



TEE TIMES

VOL. 11, ISSUE I

CAROLINA COLOURS GOLF CLUB

JANUARY 2021

INSIDE THIS ISSUE

Column	Pg
Ken Gerhardt's Comments	1
Star Performers	2
2021 Schedule	3
Handicap Notes	4
Tournament Committee Updates	4
Terri's Tips	5
Golf Advisory Committee	6
LGA/MGA	11
Chef's Corner	13

Ken Gerhardt's Comments

As I sit here starting to write my final article for 2020, one has to reflect on just how challenging the year has been. Doing the best we can to stay clear of COVID 19 and trying to run a business was a challenge to say the least. What made this bearable was all the amazing support from our membership on a daily basis. You've made it a true blessing to come to work each and every day. THANK YOU!

Walking Cart Paths During Non-Business Hours

I have been asked to remind everyone what our policy is to walk/bike the cart paths. During the months of December through February we allow the following:

- Monday the front nine until 10 am as play starts at 10. The back nine sunrise until 11 am.
- Tuesday through Sunday anywhere on course until 8 am. Must be off the course by 8 am.
 - As we shotgun groups on Tuesday through Sunday it's important to not be on the course after it opens at 8 am.
 - If in doubt, please call the Pro Shop to check the hours. These hours will change March 1st. An update will be sent in the March newsletter.

As always please be on the lookout for our staff and equipment. You will see us before we see you.

Continued on Page 2

CAROLINA COLOURS GOLF CLUB

3300 Waterscape Way
New Bern, NC 28562

Pro Shop 252-772-7022 ext 1
Fax 252-772-0202

www.carolinacoloursgolfclub.com



CAROLINA COLOURS
GOLF CLUB

Ken Gerhardt's Comments (continued from page 1)

Katherine's Café

Hours will remain Tuesday through Saturday 11 am to 3 pm. Please come out and show your support. We are still running the two-punch special on the punch cards.

Projects

Our projects are moving along. This would not be possible without all the volunteers that come out rain or shine to help. If the weather will hold out, we might finish the clearing by the end of January or early February 2021.

Josh's team will start the process of repairing a number of bunkers as well as clearing the outflow drains on a number of holes. This will start in January. Please note, when you see us in a bunker we really can't stop as we would not get anything finished. Our team knows to keep an eye out to hopefully avoid getting hit. This means the equipment will also not stop so there might be some noise in your swing. I apologize for this but need to continue in order to try and finish as many projects as possible this winter.

Our Newsletter Tee Times

This would not be possible without the dedication of Stanley Trice. He gathers all the information and puts it all together each month. This is a huge task as there are months we send him a number of changes once we have our group proof it. From a period here to a comma there to a sentence or worse a paragraph replacement, he makes all the changes.

Stanley, thank you for all your energy and support for doing this newsletter each and every month. It is greatly appreciated.

News from the Pro by Brian Joyner

Red Raffle Winner

Every year we do a drawing at the end of the year for the overall Red Raffle Winner. Each Friday we select a name based on the people who wore red that Friday and the winner of the weekly raffle gets entered into the year-end raffle. The winner of the year end raffle receives a \$250 gift certificate to the Pro Shop.

This year the winner comes from Good Friday on April 10th and the winner that day was **MARILYN JARVIS!**

Congratulations Marilyn, and thank you to all the members that showed up on Friday's with their red on this year, it's always great to see!

2021 Schedule of Events *

Date	Tournament	Start Time
February 7	Chili Bowl Scramble	12pm Shotgun
February 27	Three Club Event	12pm Shotgun (food)
March 15	Dice Game	9am Shotgun (food)
March 21	Couples Event	3pm Shotgun (9 holes)
March 22 & 23	Aerifying Greens	Course Closed
April 11	Play with a Masters Pro	Tee Times
April 18	Couples Event	2pm Shotgun
May 3	Heaven and Hell	9am Shotgun (food)
May 16	Couples Event	2pm Shotgun (18 holes)
May 23	Ryder Cup	9am Shotgun Start
June 5 & 6	Member-Member	8:30 Shotgun (food)
June 20	Couples Event	3pm Shotgun (9 holes)
June 29	Beat the Pro	8am Tee Times
July 4	Flag Tournament	8am Tee Times
July 18	Couples Event	2pm Shotgun (18 holes)
July 24-Aug 14	Match Play Tournament	
August 15	Couples Event	3pm Shotgun (9 holes)
Sept 7 & 8	Aerifying Greens	Course Closed
September 3	Nine and Dine	2:00 Shotgun
September 20	Equity Golf Tournament	9am Shotgun
October 9 & 10	Member-Guest	8:30am Shotgun (food)
October 17	Couples Event	2pm Shotgun (18 holes)
October 23 & 24	Club Championship	8am Tee Times (food)
November 15	Pride Appreciation Tournament	9am
November 21	Couples Event	2pm Shotgun (9 holes)

*Does not include outside tournaments

Terri's Tips!

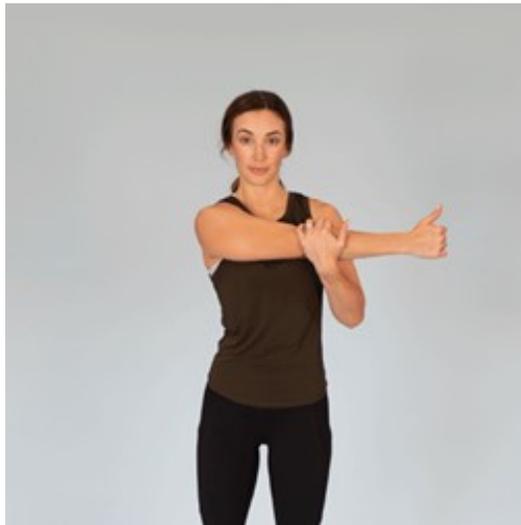
Maintain Your “Golf Body” Through the Colder Months

I have many students ask what they can do when they can't play for an extended amount of time due to the cold/wet weather.

It's important to keep your golf motion and muscles in shape and moving. Mobility and Strength are key. You must be able to move your golf motion! An extra bonus is to move your golf motion with a bit of strength behind it. We are not talking about going to the gym, or spending hours on this. Literally, if you can spare 15 to 30 minutes a day in your own home, it will keep you in check and balanced.

Below are a few moves that are easy and I would recommend. Most focus on using your core and moving your rotation. Two components to stability, balance and strength.

As with all the moves, do at your own pace. You can perform the moves with or without resistance/weight.



Stand Straight. Right arm extended, thumb pointing up. Grab back of your right elbow with left hand. Rotate left, keeping right arm straight. Let your eyes/head swivel with you. **DO NOT KEEP YOUR HEAD STILL!** This is a great move for stretching and to feel a rotation. Repeat with the other side and arm.

Continued on Page 5

Terri's Tips!

(continued from page 4)



Stand straight, arms extended straight out in front of you. Grab a light weight, or a fitness ball. Keep arms straight out in front of you, rotate to the right. Again, let eyes and head swivel with your upper spine. Come back to center. Now rotate into your left side, again letting eyes and head go with your rotation. (This should sound familiar for those who have taken coaching sessions with me!)



A little more advanced. If you don't have an exercise ball, you can do this lying on the floor or on a mat. Grab a light ball or a light weight, you may also do this with no resistance. Lie with your entire upper back and head on the ball. Arms at this point are straight and pointing up to the ceiling. While keeping arms straight, rotate to the left. Return to center, perform to the other side.

Continued on Page 6

Terri's Tips!

(continued from page 5)



This would be a walking lunge (step) with rotation. Start out standing straight with both arms out to your side. As you step forward keep arms straight out to your side, rotate your torso over the leg that is bent. Make sure your head and your eyes rotate with your torso. Do not keep your eyes looking forward. You want your rotation to move your arms. Be aware if you are only moving arms and not your trunk. If so, start over.

It is ok if you can't get to the 90-degree angle, do what is comfortable for you. Come back to a standing position and repeat over the other leg. This exercise uses your legs and your rotation at the same time. Which is important in your golf motion.

Start with 10 repetitions on each side. Work your way up to as many as 20 on each side. If you feel comfortable you may want to add some resistance to the moves.

Please feel free to contact me with any questions regarding this article, coaching sessions, etc. Remember, we coach juniors, men, and women. Our Carolina Colours School of Golf is off to a great start and we anticipate it taking off come this Spring and Summer!

[Email: Carolinaschoolofgolf@gmail.com](mailto:Carolinaschoolofgolf@gmail.com)

Carolina Colours Golf Advisory Committee Wednesday, December 16, 2020



A regularly scheduled meeting of the Carolina Colours Golf Advisory Committee (GAC) was held at 3:30 p.m. on Wednesday, December 16, 2020, in the Pavilion ballroom. Social distancing was maintained. Committee members Freddie Lankton, Steve Forney (chair), Amy Trainor, and Jeff Ackerson were in attendance. Also attending were Ken Kirkman, Ken Gerhardt, Josh Purvis, and Brian Joyner.

Chairperson Forney called the meeting to order. He asked for staff to give their reports.

The following reports were given by Gerhardt, unless otherwise noted:

- ✓ **PLAY AND REVENUE:** November was a good revenue month, with unusually warm, dry weather (24 sunny days). Total rounds were up almost 500 from last year and about 250 over budget. The result was operating revenue about \$10,000 higher than forecast, with expenses down around \$1,500. The bottom line is that year to date operations are positive, with a realistic chance of a near break even year, much better than anticipated. Gerhardt noted that there are no changes planned in operational procedures related to Covid unless the State mandates such.
- ✓ **MARKETING:** Radio promotions are on-going. Holiday specials are being promoted on Facebook and in contacts with our mailing list. An ad hoc committee consisting of Don Frazier, Freddie Lankton, Jeff Ackerson, Jim McGraw, and Ken Gerhardt have met twice and will continue to meet at least through the first quarter of 2021. Lankton stated the group has a primary focus on increasing membership, revenues, course conditions, and amenities. The objective is to have a set of recommendations to this Committee and to ownership by the end of the first quarter of 2021.
- ✓ **MEMBERSHIP:** Unfortunately, we had 2 equity resignations (members moved away) and 2 associate membership non-renewals (one health, one not playing enough golf to warrant membership). We added one single associate. Gerhardt circulated the proposed letter to go to members regarding the proposed 2021 rates that have been circulated to the Committee in advance of the meeting. It was agreed that the letter should go out immediately. There are small increases in dues and fees for members and non-members.

Continued on Page 8

Carolina Colours Golf Advisory Committee (continued from page 7)

- ✓ **GROUNDS:** Purvis indicated that his crew was behind schedule on winter projects due to wet weather in December and the fact that several employees have had to quarantine after being exposed to Covid. Only one member of the maintenance staff tested positive and that employee is back to work. Weather permitting work will start on the bunkers on hole 1 next week. An excavator will be leased for the month of January, during which time several of the sunken drains will be repaired. Those on holes 10, 15, 17 and 18 are being targeted. Those that don't get repaired this year will get dirt filled and sod laid which hopefully will remain stable for a period of time sufficient to allow future permanent corrections in the next few years. Gerhardt noted that one of the several reasons some trees and vegetation adjoining the rough is being removed is to locate and clean-out the areas where drains outflow. This is necessary to do before bunkers are repaired and new sand deposited. Other reasons are improved air flow and sunlight as well as pace of play in areas where balls are frequently hit. The volunteers who are working with our crew to clear these areas and operate the chipper are doing a great job.
- ✓ **PRO SHOP:** Joyner reported that the Christmas sale, held this year over a multi-day time frame, saw great activity the first 2 days, then little more. About \$5,900 in credit book money was expended. There are some new clothing items as yet undelivered to the Pro Shop. There is no tournament activity scheduled for December.
- ✓ **TOURNAMENT COMMITTEE (TC):** Trainor stated that the committee will next meet on January 6, with the next event scheduled for February 7. The Pride tournament that was cancelled due to weather will not be rescheduled this year.
- ✓ **MGA:** Frazier sent in a report as follows: winter rules are in effect; membership remains at 74; dues for 2021 will be collected starting in January; MGA and LGA made nice contributions to the financial well-being of Brian, Terri, Katherine, and John.
- ✓ **LGA:** The December 10 scramble and lunch were enjoyable. Next year's officers are: Lankton, president; Toth, vice-president; Metzbower, treasurer; McGraw, secretary and Yadach, LGA representative on the Tournament Committee.

Continued on Page 9

Carolina Colours Golf Advisory Committee (continued from page 8)

The Committee then discussed the upcoming annual equity member meeting, which can not be held in person due to Covid. It was determined that Forney and Gerhardt would investigate holding the meeting on Zoom or a similar format in early February. Greg Reinecke may be asked about his Follow.me application. A trial run should be held before Christmas if possible.

In response to a question about bunker conditions after rain, Joyner noted that by local rule any ball in a bunker that is in water or mud may be, without penalty, moved no closer to the hole in the bunker or, if that is not possible, out of and behind the bunker. This should be reiterated in the newsletter.

There being no further business, the meeting was adjourned.

Military Day!



Active military & all first responders may play Monday, Tuesday, Wednesday, & Thursday for \$33
Friday, Saturday, & Sunday for \$35

Retired military may play on Monday and Thursday for \$33

Join us in showing respect for our nation's heroes by wearing red on Friday!

Ken Gerhardt

General Manager

kgerhardt@carolinacolours.com

Brian Joyner

PGA Head Golf Professional

bjoyner@carolinacolours.com

Terri Migliaccio

Assistant Golf Professional

tmigliaccio@carolinacolours.com

Josh Purvis

Golf Course Superintendent

jpurvis@carolinacolours.com

January

Hours of Operation

Pro Shop

Mon 9:00 am–5:00 pm

Tues–Sun 7:30 am– 5:00 pm

Driving Range (must check in with Pro Shop prior to 5:00pm)

Mon 9:00 am–5:30 pm

Tues–Sun 7:00 am– 5:30 pm

Carolina Colours Ladies and Men Golf Association (LGA & MGA)

LGA

December brought us a mix of cold, warm, and wet weather. We had a particularly beautiful day for our end of year Scramble on December 10, and then enjoyed each other's company at our socially distanced Holiday Luncheon and Meeting outside. A wonderful boxed lunch was prepared by Chef Katherine. Thanks to Ken G. and staff for making this holiday luncheon work safely!

End of year highlight awards were presented as follows:

- Flight C Most Improved 1st – Joyce Pelletier, 2nd – Lucy Dlhopsky
- Flight B Most Improved – 1st – Leigh Toth, 2nd – Tracy Carruthers
- Flight A Most Improved – 1st – Sandy Berberich, 2nd – Leigh Eckle
- Most Chip Ins during LGA play was awarded to Marilyn Jarvis & Karen Lankton (tied with 8)
- Greatest Number of Rounds during LGA play was awarded to Tamara Paquee with 56 out of 61 possible!

New officers were elected for 2021. If you would like information about the LGA, please contact any of the board members listed below. We are an easy-going group of ladies of all ages and skill levels who enjoy playing golf together on Tuesdays and Thursdays from March to mid-December (and informally any other times!).

- President – Karen Lankton – flanktonsn@gmail.com, 860-836-5375
- Vice President – Leigh Toth – leightoth@yahoo.com, 845-309-4528
- Secretary – Linda McGraw – linda.mcgraw02@verizon.net, 703-963-4398
- Treasurer – Sarah Metzbower – jsmetzbower@gmail.com, 304-283-7675
- LGA Rep to Tournament Committee – Cheryl Yadach – yadao503@gmail.com, 860-810-3784

LGA tee times for January continue to be reserved starting at 10:00 a.m. LGA members who wish to play, please sign up online as usual. There will not be any formal games this month, but if the weather looks promising, sign up to play with other ladies who want to play!

I think we are all glad we've made it thru 2020 and it's coming to a close. Looking forward to better times in 2021!

MGA (see page 11)

LGA Games for January

*There are no formal
LGA Games scheduled*

**LGA
January
start times**

are at

10:00 a.m.

**MGA
January
start times**

are at

10:00 a.m.

MGA Games for January

*MGA Games Included in
MGA Article*

MGA (continued from page 10)

Last month we mentioned how quickly summer had “come and gone” and that we were experiencing a harbinger of things to come. Well, winter golf has arrived! Cold, wet, and windy along with comments from the local weather gurus that the first half of December is the coldest early winter in the past 10 years in eastern NC.

But, members of the Colours MGA persevered and were able to play on good greens, continue to record poleys, enjoy the camaraderie of other members, and look forward to spring which is only a few months away.

As this year comes to an end, we finish the season with a total of 74 members; we have only 1 member (Luigi Montesano) who’s qualified for the Wednesday hole-in-one contest to date and NO qualifiers in the Friday game; we’re looking forward to 2021 which we all hope will be a healthy, fun, more normal year for all of us; and we’ve elected a new MGA Board for 2021. And, one more reminder, it’s not too late to sign up for the 2021 hole-in-one contest. Contact the Pro Shop to sign up and pay your fee.

The new 2021 MGA board is comprised of Don Frazier, President; Mike Paquee, Vice President; Scott Carruthers, Treasurer, and Kelly Halbig, Secretary.

A quick reminder that the 2021 MGA dues of \$20 are due and payable by January 31st. You can drop off your payment at the Pro Shop or give said payment to any of the board members.

Plan to look for 2021 MGA opening day information in February edition of the Colours Tee Times.

The Wednesday games for January are as follows:

- Jan. 6th - Two man Texas Scramble; use best drive of twosome and then play your own ball through the putt
- Jan. 13th - Modified Stableford/ABCD; 3 pts. for net eagle, 2 pts. for net birdie, 1 pt. for net par, 0 pts. for net bogey, -1 pt. for net double bogey, -2 pts. for net triple bogey
- Jan. 20th - Triple 6; 6 holes alternate shot, 6 holes best ball, 6 holes scramble
- Jan. 27th - Lone Ranger 4 man; low net + Lone Ranger net; A gets 1, 5, 9, 13, 17; B gets 2, 6, 10, 14, 18; C gets 3, 7, 11, 15; D gets 4, 8, 12, 16

In closing, your MGA board thanks all of the Colours MGA members for their support during this challenging year. And, we again thank the Colours staff for their flexibility and support. We look forward to 2021 and a year of great golf.

Best wishes to all for a Merry Christmas and a Happy New Year!

CHEF'S CORNER

Bourbon & Brown Sugar Sweet Potatoes (serves 6 to 8 people)

This month's recipe is by special request. It seems like there's a lot going on, but I can promise you that it's all worth it. You can always use a mix of white and sweet potatoes, whatever you have on hand.

Ingredients

- 6 to 8 medium sweet potatoes, scrubbed clean
- 3 tablespoons melted butter
- 3 tablespoons stone ground mustard
- 2 teaspoons cinnamon
- 1/4 to 1/2 teaspoon cayenne pepper
- Kosher salt to taste
- 1/2 teaspoon freshly cracked pepper
- 3 tablespoons bourbon
- 2 tablespoons maple syrup
- 2 tablespoons brown sugar

Directions

Preheat oven to 400F.

Cut potatoes into large chunks, about 2 inches. Mix all other ingredients together in a bowl. Place aluminum foil over a rimmed baking sheet and spray with non-stick spray. Toss the potatoes with about half of the mixture and spread evenly onto the pan. Roast the potatoes for about 30 minutes. Remove from oven and pierce with a fork. If potatoes are done, drizzle with remaining mixture and bake another five minutes. If potatoes aren't tender just continue until they are cooked through. Allow to cool for a few minutes before eating.



Katherine's Café

Opened

Tues—Sat

11:00 am—3:00 pm

Made-to-order sandwiches and a side or salad will be prepared for you by Chef Katherine.

Call in your order from the course (look for the sign near the 9th tee box) and pick up your order when you make the turn.

You may charge your order to your Golf Club membership account. Otherwise, cash or credit cards only.

252-772-7022 ext 4

Katherine's Café
at

