

THE

ALICANTE

COPPER RIVER COUNTRY CLUB · MAY 2012

HOME OF USTA'S 2007 OUTSTANDING PRIVATE TENNIS FACILITY

2012 Copper River Big Easter Egg Hunt



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MOTHER'S DAY BRUNCH
SUNDAY, MAY 13

More information on page 7.

*The Copper River Ranch Alicante Grapevine
Celebrating 116 Years of Continued Production*



MESSAGE TO THE MEMBERS

ADMINISTRATION

Rick Williams, General Manager

Carlos Galvan, Club Accountant

Bill Griffith, Golf Course Superintendent

Chris Huerta, Facilities Superintendent

Sherry Azevedo, Accounting

Cory Carruba, Membership Services

GOLF

Rick Williams, Director of Golf

Kasey Wallace, PGA Head Golf Professional

Raul Quezada, PGA Head Teaching Professional

Ryan Lancaster, PGA Apprentice

Jenine Paniccia, Pro Shop Assistant

Ryan Arnold, Assistant Golf Professional

Aaron Carpenter, Assistant Golf Professional

TENNIS

Coby Roberts, Director of Tennis

Cuyler Legler, Head Tennis Professional

Nolan Kelly, Tennis Events Coordinator

FITNESS

Brooke Cornelius Director of Fitness

Colton King, Fitness Trainer

RESTAURANT

Jean-Pierre Hannart, Executive Chef

Elizabeth Parker, Food and Beverage Manager

Heather Pipkin, Banquet Sales Manager

NEW MEMBERS

Mr. & Mrs. Philip Mechael

Mr. & Mrs. Dave Singer

Mr. & Mrs. Viktor Reimer

Mr. & Mrs. Paul Lerandau

Mr. & Mrs. Mohan Dangi

Mr. Brant Enoch

Mr. & Mrs. Jason Smith

Dear Members,

By the time this is published, I will have been at Copper River Country Club for five months. The time has flown by, but gives me a chance to reflect on accomplishments so far this year.

We hope you, the Member, have noticed our efforts on improving our Member focus, satisfaction and commitment to upgrading all the fabulous amenities our Club has to offer. Nowhere else in the Central Valley can you find a Club with all the activities and programming that we offer.

A few of the highlights are:

- Men's and Ladies Golf Organizations.
- Couples Monthly Twilight Golf.
- Weekly "Game" for Men and Women.
- All Star Sports Camp
- Over 30 weekly fitness classes
- Summer Swim Lessons
- Tennis Clinics for all skill levels and age groups.
- Weekly dinner selections created by our Executive Chef.
- Weekly Sunday Champagne Brunch, which was just voted the Best in the Valley by CBS TV47.

One thing I have noticed in the short time I have been here is the passion the Membership has for the Club. There is no better time than now to be a Member and take advantage of all we offer. We are just getting started. Over the coming months you will see more and more services offered, along with our energetic, enthusiastic team of professionals committed to providing you with the best possible Club experience.

As always, your input and suggestions are important to us. Please feel free to email me or call me.

I want to thank you for being a Member and know we value you!!

See you at the Club,
Rick

SPRING JUNIOR TENNIS PROGRAMS

Beginners I

Monday-Wednesday 3:45-4:45*

4 week session /6 hours

The basics of the game

[the forehand, backhand, serve and volley]
are introduced through ball control drills.

Members \$99.00 Non-members \$105.00

Beginners II Tennis Academy

MTWTH 3:45-4:45*

4 week session /12 hours

Basic tennis skills are taught through ball
control drills such as the groundstrokes,
serve, and volley.

Members \$195.00 Non-Members \$215.00

Intermediate & Advanced Tennis Academy

MTWTH 4:30-6:00*

4 week session /14 hours

Match play and competitive drills are used
to help the player develop an all- court
game.

Members \$230.00 Non-Members \$255.00

***Participants pay for a minimum
number of hours with the option
of attending additional
hours at no extra charge.**

**Please call the Tennis Centre to sign
up for these programs and to have
your questions answered.**

SUMMER TENNIS CENTRE HOURS: APRIL 1 TO SEPTEMBER 30

Monday-Thursday
8:00 a.m. to 10:00 p.m.

Friday
6:00 a.m. - 9:00 p.m.

Saturday-Sunday
8:00 a.m. - 9:00 p.m.

TENNIS REVIEW

COBY ROBERTS, DIRECTOR OF TENNIS

Copper River Country Club's Elaine Mason wins her 85 USTA National Championship at the USTA'S National 85 and over Clay Court Championships in Houston, Texas! June 26 Copper River Country Club will honor this tennis champion at a dinner in the Copper River Restaurant. Mark your calendars now and plan on honoring a living legend. For information on this month's events please contact Coby in the Tennis Centre.

FINDING THE SWEET SPOT

Tracking the ball with your eyes from your opponent's racquet all the way to yours helps to make the hit more sweet. Your head should remain fixated on the contact point. Most players are not aware of the ideal contact during the hit. Practice these elements and you will have more sweet responses center in the racquet.

Cuyler Legler,
Head Tennis Professional

JUNIOR LEAGUE

Copper River Juniors will compete against other junior teams throughout the Central Valley. Boys and Girls ages 9 through 18 compete in this 8 week tennis league. Practices are held Monday and Wednesday afternoons 1:00-2:30 PM with matches on Friday mornings and afternoons. Cost for the junior league is \$255.00.

UPCOMING TENNIS EVENTS

Copper River Country Club vs. Fig Garden in the 5th annual Club Challenge May 5, 9:00 a.m. Double Whammy Central Valley Tennis Championship May 18, 19, and 20. T4240

COPPER RIVER COUNTRY CLUB SUMMER JUNIOR TENNIS CAMPS

Coby and Cuyler will host weekly tennis camps beginning the week of June 11 for all Copper River juniors. Contact Coby in the Tennis Centre for more information.

TENNIS ANYONE?

Continuing during the spring and summer months, we will hold the following drop in tennis programs for our tennis members:

WEDNESDAY LADIES LEAGUE 9:00am-11:00AM
FRIDAY LADIES DAY 9:00AM-11:00AM

GOLF REVIEW

KASEY WALLACE PGA, HEAD GOLF PROFESSIONAL

UPCOMING EVENTS

May 4th
8:00 Member Shotgun
12:30 Cinco De Mayo
Tournament

May 5
Men's Game
Ladies' Senior Club
Championship

May 7
Aerification- Course Closed

May 8
Aerification- Course Opens
at 11:00

May 11
Senior Travel League @
San Joaquin Country Club

May 12
Ladies' Game
Men's Game

May 19
Men's Game
Ladies' Game

May 26
Men's Game
Ladies' Game

May 31
WGO Open Day

DONATE ANY USED
CLUBS TO RAUL FOR
OUR JUNIOR
PROGRAMS!

Hello Golfers:

I am extremely excited to introduce Ryan Lancaster as the newest addition to the Copper River team. Ryan is a PGA Apprentice and most recently worked at Del Rio Country Club in Modesto. Ryan brings a great deal of knowledge and experience to his position, and will be a great asset to Copper River. If you have not met him please stop by the Golf Shop and say hi.

The NCGA and Copper River have teamed up to give all Copper River NCGA members free clinics until the end of August. We will have more details in the Golf Shop so please stop by and sign up. Also, don't forget about our summer junior classes. Come by or call the Golf Shop for more information.

What is rule 18-2 in the USGA rules of golf? The first person to stop by and answer the question wins a prize. G1142

Kasey Wallace, PGA



COPPER RIVER MEN'S CLUB
THOMAS LEONARD, PUBLICITY

The Men's Club, now over 75 members, held a Master's Tradition member/member Golf event on Saturday, April 7th. Flight winners were Jonathan Sivilay & Mike Zamarripa, and Al Ostrow & Harold Farris who played well and picked a great pro Master's partner to pair with.

We also held a General Membership meeting on April 18th allowing the Board to update all members of progress to date and gain valuable feedback on members' expectations forward. Thanks to all those that participated.

Our May 25th event, our first Friday event, will be a member/member shotgun @ 12:30 followed by a BBQ in the Scoreboard area. Format will have best ball on odd holes and both balls on even holes. Cost is \$30 per player not including carts.

Each of our events to date have been very successful and our appreciation to the General Manager, Head Golf Pro and their staff who have been highly instrumental in our members enjoying great golf, food, support along with fabulous weather and an outstanding golf course.

Join now. The box is in the Golf Shop. Help get our membership to 100 by summer.

WOMEN'S GOLF ORGANIZATION

SHARYN MASUKO, PUBLICITY

CONGRATULATIONS TO:

Shelley Dale who on 3/27/12 had an EAGLE on hole #16 at Copper River from the Red Tees. She used her 7 wood for her second shot to the hole !! Way to go Shelley!!!
Rene Pfeif who placed first in her respective flight at Monterey Peninsula Open Day held on 3/27/12. Way to go Rene !!

Results for the 2nd of 6 Medallion Games for 2012 held on 3/10/12:

Gold Tees:	1st Place	Joan Murray	79 Net
	2nd Place	Janis Holler	80 Net
Red Tees:	1st Place	Carmen Cable	71 Net
	2nd Place	Sunday Plavan	75 Net
	3rd Place	Anne Peck	79 Net

Medallion Tournaments are WGANC sponsored and are played six Saturdays throughout the year. The three net best scores are counted in determining the winner at the end of the year. Check your WGO calendar for the upcoming dates.

Results for our LADIES INVITATIONAL April 20, 2012:

1st Flight

Big Break:	Shawn Henson & Team
Low Gross:	Meggie Gilbert & Team
1st Place Net:	Wendy Woods & Team
2nd Place Net:	Kathy Sandusky & Team
3rd Place Net:	Elaine Falk & Team

2nd Flight:

Big Break:	Anne Peck & Team
Low Net:	Patty Dunbar & Team
1st Place Net:	Lee Barnes & Team
2nd Place Net:	Anne Peck & Team
3rd Place Net:	Deanna Nimmo & Team

Thank you to our *awesome* 2012 Invitational Chair Committee, Head Pro Kasey Wallace, Melissa Roberts, Shawn Henson, Patty Dunbar, Stephanie Postler, Shelley Dale, Jillian Gregory and all the volunteers who helped make our Ladies Invitational a huge success.

TURF TALK

BILL GRIFFITH, C.G.C.S. GOLF COURSE SUPERINTENDENT

Mother Nature is always playing tricks on us. Early spring temperatures have plants coming out of winter dormancy, and then we get hit with frost!!

The month of April starts our busy time of the year. This is when we get the golf course ready for the growing season through aerification and fertilization. These practices help us survive the stress the summer heat puts on our turf.

As always, please help us maintain our golf course to a higher standard by repairing your ball marks and replacing and filling in your divots.

Thank-you,
Bill Griffith, C.G.C.S.

UPCOMING WGO EVENTS

May 1

WGO Meeting 5pm
Board Room

May 5

Senior Club Championship

May 6

Senior Club Championship

May 10

Kings Country Club Open Day

May 17

Madera Open Day

May 19

Guest Day
Copper River Country Club

May 25

Un-established Clinic

May 31

Copper River Country Club
Open Day

UPCOMING MEN'S CLUB EVENTS

May 25 Shotgun @ 11:00

Member/Member event

FITNESS REVIEW

BROOKE CORNELIUS, DIRECTOR OF FITNESS

EATING FOR ENERGY- A TIP FROM BROOKE

Women beware! Some women tend to restrict calories. Low calorie intake can alter reproductive function and contribute to bone loss, osteoporosis. Eat carbohydrates and a small amount of protein 30 minutes prior to a workout. Within a two hour window post training consume larger amount of protein and fewer carbs!

Type of Proteins:

Very Lean- all white (ex. egg whites, chicken, fish, and cottage cheese, etc.)

Lean- pink (ex. salmon, veal, fillet, etc.)

Med- (ex. T-bone steak, meat with bone, cheese, bacon, etc.)

Good Fat: works as a lubricant for your joints, hair, nails, etc. About 20% of fat intake adds omega 3, helps to maintain healthy triglyceride levels and will decrease sugar cravings.

Nutrient timing is crucial: moderation NOT eliminations!

CHANGE IS GOOD

Variety is one of the most crucial aspects for any workout. There's a saying, "if you do what you've always done, you'll get what you've always got". If you have been doing the same workout routine since high school, it's time for a change. Your body will adapt to anything you put it through in a short amount of time, thus decreasing your results, and stopping them altogether. Your workout change does not have to be drastic, but by expanding your knowledge you can keep your results coming, and shed the pounds for the summer beach trips. Stop by the Fitness Centre or call Colton at 476-3019 and find out how you can escape your exercise rut today! K4242

LAST CHANCE TO GET IN SHAPE FOR SUMMER!

1000 Calorie Burn Clinic with Brooke, Beginning May 8th

Cost: \$249 per person for 6 weeks.

Tuesdays/Thursdays: 9:00am or 9:30am, and 2:00pm or 2:30pm

You pick the days and times. Four members are welcome per group. We will explore weight training techniques to increase your heart rate in order to burn fat and calories. Space is limited and all levels are welcome!

SUMMER ACTIVITIES LINE UP

Swim Lessons begin May 21, 2012

We are pleased to announce the return of Allison Billington, our swim lesson instructor. Our 5 sessions will run May 21st-Aug 3rd.

All Star Sports Camp Early Bird Registration Ends May 28th. All sessions are filling up fast! Find out more about our swim lessons and sports camp by contacting Fitness Director Brooke Cornelius at 476-3018

H2O Wellness class begins with traditional water fitness moves from jogging to jacks, and everything in between. We will aggressively fuse pilates, rotating disciplines, and tai-chi for active stretching, which will focus on stability and mobility. All levels welcome.

Mon/Wed/Fri 9 AM

GROUP EXERCISE SCHEDULE

Monday

6 a.m.	Cycle Circuit	Heidi
8 a.m.	Pilates MAT	Toni
9 a.m.	Tabata Cycle	Brooke
9 a.m.	H2O Wellness	Sharon
11:45 a.m.	Cycle Circuit	Jennifer
12:45 p.m.	Yoga Stretch	Jennifer
6 p.m.	Cycle Circuit	Chris

Tuesday

6 a.m.	Cardio Conditioning	Carolyn
8:15 a.m.	Group Cycle/ 60	Sharon
9:20 a.m.	Yoga	Lucy
12 p.m.	Strength Training	Colton
5:30 p.m.	Pilates Powerhouse	Carolyn
6:30 p.m.	Zumba/Strength	Staff *

Wednesday

5:45 a.m.	Cycle Circuit	Brooke
8 a.m.	Pilates MAT	Toni
9 a.m.	Tabata Conditioning	Brooke
9 a.m.	H2O Wellness	Sharon
11:45 a.m.	Cycle Circuit	Jennifer
12:45 p.m.	Yoga Stretch	Jennifer
5:45 p.m.	Cycle Circuit/ 75	Kelly
7 p.m.	Flow Yoga	Lucy *

Thursday

6 a.m.	Cardio Conditioning	Heidi
8:15 a.m.	Group Cycle/ 60	Lucy
9:20 a.m.	Yoga Stretch	Lucy
12 p.m.	Strength Training	Colton
5:30 p.m.	Pilates Powerhouse	Carolyn
6:30 p.m.	Zumba/Strength	Kelly*

Friday

8 a.m.	Pilates MAT	Toni
9 a.m.	Cardio Conditioning	Lucy
9 a.m.	H2O Wellness	Sharon
11:45 a.m.	Tabata Cycle	Brooke

Saturday

8 a.m.	Cycle Circuit/75	Staff
9 a.m.	Strength Training	Colton
10 a.m.	Zumba/Strength	Kelly*

Sunday

8:30 a.m.	Spin/Circuit Training	Kelly
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*45 minute class

**MEMORIAL DAY HOURS:
7:00 a.m. to 5:00 p.m.
9:00 a.m. Class Only**

CINCO DE MAYO EXTENDED ZUMBA CLASS

**Ditch the party, join the workout! Class
will run for an hour and a half.**

POOL HOURS:

Monday-Friday:
5:30 a.m. - 9:00 p.m.

Saturday-Sunday:
7:00 a.m. - 9:00 p.m.

THE CHEF'S CORNER

JEAN-PIERRE HANNART, CERTIFIED EXECUTIVE CHEF

COPPER RIVER NEWS

MOTHER'S DAY BRUNCH

Sunday May 13
\$26.95 per person.
Call the Restaurant for more information at 434-8956.

Indoor seatings
10am, 12pm, & 2pm
Patio seatings
11am, 1pm, & 3pm

LIVE MUSIC AT THE CLUB

May 6
Jack Rustigan

May 13
Harpist Laura Porter

May 20
Dan Voelz

May 27
Lew Coles

COMPLIMENTARY SUNDAY BRUNCH

Find your membership number hidden in an article of the Alicante and CRCC will host you to a complimentary regular Sunday Brunch for two during the month of May. Call Cory at 434-8995 to make arrangements.

I'd like to start by thanking everyone who made our Easter Brunch such a success. We had an amazing turnout and like always, Chef JP and the entire food and beverage staff did a wonderful job. With that said, it's time to start preparing for our famous Mother's Day Brunch!! It's sure to fill up quickly, so stop by or call the restaurant at 434-8956 to book your spot today! We're offering indoor seatings at 10am, 12pm, & 2pm and patio seatings at 11am, 1pm, & 3pm. Member reservations are our first priority so please have your member number ready when booking. We look forward to seeing you!

Elizabeth Parker
Food & Beverage Manager

In honor of Cinco De Mayo, Chef Hector has a delicious and easy Roasted Salsa recipe for you to try at home. C1136

Roasted Salsa

Ingredients:

- 6 Roma Tomatoes Cut in Half
- 10 Japanese Peppers
- 2 Cloves of Peeled Garlic
- 1 Medium Sized White Onion
- 1 Jalapeno Pepper
- 1 Bunch of Cilantro
- 1 Bunch of Green Onions
- 1 Pinch of Dry Pepper Flakes
- 1 Small Can of Diced Tomatoes
- 1 TBLSP Olive Oil
- Salt and Pepper to Taste

Heat oven to 400°. Place halved Roma Tomatoes, Japanese peppers, two garlic cloves, and quartered white onion on a sheet pan. Pour Olive Oil on top, and place sheet pan in oven until vegetables start to brown. Remove from oven and cool in blender with remaining ingredients making sure not to blend any stems. Blend to desired texture and serve chilled.

This delicious salsa will keep in the refrigerator for up to three days!

*Country Club, Tennis, & Fitness
Please use your Food and Beverage Minimums by May 31.*



COPPER RIVER COUNTRY CLUB
P.O. Box 25850 • Fresno, CA 93729-5850
www.copperrivercountryclub.com
ADDRESS SERVICE REQUESTED

PRSR STD
U.S. POSTAGE PAID
FRESNO, CA
PERMIT NO. 1676

Fitness Hours

Monday - Thursday: 5:00 a.m. - 9:00 p.m.
Friday: 5:00 a.m. - 7:00 p.m.
Saturday/Sunday: 7:00 a.m. - 6:00 p.m.

Kids Centre Hours

Monday, Tuesday, Wednesday & Friday:
8:00 a.m. - 1:00 p.m. and 4:00 - 7:00 p.m.
Thursday: 8:00 a.m. - 1:00 p.m. and 5:00 - 9:00 p.m.
Saturday: 9:00 a.m. - 1:00 p.m.
Sunday: Closed
Reservations required.

Copper River Restaurant Hours

Dining Room & Lounge
Closed Mondays (except some holidays)
Tuesday through Saturday, Lunch 11:00 a.m. - 2:00 p.m.
Thursday Dinner 6:00 - 9:00 p.m.
Saturday Breakfast 6:30 - 10:00 a.m.
Sunday Breakfast 6:30 - 10:00 a.m.
Sunday Champagne Buffet Brunch, 10:00 a.m. - 2:00 p.m.

La Cantina

Monday Hours: 6:30 a.m. - 2:00 p.m.
Tuesday - Sunday
6:15 a.m. to dusk or no later than 10:00 p.m.
Breakfast and Lunch
Grill Hours
11:00 a.m. - 2:00 p.m. Tuesday - Thursday
11:00 a.m. - 4:00 p.m. Friday - Sunday

Golf Shop

Monday: Closed
Tuesday - Sunday: 6:00 a.m.-6:00 p.m.

Driving Range Hours

Monday: Closed
Tuesday - Saturday: 6:30 a.m. - 4:30 p.m.
Sunday: 6:30 a.m. - 4:00 p.m.

Swimming Pool Hours

Monday - Friday 5:30 a.m. - 9:00 p.m.
Saturday - Sunday: 7:00 a.m. - 9:00 p.m.

Tennis Hours

Monday - Thursday: 8:00 a.m. - 10:00 p.m.
Friday: 6:00 a.m.-9:00 p.m.
Saturday - Sunday: 8:00 a.m. - 9:00 p.m.

Copper River Country Club
2140 E. Clubhouse Dr., Fresno, CA 93730
(559) 434-5200 Fax: (559) 434-8962

General Manager/ Director of Golf
Rick Williams: 476-3008
rickw@copperrivercountryclub.com

Club Accountant
Carlos Galvan: 434-5200 Ext. 3004
carlosg@copperrivercountryclub.com

Business Office
Sherry Azevedo: 434-5200, Ext. 3009
sherrya@copperrivercountryclub.com

Membership Sales
Cory Carruba: 434-8995
coryc@copperrivercountryclub.com

Copper River Restaurant: 434-8956
Food and Beverage Manager:
Elizabeth Parker: 434-8956
lizp@copperrivercountryclub.com

Banquet & Party Reservations
Heather Pipkin: 434-8978
heatherp@copperrivercountryclub.com

The Golf Shop/Tee Times: 434-5255

Head Golf Professional
Kasey Wallace: 434-5200, Ext. 3013
kaseyw@copperrivercountryclub.com

Golf Course Superintendent
Bill Griffith: 269-5881
billg@copperrivercountryclub.com

The Tennis Centre: 434-8955
cobyrc@copperrivercountryclub.com

The Fitness Centre: 434-5200, Ext. 3018
brookec@copperrivercountryclub.com

The Kids Centre: 434-8958