friends to honor Tami and her fight against lung cancer. Even if you didn't know Tami, she would want you to join the ladies' doubles action. Everyone is a winner at the TUTT Tournament. You will make out like a bandit with the fantastic goody bag for each player, win fabulous prizes in the raffle drawing, enjoy a champagne lunch, hear inspirational talks about lung cancer, and the best part, we all walk away meeting new tennis friends!

Sunday, December 6th at 1pm - Forest Club Mixed Doubles Club Championships

Ready to earn the title of “The Forest Club Mixed Doubles Champions?” If so sign up! Depending on your level Juan and Shirley will place you in the intermediate or advanced mixed doubles bracket. This is a member event, so leave your non-member “ringer,” friends at home!

Wednesday, December 9th at 8:30am - Ladies Christmas Tennis Social

Is it the end of the year already? Yes, it is. Calling all lady tennis players! Now is your chance to do something for yourself amidst all the shopping, party organizing, and child wrangling. Join us for a brief but sweet Christmas tennis social where we get together to have a few Christmas cocktails and partake in a funny white elephant gift exchange. Oh yes, and of course, tennis! You can sign up by yourself or with a partner.

TENNIS TIPS FROM JUAN

Doubles Tips for every level:

SERVE – It's always better to hit a high percentage of deep and well placed first serves rather than fast and powerful serves that are erratic and low percentage.

RETURN OF SERVE – Consistent cross court returns that will set your partner up for a good poach is the highest percentage play. Also, don't forget to mix in some down the line returns to keep the opposing net player from cheating towards the middle of the court.

FIRST VOLLEY – Since you will usually be hitting the first volley from the service line area this shot should be played deep and cross court most of the time. It should be used to set up the point not to hit a winner.

LOB – A good lob can get you out of trouble and put you back in an offensive position. When lobbying, it always helps to know if the wind is with you (behind you) or against you (wind at your face). When the wind is with you – lob high and let it help you with your depth. When the wind is against you – keep your lobs lower and more offensive. By doing that, you can get the ball “through” the wind so it doesn't act like wall and take away your depth.

FITNESS TIPS TO ENHANCE YOUR WORKOUTS



The 80/20 Rule

80 percent nutrition and 20 percent physical activity for weight loss.

Optimize Your Morning

Wake up and get it done. The morning is the best time to get up and get moving because our body is alert and you won't have to worry about fitting in your workout later.

Challenge Yourself

Don't be afraid to switch up your routine and try something new. Change is actually very good when it comes to physical activity to keep your body from hitting a plateau.

Hydrate

Don't slack on your recommended daily water requirements. Remember, it's half your body weight in ounces especially during the summer heat. Carry around a water bottle so that it's always in your hand. Water keeps you feeling full, maintains clear skin and regulates your body.

Be Attentive

Don't over train and cause yourself to be too sore and eat intuitively and wisely. Listen to your body.

Don't Quit

Persistence is key to living out a healthy life and obtaining the body you want. Don't let a cheat meal or a missed workout knock you out of routine.

Monitor Your Progress

Take progress pics, log your weight, keep track of your daily calorie intake and set small realistic goals. You'll be able to see your week to week progression.

Implementing these tips will help keep you focused on your goals. It's very easy to “fall off the wagon” and let life distract you from what's important.



CLUB CALENDAR

FEBRUARY 2020

SUN	MON	TUE	WED	THU	FRI	SAT
						1 Yoga 9am
2 Fried Chicken Buffet Every Sunday	3 Club Closed Yoga 8:30am	4 Shrimp Night Every Tuesday	5 Yoga 8:30am 9:40am Birthday Dinners	6 Open Pickleball Play Every Thursday 6pm	7 Family Valentines Celebration 5:30pm	8 Yoga 9am
9 Pints & Pickle 2pm	10 Club Closed Yoga 8:30am	11 Book Club 6pm	12 Yoga 8:30am 9:40am	13	14 Valentines Day Dinner 5:30pm	15 Yoga 9am
16 Mixed Doubles 2pm	17 Club Closed Yoga 8:30am	18 Fat Tuesday Spanish Wine Dinner 6:30pm	19 Yoga 8:30&9:40am Karaoke 5:30pm Anniversary Dinners	20	21	22 Yoga 9am
New Orleans Brunch Buffet 11am Mixed Doubles 2pm	24 Club Closed Yoga 8:30am	25	26 Yoga 8:30am 9:40am Canasta 9:30am	27	28	29 Yoga 9am

CLUB CALENDAR



MARCH 2020

SUN	MON	TUE	WED	THU	FRI	SAT
1 Fried Chicken Buffet Every Sunday Mixed Doubles Every Sunday 2pm	2 Club Closed Yoga 8:30am	3 Shrimp Night Every Tuesday	4 Yoga 8:30am 9:40am	5 Open Pickleball Play Every Thursday 6pm Wild Game Dinner 7pm	6	7 Yoga 9am
8 March Madness Braketology 5pm	9 Club Closed Yoga 8:30am	10 Book Club 6pm	11 Yoga 8:30am 9:40am	12	13	14 Yoga 9am
15	16 Club Closed Yoga 8:30am	17 Spring Break Tennis Camp	18 Yoga 8:30am 9:40am Spring Break Tennis Camp	19 Spring Break Tennis Camp	20 Spring Break Tennis Camp	21 Yoga 9am
22	23 Club Closed Yoga 8:30am	24	25 Yoga 8:30am 9:40am	26	27	28 Yoga 9am
29 Senior Recognition Lunch	30 Club Closed Yoga 8:30am	31				



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THE FOREST CLUB

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STAFF DIRECTORY

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