


# BUMP & RUN

SUMMER 2020







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#### HOURS

MONDAY	9AM - 8PM
TUESDAY	9AM - 8PM
WEDNESDAY	9AM - 5PM
THURSDAY	9AM - 8PM
FRIDAY	9AM - 5PM
SATURDAY	9AM - 3PM
SUNDAY	CLOSED



## A MESSAGE FROM SCOTT SKLAR

As we are all aware, we are living in a new world, managing through a pandemic, and with all the changes and accommodations we have made over the last few months, I have been humbled and impressed with everyone's cooperation and flexibility.

Although our tournament schedule has been reduced, we still have an action-packed list of events this year. We will be hosting local events such as the Ladies' City-County Mixed, as well as the Men's LANCO Senior Championship, in which our very own Fredrick Taggart is the defending champion. With rounds up at the club, the Golf Staff is excited to see what kind of numbers we get for our own tournaments. The President's Cup has a full field for the second year in a row, the Women's 9 Hole League is reaching numbers like never before, and the Wednesday Night Men's League is on fire! The NEW Online Tee Time System has been a huge success. It has created a way for "Our Members Only" to easily view and book a tee time right from your cell phone. Members now have more visibility into the daily/weekly tee sheet and can book a foursome with friends or join up with a group that has an opening.

This year we are very fortunate and honored to have been asked to host several unique Junior Golf events. First up is the Peggy Kirk Bell Girls Golf Tour, a southern-based tour that provides a "Girls Only" mission. With over 950 members, they continue to work to spark interest in girls' golf.

We are also excited to have been asked to host the Lancaster County Junior Golf Tour's Furyk Family Major tournament — not only this year but for years to come. Creating this special opportunity started with our very own member Stacey Wilson. She worked diligently to start a relationship with Jim Furyk and his family to sponsor the event. Jim Furyk, if you are not aware, is the 2003 U.S. Open Champion and 2010 FedExCup Champion / Player of the Year. He was a member of Meadia Heights Golf Club in his early years, as he practiced and developed his game, and we are very humbled to be a part of this tournament.

In mid-July, the Philadelphia PGA Junior Tour will be hosting a new event at Meadia Heights. It is open for boys and girls ages 10–18. We are honored to have been asked and hope to retain a great relationship with this fantastic junior tour.

Lastly, Coach Mike Chiodo was able to obtain this year's Lancaster-Lebanon League Championships at Meadia Heights. We are extremely honored to be hosting the best high school golfers in the area at our club this September. These types of opportunities put us in a unique position to once again become a positive developmental environment for young golfers. I can't express how grateful I am to be a pivotal part of this wonderful tradition.

Meadia Heights is taking wonderful strides forward, and the environment has been incredible. The amount of participation from our

membership is impressive. It brings me much joy to see that tee sheet full, as well as the number of men and ladies participating in league play. And, with great participation comes fun and new merchandise in the golf shop, so be sure to stop by!

Lots of exciting things are taking shape at Meadia Heights, and the club is being transformed into something really special. We are so happy to see our members enjoying themselves at the club, and we hope you continue to see the progress being made. Thank you.



Golfingly Yours,

*Scott Sklar*

Head Golf Professional  
& Director of Membership



# WELCOME NEW MEMBERS

Join us in welcoming the newest members of the Meadia Heights family!

Cary Ahl  
Tre Blomeier  
Nevin Book  
John Dougan  
Chaz Eavenson  
Kyle Ebersol  
Andrew & Rachel Enck  
Brock Fassnacht  
Shaun Fedor  
Gavin Fisher  
Ken Fisher  
Sean Garvey  
Jennifer Gehman-Loncosky  
Roger Harvey Sr.  
Tom Holzbauer  
Kenneth Huhn

Reed Huntzinger  
Nathaniel Kirchner  
Austin Lauver  
Brian Leshner  
Paul Marold  
Lois Morgan  
Aaron Snyder  
Cameron Staver  
James Sullivan  
Sean Swartley  
Cameron Todd  
Phoneix Trout  
Mason Wills  
Matt Wilson  
Ronald Yanoski



## EVERYTHING IS ROSIE

**First, my hope is that everyone and their families are safe, healthy, and happy. It has been a rough start to the season, and I hope all are rounding their games to a top performance.**

Speaking of rough, wow! My goal to enhance the quality of it surely came to light. It has thickened and greened up and has become a hot topic. As the summer progresses, it should slow down and hopefully not be as punishing.

The busy spring maintenance programs are winding down, and our attention turns to survival and maintaining the current conditions. The hot summer months are very stressful on turf, as we battle heat, drought, and insect and disease pressure while dealing with Mother Nature and her bag of tricks. Our best-laid plans are

always at her mercy and frequently require last-minute changes. Your continued patience is always appreciated. Our hardworking, dedicated crew strives to produce the best possible playing conditions for your golfing experience and pleasure.

Please join me in welcoming our newest crew members: Nick, Mike, and Leah. Don't hesitate to say hi or offer a thumbs-up when you see them.

Stay well and enjoy the course!

Regards,  
Bob "Rosie" Rosensteel,  
Golf Course Superintendent

## FLOWER POWER!



If you've noticed the beautiful flowers and well-kept flower beds this year, you can thank Leah Sassaman. She has been doing a great job keeping our home away from home looking its best.

Leah graduated from Manheim Township in 2018 and has two brothers and a sister. When she isn't helping out the grounds crew, she enjoys walking her English sheepdog, Oliver, and running.

**Be sure to say hello the next time you see her!**



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IT'S IN THE BAG

# LISA DICHTER



For this issue of *Bump & Run*, we asked longtime member Lisa Dichter to talk about all things golf — from the equipment that makes her game so great, to her favorite golf memory and more.

**How old are your irons?**  
8 years.

**What iron do you chip with?**  
8 iron.

**How far do you hit your 7 iron?**  
120 yards.

**What is your favorite club?**  
5 wood.

**What is your current handicap?**  
16.

**Lowest gross score for 18?**  
71 — at Foxchase.

**What brand of ball are you currently playing?**  
Bridgestone B330-RX.

**What snacks do like to have on hand when playing?**  
Pretzel Crisps.

**What’s the story behind your favorite ball marker?**  
A very good friend bought it for me as a holiday present — and when I look down on it, the LISA frequently looks like USA.

**If you could play any course in the world for free, which one would it be?**  
Pebble Beach or Augusta National.

**Favorite professional golfer?**  
Jack Nicklaus.

**Favorite hole at Meadia Heights?**  
17.

**Favorite golf memory?**  
The 2005 USGA Senior Women’s Amateur at the Apawamis Club in New York. I met some wonderful ladies, and the club and their members treated the competitors like we were royalty. I missed match play by one stroke, but the experience was incredible.

**If your clubs could talk, what would they say?**  
“She’s baaa-ack...again?!?!”

## Featured Drink

# Figenza Cosmo

As summer heats up, we have the perfect combo for a refreshing light bite. The Figenza Cosmo features the flavors of fig and orange, with splashes of lime and cranberry. It pairs perfectly with our Summer Berry Salad.



### Ingredients

- 1 1/4 oz Figenza fig vodka
- 3/4 oz Bauchant orange liqueur
- A splash of lime juice
- A splash of cranberry juice

### Instructions

1. Combine ingredients with ice in a shaker and shake hard.
2. Pour into a martini glass.
2. Garnish with a lime and lime twist.

### Pair With

The Meadia Heights Summer Berry Salad

Strawberries, blackberries, and raspberries tossed with raisins and roasted almonds, finished with feta cheese, and served over mixed greens with a lemon balsamic vinaigrette.



# MEMBER SPOTLIGHT

## Bob & Robin Stauffer

### Bob and Robin have been members of Meadia Heights since...

2000. They joined because they had friends who were already members, and they were tired of how long it took to play public courses. They look forward to playing golf here into their retirement years.

### Their favorite Meadia Heights memories are...

For Bob, it's making a hole in one on #4. Winning the Old Pal Tournament with partner Julie Walsh is Robin's fondest memory.

### They grew up in...

Manheim (Bob) and Bird-in-Hand (Robin).

### Their favorite TV shows growing up included...

*Wild Wild West*, *Hogan's Heroes*, *McHale's Navy*, and *Black Sheep Squadron* for Bob, and *I Love Lucy* and *Gilligan's Island* for Robin.

### According to Bob and Robin, the ideal age is...

Bob thinks it's 42, but Robin says 40 — both for the same reason, though. That's before the eyes go bad and everything starts hurting!

### Their favorite breakfast is...

Both of them love eggs, bacon, and pancakes — made with Burnt Cabins pancake mix and syrup.

### Bob and Robin are grateful for...

"My beautiful and talented wife" and "my handsome husband." Robin also added that she's grateful for the opportunity to positively affect her community.

### They're motivated by...

Their faith, competition, and music. For Robin, it's specifically music by Guns N' Roses!

### Other music that pumps them up includes...

Bob enjoys hard rock from the '70s, while Robin mixes it up a bit with hard rock, country, and some rap.

### Something that took them a long time to achieve was...

For Bob it was a hole in one; Robin, travel to Europe.

### The longest trip they've been on...

Was a two-week trip to Alaska.

### Their favorite snacks are...

Robin enjoys salsa, guacamole, and tortilla chips, while Bob goes for pizza and nachos.

### But if they could eat only one food for the rest of their lives...

Bob would choose either seafood or steak. Robin could live on potatoes — made any way she felt like.

### The household chores they actually enjoy doing are...

Putting salt in the water softener (Bob) and doing the laundry (Robin).

### If they had to be stranded on a desert island with only three people...

Robin would be marooned with Bob, Kim Crawford, and Louis Vuitton. Bob would choose the company of Robin, Pappy Van Winkle, and Arturo Fuente.



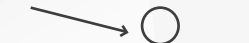
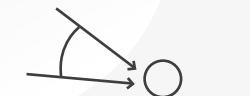



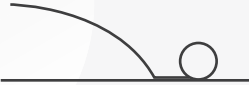

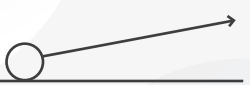



# ALL ABOUT BOUNCE

# IN THE GROOVE

Understanding bounce will help improve your short game and lower your scores. In short, when your wedge bounces off the ground and into the ball, it creates crisp and clean contact. But how much bounce do you need? And which wedge is best? Like so much in golf, it depends.

**L** Lob Wedge      **P** Pitching Wedge      **G** Gap Wedge      **S** Sand Wedge

	LOW BOUNCE (0° – 8°)	MEDIUM BOUNCE (8° – 14°)	HIGH BOUNCE (14° – 18°)
WEDGE	<b>L</b> <b>P</b> <b>G</b>	<b>L</b> <b>P</b> <b>S</b>	<b>S</b>
ANGLE	 SHALLOW	 MULTIPLE	 STEEP
GROUND CONDITION	 WET SAND & FIRM TURF	 ALL CONDITIONS	 LIGHT SAND & SOFT TURF
OTHER NOTES	 LONGER APPROACH SHOTS	 GOOD FOR MOST CONDITIONS & HANDICAPS	 HIGH BOUNCE ≠ HIGH LOFT



A wedge's grooves channel away water and debris, but they also play a big role in the spin and flight of your ball. Choose the right kind of groove for making your next move.



## SQUARE GROOVES

- ▶ High spin rate
- ▶ Steep landing angle
- ▶ More control when hitting to the green
- ▶ Ball travels higher up the club face
- ▶ Good for shots from the rough



## U GROOVES

- ▶ Slower spin rate
- ▶ Lower landing angle
- ▶ Less control when hitting to the green
- ▶ Ball doesn't travel very high up the club face
- ▶ Shots are a little difficult to control, but tend not to roll through the green



## V GROOVES

- ▶ Slowest spin rate
- ▶ Lowest landing angle
- ▶ Least amount of control when hitting to the green
- ▶ Ball doesn't travel very high up the club face
- ▶ Shots are more difficult to control and tend to roll through the green

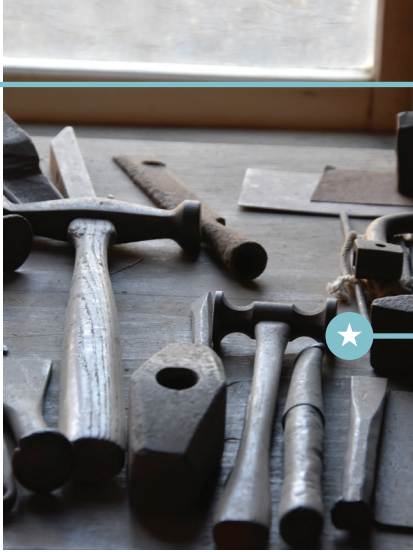


EMPLOYEE SPOTLIGHT

SKIP JACOBS

SOUS CHEF

Sous Chef Skip Jacobs has been part of the Meadia Heights family for more than twenty years. We all know he’s got serious skills in the kitchen, but did you know he’s handy with home projects too? Here’s a little bit more about Skip, in his own words.



A food that I believe is underappreciated is soup. Everyone thinks they can make good soup, but few can. Some of the soups that I enjoy making are French onion, chili, cream of mushroom, split pea, and Reuben.

A skill that I would like to work on more is woodworking. My father recently bought a portable sawmill, and I plan on making some live edge furniture.

One of my favorite holiday traditions growing up was Thanksgiving with my family. The day after we would go rifle hunting in Sullivan County. A new tradition that I have with my wife’s family is Christmas Bingo. Everyone buys odd/funny gifts, and we label them with bingo numbers. Then we all take turns with a bingo roll or steal someone’s gift. It takes all day and is a riot. I look forward to it every year.

One of the last things I was really excited about was the Philadelphia Eagles winning the Super Bowl. It was a long time coming!

I started at Meadia Heights in January 1998 and have been here since. The benefits and hours drew me in.

My favorite Meadia Heights memory is the Gasts’ wedding a couple of years ago. I’ve pretty much watched the Gast children grow up, so it was so neat to see Rachael Gast get married. I loved the fun food choices they made — like taco and mac and cheese bars — and the number of Meadia Heights members that were there enjoying their celebration together.

I grew up between Mountville and Columbia and graduated from Hempfield High School, class of 1993. It was a fun place to grow up, fishing at Mud Lake, four-wheeling, and riding bikes. My first job at the age of 14 was at the Twin Oaks Pool, and at 15 my first restaurant job at the Springhouse.

When I’m not working, I like to do home projects with my wife, Jackie. While being home due to COVID, we got a lot done to the house. In our guest bedroom, we sanded the 100-year-old yellow pine floors and then did a coffered beadboard ceiling. It was a lot of work but so worth it — so gratifying!

One of my fondest traveling memories is a trip to Vermont with my wife. We stayed at a drive-in movie theater motel. Each room had a speaker with a large window at the back so you could enjoy the movies from the privacy of your room. When we got hungry, we walked around to the back of the motel, where there was a snack bar.

My perfect burger has to have sautéed onions and mushrooms, bacon, and American cheese.

One of my favorite things to do to unwind after a hard day is soaking in the hot tub with my wife. We put up an 80-inch projector screen so we can sit back and watch our favorite TV shows.

One rule I wish they would take out of baseball would be the designated hitter rule. It takes the strategy out of the game.



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# KEEP YOUR COOL in the Summer Heat

Ah, summertime in Pennsylvania, when the temps routinely hit the 90s with humidity to match. Although summer brings positives for playing golf — abundant sunshine, longer days — it also brings risks for heat-related illness, such as cramps, heat exhaustion, or even heatstroke. Keep the following tips in mind to stay safe and cool on the course this summer.

### ► Schedule an Early Tee Time

- The strongest sun and hottest temperatures of the day typically occur between 11:00 am and 2:00 pm. By playing earlier, not only will you avoid the riskiest part of the day, but you'll also beat the crowds and complete your round faster.

### ► Dress for the Weather

- Wear clothing in whites or pastels. These colors reflect the sun's rays better than darker choices such as black or navy blue.
- Wear clothes that are loose fitting and lightweight. They help air to circulate, which helps you maintain a safe body temperature.
- Choose cotton. It absorbs sweat and keeps you cooler for longer in high temperatures.
- Wear a hat. Wide-brimmed hats protect your ears, neck, and face, but if they're not your style, consider at least wearing a baseball cap or visor.
- Wear sunglasses that block both UVA (ultraviolet A) and UVB (ultraviolet B) rays. They won't keep you cool, but they will protect your eyes from sun damage!

### ► Take It Easy

- We all know walking is good exercise, but on hot and humid days that just feel unbearable, use a golf cart instead. This will limit your exertion and help you avoid overheating.

### ► Drink Up!

- The best drink to stay hydrated is plain old water. Aim to drink about five ounces per tee box — or about four bottles in an 18-hole round.
- Drink sports drinks in moderation. They can replace some of the minerals you lose when you sweat, but they can also have high amounts of glucose or fructose.
- Avoid caffeinated drinks like soda and coffee, as they will dehydrate you quickly.
- Save the alcohol for the 19th Hole, once you're out of the heat. If you do drink on the course, be sure to drink plenty of water and eat a snack as well.
- Snack on fruits and vegetables with a high water content while you play, such as grapes, cantaloupe, and cucumbers.
- Give your skin a drink too! Frequently moisten a towel with water and apply it to your forehead, neck, and arms. This will help to moderate your body temperature.



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