

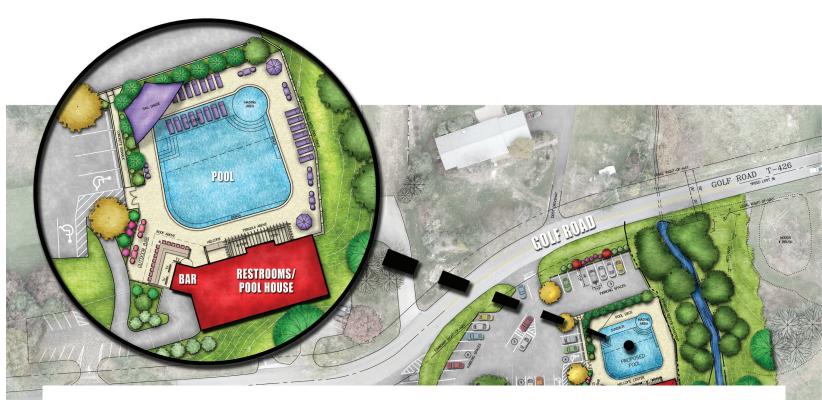


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	Tuesday Wednesday Thursday	9AM - 5PM	
	Friday Saturday Sunday	9AM - 5PM 9AM - 3PM Closed	





Dear Meadia Heights Friends,

What a year it has been! I would like to thank our membership and staff for coming together through these unprecedented times. All of us have stepped up to help one another and do everything we can to keep our family, friends, coworkers, and fellow members safe. I am extremely excited for the spring season and would like to share some updates on new and ongoing projects we are undertaking to better your Meadia Heights experience.

I would like to start with how thrilled I am to be celebrating our 100-year anniversary next year. Our staff and newly established Centennial Member Committee are working hard to put together many fun events to celebrate this occasion in 2022. To further honor this momentous occasion, I have approved several projects to refresh our clubhouse. We are currently repairing and repainting the entire clubhouse exterior to give it a fresh new look, and we are replacing the large golf shop windows and all of the awnings. These projects will revive our century-old clubhouse as we continue to live in our home away from home for many more years to come!

Our pool project is still underway and going strong. While we have had some setbacks, I am happy to announce we have confirmed the project start date of September 1, 2021. What a great way to celebrate our 100-year anniversary

MESSAGE FROM DANIEL GLICK

PRESIDENT

- with a brand-new pool for the 2022 season! Be on the lookout for pictures and progress updates once construction begins.

As for our golf course, anyone who has played recently has noticed the massive overhaul to the hillside of holes 4 and 13. Our plans are to keep clearing out that area and then plant wildflowers to provide a beautiful pop of color. There will also be more landscaping throughout the course as we continue through the season. The 4 and 13 tee boxes have been stripped and leveled out, and we are also working on the walking path down the hill. We have cleared it out and will strip the steps, creating a smooth and safe way down the hill for push carts. Furthermore, we have purchased a new tractor for the Grounds Department, as well as scheduled some major repairs to their building.

Thank you for being a member at Meadia Heights and sticking with us throughout these challenging times. We are looking forward to the months and years ahead and all of the new ways we'll be able to stay connected.

Daniel Glick

President, Meadia Heights Golf Club

WELCOME NEW MEMBERS

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

Nick Adams Yash Amin **Mike Bergstrom** Derek Boyce **Neil Cicioni** Jackson Corrigan Sam Dillman **Jim Doherty** Shawn Gipe

Myles Jackson Jim Karpathios Daisette Kellet Ed Kilbourn Brian McLaughlin **Roger Miller Owen Patten** Ron Schwartz Linda Schwartzbach

Mark Smith **Tony Staffieri Gerald Stoltzfoos** Bruce Thompson Preston Van Deursen **George Veronis** John Walsh **Jack Whalen** Scott Wiglesworth

Terry Wiley Nancy & David Woolley Tom & Terry Zeterberg Matt Ziegler

Titleist

EVERYTHING IS ROSIE

As I write this, the sun is shining, and the temperature is in the mid-50s. Sounds like a perfect day for a late-winter round of golf, right? Well, the greens are covered with five inches of snow on top of a layer of ice almost two inches thick. Hopefully by the time you read this, the course will be clear!

Before the snow and ice arrived, our crew kept busy improving the hillside between the tees at #4 and #13. We cleared the entire area, including the footpath coming down the hill. Our plan is to divert water from the top, remove the steps, and smooth the path into a gradual, consistent stroll. We'll continue to clear weeds and woody material and plan to experiment with wildflowers. I am hopeful we can add some color and make what was once an overgrown area more pleasant.

As the weather clears and conditions allow, our spring programs will ramp up with rough fertilizing, pre-emergent crabgrass

COME GR&W YOUR TEAM



Gather your group at Gallery Grow! From team building outings to baby and bridal showers, our plant boutique has plenty of space for you to gather together and create terrariums, planters, and more.

Rent our private room for groups up to ten. Need more space? Rent our whole store!

Give us a call or visit gallerygrow.com for more information.

OCKERS **NEW FOR 2021!**

> We're thrilled to introduce our wine locker program, another great amenity for our home away from home. Join today and enjoy:

- A personalized wine locker outside of the 19th Hole
- Free entry to wine tasting events
- Special pricing on wine purchased at wine dinners, wine tastings, and other events
- Periodic wine sales and promotions



applications, adding sand to bunkers in need and normal course management operations. Please be patient in early spring as we limit play and carts until the course dries out.

Finally, for those who may not know, Meadia Heights was named after a flower known as Dodecatheon meadia, which is native to our area. I have purchased several seed packets of the "shooting star," as it is commonly known, and plan to establish a garden to showcase our namesake. I hope that this little project is successful and we all can enjoy these beautiful flowers just as our founders did. I'll keep you updated.

It is my continued hope that all are safe and healthy. I'm looking forward to seeing everyone playing our course and enjoying nice weather this spring.

See you soon! Rosie





If you are interested, please email scott@meadiaheights.com or call the clubhouse, 717-393-9761, ext. 5. We have a limited number of lockers, so act fast!

-IN THE BAG **ROB LAGRASSA**

There's never a dull moment when Rob's around! With his outgoing personality, he's become a well-known member of the Meadia Heights family. And he lives by a philosophy we definitely approve of: "Bad day of golf is better than a good day at work!"

How old are your irons? Less than a year old.

What is your favorite club? 58-degree wedge.

What is your current handicap? 9.

How far do you hit your 7 iron? 155.

What brand of ball are you currently playing? **Titleist Pro V1**

What snacks do you like to have on hand when playing? No snacks. Just Miller Light or White Claw beverages.

What's the story behind your favorite ball marker? No story. It's just my favorite baseball team. Go Yankees!

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

Lowest gross score for 18? 74.

Favorite professional golfer? Jordan Spieth.

What iron do you chip with? 58-degree wedge.

Favorite hole at Meadia **Heights?** #4.

Favorite golf memory? First-ever eagle on #8.

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PING

SPIKED SPARKLING WATER

Titleist

19

Featured Drink PORCH POUNDER Featuring Sagamore Spirit Rye Whiskey

This issue's featured drink is the Porch Pounder, particularly suitable for enjoying on the porch on a warm spring evening. Hailing from Maryland, Sagamore Spirit rye whiskey forms the base of this cocktail. This unique rye is a blend of two whiskeys, one with a high rye mash bill and the other low. But what also gives it a distinct flavor is the high-quality water used - from the distillery's namesake, Sagamore Farm, a thoroughbred horse racing farm built on a nearby limestone shelf. Sounds like the perfect Mid-Atlantic spirit to enjoy during the Kentucky Derby!

- 1 ¹/₂ oz Sagamore Spirit rye whiskey
- ¹/₂ oz lime juice
- ³/₄ oz blackberry simple syrup*
- 3 oz ginger beer

• Mint leaves & blackberries for garnish

- 1. Shake whiskey, lime juice, blackberry simple syrup, and a few mint leaves with ice.
- 2. Strain into a collins glass.
- 3. Top with ginger beer.
- 4. Garnish with mint sprigs and three skewered blackberries.

*To make blackberry simple syrup: Mix equal parts water, sugar, and blackberries in a pot. Bring to a boil and then reduce to a simmer for 10 minutes. Chill overnight and strain.

Need a quick fix? Simply muddle blackberries with pre-made simple syrup.

MEMBER SPOTLIGHT MIKE & APRIL WOLF

Mike retired from work only a few years ago, but he's been keeping busy ever since - he posted 207 rounds of golf at Meadia Heights just last year! In addition to being longtime Meadia members, Mike and April are avid pistol shooters, shooting at the East Earl Sportsman Shop once a week. April is also a proud member of the Well-Armed Woman. We chatted with them recently to learn more about them and their time here at Meadia.

They joined Meadia Heights...

joined in 1986.

Mike's favorite Meadia Heights memory is... When he won the Meadia Cup in 1980.

April and Mike met... in the banking industry.

Their favorite movie is... Top Gun. April even has the movie's theme song as her ringtone!

shows were...

Mike's favorites were Roy Rogers and Captain Kangaroo. April preferred Covered Wagon Theatre.

When they're feeling snacky...

One goes for salty, the other sweet. Mike likes popcorn or peanut butter crackers, while April's favorite is chocolate cupcakes and milk.

rest of their lives... choose seafood; Mike, steak.

Mike joined in 1977. He had previously been a member at Indian Springs but was invited to Meadia by Doug Ritter. April

In Lancaster, where they both worked

Growing up, their favorite television

If they could eat only one food for the

One goes surf, the other turf. April would

But for breakfast, they're in sync...

They both like to order two eggs over easy with home fries and sausage.

They've both spent some time outside of the US...

Mike and April went to Cancún together as a couple, but Mike spent an extended time abroad when he served in the Air Force. He was stationed in Japan from 1966 to 1970.

April and Mike agree on the ideal age... lt's 40.

They are most grateful for... Their family and friends.

So it's no surprise that if they could choose only three people to be stranded on a desert island with ...

They would both keep it all in the family. Mike would choose April, son Chris, and daughter Tiffany. April would choose Mike, Tiffany, and granddaughter Kali.

2021 TOURNAMENT SCHEDULE

WGA events are noted in brown | **MGA events** are noted in gray

eek)

APRIL

6	WGA9 Opening Day
7	Par 3 Challenge (Masters We
14	WGA18 Opening Day

- 1-31 Meadia Cup Qualifying Par 3 Challenge (Masters Week) 7
- 10 **Opening Day Scramble**
- GAP Match #1 18
- 25 GAP Match #2

MAY

29-30 Member-Member

1-31	President's Cup Round 1
2	GAP Match #3
6	One-Day Member-Guest
15-16	Meadia Cup
20	Senior Group #1
29-30	Member-Member

AUGUST

- 1-31 Meadia Cup Round 3
- Old Pal Round 3 1-31
- 1-9/15 Shootout Qualifying
- 3 WGA9 Cara Cup #3
- 10 WGA9 Club Championship Qualifying
- 14-15 Charter Cup

19

- WGA9 Club Championship Finals 24
- 28-29 Club Championship

SEPTEMBER

- Meadia Cup Round 4 1-30
- 1-30 Old Pal Round 4
- 4-5 Ultimate Better Ball (NEW)
- 11-12 Mixed Club Championship
- 25 Shootout
- 28 WGA9 Closing Day

FALL/WINTER

- Oct 9 Junior Club Championship
- Oct 10 LLCCGA Shootout
- Oct 20 WGA18 Closing Day
- Oct 23 WGA18 Closing-Day Cross-Country Scramble Nov 27 Thanksgiving Family Invitational (NEW)

JUNE

1-30	Old	Pal	Round	1
T 30	olu	a	Round	÷

- 17 One-Day Member-Guest
- 22 WGA9 Cara Cup #1
- President's Cup Round 2 1-30
- 1-30 Senior Club Championship
- Qualifying
- 10-12 3-Day Member-Guest
- Senior Group #2 24

f

JULY

- Meadia Cup Round 2 1-31
- 1-31 Old Pal Round 2
- 10-11 Solheim Cup
- 13 WGA9 Cara Cup #2
- 24-25 Two-Lady Scramble
- President's Cup Round 3 1-31 & Senior CC Round 1
- 10-11 Ryder Cup
- 15 Senior Group #3
- 24-25 Two-Man Scramble



- 1-31 President's Cup Round 4
- 1-31 Senior Club Championship Round 2
- 1-9/8 19-Man Shootout Qualifying
- 14-15 Charter Cup
- 19 Senior Group #4
- 28-29 Club Championship

1-30	President's Cup Round 5
1-30	Senior Club Championship Round
4-5	Ultimate Better Ball (NEW)
9	Senior Group #5
11-12	Mixed Club Championship
16	One-Day Member-Guest
18	19-Man Shootout

Oct 2	Ritter Cup
Oct 9	Junior Club Championship
Oct 16	Meadia/Lebanon Challenge
Oct 23	Closing-Day Shamble
Oct 30	Greenskeeper's Revenge
Nov 27	Thanksgiving Family Invitational (NEW)
Dec 24	Christmas Eve One Club

EMPLOYEE SPOTLEHT

GOLF COURSE ASSISTANT SUPERINTENDENT

K0/

MARTIN

When did you start at Meadia Heights, and why did you decide to work here?

I started three years ago. I chose Meadia because of the course style and potential to grow. There are some factors that go into managing a public course that are not apparent in a private course, so that was appealing.

What is your favorite Meadia Heights memory?

My favorite memory is working in the shop over the winter. With all of the crew working together on tasks, we have a lot of fun.

What do you like to do when you are not at work?

I enjoy hunting, fishing, golfing, hanging out with my friends, and spending time with my family. A great day is when I can sleep in, hit the gym, have a big breakfast, and then go spend the day in the woods.



Where did you grow up? Ephrata.

What is the most interesting period in history to you? World War II.



on Christmas Eve.

underappreciated? Hot dogs.



ever bought? My truck.

What is your favorite line from a book or movie? "Aim small, miss small," from The Patriot.

international food? All Chinese food.



sandwich have in it? fried eqq, and bacon.

What is your favorite holiday tradition from growing up?

My siblings and I all watch a movie and sleep under the Christmas tree

Which food is underrated or



What is the best thing you have

What is your favorite



What does your perfect Cheese, lettuce, onions, mayo,

What was the last goal you achieved? Getting engaged.

What is the biggest adventure you've been on? Planning a wedding.

Where have you traveled? South Carolina, Florida, and I'm going to Punta Cana in June.

What skill or talent would you most like to learn?

I would love to learn how to play the piano.

Which rule do you wish they would introduce to your favorite sport?

I wish they would eliminate some rules from the NFL and bring back big hits.



What is the best thing you've got going on in your life at the moment?

I'm getting married in June.



SECTION 2 ALL-STARS

Connor Strine

Logan Wagner

SECTION 1 ALL-STARS

SECTION 3 ALL-STARS Gehrig Harsh, Katie Lapinsky, Ben Wilson, Matt Wilson

SECTION 4 ALL-STARS *Kyle Ebersol, Jonathan Glick*

ALL-LEAGUE Jonathan Glick, Katie Lapinsky, Logan Wagner, Matt Wilson **STATES** Jonathan Glick, AA, 3rd Place Connor Strine, AAA, T-28

NGRATULAT

to the Lancaster-Lebanon League Golf Members at Meadia:

GOLFERS

Kyle Ebersol - Pequea Valley, Grade 11 Jonathan Glick - Lancaster Mennonite, Grade 12 Gehrig Harsh - Lampeter-Strasburg, Grade 11 Katie Lapinsky - Lampeter-Strasburg, Grade 12 Jason Long - Lampeter-Strasburg, Grade 10 Stewart McClain - Lampeter-Strasburg, Grade 11 Isaiah Parido - Lampeter-Strasburg, Grade 11 Morgan Smith - Lampeter-Strasburg, Grade 10 Connor Strine - Manheim Township, Grade 12 Logan Wagner - Solanco, Grade 10 Ben Wilson - Lampeter-Strasburg, Grade 10 Matt Wilson - Lampeter-Strasburg, Grade 11





CASTER LEBANON

LL LEAGUE GIRLS' INDIVIDUAL CHAMPION Katie Lapinksy, 79

LL LEAGUE BOYS' INDIVIDUAL CHAMPION Connor Strine, 76

DISTRICT QUALIFIERS

Gehrig Harsh, Katie Lapinsky, Connor Strine, Logan Wagner, Ben Wilson, Matt Wilson

DISTRICTS

AA

Jonathan Glick, 3rd Place Kyle Ebersol, T-10 Katie Lapinsky, 7th Place

AAA

Connor Strine, T-7 Logan Wagner, T-12 Matt Wilson, T-21 Gehrig Harsh, T-33 Ben Wilson, T-35





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PRO TIP

FORCE AND **POWER**

Every year I get the question "How can I hit the ball longer?"

Many think that if they swing harder, the ball will go farther, but that is not the full answer. Believing that effort is power is one of a golfer's greatest hazards. No amount of effort can produce more power than a player's turning speed.

Power and force can be regulated by:

- Rate of rotation
- Size of the swing's radius
- Length of stroke
- Where the release occurs



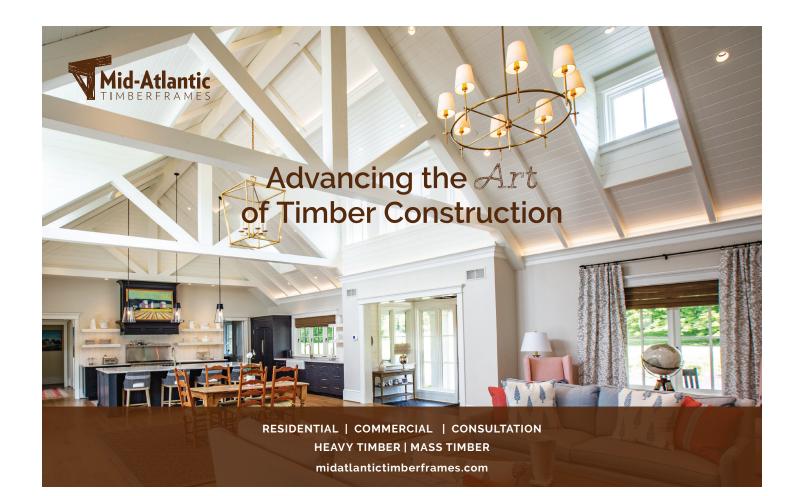
BY SCOTT SKLAR HEAD GOLF PROFESSIONAL

The power package (shoulder, arms, hands, wrists) develops power and force through sound alignments and effective pivot thrust. The hands hold on and attach the arms to the club for control and clubface alignment, as pivot thrust drives these components through impact. By themselves, the arms and hands can move the ball only a short distance. (The less we use the biceps, the better off we will be.)

For more distance, the shoulders and hips can generate power by applying rotation. The longer the wrist cock is retained, the greater the velocity and force can be at impact. A sound swing retains wrist cock longer than an unsound one.

I hope this helps get you started on a path to longer shots and more birdies.

8 HAPPY GOLFING



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