



Upcoming Events:

- 10/6: SMGA Championship (Round 1) 9:00am
 10/6: Ladies Chip & Chatter 5:30pm
 10/8: YMCA 9:00am
 10/12: MCEC 1:00pm
 10/13: SMGA Championship (Round 2) 9:00am
 10/13: Ladies Chip & Chatter 5:30pm
 10/14: Golden State Foods 9:00am
 10/15: SMGA 2nd Annual Southern Cook-off 6:30pm
 10/18: LGA Couples 10:30am
 10/22: Northside Missions 12:00pm
 10/26: Dickerson Children's Advocacy 12:00pm
 10/28: Enterprise 9:00am
 10/31 & 11/1: MGA Classic 9:00am

Weekly Member Play:

- Tuesday's @ 9:00 am - SMGA
 Wednesday's @ 12:30 pm - GH Dogfight
 Thursday's @ 8:00 am - LGA
 Fri/Sun @ 12:00; Sat @ 9:00 - GH Dogfight

Local Knowledge:

• Tennis . Training . Results

Do you *love* tennis or think you might? Now is the time to get in the game, as we welcome Stephens Tennis to Golden Hills on November 1st. We are thrilled about their arrival and plans for tennis at the club. See "Courtside Notes" for more information.

• Match Play:

Visit our website to keep track of Match Play results and pairings. Brackets are posted and updated as the field advances toward the championship round.

• Always Be Prepared

Locker rentals are available for you to store your gear and be prepared to play whenever the opportunity arises. Contact the Golf Shop to check for availability.

Golden Hills Golf & CC

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News from the Golf Shop

No experience better celebrates the glories of nature than playing golf on a course surrounded by fall foliage. The crimsons, oranges and yellows of the Golden Hills landscape will form a perfectly contrasting background to the verdant fairways and greens. Enjoy the scenery and amenities available to you and your family at Golden Hills throughout the beautiful fall season.

The senior men will tee it up for the 2015 SMGA Championship on consecutive Tuesday's this month. Round 1 will be held on October 6th and play will wrap up with Round 2 on October 13th. Gross and Net champions will be awarded. In addition, prizes will be given for Closest to the Pin on 2 holes during the round on October 13. We look forward to seeing some outstanding play from our growing group of senior men. Sign up is available in the Golf Shop.

The two remaining Ladies Chip & Chatter events will be held on October 6th & 13th at 5:30pm. We've had an amazing time working on different areas of the game with the ladies and enjoying their company thus far. If you haven't been able to attend, we encourage you to join us on the 6th & 13th for a little golf and lots of fun!

The LGA has been gaining momentum with a growing roster for their monthly Couples tournament. Their next event will be held on Sunday, October 18th with a 10:30am shotgun start. The format will be a two man captain's choice. To sign up please contact the Golf Shop. We hope to see another great turnout for this month's event!

Our MGA will host their premier tournament, the MGA Classic, on Saturday, October 31st & Sunday, November 1st. The format will be individual stroke play, with net & gross awards. The cost will be \$80, which includes your entry, cart fees & \$5/day for closest to the pin prizes. Plan to play and enjoy a great weekend of golf at the club. Registration and additional event details are available in the Golf Shop.

Last month we met to discuss our weekly dogfights and how we could make them feel more inclusive for our entire membership. Based on the feedback we decided to begin by implementing changes to our Saturday dogfight. Tee times for the dogfight each Saturday will be reserved for those playing in the Modified Stableford competi-

tion only! If you have a group that wishes to play but not participate in the Modified Stableford competition, you will still be able to play. Your group will be allowed off immediately after the dogfight. However, in order to do so, you must call to reserve a tee time. All players must call the Golf Shop by 5:00pm on Friday in order to participate. For the Modified Stableford competition, if you are a single or twosome you will be paired with another single or twosome by the Golf Shop staff. Scoring for Modified Stableford is as follows: 10-hole-in-one; 8-eagle; 4-birdie; 2-par; 1-bogey; -1-double or higher. Points to make will initially be based on handicap. After 5 rounds have been played we will use the average of the 5 most recent rounds played. The most negative to figure the average will be -5; meaning if you think sandbagging and scoring a negative 14 will help your average it will only be counted as -5. If you are trying your best and score -14 you may need help from your local head golf professional (LOL - shameless plug). Cost to participate is only \$5. If you have any questions, feel free to email: steve@goldenhillsgolf.com or drop by the Golf Shop to speak in person.

Our 2015 Match Play field is energized and highly competitive. Round two matches will end on October 11th; followed by round 3 on Nov. 2; round 4 on Nov. 16; and the Championship and consolation round on Nov. 30. Follow the competition and results by viewing the brackets posted on our website.

If a venue is needed for your upcoming holiday parties, then Golden Hills is the place for you! Invite your friends, family and co-workers to our clubhouse to celebrate the season ahead. Members pay no room rental and receive priority booking for any event. For more information call our staff at 803.957.3355.

Fall is a beautiful time of year and we ask you to help us keep our course equally as beautiful by repairing ball marks and filling divots with sand. Simple, yet necessary acts like these help keep our course in good condition for your next round. We thank you for your continued support and look forward to seeing you in the days ahead.

Your Golf Shop Staff,
 Steve Larick, Adam DeLoach & Alex Mende

Ladies Golf Association

October brings an exciting list of events for the LGA! We'll kick things off by heading to Lake Lure on October 9th - 11th for our annual "Ladies golf weekend". Our fall trip is one of the many benefits of being a member of the LGA.

Before sharing more about the month ahead, we want to report on results from our September Tournaments. Great fun was had by everyone that competed in the "Pinehurst Alternate Shot" Couples Tournament and stayed for the delicious tailgate following play on 9/20/15. Congratulations to the tournament winners: 1st: Annemarie & Jerry Keene; 2nd: Lana Ames & guest; 3rd: Lois & Ron Tessier. This month the Couples Tournament will be held October 18th at 10:30am, with a "Two person Captains Choice" format. On 9/27/15 we held our LGA Championship. The wet conditions didn't dampen our enjoyment of the competition or day together at the club. Congratulations to the 2015 LGA Low Gross Champion - Nancy Dodge (81) and 2015 LGA Low Net Champion - Connie Liley (74).

The annual GHLGA Invitational will be held on Thursday, October 29th. The entry fee is \$35 per person (including cart, breakfast and light refreshments). The Golden Hills Cup includes 9 holes each Alternate Shot & Best Ball (adjusted handicap). Partners are a must! Registration deadline is 10-15-15. Please sign up ASAP & let all your fellow golf friends know about our amazing tournament!

Other golf events occurring this month: One Day State - October 13th @ River Falls Plantation (Duncan) - "Fun & Funky - Best 2 of 4 Net"; Windemere Golf Club (Columbia) - Stroke Play. Contact Vicki Cyr for more information about these or other state wide events at scycr6@gmail.com

We invite you to Tee it Up with us each Thursday morning at 8:00am for an 18 hole round or a quick 9; either way we welcome your participation. If you would like to join us, call the Golf Shop and the staff will be glad to assist you.

Join us for our next meeting on October 8th at 6:00pm at the Wings & Ale in Lexington. For more information on the LGA contact: Annemarie Keene at: snauzers@yahoo.com or (803) 318-3107.

Senior Men's Golf Association

Fall has arrived and in addition to the beautiful scenery and cooler weather, we have two exciting events to look forward to this month. Our SMGA Championship will be held over consecutive Tuesday's; with Round 1 on October 6th and Round 2 on the 13th. Gross and Net champions will be awarded. In addition, prizes will be given for Closest to the Pin on 2 holes during play on October 13. We look forward to seeing outstanding play from our growing group of senior men, so contact the Golf Shop to register.

On October 15th our 2nd Annual North-South Cookoff will be held at the clubhouse, beginning at 6:30pm. This SMGA member only event was a huge success last year, providing us with an evening of delicious food and fellowship, and we look forward to more of the same this year. Reserve your seat for the cookoff by notifying either Rich Antinozzi or Jerry Keene.

Results from our recent events were as follows:

Aug. 25, 9 Hole Blind Draw: - 1st - Scott Riles (28); 2nd - Kirk Van Laan (29); 3rd (tie) Ed Sarokas, Kirk Wirth, Steve Johnson & Scott Zhang

Sept. 1, Handicap: - 1st - Check Felkel (62); 2nd - Gerald Carter (63); 3rd - Dave McElrath (64); 4th - Doc Griffin (65); 5th - Dean Davis (67); 6th (tie) Gary Liles, Jerry Keene & Frank Smith (68)

Sept. 8, Points: - 1st (tie) Steve Johnson & Robert Davis (+7); 3rd - Joe Mack (+4); 4th (tie) Ray Chiellini & Rich Antinozzi (+3); 6th (tie) Dan Sass & Nick Rinaldi (+2)

Sept. 15, 2 Man Best Ball: 1st - Gerald Carter & Mark Wales (55); 2nd - Jim Antill & Bill Branch (60); 3rd (tie) Steve Upperman / Mark Gardner & Vic Labbate / Mark DiMaggio (61); 5th (tie) Larry Mixson / Bud Cain & Sam Pressley / Dennis Roberts (62)

Sept. 22, Handicap: 1st - Dan Sass (64); 2nd (tie) Dave McElrath & Nick Rinaldi (65); 4th Larry Baines (66); 5th (tie) Dean Davis, Gerald Carter & Larry Mixson (67)

The format for our events change each week; making them challenging and fun. Play begins each Tuesday at 9:00 am. If you are a member, age 55 & over, we encourage you to join our senior group. To participate, call the call the Golf Shop by 5:00 pm on the Monday preceding our Tuesday match at 803.957.3355.

Courtside Notes :



We would like to welcome **Milena and Oliver Stephens** to Golden Hills! Lifelong tennis addicts, they are both fully certified by the Professional Tennis Registry and the United States Professional Tennis Association. As of November 1st, they will be offering private lessons and group tennis programs at Golden Hills. Feel free to email them with any inquiries you may have at OliverStephensTennis@gmail.com, or call at (773) 322-7850. You can also check out their website for current lesson offerings at StephensTennis.com

Reserving a court is easy and available anytime by visiting our website at www.goldenhillsgolf.com. Under the "tennis" tab, members can view available courts and times, then make a reservation. If you have questions or would like information on tennis at Golden Hills, contact Adam DeLoach at: tennis@goldenhillsgolf.com

Tennis Tidbit: Its historic moniker has been the "sport for a lifetime". But is this really true? According to world-renowned scientists from a variety of disciplines, there is no doubt that tennis is one of the best sports for you to play.

Here are the facts:

1. People who participate in tennis 3 hours per week (at moderately vigorous intensity) cut their **risk of death in half from any cause**, according to physician Ralph Paffenbarger who studied over 10,000 people over a period of 20 years.
2. Tennis players scored **higher in vigor, optimism and self-esteem** while scoring lower in depression, anger, confusion, anxiety and tension than other athletes and non-athletes according to Dr. Joan Finn and colleagues at Southern Connecticut State University.
3. Since tennis requires alertness and tactical thinking, it may **generate new connections between nerves in the brain** and thus promote a lifetime of continuing development of the brain, reported scientists at the University of Illinois.
4. Tennis outperforms golf, inline skating and most other sports in developing **positive personality characteristics** according to Dr. Jim Gavin, author of *The Exercise Habit*.
5. Competitive tennis **burns more calories** than aerobics, inline skating, or cycling, according to studies on caloric expenditures.