

August 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

Book Club

August 9 ■ 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 aeewing@ameritech.net.



Moms Club

Wednesday, August 10 ■ 1:30 p.m.
Dunes West Pool

Want to join the MOMS Club?

We are a group designed just for you, mothers who might like some support from new friends! Moms Club International is a worldwide organization that offers support to moms everywhere! We have part-time and full time working mothers who have flexible schedules in the group as well! We are a group of Dunes West and surrounding area moms that get together for play dates, park and pool days, meetings and Moms Nights Out!

Please come join us! We have moms with newborns, school age children and everything in between! You can meet us at the pool or if you'd like more information you can email Virginia Landon at virginiarlandon@gmail.com. We hope to meet you soon!

Back-to-School Bash

Friday August 12
■ 4-7 p.m.
Main Pool

School starts in just a few days! Bring your kids out for one final HOORAH before hitting the books. We will have lots of games and DJ Doug jammin' music to tickle your fancy!

Admission is **FREE**. Make sure to bring your member card or credit card for delicious food and yummy cocktails from our Dunes West Snack Bar. Guest passes are a must if you want to bring friends and please don't forget your swipe cards

You must have your swipe card to enter into the pools. Absolutely **NO GLASS** is allowed in the pool area.
LIMIT 5 GUESTS PER FAMILY.



Save the Date!

Thursday Dinner

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

August 9

Book Club

August 10

Moms Club

August 12

Back-to-School Bash

August 27

Old Fashioned Fish Fry

Old Fashioned Fish Fry

Saturday, August 27 ■ 7 p.m.

Call 843-856-9378 for reservations.

\$19.99++ per person

MENU

- Hush puppies with honey butter
- Crab cakes with homemade remoulade sauce
- Fried shrimp
- Fried cod
- Old Bay buttered potatoes
- Cole slaw
- Tartar sauce

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*First Day of School
August 15*

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- Cocktail sauce
- **Homemade blueberry cobbler** with fresh cream

AROUND THE CLUB

Thursday Dinner

Half Price Bottles of House Wine

Appetizer

Shrimp & Fried Green Tomatoes

with blackened shrimp, shredded goat cheese & crispy bacon, drizzled with a cayenne buttermilk ranch, topped with diced tomatoes & scallions, \$9

Entrées

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

Southern Fried Chicken

With cheddar & scallion mashed potatoes & fresh green beans, \$14

Baby Back Ribs

Fall off the bone and brushed with a sweet & tangy BBQ sauce with hand-cut fries & cole slaw

Half rack, \$14 • Full rack, \$19

Shrimp Scampi

Sautéed with garlic parsley butter, served on a bed of angel hair pasta, \$18

Cabernet Marinated Hanger Steak with a wild mushroom demi glace, cheddar & scallion mashed potatoes & fresh green beans, \$18



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

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

August 5

The first Friday of every month

DWG will be featuring:

- Live Music
- Happy Hour Drinks
- Prime Rib

Save the Dates for Summer Camps

You can still sign up for the last of the kids' activities for the summer:

Golf Camp 2016

August 1-5

For more information call the Golf Pro shop at 843-856-9000.

Tennis Camp 2016

Last Week of Camp
August 1-5 ■ 9 a.m.-12 p.m.

The camp is Monday-Friday and are for ages 5-11. The cost is \$145 per camper, and camp t-shirts are available for an additional \$5.

Sign-up through cadw.clubautomation.com or contact Jack at 843-345-2995.

Happy Hour for Members, 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, August 5: Richard Baummer
Friday, September 2: 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. Add a Caesar or house salad to any entrée for \$3

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Enjoy the last days of summer at the club!



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Prime Rib

Sliced-to-order, served with au jus, mashed potatoes & fresh green beans
8 oz. Queen Cut, \$16
12 oz. King Cut, \$19

Chicken Milanese

Breaded chicken cutlet, lightly fried & served with fresh lemon, on a bed of mixed greens tossed in our homemade mustard vinaigrette, \$15

Moules Frites

Mussels sautéed with white wine, shallot-butter, bacon & bleu cheese, served with hand cut fries & Sriracha fry dip, \$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

Summer Fitness Session

Summer Fitness Session continues until October 1.

Hartford Village Pool will be closed every Monday for maintenance for the remainder of the season!

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 a.m.

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 three months of unlimited classes, six 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

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!

*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.

2016 Pool Season

Swim Season 2016 – Important Information!

Athletic & Premier Members –

Our season ends this year on September 30.

Pool schedule changes (main pool):
Due to school beginning on August 15, the slide and lifeguard will only be available on weekends and holidays.

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.

Hot! Hot! Hot!

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

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



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

– 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 23 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 effect until the following day. Guest Passes received after 12 p.m. on Fridays will not go into effect until Monday morning.

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

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Play Golf at the Club!

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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!

Aqua Aerobics

2nd Session:

July 18 – September 29:
\$80 per person (8 weeks)

Monday & Wednesday:

Thomas Lynch Hall Pool ■ 4-5 p.m.

Tuesday & Thursday:

Hartford Village Pool ■ 4-5 p.m.

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.

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.

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, 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.
Golf Club Office Upstairs

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

Life Line Screening

Men's health is a family matter.

Monday, February 29

This is why Dunes West Golf Club is hosting Life Line Screening, the nation's leading provider of preventive health screenings. The screenings provided focus on vascular disease, a leading cause of illness, death and disability among men.

Screenings are fast, painless and affordable. Three key tests check for blocked carotid arteries, an irregular heart rhythm called atrial fibrillation, and high blood pressure, which are the three leading risk factors for stroke. Nearly 800,000 strokes will occur this year, taking a life approximately every four minutes.

Other tests check for abdominal aortic aneurysms and hardening of the arteries in the legs. A bone density screening to assess osteoporosis risk is also offered and is appropriate for both men and women. Many events also offer blood tests, including cholesterol, glucose and c-reactive protein screenings, as well as take-home colon cancer early detection tests.

Screening packages start at \$139. Single tests cost around \$70.

For more information regarding the screenings or to schedule an appointment, call 1-888-653-6441. Pre-registration is required.

*Fold of Honor -
August 9*

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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 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

Couples Golf

Sunday, August 21

After Golf

\$38 per couple*
*including tax & gratuity

Summer Cook Out Menu

- **Cucumber & tomato salad** fresh tomatoes, cucumbers & red onion tossed with EVOO & red wine vinegar
- **Burgers, hot dogs & sweet Italian sausage** served with rolls, a lettuce, tomato, onion & cheese tray
- **Corn on the cob** brushed with garlic parsley butter
 - **Potato Salad**
 - **Baked Beans**
 - **Apple pie** with fresh whipped cream



George Matthews

Hole-In-One

George Matthews
July 12
Hole #6
135-Yard, 6-Iron

Witness: Carlos Jensen,
Mike Evans, Bob McMahont

Freedom comes with a price and this is our opportunity to thank our fellow Americans who have given the ultimate sacrifice for our freedom.

On Tuesday, August 9, Rich Rankin will attempt to play 250+ holes of golf from dawn to dark to raise awareness for the sacrifices our military families have made for us.

Please show your support by donating today. You can mail a check to Dunes West Golf Club at 3535 Wando Plantation Way Mt. Pleasant, SC 29466 attention Rich Rankin. Make check out to Patriot Golf Day

or

Play golf between July 11 & August 8 and make your donation in the golf shop

Thank you in advance for your support and to all who have served our country.

Dunes West THANKS YOU!

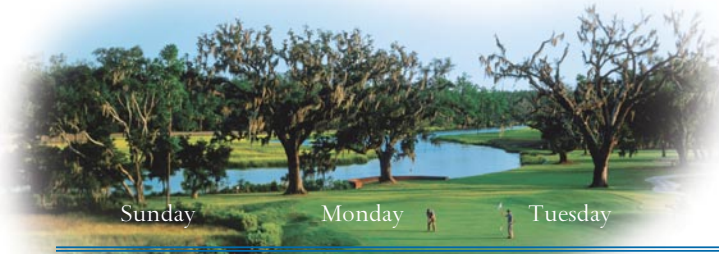
Folds of Honor Dunes West

Patriot Golf Day and the Folds of Honor Foundation need our help!

These great organizations help the families of fallen and injured soldiers by providing scholarships and other assistance. They provide healing, hope and the opportunity for dreams to be realized with the support of communities like ours.

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August



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	SMGA, 8:18-9:21 LGA, 7:42-8 Yoga, 8 a.m. Body Conditioning, 9:15 a.m. Aqua Fitness Thomas Lynch Pool, 4-5 p.m.	LGA, 7:42-8:09 SLIP, 9:03-9:21 GOB 9:30-9:57 Hackers Golf, 3:30 Cardio Sculpt, 8:30 a.m. Aqua Fitness Hartford Village Pool, 4-5 p.m.	SMGA, 8:18-9:21 LGA 9 & Lunch, 9:39-9:57 Pilates, 9 a.m. Aqua Fitness Thomas Lynch Hall Pool, 4-5 p.m.	LGA, 7:42-8:09 SLIP, 9:03-9:21 GOB, 9:30-9:57 Cardio Sculpt, 8:30 a.m. PIYO, 6:30 p.m. Aqua Fitness Hartford Village Pool, 4-5 p.m. No thursday dinner due to a private event	SMGA, 8:18-9:21 LGA, 7:51-8:09 Yoga, 8 a.m. Body Conditioning, 9:15 a.m. First Friday Dinner featuring Richard Baummer RSVPs 843-856-9378	MGA, 7:15-8 Saturday Surprise, 8 a.m. Bar Closed at 5 p.m. for private event
	8	9	10	11	12	13
MGA, 7:15-7:42	Aerification Course Closed Yoga, 8 a.m. Body Conditioning, 9:15 a.m. Aqua Fitness Thomas Lynch Hall Pool, 4-5 p.m.	Aerification Course Closed Cardio Sculpt, 8:30 a.m. Aqua Fitness Hartford Village Pool, 4-5 p.m. Book Club, 7:30 p.m.	SMGA, 8:18-9:21 LGA 9 & Lunch, 9:39-9:57 Pilates, 9 a.m. Aqua Fitness Thomas Lynch Hall Pool, 4-5 p.m. MOMS Club Main Pool, 1:30 p.m.	LGA, 7:42-8:09 SLIP, 9:03-9:21 GOB, 9:30-9:57 Cardio Sculpt, 8:30 a.m. PIYO, 6:30 p.m. Aqua Fitness Hartford Village Pool, 4-5 p.m. Thursday Dinner 5-8:30 p.m. RSVPs 843-856-9378	SMGA, 8:18-9:21 LGA, 7:51-8:09 Yoga, 8 a.m. Body Conditioning, 9:15 a.m. Back-to-School Party Main Pool, 4-7 p.m.	MGA, 7:15-8 Saturday Surprise, 8 a.m.
	14	15	16	17	18	20
MGA, 7:15-7:42	SMGA, 8:18-9:21 LGA, 7:42-8 Yoga, 8 a.m. Body Conditioning, 9:15 a.m. Aqua Fitness Thomas Lynch Pool, 4-5 p.m.	LGA, 7:42-8:09 SLIP, 9:03-9:21 GOB, 9:30-9:57 Hackers Golf, 3:30 p.m. Cardio Sculpt, 8:30 a.m. Aqua Fitness Hartford Village Pool, 4-5 p.m.	SMGA, 8:18-9:21 LGA 9 & Lunch, 9:48-10:06 Pilates, 9 a.m. Aqua Fitness Thomas Lynch Hall Pool, 4-5 p.m.	LGA, 7:42-8:09 SLIP, 9:03-9:21 GOB, 9:30-9:57 Cardio Sculpt, 8:30 a.m. PIYO, 6:30 p.m. Aqua Fitness Hartford Village Pool, 4-5 p.m. Thursday Dinner 5-8:30 p.m. RSVPs 843-856-9378	SMGA Chapman, 8:18-9:39 LGA, 7:51-8:09 Yoga, 8 a.m. Body Conditioning, 9:15 a.m.	MGA, 7:15-8 Saturday Surprise, 8 a.m.
	21	22	23	24	25	26
MGA, 7:15-7:42 Couples Golf – Dinner after golf	SMGA, 8:18-9:21 LGA, 7:42-8 Yoga, 8 a.m. Body Conditioning, 9:15 a.m. Aqua Fitness Thomas Lynch Pool, 4-5 p.m.	LGA, 7:42-8:54 SLIP, 9:03-9:21 GOB, 9:30-9:57 Hackers Golf, 3:30 Cardio Sculpt, 8:30 a.m. Aqua Fitness Hartford Village Pool, 4-5 p.m.	SMGA, 8:18-9:21 LGA 9 & Lunch, 9:39-9:57 Pilates, 9 a.m. Aqua Fitness Thomas Lynch Hall Pool, 4-5 p.m.	LGA, 7:42-8:54 SLIP, 9:03-9:21 GOB, 9:30-9:57 Cardio Sculpt, 8:30 a.m. PIYO, 6:30 p.m. Aqua Fitness Hartford Village Pool, 4-5 p.m. Thursday Dinner 5-8:30 p.m. RSVPs 843-856-9378	SMGA, 8:18-9:21 LGA, 7:51-8:09 Yoga, 8 a.m. Body Conditioning, 9:15 a.m.	Club Championship, 8 a.m. Saturday Surprise, 8 a.m. Old Fashioned Fish Fry – RSVPs 843-856-9378
	28	29	30	31		
Club Championship, 8 a.m. Club Championship Luncheon	SMGA, 8:18-9:21 LGA, 7:42-8 Yoga, 8 a.m. Body Conditioning, 9:15 a.m. Aqua Fitness Thomas Lynch Pool, 4-5 p.m.	LGA, 7:42-8:09 SLIP, 9:03-9:21 GOB, 9:30-9:57 Hackers Golf, 3:30 Cardio Sculpt, 8:30 a.m. Aqua Fitness Hartford Village Pool, 4-5 p.m.	SMGA, 8:18-9:21 LGA 9 & Lunch, 9:39-9:57 Pilates, 9 a.m. Aqua Fitness Thomas Lynch Hall Pool, 4-5 p.m. Lifeline Screening			

Tis the season for golf!