

# Moose Memo

Well it looks like the warm weather has arrived and I might add, not a moment too soon for me. I have had golf fever now for about a couple of months and if you are like me, you are ready for this season to get kicked off. Last Saturday, there was a nice turnout for the men's golf association three-man scramble. The winners of the event were J. Rippey, Fiveash & Scott Taylor, Second went to D. Howell, T. Burns & Yrjanson followed by C. Baker, Williamson and Rob Davis. Fourth place went to Danny Mathews, Robin Foley and Cannon while John Oxley, Holland and John White finished in fifth place. Over the past month, I have been giving interviews from resumes sent in through the PGA site for our new pro and thus far, I have spoken to several good candidates. It seems that this process always takes a little longer than first expected but we want to make sure the right person for the job at hand is chosen. I hope to have this position filled within the next few weeks and I know that everyone will be happy with the end results. Once we have made the choice, there will be a meet the pro day set aside so look for this announcement in the pro shop and restaurant area. Speaking of the restaurant, we are now open with new hours and a new staff to cater to the members. A special thanks goes out to Robin Foley for all his organizational skills and hard work in getting the kitchen and storage areas ready to go. He has also set up new menus as well as the new hours we will abide with in this department. Lately we have also been busy with repairing some areas of the cart path as well as digging and repairing many sink holes around the course. The end result will be more apparent as soon as the grass starts growing and filling in the areas that have been completed. I also have the quote for rebuilding the bathroom on hole number 15 and soon we will begin construction on this project. If you have been hitting balls on the range lately, you probably noticed the

New club cleaners which were donated by the Mississippi Sports Medicine Clinic. They are very nice and do a great job and look very good on the driving range as well. While on the subject of the driving range, I have noticed many of the new range balls have been showing up on the course. Please do not take range balls off the practice range. The balls are for member use and are not intended to be played during a round. The balls are not supplied for your personal shag bags either. You will also notice that beginning this month there will be a calendar of events placed in the pro shop so that everyone can see in advance of the schedule of events at the club. With the golf season in full swing, there are many outings and member related events on tap at Castlewoods, so I hope you will get involved with many of the planned events to come. This month we have the CLGA interclub play day on the 8th, the Suds Cup matches are scheduled for the 9th, 10th and 11th, the Belhaven Spring Formal is set for the 16th, the second Men's golf association event is on for the 17th, the MS College spring formal for the evening of the 23rd, a wedding for the evening of the 24th, the MS Trucking Association Outing is scheduled the 28th and the CSI Outing is on the 29th of this month. For those of you who are senior members, the senior men's golf association wants to make sure everyone knows that the annual dues are only \$10.00 and \$1.00 per week when you play. The seniors meet Tuesday thru Friday at 8:00 AM in the clubhouse and tee off at 8:30. Teams are selected by blind draw and compete in different formats throughout the year. Currently they have 30 members with 10 to 20 players showing up daily. The group usually has two social functions each year with their spouse or guest invited. Cost of these events is included in your dues. Along with the golf comradery they also help make Castlewoods more enjoyable for all

The members by helping the grounds crew once a month during the spring and summer. Mike gives the group various projects such as painting, trimming and other small projects which gives the maintenance crew more time to work on bigger projects. Castlewoods is very fortunate to have such a great bunch of seniors and if you need any information about joining, call on Don Wimberly at 992-3317, Randy Parker at 825-8525 or Kirby Fight at 668-9993. This past Saturday night we also held the first annual Rankin County Junior Auxiliary Ball at the club and over 400 showed up for the festivities. It was a great time for everyone and the charity made money from ticket sales, donations and their silent auction. Over the next few months we have many more events scheduled at the club but there are still several openings for your next party, function or event but please hurry and save that date as we are booking up very quickly. Call the clubhouse and speak with myself or Jean Hee to reserve your next event at 601-992-1942. I have been speaking with several members of late about them or their company sponsoring one of the holes on the course. We can erect signage on each tee box with your name or your company's name shown. Just think of the advertising viewers each month and best of all our members and guests are more than likely to do business with another member of the club if they know your business is available. If interested, call or come see me at the club and we can discuss the options. Now that spring is now in full bloom, I hope you are ready to start playing golf, tennis or just practicing on the range when time permits. It is nice to see everyone starting back at the club and I hope to see you soon on the course. Moose

## TURF TALK by Mike Stupica, Golf Course Superintendent

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On the brink once again. April is the month when everything changes. Dormant grass and lifeless trees give way to spring blooms and green grass. Pollen will destroy most of our sinuses and with nothing really to look forward to on TV but "The Masters" we will turn to our own course once again for some recreation. Very soon the fairways and greens at Castlewoods will be green again and we will see the tee sheet filling up. These are joyous days at the club. The spring roll for course maintenance is filling up. With the new help slowly trickling in the real work is about to be begun. As promised major sink holes have been patched or repaired, cart path repairs have begun and the irrigation system is up and running. Soon a regular mowing regiment will take the place of our tedious work. Yes, these are great times at the club. We have started our fertility program on our greens. Although the temperatures are still a bit low for great growth on the Bermuda, the greens should be shaping up rather quickly now. I have noticed some minor damage

From the extreme cold this winter but fortunately it is minor and I suspect a little extra fertility will do the trick to get things back in shape. Aside from the cold temperatures we are seeing the negative affects of wear from the winter play. Most of the damage comes from improperly repaired ball marks on the greens if the marks were repaired at all and severe cart damage to some of the fairways. We made every effort this winter to allow carts off the paths as much as possible in order to generate play on some of the nicer days. Our plans are to continue this policy but there is a limit to what we can afford in damage this is causing to the course. Please be aware of the wet areas on the course when carts are off the paths. Please fix all of your ball marks and try to find an extra one on every green. If we all make an effort to do this the course will be in much better shape. One other note, if you can, please return your carts to the back staging area at the putting green and this will save time for the cart staff when closing for the evening. Thanks for your cooperation. Mike Stupica, Golf Course Superintendent

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### Castlewoods Tennis News

**Beginner Ladies...** A beginner ladies class will begin on Tuesday March 30. The class will be offered every Tuesday and Thursday morning at 10:00 a.m. and will last an hour. The class will be offered by Levi Patton who was the 2009 Southern Rookie Pro of the Year. Levi also has morning lessons available if you would rather take your lesson at a different time. If interested, you can contact the clubhouse at 601-992-5993. The cost of the beginner class is \$15 per lesson.

#### **Upcoming Local Tournaments**

\*\*April 16 - Courthouse Spring Jr. Classic. Courthouse Racket Club. BG(18-10)sd,FIC. Deadline April 13

\*\* April 24 - Aquafina RTC Jr. Open Championship. Ridgeland Tennis Center. BG(18-10)sd,FIC. Deadline April 13

Tournament Note... Congratulations to Natalie Taylor for capturing her first tournament title at the Pepsi Spring Jr. Open held at Bridges Tennis Center. She placed first in the girls 12-u division!

#### **Tennis Tip Of The Month "Eating Right For Your Tennis Game"**

Carbohydrates, which include pastas, potatoes, and rice, are the best source of energy and nutrition when you play a lot of tennis. Your body can digest carbohydrates more easily and quickly than high-protein foods like red meat. But carbohydrates aren't a free ride. If you eat a diet high in carbohydrates but don't get enough exercise, you don't burn up the fuel. It gets attached to your body as fat. Also keep this in mind: If you douse that plate of spaghetti in a cream-based sauce, like Alfredo, you add a lot of hard-to-digest fat to an otherwise good source of quick power and energy. It takes much longer for your body to digest such meals, which keeps you from realizing the advantage of carbohydrates. The following dietary tips should steer you in the right direction when it comes to food. (1) Moderate your intake; The less you eat, the less weight you're likely to gain. You'd be surprised how much less most people can eat when it comes to portion size and still feel satisfied afterwards. Part of eating overlarge portions is pure habit, and some restaurants thrive on feeding that habit. (2) Think lean. If you like animal-based protein foods-- in other words, meat--stick with the leaner, lighter choices like chicken, turkey, or fish. Which have fewer calories and less fat. (3) Use mustard as a substitute for mayonnaise. Mustard spices up a sandwich without nearly the same amount of calories as mayo. (4) Eat lots of fruits and veggies. (5) Cut down on sweet soft drinks, whole milk, and caffeine. Carbonated soft drinks make you feel bloated, and the bubbles introduce oxygen into your bloodstream. Which your body then has to break down. Caffeinated drinks like coffee dehydrate you. (6) Drink plenty of water. Eight glasses a day, at least!

#### **Tennis Staff:**

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