

HERON LAKES WOMEN'S GOLF CLUB

A Note from the President



Greetings,

Our 2016 season closed on a high note with the Heron Lakes Ladies coming away at the OGA's Women's Interclub Gross match play champions! As winners of Division 1, eight members of the Heron Lakes team played against the Division 2 and 3 winners (Mallard Creek and Rock Creek) for the overall gross championship at the Reserve Golf Club on October 5th. HLWGC now has two beautiful trophies from the OGA and I hear we will soon have a display case in the Pro Shop!!

Our year end luncheon and business meeting was again held October 29th at Colwood. Marlane did a great job organizing a fun event and spearheading efforts to raise some funds for the First Tee of Portland. "I want to thank everyone for their support this year making the banquet a great success! We had several wonderful baskets for the raffle and lots of happy winners. Most of all we raised \$389.00 for the First Tee."

Wendy reported that due to underspending in the VP, Publicity and Home & Home funds, the club was able to increase spending by \$300 for tournament awards. This allowed the club to pay more spots including the Ringer. Luan and Valerie announced HLWGC's Most Improved Players, Laurel Bjornsted and Lois Leonard.

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360 921 7352

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360 772 0263

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Sat Hollis Brown

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Newsletter

Editor
Val Holzer
503 997 6934
Tech/Design
Cheryl Ford
503 515 5253

(President's Note Con't)

HLWGC ended the year with 73 members, slightly down from 75 members in 2015. You can find more details about what was discussed at the annual general meeting by going to the HLWGC website for a copy of the minutes.

The club has a good team to lead us in 2016. Elected at the general meeting to the board are; Marlane Tostenrude-President, Carolyn Young-President Elect, Grace Chien-Secretary and Wendy Weddle-Treasurer. Vice-Presidents were elected earlier in the month and the Tuesday VP is Stephanie Moore and Hollis Brown the Saturday VP.

Finally I want to thank all the ladies who make HLWGC a success: Denise Aldridge and Hollis Brown who organize days' play. Wendy Weddle, our treasurer, who kept on top of numerous payments and receipts. Our tournaments' chair, Suanne Jordan, who stepped forward to run tournaments in this year of change. Luan Penner, Valerie Spirit, Marsha Cutter our handicap and rule chairs who keep us informed of the rules and manage our membership with the OGA. Janet Elliott, for managing our winning WIP team. Finally, our longtime newsletter editors, Val Holzer and Cheryl Ford who do a fantastic and professional job creating an interesting newsletter. Val and Cheryl have decided that it is time to retire so if you are interested in working on the newsletter, contact Marlane.

This now completes our 2016 season, Congratulations to all who achieved their golfing goals, and tournament winners, It has been a pleasure serving,

Julie Gish – 2016 President

OGA Women's Interclub Championships

Congratulations to the Heron Lakes Women's competitive OGA Interclub team. For the second year in a row our ladies won a trophy. We won the low gross division beating Rock Creek Country Club by .5 points.

A big thank you goes out to all who participated in this year's event: Luan Penner, Jan Rothert, Janet Elliott, Charlene Hungerford, Betty Schram, Denise Aldridge, Joan Heeter, Claudia Ciobanu, Carolyn Young, Susan Seeley, Marsha Cutter, Julie Gish, Donna Lee, Loraine Fischer, Pamela Bartlett, Cheryl Ford.



Front Row Left to Right- Betty Schram, Marsh Cutter, Cheryl Ford, Denise Aldridge, Pamela Bartlett, Julie Gish, Susan Seeley and Joan Heeter.

Top 10 Ways To Save Your Golf Game This Winter

Hayley Bosch, Contributor

<http://www.forbes.com/sites/forbestravelguide/2012/01/31/top-10-ways-to-save-your-golf-game-this-winter/>

When it comes to mastering your golf game, there is one indisputable truth: If you don't use it, you lose it. Which is why winter may be the most important season of all—if you take a few months off, you're likely to lose your finely-tuned touch and have to start from scratch come April. Aside from jetting to warmer climates for a quick 18 once a week, there are other ways you can save your game this winter. Our editors consulted golf pros at the helm of Forbes Travel Guide [Five-Star](#) golf resorts to glean their best off-season tips so this spring you can hit the fairway in fine form:

1. Hit the weights. Strengthening your glutes and maintaining your core are keys to keeping your game fresh, according to Shawn Cox, director of golf at [The Grand Del Mar](#) in [San Diego](#). "Strong glutes help with balance and power," says Cox. Translation? You're more apt to strike the ball harder and farther, hit after hit. Go for an extra set of squats while holding weights in each hand.

2. Improve your mental game. Anyone who's picked up a golf club knows the mental aspect of golf is just as important as the physical. Todd Wagner, senior instructor at [The American Club](#) in [Kohler](#), Wis., suggests working on your inner pre-shot routine. Take a deep breath, relax and visualize shots in your head. "Developing a pre-shot routine for every shot will help lower your scores," Wagner says.

3. Learn to like yoga. Both yoga and Pilates help with flexibility and core stability while lengthening muscles to help with range of motion, according to Dennis Clark, director of instruction at Nemacolin Woodlands Resort in Farmington, Pa. And as you improve flexibility and range of motion, you'll be able to take a fuller, more robust swing. Clark especially recommends these flexibility and strength exercises for senior golfers (as you age, your body has more flexibility restrictions).

4. Swing weighted clubs. Working with weighted clubs is a way to improve the timing and mechanics

of your swing, says Russ Miller, director of golf at [The Broadmoor](#) in [Colorado Springs](#), Colo. Your body's motor memory is enhanced when swinging with a heavier club (so it's easier for your muscles to "remember" how to swing correctly). You'll also feel the moment of impact better, which helps develop consistent timing.

5. Practice in the mirror. Blake Cathey, lead instructor at Kiawah Island Golf Resort in South Carolina, swears by using full-length mirrors as training aids. "You want to make several super slow motion swings while maintaining your balance through the entire motion," says Cathey. Try to correlate what you're feeling with what you see in the mirror and make adjustments accordingly. Cathey suggests practicing your full swing, back swing and down swing for five minutes, four times a week.

6. Visit the driving range. This may seem obvious, but it's important: Nothing helps your game more than actually hitting golf balls. If you can't hit the links, head to the indoor range to practice your drive. "It will keep your swing in a groove and keep your golf muscles in shape," says Clark. To maintain momentum and motor memory through the offseason, visit the range at least once a week.

7. Chip and putt on carpet. Chipping and putting is either your forte or your failing—ensure it's the former and practice on carpet during the off-season, advises [The Broadmoor's](#) Miller. In terms of friction, it's similar to the fairway and green (and convenient enough to do in your bedroom) and will help you maintain your touch.

8. Do one-armed drills. If golf is anything, it's a measurement of consistency. To that end, Ronnie Miller, director of instruction at [Kiawah Island Golf Resort](#), recommends this putting drill: Place one hand on your putter then stroke five-footers for 10 minutes while keeping the other hand at your side or in your hip pocket. "This will help you develop a good putting rhythm," says Miller. Try it from four

different directions to the same hole, and keep a steady rhythm (which will foster consistency) with each stroke.

9. Head to the simulator. Simulators monitor –and display– club speed, trajectory, spin axis, launch conditions, distance and a slew of other club and golf ball variables, helping you get a real feel for your game. “They give the player feedback ‘simulating’ ball flight one would get outdoors,” says Clark. Use the data to hyper-tune your swing.

10. Watch the Golf Channel. Increase your golf IQ by tuning into the Golf Channel. See Michael Breed on The Golf Fix help others work out kinks, and take cues from the pros as they tour. “Watch the Golf Channel in the winter months to see the great swings in the world,” says [The Broadmoor’s](#) Miller. Remaining immersed in golf is a key factor to staying in the game.

DAY'S PLAY SATURDAY

Oct 1st

No game

Oct 8th

We played low net score on the 9 highest handicapped holes.

1st - Julie Sander 41

2nd (tied) - Grace Chien and Penny Wolsky 42

Oct 15th

No game

Oct 22nd

The game was low putts.

Penny Wolsky won with 28 putts!

Oct 29th

HLWGC Annual Luncheon

DAY'S PLAY TUESDAY

October 4th

No game

Oct 11

We played honest Annie.

Flight A

1st Jan Phillips

2nd Denise Aldridge

3rd Noemi Smith

Jill Kim

Camille Fournier

Flight B

1st Charlene Hungerford

2nd Bev Bollinger

3rd Wendy Weddle

Julie Sander

5th Suanne Jordan

Norma Williams

Oct 18th

There was no game today – but we had a fun day to celebrate the end of the golfing year.

Oct 25th

Two tee times today were set aside for any brave players.

November Day's Play

This year it is good to see winter tee times being organized by Jill Kim, so the brave players mentioned above can continue playing whatever the weather

Pictures from the Annual Luncheon

