



CedarCreekCountryClub

The Beacon November 2017

18392 Country Club Drive ~ Kemp, Texas 75143 • www.cedarcreekcountryclub.com • (903) 498-6761 • est. 1967



CEDAR CREEK COUNTRY CLUB:

MOMMY AND ME...

& Daddy too

Craft Class

\$25 INCLUDES DINNER AND CRAFT FOR MOM AND CHILD
\$10 FOR ADDITIONAL KIDDOS

Tuesday, November 7th at 6:00PM

Congratulations to Team Cary on the 22-10 victory at Steak N' Beans

Team Cates	2017 MGA Steak N' Beans	Team Cary	
10		22	
NELSON, Dan	<input type="checkbox"/>	KELLER, Bob	<input checked="" type="checkbox"/>
STUART, Jim	<input type="checkbox"/>	WELLS, Julie	<input checked="" type="checkbox"/>
WECKHERLIN, Bob	<input type="checkbox"/>	CARLINE, Steve	<input checked="" type="checkbox"/>
LEAR, Dr. John R	<input type="checkbox"/>	MILLER, Rick	<input checked="" type="checkbox"/>
HEYMER, Charles	<input checked="" type="checkbox"/>	KELLER, Bob	<input type="checkbox"/>
BRADFELD, Dan	<input checked="" type="checkbox"/>	MERRILL, Dan	<input type="checkbox"/>
BARTON, Marshall	<input type="checkbox"/>	CARY, Adam	<input checked="" type="checkbox"/>
PEMBERTON, Wes	<input type="checkbox"/>	CHRISTAL, DeM	<input checked="" type="checkbox"/>
REAGAN, Tim	<input checked="" type="checkbox"/>	WALKER, Kirk	<input type="checkbox"/>
TAYLOR, James Frank	<input type="checkbox"/>	MAYO, Bruce	<input checked="" type="checkbox"/>
CATES, Ken	<input type="checkbox"/>	CARY, David	<input checked="" type="checkbox"/>
SMITH, Michael	<input type="checkbox"/>	GOODE, Larry	<input checked="" type="checkbox"/>
DAVIDY, Eric	<input checked="" type="checkbox"/>	GROOM, Eric	<input type="checkbox"/>
ROLENS, Jon	<input type="checkbox"/>	GILLIGAN, William	<input checked="" type="checkbox"/>
ROLENS, Lynn	<input type="checkbox"/>	BROOKS, Shonda	<input checked="" type="checkbox"/>
TILLEN, Rita	<input checked="" type="checkbox"/>	REHARDSON, Bob	<input type="checkbox"/>

OCTOBER SNAPSHOT



MANAGER'S NOTES

October has been a busy month for golf events. We had a total of three club events and three outside events. Thank you to all of our members who supported our events to help make them successful.

Congratulations to the following winners:

MEMBER/MEMBER

Championship Flight

- 1st Jim Taylor & Tray Stewart
 2nd Jim Stuart & Bob Keller

First Flight

- 1st Brad Moody & Alex Harrill
 2nd Rodney Lawson & Tim Reagan

Second Flight

- 1st Tom Borders
 2nd Rance Thorne & Trever Thorne

MGA STEAK & BEANS

Winning Team: Team Cary

- | | |
|----------------|----------------|
| Rob Keller | Julie Wells |
| Shane Carlisle | Rick Miller |
| Bob Keller | Dan Merrill |
| Adam Cary | David Christal |
| Kyle Walker | Leroy Goode |
| Bruce Mayo | Zac Groom |
| Bill Gilligan | Rhonda Brooks |
| Don Richardson | David Cary |

Our annual End-of-the-Year Sale will take place on Thursday evening, November 30th. We will close the Pro Shop at 3:00pm and reopen for the sale at 6:00pm. All merchandise will be marked down 20%-50%. Gift certificates can only be used on items that are marked down no more than 20% off.

REMINDER: DAYLIGHT SAVING TIME ENDS NOVEMBER 5TH. THE GOLF SHOP HOURS FOR THE MONTH OF NOVEMBER WILL SWITCH TO 8:00AM – 5:00PM ON NOVEMBER 7TH.



It's safe to say that summer is officially over, and it's hard to believe the holidays are just around the corner. We hope you'll visit the club often and call us if you're looking for a place to host your friends or family and introduce them to all the club has to offer.

We're counting down to the State of the Club address by the Board of Directors on December 5th at 6:30PM, and we hope to see each of you there. This is a great time to learn about the club's financial status and ask any questions you may have. And don't forget to make your reservations for the annual New Year's Eve celebration boasting a 60's theme to celebrate the club's opening in 1967 and finish up our yearlong 50th anniversary celebration. DJ Ron will play your favorite songs and let you share your talents during Karaoke. We'll share more details in the December newsletter.

We hope each of you have a very Happy Thanksgiving. The clubhouse will be closed Thanksgiving Day, but the course is open for any golfing members and their guests to enjoy. We'll reopen the clubhouse Friday morning at 8am for your enjoyment.

-Randy

Answers to 5 Common Excuses for not Hiring a Personal Trainer or Exercising:

1. I Don't Have Time to Exercise-

In today's hectic, fast-paced world, most of us are stretched for time. The demands of our daily lives consume almost every waking minute. However, take a few moments to assess how you spend your time each day. How often do you watch TV, check your Facebook page, chat with friends, etc.? These are times you could possibly devote to exercise. If you could squeeze in 15-20 minutes a day at least 3 times a week, you will do wonders for your health and well-being. Other tactics you could try are getting up a half-hour earlier in the morning or exercising during your lunch break. A personal trainer can help you evaluate your daily schedule and formulate an exercise plan that fits your lifestyle.

2. I Can't Afford It-

This is a plausible argument in today's economy. Most people have to watch every penny they spend. However, think about the subtle ways you spend your money. The daily cup of coffee, the daily lunch at your favorite fast-food place or the weekly happy hour meetings with co-workers. Now think about how much these things cost you every month and you may begin to see the point. For what you spend on such things, you could more than afford to invest your money toward your health and live a better life. A much wiser investment indeed!

3. I Don't Like to Work Out-

Many people have various reasons for not enjoying exercise. Some of the more common reasons are boredom, lack of motivation, insecurity and discomfort. This is all the more reason to hire a professional trainer to help you overcome these obstacles. You would be amazed at how much more enjoyable exercise can be when you have someone to motivate you and help you overcome the obstacles that have been holding you back for years. For example, if you feel pain and discomfort when exercising, chances are you are performing the exercises incorrectly and putting your body at risk for injury. A personal trainer will ensure you are performing the exercises correctly and within the appropriate capacity to ensure your comfort and safety.

4. I Can Train Myself-

True, but are you doing it correctly and are you adhering to all appropriate safety constraints? Many people, especially those who have been exercising regularly for many years, don't feel the need to hire a professional trainer. They may have taken advice from a gym buddy or watched an exercise video and think that's all the information they need to exercise appropriately. However, they may be doing more harm than good by not following proper guidelines. This is where a personal trainer can help. Even though you may not be a newbie in the gym, you also may not be performing exercises with proper form and therefore placing your body at unnecessary risk of injury. Also, you may have hit a plateau in your exercise program and are beginning to see fewer and fewer benefits as a result. This is another area where a personal trainer can help you. When your current program is no longer producing desired results, a trainer can help you redesign and modify your current program so that you can take your health and fitness to the next level.

5. I Once Had a Bad Experience with A Personal Trainer-

This is not uncommon but like people in general, not all trainers are the same. The key word here is professionalism. Although all personal trainers are expected to act with maturity, integrity and professionalism, this doesn't always happen. This is unfortunate and unfair to the client. However, shopping for a personal trainer is much like shopping for a new car, you have to keep test driving and shopping around until you find one that meets your needs. It is easy to get discouraged after having just one bad experience but you owe it to yourself to keep trying until you find the right one. The best way to do this is to make sure you do your research before hiring a trainer. Double check their credentials, ask for references and search the internet for client reviews. These sources should give you a vast amount of information to make a more educated decision.

Call me today to begin your fitness journey!

[903-910-1380](tel:903-910-1380)

spradlings7678@att.net

Seth Spradling, CPT, Strength/Conditioning Coach, Heart Rate Performance Specialist



EVERYTHING GOLF

JULIE'S TIP OF THE MONTH

Ensuring Your Equipment is Ready For Your Best Golf

Have you taken a look at your golf equipment lately? Whether you get out to play or practice a few times a week or a few times a year, your equipment may need a little TLC. If you find your gloves to be stiff and uncomfortable to put on before use, try storing them in a plastic baggie. This will help keep them softer and more durable throughout the time they aren't being used.

How do your grips look and feel? Are they shiny or slippery? Whether you are frequently using your clubs or they are collecting dust in the garage, your grips can develop wear and tear that may result in poor performance. Slippery or worn grips force a player to use a tighter grip when holding the club resulting in poor contact, loss of distance and most importantly, loss of accuracy. One of the easiest and least expensive things you can do to improve your game is to get your clubs re-gripped. Visit your local golf professional to find out if the size and style of your grip is right for your hand size and ensure your equipment is as ready as you are to improve your game!



You can now book your lesson ONLINE at your convenience!

Visit <https://juliewellsgolf.acuityscheduling.com/> today! Find helpful tips, news and the latest in JWG on our Facebook page: www.facebook.com/juliewellsgolf

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SUPERINTENDENT'S NOTE

Cooler temperatures have settled in at Cedar Creek Country Club, looking forward to Fall!

This month we will be focusing on lightly top dressing and applying fungicides to our greens surfaces to get them ready for winter, we will also continue lightly fertilizing them throughout the month.

Blowers and mowers should be out in full force by now, keeping your golf course free of leaves and debris. We also have a few more irrigation repairs that will be addressed in the near future, along with replacing some internal parts to sprinklers to allow them to rotate properly.

Your course is in great shape. Come out and enjoy it while the temperatures are still bearable.

Happy Thanksgiving from your Golf Course Crew!

-D



PGA Jr. League is an initiative by the PGA of America to give junior golfers a way to enjoy learning and playing the game of golf in a team setting. Captains will register in November and the season will take place in the Spring of '18 Junior league will give golfers ages 13 & younger team jerseys, access to golf instruction led by PGA Teaching Professional, Julie Wells and access to competing in golf tournaments within our East Texas League as well as the potential for post-season play against teams across the country. Pre-registrations are being taken right now by calling [971-409-6216](tel:971-409-6216) or by visiting www.juliewellsgolf.com. For more information on PGA Jr. League visit www.pgajlg.com!

WOMEN'S GOLF ASSOCIATION

Greetings from the WGA:

Our season is winding down but we still have two fun events in November. We will have our Shirley Brown Memorial Turkey Shoot on November 9th and everyone who participates will receive \$ to buy their turkey for Thanksgiving. On November 16th we will have our “end of the season” Penny Putt Party. After play, we will gather for a luncheon followed by a short meeting and then we will “party”. It will be a Western theme so put on your jeans, boots, cowboy hat, etc....you might win a prize for best costume. We hope that ALL our members including the non-golfers will join us for this “last hurrah” to end our season.

The Nominating Committee will also be presenting our new slate of officers for the 2018 season.

We want to thank all those who donated to the “Becky Lenamond Rally For the Cure”. It is a very good cause and a thoughtful way to remember our friend and WGA member, Becky.

Don't forget to mark your calendars for the MGA/WGA Christmas party on December 2nd. The guys are in charge this year so the ladies can just sit back, relax and enjoy the evening.

Enjoy this cool weather while it lasts. Hope see you on the course.

Linda Goode



UPCOMING EVENTS

LOOKING TO SHARPEN YOUR GAME?

PICKING UP A CLUB FOR THE FIRST TIME?

SATURDAY CLINIC

- COMPLIMENTARY -
OPEN TO ALL CCC MEMBERS

10:30-11:30 A.M.

SIGN UP BY CALLING THE GOLF SHOP @ 903-498-8419

See you at the driving range!

Canasta Wednesday Mornings at 10AM

Come join the fun!
Great for all ages
and skill levels!



CEDAR CREEK COUNTRY CLUB:

MOMMY AND ME...

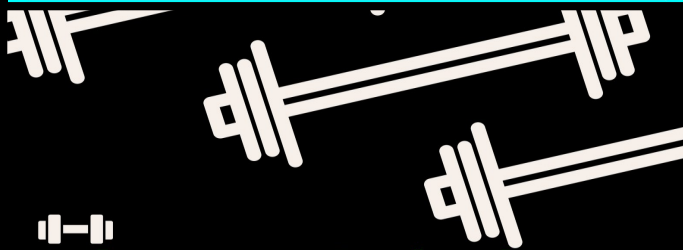
& Daddy too

Craft Class

\$25 INCLUDES DINNER AND CRAFT FOR MOM AND CHILD
\$10 FOR ADDITIONAL KIDDOS

CELEBRATE FAMILY AND BRING UP YOUR FAVORITE LITTLE GUY
OR GAL TO MAKE MEMORIES THAT WILL LAST A LIFETIME!

Tuesday, November 7th at 6:00pm



Fitness Solutions

At Cedar Creek Country Club

CALL THE FRONT OFFICE AT (903) 498-6761 TO SIGN UP TODAY!

Group Classes Starting at \$10 per person / Personal Training Starting at \$30 per session

Its never too late to get a head start on
those new year resolutions!

With a full schedule of group classes and
personal training sessions there is
something for all ages and skill levels!

Participants would need to bring a towel, water and fitness/yoga mat



Birthday Night at The Club

Thursday, November 9th

Bring your family and friends out to
celebrate! Members with November
birthdays will receive a complimentary
plated special.

New Member Night

Second Friday of the Month at 6:00PM

Come help us welcome all of our
new members!

What's Cooking at Cedar Creek

Lounge

Kitchen

Tuesday	10AM—8PM	12PM—8PM	\$9.99 Chef's Special Buffet
Wednesday	10AM—8PM	11AM—8PM	\$5.99 All You Can Eat Pizza
Thursday	10AM—8PM	11AM—8PM	\$9.99 Plated Specials
Friday	10AM—10PM	11AM—9PM	Steak Night
Saturday	10AM—9PM	11AM—8PM	
Sunday	10AM—6PM	11AM—5PM	

It's certainly the season for food and drink!

With Thanksgiving right around the corner and all that holiday food on the brain I would like to invite you to spend your special moments here with us at Cedar Creek Country Club. With advanced notice your kitchen staff can prepare anything your little turkey heart desires!

Our Weekly specials are still in full swing and if you haven't been up here to see what's cooking then you're missing out! Between our Tuesday night buffets, Wednesday pizza nights, and our Thursday night plated specials there's no reason to spend more than \$9.99 a person on dinner any night of the week! Then, just when you think the fun is all over, continue your savings on Fridays with our steak night specials!

Make sure to mark your calendars for our Thanksgiving buffet special on Tuesday, November 21st. With all your home style holiday favorites for only \$9.99, where else are you going to be?

We will be closing at 5:00pm on Wednesday, November 22nd for Thanksgiving, but don't worry we will be reopening Friday, November 24th so you and your family can come enjoy one of our famous steaks!

Alright Cowboy nation, we have three watch parties this month and our boys need some support! We will be running all kinds of food and drink specials on Nov 5th, 12th, and 30th to bring out a crowd so come get tuned in and help us cheer on America's team!



WEEKLY SPECIALS

Tuesday

\$9.99 All You Can Eat Chef's Special Buffet

November 7th:
Chicken Fried Chicken

November 14th
Meatloaf

November 21st
Turkey Dinner

November 28th
Pork Chops

Wednesday

\$5.99 All you Can Eat Pizza Bar

\$10 Carry out Pizza



Thursday

\$9.99 Plated Specials

November 2nd
Southwest Chicken

November 9th
Chicken Fried Steak

November 16th
Chicken Fried Chicken

November 23rd
Kitchen Closes

November 30th
Tamales

Friday

Steak Night

Filet Mignon 6oz / 8oz

- Or -

Ribeye 12oz / 16oz

Served with:

Baked Potato,

Chef's Choice Vegetable and Salad Bar



SUN	MON	TUES	WED	THURS	FRI	SAT
			1 BNI Meeting 8AM Canasta 10AM \$5.99 All You Can Eat Pizza	2 WGA Play Day	3 ROTARY MEETING	4 MGA Year End Championship
5	6 <i>Club Closed</i>	7 \$10 Chef's Special Buffet Mommy and Me Snacks and Crafts	8 BNI Meeting 8AM Canasta 10AM \$5.99 All You Can Eat Pizza	9 WGA Turkey Shoot Birthday Night!	10 ROTARY MEETING New Member Night!	11 Forth Annual Turkey Leg Classic
12	13 <i>Club Closed</i>	14 \$10 Chef's Special Buffet	15 BNI Meeting 8AM Canasta 10AM \$5.99 All You Can Eat Pizza	16 WGA Play Day WGA Penny Putt Party	17 ROTARY MEETING	18 Wedding
19	20 <i>Club Closed</i>	21 \$10 Chef's Special Buffet	22 Kitchen will close at 5:00pm	23 Happy Thanksgiving! 	24 No Rotary Meeting	25
26	27 <i>Club Closed</i>	28 Cedar Creek Women's Club \$10 Chef's Special Buffet	29 BNI Meeting 8AM Canasta 10AM \$5.99 All You Can Eat Pizza	30 Annual Winter Pro Shop Sale		



SUN	MON	TUES	WED	THURS	FRI	SAT
					1 ROTARY MEETING	2 MGA / WGA Christmas Party
3	4 <i>Club Closed</i>	5 \$10 Chef's Special Buffet State of The Club Meeting and Alliance Club Launch Party	6 BNI Meeting 8AM Canasta 10AM \$5.99 All You Can Eat Pizza	7 Birthday Night!	8 ROTARY MEETING New Member Night	9
10	11 <i>Club Closed</i>	12 \$10 Chef's Special Buffet	13 BNI Meeting 8AM Canasta 10AM \$5.99 All You Can Eat Pizza Knight of Columbus Holiday Social	14	15 ROTARY MEETING	16 <i>Breakfast with Santa</i>
17	18 <i>Club Closed</i> <i>Employee Christmas Party</i>	19 \$10 Chef's Special Buffet	20 BNI Meeting 8AM Canasta 10AM \$5.99 All You Can Eat Pizza	21	22 No ROTARY MEETING	23 Grinchy Pajama Party and Holiday Hayride
24 <i>Club Closed</i>	25 <i>Club Closed</i>	26 \$10 Chef's Special Buffet	27 BNI Meeting 8AM Canasta 10AM \$5.99 All You Can Eat Pizza	28	29 No ROTARY MEETING	30 Wedding
31 New Years Eve Party						



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Senior Vice President
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**ST. JAMES on the Lake
EPISCOPAL CHURCH**

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www.stjamesonthelake.org

ADVERTISING SPACE

- Newsletter Advertising Space
- Business Newsletter Inserts
- Sponsor Board
- Golf Course Benches
- Memory Bricks



CLUB HOURS OF OPERATION

	<u>OFFICES</u>	<u>RESTAURANT</u>	<u>LOUNGE</u>	<u>PRO SHOP</u>	<u>POOL</u>
Sunday	Closed	11 am - 5 pm	11 am - 6 pm	7:00 am - 6:30 pm	11am-7pm
Monday	9 am - 2 pm	Closed	Closed	Closed	Closed
Tuesday	9 am - 5 pm	12pm - 8 pm	11 am - 8 pm	7:00 am - 6:30 pm	11am-8pm
Wednesday	9 am - 5 pm	11 am - 8 pm	11 am - 8 pm	7:00 am - 6:30 pm	11am-8pm
Thursday	9 am - 5 pm	11 am - 8 pm	11 am - 8 pm	7:00 am - 6:30 pm	11am-8pm
Friday	9 am - 5 pm	11 am - 9pm	10 am - 10 pm	7:00 am - 6:30 pm	11am-9pm
Saturday	Closed	11 am - 8 pm	10 am - 9 pm	7:00 am - 6:30 pm	11am-9pm

Your Staff....

Randy Pate / Head Golf Pro & General Manager

rpate@pga.com

Dewayne Eads/ Superintendent

greenskeeper@cedarcreekcountryclub.com

Margie Barber/ Accounting

accounting@cedarcreekcountry.com

Liz Wolfe / Membership & Events

membership@cedarcreekcountryclub.com

Rusty Pharmakis / Tennis Coach

rwpharma@mabankisd.net

NEWSLETTER DEADLINE:

If you have an announcement for the upcoming newsletter, send it via email to membership@cedarcreekcountryclub.com, no later than the 25th of the month

If we may be of assistance, please do not hesitate to contact us.

The Perfect Place for Events!

Looking for the perfect place to host a reunion, meeting, wedding, or soiree? Cedar Creek Country Club offers an array of event packages, catering options and facility rentals to help you throw an event sure to impress your guests!



18392 Country Club Drive
Kemp, Texas 75143

Tel: (903) 498-6761

Pro Shop: (903) 498-8419

Restaurant: (903) 498-3722

Fax: (903) 498-6089

Visit us on the web at

www.cedarcreekcountryclub.com



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