OUR CLUB



GOLD MEDAL EXPERIENCE
CHEF SAM SERVES OLYMPIANS IN MILAN

+

SAVANNAH CHALLENGER: KNOW BEFORE YOU GO
2026 CLUB CAR CHAMPIONSHIP • MEET SANDY McCASLIN
KEEPING FITNESS GOALS • MAKE THE MOST OF THE RIDGE

SPRING 2026

YOUR PASSPORT TO PLAY STARTS HERE



AT THE LANDINGS GOLF & ATHLETIC CLUB,
THE ADVENTURE DOESN'T STOP AT THE GATES.

As a member, you have an exclusive invitation to take advantage of curated travel opportunities to explore the world through the lenses of golf, court sports, and more. Browse upcoming excursions and travel perks at Our Club Travel on the member website and app.

THE LANDINGS
GOLF & ATHLETIC CLUB

PerryGolf Portugal – Algarve & Lisbon Regions
September 25 – October 3, 2026

LINKS Invitational at Casa de Campo
October 14 – 19, 2026

PerryGolf New Zealand
February 11 – 28, 2027

LINKS Invitational at Pebble Beach
March 7 – 11, 2027

LINKS/PerryGolf Portugal
September 20 – 29, 2027

TennisVentures 2027 French Open
May 24 – June 1, 2027

SAVANNAH SPRINGS TO LIFE — AND SO DO WE

It's springtime in Savannah, so I know three things to be true—the days are longer, everything will be covered in pollen, and TLGAC tournament season is in high gear. The Club Car Championship has crossed the finish line, and we've got a new champ—big kudos to Davis Lamb! Now, with the Savannah Challenger sprinting toward us, it's shaping up to be an action-packed season here at The Landings Golf & Athletic Club. This edition is your VIP pass to all the excitement: dive into Chef Sam Brod's Olympic adventure in Italy, relive the thrill of the Club Car Championship, sneak a peek at what's next with the Savannah Challenger, and snag some clever tips to keep those fitness resolutions rolling (yep, the ones you promised yourself back in January). Plus, get to know our new Director of Wellness, Sandy McCaslin!



As the weather gets warmer and our calendar bursts with events, boredom doesn't stand a chance at the Club. Stay plugged in with us on social media and through our updates. Can't wait to catch you around—let's make this season unforgettable!

— Rachel Wright, Communications & Social Media Manager

WE WANT TO KNOW! We'd love to spotlight the fascinating journeys of our members! Please share the names of members with interesting backgrounds or unique stories so we can feature them in upcoming issues. If you know someone with an outstanding story to tell, contact Rachel Wright at rachel.wright@landingsclub.com.

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OUR CLUB

Editor **Rachel Wright** • Copy Editors **Theresa Falzone, Corrinne Choi, and Kathleen Murphy** • Designer **Michael Ortiz** • Executive Director **Steven Freund**

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THE EXCITING YEAR AHEAD

As we look ahead to 2026, we are excited to build on a position of strength. Together, we have raised the bar for excellence in the private club industry. Our members recommend our Club to friends and family more than ever, and our employees consistently recognize the Club as a great place to work. Membership is at a record high, and we have been able to invest in much-needed maintenance of our existing assets while also delivering enhancements that meaningfully improve the member experience.

Investing in Our Facilities and Community

The Oakridge golf course renovation was a powerful example of our membership and leadership working together to strengthen our community. The project addressed long-overdue infrastructure needs while enhancing playability and elevating the overall experience. The addition of The Ridge putting green plus the outdoor patio and firepit has created a welcoming space for members to gather and relax after a round—an amenity that reflects how our Club continues to evolve.

Looking Ahead: Plans, Progress, and the Future of the Franklin Creek Campus Renovation

In 2026, our community will once again come together as we undertake the renovation of the Franklin Creek campus. This project continues our commitment to maintaining our assets while enhancing our amenities. With expanded parking, new and resurfaced pickleball courts, and the addition of a pavilion, this investment will further elevate the member experience and support the growing needs of our Club.

Leadership and Gratitude

In the article that follows on page 6, Executive Director Steven Freund will outline the Club's goals for 2026 in greater detail. We join Steven in thanking our outgoing Board members for their tireless dedication and service, and in welcoming our new Board members as they begin their term.

We are proud of The Landings Golf & Athletic Club and excited about the future ahead.

— Your Board of Governors



Top Row, from left: Steve Sample, Treasurer: Keith Krueger, Ryan Dew, and Jeff Tocci. Front Row, from left: Secretary: Jeff Baker, Emily Kutcher, President: Tony Marino, Vice-President: Molly Ergenbright, and Paul Samson.

WELCOME NEW MEMBERS TO THE ISLAND OF MUCH MORE

GOLF

Seth & Lauren Morris from Raleigh, NC
Robert Scaer & Linda Darr from Mechanicsburg, PA
Jason & Kristin Van Epps from Roswell, GA
Scott & Diana Forsyth from Southlake, TX
Douglas & Connie Littlewood from Williamsville, NY
Jay & Heidi Nelson from Casper, WY
John Pablo & Daniela French from Savannah, GA
Andrew & Sarah Prindable from River Forest, IL
Trent & Kristina Thompson from Louisville, KY
Winifred Howell from Fayetteville, AR
Bill & Rebecca Hynd from Clemson, SC
Jeffrey & Kimberly Hartnett from Atlanta, GA
Mark & Amy Peterson from Rockville, MD
Timothy Danello from Arlington, VA
Ryan & Lauran Doyle from New York, NY
Greg & Melissa Critcher from Waxhaw, NC
John Sanzone from Morristown, NJ
Christopher Saling from Scottsdale, AZ
Jim & Kathleen Kubik from Littleton, CO
Gregory Gauvin & Jennifer Garvey from Southampton, NY
Michael & Lynn Sheehy from Grosse Pointe, MI
Ian & Marcy Burnstein from Bloomfield Hills, MI
Paul & Patricia Burgess from Danville, CA
Randy & Karen Patton from Hawthorn Woods, IL
Todd & Melissa Coolidge from Mooresville, NC
Chris & Laurie Staack from Chippewa Falls, WI
Garry Rogers & Janet Soares from Hamden, CT
John & Patricia Bryant from Burke, VA
Lauris Rall & Mamie Nishide from Rye, NY
William & Mary Beth Rurode from Boston, MA
Traci & Brian Cahill from West Hartford, CT
Tori Butt & Pat Loret de Mola from New York, NY
Ken & Jeanne Helms from Fayetteville, AR
Jeff & Marion Zehner from Chicago, IL
Lauren & Spencer Wheeler from Charlottesville, VA
Donald Nyalka from Pittsburgh, PA
Mark Morris & Janelle Dennis from Arden, NC
Thomas & Janet Tofani from Severna Park, MD
Laurie Burke & Marc Keane from Point Pleasant, NJ
Brandon & Elizabeth Hole from Darien, CT
Gary Abrams & Debbie Parra from Philadelphia, PA
Mary & William Weickert from Cumberland, ME

ATHLETIC

Emily & Tim Waterman from Vienna, VA
Daniel & Margot Sullivan from Darien, CT
Gustave & Louise Morgan from Savannah, GA
Richard & Linda Wigger from Savannah, GA
Eric Roverud & Bridget O'Donnel-Roverud from New Albany, OH
Ali Bandali & Monica Khan from Savannah, GA
Pamela Wilkins from Atlanta, GA
James Burns & Michele Foster from Cazenovia, NY
Gregory & Jennifer Barfield from Savannah, GA
William Foley & Craig Schreiber from Bedford, NY
Susie & Ben MacMillan from Richmond Hill, GA
Stanley & Lynn Swiniarski from Dracut, MA
Lynda Hobbs from Savannah, GA
Elizabeth Foley from McLean, VA
Nelson Lewis from Atlanta, GA
Jaime Vergara Campa from Miami, FL
John & Anne Coakley from Savannah, GA
Charles & Melissa Fana from Savannah, GA
Richard & Lori Saunders from Savannah, GA
Lisa Danzig from New York, NY
Christopher & Kimberly Slodden from Raleigh, NC
Elizabeth Stockwell & James Keith from Avon, CT
Jon & Andrea Archer from Delray Beach, FL
Randy West & Diane Lyon from Savannah, GA
Chris & Krista Lossing from Wahiawa, HI
Pat & Cristy Perry from Savannah, GA
Cheryl & Ron Finger from Savannah, GA
Emmett & Joanne Eldred from Asheville, NC

JOIN US IN WELCOMING OUR INCOMING BOARD MEMBERS

Dear Landings Golf & Athletic Club Members,

As we begin 2026, it is appropriate for me to welcome our newest class of Board Members. I am grateful for the volunteers who give 10-15 hours per month in formal meetings, and equal time preparing for those meetings and another 10-15 hours per month in ad hoc meetings, connected with Board work. This does not account for the interrupted meals, range sessions or workouts! The time given is material and often misunderstood by many. However, to a person, paraphrasing every Board member who ends their term, they have described the time and work as a labor of love and rewarding. I am pleased to welcome Emily Kutcher, Steve Sample, Paul Samson, and Jeff Tocci to our Board. I am confident their talent and vision for our Club will keep us on a path of continuous improvement and sustainability.



"Our goals for 2026 benefit from the strength of our Club as our membership roster is stronger than ever; our member and staff engagement scores are in the top quartile of the industry, and our food and beverage results are both financially and qualitatively in the top 2% of our industry."

— Steven Freund, Executive Director

To the Outgoing Board

While I appreciate the energy of new Board members, I lament the loss of experience and wisdom of departing Board members. I am grateful to Dean Phillipo for three years of service and his intense focus on the restoration of our Magnolia, Palmetto, and Oakridge golf courses. Dean worked with volunteer task force members, Chris Steigelman, architects and contractors to ensure that our membership received the most value for dollars spent. Dean's impact will be felt by generations of LGAC Members. I also bid a fond farewell to Gerry Stoltz, again! Gerry stepped in for John Evans, who was called to shepherd a major project for his church. Gerry previously served on our Board and started where he left off. Gerry is a logical thinker, has a great eye for detail, and the patience to work through all our governing and policy documents. Gerry reviewed them all for internal consistency and consistency, one to the other, improving the "scripts" that mandate and guide our work. He also brought measured wisdom and experience to important Board decisions. I value his influence on our Club and his friendship. While it is technically Mark Lastner's final year of service, he will support our Board in an ex-officio capacity in 2026. Mark has given our Club three years leadership on multiple committees and as our Board President in 2025. Mark possesses strength and vast experience in corporate governance and brought that knowledge to our Board, particularly in 2025. He was the catalyst for the implementation of a digital portal that will be the repository for governing documents, position papers, Board and committee meeting minutes, industry research, legal opinions and anything useful to current and future Boards as they serve our Club. I believe I can sum up Mark's approach by quoting the axiom: The way we do business is as important as the business we do." I am grateful for Mark's impact on Board processes and his commitment to ensure our club operates in a manner that is fully compliant with our bylaws and the law, in spirit and letter. Finally, Bob Hainly served as our President Ex-Officio in 2025. Bob brought years of perspective, context and reason to our Board. He impacted our club practically by spearheading work with TLA to craft an agreement in concept for how we will manage costs and work for our shared stormwater infrastructure. He also influenced the culture of our Board. Bob was always quick to point out that he was not our Club President but served as Board President, emphasizing that he presided over the proceedings and deliberations of our Board. This reflected his heart of a servant, someone who set aside ego for the betterment of everyone connected to our Club.

Goals for 2026

Our goals for 2026 benefit from the strength of our Club as our membership roster is stronger than ever; our member and staff engagement scores are in the top quartile of the industry, and our food and beverage results are both financially and qualitatively in the top 2% of our industry. There are other elements of our operation and balance sheet that are strong and improving. However, I am reminded that "Good is the enemy of best, best is the enemy of better." While our Club is in a strong position, your senior staff has sufficient paranoia to compensate for everyone! Andy Grove, the third CEO of Intel, wrote a book titled, "Only the Paranoid Survive." The lessons in his work influenced me and consequently, how our team thinks about our Club. In other words, we should maintain a relentless quest to serve you better, faster, more delightfully, and more efficiently. This is a never-ending quest but one we embrace.

To keep our members well informed, the goals that follow are those approved by our Board for 2026. They are intended to define what matters most, now, and they serve to align volunteer and staff leadership. They also drive our operating

model, organizational structure and budget. These goals are not the only things we are working on, but they represent objectives that align with our strategic plan and move us closer to our vision. The bold-faced text is the strategic pillar each goal supports, followed by the goals.

Financial Sustainability

· **Achieve operating margin greater than $3,800,000.** This is important as it funds operations but also allows us to fund depreciation of, and investment in, our capital assets.

· **Maintain and grow Golf Memberships, versus 2025-year end, greater than 1,727.** Golf memberships are the engine the drives our club. This will always be an objective to keep our eye on.

· **Maintain and grow total memberships versus 2025-year end, greater than 3,432.** While Golf Memberships are noted above, we embrace the idea that every member matters. We must likewise maintain focus on this indicator of club health.

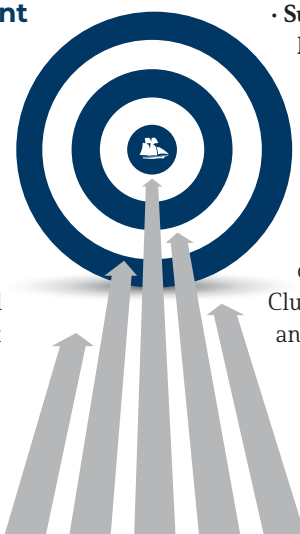
Effective Leadership

· **Improve or maintain team member net promoter score, equal to, or greater than 50.** In 2025, our NPS was in the 92nd percentile in our industry. The culture we create with staff is critical to the way we serve our members.

· **Improve compliance and enforcement of member rules.** Your Board and staff recognize our members want a culture of collegiality and good decorum. Our Board has tasked staff with driving effectiveness and consistent application of rules.

Member Engagement

· **Improve or maintain Member net promoter score, equal to, or greater than, 50.** This is a measure on our member survey. Our Club reached the 75th percentile in the industry and our Board and staff believe this is the most predictive measure of club health. Engaged members support their Club and promote it to friends and family. The best source of new members is current, happy members!



Operational Excellence

· **Improve golf course conditions, greater than 6.25, as measured by our member survey.** This is a priority spearheaded by staff and our Green Committee. Our Board has allocated additional funding to support this goal. Justifiably, staff should be held accountable for results and stewardship of increased resources.

· **Improve the condition and cleanliness of our assets, greater than 6.3, as measured by our member survey.** Members have challenged us to ensure we take care of existing assets while also planning for improved or additional assets.

· **Effectively open and operate the new Franklin Creek facilities.** This is the largest capital project our Club has executed since the construction of the Marshwood clubhouse. This is an important addition to our Club and must be executed with excellence.

Capital Planning

· **Effectively execute all capital projects, on time, on budget, with excellence.** Between the Franklin Creek expansion, the renovation of the Palmetto Ballroom, and myriad other projects, our team must effectively shepherd over $11M in capital improvements.

· **Support the Our Club, Our Future Committee.** The objective is to identify the projects most important to our members for consideration in 2027. Our shared conviction is that this work will set the course for the future of our Club and ensure sustainability and competitiveness.

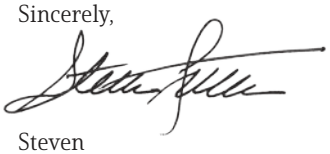
The goals and text above reflect highlights. This is a consolidation of a process that began in June 2025, and is the result of multiple meetings, deliberation and debate. The purpose is to identify the most important objectives to align everyone's work and facilitates material progress toward our vision, "to be the most desirable residential golf, athletic, and social club in the southeastern United States." Of course, this is not an exhaustive list of everything our team will pursue in 2026. Each business unit leader has developed goals, unique to their operation, that influence the goals noted above. They weave accountability for results to every level and individual in our organization. The goals noted above must result in specific, measurable, achievable, relevant and time-bound goals that move our team to improve as many elements of our Club as resources allow.

"Between the Franklin Creek expansion, the renovation of the Palmetto Ballroom, and myriad other projects, our team must effectively shepherd over $11M in capital improvements."
— Steven Freund, Executive Director

As I review the message above, I realize it is hardly the fodder typical of the Club's lifestyle publication. But I believe you should be well informed about the way we think about your Club and how we keep it healthy. We have goals, those goals are tied to strategy, and your elected Board holds staff accountable for accomplishing them. My point is, I hope you find this kind of messaging valuable.

As I enter my 17th year of service at our Club, my conviction is deeper than ever that our best days are before us. Your support and kindness toward our staff, your enthusiasm for the progress we've made, the selfless volunteer leadership, and the best team I have ever worked with, combine to create a healthy club culture. I thank you all for allowing me to serve you, our staff and community, and look forward to a very successful 2026.

Sincerely,



Steven

PROUDLY INTRODUCING TLGAC 2025 SCHOLARSHIP RECIPIENT JENNA AFIFI

By Martha Hough, Scholarship Committee



Born in Savannah and raised at The Landings with her brother Adam and sister Danya, Jenna honors her Egyptian heritage and respect for a healthy lifestyle by pursuing a double major at Georgia Southern University in Arabic and Nutrition & Food Science. Her father and mother are both professors at Savannah College of Art and Design, teaching Architecture and Fashion Design respectively. Jenna's international upbringing has influenced her broad interests in music, theater, cooking, science, math, and hospitality. As a teenager, she became increasingly aware of the benefit of physical exercise. While working at the Oakridge Wellness Center and Spa, she observed first-hand the positive impact of exercise on all ages. As she says, "It's good for you and it's so fun!"

While Jenna grew up speaking Arabic, she was determined to reach fluency through reading and writing the language. A favorite professor at Georgia Southern, Youssef Salhi, became her valued mentor in reaching this goal. While pursuing her double major, Jenna has found time to participate in extracurricular activities as well as doing volunteer work at GSU. She is now President of the Arabic Club, organizing cultural events for members on a regular basis. When an opportunity arose to do an internship in Egypt last summer at 57357 Children's Cancer Hospital (think St. Jude's), she packed her bags. The experience was perfectly aligned with her educational and career goals.

"Jenna is a distinguished honors student and has earned several certifications in nutrition and public health as an undergraduate."
— Martha Hough, Scholarship Committee.

Jenna is a distinguished honors student and has earned several certifications in nutrition and public health as an undergraduate. Now in her senior year, she is doing a Capstone case study, developing a care plan for a patient with gestational diabetes. In addition, she will volunteer at Camp Blue Skies assisting adults with Prader-Willi syndrome, a genetic condition related to eating disorders.

And let's not overlook Jenna's enthusiastic love of singing and listening to music. Showtunes and pop are her faves. She might easily be found singing along with the score of Hamilton as she builds LEGOs with a friend!

The Landings Golf & Athletic Club Scholarship Committee is particularly proud of Jenna, and applauds her achievements and her aspirations to return to North Africa and the Gulf region to share her talents and skills. She'll help those populations build and strengthen their foundation of healthy living and mutual respect, believing that good health and the simple custom of sharing nutritious food can be a catalyst for understanding.

NOW IS A GREAT TIME TO MAKE YOUR GIFT TO THE 2026 SCHOLARSHIP FUND....3 EASY WAYS TO GIVE:

1. **Log on to landingsclub.com**, click on Communications Hub and select "Employee Recognition & Support" from the drop-down menu or scan this QR Code.
2. **Send a check** payable to the TLGAC Scholarship Fund, 71 Green Island Road, Savannah, GA 31411.
3. **Authorize a charge** to your monthly bill by calling the Club Billing department.

Scan to Donate

THE LANDINGS GOLF & ATHLETIC CLUB

Top Scorers: Holes-in-One, Eagles & Shooting Your Age

Hole-In-One

Asher Herrin ..... #5 Deer Creek on September 2, 2025
Stephen Chaplin ..... #5 Palmetto on September 3, 2025
Christopher Floyd ..... #8 Deer Creek on September 5, 2025
Pete Hodges ..... #12 Marshwood on September 6, 2025
Isabelle Tapley ..... #2 Deer Creek on September 9, 2025
John Majeroni ..... #5 Palmetto on September 11, 2025
Loc Lin ..... #12 Marshwood on September 13, 2025
John Dunn ..... #12 Palmetto on September 26, 2025
Lisa Gooden ..... #4 Marshwood on September 28, 2025
Karen Hayes ..... #5 Palmetto on October 7, 2025
Jon Sweet ..... #8 Marshwood on October 13, 2025
Gordon Johnson ..... #3 Magnolia on October 16, 2025
Rose Moro ..... #8 Marshwood on October 24, 2025
Ron Taylor ..... #3 Oakridge on October 25, 2025
Jerry Scheele ..... #3 Oakridge on October 27, 2025
David Foley ..... #17 Terrapin Point on October 28, 2025
William Boyd ..... #3 Terrapin Point on October 30, 2025
Jeff Criss ..... #16 Marshwood on October 31, 2025
Karen Anklowitz ..... #8 Marshwood on November 4, 2025
Mary Ryan ..... #4 Marshwood on November 14, 2025
Bo Simmons ..... #17 Deer Creek on November 15, 2025
Mark Dusek ..... #14 Marshwood on November 15, 2025
Tom Bishop ..... #3 Magnolia on November 15, 2025
Brendan Schumm ..... #12 Palmetto on November 15, 2025
Perry Trilling ..... #14 Magnolia on November 16, 2025
Bryan Morton ..... #12 Oakridge on November 24, 2025
Chris Jones ..... #3 Terrapin Point on November 28, 2025
Chris Beason ..... #3 Magnolia on November 30, 2025
Doug Hanzel ..... #3 Terrapin Point on December 11, 2025
Jim Boyce ..... #17 Magnolia on December 19, 2025
Frank Cervino ..... #17 Deer Creek on December 21, 2025
Hugues Hariche ..... #8 Deer Creek on December 24, 2025
Doug Ramey ..... #17 Deer Creek on January 6, 2026
Mary Molnar ..... #8 Marshwood on January 7, 2026
Denny Kinkead ..... #17 Deer Creek on January 22, 2026
Samantha Balmes ..... #1 Oakridge on January 23, 2026
Larry Marino ..... #3 Oakridge on January 24, 2026

Eagles Nest

William Schwickrath ..... #14 Marshwood on September 12, 2025
George Timson ..... #5 Deer Creek on September 3, 2025
Phil Redmond ..... #13 Marshwood on September 10, 2025
Cherie Cook ..... #6 Magnolia on September 12, 2025
Mary Monson ..... #5 Marshwood on September 14, 2025
Keith Brown ..... #5 Deer Creek on September 16, 2025
Gary Ankiowitz ..... #16 Deer Creek on September 19, 2025
Howard Anderson ..... #5 Deer Creek on September 28, 2025
David Foley ..... #5 Deer Creek on September 29, 2025
Charlie Hopkins ..... #5 Deer Creek on October 1, 2025
Louis Kemp ..... #18 Palmetto on October 7, 2025
Marleen Castellan ..... #11 Magnolia on October 16, 2026
Frank Schepis ..... #9 Marshwood on October 17, 2025
Brian Ray ..... #5 Deer Creek on October 20, 2025
Stephen Spearman ..... #10 Deer Creek on October 20, 2025
Steve Cook ..... #15 Magnolia on October 25, 2025
John Landuyt ..... #15 Oakridge on October 23, 2025
Marleen Castellan ..... #18 Terrapin Point on October 26, 2025
David Foley ..... #5 Oakridge on October 30, 2025
Gene Becker ..... #15 Marshwood on November 1, 2025
Roger Belanger ..... #18 Deer Creek on November 5, 2025
Ted Almy ..... #11 Magnolia on November 16, 2025
Ted Almy ..... #14 Palmetto on November 20, 2025
Scott Forsyth ..... #7 Palmetto on November 20, 2025
Grant Buchanan ..... #5 Deer Creek on November 21, 2025
Lori Creasy ..... #8 Oakridge on November 23, 2025
Eric Laorr ..... #13 Oakridge on November 27, 2025
Eric Laorr ..... #7 Palmetto on November 28, 2025
Brad Battista ..... #15 Marshwood on November 29, 2025
Brian Kaplow ..... #2 Marshwood on December 1, 2025
Molly Ergenbright ..... #6 Marshwood on December 1, 2025
Jim Scott ..... #4 Oakridge on December 4, 2025
Doug Fleming ..... #6 Marshwood on December 4, 2025
Phil Libby ..... #4 Magnolia on December 11, 2025
Keith Brown ..... #7 Oakridge on December 16, 2025
Greg Snyder ..... #11 Magnolia on December 16, 2025
David Foley ..... #5 Marshwood on December 17, 2025
Ted Almy ..... #9 Marshwood on December 24, 2025
Karen May ..... #2 Terrapin Point on December 27, 2025
Scott Stern ..... #6 Marshwood on January 5, 2026
Jay Carey ..... #6 Marshwood on January 10, 2026
Neil Campbell ..... #15 Magnolia on January 10, 2026
David Foley ..... #14 Palmetto on January 20, 2026
Larry Marino ..... #14 Palmetto on January 23, 2026

Shooting Age or Better

Denny Kinkead ..... 77 on September 1, 2025
Bob Slayel ..... 88 on September 3, 2025
Martin Halper ..... 84 on September 4, 2025
Tim O'Connor ..... 88 on September 5, 2025
Charles Koepke ..... 77 on September 12, 2025
Jerry Grader ..... 87 on September 17, 2025
Ted Lynch ..... 84 on September 20, 2025
Bill McCloskey ..... 73 on September 23, 2025
Tom Schafer ..... 86 on October 1, 2025
Larry White ..... 79 on October 2, 2025
Ted Lynch ..... 86 on October 3, 2025
Jim Ruhl ..... 80 on October 4, 2025
Gary Hughes ..... 82 on October 4, 2025
Bob Slagel ..... 87 on October 15, 2025
Gary Hughes ..... 80 on October 15, 2025
Jerome Grader ..... 88 on October 16, 2025
Jack Romanos ..... 78 on October 17, 2024
Jim Berner ..... 78 on October 21, 2025
Bob Schmarge ..... 80 on October 21, 2025
Jim DiGiorgio ..... 80 on October 21, 2025
Bob Egan ..... 85 on October 22, 2025
Joel Kantor ..... 78 on October 22, 2025
William Sickels ..... 83 on October 23, 2025
Martin Halper ..... 83 on October 25, 2025
Jeff Gendelman ..... 73 on November 4, 2025
Jerry Grader ..... 89 on November 5, 2025
Al Anderson ..... 79 on November 7, 2025
Jerry Grader ..... 89 on November 7, 2025
Gerald Stoltz ..... 77 on November 7, 2025
Ashel Parmelee ..... 77 on November 8, 2025
Jack Romano ..... 80 on November 12, 2025
Tom Seipel ..... 74 on November 12, 2025
Jim Nichols ..... 83 on November 14, 2025
Tom Seipel ..... 74 on November 14, 2025
Tommy Ryle ..... 72 on November 14, 2025
Bill Ansley ..... 74 on November 14, 2025
Henry Jelinek ..... 81 on November 14, 2025
Gary Hughes ..... 80 on November 15, 2025
Tom Inglesby ..... 79 on November 19, 2025
Whitey Carpenter ..... 82 on November 20, 2025
Tom Schafer ..... 79 on November 25, 2025
Tim O'Connor ..... 84 on November 26, 2025
Ashal Parmelee ..... 77 on November 26, 2026
Tim O'Connor ..... 89 on December 1, 2025
Ken Johnson ..... 81 on December 12, 2025
Paul Hubert ..... 78 on December 13, 2025
Paul Hubert ..... 79 on December 17, 2025
Frank Bell ..... 84 on December 17, 2025
Jack Romanos ..... 79 on December 19, 2025
Paul Hubert ..... 76 on December 20, 2025
Larry Zaslavsky ..... 81 on December 24, 2025
Paul Hubert ..... 76 on December 24, 2025
Tim O'Connor ..... 77 on December 26, 2025
Jim Nichols ..... 83 on December 27, 2025
Jim Nichols ..... 80 on January 2, 2026
Tim O'Connor ..... 79 on January 5, 2026
Gerry Stoltz ..... 76 on January 6, 2025
Whitey Carpenter ..... 80 on January 7, 2026
Bill Sickels ..... 78 on January 8, 2026
Sach Sachdev ..... 86 on January 9, 2026
Paul Hubert ..... 76 on January 9, 2026
Paul Hubert ..... 78 on January 10, 2026
Paul Hubert ..... 77 on January 14, 2026
Jack Romanos ..... 78 on January 14, 2026
Larry Zaslavsky ..... 81 on January 17, 2026
Stephen Spearman ..... 73 on January 21, 2026
Paul Hubert ..... 78 on January 21, 2026
Jim Nichols ..... 83 on January 21, 2026
Jack Romanos ..... 76 on January 23, 2026
Bob Egan ..... 83 on January 23, 2026
Frank Bell ..... 80 on January 23, 2026

Club Car Championship at The Landings Golf & Athletic Club

KORN FERRY TOUR



DAVIS LAMB DELIVERS BREAKTHROUGH VICTORY ON KORN FERRY TOUR

Davis Lamb of Bethesda, Maryland, captured his first career Korn Ferry Tour victory at the Club Car Championship at The Landings Golf & Athletic Club with a composed, bogey-free final round of 4-under 68, earning the win in his 34th career start on Tour. The victory marked a major milestone for Lamb, whose previous best finish on the Korn Ferry Tour was a T11 at the 2024 Astara Chile Classic presented by Scotiabank. His performance was highlighted by a standout second round, where he carded a career-low, bogey-free 9-under 63, improving upon his prior best score of 64.

With the win, Lamb surged to No. 3 on the 2026 Korn Ferry Tour Points List, bolstered by three additional top-25 finishes this season. He became the fifth first-time winner on Tour in 2026, joining Ian Holt, James Nicholas, Alistair Docherty, and Doc Redman. Lamb's ascent continues a steady upward trajectory that began with regaining Korn Ferry Tour membership for the 2026 season after finishing No. 3 on the 2025 PGA TOUR Americas Points List.

During the 2025 PGA TOUR Americas season, Lamb recorded five top-five finishes, including an unofficial victory at the weather-shortened Inter Rapidisimo Golf Championship. His consistency followed earlier success on PGA TOUR Canada, where he earned two victories and three additional top-25 finishes in 2023, finishing No. 3 in the Order of Merit to secure his first Korn Ferry Tour membership. After a challenging rookie season on the Korn Ferry Tour in 2024, Lamb's breakthrough victory signals a significant step forward in his professional career.

Korn Ferry Tour (KFT): Davis, first Korn Ferry Tour victory at the spot where you started your Korn Ferry Tour career. How does it feel?

Davis Lamb: It's surreal. I'm having a hard time coming up with a better description than that. I felt like I fought so hard this weekend. The conditions were really, really brutal, so there was no real time to worry about the moment or where I stood or anything like that. It was just getting the ball going where you wanted to. To be standing here, it's surreal. I couldn't be happier.

KFT: You mentioned the conditions and grinding it out. You were bogey-free today—what did it take to do that in those winds?

Davis Lamb: First and foremost, I hit it great. I can talk all about course management and all that, but to do that correctly, you need to strike it well. I'm really happy with how I hit it today. Then my caddie, Nate, and I had a great game plan going into the day and executed it nearly perfectly. There were a few putts I would have liked to see drop, but we stayed patient, never got overly aggressive, and it worked out in the end.

"I can talk all about course management and all that, but to do that correctly, you need to strike it well."
— Davis Lamb, 2026 Club Car Champion

KFT: You've won before, but not in this position on the Korn Ferry Tour. How were the nerves today?

Davis Lamb: They were more manageable than I expected. Yesterday, I was very calm all day, but it's a Saturday—you never know what you're going to get. I talked to my mental coach last night and told him I felt really good out there. I've won a couple of times on PGA TOUR Americas, and I expected this moment to feel bigger nerve-wise. I think it's a testament to the work I've been doing. There were nerves coming down the stretch, but I felt in control and like time was moving at the right pace.

KFT: We talked earlier this week about bouncing between tours in your career. Did that period ever get frustrating?

Davis Lamb: Absolutely, it got frustrating. But did I ever seriously doubt my career choice? No. I know what my talent looks like at its best. Does it always show up? No, of course not. But I always knew it was in there. I learned a ton playing out here two years ago, translated that into a great year on Americas last year, and came into this year really confident. My confidence never truly wavered, even with the ups and downs.

KFT: After opening at 3-under and seeing a course record on Thursday, what was the mindset the rest of the week?

Davis Lamb: The conditions Thursday were really benign, so no surprise to see a low number. I was playing well but had an unfortunate finish that made me feel behind the eight ball. Going into Friday, the thought was I'd need 4 or 5 under to comfortably make the cut. The putts started dropping, I rode that momentum, and once the day was over, we were in contention. From there, it was game on.

KFT: What's the biggest challenge of this course?

Davis Lamb: In wind like this, you have to control your distance and line. If you hit the right sections of the green, you'll make birdies. If you miss, the fall-offs can get you in trouble quickly. It's forgiving off the tee, but you have to be precise with your mid and short irons.

KFT: How much did it help to be out in front early rather than chasing?

Davis Lamb: Obviously, you always want the lead, but in those conditions, one shot either way doesn't mean much. My goal was just to stay in it and be there over the last few holes. When we got there, I found myself one or two ahead and ready to go.

KFT: You had a big putt late—what was that moment like?

Davis Lamb: I would have liked it a little shorter, but it was uphill, thank goodness. I'd been really confident with my start lines all week. A six-footer on the right edge is about as friendly as it gets, but it's still nervy. Once it came off the face, I liked it.

KFT: What did it feel like seeing the putt on 18 go in?

Davis Lamb: Honestly, I kind of blacked out. Once I knew I had two putts to win, it was a mental battle of lagging it close without doing anything crazy. I was on a different planet during that stroke. Seeing where it was headed was a huge sigh of relief.

KFT: What does this win do for your season and your career?

Davis Lamb: It frees me up financially, which is huge. It's a lot of points and puts me in a great position to earn my PGA TOUR card. There are still plenty of events left, but I feel great about where my game is and I'm excited to keep going.

KFT: You've played this event several times. What was different this year?

Davis Lamb: The margin between solid golf and great golf is razor thin. I made a lot of birdies on Friday and really put myself in it. From there, it becomes a different tournament. I've played this course more than 20 times over the years, and that familiarity helps. I've learned how to play it correctly, especially when it gets tricky.



Remembering the Heart Behind the Camera

For many years, Dr. Cary Shapoff generously volunteered his time and talent to capture the spirit of our community during the annual Korn Ferry Tour's Club Car Championship. With a keen eye and a warm, approachable nature, he documented the joy, camaraderie, and unforgettable moments shared by our members and guests. His photographs did more than preserve memories—they told the story of who we are as a club. We extend our heartfelt condolences to his family and loved ones. We are grateful for the legacy he leaves with us, and we will honor his memory each time we look back on the moments he so thoughtfully captured.

FROM SAVANNAH TO THE OLYMPIC SPOTLIGHT

Chef Sam's Culinary Journey to the Winter Games

By Rachel Wright

Over in Milan, when The Landings Golf & Athletic Club's Senior Executive Chef Sam Brod stepped into the kitchen at the Winter Olympics, the scale of the moment was impossible to ignore. Security checkpoints, massive venues, thousands of athletes and staff moving through the complex — it was a world far larger than any restaurant or club kitchen. Yet the mission was the same as it is back home at the Club: feed people well, take care of your team, and execute at the highest level.

What made the experience even more remarkable was Chef Sam's role. He was one of only two international chefs invited to join the Italian culinary team. For the Savannah-based chef, the opportunity was both an honor and a challenge: representing American culinary talent on one of the world's biggest stages.

An Opportunity Unlike Any Other

The invitation came through Hotellier Carlo Zarri, whom many members of The Landings Golf & Athletic Club have met through guest chef events at the Club or have traveled to Villa San Carlo in Cortemelia, his hotel property. Large-scale global events like the Olympics rely on experienced chefs who are comfortable operating in high-pressure environments where precision, efficiency, and adaptability are essential. For Chef Sam, the chance to work the Winter Games was an opportunity he simply couldn't pass up. "I remember thinking, 'how do I say no to something like this?" he said. "It's the Olympics."

Soon after, he found himself traveling to Milan and preparing for weeks of intense work inside the massive event infrastructure that supports the Games.



"It was incredible working alongside people from so many different backgrounds. You learn a lot very quickly in that kind of environment." *— Sam Brod, Executive Chef*

A City Built for the World

The Olympic venues in Milan were part of a sprawling complex that hosted multiple major events simultaneously. The result was a massive operation where logistics were almost as impressive as the competition itself. Chef Sam worked largely in the Rho Fieramilano exhibition center that hosted the speed skating and ice-skating preliminaries, and then moving to the Santagiulia Arena. He also worked in the San Siro Olympic Stadium during the opening ceremony.

Security was tight. Access required multiple levels of credentials, and even getting to work each day involved navigating checkpoints and controlled entry points. "It was serious," Chef Sam said. "Just getting into the complex every morning was an event and a commute in itself." But once inside, the real work began.

Feeding the Olympic Family

Chef Sam and his colleagues were responsible for feeding thousands of people every day — not just athletes, but the entire ecosystem that keeps the Games running. That included staff meal programs for workers across the venues, from senior Olympic officials to behind-the-scenes support staff. But the culinary team also operated several higher-end hospitality spaces.

Among them were the Olympic Family Lounges, where athletes' families and VIP guests gathered during the Games. These lounges required a higher level of culinary presentation and creativity.

"It was a much more elevated experience," Chef Sam explained. "The food had to feel special." Another part of the operation involved preparing meals for Olympic athletes themselves. These menus were designed differently—focused on nutrition, recovery, and performance rather than elaborate presentation.

"They're athletes," he said. "They're not necessarily looking for the most extravagant dish. They want food that fuels them."

Balancing those two worlds—performance-focused meals and high-end hospitality—was part of what made the experience so unique.

Inside the Olympic Kitchen

The pace inside the kitchen was relentless. Thousands of meals were prepared and served daily, often under tight timelines as events, practices, and ceremonies dictated the schedule.

For Chef Sam, one of the most exciting aspects of the experience was collaborating with chefs from around Italy. Different culinary traditions, techniques, and perspectives came together in a shared effort to deliver consistent, high-quality food service.

"It was incredible working alongside people from so many different backgrounds," he said. "You learn a lot very quickly in that kind of environment." At the beginning of this experience, the language barrier was noticeable but not insurmountable. The kitchen has its own universal language, regardless of the geographic location, metric versus imperial systems, or the different standards. Despite the proximity to Olympic competition, Chef Sam had little time to actually watch the Games themselves due to being busy in the kitchens.



But even from the kitchen, the atmosphere was electric.

"You would see people you'd recognize—every athlete you can think of was just there. I also got to talk to Stanley Tucci, and saw Snoop Dogg and Jeff Goldblum."

A Front-Row View of the Hockey Final

One of the most unforgettable parts of Chef Sam's experience came during the men's hockey final. While his primary role was running

the Olympic Family Lounge, he was able to catch glimpses of the game itself. "I literally walked out of the green room, which was heavily secured, and then there was a door that led to all the different VIP suites, but there were a couple places where I could walk directly into the arena," he said.

Even from the lounge, he could sense the families' excitement building. "All because this is all of their families. This was wives, moms, dads, kids, uncles, aunts, friends," he recalled. "Everyone was on edge. This was the final, I believe the hockey finals was the final sporting event of the Winter Olympics."

When the US scored, the room erupted. "I remember recording a video and taking shots of the face-off. And I remember looking up… and then like 30 seconds later, they scored and we won and the place erupted. It was crazy."

Anticipating the post-game celebrations, Chef Sam quickly shifted into action. "I knew that there was like a 15-minute window where we could probably get the wine," he said. He and his team ended up working the bar for about two hours and celebrated with the team, helping ensure the families could fully enjoy the moment.

"It was a front-row seat to history in a way you never expect in a kitchen," he said, reflecting on the rare combination of culinary responsibility and being immersed in such an emotional, historic moment.

Representing America and TLGAC Abroad

Perhaps the most meaningful aspect of the experience was the opportunity to represent the United States on such a prominent stage. While Chef Sam describes himself as someone who doesn't usually get overly sentimental, the Olympic environment had a way of bringing those emotions to the surface. "The Olympics does that to people," he said. "It makes you proud." Being an American chef on the international team made the moment even more significant.

"It meant a lot to represent our country—and to represent the work we do back home," he said. "And I like to think I represented us well. There's something to be said about the American work ethic. I used my logistical culinary skills from an American's point of view. We work very hard. The Italians work hard too, but the American work ethic and mentality is very different."



Bringing Inspiration Back to The Landings

After weeks of intense work, Chef Sam returned to Savannah with more than just stories.

The experience reinforced lessons that apply in any kitchen: teamwork and adaptability. But it also provided new inspiration—ideas shaped by working alongside chefs from different cultures and by cooking for an international audience.

"The whole experience made me really appreciate the simplicity of some ingredients."

For members of The Landings Golf & Athletic Club, that means the Olympic experience may show up in subtle ways—from creative dishes to new approaches in the kitchen.

While the stage in Milan was global, the heart of the work remains the same. "At the end of the day," Chef Sam said, "it's still about feeding people and making them happy." And whether that's happening at an Olympic venue or right here at The Landings Golf & Athletic Club, the goal remains unchanged: delivering memorable experiences—one plate at a time.

5 WAYS TO EXPERIENCE THE RIDGE



By Rachel Wright

With the restoration of the Oakridge Golf Course came something entirely new: The Ridge. This dynamic putting course has quickly established itself as more than an add-on, it's an amenity in its own right. Equal parts game, gathering place, and go-to evening activity, The Ridge brings fresh energy to the Oakridge campus. Whether you're looking to sharpen your short game, connect with friends, or simply enjoy the atmosphere, here's how to make the most of the Club's newest amenity.

1 **Perfect Your Putting** The Ridge is not putt-putt, it's a true putting course designed to challenge and sharpen your short game. With thoughtfully designed undulations, subtle breaks, and a mix of tricky and predictable rolls, every hole delivers a different experience. It's a place where you can genuinely improve your putting stroke, reading greens, dialing in speed, and building confidence while still enjoying a relaxed, lighthearted atmosphere.

2 **Built for Socializing** At its heart, The Ridge is as much about connection as it is about competition. Designed to encourage lingering, laughter, and conversation while putting, it's the perfect spot to gather with friends. Grab a drink from 109th Hole at Oakridge or stop by the outdoor bar during special events. With music playing and groups mingling from hole to hole, The Ridge blends golf and social gatherings seamlessly.

3 **A Perfect Nightcap** On select evenings throughout the week and weekend, The Ridge stays open until 9:30 pm, offering a unique after-dark experience. With the course lit and the evening air settling in, it becomes an ideal post-dinner activity. Whether you're extending a date night, continuing a family evening out, or meeting friends for one last round, nighttime at The Ridge brings a new energy—relaxed, inviting, and just competitive enough to keep things interesting.

4 **Everything Within Reach** The Ridge sits at the heart of Oakridge's most dynamic amenities, making it easy to turn a quick round into a full afternoon or evening experience. Just steps away, Oak & Moss delivers an elevated boutique shopping experience, showcasing the latest fashion trends and curated lifestyle pieces. A short walk across the sidewalk brings you to the Oakridge Clubhouse, where 109th Hole and Osteria Oakridge offer the perfect setting for cocktails, casual bites, or a relaxed dinner. Directly across the parking lot, the Oakridge Wellness Center is available for all of your fitness needs pre- or post round.

5 **The Ridge Rollers** The Ridge adds a new layer of friendly competition with The Ridge Rollers Putting League. Designed as a two-person best-ball format, each season blends weekly match play, cumulative point standings, and payouts—all building toward the Ridge Rollers Spring Championship. It's competitive enough to keep things interesting, but relaxed enough to keep it fun.



ATP CHALLENGER TOUR

SAVANNAH CHALLENGER

PRESENTED BY STIFEL | Barrow Lane Phillips Advisory Team

2026 SAVANNAH CHALLENGER

By Rachel Wright

Today's Grand Slam headliners were yesterday's Challenger hopefuls, and every spring, Savannah gets a front-row seat to watch tomorrow's rising stars!

The Savannah Challenger isn't just a tennis tournament; it's where future stars arrive hungry, matches spark with intensity, and the Franklin Creek courts become a launchpad for the sport's next breakout names.

In 2026, the Savannah Challenger returns for its 16th year with high-stakes tennis, electric energy, and the rare chance to watch the game's future unfold point by point, right here at our Club on April 20–26, 2026.

This Year's Tournament

Anyone who has been to the Savannah Challenger knows attending means not only watching prime tennis matches, but also having a great time! And this year is no exception.

First, there is not a bad seat in the house with covered bleacher-style seating on the auxiliary courts and the stadium court.

Second, Kids' Day and Ladies' Day are back in 2026!

Kids' Day sponsored by Chatham Oral and Maxillofacial Surgery will take place on Sunday, April 19, at the Franklin Creek Sports Complex and feature youth tennis and pickleball clinics. Afterward, enjoy a frosty treat and a meet-and-greet opportunity with some of the 2026 Savannah Challenger players.

Ladies' Day sponsored by South State Bank will feature a morning of shopping local vendors right on the tennis courts, with mimosas (of course!), and discounted daily tickets. This will take place during the middle of tournament week on Wednesday, April 22.

Food and Beverage

Every bar throughout the complex will feature signature cocktails in addition to a variety of other alcoholic and non-alcoholic options. There are two bars available for patrons—one in the Challenger Chill Zone outside of the pro shop and the other by the dining area behind stadium court. VIP ticket holders will have access to an exclusive bar and buffet in the VIP area.

Food will be provided by the 5-9ATE Mobile Kitchen, serving up a variety of hot and cold sandwiches, salads, and pastas.

Get Your Tickets

Tickets are available on SavannahChallenger.com. Center Court Package tickets are available for all tournament days and general admission. Friday, Saturday, and Sunday of the tournament will sell out! To avoid disappointment, it is recommended that tickets be bought ahead of time.

Members of The Landings Golf & Athletic Club may acquire complimentary grounds passes for Court 6 and Court 15 each day at the gate Monday – Friday of the tournament week. Saturday and Sunday matches will take place only on Center Court, so no grounds passes will be available. Tickets must be bought for all Center Court action.

Keep an eye on Club communications or follow Savannah Challenger on social media to stay up to date with this year's tournament.

An Intimate Tennis Experience

For those new to live tennis, we promise you a thrilling and enthralling sports experience like no other. Our atmosphere offers an intimate tennis viewing experience with a great party atmosphere.

FROM THE GROUND UP

Progress Underway on the Franklin Creek Expansion Project

By Chris Steigleman

Work is underway at Franklin Creek, and momentum continues to build as the project moves through its early phases. Recent construction activity has focused on critical infrastructure and site preparation—foundational work that will support everything members will enjoy once the project is complete.

Phase By Phase

Phase 1, located at the head-in parking area along the entrance drive, is progressing well. Major underground utilities, including potable water and sanitary sewer connections, have been installed. While largely out of sight, these improvements are among the most important elements of the project, ensuring long-term reliability and supporting future amenities. Required soil testing and compaction have been completed, and installation of the permeable paver parking system and underlayment is now underway.

Phase 2, which includes the former hitting wall area and future new court complex, continues to advance. Demolition is complete and stormwater infrastructure is largely in place, setting the groundwork for the next phase of pickleball court construction. Phase 3 consists of two new parking lots flanking the existing bocce courts. In these areas, stormwater infrastructure and curb and gutter installation are nearing completion, with parking surfaces coming next.

"Construction can bring some short-term disruption, but the end result will be worth it—more courts, more parking, and a significantly improved experience at Franklin Creek," said Chris Steigelman, Director of Facilities and Projects.

> ***"Construction can bring some short-term disruption, but the end result will be worth it—more courts, more parking, and a significantly improved experience at Franklin Creek."***
> *— Chris Steigelman, Director of Facilities and Projects*

Parking Availability

Parking availability will begin to improve in the near term. Phase 1 parking opened in early March, followed by Phase 3 parking areas in early April. These milestones will provided much-needed relief to current parking constraints, and once these areas are back online, the most challenging period of parking disruption will be behind us—just in time for Challenger! While parking along the existing pickleball courts will remain offline for the duration of construction, the addition of three new parking lots will result in a net increase in available parking spaces, even during Phase 4. Upon full completion, the campus will have approximately 50% more parking capacity than before construction began.

Court Availability

Another key focus for members is pickleball court availability. The campus currently has 14 courts available for play. Phase 4 construction began in early March, available inventory was temporarily reduced to a minimum of eight courts, as previously communicated. This reduction is expected to be short-lived. By late-April, the new courts in Phase 2 are anticipated to come back online, increasing availability to 12 courts, which will remain the minimum until additional courts are completed. Ultimately, the project will conclude with 22 new and refurbished pickleball courts, significantly expanding long-term capacity.

What's Next

As construction continues, activity will increasingly shift above ground. Phase 4, which includes construction of the pavilion, began in early March, with vertical building work starting in mid to late March. Throughout the process, the team remains focused on maintaining safe access, minimizing disruption where possible, and keeping members informed as schedules evolve.

The Franklin Creek Expansion represents a long-term investment in the member experience—creating a welcoming, functional, and vibrant destination that supports recreation, community, and connection for years to come.

"The Franklin Creek Expansion is about creating a space that brings people together — improving access, enhancing amenities, and delivering a long-term experience that supports how our members live, play, and connect," said Steigelman.



FOCUSED ON WELLNESS, DRIVEN BY COMMUNITY: MEET SANDY McCASLIN

By Rachel Wright

Sandy McCaslin joins our Club with an extensive background in fitness, wellness, and general health club operations. While in California, she was the Chief Operating Officer and Human Resources Manager for Delta Valley Health Club in Brentwood, California, for 16 years. This was a large operation with over 100 team members at two locations. Sandy later took on roles at The Club for Fitness, in McKinleyville, California, followed by a General Manager assignment at The Tucson Racquet and Fitness Club, in Tucson, Arizona.

She served as the General Manager of the Shawnee, Country Club in Lima, Ohio. While successful at Shawnee, wellness is Sandy's passion and that's how she found herself at The Landings Golf & Athletic Club.

We sat down with Sandy to talk about her passion for wellness and her goals for our Club.

What inspired you to pursue a career in wellness? After having my first son 25 years ago, I wanted to get my body back. I joined a local health club, and it didn't take long for me to become addicted to the feel-good factor—exercise releases endorphins and creates a natural high.

When I was ready to return to work after two years as a stay-at-home mom, my husband asked me a simple question: "What do you love?" The answer was clear—fitness, and how it made me feel. That's what led me to begin my career in the health club industry in 2005, building on my background in management. Things become environmental and I knew I loved wellness. We only get one body, and caring for it is one of the greatest investments we can make.

What achievements or experiences are you most proud of from your previous roles? One of my proudest accomplishments was helping lead the turnaround of a struggling club in California after the 2008 housing crisis. Membership and revenue had declined significantly, and the club was operating at a deficit and behind on key financial obligations. Through focused member engagement, programming improvements, and operational alignment, I was able to stabilize the business and rebuild momentum. Through strong leadership, strategic programming, and team development, we were able to double revenue and successfully open a second location with a 13% profit margin. Without the resources to hire outside leadership, I focused on developing talent from within—building strong leaders and creating a scalable, people-first culture. We positioned ourselves as wellness experts in our marketplace by offering programs that truly helped members listen to and care for their



bodies. It was a journey filled with hard work, resilience, and heart. When COVID ultimately forced the clubs to close, it felt like losing a part of myself—but I remain incredibly proud of what was built.

How would you describe your overall wellness philosophy? Wellness is personal. Your quality of life is directly tied to how you feel each day. We only get one body, and when we take care of it consistently, it supports us through every stage of life—especially the second half. Optimal health looks different for everyone, but everyone deserves to feel good, energized, and capable. Too often, wellness becomes reactive—focused on 'sick care' instead of prevention. It doesn't have to be that way. By learning to listen to our bodies and partnering with our certified trainers, we can create a proactive plan that supports optimal health.

"Additional priorities include enhancing the adult-only pool experience, growing youth programming, and making strategic improvements to the spa and service offerings."
— Sandy McCaslin, Wellness Director

What does "wellness" mean to you in a club environment? Wellness in a club environment means caring for the mind, body, and spirit. When members feel well, they live well—and that positively impacts everything they do. A wellness-focused club supports physical health, mental well-being, and community connection, giving members the energy and confidence to fully enjoy their lives. What feels like balance and vitality for you or me may not look the same for someone else. Wellness is an active process of becoming aware of and making choices toward a healthy, fulfilling life. It's more than just the absence of illness—it's about thriving. If your life is how you feel, what would you change if you could? Not sure where to start? We're here to help—our certified professional trainers are happy to get you started.

What excites you most about leading wellness here? The Landings Golf & Athletic Club truly feels like a dream come true—an exceptional place where wellness, recreation, and community come together to serve members at every age and stage of life. TLGAC ranks among only three clubs of its size and is widely regarded as an industry leader, reflecting a strong standard of excellence and continued success. The environment is inspiring and welcoming, and I'm incredibly excited to work alongside such talented professionals.

I'm also grateful for the opportunity to contribute under Steven Freund's leadership. He is an industry icon, and I look forward to being part of something bigger—working closely with our club, our future committees, continuing to inspire our members toward optimal health and wellbeing, and empowering our team toward continued excellence.

This is an organization I am proud to commit my career to, while contributing to a meaningful legacy.

What are your priorities for your first year? My first-year focus will be to build on what we already do well by enhancing the overall member experience and increasing engagement. This begins with taking the time to truly get to know our members and team, strengthening team synergy, and aligning W.E.L.L (What Excellence Looks Like) service standards.

Key priorities include expanding fitness and "fitness is fun" offerings that create community and social connection—especially by adding more evening programming. I also plan to thoughtfully integrate medical wellness alongside physical wellness to support a more comprehensive approach to member wellbeing.

Additional priorities include enhancing the adult-only pool experience, growing youth programming, and making strategic improvements to the spa and service offerings. I also aim to proactively address personal training needs by partnering with Georgia Southern University's trainer internship pipeline, while continuing to develop and attract exceptional training professionals.

Are there any new programs or enhancements you're hoping to introduce? Yes—we are excited to introduce Hydrafacial spa services, expand evening fitness class offerings, improve access to medical wellness resources, and develop more programming for tweens and youth. These enhancements will allow us to better serve members across all ages and interests.

How do you like to engage members with different interests, ages, and fitness levels? Engaging members across ages and fitness levels by creating programming with variety and flexibility—offerings that can be progressed or modified without anyone feeling singled out. Pairing that with certified personal trainers allows us to meet members exactly where they are and keep the experience both approachable and enjoyable.

What's your favorite way to stay active? I love being outdoors and participating in group fitness classes—the energy, instruction and community make workouts enjoyable and motivating. Pilates Reformer is one of my favorite workouts, and while I've been doing more cardio recently, strength training remains essential for long-term health and muscle preservation.

What wellness habit or routine do you personally swear by? I'm still getting my routine dialed in here, but my non-negotiables are pretty simple: I start my day with a glass of water, get outside for a power walk, and take a few minutes for morning prayer. I aim for at least eight cups of water a day, weight train four times weekly, and I like to end the evening with an outdoor gratitude walk. Those basics keep me grounded and consistent.

Do you have a favorite wellness trend? I've really been drawn to the Blue Zones approach because it isn't about extremes—it's about simple, consistent habits that support longevity: moving more, eating well, having purpose, and staying connected. And honestly, The Landings Golf & Athletic Club already offers so much of that. Being intentional about building wellness into everyday life—daily movement, strength training for long-term health, recovery, and community-based programming. To me, that's what optimal health looks like: helping people feel their best and function at their highest level, no matter their age. It's a holistic approach that supports healthspan, quality of life, and wellbeing at every stage.

YOUR YEAR TO BUILD STRENGTH, CONSISTENCY, AND CONFIDENCE

By William Jackson

Remember those 2026 fitness goals you might have set earlier this year? Have those fallen to the wayside? It's okay, our trainers are here to help!

Setting goals is the easy part—having the right support is what helps you stay consistent throughout the year and beyond. Our Club offers everything you need to keep your foot on the gas and turn those goals into lasting habits.



Support That Makes a Difference

From certified personal trainers to motivating group classes, our resources are designed to meet you where you are. Personalized training plans, fully equipped strength and cardio areas, and recovery services like massages help you recover from your training or playing.

"Whether it's strength training, stretching, or cardio, showing up consistently builds habits that last long after the first few months of the year."

— William Jackson, Group Exercise Coordinator

Keep It Realistic

The most sustainable goals are the ones that fit into your real life. Instead of aiming for perfection, set goals that feel doable week after week. A few well-planned workouts are far more effective than an all-or-nothing approach. Between work, family, and everything else life throws your way, be honest about what fits your schedule. If you can realistically make it to the gym two to three times a week, plan for that rather than forcing five days a week and burning out after just a couple of weeks. Remember: Consistency beats intensity every time.

Consistency Is the Key

Speaking of consistency. Small, regular efforts add up in a big way. Whether it's strength training, stretching, or cardio, showing up consistently builds habits that last long after the first few months of the year. Even on busy weeks, doing something intentionally, big or small, keeps momentum going and makes it easier to stay on track.

Schedule Your Workouts

Treat your workouts like standing appointments you wouldn't cancel, because your health deserves that level of commitment. Add them to your calendar, plan around them, and protect that time. When exercise is scheduled, it's far more likely to happen. You deserve that time for yourself, your health, and your overall wellbeing.

Focus on Progress, Not Perfection

Real success isn't just about quick results or a number on a scale. Pay attention to how you feel: increased strength, better energy, improved mobility, and more confidence in your movement. Those wins often show up first and they're the ones that truly support long-term health. The rest will follow.

Prioritize Recovery

Rest days, mobility work, and proper recovery are just as important as the workouts themselves. Taking care of your body helps prevent injury, boosts motivation, and ensures you're feeling your best for your next round of golf or court sports match. When you recover well, you perform better and enjoy it more. Talk with one of our personal trainers or wellness professionals about recovery programs offered at the Oakridge Wellness Center.

Build Healthy Habits That Last

Lasting wellness isn't about quick fixes or short bursts of motivation, it's about creating routines that fit seamlessly into your lifestyle. With expert guidance from our wellness professionals, flexible programming that meets you where you are, and a supportive community that keeps you encouraged and accountable, our Club makes it easier to stay consistent. Instead of chasing resolutions that fade by April, you'll build healthy habits that support your energy, performance, and overall well-being all year long.

At The Landings Golf & Athletic Club, our Wellness team is here and ready to help you get started, support you through the plateaus, and celebrate every win with you, big or small. Together, we're committed to helping you build lasting momentum and making wellness an enjoyable part of your lifestyle. Let's keep the momentum going this year!



THE LANDINGS LIGHTNING BOLTS SWIM TEAM

WHERE YOUNG ATHLETES MAKE A SPLASH.

Fees: $250/swimmer • $225 siblings • $300/sponsored non-member

Limited spots available for sponsored non-members who live off-island. Member will take full responsibility for conduct of sponsored guest.

May 4 (mandatory parent meeting) After school ends: offered 2x/day Monday–Thursday • 8am–9am; 5:30pm–6:30pm • Franklin Creek Pool

For more information, contact swim coach Rebekah Matthews
rebekah.matthews@landingsclub.com • 864-906-7490

SCAN HERE TO REGISTER

MOVE WELL. AGE WELL.

Why Strength and Balance Matter More Than Ever After 50



One of the most important truths about aging is this: physical decline is not inevitable. While certain changes naturally occur over time, loss of strength, balance, and mobility is often preventable with the right support and guidance.

At Coastal Care Partners, we believe movement is medicine.

Understanding the Changes That Come With Age

Beginning in our fifties, adults gradually lose muscle mass each year. This process can affect posture, joint stability, coordination, and endurance. At first, the changes may feel subtle. You may notice it is harder to rise from a low chair, carry groceries, or recover your balance after a quick turn. Over time, these small shifts can increase the risk of falls, injury, and loss of independence.

The encouraging news is that muscle responds to training at any age. Research consistently shows that strength training and targeted physical therapy improve mobility, reduce pain, enhance coordination, and lower fall risk, even in adults in their seventies, eighties, and beyond. The body is remarkably adaptable when given the right stimulus.

Why Strength and Balance Training Matter

Balance is just as critical as strength. Falls remain one of the leading causes of injury in older adults, yet many falls are preventable. Through individualized assessment, we can identify subtle gait changes, flexibility limitations, or areas of weakness before they develop into larger problems. Early intervention truly makes a difference.

Physical therapy is not only for recovery after surgery or injury. It is one of the most powerful preventive tools available. Whether your goal is maintaining independence, improving your golf or tennis game, or simply feeling steadier and more confident in daily life, proactive therapy supports long term vitality.

Personalized Care for Lifelong Mobility

Coastal Care Partners is proud to provide personalized physical therapy at Oakridge Wellness Center. Our focus is on strength, balance, flexibility, and overall mobility so that members can continue living actively and confidently.

If you have noticed changes in your strength, balance, or endurance, our team at Oakridge Wellness Center would be happy to speak with you about whether a personalized assessment could help you stay strong, steady, and independent for years to come.

— Coastal Care Partners at The Landings Golf & Athletic Club

COASTAL CARE PARTNERS

YOUR PARTNER IN AGING CARE

Your Club. Your Care. Your Advantage.

Physical therapy designed exclusively for members of The Landings Golf & Athletic Club. Located at the Oakridge Wellness Center & Spa, our team delivers expert rehabilitation and performance-focused care — right where you train, play, and live.

Expert care, right at your club
No driving off-island. No waiting in crowded clinics. Just high-level physical therapy located inside Oakridge Wellness Center—designed for members of The Landings Golf & Athletic Club.

A seamless member experience
Convenient scheduling. Clear recovery plans. Professional communication every step of the way.

Care built around performance and longevity
From post-surgical rehabilitation to sports-related injuries and mobility optimization, we help you stay active and moving well.

Integrated with your club lifestyle
We understand the demands of golf, tennis, pickleball, fitness training, and active island living—and we tailor treatment accordingly.



Schedule Online • Most Insurances Accepted • Located at Oakridge Wellness Center

To learn more about the transition schedule or to book an appointment, scan the code or call 912-598-6312.



INVITE. CONNECT.

Let Us Treat Your Guests to a Round at The Landings Golf & Athletic Club.

What is Guest Connect? Guest Connect allows current members—Golf, Athletic, Tennis, Social, or House—to refer serious golf enthusiasts who are exploring both Club membership and property ownership at The Landings. **What Your Guest Will Enjoy:** A complimentary round of golf for two, up to four consecutive days of complimentary Club access, and a meet & greet with Membership Sales to explore the many benefits of Club membership. To participate, we ask that your guest work with a Realtor and plan to explore available properties during their visit.

Ready to Connect? *If you have a friend or family member who would be a great fit, let us help you introduce them to The Landings Golf & Athletic Club. Contact Cristi Evans at 912-598-5590 or cristi.evans@landingsclub.com.*

THE LANDINGS
GOLF & ATHLETIC CLUB
SAVANNAH, GEORGIA