



NEWSLINKS

A publication of the Arizona Women's Golf Association | Dedicated to promoting Golf for Women in Arizona



Spotlight: The Best of the Best

Friends, Partners & Champions

Cristi Kittle & Kelly Loeb win the AWGA Partners Championship

by Mary Ann Souter

As one of the most well-attended AWGA events, this year's Partners Tournament continued its history of popularity with 50 women participating from clubs state-wide. Jane Ross and Suzie Hite came the farthest distance – all the way from Flagstaff. Turquoise Valley, both scenic and challenging, is the oldest continuously operating course in Arizona and is the first to reach 100 years! It was definitely the place to be for two days of golf and festivities associated with this fun-filled event.

The women who played in the tournament quickly noted that a competitive game and good times are not mutually exclusive – especially in Turquoise Valley. “It’s always fun to play in the Partners Tournament,” said Kelly Loeb, Champion, “but it’s even better when you’re able to win!” Kelly and Cristi, both members who live on-site at Omni Tucson National, have been playing as a team in the AWGA Partners Tournament since 2006. That was the first year they paired up and they won the tournament! Three years later they emerged victorious once again!

Cristi moved to Tucson from Santa Cruz, California when she and her husband, Brad, retired in 2005. She quickly joined the WGA at Tucson National and became instant friends with Kelly. Cristi and Kelly drove together to Turquoise Valley and were guests of AWGA and Turquoise Valley member, Bonnie Marsh. “Bonnie hosted a dinner for over 20 people on Sunday evening at

her daughter’s house in Bisbee,” Cristi said, “which gave us all a chance to meet some of the players we didn’t know and get ready for the tournament the next day.” She continued, “Monday was great fun playing the Better Ball part of the tournament with Barb Byrnes and Robin Lane. The playing conditions were excellent, which made the day even better.”

Cristi joked and said, “It was windy on Tuesday making their infamous Par 6 Rattler hole play more like a Par 14! (The Rattler is the only Par 6 in the state of Arizona.) But Kelly and I kept the ball in play which ultimately helped us to win the tournament.” Kelly agreed. “We played very solid on the back nine,” she said, “and managed to stay out of trouble. That’s what sealed the win for us.”

Kelly is not only active in the Tucson women’s golf community but she has also been an integral part of the AWGA. She is a past member of the Board of Directors and served as the Membership Program Leader for Tucson. Kelly has been instrumental in starting and growing the Ambassador Program in the Tucson area and continues to come up with innovative ideas to keep new golfers in the game. “I started a 9-hole league for past Ambassador Program students and a Sunday morning ‘Day on the

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Help us reach more women golfers.... when you're finished reading this newsletter, pass it along to a friend.

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BOARD OF DIRECTORS

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Spotlight: Cristi Kittle & Kelly Loeb

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Range," she said. "I enjoy working with beginners and seeing them progress and get excited about playing golf." Her passion for golf coupled with her high energy level make Kelly a significant asset to the golf industry in Arizona.

Erin Groeneveld, AWGA Tournament Operations Manager, said, "the ladies had so much fun and I can honestly say that I have never seen them so excited and in such good spirits at a luncheon – everyone stayed for the awards and had a good time." Cristi agreed. "The luncheon was wonderful. After lunch we all went to the Pro Shop, which had a great selection, to spend our winnings. The whole staff at Turquoise Valley was awesome!" Kelly added, "And the course was in beautiful shape with true bent grass greens."

Cristi and Kelly entered the tournament as friends and fellow club members and finished the tournament as champions. That's quite a testimony to their skill and familiarity. As Kelly said, "We are comfortable playing together and know each other's game." They have mutually discovered the coveted secret of being able to both play and succeed together! And they share the same passion for golf that is the hallmark of skilled players. Cristi is looking forward to playing in next year's Partners Tournament. "I plan to be a lifetime partner with Kelly until I can't play golf anymore!" Congratulations to Cristi Kittle and Kelly Loeb for winning the Partners Tournament once again!

ARIZONA Golfer

Arizona Golfer, Arizona's oldest monthly newspaper for golfers in Arizona, is launching its new website in November to celebrate its 19th anniversary of publishing. It is designed in a simple format allowing readers to subscribe at no charge and receive the issue each month via email. This will help to make Arizona Golfer more accessible to readers throughout Arizona, the United States, Canada and Mexico.

Arizona Golfer will be sending email blasts several times throughout the year to complement their printed issues. Readers who prefer the hard copy format won't be disappointed. They will still be able to pick up a copy at their favorite distribution center. But now, if you miss an issue, you can always read it online to catch up on news in our golf community.

The website will be online in early November at www.azgolfernews.com.

Congratulations on taking this step to make Arizona Golfer an even better publication. We appreciate your generosity in serving the AWGA and supporting women's golf in Arizona. We wish you much success on your new website.

Did you know?

- The AWGA dues will remain at \$25 for the 2010 season!
- New members can sign up for club memberships online at www.awga.org.
- Existing members can renew memberships online.
- Please see a club officer at your club for more information.



Join the Fun!

Join the AWGA and make new friends, develop your golf game and find out what all the talk is about!

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We welcome your comments and suggestions regarding the new "NewsLinks" newsletter. Please submit your ideas, stories or photos to Jody Chandonnet at jody@awga.org.



TWO
WWW.AWGA.ORG

2009 Partners Championship Results

Turquoise Valley Golf Course | September 21 & 22, 2009

Overall Champions

Cristi Kittle and Kelly Loeb 71 | 156 | 227

Overall Net Champions

Kathryn Ridlehoover and Julia Bryan 67 | 131 | 198

Flighted Results

* = Won

Flight	Rank	Teams	Day 1	Day 2	Total
Flight 1	Team Gross				
	1*	Robin Lane and Barbara Byrnes	67	168	235
	2	Rita Albertson and Helen Grassbaugh	76	165	241
	3	Christine Giza and Ginny Zak	75	171	246
	4	Sheila Dagucon and Martha Felix	75	173	248
	Team Net				
	1	Cristi Kittle and Kelly Loeb	66	145	211
	2	Robin Lane and Barbara Byrnes	63	158	221
	3*	Christine Giza and Ginny Zak	66	155	221
	4	Rita Albertson and Helen Grassbaugh	70	152	222
Flight 2	Team Gross				
	1*	Norma Hill and Vickie Bricker	74	173	247
	2	Ginny Husted and Kay Daley	76	175	251
	3	Suzie Hite and Jane Ross	79	174	253
	4	Pam Treece and Kaye Burger	77	178	255
	5	Kay Walton and Marilyn Smart	81	176	257
	Team Net				
	1	Norma Hill and Vickie Bricker	61	146	207
	2*	Suzie Hite and Jane Ross	67	146	213
	3	Ginny Husted and Kay Daley	63	153	216
4	Kay Walton and Marilyn Smart	68	149	217	
5	Pam Treece and Kaye Burger	65	154	219	
Flight 3	Team Gross				
	1*	Diane Baldo and Nancy Edwards	80	175	255
	2	Kathy Ehrlich and Mary Pomroy	79	177	256
	3	Sharon Mentzer and Kay Phillips	84	185	269
	4	Virginia Mathis and Candace Shelton	86	187	273
	5	Janet Cowan and Leslie Smith	83	199	282
	Team Net				
	1	Diane Baldo and Nancy Edwards	64	142	206
	2*	Kathy Ehrlich and Mary Pomroy	63	144	207
	3	Sharon Mentzer and Kay Phillips	69	150	219
4	Janet Cowan and Leslie Smith	65	161	226	
5	Virginia Mathis and Candace Shelton	68	161	229	
Flight 4	Team Gross				
	1	Kathryn Ridlehoover and Julia Bryan	89	176	265
	2*	Carolyn Suttles and Jane Hee	84	194	278
	3	Carol Hisey and Sharon Wilson	86	193	279
	4	Norma Hogan and Donna Patek	88	193	281
	5	Sandy Evans and Sandra Keith	84	218	302
	Team Net				
	1	Carolyn Suttles and Jane Hee	57	143	200
	2*	Carol Hisey and Sharon Wilson	65	149	214
	3	Norma Hogan and Donna Patek	68	150	218
4	Sandy Evans and Sandra Keith	60	168	228	
Flight 5	Team Gross				
	1*	Charlotte Sullivan and Layne Crusius	93	199	292
	2	Patricia Harig and Carrol Brown	89	206	295
	3	Bonnie Rasmussen and Marsha Deuel	95	209	304
	4	Joyce Kovacs and Barbara Gray	92	216	308
	5	Debbie McKeown and Elsie Steen	95	214	309
	Team Net				
	1	Charlotte Sullivan and Layne Crusius	64	144	208
	2*	Debbie McKeown and Elsie Steen	65	149	214
	3	Bonnie Rasmussen and Marsha Deuel	65	151	216
4	Patricia Harig and Carrol Brown	66	154	220	
5	Joyce Kovacs and Barbara Gray	66	163	229	



Kim Eaton, 2009 State Senior Champion

2009 Senior Stroke Play Championship Results

Antelope Hills South Golf Course
October 18-20, 2009

Overall Champion
Kim Eaton, Papago GC
68 | 77 | 71 | 216

Overall Net Champion
Norma Hill, Grandview GC
79 | 81 | 88 | 248

Freshman Division Winner
Kelly Hollister, Working Women's GA
81 | 83 | 77 | 241

Sophomore Division Winner
Judy Miller, Randolph North
73 | 74 | 73 | 220

Junior Division Winner
Lynn Zmistowski, Alta Mesa CC
78 | 76 | 80 | 234

Senior Division Winner
Carmen Eriksen, Sun City Grand
81 | 82 | 89 | 252

Postgraduate Division Winner
Barbara Simmons, Forest Highlands
85 | 88 | 83 | 256

Super Seniors Division Winner
Carol Hagadorn, Arrowhead CC
94 | 86 | 88 | 268

Masters Division Winner
Mary Hines, Silverbell GC
98 | 101 | 98 | 297

A complete list of all winners is posted at www.awga.org



RULES

Rule 11 - Teeing Ground

Ball in Play

A ball is in play as soon as the player made a stroke on the teeing ground. It remains in play until it is holed, except when it is lost, out of bounds or lifted, or another ball has been substituted, whether or not the substitution is permitted; a ball so substituted becomes the ball in play.

If a ball is played from outside the teeing ground when the player is starting play of the hole, or when attempting to correct his mistake, the ball is not in play and Rule 11-4 or 11-5 applies. Otherwise, ball in play includes a ball played from outside the teeing ground when the player elects or is required to play his next stroke from the teeing ground.

Exception in match play: Ball in play includes a ball played by the player from outside the teeing ground when starting play of a hole if the opponent does not require the stroke to be canceled in accordance with Rule 11-4a.

Submitted by:

Jan Wobken, Rules Chair

rwobken@cox.net

*"Thanksgiving, after all,
is a word of action.*

~W.J. Cameron

*AWGA Committees are always
interested in recruiting new volunteers.
Action is the operative word!*

Best wishes for a
Happy Thanksgiving
from the AWGA.



FOUR
WWW.AWGA.ORG

NEW COURSE RATINGS

Corte Bella Golf Club

Ladies Championship	72.0/124
Ladies Player	69.9/120
Forward	68.4/115

Eagle's Nest Golf Club

White	72.4/135
Mixed	69.1/119
Red	67.9/114

Seven Canyons

Member	75.4/153
Regular	72.6/149
Forward/Regular	70.2/141
Forward	68.0/125

EVENTS

with the AWGA

AWGA Night at Phoenix Theatre Presents: Putnam County Spelling Bee November 22

The reviews this musical comedy received are phenomenal! The New York Times wrote that it is "Riotously funny and remarkable ingenious. Gold stars all around." And the San Francisco Chronicle used just one word in its review – "H-I-L-A-R-I-O-U-S." If you like musicals along with side splitting comedy, and who can't use a good laugh in today's world, then this is one performance you won't want to miss.

Root for six young overachievers in the throes of puberty, overseen by grown-ups who barely managed to escape childhood themselves, while they vie for the title of Spelling Bee Champion! Enjoy the evening by cheering on a quirky yet charming cast of outsiders for whom a spelling bee is the one place where they can stand out and fit in at the same time.

Date: Sunday, November 22nd at 6:30 pm

Deadline to purchase tickets: November 20th at 4:00 pm.

AWGA discounted ticket price: \$34.00 – no processing fee added.

Purchase Tickets: Call Lindsay Halvorson at 602-889-5283 to order and pay.

Be sure to tell Lindsay that you are an AWGA member to receive your discount price. You can pick up your tickets for the performance at Will Call. For more information, e-mail her at l.halvorson@phoenixtheatre.com.

Keep your feet fit for a Better Golf Game

Walking the golf course puts a lot of miles on your feet over the years. Riding in a golf cart eliminates some of the stress on your feet but there is still a great deal of walking, especially when instructed to keep carts on the path. Repetitive activities on your feet such as your movement during a swing can affect balance and cause pain and possibly injuries. What are some exercises we can do to strengthen our feet?

According to Dr. Shah Askari of the Arizona Institute of Footcare Physicians (Lifestyle magazine, May 2009, p. 28), these two exercises will help to keep your feet in good walking condition.

ABC Rotations: From a sitting position, move your foot, from the ankle down, in the outline of each letter of the alphabet in the air. After you get through all 26 letters, switch to the other foot. This will stretch, strengthen and increase flexibility in your ankles and feet.

Golf ball massage: Roll a golf ball under the ball and arch of each of your feet, applying slight pressure as you go. Askari suggests putting the golf ball in the freezer before you use it. This will ice your feet to reduce cramps and stretch them as well."

NEWS from Yuma

Anita Ponton, Membership Program Leader in Yuma, reports that the Greater Yuma Women's Championship tournament will be held at Mesa Del Sol on November 23rd and 24th. If you're not entered in the event, then come to cheer on your favorite player.

Cocopah Director of Golf, Mark Croft, has arranged a golf trip to the Mayan Palace Golf Resort at Puerto Penasco, Mexico on November 9-11th for returning snowbirds. It includes 3 rounds of golf, 2 nights, & transportation. The trip is booked full with two bus loads. Get your name on the waiting list if you're interested in going.

Mark Croft was again recognized in October in the PGA magazine for his contributions to Women's & Junior Golf. Congratulations, Mark!

UPCOMING TOURNAMENTS

NOVEMBER 2009

Nov 16 & 17 2009 AWGA Scotch Play Tournament
Palm Valley GC | Goodyear

Nov 21 & 22 Tucson City Women's Amateur Championship
Randolph North | Tucson

DECEMBER 2009

Dec 2 SDWGA Winter Scotch | Canoa Ranch GC | Green Valley
Dec 7 2009 AWGA State Medallion Club Team
Dec 9 CAGD Partners | Gold Canyon Sidewinder | Gold Canyon

For 2010 Tournament Dates, information and entry forms, please visit the Tournament Page at www.AWGA.org.



September

9 | Aurora Gehr | Anthem CC Ladies
11 | Diane Clarke | Anthem CC Ladies
14 | Nancy Field | Sun Lakes CC WGA
19 | Sue Bashford | Sun City North Women
29 | Pam Brunelle | Mtn. View Preserve WGA

October

1 | Sara Molnar | Coyote Lakes
7 | Sharon Taylor | Cave Creek CC
4 | Geri Ahlberg | El Conquistador WGC
5 | Kittie Day | Pebblecreek LGA
8 | Carol Immel | Canoa Hills WGA

Clubs listed are member clubs, not necessarily where the hole in one was made.

Report WEST VALLEY

Robin Cook, Membership Program Leader in the West Valley, is busy planning and implementing golf outings for women in her area.

Her monthly 9-hole play days have been very successful at Palm Valley Golf Course and she is adding Villa De Paz to the roster this fall. Contact Robin at stroke4par@cox.net to be on her list of women to contact when dates are confirmed each month.

Robin is also planning a "Join The Fun Scramble" at the Wigwam on November 14th. Come out for lunch at The Grille followed by a shotgun start for golf. Times are TBD.



EQUIPMENT

Have Lofty Goals

by Sue O'Connor,

Club Fitting Specialist-Cool Clubs

The loft of your club has a big effect on the launch angle of the ball and the distance you hit it -- the higher the loft of the club, the higher the ball flight. There is a direct correlation between loft and length and that's what gives us different launch angles and different distances. Two terms relating to loft are "strong" and "weak." When loft is decreased, this is referred to as stronger. When loft is added, the associated term is weaker. The irons in your bag should have incrementally spaced lofts so the resulting yardage is consistently spaced. For example, if your 4 iron has 24 degrees of loft, then you want your five iron to have 27 degrees and your 6 iron to have 30 degrees. If your 4 iron is weaker and lofted at 25 degrees, and your 5 iron is stronger and lofted at 26 degrees, you will not have much difference in the resulting yardage on the course because the clubs are only 1 degree apart.

The lofts of your clubs should always be checked to be sure they are correct and gapped appropriately. Due to the manufacturing process they may be within the manufacturer's tolerance but not necessarily exactly where you want them. Many club heads can be bent to your exact loft specifications. Make it your goal to have the correct loft so you can play better golf!

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The Intelligence of Light-Heartedness

By Chris Dorris, Performance Psychologist

If there was only one thing I could do to help people increase the likelihood of success on and off the golf course, it would be to inspire them to trust the intelligence of feeling great and teach them how to do it more.

Of course, this isn't something that needs to be taught, really, but rather remembered. No one will ever need to "teach" a child how to experience joy. That's an intrinsic ability that we all possess as humans. As we grow, however, and as we have more time on this planet to become educated about our limitations and to become conditioned to shift our attention away from that which inspires us and onto that which discourages us, our ability to choose joy becomes more difficult.

And why is it so important to be feeling joy if we're interested in success? Simply, because it is consistently true that when we are at our best, we feel our best. Our creative genius, our athleticism, talent, memory, capacity for compassion and our health are all activated and strengthened when we are in a state of joy or enthusiasm.

And how does one strengthen their ability to feel enthusiastic, especially when things aren't going as planned? The answer to that is also simple: by changing the way we're thinking. One of my new favorite phrases is this, "There is no problem in this world. The only problem is in the way I look at it." So to translate that into golfer's language, "There is no problem that arises on the golf course. The only problem is in the way I think out there."

Practice thinking as you did as a child when you play (or do anything, for that matter). More specifically, choose to view what's going on with light-heartedness or enthusiasm. It doesn't matter what it is, how dire it seems. Your choice to interpret it as a problem has been learned and it doesn't serve you. Change your perspective. We have the ability to experience bliss in every moment, and when we choose to, we activate our mastery, make success easier and have more fun doing it.

There are a thousand Mental Toughness Tools I teach in my coaching, but if I could only use one, it would be this -- the ability to play with the natural light-heartedness of a child.

(Note: Follow Chris's Blog at www.chrisdorris.wordpress.com where he gives valuable techniques about reaching the success you desire.)

Chris Dorris

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Mindi Boysen shares what every golfer needs to know about Fitness

(Editor's Note: In the last AWGA member survey, a significant number of women responded that they were interested in more information about health and fitness.)

Welcome back ladies! As a fitness partner of the AWGA for the past 5 seasons, I have had

many questions regarding current women's health issues and concerns. Year after year the same theme emerges: weight loss, distance off the tee, pain prevention and anti-aging exercises. As the start of the 2009-2010 year is now upon us, let's all make a pact to help each other adhere to some healthy lifestyle changes to make us more fit for golf AND fit for life!

- **Let's lift weights!** As we age, we lose muscle mass which may lead to more injury in our wrists, elbows, and shoulders due to over-swinging to compensate for our lack of distance. Purchasing a set of 5-10lb dumbbells for your home would be a great start. Also, heavy balls (medicine balls) are fast becoming a staple around home gyms. It literally takes just a few minutes each day! Just do it!

- **Become more balanced!** Falling is a main concern for injury as we age. The golf swing is a very coordinated effort of weight shifting where we need to be aware of our center of gravity to stay upright. The best way to start working on balance is to stand on one leg, then work toward closing your eyes. Stability balls are fabulous, inexpensive pieces of equipment for balance training.

- **Pack our bags!** **FACT:** If we regularly play a full round of golf (over 4 hours) **WITHOUT** eating anything, we are training our metabolism to slow down and conserve energy (fat). We need to make it an absolute habit to always have high fiber bars, protein bars, fruit, and nuts in our bags. It is not something to be proud of when we "last" over 4 hours without eating. If you are walking the course, it is even more important to maintain energy by eating and drinking at least every other hole.

- **Stand tall and proud as we walk!** Let's be more aware of our own movements this season. Walking with our head a little taller and abdominals a little tighter will lift weight off of our hips, knees and ankles. Looking at the ground as we walk shows uncertainty and pulls our shoulders forward into a permanent "C" posture. When walking, take slightly larger, purposeful steps with heels touching the ground first, shoulders back, and a smile on our faces!

Ladies, I am honored to be your AWGA fitness coach. Let's make this season our healthiest yet! Please do not hesitate to call or email me if you have questions regarding the health of your body and your game. That is why I am here!

Mindi is a TPI Level III certified golf fitness coach and owner of "Fit For Golf! Fit For Life!" Mindi is available for private or group golf fitness training as well as seminars and nutritional consultations. Contact her at (480)203-6228 or mindi@fitforgolfusa.com or visit her site at www.fitforgolfusa.com

Cindy Morris, one of the Membership Program Leaders in the East Valley, would like to recognize two very active women in her area.

Marta Groess was elected for her second year as the President of the Trilogy Ladies GA and has been training for Dottie Sparks' job as a Captain for the Course Rating Team. She will be taking over for Dottie, who says "she's ready to turn the Captain position over to younger women," at the October Captain's meeting. Both of those are time consuming and highly responsible volunteer positions. "Marta's also the Rules Chairman for the state of Minnesota," said Cindy. "That's a huge job in itself. She's always looking for ways to contribute!"

Debbie Darling, member at Poston Butte, has been very dedicated to promoting women's golf. She is the Site Leader for the Poston Butte Ambassador Program for the second year and drafted a handout for all the participants with tips to help them with the game of golf. This session, fall 2009, all Ambassador Program locations in the state will be distributing the sheet she designed. Debbie is also a leader in growing the LGA at Poston Butte. Her most recent interest as a volunteer is to join the AWGA Course Rating Team.



Use your AWGA Partner Discounts Now

Several contracts end in 2009

Here's a reminder of the ways to save using your AWGA membership for discounts. Do it now before the end of the year.

Golfsmith Golf & Tennis Stores

15% discount on apparel and headwear and 10% on other items (Exclusions apply – see our website www.awga.org for the complete list).

Glove-It 5% discount on all Glove-It products purchased on their website, www.Gloveit.com. Enter the discount code – AWGA – to receive your discount. You will not receive this discount in retail stores that carry GloveIt products.

DriGrip™ Sunscreen Visit www.DriGrip.com. Use the Promotional Code – AWGA08 to receive your discount which applies to the cost of the product only and does not include S&H charges.

Mindi Boysen TPI Level III certified golf fitness instructor – \$5.00 off her exercise DVDs or book – discounted rates for group classes at your home or golf course – www.fitforgolfusa.com.

Choice Hotels Receive a discount of 15% when you use your AWGA code (00216170) to book a room online only. Choice Hotels include Comfort Inns, Comfort Suites, Quality Inns, Sleep Inns, Clarion, Main Stay Suites, EconoLodges, and Rodeway Inns.

Magique Golf 15% discount on custom golf equipment – www.magiquegolf.com.

Silpada Jewelry Susan Butler, Independent Representative for Silpada Designs ~ Fine Sterling Silver Jewelry, offers a 15% discount on her company's products. Contact Susan at 1-800-574-4178 or locally at 602-956-6305 to receive a merchandise catalog or to place your order.

Barbara Barnes Independent Jewelry Consultant -- Receive a 15% discount on all orders. Contact Barbara Barnes at 480-491-5994 (Home) or 480-330-4229 (Cell) or you can e-mail her at Bbarnes135@msn.com for more information and a catalog.



Phoenix Theatre all inclusive discounted rate of \$34.00 for one specific date for each of the six performances for their 2009-2010 season (See list on our website).

Golf Digest Schools/John Jacobs' Golf Schools – 10-20% discounts apply at their Arizona locations.

Bushnell – Get \$50 off the Bushnell Pinseeker 1500 Tournament Edition Laser Rangefinder by ordering online and entering your AWGA member number.



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TECHNIQUE

PUTTING DRILL



from PGA Teaching Pro
Paula Weihe

*PGA Teaching Professional
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Everyone has heard the saying, "Drive for show and Putt for dough!" Paula Weihe, PGA Teaching Professional who is an instructor for our AWGA Ambassador Program at Ahwatukee Country Club, tells us how to lower our golf score by learning to putt more accurately.

To learn how to putt using your "Big Muscles" i.e., shoulders, chest biceps and back, rather than your smaller quick twitch muscles found in your wrists and forearms, fold a towel into a long rectangle and place it across your upper chest under each armpit. This will create a connection with your chest and arms making it possible for you to feel your larger muscles moving the shaft. Firm up your wrists, but keep your grip light. Allow the shaft to move back and forth smoothly concentrating on generating the power from your shoulders and not your wrists.

This will make those short knee-knocking five footers a lot easier!