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Pro Shop 843-524-0300

BOP 843-524-4653

Inside this issue:

From the Pro's Desk 1
Member's Notes 2
Tennis Anyone??? 2
Chef Tom's Tips 1
Maintenance Updates 2

**Sanctuary Golf Club
Upcoming Events**



New Year's Eve

**\$99.00 Per couple
\$49.00 Per Person**

Includes: Dinner, Late night apps, Champagne Toast

AND

Entertainment by Marsh Land Party Band

Dinner Seating at 8:00pm

Can't Join us for Dinner?

Come on in for the party at 10:00pm

\$25.00 per person

For Late Night Apps, Champagne Toast and entertainment

January 16th

Mexican Night in the BOP!

January 23rd

Horton Memorial Golf Tournament

12:00m Shotgun

January 31st

Couples Mixer

12:30pm Tee-Times

Sanctuary Golf Club at Cat Island



From the Pro's Desk...by Joe Matheny

Hello Members,

Happy Holidays!

At 5:00am this morning I was awakened with a gentle tap-tap on my shoulder. It was my daughter Linda. She said, "Daddy, I am going to see Santa Claus on Saturday, and he is going to ask me if I have been good or bad this year. I don't want to lie to him and say that I am always good. What should I do?" By this point, I am awake and have opened my eyes all the way. I looked at her and said, "Honey, just tell Santa", "I try my very best to be a good girl all the time, but I have a big brother and he makes me be bad sometimes so its his fault." And that in a nutshell is what makes Christmas special to me; my family.

Below you'll find a tentative tournament schedule that I have put together for **2010**:

We start off with The Horton Memorial Golf Tournament benefitting Beaufort Academy on **January 23rd**. Tee-times start at 12:00pm. On Sunday **January 31st** we will have our first couples mixer, tee times will start at 12:30pm. Don't worry, there are no playoff games that day! The Super Bowl is the next weekend, Sunday

February 7th. On **Super Bowl Sunday** we will have our annual **Par 3 Super Bowl Tournament**. The format will be 2 person teams and we'll have a shotgun start at 1:00pm. On Sunday **February 14th** we will hold our Valentine's Day Couples Mixer. Tee times will start at 12:30pm. On **February 15th** our Men's Member Match play will start. This will last for 6 weeks. We will take the first 32 players who sign up. Sign up will start **February 1st** and the format is net 100% handicap. Playing off the low handicap of the two. Call the Pro Shop for details 524-0300. In **March** we will offer another couples mixer on Sunday the **14th**. The last weekend of the month, **March 27-28** we will have a Member-Member Tournament. **April** will bring us two more events. Our Masters tournament will be on the **10-11th**. And we'll have a couple's mixer on the **25th**. Also in April we will start our very popular **THURSDAY Night Scramble**. In **May** the Sunday mixer will be on the **16th**. Finally, the **Jim Law Memorial** will be the weekend of **May 22-23rd**.

Again I would like to wish everyone **HAPPY HOLIDAYS** and a wonderfully 2010.

See ya on the links. *Joe Matheny*

Chef Tom's Tips...by Tom Miller

Many members and guests over the years have asked us for a tasty beer batter to try with either chicken or fish. So...by popular demand, here is a new recipe to try at home:

Beer Batter for Poultry & Seafood

- 12oz. Beer
- 3/4 cup All-Purpose flour
- 1 tsp Salt
- 1 tsp garlic
- 1 tsp Old Bay

Combine all ingredients in small bowl. Whip together.

Dip seafood or poultry into batter and carefully drop into fryer. Enjoy!

Tom Miller



Turn Off-Season into Preseason Training...by Warren Florence

For a tennis player living in the cold two-thirds of the US, the next few months may be both mentally and physically taxing. Early darkness and true winter's wind initiates in millions of people a winter depression unknown throughout the medical community as "off-season tennis disorder." That's right: Off-season Tennis Disorder. While a tasty hot chocolate and a crackling warm fire may get a few people through months of seasonal cheer and heavily seasoned foods, others face the tennis off-season with severe match and racquet withdrawal. Symptoms of this disorder may include: involuntary stroke swings during meetings (without a racquet); stocking tennis ball cans in the garage for a whiff

of that fresh, new ball smell; keeping your racquet by the bed; and hitting against a local backboard with three inches of snow covering the court.

If you're a sufferer, then we have a few suggestions to turn your off-season blues into preseason training.

1. When truly colder temperatures keep you indoors for longer periods, begin strength training, concentrating on larger muscle groups like your legs, shoulders and abdomen. These are the muscle groups you most rely on with running, serving and rotating.

2. After the holidays and a few unwanted pounds, gradually decrease strength training for more speed

and aerobic activities. For example, take longer runs for endurance, and run quick sprints and jump rope for foot speed.

3. If there's a break in the weather or indoor courts are available, treat yourself to a few private lessons, for new weapon to surprise last year's foes.

4. Caution! Watching two weeks of the Australian Open in January may cause symptoms to increase.

5. Finally, as temperatures rise and league practices resume, decrease your strength training to a minimum so that you're limber and fluid heading into matches.

Warren Florence

Members Notes ...by Peggy Hopkins

It's hard to believe another year at the Sanctuary has almost come to a close. We hope that you, our members, have been pleased with the continued improvements and changes that have been made in 2009.

By now you should have received our "Holiday Letter" which detailed some of those changes. As announced in that letter, the dues for 2010 although originally scheduled to go up, are staying the same as 2009. And after much discussion with many of you, we have added a monthly option for paying the Annual cart plan. We also have asked for your feedback on the

possibility of adding a "Member's Only" lounge in the clubhouse.

The club values your opinion and we'd love to hear what you think.

Upcoming Events:

On Saturday the 16th of January at 6:00pm in the BOP we will have "Mexican Night". Escape the cold by joining us for some hot Mexican food. Muy caliente! The set up will be buffet style with all your favorite Mexican foods and \$3.00 house Margaritas. Look for more information in your inbox after the 1st of the year. This event will be open to members and guests alike, with a discounted cost for members.

On February 20th we will be holding the first annual (hopefully!) Sanctuary Chili Cook-Off! Get your recipes in order and be sure to check the January Newsletter for more details.

As we come to the close of the year and run headlong into the Holiday Season, don't forget to stop, take a look around and be thankful for the most important gifts we have: love, family and friends.

Have a wonderful Happy and Healthy Holiday Season. Thank you for your continued support!

Peggy Hopkins

From the Superintendent's Desk... by Chris Garrett

Upcoming Maintenance:

In the next few weeks, (as mentioned in the November newsletter) the maintenance department will be applying the sand and seed to the tees and fairways.

This month we are in the process of placing non-slip matting on the bridges. There have been a few slips over the last year on the bridges, (which can be due in part to the lack of traction of soft spike shoes) and these mats should help prevent this from occurring.

When the course has a lot of rain and we are cart path only I would like to ask that you help us with the enforcement of this policy.

Over the past two weeks we have received over 9 inches of rain and the course has not been able to dry out properly. Golf cart damage to the course has been minimal because of your continued help and I would like to personally thank you for your support.

The maintenance staff has raised the height of cut on 14 and 15 greens because of some thinning in the middle of the greens. The thin-

ning is due to poor drainage. We plan on doing a deep tine aerification on all greens this summer to reduce root rot that is occurring with these greens and to help prevent this from happening with any others.

The Sanctuary Maintenance Department would like to thank you for your support over the last year and wish you and your families a safe and happy holiday.

Chris Garrett.