

May 2015

Dunes West

GOLF & RIVER CLUB

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



UPCOMING EVENTS

Kentucky Derby Party

Saturday, May 2
Cocktail Hour, 5:30-6:30 p.m.
*Post Time, 6:24 p.m.
Dinner, 6:30 p.m.

Ladies: Wear your derby-style hats & dresses

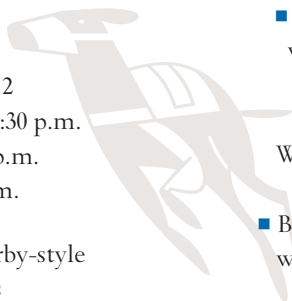
Gents: Break out the searsucker's & bow tie's (Derby Attire Optional!)

Featuring Woodford Reserve Bourbon

\$34.50 per person

Passed Appetizers:

- Derby bourbon shrimp with smoked paprika sour cream on sliced cucumber



- Baby hot browns with turkey, pimento cheese & bacon
- Crab cakes with lime aioli & pineapple salsa

Dinner:

- Kentucky bib lettuce salad with bourbon vinaigrette, pecans & gorgozola
- Carving station with Woodford marinated sirloin & mustard-glazed ham
- Black truffle oil mac & cheese with hickory smoked bacon & smoked gouda
- Bourbon & maple-glazed green beans with dried cranberries & shallots

Dessert:

- Chocolate bourbon pecan pie with fresh whipped cream
- Strawberry shortcake with fresh whipped cream, orange zest biscuits & fresh mint

Beverages:

Cash bar for beer, wine & liquor

Featuring our Derby cocktails:

- **Mint Julep:** Woodford Reserve, simple syrup & fresh mint
- **The Wager:** Woodford Reserve, Frangelico, pineapple juice, pure maple syrup & club soda
- **Bourbon Cider Sour:** Woodford Reserve, apple cider, oj & simple syrup



Save the Date!

Thursday Dinner

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

May 2

Kentucky Derby Party

May 5

Cinco De Mayo!

May 10

Mother's Day Brunch

May 12

Book Club
Women Who Wine

May 17

Summer Kick-Off Party

May 23

Sunset Family Dinner

May 25

Memorial Day Pool Party

Spring/Summer Athletic Club

Lobby Hours

Tuesday: 9 a.m.-4 p.m.
(Lunch taken between 1 p.m. & 2 p.m.)
*Activities Director Hours to be announced via email.

Cinco De Mayo!

Tuesday, May 5 ■ 6-8 p.m.

Get ready for some chippin', dippin' and margarita sippin'. This is one fiesta that is sure to be HOT HOT HOT! Join us for some snacks, music and festive beverages.

Cost is \$10. Ages 21 & up.
Reservations are required.
Sign up by May 1!

CONTINUED » »

*Dine with us
at The Club!*

CONTINUED >>

Call us at 843-881-8735
or email pamela.chakides@duneswestgolfclub.com.

Mother's Day Brunch

Sunday, May 10
■ 10 a.m.-1 p.m.

Call early for reservations –
they fill up quickly! 843-856-9378

*All moms receive a
complimentary mimosa

Adults, \$21.99++
Children under 12, \$10.99++

Menu:

Breakfast Selections:

- Fresh fruit
- Scrambled eggs with cheese
- Biscuits & gravy with sausage gravy
 - Bacon & sausage
 - Breakfast potatoes
- Waffle station with butter, syrup, strawberries, chocolate chips and fresh whipped cream

Lunch Selections:

- Caesar Salad with homemade croutons & Parmesan cheese
- Chicken Pesto with gemelli pasta in a light pesto cream sauce with Parmesan cheese
- Carving Station: Herb-marinated sirloin & smoked pork loin
- Dessert Station with the chef's selection of assorted cheesecakes, and chocolate favorites
- Coffee, juice & non-alcoholic beverages included

++10.5% Sales tax & 20% gratuity

will be added to the bill

Book Club

Tuesday, May 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 each month in the meeting rooms at the club. If you have any questions or would like to find out what this month's reading is, please contact Vicky Zimpfer at zimpfer@bellsouth.net.

Summer Kick-Off Party at The Main Pool

Sunday, May 17
■ 11:30 a.m.-1:30 p.m.

Splish, splash! Come dive in for the summer kick off bash! Join us as we kick off summer with a bang! Don't miss out on all the fun! We will have fun games, a jump castle and a performance by The Bootless Band.

Don't forget your swipe cards to enter and get here early for the best seats!

Sunset Family Dinner

Featuring All-You-Can-Eat
Family-Style Chicken

Saturday, May 23 ■ 7 p.m.

Women Who Wine

Kentucky Derby Themed Party
Tuesday, May 12

\$22

Tax & gratuity included

Dinner

- Derby Salad with romaine, mango, berries, chicken & melon with a homemade poppy seed dressing
- Carving Station

Featuring: Bourbon marinated pork loin with a sweet chutney & herb-encrusted sirloin with creamy horseradish

- Roasted Potatoes with fresh herbs & olive oil
- Green Beans Almondine

Dessert

- Chocolate Bourbon Pecan Pie with fresh cream topping

Cocktail Special

- Mint Julep Manhattan, \$6

Come to the club and enjoy a family friendly, buffet dinner and enjoy our amazing sunset views from the clubhouse

Reservations, 843-856-9378

Adults, \$15.50 ■ Kids, \$8.99

- Mixed Green Salad: Romaine, diced tomatoes & cucumbers, red onion with creamy ranch or red wine vinaigrette
- Garlic Rolls: Soft rolls brushed with garlic parsley butter
 - Oven-roasted chicken
 - Penne marinara with our homemade sauce & grated Parmesan cheese
- Roasted red bliss potatoes
- Homemade bread pudding with sweet vanilla glaze

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Wild Rice Salad

Ingredients:

- 1 c. Long-grain wild rice (6 ounces)
 - Kosher salt
 - 2 Navel oranges
 - 2 Tbl. Good olive oil
- 2 Tbl. Freshly squeezed orange juice
 - 2 Tbl. Raspberry vinegar
 - 1/2 c. Seedless green grapes, cut in half
 - 1/2 c. Pecans, toasted
 - 1/4 c. Dried cranberries
- 2 Tbl. Scallions, white and green parts, chopped
- 1/2 tsp. Freshly ground black pepper

Directions:

- 1 Place the wild rice in a medium pot with 4 cups of water and 2 teaspoons of salt and bring to a boil. Simmer uncovered for 50-60 minutes, until the rice is very tender. Drain well and place the rice back in the pot. Cover and allow to steam for 10 minutes.
- 2 While the rice is still warm, place it in a mixing bowl. Peel the oranges with a sharp knife, removing all the white pith. Cut between the membranes and add the orange sections to the bowl with the rice. Add the olive oil, orange juice, raspberry vinegar, grapes, pecans, cranberries, scallions, 1/2 teaspoon of salt, and the pepper. Allow to sit for 30 minutes for the flavors to blend. Taste for seasonings and serve at room temperature.

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Memorial Day Pool Party

Monday, May 25 ■ 11:30 a.m.

Come to the Main Pool to celebrate Memorial Day with us! We'll be serving up tasty beverages and snacks

★ ATHLETIC CLUB MEMBERS & PREMIER MEMBERS



Have some fun by the Pool on Memorial Day!

at the Snack Shack and DJ Doug will be playing your favorite tunes.

No tickets required – just your swipe card and guest passes! See you there!

AROUND THE CLUB

DWG Dunes West Grille

First Friday of every month
Kitchen open, 5-9 p.m.
Band, 6-10 p.m.

Reservations, 5-8:30 p.m.
Call 843-856-9378

DWG will be featuring:

- A live band
- Happy hour drinks & prime rib
- Happy hour for members, 4-7 p.m.

Band Schedule:

Friday, May 1: Bootless Band
Friday, June 5: Molly Durnin
Friday, July 3: One Kool Blow
Friday, August 7: Josh Hughett

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, \$15
12 oz. King Cut, \$19

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

Fried Seafood Platter

Shrimp, flounder & calamari, with hand-cut fries, cole slaw & tartar sauce, \$18

Grilled Chicken Au Poivre

Two char-grilled marinated breasts with au poivre sauce, mashed potatoes & fresh green beans, \$12

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

Thursday Dinner

Low Country Menu

Half price bottles of house wine

Appetizer:

Shrimp & Quinoa Salad on a bed

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Dry Storage Payments Were Due March 1

As a reminder, Dry Storage Invoices were due in full by March 1! Decals will not be mailed until payment is made.

Ⓞ GOLF MEMBERS ONLY

Promotional copy???

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of baby spinach drizzled with a homemade lemon vinaigrette, \$9

Entrées:

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

Dunes West Mac & Cheese

Our four cheese blend with grilled chicken & baby peas, \$13

Peach Tea Pork Chop

Marinated in lemon, rosemary & sweet peach tea, served with Southern-style green beans & Old Bay-buttered potatoes, \$14

Low Country Boil

Shrimp, smoked sausage, potatoes, corn on the cob in a homemade seafood broth, \$16

Coffee Crusted Strip Steak

11 oz. New York Strip with a ground coffee, brown sugar, garlic & crushed red pepper rub, served with a grilled tomato & thin cut potatoes topped with blue cheese crumbles & a side of gravy, \$20

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 blue cheese, diced tomatoes, bacon bits & blue cheese dressing

Spring Fitness Session

March 16 – June 13

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

Schedule:

Monday:

Yoga, 8 a.m.
Pilates, 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.

Saturday:

Saturday Surprise,
8:30 a.m.

Fee for Fall Fitness Session:

Unlimited Classes:
\$145 per person
You will receive three



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

months of unlimited classes, six days per week! Only \$1.50 per class!

Drop-In Fee: \$10 (for those who just want to come every now and then!)

Sign up today for our Spring Fitness Session! Limited availability – call or email today! 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.



Aqua Fitness

Our Aqua Fitness Classes begin in May and we want you to join in on the fun!

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*See you
at the pool!*



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Check out the exciting classes that we are offering:

Aqua Fitness – Adults

Monday & Wednesday ■ 4-5 p.m.
Hartford Village Pool

Tuesday & Thursday ■ 4-5 p.m.
Thomas Lynch Hall Pool**

**Session 1 cannot hold class at Thomas Lynch Hall Pool until June 8 due to Swim Team Practice. Starting June 8, the schedule will be as stated above. May 18 – June 4, each class will be at Hartford Village Pool.

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

Session Fees:

May 18-July 9: \$80 per person
July 13-September 3: \$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 triathalons, 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.

Swim Season 2015 – Important Information!

Athletic & Premier Members –

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

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 Rich Rankin at 856-9000 or rich.rankin@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

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 Pools are open! Be sure to pay your balance in full so we can activate your pool cards!
- 3 Please inform us if you change your email address. It is important that we have the correct one on file for billing purposes.

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

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4:15 Pace of Play

leave a message with a) your first and last name, b) your guests first and last names (ALL of the guests), c) the period of time that they will be visiting (example 3/21-3/25).

We can use one guest pass per five 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 account and you will be charged accordingly per pass if you have not purchased additional guest passes.

KE Camps 2015

June 8 – July 31

Camp is getting closer and those

summer days will be here before we know it! Now is your chance to join the fun at Camp Dunes West! With bright and sunny weather in sight, it is the perfect time to solidify your child's summer plans. What could be better than spending summer days surrounded by camp friends, immersed in a wide variety of engaging activities, while under the care and supervision of our dedicated, all-adult staff?!

The camp program, for children ages 4-10, will consist of swimming, group tennis instruction, martial arts, special events, arts & crafts, fun with foods, super science projects, group games, camp traditions, and more. Two highlights of the program include weekly Wacky Wednesday theme days and Thankful Thursday community service projects. Please take a look at the KECamps website for complete descriptions of these extra special days.

Weekly sessions are available from June 8-July 31. The structured program operates from 9 a.m.-4 p.m., Monday-Friday with complimentary before and after-care available. Daily enrollment is available as well, allowing you to choose whichever option is most convenient. Registration is flexible and you may enroll for as many weeks at a time as you like. Enrollment for Summer 2015 is currently open and online sign-up is a breeze. Please call KECamps at 877-

671-2267 or

visit them on the web at www.kecamps.com to inquire or enroll today!

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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 17 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.

We look forward to seeing all of you enjoying the pools in the coming months!

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

4:15 Pace of Play

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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 is posted here.

Dunes West Tennis:

This is our newest page and is for all things tennis! Jack Miller, 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!

KE Camps Dunes West:

This page is specifically for all of the parents who have registered their child in our summer camp program.

This page is edited by our Camp Counselors and will keep you up to date with items that should be brought to camp, fun upcoming events and pictures of your children having fun at camp!

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.

Sign Up for Your British Soccer Camp

June 8-12

The Club at Dunes West
3293 Harpers Ferry Way
Mt. Pleasant, SC 29466

Over 120,000 players will register for a British Soccer Camp this year, register now and avoid being disappointed!

Find out why Challenger are the most popular soccer camp in North America!

Free jersey deadline is
Friday, April 24!

All camps feature:

- All British coaching staff
- Free camp t-shirt
- Free soccer ball
- Free soccer poster

For more information contact
Neal Cavallon 843-881-8735



- Dinner rolls with butter
- Southern-style fried chicken
 - BBQ ribs
- Homemade mac & cheese
- Fresh green beans with bacon
 - Peach cobbler

Men's Golf Event Gentlemen's Invitational 2015

May 28, 29 & 30

The Staff of Dunes West and Tournament Committee take great pleasure in inviting you and your guest to participate in Dunes West Golf Club's 22nd Annual Dunes West Men's Invitational

The Tournament Committee and the entire Dunes West staff will do everything possible to make this year's tournament a first class and memorable occasion. Good luck!

Deadline, May 15

If you have any other questions, please call the Dunes West Pro Shop at 843-856-9000.

GOLF NEWS

Couples Golf

Sunday, May 17

Dinner price, \$38 per couple

Menu:

- Grille Room Salad: Diced tomatoes, cucumbers, blue cheese crumbles & homemade mustard vinaigrette

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May

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1

2

Join us for a great 2013!

Add art

First Friday with
The Bootless Band
RSVPs 856-9378
Yoga, 8 a.m.

MGA, 7:15-8
Kentucky Derby Party
RSVP 856-9378
Saturday Surprise,
8 a.m.

3

4

5

6

7

8

9

MGA,
7:15-7:42

SMGA, 8:27-9:30
LGA, 8-8:18
Yoga, 8 a.m.
Pilates, 9:15 a.m.

LGA, 8:27-8:54
SLIP, 9:03-9:21
GOB, 9:57-10:24
Cardio Sculpt,
8:30 a.m.
Adults Cinco De Mayo
Party, 6 p.m.

SMGA, 8:27-9:30
LGA 9 & Lunch,
9:39-9:57
Pilates, 9 a.m.

Ladies Member-Guest,
8:27
GOB, 2:09-2:36
MGA, 6:03-6:21
Thursday Dinner
5-8:30 p.m. RSVPs
856-9378
Cardio Sculpt,
8:30 a.m.
Power Yoga, 6:30 p.m.

SMGA, 8:27-9:30
LGA, 8-8:18
Yoga, 8 a.m.

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

10

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12

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MGA, 7:15-7:42
Mother's Day Brunch
RSVPs 856-9378

SMGA, 8:27-9:30
LGA, 8-8:18
Yoga, 8 a.m.
Pilates, 9:15 a.m.

LGA, 8:27-8:54
SLIP, 9:03-9:21
GOB, 9:57-10:24
Women Who Wine
Spring Dinner – RSVP
to dinnerwithdiana
@gmail.com
Cardio Sculpt,
8:30 a.m.

SMGA, 8:27-9:30
LGA 9 & Lunch,
9:39-9:57
Pilates, 9 a.m.

LGA, 8:27-8:54
SLIP, 9:03-9:21
GOB, 9:57-10:24
Claims Assoc., 1 p.m.
MGA, 6:12-6:30
Thursday Dinner
5-8:30 p.m. RSVPs
856-9378
Cardio Sculpt, 8:30 a.m.
Power Yoga, 6:30 p.m.

SMGA Ryder Cup,
8:27
LGA, 8-8:18
Yoga, 8 a.m.

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

17

18

19

20

21

22

23

MGA, 7:15-7:42
Couples Golf, 1 p.m.
Summer Kickoff Party,
11:30 a.m.

SMGA, 8:27-9:30
LGA, 8-8:18
Yoga, 8 a.m.
Pilates, 9:15 a.m.

LGA, 8:27-8:54
SLIP, 9:03-9:21
GOB, 9:57-10:24
Cardio Sculpt,
8:30 a.m.

SMGA, 8:27-9:30
LGA 9 & Lunch
Tournament, 9:39
Pilates, 9 a.m.

LGA, 8:27-8:54
SLIP, 9:03-9:21
GOB, 9:57-10:24
Thursday Dinner
5-8:30pm RSVPs
856-9378
Cardio Sculpt,
8:30 a.m.
Power Yoga, 6:30 a.m.

SMGA, 8:27-9:30
LGA, 8-8:18
Yoga, 8 a.m.

MGA, 7:15-8
Sunset Dinner RSVPs
856-9378
Saturday Surprise,
8 a.m.

24

25

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27

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30

MGA,
7:15-7:42

SMGA, 8:27-9:30
LGA, 8-8:18
Memorial Day Pool
Party
No Fitness Classes
Due to Holiday

LGA, 8:27-8:54
SLIP, 9:03-9:21
GOB, 9:57-10:24
Cardio Sculpt,
8:30 a.m.

SMGA, 8:27-9:30
LGA 9 & Lunch,
9:39-10:24
Pilates, 9 a.m.

LGA, 8:27-8:54
SLIP, 9:03-9:21
GOB, 9:57-10:24
Men's Member Guest,
1 p.m.
No Thursday Dinner
Due to Private Event
Cardio Sculpt,
8:30 a.m.
Power Yoga, 6:30 p.m.

Men's Member
Guest – Course Closed
Yoga, 8 a.m.

Men's Member
Guest – Course Open,
4:24 p.m.
Saturday Surprise,
8 a.m.

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MGA,
7:15-7:42