

The IDLE TIMES

Volume 21, Issue 7 July 2011



Congratulations
2011 Member-Guest Champions
Craig Leachman and Travis Steed



From the Desk of

Mr. David Ruddell, Jr., CCM
General Manager

Well, I think June was the hottest it has been in Macon, EVER. I know everyone has been

enjoying the pool and keeping cool in the A/C. We need to keep in mind that hydration is key when you are out enjoying your Club. As safety is one of our top priorities, vehicle traffic and speed control remain prime concerns. Please use extreme caution and remember to decrease your speed when entering Idle Hour. We have a large number of children in the parking areas and need your help in keeping Club property as safe as possible. Thank you in advance for your continued support in this matter.

Remember, IHCC clubhouse shuts down at the end of July for general maintenance. The dates this year will be Saturday, July 23rd through Monday, August 1st. During this time the roof and the HVAC systems will be replaced, so we hope we will not impact your experience at the club.

We are also installing a surveillance system for our clubhouse parking lots and the main entrance. We believe this will deter anyone who is thinking about entering IHCC with criminal intent. We have been working with the Macon Police to increase patrol on the grounds and want everyone to know we are taking the necessary steps to create a safe environment for you and your family.

The staff have been working diligently to get the 4th of July festivities ready for your enjoyment. We have made a couple of adjustments to the menu we will be featuring this year. We will have a full BBQ style menu so do not miss out on what Executive Chef, Victor Pinkney and his staff have to offer and the wonderful activities at IHCC. On Monday, for July 4th, we will feature free keg beer, DJ Travis who will host our pool games from 2:00 p.m. - 5:00 p.m., and the biggest and best ever Children's Carnival at the Tennis Center from 6:00 p.m. - 9:00 p.m. Then, don't miss our annual July 4th Patio Dinner Buffet with a Signature Bar and live entertainment by Pallot & Porters. The Pool will be open Monday, 10:00 a.m. - 8:00 p.m., so come make a splash with us! The Club will be closed on Tuesday, July 5th.

The staff and I are always ready and willing to help you with anything you need at Idle Hour. Please use us as a resource to improve your experiences and enjoy this great Club. Thank you for your support and please let me know if I may be of assistance. You may reach me at 477-1724, ext. 223, or druddell@idlehourclub.com.



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)

- IHCC Main Number: 477-1724
- 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)

The Idle Times

Amanda McElmurray, Designer & Editor
amanda@idlehourclub.com

Membership Information

Welcome, New Members!
Effective June 15, 2011



DR. GUY D. FOULKES
Hand Surgeon/Partner/OrthoGeorgia
Sponsor: Mr. Philip E. Simmons, Jr.
Spouse: Leslie Foulkes
175 Lakeview Drive N.
Macon, Georgia 31210
(478) 714-8025



MR. JACK WHIPPLE JENKINS
Attorney/Dozier Law Firm, L.L.C.
Sponsor: Mr. John S. Spivey
Spouse: Barbara Donovan Jenkins
2649 Stanislaus Circle
Macon, Georgia 31204
(478) 743-7271



MR. JOSEPH D. SPEIGHT, III
AVP, Portfolio Manager/State Bank & Trust
Company
Sponsor: Mr. J. Daniel Speight
Spouse: Erika Speight
209 Oak Leaf Drive
Macon, Georgia 31210
(478) 238-6245

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

Posted for Membership
Effective July 20, 2011

DR. D. SCOTT DAVIS
Senior Vice Provost/Dean/Mercer University
Sponsor: Dr. Paul G. Turk
Spouse: Cathy Daniel Davis

DR. DAVID W. MCKINNEY
Staff Anesthesiologist/Anesthesia Associates of Macon
Sponsor: Dr. Paul G. Turk
Spouse: Kimberly McKinney

Effective August 17, 2011

MR. THOMAS W. HERMAN
Attorney; Partner/Westmoreland, Patterson, Moseley & Hinson LLP
Sponsor: Mr. Thomas H. Hinson

MR. JAMES LEVEN HOLLIMAN
General Manager/Butler Toyota
Sponsor: Mr. Marsh Butler

MR. WILLIAM S. JONES, JR.
Retired, Sales Management/MMM Company
Sponsor: Mr. R. Douglas Cole

MS. REBEKAH "BEKI" MYERS
Attorney; Assistant General Counsel/Mercer University
Endorsers: Mr. Brian J. Passante & Mr. Michael A. Bashuk

Alternate for August 17, 2011

DR. WESLEY L. BLACKWOOD
Pediatric Cardiologist/Sibley Heart Center Cardiology
Sponsor: Dr. Joshua B. Glenn
Spouse: Lisa Blackwood



Live Music by
Josh Carson
Friday, August 19th
7:30 p.m. - 10:30 p.m.
In the Sports Bar
No Coverage Charge

Club Announcements

Window of Opportunity

Availability: January 1st - Dec. 31st, 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

REGULAR 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.

CLUBHOUSE SCHEDULE

Monday, July 4th

Club will be OPEN and operating for lunch but closed for dinner.

Club will be CLOSED on Tuesday, July 5th

~

Annual Clubhouse Shutdown

Saturday, July 23rd - Monday, August 1st
Pool & Youth Building will remain open.

WEEKLY WINE SPECIALS



When dining in The Grille, please ask your server for the

Wine of the Week.

This special is available only as long as supplies last, based on a limited supply of wine.



Ages 4 & 5

June 28th - July 1st
July 26th - 29th

Ages 6 & 7

July 12th - 15th

Ages 10 - 13

July 19th - 22nd

Counselors

John Hardman, Meaghan Hanson &
Alicia Harrell

COOL SUMMER FUN FOR ALL AGES!

Enjoy Golf, Tennis, Wellness, Swimming & Art!
Each camp is tailored to the ages represented.

Registration is open! There is limited space...
Visit the Front Desk or call 477-1724 to register!

Each child will need a separate, signed form.

Lunch is included, \$135/child.

No refunds for absences and cancellations made less than ten days before Camp.



July 4th Celebration



Schedule of Events

Clubhouse open for normal lunch operation but closed for dinner.
2:00p.m. - 5:00p.m. Pool Games & Music provided by DJ Travis
6:00p.m. - 9:00p.m. Kid's Carnival in Tennis Parking Area
6:00p.m. - 9:00p.m. Dinner Buffet on the Back Patio with
Entertainment by Pallot & Porters
Fireworks at Dark

KID'S CARNIVAL
Tennis Parking Area
6:00p.m. - 9:00p.m.

- Rock Wall*
- Double Lane Giant Slide*
- Swamper Stomper*
- Obstacle Course*
- Moonwalk/Slide Combo*
- Bungee Run*
- Spin Art*
- Trackless Train*
- Snow Cones*
- Cotton Candy*
- Face Painter*



6:00 p.m.- 9:00 p.m.
Patio Dinner Buffet
Signature Bar
Live Music
\$15 adults
\$9 children, Includes Carnival
3 & under are no charge

Sliced Watermelon
Potato Salad
Cole Slaw

~
Grilled St. Louis Ribs
with IHCC BBQ Sauce
Grilled Hot Dogs
Onion Rings
Home Style Chips

~
Fresh Berry Shortcake
Funnel Cakes
Assorted Ice Cream Bars

MUST HAVE
POOL I.D. CARD

Operating Schedule:
The Grille will be open for lunch
but closed for dinner.
Sports Bar open for lunch,
closing at 5:00 p.m. for holiday
festivities.



Fireworks at Dark!

Special Events



BRIDGE TOURNAMENT & LUNCHEON

Whether you're a master player or a novice, join us for great fun and prizes.

Tuesday, July 12th

10:30 a.m. - 2:30 p.m.

Seasonal Fruit Cup

~

Grilled Chicken Fajita Wrap
Home Style Chips

~

IHCC Chocolate Pecan Ball

Only \$12/person includes a delectable luncheon. Please call 477-1724 or visit the Front Desk to sign up your group!

Dive-In Movies at Dark

July 22nd:
Marmaduke



August 26th:

Beverly Hills Chihuahua 2



**Mark your calendars...
to win big!**

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

Wednesday, July 13th

6 p.m. - Cocktails by Signature

6 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/\$5

MENU

Mixed Greens
with Assorted Toppings & Dressings

Fruit Salad

Apple Wood Bacon & Potato Salad

Italian Chicken & Penne Pasta Salad
with Lemon Herb Vinaigrette

Homemade Beef Lasagna

Boursin Whipped Potatoes

Aged Cheddar & Broccoli Casserole

Chicken Nuggets

Mini Corn Dogs

French Fries

Macaroni & Cheese

Assorted Cookies & Brownies

Key Lime Pie

Pool Information

Pool Hours: 10:00 a.m. - 8:00 p.m.
Youth Building Hours: 11:00 a.m. - 7:30 p.m.

Dress Code: NO CUT-OFF JEANS OR KHAKIS.
SWIMSUITS ONLY.

Everyone must sign-in at the Pool
All Non-Members must be accompanied by a member at all times!

In-town Guest or Relative Fee: \$5.00
 Out of Town Guest or Relative Fee: \$5.00
 House-Guest Fee: \$3.00
 Out of Town Grandchildren: Free, only when accompanied and supervised by the member grandparent.

Don't Forget! If you don't have one from last summer, you must get a Pool I.D. card to enjoy the amenities offered at the Pool. Get your Pool I.D. cards before the rush, Tuesday - Saturday, 9 a.m. - 9 p.m. Ready in just 5 minutes at the Front Desk. Replacement cards are \$5, charged to your account.

Pool Forms

Please complete and return the pool form if you have children ages 9 - 16. This form must be on file, and a swimming test must be administered before a child may swim unsupervised:

9 - 16 Year-Olds Must Qualify to Swim Unsupervised

1. Parents must complete and return the Pool Registration Form - no exceptions.
2. Nine year-olds must pass a basic swimming test administered by the lifeguards.
3. All unsupervised guests must be signed-in upon entering the Pool area. Non-member children ages 9 - 16 must also pass the swim test before entering the Pool Area without supervision.

Swimming Lessons

Contact the Lifeguard at the Pool: 757-2400.

Infants & Non-Potty Trained Children Must Wear Approved Swim Diapers - NO EXCEPTIONS.

This policy applies to members and guests. Swim diapers are available at Kroger, etc., and may be purchased at the Pool Complex.

Please be sure to also monitor your preschooler's pool time, taking bathroom breaks regularly. Pool "accidents" require the closing of the pool for up to 24 hours for chemical treatment.

2011 IHCC Club Events

August

Wed.	10th	Family Bingo
Fri.	19th	Music by Josh Carson
Fri.	26th	Dive In Movie

September

Mon.	5th	Labor Day
Wed.	14th	Family Bingo
Tues.	27th	Book Club

October

Wed.	5th	Wine Tasting
Tues.	11th	Bridge Tournament
Wed.	12th	Family Bingo
Wed.	19th	Adult Bingo
Sat.	22nd	Fall Family Festival
Tues.	25th	Book Club

November

Tues.	8th	Ladies Spa Night
Wed.	9th	Stainless Steel Dinner
Thurs.	24th	Thanksgiving

December

Tues.	6th	Gingerbread House Class for Kids
Sat.	10th	Santa Brunch
Sun.	18th	Grand Holiday Brunch
Sat.	24th	Christmas Eve: Club closes at 3pm
Sun.	25th	Christmas Day: Club Closed
Sat.	31st	New Year's Eve

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 CLUB CLOSED	2 LADIES HEART OF GA GOLF PLAY DATE Jackpot Drawing	3	4 "2 for 1" Entrees in The Grille & Trotters	5 All-You-Can-Eat Prime Rib & Crab Legs	6 Breakfast in The Grille
7 Sunday Brunch Buffet in the Living Room	8 CLUB CLOSED	9 LGA MEETING/ SCRAMBLE & CLUB 9 <i>Club Room</i> Jackpot Drawing	10 FAMILY BINGO	11 MINI PGA CHAMPIONSHIP "2 for 1" Entrees in The Grille Only	12	13 Breakfast in The Grille
14 Sunday Brunch Buffet in the Living Room	15 CLUB CLOSED	16 Jackpot Drawing	17 Meeting of the Board of Directors	18 GOLF GUEST DAY "2 for 1" Entrees in The Grille & Trotters	19 Live Music by Josh Carson Sports Bar	20 Breakfast in The Grille MINI TRIATHLON
21 Sunday Brunch Buffet in the Living Room	22 CLUB CLOSED	23 LGA 18 PLAY DAY Jackpot Drawing	24	25 LGA GOLF CLINIC "2 for 1" Entrees in The Grille & Trotters	26 CLUB CHAMPIONSHIP DIVE-IN MOVIE <i>Beverly Hills Chihuahua 2</i>	27 Breakfast in The Grille
28 Sunday Brunch Buffet in the Living Room CLUB CHAMPIONSHIP	29 CLUB CLOSED	30 LGA CC/PRES. CUP Jackpot Drawing	31		Live Music by Josh Carson In the Sports Bar Friday, August 19 th 7:30 p.m. - 10:30 p.m.	



From the Wellness Center...

Rob Haver
*Wellness Center
Director*
474-8535, ext. 271

Top 8 Snacks for Blood Sugar Control

Concerned about blood sugar control? Wondering what snacks do the least damage? We've got eight healthy choices that happen to be delicious, too.

Walnuts

Nuts are high in protein, fiber, and unsaturated fat, which means they're not only nutritious but slowly digested, too. And research suggests that nuts also may boost insulin sensitivity -- a nice bonus. Even better, though? A new study shows that walnuts may be particularly useful for people with diabetes. In the study, regular consumption of walnuts seemed to improve endothelial function in people with diabetes. And that's a really great thing because endothelia -- the cells lining your arteries -- are one of the first things to suffer when high blood sugar begins to wreak havoc in the body.

Whole-Grain Crackers

The fiber in whole-grain crackers slows digestion and leads to a steadier release of blood sugar. And your crackers will have even more staying power if you smear them with some heart-healthy peanut butter. But if you top those peanut butter crackers with a dash of cinnamon, then you've got a real diabetes-friendly gourmet treat. Studies show that cinnamon may help tamp down blood sugar.

Hummus

Okay, now that you're loving whole-grain crackers with peanut butter, guess what? The fiber in legumes may be even better for your blood sugar than the fiber in whole-grain crackers. Both have benefits. But there's something special about the fiber in legumes, according to research. It could be that beans have a slight edge because they have more fiber and a lower glycemic index. Either way, don't relegate your beans to mealtimes only. Turn them into snacks with this creamy veggie dip or cracker spread.

Avocado with Balsamic

When you're in the mood for a luscious snack, slice an avocado in half, remove the pit, and drizzle with balsamic vinegar. Spoon each bite right out of the skin and enjoy. If you have diabetes, you can't go wrong with avocado because of the high-fiber and healthy-fat content -- both of which have a steadying effect on blood sugar. Avocados are also loaded with potassium, a mineral that aids nerve function.

Sweet Potato Fries

Not the deep-fried kind. But baked sweet potato fries are a super-healthy choice for people concerned about their blood sugar. Sweet potatoes may actually help stabilize blood sugar

and lower insulin resistance. Sweet potatoes have a lower glycemic index than other spuds, which helps soften their impact on your blood sugar. And research shows that their high carotenoid content may be particularly useful in the blood sugar battle.

Apple and Pear Slices

Juicy, crunchy, fresh, low-calorie fruit is always a smart choice for the health-conscious nibbler. But your blood sugar will be best served if you opt for fruits that are high in fiber, like apples and pears. Thanks to the fiber, they'll fill you up without sending your blood sugar soaring.

Yogurt

The calcium and vitamin D combo in yogurt may help prevent insulin resistance. A great thing if you're worried about chronically high blood sugar. And the calcium in dairy foods like yogurt may hinder the absorption of fat from the small intestine and stymie the birth of new fat cells -- good news for your waistline. For a snack, use low- or no-fat unsweetened yogurt in place of sour cream in veggie dips.

Popcorn

Low-fat microwave popcorn cooks up in a snap. And it's packed with slowly digested whole-grain fiber as well as disease-thwarting antioxidants, making it perfect for people concerned about blood sugar and diabetes. And because popcorn is so light and fluffy, you fill up on fewer calories than you would with more energy-dense snacks like potato chips.

IHCC 2011 Member-Guest Mini-Triathlon

**August 20th
7:00 a.m.**

It's time to start training!

Same format as in previous years: 5-lap pool swim, 9-mile bike and 2-mile run. Very attainable

distances. Stop by the Fitness Center for a map of the course. To accommodate all abilities there will be three heats of Beginner, Intermediate and Advanced.



Should I use hand weights while walking?

No! The risks far out weigh the benefits. Hand weights can be a great part of your fitness routine, but use them separate from your walk. Carrying weights will not provide the resistance needed to tone your muscles; but can increase your blood pressure, place strain on ligaments and tendons and may contribute to joint problems. You will actually be able to walk faster without carrying the weights, therefore getting a better workout.



Wade Thomas

Director, Greens & Grounds

The greens have held up well in the heat and we will continue to plug out the Bermuda contamination within the greens. Our putting quality has been excellent all year and should stay very good in July and August. With the weather patterns as it is, we believe that it will stay dry and hot the rest of the summer, but you never know. It is strange to see so much flooding in the center of the country and little rain here in the Southeast. We can't seem to get a normal rainfall event without 400 tons of debris falling out of the trees from wind damage. What happened to the days of 3:00 p.m. thunderstorms cooling the area for nice evenings? We have learned to be careful what we wish for and control what we can. Deal with everything else with a good attitude and common logic!

Our landscape has been a challenge with the drought and we have had to water established trees for a couple of months. We are close to 10 inches below average on rainfall for the year here at the club. This is what happens when it is 100 degrees in May and June with relatively low humidity. This is rare for Central Georgia but we don't see it changing until the jet stream is altered by a hurricane or other force of nature. Welcome to a new summer and happy 4th of July!

We have more weeds this year than in recent memory. This month will be one in which we eradicate the weeds on the golf course. Look for some browning of some of the Bermuda grass as we post emerge the weeds present in the roughs, fairways and tees. The wooded areas look good as we have made progress in controlling the weeds and edges by staying on top of the weeds and pine straw. Thanks to Nash and Travis and their people for a job well done. We have an excellent crew this year with great summer help. Everyone is working in team spirit to give you a fantastic experience every time you come onto the property. We hope you enjoy the crews' hard efforts. Call us if you have any questions or concerns at 477-2373.

EMPLOYEE OF THE MONTH

Kirk Mansker



Kirk has been a part of the Greens & Grounds team for the past 22 years. He has become an irrigation master and keeps the entire system throughout the Club working to perfection. Whether lightning has struck a wire or the main line has a leak, Kirk is always willing to stay and fix the problem no matter what time it is. When Kirk is not at work, he enjoys hunting and fishing.

Thanks for all you do, and
Congratulations, Kirk!

Upcoming Events:

July 19th - 22nd - Junior Camp
August 26th - 28th - Men's Club Championship

Junior Clinics and Camps:

Tuesday and Saturday Junior Clinics are for 9-13 year olds and goes from 4:30 until 6:00 p.m. every Tuesday. We will work on the fundamentals and take them on the golf course some weeks to familiarize them with the etiquette and rules of playing golf. Cost is \$30 per session.

Thursday Junior Clinic is for 5-9 year olds and goes from 4:00 until 5:30 every Thursday. They will learn the rules and etiquette of golf and learn the fundamentals of the swing. There are contests and prizes at every session. Cost is \$25 per session.

Summer Junior Camps:

We will be having Junior Camps this summer for ages 4 and up. The camp will be held July 19th - 22nd. The camps will teach the fundamentals of the game with lots of fun and prizes. Don't miss out on the last chance for the year.

Golf Shop News

The new polo RLX has just arrived for the summer. We have also received some polo shorts of all different colors to choose from. We have new Adidas, Polo, Ashworth, and Divots lines in the shop for the summer. Please stop in and take a look around. We have also begun to carry the Vineyard Vines line in the shop, including dress shirts, ties, and golf shirts. As of now, they do not have the Idle Hour logo on them, just the whale.

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

Sales:

FJ Synr-G shoes - \$99.00
ECCO Street Premier - \$129.00
ECCO Golf Shoes - \$133.00
Golf Shirt Rack - \$40.00

Eagles:

Dr. Bobby Schwartz eagled #7 on the June 15th with a Pitching Wedge. He was playing with his brother, Bert Schwartz from the white tees. Claude Hicks also had an eagle on #14 at Healy Point with his 7 wood. *Congratulations to both of you!*

Hole-in-One

Hal Greer recently had a Hole-in-One on Memorial Day on #18. *Congratulations!*

Green Fee Specials

Weekly Rate: \$59 + Tax, Includes Cart



From the Learning Center

Bobby Hix

*PGA Director of Golf Instruction
2010 GA Section PGA Teacher
of the Year*

A Better Short Game

During a recent PGA Tour event, 100 Tour Professionals were asked what made the difference for them in them going from a good “scratch” player to a player that played to a +4 to +7 handicap which just about all Tour players play to. Much to the surprise of many, not one of the Tour Professionals said that getting more distance was a factor in them playing and scoring better.

More often it was the learning to avoid the big number, getting up and down more often, eliminating 3 putts and handling the bad shots they hit better. Having a better short game is one sure fire way to lower scores. A great way get your short game better is with a little dedicated practice with your wedges to find your distances.

Take 5 towels and place them on the ground in 10 yard increments at 10, 20, 30, 40 and 50 yards. Starting with your highest lofted wedge, a square clubface and stance, hit 5 balls with your backswing going no more than what you feel is knee high. Pay attention to how far the ball flies, using the towels on the ground as reference points. Follow this procedure with the same wedge with the same alignments taking the club back to what you feel is waist high. Pay attention to the yardage.

Go through this same process with every wedge in your bag, noting your yardages along the way. When you are done you will have every distance covered from 0 to 50 yards and know just what club and how big to swing each one. As an added tool, you may go through the process with a clubface open 45 degrees on each wedge and measure those yardages as well. That would give you both a standard flight and higher softer flight shot, too.

A better short game will not happen by itself. It takes practice. Try the above drill and it won't be long before you can get up and down from almost anywhere and you, too, can avoid that big number.

Ladies Golf Association Events for July

Tuesday July 12th
Meeting Day / Scramble / Club 9

Meeting begins promptly at 9:00 a.m. Golf Scramble teams will be chosen and play will begin following the meeting.

Tuesday July 26th
18 Hole Play Day – Flag Tournament

Choose your own group and get your own starting time. Each player is given a small flag with their name on it. Using full course handicap, each player continues playing until they have used the number of strokes equaling par plus their course handicap. For example – a player with a course handicap of 20 playing a par 72 course would be allowed 92 strokes.

When that player has used that allotment of strokes, they place the flag beside their ball. The players who have their flag farthest around the course or have the most strokes left after completion of 18 holes are the winners.

Individual net (with handicap) only.
Advanced sign up is required.

Thursday July 28th
Ladies Golf Clinic – Chipping

9:00 a.m. at the Learning Center. Please call in advance to sign up. 477-8777. \$20 per person.



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

2011 Member-Guest



2011 Champions: Craig Leachman & Travis Steed

We would like to thank all who participated in the 2011 Member-Guest. The week was filled with good weather, great food, excellent course conditions, and impressive golf shots. We are sure everyone enjoyed themselves and look forward to seeing you all again next year.

2011 Shootout Results

- 1st Craig Leachman & Travis Steed
- 2nd George Greer & Phillip Davis
- 3rd Trip Walden & Ben Walden
- 4th Charlie Boswell & Jon Ingram



Close-up Challenge

- 1st Adam Griffin
- 2nd Hardman Knox
- 3rd Stephen Dew

Chipping Challenge

- 1st Hal Phillipson
- 2nd Wood Pope
- 3rd Charlie Boswell

Putting Contest

- 1st Ched Smaha / John Ambrose
- 2nd Adam Griffin / John Haynes
- 3rd Reeves Minton / John Willis





Notes from Craig

Craig A. Jones
USPTA, USPTR
Director of Tennis

Drills & Lessons

Men's Saturday Morning Drills

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

Drills for ladies of all levels are on Saturdays from 8:00 - 9:30 a.m.
For more information, please call the Tennis Shop.

3 plus a Pro

Tuesday – Saturday
\$60.00 among the 3 players
Three people plus a pro will play for an hour and half. You will get to play three sets of doubles and you will rotate partners after each set so each player will get to be paired with the pro.



I would like to congratulate Becker O'Shaughnessey on placing 2nd in the Boy's 18's Georgia Qualifier. The Georgia Qualifier is the one of the biggest tournaments of the year.

Congratulations
Becker!

Also, thirteen out of the thirty kids in the Craig Jones Tennis Academy will be playing in the Southern Tournament. The Southern Tournament is only for the top kids in Southern States. This is a huge accomplishment!!

Congratulations to our Juniors!

Please keep in mind with the temperatures rising don't forget to drink plenty of fluids this summer. I hope to see you on the tennis courts!

Ladies Night Out

Ladies Night Out has started and is going great! Almost every Tuesday night we have used around 7 courts for our ladies. If you want to come and join the fun call the tennis shop!

July Sale!!

July 1st – 4th

25% off Shoes

50% off Clothes that have not been already marked down

Extra 15% off Sale Items

We have two amazing assistant pros here at the tennis courts.

Richard and Ryan are great with kids, adults, and players of all ages and levels! Give the tennis shop a call if you are interested in lessons!



Tennis & Club Hours

2011 Summer Tennis Camps

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

Pee Wee Camp

9:00 a.m. - 11:30 a.m.

July 12th-15th

This camp is designed for kids from the ages of 4-6. The purpose is to work on motor skills, hand-eye coordination, technique, tennis fundamentals, and most importantly, to HAVE FUN. It will consist of professional instruction, games and swimming (if desired) at the end of each day. For \$135, each child will receive a racket, t-shirt, shorts, video, trophy and other possible awards.

Beginner/Intermediate/Advanced Camp

9:00 a.m. - 2:00 p.m.

July 19th- 22nd

Including kids from the ages of 7-15, this camp is set up to provide all levels of play, ranging from the very beginner to the more advanced. The juniors will be placed in groups by age and skill. The camp lasts from 9:00 a.m. until 2:00 p.m. with a lunch and swim break in the middle. For \$200, each child will receive a t-shirt, four days of instruction, trophy and other possible awards. Lunch is included.

All Sports Camp

9:00 a.m. - 2:00 p.m.

July 26th- 30th

All Sports camp is designed for kids ages 7 and up. It includes three different sports. Kids will learn and play golf and tennis, as well as enjoy swimming. The price is \$200, which includes a t-shirt, lunch, and possible awards. Call the Tennis Shop or Golf Shop to sign-up.

Wesleyan Camp

July 5th - 9th

Limit: 40 players/camp. Cost: \$595

Boys and Girls: Ages 10-15

With Davis Cup and High Performance level coaching, this camp offers unmatched opportunities for aspiring collegiate athletes. This one-week intensive camp is designed to offer individual attention and instruction, morning drill clinics, afternoon match play, and fun evening activities. Also included are boarding, dining, and full access to the Matthews Athletic Complex.

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

2011 Tennis Committee

William John O'Shaughnessey, III, Chairman

Lou Holmes, Kimberly Faulkner,

Robin Graham, Julia Wood, Floyd Williams,

Ricky Hicks, Layne Dunwody,

Dan Strawn, Dean Copelan,

Britt Bickley, Robert Burnham,

Wesley Walthall



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

PLEASE DELIVER PROMPTLY

Contact Numbers (478)

Clubhouse (Reservations).....	477-1724
Clubhouse (bypass Receptionist).....	757-2415
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
Fax.....	757-2405
E-mail.....	frontdesk@idlehourclub.com
Website.....	www.idlehourclub.com

July 2011 * IHCC Recipe of the Month

Candlelight Dressing

Ingredients

24 fl oz. Pasteurized Egg Yolks
 1/4 cup Dried Thyme
 1/4 cup Rosemary
 1 cup Dijon Mustard
 1/2 cup Granulated Sugar
 1 Tbs. Iodized Salt
 1/2 Tbs. Ground White Pepper
 1 1/2 qts. Red Wine Vinegar
 1 Gal. Citation Salad Oil

Procedure

* Combine egg yolks, dijon, sugar, salt, pepper, thyme and rosemary in bowl.
 * Blend with a buerre mixer.
 * Add 1 cup of vinegar to yolks to thin.
 * Slowly pour in oil while mixing to form emulsion.
 * As mixture thickens, alternately add oil & vinegar.
 * Season with salt & pepper.