



**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 16

DIV 1: Back
DIV 2/101: Front

July 30

Couples night! If you are signed up to play, please be certain to be ready to play by 5 p.m.
Pizza supper, bring sides if you'd like.

August 1-2

Each is comprised of 2-person teams and includes 4 different 9-hole formats over 2 days. Mixed member/member is 1 male and 1 female playing as a team. The 4 formats are: 2-person scramble, true alternate shot, best ball and combined net. Handicap limit is 40 for this event. If you want to play but you don't have a partner, please let them know in the pro shop or contact Lesa Hodge, Aggie Hampton or Donna McNeil.

Sunday Aug. 9

Individual Low-Net tournament. Sign-up with your foursome or individuals. Format is standard stroke-play with handicap subtracted from gross score to determine flight winners. Optional skins and chip-in pot available. For more information, contact Donna McNeil.

Please help me compile photos and info from play for an end-of-year publication that I'd like to put together. I can't do it without your help.

Send me your photos and any additional info you have about play this season to givnavn@gmail.com. Also, if you have read a great golf tip, send it to me ... I really appreciate your help!



we didn't
REALIZE
♦♦♦♦♦♦♦♦♦♦ *we were making*
MEMORIES
WE JUST KNEW WE WERE
HAVING FUN



2015 COUPLES TOURNAMENT

SATURDAY AUGUST 8, 2015 & SUNDAY AUGUST 9, 2015

HENRY COUNTY COUNTRY CLUB

2200 CAMPBELLSBURG RD, NEW CASTLE, KY 40050

henrycountycountryclub.com

ENTRY FEE: \$60.00/TEAM MEMBER/MEMBER Tee Format: Ladies and Red Tees
 \$80.00/TEAM MEMBER/NON-MEMBER Men 75 or older Red Tees
 \$100.00/TEAM NON-MEMBERS Men 62 to 74 Gold Tees
 Men 61 and under will play white tees

FORMAT: SATURDAY 9-HOLE CHAPMAN ALTERNATE SHOT (50% of Total Team Handicap)

9-HOLE SHAMBLE (50% Total Team Handicap)

SUNDAY 18-HOLE BEST BALL (100% HANDICAP)

PRIZES: GIFT CERTIFICATES FOR 1ST & 2ND PLACE IN EACH FLIGHT

Shot Gun Start WILL BEGIN AT 1-1:30 EACH DAY. THERE WILL BE A HAPPY HOUR AT THE CONCLUSION OF SATURDAY'S ROUND FOLLOWED BY DINNER and Calcutta.

2015 HCCC COUPLES TOURNAMENT

PLAYER 1 _____ PHONE NUMBER () _____ Ghin # _____
 PLAYER 2 _____ PHONE NUMBER () _____ Ghin # _____
 E-MAIL _____ HOME COURSES _____
 ADDRESS _____
 CITY/STATE/ZIPCODE _____

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 - srodgers120@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
 (30); Dale Bryant
 (31)



5 Tips to play your BEST in the heat

By Steve Calechman
www.coreperformance.com

Just because the temperature is rising doesn't mean your score has to spike as well. Maybe you think you can manage the conditions just fine, but check the score card. Do you start to fade around the 10th hole or do you feel strong, energized and focused till the end? Along with a hat and sunscreen, try the following to withstand the heat and enjoy your game.

- 1. Hydrate.** It's a shocking tip, but, more than water, go for a sports drink. With all the sweating, you need to replenish carbohydrates and electrolytes for your energy level, says Amanda Carlson-Phillips, R.D., director of performance nutrition at Athletes' Performance.
- 2. Snack right.** Carry easy protein and fiber—dried fruit, bananas, apples, nuts, beef jerky, any sports bar with 10 grams of protein and 3 of fiber.
- 3. Snack strategically.** Nosh on holes, 3, 6, 9, 12 and 15. Having something small and regular will stabilize your energy

levels, keep you from becoming over-stimulated, and help you maintain your focus and fine motor control. It'll also curb the desire to gorge on the 19th hole, Carlson-Phillips says. Watch this video for more.

- 4. Grab for more.** Even at your best, it's hard to hit for maximum distance. It's even harder in the sapping conditions. Adjust your expectations for your game and use a little more club—the 7-iron over the 6—than you'd usually hit with to compensate, says Eric Alpenfels, director of the Pinchurst Golf Academy.
- 5. Hit the treadmill.** Or bike or elliptical trainer. While good for overall health, cardiovascular exercise will help prepare you for challenging conditions, building overall endurance, leg strength and power, says Anthony Slater, performance specialist and general manager at Core



Performance Center. Do three different levels. *Moderate Intensity Intervals.* Go for 30 minutes in total, but start by warming up for 5 minutes, and

then alternate 4 minutes at a strained conversation pace with 1 minute of recovery. End with 5 minutes of cool-down.

High Intensity Intervals. Do 30 minutes, with a 5 minute warm-up, then alternate 30 seconds of 90 percent effort with 1 minute of recovery, ending with 5 minutes of cool-down.

Recovery. Do 30-60 minutes of an easy, constant pace, good for keeping the blood flowing and maintaining your overall fitness.

Start out doing this rotation three days a week, with moderate on Monday, high on Tuesday and recovery on Wednesday, and build from there.

Careful with that cart ...

JHLGC Situation #8

Cathy and Carol are riding together and Cathy is driving the cart as they search for Cathy's ball in the rough on the ride side of the fairway of Hole #8. As they circle around, Carol sees a ball in the tire track made by the cart and determines that it is Cathy's ball. The ball has been pushed into the ground by the tires of the cart. Does Cathy get relief from her embedded ball? Is there a penalty involved?

JHLGC Situation #8

Relief under Rule 25 is only granted for a ball "embedded in its own pitch-mark in the ground in any closely-mown area through the green." The ball in Cathy's situation was not embedded in its own pitch-mark, therefore she is not entitled to relief under this rule. Since she was driving the cart which moved her ball in play, she is penalized one stroke for moving the ball with her equipment and must replace the moved ball. Since her original lie was altered and is not known, she must drop the ball as near as possible to its original position. She may clean the ball before dropping. Had Carol been driving the cart, there would be no penalty, but Cathy would still be required to replace/drop her ball, depending on whether or not the lie of the ball was known before the ball was moved. (Definition of "Equipment;" Rule 18-2a, Rule 20-3b and 20-3c; Rule 21).