



Patronize & Participate
BENEVOLENT & PROTECTIVE ORDER OF ELKS
IOWA CITY LODGE NO. 590

Exalted Ruler Brian Valde

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FEBRUARY BULLETIN 2010

General Manager's Report

We have survived our arctic blast for the season, hopefully the only one we will receive. Our dinner and lunch traffic has been steady, but we can always use more visits by our members. We do appreciate those of you that have joined us on a regular basis. Election for Lodge offices are coming in March and I encourage anyone interested in becoming more involved to contact Exalted Ruler Brian Valde at 310-3026 for more information. Your interest and help would be greatly appreciated.

Secretary's Report

Initiation will be held Monday, March 1st. Candidates-elect will be notified by mail. Nominations for Lodge officers will be taken at the February 1st meeting and elections held at the March 15th meeting. All members who wish to attend the meetings and nominate or vote must have a current membership card.

Scholarship Update

John Dvorak of West Liberty High was awarded a \$600 grant from the Iowa Elk's Association. Natalie Stenger of Regina High will advance and be judged at the regional level.

Message from the Pro

No sun for 11 days, two weeks of below zero before that. Remind me again why we live in Iowa?! Because a few months from now that beautiful Iowa spring weather will greet us on #1 tee box and our golf season will be underway. Make sure to get your body and your bag ready for the upcoming season. If you need a new driver, wedges, putter or irons to start the new season, shoot me an email and we will find the right club for you to start the season with. Find my preseason exercises to get your body ready for the upcoming season as well, they are also in this bulletin. You can email me at brianw@pga.com if you have questions or would like to make a purchase.

Hoop Shoot Results

Saturday the 16th of January, 19 youngsters competed in the Lodge 590 Hoop Shoot. Jason Quillin reported the winners that will advance to the district competition Saturday, January 26th in Keokuk to be:

	Girls	Boys
8 to 9	Christina Hora	Carter Westlake
10 to 11	Mary Crompton	Alex Henderson
12 to 13	Cammy Verducci	no participant

Jason would like to thank all the members who volunteered their time to help make the event a success.

Getting your body ready for the season

Did you know that most golf related injuries don't even occur on the golf course? They happen in the parking lot getting your bag from the trunk. We all tend to take our fitness for granted until our body has had enough and shuts down. Below are a few ideas for a basic conditioning program to help get your body ready.

A pre-season conditioning program

A pre-season golf conditioning program should be performed a minimum 4 days/week, for at least 10-15 minutes per session. It is very important to pay strict attention to form and technique.

Consider including the following types of exercises in your pre-conditioning training:

- **Cardio exercises** - consider walking for a few minutes followed by a short burst of running; or go for a more lengthy walk several times a week, increasing your pace of walking each week.
- **Strength exercises** - work on strengthening your core muscles. Use a medicine ball to help strengthen your obliques (the abdominal muscles along the side of your waist), which are the main muscles used in rotating your spine during your golf swing. Don't forget about exercises to strengthen your upper back and shoulder areas.
- **Flexibility exercises** - when your muscles are relaxed they lengthen and longer muscles result in few injuries. Flexibility and stretching exercises, such as the cat stretch (stretching the lower back) and hamstring stretches are simple ways to warm up and relax your muscles.

These are not guarantees to keep you from injury but will help get you ready for a great season.



Iowa City Elks Club Season Long Point Event

Pre-Investment into Golf Shop still available until end of February -

Thanks to those who have already accepted this offer, it is being extended until the end of February. You pay \$100 up front to my Golf Shop. For that \$100, you receive a dozen balls of your choice, but more importantly, you receive all merchandise at 10% over cost for the entire year. This is being done to allow for me to hopefully add additional merchandise by getting some extra working capital for the shop. You would need to purchase only about \$175 worth of balls and equipment to make this deal break even, and anything over that can result in very big savings for you. Email me at brianw@pga.com to sign up.

2010 Yoder Cup Excitement Begins

The Inaugural Yoder Cup will be contested this summer at the Elks. We are in the process of collecting sponsorship that will provide THE BEST prizes the Elks have ever given away! Insurance Associates is our lead sponsor for the event and will be providing a Single Golf Membership for 2011 for the winner of the points race, nearly a \$700 prize!!! The other Top 10 finishers will all receive their Elks Lodge dues paid for April 2011 (approx \$250 value). As you can see, it will be worth checking the schedule to make sure you can make it to as many events as possible.

ALL POINTS ARE DISTRIBUTED BASED UPON HANDICAP. TEAMS ARE FORMED USING HANDICAPS, AND NET RESULTS ARE USED FOR INDIVIDUAL EVENTS SO THAT PLAYERS OF ALL LEVELS CAN COMPETE EQUALLY.

Presented by:



2010 Yoder Cup Events

2010 Yoder Cup Point Events

- Match Play - Individual—May signup
- Masters Pick-A-Pro - Individual—April 10
- Spring Kickoff - Team—April 17-18
- Derby Day - Team—May 1
- Club Champ. - Individual—June 26-27
- McGladrey Champ. - Team—July 10
- Yoder Cup Scramble - Team—Aug 14
- Chili Open - Team—October 9
- Yoder Cup Finale - Individual—Oct 23

Year End Point leader wins
Golf membership!!

**All other Top Ten Finishers
will win their 2011 Lodge
Dues(\$250 value)**

**For additional information,
standings, and rules, go to
www.elks590.org/yodercup**



Iowa City Lodge, No. 590

BENEVOLENT AND PROTECTIVE ORDER OF ELKS
637 FOSTER ROAD • IOWA CITY, IOWA • 351 - 3700

FEBRUARY 2010

- *Luncheons*
- *Dinners*
- *Private Parties*
- *Meetings*
- *Members / Guests*

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	1 LODGE MEETING NOMINATIONS 7PM LUNCH 11:30-1:30	2 LUNCH 11:30-1:30	3 EUCHRE TOURNEY 7:30 PM DINNER 5:30-8:30 LUNCH 11:30-1:30	4 LUNCH 11:30-1:30	5 PRIME RIB DINNER 5:30-9:00 LUNCH 11:30-1:30	6 PRO SHOP 11-4
7 CLOSED	8 LUNCH 11:30-1:30	9 CHICK LITS LUNCH 11:30-1:30	10 DINNER 5:30-8:30 LUNCH 11:30-1:30	11 LUNCH 11:30-1:30	12 CRAB LEGS DINNER 5:30-9:00 LUNCH 11:30-1:30	13 PRO SHOP 11-4
14 CLOSED	15 LODGE MEETING 7PM LUNCH 11:30-1:30	16 LUNCH 11:30-1:30	17 TEXAS HOLD'EM 8PM DINNER 5:30-8:30 LUNCH 11:30-1:30	18 LUNCH 11:30-1:30	19 BEEF TENDERLOIN DINNER 5:30-9:00 LUNCH 11:30-1:30	20 PRIVATE PARTY PRO SHOP 11-4
21 CLOSED	22 LUNCH 11:30-1:30	23 LUNCH 11:30-1:30	24 DINNER 5:30-8:30 LUNCH 11:30-1:30	25 LUNCH 11:30-1:30	26 WALLEYE DINNER 5:30-9:00 LUNCH 11:30-1:30	27 PRO SHOP 11-4
28 CLOSED						

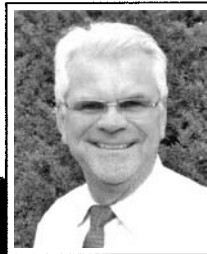
We Serve Lunch!

Monday - Friday 11:30 am-1:30 pm

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Trustees/House Committee

MINUTES 1/4/10

- I. General Manager's Report
 - A. December parties successful, showed 17% increase from '08
 - B. NYE served 63 dinners
- II. Treasurer Report
 - A. Money tight
- III. New Business
 - A. Budget process to begin
- IV. Old Business
 - A. None
- V. Individual Comments
 - A. Present: Mike Lehman, Jeff Johnson, Tom Knebel and Roger Beyhl
 - Absent: Kevin Werner and Larry McConahay

MINUTES 1/18/10

- I. General Manager's Report
 - A. Past due being contacted on regular basis
 - B. Had 20 attend Orange Bowl party
 - C. Holiday parties are over, up a couple from '08
- II. Treasurer Report
 - A. Couple past due have come in
 - B. Running in the red at this time
- III. New Business
 - A. Ned and Matt presented plan for new irrigation system
- IV. Old Business
- V. Individual Comments
 - A. Present: Mike Lehman, Kevin Werner, Larry McConahay, Jeff Johnson, Tom Knebel and Roger Beyhl
 - Absent: none

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637 Foster Road
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