Dear Members,

The summer season will be ending shortly. I hope your September started with a bang and you joined us for our Labor Day celebration!

**Dining and Social**
We look forward to our fall festivities which include everything from beer themed events to dance classes! Our team has even scheduled a networking event for those of you who are looking to connect with other professionals. Many of you have expressed interest in our upcoming Spooktacular. This annual Halloween-themed event is one you won’t want to miss!

**Tennis**
We have completed the refresh of the Mens and Ladies locker rooms in the tennis area. We hope you enjoy the look of the space as new murals, and updated vanities and stalls have been added. We will continue to enhance this space and plan to add small touches such as new amenity containers. Thank you to those members who have signed up to play in the Bobby Heald Cup. We are looking to hosting this tournament again this year with as much excitement as last year.

**Golf Course Maintenance**
A few of you may have noticed water bubbling under the bridge on number #1. There is a mainline break in the irrigation pipe under the water. In the upcoming weeks, we will have a contractor to come and bore a new line to fix the irrigation leak. We are anticipating the project will take less than a week to complete. With the cooler temperatures soon to be approaching, it’s time for David and his team to apply the annual preemergent herbicide application. You may notice white foam balls in the fairways, but don't be alarmed, it's just soap that helps our staff track what has been sprayed and what has not.

**Golf Operations**
As our golf season begins to come to a close, you are invited to take part in our Men’s Member-Member and Ladies’ Fall Fling. These annual tournaments are always a hit and fill up fast! Our Op36 partnership continues to be a success and our junior players are showing great improvement in their skill set. If your child is interested in this program, we encourage you to reach out to Coach Michael Brooks for more information.

**Youth**
Charlotte Freeman, our Youth Director, has added more activities than ever to our fall schedule. Whether your child is a soccer fan, loves Legos, or needs some assistance in math, the Club is your place to go! For younger children, Charlotte has partnered with Kindermusik for their developmental classes and is offering Toddler Time once again! If your family loves to stay active, I encourage you to register for this year’s Halloween Family Fun Run and Movie night.

Lastly, Concert Golf Partners has brought on new investors with a new long-duration fund that will provide more capital for projects at our current clubs and new funding for additional club acquisitions. The Concert Golf management team will remain intact and continue to support the Club’s staff.

Best Regards,

Joseph B. Nowell
General Manager, MacGregor Downs Country Club
VP of Operations, Concert Golf Partners
Pro’s Corner

Dear Members,

What a fast summer! It was great to see everyone on the course! Congratulations to Quinn Polin who won our Junior Club Championship. He is now eligible to play in the championship division of the Club Championship, scheduled for September 7 and 8. Be sure to secure your spot and put your game to the test.

As seen at the Tour Championship, we are in the season of unpredictable storms. Lightning is dangerous and we ask you to be aware of the weather when playing the course. If you hear thunder or see lightning, please immediately seek safety, preferably the clubhouse. If we see lightning within 10 miles, we will sound our siren, letting you know it is dangerous to be out on the course.

The Club rules are designed for everyone playing at MacGregor to have an enjoyable experience. Being a part of a private club means caring about other golfers around you. Our standard pace of play is 4 hours and 10 minutes. If you are over that, please speed up and consider the people behind you. Also, MacGregor Downs does not allow groups of more than 4 players.

A special thank you to David Apple and his crew! They work hard to keep the course in excellent shape and do a good job at staying out of the way and getting as much done as possible on Mondays, mornings, and maintenance gaps. To help them get the job done, please abide by the tee times. For example, if you have an 8:10AM tee time, please wait to tee off until 8:10AM. Thank you in advance for your consideration.

Looking forward to a great fall,

Jens Klemsche, PGA
Director of Golf
jklemsche@macgregordowns.org

Parent-Child Tournament
Sunday, September 15, 12-2PM Tee Times
Defending Champions Scott and Sean McDowell

Format: Parent-Child Modified Alternate Shot
Fee: $25.00 per Team includes ice cream after
Tees: Men- Blue or White Kids- Based on Age
Pairings: Make Your Own Tee Time and Pairing
Divisions: 9-Hole, and 18-Hole Divisions
One Day Member-Guest
Friday, September 13, 12PM Shotgun
Defending Champion Andrew Wood

Format: Stableford Points
Fee: $100.00 per Team
Handicap: 100% USGA Handicap
Tees: Blue or White
Complimentary Keg Beer and Soda After Play

Men’s Member-Member
Friday-Sunday, October 18-20

Format: 2-person teams are flighted by team total of their handicap index of October 15
There will be 6 teams in a flight playing five 9-hole matches.
Fee: $700 Per Team
Handicap: 90% USGA
Tees: Blue Tees or players over the age of 70 may choose White Tees

Schedule of Events
Please visit the website for the full schedule of events!

Junior Golf

It is an absolute pleasure to watch our junior golfers increase their skills and grow in their knowledge of the game. This year’s Junior Club Championship was an excellent show of golf and we look forward to seeing these players continue to excel in upcoming years.

Junior Club Championship Winners
18 Hole Boy’s Division: Quinlan Polin
18 Hole Girl’s Division: Madison Myers
9 Hole Red Tee Boy’s Division: Bennett Brewer
9 Hole US Kids Gold Tee Boy’s Division: Matthew Montague-Smith
9 Hole Girl’s Division: Mary Harrison
Greetings MacGregor families! What a great summer we have had in the Academy. If interested in enrolling your child, it is not too late. Programming runs through the month of October and is open to juniors ages 7-18 of all skill levels. Below are a few highlights from the year-to-date, as well as summer playing achievements.

Total Strokes Improved (2019): 248
Average Strokes Improved (Per Junior): 7.6
Most Strokes Improved (Individual): 23

**Operation 36 Division Passers from July and August**
Congratulations to the following juniors who shot 36 or better in an Operation 36 Match! Shooting 36 or better is not an easy task and I could not be more proud of the following students for the hard work and perseverance they have displayed towards reaching a common goal.

**K.O. Bostrom (Age 14)**
Date: 7/16/19
Score: 35
Division: 7 — White Tees

**K.O. is the first Junior to reach the Blue Tees in Operation 36 at MacGregor!**

**Matthew Montague-Smith (Age 9)**
Date: 7/16/19
Score: 35
Division: 2 — 50 yards
Date: 8/10/19
Score: 36
Division: 3 — 100 yards

**Madison Myers (Age 12)**
Date: 7/30/19
Score: 34
Division: 3 — 100 yards
Date: 8/17/19
Score: 36
Division: 4 — 150 yards

**Romir Patel (Age 8)**
Date: 7/20/19
Score: 34
Division: 2 — 50 yards

**Chase Uhorchak (Age 12)**
Date: 8/10/19
Score: 36
Division: 5 — 200 yards

**Bennett Brewer (Age 13)**
Date: 7/20/19
Score: 33
Division: 4 — 150 yards

**Alexander Rousseau (Age 14)**
Date: 8/10/19
Score: 36
Division: 5 — 200 yards

**OPERATION 36 MOBILE APP**
When you join the Academy, your family will be invited to the MacGregor Downs community in the Op 36 Web/Mobile App software. The app was designed to gamify the golf experience and to provide a platform for students to work towards accomplishing individual goals and milestones set by your coach to reach the common goal of shooting 36 or better for 9 holes. Play, Train, and Social actions can be logged in a community feed for points to help move MacGregor Downs up the global leaderboard of 450+ facilities playing Operation 36!

Contact Academy Director Michael Brooks, PGA at michael@op36golf.com or (704) 650-8779 for more information and how to register your junior!
Dear Senior Golfers,

Thank you to all of our SMGA participants. I have enjoyed getting to know our entire membership, but overseeing the senior activities has been particularly fun! Please join me in congratulating our August winners. Senior Member-Member winners were Mike Wagner and Dave Benevides and August Senior Play Day winners were Tom Carney, Barry Goldstein, Bob Haas, and Dave Roberts. If you have not already done so, please register in advance for the Senior Club Championship on September 7-8.

Will Abec, PGA
Head Golf Professional
wabee@macgregordowns.org

CASMGA
9/9 @ Bentwinds
9/19 @ Governors Club
10/1 @ North Ridge
10/16 Season Finale @ Governors Club

Senior Play Days
Wednesday, September 18
Wednesday, October 9
Closing Day will be held Wednesday, November 6

Top 10 SMGA Points Standings
1st – Tom Corby 261 points 6th – Tom Carney 195
2nd – Dennis Zilavy 240 7th – Jimmy Raley 193
3rd – Mike Senter 204 8th – Rob Arnold 161
4th – Frank Holding 201 9th – Scott Guthrie 142
5th – Mike Wagner 201 10th – Dave Benevides 121

LGA

We are excited to offer our annual LGA Fall Fling on Thursday, October 24 with 9:30AM Shotgun. This is a ladies’ only 2-person stableford tournament. This event will allow you to test your skills against your fellow lady golfers. Only $90 includes the tournament, lunch, prizes, and tee gift.

Ladies’ Member-Member Winners
Flight 1 — Anna Merrett and Nancy Blum
Flight 2 — Susan Rogers and Cynthia Roberts
Tennis News

Dear Members,

Thank you for your patience as we have made numerous improvements to the facility over the summer. Our tennis locker room refresh has been completed with new paint, benches, murals, and stalls. I hope that you will come out to see the facility improvements and join us for our upcoming tennis events!

The Bobby Heald Cup will be held September 13-15. Play will be held on September 14-15 and we will have a kick off dinner for players and their spouses that Friday night. The tennis portion of the event is for men only and players range in skill level from 2.5-5.0+. The players are divided into teams that compete for the Heald Cup trophy, various prizes and bragging rights! This event includes the Friday night dinner, as well as breakfast, lunch, and kegs of beer for the players throughout the weekend. The sign up deadline for this event is Friday, September 6.

We have multiple events for our adult players in October, including the Pretty in Pink Tournaments on October 3 and the Mixed Doubles Extravaganza on October 24 from 6:30-8PM. The women’s tournament for Pretty in Pink will take place in the morning and the men will compete in the evening to support this great cause. Finally, please mark your calendars for the Member-Member Ladies’ Tournament on November 8. This event will be in a traditional doubles format this year (teams of 2), rather than the triples format used last year.

We will continue to offer adult clinics throughout the fall. These include the 2.5 clinic, 3.0-3.5, 4.0-4.5+, and Cardio Tennis. We will offer a new Beginner Tennis Clinic starting in mid-September on Wednesday evenings.

Our junior tennis programs will kick off on September 9. We will offer a wide variety of instructional programs for kids ages 3-18. These are open to players of all skill levels. We are now offering package deals for four week sessions this fall, which should provide a great option for those that cannot commit to the entire 10 week season. The first four week session will take place in September and programming will continue until Thanksgiving. Our staff is also going to change the process of billing for these clinics. Members will now be billed at the very end of each four week session, so that players can decide at any point during the season if they prefer the drop in option or the package deal. We will once again participate in the Junior Team Tennis program this fall. This is a great way for kids to compete against players from other clubs and facilities in the area who are similar in skill level. If you are interested in learning more about this program, please contact Mia Bobrowski at mbobrowski@macgregordowns.org

Francie Barragan
Director of Tennis
fbarragan@macgregordowns.org
Networking Event
Tuesday, September 17, 5:30-7PM
Want to connect with other young professionals? We can help with that! Come out to the Club and enjoy delicious hors d’oeuvres, various drink specials, and network with other local business professionals. $10 for Members and $15 for Guests.

Beer and Brats
Thursday, September 26, 6:30PM
Join us for an Oktoberfest beer dinner hosted by Fullsteam Brewery. Each course will have a sausage dish paired with a refreshing Fullsteam brew. Lederhosen and Dirndls are welcome, but not required. $29.95++ for Beer Club Members, $39.95++ for Non-Beer Club Members, $42.95++ for Guests

Beer Tour
Sunday, October 13, 11AM
Join your fellow members and beer lovers on a tour of Trophy Brewing, Cotton House Brewery, and Southern Peak Brewery! Before we load the bus, we will fill up on Sunday Brunch at the Club. Arrive at 11AM to enjoy a delicious meal and we will depart at 12PM. $50++ for Beer Club Members and $60++ for Non-Beer Club Members

Spooktacular
Friday, October 25, 5-9PM
Our family-friendly Halloween-themed event is back! Come out to the Club in your costume and enjoy a hauntingly delicious buffet with your friends and family. Then check out all of the spooky fun around the clubhouse.

- Candy Bar
- Blow-Up Obstacle Course
- Costume Contests
- Glow in the Dark Putt Putt
- DJ with Games
- Hayrides
- And More!

Members — $28++ for Adults, $18++ for Children 6-12, $10++ for Children 5 & Under
Non-Members — $33++ for Adults, $23++ for Children 6-12, $15++ for Children 5 & Under

Cancellation Policy applies to all events. Reservations are strongly encouraged. Please register by calling Lynette at 919-467-0146 or visit the MDCC website.

Sunday Brunch (Offered Weekly)
We invite you and your guests to enjoy our weekly Sunday Brunch buffet from 11AM-2PM. The culinary team will offer both savory and sweet options. On Sunday, September 8, we will have an extra special Grandparents Day Brunch! Two grandparents meals are complimentary with the purchase of two adult meals. Adults $12.95++; Children 5-12 $9.95++; Children 4 & Under Complimentary. Reservations now available online!
Ladies’ Night (Offered Weekly)
We are continuing our Ladies’ Night every Wednesday from 5-9PM. Ladies, grab your girlfriends and head to the Club for some delicious signature cocktails, at only $5++ each.

Wine Club
Experience unique wines and learn about their subtleties and complexities with your fellow members.

September Wine Club Tasting
Thursday, September 19, 6:30PM
Hosted by 7 local distributors, this event will feature premium wines at a discounted price. Along with the tasting, we’ll offer an extensive buffet.

October Wine Club Tasting
Thursday, October 17, 6:30PM
Hosted by Geoff Sandberg from Johnson Brothers

Math Masters
Tuesdays and Thursdays 3:30-5PM | September 24-December 18
Join distinguished Wake County Public School math teachers for guided practice and tutoring at the Club! Our fantastic teaching partners are specialists in Common Core, MVP/Open UP, and traditional methods of math education. Each child will receive personalized attention as tutoring sessions are limited to 7 students. Light and healthy snacks will be provided each afternoon! $39.95 per session, includes a snack

+Licensed in NC Grades K-12
+Receive Direct & Personalized Instruction
+Get Help with Homework and Classwork
+EOG, EOC, Unit Test, Ap Test, SAT Prep
+Online Tutorials Provided for At-Home Use

Book Your Holiday Party Today
The holidays are right around the corner and only a handful of dates remain for your corporate celebration, end-of-year party, or Christmas soirée. Contact Catering Director Nicole Moore at nmoore@macgregordowns.org or 919-653-0175 to secure your space.

+Remember, room rental fees are waived for all members!
+Three Private Meeting Spaces
+Extensive Catering Menus
+Accommodations for 3 to 300 People
Join the Wine Club
Complimentary Admission to 11 Tastings
Purchase Wine at 20% Above Our Cost
Discount Price for MDCC Wine Dinners

Join the Beer Club
Your Own Personalized Beer Glass
24oz Pour at Normal 16oz Price
Help Determine Future Offerings for Beer Tap System

Contact Clubhouse Manager Marielys Lee at mlee@macgregordowns.org for details and to join!

Book Club
The MDCC Book Club is open to all MDCC members. No annual fee or commitment is required. The cost per meeting is $20++, which includes dinner. Register online for the next MDCC Book Club meeting and get reading!

Thursday, September 12, 6:30PM
Varina by Charles Frazier

Thursday, October 24, 6:30PM
Where the Crawdads Sing by Delia Owens

For additional information, please contact member Debbie Fox at debfox56@icloud.com or (919) 621-2314.

Yard of the Month

August Winner
Robert & Emily Sasser
411 Rutherglen Drive

August Honorable Mention
The Goins Family
1108 Queensferry Road

September Winner
Todd & Dabney Sninski
102 Dumbarton

September Honorable Mention
Robert & Charlotte Oehman
110 Duncansby

Garden Club
The MacGregor Downs Garden Club will kick off the 2019-2020 gardening year on Wednesday, September 18 at 10AM. The meeting will be held in the Main Dining Room and Glenda Ryan with the NC Bluebird Society of Wake County will speak on “Attracting and Protecting Bluebirds”. She will also provide instructions for obtaining a Backyard Habitat Certification.

The program for October 16 is titled “Take Your Best Shot.” Mary Louise Ravese with Bella Vista Photography will teach us on how to use our phones/cameras to get the best photos of our plants and flowers.

The membership year has just started and the Garden Club always has an excellent program of monthly meetings, bus trips, and a holiday home tour. To become a member, please contact Membership Chair Karen Clemmer at kcclemmer4@gmail.com.
Life moves quickly in today’s world. We are all in a hurry to get somewhere and many of us are sleep-deprived, lack consistent exercise, make unhealthy food decisions, and constantly feel stressed-out. These can all contribute to major health problems. Add to this a painful elbow or chronic low back pain, and the cycle of poor choices and excuses are exacerbated.

Physical Therapy (PT) can help in many ways to improve your health. An evaluation or functional movement assessment can help identify where your problems are, and/or the cause of your pain. Manual therapy techniques, including soft tissue massage, dry needling, joint mobilizations, and therapeutic exercises can restore your pain-free movement patterns. Once you move more efficiently and pain-free, you are likely to increase your activity level and make healthier lifestyle choices. Improve your health with 4 simple decisions.

1. Consult a PT
   They can help you get rid of that annoying pain holding you back from exercising daily.

2. Exercise Efficiently
   Consult a trainer. More exercise is not always better! Instead of 60 minutes, try 30 minutes of quality exercise.

3. Sleep more: 7+ hours ideally
   Research shows less sleep can cause you to eat more and contributes to unhealthy eating habits!

4. Eat Healthy Foods
   Generally, less processed foods are healthier. Also try to practice portion control.

Following these steps can make a huge positive impact on your life. For more information contact Digby Watt, Physical Therapist at digbywatt@hotmail.com and Mike Hendricks, Trainer at hendricksspf@gmail.com.

ZUMBA
K-5th Grade*
Wednesdays, Starting October 2 at 4:15PM | 45 minutes per class
Zumba is a fun and energetic way to stay active and dance! After another hit season with Camp MacGregor, we are pleased to announce the popular Miss Zumba will be offering weekly classes in the Youth Room to get your kids up and dancing. With fun beats and some holiday themes, this class is a high energy mix of dancing and games that is sure to be a favorite.

Ages 15–Adult*
Wednesdays, Starting October 2 at 5:15PM | 45 minutes per class
Zumba is a fun and energetic way to stay active and dance! A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

*$130 for 8 classes or $18 per “drop-in” class
Youth

Kindermusik Classes
Wiggle and Grow — 18 Months through 3 Years
Wednesdays in September-November, 9:30-10:15AM

Cuddle and Bounce — Newborn through 18 Months
Wednesdays in September-November, 10:30-11:15AM

Kindermusik is the world’s leading provider of music-based education for children. They use the power and joy of music-making to help children learn and grow during the years most critical to brain development. These classes require an adult to be present and are a great bonding experience. $75 per 4-week class

Bricks 4 Kidz
Fridays in September-November, 4:45-5:45PM
Each session, students will build working models and exploring the science behind them through the use of Lego bricks and Technic elements. Classes will improve fine motor skills, reinforce STEM principles, and help students explore their creativity. $140 per student

Toddler Time
September 5 and 12, October 3 & 10, November 7 & 14, December 5 & 12
$4 per family per session | 2 sessions daily at 9:30AM and 12:30PM
Come join us in the Youth Room for fun activities and important socialization and bonding for both children and their grown-ups. Toddler Time is for children and babies ages four and under. Each week, come free-play in the youth room, meet other families, and join in a short themed activity. Themed activities vary each session and could include: story time, musical fun, sensory play, sports, water fun, parachute games, or arts and crafts. We will have two scheduled sessions that accommodate morning and afternoon nappers, as well as preschool students. Advanced registration is not required.

Soccer Shots
Minis (2-3 Years) — Wednesdays in September-October, 4-4:30PM
Classic (3-5 Years) — Wednesdays in September-October, 4:30-5PM
Premier (5-7 Years) — Wednesdays in September-October, 5-5:45PM

Join us on the grass by the Tennis Courts for another fun season of soccer! With three different age group sessions weekly, the fun is endless! Each session will deliver a high energy program that introduces children to the fundamentals of soccer. $120 for 8 classes

Pre-Cotillion
September 16, 17, & 24, 5-6:30PM | 1st-3rd Grade
Partnering with the National League of Junior Cotillions, pre-cotillion classes are offered annually in the fall at MacGregor Downs for our 1st through 3rd grade members. Pre-cotillion offers instruction in the areas of manners in the home, country club manners, being introduced and shaking hands, birthday party etiquette, correspondence and basic table manners. We will study the place setting, the use of basic silverware and the proper way to eat soup and other foods at our “time at the table.” Parents are invited to attend the graduation, which will immediately follow the last class. $125 per participant
Stay & Play
September 30, October 9 & 31, November 1 & 11 | Ages 4 & Older
Stay and Play is a mix between our popular Day Camps and Kid’s Club. Offered on select days this fall, Stay and Play is a relaxed day camp that allows kids to free play in the Youth Room with friends, head out to the playground, and participate in themed activities. Charged at an hourly rate of $7, children can stay for one hour or the whole day (9AM-4PM). Lunch is also available to order between 11AM-2PM for an additional charge of $4.95++.

Halloween Craft Workshop
October 12, 2-4PM | Ages 4-11
We will be offering a fun and creative afternoon of Halloween Activities. Drop your child off in the Youth Room for glow-in-the-dark Halloween slime, cookie decorating, and a variety of fun and spooky crafts! $15 per crafter

Tween/ Teen Halloween Hangout
Sunday, October 27, 12-3PM | Ages 11-17
Halloween slime, pizza making, and a scary movie! Come chill out, design your own pizza, make glow in the dark slime, and have a pizza party while watching a scary movie (PG-13) with friends. Tweens and teens can come hang out and get in the Halloween spirit. We will also have popcorn and candy available to snack on as well as face paint and tattoos if anyone wants to get in the spirit. $10 per person; guests are welcome (first non-member friend will be complimentary)

Halloween Family Fun Run
Saturday, October 12th, 5:30PM
Run for your lives! Kicking off the Halloween season, our Family Fun Run is back for another spooky year. All ages are welcome. Halloween spirit and fun costumes are encouraged! Arrive early to get glow-in-the-dark gear and a Halloween glitter tattoo. Survived your run? Once you make it back, we will celebrate with an outdoor family movie night watching Hocus Pocus. Bring your own cozy blankets and chairs and get ready for a good time. We will have candy and a chance to make s’mores available during the movie! Boxed dinners can be ordered in the 19th Hole. $5 for Kids and Teenagers (includes entry and activities). Adults may bring a non-perishable food item or a $5 donation charged to your member account.
Gaillardia, the state of Oklahoma’s official wildflower, is named after Gaylord de Marentonneau, a French botanist from whom the Gaylord family are direct descendants.

Award-winning course architect Arthur Hills designed Gaillardia’s golf course. His natural approach, along with his reputation for being environmentally friendly and his unwavering commitment to excellence, all contributed to his selection for Gaillardia. The golf course opened in July, 1998.

In 1997, ground was broken for the 55,000-square-foot French-Normandy style clubhouse. The three-story majestic clubhouse was designed by the renowned William Zmitowski Associates and opened in 1999. Soon Gaillardia was recognized as one of the top 100 clubhouses in the world. Despite the formal setting, Gaillardia features amenities for every walk of life. The clubhouse is home to both casual as well as formal dining rooms. Elegant and spacious banquet facilities are the setting for hundreds of weddings, business meetings and other special events each year.