

The Beeline...

St. Boniface Golf Club

MAY 2010

Volume 5 Issue 1

What A Start!!!

Most members have worn shorts more this April than all of 2009. Let's hope this trend continues. The golf course wintered very well and the leaves have already popped. The season has a mid summer feel to it.

Mens Opening Day
 Saturday May 8th
 12:00 PM Shotgun
 \$35 includes dinner and prizes.
 Sign up in the Pro Shop

MAY & JUNE Events

Saturday	May 8th	Men's Opening Day
Sunday	May 9th	Mother's Day Brunch
Thursday	May 27th	First Men's Night
Saturday	May 29th	Junior Opening Day
Sunday	May 30th	Ladies' Opening Day
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

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Finance Report

For the five months ended March 31, 2010, we are \$6,000 ahead of budget. Memberships were down slightly due to fewer early-bird memberships than budgeted, but this should be reversed due to strong memberships in April. Food and beverage and the pro-shop operations are both slightly better than budgeted. Other overhead costs are all below budget due primarily to lower salaries & wages, heat and hydro.

In conclusion, our results to the end of March 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.

Welcome New & Returning Members

ALAIN NORMANDEAU	JEFF EINFELD
ANDY MAICHER	JOEY WUR
BARRY LUNDIN	JONI SHAW
BARRY STEVENS	JOSEPH BLACKER
BARRY TANGHE	KARTHI PARIYASAMY
BEV STACEY	KEVIN LYONS
BOB MACAULAY	KYLE PICARD
BRIAN HERMAN	LUKE BERNAS
BRYAN HARDER	MARIE LUNDIN
CHRIS ATEAH	MARK ST. LAURENT
CHRIS PARTRIDGE	MARY KNIGHT
CHRISTINA MACDONALD	MATTHEW MARUCA
DALE REGISTER	MAUREEN TANGHE
DAVID FAN	NEIL ARMSTRONG
DEREK REGISTER	PAM SWAIN
DERRYL DOWHY	RICHARD BOSC
DOUG WARKENTIN	RICHARD GARDNER
DUSTIN LAGASSE	RICK CRUISE
GLENN CORTHEY	ROB CROZIER
GORD PHILLIPS	ROBERT PAIGE
IIAN ASHCROFT	RON CHAN
JAMES CHESTER	RON STEINKE
JAMES POWELL	RYAN WIND
JANICE GRAY	SEAN WORDEN
JARED BURGESS	TODD GAUDREAU
JEAN PICHE	WILSON GRIFFITHS
JEANINE HENSON	

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

UPCOMING TOURNAMENTS & ENTRY DEADLINES:

(Date Event Entry Deadline)

May 27 Women's Alternate Shot

Championship May 21

May 29 & 30 Women's Match Play

Qualifier May 24

June 5, 6, 8, 10 & 12 Women's Match Play

Championship May 24

Welcome Ladies to the 2010 Golf Season. We wish to welcome any ladies that would be interested in joining either of the two organized golf days. We have a Wednesday morning league and a Saturday morning league. The leagues both will start officially in early May, so please sign up in the ladies locker room on the bulletin board or give your name to the Pro Shop Staff to forward to league organizers.

This year with the wonderful spring weather the course is open early and in unbelievable great shape.

Please mark your calendars for Sunday May 30th Ladies Opening Day, this is a wonderful fun day which our special events team of Sue B, and Arlene J. put a great deal of work into for all ladies to enjoy. So sign up and meet new members and renew friendships with others. This is an event that beginners and seasoned players can play together and have a fun time. So do sign up now.

See you at our great club and on the course. Please be sure to put your golf scores in the computer; good or bad they all count and you get a true handicap picture. You are only playing against yourself so watch yourself improve.

Donna Law V.P. Ladies Section

Superintendent's Corner

Well another season is upon us and the course came out of winter better than I expected. It seems that no matter how much snow or how good you put the course to bed over the winter there is always a little voice in the back of my head saying always prepare for the worst come spring. I did have my worries with the lack of snow and very frigid temperatures in December and knew that the Poa would suffer a little setback this spring, however not as bad as last year.

With the early start and warmer temperatures, we have and will continue to get the course back into the conditions expected. It's still hard to believe it is only the beginning of May and we have been open for 3 weeks already, Wow.

We have nearly completed all the stump grinding with our new stump grinder. This amazing tractor attachment has already paid for itself with all the stumps it has chipped away. With that being said, this spring we will be planting some more trees out on the course from the generous donations of Jim Armstrong, Mike Yaschuk, Mary Zarie and everyone on the Ladies Executive Committee. Thanks you again for your generosity!

This year on my staff, you'll notice a few new faces. As many are aware, Don had called it quits at the end of last year hoping to enjoy some quality time with his soon to be wife up in Selkirk. Yes you read right, married once again, sorry ladies. It was great having him work under me for the past 5 years. All his enthusiasm will be missed. With that being said, Matt Kulczycki, the 2nd Assistant from last year has assumed the Assistants role. I look forward to seeing many of the returning members and meeting some of the new members out on the course in the weeks to come.

Have a great season.
Darren Kalyniuk

Meg's Message

What a spring! It's hard to believe that we've been golfing for a month already! Hopefully this good weather continues into a beautiful summer. As always, I would like to say a big **thank you!** to those of you that came out to support us all winter; our ladies group that never missed a Friday lunch, our loyal breakfast crowd on the weekends, and our dependable morning coffee crew. Also thanks to those who attended our theme buffets. We will be continuing to have a buffet every month, so keep your eyes peeled for the next one. Signs will be posted throughout the clubhouse and we will also be emailing out the information.

Our Opening Wine & Cheese was a huge success with almost 200 people attending! Thanks go to Chef Peter Watson, Sous Chef Ian Wong and their team for the

delicious cuisine and starting the new season off with a bang. You can look forward to more great food now that the new menus are here! You'll find many of last year's favorites as well as some new additions that you're sure to enjoy. We will once again have our pizza menu available every Friday starting at 4:00 pm. Come in and enjoy one of our many signature pizzas, all made in house.

Be sure to check out our new drink menus on each table. You'll find some exciting new cocktails to enjoy on the patio as well as some new wine choices. Sapporro has been added to the draught taps. This moderately light lager has a refreshing crisp flavour you'll enjoy on those hot summer days.

Mother's Day is quickly approaching and in fine St. B tradition we will be having our fabulous **Mother's Day Brunch**, with two seatings at **10:30am** and **1:30pm**. As always the food will be amazing, and all for only \$26.00. Kids under 12 eat for half price. If you can't make it to brunch we will also be hosting a **Mother's Day Prime Rib Dinner Buffet**. Only \$28.50, the buffet will run from **6 - 8pm**. Call 233-2497 to make your reservations for brunch or dinner now! Please join me in welcoming all of our new, and returning staff. We've put together a great team that are looking forward to getting to know all of you and make your season at St. B that much more enjoyable.

From The Pro Shop

St. Boniface Golf Course would like to extend a warm welcome to all members and guests for the 2010 season; if you have any questions or comments, please do not hesitate to contact Geoff, Jamie, Troy, and our two new proshop additions Mike (from Prince George, BC) & James (from Bridges, MB) for immediate feedback. We are ALL here to make you golfing experience 100% fantastic inside the proshop & from tee to green.

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.

While our early golf season has been a fantastic remedy to forget snow; be sure to WD-40 the winter rust before you "start swinging." Do not feel shy to ease into the golf season, i.e. play 9's before full rounds; ride a cart the first few weeks before full walks, and do NOT be concerned with scoring. The season is long – the real rounds are in August, not April.

We have updated our 2010 proshop club & clothing selection to meet or beat all competitive posted pricing; we also have a very limited selection of 09 clothing on sale at wholesale cost. Re-grip clubs? Did you know we can order, grip, or repair you clubs quickly & at discounted member rates? Why go warehouse when we're the best...

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...]

Happy Mothers Day, May 9th

Purchase a Pair of Ladies shoes & receive 50% off Ladies Clothing

**purchase & discount applied to regular priced items only
**maximum 2 clothing items, per pair of shoes

Is your body ready for golf?

Kathryn McKenzie - B.H.Kin, B.Ed; Website - www.surefirefitness.ca

Athletes in virtually every sport take part in some sort of pre-season conditioning program. Hockey players and football players have training camps while baseball players go to spring training. What about the average golfer?

Most will dust off the clubs within the next few weeks and head straight to the range where they will hit as many balls as humanly possible. They will then proceed to the golf course where they will cram in as many games as they can into their busy schedules until the snow falls again.

Unfortunately, many of these golfers are increasing their chances of suffering from chronic pain or an acute injury caused by the demands of playing without any physical preparation. There is no denying the fact that golf is hard on the human body. The repeated forces caused by the golf swing put a lot of stress on joints and muscles that will take their toll as the season progresses.

- 1) **Follow a golf-specific training program** – even just a few weeks can be very helpful to gain balance, strength, mobility, flexibility and power. Training should be sport specific – a poorly designed training program can actually do more harm than good for your game.
- 2) **Take lessons** – a good coach can help you to eliminate swing flaws and ensure you are using the proper equipment which can both be to blame for injuries resulting from biomechanical compensations you may be making as you swing.
- 3) **Start slowly** – hitting balls until your arms fall off or playing 54 holes per day is not the best way to improve anyways and is too much of a shock to your body.
- 4) **Go for walks** – get your body accustomed to the workload of walking.
- 5) **Warm-up properly** – spending 5 minutes doing dynamic stretches before you practice or play allows your body to function more optimally before you take your first swing.
- 6) **Cool Down** – spend a few minutes after your round (or practice session) stretching or using a foam roller to help your body recover and perform better.

Buying Your Equipment from St. Boniface Saves You Money...

1. **Proper clubfitting.** There is a misconception about proper clubfitting, but all proper clubfitting includes instruction. As part of the clubfitting process at St. B, you will learn why your ball flies due to the compensations you make in your swing. Most of these compensations are because of clubs that were fit to "your mistakes" not fit to you.
2. **Price Shopping.** As we match or beat Golf Town regular prices, there is no need to spend time driving or looking on the internet to find prices. Our professional staff does the legwork for you, making your purchase experience a breeze.
3. **Need a Tip?** If you purchase a piece of equipment and you are struggling with it, we will work with you to get it right. There is no need to drive around town as you are at the golf course anyway.

May

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 Weds Ladies' Opening 9 holes	6	7 Member Day	8 Men's Opening 12:00 Shotgun
9	10 Aeration	11 Aeration	12	13	14 Member Day	15
16	17	18	19	20	21 Member Day	22
23	24 VICTORIA DAY	25	26 12:00 Shotgun	27 12:00 Shotgun Mens Night 6:00	28 Member Day	29 JR Opening 2:00 mod-Shot
30 Ladies' Opening 12:00 mod-Shot	31					

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 Tourney	24 11:00 Tourney Mens Night 6:00	25 Member Day	26
27 ST. B Memorial Tee Times	28	29	30 12:00 Shotgun			