



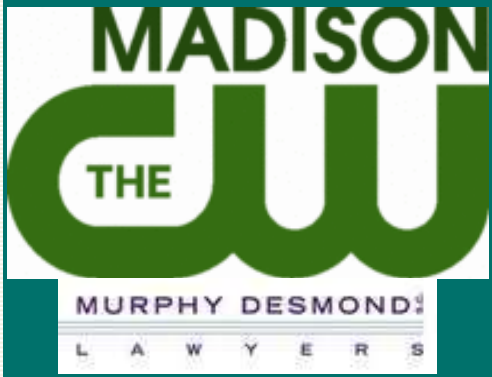
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Newsletters

On Course!

EWGA Madison Chapter Newsletter

December 2006



President's Message

Are you a busy person? Because I am definitely a busy person! Often it seems that a whole year passes in the blink of an eye.

When I first joined EWGA it was to have a chance to network, but also, through joining a league, to ensure that at least once per week I would be leaving work early on a nice sunny day to play golf with my friend (who joined with me). It's amazing how well that worked. I may have had to work later that night or early the next morning, but when it was time to leave work for league I left.

Well, I'd like to tell you that I was tricked! You see, golf has a



number of interest facets...exercise, strategy, patience, simplicity (all you have to do is put the little ball in a hole -- the object is clear), challenges (boy is it hard to get the little ball in the hole and not in the woods, the sand trap, the sand trap again, the pond or 3 feet past where it was before you last hit it), and, for those of us with competitive spirit, the strong need to get better, and joy when we do. (Admit it, sinking that long putt, shooting a personal best low score or actually hitting a chip shot just as planned is an exhilarating feeling.) All this drew me to this wonderful, sometimes frustrating game.

And, EWGA mirrors the game of golf...many facets...so this pulled me in too...

I didn't just play in league with my friend, I played with all these other great women...FUN, interesting women with incredible life experiences. I've learned from these women, laughed with them and gained new friends. And, through league, I entered my scores in a computer at the golf course and suddenly, I had a handicap! A conversation piece at parties, a gauge of my golf game, a personal challenge...

I took some clinics (improving parts of the game, which made league more enjoyable [fewer shots, less lost balls, more chance to socialize between shots and look for other people's balls instead of mine]) and most helpful were rules and etiquette clinics (they included an opportunity to golf and socialize, so I was tricked there too), which made knowing what to do easier and playing in business situations comfortable.

And then, EWGA had all these great golf events (opportunities to play other courses) and a charity event, raising money for a wonderful cause and playing a scramble format (how great it is not to have to play your bad shots, because you are always playing from the best shot of four people?!) plus prizes and games on the course. Golf is fun!

And then, I found out that for my competitive side EWGA provides a championship. And this is not just a local tournament...if you win, you advance and travel to play against winners from other chapters in our region...and if you win there, you travel to the finals and play against regional winners from across the country! Plus, there is a scramble division! Proudly, I can tell you that I am a member of the scramble team that is now the two-time, back-to-back defending champions! (If you play golf with me, you will realize how much team chemistry has to do with our winning streak...thank you Terri, Ginger and Sarah!)

And throughout it all I volunteered to help with all these wonderful aspects of EWGA, and this is how I've truly come to know people in the group...by working with them side by side to make our chapter even better. We are an amazing all-volunteer group.

And now, in the blink of an eye, I'm president. So, you see, I was tricked. I joined EWGA for myself, as a respite for a busy person, but through getting involved, I've gotten back much more than I've given...friends, fun, fun, fun, a competitive outlet, meeting others from across the country and personal development.

EWGA really has something for everyone, especially us busy people, because it's all organized for you like a menu and you just have to make the selections that interest you.

If there is one thing I hope to convey to you this year it is to get further involved in EWGA...make some more or new selections off the menu, including volunteering and sharing the wonderful opportunities EWGA provides with others (invite guests to events, encourage them to become members).

We're working hard as a board planning for a great 2007. It's a board with lots of enthusiasm and energy so expectations

are high for the coming year.

We're excited as a board to get to know you better, to receive feedback and have you join our committee teams for some fun in bringing EWGA opportunities to our membership. Please consider starting 2007 by joining us and bringing a guest to the holiday party in January. Get involved before you blink and another year and great opportunities have passed you by.

Happy Holidays!

Shelly Armstrong
President - Madison Chapter EWGA

Holiday Party - January 18, 2007

Hello All EWGA Madison Members!!!!

Our holiday party will be Thursday, January 18th, 2007 at The Great Dane (<http://www.greatdanepub.com>) in Fitchburg from 5:30 p.m. - 8:00 p.m.

For those who would like to participate, we will be having a White Elephant gift exchange starting at 6:00 p.m. The only rule for the White Elephant is that your gift can be anything that you did not purchase new for this gift exchange.

Who: All EWGA Members and their friends, spouses, neighbors, co-workers, family and whoever!!!!

What: The EWGA Madison Holiday Party and White Elephant Gift Exchange.

-Hors d'oeuvres

-Cash Bar

Where: The Great Dane - Fitchburg, 2980 Cahill Main, Fitchburg, WI 53711. We will be upstairs by the pool tables.

Why: Because we are fun people, that's why!!!!

When: Thursday, January 18th, 2007 at 5:30 ? 8:00.

The White Elephant Exchange will begin at 6:00 p.m.
Cost: \$20 for members, \$25 for non-members

In the spirit of the holiday season we will be accepting donations for DAIS (Domestic Abuse Intervention Services). For ideas for donations please refer to their website:
<http://www.abuseintervention.org/supportSimple.html>

Sign up online for the holiday party at:
http://www.ewgamadison.org/pages/whatshappening_181.cfm

Questions?? Please contact: Joann Bernards at
jbernards@murphydesmond.com or call 608-257-7181

***Please note: Mark your calendars for Friday night July 20th - EWGA Madison will be going to the Mallards game. Details to follow!!!!!!!!!!!!!!!!!!!!

Joann Bernards

Early Renewal - Save Time and Money!

Does saving money now and saving time later appeal to you?

Do you want to bypass the lines at Kick Off in March?

Have we got a deal for you.....

Recently you received a renewal reminder from EWGA Headquarters. If you renew before December 31, 2006, you will save because the rates are changing in 2007.

As an added bonus, an early renewal will make you eligible for our "fast pass" system at Kick Off this year. With your personalized packet in hand, you can go directly to sign up for the league or lessons of your choice. No more lines at

Membership Verification! Less time to sign up and more time to have fun!

It's a win-win, so renew your membership before December 31, 2006.

Just go to www.ewga.com, and click on the "Members Only" Login Link. Once you have logged onto the "Members Only" area, click on the renewal tab and follow the instructions.

Terri Redmond

Save the Date for Kick Off 2007! March 27, 2007

If you haven't already done so, renew your membership with EWGA soon and be prepared for Kick Off 2007, being held Tuesday, March 27, 2007 at the Sheraton Madison. Members who renew at least two weeks prior to Kick Off will be able to avoid the membership table and will be able to sign up for leagues utilizing our new "Fast Pass."

Kick Off begins at 5:30 p.m. with cocktails and the opportunity to sign up for leagues and socialize with other EWGA members.

You will receive additional information regarding registration closer to the date of the event. In the meantime, spread the word to "save the date," and keep in mind any guests you'd like to bring to Kick Off to introduce to them to the fun we all have as members of EWGA.

Anita Schleicher
Vice President and Chair of Kick Off

Volunteers Needed!

Are you interested in learning more about EWGA? Do you want to meet more people or become more involved? We are always looking for more volunteers. If you are interested, please contact Heather Robinson at 608-843-6967 or at robinsonha@yahoo.com for more information.

Also, we have two board positions available for anyone who is interested. Descriptions for each position are listed below:

EWGA Madison Charity Event Coordinator:

This rewarding position will lead the Charity Event committee and coordinate activities to help us raise money for our selected charity, DAIS, which provides support to women and children affected by domestic abuse. This position will work closely with the Golf Events Chair of the Board of Directors. The responsibilities include making golf course recommendations to the board, managing activities and committee members to ensure a successful golf event takes place, and ensuring we reach our fundraising goals through sponsorships and activities offered at the event.

Sponsorship Committee Vice-Chair:

The duties of the EWGA Madison Sponsorship Vice-Chair are to assist the Sponsorship Chair in obtaining and enhancing sponsorship opportunities for the EWGA Madison Chapter. This position will help to develop Chapter goals and set objectives for obtaining sponsorship funds, develop strategies to implement and execute the plans, manage sponsorship agreements, identify sponsors that are a good fit with Chapter demographics, and work with sponsors to develop programs to promote their businesses to other members.

Both of these positions are an exciting and fun way to get involved in EWGA Madison. Again, if you are interested in either of these positions, or are interested in volunteering in

any other manner, please contact Heather Robinson at 608-843-6967 or robinsonha@yahoo.com.

Heather Robinson

League Captains Wanted!

We still need league captains for Bridges Thursday, Vitense and Door Creek. Any volunteers would be appreciated! Please contact Laura Cataldo at cataldo@agcwi.org.

Laura Cataldo

Wellness Means Making Simple Choices Today for a Healthier Tomorrow

Carrying a few extra pounds today can lead to chronic health conditions like diabetes or heart disease tomorrow. Even if you have a chronic condition, you can make simple choices today that can lead to a healthier life tomorrow. Such choices include choosing water over soda, mustard over mayonnaise, taking the stairs instead of the elevator, walking to lunch instead of driving or participating in one of Unity's many wellness programs.

Unity offers several different wellness programs, including:

- * Fitness First - Subscribers and their covered spouses have the opportunity to earn either a combined total of \$200 each calendar year or prizes.

- * Fitness First for Kids - Kids between the ages of 5 and 18 who are insured dependents of a Unity subscriber can earn cool prizes for being physically active.

- * Wellness First - Members age 18 and older can receive 50%

reimbursement up to \$50 per calendar year for attending health and/or wellness classes.

* Weight Watchers® - Members age 10 and older can be reimbursed 50% of the first six months of meeting fees up to a one-time payment of \$130.

For members who want more guidance, Unity offers two additional choices:

* Lifestyle Improvement through Nutrition and Exercise (LINE) - Working with participating hospitals, clinics and fitness centers, Unity has developed a list of programs that include healthy eating, active living, and lifestyle changes. Eligible members are reimbursed 50% of the program cost up to a one-time payment of \$130 for attending at least 75% of the classes and completing an end of course evaluation.

* Harbor Weight Loss Institute - Unity has partnered with Harbor Weight Loss Institute to offer a comprehensive weight management program which includes lifestyle coaching, time with a registered dietitian, and a personal trainer to help with weight loss. Unity members receive a 15% discount from Harbor Weight Loss Institute, and a \$400 reimbursement from Unity upon completion of the program.

Unity encourages you to talk to your health care practitioner about weight loss goals, healthy eating habits, and physical activity that is right for you before you start an exercise program.

For more information on Unity's wellness programs, visit unityhealth.com and click on "Fitness & Wellness" or contact Julie Wuerger at 1-800-362-3308, ext. 1493 or julie.wuerger@unityhealth.com.

Kristie Kasbohm

EWGA Membership: Contact Update Procedure

If you have a name or address change or a change in your e-mail address, please update your contact information by logging into the "Members Only" section of the Association Headquarters (AHQ) website (www.ewga.com), then clicking on your Profile (upper left corner) and updating your information. You may also email the changes to mail@ewga.com or call them in to 800-407-1477 x10.

If you would like to check to ensure that your contact information is current, you may do so also by logging into the "Members Only" section of the AHQ website (www.ewga.com), then clicking on your Profile (upper left corner).

For our local information to stay current, you must update your information at AHQ, since we will now periodically receive downloads from them that completely replace our local database.

Should you have any questions, please feel free to contact the EWGA Madison Membership Chair.

Chan Stroman, Editor

EWGA Madison
Hotline 608-663-1347
www.ewgamadison.org

Previous issues of the ***On Course!*** newsletter can be viewed below.

If you have ideas or suggestions for future articles, please contact communications@ewgamadison.org.

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