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EWGA Madison Chapter Newsletter

September 2007



President's Message

It's Not Over Until It's Over

My last message encouraged us all to RELISH summer before it raced past us. Guess what? The beginning of fall is already upon us! Wow.

Yet there is still so much to enjoy year-round with the EWGA Madison Chapter (check our website for details):

- Fall Leagues - consider adding your name to the sub list or call a fellow member to use up one of your many rain checks!
- Year-End Volunteer Recognition Event at Meadows of Sixmile Creek 9/28 (think LOTS of prizes, thank-yous and fun!)
- Continued networking / social events over the late fall/winter months

And, winter, spring, summer or fall--it's always a great time to encourage friends to join or renew membership in EWGA.

Soon you will receive a survey from our board looking for your feedback as we begin to plan all of the great opportunities for golf, education and social events for the coming year. I encourage you to take time to complete our survey - we really take to heart all of your feedback and work hard to make your experience as a member fabulous.

As I near the end of September and the end of my term as president, I want to really thank the great women on our board of directors. You're a dedicated, insightful group that has had many accomplishments and yet the 'work' has been so enjoyable because I've gotten to know such interesting, diverse and fun women better.

Also, thank-you to all of the volunteers over the past year -- without you, we simply could not accomplish all that we do.

Warm wishes for a great fall and I look forward to seeing you all at our Year-End Volunteer Recognition Event!

Shelly Armstrong
President - Madison Chapter EWGA

MADISON TEAM BACK-TO-BACK-TO-BACK CHAMPIONS

The Madison team of Sarah DeKraay, Ginger Zimmerman, Shelly Armstrong, and Terri Redmond won the 2007 Executive Women's Golf Association Championship in the scramble team division with a 36-hole net score of 129 at Hermitage Golf Course in Nashville, Tennessee on September 7 and 8, beating fifteen other teams from across the United States.

Sporting shirts with a target on the back, the defending two-time champions birdied 8 of 9 holes on the front 9 the first day firing a blistering 12 under par overall and leaving the closest team 5 shots back. The champions extended their lead in the final round to win their third consecutive EWGA championship by 10 strokes and earn an automatic bid to the 2008 championship finals in Portland, Oregon to defend their title for a record-setting fourth win.

Additional winners from Wisconsin, competing individually, were Norma Tirado (who placed 3rd low net in the 2nd Flight with Jeanne Whitish of Madison performing admirably as her caddie) and Pattie Pelischeck (who placed 3rd low gross in the Championship flight).

Shelly Armstrong

[See a photo of the champions at the end of this newsletter! Pictured from left to right are: Terri Redmond, Shelly Armstrong, Ginger Zimmerman, scorekeeper Christy Bartlett and Sarah DeKraay]

Congratulations to EWGA-Madison Volunteer of the Month Mary Batt!

Mary Batt is our most recent EWGA-Madison Volunteer of the Month. She was selected randomly out of all of our volunteers that have helped out in the past few months. As a winner, Mary will be receiving a gift card to Nevada Bob's for \$25. Thanks again to Mary and all our EWGA volunteers!

Suzanne M. Stelzer

Congratulations to Linda Hicken on her hole in one!

I wanted to share with everyone a recent email I received from Linda Hicken, who is our League Captain at the Ridge this year.

We each both purchased the same new set of Adams Club and really like them. The one problem is the 7 is now a hybrid and we have talked at length about missing our 7 wood...fortunately Linda kept that club from her old set!

Enjoy her email and let's all congratulate her on her accomplishment...

Mollie Dougherty-Chritton

----- Original Message -----

Subject: I got a hole in one!
From: Linda Hicken
To: Mollie Chritton

Hi Mollie,

Well it's a good thing I hung onto my 7 wood. I shot a hole in one with it yesterday at Hawks Landing! My first.

I didn't actually see it go in the hole (the 17th). I was hitting into the setting sun. I thought I had hit it well and that it was on a good line. When my husband, Jeff, and I got to the green, only his ball was on. I figured my ball had gone over the green. I looked and looked in the rough past the green, but couldn't find it (with all the rain, the roughs are very long and thick).

I was mad that I was going to have to take a penalty shot for a lost ball. While I went back to my bag to get another ball and my chipping wedge, Jeff went to pull the pin so he could putt. My ball was in the cup!

Hope you're having fun at Glenway.

Linda

Reward Yourself

Adding physical activity into your life and working toward a permanent lifestyle change is no easy task. The Cooper Institute, a non-profit institute that researches exercise and behavior change, has found that people who increased their use of rewards were more likely to do the recommended amount of exercise three years later than people who did not use rewards.

The Cooper Institute further found that people reward themselves in two basic ways. One way is through internal feelings of success, such as when you exclaim to yourself, "I did it!" This is referred to as an intrinsic reward. The second way is called extrinsic. This involves rewards that come from outside of us, such as a massage, a subscription to a magazine, a new pair of tennis shoes or going on a date with your significant other. These rewards are something you can touch or hold and are of value to you.

Unity's Fitness First and Fitness First for Kids programs are designed to reward individuals for a healthier lifestyle. Through Fitness First, subscribers and their spouses can earn either cash or prizes. Kids can earn prizes through Fitness First for Kids. It is our way of saying we are proud of you and are happy for you. We also want you to be your own cheerleader. Take time to review your accomplishments and give yourself the recognition you deserve through rewards.

For more information on how you can earn rewards through Unity's Fitness First or Fitness First for Kids programs, visit unityhealth.com and click on *Fitness & Wellness*.

Julie Wuerger

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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