



NEWSLINKS

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



Samantha and Kerry Postillion

Masthead Photo: Torreon Golf Club, Show Low, Arizona - - home of the 2012 State Scotch Play Tournament to be held October 22 & 23. Entries open September 10.

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

Samantha Postillion makes AWGA History 2012 State Amateur Stroke Play Championship

By Mary Ann Souter

A Place in AWGA History: Over the past 10 years Samantha Postillion has won dozens of trophies, but none compare to the two she won this year. In April she and her mother, Kerry, won the AWGA Four-Ball Championship together which was a memorable win for both of them. And on August 15th - 17th, Samantha played in her first AWGA State Amateur Stroke Play Championship, a 54-hole event, which tests a player's skill, focus and endurance. With a total score of 210, she won the title and her name will now be added to the perpetual trophy which currently displays her mother's name twice. The Postillions have earned a special place in AWGA history – a mother and daughter who have both won the Stroke Play Championship -- Kerry Postillion in 2005 and 2006 and Samantha in 2012.

Samantha's Best: Winning the Stroke Play Championship isn't the only reason this was a tournament to remember for 20 year old Samantha. Not only did she shoot her lowest round ever, a remarkable 67, on the first day of the tournament but she also recorded eight birdies that day, the most she ever scored in one round. It was truly a significant event for this young winner.

"The birdies on the first day got me fired up," Samantha said. On the second day she shot another low round -- a commendable 71. Samantha was up by six strokes going into the final round on Friday. "I was feeling good until the 11th hole when I made a triple bogey. Then I started feeling anxious," Samantha recalled. "But I made up for it on the next few holes and on the 17th hole, I chipped in for a birdie. Then I started feeling comfortable again and shot an even par keeping my lead from the day before."

Competition: The course was challenging, the weather was perfect and the competition was tough. Some of the best AWGA players enter the Stroke Play Championship. "I met a few really good college players," Samantha said, "and I knew some of the other top players from the Four-Ball Championship. We all played our best. I just had a really great couple of days! My daily practice rounds really paid off."

Kerry and Samantha: Samantha is as proud of her mother's accomplishments as her mother is of hers. "Being a champion like my mom makes me feel really good," she said. "Seeing her play in the US Amateur Championship and finishing as Runner-Up three times in the USGA Mid-Am motivates me to accomplish my goals." Samantha values the tips her mom offers when they play golf together but emphasizes that her mom hasn't pushed her to excel in golf. "She lets me do my own thing," Samantha said, "and she's always supportive of my efforts and my decisions. The more I play golf, the more I love the game."

(continued on page three)

How to Lower your Handicap with PeggyGolf!

By Mary Ann Souter



Talk to LPGA Teaching Professional Peggy Gustafson for just a few minutes and you'll be immediately transported to her world – the world of golf. Peggy admits she is living her dream. Growing up as the daughter of a PGA Pro, she was at home on a golf course since she could walk and competed in her first tournament at age six! When she decided that teaching was her real passion, she quickly moved forward motivating students with her enthusiasm and helping them to achieve their goals. Peggy qualified as a teaching professional and played in five women's major events. She is now enjoying her 31st year as an LPGA Teaching Professional and has taught over 50,000 lessons. Her three decades of instruction and her numerous awards have resulted in a highly successful career in golf.

About PeggyGolf: Headquartered at Union Hills Country Club in Sun City, PeggyGolf is in session from mid-September through mid-May. Women travel from all over the state to take advantage of her teaching method. She uses V1 Swing Analysis for all lessons. Her programs are designed to fit the needs of the student and she follows up with video recordings to help students see their progress.

A session with Peggy would begin with her assessing your strengths and weaknesses. "My job is to give a student more tools for her bag," Peggy said. "Every individual is different and every shot is important. They all have the same value." Although most people want to hit long drives, Peggy stresses the importance of the short game. When chip shots and putts become more consistent, scores automatically come down. She teaches how to make solid contact each time, every time; how to sharpen your short game; and how to strengthen your mental focus during the game.

Success Stories: Peggy has many success stories to her credit including Kelly Hollister who was a top community college player and role model for college women, Chris Giza, who recently won the 2012 Club Championship at Trilogy at Power Ranch, and Patty Kimball, who shot her best round of 70 at Seville Golf & CC, both after working with Peggy. Susan Browning, another of Peggy's students, dropped from a 15 handicap index to a 9.8 and credits Peggy with better ball striking and a much improved short game.

Summer in Alaska: Peggy now spends three months in Alaska at Anchorage Golf Club. When asked how she chose Alaska, she quickly responded, "It picked me!" She added, "It's amazing how many people in Phoenix and Tucson are from Alaska." Last year, the president of the Anchorage WGA took lessons from Peggy at Union Hills and asked her to help with a junior program and with her women's group during the summer. Peggy agreed and enjoyed her time in Anchorage so much that she contracted with them again. "The whole experience is awesome," she said. "The women are eager to learn, the course is amazing and seeing bears on the fairway completes the setting".

Contact Peggy for your AWGA discount: If 2012 is the year you want to lower your handicap, then contact Peggy Gustafson at (602) 503-8380 or lpagapeggy@yahoo.com. She encourages small groups and will accommodate your needs with instruction from 30 minutes to three or four hours including on-course lessons if desired. AWGA members always receive a 10% discount on PeggyGolf services and are guaranteed to receive the lowest rate available. See what all the buzz is about! Meet Peggy. You'll quickly feel her enthusiasm and will be excited about reaching your next level. PeggyGolf offers the personal touch we all want and need. Give her a try and become one of PeggyGolf's next group of success stories!



TWO

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Mark your Calendar

PeggyGolf's Women's Golf Day
Union Hills Country Club
Monday, February 25th, 2013



Stroke Play

(continued from page one)

On the College Golf Team: On August 27th, the fall semester begins and Samantha will be a junior playing on the University of Illinois women's golf team. She has recently met the other girls on the team and is thrilled about her upcoming new adventure in Champaign. "I've been practicing every day and playing in the Stroke Play Championship was a great experience for preparing me for college tournaments," she said. "I am so excited about school and golf this year."

Turning Pro: Samantha's ultimate goal is to play golf on the LPGA Tour after finishing college. "This has been my dream for several years," she said. "It's always in the back of my mind and it's what keeps me motivated."

Samantha will continue competing in AWGA events when she is home from college on breaks or during the summer. And if past performance is any indication of future performance, Samantha is on her way to collegiate titles and additional women's amateur titles before realizing her objective of turning Professional.

High School Girls Golf - Build a TEAM

An AWGA program to foster the development of Arizona High School girls' golf teams.



The next step in our "Build a Team" process was to hold a meeting for High School Girl's golf team coaches from throughout the valley. We held this meeting on August 25 at Aguila Golf Course. Representatives from Gatorade, Golf Stretch and Antigua were there to discuss their product lines for High Schools.

Erin Groeneveld then conducted a Rules clinic covering the most common rulings that the girls might come across during a round of golf.

Dr. Debbie Crews, sport psychology consultant for the ASU Men's and Women's golf teams, treated the coaches to a discussion on the mental aspect of the game of golf. Giving them tips on preparing their girls for competition, and how to help the girls stay mentally tough during a round of competitive golf. LPGA teaching professionals Janet Anderson, Shelley Hamlin, and Susie Corona, volunteered their services to give the coaches swing drills and games to help the girls make their practice time effective.

The AWGA would like to thank everyone who volunteered their services that day to help with our younger generation. You made this day very successful. Change to: "In the background, the AWGA has begun fundraising for this program. With 50/50 raffles held at Day in Hades, Mixed Stix, Stroke Play and other projects, \$5500 has been raised to date for this program. Thank you to everyone who has contributed." See Issue 5 of NewsLinks for a more detailed program description.



February

- 28. Teenie Larsen | Mountainview CC
- 29. Robin Cook | Wigwam GC

April

- 3. Geri Sandilands | Saddlebrooke CC

May

- 17. Vicki Butler | Pinetop CC

June

- 10. Rosellen Buda | Tuscany Falls
- 21. Connie Giamarvo | Great Eagle GC

July

- 19. Karlene Kieffer | Troon CC
- 29. Karol Koppy | Robson Ranch GC

August

- 3. Linda Hulshof | Prescott Golf & CC
- 4. Cathy Clemons | Rolling Hills GC
- 12. Cindi Sheppard | Pinewood CC

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THREE
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*Beginning October 15, 2012, the AWGA in partnership with the Arizona Golf Association through the Arizona Handicap Network will convert its USGA Handicap Service to utilize the GHIN software.

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Arizona's leader in women's golf since 1924, the Arizona Women's Golf Association (AWGA) supports over 25,000 members at all skill levels.

The AWGA is a 501(c) 3 not-for-profit organization which preserves, promotes and enhances the best interests and true spirit of the game.

For further information or to join today, visit our website at www.awga.org or call 800-442-2942.

Mixed Stix

The most fun you can have with your husband on the golf course.

by Mary Pomroy

Mixed Stix: What does that name make you think about? Cocktails? No, that would be stir stick. ...Golf Clubs? No, that would be just plain sticks... Camaraderie? No, that would be a social mixer. Mixed Stix is all of those things, and more. You missed a great time if you didn't play in the 8th Annual Mixed Stix Tournament held this past July 28th and 29th at Omni Tucson National Golf Club in Tucson.

35 teams of various assorted woman-man teams teed it up in this 4-Ball (Also known as better ball of partners) competition. Some played with their spouse, some with a friend, some with their brother; we even had a few "blind dates". But judging from the laughter and the feedback, everyone enjoyed the company and the competition.

The field was flighted by Handicap, with prizes paid for Overall Low Gross, Overall Low Net, as well as Low Gross and Low Net in each of 5 flights. Prizes included two closest to the holes, and a drawing just for entering. In all 41% of the field came away with prizes consisting of pro shop credit and gift certificates. There was even a 50/50 raffle where the big winner was the AWGA's newest project, the High School Girls Golf, Build a Team project. \$470 was sold in raffle tickets and split between the lucky person whose ticket was drawn and the Build a Team project. And one of the best things, the lucky winner donated her full winnings back to the AWGA for the program. The generous winner wishes to remain anonymous. But never fear; people with generous spirits like Ms. Anonymous always get their due acknowledgements. **Thank you** Ms. Anonymous!

With all those winners, did anyone lose? Not really, but some of us did come away with only our priceless memories of the weekend. Good friends, new friends, bad golf. ...) but also those few good shots that keep us coming back. Like a 175 yard 5 wood into the uphill finishing 18th green on Catalina, leading to a 50 foot uphill birdie putt. No, it didn't go in, but I did have a tap in par. That'll bring me back next year!

And what about the **Champions**? Lauren Todd and her partner, Ryan Mariano, defeated the 4 time Champion team of Judy Miller and Ed Gowan on the first hole of a sudden death play-off when Lauren birdied to capture the title. While the rest of us were dry and comfortable inside, the two teams, escorted by Rules Official in Charge, Sally Larson, made their way back to the first tee to break the tie just as the rain storm hit. (Another great thing about being a bad golfer, our ties are decided by score card play-off--cocktail in hand).

Lauren, born and raised in Phoenix, currently works as a Business Analyst in Flagstaff. She earned a BA in economics from Stanford University in 2007 and an MBA from Pepperdine University in April, 2011. During her time at Stanford she earned all-American golf honors, PAC-10 academic honors and captained the team to the most victories in program history. In 2008, Lauren played a full schedule as a touring golf professional on the Duramed Futures Tour. She regained her amateur status when she was reinstated by the USGA in August of 2009. Growing up, Lauren spent many Saturdays working at local food banks and has been passionate about their work ever since. She and Ryan co-founded Athletes

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Overall champions:
Lauren Todd and Ryan Mariano



Overall net champions:
Barbara and Charles Lail



Juanita Rosenfeld
Post - birdie horsing around



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We welcome your comments and suggestions regarding the new "NewsLinks" newsletter. Please submit your ideas to Kelly Hollister at kelly@awga.org.



SIX

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Mixed Stix Fun

(continued from page five)

Promise, a charitable organization whose mission is to bring athletes together to compete, have fun and fight hunger through the support of food banks in our communities.

Besides being a competitive amateur golfer Lauren is an active hiker – reaching the bottom of the Grand Canyon and summit of Mt. Kilimanjaro in 2010.

Ryan Mariano, originally from Lake Forest, California has competed and excelled on volleyball courts indoors and out for the past twenty-two years. In college, he led the NCAA in several categories in each of his sophomore, junior and senior years. Ryan went on to play international professional indoor volleyball in Austria and Switzerland. In 2005, Ryan returned to Southern California and is now playing on the AVP beach volleyball tour. He currently splits his time between the mountains of Flagstaff, AZ and the beaches of California. His hobbies are golf, (he carries a 9.0 USGA Handicap Index), fishing and hiking.

Net Champions, Barbara and Charles Lail retired in 2000 and moved to Snowflake, a small town in north central Arizona. Barbara retired after 30 years as a teacher in the Mesa School District, and Charles from a career as an engineer at Motorola. Barbara is a very avid golfer, Charles, not so much.... As Barb puts it, "He likes golf, but he's not hooked like me. I always wanted to play in Mixed Stix, but it was just too big a drive when it was in Tubac, it just didn't work. So when it was moved this year to Tucson, I told Charles, this is on my bucket list, we've just got to do it, at least once. He did it for me". When asked to what she attributed their success, Barb said, "Charles stayed between the lines. He doesn't always do that! He hits it long, but usually not between the lines! He played great the first day, and then I played better the second day. We ham and egged it really well." I'll say! Barb and Charles shot a two-day net total of 21 under par to take the overall net title. Barbara never played golf until after she retired. As a younger person she was a tri-athlete, thinking of golf as a pretty sedentary activity. It was only after retiring and having the time on her hands to pursue new activities that she took up the game. She says, "It wasn't always easy to stick with it. I almost quit a few times. It can be a frustrating game. But I had to relax and accept the ups and downs. One of the things that I love about it now is that it's like a puzzle to me, trying to understand what's going right and what's going wrong with my game. I also love the organizational part of golf. I love being involved with the AWGA through the Committees and working with my local club. It allows me to give back. There's just nothing in the world like being on a golf course. Golf allows me to get away from all the hustle and bustle, and just focus on the company and the game. It's just a wonderful part of my life."

Barb says that one of the most fun parts of being the 2012 Net Champions of Mixed Stix is having their picture on the AWGA web site. She was excited that her youngest son who is stationed at Tinker AFB in Oklahoma was able to see their picture and read about their victory on the internet.

Upcoming Tournaments & Events

visit www.awga.org/tournaments to sign up

October 1 | Girl Golf Day | Blackstone Country Club - Peoria

October 22&23 | AWGA Scotch Play | Torreon Golf Club - Show Low

November 15 & 16 | AWGA Partners | Red Mountain Ranch CC - Mesa

Spotlight on Kay Davis

By Rosie Humphries – AWGA Communications Committee Chairperson

Who plays golf when they're ninety years old? It seems so impossible. Like most golfers, I take a couple Advil before playing to help with the aches and pains; plus, I'm often nursing some injury or another throughout the golf season. I'm not yet 50 years old and I already feel the pain one suffers in a golf swing. Not only do I complain about the aches and pains, but what about my eyesight. Where did that go? Forget the eyesight, where are my golf shoes? I'm always forgetting something. For me, the thought of golfing when I'm in my 90's is incomprehensible! No one plays golf when they're 90, right?

Wrong. Kay Davis plays 18 holes of golf three times a week, and she is a couple of years past 90! Kay was born in Dike, TX and will be 93 on November 6th. Let's put this into perspective. Think about the year the US Congress guaranteed suffrage to women so we could vote (the 19th amendment). Think about the year Congress designated our Grand Canyon National Park. Both these events happened in the year that Kay Davis was born. Even more appropriate for this article, the LPGA was nonexistent, and the PGA had only been formed the year prior!

To quote one of her playing partners, Shari Cody, Co-Tournament Chair of Payson Golf Course, "She is amazing. On any given day, Kay will beat your pants off. Just last week she had two net 1's in our Jack & Jill tournament, where Kay and her partner, Mike McKee, took Third Place. She is the most positive person I know, especially on the golf course. As far as Kay is concerned, life is good if you're playing golf. Kay is happy to play with everyone and everyone is happy to play with Kay."

An "unfinished" cabin took Kay and her family to Payson for the summers. She joined Payson Golf Course in 1965. According to Kay, that cabin is still "unfinished!" Prior to becoming a permanent resident of Payson in 1981, her family lived in Phoenix, where they were members of The Valley Club which housed the Old Jokake Inn. The property is now known as the Phoenician Resort. This is where Kay first took up golf 49 years ago. While keeping a home and raising three boys, Kay learned how to golf on her own. Although her husband did not enjoy playing golf as much as she did, they played in many couples events and she still cherishes a clock they won during a couple's guest event held at Wigwam several years ago. Though self-taught, Kay was fortunate to attend an annual week-long Payson Golf Course instructional school called Diamonds in the Rough. "My handicap went down after this school," she says. With instructors such as Judy Whitehouse, Shirley Spork, and Joanne Winter – all LPGA Teacher of the Year Recipients and accomplished Arizona golfers – Kay developed her golf skills along with a passion for the sport which continues today. Kay has been an active member of the AWGA since the early 1970's. She has held numerous Committee and Board positions within the AWGA, NAWGA, and Payson Women's Golf Association. Selected to join the AWGA Board in 1988; Kay was initially appointed Secretary and then secured the position of Vice President through 1992. After her board work, Kay remained active on the Tournament and Sites Committee and spent four years on the Rules Committee. Her most challenging position was working on the course rating committee. Her job was to carry the laser (think very large tripod with a scope attached to the top) from hole to hole in order to read the yardages required to properly rate the course. Sky Caddies, or the wide range of yardage calculators we use today, were not available at that time. As a matter of fact, the last course she rated was Chaparral Pines, in Payson. Kay said she was "so tired, she had to retire after rating that course!" At the age of 80, Kay retired from her work with the AWGA and is now free to play golf three times per week.

When asked about various milestones throughout her golfing career, Kay graciously told me she has never had a hole-in-one. "I've been so close, so many times but never had a hole in one." Her lowest index was an 18, but mostly, she carried a traveling handicap as the current index-based system did not exist until the mid 1980's. When Kay turned 90 her goal was to shoot her age. "I wanted to shoot my age so badly. I tried very hard but that is when I started losing my strength. I would hit the ball so good and it wouldn't go anywhere. I couldn't even open a pickle jar." Kay's fondest memories are playing with her tournament partner and friend Janie Nutting. The golfing pals partnered in all the Arizona State tournaments, and Kay continues to play in many statewide tournaments. Her consecutive 10 year showing at an annual Yuma event is evidence that she loves the combination of travel and tournament play.

Kay lives in Payson and continues to drive herself to the golf course three times a week. Her secret? "I'm pretty sure I have good genes," she said with a laugh. "I try to eat right, but I have no regular exercise routine. I walked the golf course until I was 82 years old and that was my exercise." When I asked Kay if she could offer any advice to those of us who are in awe of her, she said "have fun, enjoy people and don't take it too seriously." – Did she mean golf or life? I'm pretty sure Kay was referring to both.



SEVEN

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Arizona Overseed Schedule



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DEAR CADDY



Q I have a question. Some of my girlfriends “twist” their feet on the putting surface when they strike the ball. They seem completely unaware of their actions, but it really messes up the green. They leave large spike and drag marks and never walk back and fix them. How can I kindly make them aware of the damage they are causing and ask them to repair the green?

A I applaud your civic-minded putting green maintenance! It is very annoying to arrive at the green for a birdie putt, only to find spike marks in front of your ball where someone in an earlier group has carelessly dragged, scuffed, or “twisted” their feet.

I would guess that your girlfriends are not aware of the cost to create a putting green. Depending on the area, size, type of grass, drainage, irrigation, and number of bunkers; a putting green made to USGA guidelines costs (on average) \$60,000. Additionally; annual maintenance for a putting green, runs another \$15,000 to \$20,000 per year. If you shared these figures with your friends, maybe they would have more respect for the greens.

Be careful though! You cannot fix spike marks before you putt. Rule 16-1c allows you to repair an old divot or damage to the green caused by the impact of a ball. It goes on to say that any other damage (including markings from shoes) to the putting green must not be repaired if it might assist you in your play of the hole. This covers not just your line of putt, but anywhere in the vicinity of the hole. You can, and should, tamp down your spike marks when your group is done putting. It’s just common courtesy and respect for the group behind you.

It is our responsibility as golfers to fix our own marks. Take a look at the green after you have finished the hole. If there are any ball marks or spike marks, do a quick repair – and ask your girlfriends to do the same!



EIGHT

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Please send your unique questions or comments to dearcaddy@awga.org. Your question could be selected for publication in the AWGA Newsletter or the AWGA website.