

# The Idle Times

Volume 19, Issue 3 March 2009



Try Your Luck!

BINGO - 11<sup>th</sup>

JACKPOT - 17<sup>th</sup>



*Don't Miss*  
**BOB NELSON**  
*on St. Patty's Day!*



# From the Desk of

Jeffrey W. Orkus, CCM  
General Manager

We are proud to announce that, with the help of Entertainment Chairman Henry

Davis, we have booked the comedic talents of Bob Nelson to entertain you on the evening of March 17<sup>th</sup>. I understand that this is not the normal advance notice that we provide for Club events, but this was a lucky find, as we have been able to catch Mr. Nelson on his way from Florida to Missouri.

Many of you may remember Bob Nelson from the late 80's when he performed on *Johnny Carson* and numerous other televised shows. Some of his best known acts include a football player with balloons stuffed in his shirt and Jiffy Jeff, the punch drunk boxer who can't spell his own name but owns his own business, Jiffy Jeff's Gym.

We have planned to start the event with cocktails by signature at 6:00 p.m. and a dinner buffet at 7:00 p.m., followed by the show at 8:00 p.m. This will be an awesome St. Patrick's Day, paired with the Tuesday Jackpot drawing for a \$1,000 rebate to some lucky member's account. All you have to do is dine at the Club between 7:00 and 7:30 p.m., whether you're at the show or in one of the dining areas, and you could win! So, sign up, dress up in GREEN and come out to enjoy one of the funniest character comedians of all time.

We continue to make improvements in the services that we provide to you and your family. In that effort, your input is essential. If you are not comfortable with filling out a comment card in one of the Club's restaurants, please visit our website to complete a brief survey. Go to [www.idlehourclub.com](http://www.idlehourclub.com), log in, click on the "Membership" tab at the top of the page and, then, click on the "Membership Survey" tab. This will open an on-line survey that you can complete anonymously. The results will be sent directly to my email account so that I can take immediate action to correct any problems. Additionally, if you have had a positive experience, letting us know about it will reinforce the rewards we offer our staff.

As always, should you have any concerns or questions, please feel free to contact me at 477-1724 or through email at [jorkus@idlehourclub.com](mailto:jorkus@idlehourclub.com). I look forward to seeing you and your family soon!

## The Idle Times

Theresa Abercrombie, Designer & Editor  
[idletimes@live.com](mailto:idletimes@live.com)

## 2009 Board of Directors

- Mr. Jeffery L. Avant, President
- Mr. Albert L. Edge, Vice President
- Mr. N. Henry Davis, Entertainment
- Mr. Cubbedge Snow, III, Membership
- Mr. J. Sam Pearson, Golf
- Mr. H. Stephen Popper, III, House/Fitness
- Mr. Roy "Trip" Walden, Pool  
& Long Range Planning
- Mr. W. John O'Shaughnessey, Tennis
- Mr. Craig Leachman, Secretary

## Staff

- Jeffrey Orkus, CCM, General Manager
- Lawrence Rountree, Clubhouse Manager
- Courtney Fendt, Controller
- Amanda McElmurray, Events Coordinator
- Jason Knowlton, CEC, Executive Chef
- Chad Rodeheaver, Assistant Manager
- Lei Poole, Assistant Manager
- Ray Cutright, Director of Golf
- Wade Thomas, Director of Course
- Craig Jones, USPTA, USPTR,  
Director of Tennis
- Rob Haver, Wellness Director
- Jon Read, Housekeeping Manager
- Leon Hart, Clubhouse Maintenance
- Laura Greene, Human Resources 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
- Fax.....757-2405
- E-mail.....[frontdesk@idlehourclub.com](mailto:frontdesk@idlehourclub.com)
- Website.....[www.idlehourclub.com](http://www.idlehourclub.com)

## Welcome, New Members! Effective February 18, 2009



DR. ERSKINE A. JAMES  
Cardiologist  
Mercer University  
Sponsor: Mr. John James  
Spouse: Mrs. Candi Nobles-James, M.D.  
112 Kentucky Downs Way  
Macon, Georgia 31210  
(478) 405-8066



DR. JOHN M. SIMMONS, JR.  
Owner & Optometrist  
Primary Eye Care Associates  
Sponsor: Mr. Timothy M. Grant  
Spouse: Mrs. Beth Anne Simmons  
115 Saint Martinique Place  
Macon, Georgia 31210  
(478) 757-1931

*Any comments concerning those posted  
for membership may be directed  
to the Membership Chairman,  
Mr. Cubbedge Snow, III*

## Posted for Membership Effective March 18, 2009

MR. GEORGE B. SMITH, IV  
Attorney/Smith, Hawkins, Hollingsworth  
& Reeves, LLP  
Sponsor: Mr. George Boone Smith, III.

MR. FLOYD M. BUFORD, JR.  
Attorney/Buford and Buford  
Sponsor: Mr. Robert E. Hill  
Spouse: Mrs. Glisa Buford

## Posted for Membership Effective April 9, 2009

MR. ALAN A. LISCHER, III  
Owner & CPA/ Alan A. Lischer CPA, PC  
Sponsor: Mr. J. Eric Hefner  
Spouse: Mrs. Christy Clark Lischer

MRS. CAROLYN T. MCAFEE  
Vice President/Hallmark Systems, Inc.  
Sponsor: Dr. R. Kirby Godsey

MR. JAMES W. SIMMONS  
Owner/Component Sales Group  
Sponsor: Mr. Bruce J. Bishop  
Spouse: Mrs. Harriette Simmons

## Employee of the Month Kyle Melvin



Kyle Melvin began working at Idle Hour seven months ago and has excelled in every task. He operated the lift and ran our annual pruning for the entire month of January. He is able to identify exactly what needs to be done with minimal instruction. Kyle

is a very motivated individual, and he has proven himself a valuable asset to Idle Hour. Kyle is a recent graduate of Georgia College, and enjoys camping, hiking, and playing golf in spare time. He looks forward to getting married this summer to his long-time girlfriend. Congratulations, Kyle, on a fantastic job!



# Special Events

## Adult Bingo

Wednesday, March 11<sup>th</sup>

6:30 p.m. - Cocktails by Signature

7:00 p.m. - Buffet Dinner

in the Ballroom

7:45 p.m. - Bingo, \$13.50/person

Don't miss your chance to WIN CASH while you have dinner with friends!

Please call ahead for reservations!  
48-Hour Cancellation Policy.

## Grandparent's Day

Friday, March 27<sup>th</sup>

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

Adults \$15, 8-11 \$11, 4-7 \$8

3 & under free

In addition to our regular menu, a special lunch buffet will be available.

Reservations are recommended.

48-Hour Cancellation Policy.

## laugh-out-loud comedy of **BOB NELSON**



Jiffy Jeff  
in "It Ain't Easy Bein' Me"



March 17<sup>th</sup>

in the Ballroom

6:00 p.m. Cocktails

7:00 p.m. Dinner Buffet

8:00 p.m. Show

Only \$35/person

**GOOD CLEAN FUN**

even if you are rolling on the floor

AND, DON'T FORGET...

**It's Your Lucky Day!**

you may win

**\$1,000**

Just dine at the Show

or anywhere in the Club tonight!

Between 7:00 - 7:30 p.m.



You've seen Bob perform his classic football piece and "It ain't Easy Bein' Me" when he introduced his "Jiffy Jeff" character on Rodney Dangerfield's HBO Specials - and on his own HBO specials, "One Night Stand" and "Nelson Schmelson".

# Menopause The Musical



Discover why nearly 9 million fans worldwide are laughing! This comedy musical follows four women at a lingerie sale with nothing in common but a black-lace bra AND memory loss, hot flashes, night sweats and more. This joyful music parody, set to 25 classic baby-boomer songs from "Puff, My God I'm Draggin'" to the disco favorite "Stayin' Awake, Stayin' Awake," will have you cheering and dancing in the aisles. It's definitely no longer "The Silent Passage".

March 27<sup>th</sup>

At the Grand Opera House

*A portion of the proceeds benefit Ovarian Cancer Research*

Limited to 40 reservations. \$62.50/person.

**5:15 p.m. ~ Hors D'oeuvres  
& Cocktails by Signature**

**5:45 p.m. ~ Dinner**

**6:45 ~ Bus Departure**

**7:30 p.m. ~ Show**

**Quiche Lorraine**

**Blackened Chicken Caprese Salad**

*Fresh Mozzarella Crostini's*

*Chiffonade of Basil*

*and Italian Vinaigrette*

**Fresh Strawberry Napoleon**

*Crème Anglaise*

*Enjoy special cocktails, delightful hors d'oeuvres and dinner in Trotters, and this hilarious Broadway hit show!*

**Bring your girlfriends, and the men who love them!  
It's been way too long since you've had *this* much fun!**

# Special Events

## Book Review & Luncheon

March 24<sup>th</sup> in Trotters  
11:00 a.m.

### *A Few Flowers For My Soul*

*A Gardener's View of the Healing Power of Cut Flowers*

By Robbie Williams, *The Georgia Flower Lady*

**\$20/person**

Mixed Greens Salad  
Baby Shrimp, Bay Scallops,  
Pistachios,  
Peppered Goat Cheese,  
Passion Fruit Vinaigrette,  
and Edible Orchid

Vanilla Rose Panna Cotta  
Lavender Anglaise  
in a Phyllo Nest

**Make your reservations today!  
Bring your Garden Club!  
Guests Welcome!  
48-Hour Cancellation Policy.**

"A must-read book for those who understand the language of flowers."  
--William Rawlings, Jr., four-time novelist and sixth-generation resident of Sandersville.



## Le Tour of Kitchens

Saturday, April 25<sup>th</sup> 11:00 a.m. - 3:30 p.m.

### Cooking Demonstration & Tasting

Learn new twists on classic dishes!

Four unique preparation stations!

Idle Hour Country Club

Saturday, April 25<sup>th</sup>

11:00 a.m. - 3:30 p.m.

Choice of ten 30-minute sessions

Complimentary glass of wine with each ticket!

Tickets: \$10.00 each

Limited tickets available

RESERVATIONS REQUIRED

(478) 743-0847 • [www.jlmacon.org](http://www.jlmacon.org)

Watch the Chef & Get the Recipes

**Sushi  
Crab Cake  
Duck Quesadilla  
Pulled Sugar  
Mini Pastries**

Taste with your choice of wine!



## Registration begins next month!

Children of Members - April 9<sup>th</sup> in the Ballroom, 8:30 a.m. Sharp

*Telephone registrations will open at noon on April 9<sup>th</sup> (for children of members only).*

Grandchildren of Members - April 16<sup>th</sup> at the Front Desk, 9:00 a.m. Sharp

Forms are available at the Front Desk and online.  
Forms will not be accepted until Camp Registration.  
Each child will need a separate form.  
The cost is \$135/camp, billed the week of camp.  
No refunds. Bills will not be prorated for absences.  
There is a 10-Day Cancellation Notice.  
Activities include golf, tennis, fitness, swimming,  
games, and arts and crafts. Wholesome lunches and  
snacks are provided, as listed on Registration Forms.

*Please note that four and five year-olds  
have a schedule of 9:00 a.m. to 1:30 p.m.  
and must turn age 4 by April 1, 2009.*

### **PRIORITY REGISTRATION**

Children of Members - April 9<sup>th</sup>  
Grandchildren of Members - April 16<sup>th</sup>  
2nd or 3rd session for Children  
or Grandchildren of Members - April 23<sup>rd</sup>  
Out of Town Houseguests - April 30<sup>th</sup>

June 2<sup>nd</sup>-5<sup>th</sup> - Ages 4 & 5  
June 9<sup>th</sup>-12<sup>th</sup> - Ages 8 & 9  
June 16<sup>th</sup>-19<sup>th</sup> - Ages 6 & 7  
June 30<sup>th</sup>-July 3<sup>rd</sup> - Ages 4 & 5  
July 7<sup>th</sup>-10<sup>th</sup> - Ages 6 & 7  
July 14<sup>th</sup>-17<sup>th</sup> - Ages 8 & 9  
July 21<sup>st</sup>-24<sup>th</sup> - Ages 4 & 5  
July 21<sup>st</sup>-24<sup>th</sup> - Ages 10-13

# March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Sunday Brunch Buffet in the Living Room	2 GEORGIA JUNIOR GOLF  CLUB CLOSED	3  Jackpot Drawing	4	5  "2 for 1" Entrees in The Grille & Trotters	6  All-You-Can-Eat Prime Rib & Crab Legs	7 Breakfast in The Grille  SELFISH SATURDAY  ADULTS VS. JUNIORS TENNIS
8 Sunday Brunch Buffet in the Living Room	9  CLUB CLOSED	10 LGA MEETING & SCRAMBLE <i>Boardroom</i>  Jackpot Drawing	11  ADULT BINGO! <i>WIN CASH</i>	12  LGA 9-HOLE LADIES' EVENT  "2 for 1" Entrees in The Grille & Trotters	13	14 Breakfast in The Grille  IDLE HOUR JUNIOR SATELLITE TENNIS
15 Sunday Brunch Buffet in the Living Room  IDLE HOUR JUNIOR SATELLITE TENNIS	16  CLUB CLOSED	17 ☘ <b>LADIES' PEACH BLOSSOM</b>	18  JUST US GIRLS GOLF CLUB  <i>Meeting of the Board of Directors</i>	19 LADIES' GOLF CLINIC  MEN'S NIGHT OUT TENNIS  "2 for 1" Entrees in The Grille & Trotters	20  ☘	21 ☘ Breakfast in The Grille  GOLF DEMO DAY
22 ☘ Sunday Brunch Buffet in the Living Room  SUPER DUDE DOUBLES TENNIS	23 ☘  CLUB CLOSED	24 ☘ LGA 18-HOLE LADIES' EVENT  BOOK REVIEW <i>A Few Flowers For My Soul</i>  Jackpot Drawing	25 ☘  JUST US GIRLS GOLF CLUB	26 ☘  MEN'S NIGHT OUT TENNIS  "2 for 1" Entrees in The Grille & Trotters	27 ☘ Grandparent's Day Buffet <i>in the Grille</i>  MENOPAUSE THE MUSICAL <i>At The Grand</i>	28 ☘ Breakfast in The Grille  JUNIOR BUTLER CUP
29 ☘ Sunday Brunch Buffet in the Living Room	30  CLUB CLOSED	31  LOST & FOUND <i>Spring Cleaning - see Front Desk -</i>  Jackpot Drawing	<b>Menopause The Musical</b>  <b>March 27<sup>th</sup></b> At the Grand Opera House Limited to 40. \$62.50/person. Cocktails, hors d'oeuvres, and dinner! <i>Bring your friends and the men who love them!</i> Guests welcome. 48-Hour Notice. 			

# April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>DAY CAMP 2009 PRIORITY REGISTRATION</b> <i>Children must turn four by April 1<sup>st</sup></i> Children of Members - April 9 <sup>th</sup> Grandchildren of Members - April 16 <sup>th</sup> 2nd or 3rd session for Children or Grandchildren of Members - April 23 <sup>rd</sup> Out of Town Houseguests - April 30 <sup>th</sup>			1  JUST US GIRLS GOLF CLUB	2  MEN'S NIGHT OUT TENNIS  "2 for 1" Entrees in The Grille & Trotters	3  All-You-Can-Eat Prime Rib & Crab Legs	4  Breakfast in The Grille  Member-Member
5 Sunday Brunch Buffet in the Living Room  BUILD -A- BUDDY WORKSHOP <i>Duck</i>  Member-Member	6  CLUB CLOSED	7  Jackpot Drawing	8  JUST US GIRLS GOLF CLUB	9 DAY CAMP REGISTRATION <i>Parents Only</i> LGA 9-HOLE LADIES' EVENT MEN'S NIGHT OUT <i>Meeting of the Board of Directors</i> "2 for 1" Entrees in The Grille & Trotters	10  MINI- MASTERS	11 Breakfast in The Grille  BUNNY BRUNCH & EGG HUNT
12  EASTER BUFFET  Club Closes at 3:00 p.m.	13  CLUB CLOSED	14  LGA MEETING & SCRAMBLE <i>Boardroom</i>  Jackpot Drawing	15  JUST US GIRLS GOLF CLUB	16 DAY CAMP REGISTRATION <i>Grandparents</i> MEN'S NIGHT OUT TENNIS  "2 for 1" Entrees in The Grille & Trotters	17	18  Breakfast in The Grille  Peach Blossom Qualification
19 Sunday Brunch Buffet in the Living Room  Peach Blossom Qualification	20  CLUB CLOSED	21  LGA 18-HOLE LADIES' EVENT  Jackpot Drawing	22  JUST US GIRLS GOLF CLUB  <i>Administrative Professionals' Day</i>	23 DAY CAMP REGISTRATION <i>2<sup>nd</sup> or 3<sup>rd</sup> Session</i> LADIES' GOLF CLINIC MEN'S NIGHT OUT TENNIS "2 for 1" Entrees in The Grille & Trotters	24	25 Breakfast in The Grille  LE TOUR OF KITCHENS  1 <sup>ST</sup> ANNUAL IHCC DUATHLON  Peach Blossom Qualification
26 Sunday Brunch Buffet in the Living Room  Peach Blossom Qualification	27  CLUB CLOSED	28  IHCC BOOK CLUB <i>Book TBA</i>  LGA MEMBER- MEMBER  Jackpot Drawing	29  JUST US GIRLS GOLF CLUB <i>Party After Clinic</i>	30 DAY CAMP REGISTRATION <i>Houseguests</i>  RALLY 4 CURE MEN'S NIGHT OUT TENNIS "2 for 1" Entrees in The Grille & Trotters	<b>Easter Brunch</b> <i>Sunday, April 12<sup>th</sup></i> <i>11:30 a.m. - 1:30 p.m.</i> <b>Club will close at 3 p.m.</b> <i>Don't forget Reservations!</i>	

# Special Events

## Build-A-Buddy Workshop

Sunday, April 5<sup>th</sup>, 2:00 p.m.

Children of all ages, \$20.  
Only 28 spaces!

Build yourself a snuggly friend.  
Then, enjoy a reading of  
*Peter Cotton Tail*.

Have Easter cookies and juice.  
Special visit by Easter Bunny!  
Call now! 48-Hour Notice.  
Children must be attended.



## BUNNY BRUNCH & EGG HUNT

Saturday  
April 11<sup>th</sup>



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

\$15/Adult or Child 4 & Up, Includes Egg Hunt

*Mixed Greens*

*Fresh Fruit Salad with Strawberry Yogurt Dressing*

*Southern Fried Chicken Tenders*

*Grilled London Broil with Wild Mushroom Gravy*

*Smoked Bacon, Egg and Grit Casserole  
with Aged Cheddar Cheese*

*Cinnamon French Toast  
with Candied Almonds and Maple Syrup*

*Home Fried Potatoes with Caramelized Onions*

*Seasonal Vegetable Medley*

*Assorted Bunny Cakes*

*Assorted Easter Sugar Cookies*

**Easter Egg Hunt: 1:00 p.m. Sharp**

Included with Brunch or \$5/child

Age Groups: 3 and under, 4 - 7, 8 & up.

One Golden Egg per age group.

Call the Front Desk by Noon Friday, April 10<sup>th</sup>.

Bring a basket! 48-Hour Cancellation Policy.

## Easter Brunch

Sunday, April 12<sup>th</sup>  
11:30 a.m. - 1:30 p.m.

Adults \$25, Children (8 - 11) \$15,  
Children (4 - 7) \$12,  
Children 3 & Under are free.  
Space limited ~ Reservations Recommended

*Tossed Garden Salad*

*Yukon Gold & Purple Peruvian Potato Salad*

*Blackened Chicken & Gnocchi Salad  
with Roasted Red Pepper  
& Creole Mustard Vinaigrette*

*Braised Veal & Ratatouille Salad  
with Tomato Basil Vinaigrette*

*Cubed Seasonal Melons with Fresh Berries  
& Golden Pineapple Infused Yogurt*

*Squash and Spinach Gratinée*

*Braised Collard Greens*

*Spaghetti Squash  
with Maple Glazed Baby Carrots*

*Brown Rice Pilaf  
with Roasted Corn and Vine Ripe Tomatoes*

*Whipped Sweet Potatoes  
with Raisins and Candied Pecans*

*Southern Fried Chicken*

*Sauteed Red Fish with Crawfish Etouffee*

*Smoked Pork Loin with Peach Beurre Blanc*

*Prime Rib of Beef  
with Bearnaise & Horseradish Cream  
Rosemary & Garlic Crusted Leg of Lamb  
with Cherry Bordelaise*

*Carrot Cake*

*Strawberry Bavarian*

*Hazelnut Chocolate Torte*

*Warm Rocky Road Cake*

*Orange Cream Cake*

**Special guest, The Easter Bunny.**

**Club will close at 3 p.m.**

48-Hour Cancellation Policy.

## LGA \* Events

**Meeting Day & Scramble**  
*Tuesday, March 10<sup>th</sup> at 9:00 a.m.*

**Club Nine, 9-Hole Scramble**  
*Thursday, March 12<sup>th</sup> at 8:45 a.m.*  
Meet at the Golf Shop

**Ladies Only Golf Clinic**  
**Full Swing**  
*Thursday, March 19<sup>th</sup> at 9:00 a.m.*  
at Blum Learning Center  
Advanced sign-up required

**18-Hole, Get Acquainted Event**  
*Tuesday, March 24<sup>th</sup>*

Each player selects a partner with whom she has never or seldom played with. Four-ball stroke play scoring (best ball of two players). Gross and net. Advanced sign-up required. Call the Shop at 477-2092.

### *The Idle Hour LGA Presents*

## **Club Nine**

Ladies, do you need help in jump starting your game?  
Do not know who to call to play?  
Don't have time to play 18 holes?

### **CLUB NINE IS FOR YOU!**

A 9-Hole Scramble one Thursday a month for starting, returning and continuing players.

Join the LGA\*, put on your shoes (walking, running, tennis or golf), bring your clubs and balls, get juiced at the Golf Shop and have lots of fun playing 9 holes of golf.

\*Make checks payable to the Ladies Golf Association for \$30 to join in 2009 (refunded if you don't have fun in March).

### **Thursday Play Dates**

*Meet at the Golf Shop at 8:45 a.m.*

*(you can call 477-2092 to sign up in advance)*

*March 12<sup>th</sup>, April 16<sup>th</sup>, May 14<sup>th</sup>, June 11<sup>th</sup>, July 16<sup>th</sup>, August 13<sup>th</sup>, September 10<sup>th</sup>, October 15<sup>th</sup>, November 12<sup>th</sup>*

### **Your LGA Officers for 2009**

President – Georgia Hatcher  
V. P. & Tournaments – Arja Forester  
Recording Secretary – Susan Ogburn  
Corresponding Secretary – Julie Fortney  
Treasurer – Irene Cook

### **Announcements**

We are still collecting email addresses to include on our LGA list for reminders on all of our events including Club Nine. If you are interested in being updated monthly, please forward your email address to Bobby Hix at [bhix@ihcgolf.com](mailto:bhix@ihcgolf.com).

### **Just Us Girls Golf Club**

*The 1<sup>st</sup> Girls' Only Golf Club at Idle Hour*

Our Mission:

*To encourage young ladies to learn how to play the game of golf in an atmosphere which builds positive self esteem, friendships, and a passion for the game.*

The Mercer University Women's Golf Team will help teach every clinic. It is an incredible experience for the young ladies to be mentored by experienced college golfers and have the opportunity to form friendships with them.

**Wednesday afternoons, 4 p.m. -5 p.m.**  
**at the Idle Hour Learning Center**  
**Cost: \$15/clinic attended**  
**March 18<sup>th</sup> - April 29<sup>th</sup>**  
**Party to follow April 29<sup>th</sup> Clinic**  
**from 5:00-5:30**

To sign up either email Neal Johnson at [njohnson@ihcgolf.com](mailto:njohnson@ihcgolf.com), or call Neal at the Blum Learning Center, 477-8777.



## From the Desk of

**Ray Cutright, PGA**  
*Director of Golf Operations*

We have many activities planned. Our goal this year is to get many of you back into the game of golf and acquainted with the Blum

Learning Center and Swann Par 3. The handicap roster shows that many of you are not turning in your scores or just aren't playing. We have many new opportunities for you, so please review the monthly calendar. We welcome your comments and questions, and we need your input to offer the activities you want.

Many of you have asked about the golf course conditions for the Ladies' State Amateur in June. I want to assure everyone that the course leading up to the event will remain perfectly normal. We will not be growing high rough, merely tweaking the golf course, as we prepare for this prestigious event. Spring is right around the corner, and the next four months are the busiest of the year. We ask that you plan ahead as you receive notice of these events. You are always our number one concern, and we want to take care of you. The entire staff looks forward to seeing you often in the next several months.

Start the season off right with our annual Spring Demo Day at The Arnold Blum Golf Learning Center! We have moved it back a couple of weeks this year to avoid snow flurries like we had last year. Please make your plans to attend. It's going to be a great one! This year's Demo Day will be held on Saturday, March 21<sup>st</sup>, 11 a.m. - 3 p.m. Attending this year will be: Ping, Callaway, Mizuno, Titleist, Cobra, Adams, Cleveland, Odyssey putters.

## Course Happenings

**Nash Rolfes, Superintendent**



We are preparing for a busy season by fertilizing all of our bermuda grass, one pound of nitrogen for a green up.

A pre-emergent will also be carried on the fertilizer to help prevent summer weeds from germinating. There are some areas around the greens that have gotten thin through the winter, which the fertilizer should help to heal quickly. Some of our sand traps around the greens have become a little thin. During the fall and winter months, they become this way because of constant leaf blowing. Especially with the dry winter we have had, the top layers of sand get blown out with the leaves. Now that most of the leaves have been swept away, we will add sand in to keep the bunkers as consistent as possible. Please remember that March 9<sup>th</sup> will be our first aerification of the greens. If you have any questions, feel free to contact us at 477-2373.



## Turfgrass Tales

**Wade Thomas**  
*Director, Greens & Grounds*

We are ready for the growing season and excited about the coming spring. Everything is in place for a fantastic golf experience. I have seen many people out who had been missing this winter. We

are glad you are playing again. We will be addressing the encroachment barrier over the next three months, hopefully, with minimal damage and disruption to play. There are some cart path repair and irrigation improvements we will be working on before the grass starts growing, and we will use pine straw in March to detail the course and grounds. The bunkers also will be addressed and filled with new sand as needed. Look for us to fine tune Idle Hour this year all over the property.

We are going to change the way we mow the collar around the greens and mow the Bermuda grass at 1/4 inch outside of the current green outline. This should also help with the hump around the greens. Please remember to fill your divots and repair your ball marks. Leave the course better than you found it!

**The Time for Pruning**  
*Travis Cantrell,*  
*Assistant Superintendent*

March is time to start preparing for warming temperatures, which brings new weeds. Weeds can be very disturbing, especially when it comes to your landscape beds. Here at Idle Hour, we have so many bed areas; the use of a pre-emergent herbicide is how we control the problem. There are chemicals designed especially for this. When mixed at the proper rate, these chemicals can be sprayed throughout the beds without causing injury to your existing trees or shrubs; they target seeds that are already in your beds, waiting for the warmer temperatures to germinate. They usually stay in the soil for a long time, so do not spray any areas you plan to plant in. So, in March, get started on weed control.



# Shanking

## Bobby Hix

*Bobby Hix – PGA Director of Instruction  
Arnold Blum Golf Learning Center  
A Golf Digest Top Teacher*

The shank is the worst shot in golf. It has no redeeming virtue. The slice can be useful for curving the ball around trees; so, can the hook. The controlled slice, the fade, increases height and spin to help the shot settle quickly on the green. The controlled hook, the draw, adds distance because of its lesser amount of backspin. The pull to the left and push to the right, while unfortunate, at least go a long way because the contact is solid. The controlled stub, the explosion shot, is useful, not only from the sand, but from tight lies on turf or bare ground when the situation demands a high lofted trajectory. Even the purposely topped shot is being used more and more by Tour players on short run-up shots to make the ball run forward through the grass around the greens.

But a shank is a shank. It is golf's Black Death. It cannot be controlled because the ball is struck with the rounded hosel of the iron, where the shaft enters the head. It spurts off somewhere, anywhere, to the right (for a right handed player), low and hard. It feeds on itself. The tension it generates – rigidity in the wrists and arms – shortens backswings and impairs squaring of the clubface, both of which can cause more shanking. It happens most frequently on the costly short approach shots, where the backswing is relatively short anyway. Also, shanking can strike any golfer without warning. It is only a slight generalization to say that, surprisingly, the better golfer is somewhat more susceptible.

This is true because of the nature of the shank itself. For a shot to be shanked, one or both of two things must happen. Less commonly, the clubface might be so open at impact, facing so far to the right, that the hosel leads the rest of the clubhead into the ball by a wide margin. More frequently, the clubhead will be shoved outward from far inside the target line, leaving only the hosel for contact. In that instance, we usually have a combination of the two – the clubhead moving out beyond the ball, with the clubface open as well.

Your anti-shank technique should include: light grip pressure at address and throughout swing; starting the left arm back slightly in advance of the clubhead, to create a slightly cupped wrist position; and swinging the left arm up and down on an upright lane.

A good way to simulate these three points is to merely address the ball with a light grip and then: without straightening up, cock your wrist upward and raise your hands to the side of your right cheek; make your full backswing turn; and hit the shot.

If this technique doesn't work, please make sure that your feet and body are aligned parallel to your target line at address. If you have been aligning too far to the left, your right side may be getting in the way of your arms during your downswing, forcing the club outward beyond the ball. If you have been aligning too far to the right, your left side may be blocking the way of your arms and causing a similar outward movement of the club.

## 2009 Golf Committee

Sam Pearson - Chairman  
Coleman Tidwell, Jr., Craig Leachman,  
Hal Greer, Chris Wilson,  
Georgia Hatcher, Joe Howe,  
Dave Karlson, Jeff Long,  
Charlie Boswell, Stewart Vernon,  
Charlie Avant, Victor Address,  
John Walker, IV

## Guest Fee Specials

Weekly rate (with cart): \$59.00 + tax  
Next Preferred Guest Day (with cart),  
July 24<sup>th</sup>, \$30.00 + tax

## Sales

Polos and Fairway & Greene shirts,  
\$59 each, or 2 for \$99.

We also have a couple of sale racks with assorted merchandise, featuring Polo, Divots, Monterey Club, Cutter & Buck, and Adidas. One rack holds \$39 each, 2 for \$69, and 3 for \$99.

The other rack is 50% off.

We have some great new products, such as, some new performance fabric shirts and shorts from Cutter & Buck and, also, the new 2009 lines of Divots and Polo that are coming in.

## Events

Mar. 7<sup>th</sup> - Selfish Saturday  
Mar. 12<sup>th</sup> - LGA 9-Hole Event  
Mar. 16-18<sup>th</sup> - Ladies' Peach Blossom  
March 18<sup>th</sup> - April 29<sup>th</sup> - Just Us Girls  
Mar. 21<sup>st</sup> - Golf Club Demo Day  
11:00 a.m. - 3:00 p.m.  
Mar. 24<sup>th</sup> - LGA 18-Hole Event  
Mar. 26<sup>th</sup> - LGA 9-Hole Event  
Mar. 28<sup>th</sup> - Jr. Butler Cup

## Eagles

**Bob Mills: eagle on #9, 1/13/09**

## Announcements

Recently, the Handicap Committee has put into affect a 72-hour score-posting rule. You have 72 hours from the time that you played to post your score without penalty. With this, the staff in the Golf Shop has put two scorecard boxes, one at each handicap station, for everyone to submit completed score cards in. Please print a name that we can read, and make sure everything is correct.



## Notes from Craig

**Craig A. Jones**  
USPTA, USPTR  
*Director of Tennis*

In order to prepare for upcoming tennis events, I have decided to dedicate the month of March to beginners. We will host a new beginner clinic on Wednesdays, 10:00 a.m. - 11:00 a.m., and on Saturdays, 11:00 a.m. to 12:00 p.m. We hope that people who have never played tennis before will come out and find out what a fun game tennis is. No need to bring a racket, just come with your tennis shoes and the will to learn.



*Sabina Grigorian- Girl's 10's 2<sup>nd</sup> Place  
and Eliza Freedman- Girl's 10's 4<sup>th</sup> Place*

## 2009 Tennis Committee

*Dean Copelan  
John O'Shaughnessey  
Pat Patton  
Tom Swift  
Susan Stone  
Rob Wall  
Jimmy Weatherford  
Ricky Hicks  
Jessica Driver  
Julia Wood  
Robin Graham  
Kimberly Faulkner  
Floyd Williams  
Lou Holmes*

### **Valentines Mixed Doubles Round Robin**

*What a wonderful way to spend  
Valentine's Day together.  
We had 20 couples playing in the round robin.  
The winners were Richard and Cheri Frame.  
Congratulations!*

## **Academy News**

*Congratulations Players!*

### **Polar Bear Tournament, Macon, Ga.**

*Liza Klyachkin- Girl's 16's 1<sup>st</sup> Place  
Sabina Grigorian- Girl's 10's 2<sup>nd</sup> Place  
Eliza Freedman- Girl's 10's 4<sup>th</sup> Place  
Roxy Bartz- Girl's 16's Consolation Finalist  
Ryan Bartz- Boy's 18's Consolation Finalist  
Taylor Jones- Girl's 18's Consolation Finalist*

### **Valdosta Winter Classic Tournament, Valdosta, GA**

*Mac McLemore- Boy's 16's 1<sup>st</sup> Place  
Daniel Strawn- Boy's 16's 2<sup>nd</sup> Place*

***Our Tennis Academy beat  
the Brenau College team  
on February 7<sup>th</sup>!***

## Special Events

Please call the Tennis Shop at 477-6701 to Sign-Up for these exciting events!

### Adults vs. Juniors

**March 7<sup>th</sup> at 1:30 p.m.**

Adults its time to bring you're a game because its time to play the juniors again. Please contact the Shop for more details or to sign up for this event.

### Idle Hour Junior Satellite

**Sat., March 14<sup>th</sup>, & Sun., March 15<sup>th</sup>**

This is a USTA sanctioned Level 5 tournament for juniors without a championship ranking. To sign up, go online to the USTA website, but if you have any questions, please call the Shop.

### Super Dude Doubles

**March 22<sup>nd</sup>, 1:30 p.m.**

This fun doubles event is for men levels 4.0 and 4.5. For more information please contact the Shop.

### Men's Night Out

**Thursday, March 19<sup>th</sup> – May 7<sup>th</sup>, 6:30 p.m.**

Men's Night Out tennis will be starting back up in the middle of March. \$25 per person includes balls and drinks for the 8 weeks. Please contact the Shop to sign up for this great event!

## Drills & Lessons

### March Madness for Beginners

**Wednesdays 10:00 a.m. - 11:00 a.m.**

**Saturdays 11:00 a.m. - 12:00 p.m.**

Are you looking for a fun way to stay in-shape? Then cardio tennis is for you. Cardio tennis is open to all adults. For more details please contact the Shop.

### Cardio Tennis

**Tuesdays, 7:00 p.m. - 8:00 p.m.**

**Wednesdays, 9:00 a.m. - 10:00 a.m.**

Are you looking for a fun way to stay in-shape? Then cardio tennis is for you. Cardio tennis is open to all adults. For more details please contact the Shop.

### Men's Saturday Morning Drills

**Saturdays, 9:30 a.m. – 11:00 a.m.**

Conducted by Craig for men of all levels.

\*\*Ladies, if you are a 3.5 or 4.0 player, you may join us at this drill!

### Starter Level Jr. Tournament Drills

**Thursdays, 4:30 p.m. - 5:30 p.m.**

**Saturdays, 1:00 p.m. – 2:00 p.m.**

### Jr. Tournament Level Drills

**Wednesdays, 5:30 p.m. – 7:00 p.m.**

**Thursdays, 5:30 p.m. - 7:00 p.m.**

**& Saturdays, 2:00 p.m. – 3:30 p.m.**

Tournament Level players and Advanced Players.

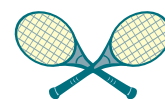
### 2.5- 3.0 Ladies' Open Drills

**Fridays, 9:00 a.m. - 10:30 a.m.**

Ladies, levels 2.5 and 3.0



## Tips from Craig



1. Hit 6 balls each point.
2. Get first serve in, if it takes more spin and less power.
3. Move feet every point.
4. Take advantage and play more aggressively when the score is 30-love, 40-love, or 40-15.
5. Play smart and work the point when the score is 15-15, 30-15, 15-30, 40-30, or 30-40.
6. If pulled off the court, roll up and hustle back.
7. If opponent attacks the net, keep ball low with spin but don't go for so much you miss.
8. Returns - watch the ball come out of your opponent's hand, have a place in mind where you want to hit it.
9. Fight till the end, win or lose!
10. Love the battle more than the victory.



# Wellness News

**Rob Haver**  
*Wellness Center Director*

Recently, I have come across the website, "Real Age", where I found a couple interesting articles regarding meal planning and wine consumption, which I'd like to share with you.

## ***Eating Healthier***

If you're like many people, you have no idea what you're going to eat for dinner until you rummage around the kitchen at 5 p.m. However, you'll eat more fruit and veggies if you're a planner. That's exactly what happened in a recent study when women decided in advance what they were going to eat and shopped for meals ahead of time. Planning proved key to healthful eating. It also helped if they ate dinner at the table and enjoyed cooking. So make a plan, hit the store, and stick with it!

## ***Happy Hour For the Heart***

You know that eating fish is a great way to get more heart-healthy omega-3's. But, drinking wine? Seems so. Wine itself doesn't have any omega-3's, but research suggests that a bit of wine - not too much, not too little - somehow boosts blood levels of the fatty acids. Researchers aren't sure why wine has this effect, but they suspect that polyphenols - key antioxidant compounds in wine - may play a role. Still, there's a caveat with this health message: Alcohol may only be right for some people's health -- and then, only in moderation.

Now, I know how some of your minds are working, and the only thing you are going to remember is to plan ahead to buy some wine! Think fruits and vegetables with moderation on the alcohol.

A fun tool on the Real Age site actually finds out your "true age" by asking a few health and lifestyle related questions. Try it out, and see what you come up with.

Date to remember: Saturday, April 25<sup>th</sup> is IHCC's First Duathlon. This is a Run-Bike-Run event. For details and to sign-up, stop in at the Wellness Center, or you can reach me at 474-8535 ext. 271.





AND, THE  
BIGGEST LOSER  
IS...

See the answer in  
the next issue!



**1<sup>st</sup> Annual IHCC  
Duathlon**  
*Saturday, April 25<sup>th</sup>*  
**Run-Bike-Run**  
Sign-up now in the Wellness Center  
or call 474-8535 for details.

 **March 2009 Recipe of the Month**   
**Ginger Wasabi Aioli**

**Ingredients:**

- 1 qt. Mayonnaise
- 1 Tbs. Wasabi
- 1/2 Tbs. Chopped Garlic
- 1/2 tsp. Fresh Minced Ginger
- 1 fl. oz. Soy Sauce
- 1/2 Tbs. Fresh Lime Juice
- 1/2 Tbs. Light Brown Sugar

**Procedure:**  
Combine all ingredients and mix well. Can be used as a dip for shrimp, vegetables, etc., also makes a great spread for gourmet sandwiches.