

A LITTLE BIRDIE

HYPERLINK "http://www.ewgdenver.com" www.ewgdenver.com

Although the May weather has been *challenging* at times, we hope by now all of you have participated in an EWGA-Denver Chapter Play Date; our first tournament of the season; a golf league; or at least had a round of golf with your friends. Our Denver Chapter Vice President, Carolyn Paul, has some helpful hints to keep your golf game enjoyable and **on track**.

Pace of Play

By Carolyn Paul

EWGA-Denver Chapter Vice President *and* Pace of Play Police

Have you ever played a round of golf that felt like it took three days to finish? Sometimes it feels that way because you are having one of those days where everything that can go wrong does go wrong. You can't find your ball off of the tee because everything is going to the right and you are in the long grass or your swing seems to have taken a vacation day. Sometimes, however, it is because you are waiting on every shot due to slow play. Unfortunately, women have a bad reputation for slowing up play - although the truth is that men will slow up play as much as women. How do we combat our bad reputation and speed up play? Here are some ideas to keep in mind:

Play ready golf – the order of play is based on who is ready, not who is away.

On the tee – pay attention to your partners' drives. You will be able to help them find their ball if they lose sight of it.

Proceed directly to your own ball – there is no need for the group to travel as a pack to each person's ball.

While headed to your ball, use the travel time to begin thinking about your next shot – approximate yardage and which club you will use.

When sharing a cart – drop off the person at the first ball and drive directly to the second ball. The first player can walk to the cart while the second player is hitting her shot.

On “cart path only” areas, take a couple of clubs with you so you do not have to go back to the cart for a second club.

When you think your ball may have gone out of bounds or be difficult to find, hit a provisional ball (be sure that you can tell which ball was your provisional).

Never hold up play because you are in the middle of a conversation – take your stroke and then finish your story.

On the green, read the break and line up your putt as soon as you reach the green. When it's your turn to putt, be prepared to step right up and putt.

Mark your score on your card at the next tee box – never standing on the green you just finished.

Leave your bag or golf cart to the side of the green, and in the direction of the next tee, never in front of the green

Save the tips for your playing partners for the driving range.

During a casual round of golf - if your number of strokes has reach double par and you still have a few more shots to make – pick up your ball and move on. For example – you have taken 8 strokes and still have to chip and putt – take a BIP – Ball In Pocket. Mark what you think you would have gotten on the hole on your card or take an X.

Limit your practice strokes to one or two strokes. Your real practice should take place on the range not during a round of golf.

You can gauge your pace of play by the groups ahead of you and the groups behind you. If the group in front of you has pulled away from your group – putting a full holes distance in between you – you need to pick up the pace. If there is no one holding you up, but the foursome behind your is constantly waiting for you – you also need to speed up your pace.

One last thing to remember is that most likely there is not a \$1 million purse at the end of this round. Enjoy the day and make it enjoyable for those playing with you and behind you.

ONE MORE PLAYER NEEDED FOR RACCOON CREEK

We have ONE slot open for the Raccoon Creek Play Date on June 8th. If you want this spot, you have until June 4th to claim it! Register by clicking onto HYPERLINK "<http://www.eventbrite.com/event/116554618>" <http://www.eventbrite.com/event/116554618> (or go to our website, HYPERLINK "<http://www.ewgdenver.com/>" \o "blocked::<http://www.ewgdenver.com/>" www.ewgdenver.com and then click on "Events Registration").

SOMETHING FOR EVERYONE!

JUNE 28TH CHAPTER CHAMPIONSHIP TOURNAMENT

Our Chapter Championship Tournament at South Suburban (7900 South Colorado Boulevard, Littleton, Colorado) is tailored for ALL of our Members so you have no excuse NOT to play!

*If you only like to compete in tournaments that are Stroke Play – the June 28th

Tournament *offers Stroke Play*.

*If you don't like Stroke Play and want to play as a Scramble Team – The June 28th Tournament *offers Scramble Team Play*.

*If you don't want to participate in a tournament at all, the June 28th event can simply be a **PLAY DATE** for you.

For those of you who don't want to get up at the crack of dawn to play golf, our tee times will start at the civilized hour of 10 a.m. For early risers who consider 10 a.m. to be mid-afternoon, you have time to have breakfast with your fellow EWGA Members before teeing off!

Here are the rules to our “No Excuses for Not Participating Tournament” designated by whether you want to compete or have a Play Date.

COMPETITORS

The Tournament is open to only EWGA members who have current verified handicaps of 40.4 or less through GHIN or GLMS. To have a current handicap you must have posted a minimum of three, 18-hole rounds or six, 9-hole rounds (or combination thereof) this calendar year.

To register as a competitor, go to our website, HYPERLINK "<http://www.ewgdenver.com>" www.ewgdenver.com and click on the “Events Registration” link. You must complete and send in the Official Registration Form that is available at HYPERLINK "<http://www.ewgdenver.com>" www.ewgdenver.com and will also be sent in a separate e-mail to all of our Members. **The Official Registration Form must be received by Molly Hagan no later than June 14th.** You can mail the signed form to Molly at 345 S. Washington Street, Denver Colorado 80209 or fax it to her at 303-788-2519. You must *also* include a copy of your handicap card or computer print-out of your individual handicap index at the time of registration. Handicaps will be verified and updated on June 20th.

The cost for competitors is \$95 and includes a \$35 National Tournament Fee; green fees; cart rental; Eventbrite and PayPal fees; prizes; and a buffet style meal at the end of the tournament. Prizes will be awarded for Low Gross and Low Net for each flight and winners in these categories will qualify to advance to the Semifinals Tournament to be held here in our backyard at Buffalo Run on August 2nd.

PLAY DATE PARTICIPANTS

If you don't want to compete in the tournament but still want to play, YOU CAN! We will offer tee time slots for non-competitors and after you play, you can join us for the awards and the buffet. The Cost for Play Date participants is \$60 and covers green fees; cart rental;

Eventbrite and PayPal fees; and the buffet lunch.

DEADLINES

The deadline for registering to *compete* in the tournament is June 14th. For those of you who just want to have a Play Date, your deadline is June 18th.

This truly is a “No Excuses for not Participating Tournament” so we expect ALL of our MEMBERS to play golf with us on June 28th.

WEBSITE E-MAILS

Have you tried e-mailing us and gotten no response?!? We’re not ignoring you *intentionally!* We just recently discovered a problem with our website e-mail address. Namely, that we are unable to access e-mails that are sent to our general mailbox -
HYPERLINK "mailto:generalinfo@ewgdenver.com" \o
"blocked::mailto:generalinfo@ewgdenver.com" generalinfo@ewgdenver.com. In the future, whenever you want to communicate with us, please use our personal email addresses which can be found on the “About Us” page on our website.

NEW MEMBERS SPOTLIGHT

We have several new members we would like to welcome to our Chapter. They are: Cynthia Francis, LeeAnn Langdon, Wendy Gruenberg Wray, Lynda Gregory, Patricia Luebben, M.D., Erica Carlson (transferred from the Chicago Chapter), Judy Arbogast, Lisa Lumley, Paula Negrette, Joyce Booker, and Dawn Eliassen.

Joyce Booker

Joyce Booker is excited about joining the Denver Chapter of EWGA and is anxious to start playing golf with us. Ms. Booker found out about EWGA-Denver through her good friend Cindy Ely.

Ms. Booker has been a member of the Pikes Peak Women Golfers in Colorado Springs for the last nine years and enjoys meeting new people and playing different courses in the area. By playing golf with an organized group and playing each week, Ms. Booker has been able to bring her handicap down below 20! Playing golf with an organized group has also been a great way to get her out of the office where she toils away as a software engineer.

LeeAnn Langdon

LeeAnn Langdon is a relatively new golfer who joined our group primarily to avoid being a “golf widow.” She’s been golfing for about 2 ½ years, and has finally reached the point where she no longer considers herself a “reluctant golfer” although she still tallies most holes on the fingers of both hands.

Ms. Langdon is the Director of Sales and Marketing for B-Logistics, a third-party logistics and fulfillment company specializing in online sales. She also helps market her partner's business, Applewood Window Tinting.

Patricia (Patty) Luebben, M.D.

Patricia Luebben, M.D., owns a private medical clinic called the Alliance of Therapy Specialists, Inc. Her company works with 7-day old quads and 93-year old stroke patients, but most of her 60 therapists specialize in pediatrics. ATS employs speech, physical, occupation and feeding specialists and serves all of the Front Range from Ft. Collins to Colorado Springs.

Dr. Luebben is a relatively new golfer. Four years ago when she married her husband he snuck into the vows, "You will learn to golf and love it!" Although she has achieved the "love it" part, she is still working on the "learning" part. Dr. Luebben's husband is an international consultant, so she's had the pleasure of golfing all over the world, e.g. South Africa, Thailand, Europe, etc. (29 countries in 3 years).

Paula Negrette

Paula Negrette is very excited about being a part of the EWGA! She considers herself to be an intermediate golfer with nine years of "on and off" golf experience. Within the past two years she has become more motivated and eager to play on a more regular basis and was just looking for other women who had the same interest in this great, but often frustrating game! Her goal is to improve her game and at the same time have fun doing it. We can definitely help her out!

Ms. Negrette works for The Hartford Insurance Co in their Small Commercial business department underwriting and issuing new policies. Although she loves to play golf, golf is *second* behind spending time with her two grandchildren.

Judy Arbogast

Judy Arbogast is excited about joining a new golf league and is interested in the chance to sign-up for tournaments. Ms. Arbogast has worked in television for the past 25 years in the area of sports and news.

She works for Colorado Studios which contracts with Fox Sports, Altitude, HDNet, and the NewsHour with Jim Lehrer to provide television production trucks and technical crew for events.

Ms. Arbogast has been golfing for about 15 years and considers golf a de-stressor for her job. Golfing is the only place she can "escape to" and NOT have her cell phone on to respond to the demands of her 24 hour a day, 7 day a week job. She wants to concentrate on breaking 100 consistently and meeting and networking with our Members on the golf

course. *Certainly we can accommodate these goals – let's just not get "caught on tape" doing anything we shouldn't be doing. We're all forewarned that Ms. Arbogast knows how to videotape!*

SPONSOR SPOTLIGHT ON ISAGENIX

Meet Alicia Piña ~ Isagenix EWGA-Denver Chapter Sponsor ~ "New U By Design"

Alicia is a retired Jeffco art teacher who now specializes in helping people take control of their health by recommending programs that best suit their individual needs. Her passion is Nutritional Consulting, "I feel people can "redesign" themselves to improve their health, nutritional balance and rejuvenate their skin all at the same time." Alicia offers a free health analysis and nutritional cleanse coaching support. She feels honored to represent Isagenix, the world leader in nutritional cleansing, weight loss and skin fitness.

Alicia's Story: Why Cleanse? Why Isagenix?

Four years ago, I was very ill and contemplating taking a "leave" from teaching. I was tired all of the time, had trouble sleeping and thinking and ached all over from head to toe. I had always been very active and athletic. I missed not having the energy to exercise and enjoy myself. I was also at my heaviest weight ever, even more than during my two pregnancies. I felt overwhelmed and that my health and life were out of control. What I wanted most was a "time-out" from my JOB to try and figure out what I could do different, to regain my health. I was looking for something that would help me.

I'm so grateful, everyday, to my friend, that she had the courage to share Isagenix with me that summer. I was very skeptical, but so desperate to try anything. To my amazement, and that of everyone that knew me, I got a second lease on life. After my first twelve hours, I noticed that I was actually starting to think more clearly and that got me excited. I was hooked into following the program to the tee. I finally felt like I had HOPE again. My results after my first 9-Day program were amazing: I lost 8 pounds and 10.5 inches! Of course, I wanted to lose more weight. My husband decided to join me on my second cleanse. He lost 12 pounds and 3 inches from his waist alone! I lost another 7 pounds and 8.5 inches. So after two, 9-Day programs, I had lost a total of 15 pounds and 19 inches! I went from a size 6 Dress to a 2 for my daughter's wedding. My daughter also did a cleanse and lost 8 pounds; her wedding dress finally fit her. So we all looked and felt great for her August wedding.

My transformation got people's attention and that was how my business started and took on a life of its own. My passion is helping others reclaim their health as I did mine. Let me help you and those you care about. Do you want to achieve better mental focus and stamina and improve your game? Who do you know that needs Isagenix?

Please contact me to schedule your FREE Health Analysis and Consultation today and

begin your journey to create a “New U” for Optimal Health. *With a 30 day product guarantee, what do you have to lose?* You can contact Alicia Piña at [HYPERLINK "mailto:Alicia@NewUbyDesign.com"](mailto:Alicia@NewUbyDesign.com) Alicia@NewUbyDesign.com or cell phone #303-882-5070. Or, to learn more about Isagenix, go to [HYPERLINK "http://www.NewUbyDesign.Isagenix.com"](http://www.NewUbyDesign.Isagenix.com) www.NewUbyDesign.Isagenix.com

** Although individual results may vary, according to a recent medical study the average weight loss with the 9-Day Program was 7 pounds.*

UPCOMING EVENTS

Coaching Session

With

Elena King – June 6th or June 13th

On two separate dates – June 6th or June 13th, Elena King, LPGA, will offer an innovative “coaching session” for a select group of students.

This program will:

Allow you to choose specific areas of your game that you would like to work on
Give students the opportunity to apply instruction and receive same day follow-up
Provide a comfortable relaxed environment for sharing and learning with other golfers
Provide the opportunity to apply new skills on the course to prepare you for playing
Give you time to discuss ideas, situations and feelings with the instructor and other students

Dates:

June 6th 1:00PM – 4:00PM

June 13th 9:00AM - 12:00PM

Future dates: TBA

Cost:

\$180 / per person / 3 hour session

Student Ratio 4:1

To reserve your spot for any of these sessions,

Call the McGetrick Golf Academy at 303-799-0870 or Elena King

303-380-7911 or

HYPERLINK "mailto:eking@mcgetrickgolf.com" \o

"blocked::mailto:eking@mcgetrickgolf.com"

eking@mcgetrickgolf.com

June 18th 6:30 p.m. – Golf Workshop

For \$15 and one hour of your time, you could take 5 strokes off your game! In this unique Golf Workshop, which consists of a combination of lecture and actual practice, you will leave with the stability and flexibility you need to add even more enjoyment to your game. Todd Ball is a licensed physical therapist with 10 years of experience working with golfers, other athletes, and weekend warriors. In his 60-minute workshop, participants will:

*Review the anatomy of a golf swing (lecture)

*Discuss the bio-mechanics of the golf swing in layman's terms (lecture)

*Explore thoracic spine mobility and correlation with power and control
(real practice)

*Define core control (lecture)

*Learn how improved core control can increase drive distance
through pelvic stability (real practice)

*Participate in a pre-game mobility routing

lab (experiential)

*Participate in a golf stability and agility lab (experiential)

For more information, please contact Genesis Physical Therapy and Pilates Center at 303-393-1600. Victoria Travis, a longtime EWGA Denver member, is a client of Genesis Physical Therapy and Pilates Center and would be happy to answer any questions at 720-535-6433.

Directions: Genesis Physical Therapy, 300 South Jackson, Ste 330 at the intersection of Alameda and Jackson, 1 block west of Colorado Blvd.

GOLF LEAGUES, PLAYERS' TOUR & PLAY DATES

JUNE

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

June 5TH – 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 15TH – PLAYERS' TOUR & PLAY DATE at COAL

CREEK

JUNE 22ND – PLAYERS' TOUR & PLAY DATE at FOSSIL TRACE

JUNE 28TH – CHAPTER CHAMPIONSHIP at SOUTH SUBURBAN

JULY

JULY 12TH – PLAYERS' TOUR & PLAY DATE at RIVERDALE DUNES

JULY 20TH - PLAYERS' TOUR & PLAY DATE at BUFFALO RUN

JULY 26TH – PLAY DATE at WELLSHIRE

AUGUST

August 2ND – SECTIONAL CHAMPIONSHIP at BUFFALO RUN

August 9th – PLAYERS' TOUR & PLAY DATE at GREEN VALLEY RANCH

AUGUST 16TH – PARTNER WITH NORTHERN COLORADO CHAPTER at MARIANNA BUTTE

AUGUST 23RD – PLAYERS' TOUR & PLAY DATE at THE BROADMOOR

SEPTEMBER

SEPTEMBER 6TH – PARTNER WITH NORTHERN COLORADO at COYOTE CREEK

**SEPTEMBER 20TH – PLAYERS' TOUR & PLAY DATE at
LEGACY RIDGE**

**SEPTEMBER 28TH – PLAYERS' TOUR & PLAY DATE at
FOX HOLLOW**

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. 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. We always need your help.

**BER IS T
HE 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 31st** – *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 29th** at **Choppers Sports Grill**, 80 South Madison, Denver, Colorado, at 6:00 p.m. We also have a **January 24th** 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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