



# LINKSLETTER

Volume 14 No 3

Lincoln Hills Men's Golf Club

March 2017

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

## Presidents Report



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*By Gene Andrews*

### **PRESIDENT'S REPORT**

We now have our first three tournaments behind us and are looking forward to the rest throughout the rest of this year. I hope that everyone had a good time during the recent Two Man Scramble. Helping Pete Tuesday, I got to meet some new members. There were some cancellations which was unfortunate for some that didn't get to play. We often play with the same guys so this was a great way to meet new players and make friends that we may play with in the future. I'm looking forward to playing in the next tournament and I hope that we have another great turnout. Have fun out there and score well.

Gene



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## George Porzio – Vice President

I am building new easels and Tournament boards to post our results on in the patio area. They will be built by May.

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



### **Introducing: The Injury Prevention Packages**

Schaack Physical Therapy has been in Lincoln for over 10 years and helped thousands of patients, and we are pleased to introduce our new Injury Prevention Packages. These packages have been designed by our expert clinicians to help you stay on the softball field, tennis and pickle ball courts, golf course and gym!

Each Injury Prevention Package consists of 6 visits over a 6 week period. Each weekly visit will consist of manual treatment specifically tailored for your sport performed by Doctors of Physical Therapy. Although specific gym programs will be discussed for home use, please understand this is NOT a gym program.

For softball, tennis and pickleball players we offer :

**Overhead Athlete Injury Prevention Package**

- Throwing/serving shoulder myofascial mobilization
- Low back myofascial and joint mobilization
- Lower extremity sport-specific stretching
- Expert advice on gym training

For golfers, cyclist and gym athletes we offer:

**Balance in Motion Injury Prevention Package**

- Neck and low back myofascial mobilization
- Mid and low back sport-specific stretching and rotational mobilization
- Lower extremity sport-specific stretching
- Expert advice on gym training

Each Package costs \$250 for 6 visits. Call today to sign up for a FREE visit to see if one of our Injury Prevention Packages is right for you!

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(916) 543-7900**

For more information please call or visit *schaackpt.com*

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

**ROGER VAL**

This month’s article has been provide by Paul Krow who was the club’s first president. He also was the person to name our news letter “Linksletter”. The article, written by Dean Wharton deals with courtesy on the golf course. Also a decision that is very interesting In

taking relief for a left handed swing and then hitting the shot right handed after relief has been taken.

## Golfers' Corner

By Dean Wharton

### **Etiquette Tip of the Month: To Tell or Not To Tell? That is the Question.**

Your opponent moved his ball marker one club-head length because it was in your line, but he didn't move it back. You said nothing until he hit, and then you called him on his failure to return the marker. Was that cutthroat? What's the penalty?"

The penalty is two strokes for playing the ball from the wrong place.

What is the proper golf etiquette in this and other situations where your opponent is about to commit a rules infraction? Do you say something or not? And if you do, are you committing a rules violation for giving advice?

As defined in the Rules of Golf, *advice is any counsel or suggestions that could influence a player in determining his play, the choice of a club or the method of making a stroke.*

Determining your opponent's play is more about laying up or not, going for the center of the green versus the pin, pointing out the force of the wind and offering advice along these lines. It is not about providing information concerning the rules of golf. Therefore, you are not violating any rules of golf by telling your opponent to move his ball back to its original position or give any information about any other situation where he might be violating the rules of golf. Your comments have no influence in determining your opponent's play, the choice of his club or the method of making a stroke. So it is ok to remind your opponent before an infraction of the rules is committed.

As to the etiquette question, the Rules of Golf, Section I: Etiquette: Behavior on the Course, states in the paragraph on The Spirit of the Game: *All players should conduct themselves in a disciplined manner, demonstrating courtesy and sportsmanship at all times, irrespective of how competitive they may be. This is the spirit of the game of golf.*

Therefore, my take is you should remind your opponent to replace his ball and any offer other information that would prevent an accidental course of action that would result in a penalty.

### **Rule of the Month: Decision 24-2b/17 Relief**

Suppose your ball lands on the right side of a tree in such a way that you are unable to hit it right-handed? You then decide to hit it left-handed but find that in so doing you are standing on a cart path. Can you get relief from the cart path and then hit the ball right-handed?

The answers are yes and yes. According to Decision 24-2b/17, if an abnormal stroke is necessary in the circumstances, you can take relief from the cart path – an immovable obstruction – for a left-handed stroke if it reasonable to do so. Then, having taken the free drop (within one club-length of the nearest point of relief, no nearer the hole), you may indeed swing right-handed for your next stroke. In this situation, the Rules of Golf can really be your friend.

Roger

**KIWANIS CHARITY GOLF TOURNAMENT**-Proceeds to purchase Google Chrome Books (small laptop computers for C.C. Coppin Elem School.

When: May 9<sup>th</sup> Sign up by April 21st

Where: Turkey Creek Golf Club

Tee Time: 1pm (Four Man Scramble)

Price: \$110.00 per person, includes lunch (hot dog, chips, soft drink) and dinner (Tri-tip, chicken, salad, roasted potatoes, veggie medley, dessert, drink).

Extra dinner: \$40.00

No-host cocktails: 5:45-6:30

Cash prizes for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> + closest to the pin. Putting contest cash prizes.

Raffle prizes

Contact John Gho for further information: [JGHO@WAVECABLE.COM](mailto:JGHO@WAVECABLE.COM) or 916 408-7010



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**TOURNAMENT DIRECTOR**

PETE SACO

April 4th is the NCGA Qualifier Tournament, and Just For Fun. Sign ups by March 28<sup>th</sup>.

NOTE: You will no longer be able to sign up as a single player due to the fact that too many players cancel at the last minute and a couple of us are given the task of finding partners at the last minute for the players who just lost their partner. A number of singles sign up and then cancel without really understanding the issues or the fact that someone has been left without a partner on the day of the event.

Therefore, if you are a single, there will be a sign up sheet in the pro shop and players will write their phone numbers down and future single players will contact each other to determine partners. Once you have found a partner, please put a line through your name.

Hopefully, this process will hold individuals accountable to each other and, if they cannot make it, they should and are responsible to find a partner for the tournament in question.

**Our website has links for all of our Men's Club Events. Website is [lhmgc.org](http://lhmgc.org).**

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



## HANDICAP

### BRIAN WANZER, HANDICAP CHAIR

Here is how to improve your score and lower your handicap when playing par 3's.....

Under-clubbing, toed shots and target selection are where your problems occur, according to Dave Pelz. 90% of the 300 amateurs tested at the world golf institute came up short on par 3's. Here's why...First of all, we rarely hit the ball clean off of tee. We hit





off the toe, heel, and generally under club. His suggestion, take a club that will take you to the back of the green, and hit that club with a smooth, 85% swing.

Next, aim for the center of the green, goal is to be putting...imagine practicing hitting 100 balls with that iron, swinging through the hitting zone, with your club head down and out toward the target. This will curb the tendency to cut across the ball at impact. On the practice tee... lay a tee flat on the ground, face it at your target, place your ball 3 inches inside the tee, and see if your accuracy improves on hitting those greens dead center, when you are out there playing. Let me know if this helps you.

Until next time , ( cutting your scores with putting )

Brian Wanzer

Handicap Chair

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## MEMBERSHIP

TOM TRAXEL

Membership is at 276 at this printing.

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.

Tom



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## CVS [CENTRAL VALLEY SENIORS]

STEVE BEEDE, DIRECTOR. ASSISSANT, JESSE REUTER

"The Central Valley Seniors golf season will be STARTING SOON and we still have room for some additional players. Our first two events are Sierra View Country Club on April 10 and Timber Creek on April 24. Both are in Roseville. Sing-up forms are in the Pro Shop. Contact me if you have any questions. Steve Beede, CVS Director. [sjbeede@att.net](mailto:sjbeede@att.net) or [916-752-6972](tel:916-752-6972)"

**2017 Central Valley Seniors**



**Applications are in the Pro Shop**

*Here's your Opportunity to Play Great Golf Courses at Reasonable Rates, Annual Dues \$60.00. Make checks payable to: LHMGC Tournaments Include Lunch \$45 with cart \$24 walking. Most Tournaments will have a Morning and Afternoon Shotgun. You Must be a Member of the Lincoln Hills Men's Golf Club*

*We are Limited to 60 CVS Members*

**2017 CVS Tournament Schedule**

<u>Date</u>	<u>Tournament</u>	<u>Time</u>	<u>Comments</u>
April 10	Sierra View	8:00 & 1:00	Lunch
April 24	Timber Creek	8:00 & 1:00	Lunch
May 8	Valley High	8:00 & 1:00	Lunch
May 22	Lincoln Hills	8:00 AM	Lunch
June 5	El Macero	8:00 & 1:00	Lunch
June 19	Stockton CC	8:00 & 1:00	Lunch
June 28	Yolo Fliers	8:00 & 1:00	Lunch
July 10	Northridge	8:00 & 1:00	Lunch
July 24	Rancho Murrieta	8:00 & 1:00	Lunch
August 21	Woodbridge	8:00 & 1:00	Lunch
September 4	Cameron Park	8:00 & 1:00	Lunch



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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 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.

Webmaster Al Soares

Please browse every page on the website to familiarize yourself with the layout and content of the website, you can't break it! Any questions please contact me @ [tincupal@sbcglobal.net](mailto:tincupal@sbcglobal.net).

## Hooked on sweets?

If you're hooked on sugar and artificial sweeteners, then you've got plenty of company.

First the facts: The average American consumes a lot of sugar. Data from the U.S. Department of Agriculture shows that on average, females consume 106 grams (26.5 teaspoons) of sugar every day, and males consume 135 grams (33.75 teaspoons). That's greater than 4 times as much sugar as what the American Heart Association recommends, which is no more than 24 grams (6 teaspoons) daily for women and no more than 36 grams (9 teaspoons) for men.

Consuming a lot of sugar is not good for our waistlines or our health. Additionally, our increased consumption of sugar and artificial sweeteners (which can be as much as 13,000 times sweeter than sugar) may be increasing our desire for sweet foods.

Now for the challenge: If you cut added sugar and artificial sweeteners from your diet for 2 weeks, you can actually “reset” your palate so that foods taste sweeter and your craving for sugar decreases. This will make it easier to eat less sugar moving forward, and can help you in your quest to maintain or lose weight.

Are you ready to give it a try?

### **The Sugar and Artificial Sweetener Challenge**

For 2 weeks, cut out all added sugars and artificial sweeteners.

1. Don't add sugar or artificial sweetener to any food or drinks (see list below).
2. Avoid all sugar or artificially sweetened drinks including sodas, bottled teas, sports drinks, energy drinks, fruit drinks and juice (even 100% juice), specialty coffee drinks.
3. Cut out any foods that have a lot of added sugar or artificial sweetener such as cookies, cake, candy, yogurt, soy or almond milk, breakfast cereals, or energy bars.
4. Limit dried fruits to 2 servings per day. Plain unsweetened milk, yogurt, and fresh fruit contain natural sugar, which is fine.
5. Read food and drink labels. Aim for foods with 5 grams or less of added sugar in the items you consume. Look at the ingredient list for other names for sugar and artificial sweeteners such as:

#### **Sugars**

- Sucrose
- Honey
- High fructose corn syrup
- Corn syrup
- Maple syrup
- Molasses
- Agave
- Evaporated cane juice
- Coconut palm sugar
- Dextrose
- Barley malt
- Cane sugar
- Grape sugar
- Turbinado sugar
- Raw sugar
- Powdered sugar
- Brown sugar
- Brown rice syrup
- Date sugar

#### **Artificial sweeteners**

- Sweet and Low
- Equal
- Splenda
- Monk Fruit
- Neotame
- Stevia

**What can you eat instead?” Real food.** Check out these sample menus:

- Breakfast: Oatmeal with unsweetened almond milk with walnuts and blueberries

- Lunch: Lentil soup, salad (veggies dressed with a little oil and vinegar), and strawberries
- Dinner: Salmon or beans with vegetables, quinoa, and a banana

What should you drink? Sparkling mineral water, unsweetened teas, or essence waters. You can also infuse water with your favorite flavors at home by adding lemon, mint, or other herbs and fruits to water.

Reviewed by: Carole Bartolotto, MA, RD, February, 2015  
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REMEMBER "IT IS WHAT YOU THINK YOU KNOW IS WHAT YOU DON'T KNOW"

Humor corner:

**More putting ideas:** <http://www.pinehurst.com/news/dont-you-wish-we-could-all-3-putt-like-this/>



*"You're suffering from insomnia. So I'm prescribing three of my husband's golf stories. If that don't put you to sleep, then nothing will."*

Compiled by  
Doug Hinchey