

Around The Club

Yoga Sessions

Tuesdays 9:00 a.m.

October 22nd - November 26th

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.

October 23rd - November 27th

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



Relish Catering

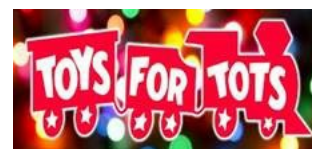
Relish Distinctive Catering offers 50% discounts on room rentals at Rivertowne and Sneef Farm for any upcoming events/holiday parties for 2019. We provide tables, linens, chairs, glassware, flatware and china, free of charge. If you already have a venue, we can come to you. We offer 20% off the food for any offsite location. Call Lacy Davidson for details at 843-849-2412.



Toys for Tots 2019

A member of the US Marines will be at Rivertowne CC Sunday morning, November 17th from 8:00 to 9:30 AM to collect toy donations for Toys-For-Tots. All Rivertowne members, neighbors and friends are invited to stop at this time to meet the Marine and leave an unwrapped toy donation (\$10 or greater value). If you are unable to come on November 17th, you may drop off your donation in the Pro Shop the week prior to the 17th.

The Toys-For-Tots donations are being made in conjunction with the 5th Annual Notre Dame Club / John Head Memorial Golf Event on November 17th and The 4th Annual Missing Links Memorial Golf Event on Saturday, November 9th. The ND Club event is in memory of the late John Head (ND Class of '66 and RCC Missing Links member). The Missing Links Event is in memory of all deceased Missing Links and Linkettes. Last year 90 toys valued at \$1350 were donated at RCC for Toys-For-Tots.



November 2019

Golf Shop Hours:

Monday

8:00 a.m. - 5:30 p.m.

Tuesday-Friday

6:30 a.m. - 5:30 p.m.

Saturday-Sunday

6:00 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

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

Take 2 Fix 2. If you've played golf outside of RiverTowne you know just how good the greens are at RiverTowne! Rob Daniel and his staff continue to maintain some of the best greens in the area and we would love to have you help in keeping it that way!

Please take a couple of seconds and fix a couple of ball marks on each green, even if you miss the green. Even if you can't find your own ball mark... If some of the members contribute- it will have a positive effect on the roll of the greens. .. If most of the members take 2 to fix 2- you'll be part of the movement. The Take 2 Fix 2 movement creating great putting surfaces! It's easy. It's simple. I hope you help out in order to make your golf course better.... For you!

Playing 'Within Yourself' Taken from archived writings- June 2010

To get better, I actually think you have to play outside yourself! By that, I simply mean you must push yourself outside of your comfort zone to get to the next level. You may have to work on swing feelings that aren't comfortable or try shots that carry an inherent risk.

I think that developing new skills demands that you "play outside yourself". I also believe that golfers with confidence looking to play better golf often need to play beyond their comfort level.

Having said that, most of the time, we should all be working at playing golf within our limits. Why? Most of you are part-time golfers. You practice a little, if any, and play just a couple times a week (or a month). I also believe that most golfers would be happy just playing closer to their expectations. Yes, they would love to shoot a career round, but consistency, a sense of control, and minimizing damage would be very satisfying to most.

Play within yourself by playing with a smooth and balanced swing. Stay within yourself by playing smart golf, playing the right shots, rather than the "best" shots.

Often times, by playing within yourself (smooth swing, smart strategy) you will begin to gain confidence throughout your round and your smart game will become a better game!

When the time comes that you can put more time into your game and can play with more regularity-GO FOR IT! Play outside yourself!

In the meantime: Know your game. Know yourself. Enjoy YOUR game.

Now go PLAY GOLF!



Want to improve your swing in 2019- Contact any of the pros at River-Towne Country Club!

Terese Dynjan 843-801-4101

Terese.dynjan@pga.com

Ty Gosnell tymgosnell@gmail.com

Carly Lawson

clawson@rivertownecountryclub.com



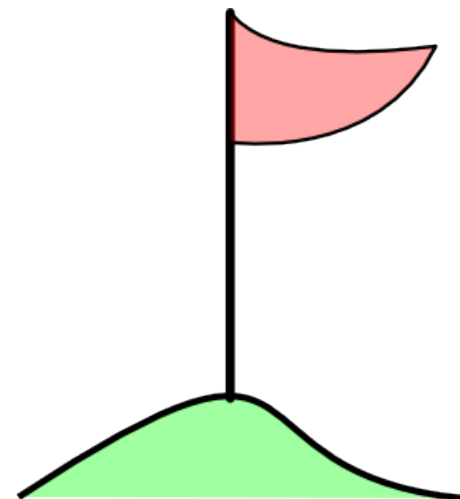
Winter Hours

As we do every year, Rivertowne CC's hours of operation will adjust upon the ending of DST. Effective Sunday, 11/3, Pro Shop and Driving Range hours will shorten.

Morning Starting Times will remain the same. However, the Clubhouse and Pro Shop will now close at **5:30pm**. During nights of Dinner Service, the clubhouse will remain open as per usual.

Driving Range will close **4:45pm (Mon - Sat) & 3:30pm (Sun)**

Please feel free to contact the Pro Shop for any further questions regarding the change. (843) 849 - 2400 ext 2



Golf Cont.

TourLock Counterweights Demo Day

November 7th - 8 am - 3 pm

Note from the pro:

One of the least heard of secrets on the PGA tour is BACKWEIGHTING. Since the '60s, many players would throw lead tape under their grips for improved performance. I learned about this in the late '90s and have been backweighting my clubs ever since. In the past, it's honestly always been expensive and a real pain to do- but the benefits have been well worth it. Now, TOURLOCK has a counterweight system that is easy to install in any club, has lots of weighting options for different clubs and different swings and is coming to our clubs to try out!!! I hope you'll take the chance to stop by and let Nate Ross, our technical expert with TourLock, allow you to experience the benefits of backweighting.

-Pete Dunham, PGA Professional Director of Golf

Optimization Goal

To create and achieve a value of improved feel, awareness and performance.

Matching Counterweights to Clubs and Applications

Counter-weighting generates different effects depending on the type of club that is counter-balanced. For drivers and other wood, a counterweight can increase swing speed and ball speed. For putters, a counterweight can slow the putting stroke and provide increased control over the putting head. For irons, a counterweight can provide more stability and can increase distance. Counter-weighting produces different effects for different clubs, and affects each player's personal game in different ways, creating a huge range of counterbalancing techniques and settings to explore to find the best configuration for your own game.



Club News Con.

Thanksgiving Takeout



For orders please contact Matt Barclay at mbarclay@rivertownecountryclub.com. Please have all orders in by November 21st at 2 PM.

Butter & Herb Roasted Whole Turkey
(feeds 8 – 10) \$55
Includes: 48-hour turkey gravy / brioche, cornbread & sausage stuffing / orange-cranberry sauce

Whole Turkey Only
\$45

1/2 Butter & Herb Roasted Turkey Breast
(feeds 4 – 8) \$35
Includes 48-hour turkey gravy and brioche, cornbread & sausage stuffing / orange-cranberry sauce

1/2 Turkey Breast Only
\$25

Quart Sides (feeds 4-6)
\$12

Cheddar, gruyere, & smoked gouda mac & cheese, Roasted garlic mashed potatoes, Sweet potato casserole w/ marshmallow & streusel topping, Honey-balsamic brussel sprouts with bacon & caramelized onion, Brioche, cornbread & sausage stuffing, Orange-cranberry sauce, Classic green bean casserole

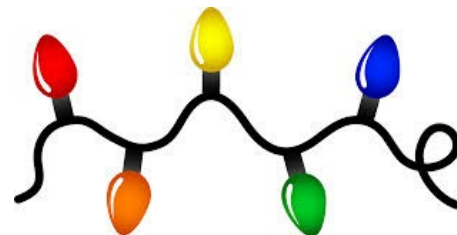
48-hour turkey gravy (1 quart)
\$8

Holiday Pies
\$15
Caramel Apple Pie
Brown Sugar Pumpkin Pie
Chocolate Pecan Pie

Upcoming Events

Santa Brunch

Sunday, December 8th
Menu & Times TBA



Member Jingle-Mingle

Wednesday, December 18th

Oyster Roast



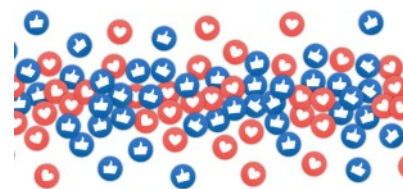
Sunday, January 12th

Pig Roast

Saturday, February 8th

On Social Media?

Please be sure to like us on Facebook, and follow us on Twitter and Instagram at RiverTowneCC. We'll be updating these with member events and information. Thanks!



November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Monday Maintenance	5 Yoga	6 Yoga	7 Burgers and Brews	8 Friday Night Happy Hour	9
10 Ladies Big Break	11 Monday Maintenance	12 Yoga	13 Yoga	14 Burgers and Brews	15 Friday Night Happy Hour	16
17 Notre Dame Club Outing	18 Monday Maintenance	19 Yoga	20 Yoga	21 Burgers and Brews	22 Friday Night Happy Hour	23
24	25 Monday Maintenance	26 Yoga	27 Yoga	28 Thanksgiving	29	30