

Newsletters

On Course!

EWGA Madison Chapter Newsletter

June 2007

President's Message

Relish Summertime!

Since my last message, leagues are up and running, we've hosted a fabulously successful charity golf event benefiting DAIS, and many clinics, golf and networking/social events have already come and gone. Often I find that summer will breeze by and I'll look back feeling as though I didn't take the time to truly savor it before it was gone. So, as summer starts, my message this time is that we all make sure to truly RELISH summer and the great experience that summer with EWGA can be?

Reach out and meet the other amazing members by subbing for different leagues, participating in a clinic, or attending the Mallards outing or a golf event.

Expand your participation through volunteering - it's a great way to truly get to know people, and it's wonderfully rewarding too!

Laugh, and laugh, and laugh and have fun -- sometimes I think this is the main thing our chapter does! (Hurrah for Happy Hour after golf!)

Invite others to join EWGA so they too can enjoy all the golf opportunities we offer (plus the fun and friendships).

Sign up to compete in the Chapter Championship - it's a great way to challenge yourself and discover your abilities to step up to challenging situations.

Heed this one (if nothing else) -- hold yourself to having time for healthy happiness everyday...possibly from a Hole in One! (Ha)

Warm wishes for a great summer and look forward to seeing you on the golf course!



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Shelly Armstrong
President - Madison Chapter EWGA

The 4th Annual -The Good, the Bad & the Ugly - July 12, 2007

Get your golf clubs ready. Even if you don't have clubs, get ready to have the best time you've ever had on the course. The Executive Women's Golf Association and The Business Forum will hold The Good, the Bad & the Ugly again this year. This is the 4th Annual Professional Women's Golf and Networking Event, which will be held on July 12th at The Meadows of Sixmile Creek with a shotgun start at 1:00pm.

Whether your game is good, bad, or just plain ugly, we invite you to join us for an afternoon of golf and networking with professional women in the Madison area. We especially invite those who are new to the game. We will provide etiquette, rules, and tips for all who attend this fun and welcoming event. This is the opportunity each year to get together with other professional women for golf in a relaxed and non-threatening atmosphere. Past players have come away from this event with many new contacts and relationships that continue to this day. You will also come away with some nice gifts and will have a chance to win one of many prizes, such as a Sun Mountain Diva golf bag or Tehama jacket. We hope you can join us. For more information go to www.ewgamadison.org. The deadline to register is July 6, so register today.

Kris Koenig

The Chapter Championship Social Scramble is July 14

So you don't want to compete in the EWGA Chapter Championship, but you want to enjoy a Saturday afternoon of golf? Join us for the EWGA Chapter Championship Social Scramble at The Meadows of Sixmile Creek. We will tee off directly after the Chapter Championship (see Newsletter item below) tees off, but without the pressure. Join your fellow EWGA members for a fun round of golf. Register at www.ewgamadison.org.

Kris Koenig

WE WANT YOU! To play in the 2007 EWGA Madison Chapter Championship - July 14, 2007

WHEN: Saturday 7/14/07, 8:30 am

WHERE: Meadows of Six Mile Creek, Waunakee, Wisconsin

ENTRY FEE: \$85 per golfer (includes 18 hole round, golf car, and prizes!)

WHO: Anyone who has a USGA Handicap is invited to participate.

You can enter on your own or form a Scramble team.

FYI: A Scramble Team from the Madison Chapter won the National Competition in 2006 (Shelly Armstrong, Terri Redmond, Sarah Dekraay, Ginger Zimmerman). Maybe they need to be challenged this year?

QUESTIONS: ask your Chapter Championship Director, Gretchen Nagle or go to www.ewgamadison.org.

Gretchen Nagle

SUMMARY OF 2007 EWGA CHAMPIONSHIP: Chapter Championship - July 14, Semi-Final Championship - August 18, Championship Finals - September 7-8

It is the largest organized women's amateur golf competition in the world! The EWGA offers a time and place to put your game to the test. Members of all skill levels, provided you have a USGA Handicap, are encouraged to compete. For further information on this national competition, go to ewga.com.

Three stages:

- 1) The Chapter Championship is an 18-hole qualifying round held at each Chapter location. The Madison Chapter's Championship is on Saturday, July 14, 2007 at The Meadows of Six Mile Creek in Waunakee, Wisconsin.
- 2) The Semi-Final Championship, Upper Midwest District, an 18-hole District Semi-Final round, is held at TPC Deere Run in Silvis, Illinois on Saturday, August 18, 2007.
- 3) The EWGA Championship Finals, a two-day, 36-hole event is held on September 7-8, 2007 at the Hermitage Golf Course in Old Hickory (Nashville), Tennessee.

How It Works: The Low Gross and Low Net Champions in each flight are eligible to advance. The first place Inter-Chapter Team Scramble Competition winners are eligible to advance. Registration information for the Semi-Final Championship will be provided at the Chapter Championship to all competitors eligible to advance.

The EWGA Championship, by design, offers two different competitive formats: Stroke Play and Inter-Chapter Team Scramble Competition. You select the competitive format that best fits your game, personality and skill level....The choice is yours!

Details:

Stroke Play Competition

Competitors are flighted in five flights at the Chapter Championship qualifying event based upon their USGA Handicap Index and remain in that flight throughout the Championship. The EWGA Championship is conducted with both Low Gross and Low Net

Winner in each flight.

Inter-Chapter Team Scramble Competition

Now, if teamwork and teambuilding is your strength, this may be the format for you. This format consists of a four (4) woman team, comprised of your Chapter friends and fellow golfers, who meet the eligibility requirements to play in the scramble format.

Gretchen Nagle

EWGA GOES TO THE MALLARDS GAME!!!! - July 20, 2007

Attention All EWGA Madison Members!!!!!!

Now is this time to sign up for the Mallards Game on Friday, July 20th.

Come on out to the Duck Pond at Warner Park to see the Mallards play Battle Creek. Mallards Games - game time is 7:05 - Friday Night, July 20th.

\$35 Per Person - Members and Non-members. Unlimited food and drinks in the Duck Blind!!!!!!!!!! That's right, for only \$35 you get admission to the game, and all you can eat and drink.

As an added bonus, William "Refrigerator" Perry will be there to give Super Bowl Shuffle lessons!!!!

Gates open at 5:30. <http://www.mallardsbaseball.com/home/>

Feel free to invite your friends, family and co-workers. Everyone is welcome!!!! We should have a great time and hope all of you and your friends can make it!!!! Click here for more info or to Register: http://www.ewgamadison.org/pages/whats happening_211.cfm

Any questions please contact Joann Bernards.

Joann Bernards

Golf Education Programs 2007 - next program September 11, 2007

Summer is here and we hope you took advantage of the spring lessons and clinics. The EWGA has developed a series of "Breaking 100" education programs, which were promoted to Madison Chapter members for the first time this season and delivered locally by the following golf professionals: Joel Weitz at Vitense, Dian Murphy at University Ridge and Chris Paitrick at The Meadows of Six Mile Creek. We're interested in knowing if you would like to see these programs offered again next year, so please email your comments, suggestions and/or thoughts to Candi Walker. Any type of feedback is welcome.

Your next educational opportunity, "Playing the Mental Game," begins September 11 at University Ridge and is designed for intermediate to advanced golfers. Class size is limited, so register early at www.ewgamadison.org.

Candi Walker

It's all about you at the Madison Women's Expo - November 17-18

Exciting plans are underway for the 9th annual Madison Women's Expo, presented by **brava** magazine. Save the weekend of November 17-18 for exciting celebrity speakers, interactive classes and demonstrations, great shopping opportunities and so much more! The Madison Women's Expo attracts hundreds of exhibitors from throughout the Madison area and its surrounding communities. From health and fitness to beauty and fashion, there's something for everyone! Not only do attendees enjoy visiting the exhibits, they also love the opportunity to take part in cooking demonstrations, dancing classes, home and beauty makeovers, scrapbooking sessions, and more! There's food to try and fun things to buy. Plus well-known celebrities and performers will be there throughout the weekend to entertain us.

If your business would benefit by reaching over 7,000 women eager to learn about products and services to enhance their lives, you don't want to miss this opportunity to be an exhibitor at this year's Madison Women's Expo. Sponsorship opportunities are still available, too! Visit www.madisonwomensexpo.com or call 608-442-0454 x234 for more information.

Julie Redders

EWGA Leadership Announcements

EWGA Volunteers of the Month

Congratulations to Jody Hansen and Jean Kuehn! Jody and Jean are our most recent EWGA Volunteers of the Month. They were selected randomly out of all of our volunteers that helped out in the past few months. As winners, they each will be receiving a gift card to Nevada Bob's for \$25. Thanks again to Jody, Jean and all our EWGA volunteers!

Time to Start Thinking About Board Elections

It's that time again. As an organization we are ready to start preparing for board elections. Elections will take place in August, but we need nominations for candidates now. Please start thinking about how you might be interested in getting involved in the EWGA Madison board or who you think would be a great candidate. We have many chair and vice chair positions available in Membership, Sponsorship, Communication, Social Events, Education, Handicap, Events and Leagues. We will also be formally electing out President,

Vice President and Treasurer. Please watch for more information and nomination forms shortly or contact Heather Robinson via email or 608-843-6967 for more information

Suzanne M. Stelzer

Golf Tip - provided by Dian Murphy, LPGA Class A, Director of Instruction, University Ridge

Take my three tees on the course with you and think about them before each shot:



Tension: Let it drain out of your shoulders, neck and hands by taking a deep breath and holding the grip lightly before you take the club back.



Target: Have a routine that sets you up on your target line on every shot. Golf is a target game.



Tempo: Your swing should have a tempo. The swing should take two seconds, from the time you take the club away until the club makes ball contact.

Candi Walker
EWGA Madison Education Chair

Putting Fun into Exercise

Your approach and your attitude toward exercise are extremely important. A recent research study on teens at the University of North Carolina showed that the strongest single factor causing teens to exercise was "personal fulfillment." In other words, it was fun and made them feel good. To exercise regularly for the rest of your life, you need to find a way to make exercise enjoyable and fun.

How can you make exercise fun? Here are some examples of ways to make exercise more enjoyable:

- * If you enjoy interacting with others, find friends, co-workers, neighbors and/or family members to exercise with. Another social way to exercise is to join a class.
- * Make exercise purposeful. Combine your exercise with things that need to be done such as going to a store or visiting a friend. Walk or bike there.
- * Train for a charity event. This way you exercise and help a good cause all at the same time.

* Play music to jazz up cleaning your house. Put on some tunes and have your own private dance aerobics class.

* If you love to walk, vary it by taking a walk in the woods.

* Vary your exercise with the seasons. What summertime activities do you love to do? Plan a season ahead so that when the season changes you are ready to change, too.

Now select some of your fun activities and start doing them!

Did you know Unity policyholders and their enrolled spouses can earn rewards for working out through Unity's Fitness First program? For more information, visit unityhealth.com and click on "Fitness & Wellness" or call Unity Customer Service at 1-800-362-3310.

Julie Wuerger

How to Reduce Email Spam

Did you know that, calculated on a worldwide basis, the IT cost of dealing with spam will rise from \$20.5 billion in 2003 to a staggering \$198 billion by 2007 (source: The Radicati Group)? That is a lot of spam! Beyond the annoyance factor, spam eats into our productivity, costs money, and sometimes carries viruses. What can we do to reduce the amount of email spam? Plenty--read on.

1) Never reply or try to unsubscribe from spam. Spammers normally use sophisticated programs to blindly blast out emails. By replying or unsubscribing, you are letting the spammer know that they have found a real working email account. You are now the perfect candidate for more spam, your email name gets labeled as "confirmed deliverable", and the problem compounds. If you didn't originally opt-in, do not opt-out or reply.

2) Set up a secondary email account. There are many free online email accounts available, like Gmail, Hotmail, MSN, YahooMail, etc. Set up a secondary email account and use this for any type of registration. This could be used for an online registration, printed product registration cards, or any other place where you are asked to provide an email address for newsletters, subscriptions, membership directories, or online groups, for example. This strategy keeps a large volume of emails out of your personal email inbox. Check the secondary account once every few weeks, quickly skim the subjects for anything meaningful, globally select all, and delete.

3) Be careful where you post your email address. Posting your email address on a website leaves it subject to be picked up by spammer email scraping programs. If you are going to list your email address on a website, ask your web programmer to encode your email address. This is a simple step that greatly reduces spam. Here is a link to a very detailed and technical article on how to encode your email address: <http://www.entrepreneurs-journey.com/519/how-to-reduce-your-email-spam-by-75/>. [Newsletter editor's note: this is a great tip.

This article mentioned includes a link to an easy email encoder. Unfortunately, our web site automatically "un"encodes the encoded email addresses, so please consult your member directory (which you can do online! - see "Members Only!" article below) for

the email addresses of any members mentioned in this issue of the newsletter who you may wish to contact.]

4) Update your email filters. Most email programs, Microsoft Outlook, Outlook Express, Mozilla Thunderbird, have the ability to add individual email filters. Spend 10 minutes and learn how to use them. Once you get the hang of it, you can add a new filter in seconds, almost the same amount of time to recognize and delete the email. If you want a more aggressive approach, there are programs that you can use, spamMatters, SpamAssasin, and Spam Bully, that can help reduce spam as well.

5) Report the unwanted spam to the Federal Trade Commission. Send a copy of unwanted or deceptive messages to spam@uce.gov. The FTC uses the unsolicited emails stored in this database to pursue law enforcement actions against people who send deceptive spam email. Does it help? Yes. Suspected "King of Spam" Robert Soloway, was recently arrested in Seattle for sending billions of spam emails.

6) Do not purchase anything promoted through spam. If you receive a spam email and are interested in the offer, go to a search engine and find the same product elsewhere. Do not support the spammer by purchasing the product.

7) Do not forward chain emails. Who wouldn't want free M&Ms or to collect a huge inheritance from our long lost Nigerian relative? Remember, if it looks too good to be true, it probably is! The same is true for emails alerting about a new virus. Before you email everyone in your address book about a virus, be sure to check to make sure it isn't a hoax. A good source is:
<http://www.symantec.com/avcenter/hoax.html>.

8) Learn more. Visit www.spamhaus.org for detailed information about the fight against spam. Hopefully these tips will help you reduce your spam intake. Good luck!

Mike Liston - Econoprint, Inc.

Members Only!

Need to find sub for those nights you will miss play while spending two weeks in Hawaii? - Want to plan a party and send an email invite to all members of your league? - Need to phone that woman from your league who works at Top Promotions about business but you lost her card? These are just a couple of issues solved by using the "members only" section of the EWGA Madison web site. To get to the "members only" part of the web site you will need your EWGA Madison password. You can check the bottom of any of the email blasts sent out by the webmaster as your special info is included with these emails. If you don't have your password you can send an email to the EWGA Madison webmaster for a reminder.

To log in to "members only":

1) Go to <http://www.EWGAMadison.org>

2) Click on 'Members Only'. Sign in with your first and last name and password.

To request a sub or send an email to a league:

3) Click on 'Send an Email'.

4) Click on the drop list for 'Category/League to Send To' and Select the correct Sub list. Make sure the word 'Subs' is in the title or your request will go to the actual league and not just the Sub list! For example: If you want the substitute list for the Monday night league at Bridges select: 'Bridges - Monday Subs' You can also send an email to any of the 'regular' leagues listed by simply selecting the league. For example you can select the regular Monday night Bridges league by selecting: 'Bridges - Monday'.

5) Type the message of your email and click the Send button!

When requesting a sub remember to include the date, your tee time and which course/league, since many women are on more than one sub list! Also indicate whether you would like payment (and if so how).

To look up the business phone number or email of someone from your league:

1) Click on 'Member Directory'

2) In the category box, click on the league you are looking up and press the Add>> button.

3) then press the Search button.

This will bring up a list of all members of that league. You can scroll down and find the person/information you are looking for. We are part of a great organization with many resources at our finger tips. Let's make use of what we have!

Jill Schleis
Communications Chair

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 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

Chan Stroman, 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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