



LINKSLETTER

Volume 15 No 5

Lincoln Hills Men's Golf Club

May 2016

Check us out on the Web at www.lhmgc.org

President's Report



By Rodger Oswald



First, congratulations to our new **Club Champions**. Kudos to **Ed Lazarek**, for a two-day gross score of 149, to **Ron Cook** and **Tom Traxel** with a two-day low net score of 138. Way to go, **Champs!**

Second, and perhaps more importantly, there was an incident on the golf course recently where a man had a heart attack. Thanks to the quick thinking and CPR skills of his playing partners, the man's life was saved. Certainly we need to give credit to the Fire Department and EMT responders, as well. The point, however, is that we live in a senior community that is not getting any younger and we all, at some point, could be playing with someone who has a heart attack. Your swift action really can save a life. Here are some steps to be ready to employ:

1. Check the individual to see if they are breathing; then, check for a pulse (best place is the carotid artery on the neck – below ear and across from the Adam's apple).
2. Tell one of your playing partners to call 911 while you are checking for the pulse. If there is no pulse, begin chest compressions. If you are alone, call 911, but put it on speaker so you can talk and do chest compressions simultaneously. Be calm and give specific information regarding the person down as well as your location (course, hole and location on the hole)
3. Chest compression technique is to put one hand on top of another, interlocking the fingers. Keep the elbows locked and position your shoulders directly over the chest (draw a line from arm pit to arm pit and position your hands in the middle of the chest. With locked elbows rock forward and over your hands and press down so that the chest sinks at least two

(2) inches. Make every effort to do 100 compressions per minute. This is a rapid pace which means you could become fatigued; other golfers should be ready to relieve you. [YOU CAN GOOGLE CPR AND SEE VIDEO INSTRUCTIONS HOW TO ADMINISTER CPR.]

4. While chest compression is the most important, administering mouth-to-mouth breathing can be helpful. I recommend that all of our Men’s Club members acquire a mouth guard to be used for MTM; they can be purchased at any drug store and stored in your golf bag. To administer MTM, you first must clear the breathing passage (making sure nothing is in the mouth or throat that is preventing breathing). Next tilt the forehead back and lift the chin up – this opens the airway. Breathe in for at least one second and check to see if the chest rises. If the chest does not rise, you are not breathing hard enough or the airway is not clear.

5. Continue until the Fire Department and/or EMT’s arrive.

You might save a life ... or your own might be saved.

Rodger Oswald



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Sponsor Report: Every month will feature one of our Sponsors
By Bob McCollum

SOUTHERN COMFORT HEATING AND AIR

TO ALL MY VALUED CUSTOMERS AND OTHER RESIDENTS IN LINCOLN HILLS SUN CITY....THIS IS MARK WITH SOUTHERN COMFORT HEATING AND AIR.....IM WRITING THIS TO GIVE YOU A HEADS UP ON WHAT I HAVE FOUND OVER THE LAST FEW YEARS IN YOUR COMMUNITY. WHEN THE HOMES WERE STILL BEING BUILT WE WERE UNDER THE IMPRESSION THAT THE DUST ISSUE INSIDE HOMES WOULD SETTLE DOWN ONCE THE CONSTRUCTION WAS DONE.....FOR MANY RESIDENTS THE INDOOR AIR QUALITY HAS NOT IMPROVED VERY MUCH AT ALL.....IM NOT A BIG FAN OF DUCT CLEANING SO I WANTED TO FIND OUT WHAT WAS CAUSING SO MUCH DUST IN THE HOMES IVE BEEN WORKING IN FOR OVER TEN YEARS IN LHSC AND WE FINALLY FIGURED IT OUT.

WHEN THE HOMES WERE ORIGINALLY BUILT, THE COMPANY THAT INSTALLED ALL THE HEATING AND AIR SYSTEMS IN THE COMMUNITY USED A COMPRESSED FIBER BOARD KNOWN IN THE INDUSTRY AS DUCTBOARD INSTEAD OF INSULATED METAL BOXES FOR ALL THE AIR DISTRIBUTION IN THE HOUSE....SOME HOMEOWNERS I HAVE, HAVE NOT BEEN AFFECTED WITH LOTS OF DUST OR POOR INDOOR AIR QUALITY. HOWEVER A LARGE AMOUNT OF MY CUSTOMERS HAVE BEEN. THE DUCTBOARD MATERIAL IS NOT DANGEROUS AND IS AN APPROVED MATERIAL IN THE INDUSTRY.

IF YOU HAVE BEEN WONDERING WHY YOU HAVE A LOT OF DUST OR POOR AIR QUALITY IN YOUR HOME I CAN ALMOST ASSURE YOU THIS IS THE CAUSE....IN CONJUNCTION WITH LEAKY DUCTS OR POOR FILTRATION.....WE HAVE FOUND THAT WHEN DUCTS ARE CLEANED THE MATERIAL BREAKS UP EVEN MORE DUE TO THE BRUSHES AND AIR SKIPS SENT THROUGH THE SYSTEM.....IF YOU ARE INTERESTED IN A FREE DUCT EXAM, FEEL FREE TO CALL ME AND WE WILL CHECK YOUR DUCTING AND GIVE YOU AN HONEST ACCESSMENT OF THE CONTAMINATION FOR FREE....NO HARD SELLING JUST HONEST ADVICE....WE HAVE DONE WORK ON WELL OVER FIFTY HOMES IN YOUR COMMUNITY AND HAVE HAD GREAT RESULTS WITHOUT HAVING TO REPLACE THE ENTIRE DUCT SYSTEM.....THE ROUND DUCTS IN YOUR HOME ARE GRADE A AND WE HAVENT FOUND ANY POOR ROUND DUCTING ...JUST THIS DUCTBOARD MATERIAL THATS BEEN BOTHERING PEOPLE ESPECIALLY IF THEY HAVE ALLERGIES OR OTHER BREATHING ISSUES....IF YOU WOULD LIKE A FREE DUCT EXAM CALL SOUTHERN COMFORT HEATING AND AIR AT [916-533-3962](tel:916-533-3962) AND I WILL PERSONALLY COME OUT TO CHECK YOUR SYSTEM.....NO OBLIGATIONS JUST INFORMATION.....THANKS FOR YOUR TIME.....

MARK ADAMS, OWNER AND OPERATOR OF SOUTHERN COMFORT HVAC

 <p>Reverse Mortgage Funding Hank Rhoads 1510 Del Webb Blvd #B102 Lincoln, Ca 95648 (916) 849-6447</p> 	 <p>Dave West Folsom Lake Bank 905 Sutter Street Folsom, CA 95630 916-985-8700 website</p> 
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RULES CHAIRMAN

ROGER VAL

RULES OF GOLF

It is apparent, that the questions being asked, our membership is having trouble understanding how to take relief from water hazards (yellow) and lateral water hazards (red) as well as to which drop zones to use and not use.

First of all let's review where the margins of our water hazards begin for taking relief. Since our courses do not use ground line (red or yellow paint) to determine the margin of the hazards, the majority of our water hazards (ponds) the margins begin at the water's edge. Stakes identify that it is a water hazard (yellow) or a lateral water hazard (red) and relief begins at the water's edge.

All environmental sensitive areas (ESA) are determined by the split rail fences throughout both courses and staked to determine if they are water hazards (yellow with green tops) and lateral water hazards (red with green tops). The margins of these hazards are the inside edges of the up right poles of the split rail fences at ground level.

On the Orchard course, holes 7-green side yellow stakes, 13-left side teeing area to the landing area red stakes and 14 yellow stakes the margins are determined by going stake to stake.

Water Hazard Relief – There are three options available in taking relief from a water hazard (yellow stakes). (1)The ball can be played from the water hazard if applicable. (2) a

ball can be played from where it was last moved and (3) a ball maybe dropped behind the water hazard (not in front of the hazard) keeping the point at which the original ball last crossed the margin of the water hazard directly between the hole and the spot on which the ball is dropped, with no limit to how far behind the water hazard the ball may be dropped. For an example if on #7 Orchard a ball flies over the hazard, hits short of the green and rolls back into the hazard, relief is still behind the water hazard using the forward tee pad as an additional option.

It is important to understand that you can not drop a ball in front of a water hazard it must be dropped behind the water hazard and a water hazard does not allow a ball to be dropped within two club lengths from where the ball last crossed the margin. Under our local rules there are two exceptions to this and that is as additional options the drop zones provide on hole #2 Hills and hole #3 Orchard.

Lateral Water Hazard Relief – Lateral water hazards (red stakes) have the same options as a water hazard with two additional options. One- drop a ball outside the lateral water hazard within two club lengths where the ball last crossed the margin of the hazard not nearer the hole and two- a point on the opposite side margin of the lateral water hazard equidistant from the hole.

Drop Zones – There are only four drop zones that can be used which are stated in our local rules.

Hills Course – Hole # 2 located across the water by the forward tee.

Orchard Course – Holes # 3, 6 and 7. Hole #3 is located across the hazard fairway side of the cart path. Hole #6 is located at the end of the fairway and Hole # 7 is located on the forward tee.

All other drop zones are in place for the women's groups. These include the drop zones located on the Orchard course up by the putting greens of hole #6 and #7 and the drop zone located in front of the water hazard on hole #14. Therefore if any of these drop zones are used by the men and not rectified the penalty is disqualification because of the significant advantage gained by using the wrong drop zone.

I am in the process of updating all the markings on both courses with the complete cooperation of the golf course staff. This allows the proper staking of the courses to be compatible with our local rules. Hopefully this project will be completed in the near future.

As I suggested before it would be good to make a copy of our local rules locate on our web page and keep that copy in your golf bag. It is not a bad idea to read them as well.

Remember “It is what you think you know about the rules of golf is what you don’t know”.



TOURNAMENT DIRECTOR



PETE SACO and TOM TRAXEL

Way to go to Ed Larazek for winning the Low Gross Club Championship and to Ron Cook and Tom Traxel for tying in the Low Net Club Championship. Just For Fun winners were Charley Kendall and Larry Schutz. There were three qualifiers to the Penny Carolyn Shoot Out. Dennis Cumiford was the closest on Monday; Dan Kramer and John Mickel were both 3'6' on the second day in different tournaments so both will go on to the PC Shoot Out. The winnings will be credited to their accounts in the Pro Shop. Hope everyone had fun. **We will attempt to have some tournaments from the green tees and white tees at the same time when it is possible. Individuals can choose whether they want to play from the green tees or white tees. Different flights will be set up according to tee choice.**

The next tournament the match play, Presidents Cup starting May 31st. Sign up by May 24th. That will be followed by the Tahoe Classic in Lincoln, which is a two-man Stableford scoring. Stableford is a popular game especially at the club level, particularly in

the United Kingdom, as it is still possible to record a competitive score despite having the occasional bad hole. Stableford will be played on June 21st.

REMINDER: All players must check in the Pro Shop before all tournaments.

HANDICAP

DAVE JANSEN, DIRECTOR

The USGA has spent many years improving the competitiveness between golfers of different abilities by using Handicap Indexes. They have put in place what they call Handicap Controls which they feel will help prevent scores that are not representative of a player's potential ability and thus distorting a player's Handicap Index. Furthermore, they feel that these handicap controls which are incorporated into the USGA Handicap System will produce a reliable and equitable Handicap Index. Over the next few months I will share with you the ten controls they have put in place. Remember, playing by the rules does affect your handicap and allows all of us to play competitively against each other.

Handicap Controls

#1 Golf Club Handicap Committee

The Handicap Committee is viewed by the USGA as an essential element in ensuring that every golf club is following the USGA Handicap System. The expectation of the USGA is that the committee will ensure that scores are posted, all elements of the USGA Handicap System are followed, and the integrity of each Handicap Index issued is maintained.

Our club Handicap Committee is made up of myself, Chuck Edmonds, and Denny Wong. Basically, the committee gets together on issues related to the Handicap System. Typically, I will review with Chuck and Denny, new proposals the Board is considering or discuss with them an issue that one of our members may be concerned about, relating to his index. Last year I reviewed a sampling of the scores turned in from the Tuesday sweeps and sent emails to a small percentage of our members about posting errors. This year we have put in place a process to ensure that we have 100 percent compliance to posting by asking the Pro shop to post the Tuesday Sweeps scores, and they agreed. This of course does not help the committee ensure that our members post their scores when they play outside of the Tuesday Sweeps. All we can do is reiterate the importance of posting your scores every time you play!

Dave Jansen, Handicap Chairman

MEMBERSHIP


By *ROGER CUMMINGS*

We are now at 277 renewing members. We are on the way to having over 300 members this year. If you have not received an email from me welcoming you to our club or a renewal letter from me, you are probably are not signed up for 2016. Membership for new and renewing members is now at \$83.00.



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COLDWELL BANKER

SUN RIDGE
REAL ESTATE

CVS [CENTRAL VALLEY SENIORS] KARL WILLIAMS, DIRECTOR

WHAT IS THE CVS?

The CVS stands for Central Valley Seniors which is an association of 11 golf clubs in the Central Valley area. This gives it's members the opportunity to play at these 11 great golf clubs with a cart, range balls and a wonderful hot sit down meal. All for the amazing price of \$45.00.

At Lincoln Hills we have a limit of 60 CVS members. To qualify for CVS Membership you must be a Lincoln Hills Men's Club Member. The membership fee is \$60.00 per year.

The Lincoln Hills Men's Club joined this association in 2009 when one of our Board members (Paul Apfel) was approached by the CVS Secretary (Ralph Hilber). Ralph asked Paul if Lincoln Hills Golf Club would like to join the CVS association. Paul headed up the Lincoln Hills CVS for a couple of years, and then on the third year Paul presented the CVS to the Lincoln Hills Men's Club Board of Directors. At this time, creating another seat on the Board (CVS Director). After another year Paul resigned from the Board and John

Engelmann took the seat of CVS Director for the next two years. Then John moved to another position on the Board. In 2015 the seat was taken over by Karl Williams




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Sunshine Alert

By GIL LUCAS


From time to time, someone in the Men's Golf Club or their spouse will have a serious illness or pass away. As head of the of the Sunshine Effort, I would like to be informed of these events so I can send the person or their family an appropriate card. Also, if the member agrees, this information will be publicized in our monthly Linksletter so all members will be aware.



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LINCOLN HILLS MEN'S GOLF CLUB WEBSITE

by Al Soares

Check the 'Golf Clubs for Sale' on a monthly basis to view any golf clubs and equipment listed for sale.

Social Report: By John Garfein

John, being a part time photographer wanted to let us know everything is just ducky on both courses!



	<p>Dr. Nelson Wong Life Enhancing Dental Care 1510 Del Webb Blvd, Ste B106 Lincoln, CA 95648 916-408-CARE website</p>  <p>LIFE ENHANCING DENTAL CARE <i>Eat Better, Feel Better, Smile More!</i></p>		<p>Schaack Physical Therapy 801 Sterling Pkwy Lincoln, Ca 95648 (916) 543-7900</p>  <p>SCHAACK PHYSICAL THERAPY</p>
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