



CAREER WOMEN'S GOLF ASSOCIATION  
**FAIRWAYS AND GREENS**  
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**INSIDE THIS ISSUE**

Prize Info 2  
 Birthdays 2  
 Tip from the Pro 3  
 Raffle 4  
 August Calendar 4

**2012 BOARD ELECTIONS**

This is the time of year when we must start planning for the upcoming elections for next years Board of Directors. Elections for the slate of Officers will be held at the August general membership meeting held on prize night after play Tuesday August 16th. Below please find the current slate of officers which have been nominated and accepted. We are looking for any and all members who are interested in serving on the board to respond via e-mail with their nomination and acceptance. All offices are open to additional nominees. Please be sure if you are nominating someone that you have checked with them and gotten their intention to accept. All e-mail nominations should be sent to Stacey Allin at gladmist@verizon.net. Please do not reply to all with your nominations, in the interest of saving all an onslaught of excessive e-mails. We will update the membership in advance of the meeting with the additions to the slate of officers to be presented.

**CWGA BOARD**

- President: Kim Fleming
- Vice President: Mary Carole Davis
- Secretary: Martha McClees
- Treasurer: Stacey Allin
- Membership: Lisa Chapman
- LPGA Teaching Pro: MJ Osentowski
- Member at Large: Susan Campbell
- Member at Large: Betty Cahoon
- Newsletter: Andrea Rutledge

CWGA meets every Tuesday from April thru Sept @ Honey Bee Golf Club.

**Honey Bee Golf Club**  
 2500 Independence Boulevard  
 Virginia Beach, VA  
 757.471.2768



**CURRENT SLATE OF OFFICERS**

- President** – Kim Fleming
- Vice President** – OPEN
- Secretary** – Martha McClees
- Treasurer** – Stacey Allin
- Membership Chair** – Lisa Chapman



**GOLF OUTING**

Thanks to everyone who came out to Kingsmill Sunday . It is a beautiful course that provided for a challenging day of play. I hope everyone who attended had a fun and memorable time!

Our next golf outing is set for Sunday August 21st. We will be playing The Sound Golf Links at Albemarle Plantation in Hertford, NC, 12:00 shotgun start. We got an absolutely fabulous price of \$33 per person. We hope to see all of you and your friends there.

We will start taking signups and payment for the event at this Tuesday night's play.

Remember, your spot is not secure and confirmed until payment is received. Last date to accept signups for Albemarle Sound is August 16th.

MJ Osentowski

# CWGA BIRTHDAYS

## AUGUST

Stacy Allin  
Pamela Fentress  
Carole Johnson  
Mariann Morgan  
Claire Nixon  
Janis Tisza  
Allison W. Anders  
Sandy Benoit  
Carol Commander  
Wendy Ross  
Sheila Smith

## SEPTEMBER

Betty Clark  
Joyce McElmurry  
Andrea Rutledge  
Pat Richardson  
Jane Summerlin  
Nikki Bardell  
Kelly Klaers  
Lory Sherman  
Jacqueline Smith  
Saundra Van Horne

## OCTOBER

Maureen Galvante  
Mary Shaw  
Kathie Carter  
Julie Fox  
Stephanie Spingarn  
Mary Weber  
Ann-Marie Young  
Christy Doran



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# CWGA PRIZE NIGHTS

HIGHEST SCORE  
(OWN BALL)

LONGEST DRIVE  
(AGE APPROPRIATE)

Closest to the Pin

#2 Kelly Gooch

#11 Sandy Benoit

Lowest Score Best Ball

18

Carole Johnson | Ann Roach

Susan Virden | Stacey Allin

HIGHEST SCORE  
(BEST BALL TEAM)

CLOSEST TO THE PIN

Longest Drive Under 55

#9 Kimberly

Lowest Score Own Ball

36

LINDY POWIS

GREAT GOLF!!!



# TIPS FROM THE PRO

## THE TRUTH ABOUT LIES

Discover the truth about lies and you won't have to panic when your ball comes to rest on a downhill, uphill, or side hill lie. It's as easy as anticipating ball flight and understanding gravity.

**Uphill Lies.** If the hill goes up. The ball goes up. The club head will swing from lower to higher to match the shape of the hill. Choose a less lofted club to counteract the loss of distance. Don't let your upper body fall back when you swing.

**Downhill Lies.** Going down the hill, the ball flies lower. To avoid leaning down the hill, position the ball farther back in your stance. Practice swings can help determine the correct contact point on the hill. Resist gravity with your upper body to avoid falling down the hill. Choose a more lofted club to aid the ball's flight trajectory.

**Side hill lies** with the ball above your feet. Lean into the hill or more over the ball that means a shorter grip on the club. There will be a natural right-to-left trajectory so compensate by aiming a little to the right of the target.

**Side hill lies** with the ball below your feet. Maintain upper-body balance by leaning away from gravity and into the hill. Since the ball is farther from you and the club can't be lengthened, you need to make your body shorter by squatting more. The ball will naturally follow the contours of the hill, so aim slightly left of the target. Also choose a longer club to offset the loss of distance

A good way to remember uneven lies is to align your shoulders with the land and you will have a more successful and balanced swing.

M.J. Osentowski  
LPGA Teaching and Club Professional  
osentowski@cox.net



# AUGUST RAFFLE



Rod Herrera from Double Eagle Golf Works of Chesapeake has graciously donated another club to CWGA to raffle off to our members.

## PUTTER

\$3.00 each 2 for \$5.00

Drawing: August 9

# AUGUST 2011

Sun      Mon      Tue      Wed      Thu      Fri      Sat

			Sign up online at <a href="http://www.careerwomensgolf.com">www.careerwomensgolf.com</a> Username: cwga1   Password: cwga1			
	1	2 Start Time 5:15pm	3	4	5	6
7	8	9 Start Time 5:15pm	10	11	12	13
14	15	16 <b>PRIZE NIGHT</b> Start Time 5:15pm	17	18	19	20
21 <b>OUTING:</b> Albemarle Plantation Hertford, NC	22	23 Start Time 5:15pm	24	25	26	27
28	29	30 Start Time 5:15pm	31			