



Club News You Should Know

4th of July Festivities!

Don't forget to make reservations for our July 4th Family Fun Day! We will be having a family friendly buffet, fun family games, and a DJ to play some fun summer songs! Call the main office to make your reservations!

Not receiving our Flint Golf Club weekly newsletter?

Send your email address to Jessica at office@flintgolfclub.com to be added to the Flint Golf Club member Email list to receive updates and club news.

FGC Management Team

Eileen Flavin

Director of Finance
Eileen
@flintgolfclub.com

Pat Markley

Director of Operations/
Head PGA Golf Professional
Patmarkley
@flintgolfclub.com

Steve Skomski

Director of Food and Beverage
/Executive Chef
Headchef
@flintgolfclub.com

Jim Moore

Greens Superintendent
Greensdept
@flintgolfclub.com

Tina Fajardo

Clubhouse Manager
Clubhousemgr
@flintgolfclub.com

Linnea Dotson

Banquet Manager
Linnea
@flintgolfclub.com

Kelly Markley

Golf Shop Manager/
Membership Coordinator
-Junior Sports Coordinator
kellymarkley
@flintgolfclub.com

Vince Theriault

Maintenance Superintendent

Phone:(810) 743-6100
Fax:(810) 743-6951

www.flintgolfclub.com
3100 Lakewood Drive
Flint, MI 48507

Dear Members,

July means one thing at FGC....Invitational Month! We look forward to the Women's Invitational on July 9th and 10th and the Men's Invitational July 16th - 19th. Both committees have worked diligently to give you the best event of the season. Do not miss the opportunity to invite that special client, co-worker, neighbor or close friend to our clubs showcase event of the year. Also, please remember that the club is open to the entire membership during Invitational week.

Junior golf is now underway on Friday mornings and we ask members who would like to play golf in the morning to remain patient. The Golf course will open for regular member play at approximately 10:30 and we do not want to disrupt our juniors on the course. Parents must be sure to check your junior golf schedule to confirm your child's correct lesson and start time. Also, we continue to need parents to volunteer as walkers to help our juniors with their pace of play, etiquette and overall enjoyment of the junior program.

Mother Nature played a rainy part in our last couple's event. We had a great turnout, but had to cancel due to poor weather conditions. Let's hope our July 25th Couples Mixer has more success. We have an exciting event planned for the entire membership along with golf. The format will be an alternate shot gender scramble for groups of six. Be sure to invite your friends and stay for the party following golf.

Lastly, you may have noticed some changes around the pool. We made a few upgrades in the junior locker rooms and will continue to add a few new surprises. FGC is the place to be during the month of July. Bring your family and friends and continue to enjoy your club!

Sincerely,

Pat Markley

Director of Operations / Head Golf Professional

Upcoming Golf Events

July 4 - Junior Golf Clinic - 11:00
July 6 - Open Couples Mixer - Tees times from 11:30-4:00
July 8 - Junior Triathlon from 4:30-6:30
July 9 - Women's Invitational Cocktail & Betting Party- 6:00
July 10 - Women's Invitational - 1:00 Shotgun Start
July 11 - Women's Invitational Rain Date - AM Shotgun
July 15 - Women's 9 Hole Final Day
July 16 - Men's Invitational Practice Round & Pinnacle Long Drive Exhibition
July 19-21 - Men's Invitational
July 24 - Women's July Shotgun - 8:30
July 25 - Couples Twilight Mixer and Member Party - 5:30 Shotgun - 7:30 Party
July 27 - Junior Clinic and Family Scramble - 12:00
July 31 - Women's Exchange Day with Warwick Hills - 8:30 Shotgun

Attention Parents:
Do you know when your Junior needs to Report for Junior Golf?

Friday Mornings:

18 Holers:
Lesson Time:7:35
Tee Off: 8:00

9 Holers:
Lesson Time:8:00
Tee Off: 8:30

3 & 5 Holers:
Lesson Time:8:30
Tee Off: 8:55

1 Holers:
Lesson Time:9:00
Tee Off: 9:30

Pre-Juniors:
Lesson Time:9:30

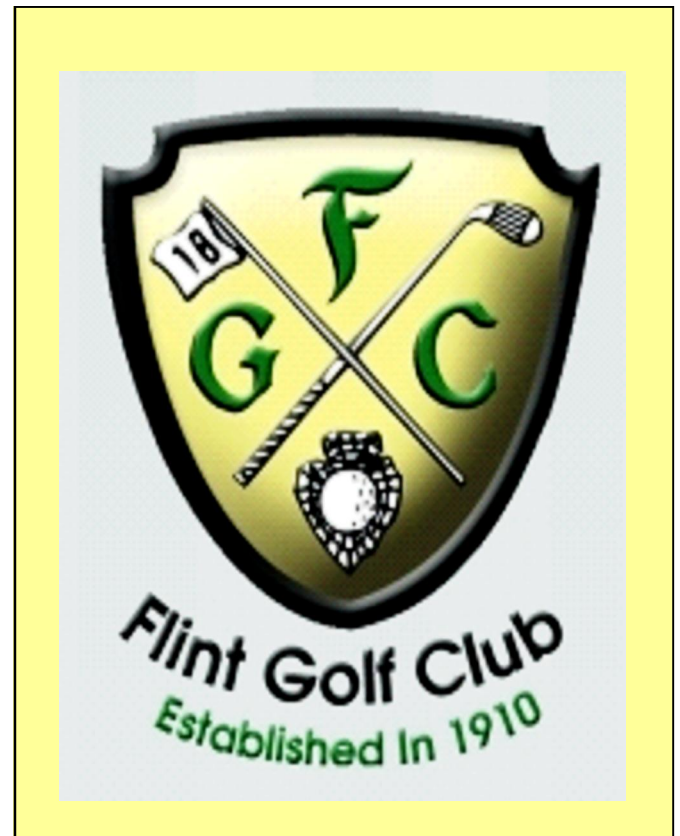
Ladies Invitational 2008 Update.
Hello all of you "Bahama Mama's"
We want to give you a few updates regarding this year's Invitational.
You can drop off or fax your registration form to the golf shop at 810-743-5788.
We want to provide your guest with a schedule and a personal invitation so be sure to stop by the golf shop to pick up the information.

1.All guests will have a designated locker for the event.

2.Included with the fee is a practice round for you and your guest.

You might want to think about playing before the betting party. Turn it into a night of golf and fun!

Sign up now
and be a part of this wonderful event!



Super Food: Quinoa

A sacred grain to the ancient Incas, also called the “super grain”, because it has more protein than any other grain and is considered a complete protein because it contains all 8 essential amino acids. It also has a great calcium content and sweet and nutty flavor. Most quinoa is white before you cook it and then becomes nearly translucent with a little “tail” (which is actually the germ) curled up against the grain. You can also find red, yellow, and black quinoa at specialty shops.

Quinoa on its own makes a great side or can be cooked with a bit of oil or butter and onion for a pilaf. It is a great alternative to rice and has unbelievable health benefits. It cooks much more quickly than other whole grains and will be ready to eat in around fifteen to twenty minutes. It's also wonderful served cold with dried fruits and a light vinaigrette. Quinoa comes with a coating of a natural substance called saponin that can taste quite bitter so you should rinse it out very well in a fine meshed sieve or rinse it at least three times in a bowl.

Because of its high fat content, you might want to store quinoa in an airtight container in the fridge, but it will also last in a cool, dark place in an airtight container for several months.

Quinoa Pilaf

1/4 cup butter or olive oil
1 onion, finely chopped
2 garlic cloves, finely chopped
1 bay leaf
1 cup quinoa, rinsed, drained well
4 cups chicken stock or vegetable stock
Chopped fresh parsley



Melt butter in heavy large saucepan over medium heat. Add onion and saute until tender, about 10 minutes. Add garlic, bay leaf. Stir 1 minute. Add quinoa and stir just until coated. Add stock. Bring to boil. Reduce heat and simmer until quinoa is tender, about 10 minutes. Drain. Discard bay leaf. Transfer pilaf to large bowl. Season to taste with salt and pepper. Garnish with parsley.

Chef Steve

July Social Calendar



August Social Calendar

