

President's Corner by Cathy Wright



Hello San Diego Members! Well, to say the least, the last couple of months we experienced a range of emotions. It's been scary, stressful and frustrating for many of us. We've also learned about patience! The last time we played together officially as a group was March 8 at Eastlake. It seems like a lifetime ago! I sincerely hope that none of you have experienced the COVID-19 virus personally or through a dear friend or loved one. I do know that most of you have done a great job coming up with special projects, taking part in various physical fitness challenges, practicing on your new home golf devices and keeping your sense of humor. I congratulate you all on your strength and ability to adapt and remain sane (most of the time!), as we experienced the various stages of our "new" normal.

As I write this, golf has just opened back up in San Diego. It had a bit of a rocky start as the courses had to decipher the new rules and then adapt quickly as the rules changed. I'm very hopeful that by now, we have settled into a workable pattern of being able to golf with friends regularly.

I'm pleased to share that our first event back is scheduled for next [Saturday, May 23 at Reidy Creek](#). Please see [page 5](#) for our updated events calendar. We appreciate your understanding that changes in guidelines may require modifications and possibly cancellations. Be sure to read our weekly emails, so you are up to date on the latest news. Another good source of information is the [SCGA site](#). They offer the latest information on COVID-19 and they also do a lot of legislative and advocacy work to help educate politicians and others about the world of golf.

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President's Corner *(continued from page 1)*

A fun event coming up on Sunday, May 24 is the made-for-TV rematch between Tiger Woods and Phil Mickelson and this time NFL quarterbacks Tom Brady and Peyton Manning will also be part of the fun. The rematch will be called "The Match: Champions for Charity on TNT," and all donations and fundraising will benefit COVID-19 relief.

I hope you are all enjoying some great springtime San Diego golf! I will see you out there soon!

2020 LPGA Amateurs National Tournament Schedule Update

The LPGA Amateurs headquarters staff recently announced an updated 2020 Major Championship schedule:

- The [Scramble Open](#) will be held at Pinehurst Resort No. 6 & No. 7, in Pinehurst, North Carolina on August 14-15.
- [Cup Finals](#) will be held at Geneva National Golf Club Trevino & Palmer Courses, in Lake Geneva, Wisconsin on September 30 – October 1, 2020.
- The [Championship Finals](#) will remain at La Cantera Resort in San Antonio, Texas on November 6-7, 2020.
- The [Stableford](#) will be held at Sewailo Golf Club at Casino Del Sol in Tucson, Arizona on December 4-5, 2020.



As with any update (in the COVID-19 era) changes are probable, if the virus outbreak (and event gathering limitations) continues longer than expected. While we don't know all of the specific safety protocols we'll be implementing, we do want you to be aware of the following:

- Protocols will be put in place for your safety and may include on-site temperature checks, health questionnaires and/or virus testing.
- We are in contact with all of our host facilities to ensure that they are following WHO and CDC Guidelines regarding COVID-19 protocols.
- Due to the challenges COVID-19 has presented modifications may be made to each event for the health and safety of our participants.

Registration for all four Majors is open. Scramble Open and Cup Finals will remain open until May 30, 2020. Registration for Championship Finals will remain open until July 31, 2020 and Registration for Stableford will remain open until August 31, 2020.

Calendar Year Membership Dues — Prorated for 2020

Remember that membership dues are prorated for 2020 with membership going through December 31, 2020. In order to register for any of the 2020 Major Championships your 2020 membership dues must be current. Questions? Please email us at membership@lpgaamateurs.com.

8 Ways to Have Fun at Home

by Ashley Riggs-Zeigen



Watch a Golf Movie

There are [lots of golf movies](#) you can stream at home, including classics like *Caddyshack* and *Tin Cup*. One I enjoyed is [The Short Game](#), a documentary that follows youth golfers from around the world. They are both cute and competitive.



Find a New (Workout) Routine

Work on mobility, flexibility, and strength exercises that will help you on the golf course. One of my favorite pre and post-round routines is doing a short [yoga video](#) that focuses on shoulders and hips.



Cook a New Recipe

Try your hand at making the famous [pimento cheese sandwich](#) from Augusta National or fire up your grill and try one of Jen Reynolds' [recipes from her Sauce Goddess website](#).



Make Your Favorite 19th Hole Cocktail

I love this [sweet and spicy tequila drink](#), but no matter what you're drinking, do it with friends by [setting up a virtual get together](#) on Zoom, Houseparty, or Skype.



Watch a Webinar to Learn Something New

Sign up to attend a [live LPGA Amateurs webinar](#) or watch one of the previous [webinars on-demand](#). See the upcoming schedule on [page 4](#).



Read a Golf Book

There is no shortage of golf books to read, including these [22 recommendations](#) from *GOLF Magazine*. Two of my personal favorites are [A Life Well Played by Arnold Palmer](#) and this [Tiger Woods biography](#).



Support Local Businesses

Consider supporting your favorite local businesses during this difficult time. On [page 7](#) see how you can support our chapter sponsors.



Take a Virtual Trip

Discover one of [The New York Times' 52 Places to Go in 2020](#) from the comfort of your sofa.

Member Benefit Webinars and Facebook Live Events

LPGA Amateurs continues to add Member Benefit Webinars and now, Facebook Live Events.

You can earn Chapter Player Card Stickers by watching the webinars and taking a fun quiz. A full card of 14 stickers gets you \$50 off your next round with LPGA Amateurs San Diego! After completing a webinar, [email Karen Bridges](#) to request a quiz and get credit for your sticker. You can watch the recorded webinars any time from the clubhouse library. So far we've had 15 members participate, watching a combined 40 webinars. We'd love to see more of you joining soon!

Mindset of a Champion

Hosted by: LPGA Professional, Debbie O'Connell
Monday, May 18 4:00pm PDT

Learn what it takes to train yourself to think like a Champion!
Facebook Live Event - presented on the [LPGA Amateur Golf Association – Members Only Facebook page](#). This is a private group for current LPGA Amateurs members only and the request to join will be approved by an LPGA Amateurs Staff Member. A Facebook account is needed to join the group.



LPGA Amateurs Partner Showcase

Wednesday, May 20 at 11:00am PDT

We are bringing together many of the LPGA Amateurs Partners to give you the opportunity to learn how to take advantage of these benefits available for you as an LPGA Amateurs member.

[Register Here](#)

Q & A with Nancy Lopez

Thursday, June 4 4:00pm PDT

Facebook Live Event - presented on the [LPGA Amateur Golf Association – Members Only Facebook page](#). This is a private group for current LPGA Amateurs members only and the request to join will be approved by an LPGA Amateurs Staff Member. A Facebook account is needed to join the group.

Give Back to the Chapter by Volunteering

Are you interested in becoming more involved in the activities of the club? There are opportunities available to help with golf events, meeting and welcoming new members, communications, marketing, and sponsorships. If you are interested in volunteering or becoming a board member, please contact any of the current board members ([contact details on page 1](#)).

2020 Events Calendar

(all dates are tentative and subject to change)

Participation is strictly voluntary and is a personal decision. Members are encouraged to review and follow national, state and local recommendations. Please also be aware of general precautions to avoid COVID-19, including social distancing, washing your hands, and wearing a facial covering. We appreciate your understanding that changes in conditions and restrictions may require modifications and possibly cancellations of Chapter events.

Date	Location	Start time	Event
May			
May 23	Reidy Creek	9:00am	Modified Closest to the Pin Extravaganza— Registration
May 31	Mt. Woodson Golf Club	9:30am	Registration
June			
June 7	Arrowood		
June 21	Steele Canyon		Chapter Championship Practice & Fun Play
June 27-28	Steele Canyon		Chapter Championship
July			
July 12	Rancho Bernardo Inn		Membership Kickoff
August			
August 14-15	Pinehurst Resort Pinehurst, NC		LPGA Amateurs Scramble Open
August 23	Encinitas Ranch		Aloha Event
November			
November 6-7	La Centera Resort San Antonio, Texas		LPGA Amateurs Championship Finals
December			
December 4-5	Sewailo Golf Club Tucson, AZ		LPGA Amateurs Stableford

Golf Rules Quiz by Karen Bridges

1. Beth's approach shot while playing hole 12 has found the green. The bad news is, it's not the correct green, but rather the green for hole 15. How does she play her next shot?
 - a. Her ball is considered to be in the general area and therefore, she has to play it as it lies.
 - b. She must take back on the line relief because she is not considered to be in the general area since her ball is on the wrong green.
 - c. She must take the nearest point of relief using 1 club length from the reference point no nearer the hole.
2. Because of modifications made to golf courses due to Coronavirus, specifically the placing of plastic or Styrofoam in the cup so players don't have to reach in for their ball, can the resulting scores still be posted for handicap purposes?
 - a. No, per rule 3.3c, a ball that isn't holed out, is still a ball that isn't holed out
 - b. Yes, the USGA has issued guidelines to this effect at present. We can give a big thanks to Rule 3.3 of the Rules of Handicapping, "Most Likely Score", the procedure used to support certain match play formats
3. Taylor, Pam and Jen were on the 13th green of a short par 4. Chris, Wendy and Brenda, had hit their tee shots and were waiting in the fairway about 20 yards back from the green. Chris and Brenda stayed about 20 yards back, but Wendy walked up to the green to watch the ladies putt out. Did Wendy gain an unfair advantage?
 - a. Yes
 - b. No

Check [page 9](#) to see if you chose the correct answers.



How to Support Our Sponsors During This Time

by Lana Hock

I spent the last few weeks reaching out to our sponsors to find out how they are doing in these “interesting” times. When we are not all golfing, our sponsors may not be top of mind, but they are businesses and people too, maybe struggling as much as some of the rest of us with our new normal. Therefore, I wanted to share what is going on with our sponsors and ways that we can continue to thank them for their support. Each sponsor name is a hyperlink to their website.

BAIRD/THE HOCK GROUP

Well, that’s me, Lana Hock. As you may know, I am a financial advisor, so I probably don’t have to give you an update as to whether I am still working?! HARDER THAN EVER, but I am happy to be in San Diego, working remotely. I’ve been communicating weekly with my contacts (email me if you want to be on the list lhock@rwbaird.com) and answering many, many questions, not only about the markets, but also about the CARES act, REG BI, ventilator language in your estate documents, internet safety, etc. It’s “a lot,” but I keep saying “this is what I’ve trained for.” I will not brush off any questions and you certainly don’t have to be a client to ask! I love being a part of the LPGA Amateur Golf Association – San Diego.

EJ CHIROPRACTIC

Dr. Gross is open as an essential business, and is taking all appropriate precautions to prevent the spread of the Coronavirus. He wants to remind us that not only is chiropractic medicine helpful physically, it can also help boost our immune system function as well. He has shared [information in this newsletter](#) about the Lifestyle Advice that is incorporated into their specialized chiropractic treatment.

GLOVEIT

While GloveIt specialty accessories are available for sale in many of the golf pro shops we frequent, Karen Lovcik, president and founder of GloveIt wants to remind us of the huge online presence for purchasing the latest print styles of gloves, bags, hats, and accessories. GloveIt has graciously increased their sponsor discount offered to our group to 25%. See [the ad in this newsletter](#) for the discount code and be ready to golf in style!

GOLFMART

Although our local Golf Mart is temporarily closed, Worldwide Golf Shops does have an online store. If you have been collecting those gift card prizes, you may use those online.

GOLFTEC

Most of you know member Suzanne LaTour, who is the regional franchise owner of the San Diego GolfTec locations. While teaching centers are closed, Suzanne says they are launching a national “virtual lesson” offer. Please watch this video with instructions to get your free virtual lesson: [GolfTec Virtual Lesson Offer](#).

SAUCE GODDESS

Jennifer Reynolds, member and owner of Sauce Goddess, has cancelled many of her product demonstrations at festivals but that has not slowed her down. She has taken to social media, demonstrating how to use her sauces to spice up pantry items for delicious meals. You can follow her on Instagram ([@TheSauceGoddess](#)) for live demos. Also, you can purchase all of her products on her website, and she offers a 20% discount to members (coupon code: *LPGA-SD*).

SHOE TIPS GOLF

Have you forgotten all of the tips your coach has told you: “tempo,” “soft hands,” “ball position?” Our sponsor Shoe Tips Golf has just the answer. These wearable tip reminders are permitted under the Rules of Golf and might be the perfect reinforcement. Shoe Tips offers our group a discount for online purchases: *LPGAAM-SD*

SINGING HILLS GOLF

Singing Hills is among our favorite golf courses and they are back open and safely operating. Call the shop (619-219-6106) for tee times or book online!

UNDERPAR

UnderPar offers are still available for purchase. And in doing so (using the link above or on our website) a portion of the purchase price goes back to our chapter. What a great way to help out during these unprecedented times!

Member Spotlight

MILESTONE MEMBER ANNIVERSARIES

5 YEARS

Ethel Grant
Ashley Riggs-Zeigen

15 YEARS

Connie Pasterkiewicz
Lois Spence
Cathy Wright

20 YEARS

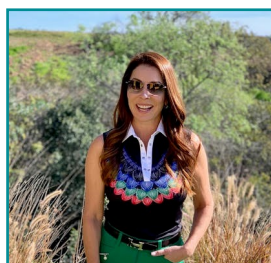
Lis Eddy

Welcome New Members by Pat Lafser

The San Diego Chapter would like to welcome the following members who have recently joined:

Beverly Barett
Vicki McCutchan
Briana Freeman
Patricia Gray
Verna Rutledge
Juliana Mercer
Bobbi Shea

To help introduce new members to our chapter, a virtual [New Member Orientation document](#) is now available. Click the link to take a look!



Marcela Smith began playing golf at the age of 40 after being invited by a girlfriend to play. She quickly fell in love with the sport and the lifestyle it provides. After playing for about ten years, Marcela saw the need to help educate players on the rules of golf so she launched [Girlfriends Guide To Golf](#) to provide a relaxed and fun environment for women in particular to learn the rules. Marcela is an active volunteer with Pro Kids I The First Tee of San Diego. She and her husband are members at The Santaluz Club in San Diego and Lahontan Golf Club in Lake Tahoe, California, and have two adult children.

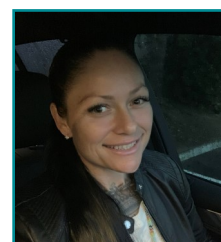
Lura Paschal and her husband recently moved to Carlsbad from Dallas, Texas. She is looking to be part of the golf community here in San Diego as she enjoyed the golf community in Dallas. Welcome to San Diego!!!

Beverly Barrett and **Vicki McCutchan** are both good friends of Nancy Rix and joined just before our Super Bowl Sunday event at Rancho Bernardo Inn. I was able to play that round with the three ladies and it was great fun. Beverly still works and Vicki, who likes to be called Vikster, can be found working at Oaks North Executive Golf Course.

Verna Rutledge has played golf with us several times in the last few years as a guest of Bobbie Zinker. She joined LPGA Amateurs in Palm Springs last year and decided to have a dual membership to escape the desert heat in the summer.

I first met **Patty Gray** on the putting green at our Thanksgiving golf celebration at Steele Canyon last year. She was playing with Jan Kelleher, who joined in October and both are friends of Suzanne LaTour.

Briana Freeman, I haven't met her yet, but I'm looking forward to when we can get out again and I can meet her and play some golf.



Member Spotlight – Denise Nelesen

For the past four years, our chapter has been supporting the First Tee of San Diego I Pro Kids Women's Golf Tournament. This year, our chapter will be a Platinum Hole Sponsor at the Tournament, thanks to the immense generosity of Denise Nelesen. Denise has been a member of LPGA Amateurs San Diego since October 2016 and has been a very active participant at most of our events. She also helped collect golf equipment donations for the First Tee at our last event at Enagic Golf Club at Eastlake.



The Pro Kids Women's Golf Tournament was originally scheduled for March 21st but has been postponed to a later date due to the statewide coronavirus shelter-in-place order. The Tournament is hosted at Colina Park Golf Course and helps raise awareness, funds, and support for Pro Kids girls mentoring programs and scholarships. Each foursome is paired with a Pro Kids girl for ultimate fun on the course, followed by a delicious brunch, raffle and silent auction.

Thanks to Denise's donation on our behalf, as a Platinum Hole Sponsor our Chapter can help the First Tee / Pro Kids organization bring golf opportunities to underserved kids in our community. Kids in the program learn character development, life skills, and values through education and the game of golf. Pro Kids is stepping up even more during the coronavirus situation by providing take away meals to underprivileged kids at both of their First Tee Campus locations.

We hope to see some of our members playing at the Pro Kids Women's Golf Tournament later this year to support this wonderful Foundation and to interact with kids on the golf course. More info regarding the new date will be shared when it becomes available. More [details about the tournament can be found on the Pro Kids website](#). Pro Kids continues to serve the community during COVID-19, providing nearly 10,000 meals to youth in need, keeping kids connected with online educational workshops, and providing families with technology and school supplies. If you'd like to support their efforts, you can [donate online](#).

Answers from Golf Rules Quiz ([page 5](#))

- c Rule 13.1f Relief Must Be Taken when there is interference by a wrong green, a player must not play the ball as it lies. Instead, a player must take free relief by dropping the original ball or another ball in the relief area. The relief area is determined by dropping the ball in the nearest point of complete relief using 1 club length as the size of the relief area.
- b We can give a big thanks to Rule 3.3 of the Rules of Handicapping, "Most Likely Score", the procedure used to support certain match play formats isn't required to hole out. (Think concessions and 4 ball partner play). At present, it's temporarily in effect while courses are employing the kind of safety measures as noted in the question.
- b There is no rules concern here, unless Wendy unreasonably delayed play (Rule 5.6a) by, say, taking forever and a day walking back to her ball after the green had cleared. But Wendy doesn't do that!

Golf-Related JEOPARDY!

There have been more than 800 golf-related questions on *Jeopardy!* Below are 11 to test your knowledge. Check your answers at the bottom of the page.

1. MILITARY NICKNAMES & SLANG / \$1200 — **This term for an unidentified aircraft or missile is also used on the golf course**

2. CONTRONYMS / \$1200 — **An advantage in golf or a disadvantage through lack**

3. ENDS IN DOUBLE LETTERS / \$2000 — **Tiny, sharp teeth give this plant its name, also an elite Florida golf course**

\$200	\$200	\$200	\$200	\$200	\$200
\$400	\$400	\$400	\$400	\$400	\$400
\$600	\$600	\$600	\$600	\$600	\$600
\$800	\$800	\$800	\$800	\$800	\$800
\$1000	\$1000	\$1000	\$1000	\$1000	\$1000

4. SPORTS / \$400 — **This last name of golfer David is applied to what he called a “correction shot”**

5. AMERICA’S GOT TALONS / \$1000 — **A golf tourney was the scene of a catch made by this seabird, also the name of a tiltrotor hybrid aircraft**

6. SHARP (& FLAT) INSTRUMENTS / \$1200 — **An old joke says that golf was invented by the same people who think that music comes out of these**

7. GOLF / \$300 — **Golf ball covers are usually made of this**

8. ADVERTISING / \$500 — **Slogan created in 1921 when a pal of an R.J. Reynolds adman ran out of cigarettes on a golf course**

9. GOLF TALK / \$300 — **“Stretcher Bearer” is a slang expression for one of these golf helpers**

10. SPORTS HISTORY / \$600 — **Rudyard Kipling painted golf balls this color to find them on snow-covered “greens” in Vermont**

11. ENDS IN “SS” / \$200 — **Golfers know it means to lay the club behind the ball in preparation to hit it (not mail it)**

Answer key, from top: What is a bogey?, What is a handicap?, What is Sawgrass?, What is Mulligan?, What is an osprey?, What are bagpipes?, What is a vulcanized rubber compound?, What is “I’d walk a mile for a Camel”, What is a caddie?, What is red?, What is address?

Chiropractic...More than Just For Pain

by Dr. Eric Gross

A lot of you have come to my office for help in reducing pain and keeping you functioning well on the golf course, but did you know that chiropractic care can aide in your overall health? Although adjustments of the spine help in relieving the pain of those suffering from back and neck discomfort, these adjustments also aide the immune system, which is very important during this pandemic.

The immune system is directly connected to the spine, which is linked to the alignment of the vertebrae and the body's ability to function properly. If the vertebrae are misaligned, they will impinge on the ability of the nerves to communicate with the brain. If the brain is not receiving or sending correct signals regarding the body's function, it can lead to an increased risk of injury or illnesses.



A chiropractor uses spinal adjustments and manipulations to realign the bones and joints to reduce pain, improve flexibility and coordination (which will help your golf game), and improve immune function (keeping you healthy).

Making sure the connection between your brain and your immune systems is at its best is one of the first steps to a healthier immune system, no cell will function the way it should if it is not getting the right messages. And we need all our cells to fight this coronavirus.

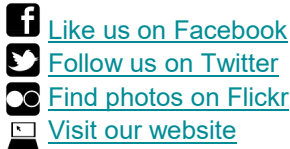
Here at EJ Chiropractic we are not only helping you get your body in shape for getting back on the golf course, but also boosting your immune system to keep you as healthy as possible.

Dr. Eric Gross
EJ Chiropractic



Thanks to Our Sponsors

The generosity of our sponsors helps provide greens fee discounts, prizes, and special events throughout the year. Please show your appreciation by supporting them. Click on any of the logos to learn more and see special deals for members from sponsors on the following pages.



Use coupon code **LPGA-SD** for 20% off



LPGA Amateur Golf Association Mission

Think of LPGA Amateur Golf Association as a women's golf organization that transcends geographic boundaries. We bring women together to share their passion for golf! With chapters in over 100 cities in the U.S. and internationally, LPGA Amateur Golf Association hosts thousands of golf, social, and networking events annually as well as providing members with the opportunity to participate in major National championships and events.



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The Hock Group
Lana Hock
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