

The Idle Times

Volume 21, Issue 2 February 2011



Congratulations, Gentlemen!
2010 Butler Cup Champions
Crawford Peace and Bubba Edge



From the Desk of

Mr. David Ruddell, Jr., CCM
General Manager

The Board and I have had great discussions on the recent criminal activities that have occurred on Idle Hour property. We have taken a proactive

approach to eliminate the potential for future issues. We have been patrolling the parking lots throughout the day, focusing on the times in which we have had criminal activity reported. We have also asked the Macon Police to patrol our parking lots on a daily basis. Our locker room attendants will be questioning individuals with whom they are not familiar. We want to make sure we have the appropriate members and guests in that active area. Our staff has been asked to increase their awareness to any unusual activity. Please report anything suspicious on club property to the front desk or any member of Management. We want everyone to feel as safe as possible, while enjoying what Idle Hour has to offer.

I will ask everyone to lock your cars and put valuables in your trunk or out of sight. You can decrease your chances of being a victim by taking small steps. IHCC is, and will always be, a safe place to enjoy with your friends and family.

At this time, I would also like to update everyone on Mrs. Val Clark, Sports Bar Bartender. Her surgery was a success, and she is in the process of going through rehab. I have spoken with Mrs. Val and she is eager to return to work bringing her great attitude and anticipation of member's needs. She wanted me to thank everyone that has asked about her, and to let you know that she is doing great, but misses each and every one of you.

I would like to take this opportunity to tell you about some of our upcoming events at the Club. On February 2nd, we have our annual Civic Club Dinner and Show. We provide dinner, tickets and your transportation for \$50 per person. Of course, Valentine's Day is near, and we are providing a special three course meal prepared by Chef Pinkney in the restaurants along with normal menu service. Baby-sitting will be available from 6:00 p.m. until 10:00 p.m. We also have our Annual President's Ball honoring President H. Stephen Popper scheduled for Friday, February 18th in the Ballroom. Doors will open at 8:00 p.m. We are excited about our events and hope to see you here.

If I may be of assistance to you in any way, please do not hesitate to contact me at (478) 477-1724, extension 223, or druddell@idlehourclub.com.

Special thanks to all the sponsors and the Membership Committee for making the Intermediate Window of Opportunity a huge success in 2010. As a result, we received a total of 20 new Intermediate applicants. Please be sure to review the new Window of Opportunity and contact Brandy Spires with any questions. Lets keep the momentum going for 2011!

Window of Opportunity effective January 1st, 2011

Availability: January 1, 2011 - Dec. 31, 2011

INTERMEDIATE

Ages 21-30

Initiation Fee: \$15,000

I. Legacy

- a. Lump sum payment of \$12,000 (20% discount)
- b. \$2,400 down payment and five annual payments of \$1,920

II. Non Legacy

- a. Lump sum payment of \$15,000
- b. \$3,000 down payment and five annual payments of \$2,400

FULL MEMBERSHIP

Ages 31 -35

Initiation Fee: \$20,000

I. Legacy

- a. Lump sum payment of \$16,000 (20% discount)
- b. \$3,200 down payment and five annual payments of \$2,560

II. Non Legacy

- a. Lump sum payment of \$20,000
- b. \$4,000 down payment and five annual payments of \$3,200

Ages 36 and older

Initiation Fee: \$25,000

I. Legacy

- a. Lump sum payment of \$20,000 (20% discount)
- b. \$4,000 down payment and five annual payments of \$3,200

II. Non Legacy

- a. Lump sum payment of \$25,000
- b. \$5,000 down payment and five annual payments of \$4,000

Promissory note will be executed

In the event the member is relocated outside Macon or the six contiguous counties and elects not to become a non-resident member the balance of the initiation will be waived.

In the event the member resigns from the club he/she will be obligated to pay 25% of the balance of the initiation fee at the time of resignation.

Membership Information

Welcome, New Members! Effective January 18, 2011



MR. JOHN R. WRIGHT
Matter Management / Managing Member
Sponsor: Mr. E. Randall Wright
104 Alexandria Drive
Macon, GA 31210
(478)719-4886
Spouse: Sarah Wright



MR. SEAN G. FRITH
SF Communities, LLC / Owner
Sponsor: Mr. Scott Wilson
8501 Whittle Road
Macon, GA 31220
(478)994-9980
Spouse: Wynn A. Frith



MR. HAYS B. MCQUEEN
Jones, Cork & Miller, LLP / Associate Attorney
Sponsor: Mrs. Reese McQueen McCurry
183 Calloway Drive
Macon, GA 31204
(478)361-3732
Spouse: Anne P. McQueen

Any comments concerning those posted for membership may be directed to the Membership Chairman, Mr. Jimbo Walker

Posted for Membership

Effective February 16, 2011

MR. MICHAEL S. WILENSKY
Sell & Melton, LLP / Associate Attorney
Sponsor: Dr. S. Douglas Katz
Spouse: Amy Katz Wilensky

MR. CHRISTOPHER J. ARNOLD
Jones, Cork & Miller, LLP / Associate Attorney
Sponsor: Mr. Blake C. Sharpton
Spouse: Emily H. Arnold

MRS. WHITNEY NATIONS DEPALMA
Homemaker
Sponsor: Mr. Andrew H. Nations
Spouse: Timothy J. DePalma

Effective March 16, 2011

MR. WILLARD D. THOMPSON
James, Bates, Pope & Spivey, LLP / Attorney
Sponsor: Mr. George Greer
Spouse: Amelia F. Thompson

MR. MICHAEL R. KRUGER
L.E. Schwartz & Son, Inc. / Project Manager
Sponsor: Mr. Steven L. Kruger
Spouse: Blair K. Kruger

MRS. JENNIFER STONE HELLER
Hodges, Harbin, Newberry & Tribble, Inc. / Office Manager
Sponsor: Mr. Ward Stone
Spouse: Matthew Heller

In

Memoriam

In a special candle lighting ceremony at the Annual Meeting, Wednesday, January 19th, 2011, Mr. Steve Popper, Past President, read the names of deceased members, as President Trip Walden lit a candle for each one. All in attendance shared a moment of silence

Deceased Members

Each with a Candle Lit in Honor and Remembrance

Mrs. Inez H. Hutchings – Jan. 8, 2010
Mr. A. H. “Buck” Hines – Jan. 21, 2010
Mr. Norman “Tee” Faircloth – Jan. 27, 2010
Dr. Ralph G. Newton – Feb. 18, 2010
Mr. John T. Mitchell, Sr. – Apr. 8, 2010
Mrs. Martha W. McKenzie – Apr. 19, 2010
The Honorable Wilbur D. Ownes, Jr. – Apr. 28, 2010
Mrs. Mary A. “Dixie” Stewart – June 2, 2010
Mrs. Margaret L. Hardin – June 9, 2010
Mr. James B. Sessions – Aug. 1, 2010
Dr. Milledge C. Newton – Aug. 2, 2010
Dr. Hubert R. Buxton, Jr. – Sept. 7, 2010
Mr. John W. Marbut, Jr. – Sept. 20, 2010
Mr. Benjamin G. Porter, Jr. – Sept. 30, 2010
Mrs. Rosemary E. Ivey – Dec. 11, 2010
Mr. Billy B. Butler – Jan. 14, 2011

Special Events

Civic Club Opening Night

Wednesday, February 2nd

SOLID 50 GOLD

FIFTY YEARS of POP CULTURE, HISTORY & HITS

\$50.00 ~ Dinner, Show & Transportation

5:15 p.m. ~ Signature Cocktails

5:45 p.m. ~ Dinner in Trotters

6:45 p.m. ~ Bus Departure

7:30 p.m. ~ Show

Please call the Front Desk

at (478) 477-1724 for reservations!

*Or, if you only want tickets, please call
the Grand Opera House at (478) 301-5470.*

*Baby Mixed Greens Salad with
Candied Walnuts, Dried Cherries,
and Mango Vinaigrette*

~
*Roasted Pork Tenderloin
with Blackberry Bordelaise
Boursin Whipped Potatoes*

~
*Chocolate & Caramel Mousse Torte
with Milk Chocolate Cream Sauce*

Treat your Valentine to a Special 3 Course Dinner
by Chef Victor Pinkney on Saturday, February 12th

*Bibb and Micro Greens Salad with Candied
Walnuts, Teardrop Tomatoes and Pearl Onions
and Bing Cherry and Passion Fruit Vinaigrette*

~
*Pan Seared Filet Mignon
with Lobster and Shaved Fennel Ragout
Fontina Whipped Yukon Gold Potatoes
Roasted White Asparagus and
Sauteed Fava Beans*

~
*Milk Chocolate Amaretto Mousse Heart
with Raspberry Coulis and
Chambord Whipped Cream*

Baby-sitting Service Available
6:00 p.m. - 10:00 p.m.

*Strolling Violinist
& Candle Light*

*Reservations Available in the
Club Room & Grille*

*Choose from the regular menu,
or have Special Menu for \$35*



Idle Hour Country Club
You are cordially invited to attend

The Annual President's Ball

in honor of President H. Stephen Popper, III
Friday evening, the eighteenth of February,
two thousand and eleven
8 o'clock to 10 o'clock in the Ballroom

Members Only

Black Tie

IHCC BOOK CLUB

Tuesday, February 22nd
at 3:00 p.m.

Please join us in the Alcove for
refreshments, \$5.

William and Kate

A Royal Love Story



Hostess:
Mrs. Del Ward Leslie

Author:
Christopher Andersen

R.S.V.P. 477-1724

IHCC Family Bingo

Mark your calendars... to win big!

Reservations please: 477-1724.
48-Hour Cancellation Policy.

Wednesday, March 9th

6 p.m. - Cocktails by Signature
6:30 p.m. - Buffets
7 p.m. - Bingo!

\$12.95/adult, \$8.95/child under 12
Includes 1 Bingo card.
Extra cards: \$2 each or 3 for \$5

Tossed Garden Salad * Diced Sectional Fruit & Berries with Mango Yogurt * Green Bean & Blue Cheese Salad with Paris Dressing *
* Southern Fried Chicken * Braised Collard Greens * Smoked Cheddar Scalloped Potatoes * Chicken Tenders * Grilled Cheese Sandwich * Mini Corndogs * Bacon & Chive Potato Skins * Peas & Carrots * Assorted Cup Cakes * Caramel Cake



Special Events



Mardi Gras
Tuesday, March 8th
Drink Specials in the
Restaurants beginning
at 5:00 p.m.

St. PADDY's Day

Thursday, March 17th

5:30 p.m. in Sports Bar

Cornbeef & Cabbage
drink specials...

Bring your friends!

IHCC BOOK CLUB

Tuesday, March 22nd
at 3:00 p.m.

Please join us in the Alcove for
refreshments, \$5.

Book To Be Announced
R.S.V.P. 477-1724

IHCC Presents Dinner Theatre

A Closer Walk 
with  *Patsy Cline*



Sunday, March 20th
Signature Cocktail: 5:30 p.m.
Dinner Buffet: 6:00 p.m.
Show: 7:00 p.m.
\$35 per person

Reservations please. 48-Hour Cancellation Policy.

Mixed Greens
with Assorted Toppings and Dressings

Sauteed Chicken
with Wild Mushroom Diane Sauce

Pan Seared Salmon with Applewood Smoked
Bacon Florentine Sauce

Roasted Garlic Whipped Potatoes

Southern Style Green Beans

Grilled Seasonal Vegetable Medley

Raspberry Swirl Cheesecake

Georgia Pecan Pie

This show traces a small town girl's rise from the Grand Ole Opry to Las Vegas and Carnegie Hall. The musical reveals the emotional depth of a singer who defined the term "crossover hit" by dominating country, blues, pop and gospel charts simultaneously in the 1950's and early '60's. The show's star, Katie Deal, has been approved by the Patsy Cline estate.



EARL SINGLETON
EMPLOYEE OF THE YEAR
AWARD
Lee Copeland



We are proud to announce, Idle Hour Club's recipient of The Earl Singleton Employee of the Year Award for 2010 is Lee Copeland.

Lee has been an employee of Idle Hour for over 14 years.

You can find him working mornings in the Sports Bar, always with a smile on his face. Lee completes his everyday tasks to perfection, and his positive attitude is a wonderful example to other employees. He is always early to work and is willing to go above and beyond expectations. Lee also spends time working in the Grille on Saturday mornings for breakfast service as well as the Banquet department on occasion. Regardless of the department, Lee shows great enthusiasm and is excited to be here. Lee also works at Warner Robins Air Force Base, where he surely does a great job as well. In his spare time he enjoys playing basketball and spending time with his lovely wife. Lee is truly an outstanding employee and well deserving of this award.

EMPLOYEE OF THE MONTH

Doyle Trotter



Doyle has been employed at IHCC for 10 years. For the past five years he has been in charge of the tennis court maintenance. While employed at Idle Hour, Doyle has made many friends and helps out in other areas of

the club when needed. He has served on the employee committee several times, and plays on the IHCC softball team. In 2010, Doyle finally married his long-time girlfriend, Kelly. He surprised us all by playing the saxophone at their wedding, and we thought he only played the drums! He enjoys music as much as he loves to fish. Doyle has many talents and can bring a smile to almost anyone's face. Just ask him to show you some of his impersonations. We appreciate all of his hard work around the club.

Congratulations, Doyle, and thank you for all of your hard work!

Grandparent's
Day

Friday, March 25th

11:30 a.m. - 2:00 p.m.

Adults \$15, 8-11 \$11, 4-7 \$8
3 & under free

Special Buffet in the Ballroom
Regular dining available in the Grille
*Reservations please. 48-Hour
Cancellation Policy.*

Special Entertainment: Balloon Artist

Mixed Greens
with Assorted Toppings and Dressings

~
Southern Fried Chicken

Candied Pecan Crusted Pork Loin
with Brown Sugar Butter Sauce

Oven Roasted Herb and
Garlic New Potatoes

Smoked Cheddar and Onion Squash
Casserole

Chicken Fingers

Mini Corndogs and Hamburgers

French Fries

Broccoli with Cheddar Mornay

~
Lemon Berry
Cheesecake

Mini Muffins and
Scones

Assorted Cookies



February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Golf: Happy Hour Practice Jackpot Drawing	2 CIVIC CLUB OPENING NIGHT <i>Save-A-Shot Clinic</i> <i>Cardio Tennis</i>	3 Jr. Golf Academy "2 for 1" Entrees in The Grille & Trotters	4 All-You-Can-Eat Prime Rib & Crab Legs	5 Breakfast in The Grille
6 Sunday Brunch Buffet in the Living Room	7 CLUB CLOSED	8 Golf: Happy Hour Practice LGA MEETING /SCRAMBLE & CLUB 9 Boardroom Jackpot Drawing	9 <i>Cardio Tennis</i>	10 <i>Save-A-Shot Clinic</i> Jr. Golf Academy "2 for 1" Entrees in The Grille & Trotters	11	12 Breakfast in The Grille Golf Guest Day VALENTINE'S DINNER <i>Strolling Violin</i>
13 Sunday Brunch Buffet in the Living Room	14 CLUB CLOSED	15 Golf: Happy Hour Practice Jackpot Drawing	16 <i>Meeting of the Board of Directors</i> <i>Cardio Tennis</i>	17 Jr. Golf Academy "2 for 1" Entrees in The Grille & Trotters	18 <i>Save-A-Shot Clinic</i> PRESIDENT'S BALL	19 Breakfast in The Grille
20 Sunday Brunch Buffet in the Living Room	21 CLUB CLOSED	22 Golf: Happy Hour Practice LGA 18 Hole Play Day IHCC BOOK CLUB Jackpot Drawing	23 Golf Guest Day <i>Cardio Tennis</i>	24 Jr. Golf Academy "2 for 1" Entrees in The Grille & Trotters	25 GA SPORTS HALL OF FAME	26 Breakfast in The Grille <i>Save-A-Shot Clinic</i>
27 Sunday Brunch Buffet in the Living Room Golf Guest Day	28 CLUB CLOSED					

March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Jackpot Drawing	2 <i>Cardio Tennis</i>	3 Jr. Golf Academy <i>Save-A-Shot Clinic</i> "2 for 1" Entrees in The Grille & Trotters	4 All-You-Can-Eat Prime Rib & Crab Legs	5 Breakfast in The Grille SELFISH SATURDAY
6 Sunday Brunch Buffet in the Living Room	7 CLUB CLOSED & Course Closed	8 Mardi Gras: 5:00 p.m. drink specials LGA MEETING /SCRAMBLE & CLUB 9 <i>Boardroom</i> Jackpot Drawing	9 FAMILY BINGO <i>Cardio Tennis</i>	10 Jr. Golf Academy "2 for 1" Entrees in The Grille & Trotters	11 <i>Save-A-Shot Clinic</i>	12 Breakfast in The Grille
13 Sunday Brunch Buffet in the Living Room	14 CLUB CLOSED	15 Jackpot Drawing	16 Golf Guest Day <i>Meeting of the Board of Directors</i> <i>Cardio Tennis</i>	17 ST PATRICK'S DAY Jr. Golf Academy Tennis Men's Night Out "2 for 1" Entrees in The Grille & Trotters	18 STRATFORD SCRAMBLE	19 Breakfast in The Grille <i>Save-A-Shot Clinic</i>
20 Sunday Brunch Buffet in the Living Room <i>A Closer Walk with Patsy Cline: Dinner Theatre</i>	21 CLUB CLOSED	22 LGA 18-HOLE PLAY DAY IHCC BOOK CLUB Jackpot Drawing	23 <i>Cardio Tennis</i>	24 Jr. Golf Academy LADIES' GOLF CLINIC Tennis Men's Night Out "2 for 1" Entrees in The Grille & Trotters	25 GRANDPARENTS BUFFET <i>in the Ballroom</i>	26 Breakfast in The Grille DEMO DAY AT LEARNING CENTER NITE GOLF
27 Sunday Brunch Buffet in the Living Room	28 CLUB CLOSED	29 <i>Save-A-Shot Clinic</i> Jackpot Drawing	30 <i>Cardio Tennis</i>	31 Jr. Golf Academy "2 for 1" Entrees in The Grille & Trotters		

6 Month Social Calendar

January

- 1 New Year's Day - CLOSED
- 7 AYCE Prime Rib & Crab Legs
- 11 Bridge Tournament
- 11 LGA Meeting Day Scramble
- 18 Board of Directors Meeting
- 19 Annual Meeting
Club closes at 6:00 p.m.
- 25 IHCC Book Club
- 28 Karaoke in the Sports Bar

February

- 2 Civic Club Dinner & Show
- 2 Save-A-Shot Golf Clinic
- 3 Jr. Golf Academy
- 4 AYCE Prime Rib & Crab Legs
- 8 LGA Meeting Day Scramble
- 10 Jr. Golf Academy
- 10 Save-A-Shot Golf Clinic
- 12 Valentine Dinner
- 12 Golf Guest Day
- 16 Board of Directors Meeting
- 17 Jr. Golf Academy
- 18 President's Ball
- 18 Save-A-Shot Golf Clinic
- 22 IHCC Book Club
- 22 LGA Play Day
- 23 Golf Guest Day
- 24 Jr. Golf Academy
- 25 GA. Sports Hall of Fame
- 26 Save-A-Shot Golf Clinic
- 27 Golf Guest Day

March

- 3 Jr. Golf Academy
- 3 Save-A-Shot Golf Academy
- 4 AYCE Prime Rib & Crab Legs
- 5 Golf Selfish Saturday
- 7 Course closed for aerification
- 8 Mardi Gras: Drink Specials in Restaurants
- 8 LGA Meeting Day Scramble
- 9 Family Bingo
- 10 Jr. Golf Academy
- 11 Save-A-Shot Golf Academy
- 16 Board of Directors Meeting
- 16 Golf Guest Day
- 17 St. Patrick's Day: Corn beef & Cabbage & Drink Specials
- 17 Tennis Men's Night Out Begins
- 17 Jr. Golf Academy
- 18 Stratford Scramble Golf
- 18-27 Cherry Blossom Festival
- 19 Save-A-Shot Golf Clinic
- 20 A Closer Walk with Patsy Cline
- 22 IHCC Book Club
- 22 LGA Play Day
- 24 Jr. Golf Academy
- 24 LGA Clinic

March Cont.

- 24 Sr. Golf Event
- 25 Grandparent's Buffet in Balloom
- 26 Demo Day at Learning Center
- 26 Nite Golf
- 29 Save-A-Shot Golf Clinic
- 31 Jr. Golf Academy
- 31 The Battle-Team Draft

April

- 1 AYCE Prime Rib & Crab Legs
- 1 Save-A-Shot Golf Clinic
- 2-3 Golf: The Battle
- 7 Camp Parents' Registration
- 7 Mini-Masters Golf
- 8-10 Higdon Open Tennis
- 9 Save-A-Shot Golf Clinic
- 11 Wesley Glenn Round Robin Tennis
- 12 LGA Meeting Day Scramble
- 12 Bridge Tournament
- 13 Adult Bingo
- 14 Camp Grandparent's Registration
- 14 Jr. Golf Academy
- 17-18 Children's Hospital Golf
- 19 Board of Directors Meeting
- 19 Save-A-Shot Golf Academy
- 20 Rally for the Cure Round Robin Tennis
- 21 Camp 2nd/3rd Registration
- 21 Jr. Golf Academy
- 24 Easter Sunday Buffet & Egg Hunt: *Club closes at 3:00 p.m.*
- 26 IHCC Book Club
- 26 LGA Member-Member
- 27 Administrative Professional's Day
- 27 Save-A-Shot Golf Clinic
- 28 Camp Houseguests Registration
- 28 Jr. Golf Academy
- 28 LGA Clinic
- 29-5/1 Men's Peach Blossom

May

- 1 Men's Peach Blossom
- 2 Course closed for aerification
- 5 Jr. Golf Academy
- 6 AYCE Prime Rib & Crab Legs
- 7 Tennis Panama Jam Tournament
- 7 Save-A-Shot Golf Clinic
- 8 Mother's Day
Club closes at 3:00 p.m.
- 10 LGA Meeting Day Scramble
- 11 Family Bingo
- 11 Save-A-Shot Golf Clinic
- 12 Jr. Golf Academy
- 17 Save-A-Shot Golf Clinic
- 18 Board of Directors Meeting

May Cont.

- 19 Jr. Golf Academy
- 20 Spring Civic Club Golf
- 24 IHCC Book Club
- 24 LGA Play Day
- 24-27 Macon Qualifier Workout Tennis
- 26 Jr. Golf Academy
- 26 LGA Clinic
- 27 Pool Opens: Dive-In Movie
- 27 Save-A-Shot Golf Clinic
- 30 Memorial Day - Club Open Kick-Off Pool Party
- 31 Club Closed
- 31-6/3 Macon Qualifier Workout Tennis

June

- 1 Save-A-Shot Golf Clinic
- 3 AYCE Prime Rib & Crab Legs
- 7 Save-A-Shot Golf Clinic
- 7-10 Day Camp, Ages 4 & 5
- 7-10 Tennis Pee Wee Camps
- 8 Family Bingo
- 9 Jr. Golf Academy
- 10 Father/Daughter Dance
- 14 LGA Meeting Day Scramble
- 14-17 Day Camp, Ages 6 & 7
- 16 Jr. Golf Academy
- 16 Save-A-Shot Golf Clinic
- 16 Sr. Golf Event
- 16-18 Men's Member-Guest
- 19 Father's Day Buffet
- 21 LGA Play Day
- 21-24 Jr. Golf Camp
- 21-24 Day Camp, Ages 8 & 9
- 21-24 Tennis Pee Wee Camps
- 22 Board of Directors Meeting
- 23 LGA Clinic
- 24 Dive-In Movie
- 24 Jr. Golf Camp
- 25 Save-A-Shot Golf Clinic
- 26-28 Jr. Peach Blossom
- 26-30 Wesleyan Camp
- 28-7/1 Day Camp, Ages 4 & 5
- 30 Jr. Golf Academy



The Idle Times

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Rob Haver

Wellness Center Director
Direct Line: 474-8535, ext. 271

Yes, it is February, the second month of the New Year. Who has already abandoned their resolutions? Well, the last couple articles have been devoted to coffee, the pros and cons of beer and fitness. Let's combine a couple topics that will help you stick to or get back on track of any health and wellness concerns.

Curbing Diet Hunger

Nothing derails a new diet more quickly than constant, nagging feed-me pangs. But a new study presents a neat trick for turning the volume way down on hunger. Here's the key: Stop-counting calories. Instead, pack your diet with nutrient-dense foods. Research shows that jamming your diet full of nutritious edibles may be one of the most important steps to weight loss.

Food Withdrawal

In a study, when people switched to a diet full of healthy foods, they experienced hunger far less often and found their hunger much easier to tolerate. Researchers think that when people don't eat enough nutritious foods, it causes a sort of "food withdrawal" phenomenon in the body, characterized by inflammation and the release of toxic metabolic waste products. The result of all this? A more painful kind of hunger that can only be relieved by eating again. Take-home message: Don't obsess about how much

you should be eating. Instead, spend your energy thinking about *what* you should be eating. If nutrient-rich fruit, vegetables, and whole grains aren't making frequent appearances in your diet, your body is going to miss them and loudly ask for more fuel. Same goes for lean proteins and healthful fats. Once you feed yourself better, and your body gets past the initial junk-food withdrawal, your taste buds will start to crave the healthy stuff instead.

10 Things to Get You Ready to Quit Smoking

1. Make a personal pact with yourself to quit.
2. Set a quit date. (My quit day is __/__/__.)
3. Write on a card the three most important reasons why you are quitting.
4. Look at that card several times each day.
5. Prior to quitting, eliminate smoking in two or three situations that usually prompt you to smoke.
6. Reduce the number of cigarettes you smoke to one pack a day or less.
7. Change to a less desirable brand of cigarettes.
8. Discard your lighter and matches.
9. Carry your cigarettes in a different place than you usually do.
10. Spend a little time each day imagining yourself in stressful situations in which you are not smoking.

February 2011 * IHCC Recipe of the Month

Caribbean Jerk Marinade

Ingredients

2 Habanero Peppers	3 cups Worcestershire Sauce
6 Green Bell Peppers	3 cups 80/20 Oil Blend
3 Yellow Onions	1 1/2 Tbs Salt & Pepper
3 tsp. Chopped Garlic	
6 Tbs Jerk Spice	
4 Tbs Ground Allspice	
3 Papaya	

Procedure

- *Remove seeds, stems and rough chop habanero.
- *Chop bell peppers, onions and garlic.
- *Peel, seed and large dice papaya.
- *Saute peppers, onions, and garlic until tender.
- *Add dry spices and papaya and then cook for 6 to 8 minutes.
- *Deglaze with worchestershire sauce and bring to simmer.
- *Remove from heat and puree.
- *Drizzle oil into food processor to emulsify.
- *Adjust salt and pepper mix to taste.



Golf News

Ray Cutright, PGA

Director of Golf Operations

I hope everyone had a wonderful Holiday Season! Despite the interesting

weather the past few months, we have had a good amount of play. However, we want to see all of you in 2011 more often.

In early December, I hosted the first of six focus groups for lunch and it was not only informative, but fun. Many topics were discussed and out of the sharing of ideas, many exciting results came from the time together. As we finish in the next several weeks, I will put all the information into a plan for 2011 and beyond. We plan on doing it again next year and involving a new set of participants.

The heart of our operation this year will be the activities calendar. It will be completed by the end of January and I hope everyone will take some time to review all of the new and various activities we have created. Your participation is essential so please let us know if you need any questions answered or have a comment. Our staff has worked hard to design activities that all ages will enjoy and we hope you will join us.....we need your support!

The Blum Learning Center will be especially busy this year as we have added programs for juniors under eight and events on the par three. I am excited about the inaugural Swann Cup as we compete to see who will be the champions.

I recently agreed to join the Titleist Leadership Team and will be involved with many aspects of the Titleist and FootJoy brands. This opportunity will allow us to be exposed to the best in the business when it comes to growing a golfer's experience.

As I mentioned in November, thank you so much for the support you always give my staff and I. I don't take it lightly and truly appreciate where I am. The past two months have been fun and I look forward to being home for good.

I hope to see everyone at Idle Hour frequently in 2011.



Congratulations! **2010 Butler Cup Champions** **Crawford Peace & Bubba Edge**

A special thanks to all who attended the 2010 Butler Cup Champions Dinner. Mr. Butler would be proud of all the support and respect shown by all Butler Cup participants over the years.

The Golf Staff would also like to congratulate Crawford Peace and Bubba Edge on their Butler Cup win in 2010 and wish them the best of luck for the upcoming Butler Cup 2011.

We look forward to some fine competition this year, just like the last.

Eagles

On 1/14/2011, Chris Wilson made an eagle on #3 with a 5-wood off the tee, 5-iron onto the green to 5 feet, and made the putt. He was playing with Joe Starr, Dr. Ferd Kay, and Dave Karlson from the WHITE Tees.

Green Fee Specials:

Weekly Rate: \$59.00 + Tax / Includes Cart

Special Guest Days: \$30.00 + Tax, Includes Cart
February 12th, 23rd & 27th

Golf Committee

Craig Leachman – Golf Chairman
Charlie Boswell, III, Stewart Vernon,
Jeff Long, Charlie Avant, Ed Muse,
John White, Bryan Persons, George
Franklin, George Jones, Scott Ellison,
Susan Ogburn, Pink Persons, III

LGA Officers

President – Susan Ogburn
V. P. & Tournaments – Georgia Hatcher
Recording Secretary – Kathy Walker
Corresponding Secretary – Lyn Hicks
Treasurer – Terri Ramsey

Upcoming Events:

Feb. 25th – GA Sports Hall of Fame
March 5th – Selfish Saturday
March 7th – Green Aerification
March 18th – Stratford Scramble
March 26th – Demo Day at
The Learning Center

Golf Shop News

It has been a very cold start to 2011, but the Golf Staff is looking forward to a great year with all the activities that we have planned. We would also like to let you all know that most of the merchandise remaining in the Golf Shop is 50% OFF. Please come and take advantage of the sales before the new merchandise comes in shortly in the Spring.

We have new ECCO Shoes and FootJoy Synr-G shoes at very low prices. These shoes are very comfortable and great for walking.

A Reminder to Everyone: Walking, Running, or exercise of any kind is prohibited on the golf course after 8am. This is for safety reasons. Thank you for your cooperation.



Turfgrass Talk

Wade Thomas

Director, Greens & Grounds

Returning to the Past

The golf course has had a face lift over the Winter with all of our tree removal and pruning. Over the past several years the course has become dominated by the trees and plant material we have installed over the decades. We have been working tirelessly to return the property back to its original architectural intent! You must come out and see what we have been doing during the off season. Your staff has been working hard in cold weather to provide you with the best of country club conditions. We strive to make every visit from you a positive experience in which you can't wait to come back.

We have had several questions about the areas where trees were removed in regards to grassing the areas. We will be grassing the areas as soon as the weather breaks for the better. Sodding can be tricky with freezing soils so it is better to wait for proper conditions. The greens have been great and our winter weed control has been very effective. We have also severely cut back a lot of our plant material screens as they had become too large for their areas. They will leaf out and look great come April.

We are excited about the coming season and expect to see you out often. Call us with your concerns and questions at 477-2373.



Nash Rolfes

Superintendent

January's ice storm surprisingly caused little damage to the course. The greens have held up terrifically through the harsh winter and remain firm and fast. The freezing temperatures allowed us the opportunity to go ahead and begin our annual pruning.

We are currently using a 60-foot lift to trim all trees throughout the course over the next 40 days. This has been one of our keys to success during the summer months. As the trees leaf out and we receive a steady amount of rainfall, the branches become heavy, and sag lower inhibiting airflow through the course. Lifting the lower branches will increase airflow helping to cool the greens. Pruning also helps the overall health of the trees. As lower branches are removed, the tree's growth is extended upward providing a healthier more stable tree. Also during this process any dead limbs or hanging limbs, which could be dangerous, will be removed.

As temperatures begin to warm we are looking forward to seeing more play out on the course. If you have any questions about the course or pruning at home feel free to call the shop at 477-2373.



From the Learning Center

Bobby Hix

Director of Golf Instruction
2010 Georgia Section PGA Teacher of the Year

Play Your "Tour Length Tees"

How much more fun would this game be if we hit more greens in regulation, made more pars and birdies and played faster? I would bet it would be a lot more fun. I know it would be for me.

Consider where you play from.

On average, a scratch amateur player or Tour player hits their driver 285 to over 300 yards whereas the average male will hit their driver somewhere between 205 and 230 yards. That is a 60 yard difference on average. The scratch amateur and Tour player will hit their irons approximately 20 yards longer than the average male player also. That is an 80 yard difference on a par 4 hole. That difference expands to 100 yards on a par 5. For the average male player to play from the Black tees here at Idle Hour, it would be like having a scratch amateur or Tour player playing the golf course from 7900 yards. Considering the size of the greens here and the length of the approach shot needed from 7900 yards, the scratch amateur and Tour player would have a hard time breaking 80 also.

But there is a way we can play and score just like the scratch amateur or Tour players that we admire and love to watch play. We need to put our game in its' proper perspective and play from what we will call our own "Tour Length Tees".

Using the Black tees as a base line, the line from where a scratch amateur or Tour player would shoot even par, we have a total yardage of roughly 6750 yards. There are 11 par 4's, 2 par 5's and 4 par 3's. Given the distance differences of the lengths of shots between the average male player and the scratch amateur / Tour player, that is a difference of 880 yards on the par 4's, 200 yards on the par 5's and 80 yards on the par 3's. A total of 1160 yards. Subtract that from the Black tee distance and you have a "Tour Length Tee" distance of between 5500 and 5600 yards. Ladies tees would be somewhere between 4000 and 4500 yards.

Now this is by no means a suggestion to run up to the front tees but an idea of how to make the game more enjoyable. Try the "Tour Length Tees" with your regular group (it's ok to set your ego aside for a day) and see if you don't have more fun hitting 11 to 14 greens in regulation and using a short to mid iron for an approach shot verses a hybrid or fairway wood.

Oh, and that strange score you write down on the scorecard, it's a birdie.

LGA News

Events

Tuesday – February 8th

Meeting Day / Scramble / Club 9:

Meeting begins at 9 a.m. with golf to follow. Both 18 hole and Club 9 ladies will play this day. Sign up in advance or at the meeting to play. Scramble format.

Tuesday – February 22nd

18 Hole Play Day– "Tour Tee" Low Gross:

Individual stroke play with players playing from adjusted "Tour Length Tees".
Gross scores only.

Get your own group and starting time.

Save-A-Shot Clinic Dates for February - Chipping

Wednesday – February 2nd – 5 p.m.

Thursday – February 10th – 10 a.m.

Friday – February 18th – 5 p.m.

Saturday – February 26th – 10 a.m.

Call the Learning Center for advanced sign-up – 477-8777
\$20 per player, per clinic

Introducing "Happy Hour" Practice

Tuesday's in February
5:00 p.m. – 6:00 p.m.

At the Learning Center Practice Tee
Supervised practice led by Bobby Hix
Reduced beverages
\$15 per player

Notes from Craig

Craig A. Jones
USPTA, USPTR
Director of Tennis

Idle Hour Tennis has had a great start in the New Year. We really

would like to encourage those who do not know how to play the game of tennis, or have just put their game on hold, to come out and join us for a lesson or drills. My staff and I are here to help you improve or just to get started. Also, to keep things running smoothly throughout the new year, there are a couple things to remember: Please always sign-in at the Tennis Shop before play; also, please let us know if you have a guest planning to play with you. Come out, have fun, and get some great exercise. See you on the tennis courts!

Special Events

Please call the Tennis Shop at 477-6701 to Sign-Up!

USTA Spring Season

The USTA Spring Season will begin the second or third week of February. It will be here before you know it, so let your captain or teams know you are ready to play!

Men's Night Out

Just a heads up! We will be starting our weekly tradition with Men's Night Out every Thursday for 6 weeks! It's only \$25.00, and that includes tennis balls, beer, and a great time.

Thursday, March 17th – Thursday, May 7th



Drills & Lessons

Men's Saturday Morning Drills

Drills for men of all levels Saturdays,
9:30 a.m. – 11:00 a.m.

Junior Drills

This drill is for Starter Level Junior Tournament players on Thursdays 4:30 p.m. – 5:30 p.m. & on Saturdays from 1:00 p.m. – 2:00 p.m.

Academy Drills

Drills for Tournament Level Players and Advanced Players are on Wednesdays from 5:30 – 7:00 p.m., Thursdays from 5:30 – 7:00, & Saturdays from 2:00 – 3:30 p.m.

Quick Start Drills

Quick start is a program developed by the USTA for children ages 5 to 8. It is an exciting new play format for learning tennis, designed to bring young kids into the game by utilizing specialized equipment, such as shorter court dimensions, lower nets and low compression balls. The kids will also be taught how to keep score and play a match. The drills are held on Saturdays at 1:00 p.m.

Ladies Open Drills

Drills for ladies levels 2.5 and 3.0 are on Fridays from 9:00 – 10:30 a.m. For more information please call the Tennis Shop.

3 plus a Pro

Tuesday – Saturday: \$60.00 amongst the 3 players

Three people plus a pro will play for an hour and a half. You will get to play three sets of doubles.

You will rotate partners after each set so each player will get to be paired with the pro.

Cardio Tennis

Are you looking for a fun way to stay in-shape?

Then cardio tennis is for you. Exercising to music while hitting lots of tennis balls!

Wednesdays from
10:00 am – 11:00 am. Open to all levels of play!



Send address changes to:
THE IDLE TIMES
 251 Idle Hour Drive
 Macon, Georgia 31210

PLEASE DELIVER PROMPTLY



2011 Board of Directors

- Mr. Roy B. "Trip" Walden - President
- Mr. W. John O'Shaughnessey -
Vice President/Tennis
- Mr. Bryan Persons - House/Fitness
- Mr. Craig Leachman - Golf
- Mr. Mel Jamison - Finance
- Mr. Daly Smith - Long Range Planning
- Mr. Scott Spivey -Secretary/ Pool/Youth
- Mr. Jimbo Walker - Membership
- Mr. Mike Kaplan - Entertainment/Asst. Golf

Staff (and extensions)

- David Ruddell, Jr., CCM, General Manager (223)
- Lawrence Rountree, Clubhouse Manager (266)
- Courtney Fendt, Controller (225)
- Brandy Spires, Executive Administrator (222)
- Amanda McElmurray, Events Coordinator (226)
- Victor Pinkney, Executive Chef (229)
- Preston Rolfes, Asst. Mgr. - Sports Bar (267)
- Robert Tillman, III, Asst. Mgr. - The Grille (236)
- Matthew Terry, Asst. Manager - Banquets (267)
- Ray Cutright, Director of Golf (477-2092)
- Wade Thomas, Director of Course (477-2373)
- Craig Jones, USPTA, USPTR,
Director of Tennis (477-6701)
- Rob Haver, Wellness Director (474-8535)
- Jon Read, Housekeeping Manager (232)
- Leon Hart, Clubhouse Maintenance (231)
- Laura Harris, Human Resources Manager (224)

Hours of Operation

Sunday Buffet in the Living Room

Reserved seating available in Trotters, Grille & Club Room
 Club Room: Age restrictions apply. See below.
 Sunday.....11:30am - 2:00pm

The Grille

Reserved seating available. Family Dining.

Breakfast & Lunch Service

Tuesday - Sunday.....11:30am - 2:30pm
 Saturday Breakfast.....7:30am - 2:30pm

Dinner Service

Tuesday - Thursday.....5:00pm - 9:00pm
 RESERVATIONS RECOMMENDED FOR
 Thursday Night "2-for-1" in Grille & Trotters
 Friday & Saturday.....5:00pm - 9:30pm
 RESERVATIONS RECOMMENDED FOR
 First Friday "All You Can Eat Prime Rib & Crab Legs"
 Sunday.....5:00pm - 9:00pm

The Sports Bar & Club Room

Reserved seating available in Club Room.
 Club Room: Must be at least 18 years old.
 Age 18-20 only accompanied by adult over 21.
Sports Bar: MUST BE AT LEAST 21 YEARS OLD.

Menu Service

Tuesday - Thursday & Sun....11:30am - 9:30pm
 Friday & Saturday.....11:30am - 10:00pm

Bar Service Hours

Tuesday - Thursday.....11:30am - 9:30pm
 Friday & Saturday.....11:30am - Midnight
 Sunday.....12:30pm - 10:00pm

Men's Locker Room Attendant

Tuesday - Friday.....8:30am - Dusk
 Saturday & Sunday.....6:30am - Dusk

Men's Grille

Tuesday - Sunday.....11:30am - 8:30pm