

The Idle Times

Volume 19, Issue 5 May 2009



**2009 Member - Member Champions
Carl Hofstadter & Johnny Peterson**

S Dive Into
Summer
Excitement

All the details inside!
Pages 6 - 10



From the Desk of

Jeffrey W. Orkus, CCM
General Manager

Summer is almost here, and we are preparing for a safe and fun season!

All members and children age nine and older will need a Pool I.D. card to access the pool area. A letter detailing the basic policies governing the pool will be sent shortly to the membership. Please read this letter and return the enclosed Pool Registration Form so that your family can fully enjoy the pool this summer. This form is essential in an emergency, and we must have it on file before your family enters the pool area. For your convenience, we have also printed this form in the newsletter on page sixteen. General Pool information is featured on page 6.

School commences at the end of this month, so please remember to drive slowly and carefully, watching out for the children on Club property. Please monitor your speed and pay close attention, especially when rounding curves and backing out of parking spaces. Parents and guardians, please emphasize to your children the importance of traffic safety and Club rules.

There are many options available for you and your children at Idle Hour this summer. Dive-In movies are at the pool each month, beginning with *High School Musical 3* at the Summer Kick-Off Pool Party on March 22nd. Our summer camps are a chance for children to learn and explore new skills in golf, tennis, fitness and more. Choose from Day Camp, All Sports Camp, Tennis Camp and Golf Camp! See page 10 for a complete listing of children's camps.

Make the best of the season by hosting your summer event here at the Idle Hour. The entire Club is at your disposal with flexible floorplans, wireless internet, audiovisual equipment, and excellent cuisine from Executive Chef Jason Knowlton. You must experience the intricate designs and marvelous flavor of our specialty cakes and desserts by Pastry Chef Scott Kiernan. Whether it's a special time for your family, friends, or business, we'll make everyone feel right at home. Banquet Coordinator, Amanda McElmurray, will make sure your event is all planned out, decked out, and stand out, with less stress on you.

We hope to see you and your family enjoying the Club this summer. Should you have any questions, please contact me at 477-1724 or by email at jorkus@idlehourclub.com.

The Idle Times

Theresa Abercrombie, Designer & Editor
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

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- Courtney Fendt, Controller
- Amanda McElmurray, Events Coordinator
- Jason Knowlton, CEC, Executive Chef
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- 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 |
| 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 |

Welcome, New Members! 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
120 Lotus Point Drive
Macon, Georgia 31220
471-9190



MRS. CAROLYN T. MCAFEE
Vice President/Hallmark Systems, Inc.
Sponsor: Dr. R. Kirby Godsey
661 Richmond Hill Drive
Macon, Georgia 31210
477-3880



MR. JAMES W. SIMMONS
Owner/Component Sales Group
Sponsor: Mr. Bruce J. Bishop
Spouse: Reverend Harriette Simmons
4849 Brittany Drive
Macon, Georgia 31210
706-231-5047

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

Posted for Membership Effective May 14, 2009

MR. TIMOTHY K. HALL
Owner/Attorney Timothy K. Hall
Sponsor: Mr. Stephen M. Welsh
Spouse: Mrs. Laura P. Hall

DR. CHRISTOPHER E. MINETTE
Radiologist/Radiology Assoc. of Macon
Sponsor: Dr. Ericha Benschoff
Spouse: Mrs. Laurie Ann Minette

MRS. MCKENZIE MCNEILL SWAN
Realtor/Sheridan Solomon & Associates

Posted for Membership Effective June 17, 2009

MR. FRED "BUD" JONES, JR.
Owner / Middle Georgia Solutions
Sponsor: Mr. Mark Spivey
Spouse: Mrs. Lauren Flandry Jones

Employee of the Month Debra Jackson



Debra has been with IHCC for 5 years as an integral part of the Housekeeping Department. Her main area is the Ladies' Locker Room, but you will see Debra working all over the Clubhouse or the Laundry - or anywhere else that needs attention. Debra is an asset to this department and IHCC.

She has three children and six grandchildren.

Congratulations, Debra!

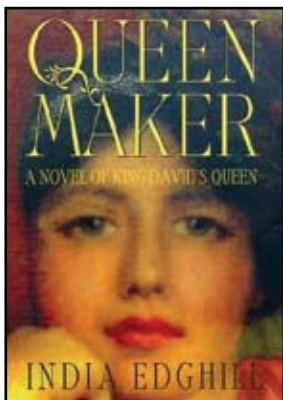
In Sympathy

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

MR. JOHN DENNIS
April 3, 2009



Special Events



IHCC Book Club

* OPEN TO ALL MEMBERS *

Tuesday, May 19th, 3 p.m., Alcove
Queenmaker: A Novel of King David's Queen
 By India Edghill

If you enjoy literature, join us
 for some great fiction and non-fiction reads!
 Enjoy refreshments, great books and good friends!
 \$5/person. Please call the Front Desk
 at 477-1724 to R.S.V.P.

BINGO

Wednesday, May 13th in the Ballroom

6:30 p.m. - Cocktails by Signature, 7:00 p.m. - Buffet Dinner

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

Don't miss your chance to WIN CASH while you dine with friends!
Please call ahead for reservations! 48-Hour Cancellation Policy.

Mixed Greens

Waldorf Salad with Toasted Coconut

Broccoli & Carrot Slaw with Chipotle Ranch Dressing

Southern Fried Chicken

Blackened Pork Chops with Tomato Onion Relish

Sour Cream and Chive Whipped Potatoes

Broccoli and Mushroom Casserole

Spinach and Feta Stuffed Roma Tomatoes

Turtle Brownies

Grand Marnier Cheesecake

May 2009 Recipe of the Month

Ginger Sake Vinaigrette

Featured on the new Grille menu in the Grilled Sesame Chicken Salad

Ingredients

- | | |
|--------------------------|----------------------------|
| * 2 oz. Mixed Ginger | * 10 oz. Champagne Vinegar |
| * 5 oz. Sake | * 4 cups Blended Oil |
| * 3 cups Brown Sugar | * 4 oz. Honey |
| * 1.5 Tbs. Dijon Mustard | * 1.2 tsp. Salt & Pepper |

Procedure

Place the sake in a sauce pan over medium heat and cook the alcohol off. While cooking the sake, use a bowl and add brown sugar, dijon mustard, champagne vinegar, honey and ginger in the bowl. After the sake has cooled off, add it to the bowl. With the electric mixer, slowly stir in oil, add salt and pepper.



My Mom is the Bomb!

By: Anna Catherine Durso

Age 8

*She is the Bomb Mom,
 The beautiful mom.
 She's the best
 homemade granola mom.
 She's a new baby
 breast-feeding mom.
 She's the cad driving bus mom.
 She's the buy me
 cool stuff mom.
 She's the spa mom...
 Cutting toenails mom,
 Taking bubble baths
 with me.
 She's the laundry folding,
 cleaning mom.
 But don't make her mad,
 Cause she'll blow up...
 She's the BOMB mom!*



The Durso Family

*Steve, Monica with new baby
 Trudi Ruth, Stephen Jr., Maci,
 and Anna Catherine (center)*

CONGRATULATIONS!

"My Mom is the Bomb" winner,
 Anna Catherine Durso, received
 a gift certificate for the
 IHCC Mother's Day Buffet.



Mother's Day Buffet

Sunday, May 10th

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

Adults \$25, Children (8 thru 11) \$15,
Children (4 thru 7) \$12, Children 3 & under, no charge

Tossed Garden Salad

Chorizo Sausage and Crawfish Salad *with Basmati Rice, Roasted Red Pepper and Fennel Vinaigrette*

Grilled Chicken and Three Bean Salad *with Garlic Herb Vinaigrette*

Roasted Vegetable Salad *with Apple Balsamic Dressing*

Cubed Seasonal Fruit *with Fresh Berries and Mango Yogurt*

Green Bean Casserole *with Crisp Onion Rings*

Cauliflower and Broccoli Medley *with Cracked Black Pepper Hollandaise and Fried Parsnips*

Sun Dried Tomato and Kalamata Olive Rice Pilaf

Asiago Cheese Whipped Potatoes

Southern Fried Chicken

Horseradish Crusted Grouper *with Tangerine Beurre Blanc*

Cola Marinated Pork Loin *with Coconut Rum Glaze*

Creole Crusted Beef Tenderloin

Rosemary Hollandaise and Horseradish Cream

Lemon Berry Cheesecake

Devils Food Cake

Strawberry Pie

Coconut Cream Torte

Chocolate Peanut Butter Trifle

Ice Cream Bar

An IHCC tradition! Call early, as space is limited.

Seating throughout Clubhouse. Reservations are required.

48-Hour Cancellation Policy applies.

Please name members in your party when making reservations.

Please note: Club closes at 3:00 p.m. this day.

Special Events

MEMORIAL DAY WEEKEND

SUMMER KICK-OFF CELEBRATION

POOL OPENS FRIDAY, MAY 22ND



12 p.m. Pool and Youth Building Opens, Complimentary Keg
3 - 5 p.m. Pool Games & Prizes * 6:00 p.m. Dinner Buffet

Dive-In Movie at Dark: High School Musical 3! Don't forget your POOL I.D. and float!
The Clubhouse will be Open on Memorial Day * Closed on Tuesday, May 26th

POOLSIDE DINNER

\$13 Adults * \$8 Children ages 7-11
\$6 Children ages 4-6 * 3 & Under are free

Cole Slaw, Potato Salad
Sliced Watermelon
Whole Roasted Pig
Hamburgers and Hot Dogs
Chicken Fingers
Corn on the Cob, Baked Beans
Potato Smiles and Chips
Assorted Cookies and Brownies

DIVE-IN MOVIES

Last Friday of Each Month
Don't Forget Your Pool I.D. & Float!

Friday, May 22nd
High School Musical 3
Rated G

Friday, June 26th
Bolt
Rated PG

Friday, July 24th
Beverly Hills Chihuahua
Rated PG

FAMILY BINGO

ONLY DURING SUMMER
RESERVATIONS PLEASE!

2nd Wednesday of each month
June 10th, July 8th, August 13th



POOL INFORMATION

Pool Hours: 10:00 a.m. - 8:00 p.m.

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

Dress Code: NO CUTOFFS OR KHAKIS. SWIMSUITS ONLY.

Everyone must sign-in at the Pool

All Non-Members must be accompanied by a member!

In-town Guest or Relative Fee: \$5.00

Out of Town Guest or Relative Fee: \$5.00

House-Guest Fee: \$3.00

Out of Town Grandchildren: Free, only when accompanied and supervised by the member grandparent.



Don't Forget! If you don't have one from last summer, you must get a Pool I.D. card to enjoy the amenities offered at the Pool. Get your Pool I.D. cards before the rush, Tuesday - Saturday, 9 a.m. - 9 p.m. Ready in just 5 minutes at the Front Desk. Replacement cards are \$5.00, charged to your account.

Pool Forms

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

9 - 16 Year-Olds Must Qualify to Swim Unsupervised

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

Swimming Lessons

Contact the Lifeguard at the Pool: 757-2400.



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

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

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

Kid's Out

Friday, June 19th at 6:00 p.m.



Camp out under the stars at the Learning Center. Members and kids of all ages welcome. \$30/person includes dinner, beverages, campfire s'mores, an evening movie and breakfast. Space is limited. Call 477-1724 for reservations. We'll need to know the number in your party. Children must be accompanied by an adult guardian. Bring your sleeping bags, tents and gear. Space limited to 50 people. 48-Hour Cancellation Policy.

Father's Day Buffet

June 21st

11:30 p.m. - 1:30 p.m.
In the Ballroom

Adults \$25, Children (8 thru 11) \$15,
Children (4 thru 7) \$12,
Children 3 & under, no charge

Show Dad some love!

Surprise him with a delicious lunch!

An IHCC tradition! Reservations suggested.

48-Hour Cancellation Policy applies.

Please name members when reserving for your party.

Please note: The Club is OPEN TIL 6:00 P.M.

Why not treat Dad to a game of golf, as well!



Menu

- Tossed Garden Salad
- Blackened Pork & Green Bean Salad
with Creamy Gorgonzola Dressing
- Grilled Chorizo Sausage & Black Bean Salad
with Roasted Garlic Vinaigrette
- Grilled Vegetable Salad
with Basil Balsamic Vinaigrette
- Fresh Seasonal Fruit and Berries
with Banana Rum Yogurt
- Braised Collard Greens
- Eggplant Parmesan
- Corn on the Cob
- Truffle Macaroni & Cheese
- Southern Fried Chicken
- Pistachio Crusted Tilapia
with Raspberry Butter
- BBQ Basted Grilled Baby Back Ribs
- Roasted Prime Rib of Beef Au Jus
with Horseradish Cream

- Chocolate Tall Cake
- Cherry Cheesecake
- Coconut Cream Tart
- Warm Toll House Pie

Father Daughter Dance June 18th

6:30 p.m. Dance
7:00 p.m. Dinner


Fathers, don't miss this special night with your daughter!



May

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|-----------------------|--|--|---|
|  <p>Dive-In Movie, May 22nd <i>High School Musical 3</i> Rated G. Starts at Dark!</p> | | | | | 1 | 2 |
| | | | | | Peach Blossom Invitational All-You-Can-Eat Prime Rib & Crab Legs | |
| 3 Sunday Brunch Buffet in the Living Room Peach Blossom Invitational | 4 GREENS AERIFICATION CLUB CLOSED | 5 Jackpot Drawing | 6 | 7 LAST MEN'S NIGHT OUT "2 for 1" Entrees in The Grille & Trotters | 8 | 9 Breakfast in The Grille Panama Jam Jr. Tennis Championship |
| 10 MOTHER'S DAY BUFFET Panama Jam Jr. Tennis Championship Club Closes at 3:00 p.m. | 11 COURSE & CLUB CLOSED | 12 LGA MEETING & SCRAMBLE Boardroom Jackpot Drawing | 13 ADULT BINGO | 14 LGA 9-HOLE EVENT <i>Meeting of the Board of Directors</i> "2 for 1" Entrees in The Grille & Trotters | 15 | 16 Breakfast in The Grille SUPER DUDE DOUBLES TENNIS KIDS' SWIM TEAM RGST. <i>DUATHLON & Pool Keg Party</i> |
| 17 Sunday Brunch Buffet in the Living Room | 18 CLUB CLOSED | 19 LGA 18-HOLE & THROW-OUT TOURNAMENT BOOK CLUB <i>Queenmaker</i> JGC/GOLF CTE. CHALLENGE Jackpot Drawing | 20 | 21 "2 for 1" Entrees in The Grille & Trotters | 22 EXHIBITION MATCH SUMMER KICK-OFF POOL PARTY & DIVE-IN MOVIE <i>High School Musical 3</i> | 23 Breakfast in The Grille |
| 24 Sunday Brunch Buffet in the Living Room | 25 MEMORIAL DAY | 26 | 27 | 28 LADIES' GOLF CLINIC | 29 | 30 Breakfast in The Grille MACON WORKOUT QUALIFIER |
| 31 Sunday Brunch Buffet in the Living Room | CLUB OPEN | COURSE & CLUB CLOSED | | "2 for 1" Entrees in The Grille & Trotters | SPRING MIXED DOUBLES MIXER | |

June

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|----------------------|--|---|---|--|-------------------------------|
| There is still space available in some of our summer camps! | 1 | 2 | 3 | 4 | 5 | 6 |
| | CLUB CLOSED | DAY CAMP: June 2 nd -5 th - Completed 3K-4K MACON TENNIS WORKOUT | | | Member - Guest Tournament "2 for 1" Entrees in The Grille & Trotters All-You-Can-Eat Prime Rib & Crab Legs | |
| 7 Sunday Brunch Buffet in the Living Room | 8 | 9 LGA MEETING & SCRAMBLE | 10 FAMILY BINGO | 11 LGA 9-HOLE EVENT | 12 | 13 Breakfast in The Grille |
| | COURSE & CLUB CLOSED | PEE WEE TENNIS CAMP, AGES 4-6: June 9 th -12 th DAY CAMP: June 9 th -12 th - Completed 2 nd -3 rd Grade | | | | |
| | | Jr. Member - Guest Jackpot Drawing | | | "2 for 1" Entrees in The Grille & Trotters | |
| 14 Sunday Brunch Buffet in the Living Room | 15 | 16 | 17 | 18 LADIES' GOLF CLINIC <i>Father Daughter Dance</i> | 19 | 20 Breakfast in The Grille |
| | CLUB CLOSED | BEGINNER-ADV. TENNIS CAMP, AGES 8-12: June 16 th -19 th DAY CAMP: June 16 th -19 th - Completed 5K-1 st Grade | | | | |
| | | Jackpot Drawing | <i>Meeting of the Board of Directors</i> | "2 for 1" Entrees in The Grille & Trotters | KIDS' CAMP OUT | |
| 21 FATHER'S DAY BUFFET | 22 | 23 | 24 | 25 | 26 MARGARITA MIXER | 27 Breakfast in The Grille |
| CLUB OPEN Normal Hours | CLUB CLOSED | GSGA WOMEN'S STATE AMATEUR TOURNAMENT | | | | |
| | | PEE WEE TENNIS CAMP, AGES 4-6: June 23 rd -26 th | | | | |
| | Jackpot Drawing | | | "2 for 1" Entrees in The Grille & Trotters | DIVE-IN MOVIE <i>Bolt</i> | |
| 28 Sunday Brunch Buffet in the Living Room | 29 | 30 LGA 9-HOLE & GUEST DAY DAY CAMP June 30 th -July 3 rd Completed 3K-4K | <div style="display: flex; align-items: center;">  <div style="text-align: center;"> <h2>Dive-In Movie, June 26th</h2> <h1><i>Bolt</i></h1> <p>Rated PG. Starts at Dark!</p> </div> </div> | | | |
| Darlington Tennis Camp: June 28 th -July 2 nd | COURSE & CLUB CLOSED | Jackpot Drawing | | | | |

Your Guide to Summer Camps!

Day Camp

Please note changes in camp divisions, which are now specified by completed grade level.

Please also note that the 3K-4K Camp schedule is 9 a.m. to 1:30 p.m. All other camps last 9 a.m. - 4 p.m.

June 2nd-5th
Completed 3K-4K

June 9th-12th
Completed 2nd-3rd Grade

June 16th-19th
Completed 5K-1st Grade

June 30th-July 3rd
Completed 3K-4K

July 7th-10th
Completed 5K-1st Grade

July 14th-17th
Completed 2nd-3rd Grade

July 21st-24th
Completed 3K-4K

July 21st-24th
Completed 4th-7th Grade

Forms are available at the Front Desk and online. 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 the Registration Form. Please call the Front Desk at 477-1724 or pick up a form to register.

Jr. Golf Camp

Junior Golf Camp

July 14th - 17th
4 - 5, 9:30 - 11:00, \$80
6 - 8, 9:30 - 12:30, \$180
9 & Up, 9:30 - 12:30, \$180

Includes complete instruction, golf equipment for camp use, equipment evaluation and fitting, daily prizes and awards, camp hat and t-shirt, and snacks and drinks.

All Sports Camp (Ages 7+)

Golf, Tennis & Swimming, \$200
July 28th - 31st
9:00 a.m. - 2:00 p.m.

This camp includes three different sports. Kids will learn and play golf and tennis, as well as enjoy swimming. The price includes a t-shirt, lunch, and other possible awards.

Call the Tennis Shop to sign-up.

Jr. Golf Camp

2009 Junior Golf Academy

June 11th & 18th
July 2nd, 9th, 16th, 23rd & 30th
Aug. 6th
5:00 p.m. - 6:30 p.m.
\$25/person

Call the Golf Learning Center at 477-8777 or email Neal Johnson at njohnson@ihcgolf.com

Tournaments

Junior Member-Guest

June 9th

Junior Club Championship

August 6th - 7th

Tennis Camp

Pee Wee Camp (Kids 4-6)

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

June 9th- 12th

June 23rd-26th

July 14th-17th

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

Beginner, Intermediate & Advanced Camp

(Kids 7-15)

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

June 16th- 19th, July 21st- 24th

These juniors will be placed in groups by age and skill. Camp breaks for lunch and a swim break in the middle. For \$200, each child will receive a t-shirt, trophy, four days of tennis instruction and other possible awards. Lunch is included in the cost.

Darlington Camp (More Advanced)

Session 1: June 28th - July 2nd

Session 2: July 5th- 9th

This camp is for the more advanced players. Craig started this camp before he moved to Macon. Held in Rome, Georgia at Darlington School, it is an over-night camp with a one or two week stay. The kids will be housed in the Darlington school dorms and fed each meal in the cafeteria. This is a great opportunity to really work hard. The kids are coached each day by Craig and the counselors. They also have a lot of fun. There is an activity planned for each night, from skit night to movie night, and even a dance. Call us at the Shop or visit www.darlingtonschool.org.

Wellness / Ladies' Golf Association



Rob Haver

*Wellness Center Director
Direct Line: 474-8535*

1st Annual Duathlon

Rescheduled for Saturday, May 16th.

This is a Run-Bike-Run event.

Please sign-up in the Wellness Center.

Following the Duathlon, participants are invited to join us for a Keg Party at the Pool.



Aerobics Schedule Changes

Fridays' 9:30 a.m. Cardio Blast has been canceled due to low number of participants.

The 10:15 a.m. Yoga class will now move into the 9:30 a.m. time slot and be a Yoyalaties class. This is a combination of Yoga and Pilates.

The 7:45 a.m. Seniors Class will be moving to the pool for the Summer Water Aerobics class. The times will remain the same.

The IHCC Kids' Swim Team

Registration and Swim Test (25 yds.)
May 16th at 5:00 p.m. - 6:00 p.m.
at the IHCC pool.

Some Facts About Exercise

1. There is no difference between stronger, larger, and firmer muscles. Those three go hand in hand. It is simply untrue that one kind of exercise will build a different kind of muscle than another. The only three variables you can influence with any type of exercise are: muscle mass, muscle shape, and amount of body fat.
2. Each pound of muscle (1 lb. = 0.45 kg.) burns 75-100 calories every day simply by existing.
3. A pound of body fat stores 3500 calories.
4. Your muscles do not grow during exercise. It is only the stimulus. The body strengthens the muscles while you are resting.
5. Your body is affected no differently whether your muscle failed after five repetitions of an exercise or after 50. Use the weight that allows you to do 8-12 repetitions for maximum safety and time efficiency.

2009 LGA Officers

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

Coming Events

Tuesday May 12th, Meeting Day/Scramble
9 a.m. – Boardroom

Thursday May 14th
Club Nine, 9-Hole scramble Play begins at 9 a.m.

Tuesday May 19th, 18-Hole Play Day
Throw-Out Tournament
Play or choose your own group – Before returning your scorecard, you will be allowed to cross out a designated number of worst holes to be determined. Individual gross and net scores. Secure your own starting time.

Thursday May 28th, Ladies Golf Clinic
Chipping / Pitching
Clinic will begin at 9 a.m.

For Regular Announcements

Call the Learning Center at 477-1724, or forward your email address to bhix@ihcgolf.com.

Ladies Golf Results

Club 9 Results

- 1st Georgia Hatcher, Ashley Copelan,
Lyn Johnson, Karen Beringer
- 2nd Susan Ogburn, Carol Bashuk,
Patti Martin, Ann Youmans
- 3rd Terri Ramsey, Charlotte McMullen,
Linda Easter, Janice Donner
- 4th Dianna Davis, Jan Lee, Kathy Walker

18 hole Results

- 1st Janice Donner, Jan Lee,
Georgia Hatcher, (Sanna Smith)
- 2nd Arja Forester, Susan Ogburn,
Lyn Hicks, Kristin Kinman
- 3rd Dianna Davis, Patti Martin,
Sanna Smith, (Jan Lee)
- 4th Beth McSween, Dallis Jones,
Vivian Benschhoff, (Arja Forester)



Bunker Drills

Bobby Hix

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

The Tee Drill

The Tee Drill teaches you to make a shallow cut through the sand with your club rather than swinging too steeply into the sand, gouging out a pile of it, and often leaving your ball in the bunker. Making a shallower cut through the sand will get the ball out more consistently and give you better control of the shot from all types of sand.

Procedure: Place your ball on a tee in the sand, then push the tee into the sand so that the head of the tee is barely above the surface. Position the ball off your left heel and use a slightly wider than normal stance. Then try to clip the head off the tee. To do this you will find you have to hit behind the ball with a shallow angle of approach, “slipping” the club under the ball. The swing requires little wrist action – instead, think of sweeping the club back and through as you clip the head off the tee.

In actual play, imagine the tee sitting under the ball and try to make the same swing. By varying how much you open the face of the club, you can control the distance of the shot. The length of your backswing and follow-through also is a major determinant of distance.

Greenside Bunker Drill

This drill gives you the sense of splashing the ball out of the sand. It teaches that you must not hit the ball but instead must cut a large and shallow swath of sand out from under the ball... and that you must complete your swing. It also tells you that you don't have to be perfect in the sand, that you have a margin for error greater than most other golf shots.

Procedure: With the toe of your sand wedge, draw two lines in the sand about 10 inches apart and perpendicular to your target line. Take practice swings and cut out swaths of sand between the two lines, the club entering the sand in front of the back line and leaving the sand behind the front line. Finish your swing.

When you can make five swings in a row between the lines, place a ball two or three inches behind the front line. Then make your swing at the ball with the exact thought process you had when the ball wasn't there. Get five straight balls out of the sand in this manner and head for the course. But keep practicing regularly.

The best way to get better at bunker play is to practice regularly. Hopefully these two drills will give you an idea and direction from which to proceed.

2009 Mini-Masters

A special thanks to all who participated in this years Mini-Masters. Congratulations to Russ Vaughn and his son Tripp for winning this year's Green Jackets.

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

Hole-in-One

*Stewart Vernon - Hole #12
during the Member-Member*

Double Eagle

*Scott Nystrom - Hole #3 – 210 yards
out with a hybrid; with Pat O'Brien,
Rusty Wynn, and Greg Roden.*

Handicap Report

Everyone has been doing a great job on posting their scores every time they play and turning in their scorecards.

We appreciate everyone's effort in trying to help us, along with all the members to make the playing field as fair as possible.

Events

May 1-3, Peach Blossom
May 4, Course Closed to Aerify
May 12, LGA Meeting and Scramble
May 14, LGA 9-hole event
May 18, Home Builders
May 19, LGA Event / JGC /
Golf Cte. Challenge Match
May 26, Course Closed
May 28, Ladies Golf Clinic
Call 477-8777 for Appointment Times

Guest Fee Specials

\$59 + tax, Tuesday thru Thursday

Golf Shop News

We have plenty of Polo shirts and shorts for your summer needs. The Polo shorts are only \$55 a pair. We have new Monterey Club Ladies' blouses on sale for 30% off.

All new Cutter & Buck shirts are between \$39 and \$69. Cutter & Buck Shorts are now \$59. We have a busy month coming up, so come into the Shop and check out the new merchandise before its gone.

Member-Member Tournament Results

As most already know, the team of Johnny Peterson & Carl Hofstadter defeated the team of John White & Craig Leachman in the Shoot-Out. It was a very exciting event and the new format seemed to really dial the pressure up a lot. Thanks to all that played and we look forward to making next year's event even better.

| Team | Pebble Beach | Mat. 1 | Mat. 2 | Mat. 3 | Mat. 4 | Mat. 5 | Total |
|------|------------------------------------|--------|--------|--------|--------|--------|-------|
| 1 | Andy Nations/Dan Hinton | 3 | 3.5 | 5 | 4 | 3.5 | 19 |
| 2 | Malcolm Burgess/Edsel Davis | 6 | 4 | 5.5 | 4.5 | 4.5 | 24.5 |
| 3 | George Greer/Johnny Walker, IV | 7 | 5.5 | 5.5 | 5 | 4.5 | 27.5 |
| 4 | Hal Greer/John Kelly | 2 | 3 | 3.5 | 5 | 2 | 15.5 |
| 5 | Chris Wilson/Sandy Burgess | 5 | 5 | 4 | 4 | 7 | 25 |
| 6 | Peter Persons/Steve Tuck | 4 | 6 | 3.5 | 4.5 | 5.5 | 23.5 |
| Team | Augusta National | Mat. 1 | Mat. 2 | Mat. 3 | Mat. 4 | Mat. 5 | Total |
| 7 | Scott Nystrom/Robert Jarrard | 6.5 | 8 | 5 | 3.5 | 5 | 28 |
| 8 | Pat O'Brien/Rusty Wynn | 2.5 | 4.5 | 6 | 4.5 | 4 | 21.5 |
| 9 | Russ Vaughn/Jack Moore | 1.5 | 1 | 3.5 | 6 | 5 | 17 |
| 10 | Dr. Frank Arnold/Bryan Persons | 7.5 | 4.5 | 3 | 5.5 | 5.5 | 26 |
| 11 | Frank Arnold/Rob Parel | 4 | 4.5 | 4 | 3 | 3.5 | 19 |
| 12 | Neal Howard*/Lawrence Williford | 5 | 4.5 | 5.5 | 4.5 | 4 | 23.5 |
| Team | Oakmont | Mat. 1 | Mat. 2 | Mat. 3 | Mat. 4 | Mat. 5 | Total |
| 13 | Allen Peake/Jimmy Patton | 3 | 2.5 | 5.5 | 4 | 4 | 19 |
| 14 | Leonard Bevill/Victor Andress | 6 | 4.5 | 4 | 5.5 | 5 | 25 |
| 15 | Chris Terry/Slade Edwards | 3.5 | 6.5 | 6 | 1 | 4 | 21 |
| 16 | Craig Leachman/John White | 5.5 | 7 | 5 | 5 | 4 | 26.5 |
| 17 | Jef Flournoy/Wood Pope | 6.5 | 4.5 | 3.5 | 8 | 5 | 27.5 |
| 18 | Jimbo Liipfert/Crawford Peace | 2.5 | 2 | 3 | 3.5 | 5 | 16 |
| Team | Cherry Hills | Mat. 1 | Mat. 2 | Mat. 3 | Mat. 4 | Mat. 5 | Total |
| 19 | Johnny Peterson/Carl Hofstadter | 4 | 2 | 4 | 6.5 | 5 | 21.5 |
| 20 | Bubba Edge/Steve Solomon | 5 | 4.5 | 7 | 4 | 4.5 | 25 |
| 21 | Raines Newberry*/David Newberry | 4.5 | 7 | 5 | 4 | 4.5 | 25 |
| 22 | Joe Howe/Rob McCord | 4.5 | 3.5 | 2 | 2.5 | 3.5 | 16 |
| 23 | Stewart Vernon/Tom Swift | 3.5 | 4.5 | 5 | 5 | 5.5 | 23.5 |
| 24 | Scott Ellison/Todd Hatcher | 5.5 | 5.5 | 4 | 5 | 4 | 24 |
| Team | Bethpage Black | Mat. 1 | Mat. 2 | Mat. 3 | Mat. 4 | Mat. 5 | Total |
| 25 | Mike Kaplan/Charlie Cantrell | 6 | 5.5 | 5 | 5 | 6.5 | 28 |
| 26 | Terry Henderson/Jim Bevill | 3 | 5 | 4 | 4.5 | 5 | 21.5 |
| 27 | Dave Karlson/Toof Boone* | 4.5 | 3.5 | 3 | 4.5 | 4 | 19.5 |
| 28 | Jody Judd/Brad Swann | 4.5 | 7 | 5 | 4 | 4 | 24.5 |
| 29 | Todd Mitchell/Larry Landers | 5.5 | 4 | 4 | 4.5 | 5 | 23 |
| 30 | Cubbedge Snow, III/Blair Cleveland | 3.5 | 2 | 6 | 4.5 | 2.5 | 18.5 |
| Team | Bandon Dunes | Mat. 1 | Mat. 2 | Mat. 3 | Mat. 4 | Mat. 5 | Total |
| 31 | George Franklin/John Draughon | 5 | 4 | 5.5 | 3 | 5 | 22.5 |
| 32 | Rhett Moody/Frank Kelly | 4 | 3.5 | 6.5 | 6 | 6.5 | 26.5 |
| 33 | Brad Wilson/Ed Young | 7 | 5 | 6 | 5 | 2.5 | 25.5 |
| 34 | Doug Clark/Rick Frame | 2 | 5.5 | 2.5 | 6 | 4 | 20 |
| 35 | George Jones/Grant Greenwood | 7 | 5.5 | 3.5 | 4 | 5 | 25 |
| 36 | Ed Tyson/Greg Sutton | 2 | 3.5 | 3 | 3 | 4 | 15.5 |
| Team | Spyglass Hill | Mat. 1 | Mat. 2 | Mat. 3 | Mat. 4 | Mat. 5 | Total |
| 37 | John Edwards/Rodney Goff | 0 | 4.5 | 4.5 | 2.5 | 3 | 14.5 |
| 38 | Chad Brooks/Ched Smaha | 9 | 3.5 | 3.5 | 3.5 | 4.5 | 24 |
| 39 | Tom Jones/Walter Moody | 4 | 4.5 | 3.5 | 3.5 | 4.5 | 20 |
| 40 | John Ramsey*/Brother Stewart | 5 | 4.5 | 5.5 | 6.5 | 2 | 23.5 |
| 41 | Charles Cook*/Peter Solomon* | 5 | 5.5 | 4.5 | 5.5 | 7 | 27.5 |
| 42 | Ferd Kay*/Buster Barry* | 4 | 4.5 | 5.5 | 5.5 | 6 | 25.5 |

Shootout Results

1st

J. Peterson
C. Hofstadter

2nd

C. Leachman
J. White

3rd

R. Jarrard
S. Nystrom

4th

J. Flournoy
W. Pope

5th

M. Kaplan
C. Cantrell

5th

R. Moody
F. Kelly

6th

C. Cook
P. Solomon

6th

R. Vaughn
J. Moore

7th

B. Edge
S. Solomon

7th

G. Greer
J. Walker, IV



Turfgrass Talk

May On The Course

Wade Thomas

Director, Greens & Grounds

This is a great year to play every chance you get. We do not have many major projects on the books so come out and enjoy the course as often as you can. Some things we will be doing are repairing the sink hole left of number 6 tee left from the tee construction. The lake on 3 has developed a leak in the stand pipe and will require some crafty repairs and we will also be leveling the hump around the greens where the barrier will be removed.

This is a year where detail will be our emphasis. Look for us to make everything as precise as possible from the landscape to the greens and wooded areas. Our bermudagrass is as healthy as I have seen it and the greens have been fabulous. We will be aerifying with the big holes on the 4th of May so allow us 10 days to get the greens back in shape. We hope you have a great golfing season.

Time for Fertilizing

Travis Cantrell, Assistant Superintendent

The month of May brings trees and shrubs new growth with the warming temperatures. During May at Idle Hour, we ensure that all of our plant material has the nutrients it needs to begin the growing season. By hand spreading a small amount of granular fertilizer around the drip line of a plant or tree, you will increase its new growth, as well as its overall health. The three macro-nutrients that exist in fertilizers are nitrogen, phosphorus, and potassium. 10-10-10 is usually the best fertilizer to use when fertilizing your landscape material. This fertilizer consists of 10% nitrogen, 10% phosphorus, and 10% potassium. When fertilizing, spread as evenly as possible and try not to get any on the crown of the root ball. This method will encourage the roots to grow outward toward the fertilizer. After applying fertilizer, be sure to water it in adequately, being careful not to wash it away.

Course Happenings

Nash Rolfes, Superintendent



Over the past two months, we have received over 16 inches of rain, which created many challenges. The most noticeable change

is the large amount of weeds that have raised from the pine straw beds. The increase in rain and warming temperatures causes weeds to germinate rapidly. Along with Roundup, we add Surflan and Diquat to kill the weeds. Both of these products provide a quick kill and preventative properties for future germination.

The bermuda has greened up nicely from all of the rain, and we will be adding another quarter pound of nitrogen, which will last through the summer. We have begun our regular mowing of fairways, approaches, tees, and roughs, to keep optimal playing conditions every day of the week.

If you have any questions, please call the Shop at 477-2373.



Notes from Craig

Craig A. Jones

USPTA, USPTR

Director of Tennis

Summer is almost here, and there are a few things I would like to tell you about the approaching months. Our Summer Tennis Camps begin in June,

starting with a Pee Wee Camp. These fun camps will continue all summer long! I encourage everyone to sign-up.

Also, we congratulate Joy Batton & Fran Leskowski for winning the 4.0 Doubles section at the Banana Open, as well as all the juniors on your hard work and dedication these past couple months. I hope everyone has had a good school year and will join us for a great summer!



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

Special Events

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

Panama Jam

May 9th - 10th

This Junior Tournament is a Level 4, open to all junior players with or without a ranking. To sign up or for more information please visit, www.usta.com
Deadline to sign up: May 4th

Men's Super Dude Doubles

Saturday, May 16th, 10 a.m. – 12 Noon

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

Exhibition Match

Friday, May 22nd, 6:00 p.m.

After the long work week, come out, relax, and watch an exciting exhibition match. The match will last about an hour. Free Beer and pretzels provided. This is something we are going to do once a month. Please call the Shop to sign-up. See you there!

Spring Mixed Doubles Mixer

Friday, May 29th, 6:30 p.m.

You do not need a partner to sign up!!
Hope to see you there!

Macon Workout

May 26th – May 29th, 4 p.m. – 7 p.m.

June 2nd – June 5th, 9 a.m. – 12 Noon

This is a workout for serious tournament players to help you get ready for the Georgia Qualifying Tournament.

Pee Wee Camp

9:00 a.m. – 11:30 a.m.

June 9th – 12th, 23rd – 26th

July 14th – 17th

Beginner/ Intermediate/ Advanced Camp

9:00 a.m. – 2:00 p.m.

June 16th – 19th, July 21st - 24th

Darlington Camp

Session 1: June 28th – July 2nd

Session 2: July 5th – 9th

All Sports Camp

9 a.m. – 2 p.m., July 28th - 31st

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.

Quick Start Drills

Saturdays at 1:00 p.m.

Quick start is a program developed by the USTA for children ages 5 to 8. It is an exciting new play format for learning tennis, designed to bring young kids into the game by utilizing specialized equipment, such as shorter court dimensions, lower nets and low compression balls. The kids will also be taught how to keep score and play a match.

2.5- 3.0 Ladies' Open Drills

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

Ladies, levels 2.5 and 3.0

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.

Beginner Tennis Drills

Wednesdays at 10:00 a.m.

Saturdays at 11:00 a.m.

This fun clinic is for beginners looking to learn the exciting and fun game of tennis. For more information please contact the Tennis Shop.

3 Plus a Pro

Tuesday – Saturday

\$50.00 amongst the 3 players. Three people plus a pro will play for an hour and half. You will get to play three sets of doubles. You will rotate partners after each set so each player will get to be paired with the pro.

2009 Pool Registration Form

Registration forms must be completed and returned to the Front Desk *prior to utilizing the pool amenities.*
(PLEASE PRINT)

MEMBER'S AND SPOUSE'S NAME: _____

MEMBER CLUB NUMBER _____

CHILD'S NAME: _____ DATE OF BIRTH: _____

CHILD'S NAME: _____ DATE OF BIRTH: _____

CHILD'S NAME: _____ DATE OF BIRTH: _____

CHILD'S NAME: _____ DATE OF BIRTH: _____

ADDRESS: _____

HOME PHONE: _____ HOME EMAIL ADDRESS: _____

CELL PHONE: _____ (DAD) CELL PHONE: _____ (MOM)

HANDHELD PHONE: _____ (DAD) HANDHELD PHONE: _____ (MOM)

WORK PHONE: _____ (DAD) WORK PHONE: _____ (MOM)

PAGER NUMBER: _____ (DAD) PAGER NUMBER: _____ (MOM)

PLEASE LIST ANY MEDICATIONS YOUR CHILD IS ALLERGIC TO:

PLEASE LIST ANY PRE-EXISTING MEDICAL CONDITIONS:

EMERGENCY CONTACT OTHER THAN ABOVE: (NAME & NUMBER) _____

RELEASE:

I, _____, GIVE IDLE HOUR COUNTY CLUB PERMISSION TO SEEK REASONABLE AND CUSTOMARY MEDICAL SERVICES FOR MY CHILD(REN) NAMED ABOVE IN THE EVENT OF A MEDICAL EMERGENCY.

SIGNED: _____ DATE: _____

RELATIONSHIP TO CHILD(REN): _____

PARENTS-POOL HOURS ARE 10 A.M. TO 8 P.M. HOWEVER, THE POOL MAY CLOSE UNEXPECTEDLY DUE TO WEATHER CONDITIONS, POOL ACCIDENTS, ETC. YOU ARE EXPECTED TO PICK UP YOUR CHILD(REN) WITHIN 30 MINUTES OF THE POOL CLOSING. DURING THIS 30 MINUTES, THE YOUTH BUILDING WILL REMAIN OPEN AND SERVE FOOD. AFTER 30 MINUTES, THE YOUTH BUILDING WILL CLOSE. YOUR ACCOUNT WILL BE CHARGED \$10.00/HOUR/CHILD AND \$10.00/GUEST REMAINING AFTER THE INITIAL 30 MINUTES.