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## Newsletters

# On Course!

## EWGA Madison Chapter Newsletter

**June 2008**



### A Message from the President

Finally, warm weather has arrived and golf season is in 'full swing', despite interrupting Thunderstorms put a damper on several early June events, but we have many exciting



June is Women in Golf Month, so be sure to celebrate by taking advantage of one of our social events. Mark your calendars for June 21st, the date of our Chapter Championship Hawk's Landing! This is a great opportunity to compete or enjoy non-competitive golf. And we'll wrap up the month with the 'Getting to the Green in Fewer Shots' clinic on



If you didn't sign up to compete in our Chapter Championship because you don't have a handicap, now is the perfect time to start the process. EWGA offers the Golf Life Make establishing a handicap relatively easy. Plus, it's a great way to track your personal improvement in your game.

Warm wishes for a great summer. See you at an EWGA event soon!

**Anita Schleicher**  
**2007-2008 EWGA Madison Chapter President**



### Are you interested in getting involved with the EWGA

We are starting the election process and will be working to fill the below positions that board term starts this fall. Please contact Heather Robinson ([robinsonha@yahoo.com](mailto:robinsonha@yahoo.com)) ([Suzanne.stelzer@uniekinc.com](mailto:Suzanne.stelzer@uniekinc.com)) if you are interested in being on the board or know of a great addition.

President

Vice President

Secretary

Leadership Vice Chair

Membership Vice Chair

Sponsorship Vice Chair

Social Events Vice Chair

Education Chair

Education Vice Chair

Handicap Chair

Handicap Vice Chair

Leagues Vice Chair

## **EVENTS**

**By Sarah DeKraay (events chair)**

There are several travel events on the calendar this year with the idea of meeting an members and their guests, along with the opportunity to play some diverse golf cou Madison area. The first travel event was scheduled for the weekend of May 17. The § the Bull in Sheboygan. It was a challenging day and 10 people attended. There were two guests. After golf, the group had appetizers and drinks at the beautiful clubhou and discussed their day. The overnight stay was reserved at a local hotel and the gar for Whispering Springs in Fond du lac. Unfortunately, the wind chill on Sunday wa the winds were howling. The play on Sunday was cancelled, but everyone agreed th a lot of laughs and some good golf. A special thank you to Jeanne Whitish for settin

The second travel event was scheduled for June 7 & 8 at Chula Vista resort. It was d play package with unlimited golf, appetizers at the clubhouse, a boat cruise, overnig a Sunday event for EWGA members and their guests with a format scheduled for a l event. 20 people signed up. On Saturday, the first foursome to tee off made it to the were called off the course due to lightning. The other members and their guests we course when the lightning came. Everyone safely made it to the clubhouse, when th of a torrential downpour. At that point, the clubhouse was evacuated and everyone i themselves to the Chula Vista waterpark resort across the street from the clubhouse tornado sightings. The staff at Chula Vista resort escorted everyone to a tunnel und where there were several hundred people from the resort. After sitting in the tunne was allowed to leave. Unfortunately, the resort had lost power during the storm, so in darkness to the main lobby. The staff at Chula had clearly been well trained in en and easily directed everyone with the aid of flashlights. Unfortunately, since the pov everyone arrived at the lobby, there was nothing to do since no one could check intc point, the unanimous decision was made to return to the clubhouse for drinks and s returned to the clubhouse located across the street from the resort for another hour events that had taken place that day. By 5pm, since it had become clear that there w following day and the party barge was cancelled for that evening, everyone decided and have the event rescheduled. Although we were not able to conclude the event, it and will be talked about for years to come. A special thanks to Jackie Grande for set Chula Vista.

The next event scheduled is the EWGA championship event on June 21 at Hawk's L fun event held in conjunction with the championship. The Good, Bad and the Ugly 24 at Six Mile, and the Charity Event is August 13. The annual Badger Cup is Augus other travel events on the agenda include Windwood, Lake Windsor, Evergreen, an refer to the website for more information on these upcoming events and sign up! Ea for guests and it provides a special opportunity to meet and play with other membe

## **Upcoming Events!!**

Make sure to mark your calendars for the EWGA annual Charity Golf Outing on We 2008. The beneficiary of our 2008 charity golf outing is the American Heart Associ Chapter, Go Red For Women. The American Heart Association is a voluntary healt is: "Building healthier lives, free of cardiovascular diseases and stroke". Go Red Fo nationwide and local movement that celebrates the energy, passion and power wom together and wipe out heart disease. Thanks to the participation of millions of peop the color red and the red dress have become linked with the ability all women have health and live stronger, longer lives. Every dollar we are able to raise for our local movement will be matched by the national American Heart Association at 10-to-1 s make a real impact into research and education in Dane County to help prevent car women. The event will be held at the Meadows of Six Mile Creek in Waunakee. If y a sponsor for this fun event, please contact Roxanne Wenzel at [wenzel@charter.net](mailto:wenzel@charter.net) [lenz@starkhomes.com](mailto:lenz@starkhomes.com). You can sign up to play on-line at <http://www.ewgamadiso> 'events'. We look forward to your participation as this will be a very fun event!

### **June is Women's Golf Month!**

American Express Women's Golf Month Overview

Now in its fourth year, American Express Women's Golf Month is a precedent-settin top U.S. golf organizations aimed at increasing the participation of women in golf. S golf facilities across the U.S. from Sunday, June 1 through Monday, June 30, 2008, Women's Golf Month will offer women 14 years of age and older free golf lessons an networking and social activities customized by each host facility.

In addition to complimentary golf instruction from PGA and LPGA Professionals, participating facilities may offer activities such as networking receptions, golf rules and etiquette equipment demonstrations, golf apparel fashion shows, luncheons and contests. Golf clubs will be available at all locations. While golf instruction will be offered free of charge, other activities such as dining and on-course playing opportunities will be offered for a fee.

#### Complimentary Subscriptions

All women participating in American Express Women's Golf Month and registering for a complimentary one year subscription to Golf For Women Magazine!

Membership Savings for Women's Golf Month!

It's a great month for new members to join our chapter. Provide the special form attached (this month only) to friends looking to join and they will save \$25!

[http://www.ewgamadison.org/site\\_uploads/uploads/2008WGMUnityLogo.pdf](http://www.ewgamadison.org/site_uploads/uploads/2008WGMUnityLogo.pdf)

Check out the Play Golf America website at: <http://www.playgolfamerica.com/index>

Here are some area events we know of so far:

#### Meadows of Sixmile Creek

Saturday, June 28, 2008, 8:00 to 9:00 am -- Cost: Member \$ 25, Non-Member \$ 35  
800 North Century Avenue  
Waunakee, WI 53597

Getting to the Green in Fewer Shots is designed to help you understand the choices that help you get to the green successfully based on your own skills and abilities (often called "course management"). This program includes understanding how to "plan" a hole and choosing the right club, understanding how to get out of the rough successfully, and learning how to use less force (as half swings) to improve your overall score.

Vitense Golfland (Joel Weitz)  
5501 West Beltline Highway  
(West Beltline & Whitney Way)  
Madison, WI 53711  
Phone: (608) 271-1411

Women's Golf Month Playing Opportunity \$15.00 Jun 21, 2008; 9:00 AM - 12:00 PM  
Event Description: Women's Two Person Team Golf Outing & Clinic - Enjoy a one hour instruction by a PGA Golf Professional then play 9 holes with your partner in a fun scramble format. After the round from our Green Tree Grill. Call the facility to sign-up. Invite your friends!

## Food and Nutrition Quiz- Submitted by Unity Health

1. Which has more fiber, one medium apple or one slice of whole grain bread?

One medium apple has five grams of fiber while one slice of whole grain bread has 2 grams. Dietary fiber is found in plant foods like whole grains, fruits, nuts and vegetables. In the digestive system, fiber is eliminated, taking with it waste products the body doesn't need.

2. How much fruit should you eat each day?  
a. 1 cup b. 4 cups c. 2 cups d. 1/2 cups

c. The recommended amount of fruit is two cups per day based on a banana and one medium apple a day or 16 grapes and one wedge of watermelon.

3. How many vegetables should you eat per day?  
a. 1 cup b. 2 1/2 cups c. 5 cups d. 1/2 cup

b. The recommended amount of vegetables is 2 1/2 cups per day. That would be six ounces of one medium baked potato (1 cup) and two cups lettuce (1 cup of lettuce = 1/2 cup vegetable).

4. Which has more calories, one tablespoon of butter or one tablespoon of vegetable oil?

This is a trick question as they are both the same at roughly 120 calories each. The c has 30 mg of cholesterol in it and is a primarily a saturated fat while the vegetable-l mg of cholesterol and has both monounsaturated fats and polyunsaturated fats. Bot moderation.

5. True or False: Skipping meals is a good way to lose weight.

False. Studies show that people who skip breakfast and eat fewer times during the d than people who eat a healthy breakfast, including some protein, and eat four or fiv be because people who skip meals tend to feel hungrier later on, and eat more than may also be that eating many small meals throughout the day helps people control t your day with breakfast is a way to jump-start your metabolism after sleeping all ni little higher all day long.

## Updating Your Contact Information

If you have a change in your name, address, phone or e-mail address it is very easy t database information comes from the Headquarters database, so a change there is a you change the information at HQ, our system will get the new information in a wee "members only" area of the [www.ewga.com](http://www.ewga.com) website. When you have logged on, you appear in the upper left section of the screen. Click on the profile and you can chang information very easily. If you prefer, you can call 800-407-1477 x 10 and make the However, using the website is much quicker and more accurate. If you have any que contact me.

### Terri Redmond

Ashley Wendels, Editor

**EWGA Madison**  
**Hotline 608-663-1347**  
[www.ewgamadison.org](http://www.ewgamadison.org)

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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](#)

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