



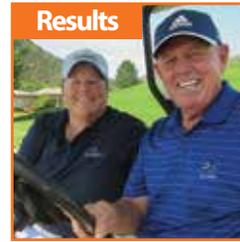
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# NewsLinks

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

## AWGA Sees Innovative Opportunities for Women's Golf



Mary Pomroy, AWGA Executive Director

Just a few short years ago, the PGA of America recognized that the golf industry has to change. According to Sandy Cross, Senior Director of Diversity & Inclusion for the PGA of America, "... there are millions of women who want to participate in golf, but they don't feel welcome. They haven't been invited."

This is one of the many reasons the AWGA was formed and has continued to serve women golfers for almost 100 years. But the golf industry is changing. Women continue to be the faster growing segment of the golf industry. We at the AWGA strive to make golf as welcoming and inclusive as possible to women from all walks of life, backgrounds, ages and abilities. To that end, the AWGA is seeking to become a more universal organization. We need to be innovative and progressive to thrive and grow in contemporary times and appeal to the next generation of golfers.

We are exploring various opportunities that can achieve what is best for the golf community as a whole, while continuing to grow women's golf in particular. Most recently we have been

investigating opportunities that include working with different groups, the AGA among others. While these efforts are part of a long-term process, discussions are clearly in the early stages. However, we will keep you updated on any significant progress.



## You Can Make a Difference



*Paula Weihe instructing Golf 101 students*

Participation in golf is declining. While more people than ever are trying the game for the first time, fewer than you might expect keep playing after that initial try. If that keeps happening, more courses will either close or have to raise their rates. The good news is that the AWGA sees the fact that more women are picking up a club for the first time as a great opportunity, and has made it our primary goal over the next three years to get more women introduced to the game and to keep them in the game. We're working on ways to do that with innovative programs. Golf 101, for example, pairs new golfers with supportive women's leagues so they have other women to play with once lessons are over. And our Build-a-TEAM program ensures high school girls get critical basic instruction so they don't walk away from a sport that benefits both their career options and lifespan. That's right, women who play sports have dramatically higher chances of taking on leadership roles in their careers,

and a recent major study found that golfers live as much as five years longer than non-golfers! There are more ways than ever for YOU to help grow the game and get more people to reap the benefits of it, too. Here are a few things you can do:

- Tell a friend who doesn't play golf or hasn't played in a while about our Golf 101 and 201 classes ([AWGA.org/Golf101](http://AWGA.org/Golf101))
- Invite a new golfer to a Just for Fun Day scramble ([AWGA.org/Fun](http://AWGA.org/Fun))
- Bring a friend to a Rules or Handicap seminar ([AWGA.org/Seminars](http://AWGA.org/Seminars))
- Have your family and friends designate us as their charity of choice with their Fry's V.I.P. Card ([AWGA.org/Frys](http://AWGA.org/Frys))
- Or send a donation to help us fulfill our strategic initiatives ([AWGA.org/Donate](http://AWGA.org/Donate)). Since we are a 501(c)(3) charity your donation is tax deductible!

We know that you share our passion for golf and our desire to see women succeed. Please join us in making a real difference in the lives of women.



*Just for Fun participants - July 2016 Oakcreek CC*

## Passages: AWGA Volunteer Barbara Green

We were stunned and saddened last month by the passing of Barbara Ann Green, 74, who helped run tournaments for the AWGA, PebbleCreek and the Central Arizona Golf District (CAGD). Barbara was an expert on the Tournament Pairings Program and was a great help creating scorecards, monitoring pace of play, supervising volunteers and assisting wherever needed. Her friends and fellow volunteers have this to say about her:



"I thought the world of Barbara. She helped me with the CAGD tournaments above and beyond anything you would have expected. I for one will miss her a lot."

*-- Colleen Green, retired CAGD Tournament Director and AWGA Board member*

"Her willingness to help is an enduring inspiration to those of us who had the opportunity to work with her and be her friend."

*-- Marilyn Reynolds, PebbleCreek LGA Rules and Play of the Day Chair*

"Her smiling face at registration was often one of the first sights in the morning at an AWGA event, and her soft voice over the radio confirming Check Points was a comforting reminder that she had it all under control."

*-- Erin Groeneveld, USGA Programs Manager for the AWGA*

This is a tragic loss for our golf community, and our deepest condolences go out to her family.

## Rules & Etiquette

with Lyman Gallup & Marilyn Reynolds



Marilyn Reynolds  
AWGA Rules Committee

Lyman Gallup  
AWGA Rules Committee Chair

### Is it My Turn to Play?

by Lyman Gallup

“Whose turn it is to play?” is a question that must be addressed multiple times in every round we play, whether in a tournament or simply a round with friends. Except for some minor wrinkles in some forms of play, USGA Rule 10 provides guidance on Order of Play. This column focuses on some general statements that are applicable in the vast majority of situations and, except where noted, apply in both match play and stroke play.

The honor on the first tee is decided by the order of the draw which means the order in which the names are listed on the pairings sheet. If no draw or pairings sheet exists, the honor should be decided by lot (randomly). On subsequent holes, the first to play is the person (or the side, for team play) who had the lowest score on the previous hole. If all players score the same on a hole, the order of play on the next hole is the same as it was on the previous hole.

During the play of a hole, the ball farthest from the hole should be played first. If balls are equidistant from the hole, the ball to be played should be decided at random. A commonly misunderstood implication of this section of the rule is that it applies whether the balls are on the green or not, i.e. a ball on the green that is farther from the hole should be played before a ball off the green that is closer to the hole. Admittedly, this portion of the rule is often overlooked, especially in stroke play, and balls off the green are commonly played before balls on the green.

What happens if someone plays out of turn? In stroke play there is no penalty unless it was done to give some player an advantage. Therefore it is absolutely OK to play ready golf in stroke play as long as it isn't done to provide an advantage to a player. In match play, however, if a contestant plays out of turn her opponent has the option (but not the requirement) to immediately recall the stroke and have the balls played in

the correct order. The play of a provisional ball or any second ball from the teeing ground must occur after all other players have played their first stroke. If your ball might be lost or out of bounds, wait until others in your group have played their first stroke before playing a provisional ball.

### 7 Habits of Good Golf Buddies

by Marilyn Reynolds

**Be on Time.** Arrive at the golf course at least a half hour before your tee time. “To skid in sideways” at the first tee is disrespectful to the pro shop staff, the starter and your fellow players, and it is probably not good for your rhythmic and relaxed best swing, either.

**Be Ready.** Watch and know when it is your turn to play. As soon as it is your turn, hit your shot promptly. Strive for a 20-second shot routine, but absolutely no more than 40 seconds.

**Be Aware.** Watch when players in your group hit shots and know where their golf balls go. Do not unwittingly get between another player's ball and the green. It is annoying enough to hit a bad shot, but the annoyance is compounded if an unaware player gets in the way of the next shot.

**Go the Extra Mile.** Fix divots in the fairway and ball marks on the green, yours and at least one other. Rake bunkers, even when other players have been careless about smoothing the sand. Make sure *everyone* in your group has rounded up their golf clubs before leaving the green.

**Be Thoughtful.** Do not talk, move, make noise, or stand directly behind a player when she is about to make a shot. Remember that the line of putt is “sacred” to most golfers and should not be touched. Continuous putting is a time saver, but should never be at the expense of standing on another player's line of putt.

**Be a Good Sport.** If you are having a “bad day” on the golf course, do not constantly complain and/or whine about your bad play. This is unnecessary and can make it a “bad day” for everyone in your foursome. Button your lip and suck it up. Everyone has bad days and no one wants to hear about how great you were yesterday and how bad you are today.

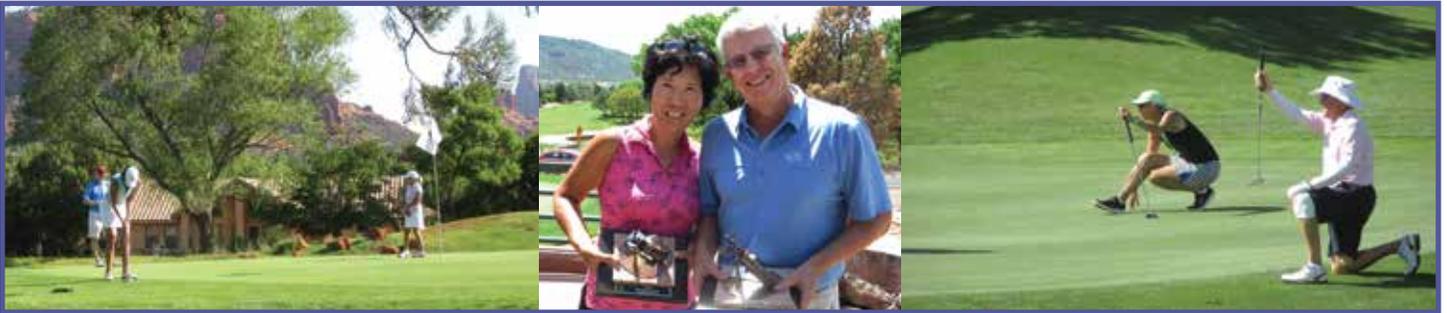
**Honor the Game.** Know and follow the rules of golf and the local rules at the courses where you play. When in doubt as to procedure, use Rule 3-3 in stroke play to play a second ball and seek a ruling at the conclusion of play.

Practice these seven habits and you will be among the group of players others enjoy playing with!

## Mixed Stix, aka Couples Therapy

By Julie Fenn, AWGA Player Programs Manager

The annual trek to Sedona for a weekend of fun, laughs and golf with your favorite male golf partner took place July 23 – 24. Sedona Golf Resort hosted the Mixed Stix tournament with 102 enthusiastic players. Though it was a little warmer than usual, it was still a pleasant change for those players not living in northern Arizona. On Saturday, two teams shot net scores in the 50s, more than half the field was in the 60s, two teams shot gross scores in the 60s, and two more were even par. There was plenty of good golf going around. But we all know that golf is a 4-letter word and our luck can change at the drop of a hat, ball, tee, club, head cover, or anything else, for that matter. Approximately half the field had better scores on Sunday. But both the Champions and Net Winners held on to their Saturday leads to bring home the trophies. Kim Eaton and Steve Dallas shot 64-66 to win. Jennifer and Phillip Turner had net scores of 56-65 to give them a 3-stroke margin of victory. For 16 players, this was their first time at an AWGA event, and we hope to see them at many more to come!



## Lightning Strikes at Stroke Play

By Julie Fenn, AWGA Player Programs Manager



L-R: Beth Bartholow, Champions Kim Eaton & Lisa O'Donnell, Marta Felix, Suzan Doran & Brenda Lloyd and Barbara Thomas & Kelly Loeb

For our Stroke Play Championship in August, players contended with the challenging Tower Course at Torreon Golf Club in the mountains of Show Low. The first round was completed under a mix of sun and clouds, and Natassja Meredith, playing in her first AWGA event, held the lead on Day 1 after shooting 76. But the round of the day came from Lisa O'Donnell who shot a net 61. Her fellow competitors could only say "She was on fire!"

Lightning struck fast and furious the next day, waking up many of the players as early as 4:30am, and heavy rain got everyone pulling out the rain gear. Fortunately the rain was short-lived, though it did cause an hour delay and restrict the carts to the path for the day. As players were getting close to finishing their rounds there was another short delay due to lightning in the area. Kaitlyn Saum, shooting a 74, had the round of the day, but Kim Eaton's 76 gave her a one-stroke lead over Natassja Meredith going into the final round. Friday dawned clear and drier. Kim Cifuentes used the good conditions to play a great round of 74, until a triple-bogey at 18 knocked her out of contention. Kim Eaton and Natassja Meredith had a sudden death playoff of one hole before Kim's par gave her the victory with a score of 232. Kim last won this event in 2013. Lisa O'Donnell played steadily on Days 2 & 3 to help her hold on and be the Overall Net Winner, shooting a net 270.

## Golf at the Rocks - Elephant Rocks, That Is

By Julie Fenn, AWGA Player Programs Manager

The 2016 State Seniors Championship was held at Elephant Rocks in Williams, September 26 – 28. The club and their members must have a very special relationship with Mother Nature, because in spite of the forecast for rain and thunderstorms, the rain went around the course and players only had to deal with wind during their partly-sunny week. Cart covers were brought out as much as a deterrent for the wind as to ward off the rain. Holes 12, 13 and 14 were the challenges of the week. Hole 12, a par 3 over water, had scores ranging from 2 to 24. If that wasn't enough to get players' attention, Hole 13 was a par 5 with two water hazards crossing the fairway and a pond next to the green. The challenge continued on Hole 14, another par 3 over water that was slightly longer but had a little less water carry. When that stretch of the course was completed, players breathed a sigh of relief. In spite of the challenges faced, players were able to laugh and have a good time on the course, enjoying the scenery and company during their round. Kim Eaton of Alta Mesa had the only below-par rounds of the week, which allowed her to win her 4th consecutive Seniors Championship, and 7th in the last 8 years, with a score of 213 (-3). Kelda Toliver of Arrowhead CC played very consistent golf, which allowed her to come from behind to be the Overall Net Winner, shooting a net 215 (-1). Congratulations to all the winners.



L-R: Champion Kim Eaton, Overall Net Winner Kelda Toliver, players on the green at Elephant Rocks

## A True Test of Friendship

By Julie Fenn, AWGA Player Programs Manager

Scotch Play is not the most common format used for golf events. When couples play this format, it's sometimes called "Divorce Court" because of the passionate discussions about where your partner put a ball that you now need to hit. But the participants in this year's AWGA Scotch Play Tournament took it in stride. Carolyn Harville just laughed and shrugged when her partner, daughter Lisa Harville, put her in the same bunker for the second day in a row. They were both laughing later when they won low gross in their flight, too! Champions Judy Miller and Lisa Smego had the low score each day, shooting 70 – 74 for a 144 total. Net Winners Meg Quarrie and Odette Rose partnered for the first time. Meg loved the experience of hitting her second shot from a lot closer to the green than she was used to, while Odette kept saying "I found my short game" as she pointed at Meg. The more relaxed atmosphere of our "Association Tournaments", those that are not state championships, encourages participation by first time tournament players. The Westbrook Village players brought a team of first time tournament players who couldn't stop smiling, whether it was in the hotel during breakfast or on the course. Other new tournament players came from Yuma, Prescott, Phoenix, Gilbert and Mesa. When all was said and done, everyone was glad they were in Prescott in the middle of October, enjoying sunshine, friendship, and fun on the golf course. Scotch Play will be at Laughlin Ranch in Bullhead City next year. Join us for that event if you can't make it to one sooner.

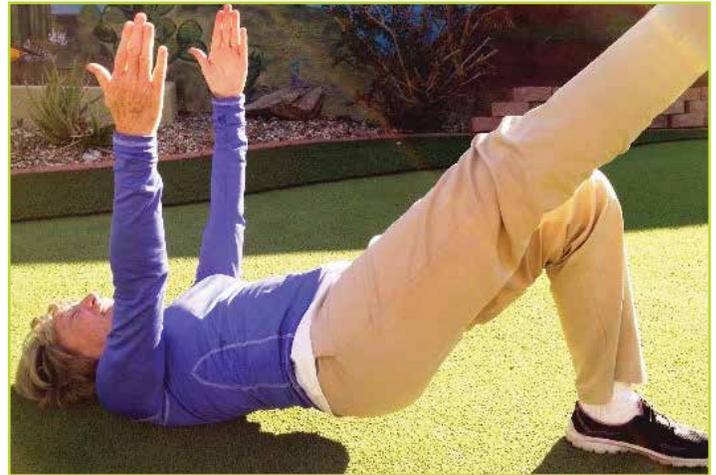


L-R: Champions Lisa Smego & Judy Miller, Overall Net Winners Odette Rose & Meg Quarrie, matching partners in the fairway

## “Buns of Steel” Needed to Prevent Low Back Pain

by Debra Pentz, DC (part 2 of a 2-part series)

Your low back pain may be the result of “buns of mush”. But you say “It’s my **lower back** that hurts”. While that may be true, pain is not always the best diagnostic of where the problem really is. The **root** cause of low back pain is especially difficult to pin down. A major cause that I see in my practice daily is that the butt muscles (glutes) are weak because we sit too much. Even when we golf, too many golfers ride in carts. The butt muscles are part of the stabilizing core muscles, and when the butt muscles are weak, guess what has to help stabilize the core? Yep, the lower back. To test whether your butt muscles are really the culprit of your low back pain, try this. Lie on your back, knees bent, feet flat, arms extended overhead. Lift your pelvis up off the ground. In this position, extend your right leg and hold for 10 seconds. Do the same test on the left side. If you find this difficult, or your leg cramps or shakes, you have a weak butt. A simple exercise to correct this is called glute isometrics. Squeeze your butt cheeks together. Try to use only your butt muscles, not your legs. Hold for 5 seconds, release for 5 seconds. Do this 5 times – it’s less than a minute total. Do this at least 5 times per day and your lower back will hopefully start to feel better!



Test your glute strength like this

For more low back injury treatment and prevention exercises, please check out our YouTube Channel called “SmashingGolf”. You can find a link to it at [AWGA.org/Resources](http://AWGA.org/Resources).

## Sliding is for Baseball

by Peggy Briggs, LPGA

You need follow-through to finish your golf swing, and to remember to smile at your **target**. I often see my students smiling (or frowning!) at the right side of the fairway or driving range. If your body isn’t moving correctly because of your feet or legs, you end up sliding laterally to the target and usually end up “pushing” the golf ball to the right. Sometimes fixing this can be easily done by learning what the proper movement is. I like to use the “step and change direction” drill. Start with a golf club and get into your golf posture. Take your lead foot and bring it back to beside your back foot. Take your back swing with your feet together. Start your downswing by stepping your forward foot back to its starting position and hit the golf ball, pivoting around your forward leg to finish the swing. Smile directly at the target and your ball should move in that direction.

**Bonus:** Your golf ball may start to go straighter and farther with a good pivot and finish to your golf swing.





*This year's Octogenarian Tournament was a rousing success*

## A Game for Life

*By Julie Fenn, AWGA Player Programs Manager*

For the past 23 years, the Octogenarian Tournament in Sun City has been THE golf event of the year for a number of women who have extensive life experiences and who are still young at heart. As the name implies, participants must be at least 80 to be eligible. And there is significant demand for the Nifty Nineties flight, also. The tournament sells out each year, with a sizable wait list. Participants are treated to breakfast before play on Monday, as well as lunch afterward. This is repeated on Friday, the last day of the event. Tee prizes range from fun gifts to golf paraphernalia to elegant crystal. Winners get beautiful flowers and trophies, in addition to the hugs from all their friends. Participants become family to the tournament chair, Fran Michael (more about her below). Fran sends participants a Christmas letter, then a spring letter with their application, in addition to calling them all in the spring just to make sure they will be able to play. As with all golf tournaments, this event does not run itself. The committee in charge has more than 30 additional volunteers that help with cooking food, decorating, shopping, running contests, registration, setup, cleaning, fundraising, etc. None of them can say “No” to Fran or the committee members. Former player Kate Harris is now 100 years old. She still plays golf almost every day and volunteers at the hospital and for Meals on Wheels, but is leaving the tournament to the “younger girls”. The “kids” (those in their 60s and 70s) come out to cheer on their friends and join in the fun. Raise your glass (champagne, scotch, tequila, wine, water, or prune juice) and toast all these ladies that continue to show us that golf is a game for life!

## Volunteer Extraordinaire

*By Julie Fenn, AWGA Player Programs Manager*

You get the chance to meet a lot of interesting people playing and being around the game of golf. Fran Michael is one such individual. When she and her husband moved here in 1979, buying the first house they looked at on their first day in Arizona, she was not a golfer. She took 18 lessons before she was **allowed** to go on a golf course. But after that, there was no stopping her. She would play 27 holes a day, every day, with her husband – 9 before breakfast and 18 after. She loved playing with men because it forced her to get better in order to compete with them. With fire in her eyes she firmly stated “I didn’t want to be the first one hitting all the time!” Her golf resume proves that passion, with 4 Sun City 9-Hole Championships and 14 Quail Run Women’s Championships between 1989 and 2005.

Fran loves playing golf, but enjoys giving back to her family, friends and the community just as much. More than 20 years ago, Fran became involved with the Handicapables Club, a non-profit organization in Sun City West that helps people with handicaps lead fuller and happier lives. She’s helped this



*continued on page 8*



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## July

- 8 | Sheri Carter | Pinetop CC
- 12 | Laura Bryden | Talking Rock GC
- 14 | Karen Stingl | El Conquistador GC
- 14 | Amber Rivera | Pebblecreek GC- Eagle's Nest
- 18 | Judy Ferguson | Palm Valley GC
- 20 | Cathy Small | Continental Golf Club
- 22 | Jean Goodin | Pebblecreek-Eagle's Nest
- 24 | Trudy Nowak | Desert Trails GC
- 26 | Geri Conser | Saddlebrooke GC #2
- 28 | Amy Flinn | Wigwam GR Patriot Course

## August

- 03 | Leslie Brucker | Torreon GC
- 03 | Gail Robertson | White Mountain CC
- 07 | Mary Ellen Case | Sewailo GC
- 07 | Amy Flinn | Oakcreek CC
- 10 | Lynn Canada | Pinetop Lakes G&CC
- 10 | Christine Gaintner | Pinetop Lakes G&CC
- 12 | Marla Calley | Torreon GC
- 14 | Sandy Kathamegos | ASU Karsten GC
- 14 | Heather Van Name | Talking Rock GC
- 14 | Heather Van Name | Talking Rock GC
- 16 | Geri Sandilands | Saddlebrooke GC
- 20 | Cindy Reinholz | Torreon GC
- 23 | Sheri Hudson | Tucson National
- 28 | Betty Dieter | Canoa Ranch GC
- 30 | Balbi Boggs | Red Mountain Ranch CC

## September

- 1 | Christiane Ouellette | El Conquistador CC
- 6 | Mary Train | Grandview GC

- 8 | Mary Ann Wells | Red Mountain ranch CC
- 13 | Lee Belt | SaddleBrooke CC
- 15 | Kathy Holwick | Robson Ranch
- 16 | Nikki Musselman | Pinetop Lakes G&CC
- 17 | Holly Lyon | Preserve GC
- 20 | Norma Sorensen | Coyote Lakes GC
- 22 | Nola Moyers | Sunland Village East GC
- 27 | Nancy Warner | Torreon GC
- 27 | Deborah Martin | Sun Lakes CC
- 28 | Toni Werder | Silver Creek GC

## October

- 1 | Joan Saxon | Trilogy GC @ Vistancia
- 3 | Patti Zimmerman | Arizona National
- 7 | Cheryl Pierson | Pebblecreek Golf Resort
- 7 | Dang Parker | Sun lakes CC
- 9 | Jane Hee | Pebblecreek Golf Resort
- 18 | Lisa Bernadett | El Conquistador CC

## Volunteer Extraordinaire *continued from page 7*

organization grow from 25 to more than 175 people, and is one of their water therapy instructors. She also planted flower beds around the #1 tee at Quail Run in the late 1990s in memory of her husband and still replants them two times per year so they always look nice for the golfers. Not to mention treating friends to a "big spread" if any of them gets a hole in one! Besides being the Sun City Ladies' Octogenarian Tournament Chair, Fran raises money for the tournament by serving breakfast to the men's league twice a month, and also helps to run the Men's Octogenarian Tournament breakfast each year. Her friends say she is the most generous person they know. While she doesn't look for praise or thanks, in 2015 her friends had a bench put on the #6 tee at Quail Run in Fran's honor, and everyone claimed it was the only time they had ever seen Fran speechless!! We are lucky that here in Arizona we have Fran and hundreds of other tireless volunteers to help make women's golf more fun and rewarding for everyone involved.