



OCTOBER 2015 | VOL 15 | NO 10
WWW.OLDFIELD1732.COM

OLDFIELD

NEWSLETTER



Belize Trip Group

OCTOBER EVENTS

HARVEST JUBILEE
Friday, October 9

**COMMUNITY
OYSTER ROAST**
Friday, October 16

**LOBSTER BAKE AND
STEAKS**
Friday, October 30



A NOTE FROM THE GENERAL MANAGER

Jamie Selby

October 1, 2015

Dear Oldfield Club Members:

Welcome to the best season of the year – FALL. The falling leaves bid farewell to the scorching days of summer and usher in the cool days of autumn. While pool season has likely come to an end, the cooler temperatures seem to make everything else a little more enjoyable. This summer we were unusually busy, with both member supported activities and project work throughout the community. Our team has been working hard to create new events for you this month, change up our menus, refine Member traditions and make your home, which is Oldfield, as beautiful as possible.

This month we've got you covered from all angles...oyster roasts, Fall festivals at the barn, Halloween celebrations, field trip, boat excursion, clay shooting and our traditional Member Guest tournament. Make sure you plan ahead, because before you know it, you'll miss out on several activities that make living in Oldfield so special. Of course that also includes getting ready for the holidays, making lodging accommodations and allowing us to help plan any of your parties and gatherings. Whether it's a few neighboring families or a company event, please let us know as soon as possible and allow us to assist in making each party special for you and your guests.

My staff and I look forward to seeing you out and about throughout the community. Enjoy this wonderful weather and every once and a while, take a step back and enjoy what Oldfield offers and has become. It's all out there and you have helped create it, both in your involvement and in your decision to make this home.

See you soon.

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 her fellow co-workers: *September: Daniel Seagle - Golf Maintenance*

GREETER'S STORE

Fall is in the air! The smell of pumpkin spice, apple cider, and the cool crisp air is upon us. At the Greeters Store we always have coffee, apple cider, and hot cocoa to warm you during your morning commute.

WELCOME TO OLDFIELD

Derek and Jana Leroux – Welcome to Oldfield!

REAL ESTATE UPDATE

Greetings from Gateway Realty, your front gate real estate team at the Greeter's Store. July and August were a bit slower than we anticipated but September traffic has picked up nicely and we are anticipating a good fall selling season.

The Fall is typically a very busy time of year for us, so if your home is listed for sale, be prepared for more showings. If you have considered selling your home, now is a good time to get it on the market. We will be happy to discuss your home's value and the market conditions with you should you have an interest.

Oldfield's home market is resulting in an average sales price of \$199/foot and buyers are paying an average of 96% of list price year to date. Of course these numbers will vary tremendously based on the age, finish level, appliance package, condition, and view from your home. We will be happy to share our experience with you on how to maximize the return on the sale of your home.

Oldfield's homesite market, like many other communities, is quite a bit slower than home sales, but homesites priced correctly to the market continue to sell well. Gateway continues to lead the market in homesite and home sales.

We continue to hear very positive feedback from prospects as they meet residents on our tours or when prospects stay on the grounds overnight. Your positive comments and friendly spirit go a long way to help a

prospect choose Oldfield over other communities. We always share with our prospects that as good as the amenities are at Oldfield, the residents are even better! Thank you for being so welcoming and friendly to our real estate guests!

We greatly appreciate your continued support and referrals. We are honored to represent Oldfield at the front gate and we look forward to continuing to serve you. Please let us know if we can be of assistance in any way.

Sincerely,

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

RESERVING OLDFIELD LOCATIONS FOR PRIVATE EVENTS

If you would like to reserve any one of our venues, whether it be our Historic River Club, the Golf Clubhouse, Outfitters Center, or anyone one of our Pavilions 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



Food & Beverage



A NOTE FROM THE F&B DIRECTOR

Charlie Nolette

What is a food allergy and why you need to talk about it

Often times we don't like to talk about intimate details of our health and medical history, especially if it's something that might be embarrassing or "abnormal". Allergies may fall into this category for some of you. But I want to take a minute and explain why you need to share this information with us (Oldfield Food and Beverage Team), and why you need to be aware of allergies that you or your family members may have.

To begin with, what is a food allergy? According to the Mayo Clinic an allergy is the immune response to a certain food or ingredient. Based on their research as of 2014 6-8% of kids under three have food allergies, and 3% of adults have food allergies. Chances are pretty good you know someone who has one. Allergic reactions range in severity and can range from itching or sneezing to swelling, to vomiting, or anaphylaxis (closing of the airway). Because the reaction can be life threatening your Food and Beverage Team takes allergies very seriously. The trouble is we don't know about them unless you tell us.

I had an experience early on in my career where a little boy was allergic to eggs. Someone else who was working at the time (not a chef) gave wrong information about the ingredients in a dish. As most 6 year olds do, he started to nibble on his food as he was walking away from the buffet. He had not walked more than 50 feet before he started not being able to breathe because he was in anaphylactic shock. Fortunately his parents had an Epi-pen with them, but it was rather traumatic for all who watched and the boy still went to the hospital for a checkup. You may not have been exposed to this or similar situations but it is one that nobody wants to see, especially those of us who serve you.

When we find out that someone has an allergy, we automatically assume that it's a life threatening allergy. When an allergy has been made aware to us, we may make several changes in how we operate. Primarily to make sure that whoever has the allergy is first of all safe to eat but also has a great meal. We will completely change out our cooking utensils, cutting boards, and any other item that is used in preparation of other items so that we are starting with a clean set of tools. In a buffet setting we can serve from a portion of the meal that has yet to be placed in front of other members so that there is no chance of cross contamination. But the best thing is when we know a day or two in advance and have the opportunity to really "wow" someone by making a portion of something without the allergen (like leaving the crust off something for a gluten allergy), or creating a special dish just for that guest. Chef and his team are very well versed in allergies in the kitchen and know the risks as well as the ingredients in our recipes. So as you bring friends and family to dine with us, or if you yourself have an allergy, please let us know. We want you to be able to enjoy your club as much as possible and in a way that is safe, enjoyable, and memorable.

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:

October 6th: Viva Mexico!

October 13th: Oktoberfest

October 20th: You Call It Pasta

October 27th: Spooktacular

November 3rd: Seafood Night \$19.95 ++

November 10th: Risotto Station

November 17th: Cheeseburger in Paradise!

November 24: Crab Cakes

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.

THURSDAYS AT THE GRILL

Thursdays | 5:30-8 p.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!

RIVER CLUB DINNER

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

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

Note: The River Club will not be opened for dinner October 16 due to the Community Oyster Roast.

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

COMMUNITY OYSTER ROAST

Friday, October 16 | 6 p.m. Cocktails - 6:30 p.m.

Oysters Begin | \$29.95 Adults - \$10.95 Children 12 and under. Sign up by Monday, October 12 for the \$19.95 early sign up discount!

Join your friends and neighbors for the quintessential Lowcountry experience with music and the perfect setting at the Outfitters Center. While our oysters are second to none, we'll have a full menu to satisfy every appetite. The price includes live entertainment.

MENU INCLUDES:

Steamed Oysters
Sausages, bratwurst and hot dogs
Barbequed Pulled Pork
Jalapeno Cheddar Corn Bread
German Potato Salad
Spinach Salad with Hot Bacon Dressing
Corn on the Cobb
Macaroni and Cheese
3 Bean and Vegetable Salad
Assorted Petite Pies

LOBSTER BAKE AND STEAKS!

Friday, October 30 | River Club | Cocktails: 6 p.m. - Dinner: 7 p.m. | Price based on pre-selected menu choices:

Steaks - \$24.95 | Lobsters - Market Price

Surf and Turf - Market Price + \$19.95

Lobsters are only available by advanced reservation!

Deadline is Wednesday, October 30 for Lobster orders.

Please when making reservations to specify your choices and how many of each.

MENU

Cold-Water (Maine) Lobster
New York Strip
Salad Bar
Hushpuppies
Corn on the Cobb
Baked Potato Bar
Cole Slaw
Strawberry Shortcake

WINE EVENTS FOR OCTOBER!

Come learn about the wines that are unique to the famous island of Sicily!

Thursday, October 1 | Golf Clubhouse at 6:00

No charge for wine club members | \$10 for non-members

Join John Julius for a great tasting of high end red wines! This event will feature wines that are not available year round.

Thursday, October 8 | 6:00 at the River Club

Space is limited to the first 24 sign ups.

Chef Jason will have some great bites to go along with John's selections.

Wine club members \$20 | Non-Members \$30

SAVE THE DATE OCTOBER 22ND!

Under the Tuscan Moon Wine Dinner.

RSVP for these events to Debra Roller at 843.645.4600 or droller@hamptongolfclubs.com

CLUBS & MEMBER-RUN EVENTS

Fishing & Outdoor Club

Thursday, October 8 | Outfitters Pavilion | 6 p.m.

OLDFIELD BELIZE TRIP CHRONICLE - PRESENTED BY CAPTAIN JASON DUBOSE



Capt. Jason will chronicle the recent Oldfield four day fishing and diving excursion to beautiful Ambergris Caye, Belize. This talk should be full of pictures and videos of

this adventure shared by a number of Oldfield residents. Reported fish stories and scary diving encounters can be put to rest with this factual review of the wonderful activities that Oldfield neighbors enjoyed. If you are planning a future trip to this part of the world you won't want to miss this first hand presentation.

DINNER MENU

This month's dinner will be a Pot Luck. Bring your favorite dish to share. Buy it or make it. Come and enjoy.

As always, there will be a member bar.

Please look for an upcoming member EVITE for further information. If you are not a member of the Fishing and Outdoor Club and would like to join, please contact Steve Doyle at smdoyle997@gmail.com for more information.

MEN'S CLUB

Wednesday, October 28 | Cocktails 6 p.m. - Dinner 6:30 p.m. | River Club

On Wednesday October 28 the Men's Club will have its monthly meeting. We'll have a great dinner together and then some special entertainment afterwards with Men's Club member Burt Prather who will be displaying his considerable skills as a ventriloquist for all members to enjoy. It promises to be a special and very enjoyable evening. An evite 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.

OLDFIELD BOOK CLUB

Thursday, October 22 | Social: 5:30 p.m. | Discussion: 6 p.m. | River Club | Dinner to follow at the Magnolia Grill

This month's book: **The Boys in the Boat** by Daniel James Brown

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, October 21 | 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, October 1 | 7:30pm | 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

FLU SHOTS AT OLDFIELD

Tuesday, October 6 | 3-6 p.m. | Sports Club
Pricing: depends on insurance

Get ahead of the game this year, and get your flu shot early! Publix Pharmacy (led by Oldfield resident John Lawson) will be on site at the Sports Club to administer flu shots. Don't let the flu bring you down this winter. The cost of the flu shot depends on your insurance (co-pay with insurance, free with Medicare B, \$30 without insurance). Must be 18 years old or older. Sign up in advance by completing a form and with copy of your insurance card at the Sports Club. Walk-ins also welcome. Any questions? 843-645-4610 or jphelan@oldfieldsc.com

FARMERS MARKET / HARVEST JUBILEE

Friday, October 9 | 3 - 6 p.m. | Equestrian Center
Your favorite vendors will be at Oldfield's Fall Festival! You can find produce, specialty items, prepared foods, and more! Please contact Jenny: 843-645-4610 or jphelan@oldfieldsc.com

ZOMBIE RUN/WALK AND KIDS' PUMPKIN DASH

Friday, October 23 | Pumpkin Dash Begins at 5:15 p.m. - Zombie Run begins at 5:30 p.m. | Start: Greeters Store
Finish: Clubhouse | \$5 per runner

Let's have some spooktacular fun at Oldfield's 3rd annual Zombie Run! The event will start with the Kids' Pumpkin Dash; then runners and walkers will have some scary fun on the trails! Prizes, post-race refreshments, and fun for all! Please wear your Halloween costume or black and orange to get in the Halloween spirit! Please RSVP to Jenny, 843-645-4610 or jphelan@oldfieldsc.com



USBORNE BOOKS AT OLDFIELD

Saturday, October 17 | 9 a.m. - 3 p.m. | Sports Club
Usborne Books is coming back to Oldfield- Your Personal Shopping Assistant will be on hand to help you find just the right book for the children in your lives. Usborne Books offers the most exciting, engaging and educational books on the market today. Mark your calendar and stop by the Sports Club from 9 a.m. to 3 p.m. Saturday, October 17. No need to RSVP. For any questions, please contact 843-645-4610 or jphelan@oldfieldsc.com

LUNCH & LEARN: ESSENTIAL OILS

Wednesday, October 28 | 1 - 2:30 p.m. | Magnolia Grill | \$12 (includes presentation and lunch)
Plan to join this fun, interactive class and learn the many ways to use certified pure, therapeutic grade essential oils in your personal and family wellness, cooking and more! To RSVP, 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. The Slide and Cabana service is closed for the season.*

GUPPY ACADEMY

*Tuesdays & Thursdays in October | 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.

KIDS YOGA

*Monday, October 5 | 4:15 - 4:45 p.m. | Ages 5-10y
\$40 - 4 week session*

This playful class encourages self expression as well as building social skills. Children will strengthen their bodies, improve strength, flexibility, and coordination and learn how to focus through breathing and relaxation techniques. The 4 week session will be taught by Nadya Semenova a certified yoga instructor with advanced training in special populations and certified Yogi Beans Kids Teacher. Class is 30 minutes. Classes begin September 14 and end October 5. There is a minimum of 6 and a maximum of 10 to participate in this class. Once you RSVP you will receive a registration form. This class is 4 weeks in length, completing a registration form means you are committing to attending all 4 weeks. All participants must be able to commit to the entire session. *Please contact tholmes@oldfieldsc.com for additional information.*

HARVEST JUBILEE

Friday, October 9 | 4-7 p.m. | All Ages | Equestrian Center
Come one, Come all to the first annual Harvest Jubilee! This will be a fall festival you won't soon forget! While Mom and Dad enjoy the food, shopping and fun fall atmosphere, the children can enjoy a vast array of exciting carnival style games and treats, pony rides, pumpkin decorating in our "Pumpkin Patch", candy apple making, a kids raffle and so much more! Kids eat for just \$1!! This is truly a "fun for the entire family" event, so bring your entire crew and don't forget to take your photos with Pheobe before you leave!! *RSVP to Deb Roller at droller@oldfieldsc.com.*



A VARY HARRY HALLOWEEN

Saturday, October 24 | 11-12:30 p.m. - Ages 0-6 | 1-2:30 p.m. - Ages 7-12 | \$5 per child
It's our favorite time of year at the Sports Club!! Halloween is here and we are ready to celebrate a little differently this year with a Harry Potter themed Halloween party!! We will welcome you to "Hogwarts" with games, food, and fun that celebrate all the magic of Harry Potter and some traditional Halloween favorites that we can't forget! Younger children will start the day with age appropriate (Scare-free) activities, after they depart, the older crew will finish it off with some big kid fun! Come in costume ready to have a Wizarding time! *Please RSVP no later than 5 p.m. on Wednesday, October 15. A \$5 late fee will be acquired for reservations made after the 15th. RSVPs will be taken online at members. oldfield1732.com.*

OKTOBERFEST

Tuesday, October 13 | All Ages | 5 -6 p.m. | Clubhouse, preceding Casual Tuesday
Ever wonder what the true meaning of Oktoberfest is? Have a little taste of culture with crafts, cuisine, music and educational activities preceding Casual Tuesday dinner. Kids will enjoy being immersed in culture at our fun "learning stations" and the whole family can follow up with a scrumptious Oktoberfest themed dinner prepared by Chef Jason! *There is no minimum or maximum on participants, however we ask that you RSVP to help us prepare enough materials for all children that wish to participate! RSVP can be done online at members. oldfield1732.com by 5pm On Friday, October 9.*

KIDS COOKING

Friday, October 30 | 4:30 -5:30 p.m. | Sports Club | Ages 7+ | \$10/child
Get your young chefs ready. Kids Cooking is back in full gear. Join us for this special class, where we really get cooking. From learning terminology to kitchen safety, to techniques tips and tricks your child will take part in crafting a culinary masterpiece. **October's Menu: Spooktacular Treats Savory and Sweet!**
There is a minimum of 3 and a maximum of 10 kids to participate in this monthly event. A minimal fee is charged for cooking tools and ingredients. We ask that you provide one Tupperware container for takeaways!! Please RSVP no later than 5 p.m. Wednesday October 28th, online at members. oldfield1732.com.

FITNESS



TIP FROM THE TRAINER

*Mona Ward,
A.F.P.A. Certified
Foam Rollers- No, it's not a
hair product.*

If you have tight muscles and want to get deeper into stretches or just want to feel looser, a foam roller is just the ticket.

I recommend stretching every morning or before a workout and sometimes the best stretch can be with the foam roller. Hips, thighs and IT band (which start at your hipbone and bum and go down to the outside of your leg down to your knee) are generally the areas we concentrate on for a good stretch

Foam rollers helps work out and prevent knots in active muscles, increases blood flow to the muscles and allows the blood to flow faster to the muscles which can prevent injury. The foam roller allows you to apply pressure with your own body weight against the foam roller to work out knots and kinks you may have.

Jillian Michaels former trainer for The Biggest Loser series likens foam rolling to an iron, because it "irons out the muscles by relaxing and smoothing them."

Using a foam roller may decrease healing time too because you are stretching out muscles that you may not be able to get to otherwise without the use of the roller.

Flexibility is also increased because you roll out the muscle creating a thinner less dense tissue which will give you more flexibility.

To use the foam roller (they come in various lengths and circumferences) roll back and forth over the muscle or tight area for 60 seconds. Avoid boney areas and take extra time and care to knots and trigger point areas.

Foam rolling is a gift you give to yourself so take advantage of it by doing it 2-3 times a day and at least 3 times a week.



FITNESS CLASSES

NEW TIME! TABATA - Tuesdays 8:30 a.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.

YOGA FOR GOLFERS - Mondays at 11:15 a.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 9:30 a.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 jmblent@aol.com.

NEW TIME!: BOOTYBARRE® - Tuesdays at 9:00 a.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.

YOGA - Tuesdays, Wednesdays & Thursdays at 5:30 p.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 10:30 a.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.

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

PIYO - Thursdays at 8:30 a.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.

STRETCH - Thursdays at 9:30 a.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 10:30 a.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.

BLT - Fridays at 9 a.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.

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

ZUMBA - Fridays at 12:30 p.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."

OLDFIELD HALLOWEEN SAFETY GUIDE

Tim Helm, Director of Security

Anytime a child has an accident, it's tragic. Having your child get hurt any day of the year would be horrible...but the last thing that you want to happen is for your child to be hurt on a holiday, like Halloween. It would forever live in the minds of the child and family, ruining that special time of year.

Everyone wants to have a safe and happy Halloween for themselves, their guests and especially their children. Using safety tips and some common sense can help you make the most of your Halloween season, keeping it as enjoyable for your kids as it is for you! There are lots of simple ways to help keep your child safe on Halloween, when accidents and injuries are more likely to occur.

The excitement of children and adults at this time of year can sometimes make them not as careful as they would normally be...please share this article with your families.

Some of you kids already know things that you can do to be safe, like how to cross the street, not to talk to or go with strangers and things like that. But we adults know how exciting Halloween can be and that can make you forget to be careful.

Here are some tips that we have just for you kids, to help keep you safe on Halloween night! Some of these ideas are called "common sense" ideas, which mean

that they are things that you should know and use every day in life. You are never too young to learn!

- Never, ever go into a stranger's house or even ring their door for treats unless your parents are with you and say that it's okay. There are some people in life that aren't very nice to kids and you have to be careful. Always make sure that your mom or dad is within sight when you go out trick-or-treating.
- Be careful when you cross a street. Make sure to look in both directions and make sure that there are no cars coming. If you have a little brother or sister with you, take their hand and help them get across the street, too. If the street has a stop light, wait until the cross walk light tells you that it's okay to cross now, but still check before you cross, look both ways.
- If you are an older kid or young teen, and going out with friends, make sure that your parents know where you are going and who you are going with. This may seem like a pain but they are your parents and they love you. They just want you to be safe.
- If you can drive and are taking a bunch of friends to a party, make sure that you have enough gas to get there. You don't want to run out on a dark street, all alone, like a bad horror movie!
- If you parents give you a curfew, be home when they say. It builds trust between you and them and they are doing it for your own safety. If you are going to be late, call them and let them know.
- Vandalism is never cool! Throwing eggs at cars and houses is not cool. Someone has to clean it up and it



could be you, if you get caught. You can also be arrested and punished as a juvenile. So, don't think that it's fun only if you can get away with it. It's never the right thing to do! Think about how you would feel if someone did that to your house and how bad it would make you feel.

- Hurting animals is never acceptable behavior! Some people use Halloween as an excuse to hurt cats and that is just wrong! Not only is it illegal in most places to hurt or torture animals and punishable by law, you should never hurt a helpless living thing.

Have fun on Halloween but keep it safe, have some good, clean fun and your parents will trust you for many Halloweens to come! Showing them how responsible you can be will give you a feeling of pride and make them see just how adult you really are. By keeping good memories for your kids, they'll be more likely to carry on the traditions that you have taught to them with their own families some day! Have a Safe and Happy Halloween Day...

Tennis



Greg Crosby

Play tennis with more confidence

Be determined when you walk on the court to remain emotionally stable regardless of what happens during your match. Don't wait until the match starts to make this

decision because your emotions will make your judgement unreliable.

Play high percentage tennis. This means you should be ready to work the points longer and grind your opponents down. Get a higher percentage of your first serves in and hit more cross-court shots rather than going for aces and down the line winners. Be determined to outlast your opponent mentally and physically, when you walk onto the court. Reduce your focus on winning by concentrating on getting into position early, relaxing watching the ball, and just the competitive aspect of the match. The more you relax and enjoy the game, the better you will play.

TENNIS CLINIC SCHEDULE

TUESDAY

9:30-10:30 - Drill and play

WEDNESDAY

9:30-10:30 - Doubles strategy

THURSDAY

9:30-10:30 - Cardio tennis

10:30-11:30 - Beginner/low intermediate clinic

4:00-5:00 - Junior clinic

FRIDAY

9:30-10:30 - Stroke and drill clinic

SATURDAY

9:00-11:00 - Community tennis

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 gregcrosby88@gmail.com

EQUESTRIAN HORSIN' AROUND

Karah Daly, Equestrian Director

HARVEST JUBILEE

Friday, October 9 | 4:30 - 7 p.m. | Equestrian Center

Food: \$25 / Adults - Kids Eat for \$1 | The Event is free to attend

Join us for a kick off to the fall season with our first ever Harvest Jubilee. Fun for the entire family, we'll have a Farmers Market, Bouncy House, Kissing Booth, Duck Pond, Pumpkin Patch, Pony Rides, Hay Rides, Dunk Tank, Games, Raffle, Prizes, Food Entertainment and so Much More!

Full details of what will be at the festival will be posted online.

Please RSVP to Debra Roller at 843.645.4600 or droller@hamptongolfclubs

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

October means the golf maintenance team will be prepping the course for our annual 1732 Cup. After this tournament, we will be concentrating on preparing the course for the winter months by raising the height of the turf. This will act like a blanket and protect from any potential damage that might occur during the cooler weather. After the extremely wet and cold winter we experienced last year, this is more important than ever.

Also, as in the past, we will be overseeding the par 3 and driving range tees. This year we will be changing it up a little and doing all tee boxes. The overseeding process will take place during the first Monday after member guest which is Oct 19th. This should be completed in one day, but if needed we will complete on Tuesday. As for the greens, we will be spraying a pigment on them as opposed to overseeding, or painting. This has already started and will continue into the spring until the grass greens up. Pigment is a great product because it doesn't harm the health of the plant and still allows the plant to do what it needs to do, so it stays healthy and strong. We have been doing this process over the past several years and it has worked out nicely.

Cart traffic patterns are starting to become an issue when entering and leaving the fairways. When you are playing your next round, and the rounds after that, please try to enter and exit fairways at different locations every time you play. This will help out with some of the traffic patterns in the rough and on the fairways.

Thank you for your understanding, and as always, if you have any questions about the course please contact me.



HIT ENOUGH CLUB

Jon Hundley

Head Golf Professional

I have noticed that about 90% of players do not hit enough club. I think they club off of the maximum distance they got out of each club when the stars aligned and they think it will happen again. Next time you play a round of golf, hit one or two more clubs so that you can stay in control and in balance. By hitting more club, you will stay in your posture and hit your shot solid most of the time. You will realize that at most courses you play, there is less trouble over the green and more trouble

short of the green. Do not let ego get in the way of shooting lower scores. Unfortunately, you will not be able to brag about hitting your 9 iron 165 yards over water, if the stars do align again, and you make it, but you will make it more times than not when using a 6 or 7 iron. See you on the Course!

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 – 11 a.m. – Tuesdays

Ladies' Clinic – 11 a.m. – Wednesdays

Junior Clinic – 4 p.m. – Fridays

See you on the range!

WEEKLY GOLF EVENTS

TUESDAYS

Ladies' Day | 10 a.m. Shotgun

Men's Clinic | 11 a.m.

WEDNESDAYS

Men's Day | 9 a.m. Shotgun

Ladies' Clinic | 11 a.m. | \$15 per person

THURSDAYS

Play with the Pro | 9 a.m.

Ladies' Day | 10 a.m. Shotgun

FRIDAYS

Junior Clinic | 4 p.m. | \$10 per person

9 & Dine | 5 p.m. Shotgun | Dinner to follow at the River Club

SATURDAYS

Men's Day | 9 a.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:

OCT. 15-17 1732 Cup (Men's Member Guest)

29 Ladies' Member Member

NOV. 6-7 Ladies' Club Championship

7 Shark Tournament

DEC. 5 Holiday Bowl

10 OWGA Christmas Dinner

NON-MEMBER EVENTS:

NOV. 14 Cupid's Arrow

21 Weichert Realtors tournament

FALL FOLLIES WINNERS



Judy Fox, Charlotte Wright, Sue Smilari

CLUB CHAMPION WINNERS



*Peter Roby
1st*



*Chris Connell
2nd*



*Dave Glasscock
3rd*

OLDFIELD CLUB

OCTOBER 2015 - CALENDAR OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>MAKE RESERVATIONS ONLINE <i>Members.Oldfield1732.com</i></p>				<p>Guppy Academy 1 Hand and Foot Thursday at the Grill Wines from Sicily</p>	<p>River Club Dinner 2</p>	<p>Nature Bird Walk 3</p>
4	<p>Kids Yoga 5</p>	<p>Guppy Academy 6 Casual Tuesday Flu Shots at Sports Club</p>	<p>Eco-River Cruise 7</p>	<p>Guppy Academy 8 Fishing & Outdoor Club Thursday at the Grill High End Reds Event</p>	<p>Harvest Jubilee/ Farmer's Market 9 Dinner at River Club</p>	<p>What's With the Weather? 10</p>
11	12	<p>Guppy Academy 13 Casual Tuesday Oktoberfest</p>	14	<p>Guppy Academy 15 Thursday at the Grill 1732 Cup (Men's Member-Guest)</p>	<p>1732 Cup (Men's Member-Guest) 16 Community Oyster Roast</p>	<p>3rd Saturday Party 17 1732 Cup (Men's Member-Guest) Friends & Family Saturday Field Trip Usborne Books at Oldfield</p>
18	19	<p>Guppy Academy 20 Casual Tuesday Fall Speaker Series</p>	<p>Trivia Night 21</p>	<p>Guppy Academy 22 Thursday at the Grill Book Club Under the Tuscan Moon Wine</p>	<p>River Club Dinner 23 Zombie Run</p>	<p>Halloween Party 24</p>
25	26	<p>Guppy Academy 27 Casual Tuesday</p>	<p>Men's Club 28 Lunch & Learn: Essential Oils Turkey Hill Sporting Clays Shoot</p>	<p>Guppy Academy 29 Thursday at the Grill Beaufort Boat Excursion</p>	<p>Kids Cooking 30 Lobster Bake & Steaks! Sunset Kayak</p>	31

★ OUTFITTERS ★



HOOK, LINE & SINKER

*Jason Dubose
River Pro*

While we are blessed with good year-round fishing here in the Lowcountry October gets my vote for one of the best months to “wet a line”! Aside from the fishing options being virtually endless, the weather is phenomenal. While it is still warm enough to comfortably fish in shorts and a light weight shirt the air has a slight, but unmistakable, coolness that lets us know that fall is settling in over our salt marshes and maritime forests.

The days have grown shorter and as a result the waters of our saltwater creeks and rivers have begun to cool. These subtle seasonal changes trigger our inshore gamefish species, trout and redfish in particular, to feed with reckless abandon in preparation for the approaching winter. This culmination of events sets the stage for some amazing light tackle inshore fishing action.

In Port Royal Sound bull redfish, the adult brood stock of our juvenile inshore redfish, have completed their spawning season and are feeding around shoals and areas of rocky bottom before returning to their offshore habitat. These bruisers average between 15 and 35 pounds and typically provide plenty of action when targeted with live and/or cut mullet fished on the bottom. As an added bonus the first few weeks of the month should offer shots at catching a late season tarpon as you target bull reds. For those interested in a true offshore adventure and a chance to put some fillets in the cooler October plays host to some of the best deepwater bottom fishing of the year. Species including grouper, vermilion snapper, trigger fish, porgies, and black sea bass converge on live bottom areas 30 to 50 miles offshore and provide non-stop action. When you drop a bait to the bottom in these areas it's not a question as to whether or not you're going to get a bite, but rather what's it going to be and how big!

Treat yourself, your family, and your friends to what is sure to be a highlight of the fall and call or stop by the Outfitters Center to plan your perfect day on the water!



NATURE TALK



*Jill Kombrink
Naturalist for Youth and
Family Programming*

Fall in the Low Country

Although the changing colors of the trees may not be one of the signs of fall in the Low Country there are many other ways to know the dog days of summer are behind us.

While our leaves may not have the vibrant colors of our Northern neighbors our wildflowers and other foliage does. Take a walk along the nature trails and it's hard not to take in the beauty and variety of color popping out everywhere. The vibrant yellow of the Sea Oxeye Daisy and Goldenrod stands in contrast to the white cottony blossoms of the Salt Myrtle. Blended in with muted colors of lavender and pink are the Butterfly Pea and Pink Wild Bean both growing off vines in leaves of three and of course the hard to miss Beauty Berry.

Cooler temperatures bring cooler waters to our creeks and much of our marine life like the blue crabs will move seaward to the warm ocean floor. Thankfully more move in as well, making for spectacular fall fishing for favorites like Shrimp, Trout, Reds and more.

Speaking of moving in, plenty of resident and non-resident birds find refuge in our fertile salt marshes. Some migrating through include tree swallows, shore birds, wading birds, rails, hawks and waterfowl. Even butterflies migrate through on their way south laying eggs 3-4 times along their journey.

All of these changes, especially the cooler temperatures, make fall a favorite time for many residents. Make sure to set aside time to get outdoors either on your own or by signing up for the monthly nature walk or Eco- river cruise. To hear more about the Low Country's wild life be sure to save the date for our speaker this month, Al Segars, retired DNR veterinarian and Naturalist at Bear Island Nature Preserve.



*Clapper
Rail*



Pristine Black Swallowtail

*Sea
Oxeye
Daisy*



*Butterfly
Pea Plant*

Tree Swallow



What's Happening

NATURE BIRD WALK

Saturday, October 3 | 9:15-11:15 a.m. | Meet at the Outfitters | Adults and families | No charge
The weather's finally cooling off and it's starting to feel like fall in the low country so there's no excuse not to get out and enjoy the great outdoors. Bird life abounds this time of year as well, so don't miss out!

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, October 2 to let the Outfitter's Staff know you'd like to attend. 645-4604 or outfitters@oldfieldsc.com

ECO-RIVER CRUISE

Wednesday, October 7 | 3 - 4 p.m. | Adults and Families | Meet at the Outfitters | No charge
The hot temperatures of summer are finally behind us! What better way to enjoy the weather than from the water so join Captain Jason and Jill for this month's Eco-River Cruise. 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.

WHAT'S WITH THE WEATHER?

Saturday, October 10, 10-11:00 a.m. | Meet at the Outfitters | Appropriate for school - aged children without parental supervision but families are welcome as well | \$5 a child or \$10 for a family
Weather in the Low Country can be unpredictable! Join Jill for an exciting Science lesson on what causes tornadoes, thunder and lightning and more. Everyone will participate in weather related science experiments and go home with their own tornado tube.
Let Jill Know you'd like to attend by Tuesday, October 6 so there will be enough supplies for everyone! Call or email the Outfitters Center at 645-4604 or outfitters@oldfieldsc.com.

FRIENDS AND FAMILY SATURDAY FIELD TRIP

Saturday, October 17 | 10-2:00 p.m. (times approximate) | Meet at the Outfitters | More details available for those interested in attending | No charge
We're changing it up this month and moving the 4th Friday field trip to a Saturday! Hopefully if

Fridays don't work with your schedule you'll be able to join us on this amazing trip to Hunting Island State Park. There is such a variety of things to do here from scenic walking trails, to the wildlife center and the famous light house, not to mention the gorgeous beaches that we could spend the whole day! Don't miss out on this fun-filled adventure...

If you're interested call or email the Outfitters Center before Wednesday, October 14 to let Jill know you'd like to attend. 645-4604 or outfitters@oldfieldsc.com,

THE FALL SPEAKER SERIES

October 20, 5:30-7:00 p.m. with appetizers and member bar from 5:30- 6:00 and the speaker from 6-6:45. Following the talk, make reservations for Casual Tuesday at the Magnolia Grille.

Our October speaker is Al Segars, a retired DNR veterinarian and Naturalist at Bear Island. Mark your calendars for this educational and exciting talk and watch for the spring speaker dates! Call or email the Outfitters Center before Wednesday, October 14 to let the Outfitters Staff know you'd like to attend. 645-4604 or outfitters@oldfieldsc.com,

TURKEY HILL SPORTING CLAYS SHOOT

Wednesday, October 28 | 1 - 5 p.m. | Meet at the Outfitters Center

What better way to spend a fall afternoon than by shooting clays at our 18,000 acre hunt club Turkey Hill Plantation. We'll start the afternoon off warming up on the 5-stand before shooting the 10 station 50 round sporting clays course. The participation fee is \$50 per shooter. Gun rental is included. Shotgun shells are not included; however 20 gauge shells are available for purchase.

Registration/cancellation deadline for this program is Sunday, October 25. Please register by contacting the Outfitters Center at 843.645.4604 or outfitters@oldfieldsc.com

BEAUFORT BOAT EXCURSION

Thursday, October 29 | 9 a.m. - 4 p.m. | Meet at the Outfitters Center

Join the Outfitters Center captains on a scenic cruise to the historic Beaufort waterfront. This 2hr voyage will take you through the Colleton, Chechessee, and Beaufort Rivers and Port Royal Sound allowing you to see Beaufort Co. as you never have before. Upon arriving at the downtown marina you'll be free to

explore the unique shops and restaurants of this quintessential southern waterfront town. Sign up quickly as spaces are limited!! The participation fee is \$80 per person.

Registration/cancellation deadline for this program is Sunday, October 25.

Please register by contacting the Outfitters Center at 843.645.4604 or outfitters@oldfieldsc.com



SUNSET KAYAK

Friday, October 30 | 6:30-8 p.m. | Meet at the Outfitters | Everyone is welcome but more appropriate for adults | No charge

This is last sunset kayak for the year and it's going to be an amazing one! To celebrate fall and the eve of Halloween we'll be setting off at sunset and paddling under the light of the moon. Our kayaks will be lit as well to add to the glow of the evening. It's sure to be a special night but spots are limited so call the outfitters staff soon!

Call or email the Outfitters Center before Wednesday, October 28 to let the Outfitters Staff know you'd like to attend. 645-4604 or outfitters@oldfieldsc.com,

SAVE THE DATE

ATTENTION ALL BIRD ENTHUSIASTS:

The Annual Christmas Bird Count's date has been announced! If you're interested in participating in this event Save the date, Saturday, December 19. More information will follow in the November newsletter or call or email Jill at the Outfitters Center. 645-4604 or jkombrink@oldfieldsc.com.



The Outfitters Center has its own website. Keep up with all that is going on at the Outfitters Center!

www.oldfieldoutfitterscenter.com

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.



OLDFIELD CLUB

130 OLDFIELD WAY
OKATIE, SC 29909



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.

NEW! YOU CAN NOW MAKE RESERVATIONS ONLINE AT
Members.Oldfield1732.com

CLUB STAFF

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