

# The Beeline...

St. Boniface Golf Club

October 1st, 2009

Volume 6 Issue 6

## Just a few more months...Please

After the best month of the summer, the season is coming to a close...unfortunately.

Hopefully there will be some nice fall days to come and enjoy some more golf.

## Finance Report

### August, 2009

August was a very good month as we were \$25,000 ahead of our budgeted net earnings for the month. Membership was \$1,430 ahead of budget for the month, but remains less than budgeted for the year.

Green fees were higher than budgeted for the month with a large overage in tournament green fees offsetting a shortfall in public green fees. Public green fees for the year are below budget, but close to last year's actual. Power cart revenue was also higher than budgeted for the month.

Food and beverage operations had a busy month in August and were well ahead of budget for the month and for the year. Clubhouse sales were generally slightly less than budgeted while banquet sales were ahead of budget and last year. As well, our improved margins and reduced expenses helped the earnings in this area.

Other overhead costs continued to be below budget for the month and year.

**As the season winds down, please continue to repair your ball marks and fix your divots.**

**Food & Beverage Assessments Must Be Used By October 31st, 2009**

**All Accounts Must Be Paid By November 30th, 2009**

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### Special points of interest:

- If you play early mornings, please note the course maintenance crew have the right of way.
- If you play in 4 hours or less please don't complain to the staff about the pace of play.
- Please Repair Ball Marks.

## Ladies' Section

Ladies Closing Day was held on Sunday September 20th. Congratulations to Kara Shibata, Judy Hutton, Trudy Wall, Sue Manson and Janice Milne who shot 72 (2 under par) and won the event. Finishing second were Carol Peever, Evelyn Verry, Elaine Chartier and Marguerite Fillion.

## Superintendent's Corner

Well we are getting closer to the end of the season and things are starting to wind down on the course.

Aeration to all the greens has been completed just this past week. This year we hired a company to come in and deep tine the back 9 greens. For the first time we were able to get the tines down to the 8" mark, compared to our aeration which only allows us to get down 3 1/2". This deep tinning allows for better drainage, venting/air exchange and deeper root development, which equals a healthier strand of turf. We plan on deep tinning the front 9 greens next year and then alternating them each other year.

Since the aeration is completed on the greens that leaves the Tees and Fairways. We hope to have the Tees aerated by the end of September and start aerating the Fairways in the first couple of

For the Fairways this year, we will be using 3/4" solid tines. After everything gets punched, it will be topped with sand.

The irrigation system will be blown out on October 5<sup>th</sup>. This will take all day so if you are golfing that day please be aware and careful that sprinklers will be popping up without any notice. Please do not try to push them back down while they are being blown out. This will damage the internal components.

Since the temperatures are starting to drop and we have seen our first frost, no early golfers will be allowed on the course first thing in the morning if temperatures are below the 3 degree mark. The reason being is that as the sun comes up, the temperatures always drop a couple of degrees and a later frost can occur.

Our final fall fungicide program for the course has begun. This will continue to the end of October. Make sure to check the chalkboard up in the pro shop as well as outside on the club storage building to see if we are spraying anything that day.

After all fungicides are applied to the course, we will be covering up the greens. We will be keeping a close eye on the long range forecasts, with plans of having the tarps down on the greens during the last week of October.

See you on the course,

Darren Kalyniuk  
Superintendent

## Meg's Message

### Member Closing Dinner & Casino Friday October 23rd

**\$30 Per Person includes tax and gratuity. Phone Rhonda at the front desk to make your reservation (233-2497 ext 10).**

#### Menu

Hors d'ouvres

**Soup:** Cream of Zucchini w/ Lobster Stuffed Ravioli

**Salad:** Spinach w/ Roasted red Pepper & Tomato Vinaigrette

**Entree:** Beef Tenderloin w/ a Current Sauce

**Dessert:** Tasting of Lemon & chocolate

### TV Raffle

**Win the 47" LG TV that is up in the Gallery. Tickets are 1 for \$10 or 3 for \$20.**

**See the Pro Shop for details. Net proceeds will go to the St. B Junior Program.**

**Draw will be made @ Member Closing Dinner.**



## From The Pro Shop

Just a reminder that Jamie and Geoff are running the Florida Golf Academy in February 2010. Ask Jamie for details.

**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.**

**With days being shorter, we must start tee times later each week. Please be patient if your requested tee time is off because of this.**

**If we do not have what you are looking for in stock, we will order it for you.**

**We will beat regular priced merchandise from Golf Town.**

### Ideas for Improving Your Golf Game during the Off-Season

Despite the fact that it seems the golf season has just begun, it will soon be time for barren trees, leaf-covered fairways, and brown coloured greens. Naturally, you should take advantage and play as much as possible until the courses actually close but once that happens, there are many things you can do to improve your game during the off-season. Ironically, once the courses do close, the first thing you should do is take a break! This may seem counter-intuitive but your body needs time to recover. The golf swing is a very repetitive motion and can wear down joints and muscles for those who play frequently throughout the summer months. This does not mean you should spend the entire winter lying on the sofa. Once you feel rested, try yoga, play hockey, or take up something new - there are aspects of many other sports or activities that translate well into golf. Furthermore, it's good for your mental well-being to recharge by participating in something other than golf for a while.

Another thing to consider is starting a golf-specific fitness program or building some golf-specific exercises into your existing workout plan. The off-season is actually the best time to get your body ready for next season or that winter golf getaway. Your workout program should focus on developing and improving your balance, core strength, mobility and flexibility. The Titleist Performance Institute ([www.mytpi.com](http://www.mytpi.com)) has developed a golf-specific physical assessment to measure those key components of golf fitness. A TPI Certified Golf Fitness Instructor can perform the assessment and issue to you a customized golf fitness program designed by the TPI. Another option is to invest in a Personal Trainer (preferably one who has a good understanding of the demands of the sport of golf) to create for you a golf fitness program - training the wrong way can hurt your game or leave you prone to injury so it's in your best interest to see someone qualified. Once you get the program, make sure to start slowly and progress through the off-season - you don't want to get bored by repeating the same workout for months. Furthermore, your body will adapt to the workload and you will stop seeing progress should you not alter your workouts. Again, this is where a qualified Personal Trainer or Golf Fitness Instructor can help.

Finally, you can also hone your technical skills by working on your game indoors. Many golf courses offer indoor lessons during the winter. While hitting off mats or into nets may not be nearly as exciting as ripping that 300 yd drive down the middle of the fairway, this is an excellent time to work on your set-up, pre-shot routine, and swing mechanics.

## News, Notes & Congratulations

**Congratulations to Dave McLeod & Darryl Gratton who won the Alternate Shot on the September long weekend.**

**Congratulations to Marc Vielfaure, Darrin Eddy, Mike Mastriaonni, James Kardynal, John McGhee and Ryan Kiernicki who won the Men's Closing Day on Saturday September 12th.**

**The pot is still available for the Hole in One on #5. The pot is currently over \$1250 to be split.**

**Congratulations to Damon Berrington on his Toupin Shield victory.**

**Congratulations to Chris Vincent & Duane Budnick for their win in the A & B Matches.**

Take a look at your swing on video so you can see what you are doing. You can also work on your putting indoors by practicing on a carpeted surface. See your local teaching pro for a putting lesson before season's end and ask them to suggest drills to ensure your practices are both valuable and enjoyable.

Ultimately, try to enjoy the change in routine. Using your time away from the course to rest and recharge, improve your golf fitness, or work on technical skills are all potential ways to improve your game despite being unable to play golf - this should make you even more eager to return to the course next season!

**Kathryn McKenzie** (B.H.Kin, B.Ed)

TPI Certified Golf Fitness Instructor

Certified Personal Trainer & Sport Conditioning Specialist

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# 2010 Florida Golf Camp



## **Golf Club & Learning Center**

"I had a great time...I absolutely would be interested in participating again!"

- Brian Warren (on the Friday shot his lowest round ever, 78)

"Fun and great experience!"

- Jan Borlase

"The Learning Center conditions were excellent!"

- Sue Bryner

- ◆ Seven Nights Accommodations
- ◆ 54 Holes of Golf w/Cart & CPGA Instructor
- ◆ 12 Hours of Instruction
- ◆ Video Swing Analysis
- ◆ Club Fitting
- ◆ Lunch
- ◆ Limited to 24 Students!!
- ◆ ONLY \$1,600

Enjoy a relaxed yet information filled golf school in Sunny Florida. Each day's itinerary is set-up to cover all facets of your golf game. From the full swing to chipping and putting; all fundamentals will be targeted and improved. After a full day of learning, practice, and golf; take advantage of your spacious condo with hot tub and heated pool to help you get ready for the next day!

**Dates:** Feb 07-14th, 2010  
Feb 14-21th, 2010 **\*SOLD OUT\***  
Feb 21-29th, 2010

Where: Port Saint Lucie, FLA  
For More Info Contact: Jamie Leach  
Phone: 204-233-4276  
Email: shoottoscore@mts.net  
www.pgavillage.com