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GRILL & PUB 843-524-4653

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Sanctuary Golf Club

Upcoming Events

**January 22nd
February 12th & 26th**

**Bring up to 3
accompanied guests for
ONLY a CART FEE**

**January 21st
Thomas Horton
Memorial Golf
Tournament**

**12:00pm Shotgun
80 players**

**February
Pro Shop Hours
7:30am - 5:30pm**

**February 1st
Begins Sign-up for
Men's Member
Match Play**

**February 5th
Super Bowl Par Three
Tournament**

**1:00pm Start
\$50 for members
\$60 + Cart Fee
for non-members**

Call 524-0300 to sign up

**February 14th
Valentine's Day Dinner
\$69.95 Per couple
For a 4 course Dinner
Call 524-4653 for
Reservations and menu!!!**

Sanctuary Golf Club at Cat Island



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

Hello Members,
I hope the year has gotten off to a good start for everyone. We have been blessed with great weather and that has helped keep the golf course a bit busier. It has been a long time since I have seen people wearing shorts in S.C. in January. As we approach the end of January there is one tournament left on the schedule; the **Thomas Horton Memorial** will be played on the **21st**. The tournament is a fund-raiser for Beaufort Academy's sports teams. The tournament will start with a 12:00pm shotgun. EVERYONE is welcome to play. If you need any more info please call the golf shop. On **February 1st** we will start the sign up for our **Men's Member Match Play Championship**. Entry fee for this event is **\$20.00**, and the matches will start on the **20th**. The **SUPER**

BOWL Par Three Golf Tournament will be played on **Feb. 5th**. The format is a two-person scramble. The tournament starts at 1:00pm, and after play, everyone will gather in the pub for hors d'oeuvres, drinks and prizes. Be sure to make plans NOW to come out and join us for one of our most popular events. And, just a reminder, this event is open to everyone!

In February, the Saturday **Two Person Scramble** will be played on the **18th**. Member/Guest days will be the **12th** and **26th**. This is your opportunity to bring up to three guests for only a cart fee each. On the **28th**, the **SC Duffers** return to Cat. They have 24 players and will start at 10:00am. Golf Shop Hours for the month of February are 7:30am - 5:30pm, with the first tee time at 8:30am. *Joe Matheny*

Cat Island Grill and Pub Corner...by Thad Lane

Greetings from the staff at Cat Island Grill and Pub! Below are reminders of some exciting things going on at your Pub:

We will continue to offer our popular **Two for Tuesday** special featuring our famous **Fish-n-Chips** through the **end of February**. Buy one of our signature Fish-n-Chips entrees on Tuesday nights & get the second one for FREE! We use only the freshest North Atlantic Cod for this signature dish. It is never frozen! The Fish-n-Chips are served with our delicious beer-battered French fries & homemade coleslaw. It also comes with homemade tartar sauce & our special malt vinegar. (This special is available for dine in only.)

Wednesday night is Lobster Night! For only **\$18.95** you'll get a one pound fresh Maine lobster, new potatoes, homemade coleslaw & drawn butter. Make it a fun Wednesday night by coming in with your favorite group of friends. Enjoy the sight of your friends wearing their lobster bibs & digging in to this fresh

Maine lobster! Please call before 5 pm on Tuesday to reserve! Lobsters are flown in fresh every Wednesday. (We offer larger size lobsters if you choose to go bigger. Cost is based on market price for their size.)

Friday night is Filet Friday. Chef Keith serves a **6 ounce** hand cut **Filet Mignon** with your choice of baked potato, homemade mashed potatoes or wild rice. It is served with your choice of a fresh vegetable. Chef Keith offers a variety of fresh vegetables for your dinner entrée, including; green beans, squash & zucchini, broccoli, asparagus, & sautéed spinach. Our vegetables are always fresh & prepared to order!

If you haven't been to the **Cat Island Grill and Pub** in awhile please come in for try. We always use the freshest ingredients & have fresh homemade desserts from **Suzara's Kitchen**. All of our menu items are available for takeout. Just give us a call & pick up dinner to enjoy at home. The kitchen is open Tues - Sat. nights until 8:30pm or later.

The Slice Backhand...by Jill Wilson

If the slice backhand is properly executed, it can be a deadly weapon on the tennis court. The best thing about using a slice backhand is that it can be used as an offensive or defensive tool depending on the position you find yourself in. The best grip to use for this shot is the continental or "hammer" grip. To execute this shot properly, you must first turn your shoulders and hips to face the side fence of the tennis court on the backhand side. As you take your racket back, bring the racket higher than the flight path of the ball with the racket face slightly open. Keeping your right shoulder

turned, lean into the ball and swing your racket slightly down and forward through the ball with your racket ending up over to the right side of your body and up. This follow-through will drive the ball deep and low and force your opponent to hit up on the ball, putting you in an offensive position. If you use too much of a chopping motion when contacting the ball; the ball will drop short of the net. A slice backhand can also be an effective tool when trying to get to the net in doubles.

Don't forget that both Greg and I are available for private or group

lessons. Tennis is great exercise and a sport you can play most of your life. To contact one of us, please see the information below.

Hope to see you on the courts!

For Lessons

Call

Jill Wilson

@ 263-5032

Or

Call Greg Crosby

@ 263- 6582

Jill Wilson

Member Notes...by Peggy Hopkins

Dear Members,

Well, another year has come and gone. I cannot believe it is 2012 already! It is even harder to believe that as of January 18th I have been employed at the Club for 4 years.

Since I started working here we have made many changes; the golf course was renovated in the Spring of 2008 and opened in September that year with new greens, tees, practice facility and a new name and logo. All of the chairs and umbrellas at the pool complex were replaced. The management of the British Open Pub was taken over by the golf club in February 2008 and in March of 2010 we renovated the restaurant, changed the name and came out with a new menu and new logo. The tennis courts have received new nets, wind screens and a new shade

enclosure built was built last fall.

In the fitness center we have replaced some equipment and painted the locker rooms. Just last month we received a brand new fleet of logoed golf carts.

As with any business, we constantly strive to make improvements; some are clearly visible and some are behind the scenes. We are never finished. We always look to improve the value of the club to our members and guests. In the next newsletter, look for an exciting announcement having to do with the fitness center.

Most of you know that several months ago we hired a new Chef in the pub. Chef Keith Madison has been working hard to learn our kitchen and our most popular items, all while improving on how we run the Food & Beverage part

of the business. With that, we are looking at making some much needed and EXCITING menu changes. And don't worry, we know that there are many favorites on our menus. Those favorites are not going ANYWHERE. Look for our new menu sometime in February.

Finally, as a reminder, don't forget our popular **Super Bowl Tournament on February 5th!** This is always lots of fun! Call the Pro Shop to sign up. And, Chef Keith has a great menu planned for **Valentine's Day Dinner**. It makes me hungry just thinking about it! Make sure to call the pub to get more information and to reserve your table.

Peggy Hopkins

Maintenance Updates... by Chris Garrett

Dear Members;

At this point, it looks as if we will have no Winter this year. If so, I'd be happy with that, as I **do not** like the cold.

With the great weather we are having, we are also experiencing great golfing conditions and in turn the course itself is looking good. So get out on the course and enjoy the break from the colder temperatures.

In the next week or so, the maintenance staff will be putting in a new power wire for the irrigation box on number 9, and we will start to cut down the grasses around number 2 and number 3 ponds within the month. We will also be painting the greens. You may have noticed that we have already painted the putting green.

Starting in February, we will start to spray out the weeds in the rough. I will let you know

when we are doing this because we will need you to stay out of the fairways for a week or so, in order to keep the herbicide from being tracked into the fairways.

As always, thanks for your cooperation during this process and other scheduled maintenance.

Have a great month. Let's hope the warm weather continues!

Thanks, *Chris Garrett GCS*