

Tee It Up

CNY EWGA NEWSLETTER

Editor: Janis Luce, Communications Chair



Volume 1, Issue 2

Winter 2007

Many Events Planned For This Summer

Dimples:

- Membership is open to all women. Please ask your friends, co-workers, etc. to join the EWGA. More info is available at www.cnyewga.com
- Suggestions for articles or golf tips and tidbits can be submitted to the Editor by emailing: communications@cnyewga.com

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The Events committee has been working diligently on this season's upcoming events. The following events are planned thus far:

- ◆ Sunday, May 20, Foxfire Golf Course, Baldwinsville
- ◆ Saturday, June 16, Wayne Hills Golf Course, Lyons
- ◆ Saturday, July 14, Chapter Championship at Foxfire
- ◆ Saturday, July 21, Woodcrest Golf Course, Manlius

- ◆ Sunday, August 19, Highland Park Golf Course, Auburn
- ◆ September 15-16, Weekend Golf in Lake Placid, NY

You will notice that all of the events, other than the Chapter Championship, are scheduled for the third weekend of each month. This should make it easier for all members to remember when the CNY EWGA events are scheduled.

This year's Chapter Championship is being chaired by Linda Demetrick. More information will be available in

the forth-coming newsletter and your email blasts.

The Social Committee will also be scheduling various events all year round.

All members can also check the website at www.cnyewga.com for more up-to-date information.

DID YOU KNOW?

From Headquarters: No matter what day of the month a member joins, the annual membership renewal date will be the end of the same month one year later; (join January 1, 2006, membership expiration date January 31, 2007.)

Annual Kickoff Event Scheduled

This year's Annual Kickoff event is scheduled for Saturday, March 24, 2007 at Justin's Grill in East Syracuse. This event is the largest membership drive. We are planning a Golf Expo for Women.

Any member who owns a business and is interested in being a vendor should email Janis Luce at: communications@cnyewga.com

Any member or business interested in being

a sponsor at that event can also contact Janis at the above address.

Registration information will be included in an upcoming email blast and will also be available on the website.

Flexibility is Vital to the Game of Golf

By Michael S. Knapp, B.S. Adult Physical Fitness

It's easy to lose flexibility, strength, endurance, and power during the long Central New York winter. So what's the best way to maintain or even improve your golf game during this time? It's easy, and you don't have to travel to Florida to do it!

The golfing athlete must remember the following formula: Flexibility – Stability – Strength – Power.

By following this sequential formula, you can bring about long-term resolution of neuromechanical dysfunction, as well as, the development of long-term performance gains. For example, you could (1) add 25 yards to your drive or (2) maintain your stamina so that you can sink that 12-foot putt on the 18th green.

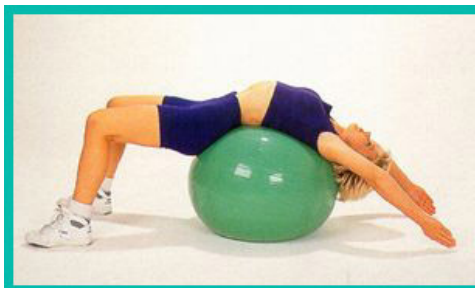
Today we'll start with Flexibility, the first step of the formula. By improving your flexibility, you can significantly lower the likelihood of injury to the key muscle groups used in the golf swing. Proper stretching will prepare your body for the stress of the game and improve your range of motion. Here's what you will need:

Balance/Exercise Ball: If you don't already own an exercise ball, here are some tips on determining what size you will need to purchase. The easiest way is to match the ball to your height – the taller you are, the bigger the exercise ball. Here are some loose guidelines:

Ball Size	Your Height
55 cm (21")	4' 11" to 5' 3"
65 cm (25")	5' 4" to 5' 10"
75 cm (29")	5' 11" and up

When in doubt, choose the larger size ball. You always have the option of inflating the ball less. Now let's get started!

Exercise #1 – Back Stretch



Focus: Back, neck, abdominals, & chest.

Exercise #2 – Side Stretch



Focus: Back, hip, shoulder, & neck

Duration: Hold for 20 seconds or 2 x 10 to 12 seconds

Please note: Always consult your physician or other qualified health care provider before embarking on a new fitness program.

Michael S. Knapp is a Personal Trainer who specializes in functional, preventative, and post-rehab fitness programs. Suggestions for future columns may be directed to Michael at mknapp15@twcny.rr.com or by calling 315-247-3727.

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A Year of Celebration (2006 in Review)

By **Kristie M. Carter**,
Chapter Vice President

Last year started out with a strong Board of Directors and a great set of Committee Volunteers! Our Chapter set forth its various goals in the 2006 Business Plan, including:

- * Growing the Chapter.
- * Creating a welcoming environment for new members.
- * Satisfying existing members with quality educational, golfing, social and networking

events.

I am very pleased to announce that our Chapter met or exceeded all of these goals! In fact, our Chapter received a Membership Award at the 2006 Annual EWGA Conference in Florida.

Our Chapter ended 2006 with a membership of 109 members, an increase of 28 members from 2005. In addition, all of our events were well attended. Nearly 50% of our membership attended an educational clinic or class. And, 81

members participated in one of the four sponsored leagues (a total of 80% membership participation). Wow!

CORRECTION

In the last edition of the Newsletter, the final league standings for the Drumlins league were incorrect. The second place finishers were Cindy Granger and Kathleen Wojslaw. Please accept the Editor's apology!

"Our Chapter ended 2006 with a membership of 109 members, an increase of 28 members from 2005."

Education– Golf Clinics and Schools

Bootcamp Golf Clinics are scheduled: April 2, 3 & 4 from 9-10:30 a.m. or 6-7:30 p.m. **or** April 9, 10 & 11., from 9-10:30 a.m. or 6:00-7:30 p.m.

A **Full Swing Clinic** will be offered on March 12, 19 and 26 from 7-8:00p.m.

All of these clinics will be held at the **Golfer's Dome** in Clay, NY.

The one day **Short Game Schools** will be held on June 23 and July 29, both from 9-1:30p.m. The **full swing school** will be held on July 28 from 9-1:30p.m. All 'schools' will be held

at Drumlins Golf Course.

All clinics and schools will be taught by Linda Mulherin.

Please print registration forms from the website at: www.cnyewga.com/Education.asp

Member/Business Spotlight

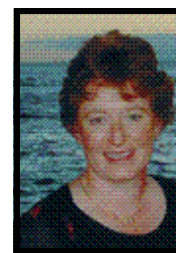
Since leaving her native England, Caroline Brown has resided in Central NY for the past 14 years with her husband Joe and dog Charlie. Caroline learned to play golf as a student in England and has carried that love of the game with her to Central NY.

Caroline joined the EWGA in 2003 and served as Chapter Membership Chair (2003 to

2005). In 2006 she Co-Chaired the League Committee for the 2006 Golf Season and will continue to Co-Chair this Committee through the 2007 Season.

When not working on EWGA related projects, she can be found working closely with IT Managers and their staff to identify and provide solutions for common and complex network problems.

As Founder and President of Caris Network Solutions, a manufacturer's representative for premium Network Data and Telecommunications Management; she and her colleagues enjoy the challenge of providing complete network visibility in the ever changing technology world.



Caroline Brown



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Syracuse, NY 13290

Chapter Hotline:
1-888-347-4468

WEBSITE:
WWW.CNYEWGA.COM

Another good tip: On the first tee, each player should tell others in the group what brand (and number) of ball they are playing. It avoids confusion later and possibly penalty strokes, from hitting the wrong ball.

GOLF TIPS AND TIDBITS

Rules, Rules, Rules!

Golf is a game of integrity. There are no referees, as in other sports. You are expected to know and play by the rules.

Here is the situation:

A player hits her tee shot and it looks like it may have crossed the white-staked area, along the side of the fairway. What does the player do?

- A) Proceed to the area the ball went toward and play another ball from where the first ball was last seen.

- B) Announce that she is playing a provisional ball, thus hitting a second ball from the original tee box.

Answer: B

When a player is not sure if their ball came to rest in or out of bounds (**as defined by white stakes**) it helps the speed of play if the player announces that they are hitting a 'provisional ball.' This results in not having to backtrack to the tee box to hit another ball. One important thing to note when using a provisional ball is to use a different

brand or number of ball than you originally hit. Also, if you get to the first ball and it is indeed out of bounds, you **announce** that you are playing your 'provisional ball.' You must continue to use this ball until you finish the hole.

Now let's count the strokes. The first ball hit from the tee is one. The out of bounds ball (penalty stroke) is two. The third shot (the provisional ball) is three. So, get out the beads, you are hitting your fourth shot from where the provisional ball lies.

Until next time.....



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