



THE GREENSIDE

Newsletter

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Issue 6

<https://www.womensmetgolf.org>

established 1935

PRESIDENT'S MESSAGE:

Is it spring? Some days it is and I hope those of you who are not traveling have the chance to hit the links on some of these abnormally warm days. Soon it will be spring for real and the golf season will commence.

You should have all received the membership packet by email. If for some reason you did not, it can be found on the website. We're looking forward to seeing many returning players along with some new faces. As with everything, rates went up. The Board's budget committee put a lot of thought and discussion into how to minimize the rate increase. If you have specific questions, please bring them to our Spring Association Meeting following golf at Greystone May 8.

As the season nears, please consider how you can help out this year. - There are lots of ways to step up; volunteer to assist with the weekly games or scoring; get involved with our fundraiser; and we always can use extra hands for Doe Day. It takes all of us to keep things running smoothly and make each week fun. Just approach any Board Member for further direction.

And please remember to come to the rule's clinic April 13th sponsored by the MWGA. Register for the clinic by going to www.mwgolf.org and follow the prompts. Each of us are tasked with knowing the rules. And remember to check out all the educational tools available on the USGA's website. This is a great resource you can access from the comfort of your own home.

And here is something I'm going to try to remember this year:

"Golf is a matter of confidence. If you think you cannot do it, there's no chance you will."

Henry Cotton



Belinda

NOTES FROM YOUR BOARD:

WMGA 2024 Board of Directors

President: Belinda Friis

Vice President: Ellen Jean Pravato

Secretary: Arezell Brown

Treasurer: Liz Cantu

Membership Chair: Katy Trionfi

Course Coordinator: Kathy Brown

Handicap Chair: Suzanne Madej

Newsletter Chair: Barbara Porter

Events Chair: Julie Williams

Scoring Chair: Linda Belleau

Historian Chair: Barbara Porter

Rules Chair: Liz Cantu

Save the Date – Liz Cantu, Rules Chair

Looking forward to seeing many of our members at the Rules of Golf Seminar sponsored by the MWGA with Liz Cantu (moi) conducting the seminar.

Where: Salem Hills Golf Course

8810 W. Six Mile Road • Northville 48168

When: Saturday April 13th

Time: Starting at 10 AM.

Cost: \$30.00

Registration is now open at: <https://www.mwggolf.org/>

Price includes a continental breakfast. We will explore those situations you run into most often out on the course. What are your options? How can you handle? All questions will be addressed. Join us for some fun! Bring your friends! Weather permitting, stay for an afternoon of golf. Contact the pro shop for a tee-time and rates.
(248) 437-2152

Save the Date – Julie Williams, Events Chair



Our annual fundraiser and guest day will be held at Paint Creek Country Club on July 10th. Beginning in the 1960's as a nine-hole course and expanded in the 1990's by local golf architect Don Childs, the layout should provide an enjoyable experience for all. It will be a full day starting with a continental breakfast, following with 18-holes of golf and culminating with lunch and a brief presentation by our charity. - The nonprofit WMGA supports is Sanctum House; their charitable efforts benefit local women and families that have been affected by human trafficking. Please visit their website for further information and details on how you can support this worthwhile organization. <https://www.sanctumhouse.org/>



Some of you may have noticed that Huron Meadows, a longtime favorite, is no longer on our schedule. Reason? Management will no longer consider a shot-gun start for the size of our club. It may be of interest to you that, previous to the year 2000, WMGA competitions were scheduled by tee-times and that the shot-gun start is relatively new in our 89-year history. I would suppose it was instituted during a period when courses relished the thought of having 50+ players at 8AM and, hence, most courses accommodated our group with a shot-gun start. Unfortunately, times have changed and, with the advent of flex-time and the amount of golfing baby-boomers, unless a group can guarantee a full field (100 golfers), shot-guns starts are no longer an attractive alternative for many courses.

So far, WMGA has been fortunate in procuring courses that will facilitate a shot-gun start for our group.

However, going forward, we may need to be flexible in our scheduling in order to meet requirements for budget, location, desirability and other amenities. Other than keeping or increasing our attendance numbers and continuing to be good stewards of the game, the WMGA will not have much leverage when it comes to a golf course's bottom line. Indeed, the future will have its challenges and, whatever happens, we hope you will continue your support.

2024 SCHEDULE

Date	Time	Event	Course	City
MAY				
5/01	8AM		Oxford Hills	Oxford
5/08	8:30AM	SAM	Greystone	Washington Twp
5/15	8AM		Tanglewood	South Lyon
5/22	8AM	CC	Lake Forest	Ann Arbor
5/29	8AM		Pontiac CC	Waterford
JUNE				
6/05	8AM	CC	Fieldstone	Auburn Hills
6/12	8AM		Boulder Pointe	Oxford
6/19	8AM		Fellows Creek	Canton
6/26	8AM		Links at Gateway	Romulus
JULY				
7/03	8AM	CC	Kensington	Milford
7/10	8AM	Fundraiser	Paint Creek	Lake Orion
7/17	8AM	MP	Pheasant Run	Canton
7/24	8AM	MP	Indian Springs	White Lake
7/31	8AM	MP	Heather Hills	Romeo
AUGUST				
8/07	8AM		Whispering Willows	Livonia
8/14	8AM		Moose Ridge	South Lyon
8/21	8AM	CC	Huntmore	Brighton
8/28			NO PLAY	
September				
9/04	8AM	AAM (CC*)	Eagle Crest	Ypsilanti
9/11	8:30AM	Doe Day	Edgewood CC	Commerce Twp

SAM = Spring Association Meeting

AAM = Annual Association Meeting

CC = Club Championship - Must play all 4 dates to qualify for Club Championship

MP = Match Play - Must play all 3 dates to participate

CC*= Club Championship Rain-Out Date

Kathy Brown, Course Coordinator



Just a reminder that the posting period (Active Season) in Michigan starts April 1. Please post your actual score hole by hole as GHIN will adjust your score to your maximum score of net double bogey. **NEW for 2024:** (1) When posting, any holes not played should be left blank; GHIN will generate a score based on your score history. If you start a hole but do not finish the hole, score your most likely score. For example, you are on a green in 3 landing 6 feet from the flagstick when you develop vertigo and cannot complete the hole; you would score a 5 (3 + 2 putts). (2) Also, don't forget to post those 9-hole scores as the GHIN software will combine your 9-hole score with an expected 9-hole score to generate an 18-hole score for handicap purposes. Ah, technology!

Sue Madej, Handicap Chair



Doe Day News



This year, WMGA will be returning to serene Edgewood Country Club for our Doe Day celebration on September 11. This year's festivities, due to budget constraints, will look a bit different from the last couple of years. For sure, we'll be playing 18 holes with some type of partner format, followed by lunch and awards. In addition, the after-golf program will include a "Chance Auction". Many long-time members will recall the WMGA holding such an auction at past Doe Days. Since Covid, our solvency has allowed us to give away the donated gift certificates that have a value of roughly \$2500.00. However, with this year's budget being tight, we need to auction the golf certificates for revenue.

A "Chance Auction" is a combination of a silent auction with a raffle. Bidders (our members) purchase tickets and use them to bid on items. – The more you desire an item, the more tickets you buy and put them into the item's corresponding jar (bowl, basket) to increase your chance of winning. – Similar to our 50/50 drawings.

Along with the golf certificates, we are asking members to donate items for auction. New golf related objects would be ideal. That being said, the committee will consider accepting gift cards, clothing, alcohol and other sundries suitable for auctioning to add to the day's entertainment.

All items will be greatly appreciated and I will be collecting your donated items throughout our season. As usual, we anticipate a good time will be had by all. – Details to follow. Please contact me with any questions.

Julie Williams, Events Chair

kjrwilliams@comcast.net

Is Hydration That Important for a Golfer?

Grab that water bottle, drink often and enjoy. Hydration is a hot topic today so let's dig into the subject. Sixty percent of the human body is made up with water. That being said, it is paramount that we drink water to replenish our fluid needs. If we don't, dehydration can occur. In our youth, our body's natural sense of thirst reminded us to drink. As we become older, however, that sense of thirst diminishes. Uh-oh, didn't know that? Yes, that's a fact. The signs of dehydration are:

- Dry skin and cracked lips
- Confusion
- Fatigue
- Mobility difficulty
- Dizziness
- Dry mouth
- Rapid heart rate
- Dark colored urine
- Muscle spasms/Cramping
- Headaches
- Low blood pressure
- Inability to sweat or produce tear

Staying hydrated can help keep our kidneys, brains and digestive tract functioning optimally. Kidneys control the body's fluid and electrolytes balanced. Electrolytes (sodium, potassium, magnesium, phosphate, and chloride) help maintain nerve and muscle function, regulate blood pressure and much more. With fluid reduction, urinary tract infections can occur. The brain is made up of 75% water so hydrated cells are a must to maintain good cognitive function. To further elaborate, a well-hydrated brain can enhance concentration, memory function maintenance, mood balance, and even better sleep quality. For our digestive tract, dehydration can cause constipation, gastritis, acid reflux and in some cases, ulcers.

The causes of dehydration in addition to decreased thirst with age, are extreme/prolonged sweating, vomiting, diarrhea, etc. A hot day or a long athletic event causes the body to lose fluids and electrolytes. Replenishing electrolyte drinks are very helpful, but read the labels carefully because some brands have high sodium and/or sugar content which may be harmful for those persons with hypertension or diabetes respectively. Sensible use of electrolyte beverages would be one serving a day with hot conditions, exercise and illnesses causing fluid loss.

What does this mean for golfers? Don't restrict your fluid intake on hot days in particular. There are plenty of bathrooms on the course so just relieve yourself instead of possibly hurting your kidneys, brain, digestive tract or your muscular system. In particular, loss of focus or muscle cramping is not ideal when the goal is to play as well as possible. Do yourself a favor and hydrate throughout the 18 holes.

The bottom line is to drink eight 8 oz. glasses of water a day for women and ten 8 oz. glasses a day for men. With heat and exercise, choose an electrolyte beverage to replenish the body of its needs. To make consuming fluids more desirable, be creative by making your drinks more desirable with fruit, flavoring, or blend up a smoothie and don't forget tea. Even vegetables and fruits contain a lot of liquid. Bottoms up and enjoy. Your body will thank you for it, not to mention the probability of a better golf game.



BITS & PIECES:

Deadline for Membership Entry is April 1, 2024

Visit our website at <https://womensmetgolf.org> to download the 2024 application and follow directions for entry. A late fee of \$25 will be assessed if received after deadline. Questions? Contact our Membership Chair, Katy Trionfi, at katytrionfi@gmail.com or any Board Member. For returning members, if you wish to update your photo for the T-Talk, please email Katy a note with your current picture.

The Board will be proposing amendments to our By-laws to align with our current status as an amateur women's golf organization and to reflect the current changes in our operation. Per our By-laws, "These By-Laws may be amended at any duly called meeting of the Association by a two-thirds majority of the members present provided the proposed amendment has been submitted in writing to all members at least 2 weeks prior to the vote." So, look for an email containing the proposed amended By-laws two (2) weeks prior to the Spring Association Meeting to be held after golf at Greystone on May 8. Voting details will accompany the email.

Looking for an interesting read? Check out the article addressing the lack of research on women's golf featuring former WMGA member and women's golf advocate Janina Jacobs in the February 2024 MI Gold Journal. Well worth your time.

<https://www.migolfjournal.com/feb-24>



In January, our speed-skating golfer Judy Smouter, completed a competition in Salt Lake City, where she broke all of her personal records as a master skater and is clocked in as second in the world for all distances in her age group. Judy has just returned (3/4) from the World Masters' All Round Long Track Speedskating Championships in the Netherlands. As of this publication, I have no results but the simple fact that she qualified is an amazing feat in my book! And, you will have an opportunity to see Judy close-up and in action as she attends the US Short Track Age Group Nationals on March 15, 16 & 17 at the Midland Civic Ice Arena in **Midland, MI!** Judy belongs to the Wolverine sports Club and I'm sure she would appreciate any fans.

<https://allevents.in/midland/speedskating-age-group-us-nationals/200024851221008/>





Look who won her flight in the 2024 Las Vegas World Amateur Golf Championship? Why, it's WMGA's own Terry MacPherson; known to most of you as our 50/50 volunteer.

Congratulations to Terry!

IN MEMORIAM:

On a sad note, most of you have heard of the passing of long time WMGA member, past Board member and golf enthusiast Angie Cook earlier this year. I will always remember Angie graciously opening her home to our members for good food, drink and, of course, some laughs after our round at one of the local Ypsilanti courses. Along with opening her home in Michigan, Angie also opened her home in Myrtle Beach as a respite for her winter weary Michigan golfing friends. – Angie knew all the best deals for golf as well as the best places to eat. Her husband, Dick, has forwarded the following notice:

Memorial for Angela (Snyder) Cook

A celebration of Angie's Life is scheduled for April 20th, 2024 at

Pine View Golf Course
5820 Stoney Creek Rd.
Ypsilanti, MI 48197

Starting at 11:30am – 2:30pm

In Lieu of Flowers, please consider a donation to:

St. Jude Children's Research Hospital
501 St. Jude Place
Memphis, TN 38105
or

The Charity of your choice

Please RSVP by 04/10/24 to
734-320-0488 (text or phone)

Luncheon to follow Service

The family of beloved Angie

