



AWGA NewsLinks

A PUBLICATION OF THE ARIZONA WOMEN'S GOLF ASSOCIATION

2004 ISSUE 3



Linda Dalsin

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THE SPOTLIGHT'S ON... LINDA DAL SIN

By: Mary Ann Souter

Ever wonder how everything seems to be so well organized at every AWGA tournament? Ever notice how the course is always marked properly, the boundary stakes are in place, there are plenty of spotters to be your eyes? The answer lies in the constant attention and energy of one person – Linda Dalsin. Her love of golf coupled with her desire to make each tournament enjoyable for every player has kept our tournaments running smoothly and efficiently.

Linda is behind the scenes in many areas of the AWGA. As an active member of the Board for four years, she holds the position of Director of Rules. That, in itself, is a major undertaking – always preparing for tournaments as well as being present to make those ever-dreaded calls. If that's not enough, she is the leader of our very popular Rules Seminars. Affectionately known as the "Rules Lady", she presents seminars to teach and support club representatives and members about the regulations that encompass the game of golf. She has led seminars all over the state and is the organization's guru when it comes to following the proper guidelines.

Originally from Cleveland, Ohio, Linda moved to Flagstaff about 12 years ago from Minnesota – good call, Linda! She and her husband owned a jewelry business there before retiring and coming to Arizona. Not only is Linda a recognized authority on the Rules of Golf, but she also has an artistic talent for designing jewelry and has created many original and unique pieces for family, friends and customers. This is probably the one hobby Linda enjoys most – except, of course, spending time with her two year old grandson. Lucky for her, her daughter and grandson also live in Flagstaff.

Linda has been playing golf for over 26 years and has been an active volunteer since she first began the game. She is tireless in her volunteer efforts, and with a smile in her voice says, "I just love rules and I love setting up courses." She visits the tournament site long before the tournament date and observes the course set-up.

"I like to run interference before problems can arise," says Linda. Although she is the one who is called when a delicate decision must be made, Linda considers herself to be "player-friendly" and is just as quick to say, "Great shot!" as she is to give an honest but unwanted call. As the Chairman of the State Rules Committee, Linda says, "I'm the one who takes the pressure off the players. They call me to solve the rules problems."

Being an active member of the AWGA has enriched Linda's experience in the golf arena, and she is quick to point out the talent and skill of her fellow Board members. "I really enjoy working with these women. They are dynamic and specialized experts, and they have become not only teachers for me but also friends. They are an amazing group." She recognizes the hard work of all the Board members and in turn, they value the expertise she brings to the group. To Linda, golf is an every day business, and her main objective is to be sure the women playing are having fun and learning at the same time.

At the AWGA, Linda's name has become synonymous with the spirit of volunteerism. Now you know just who it is who works so diligently on every detail to make each tournament course enjoyable for all who participate. This is our "pat-on-the-back" for Linda Dalsin, the Rules Lady, whose conscientious, meticulous, and selfless qualities have made the AWGA a better association for all players. Linda rules!

THINK GOOD THOUGHTS!

"Each one of us has a fire in our heart for something. It's our goal in life to find it and to keep it lit."

Mary Lou Retton,
American Olympic Gymnast

(Editor's note: Linda Dalsin found her fire in the Rules of Golf. Where's yours?)

COURSE OF THE MONTH

Las Colinas Golf Club on Rittenhouse Rd. in Queen Creek is one of the most player-friendly courses in the area. Only three years old, the course is home to a cadre of both young and senior players. It is beautifully landscaped with rolling hills dominating the fairways, most of which are straight shots to the green. A couple of holes offer challenging layouts. Groupings of both mature and small trees dot the course and add a special touch of Mother Nature's handiwork. There's a spectacular view of the Santan Mountains from the 2nd hole, while the Superstition Mountains present the backdrop for the 17th green. Since it has no desert landscape, if you didn't know better, you might think you were somewhere in the Midwest. It's situated in a wide-open area with little interference for play and new homes being built along several holes.

Hub Goyen, the Club's Pro, says, "Women think this course is great. The greens are fast and undulating. Few sand bunkers present problems,

and although there are two lakes, they don't come into play much." There is an active Ladies Club at Las Colinas with over 100 women playing in their tournaments. Hub, who has been a golf professional since 1963, holds clinics throughout the year and boasts of his course being one of the best practice facilities in the state. A unique characteristic of the driving range is that it is designed to be used in both directions. This is especially helpful when dealing with the bright Arizona sun. At each end of the driving range are practice putting greens and chipping areas.

Las Colinas is worth the drive, not only because of the great scenery but because the course is designed for ease of play. The staff is friendly and ready to assist. There is an adjoining restaurant and two bulletin boards filled with upcoming activities. This medium-priced course offers discounts through the PGA Southwest Pass, and like most courses, prices fluctuate with the season.

ANOTHER NEW COMMITTEE?

Are you outgoing and fun? When other women see you playing golf, do you think it makes them want to play too? If so, the AWGA and women's golf in Arizona needs your fun-loving self to help us get off the ground with our new Membership Committee, which was just approved at the regular Board meeting on March 17, 2004.

Committee members will be asked to assist the association by developing programs and materials to offer to AWGA member clubs. This will help to increase their membership and participation and will inform non-member clubs and courses about AWGA programs.

If you are enthusiastic about the role golf has played in your life and would like to share that enthusiasm with other women, think about volunteering for the AWGA Membership Committee. For more information, email us at comm@awga.org.



AWGA NEWSLINKS

*is an official publication of the
Arizona Women's Golf Association*

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The following courses are either new or have been re-rated since the 2004 AWGA Club Directory was printed. Please make a note of this updated information. These ratings have been entered into the Arizona Handicap Network for score posting purposes.

Anthem Golf Club – Ironwood Course

(Combination Tees Added)

	18 – Hole	Front – 9	Back – 9
5605 Combo	72.9/131	36.4/126	36.5/135
5804 Combo	74.0/136	37.1/133	36.9/139

Encanto Golf Course

	18 – Hole	Front – 9	Back – 9
Red	72.0/119	35.7/118	36.3/121
White	74.2/120	36.9/119	37.3/120

Troon Golf and Country Club

	18 – Hole	Front – 9	Back – 9
Red	71.0/130	35.4/130	35.6/131
Red/White Mix	74.4/139	37.1/13	37.3/141
White	75.1/143	37.3/140	37.8/146



Change Your Mind About Golf

by Dr. Paula King, Sports Psychologist

Last month I talked about how your thoughts create your feelings and how those feelings are the catalyst for behaving in a certain manner. I asked at the end of the article how many of you were saying something like: “But, that’s just the way I think – I can’t stop it – it’s just the way I am.”

Well, I’m here to challenge that notion. You change your mind all of the time – it’s a very common process – you do it many times a day, just like I do. Let me give you some examples:

When I awoke this morning I said: “Self, let’s go for a walk first thing this morning.” Then I looked out the window and realized there was a steady rain falling. I thought over my decision about the walk – and I changed my mind. I decided I had a slight sore throat and that getting wet in the chilly morning air probably wasn’t a good idea for me. I decided to take a walk later in the day when the air was warmer. I then went to the kitchen to fix breakfast and had yet another experience of changing my mind. My habit has been to have toast, fruit, and cereal for breakfast, however as I started to prepare my usual fare my husband walked in and reminded me we had agreed to begin the popular high protein-low carb way of eating – I suddenly found myself frying bacon.

You consciously change your mind many, many times every day. The question is: “How do you change your mind?” Whether you are changing your mind about what to eat, where to go, what to say to a cranky boss, or how to respond when you’ve just dumped your golf ball into the water – the process of changing your mind is the same.

Changing your mind is a four step process: The first step is noticing what thought or idea is in your mind when you are confronted with any given situation or event. This may sound silly, but the fact is that most of your thoughts happen by habit and you are not fully aware or conscious of them. So start by simply noticing the thoughts you are having in response to a given situation. It can be especially enlightening to have your little observer self sit on your shoulder and watch the thoughts that pop out when you’re experiencing a situation that is challenging or difficult.

The next step is to ask yourself: “What am I hoping to accomplish in this situation?” “What’s my goal or objective?”

Then ask the little observer self if the thoughts you are having are helping you accomplish your goal. Are the thoughts working for you?

Again, let’s look at a specific golf example: I’ve just hit my ball into the water on a par three. Maybe my first thought is: “That was a stupid shot.”

Or, maybe: “How did that happen?” Or, it might be: “Oh no, not again, I always hit it into the water on this hole.”

What do you guess will happen if you tee it up again and hit your second shot with any of these thoughts directing your feelings and behaviors? Do you think you will increase or decrease the chance of reaching your goal of getting the ball on the putting surface? My experiences with all level of players say that you will dramatically decrease the chance of getting the ball on the green if you start your shot with these type thoughts in mind.

The final step of the process is choosing thoughts like:

- “I remember the last time I hit it on the green – I can clearly imagine that shot.”
- “I’ve been practicing this distance and know how to make this shot.”
- “I need one more club for this distance.”
- “I’m going to hold my target in mind this time.”
- “I’m going to be sure I go through my complete pre-shot process before I make my second shot.”
- “I’m going to step away from the tee, take a deep breath and remember a time when I felt totally confident and relaxed, then step up to the ball holding those qualities and feelings in my mind.”

Choose new, helpful, truthful, thoughts to hold in place of your old habitual ones and you’ve just changed your mind about golf and increased the chance you will reach your personal goals.

Happy Golfing!

Comments or questions? Reach Dr. King at paula@drheadcoach.com or her website, www.drheadcoach.com

ASK THE PRO

By: Kerry Graham,
LPGA Professional
Director of Golf,
SportExcel
(602) 840-5880
e-mail:
kerry@grahamaz.com

How can I hit my Driver farther?

There are three elements that you should consider:

- 1) Better conditioning – stretching and strengthening of the most important golf muscles will give you more distance. You need a balanced strengthening of the core muscles of the torso combined with stretching of the legs, hips and shoulders. Often golfers take time to condition and work out, but without proper knowledge they may not be working to develop the proper muscles used in the golf swing. Be smart and get good advice – building up some muscle groups can actually inhibit your golf performance.
- 2) Getting a club better fit for you – proper clubfitting with an experienced golf equipment expert can make a tremendous difference, especially in women’s golf. Most golf equipment made for women has not been properly designed for the swing speeds and unique needs of women golfers.
- 3) Your swing technique may need improvement – check with us or your closest LPGA or PGA Professional.

ELECTIONS FOR 2005 BOARD OF DIRECTORS

By Mary Long

If you have been paying attention to what's been happening at the Arizona Women's Golf Association over the last several years, you may have noticed we have added many new committees, expanded existing committees and are "shifting the load" if you will. We are changing from an organization in which a small group of dedicated and hardworking women volunteered to carry the weight of working for the good of women's golf in Arizona, to a much larger, more inclusive and open organization with a solid professional paid staff supporting plenty of volunteer opportunities for any woman who wants to give something back to this wonderful game. This change is not only creating more opportunities for members to share their talents and expertise, but it is also making this truly an opportunity rather than a burden. Serving as a member of our Board of Directors is (as our current President, Katherine Olson, so aptly put it), "surprisingly enriching." Women golfers continue to be the fastest growing segment of participants in golf. It is important for us that the golfing community welcome us onto the golf courses and into leadership positions at our clubs and golf facilities. Now more than ever is it important to show ourselves, as women golfers, to our membership and the world as progressive, intelligent, interested and capable individuals. Now is your opportunity.

The AWGA conducts an election each year for selecting three new board members. In March, nominations opened for the 2005 elections. All three seats up for election are at-large positions, meaning that those nominated and elected may be from clubs in any region of the state. Nomination forms were mailed to each member club's state representative to be posted on the bulletin board at their clubs. If you are interested in running for election to the Board, please submit your application for nomination by June 20, 2004 to the AWGA office. You may also obtain an application from our website at www.awga.org. Click on "About AWGA", "Board of Directors", then "AWGA Board Application".

Feel free to call me to discuss your interest in this or any other volunteer opportunity with the AWGA

CONGRATULATIONS

To The Following Ladies On Their
HOLES IN ONE!!

DATE	NAME	CLUB AFFILIATION
11/06/03	Elsie Suess	Briarwood C.C. WGA
11/16/03	Carolyn Johnson	Terravita Golf and C.C.
01/13/04	Sandy Traub	Tonto Verde WGA
01/19/04	Pat Ajer	Mountainbrook Ladies
01/19/04	Sharon Schmitz	PebbleCreek Ladies Niners
02/01/04	Elaine Bailey	Briarwood C.C. WGA
02/04/04	Gerry Lou Haselwood	Sun City Riverview WGA
02/10/04	Patricia Henry	Sun City Vistoso GC WGA
02/12/04	Vickie Longnecker	Johnson Ranch WGA
02/16/04	Bobbi Mason	Chaparral C.C. WGA
02/21/04	Martha Towle	Rolling Hills Women
02/26/04	Janice Hudson	Sun City Vistoso
03/03/04	Yun Lee	Apache Wells C.C. WGA
03/17/04	Elsie Wilner	Wigwam Ladies
03/12/04	Donna Parker	Yuma Golf and C. C.
03/12/04	Virginia Holt	Yuma Golf and C.C.
03/18/04	Nancy Switzer	La Paloma C.C.
03/18/04	Peggy Kirschner	Wigwam Ladies
03/19/04	Barbara McMullen	Ironwood Golf Club WGA
03/19/04	Marie Montagne	Ironwood Golf Club WGA
03/22/04	Sandy Butwin	Legend Trails Women
03/22/04	Cathy Ranney	Ironwood Golf Club WGA
03/23/04	Jerry Mc Cann	Westbrook Village Golf Club
03/24/04	Fran Neumayr	Ironwood Golf Club WGA
03/24/04	Darlene Fanning	Sahuaro Golf Club WGA
03/24/04	Helen Rude	Apache Wells C.C. WGA
03/25/04	Cheryl Levkoff	Boulders Ladies Golf Club
03/26/04	Marilyn Morgan	Oakwood C.C. WGA

Please report all holes-in-one as they occur. Holes-in-one occurring prior to the previous newsletter publication date may be excluded from publication.

Join Us In Support Of The AIBH on October 11, 2004

Just a reminder that the AWGA is sponsoring a fundraiser golf tournament for the Arizona Institute for Breast Health this fall. The AIBH is a charitable organization whose purpose is to give women who have been diagnosed with breast cancer a place to get their questions answered. Their volunteer panel of doctors uses a multidisciplinary approach to review each case and provide a second opinion to assist women in making informed decisions regarding their treatment. The AIBH wants all women to have the best possible information about their disease as well as the best options for treatment.

Please mark your calendars for October 11, 2004 and plan to join us in support of breast cancer patients. The entry fee is higher than usual, but remember that the proceeds from this event go to help a cause that affects over 3,500 Arizona women each year. For more information on the AIBH, visit them online at www.aibh.org or call them at (480) 860-4200. Open your hearts to this event, gather up a foursome, and join us in helping this most worthy cause. Check your club's bulletin board for an entry form, or contact us at awga@awga.org.

RULES TIP

Rule 3-3

Doubt as to Procedure

One of the changes to the Rules of Golf that became effective January 1, 2004 affects Rule 3-3. Previously, when a player elected to play a second ball under this rule, and scored the same with both balls, she did not have to report her actions to the Committee. Under the revised Rule, no matter what the circumstances, if a player plays two balls because she does not know the correct procedure, she must report the facts of the situation to the Committee before returning the score card. Failure to do so will result in disqualification even if the score of both balls is the same.

TOURNAMENT RESULTS

2004 Short Course Tournament

March 28, 2004

Palm Valley Golf Club, Lakes Course

2004 Champion - Wallace Hamerton..61

Overall Net Winner - Diane Ehrhardt 56



Wallace Hamerton



Diane Ehrhardt

Flight 1 - Gross

1st Tui Selvaratnam 62
2nd Brooke Todare 65

Flight 2 - Gross

1st Becky Sun 66
2nd Jennifer Sun 67
3rd Helen Grassbaugh 69

Flight 3 - Gross

1st Donna Smid 67
2nd Neva Grandinetti 71

Flight 4 - Gross

1st Teri Marcarello 74
2nd Norma Scuri 76
3rd Rose Reynolds 77

Flight 5 - Gross

1st Joan McDougal 76
2nd Elaine Oursland 80

Flight 6 - Gross

1st Carol Cotter 79
2nd Kathy Ehrlich 82

Flight 1 - Net

1st Mary Fink 61
2nd Chris Giza 62

Flight 2 - Net

1st Pat Park 62
2nd Veronica Matthews 62
3rd Dawnielle Baca 63

Flight 3 - Net

1st Lonni Hocker 57
2nd Rosemary Kurtz 59

Flight 4 - Net

1st Margaret Quarrie 60
2nd Marge Simpson 62
3rd Shirley Cooper 62

Flight 5 - Net

1st Jane Hee 60
2nd Jean Jackie Kranz 63

Flight 6 - Net

1st Jo Taylor 60
2nd Gail Lifgren 63

TOURNAMENT SCHEDULE

— 2004 TOURNAMENTS —

FOUR-BALL STROKE PLAY CHAMPIONSHIP

Emerald Canyon Golf Course
Parker, AZ
April 26-27, 2004

STATE AMATEUR MATCH PLAY CHAMPIONSHIP

Red Mountain Ranch CC
Mesa, AZ
May 18-21, 2004

PARTNERS TOURNAMENT

Canoa Ranch Golf Club
Green Valley, AZ
June 7-8, 2004

DAY IN HADES TOURNAMENT

Moon Valley CC
Phoenix, AZ
August 2, 2004

STATE AMATEUR STROKE PLAY CHAMPIONSHIP

Prescott Golf & CC
Prescott, AZ
August 21-23, 2004

STATE SENIORS CHAMPIONSHIP

Tubac Golf Resort
Tubac, AZ
September 12-14, 2004

SCOTCH PLAY TOURNAMENT

Apache Stronghold Golf Club
San Carlos, AZ
October 25-26, 2004

STATE MEDALLION CLUB TEAM TOURNAMENT

Desert Springs/Granite Falls So
Surprise, AZ
December 6, 2004

W
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To our newest AWGA Member Clubs

Phoenix Palo Verde WGA
The Mirabel Club WGA

To our newest AWGA Associate Clubs

Apache Stronghold Golf Club
The Golf Club Scottsdale
Flagstaff Ranch Golf Club
The Raven at Verrado Golf Club

PARTNERS TOURNAMENT-OFFICIAL ENTRY FORM

June 7-8, 2004

OPENING DATE: April 12, 2004

CLOSING DATE: May 28, 2004

No entries will be accepted with a postmark date prior to the opening date.

PLAYER #1 NAME _____ TELEPHONE _____ AWGA# _____
ADDRESS _____ CITY _____ ST/ZIP _____
CLUB REPRESENTED _____ EMAIL ADDRESS: _____

PLAYER #2 NAME _____ TELEPHONE _____ AWGA# _____
ADDRESS _____ CITY _____ ST/ZIP _____
CLUB REPRESENTED _____ EMAIL ADDRESS: _____

We have read and agree to abide by the Updated 2004 Conditions for AWGA Competitions as published in the current AWGA Directory and at www.awga.org

SIGNATURE PLAYER #1 _____ SIGNATURE PLAYER #2 _____
I am age 14-17 _____ Past board member _____ Years? _____ I am age 14-17 _____ Past board member _____ Years? _____
2002 Or 2003 Overall Gross or Net Winners? _____

Enclosed is my check or money order for **\$125 per player** payable to the AWGA.

Mail entry and fee to: **Arizona Women's Golf Association 141 E. Palm Lane, Suite #210, Phoenix, AZ 85004**

One team entry per envelope. All entries will be acknowledged in writing via email, if provided. Additional information regarding registration and conditions of competition will be provided at that time.

Canoa Ranch Golf Club

Partners Tournament

June 7-8, 2004



5800 S. Camino del Sol
Green Valley, AZ 85614
(520) 393-1966

The site of the AWGA State Partners Tournament June 7-8, 2004 will be Canoa Ranch Golf Club in Green Valley. Although a relatively new course, it is destined to be one of the top courses in Southern Arizona. It's located about 40 miles south of the I-10 and I-19 junction in Tucson. While Canoa Ranch is a young course, it is fully mature, with thick-carpeted, well-maintained Chaparral Rye fairways. The bent greens are fast, but true. The course's 5 sets of tees, ranging from 4435 to 6549 yards, will provide plenty of challenges for every level of player. Many of the fairways are wide, but beware! Several holes require a well placed tee shot to avoid a blind approach into the green. The schematics on the golf carts are invaluable. Be sure to check them. There are also several holes with hazards that are not readily seen from the tee. Course designers have utilized the land well and have left nostalgic bits of the former ranch. Magnificent views of Elephant Head, Green Valley and the Santa Rita Mountains add to the beauty of the course. Be sure to visit the Canoa Ranch web site at www.canoaranchgolfclub.com for lovely photos of the fairways, course layout, current weather information and directions to the course.

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PHOENIX, ARIZONA 85004

