

## President's Message

Why did you join the EWGA? What do you like about this association? Were you a beginner when you joined, or were you looking for other women who like to play golf? Were you looking for ways to hone your skills to do business on course?

We are lucky to be in the midst of the women's golf movement – more women than ever are taking up the game! At a recent golf outing, one woman in my foursome said that she started golfing about a year ago. Her job in sales almost requires that she know how to golf in order to participate in the deal-making process! Another golf companion told me of a multi-million dollar deal that began on the course when she played with one of the only other women at an event.

We recently held events at local golf courses to participate in Women's Golf Week. This was a major effort of multiple golf organizations to introduce and promote the game of golf to women.

This included instruction, social and networking events around golf.

How can we members of EWGA continue the momentum in helping bring more women into the game? There are several ways all that promote the organization whose mission is to promote the enjoyment of women's golf for business and for life! Show your colors: Buy an EWGA logo shirt. Display your bag tag. Come out to leagues and events. Support our education partners and sponsors. Recruit sponsors.

Get involved!! If you have suggestions on how we can do things better, let us know. Volunteer! Become a chapter chairperson, committee member, board member.

The Executive Women's Golf Association exists because of us and for us. We are beginning to see the wheels turning – we're getting the attention that we deserve! It takes all of us to give some of ourselves to chart the course for our future in the sport. Pave the way for women to not only enjoy golf, but use it as a tool for career and business success.

Why did you join EWGA? Perhaps it is to learn and play, but it may also be to become part of a group that is changing the face of a great sport for women.  
— Donna Wood

### SAVE THE DATE

Would you like to get away for golf this fall? Save the weekend: October 7, 8, 9, Columbus Day Weekend is being considered for a Sectional Getaway with our friends from Fredericksburg, Richmond and Southern Maryland chapters. Where? In the beautiful mountain setting of Wintergreen Resort and Spa, near Charlottesville, VA. Stay tuned, more to come!

### Communication News

*"We have an education section, a photo gallery, a classifieds area, and a charity events section."*

#### Website Update

Our new website is provided by MSW Interactive Designs LLC. All of the design work and updates are performed by MSW. This is a HUGE benefit to our club, and our hats and visors are off to Sandy Waggett and her team.

We have a photo gallery, a classifieds section, and a charity events section. You can link to the ewga.com site from ours to post or verify handicaps. Our social events, and information about our popular league activities are all found by going to [www.ewgadc.org](http://www.ewgadc.org). The site is updated frequently, so check back often.

#### Provide your input!

This past April, the Washington Post featured local golf in a section called "Swing". EWGADC was mentioned, but with our old (and dead) website. When the Post performed research, we did not yet have our new site up and running. The Post printed a correction the

next day, but the most exciting part of the story is that the Post cares what women golfers want. We included some questions in an eblast on April 25, and the Post received a very small amount of responses, but they were appreciated, and provided very useful information. They informed me that 80% of their unsolicited golf opinions were from men. Please take a couple of minutes to take a look at Swing, and provide feedback to [swing@washpost.com](mailto:swing@washpost.com). For the on-line version of Swing, click on [www.washingtonpost.com/localgolfguide](http://www.washingtonpost.com/localgolfguide).

#### Shameless Begging Section

Would you like to be a sponsor? Do you have a candidate sponsor? We have programs ranging from very small to very large. We'd love to provide advertising or publicity opportunities to you and your company for reasonable fees. Please contact Sherri Fennell at [sponsorship@ewgadc.org](mailto:sponsorship@ewgadc.org).

**"GET A GRIP NIGHT"** Many thanks to East Potomac Golf Course for opening up their recently renovated club house to the EWGA for a discount club re-grip night. While we selected the grips for our clubs, we were able to enjoy chocolates and champagne as well as an informative talk by Paige Veliz-Gilbert and Mike Byrd regarding how to purchase new equipment. A fun way to spend a winter evening in early February!

# GET READY TO COMPETE....

## DC Metro Chapter Championship Practice Round at Old Hickory

**Saturday, July 9**

**Sunday, July 10**

**Saturday, July 16**

**Consecutive tee times starting at 1:45 p.m.**

If you register to play in the Chapter Championship in either the stroke play or team scramble formats, you may want to check out the course in advance with a practice round.

Just call the pro shop at Old Hickory (703-580-9000) and identify yourself as a EWGA member registered to play in the Chapter Championship. Tee times will be available on a first come, first served basis **on the three dates listed above starting at 1:45 pm** for the **twilight rate of \$60.00**.

For directions to Old Hickory, check their website at [www.golfoldhickory.com](http://www.golfoldhickory.com).

## 4th Annual Battle of the Beltways

Washington is hosting this year's Battle of the Beltways scheduled for August 6th and 7th, 2005 at The Links at Gettysburg. Have you heard of the Solheim Cup or the Ryder Cup? These competitions between the top women and men professional golfers from Europe and the U.S. are held every two years and have provided golfers around the world with some exciting displays of golf. Our event is a match play team competition between Baltimore and the DC Metro Chapter of the EWGA. This is a great chance to play some different forms of competitive, fun, team golf and get to know some of the great people from the Baltimore Chapter. Last year the competition between the DC Chapter and Baltimore ended with Baltimore winning. **WE PLAN TO WIN THE BATTLE THIS YEAR!!!!**

The format of this event is similar to the professional events. It will be a two-day, team competition with each team consisting of 16 players. The first day will be two person best ball with each player of the two-player team playing her own ball. The second day will be single competition using match play format. Points will be awarded to the winners of each match and the team with the most total points will win the cup.

Would you like to participate in an event like this? You don't have to be the best golfer. We need members of all skill levels. Members of the team will be selected from all golf activities that the DC Chapter provides: League play and weekend events. To compete, you must have an official handicap established by July 1st. The cost for this two-day event including dinner on both Saturday and Sunday will be approx. \$225. We have also reserved 16 rooms the Gettysburg Travelodge under EWGA at a cost of \$92.65 + tax per night/ per person/ double occupancy. You will be contacted if you are selected to play. All selected players will be asked to meet to discuss Match Play rules prior to the tournament.

If you are interested in participating, or would like more information, please email Dianne Maffia at [dmaffia@earthlink.net](mailto:dmaffia@earthlink.net) or Sherri Bassham at [sherribassham@aol.com](mailto:sherribassham@aol.com).

# GET READY TO COMPETE....

## 2005 Chapter Championship at Old Hickory Golf Club Sunday, July 17, 2005

The annual EWGA Championship is the largest, organized, women's amateur golf competition in the country. It offers a chance to put your game to the test! Members of all skill levels, provided you have a USGA (RCGA) handicap, are encouraged to compete.

Our chapter will hold their 18-hole qualifying event on Sunday, July 17th at Old Hickory Golf Club in Woodbridge, Virginia. The event offers two different competitive formats: **Stroke Play** and **Team Scramble** – select the one that best fits your game, personality and skill level!

### To play in our Chapter Championship, EWGA members must:

- Be a female at birth, and a EWGA member in good standing.
- Have a verifiable USGA (RCGA) approved Handicap.
- Be an amateur as defined by the USGA Rules of Amateur Status.
- Complete the registration form, available on our website at [www.ewgadc.org](http://www.ewgadc.org).  
**There is one form for BOTH stroke and scramble Play.**
- Return the form, along with registration fee, to:  
Jennifer Flather, 1020 C Street, NE, Washington, DC 20002
- Registration forms **must be received by Thursday June 30th. No late registrations will be accepted (sorry, we have to get all registrations to AHQ so we can't be flexible on this one). Remember to attach a copy of your USGA Handicap Index.**

**Registration fee is \$105.00. This includes golf, cart, driving range, dinner and \$30.00 entry fee to national. Check out the course at [www.golfoldhickory.com](http://www.golfoldhickory.com).**

The Low Gross and Low Net Champions in each flight, and the first place chapter Team Scramble competition winners are eligible to advance. Registration information for the Sectional Championship, to be held August 27th at **The Golden Horseshoe in Williamsburg, VA**, will be provided at the Chapter Championship to all who are eligible to advance. Registration fee for the Sectional event is \$105, including greens fees, and awards lunch or dinner and gift for each competitor.

Finally those who qualify at the Sectional will advance to the EWGA Championship Finals, a two-day 36-hole event on September 22-24 at **Crystal Mountain Resort in Thompson, Michigan**.

Your Chapter Championship Committee,

Dianne Maffia, Director  
Jennifer Flather, Registration and Logistics  
Karen Marcotte, Communications



## EWGADC EDUCATION CORNER

Nicola de Stwolinska and Kim Thomas  
Education Committee Co-chairs  
education@ewgdc.org

### Get Smart with our Education Partners!

Did you know that as a member of the EWGADC chapter you have access to a host of education programs at discount pricing with our eight (8) Education Partners, located in Maryland, Virginia and DC?

We are fortunate to have the following partners, who are committed to promoting women's golf via their education programs and learning facilities:.

- > The Golf Bodyworks
- > Capital City Golf Schools
- > Dulles Golf Center & Sports Park
- > Hilltop Golf Club
- > Inner Drive Golf Services
- > Pilates for Golf
- > Olney Golf Park
- > Reston National & Nike Golf Learning Center

Our partner Education Programs will help enhance your golf experiences – from strengthening your golf muscles to tuning your golf knowledge and skills. We thank our partners for their support of EWGA, and we encourage you, both old and new EWGA members, to visit our partner facilities and sign up for their programs – all season long!

In this newsletter issue, we're highlighting programs with three of our Education Partners -- Pilates for Golf, The Golf Bodyworks and Inner Drive Golf Services -- focused on the physical and mental preparation for playing your best. And to complement your mental and physical training, don't miss the golf skills, golf networking and golf rules & etiquette programs in Maryland with Olney Golf Park, in DC with Capital City Golf Schools, and in VA with Reston/Nike Golf Learning Center, Hilltop and Capital City Golf Schools.

**See the EWGADC website – [www.ewgadc.org](http://www.ewgadc.org) -- for the Education Calendar of Events... and Visit our Education Partner websites.**

### Golf Body Works (formerly Body Balance for Performance) gives EWGA member benefit

The Body Balance for Performance program has a proven track record of helping golfers of every skill level add power and distance on their drives, achieve greater consistency and accuracy and, in turn, reduce their handicap.



"To consistently play better golf, it's important that you be physically able to execute a proven golf swing time after time," says Neil Chasan, co-owner of Body Balance for Performance, Inc. "To accomplish this, you must achieve true 'body balance' via golf-specific fitness training and therapeutic treatment program to reduce injuries and improve swing performance."

Even Suzy Whaley, the first woman to earn a spot in the field of a sanctioned PGA TOUR Event since Babe Zaharias in 1945, has been preparing for her July debut at the Greater Hartford Open by working with a Body Balance Coach to help with her strength and stamina. To learn more about the Body Balance for Performance Program, go to [www.fitgolf.com](http://www.fitgolf.com).

#### Education Partners

##### The Golf BodyWorks

formerly Body Balance for Performance  
3913 Old Lee Hwy, Suite 31C  
Fairfax, VA 22030  
[www.fitgolf.com](http://www.fitgolf.com)  
[www.lindept.com](http://www.lindept.com)  
703-352-1477  
nova.bodybalance@cox.net

##### \*Capital City Golf School

at East Potomac Park GC  
at Langston GC  
at Rock Creek Park GC  
Washington, D.C. 20024  
202-479-2596  
[www.capitalcitygolfschool.com](http://www.capitalcitygolfschool.com)  
ndestwolinska@golfdc.com

##### at Broad Run Golf & Practice

10201 Golf Academy Drive  
Bristow, VA 20136  
703-335-9977  
[www.capitalcitygolfschool.com](http://www.capitalcitygolfschool.com)  
pveliz-gilbert@golfdc.com

##### Dulles Golf Center & Sports Park

21593 Jesse Court  
Dulles, VA 20166  
703.929.3707  
[www.dullesgolf.com](http://www.dullesgolf.com)  
dullesevents@aol.com

##### \*Hilltop Golf Club

7900 Telegraph Road  
Alexandria, VA  
703-719-6504  
[www.hilltopgolfclub.com](http://www.hilltopgolfclub.com)  
golfer@hilltopgolfclub.com

##### Inner Drive Golf Services

2842 N. Calvert Street  
Baltimore, MD 21218  
202-744-0749  
[www.innerdrivegolf.com](http://www.innerdrivegolf.com)  
julietta@innerdrivegolf.com

##### Pilates for Golf

8626 Lee Highway #200  
Fairfax, VA 22031  
703.207.9120  
[www.pilatesforgolf.com](http://www.pilatesforgolf.com)  
pilatesforgolf@aol.com

##### \*Olney Golf Park

3414 Emory Church Road  
Olney, MD 20832  
301-570-6600  
[www.thegolfparks.com](http://www.thegolfparks.com)  
labood@thegolfparks.com

##### \*Reston National & Nike Golf Learning Center

11875 Sunrise Valley Drive  
Reston, VA 20191  
703-620-9333  
[www.americangolf.com](http://www.americangolf.com)  
sloesher@pga.com

\*Also a Host/Associate Club providing benefits to EWGA members nationally.

## EWGADC EDUCATION CORNER

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education@ewgdc.org

### Mental Strength -- Fastest Way To Improve Your Golf Game with Inner Drive Golf Services

*By Julieta Stack, LPGA Teaching & Club Professional*

"One shot at a time."  
"One shot at a time."  
"One shot at a time."

There is an old saying in golf that the most important shot of the round is the one you are about to take. You sure can't do anything about the shots you've already taken and you can't do anything about the shots in the future. It seems easy if you think about it. However, we all are guilty of thinking about the past or future or the consequences of our actions, good or bad, while we are playing.

For instance, say you are about to break 90 for the first time. You shoot a blazing 41 on the front nine and now you have two holes to play and you've calculated that all you need to do is to make one bogey and one par and you'll do it! You par 17 and you step up on 18 and...blast a ball into the neighboring county, Omar Bradley as some players call it, or out of bounds. That's a stroke and distance penalty. You didn't hit a ball that poorly all day. Was it the pressure? You bet it was.

Pressure causes us to tighten up and then our swings don't work right. Heck, sometimes it's hard to breath and your hands get all sweaty and you wonder what's going on. Go back to our mantra. "One shot at a time." You re-tee and pipe one down the middle of the fairway. You smooth your 7 wood and end up in high with a 10 footer breaking left to right. You line it up. Your palms are sweaty, your hands are shaking, your playing partners all tell you if you sink this you'll break 90. (Like you needed to hear that!) "One shot at a time." You settle in over your putt. One last look at the cup, one more relaxed breath and...BOOM! Back of the cup. Pay the lady. Next time you hit the links, cast aside the disrupting thoughts and play it "One shot at a time."

*Julieta Stack-LPGA-has been playing golf for over 25 years. Julieta was recognized by Golf for Women Magazine as one of the top 50 instructors in the country. Julieta also owns and operates her own golf business, Innerdrive Golf. Her web site is: [www.Innerdrivegolf.com](http://www.Innerdrivegolf.com).*

### Play Better Golf Through a Better Body!

Pilates for Golf™ re-trains the body to overcome its natural tendencies and compensations to get you lower scores, longer drives, and reduced injuries. The golf-conditioning program is based upon the concept of building strength while simultaneously increasing stability, flexibility, balance and core control: all the elements proven to be essential for a great swing.

The program begins with a golf-specific body assessment to test performance of the most common movements required for a good golf swing and then prescribes specific Pilates mat and equipment exercises for each test. A program can then be tailored for a golfer's individual needs. Not only did my game improve, my back no longer aches!" Joel Saunders, Fairfax, VA. The 2-hour clinics are designed to introduce the golfer to Pilates exercises that you can do at home, on the road or on the golf course. Includes review of the golf day including pre-round warm-ups.

Upcoming Pilates for Golf Clinics:  
6/11/2005 at 11 AM  
Call 703-207-9120 to register!

## MEMBERSHIP RECRUITING MEMBERS HAS SPECIAL REWARDS!

With EWGA membership comes the opportunity to share the fun with a friend or associate. The more new members an existing member recruits, the greater the opportunity to become the EWGA Recruiter of the Year and play a round of golf with a pro! This year's honorary chair is Grace Park.

"We are excited and appreciative of NIKE GOLF for supporting the EWGA and its mission to invite women to join in the game and camaraderie of golf," Sara Hume our Executive Director said. "Grace's reputation of discipline, calm demeanor, personal style and professional stature as No. 2 in the world makes her an ideal choice for the honorary chair position," Hume added

So, invite a friend or associate to attend the luncheon, our member-guest event or provide them with some information about the organization. Locally, we'll be recognizing those that bring guests to our recruiting events. And, if the person joins, you get put in the pot for some great prizes and best of all...you get to introduce someone to a wonderful organization!

For more information about the member-get-a-member campaign, visit association headquarters website at [www.ewga.com](http://www.ewga.com) and click on membership.

Connie Eisaman  
Membership Chair

## Contact Us!



**PO Box 221251**  
**Chantilly, VA 20153-1251**  
**[washingtondcmetro@ewga.com](mailto:washingtondcmetro@ewga.com)**

**[www.ewgadc.org](http://www.ewgadc.org)**

## 2005 SPRING KICK-OFF LUNCHEON "COURAGE TO COMPETE"

March 12th, Bethesda, Maryland -- Two hundred professional women came to the kick-off luncheon held at the Kenwood Country Club in Bethesda. Two hundred athletes emerged three hours later thanks to a tremendously motivating presentation by one of our very own...Mariah Burton Nelson. Mariah, a professional speaker and author, captivated us as she took us through parts of her life as a professional basketball player, swimmer and more recently, a golfer. By the end of the day, she had us all convinced we could compete against almost anyone.

Your EWGA Board members along with a multitude of volunteers played an active role in the success of this event.

Connie Eisaman (Membership Chair) outdid herself (and that's tough competition!) by holding a new member corner for new and prospective members. Our enthusiastic crowd made it a little difficult for her (we're such a happy, noisy bunch) but she persevered and was able to explain what the "EWGA Movement" is all about. Due to her efforts we were able to add 75 new members to our Chapter.

Our Education Chairs, Kim Thomas and Nicola de Stwolinska organized our Education Partners so they could really strut their stuff. Thanks to all that participated and to Jill Star of The Ad Solution for setting up a table and also providing door prizes.

Kelly Brantner, (League Chair) had all the computers rolling! We signed up over a hundred league players at this event, giving us the players to support 12 different league sites.

Events co-chairs, Dianne Maffia and Sherri Bassham presented the vast array of 2005 events and explained the Tour program.

The other Board members did not sit idly by either. They were all there networking and soliciting volunteers for future events and leadership positions.

Special thanks to President, Donna Wood for moderating from the podium and keeping the whole event on track. We appreciate her leadership. We would also like to thank Mass Mutual for their continuing support of EWGA and to thank West Financial Group for sponsoring us at their beautiful club.

Thank you Jeanne for the wonderful pictures -- check them out on our website!

*Cathy Johnson, Social Chair*

### **Door Prizes provided by:**

Women's Golf Getaway Connie Eisaman Capital City Golf School Dulles Golf Park and Sports Center Tee Time Nike Golf Learning Center Mass Mutual	The Ad Solution Pilates for Golf Golf Bodyworks InnerDrive Golf Services Luncheon Volunteers: Sherri Bassham Linda Church Martha Clancy	Sondra Deeble Jennifer Flather Ann Fuhring Anne Gehrett Ellen Haines Trish Horan Mavis Kleso Vickie LaVern Pat Lyddane	Deb Marshall Elizabeth McDaniel Laura McNichol Peggy Molloy Kathleen Monahan Janet Montague Katherine Philipp Jeanne Tirado Judieth Welch
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### SALAD SOCIAL

On April 10th, Donna Wood hosted a "Salad Social" at Dulles Golf Park and Sports Center.

It was a beautiful day to spend the afternoon networking and talking with our peers about our retirement goals and financial plans. Donna gave us advice on how we could afford the clubs that Mary of Callaway Golf was there to demonstrate and the Pros of Dulles Golf showed us how to swing them. (And we ate lunch in the sun...does it get any better than that?)

Donna sent us home with a budget workbook and lots of things to think about. We also were given a computer disk containing a video analysis of our swing. Mine also had Annika Sorenstam's swing on it so I could compare my swing to hers. I thought they looked identical... but I don't think the Dulles Pro did.

Hopefully with Donna's advice, we'll be swinging our clubs into our "Golden Years." Don't miss this when it comes around again. It was really a lot of fun.

*Cathy Johnson, Social Chair*

# Handicap 2005

If you have not activated your handicap use the link below to find out how.

[http://www.ewga.com/5-Golf\\_Education/glms/activate.htm](http://www.ewga.com/5-Golf_Education/glms/activate.htm)

How to verify handicaps:

If you are playing in a tournament and need your handicap verified it can be completed through [www.ewga.com](http://www.ewga.com). On the left side of the page you will see a link to verify handicap. That link will allow anyone to access your handicap.

## Equitable Stroke- What does it mean?

Equitable Stroke Control (ESC) is the downward adjustment of individual hole scores for handicap purposes in order to make handicaps more representative of a player's potential ability. ESC sets a maximum number that a player can post on any hole depending on the player's Course Handicap. ESC is used only when a player's actual or most likely score exceeds his maximum number based on the table below but is applied to all scores for handicap purposes, including tournament scores. There is no limit to the number of holes on which a player may adjust his score.

A Handicap Index determined from scores to which ESC has not been applied may not be termed a USGA Handicap Index.

### EQUITABLE STROKE CONTROL

Course Handicap	Maximum Number On Any Hole
9 or less	Double Bogey
10 through 19	7
20 through 29	8
30 through 39	9
40 or more	10

Example: A player with a Course Handicap of 13 has a maximum number of 7 for any hole regardless of par. A player with a Course Handicap of 42 has a maximum number of 10 for any hole.

A player without an established USGA Handicap Index shall use the maximum Handicap Index of 36.4 for men, or 40.4 for women, converted to a Course Handicap to determine his maximum number.

When conditions of a competition reduce a player's USGA Handicap Index or Course Handicap, he uses the Course Handicap derived from his actual USGA Handicap Index for ESC purposes, rather than the reduced Handicap Index that he uses for the competition.

Under no circumstances shall the procedures of this section be used by a player to manipulate his Handicap Index. If a player uses this section for such purposes, his Handicap Index shall be adjusted or revoked by the Handicap Committee under Section 8-4.

Feel free to email me for any questions or help with the golf management system.

Karen Sroka, Handicap Chair  
[SheepRI@comcast.net](mailto:SheepRI@comcast.net)

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## AUTHOR ADDRESS GREENDALE LEAGUE

We were delighted to have Roberta Isleib, murder mystery writer of a set of books that include Cassie Burdette an LPGA player that manages to play golf and solve murders while on the tour, address the Greendale league the end of April.

Anyone who purchased a raffle ticket to benefit USGA/LPGA Girls Golf automatically received one of Roberta's books and was also entered into the raffle prize drawing for some fun items. We were able to raise in excess of \$90 dollars with this event!

We're hoping that we can have her present at the Spring luncheon so we can all hear about her character and how she gets ideas for her stories.

What a way to kick off league play!



# **Enter to Win a Chance to Golf in *the Donna Wood Invitational !!***

Sponsored by  **MassMutual**  
FINANCIAL GROUP

*Here's how to enter:*

1. Sign up and attend an upcoming Seminar
2. Have a Personal Consultation with Donna
3. Refer a Friend to a Seminar or Meeting



**Do one or more to increase your chances!  
Drawing to be held in July; Event to be held in  
September (Time and Place TBD)**

**Visit [www.donna-wood.com](http://www.donna-wood.com) for more  
information and to register!**