



LINKSLETTER

Volume 22 No 11

Lincoln Hills Men's Golf Club

November 2016

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

Presidents Report



By Rodger Oswald

Wow! What a fantastic fall. While we have had some good rainfall the weather remains relatively warm. Everything is greening up. Leaves are changing. We live in a fantastic place! All of this inspires me to play more golf ... you know that game that can only be played and never mastered. An interesting thing about golf is that no matter how badly you play, it is always possible to get worse :>)

While this newsletter will come out just before the November Monster tournament, I want to remind you of our December tournament (Pinehurst) following on the 6th. Kudos to Pete Saco, for providing interesting formats that make the competition fun. Just in case you didn't play in the Tournament of Champions, I want to congratulate the winners and direct you to our new website to view the net and gross winners in the TOC and JFF competition. By the way, Al Soares has "remodeled" our website; go visit www.lhmgc.org and check it out. Great job, Al.


Also for those who did not attend the Members Meeting after the TOC, I wanted to introduce you to those who volunteered to serve on the Board of Directors for 2017: RETURNING: Pete Saco, Tom Traxel, Phil Steinbock, Gil Lucas, Bob McCollum, Doug Hinchey, Roger Val and John Garfein. NEW: Steve Beede, Gene Andrews and Brian Wanzer. There is room for one more person to volunteer. If you are interested, please

contact Gil Lucas, me or anyone on the Board. The slate of Board members was presented to the membership and unanimously approved.


Please let me take this opportunity to wish each of you a BLESSED THANKSGIVING! History indicates that this day of giving thanks was instituted in the United States in 1621 when Pilgrims and Puritans gathered in Plymouth, Massachusetts to give thanks for the harvest ... as well as thanks for surviving harsh living situations. In 1789 President George Washington made Thanksgiving a national day of celebration and we have been eating turkey ever since. I pray each of you finds time to reflect on the goodness that you have “harvested” in your life time and give thanks.

Blessings,

Rodger



Mark Adams
Southern Comfort
Heating & Air Conditioning
10337 Mountain Lion Ln
Grass Valley, CA 95949
916-533-3962
[website](#)



Derek Gilchrist
Gilchrist Golf Cars
4361 Pacific Street
Rocklin, CA 95677
916-652-9078
[website](#)

HOW TO NAVIGATE THE NEW WEBSITE

Al Soares, Webmaster

The new website is hosted at GoDaddy and built with the WordPress software which powers 25% of the Internet. Hopefully, you’ll find this website easy-to-use. You can contact me @ tincupal@sbcglobal.net if you have any questions.

This new website is based upon the Responsive WordPress Theme. It has an intuitive foundation with a fluid grid system that automatically adapts your website to mobile devices including smartphones, tablets and desktops so your website looks incredible on any device.

The website has 2 main sections: the “Blog” and the rest of the website. The Blog allows authorized individuals (not the Webmaster) to post information to the website such as;

Tournament Flyers & Results, LinksLetters, Golf Items for Sales, etc. This means the club is not dependent upon the Webmaster to post all the information to the website. The Webmaster will maintain the rest of the website.

TABS:

Home Page – is divided into an upper and lower section. The upper section contains announcements while the lower section contains the Blog divided into 3 sub-sections. The lower left section contains the 10 Most Recent Posts. The middle section contains the next 5 Tournaments. The lower right section contains the Sponsors of the Month, Blog Categories, Blog Archive Folders and 5 day Weather Forecast.

Tournament Schedule – the tournament schedule will now be listed on an “Event Calendar” under the Menu item [“Events”](#). The Event Calendar can be viewed in either calendar or list (default) format. Each tournament will contain dates, time, course, Flyer & Signup Link. Remember, the next 5 tournaments will be listed on the Home Page in the lower center section. The Tournaments section will contain a summary of the year’s tournaments in spreadsheet format.

Join Us – this new webpage will contain the latest information and application regarding joining the Lincoln Hills Men’s Golf Club.

LinksLetters – are now listed in the Blog under the category “LinksLetters”.

Sponsors – the sponsors “business cards” are listed on the summary page [Sponsors](#). Also, each sponsor has their own webpage that contains contact information, map, description of their business & maybe a discount coupon.

Equitable Stroke Control – this new webpage contains an informational video describing the procedure whereby abnormally high individual hole scores are adjusted downward prior to the score being posted. Check it out, it describes the process pretty well.

Color Scheme – the color scheme in general is: **Blue for headings** & highlighted text; **Red for Links** and **Black/Dark Brown for normal text**.

In closing, please browse every page on the website to familiarize yourself with the layout and content of the website. You can’t break it! If you have any questions please contact me @ tincupal@sbcglobal.net.

Remember, “Golf is an endless series of tragedies obscured by the occasional miracle!”.

THANK YOU AL, FOR BUILDING THIS NEW WEBSITE FOR US!

Sponsor Report: Every month will feature one of our Sponsors

By Bob McCollum



650 Auto Mall Drive, Roseville, CA 95661

Future Ford has a strong and committed sales staff with many years of experience satisfying our customers' needs.

Feel free to browse our inventory online, request more information about vehicles, set up a test drive or inquire about financing!

If you don't see what you are looking for, click on [CarFinder](#), fill out the form, and we will let you know when vehicles arrive that match your search! Or if you would rather discuss your options with our friendly sales staff, click on [Directions](#) for interactive driving directions and other contact information. We look forward to serving you!

 <p>Reverse Mortgage Funding Hank Rhoads 1510 Del Webb Blvd #B102 Lincoln, Ca 95648 (916) 849-6447</p> 	 <p>Dr. Nelson Wong Life Enhancing Dental Care 1510 Del Webb Blvd, Ste B106 Lincoln, CA 95648 916-408-CARE website</p> 
--	--

RULES CHAIRMAN

ROGER VAL

This month I am providing another rules quiz involving lift clean and place which we will most likely be using this local rule with winter setting in. It is so important to read the local rules and understand them prior to the start of play.

Question

Due to very wet course conditions a Local Rule was put into place permitting players to mark and place their ball within six inches if their ball lies on a closely mown area through

the green. The player miss hits his tee shot and it comes to rest on the closely mown walkway through the area of rough from the teeing ground to the fairway. The player marks his ball, picks it up, cleans it and places it almost a club length from its original position. The player then plays a shot to the right side of the fairway and again marks, lifts and cleans the ball and places it almost a club length from its original position. The player plays his next shot onto the putting green and makes his putt. What is the player's score for the hole?

Answers found on last page.



The advertisement features the Ford logo with the slogan "Go Further" on the left. On the right, it lists the dealership name "Future Ford Lincoln of Roseville" and contact information: "650 Auto Mall Drive, Roseville, CA 95661, (866) 415-4719". At the bottom left, there is a logo for "FUTURE FORD LINCOLN OF ROSEVILLE" with the claim "#1 FORD DEALER IN NORTHERN CALIFORNIA". To the right of this is a circular award logo that says "THE PRESIDENT'S AWARD".



TOURNAMENT DIRECTOR

PETE SACO and TOM TRAXEL

The next tournament will be the Pinehurst, which is a two-man team event. It will be played on Tuesday, December 13, starting at 8:30 am. It is an alternate shot format. You

can sign up via the email that is sent out or through our website at lhmgtc.org. Thanks,
Pete Saco

PENNY CAROLYN SHOOTOUT WINNERS FROM 150 YARDS AT THE TOURNAMENT OF CHAMPIONS



Carl Zierman 1st, Dennis Cumiford 2nd, John Michel 3rd

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



HANDICAP

DAVE JANSEN, DIRECTOR

Ten Things that the USGA has put in place to ensure your Handicap Index measures your potential ability.

This is the fourth and final article dealing with the ten USGA handicap controls they have developed to ensure your Handicap Index measures your potential ability. It is also why the USGA/NCGA believe that if properly controlled and followed a golfer will consistently play 1-3 strokes worse than his handicap. In fact, shooting below one's handicap, assuming a player posts all postable scores, a table has been developed showing the probabilities scoring under your handicap by tracking some 7.2 million posted scores.

Of the remaining five things listed below, three deal with your handicap index directly.

#6 Reduction of Handicap Index Based on Exceptional Tournament Scores.

Just to make clear, when you play in the Tuesday Sweeps that is sponsored by the Pro Shop, or you play in one of our Men club events, the scores posted are not considered Tournament Scores (T-Scores). The Men's Club has only five (5) T-Score events and they are posted with a "T" next to the score. If you look at your GHIN card, sent out by the NCGA, you will see the date and type of score posted. When **you** post a score **you** designate the score with either an "A" (away) or "H" (home) you almost never post a T-score. Below you will understand why it is best to post T-Scores for only special events. If a golfer has two or more eligible Tournament Scores (T-Scores) and their average differentials are at least 3 better than a golfer's Handicap Index, an additional algorithm is used to determine if a reduction is necessary to be applied to a golfer's handicap. If this happens, the golfer would see his reduced handicap posted with an "R" after it. The algorithm is explained in the USGA handicapping section 10.2. The top 6 T-Scores are kept for one year and are used in the algorithm.

The USGA has gone to great lengths to make it as fair as possible for golfers to compete against one another using the USGA handicap algorithms. It is rare for a player to play better than his index. As an example, a player with an Index of 10.5, shooting a 74, course rating of 70.2, and a slope rating of 126, the **probability of this occurring is 1 in 535**. Typically, it is expected that an average golfer will have net handicap differentials greater than 3. In this case, if this were a tournament score, it would be considered

EXCEPTIONAL.

#7 Handicap Index Adjustment or Withdrawal

"The Handicap Committee is authorized to modify or withdraw a Handicap Index of a player who does not post all acceptable scores, or does not otherwise observe the spirit of the USGA Handicap System. The Handicap Committee has the authority to increase the Handicap Index of a player who, because of exceptional circumstances, has a Handicap Index that is too low. The Handicap Committee must review a Handicap Index that is modified, reduced, or withdrawn at each revision."

#8 Penalty Scores for Failure to Post

If a player fails to post an acceptable score as soon as practical after completion of the round, the Handicap Committee has three options:

1. Post the actual score made by the player
2. Post a penalty score equal to the lowest/highest Handicap Differential in the player's scoring record
3. Post the actual score and a penalty score

#9 Ratings Issued by an Authorized Golf Association

All courses must be rated in accordance with the USGA approved procedures by a course rating team representing an authorized golf association.

#10 Ratings Issued by Authorized Golf Association

Only a Golf Club or authorized golf association that issues and maintains each Handicap Index in full accordance with the USGA Handicap System, may use the term Handicap System and is licensed by the USGA for this purpose.


Dave Jansen, Handicap Chairman

LOW HANDICAP WINNERS

At the October member lunch meeting, three players were announced winning Pro Shop credit for lowering their indexes in the last 6 months. Tom Traxel (\$75), Ed Lazarek (\$50), and Tom Horan (\$25). Ed and Tom’s gift cards were turned over to the Pro Shop and added to their credit account.



Tom Traxel receiving his plaque for lowering his index. Tom credits his lower scores to help from our teaching pro Steve Treadway.

 <p>Julie Domenick Allstate Insurance 821 Sterling Pkwy Ste 100 Lincoln, CA 95648 916-434-5250 website</p> 	 <p>Penny Carolan Carolan Properties Group 945 Orchard Creek Lane Lincoln, CA 95648 916-253-1833 website</p> 
--	---

MEMBERSHIP

By *ROGER CUMMINGS*

EARLY REGISTRATION IS NOW

For Renewing Members the dues now though December 31, 2016 will be \$85. Beginning [January 1, 2017](#), the Renewing Members dues will increase to \$95.

For New Membership to our club, the fee will be \$95, but will entitle the New Member to play in the Dec 13th Pinehurst tournament.

The fee for 2017 includes your hole-in-one insurance. Any member who has a hole-in-one in a club tournament/event will receive up to \$250 to pay their “Hole in One” bar bill on all holes including the \$500 Hole(s) in One.


By registering early, it will help the Board construct a realistic budget for 2017.

Thank you for your Early Registration and for being an emissary for our club.



Chris Carolan, CFP
 Morgan Stanley
 1478 Stone Point Dr
 Suite 500
 Roseville, CA 95661
 916-797-7700

Morgan Stanley



Nick Brooks & Keneta Sanchez
 Coldwell Banker
 Sun Ridge Real Estate
 1500 Del Webb Blvd #101
 Lincoln, CA 95648
 916-543-5222
[website](#)

**SUN RIDGE
 REAL ESTATE**

CVS [CENTRAL VALLEY SENIORS]

KARL WILLIAMS, DIRECTOR

CVS will start again in Spring, 2017.



Frank Geremia
Wells Fargo Advisors
945 Orchard Creek Lane
Suite 100
Lincoln, CA 95648
916-434-9600
[website](#)



Robert Sanchez
Fit 4 Living
510 Del Webb Blvd #B105
Lincoln, Ca 95648
(916) 343-5447



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 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.



HEALTH INFORMATION

MAYO CLINIC - DRINKING WATER: A cardiologist determined that heart attacks can be triggered by dehydration. Now I carry a bottle of water wherever I go. Aspirin is also a good idea! The Mayo Clinic asks how many folks do you know who say they don't want to drink anything before going to bed because they'll have to get up during the night?

Heart Attack and Water - Drink 1 glass of water before going to bed avoids stroke or heart attack!

Gravity holds water in the lower part of your body when you are upright (legs swell). When you lie down and the lower body (legs and etc) seeks level with the kidneys, it is then that the kidneys remove the water because it is easier.

Correct time to drink water...Very Important. From A Cardiac Specialist! Drinking water at a certain time maximizes its effectiveness on the body:

2 glasses of water after waking up - helps activate internal organs.

1 glass of water 30 minutes before a meal - helps digestion.

1 glass of water before taking a bath - helps lower blood pressure.

1 glass of water before going to bed - avoids stroke or heart attack, also helps prevent night time leg cramps. Your leg muscles are seeking hydration when they cramp and wake you up with a Charlie Horse.

Mayo Clinic on Aspirin - Dr. Virend Somers is a Cardiologist from the Mayo Clinic who is the lead author of the report in the July 29, 2008 issue of the Journal of the American College of Cardiology. Most heart attacks occur in the day, generally between 6 A.M. and noon. Having one during the night, when the heart should be most at rest, means that something unusual happened. Somers and his colleagues have been working for a decade to show that sleep apnea is to blame.

1. If you take an aspirin or a baby aspirin once a day, take it at night. The reason: Aspirin has a 24-hour "half-life"; therefore, if most heart attacks happen in the wee hours of the morning, the Aspirin would be strongest in your system.
2. Aspirin lasts a really long time in your medicine chest; for years. (when it gets old, it smells like vinegar). Bayer is making crystal aspirin to dissolve instantly on the tongue. They work much faster than the tablets. Why keep Aspirin by your bedside? It's about Heart Attacks - There are other symptoms of a heart attack, besides the pain on the left arm. One must also be aware of an intense pain on the chin, as well as nausea and lots of sweating; however, these symptoms may also occur less frequently.

Note: There may be NO pain in the chest during a heart attack. The majority of people (about 60%) who had a heart attack during their sleep did not wake up.

However, if it occurs, the chest pain may wake you up from your deep sleep. If that happens, immediately dissolve two aspirins in your mouth and swallow them with a bit of

water. Afterwards: - Call 911. - Phone a neighbor or a family member who lives very close by. Say "heart attack!" - Say that you have taken 2 Aspirins. - Take a seat on a chair or sofa near the front door, and wait for their arrival andDO NOT LIE DOWN! This is good information to pass on that can save lives! Drink water year round!

Roger's Quiz Answers

1 - Drive from the tee.

2 - Stroke from walkway to the fairway.

3 & 4 - Two strokes for replacing his ball outside the distance permitted by the local rule.

5 - Stroke from the fairway to putting green.

6 & 7 - Two more strokes for placing his ball outside the distance permitted by the local rule.

8 - Putt into the hole.

The player scores 8 for the hole.

Note: Again it is important to read the Local Rules prior to the start of play as Local Rules vary from course to course. Breach of a Local Rule incurs the general penalty of two strokes.

Compiled by
Doug Hinchey