

# Golf Gossip



**Volume 5, May 2024—Cinco de Mayo Madness**

On to a great group of ladies! This is truly the *MEJOR* group photo we've ever taken! You all rocked that new mustachio look! A *grande muchas gracias* to Debbie Knapp and Lorna Johnston for the festive fiesta atmosphere they created. And, wow, a *grande muchas gracias* to Chef Steve for those delicious chicken fajitas. Yummy! Once again, we scored in the weather category. It was the perfect golfing temperature. Finally, congratulations to Suze Ericson, the big drawing winner with \$96 in her pocket. ♦





# President's Message



**H**ola! What a marvelous month May turned out to be. We were spoiled with so many great spring golfing days. It makes it really hard to believe that we're not too far from the longest day of the year, the Summer Solstice on Thursday, June 20th.

Speaking of June, in addition to our regular weekly play days we have a lot of golf happenings going on:

- Although there are no local courses sponsoring any Women's Golf Day events this year, WGD will be celebrated around the globe on the first Tuesday in June.
- Aloha, wahine! The first Tuesday is also our "Life's a Beach" themed play day. It's time to get your Hawaiian groove on and don that beach vibed apparel.
- The second Thursday of the month is our Home 'N Home hosted by our Fallon friends. Now, for that, you have to hold your horses, and saddle up with some mighty fine western wear! We're going country in Fallon this year... yeehaw!

And, I will be adding to that a family camping trip to Shasta Lake. My family has gone on an annual family camping trip for over 40 years. In all that time, I think we only missed one year! In case you didn't know (or forgot), I have seven sisters and three brothers—there's eleven of us! This year about 20 of us are headed to the lake for a little bit of boating and floating. It's always a fun time with my siblings and their families. We do know how to have fun ... and cook great meals!

Let's go golfing!

*Judy Brooke*



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# The One Mental Mistake Recreational Golfers Make

By: Zephyr Melton



**G**olf is an inherently mental game. While the physical intricacies of the sport may be a challenge, there is no greater feat than conquering the mental game. As Bobby Jones once famously said, “Golf is a game that is played on a five-inch course — the distance between your ears.”

Sometimes, controlling the emotions that happen on the 5” course between your ears is harder than controlling your shots on the course. When things start going sideways with your game, keeping your head in the game can be a real challenge.

Making bad swings is forgivable — even the pros make bad swings from time to time — but making bad decisions may be the easiest way to cut

strokes off your score. Especially when it comes to playing shots that are outside their capabilities.

“I always see amateurs try to hit shots they haven’t practiced,” Kevin Sprecher said at the GOLF Top 100 Teacher Retreat. “They’re going and trying to execute a shot they’re not confident in. And that usually leads to failure when it comes to trying to execute something you don’t really know how to do.”

It might be fun to try to hit the shots the pros play, but more often than not, it’ll end in disaster for the average joes. Instead, play within yourself and only hit shots that you’ve practiced before.

“Stick to the things you practice,” Sprecher says. “Even if it means using a little less club and knocking it up short of the green and then chipping on — don’t try to hit the hero shot.”

As long as you can keep big numbers off the card, your scores should be okay. And a great place to start in that endeavor is by avoiding hero shots.

To view this article online, click here: [Mental](#)

## Get Your Mind Right: How to Play Well After a Bad Start or Stretch of Holes

By: Tracey Blake

**I**n this post I want to explain the natural inclination to give up when we start playing poorly during a round and what you can do to turn it around.

I was recently on a trip golfing in the Nebraska Sandhills (more on that in a future article) and was struggling on the second round on our last day. I began thinking about EVERYTHING except my golf game and the shot at hand. I had negative thoughts, or what you’d call “stinking thinking”, about what I was trying not to do or avoid hitting into. I couldn’t clear my mind and focus on my next shot. If I had been in an area with cell reception, I probably would’ve pulled out my phone and started reading email as a nice distraction. Most of us have done this, or watched someone we are playing with do it.





# Get Your Mind Right (cont'd)

Oddly enough, the situation brought to mind my exercise classes. I can now do them again thanks to the special injections in my knees I have previously written about and which have allowed me to avoid joint replacement surgery. During class, my favorite instructor, Candy, about midway through often yells “Get your mind right!”. She does it just when you’re thinking you can’t get through the class—I’m just dying, sweating and breathing hard and I just want to lie on the floor. She asks us what we are telling ourselves at this time? Usually it’s not good for me and I’m thinking stopping sounds like a pretty good plan. But I persevere and make it through the class.

When we’re playing well, the thought of quitting doesn’t occur, even if we are tired. But when your game “goes south” we just let ourselves get distracted by our life outside of the course. Our minds aren’t right as they wander to things we need to do, like go to the store or contemplate what to make for dinner. We think about people we need to see, or ponder issues that have come up with family members or even ourselves, etc. The list goes on and on as you know.

It’s important to understand this is how we work as humans. When things go wrong, people may dissociate or disengage from the task at hand for various reasons. One common reason is that we feel overwhelmed or stressed by the situation, causing us to mentally distance as a way to cope with the negative emotions or our perceived failure. Disassociating provides a temporary escape from the problem or our feelings of disappointment or frustration.

Moreover, we disengage if we perceive the task as futile or our round impossible to salvage. We might believe our efforts to focus on the next shot and not those we have already made won’t make a difference. In such cases, disassociating is a defense mechanism to protect us from

further disappointment or a feeling of incompetence.

It’s also important to note when things go wrong that disengaging from a task is not always a negative re-

sponse. Sometimes, taking a step back and regaining perspective can lead to better problem-solving or decision-making once our emotions have settled. However, prolonged disengagement or avoidance of proper execution of the next shot can hinder progress and prevent opportunities for learning and growth. You can’t just pick up your ball every time things go wrong.

Experiencing a bad start to a round of golf or playing poorly for several holes in a row can be wildly frustrating. Here are eight tips that can help you improve your play when that happens and turn things around:

**1. Stay Positive:** Maintain a positive mindset and remind yourself that golf is a game of ups and downs. A bad start doesn’t define your entire round. We all have had many rounds that didn’t start great but ended well.

**2. Let Go of Mistakes:** This is a biggie. Don’t dwell on your earlier shots or mistakes. Instead, focus on the present moment and the upcoming shots. Letting go of the past will help you concentrate on your current performance. If you watched Ted Lasso on cable TV, in one of the first episodes he tells one of his soccer players to “be a goldfish”. Why? Well, Ted insisted goldfish have 10-second memories, hence, BE A GOLDFISH. Happiest animal on earth, Ted said.

**3. Adjust Your Strategy:** If certain shots or clubs aren’t working for you, consider adjusting your strategy. Play it safe, choose conservative targets, and focus on hitting the fairway or green rather than attempting overly aggressive



## Get Your Mind Right (cont'd)

shots. On days when I know I'm not hitting my clubs well, this has definitely become a strategy for me.

**4. Take a Breath and Reset:** When you feel frustrated or overwhelmed, take a deep breath, step back, and reset. Use this moment to calm your mind, regain focus, and approach the next shot with a clear mind.

**5. Break the Round into Smaller Goals:** Instead of focusing on the overall score, break the round into smaller goals. Aim for achieving specific targets on each hole, such as hitting fairways, avoiding bunkers, or focusing on consistent putting.

**6. Stay Committed to Your Routine:** Stick to your pre-shot routine and focus on each shot individually. Relying on your routine can help you regain confidence and create a sense of consistency.

**7. Visualize Success:** Before each shot, visualize a successful outcome. Imagine the ball going exactly where you want it to go. Positive visualization can boost your confidence and improve your execution.


**8. Seek Support from Playing Partners:**

Engage in positive conversations with your playing partners. Their encouragement and support can help lift your spirits and refocus your energy.

Remember, golf is a game that requires mental resilience. Embrace the challenge, learn from your mistakes, and stay committed. In other words, when you play poorly "Get your mind right." ♦



## 5 Golf Psychology Tips to Help You Improve Your Mental Approach and Play Better Golf



The great amateur Bobby Jones once famously said: "Golf is played mainly on a five-and-a-half-inch course... the space between your ears." Golf is undoubtedly one of the most mentally challenging sports there is. It's an individual pursuit and there's nobody to help you on the fairways if, and when, things start to turn sour. If self-belief goes and negative, irrational thoughts begin to dominate, your scorecard will probably start to read something like a premium-rate phone number.

Almost all of the top players now employ a sports psychologist, like Dr. Bob Rotella, to help them find

the right frame of mind before a game, and to give them methods to stay in that, "happy place," for the duration of their round. Most of us mere mortals can't afford such a luxury as a dedicated golfing mind-doctor, but there are some key psychological pointers that can help the average amateur to stay mentally tough on the golf course. Below are a few of the best, they might seem obvious, but ask yourself whether you actually employ these simple mental strategies before and during a round. If not, perhaps you should:

### Stay In The Present

Many golfers are already halfway round the course when they step on the first tee. "If I can just start with





## 5 Golf Psychology Tips (cont'd)

three pars,” they think. “And then I can afford a couple of bogeys on those difficult holes around the turn, and I might pick one up at the par-5 12th, as the wind should be behind us there.”

If your mind is ahead of you, how are you going to focus on the immediate task—the shot you are facing at that moment? You can’t control what will happen in 30 minutes time, or what happened 30 seconds ago.

All you can do is concentrate on the next shot, chip or putt and make the best possible job of it. If your mind is always totally focused on the present, your scores will tumble.

### Every shot is a new challenge

Each time you reach your ball, your objective is to get it into the hole from that position in as few shots as possible. Don’t think about what has gone before, or the worst-case scenario, just focus on how to get the ball in the cup in the most efficient way from where it lies.

If you play a bad shot that ends in a difficult spot, try to think of it as a new challenge. Don’t just wallow in the predicament; start from scratch. Remember, your objective is to get down in as few shots as possible from the current situation, whatever it is.

Stay rational and logical. If your ball lies in a bush, the best way to limit the damage might be to take a penalty drop, to go well back and into a point where

you have a full shot. You almost certainly won’t get the ball into the hole in as few shots as possible by hacking hopefully at it, willing it against reason to escape back to the fairway—that’s how the really big numbers can rack up.

### The past is past

A great way to let off steam and forget the errors is the, “10-yard rule.” It’s a psychological strategy employed by Tiger Woods in his prime, amongst others.

After a bad shot, you can vent your frustration (internally of course) until you’ve reached a point 10 yards from where you struck it. After crossing the imaginary line, that shot is history, it should be totally forgotten and your mind should move on to the next stroke.

### Never surrender

Amateur golfers can be guilty of giving up on rounds too quickly. Remember, you have a handicap to help you, and your fortunes on the course can turn with one good swing, or one decent break.

The amateurs who get the most out of their games will very rarely post a “No-return” and will tend to give it their all until the very last putt has dropped.

If you get to a point when you realize there’s no chance of beating your best score, change your target—it might now be to beat your handicap. If things slide, then you might still be able to play to your handicap, you might break 90 or, simply, you



## 5 Golf Psychology Tips (cont'd)

might play the next shot as well as you can.

### Stay positive on the greens

If you're having one of those days where the ball just doesn't seem to want to drop into the hole, don't bemoan your ill fortune on the greens. Focus on the positives. If you pick a line and start the ball on that line, you have putted well; you just haven't

read the green quite right. Next time, you'll get the line right and the putt will drop. ♦

Article written by Fergus Bisset, Contributing Editor to *Golf Monthly*. Click on this link to read the article online:

[5 Golf Psychology Tips](#)



## Out of Bounds/Lost Ball/Provisional

If you hit your ball out of bounds or lose it (you have three minutes to search for your ball before it becomes lost), your only option is to go back to the spot of your previous stroke to play under stroke and distance. There are only a few exceptions to this when it is known or virtually certain what happened to your ball.

There is also an optional Local Rule which provides an alternative to stroke and distance relief when it is in effect. This Local Rule is recommended for casual play and not for competitions involving highly skilled players. If it is in effect, for two penalty strokes, you can estimate the spot where your ball is lost or went out of bounds and then find the nearest fairway edge that is not nearer the hole than the estimated spot. You can drop a ball in the fairway within two club-

lengths of that fairway edge point, or anywhere between there and the estimated spot where your ball is lost or went out of bounds. *Note: CVWGC uses this Local Course Rule.*



If you think that your ball might be out bounds or that you might not find it, you can play a provisional ball to save time. You must announce that you are playing a provisional ball before doing so. If you are then unable to find your original ball, or you find it out of bounds, your provisional ball is your ball in play under stroke and distance, and you don't have to take the time to walk all the way back to the spot of your previous stroke. ♦

For more information, refer to USGA Rule 18 by clicking on this link: [Rule 18](#)





# May Photo Gallery



May 7th between Holes #17 & #18 in some colorful Cinco de Mayo garb and a beautiful Carson Range backdrop (L-R): Margie Stephens, Marcia Chatin, Suze Ericson, and Jill Bellamy.



The Mason Valleyites setting the Cinco vibe on May 7th. (L-R): Clarice Lommari, Joan Sciarani, Julie Marricini, Nora Stevens, and Mary Milligan.



Melinda Johnson and Jeannie Hansen enjoying the fabulous Cinco de Fajitas after play on May 7th,



What are the odds of two people hitting their balls into the same sand trap this close together? Well, Shana and Debbie Steele managed to do this magic trick on May 14th! They are perfectly lined up to the pin on Hole #15.



These hip red, white and blue chicks decided to make a pro-USA statement on Cinco de Mayo. (L-R) Margaret Fay, Sue Eropkin, and Jodi Davis.



Another magic trick—Judy took a selfie with her short arms! (L-R): Jeanine Felix, Sara Dombrowski, Margie Stephens and Judy Brooke.



After-play socializing on May 21st.  
(Standing): Shana Lakso and Vickie Rutledge.  
(Seated): Jill Bellamy and Kathy Belvel.





## More May Photos



## WILDLIFE



Holy cow! Check out this boss-looking bovine Judy Brooke caught on camera May 17th.

Kathy Emanuel caught this great goose shot on May 7th in a dead cottonwood tree guarding its nest. Sadly, we suspected that a hawk may have stolen a baby for lunch. That's the circle of life in action.



May 21—Felicia Sotomayor trying a risky roughshod shot out of the bushes on Hole #6 ... and she made it out!



This fearsome foursome took 1st place on May 7th in the Shamble. It took us longer to take this photo at Hole #16 than it did to drive from Hole #3 to Hole #4. Truly, it's a work of art! (L-R): Judy Brooke, Bev Hefferly (in the back), Anne Marie Neacy, and Kathy Emanuel.





## More May Photos



Selfie silliness on May 21st: (L-R): Anne Marie Neacy, Gail Ellingwood, Lorie McMahon, and Karen Fox.



Fun, friends, food, and fellowship on May 21st.  
(Standing): Kathy Hanley and Judy Brooke. (Seated): Jeanine Felix, Margaret Fay, and Janet Brown.



## Men's & Women's Golf Club Play Day—May 17th



Kas, Michele, Mike, and Kevin.



Richard and Bob.



Augie, Janet, Mel, and Bill.



Kathy, Ron, and Mike.



Jeanine, Margaret, and Patti.



Mark (left) and Mel (right).



Kathy and Kevin.



Kelly and Donna.



Colleen, Bill, Judy, and Scott.



Allen, Bill, and Kevin Gwinn.





# May Tournament Results

## Cinco de Mayo—May 7th—Shamble

- **1st Place Team**  
Kathy Emanuel  
Bev Hefferly  
Anne Marie Neacy
- **2nd Place Team**  
Debbie Knapp  
Lorie McMahon  
Mary Milligan  
Felicia Sotomayor
- **3rd Place Team**  
Kathy Belvel  
Jan Nolan  
Nora Stevens
- **4th Place Team**  
Jill Bellamy  
Marcia Chatin  
Suze Ericson  
Margie Stephens
- **5th Place Team**  
Sara Dombrowski  
Claudia Meyer  
Anna Pagoto  
Carla Rueff
- **Closest to the Pin:**  
Shana Lakso #1  
Debbie Steele #18



- **Chip-Ins**  
Judy Brooke  
Sara Dombrowski  
Sue Eropkin  
Mary Milligan

## May 14th—Back 9 (1/2 Handicap)

- **Gross Winner**  
Kathy Emanuel
- **Flight #1 Net**  
Shana Lakso  
Kathy Belvel  
Sara Dombrowski  
Vickie Oland
- **Flight #2 Net**  
Bev Hefferly  
Michele Cline  
Debbie Steele  
Mary Milligan
- **Flight #3 Net**  
Gail Ellingwood  
Felicia Sotomayor  
Debbie Warzynski  
Sara Cleary
- **Flight #4 Net**  
Elise Smith  
Jeanine Felix  
Karen Fox  
Dianne Ford



- **Chip Ins:**  
Michele Cline  
Nora Stevens

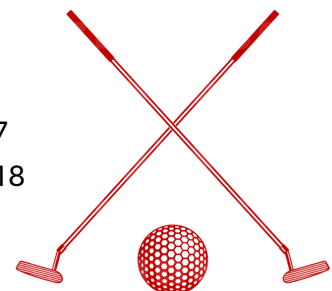
**CLOSEST TO  
THE PIN**



- **Closest to the Pin:**  
Judy Brooke #1  
Felicia Sotomayor #18

## May 21st—Stroke Play (HSTP Qualifying)

- **Gross Winner**  
Kathy Belvel
- **Flight #1 Net**  
Lorna Johnston  
Shana Lakso  
Vickie Rutledge  
Kelly King
- **Flight #2 Net**  
Michele Cline  
Joan Sciarani  
Joni Becksted  
Margie Stephens
- **Flight #3 Net**  
Felicia Sotomayor  
Carla Rueff  
Margaret Fay  
Sara Cleary
- **Flight #4 Net**  
Jeanine Felix  
Karen Fox  
Marcia Chatin  
Clarice Lommori
- **Closest to the Pin:**  
Mary Milligan #1  
Margie Stephens #17  
Felicia Sotomayor #18
- **Chip Ins:**  
Vickie Rutledge  
Kathy Hanley



# May Tournament Results (cont'd)

## May 28th—CrissCross

### **First Place:**

Michele Cline

### **Second Place (tied):**

Mary Milligan

Debbie Steele

Jill Bellamy

### **Fifth Place:**

Felicia Sotomayor

### **Sixth Place:**

D-D Woodruff

### **Seventh Place (tied):**

Joan Sciarani

Julie Marraccini

Kelly King

Gail Ellingwood

### **Closest to the Pin:**

Kathy Belvel (#1)

Kelly King (#17)

Jill Bellamy (#18)

### **Chip In:**

None (that means big money next week!)



## Basic Golf Terms 101

There are A LOT of golf terms. Some – like an ace – are pretty intuitive. But *bite*, *snowman*, *eagle*? These terms can leave you scratching your head.

So today we've compiled a list of common golf vocabulary to help you learn the language. And if you're a seasoned golfer take a look and see, how many golf terms do you really know?

### **Ace**

An ace, or hole-in-one, is the epitome of scoring in golf. It occurs when you sink the ball with just one stroke, typically on par-3 holes but occasionally on par-4s.

Tradition dictates that a player who scores an ace should celebrate with their group or clubhouse by sharing a drink.

### **Albatross**

An albatross, also known as a double eagle, is an exceptional feat in golf. It means you've completed

a par-5 hole with just two shots—a very rare occurrence even for experienced golfers.

### **Eagle**

While still an infrequent achievement, eagles are more common than aces and albatrosses. An eagle is attained when you finish a hole two strokes below its par rating. This often happens on par-5

holes when a golfer can reach the green in two shots and sinks the subsequent putt.

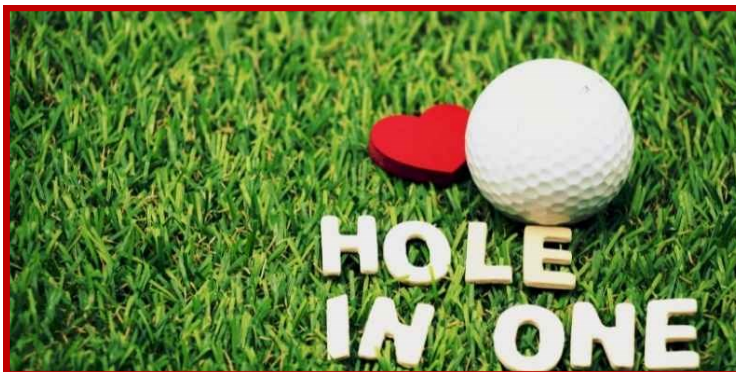
### **Birdie**

Birdies are more common and well-loved among golfers. A birdie signifies that you've

completed a hole one stroke below its par rating. For instance, scoring a 3 on a par-4 hole counts as a birdie.

### **Par**

Par represents the number of strokes an accomplished golfer is expected to use on a given hole.





## Basic Golf Terms (cont'd)

Holes are assigned as par-3, par-4, or par-5 based on their difficulty and length. A golfer who consistently achieves par is considered to play “par golf,” with an average score of around 72.

### Bogey

Completing a hole one stroke above par is called a bogey. Someone who claims to play “bogey golf” averages one bogey per hole, equating to a score of 90 on a par-72 course.

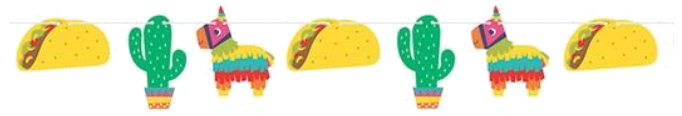
### Double Bogey

A double bogey means you’ve taken two more strokes than the hole’s par rating. For example, on a par-4 hole, a double bogey is a score of 6.

### Triple Bogey

A triple bogey, or “trip” for short, occurs when a golfer finishes a hole three strokes above par.

To view this article online, click on this link:  
[Golf Terms 101](#)



Jan Singyke in Ireland just leaving the ER hospital. On the third day of her vacation, she tripped and broke a bone in her wrist.



**Felicia Sotomayor 06/08**

**Mary Milligan 06/11**

**Rhonda Kudrna 06/27**

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.

*Judy Brooke*  
President & Editor

