



Inside Shots & Tight Lies

President's Post	1
Ghin Info Lobo HS Golf Team	2
Junior Spring Clinic	3
Member Owned Business	4-5
Junior Golf Fundraiser	6
Rules Tip	7
Upcoming Events	8

President's Post

The spring golfing season is about to begin! Please join us for Women's Day Tuesday and Men's Day Thursday, for tournaments and for casual Twilight Golf events. The golf course is looking beautifully green right now, thanks to Johnny and Steve's hard work and an abundance of rain. Your first opportunity to get involved is coming up on Wednesday, March 27th with our first work day of the season. We'll get the clubhouse and course spiffed up starting at 9 AM and be rewarded with a great Ed Gutkowski lunch at noon. April 2 and 4 herald the beginning of weekly 18-hole play for women and men. A new activity this year is Breakfast Club from 9 to 11 on the second Saturday of the month starting on April 13th. Mary Ellener will be preparing breakfast for you and your guests for a suggested donation of only \$5. Our first 4 PM Twilight Golf event is scheduled for Sunday, April 14th hosted by Chris & Dick Bangsund and Miki & James Straughan. Then on Saturday, April 20th, we'll hold a fundraiser tournament for Junior Golf Programs. Information about all of these events can be found on the next pages of this newsletter. Please join us! You won't be disappointed!

Lobo Golf Team

They sure pick a tough time of year to do golf with the High Schoolers but they're out there day after day and practice, practice, practice is their motto. Coach Têtu says they have another great team this year...21 in all with 14 gents & 7 ladies. There are even a couple of first year Seniors who want to give the sport a try. They've had 2 matches so far and have done remarkably well in both. Coach Têtu believes they will have a good showing at State this year. They have their first home match March 21st in case you want to come out and give them a friendly smile or word of encouragement. Maybe one day we'll be watching one of these youngsters in a Majors Tournament!



Ghin Information

Slope Rating

USGA slope rating is a number ranging from 55-155 that represents the difficulty of a course for "bogey golfers" relative to the USGA Course rating (which represents the difficulty for "scratch golfers".) Slope rating is not expressed in strokes, but rather is a ratio. The higher the slope, the more difficult the course plays for bogey golfers.

A slope rating of 113 is considered average.

Courtesy of Mary Brown

ALL Events Are Posted On Our Website

<http://lopezislandgolf.com/>



Junior Spring Clinic

March 16/17 & 23/24with Steve Nightingale

Well, those kids and instructors were a lot harder than I am. The

weather on the first day was horrific with a

deluge of rain but they all stayed out there

'soaking up' all the knowledge they could from

PGA Pro Steve Nightingale, coach Richard Têtu,

Bob Gerfy, Gary Blair & Manny Hidalgo. Day two

was sunny but the wind was blowing. Still, it

didn't stop them. At the end of each day they had a

great lunch that Vinney Morgan prepared and each of

them would talk about things they learned during that day.

The clinic will continue next weekend.

Here's what Steve Nightingale had to say after the first day:

"I am just riding the ferry back to America appreciating my life's fortune. I was blessed to teach 16 wonderful young adults with the amazing help of four

volunteers on Lopez Island. The junior camp here is always a highlight of my year; every year I feel it could not get any better, but it seems to each time (I think this is number 14 or 15—math was never my strong suit.) The kids went through 5

specific skill stations in less than 2 1/2 hours, much of it in rain with a downpour thrown into the mix.

There was nary a complaint and many

smiles....tomorrow we fine-tune skills. We'll push

the varsity players to improve and introduce the new players to being on a golf course and much of

what that entails. It seems sacrilege to call this enjoyment work.

I hope that many of you can make time to come out for the team fundraiser

tournament April 20th. I will be there, and Vinney said she would play. I'm not

sure what my role will be at this time. I will commit to sponsoring two kids to

play if we get at least 10 hole sponsors or 40 paying players....and Vinney will

also. I am committed to these great people. I hope you are too. Please come out and see why these young adults are so wonderful to be around!"



Island Body & Fitness

We've got a new business in town and it's owned by one of our new members....Aaron Dye. Although Aaron is a new golf club member he certainly isn't new to supporting our golf club and golf in general. For years his other business (Lopez Village Market) sponsored the Junior Golf Fundraiser and he and his family have always been willing to help us out when we ask. In fact our golf club informational bulletin board is mounted free of charge on the outside of their building.



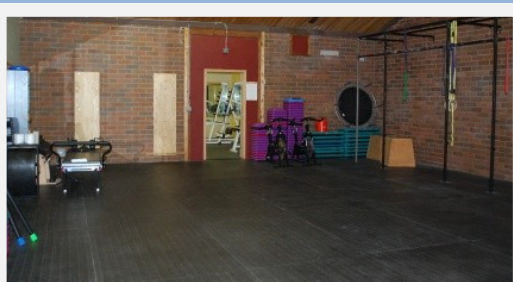
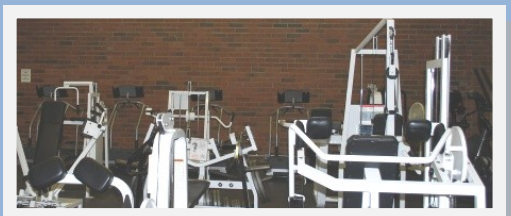
Island Body & Fitness took over the old grocery store building and has revived that part of the village. It's big and it's beautiful with a large area for free weights, another for cardio & exercise machines and the last large area for classes. Having that willingness to please that we all know about Aaron, he is constantly adding new things as members express their wishes.



"The gym is for all ages. We have people in their 20's & 30's pumping iron and we have a 92 year old doing the machines and cardio 3 times a week," says Aaron. I know that 92 year old and he just happens to be our very own James Straughan.... Good on ya James!

You can come just for a day or get a price break signing up for a month, three months, six months or a year. Plus Seniors join at a discounted rate. One offer that is available to the Seniors is the

HEALTHWAYS SILVER SNEAKERS PROGRAM. Your insurance company may already offer it, in which case you have no out of pocket expense. Group Health Cooperative is one that does provide it to its insured and you don't even need to be a Senior. Others that Aaron knows of that provide it to their Seniors are: AARP Medicare Complete by United Healthcare, Columbia Community Care, Essence Healthcare, Humana, Providence Health Plan and Spokane Community Care. But there may be others, so call your insurance company and ask them or check with Stephanie Vallejo at the gym.



The gym opened last summer and although there was a slow start, the popularity seems to be picking up. Things are ever evolving at the gym. There's talk of a snack area & juice bar, t-shirt contest plus there are a number of instructors now and you shouldn't have a problem finding some class or personal trainer that can offer you whatever you wish. See the next page that will cover each of the instructors.

As golfers we all know the importance of staying fit, so let's get out there and help support one of our fellow golf club members and at the same time help ourselves and our golf game!

Island Body & Fitness continued....

.....And the beat goes on. Look at all the help you can get at the gym!

Kira Gates: Personal trainer You can sign up for a private session with Kira and she'll make a program specific to your needs and abilities or you can attend one of her group classes. She tells me, "I love encouraging people then watching them make those gains. That's what it's all about: chalking up the goal, making another one then keeping it going." Her spin class (cycling) is at 12:15 Tuesday and her cardio/strength class is Wednesdays at 4 pm.



Kerry Ratza: Pilates Trainer Pilates is a body conditioning routine that helps to build flexibility, muscle strength, and endurance. It puts emphasis on spinal and pelvic alignment, breathing, developing a strong center, and improving coordination and balance. Kerry's approach to teaching is highly individualized and sensitive to each client's needs and goals. You can schedule a private session with Kerry on the Pilates equipment or join

in on one of her two mat classes on Mondays & Fridays at 9:30.

Robert Spreine: Cross-Fit Trainer CrossFit is a constantly varied, high intensity, functional movement strength and conditioning program. Workouts are typically short (20 minutes or less) and intense, demanding all-out physical exertion. It includes all elements of exercise to give you a well rounded fitness that helps with everyday life. Robert tells me he has about a 50/50 split with guys & gals in his classes and even has some 55+ individuals. So for those of you who are up for the challenge he offers that class M,W & F at 6 am & 5:30 pm.



Stephanie Vallejo: Seniors Personal Trainer She says, "Keeping the Seniors interested in staying active and moving so they can maintain a better quality of life as they get older is so important. I have worked as a caregiver for seniors for years and so much can be avoided or improved by simply getting up and getting moving." She is the 'go to' person for the Silver Sneakers Program.

Laura Pierce: Is finishing up her Personal Trainer Course and will soon be available for instructing. Her goal is to help put together a running club and the first target is the Lopez 4th of July run. They are taking beginners, getting them off the couch and start running in a systematic healthier approach. Look for this to start in April.



Stephanie Fowler: Is learning Zumba and welcomes anyone who would like to join her. It's that hot new Latin Dance that's becoming so popular. A great way to have fun and sweat yourself into shape at the same time. She will be working out with her DVD's Tuesdays @ 6:10 pm & Saturdays @ 9 am at the gym.

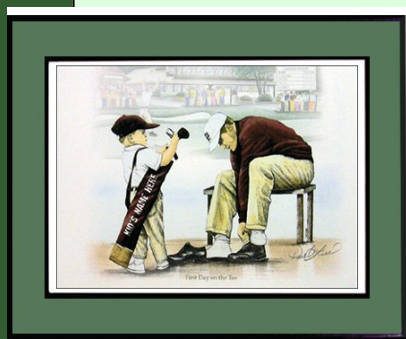


April LIGC Sponsored

Fundraiser



The Junior Golf Fundraiser Tournament was previously known as “Tee’d Off” or “The LVM” Tournament. This fundraiser is to support golf’s future. We all know and have continually heard about the decreasing memberships in small golf courses. Ours is no different. What better way to increase memberships around the country than to have more golfers.....get ‘em hooked early!! Lopez is such a small community yet we have a THRIVING junior golf program. We are known for supporting our own. Yes, we all get weary of fundraisers.....however this one should be at the top of our list. If we want these small affordable courses to be around in 10-20 years, then we need to support those who want to learn the sport.



The Lopez High School team does so well each year at the State Competitions all because of the dedication of Coach Têtu, PGA Pro Steve Nightingale and a number of volunteers (both members and not) who are dedicated to the advancement of our sport with the juniors. That being said, none of it would be possible without the funds that are raised from this tournament and the willingness of our club to allow them to compete on our course.

You can help in a number of different ways. Play for \$40 entry fee; sponsor a Junior to play for \$40; donate or solicit donors or sponsor a hole for \$100.

This tournament is coming up fast.....April 20th.

Contacts: joyce.kruithof@lopezislandgolf.com or 468-4992

Let's make this a successful event

LIGC The Early Years.....

Our season is gearing up and the news will abound, so look for this segment to be continued in October 2013.




Rules Tip

Question: In making a practice swing on the fairway, the player hits a pine cone which in turn hits his ball and moves it. Is there a penalty?

Answer: The player incurs a one-stroke penalty under rule 18-2a in either match play or stroke play and the ball must be replaced


Courtesy of Mary Brown

THE GOLF POEM



In my hand I hold a ball
white and dimpled, rather small,
Oh, how bland it does appear
this harmless looking little sphere.


By it's size I could not guess
the awesome strength it does possess.




But since I fell beneath it's spell
I've wandered through the fires of hell.
My life has not been quite the same
since I chose to play this stupid game.

It rules my mind for hours on end
A fortune it has made me spend.
It has made me swear and yell and cry.
I hate myself and want to die.

It promises a thing called par
if I can hit straight and far.




To master such a tiny ball
should not be very hard at all.
But my desires the ball refuses
and does exactly like it chooses.




It hooks and slices, dribbles and dies
and even disappears before my eyes.

Often it will take a whim
to hit a tree or take a swim.
With miles of grass on which to land
it finds a tiny patch of sand.



Then has me offering up my soul
if only I could find the hole,
It's made me whimper like a pup
and swear that I will give it up

And take a drink to ease my sorrow,
but the ball knows....
I'll be back tomorrow !!!!!



Golf Truths

If you're afraid a full shot might reach the green while the four-some ahead of you is still putting out, you have two options:

You can immediately shank a lay-up or you can wait until the green is clear and top the ball halfway there.



There is still
one weekend left!
FREE

Courtesy of : Lopez Island Golf Club

2013 YOUTH GOLF LESSONS



Ages 12 - 18

4 Day Clinic:	March 16	10:30-1:30
	March 17	10:30-1:30
	March 23	10:30-1:30
	March 24	9:00-12:00

Contact: Joyce Kruithof 468-4992
Or sign up with Richard Tetu at LIHS

Steve Nightingale
PGA Pro

UPCOMING EVENTS

Remember to check out the **EVENTS CALENDAR** in the **DIRECTORY** on the **WEBSITE** for specifics on all the events. <http://lopezislandgolf.com/>

March:

23-24 Youth Clinic 10:30-1:30 / 9-12

27: Workday 9-12

April:

2 & 4: Ace Tournaments
Spring Ringer Begins

13: Breakfast Club 9-11

14: First Twilight 4 pm

20: Junior Golf Fundraiser 10 am

24: Workday 9-12

Breakfast Club April 13 9-11

Come out for the first breakfast of the season at the club. Bring your friends!

Menu:

Ham/ Spinach/ Mushroom and Cheese Strata
(Ingredients layered with a mixture of eggs, bread & milk and baked to become a fluffy Strata)
Home Made Breakfast Potatoes
Currant and Lemon Scones with Raspberry Jam
Orange Juice and Coffee

A \$5 donation per person is appreciated.

Advance notice is also appreciated but not mandatory.

*Sign up at the club or contact Mary Ellener @
468-2734 or marytobacco@comcast.net*

Junior Golf Fundraiser Help Support Golf's Future

Saturday April 20th 10 AM tee off

18-hole mixed scramble
Followed by lunch and prizes!
Sign in at 9 AM
Morning snacks provided

Entry Fee: \$40 Hole Sponsorship \$100

For Registration and Hole Sponsorship,

CONTACTS: joyce.kruithof@lopezislandgolf.com

or call Joyce at 468-4992

*All Proceeds Support
Junior Golf Clinics
Lopez High School Golf Program*

April 14th Twilight

*Watch for a sign up sheet at the club Or contact Chris &
Dick Bangsund 468-2502
chris.bangsund@lopezislandgolf.com*

Chipshots: The Newsletter March 2013 Issue
Lopez Island Golf Club
589 Airport Rd.
Lopez Island, Wa. 98261
(360) 468-2679
Original Design by Steven Levy
Produced by Chris Bangsund
Editor: Joyce Kruithof
Rules Tip / Ghin Info: Mary Brown

