

# Around The Club

## Holiday Yoga Sessions

**Tuesdays 9:00 a.m.**

**November 13<sup>th</sup> - December 18<sup>th</sup>**

**YOGA Restore** this class is designed to be gentle and restorative while at the same time increasing energy levels with deep breathing to rejuvenate and restore the mind. Gentle sun salutations and ample floor/mat work will focus on stretch and strength and will be gentle on the joints. This is the perfect class for a beginner but also for an advanced student who is interested in a more therapeutic and meditative practice.

**Wednesdays 9:30 a.m.**

**November 14<sup>th</sup> - December 19<sup>th</sup>**

**YOGA Invigorate** this class is designed for students who desire to expand their practice in all areas and complexities. There will be a generous amount of flow and salutations with great stretch and strength. It will entail strength and cardio segments that will raise the heart rate and fire up muscles focusing on the mind and breath finishing with a well earned savasana! This class is for an active person that desires a physical challenge with a mantra of "Get strong/be calm"!

To reserve your spot, contact Ally Doyle  
ally.doyle@sneefarmcc.com



## Employee Holiday Fund

Dear RiverTowne Member:

Happy Holidays! We have enjoyed serving you throughout the year and cannot thank you enough for your loyalty and patronage.

Many of the services you enjoy would not be possible without the efforts of our hourly employees, many of which you do not see or have not had the chance to meet, such as our kitchen staff, maintenance staff and more.

We would like to show our gratitude to our hourly employees this holiday season with a holiday fund.

This fund is *optional*. If you would like to contribute to the holiday fund, please contact Kathy Cosgrove, at 843-849-2400 ext 6 or reply via email with the amount you would like to donate. Any amount you choose can be added to your member statement. Contributions can be made until Friday, December 7<sup>th</sup>.

Again, we appreciate your support throughout the year and are looking forward to a great holiday season and 2019!



## Holiday Golf Ball Personalization

Titleist will again present two Holiday promotions for 2018 – the **Pro V1 #1 Gift in Golf @** campaign and our **Holiday Free Personalization** offer.

**Pro V1 DOZENS - \$39.99**  
**Free Personalization on DOZEN**  
**Special Orders - \$39.99**

Celebrate This Holiday Season With  
**FREE PERSONALIZATION**



Titleist will provide **Free Personalization** on all Titleist golf balls ordered between November 1, 2018 and December 31, 2018.

For Free Personalization on dozens, Contact Rivertowne Pro Shop to place your special order now! Otherwise, Rivertowne will offer \$39.99 on any dozen of Pro V1 & Pro V1X through this promotional time without customization.

Happy Holidays!

**Custom Callaway's are also available!!**  
**Stop in the pro-shop for more information and specials!!**



**December 2018**

**Golf Shop Hours:**  
**Monday**  
8:00 a.m. - 5:30 p.m.

**Tuesday-Friday**  
7:00 a.m. - 5:30 p.m.

**Saturday-Sunday**  
6:30 a.m. - 5:30 p.m.

**Main Phone:**  
843-849-2400

**Tee Times:**  
843-849-2400 ext 2

**Membership:**  
843-849-2400 ext 3

**Restaurant:**  
843-849-2400 ext 5

**Club Website:**  
rivertownecountryclub.com

**Member Website:**  
rivertownecountryclub.  
memberstatements.com

# Holiday Festivities



## Santa Brunch

**Sunday, December 9th**  
**10:00 a.m. OR 12:00 p.m.**

*Santa will be available to visit and take pictures from 11:00 a.m. - 1:00 p.m.*

\$30.00 per Adult

\$16.00 per child 3-11 years

Children 2 & under are FREE! Prices include tax and gratuity.

Space is limited, advance payment is REQUIRED at time of reservation, payment is non-refundable.

Make your reservation today!  
**843-849-2400 ext. 3000**

\*\*Please call the correct extension, the Grill will not take reservations!

### Brunch Menu:

Omelet Station, Prime Rib Carving Station, Yukon Mashed Potatoes, Bacon and Sausage Scrambled Eggs, Buttermilk Pancakes, Breakfast Potatoes, Shrimp & Grits, Fresh Fruit, Assorted Cheeses, Caprese Salad, Spinach-goat cheese Salad, Mac and Cheese, Biscuits and Gravy, Pastries and Doughnuts, Mini Desserts, Coffee and Hot Chocolate

# Relish Catering

Call Rivertowne and Relish Distinctive Catering for your next event!!! During the months of January and February, our rental fees are only \$250 Monday- Wednesday in the upstairs ballroom and \$500 on the weekends after 6:30pm in the downstairs grill. Mention this ad and we will take another 50% off. We offer the perfect setting for your next corporate outing, dinner or wedding. We can also travel to you so please give us a call for your next party. Lacy Davidson 843-849-2412

# Dining

## Burgers and Brews

Each Thursday enjoy a special selection of Chef's burgers expertly paired with specially selected beer.

Additional entree specials will also be available!



Enjoy half price bottles of wine at dinner on Thursdays!

## Friday Happy Hour

Enjoy 50% off snack items, Chef's nightly specials and drink specials!



# Golf

### Note from the Pro

*Written by Pete Dunham, PGA Professional, Director of Golf.*

[pete@athleticgolf.net](mailto:pete@athleticgolf.net)

### How EGO Hurts Your Cold Weather Golf

Happy Holidays! It took a little longer this year, but the cold weather has arrived and it has the potential to hurt your golf game. Why? One obvious reason is that many of us don't practice and play as much when its cold. Golf is hard- and for most of us takes constant attention in order to play to our handicaps...

There are, however, many of us that continue to play through the winter months and it's painfully true that most everyone gets worse throughout the winter months. Why?

**The #1 reason is club selection.** Far too often we let our **ego** pull a club that in July carries the distance but in cold weather, most likely won't. Once the club is selected, we then have to swing **harder** in order to hit the green... Disaster!

In cold weather, the dynamics of the air and golf ball simply mean the ball won't travel quite as far- that's a FACT. Also, when the body is cold it simply can't move as well or as fast. The instinct for most of us is to use our arms more and core less when it's cold and from there- all hell breaks loose!

Understand? The EGO says to hit 7 iron from this distance even though physics and physiology are working against us. As a result, we swing with more arms and more muscle which throws the path of the club offline. Chaos ensues. Thin shots, fat shots, pulls and blocks. Most often the ball ends up short and we swing harder on the next one! **STOP.**

It's cold. Golf is hard. **Warm up the body before you play. Do whatever you can to keep your body warm while you play and at the same time wear clothing that will allow you to swing freely and turn. Most importantly- take extra club and swing fully and freely into balance.** The goal is to swing assertively, not aggressively. The more the inside (core) moves the outside (arms and club), the more predictable your swing path will be. You'll hit more solid shots and play better golf!



Anything else?

1. Think about moving up a tee during the cold months... Golf is fun!
2. Consistently and systematically work on your chipping and putting. In cold weather, even with the best of intentions, you'll probably need it!
3. Exaggerate your turns while you practice. Work on expanding both your back swing turn and your follow through!

Now go PLAY GOLF. Stop THINKING golf swing.

Want to learn more? Contact any of the pro's at RiverTowne Country Club!

Terese Dynjan 843-801-4101

[Terese.dynjan@pga.com](mailto:Terese.dynjan@pga.com)

Ty Gosnell [tymgosnell@gmail.com](mailto:tymgosnell@gmail.com)

Cass Sigmon

[Senseigolf@rivertownecountryclub.com](mailto:Senseigolf@rivertownecountryclub.com)

## Tournament Winners!

### Congrats to our Member Member Champions!

Jason Ward/Ryan Stewart

### Congrats to our Men's Match Play Champion!

Matt Parker

### Congrats to our Palmer Cup Champions!

Men's Division- Shaun Kent

Ladies Division- Robin Moyer

### CALGA 2 Day Event @ Wild Dunes

RIVERTOWNE Ladies win **FIRST** Place

Dunes West Ladies win Second Place

Participants for the 2 day event were:

Lynda Bartemeyer, Marilyn Daly, Li Fang, Linda Travis, Robin Moyer, Bernice Slezak, Katherine Oakley, Sue Jones, Brenda Frye, Susan Grady, Lois Lewis and Kathy Joyce.



## Upcoming Golf Events

### Tough Day Scramble

Saturday, December 8<sup>th</sup>

9 a.m. Shotgun

### Sign up at Podium outside Pro Shop, or Call now to Sign up as Single or Foursome!

Make your own foursome.  
Don't have a team? We'll help pair you.

Pre-flighted by combined team handicap

Proximity Prizes - All Par 3's, 2 Long Drives

Gross and Net Winners

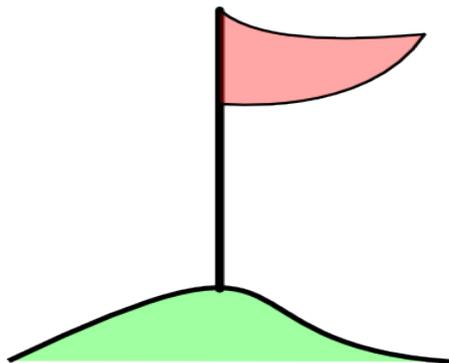
Tournament entry will include  
golf, lunch and prizes

\$75per Full Member

\$55 per Trail Fee Member

\$95 per Non-Resident Member (outside 50 miles)

\$105 per Social Member



Reminder: all pro shop credit must be used by 12/20



## Winter Pro-Shop Hours

Monday : 8am - 5:30pm

Tuesday thru Friday : 7am - 5:30pm

Saturday thru Sunday : 6:30am - 5:30pm

The Clubhouse will still remain open for nights with scheduled dinner services and functions.

## Holiday Hours

Christmas Eve - 8:30 a.m. Shotgun

\*Reservations Required\*

Christmas Day - Closed

New Years Eve - Normal Hours

New Years Day - Normal Hours

## 2018 Palmer Cup Results

Listed Below, are this year's Palmer Cup Winners!

Great playing this year and thank you all for your continued participation!!!

### Ladies Division:

**1st:** Robin Moyer (**\$500**)

**2nd:** Shawn Martini (**\$350**)

**3rd:** Leigh Anne Cone (**\$275**)

**4th:** Lynda Bartemeyer (**5 free cart fees**)

**5th:** Diana McGowin (**5 free cart fees**)

### Men's Division:

**1st:** Shaun Kent (**\$500**)

**2nd:** Don Martini (**\$350**)

**3rd:** Jason Ward (**\$275**)

**4th:** Haynes Johnson (**\$200**)

**5th:** Jerry Wheatley (**\$150**)

**6th:** Dan Duffrin (**\$125**)

**7th:** Lou Muir (**5 free cart fees**)

**8th:** Bryan Alfarro (**5 free cart fees**)

**9th:** Rick Cahill (**5 free cart fees**)

**10th:** Mike Gregory (**5 free cart fees**)

Credit has already been applied to your credit books. Keep in mind the credit must be used by December 20<sup>th</sup>. Gift certificates for Cart Fees are being held in the Pro Shop at the Front Desk.



# December 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31					1
	New Years Eve					
	Monday Maintenance					
2	3	4	5	6	7	8
	Monday Maintenance	Yoga	Yoga	Burgers and Brews	Friday Night Happy Hour	Tough Day
9	10	11	12	13	14	15
Santa Brunch	Monday Maintenance	Yoga	Yoga	Burgers and Brews	Friday Night Happy Hour	
16	17	18	19	20	21	22
	Monday Maintenance	Yoga	Yoga	Burgers and Brews	Friday Night Happy Hour	
23	24	25	26	27	28	29
	Christmas Eve	Christmas Day		Burgers and Brews	Friday Night Happy Hour	
	Shotgun 8:30 AM					
	Turn service only					
	All Operations Close at 1 PM					