

## A LITTLE BIRDIE

HYPERLINK "http://www.ewgdenver.com" [www.ewgdenver.com](http://www.ewgdenver.com)

### **We need YOU for our Golf Leagues!**

Due to early registration at Spring Swing, a few of our golf leagues are already booked such as the leagues at Wellshire and City Park. But, we still have availability for league play at several other courses and are faced with a situation where *some* of our scheduled leagues will be cancelled because of a lack of interest. LACK OF INTEREST - from a group of ladies *dedicated* to playing golf?! That must mean we're all working too hard and need a golf break!

We still have availability for the following leagues:

- Foothills
- Indian Tree
- Heather Gardens
- Overland
- Links
- Fox Hollow
- Kennedy

Let's stop working and start playing golf. But first, let's get our golf leagues FILLED! To sign up for leagues, go to HYPERLINK "http://www.ewgdenver.com" [www.ewgdenver.com](http://www.ewgdenver.com). Click on "Events Registration" and find the league you want.

### **New Social Chair**

Those of you who attended Spring Swing know that our 2008 social chair, Joanne Sebby, got transferred to London. While Joanne is having fun playing golf in London *without us*, we need someone to fill her spot here. Accordingly, please welcome long-time EWGA-Denver Chapter member Dorothy Shadwick as our new social chairperson! Dorothy can be reached at HYPERLINK "mailto:dorothyshadrick@acemgmt.com" [dorothyshadrick@acemgmt.com](mailto:dorothyshadrick@acemgmt.com).

## **GOLF HEALTH FOR WOMEN**

*Our April newsletter will be sent just a few days before some of our first golfing events for the season. Given that timing, we thought it might be helpful to address some women's health issues to make sure that you are at your physical best for the spring playing season. We don't want ANYTHING preventing you from playing golf this year.*

## **Don't Let Painful Periods Interfere with Your Golf Game**

By Carol Stamm, M.D.

You've probably resolved to make the most of your EWGA membership and intend to network and play golf every opportunity you can. Here are some ideas to discuss with your gynecologist in case one of the following common gynecologic issues interferes with your good intentions and your golf game.

If you sometimes cancel your golf plans because you have painful periods, make time to discuss this with your gynecologist. Simple treatments for this include the use of non-steroidal anti-inflammatory agents, such as ibuprofen and heating pads. Portable heating pads that can be worn discreetly under your clothes are available.

If your pain is unrelieved by these remedies, perhaps it is time to re-evaluate your method of contraception. Many methods of contraception have additional benefits in reducing or relieving dysmenorrhea, or painful menstrual cramps.

Methods that suppress ovulation such as a pill, a patch, or a ring may be useful. These methods prevent an egg from being released each month and prevent the build-up of lining in the uterus, so cramps become lighter and menstrual flow is less. The pill needs to be taken daily, but pill regimens are now more flexible and can be taken for a longer period of time without having to have menses (periods) for months or even a year at a time. Sometimes there is a bit of spotting with these extended regimens, but for many women this is a minimal side-effect compared to the benefits provided. The patch needs to be changed once a week and will not detach during a hot game or in the shower afterwards. The vaginal ring is changed once a month and is completely discreet.

These three methods **can't be used by women over 35 who smoke**, even if they only smoke with after- the-game cocktails. **They should not be used by women who have high blood pressure that is not well-controlled, who have had a blood clot in their leg or lung, or who have migraine headaches and are over 35.**

Even if you have a contraindication to one of the above methods, there are other progesterone-only options to suppress ovulation. Progesterone is a hormone that doesn't have the same risks as estrogen. However, spotting is common with all progesterone methods, usually this is unaccompanied by cramping and only requires panty liners.

The newest implant is inserted subdermally in the non-dominant arm for 3 years without an incision and effectively suppresses ovulation. It appears to be neutral on the bone compared

to other progesterone methods.

Also there are two types of progesterone injections. The older intramuscular progesterone injection is associated with weight gain and loss of menstrual periods over time. The newer subcutaneous injection has less hormone and is indicated for pelvic pain as well as contraception. It reverses quickly, compared to the older version. The duration of effect is 3 months for both products. For thin women with a family history of osteoporosis and current or past significant smoking, other methods should be considered first. Calcium supplementation should also be used with these methods.

For ultimate control of your periods (menses) and relief of painful periods, consider a progesterone-releasing intrauterine device, such as is used by 20-30% of European women. This device can be safely used for up to 5 years. Reduced menstrual bleeding and cramping are experienced by the majority of users. It can be inserted in the office without surgery. This method doesn't interfere with ovulation for the majority of women who use it, although it does protect against pregnancy by making the mucus in the cervix too thick for sperm to ascend. There are few contraindications to this method, chiefly pelvic infection. If your menstrual discomfort can't be controlled with one of these methods, you should talk to your gynecologist about other possible etiologies.

Dr. Stamm is Director of Women's Services at High Street Primary Care in Denver and is a new member of the EWGA-Denver Chapter.

*Now that painful periods will no longer interfere with our golf game, let's tackle nutrition!*

## **Food Focus: Breakfast**

*by Susan Kimball*

You've heard that breakfast is the most important meal of the day – well, it's true! Its called breakfast for a reason – you're breaking the fast from food while sleeping. Can you typically go for 8-12 hours during the day without eating? Sure, you're burning more calories during the day, but if you mainly sit in front of a computer you're not burning that much more.

Our bodies need fuel to get through the day. How well does your car run on fumes? If the tank's on "E" you're always worried about it running out of gas, right? Well, your tanks on "E" in the morning. So, you'll soon find your energy taking a free fall and need something fast – that often means fake energy like caffeine and sugar or something not-so-good for you from the cafeteria or vending machine.

So what's the answer? You know what I'm going to say next: "Eat a healthy breakfast at home." And I know what you're going to say next: "I just don't have the time!" First, what is a healthy breakfast? Everyone is unique so what works best for your friend's body

may not work for you. It is good to experiment with different breakfasts to see what works best for you. Protein such as eggs (natural/cage-free/organic is best) is a good high power breakfast if you really need to be “on” such as for a presentation. Whole grains are also great for energy – oatmeal is a great option, but not the flavored kind with added sugar! Other whole grains like brown rice and quinoa make for an awesome hot breakfast as well – check out the recipe below!

Next on the list are things made from whole grains: whole wheat bread and whole grain cereal for example. Do not believe all the claims you see on the front, they can be misleading. Look for “whole” with the grain as a first ingredient. You also want to limit the amount of sugar you’re getting and cereals are notorious for added sugar, so check the label. Fruit and yoghurt is fine too – best to use organic fruit and plain yoghurt. Try plain yogurt with agave nectar and pure vanilla extract for a yummy, less sugary treat.

So how do you fit it in with your packed schedule? You start the water for the oatmeal when you’ve got about 7 minutes to go to be ready for work. Then you put the oatmeal in and dry your hair, shave or iron your shirt. And voila, it’s done and hasn’t taken any extra time. Add agave nectar or 100% maple syrup and/or fresh fruit like blueberries and you have a great healthy breakfast. The recipe below is even faster when you use leftover grains and have the fruit and nuts already chopped up. Enjoy!

## **Quick Quinoa Breakfast**

2 cups of leftover quinoa (or any leftover whole grain)  
½ cup dried apricots – chopped (you can use any dried fruit you like – raisins, currents, cranberries, dates, etc.)  
¼ cup coarsely chopped almonds  
1 tsp cinnamon  
2 Tbsp 100% maple syrup  
¼ cup soy milk

Put all ingredients in a pan, mix and heat – easy and yummy! Serves 2-3.

**For a copy of Ms. Kimball’s newsletter, or a free initial health consultation, contact her at 303-369-5092 or email her at [HYPERLINK "mailto:skkimball@gmail.com"](mailto:skkimball@gmail.com) [skkimball@gmail.com](mailto:skkimball@gmail.com).**

**TO THE WINNER OF THE \$100 MORTON’S GIFT CERTIFICATE AT SPRING SWING (from Life Savings Solutions), please contact Sally Fischer @ [HYPERLINK "mailto:sallyej@msn.com"](mailto:sallyej@msn.com) [sallyej@msn.com](mailto:sallyej@msn.com) to make arrangements to get your actual gift certificate!**

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## NEW MEMBERS SPOTLIGHT

*We have **several** new members we would like to welcome to our Chapter. They are: Sherry Kenney, Susan Kimball, B. Chavez, Sandi Macey, Barbara Lowry, Kristine Hawthorne, Diana Banks, Trudy Hardin, Sandy Jonasson, Beth McLaughlin, Chris Voss, Linda Fangman, Virginia Nied, Betty Phillips, Terry Moore, Debbie Blydenburg, Ann LaFave, Kerri Nicks, Pat Rath, Nanci Tuggle, Donna Rizzo (soon to be Tamburelli), and Judy Griffith.*

### **Sherry Kenney**

Ms. Kenney is a financial planner with New England Financial. She provides fee-based financial planning services and sells insurance and investment products. Ms. Kenney has been playing golf for almost ten years, but golf only recently became a “serious passion” for her. Ms. Kenney does not yet have a handicap but that is her goal in joining the EWGA. She is looking forward to meeting and playing with our members.

### **Judy Griffith**

Ms. Griffith is the Regional Director of the Small Hospital and Alternate Care Market, with MedAssets Revenue Management. Ms. Griffith started playing golf at the age of 6 and played on the high school golf team. She thoroughly enjoys the sport, playing different courses and, more importantly, enjoys the networking/social opportunity to meet new people. Due to her heavy travel schedule, she is unable to play golf during the week, so she is looking forward to the weekend Play Dates.

### **Sandi Macey**

Ms. Macey is the Operations Manager for The Women’s Imaging Center, offices of Dr. Kelly McAleese, Dr. Timothy Colt, and Dr. Christine Bliven. The Women’s Imaging Center specializes in digital mammography, breast ultrasound, non-surgical biopsy procedures, and bone mineral density testing. The company offers its services at three locations; Cherry Creek, Littleton, and Lakewood. Ms. Macey is also a patient advocate for women diagnosed with breast cancer.

Ms. Macey described herself as “definitely a beginner golfer.” Years ago she played on a women’s league for Rose Hospital, and formerly played regularly at Cherry Hills Country Club. Following a four year absence from the game, she is looking forward to EWGA league play and associated social events.

### **Barbara Lowry**

Ms. Lowry describes herself as an intermediate level golfer (depending on the day!). That description might apply to all of us. She works at Tetra Tech EC, Inc., as an administrative assistant and has been there for 19 years. Ms. Lowry loves to golf, and is looking forward to playing on some different golf courses this season with her “very hi level partner, Judy Griffith who has also joined”.

### **Kristine Hawthorne**

Ms. Hawthorne and her husband, Bryan, relocated from Minneapolis to Denver last summer. She loves Denver and likes to spend most of the winter skiing and most of the spring/summer playing golf. We can definitely help her with her spring/summer interests.

Ms. Hawthorne is in the marketing department for Nestle Prepared Foods on the Lean Pockets brand. The company recently launched 7 items with a whole grain crust and Chef Inspired options like Spinach Artichoke Chicken. Ms. Hawthorne wants everyone to give these new products a try since they are portable and can "even be enjoyed on the golf course!"

Ms. Hawthorne started playing golf a couple of years ago and considers herself an intermediate player.

### **Diana Banks**

Ms. Banks started golfing about 10 years ago, but has not been able to spend as much time on her golf game as she would like in the past two years. She describes herself as an intermediate golfer "with ample room for improvement!"

Ms. Banks is a Vice President at Hilb, Rogal & Hobbs (HRH) which is one of the top ten Insurance Brokers in the World and acts as an intermediary to clients for insurance and risk management services. She has two (almost) grown girls that no longer live at home, ages 20 and 25, which now leaves her with a lot of free time on our own again. She expects to dedicate future free time to furthering her career, golf, and anything else that sounds like it could be fun! Let's help her dedicate more time to GOLF!

### **Teresa England, Esq.**

Ms. England is a real estate/transactional attorney with almost thirty years of experience. For the last nine years she has been VP Senior Regional Counsel for KB Home and prior to that was a partner in a regional law firm. Ms. England started playing golf three years ago and describes herself as a beginner golfer. She joined the EWGA -Denver Chapter to play more golf, better her game, and network. Let's help her accomplish all of those goals!

### **Trudy Hardin**

Ms. Hardin is the Employment Practices Liability Product Manager for AON, a Fortune 250 company that provides consulting and risk services to Fortune 500 Corporations and other businesses. Ms. Hardin was transferred to Colorado from Chicago, in September 2005. She is an attorney.

Ms. Hardin played golf previously but lost her clubs and "slowed down." She is looking forward to playing golf again and meeting new people in Denver. Hang on to those clubs Trudy - we want to see you out on our courses!

### **Sandy Jonasson**

Ms. Jonasson is a sales rep for the Robert Allen Fabric Group. She describes herself as an intermediate golfer. She signed up for the EWGA-Denver Chapter this year because she would like to play more than twice a month! We should be able to accommodate her!

### **Betty Phillips**

Ms. Phillips has played golf for several years but believes she has not played often enough to improve. She is looking forward to playing in a league this year.

Ms. Phillips is an accountant and has had her own business for 20 years. She specializes in servicing small businesses and helping assist them with all of their financial needs. Her company is called Business Accounted For, Inc. Ms. Phillips is very active in AWARE, which is a volunteer group dedicated to raising money for Alzheimer's Research. She is looking forward to meeting everyone this spring.

### Terry Moore

Ms. Moore has been playing golf for several years but has been doing so on an inconsistent basis. She has now decided she loves the game and would like to give it more time. Yeah! She has her own business, Moore Wireless, which is a dealer for Sprint-Nextel in the cellular industry.

### Donna Rizzo (soon to be Tamburelli)

Ms. Rizzo is a new resident of Westminster. She moved from Baltimore, Maryland to Hyland Greens East last May for her fiancé. Ms. Rizzo was a member of the Maryland Chapter of EWG since 1995, but still considers herself to be a beginner player since she usually never plays more than 10 times a year. She wants to change this for 2008 with our chapter!

Ms. Rizzo has been in the financial industry for the past 25 years focusing on Corporate Retirement Plan Sales or Service positions with firms such as AON, Mercer, T. Rowe Price, Merrill Lynch and MassMutual. She is looking forward to developing new friendships here in Colorado and hopes that her Membership with the EWGA - Denver Chapter helps her to get acquainted quickly.

### Ann LaFave

Ms. LaFave is looking forward to being a member of the EWGA! She considers herself an intermediate level golfer. Although she played as a child and in high school, she took a few years off, and then picked it up again about four years ago. Ms. LaFave currently works for TIAA-CREF as an internal auditor. She loves to ski and run, and is getting married in January!

We have been **challenged** by 24 hours of Golf to raise a bigger team than the Northern Colorado EWGA Chapter, or to raise more money for the following event. The challenge involves playing 24 hours of golf so who is ready?!

*The American Cancer Society  
And  
Green Valley Ranch Golf Club Present:*

# ***"Swing Fore A Cure!"***

**The Event: July 10 - 11, 2008**

The American Cancer Society and Green Valley Ranch Golf Club have teamed up to provide you with a unique golfing experience - a *24 hour golf event*. At 2:00 pm on Thursday, July 10, 2008 golfers will take to the course and play continuously for 24 hours as a team or an individual until 2:00 pm on July 11, 2008. From the moment you tee off the first hole at Green Valley Ranch Golf Club, you're in for much more than an ordinary golf game. Set against 170 acres of protected wildlife habitat and wetlands, Green Valley Ranch offers an unparalleled golf experience.

Whether you are playing to honor or celebrate a loved one or just challenging yourself to play 24 hours straight for a good cause, this is an opportunity any golf enthusiast can't pass up. If you can't join us and swing a club for 24 hours, then you can still help us keep the continuous stream of golfers intact by signing up to play at least one round during the day. In addition to golf, the day and night will be filled with plenty of fun activities, entertainment, food and spirits and camaraderie.

## **Making A Difference: Where The Money Goes**

All participants and those who sponsor them will be providing much needed funds for the American Cancer Society's research, education, advocacy and service. The American Cancer Society is the largest source of private cancer research funds in the country. In addition, the Society provides valuable assistance and programs for families dealing with cancer.

The EWGA's participation in this unique event will provide endless resources, research and advocacy to the nation. Most of all you can help to provide hope, that someday we as a community and a nation will find a cure for cancer!

So, join the American Cancer Society and Green Valley Ranch on July 10-11, get out your golf clubs and help to **"Swing for a Cure"**. For more information on how you can participate, volunteer or be a sponsor of this event please visit our website HYPERLINK "<http://www.24hoursofgolf.org>" [www.24hoursofgolf.org](http://www.24hoursofgolf.org), or contact Brett Lehl at HYPERLINK "<http://www.brett.lehl@cancer.org>" [www.brett.lehl@cancer.org](mailto:www.brett.lehl@cancer.org) or call (720) 524-5410.

## **UPCOMING EVENTS**

## **EDUCATIONAL**

**May 7 (May 14, and May 21) at 5:30 p.m. – 3-Part Clinic** designed specifically for the EWGA by Elena King, LPGA (\$128.12). You will be able to register for this event *soon* from our website, HYPERLINK "http://www.ewgdenver.com" [www.ewgdenver.com](http://www.ewgdenver.com). From our home page, click on "Events Registration."

**May 8 (May 15, May 22, and May 29) at 6:00 p.m. – At Ease on the Tees** (\$76.88). This is a special four-part lesson for new golfers and advanced beginners. You can register for this event at:

HYPERLINK "http://www.eventbrite.com/event/108274853" \o "blocked::http://www.eventbrite.com/event/108274853" \t "\_blank" <http://www.eventbrite.com/event/108274853>.

**May 31 – Shave Strokes Tee to Green with Lana Ortega** (10 a.m. to 3:00 p.m.) (\$210).

## **GOLF LEAGUES, PLAYERS' TOUR & PLAY DATES**

### **MAY**

**May 7 – City Park Spring League Starts at 5:15 p.m. (8 play dates - every Wednesday)**

May 7 – Links Spring League Starts at 5:00 p.m. (8 play dates - every Wednesday)

## **MAY 10 – PLAYERS’ TOUR and PLAY DATE at PARK HILL GOLF COURSE**

May 13 – Heather Gardens Summer League Starts at 5:28 p.m. (8 play dates – every other Tuesday)

May 14 – Kennedy Par 3 Summer League Starts at 5:00 p.m. (8 play dates - every other Wednesday)

May 14 – Indian Tree Summer League Starts at 5:00 p.m. (8 play dates – every other Wednesday)

## **MAY 17 – PLAY DATE at BUFFALO RUN**

May 19 – Overland Park Summer League Starts at 5:00 p.m. (8 play dates – every other Monday)

May 21 – Legacy Ridge Summer League Starts at 5:20 p.m. (8 plays dates – every other Wednesday)

## **MAY 24 - MEMBER/GUEST KICKOFF at HOMESTEAD GOLF COURSE**

May 29 – Wellshire Summer League Starts at 5:30 p.m. (8 play dates - every other Thursday)

## **JUNE**

June 2 – Fox Hollow Summer League Starts at 4:45 p.m. (12 play dates - every Monday)

June 5 – Foothills Summer League Starts at 5:42 p.m. (8 play dates - every Thursday with a break for July 3rd)

## **JUNE 8 – PLAY DATE at RACCOON CREEK**

## **JUNE 15 – PLAYERS’ TOUR & PLAY DATE at COAL CREEK**

## **JUNE 22 – PLAYERS’ TOUR & PLAY DATE at FOSSIL TRACE**

## **JUNE 27 – PRACTICE ROUND at SOUTH SUBURBAN**

**JUNE 28 – CHAPTER CHAMPIONSHIP at SOUTH SUBURBAN**

**JULY**

**JULY 12 – PLAYERS’ TOUR & PLAY DATE at RIVERDALE DUNES**

**JULY 20 - PLAYERS’ TOUR & PLAY DATE at BUFFALO RUN**

**JULY 26 – MEMBER/GUEST KICKOFF at RED HAWK RIDGE**

If you would like to publish an article or have an idea for a story, please e-mail our **Communications Chair, Susan Stamm** at HYPERLINK "mailto:ssamm@hkjp.com" [sstamm@hkjp.com](mailto:ssamm@hkjp.com). We are always looking for articles. If you would like to sponsor our Chapter or an event, please e-mail our **Sponsorship Chair, Sally Fischer** at HYPERLINK "mailto:sallyej@msn.com" [sallyej@msn.com](mailto:sallyej@msn.com). If you would like to *volunteer* to help, please e-mail our **Leadership Chair, Molly Hagan** at HYPERLINK "mailto:molly.hagan@healthonecares.com" [molly.hagan@healthonecares.com](mailto:molly.hagan@healthonecares.com). We always need your help.

**BER IS T  
THE PERFECT MONTH TO PURCHASE AN EWGA MEMBERSHIP FOR**

**YOUR FAMILY,**

**YOUR FRIENDS,**

**AND YOUR COLLEAGUES,**

**OR TO HAVE YOUR FAMILY, FRIENDS AND COLLEAGUES**

**SIGN UP FOR THEMSELVES.**

## **EWGA November Member-Get-A-Member Promotion Presented by FootJoy and Golfsmith**

**Special November Membership Promotion** – The EWGA, **along with your local Denver Chapter**, have special incentives for you to share the fitness and networking benefits of EWGA membership with your friends, family and colleagues during the month of November. New members recruited from November 1-30 at the Classic-level can join for only \$100 – with a waiver of the \$25 initiation fee.

The top recruiter for the month (recruiting at least 4 new members) will be awarded a Gift Certificate for a new pair of FootJoy eComfort Golf Shoes and a \$100 Golfsmith Gift Certificate.

In addition, for every new member recruited during the month of November, all recruiters' names will be put in a drawing and two lucky winners will receive a \$50 Golfsmith Gift Certificate.

Finally, the top recruiter for the Denver Chapter (recruiting at least 4 new members) will earn a free Classic-level membership to the Denver Chapter (the deadline for the Denver Chapter new member promotion is **December 31<sup>st</sup>** – *December memberships however will not receive the EWGA \$25.00 discount*).

**New members should use the special membership application attached to receive the special.**

### **WHY JOIN NOW – FOR THE FUN!**

The fun we currently have planned includes a post-Thanksgiving get together with our members *and their friends*, on **November 29<sup>th</sup>** at **Choppers Sports Grill**, 80 South Madison, Denver, Colorado, at 6:00 p.m. We also have a **January 24<sup>th</sup>** event **scheduled at a location to be announced**. We want to see you and your friends at both events!

Don't wait for spring. Colorado has great winter golf opportunities and EWGA is one of the best ways to meet new friends, network and exercise while having fun (walking 18 holes burns over 200 calories). Encourage everyone you meet to get involved with EWGA today. Help us recruit new members now and you may get a special gift for yourself or at least have your holiday shopping completed before December by shopping for memberships for your family, friends and colleagues.

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