



West Lake Country Club • Augusta, Georgia • September 2007

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GRAND RE-OPENING

Ribbon Cutting & Open House

Monday, September 10th

5:30 – Ribbon Cutting, Chamber Dignitaries

6:30 – Member & Prospective Member Open House, Champagne, Hors d' oeuvres, Tours, Putting Contest

30th Annual Men's Member/Guest Golf Tournament

Friday, October 12th & Saturday, October 13th

2007 Schedule of Events

Thursday, October 11th

All Day Practice Round – Arranged By Host
 10:00a – 5:00p Early Tournament Registration
 7:00p – 10:00p Stag Party, Putting & Chipping Contests, Country Club Casual
 7:00p – 10:00p Ladies Stag Party, Wine Tasting & Bunco, Country Club Casual

Friday, October 12th

7:00a – 9:00a Tournament Registration
 7:00a – 9:00a Full Breakfast Buffet – Family Dining Room
 9:00a – 11:30a Match 1 – Shotgun Start
 11:00a – 12:30p Lunch – Served At Scoreboard
 12:30p – 3:00p Match 2 – Shotgun Start
 3:00p – 5:30p Match 3 – Shotgun Start

Saturday, October 13th

7:00a – 9:00a Full Breakfast Buffet – Family Dining Room
 9:00a – 11:30a Match 4 – Shotgun Start
 11:00a – 12:30p Lunch – Served At Scoreboard
 11:00a – 4:00p Ladies Luncheon, Shopping, Fashion Show & Games, Country Club Casual
 12:30p – 3:00p Match 5 – Shotgun Start
 3:30p – 5:30p Wine & Cheese Served By The 18th Green
 4:00p Shoot-Out On #18
 7:00p – 11:00p Cocktail Party & Awards Presentation. Entertainment By Pseudo. Cocktail Attire For Ladies, Jacket Preferred For Men

Sign Up

Completed entries may be submitted to the golf shop beginning *September 1st at 6:30 am*. Complimentary breakfast will be served to all members registering the morning of September 1st. The field is limited to the first 60 teams. A formal invitation will be mailed to each guest. Teams withdrawing after September 25th, 2007 are subject to cancellation fees.

Tournament Format

The field will be divided into flights based on combined team handicap. Six (6) teams will play in each flight. Teams will compete in a series of five (5) nine (9) hole match play matches. Teams will play one (1) match against every other team within their flight. The lowest best ball net score will determine the winner of each hole. Winners of forfeited matches will earn (6) points.

Points will be awarded as follows:

- 1 Point for winning the hole
- 1/2 Point for halving the hole
- 9 Points possible each match

The team that accumulates the most points within their flight is deemed the flight winner. All flight winners and two (2) wildcard teams will compete in a sudden death shootout. The shootout winner will be crowned the overall tournament champion. (Number of wildcard spots based on a full field.)

Entry Fee

\$650 Per Team

Entry Fee Includes: Food & Beverages at All Tournament Social Functions, and during play, Tee Gift, Stag Parties, Ladies Luncheon, Guest & Cart Fees, Tournament Prize Opportunities, Fun & Camaraderie

Additional Fees: Thursday Night Putting & Chipping Contests, Optional Players Pool \$100

Billing: \$325 September, \$325 October

DINING WING, MEMBER LOUNGE OPEN FRIDAY SEPTEMBER 7TH

SEPTEMBER SCHEDULE

	<u>Breakfast</u>	<u>Lunch/Brunch</u>	<u>Adult Dining</u>	<u>Family Dining</u>	<u>Lounge</u>
TUESDAYS		11:30-2:00	6-9	5-8	5-10
WEDNESDAYS		11:30-2:00	6-9	6-9	5-12
THURSDAYS		11:30-2:00	6-9	5-8	5-10
FRIDAYS		11:30-2:00	6-9	6-9	5-12
SATURDAYS	7:30-10:00	11:30-2:00	6-9	6-9	5-10
SUNDAYS		11:30-2:00	6-9	5-8	5-10

RESERVATIONS ALWAYS REQUIRED FOR DINNER.

DRESS CODE

Clubhouse Dress Code: Informal attire is permitted in all areas of the clubhouse. However, with the exception of the fitness center, attire can be no less than the Golf dress code as defined under the Golf section of these rules and regulations.

Non-golf collarless shirts, swimming attire, cut-off shorts, scrubs and similar attire are not acceptable. Fashionable mock collared golf shirts, women's sleeveless & collarless tops, and Bermuda-length shorts are acceptable. T-shirts, except for children under the age of ten, and tank tops are not permitted. Men and boys must wear their shirts tucked in, except for shirts designed to be worn loose (examples are Hawaiian - and Tommy Bahama - style shirts). Blue jeans are not permitted for any age. Fitness Center attire such as sweats, halters, athletic shorts and T-shirts are not allowed in the clubhouse except in the Fitness Center and locker rooms and fitness center and locker room ingress and egress. Hats and open-toed footwear are not to be worn by men and boys in the dining and lounge wing of the clubhouse. Hats are acceptable on the veranda.

Although casual dress is permitted in the dining areas and in the lounge, persons dressed in a manner offensive to other members may be turned away by management.

The veranda is considered part of the clubhouse and all clubhouse dress code rules apply.

Start winning the Fitness "tug of war". Take the West Lake Fitness Challenge.

Details on page 6.



Meet your Fitness Staff: (left to right) Rodd Corley, Jennifer Blanchard, Libby Macuch, Ginny McNutt, Bethany Roley, Dr. Peter Wang, Pam Thraillkill, Nancy Ferguson, Suzanne Smith, Savannah Lyons and Brandon Feske. Not pictured: Jane Cason, Jay Garrison, Ana Hubbard, Brian Lancaster MSM, ATC/L, Becca Phelan, Jona Smith, Chip Woodall.

RESERVATIONS REQUIRED

For evening dining, Tuesday through Sunday, reservations are now required. To properly staff and prepare enough (but not too much) food, please help us by calling 706-396-4800 for a reservation. Walk-ins and To-go's welcome but reservations take priority. Thank you for your understanding!

COME JOIN US!

In addition to a la carte dining Tuesday through Sunday, We'll be offering several quick service buffets in the Family Dining Room. We'll still be offering our popular "Country Casual" Thursdays each week, and we're adding...

**Tuesdays will feature a different regionally themed offering.
This month ... 5-8 pm**

**11th Mexican Fiesta ... \$10 18th Casual Italian ... \$10
25th Southern Style Fish Fry ... \$12**

Sunday's Family Favorites ... 5-8 pm

9th Create Your Own Pasta Bar ... \$9

**16th Burgers and Dawgs ... \$8
A Good Old Fashioned "Cook In"**

**23rd Kid's Favorites ... \$6
Mac and Cheese, Chicken Tenders, Corn Dogs and Rice Krispie Treats**

**30th We're Doin' BBQ
Ribs, Chicken and Stew Done Right!!**

**EXCEPT FOR TENNIS CLINICS/LESSONS
& FITNESS, THE ENTIRE CLUB WILL BE
CLOSED TUESDAY, SEPTEMBER 4TH.**

**DINING ROOM CLOSED FOR LUNCH AND
DINNER THURSDAY, SEPTEMBER 6TH.**

WE'LL BE GETTING READY FOR THE BIG DAY!

SIGNING TICKETS

Please sign tickets for charges at the Club and legibly print your name. Because some folks don't sign their tickets, your staff mistakenly charge items to other members. When you sign your ticket, please write in your member number too. Thank you!

BIRTHDAY PARTIES!

Birthday Party Packages – By the pool or inside the clubhouse

PACKAGE 1

1 entrée (chicken fingers, pizza or hot dogs)

1 side (French fries, chips or fruit)

Pitchers of Soda or Lemonade, Balloons, Hats, Paper Products.

\$8.00 per child

PACKAGE 2

2 entrees & 2 sides

Pitchers of Soda or Lemonade, Balloons, Hats, Paper Products.

\$10.00 per child

Additional Items

Goodie Bags - \$2.50 per child

Piñata - \$25.00

Craft Project - \$2.00 per child

Let us take care of the details. We can match hats, balloons, decorations, goodie bags, piñatas, and crafts to your theme.

Call Sam or Tommy.

WINE CLUB

The West Lake Wine Club takes a unique approach to the enjoyment and promotion of quality wines while at the same time allowing our members a convenient way to enhance their knowledge and access to wine. There is an annual fee of \$250 per couple (\$125 for individuals) to join, to help offset some of the cost through the year. This fee includes the following:

- *Eight Tastings throughout the year including hors d'oeuvres and menu items complimentary to the wine*
- *All Literature and Educational Information*
- *Monthly Correspondence informing you about specials and closeouts only available to West Lake Wine Club members*
- *First Notice and Wine Club discounts for all Wine Dinners*
- *Continuing Wine Club member discounts throughout the year.*
- *Discount on all bottle purchases in the Restaurant and Lounge*
 - *Discounts at local retailers*
- *Complimentary Bottle of wine on your Birthday and Anniversary*

This year's first tasting is scheduled for September 13th. Please call Tommy if you are interested in joining.



It's time to join Wine Club for 2007-8. Contact Tommy now.

DINNER ON THE RUN

We certainly appreciate that you think of us for your dining pleasure, even when you want to eat at home. Please remember when placing a "To Go" that your order falls in line with those who are dining at the Club. At peak hours, "To Go" orders might take up to an hour to prepare. When calling in and placing an order please place your order and pick it up from the hostess. The staff will do everything they can to accommodate you every need.

CORPORATE HOLIDAY

December 12th has already been set aside for this event. Designed for small businesses and parties of 30 or less, this is a wonderful way to meet others in your business community. We will feature live entertainment, dancing, an elaborate holiday buffet and cash bar. This event will sell out so make your plans now. Call 706-396-4805 for reservations.

HOLIDAY PARTIES

Prime dates in December are still available. Please call the Sam to reserve your date, 706-396-4805.

RENOVATION COMPLETION

Opening of the dining wing, including the Adult & Family Dining Rooms, Troon Room, Muirfield & Turnberry Rooms and the Member Lounge, is scheduled for Friday, September 7th. On Monday, September 10th, the Club, your Board & Committee members will host a Ribbon Cutting at 5:30 and Grand Re-Opening party at 6:30 to celebrate completion of the clubhouse. All members and prospective members are welcome to tour, enjoy hors d'oeuvres, try your luck on the putting green, and partake of a little bubbly!

Seafood Extravaganza Friday, September 21

Crab Legs, Fried Shrimp and Oysters,
Broiled and Fried Fish,
Chef's Carving Station,
Soup and Salad Bar
PLUS... Chef Dan's Raw Bar

**\$27 ALL YOU
CAN EAT**

**Children 6-12
half price**

**Reservations
required.**



COMEDY SHOW/DINNER

Mark your calendar for the Alan Prophet Comedy Show & Dinner on Friday, October 12th. See October's newsletter for details!

Tripp's Tips:

Turfgrass: Georgia lawns in September will require about one inch of water per week to stay healthy. If you expect to have a green lawn year round, plan to overseed with a cool season grass. Perennial ryegrass and annual ryegrass are the most commonly used cool season grasses when overseeding. Perennial ryegrass is more expensive compared to annual ryegrass, but "you get what you pay for". Perennial ryegrass tolerates colder temperatures, disease, and drought better than annual ryegrass. Before overseeding, apply a pre-emergent herbicide to prevent winter weeds like annual bluegrass, common chickweed, and henbit. Some fertilizers contain a pre-emergent herbicide such as Barricade. If Barricade can not be found look for fertilizers that contain the active ingredient 2,4-D, Mecoprop, or Dicamba. The best time to overseed is two to four weeks before the first expected frost, or when soil temperatures drop below 75 degrees Fahrenheit.

Annals and Bedding Plants: Stop all fertilization on perennials. This will allow the plants to go dormant before the harsh winter temperatures come. Keep a look out for powdery mildew on perennials. Fungicides may be warranted. Apply a fungicide containing the active ingredient Chlorothalonil. Rabbits and deer can become a problem this time of year. Commercial repellants are available at local nurseries and gardening stores. Continue cutting back leggy annuals as well as spent flowers to promote more blooms. Also, start planning your winter annual beds. Pansies, violas, kale and cabbage will soon be available at local nurseries and gardening stores. Be adventurous. Experiment with new color and plant combinations. Ornamental kale and cabbage are terrific plants to frame or use as specimens in winter annual beds. Apply a slow release fertilizer when planting winter annual beds.

Trees and shrubs: Don't let cooler temperatures, if they ever come, deceive you. Continue to water on a regular basis. Prune any branches that are dead, diseased, or broken. Keep a watchful eye out for aphids, spider mites, and defoliators. Apply insecticides such as Sevin, Dursban, or Orthene to prevent damage from aphids and spider mites. Caterpillars, or defoliators, can be controlled chemically with Permethins. Wait until fall to fertilize. You don't want to promote a flush of new growth that won't harden off before winter. On the other hand, it's a perfect time to raise or lower the pH around Hydrangeas. In a high acidic soil, low pH, the flowers are blue. In a high alkaline soil, high pH, the flowers are pink. In our area of Georgia soils are highly acidic, which produces a blue flower. To change the flowers from blue to a pink apply lime around the base of the Hydrangea. This will raise the pH of the soil and allow the plant to uptake the nutrients needed to produce a pink flower. Changing the pH of the soil doesn't happen overnight so be patient and don't over lime.

Thank you,
Tripp Williams
Horticulturalist

WEEKDAY TEE TIMES

...now available off the front (only) at 8 am. Beat the heat!

OCTOBER CALENDAR

1	AUGUSTA PREP MONDAY OUTING	17	LADIES GOLF CLINIC
1-31	SEMIFINALS PRESIDENT'S CUP	18-19	STUDENT HOLIDAY
3	LADIES GOLF CLINIC	18	LGA
4	LGA	18	TENNIS MEN'S NIGHT OUT
4	WINE CLUB DINNER	18	BUNCO
9	TENNIS LADIES' NIGHT OUT	21	COUPLES GOLF TOURNAMENT
10	LADIES GOLF CLINIC	22	AUTISM MONDAY OUTING
11	LGA	24	LADIES GOLF CLINICS
12	ALAN PROPHET COMEDY SHOW & DINNER	25	LGA
12-13	MEN'S MEMBER/GUEST GOLF TOURNEY	25	MEN'S INTERCLUB @ BARTRAM TRAIL
15	JUNIOR LEAGUE MONDAY OUTING	27	TENNIS EXHIBITION
		28	PARENT/CHILD GOLF TOURNEY
		31	HALLOWEEN

SUPERINTENDENT'S REPORT

The kind lady that was so good to us with rain during June and July certainly changed her tune in August. To make matters worse, along with no rain, we were treated to record breaking temperatures on at least 4 occasions. We had 100 degree plus days for a solid week with heat index numbers above 115 degrees. These temperature extremes were difficult to deal with. Maintenance schedules were adjusted to try and avoid the afternoons as much as possible.

We had a busy month on the course with the Men's Interclub Tournament and our Club Championship the last of the month. A great number of visitors had good things to say about your golf facility and operations here at West Lake.

Commercial applications of our fall fertilizer were completed last month. We will once again be pre-emerging in house in October and November.

We will be focusing our efforts this month toward our Member/Guest Tournament in October. Hopefully the rains will return and the temperatures ease up during September.

Joe Durden, Superintendent

POOL HOURS

Weather Permitting

Tuesday thru Friday (swim at your own risk) 10:30 am - 8:00 pm

*You must be 18 years old to swim at your own risk,
unless accompanied by an adult.*

Saturday and Sunday 10:30 am - 8:00 pm

Closed for season 9/24

Great Support At Dive In Movie Night



From the Board

July 26, 2007 Board Meeting

- Approved four membership applications, transfers, resignations, a reinstatement and an expulsion by written ballot.
- Approved August's President's letter as edited.
- Discussed response to member objecting to \$15 WLPOA gate pass charge.
- Approved elimination of cash sales in Golf Shop. Small petty cash bank will be retained.
- Tabled Club Golf Champ parking spot locations vs. President's Walk recognition, subject to Golf Committee's recommendation.
- Approved increase in dues from renovation cash flow presented to members early last year and making the increase effective 9/1/07 rather than 1/1/08, due to renovation cost overruns and reduced net income due to renovation. Members will be given the option to prepay their dues for one year 9/1-12/31, the last month free (an 8.33% discount).
- Tabled the recommendations that Men's Grille food service after 3pm (except Wednesdays) be served from the main kitchen and that "special mixed events" in the Men's Grille on off nights be considered, subject to the House/Social Committee's recommendations.
- Tabled approval of the Men's Member/Guest plan subject to the Golf Committee's recommendation next week.
- Approved 9/10 Ribbon Cutting and Grand Opening plan.
- Approved revised clubhouse dress code presented, subject to the House/Social Committee's final approval.
- Except for Wednesday and Friday nights & the holidays, approved plan to reserve the Adult and Family Dining Room overflow meeting rooms for member dining only, vs. banquets.
- Tabled the suggestion to move Couples Golf from Friday nights during the summer to either Thursday or Saturday night when the club isn't so busy, subject to the Golf Committee's recommendation.
- Approved referring response to member on a flooding issue to legal counsel.
- Requested that the Fitness Committee review off-hour usage of the Fitness Center relative to utility costs.
- Directed Golf Committee to incorporate mandatory prepayment for all unaccompanied Master's Week tee times (vs. charging a member's account) into the process currently being reviewed.

VISIT YOUR WEBSITE AT westlakecountryclub.com

Please update any information you find incorrect in your member profile under Membership Roster. Remember that the Club's Annual calendars for golf, social, tennis, pool and fitness events, Membership Directory, By-Laws, Rules & Regulations, Policies, Board Communications & Board members are all included in the "Member Only" section of our website. Enter your member number, then last name under password. Call Linda with questions or problems, 706-396-4802. Enjoy!

TRAVELING?

Did you know that private clubs all over the world reciprocate with other private clubs, for dining, fitness, tennis & golf? Many of your fellow members have enjoyed this privilege. Please give us a chance to help you find a club in the city of your destination: Kirk for golf, Tommy for dining, Dave for tennis or David for any of the three, including fitness.

Members In the News...

Congratulations to: Scott Parel, who finished tied for 7th in the Nationwide Price Cutter Charity Classic July 22nd @ -15, tied for 50th in the Cox Classic July 29th @ -10, tied for 37th in the Northeast Pennsylvania Classic @ -3 and tied for 4th in the Xerox Classic August 19th @ -6; Tom Hardy, who finished 7th in the Columbia County Junior Tournament at Bartram Trail in the 16-18 age group. Tyler Duke finished second in the 13-15 age group, Alex Faircloth 10th. Emmanuel Kountakis finished 3rd in the 11-12 age group. Carter Mobley won the 9-10 age group, while Jay Mobley finished 6th, Josh Searles 10th; Ashlan Ramsey, who finished second in the 10-11 girls age group in the Optimist International Junior Golf Championship in Palm Beach. Taylor Ramsey finished 7th in the 12-13 age group; Kris Hardy, Jr. and Mike O'Grady, for competing in the Georgia Amateur; Chase Parker, who tied for 6th in the American Junior Golf Association's Heritage Junior Championship; Debra Hatcher and Jan Cross, for competing in the Georgia Women's Amateur at Augusta County Club; Ashlan Ramsey, who finished first in the girls division of the Augusta City Junior Championship at Forest Hills. Taylor Ramsey finished third. Carter Mobley finished first in the 10-11 boys division, Josh Searles 7th, Robbie Searles 11th. Emmanuel Kountakis finished 6th in the 12-13 division. Tyler Duke finished 3rd in the 14-15 division, Alex Faircloth 5th, Davis Parker 7th, Will Mobley 16th. Tom Hardy finished 7th in the 16-18 division, Chase Parker 13th; Taylor Ramsey, who had a hole-in-one in the practice round of the Junior World Championship in San Diego; Greg Oldham, who received top sales for Meybohm for the month of June.

Thank you to: Doug Duncan, for screening our applicants!

Condolences to: Harry Revell, whose mother passed away, and to Anne K. Smith, whose husband John passed away.

WELCOME NEW MEMBERS

Edward Chesla joined as a Tennis Member. He is a Dentist with the U. S. Army. His wife is **Lisa** and they have two children, **Lori** and **Katya**.

Richard Saul joined as a Golf Member. He is Retired. His wife is **Sandra**.

Mo Sharawy joined as a Tennis Member. He is a Professor of Oral Surgery with the Medical College of Georgia. His wife is **Nayera**.

David Snyder joined as a Tennis Member. He is Vice President for Patient Care Quality and Safety with Medical College of Georgia Healthcare, Inc. His wife is **Jan** and they have two children, **Robert** and **Elizabeth**.

TONYA FAIRBURN
Administrative Assistant

August Employee of the Month



EMAIL ADDRESS

Do we have yours, for the weekly schedule of events and daily menu/events updates? Please call the office, or email us!

WIFI

Bring your laptop. WIFI is available throughout the clubhouse. The password is "grandslam".

Fitness Center

NEW CHILDREN'S CLASSES:

- **KIDS KARATE ...** Tu 4:00-5:00pm
(5 years old and up ... additional \$35.00 per month)
- **KICKBOXING ...** Th 4:00-5:00pm
(13 years old and up ... additional \$35.00 per month)

Parents, if you and/or your children are interested in either one of these programs, please let us know in the Fitness Center as soon as possible. Rob Blandenburg, owner of Augusta Martial Arts, is willing to bring his program to us for a very reasonable price ... \$35.00 per month.

CLASS SCHEDULE

Since class size is limited, reservations are required for all classes. We use the waiting list everyday and are able to accommodate many on the list. Please remember to call us if you are unable to attend a class that you have reserved. We would like the opportunity to serve another member on the waiting list whenever possible. A "No Show/No Call charge of \$5" is now in force. No classes on Labor Day, September 3rd.

MASSAGE THERAPY

Fitness members can now enjoy the benefits of Massage Therapy! Appointments are available on Mondays, Wednesdays, Fridays and Saturdays. Gift certificates are available for fellow Fitness members. Please call the Fitness Center (706-396-4808) for more information or to make your appointment.

WEST LAKE FITNESS CHALLENGE ...

September 4 – November 27. Start winning the Fitness "tug of war". Lose those pounds ... Firm those muscles ... Give yourself Fitness for Christmas ... \$75 each

IT'S TIME TO GET SERIOUS ...

- 12 Week commitment to yourself and/or team
- Mini Assessments ... beginning and end
- Weekly weigh-ins
- Exercise & Nutrition guidance
- Protein shakes and/or bars available after workout (\$5)
- Prepared to-go food items available in Fitness Center
- West Lake lunch tote
- Special menu options in the Club
- Extra Challenge classes on Saturday mornings
- Celebration dinner with prizes end of November

YOUR INPUT IS GREATLY APPRECIATED!

Keep your suggestions coming our way ... we want to continue to adjust and improve our service to meet your fitness needs!

Class Descriptions

CYCLING ... Indoor cycling is the most popular cardio class in the fitness industry today. The instructor will coach you through all sorts of terrain to help you burn the most calories in the least amount of time! (45 minutes)

STEP & SCULPT ... Combining the cardio of step with the muscle strengthening of sculpt, and topped off with some necessary stretching. (60 min)

Beginner STEP & SCULPT ... Combining the cardio of step with the muscle strengthening of sculpt, and topped off with some necessary stretching. This is a great place to start if you are over 50 years of age. (60 min)

YOGA ... Using a series of poses designed to increase strength, balance, flexibility and relaxation, this class offers challenges for beginners through advanced students. Please bring your own mat.

YOGA STRETCH ... If you are new to Yoga, this is a great place to start. The emphasis is more on the stretching (flexibility) of Yoga and less on the strength poses. Please bring your own mat.

PILATES ... Strengthen your core (abs, obliques, chest and back), develop long, lean muscles and increase your flexibility with this very popular class format. Please bring your own mat.

Beginner PILATES ... This is a great introduction to Pilates ... especially if you are over 50 years of age. Please bring your own mat.

ZUMBA ... Have fun getting fit while dancing to a Latin beat. It's interval training without equipment (fast moves, slow moves). This is the latest fitness craze ... thanks to Dancing With The Stars!

Beginner DANCE ... Enjoy some fun dance moves with Suzanne on Friday mornings. It's a great way to get fit! (Fergie has nothing on us!)

FITNESS BOOT CAMP ... If you are looking for a high energy class that brings back some of the "old school" methods of training to develop stamina and burn calories, such as jumping jacks, jump squats, thrust jumps, jump

rope, etc., fused with strength moves to define muscles, then here's your class! (Occasionally, we will meet outside on Club grounds.)

SCULPT ... Muscle strengthening with weights and tubes emphasizing functional fitness (the way our body naturally moves). This is different from using machines that isolate one particular muscle group ... sculpting uses one or more muscle groups to strengthen the body as a whole.

GOLF CORE TRAINING ... Sport specific training designed to strengthen and improve your game. (30 min. \$5 fee)

WATER FITNESS ... Use your noodle to get fit this summer! Cardio, strength and flexibility can be obtained while utilizing the buoyancy and resistance of water from shallow to deep. Great for those with joint disorders. (Noodles \$15)

HAVE A BALL ... NO CARDIO HERE! Start with the stability ball and mix in a little yoga, pilates, weights and stretching and you are sure to have a ball!

T'AI CHI ... Increase your strength, balance, flexibility and energy through slow moving meditation that is T'ai Chi. This is the oldest form of group exercise and is still highly regarded as extremely beneficial for people of all ages.

POWER YOGA ... Take the traditional poses of Yoga that you already know and turn them into a fat burning series of moves and you're talking about an awesome cardio and strength workout. The last 15 minutes of class is devoted to traditional Yoga stretching. (Some previous Yoga experience is preferred.)

MUSCLE CONFUSION ... Get your heart pumping in a variety of ways while sculpting your entire body. Using weights, tubes, medicine balls, and gliding disks, your muscles will be challenged and strengthened.

SATURDAY CHALLENGE ... 8:30-10:00am. Rodd, Jennifer and Bethany will team teach this class designed especially for those participating in the Fitness Challenge. Come prepared to work hard ... Class format will remind you of boot camp. Some instruction will be held outside on the Club grounds. Occasionally, we may take the class off site!

West Lake Country Club

Fitness Center Classes – September 2007

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
5:30-6:15 am	CYCLING Jennifer	CYCLING Chip	CYCLING Jennifer	CYCLING Chip	CYCLING Jennifer		
6:30-7:00 am	SCULPT Jennifer		SCULPT Jennifer	GOLF CORE \$5.00 fee Jay	SCULPT Jennifer		
7:00-8:00 am	YOGA Bring your mat Jane	Beginner PILATES Bring your mat Suzanne	YOGA Bring your mat Jane	Beginner PILATES Bring your mat Suzanne	YOGA Bring your mat Jane		
7:15-8:00 am		WATER FITNESS at the pool		WATER FITNESS at the pool			
8:30-9:30 am	STEP & SCULPT Pam	PILATES Bring your mat Suzanne	STEP & SCULPT Pam	HAVE A BALL Pam	STEP & SCULPT Pam	SATURDAY CHALLENGE Rodd/Jenn/Bethany	
10:00-11:00 am	Beginner STEP & SCULPT Pam	FITNESS BOOT CAMP Bethany	Beginner STEP & SCULPT Pam	FITNESS BOOT CAMP Bethany	Beginner DANCE Suzanne	YOGA Nancy/Jane	
11:30 am	T'AI CHI Pam (Grasshopper) Dr. Peter Wang (Master)	POWER YOGA Bring your mat Bethany	T'AI CHI Pam (Grasshopper) Dr. Peter Wang (Master)	POWER YOGA Bring your mat Bethany	PILATES Bring your mat Suzanne		
12:30-1:00 pm	CYCLING Jennifer		CYCLING Jennifer				
3:30-5:00 pm	YOGA Stretch Bring your mat Nancy	KIDS KARATE 4:00 - 5:00 pm Rob \$35 per month	YOGA Stretch Bring your mat Nancy	KICK BOXING 4:00 - 5:00 pm Rob \$35 per month			
5:30-6:30 pm		YOGA Stretch Bring your mat Nancy		ZUMBA Ginny			
6:30 pm	MUSCLE CONFUSION 6:30 - 7:30 pm Rodd	ZUMBA 6:30 - 7:30 pm Ginny	MUSCLE CONFUSION 6:30 - 7:30 pm Rodd	PILATES 7:00 pm Bring your mat Suzanne			
Equipment Orientation Class	NOON	6:00 pm	NOON	7:00 pm	NOON	9:00 am	

**Due to limited class size, reservations are required – 706-396-4808.
Be sure to register on the waiting list, many are accomodated!**

Additional Services include Fitness Assessments, Nutrition Counseling, Personal Training and Massage.

Manned hours: Monday-Thursday 5:00 am-8:00 pm; Friday 5:00 am-6:00 pm; Saturday 8:00 am - Noon

Golf News

LGA 9 HOLES

THROW AWAY THREE – AUGUST 2

1st Place: Lillie Holt
2nd Place: Karen O’Gorman
3rd Place: Bertie Mangham

ODD HOLES - AUGUST 16

1st Place: Denise Rosenzweig
2nd Place: Jackie Pitts
3rd Place: Jean Duncan

LGA 18 HOLES

CHIP INS Deanne Fullerton
Deanna Clepper

ACE DAY

AUGUST 2

ACE FOR AUGUST – MJ Chirkinian

1st Place: Donna Monroe
2nd Place: Winifred Russell
3rd Place: Deanne Fullerton

EVEN HOLES

AUGUST 9

1st Place: Ann Williams
2nd Place: Debra Hatcher
3rd Place: Deanna Clepper

TOURNAMENT RESULTS

INTERCLUB HOSTED BY WEST LAKE

AUGUST 9

1st Place:	Goshen Plantation	+20
2nd Place:	Jones Creek	+19
3rd Place:	Champions Retreat	+10
4th Place:	West Lake	+5
5th Place:	Bartram Trail	+5
6th Place:	Mt. Vintage	-12

COUPLES GOLF

JULY 20

T-1st * Michael Sommers
Ines Sommers
John Templeton
Karen Eaton

* Winner by scorecard regression

T-1st Rick Linder, Betsy Linder,
Brad Haerle, Heidi Haerle

CONGRATULATIONS TO

Ryan Sather, son of Rick & Betsy Linder, for a great finish in the Optimist International Junior Golf Championship. The tournament was held in Palm Beach Gardens, Florida. The 3 day event took place July 21st – July 23rd. Ryan finished tied for 57th out of a strong field of 200 players in the 16 – 18 year old division. Juniors from over 30 different countries compete in Optimist events all over the world. Way to go Ryan we are proud of your achievement!

Will Sherrill IV, who eagled #12!

JUNIOR TOURNAMENT RESULTS

BRITISH OPEN

9 & Under

1st Place: Walker Bottomley

10 – 12

1st Place: Peyton Jones
2nd Place: Will Hutto
T-3rd: Myers Zimmerman
T-3rd: Sarah Harrison

PLAY WITH THE PRO

1st Place: Joe Hyde
Peyton Jones
Franklin Askin

2nd Place: Kirk Hice
Walker Bottomley
Myers Zimmerman

3rd Place: Brad Barnes
Will Radford
Emmanuel Kountakis

SENIOR CLUB CHAMPIONSHIP

Date: September 22nd & 23rd

Format: 36 Holes, Gross & Net Stroke Play

Competition – White Tees

Tee Times: Pairings & Tee Times will be made by the Golf Shop

Entry Fee: \$25 Includes tee gift & awards

Eligibility: Must be at least 50 years of age on 9/22/07 – Pre Flighted by Handicap

JUNIOR CLUB CHAMPIONSHIP

Date: September 22nd & 23rd

Format: 36 Holes, Gross Stroke Play Competition – White Tees

Tee Times: Pairings & Tee Times will be made by the Golf Shop

Entry Fee: \$25 Includes tee gift & awards

Eligibility: Limited to Juniors 18 years of age & younger on 9/22/07 - 9 Handicap Max

SUPER SENIOR CLUB CHAMPIONSHIP

Date: September 22nd & 23rd

Format: 36 Holes, Gross & Net Stroke Play

Competition – Gold Tees

Tee Times: Pairings & Tee Times will be made by the Golf Shop

Entry Fee: \$25 Includes tee gift & awards

Eligibility: Must be at least 65 years of age on 9/22/07 – Pre Flighted by Handicap

INTERCLUB QUALIFYING

8/28 – 9/8 Men’s Interclub @ Mt. Vintage Qualifying

JUNIOR GOLF CLINICS

Cost: \$15 per session

Times: 4:00 – 5:00

Days: Thursdays

Dates: September 6, 13, 20, 27 - October 4, 18, 25 - November 8, 15

Sign Up: Please call the golf shop to sign up in advance

UPCOMING EVENTS

September 1-30 Quarterfinals Men’s

Presidents Cup

September 3 Labor Day Skins Game

September 6 LGA Ace Day

September 13 LGA Ace of Aces

September 13 Men’s Interclub at Mt Vintage

September 14 Men’s Golf Stag

September 16 Couples Golf

September 20 LGA Cross Over

September 22-23 Senior, Super Senior & Junior

Club Championships

September 24 Walton Rehab – Monday Outing

September 27 LGA Regular Play

September 28-29 Women’s Club Championship

September 30 Junior/Non-Parent

Golf Tournament

1ST TEE OF AUGUSTA

Thank you so much for your thoughtful and generous donations to the 1st Tee of Augusta. We have made several trips to the 1st Tee dropping off clubs, bags, balls etc. They are very appreciative and overwhelmed with our kindness. Donations can be left in the designated container located near the bag storage entrance. Thanks again, let’s keep it up.

PRESIDENT’S CUP ROUND 1 WINNERS

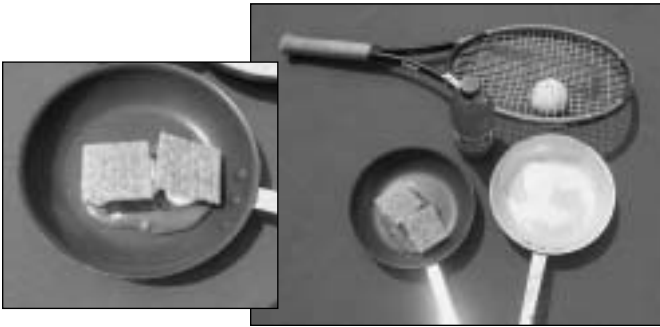
Rob Bissell
John Hayes
Bob Gardner
Jason Matthews
Scott Collins
Robert Harn
Mike Goldman
Brad Foster
Scott Resseguie
Gene Parker
Tom Hodge
Jake Busbia
Stil Kountakis
Ron Patterson
Jason Shields
Mike O’Grady

Congratulations!

Tennis News

The Heat Is On!

I am sure that you all noticed that we are still dealing with summer like temperatures outside. This summer we conducted a little experiment on the tennis courts by frying an egg on the courts to prove how hot the hard courts can get in the hot sun. And why not try cooking S'mores while we were at it? As you can see in the pictures our experiment was a success. This little experiment is also a good reminder to all our members participating in outdoor activities to drink plenty of fluids and to use sunscreen while enjoying the sunshine.



Ladies' Night, Tuesday September 11th

Ladies come on out and have fun playing social tennis in a very relaxed social atmosphere. Play from 7:00-9:30. Wine, beer, soda, and light finger food to follow. Please call the Pro Shop to sign up.

Man Night, Thursday September 20th

Guys come on out and get rowdy on Man night. We always have a blast playing doubles fighting to see who can stay on the top court. Play begins at 7:00pm with pizza and beer to follow. Please call the Pro Shop to sign up.

Fun Mixed Doubles Night, September 28th

Couples join us for a fun night of mixed doubles play. If you have trouble playing with your spouse, we still want you to participate so we will find you a partner. So please bring your favorite dish, or dessert and we will supply the drinks. Please call the Pro Shop to sign up and let us know what dish you intend on bringing to this event. Play begins at 7:00pm.

Fall Adult Clinics

Men's clinic	Thursday 7:00-8:30pm
Ladies B team	Tuesday 9:00-10:30am
Ladies C team	Wednesday 9:00-10:30am
Ladies Beginner	Tuesday 10:30-12:00pm

Please feel free to call the pro shop to inquire about our junior clinics. We offer clinics for all age groups and levels of play.

Proper Shoes A Must

Members our clay courts have just been resurfaced and we need your assistance in keeping them in great shape. This summer we have had a tough time getting our teenagers to wear the proper type of shoes to play tennis. At the beginning of each school year many folks go out and grab a pair of whatever is the current shoe du jour. In most cases this ends up being a pair of running or cross trainer shoes. The bad news however is that those types of shoes really play havoc with our clay courts. We really hate to turn players away because they are wearing the wrong style of shoe. In days gone by we have stretched the rule a bit for the munchkin types since they don't turn and twist as hard as older heavier kids, but we must enforce the policy more stringently in order to apply the rules fairly for all. If you need help with what might be a good choice and what is not, the professional staff will be glad to help.

A Few Friendly Reminders

Please remember to sign in before play.

Please help us with controlling our tennis ball usage. We seem to be losing more tennis balls than ever. Members please police around your court when you are finished play.

Summer Camps

Thanks to all who participated in our Summer camps!



TENNIS ON MONDAY?

Your Tennis Committee and Board have approved member play ON THE HARD COURTS on Mondays. No lighted nor soft court play please! Enjoy!

SEPTEMBER 2007

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Club Office 706-863-4640 Golf Shop 706-863-4642 Tennis Shop 706-863-4018 Grounds 706-860-1892 Pool 706-863-5454 Fax 706-863-5103 Guard House, Stevens Creek ... 706-863-4250 Guard House, Fury's Ferry 706-868-8615 Dining Reservations 706-396-4800 Website westlakecountryclub.com	Men sign up now for the BIG MEMBER/GUEST OCTOBER 12 & 13th!				1 REGISTER BY TUESDAY FOR FITNESS CHALLENGE 1ST-30TH QUARTERFINALS MEN'S PRESIDENT'S CUP BREAKFAST IN THE BALLROOM 6:30 TO 10:00 AM AND MEMBER/GUEST SIGN UPS ADULT DINING 6:00 TO 9:30 PM	2 CALLAWAY GOLF FITTING SUNDAY COUNTRY BUFFET 11:30 AM TO 2:00 PM RESERVATIONS REQUIRED POOL FAMILY NIGHT
3 NO FITNESS CLASSES TODAY LABOR DAY SKINS TOURNAMENT LABOR DAY COOKOUT AND POOL GAMES	4 CLUB CLOSED ENTIRE CLUB CLOSED EXCEPT TENNIS CLINICS/LESSONS & FITNESS	5 A LA CARTE DINING 6:00 TO 9:00 PM	6 NO LUNCH OR DINNER AVAILABLE - SORRY JUNIOR GOLF CLINIC LGA ACE DAY	7 DINING/LOUNGE WING OPEN! FAMILY & ADULT DINING 6:00 TO 9:00 PM	8 BREAKFAST 7:30 TO 10:00 AM FAMILY NIGHT & ADULT DINING 6:00 TO 9:00 PM	9 SUNDAY COUNTRY BUFFET 11:30 AM TO 2:00 PM RESERVATIONS REQUIRED POOL FAMILY NIGHT FAMILY NIGHT DINING CREATE YOUR OWN PASTA BAR 5:00 TO 8:00 PM ADULT DINING 6:00 TO 9:00 PM
10 CLUB CLOSED OPEN HOUSE, RIBBON CUTTING	11 FAMILY NIGHT DINING MEXICAN FIESTA 5:00 TO 8:00 PM ADULT DINING 6:00 TO 9:00 PM TENNIS LADIES' NIGHT OUT	12 FAMILY & ADULT DINING 6:00 TO 9:00 PM	13 JUNIOR GOLF CLINIC LGA ACE OF ACES MEN'S INTERCLUB @ MT. VINTAGE WINE CLUB/COOKOUT AT THE POOL FAMILY NIGHT DINING 5:00 TO 8:00 PM ADULT DINING 6:00 TO 9:00 PM	14 MEN'S GOLF STAG FAMILY & ADULT DINING 6:00 TO 9:00 PM	15 BREAKFAST 7:30 TO 10:00 AM FAMILY & ADULT DINING 6:00 TO 9:00 PM	16 SUNDAY COUNTRY BUFFET 11:30 AM TO 2:00 PM RESERVATIONS REQUIRED COUPLES GOLF TOURNAMENT POOL FAMILY NIGHT FAMILY NIGHT DINING BURGER & DAWGS 5:00 TO 8:00 PM ADULT DINING 6:00 TO 9:00 PM
17 CLUB CLOSED	18 FAMILY NIGHT DINING CASUAL ITALIAN 5:00 TO 8:00 PM ADULT DINING 6:00 TO 9:00 PM	19 FAMILY & ADULT DINING 6:00 TO 9:00 PM	20 JUNIOR GOLF CLINIC BUNCO LGA CROSS OVER TENNIS MEN'S NIGHT OUT FAMILY NIGHT DINING 5:00 TO 8:00 PM ADULT DINING 6:00 TO 9:00 PM	21 SEAFOOD BUFFET & A LA CARTE DINING 6:00 TO 9:00 PM	22 JUNIOR, SUPER SENIOR'S & SENIOR MEN'S GOLF CLUB CHAMPIONSHIP SUNDAY COUNTRY BUFFET 11:30 AM TO 2:00 PM RESERVATIONS REQUIRED POOL FAMILY NIGHT FAMILY NIGHT DINING KIDS' FAVORITES 5:00 TO 8:00 PM ADULT DINING 6:00 TO 9:00 PM	
24 CLUB CLOSED WALTON REHAB MONDAY OUTING POOL CLOSED FOR SEASON	25 FAMILY NIGHT DINING CASUAL ITALIAN 5:00 TO 8:00 PM ADULT DINING 6:00 TO 9:00 PM NEW MEMBER MIXER	26 FAMILY & ADULT DINING 6:00 TO 9:00 PM	27 JUNIOR GOLF CLINIC LGA FAMILY NIGHT DINING 5:00 TO 8:00 PM ADULT DINING 6:00 TO 9:00 PM	28 WOMEN'S GOLF CLUB CHAMPIONSHIP TENNIS ADULT MIXER FAMILY & ADULT DINING 6:00 TO 9:00 PM		29 BREAKFAST 7:30 TO 10:00 AM FAMILY & ADULT DINING 6:00 TO 9:00 PM
						30 SUNDAY COUNTRY BUFFET 11:30 AM TO 2:00 PM RESERVATIONS REQUIRED JUNIOR/NON-PARENT GOLF TOURNEY FAMILY NIGHT DINING BARBEQUE 5:00 TO 8:00 PM ADULT DINING 6:00 TO 9:00 PM

POOL FAMILY NIGHTS

Sundays, September 2, 9, 16 and 23

Come check out our family favorites served from the Halfway House.

No Guest Fees 4-8 PM

Pool closed September 24th for the season

CALLAWAY GOLF FITTING

Sunday, September 2nd, 9 am - 4 pm

Call the Golf Shop for an appointment.

September 3rd Labor Day Skins Tournament

Pre-registration is not necessary.

Just sign up that Monday with your regular group.

There will be two (2) divisions.

Group "A" for golfers with a handicap of 0-12.

Group "B" for golfers with a handicap above 13 with a 36 max.

All skins will be net two-tie, all-tie, on each hole within each group.

"Cash" entry fee is \$10.00 per person and all payouts in cash.

Labor Day Cookout

September 3rd

11:30 - 2:30 Cookout – \$10.00 adults, \$5.00 ages 6-12

Soup & Salad Bar in Ballroom 11:30 – 2:00 pm

Dining Facilities close at 3:00 pm

Games for the Whole Family

SENIOR, SUPER SENIOR & JUNIOR MEN'S GOLF CLUB CHAMPIONSHIPS

September 22nd & 23rd

Call the Golf shop to sign up!

TENNIS LADIES' NIGHT OUT

Tuesday, September 11th

MEN'S GOLF STAG

Friday, September 14th

TENNIS MAN NIGHT

Thursday, September 20th

NEW MEMBER MIXER

Tuesday, September 25th

TENNIS ADULT MIXER

Friday, September 28th

Calling all Ladies

Don't forget to make plans the 3rd Thursday of each month for Bunco. It's a fun dice game that's easy to learn but it's more about the time you spend with friends.



Make plans to join us Thursday, September 20th at 7 p.m. for Bunco or come early at 6 p.m. for dinner with the Ladies.

COUPLES TOURNAMENT SERIES

(Moved to Sundays)

Next Event: Sunday, September 16th

Starting Time: 4:00 PM Shotgun

Event Fee: \$5.00 per couple • Format: Four-Person Lauderdale
Sign up in the Golf Shop. Make reservations to dine afterwards!

JUNIOR/NON-PARENT GOLF TOURNEY

Sunday, September 30th • 4:30 Shotgun

\$20 per team with \$5 donated to the junior prize fund.

Juniors, you're not stuck with your parents this time. You are encouraged to ask a Golf member of the Club to play with you, not your best friend's father or mother. Play with someone new! Ask the pro shop who you can invite- have fun and possibly win with your new partner!

West Lake Country Club

3556 West Lake Drive
Augusta, Georgia 30907

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