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SPRING 2022







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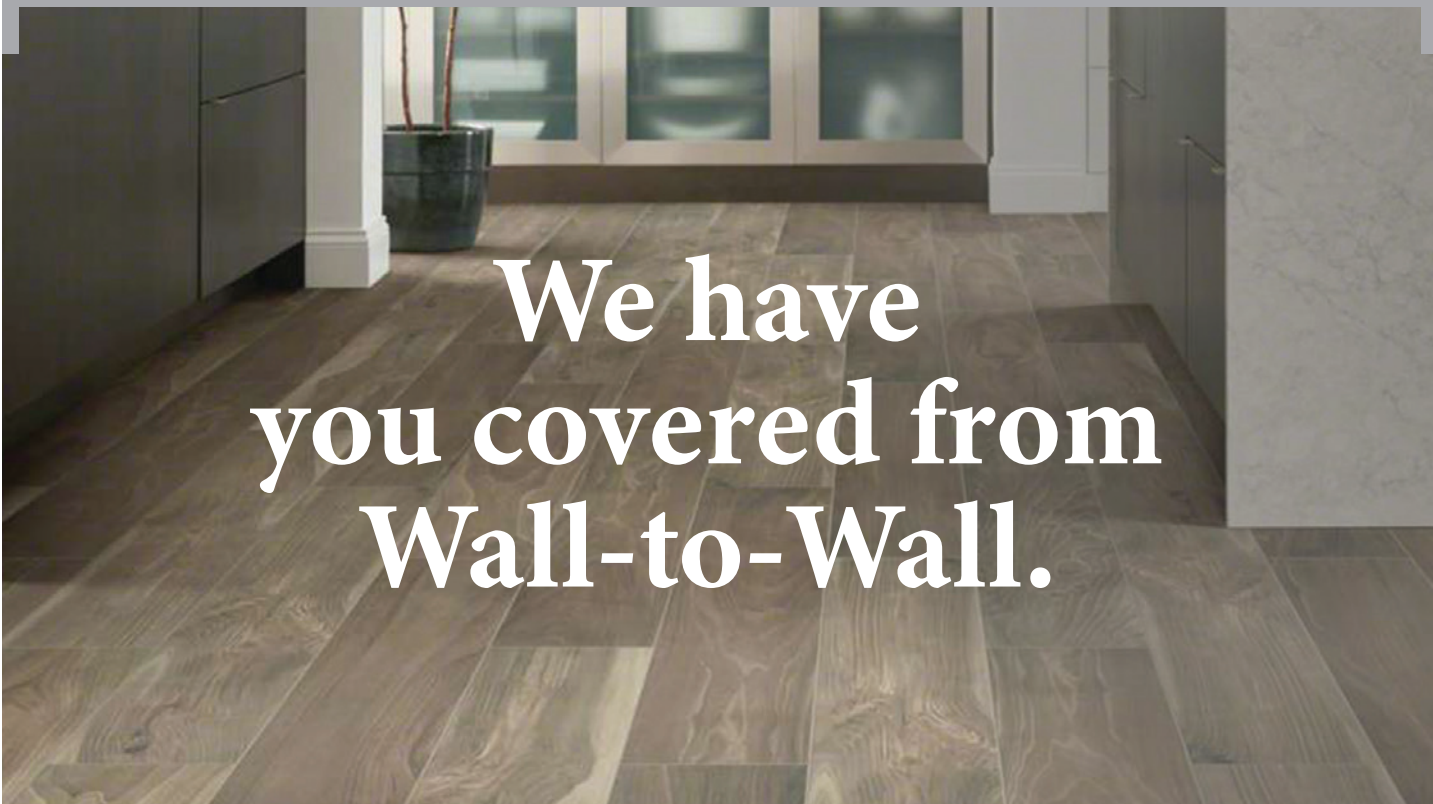
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#### HOURS

MONDAY	9AM - 8PM
TUESDAY	9AM - 8PM
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THURSDAY	9AM - 8PM
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SUNDAY	CLOSED

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*a message from*

**DANIEL  
GLICK**



As I write this, I can't believe we are at the start of a new season — and a momentous year. Happy 100th anniversary, Meadia Heights! I am very excited for the great events we have planned throughout 2022 to celebrate this occasion. A great time was had by all at the New Year's Eve kickoff, and a few events to look forward to include the Centennial Pro-Am in August, bringing back a few pros and leaders who have impacted the club over the years, and a Centennial Gala in October. Additionally, our new pool is opening in May! This will be a very exciting year for all of us.

I would also like to welcome our new members. Thank you for choosing Meadia Heights to be your Home Away from Home! We are here to bring you a great golf experience, and I promise to continue to grow and enhance the club. If there is anything the staff can do for you, please let our General Manager, Scott Reis, know, and he will be happy to take care of it.

Our pool and pool house are almost complete and will be ready to open Memorial Day weekend! We have brought on board a very experienced Aquatics Director, George "Skip" Lehmann, who will be in charge of pool operations and programs. (You can read more about Skip and our plans for this year later in this issue.) In addition to swimming, members will be able to enjoy food service as well as a new bar, Shenk's Hole. The pool will be open to all Platinum and Full Golfing members as we strive to create a member-focused environment without overcrowding.

You may have noticed that we installed even more wine lockers in our hallway to keep up with demand. These have sold out fast in the past, so if you're interested, don't hesitate. E-mail us at [winelockers@meadiaheights.com](mailto:winelockers@meadiaheights.com) to learn more about our wine locker program and how to reserve yours today.

Lastly, I would like to give a shout-out to all of our staff. Rosie, Nicole, and the crew have been working very hard over the winter to maintain our outstanding course. Mary, Chef Ben, Catering Manager Jailene, our new Restaurant Manager, Jonathan, and the whole F&B staff have been gearing up for another delicious year in food and beverage. And Scott Sklar will have the shop stocked with some great new merchandise and has a fantastic golf program in store for 2022!

Whether this is your first or fiftieth year with us, I hope you enjoy the upcoming season. If there is anything the Meadia Heights team can do, please reach out to them. Cheers to 100 great years at MHGC — and 100 more!

Best,

**DANIEL GLICK**  
*President*



# WELCOME, NEW MEMBERS

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

Jason Cadwalader	Justin Hess	John Leakway Jr.	Shep Smith
Jim Cantafio	Stuart Heydt	Jake Manapace	Spencer Speros
Devin Cenekofsky	Mike Hiles	Thomas Marshall	Tim Thompson
James Cook	Tim Hill	Donna McCabe	David Walker
Melisa Dehaven-Martin	Brian Hines	Ted McCabe	Dave Warmingham
Preston Driver	Melynda Holmes	Jim Messina	Tyler Weatherell
Jenna Evans	Michele Horton	Zach Miller	Rob Werner
Thomas Evans	Ted Horton	Tyson Mitchell	Nancy Witmer
Tyler Goldberg	Tyler Hull	Michael Oster	Richard Witmer
Rochelle Gunzenhauser	William Koch Jr.	Martin Rafter Jr.	
Stephen Gunzenhauser	Dustin Kreider	Steve Shultz	
Blake Helton	Kristin Kunzman	Roger Smith	

# GOLF COURSE ETIQUETTE & EXPECTATIONS

This is your club! Please help us keep it in great condition by doing the following:

- Replace divots.
- Use sand bottles in your cart for the fairways only, not the rough.
- Fix your ball marks, as well as any others you see.
- Drive carts on the fairways, and keep carts off the rough whenever possible.
- Abide by all cart direction signs, and never drive behind the greens.
- On par 3s, drive only on the cart paths.

# TIPS FOR NEW MEMBERS

We’re glad you’re here! Our goal is to make your club experience a great one. If there is anything we can do, please call us at (717) 393-9761, using the extensions below:

Scott Reis, General Manager	x5
Scott Sklar, Head Golf Professional	x1
Mary Nichols, Food & Beverage Director	x2
Jonathan Rodriguez, Restaurant Manager	x2
Jailene Colon, Banquet Manager	x2
Patty Watson, Accounting	x4
Billy Heller, Assistant Golf Professional	x1

## CLUBHOUSE TIPS

- Reservations are recommended for lunch and dinner: **(717) 393-9761**.
- Clubhouse dress code is casual, but no ripped jeans.
- Social events are listed inside the back cover of this issue. Reminders and details will be sent via email throughout the year.

## GOLF COURSE TIPS

- Always check in with someone at the Golf Shop or bag room before teeing off. No matter which level of membership you have, we need to know you are playing.
- Online Tee Times: Book your tee time in the Members section of our website! Note that you can book for others — simply click on the “Select buddy...” dropdown and select their names, or click the Guest button and enter their names. Tee times can be booked up to 9 days in advance.
- Tournaments: We encourage all members to participate in MHGC tournaments! Details can be found in the Members section of our website, with online registration available for MGA and WGA events. For most events, the deadline to register is 5 days prior.
- Driving Range: Open Tuesday – Saturday, dawn to dusk; Sunday until 4:00 pm. Tuesday, Thursday, and Friday are mat only. Closed on Monday.
- Golf Lessons: Lessons are available with Scott and Billy. Contact the Golf Shop for pricing and availability.
- Reciprocal Play: When the course is booked for an outing, take advantage of our reciprocal play opportunity! The cost is \$40 with a cart, and guests are welcome. Guest fees vary by club. Contact the Golf Shop to book a tee time.
- Need help with anything? Contact the Golf Shop at **(717) 393-9761**.
- Make sure you hit plenty of fairways and greens!



SCAN THE QR CODE TO  
REGISTER FOR TOURNAMENTS!

For more information, visit **meadiaheights.com/welcome**. Or, contact our Head Golf Professional, Scott Sklar, at **(717) 393-9761** or **ssklar@meadiaheights.com**.





On a hot summer's day, members will now be able to enjoy poolside refreshments at Meadia Heights — at our new bar, **Shenk's Hole**.

The bar is named after Louis G. Shenk, a prominent Lancaster citizen and advertising executive. On August 11, 1933, he hit a hole-in-one at Meadia Heights on hole 27. Newspapers at the time reported that he hit his shot a distance of 163 yards, using a 3 iron, while playing with I. Z. Buckwalter, C. F. Allen, and Dr. W. I. Brandt. (Yes, the event warranted a mention in both the *Lancaster New Era* and *Intelligencer Journal*!)

★ SHENK'S HOLE BAR,  
LOCATED ON THE OLD  
27<sup>TH</sup> HOLE



# WHO WAS LOUIS G. SHENK?



## BIRTH

Born in Rexmont,  
Lebanon County,  
around 1896

## FAMILY

Married to his wife,  
Bertha, for 57 years,  
with whom he had  
1 son & 3 daughters



## LEADERSHIP

Led the Lancaster  
Advertisers Club &  
the Interstate Advertising  
Managers Association

## FAITH

Was a member of  
Trinity Lutheran Church

## FELLOWSHIP

Belonged to many civic groups,  
including Lancaster Lodge 134  
Benevolent & Protective  
Order of Elks,  
Lamberton Lodge 476  
Free & Accepted Masons,  
the Lancaster County Shrine Club  
& the Lancaster Lions Club

## CAREER

Had a 46-year advertising career  
with Lancaster Newspapers



## DEATH

Died in 1980  
at the age of 84



# IT'S SUMMERTIME...

## AND THE SWIMMING IS EASY

Mark your calendar,  
and grab your suit —  
the grand opening of  
Meadia Heights' new  
pool is set for **May 28!**

We're thrilled to once again offer this amenity, a fixture of our club for many years in the past, to all Full Golf and Platinum Members. Planning began in 2018, and thanks to member businesses CGA Companies, Mid-Atlantic Timberframes, and Joel's Painting & Contracting, our vision has finally become a reality.

### MEADIA HEIGHTS' POOL COMPLEX WILL INCLUDE:

- A 65,000-gallon saltwater pool
- Bench seating on 3 sides
- Lounge chairs on the sundeck
- A pool house with restrooms & changing rooms
- A bar, Shenk's Hole, serving drinks & light fare

CHANGING ROOM

CHANGING ROOM

### Hours

**10:00 am – 7:00 pm Tuesday – Saturday**

**10:00 am – 4:00 pm Sunday**

Members can bring a guest for \$10.

Interested in upgrading your membership to include the pool? Contact Kristin at [kristin@meadiaheights.com](mailto:kristin@meadiaheights.com) or (717) 393-9761 x108.

# MEET Skip

### MEADIA HEIGHTS' NEW AQUATICS DIRECTOR

We're thrilled to welcome Aquatics Director George "Skip" Lehmann to the Meadia Heights team! Skip brings decades of aquatics and safety experience to the club just in time for our pool opening.

Born and raised in Greenwich, Connecticut, Skip attended military prep school and college in Florida, where he earned his bachelor's degree, MBA, and a master's in administrative education. After serving in the military as a Navy SEAL, he taught social studies and physical education at St. Patrick's School in York before moving on to York Catholic High School. He retired from teaching in 2005.

On the aquatics side, **Skip is a Certified Pool Operator and USS Swimming Senior Referee, and he has Level III Certification from the American Swim Coaches Association.** For years, he served as the Aquatics Director and Head Swim Coach at the Greenwich and Redding Country Clubs, both in Connecticut, and the Westmoor Club in Nantucket, Massachusetts.

Skip is also dedicated to ensuring the safety of others. He's a Certified American Red Cross Instructor Trainer, LGT, CPR, WSI, FA, as well as President and CEO of CPR Now, The First Response Team, which provides emergency response training and serves as a distributor for automated external defibrillators (AEDs). He is also a member of the Pennsylvania State Police Emergency Response Unit.

At Meadia Heights, Skip plans to offer an American Red Cross swim lesson program for children ages 4–11, and private and group lessons will be available from him and his talented staff throughout the summer. He also hopes to develop "Friday Night at the Movies" at the club, which would allow parents to drop off their children and enjoy a date night at the clubhouse.

Skip and his wife, Annie, enjoy spending time with their granddaughter and "training people to save lives." He's looking forward to a fantastic season at Meadia Heights and meeting as many members and their families as he can. Please stop by the pool to introduce yourself!





# BENJAMIN ESHBACH EXECUTIVE CHEF

## EMPLOYEE SPOTLIGHT

### When did you start at Meadia Heights, and what made you decide to work here?

January 2021, I had taken a job in manufacturing having retired from my previous position in a brewery.

I realized after a few months that I missed the kitchen, and Mary and Scott approached me about needing someone at Meadia Heights. They both made an excellent sales pitch.

### Where and how did you learn to cook?

Many places and through many failures. I started as a dishwasher at the old Terrace Smorgasbord at Willow Valley as a high school student. One night a cook didn't show and I was thrown into the fire. At the end of the night, the chef at the time told me I had good instincts. I stayed with Willow Valley for a few years and worked as a banquet cook and prep cook.

I moved on to work for other smaller restaurants here in Pennsylvania before deciding to move out west. I worked in Portland, Oregon, for many years, for Reed College and Bon Appetit as a dinner chef and banquet chef. Many of my colleagues taught me a great many things during my time there. I also went to Australia in 2003 for almost six months, cooking for private citizens as I traveled.

### What is your favorite type of cuisine to cook?

It's a toss-up between Cajun and Indian.

### Do you enjoy cooking at home? Or do you need a break?

I do enjoy it, simply for the fact that everyone is always on time for dinner.

### What is your favorite food?

Spicy red lentil dahl. Mostly because of the butter that I stir in at the end of the process.

### What food is underrated or underappreciated?

Brussels sprouts.

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

Harvesting pistachios.

### What advice would you give to your younger self?

Less snap decision making, more thought before acting.

### Describe your perfect day.

Smooth road, no traffic, great scenery.

### What is your favorite book, TV show, and song?

Difficult to name just one of each, but for brevity's sake: *Of Human Bondage*, written by William Somerset Maugham; *Quantum Leap*; and "Acquiesce" by Oasis.

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

I seriously considered becoming a priest when I was a teenager.

### What skill or talent would you most like to learn?

I'd like to learn to play the piano.

### Who is someone you look up to?

Randall Carlson. Though a master builder and architect, his curiosity has led him to expertise in mythology, geometry, geology, and many fields of study that are in need of fresh perspectives.

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

A cross-country trip that I took in 2020.

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

Finding out what's really going on with all these UAP sightings.

MHGC CHEF



# 2022 TOURNAMENT SCHEDULE

## WGA EVENTS

### APRIL

- 6 Par 3 Challenge (Masters Week)
- 19 WGA9 Opening Day
- 20 WGA18 Opening Day

### MAY

- 28–29 Member-Member

### JUNE

- 1–30 Meadia Cup Round 1
- 1–30 Old Pal Round 1
- 21 WGA9 Cara Cup #1
- 23 WGA Member-Guest

### JULY

- 1–31 Meadia Cup Round 2
- 1–31 Old Pal Round 2
- 9–10 Solheim Cup
- 12 WGA9 Cara Cup #2
- 23–24 2-Woman Scramble

### AUGUST

- 1–31 Meadia Cup Round 3
- 1–31 Old Pal Round 3
- 1–31 Shootout Qualifying
- 2 WGA9 Cara Cup #3
- 6–7 Charter Cup
- 9 WGA9 Club Championship Qualifying
- 20–21 Club Championship
- 23 WGA9 Club Championship Finals

### SEPTEMBER

- 1–30 Meadia Cup Round 4
- 1–30 Old Pal Round 4
- 3–4 Ultimate Better Ball
- 10–11 Mixed Club Championship
- 24 Shootout
- 27 WGA9 Closing Day

### OCTOBER

- 15 Junior Club Championship
- 16 LLCCGA Shootout
- 19 WGA18 Closing-Day Meeting
- 22 WGA18 Closing-Day Cross-Country Scramble

### NOVEMBER

- 5 Greenskeeper's Revenge
- 25 Black Friday Family Cup

### DECEMBER

- 24 Christmas Eve One Club

## MGA EVENTS

### APRIL

- 1–30 Meadia Cup Qualifying
- 6 Par 3 Challenge (Masters Week)
- 10 GAP Match #1
- 23 Opening Day
- 24 GAP Match #2

### MAY

- 1–30 President's Cup Round 1
- 1 GAP Match #3
- 14–15 Meadia Cup
- 19 1-Day Member-Guest
- 26 Senior Group #1
- 28–29 Member-Member

### JUNE

- 1–30 President's Cup Round 2
- 1–30 Senior Club Championship Qualifying
- 9–11 3-Day Member-Guest
- 16 Senior Group #2

### JULY

- 1–31 President's Cup Round 3
- 1–31 Senior CC Round 1
- 9–10 Ryder Cup
- 21 Senior Group #3
- 23–24 2-Man Scramble

### AUGUST

- 1–31 President's Cup Round 4
- 1–31 Senior CC Round 2
- 1–31 19-Man Shootout Qualifying
- 6–7 Charter Cup
- 18 Senior Group #4
- 20–21 Club Championship

### SEPTEMBER

- 1–30 President's Cup Round 5
- 1–30 Senior CC Round 3
- 3–4 Ultimate Better Ball
- 8 Senior Group #5
- 10–11 Mixed Club Championship
- 15 1-Day Member-Guest
- 17 19-Man Shootout

### OCTOBER

- TBD Meadia/Lebanon Challenge
- 1 Ritter Cup
- 22 Closing-Day Scramble

### NOVEMBER

- 5 Greenskeeper's Revenge
- 25 Black Friday Family Cup

### DECEMBER

- 24 Christmas Eve One Club

See the pull-out calendar at the back of the issue!

■ Building through Knowledge ■



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■ C G A ■  
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# Snapshots from **100 Years** of Meadia Heights Golf Club

## 1922

Meadia Heights Golf Club is established under the chairmanship of U. Grant Barr. The club is set to be built on 154 acres of farmland south of Lancaster city.



## 1937

Renovations to the clubhouse, locker rooms, and course are completed, including a new drop hole at #4, with a trap in back of the green.



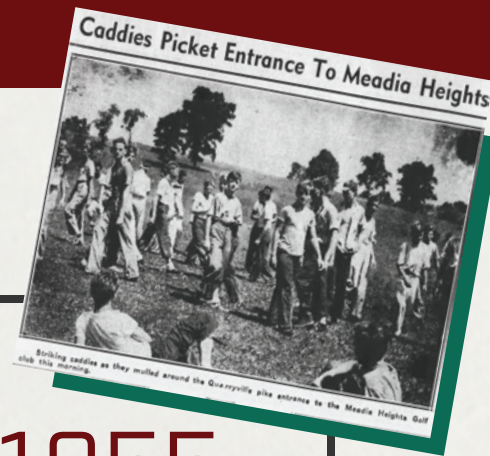
## 1947-48

Approaching its 25th anniversary in 1948, the club begins its biggest expansion to date. The clubhouse's second floor is remodeled to include a large dance floor, kitchen, dining room, and game rooms. The 4th, 5th, and 11th greens are rebuilt, and a new 15th green and putting green are installed.



## 1955

18 holes = \$2.25/bag for class A with caddie.



## 1990

The first Ladies' Meadia Cup is held, won by Jean Fisher.

## 1985-88

Future PGA pro Jim Furyk plays golf as a Junior Member of Meadia Heights.



## 1972

Meadia Heights celebrates its 50th anniversary!

## 1961

A twister rips through the course, destroying 80% of the club's trees and causing \$100,000 in damage (approx. \$940,000 in 2022). Nearly 100 men and women — 60 volunteers, 20 caddies, and maintenance crews led by groundskeeper Chet Ruby — help with cleanup.



## 2017

Daniel Glick purchases the club and embarks on several years of improvements, including repaving the cart paths, filling in the bunkers with new sand, and renovating the 19th Hole.



## 2021

Construction begins on a new pool accompanied by a pool house and outdoor bar, bringing swimming back to Meadia Heights after many years.



**Meadia Heights Golf Winners**

Mrs. Samuel Youse and Mrs. Donald Bowman were the low net winners of the Meadia Heights member-guest tournament Wednesday with a 59. Mrs. William Walsh and Mrs. Frederick Stoner were the low gross winners with an 80. Pictured above, from left to right, are Youse, Bowman, Walsh and Stoner.



# A Celebration a Century in the Making

We're proud of being Lancaster's Home Away from Home for the past 100 years.

Here are just a few of the highlights of Meadia Heights' Centennial Celebration to look forward to this year.



## Centennial Wall

Many of you sponsored a plaque on our Centennial Wall at the 10th tee box — so many, we sold out! We are nothing without our members, so from the bottom of our hearts, thank you. The plaques should be installed by early summer, immortalizing your support of the club.



## Merchandise

Stop by the Golf Shop today for a once-in-a-lifetime opportunity to show your Meadia Heights pride. We have a wide selection of shirts, towels, and other items featuring our special Centennial logo in stock now. But once these limited-edition items are gone, they're gone!

# EVENTS

We have an incredible year of events planned to celebrate our club's history. Watch your email for details!

May	1960s BBQ at the Pool
June	1970s Disco Fever Night
June	Driving Range Skills Competition with Hickory-Shafted Clubs
July	Centennial Pro-Am
September	Turn of the Century – Ladies' Day
October	Centennial Gala



## FEATURED DRINK

# lavender lemon drop

Lavender and rose give the classic lemon drop a spring twist! The lemon combines beautifully with these floral flavors to make a drink that's both tart and slightly sweet.



### INGREDIENTS

- 2 oz Hanson Organic Meyer Lemon vodka
- 1 oz fresh-squeezed lemon juice
- 1 oz Fentimans Rose Lemonade
- 1 TB lavender simple syrup\*
- Sprig of lavender (optional)

### INSTRUCTIONS

1. Combine vodka, lemon juice, and simple syrup in a cocktail shaker and fill it with ice.
2. Shake well.
3. Strain into a chilled cocktail glass.
4. Top with Rose Lemonade.
5. Garnish with a sprig of lavender for an extra touch of spring.

**\*To make lavender simple syrup:** Mix 1 C water and 3 TB lavender flowers (dried or fresh) in a saucepan. Bring to a boil, then reduce to a simmer. Stir in 2 C sugar until it's dissolved. Simmer for 15 minutes. Remove from heat and let the lavender steep for an hour or longer to reach your desired flavor. Strain out the flowers and keep simple syrup in the refrigerator.



# Mark & Marsha Gast



## member spotlight

**When did you join Meadia Heights, and what made you decide to join?**

**Mark:** 1994. We had friends who were already members, and I'd played here a couple of times and thoroughly enjoyed the course and the members.

**What is your favorite Meadia Heights memory?**

**Marsha:** Our daughter Rachel's wedding.

**Mark:** Haha, I should probably say my daughter's wedding. But after all these years and the fabulous times I've had at Meadia, I could never narrow this down to one memory.

**Where did you grow up?**

**Marsha:** On a dairy farm in Tioga County, PA.

**Mark:** Williamsport, PA. Some may say I never did grow up!

**How long have you been together?**

**Mark:** Married 40, together 43.

**How did you meet?**

**Mark:** Introduced by a friend in college.

**Do you have any children and/or pets?**

**Mark:** Two married children — Corey (married to Kelly) and Rachel (married to Ryan) — and two grandchildren, Sadie and Hudson. Just put our last bulldog down recently. We both cried like babies! He is now in the étagère next to his three brothers and sisters.

**What hobbies do you enjoy?**

**Marsha:** Golf, gardening, and reading.

**Mark:** Golf and taking care of our yard.

**What is your favorite book/movie/TV show/song?**

**Marsha:** TV, *The Masked Singer*. Music, literally anything from 1970 to 1990.

**Mark:** *Lone Survivor* / *The Godfather* / *The Masked Singer* / Anything by Aerosmith.

**It's your birthday. What meal are you having to celebrate?**

**Marsha:** Crab legs and/or lobster.

**Mark:** Rib eye steak and shrimp, a nice vegetable.

**What are two of your favorite snacks?**

**Marsha:** Popcorn and...nope, just popcorn.

**Mark:** Hard pretzels and popcorn.

**What are you grateful for?**

**Marsha:** Family, friends, and my beautiful grandbabies.

**Mark:** A great wife and two of the best kids a father could have!

**What motivates you?**

**Marsha:** Being there to take care of my family.

**Mark:** My wife and kids. I do not ever want to let them down!

**Tell us something that's on your bucket list.**

**Marsha:** Visiting all the places we lived before Lancaster — Texas, Ohio, Georgia, and California — to see how they have changed.

**Mark:** A golf trip with my son.

**Where is your favorite vacation spot?**

**Marsha:** Love the Outer Banks.

**Mark:** I'm with Marsha on this one. We absolutely love the northern part of the Outer Banks.

**What would the name of your autobiography be?**

**Marsha:** *Looking Up Is Easy When You're This Short*.

**Mark:** *Cement Head*. I can be a little stubborn at times.

**Which household chore do you actually enjoy?**

**Marsha:** Nope, can't think of one. However, I do love to work outside.

**Mark:** I really do not mind jumping in and helping where needed. I guess I would say doing the wash, since the washer and dryer do most of the work!

**What do you think the ideal age is? Why?**

**Marsha:** 55. Children were grown, and my knees didn't hurt.

**Mark:** My current age. I have a great family and a tremendous group of friends here at Meadia.





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To learn more, contact fellow Meadia Heights member **Nick Grouzes**, Managing Director  
**Direct Number:** 717-413-1981 | **Email:** ngrouzes@imlending.com



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# EVERYTHING IS ROSIE

**It's early February, a light snow is falling, and by the time you read this, golf season will be right around the corner, or if you prefer, knocking on the door. It won't be long until our daily routine of golf course maintenance is under way.**

Over the winter, the grounds crew has been busy with a number of projects. The sand traps were edged, the sand was pushed up and redistributed, and additional sand was added if needed. This project will continue during early spring.

We continued to cut back the hillside at 4 and 13 tee, where the view is becoming even more breathtaking and open. We are not quite cleared to where I want to be, but we are gaining on it. We have also started to prune numerous trees of dead limbs or limbs that might be too much in play. The more manicured look provides aesthetic beauty and may make a few golf shots easier.

Spring is always a very busy time for us. We will be fertilizing most areas, applying pre-emergent crabgrass and broadleaf weed control, aerifying greens and fairways, and of course, starting the mowing season. Our goal is to be as inconspicuous as possible. Thank you in advance for understanding as we make Meadia Heights the best it can be in our 100th year.

I hope all are well, ready to get started, pleased with our efforts, and that you thoroughly enjoy your golfing experience.

Luck(?) to all, wishing you your best season ever!

**Rosie**  
Golf Course Superintendent





IT'S IN THE BAG  
WITH

# GRANT HOOVER

In each issue, we feature a member and their bag to learn more about their golf game. This time, we asked some hard-hitting questions of the youngest person we've ever featured, Grant Hoover (son of members Steve and Kim Hoover).

**How old are you?**  
Five and a half.

**What is your favorite animal, and do you think it would be good at golf?**  
Zebras, and they can hit the ball with their feet.

**What is your favorite part of playing golf?**  
Hitting out of the sand bunker and riding in the cart with a Sprite.

**Who is your favorite golfer?**  
My dad.

**Who is a better golfer, you or your dad?**  
Me! [With a big smile.]

**How far can you hit a ball?**  
500 inches!

**How far can your dad hit a ball?**  
Way up in the sky and into the woods.

**Who is a better golfer, Spider-Man or Batman?**  
Spider-Man.

**Do you have a favorite golf club?**  
7 iron.

**What is your best golf tip?**  
Turn your back foot.

**What do you want to be when you grow up?**  
A baseball player or a pilot.



# THE psychology OF PLAYING

BY SCOTT SKLAR  
HEAD GOLF PROFESSIONAL

There is little doubt that today's better players recognize the importance psychology plays in performance. So, when it comes to what to do, how to do it, and how much to do, golfers are always looking for input. To perform your best on the course, try to develop these mental skills:

- The ability to maintain strong self-image and confidence as a golfer — believing in yourself is one of golf's most important psychological skills.
- The ability to focus on the task of the moment.
- The ability to relax and remain mentally and physically composed in stressful situations.
- The power of creative imagination to produce positive mental pictures and expectations.
- The desire to be one's best while having the character to maintain perspective and patience.

The greatest destroyer of the golf swing is tension, more specifically, an undue amount of muscular contraction. To help relax, take a deep breath and slowly let it out. Let a wave of relaxation wash over your body as the tension drains out of each muscle group. When stressful situations occur on the golf course, take two or three slow, deep breaths. With each exhalation, let the body become more calm.

Bob Toski once said, "Most golfers prepare for disaster. A good golfer prepares for success." I cannot stress enough how important it is to stay positive during your round of golf. I challenge you to slowly become a more positive golfer, and I can almost guarantee that your game will improve.

You can do it!

## Quotes from Legends

"A tournament golfer survives by confidence and so must never allow thoughts of his own fallibility to penetrate his consciousness from any source... He has to believe in his prowess because that faith in himself is his greatest asset." - Arnold Palmer



"The one influence most likely to assure the satisfactory progression of the swing is clear visualization in the player's mind of the movement." - Bobby Jones



"When I approach the ball, I can visualize the shot I want to hit. When I'm taking the club out of the bag, I can still see that shot in my mind. When I'm setting up to the ball, I see it, and from there it's just a question of going through the movements with my hands, arms, and body. If I'm interrupted when I'm in the process of doing this, I very seldom hit a good shot." - Sam Snead



"Good players aren't worried about what anybody else thinks of them. They don't want to appear to be mentally tough. They want to be mentally tough. And they do that by playing their own game, shot by shot, at their own pace and tempo." - Dr. Bob Rotella



"When you miss a shot, never think about what you did wrong. Come up to the next shot thinking of what you must do right." - Tommy Armour







Our first round of wine lockers sold out in no time, so we hooked up with Dusty Beard Custom Creations again to bring you more. Over the winter break, a new set of wine lockers was crafted and installed, and now is the time to reserve your locker for the new year! An annual membership is just \$200.

### Wine Locker Membership Includes

If you are interested in renting one of these lockers, email [winelockers@meadiaheights.com](mailto:winelockers@meadiaheights.com) or call the clubhouse at (717) 393-9761 x5.

If you are currently on the waiting list, please email [scott@meadiaheights.com](mailto:scott@meadiaheights.com) to confirm your locker.



x12

Personalized storage for up to 12 bottles	Ability to enjoy your wines while dining at the club	Free entry to a special wine tasting event
Ability to purchase any bottle of wine featured during our wine dinners, tastings, and other special events	Special pricing on all bottles purchased	Exclusive access to periodical wine sales and promotions

\$\$

### special notes

- Wines stored in lockers must be purchased through Meadia Heights Golf Club.
- As a Wine Locker Member, you may take home leftover wine after it is opened at the club.
- Want your wine chilled? Let us know at least an hour before your arrival, and we'll take care of it.



### ATTENTION, Meadia Heights cigar aficionados! Did you know Meadia has a Cigar Club?

Cigar Club was created to give premium cigar smokers an opportunity to meet monthly, without any dues or fees, and enjoy one another's company. During these meetings, the club discusses anything from new cigars and events to current world activities. Guests are encouraged and always welcome.

### Key Cigar Club Dates

March 29	Club Meeting	Aug 30	Club Meeting
April 26	Club Meeting	Sept 22	Cigar Dinner
May 26	Cigar Dinner	Oct 25	Club Meeting
June 28	Club Meeting	Nov 29	Club Meeting
July 21	Cigar Dinner	Dec 27	Annual Holiday Gift Exchange

FOR MORE INFORMATION, PLEASE CONTACT STEPHEN SAUDARG AT [STEPHEN@PERFECTCUT.US](mailto:STEPHEN@PERFECTCUT.US)



# Want to Highlight Your Business to Fellow Members?

*Bump & Run* is a great opportunity to reach our membership and support the club during its Centennial Celebration. Issues are mailed to every member of Meadia Heights as well as prospects within the community.

## New this year:

Meadia will promote *Bump & Run* through social media, and issues are now available at [MeadiaHeights.com](http://MeadiaHeights.com)!

Limited advertising spots are available in the Summer 2022 issue of *Bump & Run*.

For more information, contact Alpha Dog Advertising at 717.517.9944 or [koconnor@alphadogadv.com](mailto:koconnor@alphadogadv.com).

TURNING  
“What if...”



INTO  
“What’s next”



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## 2022 MEADIA HEIGHTS EVENTS

From Wine and Cigar Dinners, to the Centennial Gala, to a variety of WGA and MGA tournaments, you’ll have plenty of opportunities to socialize and golf with your fellow Meadia Heights members this year!

*Dates subject to change.*

-  Social Events
-  WGA Events
-  MGA Events

### ALL MONTH: APRIL 1-30

MEADIA CUP QUALIFYING

### ALL MONTH: MAY 1-31

PRESIDENT’S CUP ROUND 1

### ALL MONTH: JUNE 1-30

MEADIA CUP ROUND 1  
OLD PAL ROUND 1

PRESIDENT’S CUP ROUND 2  
SENIOR CLUB CHAMPIONSHIP  
ROUND 3

## APRIL 2022

MONTHLONG MGA EVENT — SEE LEFT SIDEBAR

SUN	MON	TUE	WED	THU	FRI	SAT
27	28	29	30	31	1	2
3	4	5	6 PAR 3 CHALLENGE PAR 3 CHALLENGE	7 WINE DINNER	8	9
10 GAP MATCH 1	11	12	13	14	15	16
17 EASTER BRUNCH	18	19 WGA9 OPENING DAY	20 WGA18 OPENING DAY	21	22	23 OPENING DAY
24 GAP MATCH 2	25	26	27	28	29	30

## MAY 2022

MONTHLONG MGA EVENT — SEE LEFT SIDEBAR

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5 CINCO DE MAYO SPECIALS	6	7
8 GAP MATCH 3	9	10	11	12	13	14
15 MOTHER’S DAY BRUNCH	16	17	18	19	20	21 MEADIA CUP
22 MEADIA CUP	23	24	25	26 1-DAY MEMBER-GUEST	27	28
29	30	31	1	2 CIGAR DINNER SENIOR GROUP 1	3	4 POOL OPENING PARTY MEMBER-MEMBER MEMBER-MEMBER

## JUNE 2022

MONTHLONG WGA EVENTS — SEE LEFT SIDEBAR

MONTHLONG MGA EVENTS — SEE LEFT SIDEBAR

SUN	MON	TUE	WED	THU	FRI	SAT
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16 3-DAY MEMBER-GUEST	17	18
19	20	21	22	23 SENIOR GROUP 2	24	25 FÊTE EN BLANC
26	27 WGA9 CARA CUP 1	28	29	30 WGA MEMBER-GUEST	1	2

## JULY 2022

MONTHLONG WGA EVENTS — SEE RIGHT SIDEBAR

MONTHLONG MGA EVENTS — SEE RIGHT SIDEBAR

SUN	MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	1	2
3	4 JULY 4TH COOKOUT	5	6	7	8	9
10 SOLHEIM CUP RYDER CUP	11	12 WGA9 CARA CUP 2	13	14	15	16 SOLHEIM CUP RYDER CUP
17	18	19	20	21 CIGAR DINNER SENIOR GROUP 3	22	23 2-WOMAN SCRAMBLE 2-MAN SCRAMBLE
24 2-WOMAN SCRAMBLE 2-MAN SCRAMBLE	25	26	27	28	29	30

## AUG 2022

MONTHLONG WGA EVENTS — SEE RIGHT SIDEBAR

MONTHLONG MGA EVENTS — SEE RIGHT SIDEBAR

SUN	MON	TUE	WED	THU	FRI	SAT
31	1	2 WGA9 CARA CUP 3	3	4	5	6
7 CHARTER CUP CHARTER CUP	8	9 WGA 9 CLUB CHAMPIONSHIP QUALIFYING	10	11 WINE DINNER	12	13 CHARTER CUP CHARTER CUP
14	15	16	17	18 SENIOR GROUP 4	19	20 CLUB CHAMPIONSHIP CLUB CHAMPIONSHIP
21 CLUB CHAMPIONSHIP CLUB CHAMPIONSHIP	22	23 WGA9 CLUB CHAMPIONSHIP FINALS	24	25	26	27 PASTA NIGHT
28	29	30	31	1	2	3

## SEPT 2022

MONTHLONG WGA EVENTS — SEE RIGHT SIDEBAR

MONTHLONG MGA EVENTS — SEE RIGHT SIDEBAR

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	31	1	2	3 ULTIMATE BETTER BALL ULTIMATE BETTER BALL
4 ULTIMATE BETTER BALL ULTIMATE BETTER BALL	5	6	7	8 SENIOR GROUP 5	9	10 MIXED CLUB CHAMPIONSHIP MIXED CLUB CHAMPIONSHIP
11 MIXED CLUB CHAMPIONSHIP MIXED CLUB CHAMPIONSHIP	12	13	14	15 1-DAY MEMBER-GUEST	16	17 19-MAN SHOOTOUT
18	19	20	21	22 CIGAR DINNER	23	24 SHOOTOUT
25	26	27 WGA9 CLOSING DAY	28	29	30	1

### ALL MONTH: JULY 1-31

MEADIA CUP ROUND 2  
OLD PAL ROUND 2

PRESIDENT’S CUP ROUND 3  
SENIOR CLUB CHAMPIONSHIP  
ROUND 1

### ALL MONTH: AUG 1-31

MEADIA CUP ROUND 3  
OLD PAL ROUND 3  
SHOOTOUT QUALIFYING

PRESIDENT’S CUP ROUND 4  
SENIOR CLUB CHAMPIONSHIP  
ROUND 2  
19-MAN SHOOTOUT QUALIFYING

### ALL MONTH: SEPT 1-30

MEADIA CUP ROUND 4  
OLD PAL ROUND 4

PRESIDENT’S CUP ROUND 5  
SENIOR CLUB CHAMPIONSHIP  
ROUND 3



2022

# MEADIA HEIGHTS EVENTS

From Wine and Cigar Dinners, to the Centennial Gala, to a variety of WGA and MGA tournaments, you'll have plenty of opportunities to socialize and golf with your fellow Meadia Heights members this year!

Dates subject to change.

- Social Events
- WGA Events
- MGA Events

DATE TBD

MEADIA/LEBANON CHALLENGE

OCT 2022						
SUN	MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	30	1
						RITTER CUP
2	3	4	5	6	7	8
9	10	11	12	13	14	15
			BLIND DATE NIGHT			JUNIOR CLUB CHAMPIONSHIP
16	17	18	19	20	21	22
LLCCGA SHOOTOUT			WGA18 CLOSING-DAY MEETING	WINE PORTFOLIO TASTING		WGA18 CLOSING-DAY CROSS-COUNTRY SCRAMBLE
23	24	25	26	27	28	29
30	31					CENTENNIAL GALA

NOV 2022						
SUN	MON	TUE	WED	THU	FRI	SAT
30	31	1	2	3	4	5
			WINE DINNER			GREENSKEEPER'S REVENGE
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
			THANKSGIVING DAY BRUNCH	BLACK FRIDAY FAMILY CUP	BLACK FRIDAY FAMILY CUP	
27	28	29	30	1	2	3

DEC 2022						
SUN	MON	TUE	WED	THU	FRI	SAT
27	28	29	30	1	2	3
4	5	6	7	8	9	10
BREAKFAST WITH SANTA						
11	12	13	14	15	16	17
						FÊTE EN NOIR
18	19	20	21	22	23	24
						XMAS EVE ONE CLUB
						XMAS EVE ONE CLUB
25	26	27	28	29	30	31
						NEW YEAR'S EVE PRIX FIXE DINNER

## WE TREAT MEADIA FRIENDS LIKE FAMILY

- Special Pricing for Meadia Heights members and their families
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