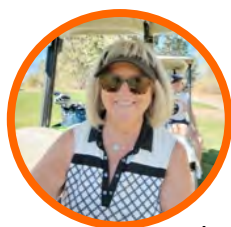


# Golf Gossip



November 2024 Volume 11—Happy Thanksgiving

## President's Message



**H**appy Thanksgiving to all of you! Yes, I know Thanksgiving has passed, but that doesn't mean we can't keep that attitude of gratitude throughout the year. To quote Noman Vincent Peal, "The More you practice the art of thankfulness, the more you have to be thankful for."

I personally enjoy practicing being thankful and sometimes (not always) keep a daily journal of things for which I am thankful. One year I spent the month of November writing one thing a day in a little spiral notebook, something I was thankful for that my husband did. At the end of November, I gave him the thankful notebook. He was very touched and keeps that notebook on the top of his dresser so he sees it every day. But even more importantly, having written down something daily I realized just how much my

husband actually does that makes my life easier, and that gave me a new found appreciation for him.

I am also very thankful for all of you! You really are an amazing group of women who are generous not only with your finances, but also with your time. Because you step up and volunteer for all the different things

we do each year to make our club more fun, **YOU** are actually responsible for making it more fun!

I'm also thankful that I get to live in this beautiful valley we call home, and I thank God every day for that privilege. When I drive back into the valley from Carson City, I can't help but marvel at how beautiful the view is of the

mountains, no matter what the season.

I encourage you to cultivate a heart of thanksgiving this Thanksgiving season. Rest assured an attitude of gratitude will never let you down!

With a heart of thanksgiving,

*Judy Brooke*  
President

## What's Inside

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## Best Golf Grips for Seniors

Looking for the best golf grips for seniors? In this article, our golf expert covers the best senior golf grips for all types of budgets and skill levels.

Identifying the best golf grips for seniors is essential for anyone looking to enhance control and balance in their golf game. “Grip It & Rip It” is a familiar saying among golfers. For most of us, this phrase doesn’t mean much. However, as an instructor, your golf grip means everything.

Factors such as club face control, pressure, release, balance, and speed are all directly related to your grip. The success rate of these factors can boil down to how you hold the grip.

Whether it’s the pressure in your hands keeping your arms and shoulders too stiff or your unrelenting slice due to the weak position of your hand placement; certain types of grips can help evolve your game.

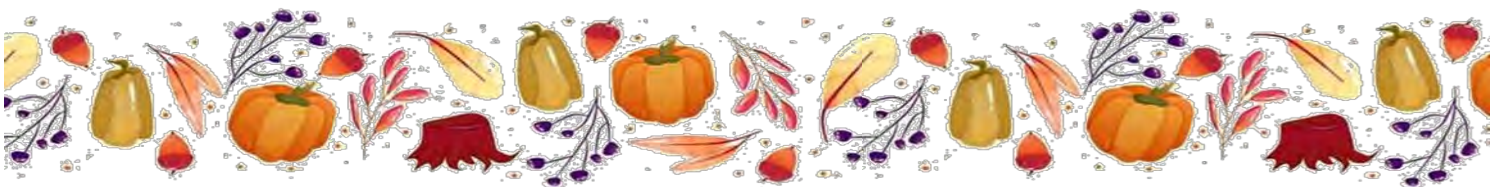
In my 20+ years of teaching golf, I can honestly say the average golfer doesn’t fully understand how important the type of grip you play is. I’ve noticed that golfers often don’t even get their clubs re-gripped.

My goal in this article is to provide you with my top golf grip picks on the current market. Also, I will educate you on preventative grip maintenance and how different sizes and weights of grips can affect your swing.

Since the overall weight of your golf club is greatly affected by the shaft, you might also want to read my article, [best driver shafts for seniors](#). ♦

To see the author’s recommendations for the best golf grips for seniors to help you achieve increased traction and control, click on this link:

[Best Grips for Seniors](#)

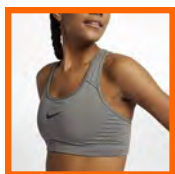




# 12 Best Sports Bras of 2024, According to Testing



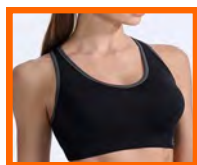
A sports bra needs to do it all: be comfortable, offer excellent support, come on and off easily, maintain its shape wear after wear and look stylish. Whether you're running, walking or exercising at the gym, wearing the right sports bra can make all the difference in your workout routine (and even make it easier to work out more often!). To make shopping easier than ever, the Good Housekeeping Institute Textiles Lab recently tested over 50 different sports bra styles with over 200 consumer testers to find the best sports bras for people who prefer bras for small breasts, bras for large breasts and everything in between.



## Best Overall Sports Bra Nike Pro Swish Sports Bra

Basic and no-frills, this sports bra earns our top spot because it was rated the most comfortable sports bra by our testers and has medium impact support for a wide range of workouts. Its compressive fit prevents bounce, while the racerback allows for a good range of motion.

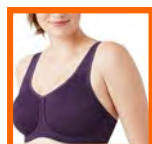
In addition to its comfort and design features, the bra aced our Textiles Lab's durability and moisture evaluations, meaning it's built to last and can wick away sweat to keep you dry. Our panel also said it fit well and felt supportive throughout their workouts. A tester with a 34D bra size who wore it while running said, "It was comfortable, supportive and nice quality. It was also easy to take on and off and it stayed dry." A different tester with a 34C bra size noted, "It's not too heavy or bulky," while another who wears a 34B bra size said it was "not too tight or not too loose."



## Best Value Sports Bra Fittin Racerback Sports Bra (3-Pack)

Sports bras can get pricey, but this three-pack costs less than many other brands charge for just one. Like the Nike style, it **has medium support and a racerback design, but this one also comes with removable pads**. Each pack includes assorted colors, and the bra is also sold individually and as a 4-pack. This bra doesn't offer as much support for larger sizes or intense

workouts. Still, it's incredibly soft and its decent compression helps maintain a good shape. Plus, it's an Amazon best seller with over 60,000 reviews from users ranging from A to DDD cup sizes. "They fit well, have moderate support and they're very comfortable while still being flattering," said one online reviewer with a 34DDD bra size.

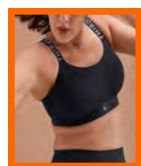


## Best Sports Bra for Large Chests Walcoal Underwire Sports Bra

"These are a great value for the money."

Ideal for bigger chests, this supportive yet comfortable sports bra has a built-in underwire and padded cups for encapsulation — i.e., it offers separate support for each breast to prevent movement in every direction, not just up and down. The wide straps also increase support without digging into your shoulders.

Our product experts were impressed with how well it wicked moisture, so you don't have to worry about staying wet with sweat. Meanwhile, our fitness testers were wowed by its comfort and how well the bra stayed in place while exercising. One tester with a 34DDD bra size said, "There's no movement while jumping or bouncing or working out." Another tester with a 34G bra size said, "I like how supportive the bra was and how the cups covered my breasts. Nothing was popping out where it shouldn't be."



## Best High-Impact Sports Bra ThirdLove Kinetic Impact Sports Bra

This ThirdLove sports bra features encapsulation cups designed to handle high-impact, sweaty workouts like HIIT, CrossFit and running. The wide, adjustable straps can cross in the back for racerback support, and there's a hook and eye closure for easy on and off.

The bra's full-coverage cups are hidden behind stretchy polyester/spandex fabric, which testers liked. It earned high appearance scores and showed no shrinkage after laundering in the Lab, but analysts did note that the bottom band stretched out a bit in stretch recovery testing. The inner

*Continued on next page*



## 12 Best Sports Bras of 2024, According to Testing (cont'd)

cup fabric wicked away moisture easily, standing up to sweaty exercises. Testers were impressed by just how supportive this bra was, with straps that are "wide and stay in place." One tester also mentioned how "easy it was to put on and take off."

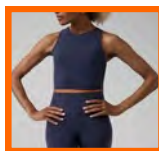
Testers with larger cup sizes loved that this pick offers band and cup sizing for ultimate support, but testers with smaller cup sizes found it too bulky. "This is the perfect bra for high-impact exercise," said one tester with a 40DD bra size. "It's supportive and comfortable, and it did not get in the way of exercise. 100% would recommend."



### **Best Medium-Impact Bra** **Outdoor Voices Doing Things Bra**

With medium compression and removable pads, this versatile Outdoor Voices bra is ideal for both low- and high-impact activities. Its thick elastic bottom band offers good lift and support and the mesh racerback offers airflow and a good range of motion. The bottom band provides a bit more coverage than a traditional sports bra, so many testers loved pairing this pick with leggings.

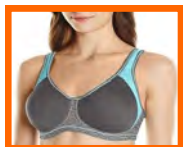
Testers gave this bra **perfect appearance scores across the board, loving its "sporty" and "chic" look.** One tester with a 34C bra size said that "everything stayed where it should, even during high-impact exercises," but she found it overall quite tight. Another tester with a 34D bra size wore this bra to all types of workouts including treadmill runs and Pilates classes. "I love how supportive this bra is," she said. "I feel lifted and supported without risk of spilling over. The mesh on the back was especially great when building up a sweat as I didn't feel sticky!" The bottom band kept its shape perfectly in stretch tests, but it wasn't as moisture-wicking as the main fabric. Note that testers reported that this style created a bit of cleavage, which some testers liked but others didn't.



### **Best Low-Impact Sports Bra** **Athletica Conscious Crop**

Head into your favorite studio class with confidence in this low-impact style from Athletica. With a longline design and high neck, it can be worn as a crop top or under a shirt, giving you the comfort and support of a sports bra with extra coverage and stability around the torso. It's made with soft fabric and has a built-in bra with removable pads for additional support. Note that this style is for A to C cups, but the brand also offers a D to DD version that runs up to a size 3X.

Because of its full coverage design, testers were able to bend and stretch without fear of a slip. "I love the built-in shelf bra for great coverage even without the pads," reported one tester with a 34D bra size. A tester with a 36B bra size said, "This bra is supportive without feeling constricting, making it really comfortable." Users called it "very supportive and comfortable," loving the "soft material [with] a buttery feel to it." The smooth fabric maintained its shape after laundering and stretch-recovery testing. It's designed for lower-impact exercise, so this pick didn't wick away moisture as well as other models.



### **Best Racer-Back Sports Bra for Larger Chests — Freya Active Underwire Molded Sports Bra**

Designed with the key features for giving larger bust sizes the necessary support, Freya's sports bra also has the added benefit of a hook on the straps that convert it into a racerback. The straps are adjustable, thick and supportive, and the bra has an underwire and molded cups for extra support. We also appreciated the breathable, moisture-wicking fabric.

This sports bra was a fan favorite from our panel of testers, among those with cup sizes D through H. Testers liked the flattering design and the supportive encapsulation. "There

*Continued on next page*



## 12 Best Sports Bras of 2024, According to Testing (cont'd)

was no pain from breasts moving up and down while running, which often happens, even with tight sports bras," said one tester with a 30H bra size. "I like that it has separate cups (instead of one massive uni-boob)." A tester with a 36DD bra size said, "I liked that it was like a normal bra to put on — easy to take on/off." The downside was that some testers experienced fit issues, including spillage and tightness, so you may need to size up.



### **Best Sports Bra for Small Breasts** **Calvin Klein Performance Reversible Sports Bra**

For smaller bust sizes, this super comfortable sports bra offers medium support without an underwire or padding. The smooth, seamless fabric stood up to all of our Lab's durability tests, and it was a tester favorite, especially among those with B-cups. "It gave me the support that I need without feeling tight," said a tester with a 34B bra size who wore this bra for all types of workouts. Another tester with a 34B bra size said, "It didn't feel like I was even wearing anything when working out — like second skin."

The seamless design means there are no threads or raised seams to cause friction or irritation during workouts. It's a basic racerback design, which is ideal for upper-body movement. As a bonus, it's reversible so you get two looks for the price of one.

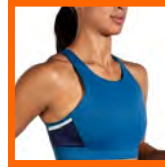


### **Best Padless Sports Bra** **Under Armour Bra Mid Padless**

This best-selling pullover racerback from Under Armour offers four-way stretch with a pad-free design. With medium support and high compression, it's great for cycling, strength training, boxing, yoga and more. It has wide straps and double-lined fabric for good coverage. It's available in more than 10 shades, including neutrals and bold colors.

Acing every Lab test and outperforming pricier picks, this bra wicked away moisture, held up to laundering and maintained its shape after being stretched. Our testers were amazed that the compression didn't feel restrictive. One tester with a 38C

bra size shared, "I felt completely held in and supported while exercising." Some testers said their nipples were noticeable because it's padless and the bra received lower appearance scores, with some testers disliking the large front logo.

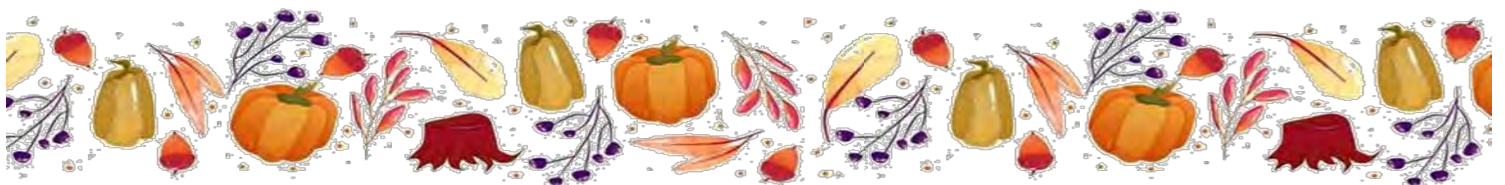


### **Best Sports Bra for Running** **Brooks Drive 3 Pocket Run Bra**

Running requires a sports bra that'll minimize bounce without chafing and feel comfortable mile after mile. This sports bra from Brooks is specifically designed for running, with a high-compression feel and removable cups for additional support. It has pockets on the side and back, but most testers didn't find it comfortable to work out with something in the pockets. GH analysts appreciate the bonded seams and edges to reduce chafing.

The ultra-smooth, sleek material easily wicked away moisture in Lab tests, and testers had a similar experience in the real world, with one saying, "I loved the fact that it really wicked away sweat." Testers appreciated the "super smooth material," and one tester with a 34DDD bra size said that she felt "supported even while running." The material is very compressive and doesn't stretch very much — we couldn't even stretch it enough to do stretch recovery tests in the Lab — so some testers found it tougher to get on and off. ♦

Click on this link to see even more sports bra reviews, and to find out where you can purchase each of these Good House-keeping recommended sports bras: [BEST SPORTS BRAS](#)





## November Photo Montage

*"Taking an image, freezing a moment, reveals how rich reality truly is." — Anonymous*



October 29—We may have come in last place in the scramble on our end of the season Spooktacular Play Day; however, we came in first place with the outstandingly beautiful photos Dale Ann Luzzi took of the Carson River. The one on the left was taken from the bridge between holes 3 and 4. The one on the right was taken from the bridge between holes 15 and 16.



Jeanine Felix and her new putting toy. While recovering from surgery, she is putting the time to good use perfecting her putting skills.

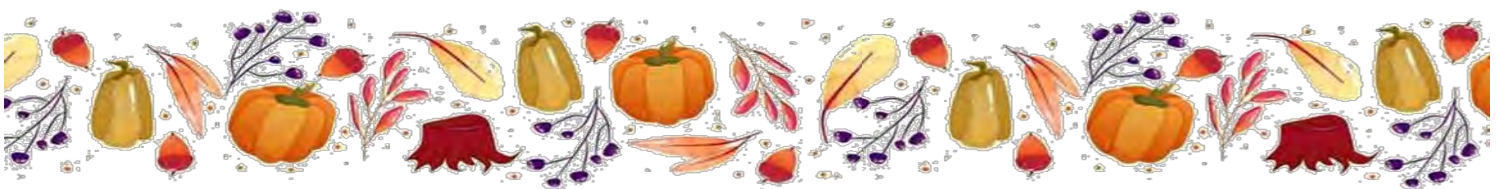


Pictured in the photo above are six Carson Tahoe Breast Cancer staff members receiving the \$12,150 check from Judy Brooke and Vickie Rutledge. (L-R): Nicole Kull, Karen Fisacero, Vickie Rutledge, Brie Serfoss, Lindsey Foxen, Judy Brooke, Pam Puckett, and Tami Stein.



Lorna Johnston and her husband, Paul, in front of the Coliseum in Rome. Just one stop of the many in their November Mediterranean Sea Cruise.

# Thankful





## November Photo Montage (cont'd)

*"Taking an image, freezing a moment, reveals how rich reality truly is."*

— Anonymous

hAPPY  
tHANKS  
gIVING



11/12 Swing 395—WINNING TEAM: Debi Lang, Elise Smith, Melanie Rea, and Phyllis Adair.



11/12 Swing 395—Last Place Team: Dale Ann Luzzi, Judy Brooke, Claudia Meyer, and Sara Dombrowski. We may have come in last, but we were the first to birdie!



Holy Water (ha/ha/ha!!). This is Claudia Meyer's birdie juice flask.



11/12 Swing 395—SECOND PLACE TEAM: Deb Warzynski, Jill Bellamy, Bev Hefferty, and Debbie Knapp.





# Women's Winter League

## Week #1 Results

We played at Riyadh Golf Club in Saudi Arabia set in a desert oasis, providing a stark yet beautiful contrast between lush greens and the surrounding arid landscape. It ended up in a close competition between teams #1 and #3 until the last two holes. We also had a bit of a birdie bash with a total of 8 birdies. Team #1 was the birdie winner with 4 birdies, Team #2 had 3 birdies, and #3 had a lonely 1 birdie. **Total birdies: 8**

**WINNERS** ↻

**Team #1:** Phyllis Adair, Debi Lang, Elise Smith, and Melanie Rea.

**Team #2:** Sara Dombrowski, Dale Ann Luzzi, Claudia Meyer, and Judy Brooke.

**Team #3:** Bev Hefferly, Debbie Knapp, Deb Warzynski, and Jill Bellamy.



reserve of the Moossee, the 18-hole course offers both the ambitious competitive player as well as the golf beginner a course that can satisfy the highest demands.

Teams #1 and #3 sadly reported no birdies so they were very thirsty by the end of the game. Team #2 came in first place at 7 over par and can claim only one birdie to their credit. It was definitely a boring birdie day for these teams!

**Team #1:** Gail Ellingwood, Debbie Knapp, Deb Warzynski, and Julie Marraccini.

**WINNERS** ↻

**Team #2:** Jill Bellamy, Felicia Sotomayor, Lorna Johnston, and Peggy Frick.

**Team #3:** Bev Hefferly, Suze Ericson, Diane Bartsch, and Virginia Irlakis.

## Week #2 Results

We played at Golfpark Moossee in Switzerland. Embedded in the idyllic landscape along the Urtenen River and around the nature







## Looking for Cool Golf Gifts That Every Player Will Love?

**W**hen shopping for either yourself or the golfer in your life, the key is to look for quality. From equipment to apparel to accessories to gadgets, maybe one of these web-sites will be just what you're looking for.

Click on this You Tube link to see some great gift ideas by Exigent Products: [YouTube](#)

Click on this link to check out 61 golf gift ideas from [Country Living](#)

Click on this link to see Best

Gift for Golfers ideas from [Golf Digest](#)

Click on this link to see some great golf gift ideas from [AmazonGifts](#)



Joan Sciarani	12/01
Virginia Irlikis	12/03
Debbie Knapp	12/09
Shana Lakso	12/13
Sherrie Thorne	12/17
Donna Sugden	12/24
D-D Woodruff	12/25
Joni Becksted	12/30



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](mailto:judy-psalms100@gmail.com)

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



# Thank You Notes from Carson Tahoe Health



CARSON TAHOE  
— FOUNDATION —

Dear Judy & Carson Valley Women's Golf Club, 11/4/24

We deeply appreciate your gift.

Your generous heart makes such a difference in the lives  
of the community members we support.

Thanks to you, we are able to fulfill our healing mission, together.

Thank you for your incredible support in raising funds for the Breast Fund at our Cancer Center. We truly appreciate the time and effort you dedicated to making the golf tournament such a huge success! We are so grateful for your partnership. We are so grateful for you!! Thank you. Kitty McKaig

Tami Stein







November 1, 2024

Judy Brooke, President  
Carson Valley Women's Golf Club  
1027 Riverview Dr  
Gardnerville, NV 89460-8906

Dear Judy,

On behalf of the people in our community, we proudly serve, I am writing to express our deepest gratitude for your support of Carson Tahoe Health. Your contribution enables us to provide the highest quality, compassionate care—the kind of personalized attention our neighbors, friends and families deserve. Please know how very much your partnership means to us!

Your generous donation of \$12,150.00 to Carson Tahoe Health Cancer Resource Center helps individuals reclaim their passions post-treatment.

Your commitment to lifting others not only strengthens our ability to provide wrap-around healing services, it supports the overall well-being of folks seeking care when they need us most.

For seventy-five years, we have been gratefully interwoven into our amazing community, elevated by champions like you. Thank you, truly, for honoring us with your heartfelt support.

In deepest appreciation,

A handwritten signature in blue ink, appearing to read "Kitty McKay".

Kitty McKay, Administrator, Community & Patient Experience

A handwritten signature in blue ink, appearing to read "Paula Mayer".

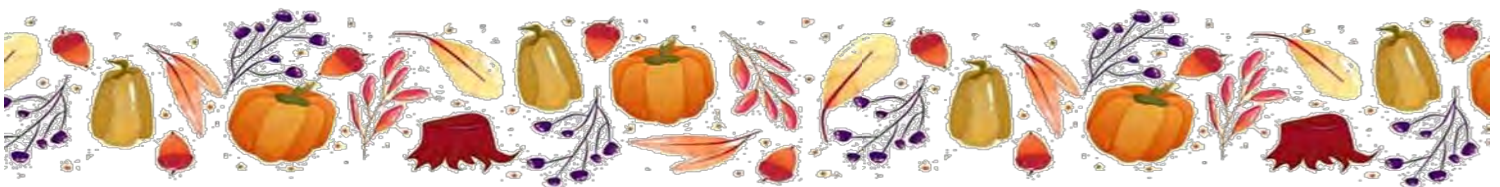
Paula Mayer, Development Officer, Community & Foundation

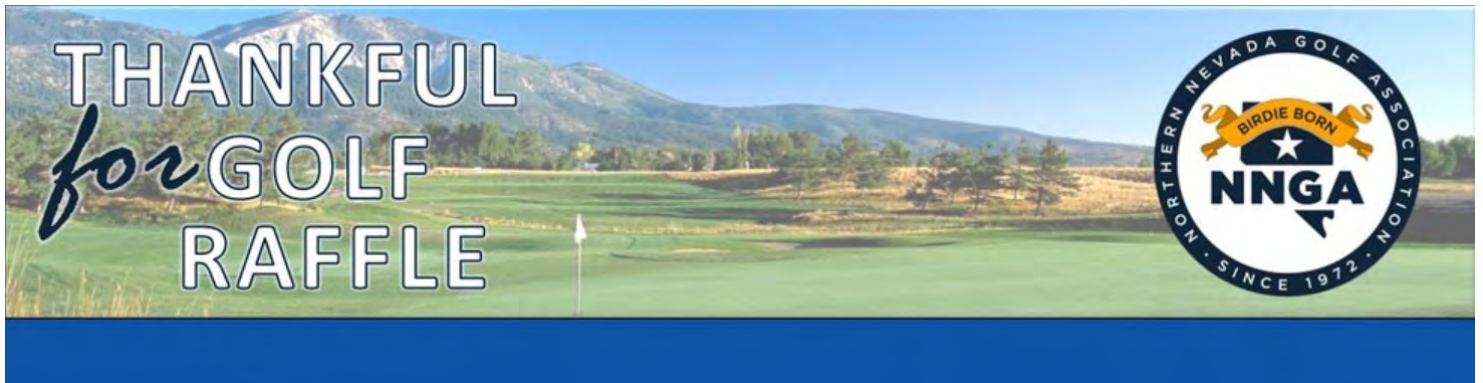
A handwritten signature in blue ink, appearing to read "Tami Stein".

Tami Stein, Philanthropy Specialist

Carson Tahoe Health (CTH) is a 501(c)(3) non-profit organization. Please retain this letter to meet IRS regulations on charitable giving. The CTH Tax ID Number is 88-0502320. No goods or services were exchanged for this gift.

P.O. Box 2168 • Carson City, Nevada 89702 • (775)445-5678 •  
[www.carsontahoe.com](http://www.carsontahoe.com)





## **SUPPORT OUR JUNIOR GOLF LEAGUE AND HAVE A CHANCE TO WIN SOME FREE GOLF AT SOME GREAT GOLF COURSES!**

OPPORTUNITY TO PURCHASE ENTRIES ENDS ON  
DECEMBER 20, 2024 AT 12:00 PM PACIFIC TIME

### **GRAND PRIZE RAFFLE ITEMS:**

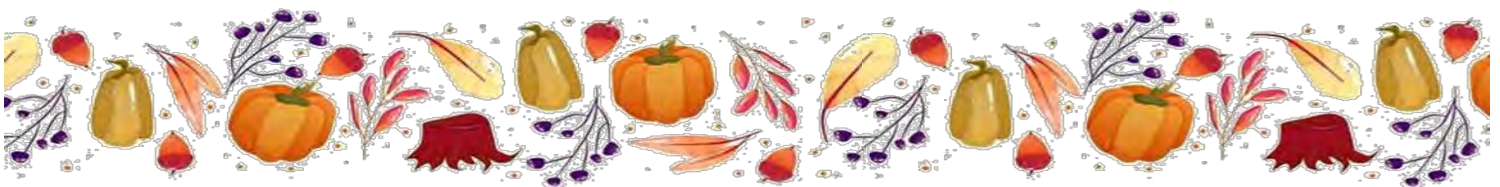
- > A ROUND OF GOLF FOR FOUR AT MONTREUX GOLF CLUB
- > A ROUND OF GOLF FOR FOUR AT SCHAFER'S MILL GOLF CLUB

### **THANKFUL FOR GOLF RAFFLE ITEMS ROUNDS OF GOLF AT:**

The Club at ArrowCreek - Carson Valley Golf Club  
Dayton Valley Golf Club - Eagle Valley Golf Club  
Empire Ranch Golf Club - Genoa Lakes Golf Club  
LakeRidge Golf Club - The Resort at Red Hawk  
Sierra Sage Golf Club - Silver Oak Golf Club  
Somerset Golf & Country Club - Toiyabe Golf Club  
Washoe Golf Course - Wolf Run Golf Club

Click on the link below to enter now!

[I Want to Win](#)







# **2 Cups Tournament**

**Carson Valley Golf Course**

**SATURDAY, December 14  
10am Shotgun**

**Pick Your Cup  
4 person scramble**

(each green has 2 holes aka cups)

**\$50 includes golf, cart,  
lunch & prize fund**

**Call 775.265.3181  
to sign up**

Season Pass Holders \$25 + regular fee

Call us to join  
the Waitlist!



## 2024 SEASON PASSES

A limited number of Passes will be available

Friday December 15<sup>th</sup> at 9:00 am

Stop by the Pro Shop or call 775.265.3181 to purchase a Pass

Single	\$1,200
Single w/cart	\$1,700
Couple	\$2,150
Couple w/cart	\$2,950
Private Cart Rate	Add \$425 to Single or Couple Pass
Junior Pass (17 years or younger)	\$99

### Conditions of Use

- ☐ Fee due at check in of \$2 for 9 holes, \$4 for 18 holes
- ☐ No restrictions – valid any day, any time thru December 31, 2024
- ☐ Pass is not refundable or transferable
- ☐ May be revoked for inappropriate conduct & at the discretion of management
- ☐ May not be used for outside tournaments or leagues

