



NEWS FROM GATES FOUR GOLF & COUNTRY CLUB • MARCH 2010

Don't Miss these Fun Events at the Gates Four Club

Fine Foods & Spirits Dinner — Thursday, March 11

Gates Four Club is pleased to invite you to the first Fine Foods & Spirits Dinner. Chef Wayne has planned an opulent five-course gourmet meal. Each course will be paired with a glass of wine specially selected by PJ Zharan, local wine aficionado. Guests will be treated to PJ's knowledge of the pairings. Learn how and why certain wines bring out different flavors in the menu selections.

Five-Course Gourmet Menu

Appetizer: poached lobster tail with citrus cream

Salad: fresh baby greens and seasonal vegetables served in a Parmesan curl with a Champagne vinaigrette

Intermezzo: raspberry sorbet with a splash of vanilla vodka

Entree: pan-seared beef tenderloin and duck breast royale, purple Parisian potatoes and vegetable terrine

Dessert: chocolate mousse torte with a wild berry compote

Cash bar opens at 6p.m. Dinner will be served at 6:30p.m. Space is limited to 30 people, so make your reservations early. Please dress appropriately. Gentlemen in collared shirt and jacket; ladies in a dress or pantsuit. Cost: \$38 per member; \$40 per nonmember. We will gladly accommodate food restrictions if you notify us at the time of your reservation. *Deadline to make or cancel a reservation is Saturday, March 6 by 5p.m.*

St. Patricks Day Buffet — Wednesday, March 17

It's the luck-o'-the-Irish that St. Patricks Day is on a buffet night, because the traditional Irish dishes we have planned are perfect for a buffet. Wear your green and save the green (\$1 off your buffet). Not in the mood for the buffet? JP's also will offer green beer and an Irish special just for the night!

Annual Easter Egg Hunt — Saturday, April 3

Parents, bring your cameras and catch your little ones with the Easter Bunny at the Annual Gates Four Easter Egg Hunt from 2p.m.-3:30p.m. Cost: \$5.95 per member; \$6.95 per guest. The hunt begins promptly at 2:15p.m. Pizza, hot dogs and refreshments will be available. There will be lots of prizes, so *make your reservations early, by March 31.*

Annual Easter Buffet — Sunday, April 4

Spring is definitely in the air and the Annual Easter Buffet from 11:30a.m.-2:30p.m. will be extra special this year. Chef Wayne has planned a delightful selection, so make plans now to share Easter with family and friends at the Club. The carving station will have a sumptuous leg of lamb and juicy prime rib. You also can select from the hot choices: sliced ham with apricot with brown-sugar glaze; pan-roasted salmon with a light citrus crawfish cream; grilled chicken breast with roasted shittake mushroom sauce; cranberry-cornbread-stuffed pork loin with pan gravy; chicken fingers; as well as delightful sides of creamy mashed potatoes, steamed asparagus with an orange hollandaise sauce, mixed baby vegetables and cauliflower gratin. Assorted salads and desserts also will be served. *Make your reservations by April 1 by 5p.m.* Cost: \$23.95 per adult; \$11.95 per child. Special Easter Bunny appearance!

Middle School Party — Friday, May 21

Get your middle school students ready for a fantastic party at the Club with a DJ playing requests and a big screen showing all the fun. Cost: \$12 per member or guest. Reservations requested. ●

NEW! JP's Drive-Through Dinner Service

Quality Club food is now available at fast-food convenience with JP's new Drive-through Dinner Service. Simply call in your food order to JP's (425.6667, ext. 245) 20 minutes prior to your desired pick-up time. Then call us when you drive through the iron Club gates (by the tennis courts).

We will meet you at the front doors of the Club with your meal and your check. Pay by cash, card or member charge. Give it a try the next time you are on your way home for the day, or just in a rush. This service is *only* offered Tuesday through Saturday 4:30p.m. - 6p.m. ●

Special Events

Fine Foods & Spirits Dinner
Thursday, March 11

Luck of the Irish Night
Wednesday, March 17

Easter Egg Hunt
Saturday, April 3

Annual Easter Buffet
Sunday, April 4



Wednesday Night Buffets
Casual family dining, 5p.m.-8p.m., feature a bountiful feast of favorites, including a kid-friendly buffet table. Reservations requested. Dine-in only. \$13.95, adults. Children 10 & under, free with each adult buffet. Buffets include: salad bar, dessert table, iced tea and coffee. Birthday Nights (*) are the first buffet of each month.

March 3* & 17

April 7* & 21



Board Meetings
Homeowners' Annual Meeting & Elections
Tuesday, March 16
- Registration, 6:30p.m.

Townhouse Owners'
Tuesday, March 16, 6:30p.m.



Book Club Meeting
March 2, 7p.m.
- "Stones into Schools" by Greg Mortenson
- April's book is "The Help" by Kathryn Stockett

For more information, call Trisha Taris at 426-8117.



Ladies' Bunco Night
March 2, 7p.m.

For more information, call Zandra Richmond at 423-5294.



Every Week at Gates Four!

Pump Exercise Classes
Tuesdays & Thursdays, 4:30p.m.
• Saturdays, 8a.m.
(\$8/class or \$35/month)

Tennis Clinics
Kids' Clinic — Wednesdays,
4:30p.m.-5:30p.m. (\$10)
Private Lessons — \$20/half hour

Family Spaghetti Nights
Thursdays

**Half-price Wine By the Bottle
& Prime Rib Specials**
Saturdays

Club Hours Fitness Center

Open Daily 8a.m. until Club Closes

Pro Shop
Open Daily 8a.m. to 6p.m.

Winter Range Hours
Open Daily 8a.m. to 5p.m.

JP's Bar & Grill Hours
Sunday: 9a.m. to 3p.m.
Monday: 10a.m. to 5p.m.

Tuesday to Thursday:
10a.m. to 9p.m.

Friday to Saturday:
9a.m. to 9p.m.

Tennis Courts
Open Daily 7a.m. to 9:30p.m.

Important Club Numbers

Clubhouse — 425.6667
JP's Bar & Grill 245
General Manager..... 233
Clubhouse Manager... 223
Reservations... 221 or 245
Chef 228
Golf Pro..... 225

Pro Shop — 425.2176

Pool — 425.4015

Tennis Pro — 922.9990

Fitness Trainer — 978.2348

Grounds keeper — 425.3381

Gatehouse — 424.0542

New Gatehouse — 424.1597

GATES FOUR GOLF & COUNTRY CLUB
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For Club questions, email Cindy Bonilla at cbonilla@gatesfour.com.

For newsletter comments, email Julie Wood at creativecc@earthlink.net.

TENNIS

Junior Tennis League Matches Begin March 5

We have a nice group of kids for the Gates Four Junior Tennis League. The tennis courts are reserved every Friday in March (March 5, 12, 19 and 26) for the matches from 4p.m.-7p.m.

Our goal is to help the kids gain experience keeping score and playing matches, as well as find friends they can call to play tennis.

Thanks to member coordinators *Yvonne Rouse* and *Julie Wood*.
• Tennis Pro *Derrick Berry*

FITNESS

Soda — So Not a Good Choice

Here's a surprise — heart disease, stroke, cancer, obesity, tooth decay, osteoporosis, diabetes and dementia have all been linked to drinking sodas in excess.

Even if you have only a few now and then, sodas — even diet sodas — increase your sodium intake, which stores excess water in your body. You know that bloated feeling? Plus, sodas deprive your bones of much-needed calcium.

So, here's another baby step for a healthy you — skip the sodas. Other great options: green tea, unsweetened herb tea, watered down juice, vegetable juice and water, water, water! (Add some lemon or a low-cal flavor packet to add excitement.)

I can help you get started and stay committed. Call me at 978.2348, or join me for Pump Classes. • Certified Personal Trainer *Sherry Williams*, Your Fitness at Gates Four

Pro Shop Sale



Did you know we offer tennis wear? Gates Four servers Lindsey (left, below) and Taryn model tennis vests available in the Pro Shop.

All brand-name clearance items:

\$25



WHAT'S COOKING

Buffets with a Theme

The second buffet of each month will now have a "theme" where we will offer a few dining selections to go with that theme.

For example, the theme for the March 17 buffet is "Luck of the Irish," which will have some traditional Irish dishes.

While the theme will change each month to add some variety to your dining delight, we will still offer some tried-and-true favorites.

Also, don't forget to email me your own favorite recipe at chefwayne@gatesfour.com. It may be a favorite with other members, too! • *Chef Wayne*

GOLF

March Outside Outings

Members, please be aware that the following events are scheduled outside of the Club membership. Members can play either before (for afternoon shotguns) or after (for morning shotguns). Members may not play the course during these events.

March 3 (9a.m. shotgun) — Von Autry Group

March 18 (1p.m. shotgun) — Shortstop Tournament

Other Upcoming Tournaments

April 10 (Note Date Change*)
Men's Golf Association (MGA) — open to members of the MGA. (Join at the pro shop — \$30/year, includes four tournaments and breakfasts)
*due to scheduling conflict

April 24-25
Gates Four Two-Man Invitational — open to Club members and guests

Important Club Messages

Please, No Parking in Front of the Club — To allow access for emergency personnel, we ask that you do not leave your vehicle unattended in front of the building. Thank you for your cooperation.

Online Payments Credited Upon Receipt from Your Bank — Please be aware that when you pay your Club bill online, your payment is not posted until we receive it from the bank. You need to allow enough time for your bank to process and send the payment to avoid a late fee (1½ percent of your unpaid balance). Payment must be received on or before the last day of the month.

Announce Members' Birthdays — To announce a birthday in *The Gate Post*, email the birthday person's name to creativecc@earthlink.net (deadline the tenth of each month prior to the announcement). And don't forget Birthday Buffets, the first buffet of each month. •