



TEE TIMES

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CAROLINA COLOURS GOLF CLUB

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INSIDE THIS ISSUE

Category	Pg
Ken Gerhardt's Comments	1
2023 Chili Bowl	3
Pride Report	4
2023 Schedule	4
Dice Game	5
New Bern Cup	6
Par for the Course	7
Terri's Tips	8
Hours of Operation	9
LGA	10
MGA	11
Chef's Corner	12



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Ken Gerhardt's Comments

Hello Everyone,

I can truly say, it's an honor to write this article. It's great to be alive!

I'd like to introduce our new golf pro. Jim Ferree has been the Class A Pro at Sound of Freedom (Cherry Point) for the past 34 years. Jim starts March 1st. He's a great team player and I'm thrilled to have him join our team.

We'll start with the golf course update. Josh and his team continue to work on bunkers. This is an ongoing process, and will continue as time allows.

I know it's hard to believe. The part to repair the pipe in front of hole 12 has finally arrived in Greenville. Josh will be picking this pipe up and will get the repairs completed over the next few weeks.

All preemergent has been put on the course. You may have seen a few tire tracks. This was necessary in order to get this product on the ground before we're hit with higher temperatures toward the end of February.

Continued on page 2

Ken Gerhardt's Comments (continued from page 1)

Now an update on myself. As you are aware, I suffered a major heart attack on Friday, February 10. I must share that the staffing at the hospital was top notch. With the kindness they showed me as well as ensuring me that everything I was feeling was normal for my circumstances, I felt like I was staying at a five star hotel!

I'm not sure if this is the proper vessel to share my thoughts on our community. There is no way I have the strength to write hundreds of thank you notes. My wife and I are overcome with emotions almost daily. I have received over 200 emails, 100 texts and hundreds of get well and birthday cards. When I got home on February 14th, I counted my blessings as I was able to be with my wife on Valentine's Day!

As cards started showing up, it was funny to watch the postman as he was going through the pile of cards! You can actually hear him on video saying "damn this guy has a lot of friends!" There has never been a truer statement. The Carolina Colours Community has made me feel loved, needed, and appreciated more than words could ever describe.

When I first got home, each day was a struggle, both physically and emotionally. As cards continued to arrive, it was heartfelt to read each and every one of them. Simply put, between my family at home and my Carolina Colours family, I have the strength and energy to get better (well maybe not the energy yet).

I'm struggling a little with blood pressure, which will be the case until they get the correct dosage. Currently my heart is at 25%. Most have 40-60% when pumping blood. I will have rehab every Monday, Tuesday, and Thursday for the next three months. At that time, I'll have an echo and we'll make a decision on what to do next. I know I'll have good days and bad... it's all good as I'm alive.

I want to end with a quick story. On Sunday, February 12, I was moved from the ICU to the next level down with thoughts that I could go home the next day. I told the nurses I would be easy to take care of and was excited to go home. At midnight they woke me up asking how I was feeling. Apparently my blood pressure was bottoming out and I was in A-fib. I sent my wife an email saying my goodbyes at 2:00 a.m. as I didn't want to wake her. Around 7:30 a.m., I reached out to Meagan and my sister Jackie, sharing my challenges. The staff spent all night trying to get my heart back to where it should be. I wasn't responding to the medicine. Jackie asked me if she could send her pastor to pray with me and I said absolutely.

Pastor Barry arrived around 8:00 a.m.. We chatted for a few minutes, and he started praying for God to comfort me and give me peace. I swear on my life as he was praying I felt my stress leave and I did feel at peace. Barry left at 8:15. The nurse came back in within minutes of Barry leaving. She asked what just happened. I asked why. She told me my A-fib had stopped. They didn't know how this happened. I shared with her that Pastor Barry had just prayed with me. All she said is "that explains it, God is good."

I know that with the continued support of my family, our community, and my staff there's nothing I can't do.

News from the Pro

2023 Chili Bowl

From what I have heard, the Chili Bowl has a reputation for less than ideal weather. This years Chili Bowl was no different. The players in this years event showed a ton of patience and perseverance to make it a great day.

We moved the tees up to the “leisure” tees this year making for an interesting round of golf. It was super competitive, as there were several ties and only a few strokes separating the winners from the rest of the field.

Congratulations to Bob & Annemarie Penvose, and Vinn & Chris Luca for winning their flight, as well as Sandy & Karl Berberich, Linda Dawson, and Tracy Carruthers for winning theirs! Great Playing!

As always, we appreciate you guys being patient with the process of Golf Genius being implemented into the club, and we look forward to many more great Member Tournaments in 2023!



PRIDE Report by Peter Mnatzakanian, Team Leader

February 2023 Pride Report

As we enter 2023, a special thank you to all who have taken part in the PRIDE program. Our course remains a top place to play because of so many volunteers who take extra time to pitch in and keep our course up to date. THANK YOU!

PRIDE will officially kick off on Monday, March 20, 2023, 7:30-9:00AM. Buckets will be at the Cart Barn. Unless special arrangements have been made, you can keep your assigned areas.

I'd like to give a huge thank you to Phil Carpenter, who recently moved from Colours, and Archie Portis who has retired from Pride, for their many years of hard work. They will be missed.

Stay tuned for the Pride breakfast and sign up information. We hope all can attend!

If you have any questions, let me know. If you have anyone in mind to assist us this year, also let me know so I can reach out to them.

Here's to another great year!

2023 Schedule of Events *

DATE	TOURNAMENT	START TIMES
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

*Does not include outside tournaments



CAROLINA COLOURS
GOLF CLUB

Dice Game

Saturday, March 11th
9 am Shotgun



\$20
PER PLAYER

Roll the dice to see whose shot you use!
Includes lunch & Prizes, cash bar

Sign up individually - Pro Shop will pair ABCD teams
Invite will come from Golf Genius 2 wks prior



Coming in 2023 to



We are excited to let you know about this new golf tournament: The New Bern Cup, involving competition between teams from the 6 area clubs in New Bern. This inaugural team event will be hosted here at Carolina Colours. Genesis of New Bern is the Title Sponsor.

We plan to participate with a team consisting of 8 men, 4 women, our club pro, and 2 alternates. The entry fee is \$40 for Carolina Colours members, plus applicable cart plan status, includes the range, cash prizes, a practice round, and post round BBQ.

This is an invitational event for members with USGA handicap maximums of 12.0 (men) and 18.0 (women) as of June 1, 2023. If you would like to participate in this 1 day stroke play tournament, sign up on the sign-up sheet on the board in the Pro Shop, so we can get some idea of potential team members.

The team with the lowest combined net score takes home the New Bern Cup. The plan in the future is for this to be an annual two-day event. The winning club this year will get to host the event in 2024.

As the host club, we will no doubt need some volunteers to help out during the tournament to make this a success, so if you would like to assist that day, please let Johnny Belski know.

In all likelihood, we may need to hold a qualifying round during the month of May to finalize the team roster. In the meantime, if you have any questions, contact the Pro Shop.

Par for the Course by *Peter Eckle*



Maintaining your sanity in the bunker

Look familiar? Here is a situation you may find yourself in. Your ball is in the bunker, on a slope, touching a rake (or any other moveable object). How do you proceed without incurring any penalty? Let's go through the steps you should take to avoid a penalty.

1. Mark the ball
2. Remove the rake. When you move the rake, the ball moves to a different spot so what happens? If the ball moved because you moved the rake, no penalty because you're taking reasonable action to remove a moveable object (Rule 9.4 Exception 4).
3. Place the ball back in the original spot where you marked it (Rule 15.2a(1)). If you believed the ball moved due to natural forces, which is not likely, then you would have to play the ball from where it came to rest (Rule 9.3).
4. So, the ball moved because you removed the rake. When you place the ball back in the original spot you marked, it rolls back down to a new spot. Clearly it moved then due to natural forces, so you must play it from the new location (Rule 9.3). If you then were to make the mistake of picking the ball up and placing it back in the original spot, you would incur the general penalty under Rule 9.4 and Rule 14.7 (playing from the wrong place).

Terri's Tips!

Golf Is For Anyone Who Is Interested In The Game!

With the warmer temperatures being right around the corner, you may be thinking about the game of golf. Those who already play have gotten a few rounds under their belts.

I know we have many residents of Carolina Colours who want to take up the game, but may not know how to go about that. I can make that easier for you! Below are my suggestions to get you started.

- * You do not need to own golf clubs, we will have some for you.
- * Get a friend who also may be interested in learning. It seems to be more fun when you take it up with someone else as you get started. It can even be 3 or 4 friends.
- * You may create your own group to schedule your sessions with.
- * You may also schedule a private lesson to get started.
- * Your first lesson, we promise you, will be getting the golf ball into the hole. We always start with the easiest part of the game to understand, putting.
- * You do not have to be 'athletic' or have prior experience in sports to be able to have fun and learn golf!

We know learning a new sport can be intimidating, but give it a go. You will see how fun it can be.

Please email me at Carolinaschoolofgolf@gmail.com to schedule your golf time!

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

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March

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)

The Carolina Colours LGA had their kick off scramble, luncheon, and business meeting on Tuesday, February 21st. We had 44 members participate in the scramble. A nine-hole step aside scramble was kicked off at 10 AM under sunny and warm skies. A total of 50 members participated in the luncheon and business meeting afterwards. Chef Jonathan prepared an outstanding soup and salad lunch which was enjoyed by all. Our first order of business was to welcome three new members to the LGA. Those new members include:

Darla Blowers

Linda Groff

Jo Ann Baranski

The LGA was especially pleased to welcome back long-time member Pam McConnaughey after a long and hard-fought illness. It was a pleasure to have her back with us and golfing!!! Welcome back Pam.

The LGA will once again be sponsoring our Pretty in Pink Event to be held on Monday October 2nd. This is huge event which raises dollars for cancer patients right here in NC. Additional information about this event will be forthcoming as the season progresses.

The official start of the LGA season is Tuesday, February 28th. We look forward to a fun filled season of golf and friendship.

Carolina Colours Men's Golf Association (MGA)

As we start our new MGA year, we have 74 members who have paid their dues. This includes new members, Al Blowers, Don Geary, and Keith Shore. When you see Al, Don, and Keith, please welcome them. If you haven't done so yet, there is still time to pay your dues for the upcoming season.

Many of you have already purchased your Hole-In-One insurance for the new season. As a reminder, the insurance is \$10 each for Wednesday and Friday. If you choose to purchase the insurance, please pay at the Pro Shop or give the money to one of the Board members.

Start times for the next twelve months is as follows:

March—9:30

April and May—9:00

June through September—8:30

October and November—9:00

December through February—9:30

It appeared as if most of you enjoyed the 9:30 tee time during the winter months. Hopefully the temperature will continue to be mild.

As a reminder, please make sure you are teeing off from the mats on all of the par 3s. This is being done to preserve the tee boxes during the winter. Anything you can do to keep the course in good shape is much appreciated.

The upcoming road games are March 21st at Cypress Landing and April 18th at Star Hill. Kelly Halbig will be sending everyone an email with start times. If you are interested, please let Kelly know as soon as possible as these are very popular courses.

List of events for the upcoming year:

Master's Drink Day—April 5th

MGA/LGA Mixer—June 28th with June 29th as rain day

July luncheon—July 12th

Beer and Brats day—October 4th

End of year luncheon—November 15

March's Wednesday's games are:

March 1—Modified Scramble/ABCD (MGA Breakfast) – minimum 3 drives per participant

March 8—Four Man 3,2,1 ABCD – 3 low net scores on par 3's, 2 on par 4's and 1 on par 5's

March 15—Four Man 3 low net ABCD – 3 low net scores on each hole

March 22—Four Man high/low net – low net and high net scores count

March 29—Lone Ranger, Four Man A,B,C,D – low net + lone ranger low net. A player gets holes 1,5,9,13 and 17, B gets 2,6,10, 14 and 18, C gets 3,7,11 and 15 and D gets 4,8,12 and 16

CHEF'S CORNER

Pan-Seared Cod with Bourbon

This pan-seared cod with bourbon features flaky white cod topped with a sweet bourbon sauce. And it's ready in about 15 minutes!

Ingredients

8 ounces cod fillets (2 fillets)
pinch sea salt
1 tablespoon butter
½ tablespoon olive oil
2 tablespoon balsamic vinegar (1 oz)
2 tablespoon bourbon (1 oz)
¼ cup honey or maple syrup
diced green onion, parsley, and or basil to serve (optional)

Instructions

Pat cod dry and season with salt. Allow it to come to room temperature.

Meanwhile, pour balsamic vinegar and bourbon together and set aside. Keep the balsamic-bourbon mixture within arm's reach, so that you can grab it quickly when the honey is ready.

Pour honey into a small, heavy-bottom pot and turn heat to medium. In about 1-2 minutes, the honey should start to bubble. Stir it with a wooden spoon until the honey darkens in color and turns amber (about 3 more minutes).

Chef's Note: The caramelizing honey will be VERY hot. Do not touch it or attempt to taste it at this point.

Carefully, standing back from the pot in case of splash-back, pour the balsamic and bourbon mixture into the pot with the honey. Stir and cook for 1-2 more minutes. Take sauce off the heat and set aside.

If the sauce cools and thickens too much while the fish is cooking, simply set it back on the heat for about a minute, or until it heats up again.

Heat butter and olive oil in a heavy-bottom pan over medium-high heat.

Continued on page 13

Colours Café

Opened
Daily 11 am-3 pm

Tuesday Dinner 5 to 7 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 11am to 7pm

Wednesday-Sunday
11:00 am-3:00 pm

252-772-7022 ext 4

Colours Café

Sports Bar

at



Chef's Corner (continued from page 15)

Instructions (continued)

Set cod in hot pan, and DO NOT TOUCH IT. Set a timer for 4 minutes, and don't touch the cod until the timer goes off. (If your butter smokes a little, lower the heat slightly.)

Next, use a thin metal spatula to flip the cod. If it sticks to the pan, wait another 30 seconds. The fish will release when it's done cooking. Cook for another 4 minutes, and transfer to plates.

Serve fish immediately with bourbon sauce, along with fresh herbs (optional).

Nutrition

Calories: 352kcal (18%) | Carbohydrates: 38g (13%) | Protein: 20g (40%) | Fat: 10g(15%) | Saturated Fat: 4g (25%)| Polyunsaturated Fat: 1g | Monounsaturated Fat: 4g | Trans Fat: 1g | Cholesterol: 64mg (21%) | Sodium: 349mg(15%) | Potassium: 510mg(15%) | Fiber: 1g (4%) | Sugar: 37g (41%) | Vitamin A: 220IU(4%) | Vitamin C: 1mg (1%) | Calcium: 27mg (3%) | Iron: 1mg (6%)

