

TEE TOPICS

Arrowhead Golf & Athletic Club



*“Home of the
Best Greens in Oregon”*

News from the Golf Shop

Friendly Reminders:

- Check the Course Conditions page on the website for daily updates on the day’s play status.
- Please be aware that the facilities may close without notice in the case of inclement weather. If the weather is severe, please call or check the website for modified hours of operation.
- Unless you have opted to receive paper statements, your monthly billing statement is being sent via email. If you are not receiving your statement correctly, please contact Kathy in the Accounting Office.



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General Reminders:

- Are you getting our emails? Please make sure we have your correct email address on file.

January 2019

Arrowhead Annual Meeting:

You are cordially invited to attend the Annual Meeting & Awards

Sunday, January 27th

6:00 pm

Come recap the past year, celebrate members' achievements, and look forward to the 2019 season at the Arrowhead Golf Club Annual Meeting and Awards on Sunday, January 27, 2019 at Legend's Bar and Grill.



On the Schedule:
Recap 2018
Awards Presentation
Outlook for 2019



\$10.00 per person (includes food, non-alcoholic beverages, and one drink ticket). Please RSVP with the Golf Shop by January 20, 2019.

Tournament Information:

Men's Club "Pre-Season" Scramble- January 12, 2019

Get your team together for the annual Men's Club "Pre-Season" Scramble. Teams will consist of four (4) Arrowhead Men's Club members with USGA/GHIN handicaps.

Format: 4-man Scramble

Tees: Blue Tees -or- White Tees (if age + handicap = 87 or more)

Entry Fee: \$20.00 per player

Time: 9:00 am Shotgun Start

Entry forms are available in the Golf Shop or [online](#).

Entry deadline is Tuesday, January 8th.

Super Bowl Stableford- February 3, 2019

The 14th Annual Super Bowl Stableford Golf Tournament will be held on Sunday, February 3, 2019. Teams may consist of Arrowhead Men's and Women's Club members (age 18 and over) or up to one guest. All players must have a valid USGA handicap (as of Dec. 1, 2018).

The game format is a 4-person Net Stableford Points (all balls count). Team entry fee is \$100.00, which includes prizes and food & beverage vouchers. Men will play from the Blue Tees or White Tees (if age + handicap = 87 or more). Women will play from the Red Tees.



Form your own team. 9:00 am Shotgun Start.
Entry forms can be found [online](#) or in the Golf Shop.

OGA/GHIN Handicapping:

The OGA's posting season ended on November 30th and will resume March 1st. With changes to the GHIN system, all players must be inactivated before December 31st and reactivated for the next year. We will reactive players GHIN accounts after receiving payment for the 2019 Men's or Women's Club dues. Please make sure to get your handicap reactivated before March 1st, which is when the posting season begins.

The Men's and Women's Club dues will be the following for 2019:

Men's Club- \$87.00

Women's Club- \$65.00

These dues establish your official GHIN handicap, allow you to play in Men's or Women's Club events, and provide Hole-in-One Insurance.

These dues were billed on December 31st and are reflected on the billing statement received in January. If you had a GHIN established through Arrowhead in 2018, you will automatically be billed for 2019. If you have not established a GHIN with Arrowhead in the past, now is the time to get it set up. Please see Golf Shop personnel for assistance in setting up your GHIN account.

Also, with the new GHIN platform coming in a short time, it will require each member to have a unique email address. This means that two players cannot share the same email address within the GHIN system. If you share an email address with your spouse and both are in the GHIN system, please let us know any alternative emails to use for GHIN.

Arrowhead to Host PNGA & PNW-PGA Events in 2019:

Arrowhead Golf Club is honored to have been chosen to host two prestigious regional events in 2019. The Pacific Northwest Golf Association (PNGA) will be hosting the Women's Amateur and Mid-Amateur Championship July 15-19, 2019. This event will bring women from around the Northwest for 36-holes of stroke play qualifying, then moving to match play to determine the champions.

The Pacific Northwest Section-PGA (PNW-PGA) will be hosting the Hudson Cup matches October 16-18, 2019. This Ryder Cup style event consists of top point-earning Professionals and Amateurs from throughout the Northwest competing in team match play formats. There will be both Hudson Cup and Senior Hudson Cup matches held.

Please make sure to mark these events on your calendar to come out and watch some spectacular golf! It is very likely that you will be able to watch some of Arrowhead's own professionals and members compete in these events.



Thank you!

A big thank you from the Golf Shop and Maintenance Crew personnel for the gifts and delicious Christmas treats! They are very much appreciated!

Guest Fee Special- January & February:

Bring a guest out to play golf in the months of January and February 2019, and they only pay \$40.00 for their 18-Hole round of golf! Plus, they will receive a \$10.00 voucher toward the purchase of food and non-alcoholic beverage at Legend's Bar and Grill! Get your buddies out on the course for a good time and grab a bite to eat after the round.



And the TV Goes To...

Congratulations to Ted Bennett!

This year's annual Christmas Sale & TV Raffle winner is Ted Bennett! Ted's generous Christmas spirit in getting golf balls for friends and family earned him the lucky ticket into the drawing for the 50-inch LED television! Congrats, Ted! We hope you enjoy your new TV!



Calendar of Events:

January:

1	New Year's Day	Close @ 4pm
3	Bingo & Beer	6:00 pm
12	Pre-Season Scramble	9:00 shotgun
27	Annual Meeting	6:00 pm

February:

3	Super Bowl Stableford	9:00 shotgun
7	Bingo & Beer	6:00 pm
9	Double Alternate Shot	AM Tee Times
14	Valentine's Day	
23	Bingo-Bango-Bongo	AM Tee Times

Want to know what goes on at [Arrowhead](#) and [Legend's](#) on a day-to-day basis? Check out our Facebook pages.



Hole in One!

John Kyser
December 28, 2018
Hole #7
with a 6 iron

Trivia Question:

Q: As your game improves, which club do you use the most in a round?

A: Putter!

Whether you are a Major Tour Winner, high handicapper, low handicapper, man, woman, or junior...please **join us for a SeeMore putting experience.**

Date: Friday, January 18th Time: 4:00 – 8:00 pm

Learn the physics of great putting and be introduced to a putter that proves this method. Our staff member, Pat Akins, is one of only a handful of Silver Certified SeeMore fitters in the world. **Come for the fun, leave a better putter!**



AWGA Corner with Sue O'Donnell

Happy New Year!

The time has come to put behind us all those missed putts, disappointing chips, lost balls, and frustrating drives and look forward with optimism to what the next 12 months will bring. Have you started thinking about some New Year's Golf Resolutions? Personally, I have set three goals:

- 1) Play golf
- 2) Take some winter golf lessons from John Cassidy, Arrowhead's Lead Teaching Professional. I appreciate John's personal approach in tailoring a lesson to fit my individual ability and goals. And, John's lessons are fun!
- 3). Commit to learning the Rules of Golf ... there is no better time.

The USGA has revealed some big changes designed to modernize the game. Fortunately for AWGA, our Handicap Chair, Helen Morgan, is prepared to help us find our way through these changes. Helen has a copy of the Players Edition of the 2019 Rules of Golf, available for each member of AWGA, and will distribute them March 7th at our Opening Day Scramble and General Meeting. (You can also email Helen and request to pick up your copy at the Golf Shop after February 16th). You can get additional copies of the books online, at USGA.com. The copies are free, but there is a shipping charge.

A rules workshop is offered by the OGA at Arrowhead on February 16th. The fee is \$35.00 for an all-day seminar with continental breakfast and lunch included. You must register online at OGA.org by February 15th. The workshop is limited to 60 people. I hope you will join me in taking advantage of this opportunity!

Whatever your goals are for 2019, you are wished the best of luck on your journey. As spring arrives and the warmer weather calls us out to the course, may 2019 give a fresh start, time to appreciate the game and enjoy our time together.

~Sue O'Donnell, AWGA President

President's Corner with Jerry Calvin

Happy New Year and welcome to 2019! I know you are all aware of a few changes to the Rules of Golf and hopefully they will help with the pace of play. Arrowhead will be hosting a seminar on these rules changes on February 16th, so if you are interested in learning the ins and outs of the rules, make sure to register with the OGA soon.

We played the 1-Man Scramble in December, and I would like to say "Congrats!" to Trevor O'Brien for taking home the A Flight crown with a gross score of 60 and Scott Mitzel for winning the B Flight with a gross 68. This game had us all asking the BIG question...how low can we go? Looking through all the scores, I find it amazing how some scores can (and should be) much lower than normal, but others stay close to their normal rounds. Getting two attempts at every shot should lower your score, but that wasn't the case for everyone. Everyone will get another chance at shooting a personal best in the 1-Man Scramble "Feature" in July and again next December.



Continued...

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We will be holding nominations for new Board members at the Arrowhead Annual Meeting on January 27th. If you are interested in serving on the Board, please let me know. We are always looking for new ideas to make our Men's Club the best. The next Meeting will be February 2nd, at 7:30 am in Legend's. Please come and share your ideas.

Adam and his crew have done a good job this winter keeping the course in playing condition. Please remember to leave the course in better shape than you found it, replace divots, fix ball marks and use sand after you replaced the divot.

~Jerry Calvin, Men's Club President

From the Desk of Andy Goddard

Thank You!

Hello everyone. I have often said, and written in these newsletters, that we are so fortunate to be members of this wonderful golf club. I know in my heart that we have the kindest and most caring membership, owners, and staff in the world. This is such an awesome, close-knit group. Recently, my amazing 19 year old daughter, Savannah, was stricken with a horrible autoimmune condition. It has rocked our world. Unsolicited, the Men's Club here, stepped up and started a "Savannah fund" while we were dealing with all of this at the hospital. This kindness is so appreciated by my wife Ronda and I. 'Thanks' doesn't even come close to describing how we feel. We were so overwhelmed by this kindness. Savannah wanted to personally thank all of you as well. Her words are below. Hope to see you all soon.

~Andy Goddard

On December 3rd, my plans for the day included working 1-8 and coming home later to study for my math final. I ended up going home early because I was coughing up blood, plagued by nausea, and could barely walk. When I got home my parents had to drive me to the ER, after which, I was transferred by ambulance to Providence Portland Hospital. I would spend the next 18 days in that hospital and was eventually diagnosed with a rare autoimmune disease: Granulomatosis with Polyangiitis. It's changed my life in ways I can't explain, but I'm so grateful for everyone around me that's supported me and been there for my parents. I want to thank the Arrowhead Men's Club for their extremely generous donation. Your kindness is going to go a long way. Thanks from the bottom of my heart.

~Savannah Goddard.



Around the Greens with Adam Vidourek

Another great year is in the books! And as usual, these next few months will bring plenty of rain and frost (and hopefully some sunshine). Please avoid all of the typical wet spots when driving golf carts around out there. We've put rope up to help to avoid many of these areas. Damage caused to the course by golf carts won't heal until the warmer growing season arrives, so avoiding it in the first place is vital.

Now let's just hope for a mild rest of winter without any major wind or ice storms...not only do they impact your ability to play, but cause unwanted damage. But don't let inclement weather hinder your golfing! Even if the weather is not favorable outside, you can always play indoors!!

Looking forward to a speedy rest of the winter, and getting ready for the upcoming golf season. I hope many of you will be able to take advantage of the nice winter days we will be having these next few months.

Happy New Year!!
~Adam Vidourek, Superintendent

Legend's Bar and Grill

Winter Hours

Mon-Thurs: 11am-9pm,

Friday: 11am-10pm, **Saturday*:** 7am-10pm, **Sunday*:** 7am-9pm

*Breakfast served Saturday & Sunday only 7am - 12pm



Bingo & Beer

Thursday, February 7th

Mark your calendars for our next Bingo & Beer Night. Don't miss out on the fun, excitement, and of course PRIZES!!
Please RSVP: (503) 829-7427

Live Music @ Legend's

7pm - 10pm

Friday, January 4th
Trent Beaver

Friday, January 11th
Bri Miller

Friday, January 14th
Lance Kinnaird

Save the Date

Valentine's Day—February 14th

Special Menu 5-9 pm

Call for reservation: (503) 829-7427



Athletic Club

Notice:

Just a friendly reminder that any changes to your membership's status must be **made in writing prior** to the change taking effect.

Thank you

Athletic Club Hours

Monday – Thursday: 6am – 9pm
 Friday: 6am – 8pm
 Saturday and Sunday: 7am – 8pm



Arrowhead Athletic Club Fitness Class Schedule

Our Hours: Mon. – Thurs: 6 am – 9 pm Fri. 6 am – 8 pm Sat. – Sun.: 7 am – 8 pm

****Classes free to members****

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:30 am – 9:30 am Zumba Rebecca Phillips		8:30 am – 9:30 am Zumba Rebecca Phillips		
9 am – 10 am Water Aerobics Paula Beck		9 am – 10 am Water Aerobics Paula Beck		9 am – 10 am Aquatic Kickboxing Jim Anderson	9:00 am – 10:00 am Zumba Rebecca Phillips
	9:30 am – 10:25 am Yoga Flow Gayle Baker	9:30 am – 10:25 am Slow Flow Yoga Gayle Baker	9:30 am – 10:25 am Yoga Flow Gayle Baker		
	10:30 am – 11:25 am Basic Yoga Gayle Baker	10:30 am – 11:25 am Gentle Yoga Gayle Baker	10:30 am – 11:25 am Basic Yoga Gayle Baker		
	5 pm – 6 pm Racquetball League		5 pm – 6 pm Racquetball League		
5:30 pm – 6:30 pm Water Aerobics Becki Sparre		5:30 pm – 6:30 pm Water Aerobics Becki Sparre	5:30 pm – 6:30 pm Water Aerobics Becki Sparre	5:30 pm – 6:30 pm Water Aerobics Becki Sparre	

Class Descriptions -

Yoga (All Levels): Gayle: Open level gentle hatha class with modifications and use of props to allow gentle stretching in classic yoga poses. This class will allow you to practice yoga in a supported and safe environment while honoring your body's specific range of motion.

Yoga (Flow): Slow Vinyasa Flow will get your body warm and muscles strong in a mindful moving class slow enough to allow for modifications and for those new to flowing yoga (some yoga experience is helpful). We will link classical yoga sun salutations with other yoga poses to create a rhythmic yoga class.

Water Aerobics: (pool closed to open swim during class time): Aerobic kickboxing routine focusing on upper and lower body moves using the water as a resistance-training tool.

Zumba: an aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music.

Aquatic Kickboxing: An aquatic form of the martial art that combines boxing with elements of karate, in particular kicking with bare feet.

Physical address: 28301 S. Hwy 213 Molalla, OR 97308

Mailing address: PO Box 1020 Mulino, OR 97042

www.golfarrowhead.com

Golf Shop Phone: 503-829-8080; Legend's Bar & Grill: 503-829-7427 Fax: 503-829-4758

