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Newsletters

On Course!

EWGA Madison Chapter Newsletter

January 2008



President's Message

We just finished the holiday season, and golf season is now several months away. Whatever will we do? If several trips to the warm south aren't in your future, have no fear- the Madison Chapter of EWGA has put your feedback from our annual survey into action! We received several requests for off-season events, and we are delivering.

Our annual Holiday Party on January 16th at the Madison Club kicked off this year's events. I hope everyone had a great time. There are many more events in store for the rest of the "off season":

- Business Women's Expo- EWGA will have an information booth at this year's Business Women's Expo on February 14th at the Madison Marriott West. Join us for a day of networking and learning.
- Vitense Mini Golf Tournament & Social- February 20th on the indoor course, of course!
- Kick-Off Event- March 25th at the Monona Terrace
- More to come- watch for future e-mails!

Golf season events will continue to be offered: leagues, clinics, the annual charity event, and Chapter Championship. Also watch for new & earlier traveling league events. Stay tuned!

We're all busy women, and I want to take a moment to thank all of you who have volunteered this past year. You make it happen! And if you've ever thought about volunteering, there is no time like the present- we'd be happy to have you.

I hope to see you all at an upcoming EWGA event!

Anita Schleicher
2007-2008 EWGA Madison Chapter President

SAVE THE DATE!

2008 EWGA Kickoff Event, March 25, 2008

Monona Terrace and Convention Center

For those members who have their renewal in the first quarter of the year, it's time to renew your membership to take advantage of our annual Kick Off opportunities!

Our "Fast Pass" program implemented at Kick Off in 2007 will be offered again in 2008. By renewing your membership at least two weeks prior to kick off you can bypass the membership table and sign up for leagues on the spot.

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

You will receive additional information regarding registration closer to the date of the event. In the mean time, spread the word to "save the date" and start chatting up the event and EWGA with guests. We will again be offering a discounting fee to member guests for this event. Bring them to Kick Off and introduce to them to the fun and friendships we share as members of EWGA.

Terri Courtney

Vice President and Kick Off Chair

New Year...New Volunteers Needed!

Did you make a New Year's resolution to try to meet new people, spend more time doing things you enjoy or volunteer when you can? We can use your help this year with EWGA. Just send a note to Heather Robinson at robinsonha@yahoo.com or call her at 608-843-6967 and let her know you're interested. We'll get you on the list to contact as events come up and you can choose what to help out with. We hope to hear from you!

Exercise: Your Key to Weight Loss

Are you looking to drop a few pounds before spring comes? Has your weight loss hit a plateau? Many potentially successful weight loss plans

ultimately fail by overlooking exercise as a part of the plan. Regular exercise, along with a balanced diet, is a key part to any good weight loss plan. Just thirty minutes of movement a day, most days of the week, can put you closer to your goal weight.

Can't find thirty minutes between all the meetings, deadlines and commitments? Recent research has shown that exercise in ten minute intervals three times a day offers the same great benefits as one thirty minute workout session. Making those seemingly small ten minute changes could be the kick your weight loss plan needs. Start by doing some of these daily activities:

- Take a walk around the neighborhood while catching up on the phone with a friend
- Park your car at the far corner of the parking lot
- Use the stairs instead of the elevator
- Take a walk around the block or in the building during your lunch break

As you start to make these ten minute changes you will experience the benefits of your efforts in your weight loss and your overall health. In addition to helping with those stubborn pounds, regular exercise can help lower the risk for heart disease and stroke by strengthening the heart, improving blood flow and lowering blood pressure.

Still looking for an incentive? Unity offers rewards for members making an effort to exercise. You can sign-up to work out for cash or prizes through Fitness First. And, kids ages 5-18 can join in too through Fitness First for Kids. Check out unityhealth.com and click on Fitness & Wellness to learn more about Fitness First and Fitness First for Kids and see how you and your family can be rewarded for exercising.

Updating Your Contact Information

If you have a change in your name, address, phone or e-mail address it is very easy to update. All of our database information comes from the Headquarters database, so a change there is all you need to do. Once you change the information at HQ, our system will get the new information in a week or so. Log into the "members only" area of the <http://www.ewga.com/> website. When you have logged on, your profile information will appear in the upper left section of the screen. Click on the profile and you can change your contact information very easily. If you prefer, you can call 800-407-1477 x 10 and make the changes over the phone. However, using the website is much quicker and more accurate. If you have any questions, please feel free to contact me.

Terri Redmond

Ashley Wendels, Editor

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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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