

THE 'NOT SO'

MONTHLY MULLIGAN

HIGH MEADOW RANCH LADIES GOLF ASSOCIATION



Spring 2022

VOL 4



Save the Dates!

1) Mad Hatter 2022 Invitational May 5, 2022

2) General Meeting- Thursday April 21
8:30 AM Before Play



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

The President's Tee Box

Mother Nature has allowed us to play 80% of our 2022 Play Days so far; only cancelling twice due to weather! This is exactly where we were last year at this time but I think we would all agree that last year's weather cancellations were so much more severe than this years. Let's hope the rest of the 2022 season is calm.

By the time you read this, our 9-Hole league will have played their first play day. It is so wonderful to invite so many new members to both our 9-Hole and 18-Hole Leagues. Jenny and Cyndi are busy compiling our 9-Hole Roster but our 18-Hole roster stands at 42 members with another 3 considering joining! Wow! That's incredible.

Our next General Membership meeting will be held in the Ranch House on Thursday, April 21, at 8:30 AM; BEFORE the 18-Hole league tees off. So, grab some breakfast in Ogies and come to the Ranch House for an update on your league. We only meet 4 times/year and we have A LOT of things to talk about. Our goal is to conduct the meeting in an hour so you will have time to warm up if you are playing on 4/21

Please remember to visit our website www.highmeadowranchlga.com to stay abreast of the latest news. Our next HUGE event is our Second Annual Mad Hatter Tee Party on May 5. Come to the meeting on April 21 and Natalie will update us on this wonderful event.

I hope you'll join me for Tee Time!

Cathy



"Golf is the hardest game in the world. There is no way you can ever get it. Just when you think you do, the game jumps up and puts you in your place." – Ben Crenshaw

'Winter rules are in effect through the end of March. A question was raised about the waste bunker on hole #10. You may not lift, clean and place in any bunker, sand or waste. My best advice to you is Stay Out of That Bunker!'

COACHES CORNER



Addressing our Course's New Landscaping

All newly landscaped areas like the one behind the 7th green will be considered a 'manicured area' or a 'flowerbed'. These areas will be known as 'ground under repair'.

Free relief no closer to hole.



---Coach Roger---

CLINICS

Monday 11.00 - Operation 36

Wednesday 9.00 - Ladies PDP Clinic

Saturday 10.00 - All-Comers Clinic



Individual Golf Instruction

Contact: Roger Stebbins
rstebbins@highmeadowranchgolf.com

Tournaments to Play

Texas Women's Partnership Match Play
Walden On Lake Conroe Golf and Country Club
Montgomery, TX
Apr 04, 2022 - Apr 06, 2022 (must have 18 HI or less)

6th Annual Independence Golf Course 2-Person Scramble

Co-Sponsored by Knights of Columbus

April 23' & 24', 2022 (Free practice round, Friday, April 22nd)

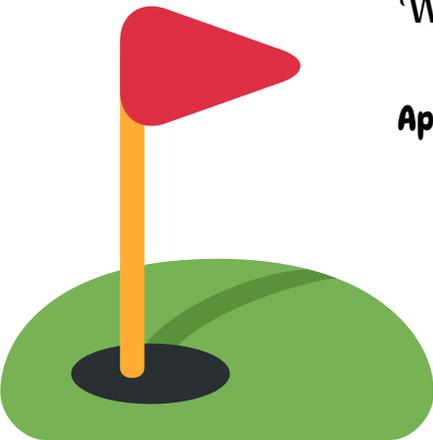
Ryan Lee 830-857-6093 or ryanlee790@yahoo.com

Tournaments to Watch

please check local listings

Masters Tournament---April 7-10
Augusta National Golf Club, Augusta, GA

U.S. Open---June 16-19
The Country Club, Brookline, MA





Oh No, I've got the YIPS!



BY NICK FOY- GOLF PRACTICE GUIDES

Have you ever stood over a shot and feared what could go wrong only to end up doing exactly what you feared? You likely had the YIPS! The 'yips' is a mental problem in golf that results from anxiety building up and leads to over-control of the shot you feared most.

This anxiety causes twitchy, and jerky, movements as your muscles aren't calm and relaxed to free flow as they should. The yips bring on the fear of embarrassment, inadequacy, failure, and frustration. The Yips can be a golfer's worst nightmare.

Once you have the yips you'll fear them again and again, expecting and almost willing that uncontrollable involuntary muscle movement to occur at the least fortunate time.

I've stood over a shot before that requires going over the water and said to myself "please don't chunk it into the water" only to end up losing control of my swing and chunking it right into the middle of the water.

The yips have nothing to do with your natural ability to play golf. There are professional golfers on the PGA Tour who have all the skill in the world and yet they are affected by the yips just like anyone else.

How do you cure the yips?

Remember, it's a mental and emotional issue related to your golf game. You have to learn how to control your emotions and strengthen your mental toughness.

Emotional yips are the result of fear. For example, you may fear hitting a bad shot or you may fear the embarrassment of missing a simple short putt. You may even fear yipping itself.

Your fears are the result of past experiences, which are stored in your subconscious mind. The subconscious mind is what triggers your feelings and fear is a feeling. Severity of your yips depends on how deep rooted your fear is within your subconscious mind.

In other words, how many times have you experienced your feeling of fear in the past. People who 3 putt, for example, often have a deeply rooted fear of 3 putting in their subconscious, which ultimately causes them to 3 putt again and again every round.

There is a war going on between your conscious and subconscious as you're consciously wanting to hit the proper chip or putt, but your subconscious mind is saying "NO! Don't do it!" causing you fear of failure.

To beat the yips, you ultimately have to trust your stroke. Take a step back, regain your composure, breathe, and step back up to the golf shot at hand. You need to clear your head prior to hitting the shot so that your natural ability can take control and not let your subconscious alter your reality.

1. Know what to focus on in between shots to displace thoughts about yipping
2. Follow a disciplined shot routine to keep your conscious mind focused on positives
3. Just letting go, engaging with the target and trusting your subconscious to play the shot
4. Getting better at responses to yips



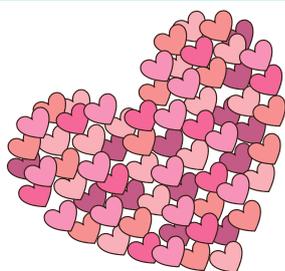
Member Spotlight

Coleen Kapalski

18 Hole Tournament Chair



It's hard to take almost 62 years and condense into a short paragraph, but here I go. I met my husband, Ron, at work and we ran off to Las Vegas to get married in Oct 1984; no Elvis impersonator involved. He adopted Cody from my first marriage and then we had 3 more kids: Justin, Cade & Caitlyn. I worked in purchasing for E.I. DuPont and Conoco for 17 years and then was able to stay at home with our kids. Did lots of volunteering at the schools; our kids were also very active in sports. During this time I decided I wanted to play tennis again and joined 3 leagues that traveled all over Houston; our leagues started in "D" level but moved all the way to Championship level. I still play on one of my original tennis teams and play on a HMR tennis team now. My husband took a job with Conoco in Anchorage, AK in 2005-2008; we learned to ski, loved hiking, fishing, site seeing and of course, indoor tennis. We moved back to Copperfield and continued raising kids and doing life. We are also proud grandparents of 6 grandchildren (ages 20-1 year); Caleb, Haley, Lacey, Harley, Diesel and Matthew. We bought property in 2015 in High Meadow Ranch; started to build in 2016 and moved into our new home in 2017. Started taking golf lessons from Chris in 2017-2018 and then joined HMRLGA in 2018 (I think). As with any family, our family has had it's share of trouble and tragedy but we move forward. God continues to blessed us daily with family, friends and life. With that, thank you to everyone in this great league for your friendship and kindness. Many blessing to all.



Cyndi Svoboda

Secretary



Hey, y'all! I am a proud native Texan. I was born in El Paso where my dad was stationed in the Army at Ft. Bliss. He and my mom moved to Houston when I was 3 months old and I have always lived in the Houston area. My Aggie husband Mike is also a Houstonian. We have been married almost 45 years. We have one daughter, Rachel, she and her husband Ford live in Fulshear. We have four grandchildren. Reese (15), Logan (13), Liam (10) and Kallum (8). I have been a member of HMRLGA since 2014. For many years I drove to HMR play golf. Last year we were so happy to be able to build a house in the Villages. Now I just zip to the course in my golf cart! In 2018 I got 2 holes in one within 90 days. That just shows that with a little luck anyone has a chance! The things I love most about golf are the sweet friends I have made, being outside with nature, and that golf requires NO RUNNING! The thing I dislike most about golf are cold and wet weather. In addition to golf, my other hobbies are working in the yard, looking for ways to thwart pesky deer, bird watching, bible study and cheering for the Houston Astros and Texas Aggies.



MEMBERS CORNER



April BIRTHDAYS

Gail Peurifoy 4/5

Jenny Calkins 4/5

Coleen Kapalski 4/21

May BIRTHDAYS

Ivy Martino 5/7

Honor Baggett 5/20

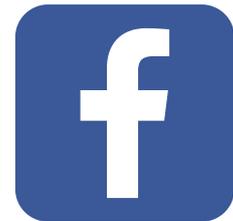
June BIRTHDAYS

Debbie Yarotsky 6/6

Katie Steele 6/22

Leslie Bailey 6/23

Tara Dorroh 6/26



*Follow
on Facebook*

**“Golf is a lot like life.
It will test your patience,
dazzle and baffle you with
highs and lows along with
successes and frustrations.”**

– Amy Alcott



MAD HATTER'S Wish list



If you help help with any of these items below , please contact Natalie on 713-501-5117.

SPONSORS We still have some levels of sponsorship available, if you know of any company/ individual that would like to sponsor!

DONATIONS Consider getting together with your team and split the cost to make a contribution?



- Snacks / drinks for snack stations on the course and Player goody bags
- Monetary donations that can be used to purchase snack items for the course / Prizes for games / items or Gift Cards for Raffle
- Raffle items - see next page for more details



- Rounds of Golf at other courses - if you are a member of another course, please ask if they will donate Rounds of Golf for 4 players. These will be used in the raffle baskets.



BORROW

We need several 10x10' Canopy tents for the course for volunteers



VOLUNTEERS We have several areas of help needed on the day before and the day of the event...

- All playing league members will be assigned to help with set up either day before / or the morning of/ OR BOTH IF POSSIBLE
- Hole set up needed early morning of tournament - preferable if you live in HMR and live near a hole
- NON-PLAYERS - we need extra help during the day with volunteers/ check in/ raffle/ game monitors etc. Also if you know a neighbor/ friend that would like to help out!
- If you would like to volunteer your spouse - we still have need for help with morning set up/ course clean up and bag drop. They will get a free volunteer t-shirt!
- EVERYONE playing in our league will be required to help with clean up after the event! The more hands - the quicker we get done!

DON'T FORGET

**We are a 501(C)3 non-profit, so any sponsorship or donation is tax-deductible!
If you would like a tax-receipt - one will be provided.**

Thank you for your help!

- MAD HATTER TOURNAMENT COMMITTEE

Mad Hatter's Raffle



Below are some theme ideas for raffle baskets - but these are JUST IDEAS! If you have something you think will be a great raffle ticket seller - let us know! The idea is to have fewer baskets this year (maybe 12-15), BUT make them larger, higher value per basket, including LOTS of fun items and rounds of golf!

We already have some donated items that can be included in any of these baskets!

How Can You Help?

- Take on a basket theme with your TEAM and make it a group project
- Donate Gift cards/ items that can be used in any of these baskets
- Get donations from stores/ restaurants/ individuals / golf courses
- Make a monetary donation that can be used to purchase items for the baskets
- Let me know ASAP if you can help with anything - times is getting shorter and these need to be planned SOON!

TAILGATE / GAME DAY

Chairs
Cooler
Booze/ Snacks
Portable Grill
Yeti Mugs
Game Day Fun Items
Season Ticket Passes

GOLF (can be more than one)!

Golf Bag
Club Covers
Gloves
Range Finders
Towels
Portable Fan
Ladies Golf Sunglasses
Seat Cover
Golf Storage
Anything Fun golf....

UNDER THE STARS

Fire Pit
Blankets
Booze of Course
Smores Kits
Outdoor Candles

MARGARITA / CINCO DE MAYO

Drink Bucket/ Cooler
Frozen Drink Blender
Tequila/ Margarita Mixers
Snacks
Gift Cards for Mexican Restaurants
Marg. Glasses/ Pitchers
Napkins/ Tea Towels

GARDENING

(Cyndi and Nan are in charge of this)
Garden Wagon
Tools
Plants / Seeds
Garden Ornaments
Gift cards for Garden Centers

SPA DAY

Robe / Slippers
Facial / Body Products
Jewelry
Tote Bag / Purse
Candles
Lavender Pillows
Towel Warmer
Bath Caddy
Champagne
Gift Cards for Spa Services

DINING GIFT CARD TREE

Multiple Gift Cards for Restaurants

MAD HATTER

Mad Hatter Wine
Flemings Restaurant Gift Card
Lotto Top Hat
Alice in Wonderland Items
Mad Hatter Team Entry 2023 ???

TEXAS

Texas sport team memorabilia
Texans Cooler
Texas Wines
Texas Door Wreath
GC for Steakhouse

WINE LOVER

Wine Tastings / Tours
Assorted Wines
Cheese Board / Knives
Charcuterie Board
Wine Glasses
Wine Caddy
Gourmet Treats/ Chocolates

COCKTAILS

Cocktail Glasses
Pitchers
Vodkas
Martini Fixings
Bloody Mary Fixing
Cocktail Recipe Books

FLAMINGOS

Flamingo theme Items
Beach Cover Up
Summer Jewelry
Sun Hat
Flip Flops / Sandals
Beach Bag/ Zipper Bag
Beach Towels
Summer Cocktails
Corkcicle Drink Containers
Gift Cards for Seafood Restaurants

KIDS FUN

Kids Wagon
Outdoor Games
Beach Towels
Pool Toys
Tickets to Museums / Day Out Places
Gift Cards for Family Restaurants
Fast Food Gift Cards

SUMMER SIZZLER Eclectic GOLF TOURNAMENT



What is the eclectic tournament?

This eclectic is a multi round event with individual stroke play format to make one final "best" 9 Hole or 18-hole score.

Play as many rounds as you want to have more opportunity to create your best potential score!

June 2nd through September 1st 2022

- Number of flights will be determined by number of players
- Players will be flighted by starting handicap once everyone is signed up
- **Cash prizes** for Gross and Net Scores
- Net scores will be calculated by using an average handicap
- Scores will be taken from Official playday rounds only -Tuesday 9 Hole and Thursday 18 Hole
- Open to paid HMRLGA League members only

ENTRY FEES:

\$25 9-HOLE

\$50 18-HOLE

Sign up with Natalie

@ HMRLadygolf@gmail.com