

# Tee It Up

CNY EWGA NEWSLETTER

Editor: Judy Marshall, Communications Chair

Fall 2008

## NOW IS THE TIME TO JOIN THE EWGA!

Join before December 31 and save \$25! You pay only \$100.

**Members**—Tell your friends, co-workers, relatives about the EWGA. For each person you refer, you receive a chance to win! And the new member saves \$25!

**Former Members**—We miss you! Rejoin at this special rate and save!

Go to <http://ewga.com> for details or contact our Membership Chair (see pg 2).

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## A Message from President Janis Luce

WOW....that's the start of my first message as the 2009 incoming President of the CNY EWGA to the membership.

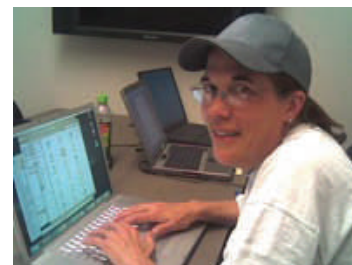
As I look back at my own start in the CNY EWGA, I remember attending a Harvest Our Talent event at the Turning Stone a few years ago. This was an eye-opening day for me. I met a lot of women golfers who love golf as much as I do and were also as excited as I was about joining a community of like minded women. I signed up to help the Communications Committee with the newsletter. This progressed into my eventual jump to serving as the Chair of the Communications Committee.

My personal story is the same way. I hope to involve the current membership and potential members in this great organization. By agreeing to be in-

involved, sharing knowledge and ideas, we can all work together to make the CNY EWGA the best it can be. By keeping an open mind and viewing every idea in a positive light, the Board and membership can encourage excitement and take us all on a great journey together. Together we are a strong force.

I ask each of you to take a moment to pause and think back about your journey within the Chapter. Whether you are a founding member of the Chapter or new this year, think about what attracted you to join in what has become your personal journey and how to share your experience to bring others along on that journey.

I challenge the current membership to each find one new member. Tell your friend, your business associate, your client about



your journey. One new member apiece will double our membership, open more doors and ultimately, bring you more business contacts, more networking opportunities, more friends and more fun!

By working together, we build on our foundation of a wonderful journey, making this Chapter the best it can be. The local golf season may be winding down now, but the new journey into our future for each and every one of us starts now.

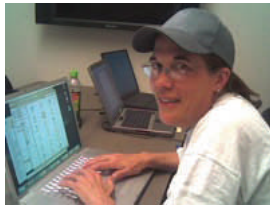
Thank you for entrusting me with the future of the CNY EWGA.

Janis Luce  
Chapter President

## Meet Our 2008-2009 Board of Directors

### OFFICERS

*President*  
Janis Luce  
president@cnyewga.com

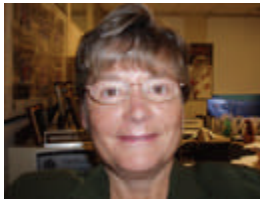


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secretary@cnyewga.com



*Treasurer*  
Ann Marziale  
treasurer@cnyewga.com



Read their bio's online a  
<http://cnyewga.com/contactus.htm>.

### COMMITTEE CHAIRS

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Colleen (Coey) Keane  
golfeducation@cnyewga.com

*Membership Chair*  
Mindy McElroy  
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*League Chair*  
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*Golf Events Chair*  
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*Sponsorship Chair*  
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*Social Events Chair*  
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*Leadership Chair*  
Caroline Brown  
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*Communications Chair*  
Judy Marshall  
communications@cnyewga.com

*Immediate Past President*  
Miesje Havens



## Grammatically Correct

The English language can be confusing; and words are often mis-used. Two such words are *It's* and *Its*.

**The Key to Remembering** — The apostrophe is only used when it is (*it's*) a contraction. It's easy, and there are no exceptions — Try replacing *It's* or *Its* with "It is" or "It has." If you can, then use *It's*. If you cannot, then use *Its*.

**It's** — *It's* is a contraction of "it is" or "it has."

**Its** — *Its* is the possessive form of "it" meaning "of it" or "belonging to it."

Consider these examples: "It's time to tee-off." "It's been raining." "The ball hit its target." "The cat hurt its paw."

Refer to "The Blue Book of Grammar and Punctuation" by Jane Straus, Rule 10 online at <http://www.grammarbook.com/punctuation/apostro.asp> or Google "its vs it's."

The EWGA Championship is considered to be the largest U.S. women's amateur golf competition. Members of all skill levels with an official USGA handicap index are encouraged to participate.

Three stages of play will put your game to the test while creating an opportunity for personal growth in a competitive yet fun environment.

- ◆ Stage 1: An 18-hole Chapter level qualifying event
- ◆ Stage 2: The Semi-Finals: an 18-hole regional event
- ◆ Stage 3: The Finals: a two-day, 36-hole event

## Competition Formats

Two competitive formats are offered. You select the format best suited to your game, personality and skill level.

- ◆ Stroke Play — Players are grouped in five flights based on their handicap index. Low gross and low net winners in each flight advance to the next level.
- ◆ Inter-Chapter Team Scramble — This 4-woman team format promotes teamwork and teambuilding.

## CNY Chapter — Level 1

In 2008 approximately 2,500 members from over 120 Chapters participated in Chapter level events. The 2008 CNY EWGA Chapter Championship was held July 13 at The Pompey Club, Pompey, NY.

Thirteen women competed in four of the five flights as severe thunderstorms threatened, suspending play early. Play re-

sumed but was called upon completion of the required 9 holes.

Eight CNY Chapter members advanced to the Northeastern Regional event:

- ◆ *First Flight:* Janis Luce and Mindy McElroy
- ◆ *Second Flight:* Susan Nostrame and Caroline Brown
- ◆ *Third Flight:* Colleen Roche and Dulce Fernandez
- ◆ *Fourth Flight:* Laurie Kadah and Stephanie Parks

## Northeastern Region—Level 2

*The EWGA Championship is considered to be the largest U. S. women's amateur golf competition.*

The Northeastern Region competition was held August 16 at The Legends Golf Club in York, Maine.

CNY Chapter winners in their flight included:

- ◆ *First Flight:* Janis Luce and Mindy McElroy
- ◆ *Third Flight:* Colleen Roche
- ◆ *Fourth Flight:* Laurie Kadah

Janis Luce and Colleen Roche each advanced to the National Championship.

## The Championship Finals—Level 3

The 2008 Championship Finals were held September 26-27 at The Reserve Vineyards and Golf Club in Aloha, Oregon.

The Reserve, a par 72 links-style layout with a 132 slope, was a perfect setting for the 86 women competing in the Championship.

Janis Luce represented the CNY EWGA Chapter at this very competitive event. Colleen Roche regrettably had to decline to advance due to a schedule conflict.

Janis said of her experience, "....beautiful scenery, seeing the Pacific ocean for the first time in my life, meeting new friends, seeing old friends, great food, oh and the competition! This quaint little setting...was unbelievable. From the hospitality of the staff to the condition of both courses, the Reserve Vineyard obviously worked hard to entertain all of the competitors. This was clearly one of my favorite outings and one I definitely won't forget."

## The 2009 Championship

Whether you choose stroke play or to form a Scramble Team, make plans now to compete for the opportunity to advance to the 2009 Championship Finals:

September 25-26, 2009  
The PGA Golf Club  
Port St. Lucie, Florida

## Thanks!

Thank you to Chapter Championship Chairperson, Miesje Havens and her committee; the staff at The Pompey Club; Club Pro, Tom Gorman; and everyone who helped to make this year's event a success.



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Syracuse, NY 13290

Chapter Hotline:  
1-888-347-4468

WEBSITE:  
cnyewga.com

## CNY EWGA Supports The First Tee

Our Chapter, in support of our local community and the promotion of women's golf, is sponsoring three girls/pre-teens in The First Tee program. The First Tee strives "to impact the lives of young people by providing learning facilities and educational programs that promote character development and life-enhancing values through the game of golf."

A contribution of \$300 to The First Tee of Syracuse will pay the registration fee for three local girls into

the program. In addition, \$200 has been earmarked for the purchase of team golf shirts for the inner-city (Nottingham, Corcoran, Fowler and Henniger) girls' high school golf team in the spring of 2009.

We plan to continue support of the program and plan an equipment drive in 2009. Save your "experienced" equipment and consider donating to this worthwhile cause!

For more information about The First Tee, visit [www.thefirsttee.org](http://www.thefirsttee.org).

## Fitness for Golf

For many of us the clubs are put away and golf is but a fading memory waiting to be revived. Oh, we might tell ourselves "I'll stay in shape by jumping on the treadmill or walking at the mall" (and that's not a bad thing); but wait, we can do better!

Golf is not a repetitive activity. It involves stops and starts, fast movements then slow, twists and turns. Golf fitness requires aerobic endurance, strength training, and muscle building.

Whether walking at the mall or

on your treadmill, consider these few changes that will help you burn calories and build those golf muscles:

*Walk Backward—Walk Forward:* Changing the direction you are facing targets the areas needed for balance—your glutes and hamstrings.

*Side Shuffles:* Face to the side, shuffle from left to right in golf stance position for several minutes—targets your hip and thigh muscles for swing stability.

*Interval Training:* Alternate between running and walking (fast

to slow to fast to slow...) to build endurance. This simulates the starts and stops in golf movements.



Be ready for golf season!

*Excerpted from Golf Digest, Dec 2008*

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