



THE RESERVE CLUB
AT WOODSIDE

THE RESERVE REVIEW

Official Newsletter of The Reserve Club at Woodside

March 2023

WARMER WEATHER IS SPENT
Better Together



IN THIS ISSUE



PLAN THE PERFECT PARTY WITH US

Are you thinking about where to host your next gathering? Do you know someone looking for the perfect wedding venue? Look no further than The Reserve Club! Read along to see why we are the right place for you and your friends.



TAKE A LOOK BACK AT FEBRUARY

Our General Manager, Membership Director, and Assistant Director of Food and Beverage recall all of the fun times we had at the Club in February! See what they have to say about this past month and what is coming up March.

SPICE UP YOUR KITCHEN

Give a little spicy flair to your dishes and cocktails this month! Chef Jon gives you the ideal recipe to bring some heat to your dishes. Michelle, the Bar Manager, also details how to make the perfect mojito to celebrate St. Patrick's Day this year.



STRESS LESS ON THE COURTS

A competitive tennis match can be stressful. Andrew Burrow lays out some pointers to help you breathe easy during your next game.

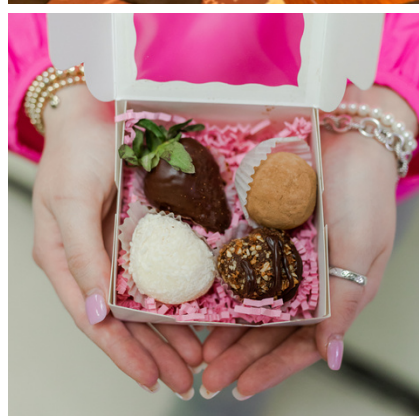
SAVE THE DATES

We have a lot of fun athletic events coming up! Be sure to mark your calendars and keep an eye open for registration.

RECENTLY AT THE CLUB

All About Love

We celebrated Valentine's Day during our First Friday Pub Club and Sweetheart Dinner events.





UPDATES FROM YOUR GENERAL MANAGER

As we delve into the new year, I am happy to report that 2023 is off to a great start! With the variety of food and beverage promotions we have been programming, there has been strong Member support. We have experienced sellout crowds for Burgers & Brews, Trivia, Prime Rib Night, Southern Comfort Night, Valentine's Sweetheart Dinner, Bingo, and our Wine Tasting event. In March, we are looking forward to hosting a Lobster Night, 1980's Themed Trivia, St. Patrick's Day Pub, and, back by popular demand, another Prime Rib Night.

Be on the lookout for the publishing of our quarterly "Upcoming Events at the Club" brochure.

The Reserve Club team is diligently working on getting a few projects wrapped up. The Foyer hardwood floor is scheduled to be replaced in March, along with the carpet in the Men's and Ladies' Locker Rooms and Golf Shop. As a reminder, the flooring in these areas flooded with the water pipe break over the Christmas Holidays, requiring their replacement. I am still awaiting a start date for the foyer hardwood floor, but will report on that once confirmed. When the hardwood floor work is being completed, the entrance to the member dining room will be through the main dining room veranda doors around the back side of the Club. This will be necessary for a few weeks until the floorwork is completed in the foyer. We apologize in advance for any temporary inconvenience this may cause.



In closing, I am excited to announce that The Reserve Club will be hosting the 2023 Palmetto Amateur Golf Tournament on the Hollow Creek Golf Course the week of July 5th through 9th. I have been meeting with the tournament Chair and Co-Chair, working out the details and scope of services associated with the host site. The annual event is typically hosted at The Palmetto Golf Club, however they will be re-grassing their golf course in May 2023. The 72-hole Amateur Tournament is scheduled for a field of 78 players that cuts to the top 40 after 54-holes. Additional detailed information will be forthcoming as the tournament committee continues to finalize their plans for the event with the Club.

We appreciate your continued support!

Respectfully,



Barry Garrett

BARRY GARRETT
CCM, CCE
CHIEF OPERATING OFFICER AND
GENERAL MANAGER

A LETTER FROM YOUR *Membership Director*



February truly showed your continued support of the events we host at the Club. We hosted numerous events and ran special dining promotions and almost every one was sold out! We strive to provide the best for you all, and your participation is greatly appreciated. Looking ahead to March, I hope to see you all at our 80's Trivia Night. Our monthly game nights are growing in popularity, so be sure to secure your table reservation!



Spring is right around the corner, so it is time to dust off your racquets and clubs to start playing! If you are interested in picking up a sport, having more access, or joining your friends on the courts and courses, you are welcome to see me to discuss your opportunity to upgrade your Membership.



Samantha Sims
SAMANTHA SIMS
MEMBERSHIP DIRECTOR

Maximize Your Membership

For those interested in playing more golf, taking lessons, participating in clinics, and even joining a Men's or Women's Reserve Club league, we currently have a great golf incentive. This incentive will only be offered until the end of March, so if you are interested, please feel free to come see me and I will be happy to help you maximize your Membership.



This Month at *The Reserve Club*

WEDNESDAY, MARCH 8

LOBSTER NIGHT

Let's get cracking! Lobster Night is back at the Club, so reserve a table today.



THURSDAY, MARCH 16

80'S TRIVIA NIGHT

Grab your scrunchie for trivia this month. Find your smartest friends to join us for dinner and friendly competition.



FRIDAY, MARCH 17

ST. PATRICK'S DAY PUB

Experience the luck of the Irish with a tapas buffet, whiskey tasting, and loads of shamrocks!



WEDNESDAY, MARCH 22

PRIME RIB NIGHT

Don't miss this 'prime' opportunity! Get your friends together and grab a table now.



SEE ALL OUR EVENTS AND REGISTER FOR YOUR FAVORITES ONLINE TODAY!

MARCH DINING UPDATES



WHAT A WONDERFUL MONTH OF FEBRUARY FOR FOOD AND BEVERAGE!

TAKE A LOOK BACK AT FEBRUARY...

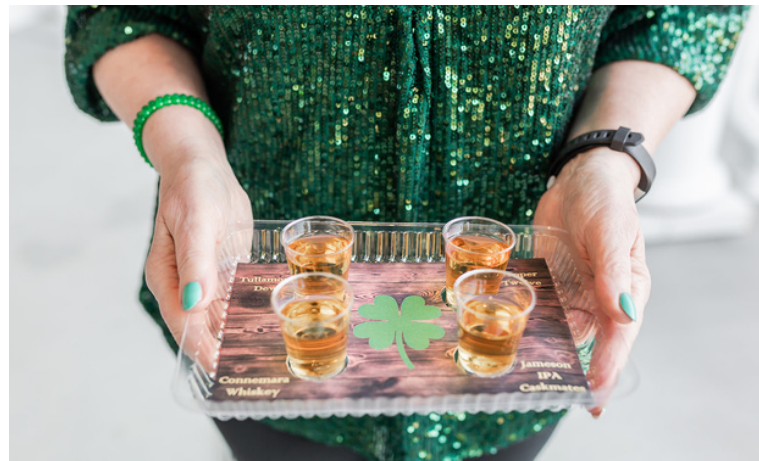
We kicked off the month with our First Friday Pub Club, where we gave our Members a taste of Michelle's lovely, featured Valentine's cocktails, compliments of Woodside Development, and some sweet treats thanks to Chef Jon. Be sure to check out the featured cocktails as we will have them available all month! The following week, we ran our Southern Comfort features with a sold-out crowd and received some outstanding feedback. We followed that up with yet another sell out event for our Valentine's Sweetheart Dinner. It was so great to see so many Members and their sweethearts come and join us for such a special occasion. On February 16th, we hosted our Bloodies and Bingo Night where we had over 100 Members and guests attend, which is a new record since I have started my tenure here at the Club. It is always a good night when you get to have breakfast for dinner!



We rounded out the month with yet another sold-out Prime Rib Night and our Wine Tasting, which both had well over 100 attendees! As always, it was a pleasure to host the Butterfly Club meeting, the RCWGA 18-hole opening luncheon, and Winter Mixer. We are hoping for a continuation of the beautiful weather and sunshine we received towards the end of the month!

LOOKING FORWARD TO MARCH!

We have some exciting events and promotions we will be running. Be on the lookout for notifications for Lobster Night, which we will be hosting early in the month, so be sure to make your reservation before we fill up! On Friday, March 17th, we will once again be having our St. Patrick's Day Tapas & Whiskey Tasting, where we will be featuring a tapas buffet of our spin on Irish foods. Stop by and speak to Michelle about the wonderful whiskey selection we will be offering! Also, Trivia Night is back this month, so be sure to check your emails for the theme and our featured buffet selections.



Now that the weather is starting to warm up again, we are excited to welcome back our RCWGA 9 and 18-hole groups, as well as the RCMGA. These groups are always welcoming to new Members, so if you are looking for a group and organization to join, be sure to check in with the Golf Shop to see how to get involved.

Thank you to our wonderful Membership for your continued support of our Food and Beverage team, and we hope to see you around the Club this month!



Rich Zabel

RICH ZABEL

**ASSISTANT DIRECTOR OF FOOD &
BEVERAGE**

Happily Ever After BEGINS HERE

Do you have a loved one looking for the perfect venue to say "I do"? Consider celebrating the most special of days at The Reserve Club!



IT'S MORE THAN
YOUR WEDDING
DAY, IT'S YOUR
WEDDING
EXPERIENCE!



ULTIMATE FULL-SERVICE

Our services include assisting you and your loved ones in planning the big day, selecting menu choices, creating floor plans, and helping you choose the best service professionals in our area. We will be with you each step of the way to ensure the day is just as you imagined it!

Our wedding packages are tailored to make the dream wedding a reality! We are happy to help you and your loved ones celebrate each of the special moments before, during, and after the vows. The bride and groom packages ensure that every minute will be enjoyable and memorable. To learn more about what The Reserve Club has to offer or to start planning, contact our team today!



The Right Place FOR ALL OCCASIONS



EXCLUSIVE EVENTS & PRICELESS MEMORIES

If you're searching for the perfect place to host your next gathering, look no further than The Reserve Club! Our facility has what you need for anything from a small gathering to a large party.

HOLIDAY PARTIES

It's never too early to begin planning your perfect holiday party! You create the guest list, and we'll take care of everything else. Our facility and team have everything you need from the space to the hors d'oeuvres to make it a gathering your friends and family will never forget!



Connect with us today to begin planning your party, gathering, or training! Visit our website or call Club Concierge at (803) 648 - 1601 for more details.

Buffalo Sauce

In honor of the Super Bowl in February, try making my recipe for TRC's buffalo sauce. I use honey and BBQ sauce to mellow out the heat from the hot sauce. Use this spicy sauce to toss on wings, marinade grilled chicken, baste on fish, or whatever else you can think of!

Ingredients :

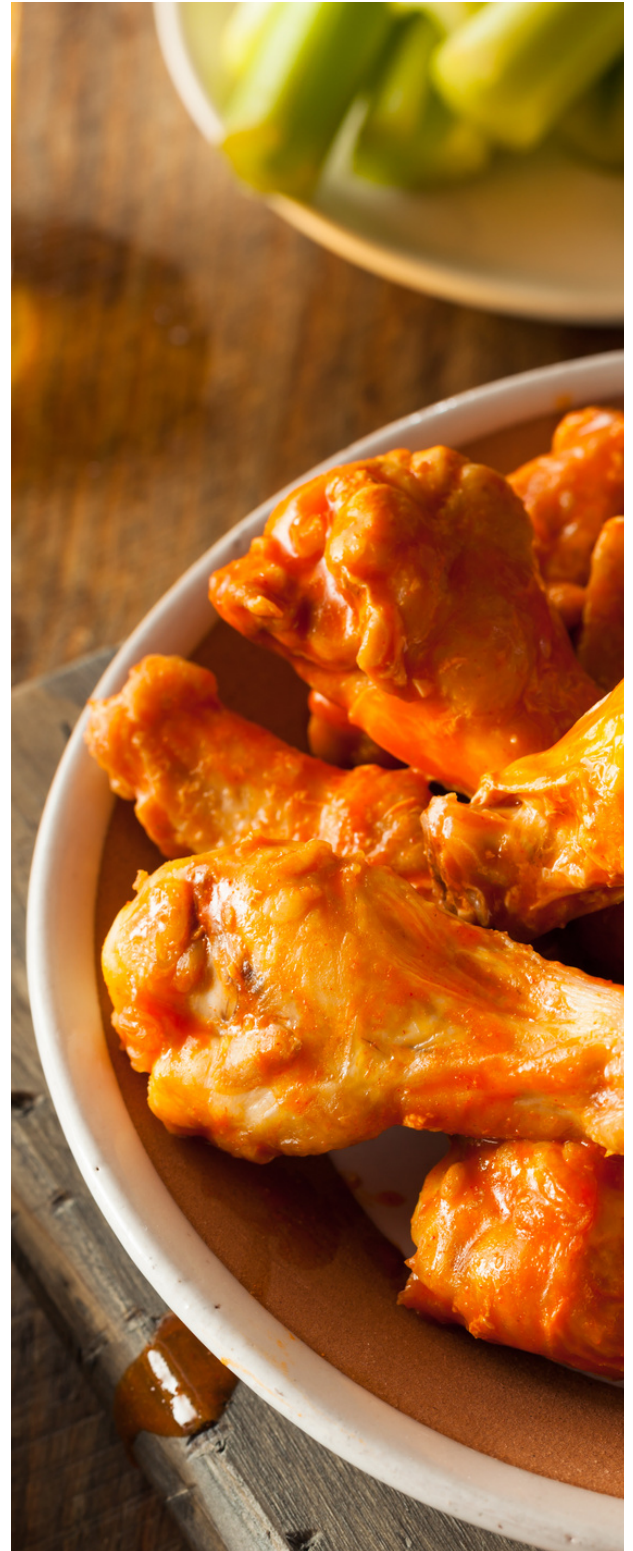
- 4 oz. Frank's Red Hot Sauce
- 1 oz. Red BBQ Sauce (use whichever brand you prefer)
- 1/2 oz. Honey
- 1/2 oz. Butter (cubed)

Procedure:

1. In a saucepot, heat the buffalo, BBQ, and honey until simmering and mixed.
2. Turn off heat and whisk in the butter.
3. Cool and hold up to 5 days.



Jon Gamlen
JON GAMLEN
EXECUTIVE CHEF



Irish Whiskey Mojito

Let's kick off March with a festive Irish Whisky Mojito!

Ingredients :

2 oz. Jameson

1/2 Squeeze of Lime

1/2 oz. Agave

Fresh Mint (bruise to release oils)

Club Soda

Procedure :

1. Shake ingredients (excluding Club Soda) with ice.
2. Strain into glass over fresh ice.
3. Top with Club Soda.
4. Garnish with Lime wedge and Mint.

Like it Spicy?

Substitute Ginger Beer for Club Soda.



Michelle Walker

MICHELLE WALKER
BAR MANAGER



FLEXIBILITY vs. MOBILITY

What is the difference and why train for both?

You've likely heard both of these terms used often, sometimes interchangeably. While the two concepts are closely related, they are actually very different in the fitness industry. So, what is the difference, and why do we need to work on both?

FLEXIBILITY:

Flexibility is a muscle's ability to lengthen passively, or without engagement. When you perform static stretches using gravity, limb support, props, or practitioner assistance, you're working on muscular flexibility.

MOBILITY:

Mobility, on the other hand, is related to the joints and their ability to move actively through their full range of motion without assistance. Think of lifting your leg in the air to a 90-degree angle and bringing it back down again. That's active mobility.

"To have good mobility, you need good flexibility."

At Village Fitness, we encourage clients to work with our stretch practitioner. During these sessions, you are encouraged to relax and allow the practitioner to manipulate your body for passive stretching. The idea is to release tightness and tension of the muscular connective tissues, such as tendons, ligaments, joint capsules, and muscular envelopes. This will allow you to move better!

However, it is critically important to utilize that newfound flexibility and train your body to perform movements within your full range of motion without the assistance! Dynamic movement, corrective exercise, and strength training are used to develop muscular strength and stability to actively manipulate the joints. That is where our training programs come in!

Call us today to schedule a free assisted stretch demo or fitness consultation so we can help you improve your flexibility AND mobility!



Jason Usry

JASON USRY
VILLAGE FITNESS FACILITY DIRECTOR



TENNIS TIP:



MANAGING STRESS ON THE COURT

It has happened to all of us, trembling arms or a tight chest during a match. Stress. Even if it pushes you to do things, if it is not well managed, stress is often an obstacle which can prevent you from playing as you would during your training. So, to get to a level of stress compatible with your way of playing tennis, there are techniques that you can use between points. Among these, we can find breathing techniques, NLP tools such as anchoring, or relaxation techniques such as sophrology.

CONCENTRATION

Concentration is a key element in tennis, it allows you to make the right tactical choices and avoid making mistakes. However, our minds can start wandering off the court at any time. On the other hand, if we stay focused during every second of the match, mental fatigue will settle in, quickly leading to exhaustion. So, we must concentrate when we really need to. That is to say just before the beginning of the point, during the point, and until its conclusion. For this, there is nothing better than to keep in mind on your game plan and define your intention before each point.

NERVES

Tennis is a sport that puts our nerves to the test. In addition to competing against our opponent, we are competing against our own mistakes. That can be very frustrating and sometimes makes us think it is because of our equipment. We can pay a high price for this nervousness (and not only on racquets)! In addition to giving important information and confidence to your opponent, your nervousness will make you lose your lucidity and concentration. To overcome this, you will need to keep calm by using performance routines, sophrology, or breathing techniques.

THE END OF THE MATCH

Are you afraid of winning or not finishing the match well? Many players have found themselves in this situation! Lack of concentration, pressure, and bad choices, are multiple symptoms and the outcome is sometimes not exactly what you expected, especially when we thought that the hardest part was over. So how do you deal with this kind of situation? Stay focused on the present, and play point after point without deviating from the game plan that has worked so far. In this case, performance routines can be of great help.



THE ZONE

How can we talk about mental training and not talk about "the zone"? "The zone" is that state in which you feel like you are on a cloud, where you succeed in everything you do, and you feel invincible. Almost everyone has felt this way at least once, but it is not easy to get into that state again. In order to reach this optimal state of performance more easily, you have to try to put together as many criteria as possible: calmness, confidence, concentration, relaxation, and others that are specific to each person.



Andrew Burrow

ANDREW BURROW
DIRECTOR OF RACQUETS

SAVE THE DATES

2023

March
5

USTA JUNIOR TOURNAMENT

[PLAYTENNIS.USTA.COM/TOURNAMENTS](https://playtennis.usta.com/tournaments)

March
15

TWILIGHT ZONE

SIGN UP ON FORETEES

March
19

SWING INTO SPRING

SIGN UP ON FORETEES

ST. PATRICK'S DAY

TENNIS/PICKLEBALL ROUND ROBIN

SIGN UP ON RACQUET CALENDAR

March
28

GREATER AIKEN SHOOTOUT

VIST GOLF CALENDAR FOR DETAILS

May
31

COLORS OF HOPE

VIST GOLF CALENDAR FOR DETAILS

July
24

CAMP RESERVE

VISIT CLUB CALENDAR FOR DETAILS

RCMGA NEWS "WE HAVE SOMETHING FOR EVERYONE"



President's Message:

The RCMGA is the place to be in '23! After a successful 2022 season, which culminated in our gala banquet in November, the 2023 RCMGA Board went to work raising the level of our product. We used every piece of data collected from last year, including surveys, participation trackers, scoring data, and more. In addition, we created specific committees to focus on innovations to support the RCMGA's purpose, which is to provide our members with the opportunity to participate in fun, but competitive, golf events throughout the year.

With the continued growth of the Reserve Club, we look forward to welcoming many new Members this year. The RCMGA truly does have "Something for Everyone!" Owing in large part to the hard work of our Board and financial assistance from our three major sponsors' Jim Hudson of Augusta, Woodside Development, and The Reserve Club Pro Shop team, we offer great golf, superb awards, excellent lunches, and special member gifts. Most importantly, we are able to provide an environment that allows members to meet new Reserve Club residents, discover new groups, and build new friendships.

We are now preparing for our first event of the season, The Medal of Honor Tournament, which will be held on Thursday, March 23rd. See you around the Club! For more information, please visit our web page under GOLF on the Reserve Club website.

Mike Battaglia
RCMGA President

2022 JIM HUDSON OF AUGUSTA CUP WINNERS

- 1st - Bill McKool
- 2nd - Henry Reyna
- 3rd - Rick Whitcomb
- 4th - Dave Hemingway
- 5th - Brad Williams/Bruce Holton



RCMGA BOARD

Mike Battaglia, President
Bill McKool, Communications
Jim Ruthven, Treasurer
Scott Calhoun, Secretary
Vic Sowers, Events Director
Terry Stimmel, President Emeritus

ADVISORS

Chuck Dinumzio
Scott Johnson
Dave Hemingway
Randy Laudenbach

MEDAL OF HONOR TOURNAMENT

RESERVE COURSE
MARCH 23, 2023

4-Man Teams
Two Best Balls
Stableford Scoring
Gross and Net Divisions
Low Gross/Net Cash Awards



THE RESERVE CLUB

AT WOODSIDE



803.648.1601

www.TheReserveClubAtWoodside.com