

# *the Idle times*

VOLUME 16  
ISSUE 07  
JULY 2006



*Bring your family to celebrate Independence Day at Idle Hour*

★ *Children's Carnival*

★ *Patio Dinner*

★ *Fireworks at Dark*

# From Our President ...



Dear Member:

I hope that this article finds you and your family safe and enjoying the summer here at Idle Hour. I want to take the opportunity to touch base with you on a couple of Capital projects that are fast approaching and let you know what upcoming improvements you should be expecting to see at your Club.

As most of you may have heard, we will be embarking on a renovation of The Grille beginning at the end of July or in early August. For the past few years, the Board of Directors have been working with Ferry, Hayes and Allen, a design firm out of Atlanta, on a master plan to redecorate the interior of the Clubhouse. Phase I included the main hallways, restrooms and Alcove. This phase was recently completed, and the response has been overwhelming. Phase II focuses on renovation and a change in utilization of The Grille, which is being redesigned to meet the ever-increasing demand for family dining at the Club.

We have just completed the last of four Focus Group meetings designed to communicate these changes to the membership and to record feedback on this and future projects within the Clubhouse. These discussions were a valuable asset to this project, and the feedback that was received is in favor of the proposed changes.

We anticipate that this project (Phase II) will take from four to six weeks to complete. During that time, service will be available in Trotters on selected nights of the week. Please look for more information in the upcoming newsletters and through the Club's mass emails. I promise that the staff will do everything possible to accommodate your needs with minimal inconvenience to you during this time. Plans for Phase II and the following Phases will be displayed at the front entrance to the Club in the coming weeks. Please take the opportunity to stop by and review these plans at your convenience.

Also within the next month, we will begin an expansion of the Tennis facilities. The Board has approved the addition of three hard courts that will be constructed to the left of courts nine and ten. Grading work should begin shortly, followed by the actual construction of the hard courts. We do not anticipate any inconvenience to you during this project. We will also address the lighting on courts three and four. The lighting in this area has not been adequate to meet the needs of our Tennis playing members. Therefore, the lighting fixtures will be modified, and all court lighting will be improved.

I thank you for your continued support and patience during this time. If I may of any help, please feel free to contact me.

Warmest regards,

M. Frank Arnold, M.D.  
President

## *The Idle Times Editors*

Rebecca Harris, *Executive Admin.*  
Theresa Abercrombie, *Day Recep.*  
Jasmine Wright, *Evening Recep.*

## *2006 Board of Directors*

Dr. M. Frank Arnold  
*President*  
Mr. Robert W. Stribling,  
*Vice President & Entertainment*  
Mr. Harold D. Foshee, III  
*Treasurer*  
Mr. George E. Youmans, Jr.  
*Secretary & Pool*  
Mr. Charles E. Pollock, Jr.,  
*House & Construction*  
Dr. William V. Argo, Jr.  
*Membership*  
Mr. Stephen M. Welsh  
*Golf*  
Dr. Edsel D. Davis  
*Fitness*  
*Long Range Planning & Golf*  
Mr. James R. McLemore, Jr.  
*Tennis*

## *Staff*

Jeffrey Orkus, CCM, *General Mgr.*  
Brian West, *Clubhouse Manager*  
Courtney Fendt, *Controller*  
Rebecca Harris, *Executive Admin.,*  
*Club Events Coordinator*  
Jason Knowlton, *Executive Chef*  
Lawrence Rountree, *Asst. Manager*  
Amanda McElmurray, *Banquet Coord.*  
Brandy Spires, *Human Resources Dir.*  
Shirley Jones, *Sports Bar Supervisor*  
Ray Cutright, *Director of Golf*  
Kirk Hice, *Head Golf Professional*  
Wade Thomas, *Director of Course*  
Craig Jones, USPTA, USPTR,  
*Director of Tennis*  
Rob Haver, *Wellness Director*

## *Contact Numbers (478)*

Clubhouse (Reservations)..477-1724  
Bookkeeping.....474-2131  
Golf Shop.....477-2092  
The Learning Center.....477-8777  
Tennis Shop.....477-6701  
Wellness Center.....474-8535  
Grounds Maintenance.....477-2373  
Youth Building.....757-2400  
Pool.....757-2403  
E-mail.....IHCC@idlehourclub.com

# Welcome Our Newest Members...

Effective June 21, 2006

MR. EDWARD L. LONG



Partner/Martin Snow, LLP  
Sponsor: John C. Edwards  
Spouse: Nancy Johnson Long  
160 Rivoli Downs Drive  
Macon, Georgia 31210  
757-4834

MRS. VICKIE B. SMITH



Homemaker  
Sponsor: Asbury Stenbridge  
Spouse: Dr. Clayton A. Smith  
128 Saddle Run Court  
Macon, Georgia 31210  
474-6536

MR. THOMAS J. WICKER



Region VP/Georgia Power  
Sponsor: Bud Moss  
Spouse: Kay Wicker  
122 Witman Way  
Macon, Georgia 31210  
757-1120

## Posted for Membership

Effective July 19, 2006

**MR. ANDREW M. CRANE**  
UBS Financial Services, Inc.  
Financial Advisor  
Sponsor: J. Sam Pearson

**MRS. AMELIA D. SCOTT**  
New York Life/Managing Partner  
Sponsor: A. Raines Newberry  
Spouse: Robert H. Scott, Jr.

**MR. ANDREW P. SWAN**  
Med.-Tech of Georgia/Sales  
Representative  
Sponsor: R. John McNeill  
Spouse: Mckenzie McNeill Swan

**MR. CARTER E. THARPE**  
Central Georgia Heart Center  
Sponsor: T. Edwin Tharpe  
Spouse: Joy Tharpe

Effective August 16, 2006

**DR. JAMES L. FOSTER**  
Surgeon/Cardiovascular Institute  
Sponsor: Harry Popper, III  
Spouse: Kelly G. Foster

**MICHEL C. KETTERBAUGH**  
Branch Manager/A.G. Edwards  
Sponsor: Robert L. Snow

**TERRENCE N. MCCULLOUGH, JR.**  
Senior Research &  
Development Engineer  
Sponsor: Dr. J. Upshaw  
Spouse: Mary C. McCullough

Any comments concerning those  
posted for membership may be  
directed to the Membership  
Chairman, Dr. William V. Argo, Jr.

## Congratulations

**Tuesday Jackpot winner**  
Mr. George E. Youmans, Sr.,  
awarded \$600.00 on June 13<sup>th</sup>

**Tuesday Drawing Details**  
7:00 p.m. - 7:30 p.m. One name will  
be drawn from a basket containing  
all members' names. **If you are  
present when they call your name,  
you win the jackpot!**

The jackpot rolls back to \$500 every  
time someone wins and increases by  
\$100 each week until it is won, or  
until it reaches the maximum:  
\$1,000.00! Sometimes, weeks go by  
with the member not present, and the  
\$1,000.00 is there waiting for the  
next lucky name to be called! Let it  
be yours, and be here!

There are also two other "door"  
prizes: **Dinner for Two in the Grille**  
and **A Bottle of Wine**. To enter, just  
tear off a ticket as you pass by the  
Front Desk on Tuesday night from  
5:00 p.m. - 7:00 p.m.

# Manager's Comments



With the 100-degree temperatures of the summer comes an increase in activity at the Club. The pool is always a popular destination, but we also have a number of youth camps going on throughout these weeks. This means that there are a lot of cars travelling through our parking lots while many little people circulate the Club grounds. Please make sure to pay close attention when entering and exiting the Club grounds to ensure that everyone remains safe this summer.

Additionally, I would like to take this time to remind everyone to park in the designated parking spots on the Club's property. With the increase in activity and the limited parking available, the areas around the Golf Pro Shop become very congested. Parking alongside the island in front of the Pro Shop is not appropriate. Cars that are parked in this area limit the passage of other vehicles and cause various safety implications.

With regret, I must inform you that a valuable employee has left us. Whitney Hudson, Banquet Coordinator, and her husband, Shane have moved below the gnat line to South Georgia for his new employment opportunity. Whitney had only been with the Club for a brief time, but she had endeared herself to the members and her position during her tenure. We will miss them, and we wish Whitney and Shane the best of luck in their new home and in the future.

With pleasure, we have promoted Amanda McElmurray to the position of Banquet Coordinator. Having been

employed by IHCC for almost three years, Amanda has done a fantastic job as the Club's Human Resources Director. She brings with her an eye for detail and an enthusiastic approach to making your function memorable. Please congratulate Amanda when you call her to plan your next special event.

Congratulations to Brandy Spires on her promotion to Human Resources Director. Brandy has worked a little over two years in our Accounting Department and has served on the Club's Employee Committee. She has also previously worked with Amanda regarding Human Resources policies.

Also, congratulations to Russell Henley on his recent victory at the GSGA Junior Championship Tournament held in Savannah last month. I know that many of you have been following Russell's accomplishments through the articles in the *Macon Telegraph*. All the staff here at the Club congratulate Russell on his achievement and are proud of his fine representation of Idle Hour.

Please continue to safely enjoy your Club. If I may of any assistance, please do not hesitate to contact me at 477-1724, or by email at [jorkus@idlehourclub.com](mailto:jorkus@idlehourclub.com).

Warmest regards,

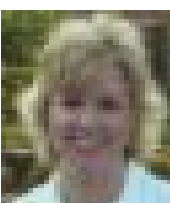
Jeffrey W. Orkus, CCM  
General Manager

## Employee of the Month: Kim Wright



It is with great pleasure that Idle Hour Club recognizes Kim Wright as the May 2006 Employee of the Month. Her smiling face and personality have been greatly appreciated by members and staff for more than eight years. She is currently our daytime bartender in the Sports Bar, but her versatility extends to almost any position within the Clubhouse. Her team oriented attitude makes her a valuable asset to our service staff. Please join us in congratulating Kim the next time you stop by the Sports Bar. Thanks, Kim, and keep up the outstanding work!

## Banquet Coordinator: Amanda McElmurray



We are excited to announce that Amanda McElmurray has accepted the position as our Banquet Coordinator. Amanda has been an employee of Idle Hour for almost three years as our Human Resources Manager. She has done an exceptional job and is excited and eager to take on her new role. Please stop by and introduce yourself to her. If you are planning any upcoming events, such as a pool party, wedding reception or business luncheon, Amanda will help you plan your event to be a successful one. To directly reach Amanda, please call 477-1724, extension 226.

*Banquet Special*

*For banquets hosted at  
Idle Hour during the  
months of **August and  
September ONLY**, enjoy  
a 20% discount.*

## Independence Day Celebration

### Poolside Buffet

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

Adults \$12; Children (4-11) \$6;  
Children 3 and under are no charge

### Poolside Menu

Cole Slaw, Potato Salad, Sliced Watermelon, Pulled BBQ Pork, Hamburgers, Hot Dogs, Corn on the Cob, Baked Beans, Onion Rings, French Fries, Fresh Berry Shortcake, Funnel Cakes and Assorted Ice Cream Bars

### Pool Games

3:00 p.m. - 5:00 p.m.

**Fireworks at dark!**

### Patio Dinner Buffet

6:00 p.m. - 9:00 p.m.

with music by Keith Williams

Adults \$17.50; Children (4-11) \$10;  
Children 3 and under are not charged

### Children's Carnival

6:00 p.m. - 9:00 p.m.

(behind the tennis courts)

Spin Art, Cotton Candy and Snow Cones, Airbrush Tattoos, Obstacle Course, Giant Slide, Rock Wall and much more!

**The Clubhouse will be OPEN the entire week of July 2<sup>nd</sup> - July 9<sup>th</sup>.**

## Family Bingo

Wednesday, July 12<sup>th</sup>

6:00 p.m. - Cocktails

6:30 p.m. - Buffets Open

7:00 p.m. - Bingo!

\$10 per adult / \$7.95 per child

**Wear your red, white and blue tonight in support of America!**



## Dive-In Movie

Friday, July 21<sup>st</sup>



Get your motor running and meet us at Dark... Don't forget your floats!! For refreshments, the

Youth Building stays open until 8:30 p.m.

## Chef's Recipe of the Month

### Granny Smith Apple & Georgia Peach Compote

Great for grilled pork chops, pork loin, or even chicken!

#### Ingredients

- ◆ 5 Granny Smith Apples
- ◆ 1½ lbs. Fresh Peaches
- ◆ Ground Cinnamon (to taste)
- ◆ 4 oz. Apple Juice
- ◆ 4 oz. Peach Schnapps
- ◆ 2 cups Light Brown Sugar

#### Procedure

- ◆ Medium dice apples and peaches
- ◆ Over low heat, sauté apples and peaches with a little butter, until tender.
- ◆ Then, add remaining ingredients and simmer until desired consistency is reached. Salt and pepper to taste.

Idle Hour Club



## Georgia Aquarium

Thursday, August 10<sup>th</sup>

Bus Departs at 10:30 a.m.

\$99.95 ~ Reservations required

Space is limited to 20.  
Price includes transportation,  
admission ticket, morning  
snack, and close encounters  
with rare sea animals!  
Cancellations are  
billable.

*Have you ever ...*

Viewed real live sea creatures up-close in their own habitat? Wondered how an expert filtration system keeps all of our underwater friends alive and thriving? Seen a magnificent beluga whale so closely you could smell the saltwater and observe him gracefully swimming in the depths of the sea?

*Would you like to ...*

Tour the largest ocean pool in North America and see 100,000 different types of fish in their own world, as giant whale sharks, hammerheads, and goliath groupers leisurely swim by? Catch a glimpse of the animal diet kitchen and find out what all of our fish friends have for dinner?

*Then, call 477-1724, and join us for a Journey Beneath the Sea!*

Due to the fact that the **Behind the Scenes Tour** is so up-close to many of the aquarium's exhibits, all tour guests must be at least 10 years old. This is a rule the Georgia Aquarium very strictly regulates. Call Rebecca Harris at 477-1724, extension 222, with any questions.

## Luan

Saturday, August 19<sup>th</sup>



This August, we will light up the tiki torches and put on our grass skirts and coconuts for a festive evening by the pool.

Join us for authentic music, food, and leis. Authentic Polynesian Dancers will gracefully give thanks to

Mother Earth's beautifully created landscapes, from the ocean to the volcanos. A skilled fire dancer will amaze and surprise you with his talent and strength.

7:30 p.m. ~ Cocktails and Signature Bar

8:00 p.m. ~ Hawaiian Dinner Buffet

9:00 p.m. ~ Hula, Fire & Knife Polynesian Dancers

Guests are welcome. Hawaiian attire is not required but is recommended!



\$65.00

Age 21 & Over - Adults only!

*Tossed Garden Salad*  
with Assorted Toppings  
and Golden Pineapple Cilantro Vinaigrette

*Hawaiian Cole Slaw*

*Maui Pasta Salad*

with Snow Peas & Cucumbers

*Ono Grilled Baby Back Ribs*

with Sherry Ginger BBQ Sauce

*Roasted Chicken Breast*

with Crushed Red Pepper & Kiwi Relish

*Pan Seared Mahi Mahi*

with Papaya Scallion Glaze



*Sweet Potato Coconut Souffle*  
*Wikiwiki Fried Rice*

*Sesame & Brown Sugar Glazed Asparagus*

*Island Vegetable Stir Fry*

*Kona Coffee Truffle Torte*

*Pineapple Macadamia Nut Tart*

*Coconut Mango Cream Pie*

72-Hour Cancellation Policy  
(includes a complimentary tropical beverage, dinner,  
& entertainment) Other cocktails are by signature.



## Napa Valley and Sonoma September 2<sup>nd</sup> - 8<sup>th</sup>

A private custom itinerary has been designed just for our members here at Idle Hour Country Club.

*For all wine enthusiasts, world travelers and those who want to unwind, this is a vacation for you!!* **Time is running out!** We still have space available!! Don't be left out of this most glorious Napa Valley adventure! An itinerary was customized just for members of Idle Hour. With so many famous venues, this is surely a vacation you will cherish forever. Having visited so many exceptional vineyards, you will have a hard time deciding which one is your favorite! Make your reservations now to experience Napa Valley as a true wine enthusiast.



Be ready to savor the pure, sweet nectar of grapes beautifully warmed and ripened in the California sun. While we are in Napa Valley, we will observe the harvest and witness how the greatest winemakers produce the best quality wines of the season. Get ready for a week in the most sensational region of California with a private tour guide and accommodations at exceptional inns.

From September 2<sup>nd</sup> - 8<sup>th</sup>, let us pamper you and treat you to luxury and adventure! At only \$1995, this glorious vacation is a rare value full of unforgettable experiences.



## Objection!

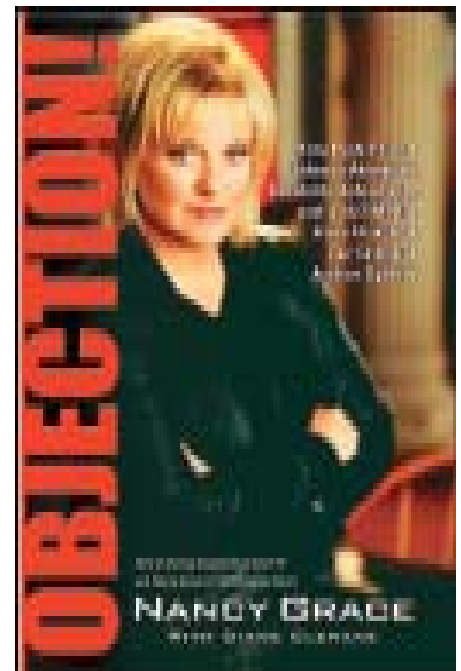
**Saturday, September 16<sup>th</sup> at 12:00 p.m.**  
**Luncheon & Review ~ \$29.95**

Join us for lunch, followed by a review of *Objection* with author, Nancy Grace, one of Macon's hometown celebrities.

After the random murder of her fiancé, Nancy gave up her plans to become an English professor and enrolled in law school. She graduated from Mercer Law School in Macon, Georgia, and became a Fulton County District Attorney, where she served for a decade as prosecutor in an assortment of felony cases. She is an outspoken victims' rights advocate and has worked on the Atlanta's battered women hotline for 10 years. Nancy has now joined Court TV as one of the most respected news anchor legal analysts. She has made guest appearances on *Larry King Live*, ABC's *The View* and *Oprah*.

Now, we will have Nancy Grace here at Idle Hour for lunch, book signing, and friendly conversation. You can even bring your camera for a snapshot with Nancy Grace! When making reservations, please indicate whether you would like to purchase *Objection*, Nancy's first dynamic book.

**Reserve your copy of  
*Objection!* Only \$16.50.  
Nancy will personally autograph  
books at the luncheon.**



# July

Sunday

Monday

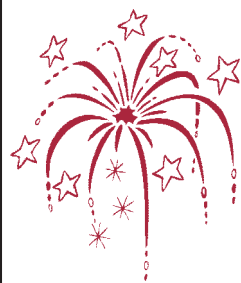
Tuesday

Wednesday

Thursday

Friday

Saturday



The Clubhouse will be open on July 3<sup>rd</sup>, remaining open for the entire week of July 2<sup>nd</sup> - July 9<sup>th</sup>



Annual Shutdown will be July 24<sup>th</sup> - 31<sup>st</sup>

1

Breakfast in The Sports Bar & Club Room

2 Sunday Brunch Buffet

3 CLUBHOUSE OPEN GRILLE CLOSED

4 INDEPENDENCE DAY CELEBRATION  
Jackpot Drawing

5 Lunch Buffet in The Grille

6 JUNIOR GOLF CLINIC  
"2 for 1" Entrees in The Grille

7 All-You-Can-Eat Prime Rib & Crab Legs on The Grille menu

8 PARENT-CHILD GOLF  
Breakfast in The Sports Bar & Club Room

9 Sunday Brunch Buffet

10 CLUB CLOSED

11 LGA MEETING  
Jackpot Drawing

12 FAMILY BINGO  
Lunch Buffet in The Grille

13 "2 for 1" Entrees in The Grille

14 All-You-Can-Eat Prime Rib & Crab Legs on The Grille menu

15 Breakfast in The Sports Bar & Club Room

16 Sunday Brunch Buffet

17 CLUB CLOSED

18 Jackpot Drawing

19 Meeting of the Board of Directors  
Lunch Buffet in The Grille

20 JUNIOR GOLF CLINIC  
"2 for 1" Entrees in The Grille

21 MEN'S NIGHT OUT  
DIVE-IN MOVIE  
All-You-Can-Eat Prime Rib & Crab Legs on The Grille menu

22 Breakfast in The Sports Bar & Club Room

23 Sunday Brunch Buffet

24 CLUB CLOSED

25 ANNUAL CLUBHOUSE SHUTDOWN

26 DAY CAMP - AGES 6 & 7

27 DAY CAMP - AGES 8 & 9

30 CLUBHOUSE SHUTDOWN

31 CLUB CLOSED

TENNIS/GOLF ALL SPORTS CAMP

CLUB CLOSED

CLUB CLOSED

# August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <i>Saturday, August 19<sup>th</sup></i>		1	2	3	4	5	
		TENNIS CAMP - TOURNAMENT PLAYERS				All-You-Can-Eat Prime Rib & Crab Legs on The Grille menu	JR. CLUB CHAMPIONSHIP
6 Sunday Brunch Buffet  JR. CLUB CHAMPIONSHIP		7  CLUB CLOSED	8	9	10		11
			Jackpot Drawing	Lunch Buffet in The Grille	"2 for 1" Entrees in The Grille	MEMBER-GUEST ONE-DAY GOLF	All-You-Can-Eat Prime Rib & Crab Legs on The Grille menu
13 Sunday Brunch Buffet		14  CLUB CLOSED	15  END OF SUMMER TENNIS CARNIVAL  Jackpot Drawing	16	17	18	
				<i>Meeting of the Board of Directors</i>	All-You-Can-Eat Prime Rib & Crab Legs on The Grille menu	LUAU AT THE POOL	
20 Sunday Brunch Buffet		21  CLUB CLOSED	22  Jackpot Drawing	23		24	25
				Lunch Buffet in The Grille	"2 for 1" Entrees in The Grille	All-You-Can-Eat Prime Rib & Crab Legs on The Grille menu	IHCC JR. TENNIS CHAMPIONSHIP
27 Sunday Brunch Buffet  IHCC JR. TENNIS CHAMPIONSHIP		28  CLUB CLOSED	29  Jackpot Drawing	30	31		<b>Club Entertainment</b> <i>Please see the back of  this issue to complete a  member interest survey.</i>
				Lunch Buffet in The Grille	"2 for 1" Entrees in The Grille		

## Fabulous Fall Book Reviews

Join us for a chance to rub elbows with some local authors. At these upcoming Fall Book Reviews we have scheduled at Idle Hour just for you, we'll serve an afternoon tea and some delicious hors d'oeuvres prepared by Executive Chef, Jason Knowlton. Relax and enjoy some truly amazing authentic historical tales about our authors, along with their intriguing stories.

*These Fall events are already filling quickly, so mark your calendars and call 477-1724 today! Reservations are required, and a 48-Hour Cancellation Policy applies.*

### *Fixing the Moon*

**Thursday, October 5<sup>th</sup> at 1:00 p.m.**

As a graduate of UGA, Bonnie Davis Cella masterfully tells *Fixing the Moon: The Story of Lt. Col. Henry Tift Myers, The First Presidential Pilot*. A native of Tifton, Lt. Col. Henry Tift Myers was related to the extensive Willingham and Tift families in Central Georgia. Enjoy fine hors d'oeuvres and a fabulous story.

### *Their Gilded Cage*

**Thursday, November 9<sup>th</sup> at 1:00 p.m.**

Richard Hutto has written an in-depth account of the lives of the most influential men of the twentieth century: J. P. Morgan, William Rockefeller, Joseph Pulitzer, William K. Vanderbilt, George Jay Gould and others. With intrigue and compassion, combined with many vivid photographs, Hutto depicts a rare glimpse into the lives of these great leaders.

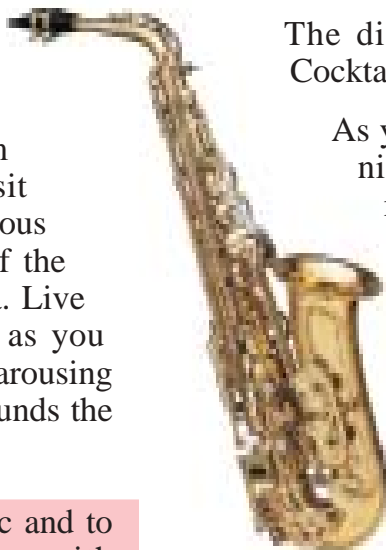
## Louvre Atlanta & Jazz Night at the High Museum

*Friday, November 17<sup>th</sup> Bus Departure at 2:00 p.m. ~ Jazz starts at 5:00 p.m.*

*\$50.00 ~ Reservations are required.*

Some of the world's most incredible masterpieces will call Atlanta home for only a short time, and we have the chance to see them up close and in person. This visit features the High Museum's Fabulous Friday Night Jazz, which is one of the most unique jazz venues in Atlanta. Live music cascades through the halls as you leisurely stroll along the corridors, arousing your senses to all the sights and sounds the High Museum has to offer.

We will arrive early to avoid traffic and to enjoy the Paris Louvre exhibition with virtually no crowds. Dinner and drink vouchers will be distributed before arrival to the museum.



The dinner station will open at 5:00 p.m. Cocktails will also be available.

As you dine and relax, listening to the cool night jazz performer and sipping your martini, you can discuss with friends some of the most amazing art works of all time. Many of these treasures have never left Paris until now, travelling to the United States and to Atlanta for us to experience.

Includes transportation to and from the High Museum, refreshments en route to Atlanta, tickets, dinner and drink vouchers. The tour will last about one hour, with an audio tour guide through the *Kings as Collectors* exhibit.



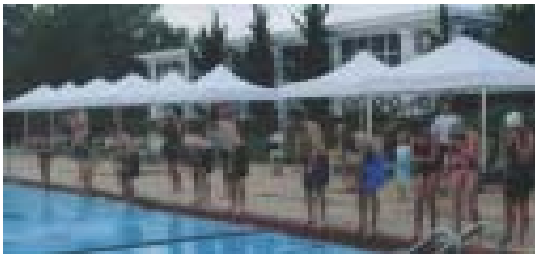
**Rob Haver**  
Wellness Center Director

The second annual IHCC Mini-Triathlon was held on Saturday, June 3<sup>rd</sup>. Once again, the two first place winners for male and female participants were Chris Wilson and Lori Brewer. The top three finishers for each group were:

<b>Male</b>	<b>Female</b>
Chris Wilson	Lori Brewer
Craig Cowart	Tami Tesch-Jerles
Chad Brooks	Lisa Saitow
	Ginger Breeden

The remaining contestants were David Wilson, David Higdon, Alex Breeden, Laura Bonfim, Calder Clay, Ken Saitow and Maury Saitow. Thanks again to all racers and the family and friends who came out to support them. Each year, we are bigger and better!

*Everybody--ready, set, dive!*



Congratulations to Chris Wilson and Lori Brewer, IHCC Triathlon Champs 2006!



Triathlon participants (left to right), Ginger & Alex Breeden, Maury, Lisa & Ken Saitow.

Chris Wilson crossing the finish line. (pictured right)



As a reminder, the SCUBA diving certification class is scheduled for July 14<sup>th</sup> - 16<sup>th</sup>. There are still spots remaining. Please contact Rob at 474-8535 for more information.



## How to Spot a Fad Diet?

While there is no set approach to identifying a fad diet, many have the following characteristics:

- \*Recommendations that promise a quick fix
- \*Dire warnings of dangers from a single product or regimen
- \*Claims that sound too good to be true
- \*Simplistic consultations drawn from a complex study
- \*Recommendations based on a single study
- \*Dramatic statements that are refuted by reputable scientific organizations
- \*Lists of "good" and "bad" foods
- \*Recommendations made to help sell a product
- \*Recommendations based on studies published without review by other researchers
- \*Recommendations from studies that ignore differences among individuals or groups
- \*Eliminated one or more of the 5 food groups (milk, meat, breads/cereals, vegetables, fruit)

Devoting yourself to a lifestyle that includes exercising regularly and eating a proper diet with moderate portions is still the best way to lose weight and to keep it off. Most people who make the change from a typical high-fat diet and sedentary lifestyle to one that follows a diet based on the recommended food pyramid will slowly and safely lose weight.

### Diet Evaluator

1. Diet is realistic and I can follow this for the rest of my life
2. Includes all of the 5 food groups
3. Does not allow more than 30% of the calories from fat
4. Meets all vitamin and mineral needs without supplements
5. Suggests no more than 1-2 lbs. per week
6. "Forbidden" foods are kept to a minimum
7. Emphasizes portion control
8. Establishes good food habits for permanent weight control
9. You do not have to buy a product or book to be successful
10. Diet plan designed by a credible nutrition professional

If you have more than one "No" answer, you might consider a different weight loss approach.

## July Massage Specials

**1/2 Hour-\$35 ~ 1 Hour-\$60 ~ 1½ Hours-\$90.**

*Any gift certificates bought in July at the special price must also be redeemed in July, as the discount applies only to gift certificates purchased and redeemed in July.*

***In respect of the July 4<sup>th</sup> holiday, the aerobics classes will be cancelled during the entire week of July 3<sup>rd</sup> - 7<sup>th</sup>.***

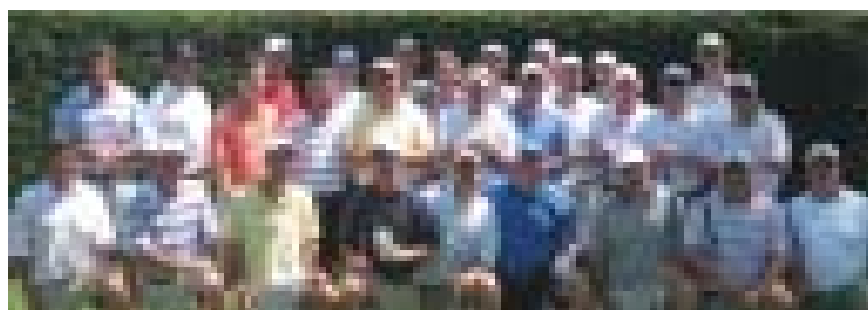
## Member - Guest 2006



*Member - Guest Champions  
Steve Slade and Evan Minster*



*Member - Guest Runners-Up  
Steve Popper and Fred Garner*



*Member - Guest Shootout Field... Congratulations to all!*

## Greens and Grounds...



*Wade Thomas  
Director,  
Greens & Grounds*

The heat is on and the drought seems to be entrenched in Georgia. It looks like a tropical storm may be the only thing to help us in the near future. The golf course is doing great with the greens in super shape going into the stress of summer. Our Bermuda is struggling to stay healthy with the lack of water but is sustaining itself. Member-Guest was a huge success according to everyone we talked with. Thanks for all the compliments we received in regard to the condition of the golf course. I have passed these praises on to my staff.

Our 1<sup>st</sup> Assistant, Jonathan Gilspe, has accepted the Golf Course Superintendent position at River Forest! We are very proud of him and wish him all the best in the future. Meanwhile, Nash Rolfes has moved into the 1<sup>st</sup> Assistant position and Brandon Key has moved into the 2<sup>nd</sup> Assistant position. Please take time to congratulate them on their new assignments!

Come out and play. The course is great and ready for you to tee it up. Remember to fix those ball marks and fill divots. The golf gods will reward you for it. If we may be of service, please call 477-2373.

## Memorial Day Golf Results

- 1<sup>st</sup>: Raines Newberry, David Newberry,  
Danny Smith, George McCallum  
2<sup>nd</sup>: Jody Judd, Ben Judd,  
Robert Judd, Brad Swann  
3<sup>rd</sup>: Ed Olson, Charles Olson,  
Cubbedge Snow IV, Emmitte Griggs Jr.

### Member - Guest Results

- 1<sup>st</sup>: Steve Slade & Evan Minster  
2<sup>nd</sup>: Steve Popper & Fred Garner  
3<sup>rd</sup>: Mark Kimsey & Paige Kalish  
4<sup>th</sup>: Leonard Bevill & Kevin Cloer

#### Shinnecock Hills Flight

- 1st: Hal Greer/John Knox  
2nd: Joey Weaver/Dan McManus

#### Pebble Beach Flight

- 1st: Jef Flournoy/Gerral Cutright  
2nd: Mel Jamison/Hank Stone

#### Congressional Flight

- 1st: Slade Edwards/Rhett Moody  
2nd: Sandy Burgess/Danny Spine

#### Pinehurst Flight

- 1st: Johnny Walker/Joe Pearson  
2nd: Joe Starr/Mike Rummell

#### Olympia Fields Flight

- 1st: Hugh McMaster/Bobby Montet  
2nd: Morris Butler/Adam Griffin

#### Oakland Hills Flight

- 1st: Adam Henley/Ben Richardson  
2nd: Frank Arnold/Tom Arnold

#### Southern Hills Flight

- 1st: Leonard Bevill/Kevin Cloer  
(4th Overall)

- 2nd: Burt Wilkerson/Trey Howell

#### Oakmont Flight

- 1st: Mark Kimsey/Paige Kalish  
(3rd Overall)

- 2nd: Steve Slade/Evan Minster

#### Bethpage Flight

- 1st: Steve Popper/Fred Garner  
2nd: Phil Rabun/Steve Wallace

#### The Olympic Club Flight

- 1st: Mike Kaplan/Hugh Kaplan  
2nd: John Draughon/Jack Draughon

#### Oakhill Flight

- 1st: Rick Bonfim/Brent Cody  
2nd: Rob McCord/David Mincey

#### Whistling Straits Flight

- 1st: Mike Thomas/Jay McPherson  
2nd: Shane "Four Iron"  
Rogers/Richard Conner

#### Death Flight

- 1<sup>st</sup>: Steve Slade & Evan Minster  
2<sup>nd</sup>: Paul Lader & Kevin Lader

## Learning Center... *Climb The Ladder for Better Putting*



*Bobby Hix*  
PGA Director of Instruction

It's no secret that most of us are shaky over that 3 to 5 foot putt. Especially when we have to save a par or bogey. You have to wonder how a shot that goes such a short distance can instill more fear in golfers than the longest of drives. There is an easy answer – no confidence!

Most of the reason for lack of confidence in making short putts is little or no practice making them. We will stand on the range and bang driver after driver and, then, go putt for about 5 minutes or so on our way out. Is it any wonder why we don't sink more short putts?

Here is a way to practice your short putting that is sure to build your confidence. I call it a *ladder drill*.

Place a series of tees in the green on a fairly flat surface beginning 1-foot from the hole and in 1-foot increments out from the hole, until you reach 6 feet. To begin this drill, take 8 golf balls and putt each from the 1-foot mark. The goal is to make all 8 in a row. If you miss one, start over again until you can make the 8 in a row. Once you make 8 in a row, move back another foot and repeat the process. If you miss one of the eight from 2-foot mark, you must move back to the 1-foot mark and make 8 in a row again before moving back to the 2-foot mark.



The goal of this drill is to make 8 in a row from each mark, all the way to 6 feet. It could take 15 minutes or about an hour to finish. But rest assured, you will be a much better short putter the more you work with this drill.

### Senior Golf School

Tuesday July 18<sup>th</sup> at 9:00 a.m.

#### *Your Game Evaluation*

*This School will be done on the golf course to help each student evaluate his/her game.*

*Advanced Sign-Up Required*  
477-8777

## Upcoming Events

*Please call 477-2092 to sign-up!*

*July 4<sup>th</sup> Golf Event*

*Junior Clinic, July 6<sup>th</sup>*

*Parent – Child Golf Event, July 8<sup>th</sup>*

*Junior Golf Camp, July 11<sup>th</sup> – 14<sup>th</sup>*

*Junior Golf Clinic, July 20<sup>th</sup>*

*All Sports Camp, July 25<sup>th</sup> – 28<sup>th</sup>*

*Junior Peach Blossom*  
*July 31<sup>st</sup> & August 1<sup>st</sup>*

*Eagles & Aces* \* Dr. Frank Arnold, Hole in One #8  
\* Jody Judd, Hole in One #2  
\* Charlie Avant, 73

**Dress Code Reminder:** Appropriate golf attire is required for all players, whether playing or practicing.

**Gentlemen** – Shirts with collars and sleeves must be worn at all times. Slacks must be worn, except shorts that are longer than 17" and are no more than 3 ½" above the knee. No tank tops, T-Shirts, bathing suits, sweat pants, denim jeans, or athletic shorts are permitted. **Shirts must be tucked in.** Short sleeve mock neck shirts will not be permitted on the golf course or the practice facilities. Hats and visors must be worn appropriately.

**Ladies** - Dresses, skirts, skorts, slacks, golf shorts, blouses and golf shirts are considered appropriate attire. Dresses, skirts, skorts, slacks and golf shorts must come within 4" of the knee. No halter tops, cut-offs, sweat pants, warm up suits, denim of any kind, tennis, swimming outfits, jogging outfits, athletic shorts, exercise tights or short shorts are permitted. Tank tops, spaghetti straps, bare midriffs and revealing clothing are not permitted.

**Juniors** – Same attire as above. Shirts must be tucked in and headwear worn properly.

The Golf Committee and Golf Staff reserve the right to determine if a player's clothing is considered appropriate and may request a change of attire before the player is permitted on the course.



## Craig A. Jones,

USPTA, USPTR  
*Tennis Director*

With summer temperatures rising, don't forget to drink plenty of fluids.

## Introducing, Diego Villegas!

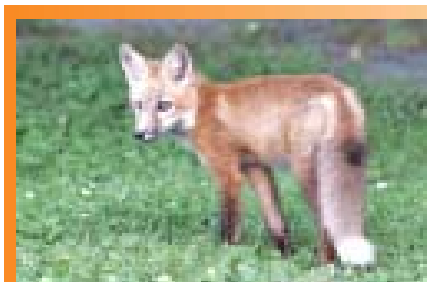
Diego Villegas is from Colombia, South America, where he started playing tennis at the age of seven. He won the national championship twice as a junior in Colombia and played in the COSAT tour throughout South America. He played number one singles at Gordon College for two years. Currently he is planning on following up with his studies in marketing at Georgia College & State University, while assisting the Director of Tennis at Idle Hour Country Club. Diego is pictured in the photo below.

## U.S. Open Trip

**Last chance to sign up for the trip to the U.S. Open in New York City. Only a couple of tickets left!!**

## Demo Racket Sale

Win big and buy a racket or two at unbeatable prices!!! We have *Prince* and *Wilson* rackets for sale, some brand new and others just demos. Come by the Tennis Shop for not only a deal, but a steal!



*Here's one of our newest members! We recently found him checking out the courts. The Fox family is very active at Idle Hour Club.*

(Courtesy of Mr. John O'Shaughnessey)

## Tennis Players Camp

Here are our participants in our first camp of the summer. They are also our Idle Hour Superstars.



(From Left, Back Row): Pros Diego Villegas, Nathan Starr, Bryan O'Keefe, and Robbie Isaacs; (3<sup>rd</sup> Row): Carmen Jones, Karolina Gargala, Spencer Simmons, Cameron Seay, Grayson Jones, Reid Baker, Hayden Bashinski, Ryan Bartz, and Heather Whitney; (2<sup>nd</sup> Row): Megan Hattaway, Leeza Klyachkin, Roxy Bartz, Becker O'Shaughnessey, Stuart Kent, Thomas Watson, Martha Easton McLemore, and Stephanie Lyons; (Front Row): Director Craig Jones, Camden Jones, Ryan Baker, Mac McLemore, Carson Jones, Jess Jones, and SaraAnne Patton.

## Did You Know?

### Marsh Butler

As a four year old, Marsh developed his love of sports by hitting a tennis ball against the garage wall. He began playing competitively as an eight-year old and was ranked in the state as a nine-year old. By the age of eleven and through his junior years, he was consistently ranked in the state's top five, the south's top ten, and nation's top fifty several times. In 1986, he received the Georgia Tennis Association Sportsmanship Award. In 1988, he was ranked Number One as USTA Georgia Eighteen & Under Junior Tennis Player. His coaches were Ramsey Earnhart and Randy Stephens.



He played Number One at Stratford Academy for five years and led the team to several state titles. Marsh was selected by the *Macon Telegraph* as the 1988 GISA All-Middle Georgia Boy's Tennis Player of the Year. He played tennis at the University of Georgia, which is considered one of the top three tennis programs in the country.

As a member of Idle Hour, he has won the Men's Singles and the Idle Hour Member-Guest many times. He still enjoys playing tennis, but is most often found working or spending time with his wife and two children.

## Tennis Trivia

To try to win a prize from the Tennis Shop, you will need to be the first person to call the Shop at 477-6701 and give an answer.

This month's question is:

**Q:** Who was the last American Male to win the French Open?

Joel Grist was the first person to call and answer last month's trivia question. Ken Rosewall of Australia was the person of yesteryear that was nicknamed "Muscles."

## Tennis Drills

### Robbie Isaacs & Diego Villegas

Available for lessons  
Tuesday through Saturday

### USTA 1-2-3 Step Ladies Drills

If you'd like to spice up your life by adding a new hobby, tennis is a great idea. If you'd like to learn how to play tennis, join us!  
Wednesday mornings, 9:30 a.m. – 10:30 a.m.

### Ladies Open Drills

Ladies, please come out and join our drills! This is a great way to enhance your skills for USTA matches.  
3.5 & 4.0: Thursdays, 10:30 a.m. - 12:00 p.m.  
3.0: Fridays, 9:00 a.m. – 10:30 a.m.

### Men's Saturday Morning Drills

Craig will be conducting drills for men of all levels  
Saturdays, 9:30 a.m. – 11:00 a.m.

### Starter Level Jr. Tournament Drills

Craig will be conducting drills for  
Starter Level Junior Tournament Players  
Saturdays, 1:00 p.m. – 2:00 p.m.

### Jr. Tournament Level Drills

Craig will be conducting drills for  
Tournament Level Players or Advanced Players  
Wednesdays, 5:30 p.m. – 7:00 p.m. &  
Saturdays, 2:00 p.m. – 3:30 p.m.

## Summer Tennis Camps are filling up quickly...

**Call the Tennis Shop at 477-6701.**

### Beginner/ Intermediate/ Advanced Camp

For kids ages 7-15, this camp is set up to provide all levels of play, ranging from the very beginner to the more advanced. The camp goes from 9:00 a.m. until 2:00 p.m. with a lunch and swim break in the middle. The cost is \$150, and there will be an additional cost for lunch from the Club.

**July 18<sup>th</sup> – 21<sup>st</sup> 9:00 a.m. – 2:00 p.m.**

### All Sports Camp

For kids ages 7-15, this camp is set up to provide extensive teaching of basic skills in both golf and tennis. The kids will start off learning a little bit of golf, have a swim break, and then finish up with plenty of tennis and fun!

**July 25<sup>th</sup> -28<sup>th</sup> 9:00 a.m. – 2:00 p.m.**

# Member Interest Survey

*Please take a moment to express your interests...*

MEMBER NAME: \_\_\_\_\_

CLUB #: \_\_\_\_\_ Phone#: \_\_\_\_\_

Which kind of dance lessons would most interest you?

Ballroom Dancing       Country Line Dancing

Salsa Dancing       Swing Dancing

Other (please specify) \_\_\_\_\_

Would you like to participate in an Art Show?

Volunteer in an Art Show featuring original art by Club members and their families.

Establish or participate in an Art Committee.

Please tell us what other events you might enjoy:

*Please return this survey with your statement or at the Front Desk.*

# Pictorial Directory

*Make your appointment today!*

**Dates and Times Available:**

*(pictures will be taken at the Youth Building)*

**Tuesday - Saturday  
September 5<sup>th</sup> - September 30<sup>th</sup>**

**Tuesday - Friday: 1:30 p.m. – 9:15 p.m.**

**Saturday: 9:00 a.m. – 5:30 p.m.**

One member of each family must contact the number below **by August 15<sup>th</sup>** to schedule an appointment for the IHCC Pictorial Directory. Please check your calendar for the date and time that is most convenient for everyone in your family. Once you have decided, follow these four simple steps:

1. Dial toll free, **1-866-802-4452**
2. Give Account Number, **8500115**
3. Give Name and Location  
**Idle Hour Country Club, Macon, GA**
4. Schedule your appointment

Customer Service Representatives are available seven days a week. Each member who participates will receive one complimentary 8 x 10 family picture and a full color Idle Hour Membership Pictorial Directory.

Sign-up by August 15<sup>th</sup>, and you will be entered to **win a free custom portrait package valued at \$200.00!**



Volume 16; Issue 7  
THE IDLE TIMES

(USPS 005 801) is published monthly for \$12 per year  
by Idle Hour Golf and Country Club  
251 Idle Hour Drive, Macon, GA 31210.

**PERIODICAL POSTAGE PAID**

at Macon, Georgia.  
POSTMASTER:

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