



Golf Gossip

February 2022, Volume 2—Crazy Kitty Cats



Hello Ladies!

What amazing weather we had in early February! Bill and I still ran off in the motorhome to escape to Palm Desert for a few weeks where the weather has been fabulous. We met up with friends and have also been enjoying playing the local golf courses.

You've had some great Tuesday and Thursday golf days this month. Thank you to all you ladies for braving the early morning chill with perfect afternoon temperatures in the 50s and 60s. Some great things were happening out there. Judy had a birdie on January 27th, Rhonda had two birdies on February 11th, and both Judy and Suze had birdies February 24th! Patti Parker got closest-to-the-pin on February 17th playing with senior men's group on Thursday. You ladies keep practicing those birdies because we have an all-new birdie tree coming this year. Just wait for it! I'm expecting it to be overflowing with birdies by the end of this season.

I also love our Club's participation and representation in the CVGC's tournaments. Eleven of you showed up and played in the Super Bowl Tournament on the 12th. Check out page 2 for more on this. Great job, ladies!

Finally, don't forget, applications for the 2022 season are due by March 1st so don't put it off any longer—get those applications in today!

See you on the links when I return!

*Kelly King,
President*



Super Bowl Golf Tournament Players (L-R): Judy Brooke, Debbie Knapp, Pam Bast, DD Woodruff, Donna Sugden, Jodi Davis, Jan Singyke and Jan Recanzone. (Not pictured: Linda Davis and Anne Henderson)



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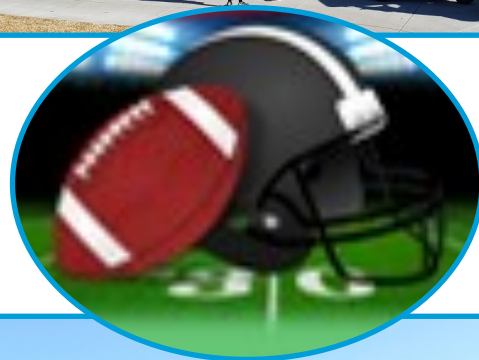
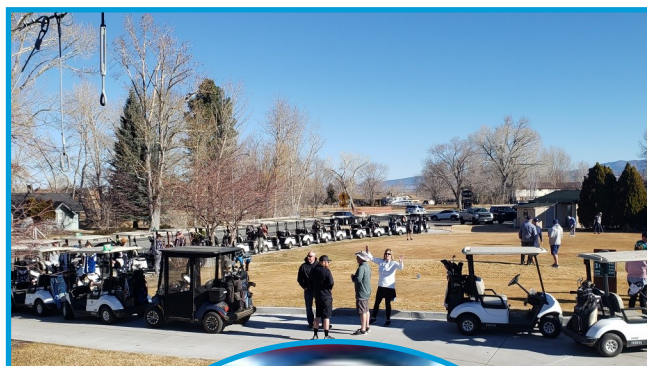


The Winter Fun Never Ends!

Life is a collection of moments ... so create some!

CVGC hosted the **Super Bowl Golf Tournament** on February 12th and 144 people showed up to play golf on this spectacular sunny February day. Temps got into the high 60s. That meant long-sleeved tops and long underwear were being summarily stripped off as the day progressed! It was a Scramble format and all foursomes were divided into two teams—AFC and NFC.

CVWGC had 11 members playing in the tournament, and, once again, we had some winners! Jodi Davis, Linda Davis and Rhonda McClelland were all on the winning Rams team, each taking home \$10.00. Jodi Davis also won an additional \$228 in the football pool where you paid for a square. Her square was Rams 3/Bengals 0 for the end of the game win! Congratulations, Jodi! 



The Fearsome Foursome: Debbie Knapp, DD Woodruff, Judy Brooke and Pam Bast. We came in 1 under par.

144 players makes for a lot of golf carts lined up by the Clubhouse and then down the path towards the 1st hole!



Kelly and Bill King spending time in Palm Desert playing a few rounds at Woodhaven and Shadow Mountain.



Jodi and Terry Davis relaxing on the beaches of Puerto Vallarta where they spent two weeks before heading to Todos Santos for four days. They went with a group of friends and had a blast!



Sandy and Jack Trainer practicing social distancing at their home course in Arizona.



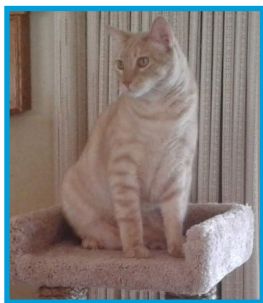
Share your winter adventures with all of us! Send your photos and story to Judy Brooke at judypsalms100@gmail.com

Crazy Kitty Cats ... and so much more!

Life is better with a cat.



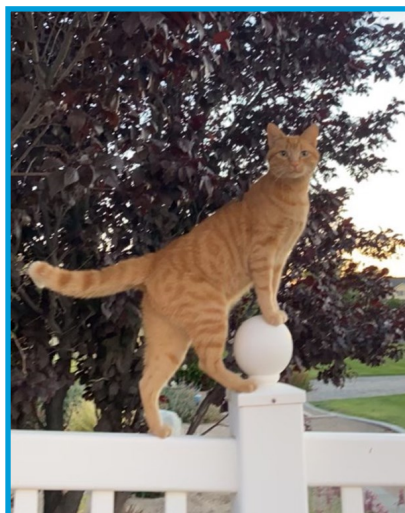
Women and cats will do as they please, and men and dogs should relax and get used to the idea.
-Robert A. Heinlein



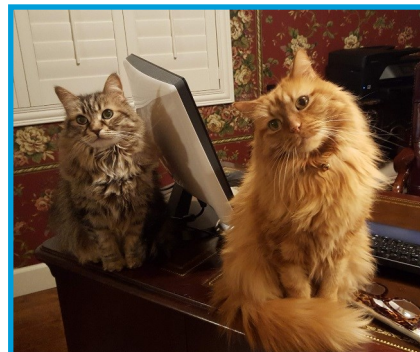
Janet Thayer's cat, KC, who she fondly refers to as the cat from hell!



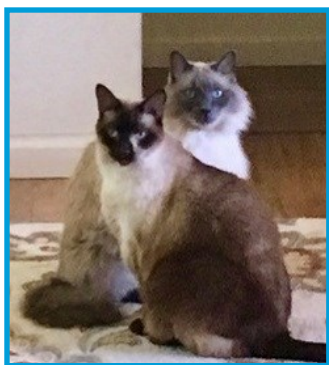
Sara Cleary's kitty, Rusty, now spending time with Sara's husband in heaven.



Melinda Johnson's kitty, Boo, who should have been in the circus!



Bella & Marco, Diane Bartsch's office assistants, listening to the morning staff meeting.



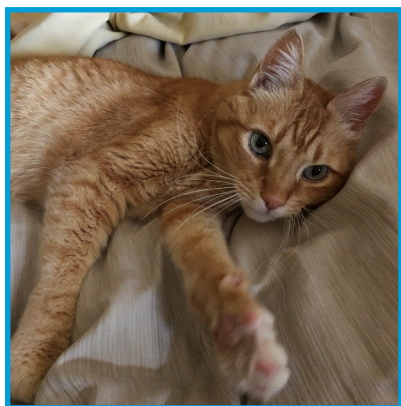
Jan Singyke's grand old guys (both 19-years-old!) Taz, aka "The Warden," and Pala.



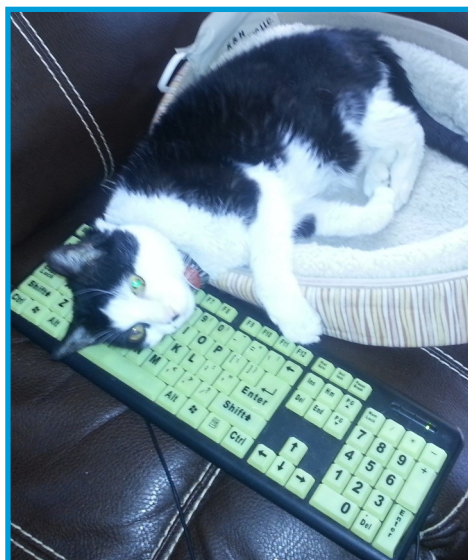
DD Woodruff's kitties—Tiki (L) and Kukui (R). Their super-power is stealing the dog's beds!



Tracy Aselson's kitty, Charlie, who shares a banana with her every morning.



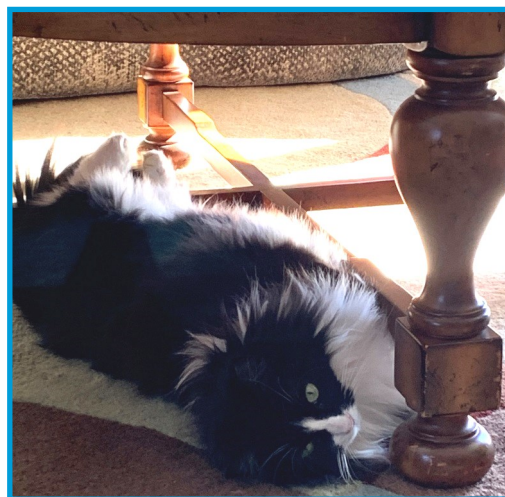
Jennie Citron's furry friend, Tigger.



Suze Ericson's cat, Romeo, showing you why Suze has so many typos in her emails.



DD Woodruff's inherited tortoise, Tom. He's over 100 years old!



Pam Bast's feline friend, Boots, who loves hanging out under the coffee table.

One Thing You Can Do to Improve Your Score Immediately: Eliminate Stinking Thinking

By: Tracey Blake ,August 26, 2020

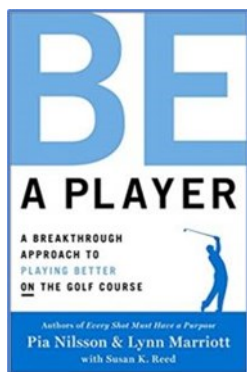
I had a playing lesson last week with my coach and my friend Kathy. As we played, Mario pointed out that Kathy and I were *killing him* with our negative self-talk. Kathy and I agreed we both need to eliminate this from our game. It's an issue with which most every amateur and even many professionals struggle, Mario said.

In short, research unanimously supports that positive self-talk has shown to improve performance while negative self-talk has shown to increase anxiety (speed of breath, heart rate, muscular response) and serves as a detriment to overall performance.

"Think chunk, worry about a bladed shot, visualize the ball splashing in water or going in the sand before you hit and that increases the chances it's going to happen," Mario said. Mario has been rated as one of Nevada's top instructors by Golf Digest the past two years and his list of students includes some of the state's top amateurs and more than one of the world's top professional women.

Negative self-talk becomes a habit. Some players never stop the internal negative conversation as they play. You and I both know many who openly reveal their poor self-talk after shots. "I knew/was afraid of hitting it into (insert penalty area here)," they'll say. You know someone has negative self-talk going on when you see them pull out a "water ball". Negative self-talk is our worst enemy on the course.

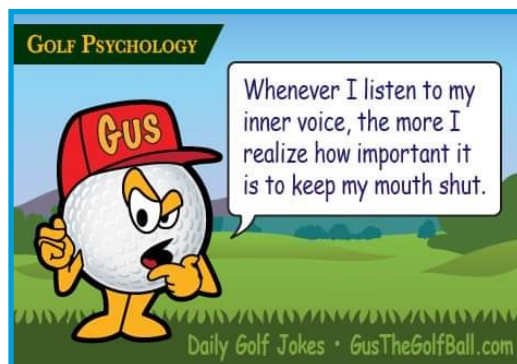
Yes, it is our worst enemy according to Denver-based Elena King, one of the LPGA's Top 50 Instructors and a Golf Digest Best Teachers. Elena is a certified in the Vison54 system which is based on the premise that "We are human beings who play golf, not robots." The Vison54 approach is laid out best, I think, in the book **Be A Player**. Definitely worth reading.



One of Vision54's key mental tenets which I tend to forget and Elena always reminds her students of is that your physical skills when you tee off any given day are set, but your mental state—particularly your self-talk—is fully manageable, fully under your control, and it will affect your score.

So how do you take control of your self-talk? As I stood on the tee box with Mario and Kathy, the phrase "No stinking thinking" popped in my head. I remembered it from one of the first golf books I ever read **The 8 Traits Of Champion Golfers: How To Develop The Mental Game Of A Pro** by Jon Stabler and Deborah Graham. My edition dates back to 1999. It reveals the eight mental traits that golfers who won on tour vs. those who lost their tour status did not have. There are short quizzes about how much of each trait you demonstrate. Negative self-talk, the need to eliminate "stinking thinking", is directly addressed in one chapter. The quizzes allow you to assess your current situation and how you progress over time. It's a short read (I try to read a few pages at night before I go to sleep just for reinforcement) and there are new and even used paperback editions you can order online for just 5 bucks. Good stuff!

Click on this link to access the article from Tracey Blake: www.thewomangolfer.com



Land it for a Lesson

We did not have a winner for last month's questions, so here they are again ...

1. What is the penalty (if any) for putting your bag down in a hazard or bunker?
2. In the first published rules of golf how many rules were there?

The first person to email Dan with the correct answer to **BOTH** questions is the winner. Email your answers to Dan at dan@carsonvalleygolf.com. Good luck!



Dear Patti *Patti Parker's Monthly Rules Advice Column*



Dear Patti,
My shot went a bit off course landing beside a range marker that was going to interfere with my swing. Now what?


Dear Now What,

Under USGA **Rule 16**, you are entitled to free relief from an immovable obstruction if your ball, stance or area of intended swing is affected. Man-made objects such as cart paths, sprinkler heads, an electric box, or range marker posts are immovable obstructions typically found on a golf course. You are entitled to complete relief without penalty.

Hopefully the drop zone of one-club length from complete relief is enough to get you a clear shot to the hole otherwise a one-stroke penalty allows you to go back-on-line any distance needed.

Remember, always check local and club rules for clarification. CVGC rules considers the large logs on our course as part of the challenge of playing the course, and **no** relief is given, whereas our CVWGC local rules include the large logs as immovable obstructions and **free relief is given** when playing with the Carson Valley Women's Club.





CLARICE LOMMORI 3/4
JUDY BROOKE 3/16
JEANNE HANSEN 3/17

We want not only your photos for future editions of *Golf Gossip*, but also any fun/funny tidbits of golf gossip you experience with your golfing partners! You can email your pictures and stories to: judy psalms100@gmail.com

Thank you for helping make *Golf Gossip* fun, informative and worth reading.



Judy Brooke
Vice President & Editor

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