



# LINKSLETTER

Volume 17 No 7

Lincoln Hills Men's Golf Club

July 2016

Check us out on the Web at [www.lhmgc.org](http://www.lhmgc.org)

## President's Report



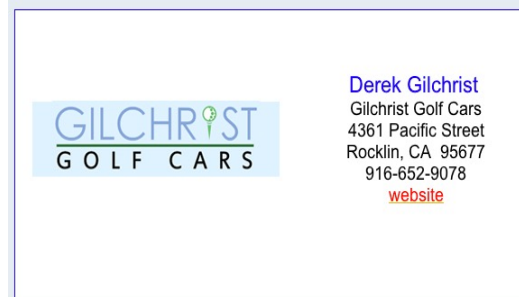
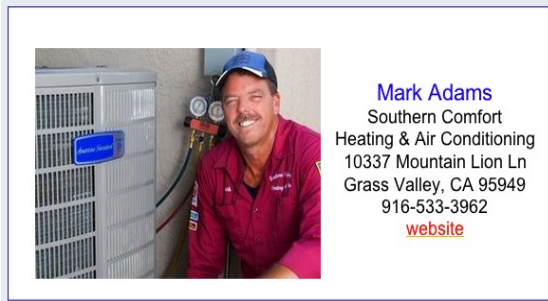
*By Rodger Oswald*

### **MEMBER-MEMBER-GUEST MEMORIAL TOURNAMENT**

As a reminder to our longer tenured members and as an announcement to our 40+ new members, I wanted to announce our premier tournament that takes place in September. Our **Member-Member-Guest tournament** gives us a chance to honor members who have passed on – celebrating their life through a two-day fun filled event. Our MMG tournament will take place on **Monday, September 26 and Tuesday, September 27**. Registration takes place on Monday afternoon and includes lunch, a putting tournament and a Horse Race (Team competition with elimination hole by hole). On Tuesday, a full breakfast will be served, 18 holes of golf with your partner, followed by a dinner for you and your significant other. As last year, golfers will pay their green fees and the registration fee will be \$75; however between meals, golf (including a free round of golf from Billy Casper Golf) and tee prizes it is a great bargain AND a great time. This is the one tournament of the year where there will be cash pay-outs ... for the different flights, putting contest, horse race as well as closest to the pin.

Remember RESERVE September 26, 27 ... you'll be glad you did. Look for the registration flyers in the Pro Shop.

Rodger



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

Hello. My name is Robert Sanchez. I am the owner and operator of Fit4Living, a personal training studio, right here in Sun City. I started doing personal training in 2010, after moving out of a career in Real Estate. I have a passion for helping people, which led me to start working at Sun City. I fell in love with working with the active aging population. I have always been active and have a love of fitness. I'm certified through NASM for Corrective Exercise, and Golf Fitness. I hold certifications for Balanced Body Pilates Reformer Level I and II, TRX Group, ISSA Personal Training, and I'm currently in the process of obtaining my Functional Aging Institute Certification. When I'm not training, I like to run, bike, and spend time with my 2 children. I decided to open Fit4Living because it had been my dream for some time to open my own gym, and I love working with seniors, so it was a perfect combination.

At Fit 4 Living we're a Personal Training Studio geared toward clients 50 and up. We offer training for all skill levels to help improve quality of life, to work toward fitness goals, and to alleviate the pain of aging. We offer personal training and small group training for all fitness and skill levels. Whether you've been active and athletic all your life, or are just beginning to exercise and leave behind an inactive lifestyle, or are working to rehab from an injury or illness, our personalized attention will match to your needs exactly. Our training is always fun, effect, and affordable! Our skilled instructors give each client the personalized and focused attention that they need, whether in a small group or personal training session.

Personal training is the perfect opportunity to meet your fitness needs. These one on one sessions are tailored specifically to your needs and physical abilities and the focus is solely on YOU. Personal training is perfect for those with limited abilities, post rehab, specific fitness goals, those who like personalized attention, those who do not like group settings, or those who are just starting out and not ready for group classes. Or even those busy individuals that need it to fit their schedule.

We're here guide you on your journey to a new you and turn your body into the strong, functional machine that it was meant to be! At Fit 4 Living we can teach you and give you the necessary tools in order to obtain & maintain your goals. Come check us out!

www.fit4livinglincoln@gmail.com [916-343-5447](tel:916-343-5447) 1510 Del Webb Blvd #B105  
<http://www.fit4livinglincoln.com/>



## RULES CHAIRMAN

### ROGER VAL

#### The Caddie

As we watch the different tours on TV every week have you ever thought about what acts the caddies can perform under the Rules of Golf during their player's stipulated round without the player's authority? Well, if you do you must be a deep thinker, board out of your mind or a Rules of Golf nerd. So for those that fit one of these categories the following are the acts the caddie can perform.

1. Search for the player's ball as provided in Rule 12-1.
2. Place the player's clubs in a hazard (includes a bunker) — Exception I under Rule 13-4
3. Repair old hole plugs and ball marks — Rule 16-a(vi) and 16-Ic.

4. Remove loose impediments on the line of putt or elsewhere — Rules 16-1a and 23-1.
5. Mark the position of a ball, without lifting it — Rule 20-1.
6. Clean the player's ball.
7. Remove movable obstructions — Rule 24-1

Now how many caddies can a player have during a stipulated round of 18 holes? The answer is 18 different caddies as long as the player has only one per hole. Last question! In a championship can a player when finished with his round go back on the course and caddy for a friend that is still playing? The answer is yes.

## TOURNAMENT DIRECTOR



PETE SACO and TOM TRAXEL

The August Tournament (August 16) will be a four-man scramble and you pick your own teams. Each player will be required to hit four tee shots, the Par 5's will have two flags on each green and the Par 3's will have an unique way to earn a 1 on your card without a hole-in-one. Sign ups will be by August 9.

**REMINDER:** All players must check in the Pro Shop before sweeps and 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. Thank you!

Dave Jansen, Handicap Chairman

## MEMBERSHIP

By *ROGER CUMMINGS*

We are now at 285 renewing and new members. 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 after June 1<sup>st</sup> is now \$73.00.



**Chris Carolan, CFP**  
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Morgan Stanley



**Nick Brooks & Keneta Sanchez**  
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SUN RIDGE  
REAL ESTATE

[website](#)

## CVS [CENTRAL VALLEY SENIORS]

KARL WILLIAMS, DIRECTOR

Gentlemen, I would like to thank all you for be patient with me the last few months you have all been great. That being said, I have to regretfully retire from as the CVS Chair at the end of this season. So I am looking for someone to take this position on the Board of Directors of the Lincoln Hills Men's Club as the CVS Director for the 2017 season. I will be glad to train anyone who would be willing to volunteer for this position. Please contact me ASAP if you would like to do this. I would like to see players to be able to play golf at the local Country Clubs for such a small fee.

Thank you,  
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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**Julie Domenick**  
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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.



**Dr. Nelson Wong**  
 Life Enhancing Dental Care  
 1510 Del Webb Blvd, Ste B106  
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[website](#)




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Compiled by  
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