

## Eagle River Ladies Golf League Newsletter, June, 2022

President: Darla Ewer, 406-868-0113  
 Vice President: Barb Kroschel, 630-335-5927  
 Secretary: Chris Roberts, 715-545-2829  
 Treasurer: Chris Hare, 715-891-1207  
 Past President: Barb Hollman, 715-337-0379

### **JUNE SCHEDULE**

*Please remember to sign up for play by 3:00 PM on Sundays.*

RINGER began May 31. If you did not sign up yet, see Barb Hollman.

June 7: PARTNER BEST NET BALL PER HOLE

June 14: LOW PUTTS

June 21: MEMBER/GUEST DAY

3:00 Clinic by Tony: Rules, and putting tips

4:00 Shotgun Scramble

June 28: BRIDGEMAN (4 PERSON TEAM) One best net score on Par 5's, two best net scores on Par 4's, three best net scores on Par 3's.

### **GUEST DAY JUNE 21**

Guest Day is right around the corner. The sign-up sheet is posted. Please sign-up early so we can be prepared for the number of guests that will be joining us. League and golf cart rates will be available for all guests on the day of the event.

The day will begin with a welcome, followed by a putting clinic put on by Tony. At the end of the clinic there will be a putt-off contest for the guests. We will play a scramble... no pressure for guests who perhaps feel hesitant about playing in the league.

Each guest will get a welcome bag, and during socialization we will have raffle prizes for the guests. We are still looking for a few more raffle gifts – not huge baskets – bottle of wine, local gift certificate, golf items, etc. Please bring your offering in a gift bag.

The hospitality committee is arranging light snacks as we come together after golf, compliments of the league. Raffle tickets will be available for anyone who would like to take a chance on a golf bag that has been generously donated by one of our ladies. It will be a fun event hopefully with lots of socialization on the course and afterwards.

Contact Jane Bowers (608/575-9634, [jdbowers53@yahoo.com](mailto:jdbowers53@yahoo.com)), Denise Pedersen (847/404-2751, [deniseped@aol.com](mailto:deniseped@aol.com)), or Mary Finlay (847/946-5361, [mfinlay51@gmail.com](mailto:mfinlay51@gmail.com)) with questions or raffle donations.

### **MY 2 CENTS - Darla Ewer**

Thank you to all who participated in our first scramble of the season and those who stayed for our Spring Meeting! We had 41 ladies play with 3 new members joining us! At the meeting, we handed out the 50<sup>th</sup> Anniversary hat clips sponsored by REMAS PROPERTY PROS. If you haven't gotten your hat clip yet, be sure to see me!

June is a busy month with our Member/Guest Day on June 21st! If you have anyone you think might be interested in joining our league, please invite them to come play and meet the fun ladies of ERLGL. If you'd like to put together a gift basket for this event, please see Mary Finlay.

The Operating Guidelines were sent out recently. I've had a few ladies report that it went to their junk mail. If you did not receive them, please let me know.

Mark your calendars for the 2<sup>nd</sup> Annual Camp Nicolet Day on Thursday August 25<sup>th</sup> at 10 am. There will be a lunch with all the trimmings this year for \$15/pp. More info to come.

One more thing: be sure to check out our League's page on the Eagle River Golf Course site: [www.eaglerivergolfcourse.com](http://www.eaglerivergolfcourse.com), and also the Facebook page. Info about the League has been posted on both sites, along with the revised schedule, membership forms for new members, and a few fun pics.



Spring Meeting... sorry this shot is mostly backs of heads, but we're glad you were there.

### **SUE STEVENS...**

We were saddened to learn of the passing of long-time member Sue Stevens on May 25 at the age of 73. Her memorial was June 1 in Green Bay. Sue worked as a nurse for 20 years before retiring in Land O' Lakes. Sue loved being out of doors and enjoyed deer hunting, fishing, and grouse hunting as well as playing in the Eagle River Ladies Golf League for 20 years. Sue and her husband, Dave, recently moved to Green Bay to be close to family. She is remembered by many of us with joy and thankfulness for the privilege of her company.

### **NEW MEMBERS**

Cindy Wenzel



Cindy is originally from Waukegan, Illinois. She has lived in Alaska; Vero Beach, Florida; and Wilmot, Wisconsin. She and her husband moved to Eagle River in December. They plan on living here from April to December, then they go to Costa Rica, as they have done for the last 20 years. Cindy has been playing golf for almost 12 years. She enjoys it immensely and is always willing to play 18 holes. She says she and her husband have loved and enjoyed Eagle River for the past 20 years, and is looking forward to spending time here and meeting new friends. Her favorite course is the Iguana in Los Suenos, Costa Rica. The last three holes are actually on the Pacific Ocean; very beautiful lots of wildlife in Costa Rica!!!! 🙏😊

### **TIPS FROM TONY**

#### **Eagle River Ladies League Members**

The season is underway, and things seem to be going smoothly for the Ladies League here at ERGC. I think handicaps are all set. If there are any players who are having trouble posting or looking up their scores, stop by and see me.

#### **Riding Two to a Cart**

Thank you for your cooperation in pairing up whenever possible. This effort has helped greatly in reducing gas usage and outside service labor. We want to keep unnecessary costs down.

#### **Losing Posture, Lifting Up and Topping the Ball**

One of the most common swing faults I see is when a player will get into a nice athletic set-up position, and then immediately lose that position on the downswing. Instructors call this "early extension" and there is no way to get the club down to the ball when your left shoulder flies up and back and the rear end comes toward the ball. This thrust of the pelvis ruins the spine angle

and causes the club to be rising when it gets to the ball, causing a weak slice, topping of the ball, or missing it entirely.

Something important when it comes to irons; *The club is descending into the ball at impact*

The shoulders must stay somewhat level to the ground and over the ball in order to get the club to descend into the ball and create backspin, which is what causes the ball to rise into the air. We are not trying to get the club under the ball and “lift” it into the air. Any divot you make should occur after the impact point. (Downrange from where the ball was lying).

The idea is that weight shift and pelvic rotation occur below the belt, while your shoulders are mostly pointed toward your target. The hips are open about 15 degrees while the shoulders are square to the target line. This is a difficult contortion to grasp for most people and it is not easy to perform. That’s why younger players have it a bit easier. Their core is stronger and more flexible.

Go ahead and get in your set-up position. Now try and gently rotate your pelvis open to the target while staying bent over and keeping your shoulders square to the target line. Keep the rear end back. You can thereby get a sense of the ideal impact position. Notice how your level shoulders allow the club to reach the ground and descend into the ball.

### **Member Guest Day – June 21**

Don’t forget our Member Guest Day shotgun at 4 pm on June 21. I will be giving a clinic starting at 3 pm.

### **Teaching Summit**

I will be attending a teaching summit in Madison on Tuesday, June 7, so I won’t see you this week. The presenters include University of Illinois golf coach Mike Small and PGA Tour player Skip Kendall.

### **EDITOR’S MUSINGS**

May’s *Golf Digest* has a 21-page story on women, starting on page 63. The National Golf Foundation says that about **2.2 million women** have taken up golf since 2020, the largest increase in 15 years. The article is geared to beginners, but much of it is timeless: how to select the proper club; Erika Larkin demonstrating that a golf swing is similar to actions like carrying a pizza box, using a camera, or playing ping-pong (and, OK, her outfit is adorable!); how to enjoy playing golf with your significant other...good stuff.

I was particularly intrigued by the article on page 86 by Keely Levins called “Keep a Clear Head.” It is an interview with two golf coaches, Pia Nilsson and Lynn Marriott. They teach that “...the way a person reacts emotionally to an event affects the way that person’s brain stores the memory. If you get mad after a bad shot, the shot and that negative reaction are stored in your mind. The more you replay it, the more prominent the memory becomes.”

Pia and Lynn offer these five things we can tell ourselves after disappointing shots in order to store more positive responses:

1. "I didn't hold my finish."
2. "I misjudged the wind."
3. "Next time, I will make a smaller swing."
4. "I was thinking about the outcome instead of feeling my tempo."
5. "I didn't trust my decision. Next time I will honor my gut."

Conclusion: you get good at what you practice. If you practice reminding yourself of what you did when your shots were good, it will be easier to do those things again. So don't dwell on the bad shots, or as the old song goes, "ac-cent-uate the positive, e-lim-inate the negative"!

*The Editor appreciates any suggestions, corrections, etc.: [bonnievanhise@gmail.com](mailto:bonnievanhise@gmail.com)*