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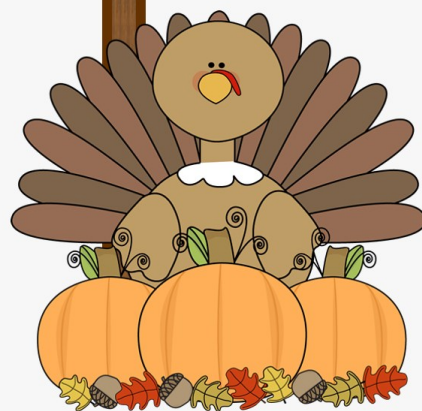
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Rock Harbor News

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Curt's Corner

Curt Corey,
General Manager & Pro:

Who thinks of Autumn as a time to **RENEW**, yet that's exactly what's happening inside the Clubhouse! A **NEW** ceiling is going in above our heads. This **RENOVATION** begins on Tuesday, November 15th, and should take 3 or 4 days to complete. During that time the Clubhouse will have limited accessibility. Thank you for your patience and flexibility! What better time than now to make your clubs feel like **NEW** with **UPDATED** grips. Getting those grips on before your Winter Vacation, or even the upcoming season here in Winchester, is a sure way to **REFRESH** your game. **UPDATE** your Rock Harbor Golf Course apparel. Be on the lookout for some great finds during the month of November! All "Soft Goods" in the Proshop will be 25% off!

Proshop Employee of the Month:

When you see **Ken Strother** in and around the Proshop you can be certain that you're in for a pleasant encounter. Ken is the definition of "Good Customer Experience." He goes out of his way to attend to the smallest detail ensuring that your time at Rock Harbor Golf Course is well-spent. You would be hard-pressed to find him without a smile on his face. We appreciate Ken's ability to "turn those frowns upside down," especially after a tough round. Thank you, Ken!

Have you ever played a golf course and remembered where you used to hit the ball on certain holes? Have you ever gotten to a 360-yard par-4 and recalled when you used to lick your chops because you knew a little flip wedge for your second was ahead? Ever made shooting your age your next big goal? If you have, welcome to golf's back nine, the time where you keep seeking improvement knowing full well it will never be what it once was. If we're totally honest, we admit we can't do anything as well as we did 25-30 years ago. Yet, a little voice, never far from our golf ears, keeps whispering, "If you just move the ball in your stance and adjust your grip, you will hit it solid again." That's when we need to be honest and ask, "What does solid mean at 65-70-75 years old?" It certainly isn't solid like it was at 35 years old, but it may be more solid than the last shot, or yesterday. And as we'll see, it just might be solid enough for the home stretch. So, we keep playing and practicing in a search for golf's version of a fountain of youth. If you are, like me, closer to the 18th green than the first tee, head to the next page for the 7 golden nuggets for the golden years.

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Fresh From The Grill

Beau Rudiger,
RH Grill Manager:

What happened to October? It flew by! I'm looking forward to November and December for the holidays. We will be posting Thanksgiving, without cooking, shortly. Hopefully, we will get better news between now and then about the supply of turkeys this year. We could be very short on turkeys. If so, we will transition to other main course items. We will be moving Wing Night from

Thursday night to Friday evening, along with pizzas. We are not sure on the transition date, as we have a few events planned on Fridays for the next couple of weeks.

As we get into November, the Caddyshack will be closing for the winter. The beverage cart will be out on weekends but will be hit or miss during the week, due to staffing issues and the weather. We are still having supply issues which is pretty much old news by now, but it still affects our menu. If

it's not a shortage of this item it's another item, so we will be dealing with it for the next several months.



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1. Forget how you used to play

Stay present and take what the game gives you now, here, today. If that's 210 off the tee, get your fairway woods and hybrids out and do the best you can with your inevitably longer approach.

2. Work on your scoring game

If aging has robbed you of flexibility and strength, it does not have to affect your game from 100 yards in. Seniors need to chip and putt more than any other age group.

3. Stretching

Staying as flexible and as strong as you can for as long as you can is vital for senior golf. Oh, and walk and carry whenever possible!

4. Get properly fitted

Many seniors coming to see me are ill-fitted for their equipment, or more accurately, using equipment that once fit their game. 85-90 mph clubhead speed does not likely require a stiff shaft, 9 degrees of loft or 75 grams of weight to achieve proper launch and landing conditions. Good senior golf demands brutal honesty with yourself.

5. Consider swing "adjustments," not "new swings"

I don't want to be a bearer of bad tidings here, but as a teacher of many years, I know this much: The swing you've had for oh-so-many-years is not going to change. At least not very much. This does not mean it can't be made more effective. I "tweak" seniors, not break them down.

6. Play forward tees

Play the tees that allow you to enjoy yourself. Just because some of the guys in your group play further back it doesn't mean you have to.

7. Check your fundamentals

A certain grip, posture or ball position may have been effective once, but, as we age, these may need adjustments from time to time. Swings get shorter, slower, narrower, etc. As they do, we have to allow for these things and find new ways to complement the "senior swing."

Please remember that I am always available to watch you hit a few practice balls. Enjoy the "back nine" years. I know I am.

The Green

Chris Dieter,
Course Superintendent:

I would like to take this month to thank the crew that made it happen on the golf course this season.



Thank you
to all of
them!