**EVENTS OF INTEREST**

**SEPTEMBER**

4 Labor Day Festivities - Poolside
5 Club Closed
5 Pool Closed for Season
20 Mobile Medicals - Blood Screenings

**OCTOBER**

18-31 Mobile Medicals - Flu Shots
28-31 NCAA Match Play Tournament
10/31 Family Halloween Party
10/31 Carter Blood Mobile Health

**NOVEMBER**

11/23 Thanksgiving Day Buffet

**IN MEMORIAM**

The Board of Governors, members, and staff of Colonial Country Club extend their sincerest sympathy to the families of:

Melvin R. Haas, Sr.
Jon M. Payne, Jr.

Vision Statement For Colonial Country Club

Colonial Country Club is dedicated to being a premier, private, family-oriented country club. Colonial is committed to maintaining its facilities in a world class manner and investing in its staff, ensuring that it will be the preferred country club with a local, regional and national reputation for excellence.
Parker Baths

The first moment you step into a Fred Parker bath, you’ll appreciate the unsurpassed craftsmanship, the attention to details and the building excellence we’ve perfected in the past 50 years.

Our team of dedicated artisans handcraft each distinctive area of your home, creating the architectural details, current trends and amenities, specifically to reflect your individual personality and tastes.

The FRED PARKER DESIGN GROUP...outstanding home designs, accommodating the most sophisticated client objectives.

The FRED PARKER COMPANY...offering the very best in custom building and remodeling.

INDIVIDUAL HIGH POINT AWARDS

6 & Under: High Point Girls Allie Sisson
High Point Boys Griffin Grubbs
Runner Up

7-8 Year Olds: High Point Girls Eliza Nowell
Jordi Neto
High Point Boys Kenneth Cochrum
Runner Up

9-10 Year Olds: High Point Girls Cam Lewis
Taylor Sisson
High Point Boys Noble Melcher
Patrick Petrie
Runner Up

11-12 Year Olds: High Point Girls Stephanie Robinson
Sarah Caty Cochrum
High Point Boys William Taylor
Runner Up

13-15 Year Olds: High Point Girls Savannah Petty
Rachel Holcomb
High Point Boys Halden Griffith
Runner Up

CHARLIE HILLARD AWARD
Noble Melcher & Blair Brooks
Most Improved: Maya Alarcon
Newcomer of the Year: Brylee Hickey

Special Awards:
Spent Award: Brylee Hickey
Family of Fun Award: Grubbs Boys
Double Trouble: Sean & Chris McCravy
Super Swimmer Award: Michael McAuley

HIGH POINT ALL-CITY 6 & Under: Griffin Grubbs
Allie Sisson
Runner Up

DIVE TEAM AWARDS

9-10 Year Olds: Dive Champion Noble Melcher
Runner Up William Taylor

11-12 Year Olds: Dive Champion Robert Wilson
Runner Up
August has been a very busy month in the day-to-day operations of the Club… our new Clubhouse Manager, Markus Rentzing, has really enjoyed the day-to-day operations of the Club… our new Clubhouse Manager, Markus Rentzing, has really enjoyed the day-to-day operations of the Club… our new Clubhouse Manager, Markus Rentzing, has really enjoyed the day-to-day operations of the Club… our new Clubhouse Manager, Markus Rentzing, has really enjoyed the day-to-day operations of the Club… our new Clubhouse Manager, Markus Rentzing, has really enjoyed the...
Multi-year contract with the PGA Tour, which will also begin in 2007. The continuation of our legacy in hosting a professional golf tournament over the next several years is secure and should be beneficial in all aspects to Colonial.

Budgeting: While final figures on our May tournament won’t be available until the end of this month, the interim figures show the budget was met; the remaining question is by how much was it exceeded? Hats off to the Finance Committee and Tournament Chairman Elliott Garsek for their leadership, to the tournament staff, to the club staff, and to all of our members who volunteered their energies and support of this 60th Anniversary event. A short reminder on the tournament budget – it was critiqued as closely as any tournament budget has been critiqued prior to being adopted by the Board of Governors. Not only was it closely critiqued before its adoption, going forward it was closely monitored by both the Tournament Finance Committee and the club’s Finance Committee. Hats off to Jeff Moten and John Anderson, chairman of the respective Finance Committees, and to its members for this time consuming but rewarding effort.

Equally exciting is the announcement of Crowne Plaza as our new Title Sponsor. This is a multi-year contract, beginning with the 2007 tournament. The name of the tournament will be the Crowne Plaza Invitational at Colonial. Crowne Plaza is a part of the Intercontinental Hotel Group, Ltd., the largest hotel group in the world. We have met with its representatives on several occasions, beginning during our last tournament, and all who have dealt with them have a positive feeling for this new relationship. The contractual terms compare favorably with other similar contracts among host sponsors (Colonial) and title sponsors on the PGA Tour. Additionally, we are in the process of closing a multi-year contract with the PGA Tour. These increased efforts are a part of our commitment to assure responsible management practices are being exercised on a timely basis.

Bylaws: As reported earlier this year, the Bylaw Review Committee completed its review and has submitted its proposed revisions to the Board of Governors. In June, the Board of Governors reviewed the proposed revisions and voted on the acceptance, with changes, to the proposed changes. Once the new proposed Bylaws are revised in print, copies will be submitted to the membership for their review, a Town Hall meeting will be called to discuss the Bylaws, and a time set for a vote on the Bylaws. A separate letter will be sent with the Bylaws which will more fully discuss some of its revisions.

Energy Committee: Many of you have heard of the Barnett Shale gas play that encompasses most of Tarrant County, including the City of Fort Worth. Jack Fikesh has been named chairperson of a committee to study, discuss, and make recommendations to the Board of Governors as to the possibilities of leasing our mineral interests for gas exploration. The committee has been meeting and has been talking with potential lessees. Because we do not wish to have a drill site on our acreage, cooperation with other adjoining acreage owners has been necessary. Discussion continues, and when more definitive details are forthcoming you will be kept advised.

Election of Governors: While the Annual Meeting is in October, it is now time for those of you who may be interested in becoming involved in club governance to give serious thought to submitting your name as a candidate for election to the Board of Governors. Five (5) positions will become open for vote, with the sign up date for candidates beginning Wednesday, September 6. Board service does require significant time; however, it is beneficial for our membership to encourage those who have a sincere interest to become involved.

I trust Michael Lawrence will discuss other matters concerning day-to-day matters at our club. I continue to receive positive comments on recent changes (some obvious, some subtle) around the club. Please let Michael know your thoughts, or share your thoughts with any of us on the Board of Governors. Thanks for your continued support of Colonial.

Junior Club Championship Results
July 11-13

Overall Champion: Taylor Knott
Runner Up: Andrew Scott
Girls’ Champion: Jordan Douglass
Runner Up: Chaney Utiles
9-Hole Champion: Riley Shryoc
Runner Up: Shane Markwardt
3-Hole Champion: Sean Henggeler
Runner Up: Reed Turner

Congratulations to all winners and all participants.

President’s Message
By Bill E. Bowers

It’s early August as this message is being written. The weather remains hot and dry, the new school year is about to begin, and football news is beginning to dominate the sports pages. Fall can’t be far behind.

Overall, the past two to three months have been very positive for Colonial.

Tournament news: While final figures on our May tournament won’t be available until the end of this month, the interim figures show the budget was met; the remaining question is by how much was it exceeded? Hats off to the Tournament Committee and Tournament Chairman Elliott Garsek for their leadership, to the tournament staff, to the club staff, and to all of our members who volunteered their energies and support of this 60th Anniversary event. A short reminder on the tournament budget – it was critiqued as closely as any tournament budget has been critiqued prior to being adopted by the Board of Governors. Not only was it closely critiqued before its adoption, going forward it was closely monitored by both the Tournament Finance Committee and the club’s Finance Committee. Hats off to Jeff Moten and John Anderson, chairman of the respective Finance Committees, and to its members for this time consuming but rewarding effort.

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IN FULL SWING

As in the past September is a month of major recovery in the golf shop, as well as on the golf course. With no events scheduled I think everyone will find something to their liking. For some of the new members that are not familiar with what goes on in September I will try to educate you with the happenings. First you will see some new merchandise in the golf shop. Secondly, you will see some new fixtures and even a new coat of paint that should create a better selling atmosphere for you and your guests. We start getting our fall and winter apparel in around the first of this month and continue receiving it through the first of December. I think you will find items of interest for the whole family and with your member discount of 20% on all items it is hard for me to imagine anyone buying their golf selections anywhere but their club. Remember if we do not have an item in stock that you desire we will be happy to order it and still beat our competitors’ prices.

On the golf course you will start seeing thickening up of the fairways and the greens, you will see some greening on the course and generally much better playing conditions throughout. I feel comfortable that we will start feeling the effects of autumn, shorter days, and cooler temperatures are my favorite. We only have three days that are affected by tournaments so there is no excuse not to come out and play a round with your family, friends, customers and maybe even one of the pros.

The ever-popular LADIES’ GOLF CLINICS will continue throughout the fall and winter so if you want to learn to play golf and learn the rules, Don’s Saturday morning clinics are just for you. We have room for everyone and I promise you will make learning the game as much fun as possible.

I hope everyone has noticed an upgrade in the bag drop area, Thanks to Michael Lawrence’s lead we have added another level of service and class that should make you proud to be part of one of the best clubs in the country. Golf shop, Midway, Bag Room are also areas you will notice upgrades. These improvements will take a little time but in the long run we will all be better for them. Don’t forget about the men’s member-guest tournament, The Colonial Cup, next month. If you want to play, let us know in the golf shop and, if there are any spots, we will certainly get the opportunity to play.

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DATES TO REMEMBER

| Sept 24 | Mixed Foursome Cup | October 8 | Mixed Foursome Member-Guest | October 25-27 | CGWA Handicap Tournament |
| Sept 28-29 | CGWA Ryder Cup | October 11-14 | Men’s Colonial Cup | October 28-31 | NCAA Match Play Tournament |
| October 3-6 | Manessell – Prairie Dunes | October 16 | Link Governor’s Open | | |
**Turf Talk**

By Scott Ebers, CGCS
Golf Course Superintendent

As I sit in my office composing this article in early August, it is 103 degrees outside and I think I can hear the Bentgrass screaming (maybe that’s me). Here’s hoping September 2006 is not as hot as last year, because we really need a break. Normally by mid-September we are getting some reliable cool fronts and things start looking up, but it sure seems a long way off at present.

Now that I have had two summers on these greens, I would like to make some general observations. If you have been a member any length of time at all, you know that Colonial has seemingly always struggled with its greens. Yet, I think there are a number of reasons, some related to these particular greens and some relating to the property itself. The golf course property is basically carved out of the Trinity flood plain, and, as such, it is sited lower than its surroundings, especially on the south side. This is not uncommon, but it does limit the prevailing wind from the south, and anything that blocks wind hurts Bentgrass performance, thus, the need for all the fans. Even with fans, we have greens that don’t get enough air movement across them, largely because some of the existing fans are not strong enough to push air across the entire green. Much more than last year, I am seeing fan “gradients” on greens, where the areas farthest away from the fans look the worst. The good news is that we can address this situation eventually by upgrading the power on some areas of the golf course, and tweaking their locations. As it stands, No. 4 that is getting good fan coverage and has not been sodded in the last four years looks really good for this severe of a summer. If you charted the areas of greens that have been sodded, however, they correspond exactly to the yellow, weak areas, mostly because it is inherently difficult to get sodded areas to be as strong as undisturbed turf and because many of these areas are slightly lower than the surrounding profile, as they tend to settle slightly over time. We have spent a lot of time the last two years hand topdressing the low areas to raise them up to the proper grade. While we have made significant progress, there is much work to do, and it will take many areas at least two more years of frequent topdressing to get them right.

My overall sense of these greens is that while they are extremely temperamental, require a constant regimen of topdressing, aerification, and verticutting, they are not impossible. Hopefully, if we get through this summer again without significant turf loss, we will continue to make slow but steady more performance out of these greens.

As is its habit, the THOR GUARD LIGHTNING PROTECTION SYSTEM will sound a siren. When you hear it, please take the necessary precautions when you hear it.
**Golf News**

**NCAA MATCH PLAY CHAMPIONSHIP**

**October 28-31**

Schedule of Events

Sat., Oct. 28  Practice Round
Golf Course & Range closed to members all day

Sun., Oct. 29  1st Round
18 Holes of Match Play, course closed all day; driving range closed from 7:00-9:00 AM and 12:30-2:00 PM

Mon., Oct. 30  2nd Round
18 Holes of Match Play, course & driving range closed all day

Tues., Oct. 31  3rd Round
18 Holes of Match Play, course closed until 9:00 AM and range closed until 9:00 AM

Tues., Oct. 31  3rd Round
18 Holes of Match Play, course & driving range closed all day

On Saturday there will be a College-AM event with one player from each school playing with three amateurs.

**Schedule of Events**

**Monday, Oct. 30**

- 2nd Round
  - 36 holes of Match Play; course & driving range closed all day
  - Approximately 40 spots are available.
  - This event, however, spots are very limited.
  - Entry fee is $250 for members (approx. $50 for non-members).

**Tuesday, Oct. 31**

- 3rd Round
  - Course closed until 9:00 AM and range closed until 9:00 AM

**Wednesday, Oct. 31**

- 3rd Round
  - Course & driving range closed all day

**Weighty Matters**

By Tamara Zrostlik, Fitness Director

When we exercise, we tend to focus mostly on our lower body. Not much attention is paid to the trunk, or core, of the body. It is the muscles of the core—the abdomen, chest, and back—that stabilize the rest of the body. Think of your core as a strong column that links your upper and lower body. It is important to develop and strengthen the core muscles, because they create balance between the muscles of the abdomen and back. With a stability ball, it helps to develop and strengthen those muscles.

The stability ball was developed by the physical therapy industry nearly 30 years ago and has grown popular in the last number of years thanks to fitness professionals incorporating it into exercise programs. It is important to buy the right size ball and maintain proper air pressure. The fatter the ball, the more difficult the exercise will be. If you are just beginning, use an older adult, or generally deconditioned, you might want to consider using a larger, softer ball. The guidelines for buying the right size ball are: if sitting on the ball, your knees and hips should align at a 90-degree angle.

**BOOTS CAMP**

This four-hour class will challenge your body aerobically and physically with a variety of workout routines including strength training, interval training, resistance tubing, and Ress-A-Ball. You will challenge your body using a variety of tools and machines designed to improve your core, including the Ress-A-Ball, which links your upper and lower body. It is important when you are strengthening the core, that you create balance between the muscles of the abdomen and back.

**Two Man Scramble Results - July 15-16**

**CHAMPIONSHIP FLIGHT**

1st Place  Jeff Ray & Joe Ritte
2nd Place  Jim Stinholm & Amy Cahill
3rd Place  Ron Smith & Bob Rutledge
4th Place  Dan Mitchell & Mike Zrostlik

**SECOND FLIGHT**

1st Place  Mark Linn & Bob Linn
2nd Place  Bob Rutledge & Dan Mitchell
3rd Place  Ron Smith & Jim Stinholm
4th Place  Nick Zrostlik & Steve Zrostlik

**FIRST FLIGHT**

1st Place  Melvin Haas, Jr. & John Hart
2nd Place  Doug Boyd & Roy Peterson
3rd Place  Jeff Ray & Joe Ritte
4th Place  Jim Stinholm & Amy Cahill

**THIRD FLIGHT**

1st Place  Drew Jamison & Dave Green
2nd Place  Don Gerik & Chris Stinholm
3rd Place  Wes Gherman & Joe Zrostlik
4th Place  Jim Shaw & Pat O'Neill

**Country Club Cup**

**August 5-6**

Congratulations to Colonial’s Net Team in the Country Club Cup, winning with a dominating performance. The team was anchored by seasoned veteran Jay Dill who won the individual title by shooting one under par for both days. Jay’s teammates were Mike Thomas, Joe Gallacher, Rick Williams, Chris Stinholm and Arc Pozz. Way to go, gentle men!

Colonial’s Gross team, led by Denny Alexander and teammates Chris Luba, Mike Winter, Bob Haslam, Allen Waddell and John Granger, was not quite as lucky being outplayed by a strong Mita Vista team. Colonial, behind only by one shot after the first round, struggled the final day on their home turf. Denny finished second individually with a 144 total. Great try guys, there’s always next year.

**Instructor:** Leanne Keating

**Class Cost:** Free

**Class Location:** TBD

**Class Time:** 5:30 P.M.

**YO GA**

For adults of all ages and ages

**Class Day:** Tuesday/Thursday

**Class Time:** 5:30 PM

**Class Location:** TBD

**Class Cost:** Free

**Instructor:** Steph Householder

**Instructor:** Tamara Zrostlik/Erin Perry

(If you bring the Yoga mat)

**M A T P I L A T E S**

Strengthen and tone muscles, improve posture, flexibility and balance, unite body and mind and create a more streamlined shape.

**Class Day:** Wednesday

**Class Time:** 12:00 Noon & 5:30 PM

**Class Location:** TBD

**Class Cost:** FREE

**Instructor:** Tamara Zrostlik

**STEPH’S BOOTS CAMP**

This four-hour class will challenge your body aerobically and physically with a variety of workout routines including strength training, interval training, resistance tubing, tread mill workouts, stretching and Ress-A-Ball. You will challenge your body using a variety of tools and machines designed to improve your core, including the Ress-A-Ball, which links your upper and lower body. It is important when you are strengthening the core, that you create balance between the muscles of the abdomen and back.

**Class Day:** Wednesday

**Class Time:** 6:00 - 7:00 A.M.

**Class Location:** Fitness Center

**Class Cost:** $10.00

**Instructor:** Stephanie Householder

**BODY FUSION**

A total body class using a blend of exercises taken from traditional exercise methods, Pilates and Yoga.

**Class Days:** Tuesday & Thursday

**Class Time:** 8:30-9:15 A.M.

**Class Location:** TBD

**Class Cost:** Free

**Instructor:** Tamara Zrostlik

**CARDIO PARTY**

A lively and fun cardio workout for all fitness levels to music you’ll love. Some strength training and stretching end this fastest hour of your day.

**Class Days:** Tuesday & Thursday

**Class Time:** 8:30-9:30 A.M.

**Class Location:** TBD

**Class Cost:** Free

**Instructor:** Tamara Zrostlik

**BOOTS CAMP**

This hour-long class will challenge your body aerobically and physically with a variety of workout routines including strength training, interval training, resistance tubing, and Ress-A-Ball. You will challenge your body using a variety of tools and machines designed to improve your core, including the Ress-A-Ball, which links your upper and lower body. It is important when you are strengthening the core, that you create balance between the muscles of the abdomen and back.

**Class Days:** Tuesdays & Thursdays

**Class Time:** 11:00 AM - 12:00 Noon

**Class Location:** Fitness Center

**Class Cost:** $10.00

**Instructor:** Tamara Zrostlik

**M A T P I L A T E S**

Strengthen and tone muscles, improve posture, flexibility and balance, unite body and mind and create a more streamlined shape.

**Class Day:** Wednesday

**Class Time:** 12:00 Noon & 5:30 PM

**Class Location:** TBD

**Class Cost:** FREE

**Instructor:** Tamara Zrostlik

**(If you bring the Yoga mat)**

**YOGA**

A class for adults of all ages and ages

**Class Day:** Tuesday/Thursday

**Class Time:** 5:30 PM

**Class Location:** TBD

**Class Cost:** Free

**Instructor:** Stephanie Householder

**Instructor:** Tamara Zrostlik/Erin Perry

(If you bring the Yoga mat)

**BOOTS CAMP**

This four-hour class will challenge your body aerobically and physically with a variety of workout routines including strength training, interval training, resistance tubing, tread mill workouts, stretching and Ress-A-Ball. You will challenge your body using a variety of tools and machines designed to improve your core, including the Ress-A-Ball, which links your upper and lower body. It is important when you are strengthening the core, that you create balance between the muscles of the abdomen and back.

**Class Days:** Wednesday

**Class Time:** 6:00 - 7:00 A.M.

**Class Location:** Fitness Center

**Class Cost:** $10.00

**Instructor:** Stephanie Householder

**SECO ND F L IG H T**

1st Place  Mike Thomas, Jr. & Aric Pozz
2nd Place  Bob Lansford & Dick McHargue
3rd Place  Wes Gherman & Joe Zrostlik
4th Place  Jim Shaw & Pat O'Neill

**FO LL O W IN G E V EN TS**

**September 4 - Labor Day**

- Hours will be 5:30 A.M. - 2:00 P.M.

**September 20 - Mobile Medicals**

- Will be here for blood screenings from 7:00 - 9:00 A.M. You must sign up in advance.

**October 18 & 31 - Flu Shots**

- Will be given from 8:00 A.M. - 12:00 Noon.

- Details on prices to follow. No appointment is necessary for these dates.

**Tuesdays in October**

- Bring back your Blood Pressure Tapes with Eva and Michael Meckna.

- They are not going to want to miss this. Sign up in the Fitness Center.

- Hopefully, you have had a chance to visit the Fitness Center and try out our upgraded Elliptical machines. With the addition of the arm movement and the adjustable ramp, I think you will find your workout much improved. Enjoy!
COLONIAL’S “FAMILY” ALBUM

Colonial Country Club and Gittings Portrait Studio have joined together in an effort to create a “family album” of Colonial’s members. A beautiful 8x10 color portrait will be displayed in the Colonial album and can be viewed at the club. If you are interested in participating, please call Rick or Brittany at Gittings at 817-732-2501, and, at NO OBLIGATION to you, they will arrange a complimentary sitting, at a place of your choice, for your family portrait. Additional finished portraits will be available to club members with a 20% discount if you wish to place a personal order. Club members are NOT OBLIGATED to buy nor participate in this program. It is strictly voluntary on your part, but once you see the finished product, you won’t want to be left out.

Please call Rita Eatherly in the General Manager’s office at Colonial (817-927-4247) if you have any questions about this exciting project. We’ve added more portraits to our album; come take a look. It’s beautiful.

TCU SHUTTLE BUS SERVICE
To All TCU Home Games

Colonial will provide, for members and their guests only, FREE shuttle bus service to all TCU HOME games. Bus service begins 1-1/2 hours prior to game time and runs about every 10-15 minutes with the last bus departing Colonial 15 minutes prior to kick-off. Below is the “tentative” home game schedule:

<table>
<thead>
<tr>
<th>Date</th>
<th>Opponent</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>September 9</td>
<td>UC Davis</td>
<td>7:00 PM</td>
</tr>
<tr>
<td>September 16</td>
<td>Texas Tech</td>
<td>6:30 PM</td>
</tr>
<tr>
<td>September 28</td>
<td>BYU</td>
<td>8:00 PM</td>
</tr>
<tr>
<td>October 28</td>
<td>Wyoming</td>
<td>7:00 PM</td>
</tr>
<tr>
<td>November 18</td>
<td>San Diego State</td>
<td>TBD</td>
</tr>
<tr>
<td>December 2</td>
<td>Air Force</td>
<td>4:30 PM</td>
</tr>
</tbody>
</table>

MOBILE MEDICALS
Coming to Colonial Country Club

BLOOD SCREENINGS
Wednesday, September 20
7:00 – 9:00 AM

You must sign up in advance. Call the fitness center for more details on the variety of tests available to you, the costs, and to make an appointment.

FLU SHOTS
Wednesday, October 18 & Tuesday, October 31
8:00 AM – 12:00 Noon

More details on prices to follow; appointment not necessary.

CHAIR MASSAGE
In the Fitness Center $1.25 Per Minute

TUESDAYS Maureen Nichol 9:00 – 11:00 AM
THURSDAYS Linda Robinson 9:00 – 11:00 AM
Call 817-927-4255 for appointment.

For your convenience you may charge to your club account.

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(817) 988-3081 Cell
Member RCC

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It’s about people.

Kindergarten Parent Admission Coffees
October 3 and 17 – 8:30 a.m.
Admissions Open House
November 14 – 5:00 p.m.
4230 Country Day Lane, Fort Worth, TX 76109
(817) 336-3383 www.fwcds.org