



MONTHLY MULLIGAN

HIGH MEADOW RANCH LADIES GOLF ASSOCIATION

JULY 2020

VOL. 1

2020 OFFICERS & CONTACTS

President - Stacie Strine

832-545-8476

Vice President - Cathy Rosado

832-444-9181

Treasurer - Katie Steele

281-536-8211

Secretary - Leslie Bailey

713-447-4747

Tournament Director -

Natalie Taylor

713-501-5117



Thursday 18-Hole League

Member Meeting

Thursday July 9th - 2.30pm



The President's Tee Box

Hard to believe we're already half way through our season/year. It has definitely been an unusual year, but it has not kept this wonderful group of women down.

Our league has come through the first half of the year stronger, bigger, and better. I know I've said this before but I'm truly blessed to be a part of this amazing group of women.

I look forward to seeing how you all will shine through the rest of the year.

*Happy 4th July,
Stacie Strine*



Tuesday 9-Hole League

RULE REVIEW OF THE MONTH

GOLF'S NEW RULES: STROKE AND DISTANCE

A new Local Rule provides an alternative to stroke-and-distance relief for a ball that is lost outside a penalty area or out of bounds, effective January 1, 2019.

BALL OUT OF BOUNDS



LOST BALL



If the Local Rule is in effect, you can still take stroke-and-distance relief, but you now have the following additional option that comes with a penalty of two strokes:

A DETERMINE SPOT where your ball went out of bounds (left diagram) or is likely to be lost (right diagram).

B FIND NEAREST FAIRWAY EDGE no closer to the hole.

C DROP YOUR BALL IN SHADED AREA as defined on one side by a line from the hole through point A and on the other side by a line from the hole through point B, and not nearer the hole. The relief area is extended on both sides by two club-lengths.

This Local Rule is not intended for higher levels of play, such as professional or elite amateur level competitions.

Rule 18.3 When a Provisional Ball is Allowed

If your ball **MIGHT** be lost **outside a penalty area** or be **out of bounds**, to save time you may play another ball provisionally under *penalty of stroke and distance*.

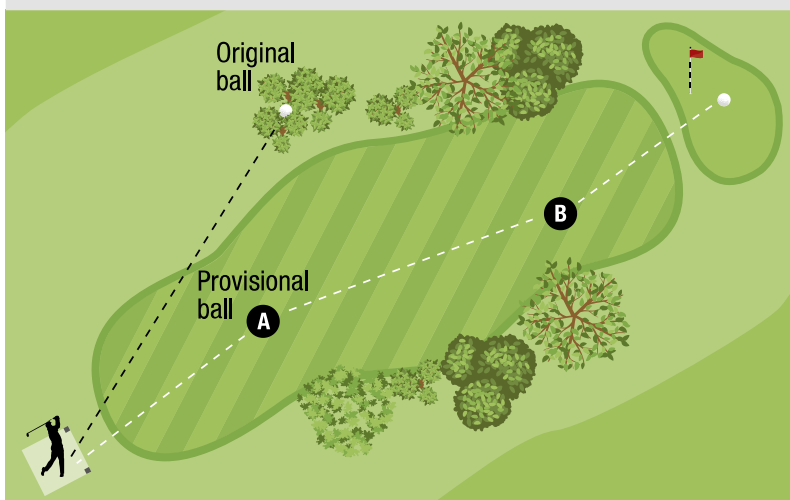
But if you are aware that the only possible place your original ball could be lost is in a penalty area, a provisional ball is NOT allowed and a ball played from where the previous stroke was made becomes your ball in play under *penalty of stroke and distance*.

You MUST announce that you are going to play a provisional ball. It is not enough for you only to say that you are playing another ball or are playing again. You must use the word "provisional".

If you did not announce this, then that ball is your ball in play under *penalty of stroke and distance*.

You may continue to play the provisional ball without it losing its status as a "provisional" ball so long as it is played from a spot that is the same distance or farther from the hole than where your original ball is estimated to be.

DIAGRAM 18.3c: PROVISIONAL BALL PLAYED FROM SPOT NEARER HOLE THAN WHERE ORIGINAL BALL IS ESTIMATED TO BE



A player's original ball played from the teeing area may be lost in a bush, so the player announces and plays a provisional ball, and it comes to rest at point A. As point A is farther from the hole than where the original ball is estimated to be, the player may play the provisional ball from point A without it losing its status as a provisional ball. The player plays the provisional ball from point A to point B. As point B is nearer the hole than where the original ball is estimated to be, if the player plays the provisional ball from point B, the provisional ball becomes the ball in play under penalty of stroke and distance.

Your provisional ball becomes your ball in play under penalty of stroke and distance in either of these two cases:

- When your original ball is lost anywhere on the course except in a penalty area or is out of bounds.
- When your provisional ball is played from a spot nearer to the hole than where your original ball is estimated to be.

Hole-in-ONE CLUB

Hall of Fame

WHAT IS A HOLE IN ONE?

A hole-in-one occurs when the ball is hit from the tee into the cup and stays there. A hole-in-one is also known, but less commonly, as an Ace.

To count as a true hole-in-hole a few of criteria have to apply:

- 1) that you are not alone; you can be playing alone, but someone has to be there marking your card to testify to your feat.
- 2) it is part of a formal round of golf, not just part of a few practice holes.
- 3) It has to be your first shot off the tee, not a Mulligan!!!

Fun Facts

ABOUT HOLE-IN-ONES

- 14% are by Female players
- Average golf experience is 24 years
- Most HIO by a single person is 26
- Longest HIO is 404 yards
- Average handicap is 14
- 60% of HIO made by golfers over age of 50



*You can register your HIO on the
National Hole In One Registry*

\$2 of your Annual membership dues is applied to our Hole in One Pot.

The pot currently stands at \$336 !!

To be eligible to win the pot, your HIO must be on an Official HMRLGA Playday.

On an "unofficial" playday, no money is awarded, but your name will go on the Club Hole In One Plaque.



Priscilla McArthur

Hole #5

Apr. 30th 2013



Cyndi Svoboda

Hole #11

Sep. 6th 2018

Hole # 9

Nov. 29th 2018



Nancy Shulman

Hole #9

Aug. 1st 2010

It was not on a league day but worthy of being recognized!!

Welcome

NEW MEMBERS

Paweena Bennett - 18 Hole Division
Beth Hoad - 9 Hole Division



Follow High Meadow Ranch
Ladies Golf Association
on Facebook!



JULY BIRTHDAYS

13th - Priscilla McArthur
16th - Meg Montalvo
28th - Lisa King



MEMBERS CORNER



Do you have an idea for an
article for our newsletter?

Please make your
submission to
daisemail@comcast.net

*Submitted by
Gail Peurifoy*

An Observation – About Golf

I don't understand golf.
The entire point of golf is to play as little golf as possible.
To make as few shots as possible.
The more shots you take, the worse you are.
So the people who play the least golf are the best ones at
it. And the people who play the most golf are the
worst ones at it.
Unlike other sports, people get paid millions of dollars for
being able to play less golf than other people.
In football, basketball or tennis, the best pros are
the ones who score the most.
If you want to get paid to play golf you have to be
able to score less than other players.
To play less than other players.
As I put my ball on the tee, take a step back and
look at the fairway ahead, I realize I don't play enough
golf. And here's the thing, if you don't play enough golf you
will never get better at playing golf.
So by not playing enough golf, you will never be
good enough to play as little golf as possible.
After the swing and seeing my ball disappear into the trees
again, one thing is clear... I don't like golf.

*By Thom Goddard, as sent to
eGolfShare.com*

Member Spotlight

Priscilla McArthur – member since 2010

My husband, Austin and I have been married for 44 years and we have 3 children and 5 grandchildren.

My first introduction to golf was a couple of years after we married in the most unlikely place of Alliance, Nebraska. The town of Alliance had been home to a small military base that trained glider pilots during World War II and the base, along with its 9 hole golf course, had been given to the town. The course professional started a women's clinic to provide an introduction and basic instruction in the game of golf. Needless to say the course was wide open with the occasional visit from some very large jack rabbits and antelope!



My opportunity to play was limited to an occasional round with my husband on family vacations until we moved to HMR in 2003 when I left Alief ISD as a paraprofessional.

Growing up in the Chesapeake Bay area of Virginia I developed a love of the outdoors and continue to enjoy boating and camping; in addition to golf.

As many of you know, I am one of the original four members who started HMRLGA in February 2010. I have held the offices of President, Secretary/Treasurer (2) and Secretary again in 2018/2019. In the early days of my HMR golf I had the opportunity to participate in several SWAGA (Southwest Women's Amateur Golf Association) events and scored a hole in one on HMR's hole #5 in 2013. I once thought the game of golf was boring but once you get hooked there is no turning back. I truly love the game of golf and the friendships made along the way.

Meet our LGA Vice President

Gathy Rosado – member since 2010



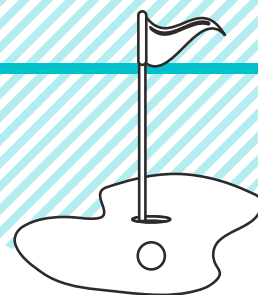
I was born and raised in Venezuela. My dad was German, born in Venezuela, and my mom was American. I grew up in the "oil camps" (comparable to Air Force bases).

All sports were available to us, and since both my parents played golf, I started playing when I was about 11 years old. I did 2 years of college at University of South Florida, and played with the girls golf team.

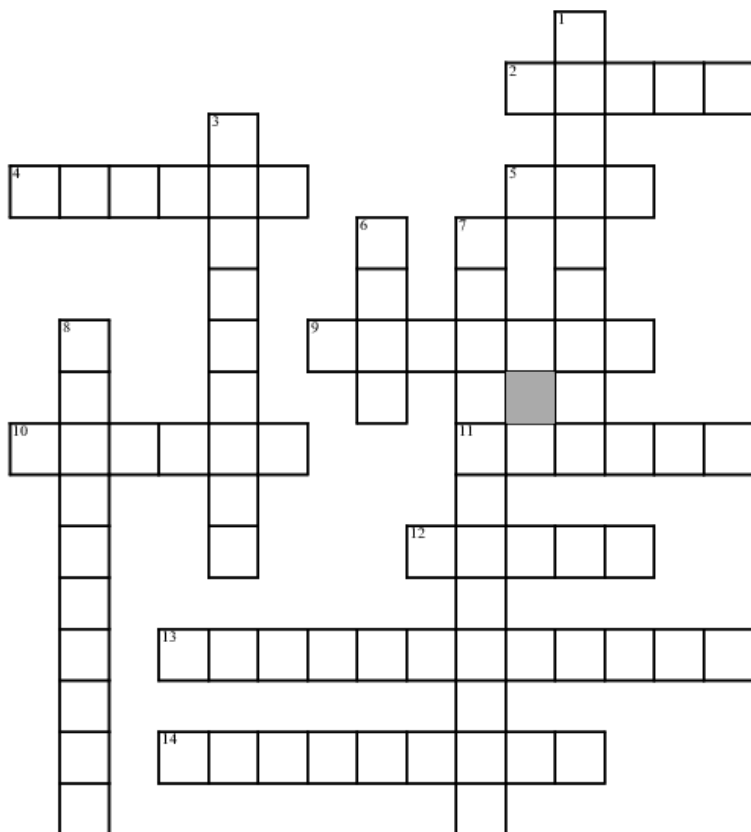
I married in Venezuela in 1977, and have 3 children. Once I started my family, I had to put golf on hold for about 12 years. We moved to the United States in 1992, right before things got really bad in Venezuela. We lived in Kingwood, Texas for 15 years, and that's where I picked up golf again, and played with the Ladies League.

In 2007 we moved to The Village at High Meadow Ranch and I joined the Ladies League about a year after it was formed. I've loved being a part of them, and it's been great way to meet people and have fun.

Just Fore Fun!



Golf Terms Crossword



Across

2. A complete miss. Also known as an "air ball"
4. The area where players tee to start a hole
5. A high, short shot caused by the clubhead striking the underside of the ball
9. A short, high shot, usually played with a wedge, designed to land softly
10. A person hired to carry clubs and provide other assistance
11. A hollow comprised of sand or grass or both that exists as an obstacle and, in some cases, a hazard
12. A ball that curves from left to right to a greater degree than a fade
13. Another term for a practice area
14. The motion that involves the club and every element of the body in taking the club away from the ball and setting it in position at the top of the backswing

Down

1. The act of gripping down on the shaft, which is generally believed to provide greater control
3. The swing forward from the top of the backswing
6. A shot that curves sharply from right to left for right-handed players
7. A grip in which all ten fingers are placed on the grip of the club
8. The change of direction in the swing, from the backswing to the forward swing

i'll have an ARNOLD PALMER



Arnold Palmer got the idea one day in the 1960's, when his wife, Winnie, made iced tea and inspiration struck like a thunderbolt. "My wife made a lot of iced tea for lunch, and I said, 'Hey, babe, I've got an idea. You make the iced tea and make a big pitcher, and we'll just put a little lemonade in it and see how that works.'"

One day, after a long day of designing a course in the Palm Springs area, Arnold Palmer was ordering lunch and asked the waitress for a mixture of lemonade and iced tea. A woman sitting nearby overheard what he ordered and told the waitress, "I'll have that Arnold Palmer drink." And the official ARNOLD PALMER® tea and lemonade beverage was born.

Arnold Palmer's original drink was made with: 3 parts unsweetened tea 1 part lemonade. It's served in a tall Collins glass full of ice.

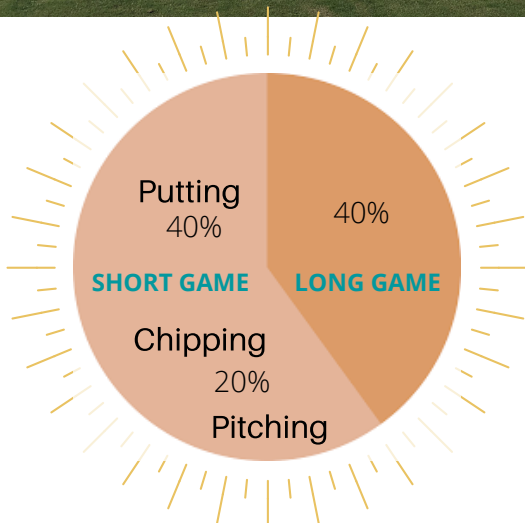
Question of the Month:

How many strokes is a General Penalty in Stroke Play?

Text your answer to Stacie Strine.

The first FIVE correct answers will win a prize at next member meeting!

COACHES CORNER



THE 60/40 PRACTICE RULE

If you want to improve as a golfer, one would need to practice 10 hours a week. 40% needs to be putting, 20% short game (chipping and pitching). The remaining 40% needs to be spent on your long game.

If you want more ideas on what drills or games you can do for your new practice plan, stay tuned to the "Coaches Corner"!

... 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

Fit Tip

FOR GOLF FITNESS

Window Washers

Lie on your back with feet placed close to glutes, wider than hip-width apart. Inhale and lower both knees to the right. Exhale as you return to starting position. Switch sides and repeat 10 times in each direction.

Benefit: This stretch releases the hips, quads, and oblique abdominal muscles; and improves internal and external hip rotation. This exercise performed before your game will help warm up the lower body and enable more rotation in the hips in the backswing and the finish position.

