

Heather Ridge

Country Club NEWSLETTER

March 2008

Volume 8, Issue 3



NOTES FROM HRCC

FINALLY, LET'S PLAY GOLF!!!

Sincerely,

Dick Jorgensen

LADIES 18 HOLE NEWS

Come and join us for the 2008 Golf Season, Wednesday and Saturday. Membership is \$52.00 due by March 1, 2008, if paid after that dues will be \$55.00. Applications are located in the 19 Hole Room and/or you may contact Teresa Anderson at 303-755-5970 for more information. Our Spring Luncheon will be Saturday March 15, 2008. Sign up sheet will be posted on the bulletin board by the Pro Shop.

9 Hole Ladies Golf Association

Spring has sprung, the 9 Hole Ladies will be hosting their Spring Kick-Off Luncheon Tuesday, March 25 at 11:30 AM in the Garden Room. Please sign up on the 9-Hole bulletin board or call Sally Simon to RSVP, 303-671-8719.

Notes from the Men's Club

March sounds like golf is about to start. Last month we mailed application forms for the MGA. The board has met over the winter and we think we have a great line up for this season. Lets start with the Spring Banquet. The date is March 28th, time 7:00 P.M. we will cover the MGA website, Tournament Schedule, Handicap Committee and Local Rules.

We also have some changes this year. First we will not have a book with member's names and phone numbers. The CGA and Ghin provide with a website <http://hrmga.ghinclub.com> that is password protected. This site will allow you to look up member's phone numbers, email addresses, get tournament results, track your scores hole by hole, and analyze your game all at no additional cost to you. It allows us to send out email broadcasts about upcoming tournaments and other member information. When you send in your applications you will be emailed instruction on how to log on. This information is also posted on the bulletin board. We will see how many members don't have access to a computer before we decide on alternatives for those members.

Another decision we made over the winter was to define the "match play" tournament. We will have a Championship flight (handicaps 0-9) and the players will play scratch from the blue tees. All other flights will play from the white tees and will play with their current handicap that day. The flights will be determined by the last handicap of April.

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EAGLES LOUNGE

Tuesday-Thursday 12 am - 6:00 pm

Saturday - Sunday 11am- 6:00 pm

GOLF PRO SHOP

Monday Closed

Tuesday-Sunday 7:00 am-5:30 pm

Daylight Savings 6:30 pm

DRIVING RANGE & GOLF CARTS

Tuesday-Saturday 7:00 - 4:30 pm

Sunday 7:00 - 4:30 pm

FITNESS CENTER

Tuesday-Saturday 6:00am-6:00 pm

Sunday 6:30am-5:00 pm

CLUB CLOSED ON MONDAY

Tuesday Night Bridge

In our February 12th meeting we did not have a second place winner inasmuch as the Hightowers and Fergusons tied for first place and split the 1st and 2nd place certificates.

On February 26th the winners were the two Helen's and second place went to the Chojnackis.

March dates are the 11th & 25th

April dates are the 8th & 22nd

MARK YOUR CALENDARS!

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mark your calenders****TIPS FROM THE PRO**

The beginning of a New Season presents a variety of thoughts and challenges. As the snow melts away and the green grass starts to grow, our desires to play the game we love grows strong. But before we can begin we must bring our bodies out of Hibernation. This month's Tip From the Pro is focused on Reviving the Body and Skill. Flexibility of the muscle and joints will take time and effort. Under no circumstances should you attempt to "Start Where You Left Off".

Each of us must "Start Again" by concentrating on Flexibility of the Muscles and Freedom of Movement in the Joints. Before you hit your first golf ball, take a few moments to stretch your muscles and swing a golf club. Establish flexibility of the muscles. Warm up your body, so that it can perform at its best. Once you have "Warmed Up", begin to restore your swing by hitting a Short Iron. The short shafted club will decrease resistance and allow the "Feel of the Swing" to come back to your body. Concentrate on re-establishing the fundamentals which you have learned. If you focus your attention on the Fundamentals, you will develop the Primary Muscles which your body uses to control your golf swing. Practice will help, but only if you Practice the Right Fundamentals in the right way. Should you have trouble "Getting Back in the Groove", then, have a Swing Analysis done, ask a friend to watch your swing, or attend a Free Clinic at the Heather Ridge or another course nearby.

Most importantly, "Treat Your Body Well" and "Your Body Will Do The Same".

GARY GARRETT, HEAD GOLF PROFESSIONAL, HEATHER RIDGE COUNTRY CLUB

HEATHER RIDGE COUNTRY CLUB- QUALIFYING SITE FOR ESPN NATIONAL GOLF CHALLENGE - SPONSORED BY CALLAWAY GOLF

Heather Ridge Country Club has proudly been selected as one of the Qualifying Sites for the 2008 ESPN NATIONAL GOLF CHALLENGE. The ESPN GOLF CHALLENGE, PRESENTED by Callaway Golf, is a Two-Man Best Ball Tournament, which will crown the best two-person teams in America during the National Finals event, to be held in Las Vegas, NEV. The event is open to male and female golfers with USGA approved handicaps. Teams will consist of two amateur players participating in either the Gross or Net divisions. No individual player may use a handicap higher than 24.

Heather Ridge Country Club will host Two Qualifying Tournaments, Monday May 19th beginning at 8:00 AM and Monday June 16th at 8:00 AM. The registration fee is \$100 per participant, and includes Green Fee, Range Fee, Golf Cart and Gifts. Golfers must register in the Pro Shop no later than two weeks prior to the Qualifying Tournament. Local Qualifying Tournament Winners will receive \$80 in Gifts. For additional information and register, contact the Pro Shop.

Notes from Men's Club continued This will give some time to balance out scores for the inactivity during the Winter months.

Tournaments will be posted two weeks out and we will try and send out emails to notify you. Certificates issued for winnings will be left in the Pro Shop as they have been for the last millennium. This year certificates can be used at Heather Ridge Pro Shop, Colorado Discount Golf, and Dumitri's Family Restaurant. Despite reminders in the newsletter several members did not use their certificates by the end of 2007 and the monies were returned to the MGA fund. The board made a decision to issue checks for 1/2 the amount and these members were sent a letter with an explanation. REMEMBER it is your responsibility to check if you have a certificate of CTP or skin money.

Finally you can pull up a schedule of tournaments from the website <http://hrclubs.ghinclub> and print it for your convenience. Ready golf is your Friend, Dave Barela

Recipe from Chef Rick **SPICY EDAMAME DIP** (Low in calories, high in Protein)

1 bag of Seapoint Farms Shelled Edamame 4 large garlic cloves, unpeeled

1 1/4 teaspoon salt 1/2 teaspoon ground coriander

1/2 teaspoons ground cayenne 1/4 teaspoon ground cumin

6 Tablespoons olive oil 1/4 cup fresh lime juice

1/4 cup chopped fresh cilantro, plus a few sprigs for garnish

Roast the garlic in an ungreased skillet over medium heat, turning frequently until soft. Cool and peel skins. Boil the edamame in salted water for 5 minutes. Drain and cool to room temperature. Place peeled garlic into a blender or food processor and coarsely chop it. Add the edamame, salt and spices, process to puree. Mix in the oil, lime juice and cilantro. Serve at room temperature with cut celery & zucchini wedges. ENJOY!