

# HERON LAKES WOMEN'S GOLF CLUB



## A Note from the President

Greetings,

Rain, rain...please go away! March has proven to be a very soggy month. Unfortunately, most of our Saturdays and Tuesdays were rained out. A few brave souls have ventured out when there was a sneak peek of sunshine. But, April is coming up and I'm sure the sun will shine. In the meantime, utilizing the covered driving ranges is a great way to keep swinging.

We would like to welcome our new members, Lory Hefler, Pamela Godfrey and Anne Hogan. We are looking forward to playing with them soon. Remember if you have not renewed your membership please do so asap.

We have a great season ahead of us with the Spring & Fall Handicaps, Memorial & Club Championship. Also, HLWGC will be participating in (WIP) match play (May-early October) 4 ball match against other participating clubs. We are proud to say that in 2015 HLWGC Team was Overall Champions and in 2016 Gross Champions. We once again will be in the most competitive flight, competing both for gross, net and overall points. If you are interested in joining the team, please contact Janet Elliott [janete.elliott@gmail.com](mailto:janete.elliott@gmail.com) for more information.

Marlene Tostenrude  
President 2017

## 2017 Board Members and Committee Chairs

### President

Marlene Tostenrude  
360 772 0263

### President Elect

Carolyn Young  
503 449 4629

### Treasurer

Wendy Weddle  
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### Secretary/Membership

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### Saturday Captain/VP

Hollis Brown  
360 607 9116

### Tuesday Captain/VP

Stephanie More  
503 504 1234

### Handicap Chairs

Tues Luan Penner

Sat Valerie Spirit

### Rules Chair

**Tues TBD**

Sat Hollis Brown

### Tournament Chair

**TBD**

### Newsletter

Editor

Val Holzer

503 997 6934

Tech/Design

Cheryl Ford

503 515 5253

## POSITIONS STILL TO BE FILLED IN 2017

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We are still looking for new leaders and contributors to HLWGC. If you are not sure you know enough to fill these roles, there are many people in our club who have a wealth of knowledge and are ready and willing to help you succeed. These are great ways of giving back and contributing to our club to make it run smoothly. Please let Marlane know if you or someone you know would be interested in filling these positions in 2017.

**TOURNAMENT CHAIR** - We are still looking for 1 or 2 ladies to chair the Club Tournaments. The person/persons will organize the Spring Championship, the Club Championship and the Fall Handicap (Dates above) There are members of the club who have held the position before, so there is plenty of help available,

**RULES CHAIR** - We need someone to take over from Marsha as she is moving to Idaho. (We will miss her!)

## Day's Play Saturday

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Unfortunately, there has been no game played on either Tuesday or Saturday this month, thus no report.

## Day's Play Tuesday

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## The Swing Thought That'll Help You Launch Your Fairway Woods

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By Keely Levins

Fairway woods are tough to hit, we're comfortable enough in our games to be able to admit that. They're long and low-lofted, which makes it tricky to launch those towering shots off the deck. If you're someone who has trouble getting your fairway woods up in the air, Jessica CaraFiello, one of our Best Young Teachers out of Innis Arden G.C. in Old Greenwich, Conn., has a solution.

"The major error most amateurs make in hitting a fairway wood is leaning their upper body back through impact in an effort to lift the ball," CaraFiello says. "This creates a strike low on the clubface that promotes a low ball-flight. Instead, it would be beneficial to attempt to brush the turf in front [on the target side] of the golf ball. In doing so, you are more likely to make contact in the center of the clubface, launching the ball in the air at your target."

By focusing on the ground just in front of the ball, you'll help keep your chest down longer and hit down on the ball. These two things together will help produce that higher-launching ball flight everyone wants with their fairway woods.

<http://www.golfdigest.com/story/the-swing-thought-thatll-help-you-launch-your-fairway-woods>

## Two Simple Words To Help Drop The Ball In The Cup Putt with 'Per-fect Pace'

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By Chris Mayson

When your putting goes south, what's the first fundamental to try and improve? Restore good rhythm to your stroke.

Here's a simple cadence to practice. When you make a stroke, think per-fect pace—three syllables. It's like a pendulum ticking two beats to one. When you take the putter back, think per-fect. When you swing the putter through, think pace. Whether your stroke is long or short, the rhythm should stay the same every time.

Using this cadence will help you strike the ball solidly, and smoothly. It helps eliminate any jerky or abrupt motions that can affect ball speed or the orientation of the putterface at impact, especially on longer putts. You won't feel like you need extra effort to get the ball to the hole.

One more piece of advice: Instead of worrying about the importance of making a putt, shift your thoughts to how you're going to do it. Focus on the process, not the outcome.

<http://www.golfdigest.com/story/two-simple-words-to-help-drop-the-ball-in-the-cup>