



July 2017

Dunes West

GOLF & RIVER CLUB

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

UPCOMING EVENTS

Red, White & Blue 4th of July Pool Party

July 4 ■ 11-2 p.m.

Come celebrate the 4th of July with us at the main pool! DJ Doug will be spinning the latest hits. Games and prizes. Cool off from the heat on our giant inflated water slip and slide.

We hope to see you there!

You must have your swipe card to enter into the pools. Absolutely **no glass** is allowed in the pool area.

Old Fashioned Fish Fry

Saturday, July 8

6-7 p.m. Cocktails

7 p.m. Dinner

Adults, \$22

Kids, 11 & under, \$12

Reservations 843-856-9378

Menu

- **Fried Flounder** with Cajun tartar sauce
- **Fried Shrimp** with cocktail sauce
- **Fried Calamari** with lemon parsley aioli



■ Fried Chicken Tenders

(for the land lovers) with honey mustard & bbq sauce

■ Hand-Cut Fries

■ Traditional Cole Slaw

■ Fresh Green Beans

■ Hush Puppies with honey butter

■ Red White & Blue Trifle

Blueberries, strawberries, pound cake & fresh whipped cream

Book Club

Tuesday, July 11 ■ 7 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 aeewing@ameritech.net.



★ ATHLETIC CLUB MEMBERS & PREMIER MEMBERS

Ⓜ GOLF & PREMIER MEMBERS ONLY

Save the Date!

Thursday Dinner

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

July 4

Red, White & Blue 4th of July Pool Party

July 7

First Friday Dinner

July 8

Old Fashioned Fish Fry

July 9

Second Sunday Dinner

July 11

Book Club

July 13

Women Who Wine

July 16

Couples Golf

July 21

Wine on the Wagner

Women Who Wine

Tuesday, July 13

\$22, tax & gratuity included

Menu

- **Watermelon & Goat Cheese Salad** with fresh mint, slivered almonds, fresh mint and a red wine vinaigrette

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*Dine at
the club!*

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■ **Lemon Chicken**

Hand-pounded breasts, dredged in flour and sautéed with lemon-parsley butter

■ **Grilled Salmon**

with a creamy dill sauce

■ **Roasted Rosemary Potatoes**

■ **Petite Green Beans & Cherry Tomatoes**

Dessert

- **Lemon Squares** with fresh whipped cream

Wine on the Wagner

Friday, July 21 ■ 6 p.m.

Wine, beer, cocktails and great food overlooking our amazing sunset on Wagner Creek.

Adults, \$20

Kids, 11 & under, \$12

Great wine specials
Entire wine list is \$20 per bottle!

Menu

- **Fruit, Cheese & Vegetable Crudités**, 6-7 p.m.

- **Two Chef Attended Stations**, 7-8:30 p.m.

- **Stations rotating monthly including:** Carved meats, risotto, pasta, mashed potato, salad, shrimp & grits

- **Light Desserts**, 8:30-9:30 p.m.



★ ATHLETIC CLUB MEMBERS & PREMIER MEMBERS

Call 843-856-9378 for reservations.
This event will take place every month on a Friday or Saturday evening depending on availability.

AROUND THE CLUB

First Friday Menu

Live Music: Nathan Salley

Appetizer

- **Queso Dip**

Homemade queso cheese dip & tortilla chips, \$8

Entrées

All entrées served with fresh baked focaccia with our signature garlic Parmesan dip. Add soup or salad to any entrée for \$3.

- **Prime Rib**

8 oz. Queen-Cut, \$16

12 oz. King-Cut, \$20

Served with au jus, mashed potatoes & fresh green beans

- **Chicken Milanese**

Pounded, breaded and lightly fried breast of chicken topped with melted fresh mozzarella, served on a bed of arugula tossed with EVOO & fresh squeezed lemon, drizzled with balsamic reduction, \$15

- **Shrimp Scamp Boats** Shrimp Scampi sautéed in garlic parsley butter, served over an open faced, char-grilled, hoagie roll, served with a side of green bean, tomato & red onion salad tossed in a red wine vinaigrette, \$19

- **Bacon Jam Burger**

Half pound burger with goat cheese, arugula, tomato & homemade bacon jam, served with hand-cut fries, \$12



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.

- **Low Country Chicken Sandwich**

Grilled chicken breast topped with pimento cheese, a fried green tomato, shredded lettuce, red onion & creamy lemon dill sauce with hand-cut fries, \$12

Thursday Dinner

Half price bottles of house wine

Appetizer

- **Smoked Sausage**

Char-grilled and served with house made pickles & grain mustard, \$8

Entrées

All entrees served with fresh baked focaccia with our signature garlic Parmesan dip.

- **16 Spice Chicken with Bourbon BBQ Sauce**

That's way too many spices to list,

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A Note from Linda in Accounting

❶ 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.

❷ Please inform us if you change your email address. It is important that we have the correct one on file for billing purposes.

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just trust us! On a bed of Parmesan mashed potatoes with sautéed garlic spinach, \$14

■ Coffee Crusted Strip Steak

11oz. New York Strip with a ground coffee, brown sugar, garlic & crushed red pepper rub, served with a grilled tomato & hand-cut fries, topped with bleu cheese crumbles & a side of gravy, \$20

■ Moules Frites (Mussels & Fries)

Sautéed with bacon, white wine, shallots, garlic and served with hand-cut fries, \$16

■ Pork Marsala

Hand-pounded pork, dredged in flour and sautéed in a mushroom marsala sauce, served on a bed of Parmesan mashed potatoes with sautéed garlic spinach, \$17

■ Tex-Mex Salad

Romaine lettuce, diced tomatoes, cucumbers, black bean & roasted corn salsa, queso fresco and Southwestern ranch dressing, \$7

Add grilled or blackened chicken, \$3

Add grilled, fried or blackened shrimp, \$4

Add bourbon-glazed or blackened salmon, \$5



*August Junior Camp -
Sign up today!*

■ **Half Pound Burger** with choice of Cheddar, Swiss, smoked Gouda or American cheese, \$10

■ **Char-Grilled Chicken Sandwich** with choice of Cheddar, Swiss, smoked Gouda or American cheese, \$10

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

Second Sunday Tacos, Burgers & Brews

Second Sunday of every month
4-8 p.m.

*\$2 Domestic bottled beer with the purchase of a burger or tacos!

Dine-In or Take-Out
(Sorry, no beer to go!)

Appetizers

■ Queso Dip

Homemade queso cheese dip & tortilla chips, \$8

■ Fried Green Tomatoes

Topped with pimento cheese, chopped bacon & sweet chili sauce, \$8



Burgers

All burgers come with choice of one side.

Add bacon to any burger, \$1.50.

Add our signature sauce, \$0.50.

■ Drunken Goat Burger

Goat cheese, red wine onions, mixed greens, tomato & onion, \$10

■ Grilled Cheeseburger

American cheese on buttered & grilled white bread, \$10

■ Three Cheese Burger

American, cheddar & smoked gouda with our signature sauce, lettuce, tomato & onion, \$10

■ Charleston Burger

Topped with a fried green tomato, pimento cheese, lettuce, onion & spicy mayo, \$10

■ Cheeseburger

American, Swiss, smoked gouda, cheddar, goat, Bleu, pimento or queso, with lettuce, tomato & onion, \$10

Tacos

Three soft taco's with black bean & roasted corn salad.

■ Mexicano

Grilled chicken, queso fresco, shredded lettuce, diced tomatoes, fresh cilantro, jalapeños & sour cream, \$10

■ Americano

Shaved sirloin steak, shredded cheddar, chile aioli, shredded lettuce & diced tomato, \$10

■ Spicy BBQ Chicken

Breaded & fried chicken chunks, homemade

*Remember
Swim Safety!*

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sriracha BBQ sauce, pimento cheese,
cole slaw & fresh cilantro, \$10

■ **Salmon**

Blackened salmon, goat cheese,
fresh cilantro, diced tomato &
goat cheese aioli, \$10

■ **Buffalo**

Breaded & fried chicken or shrimp
with bleu cheese crumbles,
shredded lettuce, diced tomato
& bleu cheese dressing, \$10

■ **Vegetarian**

Fried green tomatoes, goat cheese,
shredded lettuce, jalapeños,
fresh cilantro & creamy lemon
dill sauce, \$10

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

Summer Fitness Session

The session runs from
July 10- October 7

Free week of classes

July 10 – July 15

Come try any of the class for free.

Get involved with our fitness
classes and meet new people
while getting in shape.

Join us!



Schedule

Monday:

Yoga, 8 a.m.
Core Conditioning, 9:15 a.m.

Tuesday:

Cardio Sculpt, 8:30 a.m.

Wednesday:

Pilates, 9 a.m.
PIYO, 6:30 p.m.

Thursday:

Cardio Sculpt, 8:30 a.m.

Friday:

Yoga, 8 a.m.
Core Conditioning, 9:15 a.m.

Saturday:

Saturday Surprise, 8 a.m.

Fee for Spring Fitness Session

Unlimited Classes:

\$145 / 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 Spring 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.*

Attention Members & Residents Regarding the Boat Ramp

The Boat Ramp is available **only** to
Premier and Athletic Club Members
of the Dunes West Golf & River Club.

- Fishing off the dock is permitted
 - Swimming off the dock is **not** permitted
- Paddle boarding, kayaking and canoeing are permitted, please be aware of boats/jets ski's and proceed with caution.
- Please lock the gate each time you enter or leave the boat ramp area.
- Please park all vehicles that do not have trailers in the grass areas of the boat yard out of the way of tailored vehicles.
- When possible, if you have invited guests please car pool, spaces are limited.



Swim Season 2017 – Important Information!

Athletic & Premier Members–

Our pools opened on Saturday,
April 1. Our season ends this year
on September 30.

New This Year: To improve safety
and security for all members and
their families all parents and legal
guardians will have to have their
picture taken on our iPad system.
This picture as well as your Fitness
Access Cards will be needed to gain

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Junior Golfers at Dunes West!

for as many days or weeks at
a time as you like.

The structured camp program operates from 9 a.m.-4 p.m., Monday-Friday, with complimentary before and after-care available. Camp Dunes West prides itself on its dedicated, talented and CPR/First Aid certified all-adult staff. Campers will benefit from an incredibly spirited, responsible and creative team of counselors whose number one goal is to provide a fun, safe and inclusive camp environment.

Please call KECamps at 877-671-2267 or visit them at www.kecamps.com to inquire or enroll! Early bird discounts are available for registrations received by March 1 so join the fun today!

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entry into the Main Pool behind the Clubhouse 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.

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.

Dunes West Summer Camps

KE Camps 2017

June 5 – July 28

Do you want to know where your child will have the most enjoyable

and rewarding summer? At camp! Camp is that special place where friendship, fun and festivities coincide to create memories that will last well beyond the summer months. Camp Dunes West, for campers ages 4-10, is that special place. The best part...it is right here at our Club!

Camp Dunes West offers a traditional day camp experience in the convenient and familiar setting of our club atmosphere. At camp, your child will have the opportunity to participate in a variety of exciting activities including swimming, group tennis instruction, arts & crafts, fun with foods, team building, super science projects, a weekly community service project, Wacky Wednesday theme days, camp traditions, special events, and more.

It is never too early to start planning for summer vacation. Therefore, registration for Camp Dunes West is now open to both Club Members and Non-Members. Registration is flexible and you may enroll

Aqua Aerobics

Session #2 will start July 17 (8 weeks)

Monday & Wednesday ■ 4-5 p.m.

Thomas Lynch Hall Pool

Tuesday & Thursday ■ 4-5 p.m.

Hartford Village Pool

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

Session Fees:

July 17-September 7:

\$80 per person

Hole-in-One

Alvin Edwards
Hole #6 ■ 125 yards
7-Iron ■ June 11

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2017 Car Decals Are In

2017 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.

Decal Pick-Up Hours:

Monday-Friday, 8:30 a.m.-4:30 p.m.
at the Golf Club Pro Shop and
the Office Upstairs

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

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



*Congrats
Alvin!*

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 fellow
players and to ask Jack specific
questions regarding lessons,
camps and clinics!

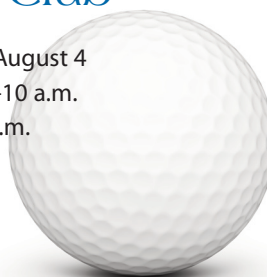
We hope you "Like" some or all of
these pages! It's a great way for us to
keep you in the loop in real time.

A link to both the Facebook and
Twitter social networks can be
found on our website,
www.duneswestgolfclub.com.

GOLF NEWS

Junior Golf Camps at Dunes West Golf & River Club

Monday, July 31-Friday, August 4
Monday-Thursday, 8:30-10 a.m.
Friday, 8:30-10:30 a.m.



Campers ages 6-16 will enjoy an
active group setting, limited to just
24 participants. Camps include
refreshments, instruction, rules and
etiquette, contests and Friday play
days. Plus, all participants will receive
a Dunes West Golf and River Club
hat, golf towel and divot tool.

Dunes West Golf and River Club
Members, \$115 per participant
Non-Members, \$125 per participant
Please contact the golf shop to sign
up, 843-856-9000.

Couples Golf

Sunday, July 16

\$10 BYO Burger Bar,
Plus tax & gratuity
(1 burger per person)

■ Char-Grilled Burger

■ Homemade Potato Salad

■ Baked Beans

■ Burger Toppers:

Cheddar cheese, American cheese,
Swiss cheese, pimento cheese,
shredded lettuce, slice tomatoes,
raw onion, pickles, mustard,
mayo, ketchup



July

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

*Tis the season
for golf!*



*Independence
Day!*

1

MGA,
7:15-8
Saturday Surprise,
8 a.m.
LGA, 8:18

2

MGA,
7:15-7:42
LGA, 7:51

3

MGA, 7:15-8
Yoga, 8 a.m.
LGA, 8:09-8:27
SMGA, 8:36
Core Conditioning,
9:15 a.m.
Aqua Fitness Thomas
Lynch Hall Pool, 4 p.m.

4

MGA, 7:15-8
LGA, 8:09-8:36
SLIP, 9:03-9:21
GOB, 9:30-9:57
4th July Pool Party
Main Pool, 11-2 p.m.

SMGA, 8:18-9:21
Pilates 9 a.m.
LGA 9 & Lunch,
9:39-9:57
Aqua Fitness Thomas
Lynch Hall Pool, 4 p.m.
PIYO, 6:30 p.m.

6

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

7

SMGA, 8:18-9:21
LGA, 7:51-8:09
First Friday Dinner –
Live Music &
Prime Rib RSVP
843-856-9378
Yoga, 8 a.m.
Core Conditioning,
9:15 a.m.

8

MGA, 7:15-8
Saturday Surprise,
8 a.m.
LGA,
8:18-8:27
Old Fashioned
Fish Fry RSVP
843-856-9378

KECamps, 9-4 p.m.

9

MGA, 7:15-7:42
Second Sunday
Dinner – Tacos,
Burgers & Brews!
RSVP
843-856-9378

10

LGA Queen B,
7:33-8:09
Yoga, 8 a.m.
SMGA, 8:18-9:21
Core Conditioning,
9:15 a.m.

11

LGA, 7:42-8:09
SLIP, 8:18-8:36
Cardio Sculpt, 8:30 a.m.
GOB, 8:45-9:12
APWA, 9 a.m.
Hackers Golf, 3:30
Women Who Wine Dinner -
RSVP
dinnerwithdiana@gmail.com

12

SMGA, 8:18-9:21
Pilates, 9 a.m.
LGA 9 & Lunch,
9:39-9:57
PIYO, 6:30 p.m.

13

LGA Queen B,
7:42-8:18
Cardio Sculpt,
8:30 a.m.
SLIP, 9:03-9:21
GOB, 9:30-9:57
Thursday Dinner
5-9 p.m. RSVPs
843-856-9378

14

LGA,
7:51-8:09
Yoga, 8 a.m.
SMGA,
8:18-9:21
Core Conditioning,
9:15 a.m.

15

MGA,
7:15-8
Saturday Surprise,
8 a.m.
LGA,
8:18-8:27

KECamps, 9-4 p.m.

16

MGA,
7:15-7:42
Couples Golf,
3:30 p.m. –
Dinner After Golf

17

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

18

LGA, 7:42-8:09
Cardio Sculpt,
8:30 a.m.
SLIP, 9:03-9:21
GOB, 9:30-9:57
Hackers Golf, 3:30
Aqua Fitness Hartford
Village Pool 4 p.m.

19

SMGA Ringer, 8:18
LGA 9 & Lunch,
9:48-10:06
Pilates, 9
Aqua Fitness Thomas
Lynch Hall Pool, 4 p.m.
PIYO, 6:30 p.m.

20

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

21

LGA,
7:51-8:09
Yoga, 8 a.m.
SMGA Ringer,
8:18
Core Conditioning,
9:15 a.m.

22

MGA,
7:15-8
LGA,
8:18-8:27

KECamps, 9-4 p.m.

23

MGA,
7:15-7:42

24

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

25

LGA, 7:42-8:09
Cardio Sculpt,
8:30 a.m.
SLIP, 9:03-9:21
GOB, 9:30-9:57
Hackers Golf, 3:30
Aqua Fitness Hartford
Village Pool, 4 p.m.

26

SMGA, 8:18-9:21
LGA 9 & Lunch,
9:39-9:57
Aqua Fitness Thomas
Lynch Hall Pool, 4 p.m.
PIYO, 6:30 p.m.

27

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

29

MGA
Presidents Cup,
7:33-8:45
Saturday Surprise,
8 a.m.
LGA,
8:54-9:03

30

MGA Presidents Cup,
7:33-8:45

31

LGA, 7:42-8
Yoga, 8 a.m.
SMGA, 8:18-9:21
Core Conditioning, 9:15 a.m.
KECamps, 9-4 p.m.
Aqua Fitness, 4 p.m.

KECamps, 9-4 p.m.

