

The Beeline...

St. Boniface Golf Club

June 2010

Volume 5 Issue 2

What happened to the weather???

Hopefully it is just a blip on the radar and the weather returns like April...as bad as that sounds.

The course took the 6.5 inches of rain pretty well. Make sure to get your bug spray ready...

Speaking of bug spray, when you do apply your bug spray, please do so away from tee boxes and greens.

June & July Events

Friday	June 4th	Titleist Ball Fitting
Saturday	June 5th	9 Hole Member/Guest
Sunday	June 13th	Parent/Child Scramble
Saturday	June 19th	International Pairs
Sunday	June 27th	St. Boniface Memorial
Saturday	July 10th	18 Hole 2 Ball
Weds.	July 14th	Junior C. C.
Thurs.	July 15th	Junior C.C.
Saturday	July 31st	Men's C.C.

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Finance Report

For the six months ended April 30, 2010, we are \$29,000 ahead of budget and well ahead of the same period last year – what a difference an early spring makes! This increase is due to higher green fees, higher net income on food and beverage operations and better proshop operations primarily due to higher power cart rentals. As well administrative and clubhouse expenses are both below budget due primarily to lower salaries and wages and heat and hydro. Memberships continue to be down slightly due to fewer early memberships than budgeted, but we are well ahead of last year.

In conclusion, our results to the end of April are encouraging as we move into the busier golf months.

Just a reminder

St. Boniface Golf Club is not responsible for personal property stored in lockers or club storage.

International Pairs
Saturday June 19th AM tee times
2 person net best ball
\$40 per person

Winning team from St. Boniface wins a trip to Comox BC for the Canadian Final

Men's Ladies Mixed Teams

Welcome New & Returning Members

Don Nelson
Wayne Pestaluky
Richard Adams
Chad Peters
Ryan Hart
Carey Pradinuk
Riley Jenkins

Thank You!!!

Brent Clague for donating new brushes for the golf shoe cleaners

Daryl & Duane Budnick & Ken Homewood for the new sand and seed jugs!!

Special points of interest:

- For our early-morning golfers, please be aware of our course maintenance crew. The staff have the right of way when regarding play
- St. Boniface Golf Course adheres to a 4 hour pace of play rule.
- Please Repair Your Ball Marks.

Ladies' Section

The Ladies' Opening Day was a wash, but 34 women came for an outstanding dinner. Our President Janice Borlase and Geoff Kehler put together a putting contest upstairs in the banquet room, Yvonne Lafreniere and Annette Chabidon ran the Rainbow Auction. The course has the same problem the whole city has- Water, Water, Water. So be patient, the staff is working hard at trying to clean up.

Superintendent's Corner

It's hard to believe that two months have already gone by and the weather has been better than all of last year.

With these warmer temperatures, areas around the course are slowly starting to fill back in. Along with overseeding, we will also be sodding areas over the next few weeks, weather permitting. We will continue working to get the course back to the prime conditions that are expected.

In the last Beeline, an error was made by myself, regarding the generous donations by the Ladies' Section. The Ladies' Section generously donated money toward the purchase of the trees in the memory of both Mary Zarie's sister and Sue Bryner's mother who had passed. Thanks again for the generous donation.

Congratulations to Jan Markham who had not One Hole In One, but TWO at another club. Good Luck to all ladies entered in tournaments.
Donna Law
Vice President

This year we have a couple projects on the go. We will be renovating a couple bunkers on the course as well as re-building the 5th tee box (after the long weekend in September). Along with some of the bigger projects, we will continue to improve on the drainage around the course as time and weather permits.

While out on the course in the mornings, I am starting to notice a lot more ball marks that are not being fixed on our greens. If I can ask one, okay two favors for the season, it is to fix a couple other ball marks besides your own when on a green, and please wait until my staff are completely out of the way or wave you up before hitting your ball.

****Fathers Day Sale****

Purchase a regular priced pair of shoes and receive 50% off on up to 2 pieces of men's clothing.



With the days and season becoming busier, my staff is working hard to keep up with the daily maintenance schedules. Within this month, there have been a few close calls with my staff being hit by golf balls while being less than 50 yards away from the golfer. Even though you assume that you won't hit them, there is still a chance an errant shot may happen. Please be patient.

See you on the course,

Darren Kalyniuk

Meg's Message

It's hard to believe that it's only the end of May. With all of the good weather we've had this spring it feels like it's the middle of summer already! As I'm sure you've all noticed by now, the new chairs have arrived in the Gallery. And while you're testing out the new chairs, why not enjoy one of our new summer cocktails my personal favourite is the St. B. Summer Sipper, or one of our six ice-cold beers on tap.. As always, be sure to come down and check out our mouth-watering dinner features. We will be running three or four dinner features weekly, with new features starting every Monday. They will be emailed out, as well as posted around the clubhouse. All of the features start daily at 4:00pm.

Thank you to everyone who attended our Mothers' Day Brunch and Dinner. Keep your eyes peeled for the next buffet. The menu will be out shortly so please watch for the posters and email coming soon. It will be held on Monday June 28th.

St. Boniface Memorial
\$40 Entry fee includes dinner & prizes
Net stableford scoring

Net proceeds will go to the Andrew Eyssens Memorial Scholarship Fund

Sign up in the Pro Shop as a single or up to a group of 4

****\$20 For Golf Only**

From The Pro Shop

The pro shop staff will be using the microphone to announce tee times beginning immediately. To assist the staff with this we ask that everyone please check in with the staff before heading out. Even if one person from your group lets the staff know who is playing it would be very much appreciated.

By now everyone should have noticed the gate by the parking lot entrance. This was put up as a safety precaution to keep power carts out of the parking lot. **If your clubs are in your car and you need assistance bringing them to the club storage area or vice versa, please do not hesitate to ask one of the staff.**

If you are interested in making a donation to the scholarship fund for the St. Boniface Memorial, please speak with Geoff Kehler. To date there has been \$700 raised for this years fund.

If you play before 8:30 AM please be prepared and able to play in 4 hours maximum. This helps the pace of play stay at a good speed throughout the day.

News, Notes & Congratulations

Get paid to Golf...

We have a fantastic 50/50 designed to assist our fundraising program for 2010. Simply drop by the proshop, add your \$1, make a hole-in-one that round, and WIN.

[Pay \$50 & you're in for the season...]

Congratulations to Brian Baert for his hole in one on hole #5! Good news for everyone though he didn't put his dollar in so the pot is still up for grabs.

Increased Balance for Better Distance and Accuracy

Most would agree that a golfer needs decent core strength and flexibility to swing the club effectively but more often than not, good balance is often overlooked when one thinks of the physical components necessary to play good golf. Balance is important in daily function but improving your balance can also lead to better scores on the golf course.

Poor balance can make it very difficult for the golfer to make consistent impact with the ball in the centre of the club face. Think about it; everything in golf (the club head, the ball) is so small and the swing happens so fast that even a slight loss of balance can result in a shot with a highly undesirable flight path and at best, a loss of distance. Even with a perfect lie, good balance is essential in order for the golfer to have efficient weight transfer and also gives the golfer a better chance of hitting the ball solidly, resulting in more accurate shots. This becomes even more evident when the golfer is faced with uneven terrain, tough side hill lies, or those crazy bunker shots we've all been forced to attempt where one foot is out of the bunker while the other is knee deep in sand.

The good news is that balance is highly trainable and by practicing your balance, it will improve. Start by working on your static balance by standing on one foot for as long as you can. Most people have better balance on one side, so be sure to practice your balance skills on both sides. Removing your shoes will also make this more challenging if necessary. Once you are proficient at this skill, you can work on your proprioception, or feel balance, by attempting this with your eyes closed.

You can then progress by trying to balance on an unstable surface. There are numerous tools that can be found at the gym for such purposes (physio ball, Bosu, balance cushions, etc) but you can even train this at home by standing on a pillow placed on the floor. Overtraining your balance in this way will force you to engage your core and will also help to strengthen all the muscles in your foot and ankle that help to stabilize you during the golf swing.

Finally, you may also want to consider booking a session with a golf fitness professional for assistance with developing your dynamic balance by adding some movement to your balance drills such as stepping, lunging, or even performing golf swings on the unstable surfaces.

Eventually, you should notice that you feel more grounded and will be able to generate more club head speed while making solid contact without losing your balance. Consequently, improving your balance should lead to an increase in distance and better accuracy, resulting in lower scores.

June

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 12:00 Shotgun Mens Night 6:00	4 Member Day	5 9 Hole 2 Ball 3:00 PM
6	7 12:00 Shotgun	8	9 12:00 mod-Shot	10 12:00 Shotgun Mens Night 6:00	11 Member Day	12
13 2:00 mod-Shot	14	15 12:00 Shotgun	16 12:00 Shotgun	17 12:00 Shotgun Mens Night 6:00	18 Member Day	19 International Pairs AM
20	21	22 12:00 Shotgun	23 11:00 Tee Times	24 11:00 Tee Times Mens Night 6:00	25 Member Day	26
27 ST. B Memorial Tee Times	28 Theme Buffet 6:00 PM	29	30 12:00 Shotgun			

July

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Holiday	2 Member Day	3 Golf MB Ladies Amateur 12:30
4 Golf MB Ladies Amateur 12:30	5 Golf MB Ladies Amateur 8:30 AM JR Night Play with a friend 6:00 PM	6	7 12:00 Shotgun	8 Mens Night 6:00	9 Member Day	10 18 Hole 2-Ball 1:00 Shotgun
11	12	13	14 Junior CC	15 Junior CC Mens Night 6:00	16 Member Day	17
18	19	20 12:00 Shotgun	21	22 12:00 Shotgun Mens Night 6:00	23 Member Day	24
25	26	27	28 11:00 Tee Times	29 12:00 Shotgun Mens Night 6:00	30 Member Day	31 Mens CC 7:00- 11:00