



AUGUST 2015 | VOL 15 | NO 8
WWW.OLDFIELD1732.COM

OLDFIELD

NEWSLETTER

HELPING BUILD HOUSES & HOPE
OLDFIELD HABITAT BUILD



AUGUST EVENTS

**BACK TO SCHOOL
BASH**
Saturday, August 8

**GOLF COURSE
AERIFICATION**
August 3-10

**SWINGIN MEDALLIONS
CONCERT**
Saturday, August 29



A NOTE FROM THE GENERAL MANAGER

Jamie Selby

August 1, 2015

Dear Oldfield Club Members:

The hot days of August are now upon us lets just hope we don't have another full month of the extremely hot temperatures we've experienced throughout the summer. As the summer draws to an end, and the beginning of another school year approaches, I would like to welcome each of you back from summer vacations and time away with family and friends. What a great summer it has been. As with years past, summer camps were a huge hit and our team put forth tremendous effort to offer camp programming, family activities, family dining and a diverse calendar of events throughout the summer. We now have more children in the community than ever and are happy to be able to offer opportunities to make their summer memorable.

Although school is starting back, the fun does not have to end. This month, we keep the excitement going and continue to offer some new activities for all ages! Our youngest members now have the chance to attend "Guppy Academy". Here they will learn the alphabet, numbers, colors, shapes, and social skills through a "Montessori Inspired" curriculum. For the 2nd year in a row, Captain Jason and Jill will host "Mom's and Mimosas", a unique event for the moms in the community to enjoy a quiet, relaxing river cruise to wrap up what have may been a hectic and event filled summer. We will close out the season with an evening of dancing, spectacular food, and awesome music featuring the Swingin' Medallions... the party band of the south!

I would like to say a special word of thanks to those who offered their time and participated in building the "Oldfield House" for Habitat for Humanity. It was great spending time with each of you off property for such a worthy cause. I look forward to what lies ahead for the Oldfield Community!

See you at the Club!

Sincerely,

Jamie Selby
General Manager, Oldfield Club

Employee of the Month

Congratulations to the following employee who was chosen for displaying exemplary service and going above and beyond in assisting Members and his fellow co-workers: *July*: **Phillip Cox – Security**

WELCOME TO OLDFIELD

Lane and Katie Crittenden - Welcome to Oldfield
Tara Lopez – Congratulations on your new property - Lot 189
Susan VanAcker – Congratulations on your new home - 10 Pondhawk Road

GREETER'S STORE

The kids will be heading back to school soon, so why not bring them down for one last summer treat. Buy one scoop of ice cream, get one FREE!!

See you at the Store!

REAL ESTATE UPDATE

Greetings from Gateway Realty, your front gate real estate team at the Greeter's Store. Summer started a little slow but has picked up nicely with good traffic and continued activity in Oldfield. As of July 10th we are approaching 20 homes sold which is more than we sold all last year! Homes that are priced to the market are selling.

The lot market is going through a natural progression that we call the "shadow effect." This is a result of Bald Eagle Partners buying up the last of the lower priced lots from November 2013 through late 2014. Along with Bald Eagle's purchases we also had individual lot buyers taking advantage of low pricing which brought our average price level up to around \$80,000.

This is where the shadow effect comes into play as property owners who earlier did not want to sell their lots at a lower price level, are now listing their lots for sale. The shadow effect has caused us to

now have almost 30 lots for sale with half of them priced between \$72,500 and \$99,000. This over supply will cause longer days on the market as well as causing the average lot sales price to decrease a little as sellers realize the current over supply is causing a competitive atmosphere on pricing.

Again, this is a natural progression in the market and will work itself out over time. Gateway continues to dominate in both lot sales and home sales in Oldfield and we are honored to represent Oldfield at the front gate. Thanks for your support and referrals. We look forward to continuing to serve you. Please let us know how we may be of assistance.

Sincerely,

Your Gateway Realty Team
Phone: 843-645-2530
Toll Free: 866-653-3435
Fax: 843-645-2531

Food & Beverage

RESERVING OLDFIELD LOCATIONS FOR PRIVATE EVENTS

If you would like to reserve any one of our venues for your special event, please contact Danielle Tosky, Private Events Director, at 843.645.4622 or email her at dtosky@oldfieldsc.com.

F&B RESERVATIONS

To RSVP to any one of our F&B events please click on this event on the calendar at Members. Oldfield1732.com or contact Deb at droller@oldfieldsc.com or (843) 645-4600

THE SPOTLIGHT- OLDFIELD WELCOMING COMMITTEE IS ON THE MOVE!



Lisa and Augie Ghessie,
52 Rice Mill Road



JoEllen and John Harche,
6 Devant Circle



Sue and Frank O'Sullivan and grandson,
2 Pondhawk Road



Larry Jones,
29 Rice Mill Road



LynnAnn Wilkerson,
101 Great Heron Way



League, Matthew and daughter Hudson Creech,
5 Oldfield Village Rd.



A NOTE FROM THE F&B DIRECTOR

Charlie Nolette

As summer winds down the club winds up!

Can you hear them?

The kids, laughing and playing... me neither because they are back in school! The summer is winding down and school is back in session, but that doesn't mean the activities and fun around the club are! While I feel for the kiddos who are back to school with no hope of recess, there is hope for fun still.

On Saturday the 8th we will have our Family Fun Night, yes it has moved to the beginning of the month for August. This is sure to be a great night to celebrate one of the last summer weekends. Bring the whole family out for a casual meal at the pool followed by games and activities for kids of any age.

For the big kids, school for August will consist of a little class on sparkling wines. Sign up as space will be limited for a fun night at the Golf Clubhouse on the 13th; what's not to love about cold and carbonated beverages that tie together geography, science, and art.

And if you like art you must like music? Music just happens to be what our big event in August is centered around; back by popular demand is The Swinging Medallions! Call your neighbors, family, friends and come down to the River Club for a private concert on the river! This is sure to be an epic night of music and dancing. We will have a variety of food options available including a food passport that allows you to snack when you want to as the party rolls on. You won't want to miss this one, so make plans to join us on Saturday, August 29th to enjoy The Swinging Medallions on the River Club lawn!

Sincerely,

Charlie Nolette

Charlie Nolette
Food & Beverage Director
cnolette@oldfieldsc.com
(843) 645-4608

CASUAL TUESDAYS AT MAGNOLIA GRILL

Every Tuesday from 6 -7:30 p.m.

Adults: \$15.95 | Children 12 & Under: \$6.95

**Prices are subject to change according to menu.*

Don't forget to join us for Casual Tuesdays at Magnolia Grill! Each week's menu will feature a chef-attended station as well as dinner stations and a la carte desserts. Happy Hour is 4:30-6:30 every Tuesday with half priced drinks! Stop in after your round or come to dinner early to catch up with friends before dinner.

A different dinner special will be offered each week:

August 4th: Hawaiian Luau! SPORTS CLUB

August 11th: Chicken Wing Madness!

August 18th: Greek Night

August 25th: Salad Extravaganza

September 1st: Seafood Night

September 8th: Taste of Italy

Please RSVP by clicking on Casual Tuesday on the online Calendar at Members.Oldfield1732.com or to Deb at droller@oldfieldsc.com or (843) 645-4600.

SUMMER MAGNOLIA GRILL LUNCH HOURS

Now - September 7 (Labor Day)

Tuesday - Friday | 12 - 3p.m.

Saturday & Sunday | 11 a.m. - 3 p.m.

Bar Service

Tuesday - Sunday | 11 a.m. - 4 p.m.

**Please note the Magnolia Grill will be closed during Aerification, August 3-10. Poolside Grill will be available with a limited menu.*

FAMILY FUN NIGHT - BACK TO SCHOOL BASH AT THE SPORTS CLUB!

Saturday, August 8 | 14.95 adults, \$1 children (buffet) | 5:30-7p.m.

Ready for a fun night at the pool before school starts!? The Back to School Bash will feature fun pool games, Bingo, a cook-out and root beer float station! For dinner, enjoy a gourmet slider bar, hot dogs, chips, salad and fruit! Dessert included! Get ready for a fun night for the whole family! *Please RSVP to Jenny: 843-645-4610 or jphelan@oldfieldsc.com*

THURSDAYS AT THE GRILL

Thursdays | 5:30-8p.m. | reservations recommended

Join us for a casual dining experience at Magnolia grill on a brand new night of service: Thursday. We'll be offering \$1 drink specials and a wide selection of pub style favorites including: burgers, salads, pasta, fresh fish, steak and comfort food. Healthy and non-gluten selections are available. All children's menu items are only \$1!

Thursday, August 13: Wine Class: "All about Bubbles" \$5 for non wine clubbers and wine club members no charge.

Thursday, August 20: Movie Night: Grumpy Old Men

Thursday, August 27: Theme TBD

RIVER CLUB DINNER

Fridays | 5:30-8p.m. by reservation

A la carte pricing, \$1 children's menu

Advanced reservations assist us in serving you better! Menu subject to change based on freshness and availability. Please make us aware in advance of any preferences, dietary restrictions or food allergies

CONCERT FARE (SWINGING MEDALLIONS)

Saturday August 29th | River Club

Food Passport (unlimited priced per person) \$19.95++ adults / \$6 Children (food items also available a la carte)

ENTRÉE ITEMS:

Bratwurst

Kosher Dogs

Nachos

Gyro Wrap

Carnitas Burritos

Falafel Wrap

Muffaletta

SIDE ITEMS:

Assorted chips

Macaroni and Cheese

Kale Slaw

Tabbouleh

DESSERT:

Cookies

Ice cream novelties

CLUBS & MEMBER-RUN EVENTS

Fishing & Outdoor Club

There will be no Fishing & Outdoor Club the months of July and August. Have a great summer and check back for details for our September meeting!

MEN'S CLUB

Wednesday August 26 | Cocktails 6:00p.m. - Dinner 6:30pm | Golf Clubhouse

The Men's Club summer series continues with a meeting on Wednesday August 26 at the Golf Clubhouse. We'll enjoy a great dinner together. The Men's Club continues to grow and it is a terrific venue for meeting new members. We have entertaining guests, interesting speakers, unique theme nights and now this first ever summer series at the Clubhouse for members to enjoy. An invite will be going out to all members with all the details of this month's event.

If you are not a member but would like to attend this month's meeting just contact Bob Champigny at bchampigny@lamcotec.com and you will be all set to come and enjoy what is always a wonderful evening here at Oldfield.

WOMEN'S CLUB

We're taking the Summer OFF! Stay tuned for details on our next Women's Club event coming in September. Have a great Summer Ladies!

The Oldfield Women's Club is open to all Oldfield women who want to renew friendships and make new connections, develop personally, and have fun. If you are not on our Women's Club mailing list, please email Mary Jane Zabinski @ mjzabinski@yahoo.com as you are very welcome to join us and be part of the fun!

OLDFIELD BOOK CLUB

Thursday, August 27 | Social: 5:30 p.m.

Discussion: 6 p.m. | River Club

This month's book: Ordinary Grace by Kent Krueger
Join us for our next Book Club meeting! We meet monthly to discuss a book chosen by our Members. *If you have any questions or wish to be added to the Book Club list, please contact Cindi Cannizzaro at 645-2506 or cannizz@hargray.com. You may RSVP online by clicking this event on the calendar at Members. Oldfield1732.com.*

TRIVIA NIGHT!

Join us for Trivia night!!!

Wednesday, August 19 | 7 p.m. | Magnolia Grill | \$5 per person
Join us for a fun night of trivia at the Club! Each team may have up to seven players with a max of four players 10 and older. Cash prizes vary depending on the number of players. *You can*

sign up using Members.Oldfield1732.com or contact Deb Roller (843) 645-4600 or droller@oldfieldsc.com. If you'd like to be a guest host, please contact Cindi Cannizzaro at cannizz@hargray.com.

HAND AND FOOT

Thursday, August 6 | 7:30p.m. | Azalea & Osprey rooms at the Clubhouse.

We play Hand & Foot (a fun card game similar to Canasta) on the 1st Thursday of each month. The game usually lasts about 2 hours and prizes are awarded to the top 2 or 3 scorers. Since we need the number of players to be a multiple of 4, please sign up by Wednesday if you plan to play so we can plan accordingly. *If you have never played, but are interested, please contact Cindi Cannizzaro at 645-2506 or cannizz@hargray.com to set up a time to learn the game.*

3RD SATURDAY PARTY

7 p.m. | Third Saturday of each month

Location will be emailed once we know how many houses we will need | Please RSVP by the Thursday before
Come meet your new neighbors! Bring something to eat, a bottle of wine and your own wine glass. *If you have any questions, would like to be added to the email reminder, would like to host a party or need to RSVP please contact Cindi Cannizzaro at (843) 645-2506 or email cannizz@hargray.com.*

Lifestyle Activities

FAMILY FUN NIGHT: BACK TO SCHOOL BASH

Saturday, August 8 | 5:30 p.m.-7:00 p.m. | Sports Club | Pricing: \$14.95 adults, \$1 children

Ready for a fun night at the pool before school starts? The Back to School Bash will feature fun pool games, Bingo, a cook-out and root beer float station! For dinner, enjoy a gourmet slider bar, hot dogs, chips, salad and fruit! Dessert included! Get ready for a fun night for the whole family! *Please RSVP to Jenny: 843-645-4610 or jphelan@oldfieldsc.com*

LUNCH & LEARN: DOG DAYS OF SUMMER

Wednesday, August 26 | 12:00 p.m.-1:30 p.m. Magnolia Grill | Pricing: \$12 (includes presentation and lunch from Magnolia Grill) Price for Grooming if you wish to schedule, depends on the size and breed of dog

Join an informative and enjoyable Lunch & Learn program, on National Dog Day! This luncheon event features Dr. Richard Bink, a well-respected veterinarian from Buckwalter Vet Clinic. After lunch, the mobile pet groomer All About the Dog will be on-site at Oldfield outside of the dog park. Learn more and pamper your pet at this engaging event! *To RSVP for the lunch presentation, or to make an appointment with the groomer, please contact Jenny: 843-645-4610 or jphelan@oldfieldsc.com*



SPORTS CLUB

PLEASE NOTE: *The Lagoon Pool is open Tuesday through Sunday 10 a.m. - 10 p.m. Also the slide and cabana are open with limited hours after September 7th*

CAMP OLDFIELD: GUPPIES

Tuesdays & Thursdays, August 4 & 6 | 9a.m. - 12p.m. Sports Club | \$20/child/day | Ages 2-3 years
Join us for our Guppies Camp! We would like the children to join us at the Sports Club for our fun camp days! With our "Cruisin Through the Decades" theme there is a century of fun awaiting them! Guppies will meet in the children's corner. This camp offers free-play, structured activities, Montessori inspired materials, arts n' crafts, and quiet/story time, indoor and outdoor play and so much more! Lunch is included, parents provide diapers, wipes, snacks, and an extra change of clothes. Please dress your child in comfortable play clothes that can get messy for camp! This age group will not swim unless otherwise noted. *There is a maximum of 12 children to participate. Please remember to RSVP no later than 5pm on the Friday before your desired camp date online at members.oldfield1732.com.*

CAMP OLDFIELD: GOLDFISH

Tuesdays & Thursdays, August 4 & 6 | 9a.m. - 2p.m. Sports Club | \$25/child/day | Ages 4-6 years
Ready or not; here comes summer! This summer we will be "Cruisin Through the Decades" to explore the crafts, food, activities and games of old! With something new to learn each time, swim time, Dino dollars and camp store this summer will truly be a blast from the past! Goldfish will meet in the Café. Lunch is included, please provide snacks. *There is a maximum of 20 children to participate Please remember to RSVP no later than 5pm on the Friday before your desired camp date online at members.oldfield1732.com.*

CAMP OLDFIELD: SHARKS

Tuesdays & Thursdays, August 4 & 6 | 9a.m. - 2p.m. Sports Club | \$25/child/day | Ages 7-12 years
We know the 7-12 year olds were wiggling in their school chairs ready to get to camp! The time is now! Sign up for our awesome Shark Camp! This camp will not only be fun, but keep the kids involved and active throughout summer! The kids will create unforgettable memories that will be captured in their summer camp journals! Sharks will meet on the basketball court. Lunch is included, please provide snacks. *There is a maximum of 20 children to participate. Please remember to RSVP no later than 5pm on the Friday before your desired camp date online at members.oldfield1732.com.*

GUPPY ACADEMY

Tuesdays & Thursdays August 18, 20, 25, 27 9 a.m.-12 p.m. | Age 2-4y | \$20/Child | 8 child max.
The summer has ended but for our smallest learners the adventures will continue throughout the school year! Guppy Academy is a bi-weekly pre-school-like program for toddlers, providing fun learning activities, crafts, lunch and so much more! Held on Tuesdays and Thursdays, children learn the alphabet, numbers, colors, shapes, and social skills through a "Montessori Inspired" curriculum. In this nurturing environment each child is encouraged to explore, learn and grow through imagination, creativity, discovery and play! Registration for this program happens monthly and fills up quickly! Please register online each month to guarantee your spot! Lunch is included; parents provide diapers, wipes, snacks, and an extra change of clothes. There is a maximum of 8 children to participate. *Please remember to RSVP no later than 48 hours in advance online at members.oldfield1732.com. Cancellations not made at least 24 hours in advance will still be charged to your account.*



PARENTS NIGHT OUT

Friday, August 21 | 5:30-8:30p.m. | Age 2y-12y \$10/child \$8/siblings | Childcare at Sports Club | Dinner at River Club
Parent's Night out is designed to provide a night of fun for children in a safe, nurturing and fun environment while parents enjoy their dinner at the Oldfield River Club! The night features a pizza dinner, and movie with themed games, crafts and other activities!! The only items children need to bring are diapers, wipes, sippy cups, and a change of clothes if necessary! There is a minimum of 4 and a maximum of 15 children to participate in this event. Member guests are welcome for an additional \$2 and does not include "additional sibling" rate. *RSVP for dinner and childcare please RSVP to Deb Roller at droller@oldfieldsc.com. Please RSVP no later than Wednesday August 26 at 5pm.*



KIDS ZONE: FOR THE SWINGING MEDALLIONS CONCERT

Saturday, August 29 | 5:30 - 9 p.m. | Sports Club \$40 per child | 2-3 yr (6 kids max), 4-6 yr (10 kid max), and 7+ (10 kid max).
We know the parents want to have fun, and so do the kids! The Sports Club will be hosting a Kids Zone the night of the concert. RSVP begins August 1 and it must coincide with concert ticket purchases. The price includes food, crafts, activities, and a movie. RSVP by August 26. We require a 48 hour cancellation notice. Less than 48 hours may result in full charge. *RSVP to Debra Roller at 843.645.4600 or droller@oldfieldsc.com by the deadline.*



FITNESS



TIP FROM THE TRAINER

*Mona Ward,
A.F.P.A. Certified*

Burn Baby Burn

As we age, we talk more and more about our metabolism slowing down, but does it have to? Is it a myth or is there something to it? Can the way we really eat increase or decrease our metabolism?

Yes, your metabolism slows down as you age, but the amount is minuscule and the only reason it does slow down is because you tend to lose muscle mass as you age. So build a lean and muscular body and maintain it for the rest of your life. This doesn't mean bulking up on muscles and heavy weight lifting. But it does mean doing a bit of something that continues to keep muscles from getting sedentary, sitting in front of the TV. and saying we are old is an excuse. Get up and move.

Muscle burns at least three times more calories. "A woman who weighs 130 pounds and has a healthy 25 percent body fat will burn about 200 more calories per day than a 130-pound woman with about 40 percent body fat — a typical level for women at midlife," says David C. Nieman, Dr.P.H., director of the Human Performance Laboratory at Appalachian State University in Boone, NC. "If the woman with more body fat doesn't start modifying her diet or increase her exercise, she could start putting on weight really fast."

Eating 6 small meals doesn't necessarily make you burn more than eating 3 meals. It's all about the calories. You could eat 6 meals that equal a total of 3000 calories or you could eat 3 meals that total 2500 calories so eating more often and smaller doesn't always equal a fat burner. Eating the right foods and the right amount of foods is key. There are a few things that help (I'd say more like assist) with your metabolism, but they aren't magic pills. Amp up the protein (lean) and add more calcium. Switch to whole grains, eat iron rich foods and drink cold water. Cut out the processed foods and shop the outer perimeter of your grocery store.

Forget the fad diets, the fasting, and the "all liquid" menu. Even the Paleo and Mediterranean diets have their drawbacks. It's not something you can easily sustain for great lengths of time. (Seriously, even if you go to a restaurant and get chicken and vegetables do you know what kind of oil they used or if there were prepared seasonings or processed ingredients used?) Plus honey isn't allowed on a Paleo diet but wouldn't it be better than white sugar?

Listen to your body and if you do one exercise a day, let it be "pushing away from the table!"

FITNESS CLASSES

NEW CLASS! TABATA TUESDAYS-

Tuesdays 9:30a.m.

This is a high Intensity Interval Training (HIIT) using the 20-10 Microburst Training. We will use intervals consisting of 20 seconds performing specifically chosen exercises at an ultra-high intensity for 20 seconds, followed by 10 seconds of rest. A true Tabata workout is founded on quality, not quantity. In other words, the effect of a workout should not be based on the amount of time devoted to exercising, but rather what the exercise does for your body after the workout is over and the 10 second rest allows for brief recovery before moving on to the next exercise interval. Experience short intervals based on Tabata Bootcamp's training that delivers a calorie drenching workout and post metabolic boost.

BODY WORKS- Wednesdays 8:30a.m & Saturdays 9a.m.

Improve muscle tone, posture, balance and strength with this workout. The 12 timed stations provide functional training that works both sides of the body as well as your core strength. **No Class August 16, 19 & 23**

YOGA FOR GOLFERS - Mondays at 11:15a.m.

Learn how to improve your golf game and overall fitness with yoga. This class will help you increase your distance and accuracy from the tee by improving your flexibility and strength. You will learn pre-round sequencing for at home and on the course, mid-round sequencing to keep your swing fluid and post-round sequencing.

RESTORATIVE YOGA - Mondays & Wednesdays at 9:30a.m.

Classes are approximately 90 minutes and use the ANUSARA Principles of Yoga: Blending muscular and organic energy for alignment of mind and body and connecting strength, balance and flexibility while allowing the release of muscular tensions. Please note: there is a fee for this specialized class. To register contact Janet Lent @ 645-9030 or jmlent@aol.com.

YOGA - Tuesday, Wednesday, & Thursdays at 5:30p.m.

Fine tune your body and mind at the same time while stretching your way to improved health. You couldn't do anything better for yourself.

ICT (INTERVAL CIRCUIT TRAINING) -

Tuesdays & Thursdays at 10:30a.m.

This class takes you into the BIG gym. Grab a circuit program guide and watch for the light to turn green. Each exercise lasts four minutes so push yourself to max-out. When the light turns red, stop and hit the next exercise on your list. Cardio conditioning is included in this 12-exercise program. **No Class August 15, 17 & 22**

STRETCH - Thursdays at 9:30a.m.

Here is a chance to loosen up those tight muscles. This class will help you avoid injuries and relax those overworked muscles and joints.

YOGA EXPLORATION (Co-Ed) - Fridays at 10a.m.

Applying the time honored traditions of yoga focusing on muscular and joint pain relief while strengthening core, body and spirit. No experience required. This co-ed class is offered to all Oldfield members over 15 without charge.

PIYO - Thursdays at 8:30a.m.

This is a perfect blend of Pilates, Yoga, sport stretch and toning movements all in one hybrid class. The mind/body format moves fit perfectly together to form a fun, challenging class. If you like Pilates, Yoga or even stretch and strength moves, this is your class.

BOOTYBARRE® - Tuesdays at 8:30a.m.

Bootybarre® is a fun, energetic, workout that fuses techniques from Dance, Pilates, and Yoga that will tone, define and chisel the whole body. Bootybarre is the perfect combination of strength and flexibility with an added cardiovascular element utilizing the barre. We focus on proper biomechanics for a safe and well structured class that can be modified for any fitness level.

ZUMBA - Fridays at 12:30p.m.

Sculpt your body, fuel your life. This is the complete all-in-one, perfect package class. Great music, step-by-step instruction and a lot of calories burned at the end of the class. See why the Zumba motto is "ditch the workout, enjoy the party."

BLT - Fridays at 9a.m.

No not Bacon lettuce and tomato, it's Butts, legs and thighs! We're toning and strengthening them using body bars, resistance balls and bands. All levels welcome and plenty of modification for everyone. **No Class August 19**

ALL ARM ASSAULT - Fridays at 9:30a.m.

Here's your shot at getting the arms you've always wanted. Say goodbye to the "wave" and hello to shapely, toned arms. Class is 20 minutes and uses light weights, bands and your body weight. **No Class August 19**



THUNDERSTORMS & LIGHTNING

Tim Helm, Director of Security

This information should be obvious, but it should be reviewed and taught to your families. They need to be taught that All thunderstorms should be considered dangerous. Every thunderstorm produces lightning. And with the boomers that we've been experiencing lately, I thought best to remind everyone of the potential harm! While lightning fatalities have decreased over the past 30 years, lightning continues to be one of the top three storm-related killers in the United States. On average in the U.S., lightning kills 51 people and injures hundreds more. Although most lightning victims survive, people struck by lightning often report a variety of long-term, debilitating symptoms. Other "associated" dangers of thunderstorms include tornadoes, strong winds, hail and flash flooding. All of these associated dangers are relevant for Oldfield. Actually, flash flooding is responsible for more fatalities – more than 140 annually – than any other thunderstorm-associated hazard. Although falling raindrops

evaporate, lightning can still reach the ground and can start wildfires.

What to do BEFORE a Thunder and Lightning Storm arrives:

- Secure outdoor objects that could blow away or cause damage (becoming projectiles or missiles!).
- Get inside a home, building, or hard top automobile (not a convertible). Although you may be injured if lightning strikes your car, you are much safer inside a vehicle than outside.
- Remember, rubber-soled shoes and rubber tires provide NO protection from lightning. However, the steel frame of a hard-topped vehicle provides increased protection if you are not touching metal.
- Unplug any electronic equipment well before the storm arrives.

Facts about Lightning:

- Lightning often strikes outside of heavy rain and may occur as far as "10 miles" away from any rainfall. Rule of thumb...if you can hear it... you can get struck!
- "Heat lightning" is actually lightning from a thunderstorm too far away from thunder to be heard. However, the storm may be moving in

your direction.

- Most lightning deaths and injuries occur when people are caught outdoors in the summer months during the afternoon and evening. Know where to go when out and about here at Oldfield!
- Your chances of being struck by lightning are estimated to be 1 in 600,000 but could be reduced even further by following safety precautions. I still don't like these odds!
- Lightning strike victims carry no electrical charge and should be attended to immediately.

Knowing the Terms:

Severe Thunderstorm Watch - Tells you when and where severe thunderstorms are likely to occur. Watch the sky and stay tuned to NOAA Weather Radio, commercial radio or television for information.

Severe Thunderstorm Warning - Issued when severe weather has been reported by spotters or indicated by radar. Warnings indicate imminent danger to life and property to those in the path of the storm.

These bullets are just a few...but please do not take these storms for granted! You only have one life to live...but it you work it and plan for it right...once is enough!

Tennis

Greg Crosby

Attacking the Serve

An aggressive return can put tons of pressure on your opponent, even if they have a good serve. Against a player with a good serve, with pace, a smart returner can neutralize a good serve with a shorter backswing, with a smaller, quicker loop. Anticipate where the ball is being served and step in to cut off the angle of the serve. Use the pace of the ball to redirect the ball away from the server. This will also reduce the amount of time the server has to respond to the ball.

Always try to hit the ball in front of your body, while shifting your weight from your back foot to your front foot upon contact. Early preparation is the key. Get your racket back early, while taking small, quick steps to be able to be in the right place while contacting the ball.

Make sure to completely follow through on your return. Extend through the shot and keep your momentum moving forward towards your target. This will help to put you in control of the point and put you in an offensive position for the next shot.

TENNIS CLINIC SCHEDULE

TUESDAYS

Point Play Clinic 9:30-10:30a.m.

Beginner Clinic 10:30 – 11:30a.m.

THURSDAYS

9:30 – 10:30a.m. Doubles Strategy Clinic

10:30 – 11:30a.m. 2.5-3.0 Level Clinic

FRIDAYS

Stroke and Drill Clinic – 9:30-10:30a.m.

SATURDAYS

Community Tennis - 9-11a.m.

EQUIPMENT SERVICES

Racquet Restringing: \$25-40

KIDS TENNIS

Will be held on Thursday and Friday

Mornings beginning June 26 and 27

10 a.m. -11 a.m. Ages 5-7

11a.m.- 12p.m. Ages 8+

LESSONS

GROUP Lessons: \$18 per clinic

PRIVATE Lessons: \$55 per hour

SEMI-PRIVATE Lessons: \$30 per person

GROUPS of 3: \$20 per person

To schedule a lesson outside of these times, please contact Greg at 843.645.4612 or gerosby88@gmail.com

EQUESTRIAN

HORSIN' AROUND

Karah Daly, Equestrian Director

Pictures for Pony Rides

Are your little ones great artists? What better subject to draw than your favorite Oldfield horse or pony. Every Wednesday in August we are offering FREE pony rides to kids 3 and older who draw a picture of their favorite pony for us to display. Pony rides will begin at 10:00am. No reservations are necessary.

Pony Parties

Little cowboys and cowgirls love pony themed birthday parties! We have a great picnic area for snacks, cake and presents, plus an hour of unlimited pony rides for the children attending the party. Call the Equestrian Center, 843.645.2015, for more details on how to arrange a pony party for your child. Minimum 8 party guests @ \$15pp

Fall Gardening

It's just about time to start planting for your Fall harvest. Did you know that the Equestrian Center composts all our manure. We have a full bin ready for use in gardens and landscaping. We encourage all our Oldfield residents to take advantage of this great composted material at no cost! If you have questions, or need help loading your compost, please stop by the Equestrian Center and ask a staff member for assistance.

EQUESTRIAN TRAIL RIDES, LESSONS AND MORE!

Don't forget to take advantage of everything Oldfield's Equestrian Center has to offer:

- **Trail Rides** - \$40

(Approx. 1-hour and 15-minutes)

- **Lessons** - \$35 per half-hour private lessons
- **Pony Rides** - \$15

For reservations call at least 24 hours in advance. For more information, call (843) 645-2015.



GOLF COURSE UPDATE

*Brian Roller
Director of Grounds*

The month of August means two things for golfers: the main part of summer is behind us with the hope it will start cooling down soon and the maintenance staff will be doing the last aerification for the season. We will be doing the same thing we did last August, which means we will be closed from August 3rd – August 7th...but this year we have decided to re-open for the weekend so that our golf members can enjoy some weekend action. During this week our main objective will be aerification and verticutting the majority of the turf. Along with this we will be working on some much needed pruning in wetlands. As you all know during the summer these areas start growing and obstruct the views into the greens. We will bring these areas down to about waist level without removing any of the vegetation. We will also be doing more bunker work. Over the winter and spring months we have been working on getting our bunkers to drain better. While we are closed, this will give us some time to work on a few more so we can get closer to completion. Once we are done with this last aerification we will start to continuously verticut and topdress to make our greens smooth. This will continue until the cooler temperatures are here.

Hope to see you all on the course!



HITTING YOUR BALL OUT OF DEEP ROUGH

*Jon Hundley
Head Golf Professional*

It is that time of year again. The grass is green and thick, and is not as easy to hit your ball out of the thick Zoysia rough. The lie of the ball will dictate what you can or cannot do. If it is buried, you need to take a lofted club and advance it up the fairway. If your ball is slightly visible, you may have an opportunity to get it to the green if no obstacles are in your way and you are not over 150 yards away from the green. Take a higher lofted club than you would use from the same distance in the fairway, and play the ball back in your stance. This will allow a steeper angle of attack, minimizing the amount of grass trapped between the clubface and the ball. Do not expect the ball to stop quickly on the green- so allow for more run on the ball than you would with a shot from the fairway.

If you are lucky enough to have it sitting up on top, play it like a normal shot but watch the top half of the ball to prevent hitting it high on the clubface.

See you on the course!

EQUITY GOLF MEMBERS,

The future of Golf needs your help to grow the game that we all love! From June 1 to August 31 feel free to bring junior golfers under the age of 17 as your guest and they will play at no charge.

Let's make this the best summer ever by getting someone new hooked on golf.

GOLF CLINICS AND LESSONS

Have you been thinking about learning to play golf? Well, there is no time like the present to begin. Our golf clinics and lessons are available to all Club Members, not just Golf Members. The cost for these weekly clinics is \$15/person and you can contact a member of our golf staff at (843) 645-4601 to get started on learning to play this great game.

Why not give it a try? The worst that could happen is you might enjoy the camaraderie, the course, the exercise and maybe even the game itself!

- Men's Clinic** – 11a.m. – Tuesdays
 - Ladies' Clinic** – 11a.m. – Wednesdays
 - Junior Clinic** – 4p.m. – Fridays
- See you on the range!

WEEKLY GOLF EVENTS

- TUESDAYS**
Ladies' Day | 8:30a.m. Shotgun
Men's Clinic | 11a.m.
- WEDNESDAYS**
Men's Day | 9a.m. Shotgun
Ladies' | 11a.m. | \$15 per person
- THURSDAYS**
Play with the Pro | 9a.m.
Ladies' Day | 8:30a.m. Shotgun
- FRIDAYS**
Junior Clinic | 8a.m. | \$10 per person
9 & Dine | 5p.m. Shotgun | Dinner to follow at the River Club
- SATURDAYS**
Men's Day | 9a.m. Shotgun

We ask that you sign up a day in advance as courtesy to other members and to allow a more efficiently-run event. Please note that some events may not be held each month due to scheduled course maintenance, tournament play or special events. Contact the Golf Shop for more information.



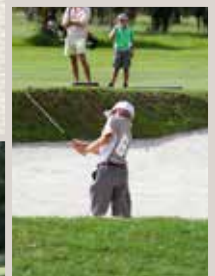
MAJOR GOLF EVENTS FOR 2015

MEMBER EVENTS:

- SEPT. 7** Labor Day Scramble
- 9** Inter Club Challenge at Callawassie
- 18-19** Men's Club Championship
- 22** OWGA Fall Follies
- OCT. 8** OWGA Breast Cancer Tournament
- 15-17** 1732 Cup (Men's Member Guest)
- NOV. 6-7** Ladies' Club Championship
- 7** Shark Tournament
- DEC. 5** Holiday Bowl
- 10** OWGA Christmas Dinner

NON-MEMBER EVENTS:

- SEPT. 28** Habitat for Humanity



OLDFIELD CLUB

AUGUST 2015 - CALENDAR OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>MAKE RESERVATIONS ONLINE <i>Members.Oldfield1732.com</i></p>						<p>9 & Dine Nature Bird Walk 1</p>
2	Aerification 3	Aerification 4 Camp Oldfield: Guppies, Goldfish & Sharks Casual Tuesday at the Pool	Aerification 5 Wednesdays on the Water	Aerification 6 Camp Oldfield: Guppies, Goldfish & Sharks Hand and Foot	Aerification 7 River Club Dinner	Aerification 8 Family Fun Night: Sports Club Back to School Bash: Sports Club
Aerification 9	Aerification 10	Casual Tuesday 11	Wednesdays on the Water 12 Eco River Cruise	Thursday at the Grill: Wine Class: "All about Bubbles" 13	River Club Dinner 14 Sunset Kayak 9 & Dine	3rd Saturday Party 15
16	17	Guppy Academy 18 Casual Tuesday	Wednesdays on the Water 19 Trivia Night	Guppy Academy 20 Thursday at the Grill: Movie Night: Grumpy Old Men	Parent's Night Out 21 River Club Dinner 9 & Dine	22
23	24	Guppy Academy 25 Casual Tuesday	Wednesdays on the Water 26 Lunch and Learn Men's Club	Guppy Academy 27 Moms and Mimosas Thursday at the Grill: Theme TBD Book Club	Fourth Friday Field Trip 28 River Club Dinner 9 & Dine	Kid Zone 29 Swingin Medallions
30	31					

★ OUTFITTERS ★



HOOK, LINE & SINKER

*Jason Dubose
River Pro*

If you thought you had to travel to far away and exotic locations to do battle with the mighty tarpon, one of the most coveted saltwater gamefish on the planet, you'll be surprised to learn that it can be done just a short boat ride from Oldfield's docks. The months of August and September offer the best fishing opportunities for the "silver king" here in the Lowcountry. The tarpon that migrate to our local waters average between 80lb and 120lbs and when targeted with 20lb class tackle provide one of the ultimate challenges in saltwater angling. The fact that tarpon are so elusive is one of the attributes that make them such a sought after catch, so there are no guarantees when it comes to fishing for them. However, while waiting on a strike from a tarpon, you are sure to have plenty of action with a variety of species of shark ranging from blacktips to bull sharks, and possibly shots at bull redfish in the 20 to 30lb range. If the thrill of the hunt and prospect of doing battle with a 100lb fish excites you, give the Outfitters Center a call to set up a tarpon charter.



NATURE TALK



*Jill Kombrink
Naturalist for Youth and
Family Programming*

Tis' the Season...

You often hear people refer to nature in terms of seasons-mating season, pollen season and so on. Well, I'm excited to announce it's time for one of my favorites, "TURTLE SEASON"!

May through October is considered nesting season for our areas most common sea turtle and our state reptile, the Loggerhead, named for its large head which averages 10 inches across. Once reaching adulthood at 25-30 years of age, these amazing creatures mate off shore and although the males spend their whole lives at sea, the females return to shore to nest as often as 2-3 times in a summer. Nest numbers vary greatly each year partly due to the fact that the females only nest every 2-3 years but research is always being done to look into other factors as well.

2013 was a record year for nests in the Beaufort County area and then 2014 saw an approximate 60% drop in numbers. 2015 has started out with record numbers so we'll hope that trend continues.

The Loggerhead is currently listed as a threatened species but thankfully our area has many conservation efforts in place to help ensure that status doesn't change to endangered. These efforts are near and dear to my heart and I know last year many of our Oldfield residents expressed an interest in learning more as well. If you haven't seen the weekly updates and signed up to be on our "stand-by" turtle nest group make sure to add your name to that list. You may also want to save the date September 22, for our first speaker of the fall, Amber Kuehn, known for her turtle expertise as well as extensive knowledge of the Low Country's marine habitats.

Experiencing these amazing creatures in some way should be your "reason for the season"! Let me know if you need more suggestions on how to get involved.

AWESOME OPPORTUNITY ...

Between May and October the Sea Turtles are briefly returning to land and laying their nests. With connections at Hilton Head and Fripp Island, we may have the opportunity to participate in early morning turtle walks or observe an inventory of hatched nests. We had an "on-call" group last year that I would notify with as little as a day's notice when an invitation was extended. If you'd like to be a part of this group email Jill at the Outfitters Center at jkombrink@oldfieldsc.com or call 645-4604.



What's Happening

NATURE BIRD WALK

Saturday, August 1 | 9:15-11:15 a.m. | Meet at the Outfitters | Adults and families | No charge

August is an interesting month for bird watching as you never know who may be passing through. Nesting is complete for the most part and some migration will begin either for those returning from the North or heading South. Grab your binoculars and your bird guide and let the adventure begin.

Remember to mark your calendars for the first Saturday of every month to get outdoors and enjoy nature together.

Call or email the Outfitters Center before Friday, 7/3 to let the Outfitter's Staff know you'd like to attend. 645-4604 or outfitters@oldfieldsc.com

SUNRISE KAYAKING: WEDNESDAY'S ON THE WATER

August 5, 12, 19 and 26 | 7a.m. | Outfitters Kayak dock | No charge

Sunrise Kayaking continues this month... Have you treated yourself to this yet? If not come grab a paddle and join us! Everyone with the desire to kayak is welcome.

You'll need to let Jill know you're planning to attend by the Tuesday before by calling or emailing the Outfitters at 645-4604 or outfitters@oldfieldsc.com

ECO-RIVER CRUISE

Wednesday, August 12 | 1-2 p.m. | Meet at the Outfitters | No charge

The water has been warm for months and a lot of wildlife is enjoying it! Join Capt. Jason and Jill for a guided tour of our local waterways.

With our new boat we can accommodate 10 guests but these spots will fill quickly so call or email the Outfitters Center soon to let the Outfitter's Staff know you'd like to attend. In fairness of everyone we also ask that if you are bringing a non-resident guest you limit it to 1 guest per member registering. Please call 645-4604 or email outfitters@oldfieldsc.com.

SUNSET KAYAK

Friday, August 14 | 7-8:30 p.m. | Meet at the Outfitters | Everyone is welcome but more appropriate for adults | No charge

A full moon above and waves lapping at the kayak below set the scene for this month's sunset cruise. What a beautiful way to spend a summer evening so don't miss out.

Call or email the Outfitters Center before Tuesday, August 11 to let the Outfitters Staff know you'd like to attend. 645-4604 or outfitters@oldfieldsc.com.

MOMS AND MIMOSAS!

Thursday, August 27 | 9:30-11:30 a.m. | Meet at the Outfitters | For the moms | \$20 a person

Ok moms, let's make this a yearly tradition! The kids are back in school and you finally have some time to yourself again. Captain Jason and Jill have planned a relaxing River Cruise just for you complete with Mimosas and delicious snacks. Tell a friend and plan to join us for this 2 hour tour just for moms.

Space is limited so don't miss out! Let us know you'd like to attend by calling or emailing the Outfitters Center before Thursday, August 20 to let the Outfitters Staff know you'd like to attend. 645-4604 or outfitters@oldfieldsc.com,

FOURTH FRIDAY FIELD TRIP

Friday, August 28 | 8:30 a.m. - 2 p.m. p.m. (approximate times) | Meet at the Outfitters | More details available for those interested in attending | Cost of admission

The Donnelley Wildlife Management Area is home to some of the most diverse habitats for birding in the Low Country with a mixture of forests, tidal and fresh marsh, rice fields and more. With this comes a variety of bird and wildlife so save the date and let's make this into a full day adventure. Nearby Bear Island could be added to the agenda as well if interested.

Call or email the Outfitters Center before Tuesday, August 25 to let Jill know you'd like to attend. 645-4604 or outfitters@oldfieldsc.com.

BACK TO SCHOOL BASH WITH AN ENVIRONMENTAL TWIST....

Saturday, August 8 | 5:30-6:30 p.m. | Sports Club | See Sports Club Back to school bash for more details.

Plan to attend the Sports Club Back to school bash for the fun and games but come away with a little education at the same time. There will be water games with an environmental theme as well as a hands-on storm water learning station for all ages.

No need to RSVP for this part of the event. Just stop by the Stormwater Education Station while you're there and learn about doing our part to save our precious waterways!

SAVE THE DATE FOR COSTA RICA SEPTEMBER - OCTOBER 2016!!!

A 10 day all-inclusive "Nature Safari" trip to Costa Rica is being planned exclusively for Oldfield members! Each day will be spent with a professional guide visiting volcanoes, rain forests, boat and airplane tours and so much more. This is an amazing once-in-a-lifetime opportunity! Stay tuned for exact dates and details for the next trip!!





OLDFIELD CLUB

130 OLDFIELD WAY
OKATIE, SC 29909

PRSRST STD
US POSTAGE
PAID
Permit 73
Hilton Head Is., SC



CLUB INFORMATION

CLUB HOURS OF OPERATION

GOLF SHOP

Tee Times/Clinic Reservations 843.645.4601
Tues-Sun | Shop Hours 7:30 am - 5:00 pm
Tues | Thu | Fri | Sat
Practice Range 7:30 am - dusk
Sun & Wed
Practice Range 7:30 am - 5:30 pm

GOLF CLUBHOUSE

Reservations and Information 843.645.4600

MAGNOLIA GRILL

843.379.5054
Tues-Sun | Lunch 11 am - 4:00 pm
Tues | Happy Hour 4:00 pm - 6:30 pm
Tues-Sat | Bar Hours 11:00 am - 4:00 pm
Sun | Bar Hours 9:00 am - 3:00 pm
Tues | Casual Tues Dinner 6:00 pm - 7:30 pm

RIVER CLUB

Reservations (Friday Dinner) 843.645.4600
Thursday & Friday Dinner (Select Dates):
5:30 pm - 8:00 pm
After hours: 843.645.4618

EQUESTRIAN CENTER

Reservations & Information 843.645.2015
Tues - Sun 8:00 am - 5:00 pm

GREETER'S STORE

843.645.4630
Mon-Tues Closed
Wed-Frid 11-5pm
Saturday 10-5pm
Sunday 1-5pm

OUTFITTERS CENTER

Reservations and Information 843.645.4604
Tue - Sun 10:00 am - 4:00 pm
(other hours by appointment)

SALES OFFICE

Toll Free: 866.653.3435
Phone: 843-645-2530
Fax: 843-645-2531
Sunday 1:00 pm - 5:00 pm
Mon-Saturday 9:00 am - 5:00 pm

SECURITY

Front Gate 843.379.2517
Gate Cell Phone 843.540.7063
Patrol Cell Phone 843.540.1368
Fax 843.645.9990

Please contact a member of the front gate security team in case of an emergency or to request a pass for any guests coming to your home or meeting you at one of the Club facilities.

SPORTS CLUB

Information 843.645.4610
Sunday 1:00 pm - 5:00 pm
Tues - Sat 8:00 am - 5:00 pm
To enter the Club during non-staffed hours, please obtain a keyless entry card from a member of the Sports Club staff.

CLUB STAFF

GENERAL MANAGER

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OUTFITTERS CENTER DIRECTOR

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