



**TOURNAMENTS and
SHOUT OUTS**



VOLUNTEERING



**GOLF JOKES AND
SWING TIPS**



**EXECUTIVE TEAM AND
CAPTAINS MESSAGE**

WELCOME TO THE SAVAGE CREEK SENIOR MENS GOLF CLUB NEWSLETTER

TOURNAMENT 1st Place

Winners

May 5 Scramble

Bill Cartwright, Hassanali Rashid, Richard Grath, John Babiuk

June 15 Individual

Gross/Net

Winner Gross: Bill Cartwright

Winner Net: Dave Mickie

July 13 Four Man Two Best Ball

Bill Cartwright, David Williamson, Robert Mitchell, Jack Wizenberg



UPCOMING TOURNAMENTS

August 10

Individual Four Club

September 7

Four Man Colour Ball

LAST DAY OF PLAY

OCTOBER 5, 2025

**PLEASE REPAIR ALL
DIVOTS ON FAIRWAYS
AND BALL MARKS ON
GREENS**

Hole in One Members

Casey Fisher



Brooke Smith



Jim Coulson



IMPORTANT CONTACTS:

MONDAY TO THURSDAY CANCELLATIONS, CHANGES, ADDITIONS TO TEE TIMES

CONTACT THE SCHEDULAR : SAVAGE,SCHEDULER@GMAIL.COM
FRIDAY AFTERNOON TO MONDAY, DAY OF PLAY, FOR AND CHANGES OR REQUESTS TO PLAY

CONTACT THE STARTER : STARTER.SCSMGC2026@GMAIL.COM OR
CALL 604-992-4297

VOLUNTEERING: The Heart of Our Golf Club

Our Seniors Golf Club runs on the generosity of members who give their time. Whether it's a few hours a month or a regular weekly commitment, every volunteer helps keep our club thriving. With over a. 160 members, this is more important than ever.

we currently need help in three key areas:

- **Executive Team** - Help Guide the club's direction, decisions, and long-term planning.
- **Starters Team**- Keep play moving smoothly by managing tee times and welcoming golfers to the course.
- **BBQ & Social team**- Bring the Fun! Help organize gatherings, cook up a great BBQ, and build the social spirit that makes our club special, and yes, help set up and clean up.
- **Volunteering** is also a wonderful way to meet fellow members, stay active, and give back to a club that gives us so much.
- **INTERESTED? SPEAK TO ANY MEMBER OF YOUR EXECUTIVE TO FIND OUT MORE!**

The CREW Behind
All Our Great
Tournament BBQ's

**KEITH, DOUG,
JAN, AND KERRY**

**SUPPORTED BY
OUR MANY
VOLUNTEERS**

CLUB SPONSOR



CLUB SUPPLIERS



Meridian  **LOCAL FAMILY BUSINESS SINCE 1989**
FARM MARKET

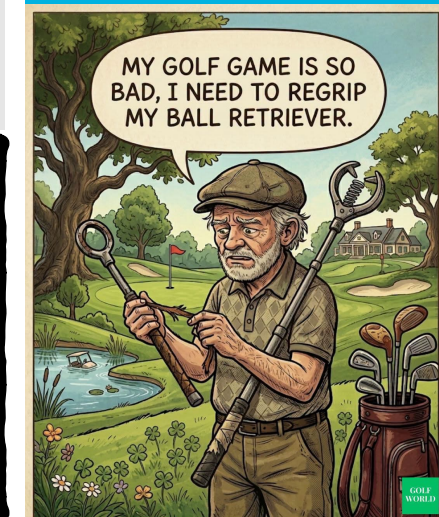
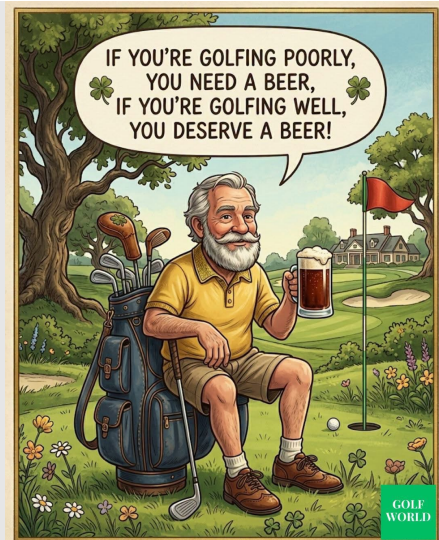
GAME IMPROVEMENT TIPS FOR THE SEASONED GOLFER.

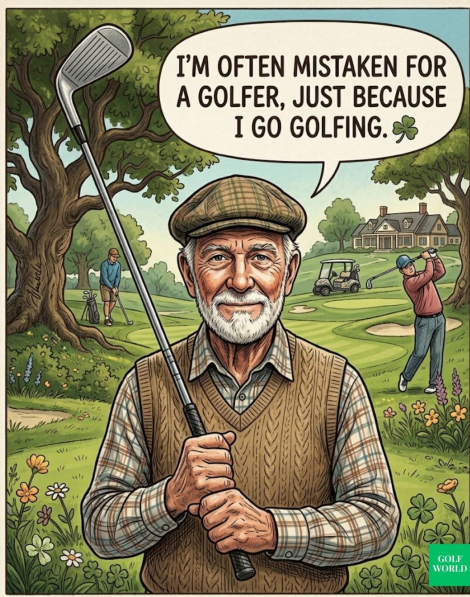
Age doesn't have to cost you strokes - it just means playing smarter. Here are five proven ways senior men golfers are keeping their scores low and their swings healthy this season.

- 1. Trade Power for Tempo** - As we age, flexibility and rotational speed naturally decline - but a smooth, unhurried tempo often outperforms a fast, forceful swing. Focus. On a 3:1 backswing-to-downswing ratio (count "one-two-three" back,"one" down). You'll find centre face contact more often, which means more distance than muscling it.
- 2. Shorten Your Backswing** - A three quarter backswing reduces strain on the shoulders and lower back while improving control. Many senior tour pros play with a shorter, more compact swing - it's not a compromise, it's a strategy.
- 3. Widen Your Stance for Stability** - A slightly wider stance improves balance throughout the swing, which is especially helpful if hip or knee mobility has changed. Better balance means more consistent ball - striking.
- 4. Choose Senior Flex Shafts** - Equipment matters more than pride. Senior or regular flex shafts help you generate proper club head speed without over-swinging.
- 5. Warm Up Like You Mean It** - A 10 minute dynamic warm up - arm circles, torso twists, and a few easy half swings - prepares your muscles and joints, reducing injury risk and improving your first tee shot dramatically.

All Members are invited to help contribute ideas and articles to our new club newsletter. Let us know what you would like to see, and the format to present it, paper, online, or email.

Do you want to see a club trade program? Let us know by emailing the starter at starter.scsmgc2026@gmail.com





Meet Your Executive

Captain - Lindsay Lawrence

1st Vice Captain - Richard Singer

2nd Vice Captain - Position Open

Treasurer - Doug Ellis

Secretary - Venkat Rao

Membership - Brian Montpellier

Scheduler - Ross Patterson

Starter - Charles Ostiguy

Handicap - Mike Zaine

Tournaments - Doug Newton

Social - Kerry Robins

Merchandise - Keith Ingram

Health and Wellness - Jim Coulson

Web Master - David Dooley

Advisor - Ken Marsden

Captain's Message

Dear Members,

To all our members, thank you for making the Savage Creek Senior Men's Club so successful. Week after week, it's been fantastic to see 90 to 100 members enjoying the game, sharing laughs, building friendships, and demonstrating the sportsmanship that makes our club so special.

A sincere thank you to our many volunteers who generously give their time to keep everything running smoothly. Your dedication is the backbone of our club. We also extend our appreciation to the management and staff at Savage Creek Golf Course for their outstanding support, friendly service, and the excellent course they provide us to enjoy each week.

On behalf of the Executive, thank you for being part of this great club. We look forward to seeing you on the course for many more enjoyable rounds together.

Lindsay Lawrence

Club Captain