



OLDFIELD CLUB

A MONTHLY PUBLICATION FOR OLDFIELD CLUB MEMBERS

VOLUME 11 · NO. 2 · NOVEMBER 2010



NEW TO THE NEIGHBORHOOD

Chris & Christy Murphy
Bruce & Marie Kabath

These lucky folks have moved into their new homes.
Happy Unpacking!

MEMBER *Spotlight*

Would you like to be featured in the Oldfield Newsletter? Our Member Spotlight section includes a photo and information about you and your family so your neighbors can get to know you better! If you would like to volunteer to be featured or you'd like to nominate another Member, please contact Heather at hlaude@hamptongolfclubs.com. We look forward to hearing from you!

SUNDAY FOOTBALL AT OLDFIELD!



Every Sunday during NFL Football Season

Magnolia Grill at the Golf Clubhouse

Lunch Menu Available: 11 a.m. – 3 p.m.

Special "Tailgate" Menu Available: 12 – 6 p.m.

Bar Open through the end of the 4 p.m. Games

The 2010 NFL football season will mark the start of 16 Sundays of a special tailgate menu and drink specials at the Magnolia Grill at the Golf Clubhouse! Every Sunday of the Regular NFL Season we will have the NFL Sunday Ticket streaming live to five different TVs at the Club!

In addition to watching your favorite teams march to the Super Bowl, we'll be offering a special "Tailgate" menu each week that will feature delicious food at great prices. All food and drinks will be offered a la carte, and there's no charge to simply come to the Club to enjoy the games.

Don't want to watch football? No problem! Everyone is welcome at the Club for this weekly event! Bridge and Poker players, golfers, returnees from church and those of us who just want to escape weekend yard work are all encouraged to attend to enjoy great food and camaraderie. We can't wait to see you for Sunday Football at Oldfield!



HONEY HORN GARDEN DISCOVERY

Tuesday, November 2 · 9 a.m.

Meet at Greeter's Store

Explore Honey Horn's five unique gardens on this walking tour. See nearly 100 varieties of Camellia, find out about the historical use of plants in the Heritage Garden, watch how a Venus Flytrap works in the Bog Garden and learn how plant selection can attract butterflies or help with storm water runoff in you own yard at the Butterfly and Rain Gardens. Price is \$10 per person. Drivers are welcome to assist with the carpooling. For reservations and more information, please contact Mona at (843) 645-4611 or e-mail to rward@oldfieldsc.com.

OLDFIELD FISHING CLUB

Wednesday, November 10 · 5:30 p.m.

Outfitters Center

Join us for the next meeting of the Member-run Oldfield Fishing Club! Captain Charlie Beadon will talk to us about in-shore red fishing. The Bull Redfish are running and you won't want to miss learning some of Captain Charlie's secrets along with the fishing techniques you need to hook up with a big, bull redfish! After the presentation, we'll have our usual potluck dinner. If you'd like to attend, please contact Sue Kroupa at (843) 645-6303 or suekroupa@hargray.com.

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BLACK FRIDAY PARENTS' DAY OUT

Friday, November 26 · 9 a.m. – 3 p.m.

Sports Club

Whether you are going shopping for the sales or need a little breather after the holiday, we're here for your childcare needs. Our child care attendants will be happy to entertain your little ones from 9 a.m. to 3 p.m. on Black Friday. Cost is \$3 per child, per hour. Ages are 3 and up (potty trained only.) Limited space is available, so please call ahead to book your times. For more information and to make a reservation, please contact Mona at (843) 645-4611 or e-mail her at rward@oldfieldsc.com.

TOTAL IMMERSION SWIM WORKSHOP

Monday & Tuesday, December 6 & 7 · 10 a.m.

Sports Club

Based on more than 30 years of teaching coaching and research, Total Immersion will dramatically improve the physical and mental experience of swimming for people of all ages and abilities. This is a great workshop for the novice swimmer to the athlete. This is a two-day event designed for adults who want to learn to swim the most efficient freestyle stroke possible.

Students will be videotaped above and below the water using their current stroke mechanics. The workshop will focus on the 5 major components of freestyle swimming: Balance, Alignment, Rotation, Timing and Grip.

This workshop also includes two seminars by Petra Trunkes: pHinding Balance & Sustainable Eating, held December 6 & 7 at 4 p.m. Learn what happens to the food you eat once you begin to digest it and how your body responds in both positive and negative ways. Learn what is causing rampant disease in our culture, weight gain and auto-immune issues. Learn how to incorporate new perspectives into your diet to make it more diverse, yummy and healthy.

The cost is \$495 for the first person, and \$445 for each additional guest for the entire workshop including the seminars, or \$15 per person for the seminars only. To sign up, contact Mona at (843) 645-4611 or e-mail her at rward@oldfieldsc.com.



OLDFIELD MEN'S CLUB

There will be no Men's Club meeting in November due to the holiday. Keep an eye on your e-mail and next month's newsletter for more information about future Men's Club meetings!

Greetings from the Security Department

by Charles Huggins, Director of Security



SECURITY REMINDERS

- Watch out for children in or near the roadways.
- Obey the posted speed limit.
- No parking on the grass.
- The holiday season is coming up. If you are leaving home for Thanksgiving, be sure to lock doors, set your alarm, and fill out an Away-From-Home form so Security is aware.

Have a Safe Day!

TRIVIA NIGHT

Wednesday, November 17

7:30 p.m. at the Golf Clubhouse Azaleah Room

4 People per Team, \$5 per Person



Join us for a fun night of trivia at the Club! Cash prizes vary depending on the number of players. To sign up, see Marianne at the reception desk in the Clubhouse, or call (843) 645-4600. If you'd like to be a guest host, contact Leo Zabinski at lazabinski@yahoo.com.

OLDFIELD BOOK CLUB

There will be no Book Club meetings in November or December due to the holidays. Please look for the January Book Club date in a future issue of the Oldfield Newsletter! If you have any questions or wish to be added to the Book Club list, please contact Cathy Peck at cpeck2468@gmail.com.



Stop by the Store



Mail Inquiries

If you have questions regarding incoming or outgoing mail, give us a call at the store at (843) 645-4630 or to reach the Bluffton Postmaster you may call (843) 757-5857.



It's Holiday Shopping Season – be sure to let the selections at the Greeter's Store make your list shorter! Just in time for gift giving is the arrival of comfy, cozy, Oldfield Sweatshirts. These weathered shirts are 100% cotton with a boxy design and lived-in look. They are fleece, crew neck pull-overs with hemmed sleeves and a double stitched, open side vent bottom. Choose from colors of yam, goldenrod and celery and a great size selection from adult small to adult 2XL. Don't wait too long, since the first shipment is limited. Shop the Greeter's Store soon and often to enjoy this and other great deals!





The weather is perfect for a trail ride! Come ride with us on Oldfield's trails. Trail rides are about an hour and fifteen minutes long. Plan on arriving 15 minutes prior to your ride time so we can have you mounted and adjusted and on your way at your appointed hour!

Children ages 11 and up are welcome to ride the trails as well. Younger children may take a riding lesson or have a pony ride.

Over the Thanksgiving weekend we will offer trail rides at 10 a.m. and 1:30 p.m. on Friday, Saturday and Sunday. Additional ride times will be added if needed. We will do our best to accommodate your schedule.

Fox Hunting season also starts up this month, with the opening meet to be held at Ravenwood Plantation on November 20. We have had three members ride out with us during the "pre-season," which is called cubbing: Mr. Danny Pincus on Disco, Ms. Allison Burch on Patches and Ms. Maggie Faciszewski on Ginger. Riders with some experience are welcome to join us. Please call for more information..

Happy Trails and Happy Holidays!

Trail rides and lessons will be available throughout fall by reservation. Come visit us!

Lessons: \$35 one half-hour private
 \$35 trail rides
 \$15 pony rides



TENNIS *News*

by Paul Louw, Director of Tennis

NOVEMBER COURT NEWS!

The month of November brings out one of the most interesting tournaments in the Oldfield Tennis calendar: The Battle of the Sexes tournament, scheduled for Saturday, November 13. Members are encouraged to invite guests out to play, but teams must be comprised of players of the same gender. We will handicap teams according to your levels, so grab a friend and come on out! Our other special event for the month will be a Mixer scheduled for Thursday, November 18.

My tennis tip for this month relates to a common situation within every growing tennis family: playing with/against someone who is not at the same skill level.

Most people enjoy playing with someone whose game is a bit stronger than their own. Why? The lesser player has nothing to lose (it's easy on the ego if you lose), it is easier to play a ball with pace than to provide your own, and it is fun to be a part of the next level up. The reason it is difficult to play a level down is just the opposite of the above: our ego may be bruised and we have to supply the power and be patient with our game. There are benefits from playing with both groups.

When you find yourself to be the significantly stronger player, you have a great opportunity to work on your weaknesses. If you are a baseliner, get into the net more often than normal. Running around weaker shots should not happen!

We have all benefitted from hitting with better players than us. We can give back to others by allowing them to improve the same way. And most importantly, always remember that tennis is supposed to be FUN!

See you on the courts!

Tennis Schedule

Tues & Thurs 9:00 a.m. – 10:00 a.m.	Cardio Tennis
Wednesdays 9:00 a.m. – 10:00 a.m.	Stroke of the Week
Fridays 9:00 a.m. – 10:00 a.m.	Doubles Strategy
Saturdays 9:00 a.m. – 11:00 a.m.	Open Tennis
Saturdays 11:30 a.m. – 12:00 p.m.	Jr. Clinic (Ages 9 & under)
Saturdays 12:00 p.m. – 1:00 p.m.	Jr. Clinic (Ages 10 & up)

Saturday: November 13 • 9 a.m. – 1 p.m. • Battle of the Sexes Tournament
Thursday: November 18 • 6-8:30 p.m. • Tennis Mixer

To schedule a lesson outside of these times,
 please contact Paul at (843) 645-4612 or plouw@oldfieldsc.com.



TIP FROM THE TRAINER

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

The Low-Carb Diet

I love food! No really, I love food. But, I have to be smart about it so it's back: the resurgence of the low-carb diet. I'm sure you've heard the following statements before:

All that meat can't be good for you.

How can eating bacon be better than a carrot?

Carbs give me energy.

It seems the low-carb diet is grossly misunderstood. The diet, or should I say "right way to eat," isn't about fatty slabs of steak with no vegetables or fruit. It's about keeping your "whites" out. NO refined sugar. NO white pasta, NO white rice or white potatoes and NO high fructose corn syrup. That's it. Period.

You can still eat a lot! The number of carbs the American Diabetic Association says you can have in a day is about 130 grams. One cup of white pasta has 37 grams of carbs. You can eat endless amounts of fruit and vegetables and still stay under 100 grams.

130 grams of carbohydrates is about 26% of a 2000 calorie diet. Most Americans eat 300 grams a day and more calories than the average 2000. Think about what those carbs are in the average daily diet: hamburger buns, soda, chips, candy, cookies, processed foods, white sugar and high fructose corn syrup.

Get rid of the whites in exchange for whole grains, berries and salad greens.

25-45% of our calories should come from carbs - the good ones. Add to that a little exercise and you are on a good plan. Research shows that even a small reduction in carb intake reduces blood sugar. Also, eating good carbs will help to stabilize your blood sugar. The whites in our diet turn to sugar, causing a spike, giving you a high followed by that all too familiar crash. Adding fibrous fruits and vegetables to your diet helps lower your LDL cholesterol and reducing the amount of carbs also leads to the reduction of calorie intake.

Good things come to those that eat the right foods, the right way! So here's the plan: start off with 100-130 grams of carbs, 100-120 grams of protein and 60 grams of fat. You'll lose weight, feel great and get healthier. What's not to like?

See you at the gym!

Official Pool Hours

**The pool is open Tuesday thru Sunday
10 a.m.-10 p.m.**

Monday: Closed for maintenance

**Please note that there are no lifeguards on duty
and the slide is closed for the season.**

**Snack Shop is open 10:30-2:30 p.m.
Friday, Saturday and Sunday**

**Children under 15 must be accompanied by an adult.
Lap pool is reserved for swim lessons and adult swim only.
No after hours swimming allowed.**

KEYLESS ENTRY

Would you like to workout on Monday or outside of regular staff hours? If so, why not obtain a keyless entry card from a member of the Sports Club staff. You can then follow your exercise routine when it best suits your schedule.

OVERCOME YOUR FEAR OF SWIMMING

*Sunday, December 5 • 4 p.m.
Sports Club*

This is a two-hour course of anyone looking to overcome their fear of the water. Cost is \$35 per person. To sign up, contact Mona at (843) 645-4611 or e-mail her at rward@oldfieldsc.com.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 · Cardio Sculpt: 8:30 a.m. · Yoga: 5:30 p.m.	2 · ICT: 8:30 a.m. · Stretch: 9:30 a.m. · Core Stretch & Strength: 3:00 p.m.	3 · Kettlebell: 8:30 a.m. · Kit Fit: 9:00 a.m. · Power Yoga: 10:00 a.m. · 30 Mins In & Out: 11:30 a.m. · Yoga: 5:30 p.m.	4 · ICT: 8:30 a.m. · Stretch: 9:30 a.m. · Nordic Walk: 10:30 a.m. · Core Stretch & Strength: 3:00 p.m. · Yoga: 5:30 p.m.	5 · Kettlebell: 9:00 a.m. · Nordic Walk: 10:30 a.m. · 30 Mins In & Out: 11:30 a.m. · Power Yoga: 5:00 p.m.	6 · Barbell Blast: 9:30 a.m. · Nordic Walk: 10:45 a.m.
7	8 · Cardio Sculpt: 8:30 a.m. · Yoga: 5:30 p.m.	9 · ICT: 8:30 a.m. · Stretch: 9:30 a.m. · Core Stretch & Strength: 3:00 p.m.	10 · Kettlebell: 8:30 a.m. · Kit Fit: 9:00 a.m. · Power Yoga: 10:00 a.m. · 30 Mins In & Out: 11:30 a.m. · Yoga: 5:30 p.m.	11 · ICT: 8:30 a.m. · Stretch: 9:30 a.m. · Nordic Walk: 10:30 a.m. · Core Stretch & Strength: 3:00 p.m. · Yoga: 5:30 p.m.	12 · Kettlebell: 9:00 a.m. · Nordic Walk: 10:30 a.m. · 30 Mins In & Out: 11:30 a.m. · Power Yoga: 5:00 p.m.	13 · Barbell Blast: 9:30 a.m. · Nordic Walk: 10:45 a.m.
14	15 · Cardio Sculpt: 8:30 a.m. · Yoga: 5:30 p.m.	16 · ICT: 8:30 a.m. · Stretch: 9:30 a.m. · Core Stretch & Strength: 3:00 p.m.	17 · Kettlebell: 8:30 a.m. · Kit Fit: 9:00 a.m. · Power Yoga: 10:00 a.m. · 30 Mins In & Out: 11:30 a.m. · Yoga: 5:30 p.m.	18 · ICT: 8:30 a.m. · Stretch: 9:30 a.m. · Nordic Walk: 10:30 a.m. · Core Stretch & Strength: 3:00 p.m. · Yoga: 5:30 p.m.	19 · Kettlebell: 9:00 a.m. · Nordic Walk: 10:30 a.m. · 30 Mins In & Out: 11:30 a.m. · Power Yoga: 5:00 p.m.	20 · Barbell Blast: 9:30 a.m. · Nordic Walk: 10:45 a.m.
21	22 · Cardio Sculpt: 8:30 a.m. · Yoga: 5:30 p.m.	23 · ICT: 8:30 a.m. · Stretch: 9:30 a.m. · Core Stretch & Strength: 3:00 p.m.	24 · Kettlebell: 8:30 a.m. · Kit Fit: 9:00 a.m. · Power Yoga: 10:00 a.m. · 30 Mins In & Out: 11:30 a.m. · Yoga: 5:30 p.m.	25 · ICT: 8:30 a.m. · Stretch: 9:30 a.m. · Nordic Walk: 10:30 a.m. · Core Stretch & Strength: 3:00 p.m. · Yoga: 5:30 p.m.	26 · Kettlebell: 9:00 a.m. · Nordic Walk: 10:30 a.m. · 30 Mins In & Out: 11:30 a.m. · Power Yoga: 5:00 p.m.	27 · Barbell Blast: 9:30 a.m. · Nordic Walk: 10:45 a.m.
28	29 · Cardio Sculpt: 8:30 a.m. · Yoga: 5:30 p.m.	30 · ICT: 8:30 a.m. · Stretch: 9:30 a.m. · Core Stretch & Strength: 3:00 p.m.				

FITNESS SCHEDULE

Space is limited for most classes, so please pre-register early by calling the staff at the Sports Club, 843.645.4610. Classes are subject to change.

Cardio Sculpt - Mondays - 8:30 a.m.

Weights, bands, bars and balls combined with lots of cardio give you an outstanding workout.

Yoga - Mondays, Wednesdays & Thursdays - 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.

Power Yoga - Wednesdays - 10:00 a.m. & Fridays - 5:00 p.m.

Take your YOGA skills up a notch. Beginners, intermediate and advance levels will all love this class.

Kettlebell - Iron Core - Wednesdays - 8:30 a.m. & Fridays - 9:00 a.m.

If you're looking for a workout that gives you strength training, muscle conditioning and aerobic conditioning then you have to do kettlebell. This is an intense 40 minute workout and requires a kettlebell (see Mona for details).

Stretch - Tuesdays & Thursdays - 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.

Core Stretch & Strength - Tuesdays & Thursdays - 3:00 p.m.

Strengthen, lengthen and tone your muscles without joint stress with the use of bands, balls and a Pilates Mat. This is an overall conditioning class, but brought to you in a light version. Modifications will be made for those with limited flexibility and strength.

Nordic Walk - Thursdays, Fridays - 10:30 a.m., & Saturdays - 10:45 a.m.

Turn your walking into a total body workout and strengthen your upper body while you walk.

Barbell Blast - Saturdays - 9:30 a.m.

This program is a total strength building, body toning workout. We'll complete three sets for each major muscle group and get the entire workout complete, including abs, in just one hour.

ICT - Interval Circuit Training - Tuesdays & Thursdays - 8:30 a.m.

This class takes you into the BIG gym. Grab a circuit program guide and watch for the lights to start flashing green. You are off! Each exercise lasts four minutes in length so push yourself to max out. When the light turns red-stop and hit the next exercise on your program. Cardio conditioning included in this 12 exercise program.

30 Minutes In and Out - Wednesdays & Fridays - 11:30 am

This is just like it sounds, get in and get out in 30 minutes and have a great workout. We'll get all the body basics in with a little help from lights weights and bands. Tighten and tone all in 30 minutes and be on your way. This class is geared to a softer approach to fitness. No jumping, running or heavy weights will be used.

Contact Mona at (843) 645-4611 or rward@hamptongolfclubs.com if you have questions regarding any class.

November 2010

CALENDAR OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 · Honey Horn Garden Discovery	3	4	5 · Ladies' Par 6 Tournament · Crabbing: How to catch Blue Crabs	6
7 · Sunday Football at the Magnolia Grill	8	9	10 · Fishing Club	11 · Santee Coastal Reserve Field Trip	12	13 · Early Brider Bird Walk · Battle of the Sexes Tennis Tournament · Kids' Movie Matinee · "The Shark" Golf Championship
14 · Sunday Football at the Magnolia Grill	15	16	17 · GPS Navigation · Trivia Night	18 · Shrimp & Fish Group Charter · Tennis Mixer · Wisdom of the Woods Presentation & Walk – Bald Eagle Biology	19 · Birding by Boat	20 · Kids' Thanksgiving Craft
21 · Sunday Football at the Magnolia Grill	22	23 · Turkey Hill Sporting Clays Shoot	24 · Beaufort Boat Caravan	25	26 · Black Friday Parents' Day Out · The Holiday Bowl (Golf)	27
28 · Sunday Football at the Magnolia Grill	29	30 · Turkey Hill Sporting Clays Shoot				



Tournament Supply List

by Jon Hundley, *Head Golf Professional*

Ever found yourself out on the course missing an important golf accessory? Male and female golfers that play in at least two golf tournaments a year should have the following items:

- Rain suit
- Extra glove
- Dry socks
- Extra pair of shoes
- Towel
- Tees
- Balls
- Ball markers
- Sharpie (to mark your ball)
- Divot repair tool
- Dry clothes on-site
- Umbrella
- Hat (rain hat)

The tournament list above is not only a necessity for tournament golf, but includes great holiday gift ideas! Please do not hesitate to call the Golf Shop if we can assist you in completing this list for your significant other.

See you on the course!

IT'S A MATTER OF COURSE

by Brian Roller, *CGCS*



With winter approaching quickly, the golf course maintenance team will be preparing the turf to withstand the colder months. The two most important cultural practices that we will complete are raising the height of the fairways, approaches, and greens and applying the correct amount of potassium fertilizer. These practices will ensure a hardy root system for the turfgrass plant to sustain life throughout the colder weather. It is also very important that we raise the height of cut before the first frost or the greens will become extremely fast before the turf grows next spring. Also, to maintain an acceptable speed and smoothness, we will continue to roll the greens. Depending on the weather we will also be applying our first application of paint to the greens in mid to late November. We have done this for the past four years and have been very pleased with the results.

One other thing that is very important to the course is cart traffic. During the winter months, the turf takes a much longer time to recover from damage. So, it is more important than ever for you and your guests to watch for cart signs and minimize the amount of cart traffic on the course.

As always, if you have any questions about course maintenance, please feel free to contact me at broller@oldfieldsc.com. Enjoy your game and hope to see you on the course!

CLUB CHAMPIONSHIP WINNERS!



UPCOMING GOLF EVENTS

- November 5: Ladies' Par 6 Tournament
 November 13: "The Shark" Championship
 November 26: The Holiday Bowl

Look for more information about these events in your weekly update e-mails as they approach! If you'd like to sign up for any event, please call the Golf Shop at (843) 379-5051.

Weekly Golf Events

- | | |
|--|--|
| BEGINNER'S CLINIC: Tuesdays at 9:00 a.m. | MEN'S BLITZ: Wednesdays at 9:00 a.m. |
| NINE & DINE: Fridays at 4:30 p.m. | PLAY WITH THE PRO: Thursdays at 9:00 a.m. |
| LADIES' CLINIC: 8:00 a.m. on Thursdays. The cost is \$15/person. | FUNDAMENTALS CLINIC: Fridays at 9:00 a.m. The cost is \$15/person. |
| LADIES' DAY: Tuesdays at 9:00 a.m. & Thursdays at 9:05 a.m. | JUNIOR CLINIC: Fridays at 4:00 p.m. The cost is \$10/person. |
| SHORT GAME CLINIC: Wednesdays at 12:00 p.m. The cost is \$15/person. | MEN'S DAY: Saturdays at 9:00 a.m. |

We ask that you sign up a day in advance as a 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.



by River Pro, Jason DuBose

HOOK LINE *AND* SINKER

Options for enjoying a day outdoors abound for Lowcountry sportsmen in November. Whether you prefer to spend your time on the water or in the field, the Oldfield Outfitters Center can help you plan the perfect day.

For light tackle fishing enthusiasts I highly recommend a trout and redfish charter aboard our 24-ft bay boat, "Showtime." This type of fishing is done in some of the most beautiful salt marsh environments you'll ever lay eyes on and is perfect for anglers of all skill and experience levels. If this sounds like your idea of a good time, you may want to consider our "Shrimp and Fish Group Charter" taking place on Thursday, November 18. Not only will we hit a few trout and redfish drops, but will do a little deep-hole shrimping to boot!

If you're interested in tackling bigger gamefish and don't want to go far from the dock to do it, then bull redfishing may be the perfect option you. Bull reds average 20 to 30 lbs and typically provide plenty of action and great sport.

For those looking for adventure and the season's most action-packed fishing option, offshore bottom fishing can not be beat. Deep water live bottom areas located from 30 to 40 miles offshore team with grouper, snapper, sea bass and porgies this time of year and offer the opportunity for non-stop action and plenty of fillets in the cooler. This type of fishing is very weather dependent. If you're interested in setting up a day, let us know and we'll be sure to contact you when we see perfect conditions in the forecast.

If you prefer to spend the day in the field rather than on the water we've got that covered, too! Don't forget that as an Oldfield Club member you have access to our 18,000 acre private hunt club - Turkey Hill Plantation. While they've long been known for their world-class quail hunting, with the addition of a state-of-the-art sporting clays course and 5-stand, Turkey Hill is quickly becoming recognized as the area's top clay target facility. Stop by or give us a call at the Outfitters Center and we'll be happy to arrange a day of quail hunting, sporting clays or both for you and your guests. Be sure to keep an eye on the calendar of events for our monthly group sporting clays days. November's group shoot will be held on Tuesday the 23rd. These events are not only a great way to get time in on the course, but also to meet fellow shooters and outdoor enthusiasts.

Bottom line, if you're an outdoorsman you won't be left looking for something to do here at Oldfield Club in November! We look forward to seeing you at the Club!

CRABBING: HOW TO CATCH BLUE CRABS

Friday, November 5 • 12-2 p.m.
Meet at the Outfitters Center

Blue crabs are without a doubt one of our favorite delicacies, and the best thing is that the Okatie River has plenty of these tasty critters. Join the Outfitters Staff for a discussion on crabbing regulation followed by a demonstration on the various methods to catch crabs off of the docks. We will finish up with a small crab boil where we will also share some of our crab recipes and show you how to clean crabs. Registration/cancellation deadline for this program is Tuesday, November 2. Please register by contacting the Outfitters Center at 843.645.4604 or outfitters@oldfieldsc.com.

SHRIMP AND FISH GROUP CHARTER

Thursday, November 18 • 11 a.m. - 4 p.m.
Meet at Outfitters Center Dock

Some of the best deep-hole shrimping and inshore trout and redfishing occurs during the month of November and the tides on the 18th are perfect for both. Join Head River Pro, Capt. Jason DuBose, aboard "Showtime" for an afternoon of true Lowcountry fun. We'll start by casting the net in the deep holes for shrimp before moving to a few trout and redfish drops for a little live bait, light tackle action. With any luck you'll be catching your own supper! The fee is \$80 per person. Hurry - space is limited to 4 anglers! Registration/cancellation deadline for this program is Tuesday, November 16. Please register by calling the Outfitters Center at (843) 645-4604 or by email at outfitters@oldfieldsc.com.



GPS NAVIGATION

Wednesday, November 17 • 4-6 p.m.
Meet at the Outfitters Center

Navigating the local waterways can be challenging with numerous sand bars, oyster bars and miles of marsh. But some of the Lowcountry's most spectacular outdoor activities can be accessed only by boat. One tool that will help to make your boating experiences more enjoyable is the Global Positioning System. Join the Outfitters staff for a hands-on discussion about how to navigate using your GPS. Registration/cancellation deadline for this program is Friday, November 12. Please register by contacting the Outfitters Center at 843.645.4604 or outfitters@oldfieldsc.com.

TURKEY HILL SPORTING CLAYS SHOOT

Tuesday, November 23 • 9 a.m. - 2 p.m.
Meet at the Outfitters Center



What better way to spend a brisk November morning than by busting some clays at Turkey Hill Plantation! This 10-station, 50-shot course is designed to mimic the flight patterns of various game birds including springing teal ducks, a rising covey of quail, and doves descending into a field. After shooting the course we'll enjoy some down home cookin' at Jasper's Porch. The fee is \$50 per person. This fee includes gun rental, 50 targets on the sporting clays course and a 25-shot warm up round on the 5-stand. Lunch and shotgun shells are not included in the price. Space is limited. Registration/cancellation deadline for this program is Friday, November 19. Please register by contacting the Outfitters Center at 843.645.4604 or outfitters@oldfieldsc.com.

The Nature Nook

by Marvin Bouknight



"PREPARATION FOR WINTER – THE PHOTOPERIOD RESPONSE"

For years, it was thought that the changes in animals and plants in preparation for the seasons were brought on by temperature changes in both fall and spring. Many of the responses coincide with cooler temperatures, but the actual changes are triggered by the length of day, or the photoperiod. As fall and winter approach, the day length decreases and the night time increases. These changes in the photoperiod trigger hormonal changes in both plants and animals. In plants, the changes include color changes and leaf drop in trees and shrubs, induction of flowering in the spring, as well as dormancy in some buds and plants.



The photoperiod is also responsible for triggering the migration mechanism in birds, causing flocking behavior, increased storage of fat, and changes in plumage. In the spring, it can trigger plumage changes, mating behavior, nest-building, etc. In mammals, the photoperiod can affect coat changes in both thickness and color, migration, mating, and in animals like elk, even antler growth is affected.

Insects can be affected, as well. The length of the day can trigger a behavior called diapause, where the life cycle is interrupted or delayed in response to the day length. For example, a caterpillar, egg, or pupae may be induced to interrupt its life cycle and stay in that particular stage to survive the winter instead of completing its life cycle in the winter, when it has a minimal chance to survive.

For more information about this topic, stop by the Outfitters Center to see me!

BEAUFORT BOAT CARAVAN

Wednesday, November 24 · 9 a.m. – 5 p.m.
Meet at the Outfitters Center

Have guests in town for the holiday? Looking for a great way to entertain them? Load up your boats and follow your River Pros on a cruise through the Lowcountry's scenic creeks, rivers, and sounds all the way to the historic Beaufort waterfront! Once there, you'll enjoy shopping and dining on Bay Streets before cruising back home. There are a limited number of spots available for members/guests who would like to ride along with the River Pros. The fee for this program is \$50 per caravanning vessel and \$75 per person for those riding with the River Pros. Registration/cancellation deadline for this program is Friday, November 19. Please register by contacting the Outfitters Center at (843) 645-4604 or outfitters@oldfieldsc.com.



Santee Coastal Reserve Field Trip

Thursday, November 11 · 8 a.m. – 6 p.m.
Meet at the Outfitters Center

The Santee Coastal Reserve, a 24,000 acre wildlife management area, was formerly known as the Santee Gun Club, and contains hundreds of acres of extant rice fields from Eldorado Plantation. The impoundments are managed for waterfowl, making it a spectacular location for ducks, eagles and even occasional peregrine falcons. Join us as we take a walk down the rice dikes and through a cypress swamp on an 800 ft. boardwalk in search of fabulous feathered fauna. Registration/cancellation deadline for this program is Friday, November 5. Please register by contacting the Outfitters Center at (843) 645-4604 or outfitters@oldfieldsc.com.

BIRDING BY BOAT

Friday, November 19 · 1-4 p.m.
Meet at the Outfitters Center

November is a great time to see winter migrants on the low tide mud flats, shell bars and sand bars. Join us for a birding safari as we search for shorebirds, gulls, eagles, and other birds that are best seen from a boat. SEATING IS LIMITED TO SIX (6) PARTICIPANTS. Registration/cancellation deadline for this program is Tuesday, November 16. Please register by contacting the Outfitters Center at (843) 645-4604 or outfitters@oldfieldsc.com.



Wisdom of the Woods

Presentation and Walk –
Bald Eagle Biology

Thursday, November 18 · 7:00 p.m. – 9:00 p.m.
Meet at the Outfitters Center

Bald eagles have arrived and are getting prepared to nest and raise offspring. Join us to learn all about the life cycle of eagles, hunting techniques, mating behavior and other facts on our national symbol. Registration/cancellation deadline for this program is Tuesday, November 16. Please register by contacting the Outfitters Center at (843) 645-4604 or outfitters@oldfieldsc.com.

KIDS' MOVIE MATINEE

Saturday, November 13 · 2-4 p.m.

Sports Club

Hop on your bike and head over to the Sports Club because we're eating popcorn and watching a movie! All kids are welcome for this family-friendly selection. For more information and to find out what Movie is playing, please contact Mona at (843) 645-4611 or e-mail her at rward@oldfieldsc.com.

KIDS' THANKSGIVING CRAFT

Saturday, November 20 · 2 p.m.

Sports Club

Kids: come on down to the Sports Club and join us as we make a Thanksgiving craft. There will be all sorts of different things to choose from: you can decorate an apron for mom, make napkin rings or create a great centerpiece for the table. Reservations are requested so we can ensure we have enough supplies for all the participants. To RSVP or for more information, please contact Mona at (843) 645-4611 or e-mail rward@oldfieldsc.com.

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 our 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!



Beginners' Clinic

9:00 a.m. – Tuesdays

Ladies' Clinic

8:00 a.m. – Thursdays

Fundamentals Clinic

9:00 a.m. – Fridays

Short Game Clinic

12:00 p.m. – Wednesdays



Junior Clinic

4:00 p.m. – Fridays

EARLY BIRDER BIRD WALK

*Saturday, November 13 – **NEW DATE!***

9-11 a.m. · Meet at the Outfitters Center

Join us for this monthly walk to check out the seasonal changes in the birds that visit, pass through or permanently call Oldfield home! Please register by contacting the Outfitters Center at (843) 645-4604 or outfitters@oldfieldsc.com.



Frank Roland Jr., and sons with a great Bull Redfish!



Bob Fooshee with an impressive Amberjack!



CLUB HOURS OF OPERATION

EQUESTRIAN CENTER

Reservations & Information- 843.645.2015

Tuesday- Sunday 8:00 a.m. - 5:00 p.m.

GOLF SHOP

Tee times and clinic reservations - 843.645.4601

Tuesday - Sunday Shop Hours 7:30 a.m. - 5:00 p.m.

Tuesday, Thursday, Friday, & Saturday Practice Range 7:30 a.m. - dusk

Sunday & Wednesday Practice Range 7:30 a.m. - 5:30 p.m.

GOLF CLUBHOUSE

Reservations and Information- 843.645.4600

Magnolia Grill 843.379.5054

Tuesday - Sunday	Lunch	11:00 a.m. - 4:00 p.m.
Tuesday - Friday	Happy Hour	4:00 p.m. - 6:00 p.m.
Tuesday - Sunday	Bar Hours	10:00 a.m. - 6:00 p.m.
Tuesday	Dinner	5:30 p.m. - 8:00 p.m.

RIVER CLUB

Reservations - 843.645.4615

Open to Members 7 days per week from 8:00 a.m. - 8:00 p.m.

Friday - Saturday Dinner 5:30 p.m. - 8:00 p.m.

We ask that reservations be made 24 hours in advance for all meals. The Club reserves the right to close dinner service early if there are no reservations two hours prior to our normal closing hours.

GREETER'S STORE

843.645.4630

Sunday 1:00 p.m. - 5:00 p.m. • Monday - Saturday 10:00 a.m. - 5:00 p.m.

OUTFITTERS CENTER

Reservations and Information - 843.645.4604

Tuesday - Sunday 10:00 a.m. - 4:00 p.m. (other hours by appointment)

SALES OFFICE

Toll Free - 866.653.3435 • Local - 843.379.2500

Sunday 1:00 p.m. - 5:00 p.m. • Monday - Saturday 8:30 a.m. - 5:00 p.m.

SECURITY

Information - 843.379.2517

Gate Cell Phone - 843.540.7140

Patrol Cell Phone - 843.540.7115

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

To enter the Club during non-staffed hours, please obtain a keyless entry card from a member of the Sports Club staff.

Sunday 1:00 p.m. - 5:00 p.m. • Tuesday - Saturday 8:00 a.m. - 5:00 p.m.

CLUB STAFF

General Manager • Jamie Selby • 843.645.4620

jselby@hamptongolfclubs.com

Membership/Community Relations Director • Ruth Ann Terry • 843.645.4624

rattery@oldfieldsc.com

Club Accounting • Paula Porter • 843.645.4626

pporter@oldfieldsc.com

Director of Facilities Maintenance • Jimmy Spivey • 843.247.2287

jspivey@oldfieldsc.com

Director of Security • Charles Huggins • 843.422.3213

huggins@palmettobluffonline.com

Director of Tennis • Paul Louw • 843.645.4612

plouw@oldfieldsc.com

Equestrian Director • Jude Dontje • 843.645.2015

jdontje@oldfieldsc.com

Food & Beverage Director • Dana Chastain • 843.645.4622

dchastain@oldfieldsc.com

Executive Chef • Jason Winn • 843.645.4616

jwinn@oldfieldsc.com

Golf Course Superintendent • Brian Roller • 843.645.4631

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Head Golf Professional • Jon Hundley • 843.645.4602

jhundley@oldfieldsc.com

Lodging Department • 843.645.4619

olflodging@oldfieldsc.com

Naturalist/Director of Outfitters Center • Marvin Bouknight • 843.645.4605

mbouknight@oldfieldsc.com

River Pro • Jason DuBose • 843.645.4604

jdubose@oldfieldsc.com

Sports Club Director • Mona Ward • 843.645.4611

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