

June 2016

Dunes West

GOLF & RIVER CLUB

843-856-9000 Pro Shop ■ 843-856-9378 Grille
843-881-8735 Fitness Center ■ www.duneswestgolfclub.com



UPCOMING EVENTS

Luau Party

June 11 ■ 11:30 a.m.-1:30 p.m.

Hula on over and make a splash for our annual Luau Bash!

Come early for the best seats, and don't forget your swipe cards.

Book Club

June 14 ■ 7:30 p.m.

Club Members are welcome to join The Book Club at The Club at Dunes West. This club meets the second Tuesday of every month in The Club's Meeting room or in a book club member's home. If you have any questions or would like to find out what this month's reading is, please contact Anna Ewing at aewing@ameritech.net.

Women Who Wine

Tuesday, June 14
\$22 (tax & gratuity included)

Menu

Grille Room Salad

Romaine lettuce tossed with



cucumbers, tomatoes & bleu cheese crumbles served with our homemade mustard vinaigrette

Grilled Chicken Skewers with red onion, green peppers & pineapple brushed with cilantro oil

Low Country Skewers with shrimp & smoked sausage

Tortellini Salad

Tri-colored tortellini tossed with sundried tomatoes, black olives, shredded sharp cheddar & tossed in a creamy garlic dressing

Dessert

Strawberry Shortcake with homemade orange zest biscuits & fresh whipped cream

Couples Golf

Sunday, June 19
3:30 p.m. SG 9-holes Consecutive

After Golf food
\$38/couple (including tax & gratuity)

Save the Date!

Thursday Dinner

5-9 p.m. | RSVP 843-856-9378

June 3

DWG Dunes West Grille
First Friday

June 11

Luau Party

June 14

Book Club
Women Who Wine

June 19

Couples Golf

Menu

■ **Mixed Green Salad** with tomatoes, cucumbers, red onions, shredded cheddar cheese served with ranch & red wine vinaigrette dressing

■ **Burgers** with tomatoes, lettuce, red onions & cheese tray

■ Oven Roasted BBQ Chicken

■ **Baked Beans**

■ **Potato Salad**

■ Corn on the Cobb

Brushed with garlic parsley butter

■ **Apple Pie** with fresh whipped cream

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Dine at the Club!

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AROUND THE CLUB

Thursday Dinner

- Mediterranean Menu
- Half price bottles of wine

Appetizer

Hot & Cold Antipasto Platter, \$9

- Sweet Italian sausage, char-grilled and drizzled with fresh lemon juice
- Phyllo triangles stuffed with spinach & cheese
- Goat cheese & olive tapenade crostini
- Char-grilled tomatoes

Entrées

All entrées served with fresh baked focaccia and our signature garlic Parmesan oil

Lemon Chicken, \$14

Fresh lemon, white wine, garlic, fresh parsley & oregano on a bed of creamy petite pea risotto

Eggplant Napoleon, \$15

Breaded and lightly fried eggplant layered with Italian herbs, ground beef & cheese finished with homemade marinara, served with a side of penne

Clubhouse Closing

June 4 5 p.m.
June 5 5 p.m.
June 11 5 p.m.
June 18 5 p.m.
June 24 5 p.m.
June 25 5 p.m.

★ ATHLETIC CLUB MEMBERS & PREMIER MEMBERS

Rosemary Garlic Filet, \$20
8 oz. filet topped with fresh rosemary garlic butter, served with char-grilled tomatoes and oregano & lemon roasted potatoes

Mediterranean Shrimp, \$17
Shrimp, calamata olives, capers, garlic & sun-dried tomatoes, tossed in a seafood broth on a bed of penne pasta and finished with fresh parsley, lemon & shredded Parmesan cheese

Half Pound Burger, \$9
With choice of Cheddar, Swiss, Smoked Gouda or American cheese

Char-Grilled Chicken Sandwich, \$9
With choice of Cheddar, Swiss, Smoked Gouda or American cheese

Soup & Salad

Add to any entrée for \$3

Soup of the Day

Ask your server for today's selection

Caesar Salad with homemade croutons & Parmesan cheese

House Salad: Mixed greens with tomatoes, onions, cucumbers & choice of dressing

Wedge Salad with crumbled bleu cheese, diced tomatoes, bacon bits & bleu cheese dressing

DWG Dunes West Grille

First Friday

June 3

The first Friday of every month

DWG will be featuring:

- Live music

Ⓜ GOLF MEMBERS ONLY

A Note from Linda in Accounting:

- 1 If you plan on moving and canceling your membership, please call Linda at 843-856-9000 before your move. A 30-day written notice is required and if we don't have notice, your bill will continue to accrue until we have a statement by phone and in writing.
- 2 Please inform us if you change your email address. It is important that we have the correct one on file for billing purposes.
- 3 Pools open next month! Be sure to pay your balance in full so we can activate your pool cards!

- Happy hour drinks
- Prime rib

Members Happy Hour, 4-7 p.m.
Reservations, 5-8:30 p.m.

Call 843-856-9378.

Kitchen open, 5-9 p.m.
Band, 6-10 p.m.

Band Schedule:

Friday, May 6: Matt Jordan
Friday, June 3: Derek Daisy
Friday, July 1: Molly Durnin

First Friday Menu Appetizer

Queso Dip

White Queso cheese dip
& tortilla chips, \$8

Entrées

All entrées served with fresh baked focaccia and our signature garlic Parmesan oil.

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Happy Summer!

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Prime Rib

8 oz. Queen Cut, \$16

12 oz. King Cut, \$19

Sliced-to-order, served with au jus, mashed potatoes & fresh green beans

Smoky Mountain Chicken

Two char-grilled chicken breasts brushed with bbq sauce & topped with shredded cheddar cheese, diced tomatoes and scallions with mashed potatoes & fresh green beans, \$15

Fish & Chips

Fried cod & hand-cut fries, served with homemade tartar sauce & cole slaw, \$14

Half Pound Burger

With choice of Cheddar, Swiss, smoked Gouda or American cheese, \$9

Char-Grilled Chicken Sandwich

With choice of Cheddar, Swiss, smoked Gouda or American cheese, \$9

Add a Caesar or house salad to any entrée for \$3.

Summer Fitness Session

Summer Fitness Session began June 27

Free week of classes June 27- July 1

Come try any of our fitness classes for free!

The session runs from June 27-Oct 1
Get involved with our fitness classes and meet new people while getting in shape. We would love for you to join.

Schedule

Monday: Yoga, 8 a.m.

Body Conditioning, 9:15 am

Tuesday: Cardio Sculpt, 8:30 a.m.

Wednesday: Pilates, 9 a.m.

Thursday: Cardio Sculpt, 8:30 a.m.

PIYO, 6:30 p.m.

Friday: Yoga, 8 a.m.

Body Conditioning, 9:15 a.m.

Saturday: Saturday Surprise 8 a.m.

Fee for Summer Fitness Session

Unlimited Classes

\$145 per person

You will receive 3 months of unlimited classes, 6 days per week!

Only \$1.50 per class!

We are no longer offering the night/weekend class option.

Drop-In Fee: \$10

(for those who just want to come every now and then!)

Sign up today for our Summer Fitness Session!

843-881-8735 or

neal.cavallon@duneswestgolfclub.com.

*Please drop off payments either in the black box on the office door in the lobby or in the mail slot of the Athletic Club. Your fitness card will be mailed to you within one week of payment.

Swim Season 2016 – Important Information!

Athletic & Premier Members:

Our pools opened on Monday, March 28. Our season ends this year on September 30.

The Lifeguards and Pool Attendants are being hired and managed by American Pool Management Company/Atkinson Pools. If you have any questions, comments or suggestions you may contact them at 843-568-5371 or Neal Cavallon at 843-881-8735 or neal.cavallon@duneswestgolfclub.com.

We are looking forward to a fun and safe pool season this year. Please note the slide rules and gate access information below:

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2016 Pool Season

Swordfish Practices

Starting June 6, once school is out for the summer, swim team practice will be held 7:30-10 a.m. at Thomas Lynch Hall pool.

Thomas Lynch Hall Pool will be closed from 5-8 p.m. on June 7, June 16 and June 23 for Swordfish home meets. We are sorry for any inconvenience.

Thank you for your patience as we get our Swordfish ready to win the White League Trophy again this year!

Boat Season Ahooy

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Pool Gate Access: You will use your Fitness Access Cards to gain entry into the Main Pool behind the Clubhouse, Hartford Village Adults Only Pool and the Thomas Lynch Hall Pool. If you do not have your card, you will not be able to enter into the Pool Gates. Please be prepared to give the Pool Attendant your swipe card so that they can check you into the pool. Guest Passes are **electronic** again this year. You will not be provided any paper passes. Please discard any old paper passes as they cannot be used.

As a reminder – only Members are allowed into the pool area – Guests **must** be with a Member at all times!

■ Guest Pass Procedure

(please see Guest Pass Section in the Newsletter!)

■ **Pool Hours** are from 10 a.m.-8 p.m. The Main Pool is open for lap swim from 6-10 a.m.

■ **Swim Diapers:** Please make sure that your child is wearing the proper swim attire if they are not potty trained. Swim Diapers are required.

■ **Slide Rules/Hours:** The slide at the main pool will be open on weekends only starting April 23th until school is out of session. After school is out for the summer, we hope to have the slide open daily.

- You must be at least 42" inches tall to ride the Slide; no exceptions.
- No child is allowed to use "floaties" or any other water toys or flotation devices on the Slide.

- No one is allowed to catch children at the bottom of the Slide.

We look forward to seeing all of you enjoying the pools in the coming months!

Guest Pass Procedure

Guest Passes work one of two ways:

- 1 You can bring your guests to the pool gate and upon arrival, the pool attendant will deduct one guest pass per guest from your account.
- 2 If you know in advance that you will have family/friends visiting for long periods of time, you can call us Monday-Friday at 843-881-8735 and leave a message with a) your first and last name, b) your guests first and last names (ALL of the guests), c) the period of time that they will be visiting (example 3/21 – 3/25).

We can use one guest pass per five family/friends for a one week period of time if you call ahead. Pool Attendants are not authorized to give you guest passes this way; only office staff can authorize long-term passes.

Guest Passes received after 12 p.m. on any given day will not go into affect until the following day. Guest Passes received after 12 p.m. on Fridays will not go into affect until Monday morning.

Did You Know?!?

We offer EZ Pay Billing for both your Athletic & Golf Dues! You simply need to provide us with a debit or credit card to draft from, and afterwards you can sit back, relax and never worry about another bill again!

Simply call Linda Jamison, Office Manager, and provide her with your debit or credit card number and updated email address. We will pull the funds for your monthly dues between the 1st and 5th of each month and send you an email showing how much was deducted.

How easy is that?! Give us a call today to set up your EZ Pay account! 843-856-9000.

Family Members receive 20 guest passes per year. Single Members receive 10 guest passes per year. Guest passes will not be transferable into the next year.

If you need additional passes, you can buy these at \$5 per day or \$15 per week (7 passes). We can bill these passes directly to your monthly statement.

If you bring a guest to the pool and you have run out of passes, the pool attendant will make a note on your account and you will be charged accordingly per pass if you have not purchased additional guest passes.

We are looking forward to a wonderful 2015 Pool Season!

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*Great Golf Weather
is Here*

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Aqua Aerobics

Session 1 started May 16 (8 weeks)

Monday & Wednesday: Thomas
Lynch Hall Pool 4-5 p.m.**
Tuesday & Thursday 4-5 p.m.
at the Hartford Village Pool

**Session 1 cannot hold class at
Thomas Lynch Hall Pool until June
6th due to Swim Team Practice.
Starting June 6th, the schedule will
be as stated above. May 12-June 5,
each class will be at Hartford
Village Pool.

This high energy water fitness work
out combines cardio, toning and
stretching for an excellent work out.
Excellent for cross-training, the
water allows you to workout more
effectively with less impact to
the joints.

Session Fees:

May 16-July 14:
\$80 per person

July 18-September 15:
\$80 per person

Aqua Assessment & Personal Training

By appointment only – 843-971- 8521
or 843-814-4575

Personal Aqua Fitness Trainer,
Lydia Linton Pontius is offering her
services to The Club at Dunes West
Members. She recommends doing a

series of five sessions. The first
session will be a full assessment done
in the water, this combined with
your goals will be used to design
your own personal workout. This is
great for anyone who is getting over
an injury or wanting to cross train.

Water Fitness Cross-Training is
highly recommended for marathon
runners, people training for
triathlons, golfers, tennis players
and anyone who loves the water and
wants to get in better shape or target
special needs. Cost: \$50 per hour

More information is on Lydia's
website at waterfitnessandswim.com.

Follow Us on Facebook & Twitter

**Did you know that we
have Facebook/Twitter
accounts for different
features of the clubs?**



Dunes West Golf Club:

You'll find out all you need to know
about golf specials, special dinner
menus, member socials, special
events and more! Information about
pool events, tennis socials, fitness
updates and more posted here.

Dunes West Tennis: This is our
newest page and is for ALL things
Tennis! Jack, our Director of Tennis,
will be posting updates and pictures
of tournaments and socials. It's a
great way to keep in touch with fel-
low players and to ask Jack specific
questions regarding lessons, camps
and clinics!

2016 Car Decals Are In

2016 Car Decals for Residents Outside
the Gate or Non-Residents
Residents who live outside the gates of
Dunes West and Non-Residents are
required to have a club car decal on their
vehicle when entering into the gates of
Dunes West. This decal allows you to
come to either club property only.

If you cannot make our office hours to
pick up your decal, please email us at
linda.jamison@duneswestgolfclub.com
and state your name, address and
number of vehicles in your household.
We will be happy to mail them to you.

Decal Pick-Up Hours:

Monday-Friday 8:30 a.m.-3:30 p.m.
at the Golf Club Office Upstairs

You can also pick up the decals
in the Dunes West Pro Shop
during the weekends.

We hope you "Like" some or all of
these pages! It's a great way for us to
keep you in the loop in real time.

A link to both the Facebook and
Twitter Social Networks can be
found on our website:
www.duneswestgolfclub.com.

GOLF

Ladies Dunes West Rivertowne Challenge

RT won 149 to 175

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*Showers of Flowers
Participants!*



2nd Place:

Patty Tykal,
Denise Bromer, Vivi Wood,
Kim Burgwald, 14

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Ladies Golf Association 2016 Member/Guest Tournament Results

Overall Winner

Congratulations!

Deborah Stossel, Linda Inman,
Kelly Garrison, Anita Marciniak, 122

Flight 1

1st Place:

Judy Dekeukelaere, Donna Smith
Doris Graybar, Linh Tang, 124

2nd Place:

Dianne Schuler, Alison Gianakas,
Robin Moyer, Kathy Thompson, 124

3rd Place:

Patty Tykal, Cynthia Jannuzzi,
Sharon Hawkes, Lois Lewis, 127

Flight 2

1st Place:

Vivi Wood, Terry Ketchem,
Evie Wasson, Candace Collins, 123

2nd Place:

Carolee Maniscalco, Helen Powell,
Vicki Raybon, Cyndie McManus, 126

3rd Place:

Pat Bigelow, Barbara Taylor,
Judi Hontz, Vicki Sheehan, 126

Flight 3

1st Place:

Iris Whittaker, Cathy Dalton,
Sandi Jacobs, Mercedes Papaharis, 123

2nd Place:

Lorraine Wilhelm, Chris Hudson,
Lucie Wheeler, Lynda Bartemeyer, 126

3rd Place:

Denise Bromer, Barbara Pruitt,
Barbara Brown, Kathy Smith, 129

Closest-to-the-Hole

Hole #8: Pat Bigelow, 10' 7"
Hole #12: Susan Grady, 7' 4"

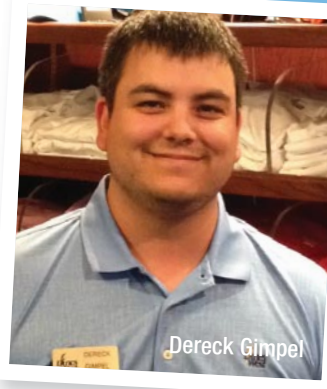
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LGA 9-Hole Showers of Flowers

Results

1st Place:

Susie Koch, Victoria
Callison, Candace
Collins, Patricia
Edwards, 14



Welcome!

Welcome our new Assistant
Professional **Dereck Gimpel**. Dereck is
from Fredericksburg Virginia and attended
the Golf Academy of America in Myrtle
Beach. He studied Club Fitting for four
years, two with Callaway. Worked at Dicks
and managed Callaway Performance
Center at Barefoot Resort in North Myrtle
Beach before coming to Dunes West.

When not working Dereck
likes to play golf, fish, play
the drums and listen to
good music. He played golf
at Potomac State College in
West Virginia. On your next
visit to the course please
stop in the golf shop to
say hello to Dereck.

Member Guest Fun!

CONTINUED >>

2016 Member – Guest Results

Overall Winners

David Connell / John Van Vlerah

Flight Winners

1st Flight

1st Place: David Hicks
Mark Torres

2nd Flight

1st Place: Deron Lewis
Eric Pakulla

3rd Flight

1st Place: David Connell
John Van Vlerah

4th Flight

1st Place: Tom Montesi
Tom Montesi, Jr.

5th Flight

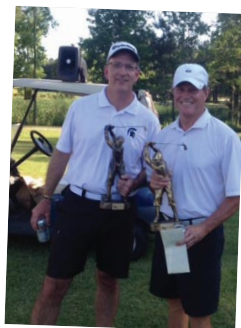
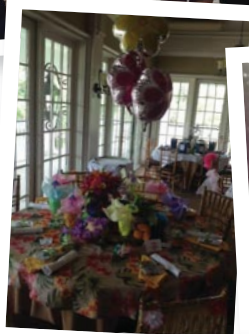
1st Place: Tom Parker
Deon Knecht

6th Flight

1st Place: Joe Davies
John Royer

7th Flight

1st Place: Bill Finan
Jeff Vanarsdale



June

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

It's the season for golf!

5

MGA,
7:15-7:42

6

SMGA, 8:18-9:21
LGA, 7:42-8
Yoga, 8 a.m.
Body Conditioning,
9:15 a.m.
KECamps, 9-4 p.m.
British Soccer Camp
Aqua Fitness Thomas
Lynch Hall Pool,
4-5 p.m.

7

LGA, 7:42-8:09
SLIP, 9:03-9:21
GOB, 9:30-9:48
Hackers Golf, 3:30
Cardio Sculpt, 8:30 a.m.
KECamps, 9-4 p.m.
British Soccer Camp
Aqua Fitness Hartford Village
Pool, 4-5 p.m.
DW Swordfish Meet Thomas
Lynch Hall Pool, 5-8 p.m.

8

SMGA, 8:18-9:21
LGA 9 & Lunch,
9:39-9:57
Pilates, 9 a.m.
KECamps, 9-4 p.m.
British Soccer Camp
Aqua Fitness Thomas
Lynch Hall Pool,
4-5 p.m.

9

LGA, 7:42-8:09
SLIP, 9:03-9:21
GOB, 9:30-9:57
Thursday Dinner 5-8:30 p.m.
RSVPs 843-856-9378
Cardio Sculpt, 8:30 a.m.
PIYO, 6:30 p.m.
KECamps, 9-4 p.m.
British Soccer Camp
Aqua Fitness Hartford Village
Pool, 4-5 p.m.

10

SMGA, 8:18-9:39
LGA, 7:51-8:09
Yoga, 8 a.m.
Body Conditioning,
9:15 a.m.
KECamps, 9-4 p.m.
British Soccer Camp

11

MGA, 7:15-8
Saturday Surprise,
8 a.m.
Luau Party Main Pool,
11:30-1:30 p.m.



12

MGA,
7:15-7:42

13

Course Closed
Aerification
Yoga, 8 a.m.
Body Conditioning,
9:15 a.m.
KECamps, 9-4 p.m.
Aqua Fitness Thomas
Lynch Hall Pool,
4-5 p.m.

14

Course Closed
Aerification
Women Who Wine
Dinner RSVP: dinner-
withdiana@gmail.com
Cardio Sculpt,
8:30 a.m.
KECamps, 9-4 p.m.
Aqua Fitness Hartford
Village Pool, 4-5 p.m.

15

Course Closed
Aerification
Pilates, 9 a.m.
KECamps, 9-4 p.m.
Aqua Fitness Thomas
Lynch Hall Pool,
4-5 p.m.

16

Course Closed Aerification
Thursday Dinner 5-8:30 p.m.
RSVPs 843-856-9378
Cardio Sculpt, 8:30 a.m.
PIYO, 6:30 p.m.
KECamps, 9-4 p.m.
Aqua Fitness Hartford Village
Pool, 4-5 p.m.
DW Swordfish Meet Thomas
Lynch Hall Pool, 5-8 p.m.

17

Course Closed
Aerification
Yoga, 8 a.m.
Body Conditioning,
9:15 a.m.
KECamps, 9-4 p.m.

18

MGA, 7:15-8
Saturday Surprise,
8 a.m.



MGA, 7:15-7:42
Couples Golf 3:30 p.m.
— Dinner to follow

Father's Day

20

SMGA, 8:18-9:21
LGA, 7:42-8
Yoga, 8 a.m.
Body Conditioning,
9:15 a.m.
KECamps, 9-4 p.m.
Aqua Fitness Thomas
Lynch Hall Pool, 4-5
p.m.

21

LGA, 7:42-8:09
SLIP, 9:03-9:21
GOB, 9:30-9:48
Hackers Golf, 3:30
Cardio Sculpt, 8:30
a.m.
KECamps, 9-4 p.m.
Aqua Fitness Hartford
Village Pool, 4-5 p.m.

22

SMGA, 8:18-9:21
LGA 9 & Lunch,
9:39-9:57
Pilates, 9 a.m.
KECamps, 9-4 p.m.
Aqua Fitness Thomas
Lynch Hall Pool,
4-5 p.m.

23

LGA Tournament, 7:42-8:54
Cardio Sculpt, 8:30 a.m.
KECamps, 9-4 p.m.
SLIP, 9:03-9:21
GOB, 9:30-9:57
Thursday Dinner 5-8:30 p.m.
RSVPs 843-856-9378
MGA Championship Dinner,
7 p.m.
PIYO, 6:30 p.m.
Aqua Fitness Hartford Village
Pool, 4-5 p.m.
DW Swordfish Meet Thomas
Lynch Hall Pool, 5-8 p.m.

24

SMGA, 8:18-9:21
LGA, 7:51-8:09
Yoga, 8 a.m.
Body Conditioning,
9:15 a.m.
KECamps, 9-4 p.m.

25

MGA Championship,
7:15-8:54
Saturday Surprise,
8 a.m.

26

MGA Championship,
7:15-8:54
MGA Championship
Lunch

27

SMGA, 8:18-9:21
LGA, 7:42-8
Yoga, 8 a.m.
Body Conditioning,
9:15 a.m.
KECamps, 9-4 p.m.
Aqua Fitness Thomas
Lynch Hall Pool,
4-5 p.m.

28

LGA, 7:42-8:09
SLIP, 9:03-9:21
GOB, 9:30-9:48
Hackers Golf, 3:30
Cardio Sculpt,
8:30 a.m.
KECamps, 9-4 p.m.
Aqua Fitness Hartford
Village Pool, 4-5 p.m.

29

SMGA, 8:18-9:21
LGA 9 & Lunch,
9:39-9:57
Pilates, 9 a.m.
KECamps, 9-4 p.m.
Aqua Fitness Thomas
Lynch Hall Pool,
4-5 p.m.

30

LGA, 7:42-8:09
SLIP, 9:03-9:21
GOB, 9:30-9:57
Thursday Dinner
5-8:30 p.m. RSVPs
843-856-9378
Cardio Sculpt,
8:30 a.m.
PIYO, 6:30 p.m.
KECamps, 9-4 p.m.
Aqua Fitness Hartford
Village Pool, 4-5 p.m.