



October 2008

IN THIS ISSUE

Events Coming Soon...

2009 Officers

League News

Glenview II

Results of Chapter Championship
and Social Scramble

EWGA Semi-Final Event at The
Grizzly Course

EWGA and The First Tee: Fantastic
Together!

Dramatic Finish at Duramed

Breaking 100 Clinic

Playing with the Pro

EWGA Celebrates Girlfriends

Skins Game, September 21, 2008 at
California Golf Course

The Power of the Mind

Cheryl Said ...

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Events Coming Soon...

- **EWGA Night Golf**, Golden Tee - Springdale - 455 E. Tri-County Parkway
Friday, October 17th, Shot Gun Start at 7:00 p.m.; Must preregister 10-13-08. \$10.00 member - \$20.00 guest (does not include cart)
- **Dillard's Happy Hour, Brio's** - At Newport on the Levy - Thursday, October 23 starting at 6pm, some appetizers will be provided.
- **Holiday Party** - Save the Date - December 3 at Dave & Busters, Tri-County
Buffet dinner will be served, 1 free drink ticket. Starting time 5:30.

2009 Officers

The election results are final and the officers for next year are:

Mindy Richards-President
Tina Smith-Vice President
Bobbi Larken-Secretary
Mary Schwegman-Treasurer

Committees are being finalized, and it isn't too late to volunteer your services! If interested, please contact Sherry Roth at 513-659-1268 or sherroth@fuse.net.



League News

August 12, 2008

Karen Womack hit a hole in one on the 2nd hole, a par 3, 98 yards at Glenview. Congratulations, Karen!!

Glenview II - Match Play League

by Mindy Richards

Would you like to play more competitive golf but aren't quite ready for stroke play? Want to keep a handicap and actually make some use of it? Like to have fun and meet new people? The EWGA Match Play League may be for you.

The EWGA Match Play League offers an opportunity to participate in match play and features friendly competition. Since we are using a handicap system, anyone should be able to play and be competitive.

What is "Match Play"?

In match play the game is scored by holes. Except as otherwise provided in the Rules of Golf, a hole is won by the player who holes her ball in the fewest strokes. In a handicapped match the lower net score wins the hole. The beauty of match play is that even if you're having a particularly bad time on a given hole, you can even pick up your ball and concede the hole. All you lose is that hole. You start again fresh on the next tee.

Do I need a handicap?

To participate in match play a handicap is required. EWGA members can use the Golf Life Management System (included with EWGA membership) or can maintain a GHIN to establish and

maintain her handicap. The GLMS can be accessed via the members only section of the EWGA website - www.ewga.com . Our Cincinnati EWGA Handicap Chair, Allison Kingston, can help you get a GHIN. The Greater Cincinnati Golf Association does not recognize the GLMS, so if you are interested in participating in any local tournaments sponsored by GCGA, you should get a GHIN.

How is "handicap" different from a "course handicap"

A player's course handicap is determined based on the slope rating for the course. The course handicap can be found via a table look up that cross references the course slope rating with the player's handicap index. The handicap index represents your potential scoring ability. You can find your course handicap by referencing the table in the USGA's publication 'Uncle Snoopy Wants You To Know How To Use Your Handicap' by using the USGA's online calculator at http://www.usga.org/playing/handicaps/calculator/course_handicap_calculator.asp . If worse comes to worse you can also do the math yourself - Handicap Index multiplied by Slope divided by 113, rounded to the nearest whole number.

The handicap is applied to each hole according to the course scorecard. The course is ranked in order from the hole that any given player would most benefit from the application of the handicap to the hole that would give the least benefit. In other words, from the most difficult to the least difficult. In the example below, hole number 7 is the number 1 handicap hole and therefore considered the hardest, where number 5 is ranked 9 and considered the easiest for these 9 holes. A player with a handicap of 7 would deduct one stroke from each of the first seven handicap holes. A player with a handicap of 16 would deduct 2 strokes from seven holes and one stroke from the two remaining holes.

| | H O L E 1 | H O L E 2 | H O L E 3 | H O L E 4 | H O L E 5 | H O L E 6 | H O L E 7 | H O L E 8 | H O L E 9 | |
|---------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|----|
| PLAYER 1 | 2 | 1 | 1 | 1 | 1 | 2 | 1 | 2 | 2 | |
| PLAYER 2 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | |
| PAR | 4 | 4 | 3 | 4 | 4 | 4 | 5 | 3 | 5 | |
| HANDI-CAP | 4 | 8 | 6 | 7 | 9 | 3 | 1 | 5 | 2 | |
| gross score 1 | 8 | 5 | 3 | 5 | 5 | 7 | 6 | 4 | 7 | 50 |
| gross score 2 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 45 |
| net score 1 | 6 | 4 | 2 | 4 | 4 | 5 | 5 | 2 | 5 | 37 |
| net score 2 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 36 |
| holes won 1 | | | 1 | 1 | 1 | 1 | 1 | 2 | 2 | |
| holes won 2 | 1 | 1 | 1 | 1 | 1 | 2 | 3 | 3 | 4 | |

In the example above, Player 1's handicap is 14 (distributed according to the handicap row) and Player 2's handicap is 9 (deducts one stroke for each hole). Player 1 won holes 3 and 8 and player 2 won Holes 1, 6, 7 and 9. Holes 2, 7 and 5 were halved. Player 2 wins the match.

When you're choosing your league next year, I hope you will consider the EWGA Match Play league!

Results of Chapter Championship and Social Scramble - June 8th

The championship puts your game to the test and creates an opportunity for personal growth in a competitive yet fun environment. These ladies rose to the top of their "flight" consider setting a goal next year to join the fun!



3rd Flight
 Pat Mendell - Low Gross (95/60)
 Vanessa Davis - Low Net (118/85)



4th Flight
 Carol Sigman - Low Gross (99/62)
 Nancy Riesz - Low Net (109/72)



2nd Flight

Bobbi Larken - Low Gross (90/65)
Sally Lukemire - Low Net (103/77)



Scramble Team

Allison Kingston --- Joni Proft (75/74)
Wilma Kumler --- Sue Brewer

EWGA Semi-Final Event at The Grizzly Course at the Golf Center at Kings Island; August 2, 2008

These ladies earned an invitation to the National Championship in Aloha, Oregon.



3rd Flight
Pat Mendell



4th Flight
Nancy Riesz



2nd Flight
Bobbi Larken

EWGA and The First Tee: Fantastic Together!

Many thanks to everyone who contributed to the Chapter's support of The First Tee (TFT)-the non-profit youth development organization that uses the game of golf to teach kids important life skills and values.

This spring, EWGA members sifted through their closets and garages and generously donated piles of "pre-loved" golf stuff that ultimately became the featured merchandise in The First Tee Pro Shop-a shopping spree event for TFT kids who completed their summer-session program August 8.

Our collection took place at Reeves GC (where TFT is headquartered) on June 21 in conjunction with our **First Annual TFT Benefit Golf Outing**. The fun-format, nine-hole tournament included three holes each of scramble, best ball and alternate shot-played by two-person teams. Congratulations to these winning teams:

- Overall (three games combined): Sue Brewer & Barbara Vollmer (TFT), who won a round of golf at the Heritage GC.
- Scramble: Bobbi Larkin & Mike Marsten (TFT), who won \$25 gift certificates to Brio's Tuscan Grill.
- Best Ball: Barb Dozier & Jill Handloser, who won tickets to the Western & Southern Financial Group's Master and Women's Open tennis tournament.
- Alternate Shot: Barbara Torlone & Jan McKinney, who won a video golf lesson for two at Meadow Links.

In addition to the merchandise collected for TFT, the Chapter also donated a Reeves pro shop credit of \$108-the \$6 per person fee that was included in our tournament registration cost-which TFT used to purchase additional merchandise for the TFT Pro Shop event.

"The kids were very excited and had a great time shopping in the Pro Shop," said TFT Executive Director **Tom Briner**. "For many, it's their only chance to purchase the golf stuff that can help keep them involved after the session ends.

"We're very grateful to the EWGA for their generous donations and support," he added.

Special thanks to members **Gale Wallmark** and **Marlin Ach**, who coordinated the June 21 donation drive and golf tournament, and also inventoried the donated merchandise, helped with set-up and assisted at the Pro Shop event.



EWGA volunteer Marlin Ach (left), with TFT's Tom and Melissa Briner, pose with just some of the merchandise donated by Chapter members on June 21.



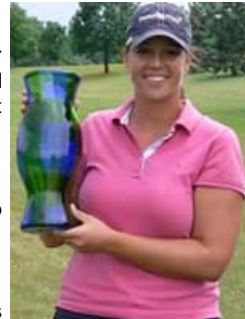
The field prepares to tee off in the First Annual TFT Benefit Outing at Reeves GC.

Dramatic Finish at Duramed

by Gale Wallmark

Many EWGA members were on hand-as volunteers or spectators-for the exciting Sunday finish of the LPGA Futures Tour Second Annual Duramed Championship, June 22 played this year at The Grizzly at King's Island.

Stephanie Otteson and Mindy Kim, co-leaders after the first round, traded the lead most of the day before Otteson (pictured) picked up her first tour win with a dramatic, 30-foot birdie putt on the final hole. She finished with a three-round, nine-under-par, 204.



According to tournament volunteer coordinator Mary Wright, this year's event was a great success and the Duramed Championship will return to The Grizzly in 2009.

Volunteers Make It Happen

"We greatly appreciate all the support, time and effort EWGA members contributed," said Mary. "We could not have done it without all of you!"

She added that praise for the volunteers was abundant in thank you notes from the players and in rave reviews from Tour officials. "We were all especially thankful for the support and staying power of the many volunteers who waited out a two-and-a-half hour rain delay on Saturday and those who good-naturedly adjusted to our revised Sunday schedule."

Mary notes the Duramed Championship will be one of only three full-caddied events-with walking scorers-on the 2009 Futures Tour schedule. "We'll need even more volunteers next year than the 357 we had this year," she says.

Mark your calendars now for June 15-21 and tune in for details next winter and spring.

Breaking 100 Clinic

by Bobbi Larken

Call it "Breaking 100", "Breaking 90", or "Breaking 80" (okay, "80" is a HUGE stretch) ... but basically this is where we improve many aspects of our game. This clinic had us moving from the sand shot station to the chipping/pitching station to the putting station. I learned more in this clinic than any other in the past five years since I started playing golf. Part of it was just my mind was ready to absorb the information and the other part was the professional delivery of the golf wisdom of the professionals instructing the clinic. (Thanks, Doug! My game out of the sand will never be the same! Thank goodness! And thanks to the woman who let me try out her Lob Wedge! I ordered one immediately and it has already saved par for me twice!)

We have some notes from the clinic posted on our website on the Education page. Take a look and see if there are any tips you can use.

Playing with the Pro

by Bobbi Larken

A small handful of curious golfers got together to pick the brains of Mike Dieters and Jeff Steinberg, a couple professionals part of Meadow Links & Golf Academy. We split into two groups and aggressively attacked the front nine of The Mill Golf Course. The first couple holes were where the pros mostly observed us. Of course we knew they only had two eyes, but it certainly felt like there were thousands of eyes staring at us as we approached each swing. The pressure lessened as we settled down and started working on "observations" made by both Jeff and Mike. I feel as though I got more out of it than the ladies I played with because they were hitting the fairway and I was in all of the "trouble." (Who knew you could hit a driver out of the rough?!) We are definitely brining this education event back next year. Although we may change it up a bit and play it more like a scramble, with everyone playing the most "interesting" ball versus the "best" ball. That way, everyone learns more about course management and getting out of trouble. This was a great opportunity and I was glad I took advantage of it. Hope to see you there next year!

EWGA Celebrates Girlfriends

by Allison Kingston

Girlfriendology sends out a special thanks to the Executive Women Golf Association for participating in "Shop in the City" - a shopping and special event for women in Cincinnati - that took place on Sunday, Sept. 14th.. The event was cut a little short by the wicked windstorm, but we still had a fabulous response. It was great to see all the women stop by your display to find out more about EWGA and sign up to win a round of golf.

A personal thanks goes out to EWGA member Allison Kingston for wo-manning the booth and so enthusiastically sharing about EWGA and the benefits of golfing!

The "Shop in the City" event was held in conjunction with National Women's Friendship Day. While that date is officially Sept. 21, we started the celebration a week early. The event was sponsored by Girlfriendology.com, the online community for women based on female friendship. We invited women to come spend time with their girlfriends ... and they did! Dozens and dozens of friends showed up for shopping specials, snacks, gift bags and prizes at the great Oakley shops on Madison and Brazee: Nest (gifts and home accessories), Casa DeLorenzo (designer pillows and interior design services) and Red Tree Art Gallery and Coffee Shop (the name says it all!).

It was great to have EWGA participate in this event as your organization brings women together to spend time with each other, enjoy a sport and get to know new women. Just so you realize the importance of what you do through the EWGA, consider that research shows that spending time with girlfriends makes women healthier, happier, less-stressed, feel prettier and even live longer. But you already knew that, right?

So EWGA has more health benefits than just physically! (Visit Girlfriendology.com for information on these facts.) Plus, as a community of women with a common interest, EWGA welcomes new women into your group and encourage each other, not only in golf, but also in other areas of your life. That's networking, girlfriend-style. It's a great example of what Girlfriendology is all about.

The celebration of National Women's Friendship Day continues on Sunday, Sept. 21 as we get together for a "Women who Wine" event at Tino Vino, a boutique winery in East Hyde Park (3665 Erie). We'll bottle our own custom 'girlfriend wine' which women will take home with them, and sample wines and snacks during the event. A professional photographer will be on hand for a photo op with your girlfriends, and there will be other fabulous opportunities to hang out and enjoy a wonderful Sunday afternoon together - on National Women's Friendship Day.

Stop by Girlfriendology.com for more info on the Women Who Wine event. Reservations are required. (Call 513-919-8939 for any questions.) And keep celebrating your friendships and the wonderful women you meet in EWGA!

Skins Game, September 21, 2008 at California Golf Course, California, OH

by Tina Smith

It was the perfect fall day for golf and 40 women teed it up for the Fall Skins Game. The day started with a putting contest, money collected to be donated to Go Red for Women. We collected \$710 for this organization.

The Skins Event was 18 Holes with a twist this year. If your twosome won Hole 8, you had to take an additional stroke on Hole 9. It was an interesting game of strategy, especially if your group had tied the previous hole or holes.



At the end of the event, we gathered for dinner, prizes for the putting contest winners and door prizes.

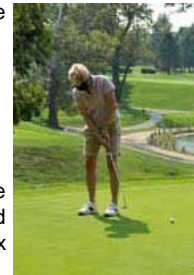
In the putting contest, seven women tied with 6 putts. Therefore we had a drawing to see who would win the prizes for the Putting Contest. The following were winners:



Linda Gunther - Hybrid Club
Marilyn Gambill - Hybrid Club
Karen Womack - \$20 certificate to Meijer's

Mary Schwegman won the Fabulous Door Prize which was a Swedish Massage, Hair Cut and Discounts on Pedicure and Manicure from Sableux Salon in Northern Kentucky.

Everyone who played in this event won a door prize. It was a fantastic event!!



The Power of the Mind

I'm sure several of you may have heard this story at one point, but with our golf leagues wrapping up, I thought it would be good "food for thought" for the off-season.

Major James Nesbeth spent seven years as a prisoner of war in North Vietnam. During those seven years, he was imprisoned in a cage that was approximately four and one-half feet high and five long. During almost the entire time he was imprisoned he saw no one, talked to no one and experienced no physical activity. In order to keep his sanity and his mind active, he used the art of visualization.

Every day in his mind, he would play a game of golf. A full 18-hole game at his favorite green. In his mind, he would create the trees, the smell of the freshly trimmed grass, the wind, the songs of the birds. He created different weather conditions - windy spring days, overcast winter days and sunny summer mornings. He felt the grip of the club in his hands as he played his shots in his mind. The set-up, the down-swing and the follow-through on each shot. Watched the ball arc down the fairway and land at the exact spot he had selected. All in his mind.

He did this seven days a week. Four hours a day. Eighteen holes. Seven years. When Major Nesbeth was finally released, he found that he had cut 20 strokes off his golfing average without having touched a golf club in seven years.

Obviously this was several years ago and it's possible the details are not so reliable ... but I believe we can learn a lot from watching and visualizing. We can achieve just about anything if we put our minds to it.

Cheryl Said ...

by Bobbi Larken

While "Playing with the Pro" back in July, I met a new member (Chrissy Kaupie), who recommended a good book ... written by Cheryl Ladd (yes, one of Charlie's Angels) titled "Token Chick: A Woman's Guide to Golfing with the Boys." The stories were very entertaining and there

were quite a few tips scattered throughout. I will take this opportunity to share some of my favorite tips with you now.

- Cheryl said, "If I could do one thing over, I would take lessons before ever setting foot on a golf course." This is good advice because you certainly don't want to develop bad habits early on. For the record, these lessons should be from a golf professional ... not a neighbor, spouse or friend.
- Cheryl said, "The biggest obstacle in golf is ... your mind." You need to keep the positive thoughts at the forefront. Even on a bad hole, look for the positives. (By the way, these words extend far beyond the golf course.)
- If your chip shots are not generating the desired results, odds are there was poor tempo. Cheryl's husband Brian said, "What you want to achieve is a steady tempo with your chip. If you have a two-syllable name, use that, if not use the words, 'one, two.'" Tempo is an aspect of every golf swing, not just the chip. So think about it as well off the tee and on the putting green.
- Cheryl said, "When you're PMSing you can expect a loss of power." Consider using less of a swing and bumping up a club. This advice cracked me up and I plan on trying it out in a couple weeks.
- When Cheryl hit a hole in one, she recalls "Closing my eyes before I hit and visualizing my shot helped me to stay relaxed through my swing and gave me a goal, hitting the green." This visualizing does not come easy to everyone. But try it out ... it works for so many people ... it might just work for you.
- Cheryl said, "Getting freaked out about a hazard, water, bunkers, or sandhill cranes is more common than getting a cold in the winter." After hitting that bird (you have to read the book to get the whole story), Cheryl realized that she needed to change her mind-set about hazards. The advice she took from a psychiatrist (while playing golf one day) was "When you're faced with hitting your shot over any hazard, don't think to yourself, I don't want to hit it in the water. Instead, think to yourself, I want to hit it over the water."

Besides tips and general advice, I found definition to a few terms that I've never really understood ... until now. I never really knew what people meant when they said such-n-such is a "links" style course. Cheryl tells me that "Links courses are usually built next to a body of water, they have long, tall, wispy grass hazards called fescue, very few if any trees, and rolling green and brown hard surfaced fairways that seem to go on for miles in every direction." Now that description I can relate to. Those are the courses where you have to pack extra balls.

This book is a quick, easy read and enjoyable. Check your local library for a copy or local bookstore. If there's another book you would like to share with the membership, forward the information to Bobbi Larken, Communications Chair @ rlarken@gaic.com. If you would like to submit a review of a book for the next newsletter, forward that as well.

