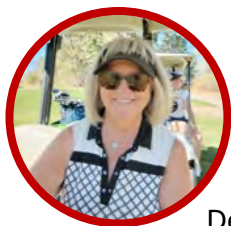


# Golf Gossip

December 2024, Volume 12—Merry Christmas Magic



## President's Message



**A** very Merry Christmas and safe and Happy New Year to all of you.

I know I thanked most of you at the December party, but I want to take this opportunity to once again extend my heartfelt thanks for the very generous gift I received at the Christmas party. The first gift certificate I used was for Joyce's Jewelry at the open house hosted by Jeanine Felix. Please make sure you ask to see the beautiful sterling silver hoops with a small diamond that I purchased. Every time I wear them, I think so fondly of all of you. ♥

I also bought a couple of kitchen appliances from Target, one that I've been wanting for some time—a handheld immersion blender. Thank you again for your generosity, sweet notes of appreciation, and mostly for your friendship. You are all a blessing to me and I am so proud to be the President of a club with so many wonderful, caring girlfriends.

Now it's the season to start thinking about golfing goals for next year. You have plenty of time to start making that list. Your goals should not only be realistic, but also measurable. Measurable means you will be able to easily determine if you met your goal. Setting a goal similar to "I want to improve" is not measurable. Instead, focus on individual parts of your game. Some examples are: "I want to play a certain number (or

percent) of my games without any penalty strokes", or "I want to play a certain number/percent of my games without a three-putt," or "I want to play a certain number/percent of my games hitting the fairway on my drives." These are all easily measured and will certainly result in improving your game, and the article on the Ten Best Golf Tips might help you pick some goals too.

While I didn't meet my "Break 100" goal last year, it will once again appear on my 2025 Golfing Goals list. (Hope springs eternal!) I will also have goals for birdies, putts, and chip-ins. What's going to be on your list?

Let's improve our games together in 2025!

*Judy Brooke*  
President

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# Ten Best Golf Tips for Seniors by Hack Motion

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time.

## Practice From 100 Yards and In

The biggest issue that senior golfers face is difficulty in creating distance. However, from 100 yards and in, there is nothing that holds you back from being the best player on the course!

Start working on drills to help you with distance control, alignment, and ball flight.

Try to have a high and a low shot from 25, 50, 75, and 100 yards you can rely on.

## Incorporate Fitness and Stretching Into Your Routine

Those days of running up to the first tee, grabbing a club, and playing a great round are done.

At this point in your life you have to fight against your body trying to tighten up and become stiff each day.

**A**s a senior golfer, it's important to know your limitations. Each of our ten best actionable tips for your game will help you get started working towards lower scores today. Work through these one at a

Add a daily walk to your routine and get a golf stretching aid to help you make progress. You can use something like a weighted club or even a light-weight medicine ball to swing.

Do this daily, even when not playing golf. Focus on that flexibility in your hips and shoulders.

These are the areas where you are going to gain the most speed.

## Get Your Wrist Angles Right

Many senior golfers have spent their entire golfing career never fully understanding [how the wrists work in the golf game](#). The lead wrist needs to be flat at impact if you want to maximize your distance and keep your golf shots straight. For most players, the problem is too much extension in the lead wrist.

The extension is there at the top of the swing making a cupping shape and then it continues down through impact and creates a weak hit.

## Find the Proper Pressure Points in Your Feet

Weight transfer is very important for senior golfers. Proper weight transfer makes the swing more efficient and gives you a better chance of hitting shots with more distance and consistency.

One of the most helpful tips for senior players is to work on transferring your weight to the inside of your trail leg on the backswing.

If the weight moves to the heel of your foot or the toes, you are not properly transferring weight.

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# Ten Best Golf Tips for Seniors (cont.)

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Take some half-backswings where you feel that pressure on the inside of your leg. You should find a [cleaner impact position](#) and a more consistent strike. Practice this with the short game and then move it to the full swing.

If you have a bad hip or knee, turn the trail foot out a quarter turn to help release some of the pressure.

## Check Alignment

Not properly lining up your golf shot is a complete waste. It's just not worth even taking the club back if you don't have it lined up to the target.

Make alignment part of your pre-shot routine. Alignment is one of the things golfers forget to practice the most.

When you hit golf balls on the driving range, use alignment sticks on the ground to make sure you are set up to your target.

## Make Equipment Adjustments

The day you turn 50 is not the day to buy a senior set of golf clubs.

Instead, slowly work on upgrading and tweaking your clubs so they work for your game.

The first change you will likely see is an inability to hit long irons as well as you once did. Start trading these clubs out for hybrids.

Also, consider putting a graphite shaft in your irons and wedges.

Eventually, you can move towards more forgiving senior shafted clubs.

However, if you do it a little at a time, you'll match your golf game more closely and become a better player because of it.

## Stabilize the Wrists in Putting

You've probably heard the importance of keeping more of a pendulum-type stroke when you putt.

You'll make a more consistent stroke and keep the ball moving towards the hole on the proper line.

However, most golfers, even while maintaining this pendulum-type stroke, also move their wrists more than they should.

After analyzing more than 1,000,000 putting strokes, we have determined that a stable amount of flexion or extension in the lead wrist throughout the stroke is a key indicator of the best putters.

There is no perfect wrist angle. Instead, the angles just have to stay consistent throughout the stroke.

Here's a great drill to work on your [wrist action when putting](#).

## Don't be Afraid of Technology

As a senior golfer, you need to use technology to your advantage.

Purchasing something like a rangefinder or GPS is a smart idea. You'll also want to track your golf game as much as possible.

See where you are losing the most amount of strokes. For most seniors the issue is 150 yards

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## Ten Best Golf Tips for Seniors (cont.)

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and in. This should be where the majority of your practice is focused.

When tracking things like putting, don't just count the number of putts; also, track how long they are and how much you miss them. You'll be able to recognize these weak areas of your game and make changes accordingly.

The key is to use technology in golf clubs, training equipment, and launch monitors to improve your game. It's made for seniors, too!

### Set Realistic Goals – Especially in the Short Game

Set goals for your golf game that you can achieve.

Try to go through a round without a three putt. If you do three putt, spend a few minutes on the putting green after your round working on lag putts.

Work on getting out of the bunker in one shot every time.

Try to get at least one up-and-down or scrambling save in every round.

These realistic goals are much easier to obtain than something like “drop my handicap four shots.”

However, if you can achieve a series of short term goals, the chance of you lowering that handicap is considerably higher.

### Visualize Your Shots

Another area of the game where senior golfers can compete and actually beat the junior players is in golf shot visualization. Learn to picture the results you want on every swing.



This can be a shot down the middle of the fairway or a putt going in the hole.

However, if you can be more positive mentally and visualize the perfect shot, you'll pull it off more often than you think.

### In Summary

As golfers age, some degree of speed and power loss will inevitably occur.

To score lower as you age, use experience, smart golf course management, and close attention to the details in your game.

Golfers are finding success by gaining speed, improving their short game, and focusing on positive mental thoughts on the course. Go give it a try, and let us know how it goes.

Click here to see this article online: [HackMotion](#)



# Women's Winter League

## December 3rd Results



**W**eek #3 was played at the Royal Melbourne Golf Club Composite Course in Australia, a top 10 course in the world that is only playable a handful of times a year. The Composite course

features the best six holes from the East course and the best twelve holes from the West course. This course features rolling greens surrounded by numerous bunkers, and fairly narrow fairways lined with rough, scrub, and trees. We know. We visited all of it way too frequently!

**Team #1:** Phyllis Adair, Elise Smith, Julie Marraccini, and Deb Warzynski.

**Team #2:** Judy Brooke, Bev Hefferly, Claudia Meyer, and Vickie Rutledge. 

**Team #3:** Kelly King, Debbie Knapp, Debi Lang, and Dale Anne Luzzi.



*Only one birdie to this team's account, but they ended up winning on 12/3 with 7 over par (L-R): Judy Brooke, Claudia Meyer, Vickie Rutledge, and Bev Hefferly.*



**SWING**  
**395** INDOOR GOLF CLUB NEVADA

## December 10th Results

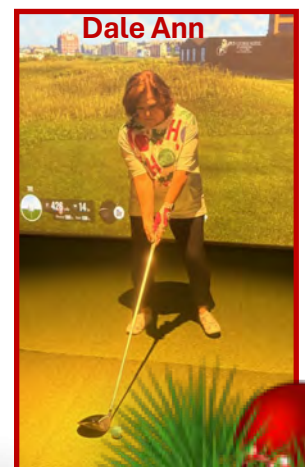
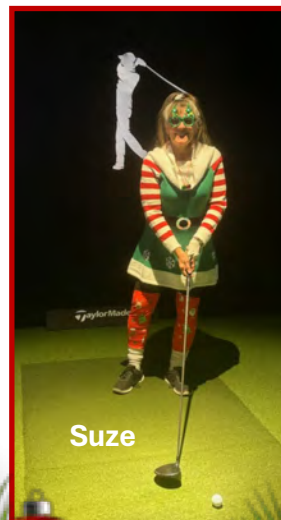
**W**eek #4, played at St. Andrews, The Home of Golf, is one of the best golf experiences you can have. This is the place where the game was invented, way back in the 15th century. From the nerve-racking 1st tee shot onwards, you take up a challenge that has humbled many of the world's best. Despite its age, St. Andrews' Old Course has stood the test of time and continues to challenge golfers from around the world!



**Team #1:** Phyllis Adair, Diane Bartsch, Gail Ellingwood, and Carla Rueff.

**Team #2:** Melinda Johnson, Dale Ann Luzzi, and Suze Ericson. 

**Team #3:** Bev Hefferly, Julie Marraccini, Claudia Meyer, and Lorie McMahon





# Women's Winter League (cont'd)

## December 17th Results

**W**eek #5 we visited the Yellowstone Club in Montana. There's no better place to perfect your golf game than at Yellowstone Club's playable, yet challenging, Tom Weiskopf-designed course. Overlooking the awe-inspiring Rocky Mountains, Yellowstone Club's lofty 18-hole course is enjoyable for golfers of every skill level.



**Team #1:** Jill Bellamy, Judy Brooke, Virginia Irlakis, and Deb Warzynski.



**Team #2:** Bev Hefferly, Debi Lang, and Debbie Knapp.

**Team #3:** Phyllis Adair, Melanie Rea, Vickie Rutledge, and Elise Smith.

This was NO easy win! At the end of 18 holes, all three teams were tied at four under par which resulted in a playoff hole. Rick selected Hole #7 at Pebble Beach for the playoff. Each player got to hit three shots, and the team whose shot was the closest to the pin (even if it wasn't on the green) won.

It wasn't until the last player, Jill Bellamy, took her second shot that a clear winner rose to the top of the heap—Jill and Team #1!

## Hole #7 — Pebble Beach



**T**his beloved par-3 is the shortest on the PGA TOUR at just 106 yards, and played as little as 92 yards during the 2010 U.S. Open. But Pebble Beach co-designer Jack Neville recognized what a special hole No. 7 could be before it even opened.

“The seventh is a little gem of a mashie shot, only 106 yards and a drop of 40 feet from tee to green,” Neville wrote in *Pacific Golf & Motor* in 1917. “The latter is surrounded on three sides by the bay. There is usually a little wind blowing on this point, which gives it every natural hazard to the golfer, making this hole one of the most interesting on the links.”

The wind at No. 7 is legendary. Sam Snead chose to putt off the seventh tee rather than send a tee shot into the teeth of a wicked wind. (It was reported that he was the only player to make par on the hole that day.) Bel-Air pro Eddie Merrins actually aced the hole during the Bing Crosby, but needed a 3-iron to do so. Eventual champ Tom Kite famously chipped in for birdie during the final round of the 1992 U.S. Open after his 6-iron missed the green. ♦





# Moments and Memories



*Celebrating two-birdies on December 3rd. (L-R): Dale Ann Luzzi, Debi Lang, Kelly King, and Debbie Knapp.*



*Swing 395 foursome on December 10th (L-R): Julie Marraccini, Lorie McMahon, Claudia Meyer, and Bev Hefferly.*



*This foursome (three photos) on December 17th was the first to birdie, but it ended up to be a birdie bash by some birdie babes with at least 12 birdies between all three teams! (L-R): Virginia Irlakis, Jill Bellamy, Deb Warzynski, and Judy Brooke.*



*This foursome of birdie babes on December 17th celebrating two of their four (or five) birdies: (L-R): Debi Lang, Joni Becksted, Bev Hefferly, and Debbie Knapp.*

*The last birdie bash babe foursome on December 17th celebrating two of their four (or five) birdies: (L-R): Elise Smith, Phyllis Adair, Vickie Rutledge, and Melanie Rea.*





# Merry Christmas Magic

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**O**n December 11th, 34 club members met up to celebrate the most wonderful time of the year—Christmas—at The Grill Next Door.

We started with a yummy lunch that included tri-tip, chicken, veggies, Caesar salad, tater tots, and rolls and butter. Your Board provided three delightful desserts including homemade brownies (thank you Debbie Steele), mini cheesecakes, and macarons (thank you Lorna for shopping for us).

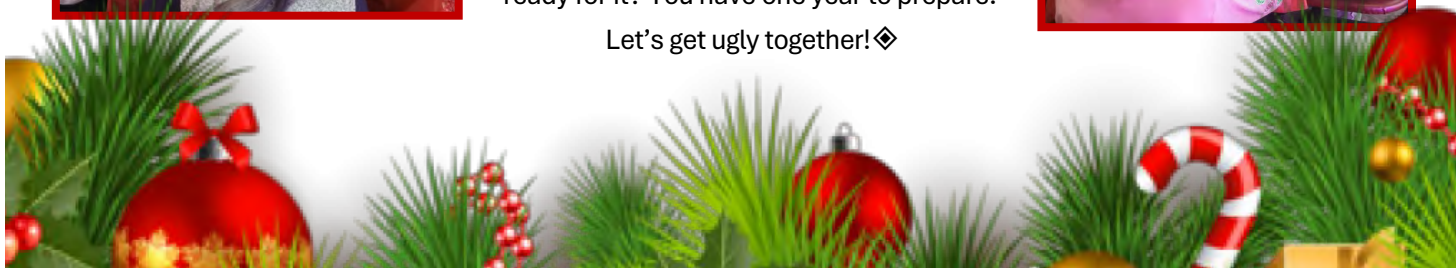


The ball marker gift exchange did prove to challenge the good eye for the perfect ball marker. And yes, it did get pretty competitive!

We capped off the festivities with some fun and engaging Christmas trivia games that included prizes of unspeakable value (of course) for the winners.

Next year? Ugly sweater contest! Are you ready for it? You have one year to prepare.

Let's get ugly together! ♦





## Final Merry Moments



December 17th: Judy Brooke celebrating the first Women's Winter Indoor League hole-out this year (a hole-out is a chip-in).



Shana and Steven Lakso taking a well-deserved break from their daughter's engagement celebration by playing golf at Omni La Costa Resort & Spa in Carlsbad, CA.



Gary & Judy Brooke with the Knight Monsters mascot at the new Tahoe Blue Arena for a Knight Monsters hockey game on November 22nd. It was a very exciting game with the Knights winning in overtime 7 to 6!



Sara Dombrowski 1/1  
Kristi McAteer 1/6  
Anna Pagoto 1/8  
Barbara Smallwood 1/12  
Margie Stephens 1/15  
Lorie McMahon 1/22  
Beverly Hefferly 1/23

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!

Email your pictures and stories to [judypsalms100@gmail.com](mailto:judypsalms100@gmail.com). Thank you for helping make *Golf Gossip* fun, informative and worth reading.

*Judy Brooke*  
Club President & Editor



# Red Hawk Women's Club Member/Guest Day

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December 23, 2024

Dear Fellow Presidents, Captains, Vice-Presidents & Co-Captains,

As we are in the process of planning for our 2025 golf season, I wanted to reach out to women's golf clubs in the Washoe County and surrounding area. One objective of Red Hawk Women's Golf Club (RHWGC) this year is to expand the participation in our annual Member/Guest tournament.

To that end, our tournament committee has announced that our 2025 Member/Guest event is scheduled for August 27 (Wednesday) & August 28 (Thursday.) The 2025 tournament will consist of a two-day event with the first day being *optional*, as detailed in the following:

Day 1 ( <i>optional</i> )	9-hole Flighted Tournament, followed by <i>optional</i> Horse Race, and Lunch
Day 2	Continental Breakfast; 18-hole Flighted Tournament, followed by Lunch and Awards Ceremony

We are happy to announce that we are reducing the cost of this event from previous years in hopes of attracting more guests. The fees are as follows:

Day 1 & 2	\$150
Day 2 only	\$125

I am requesting that you inform your members about this opportunity. And if you could provide a list of interested players from your club that could be possible guests for our members, that would be beneficial. Our 2025 tournament theme will be "*Around the World in 18-Holes.*" I am hopeful that your members will be interested in being a guest of in the 2025RHWGC.

Thank you for your consideration in helping us to expand participation in our annual event. Please contact me, Judy Pierce at: [rhwgcpresidentjudy@gmail.com](mailto:rhwgcpresidentjudy@gmail.com)

Sincerely,  
Judy Pierce, President



Sparks, NV

