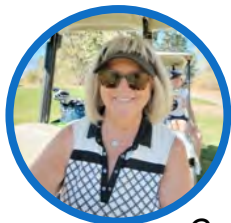


Golf Gossip

January 2024, Volume 1—Happy New Year!



President's Message

Happy New Year golfing girlfriends! By the time you receive and read this issue of *Golf Gossip*, we will almost be ready to say "goodbye" to January and "hello" to February.

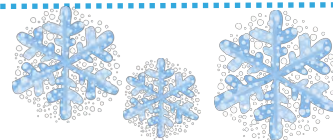
It's a new year and we should all start thinking about setting golfing goals for this coming season. I have once again included a great article on goal setting. Use it, along with the other information I've provided to get your goal-setting juices flowing. Now is the time to start thinking about (and possibly writing down) a few golfing goals for the 2025 season. We will be going through this exercise at our first General Membership Meeting on April 1st, and I want you to be ready for it.

We had a great time at the Wine, Appetizer & Bowling Social on January 17th. We had fine wine (courtesy of the Sierra View Lanes), delicious appetizers (courtesy of all of you!), and so much fun bowling, playing cards, and socializing. Thank you again, Felicia, for sponsoring this event for the women's club. ❤️ And a big thank you to Sierra View Lanes for providing us with the great venue, free bowling, and free wine!

To all of those who completed the Year End Survey, a very BIG thank you! I'm in the process of putting together the final results which the Board will review, and together we will provide comments we think are needed. Look for that soon.

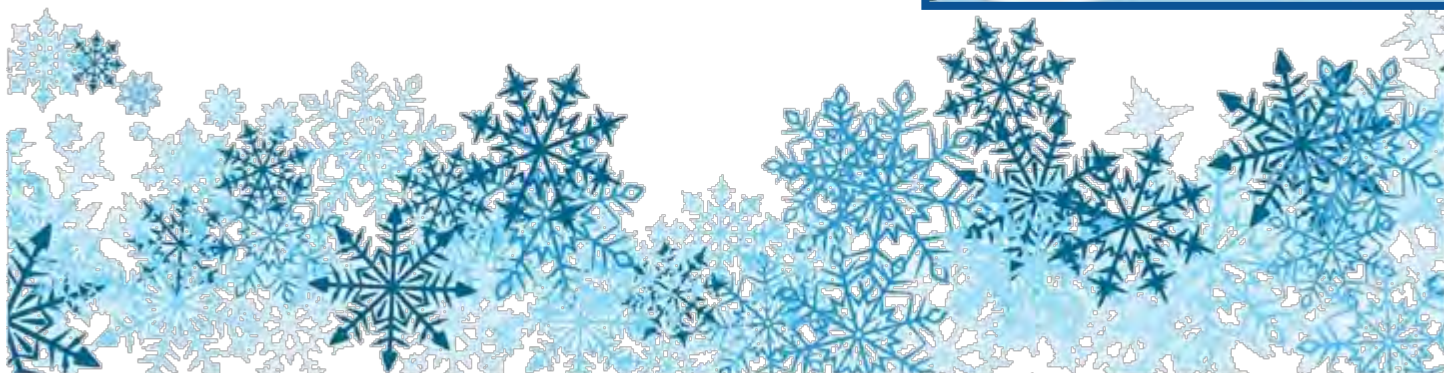
Judy Brooke

President



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Setting Your Annual Golf Goals – The Do's and Don'ts

Instead of simply praying to the golf gods, golfers should set clear goals and establish a plan for how they are going to reach those goals. Golfers should continually analyze and adjust their personal golf goals throughout the year based on progress. Golf goals can be set at any time of year but there is no better time to start than this time as we transition from one golf season to the next,

Below are four simple tips to guide you in your golf goal setting process:

Do – Focus on the Right Result-Oriented Goals

Result oriented goals such as winning your club championship, winning a specific sectional tournament, or qualifying for a particular event put too much pressure on a single event.

The best type of result-oriented goals focus on statistics that you can track and improve throughout the year. Use the following result-oriented goals as a blueprint for your personal ones.

- Make 80% of putts from within 3 feet
- Get up and down from inside 20 yards at least 40% of the time
- Hit 60% of fairways

Do – Set Process-Oriented Goals

The one mistake that golfers at all levels tend to make when setting their goals is focusing only on result-oriented goals. Process-oriented goals are specific actions that you directly control that can



help you achieve your result-oriented goals. Some good examples of process-oriented goals are:

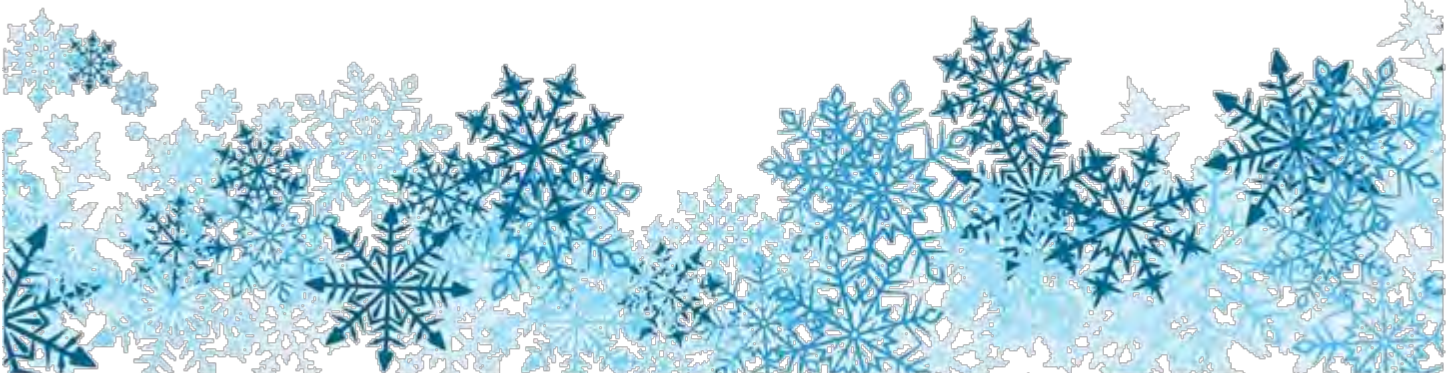
- Practice my short game for 2 hours per week for 38 weeks out of the year
- Develop a consistent pre-shot routine that establishes a confident mindset ahead of each shot

Having a healthy mix of process- and result-oriented goals should set you up for success.

Don't – Make Your Goals Too Easy

Goals should energize and motivate you. Make sure your goals push you to continue with your training process. Striking the right balance between setting goals that are too high for you to achieve and setting goals that you believe will be an easy win can be tough. When in doubt, err on the side of being too aggressive to push yourself to a new level.

Continued on next page



Setting Goals (cont.)

Do – Re-Evaluate Your Goals Regularly

Do not write your golf goals for the year and then stick them in your desk and forget about them for the year. Your golf goals need to be a regular part of your golf practice routine as you evaluate the right training plan to reach these goals. Keep your goals written in your phone and refer to them on a regular basis to ensure you are aligning your training plan to your goals.

As you progress throughout the year, do not be afraid to re-evaluate and modify your goals. Are you performing better and need to adjust your goals to be more aggressive? Have you noticed some concerns in your performance that need to be addressed in your goals in the future? ♦

To read this article online, click on this link: [GOALS](#)



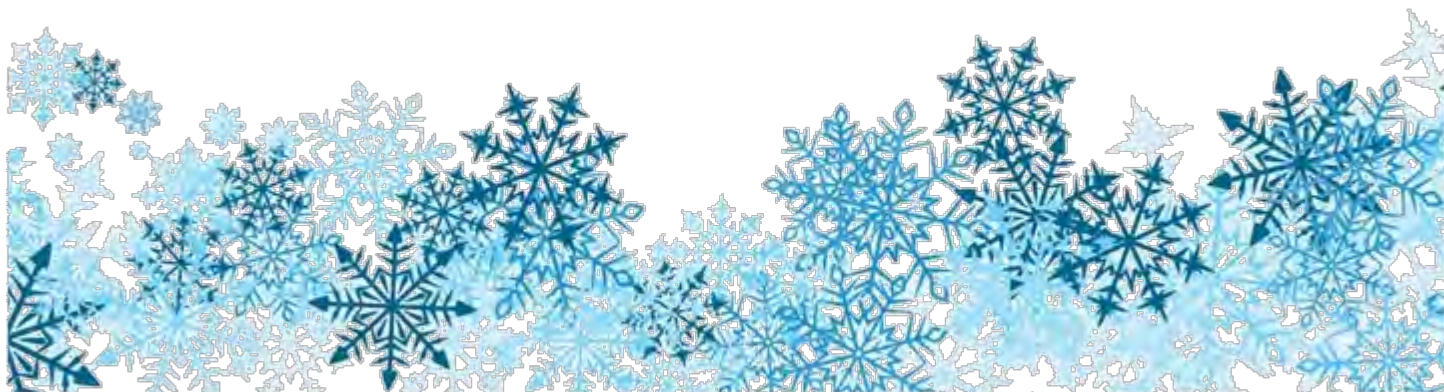
Tie Breakers!



Throughout the season, the subject of tie breakers frequently raises its tie-breaking head! We often get questions like, “Why did so-and-so get 2nd place and I got 3rd place when we had the same score?” That’s a good question, and the USGA has rules specifically to address this issue. At the CVWGC we use these USGA tiebreaker rules for golf tournaments, and they are applied to tied scores in the following order:

- **Last nine holes:** Add up the scores from holes 10–18 and compare.
- **Last six holes:** If still tied, add up the scores from holes 13–18 and compare.
- **Last three holes:** If still tied, add up the scores from holes 16–18 and compare.
- **Last hole:** If still tied, compare the scores on hole 18.

And that’s how it works! So the next time you’re wondering why you placed after someone with your same score, you’ll know they beat you at one of these tie breaking rules. ♦



A cold-weather golf guide: How to play your best when temperatures are down

As temperatures drop, give yourself an advantage by making these adjustments to help you play your best as you combat the freezing conditions.

Stop leaving your clubs in the car

Even though you probably think it's saving you time, leaving your clubs in the car overnight or for an extended period is never a good idea. For starters, in cold weather, the material on your grips contracts and becomes firmer, which can create cracks. On top of that, graphite shafts can become brittle, and condensation starts to build up on golf clubs left in cold temperatures for a long time. Not only does it affect your clubs, but leaving your bag in the car can also damage your golf balls.

In warmer weather, the rubber compounds expand and have more rebound. Whereas in cold temps, the rubber contracts and gets firm, creating less rebound. A more controlled temperature will keep your clubs safe for a longer period of time.

Layering, layering, layering

Temperatures can change quickly in the fall, which is why layering is key to staying comfortable throughout your round. Most pros at the PGA Championship are wearing short-sleeve polos as a base layer, which is a good move on milder days. For colder rounds, upgrade to a long sleeve or turtleneck performance shirt. You'll also want to wear a pullover that minimizes airflow, i.e., not cotton. The latest performance pullovers are

great at keeping you warm while being thin enough to have little to no effect on your swing. Plus, as a bonus, they won't take up a lot of room in your golf bag, which is essential if you walk most rounds.

Lastly, having a moisture-wicking jacket or vest is always a good idea, especially on windy days. For your bottom half, a classic go-to is wearing rain pants over your regular golf pants. They'll keep the wind from cutting, and when you get too hot, they're easy to remove. And if it's really cold, trade your regular baseball-style hat for a beanie. You lose most of your heat through your head!

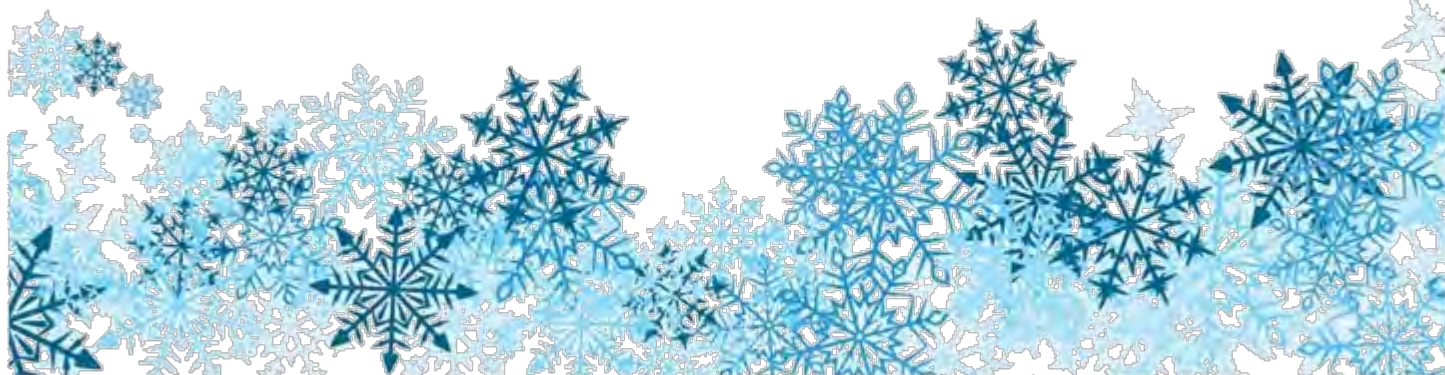
Walking will keep you in rhythm

"When the temperature dips below 59 degrees Fahrenheit, that's when things become more difficult," says Dr. John Castellani, a physiologist at the United States Army Research Institute of Environmental Medicine. According to Dr. Castellani, at this temperature, you start to lose tactile sensation and dexterity in the hands. The key to staying warm is to stay moving, and there's no better way to do that than to walk.

On top of improving your blood flow, walking can also help improve your grip pressure and keep your



Continued on next page



A cold-weather golf guide (cont'd)



muscles from getting stiff throughout your entire round. Just be sure you're drinking plenty of water if you choose to walk. It can be easy to forget how much water you're losing when playing in cooler temps.

Keep in mind the ball isn't traveling as far

Even if it might not feel like it, your ball doesn't fly as far in cold weather. This is because cold air is denser than warm air, and creates additional drag on your golf ball. Trackman reported that there was about a one-yard difference for every ten-degree change in temperature. And if you're thinking about warming your golf balls, don't. Not only is it against the rules, but it's also proven to be ineffective. In addition to distance, you'll also want to consider factors when calculating your yardage. Like how your body performs in cooler weather and if the clothes you're wearing limit your golf swing. Generally, it's best to plan for at least half a club, to a full club, when calculating which club you'll need during a fall/winter round.

Consider some minor swing adjustments

As the weather gets colder, the ground gets harder. According to Jason Guss, a top Golf Digest instructor from Michigan, an outside-in swing path will shallow out your swing and give you a better attack angle when you have less room under the ball. Guss also says that using a three-quarter backswing can help keep you stable when faced with lies where your footing may not be great.

Leave the flask at home

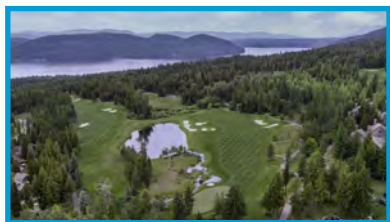
A nip of whiskey might seem like a great way to warm up when it's a chilly day on the course, but it actually does you more harm than good. Alcohol lowers your core body temperature, and all it takes to start the process is one drink. The same study that revealed this surprising truth about alcohol also uncovered that caffeine has the same effect on the body. ♦



Women's Winter League



Week 6 Results



We played at Iron Horse Golf Course, a private golf club in Whitefish, MT. Located just minutes away from

Glacier National Park, this 18-hole experience is unrivaled for sheer scenic beauty, imaginative risk-and-reward play, and an emotional connection with the Rocky Mountain setting.

Team #1: Diane Bartsch, Virginia Irlakis, Lorna Johnston, and Lorie McMahon.

Team #2: Judy Brooke, Debi Lang, Melanie Rea, and Vickie Rutledge.

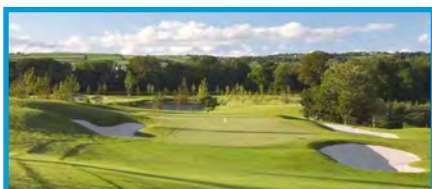
Team #3: Kathy Belvel, Gail Ellingwood, Beverly Hefferly, and Dale Ann Luzzi.



 **WINNERS**

Week 7 Results

We played Carrigtwohill, Fota Island Resort—Barryscourt Course (Ireland) that offers terrific



views and challenging play for golfers at every skill level. Well-groomed fairways and greens

keep Barryscourt Course difficult yet friendly. It's a long par-73 with bunkers, water hazards and big undulating greens that'll keep you on your toes.

Week 7 Results (cont'd)

Team #1: Judy Brooke, Debbie Knapp, and Lorna Johnston.

Team #2: Jill Bellamy, Peggy Frick, Kelly King,  and Vickie Rutledge.

WINNERS

Team #3: Bev Hefferly, Debi Lang, Julie Marraccini, and Melanie Rea.

Teams #2 and #3 ended the round with a tie and played a tie-breaker for the final results. Kelly King just about had a hole in one giving Team #2 the final WIN! That's two tie breakers this season!

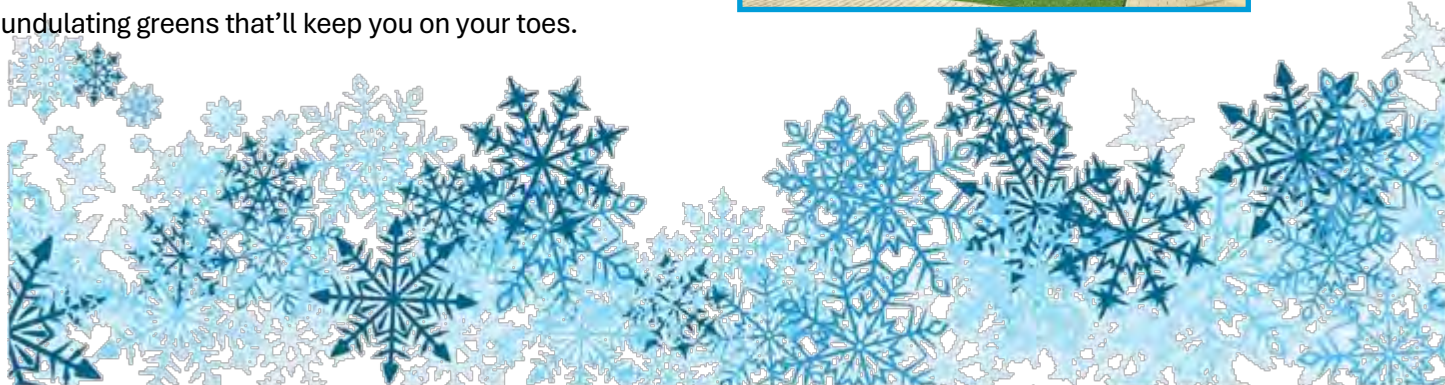
Week 8 Results

We played the 18-hole n Black Water Links Course (Poland). The course is characterized by the lack of trees and very undulating playing fairways. The holes are laid out across an elongated landscape that is gently rolling, and agricultural fields surround the course across every side. Get ready for spectacular and challenging rounds where the wind changes the characteristics of the course every day!

Team #1: Gail Ellingwood, Peggy Frick, Bev Hefferly, Felicia Sotomayor.

Team #2: Suze Ericson, Virginia Irlakis, Dale Ann Luzzi, and Lorie McMahon

 **WINNERS**



January Photo Montage



On January 7th the two team who birdied didn't win, and the team that did win (at 4 over par) won without a birdie!

Top photo: The first team to birdie (L-R): Lorie McMahon, Virginia Irlakis, Lorna Johnston, and Diane Bartsch finishing 8 over par.

Second team to birdie (L-R): Melanie Rea, Vickie Rutledge, Debi Lang, and Judy Brooke finishing 6 over par.

Birdie Babes



Iron Horse Golf Course was a challenging course with very little water (we did find it though!), a lot of sand, and narrow, very slanted fairways.



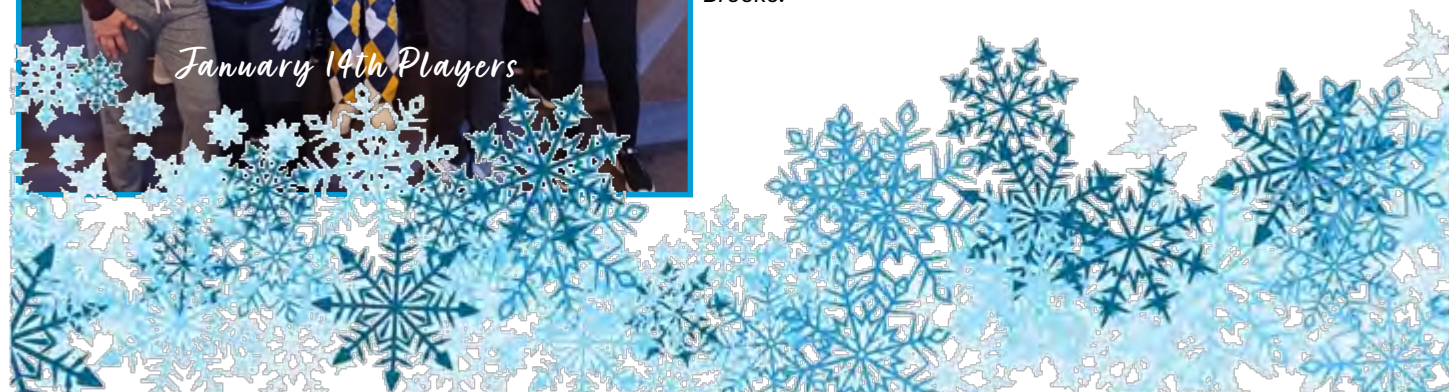
January 14th shenanigans (L-R): Lorna Johnston, Bev Hefferly, and Julie Marraccini.



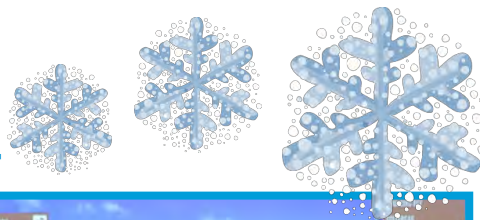
January 14th group photo (Back): Lorna Johnston, Vickie Rutledge, Bev Hefferly, Debbie Knapp. (Center): Julie Marraccini, Debi Lang, Peggy Frick, Jill Bellamy, Kelly King. (Front): Melanie Rea and Judy Brooke.



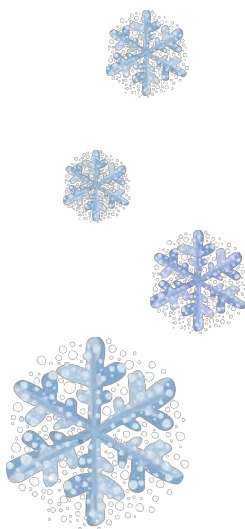
January 14th Players



January Photo Montage (cont'd)



D.D. Woodruff and Jan Lieberman enjoying a break from skiing Stagecoach Run at Heavenly.



Team #2 at Swing 395 on January 21st. (L-R): Gail Ellingwood, Suze Ericson, Bev Hefferly, and Felicia Sotomayor.

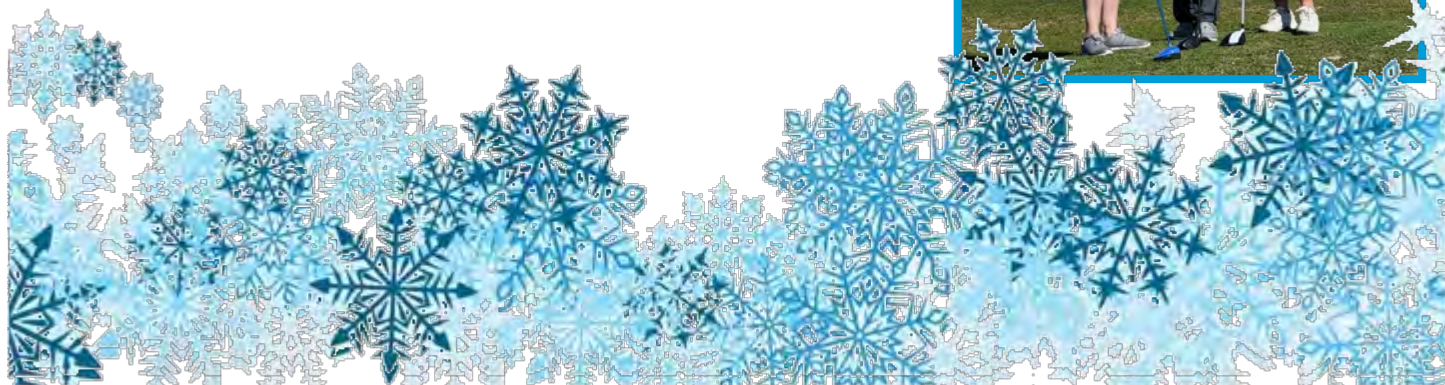


Shana & Steven Lakso skiing Mammoth in January—bluebird day with no crowds!



The winners at Swing 395 on January 21st. (L-R): Lorie McMahon, Virginia Irlakis, Dale Ann Luzzi, and Peggy Frick.

Suze Ericson (center) golfing with her girlfriends, Vicki Kemp (right) and Dawn Mac (left) staying warm in West Palm Beach, FL in January.



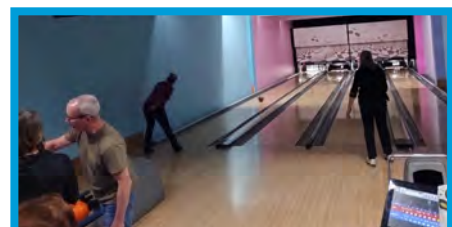
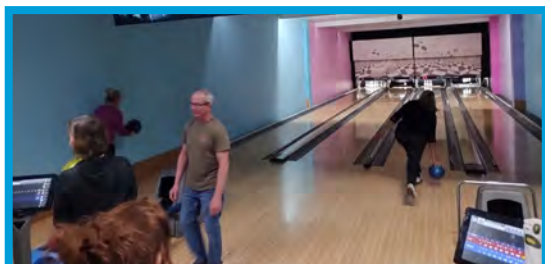
January Wine, Appetizer & Bowling Social



A BIG thanks to Felicia for the festive decorations and awesome experience.



Ball Tossing Bandits



Eat, Drink, Bowl & Be Merry!

This is TGL Presented by SoFi

TGL presented by SoFi is a new golf league, combining advanced technology with teams of top players from the PGA TOUR for two-hour weekly competitions in prime time starting in January 2025.

Six TGL teams representing six different cities will go head-to-head in a season-long competition at SoFi Center, a first-of-its-kind venue built specifically for TGL on the campus of Palm Beach State College. Matches will air on ESPN and ESPN+ in the U.S. with every shot live and all the players mic'd up, bringing unprecedented access to the competition for golf fans.

From Screen to Green

Playing a hole in TGL requires all the same shots as any other golf course.

The Screen

The players start by hitting into a giant 64 x 53ft simulator powered by Full Swing. They hit from areas with real grass, fairway, rough and sand into the screen for tee shots and approach shots. Then, for shots of approximately 50 yards or less, they transition to the green

The Green

For anything inside approximately 50 yards, players move to a physical, custom-built GreenZone, a 22,475-square-foot short game area that transforms between holes. The GreenZone includes a 41-yard-wide turntable that rotates the green to change approach angles and can morph its topography using nearly 600 actuators.



The Course

Three world-class golf course design companies created 30 original holes that start in the virtual world with shots into the screen and end in the real world on the green inside SoFi Center. Each match, 15 of these holes will be selected and placed in a unique order to form that night's course.

The Field of Play

The playing area within SoFi Center is roughly the size of a football field - 97 yards long x 50 yards wide. It's made up of two zones where the players will take shots: the ScreenZone - for shots into the simulator screen - and the GreenZone - for short-game shots and putting. ♦

To learn more about TGL and to see the tournament schedule, click on this link: [TGL Golf](#)





NNGA News

2025 Annual NNGA Spring Meeting

NNGA's 2025 Annual Spring Meeting is being held at **Toiyabe Golf Course** as follows:

Date: Sunday, April 13th

Times: 10:30 a.m. Registration
11:00 a.m. to 12:30 p.m. Meeting
12:30 p.m. Lunch

Cost: Meeting & Lunch \$25.00

Golf & Lunch: \$100 (Cost includes green fee, range balls, cart, and prize fund.)

Click on this link to sign up: [SIGN UP](#)

NNGA Carson Valley Senior Tournament



NNGA is holding their first tournament of the year right in our own backyard—Carson Valley Golf Course. This is a great opportunity to play in an NNGA tournament without traveling too far, and if you're a CVGC pass holder, you will get the reduced rate!

Date: Thursday, April 17th

Time: 10:00 a.m. shotgun

Cost: \$80.00 or \$45.00 for pass holder (Cost includes green fee, range balls, cart, and prize fund.)

Click on this link to sign up: [SIGN UP](#)

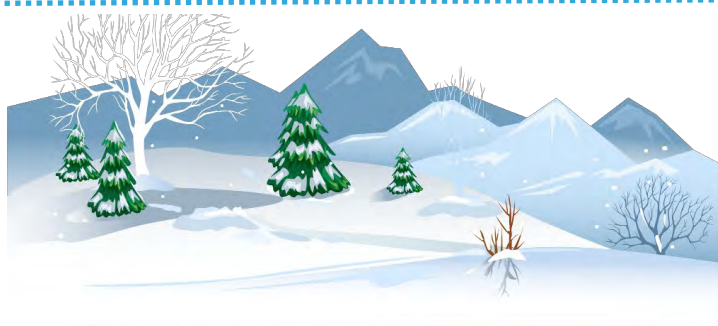


Melinda Johnson 2/13

Jan Nolan 2/15

Margaret Fay 2/17

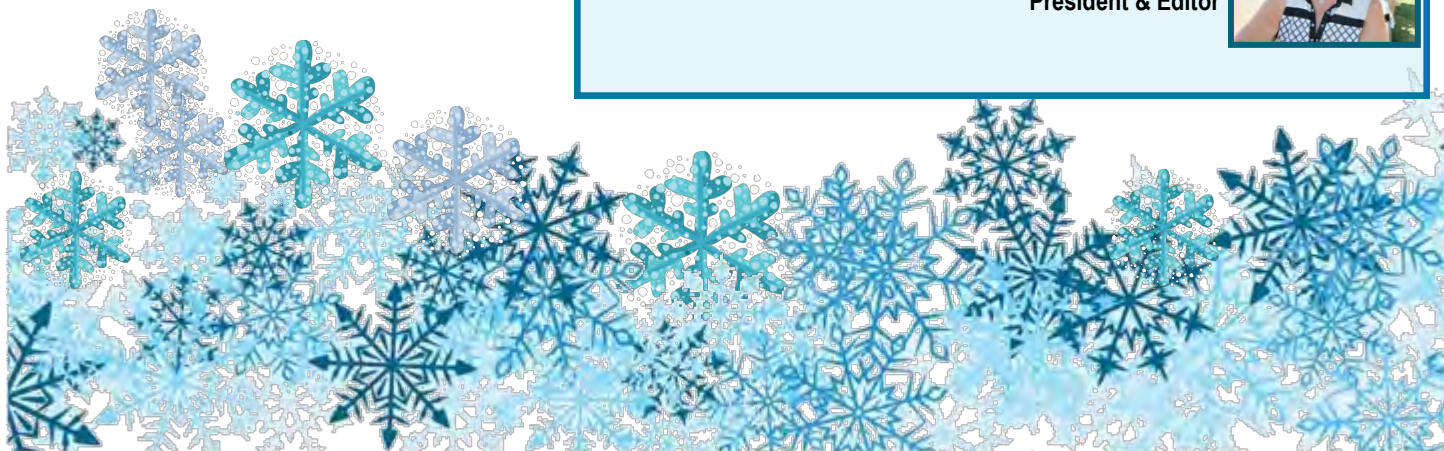
Debbie Steele 2/21



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: judydsalms100@gmail.com.

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

Judy Brooke
President & Editor



CARSON VALLEY GOLF COURSE

SUPER BOWL

GOLF TOURNAMENT

SATURDAY
FEBRUARY 8

10 am shotgun

4 person scramble

\$50 golf, cart, lunch, prize fund

Call 775-265-3181



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