

July 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

Red, White & Blue 4th of July Pool Party

July 4 ■ 11- 2p.m.

Come celebrate the 4th of July with us at the Main Pool! DJ Doug will be spinning the latest hits and the Snack Shack will be open serving up tasty treats!

Cool off from the heat on our giant inflated water slip and slide. We hope to see you there!

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.

Book Club

July 12 ■ 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 aewing@ameritech.net.



Couples Golf 9 & Wine Dinner

Sunday, July 17

9 holes of golf followed by a three course dinner each paired with a 4 oz. wine sampling

\$50 per couple*

\$38 per couple*

(without wine pairings)

*including tax & gratuity

Not including golf fees

Menu

Prosciutto Wrapped Coconut Shrimp with a sriracha marmalade dipping sauce
Wine: Prosecco

Cabernet Marinated Hanger Steak on a bed of smoked gouda mashed potatoes with a wild mushroom demi glace, topped with fried leeks
Wine: Cabernet Sauvignon

Berries, Chocolate & Cheese
Fresh berries, dark chocolate

Save the Date!

Thursday Dinner

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

July 1

First Friday

July 4

Red, White & Blue 4th of July Pool Party

July 12

Book Club

July 17

Couples Golf 9 & Wine Dinner

July 30

BBQ Pig Roast

& mascarpone cheese
Wine: Moscato



BBQ Pig Roast

Saturday, July 30 ■ 7 p.m.

Call 843-856-9378 for reservations.

\$19.99++ per person

MENU

- Corn Bread with honey butter
- Whole Pig: Slow-roasted over 8 hours, pulled & served with

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Congrats Grads!

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- two sauces & soft rolls
- **Oven-Roasted Chicken**
with special dry-rub seasoning
- **Homemade Mac & Cheese**
with our four cheese blend
- **Baked Beans**
- **Cole Slaw**
- **Homemade Blueberry Cobbler**
with fresh cream

*What happens at
the Pig Roast,
Stays at the Pig Roast*

DWG Dunes West Grille First Friday

July 1

The first Friday of every month

DWG will be featuring:

- Live music
- Happy hour drinks
- Prime rib

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, July 1: Molly Durnin

Friday, August 5: Richard Baummer

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

■ Prime Rib

8 oz. Queen Cut, \$16

12 oz. King Cut, \$19

Sliced-to-order, served with au jus, mashed potatoes & fresh green beans

■ Chicken Milanese

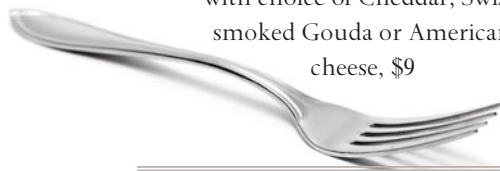
Breaded chicken cutlet, lightly fried & served with fresh lemon, on a bed of mixed greens tossed in our homemade mustard vinaigrette, \$15

■ 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



AROUND THE CLUB

Congratulations 2016 Dunes West Graduates

- Courtney Angotti-Smith
- Andrew Badolato ■ Miranda Badolato ■ Samantha Becker

Clubhouse Closings for July

Saturday, July 2 ■ 6 p.m. ■ Wedding
Saturday, July 16 ■ 6 p.m. ■ Wedding

- Rachel Biggs ■ Andria Burchett
- Emily Caron ■ Lydia Chadwick
- Quinn Conway ■ Kate Cornely
- Patrick Cornely ■ Sara Costanzo
- Will Croft ■ Kirby Lee Croland
- Matthew Damron ■ Denise Devaney ■ Anthony Edwards
- Austin Esakov ■ John Eysen
- Katie Fischer ■ Peter Gair
- Dylan Gonzales ■ Lana Gonzales
- Michael Greco ■ Chris Haigh
- Makenzie Hammers ■ Deedie Harrington ■ Patrick Harrison ■ Sean Hekker ■ Katherine Herrick
- Alexandra Hickey ■ Brandon Hoge
- Marissa Honig ■ Josh Hull
- Shanna Hyland ■ Joshua Isaacks
- Brynn Jeddrey ■ Hannah Johnson
- Lauren Karinshak ■ Adam Knight Samela ■ Andrew Knight Samela
- Chelsea Anne Kozma ■ Emily Rose Kozma ■ Callie Lamb ■ Falyn Langford ■ Hannah Long ■ Bennett Love ■ Shaylin Lutario ■ Ben Lynch
- Julia Lyon ■ Brittany MacDonald
- Sumi Mahajan ■ Harry McAdams
- Andrew McGreevy ■ Kelsie McSheehy ■ Jake Moran ■ Caitlin Neville ■ Stephen O'Connor ■ Joyce Park ■ Annie Perkins ■ Alexis Polcyn
- William Pugh ■ Abigail Rath
- Donna Redden ■ Katie Remley
- Kaitlyn Grace Rogers ■ Nicole Sadek ■ Jameson Sanders ■ Robert Seney ■ Jared Shapiro ■ Spencer Shellnutt ■ Aleksandra Shtompil
- Morgan Skelley ■ Leandra Smith
- MacKenna Smith ■ Nathan Spickerman ■ Sam Sullivan ■ Blake Sweeney ■ Austin Tortorici ■ Will Ussery ■ Audrey Wahl ■ Ethan Wahl

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Welcome
New Members!



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- Cameron Ward ■ Adam Wells
- Ryan Westmoreland ■ Carly White
- Michael Whiteside ■ Luke Whittle
- Kennedy Williamson ■ Sam Willis
- Collin Wonderlic

Welcome New Members

- The Berberian Family ■ The Rippley Family ■ The Wilson Family
- The Dunn Family ■ The Lewis Family ■ The Leahy Family
- The Baily Family ■ The Eulau Family ■ The Antinopoulos Family
- The McClellan Family ■ The Flynn Family ■ The Hicks Family
- The Franks-Vanderhorst Family ■ The Ishee Family ■ The Byars Family ■ The Hoffman Family
- The Byrne Family ■ The Becker Family ■ The Novo Family
- The Burden Family ■ The Corboy Family ■ The Perkins Family
- The Murrell Family ■ The Murphy Family ■ The Friedman Family
- The Stanton Family ■ The Thomas Family ■ The Ejlali Family
- The Gwisc Family ■ The Little Family ■ The Kelleher Family
- The Livell Family ■ The Bussie Family ■ The Baratta Family
- The Brooks Family ■ The Eglen Family ■ The Jackson Family
- The Preston Family ■ The Brooks Family ■ The Lee Family
- The Bonavito Family ■ The Ledford Family ■ The Shansky Family ■ The Ramsey Family
- The Boardman Family ■ The Stahl Family ■ The Ring Family
- The Rice Family

Summer Fitness Session

Summer Fitness Session
began June 27

Free week of classes June 27-July 1

Come try any of our fitness
classes for free!

The session runs from June 27-Oct 1. 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.

2016 Pool Season

Swordfish Practices

Swim team practice is being held
7:30-10 a.m. Monday-Friday at
Thomas Lynch Hall Pool.

Thomas Lynch Hall Pool will be closed
from 5-8 p.m. on July 5 for the Swordfish
last home meet. We are sorry for any
inconvenience.

Thank you for your patience as we get
our Swordfish ready to win the White
League Trophy again this year!

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.

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. Your fitness card will
be mailed to you within one week
of payment.

Swim Season 2016 – Important Information!

Athletic & Premier Members,

Our pools opened on Monday,
March 28. Our season ends this year
on September 30.

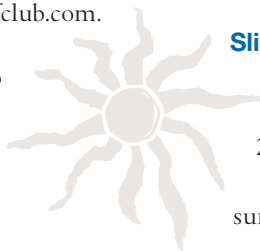
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See you
at the pool!

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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 881-8735 or neal.cavallon@duneswestgolfclub.com.

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 – 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.

See you at the pool!

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

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.

period of time that they will be visiting (example 3/21-3/25). We can use one guest pass per 5 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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Get fit in the pool!

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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

Session 2 starts July 18 (8 weeks)

Monday & Wednesday ■ 4-5 p.m.
Thomas Lynch Hall Pool

Tuesday & Thursday ■ 4-5 p.m.
Hartford Village Pool

This high energy water fitness work out combines cardio, toning and stretching for an excellent work out. Excellent for cross-training, the water allows you to work out more effectively with less impact to the joints.

2nd Session Fees:
July 18-September 15:
\$80 per person

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.

Save the Dates for Summer Camps

It's not too early to start planning 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

June 13-August 5

Camps are held the following weeks: July 11-15, July 18-22 and August 1-5. The camps are Monday-Friday from 9-12 p.m. 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.

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 Be sure to pay your balance in full so we can activate your pool cards!

2016 Car Decals Are In

2016 Car Decals for Residents outside the Gate or Non-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:

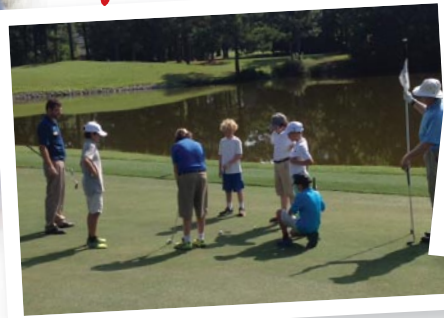
Monday-Friday 8:30 a.m.-3:30 p.m.
Golf Club Office Upstairs

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



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Junior Golf Clinics



A link to both the Facebook and Twitter can be found on our website: www.duneswestgolfclub.com.

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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.

Thursday Dinner

Half price bottles of house wine

Appetizer:

Pineapple Shrimp Kabobs brushed with cilantro oil, \$9

Entrées:

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

■ **Grilled Tuscan Chicken** with char-grilled vegetables & drizzled with balsamic reduction served with garlic Parmesan mashed potatoes, \$14

■ **Grilled 7-Spice Pork Loin** Rubbed with smoked paprika, garlic powder, dried oregano, brown sugar, crushed red pepper, kosher salt & black pepper, marinated in olive oil & Sriracha sauce, char grilled & topped with a pineapple mint chutney, served with petite pea & lemon risotto, \$15

■ **New York Strip** 10 oz. Strip with a rosemary port wine demi glace, mashed potatoes & char-grilled vegetables, \$19

■ **Citrus Seared Mahi Mahi** Pan-seared with lemon & lime zest, topped with a white wine beurré blanc, served with petite pea & lemon risotto, \$16

■ **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

July

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

*Tis the season
for golf!*



3

MGA,
7:15-7:42

4
SMGA, 8:36
LGA, 8:09-8:27
MGA, 7:15-8
4th July Party
Main Pool,
11 a.m.-2 p.m.
*Fourth
of July*

5
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.
Dunes West Swordfish
Meet Thomas Lynch Hall
Pool, 5-8 p.m.
KECamps, 9 a.m.-4 p.m.
Aqua Fitness Hartford Village
Pool, 4-5 p.m.

6
SMGA, 8:18-9:21
LGA 9 & Lunch,
9:39-9:57
Pilates, 9 a.m.
KECamps,
9 a.m.-4 p.m.
Aqua Fitness Thomas
Lynch Hall Pool,
4-5 p.m.

7
LGA, 7:42-8:09
SLIP, 9:03-9:21
GOB, 9:30-9:57
Thursday Dinner 5-8:30 p.m.
RSVPs 843-856-9378
Cardio Sculpt, 8:30 a.m.
PIYO, 6:30 p.m.
KE Camps, 9 a.m.-4 p.m.
Aqua Fitness Harford Village
Pool, 4-5 p.m.

1
SMGA, 8:18-9:21
LGA, 7:51-8:09
First Friday Dinner
featuring Molly Durnin
RSVPs 843-856-9378
Yoga, 8 a.m.
Body Conditioning,
9:15 a.m.
KECamps,
9 a.m.-4 p.m.

2

MGA, 7:15-8
Saturday Surprise,
8 a.m.

10

MGA,
7:15-7:42

11
SMGA, 8:18-9:21
LGA, 7:42-8
Yoga, 8 a.m.
Body Conditioning,
9:15 a.m.
KECamps,
9 a.m.-4 p.m.
Aqua Fitness Thomas
Lynch Hall Pool,
4-5 p.m.

12
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.
KECamps, 9 a.m.-4 p.m.
Aqua Fitness Hartford
Village Pool, 4-5 p.m.

13
SMGA, 8:18-9:21
LGA 9 & Lunch,
9:39-9:57
Pilates, 9 a.m.
KECamps,
9 a.m.-4 p.m.
Aqua Fitness Thomas
Lynch Hall Pool,
4-5 p.m.

14
LGA Tournament, 7:15-8:18
LGA Luncheon
SLIP, 9:03-9:21
GOB, 9:30-9:57
Thursday Dinner 5-8:30 p.m.
RSVPs 843-856-9378
Cardio Sculpt, 8:30 a.m.
PIYO, 6:30 p.m.
KECamps, 9 a.m.-4 p.m.
Aqua Fitness Hartford Village
Pool, 4-5 p.m.

15
SMGA, 8:18-9:21
LGA, 7:51-8:09
Yoga, 8 a.m.
Body Conditioning,
9:15 a.m.
KECamps,
9 a.m.-4 p.m.

16

MGA, 7:15-8
Saturday Surprise,
8 a.m.



MGA, 7:15-7:42
Couples Wine & 9
Golf Event 3:30 p.m.
SG with dinner
to follow

18
SMGA, 8:18-9:21
LGA, 7:42-8
Yoga, 8 a.m.
Body Conditioning,
9:15 a.m.
KECamps,
9 a.m.-4 p.m.
Aqua Fitness Thomas
Lynch Hall Pool,
4-5 p.m.

19
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.
KECamps, 9 a.m.-4 p.m.
Aqua Fitness Hartford Village
Pool, 4-5 p.m.

20
SMGA RINGER 8:18
LGA 9 & Lunch,
9:48-10:06
Pilates, 9 a.m.
KECamps 9-4 p.m.
Aqua Fitness Thomas
Lynch Hall Pool,
4-5 p.m.

21
LGA/PRO, 8:00
SLIP, 9:03-9:21
GOB, 9:30-9:57
Thursday Dinner 5-8:30 p.m.
RSVPs 843-856-9378
Cardio Sculpt, 8:30 a.m.
PIYO, 6:30 p.m.
KECamps, 9 a.m.-4 p.m.
Aqua Fitness Hartford Village
Pool, 4-5 p.m.

22
SMGA Ringer, 8:18
LGA, 7:51-9:39
Yoga, 8 a.m.
Body Conditioning,
9:15 a.m.
KECamps,
9 a.m.-4 p.m.

23

MGA, 7:15-8
Saturday Surprise,
8 a.m.

24

MGA,
7:15-7:42

25
SMGA, 8:18-9:21
LGA, 7:42-8
Yoga, 8 a.m.
Body Conditioning,
9:15 a.m.
KECamps,
9 a.m.-4 p.m.
Aqua Fitness Thomas
Lynch Hall Pool,
4-5 p.m.

26
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.
KECamps,
9 a.m.-4 p.m.
Aqua Fitness Hartford
Village Pool, 4-5 p.m.

27
SMGA, 8:18-9:21
LGA 9 & Lunch,
9:39-9:57
Pilates, 9 a.m.
KECamps,
9 a.m.-4 p.m.
Aqua Fitness Thomas
Lynch Hall Pool,
4-5 p.m.

28
LGA, 7:42-8:09
SLIP, 9:03-9:21
GOB, 9:30-9:57
Thursday Dinner 5-8:30 p.m.
RSVPs 843-856-9378
Cardio Sculpt, 8:30 a.m.
PIYO, 6:30 p.m.
KE Camps, 9 a.m.-4 p.m.
Aqua Fitness Harford Village
Pool, 4-5 p.m.

29
SMGA, 8:18-9:21
LGA, 7:51-8:09
Yoga, 8 a.m.
Body Conditioning,
9:15 a.m.
KECamps,
9 a.m.-4 p.m.

30

MGA, 7:15-8
Pig Roast 7 p.m. RSVP
843-856-9378
Saturday Surprise,
8 a.m.