



# AWGA NewsLinks

A PUBLICATION OF THE ARIZONA WOMEN'S GOLF ASSOCIATION

2005 ISSUE 8

## In This Issue

- **Spotlight**
- **Tournament Schedule**
- **Ask The Pro**
- **Girls Junior Americas Cup Donations**
- **State Seniors Championship Results**
- **Blanket Party For Charities**
- **Think Good Thoughts**
- **Holes In One**
- **Results: State Stroke Play Championship**
- **Course Re-ratings**
- **Golf for Women Magazine**
- **Are You In Danger?**
- **Rules Seminar**
- **Golfweek's Golfest is Coming**
- **Stay Fit For Better Game**



## THE SPOTLIGHT'S ON ... BARBARA DUELL

By Mary Ann Souter

It's hard to keep a good woman down! Those words ring clear and true with Barbara Duell, who not only has a debilitating congenital disorder but was also in a severe car accident as a child

forcing her to overcome many health challenges over the years. And although she was able to live a somewhat healthy life for most of her adult years, the effects of the accident started taking their toll after she retired. That's also when she began regularly playing golf. Here is a woman who plays golf several times a week while battling many serious health problems. She continuously rises up to meet her health challenges and wins the short-term battles one by one.

Barbara bought her first set of golf clubs for \$50 back in the 1960s from a neighbor who owned a golf shop. She tried to make good use of her investment but found that caring for four small children and eventually working full-time didn't lend itself to hours on a golf course. Over the past 40 years, she played golf only about 10 times — certainly not enough to call her an avid golfer — barely an occasional golfer. In 1995, Barbara and her husband, a severe asthmatic, moved to southern Arizona from southern California looking for a "healthier" place to retire. When her husband passed away, leaving Barbara in a new community, she rediscovered her interest in golf, finding that golf was an excellent way to make friends and to renew past acquaintances. She learned that golf not only offered a welcoming environment but also a group of very supportive women.

Barbara recognizes the AWGA as a tremendous help to those new to golf who are trying to maintain the integrity of the game through knowledge and involvement in the larger golf community. She enjoys attending AWGA seminars to stay informed and has participated in our Rules and Handicap seminars and our TMS workshop. She appreciates the comprehensive information on our revised website. "As I wandered from point to point, I could find answers to most of my questions. It's a quick and easy site to navigate." Barbara continues, "The AWGA is a great resource for new golfers, both in getting them connected to a local group and in linking them with up-to-date information, events and professionals in our state."

Barbara eventually remarried and she and her new husband, Fred, live in the Tucson National Golf Course community. Fred, a retired commercial airline pilot, is also an avid golfer. Because of his affiliation with the airlines, they are able to travel often and have played golf while vacationing in Germany and in Mexico. But one of their favorite places is Pinetop. Sometimes the best is closest to home. Barbara plays every week with the Tucson National Lady Niners, a group of 40 enthusiastic and encouraging women. She is presently the Vice President of their club and has also served as Treasurer in the past. She particularly enjoys their Invitationals, where she meets women from other clubs. Having been a transplant, she is aware of the nature of golf and how it brings people together. She explains, "As you play and get to know each other, you can expand your relationship based on other similarities in your life." Barbara has developed very close friends through her involvement in the women's club.

After suffering a stroke in the early 80's, Barbara was diagnosed with Chiari Malformation of the brain, a neurological disorder which disrupts the normal flow of cerebrospinal fluid. Symptoms include constant headaches caused by intense pressure in the back of the head, balance problems, trouble swallowing, loss of vision and inability to tolerate light. And although surgery is a treatment option, its side effects make it an unacceptable choice at her age, since it would not cure the disease and could result in death, total paralysis, or blindness. In addition, Barbara has undergone eight major surgeries during the past five years. Her resourcefulness and willpower have allowed her to adapt her swing to accommodate her congenital disorder as well as her injuries and surgeries.

To combat the increasing limitations brought on by her physical condition, Barbara became determined to initiate a more active lifestyle and play more golf. Barbara has been playing regularly for about six years and finds golf to be an important part of her therapy. "If it weren't for golf, I would probably not be getting out as often and would not be doing as well as I am. Golf is my only form of exercise. I try to golf three times a week to help with the stiffness in my back." Barbara's spine is collapsing from the accident and she has lost four

*continued on page 2*

## 2005 AWGA TOURNAMENT SCHEDULE

### STATE MEDALLION CLUB TEAM TOURNAMENT

Granite Falls North & South  
Desert Springs Golf Club  
December 8, 2005

## 2006 AWGA TOURNAMENT SCHEDULE

### AWGA SEASON OPENER TOURNAMENT

Estrella Mountain Ranch Golf Club • February 26, 2006

### AWGA WEEKEND CLASSIC TOURNAMENT

Corte Bella Golf Club • March 26, 2006

### STATE FOUR BALL CHAMPIONSHIP

The Refuge @ Lake Havasu  
April 24 - 25, 2006

### STATE MATCH PLAY CHAMPIONSHIP

Alta Mesa Country Club • May 23 - 26, 2006

### AWGA PARTNERS TOURNAMENT

Omni Tucson National • June 12 - 13, 2006

### AWGA DAY IN HADES

Site TBA • August 7, 2006

### STATE STROKE PLAY CHAMPIONSHIP

Mesa Country Club • August 28 - 30, 2006

### STATE SENIORS CHAMPIONSHIP

Esplendor Golf Resort @ Rio Rico  
September 25 - 27, 2006

### AWGA SCOTCH PLAY TOURNAMENT

Trilogy Golf Club @ Vistancia  
November 27 - 28, 2006

### STATE MEDALLION TOURNAMENT

Site TBA • December 14, 2006

## AWGA NewsLINKS

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

141 E. Palm Lane, Suite 210, Phoenix, AZ 85004-1555  
(602) 253-5655 • 800-442-AWGA • Fax: (602) 253-6210  
E-mail: awga@awga.org • Website: www.awga.org

### BOARD OF DIRECTORS

Katherine Olson ..... President  
Chris Giza ..... Vice President  
Sandy Jacobson ..... Secretary  
Barbara Byrnes ..... Treasurer  
Kathryn Riddlehoover ..... Communications  
Vacant ..... Handicaps  
Linda Dalsin ..... Rules  
Rosemary Beale ..... Sites  
Betsy Paul ..... Tournaments  
Barbara Simmons ..... Course Rating  
Norma Scuri ..... Membership  
Kathy Ehrlich ..... Volunteer Leadership

### STAFF

Mary Long ..... Executive Director  
Annette Wurgler ..... Golf Operations Manager  
Kathryn Zatzke ..... Business Operations Manager  
Mary Ann Souter ..... Marketing Manager  
Jody Chandonnet ..... Communications Coordinator  
Vivian Kelley ..... Administrative Assistant

## Ask The Pro

by Marc Chandonnet

Women's Golf Coach, Grand Canyon University  
mrc@chandon.net

### PRACTICE MAKES PERFECT:

#### Unfortunately this is not always the case!

After years of just hitting golf balls on the range I finally discovered one day that it was not doing as much good as it should. When you go to the driving range or short game area it is important to have a plan. You should never just hit balls one after the other. Most great players consistently work hard on their grip, alignment, and setup. Next time you go to the range, try to focus on those three things. Practice with a particular focus will help you improve much faster.

**Drill:** Lay down a club parallel to your feet and point it at your target. As you hit balls try to keep your feet, hips and shoulders square to the club. This will help your alignment as well as your set up.

#### Spotlight continued...

inches in height as well as having to endure the pain from surgery on her spine. Her courage and strength are an inspiration to all of us. Actually, that would be an understatement! As a new golfer and someone who has endured so many major surgeries in a relatively short period of time, her resilience reveals the best that the human spirit can deliver.

Even with the considerable physical obstacles Barbara faces, she is still a passionate and competitive player. She has been the State Medallion Gross Champion at her club for the past two years — in 2004 and 2005. In addition, she won the Jo Thorn Tournament in 2004 and 2005. This tournament takes place over a two week period with rounds played on different courses throughout the competition. The winner holds the trophy for a year, until the next tournament. Barbara is determined to play better. "I just keep trying," she says with confidence. "One day I play terrible and the next day I hit a birdie from a bunker. Then I think, 'I can do this. It's a great game!'" And when she's not in a competition, Barbara enjoys golf for its recreational value and the healing benefits it affords. "Anyone can play golf and have a good time," she says. "It

*continued on page 4*

## THE BAROMETER IS RISING!

Time is moving forward and it won't be long until the Girls Junior Americas Cup is ready to begin in Tucson. We have been participating in a statewide fundraising effort to help with the costs associated with hosting this multi-national event. Our goal is \$45,000 and we're about half way there. There are many ways to contribute to this fundraiser: give an individual donation, encourage your women's club to contribute as a group, solicit donations from business owners you may know in your area, sponsor a fundraising event such as a Christmas arts and crafts sale, buy raffle tickets for our beautiful hand-made golf quilt, or buy the Synergistic Golf book. The possibilities are endless. All of these options will help to increase the funds needed for next year's Junior Girls Americas Cup.

Every task becomes so much easier when it is shared by many. If each club would make it a priority to support this effort, it will not be left in the hands of a few trying to raise enough in the last months before the event. Thank you for your continued support of our Junior Girls Program. Please send all donations to the AWGA office.

### Girls Junior Americas Cup Donations

**\$45,000**

<b>\$18,849</b>	Oct. 2005
<b>\$18,429</b>	Sept. 2005
<b>\$18,007</b>	Aug. 2005
<b>\$17,447</b>	June 2005
<b>\$15,897</b>	May 2005
<b>\$9,517</b>	Dec. 2004

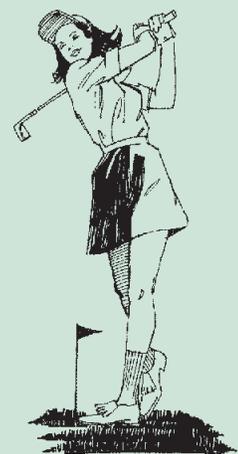
# STATE SENIORS CHAMPIONSHIP



**Overall Champion:**  
**Barb Byrnes 221**



**Overall Net Winner:**  
**Cheryl Shepard 206**



<b>Freshman</b>	
Division Winner: .....	Sue Basso ..... 228
<b>Freshman Flight A</b>	
1 <sup>st</sup> Gross: .....	Lee Ann Morgan ..... 237
2 <sup>nd</sup> Gross: .....	Lori Zaun ..... 246
1 <sup>st</sup> Net: .....	Rosie Van Beek ..... 210
2 <sup>nd</sup> Net: .....	Ruth Ann McGowan .... 221
<b>Freshman Flight B</b>	
1 <sup>st</sup> Gross: .....	Jane Townsend ..... 265
2 <sup>nd</sup> Gross: .....	Sharon Gibson ..... 276
1 <sup>st</sup> Net: .....	Amy Kim ..... 228
2 <sup>nd</sup> Net: .....	Jules McKinney ..... 230
<b>Sophomore</b>	
Division Winner: .....	Betsy Bro ..... 235
<b>Sophomore Flight A</b>	
1 <sup>st</sup> Gross: .....	Mary Fink ..... 244
2 <sup>nd</sup> Gross: .....	Tina Huiskamp ..... 247
1 <sup>st</sup> Net: .....	Pat Park ..... 223
2 <sup>nd</sup> Net: .....	Kay Huston ..... 229
<b>Sophomore Flight B</b>	
1 <sup>st</sup> Gross .....	Gay Elliott ..... 263
2 <sup>nd</sup> Gross .....	Paula King ..... 264
1 <sup>st</sup> Net .....	Shaleen Rodenborn .... 216
2 <sup>nd</sup> Net .....	Rae Mitchell ..... 221
<b>Junior</b>	
Division Winner: .....	Lynn Zmistowski ..... 233
<b>Junior Flight A</b>	
1 <sup>st</sup> Gross .....	Etsu Suzuki ..... 234
2 <sup>nd</sup> Gross .....	Vicki Berner ..... 240
1 <sup>st</sup> Net .....	Joanne Travis ..... 220
2 <sup>nd</sup> Net .....	Helen Grassbaugh ..... 222
<b>Junior Flight B</b>	
1 <sup>st</sup> Gross .....	Leigh Parkin ..... 271
2 <sup>nd</sup> Gross .....	Gale Sherman ..... 272
1 <sup>st</sup> Net .....	Mary Ann Tatum ..... 223
2 <sup>nd</sup> Net .....	Sandy Ankeney ..... 231
<b>Senior</b>	
Division Winner .....	Barbara Simmons ..... 246
<b>Senior Flight A</b>	
1 <sup>st</sup> Gross .....	Sallie McCutcheon ..... 251
2 <sup>nd</sup> Gross .....	Penny Freel ..... 271
1 <sup>st</sup> Net .....	Phyllis Sarrels ..... 224
2 <sup>nd</sup> Net .....	Yvonne Streight ..... 231
<b>Senior Flight B</b>	
1 <sup>st</sup> Gross .....	Ann Warren ..... 265
2 <sup>nd</sup> Gross .....	Sue McKnight ..... 284
1 <sup>st</sup> Net .....	Marty Walters ..... 221
2 <sup>nd</sup> Net .....	Jean Molitor ..... 226
<b>Post Grad</b>	
Division Winner .....	Joan Forney ..... 261
<b>Post Grad Flight A</b>	
1 <sup>st</sup> Gross .....	Norma Hill ..... 265
2 <sup>nd</sup> Gross .....	June Clark ..... 273
1 <sup>st</sup> Net .....	Sue Hyllested ..... 234
2 <sup>nd</sup> Net .....	Norma Murdock ..... 234
<b>Post Grad Flight B</b>	
1 <sup>st</sup> Gross .....	Barbara Haley ..... 289
2 <sup>nd</sup> Gross .....	Barbara Freeman ..... 291
1 <sup>st</sup> Net .....	Sallie Thompson ..... 219
2 <sup>nd</sup> Net .....	Barbara Lowman ..... 230
<b>Super Senior</b>	
Division Winner .....	Hildegard Bacon ..... 304
1 <sup>st</sup> Gross .....	Donna Speight ..... 304
1 <sup>st</sup> Net .....	Ellie Schmidbauer ..... 241



## AHWATUKEE WGA HOLDS "BLANKET" PARTY FOR CHARITIES

Needs come in all shapes and sizes and the women from Ahwatukee Country Club have chosen the Phoenix Fire Department, the East Valley Child Crisis Center, and Banner Desert Hospital for their outreach program. Together these women have collected bears for the children and have made them over 150 soft fleece blankets.

Carol Schade tells us, "This will be the 7<sup>th</sup> year we have been involved in collecting bears to be placed under the Christmas tree at the club. The first year we had 103 bears donated and since then, we have collected over 200 bears each year."

The group also holds an annual "blanket party" which is always well attended. 12 members gathered for their 2005 party which was held on September 26<sup>th</sup>. The women made 35 blankets that evening. One former member, Patsy Kwiatkowski, has knitted over 100 blankets for the cause. Another former member, Susan Hosclaw, has started the bear effort at her new club, Arrowhead Country Club.

We are always happy to hear about AWGA members who participate in volunteer work for worthy causes. Golf can bring women together for a variety of reasons and helping others is one of the most admirable. A special thanks to the women of Ahwatukee Country Club for their efforts in reaching out to those in need.

## THINK GOOD THOUGHTS

**LIFE IS ABOUT NOT KNOWING,  
HAVING TO CHANGE,  
TAKING THE MOMENT AND  
MAKING THE BEST OF IT,  
WITHOUT KNOWING WHAT'S  
GOING TO HAPPEN NEXT.  
DELICIOUS AMBIGUITY.**

*– Gilda Radner, 1946-1989  
Actress and Comedienne*



## CONGRATULATIONS

### To The Following Ladies on Their HOLES IN ONE!!

Judy Berry .....	8/14/05 .....	Hassayampa Golf Club Women
Beverly Bears .....	8/23/05 .....	Desert Trails Ladies Golf Club
Sonnie Davis .....	9/2/05 .....	SaddleBrook WGA
Nadine Cordts .....	9/13/05 .....	Palo Verde Country Club WGA
Kathy Feeney .....	9/19/05 .....	White Mountain CC WGA
Nonda Frey .....	9/21/05 .....	Cave Creek Women
Linda Klaus .....	9/22/05 .....	Quail Creek CC LGA 9'ers
Emily Tozer .....	9/25/05 .....	Show Low Country Club
Cheryl Shepard .....	9/29/05 .....	Antelope Hills WGA
Greta Burbridge .....	10/6/05 .....	Antelope Hills WGA
Laurie Brown .....	10/16/05 .....	Quail Creek CC LGA 9'ers
Dee Lecero .....	10/20/05 .....	Valle Vista Women
Martha Owen .....	10/22/05 .....	Sun City West Grandview Women
Maggie Jameson .....	10/26/05 .....	Fountain of the Sun WGA



## State Stroke Play Championship Results Champion: Kerry Postillion

### Championship Flight

Gross	1 <sup>st</sup>	Tui Selvaratnam
	2 <sup>nd</sup>	Kayla Mortellaro
	3 <sup>rd</sup>	Lynn Simmons
Net	1 <sup>st</sup>	Lauren Todd
	2 <sup>nd</sup>	Alison Hurley
	3 <sup>rd</sup>	Kelda Toliver

### First Flight

Gross	1 <sup>st</sup>	Becky Fly
	2 <sup>nd</sup>	Jeanne Anne Krizman
	3 <sup>rd</sup>	Rita Albertson
Net	1 <sup>st</sup>	Jennifer Sun
	2 <sup>nd</sup>	Iris Owings
	3 <sup>rd</sup>	Carol Arend

### Second Flight

Gross	1 <sup>st</sup>	Barbara Burton
	2 <sup>nd</sup>	Mary Plagman
	3 <sup>rd</sup>	Janet Cirone
Net	1 <sup>st</sup>	Paulette Pele
	2 <sup>nd</sup>	Diane Klein
	3 <sup>rd</sup>	Sallie McCutcheon

### Third Flight

Gross	1 <sup>st</sup>	Rosie Van Beek
	2 <sup>nd</sup>	Jill Barrett
Net	1 <sup>st</sup>	Jeanne Osborn
	2 <sup>nd</sup>	Ellen Jones

### Fourth Flight

Gross	1 <sup>st</sup>	Ann White
	2 <sup>nd</sup>	Rae Mitchell
	3 <sup>rd</sup>	Karen Brunetti
Net	1 <sup>st</sup>	Julie McLeod
	2 <sup>nd</sup>	Rose Reynolds
	3 <sup>rd</sup>	Nora Piotrowski

### Fifth Flight

Gross	1 <sup>st</sup>	Barbara McKinney
	2 <sup>nd</sup>	Marta Salazar-Sincich
	3 <sup>rd</sup>	Sally Woods
Net	1 <sup>st</sup>	Elaine Oursland
	2 <sup>nd</sup>	Mary Byrd
	3 <sup>rd</sup>	Terry Greenslade

### Spotlight continued...

allows us to get out in God's sunshine and be thankful for what we have."

There have been many definitions of the game of golf offered by professionals and celebrities. Most players, through their personal experience with the game, have formed their own definition and Barbara is eager to offer hers. She believes that, with her game, golf is 90% determination, 7% luck and 3% skill. With all the physical limitations she bears, her 9-hole handicap of 18 is nothing short of outstanding.

Because of Barbara's past professional experience as the CEO of the Department of Surgery at Loma Linda University Medical Center for 26 years, she has developed a unique ability to organize. She describes her life in four sections:

1. **FAMILY** – Barbara has four sons, four grandchildren, and three great-grandchildren. Two of her sons live in the Tucson area. Her family is the most important part of her life.
2. **CHURCH & VOLUNTEER WORK** – Barbara works in the Attorney General's office and the Pima County Juvenile Court as a mediator and as a Hearing Officer for the Small Claims Division of the Pima County Justice Court. She is also the Finance Chairman for her church.
3. **GOLF** – Barbara plays to stay healthy and active and to enjoy life. She competes against herself, knowing she isn't physically able to do everything but realizing the importance of golf in her life. When she does compete for prizes, occasionally winning, she feels this gives her the confidence and motivation to keep trying.
4. **SPARE TIME** – Barbara is an accomplished writer. She finished a contemporary romance novel and is presently working on a biography of a World War I soldier. She has published many non-fiction articles in the medical genre. Barbara also enjoys reading, music, and needlework, which helps to keep her hands limber and agile since her surgery.

Many would not have had the courage and endurance to continue as an involved volunteer and avid golfer while dealing with so many major health issues. But after two replacement knees, surgery to rebuild her hand, and a tumor removed from her spine, Barbara still sees the glass half full. Her positive attitude and recognition of the place golf holds in keeping her active shows that whether you're a new golfer or one with physical limitations, you can do it if you put your mind to it. Maya Angelou's quote speaks directly to Barbara. "A woman who is convinced that she deserves to accept only the best, challenges herself to give the best. Then she is living phenomenally." Barbara Duell is a woman of integrity, courage, strength, determination, and benevolence. Barbara Duell gives her best. Barbara Duell is a phenomenal woman.

Barbara, we wish you a continued recovery process and good wishes for a strong and healthy future. We're glad you moved to Arizona and became part of the sisterhood of the AWGA!

The following courses have been re-rated or have made changes since the 2005 AWGA Club Directory was printed. Please make a note of this updated information. These ratings have been entered into the Arizona Handicap Network, including front and back nine details.

**BLACKSTONE GOLF CLUB**

..... Red .....	68.2/110
..... White .....	71.4/133

**DESERT HILLS GC – GREEN VALLEY**

..... Red .....	70.1/126
..... Gold .....	73.7/134

**PALMBROOK COUNTRY CLUB**

..... Red .....	68.0/111
..... Gold .....	70.5/117
..... White .....	74.3/126

**PINETOP LAKES COUNTRY CLUB**

..... Red .....	61.5/103
..... White .....	63.4/104

**RIVER RUN GOLF COURSE**

..... Forward .....	67.8/118
---------------------	----------

**ROBSON RANCH GOLF CLUB**

..... Plum .....	66.8/109
..... Rust .....	72.0/117

**SADDLEBROOKE GOLF CLUB**

Tucson/Catalina .....	Red .....	68.9/123
Saddlebrooke/Tucson .....	Red .....	68.9/127
Catalina/Saddlebrooke .....	Red .....	68.4/120
Tucson/Catalina .....	Red/Yellow combo .....	69.2/125
Saddlebrooke/Tucson .....	Red/Yellow combo .....	69.8/126
Catalina/Saddlebrooke .....	Red/Yellow combo .....	68.2/121
Tucson/Catalina .....	Yellow .....	71.9/127
Saddlebrooke/Tucson .....	Yellow .....	72.4/130
Catalina/Saddlebrooke .....	Yellow .....	70.7/125
Tucson/Catalina .....	white .....	74.5/134
Saddlebrooke/Tucson .....	white .....	74.5/136
Catalina/Saddlebrooke .....	white .....	73.2/133

**WHITE MOUNTAIN COUNTRY CLUB**

..... Red/Gold .....	70.9/125
..... Red .....	71.4/126
..... White/Gold .....	73.2/131

**GOLF FOR WOMEN MAGAZINE CAN BE YOURS AS AN AWGA MEMBER**

We're always working on new ways to bring you, our members, additional benefits. This time we have partnered with *Golf for Women* magazine and in 2006 your annual AWGA membership will include a one year subscription to *Golf for Women* at absolutely no additional cost to you.

Simply complete and return the enclosed Business Reply Card as soon as possible to reserve your subscription NOW. No postage is needed. You can also sign up for the subscription on our website at [www.awga.org](http://www.awga.org). Your request will be processed as soon as we verify your membership status. You will start receiving your magazine in approximately six to eight weeks.

Enjoy this great publication, filled with timely and interesting information about women's golf. We hope you'll take advantage of this fantastic offer by signing up TODAY!

**ARE YOU A PLAYER WHO IS IN DANGER OF BEING DISQUALIFIED OR PENALIZED?**

Due to clarifications and additions to the Etiquette section of the Rules of Golf by the USGA, the golf course is becoming a more pleasant and safer place to spend time. Players who are tired of being in a group where someone is continually violating etiquette rules concerning the Spirit of the Game and Consideration for Other Players now have recourse. One does not need to suffer the indignities forced on one by inconsiderate players. But unless this incident is reported to the nearest Rules Official during the play or reported to the Rules Committee before the end of the tournament, there is very little the Committee can do to help the players. If one truly wants to end unsportsmanlike displays on the golf course, it is up to each of us to monitor etiquette violations and report it when others consistently disregard the USGA's guidelines.

For those of you who are unaware of the new guidelines, which went into effect January of 2004, following is an excerpt from the USGA Rules of Golf concerning this issue. Read the full text online at [www.usga.org/playing/etiquette/etiquette](http://www.usga.org/playing/etiquette/etiquette)

**USGA RULES OF GOLF ON ETIQUETTE**

Most amateur golfers should read the following facts on Etiquette:

- **The *Spirit of the Game*** covers integrity of the individual to show consideration for other players and to abide by the rules. All players should conduct themselves in a disciplined manner, demonstrating courtesy and sportsmanship at all times.
- ***Consideration for Other Players*** includes *Disturbances or Distractions, The Putting Green* and *scoring* responsibilities by the marker.
- ***Safety*** includes making sure no one is close by or in a position to be hit by a club, stones, pebbles or twigs when making a stroke or practice swing; making sure players are out of range before hitting or alerting greenstaff when they are about to make a stroke that might endanger them; and shouting a warning if there is danger of hitting someone.
- ***Pace of Play*** discusses playing at a good pace and keeping up, being ready to play and how to handle a lost ball.
- ***Care of the Course*** is an important part of this section involving bunkers, repair of divots, ball marks and damage of shoes. *Preventing Unnecessary Damage* to the course informs the players about practice divots, damage on the green with bags, the flagstick or leaning on clubs, and the movement of carts in relation to damage on the course.

**Under Conclusions – Penalties for Breach.** If a player consistently disregards these guidelines, the Committee may take appropriate disciplinary action against the player, up to disqualification for a serious breach. This is considered justifiable in terms of the majority of players who wish to play in accordance with these guidelines. (See Decision 33-7/8 – Meaning of Serious Breach of Etiquette).

**Announcement on Etiquette**

The AWGA takes very seriously our responsibility to the Rules of Golf and to our tournament players.

In AWGA competitions, if a player deems that her fellow competitor or opponent continuously shows a *lack of consideration for other players by talking, moving around, making unnecessary noise, throwing clubs, damaging the course, using abusive language, using a cell phone or in any other way is disturbing or distracting the other players*, this is a violation of the Rules of Golf under the guidelines of Etiquette and should be reported to a Rules Official as soon as possible. This is deemed to be “unsportsmanlike conduct” and the player is subject to a warning or, in an extreme case, disqualification. It's too late if this breach is reported after the close of a tournament.

## AWGA RULES SEMINAR OFFERS PRICELESS MOMENTS

In case you think that AWGA educational seminars are dull and boring, think again. Besides gaining valuable, necessary, and important information, you will experience moments of unexpected laughter and down-to-earth entertainment. At the latest of these seminars, our presenters for the Rules Seminar were on their toes explaining the oftentimes hard-to-remember Rules of Golf. Their sense of humor was noted throughout the session as Board Members, Linda Dalsin, Chris Giza and Betsy Paul offered comical examples of Rules' infractions, witty clarifications of confusing Rules, and clear descriptions of possible situations where a Rules official may be needed.

In response to a question about the "Nearest Point of Relief," Linda Dalsin suggests that in a bad position, a golfer might be wise to choose to play the ball as it lies. She then added, "The Rules of Golf do not promise you a good lay, ..er lie." Whatever the proper grammatical form, she had the audience burst out in spontaneous laughter. That was just one example of our presenters bringing life to what might be considered by some as tedious subject matter.

So the next time you see one of our seminars slated in your area, don't think twice about attending. Not only will you learn to interpret the Rules more clearly but you will also hear them in a way that will definitely make a lasting impression for the next time you need to know your options under the Rules. Our thanks to the women who understand the Rules of Golf and have the ability to teach them in an unforgettable way. Check out our AWGA Calendar for future Rules Seminars at [www.awga.org](http://www.awga.org).

## GOLFWEK'S GOLFEST IS COMING

Mark your calendars for December 10<sup>th</sup> and 11<sup>th</sup> at West World of Scottsdale. This year's golf show is a powerhouse of golf information. GOLFEST is featuring appearances and lessons from world-renowned instructor, David Leadbetter; player appearances by PGA Tour player Ted Purdy and PGA Tour qualifier Suzi Whaley. There will be a long drive demonstration, free golf clinics for all skill levels, hourly drawings, outdoor demos with the newest equipment from major branded golf equipment companies, entertainment, and contests for those with a competitive spirit.

This year, as in years past, the AWGA will be having an Exhibitor Booth. We will be promoting our new Individual Memberships and talking with women golfers about our association and women's golf in Arizona. If you would like to volunteer to help at the booth, please let us know. Either call the AWGA office or e-mail Mary Ann Souter at [Maryann@awga.org](mailto:Maryann@awga.org). The event is outdoors and runs from 9 a.m. to 5 p.m. on both Saturday and Sunday. Volunteers are requested for four-hour shifts.

Come join the fun at GOLFEST on December 10<sup>th</sup> and 11<sup>th</sup>. By showing your AZHN Handicap Label, AWGA members receive \$5.00 off the \$15.00 admission price at the gate. Paid admission includes entry to the festival, unlimited range balls to sample the latest golf equipment, plus hundreds of dollars of discounts and coupons from exhibitors and sponsors. There will be ample activities to keep both golfers and their families entertained. For more information, visit [www.golfest.com](http://www.golfest.com). So print your latest label and SEE YOU THERE!



## STAY FIT FOR A BETTER GAME

With the holidays just around the corner, our partner and certified golf fitness specialist, Mindi Boysen, suggests the YOGA/STRETCH: EXTENDED TABLE exercise for enhancing your posture and keeping you "centered" rather than "stressed" during the holiday season. Modify the exercise by placing a pillow or pad under your knees. Mindi uses this exercise for all her beginning clients. Yes, you can do it! Do this exercise daily to measure your progress. It becomes easier the more you do it. It helps to keep your spine straight, which is important to your swing and the consistency of keeping the same spine angle throughout your entire swing.

**GOAL:** Balance & trunk stability while maintaining proper spine angle and stable base for swing.

**EXPLANATION:** On hands and knees, keep your back flat and abdominals supporting spine. Lengthen your left leg behind you while squeezing the gluteal. When you feel balanced, lengthen the right arm in front of you. You want your extended arm, leg, and spine to be horizontal to the floor. Hold up to 30 seconds. Focus on your breathing and relaxation. Switch leg and arm extensions.

Mindi will present seminars for your women's club, coaches health-conscious golfers, and teaches fitness techniques to individual clients. She can also guide you in proper nutrition. Under her supervision, you can strengthen your body for longer drives and increased stamina.

Mindi has developed a series of three fitness DVDs (Fit for Golf/Fit for Life) and is co-author of the book, "Synergistic Golf – One Day at a Time: Get Your Body, Mind and Spirit Working Together for a Better Game." You can purchase her DVDs and the book through her website at [www.fitforgolfusa.com](http://www.fitforgolfusa.com). And remember, for each book sold, the AWGA receives \$5.00 as a donation toward the Junior Girls Americas Cup.

PRSRRT STD  
U.S. POSTAGE  
PAID  
PERMIT #744  
PHOENIX, AZ

ARIZONA WOMEN'S GOLF ASSOCIATION  
141 EAST PALM LANE, SUITE 210  
PHOENIX, ARIZONA 85004

