



Shadow Hills
COUNTRY CLUB

Fast Play

The Monthly Member Newsletter
of Shadow Hills Country Club

December is a Month of Winter Golf and Holiday Fun for the Family!

By Patric Miller - Digital Communications Editor

Without question, Decembers at Shadow Hills are blessed with a perfect combination of winter golf (without the need to report your scores to GHIN), and loads of fun for the entire family, with two of our most popular winter family events!

We are truly blessed with an exceptional course that provides “year-round golf” at its finest. Terrific drainage, and excellent greens offer up great golf, even in the chilliest of conditions.

However, to keep our course in top condition, it is important to adhere to the “Cart Usage Notices” every day, making sure to drive the carts without damaging fairways and areas around tee boxes and greens. Check with the Golf Shop before heading out, and be prepared for “Frost Delays” during the cold winter months.

Winter Rules?
Today's Cart Path Regulation?

Strict Cart Path ONLY Today
(This Means You!)

Check with the Pro Shop Before You Tee Off!

December also brings us two events designed for our kids here at Shadow Hills. **The Gingerbread House Decorating event on Saturday, December 9th, at 1pm**, is loads of fun, and creativity! We provide the basics...you bring the details that will make your gingerbread house special! Reservations are required! So, please RSVP on Clubster!

And as always, Santa finds time in his busy schedule to make an appearance (and snap a few pictures with the kids), during the annual “**Kid's Christmas Party**” on **Wednesday, December 13th, at 6pm**. Wear your pajamas, and have a sumptuous spread of “Breakfast for Dinner,” before getting your picture taken on Santa's lap! **RSVP on CLUBSTER!**

The Club will be closed for Christmas, but **don't forget to book your New Year's Eve Dinner for December 31st**. It's a great way to ring in the New Year!



DECEMBER 2023



Upcoming Events

December

- 1-3 Pro Shop Winter Sale
- 9 Children's Gingerbread Decorating
- 13 Children's Christmas Party
- 13 Women's Holiday Luncheon
- 25 Course and Clubhouse Closed
- 31 New Year's Eve Dinner



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CLUB CONTACT INFORMATION

Clubhouse	(541) 998-2365
Pro Shop	(541) 998-8441
Dining/Lounge	(541) 234-2446

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FastPlay is published monthly for the membership of Shadow Hills Country Club.

Visit www.shadowhillsc.org for additional staff email addresses and a list of our reciprocal clubs.



Manager's Report

By Ryan Wyckoff

SHCC General Manager

I would like to thank all the employees that made this year's Christmas decorating happen, especially Armando and Maria. The decorations look great and help create a Holiday feeling at the club. A special thanks to Dick and Mary Lou Rohl, who once again donated the great looking Christmas trees outside the main entrance of the clubhouse.

The club is very busy in December with member functions and Holiday parties. I hope you are planning on coming out to the club to enjoy the season with friends and family. I encourage you to make dinner reservations early to make sure there is space available. The club will have the Kids Christmas party and the Gingerbread decorating as in years past. Event information and the ability to RSVP are posted on Clubster and here at the Club.

Just a reminder, that we are still accepting contributions for our Employee Holiday Gift Program. Thank you to those who have contributed and I thank you for making our employees feel appreciated. I wish all of you a happy Holiday Season and hope that you have time to spend with your family and loved ones.



The President's Corner

By Barry Bokn

President of the Board of Directors

It's amazing to think that we are already at the end of 2023! There have been some crazy changes at the club, but even with change, the constant is you the membership that allows Shadow Hills CC to be a terrific place to be!

Thank you for allowing me to serve as President of the Board this past year. I am excited to welcome Tom Morgan as the Board President beginning in January, 2024! His insight, leadership and experience will serve us all well as we head into the 2024 year. Chris Looney will serve as the Vice President and Marilyn France will be Secretary for the upcoming year.

Thanks to the many of you who have contributed to the Holiday Gift Program to thank the work of our employees at the club. There is still time for those who have not yet participated in this worthy program!

Happy Holidays and joy to you and your families!

See you at the Club!





Great Raffle Prizes!

Shadow Hills Pro Shop

BIG HOLIDAY SALE

OUR BIGGEST EVENT OF THE YEAR!

up to **50% OFF** Reg. Retail Prices

THREE DAY EVENT

Dec. 1st thru 3rd

10a - 4p All Days

WE HAVE BROUGHT IN NEW INVENTORY TO ADD TO AN OVERFLOW OF EXISTING INVENTORY

Apparel, Accessories, Shoes, Winter Wear & Great Gift Ideas

All At Special Member Pricing and End-Of-Season Discounts!

DO YOUR SHOPPING EARLY!

WITH GREAT DEALS ON

Nike, Footjoy, Adidas, Sun Mountain, Johnnie-O, and Much, Much More!

FREE GUEST PASS

For every \$125 spent

(limit 5 passes)



Kid's Christmas Party

Wear your pajamas and have breakfast for dinner with a visit from Santa!

Wednesday December 13th

at 6:00 pm

call to make a reservation or RSVP on Clubster

Adults \$20 Kids \$15



News From The Pro Shop

by Colin Inglis, *PGA Professional*

I hope everyone had a wonderful Thanksgiving and got to spend time with their loved ones this last week! I just wanted to thank those of you who have donated to the employee Holiday fund! We employees are truly lucky to work at such a wonderful place like Shadow Hills, with such an incredible membership!

Now that Thanksgiving has passed it means it is time for the annual sale! **The Annual Holiday Sale is this week here in the Pro Shop December 1st-3rd.** If you still have some credit book it is a great chance to use and earn guest passes at the same time! For every \$125 you spend you receive a guest pass valid for all of 2024. We will have a couple sales reps here on Saturday with lines from Puma, New Balance and Bag Boy for you to special order if you can't find anything that we carry. We will also have a raffle for you to buy tickets to win rounds of golf at different courses, lessons from your PGA Professionals, Titleist Vokey Wedge, and more! **The sale will take place 10 AM- 5 PM each day so make sure you stop by!**

Golf Tip of the Month

Are you struggling with your short putting? Here is a good drill to get better at those 3-6 foot putts and will help you on longer putts as well. First you will need to go to the hardware store and get a chalking line. These won't damage the green and will disappear after one mow. Find a straight putt

from 3-6 feet by hitting several putts until you know it is straight. Once you have established that there is no break, you can put down your chalk line. To make your chalk line use a tee to hold the end and stick it in the ground just in front of the middle of the hole. Run the chalk line straight back to the point you want to putt from. Practice rolling your putts down the chalk line until you can get the ball started on the blue line almost every time.



If you are missing short putts, it is probably not because you are misreading them, but instead because you are pushing or pulling. I also like to put two tees half-way to the hole, just wider than the diameter of the ball like in the picture below and try and get your ball to roll between these tees.

Another good drill you can do with the same chalk line is to put two tees just outside both ends of your putter. You can make it as hard or as easy as you want. One of the main reasons people miss short putts is because they do not hit the ball in the center of the putter face. This was Tiger Woods' favorite putting drill and is super simple to set up. The tees will make a gate for the putter and ensure that you are hitting your putts in the sweet spot!



The Green Report

By Eric Wiggins, Golf Course Superintendent

The winter months have put the maintenance staff into full swing of projects on the golf course. The back 9 bunker project is moving along at a great pace. With just 3 holes left of fairway bunkers, the multi-year renovation of all the bunkers around the course is almost complete. You may notice that the sand in some of the newly remodeled bunkers is a slightly different color than the greenside bunkers. The reason for the color difference is the age and weathering of the sand. When dirt and debris get mixed in with the bunkers over time the color starts to change. With time the fairway bunkers color will start to match the greensides better.

Tree pruning has been a high priority for us as well this fall. The large trees on the inside corners of 13 and 15 have gotten some much needed pruning. Heavy pruning of these trees will help to keep the holes more playable as well as opening these areas up for some much-needed sunlight. We will continue to work through the course this winter focusing on limbs along cart paths then moving out to other areas.



Relief Nursery Giving Tree

The Relief Nursery giving tree is up, and the tags are on the tree.

They need to receive all of our gift cards **on or before December 3rd**, so that they can get the cards out before the holidays.

You can purchase gift cards online at Target, Walmart or Fred Meyer, or you can drop cards off at the office at Shadow Hills.



Women's Club Updates

By Tricia Johnson
President-Elect/Publicity

Awards, New Officers & Holiday Luncheon
Shadow Hills Women's Club- 2023 SEASON AWARDS
Presented on Nov. 8th

- ~ KATHRYN SCHNEIDER SERVICE AWARD – Shawn Bokn
- ~ CLUB CHAMPION - Krissy Carman
- ~ OVERALL NET CHAMPION - Ellie Tami
- ~ SENIOR CHAMPION - Leilani Norman
- ~ SENIOR NET - Betsy Ovitt
- ~ SUPER SENIOR CHAMPION - Marilyn France
- ~ SUPER SENIOR NET - Kathy Lucier
- ~ MATCH PLAY CHAMPION –Kerrie Reisbeck
- * VALLEY LEAGUE TEAM PLAY -FIRST PLACE!

NEW 2024 OFFICERS ANNOUNCED!

President - Tricia Johnson
Vice President - Evelyn Hill
Secretary - Valerie Vernon
Treasurer - Debbie Darst
By Laws - Kerrie Reisbeck
Valley League - Leilani Norman
OWGA - Mary Sullivan **Co-chair** - Wendy Jensen
Social - Michelle Kottas
Nine Hole chair - Joanie Croteau **Co-chair** - Julie Collins
18 hole chair - Linda Robertson

CONGRATULATIONS TO ALL!



**Woman's
Holiday
Luncheon &
Charity
Fundraiser**
Wednesday, December 13th,
11am Social
12pm Lunch Buffet
\$35/per person
RSVP on Foretees or Proshop
Great raffle items to
support local charities!

Welcome To Our New Members

Brandon Crover - Jr. Exec Individual Golf
Chad McDermott - Individual Golf
Don and Andrea Chappell - Family Golf



Exercise of the Month

by Nick Mainenti CPT, TPI

Do your Glutes work?

The Glutes (buttmuscles) are the Kings of the Core. They control posture, balance, hip rotation and lower back stability. With a loss of Glute activation comes reduced power, distance and club head speed. In daily life, stairs can be a challenge, knee issues arise and back pain presents itself. There is a simple screen you can use to discover your level of Glute activity. It's called the *Single Leg Bridge Test*.

Start on your back with feet flat and knees up. Clasp your hands in front of your chest.



Lift your hips up and extend on one leg. Hold for 10 seconds and switch sides.

If you feel your hamstrings, thighs, lower back start to cramp...chances are you might have Glute Amnesia. If one side is stronger than the other, compensation may occur, both on and off the course. The good news is that Glute Amnesia is a simple fix once you learn how to activate the right muscles properly. If you'd like a simple home program to improve this issue, contact Nick Mainenti CPT directly at 541-870-0647 or email: sevenironstrength@gmail.com.



clubster Use the Clubster App For Current Reservations, Events, and Specials!
Simply Better Club Communications

Shadow Hills Country Club
**GINGERBREAD
House Decorating**
SATURDAY DEC. 9TH | 1PM - 3PM

Reservations Required
Please RSVP on Clubster

Sponsored by:
LOCHMEAD Farms
ALL NATURAL