

February 15, 2010

Volume 3, Issue 2



Pro Shop 843-524-0300

PUB 843-524-4653

Sanctuary Golf Club at Cat Island



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

March 2nd

Putting Contest

Call 524-0300 for details!

March 7th

Members, bring up to 3 accompanied guests

For ONLY a **CART FEE!**

March 14th

Couples Mixer

Call the Golf Shop to Sign up

March 15th

Italian Night in the Pub

Sample the culinary skills of one of our own!

"Chef Joy" will be featuring some of his favorites

\$9.95

March 17th

St. Patty's Day

Corned Beef & Cabbage ALL DAY!

March 22nd

Practice for SR 4 Ball

March 23rd - 24th

SC Senior 4 Ball

Championship

Tee-times available after 1:30pm

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

Hello Members,

I am writing you this newsletter today hoping that one day we will have better weather. I have been in this part of the country for over 20 years and I have never seen it like this. If it's not cold, then it's wet! But we all know one day we will get back to our normal mild weather. With that, let's talk about what's on the March Golf Schedule. On Sunday March 14th we will try to have a Couples Mixer. March 22-24, we will be hosting The South Carolina Sr. 4-Ball Championship. The tournament consists of 60 teams. If any of our members are interested in more information, please visit the SCGA website for more details. The practice round will be held Monday the 22nd. The tournament rounds will be on the 23rd and 24th. The golf course will be closed until 1:30pm each of the tournament days. Tee-times are available after 1:30pm. The weekend of March 27-28 will be the Men's Member-Member. There will be a different format for each nine holes. On Saturday the front nine will be a scramble, and the back nine will be alternate-shot. The Sunday format will be Best ball of partners on the front nine and the back nine will be total score of the partners. All these will use some type of handicap. After play on Sunday we

will go into the pub for Pizza and a drink of your choice. The cost will be \$30.00 per man and that includes food on Sunday.

On Super Bowl Sunday we held our annual Par 3 Tournament. Again this year we had a good turnout. This year's champions are below:

Eddie Bootle and Don Phillips with a score of 50

2nd place Belton and Neal McCarty with a 52.

3rd place Bernie Dipasquale and Thad Vincent with a 53.

Second flight winners: 1st place Steve Walker and Bruce VanHorn with a 55.

2nd place Dick Stanley and Walt Daniels with a 55

3rd place Shannon Boyles and Tony Mitchem with a 56.

3rd flight winners: 1st place Dan Winters and Kevin Rhatigan with a 60.

2nd place Dan Bates and Matt Flewelling with a 60.

3rd place Jim Martin and Wayne Wicker 60.

Let's all hope the weather gets better soon!

See ya on the links. *Joe Matheny*

Chef Tom's Tips...by Tom Miller

The recipe below is sure to please on a cold, wintery night:(not to mention that it is also a low calorie and low sodium alternative):

Rice and Bean Stuffed Peppers

4 large peppers
 2 cups cooked brown rice
 1 cup cooked Kidney Beans
 4 cups marinara sauce (low sodium tomato puree, Mrs. Dash, garlic, oregano, pepper & low sodium crushed tomatoes)

Steam Pepper until cooked but still firm. Cook marinara sauce. Mix together cooked rice and kidney beans then add 2 cups marinara sauce. Stuff peppers with rice and bean mixture: Place into a baking pan and add 2 cups of the marinara sauce over the stuffed peppers. Cook at 350° for 15 minutes, then serve.

Serves 4.

ONLY 175 calories per serving!

Enjoy! *Tom Miller*

Press On With Full Court Play by Warren Florence

Just as recent car designs are fusing together decades-ago stylistic elements with modern, hi-tech advancements, so too has tennis merged it's power game and technology with the game styles of the late 60s and early 70s, when having a full court game was necessary for winning.

A full court game back in those days, however, didn't involve massive doses of weapons of mass destruction---namely, thrashing forehands! The game occupied steady players and net attackers using slices, chip and charges, and serve and volleys. There's no denying: tennis was hungry for power. To gain more power, new ways of execution---heavy and heavier doses of topspin---evolved to bring the ball back into the court. What re-

sulted was a slugfest between stronger racquets and the fastest feet.

Until full-courter Roger Federer came along, the game for more than a decade involved specialists. Sure, master serve-and-volleyer Pete Sampras could rally from the baseline, but not to the length or pace new sluggers presented. (Remember, he didn't win the French Open, which is dominantly a groundstroke game.) And didn't you just know the outcome when baseline pounders like Ivan Lendl and (the younger) Andre Agassi and Andy Roddick approached the net for a volley. Luckily for them, they helped enlist a new era of men and women baseliners who could "attack" solely from the baseline.

It's rare that a player can exhibit more than one or two styles of play: serve and volley baseline, retrieve (defensive), singles or doubles. Then there's the full court player who can surprise his opponent with all styles. He doesn't say, "I can never beat Andy." He in turn will say, "I need to figure out Andy's game style."

Federer, instigating a chess-like game from the baseline before parlaying a volley for a deserved winner, showed us that hanging back and whacking one ball after another has become less successful in today's professional field. Federer is a new model with full-circle style.

Warren Florence

Members Notes...by Peggy Hopkins

Snow???? In Beaufort??? Well, I had to see it with my own eyes to believe it, but Beaufort experienced the first accumulated snowfall in years last Friday. Depending on where you live in the county, you saw a dusting, some flurries, OR 1 - 3 inches of the white stuff. I guess, based on our recent weather woes, that this was just "par for the course" as they say! Let's hope that our normally mild Beaufort weather returns soon so that we can all get out and enjoy our beautiful surroundings.

Speaking of getting out and enjoying, our March calendar has a lot

of events scheduled (so please check it carefully), including: Member - Guest Day on **March 7th**. Members can bring up to 3 guests with them to play golf and your guests only pay a cart fee. This is a good way to show off the club and have fun at the same time. Don't forget that if you refer someone to the club, and they join, you receive one month of **FREE DUES**. This referral program is on-going and unlimited. No matter how many people you refer, you will receive a free months dues for each referral.

Also in March, but not on the course, is our Members Only Ital-

ian Night. On **March 15th**, please join us in the Pub for a culinary treat, with dishes prepared in part by one of our own members, Chef Ken Joy. Make sure to call the pub at **524-4653** to reserve your spot. We hope to see you there!

As always, we are open to your suggestions on how to improve your club experience. Please feel free to contact me at **524-0300** or Peggy.Hopkins@sanctuarygolfcatisland.com with any questions, ideas or suggestions! Have a great month!

Peggy Hopkins

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

Upcoming Maintenance:
So far it seems like this year's weather is not wanting to cooperate with us. As a result, the maintenance staff has not been able to get a lot done. The amount of rain the course has received has caused us to make the decision to not let carts out on the golf course several times, and for that I do apologize. Sometime in March we will do a solid tine aeration. Aerifying will do little to disrupt play but will do

a lot for transition. This process is going to allow some air movement into the root zone and hopefully keep down the disease pressure. Once again I would like to give you the opportunity to take advantage of our new landscaping service. If you live on Cat Island and are in need of help with your landscaping, please consider us. (See more information in the box at right).

Chris Garrett

Cat Island Lawn Care

- Basic Lawn Care - Upkeep and Maintenance
- Available for Cat Island Residents **ONLY**
- **10% Discount** for Sanctuary Members

If interested, please call Sanctuary Maintenance Department at **524-0879** for details and pricing.