



THE CROSSINGS
AT CARLSBAD

THE CURRENTS

November 09 | YOUR COMMUNITY GOLF NEWSLETTER

Winners

Elaine Tutterrow
Canyons Survey

Heath Hawker
Golf Shop Email

Dennis Devore
The Crossings Survey

Gayle Williams
Canyons Business Card Drop



On Oct. 29th, The Lost Abbey Beer Tasting Dinner was a sell out success with 94 attendants.

In addition to a festive evening of beer tasting and fantastic food, **The Crossings at Carlsbad raised \$335.00 to be donated to the Susan G. Koman Foundation in honor of Breast Cancer Awareness Month.**

This money was raised by raffling a painting of the 16th fairway, created by local Carlsbad artist Sean Dominguez. In addition to being a resident of Carlsbad, Sean is also the artist that has created all of the art for The Lost Abbey Brewery beer bottle labels.

CALENDAR OF EVENTS

SAVE THE DATES

- November** 7 & 8 Carlsbad City Amateur Championship Tournament
- 26 Thanksgiving Champagne Brunch Buffet
- December** 6 Crossings Club Championship Golf Tournament
- 31 New Years Eve Dinner & Dancing

All events open to public

2nd Annual Carlsbad City Amateur Championship

Saturday & Sunday,
November 7th & 8th

8am Shotgun Start
\$225 per person

To make reservations, visit our website
www.thecrossingsatcarlsbad.com

Thanksgiving Champagne Brunch

Thursday, November 26th, 2009

10am - 2pm
Seating Every 30min

Adults \$47.50, Children 12 and under \$22.95,
6yrs and younger are free
(tax & tip not included)

To make reservations, call 760.444.1881 or
visit www.thecrossingsatcarlsbad.com

The Crossings Club 2009 Championship

Sunday, December 6th, 2009

8am Shotgun Start
\$75 per person

Entry Deadline:
Tuesday, December 1st.
(field limited to first 100 entrants)

For more information, call 760.444.1800 x2
or visit www.thecrossingsatcarlsbad.com

THE HISTORY BEHIND THE CROSSINGS AT CARLSBAD PART III



Jeff Perry
General Manager

Below is part III of a IV part series on the History of The Crossings at Carlsbad. Part II can be found in our October Issue of The Currents. Available at the Clubhouse or online at www.thecrossingsatcarlsbad.com.

In 2000, all development permits were secured through the traditional City permitting process in order to bid the project for construction. The City's golf course development, nearly a mile east of the coastline fell within the Coastal Commission's jurisdiction. The Coastal Act includes specific policies that address coastline development issues. The policies of the Coastal Act constitute the statutory standards applied to planning and regulatory decisions made by the Commission and by local governments, pursuant to the Coastal Act. Just prior to the City awarding the construction contract, the California Coastal Commission exercised their authority to take over the permitting from the City under the California Coastal Act of 1976.

For over four years, between June of 2000 and August of 2004, the City of Carlsbad met with the California Coastal Commission regularly to redesign the course yet again. Dozens of renditions were considered until all regulatory agencies could agree on one model that would address all objectives. To achieve this balance required a comprehensive, multi-agency effort that utilized a tremendous amount of resources, including City personnel, years of time and money.

August 2003 signified the official launch of the redesign efforts to include the new conditions set forth by the Coastal Commission after a unanimous vote, at which time the golf course was touted by the Commission as a model of environmental superiority. Rerouting of some holes, inclusion of spanning bridges, and a formal dedication by the City of Carlsbad to the State of California under the Habitat Conservation Easement requirement, insures that no further development will take place in certain areas of the course.

In September of 2005, construction finally began and heightened awareness of the project resurfaced as the community began to see a modification of the landscape once the grading process began. The grading, or "sculpting" of the land was everything but radical. Great lengths were taken to retain much of the natural configuration of the site, not only to preserve the open space, but to protect and promote the spectacular views and follow the natural terrain as much as possible. The ebb and flow of the course boasts no 90 degree angles, yet it exhibits some areas where there are up to 100 feet of elevation change from one hole to the next.

The landscaping reflects natural growth within the coastal environs, including utilizing existing mature trees and adding over 850 additional, large specimens to the mix. An extensive re-vegetation program is in place that over the next few years will bring the natural drought-tolerant mix of Coastal Sage Scrub back to the area and will not require irrigation. Nearly 75-acres of habitat have been hydro-seeded to provide immediate erosion control and beautification. This aggressive landscaping and re-vegetation plan also bodes well for the endangered bird life in the area. It is the habitat for the endangered Black-tailed Gnatcatcher, which is a very small, long-tailed native songbird. ~~~



GOLF TIP



Steve Vaughan
PGA, Director of Instruction

When life gets in the way of your golf game.

Trying to find the time to improve your golf game can be a challenge. But if you are working on the right things, the time you do spend could make all the difference. When you do get a chance to go to the range my best advice is to make practice swings, in between shots, with a distinct purpose. Too many times I see people hitting range ball after range ball, the exact same way expecting to see a different result. Change is not easy and when you are changing your golf swing the correct swing could and should feel very foreign.

Another way to make lasting changes in your golf game is at home. If you can take five minutes a day swinging a golf club properly at home you would be amazed at the difference this will make, even after a couple weeks of using the technique. Another way to practice at home is to swing in front of a mirror. Just remember it is easy to do things the same way but to make improvements in anything, it takes time and dedication. With the dedication the pay off is always worth the time spent.

There are few things that can be as rewarding as hitting a solid golf shot, especially when you know why it was hit correctly. ~~~

GLASER ON GOLF



Gary Glaser
PGA, Director of Golf

A rules question that I get asked more frequently than I ever imagined in sunny Southern California is this.

May I put tape or an adhesive bandage on my club head to eliminate glare when the sun reflects into my eyes to protect my vision and / or reduce the glare?

Well, I am happy to say that is an easy one for me to answer. An adhesive bandage or tape added to the club head is considered an external attachment, rendering the club non-conforming in breach of Rule 4-1a (see Appendix II, Rule 1a but you may also see Decision 4-1/4).

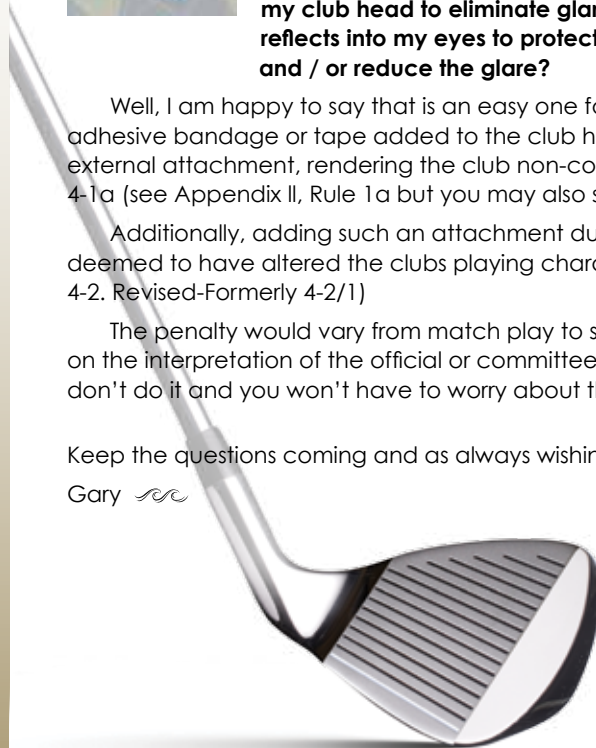
Additionally, adding such an attachment during the round would be deemed to have altered the clubs playing characteristics in breach of Rule 4-2. Revised-Formerly 4-2/1)

The penalty would vary from match play to stroke play and dependent on the interpretation of the official or committee involved. Needless to say don't do it and you won't have to worry about the ruling!

Keep the questions coming and as always wishing you great golf.

Gary ~~~

GOLF



GOLF FITNESS



Dr. Mike Wasilisin
Titleist Performance Institute MP3

King of the Swing

To get your golf workout started, let's start by turning on the most important muscle in your swing. This muscle is the engine, and the support beams of the swing. The king of the swing is the glutes. The glutes not only powerfully rotate the hips but also stabilize your lower body throughout the swing.

The first thing to do is to make sure that your brain knows how to consciously fire the glutes. Begin by lying on your back on the floor with your legs flat on the ground. Put your right hand under your right glute and your left hand under your left. Now, try to squeeze only your right glute under your right hand. Your right hip should lift off the ground slightly. Practice alternating between your right and left glute for seconds or minutes a day.

Once you master this move and know what it feels like to isolate the glute, focus on power being loaded into your right glute on the backswing then use the right glute to fire your hips through impact. Then, feel your left glute "catch" and slow the hips down after impact. ~~~

For any other questions, or interest in our golf fitness class please email Dr. Mike at golfdoc8@gmail.com or visit www.epiclinics.com



WINE & DINE



The Crossings Holiday Specials

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				26 Men's & Women's ADIDAS 30-50% OFF	27 Men's & Women's ADIDAS 30-50% OFF	28 Men's & Women's ADIDAS 30-50% OFF
29 Men's & Women's ADIDAS 30-50% OFF	30 Umbrellas 30% OFF	1 All Wedges 30% OFF	2 TAYLORMADE GOLF BALLS 25% OFF	3 ***** 10% OFF ANY ITEM *****	4 ANTIGUA BASIC SHIRTS Buy 1 get 1 at 1/2 OFF!	5 BRIDGESTONE GOLF BALLS 40% OFF * WOW *
6 All Ladie's Apparel 30% OFF PLUS- Stocking Stuffer Sundays!	7 NIKE SHIRTS 25% OFF	8 AM&E HEAD COVERS 20% OFF Sets or Individual	9 ALL GOLF BAGS 40% OFF	10 Men's & Women's ADIDAS UP TO 40% OFF	11 OAKLEY SUNGLASSES 30% OFF	12 All Men's & Women's Outerwear 30% OFF
13 FOOT JOY SHOES UP TO 40% OFF PLUS- Stocking Stuffer Sundays!	14 All Clubs + Bags 30% OFF All Men's Shirts 20% OFF	15 All Clubs + Bags 30% OFF All Men's Shirts 20% OFF	16 NIKE SHIRTS 25% OFF	17 DEVANT TOWELS 30% OFF	18 CALLAWAY SHOES UP TO 40% OFF	19 STRAIGHT DOWN SHIRTS 25% OFF
20 All Ladie's Apparel 30% OFF PLUS- Stocking Stuffer Sundays!	21 ALL UTILITY CLUBS 30% OFF Fairway woods, Hybrid, Wedge and Putters 30%OFF	22 DRIVER BLOWOUT All TITLEIST DRIVERS 40% OFF	23 ANTIGUA BASIC SHIRTS Buy 1 get 1 at 1/2 OFF!	24 Buyer Choice 20% OFF Any Item	25 Shirt, Sweater or Outerwear with Red or Green 25% OFF	
				<ul style="list-style-type: none"> • UNADVERTISED SPECIALS EVERYDAY! • GIFT CARDS AVAILABLE DAILY! • FREE GIFT WRAPPING EVERYDAY! 		

CANYONS

FROM THE CORNER OF THE BAR

Giving Thanks for the repeal of Prohibition.

Franklin Delano Roosevelt (FDR) was elected in 1932 because of his promise to end Prohibition. Today, there are about 18 million Americans living in the hundreds of counties across the United States that maintain Prohibition. ~



CHEF'S KITCHEN

Chef Phil Hoy

Brining a Turkey

Brining a turkey will ensure a juicy and moist turkey every time.

Place turkey in a large plastic container or cooking bag. For the brining solution, you need one cup of salt for every gallon of water. Cover the turkey with the solution for 12-24 hours. Remove the turkey from the solution and rinse well and dry with a towel. Proceed to cook turkey using your preferred method. ~