



SWEETWATER COUNTRY CLUB

N E W S L E T T E R

Health & Fitness

Fit with Franklin in '11

During the Holiday Season, it is easy to put on a few extra pounds.

The average person eats an additional 500-1000 calories per day by snacking on Holiday treats. This fun snacking can lead to 8-10 pounds of extra weight over a four week period. Now that we are in the New Year, let's work those extra pounds off.

Thirty minutes of Cardio Vascular exercise 4-6 days per week will help shed those pounds. Do not forget the importance of strength training. Building lean muscle tissue will increase your Metabolic Rate, builds bone density and helps reduce stress. During these exercise sessions, make sure you keep your body hydrated with WATER!

Kick in the New Year with Shinda's Boot Camp

Tuesday – Thursday 5:30am – 6:30am

Spin in the New Year with Karyn Lee and Margie Connolly:

Monday 8:45am, 10:00am and 6:00pm

Tuesday and Thursday 6:00am

Wednesday 9:30am and 6:00pm

Friday 9:30am and 6:00pm

Saturday 9:30am and 10:45am

January is National Health Month: Look for information in the weekly e-mail from your Fitness Director about special events, seminars and health tips to ensure you're looking and feeling your best!

AMBASSADOR COMMITTEE CORNER

I can't believe another year has past! 2010 was an exceptional year and, once again, a year filled with great pleasure and fun chairing our Ambassador Committee. I want to first report that we had another outstanding "Be My Guest Tournament". Of all the events I have participated in around the club, I believe this is the one that highlights all aspects of what Sweetwater has to offer. The players, comprising of new members and their guests, are exposed to all of the associations, board members, banquet and catering staff, athletics and more throughout the day. Each department and association is capably represented allowing our newest members exposure to explore their interests among all of the amenities offered at Sweetwater. This tournament always attracts new members and this year's event was no exception. I must again thank all of the above mentioned departments and organizations for their "extra" efforts with their time and talents to make this event the special day it is.



Past Chairman, Kevin Kelly and Current Chairman, Derek Matta

I want to offer my sincere thanks to all of the Ambassadors who go out of their way to make new members feel at home and give of their precious time to show off their club. As chair, I am able to see how our efforts materialize in greater participation in club activities and follow the friendships developed by your fellow members who give of themselves to promote Sweetwater. This year's group of Ambassadors has been one of the most active and visible groups to date. Participating in all of our events, playing golf or having dinner on short notice with strangers and being there for new member orientations are just a few of the many duties cheerfully provided by your Ambassadors. I feel blessed to have had the pleasure of serving on the committee the last four years and chairing for the last two. This has truly been a commitment of enjoyment made so by the outstanding people who I have had the pleasure of serving with and meeting throughout my time as an Ambassador. Thank you again to all of the Ambassadors, past and present, and I look forward to seeing you around the club... and with that said, I now pass the torch to your new Ambassador Chairman (who has also served on the committee the past three years), Derek Matta!

Kevin Kelly



Saturday, February 12th,
4 Seatings: 6:30pm, 7:00pm,
7:30pm & 8:00pm

Bring your special someone to Sweetwater for a romantic Valentine's dinner dance to show them how much you really care. Get ready to be intrigued by Chef's Five Course Dinner To Inspire Your Passions! Be Prepared to dance the night away while the DJ plays "Your Song".

Complimentary wine & champagne are also included!

(Don't Forget To Add The Chocolate Covered Strawberries)!!

The cost is \$130+ per couple.

Reservations are required, call 281.980.4100.

48 hour cancellation policy is in effect. Kid Zone will be available for childcare, reservations are required.



Chocolate Covered Strawberries!

Say, "I Love You!" a dozen ways with chocolate covered strawberries.

Chef Dillon's wonderful holiday gift is sure to melt a loved one's heart.

Dozen - \$24.95+ 1/2 Dozen- \$14.95+ Place your order by Thursday, February 10th for a Friday pick up or Sunday pick up, or have them delivered to your table (for those attending the dinner dance). Pick-up times are between 1pm and 4pm on the designated days. Call LaToya at 281.980.4100 ext. 210 to place your order!



New in Member Dining

Welcome Back... Stir Fry Thursdays

Beginning, January 6th

It's Time To Stir Up Thursday Dining!
You Choose The Meat,
Ingredients & Sauce...

Then Hand It Over & "Watch Us Wok!"
\$12.95+ for adults, \$7.95+ for children.
Reservations are highly recommended.



Attention New SWCC Members

You are cordially invited to attend a New Member's Reception, to be held on Thursday, January 20th & Thursday, February 17th, 5-6pm. You will have an opportunity to "Meet the Staff" as well as fellow members and the SWCC Board of Governors. Join us immediately following for our "Martinis with the Manager" member event! RSVP to 281.980.4100

Welcome New Members

Sweetwater Country Club would like to welcome our new members and also thank our members for their nominations to the club. To view a list of all new members, visit the club's website www.sweetwatercc.com

CHEF'S COOKING CLASS

Pasta, Pasta

Get ready to roll up your sleeves because we're making homemade pasta this month! Join Chef Dillon as he teaches you great pasta dishes! The cost is \$25.00+. Limited to 16 attendees. Make your reservation today by calling 281.980.4100.



Martinis With The Manager

Thursday, January 20th, 6- 8:30pm
"Winter Blues"
Thursday, February 17th, 6-8:30pm
"Mardi Gras"

Enjoy Complimentary Martinis with Gene Miller, General Manager and your martini bartender at Sweetwater Country Club on Thursday, January 20th & Thursday, February 17th, 5-6pm. Join the SWCC staff, Board of Governors and your fellow members in the Bar to share your suggestions and comments with Gene as he makes you drinks. Complimentary hors d'oeuvres and martinis will be served from 6-8:30pm (member charge after 8:30pm).

CLUBS WITHIN A CLUB

We've made it through another wonderful year and mine was truly blessed with a new baby boy and three healthy teenagers! I hope 2010 was blessed for you as well and I look forward to seeing more of everyone in 2011! There are several "clubs within a club" that I would really like to kick off in the first part of the year and I'm looking for chairpersons from the club to help me do this! A quick briefing on how the "clubs within a club" program works here at Sweetwater for new members and those who have been too busy to get involved! Each club has a chairperson or co-chairs that determine the course of the club. I am just here to coordinate for all of you members exactly what you want done... book the rooms and send correspondence! Each chairperson does it a little differently... some like to run the show... which is great! And others like to round up excitement but have me handle the rest... which is great too! So there is no "right" or "wrong" way to chair a "club within a club". All clubs are no obligation... you simply receive an email of the time and dates and you reply yes or no! It's that easy. And all of the clubs are complimentary with the Food and Wine Club and the Dance Club having occasional minimal fees for certain events that are optional!

So... sound good? If so, below is the list of clubs that I'm trying to start and looking for chairpersons!

1. Cooking Club
2. Girls Night Out
3. Hunting/Fishing
4. Motorcycle

Now I'm including a list below of clubs that have existed before but need a little revamping or the group is just simply looking for a new chairperson Sweetwater members as well! Leslee Turnbull Frazier lturnbull@sweetwatercc.com or 281-777-7070 If you have any questions!

1. Beginner/intermediate bridge
2. Cycling Club
2. Investment think-tank Club
3. Nighttime Book Club
4. SWCC fit Club
5. Theatre Club
6. Travel Club

Learn and play bridge
Meet at the club for bike rides around Sugar Land
Get together and brainstorm about finances and investing
Meet monthly to discuss fun and entertaining books
Meet weekly to work-out together and share food tips
Pick productions to attend for the upcoming year
Chose and coordinate fun trips

The Entire list of clubs below including brief descriptions

* Bingo Club

Organize and run quarterly club-wide events

* Bollywood Club

Celebrating the culture of India! Whether it's enjoying dinner at the club, going out to see a new movie, dance lessons and more.... The Bollywood Club will be fun galore!

* Charity Club

Monthly meetings alternating days and evenings to help local charities.

* Dance Club

Enjoy monthly dance lessons from the pros

* Extreme Club

Join the dare-devils for extreme excursions

* Fab Four Holes Club

Our ladies fore-holers group. They play four holes together twice monthly on Tuesdays.

* Food & Wine Club

Events include food and wine pairings and more

* Good Times Club

Fun couples and singles meet for all kinds of events from sporting activities to club-hopping

* Ladies Bible Study Club

Meets every Thursday @ 1pm to discuss faith in our daily lives

* Men's Bible Study Club

Meets twice a month on Wednesday evenings

* Mommy-n-Me Club

Meets at least twice a month for a mommy, infant, toddler and preschooler play dates

* Noon Book Club

Meets the 1st Thursday of the month to discuss interesting novels

* Poker Club

Meets the second Wednesday of each month at 6:30pm for a little Texas hold-em

* Scrapbook Club

Meets every Thursday from 10am - 3pm to scrap and chat while organizing your precious moments

* Shopping Club

Meets the last Friday of each month for a shopping excursion around town

You are welcome to join as many clubs as you like and I would love to answer questions regarding any of the clubs! Again I look forwarding to seeing you all in 2011 and meeting all of the wonderful new Sweetwater members as well! Leslee Turnbull Frazier lturnbull@sweetwatercc.com or 281-777-7070 If you have any questions!

Catering Corner

Do you know someone that got Engaged over the Holidays?

Sweetwater Country Club

Requests the honor of your presence at our

Bridal Open House

Sunday, January 23, 2011
12pm - 3pm

RSVP required by Saturday, January 22, 2011

(281) 980-4100, ext. 331

dgrassmann@sweetwatercc.com

This is a wonderful opportunity to experience all that Sweetwater Country Club has to offer our Members for Wedding Receptions! Our Grand Ballroom will be set for a Wedding Reception and we will have our Preferred Vendors on hand to help you plan the perfect day. There are wonderful door prizes as well so come enjoy this special day!

Refer a wedding and receive additional Member Incentives. Plus we offer complimentary upgrades for weddings booked at the Bridal Open House and for those with contracts signed in the month of January!

Call the Catering Department today! It would be our pleasure to help you plan and host this once in a lifetime event!

Deanna Grassmann, Catering Sales Manager ext. 331

dgrassmann@sweetwatercc.com

Jill Barber, National Director of Catering ext. 268

jbarber@sweetwatercc.com

Kid's Movie Night

Friday, January 14th, 6:30 - 8:30pm

SWCC members ages 5-10 years old, watch as we transform the Loft into a theatre just for you. Enjoy great food, great drinks, and a great movie of your choice! The price is \$10.00+ per child. Call now for reservations, 281.980.4100



Clubs Within A Club Presents...

Friday, February 4th, 6:30pm

Are you feeling lucky? If so, join us for an evening of family fun! B. I. N.G.O is the name of the game! The evening will include a family style buffet from 6:30pm - 7:00pm, a variety of Bingo formats from 7:00 - 8:30pm, great prizes & tons of fun! The cost is only 11.95+ per adult, \$7.96+ for children 5-12, 4 & under dine complimentary. Reservations are required, no walk-ins allowed. 48-hour cancellation policy is in effect.



Tennis News

Battle of the Sexes: Doubles Style

Saturday, January 15, 2011

Remember the Battle of the Sexes Between Billie Jean King & Bobby Riggs? Come join Sweetwater's version of this battle from 9:00a.m.-12:00p.m. This event will be men's doubles teams vs. women's doubles teams targeting A1 to Open/Champ women and B level men. The format will be based on the number of participants. Partners will rotate after each round. *Other levels will be considered based on compatible opponents*. If you are interested in signing up or have any questions please contact Jennifer or Bart in the tennis department. The cost is \$15.00 which includes food and beverages!

Ladies Killer Camp

Monday-Wednesday January 10th-12th
9:00a.m.-11:30p.m.

It's time to get pumped for the new season! Bring your team out for the 2011 Ladies Killer Camp led by your pros! The cost is \$30.00 per day or \$80.00 for the session! To sign up please contact one of the tennis pros, sign up at the Athletic Desk or e-mail bcosma@sweetwatercc.com. Spots go quickly so sign up early! We look forward to seeing you!

Sweetwater Junior Circuit

Saturday: January 8, 2011

The Sweetwater Junior Circuit is open to players at Sweetwater ages 7-13 who are not qualified as a Champ or Super Champ and are looking for match experience. The event is held on Saturdays between 1:00-4:00p.m. The cost is free to association members or \$10.00 for non-association members. The format will depend on the number of participants.

Ankle Biters Tennis (ages 4-6)

Mondays January 17th- March 7th

Bring your little ones out for ankle biters every Monday from 4:00-4:45p.m. starting January 17th for instruction and fun tennis games with the pros! This session is 8 weeks long and runs thru March 7th! The cost is \$80.00 per session.

Tennis Happy Hour in the Bar

Friday January 28, 2011

Come out for Friday night Tennis Happy Hour at Club 4400 starting at 5:00p.m. on January 28th. Come out and see if you're up for our trivia challenge! We will have drink specials throughout the night!

Ladies Valentines Play Day

Thursday: February 10, 2011

Come out for our annual mix and match doubles Valentines Play Day! This event is open to all levels and will be from 9:00a.m.-12:00p.m.!

September Jr. Open Results:

Boys 10	Jay Iyer	Finalist
Boys 14	Kyle McCann	Winner
Boys 18	Tyler Tolopka	Winner
Boys 18	Daniel Fan	Consolation Winner
Girls 12	Giulia Wolff	Finalist
Girls 14	Emily Burrows	Finalist
Girls 14	Kaelyn Hall	Consolation Winner
Girls 16	Kaelyn Hall	Finalist
Girls 16	Emily Burrows	Consolation Winner

November Jr. Open Results:

Boys 10	Oliver Wright	Winner
Boys 10	Marco Martinez	Runner-Up
Boys 12	Jay Iyer	Winner
Boys 12	Jeff Zhou	Runner-Up
Boys 12	Joshua Ku	Consolation Winner
Boys 14/16	Santiago Lusso	Winner
Boys 14/16	Federico Cornejo	Runner-Up

Congratulations to Remy Comstock (qualified for Boys 14 Champs), Roshan Dongre (won the November Champs to qualify for Supers), Kyle McCann (has moved into the Boys 14 Supers), and Reese Comstock (reached the final of the Nov. ZAT).

Men's Tennis Leagues

Tues.-A Level-7:00p.m.-on going, weekly sign-up, rotating partners.

Wed.-A Level-7:00p.m.-on going, weekly sign-up, rotating partners.

Thurs.-B Level-7:30p.m.-8-10 week league-starts Jan. 6. Fixed partner league.

Tip of the Month: Stay low & Play better!

By preparing your body low this allows you to hit with more power. Force is generated with help from the ground. Bending your knees places your body in better position to produce trunk, hip, and shoulder rotation and increases your likelihood of making solid contact!

GOLF NEWS



Men's Golf Association

2010 MGA Sweetwater Cup

The annual MGA Sweetwater Cup is an invitational event made up of the top 38 MGA point leaders from the 2010 season together with 2 staff professionals. Ryder Cup style competitions over 54 holes of match play. The Red team took an early lead and never let go. Congratulations to the following RedTeam Members: Captain, Roque Baecker, Pro, Bob McHugh, Mike Ferguson, Kevin Kelly, Max Montegut, Chip Nemesi, Danny Delgado, Bill Martens, Tony Chu, Mike Kao, Greg Apke, Fred Kahn, Marshall Sweed, Jorge Castellvi, Jay Jones, Bob Daigle, Frank D'Antuono, Bill Adkins, Bill Zeiner & John Miller

Upcoming MGA Events

January 15th MGA
Pro's Choice, Pecan Course
February 19th, MGA Pro's Choice,
Cypress Course

Ladies Golf Association:

IMPORTANT SLGA ANNOUNCEMENT:

Beginning January 2011, the Sweetwater Ladies Golf Association regular playdays will be held on Tuesdays at 9:00 a.m., with an optional playday offered on Saturdays at 12:00 p.m. The Saturday playday option is new for the coming year, and has been added to accommodate those women whose schedules do not permit them to play with with group on Tuesdays. Saturday times have limited availability. If you are interested in joining the SLGA and would like membership information, please contact Sheryl Gmoser at 281-242-2359.

If you would like more information on the Saturday playdays, please contact Tournament Chairperson Becky Workman at becky.workman@comcat.net.

Ladies Golf Association:

The Sweetwater LGA had gobbles of fun during their annual Turkey Shoot Golf Tournament. The field of 30+ ladies and 3 golf professionals made up 3 different Thanksgiving teams that squared off in 2 full days of Match Play. The "Turkey's" took the the 2010 title!



LADIES GOLF CLINICS!

Select Friday Mornings/Ongoing
10-11:30am

Senior Men's Golf Association

2010 SMGA 4 Clubs

The Senior men played 18 holes with just 4 clubs, we do not no why they like punishing themselves but, they had fun. Congratulations to the winners:

1st Flight:

1st Mike McKown
2nd Bonnie Achord
3rd Dick Dyer

2nd Flight:

1st Marv Livingston
2nd Mel Haycraft
3rd Herb Krog

A Message from The Pro!

I have recently been asked to discuss practice tee etiquette. Let me gently remind everyone of a few things.

Dress Code

The practice area is deemed to be part of our golf course, therefore the same dress code applies to members & guests while practicing golf. No denim or work out clothes are permitted and gentlemen's shirts should be tucked in to their shorts or pants at all times. This same dress code applies to anyone taking a golf lesson.

Hitting off Grass

When hitting off the grass tee, all iron shots should be taken from behind where the last one was hit from. This will help minimize the damage to the tee and will allow fellow members who wish to practice after you to have a good lie.

Junior Golfers

On busy days it is considered good etiquette for junior Golfers to make way on the practice tee for adult members. Families are encouraged to use the practice tee, we respectfully remind you to watch over the Juniors and teach them etiquette by example.

Practice Bunker

It is considered good etiquette to rake the bunker after use just like you would on the golf course.

Cell Phones

Cell phones are permitted, we respectfully remind you that it is considered good etiquette to not disrupt your fellow members while they are practicing.



Couples Golf Association:

The Couples Club Championship was held on November 21st .

Couples played in a 2 person Stableford Points Format.

Congratulations to all winners:

- 1st** Lynn & Lu Cormier
- 2nd** David & Terrie Gornet
- 3rd** Joe & Suzanne D'Heron

Congratulations to our two teams representing Sweetwater at the Century Golf Partner's Championship at PGA National

Sweetwater team 1:

Bob McHugh, Bob Daigle, David Stegall, John Murphy, Danny Delgado & George Ku

Sweetwater team 2:

Ernie Annicchiarico, Roque Baecker, Al Quiroga, Bill Brown, Mike Noyes & Vipul Anand.

Congratulations to Sweetwater Director of Golf Bob McHugh.

Bob won the Golf Professionals shoot-out at PGA National.



Sweetwater Country Club
 4400 Palm Royale Boulevard
 Sugar Land, Texas 77479
 281-980-4100

2011 Board of Governors

- Joe Mathis – Chairman
- Robert Stephens - Vice Chairman
- Derek Matta – Ambassador Committee Chairman
- Bret Molgren – Men's Golf Association
- Howard Schroyer – Sr. Men's Golf Association
- Neta Lee Ferguson – Ladies' Golf Association
- Donna Lam –Tennis Representative
- David Amundson - Fitness Representative
- Jim May – Member At Large
- Mickey O'Neal – Member At Large
- Debera Fontenot – Member At Large
- Susan Waldron- Member at Large
- Mike Rozell, Jr – Member at Large
- Deborah Kerr – Member at Large
- Greg Kilfoy – Member at Large
- Cathy Ebeck – Member at Large
- Frances Conway – Member at Large

SWCC Senior Staff

- Gene Miller – General Manager
- Augie Barrios – Director of Operations
- Carol Ruskowski – Membership Director
- Bob McHugh – Director of Golf Operations
- Deb Vangellow – Director of Golf Instruction
- Michael Finke – Golf Course Superintendent
- Brian Cosma – Director of Tennis
- LeRoy Franklin – Fitness Director
- Dillon Kao – Executive Chef
- Jill Barber – National Director of Catering
- Deanna Grassmann – Catering Manager
- Renee' Palmer – Comptroller
- LaToya Jones – Member Relations Director
- Larry Almaraz – Chief Engineer

January

- 6 Scrapbook Club (every Thursday: 13th, 20th & 27th)
- 6 Book Club
- 6 Bible Study Club (every Thursday: 13th, 20th & 27th)
- 6 Stir Fry Thursdays (every Thursday: 13th, 20th & 27th)
- 6 Dance Club
- 8 Junior Tennis Circuit
- 10 – 12 Ladies Tennis Killer Kamp
- 14 Kid's Movie Night
- 15 MGA Pro's Choice
- 15 Tennis Battle of the Sexes
- 19 Chef's Romantic Cuisine Cooking Class
- 20 New Member Orientation
- 20 Martinis with the Manager
- 23 Bridal Open House
- 28 Tennis Happy Hour



Happy 2011

sun	mon	tues	wed	thurs	fri	sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	21
23/30	24/31	25	26	27	28	29

February

- 3 Scrapbook Club (every Thursday: 10th, 17th & 24th)
- 3 Book Club
- 3 Bible Study Club (every Thursday: 10th, 17th & 24th)
- 3 Stir Fry Thursdays (every Thursday: 10th, 17th & 24th)
- 4 Family Bingo Night
- 10 Ladies Valentine's Day Playday
- 12 Valentine's Dinner Dance
- 17 New Member Orientation
- 17 Martinis with the Manager
- 19 MGA Pro's Choice



Happy Valentine's Day

sun	mon	tues	wed	thurs	fri	sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

Martinis with the Manager

"Spooks & Spirits"

Monster Mask Halloween Bash

Holiday Open House

