

# Happy Father's Day

# Rock Harbor News

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## Happy Father's Day

Amy Adams:

We are in full swing at Rock Harbor this time of year. I love seeing families out enjoying golf together, and hope everyone has a relaxing and memorable Father's Day! Family comes first, and for every kind of dad, Golf is a perfect Father's Day activity to enjoy and remember forever.

Time flies by and personally after losing my Father in 2013, I regret not spending more time with him, the distance between us and busy schedules with work and the kids were certainly a factor in lost time, but I could have made a stronger effort. My father was a rock of strength to lean upon, had an understanding and loyal soul, had a heart full of tenderness and knew how to blend justice (consequences) with love. He was a patient teacher and my father was my friend. Make a tee time with Dad!

We've compiled a list of 4 golf spring safety tips to get you ready for all of the successful days you'll have during the season.

First of all, we want all of our members to stay healthy so they can enjoy rounds of golf at our club all season long. **Hydration** is very important for golfers of all ages. Staying hydrated helps keep bodies at the correct temperature and reduces muscle cramps. Please hydrate before, during, and after being out on the course. With our courses being so spread out be sure to grab a bottle of water from the grill, we also recommend sports drinks for every hour you anticipate being on the course, to balance electrolytes. Hydration is even more important when you factor in that many of our golfers may be drinking an alcoholic beverage. I have a free app on my phone called Waterlogged, and it makes a lovely splashing water sound to remind me to hydrate.

Second, **keep an eye to the sky**. Spring and Summer thunderstorms can form quickly and be deadly. In today's day and age, it's important for all golfers to prioritize safety in severe weather. Especially because [NOAA reports](#) that 64% of lightning occur during leisure activities, like golf. When you hear the air horn, take shelter. We know that being the decision-maker in this situation isn't an easy job. If you call golfers in while the weather still looks good, you risk them not believing you or getting angry. On the other hand, if you make the call too late, we put our members, visitors and employees at direct risk. There are also lighting alert apps anyone can download for free.

Another spring safety tip for your golf course is to **educate yourself on heat illnesses**. A lot of people forget that high temperatures add extra stress to the human body. Even more stress is added to people who aren't the most physically fit. We tend to forget that golfers at the club come from all ages, body types, and fitness levels. Since not all golfers are always the most seasoned athletes, it's a good idea to educate yourself on the signs of heat illnesses. Heat stroke can be deadly, so efforts to protect you are of utmost importance to us.

**Stay flexible** in order to maximize your golf swing. There are many useful and innovative ways to warm up before your match and a huge variety of on-line videos to peruse and find quick exercises for all fitness levels.

We are very excited to host the Tom Baker Memorial this Friday, June 7<sup>th</sup> to benefit Special Love which supports families battling pediatric cancer. Also, Member Guest Weekend is approaching quickly! June 13<sup>th</sup>-15<sup>th</sup>. Don't forget to make your tee time for Thursdays practice days.

I am a History buff and here is what happened June 6, 1944 - D-Day, the largest amphibious landing in history, began in the early-morning hours as Allied forces landed in Normandy on the northern coast of France. Operation Overlord took months of planning and involved 1,527,000 soldiers in 47 Allied divisions along with 4,400 ships and landing craft, and 11,000 aircraft.

As always, please reach out to us if you have suggestions or coaching, we appreciate our members and if we can make your rounds more enjoyable, we are here for you!

# Fresh From The Grill

*Beau Rudiger,  
RH Grill Manager:*

Can you believe we just finished 8 days of little or no rain!!! We have another beautiful week in the forecast so get out and play!!!

I want to discuss member charges: We had a few request about changing or editing member

charges after the month end. To alleviate this issue we are asking and reminding members to sign their charge receipt before leaving the club, **every time**. This is the only way to make sure you have the correct charges on your account. We will gladly look at any charge but the ticket

must be signed by the member. This will start as of June 1st 2019, so if all members sign their charges we will not have any issues concerning the billing at the months end. We thank you for understanding and cooperating to help us serve you better.

## Saturday Evening Dinner Hours 5-8:30 PM



This is our Ladies 9 Hole Tuesday Evening Team. The "Par Tees"

Pictured are: Betsy Kelly, Michaelene "Mike" Kaczmarek, Brenda Loar, Faye LaBeau, Ruth Junkins, Kristeen Sherman, Barbara Moore, Dean Borden and Brooke Perdue.

Members Not Pictured: Sue Allen, Lisa Baker, Former Captain: Crystal Dreiling, Hope Brim, Sally Fish, Roxanne Kelly, Gail Reynolds, Debbie Winkfield and Freddie Ocel.

We want to acknowledge and thank Crystal Dreiling for running the league in the past. She has done an outstanding job!

Let us know at the Pro Shop if you want to be a part of this fun league.



# The Green:

*Chris Dieter, Course Superintendent:*

I appreciate the many compliments everyone is giving on the course conditions. I also appreciate the many other things pointed out in a helpful manor. This has been a very busy Spring, with over 17" of rain so far this year the grass is not looking at slowing down. The mowing crew is working extra hours to keep everything cut. I am excited with the results we are getting from our new fairway program. Several more hours of spraying each month, but improved conditions make it worthwhile.

The crew has been working tirelessly to fix more bunkers. We recently finished Boulder #9 bunkers and started on Boulder #2.

Recent problems with Boulder #13 waterfall pump made for an interesting/entertaining afternoon in the pond at #12 Boulder green.

Feel free to catch me for comments, complaints, or compliments,



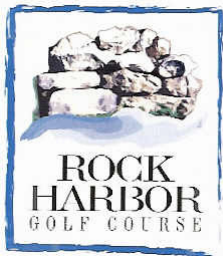
Above: Green mowers heading out to mow at 5:30 AM.



Above: Boulder No. 9 Bunker Repairs

Right: Pump repair on Boulder 12 & 13





# Pictorial Diary

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This picture was taken on September 7, 2014. Can you guess which hole it is?

To subscribe or unsubscribe to this free newsletter send an e-mail to [mistyautumn@comcast.net](mailto:mistyautumn@comcast.net)  
Questions/Comments or Suggestions welcomed



## Spring/Summer Member Events

- June 7 Special Love
- June 13/14/15 Member/Guest
- June 28 Bright Futures
- July 4 Independence Day
- July 7 Medal Play Championship
- July 19/20 Member/Member

