

The Idle Times

Volume 20, Issue 3 March 2010



**2010 President H. Stephen Popper, III
& 2009 President Jeffery L. Avant**
President's Ball, January 15, 2010



Past President Jeffery L. Avant,
Mary Wilson, Caroline Avant, Elizabeth Avant



Past President Jeffery L. Avant,
Elizabeth Avant, Shirley Popper
and President H. Stephen Popper, III



From the Desk of

Mr. David Ruddell, Jr., CCM
General Manager

When is spring? We have been stuck inside for what seems like months now. I'm hoping that warmer weather

is on the horizon and looking forward to beginning all the spring activities. We have a full slate of events to look forward to from Easter Brunch to the opening of the new pool facility. Of course everyone is excited about the new additions to our great Club, and I want to thank you all for the patience you have shown over the last two months. You must have seen delivery and construction trucks rolling in and out of the Club, and I hope this has not inconvenienced you in any way.

Your Club committees have been meeting to discuss how to expand the offerings at Idle Hour, and I assure you there will be improvements over the next few months. Club committees are crucial to the development of services at Idle Hour. If you are asked to serve on a committee, please understand the value you will bring to develop the Club. I would like to thank everyone who has volunteered to serve on our Club committees, and I look forward to implementing the plans we are making together.

As always, it is our prime concern that you are enjoying Club food and beverage service. We are experiencing increased volume in our restaurants, and we thank you for your support. I think we can all agree that the Club's food and beverage is among the best in the city. We are always evaluating and improving the quality and consistency of our services. Please submit a comment card each time you dine to share your needs and wishes.

Recently, there have been many inquiries about ordering items from various food and beverage outlets within the Club. We are here to make your experience the best yet, each and every time you visit Idle Hour. Therefore, rest assured that we will do everything possible to accommodate your needs. Please understand that we might need a little extra time to accommodate some requests, and this is why we recommend at least a twenty-four hour notice for large parties or a la carte orders.

The staff and I are excited about the future of Idle Hour, and we look forward to expanding our service to you! Please let me know if I may be of assistance. You may reach me at 477-1724, ext. 223, or druddell@idlehourclub.com.

The Idle Times

Theresa Abercrombie, Designer & Editor
idletimes@live.com

2010 Board of Directors

- Mr. H. Stephen Popper, III - President
- Mr. J. Sam Pearson - Vice President
- Mr. Cubbedge Snow, III - House/Fitness
- Mr. Craig Leachman - Golf
- Mr. Roy "Trip" Walden -
Long Range Planning/Capital
- Mr. W. John O'Shaughnessey -
Tennis/Special Projects
- Mr. Mel Jamison - Pool/Youth
- Mr. Bryan Persons - Membership
- Mr. Jimbo Walker -
Secretary/Entertainment

Staff

- David Ruddell, Jr., CCM, General Manager
- Lawrence Rountree, Clubhouse Manager
- Courtney Fendt, Controller
- Brandy Spires, Executive Administrator
- Amanda McElmurray, Events Coordinator
- Victor Pinkney, Executive Chef
- Lei Mokuiki, Assistant Manager
- Mike Riley, Assistant Manager
- Preston Rolfes, 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 Harris, Human Resources Manager

Contact Numbers (478)

- Clubhouse (Reservations).....477-1724
- Clubhouse (bypass Receptionist)...757-2415
- Bookkeeping.....474-2131
- Golf Shop.....477-2092
- The Learning Center.....477-8777
- Tennis Shop.....477-6701
- Wellness Center.....474-8535
- Grounds Maintenance.....477-2373
- Youth Building.....757-2400
- Pool.....757-2403
- Fax.....757-2405
- E-mail.....frontdesk@idlehourclub.com
- Website.....www.idlehourclub.com

Membership Information

Welcome, New Members! Effective February 17, 2010



MR. HAROLD R. LEE
Executive Vice President
State Bank & Trust
Sponsor: Mr. Mel A. Jamison, II
Spouse: Mrs. Leah Benton Lee
3589 Morningwood Court
Swanee, GA 30024
770-271-4387



MR. MICHAEL B. SMITH
SVP/Senior Controller
State Bank & Trust
Sponsor: Mr. Mel A. Jamison, II
Spouse: Mrs. Deborah Beall Smith
238 Pebblebrook Lane
Macon, GA 31220
478-405-0500



MR. J. DANIEL SPEIGHT
Vice Chairman/COO
State Bank & Trust
Sponsor: Mr. Daniel M. Forrester
Spouse: Mrs. Robby West Speight
1855 Liberty Church Road
Pinehurst, GA 31070
229-645-3462

Posted for Membership Effective March 16, 2010

MR. JOHN F. HALL
Sponsor: Mr. David H. Rozier, Jr.
Spouse: Mrs. Stephanie Hall

DR. LAWRENCE X. WEBB, JR.
Sponsor: Dr. John C. P. Floyd
Spouse: Mrs. Sandra M. Webb

Posted for Membership Effective April 20, 2010

MR. KENDALL D. WARD
Sponsor: Mrs. Cordelia Holliday

*Any comments concerning those
posted for membership may be
directed to the
Membership Chairman,
Mr. Bryan Persons*

Trotters Closed April 29th

Due to an event in Trotters,
2 for 1 Entrees will be served only in The Grille
Thursday, April 29th.

2010 Pool & Youth Committee

Mel Jamison, Chairman
Rob Wall
Laura Bonfim
Courtney Swift
Todd Hatcher
Chanley Lee
Ashley Copelan
Courtney Baskette

In Sympathy

*Our prayers and condolences
to the family and friends of*

Dr. Ralph G. Newton, Jr.
February 18, 2010



EMPLOYEE OF THE MONTH **Lee Copeland**



Lee has been an employee here at Idle Hour for 14 years. You can find Lee working in the mornings in the Sports Bar with a smile on his face. He is an excellent employee and always completes his everyday tasks to perfection. Lee also works another job at the Warner Robins Air Force Base, where he surely does a great job, as well. Lee is always willing to go above and beyond his duties, and he is always willing to help when needed. *Thank you, Lee, for your hard work and dedication.*



Mark your calendars... to win big!

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

Wednesday, March 10th

6 p.m. - Cocktails by Signature
6:30 p.m. - Buffets, 7 p.m. - Bingo!
\$12.95/adult, \$8.95/child under 12
Includes 1 Bingo card.
Extra cards: \$2 each or 3 for \$5



*Tossed Garden Salad
Fresh Seasonal Fruit & Berries
with Banana Rum Yogurt
Waldorf Salad, Southern Fried Chicken
Braised Collard Greens
Bacon, Cheddar & Chive Whipped Potatoes*

*Cheese Pizza
Pepperoni Pizza
Mini Corn Dogs
Crinkle Cut Fries
Buttered Corn on the Cob*

*Caramel & Chocolate Brownies
Raspberry Swirl Cheesecake*

ST. PADDY'S DAY

Wednesday, March 17th

7:30 p.m. in Sports Bar * Free!

Pallot & Porters!

*Join us for great free entertainment!
We'll have drink specials...
Bring your friends!*



IHCC Book Club

Tuesday, March 23rd

In the Alcove at 3 p.m.

Book: *The Associate*

Author: John Grisham



Hostess: Jean Gillon
Enjoy refreshments,
a great book
and good friends!
\$5/person. R.S.V.P.
the Front Desk at
477-1724.

Grandparent's Day

Friday, March 26th

11:30 a.m. - 2:00 p.m.

BALLOON ARTIST & FACE PAINTER

Join us for a special buffet in the Ballroom.

Adults \$15, 8-11 \$11, 4-7 \$8,
3 & under are complimentary.

Regular dining available in the Grille.

Reservations please.

48-Hour Cancellation Policy.

Mixed Greens Salad

Southern Fried Chicken

Blackened Tilapia
with Roasted Corn

and Smoked Crawfish Relish

Green Bean Casserole

Roasted Garlic & Herb Rice Pilaf

Chicken Fingers

Hot Dogs & Hamburgers

French Fries

Broccoli

with Cheddar Mornay

Lemon Cream Cake

Muffins & Mini Scones

Assorted Cookies



Men's Night Out

with Chef Victor Pinkney

March 31st

Stainless Steel Dinner in the Main Kitchen

Limited to 12 People at \$50.00/person

Three Course Meal and Wine Pairings

Signature Cocktails, 6:30 p.m. * Dinner, 7 p.m.

BRIDGE TOURNAMENT & LUNCHEON

Tuesday, April 6th

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

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

Roasted Chicken Roulade

Wild Mushroom Cornbread Dressing

Scallion Beurre Blanc

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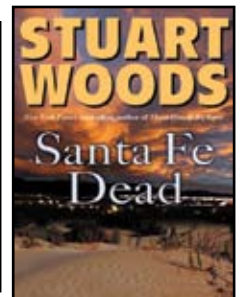
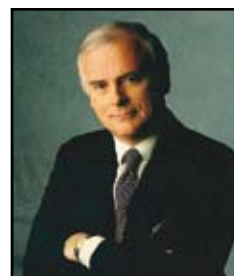
Key Lime Torte

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



Grab your pen... Save the date!

Stuart Woods returns for a book review and luncheon on Tuesday, September 21st! Bring your books to be autographed and enjoy the review of *Santa Fe Dead*, with lead character Ed Eagle.



Special Events



Bunny Brunch & Egg Hunt

Saturday, April 3rd

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

\$16.95/Adults 12 and over

Children 4 & Up, \$12.95, Includes Egg Hunt

Mixed Greens

Fresh Fruit Salad

with Mango Infused Yogurt and Crème Fraîche

Southern Fried Chicken Fingers

Marinated Grilled London Broil
with Pinot Noir Reduction

Aged Cheddar and Sausage Strata

Cinnamon French Toast

with Candied Almonds and Maple Syrup

Lyonnais Potatoes

Sautéed Baby Carrots

Butternut Squash

Easter Cookies

Bunny Cakes



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.

Golden egg finders win a prize basket!

Reservations please by Noon Friday, April 2nd.

Bring a basket! 48-Hour Cancellation Policy.

Easter Brunch

Sunday, April 4th

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

Adults \$25, Children (8 - 11) \$15,
Children (4 - 7) \$12, Children 3 & Under are free.
By reservation. 48-Hour Cancellation Notice. Clubhouse closes at 3 p.m.

Tossed Garden Salad

with Tomatoes, Cucumbers, Onions, Mushrooms,
Cheddar Cheese, Croutons & Assorted Dressings

Blackened Duck & Tuscan Bean Salad

with Cracked Pepper

& Caramelized Shallot Vinaigrette

Marinated Beef & Rigatoni Salad

with Roasted Garlic White Balsamic Vinaigrette

Grilled Portobello and Green Bean Salad

with Herb Blue Cheese Vinaigrette

Cubed Seasonal Melons with Fresh Berries

with Tropical Mango Infused Yogurt

Cauliflower & Smoked Gouda Gratinée

Braised Collard Greens

Pan Seared Butternut Squash

with Cranberries & Honey Glazed Carrots

Saffron Wild Rice Pilaf

with Toasted Walnuts & Roma Tomatoes

Whipped Sweet Potatoes

with Raisins & Candied Pecans

Southern Fried Chicken

Sautéed Mahi Mahi

with Coconut Rum Beurre Blanc

Herb Roasted Pork Loin

with Smoked Apples and Calvados Bordelaise

Prime Rib

with Béarnaise & Horseradish Cream

Rosemary & Garlic Crusted Leg of Lamb

with Truffle & Caramelized Onion Reduction

Carrot Cake

Boston Cream Pie

Fresh Berry Tart

Lemon Swirl Cheesecake

Warm Chocolate Fudge Cake

with Vanilla Bean Anglaise

Attended Ice Cream Station

Ladies Spa Night

April 22nd, 6-8 p.m.



ISN'T IT ABOUT TIME?
Relax with a complimentary
glass of wine, hors d'oeuvres
and five spa stations.

\$25/person
Limited to 20 Ladies
48-Hour Cancellation Notice
Reservations Please
477-1724

Mother's Day Buffet

Sunday, May 9th

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

Adults \$25, Children (8 - 11) \$15,
Children (4 - 7) \$12, Children 3 & Under are free.
By reservation. 48-Hour Cancellation Notice.

Clubhouse closes at 3 p.m.

Tossed Garden Salad
with Tomatoes, Cucumbers, Onions, Mushrooms,
Cheddar Cheese, Croutons & Assorted Dressings
Curried Chicken & Marinated Vegetable Salad
with Sundried Tomato & Cracked Pepper Vinaigrette

Sauteed Baby Shrimp & Italian Sausage Salad
with Crimson Lentils, Roasted Corn, Wild Rice,
and Caramelized Shallot Whole Grain Vinaigrette

Tasso Ham & Sweet Potato Orzo Salad
with Brown Sugar Vinaigrette & Candied Almonds

Cubed Sectional Fruit
with Fresh Berries and Banana Rum Yogurt

Sautéed Brussels Sprouts
with Caramelized Shallots
& Apple Wood Smoked Bacon

Roasted Garlic & Asiago Squash Casserole
with Fried Wild Mushrooms

Low Country Dirty Rice Pilaf
Smoked Gouda Whipped Potatoes

Southern Fried Chicken

Potato Crusted Blackened Tilapia
with Crawfish Beurre Blanc

Herb Smoked Pork Loin
with Beaujolais Cracked Pepper Bordelaise

Creole Crusted Beef Tenderloin
with Truffle Hollandaise and Horseradish Cream

Strawberry White Chocolate Tart

Chai Mocha Torte

Peach Cheesecake

Warm Blueberry Crisp

Raspberry Chocolate Layer Cake

Maryellen Hooper

Tuesday, May 18th

Signature Bar at 6 p.m.

Dinner at 7 p.m.

Show at 8:15 p.m.

\$35/person.



She's a veteran of
Comedy Central and
the 1998 *Female
Comedian of the Year*,
a physical story-teller,
about her life as a
woman, wife and
mother - never crude
or offensive. No story
is too sacred to share
with her audience.
www.maryellenhooper.com

March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 JR. GOLF FOUNDATION CLUB CLOSED	2 Jackpot Drawing	3 ZUMBA	4 PUTTING DRILLS CLINIC 9:00 a.m. "2 for 1" Entrees in The Grille & Trotters	5 STRATFORD SCRAMBLE All-You-Can-Eat Prime Rib & Crab Legs	6 Breakfast in The Grille
7 Sunday Brunch Buffet in the Living Room	8 CLUB CLOSED & Course Closed	9 LGA MEETING & SCRAMBLE <i>Boardroom</i> Jackpot Drawing	10 IHCC BINGO JUST FOR GIRLS ZUMBA	11 CHIPPING DRILLS CLINIC 9:00 a.m. "2 for 1" Entrees in The Grille & Trotters	12	13 Breakfast in The Grille DEMO DAY AT LEARNING CENTER JR. SATELLITE
14 Sunday Brunch Buffet in the Living Room JR. SATELLITE	15 CLUB CLOSED & Course Closed	16 <i>Meeting of the Board of Directors</i> Jackpot Drawing	17 SAINT PATRICK'S DAY <i>Pallot & Porters</i> JUST FOR GIRLS ZUMBA	18 LGA CLUB NINE PUTTING DRILLS CLINIC 6:00 p.m. "2 for 1" Entrees in The Grille & Trotters	19	20 Breakfast in The Grille
21 Sunday Brunch Buffet in the Living Room <i>Grille closed for dinner. Family dining in Club Room</i>	22 CLUB CLOSED	23 LGA 18-HOLE PLAY DAY <i>Best of 3's</i> IHCC BOOK CLUB <i>The Associate</i> Jackpot Drawing	24 JUST FOR GIRLS ZUMBA	25 LADIES' GOLF CLINIC CHIPPING DRILLS CLINIC 6:00 p.m. "2 for 1" Entrees in The Grille & Trotters	26 GRANDPARENTS BUFFET in the Ballroom <i>Face Painter & Balloon Artist</i> NITE GOLF	27 Breakfast in The Grille
28 Sunday Brunch Buffet in the Living Room	29 CLUB CLOSED	30 JR. GOLF PLAY DAY <i>Short Tees</i> Jackpot Drawing	31 JUST FOR GIRLS ZUMBA MEN'S NIGHT OUT WITH CHEF <i>Stainless Steel Dinner</i>			

April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 "2 for 1" Entrees in The Grille & Trotters	2 All-You-Can-Eat Prime Rib & Crab Legs	3 Breakfast in The Grille BUNNY BRUNCH & EGG HUNT
4 EASTER BUFFET Clubhouse Closes at 3 p.m.	5 CLUB CLOSED & Course Closed	6 BRIDGE TOURNAMENT & LUNCHEON Jackpot Drawing	7 JUST FOR GIRLS	8 CLUB CAMP REGISTRATION <i>Parents Only</i> "2 for 1" Entrees in The Grille & Trotters	9	10 Breakfast in The Grille DEMO DAY AT LEARNING CENTER JR. SATELLITE
11 Sunday Brunch Buffet in the Living Room	12 CLUB CLOSED & Course Closed	13 LGA MEETING & SCRAMBLE <i>Boardroom</i> Jackpot Drawing	14 JUST FOR GIRLS	15 CLUB CAMP REGISTRATION <i>Grandparents</i> "2 for 1" Entrees in The Grille & Trotters	16 JR. GOLF PLAY DAY <i>Short Tees</i>	17 Breakfast in The Grille
18 Sunday Brunch Buffet in the Living Room	19 CLUB CLOSED	20 <i>Meeting of the Board of Directors</i> Jackpot Drawing	21 JUST FOR GIRLS	22 LGA CLUB NINE CLUB CAMP REGISTRATION <i>2nd/3rd Session</i> "2 for 1" Entrees in The Grille & Trotters	23 SPRING FLING TENNIS TOURNAMENT	24 Breakfast in The Grille
25 Sunday Brunch Buffet in the Living Room SPRING FLING TENNIS TOURNAMENT	26 CLUB CLOSED	27 LGA MEMBER MEMBER IHCC BOOK CLUB Jackpot Drawing	28 JUST FOR GIRLS <i>followed by party</i>	29 LGA Golf Clinic CLUB CAMP REGISTRATION <i>Houseguests</i> "2 for 1" Entrees in The Grille & Trotters	30	

Summer Camps



CLUB CAMP

TENNIS CAMP

DAY CAMP SCHEDULE

Please note that four and five year-olds have a schedule of 9:00 a.m. to 1:30 p.m., while children six and over have a schedule of 9:00 a.m. - 4:00 p.m. **Children must turn age 4 before April 1, 2010.**

Ages 4 & 5

June 1st-4th
June 29th-July 2nd
July 20th-23rd

Ages 6 & 7

June 15th-18th
July 6th-9th
July 13th-16th

Ages 8 & 9

June 8th-11th

Ages 10 - 13

July 20th-23rd

REGISTRATION

Registration is based on a priority schedule, no exceptions; the schedule is below. **Each child will need a separate form.** Forms must be signed. \$135/child. **No refunds will be given for absences and cancellations made less than ten days before Camp.**

PRIORITY ORDER in registering for Camp

1. **Children of Members** -
April 8th in person at 8:30 a.m.
and by phone starting at Noon
2. **Grandchildren of Members** -
April 15th by phone at 9 a.m.
3. **2nd or 3rd session for Children
or Grandchildren of Members** -
April 22nd by phone at 9 a.m.
4. **Out of Town Houseguests** -
April 29th by phone at 9 a.m.

Pee Wee Camp

June 8th - 11th, June 22nd - 25th, July 13th - 16th

This camp is designed for kids from the ages of 4-6. The camp's purpose is to improve motor skills, hand-eye coordination, technique, tennis fundamentals, and most importantly, TO HAVE FUN. Camp includes professional instruction, games and swimming (if desired) at the end of each day. For \$135, your child will receive a racket, t-shirt, shorts, video, trophy and other awards.

Beginner, Intermediate, Advanced

June 15th - 18th, July 20th - 23rd

For kids ranging from ages 7 - 15, this camp is set up to develop all levels of play, ranging from the beginner to the more advanced. The juniors will be placed in groups based on age and skill. A lunch and swim break are provided halfway through each day. For \$200, your child will receive a t-shirt, trophy, four days of tennis instruction, lunch, and awards.

Wesleyan Camp

June 27th - July 1st, July 5th - 9th

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

Boys and Girls: Ages 10-15

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

ALL SPORTS CAMP

\$200/child: Golf, Tennis & Swimming!
July 27th - 30th

This camp is designed for ages 7 and up. Each child will learn and play golf and tennis, as well as swimming. The price of All Sports Camp includes a t-shirt, lunch, and possible awards.

Please call the Tennis or Golf Shop.

JR. GOLF CAMP

June 22nd- 25th & July 20th - 23rd

Please call the Arnold Blum Golf Learning Center, 477-8777, or Neal Johnson, njohnson@ihcgolf.com

The camp includes complete instruction, golf equipment for camp use, equipment evaluation and fitting, daily prizes and awards, camp hat and t-shirt.

More information to be announced.



Rob Haver
 Wellness Center Director
 Direct Line: 474-8535, ext. 271

Frequently throughout the year, I hear questions on BMI (Body Mass Index). This formula is $[wt./(ht. \times ht.)]$; weight is in pounds and height is in inches squared. To simplify things, I have provided a chart. BMI can be a good "general" indicator for underweight-obesity individuals. One thing it does not take into account is muscle mass. For instance, a random person 5'10" and weighing 180 pounds would have a BMI of 25.8, thus in the overweight category. I don't think I am overweight, and I am that random person. A better indicator is Body Fat Percent. This is a three-site test that takes less than a minute to measure. To have yours calculated, please visit the Wellness Center.

BMI CHART:

		Weight in Pounds															
		100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250
Height in Feet and Inches	4'	30.5	33.6	36.6	39.7	42.7	45.8	48.8	51.9	54.9	58.0	61.0	64.1	67.1	70.2	73.2	76.3
	4'2"	28.1	30.9	33.7	36.6	39.4	42.2	45.0	47.8	50.6	53.4	56.2	59.1	61.9	64.7	67.5	70.3
	4'4"	26.0	28.6	31.2	33.8	36.4	39.0	41.6	44.2	46.8	49.4	52.0	54.6	57.2	59.8	62.4	65.0
	4'6"	24.1	26.5	28.9	31.3	33.8	36.2	38.6	41.0	43.4	45.8	48.2	50.6	53.0	55.4	57.9	60.3
	4'8"	22.4	24.7	26.9	29.1	31.4	33.6	35.9	38.1	40.4	42.6	44.8	47.1	49.3	51.6	53.8	56.0
	4'10"	20.9	23.0	25.1	27.2	29.3	31.3	33.4	35.5	37.6	39.7	41.8	43.9	46.0	48.1	50.2	52.2
	5'	19.5	21.5	23.4	25.4	27.3	29.3	31.2	33.2	35.2	37.1	39.1	41.0	43.0	44.9	46.9	48.8
	5'2"	18.3	20.1	21.9	23.8	25.6	27.4	29.3	31.1	32.9	34.7	36.6	38.4	40.2	42.1	43.9	45.7
	5'4"	17.2	18.9	20.6	22.3	24.0	25.7	27.5	29.2	30.9	32.6	34.3	36.0	37.8	39.5	41.2	42.9
	5'6"	16.1	17.8	19.4	21.0	22.6	24.2	25.8	27.4	29.0	30.7	32.3	33.9	35.5	37.1	38.7	40.3
	5'8"	15.2	16.7	18.2	19.8	21.3	22.8	24.3	25.8	27.4	28.9	30.4	31.9	33.4	35.0	36.5	38.0
	5'10"	14.3	15.8	17.2	18.7	20.1	21.5	23.0	24.4	25.8	27.3	28.7	30.1	31.6	33.0	34.4	35.9
	6'	13.6	14.9	16.3	17.6	19.0	20.3	21.7	23.1	24.4	25.8	27.1	28.5	29.8	31.2	32.5	33.9
	6'2"	12.8	14.1	15.4	16.7	18.0	19.3	20.5	21.8	23.1	24.4	25.7	27.0	28.2	29.5	30.8	32.1
	6'4"	12.2	13.4	14.6	15.8	17.0	18.3	19.5	20.7	21.9	23.1	24.3	25.6	26.8	28.0	29.2	30.4
	6'6"	11.6	12.7	13.9	15.0	16.2	17.3	18.5	19.6	20.8	22.0	23.1	24.3	25.4	26.6	27.7	28.9
	6'8"	11.0	12.1	13.2	14.3	15.4	16.5	17.6	18.7	19.8	20.9	22.0	23.1	24.2	25.3	26.4	27.5
6'10"	10.5	11.5	12.5	13.6	14.6	15.7	16.7	17.8	18.8	19.9	20.9	22.0	23.0	24.0	25.1	26.1	
7'	10.0	11.0	12.0	13.0	13.9	14.9	15.9	16.9	17.9	18.9	19.9	20.9	21.9	22.9	23.9	24.9	

Underweight
Nomal
Overweight
Obesity

Ditch the Workout - Join the Party!

Want to have fun and stay in shape?

Get ready to Zumba!

Wednesdays at 10:45 a.m.

Starting March 3rd, 4 weeks for \$30

Limited to 20 participants



Zumba is a Latin inspired fitness phenomenon that combines a total body workout with fat-burning dance moves. Dance to salsa, merengue, samba and other tropical tempos that emphasize fitness, not complicated choreography. It's easy, aerobic, and makes anyone look positively CALIENTE!



From the Learning Center

Time to Get Started!

Bobby Hix

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

Short Game Drills Clinics

- Thursday, March 4th – Putting Drills Clinic – 9 a.m.**
- Thursday, March 11th – Chipping Drills Clinic – 9 a.m.**
- Thursday, March 18th – Putting Drills Clinic – 6 p.m.**
- Thursday, March 25th – Chipping Drills Clinic – 6 p.m.**

Get your game into gear with our favorite and tour tested drills. Cost for each session is \$15 per person and includes all instruction usage of drill aids and printed take home description of drills for self practice. Please call the Arnold Blum Golf Learning Center at 477-8777 to sign up in advance.

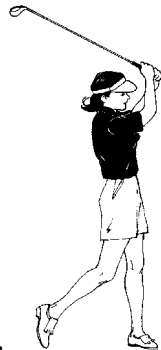
Golf Demo Day

Saturday March 13th - 11 a.m. until 3 p.m.

Join us and the major golf equipment manufacturers for our annual Demo Day. Fun and festivities to include a putting and Par 3 tournament. Look for details in your email, in the Golf Shop and around the Club.

Your LGA Officers for 2010

- President – Georgia Hatcher
- V. P. & Tournaments – Susan Ogburn
- Recording Secretary – Kathy Walker
- Corresponding Secretary – Dianna Davis
- Treasurer – Terri Ramsey



Events

Tuesday March 9th – LGA Meeting Day / Scramble
Meeting begins at 9 a.m. in the Boardroom with a scramble to follow play. You may choose to play either 9 or 18 holes.

Thursday March 18th – Club 9
9 hole scramble format. Sign up in advance by calling the Golf Shop at 477-2092 or just show up at the Golf Shop the morning of play by 8:45 a.m. Fun rules apply. Play will begin at 9 a.m.

Tuesday March 23rd – 18 hole Play Day – Best 3's
Get your own group and T-time. Individual stroke play – no handicap. Your scores on all the par 3's will be added for your competition total.

Thursday March 25th – Ladies Golf Clinic
Join Bobby and Keith in the Learning Center at 9 a.m., to prepare for the upcoming season. We'll give special attention to your short game – the quickest way to cut strokes off of your score. Please sign up in advance by calling the Learning Center at 477-8777. \$15 per person.

“Just Us Girls” Golf Club Spring 2010

Please join us for the Spring session of the “Just Us Girls” Golf Club at the Arnold Blum Golf Learning Center at Idle Hour Golf Club.

The “Just Us Girls” Golf Club 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 of golf.

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

The clinic is offered on Wednesday afternoons from 4 p.m. - 5 p.m.

**March 10th, 17th, 24th, 31st
April 7th, 14th, 21st, 28th***

***Party to follow April 28th Clinic
from 5:00-5:30***

\$15/clinic attended

To sign up, either email
Neal Johnson at
njohnson@ihcgolf.com
or call Neal at 478-477-8777.

March Wetness

Wade Thomas

Director, Greens & Grounds



Golf Committee

Craig Leachman – Golf Chairman
Charlie Boswell, III, Stewart Vernon,
Jeff Long, Joe Howe, Charlie Avant,
Victor Andress, Ed Muse, John White,
Chris Wilson, Bryan Persons,
Georgia Hatcher, George Franklin

Events

March 1st – GA. Junior Golf Foundation

March 5th – Stratford Scramble

March 26th – Nite Golf

Jr. Play Days, Short Tees

March 30th and April 16th

Green Fee Specials

Weekly Rate: \$59 + Tax, Includes Cart

Guest Days: \$30 + Tax, Includes Cart

July 23rd, August 20th,

November 19th, December 10th

All Special Guest Days are on a Friday.

Just a reminder - To all members with current prize credit in the Golf Shop, the credit expires one year from the time it was given. If you have any questions, please feel free to ask any of the golf staff. We can tell you how much you have and when it expires. If you are given a gift certificate, please hold on to it because it may not be in the system.

Golf Shop News

The Spring season brings us new goods. We have new shoes, cotton shirts, shorts, Maui Jims, and golf balls arriving early this month. Both Titleist and Callaway have come out with some new and improved golf balls for the 2010 season. We also have a very nice selection of golf bags in stock for the golfers looking for a new bag this year. You may have noticed some changes going on in the Shop. We have recently painted and repaired the Shop and added some new fixtures. There will be more additions of fixtures and slight changes going on this month.

Sales

The remaining 2009 clothing is now on sale from 50% to 70% OFF until its all gone. All 2009 Polo clothing is marked down to sell fast. We have FootJoy Shoes in many comfortable styles and sizes available for everyone's needs. Styles include Contours \$99, DryJoys \$155, SYN-R-G \$200, and NEW FJ ICONS \$235.

The Board of Directors has asked us to create a long range plan! We recently finished a 5 year plan which included tee work and drainage. Some improvements will include bunker renovation, drainage in high play areas and finishing the creek erosion problems on 17. We are also taking a good look at the driving range in order to maximize the hitting surface and improve drainage. Mike Riley, our architect, is working on these plans with us and will be making presentations to the Golf Committee in the near future. These are just a few of our plans for the future; please let us know anything you would like to see us improve upon.

The course has been wet, but the nice days in between have brought many golfers out to play. I hope everyone is ready for spring. Let us hope the weather is drier and warmer. See you on the links!



Nash Rolfes
Superintendent

What a winter! We are ready to see some warmer temperatures and sunshine heading this way. I know it has been the worst winter since I have been here. Unfortunately, we will have some cold mornings through March before we see some real changes.

Frost delays in the spring are especially difficult to try and gauge. With fall and winter grass going into dormancy, we are able to push the envelope and begin work sooner. But in the spring, the grass

is in its transition from dormancy to new growth, which can be very detrimental if we begin working while frost is still hanging around. Leaf blades damaged while in early growth stages take two to three weeks to recover. We know that nobody is fond of thin areas. Temperature, humidity, cloud cover and dew points are all factors in how long the delays will be. Also, please remember that the conditions on #15 can be completely different on #3. We must make continual evaluations in order not to harm the grass. The one constant demand is that the frost must be completely gone before we can begin work. Once we begin work, we typically need at least one hour to stay in front of play and ensure the best playing conditions.

We have a couple of projects set for March. The first, which we have begun, is adding sand and drainage to our bunkers, which have become low and stopped up due to harsh winter rains. We are also planning to add irrigation to our fescue area between #14 and #17. If you have any questions, please call the Shop at 477-2373.



Notes from Craig

Craig A. Jones
USPTA, USPTR
Director of Tennis

As some of you may know, Warren Woolfolk has taken the job as

the Mercer Head Coach. We would like to congratulate him on this incredible opportunity. He is greatly missed and wished the best of luck.

At the start of May, we will be adding a new Assistant Pro, André Ferreira, to our team. André worked here at Idle Hour a few years back and did a wonderful job. He has also helped me with the overnight summer camps in Rome, Georgia. André is from Brazil. He played tennis for Berry College in Rome, Georgia, where he is pursuing his Master's degree. We are looking forward to his return to Idle Hour.

Thanks to everyone for your effort in helping grow our tennis program. We have so many new events happening this year, and we want to make sure no one is left out, because tennis is for everyone. So, we hope to see you all on the courts this season!

Drills & Lessons

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

Special Events

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

Idle Hour Junior Satellite Tournament

March 13th & 14th

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 tennis shop.

Men's Night Out Starting Back up!!

Thursday, March 18th at 6:30 pm

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 tennis shop to sign up for this great event!



SPRING FLING TEAM TOURNAMENT

April 23th - 25th



The coolest tennis event is coming to Idle Hour!

It is a team-format, fun event for all levels. Sign-up individually (you don't need a partner), and teams will be formed of 6 to 8 people. The teams will consist of an A-level man & woman, B-level man & woman and C-level man & woman.

Friday night, there will be a dinner at the Club with seating at round tables for each "team" of 6-8 players. Each table will be decorated with the team's color, and a like colored t-shirt will be on each player's seat. This will be a fun way to dine with and get to know some fellow members who play tennis at the Club! ... And check out your competition at the other tables.

Saturday and Sunday afternoon - in the team format - we'll play men's doubles and women's doubles. Everyone will pair up and always play with someone on the same team. Saturday, we will play 3 rounds, and Sunday we will play 2 rounds, providing we have 6 teams. For each match, you'll earn points that count towards your team's overall score. You'll cheer on your team for the big win! Get creative - let your kids and family come watch and cheer for your color!

\$50/person includes dinner, t-shirt, awards, refreshments. Come have FUN supporting the tennis program!

Idle Hour Country Club
Presents

The 1st Annual Higdon Open
June 11th – 13th

Member/Member OR Member/Guest

Team Format – 8 Teams per division
First 8 teams to register will be in the Open.
You are guaranteed 3 matches.

Friday, June 11th - Doubles Mixer at 6:00 p.m.

Saturday, June 12th - Men's & Women's Doubles
2 Sets with a Tie breaker for the 3rd
2 Matches

Afternoon, Sunday, June 13th
Men's & Women's Finals Match
Levels: AB Mixed, BC Mixed

Men's & Women's Doubles: 3.0, 3.5, 4.0, Open

More information to come.
Please call the Tennis Shop to register. 477-6701

Memorial Day Weekend Summer Kick-Off Celebration & Dive-In Movie

Pool Opens Friday, May 28th
MUST HAVE POOL I.D. CARD

12:00 p.m. Pool & Youth Building Open
Complimentary Keg

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

6:00 p.m. Dinner Buffet
Live Entertainment

Dive-In Movie at Dark
Don't forget your floats!

Club OPEN
Monday, May 31st

Club CLOSED
Tuesday, June 1st



March 2010 * IHCC Recipe of the Month Thai Chicken Soup

- 3 Shitake Mushrooms, stem removed, sliced
- 1 Red Bell Pepper, diced
- 1 Small White Onion, diced
- 1 Piece Ginger Root, peeled, sliced thin
- 1 Carrot, peeled & diced
- 2 Marinated Chicken Breasts, grilled & sliced
- 1 oz. Cilantro, chopped
- 2 Green Onions, chopped
- ¼ tsp. Soy
- 2 cups Chicken Broth
- 1 cup Water



Marinade (1 Tbs. Soy Sauce, 2 Tbs. Mirin Wine) chicken for one hour; then, grill, cool and slice. Combine the chicken broth, water and soy sauce, and heat to a simmer. Sauté the bell pepper, carrot, onion, ginger and mushroom; then, add to the broth. Wait for 10 minutes, add chicken. Garnish with cilantro and green onion, and serve.

Hours of Operation

Sunday Buffet in the Living Room
Reserved seating available
Sunday.....11:30am-2:00pm

The Grille
Lunch Service
Tuesday - Sunday.....11:30pm-2:30pm
Saturday Breakfast.....7:30am-2:30pm

Dinner Service
Tuesday - Thursday.....5:00pm-9:00pm
Thursday Night "2-for-1" in Grille & Trotters
Friday & Saturday.....5:00pm-9:30pm
First Friday "All You Can Eat Prime Rib & Crab Legs"
Sunday.....5:00pm-9:00pm

The Sports Bar & Club Room
Menu Service
Tuesday - Thursday, Sunday...11:30am-9:30pm
Friday & Saturday.....11:30am-10:00pm

Bar Service Hours
Tuesday - Thursday...11:30am-11:00pm
Friday & Saturday....11:30am-Midnight
Sunday.....12:30pm-10:00pm

Men's Locker Room Attendant
Tuesday - Friday.....8:30am-Dusk
Saturday & Sunday.....6:30am-Dusk
Men's Grille
Tuesday - Sunday.....11:30am-8:30pm

Tennis Shop
Sundays.....1:30pm-5:30pm
Mondays.....Closed
Tuesday - Thursday.....8:30am-7:30pm
Friday & Saturday.....8:30am-6:30pm

Golf Shop
Mondays.....Closed
Tuesday - Friday.....7:30am-6:30pm
Saturday & Sunday.....7:00am-6:30pm

Wellness Center
Monday - Friday.....7:00am-7:00pm
Saturday.....7:00am-12:00pm
24-Hour Access with your ID card or entry code

Babysitting Service
For children, ages 1 year - 10 years
Tuesday - Friday.....8:00am-1:00pm
Thursday & Friday Evenings...6:00pm-10:00pm

Business Office
For all of your billing questions and concerns
Monday - Friday.....9:00am-5:00pm
Saturday & Sunday.....Closed

Reception Desk
Tuesday - Saturday.....9:00am-9:00pm
Sunday.....9:00am-6:00pm
Voicemail system...24 hours/7 days a week