

ROYAL DIVOTEER Spring 2022

LETTER FROM THE PRESIDENT by Steve Cobb

March • April • May



Dear Royal Oaks Members,

As I sit down to write the final Divoteer article for my term, I look back and can only say, where did all the time go? I think I can summarize the year as:

Summer Divoteer: Optimism. A vision. Fall Divoteer: Energized. A plan and a start. Winter Divoteer: Reality. Some wins and some losses. Spring Divoteer: Reflection. Where did the time go?

Overall though, it has been a good year that I have enjoyed and am thankful for. We had a Founder's Day Celebration, we got buffets back, the pool was open, we had music on the deck, we got to do Dinner on the

DATES TO REMEMBER

MARCH

1 - 18 Hole Ladies Opening Day 4 - 9 Hole Ladies Opening Day 17 - St. Patrick's Day 19 - Men's Season Opener

APRIL

9 - Wine Makers Dinner
11-14 - Spring Course Maintenance
16 - Children's Easter Party
17 - Easter Brunch
28 - Annual Meeting
30 - Member Member Day One

MAY

- 1 Member Member Day Two
- 8 Mother's Day Brunch
- 9 Oregon Jr/Sr. Tournament
- 21 Saturday Couples Two Ball 25 - Concert Series ∦l
- 28 Pool Opens Weekends
- 30 Memorial Day Couples Scramble

Greens, we got to eat inside for the full year! As a team (the Management Team, Staff, Committees, and Board) we did manage to get a few things done. To provide more opportunity to have two-way dialog with members, we reinstated Board Office Hours and held three Member Listening sessions. The LRPC held four Town Hall meetings and presented the LRPC Plan to members. We submitted the associated line of credit to members for vote and received approval for this element of the plan. We proposed some much needed updates to our By Laws which members approved. Marcia and staff completed or kicked off several facility improvements this year, including the new Security Entry Gate, an updated website, the updated outside grill dining area, the new roof, and the burying of the power lines. Gordon and crew implemented many course improvements including the first green renovation, new sand in many of the bunkers, irrigation improvements, lots of tree work, and a good start on their renovated maintenance facility. Scott and team put together and executed a full golf calendar with emphasis on membership play. Brandon and RJ kept our top -notch food and dining experience rolling throughout the year. On the downside, we did lose the initial court case with the Washington Department of Revenue, and we are now in the middle of the appeal process. And of course, a moment of silence for the great Oak trees demise on hole 13. (Continued)

2021-2022 BOARD OF DIRECTORS

EXECUTIVE COMMITTEE

President Vice President Secretary/Treasurer **Ex-Officio**

Stephen Cobb Ken Mogseth Jason Powell Jim Senescu

Katy Wright

BOARD MEMBERS

Eric Merrill Albert Schlotfeldt Patrick Cotter Bryan Asbury Doug Palin, Jr.

COMMITTEE CHAIRS

Finance Janice Mathern Golf Tom Holmes Green Bob Britt Jr. House Derek White Monte Phillips Membership LRPC Rodney Cook

MANAGEMENT TEAM

General Manager Marcia LaFond marcia@royaloaks.net

Head Golf Professional Scott Leritz scott@royaloaks.net

Golf Course Superintendent Gordon Kiyokawa gordon@royaloaks.net

Clubhouse Manager Brandon Roberts brandon@royaloaks.net

Controller Beth Carlson beth@royaloaks.net

Executive Chef Robert Johnson chefrj@royaloaks.net

Membership & Marketing Director Aaren Ziegler McDonald aaren@royaloaks.net

Hospitality Manager Brian Johnson brian@royaloaks.net

Director of Catering Tenly Hall tenly@royaloaks.net

Accounts Specialist Alaina Henderson alaina@royaloaks.net

Administrative Assistant Lexus Cope office@royaloaks.net

FROM THE PRESIDENT

(Continued)

From a club health standpoint, we remain in a strong position heading into the next year. Our Membership level is full and active with a sizable wait list. Our initiation fees are at an all-time high. Our Finances remain solid, although the current inflation environment is beginning to be felt through all departments and it is impacting our bottom line. The winter has been relatively mild, and the course is in great shape heading into Spring. We have a full golf calendar awaiting us for this year's prime season and there are some new member social activities being developed for our enjoyment.

Finally, I would like to sign off with a heartfelt thanks to the many folks that make ROCC such a special place. Thanks to Marcia, Scott and Gordon for their strong leadership and endless hours that they put into their work. Thanks to Brandon and RJ for delivering one of the area's best Food and Beverage experience. Thanks to all of the ROCC staff for their long hours and commitment to delivering such a great member experience. Thanks to all the Committee Chairs and Members for the volunteer work and the long hours that each of them have put in. Thanks to this year's Board for their support, guidance, and wisdom throughout the year. You have been the best! And finally, a big thanks to all you members for coming out and using your club at record levels and for going relatively easy on me throughout the year. For those that joined me out on the golf course, thanks for enduring my game ... it can be a bit fragile at times.

So, here's to ROCC and to a mostly wonderful year ... see you back on the circuit soon.

Steve

Find Your Account Number in the Divoteer and Win

A Complimentary Wednesday Buffet **Dinner for Two!**

(Numbers are spelled out. Example: One, Two, Three, Four)

FROM THE GENERAL MANAGER by Marcia LaFond



I would like to extend a big thank you to the Nominating Committee; Gregg Guernsey, Russ Garrow, Mark Curtis, Betty Jones and Doug Johnson. The Nominating Committee has the important responsibility of selecting members to committees and board positions. In essence, they are choosing the future leaders and decision makers of your club. I would also like to thank all of the members who graciously volunteered to serve on the committees and Board. The Nominating Committee has proposed the following slate of officers and committee members to be voted on at the Annual Meeting on April 28th.

President:	Ken Mogseth
Vice President:	Jason Powell
Secretary/Treasurer:	Albert Schlotfeldt
Board of Directors:	Monte Phillips
Board of Directors:	Derek White
House:	Kathy Russo
House:	Evan Buckler
Membership:	Allison Livett
Membership:	Tammy White
Membership:	Cynthia Parker McArthur
Membership:	Derek Baade
Golf:	Katy Wright
Green:	Bob Britt Jr.
Green:	Lance Hansen

Thank you to all of the members who responded to the prioritization of the upcoming Long Range Planning projects. As of March 1st, we have had 259 responses to the poll and results are below.

	First Priority	Second Priority	Third Priority
Permanent Upper	29.48%	47.41%	23.11%
Range Structure	74	119	58
Replacement of the	59.92%	28.02%	12.06%
Irrigation System	154	72	31
Locker Room	11.90%	24.21%	63.89%
Remodel	30	61	161

RUB OF THE GREEN

RUB OF THE GREEN by Gordon Kiyokawa



Making headway!

We are progressing nicely through the bunker project and we are well below budget. So far we are half way through the bunker sand replacement process with 9 holes completed.





Up next are #10 Greenside bunkers, #6 bunkers and #14.

We are also planning on doing some green and approach grading on #16 and the left of #17 to facilitate surface water flow. Also, while performing the #14 bunker project we will be addressing the slope and grade issues adjacent to the green and the bunker. Warmer weather will determine when we are able to pursue these projects as we will want these areas to heal as quickly as possible.

Remember that our most important aerification process begins April 11th. The course will be closed Monday – Wednesday with a possibility of 9 holes Thursday. All of this is weather dependent. The Monday following the aerification, April 18th, we will re-aerify the collar areas to help reduce the sand dam/drainage issue.





#1 Green – Tentative Open date is April 2nd

With the cooperation from Mother Nature, we are expecting to open #1 green on Saturday April 2nd. We are all excited to get the new green finally open. The week prior, we will be adding sand to the greenside bunker and also changing the sand in the fairway bunker to match consistency of materials.



We are very excited to introduce the newest addition to the Royal Oaks Family!

Our Membership Director, Aaren McDonald, her husband Colin, and big pup-brother Jake welcomed healthy, happy baby Hadley Mae on February 12th.

Congratulations McDonald Family!







GOLF SHOP NEWS

GOLF SHOP NEWS by Scott Leritz, Head Golf Professional



Welcome to the Spring Divoteer. Spring always signals the start to our golf season. We have many great events in store for the upcoming year. As you may have already seen in our weekly email blasts, the calendar has been set with some important registration and playing dates of our popular events. Please mark your calendar to play in our "majors" as well as other events planned at the club. As always, we are continuing looking to improve in all facets of our operation. If you have a suggestion, please send an email to the suggestions email (suggestions@royaloaks.net).

Golf Operations Capital Improvements

A thank you to the membership for continuing to support capital improvement items each year. In 2022, we are adding/updating the following items:

- Upper Range replacement mats
- Addition of 20 new ClicGear and 20 new Kaddy Lac push carts
- Two additional iPad Pro tablets for our golf professionals to use during lessons
- Addition of a sports dedicated television in the teaching room
- Replacement simulator hit screen (indoor teaching room)



Handicap Posting Season-Begins March 1st

The handicap posting season is here! As a reminder, we ask our members to post all acceptable scores when playing golf. We've listed a few reminders below for your reference:

- The posting season is valid from March 1st-November 30th.
- Scores to be posted on the day of play by midnight on the day of play so the playing handicap can be computed for the day's conditions.
- Members can continue to post scores December 1st-February 29th if playing golf in a Sun Belt state.
- 9 hole & 18 hole scores are eligible for posting. Note: If 13 or more holes are played, the player must post an 18-hole score. If 7 to 12 holes are played, the player must post a nine-hole score.
- Failure to post your score by midnight on the day of play may result in a member receiving a reminder email to post (within 24 hours of the day played). A penalty score will be posted if a player fails to post a score.
- We suggest posting your score soon after completing your round. Several handicap dedicated computers around the club are available for you to post (golf shop, ladies locker room, 1945 room).
- The GHIN app is also a great resource for our members. With the app, a member can post a score, verify your handicap index or handicap from a set of tees, organize handicaps for players in your group, keep stats, etc.
- If you are interested in establishing a handicap for the season, please contact a member of the golf shop staff and we would be happy to assist.

(Continued)

GOLF SHOP NEWS

- We would like to highly encourage you to post hole by hole scores this year. This gives the golf shop staff the ability to assess and possibly edit the handicapping of holes for the future use.
- Lastly, we would like to thank our handicap committee (a member volunteer position) comprised of Doug Banks (Men's Handicap Chairperson), Dianna Richard (Ladies Handicap Chairperson), Toby Warson, and Linda Whitworth. They all contribute many hours to help insure a fair and competitive playing environment at the club.



On behalf of the Royal Oaks Invitational Tournament Committee, wish to extend our gratitude and appreciation to the members of Royal Oaks Country Club for the privilege to hold the 65th Annual Royal Oaks Invitational Tournament on June 10,11,12.

The Royal Oaks Invitational has been held since 1957. The tournament founders held to a vision of showcasing the true test of golf that Royal Oaks is, by putting on a premier 3-day medal event to attract top amateurs to play alongside with members. (THREE TWO FOUR ONE)

We strive to maintain that vision and continue the goal to make this the best Amateur event in the Pacific Northwest.

In both appreciation and service, the tournament has provided numerous items for club operations over the years.

For those wishing to be considered for an invitation, please kindly send your interest to <u>roit@roit.org</u>. The tournament committee gives members interesting in playing a priority status.

The Royal Oaks Invitational Committee

William Richard Southard "Dick"

It's with our deepest sorrow to inform our Royal Oaks Family of the passing of our beloved Husband, Father, and friend on the 27th of February at his home in Brush Prairie.

Survived by his wife, Caroline, of 65 years, and children Debbie, Rick, Tina, Don, 17 grandchildren, 40 great grandchildren, an d 1 great great grandchild.

We appreciate all the love, kindness, and support shown to our family over the years and during these difficult times and will always be remembered forever.

Celebration of Life to be held on April 24th, 2022 from 2pm to 5pm at Royal Oaks Country Club.

The Southards

Player Development Corner

The staff looks forward to improving your game in 2022. A variety of programs are being developed to meet the needs of a wide variety of members. Youth programs, ladies programs, men's programs, and couples programs will be offered. Please pay attention to our weekly email blasts for future offerings. Additional instruction videos will be offered to cover a wide variety of topics.

Drill Of The Season



Picture Above: Scott demonstrating an impact position commonly found with golfers. The bending of the arms leads to inconsistent contact and trouble controlling the curve.



Picture Above: Scott demonstrating a follow-through position commonly known as a "chicken wing" where the body has not fully rotated towards the target which contributes to bent arms.

Our Condolences to the Friends and Family of Melvin Weinstein, Nick Smit, and Steve Lapsley

GOLF SHOP NEWS



Picture Above: Scott demonstrating the 90/90/90 drill. The idea is to practice hitting shots, with a slower smaller swing, and demonstrating the very specific follow-through as shown above. Straigher arms, no wrist hinge, and a fully pivoted or rotated body is the goal as the golfer hits some shorter shots.



Picture above: The only position in the full swing that truly matters....the moment of impact! Here, Scott is demonstrating a forward leaning shaft, weight moving off the inside of the right foot, and straight arms. The key to hitting more solid shots more consistently.

Give the 90/90/90 drill a try and concentrate mainly on achieving the short follow-through position as demonstrated in the 3rd photo. Once you see success with the shorter, slower swings you can challenge yourself with some longer, faster swings.

Better Than Before,

Scott Leritz and The Royal Oaks Golf Operations Staff

SEVENTY-FIVE ROYAL OAKS HISTORY BOOK UPDATE

The Seventy-Five Year Royal Oaks History Book is in the final stages of editing and page design layout. It will be 304 pages, and the first 168 pages will be the Fifty Year Royal Oaks History Book published in 1995. We are working with the Donning Co out of Missouri and hope to have it published in the May-June 2022 time period. If you have any old pictures or articles you would like to share, please give to Marcia LaFond or Bill Cone. You can also leave them in the front office.

FROM THE CLUBHOUSE

CLUBHOUSE MANAGER Brandon Roberts



You may have seen in December that we put together a "Holiday Wine" case offering. It was a mix and match of wines that I've tasted over the year that I

thought would be fun to share with the Membership at a great price. I was so pleased at the participation that I've decided to make another offering to the Membership.

You will see the offering coming out via email in mid-March. I'm really excited about it, and believe that it is a great opportunity to try some hand-picked wines that you might not normally get to try.

We'll be featuring The Prisoner wines and their 2nd label, Unshackled. You will get two bottles of each wine for a total of 12 bottles at only \$300. The Prisoner comes out of Napa Valley from Winemaker Niki Williams. They offer a variety of high



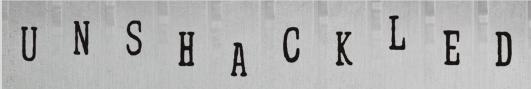
quality wines that will be available in this offering that you wont want to miss.

Cheers!



The Prisoner Chardonnay, Carneros - 2019 x 2 The Prisoner Pinot Noir, North Coast - 2019 x 2 The Prisoner Red Blend, Napa Valley - 2019 x 2





Unshackled Rose, California - 2019 x 2 Unshackled Sauvignon Blanc - Alexander Valley - 2020 x 2 Unshackled Cabernet Sauvignon - California - 2019 x 2

FROM THE CLUBHOUSE

HOSPITALITY MANAGER Brian Johnson



At the end of 2019, the House Committee examined single use drinkware usage for the calendar year. As a community, Royal Oaks Country Club had consumed and discarded approximately 58,000 single use water bottles, 62,000 plastic cups, and 40,000 plastic lids at a cost of roughly \$21,000. In 2021, material costs went up across multiple industries. The cost per case of plastic cups that Royal Oaks purchased in 2019 increased by 82%, and due to the disruption in the supply chain, sourcing cups has been a constant challenge.

In an effort to reduce the environmental and fiscal impact of single use plastic, The House

Committee and the Board of Directors authorized the purchase of stainless-steel logoed drink tumblers and lids with the intent of implementing a re-use program to reduce recurring costs and waste associated with drinks on the golf course.

Beginning in March of this year, Royal Oaks will begin providing these tumblers for all members to use. Many of you will receive a complimentary tumbler at the Ladies 18 Hole Opening Day on March 1st, The Ladies 9 Hole Opening Day on March 4th or at the Men's Season Opener on March 19th. Tumblers will also be available at the bar with your beverage purchase while golfing. Royal Oaks Tumblers can be exchanged with each new beverage purchase and the old tumbler will be thoroughly cleaned and sanitized, to be reused again and again.

In April of this year, to further solidify the concept of reuse, Royal Oaks will discount the purchase price of your beverage if you provide the staff with any reusable beverage container. Because so



many of us already own a Yeti, Kleen Kanteen, or other type of reusable beverage container, we encourage the use of any reusable container. Simply hand the bartender your container for your next drink purchase!

We won't be able to eliminate 100% of our plastic use, but Royal Oaks has an opportunity to make a lasting impact on reducing the amount of waste we generate while enjoying our beautiful golf course.

Clark County Department of Health and Washington State Department of Health have provided specific guidance with our program.

aks

WELCOMES OUR NEW MEMBERS: If you see new faces around the Club, please introduce yourself and welcome them to Royal Oaks!

Aaron & Renee Hicks Todd & Susan Maynes Ernie Sturm Jerry & Dawn Petrick Andrew & Keri Lyon Anthony & Lori Johnson



GOODBYE & GOOD LUCK CLUB RESIGNATIONS:

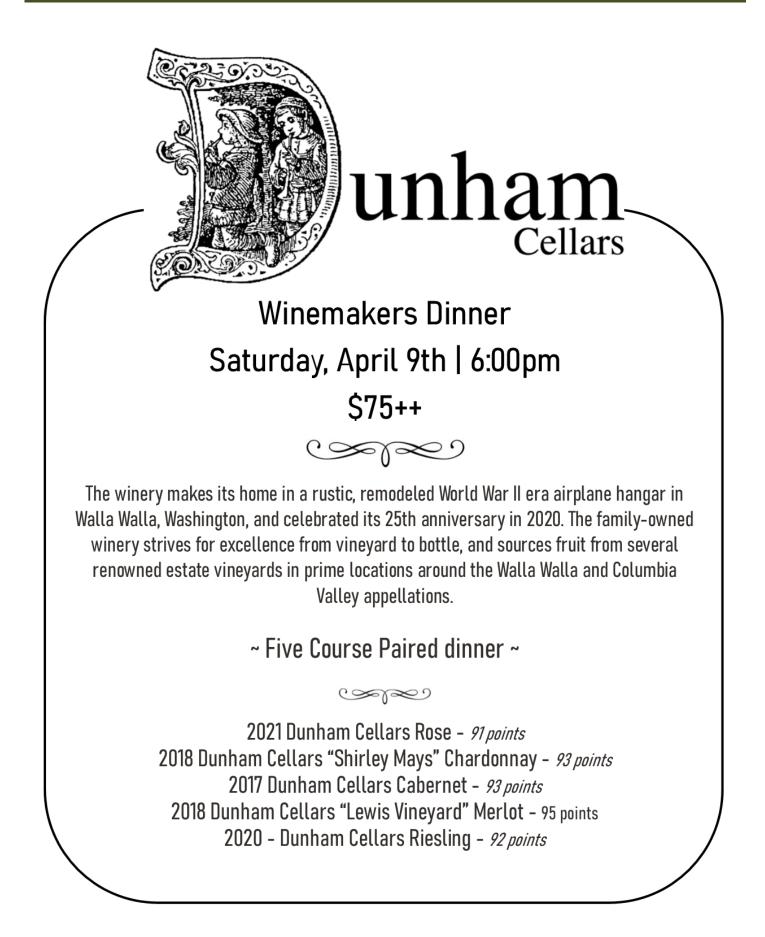
Margie Larsen Matt Martinez Harry Ault Stanton Freidberg Pam Ryan Michael Bean Judy Matz Allison Loh Robert Knight Phillip Elrod Helen Kelly Goldie Jewell

Category	2021	2022	% Change
Proprietary	437	442	.001%
Corporate	30	30	0
Intermediate	30	29	.02%
Club Owned	0	0	0
Social Medical	8	4	-100%
Total	505	505	
Resignation List	0	0	
Wait list to GET IN	11	25	.56%

Quarterly Membership Update

<u>Reminder</u>

You can earn up to a 5% credit of the initiation fee when new members identify you as their sponsor on their application and the sponsor form is completed.



2022 Update TSO Northwest

As we begin another phase of planning for The 2022 Turkey Shootout. I want to inform all of you about our success in 2021.

Due to the generous giving by the attendees, players and contributors who participated at our dinner/auction and golf tournament in 2021. We raised an all-time record amount of net proceeds, \$140,000, to aid military families in Clark County. This puts us at over \$700,000 in total funds raised in the 17 years we have been in operation.

The organizations that we were able to assist because of your generosity are; VFW Post 7824, NW Battle Buddies, Big Brothers – Big Sisters, The Fisher House, NW Furniture Bank, Gerald Gaule Military Radio, CDM Care Services.

At our inception, TSO families were left with domestic and financial problems as a result of a military member of the family being deployed to the Persian Gulf conflicts with no warning. In recent years we have shifted our attention to returning Veterans and their family needs with regard to financial, medical and mental health (PTSD).

As Royal Oaks only charitable organization we look forward to your participation at our 2022 event. We are moving our dinner/auction and golf tournament back to our original month of November. We ask for your continued support through contributions, playing in the golf tournament and participating in the gala dinner and auction.

With Thanks and Gratitude Neal Dykeman Chair of TSO Northwest

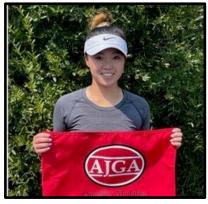
Please join us for the Royal Oaks Annual Meeting

Thursday, April 28th 6pm-8pm

All members are invited as we introduce the new Board and Committee Members. Complimentary food and beverages provided for anyone who attended the meeting.

We hope to see you there!

Meet our 2022 Scholar Athletes!



Jade Gruher

- Junior at Union High School
- 3.99 GPA
- Favorite Subject: Marketing
- +1.4 Handicap

About the Scholar Athlete Program

Summary



Dane Huddleston

- Junior at Woodland High School
- 3.69 GPA
- Favorite Subject: Biology
- +2 Handicap

In 2012, Royal Oaks Country Club initiated a new scholarship and mentoring program to benefit the youth of Clark County who exemplify outstanding academic achievement, high school golf athleticism, and community citizenship. The Scholar Golf Athlete Program was developed to honor and encourage area high school golfers by receiving courtesy membership privileges to Royal Oaks Country Club for the duration of their high school. The program enables student golfers to utilize facilities and resources at Royal Oaks, while helping them to continue to improve their golf game, and further their love of the game of golf.

Scholar golf athletes must maintain a minimum GPA of 3.0 throughout their involvement in the program, and participate in High School Golf. Recipients who go on to play college golf will receive courtesy membership privileges.

Research & Approval

Royal Oaks member, Mark Curtis, modeled the program and application after the Multnomah Athletic Club in Portland, Oregon. Once the program was developed, he actively sought out approval from the governing bodies of the game of golf. The programs are supported by the Oregon Golf Association, NCAA and the United States Golf Association.

Execution of the program

Our goal is to award six scholarships starting their sophomore year and rotating upward (three men & three women). The Scholarship Committee consists of three members and three staff members to execute the strategy. The Membership Director distributes the application form to the high school coaches and athletic directors and then the committee reviews the applications and interviews the candidates.

Upon acceptance of the award, the scholarship recipients attend orientation to help them understand the Scholarship Handbook, which outlines the rules and boundaries of the program. Scholar Athletes are assigned a Member Sponsor to provide guidance and mentorship as well.

We hope our members take the time to meet and play golf with the Scholar Athletes as they become engrained in the club!

HOLE IN ONES

Tami Jones Hole In One <u>12/5/2021</u> Hole #12 7 Iron 133 Yards 1st HIO

> Be sure to have Hole In One Insurance when you ACE it!!!

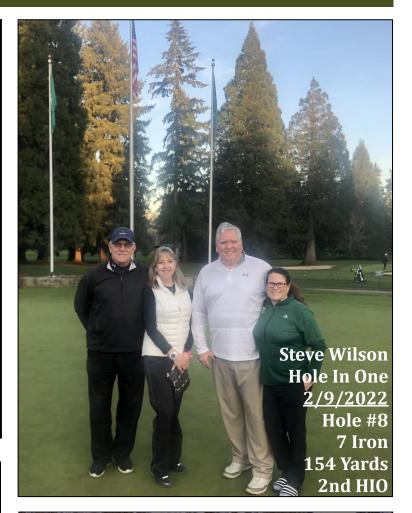
Hole in One 12

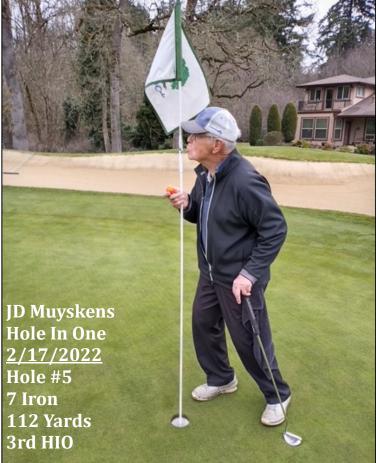
Cost: \$5 every time someone in the group makes a hole in one.

Payout: 50% in cash and 50% in Golf Shop credit to the person who makes the hole in one. *Sign up* now for your chance to cash in on the pot!

Please call 360.256.1250 or email alaina@royaloaks.net









- SAVE THE DATES -

CONCERTS ON THE NORTH PATIO

Wednesday, May 25th Wednesday, June 22nd Wednesday July 20th

CONCERT ON THE RANGE

Wednesday, August 17th

Keep an eye out for more details soon!

THE FITNESS CORNER by Rich Freedman



The CHODAA Bar

CHODAA Bar? What's that you ask? I'll get to that in just a bit but first Dempsie and I would like to congratulate the Royal Oaks CC, management and staff for all the hard work to enable moving up in the latest Golf Digest course rankings in the state of Washington for 2022 (from 6th to 5th). This may seem like a small step in the scheme of things, but the reality is that not only is the competition stiff (e.g., the likes of Chambers Bay, Aldarra, and Gamble Sands et al) but to even maintain one's position requires a lot of hard work, planning, dedication and full cooperation of the members. It's a feather in the cap for all who work and play here. Kudos all the way around!!!

Now then, what is CHODAA and why is it so important? CHODAA is my acronym for Cancer, Heart Disease, Osteoporosis, Diabetes, Arthritis and Alzheimer's. Six diseases/conditions we most certainly want to avoid and if you haven't faced any of these yourself you most certainly know someone who has. Most of these are severely debilitating (if not fatal) and can easily keep you off the golf course.

While CHODAA can affect anyone at almost any age, it's often associated with the aging process. The question you may be thinking is there anything one can do to reduce the risk of acquiring CHO-DAA? First, let's look at the risk factors involved (in no particular order):

- 1. Poor Nutrition
- 2. Lack of physical exertion
- 3. The combination of #1 and #2 above causing weight gain and/or metabolic disorders
- 4. Genetics
- 5. External factors (over-exposure to harsh chemicals, toxins, trauma, carcinogens and/or radiation not to mention earthquakes, Tsunamis and falling space debris)
- 6. Age itself

While physical entropy (the programmed deterioration of the body over time) is a genetic certainty (at least at our current state of scientific knowledge), with proper nutrition and training we can significantly reduce the risks of CHODAA. What's been true for many decades is that proper nutrition and physical training (instead of the age-old terms diet and exercise) can reduce these risks and along with it, increase our energy levels, vitality and longevity.

Many outside the sport of golf don't fully appreciate the physical requirements to play 18 holes of golf (especially if you walk the course for about 4 hours). It is well known that conditioning (along with proper nutrition and hydration) can make a huge difference in both our scores and enjoyment of the game.

FITNESS CORNER

Many believe they need to do little to stay healthy. My aunt Lil turned 105 in November. She's still in great health, has never been one to exercise and she doesn't eat anything special. Many will point to people like my Aunt and say "see, it's not necessary to work out or be on a strict diet."

I believe my Aunt is genetically gifted and likely one in a million. Most all of us should practice proper nutrition (i.e, ensuring we have the proper macronutrients, vitamins, minerals and phytochemicals) and take advantage of the latest training techniques (which include a variety of aerobic and anaerobic exercises).

From a trainer's perspective it's sometimes hard to convince people that just walking, while having a positive effect on CHODAA, isn't the total answer for staying healthy. In fact, walking is not "exercise," it's "an exercise" and there's a big difference. Please, however, do not stop walking, it's certainly one of the best and most ready available exercises and an important piece of the big puzzle but to work on reducing CHODAA risk takes a full complement of proper nutrition and training (at least for the vast majority of us).

As trainers, we also know that everyone is different, have varying lifestyles and needs along with family and time constraints to one degree or another. Both nutritional and exercise habits have been formed over time and are hard to break. Some of these habits are of course positive, but those that are negative may be compromising long-term health as well as your golf game.

The ticket to CHODAA avoidance certainly begins with your medical provider, but helping you find the right foods to eat and selecting the right training protocols are what we do. So, make an appointment with us to see how you can not only be physically ready to play golf as the Spring rolls around but how you can reduce the risk of winding up at the CHODAA bar.

Rich Freedman is consulting Master Fitness Trainer, author, speaker on Health and Wellness, certified TPI Golf Fitness Instructor and Managing Partner of Gol-fit.com/BessTM Box Technologies. He is available for training at the fitness center and writes for the Divoteer providing research on both golf and fitness matters to ROCC members and staff.

For personal training At Royal Oaks please contact:

Dempsie Powers Email: Dempsie_Powers@yahoo.com 360-609-2595 Rich Freedman Email: RAFreedman@comcast.net 503-975-1907

Book Dining Reservations Online! The link can be found on the member homepage https://royaloaks.net/group/pages/dining-reservation

LADIES 9 HOLE by Tammy White

Spring is in the air.... That must mean it is almost time for the Ladies 9 Hole season to begin. Are you new to ROCC and wondering what is the Ladies 9 Hole Group? Easily put, we are a group of ladies who are here FORE FUN. Ok, we don't always need to yell fore, but we do have **FUN**. This a fabulous group of women who enjoy the game and are so welcoming of new members – no matter your skill level, whether you are new to golf or have been playing for years. We play Friday mornings, most days you put together your own four-some of Ladies 9 Hole members, or join up with a group already on the tee sheet. Once a month we coordinate a shotgun scramble, followed by a roundtable meeting/luncheon. We also have other fun events throughout the season Couples Scramble; Golf Clinics where topics include putting, bunker play, course rules, short game, full swing. I am happy to announce that our ever-popular Visitation with other clubs is back this year! More details on all these events will be announced through our monthly meetings and emails.

I am excited to announce that Lynn Camp will be joining me as our Co-Captain this season. She will be learning all there is about running our great group in order to take it over next year.

Our season opener will be held on March 4th with a 9am shotgun start and followed with a lunch. If you missed our Orientation/Coffee Hour and want more information, please email me at tammy-white@hotmail.com.

Looking forward to seeing all you fabulous ladies on the course soon!

OSWGA by Janet Schwartz

Hooray! Spring is here and the 2022 golf season is beginning.

Our first golf event is April 20 at Columbia Edgewater. Royal Oaks will be hosting OSWGA May 24th. During the season, we play 9 holes at 14 area country clubs.

If you enjoy golf and visiting other country clubs around the Vancouver Portland area, joining OSWGA is a great opportunity you do not want to miss. Join OSWGA. You must be 50 years or older (or turning 50 this year) with an 18-hole handicap of 45 or less. The format for each day's play includes 9 holes of golf followed by lunch. We start the day with a breakfast and then a shot gun start at 9am. This is a great opportunity to play the beautiful country clubs in our area, golfing and socializing with delightful women from other courses. The annual fee is \$65. Check or monies can be turned in to Royal Oaks office. Please consider joining this fun golf group. If you are currently a member, I look forward to seeing you at the various courses.

The OSWGA season starts in April and ends in October.

If you have any questions, feel free to call.

Janet Schwartz (rep) 360 903-0157

DO YOU HAVE A DIVOTEER SUBMISSION?

Deadline for Summer Divoteer contributions is May 20th. Please email to alaina@royaloaks.net. Thank you!

LADIES 18 HOLE by Linda Whitworth

Welcome ladies to the 2022 golf season! Opening day is March 1st so hopefully you were able to join us for the "Let the Good Times Roll" event to celebrate Mardi Gras and the beginning of what we hope will be a fun-filled and enjoyable year for you all.

We encourage all ladies with a handicap of 40.4 USGA index or lower to join us as we have lots of fun events planned for the season.

If you were a member of our group last year, you're automatically enrolled for 2022. If you're new to our group, please notify the Royal Oaks office and they'll get you signed up.

If you have any questions please feel free to contact either me or Katy a call. Looking forward to lots of sunshine, fast greens and fun times!

Linda Whitworth, 18 Hole Captain 503-680-6676 Katy Wright, 18 Hole Co-Captain 360-903-1424

OWGA by Katy Wright

The 2022 Oregon Women's Golf Association is approaching quickly, with an opportunity to play many of the best courses in the area. Annual membership is \$130 which covers our Golf Genius website and other services. The cost of playing each club is \$30 which includes lunch. You must have no higher than a 28 handicap, or a 30 handicap if you were a member last year. You can choose to play all venues or just a few. Payouts are both gross and net in all flights. I've included the 2022 schedule, but please either read the OWGA information on the bulletin board in the women's locker room or contact me directly if you still have questions. Please consider joining us!

Club	Day	Date	Sign Up Start Date	Sign Up Close Date	Cancellation Deadline
Willamette Valley CC (WVCC)	Thursday	04/07/22	03/17/22	04/02/22	04/02/22
Oswego Lake CC (OLCC)	Tuesday	04/19/22	03/29/22	04/14/22	04/14/22
Colombia Edgewater (CECC)	Tuesday	04/26/22	04/05/22	04/21/22	04/21/22
Riverside Golf & CC (RIV)	Tuesday	05/03/22	04/12/22	04/28/22	04/28/22
The Rerserve	Monday	05/09/22	04/18/22	05/04/22	05/04/22
Pumpkin Ridge (PRGC)	Monday	05/16/22	04/25/22	05/11/22	05/11/22
Waverley CC (WAV)	Monday	05/23/22	05/02/22	05/18/22	05/18/22
Illahe (IHLS)	Tuesday	05/24/22	05/03/22	05/19/22	05/19/22
Royal Oaks CC (ROY)	Tuesday	05/31/22	05/10/22	05/26/22	05/26/22
Tualatin Country Club (TCC)	Monday	06/06/22	05/16/22	06/01/22	06/01/22
Springhill Golf Club	Tuesday	06/28/22	06/07/22	06/23/22	06/23/22
Shadow Hills CC (SHCC)	Wednesday	07/06/22	06/15/22	07/01/22	07/01/22
Salem Golf Club (SGC)	Monday	07/18/22	06/27/22	07/13/22	07/13/22
Arrowhead Golf Club (AGC)*	Monday	07/25/22	07/01/22	07/20/22	07/20/22
Juniper GC (JGC)	Tuesday	08/23/22	08/02/22	08/18/22	08/18/22
Bend CC (BCC)	Wednesday	08/24/22	08/03/22	08/19/22	08/19/22
Willamette Valley CC Close	Monday	09/12/22	08/22/22	09/07/22	09/07/22
Willamette Valley CC Close	Tuesday	09/13/22	08/23/22	09/08/22	09/08/22

Katy Wright, Sr. Directory OWGA, <u>katywright379@gmail.com</u> 360-903-1424



Sunday, April 17th

RESERVATIONS FROM 10AM - 1 PM

Adults (12 & up) - \$44.95++ Children (6-11) - \$19.95++ Children (under 5) - FREE

Reservations Required · Please Call 360.256.1250 or Email office@royaloaks.net

72 HOUR CANCELLATION POLICY APPLIES

CHILDREN'S EASTER PARTY

Saturday, April 16th

Reservations at 10am and 10:30am

PETTING ZOO • EASTER EGG HUNT • FACE PAINTING

BRING YOUR CAMERA FOR PHOTOS WITH THE EASTER BUNNY

Adult: \$28.95

Children (Ages 6 - 11): \$19.95 Children 5 & Under: Free 72 HOUR CANCELLATION POLICY APPLIES Call 360.256.1250 or email office@royaloaks.net for reservations.



UPCOMING WEDNESDAY BUFFE	ETS
5:30pm-8pm	
3/9 - Greek	
3/23 - Fried Chicken	
4/6 - Teriyaki	
5/4 - Mexican	

Dining Room Minimum Spending Schedule

1000 - 3939

Three Month Minimum - \$165 August 1 - October 31 November 1 - January 31 February 1 - April 30

3940 - 6833

Three Month Minimum - \$165 September 1 - November 30 December 1 - February 28 March 1 - May 31

6834 - 9999

Three Month Minimum - \$165 July 1 - September 30 October 1 - December 31 January 1 - March 31 Some member numbers may not fall in line with this schedule. Please refer to www.royaloaks.net for your current food minimum balance.





PLEASE WATCH YOUR EMAIL FOR THE MOST ACCURATE HOURS, MENUS, EVENTS, AND CLUBHOUSE NEWS.

Clubhouse (360) 256-1250

Golf Shop (360) 256-1350

www.royaloaks.net