THE GREENSIDE

Newsletter

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PRESIDENT'S MESSAGE:

So, the 90th Celebration is behind us and despite the rain, I think we all enjoyed a day of comradery and reminiscing while creating some new memories. I will remember watching the ducks hanging out on the fairway of the 18th hole while eating lunch. The ducks looked quite at home there--- So glad by then we were comfortably inside and enjoying an excellent meal and truly tasty cake. You'll see more about the day elsewhere in this newsletter.

But now we need to set our sights on ***100 years!!!!*** And that means we need you—yes you!!! We need our members to do two things—help us recruit new members as well as making sure new members feel welcomed so that they come back year after year. And MWGA needs you to step up. Join the Board and help steer us toward that goal of making it to 100 years strong. Now, I know some members are active on the boards of other golf groups. But if that's not you, ask yourself if you could help out our group. I've heard people say they don't have the skills, well we have roles with lots of different skill sets and the experts say, learning something new is good for our brains. See, joining the Board will help keep your brain healthy! See Ellen Pravato or any board member if you want more information.

And if you think the board is too big of commitment, let us know you're interested in helping out and we'll try to find a fit for you.

As I write this, I'm shaking my head in wonder as I put dates in my calendar for fall and cross my fingers that we have a long, beautiful fall in which I finally find my swing as it's been elusive so far this year. But this also means that our season is drawing to an end -only 6 weeks left of play with the season ending at Paint Creek Country Club. As always, it will be a fun day at a fabulous course.

And remember, Wednesdays are for golf!! Keep your Wednesdays open and grab old friends or new friends you've made on the course this year and keep on swinging.

Yours—

Belinda Friis, President

NOTES FROM YOUR BOARD:

2025 WMGA Board of Directors

President: Belinda Friis
Vice President: Ellen Jean Pravato
Secretary: Colleen Hittson
Treasurer: Liz Cantu
Membership Chair: Katy Trionfi
Course Coordinator: Kathy Brown
Handicap Chair: Suzanne Madej
Assistant Handicap Chair: Julie Williams
Newsletter Chair: Barbara Porter
Scoring Chair: Linda Belleau
Historian Chair: Barbara Porter
Rules Chair: Liz Cantu

"You're only as good as the people you surround yourself with". That being said, WMGA needs you! As stated by President Belinda Friis, WMGA is currently recruiting candidates to fulfill positions on your Board of Directors for a 3-year term.

Job Details: Engage with all Board Members to perpetuate as well as evolve our organization.

Job Requirements: Have a passion and basic understanding of women's amateur golf. Fundamental computer skills helpful.

Benefits: The satisfaction of knowing you are contributing to a wonderful organization.

Do you have a desire to volunteer for our Board? Reach out to our Nominating Committee Chair, EJ Pravato at any event or ellenjeanp@hotmail.com,

Can't find EJ? Please approach any Board Member

Don't forget to make plans to attend the Annual Meeting of the Association to be held following golf at Eagle Crest on 9/10 where the election of Board Members will take place, the financial report will be distributed and a general Q&A will follow. As Pontiac CC was a Club Championship event and it was a rainout, Eagle Crest will be played as our final Club Championship event. Please mark your calendars to attend this important day!

PAINT CREEK COUNTRY CLUB

Plans are under way for our Doe Day Event to be held at Paint Creek Country Club on 9/17. As most of our members realize, Doe Day is the finale of our season and always provides some fun times golfing along with food, prizes and, of course, your point money. This year, we will be playing a Stableford Format. Teams are assembled by the GHIN software so team handicaps are within a negligible variance. In other words, all teams are pretty equal with no player advantage. Additional details will be outlined in your player memo.

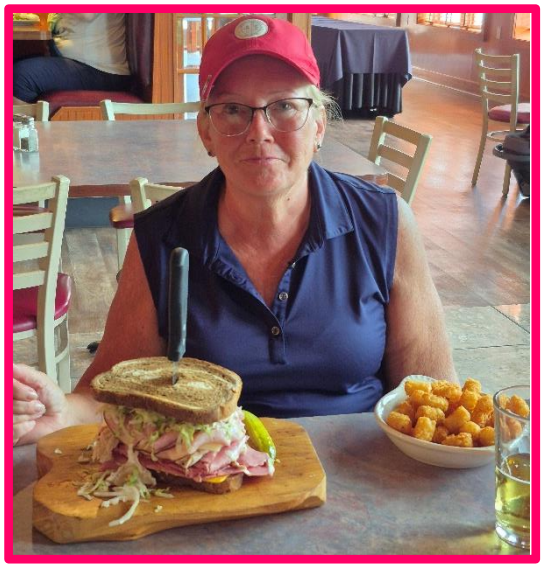
BITS & PIECES:

Check out the "Faces of the GAM" article in the 2025 Michigan Links Magazine featuring WMGA's own Liz Houston highlighting her 25- year affair with the game of golf. Very enjoyable read revealing personal insights with Liz's golf journey. Way to go, Liz! Kudos to you!

https://gam.org/membership/member-services/michigan-links-magazine/

The 2025 GAM Senior Tournament of Champions will be held on October 7 at Edgewood Country Club and our club champion, to be determined after play at Eagle Crest, will represent the WMGA.

If you forgot to sign up to receive a copy of the 90th Anniversary Memory Booklet at Greystone, it's not too late to request a copy. The booklet, including pictures from the event, is available at a price of $30.00. Email Barbara Porter at wmga2023@gmail.com by August 25, 2025 if you would like a copy.



Remember the Blondie comic strip where her husband, Dagwood Bumstead, had an obsession with outrageous size sandwiches? Check out Kim contemplating her "Dagwood" sandwich at Baker's of Milford after golf at Kensington. Didn't ask if she finished....

FITNESS CORNER: **by JUDY SMOUTER**

The 2025 National Senior Games were held in Des Moines, Iowa from July 24 to August 4 and featured 26 sports with over 11,000 athletes. Also known as the Senior Olympics, this multi-sport event is held every two years for athletes aged 50 and over. Our WMGA was well represented at the Games with Kathy Stellema receiving gold in her Racquetball competition and Ellen Tencer placing 11 in the golf competition. The following is a synopsis of the regiment Judy follows (followed) and the success obtained through her devotion. –

The National Senior Games in Iowa are in the books. I am the bearer of good news. In the golf competition, I won the gold in my age division by 6 strokes on a tough course and very hot and humid conditions. I can't say enough about how important it is to be in good condition in such difficult playing conditions. I saw my playing partners wilt in the heat during the second nine. Golf is more than just hitting a ball; it takes endurance and strength as well. I have my skating, cycling and gym workouts to thank for that.

Next up was the cycling 10 KM time trial. The temperature was fortunately moderate for that day and I rode fast and furiously over the course in 17 minutes 26.88 seconds to clinch the gold medal in my age group. I was 16 seconds shy of the national record which put me at the second fastest time recorded for our 75-79 age group division. Oh well, I am extremely happy for my efforts and subsequent results and I thank God for my gifts each and every time.

So, what is my fitness routine, you may ask? On a good week, I play golf 3 times per week and on off days you'll find me at the range practicing chipping, putting and hitting balls with all of my clubs. My range workout entails 1-1.5 hours.

I go to the gym 2 times a week and cycle 3 times a week. My gym workout consists of many exercises for the whole body. I may do some one day and others on the second day. I do 10 minutes cardio warm-up first followed by weight training. Lower body- leg press, leg curl, leg extension, glute extension. Upper body- assisted pull up, cable row, bicep curls, triceps extension, rotator cuff exercises, standing shoulder press. Core exercises- planks, rotational exercises with a medicine ball, side and front crunches off a stability ball, and back extension off a bench or stability ball.

My cycling workout in preparation for the 10Km time trial was 1 day 14-17 miles general fitness ride. The second day consists of 10-12 miles intermixed with interval training with 1–3-minute fast segments alternated with a recovery ride for a similar time period. The third day, I did a mock time trial ride over 6.2 miles with a pre workout warm up and post workout cool down ride.

All of this may sound like a lot but I have been doing this kind of exercise routine for years. Secondly, if my body says take it easy, I listen and take a rest day. The other thing I suggest is using specificity of training. For instance, golf should include, in my opinion, rotational training since that is what we do during our swing. Rotational exercises should include both stretching and weighted (i.e. medicine ball or resistance bands) exercises.

Good luck and ask Judy if you have workout questions.

Congratulations to Judy, Kathy, Ellen and any others who participated in the Games.

90th ANNIVERSARY CELEBRATION • 7/16/25 • GREYSTONE GOLF CLUB • WASHINGTON, MI

What a good-looking group of happy women golfers! Showing their green & white!

Delicious anniversary cake; didn't last long.

Beautiful banquet room; all decked out! Ready for hungry golfers.

Registration & 50/50 sales

Left: Terry MacPherson, Vicki VanBecelaere, Barb Schoenemann, Belinda Friis, Barbara Porter, EJ Pravato

Right: Liz Cantu, Tanya Hubbard, Katy Trionfi

Enjoying breakfast on the patio pre golf and pre rain!

E. Anne Wells, Arezell Brown & Roz LeFlore

Serene view of the 18th hole from the patio before the rain

Getting ready to tee off!

Alumnae Rose Crew, Jan Bowerman, Nancy Coyne, Joan Israel, Carol Elias, Carol McQuade, Patti DeMaire & Carol Hanchett-Card

Quote of the day: "Though the weather didn't cooperate for completing our rounds, it gave us added time to view the historical memorabilia display & socialize with the former members I haven't seen in years" Liana Holton

Guest speaker Stephanie Jennings