



Tee-Topics

February 2012

503-829-8080

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Men's Opening Bingo-Bango-Bongo Saturday - February 25, 2012

Plan now to pick a partner for this 17th Annual Bingo-Bango-Bongo tournament which consists of Two-Man Teams playing a Six Hole Best-Ball, a Six Hole Chapman and a Six Hole Scramble. Gross & Net prizes for winners.

WHEN: SATURDAY, FEBRUARY 25, 2012

WHO: All Arrowhead Men (18 years of age and older)

HOW: Pick your own partner, call in, starting Monday, Feb 20

Make your team's starting time

ENTRY FEE: \$20.00 PER TEAM - (Make checks to Rob Gibbons Golf Shop)

Players to use 1/2 of teams combined handicap

NOTE: When calling in please identify yourself & your playing partner partner so we can make up score cards in advance.

Valentine's Weekend

**February 10th thru 13th
Dinner Specials will be Featured**

All Weekend:

Crab Stuffed Salmon

Smoked Duck Breast

Trio of Dungeness Crab Cakes

Call for reservations

503-829-7427

Valentine's Day Dinner



Tuesday, February 14th
Bring your sweetheart our for
a delicious dinner.



Featuring "SELECT MENU" with
many of the Farmstead's favorites,
Along with our delicious specials

Dinner Served 4:30 to 9:00 PM
Call 503-829-7427 for reservations

Oregon Golf Association

Handicapping Season to Begin March 1st, 2012

The official OGA Handicapping Season begins March 1, 2012. All members that had an OGA/USGA Handicap Card at Arrowhead in 2011 will automatically be billed for the 2012 season. For new and current members who do not have an OGA/USGA Handicap Card and wish to have one, please sign-up in the Pro-Shop or Club Office.

2012 Membership fees are as follows: Men-\$75, includes Men's Club dues, handicap fee and Hole-In-One club. Women's-\$50, includes Women's Club dues, handicap fee, and Hole-One club. Juniors-\$3 (ages 17 & under).

Upon payment of your fee, you will receive a monthly, OGA/USGA Handicap Card which is recognized throughout the U.S. and British Isles. In addition, you are eligible to enter all Arrowhead Men's or Women's Club events and many OGA, PNGA, and USGA events depending on your handicap.

Your OGA/USGA Handicap Card indicates you are a member of a recognized Golf Club and may open many doors if you wish to play other Private Clubs around the country. Sign-up today for your OGA/USGA Handicap Card and begin posting your 2012 scores into the computer located in the Pro-Shop on March 1st.

AWGA CORNER with Phyllis Millan

We are finally getting some real winter weather, and opening day is just around the corner. Kudos' to all the hearty ladies who play all year Evelyn Johnson, Rosa Leonard and Eva Rank. Opening Day will be March 8, with a real Farmstead breakfast at 8:00 with a 4-Lady Scramble at 10:00 AM. Sign-up sheet is on the board and the deadline for signing up will be March 1. Menu and price will be included on the sign-up sheet. We have an exciting line-up for the upcoming year, and you will get the schedule in this year's directory which we are finishing up the first of February. And don't forget our membership Liaison person Nancy Paterson will be happy to send out a card on behalf of all the women of the AWGA if you know of someone who's experiencing a tough time due to illness or other life events, just give her a call. Don't forget to sign up for the Opening Breakfast on March 8th... we could have a great weather (or not).

FITNESS NEWS with Vicki Crawford

How To Improve Your Yoga Practice and Avoid Injury

The benefits from Yoga are many. If you are concerned about hurting yourself, consider these 5 tips to follow to avoid injuries and reap the benefits.

1) Stop if it hurts. If your making a face, you are trying too hard. 2) Relax your limbs. Don't force your body to do something it can't. 3) Follow your breath. Inhaling while opening and exhaling while folding will make your movements smooth and effortless. 4) Warm up properly and go with the flow. Move in and out of a posture several times before holding it. This prepares muscles and allows for a deeper stretch. 5) Be forgiving with yourself. Try not to compare yourself with those around you. Yoga is not a competition, not even with yourself.

If you have any questions, please contact Vicki.

Theme Day: Thursday, Feb. 23rd - Healthy Hearts

Tea Talk: Tuesday, Feb 28th - 11:35

FEBRUARY ONLY

FOR A SET OF 8 GRIPS INSTALLED, YOU PAY ONLY

MEN'S MULTI COMPOUND	REGULAR \$11 EACH	SALE \$ 9.00
MEN'S CALLAWAY	REGULAR \$ 5 EACH	SALE \$ 4.00
MEN'S PING	REGULAR \$ 6 EACH	SALE \$ 4.75
MEN'S TOUR VELVET WRAP	REGULAR \$ 6 EACH	SALE \$ 4.75
MEN'S GREEN VICTORY	REGULAR \$ 5 EACH	SALE \$ 2.00

MUST BUY AT LEAST 8 GRIPS TO GET THE SPECIAL SALE PRICE
LIMITED TO STOCK ON HAND ** NO SPECIAL ORDERS**

**GOLF SHOP
REGRIPPING
SALE**

Hole-In-One: Scott Carscallen, 12/12/11, Hole # 12 with an 8 iron

PRESIDENT'S CORNER with Greg Chan

On January 11th the Arrowhead Men's Club held our Annual Meeting. It was well attended by our members. In that meeting we accomplished the following: voted in adjusted bylaws, took nominations for board members and officers, reviewed and adjusted our tournament schedule for 2012, and finalized our Men's Club policy for "Winter Rules" or "Preferred Lies" going into our posting season - effective March 1st, 2012. This policy is one of the original options recommended by the Oregon Golf Association (OGA) and the United States Golf Association (USGA). A printed explanation of this new policy will be available in the Pro Shop in February. Do not hesitate to contact me, or any other board member, if you have any questions.

In our tournament schedule, we added in a Mixed Scramble in July. We also eliminated one (1) day of our Open Division Club Championship - it will only be two (2) days, Saturday and Sunday. We added a couple scrambles back in that the Pro-Shop will pair. Hopefully you play and meet someone new.

Finally, for all of the businesses within our club. When I first became president, I wanted to start a directory of businesses that your membership currently owns or is affiliated with. We have a great cross section of services and trades within our membership - and I believe we should always buy local and support our friends in our club. I will work with Scotty to get this going and hopefully you will hear from us soon.

Thanks, Greg Chan - President, Arrowhead Men's Club

