

The Tee Box Times



Juniper Hill Ladies
Golf Club
www.jhlgc.org

Consistent putting improve your short game with drills

The next time you're on the putting green, try these three simple practice drills that will help you become a better putter:

Place a golf ball about 5 to 6 feet from the hole, then put two tees in the ground, approximately 8 to 10 inches behind the ball. Place them a little farther apart than the length of your putter head. Make sure they are directly on the target line you intend to putt the ball.

By Les Miller
golfinstruction.com

This drill is intended to have you swing the putter straight back away from the ball. If you strike either tee on your back stroke, your backswing path is offline. When you can swing the putter head back and fourth between the tees, you will know that the putter is moving along the correct path, ensuring you will make solid contact every time. This path is vital, because it helps start your ball on its intended target line.

Next, I encourage golfers to hold the finish of their putting stroke until they hear the ball falling into the hole. This drill is effective in training your head and body to stay still over a putt while also helping you maintain the putter face on line throughout your stroke. Finally, your focus on the follow-through will keep your mind off missing the putt.

As I watch golfers struggle with putting, I notice many have trouble with distance control. This problem relates to feel.

A good drill to increase feel and improve your distance control is to practice putting with one hand. Start by placing a ball 8 to 10 feet from the cup, and hit a few putts with just your right hand. Next, repeat the putt just using your left hand.

By now you should notice which hand gives you better control of the putter. From then on, practice your one-hand drill mostly with the dominate hand.

This drill will have you feel much more comfortable and confident over putts, improving your distance control, thus giving you a more confident stroke.



Paula Creamer, Golf Digest

July 2, 2015

Weekly Scorecard

Wednesday League

Out of 46 ladies in play:

- 1F: Low Gross 1- Elaine Cloud; 2LG- Charlotte Nelson; Low Net 1- Barbara Reynolds; 2LN- Judy Trigg
2F: 1LG- Paula Wells; 2LG- Susan Goins (SCP); 1LN-Rose Caudle; 2LN-Shirley Wilhoite
3F: 1LG- Trina Rhoads; 2LG- Barbara Terrell; 1LN- Dusty Nelson; 2LN- Anne Hilen
4F: 1LG- Sarah Wilding; 2LG- Carol Wiard; 1LN- Cindy McDonald; 2LN- Jill Lancaster

Low Putts: Charlotte Nelson, Barbara Reynolds, Shirley Rodgers

Chip Ins: Anne Hilen, Charlotte Nelson, Sandra Shelton (2)

Thursday League

Out of 67 ladies in play:

- DIV 1- 1F: Low Gross 1- Donna McNeil (SCP); 2LG- Tara Taylor Purvis; Low Net 1- Connie Wiard; 2LN- Lesa Hodge (SCP)
2F: 1LG- Teresa Coleman (SCP); 2LG- Melissa Highfield Smith (SCP); 1LN-Michele Brown; 2LN-Emily Stevens
3F: 1LG- Rhoda Shaw; 2LG- Emilie Hill; 1LN- Lori Elder; 2LN- Madison Cunningham (SCP)

DIV2- 1F: Low Gross 1- Jill Lemaster; 2LG- Pauline Carr (SCP); Low Net 1- Mary Ann Jennings (SCP); 2LN - Ruth Hinkle

2F: 1LG- Shelby Smith (SCP); 2LG- Jill Lancaster; 1LN- Karen Jones (SCP); 2LN- Lee Ann May

Golf 102: 1- Shauna Hill

Golf 101: 1LG- Kathy Taylor; 2LG- Madison Elder

Chip-ins: Ruth Hinkle (#10)

Juniper Cup Standings

Fifty Shades of Green - 950; Bunker Babes (Black) - 930; Grateful Red - 865; Summertime Blues - 855; Pink - 835; Yellow - 740; Purple People Eaters- 550



**Juniper Hill Ladies
Golf Club**
www.jhlgc.org

The Juniper Hill Wednesday Ladies Golf League was established in the late 50s. Our goal is to promote competitive 18-hole play for ladies with an established USGA Handicap and to promote friendship and camaraderie. We have various formats of play each week and Match Play in the month of July. We participate in various tournaments sponsored by the Juniper Hill Ladies Golf Club. We also sponsor an invitational tournament, "The Juniper" which draws the best women golfers in Kentucky, Indiana and Southern Ohio.

The Late Swingers Ladies League was established in 1980 to promote and support women's golf in and around Frankfort. The league's goal was, and is, to have fun while playing golf.

The officers for both leagues 2015 season are listed below. If you would like to serve on any of their committees, please contact one of them:

Wednesday League

CHAIR: Aggie Hampton 502.330.3095
hampton12@aol.com

VICE CHAIR: Ruth Hinkle
SECRETARY: Susan Goins
TREASURER: Mary Rhodes

Late Swingers League

CHAIR: Lesa Hodge 502.319.5593
lesakhodge@gmail.com

Co-CHAIR: Allison Harrod 502.330.4148
crystalharrod@yahoo.com

LEAGUE NIGHT CHAIR: Ruth Hinkle 502.321.8998
hink5910@bellsouth.net

SPECIAL EVENTS CHAIR: Debbie Wash..... 502.320.1417
debbie.wash@fewpb.net

GOLF 101 CHAIR: Michele Brown 502.219.0562
michele.brown@fewpb.net

TOURNAMENT CHAIR: Donna McNeil 502.330.0015
dmcneil0324@gmail.com

NEWSLETTER: Gina Vaile-Nelson 502.773.1754
ginavn@gmail.com

Pro Shop 502.875.8559

Upcoming Events

Thursday July 2

DIV 1: Back

DIV 2/101: Front



July 3

Red White & Blue, MYOF, tee-times assigned. Individual low net stroke play with a twist: ladies will select 6 holes (0-39 handicaps) or 3 holes (40+ handicaps) to tee from the red, white and blue tees. Handicaps for the white tees will be used to determine flight winners. Deadline to sign up: Thursday July 2, 12 noon.



Congratulations!

WOMEN		NET	GROSS	NET	GROSS
A	Albright	9.0	9.0	11.9	11.9
B	Britton	9.5	9.2	11.0	10.8
C	Ebert	9.0	9.2	11.8	11.8
D	Hampton	9.0	9.1	11.1	11.1
E	Matthews	9.0	9.2	11.0	10.8
F	McNeil	8.2	8.4	10.0	10.2
G	Nelson	8.0	9.0	11.6	12.0
H	Purvis	7.8	7.9	11.7	11.7
I	Woldridge	8.1	9.0	11.7	11.7
J	Cammack	9.0	9.1	11.6	11.6
K	Brown	9.9	10.6	20.5	19.3
L	Coleman	9.9	10.1	11.8	11.8
M	Johnson	9.7	10.4	20.1	19.5
N	Haley	10.3	10.7	21.0	19.4
O	Harrod	9.3	9.4	11.7	11.7
P	Kays	10.2	11.0	21.2	19.6
Q	Montgomery	9.5	9.5	11.0	11.0
R	Posey	10.3	10.1	20.4	19.2
S	Pulcher	10.6	10.4	21.0	19.8
T	Reynolds	9.0	9.1	11.8	11.8
U	Robinson	10.0	10.0	21.4	19.8
V	Spohnmire	10.4	10.4	21.8	19.8
W	Wash	10.0	9.0	11.9	11.9



To our ladies who represented the JHLGC well at the City Tournament this weekend! Tara Taylor Purvis was named champ, as was Donna McNeil (senior) and Barbara Reynolds (DIV 2).

Tarzan & Jane Invitational

July 17-18, 2015



July 17th – optional practice round, shotgun start at 1:00, includes specialty prizes, dinner, and Calcutta after play

July 18th – tournament play, shotgun start at 8:30, lunch and awards at conclusion of play

Team consisting of 1 male/1 female

Format : holes 1 through 9 – combined stroke play
holes 10 through 18 – best ball

Handicaps limited to 36 for women and 24 for men.

Awards given by flight, depending on number of teams, as follows:

1st low gross; 1st through 3rd low net

Purpose: to benefit and promote golf for women of all ages in Frankfort and the Franklin County area.

Team Entry Fee: \$80/team + applicable course fees (non-refundable)

Deadline: Wednesday, July 15, 2015

Limited to first 60 teams

Do you have an event, photo or information you want shared in the newsletter? Please e-mail Gina Vaile-Nelson at ginavn@gmail.com!

The Juniper
24th Annual



Invitational

Wednesday Aug. 19, 2015

Entry Forms available July 8th, or download online
<http://www.jhlgc.org/the-juniper/>

Shirley Rodgers - sroddgers120@gmail.com
Karen Liebman - kjliebman512@gmail.com

Happy July Birthday

Lori Scottow (2); Vicky Nicholas (5);
Judy Halasek (10); Cami
Montgomery (14); Becky
Ebert (18); Taylor
Cammack (21); Meribeth
Gaines (29);
Audie Rodgers



Arnold Palmer's etiquette reminders

the last of the 10 reminders from our favorite pro

By Arnold Palmer & Guy Yocum

www.golfdigest.com (2008)

VI. Make your golf cart 'invisible'

Carts are very much a part of the modern game. Think about it: They're mentioned on the backs of scorecards, discussed in the Decisions on the Rules of Golf, bags and other items are designed specifically for them, and they're used at most courses. The sheer pervasiveness of them makes cart etiquette vitally important.

Your goal when driving a cart should be to leave no trace you were there. Because we tend to look where we're going and not where we've been, it's easy to damage the turf and not realize it. Avoid wet areas and spots that are getting beaten up from traffic. Golfers tend to play "follow the leader" and drive in single file out to the fairway before branching off. It's usually better to "scatter" -- everyone take a different route -- so cart traffic is spread out.

VII. Always look your best

From Bobby Jones and Walter Hagen to Ben Hogan and Sam Snead to Tiger Woods and Phil Mickelson, the best players have been meticulous about their appearance. Their clothing has

been sharp, and not one of them has shown up on the first tee with his cap backward, mud caked on his shoes, or his shirttail hanging out. (My shirt often came untucked, but it was my swing that did it. I started with it tucked in!)

Your appearance speaks volumes about you as a person, and the neatly appointed golfer, like a businessman or someone headed to church, gives the impression he thinks the golf course and the people there are special.

VIII. Turn off the cell phone

Nobody knows less about technology than I do. But I know enough to recognize a cell phone when it rings in my backswing. If I had my way, cell phones would be turned off at all times on the course, but most clubs have given in to the fact that people are going to use them. I don't know all the gadgets and settings on those phones, but do whatever you have to do to keep it quiet. And if you absolutely have to make a call, move away from the other players. And keep the call so brief that

KNOW & PLAY BY THE RULES

they don't even know you made it.

IX. Lend a hand when you can

It's easy to help out your fellow players, if you just pay attention. One obvious way is looking for lost balls -- better yet, watching errant shots so they don't turn into lost balls. Pick up that extra club left on the fringe or the headcover dropped next to the tee, and return it to its owner after saying, "Nice shot!" And if you see a cart out of position or a provisional ball that needs picking up, don't just walk by.

X. Learn the little things

There are a hundred bits of etiquette I haven't mentioned, like laying the flagstick down carefully, tamping down spike marks when you're walking off a green, letting faster groups play through, and so on. All of these things are learned by observing, with a sharp eye and a considerate heart. Just know that golf has a way of returning favors, and every piece of etiquette you practice will be repaid tenfold.

Buzz that bee? Can you say Penalty?

JHLC Situation #4

Julie's ball landed in the bunker on Hole #3. When she was ready to hit her ball onto the green, she noticed an insect on her ball. Not wanting to be distracted by the insect, she waved her hand close to the ball to try to get the insect to fly away. When this didn't work, she reached down and physically removed the insect from her ball. Is this permitted?

Ruling

A live insect is not considered to be adhering to the ball, and therefore is a loose impediment. Since Julie's ball was in a hazard, the insect is considered to be in the hazard and she may not touch or physically remove it from her ball. Julie incurs a penalty of 2 strokes for a breach of Rule 13-4c. If her lie was through the green, the insect could have been removed without penalty, provided the ball was not moved by doing so. On the putting green, there is no penalty if the ball accidentally moves during the removal of loose impediments. (Definition of "Loose Impediment"; Rule 23-1; Decision 23-1/5)