

September 2019

Dunes West

GOLF & RIVER CLUB

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



UPCOMING EVENTS

Wine & Dine Dinner (Ladies Only)

Tuesday, September 10 ■ 6 p.m.

\$24, Tax & gratuity included
To RSVP, call 843-856-9378

Menu

- **Mixed Green Salad** cucumbers, tomatoes & red onion with Ranch or Italian dressing
- **Warm Dinner Rolls** with butter
 - **Chicken Milanese**
Lightly breaded chicken topped with fresh mozzarella & drizzled with balsamic reduction
- **Sliced London Broil** with red wine demi glace
 - **Smoked Gouda Mashed Potatoes**
 - **Grilled Vegetables**

Dessert

- **German Chocolate Cake** with fresh whipped cream

Payment Note

Ladies, please plan to pay by cash, personal check or member number at the door. Credit card payments for drinks at the bar only.



Chili, Wings & Sweet Things

Saturday, September 21

- 6-7 p.m. Cocktails
- 7 p.m. Dinner

Adults, \$20*

Kids, 11 & under, \$10*

Call for reservations 843-856-9378

Menu

- **Chili Bar** with shredded Cheddar cheese, shredded Jack Cheese, red onion, sour cream & jalapeño toppers
 - **Beer Can Chili**
Ground beef, sausage, bacon & Sierra Nevada Pale Ale®
 - **White Chicken Chili** with cannellini beans & smoked jalapeños
 - **Wing Bar** with bleu cheese, ranch & Alabama white dipping sauces
- Buffalo • Sticky BBQ • Dry-Rub Ranch

Save the Date!

Taco's In the Eagles Nest \$4.50

Every Friday | 5-9 p.m.

Thursday Dinner

5-8:30 p.m. | RSVP 843-856-9378

September 6

First Friday Live Music with Michael Thompson Dinner

September 10

Wine & Dine Dinner (Ladies Only)

September 21

Chili, Wings & Sweet Things

November 9

23rd Annual Dunes West Holiday Craft Show

■ Vegetable Bar

(For all those healthy friends & family members!)

Char-grilled zucchini, squash, red onion & cherry tomato, fresh steamed asparagus with creamy lemon dill, tomato, basil, red onion salad, sautéed mushrooms, green bean salad

Dessert Bar

Prepared by our new Pastry Chef Jenn Devaney

- Assorted mini desserts
- Lemon meringue tartlets
 - Banana pudding
- Chocolate ganache tartlets

CONTINUED »»

Save the Date for
Our Craft Show
November 9!

CONTINUED » »

- Blueberry cobbler bites
- Chocolate mousse cups (gluten-free)

*Plus 11% sales tax & 20% gratuity.

23rd Annual Dunes West Holiday Craft Show

Saturday, November 9 ■ 9-4 p.m.

Save the date to join us at the Athletic Club. Over 50 vendors will be selling their crafts. Crafts scheduled for sale include; jewelry, wood crafts, pottery, shells, ornaments, paintings, quilts, and much more. Food will be available for purchase. Do all your holiday shopping early, buy something for family or friends or something for yourself that you know you will like. If you have any questions call the Athletic Club at 843-881-8735 and ask for Neal or Betty.

AROUND THE CLUB

DW Grille Thursday Dinner

APPETIZERS

- **Southern Trio**, \$9
 - Pulled pork on a crispy corn bread round with coleslaw & bourbon BBQ sauce
 - Open-faced hot ham biscuit with smoked gouda & red pepper jelly
 - Fried green tomato with pimento cheese, crispy bacon & sweet chili sauce
- **New England Clam "Chowdah"**
\$4 / \$7

ENTRÉES

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

- **Hunter's Chicken**
Fried chicken breast, topped with a mushroom red wine demi glace & smoked Gouda on a bed of mashed potatoes with fresh green beans, \$15

- **Sweet Tea Pork Chop**
Marinated in lemon, rosemary & sweet tea, pan seared and served on a bed of mashed potatoes with fresh green beans, \$17

- **Fried Oyster Platter**
On a bed of hand-cut fries with coleslaw, hush puppies & lemon parsley aioli dipping sauce, \$19

- **Blackened Steak Tips**
Blackened sirloin steak tips with sautéed red peppers & sweet onions, tossed with penne pasta in a garlic cream sauce, garnished with shredded Parmesan cheese & fresh parsley, \$20

- **Dunes West Burger**
American cheese, cheddar cheese, fried pickles & our homemade secret sauce with shredded lettuce, tomato & onion on a buttered & grilled brioche bun, \$12

- **Charleston Chicken Sandwich**
Grilled or fried chicken breast with pimento cheese, shredded lettuce & fried green tomato, on a buttered & grilled brioche bun, \$12

- **Dunes West Salad**
bleu cheese crumbles, dried cranberries, candied walnuts, Mandarin oranges, red onion & raspberry vinaigrette, \$8

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!

Back to School

Hope all the kids had a great summer and here's wishing you all a fun and successful school year.

Add: Grilled chicken, shrimp, bourbon marinated salmon, flank steak or fried green tomato \$4.

SALAD

Add to any entrée for \$4.

- **Caesar Salad** with homemade croutons & Parmesan cheese
- **Romaine Wedge** with crumbled Bleu cheese, diced tomatoes, bacon bits & bleu cheese dressing

- **House Salad**

Mixed greens with tomatoes, onions, cucumbers & choice of dressing

DW SIGNATURE DRINKS

- **Southern Sour**
Woodford Reserve Bourbon with fresh lemon juice, honey infused simple syrup & a cherry, \$9



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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

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▪ Charleston Tonic

Charleston based Nippitaty Gin elder flower tonic & lime wedge, \$9

▪ Dunes West Mule

Tito's Vodka, ginger beer & lime juice, garnished with a lime, \$9

Eagle's Nest Friday Night Menu

Fridays ■ 5-9 p.m.

Special Drink Prices

Happy Hour Pricing All Night Long!

\$4.50 Tacos

All tacos served in a soft flour tortilla.

Substitute a lettuce wrap
at no additional charge.

▪ Carne Asada

Marinated flank steak thinly sliced with caramelized sweet onions and drizzled with our house queso.

Topped with diced tomato, lettuce, and creamy avocado.

*Fall is Around
the Corner*

▪ Chicken Fajita Taco

Chicken breast onions and peppers seasoned with our signature mix of spices topped with Monterey Jack cheese, and creamy avocado.

▪ DW Fish Taco

Battered and fried fish dressed with a tequila-key lime vinaigrette and topped a grilled pineapple salsa.

▪ Hawaiian Lettuce Wrap

Seared, seasoned pork belly, grilled pineapple salsa & siracha-lime carrot slaw

▪ The Veggie

Roasted cauliflower and mushrooms with goat cheese topped with diced tomatoes and scallions

▪ Buffalo Shrimp

Fried shrimp tossed in wing sauce, with bleu cheese crumbles, diced tomatoes, diced red onion, shredded lettuce & drizzled with bleu cheese dressing

▪ Dip Trio

Fresh fried tortilla chips, served with house made salsa, guacamole & queso dip, \$8

▪ **Churros** with cinnamon sugar, \$3

Bar Snacks

▪ Pimento Cheese

with Captain's Wafers, \$6

▪ Queso Dip

Tortilla chips & homemade queso dip, \$6

Specialty Drink

▪ Margarita, \$9

Ask your server for tonight's special.



DW Grille First Friday

September 6 ■ 5 p.m.

APPETIZERS

▪ Queso Dip

Homemade queso cheese dip & tortilla chips, \$8

▪ New England Clam "Chowdah"

\$4 / \$7

ENTRÉES

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

▪ Prime Rib

Served with au jus, scallion mashed potatoes & fresh steamed asparagus
8 oz. Queen-cut, \$17
12 oz. King-cut, \$21

▪ Sautéed Chicken

Thin-cut chicken cutlets dipped in egg & flour, sautéed in white wine & shallot butter with sundried tomatoes, topped with prosciutto, smoked gouda & fresh parsley, served with scallion mashed potatoes & fresh steamed asparagus, \$16

▪ Baked Stuffed Shrimp

with crab & Ritz® cracker stuffing, topped with lemon butter, served with scallion mashed potatoes & fresh steamed asparagus, \$21

▪ Black & Blue Burger

8 oz. burger with blackened seasoning, bleu cheese crumbles &

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Congrats Al!



Hole-in-One

Al Johnson

8/16/19 ■ Hole #8

175 Yards ■ 5-iron

Witnesses:

Dean Riggs, Eric Lehman, Tony Greeson



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bleu cheese dressing with lettuce, tomato & onion, served with hand-cut fries, \$12

■ Hunter's Chicken Sandwich

Fried chicken breast, topped with a mushroom red wine demi glace & smoked gouda on buttered and grilled white bread, served with hand-cut fries, \$12

■ Caesar Salad

Romaine lettuce, croutons & Parmesan cheese, \$8

Add: Grilled chicken, shrimp, bourbon marinated salmon, flank steak or fried green tomato \$4

SALAD

Add to any entrée for \$4.

■ **Caesar Salad** with homemade croutons & Parmesan cheese

■ **Romaine Wedge** with crumbled bleu cheese, diced tomatoes, bacon bits & bleu cheese dressing

■ House Salad

Mixed greens with tomatoes, onions, cucumbers & choice of dressing

DW SIGNATURE DRINKS

■ Southern Sour

Woodford Reserve Bourbon with fresh lemon juice, honey infused simple syrup & a cherry, \$9

■ Charleston Tonic

Charleston based Nippitaty Gin elder flower tonic & lime wedge, \$9

■ Dunes West Mule

Tito's Vodka, ginger beer & lime juice, garnished with a lime, \$9



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.



Summer Fitness

Session July 8 – October 5

Get involved with our fitness classes and meet new people while getting in shape. We would love for you to join:

Schedule

Monday:

Body Conditioning, 8 a.m.
Pilates, 9:15 a.m.

Tuesday:

Cardio Sculpt, 8:30 a.m.
Restorative Yoga, 6:30 p.m.

Wednesday:

Pilates, 9 a.m.
Restorative Yoga, 6:30 p.m.

Thursday:

Cardio Sculpt, 8:30 a.m.
Restorative Yoga, 6:30 p.m.

Friday:

Body Conditioning, 8 a.m.
NEW! Yoga for You, 9:15 a.m.

Saturday:

Mat Barre, 8:30 a.m.

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Folds of Honor - Thank You!

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New on Fridays: Yoga for You

It's time to roll out your yoga mat and discover the combination of physical and breath exercises that for thousands of years has helped people to calm their mind and strengthen their body.

Don't be intimidated by yoga terminology and complicated poses, this class is all levels and will introduce foundational yoga postures, help you feel more balanced, present and connected.

Enjoy slowing down, moving mindfully but powerfully, and breathing deeply, all while building strength and balance.

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.

2019 Pool Season

- Pools will close September 30.
 - Pool Hours are from 10 a.m.-8 p.m. every day.
- The Main Pool is open early from 6-10 a.m. for lap swimming only.

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.*



GOLF NEWS

MGA & Dunes West Updated Tournament Schedule

MGA Championship
September 14 & 15

Whispering Marsh Ron Wheat
September 28

Member-Guest
November 9 & 10

Ryder Cup
November 23 & 24

****MGA Cup**
December 7

New Greens opened August 15 to much fanfare and are only going to get better with time. Thank you again for all your support during the grow-in process and the grand reopening.

Folds of Honor

Tuesday, August 13
Dunes West Golf & River Club

Results

Teed off: 6:22 a.m.

Finished: 8:28 p.m.
(14 hours & 6 minutes)

Holes Played: 261 (14.5 Rounds)

Average Round Playing Time:
58.34 minutes

Clubs Used: 3 Titleist Pro V1's

Scores by Round: 37, 38, 37, 37, 37, 35, 33, 35, 39, 31, 35, 35, 36, 36, 34, 39, 36, 34, 37, 35, 36, 39, 35, 35, 38, 39, 36, 37, 36 (Played the back nine only)

Average Score: 36.10 (Par 36)

Worst Score: 39

Best Score: 31

Birdies: 40

Eagles: 0 (Almost got a Hole-in-One on #12, 4")

Pars: 179

Best Stretch of Holes: Round six played holes 11-13, 3 under (repeated 3 under in round nine holes 13-15)

Consumed: 6 Gatorade's, 8 Waters, Bag of Trail Mix, 2 Apples, 1 Bananas, 1 PB&J Sandwich

Donations to Date:
\$6,000 & still going!

Thank you all for the support!

September

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1

2

3

4

5

6

7

MGA,
7:15-7:42

SMGA, 8:54-9:48
LGA, 8:09-8:45
MGA, 7:15-8
Body Conditioning,
8 a.m.
Pilates, 9:15 a.m.

SLIP, 7:15-7:33
GOB, 7:42-8
SOCMA, 1 p.m.
Cardio Sculpt,
8:30 a.m.
Restorative Yoga,
6:30 p.m.

SMGA, 8:18-9:12
LGA 9 & Lunch,
9:39-10:15
Yoga for You,
9:15 a.m.
Restorative Yoga,
6:30 p.m.

LGA, 7:42-8:27
SLIP, 9:03-9:21
GOB, 9:30-9:57
Cardio Sculpt, 8:30 a.m.
Restorative Yoga,
6:30 p.m.
Thursday Night Dinner –
RSVPs 843-856-9378

SMGA Team Challenge,
8:18-9:39
LGA, 7:33-8:09
Body Conditioning,
8 a.m.
Yoga for You, 9:15 a.m.
First Friday Dinner –
RSVPs 843-856-9378

MGA, 7:15-8
LGA, 9:12-9:21
GOB, 9:57-10:15
Mat Batte,
8:30 a.m.

8

9

10

11

12

13

14

MGA,
7:15-7:42

SMGA, 8:18-9:12
LGA, 7:33-8:09
Body Conditioning,
8 a.m.
Pilates, 9:15 a.m.

LGA Champ,
8:09-9:21 & 10:33-10:51
SLIP, 9:30-9:48
GOB, 9:57-10:24
Cardio Sculpt, 8:30 a.m.
Restorative Yoga,
6:30 p.m.
Wine & Dine Dinner
(Ladies Only) RSVP
843-856-9378



SMGA, 8:18-9:12
LGA 9 & Lunch,
9:39-10:15
Pilates, 9 a.m.
Restorative
Yoga,
6:30 p.m.

LGA Champ, 8:09-9:21
& 10:33-10:51
SLIP, 9:30-9:48
GOB, 9:57-10:24
Cardio Sculpt, 8:30 a.m.
Restorative Yoga,
6:30 p.m.
Thursday Night Dinner –
RSVPs 843-856-9378

SMGA, 8:18-9:12
LGA, 7:33-8:09
Body Conditioning,
8 a.m.
Yoga for You,
9:15 a.m.

MGA Champ,
7:15-9:12
LGA, 10:24-10:33
GOB, 9:57-10:15
Mat Barre,
8:30 a.m.

15

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17

19

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MGA Champ,
7:15-9:12

SMGA, 8:18-9:12
LGA, 7:33-8:09
Body Conditioning,
8 a.m.
Pilates, 9:15 a.m.

LGA, 7:42-8:18
SLIP, 9:03-9:21
GOB, 9:30-9:57
Hackers Golf, 3:30
Cardio Sculpt, 8:30 a.m.
Restorative Yoga,
6:30 p.m.

SMGA, 8:18-9:12
LGA 9 & Lunch,
9:39-10:15
Pilates, 9 a.m.
Restorative Yoga,
6:30 p.m.

LGA, 7:42-8:18
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6:30 p.m.
Thursday Night Dinner –
RSVPs 843-856-9378

SMGA, 8:18-9:39
LGA, 7:33-8:09
Body Conditioning,
8 a.m.
Yoga for You,
9:15 a.m.

MGA, 7:15-8
LGA 9:12-9:21
GOB, 9:57-10:15
Mat Barre 8:30 a.m.
Chili, Wings & Sweet
Things Dinner – RSVPs
843-856-9378

22

23

24

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MGA,
7:15-7:42

OVERSEEDING
– COURSE CLOSED
Body Conditioning,
8 a.m.
Pilates, 9:15 a.m.

LGA, 9:12-9:48
SLIP, 9:57-10:15
GOB, 10:24-11:18
Hackers Golf, 3:30
Cardio Sculpt, 8:30 a.m.
Restorative Yoga,
6:30 p.m.

SMGA, 8:18-9:12
LGA 9 & Lunch,
9:39-10:15
Pilates, 9 a.m.
Restorative Yoga,
6:30 p.m.

LGA, 7:42-8:27
SLIP, 9:03-9:21
GOB, 9:30-9:57
Cardio Sculpt, 8:30 a.m.
Restorative Yoga,
6:30 p.m.
Thursday Night Dinner –
RSVPs 843-856-9378

SMGA, 8:18-9:12
LGA, 7:33-8:09
Body Conditioning,
8 a.m.
Yoga for You,
9:15 a.m.

MGA, 7:15-7:42
LGA, 8:27-8:36
Whispering Marsh,
2 p.m.
Mat Barre,
8:30 a.m.

29

30

MGA,
7:15-7:42
Couples Golf, 1 p.m.
– Dinner after golf!

SMGA, 8:18-9:12
LGA, 7:33-8:09
Body Conditioning,
8 a.m.
Pilates, 9:15 a.m.



See you on
the greens!