

Dallas Country Club



MAY/JUNE 2008

UPCOMING EVENTS, NEWS AND ARTICLES FOR THE MEMBERS OF DALLAS COUNTRY CLUB

Mother's Day Brunch Buffet

SUNDAY, MAY 11TH • 11:00AM – 2:00PM

\$32.95 Adult, \$17.95 Children (5-11 years)
4 and under complimentary

Mothers and Grandmothers are truly special gifts in our lives. The Dallas Country Club Staff hopes that you will join us at the Club for a beautiful Mother's Day Buffet.



Mother's Day Evening Cookout

SUNDAY, MAY 11TH • 6:00 – 9:00PM

Join us as we celebrate Mother's Day poolside later Sunday evening for a more relaxed atmosphere. A casual buffet will be provided with traditional favorites as well as new favorites!



"CELEBRATE MEMORIAL DAY"

SUNDAY, MAY 25TH

POOL OPEN FROM 10:00AM – 9:00PM

BUFFET OPENS AT 6:00PM

KID'S ACTIVITIES START AT 4:00PM

LIVE ENTERTAINMENT FEATURING

THE RAY BANS BAND AT 7:00PM

*"And I'm proud to be an American, where at least I know I'm free.
And I won't forget the men who died, who gave that right to me."*

~Lee Greenwood

\$24.95 Adults, \$14.95 Children (ages 5-11 yrs)

4 and under complimentary

Please call the Receptionist to reserve a table at 214-521-2151

48 Hour Cancellation Policy

Do you have vintage and/or exotic cars that you would like featured in our Memorial Day auto showcase? Cars will be shown in the following categories: models earlier than 1950, 1950 to 1970, 1971 to 1990, and 1991 to present. A variety of prizes will be awarded, so contact Dana in the Catering Office dana@dallascountryclub.org right away to be included in our car showcase.



Mother's Day Buffet

Sunday, May 11, 2008

Starts at 11:00 AM

Last seating 1:30 PM

\$32.95 adults Children 5-11 \$17.95
4 and under complimentary

Reserve your table early
by calling 214-521-2151

72 Hour Cancellation Policy is in effect

Starters

Green salad with Dressings and Condiments,
Potato Salad, Waldorf Salad,
Shrimp Salad, Crab salad, Beet Salad.
Domestic & Imported Cheese Display,
Balsamic Grilled Vegetable Crudités,
Seasonal Fruits & Berries, Deviled Eggs,
House Smoked Salmon & Shrimp Cocktail

Entrees

Petite Filet with Creamy Stilton
Rosemary Marsala Demi-Glace
Chicken Picatta with Angel Hair Pasta
Lump Crab Stuffed Lemon Sole
with Lemon Grass Butter
Cheese Blintz with Strawberry Compote
Truffled Eggs in Bouche with Maltaise Hollandaise
Fried Breaded Shrimp with Remoulade Sauce
Sweet & White Potato Royal
& Scallion Whipped Potatoes
Grilled Vegetable Medley

Carving Station

Seasoned Prime Rib
With Creamy Horseradish & Rosemary Au Jus
Sister Schubert Rolls & Split Buns

Homemade Desserts

Cakes, Pies and Tortes,
With Assorted Cheesecakes and Mini Pastries
Chocolate Fountain with Marshmallows,
Strawberries and Golden Pineapples

Children's Buffet

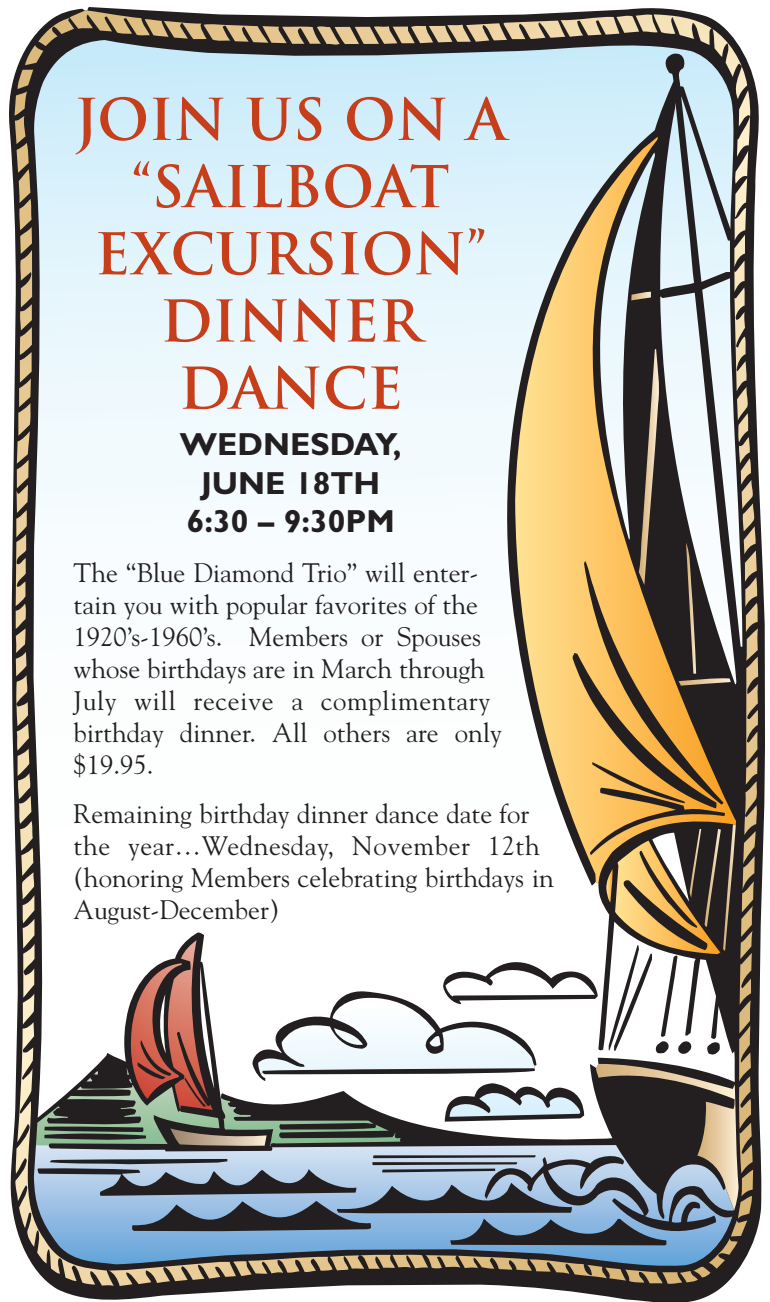
Chicken Fingers, Seasoned Curley Fries,
Mac & Cheese,
Peanut Butter & Jelly Sandwiches,
Assorted Cookies

JOIN US ON A "SAILBOAT EXCURSION" DINNER DANCE

WEDNESDAY,
JUNE 18TH
6:30 – 9:30PM

The "Blue Diamond Trio" will entertain you with popular favorites of the 1920's-1960's. Members or Spouses whose birthdays are in March through July will receive a complimentary birthday dinner. All others are only \$19.95.

Remaining birthday dinner dance date for the year...Wednesday, November 12th (honoring Members celebrating birthdays in August-December)



Valentine's Dinner 2008



Offered in two
areas of the Club
and enjoyed
very much.

NEWS FROM THE TREZEVANT

by Rufino De Paz, Maitre'D



As we all know by now, the summer is quickly approaching. The hot Texas heat is already being felt and the long afternoons are an enjoyable asset in the summer. The swimming season and cookouts on the patio are, of course, fun times for the Dallas Country Club; but when swimming is not on the agenda, the Trezevant offers a great place to enjoy a quiet evening. We are still offering steak night on Tuesdays, seafood night on Fridays, and prime rib night on the first Wednesday of every month. The last Wednesday of every month is still Dover sole night. Any evening, Tuesday through Saturday, would be a great time to dine in the Trezevant. We are currently in the process of adding dishes to our menu to accommodate the change in seasons. This is also a good time to remind you that the Men's 19th Hole is open for couples after 7:00 PM for those wishing to eat from the Trezevant menu in a more relaxed atmosphere. While you are there, please check out our excellent wine list which has been restructured and at great prices! Also, don't forget to join us every Sunday for our Champagne Brunch. We look forward to seeing you soon. For Reservations call 214-521-2151, Ext. 123 & 124 or e-mail rufino@dallascountryclub.org

Live Entertainment in the Trezevant every Friday and Saturday evening as well as Sunday Brunch.



Mrs. Curtis Sanford addressing her family at her 90th birthday celebration.



SPORTS GRILL

A new menu was introduced in the Sports Grill April 1st and it has been a great hit!! The pizza is definitely worth talking about! As the summer approaches don't forget to visit the Sports Grill – there is something for everyone!

EVENTS AT A GLANCE

May

- 1Honorary Member Night in the Trezevant
Tini's & Tiara's on the Terrace
- 2**Pool Open Weekends**
First Friday Night Cookout
- 7Prime Rib Night in the Trezevant
- 8**Ladies TCD Season Ends**
- 11**Mother's Day Brunch & Evening Cookout**
- 15End of TCD Style Show & Luncheon
H. L. Edwards Men's One-Day Invitational
Men's Spring Pro-Am Tennis Finale
- 17Team Putting Championship
Saturday Night Mixed Doubles
- 21-22WGA Member-Member Tournament/Luncheon
- 23**Pool Open Fulltime**
- 24**Men's Club Championship**
Long Drive Contest
Putting Championship
- 25**Memorial Day Celebration**
Men's Club Championship
Putting Championship
- 26**Men's Club Championship**
- 28Dover Sole Night in the Trezevant
- 29Sushi Night in the Sports Grill

June

- 2Summer Camp Begins
- 4Prime Rib Night in the Trezevant
- 5Honorary Member Night in the Trezevant
- 12,13,14**Creekside Classic Golf Tournament**
- 15**Father's Day Brunch & Evening Cookout**
- 20Couples Twilight Golf
- 21-22**Father-Son-Daughter Golf Tournament**
- 25**Dover Sole Night in the Trezevant**
- 26Sushi Night in the Sports Grill



**FATHER'S DAY
BRUNCH
&
EVENING
COOKOUT
SUNDAY, JUNE 15TH**

**BRUNCH
11:00AM – 2:00PM**

**COOKOUT
6:00 – 9:00PM**

\$24.95 Adults
\$14.95 Children (ages 5-11 yrs)
4 and under complimentary

2nd Annual

**TINI'S & TIARA'S
ON THE TERRACE**

**THURSDAY, MAY 1ST
SPORTS GRILL VERANDA
7:00 – 10:00PM**



Join us for Ladies Night!

We will have delicious hors d'oeuvres, cocktails, music, and Raffle Drawings for fabulous prizes that women with tiaras are sure to love!! If it is anything like last year, we are all bound to have a blast!

*\$24.95 per lady (house wines, domestic beer, and well liquor included)
48 Hour Cancellation Policy*



IN MEMORIAM

The Board of Governors, members and staff of Dallas Country Club extend their sincerest sympathy to the families of:

- Rawles Fulgham
- Dr. Jesse E. Thompson
- H. Eiband Wilshusen
- John W. Rhea, Jr.
- Mrs. Lawrence S. (Shirley) Pollock, Jr.
- Lloyd S. Bowles, Sr.
(Club President 1963)



**Rombauer
Wine Dinner**



WINE NEWS

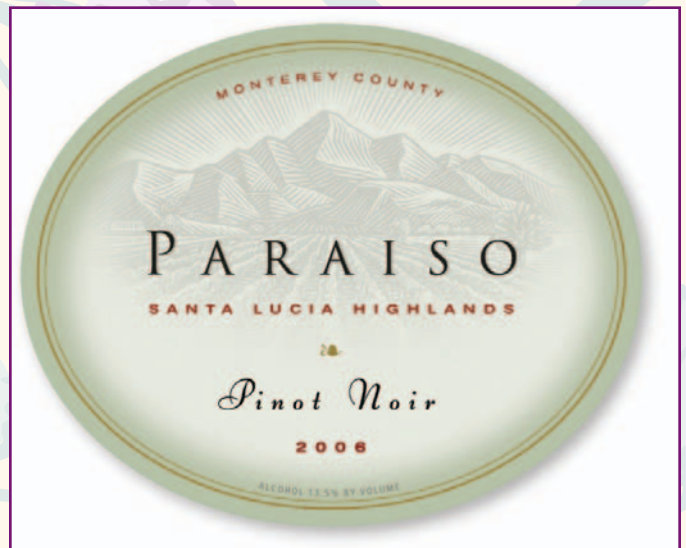
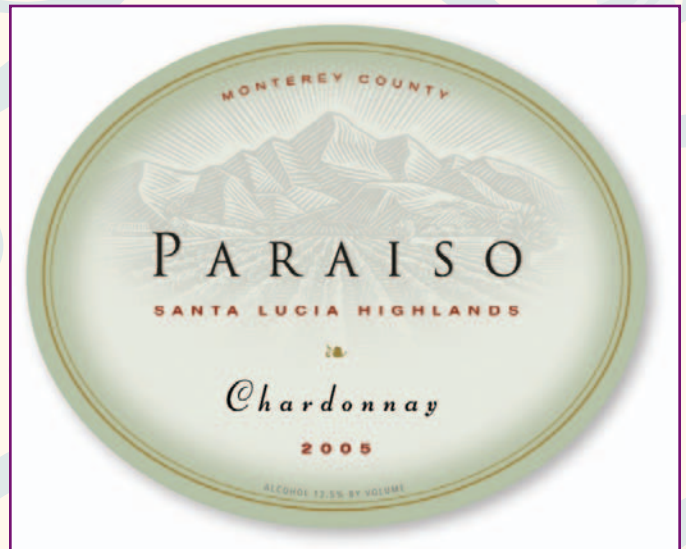
Dear Members,

The wine has been flowing this spring and we now are flowing into the summer. In April, the **Sports Grill** unveiled a new lunch and dinner menu with many of your favorites as well as some great new additions. The House Committee purchased the new wine storage cabinet that was placed at the entrance of the Sports Grill which gave us the ability to add some great wines by the bottle that, in the past, we have not been able to store in the Sports Center. Over the next year we will continue to expand and develop the Wine List. New stem ware, server training, and great wine are all part of our commitment to always making your dining experience great!

The **Trezevant** hosted a fantastic Rombauer Wine Dinner in April, and a special thank you to Brian Ficke for his dedication and assistance in connecting Rombauer Vineyards to the Dallas Country Club. Over the years wine dinners at The Club have become a great opportunity to feature our incredible culinary team as they develop menus that bridge food and wine. Everyone enjoys wine at different levels with many different palates. Wine dinners are the perfect opportunity to explore, enjoy, and educate your palate. Traditionally, we all have heard that white wine pairs with fish and red wine pairs with beef. I truly believe bridging is in the eye of the beholder! There are so many different styles and flavors of wine that make food much more enjoyable. For example many great Steak Houses as well as Dallas Country Club add blue cheese to their Steaks which tastes great, but that blue cheese may have neutralized your favorite merlot or cabernet. Wine Dinners are the perfect opportunity to have some fun bridging food and wine and we are planning great new Wine Dinners for this fall. Look for details in the upcoming months.

The Club's **Wine List** has been receiving numerous complements from the Membership, and if you have not tried the new Icewine, look at the dessert wine section. Icewine was started in Germany in 1794, whereas Canada has only recently entered this world of extreme wine making. Inniskillin Icewine vineyard is located on the Niagara Peninsula, located between Lake Ontario and Lake Erie. The Club's Wine List has two varieties of Inniskillin to choose from for your enjoyment. Icewine's silky sweet nectar is a perfect complement to dessert, especially accompanied with Cream Brulee or a fruit tart.

The May and June featured wine is **Paraiso Vineyards** based out of Santa Lucia Highlands, Monterey County California. Rich and Claudia Smith arrived in Monterey County in 1973 with their children and all their belongings in the car. Fresh out



of college, the young couple was searching for the the perfect location to try out their newly minted U.C. Davis training. Thirty years later, the Smith Family is one of the most influential and respected growers on the California's Central Coast. The Monterey region is world-famous for unparalleled scenic beauty, golf, and cuisine. Warming sun, fog, ancient soils: essential components all to the winegrower's art. The Franciscan missionaries found these key factors in abundance when they arrived in Monterey in the 1700's. Since that day, Monterey has been holy ground to the vintner. Next time you are in any of the Restaurants ask your server for the feature Paraiso Chardonnay or Pinot Noir.

See you at the Club,

Ernest H. Brauner Jr.
ernie@dallascountryclub.org

Located in strategic areas of the Club for your use before any outdoor activity.



DR. T'S Q&A

Q: When did tan skin become considered "fashionable"?

A suntan in past centuries was confined to the poor and those working in the fields or as servants. Victorian ladies and Southern belles never went outside without hats and parasols to protect their delicate features.

It was only in the 1920s that being bronzed became fashionable. Style icon Coco Chanel came back from summering in the south of France with a - TAN! By accident or design a sun tan suddenly became a "must have" fashion accessory. Hats became fashion statements instead of protective clothing. Suddenly a suntan became a symbol of having money and leisure time.

Nowadays, everyone is far more aware of the dangers of the sun. Children are being taught sun safety at school and each summer we are confronted by skin cancer warnings in TV, magazine and newspaper health campaigns.

A tan is not a healthy sign. It is a sign of skin damage. Increasingly, a suntan is becoming known as a sign of ignorance, vs. that of beauty. Protect your family's skin with an SPF 30 every morning, year-round.

*Excellence in Sun Safety
American Academy of Dermatology
iParenting Outstanding Product 2008*

*Active ingredient list provided at
www.Supergoop.com.*

New Friends New Life Luncheon

Sponsored by Suzanne and Randall Baird on April 7, 2008. Guest Speaker was Senator Kay Bailey Hutchison. Chairman Kay Thomason (far right) with L-R Nancy Ann Hunt, Kay Neve, Suzanne Baird, Gail Turner and Candace Cain.



Dunn Engagement Reception Friday, March 28th

Mr. & Mrs. Byron Dunn hosted a reception honoring their daughter Jennifer and her fiancée, Zane Carlson.

West Point Dinner Saturday, March 23rd

Jack Hammack sponsored the West Point reunion with Lt. General Franklin Hagenbeck, speaker and Senator Kay Bailey Hutchison as special guest.



NCAA Final Four – Monday, April 7th



What a wonderful finale to a great college basketball season and an exciting game. Everyone stayed until the very end!



Golf News by Billy Harris, PGA Professional

Our season is in full force this year and it has been a great one so far! All of the new spring lines in golf clubs and clothes are here!!! Stop in the Golf Shop and check out fashions by Polo, Fairway & Green, Adidas, Peter Millar & House of Carrington. Over to the Ladies, we have more Lacoste, Lija & Adidas. We also have all of the new spring lines in shoes of Adidas, ECCO, Footjoy & Walter Genuin. Our demo days are coming along and we have already had our Titleist/Cobra Demo Day and the Taylor Made/Callaway's Demo Day is Saturday, May 10 from 10 – 4 and Cleveland's is still to be determined. These Demo Days are a great way to try out the new technology in 2008 and to be custom fitted for clubs to have the perfect set for the season!

We already have some fantastic results to report! We had our first Ladies Chip & Sip of the year on March 25 with a great turnout with plenty of golf and refreshments! Debbie Wheelock & Sissy Reynolds won Low Gross with Julia Shoup & Jan Denton taking 2nd Place Gross in a Scramble Format. Jacky Spears & Carter Conway won 1st Place Net & Jane Doran & Carolyn Veatch took 2nd Place Net. We also had some fun prizes for Least Putts, Most Putts & Most Birdies. Pat McEvoy & Susan Bright had Least Putts with 13. Ann Brown & Ginny Sillers won Most Putts with 20 and Peggy Zadina & the Pros won Most Birdies with 3. We will look forward to another Chip & Sip in the fall on September 11.



The ladies had the Annual Challenge Cup versus Brookhollow Golf Club and **we won for the 4th year in a row!** We played at BHGC the first day with a Best Ball of the Twosome and were tied with 9 points each. The second day was here with an Alternate Shot format and the ladies won 22 to 14 points. Congratulations to our ladies on their superb play!

The Men's Saturday Shootouts have begun and Saturday, April 5 we Beat the Pro Day. Billy posted an early round of 70 and we had 8 guys beat Billy with their net scores. They were Clay Bright, Andy Welch, Steve Donosky, Charlie Adams, Frank Sloan, Rick Lafitte, Chuck Hensley & Eric Stewart. Be sure to play in all of the Saturday Shootouts to earn points towards the J. Frank Holt Shootout.

Men's Team Play is going on and we still have a couple more of the season. Matches were on April 16th & May 8 here at Club versus the Honors Club and Bent Tree. We also had away matches April 17 at Colonial and April 24 at Lakewood.

The Trezevant has begun and the first matches must be completed by May 15. We have the H. L. Edwards Men's One Day Invitational May 15, look for a sign-up sheet in the Golf Shop a month in advance.

On May 17, the Men's Team Putting will take place on the golf course with a shotgun start at 11:30. We have changed the Men's Club Championship this year, and it is new and improved!!! May 24 – 26 are the dates for the tournament (Saturday, Sunday & Monday) and the Championship flight is 54 holes of stroke play. Flights 1 – 8 are regular match play and are flighted by handicaps. During the Club Championship, we have the Long Drive Contest on May 24 and the Putting Championship on May 24 & 25. The Putting Championship on Saturday is a qualifier to the finals on Sunday with a crazy & tough putting course. You don't want to miss out on this challenging and fun Tournament.

Our premier Member Guest of the year is the Creekside Tournament June 12 – 14. We had this event 2 years ago, and this year it will be even BIGGER & BETTER!! Our field is full, and we look forward to welcoming everyone's guest to one of the most fun tournaments of the year!

The Couples Twilight Tournament is Friday June 20. This 9 hole event is a fun evening tournament where you can relax with some golf and cocktails.

The Father/ Daughter / Son Tournament is June 21 & 22 which is a great chance to play with your family and compete for some fantastic prizes.

For the ladies, an upcoming event is the Ladies Eclectic Tournament is April 30, May 1 & 2. Our ladies will post a round the first day and will have 2 more days to improve their score on each hole. The Ladies Member- Member Tournament is May 21 & 22. We have a different format for both days and this event is a fun tournament to play with your golfing buddies that are members! Be sure to look for the emails to sign up for all of these great events!

Our Junior Clinic dates are set and we are taking sign ups! The kids must be 6 years old, and all of the clinics are from 8:00 – 9:30 in the morning. We do accept non members to come, but they must be sponsored by a member and will go on a waiting list until the week of the clinic. Also, non member grandchildren of members will have priority over sponsored non members for spots in the clinics. The clinic dates are June 3 – 5, June 17 – 19, June 24 – 26 and July 8 – 10. We go over all areas of the game including putting, short game, pitching, sand, long game & etiquette and the rules of golf. Don't miss out, the kids always have a great time and it's a great learning experience.

We are looking forward to a great season this year and if you ever need anything or have questions, please don't hesitate to call us. On a side note, we would like to make a reminder to everyone if you come out to play golf, please check in the Golf Shop so we know that you are out there. This helps us in case there are extreme weather events or if there are any emergencies on or off the golf course.

Welcome New Green & Grounds Superintendent



We are pleased to welcome Kirt Phillips who began his tenure at the Club on April 14.

Originally from Booker, Texas, Kirt received his bachelor's degree in horticulture and landscape architecture with a minor in agronomy from Oklahoma State University in May, 2000. Upon graduation, he accepted a position as Assistant Superintendent at Northwood Club in Dallas. Kirt also held positions as Assistant Superintendent at TPC Las Colinas and Preston Trail Golf Club in Dallas, before becoming the Superintendent at Oak Tree Golf Club in Edmond, Oklahoma in July 2004. During his time at Oak Tree, the course received many accolades and hosted one of the most successful Senior PGA Championships ever held.

Kirt has been married to his wife Shannon for seven years and they have two children – three-year-old Cal and 3-month-old Ryann.

When you see him around the Club or on the course, please stop and get to know him.

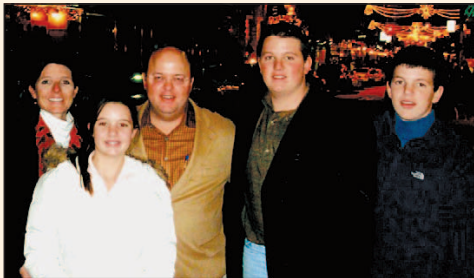
New Members



R. Gerald Turner and wife Gail
Distinguished Service



**Brinley Wallace Czuppon
and husband Chris**
Their son, Thomas
Resident



Stephen Utley and wife Melissa
Their children, Abbey, Jacob and Luke
Family Social



**Ira Bowman and
wife Lindsay**
Their daughter,
Josephine
Junior

**Burton Rhodes
and wife Lesley**
Junior



For faster and easier access to your favorite Club facilities,
the following direct numbers are available:

Golf Shop.....	214-521-3520
Men's Locker Room.....	214-520-2258
Tennis Shop	214-521-1820
Massages & Workouts	214-521-3582
Sports Grill General & Food To Go	214-224-9190

Switchboard Hours

Monday 9:00 AM – 7:00 PM
Tuesday – Saturday 8:00 AM – 9:00 PM
Sunday 8:00 AM – 8:00 PM

Please Note: As your contact information changes i.e. Business Address, E-mail, etc. please notify the Business Office so that we have your records correct.

BIRTH ANNOUNCEMENTS

On May 5th...Mina Cervantes gave birth to a 5 lb. 7 oz. boy who has been named Rogelio Julian. Junior Mendez became a father for the 2nd time with a 7 lb. 20 oz. boy who has been named Julian. Congratulations to all!!



Employee of the Month



February 2008 — Tom Lorentz

Tom has been employed at DCC on a part time basis since April, 2001, but became a full time employee right after the first of the year. His wood working skills are a great asset to the Maintenance Department where he builds and repairs cabinets, doors and other wooden items all over the Club. He was instrumental in constructing the new bar in the Garden Grill which our members are enjoying very much.

Tom met his wife Sonia at the Club where she had been employed for three years. He enjoys spending time with her as well as fishing and completing woodworking projects at home.

Congratulations for being selected!

March 2008 — Martin Gonzalez

Martin has been employed at the Club for nearly three years and is currently working in the Men's 19th Hole Kitchen. His culinary talents and ethnic cooking styles have led to the creation of dishes that will remain signature items for years to come.

Martin hails from Monterrey, Mexico and has resided in the United States for ten years. He is single and shares his apartment with his two dogs, "Benito: and Camilo." In his spare time, Martin enjoys horseback riding at his cousin's ranch and taking walks in a local park with his dogs. Gracias Martin for three years of loyal service to the Club.





Calendar of Events

MAY 2008

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



www.thedallasc.org

4	Breakfast & Lunch <i>Buffets</i> Entertainment in the Trezevant	5	Golf Operation Closed Other Facilities Open until 7:00 PM	6	Kid's Night in the Sports Grill <i>Steak Night in the Trezevant & Mixed Grill</i>	7	WGA Play Day Duplicate Bridge Prime Rib Night in the Trezevant	8	1 TINTS & TIARAS ON THE TERRACE <i>Honorary Member Night in the Trezevant Prix Fixe Dinner in the Trezevant</i>	9	Pool Open Weekends FIRST FRIDAY NIGHT COOKOUT <i>Taeo, Taeo, Taeo Night in the Sports Grill Fish Night in the Trezevant & Mixed Grill</i>	10	Southern Comfort Buffet in the Mixed Grill <i>Granny Shell in the Trezevant</i>
11	MOTHER'S DAY BRUNCH MOTHER'S DAY EVENING COOKOUT 	12	Golf Operation Closed Other Facilities Open until 7:00 PM	13	Kid's Night in the Sports Grill <i>Steak Night in the Trezevant & Mixed Grill</i> 	14	WGA Play Day Duplicate Bridge	15	End of TCD Style Show & Luncheon <i>H. L. Edwards Men's One-Day Invitational Men's Spring Pro-Am Finale Prix Fixe Dinner in the Trezevant</i> 	16	FRIDAY NIGHT COOKOUT <i>Taeo, Taeo, Taeo Night in the Sports Grill Fish Night in the Trezevant & Mixed Grill</i>	17	Team Putting Championship Saturday Night Mixed Doubles Southern Comfort Buffet in the Mixed Grill <i>Granny Shell in the Trezevant</i>
18	<i>Breakfast & Lunch Buffets</i> Entertainment in the Trezevant	19	Golf Operation Closed Other Facilities Open until 7:00 PM	20	Kid's Night in the Sports Grill <i>Steak Night in the Trezevant & Mixed Grill</i> 	21	WGA Member-Member Tournament/Luncheon Duplicate Bridge	22	WGA Member-Member Tournament/Luncheon Prix Fixe Dinner in the Trezevant	23	FRIDAY NIGHT COOKOUT <i>Pool Open Fulltime Taeo, Taeo, Taeo Night in the Sports Grill Fish Night in the Trezevant & Mixed Grill</i>	24	Men's Club Championship Long Drive Contest Putting Championship Southern Comfort Buffet in the Mixed Grill <i>Granny Shell in the Trezevant</i>
25	Memorial Day MEMORIAL DAY CELEBRATION Men's Club Championship Putting Championship <i>Breakfast & Lunch Buffets</i> Entertainment in the Trezevant	26	Men's Club Championship <i>Evening Pondsie Buffet</i>	27	Summer Junior Tennis Camps Begin Golf Operation Closed Kid's Night in the Sports Grill <i>Steak Night in the Trezevant & Mixed Grill</i>	28	WGA Play Day Duplicate Bridge DOVER SOLE NIGHT IN THE TREZEVANT 	29	SUSHI NIGHT IN THE SPORTS GRILL Prix Fixe Dinner in the Trezevant 	30	FRIDAY NIGHT COOKOUT <i>Taeo, Taeo, Taeo Night in the Sports Grill Fish Night in the Trezevant & Mixed Grill</i>	31	Southern Comfort Buffet in the Mixed Grill <i>Granny Shell in the Trezevant</i>

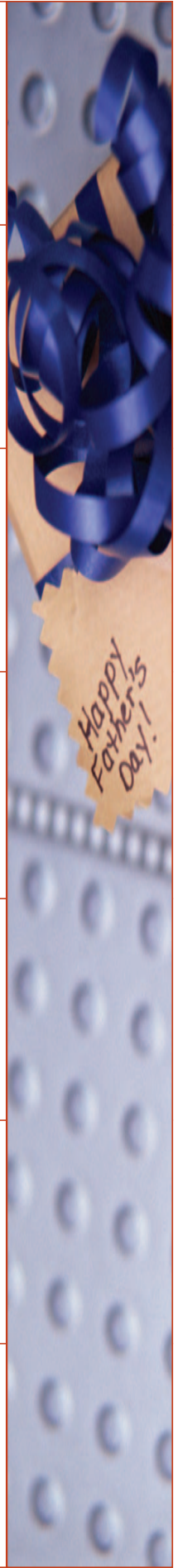




Calendar of Events

JUNE 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Breakfast & Lunch Buffets Entertainment in the Trezevant	2 Golf Operation Closed Other Facilities Open until 7:00 PM Summer Camp Begins	3 Kid's Night in the Sports Grill Steak Night in the Trezevant & Mixed Grill	4 WGA Play Day Duplicate Bridge Prime Rib Night in the Trezevant	5 Honorary Member Night in the Trezevant Prix Fixe Dinner in the Trezevant	6 FRIDAY NIGHT COOKOUT Taco, Taco, Taco Night in the Sports Grill Fish Night in the Trezevant & Mixed Grill	7 Southern Comfort Buffet in the Mixed Grill <i>Brunny Bell in the Trezevant</i>
8 Breakfast & Lunch Buffets Entertainment in the Trezevant	9 2nd Week of Summer Camp Golf Operation Closed Other Facilities Open until 6:00 PM	10 Kid's Night in the Sports Grill Steak Night in the Trezevant & Mixed Grill	11 WGA Play Day Duplicate Bridge	12 CREEKSIDE CLASSIC GOLF TOURNAMENT	13 FRIDAY NIGHT COOKOUT Taco, Taco, Taco Night in the Sports Grill Fish Night in the Trezevant & Mixed Grill	14 Southern Comfort Buffet in the Mixed Grill <i>Brunny Bell in the Trezevant</i>
15 FATHER'S DAY BRUNCH FATHER'S DAY EVENING COOKOUT 	16 3rd Week of Summer Camp Golf Operation Closed Other Facilities Open until 7:00 PM	17 Kid's Night in the Sports Grill Steak Night in the Trezevant & Mixed Grill	18 WGA Play Day Duplicate Bridge	19 Prix Fixe Dinner in the Trezevant	20 Couples Twilight Golf Tournament FRIDAY NIGHT COOKOUT Taco, Taco, Taco Night in the Sports Grill Fish Night in the Trezevant & Mixed Grill	21 Southern Comfort Buffet in the Mixed Grill Father-Son-Daughter Golf Tournament <i>Brunny Bell in the Trezevant</i>
22 Father-Son-Daughter Golf Tournament Breakfast & Lunch Buffets Entertainment in the Trezevant 	23 4th Week of Summer Camp Golf Operation Closed Other Facilities Open until 7:00 PM	24 Kid's Night in the Sports Grill Steak Night in the Trezevant & Mixed Grill	25 Duplicate Bridge DOVER SOLE NIGHT IN THE TREZEVANT 	26 SUSHI NIGHT IN THE SPORTS GRILL Prix Fixe Dinner in the Trezevant	27 FRIDAY NIGHT COOKOUT Taco, Taco, Taco Night in the Sports Grill Fish Night in the Trezevant & Mixed Grill	28 Southern Comfort Buffet in the Mixed Grill <i>Brunny Bell in the Trezevant</i>
29 Breakfast & Lunch Buffets Entertainment in the Trezevant	30 No Summer Camp this Week Golf Operation Closed Other Facilities Open until 7:00 PM					



Easter at Your Club

The Dallas Country Club staff would like to thank all of the many Club Members who attended the “Children’s Breakfast with the Bunny” event as well as the “Traditional Easter Brunch.” Our reservations were through the roof on both occasions, higher than they have ever been!!!



Health & Fitness News by Lizanne Brandt, MBA, Health & Fitness Director

UPCOMING EVENTS

CPR AND AED EDUCATIONAL CLASSES will soon be offered to members. These classes will be informative in nature; certifications will not be included. Available session times will be Thursdays from 8AM-Noon or Noon-4PM. Please contact Amy Phipps at Amy@dallascountryclub.org or 214-521-3582 for additional information. Be sure to include your preferred time.

A SELF DEFENSE CLASS will be offered in late May/early June. We are still working to determine the best day & time to offer this interactive workshop, so please let us know when you would be available to attend. Please contact Amy Phipps at Amy@dallascountryclub.org or 214-521-3582 for additional information. Be sure to include your preferred date and time.



**FITNESS & SPA
GIFT CERTIFICATES**
are great ideas for Mother's Day,
Father's Day, Birthday and Graduation
gifts. See the Sports Center recep-
tionist to purchase the gift of
good health!!

PLEASE WELCOME NEW SPORTS CENTER STAFF MEMBERS...



Personal Trainer Charity Beaver

Charity recently graduated with a degree in Health and Fitness Management and a minor in Business Administration from Texas State University in San Marcos. Throughout her college career she taught group exercise classes and personal trained. She moved to Dallas in

January to finish her last semester of college with an internship at the Cooper Fitness Center. Charity recently completed her first sprint triathlon and can't wait to do another one. She grew up playing almost every sport there is and has developed a passion for promoting healthy lifestyles. Charity is thrilled about working at the Dallas Country Club Sports Center...and can't wait to meet all of our members!!

Massage Therapist Carlene Saelg

Carlene has been a massage therapist for seven years. She specializes in trigger point therapy, but offers full-body Swedish massage for those that prefer to just relax. Helping people out of pain is a true passion of hers. Carlene believes that most pain is caused from over-use, under-use, stress or repetitive movements and can be relieved.



She relocated to Dallas last year, after having lived in Austin for 12 years. Carlene is very excited to offer massage therapy to the members and thanks everyone for the very warm welcome she has received.

Massage Therapist Kevin Goff

Kevin says that he "absolutely loves his job". He works to continuously improve his technique through continuing education in the art of massage. Improving client well-being and health is his passion. Kevin has a special appreciation for sports massage, having been a sports fanatic himself. He realizes how important and helpful it is to have appropriate muscles worked before and after any athletic event. Kevin is extremely client-oriented—just let him know what hurts and he'll make it better. Kevin attended the University of Central Arkansas and received his therapist license after attending massage training at Hands on Therapy in Mesquite, Texas.



NUTRITIONAL Q&A FROM THE MAYO CLINIC

Source: www.mayoclinic.com

Artificial sweeteners:

A safe alternative to sugar?

More than ever, people are consuming large amounts of sugar as part of their daily diet. But in excess, sugar can take its toll. Eating large amounts of sugar adds extra calories, which can cause weight gain. Hence many people opt for artificial sweeteners — also referred to as sugar substitutes or low-calorie sweeteners — as a way to enjoy their favorite foods without as many calories.

What are artificial sweeteners?

Artificial sweeteners are chemicals that offer the sweetness of sugar without the calories. Because the substitutes are much sweeter than sugar, it takes a much smaller quantity to create the same sweetness. Therefore, products made with artificial sweeteners have a much lower calorie count than do those made with sugar. Artificial sweeteners are often used as part of a weight-loss plan or as a means to control weight gain. People with diabetes may use artificial sweeteners because they make food taste sweet without raising blood sugar levels. But

keep in mind that if you do have diabetes, some foods containing artificial sweeteners, such as sugar-free yogurt, can still affect your blood sugar level due to other carbohydrates or protein in the food. In addition, some foods labeled “sugar-free” — such as sugar-free cookies and chocolates — may contain sweeteners such as sorbitol or mannitol that contain calories and can affect your blood sugar level. Some sugar-free products may also contain flour, which will raise blood sugar levels.

Can I use artificial sweeteners if I have diabetes?

Yes. Artificial sweeteners don’t affect blood sugar. They’re considered “free foods” — because they don’t count as a carbohydrate, a fat or any other exchange. If you have diabetes, it is also important to note that some foods containing artificial sweeteners can still affect your blood sugar due to other ingredients, such as other carbohydrates or proteins.

Sweet choices

The Food and Drug Administration (FDA) has approved five low-calorie sweeteners for use in a variety of foods. The FDA has established an “acceptable daily intake” (ADI) for each sweetener. This is the maximum amount considered safe to consume each day over a lifetime. ADIs are intended to be about 100 times less than the smallest amount that might cause health concerns.

ARTIFICIAL SWEETENER	ADI*	ESTIMATED ADI EQUIVALENT**	OK FOR COOKING?
Aspartame (NutraSweet, Equal)	50 milligrams (mg) per kilogram (kg)	18 to 19 cans of diet cola	No
Saccharin (Sweet’N Low, SugarTwin)	5 mg per kg	9 to 12 packets of sweetener	Yes
Acesulfame K (Sunett, Sweet One)	15 mg per kg	30 to 32 cans of diet lemon-lime soda***	Yes
Sucralose (Splenda)	5 mg per kg	6 cans of diet cola***	Yes
Neotame	18 mg a day	No consumer products available yet in the U.S.	Yes

*FDA-established acceptable daily intake (ADI) limit per kilogram (2.2 pounds) of body weight.
 **Product-consumption equivalent for a 150-pound person.
 ***These products usually contain more than one type of sweetener.

Source: <http://www.mayoclinic.com/health/diabetes-diet/NU00592>

Safety of artificial sweeteners

Artificial sweeteners are often the subject of stories in the popular press and on the Internet, claiming that they cause a variety of health problems, including cancer. According to the National Cancer Institute, however, there’s no scientific evidence that any of the artificial sweeteners approved for use in the United States cause cancer. And numerous studies confirm that artificial sweeteners are safe for the general population.

Aspartame does carry a cautionary note, however. It isn’t safe for people who have the rare hereditary disease phenylketonuria (PKU). Products that contain aspartame must carry a PKU warning on the label.

Safety of artificial sweeteners

Just removing sugar from cookies and chocolates doesn’t make them low-calorie, low-fat foods. If you eat too many, you’ll still get more calories than you need, and you may not get enough nutritious foods. Unlike fruits, vegetables and whole grains, sugar-free soft drinks, candy and desserts often provide few — if any — beneficial nutrients.

Use artificial sweeteners sensibly. It’s OK to substitute a diet soda for a regular soda, for example, but diet soda shouldn’t be the only beverage you drink.

I’ve been hearing lots of bad things about high-fructose corn syrup in foods. Is it bad?

High-fructose corn syrup is a sweetener and preservative used in many processed foods. It is made by changing the sugar in cornstarch to fructose — another form of sugar.

High-fructose corn syrup extends the shelf life of foods and is sweeter and cheaper than sugar. For these reasons, it has become a popular ingredient in many sodas, fruit-flavored drinks and other processed foods. Check your food labels. You may be surprised by how many foods contain high-fructose corn syrup.

Some nutrition experts blame increased consumption of high-fructose corn syrup for the growing obesity problem. One theory is that fructose is more readily converted to fat by

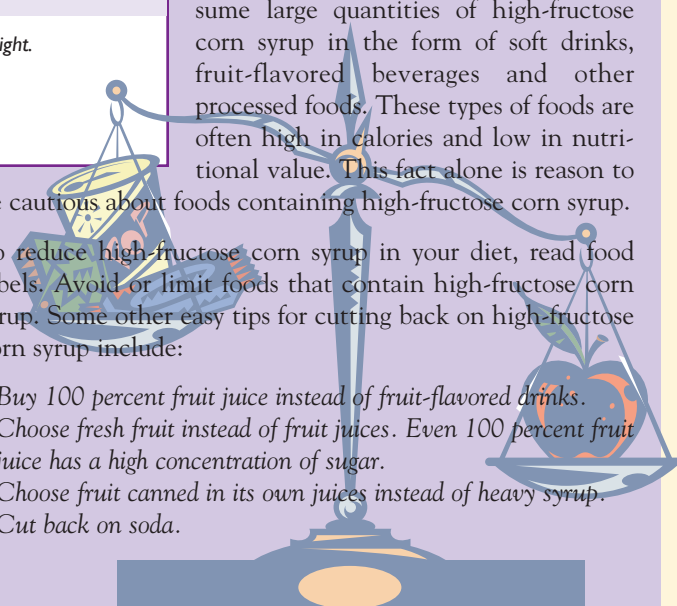
your liver than is sucrose, increasing the levels of fat in your bloodstream. But this hasn’t been proved.

In addition, animal studies have shown a link between increased consumption of high-fructose corn syrup and adverse health effects, such as diabetes and high cholesterol. However, the evidence is not as clear in human studies.

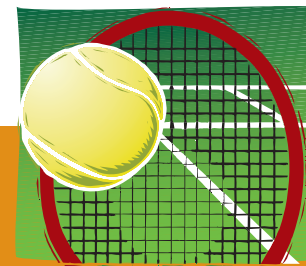
Despite the lack of clarity in research, the fact remains that Americans consume large quantities of high-fructose corn syrup in the form of soft drinks, fruit-flavored beverages and other processed foods. These types of foods are often high in calories and low in nutritional value. This fact alone is reason to be cautious about foods containing high-fructose corn syrup.

To reduce high-fructose corn syrup in your diet, read food labels. Avoid or limit foods that contain high-fructose corn syrup. Some other easy tips for cutting back on high-fructose corn syrup include:

- Buy 100 percent fruit juice instead of fruit-flavored drinks.
- Choose fresh fruit instead of fruit juices. Even 100 percent fruit juice has a high concentration of sugar.
- Choose fruit canned in its own juices instead of heavy syrup.
- Cut back on soda.

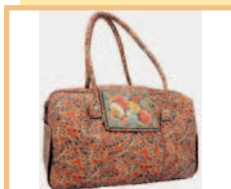
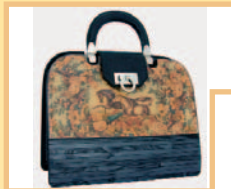


From the Courts by Adi Kourim, USPTA Professional



TENNIS SHOP

The Tennis Shop is brimming with new tennis and street fashions for spring and summer. One of the new lines being carried is the Stella Page line of purses. Stella was born in California and as a young girl could not stop doing pen-and-ink drawings of haute couture clothing. Her parents, an architect father and a high-fashion boutique mother were amazed by her elaborate illustrations.



The Stella Page Design studio is now located in Moss Landing, overlooking

the waters of the beautiful Monterey Bay, in Northern California. Stella Page collectors include numerous actresses and California's First Lady. Each Stella Page Design is a Limited Edition collectible. Please stop by the Tennis Shop and see what we have in stock or any item could be special ordered from her vast collection.



Some of our regular players
Sue Kourim, Judy Sinners, Kris McKnight & Laurie Aldredge

CONGRATULATIONS TO OUR NEW CHAMPIONS



Men's Indoor Doubles
Bo Bowman & Shane Read,
Champions – William Chaffe & Tommy McElroy, Runner-up



Men's 1st Flight Doubles
John McKnight & Rick McCall,
Runner-up – Bobby Sillers & Mark Webster, Champions



Men's Senior Doubles
Will Jordan & Rob Francis,
Runner-up – Bobby Sillers & Bruce Bowman, Champions



Men's Super Senior Doubles
Bart Schoeneman & Bob Wallace,
Runner-up – Rob Francis & Will Jordan, Champions



Ladies Indoor Doubles
Cathy True & Chrissy Snelling,
Champions – Terry McCullough & Sharon Chapple, Finalists



Ladies 1st Flight Doubles
Amy Schumacher & Sandy Alexander,
Runner-Up – Danielle Daugbjerg & Jennifer Carter, Champions

Our thanks to all the teams that competed in our various doubles events. All the levels were competitive and good tennis was the order of the day.

2008 TENNIS SUMMER CAMP SIGNUPS GOING ON NOW!



Swimming

by Sherry Romano, Pool & Youth Activities Director

Summer is almost here and we hope to see many of you at the pool on the weekends beginning May 2nd and when the pool opens full time beginning Saturday, May 24th. The first Friday Night Cookout is scheduled for May 2nd. We have several classes beginning in May for those who want to get a head start on the summer.

SWIMMING LESSONS

Swimming lessons are a Gift For Life. Lessons will begin at the Club on April 28th and continue throughout the summer. We have **group** and **private** lessons for all ages beginning with the Parent/Child class (for 6 months to 2½ years) all the way up to the Competitive Stroke Clinic for the more advanced swimmers. Call Sherry Romano at 214-350-5848 to sign up for swimming lessons. Swim lesson sessions will run Monday thru Thursday for 2 weeks with each session consisting of 8 thirty-minute lessons.

SWIM LESSON SESSIONS

Session #1April 28-May 8	Session #5 ...June 23-July 3
Session #2May 12-22	Session #6 ...July 7-17
Session #3May 27-June 5	Session #7 ...July 21-31
Session #4June 9-19	

PARENT/CHILD SWIMMING CLASS

The parent child swimming class is very popular for the “little ones” ranging in age from 6 months to 2½ years of age. This group class is offered during sessions 3, 4, 5 and 6 from 4:00-4:30 p.m. and 4:30- 5:00 p.m.

PRE-SEASON STROKE CLINIC

The preseason stroke clinic is already underway. This was a very popular class last spring and great for children 7 years of age and older who need to refine their competitive stroke technique. This stroke clinic is a must for those wanting to improve competitive strokes, as well as improve cardiovascular endurance and swimming speed. Swimmers should have some knowledge of the four competitive strokes. (Space is limited)

DATE: MONDAYS BEGINNING APRIL 28 – MAY 19

TIME: 4:30 – 5:30 P.M.

Monday, April 28th.....	Freestyle + Backstroke + starts and turns
Monday, May 5th	Breastroke + starts and turns
Monday, May 12th	Butterfly + starts and turns
Monday, May 19th	Review of strokes + Relays

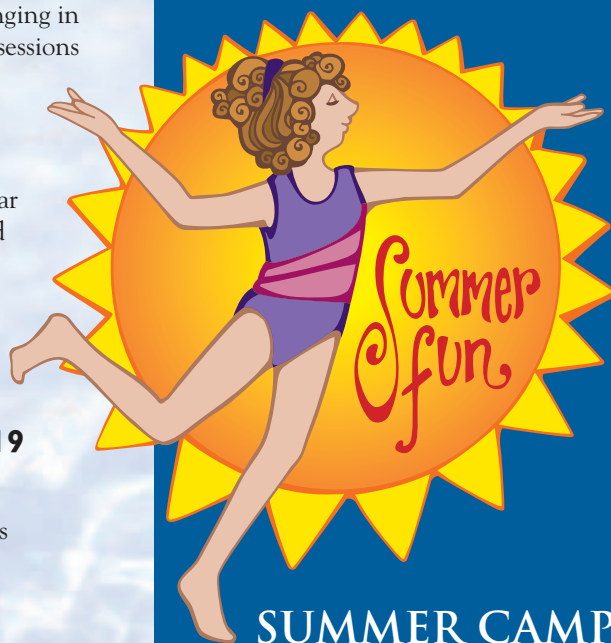
ADULT WATER EXERCISE CLASS NEW FOR THIS SUMMER – MAY, JUNE & JULY

The Adult Water Exercise Class will again be offered this summer. This is a fantastic way to get a great cardiovascular workout and at the same time stay cool in the heat of the summer. Get a head start as the class will be offered during the months of **May, June and July**. In the month of May the class will meet Monday & Thursdays from 5:00-5:45 p.m. Beginning Monday, June 2nd the class will meet Mon, Tues, and Thurs from 5:30pm-6:15pm. Please call Sherry at 214-350-5848 to sign up for this class.

SHARKS SWIM TEAM

We are excited to welcome back Lia Oberstar-Brown as our swim team coach again this summer. Last season the Sharks won first place in their Division at the City Meet and had a great showing at the All-Star meet. Lia previously swam for SMU and has held world-records in two events. If your children or grandchildren want to experience competitive swimming this is a great summer program. Swim team is for ages 5-14 and must be a member's child or grandchild. No prior swim team experience is necessary.

The registration form is included as a separate insert in this mailer listing practice times and the swim meet schedule. Swimmers **DO NOT** need to be present for all of the practices and meets. If you have any questions please feel free to call Sherry at 214-350-5848.



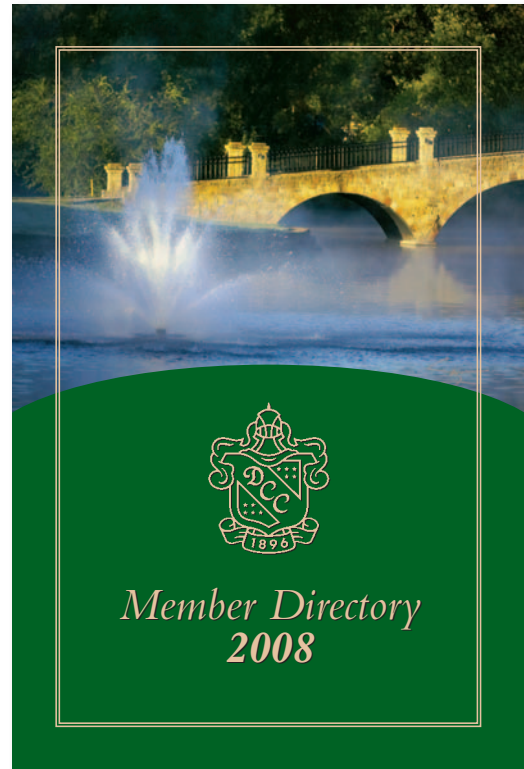
SUMMER CAMP

Summer Camp is for children and grandchildren 4-10 years of age and will begin June 2nd and run through July 18th. Sign up is by the week. If interested in summer camp just fill out the registration form which was sent to all members and return it to the office. There are extra forms located by the receptionist in the main Clubhouse. Camp has been very popular and well attended. Some of the fun activities are swimming, tennis, gymnastics, fishing, golf, karate, cooking, arts and crafts, yoga and drama.

1st Annual Blazer Night on Thursday, February 28th

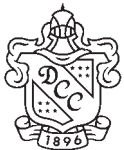


2008 MEMBERSHIP DIRECTORY



The new membership directory was recently mailed to each member. If you require additional copies, please contact the Business Office or stop by the Receptionist's desk in the Main Clubhouse.

With summer fast approaching, please be aware that more families with children are on the property and Maximum Speed Limit is 15 MPH.



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