

Golf Gossip



Volume 6, July 2024—Proud to be an American



President's Message

Hello lovely ladies! What a great month we had in July. We started off celebrating our country's independence by wearing a lot (and I do mean a lot) of red, white, and blue. That photo does not lie! You all looked absolutely amazingly patriotic. And then we had that delicious barbecue chicken, green salad, and luscious watermelon for lunch. Oh my, that was good.

We are also off to an amazing start on getting tee sponsors and collecting raffle prizes for our "Teeing Up For The Cure" golf tournament. To date we have nine hole sponsors, which means we need nine more! Working together as a team, we can do this! You have also been actively pursuing the businesses you frequent asking them to donate a raffle prize. Vickie Rutledge got

two free rounds of golf at Edgewood and Lorna Johnston got four free rounds of golf at Genoa Lakes. These are super prizes that we will put up as a silent auction to make the most money we can out of them.

We are going to wow our community with this benefit event, especially the Carson Tahoe Cancer Center, our beneficiary. Thank you for all you are doing to make this a successful event. I appreciate all your efforts, and you make me proud to be the president of the Carson Valley Women's Golf Club.

Let's go golfing!

Judy Brooke



Dehydration is Hurting Your Golf Game

By: Greta Anderson

Have you been feeling rundown and sluggish during the dog days of summer? Those bursts of poorly struck shots might have more to do with the fact that you're not drinking enough water on the course than your actual golf skill.

On an average day, your body loses approximately 64 ounces of water. Playing a full round of golf on a hot summer day means you're likely losing far more fluid than the average person, and failing to replace it can have serious consequences.

CDC research shows that adults in the U.S. only drink an average of 39 ounces of water per day, and data indicates that 75% of Americans are dehydrated, so much so that most of us are deemed "chronically dehydrated." In this situation, it becomes difficult to tell when our bodies are in need of more water, thus perpetuating the cycle of dehydration.

Being dehydrated, even if only a little bit, can negatively impact your body in many ways, including putting you at risk for overheating on the golf course and affecting your ability to make sound decisions and execute golf shots. All of this adds up to a pretty high score on the course. ♦

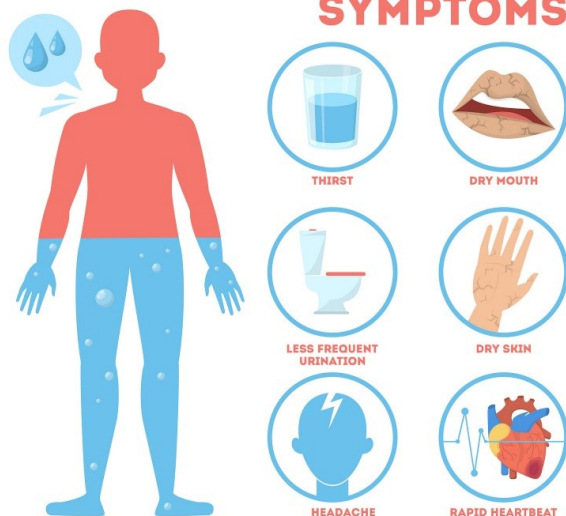
To view this article online, click on this link: [Dehydration](#)



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DEHYDRATION SYMPTOMS



What Should You Drink on the Course?

By: Luke Kerr-Dineen

While many of the beverages we enjoy during our time on the golf course taste great and may give us a lift, they don't exactly help you play better. The high sugar content in sodas, juices and some sports energy drinks can cause high-to-low swings in blood sugar levels resulting in uneven performance.



Drinking alcohol on the course won't help you play well either because it's known to impede your cognitive abilities and motor functions, and because it's a diuretic that contributes to dehydration. So, what do you need to do to either prevent or alleviate dehydration?

The answer is simple: Drink water!

What's the secret to proper hydration?

While drinking water sounds like a simple solution, you have to do it correctly. In this case, you have to drink no more than one quart of water per hour to stay hydrated.

If you're unsure of how much, when or where to drink water, the general rule of thumb is to multiply

your body weight (in pounds) by two-thirds to determine how much water you should be drinking.

Should you only drink water?

Drinking water is essential to staying hydrated, but most of the filtered water we drink has been stripped of the minerals we need to help us stay hydrated. That's where sports drinks like Gatorade that are packed with electrolytes come in handy.

Just be careful not to guzzle the whole bottle, or you'll fall victim to an energy crash on the course, which is also no good. However, consuming electrolyte-infused water or sports drinks is a great way to help your body.

If you're looking for some flavorful alternatives to water that will help you stay hydrated, LPGA instructor Dr. Greta Anderson recommends herbal tea, coconut water, electrolyte-infused water or even watermelon.

Maintaining proper hydration is an ongoing process, but getting in the habit of drinking enough water on a daily basis will help you play your best on the course. ♦

To read this article online, click here: [Water](#)



The Best Hydration & Electrolyte Powders for Golfers

By Golf Digest Editors

Chances are, you are not hydrating properly on the golf course and it may be impacting your game. Especially in extreme heat or recovering from an illness, staying hydrated will help you stay focused, prevent fatigue and keep your body feeling fresher longer. While not intended to replace your regular water intake, hydration powders are an excellent way to avoid dehydration by replacing electrolytes and even add some extra vitamins to fuel you through the

round. We tested several hydration powders to evaluate which is the best for golf. Each product went through several evaluations on taste, ease-of-use, how the drink maintained taste and texture after being out in the hot sun and had our experts compare the nutrition facts and ingredients to figure out which were the best. Here are our results for best hydration and electrolyte powders for golfers.

To read this article online, click here: [Electrolyte](#)



July Photo Gallery



Cart Valet, Jimmy Mickler, all decked out in his patriotic attire.



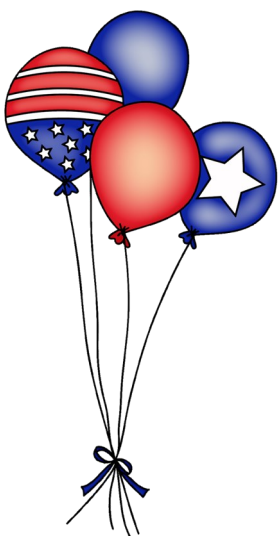
Looking patriotic and trying to make it happen on Hole #16 (L-R): Judy Brooke, Margaret Fay, and Sara Cleary.



A hotty foursome on Hole #9 (L-R): Sara Dom-browski, Lorna Johnston, Phyllis Adair, and Mary Milligan.



Getting ready to walk the plank on Hole #16 (L-R): Marcia Chatin and Nora Stevens.



It's a "red-and-white-out" on Hole #9 (L-R): Kelly King and Jan Nolan.



Lunch and the July General Membership Meeting in full swing.



Count Your Putts foursome (L-R): Janet Brown, Judy Brooke, Claudia Meyer, and Suze Ericson.



Michelle Cline (L) and Mary Milligan playing the part of the Bobbsey Twins with their new CVWGC-branded apparel.



July Photos—All the Fun Things You're Doing!



Colleen Brannin practicing her putting while cruising around the British Isles.



D-D Woodward and Lorna Johnston hiking the Rubicon Trail near Emerald Bay.



Proud parents, Dan and Tawnie, with baby Dax.



Vickie Oland enjoying the beautiful island of Oahu.



Jan Singyke's trip to Scotland started off early with a trip to the ER for a broken bone. She's home and recovering!



Samantha & Bryan Oland with their two kids, Bear and Sierra, renewed their wedding vows in Hawaii.



After golf on Friday, July 5th, we celebrated Janet Brown's birthday with a lunch at The Grill Next Door. (L-R): Vickie Rutledge, Jan Singyke, Janet (the birthday girl), Terri & Megan (Janet's friends), Debbie Knapp, and Judy Brooke.



July Photos—All the Fun Things You're Doing!



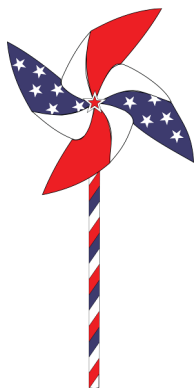
Melinda & Wade Johnson on the Columbia River (WA). They got up at 3:00 a.m. and had this 20 lb. King Salmon in the boat by 5:45 a.m.



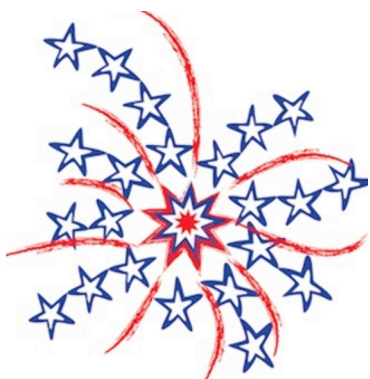
Judy Brooke with five of her seven sisters celebrating sister Mary's birthday in Gardnerville. (L-R): Judy, Joani, Mary (seated), Sue, Trish, and Jeanne.



D-D Woodruff celebrating responsibly at the Celebrity Golf Tournament at Edgewood on Thursday, July 11th.



Janet Brown caught these two twinsie cows perfectly posing for a photo near the white tee box at Hole #8. Can you say "rib eye!"



Gwynn Guette with Joe Theismann, broadcaster and retired NFL quarterback, at the Edgewood Celebrity Golf Tournament.



Vickie Oland at the Celebrity Golf Tournament getting a photo with the Tampa Bay Buccaneers quarterback, Baker Mayfield.

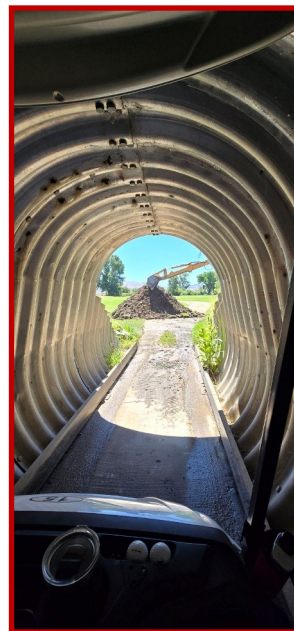
July Photos—All the Fun Things You're Doing (cont'd)



Jeanine Felix in Detroit, MI with her granddaughter, Wynn.



Jeanine Felix with her daughter, Jessica (L), and granddaughter, Wynn at the Detroit Zoo in July.



Construction tunnel view taken by Kathy Emanuel



Last women standing on July 23rd! (L-R): Jill Bellamy, Jeanine Felix, Judy Brooke, Felicia Sotomayor, Kathy Belvel, and Margaret Fay.



July 23rd Stroke Play foursome (L-R): Suze Ericson, Jan Nolan, Joan Sciarani, and Jeannie Hansen.



Judy Brooke, Felicia Sotomayor, Mary Milligan, and Lehua Shank 7/30/24

Celebrating Janet Brown's first day of Summer Fun at the Great Basin Brewery (clockwise from the left): Claudia Meyer, Debbie Knapp, Judy Brooke, D-D Woodruff, Jeanine Felix, Janet Brown, Gwynn Guiette, and Vickie Oland. Cheers! Jan Singyke left early so she missed out on the photo opp..



July Tournament Results



Proud to be an American—July 2nd—3 Clubs and a Putter

- **Gross Winner**
Michelle Cline
- **Chip-Ins**
Elise Smith
Sara Cleary
- **Closest to the Pin:**
Dianne Ford #1
Joan Sciarani #17
Sara Dombrowski #18
- **Flight #1 Net**
Kathy Belvel
Kathy Emanuel
Phyllis Adair
Shana Lakso
- **Flight #2 Net**
Margie Stephens
Joan Sciarani
Debbie Steele
Jan Nolan
- **Flight #3 Net**
Felicia Sotomayor
Judy Brooke
Beverly Hefferly
Suze Ericson
- **Flight #4 Net**
Elise Smith
Nora Stevens
Grethchen Dermody
Patti Parker

July 9th—Cha Cha Cha

- **Gross Winner**
Kathy Belvel
- **1st Place Team**
Suze Ericson
Kelly King
Shana Lakso
- **2nd Place Team**
Donna Sugden
Margie Stephens
Lehua Shank
Margaret Fay
- **3rd Place Team**
Debbie Knapp
Joan Sciarani
Gail Ellingwood
Karen Fox
- **4th Place Team**
Jeannie Hansen
Jan Nolan
Phyllis Adair
Anne Marie Neacy
- **Closest to the Pin:**
Debbie Knapp #1
Shana Lakso #17
Phyllis Adair #18
- **Chip Ins:**
Mary Milligan
Vickie Rutledge
Shana Lakso
Jill Bellamy
Julie Marraccini
Vickie Oland

cha cha cha



July 16th—Count Your Putts

Closest to the Pin:

Margie Stephens #1
Rhonda Kudrna #18

Chip Ins:

Kelly King
Mary Milligan
Michele Cline
Vickie Rutledge
Debbie Steele
Donna Sugden

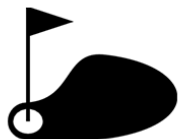
Putting Winners:

1. Kelly King—28
2. Margie Stephens—29
3. Phyllis Adair—31
4. Kathy Belvel—31

Putting Winners:

5. Debbie Steele—31
6. Debbie Knapp—33
7. Vickie Rutledge—33
8. D-D Woodruff—33

**CLOSEST TO
THE PIN**



July Tournament Results (cont'd)

July 23rd—Stroke Play (HSTP Qualifying)



Gross Winner:

Kathy Belvel

Flight #1 Net:

Lorna Johnston

Jill Bellamy

Vickie Oland

Sara Dombrowski

Flight #2 Net:

Debbie Steele

Kelly King

Joan Sciarani

Lehua Shank

Flight #3 Net:

Felicia Sotomayor

Judy Brooke

Elise Smith

Chip-Ins:

Mary Milligan

Vickie Rutledge

Closest to the Pin:

Sara Dombrowski Hole #1

Jill Bellamy Hole #17

The Five Best Golf Snacks for Women

By: Cheryl Stotter

Nuts to you! Remember that peanuts are not nuts but legumes; to maximize the varied benefits of varied nuts, grab a mix that's strong on walnuts and almonds for keeping your focus, staving off inflammation and elevating your energy. About an ounce (a small handful) should do it — preferably the organic and raw nuts you find in the produce section, not the roasted and salted ones at the golf course.

Bananas are one of earth's most perfect foods. They come in their own organic wrapper and offer not only immediate energy but prolonged energy, perfect to go the whole 18. Not only do bananas not upset the stomach, the fiber helps the digestive tract. Another plus for women: bananas help the body absorb calcium.

Good individually, celery and carrots perform even better in match play, so to speak. The carrots will help you see your 200-yard approach shot all the way into the hole, and the sodium in the celery will help keep you hydrated and strengthen your bones. And, Weight Watchers, no points!

Cheese and yogurt (now more portable than ever with the squeeze tubes invented for kids but ideal for our game) make the top five for women because they are full of the calcium we need for bone strength and that also staves off migraines and PMS. Low-fat cheeses offer the

benefits of full-fat cheeses but with virtually none of the flavor. Opt for an ounce of a hard cheese and munch on it with an apple or some grapes for a nice light meal.

Perhaps the other hole-in-one on the food card, a hard-boiled egg is sometimes to be found at the turn and outranks every other possibility at the counter. With carbs, protein, fat, and micronutrients, this might be the snack to propel you through the finishing holes. And guess what? Studies have shown that eggs actually promote weight loss. That would be, eggs in moderation of course. Too much of anything isn't good for us.

We also took a look at one healthy treat that has been appearing at halfway houses and turn shacks: the so-called energy bar. Our picks in that area: Clif Bar Mini, Luna, Powerbar's Pria. and the LaraBar.

Luna and Pria contain soy protein, a healthy choice for women. The LaraBar is all fruit and nuts, a healthy combination, but with more calories and fat than the other bars. The Clif Bar Mini seems well suited to golf — easy to chew, no coating to melt on the hands, no crumbling, and only 100 calories.

And that's enough of that health talk on golf snacks. Time to get to the tasting bar for the 19th Hole. Yippee!!

To read this article online, click here: [Snacks](#)



Five July Fun Facts!

1. July was named after the famous Roman general Julius Caesar by the Roman senate, as it was the month he was born in. Julius Caesar was a formidable military general and statesman who was largely responsible for changing the Roman Republic into the Roman Empire. The month was previously called Quintilis (Latin for fifth) as it was the fifth month of the 10-month-long ancient Roman calendar.
2. July has two birth flowers – the water lily and the larkspur. The water lily is a symbol of a pure heart, while the larkspur (especially its white form) represents the lightness of the heart.
3. The birthstone of July is the ruby, considered by many to be the king of gems. At one point in time, it was considered to protect warriors on the field of battle if it was embedded in their armor. Nowadays, as a birthstone, it's said to protect against evil.
4. In early July, a period of time called the “dog days of summer” begins. Historically they were observed within Ancient Roman and Greek astrology and were connected with bad luck, mad dog attacks, unexpected thunderstorms, heat, and drought. They gained their name as “dog days” as they were connected with the star Sirius, which is part of the Canis Major (Greater Dog) star system. Nowadays, “the dog days” refers to when the hottest days of summer begin.
5. The Anglo-Saxons had multiple names for the month of July, including Maed-monath and Hey-monath. Respectively, these translated into “the flowering of meadows” and “hay month.” ♦



Sara Cleary 08/01
Lorna Johnston 08/17
Jan Singyke 08/24
Jeanine Felix 08/31

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: judyshalms100@gmail.com.

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

Judy Brooke
President & Editor

