

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.

I have been having a blast this winter playing in the Women's Winter Indoor League at Swing 395. Seriously, I love not freezing to death! I also took advantage of Dan D'Angelo's special lesson package offer (I bought one for my husband too!) and have taken my first lesson. My ambition is to have these lessons help me achieve some of the golfing goals I will soon be setting for myself this season.

Have you been thinking about golfing goals for yourself? This issue contains a great article on goal setting. Using it, along with the information I sent in the January 10th “Cool News”, should get your goal-setting juices flowing. It's time to set aside a little bit of time, review this information, and start thinking about (and possibly writing down) a few golfing goals for the 2024 season. We will be going through this exercise at our first General Membership Meeting on April 2nd, but I hope to see you before then!

Judy Brooke

President

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Create New Year's Resolutions That Will Stick



By: Tracey Blake
January 1st, 2024

I came down with a cold this past week which really knocked me on my butt. Looking on the bright side though, it gave me some much-needed down time to think about the new year and what my goals (i.e., resolutions) should be. New Year's resolutions, those well-intentioned promises we make to ourselves, often carry a sense of optimism and a desire for personal growth. I found some studies that suggest only about 8% of people successfully achieve their New Year's goals.

In this post I thought it would be good to discuss why your resolutions may fall by the wayside. And, I list three golf-related resolutions experts suggest. Interestingly, none of them have anything to do with scoring.

Our resolutions fail for a variety of reasons, and it's important to approach the topic with understanding rather than judgment. The primary reason we fail is the unrealistic nature of most of our resolutions. Setting overly ambitious goals leads to frustration and discouragement when progress is slower than expected (got that one right!). It's important for us to recognize that change takes time, and embracing a gradual approach can increase the likelihood of success, the experts say.

The Unexpected

As we know all too well, life's unpredictability often derails resolutions. Unforeseen physical challenges, our busy schedules, and unexpected events can disrupt progress toward even the most reasonable well-planned goals. For me, being down (sick) this past week was a rude awakening since I had lots of stuff I wanted to do. Instead of viewing setbacks as failures, the better and more productive route is to treat them as opportunities for learning and adaptation. Life is dynamic, and the ability to adjust one's approach contributes to long-term success.

Got A Plan?

Another common pitfall is the lack of a concrete plan. Resolutions made without a clear roadmap have often led me to feel lost or overwhelmed. Establishing specific, measurable, achievable, relevant, and time-bound goals, along with a realistic action plan, can enhance the chances of progress and sustained commitment.

Support System

Most critical according to studies, is that the absence of a support system contributes to resolution abandonment. Sharing goals with friends or family members, or finding a like-minded community, provides a network of encouragement and accountability. Celebrating small victories and having a supportive environment can turn the journey into a collective effort rather than a solitary struggle.



Create New Year's Resolutions (cont.)



In the spirit of forgiveness, I read that it's essential to recognize that setbacks are part of the experience. Instead of dwelling on perceived failures, individuals should acknowledge their efforts and resilience. The emphasis should shift from a punitive mindset to one that appreciates the journey, embracing as one expert wrote "the process of growth and self-discovery".

All of this, I think, means New Year's resolutions may face challenges, but adopting a forgiving perspective transforms setbacks into steppingstones. By setting realistic goals, adapting to life's uncertainties, crafting actionable plans, and fostering a supportive environment, we increase our chances of turning resolutions into lasting positive changes. Along with others, I believe the journey is as valuable as the destination, and each step forward is a triumph worth celebrating.

So, what does this mean for our golf in 2024?

As golfers we are already eagerly anticipating the upcoming season. And, it's likely the pursuit of lower scores dominates our thinking — I know that's where I go first. However, my research showed me that a truly enriching golfing experience this coming season may lie in something other than a numerical outcome. To maximize enjoyment on the course, perhaps you should consider three other aspects of the game emphasized in studies and statistics outlined below.

Social

First, try fostering a sense of social connection. A study conducted by the *British Journal of Sports Medicine* found that social interaction during physical activities, such as golf, positively impacts mental well-being. Rather than solely focusing on your individual performance, prioritize shared rounds with friends and family and golf trips with your bestie. Camaraderie and shared experiences contribute significantly to the overall satisfaction derived from the game.

Mental

Second, try embracing the mental aspect of golf which has been shown to profoundly influence enjoyment. Numerous studies, including research published in the *Journal of Applied Sport Psychology*, emphasize the impact of mindfulness and mental resilience on golf performance. Integrating mindfulness practices, such as controlled breathing or visualization techniques, not only enhances focus and composure but also elevates the overall enjoyment of the game. Recognizing that golf is as much a mental challenge as a physical one can lead to a more fulfilling experience on the course.

If you want to do some work on your mental game, I highly suggest these books:

- [Be a Player: A Breakthrough Approach to Playing Better on the Golf Course](#) (Pia Nilsson, Lynn Marriott & Susan K. Reed)



Resolutions (cont.)

- The 8 Traits Of Champion Golfers: How To Develop The Mental Game Of A Pro (Deborah Graham & Jon Stabler)
- Golf Is Not a Game of Perfect (Dr. Bob Rotella)

Change It Up

Finally, try diversifying the golfing experience beyond competitive rounds. I found a report by the National Golf Foundation that discussed the rise of alternative formats and shorter versions of the game. Engaging in activities like nine-hole rounds, twilight golf, or themed events introduces variety and breaks the monotony of traditional 18-hole play.

In 2024, I say that beyond the pursuit of lower scores, we can all resolve to significantly increase our enjoyment of golf by prioritizing social connections, embracing the mental aspect of the game, and diversifying our playing experiences. In other words, the pursuit of enjoyment alongside raw score improvement is a great narrative for your 2024 golfing journey. ♦

To read this article online, click on the following link: [New Years Resolutions](#)



I'm posting this with a heavy heart..💔

As much as I love golf and everything that comes with it, it is taking up too much of my time. I am struggling to keep up with the everyday basics of cleaning and cooking and maintaining my home, so something has to give. I will be getting rid of my collection.

Below is a list of what's available. Serious inquiries only. No low offers please.

1. Dustpan and broom
2. Sponges
3. Toilet spray
4. Mop and bucket
5. Window cleaner
6. Vacuum
7. Dishwashing liquid
8. Laundry detergent
9. Fabric softener
10. Laundry baskets
11. Toilet brush
12. Cleaning sprays



Revisions Coming to World Handicap System™ in 2024

2024 WORLD HANDICAP SYSTEM™

3 KEY CHANGES

COURSE RATING & SHORTER COURSES

Courses as short as 750 yards for 9 holes and 1,500 yards for 18 holes are eligible for a Course Rating™ and Slope Rating™ – enhancing the portability of a Handicap Index™ to make the system more accommodating for all players.



10-17-HOLE SCORES

Use of expected Score Differential™ applies when 10-17 holes are played, introducing more flexibility to score posting. In this scenario, you're asked to post your score hole-by-hole.



9-HOLE SCORES

No more waiting on 9-hole scores to combine, as they will count toward your Handicap Index the very next day. A premium is placed on the holes you played and combined with an expected Score Differential for consistency and fairness.



Significant updates to the WHS include:

Inclusion of Shorter-Length Golf Courses Within the Course Rating System: The overall length requirements for Course Rating in the WHS will be significantly reduced. A set of tees on an 18-hole course may be as short as 1,500 yards [1,370 meters] to be eligible for a Course Rating and Slope Rating®, and a set of tees on a 9-hole course may be as short as 750 yards [685 meters]. This change is intended to expand the WHS to thousands of shorter length courses, including par-3 courses, and enable more golfers to obtain and use a Handicap Index.

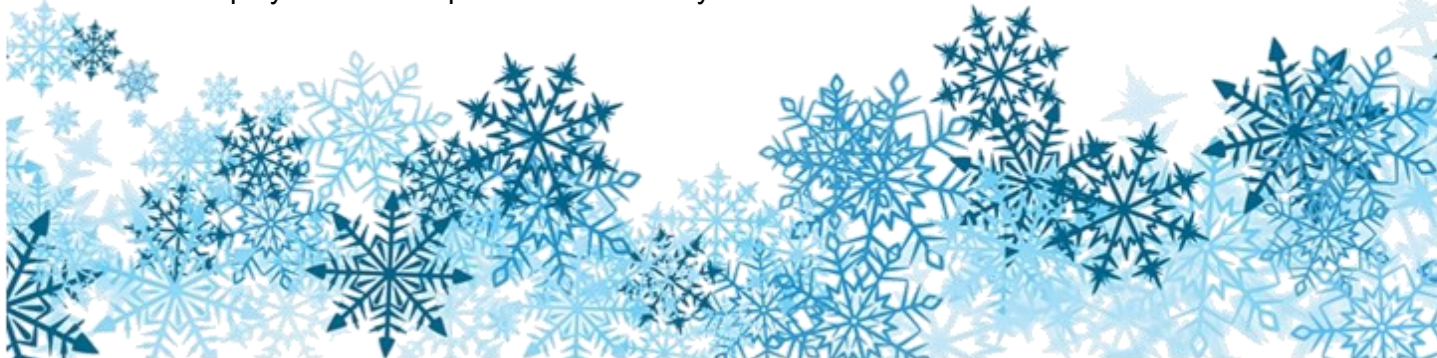
Use of an Expected Score for a Hole Not Played: Improvements have been made to the method used to handle holes not played, which will now be based on a player's expected score rather than a score of net par. This new method will produce a 9-hole or 18-hole Score Differential that more accurately reflects a player's ability. As golfers across the world are playing more 9-hole rounds, an expected score can also be used to convert a 9-hole round into an 18-hole Score Differential. For some countries, this means that 9-hole scores will be considered in the calculation of a player's Handicap Index immediately

after the day of play, rather than waiting to combine with another 9-hole score.

Playing Conditions Calculation Adjustments Made More Frequent: The Playing Conditions Calculation (PCC) has been modified to increase the likelihood of an adjustment for abnormal playing conditions. National associations were given discretion, beginning in July 2022, to introduce this revision within their computation platforms, which will be complete by April 1, 2024.

Enhanced Guidance on Conducting a Handicap Review: The role of the Handicap Committee is vital to the success of the WHS and the Rules recommend that a Handicap Review is conducted regularly, or at least once a year to ensure a Handicap Index® remains reflective of a player's ability. New reporting tools have been developed that national associations can incorporate into their handicapping software to assist Committees in conducting the review process effectively and consistently. ♦

Click on this link to read more on the changes: [WHS CHANGES](#)



Women's Winter League



Week 7 Results

Week #7 (January 2nd) was a close competition playing Yellowstone Club in Montana ending with only a one-stroke difference between Teams 2 and 3. It came down to the last hole played by Team 2 who just couldn't pull another birdie out of their hat! Team 3 went home the winner by a hair. It was also a Birdie Bonanza Blitz with a total of 13 birdies between the three teams!

- **Team #1:** Suze Ericson, Jeanine Felix, and D-D Woodruff.
- **Team #2:** Diane Bartsch, Judy Brooke, Lorie McMahon, and Felicia Sotomayor.
- **Team #3:** Gail Ellingwood, Peggy Frick, Beverly Hefferly, and Vickie Rutledge.

WINNERS 

Week 8 Results

Week #8 (January 9th) we played Pebble Beach ... from the men's tees! Did I mention we played from the MEN'S tees? Unfortunate for us, there was a glitch that Rick couldn't fix. It was a very long course and very challenging, but now we can all say we played Pebble Beach! Pars were birdie juice worthy and they were few and far in between. Congrats to Team #1 who snagged both a birdie and a hole-out!

- **Team #1:** Diane Bartsch, Beverly Hefferly, Vickie Rutledge, and Felicia Sotomayor.
- **Team #2:** Judy Brooke, Jeanine Felix, Melinda Johnson, and Monica Siewertsen.

WINNERS 

Week 9 Results

Week #9 (January 16th) was a bit of a runaway win for Team #2. Rick selected Stuttgarter Golf Club—Solitude in Germany as our challenge for the day. It was a very beautiful, very narrow, very woody, and very sandy course. About the only thing it didn't have in excess was water!

- **Team #1:** Suze Ericson, Peggy Frick, Beverly Hefferly, and D-D Woodward.
- **Team #2:** Judy Brooke, Gail Ellingwood, Jeanine Felix, and Vickie Rutledge.

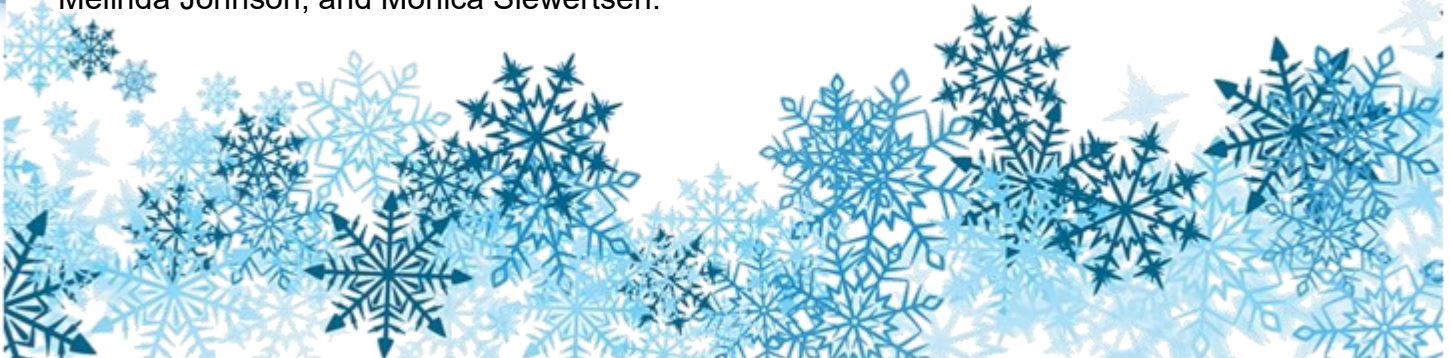
WINNERS 

Week 10 Results

Week #10 (January 23) we played Hillside Golf Club which is situated in Southport, the home of "England's Golf Coast" boasting England's finest stretch of coastal links. It was very long, and I've never seen so many Par 5s on one course. Not only was it long, but it was also very narrow. We found a lot of deep rough! And, if you landed in the sand (which Vickie Rutledge had a tendency to do that day), they were the deep pothole bunkers. Thankfully, we never had to hit out of one; however, Team #2 did not have that luxury.

WINNERS 

- **Team #1:** Judy Brooke, Jeanine Felix, Lorna Johnston, and Vickie Rutledge.
- **Team #2:** Suze Ericson, Beverly Hefferly, Julie Marraccini, and Felicia Sotomayor.



Photos from the Tribe



Seven birdies! (L-R): Peggy Frick, Gail Ellingwood, Vickie Rutledge, and Beverly Hefferly



Five birdies! (L-R): Lorie McMahon, Judy Brooke, Diane Bartsch, and Felicia Sotomayor



One lonesome birdie. (L-R): Suze Ericson, D-D Woodruff, and Jeanine Felix

January 2nd the teams played Yellowstone Club in Montana. What a beautiful course! We were awed by green rolling fairways lined with majestic Ponderosa pines, surrounded by the awe-inspiring Rocky Mountains. It was a big birdie bonanza day! All three teams birdied but Team #3 took the birdie juice battle to the next level with a total of seven birdies (and swigs from the flask).



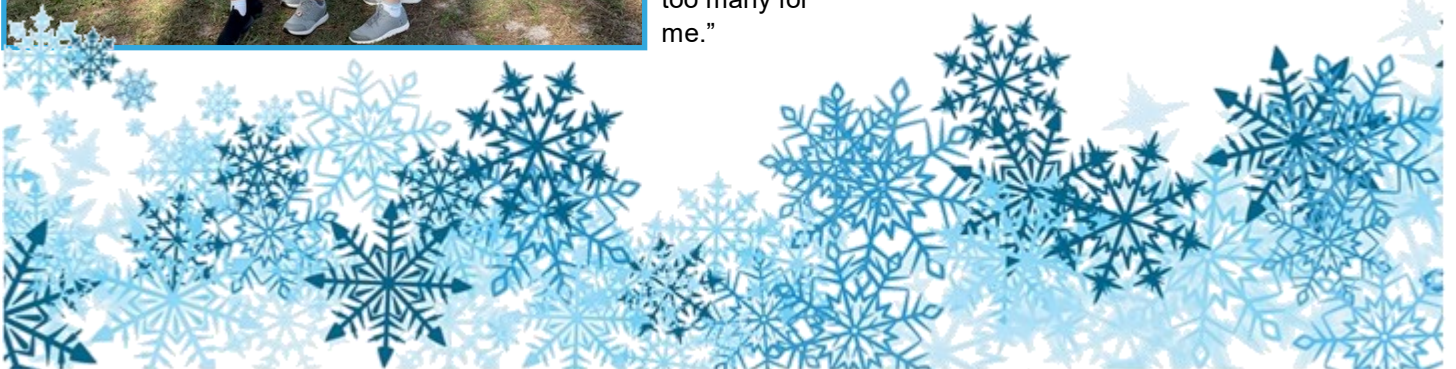
January 9th, Vickie, Beverly, Felicia and Diane celebrating the only birdie that day (what a difference a week and a course makes!), and Diane Bartsch (L) sassily celebrating her hole-out (chip-in).



Melinda Johnson and king penguins on South Georgia Island, a stopover after Falkland Islands on their 21-day cruise to Antarctica.



Suze Ericson (center) golfing at Palm Beach Nat'l CC in Florida with two gal friends. Per Suze, "Their birdie juice of choice was mango coconut rum shots—two too many for me."



Photos from the Tribe



One of Felicia Sotomayor's pastimes when not playing golf is doing photoshoots and taking wildlife photography. Don't you just love this owl photo?



Vickie Rutledge celebrating her hole-out (chip-in) on January 16th.



(L-R): Jeanine Felix, Gail Ellingwood, Vickie Rutledge, and Judy Brooke celebrating their one and only birdie on January 16th.



Kathy Hanley getting in some skiing practice up at Tahoe before heading off to a 6-day backpack ski safari in the Dolomites (Italy).



Kathy Hanley took this photo of the crowd at Heavenly the day the gondola broke down.

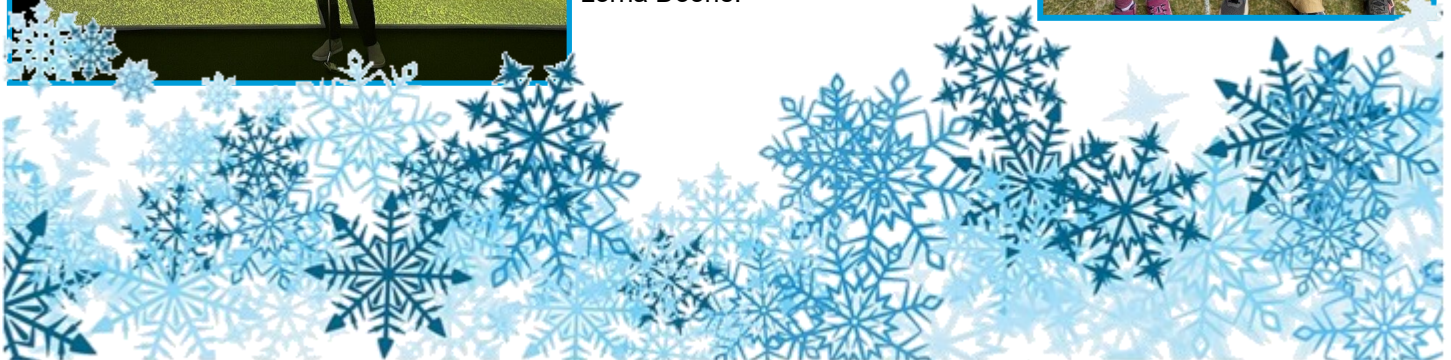


Lorna's hole-out (chip-in) on January 23rd. The only hole-out that day. Game name: Lorna Doone!



Jeanine Felix golfing at Death Valley with her grand-kids, Wynn and Wyatt.

It was a very cold afternoon.



Photos from the Tribe (cont'd)

Winter Wonderland



Team #2 celebrating their one and only birdie on Hole #17. (L-R): Julie Marraccini, Felicia Sotomayor, Beverly Hefferly (*the birthday girl*), and Suze Ericson.



Team #1 celebrating their one and only birdie on Hole #17 just 30 seconds after Team #2 celebrated their birdie. (L-R): Lorna Johnston, Vickie Rutledge, Judy Brooke, and Jeanine Felix.

Scrumptious snacks and fine wines (courtesy of Sam & Debbie Steele) marked the Wine and Snack Social. We had the great opportunity to connect with some of our golfing girlfriends and were able to spend time catching up. Six of us stayed later and played the card game "Golf." In the photo we are all toasting a home-brewed Strawberry Wine courtesy of Julie Marraccini's friend. Front row (L-R): Debi Lang, Judy Brooke, Debbie Steele (our amazing hostess), Debbie Knapp (back from back surgery), Lorna "Doone" Johnston, and Sherrie Thorne. Back row: Stephanie Percival, Suze Ericson, and Felicia Sotomayor. Missing (left early) Jeanine Felix. **Cheers!**



Meet Monica Siewertsen, Publicity Chair

Monica was born in Ontario, Canada and grew up in a small town 3-1/2 hours north of Toronto. Lots of cold, snow, and mosquitoes certainly added character and ample content for stories. She graduated from the University of Waterloo with an Honors B.Sc in Biology and Chemistry and memories of playing varsity basketball. Monica has one younger brother and both parents that currently reside in the Okanogan Valley of British Columbia and who are all avid golfers (even her father at the age of 88 golfs five days a week).



Her work life started with six years of research in medical genetics in Toronto and Riyadh, Saudi Arabia waiting for an opening in the field of forensic science. The next thirty years involved working for various law enforcement agencies and court systems in Canada, Arizona, California, and Nevada performing DNA analysis on physical evidence collected from crime scenes.

In 2023, she retired from a career she loved, and is now free to enjoy, full time, her many activities which include cycling, skiing, hiking, kayaking, and of course golf! Traveling is another passion, but is limited at the moment as she has a wonderful kitty, Grace, at home. Monica's travels have included visits to Italy, Germany, France, The Netherlands, England, Ireland, Turkey, Africa, Thailand, Indonesia, Australia, Bahrain, Dubai, UAE and her favorite place, Egypt. Welcome to the team, Monica! ♦

What's in Your Flask?



My flask contains Anejo Tequila.—*Deb Warzynski*

I like to mix a little whisky with Bailey's Irish Cream in the winter and with vodka in the summer! —*Diane Bartsch*

Fireball! Is my birdie juice choice too! —*Debbie Knapp*

My birdie juice this last year was Bailey's Irish Cream. —*Debbie Steele*

My birdie juice is Fireball. That is good stuff!! —*Claudia Meyer*

Cream Sherry is my choice for birdie juice. —*Gail Ellingwood*

Fireball is my go-to in my Birdie Flask. —*Melinda Johnson*

Birdie juice—what's that?!?! It has been so long that I've had one ... but, in the flask I keep Fireball or Royal Crown Apple. —*Virginia Irlakis*

In the winter I add some Bailey's to my Fireball. —*Suze Ericson*

My birdie juice has been the 99 shots that can be sour apple, butterscotch, or peanut butter. —*D-D Woodruff*

I'm now sporting an all new fancy flask filled (well, almost filled) with Amaretto (fortunately, we got to sample some last Tuesday!). —*Vickie Rutledge*

My pick for Birdie juice is Fireball. —*Kathy Hanley*



Fireball photo above courtesy of Kathy Hanley. She's ready for the season!



A Note of Thanks



I want to wish you a happy new year and take a moment to express our sincere gratitude for your support in 2023. Your contribution to support the Carson Tahoe Cancer Center with massage and reiki therapy is crucial to the healing environment and all the wrap around services that we offer our patients. Your role and support are so important, and we sincerely appreciate you being an active community member. Please feel free to reach out and connect and partner with us again in 2024. We would love to keep our partnership open. Thank you again. *Voice Mail from Paula at the Carson Tahoe Health Foundation*



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 25th

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](#)



Celebrating
FEBRUARY
Birthdays

Melinda Johnson 2/13

Jan Nolan 2/15

Margaret Fay 2/17

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.

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

Judy Brooke
President & Editor





Sign up Here

CARSON VALLEY GOLF COURSE
SUPER BOWL
GOLF TOURNAMENT

SATURDAY
FEBRUARY 10

10 am shotgun
4 person scramble
\$50 golf cart lunch prize fund

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