

# Shoals Club



## Ah, Summertime.

There's just no other season that beckons us to relax quite the way summer does. Time with family and friends is sweeter when it's spent in sublime surroundings. The Shoals Club has been Bald Head Island's hotspot for fun since it opened, with families making memories beachside, poolside, and all points in between.

This year, take advantage of swim lessons, poolside games, fitness classes and even massage therapy. However you define relaxation, you'll find it here at the Shoals Club.



For information about membership in the Shoals Club, please contact The Clubs of Bald Head Island Membership Sales Office at 800-722-6450 or 910-457-7334. For regularly updated information on the Shoals Club, visit our Web site at [www.shoalsclub.com](http://www.shoalsclub.com).

## Message from Clubhouse Manager Patti Smith

Nothing defines *la dolce vita* or "the sweet life" better than summertime at the Shoals Club, where the entire island seems new again underneath the umbrella of the blue Bald Head Island sky.

There are a multitude of new happenings at your club this season. First, a warm welcome to a familiar face in a new position: we are very pleased to have Dan Badger, former head bartender, as our restaurant manager. Under his direction, the service staff is geared up to create

memorable dining experiences for you, your family and your friends. With our extended hours at the Sandbar Grille and in the lounge, you will be able to linger at the club well into the evening. Also, be sure to check out our new themed buffets inside this issue.

We are also pleased to announce our new Recreation/Fitness Coordinator, Mandy Hartzell. She earned a B.S. in parks and recreation with a minor in dance from Slippery Rock University in Pennsylvania. She is a certified lifeguard and aerobics instructor and has worked in both city environments and private clubs. With a broad background in aquatics and fitness, Mandy is able and ready to help you have the most fun and fit summer ever!

Fitness includes health of the mind, body and spirit. Here at the Shoals Club, we're excited to announce new personal training and fitness consultations. Aerobics classes, nutrition seminars, nutrition consultations and massage therapy are also now part of our fitness offerings. Be sure to check out our fitness and health packages as well as our Restorative Rest Sessions. See the insert in this newsletter for more information.

The recreation team is also ready to entertain the entire family with new beach activities and events planned for all ages. From swim lessons to fitness classes, volleyball to tug-of-war, there's no place as fun as the Shoals Club! Prefer to relax? We have new beach chairs on the deck as well as the beach. Still available on a first come/first served basis, you'll find ample opportunity to make relaxing at the Shoals Club a top priority this summer.

Our full members are invited to the Presentation Deck for our Members Only Sunset Socials, on select Wednesdays this summer. We will treat you to complimentary hors d'oeuvres as you enjoy the breathtaking Atlantic coast sunset and good times with your fellow members.

Also new this summer is our roving ice cream and cold beverage cart—tasty treats will be available throughout the day on the boardwalk. Shape up, be healthy, and have fun all here at the Shoals Club.

However you define *la dolce vita*, the Shoals Club staff is here to ensure that your summer experience here on Bald Head Island will be unforgettable. See you at the point!



P.O. Box 3069  
Bald Head Island, NC 28461

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### Phone Numbers

**Shoals Club Administration Office**  
(910) 454-4888

**Dining Reservations**  
(910) 454-4850

**Shoals Club Dining Manager**  
(910) 454-4899

**Hospitality Sales Manager  
Private Functions**  
(910) 457-3705

**Shoals Club Recreation Dept.**  
(910) 457-3701

**The Clubs of Bald Head Island  
Membership Sales Office**  
(910) 457-7334

## Hours of Operation

### July

#### DINING ROOM

Dinner: Wed.–Mon., 5:30–10 p.m.

#### LOUNGE

Wed., Sun., Mon., 5:30–10 p.m.

Thurs.–Sat., 5:30–Midnight

#### SANDBAR GRILLE

Sun.–Wed., 11 a.m.–9 p.m.

Thurs.–Sat., 11 a.m.–6 p.m.

*Themed Dinners at the Event Pavilion*

Thurs.–Sat., 6–9 p.m.

#### FITNESS ROOM

Daily, 9 a.m.–8 p.m.

#### POOL

Daily, 9 a.m.–dusk, weather permitting

### August

#### DINING ROOM

Dinner: Wed.–Mon., 5:30–10 p.m.

#### LOUNGE

Wed., Sun., Mon., 5:30–10 p.m.

Thurs.–Sat., 5:30–Midnight

#### SANDBAR GRILLE

Sun.–Wed., 11 a.m.–9 p.m.

Thurs.–Sat., 11 a.m.–6 p.m.

*Themed Dinners at the Event Pavilion*

Thurs.–Sat., 6–9 p.m.

#### FITNESS ROOM

Daily, 9 a.m.–8 p.m.

#### POOL

Daily, 9 a.m.–dusk, weather permitting

### September

#### DINING ROOM

Dinner: Wed.–Mon., 5:30–10 p.m.

#### LOUNGE

Wed., Thurs., Sun., Mon., 5:30–10 p.m.

Fri.–Sat., 5:30–11 p.m.

#### SANDBAR GRILLE

Daily, 11 a.m.–6 p.m.

### After Labor Day

#### FITNESS ROOM

Daily, 8 a.m.–8 p.m.

#### POOL

Daily, 9 a.m.–8 p.m.

#### ADMINISTRATIVE OFFICE

Daily, 9 a.m.–5 p.m., 454-4888

*Operating hours are subject to change.*

## RECIPES FROM CHEF RICK FARB

### Mango-Papaya Cheesecake

**A refreshingly light summer treat!**

#### For the crust:

1½ cups graham cracker crumbs

½ cup sugar

6 tbsp melted butter

#### For the filling:

3 mangoes, skinned, pitted and chopped

2 ripe papayas, skinned, deseeded and sliced

3 8 oz. packages of cream cheese, softened

1¼ cups sugar

4 eggs

1 tbsp vanilla extract

**To cook the crust:** Preheat oven to 325°. Butter a 9-inch spring-form pan. Stir graham cracker crumbs and sugar together in a mixing bowl. Add melted butter and stir. Press crumb mixture on the bottom of the pan only. Bake for 12 minutes. Remove pan from oven and let cool.

**To prepare the filling:** Puree chopped mango in a blender or food processor until smooth. Beat cream cheese, sugar and vanilla in a mixing bowl until smooth. Add eggs one at a time, mixing after each addition. Add 2 cups of the pureed mango and mix well. Pour the filling over the cooled crust in the spring-form pan.

Bake cheesecake at 325° for 1 hour and 25 minutes until set in the middle. Remove cheesecake and gently place sliced papaya evenly over the top of the cake. Let the cake sit at room temperature for one hour before placing in the refrigerator. Refrigerate overnight. Slice and enjoy!

### Vine-Ripened Tomato Bruschetta

**This is an easily prepared appetizer  
that is light and a great start to a  
dinner party during the warmer months.**

1 cup vine-ripened tomatoes, chopped, deseeded

¼ cup buffalo mozzarella cheese, diced

3 tbsp balsamic vinegar

¼ cup extra virgin olive oil

1 tbsp granulated garlic

1 tsp salt

1 tsp freshly cracked black pepper

1 tsp fresh oregano, chopped

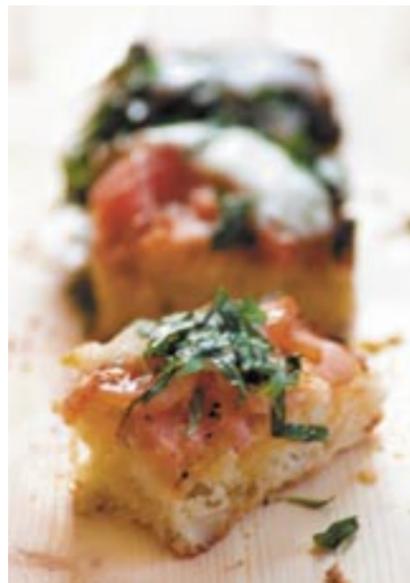
4 tbsp fresh basil, chopped

6 slices of bread, French or Ciabatta

½ cup shredded Romano cheese

Mix all ingredients except olive oil in mixing bowl. Add 3 tbsp of the olive oil to mixture. Turn stove or grill to medium heat. Lightly coat both sides of bread slices with reserved olive oil. Toast bread on each side until brown and crisp. Serve cold tomato-cheese mixture over warm bread then garnish with shredded Romano cheese.

*Note: The tomato mixture will be most flavorful when allowed to refrigerate overnight and will keep for up to three days.*



# Holiday Menu

## RED, WHITE & BLUE BAR-B-Q

*11:30 a.m.–6 p.m. at the Sandbar Grille*

Fresh fruit salad

Macaroni salad

Cole slaw

Homestyle potato salad

Garden salad with assorted dressings

Marinated mushrooms

Vegetable crudites

#### Dinner

Smoked Bar-B-Q baby back ribs

Pulled pork

Grilled chicken breast  
with honey curry glaze

Hamburgers and hot dogs

Bourbon baked beans

Corn on the cob

Seasonal vegetables

Garlic roasted potatoes

#### Dessert

Strawberry shortcake

Banana pudding

Homemade cookies and brownies

*Adults, \$18.95; Children 5–12, \$9.95; Children 4 and under, no charge*

*Fee provides all day access to the buffet.*

*Prices do not include tax; a 20% gratuity will be added.*

## Summer Drink recipes from Daniel Badger, Shoals Club Restaurant Manager

Summer 2007 is here! If you can picture yourself lying out by the pool or just simply relaxing and enjoying the weather, don't forget to picture yourself holding one of these delicious cocktails. They are a breeze to make and would be the perfect accompaniment to a wonderful day.

### The Doctor's Drink

2 oz. Mount Gay Rum

Tonic water

Lime juice

Angostura Bitters (flavored if you would like)

Ice

1 lime wedge

Nutmeg

Fill a tall glass with ice. Pour 2 oz. of Mount Gay rum. Add ¼ oz of sweetened lime juice. Add 2–3 dashes of Angostura Bitters. Fill the rest of the glass with tonic water. Squeeze a fresh lime wedge in the glass and drop it in. Top it off with a couple of shakes of nutmeg and enjoy. (If you like Rum and Tonics, you will love this one!)

### Strawberry Basil Margarita

1.5 oz. gold tequila

.5 oz. triple sec

Fresh strawberries

Strawberry daiquiri mix or strawberry puree

Basil leaves

Sour mix

Salt or sugar

Fill a tall shaker with ice. Add tequila and triple sec. Then, add a splash of sour mix. Tear the basil leaves in quarters to help release the flavor and drop them in. Fill the shaker with strawberry daiquiri mix or strawberry puree and shake vigorously. Rim a glass with salt or sugar, depending on your taste. Cut two strawberries in quarters and drop them in the glass. Pour in the strawberry margarita mixture and enjoy! You and your guests will love this unique margarita. For a new twist, try salt and sugar on the rim.



# 2007 Shoals Club Recreation Events

## June 6 – August 31

### MONDAYS

#### Swim Lessons

**8–10 a.m.** Private and semi-private lessons. Private, \$30 per student. Semi-private, \$45 per session for up to three students. All lessons are 30 minutes. Space is limited, reservations required. Ages 5 and up.

#### Fitness Class–Circuit Training

**8:15–9 a.m. Presentation Deck.** Combination of aerobic and strength exercises. Members, \$5 per class; temporary members, \$10 per class.

#### Pool Games

**1–3 p.m.** Occurring on the hour. Prizes will be awarded. No charge.

#### Nutrition Seminar

**2–3 p.m. Event Pavilion.** Topics include diet, exercise and lifestyle strategies for staying fit and healthy. No charge.

### TUESDAYS

#### Fitness Class–Full Body Blast

**8:15–9 a.m. Presentation Deck.** Cardio-blast incorporating various forms of cardio and strength training. Members, \$5 per class; temporary members, \$10 per class.

#### Pool Games

**1–3 p.m.** Occurring on the hour. Prizes will be awarded. No charge.

#### Teen Scene

#### (themed parties, gatherings, events)

**7:30 p.m. Poolside.** Teens are invited to come enjoy games, dancing, music and snacks. The fun is at the Shoals Club, so come and join us out by the pool. \$10 per teen. Ages 13 and up.

### WEDNESDAYS

#### Swim Lessons

**8–10 a.m.** Private and semi-private lessons. Private, \$30 per student. Semi-private, \$45 per session for up to three students. All lessons are 30 minutes. Space is limited, reservations required. Ages 5 and up.

#### Fitness Class–Strength & Abs

**8:15–9 a.m. Event Pavilion.** Works all muscle groups, especially the abs. Members, \$5 per class; temporary members, \$10 per class.

#### Pool Games

**1–3 p.m.** Occurring on the hour. Prizes will be awarded. No charge.

#### Nutrition Seminar

**2–3 p.m. Event Pavilion.** Topics include diet, exercise and lifestyle strategies for staying fit and healthy. No charge.

#### Members Sunset Socials

**6–8 p.m. Presentation Deck.** Occurring July 18, August 1 and August 15.

### THURSDAYS

#### Fitness Class–Fit & Fabulous

**8:15–9 a.m. Presentation Deck.** Summer shape-up involves stretching, low impact aerobics and strength training. Members, \$5 per class; temporary members, \$10 per class.

#### Pool Games

**1–3 p.m.** Occurring on the hour. Prizes will be awarded. No charge.

#### Poolside Craft Corner

**2 p.m.** Join us by the pool as we make colorful sand art designs along with some other fun crafts. \$5 per craft.

#### Trivia Game Zone

**3:30 p.m.** Are you up for some friendly competition? Join us poolside for an exciting afternoon game of BINGO fun and other board games. \$5 per player.

### FRIDAYS

#### Swim Lessons

**8–10 a.m.** Private and semi-private lessons. Private, \$30 per student. Semi-private, \$45 per session for up to three students. All lessons are 30 minutes. Space is limited, reservations required. Ages 5 and up.

#### Fitness Class–Water Aerobics

**8:15–9 a.m. Pool.** A variety of exercises for cardio and strength training. Members \$5 per class, temporary members \$10 per class.

#### Pool Games

**1–3 p.m.** Occurring on the hour. Prizes will be awarded. No charge.

#### Nutrition Seminar

**2–3 p.m. Event Pavilion.** Topics include diet, exercise and lifestyle strategies for staying fit and healthy. No charge.

#### Sports on the Beach

**2–4 p.m.** Join us for an exciting afternoon of sports games down at the Shoals Club's beach access. Games include volleyball, Frisbee, soccer, relay races, tug-of-war and more. No charge.

### SATURDAYS

#### Pool Games

**1–3 p.m.** Occurring on the hour. Prizes will be awarded. No charge.

### PERSONAL TRAINING

By appointment, Monday–Friday, Shoals Club fitness center. \$60 per hour, \$150 for three hours. 457-3701.

### SWIM LESSONS

Additional swim lessons, private and semi-private, are available by appointment.

### MASSAGE THERAPY

By appointment. Relax in the care of a licensed massage therapist. Treatment options include Swedish, therapeutic, trigger-point therapy, deep tissue, aromatherapy, hot stone, prenatal, reflexology, myofascial release, sports, chair/seated, couples, and custom. \$60 for ½ hour, \$110 for 1 hour and \$150 for 1½ hours. A major credit card is required to guarantee your reservation. A 24-hour cancellation policy applies. Ages 16 and up. Gift certificates are available. 454-4888.

### FITNESS & HEALTH PACKAGES

By appointment, Monday–Friday. One-hour massage/one-hour personal training session, \$150. One-hour personal training/one-hour nutrition consultation, \$100. 457-3701.

### NUTRITION CONSULTATIONS

By Appointment, Monday–Friday. \$50 per hour, \$125 for three hours. 457-3701.

*Unless otherwise noted, reservations may be made by calling 457-3701. Prices included here are Full Member rates.*

## RESTORATIVE REST™ SESSIONS

Bald Head Island/Shoals Club  
July 8–14, 2007  
Instructor: Ruby Sneed  
Event Pavilion  
\$35 per person, per session  
Reservations required. Call 454-4888.

### Opening Your Heart/Paired Chocolate and Red Wine Tasting

**Sunday, 3 p.m. Vibration Meditation;** uses the repetition of a word or sounds as its focal point. Journey: Filling your heart with the blessings of life through an exploration of gratitude in a peaceful wooded forest.

### Embracing Your Authenticity/ Restorative Yoga

**Monday, 9:15 a.m. Insight Meditation;** the art of becoming deeply aware of the present moment. Journey: Discovering and exploring your physical, emotional, and spiritual authenticity. Visualization of inner truths.

### Feeling Your Blessed Breath/ Restorative Pilates

**Wednesday, 4 p.m. Breath Meditation;** the oldest meditation method on record in China and India. Works directly with the natural flow of breath in the nose and the expansion and contraction of the abdomen. Journey: Filling your soul with mindful breaths of love and releasing concerns through release of air at the water's edge.

### Traveling with Your Inner Guide/ Aromatherapy and Hand Massage

**Friday, 9:15 a.m. Journey Meditation;** combines imagery and visualization to find peace within the quiet calm of oneself. Journey: An artistic and emotional exploration within the mind through detailed visualization, a soaring of the soul across the red mountaintops.



## WEEKLY THEMED BUFFETS

June 14 – August 31, 6–9 p.m. at the Event Pavilion

*Reservations Recommended 454-4850. The following are sample menus. They will change weekly. Prices do not include tax; a 20% gratuity will be added.*

### Thursdays Grill with the Chef

*Adults \$29.95; Children 5–12, \$12.95;  
Children 4 and under, no charge*

#### — Starters —

Hearts of Romaine lettuce topped with grape tomatoes, English cucumbers, shaved red onion, Pecorino-Romano cheese and foccacia croutons with roasted garlic-balsamic vinaigrette

Chilled seafood orzo salad tossed in lemon-tarragon vinaigrette

Fresh melon and berries

Assorted cheeses with dried fruit and homemade crackers

#### — On the Grill —

12 oz. prime ribeye with roasted shallot butter

Caribbean marinated pork tenderloin with mango-papaya chutney

#### — Other Hot Items —

Catch of the Day

Medley of summer vegetables

Saffron rice pilaf

Roma tomatoes stuffed with baby spinach and Boursin cheese

Freshly made breads

#### — Assorted Desserts —

### Friday Night Low Country Boil

*Adults, \$29.95; Children 5–12, \$12.95;  
Children 4 and under, no charge*

#### — Salads and Starters —

Mixed field greens with assorted dressings

Vine-ripened tomatoes and buffalo mozzarella with aged balsamic vinegar and extra virgin olive oil with fresh basil

Fresh fruit

Charleston shrimp and grits

Jumbo shrimp cooked with tasso ham and applewood smoked bacon-scallion pan sauce served over Andouille white cheddar stone-ground grits

#### — Entrees —

Low Country Boil: Shrimp, kielbasa, corn and red potatoes boiled in a spicy beer broth

Smoked Creole chicken

Cajun grilled pork chops with apple-bourbon glaze

Steamed oysters

#### — Sides —

Black-eyed peas

Savannah red rice

Sautéed vegetable medley

Homemade cornbread with honey butter

#### — Assorted Desserts —

### Saturday Night Shoals Club Bar-B-Q

*Adults, \$26.95; Children 5-12, \$12.95; Children 4 and under, no charge*

#### — Salads and Starters —

Garden salad with assorted dressings

Red bliss potato salad

Fruit salad

Cole slaw

#### — Entrees —

Pulled pork with Carolina Bar-B-Q sauce

Baby back ribs

Bar-B-Q chicken

Smoked beef brisket

#### — Sides —

Corn on the cob

Macaroni and cheese

Stewed green beans with applewood smoked bacon

Homemade breads and rolls

#### — Assorted Desserts —