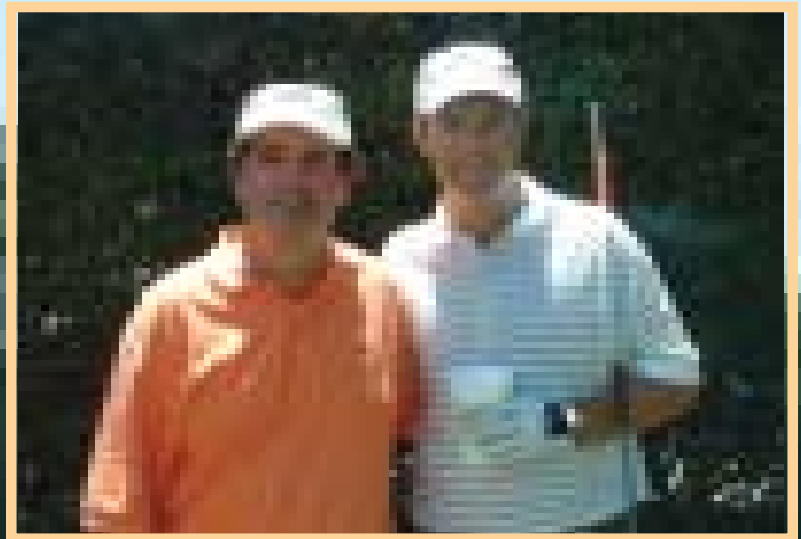


the *Galle* times

VOLUME 16
ISSUE 06
JUNE 2006

Check out the “*HOT*” fun
planned for your family!

- ◆ *Day Camp*
- ◆ *Family Bingo*
- ◆ *Father’s Day Buffet*
- ◆ *Independence Day*

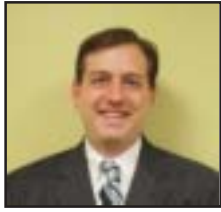


Peter Persons and Jack Larkin
2006 Peach Blossom Champions

Idle Hour’s foxes



(photograph courtesy of Kristen Oren)



As the pool season quickly approaches, there have been a number of concerns and questions that have arisen

regarding the card access system and the new baby pool. The Pool Committee recently met to discuss these issues and has approved the following policies for the summer of 2006.

Nanny Policy:

If you happen to be one of our members with a dual income household that utilizes the services of a regular nanny, the Pool Committee has approved a "Nanny ID" card for this summer. In the past, each time your nanny brought your children to the pool, you have been charged a \$5 guest fee. The arrival of the card access system has presented many issues with this situation. Therefore, you will now be able to provide your nanny with his/her own ID card clearly identifying him/her as your nanny. The card will only be valid for the summer of 2006 and will cost a one-time fee of \$120.00. If you are interested in using this option, please contact the Front Desk for more information.

Babysitting Policy:

In the same regards as the "Nanny Policy", having a babysitter bring your children to the pool has presented some items for discussion, as well. Instead of producing a card for babysitters, the Pool Committee has decided to admit babysitters on a one-time basis. If your children will be coming to the pool with a babysitter, you will need to contact the Front Desk and notify the receptionist of the date of the occurrence, your name and member number and the name of your babysitter. The receptionist will relay this information to the check-in at the pool. You will need to provide your babysitter with your pool ID card to be presented at the check-in area of the pool. As in years past, if your babysitter is a non-member, there will be a \$5 guest fee associated with each visit.

Rules Governing the Baby Pool:

The Pool Committee has approved the following rule governing the Baby Pool:

"The Baby Pool is designed for use by toddlers and infants. Therefore, no rough housing or horseplay is allowed."

There are no age limits placed on the use of the baby pool, but we do ask that all children understand this policy and allow our youngest members to have a place of their own to enjoy at the pool.

Additionally, we will continue to offer the purchase of swim diapers at the Youth Building this summer. Whether your child will be enjoying the baby pool or the big pool, **we do ask that all non-potty trained children wear swim diapers when at the pool.** We will also continue our policy of closing the pool for the last ten minutes of every hour in order to allow adequate time and focus for our children to use the facilities and, hopefully, prevent any accidents that may occur. During this time however, **adult members 21 years and older will be allowed to swim.**

Youth Building Hours of Operation:

The Youth Building will open at 11:00 a.m. and close at 7:30 p.m. Additionally, we will continue to offer deck service throughout the summer from 11:00 a.m. to 6:00 p.m. *for our adult members only!*

In an effort to speed up your food service from the Youth Building, there will be two order lines at the counter, one for those ordering food items and another for those ordering beverages and snacks. Additionally, we will be offering a salad bar in the Youth Building for your convenience and enjoyment. We will continue to work on this area of Club operations throughout the summer to ensure that a quality product is produced as efficiently as space will allow.

Thank you for your time and cooperation in practicing these policies. If I may be of any assistance to you, please do not hesitate to contact me at 477-1724 or by email at jorkus@idlehourclub.com.

Warmest regards,

Jeffery W. Orkus, CCM
General Manager

The Idle Times Editors

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

2006 Board of Directors

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Mr. Robert W. Stribling,
Vice President & Entertainment
Mr. Harold D. Foshee, III
Treasurer
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Mr. Stephen M. Welsh
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Dr. Edsel D. Davis
Fitness
Long Range Planning & Golf
Mr. James R. McLemore, Jr.
Tennis

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Club Events Coordinator
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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 May 17, 2006

MR. J. TERRELL SANDEFUR



Sales Manager/Henderson Village
Sponsor: W. Allen Gudenrath
Spouse: Kimberly W. Sandefur
2672 Stanislaus Circle
Macon, Georgia 31204
742-0603

MR. C. RANDALL SMITH



Owner/ Micro Tech Consultants
Sponsor: Robert L. Dickey, III
Spouse: Karen Smith
114 Brown Drive
Macon, Georgia 31220
935-8484

MR. RAYMOND C. SMITH, JR.



SVP/Security Bank
Sponsor: Richard A. Collinsworth
Spouse: Suzann W. Smith
327 Veranda Park Lane
Macon, Georgia 31210
474-6165

In Sympathy
for the family and friends of

Mr. Charles F. Heard
April 3, 2006
Mrs. Alfred H. Guritz
March 17, 2006

Congratulations

Tuesday Jackpot winner
May 23, 2005
Mr. Scott M. Page

Banquet Special

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

Posted for Membership...

Effective June 21, 2006

MR. EDWARD L. LONG
Partner/Martin Snow, LLP
Sponsor: John C. Edwards
Spouse: Nancy Johnson Long

MRS. VICKIE B. SMITH
Homemaker
Sponsor: Asbury Stenbridge
Spouse: Dr. Clayton A. Smith

MR. THOMAS J. WICKER
Region VP/Georgia Power
Sponsor: Bud Moss
Spouse: Kay Wicker

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

Effective July 19, 2006

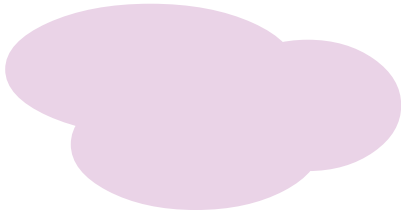
MRS. AMELIA D. SCOTT
New York Life/Managing Partner
Sponsor: A. Raines Newberry
Spouse: Robert H. Scott, Jr.

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

DR. CARTER E. THARPE, M.D.
Medical Doctor
Sponsor: T. Edwin Tharpe
Spouse: Joy Tharpe

MR. ANDREW M. CRANE
UBS Financial Services, Inc.
Commercial Lender
Sponsor: J. Sam Pearson

Day Camp



INFORMATION

Samantha Adams and Margaret Ansley will be our Day Camp counselors this summer. They are college students and great role models for the children. Wholesome meals and snacks will be served. Activities will include swimming, arts and crafts, tennis and golf.

Camps are Tuesday - Friday and will begin at 9:00 a.m. in the Youth Building. Please pick up your children under the porte-cochere promptly at the end of camp.

Out-of-town houseguests must be registered at the Front Desk by the member. No telephone registrations or registrations made by non-members will be accepted. Open registration for out-of-town houseguests begins on Thursday, June 2nd. Also, since May 19th, children may be registered for multiple camps. The camps below in bold purple print still have openings, and we also have a waitlist option available for every camp.

CAMP SCHEDULE

June 6 - 9	Age 4	9:00am - 1:30pm
June 13 - 16	Age 4	9:00am - 1:30pm
June 20 - 23	Ages 5	9:00am - 4:00pm
June 27 - 30	Ages 5	9:00am - 4:00pm
July 11 - 14	Ages 6 & 7	9:00am - 4:00pm
July 18 - 21	Ages 6 & 7	9:00am - 4:00pm
July 25 - 28	Ages 6 & 7	9:00am - 4:00pm
July 25 - 28	Ages 8 & 9	9:00am - 4:00pm

CANCELLATION POLICY

Cancellations must be received by noon 10 days prior to the first day of the camp session. Non-cancellations and late cancellations will be billed to the member's account.

COST

Each camp is \$115 per child. This amount is billed to the member's account the week of camp.

Family Bingo

Wednesday, June 14th

6:00 p.m. - Cocktails
6:30 p.m. - Buffets Open
7:00 p.m. - Bingo!
\$10 per adult / \$7.95 per child



Mixed Greens with Assorted Dressings

Fruit Salad

Cole Slaw

Grilled Shrimp and Caesar Pasta Salad

Fried Chicken

Buttermilk Whipped Potatoes

Green Bean Casserole

Chicken Fingers

French Fries

Hot Dogs and Hamburgers

Assorted Cookies and Brownies

Georgia Peach Crumb Pie

Dive-In Movie



CHICKEN LITTLE

Friday, June 23rd
Movie begins at Dark...
Don't forget your floats!

It's one year after the "unfortunate acorn incident" when Chicken Little caused big-time havoc in his hometown of Oakey Oaks by proclaiming that the sky was falling after being conked on the head by what appeared to be an acorn. Down but not out, the plucky chicken joins the local baseball team in the hopes of reviving his reputation and winning the respect of his father, Buck Cluck. When he leads the town to victory, he becomes the toast of the town.

Just when the he has redeemed himself, he is hit on the head one more time. This time, the sky really is falling! Fearful of once again being labeled crazy, he is reluctant to tell anyone what has happened. Instead, he enlists the help of his closest pals—Runt of the Litter, Abby Mallard (aka Ugly Duckling), and Fish Out of Water—in an attempt to save the day without sending the town into a whole new panic.

Father's Day Buffet

Sunday, June 18th, 2006, 11:30 a.m. - 1:30 p.m.

Who knows how to fix everything? Who knows all the answers? Who taught you really neat tricks and how to play really hard games? Who knows you better than you will ever know yourself? Your Dad, of course! So, let us help you celebrate your hero on Father's Day. Make this a memorable event for the many fathers and grandfathers of Idle Hour. Make reservations to take Dad out to brunch and maybe a round of golf with a couple of good pals.



Buffet Menu

Tossed Garden Salad, *Genoa Salami & Provolone Antipasto Salad*, *Roasted Lamb and Cheese Tortellini Salad*, Summer Squash & Vine Ripe Tomato Salad, *Fresh Seasonal Fruit Tray and Milk Chocolate Dipping Sauce*, *Braised Collard Greens*, *Asparagus Amandine*, *Cajun Style Fried New Potatoes*, *Corn on the Cob*, ***Penne Pasta Carbonara***, ***Southern Fried Chicken***, ***Hickory Grilled Salmon***, *BBQ Basted Grilled Baby Back Ribs*, *Herb Crusted Roasted Prime Rib*, *Coconut Cream Cake*, *Warm Apple Pie*, *Chocolate Cream Pie*, *Mixed Berry Shotcake*, *Ice Cream Bar*

Adults \$22.50; Children (8 - 11) \$12.50; Children (4 - 7) \$9.00.
Children 3 & under are no charge.

48 - Hour Cancellation Policy ~ This event is popular, so make your reservations early! (478) 477-1724

July 4th Celebration

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

Poolside Buffet

11:30 a.m. - 2:30 p.m.
Pool Games 3:00 p.m. - 5:00 p.m.

Children's Carnival

6:00 p.m. - 9:00 p.m.
(behind the tennis courts)

Patio Dinner Buffet

6:00 p.m. - 9:00 p.m.
with music by Keith Williams
Please call for reservations.
477-1724

Fireworks at dark!

Spin Art
Cotton Candy
Snow Cones

Airbrush Tattoos
Obstacle Course
Giant Slide
Rock Wall

Buffet Menu

Cole slaw
Potato Salad
Sliced Watermelon

Pulled BBQ Pork
Hamburgers
Hot Dogs
Corn on the Cobb
Baked Beans
Onion Rings
French Fries

Fresh Berry Shortcake
Funnel Cakes
Assorted Ice Cream Bars

Poolside Buffet: Adults \$17.50, Children (4-11) \$10.00; Children 3 and under are no charge.

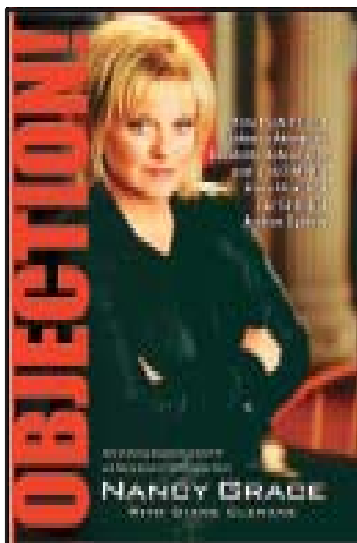
Fabulous Fall Book Reviews

Join us for a chance to rub elbows with some local authors. You will be intrigued with their personal stories and best-selling books. Check out these upcoming Fall Book Reviews we have scheduled at Idle Hour just for you! Enjoy an afternoon tea and some delicious hors d'oeuvres prepared by Executive Chef, Jason Knowlton while you 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 make your reservations today!

Objection

September 16th 12:00 p.m. Lunch & Review

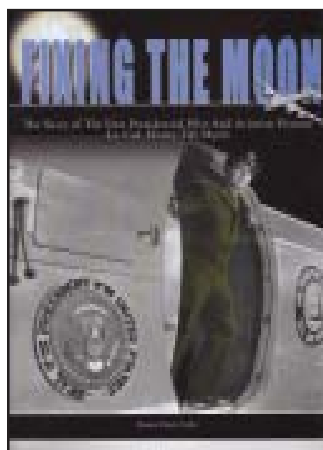


Join us for lunch at 12:00 p.m. and a Book Review with Nancy Grace, one of Macon's hometown celebrities, and let her tell you about her intriguing life. Nancy gave up her career plans to become an English professor after the random murder of her fiancé. Nancy enrolled in law school and graduated from Mercer Law School in Macon, Georgia. Nancy was an Atlanta Fulton County District Attorney where she served for a decade as prosecutor of 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 legal analysis news anchors. 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. When making reservations, please indicate whether you would like to purchase one of Nancy's personally autographed books.

Fixing the Moon

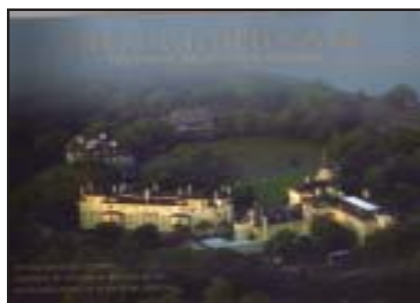
Thursday, October 5th at 1:00 p.m.



As a graduate of UGA, Bonnie Davis Cella masterfully tells *Fixing the Moon: The Story of Lt. Col. Henry Tift Myers, The First Presidentail 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 9th at 1:00 p.m.



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. Richard Hutto shares their secrets with intrigue and compassion.

Reservations required. Call 477-1724 to secure your table.
48-Hour Cancellation Policy applies.

Georgia Aquarium

Thursday, August 10th

Bus Departs at 10:30 a.m.

\$99.95 ~ Reservations required

Price includes transportation to the Georgia Aquarium and back to Idle Hour, entrance fee to the Aquarium and all its wonderful exhibits, a morning snack on the bus, and a rare opportunity for a *Coastal Encounters Behind the Scenes Tour*, close enough to touch!

A private tour guide will take us on a journey to the sea at the top of the aquarium where few ever venture. We will discover how the enormous



filtration system keeps all of our underwater friends alive and thriving. We will view the top of the magnificent Beluga Whale exhibit so closely you can smell the saltwater and observe them gracefully swimming as they explore their own tropical habitat. Then, on top of the largest ocean pool in North

America we will see 100,000 different types of fish in their own world, as giant whale sharks, hammerheads, and goliath grouper leisurely swim by. We will also get to see the animal diet kitchen and find out what all of our fish friends have for dinner. There are also many other amazing and fun things we will get to see and discover.



Due to the fact that the *Behind the Scenes Tour* is so up close to many of the aquariums exhibits, all tour guests have to be at least 10 years old. This is a rule Georgia Aquarium very strictly regulates. Space is limited to only 20 guests for this tour so make your reservations early.

Since your reservation secures an actual admission ticket, cancellations are billable. We will try to resell your ticket upon cancellation, so please let us know as soon as possible. Come join us and discover the wonderful world under the sea.

Louvre Atlanta & Jazz Night at the High Museum

Friday, November 17th

Bus Departure at 2:00 p.m.

Jazz starts at 5:00 p.m.

\$50.00 ~ Reservations required




An evening has been planned for the art lover in all of us. It's an evening filled with extraordinary art from across the ocean. 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 our own High Museum has to offer.

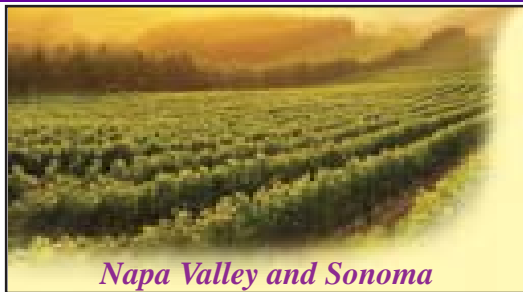
We will arrive early to avoid traffic and to enjoy the Paris Louve exhibition with virtually no crowds. Dinner and drink vouchers will be distributed before arrival to the museum. The dinner station will open at 5:00 p.m., and cocktails will be available. As you dine and relax, listening to the cool nights jazz performer while sipping your martini, you can discuss with friends some of the most amazing art works of all times. Many of these treasures have never left Paris until now, travelling to the United States and to Atlanta for us to experience.

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

June 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Father's Day Buffet Sunday, June 18th Father's Day Buffet 11:30 a.m. - 1:30 p.m.</p>				1	2	3
				TENNIS SUMMER KICK-OFF PARTY	All-You-Can-Eat Prime Rib & Crab Legs on The Grille menu	IHCC TRIATHLON
				"2 for 1" Entrees in The Grille		Breakfast in The Sports Bar & Club Room
4 Sunday Brunch Buffet	5	6	7	8	9	10
				MEMBER-GUEST GOLF TOURNAMENT		
				DAY CAMP - AGE 4		
CLUB CLOSED				Jackpot Drawing	Lunch Buffet in The Grille	"2 for 1" Entrees in The Grille
					All-You-Can-Eat Prime Rib & Crab Legs on The Grille menu	Breakfast in The Sports Bar & Club Room
11 Sunday Brunch Buffet	12	13	14	15	16	17
				DAY CAMP - AGE 4		
				TENNIS PEE WEE CAMP - AGES 4-6		
CLUB CLOSED				LGA MEETING 8:30 a.m.	FAMILY BINGO	
				Jackpot Drawing	Lunch Buffet in The Grille	"2 for 1" Entrees in The Grille
					All-You-Can-Eat Prime Rib & Crab Legs on The Grille menu	MEN'S ROUND ROBIN
						Breakfast in The Sports Bar & Club Room
18	19	20	21	22	23	24
FATHER'S DAY BUFFET				DAY CAMP - AGE 5		
				TENNIS BEGINNER/INTERMEDIATE/ADVANCED CAMP AGES 7-15		DIVE-IN MOVIE
CLUB CLOSED				Meeting of the Board of Directors		
				Jackpot Drawing	Lunch Buffet in The Grille	"2 for 1" Entrees in The Grille
					All-You-Can-Eat Prime Rib & Crab Legs on The Grille menu	Breakfast in The Sports Bar & Club Room
25 Sunday Brunch Buffet	26	27	28	29	30	
				JUNIOR PEACH BLOSSOM INVITATIONAL		
				DAY CAMP - AGE 5		
				TENNIS PEE WEE CAMP - AGES 4-6		
CLUB CLOSED				Jackpot Drawing	Lunch Buffet in The Grille	"2 for 1" Entrees in The Grille
					All-You-Can-Eat Prime Rib & Crab Legs on The Grille menu	

Social Events



Napa Valley and Sonoma

*To all you wine enthusiasts, world travelers and those of you who just want to be pampered, this is a vacation for you!!
September 2nd - 8th*

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

Time is running out to sign-up for your trip of a lifetime! Don't delay... Sign-up now, and soon you will be sipping sensational wine at private vineyards and dining with friends at

some of the most exceptional restaurants. Imagine yourself relaxing by the warm Coastal waters and admiring some of the most breathtaking views California has to offer.



This trip to Napa Valley was designed with our Idle Hour members in mind. The itinerary is packed full of activities. Five scheduled tours have been reserved at some of the most sensational wineries in the region. Exceptional gourmet meals and luxurious accommodations are all waiting for you. Each day will be host to many unforgettable adventures.



This glorious vacation will inspire the wine enthusiast in everyone with private tours of five wineries, the chance to personally converse with the winemakers and a taste of the

best wine the season has to offer. Our private guide will take us on some behind-the-scenes tours of the wine caves, where we will have our own barrel tasting, which is

how the winemakers taste their wine to determine if it is ready for bottling. Then, while walking among the redwoods, we'll stand next to some of the most amazing living things on earth, as

some stand as tall as 368-feet. Then, a private tour of Jack London's Ranch and the Sonoma Mission will have all you history buffs exceedingly intrigued.

Imagine yourself swirling the wine, smelling the sweet smell of the succulent grapes on the vines and feeling the cool warm breeze of the California sun... not to mention,

standing next to the brilliance of the towering redwoods and, then, visiting Cowgirl Creamery, where you will taste some of the region's most delicious varieties of cheese. This amazing tour has



been *discounted* in price just for Idle Hour members and your guests. We encourage you to invite special friends with whom you would like to share this trip of a lifetime.

To make your reservation for this unforgettable vacation, call Rebecca Harris, Executive Administrator at 478-477-1724, extension 222. Let us take care of everything!

April Employee of the Month



Vincent Spivey

Vince has worked at Idle Hour for over two years with the Greens & Grounds Department. He is dedicated to his department and fellow employees. Vince's attitude exemplifies how an ideal employee should act. We can count on him to do whatever is asked of him and more. He has become very knowledgeable with the equipment we use and does an outstanding job.

Vince loves to play basketball and enjoys watching sports. Of course his favorite teams to watch are the Atlanta Braves and the Falcons. He also enjoys spending time with his family and cooking out.

Your hard work and dedication are greatly appreciated. Congratulations, and thank you!



Rob Haver
Wellness Center Director

Triathlon Update: This year's Triathlon has two changes: We will allow team competition for each of the three stages, and non-member guests are allowed to participate. The event is still planned for Saturday, June 3rd at 7:00 a.m.

Dates have been set for the **SCUBA** classes:

Part 1: Academics

(will be a home study the week prior to the classes)

Part 2: Pool Training

schedule will be as follows:

Friday, July 14 th	(Multi-Purpose Room at IHCC)
6:00 p.m.-9:00 p.m.	Academic Review & Final Exam
Saturday, July 15 th	(Diver's Supply Facility)
9:00 a.m.-12:00 p.m.	Skills Training Pool
12:00 p.m.-1:00 p.m.	Lunch
1:00 p.m.-4:30 p.m.	Skills Training Pool
Sunday, July 16 th	(Diver's Supply Facility)
9:00 a.m.-12:00 p.m.	Skills training Pool
12:00 p.m.-1:00 p.m.	Lunch
1:00 p.m.-4:30 p.m.	Skills training Pool

There have been some revisions to the aerobics schedule for the summer months. Please note these changes. Also, don't forget about the **Yoga Class** on Thursday nights starting at 6:00 p.m.

The **Water Aerobics Class** is ready to begin. We were able to get Amy Chastain, the same instructor as last year. Class times will be M-W-F at 7:45 a.m., and the classes will officially begin on Monday, June 5th.

Attention Golfers: I have recently completed my training and am now a certified Golf Conditioning Specialist. If you are in need of strength training and flexibility to help your golf game, I can help.

Health & Nutrition Info

This info has been published in numerous articles lately.

How to Identify a Stroke?

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, most individuals lack the awareness of what symptoms could cause disaster for the potential stroke victim, who may suffer brain damage. Doctors now say any bystander can help recognize a stroke by asking three simple questions:

- * ASK THE INDIVIDUAL TO SMILE.
- * ASK HIM OR HER TO RAISE BOTH ARMS.
- * ASK THE PERSON TO SPEAK A SIMPLE SENTENCE.

I recently went to a nutrition seminar and came away with some great information. One nutrient the speaker was very adamant about is Fiber. Here is a little info you may or may not know: Fiber acts as an internal scrub brush for the body. It comes from the structural part of plants and cannot be digested. There are both soluble and insoluble fibers in all fiber-containing foods.

These fibers work differently, but both contribute to your health in the following areas of the body.

- * Lower intestine: insoluble fiber; found in whole grains, wheat bran and many vegetables; helps prevent hemorrhoids and other bowel problems.
- * Blood sugar: soluble fiber can help control blood sugar in people with diabetes; found in peas and a variety of beans as well as oats, barley, apples, oranges and carrots.
- * Blood cholesterol: soluble fiber may lower your cholesterol levels.
- * Waistline: high fiber foods are also lower calorie foods. By eating a high fiber, low fat diet, it is possible to lose weight healthfully.

Summer Fitness Programs for Children

(starting the first full weekend in June)

Ages 5-8: Children's Fitness and PE Activities

Tuesdays and Thursdays from 2:00 p.m.-3:00 p.m. in the Multi-Purpose Room

Ages 9-11: Introduction to Weights

Tuesdays and Thursdays 3:00 p.m.-4:00 p.m. in the Multi-Purpose Room

Ages 12-16: Teen Weight Training

Mondays, Wednesdays and Fridays at 1:00 p.m. in the Weight Room

2006 Peach Blossom Tournament

Persons & Larkin Capture 59th Peach Blossom!



Peter Persons and Jack Larkin
2006 Peach Blossom Champions

Next Year's Date
May 4-5-6, 2007

When Peter Persons and Jack Larkin completed their first two rounds over the Idle Hour Club course at 12 under, they had no idea it would hold up for their first Peach Blossom victory.

A severe rain storm washed Sunday's round and dampened what promised to be an outstanding display of golf. Congratulations to all winners! We wish everyone a great year and look forward to seeing you in 2007!

Josh's Rules Corner



Playing from the Wrong Place by Josh Holloway, Asst. Golf Pro

If a competitor makes a stroke from the wrong place, he or she incurs a penalty of two strokes under rule. He or she must play out the hole with the ball from the wrong place, without correcting the error, provided a serious breach has not been committed.

If a competitor becomes aware that he or she has played from a wrong place and may have committed a serious breach, he or she must, before making a stroke on the next teeing ground, play out the hole with a second ball dropped or placed in accordance with the Rules. If this occurs on the last hole of the round, he or she must declare, before leaving the putting green, that the hole will be played in such manner in accordance with the Rules.

The competitor must report the facts to the committee before returning the score card; if he or she fails to do so, the player is disqualified. The committee must decide whether or not a breach has occurred. If so, the player must add two penalty strokes to his or her score with that ball. If the breach is not corrected as outlined above, the player is disqualified.

Important!

Please be aware of these rules:

A. Monday Closing - The Golf Shop, Golf Course, Par 3, and Practice Facility will be closed on Mondays. Violations will result in suspension of privileges and/or fines.

B. Attire - Appropriate golf attire is required for all players playing or practicing.

Gentleman - 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 1/2" 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.

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 inches 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. 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.

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

C. Fivesomes or More Prohibited - Fivesomes or more are not permitted at any time. Violations will result in suspension of privileges and or fines.

D. Food and Beverage - All food and beverage must be purchased at the Club. Failure to honor this rule will result in a suspension of privileges and or fines. Personal coolers are not allowed on the Golf Course or its practice facilities.

Championship

- 1st: Persons/Larkin 128
- 2nd: Rustin/Treilobs 131
- 3rd: Donahoo/Sheats 132
- 4th: Melnyk/Morrison 132
- 5th: Knox/Knox 133
- 6th: Pitts/Shiflet 133
- 7th: Thompson/Kennedy 133
- 8th: Cloninger/Standard 134
- 9th: Stuart/McMichael 134
- 10th: Brown/Cordell 135
- 11th: Henley/Barnett 135
- 12th: Knight/Brown 136

First

- 1st: Welch/Dawson 140
- 2nd: Hall/Hall 140
- 3rd: Farley/Servies 140

Second

- 1st: Dykes/Mize 141
- 2nd: Lamb/Sheehan 141
- 3rd: Holley/Johnson 141

Third

- 1st: Randall/Yielding 141
- 2nd: Pearcy/Oster 142
- 3rd: Ploeger/Hatcher 143

Fourth

- 1st: Tanner/Chester 144
- 2nd: Wynn/Elliott 145
- 3rd: Hall/Hall 145

Fifth

- 1st: Gaskins/Gaskins 218
- 2nd: Platt/Cromer 219
- 3rd: Echols/Didio 221

Sixth

- 1st: Terry/Terry 223
- 2nd: Malone/Brown 224
- 3rd: Cook/Hooks 224

Greens & Grounds... Turfgrass



by Wade Thomas
Director, Greens & Grounds

Spring is almost over, and summer begins on June 21st. This Spring has been very challenging for the health of our bermudagrass. It took a long time to thicken up. Most of the courses in Georgia have had a tough time, especially courses with heavy cart traffic and shade. The only ones I have seen with good bermudagrass have limited or little cart traffic and

plenty of sunlight. It seems hard to believe that carts can do that much damage, but just try parking or driving on your yard once a day for a month in the same pattern. Let me know how that turns out!

Part of our 10 Year Plan includes regrassing the course with superior bermudagrass or similar warm season grass. This will come after many more pressing issues are implemented, such as reworking the

Summer is near, and the Golf Shop has the summer apparel you need to look your best on the golf course or on vacation. Stop in to see what we can do for you!!

16 fairway, making it a fair golf hole for receiving a good drive that will finish in the fairway.

Our big aerification is healed, and we won't pull big cores again until September. We look forward to seeing you out often this Summer. Please fill your divots and repair your ball marks when you play. Also, please remind our youths to dress appropriately.



Lynn Neal
Hole-In-One # 8
Dan Forrester
Hole-In-One # 18

Learning Center... Wrist Hinge

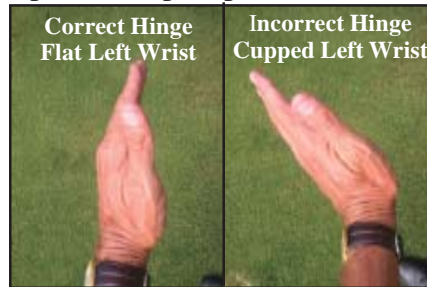


Bobby Hix
PGA Director
of Instruction

There is usually not a day that goes by when one of our students tells us that he or she is trying to cock or hinge the wrist to help increase power. Whereas a hinging of the wrist will provide more hit on the ball at impact, it is imperative for the hinge or cock procedure to be carried out in the correct way.

First of all, we must understand that there is *wrist bend* and there is *wrist hinge*. Wrist hinge is great for the golf swing, but wrist bend is a shot killer. These pictures help to explain the difference between wrist hinge and wrist bend. When the left wrist hinges correctly (this is for a right handed player) you'll notice that the back of the left wrist remains flat.

When the wrist bends, the wrist itself is in a cupped position. Probably the most important thing to remember about your wrist hinge or wrist movement is that, where the wrist goes, the hands go, also. Since we know that the hands control the direction of the clubface, how we hinge our wrist has a great effect on where the clubface will be at the all important impact position.



Take the above pictures as an example. Assuming we have a neutral grip (one where the back of the left hand and the clubface are pointing in the same direction), a properly hinged wrist will give us a square clubface at impact; whereas,

a cupped wrist will give us a clubface that is pointed to the left of our target. This cupping action would lead us to compensate in some other part of the golf swing in order to get the ball to go to the target: Not the best thing to do if we want to be consistent.

So remember, a *hinge* of the wrist is an up and down movement of the wrist, and a *bend* is a right to left action. Up and down, the clubface remains square; whereas, right and left, the clubface moves off the target line.

Senior School
Tuesday, June 20th
Short Game Situation
9:00 a.m. – 11:00 a.m.
Call the Learning Center
477-8777
Advanced Sign-Up Required

LGA News

Lynn Neal had a hole-in-one on the 133 yard Par 3 #8 at Idle Hour with a 5 wood. Her foursome included Arja Forester, Beth McSween, and Corrine Smith.

In the Georgia Senior Women's

Spring Championship Tournament, May 9th -10th, 2006, at St. Simons, Georgia, Arja Forester, Beth McSween, and Lynn Neal from the Idle Hour LGA recently played at Sea Palms and Hampton Club. Other members from our Club are Edna Greene, Ann Senters, Julie Fortney

and Corrine Smith. Beth and Lynn are both serving on the Board of Directors. Lynn placed 2nd in her flight, and Beth McSween designed the organization's website. Check us out: www.GSWGGA.org! Idle Hour served as one of the sites of this past fall's team tournament.



Notes from Craig

Craig A. Jones,
USPTA, USPTR
Director of Tennis

Darlington Tennis Camp

If your child is a serious tennis player and interested in enhancing his skills at an overnight camp, then Darlington Tennis Camp is for you. Craig will be hosting his third annual Darlington Tennis Camp in Rome, Georgia, for boys and girls ages 10-15. Campers will play on 12 outdoor hard courts and learn stroke techniques and tactics, as well as develop topspin and backspin, serve and volley shot tactics, etc. They will also get to take full advantage of Darlington's Huffman Memorial Athletic Center, complete with four indoor basketball courts, weight room and pool. In addition to tennis, campers will participate in fun evening activities, such as movie night, skit night, games and a dance.

Session 1: July 2nd -7th

Session 2: July 9th -14th

Cost: \$545

To register and apply for Darlington Tennis Camp, visit www.darlingtonschool.org/summer.

Summer Tennis Camps

Camps are filling quickly. Don't forget to sign-up!

Pee Wee Camp

This camp is designed for kids from the ages of 4-6. The camp's purpose is to work on the child's motor skills, hand-eye coordination, technique, tennis fundamentals, and most importantly, HAVE FUN. The cost is \$125.

June 13th-16th 9:00 a.m. - 11:30 a.m.

June 27th-30th 9:00 a.m. - 11:30 a.m.

Beginner/ Intermediate/ Advanced Camp

For kids from 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 lasts 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.

June 20th-23rd 9:00 a.m. - 2:00 p.m.

July 18th - 21st 9:00 a.m. - 2:00 p.m.

Did You Know?

Ramsey Earnhart

Ramsey Earnhart played tennis at the University of Southern California for four years. In singles, he got to the NCAA semi-finals. Ramsey was also a two



time NCAA doubles champion. He has wins over the famous Rod Laver and was inducted into the College Sports Hall of Fame. The world renowned Stan Smith also named his son after Ramsey. Ramsey's wife, Sherry, has a brother who plays tennis as well, the famous Roscoe

Tanner, who got to the finals at Wimbledon.

Ramsey Earnhart served as Tennis Professional at Idle Hour Country Club for 30 years. Currently, he is working at a resort club, Cedar Creek Racket Club, in North Carolina. We wish Ramsey and his family the very best.

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 to Megan because only she will know the correct answer.

This month's question is:

Q: Which famous tennis player of yesteryear was nicknamed 'Muscles'?

Neal Howard was the first person to call and answer May's trivia question. Ellis Ferreira was the person who won two doubles Grand Slam events and resides in Atlanta, Georgia but is from another country.

Recent Events

Margarita Mixer

We had twenty-four ladies to sign-up for the Mixer and everyone had a great time. There was plenty of good food, drinks and music.

Men's Night Out

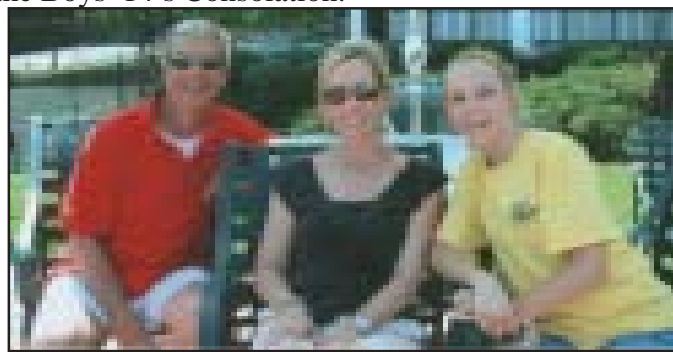
Men's Night Out has ended for the summer season. We would like to thank Tom Swift and John Reeves, our team captains, for doing an outstanding job! Once again, we had a great group of guys out here having a good time. We'll start it back up again on September 14th.

Panama Jam Junior Championship Tournament Sponsored by Butler Auto Group



Left: Carmen Jones and Stephanie Lyons
Right: Mac McLemore and Ryan Baker

Carmen Jones won the Girls' 18's, and Stephanie Lyons was the runner up. Martha Easton McLemore was a runner up in the Girls' 16's Consolation. Cody Dunwody was a finalist in the Boys 16's Consolation. Ryan Baker won the Boys' 12's and Mac McLemore was a finalist in the Boys' 12's. Thomas Watson was a runner up in the Boys' 14's Consolation.



Panama Jam Best Spectators
(from left): Phillip E. Simmons, Jamie Simmons, & Hannah Simmons

Congratulations to all of our junior players for doing a great job in the tournament.
Thanks again to our Sponsor!!

Ladies Goodwill Round Robin

Thanks to all of the ladies that came out to support Goodwill on Friday, May 5th. We had 16 ladies come out to participate, and it went very well. Proceeds will benefit Goodwill Industries of Middle Georgia and the CSRA.



Left to Right: Jan Brown, Roxanne Hinson, Julia Wood, Lisa McLendon, Judy Ennis, Cynthia Nystrom, Pam Spencer, Betsy Hatcher, Shirley Maddux, Kay Heard, Linda Brennan, Layne Dunwody, Julie Moeller, Courtney Meadows, Ashley Griffin and Betsy Delves.

Upcoming Events

Call the Tennis Shop at 477-6701 to sign up!

U.S. Open Trip

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

Men's Round Robin

Gentlemen, we'll be having a Men's Round Robin on Saturday, June 17th, from 10:00 a.m. – 12:00 p.m. If you're thinking about joining the fun, please give us a call at the Tennis Shop.

Announcements

The Tennis Shop is well stocked with a wonderful selection of ladies' Tail clothing and men's Adidas clothing. We also have some bright new clothing for juniors from T.V. Sports, as well as Adidas apparel for juniors. Come by and check out our selection!!! We also have some top-of-the-line rackets and we pride ourselves on our a one day stringing service. Bring your racket by, and we will have it strung and ready the very next day.

Lemon Meringue Pie

(Serves 8-10)

Idle Hour Club

Pie Crust

- ◆ 1 9" Pie Shell (*baked*)

Filling

- ◆ 1 cup Sugar
- ◆ 1/4 cup Corn Starch
- ◆ 1 1/2 cups Cold Water
- ◆ Juice of 3 Lemons (*1/2 cup*)
- ◆ 1/8 tsp. Salt
- ◆ 6 Large Egg Yolks
- ◆ 2 Tbs. Unsalted Butter

Topping

- ◆ 1/2 cup Sugar
- ◆ 4 Large Egg Whites



Lemon Meringue Pie (*continued*)

Idle Hour Club

Filling Method

Combine sugar, corn starch, salt and water in a sauce pan (not aluminum). Bring mixture to simmer over medium heat, whisking occasionally at beginning and more frequently as mixture begins to thicken. When mixture starts to simmer and turn translucent, whisk in egg yolks (two at a time), juice and, finally, butter. Bring mixture to a good simmer, whisking constantly. Remove from heat and place plastic wrap on surface of mixture to prevent skin from forming.

Meringue Method

In a mixer, whip egg whites until they start to get foamy and no liquid is visible at bottom of bowl. Then, slowly pour sugar into whites while still whipping. Stop mixing when whites reach a stiff peak.

Pie Method

Pour filling into pre-baked shell. Using rubber spatula, distribute meringue around edges and, then, center of pie to keep from sinking down into filling. Use spoon to create peaks in meringue. Bake pie until meringue is golden brown, 15-20 minutes.

We are delighted to begin preparation for our new Pictorial Membership Directory. As of **June 1, 2006**, PCA will be ready to start receiving calls and scheduling appointments for family portraits.

To begin the process, one member of each family will need to call the company toll free at **1-866-802-4452**. You will be prompted by a customer service representative to give our account number, which is **8500115**. You will also be asked for the facility name and location, which is **Idle Hour Country Club, Macon, Georgia**. Customer service representatives are available seven days a week. Idle Hour will not be scheduling appointments for sitting times and, therefore, will not be aware of availability.

Each member who participates will receive one complimentary 8 x 10 family picture and a full color Idle Hour Membership Pictorial Directory. Family portrait sittings will begin on Tuesday, September 5, 2006, and will continue through Saturday, September 30, 2006. Appointments will be available Tuesday – Friday, 1:30 p.m. – 9:15 p.m. and Saturdays from 9:00 a.m. – 5:30 p.m. Photographing will take place in the Youth Building by the Pool.

There will be two prize drawings for all members who sign up and have their pictures made. Those members who sign up for a family portrait before September 1, 2006, will be entered in a drawing for a free custom portrait package valued at \$200.00, and two packages will be given away. The second drawing will take place after all the photographing has been completed, with all participants entered for a prize of one month free dues. All three winners will be notified by phone.

If you have any questions, please do not hesitate to call Rebecca Harris, Executive Administrator, at 477-1724, extension 222.



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