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Upcoming Events

July 25th

Movie Night at the Pool

Movie Starts Promptly

at 8:00pm

Come see the movie

"Bolt"

Under the Stars

Hot Dogs, popcorn, beverages etc. will be available for purchase.

Please call 524-0300 to RSVP by July 23rd.

July 28th

Boys and Girls Clubs

Field Day

Golf Camp

August 3rd - 7th

Call 524-0300

to sign up

Couples Twilight Golf

August 14th & 28th

5:30pm

Sanctuary Golf Club at Cat Island



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

Hello Members,

Where has the summer gone? It's hard to believe that it is almost August and the children will be going back to school soon. Talking about the children, we will be having our final JR. Golf Camp August 3rd - 7th. Our June Golf camp was a big success! Who knows, we might have been teaching seven future Tour players. The August Golf Camp runs from 8:30am -11:30am Monday - Friday and the price is \$100.00 per child. Please call the golf shop and sign up your future Tour player. On the 4th of July we held our first Flag Day Golf Tournament. Bob Cordts was the big winner making it almost to the green on #1 on his second time around. Bernie Dipasquale was second, one swing behind Bob. The Member Twilights are scheduled for the 14th and 28th of August. Please call the golf shop to sign-up. On Saturday August 22nd we are holding a THREE CLUB SKINS

GAME. This is a nine hole event, starting at 3:00pm. The price will be \$9.00 (plus a cart fee if you are not on the Cart Plan). A Handicap of 9 and below will play from the blue tees handicaps of 10-19 will play from the white tee 20 and above will play the gold tees. All ladies will play from the red tees. The format will be a dollar per hole per person. So, if we have 20 players each hole will be worth \$20.00. If there are no skins on the first hole then play will carry over until a hole is won. All play will be scratch. (no handicap). Last but not least, our Thursday Night 9 Hole 3 Person scramble is growing. We usually have about 10 teams each week. The price is \$30.00 per person. The cost includes: dinner, prizes, and a cash skin game. Now that we have over 8 teams we are splitting the field into two flights. So give us a call to sign up! We'll see ya on the links.

Joe Matheny

Chef Tom's Tips...by Tom Miller

With the hot weather here, we are all trying to cut back on high fat, heavy dishes. Summer is the perfect time of year for salads. Fresh ingredients are abundant this time of year and a green salad is healthy and satisfying. So, why do we ruin our good intentions with high calorie, high fat dressing?

Here are a few Low-Fat dressings to try:

Bleu Cheese Buttermilk Dressing

- 8 oz. Lowfat Cottage Cheese
- 2 oz. Buttermilk
- 1 oz. ripe bleu cheese
- 1 tsp. Mrs. DASH
- 1 tsp. Lemon Juice

Blend all ingredients in a blender until smooth. Delicious as a dip, a dressing or on a baked potato.

Cucumber Dressing

- 3 cups Nonfat Yogurt
- 1 tsp. pepper
- 1 1/2 tsp. garlic powder
- Dash of Tabasco
- 1 whole Cucumber

Grind cucumber in Food processor. Add remaining ingredients and mix well.

Enjoy!



Tennis Anyone? By Jill Wilson & Warren Florence

The Tennis Industry Association recently reported that nearly 27 million players now grace the game, when adding both frequent and recreational players. For me, this seems astounding. When I compared those numbers to stats during my era as Editor of *Tennis Industry* magazine, the increase is over 38 percent over the past 10 years. Beyond better technology in survey results, industry numbers point to greater activity as racket shipments have increased

88% for youth and 30% for adults. One of the more impressive numbers of late, however (as many of our fellow teaching pros can attest), is the added 6 million new players and nearly 7 million returning players over the last two years. If you're a Sanctuary Member, you've recognized an increase on our own courts. The courts are busy with camps and increased adult programming. It seems one degree of separation puts you, the Sanctuary Member, in touch with someone

who either plays or whose son or daughter is taking lessons. Whether the economic downturn helped many realize just how affordable tennis can be, or the buzz of being on a local team helped entice you out, we appreciate the support. As the summer winds down, and school heats back up in late August, we'd like to remind you to sign up for our Fall youth & adult programs.

Many thanks again, The Sanctuary Tennis Enthusiasts.

Members Notes by Peggy Hopkins

Well, it's that time of the year again...Water Festival is here! Whether you are a boater or not, it is hard to miss the excitement & additional crowds that go along with Beaufort's most anticipated and well attended festival of the year. Make sure to attend some of the festivities in the park and support our local downtown businesses.

July's Member Function at the Pool will be "Movie Night Under

the Stars" on July 25th at 8:00pm. The club has purchased a new 65" movie screen on which we will be playing the Disney Pixar movie "Bolt". Be sure to RSVP if you plan on attending. The Pool will be closed at 6:30pm that evening (and will reopen for the movie at 7:30pm) so that we can set up for the movie. Many of you have expressed an interest in this type of function at the pool and we hope this will be the first of many such

events.

The Tennis, Swim and Arts & Crafts Camps went very well this summer. We held three sessions; ending last week, all of which were very well attended. Although those Camps are over, don't forget that there is another session of **Golf Camp** scheduled in August from the **3rd - 7th**. Be sure to contact the Pro Shop at **524-0300** to sign for this fun and educational camp. Keep cool!

Springhouse - Pool News

Dear Members,

I know that many of you have been enjoying the Springhouse pool complex, as I have seen and spoken to quite a few of you there this summer. I also have had some members take advantage of the opportunity to host member sponsored parties (I wrote about these last month). We have and will continue to try and limit any inconveniences, as a result of

these parties. You may note two days on the calendar where we will close the pool a couple of hours early to accommodate two charitable fundraisers that have been sponsored by our members. Hopefully these will be successful venues for each charity to raise money to benefit our community.

On another note, we have put up some new umbrellas at the Springhouse complex. We ask that you handle these with care

and, as we know certain spots are a hot commodity at the pool, that you do not reserve these spots for long periods of time. We are also waiting for some replacement bases for a few existing umbrellas not currently being used. Please continue to send me any feedback, positive or negative, as we are constantly striving to make this club better for Sanctuary members both current and future. Thank you, Rick Grant Jr.

From the Superintendent's Desk by Chris Garrett

Upcoming Maintenance:

This month the maintenance crew has been working hard in preparation for the SCGA Amateur Qualifier, held here on July 14. The course was in good shape for the event.

Maintenance will be performing a light to medium top-dressing of the greens on July 20th. This

should not effect play.

In August we will be working on the drainage and sod on #15. We will also be adding sod throughout the course to repair worn areas; including re-sodding the back (blue) tee on #14.

The heavy rainfall we experienced at the beginning of July has helped the course tremendously most no-

ticeably in the color of the greens and in helping with growth.

Over the past month or so I have heard many positive comments about the current playing conditions of the course. We strive daily to make **Sanctuary** a course that you are all proud of.

Thank you all for your positive feedback. Chris Garrett