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President's Post

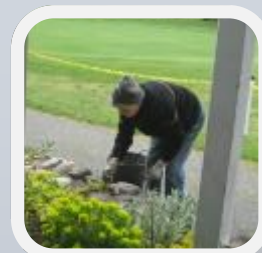
Bring your friends, neighbors, relatives and guests to the golf course this summer! You can bring a guest to men's or women's day and also to Twilight Golf events. If your guests don't play golf, bring them for dinner after golf! It's up to all of us to create a warm welcoming environment at the club and hopefully bring in more new members. As Rita says, "The Golf Course is our gift." Let's treasure it and share it with our friends.



ALL Events Are Posted On Our Website

<http://lopezislandgolf.com/>

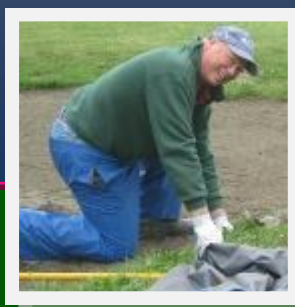
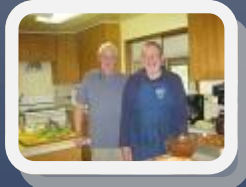
Workday April 25



25 people participated in our April Work Day. Sprinkler

heads were cleaned and the sprinkler system is now up and run-

ning. Photos show some of the participants getting fairway mower training, tending to the burn pile (ask Dennis about the near miss!) raking traps, cleaning flower beds, washing windows, staining wood, and repairing the practice area net. Thanks to Ed Gutkowski, assisted by Ole Snoer and Carol Gregory, for a delicious rigatoni and salad lunch!



Valuing the Volunteer



This article is a way of thanking those volunteers who give a little more than most of us. This month we are thanking **Ed Gutkowski.**

Ed and his wife Martha Sharon have been on the island since 2001, first part time and then finally fulltime in 2003. Ed retired from work as a geriatric mental health specialist and did evaluations and follow-up with patients in nursing homes. "It was interesting work and probably helped me understand my own elderliness," Ed says.

Soon after college Ed spent two years in the Peace Corps in Liberia. Later while working in Seattle, he was involved in starting the Seattle Cancer Life Line. "Ed's life has not always been an easy one, but that doesn't seem to have affected his outlook on life and people," says Ole Snoer. Ole first met Ed in the late 80s when they both were working in Fife. Ole had his restaurant and Ed & Martha were managers for the motel complex next door. "He is a true Good Samaritan who is willing to step in and help anybody who may be in need....giving advice or a helping hand. I have certainly been the recipient of that many times," says Ole. "Although my wife and I fell in love with the San Juan Islands many years ago, Ed was certainly a big reason we decided to live here."

Ed's frequent playing partner Jim Montgomery recalls that he and Ed both became members of LIGC in 2003 when the waiting list finally thinned out. Ed was named Volunteer of the Year along with Dick Reiswig in 2007. One of the big reasons, according to Ed, was because of the dinner and auction they put on, raising \$10,000 for the golf club. Ed continues to volunteer, mowing the rough, testing the water and cooking for many of the social events. Ed says he plays golf year round here and loves this course. He is always happy to do whatever he can to help keep it going. He plans to be a member long enough to qualify for honorary member status and play free golf.

Jim also commented, "Other volunteer work that Ed has done in the past for the betterment of our community includes serving as a board member during the establishment and construction of LOHO and also as a previous board member administering our Farmer's Market. He became involved with the market through his successful business enterprise, making and selling Seraphim Soap, which he shares with his sister Cindy and daughter Leslie. They are now up to 12,000 bars of soap per year which they sell all over the country. Other activities that he enjoys include playing bridge (he is fun to compete with and gives his all!), cooking, gardening, reading 3-4 books per week and tinkering with mechanical things."

Thank you Ed for your continued support of the LIGC. It's members like you who make this such a great club and course.

May 4 Twilight Golf



Hosted by Pat Goodfellow and Beth Hughes, this Low Gross Scramble was **won** by Beth's team! Glad I was on it with Brian Lynch and Russell Nash.



Second place – Sue Crockett, Rip Van Camp, Carol Gregory and Bob Gerfy

KP on #1 – Russell Nash and Joyce Kruithof

KP on #8 – Lynn Hall and Jim Pinkham

Though there were only 20 participants, the club managed to earn \$82! Nancy Lynch won the 50-50 raffle.



Lopez Women's Golf Association

Spring Luncheon May 8



16 women gathered for a great chicken or eggplant parmigiana lunch at the Galley after golf on Tuesday, May 8. During lunch President Miki Straughan presided with Vice-President Lynn Hall collecting money and Secretary/Treasurer Jeanne Budlong taking notes and giving reports. Discussions included preliminary organization of the Women's Field Day on June 12 and the association paying for monthly cleaning of the clubhouse and course restrooms with contributions from the men.



Pink Ball Twilight May 12



A small but happy to be out in the sunshine group of 18 golfers participated in our first warm event of the season. Three-person teams played two games in one: a) pink ball game with each player playing the pink ball on every third hole; b) alternate shot game with the remaining

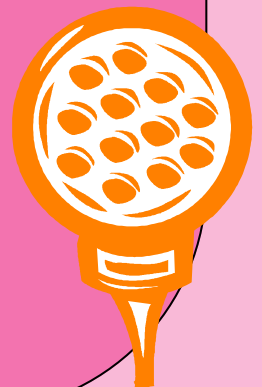
two players. **Winners of Pink Ball Game:** Tied for first:: Bob Gerfy, Judy Hill and Rose McKelvey; Jim Pinkham, Jim Straughan and Nancy Lynch.

Winners of Alternate Shot Game: First: Brian Lynch, Bette Vaudt and Pat Goodfellow.

Tied for second: Teams led by Bob Gerfy, Jim Pinkham and Jerry McKelvey

Closest to the line on #9: Sue Crockett and Ron Metcalf; **KP on #1:** Jerry McKelvey. Nancy Lynch won the 50-50 raffle **AGAIN!**

Dinner was provided by Jeff Nichols and his Galley crew. Delicious desserts were baked by Rose McKelvey.



Food Tip from PGA Pro Steve Nightingale



Many factors affect a player's performance on the golf course, not the least of which is how the body is fueled. We need some food before a round to maintain concentration and energy. Oatmeal is an excellent breakfast because it is a slow release fuel. Try to avoid too large a meal just before a round--your body will be digesting instead of focusing on the task at hand. Most people play better with little or no caffeine and sugar to overstimulate their nervous systems. If you happen to be immune to nerves, be thankful.

Most tournament players have a definite on-course food program. Granola bars, sandwiches, bananas, and nuts are staples. Players usually nibble throughout the round to maintain energy and blood sugar levels. Stay hydrated also to be healthy and more able to focus.

All of these ideas are generalisms--each player should learn what aids their performance. A strength and/or stretching regimen is now the norm. Instruction can help weak areas. A positive mental attitude is beneficial. Equipment should fit the player. A consistent routine promotes more predictable results. Good food management combines with these other factors to give you the best chance for success.

Annual Greens Aeration Project

The photos say it all! Gary Blair plugged all the greens and was finished by 2 PM! John Moore ran a machine that picked up the plugs. Jeff Hanks and Jim Pinkham loaded the plugs on to a pickup and put them somewhere useful. Dennis Mattson dumped sand on the greens. Herb Schiessl and Marc Zener dragged spreaders behind tractors to distribute the sand over the greens and work it into the holes. Joe Reynolds and Jim Addington helped out everywhere. Myrna brought hotdogs which Sally cooked for the crew. We applaud Steve Bryson for an excellent plan and for getting a great crew to execute it. Oh, and that's Sue Crockett still finding wood to stain!



Lobo Golf Team

Post-season Summary by Coach Richard Tetu



Seven ladies and seven gents went to League; both genders won their League Championships. The ladies took 5 of the 8 spots to Tri-Districts, as well as the alternate position. The gentlemen took six of the eleven places, plus the alternate slot.

At Tri-Districts, the women took two of the five spots to the state tournament, and our third lady missed going by one stroke; they took second place overall, with 64 team points to Bear Creek's 69. The gentlemen took two spots to State.

At state, Chase Schober and Sarah Stanley made it to the second day, with Chase taking 34th out of 80 gentlemen, and Sarah placing 20th out of 40 ladies.

Marné Cook missed the cut by one point, and Jimi Brant by two points. These were excellent scores for a public "B-size" school in a tournament dominated by "BB" public schools and private schools.

On Sale May 1st-Nov 30th

\$20

\$20

Raffle Tickets for

Free 2013 Membership

At Lopez Golf Club Friday thru Monday 9 to 3
Lopez Liquor Store Tuesday though Saturday 10 to 6

Lucky ticket
drawn Dec. 1st

*Raffle open to general public & club members

*Items not included: golf club or cart rentals, locker, cart storage, GHIN fees & special assessments

Welcome
New Member
Charlie Janeway

May Aces

Bob Gerfy

Nancy Lynch/Lynn Hall

MEMBER ITEMS

FOR SALE

1993 Hyundai Electric Golf Cart
with 2008 new batteries, hardly
ever used. Great Condition! \$1000
Call The Zeners @ 468-2756

Send me your golf items

joyce.kruithof@lopezislandgolf.com

UPCOMING EVENTS

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

May-June Events:

May 26: Twilight Golf and New Member/Memorial Party 4—8 PM

May 30: Workday 9 AM –noon + lunch

June 5 & 7: Ace tournament Women & Men and beginning of
President's Cup tournaments

June 6: Business League 5:30-7:30 PM

June 10: Twilight Golf: 4-6 PM

June 16: Private event, course closed 9 AM to noon

June 24: Twilight Golf, 4-6 PM

June 27: Workday 9AM—noon

Business League

continues June 6

Put your dream team together, give it a name and come on out the first Wednesday evening of each month.

\$5 Entry Fee \$15 Non-Member Green Fee .

5 pm registration 5:30 Tee Time. Just show up or contact Vaughan William 468-2922 or vewilliams@centurytel.net



Don't forget to enter your scores when you play net tournaments!

**New Member &
Memorial Party
May 26th**

Please come to welcome our new members and honor those members who have passed away. A 9-hole twilight golf event at 4 PM will precede the party which starts at 6 with a delicious dinner prepared by Rita O'Boyle. For dinner only, contact Rita at 2813.

**June
Twilight Golf**

June 10

June 24

4-6 pm

Sign up at the
Clubhouse

Chipshots: The Newsletter May 2012 Issue

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Original Design by Steven Levy Current Design by Chris Bangsund

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