



TEE TIMES

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CAROLINA COLOURS GOLF CLUB

MAY 2023

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Ken Gerhardt's Comments

I hope the weather warms up just a little as we move into May. The end of April was chillier than normal.

Bunkers

We were able to finally get the part needed for the tractor that allowed us to finish the bunker on the right side on #18. We still need to SOD the area in front of the bunker.

We continue to place new sand in bunkers. We are doing this as soon as sand arrives. Like everything else in this world, it's been a challenge getting it here.

Just a friendly reminder to always rake the bunkers after use. If you see a hole where all the rakes have been placed at one end of a bunker, please let the Pro Shop know.

CAROLINA COLOURS GOLF CLUB

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CAROLINA COLOURS
GOLF CLUB

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Ken Gerhardt's Comments (continued from page 1)

Driving Range

It has always been the policy to check in with the Pro Shop prior to heading to the range. We have noticed more of our members that are on the annual plan just head to the range. The reason we need to have you check in is a simple one. We always keep our eyes open for public play that may try and sneak to the range prior to playing. If our members have not checked in and we look at the range, we see people we have no clue who they are. We now have to send someone out to see who is on the range. So, with all that said. Please always check in with the Pro Shop before heading to the range.

The sign that disappeared designating the members only area has been replaced with a new one.

Tournaments

The Heaven and Hell tournament has been moved to Monday, June 12th. Please mark your calendars.

Now for some great news!

We were once again rated by the North Carolina Golf Panel. This group plays different courses throughout North Carolina. Normally you get rated based on how much money you spend advertising in their magazine. This group does not have a magazine, so they are not looking for advertisers. They rate the course based on conditions, pace of play, food and beverage, and overall enjoyment of the course.

I am pleased to share with you that we were rated as #37 out of all the courses that are classified as public or semi-private in the state of North Carolina.

For the Eastern Region we placed 7th.

If you get a chance, go online, and look at the courses we are competing against for these ratings. North Carolina Golf Panel.com

Sports Bar and Café hours for May

- ✓ Open Monday and Tuesday 11 am–3 pm
- ✓ Open on Tuesday for dinner 5 pm–7 pm.
- ✓ Open Wednesday – Sunday 11 am–4 pm (Yes you read that correctly. We're expanding our hours and staying open an extra hour five days a week in May.)

News from the Pro by Jim Ferree, PGA

My first 8 weeks here at Carolina Colours have passed quickly and, while I still have plenty to learn, it already feels like home. There is an unmistakable atmosphere of fun and enjoyment in this community which makes coming to work a pleasure.

As an example, most of our neighboring clubs typically have memberships who hold events on a monthly basis. In comparison, both our MGA and LGA have more rigorous schedules and are teeing it up twice weekly. What is impressive about our folks is that this frequency is not so much fueled by a fierce hunger to compete, but more out of love of the game itself and for the sociability inherent within.

Post-play, when our members are asked how their rounds went, the typical responses are positive in nature. I have yet to see an angry face coming off the course, hear harsh words spoken, or a club turned into the Pro Shop that was broken in anger. The saying “attitude is everything” definitely applies here.

As we progress through our tournament schedule, all of us in the Pro Shop are working to use Golf Genius to its fullest potential and provide our members with the service they deserve. Our goal is to smoothly execute the administrative functions from sign-up to timely posting results. Hopefully we will approach these tasks with the same positive attitude our golfers have and enjoy it in the process.

On another note, in May we will be having a golf bag sale in the Pro Shop. Bags with our Carolina Colours logo have just arrived so stop in and check them out.

Jim Ferree, PGA

April Couples Event

This month, we had 48 golfers play in our Couples event! It was another fun day of competitive golf, great company, and drinks! Special shout out to Donald Geary and Joanne Baranski for coming in 1st place! Great playing!



PRIDE Report by Peter Mnatzakanian, Team Leader

Well, I am not sure how much we need to say. Our PRIDE season has been challenged because of a lot of bad luck. Weather, golf outings, and our latest episode that lightning hit our cart barn.

The result is so many carts unavailable for us. However, I must say that those of you who own private carts have stepped up and kept us going.

THANK YOU SO VERY MUCH.

Let's not forget that so many of you participate in our PRIDE garden program and your work has not gone unnoticed. When you get to hole #9, think of the great job our Bob Mohn has done and order your lunch from our chef Jonathan.

Eventually we will get our whole team back and our community will see the great efforts of our team. Until then, thank you all for every little bit you do.

Chris Kasyan has gone above his normal duties to add some color to our driving range. Chris is a modest guy who does so much because he loves Carolina Colours.



Star Performer of the Month!

Cheryl Yadach, during LGA Tuesday Play, had 3 Poley's and birdied each of those Poley Holes!

Tournament Committee

2023 Schedule of Events *

DATE	TOURNAMENT	START TIMES
February 5	Chili Bowl Scramble	12 pm Shotgun
February 25	Three Club Event	Canceled
March 11	Dice Game	9 am Shotgun (food)
March 19	Couples Event: Blind Draw	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: Texas Scramble	2 pm Shotgun
May 22	Three Club Event	9 am Shotgun
June 3 & 4	Member-Member	8:30 Shotgun (food)
June 12	Heaven and Hell	9 am Shotgun (food)
June 18	Couples Event: Devil's Delight?	2 pm Shotgun (18 holes)
July 3	Flag Tournament	8 am Tee Times
July 16	Couples Event: Modified Scramble?	4 pm Shotgun (9 holes)
August 13	Couples Event: 4 person scramble?	3 pm Shotgun (9 holes)
August 27	Carolina Colours Cup	8:30 am Shotgun
September 1	Nine & Dine: Texas Scramble?	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: Best Ball?	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: Turkey Shoot?	2 pm Shotgun (9 holes)

*Does not include outside tournaments



CAROLINA COLOURS
GOLF CLUB

Three Club Tournament

Monday, May 22nd | 9 am Shotgun

**\$20
ENTRY
FEE**



**INCLUDES
LUNCH &
PRIZES**

Sign up as a single for this 18-hole individual flighted event. Men will play from the Gold Tees, women from the Red.

**Choose your favorite three clubs,
PLUS your putter**



Member-Member Tournament

June 3-4, 2023



8:30 SHOTGUN BOTH DAYS
SATURDAY: BEST BALL & SCRAMBLE
SUNDAY: SHAMBLE & ALTERNATE SHOT
BUFFET LUNCH FOLLOWING SUNDAY'S PLAY



Title Sponsor:



GENESIS OF NEW BERN

Monday, June 26, 2023



**First Annual New Bern Cup
72 Players + 6 Club Pros
in an 18 hole stroke play team event**

Host Club: Carolina Colours Golf Club

<https://ncawesome18.com/new-bern-cup>

The Carolina Colours Golf Club team that will compete in the New Bern Cup golf tournament is still taking signups.

If you have not signed up yet you should do so before May 15.

Remember USGA handicap requirements:

Men- 12.0 or less

Women- 24.0 or less

This will be a fun event with food and prizes. Also great that Carolina Colours Golf Club is hosting. Community bragging rights will be in play.

Par for the Course by Peter Eckle



This month we're going to deviate a little from the rules and give you some tips for helping to improve pace of play during your round.

- Be ready to hit the ball when it's your turn. This means determining your yardage and making your club selection before it's your turn to play.
- Keep your pre-shot routine short. Avoid taking unnecessary practice swings or lining up your shot for too long.
- Watch your playing partner's shots if possible. You may be the key to locating their ball if necessary. When a playing partner hits an errant shot not everyone needs to help locate it. Hit your own shot first, if possible, before helping.
- Use a buddy system when sharing a cart. Get out and walk to your ball with a few clubs and let your cart mate pick you up. Or drive to your ball after you drop your cart mate off and then pick him or her up after you hit.
- Park your cart in a spot near the green that allows you to walk off away from the group behind you, not backtracking.
- Be efficient on the green. Mark your ball and lift and clean it when you arrive at the putting green so you can replace it when it is your turn to play. You can usually line up your putt while others are putting, without disturbing them. Wait until the next tee to record your score.
- Strive to stay up with the group in front of you (if they are a similar number). Be aware of the group behind you. If you're falling behind, let them play through if possible.
- If you reach your "max" score for the game you are playing, pick-up.

Terri's Tips!

MORE VISUALIZING—LESS THINKING (TRYING)

As the season ramps up, you need to take your visuals to the golf course. Especially during the spring time when you haven't had much time to practice.

Golf is a game... imagine that. Just as one plays baseball, tennis, pickleball, etc., golf is also a game that is meant to be played.

Imagine if you had to think about hitting a baseball or think about how you are going to catch a ball coming towards you! We instinctively react—we don't think about how to do it. This is how the best players play, they react to the target in front of them, they do not 'think' how they are going to get it there!! They also do not think about hitting the ball. They have put their time in on the practice range learning how to do that. Playing the game is much different than hitting the ball.

Why do so many say to me, "How come I hit the ball great on the range and not on the course?"

If you hit a poor shot on the range, there are no consequences. If you have a bad swing or a bad shot on the course, you try to 'fix' it! OK, so if I keep my knees bent, my head down, watch the club hit the ball, make sure I transfer my weight, etc., you mean I can do all that in a matter of one and a half seconds. Bravo!! Not one thought was on the target, remember the ball is not your target.

So, how do you get your mind ready to play? I am going to give you a few suggestions, self-talk advice when on the course!

VISUALIZE

Can you see yourself driving your car, putting your foot on the brake when coming to a stop, stepping on the gas when the light turns green? Of course, you can. This is visualizing. We need to turn those visuals into golf shots—not golf swings.

While on the first hole, visualize your shot traveling down the middle of the fairway, bouncing a few times, and rolling out another 25 yards. This all happens before you take your swing. All you can do now is keep that visual while you are swinging. There is no time to 'control' your swing—get out of yourself and into the target.

SELF-TALK

When over a shot, do you find saying to yourself what you DON'T want to happen? I think most golfers would say 'yes.' I hope I DON'T go 'into the water.' Your mind registers—into the water—this is the signal you are sending to your body. Usually that's where the ball goes.

Let us turn that around. You know the water is there—or the abys—acknowledge it. Positive self-talk/visuals would go like this: 'the water is in front of me, I have 100 yards to the green, I'm going to hit my seven iron, the ball will land on the front of the green, and roll up to the pin.' The signal you are sending now is all positive, it is what you DO WANT TO DO. This will work, maybe not all the time, but most of the time. It's how better players play the game!

I hope this helps. If you have any questions please feel free to email me at tmigliaccio@carolinacolours.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!

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May

Hours of Operation

Pro Shop

Mon 9:30 am–6:00 pm

Tues–Sun 7:00 am– 6:00 pm

Driving Range (must check in with Pro Shop prior to 5:00pm)

Mon 9:00 am–6:00 pm

Tues–Sun 7:00 am– 6:00 pm

Carolina Colours Ladies Golf Association (LGA)

Thanks to the fantastic weather, the CCLGA has been out in numbers on Tuesdays and Thursdays to take advantage of the Spring temperatures and low humidity. Our membership continues to grow as we welcomed another new lady to our ranks. Welcome Jackie Puz.

A big thank you goes out to Linda McGraw and Karen Lankton for putting together our GOLF 101 program. The presentation was open to all members, both new and seasoned golfers. It served as an introduction for new golfers and a great review for those who have been playing for a long time. In addition to items such as Pace of Play, Ready Golf, and Golf Courtesy, Karen and Linda reviewed some local rules specific to Carolina Colours. It was a spirited presentation and provided answers to the most common issues that arise on the course. It is safe to say the seasoned golfers found it as helpful as the newer golfers.

This month we will hold our "9 and Wine Surprise Scramble" on Tuesday, May 16th at 3PM. The flyer below created by our own VP Robin Johnson provides all the information. We hope everyone dons their purple and joins us for the fun and friendship.



"9 & WINE" SURPRISE SCRAMBLE
MAY 16TH @ 3 PM

**Wear Purple
for Peace Day**

'WEAR PURPLE FOR PEACE DAY' IS A DAY TO PROMOTE PEACE BETWEEN US AND ANY SPACE ALIENS WHO MIGHT BE LURKING ABOUT. OBVIOUSLY THE UNKNOWN CREATOR OF WEAR PURPLE FOR PEACE DAY THOUGHT THAT PURPLE WOULD BE THE ONE COLOR TO SIGNALIZE ALIENS THAT HUMANS ARE A PEACEFUL SPECIES. THE COLOR PURPLE HAS ALWAYS BEEN CONSIDERED A VERY SPECIAL COLOR AS IT IS NOT OFTEN TO BE FOUND IN NATURE. IT STANDS FOR CREATIVITY AND SUPERNATURAL POWERS.

Surprise? Guess which tees we will be playing?
B.Y.O.B.
**Last names A-L: Bring appetizers
or sweets to share**

**WINE, FOOD & FELLOWSHIP
FOLLOWING GOLF AT THE
NEW ACTIVITY CENTER**

The flyer features a purple and light blue color scheme. It includes two cartoon purple aliens: one on the left with a single antenna and one on the right with two antennae. The text is arranged in a central column, with the event title and date at the top, followed by the 'Wear Purple for Peace Day' theme, a paragraph of background information, and the event details at the bottom. The bottom section is highlighted with a green background.

Carolina Colours Men's Golf Association (MGA)

Our most recent member is John Durham, bringing our membership up to 78. If you haven't said hello to John yet, please do so and if you haven't played with John yet, you're in for a treat.

It's not too late to purchase hole-in-one insurance. As a reminder, it's \$10 for Wednesday and \$10 for Friday.

We have had some great weather for the start of our season and some good turnouts for our games. On Wednesday April 5th, we had Masters Drink Day and 35 men participated. Just to prove that most of them actually came to play golf, on Wednesday April 19th we had 39 participants, one of our largest turnouts in a long time.

On April 18th, 8 golfers played at Star Hill in Swansboro. We had great weather and the 8 players enjoyed the course. On May 16th we plan to play at Kinston Country Club. Kelly will send out an email with tee times about a week ahead of time. If anyone would like to recommend a course for a future road trip, please inform one of the Board members. We would look to stay within an hour of Carolina Colours.

May's Wednesday's games are:

- May 3—Shamble (ABCD) – All players hit tee shot. Teams select best ball. All players play from that point to hole. Teams score is best net score. Three drives minimum per player.
- May 10—One low gross/One low net – (ABCD) – 1 low gross and 1 low net per hole
- May 17—Tax Man Wipeout (ABCD) – Holes 1-3, 1 low net. Holes 4-6, 2 low net. Holes 7-9, 3 low net. Holes 10-12, 1 low gross. Holes 13-15, 2 low gross. Holes 16-18, 3 low gross
- May 24—Four Man Best Ball (ABCD) – Each player plays their own ball, low individual net is the team score
- May 31—Modified Stableford (ABCD), two low net – 4 points for net eagle, 3 points for net birdie, 2 points for net par, -1 point for net bogey, -2 points for net double bogey, and -3 points for net triple bogey

CHEF's CORNER

Grilled Greek Style Lamb Chops

This makes a phenomenal dinner. What else is there to say? It's simple to prepare too. All you have to do is mix a simple sauce, marinate, grill for a few minutes, then serve. How easy is that? I mean, just look at the pictures! Oh my!

I usually grill two racks of lamb chops to feed the big meat eaters in my family. For a normal family of four, you could halve this recipe and serve with some awesome sides and you should be good.

Ingredients

Two racks lamb chops trimmed of excess fat

Slicing the Lamb Chops

I like to slice each rack into four—that's two bones for each chop. Funny story here. When I was buying these racks I was actually counting the bones in each package because I wanted to buy the one with the most in it. Ya, I know. I think I had a moment there. It wasn't until someone asked why I was counting that it sunk in that all of them had eight.



Continued on page 15

Colours Café

*Opened
Monday & Tuesday 11 am–3 pm*

Tuesday Dinner 5 to 7 pm

*Wednesday to Sunday
11 am to 4 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–4:00 pm*

252-772-7022 ext 4

Colours Café
Sports Bar
at



Chef's Corner (continued from page 14)



Marinating

I reserve about ¼ cup of the marinade to pour over the cooked chops. This step takes them to the next level. The flavors are a party in your mouth. Yum.

Marinade

½ cup olive oil

¼ cup lemon juice

Zest of 1 lemon minced, optional

2 teaspoons dried oregano, preferably Greek*

2 tablespoons fresh chopped parsley

8 to 10 cloves garlic finely chopped

Kosher salt—I use about 1 tablespoon, but you salt to your taste

1 teaspoon freshly ground black pepper

Instructions

Pat the lamb chops until they're dry. I like a thicker chop so I slice them thick into 4 chops. If you want to slice them thinner, simply slice into 8 chops.

Mix all the marinade ingredients together in a small bowl.

Place the chops into a zip top bag and pour in the marinade. Note: I like to reserve ¼ cup of the marinade for pouring over the cooked chops. The freshness of the marinade takes these over the top.

Remove all the air and close the top. I squeeze the bag to get the marinade into the meat. You can marinate for at least 2 hours or up to overnight in the fridge. Flip the bag over here and there to make sure it gets an even coating. Remove from fridge and allow to come to room temp, about 30 minutes, before continuing.

While meat is coming to room temperature, heat the grill to medium high.

Grill the lamb chops for about 3 to 4 minutes per side if you have a thinner chop or 6 to 8 minutes for a thicker one. You can cook them to your liking. I prefer medium well.

Transfer onto a platter and let them sit (if you can) for a few minutes before devouring. Pour reserved marinade over the chops and enjoy.

***Chef Notes:** If you use fresh Greek oregano, use about 1 tablespoon which will taste amazing.

Thank you 