



# THE GREENSIDE

Newsletter

May 2024

Issue 7

<https://www.womensmetgolf.org>

established 1935

## PRESIDENT'S MESSAGE:

The season is upon us and we played the first week at Oxford Hills without rain or snow or the need for parkas and handwarmers. And then it was on to Greystone which was in perfect shape. All in all, an auspicious start to the year.

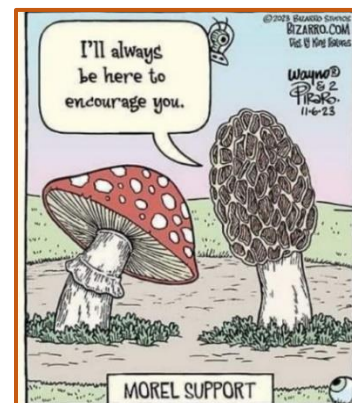
We have some new faces joining us and you'll learn more about each of them elsewhere in the newsletter. Please make sure to welcome them and help them out with our procedures. Joining a new group can be challenging – let's make sure we smooth their way.

On to something more fun—our annual charity event will be held July 10<sup>th</sup> at Paint Creek Country Club which is a lovely facility and will be a great venue for this special day. We encourage you to bring guests—the cost is \$90 which includes golf and lunch. We will again be supporting Sanctum House which helps out women who have been subjected to human trafficking. While we think this is all about sex, it's often-forced labor. Either way, its horrific and the women's needs are tremendous in terms of rehabilitation—requiring housing and intense support. Last year we were truly generous in our giving. Let's see if this year we can outdo ourselves. Look around at your various golf groups and see who among them might find this event fun and of interest. And invite them to join us! Please remember to bring your checks and give them to Julie Williams –made out to Sanctum House.

And remember -becoming a better golfer really can help you become a better person. To be a good golfer we must be honorable, we must focus on the present and leave those bad strokes behind, we must visualize success and so much more. It took me a long time to understand that the mental side of the game was possibly more important than the physical side. For me, learning to focus on the mental side of the game has reduced my frustrations and increased my pleasure on the course. So, if you're struggling, maybe these words can help you find a better 'stance' on the course.

See you on the course.

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

### Correction!

Please note in your T-Talk that there is an error in our Inclement Weather Policy. Section 1 should read " If play has commenced and then canceled due to weather the field will be called in. If **10-17** holes are completed, the score posting rules apply. This reflects the update in the Rules of Handicapping 2.2. Hopefully, we will not need to use this rule, however, in case this situation occurs, it is important to know the proper posting procedures. Sorry for the oversight.

*Sue Madej, Handicap Chair*

Just wish to reiterate, we are in need of items for the "Chance Auction" to be held on Doe Day at Edgewood Country Club.

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. For an explanation of a "Chance Auction", please see our previous Newsletter.

Julie Williams, Events Chair  
kjrwilliams@comcast.net

***"You're only as good as the people you surround yourself with". That being said, WMGA needs you! We are 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](mailto:ellenjeanp@hotmail.com), Can't find EJ? Please approach any Board Member.***

## Strengthening your Core Is a Game Changer in Golf



Shall we all do this pre golf group exercise to warm up? 😊

**Training your midsection or core can:**

- Improve your backswing through the downswing while turning the upper and lower body through impact
  - Stabilize your body, enhance posture, balance, and movement
  - Provide pain management and injury prevention

**Check out the Fit Golfer Girl, Carolina Romero, in the following short video.**

I love her exercise choices and her accent. 😊

[https://www.google.com/search?q=core+strenghtening+for+golf&rlz=1C1ONGR\\_enUS935US935&oq=core+strenghtenin+for+golf&gs\\_lcrp=EgZjaHJvbWUyBggAEEUYOTIJCAEQABgNGIAEMggIAhAAGBYHjIICAMQABgWGB4yCAgEEAAYFhgeMgglBRAAGBYHjIICAYQABgWGB4yDQgHEAAYhgMYgAQYigUyDQgIEAAYhgMYgAQYigUyCggJEAAYogQYiQXSAQg3ODYyajBqN6gCALACAA&sourceid=chrome&ie=UTF-8#fpstate=ive&vld=cid:0dfc2cc8,vid:eHkc2jGZud0,st:0](https://www.google.com/search?q=core+strenghtening+for+golf&rlz=1C1ONGR_enUS935US935&oq=core+strenghtenin+for+golf&gs_lcrp=EgZjaHJvbWUyBggAEEUYOTIJCAEQABgNGIAEMggIAhAAGBYHjIICAMQABgWGB4yCAgEEAAYFhgeMgglBRAAGBYHjIICAYQABgWGB4yDQgHEAAYhgMYgAQYigUyDQgIEAAYhgMYgAQYigUyCggJEAAYogQYiQXSAQg3ODYyajBqN6gCALACAA&sourceid=chrome&ie=UTF-8#fpstate=ive&vld=cid:0dfc2cc8,vid:eHkc2jGZud0,st:0)

Have fun and hit them straight!



## WELCOME NEW & RETURNING 2024 MEMBERS !




My name is Carol White and I just moved to Milford after a life time in Grand Rapids. We have a daughter in Novi and one in Virginia and decided we wanted to be near one. I'm married to my husband Steve. I really didn't start golfing until my 40's and was hooked right away. I belonged to the Grand Rapids Women's Golf Association and had other groups I played with on a regular basis. Chris Whitten at GAM suggested this group to help me meet new women golfers. I'm excited to join your group.

I am Jacquelyn Vaughn. I am an avid golfer. I enjoy meeting new people and playing golf. I have been playing for 30 years. I am board member and past president of the Tee Set Golf Club which is celebrating 45 years of existence in the Detroit area. I also belong to other weekly leagues. I have a home in Florida where I also belong to a few groups there. I guess I am considered a snowbird.

I have a Master's degree in communications from Northern Illinois University with honors. I have a media background in radio and television. I was an on-air personality years ago. Owner of a marketing and advertising agency for over 20 years.

Currently, I am the owner of a home care facility called Whitehouse Services; we provide daily services to individuals with traumatic brain injuries. I am now diving into my new adventure of the Performing arts. I recently wrote a play called "Angels in the Wings". It will be featured at the Gem theatre this holiday season. This is the third year in existence. Each year it was a sold-out performance.

I love  Golf and I love playing with people who share that passion. Thank you for the opportunity to be a part of this wonderful group of ladies.



"The game of golf has so many wonderful aspects that mirror life. Besides competing, I enjoy coaching high school golf and helping young men and women come to understand what a wonderful gift it is to play.

I am looking forward to continuing to play more golf this year and meeting new people through WMGA."

Best regards,  
Trish Murray

My name is Jamie Coselman and I am 51 years old, married, and mom to a 25-year-old son. I learned how to golf as a teenager but really found my love for golf in my 40's. I became acquainted with a wonderful group of ladies while playing in the GAM tournaments last year and they encouraged me to join WMGA. I am looking forward to playing with ladies that are competitive yet still like to have fun.

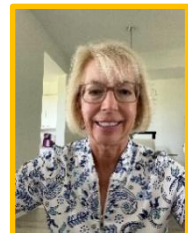


Hi my name is Chris Fagnani and I have been a resident of White Lake for over 30 years where I raised 2 boys. I have played golf also for over 30 years playing in leagues at Pine Knob, Prestwick Village and Edgewood. I have recently semiretired and had the luxury of playing all winter for the first time! My good friend Julie Williams has always been so positive about her experiences with WMGA and look forward to meeting new women who also love this sport, a little friendly competition and getting to see new beautiful courses in our state. Thanks for having me!

This is my third time returning to the WMGA. I think it's a great group of ladies and you play a large variety of courses competitively. I spend half the year at a golf club in Bonita Springs, Florida and play 3 times per week. I look forward to this season.

Thank you for the warm welcome.

Karen Bates

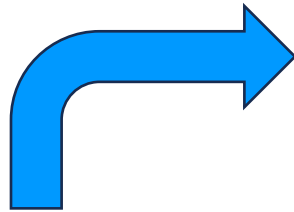
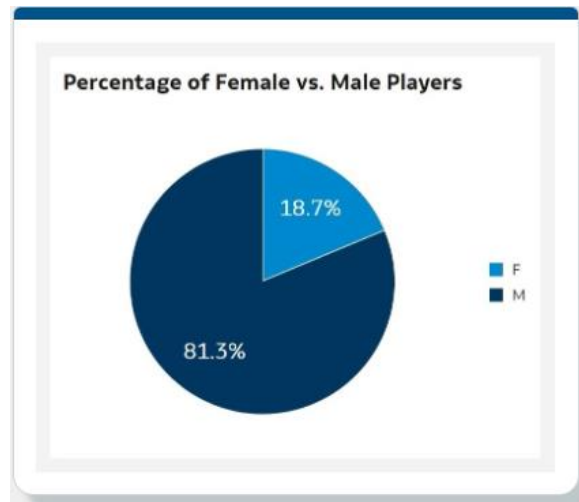


## BITS & PIECES:

Some interesting data on U.S. Handicapping Statistics from the USGA; last updated 1/3/2024



How do you measure up?

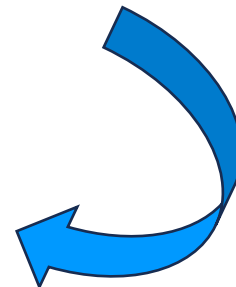


If you're looking for a male companion, looks like a golf course has great odds!

**Golfer Distribution by H.I. Range - FEMALE**

Handicap Index Ranges	Number of Golfers	Percentage of Golfers
<0.0	3,708	0.75%
0.0 to 4.9	6,842	1.38%
05.0 to 9.9	12,584	2.54%
10.0 to 14.9	26,989	5.44%
15.0 to 19.9	52,734	10.64%
20.0 to 24.9	81,148	16.37%
25.0 to 29.9	97,759	19.72%
30.0 to 34.9	84,042	16.95%
35.0 to 39.9	57,778	11.65%
40.0 to 44.9	33,515	6.76%
45.0 to 49.9	18,444	3.72%
50.0 to 54.0	20,307	4.10%

Good to know you are not alone.....



Congratulations to long time WMGA member Judy Lazzaro on her role as the GAM President for 2024! Due to her commitments as president, Judy has forgone her WMGA membership for this season but promises to be back in 2025. Judy has a storied history with golf which will most certainly benefit GAM, their many members and all potential new members. We all wish Judy the best in this new chapter of her (golfing) life.



I believe we've played this course....



**This Memorial Day, we remember those heroes who courageously gave their lives.**



[sanctumhouse.org](http://sanctumhouse.org)















[paintcreekgolf.com](http://paintcreekgolf.com)

Just a reminder for all members to invite their golf-loving female friends to attend our annual fundraiser event, benefitting Sanctum House, to be held at Paint Creek Country Club in Lake Orion on July 10. The day begins with registration and a continental breakfast; followed by an 8AM shotgun start with 18 holes of golf; and culminates with a luncheon and a brief presentation by Sanctum House. Guest fees are \$90.00. Contact Sue Madej with your guest information. Julie Williams, our Events Chair, will be collecting your donations on any Wednesday during June and July. Last year's event was a huge success and we hope this year's event will be equally as great. So, open your hearts and your wallets and join your fellow members and guests for this wonderful day.

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*No more excuses! Golf is a game full of excuses! Don't you just love that Carl's advertisement and the fact we can all relate? Well, the following astrological golf chart will give you some additional excuses for your, either, poor or stellar round. – Blame it on the stars and how they align with you and your playing partners. Now, I wouldn't place a lot of credence into your discoveries, however, you can certainly have some fun. And remember, No More Excuses!*

	Aries 3/21 – 4/19 	Taurus 4/20 – 5/20 	Gemini 5/21 – 6/20 	Cancer 6/21 – 7/22 	Leo 7/23 – 8/22 	Virgo 8/23 – 9/22 	Libra 9/23 – 10/22 	Scorpio 10/23 – 11/21 	Sagittarius 11/22 – 12/21 	Capricorn 12/22 – 1/19 	Aquarius 1/20 – 2/18 	Pisces 2/19 – 3/20 	
Traits	<ul style="list-style-type: none"> <li>*Energetic</li> <li>*Demonstrative</li> <li>*Aggressive</li> <li>*Fast-playing</li> </ul>	<ul style="list-style-type: none"> <li>*Practical</li> <li>*Easy-going</li> <li>*Consistent</li> <li>*Stubborn</li> </ul>	<ul style="list-style-type: none"> <li>*Unpredictable</li> <li>*Inconsistent</li> <li>*Adaptable</li> <li>*Talkative</li> </ul>	<ul style="list-style-type: none"> <li>*Sensitive</li> <li>*Cautious</li> <li>*Intuitive</li> <li>*Methodical</li> </ul>	<ul style="list-style-type: none"> <li>*Self-confident</li> <li>*Charismatic</li> <li>*Enthusiastic</li> <li>*Risk-taker</li> </ul>	<ul style="list-style-type: none"> <li>*Analytical</li> <li>*Deliberate</li> <li>*Practical</li> <li>*Disciplined</li> </ul>	<ul style="list-style-type: none"> <li>*Perceptive</li> <li>*Image-Conscious</li> <li>*Charming</li> <li>*Balanced</li> </ul>	<ul style="list-style-type: none"> <li>*Passionate</li> <li>*Focused</li> <li>*Mysterious</li> <li>*Intuitive</li> </ul>	<ul style="list-style-type: none"> <li>*Extroverted</li> <li>*Optimistic</li> <li>*Fun-loving</li> <li>*Daring</li> </ul>	<ul style="list-style-type: none"> <li>*Self-disciplined</li> <li>*Goal-oriented</li> <li>*Persistent</li> <li>*Patient</li> </ul>	<ul style="list-style-type: none"> <li>*Complex</li> <li>*Inventive</li> <li>*Eccentric</li> <li>*Personable</li> </ul>	<ul style="list-style-type: none"> <li>*Non-competitive</li> <li>*Good-natured</li> <li>*Considerate</li> <li>*Adaptable</li> </ul>	Traits
How You Play	A risk-taker who attacks the ball with power and trusts their instincts. Ego and anger sometimes get in the way but has creative solutions to difficult shots. Best tee time: warm afternoons.	Possesses a slow but powerful swing. Best at the short game but reluctant to change strategies. A good putter with analytic skills. Best tee time: cool afternoons.	Plays well after hard practice. Great at improvising when in penalty area or bunkers, but tends to over putt. At best when play is slow. Best tee time: late mornings	Seems indifferent but plays to win. Shoots accurately; strong with irons and short game. Putts well after reading the green. Best tee time: late on cool mornings.	Strong in analyzing situations and finding solutions. Knows correct shot but can have problems with execution. Anger can pose problems. Best tee time: afternoon.	Prefers last tee-off time with no distractions. Conservative style. Tends to over-analyze. Excellent greens player when visualization is used. Best tee time: mid-afternoon.	Possesses better accuracy than distance with smooth, unhurried swing. Average putter, gets better with practice. Best tee time: late mornings and cooler weather.	Enjoys playing under pressure. A smooth swing with a natural follow-through. Strong driver. Good putter if relaxed. Best tee time: early, cloudy morning.	No fear of difficult shots. Fun is a top priority. Weak with irons. A fast player with lots of energy and excellent putting eye. Best tee time: early morning on hot days.	Goal-oriented. Some problems with follow-through. Conservative play works best for short game. Can size up a putt quickly. Best tee time: early, on a cool morning.	Plays smart with well executed drives. Better with woods than irons. A tendency to putt too hard. Consistency is biggest problem. Best tee time: anytime.	Good opening tee shots often determine a successful game. Indifferent attitude if playing poorly. Great on greens. Best tee time: anytime but on a warm day.	How You Play
Avoid Play With	<ul style="list-style-type: none"> <li>●Taurus</li> <li>●Cancer</li> <li>●Scorpio</li> <li>●Pisces</li> </ul>	<ul style="list-style-type: none"> <li>●Aries</li> <li>●Scorpio</li> <li>●Sagittarius</li> <li>●Aquarius</li> </ul>	<ul style="list-style-type: none"> <li>●Gemini</li> <li>●Cancer</li> <li>●Capricorn</li> <li>●Pisces</li> </ul>	<ul style="list-style-type: none"> <li>●Aries</li> <li>●Gemini</li> <li>●Sagittarius</li> <li>●Aquarius</li> </ul>	<ul style="list-style-type: none"> <li>●Taurus</li> <li>●Leo</li> <li>●Virgo</li> <li>●Aquarius</li> </ul>	<ul style="list-style-type: none"> <li>●Aries</li> <li>●Gemini</li> <li>●Leo</li> <li>●Sagittarius</li> </ul>	<ul style="list-style-type: none"> <li>●Libra</li> <li>●Capricorn</li> <li>●Scorpio</li> <li>●Pisces</li> </ul>	<ul style="list-style-type: none"> <li>●Leo</li> <li>●Libra</li> <li>●Sagittarius</li> <li>●Aquarius</li> </ul>	<ul style="list-style-type: none"> <li>●Taurus</li> <li>●Cancer</li> <li>●Virgo</li> <li>●Scorpio</li> </ul>	<ul style="list-style-type: none"> <li>●Gemini</li> <li>●Libra</li> <li>●Aquarius</li> <li>●Pisces</li> </ul>	<ul style="list-style-type: none"> <li>●Taurus</li> <li>●Leo</li> <li>●Scorpio</li> <li>●Capricorn</li> </ul>	<ul style="list-style-type: none"> <li>●Aries</li> <li>●Gemini</li> <li>●Libra</li> <li>●Capricorn</li> </ul>	Avoid Play With