



# TEE TIMES

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CAROLINA COLOURS GOLF CLUB

JANUARY 2023

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## Ken Gerhardt's Comments

As I write my article, the New Year is just around the corner. My article will be short this month.

I want to start off by saying that 2022 turned out to be a good year for golf. We had the best weather for the entire year that I think is a first. Very few cart path only days. Many of you took advantage and played lots of golf. It was great seeing everyone. I hope everyone enjoyed their holidays and were able to spend time with loved ones.

## **Annual Golf Meeting for Equity Members**

Will take place on February 3rd at 5:15 p.m. in the pavilion.



CAROLINA COLOURS GOLF CLUB

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CAROLINA COLOURS  
**GOLF CLUB**

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## **Ken Gerhardt's Comments (continued from page 1)**

### **Winter projects:**

#### **Sprinkle heads**

We will once again be weed whacking around all the heads this winter. This is a lengthy task, which needs to take place each winter. We will be replacing several heads this winter as well.

#### **Bunker Rakes**

We ordered and will put out 50 new rakes in February. If you happen to come across one that shouldn't be out there, please let us know.

#### **Bunkers**

Josh and his team have started the process of doing additional bunkers, in addition to ones needing more attention. Drains will be replaced as well as sand. In November, we started adding sand to bunkers that drained incorrectly and we will continue this process during the first quarter of 2023.

#### **Cart Paths**

We will work on cutting roots that are on both sides of the cart path. This will be in areas that have challenges due to roots growing under the paths. Maintenance will also be clearing areas that have roots inside the cart paths around the rough. This will allow more grass to grow in these areas. You should see a difference in a few years. This is all done by a machine attached to a tractor.

I'm praying the weather in January and February will be like November and December. Hope to see all of you on the course. Play well!

## **News from the Pro by Jedidiah Frazier**

I hope all of you had a blessed Christmas and I pray that you have an even better New Year filled with many albatrosses, eagles, birdies, and pars. Also, I would like to thank everyone for their patience with me as I have represented this prestigious facility as your head pro. I am looking forward to next year of being able to get out to mingle, play with, and to instruct or be instructed by each and every one.

We didn't have any official tournaments in the month of December, but we did host the 2022 Workers Appreciation classic where the likes of Jedidiah Frazier, Johnny Belskis, Mark Hyjek, and Rick Fureno took home the championship with a stellar round of 54. It wasn't an easy battle with the GM, Ken Gerhardt, and his army on our butts (57) as well as the Chef, Jonathan Ballard, and his team rounding third (58).

Once again thank you for everything and I value and appreciate each and every one.

Happy New Year!

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## **Star Performer of the Month!**

*Star performers for December were all of our amazing members.*

*Continued on page 4*

## **2023 Schedule of Events \***

DATE	TOURNAMENT	START TIMES
February 5	Chili Bowl Scramble	12 pm Shotgun
February 25	Three Club Event	12 pm Shotgun (food)
March 11	Dice Game	9 am Shotgun (food)
March 19	Couples Event	3 pm Shotgun (9 holes)
March 20 & 21	Aerifying Greens	Course Closed
April 9	Play with a Masters Pro	Tee Times
April 23	Couples Event	2 pm Shotgun
May 1	Heaven and Hell	9 am Shotgun (food)
May 22	ProAm Tournament	10 am Shotgun
June 3 & 4	Member-Member	8:30 Shotgun (food)
June 18	Couples Event	2 pm Shotgun (18 holes)
July 3	Flag Tournament	8 am Tee Times
July 16	Couples Event	4 pm Shotgun (9 holes)
August 13	Couples Event	3 pm Shotgun (9 holes)
August 27	Carolina Colours Cup	8:30 am Shotgun
September 1	Nine & Dine	2 pm Shotgun
September 5 & 6	Aerifying Greens	Course Closed
September 24	Ryder Cup	8:30 am Shotgun
October 7 & 8	Member-Guest	8:30 Shotgun (food)
October 15	Couples Event	1 pm Shotgun (18 holes)
October 21 & 22	Club Championship	8 am Tee Times (food)
November 6	Equity Golf Tournament	9 am Shotgun
November 13	Pride Appreciation	9 am Shotgun
November 19	Couples Event	2 pm Shotgun (9 holes)

\*Does not include outside tournaments

## Par for the Course by Peter Eckle

### Rule Changes effective 2023



The image shows a scenic golf course with a vibrant rainbow arching over a line of trees. To the right of the image is a white sidebar titled "2023 RULES OF GOLF: 5 KEY CHANGES". The sidebar includes five small illustrations and descriptions of rule changes:

- New Rule — Modifications for Players with Disabilities**: A player in a wheelchair using a golf cart.
- Replacing Damaged Clubs**: A player replacing a damaged club.
- Ball Moved by Natural Forces**: A player with a ball resting on a rock.
- Handicap on Scorecard (Stroke Play Only)**: A hand holding a scorecard.
- Simplified Back-on-the-Line Rule**: A player dropping a ball on the green.

At the bottom of the sidebar, it says "For more information on the Rules of Golf, please visit usga.org or randa.org." The logos for RSA and USGA are at the bottom right.

Here is a brief recap of the changes implemented. You'll note that many of these will not likely come into play for you, but its always good to know them.

#### **Rule 1.3c(4) Applying Penalties to Multiple Breaches of the Rules**

The Rule has been amended so that determining whether breaches are related or unrelated is no longer part of its application, meaning that there will be fewer instances where multiple penalties will be applied.

#### **Rule 3.3b(4) Player Not Responsible for Showing Handicap on Scorecard or Adding Up Scores**

The Rule has been amended so that a player is no longer required to show their handicap on their scorecard. The Committee is responsible for calculating the player's handicap strokes for the competition and using that to calculate the player's net score.

#### **Rule 4.1a(2) Use, Repair, or Replacement of Club Damaged During Round**

The Rule has been amended to allow a player to replace a damaged club, provided the club has not been damaged through abuse.

#### **Rule 6.3b(3) Substitution of Another Ball While Playing a Hole**

The penalty for playing an incorrectly substituted ball has been reduced from the general penalty to one penalty stroke.

#### **Rule 9.3 Ball Moved by Natural Forces**

New Exception 2 provides that a ball must be replaced if it moves to another area of the course after being dropped, placed, or replaced. This also applies if the ball comes to rest out of bounds.

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## **Par for the Course by Peter Eckle**

### **Rule Changes effective 2023 (from page 5)**

#### **Rule 10.2b Other Help**

Rules 10.2b(1) and (2) have been amended to provide that neither the caddie nor any other person is allowed to set an object down to help the player with the line of play or other directional information (such as when the player cannot see the flagstick), and the player cannot avoid penalty by having the object removed before the stroke is made.

#### **Rule 11.1b Ball in Motion Accidentally Hits Person or Outside Influence: Place from Where Ball Must Be Played**

Rule 11.1b(2) has been amended to provide that if a ball played from the putting green hits an insect, the player or the club used to make the stroke, the ball is played as it lies – the stroke is not replayed.

#### **Rule 25 Modifications for Players with Disabilities**

The introduction of new Rule 25 means that the modifications provided in the Rule apply to all competitions, including all forms of play.

#### **Back-on-the-Line Relief Procedure**

The back-on-the-line relief procedure is amended to provide that the player is required to drop on the line. The spot on the line where the ball first touches the ground when dropped creates a relief area that is one club length in any direction from that point. This amendment is reflected in changes to Rules 14.3b(3), 16.1c(2), 17.1d(2), 19.2b and 19.3, and the definition of relief area.

#### **How to Proceed When Stroke Must Be Replayed**

Several Rules that used the phrase “stroke does not count” (such as Rule 11.1b) have been amended so that the failure to replay a stroke when required to do so, while still a breach of the relevant Rule, no longer carries the potential for disqualification.

## Terri's Tips!

### 'Swinging into 2023!'

I hope your year of golf in 2022 was all that you wanted it to be and more!

Now is the time to get your thoughts wrapped around golf in 2023!

I know that it is very difficult to make changes in your swing, set up, pre-shot routine etc., while in the middle of golf season. When the weather is nice, the birds are chirping, and the greens are running fast all we want to do is hit the course.

During your down time and slow time of the season is when you want to tackle your goals for the upcoming season. Below are a few suggestions to help you along the way.

- ◆ I would highly recommend adding golf specific training exercises into your daily workout regimen. If you want to improve, have better contact with the golf ball, and see your scores go down, you need to be aware of how your body is moving in your golf swing. You also need to know what you must do to develop a more consistent move!

You don't have to hit the gym to do this. I used to have a training program when I worked in NYC during the winter months called TheGolfBody. Using bands, balance exercises, hand towels, and slightly weighted exercise balls, you can improve your GolfBody and consistency in your move. For questions, contact me at [Carolinaskoolofgolf@gmail.com](mailto:carolinaskoolofgolf@gmail.com)

- ◆ During your down time is a great opportunity to read, clear your mind of negative swing thoughts, and start fresh. There are many great books to help you manage your game, put it all in perspective (yes there are some who 'think' they should hit a decent shot every time!), and tackling the brain and the mental side, which makes up most of our time while on the course.

I would highly recommend the following books

***The Talent Code*** by Daniel Coyle

***Golf Is Not a Game of Perfect*** by Bob Rotella

***Your 15th Club*** by Bob Rotella

***Putting Out of Your Mind*** by Bob Rotella

***Every Shot Must Have a Purpose*** by Pia Nilsson

There are a few books out there by Pia Nilsson and Lynn Marriott. All of them are great.

I hope you all had a great Christmas season and best wishes for a 2023 filled with many pars and birdies!

Any questions please contact me at [carolinaskoolofgolf@gmail.com](mailto:carolinaskoolofgolf@gmail.com)

## Military Day!



Active military & all first responders may play Monday through Thursday for \$40  
Friday, Saturday, & Sunday for \$45

Retired military may play on Monday and Thursday for \$40

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

### **Ken Gerhardt**

General Manager

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Director of Golf

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## January

### Hours of Operation

#### Pro Shop

Mon 9:30 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–5:00 pm  
Tues–Sun 7:30 am– 5:00 pm

## **Carolina Colours Ladies Golf Association (LGA )**

On December 6th, the LGA finished its 2022 season with a 9-hole Scramble from the Silver Tees. Afterwards, LGA members entered the Pavilion foyer for a beautifully decorated lunch event featuring heavy appetizers, followed by a soup and salad.

LGA Board Ballots were passed out to all present and before counting, President Cheryl Yadach awarded the following:

### **RINGERS**

#### **1st FLIGHT**

1. Karen Lankton
2. Amy Trainor
3. Linda McGraw
4. Betty Rovins

#### **2nd FLIGHT**

1. Annmarie Penvose
2. Tracy Carruthers
3. Pat Phillips
4. Helen Jabs

#### **3rd FLIGHT**

1. Jean Kenefick
2. Linda Dawson
3. Carol Forney
4. Sharon Rhoton

### **MOST ROUNDS PLAYED**

- 45 rounds: Linda Dawson
- 44 rounds: Cheryl Yadach
- 43 rounds: Robin Johnson

### **CHIP INS**

- Karen Lankton [7], Amy Trainor and Robin Johnson  
[tied 6 each]

### **MOST IMPROVED**

- #### **1st FLIGHT**
- Linda McGraw, Robin Johnson
- #### **2nd FLIGHT**
- Annmarie Penvose, Patti Peebles
- #### **3rd FLIGHT**
- Linda Dawson, Sharon Rhoton

### **MOST BIRDIES**

- #### **1st FLIGHT**
- Betty Rovins [21]  
Carol Ackerson [20]  
Karen Lankton & Amy Trainor  
[tied 18]

#### **2nd FLIGHT**

- Tracy Carruthers & Helen Jabs  
[tied 4]
- Tamara Paquee, Patti Peebles,  
Annmarie Penvose, Kathy  
Zimmerman [all tied with 3]

#### **3rd FLIGHT**

- [combines birdies with pars]
- Linda Dawson [42]  
Jean Kenefick [40]
- Sharon Rhoton & Carol Forney  
[tied with 34]

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## **Carolina Colours Ladies Golf Association (LGA )**

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### **2023 LGA BOARD NOMINATIONS**

The LGA thanks Sarah Metzbower [three years as Treasurer] and Linda McGraw [two years as Treasurer] for their service in the past. As we look forward, the following Board Members were elected

President:	Cheryl Yadach
Vice President:	Robin Johnson
Secretary:	Helen Jabs
Treasurer:	Annmarie Penvose

LGA Rep to Tournament Committee:	Tracy Carruthers
AD HOC Member to Tournament Committee:	Sarah Metzbower

It's been a great season for the LGA with several new members and lots of lower handicaps! We look forward to 2023 and our season start in March. Watch this space for updated information in the New Year.

## **Carolina Colours Men's Golf Association (MGA)**

Our MGA membership remains at 79, and new members are always welcomed!

In this regard, our 2023 registration begins January 1, and registrations should be completed by no later than January 31. The annual \$25 registration fee can be paid at the Pro Shop or to one of the 2023 Board members. (As a reminder from last month's publication, the 2023 MGA board is Scott Carruthers as President, Kelly Halbig as Vice President, Bob Penvose as Treasurer, and Paul Platek as Secretary.)

Further to our 2023 season, our Kick-Off Breakfast will be held in early March. Details will be provided as soon as finalized.

Although our 2022 season officially ended on Wednesday, November 2, play continues every Wednesday and Friday, weather permitting.

Further, please note that after a membership vote, the membership has elected to change our tee time shotgun starts from 10:00 AM to 9:30 AM for January and February, effective Wednesday, January 4, 2023.

Our December MGA travel event was to be held at Ironwood Golf Course on the 15th. Unfortunately, the event was canceled due to rain. Further, there is no away event scheduled for January 2023.

January's Wednesday's games are not readily available; however, members will be notified of those games via the Golf Genius sign-up process.

And, a special thank you to the Pro Shop and all MGA members for a successful transition to the Golf Genius sign-up process!

Finally, please note that the Hole-in-One insurance (\$10.00 each for Wednesday and Friday) can still be purchased, with the Hole-in-One "competition" continuing until the start of the 2023 MGA season.

### **January's Wednesday's games are:**

- January 4: Two man Texas scramble—use the best drive of the twosome then play your own ball until putted out
- January 11: Modified Stableford/ABCD—4 pts for net eagle, 3 pts for net birdie, 2 pts for net par, -1 pts for bogey, -2 pts for double bogey, -3 pts for triple bogey
- January 18: 1-2-3 Best Ball—Hole 1-1 low net, Hole 2-2 low net, Hole 3-3 low net, repeat sequence Hole 4-6, 7-9, 10-12, 13-15, 18-18
- January 25: Triple Six--6 Holes alternate shot, 6 Holes best ball, 6 Holes scramble

## CHEF's CORNER

### Roasted Rosemary Cast iron filet Tenderloin

#### Ingredients

1 (4-pound) trimmed center-cut beef tenderloin	
1/2 tablespoon olive oil	2 teaspoons salt
1-1/2 teaspoons fresh ground pepper	6 cloves garlic, minced
1 tablespoon vegetable oil	kitchen twine
1 to 2 tablespoons fresh rosemary leaves, chopped	

#### Directions

There are a few steps to preparing beef tenderloin, but don't worry—they are easy!

##### Bring to room temperature

Before roasting, I highly advise to take the tenderloin out of the fridge at least one hour and up to two hours before cooking. There's no marinating required with this recipe, but letting the meat come to room temperature will produce juicier and evenly cooked meat.

##### Dry & trim

Pat your tenderloin dry with paper towel. Then remove the "silver skin" that runs down the length of the tenderloin by running a sharp knife underneath it and gently pulling it off. You can also trim any excess fat off the meat.

##### Oil and season

Grab some olive oil and just rub it all around the meat. GENEROUSLY Season with salt and fresh ground pepper. In a small bowl, mash together minced garlic with a couple tablespoons of fresh chopped rosemary leaves. Rub the tenderloin with the prepared garlic mixture.

##### Tie with twine

This is an important step—don't skip it! Place the tenderloin over pieces of precut kitchen twine, spaced one-inch apart, and tie them closed. You can also ask the butcher to tie it for you (trim it, too!) when buying the tenderloin.

## Colours Café

Opened  
Tuesday 11 am to 7 pm

Wednesday to Sunday  
11 am-3 pm

Made-to-order sandwiches  
and a side or salad

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.

## Sports Bar

Opened

Tuesday—Sunday  
11:00 am-3:00 pm

252-772-7022 ext 4

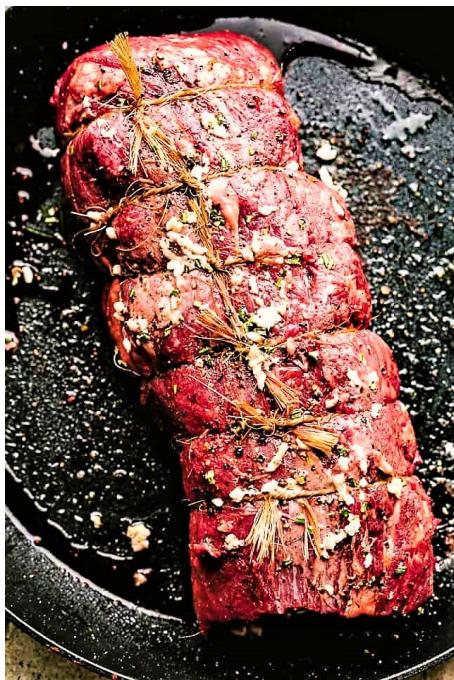
Colours Café  
Sports Bar

at



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## CHEF's CORNER (continued from page 12)



### How to Roast Beef Tenderloin

This is a two-step process; first, you want to sear the meat over medium-high heat, and then pop it in the oven to finish the cooking process. In this way, the tenderloin will have a nicely browned exterior and a perfectly pink interior.

#### Heat the oil

Heat a tablespoon of vegetable oil in a cast iron skillet.

#### Sear

Add the tenderloin to the hot oil and sear on all sides until browned.

#### Roast

Transfer skillet to a 450 degree F oven and continue to cook for 25 minutes, or until internal temperature reaches 125 degrees F to 130 degrees F. Do not overcook because that will result in chewy and dry beef. Use a meat thermometer to check for doneness.

#### Allow to rest

Remove from oven, tent a piece of foil over the tenderloin, and let rest for 10 to 15 minutes before cutting. Cut into 1/2-inch slices and serve.

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## **CHEF's CORNER (continued from page 13)**

### **How Long to Cook Beef Tenderloin**

Searing the tenderloin usually takes about 4 to 5 minutes per side, which amounts to about 12 to 15 minutes total for searing. Roasting the tenderloin then takes about 25 minutes.

Total cooking time for beef tenderloin for searing and roasting is therefore about 40 minutes. You'll also want to let your tenderloin rest for 10 to 15 minutes, which allows all the juices to settle. Resting time helps make your tenderloin incredibly tender and juicy!

#### **Temperature Doneness Guide for Cooked Beef**

- Rare: 120 degrees F to 125 degrees F
- Medium Rare: 130 degrees F to 135 degrees F
- Medium to Medium-Well: 140 degrees F to 145 degrees F
- Well: 150 degrees F+

Enjoy!

