



May 2015
 Lee's Hill Newsflash
 10200 Old Dominion Pkwy
 Fredericksburg, VA 22408
 (540) 891-0111 --Phone
 (540) 891-5258 ---Fax
 www.leeshillgc.com

Mother's Day
May 10th

Memorial Day
May 25th

Member Guest September 18-20

Mark your calendars for the premier event of the year. It will be here before you know it. On the Lee's Hill Website is a large button on the home page. All the Member Guest information for entry and sponsorships are listed also available in the foyer, are copies of the sponsorship flyer.

Welcome all New Members: Christian Johnson, Anne Thaxton, Sandra Kenyon, John Myers, Terry Hurst and Michael Bassis.

Jr. Golf Camp for June 15-19, this is the first one!

It's time to sign up for Jr. Golf Camp! The camp dates, form and information are on line at www.leeshillgc.com. Go to the tab for Jr. Golf Camp and download the form, fill out completely and turn into the pro shop.



Glowball, Friday, May 22

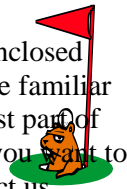
This is a favorite. Friday, May 22nd at 9pm, shotgun start. Regular fee plus \$30. Sign up is a must. Enjoy a nice dinner then play 9 holes in the dark. Bring your flashlight! Prizes at conclusion. Dinner Guest Welcome for \$12.00 per person. Call or stop by the pro shop to sign up 540-891-0111

Golf Outings

Most golf outings are fundraisers and will welcome your participation. Please feel free to check with your family and friends to see if there is one here for them. Playing in any these tournaments are a great way to support our community and have fun at the same time. Remember they also welcome sponsorships. Another great way to get your company information out to the community at a fraction of advertising costs.

May & June

We would like to encourage you to review the enclosed calendar, review the on line calendar and become familiar with the events that are taking place in the busiest part of the season, May and June. If the date and time you want to play is not available, we encourage you to contact us directly. We would be glad to contact one of our neighboring golf courses and make a tee time for you. We are monitoring the tee sheet very closely and free up tee times as the information becomes available to us.



Hole in one....4/2/2015, Kevin Donahue, hole in one on charity hole, #5 with a ticket. Kevin won \$1,000.

Lees' Hill Wednesday Ladies League

The Ladies League is set up so that ladies of all abilities (beginners included) will be able to have fun and have an opportunity to win a prize. This is a perfect opportunity to come out; enjoy the company of other women, the weather, and the beautiful scenery here at Lee's Hill. Interested? Please call 540-891-0111



Masters Tournament Results 2015:

1st Gross

Chris Stevens/Hideki Matsuyama- 299

2nd Gross

Ray Vinagro/Justin Rose- 300

3rd Gross

Stan Greetham/Charl Schwartzel- 306

4th Gross

Adam Thurston/D. Willett- 306

5th Gross

Doug Fawcett/Sergio Garcia- 309

1st Net

Gene Kramer/Paul Casey- 281

2nd Net

Jim Leahy/Ernie Els- 286

3rd Net

Rick Gray/Kevin Streelman-286

4th Net

Flo Shanahan/Ryan Moore-287

5th Net

Scott Perry/Angel Cabrera-292

Tuesday Night Twilight League Lee's Hill Tuesday Night

League. This year's sponsor for the league is Outback Steakhouse. This league will be a twilight 9 hole league with a 5 pm shotgun start. Anyone interested in playing in this league, please call or sign up outside the Proshop. Reservations are a must. 540-891-0111.



Highlights of Demo Day

Demo day was held at Lee's Hill on April 15th. The day was a success; the weather was beautiful this year. **Special Thank you goes out to Fredericksburg Golf Center!** See you next year!

Range Closing

The Driving Range will close every Wednesdays at 5:30 pm for maintenance and clean up. The Range will reopen on Thursday mornings.

Upcoming

May 4 – Monday – Kwanis of Fredericksburg

May 6 – Wednesday – CYT

May 7 – Thursday – VA Heritage

May 11- Monday – Faith Baptist

May 15- Friday – Sheriff Charity Fundraiser

May 15- Friday- Fairy Godmother

May 18- Monday- Lions

May 20- Wednesday- EMS Council

May 21- Thursday- K9s for Warriors

May 22- Friday- K9s for Warriors

May 29- Friday- Oberle School Open

June 3- Wednesday- Team Travis

90 Degree Cart Rule: Important (please read)

At this time of the year, it is extremely important to enter the fairways at 90 degrees to the ball from the path in order to help not wear out the turf at the beginning of each fairway once leaving the tee box. We are noticing an abundance of wear in these areas and we want to avoid putting up ropes/signs in order to keep carts from damaging the turf further. Your help and attention to this matter is most appreciated

Why include Pilates in your golf game?

Golf tends to work just one side of the body. Over the course of 18 holes, you're using the same muscles to swing that club hundreds of times, which puts pressure on your shoulder, elbow and wrist. Driving a ball down the fairway is an explosive movement that uses a lot of power. As a result, golf can create an imbalance in the body, as well as lead to overuse injuries. Swinging a club and following through requires flexibility in the spine, because you're twisting and torquing your entire body. Having a limited range of motion can pave the way for lower-back pain and possible injury.

Pilates and golf share many of the same principles, like precision, accuracy and body awareness. Pilates moves help balance and strengthen the core muscles of the back and abdominals for more power and deeper drives. Flexibility is also important for everything from swinging to bending down to pick up the ball. On the mental level, Pilates definitely provides an advantage: focused breathing and blocking out distractions can mean the difference between a powerful drive and a weak one!

Golf for Pilates, contact Pure Pilates at 540.226-0821 or valyakarcher@gmail.com or visit us at www.valya.net.

TURF TALK

In a month or two I will probably be begging for cooler temperatures and some rainfall, but right now we sure could use some heat and drier conditions. The fairway and tee turf has come out of dormancy but not growing much due to the very cool nights. We fertilized the entire course to push growth in mid April, and had a few 80 degree days that gave us some green-up. Several areas that stayed wet during the winter appear weak and thin. I'm still hoping that we can bring these spots back to life once temperatures rise and we aerate and topdress. Additional fertilizer will also be applied to promote recovery.

While this Spring has not been great to grow warm season grass, it has been great for weed germination. Most years we are able to spray Round-up in February to rid the course of green vegetation and prevent the emergence of Spring weeds. This year we had to wait until it was dry enough, after many had already appeared. The course looks much better now that the weeds are under control. Pre-emergent herbicides have also been applied to prevent goose-grass and crabgrass this summer.

Management of greens has been tricky this past month. Our turf on the greens is a mix of bentgrass and poa annua, with poa being the dominant grass. Poa will produce white seedheads this time of the year which makes the greens bumpy. We attempt to decrease these seedheads by applying growth regulators and limiting fertilizer applications. The problem with this is that these applications have to be timed perfectly to be effective and it slows recovery from aeration.

The shutdown of the plant from the growth regulation, along with cooler temperatures, and a needed fungicide application, caused yellowing of the leaf blade. This discoloration is now fading and they are much greener. The problem however is that soil temperatures are still not high enough to prevent seedhead production and I do not want to discolor the greens again with another application. We may experience a flush of these seedheads soon, unless temperatures rise. If we do, we will verticut and topdress to smooth the surface as much as possible.

While conditions have not been as great as I would like this past month, I hope I have explained why, and I am confident the course will improve nicely very soon. Please help out and fix several ball marks while on the greens. This continues to be a problem for us which can be avoided with only a few seconds of repair on each green.

Thank you,
Brian Roudabush, GCS