



For membership information and much more go to
<http://www.rlga.org/>

Welcome to RLGA 2007!

Captain's Corner by Phyllis Ellermeier

Our new board has a great year planned for you. There are fresh faces, some terrific seasoned members and many returning members. As your new Captain, I am honored to return to this board and pay humble respect to all who have had this job before me. Please contact me anytime at 2060-819-5352 or pellermeier@puyallup.k12.wa.us.

For potential new members reading this message, please know no matter your handicap, RLGA welcomes you to our membership as long as your pace of play keeps up with the group in front of you. Ask me about some tricks to better accomplish this task.

Board meetings are held the first Wednesday of every month at 6:30 PM at the Divot Cafe. All members are invited to attend and address your concerns on how to shape your RLGA to better serve all of our golfing needs.

December 14th Storm Damage



The storm felled seven trees between 15 and 16.



The approach to 17 from the fairway with the downed tree framing the north edge of the green.

The FORE!

January 2007 Vol 19 Issue 1 Page 1 of 4
 The official Newsletter of your Riverbend Ladies Golf Association chartered since 1989 with reserved Saturday and Sunday morning tee times for our members.

Your 2007 Board of Directors:

Captain	Phyllis Ellermeier
Co-Captain	Mary Ryan
Secretary	Cathy Rosa
Treasurer	Teresa Le
Membership	June Secreto
Handicap	Jerri Proszek
Tournaments	Janet Best
Competitions	Susan Stahl
Player Recognition	Peggy Haugan
Social/Historian	Mary Ann Hobson
Rules/ByLaws	Anne Tuttle
PNGA Rep	Lynne Crandall
GSWPGA Team Co Captain	Gerri Johnson
GSWPGA Team Co Captain	June Secreto
WSWPLA & GSWPLA Trustee	Fran Zickes
Past Captain	Betty McCarter



Phyllis Ellermeier



Jerri Proszek



Mary Ann Hobson



Mary Ryan



Susan Stahl



Anne Tuttle



Cathy Rosa



Peggy Haugan



Fran Zickes



Teresa Le

Susan Stahl requests member input for 2007 competitions. Have you playing in any fun events? Send your ideas to susans@exoticmetals.com

If you are reading this newsletter on the RLGA website, the E-mail links should be clickable.

Riverbend Ladies Golf Association 2007 Tournament Schedule:

Date	Time	Tournament	Notes
Saturday February 24	9:30 AM	Combined Score	Blind draw for partner Non RLGA members invited
Saturday, March 24	8:30 AM	Spring Fling	RLGA Only
Saturday April 28	8:30 AM	Invitational Scramble/Social	Non RLGA members invited
Saturday May 19	8:30 AM	Throw Out 2	RLGA Only
Saturday June 16	8:30 AM	2 person Better Ball	RLGA Only
Saturday July 7	8:30 AM	Riverbend Cup Day 1	Team Competition RLGA Only
Wednesday July 11	8:30 AM	Wednesday Invitational	Non RLGA members invited
Sunday July 15	12:30 PM	Riverbend Cup Day 2	Team Competition RLGA Only
Sunday July 21	8:30 AM	Chapman (Mixed with Riverbend Mens Club?)	
Saturday August 19	8:30 AM	Club Championship Day 1	Great fun! *Must Qualify
Sunday August 20	8:30 AM	Club Championship Day 2	Great fun! *Must Qualify
Saturday September 15	7:30 AM	Rally for a Cure	RLGA Only
Saturday October 6	8:30 AM	Scramble/Chapman	RLGA Only
Saturday November 17	9:30 AM	Big Break III Skills Challenge	RLGA Only

Some details still tentative

Your RLGA membership entitles you to enter these events. Check the RLGA corner in the Pro Shop and *The Fore!* for invitational tournaments from other women's clubs in the area. Also, Riverbend Golf Course sponsors numerous events, which with your Ghin # you are also eligible to enter.

If you are reading this newsletter on the RLGA website, the web and E-mail links should be clickable.

Greater Seattle Womens Public Links Association
<http://www.gswpga.com/>
 To enter these events see entry forms in RLGA corner at Pro shop and/or contact Fran Zickes 206-938-1081
 bzickes@quidnunc.net
 Handicap Limit 40

Apr 12	Snoqualmie Falls, Spring Sweeps
May 10	Foster, President's Cup
Jun 14	Riverbend, Pro Am
Jul 12	Mt Si, Sweeps & Champion of Champions
Aug 6,7,8	Maplewood, City Championship
Sep 13	Jefferson Park, 2 Lady Best Ball
Oct 11	Twin Rivers, Fall Sweeps

Washington State Womens Public Links Association
<http://www.wswpla.com/>
 To enter these events see entry forms in RLGA corner at Pro shop and/or contact Fran Zickes 206-938-1081
 bzickes@quidnunc.net
 Handicap Limit 40

Apr 28	Sudden Valley	Bellingham
May 14,15	Apple Tree	Yakima
Jun 21	Druids glen	Kent
Jul 16,17,18	Championship, Highlander	Wenatchee
Aug 23	Dungeness or West Seattle	Sequim
Sep 10,11	Hawks Prairie	Lacey
Oct 13	Trilogy	Redmond

GSWPLA 2007 Team Schedule
 RLGA team needs six golfers to field each of these events. Team rules require the lowest handicap players be selected first, but no matter your handicap, if you are able to play on any or all of these dates please contact

Gerri Johnson (253) 770-4379
 bigforkgirl2003@yahoo.com

or
 June Secreto (253) 661-1499
 rjsecreto@comcast.net

Playing on RLGA team will help you get better faster. You should be eager to fill spots when the lower handicap players are not able to play.

	Date	Location
Friday	27-Apr	West Seattle
Friday	11-May	Jefferson Park
Monday	22-May	Bellevue
Friday	1-Jun	Jackson Park
Monday	11 Jun	Maplewood
Friday	20-Jun	Wayne
Friday	3-Aug	Foster
Monday	20-Aug	Riverbend
Friday	7-Sep	Mt. Si

Pacific Northwest Golf Association 2007 Schedule. To enter these events go to <http://www.thepnga.org>

Women's Amateur	July 9-13	Wenatchee G&CC	Wenatchee WA	Handicap Limit 12.4
Women's Mid Amateur	July 9-13	Wenatchee G&CC	Wenatchee WA	Handicap Limit 16.4
Women's Amateur Public Links	Aug 25-26	Banbury GC	Eagle, ID	Handicap Limit 40.4
Women's Senior Team	Sept 17-19	Gold Mountain GC	Bremerton, WA	Handicap Limit 40.4
Senior Women's Amateur	Oct 1-2	Hayden Lake CC	Hayden Lake, ID	Handicap Limit 27.1

Washington State Golf Association 2007 Schedule. To enter these events go to <http://www.thewsga.org>

Women's Best-Ball	May 21-22	Fairwood G&CC	Renton, WA	Handicap Limit 32.2
Men's & Women's Team	May 30-31	Suncadia Resort	Roslyn, WA	
Women's Amateur	June 25-27	Wing Point CC	Bainbridge Island	Amateur Div 20.4 Senior Amateur 26.4

When our weekend tee times are blocked out...

Your board has a plan! Mary Ann Hobson will get us tee times at other local clubs (occasionally not so local). Just call Mary Ann at 253-859-6493 on Wednesday instead of the Pro Shop and sign up. She may be able to organize this weeks in advance but other clubs won't be as accomodating for the number of players as our home club. It will be more important than ever to make that Wednesday morning call. Mary Ann's contact information will be shown on the the calender to help you remember to call her.

Doug Campbell, Head Professional at Auburn Golf Course said he would be willing to block off tee times for us on a regular basis forming a type of sister club. Auburn is so close to Riverbend travel time shouldn't be in a factor in member participation for this location.

When your board was discussing this issue at the board meeting oohs and ahhs were uttered by several members who had participated in a 2006 successful blocked out weekend rescheduled to Suncadia. Your board's plan is to turn blocked out tee times into a plus.

Again, board meetings are open to all members; first Wednesday of each month, 6:30 PM at the Divot Cafe.

Big Break II Results Nov 18th

It was cold but by noon most of us had unlayered. Umbrellas never opened. The back side had been closed earlier in the week because of flooding, but we played all 18. No new water hazards even though hole 15 had a gray cast over most of the fairway. Only eight players so most of us got some of our \$5 entry fee back.

Skills Competition		Scramble
1st pl	Susan Stahl	Both teams tied at 32; winnings pooled for pizza.
2nd pl	Janet Best	
3rd pl	Mary Ryan	
4th pl	Phyllis Ellermeir	
5th pl	Betty Arendall	

2007 Rules of Golf Seminar, Bellevue, February 2007

Want to "really know" the rules of golf? Only 21 of these seminars are held each year in continental US and one is just up the street. Sign up for the 2007 USGA Rules of Golf Workshop, Bellevue, Feb 19, 20, 21, 22, Monday thru Thursday, Registration Deadline February 9, 2007. Fee \$250. Call USGA to Register (908) 234-2300 x 5100; or register on line:

<https://members.usga.org/workshops/>
(This writer played last year with a 15 handicapper who took this course just so she wouldn't lose any strokes in tournament play because she didn't know a rule [or two].)

If you are reading this newsletter on the RLGA website, the web and E-mail links should be clickable.

Girls just wanna have fun!

A few words from your Membership Chairman June Secreto

There are many benefits belonging to the Riverbend Ladies Golf Group. First, we are one of the **only** ladies groups in the Greater Seattle Area that have preferred tee times on Saturday and Sundays as well as Wednesdays. Tee times are set aside each week, usually around 8:30 am. All you have to do is call the Pro Shop and give them your name. Then, you just show up that morning and the ladies put together groups depending how many want to play. It is really great that you do not have to find your own group. Also, there is a weekly competition you can join or not. Throughout the season many events are planned, which makes play fun.

At Riverbend the ladies have handicaps ranging from very low to very high doesn't matter. Our ladies just want to play golf and enjoy.

RLGA Discounts

When you buy a ball card (40 small buckets) at the range don't forget to announce you are a RLGA member. Regular price \$119; RLGA member price \$99.99. At the Firecreek Grill you need to announce you are a RLGA member to your waitstaff at the time you place your order (food only) to be entitled to your 20% discount (up 5% from 2006, thanks to the negotiating powers of Captain, Phyllis Ellermeier).

The secret to creating backspin by Joe Carranza, Carnation Golf Course

jc@joecarranza.com

As a PGA teaching professional in the Seattle area for over 15 years, I'd love to have a dime for every time I've heard this question: What's the secret to creating backspin? Many golfers consider it some kind of trick PGA Tour players use, and they want to learn it. In reality, most tour players would be happy if their ball simply stopped where it hit on the green. 2004's U.S. Open was a perfect example as player after player spun his ball off the putting surface — sometimes all the way back into the fairway. I'll tell you why backspin is not necessary to play good golf. Let's start with the moment of truth — impact. Backspin is created by striking the ball with a descending angle of attack, causing it to compress into the grooves of the clubface. At the same time, the ball starts to ride up the face, and this combination causes backspin. But even

before impact, there are two things every golfer can easily do to help create backspin. One is free, the other quite expensive. If the grooves in you club head are dirty, you don't have a chance. If your grooves are full of whatever, the ball simply cannot compress into them, regardless of how fast your swing speed is. Clean grooves don't guarantee backspin, but if they're full of debris that will guarantee no spin. The second item you need is a soft-cover ball, and the good ones cost about \$50 a dozen. These are the types of balls tour players use. They get them for free. These are not the most durable balls on the market and, in fact, they're quite temperamental. Any kind of topped, toed, heeled or skied shot will likely cause the ball go out of round and it quickly becomes worthless. Thick-skinned or hard-cover balls are much more tolerant of abuse, but the sacrifice is backspin. They

are less likely to compress into the grooves and therefore less likely to spin. This, however, is a good thing for most golfers because less backspin means less sidespin — fewer hooks and slices. So if you can keep your grooves clean and you don't mind spending \$50 plus on a dozen golf balls, you're ready to learn step three — the impact position. Most golfers scoop the ball off the ground, which can cause the ball to be hit high in the air but with little or no backspin. I could spend thousands of words trying to describe how to get into an impact position that creates a descending angle of attack, but this is best done with your personal PGA instructor. Typically, my response to players who want to learn how to create backspin is this: Why? Many golfers rarely get the ball to the green on their approaches, so why would they want to learn how to spin it back?

Player Recognition

by Esther Gladstone reprinted from 2006

The Riverbend Ladies' Golf Club board wants to encourage YOU to participate in all activities offered through membership in RLGA. These activities include events offered through our membership in City and State organizations, and Team competitions with other clubs, in addition to the monthly RLGA tournaments held February through October. While these events stimulate the competitive juices of some women, RLGA also offers the basics. Such as establishing a GHIN handicap and meeting other women golfers during tee times reserved for RLGA members on Wednesday, Saturday and Sunday. When you play in these time slots, you can take part in two activities offered by RLGA that provide the chance of winning prizes in a less competitive venue and without entry fees! Just for being an RLGA member, you can play in bi-weekly competitions by signing a sheet on the pro shop bulletin board, and you can participate in the Player Recognition program!

The Player Recognition Program seeks to praise RLGA members at all levels of expertise. This is done by recognizing individual accomplishments like playing the most rounds at Riverbend, breaking the 100, 90 or 80 barrier for the first time at Riverbend, and for lowest net score over the course of the entire season during RLGA play. Additional kudos and gift certificates are given for the most chip-ins and birdies, and for personal best scores. A report of standings is published in each FORE, and recognition pins are available for the first birdie and chip-in, and for breaking one of the watershed scores of 100, 90, 80 or 70!

As you can see, there are opportunities to be recognized no matter what your skill level is! By now you must be asking "How do I participate in such a wonderful program?" Just complete a pink Player Recognition Form after each round. To receive your recognition pin, answer "Yes" in the "Do you want a pin?" section on the pink form. Let's get out there and be a Force on the Course!

The FORE!

RLGA
P O Box 1091
Kent, WA 98035-1091

What should you do if you post the wrong score?
E-mail your Handicap chairman, Jerri Proszek
chandje@comcast.net and she will fix it!

If you are reading this newsletter on the RLGA website, the E-mail links should be clickable.

Next Three Tournaments:

- Sat Feb 24 Combined Score
- Sat Mar 24 Spring Fling
- Sat Apr 28 Invitational Scramble/Social

Other Dates:

- March 1st is first day of posting,
- November 15th is last day to post.

2007 Membership Dues

New or Renewal before 2/1/2007	\$55.00 _____
After 2/1/2007	\$60.00 _____
Juniors (17 yrs. and under)	\$25.00 _____
Board Members	\$40.00 _____

RLGA
POBox 1091
Kent, WA 98035-1091

Name _____

Address _____

City _____

State _____ Zip _____

Home Phone: _____

Other Phone: _____

E-mail: _____

Mail to RLGA above, or drop in box at RLGA corner in Pro Shop
GoTo <http://www.rlga.org> for more 2007 Membership Forms

Ghin # _____ Local # _____
Will be assigned to those new members who do not have a current Ghin # Local # will be assigned to new members