

THE 'NOT SO'

MONTHLY MULLIGAN

HIGH MEADOW RANCH LADIES GOLF ASSOCIATION

www.highmeadowranchlga.com



Summer 2022

VOL 4

2021 OFFICERS & CONTACTS

President - Cathy Douglas
281-798-5101

Vice President - Tara Dorroh
713-822-4150

Treasurer - Becky Price
832-588-1281

Secretary - Cyndi Svoboda
281-384-7559

**18 Hole Tournament Chair -
Coleen Kapalski**
281-409-9581

**9 Hole Tournament Chair -
Jenny Calkins**
512-917-4814

**Social Event Chair -
Natalie Taylor**
713-501-5117



Save the Dates!



1) 'General Membership Meeting,
Thursday, July 7 8:30 AM'

2) 'Six and Social July 8 at 5PM'

3) 'Six and Social August 12 at 5PM'

4) 'Six and Social Sept 2 at 5PM'

5) 'Swing Pink Tournament Oct 12'

The President's Tee Box

The dog days of summer are upon us! Please stay hydrated and healthy!

Our next General Membership meeting will be held at 8:30 AM Thursday, July 7 in the Ranch House. Come early to grab some coffee or breakfast and come join the meeting promptly so we can finish before the 18-hole tee times. There are fun and exciting events planned so please come and hear about them. Just to name a few of our future events: Six and Social, Summer Eclectic Tournaments, Swing Pink Tournament and More!

Believe it or not, we will be asking for volunteers for the Christmas Party Committee at the July meeting. This will allow the committee ample time to plan the party. The party is currently scheduled for December 8, 2022. The more players who volunteer for the committee, the easier the job will be. So, please consider adding your name to the Committee.

And, unless you haven't been paying attention, three of our ladies have gotten a hole-in-one so far this year. Congratulations to Pamela Valentine, CeCe Bruce and Ivy Martino!! Way to go Ladies! Please take a look at the HIO plaque in Ogies for these new additions. Will you be next?

Lastly, if for any reason you are unable to make the General Membership Meeting on July 7, please visit our website highmeadowranchlga.org to stay abreast of upcoming events and please read the meeting minutes once they are distributed.

See you on the Tee Box!

Cathy

CLINICS

Monday 10.00 -
Operation 36

Wednesday 9.00 -
Ladies PDP Clinic

Saturday 10.00 - All-
Comers Clinic



Golf Lessons

Contact: Roger Stebbins
rstebbins@highmeadowranchgolf.com

MEMBERS MOMENTS

or Sage Advice from Seasoned Golfers

We all pretty much know the mechanics and the rules of golf. But when we have a bad shot, it's very difficult not to be upset about the shot. But remember that even though the shot may have felt bad or off balance, or was not what you had hoped for, the shot isn't bad until you find out where it stops rolling!!

But if it's a really bad shot, we get angry and we take that anger to the next shot and focus more on what we did wrong on the last shot than what know we are capable of doing on the current shot. So the anger overwhelms us and we tend to overcompensate, tense up and end up with a second bad shot. Now we're angrier, it's cyclical!

Not fun for us and certainly not fun for our playing partners, who tend to get very quiet since they know there's nothing they can say that will make us happy. Not fun for anybody, but it's just a game - have fun with it!

I know easier said than done - but this is my best advice. Not the physical aspects of golf but the psychological aspect of it, which in many ways is just as important as the skill set!!

See you on the course! Gail Peurifoy



Tournaments to Play

TEXAS WOMEN'S FOUR-BALL CHAMPIONSHIP

August 08 - 09 2022

Riverbend Country Club, Sugar Land, TX

GREATER HOUSTON SENIOR CITY AMATEUR CHAMPIONSHIP

September 30 - October 02 2022

Gus Wortham Park Golf Course, Houston, TX

Tournaments to Watch

please check local listings

The Open Championship

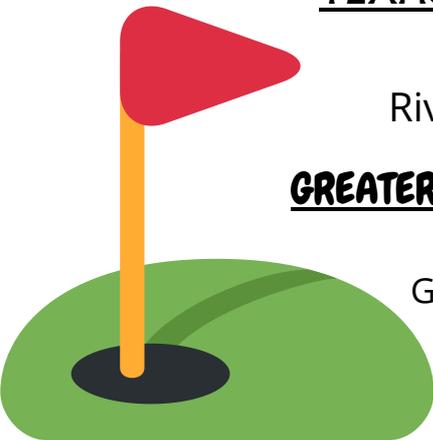
\$2,070,000 JUL 14 - 17, 2022

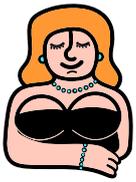
St. Andrews Links (Old Course), Fife, SCO

BMW Championship

Wilmington Country Club, Wilmington, DE • Purse: \$15,000,000

AUG 18 - 21, 2022





Can we talk about the tatas?

Taken from an article by Kathy Hart Wood



When I first started teaching in the Nicklaus/Flick Golf Schools, I was the only female instructor. Jim Flick, the head of the schools, lead instructor and my mentor, would get a kick out of calling me up in front of the group to explain what women needed to do with their boobs when they set up to the golf ball. At the time, my presentation experience was limited so I was incredibly intimidated in front of Jim.

Well, when it came to talking about breasts, Jim never chimed in, not once. He just sat back and giggled (loved that man). It was oddest thing and became a little joke with the instructors because there was never any significant number of women in the school. It was so awkward but so funny. The smaller chested women would laugh, "they aren't a problem for me!" Then the large breasted women would just stand there and everyone would stare at their boobs....and nod. Of course, when I gave my presentation, everyone was looking at mine too!

My take away on this experience was that most male teaching pros either do not want to talk about what their female students need to do with their breasts or they really do not have any idea what they should do. Perhaps it is a combination of the two. The reality is: how could they know, men simply don't have breasts to deal with in their golf swings.

So this is my simple Golf School spiel that I tell my female students. Not all of us have an issue in this department BUT if your breast are large or you feel that they are in the way, you have three options. You can REST, SQUEEZE or go HIGH-LOW.

REST:

This is just what it sounds like. You can rest your upper arms on top of your breasts. I do not like this option because ideally you want your arms hanging as straight down from your shoulders as possible. Most women round their shoulders as they pinch their upper arms closer together so that they can rest them on top of their breasts. This puts your arms and shoulders in an unnatural starting positions. Not to mention, it can hurt your breasts.

SQUEEZE:

Yup, you can put your arms on either side of your breasts but the problem is that your arms likely won't be straight so you have to SQUEEZE your boobs to straighten your arms at address. Not a horrible option but the problem is on your take away you are a bit trapped. Your first move from the ball would be to lift your arms up and over your boobs. Not a repeatable or favorable action.

HIGH-LOW:

This is the best option in my opinion. Assuming you are right-handed, take the inside of your left upper arm and place it on top of the outside third of your left breast (HIGH). You are looking for your left arm to have some clearance. Don't strain but if you need to manually smush your left breast do it. Also consider wearing a sports bra for the compression. You simply want enough of the arm on top of your breast so that you don't have to lift the arm up and over on your take away. Now allow your right arm to hang on the side of your right breast (LOW). This arm has no interference on the back swing so keep it relaxed on the side of your right breast.

I guess it is understandable now why Jim preferred that I speak to the women (and men whether they wanted to hear it or not) on this subject. If you have large breast or they feel in the way, take another look at your set-up and make some adjustments. The less extra movements you have in your take away the better.

AND at the very least, I hope this article is a reminder for you to go get your annual mammogram, if needed!





Member Spotlight

Donna Moore



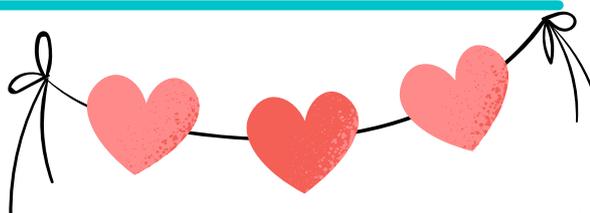
BORN AND RAISED IN NEW JERSEY. THROUGH A CIRCUITOUS ROUTE, (COLLEGE, THEN TRANSFER WITH AMERICAN AIRLINES) I WOUND UP IN HOUSTON AND MARRIED MY GOLF PRO TURNED BUSINESSMAN HUSBAND, DAVID. WE'VE BEEN MARRIED FOR 39 YEARS AND HAVE TWO DAUGHTERS, MEG AND LANDRY, AND ONE 7 YEAR OLD GRANDDAUGHTER, VADA. OH YES, CAN'T FORGET ABOUT OUR THREE RESCUE DOGS, SALLY, EDDIE, AND RUTH. WE RAISED OUR GIRLS IN KINGWOOD, WHERE I LEARNED TO PLAY GOLF, THEN MOVED TO BENTWATER AFTER OUR YOUNGEST LEFT FOR COLLEGE. WE THEN MOVED TO ARIZONA AND NOW ARE LIVING IN MAGNOLIA.

I'VE BEEN PLAYING GOLF FOR ABOUT 20 YEARS AND I'VE BEEN HOOKED EVER SINCE THAT FIRST DAY I PUT A CLUB IN MY HAND. THINKING I WILL ONE DAY ACHIEVE PERFECTION (HA!), I'M CONSTANTLY WORKING ON MY GAME.

THE FRIENDSHIPS I'VE FOUND THROUGH THIS WONDERFUL GAME ARE INVALUABLE. WE'VE BEEN MEMBERS OF KINGWOOD, BENTWATER, THE WOODLANDS, AND NOW WOODFOREST. I'M SO HAPPY TO HAVE FOUND THE GROUP OF WONDERFUL LADIES AT HMR AND CAN'T WAIT FOR THURSDAYS. HMRLGA IS MY HAPPY PLACE. SEE YOU ON THE COURSE!



BB POOLE



I grew up in the Finger Lakes region of Upstate New York moving to Houston during the boom of the late 70s, early 80s.....I moved to Austin in 1984 and spent 25 years in banking and finance and at Dell Corporate as a financial analyst. I got married to my husband in 2003 at 42 which brought me back to Houston. We temporarily relocated back up north to the Spokane, Washington area for 14 years until I retired in 2015 at which point we came back to Texas and family (and no more cold weather!). While in Washington State I dabbled in a 9 hole league mainly as a venue to meet other women and that's where I caught the golfing bug. Upon returning to Texas, we spent a couple of years on Padre Island where I couldn't wait to join my first 18 hole league. It was challenging but I loved it! Two years later we came back to the Montgomery area full time. This is my 3rd season with HMR and I absolutely love the course, the ladies and the league. I love the Lord, playing pickleball, camping (glamping) and traveling. I look forward to many many more rounds here at HMR with this fabulous, generous and supportive group of women. Cheers to lifting each other up and never giving up! It's never too late to reset!



MEMBERS CORNER



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Any truth to 'Gentlemen Only Ladies Forbidden' for the origin of the word GOLF? NOOOOOO!

There is, however, an old Scottish word, goulf (alternatly gowf, golfing, golfand), which means " to cuff, or strike."



WE WOULD LOVE TO SEE



ON THE FACEBOOK PAGE SO KEEP TEXTING ALL YOUR PLAYDAY PHOTOS TO TARA!

713-822-4150

June Birthdays

Beth Hoad-June 2

I left her out last newsletter!

July BIRTHDAYS

Jackie Smith-July 12

Priscilla McArthur-July 13

Meg Montalvo-July 16

August BIRTHDAYS

BB Poole-August 21

Beth Cross-August 23

Debra Odem-August 24

Debbie Perrin-August 26

Dianne Traynor-August 29

September BIRTHDAYS

Paweena Bennett- Sept 23

Cathy Rosado-Sept 23

Kim Hensley-Sept 25

Janice Hawk-Sept 26

Kathy Vicory-Sept 30





Our Year so Far!

