

The Idle Times

Volume 17, Issue 6 June 2007

**School's Out for Summer...
Time to Dive-In at Idle Hour!**



*Congratulations!
2007 Peach Blossom Champions
Bobby Brent, Jr. and Bobby Brent, III*



*Congratulations!
Runners-Up in the 2007 Peach Blossom
Peter Persons and John White*



From the Desk of

Jeffrey W. Orkus, CCM
General Manager

An important thing to remember is that, as we enter the summer months and children are out of school and participating in many activities at the Club, we all must monitor our speed through the property and pay close attention to our surroundings when traveling around the Club grounds, especially when backing out of parking spaces. Parents who have children old enough to either ride bikes or walk to the Club, I ask that you emphasize to your children the need to be safe and follow the Club's rules while enjoying the summer.

As the pool season is upon us, I would like to re-address common policies involving the Pool.



Nanny Policy

If you retain the services of a nanny, you might be interested in buying a "Nanny ID" card for this summer, rather than paying a \$5 guest fee each time your nanny brings your children to the pool. The card will allow your nanny to bring the kids all summer long for a one-time fee of \$120.00. Please contact the Front Desk for more information or to purchase your Nanny ID card.

Babysitting Policy

As in years past, if your babysitter is a non-member, there will be a \$5 guest fee associated with each visit. Babysitters will be admitted on a one-time basis. If your kids will be coming to the pool with a babysitter, you must contact the Front Desk and notify the front desk of the date of the occurrence, your name and member number, and the name of your babysitter.

Then 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, which must be presented at the check-in area of the pool.

Rules Governing the Baby Pool

The Rules state, "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 ask that all children understand this policy and allow the younger children to have a place of their own to enjoy at the pool.

We will also 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 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 to allow adequate time and focus for our children to use the facilities and, hopefully, to prevent any accidents that might occur. During this time, only adult members 21 years and older will be allowed to swim.



Youth Building Hours

The Youth Building opens at 11 a.m. and closes at 7:30 p.m. We will also continue to offer deck service throughout the summer for our adult members from 11 a.m. to 6 p.m.

In an effort to speed up your food service from the Youth Building, there are two order lines now at the counter: one for food orders and one for beverages and snacks. We will not offer the salad bar this year.

Thank you for your cooperation in practicing these policies.



In the past few weeks, there have been a couple of incidents requiring first aid on Club property. We are thankful that several of our member physicians were on hand to assist in these situations.

It is important for all of our members, especially physicians, to know that the Club maintains a **Banyan Kit and oxygen support system** behind the second door of the Front Desk area. The Club also has three **automatic external defibrillators (AED)**, and they are located at the **Front Desk, Golf Pro Shop** and the **Greens and Grounds Complex**.

These resources are available to be used in emergency situations throughout the property. Also, 20 of the Club's managers and supervisors recently completed a two-day training session in **First Aid** and **CPR** through the Red Cross of Central Georgia, so that we are able to provide immediate care prior to the arrival of emergency professionals.

It is with great pride that I announce that the Club has enlisted the services of a local genealogist, Mrs. Amanda Cook, to look into the history of the Club. Her initial focus will be to seek information concerning the architect(s) who designed the golf course. Until recently, we believed that the course had been designed by members; however,

some of the drainage techniques and similarities to other courses led us to the conclusion that there had to be some involvement of an architect. I have included below a letter from A.W. Tillinghast, a renowned golf course architect, who designed such courses as Baltusrol Golf Club. It appears that he visited and gave recommendations to Idle Hour

Country Club in 1935. This letter was retrieved from the internet as a result of research done by Michael Vance in the Golf Pro Shop.

If you feel that you have any information that may be helpful to Mrs. Cook, please contact her by email at Amanda_c93@yahoo.com.

Macon, Georgia, December 9th 1935

The President of the F.G.A.

Dear Sir:

I rather fooled myself about a day of rest yesterday (Sunday) for on Saturday night, after mailing you my report for that day, H.M. Block (Proprietor of the Dempsey Hotel, where I am stopping, and also Chairman of the Green Committee of the Idle Hour Club) paged me and stated that he was particularly anxious for me to examine the course on Sunday, as George Norrie was leaving for the Florida tournaments on Monday morning. Of course I consented. Norrie, Secretary of the South Eastern Section of the F.G.A. and one of your executive committee, called for me on Sunday morning and together with Mr. Block we proceeded to the course.

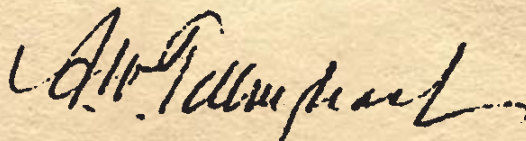
They told me that they wanted me to make a complete and critical examination with suggestions for general improvements. After two hours the rain continued so heavily that we agreed that it would be best to postpone the remainder of the examination until today and Norrie put off his departure until a later hour today.

Already they were in the midst of the reconstruction of the fifteenth green but had stopped work until I could advise them. This I did yesterday and also made a rearrangement of the sixteenth, with a new teeing ground and a new green site, - a natural placement to the left of the present one.

This morning we resumed the analytical inspection and today we were accompanied by Greenkeeper Bill Taylor, who is under Norrie's direction. My comments covered every hole at their request and I have prepared for them a complete type-written report with all suggestions definitely set forth. While the work of general improvement will be gradual, possibly through a period of a few years, there are no drastic changes and all work may be completed without great cost and with the club's regular maintenance crew and equipment.

Tomorrow I will be at Atlanta and on the following day at Columbus, Georgia, and on Thursday I will be on my way to Florida, proceeding to Miami, where of course I will see you.

Very truly yours



Wade Thomas, Director of Greens and Grounds, and I recently took part in a meeting of the Allied Golf Group. This group consists of Board members of the Georgia Chapter of the Club Managers Association of America, the Georgia State Golf Association, Golf Course Owners, and the Georgia Section of the Golf Course Superintendents Association of America. The Allied Golf Group's purpose is to advocate golf courses with regards to the recent development of a Statewide Water Management Plan, which is currently being pursued by the EPD.

As I understand the process, the EPD will be submitting a Statewide Water Management Plan for approval in the House and Senate later this summer. Once the plan reaches the floor, there will not be an option to amend the plan but, rather, only to vote on the proposal.

In the past, golf courses have been considered agricultural and, therefore, were not required to comply with water restrictions during times

of drought. A few weeks ago, we received notice from the EPD informing us that the state has been in a Stage 2 drought status. We were also informed that golf courses are no longer categorized as agriculture and we must comply with odd-even water restrictions. This has caused some concerns among my peers for obvious reasons. However, what is more troubling is the fear that the state may reach a time when the drought level becomes Stage 3 or higher, severely inhibiting the Club's ability to maintain its most important asset.

This issue affects all of our state's golfers. As you will notice throughout the golf course, there are a few areas of our fairways that have turned brown. This is solely a result of the current water restrictions that we are expected to comply with. If the drought continues, and we reach Stage 3 drought conditions, we will only be allowed to irrigate the fairways once per week and for a limited period of the day.

Ladies and Gentlemen, I am pleased to announce our service plan for the Sports Bar and Club Room coming renovations. We plan to begin the two month process in mid-July.

Plan of Service during Sports bar & Club Room Renovations

The Sports Bar Kitchen will remain open with a limited menu. The Men's Grille will remain open normal hours. Additional staff will be scheduled to handle the increase in volume, as we will continue limited menu service from the Sports Bar kitchen. We will host a small lunch buffet in the Men's Grille on Saturdays during the renovation.

Trotters will be open for Grille menu dinner service on Tuesday, Thursday and Friday evenings, with reservations available, for this limited time. The Grille will remain open normal hours. Additional staff will be scheduled to handle the increase in volume. Reservations will also be available in The Grille during the renovation of the Club Room and Sports Bar. Grille menu service on the Patio will also be available upon request. (Due to the extreme temperatures and humidity during this time of year, and since the Youth Building provides an additional venue for family and outside dining, it seems that the Patio will not be utilized as much as if the renovation were taking place during the early fall or spring.) We will set up a table immediately inside the door from #12 tee daily with cups of ice water, mostly to accommodate the ladies who play golf in the morning.

As you can tell, we have a lot of news and information I wanted to update you on! I hope that you and your family are enjoying your Club. If I may be of any assistance, please do not hesitate to contact me at 477-1724 or by email at Jorkus@idlehourclub.com.



Welcome, New Members! Effective May 16, 2007



DR. MICHAEL FLEMING FULLER
Anesthesiologist/Anesthesia
Associates of Macon
Sponsor: Dr. Paul Turk
Spouse: Suzanne F. Fuller
275 Greenview Terrace
Macon, GA 31220
478-254-6320



DR. CHRISTOPHER GAINES GUNN
Anesthesiologist/Nexus Medical Group
Sponsor: Dr. W. Robert Lane
Spouse: Jennifer Barone Gunn
236 Troon West
Macon, GA. 31210
478-476-9485

Any comments concerning those posted for membership may be directed to the Membership Chairman, Mr. George E. Youmans, Jr.

Posted for Membership Effective June 20, 2007

MR. GEORGE L. JONES
Manager/L.E. Schwartz & Son, Inc.
Sponsor: Steven L. Kruger
Spouse: Kelly Jones

MR. WADE A. KOVACS
Sales Rep./Medtronic, Inc.
Sponsor: Peter Persons
Spouse: Erin W. Kovacs

MR. BLAKE C. SHARPTON
Associate/Jones, Cork & Miller, LLP
Sponsor: Hubert Lovein
Spouse: Anna Sharpton

Effective July 17, 2007

MR. DEREK S. CULP
VP, Trust Officer/Bank of America
Sponsor: Donald C. Eubanks
Spouse: Elizabeth Eubanks Culp

MR. ANDREW J. SUTHERLAND
VP, Financial Advisor/Morgan Keegan & Co.
Sponsor: C. Emory Johnson
Spouse: Margaret Johnson Sutherland



ANNOUNCEMENTS



Don't Forget your Pool Card!

You must have a Pool ID Card to enjoy the amenities offered at the Pool. Please visit the Business Office Monday - Friday, 9:00 a.m. - 5:00 p.m. The process takes only about five minutes. Please note: You can still use last year's Pool ID card.

Pictorial Directories are here!

If you were photographed for the Pictorial Membership Directory, please come by the Front Desk to pick up your free copy. (one per family) If you did not take a photo but still want a Pictorial Membership Directory, you may buy one at the Front Desk for a charge of \$6.

EMPLOYEE OF THE MONTH



Larry Washington, Jr.

Serving the membership in the Men's Locker Room, Men's Grille and various other parts of the Clubhouse, Larry has proven himself to be a great asset to Idle Hour. He has been with us now for over three years, and he continues to impress us all with his winning smile and outgoing nature.

During his free time, Larry enjoys boxing, football and basketball. He is the proud father of two daughters and two sons.

Congratulations, Larry! Thank you for all of your hard work and dedication to the Club.

The Idle Times

Rebecca Harris, Executive Administrator
Theresa Abercrombie, Designer & Editor

2007 Board of Directors

Dr. William V. Argo, Jr.
President
Mr. Charles E. Pollock, Jr.
Vice President & House
Mr. Stephen M. Welsh
Treasurer, Finance
Mr. Albert L. Edge
Secretary, Fitness, & Golf Assistant
Mr. N. Henry Davis
Entertainment
Mr. George E. Youmans, Jr.
Membership
Dr. Edsel D. Davis
Golf
Mr. Jeffery L. Avant
Long Range Planning & Pool
Mr. James R. McLemore, Jr.
Tennis

Staff

Jeffrey Orkus, CCM, General Manager
Lawrence Rountree, Clubhouse Manager
Courtney Fendt, Controller
Rebecca Harris, Executive Administrator,
Club Events Coordinator
Jason Knowlton, Executive Chef
Nick Banks, Assistant Manager
Chad Rodeheaver, Assistant Manager
Amanda McElmurray, Banquet Coordinator
Meagon Davis, Human Resources Manager
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
John Read, Housekeeping Manager

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

FAMILY BINGO

Wednesday, June 13th

Theme: Support Your Favorite Sports Team

Adults \$10; Children ages 4-11 \$7.95; Children 3 & under are free!
Price includes one bingo card per person, dinner and Bingo!
48-hour Cancellation Policy.

Adult's Buffet

Mixed Greens, Fruit Salad, Cole Slaw, Roasted New Potato
Salad with Caramelized Onion and Dijon Dressing,
Southern Fried Chicken, Sour Cream & Chive Whipped
Potatoes & Squash Casserole

Children's Buffet

Chicken Fingers, Hot Dogs, French Fries,
Macaroni & Cheese, Cookies, Brownies
& Chocolate Swirl Cheesecake



Father's Day Buffet

Sunday, June 17th

11:30 a.m. - 1:30 p.m.

Menu

*Tossed Garden Salad, Curried Chicken & Rice Salad
Roasted Lamb & Sweet Potato Salad, Black & Navy Bean
Salad with Ham & Wild Mushrooms, Fresh Fruit Salad
with Grand Marnier Yogurt, Braised Collard Greens,
Squash Casserole with Aged Cheddar Cheese,
Cajun Style Home Fried Potatoes, Corn on the Cob,
Baked Lasagna with Mozzarella & Parmesan Cheese,
Southern Fried Chicken, Charbroiled Salmon with Navel
Orange Butter Sauce, BBQ Basted Grilled Baby Back Ribs,
Roasted Prime Rib of Beef Au Jus,
Brownie Cheesecake, Hazelnut Chocolate Tart,
Strawberry Orange Cream Cake, Peach Cobbler*

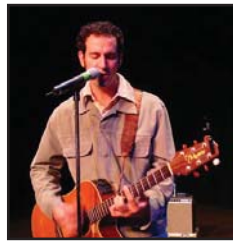
Reservations are required.

48-Hour Cancellation Policy applies.
Adults \$22.50; Children (8 thru 11) \$12.50;
Children (4 thru 7) \$9; Children 3 & under free.

SUMMER MUSIC ON THE BACK PATIO

Friday, June 22nd

Music by Shane Bridges
Happy Hour 7:30 - 9:30



Mark your calendars, call your friends and feel "FREE" to join us on this special Friday evening! That's right! There is no charge to enjoy the live music entertainment performed by Shane Bridges. Shane's music is classified as "Americana," which is a blend of rock and country.

Don't forget about happy hour between 7:30 p.m. and 9:30 p.m! We'll also feature a delicious special appetizer platter featuring buffalo style chicken wings, crab rangoon and parmesan crusted pretzel sticks with sauces! *Please R.S.V.P., 477-1724.*

"Dive-In" Movies at Dark

Don't forget to bring your floats!



Cars

June 29th

Join us for this "high octane adventure! Rated G. 116 min.



Barn Yard: Party Animals

July 27th

Join the real party animals! Rated PG. 90 min.



Night at the Museum

August 31st

Don't miss this adventure! PG-13. 108 min.

4th of July Celebration

Poolside Buffet

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

Pool Games 3 p.m. - 5 p.m.

Adults \$18.50

Children (4-11) \$11.00

Children 3 & under, no charge.

Children's Carnival

6 p.m. - 9 p.m.

(behind the tennis courts)

Patio Dinner Buffet

6 p.m. - 9 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

June

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|-----------------------|--|---|---|--|---|
| <p>Father's Day Buffet <i>Sunday, June 17th</i> 11:30 a.m. - 1:30 p.m. Space is limited. Don't forget reservations! Call 477-1724</p>  | | |  <p>FAMILY BINGO Wednesday, June 13th 6:30 p.m. in the Ballroom</p> | | 1 All-You-Can-Eat Prime Rib & Crab Legs | 2 Breakfast in The Grille SPORTS -A-THON MAUI JIM AT THE POOL |
| 3 Sunday Brunch Buffet in the Living Room | 4 CLUB CLOSED | 5 LADIES' MEMBER- MEMBER Jackpot Drawing | 6 DAY CAMP AGE 4 | 7 "2 for 1" Entrees in The Grille & Trotters | 8 All-You-Can-Eat Prime Rib & Crab Legs | 9 Breakfast in The Grille |
| 10 Sunday Brunch Buffet in the Living Room | 11 CLUB CLOSED | 12 Jackpot Drawing | 13 FAMILY BINGO <i>Support your favorite team!</i> | 14 JUNIOR GOLF CLINIC "2 for 1" Entrees in The Grille & Trotters | 15 All-You-Can-Eat Prime Rib & Crab Legs | 16 Breakfast in The Grille |
| 17 FATHER'S DAY BUFFET <i>Club open regular hours</i> | 18 CLUB CLOSED | 19 SENIOR GOLF SCHOOL Jackpot Drawing | 20 <i>Meeting of the Board of Directors</i> | 21 "2 for 1" Entrees in The Grille & Trotters | 22 SUMMER MUSIC <i>Shane Bridges</i> All-You-Can-Eat Prime Rib & Crab Legs | 23 Breakfast in The Grille |
| 24 Sunday Brunch Buffet in the Living Room | 25 CLUB CLOSED | 26 Jackpot Drawing | 27 DAY CAMP AGE 5 / PEE WEE TENNIS CAMP | 28 JUNIOR GOLF CLINIC "2 for 1" Entrees in The Grille & Trotters | 29 DIVE-IN MOVIE <i>Cars</i> All-You-Can-Eat Prime Rib & Crab Legs | 30 Breakfast in The Grille |

July

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|------------------------------|---------------------------|--|--|---|-----------------------------------|
| 1 Sunday Brunch Buffet in the Living Room | 2 CLUB CLOSED | 3 Jackpot Drawing | 4 INDEPENDENCE DAY CELEBRATION <i>Keith Williams on the Back Patio 6 p.m. - 9 p.m.</i> 4 th OF JULY | 5 "2 for 1" Entrees in The Grille & Trotters | 6 All-You-Can-Eat Prime Rib & Crab Legs | 7 Breakfast in The Grille |
| 8 Sunday Brunch Buffet in the Living Room | 9 CLUB CLOSED | 10 Jackpot Drawing | 11 FAMILY BINGO <i>Red, White & Blue</i> | 12 JUNIOR GOLF CLINIC | 13 All-You-Can-Eat Prime Rib & Crab Legs | 14 Breakfast in The Grille |
| DAY CAMP AGE 6, 7 & 8 / JUNIOR GOLF CAMP | | | | | | |
| JUNIOR PEACH BLOSSOM | | | | | | |
| 15 Sunday Brunch Buffet in the Living Room | 16 CLUB CLOSED | 17 Jackpot Drawing | 18 Meeting of the Board of Directors | 19 "2 for 1" Entrees in The Grille & Trotters | 20 All-You-Can-Eat Prime Rib & Crab Legs | 21 Breakfast in The Grille |
| DAY CAMP AGE 6, 7 & 8 / BEGINNER-ADVANCED TENNIS CAMP | | | | | | |
| SENIOR GOLF SCHOOL | | | | | | |
| <i>Meeting of the Board of Directors</i> | | | | | | |
| JUNIOR GOLF CLINIC | | | | | | |
| ALL-YOU-CAN-EAT PRIME RIB & CRAB LEGS | | | | | | |
| 22 Sunday Brunch Buffet in the Living Room | 23 CLUB CLOSED | 24 Jackpot Drawing | 25 Meeting of the Board of Directors | 26 JUNIOR GOLF CLINIC | 27 DIVE-IN MOVIE <i>Barnyard</i> | 28 Breakfast in The Grille |
| DAY CAMP AGE 6, 7 & 8 / TEEN CAMP AGE 9-13 | | | | | | |
| ALL SPORTS CAMP | | | | | | |
| ANNUAL CLUBHOUSE SHUTDOWN | | | | | | |
| 29 CLUBHOUSE SHUTDOWN | 30 CLUBHOUSE SHUTDOWN | 31 Jackpot Drawing | Poolside Buffet <i>11:30 a.m. - 2:30 p.m.</i> Pool Games <i>3 p.m.-5 p.m.</i> <i>Adults \$18.50</i> <i>Children (4-11) \$11.00</i> <i>Children 3 & under, no charge.</i> | | | |
| | | |  Children's Carnival <i>6 p.m.-9 p.m.</i> Patio Dinner Buffet <i>6 p.m.-9 p.m.</i> <i>with music by Keith Williams</i> Fireworks at dark! | | | |

Special Events

Are you interested? Let us know!



Neal Boortz
The Talkmaster
The High Priest of the
Church of the Painful
Truth



He has been edifying, infuriating, and entertaining talk radio audiences for more than three decades with his blend of straight talk and twisted humor.

Now, the author of the smash number one bestseller *The FairTax Book* and *Somebody's Gotta Say It* may be bringing his blend of "irresistible wisecracks and irrefutable libertarian wisdom" to IHCC!

To express interest in hearing Neal Boortz just call 477-1724.

Sports-A-Thon

Are you Ready for the Challenge?
Saturday, June 2nd, 8:00 a.m.



2-mile run/walk
Round Robin Tennis
Tournament
Nine Holes of Golf
with Keg Beer
Lunch Provided

Sign-Up in the Wellness Center

Each participant will be ranked and grouped by age and playing ability, so everyone is encouraged to join us. A handicapped-scoring system will be used.

Only \$25/person

POOL INFORMATION

*Please note: All pool users are required to sign the register as they enter the pool area. Parents must complete a Pool Registration Form for children under 16 years of age. If this form is not on file, child (children) will not be permitted to swim. Guests may be invited to the pool but must be accompanied by a member or a dependent of a member. There are guest fees for the following: In-town Guests or Relatives, Out-of-Town Guests/Relatives, and Houseguests. Out of town grandchildren of members may use the pool at no charge provided they are accompanied and supervised by their member grandparent. Opening and Closing - The pool regularly opens Memorial Day weekend and remains open through the Labor Day weekend. The pool is closed on Mondays. The pool may close earlier than the scheduled time on any night when there are no swimmers or due to inclement weather.

Chef's Recipe of the Month

Fried Crawfish and Boursin Risotto Fritters

Ingredients:

- 1 1/2 cups Arborio Rice
- 8 oz. Yellow Onion
- 1 oz. Garlic
- 6 oz. Parmesan Cheese
- 6 oz. Boursin Cheese
- 1 Tbs. Old Bay Seasoning
- 4 oz. Butter, Unsalted
- 8 cups Chicken Stock
- 2 lbs. Crawfish
- 2 cups Seasoned Flour



Procedure:

Fine dice onion and garlic. In a pan over medium heat, melt butter and add onions and garlic; cook until tender.

To make Risotto: Add arborio rice to pan and stir to coat with butter. Once the rice is coated, add chicken stock (2 cups) and let the rice absorb the liquid. Then, repeat this method of adding chicken stock until all has been added. Chop crawfish and add it to the risotto along with the cheese and old bay seasoning. Stir and add salt and pepper to taste. Let cool.

To make fritters: Roll the Risotto into small round balls (2oz.) Then coat with seasoned flour and deep fry. (You can season flour with Old Bay, salt and pepper.)

Idle Hour Club



From the Desk of Rob Haver, Wellness Center Director

A couple of reminders as we head into June: The

Sports-A-Thon will be held on Saturday the 2nd, and Water Aerobics classes will meet on Mondays, Wednesdays and Fridays at 7:45 a.m. All aerobic classes are posted on IHCC's website and in the fitness rooms. This year, Kid's fitness classes will be included in the Day Camps. Kids 12-16 years may sign-up for Teen Circuit Training. Below is an article concerning a very important issue for the summer.

Teen Circuit Training for Kids 12-16

Mondays, Wednesdays & Fridays

11 a.m. - 12 p.m.

\$8/session

Please sign up with Rob in the Wellness Center: 474-8535

Water Aerobics Classes

Mondays, Wednesdays & Fridays at 7:45 a.m.

All aerobic classes are posted on IHCC's website, as well as in the fitness rooms.

New Study: Drink THIS Much Water Daily

How much water should you drink every day? The latest study from researchers at the University of Utah in Salt Lake City concludes that the old standby of eight glasses a day still holds. Here's the surprising gotcha: If you don't drink enough water, the greatest effect may not be physical--it's mental and emotional. Drink just half the recommended amount of water, and you'll likely suffer from mild dehydration. You'll also have less energy, and you won't be able to concentrate and focus as you normally would. "For people who aren't exercising a lot or living in a very warm climate, eight glasses of water a day may be a good rule of thumb," lead researcher Dr. Wayne Askew told Reuters. If you do exercise and sweat a lot, then you need more than eight glasses to properly hydrate your body.

Our bodies need water, primarily because water makes up more than 70 percent of solid body tissue. It helps regulate body temperature,

carries nutrients and oxygen to cells, removes waste, cushions joints, and protects organs and tissues, explains Reuters. Too little water can cause headaches, grogginess, and dry, itchy skin. When we become severely dehydrated, it can affect our blood pressure, circulation, digestion, kidney function, and nearly all body processes.

The experiment: *For 12 weeks, 10 thirsty college students each drank four, eight, or 12 eight-ounce glasses of water per day in four-day test cycles. Between the test cycles the students consumed the amount of water they normally would, as well as during one other week during the study period. The students' hydration status was measured at the end of each four-day water consumption cycle. They also answered questions about their general well being.*

The results: *Drinking four glasses of water caused the students' blood*

plasma volume to fall five percent below those who drank eight glasses of water. Four glasses of water also produced more highly concentrated urine. Still, these physical symptoms of dehydration are considered mild--a suboptimal hydration level. What surprised the researchers was the effect this mild dehydration had on the students' well being. Reuters reports that when students drank the least amount of water, they reported feeling less energetic and less focused than when they drank more water. If eight glasses of water a day is good, is more than that even better? Probably not, although it won't hurt you. Those who drank 12 glasses had blood plasma volumes that were 10 percent higher, but their well-being was not impacted positively or negatively. The findings were presented at the annual Experimental Biology meeting in San Diego, California.

Though some studies argue that drinking too much water could lead to sodium deficiencies or potentially life threatening water intoxication caused by the kidneys not being able to keep up with the intake of liquids. None of the reports I have read debunking the eight glasses per day mention how often each glass was drunk or if physical activities were performed in extreme conditions. As with any health related study now a days, there are contradicting arguments, always ask you doctor and see what is best for you.



From the Desk of

Wade Thomas
Director of Greens & Grounds

TURFGRASS

The drought of the spring has made our job extremely difficult. We have completed our Best Management Practices document, which outlines all we do and will do to conserve water. This document has been filed with the Department of Natural Resources as part of a Memorandum of Agreement between the Georgia Golf Course Superintendents Association and the State. GGCSA has 85% of its member courses in compliance with this agreement. We have labored extensively to ensure that our irrigation system is in excellent working order. This includes daily scouting of the entire course, looking for irregularities in dew patterns, malfunctioning heads, wet areas and dry areas. We also had the pump station serviced in March by Priority Pump Services to maximize its efficiency. These are ongoing processes that we perform on a daily basis. Wasting water is against our nature as good stewards of the environment. Water conservation is part of our livelihood as golf course managers.

We are planning to begin our renovation processes on 16 fairway and a number of tees beginning June 25th. We will have eighteen holes prepared for the membership daily with temporary tees set up in various locations. The Short Range will be used in place of 16 with the course playing to a Par 69. We will accommodate everyone, but please understand that you may encounter minor inconveniences. Therefore, we extend to you all our advance apology, along with a request to hear from you at 477-2373 if we may assist you.

MOST IMPROVED

Dave Karlson -1.5
Joe Starr -1.4
Clay Kaplan -1.2

GREAT ROUNDS, EAGLES & HOLES-IN-ONE

Claude Hicks, Eagle #13, Pitching Wedge
4/26/07

~
Craig Cowart, Hole-In-One #18, 2-Iron

~
Chuck Reeves, Hole-In-One #12, 8-Iron
Eagle #13, Putter, 4/27/07

~
Billy Anderson, II, Eagle #17, 5-Iron, 5/12/07

~
Billy Anderson, III, Hole-In-One #11
Plantation Course, 6-Iron, 5/4/07

~
Bryant Walker, Hole-In-One #4
Par-3 Course, 4/22/07

~
Edsel Davis, 70, 4/14/07

~
J.B. Easterlin, 70, 5/2/07

~
Keith Holmes, 68 on 4/29/07,
69 on 4/28/07, 70 on 5/03/07

~
Hugh Morrison, 68 on 5/11/07

~
Coleman Tidwell, Jr., 70 on 4/29/07

TOURNAMENTS

Butler Cup

3rd Round of the Championship Bracket

Concludes June 17th

4th Round of the Championship Bracket

June 19th to June 29th

3rd Round of the Consolation Bracket

Concludes June 17th

4th Round of the Consolation Bracket

June 19th to July 8th

5th Round of the Consolation Bracket

July 10th to July 29th.

*For more information or to schedule
a match, call the Shop at 477-2092*

GOLF COMMITTEE

Edsel Davis, Chairman
Sam Pearson
Albert Edge
Lawrence Williford
Sanna Smith
Craig Leachman
Palmer Rolfes
Jeff Long
Terry Henderson
Hal Greer
Richard Collinsworth
Coleman Tidwell, Jr.
George Youmans, Sr.
Craig Childs

GUEST FEE SPECIAL

\$59, including cart
Tuesday - Thursday

UPCOMING CLASSES

Senior Golf Schools

June 19th, July 17th, August 14th
at 9 a.m.

Junior Golf Clinics

June 14th, June 28th, July 12th,
July 19th, July 26th, August 9th
at 4 p.m. - 5 p.m.
Ages 4 & Up

Junior Rules Clinics

June 22nd, July 13th
at 4 p.m. - 5 p.m.

Junior Golf Camp

July 17th - 20th

Junior All Sports Camp

July 24th - 27th

*Call the Learning Center
at 477-8777
for more information
regarding all clinics.*

ANNOUNCEMENT

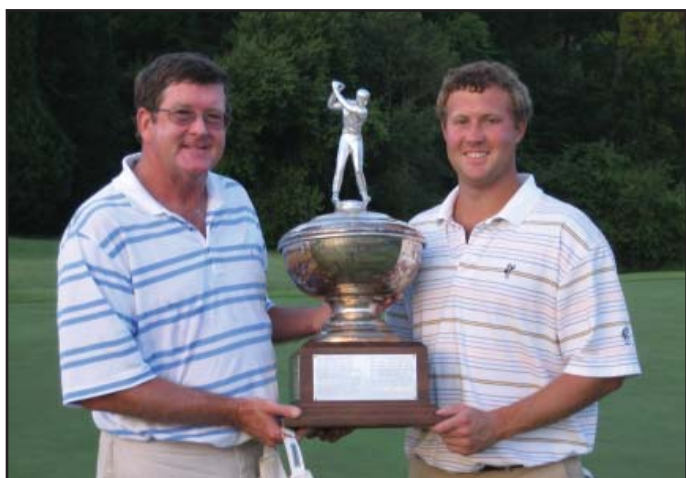
Please post all scores within 72 hours of the round. This helps to avoid confusion and ensure that handicaps remain accurate. Equitable Stroke Control (ESC) guidelines are posted by the handicap computers to assist in proper score management. If you have any questions regarding ESC or how to post a score, please do not hesitate to ask the Golf Shop.

PEACH BLOSSOM 2007



Runners-Up: Peter Persons & John White

It took three days and 57 holes, but the 2007 Peach Blossom is finished, and the winners have been crowned. After leading the tournament from day one, a costly bogey on 18 propelled Bobby Brent, Jr. and Bobby Brent, III into a playoff with Idle Hour's own Peter Persons and John White. Persons saved par on the second playoff hole with a tricky 8-footer, but when Bobby Brent, III sank a lengthy birdie on the third playoff hole, the tournament was decided. In total, we had 11 member teams that either placed in the top 3 in their respective flights, or in the top 15 in the Championship Flight. We would like to thank all of the participants in the 2007 Peach Blossom, especially our many teams of members, and we eagerly look forward to next year's event.



Champions: Bobby Brent, Jr. & Bobby Brent, III

Championship Flight

| | |
|-------------------------------------|-----|
| Bobby Brent, Jr. / Bobby Brent, III | 199 |
| Peter Persons / John White | 199 |
| David Lewis / Brad McGraw | 200 |
| Randy Donahoo / Robert Sheats | 202 |
| Jack Hall / Danny Nelson | 202 |
| Rob Butler / DeWitt Weaver | 202 |
| David Noll / Mike Nance | 205 |
| Frank Gasaway / Michael Standard | 205 |
| Keith Potts / Matt O'Quinn | 205 |
| Scott Pitts / Jonathon Shiflet | 206 |
| Jorge Cora / Hector Cora | 207 |
| Richard Sosebee / Danny Whigham | 207 |
| Bart Middlebrooks / Tray Dykes | 207 |
| Brandon Farley / Bryan Sodel | 207 |
| Rusty Rustin / Timo Treilobs | 208 |

1st Flight

| | |
|-------------------------------|-----|
| Brent Johnson / Shawn Nabus | 214 |
| Madden Hatcher / Bill Ploeger | 213 |
| Bubba Gwyn / Ray Perez | 206 |

2nd Flight

| | |
|---------------------------------|-----|
| Joe Starr / Parker Swift | 215 |
| Brent Sizemore / Max Hester | 214 |
| Paul Chandler / Emmittee Griggs | 212 |

3rd Flight

| | |
|---------------------------------|-----|
| Stewart Vernon / Morris Butler | 220 |
| John Walker, IV / Will Davidson | 217 |
| Allen Peake / Coleman Tidwell | 213 |

4th Flight

| | |
|-------------------------------|-----|
| Martin Herndon / Ricky Tucker | 221 |
| Philip Krystyn / Tom Krystyn | 219 |
| Russell Henley / Adam Henley | 218 |

5th Flight

| | |
|------------------------------|-----|
| Ted Randall / Kelly Yielding | 222 |
| Hal Hobgood / John Straughan | 220 |
| John Calhoun / Mat Mize | 219 |

6th Flight

| | |
|-------------------------------|-----|
| Dan Hinton / Don Blackburn | 226 |
| Dennis Hanson / Shaw Blackmon | 226 |
| Mike Pavoni / Jimmy Pavoni | 226 |



From the Desk of

Craig A. Jones

*USPTA, USPTR
Director of Tennis*

There is going to be a lot of activity going on at the Tennis facility, and I want to invite everyone out to join in on the fun. We're having a variety of mixers for our adults, camps for our kids, and other things for everyone. If there is anything I can do for you, please don't hesitate to call me or my staff at the Tennis Pro Shop. We will be very happy to serve your every need. Thanks for your continuing support! I look forward to seeing you out on the Tennis Courts soon!

Congratulations to our Junior players for their hard work and dedication. Here are the finals for Tattnall High School, Stratford High School, and Mount De Sales.

Mount De Sales – Karolina Grigorian won the Girl's Regionals and reached the state semi-finals.

Tattnall High School – Carson Jones won Boy's Regionals and reached the state semi-finals.

Stratford High School – Tab Hershey and Hayden Bashinski won the Men's Doubles Regionals.



Tennis Tip



by Robbie



“Call the Score”

When playing a match, always remember to call out the score.



When the match comes to a crucial part of the game (like winning the set) and you forget the score, it leaves the potential for your opponent to make up a score to his or her advantage. Practice calling the score when playing with family and friends, so that doing this will become a part of your routine when playing competitive tennis.



DRILLS, PRIVATE & GROUPS LESSONS

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

It is a great opportunity to enhance your skills for USTA matches. Ladies, please come out and join our drills.

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

Starter Level Jr. Tournament Drills

Craig conducts 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.**



DUE TO OUR JUNIOR TENNIS SUMMER CAMPS, THE ADULT DRILLS SPECIFIED ABOVE MAY NOT BE CONDUCTED. IF YOU ARE INTERESTED IN ATTENDING ONE OF OUR DRILLS, PLEASE CALL THE PRO SHOP AT 477-6701.



Congratulations to our 4.0 Senior Men's Team who won the 2007 Spring Season!

Kerry Bacon
John Barrow
Scott Bayme
David Higdon
Bruce Jones
Charlie Lutz
John McIntire
Tommy Perry
John Reeves
Tommy Talbot

Jimmy Weatherford - Captain

Thanks to everyone for participating!



We want to send a special thanks to Julia Wood and all of our participants!

Donna Bailey
Julie Dickson
Courtney Garner
Betsy Hatcher
Kay Heard
Roxanne Hinson
McKenzie Swan
Julia Wood
Mary Jean Yates

Our Good-Will Round Robin was a blast! Please remember to mark this on your calendar next year and join in on all of the fun!

Pee-Wee Camp

June 12th – 15th

9 a.m. – 11:30 a.m.

There are still slots available for this great camp. During this camp there will be Tennis and swimming with lunch included. Not to mention all the fabulous things your child will receive! If you're looking for an ideal summer camp for you're little one, Idle Hour Tennis is the place to be. Available for ages 4-6. Cost: \$135.00

Margarita Mixer

June 15th

6 p.m. – 8 p.m.

What else would a "Margarita Mixer" be without serving margaritas while playing one of the best games ever invented! Come out and mingle with all of your friends at Idle Hour and the Shop.

Beginner, Intermediate & Advanced Camp

June 19th – 22nd

9 a.m. – 2 p.m.

A little more advanced than the Pee-Wee Camp, this camp will work on the fundamentals of Tennis, as well as coordination. Available for ages 6-15. Cost: \$200.00 (lunch is included.)

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Pee-Wee Camp

June 26th – 29th

9 a.m. – 11:30 a.m.

If you just happened to miss out on the first one... don't fret, we have another one in store! With the same amenities as the first camp, your child will definitely have a wonderful time. Available for ages 4-6. Cost: \$135.00 (lunch included) And don't forget your swimming gear!!!

The Idle Hour Open

A One Day Only Tournament!

August 18th

Similar to the JDS Fundraiser we hosted here at Idle Hour last year, you're sure to have a ball at this all day event!!! There will be a Round Robin Format, Men and Women Doubles, with another exciting exhibition match! Admission is only \$50.00 and this includes food, balls, and awards for our winners, while serving beer all day long!

For more information on any of these events, please call us at the Tennis Shop:

477-6701

Youth Building Menu

Combination Favorites

All items include your choice of french fries, fresh fruit, or chips

| | |
|---|--------|
| Adult Hamburger..... | \$5.95 |
| Adult Cheeseburger..... | \$6.25 |
| Adult Bacon Cheeseburger..... | \$6.50 |
| Adult Cheeseburger Club..... | \$6.95 |
| Adult Chicken Fingers (4)..... | \$6.75 |
| Nachos..... | \$3.25 |
| Grilled Chicken Sandwich..... | \$5.75 |
| Chicken Fingers Sandwich with cheese..... | \$4.00 |
| | |
| Kid's Chicken Fingers (2)..... | \$3.25 |
| Kid's Hamburger..... | \$3.75 |
| <i>add cheese</i> | \$4.00 |
| Hot Dog..... | \$2.25 |
| <i>add cheese</i> | \$2.50 |

Sandwiches

served on white, whole wheat, or rye bread with potato chips and pickle

| | |
|---|--------|
| Club Sandwich..... | \$5.00 |
| <i>turkey, lettuce, tomato, bacon, & mayo</i> | |
| | |
| Grilled Cheese..... | \$3.25 |
| <i>add ham or bacon</i> | \$3.50 |
| | |
| BLT..... | \$3.95 |
| Chicken Salad Sandwich..... | \$4.25 |
| Tuna Salad Sandwich..... | \$4.25 |
| Turkey Breast Sandwich..... | \$4.75 |
| Peanut Butter & Jelly Sandwich..... | \$1.75 |

Garden Selections

| | |
|------------------------|--------|
| Pool Side Salad..... | \$3.25 |
| <i>add Bacon</i> | \$3.50 |

Grilled Chicken Salad
6.25

Chicken Caesar Wrap
fresh romaine with grilled chicken tossed in traditional caesar dressing with parmesan cheese and wrapped in a flour tortilla
\$6.25

Side Orders

| | |
|---------------------|--------|
| French Fries..... | \$1.50 |
| Fresh Fruit..... | \$1.50 |
| Cottage Cheese..... | \$1.50 |
| Potato Chips..... | \$1.00 |

Snacks

| | |
|--------------------------|--------|
| Crackers..... | \$1.25 |
| Candy..... | \$1.25 |
| Small Ice Cream Cup..... | \$1.25 |
| Ice Cream..... | \$1.75 |
| Novelty Ice Cream..... | \$2.25 |

Beverages

| | |
|---|--------|
| Smoothies..... | \$3.50 |
| Small..... | \$.95 |
| Large..... | \$1.25 |
| <i>Coke, Diet Coke, Sprite, Dr. Pepper, Root Beer, Iced Tea, or Lemonade. Try our smoothies, available in Strawberry, Wildberry, Bannana, and Raspberry (new)</i> | |



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