

Newsletters

On Course!

EWGA Madison Chapter Newsletter

March 2007

President's Message

Welcome! Or, Welcome Back! It's Kick-Off Time!

Spring is almost here! It's that exciting time of year for EWGA members, when we "Kick-Off" a new year of fun, events and reconnecting with those we may have lost touch with over the busy winter months. It's that time of year to bring new friends in, to join our chapter, make new connections and share in all the laughter and great activities we have to offer.

Kick-Off is just a little over two weeks away! This year, it's **Tuesday, March 27 at the Sheraton beginning at 5:30 p.m.** Please make sure to register yourself and guests for Kick-Off today! And don't forget to renew your membership!

We have lots to offer this year (just check out our calendar of events) and Kick-Off is that great chance to learn more.

As a good friend just said the other day, just 30 inches of snow or so to melt and we're back on the golf course! So join us, bring those guests and new members and share in spring fever and fun!

I look forward to seeing you and meeting new members at Kick-Off!

Shelly Armstrong
President - Madison Chapter EWGA

Social Events 2007!

We have some exciting social events planned for 2007!

Mark your calendars for Wednesday, April 25, 2007 for our Prize Donation Night along with Pedro's networking and Nevada Bob's shopping, and on Friday night, July 20, 2007, EWGA goes to a Mallards game!



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Unity Health Plans Insurance Corporation



Do you have something you would like to donate the EWGA-Madison prize bank? Bring it to Pedro's on **April 25th** and we'll buy you a drink. That is right, bring a prize donation and EWGA will buy you a drink! This is a great opportunity to get your company logo items out there. Got a sleeve of balls you won't use? We'll take them! Got a hat, visor, towel or random golf item you won't be able to use? We'll take them! Plus, you get a drink out of the deal. After Pedro's we'll be heading to Nevada Bob's new store located behind Pedro's next to REI. At Nevada Bob's, Joel and the gang there will be there after the store is closed to the public, with wine, cheese and great deals for our EWGA members!

Also, Friday night **July 20th** EWGA-Madison goes to a Mallards game! We'll be in the Duck Blind at The Duck Pond. Only \$35 per person (members and non-members same price) gets you admission to the game and unlimited food and drink! Please note that all members and non-members are welcome! So bring your co-workers, neighbors, friends, spouses and family. Please look for an email in the near future and postings on our website, www.ewgamadison.org, to sign up.

These are two great opportunities to meet all our members no matter what your golf level may be!

Any questions, comments or concerns please contact Joann Bernards at jbernards@murphydesmond.com.

Joann Bernards

2007 EWGA Golf for a Cause - May 23, 2007

On May 23rd, EWGA will host its annual Golf for a Cause charity event. We will again raise money for DAIS (Domestic Abuse Intervention Services), which provides support for women and children affected by domestic abuse. This meaningful and fun event will be held at The Meadows of Sixmile Creek and is an 18-hole scramble. A dinner, presentation and silent auction with many great items to choose from will follow. Please join us and help raise money and awareness of this important cause for women and children. You may register online at www.ewgamadison.org. We are proud to have Madison's CW as the media sponsor for this event.

Kris Koenig

Upcoming Golf Events - August 4, 2007 "Badger Cup" and July 12, 2007 "The Good, The Bad & The Ugly" Golf Event

We have many great activities in store for you this summer to help you network with your peers, get out on the course, and just have fun. We will debut an exciting new event on August 4th called the Badger Cup. Our chapter will compete with our fellow Wisconsin Chapters. It will be held at The Bull at Pinehurst Farms in Sheboygan Falls, which is the only Jack Nicklaus Signature Golf Course in Wisconsin. We will provide more details on format, time, etc. in the near future.

In addition to this, the 4th Annual "The Good, The Bad & The Ugly" Golf Event is set for July 12th at The Meadows of Sixmile Creek. This scramble is a fun golf and networking event for professional women and brings together members of EWGA, The Business Forum and their guests.

We will once again hold Traveling Events throughout the summer with new locations. We will provide information on these in upcoming newsletters and on www.ewgamadison.org. We hope to see you at one of these events this summer.

Kris Koenig

WISCONSIN'S FIRST GOLF LICENSE PLATE NOW AVAILABLE

Golf fans - the wait is over; now you can display your love for the game everywhere you go. For an extra \$25 a year, you can purchase a new "Golf Wisconsin" license plate for your car. The classic white plate carries the distinctive "Golf Wisconsin" logo and the phrase "Support Junior Golf." Seventy-five percent of the funds raised by the plate sales will be used by the Wisconsin section of the PGA to support junior golf programs. The Wisconsin Department of Tourism will use the remaining funds to promote golf around the state.

"The Golf Wisconsin license plate is a wonderful opportunity for residents to promote the game statewide," said Joe Stadler, executive director of the Wisconsin section of the PGA. "Golfers in Wisconsin love their sport and purchasing this license plate is a great way for them to show that they're a fan of the game and help support junior golf programs at the same time."

A Golf Wisconsin license plate application is available online at travelwisconsin.com/golf or can be obtained at Wisconsin Welcome Centers, as well as Wisconsin Department of Transportation offices.

"We need to keep the momentum going to make our state even more of a destination for golf and to build participation by young people," said Representative Bob Ziegelbauer (D-Manitowoc). Ziegelbauer introduced the bill creating the plate as a way of promoting Wisconsin as a national golf destination after the success of the 2004 PGA Championship. "Wisconsin golf is something that we should always be promoting, especially with so many national tournaments scheduled in the state over the next few years."

For information on golfing opportunities in Wisconsin, including the 2006 Wisconsin Directory of Golf Courses, the public can call the Wisconsin Department of Tourism at 1-800-432-TRIP/8747 or visit travelwisconsin.com. Free travel information can also be found at the Wisconsin Welcome Centers, located in select state-border cities.

NOTE: For a downloadable, high res image of the new Golf Wisconsin license plate, [click here](#).

Shelly Armstrong

Volunteer Needed - Communications Vice-Chair (Board position)

We have a great opportunity for you to get involved with EWGA as part of the board. Help spread the word on chapter events and information by assisting the communication chair with organization and maintenance of the website and chapter communication such as e-mail and newsletters. In the Vice Chair position, you can get involved while still being able to learn from the Chairperson. Plus, volunteering for the board is the perfect way to learn more about EWGA, meet people and share or expand your talents. If interested, please contact Heather Robinson at robinsonha@yahoo.com or 608-843-6967.

Heather Robinson

LIGHTEN UP WISCONSIN: A team approach to increasing physical activity and weight loss

Unity is proud to sponsor Lighten Up Wisconsin, a four-month team challenge that encourages teams of 2 - 10 members to make small, realistic and permanent changes in their dietary and exercise habits that will last a lifetime. The program runs from January 15 - May 15 and encompasses a focus on both weight loss and increasing physical activity.

Team captains receive weekly exercise and nutrition tips plus a healthy recipe and online challenge to share with their team members. A Lighten Up Wisconsin handbook is provided to all team members and provides detailed program information, healthy eating tactics, tips on adding physical activity into your life and other resources. Team progress is monitored through an online Leaderboard.

Registration is open **until March 15, 2007**. For more information or to register, visit www.lightenupwisconsin.com.

Kristie Kasbohm

Weight maintenance: a simple 100 calories a day can be the difference in weight maintenance versus gain or loss

When you think about weight gain, you probably think overeating to excess or failing to get any activity. The reality is a simple 100 calories a day can make the difference in weight gain or loss. According to the University of California Wellness Letter, the average American gains about two pounds a year. Since every pound of body weight equals 3500 calories, two pounds translates into an extra 19 calories a day. 19 calories is easy to surpass so if you look at the overweight incidence it's feasible to think in terms of 100 extra calories on a daily basis.

Making a change in your intake that equals 100 calories is very simple. For example, try:

- * Water-packed tuna instead of oil-packed
- * One cup of whole grain cereal instead of two

- * Tomato slices, lettuces leaves and pepper strips on a sandwich instead of mayo
- * Two cups of skim milk per day instead of two cups of whole milk
- * A cup of low-fat, sugar-free yogurt, instead of a doughnut
- * A cup of water flavored with a lemon instead of a soft drink

(Source: American Dietetic Association)

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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