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A publication of the Arizona Women's Golf Association | Dedicated to promoting golf for women in Arizona

The Results Are In!

Tallies from the over 6,000 GEM surveys we received last year are complete, and we've identified the golf courses that provided the best golf experiences for women in Arizona in 2016. The GEM program (which stands for "Golf Endorsed by Members") allows our members to provide feedback on courses after they post a score. Survey questions cover players' impressions of:

- Clubhouse and facilities**
- Course conditions**
- Playability for women**
- Customer service**
- Food and beverage**
- Merchandise availability**



We crunch the numbers and come up with a data-driven calculation on which courses are excelling in the overall attention that they give to women's golf. This year was an especially tough year to narrow down our winners because of the high number of extraordinary scores. We hope you'll have a chance to see for yourself how good these courses are by playing them sometime!

If you don't see your course on this year's list, help get the word out to your fellow women golfers to take the GEM survey. Surveys can be taken once every six months for every set of tees at every course you play.

Course	Type	Location	# of GEM awards since 2012
Alta Mesa GC	Private	Mesa	3
Blackstone CC	Private	Peoria	1
Camelback GC	Public	Scottsdale	2
Copper Canyon GC	Public	Buckeye	4
Country Club at DC Ranch (The)	Private	Scottsdale	2
Desert Highlands GC	Private	Scottsdale	3
Desert Mountain Club	Private	Scottsdale	5
Encanterra CC	Private	San Tan Valley	5
Forest Highlands	Private	Flagstaff	5
Gallery GC (The)	Private	Marana	5
Highlands at Dove Mountain (The)	Semi-Private	Marana	5
Las Sendas GC	Public	Mesa	1
Los Caballeros GC	Public	Wickenburg	3
Omni Tucson National GC	Public	Tucson	5
Pinetop CC	Private	Pinetop	4
Pinetop Lakes G&CC	Public	Pinetop	3
Sewailo GC	Public	Tucson	2
Superstition Mountain G&CC	Private	Superstition Mountain	4
Terravita G&CC	Private	Scottsdale	1
Tonto Verde GC	Semi-Private	Scottsdale	5
Troon CC	Private	Scottsdale	1
Troon North GC	Semi-Private	Scottsdale	3
Ventana Canyon GC	Public	Tucson	5
Whirlwind GC	Public	Chandler	2
Wickenburg Ranch G&SC	Public	Wickenburg	1

(continued on page two)

The Results Are In! *(continued from page one)*

Welcome the Following First Time GEM Award Winners



Blackstone Country Club



Terravita Golf & Country Club



Wickenburg Ranch Golf & Social Club



Las Sendas Golf Course



Troon Country Club

Booth Volunteers Needed

Are your friends and loved ones tired of hearing you talk about golf? Do you strike up conversations with complete strangers just so that you CAN talk about golf? Then why not be a booth volunteer at one of our events?! Booth volunteers field questions about the AWGA, hand out flyers about our programs, and literally talk golf for hours on end with people who are eager to hear more. If this sounds like it's right up your alley, we need volunteers for the following upcoming events:



Arizona Women's Golf Expo

February 12
Westin Kierland, Scottsdale

The LPGA Legends Walgreens Charity Classic

March 2-5
Grandview GC, Sun City West

The Founders Cup

March 14-19
Wildfire GC, Phoenix

Visit AWGA.org/Volunteer to submit a volunteer application, or email Robyn Noll at RNoll@awga.org for more details.



Rules & Etiquette

with Lyman Gallup & Marilyn Reynolds



Marilyn Reynolds
AWGA Rules Committee

Lyman Gallup
AWGA Rules Committee Chair

To Mark or Not to Mark

by Marilyn Reynolds

Recently at a Rules Workshop, an AWGA member asked whether or not a player should hurry up to the green and mark her ball before another player makes her chip shot. This is an excellent question. The answer depends upon the circumstances.

Here are some scenarios to guide you in deciding whether or not to hurry up and mark your ball before another player chips. A player has the right, and should mark her ball, if she is in a competition and her ball is on the green in a position where it may *assist* another player. For example, if your ball is sitting just behind the flagstick from where an opponent or fellow competitor is chipping, your ball may serve as a backstop to a chip that may have sailed far past the flagstick, but instead struck your ball and stopped next to the hole. You do not want to give that advantage to anyone. You are protecting yourself and, possibly, others in the field when marking your ball as quickly as possible when it is on the green in a position to assist another player.

If you believe you need to mark your ball before a player chips, but that player seems intent upon making the shot before you mark, politely ask for a minute to mark the ball. This request cannot be denied. On the other hand, if your ball is not in a position to assist another player, and a member of your foursome is about to chip, golf etiquette suggests that you stand still and wait to mark your ball. The act of moving to mark a ball on the green, can be distracting and should be avoided if not necessary.

The Rest of the Story

by Lyman Gallup

In August, I introduced in this column **Rule 28, Ball Unplayable**, and presented some concepts that underscore application of this rule, but did not present the options available to a player when she declares her ball unplayable. With apologies to Paul Harvey, this is the “rest of the story.” Rule 28 provides three options, all under penalty of one stroke, from which the player may select when she declares her ball unplayable. Figure 1 provides a canvas upon which to demonstrate these options. In this situation, Player A struck her tee shot and it followed the red line and came to rest in a large bush at point X. Player A decided she could not play the ball from the position in the bush and declared her ball unplayable.

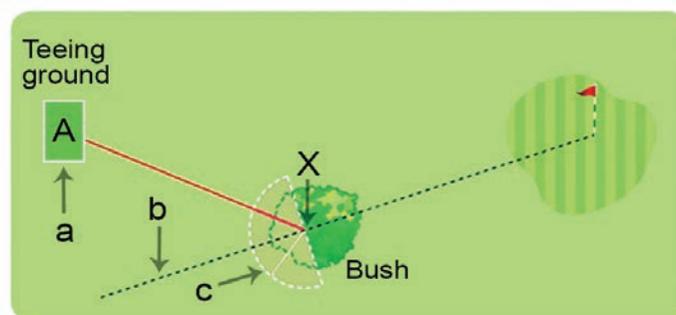


Figure 1. Illustration of three options under Rule 28, Ball Unplayable.

Option a) stipulates that the player return to the location from which her previous stroke was played, in this case the teeing ground. If this option is selected, Rule 20-5a tells us that she may play from anywhere within the teeing ground (as defined by the Rules of Golf) and the ball may be teed, regardless of whether the previous stroke had been teed.

Option b) requires the player to drop a ball behind the bush, on the dashed line from the hole through the point where the ball was at rest in the bush, with no limit to how far behind the bush she drops. Some individuals mistakenly think this option describes dropping on the red line of flight that the ball traveled on its way into the bush, but that is incorrect.

Option c) mandates the player drop a ball within two club lengths of point X in the bush where the ball was at rest, but not closer to the hole. The half circle in Figure 1, with a radius of two club lengths, illustrates the area where the ball must be dropped under this option. Since the bush in Figure 1 is quite large, it appears that Option c) would not be very attractive since the dropped ball might not come to rest far enough from the bush to provide a decent opportunity to play a stroke.

Join Us for Our Annual Meeting

The 2017 AWGA Annual Meeting will be held on Thursday, January 26th at Moon Valley Country Club, starting at 4pm, followed by a cocktail reception and Recognition Dinner honoring 2016's award winners. It's our chance to come together and discuss the state of the business, and to recognize some of the hard-working, talented people who made notable contributions to the game last year. Register soon, space is limited and responses will be accepted on a first come, first served basis. We hope you'll join us for this fun-filled celebration!

*Cost: \$35 per AWGA member or \$50 per non-member. Register at awga.org/MeetingFlyer by January 17th.
For more information, contact Susan Woods at (602) 253-5655 or susan@awga.org.*

Your incoming Board of Directors will take office once the meeting has concluded. They are:

Sally Larson	President
Suzy O'Hara	Vice President
Phyl Ray	Secretary
Juna Rowland	Treasurer
Leslie Kramer	Officer at Large
Michelle Cross	Director
Lynne Peters	Director
Lauren Todd-Mariano	Director
Vera Ciancola	Director (Appointed)
Ann Martin	Director (Appointed)
Mariann Peterson	Director (Appointed)
Kathy Smith	Director (Appointed)

2016 AWARDS

Player of the Year
Senior Player of the Year
Rep of the Year
Kathy Ehrlich Volunteer of the Year
Host Club of the Year
Dorothy Pease Achievement Award

Tui Selvaratnam – Tatum Ranch
Kim Eaton – Alta Mesa
Patty Garbrick – Briarwood Country Club
Melanie Bridges – Prescott Country Club
Briarwood Country Club – Sun City West
Barbara Byrnes – Alta Mesa

New Women's Golf Expo Coming to Westin Kierland

This February 12th, we're sponsoring the new "Arizona Women's Golf EXPO" taking place at the Westin Kierland Golf Club from 10:30am-3:30pm. The event celebrates Scottsdale's "Women's Golf Day", and will showcase what's new in women's golf, as well as featuring hourly clinics taught by LPGA professionals. You can check out the latest in golf apparel, sunglasses, skin care, shoes and golf equipment at the vendor marketplace, and there

will also be raffles, lunch specials at the Brittlebush Bar and Grill, plus special rates on green fees all day. This is a great opportunity for experienced and new women golfers to come together, take in the retail parade, and then spend the day playing or learning how to play golf. Proceeds go to the LPGA*USGA Girls Golf of Phoenix, so be sure to bring a bunch of friends with you, whether they golf yet or not!

The event is open to the public and costs \$25 in advance, or \$40 at the door. To register, please visit azwge.eventbrite.com.



A Perfect End to the 2016 AWGA Tournament Season

Oro Valley Country Club got a chance to shine during November's Partners Tournament. Mother Nature was very cooperative during the overseed season, and the course was in great condition. Players were also thankful for the warm and sunny weather, which made up for the previous year's rain and cold.

Champions Judy Miller and Lisa Smego had a slight lead after Day 1, and both played very well on Day 2 to ensure their win. Net Winners Suzan Doran and Elaine Harger had to work much harder for their victory, coming from behind with solid performances on Day 2.

As usual, the Partners Tournament is an opportunity for friends to get together and have some fun with a Stableford format. Winter residents that come back before the holidays enjoy being able to play in this event, since much of the AWGA tournament schedule is conducted during the summer months when they are not in Arizona. Put the 2017 Partners Tournament on your calendar now and join us at historic Kino Springs in Nogales November 12 & 13, 2017.



New Year, New Tournaments

The 2017 AWGA tournament season kicks off with our Season Opener, which is being held at the Francisco Grande Hotel & Golf Resort in Casa Grande on **February 25**. Registration opens on **January 13**, and we hope you'll join us for this fabulous day of golf.



Other tournaments in 2017

Four-Ball Championship	May 1-2
Weekend Classic	May 20
Match Play Championship	June 6-9
Mixed Stix	July 22-23
Stroke Play Championship	August 14-16
Seniors Championship	September 17-19
Scotch Play	October 16-17
Partners	November 12-13

Talking Stick Golf Club, South Course, Scottsdale
Seville Country Club, Gilbert
Skyline Country Club, Tucson
Oakcreek Country Club, Sedona
Quintero Golf Club, Peoria
Rio Verde Country Club, White Wing, Rio Verde
Laughlin Ranch Golf Club, Bullhead City
Kino Springs Country Club, Nogales

Learn more or register at www.awga.com/tournaments.

Another Honor for a Golf Legend

Golf legend Marilyn Smith's career was marked by winning two major championships and 21 LPGA Tour events. A co-founder of what has been called "the most successful women's sports organization in the world" – the LPGA – she has conducted more than 4,000 golf clinics for over 250,000 golfers worldwide. She's earned the well-deserved nickname of "Miss Personality", and late last year also earned a well-deserved spot in the Arizona Golf Hall of Fame, the ninth Hall of Fame to which she has been inducted.

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Sleeping ... Wrists What's the Connection?

By Debra Pentz, DC

What does your sleeping position have to do with an elbow or a wrist injury recovery? Sleeping on your arm, or having your arm elevated above your head can prevent a wrist or elbow injury from getting better.

Treatment for wrists and elbows can involve massage, chiropractic adjustments (any joint, not just the spine can be adjusted) and various physical modalities such as electric stimulation, ultrasound and cold laser.

But let's talk about how to avoid the injury in the first place. A few of the major technical causes of injury include the death grip, poorly fitted clubs and certain swing faults.

Women generally have weaker grip strength and smaller bone structures than men. Good nutrition is critical to make sure that your bones stay strong. The best most absorbable form of Calcium is MCHC (Microcrystalline Hydroxyapatite Concentrate) – **Not Tums**. Dosage - 1500 mg per day. A good quality MCHC supplement will also contain vitamin D.

Exercise is also a critical component to injury prevention. Good old fashioned push-ups are a great way to strengthen wrists, elbows and shoulders. If you haven't done a push-up in this century, you can start by doing a standing push-up. Stand with your feet about 2 feet from a wall. Extend your arms to touch the wall and do a standing push-up.

To strengthen hands and grip strength simply make a fist and squeeze for 5 seconds, then open hand and spread fingers as far as possible – hold for 5 seconds. Do this 5 times.

Get Your Wrist Into It!

by Peggy Briggs, LPGA

Have you ever heard that before? You start getting your wrists into it and soon you are hitting the ground before the golf ball, which can be frustrating. You may even feel your wrists or elbows starting to hurt. You want to be sure you are using your wrists correctly in the golf swing. A quick drill you can do inside or outside is using your sports racquet such as ping pong, tennis or racquetball racquet. Hold it like you normally would use it with your lead hand. Set up in your golf posture and make a short back swing and short follow through, back and forth making sure that your lead wrist stays straight or slightly bowed throughout the swing. Don't forget to turn your body as well throughout the movement. We call this a forehand topspin drill.

The other drill has you set up in your golf posture (imagine you are in your swimming pool waist deep). Swing to the top of your back swing. On the down swing imagine the butt end of the club (grip) entering the water before the club head does. This will help you stop casting and crashing into the ground before you get to the ball. Again, don't forget to turn your body as well throughout the movement.

Bonus: Your golf ball may start to go farther with the correct wrist movement.

This drill is illustrated on our YouTube Channel called "SmashingGolf". You can find a link to it at AWGA.org/Resources.



Standing Push Ups to strengthen wrists



Marilynn Smith *(continued from page five)*

It wasn't just Marilynn's golf past that secured her a place in the Arizona Golf Hall of Fame. Every year she conducts the Marilynn Smith LPGA Charity Pro-Am, a tournament that raises money to help young women golfers achieve a higher education. Having grown up at a time when women weren't often supported in their dreams of playing sports, she made it her goal to make a difference for today's young women. Last year alone, proceeds from the Pro-Am provided \$5,000 scholarships to 30 golfers from around the country, which allowed them to attend colleges they might not ordinarily have been able to afford.



Robin Cook, who is both an AWGA volunteer and a volunteer for Marilynn's tournament, says Marilynn works tirelessly nearly 12 months a year on her tournament. She spends countless hours on the phone with donors, and another countless number of hours writing thank you notes and answering the many letters she receives. Marilynn's Tournament Co-Director, Debbie Waitkus, confirms that Marilynn is a prolific letter writer who also sends congratulatory notes to LPGA tournament winners and runners-up. A constant wave of encouragement for both emerging and established players alike radiates from her home at Pebble Creek Country Club.

MARILYNN SMITH		ARIYA JUTANUGARN	
ROOKIE YEAR	CAREER EARNINGS	ROOKIE YEAR	CAREER EARNINGS
1950	\$251,888	2015	\$3,033,474

Now 87, Marilynn's tireless efforts to build the LPGA brand helped pave a path so that today's LPGA players are more visible and successful than in years past. But even players who will never play on Tour are impacted by her desire to see that women are given a chance to attain greater heights. Marilynn remains a tremendous ambassador for women's golf, and we congratulate her on her latest Hall of Fame award.

LPGA's 2016 Teacher of the Year Partners with the AWGA



Last October, Marvol Barnard was named the 2016 LPGA "Teacher of the Year". This prestigious annual award is given to the LPGA's top female golf professional who has most exemplified her profession during the year. One thing that makes Marvol stand out is her creation of a "Player Development Pathway" that leads to tremendous improvement in her students' play and participation. Her programs include Play Smart Golf, My Golf Coach, Nine and Wine, Next Step Golf, and many more. She's also been an instructor for our Golf 101 Program, assisting new players and those who've been absent from the game for a while develop their skills and become comfortable on the course.

We are thrilled to announce that Marvol has joined the AWGA volunteer team as our new Adult Player Development Chair and in that role will help strengthen Player Development Programs in Arizona. Her commitment to teaching and growing golf, as well as her outstanding communication skills, will be of great benefit to the program. According to AWGA Executive Director Mary Pomroy "I first met Marvol in 2009 when she introduced our Golf 101 program into the Green Valley golf community through the Haven Golf Club. I remember us saying to each other at the time, there's something big that the LPGA and the AWGA can do for women's golf together. I believe that this is a next important step toward that."

Marvol adds "The LPGA, PGA and AWGA (along with many others) all have the same goal in mind: getting and keeping people in the game, and keeping the game healthy and thriving. As a member of both the PGA and LPGA, I believe I can help bring professionals together in our common goals. We can achieve so much when we combine our efforts, energy and resources."

We look forward to working more closely with Marvol in the year ahead, as we build on the current successes of Golf 101 and our other Adult Player Development efforts.



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November

- 2 | Kelly Reese | Desert Mountain GC
- 5 | Sharon Soltvedt | Corte Bella GC
- 5 | Terry Betlewski | San Ignacio GC
- 8 | Kerry Crowell | SaddleBrooke GC
- 8 | Jean Bradshaw | Tatum Ranch GC
- 10 | Denise Kowalski | Corte Bella GC
- 13 | Anita Wallace | Desert Mountain GC
- 18 | Maggie McMurtrey | Corte Bella GC
- 18 | Barbara Younker | Pebblecreek GR
- 18 | Diane Mott | Desert Mountain GC
- 19 | Perry Moreau | Desert Mountain GC
- 22 | Carol Lenander | San Ignacio GC
- 22 | Debbie Ebel | Sun Lakes Country Club
- 24 | Joy Flowers | Red Mountain Ranch CC
- 28 | Margaret Crandal | Palo Verde CC
- 29 | Karen Bristow | Red Mountain Ranch CC
- 30 | Joann Andrisen | Seville G&CC
- 30 | Donna Patek | Fred Enke GC

December

- 1 | Corky Bosch | Preserve GC
- 2 | Micheline Reaves | Desert Mountain GC
- 6 | Lorry Phillips | Springfield GC
- 8 | Sharon Paumen | Tatum Ranch GC
- 14 | Lil Miller | Apache Creek Golf Club

To ensure inclusion in our Newsletter, please send us your HIO announcements as they happen! We want to be able to brag about the outstanding play by our members, but also want to keep the list of aces as current as possible. Be sure to follow us on social media, where we post these, too: [facebook.com/azwomensgolf](https://www.facebook.com/azwomensgolf) and twitter.com/azwomensgolf



Passages

The golf community lost a friend on December 8th with the passing of Veronica Ferrer Matthews. Veronica was born in Manila, studied nursing in England, and eventually settled in Phoenix where she worked at Good Samaritan Hospital. It was during her years working at Good Sam that she started playing golf. She met her husband Freddie Matthews at the driving range at Encanto Golf Course and the pair later became fixtures at the junior golf tournaments that their son Fred (“Boojie”) played in. AWGA Executive Director Mary Pomroy was Managing Director of the JGAA at the time, and describes Veronica as a kind and generous person, as well as being a competitive, mid-range handicap golfer with a “killer” short game.

In the Spring of 2001, Veronica played for the Phoenix College women’s golf program, leading them to the National Championships where the team placed 11th. She would later coach the team for three years. Veronica also served on the Encanto WGA’s Board in a variety of positions, and one year earned the Encanto Club Champion title.

Veronica loved to give back to the game, and frequently visited the AWGA office to help out wherever she could. She became friends with our staff, who will miss her dearly. Boojie is now a US Army Reserve Spc, and would like to thank all of his mom’s golf friends for their support during this difficult time.