



Centennial Valley

February 2012

From Reggie...

What a difference a year makes!!! This time last year it was super cold and nasty outside. 2012 has started off with a fair amount of nice golf days and even more tolerable golf days. I really hope that this trend continues. It is good to see our members out at the Club enjoying some "bonus" golfing days during the winter months.

February is our final month of preparation for the upcoming 2012 country club peak season. Once the calendar rolls over to March we cease preparation and begin execution. We have a full slate of golf events, social opportunities, family events, junior programming, exercise programming, golf instruction, pool events and dining opportunities slated for you this year. We have kept most of your favorites, tweaked some other events and added some new stuff. I am excited about the upcoming season, but you all know that I always am!!

One significant change this year will be in our swimming pool operation. Historically, country club swimming pools have been open from Memorial Day to Labor Day. Over the past few years, due to extreme heat, I feel like our member's pool season has been cut short. It just gets too hot to enjoy the swimming pool. This year I am doing something a little different. We will open the pool on Spring Break week! It will be open that entire week and then will be open every weekend until we go to full time pool hours on May 18th!!! Yes, the water will be cold, but the Centennial kids don't care!! I feel certain that we will have some nice weekends for the kids to swim and the parents to come out and enjoy the Club!!

The next time you are at the Club you will probably notice a little freshening up, especially downstairs. We are painting everything!! The best part is that to save money, we are doing it ourselves! Everything really looks nice, and I think you will notice a marked improvement. The kid's room is going to

be great. Fresh paint, chalkboard wall, two new Wii's, a Lego station and some other cool stuff!! Like I said earlier, this month we will be making final preparations for the upcoming season. Please feel free to shoot me an email with any suggestions or ideas for the season. Again, I am looking forward to 2012. I hope to see you all very soon!!!!

Reggie

501 513-2522

From Our Pro...

Ole Man Winter has been very kind to the golfers of Centennial so far this year. February can have some of the coldest days of each winter, but there should be some really nice days also. Everyone should dress for the day and make plans to come out and play this month.

Each February we update our list of golf members who use the USGA Ghin Handicap service through our Club. We will maintain our current list of members and if you would like to add this service please give the Golf Shop a call or email us at centennialgolf@lindseymanagement.com.

The Club's 2012 Tournament Schedule is complete and posted in the Golf Shop. Copies will be available in the Golf Shop and on our website: centennialvalleygolfac.com

Yes, you do need new golf grips before the golf season starts!! Those old, hard, worn-out things are costing you strokes every round. Now is the ideal time to regrip! We have many new tacky and soft style grips that seem to come in every color. We can also help you select the proper grip size to fit your hands; this too will cut strokes off your score and make your swing more tension-free. Next time you come out to play, please check out our wide selection of grips and make a change that you can feel immediately.

Happy Valentine's Day,

Mike Smith

PGA Director of Golf

From the Course...

January was a Lamb; I wonder where the Lion is? I have never seen a winter like this. Everyday has been a workday and has allowed us to get so much

done. The sand traps are complete. Drainage was replaced in five of them and additional sand was added to the rest. Every sand trap had something done to it! We just completed planting an additional 165 trees and I'm sure most of you are already aware of the work that was done on #17 and at #1 tee box. Spring weed control is in high gear as we speak and we are preparing for our annual course-wide aeration. We still have some drainage work and renovation that we need to complete from the first projects, including cart path repair. But overall, I would say this has been one of the most productive off-seasons we have had. Thanks for all your patience...

February Lawn Tip:

Scott's chemical company will tell you, in this climate, to have all of your preemergent chemicals out by Valentine's Day. I guess that is as good a date as any. There are some relatively new chemistries out there that are very effective, very safe and used at low rates that makes them safer and better for the environment. This class is known as Sulfonylureas and includes common names such as Monument, Ally, Revolver, Corsair and Escort. Simply follow label directions and they will do an outstanding job of cleaning up most yards. As always, if I can help, feel free to call.

*Golfers enjoy the course,
Junior*

From the MGA...

I hope you have had a great beginning to 2012! I am very excited about what this year has to offer for the MGA. I also hope you were able to take advantage of some of the warm January days we had by hitting the course. I can't believe it, but our first tournament, the Super Bowl Scramble, is this month! We had a full field signed up for this tournament by the middle of January, so we are already starting out this year with great anticipation.

Please don't hesitate to email me with any questions or comments; shg417@yahoo.com. I am including our board members and positions. I look forward to a great 2012!!

Here are our 2012 MGA Members of the Board:
Sam Glover – President

David Elms – Vice President
Chris Reese – Secretary
Joy Gurley – Treasurer
Wade Griffin – VP of Membership
Tournament Committee:
Bryan Quinn
Kevin Leach
Alan Ramsey

*Sam Glover
MGA President*

From our Seniors...

Isn't it great to see the golf course dry out so we can play some real golf on these great winter days without having to play from casual water? So far, this has been a pretty good winter for golf. Don't remember seeing this many 60 and even 70 degree days this time of year. We hope you are able to get out and enjoy them.

By the time you get this, we will be gearing up for our monthly senior events. We hope to have the first one Wednesday, March 21st. We will probably play some kind of individual format with a blind draw in order to see how everyone is playing this time of year. We welcome all senior golfers over 50 years of age to participate. We play the third Wednesday of each month and play several different formats throughout the year. And we usually have a pretty good time. The cost to participate is \$20. This gives you a chance to win Golf Shop credit and includes a good lunch! Everyone has a chance to win. No matter if you have a 1 or 21 handicap. If we play teams we pair up A, B, and C players; if we play individual formats, we have a blind draw. Of course, the better you play in your division, the better chance you have to win. We post a sign-up sheet on the Golf Shop bulletin board on Tuesday a week before the event to be held the following Wednesday. This gives you a week to sign up. If you are interested in playing, call Bob Garrett @ 327-6153 or Corky Meins @ 327-1273. You may simply tell them at the Golf Shop that you are interested, leave them your number and we will call you. Hope to see you on the course!

*Have a good round,
Bob*

From the WGA...

The WGA has been very busy this last month planning our upcoming events for 2012. So, get those calendars out and make note of the fun and exciting tournaments we have in store for our Club.

Mixed Tournament-April 28-29

Annual CVCC Women's Invitational-July 9

Valley Days-September 20

Women's Club Championship-Sept. 18 & 25

And the AMAZING, FUN, FANTASTIC...

Rally for the Cure-October 20 (This is a tentative date, pending the Razorback & UCA schedules)

We are hoping for a scramble with the Senior Men in March or April.

Officers for 2012 were elected at our last meeting and they are as follows:

President-Donna Hutchinson

Vice President-Candace White

Secretary-Carol Hutchins

Treasurer-Karen Mitchell

Historian-Linda Lilley/Dorothy Quattlebaum

Sunshine-Dodie Honeysuckle

Valley Days-Betty Beasley

Tournament Chair-Candace White

We encourage all women who are even remotely interested in golf and extremely interested in meeting other women at the Club who enjoy the game to join the WGA. It is so easy. Just contact one of the officers or get in touch with the Club office. We'll take it from there.

Remember, that we have informal play on Tuesday mornings at 10:00 – so come on out!

Actually, the only time I ever took out a one-iron was to kill a tarantula. And I took a 7 to do that.

~Jim Murray

Enjoy your February golfing and we will see you out there!

*Donna Hutchinson
President, WGA*

From Maret...

Child Care:

Hours of Operation:

Friday, 6:00pm-11:00pm **Reservations a MUST**

Cost:

\$5 per hour for the first child and \$2 per hour for the second child from the same immediate family. Prices subject to change.

Fitness Classes:

Our current session runs through March 16th. Come give the classes a try! They are fun and challenging. We offer the following classes: **30-30, Body Sculpt, Chisel, Class Choice, Instructors Choice, Power Hour, Tread & Shed, and Yoga.** Our classes can be paid for in 2 ways. The Centennial Fitness card is \$40 and allows you access to all of the classes for the session or you can pay for the individual classes with your member charge at an affordable \$5 per class. The fitness card is only \$20 for ages 60 and up. Check for the new schedule posted at the gym or on our website. You may email me and I'll send you a copy. See you at the gym!

<http://centennialvalleygolfac.com/fitness.html>

Shape Up & Lose:

All of our participants have lost weight. Congratulations, Shape Up & Lose members.

Cherie Flowers lost 4.4183% weight this week. Way to go, Cherie! Brad Burk lost 3.8873% weight this week. Brad, Good Job!

Yoga for Back Pain:

By improving circulation and lowering stress, just about any kind of exercise promotes back pain recovery. Yoga may be the best.

University of Washington researchers say yoga eases lower-back pain faster than conventional exercises. In a different study, 101 patients were randomly assigned to one of three groups. The first group took weekly yoga classes and practiced at home; the second group participated in weekly exercise sessions developed by a physical therapist, plus practiced at home; the third group received a self-help back care book. After 3 months, the yoga group had better back related functioning, compared with the other two groups. And after 6 months, patients who took yoga reported less back pain and better back-related functioning. Because it

promotes deep breathing and relaxation, as well as stretching and strength, yoga may help with both emotional and structural triggers of back pain.

We offer Yoga on Monday and Wednesday at 9:15am and Friday at 6:00am. If you want a private or semi private session, call Maret at 501 339-3234.

Small Group Personal Training:

This month we will start offering Small Group Personal Training. Group personal training typically provides an affordable and often motivating way of working with a trainer. Whether it is for fat loss or general conditioning the added motivation of having others working out in the same room with you pushes you to a new effort level. Train with friends, family or co-workers! Start your own group and choose the people and time you want to work out.

Small group personal training sessions are 1 hour or ½ hour in length. Custom designed workouts are tailored specifically to each small group. You will receive accountability, motivation, support, experience and expert guidance to reach your fitness goals at an economical rate.

Small Group Personal Training Rates:

- 2-3 people \$30/hr per person (\$90) or 3 people \$15/ per 1/2hr. per person (\$45)
- 4 people \$25/hr per person (\$100) or 4 people \$15/ per 1/2hr. per person (\$60)

Small Group Training Policies:

- (8) ½ hour Sessions or (4) 1 hour Sessions are required
- Payment is due at the beginning of package.
- Canceled Sessions are not rescheduled or refunded.

Henry Hawk Introduces a New DVD:

For those who choose not to participate in an exercise class for various reasons, Henry Hawk has put together DVD's for your personal use. The first is an exercise routine that is done in his classes, but with your own DVD, can be performed at home or in privacy. The second is an instructional DVD for those who are seeking individual exercises that they might do to improve areas such as flexibility, core or general body endurance. It includes approximately fifty exercises that you can perform. Each exercise is demonstrated and explained. This is an excellent DVD to use to create a personal exercise routine.

The DVD's sell for \$20 each or both for \$35. You may purchase them by calling 327-4208.

Friday Night Fever is baaack February 3rd!!

Every Friday night CVCC will draw a member's number between 7:30 and 8:30pm; all full member's numbers will be in a hat and if you number is drawn, you win the money in the pot. CVCC will start the pot with \$500 and will add \$50 every week that no one wins. **You must be present to win!** You don't buy a ticket or fill out anything – we will draw from the entire membership. Only full members qualify and must be present. Because in the past we have so many great members who come out every week and support Friday Night Fever and the 19th Hole, we have decided to add a prize for the members who are present in the 19th Hole at the time of the drawing. Everyone there will put his or her name in a hat and a random draw will award the winner a \$25 gift certificate to the 19th Hole.

Karaoke 10th & 24th:

Join us for Karaoke on February 10th and 24th. Corey Breeding, our DJ, will play from 8:30 to 11:30. He has all the traditional karaoke selections; Country, Rock, Pop, Rap, etc.

Valentine's Day:

February 14th – We will take reservations for dining in the 19th Hole on Valentine's Day.

Casino Night February 18th:

Need a break from the wintertime blues?? Join us in the 19th Hole from 8pm to midnight for a night of high rolling fun. We will serve cocktails and appetizers. We will have a DJ for your enjoyment, but the games will be the real entertainment. We will give all attendees and their guests play money to play games such as blackjack, roulette, poker and craps. The attire is business casual. The ticket price is \$25/person; \$50/couple. This price includes appetizers and \$200 per person in play money. For \$25 you can buy \$200 more in play money as the evening goes on. At the end of the night there will be 8 winners. The payout will be as follows:

- 1st Place-\$400 gift certificate to Golf Shop or 19th Hole
- 2nd Place-\$200 gift certificate to Golf Shop or 19th Hole

- 3rd & 4th Place - \$100 gift certificate to Golf Shop or 19th Hole
- 5th thru 8th Place-\$50 gift certificate to Golf Shop or 19th Hole

Cooking with Chef~February 21st:

This month Chef Vince Scherrey, C.C. will present Chocolate Fantasy Class. This class will be held on Tuesday, February 21st, at 7:00pm in the Centennial Center kitchen. It will include a taste of the featured recipe and an adult beverage. Cost of this class is \$40/person or \$60/couple (Couple must be under the same membership). Class is limited to 12 participants and because of a great deal of interest, we will fill on a first come, first serve basis. Reservations required.

Coming in March & April...

Pool Opens March 17th:

The pool opens March 17th for Spring Break and will be open all week until March 25th. Hours will be Mon-Sat, 10am-8pm and Sun 10am-7pm. After March 25th, we will be open every Saturday and Sunday, 10am-7pm until May 18th, when the pool opens for the summer. We will then be open all day and every weekend at regular pool hours.

Cooking with Chef – March 27

Easter Brunch and Egg Hunt – April 8

Chix with Stix – April 24, 26 & May 1, 3

To make reservations, register for a class or make an appointment, please email or call Maret.

*Maret Moore
CVCC Program Coordinator
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339-3234*