



BUMP & RUN

WINTER 2023





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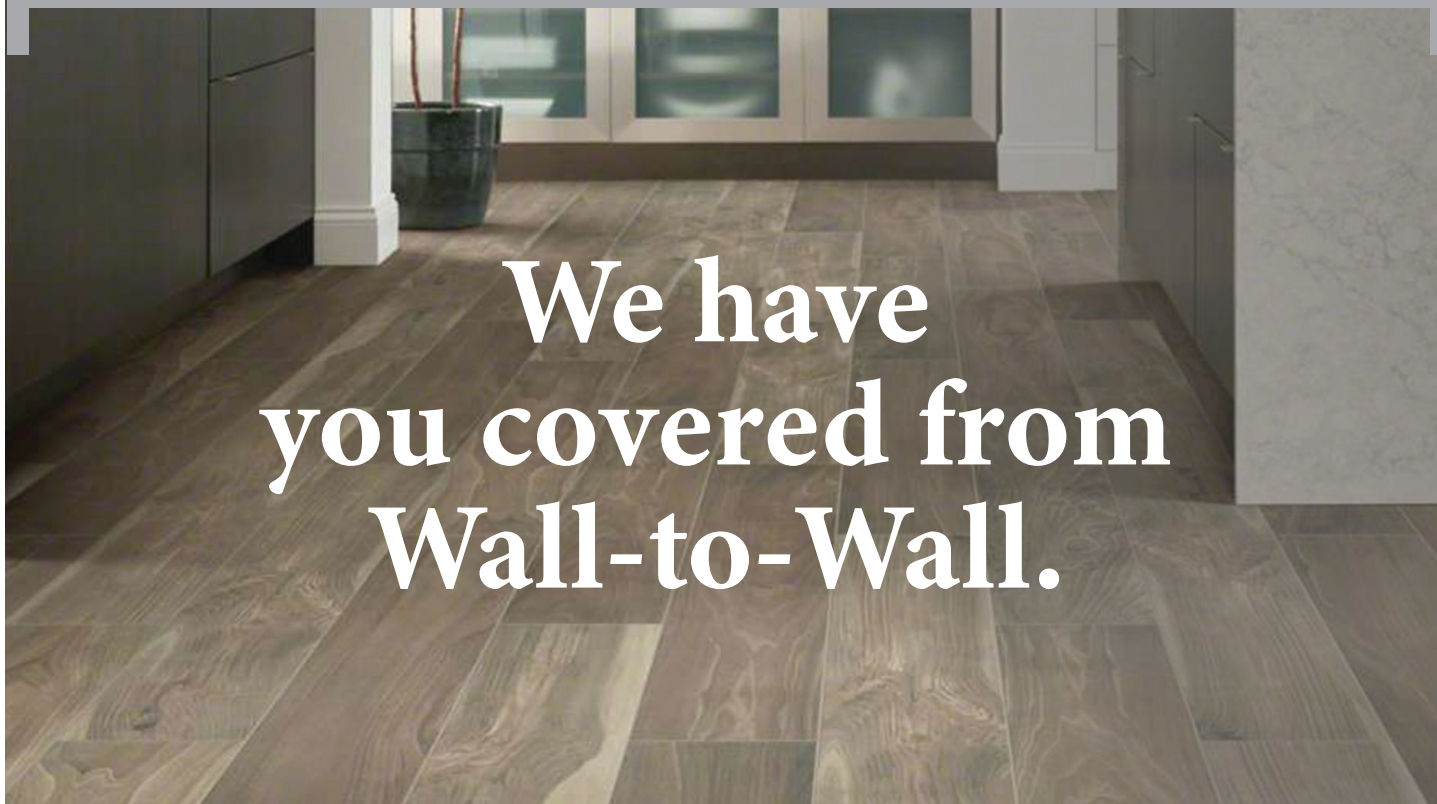
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HOURS

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

We have
you covered from
Wall-to-Wall.



a message from

SCOTT REIS



Happy winter! What a great season we had in 2022! From the 1920s-themed New Year's Eve party to the Centennial Pro-Am, and from the grand opening of our new pool to our 100-year anniversary gala, we were quite busy at Meadia. We want to thank all the members who attended and celebrated with us, as well as all the committee members involved in the planning of these wonderful events.

Congratulations to all of our tournament winners, and welcome to all of our new members who joined us in 2022. We hope you had a great start to your membership with us, and we look forward to a terrific 2023 season. We have some exciting news for 2023 — we'll be replacing our current golf cart fleet by March, and we'll be adding a beverage cart. We plan on having the cart on the shared tee box at holes 4 and 13 during most weekends and around the course during tournaments and regular play. We'll also be continuing with our tree work, rebuilding tee boxes, putting in place some new turf programs, and updating the overall landscaping of the property this winter.

Speaking of our golf course, I would like to welcome our new superintendent, Ryan Grady! After many excellent years of service from Bob "Rosie" Rosensteel, Ryan has accepted the challenge of maintaining our course. We are excited to see everything he will bring to Meadia Heights for many years to come!

The new pool was a big hit this year! We have some exciting plans for the aquatics facility, including more family and beverage races and the start of a new Meadia Heights Kids Club Camp. More information will follow in upcoming emails and issues of *Bump & Run*, so be on the lookout. Thank you to all the lifeguards, food and beverage staff, and our aquatics director, Skip, for a fantastic opening season. We're looking forward to another one in 2023!

Lastly, I want to thank all of our staff and committee members for their hard work and dedication throughout the year. And of course, thank you to our members for your support as we make Meadia Heights your Home Away from Home. See you at the club!

Cheers!

SCOTT REIS
General Manager

New Members

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

Kalliope Barlis

Rick Dolan

Kirk Newcomer

Steven B. Smith

John Brabazon

Barbara Grant

Jennifer Prisco

Thomas Umenhofer

Jon Carlson

Hunter Hildenbrand

Michael Rivera

Joshua Cranmer

Carlos Medina

Kimmel Schaefer

Matt Creamer

Randy Myers

Jerry Scull

CLUB IMPROVEMENTS

NEW FOR 2023

The 2023 season is still a few months away, but we're already hard at work, updating and improving the club in the off-season.

Brand New Golf Carts

We're purchasing 55 new golf carts.

Brand New Beverage Cart

We're adding a beverage cart to the shared tee box at holes 4 and 13.

New Golf Course Superintendent

Ryan Grady has been hired to take over from our longtime Golf Course Superintendent, Bob "Rosie" Rosensteel. Happy retirement, Rosie!

Continued Course Improvements

We're removing trees and improving tee boxes throughout the course. Also, the Ritter Grille got a new paint job.

New Roofing System at the 19th Hole

We're adding a new silicone-based layer to the roof of the 19th Hole.



THANK YOU FOR YOUR FEEDBACK!

The leadership team would like to thank everyone who recently completed our member survey. We constantly strive to make your Meadia Heights experience the best it can be, so we appreciate your candid responses about how we can improve.

Our team has been reviewing your valuable feedback, and we will be in touch soon to address it in more detail. If you have any questions or concerns in the meantime, please don't hesitate to contact General Manager Scott Reis at (717) 393-9761, ext. 106.

Thank you again, and stay tuned!

A REASON TO STAY HOME.



MATFLLC.COM

Centennial Gala Highlights

CELEBRATING 100 YEARS OF MEADIA HEIGHTS

In October, we held our Centennial Gala to celebrate a century of being Lancaster's Home Away from Home. It was an evening full of memories and laughs, and the perfect way to kick off our next 100 years.





100 YEARS
Meadia Heights Golf Club
1922-2022

1997 PGA Bill Strausbaugh Award Winner
DOUG RITTER

Established in 1979, the Bill Strausbaugh Award is presented to a PGA Professional whose day-to-day efforts have distinguished themselves by encouraging success, PGA Professionals by mentoring success, and through service to the community. The award reflects the characteristics and qualities of Strausbaugh, a Middle Atlantic PGA Master Professional who died in 1999. Ritter was the Head Golf Professional at Meadia Heights from 1973-2007.

100 YEARS
Meadia Heights Golf Club
1922-2022

Meadia Achieved AA Honors in GAP

Meadia Heights Golf Club achieved AA honors in its history, which means they were one of a select group of clubs in the Golf Association of Philadelphia. A major accomplishment having to beat other members to work their way up to the top. In 2004, Meadia defeated Haddonfield to move up to AA, and in 2012 Meadia defeated Towstock to move up to AAA. Their reign did not last long, but it is certainly worth mentioning.

100 YEARS
Meadia Heights Golf Club
1922-2022

Meadia Heights Honor Lifetime Member
KING KNOX

King Knox was born on May 19, 1925, at the age of 8 years old, King Knox was a member of Meadia Heights Golf Club for several decades. He was a member of the club from 1961 until his passing in 2014. King Knox was a member of the club for several decades. He was a member of the club from 1961 until his passing in 2014. King Knox was a member of the club for several decades. He was a member of the club from 1961 until his passing in 2014.

2014 Roster

- Stutz
- Greg Gast
- Greg Weidman
- Greg Crandall
- Nelson
- Derick Taggart
- Chris Klewer
- Rob Weaver
- Tim Deery
- Brett Kendig
- Mike Burkhart
- Chris Lamborn
- Macy
- Wise
- Greg Horvath
- Julia Myles
- Deery

2012 Roster

- KJ Stutz
- Carey Gast
- Greg Weidman
- Doug Fulmer
- Andy Butler
- Matt Burkhart
- JD Domes
- Ryan Domes
- Rob Weaver
- Tim Deery
- Brett Kendig
- Mike Burkhart
- Chris Lamborn
- Macy
- Wise
- Greg Horvath
- Julia Myles
- Deery

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2022 TOURNAMENT CHAMPIONS



Meadia National Par 3 Challenge

Liz Martin & Scott Dichter

Meadia Cup

MGA Mike Wolf
WGA18 Lisa Dichter

Member-Member

MGA Ken Stutz & KJ Stutz
WGA18 Katie Lapinsky & Cindy Dunn

Member-Guest

1st Flight: Christine Smith, Stacey White, Dee Bortner & Cindy Small

2nd Flight: Bernie Weed, Keven Lawson, Susan Kelly & Dawn Kreider

3-Day Member-Guest

Bob Rose & Sam Nelson

Ryder Cup

Team Boomers



Solheim Cup

Team Blue

2-Woman Scramble

Suzette Crandall & Cindy Moore

2-Man Scramble

Shane Glackin & Robert Fisher

Charter Cup

MGA

Championship Flight: KJ Stutz

1st Flight: Mark Moore

2nd Flight: Rich Rider

3rd Flight: Mike Hiles

WGA

Championship Flight: Katie Lapinsky

1st Flight: Des Pursell

Club Championship

Championship Flight: Corey Gast

Championship Flight: Katie Lapinsky

1st Flight: Craig Trout

2nd Flight: Bob Rose

3rd Flight: Brad Landis

Net Championship: Marianne Talbot

President's Cup

Shawn Gipe & Cork Hillen

Ultimate Better Ball

MGA

Net: Tim Shoff & Scott Frick

Gross: KJ Stutz & Shawn Gipe

WGA18

Net: Julianne Futcher

& Joyce Hathaway

Gross: Cindy Moore & Michelle Horton

Mixed Club Championship

Jim & Marianne Talbot

MGA Shootout

Rich Rider

WGA18 Shootout

Denyse Keaveney

WGA9 Club Championship

Roseann Romito

Ritter Cup

Scratch: Ted Bowers

Net: Daniel Glick

Junior Club Championship

Drew Wilson

Closing-Day Scramble

MGA Bob Crandall & Bob Stauffer

WGA18 Suzette Crandall, Robin Stauffer & Jill Bell

Greenskeeper's Revenge

Bob Ginger, Will McGrorty, Tyler Hull & Tyler Weatherell



Hickory Shaft Crazy 7's

Thank you to Fordham Globetrotter Golf for providing unique hickory-shafted clubs for the tournament!



Jonathan Rodriguez

Restaurant Manager

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

I started at Meadia last November, if I'm not mistaken, on the 17th, after almost 20 years in the food and beverage industry. I had never worked at a golf club before.

What is your favorite part of the job?

I get to have a wonderful view every day and take care of the members in the best way possible.

What is the most unusual or interesting job you've ever had?

My most interesting job was working at Marmalade Restaurant and Wine Bar in Puerto Rico. This is where my love of food and beverage really made a big impact.

Where did you grow up?

I grew up in Ponce, Puerto Rico, after my father retired from the air force.

What advice would you give to your younger self?

Not all is work. Work-life balance is a thing!

**What do you like to do in your free time?**

I play golf, spend time with friends and family, and enjoy gaming.

Describe your perfect day.

Wake up, have a cup of coffee, and watch the Formula 1 race, or use the grill to make a banging dinner.

What is your favorite food?

I'm a fat kid, so the list is long, but I can always go for some Vietnamese pho, oysters, mortadella, or some Korean BBQ. Yum!

What food is underrated or underappreciated?

I have yet to find it.

**What is your favorite book, movie, TV show, and song?**

Setting the Table, *The Raid: Redemption*, *Archer*, and "Duel of the Fates" by John Williams.

What's something people might be surprised to learn about you?

I have a 10-year-old, 80-pound Staffordshire terrier named Rocko that I brought from Puerto Rico with me.

What skill or talent would you most like to learn?

Pick up other languages like Japanese, French, or German.

What is the weirdest fact you know?

Did you know that when two black holes collide, they make a sound? And the Moscato grape was vastly utilized by the Egyptians as a side dish before the Mesopotamians started fermenting it into what we know as wine.

Who is someone you look up to?

Chef Peter Schintler. He was the one to give me the opportunity to showcase my skill and teach me the world of food and wine that I know and love today.

What's the last thing you were really excited about?

When my mother visited for the holidays last year.

What's something you're looking forward to right now?

To keep improving and honing my skills as a hospitality professional.



DATES

February 5

March 5

April 2

May 7

June 4

July 2

August 6



LET'S DO BRUNCH

Join us for brunch in the 19th Hole the first Sunday of each month! Enjoy an expanded menu, including your lunchtime favorites and breakfast options. Brunch offerings include:

TWO-EGG BREAKFAST

with home fries, bacon or sausage, and toast

FRENCH TOAST

with bacon or sausage

BREAKFAST SANDWICH

scrambled sausage, egg, and cheese sandwich on an English muffin, served with fruit salad

THREE-EGG OMELETTE

choice of ham, cheddar, onions, mushrooms, and peppers, with home fries and toast

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IT'S IN THE BAG WITH Alicia Moran



How long have you played golf?

I played off and on for about 20 years, but I started playing more regularly once we joined Meadia Heights.

How long have you been a Meadia member?

7 years.

How old are your irons?

8 or 9 years old.

Which is your favorite club?

I like my 3 wood or 8 iron, depending on the day.

Which iron do you chip with?

It depends on the chip and amount of green, but I typically use a pitching or sand wedge.

How far do you hit your 7 iron?

130 yards.

What brand of ball are you currently playing?

Srixon.

What's the story behind your favorite ball marker?

I don't have a favorite, but I really like the extra small Meadia Heights ball markers.

What's your handicap?

20.1 index.

What snacks do you like to eat while playing?

Quest protein bars or almonds.



Lowest gross score for 18?

At Meadia Heights, my lowest score is 91. Although, my all-time low score was 82 — and no, that was not on an executive course.

What's your favorite or most unusual accessory in your bag?

Ibuprofen and omeprazole.

Any superstitions on days you play golf?

I don't really have any superstitions, but a good night's sleep always helps.

If you could play any course in the world, which would it be?

St. Andrews or Augusta.

Favorite golf memory?

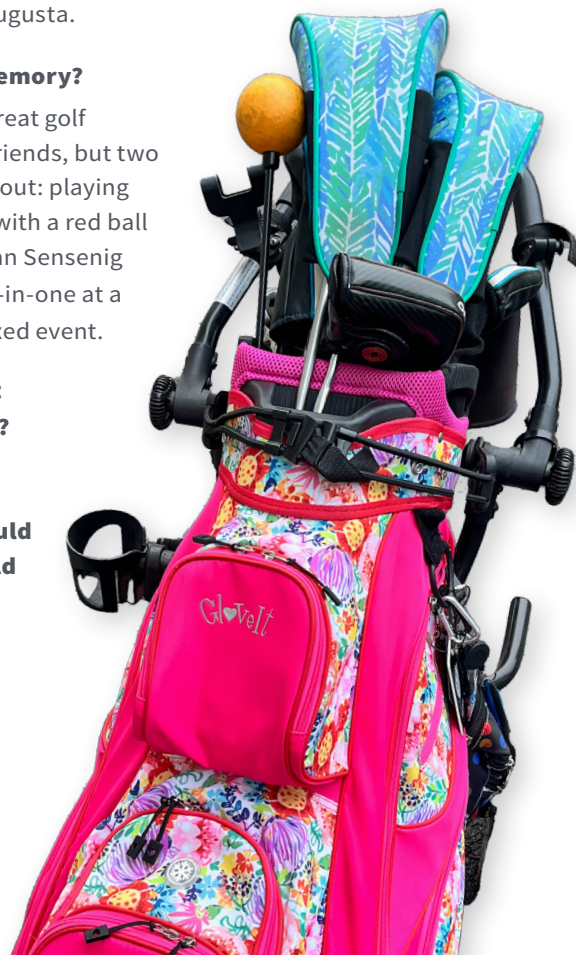
I have so many great golf memories with friends, but two memories stand out: playing golf in the snow with a red ball and watching Fran Sensenig get her first hole-in-one at a Central Penn mixed event.

Favorite hole at Meadia Heights?

13.

If your clubs could talk, what would they say?

"Oh, it's going to be one of 'those' days!"



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Let's Have a Blast

THIS SUMMER

Meadia Heights is excited to launch its 2023 Kids Club Camp for ages 4–10. Each week of camp includes swim lessons, science activities, arts and crafts, mini golf, lunch, and more.
All campers must be potty-trained to attend.

Registration runs from March 20 to May 20. Sign up for 1 week or up to all 6! Stay tuned for more information.

Schedule*

Time: 9:00 am–1:00 pm

Week 1 June 20–22 Fun & Fitness

Week 2 June 27–29 Adventure Land

Week 3 July 5–7 Holiday Week

Week 4 July 11–13 Pirate Fever

Week 5 July 18–20 Mission Impossible

Week 6 July 25–27 Under the Sea

**Subject to change.*

Fees

\$170/child

Full Golf Membership

\$180/child

Social Membership

\$190/child

Dining Membership

\$190/child

Guest*

**All guests must be sponsored by a member.*



EVERYTHING IS ROSIE

It is a crisp mid-October morning as I sit down to write this. Summer is transitioning to fall, the leaves are beginning to show color, and change is in the air. Our attention shifts from summer survival to fall restoration as we prepare for next season. Greens have been aerated and are recovering nicely. Tees and collars will be aerated soon, and tees will be seeded to establish turf for next year. The rough, too, has been seeded and should begin to thicken up.

Speaking of change, by now many of you know that I will be retiring at the end of 2022. My time here at Meadia, 41 years, has been a rewarding and pleasurable experience. There have been a multitude of changes over the years. We have built new greens, re-grassed the fairways, and installed a new irrigation system, all while constantly tweaking and improving every area of the golf course. The membership has been very patient and understanding, even when play was disrupted. I hope the changes were greeted with approval and that the golf course itself has been playable and presented well.

There are many, many people I would like to thank, including past greens committee chairs, club presidents, pros, general managers, and my crew. We all worked together for the good of the club, a relationship that is critical for a smooth operation.

During my career here at Meadia, two people were critical to my success in the golf industry. The first is Doug Ritter, who, as the club pro, helped me build the relationship between the pro shop and greens crew. He also taught me the importance of building a relationship with the membership.

The second and more important thank-you goes to Tom Manchak. After I received my turfgrass management degree, Tom hired me and “schooled” me on the art of turf management. Pesticide use, seeding, fertilizing, and all the components of maintaining fine golf turf were discussed and practiced. He taught me the ins and outs of our trade, and from there, I formed the basis of my own philosophy. His continued support and encouragement after our “switch” made my decisions that much easier. I cannot say THANK YOU enough to Tom!

Then there is Nanci. For half of those 41 years, she has stood with me, always supportive, always encouraging. She has listened to everything imaginable, yet has always been there to keep me calm and relaxed. She is my rock — she kept me grounded when times got tough. I could not have done it without her. Many, many thanks, my dear. I love you with all my heart.

Well, the time has come for me to move on from superintendent to leisure golfer. Meadia Heights Golf Club is, and always will be, very dear to my heart. The friendships formed will last forever, as will the friendships to come as I stick around playing golf. It was always my goal to play with as many members as I could, and my new goal is to play with many more. I look forward to seeing you on the golf course.

Thank you to everyone involved with Meadia Heights. **Everything has been and will continue to be...Rosie.**

“Meadia Heights Golf Club is, and always will be, very dear to my heart.”





JEFF & MEREDITH GOODRICH

Q: WHEN DID YOU JOIN MEADIA HEIGHTS, AND WHAT MADE YOU DECIDE TO JOIN?

A: Six years ago. It's a really good fit for us. We enjoy the members, the staff, the course, hanging at the 19th Hole (and now the pool), all the fun extras (tournaments, special/theme dinners, etc.), and the proximity to our home.

Q: WHAT IS YOUR FAVORITE MEADIA HEIGHTS MEMORY?

A: **Jeff:** The 2021 Member-Guest Shootout — watching my boys Shawn and Cork battle it out on #18.

Meredith: This entire summer at the pool. Getting to meet members we hadn't crossed paths with before, hanging with close friends, making new friends, playing games in the pool, and hanging out all day!

Q: WHERE DID YOU GROW UP?

A: Lancaster County. We are both graduates of Lampeter-Strasburg.

Q: WHAT WAS YOUR FIRST JOB?

A: **Jeff:** Busser at Willow Valley.

Meredith: Retail.

Q: WHAT DO YOU DO FOR A LIVING?

A: **Jeff:** Sales (commercial flooring).

Meredith: Special Education Supervisor for Hempfield School District and owner of Willow Street Dance Steps.

Q: DO YOU HAVE ANY CHILDREN AND/OR PETS?

A: Ainsli is our daughter and will be 14 at the end of the month. Phoebe is our Bich-Poo.

Q: WHICH HOBBIES DO YOU ENJOY?

A: **Jeff:** Golf, music, and fishing.

Meredith: Dance, shopping, and vacationing.

Q: WHAT MOTIVATES YOU?

A: Working hard so that we can play hard.

Q: WHAT IS YOUR FAVORITE BOOK, MOVIE, TV SHOW, AND/OR SONG?

A: **Jeff:** I love all music.

Meredith: Anything written by James Patterson.

Q: IT'S YOUR BIRTHDAY. WHAT MEAL ARE YOU HAVING TO CELEBRATE?

A: Del Frisco's.

Q: WHAT IS YOUR FAVORITE SNACK?

A: **Jeff:** Pepperoni and cheese.

Meredith: Pizzeria Combos.

Q: WHAT ARE YOU GRATEFUL FOR?

A: Family, friends, and health.

Q: TELL US SOMETHING THAT'S ON YOUR BUCKET LIST.

A: A Mediterranean cruise.

Q: WHERE IS YOUR FAVORITE VACATION SPOT?

A: Too many to pick one...anything Disney, Nashville, Saint Lucia, and Hilton Head.

Q: WHAT WOULD BE THE NAME OF YOUR AUTOBIOGRAPHY?

A: **Jeff:** *They Picked One Person: The True Life Story of L-S's Best Dancer*

Meredith: *The Woman Who Crams 30 Hours of Work into a 24-Hour Day*

Q: WHICH HOUSEHOLD CHORE DO YOU ACTUALLY ENJOY?

A: None!

Q: WHAT DO YOU THINK THE IDEAL AGE IS? WHY?

A: There isn't an ideal age. We strive to make each year more fun than the prior one.

SPIKED PUMPKIN SPICE LATTE

Coffee, vanilla, and lots of spice — this spiked pumpkin spice latte is the perfect drink to keep you warm and cozy this winter.



Ingredients

- Hot coffee
- 1 oz pumpkin spice latte creamer
- 1 oz vanilla vodka
- ½ oz cinnamon whiskey
- Whipped cream and caramel for garnish

Instructions

1. Fill your favorite mug with hot coffee.
2. Stir in the creamer, vodka, and whiskey.
3. Top with whipped cream and a drizzle of caramel.

PRO TIP
BY SCOTT SKLAR,
HEAD GOLF PROFESSIONAL

OFF-SEASON PRACTICES TO STAY SHARP

Cold weather doesn't mean you have to stop working on your golf game. Here are four things you can do during the off-season to stay in shape and develop your skills.

01

Do Strength Exercises

If you have a gym membership, I recommend visiting MyTPI.com to check out some of the drills and exercises they offer to develop your golf muscles.

Strengthening certain muscles in the off-season will give you a head start come springtime.

02

Work On Your Grip

I remember as a kid having a club in my hand, whether it was a wedge or a putter, and constantly working on my grip as I sat and watched TV. It takes hardly any effort at all, but this is a great way to work on changing your grip to develop optimal control and comfort so you're ready to hit the driving range in April with confidence.

03

Visit Indoor Golf Centers

Another thing you can do in the off-season to better your game is visit the ever-growing list of indoor golf centers in the area. Participate in a league or just have fun with friends by playing a quick 18 holes and getting some swings in. A couple places to check out are inJoy Golf (454 New Holland Avenue, Suite 102) and Lancaster Indoor Golf and Training Center (1400 Manheim Pike).

04

Watch YouTube

Whether you're looking for the perfect grip, or you swing out to in, or have poor posture, or hook the ball — whatever your weakest link is, search for it on YouTube.

You might be surprised what comes up.

YouTube has videos for all kinds of golf shots too, so you can search “sand bunker shots” or “flop shots” and learn from many different resources. This is particularly effective if you're a visual learner, as you can rewind the videos as many times as you like to see what you can do to improve.

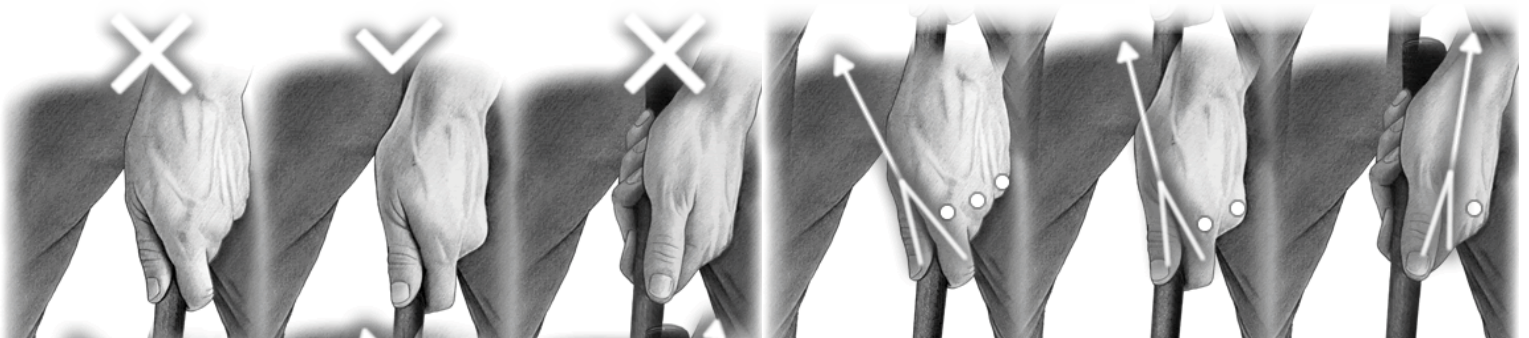


Illustration courtesy of Golf Distillery

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For more information, contact Alpha Dog Advertising at **717.517.9944** or **swill@alphadogadv.com**.

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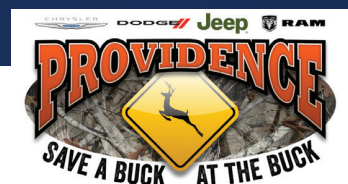
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