

# The Teebox Times

Week 10, July 3-7, 2017

Juniper Hill Ladies Golf Club  
www.jhlgc.org



## Take 5 strokes off your game

Brian Hill  
[golftips.golfweek.com](http://golftips.golfweek.com)

Reducing your average score by five strokes might seem like a daunting challenge. One way to approach it is to try five different methods that will reduce your score by one stroke each. Most golfers don't play up to their potential, so the opportunity always exists for significant game improvement--and enjoying golf more. Golf is both a physical and a mental game. Both aspects must be addressed for a golfer to improve.

Improve your physical conditioning. Strength, flexibility and stamina all play a role in how good a golfer plays. Try a balanced workout program. Use cardio training

such as aerobics or working out on a stationary bike to build up your stamina. Start a regular program of yoga-style stretching exercises to improve your flexibility and give you a wider swing arc--and more swing power. Use abdominal crunches to strengthen your core.

Practice your short game more. Many golfers find practicing pitching and chipping to be tedious. They would rather work on hitting longer drives. Allocate half of your practice time to short game work, and you will save at least one stroke per round. Make your practice time more mentally stimulating by hitting pitch shots from a variety of distances and from good and bad lies around the practice green.

Learn to play strategically. Strategic golfers think their way around the course. Have a plan when you step up to the tee. Understand your limitations, such as if you are not accurate with your driver, use a more accurate club such as a 3-wood off the tee if the fairway is narrow and surrounded by trees or high rough.

Reduce tension in your swing. Relax your shoulders when you address the ball. Lighten your grip pressure so you are holding the club firmly but not tensing your forearms. Try deep breathing to relieve any anxiety you feel before the shot. Make a conscious effort to have a smooth, slow takeaway.

Take lessons. Find a PGA professional to help you take your game to the next level by eliminating swing faults you have developed. Have the pro check your fundamentals such as grip, stance and posture. Write down what you learn during each lesson and refer to these notes when you are practicing on your own.

## Meet our newest Juniper



Congratulations to Late Swinger Jessica and Jon Wiard on the birth of Isabella Ann Wiard, born June 24, at a perfect 8 pounds, 7 ounces.

Blessings to the entire Wiard family on their newest little Juniper!



**Juniper Hill Ladies  
Golf Club**  
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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.

PRO SHOP: ..... 502.875.8559

NEWSLETTER: *Michele Brown* ..... 502.219.0562  
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### Wednesday League

CHAIR: *Ruth Hinkle* ..... 502.321.8998

VICE CHAIR: *Michele Brown* ..... 502.219.0562

SECRETARY: *Carol Payton*

TREASURER: *PJ Johnson* ..... 502.875.9578

### Late Swingers League

CHAIR: *LeeAnn May* ..... 502.545.6938

LEAGUE NIGHT CHAIR: *Jenny Bannister* ..... 502.545.1599

SPECIAL EVENTS CHAIR: *Donna McNeil* ..... 502.330.0015

GOLF 101 CHAIR: *Aggie Hampton & Connie Wiard*

TREASURER: *Jill Lancaster* ..... 502.229.4391

## Happy July Birthday

Lori Scottow (2), Sarah Wilding (9),  
Judy Halasek (10), Marcie Mathews  
(13), Tonya Courtney (17), Becky Bibro  
(18), Audie Rodgers (30),



## Community Events

### Couples Night

Friday July 14. Be ready to play by 5:15 p.m.

### Member/Member

July 15 & 16: Pick your partner, tee times assigned. Each is comprised of 2-person teams and includes four different 9-hole formats over two days. The formats are: 2- person scramble, true alternate shot, best ball and combined net.

### Got News?

PLEASE! Let us know what you want to see in your newsletter. If you have events to share or good news to spread, we want to put it in our pages! Got a question about golf or a rule? We got you covered there too. Just shoot Gina and Michele an e-mail at the addresses listed to the left!

# Weekly Scorecards

## Wednesday League

Out of 52 ladies in play on June 28:

- 1F:** Low Gross 1- Elaine Cloud; 2LG- Connie Goins; Low Net 1- Barbara Reynolds; 2LN- Robin Moore
- 2F:** 1LG- Pam Rhodes; 2LG- Barbara Booze; 1LN- Michele Brown; 2LN- Charlotte Pyles
- 3F:** 1LG- Carolyn Sheffield; 2LG- Trina Rhoads (SCP); 1LN- Sherry White (SCP); 2LN- Sue Wood
- 4F:** 1LG- Donna Grimes; 2LG- Janet Green; 1LN- Jill Lancaster; 2LN- Sharon Edwards
- 5F:** 1st - Ruth Hinkle

**Low Putts:** Debbie Wash (29)

**Chip Ins:** Barbara Terrell (#3); Janet Green (#7); Ruth Hinkle (#12); Connie Goins (#16); Robin Moore (#18)

## Thursday League

Out of 47 ladies in play, 9-hole roll the dice scramble:

- 1 Low Gross:** Donna McNeil, Melinda Holbert, LeeAnn May, and Adisyn Fox
- 2 Low Gross SCP:** Emilie Hill, Barbara Reynolds, Liz Smith, and Jennifer Opsata
- 1 Low Net:** Becky Bibro, Jane Breidert, Jenny Bannister, Merri Lee Warren and Kathy Sanders
- 2 Low Net:** Aggie Hampton, Julie Ryan, Tara Clark, PJ Johnson and Kaitlyn Sloan

### LEADERS

HOLE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
PAR	4	5	4	3	4	3	4	5	4	4	4	3	5	4	5	3	4	4

### Race for the Cup

**GREEN (Gang Green):** 1937.5 points

**YELLOW (Bunker Babes):** 1865 points

**ORANGE (Orange Crush):** 1652.5 points

**BLUE (Blue Birdie Bombers):** 1580 points



# When you should move the ball back

Lisa Goins  
PGA Rules Queen

### Situation 18

Christine's tee shot on Hole #3 landed in the greenside bunker and was resting against a rake on a slope near the edge of the bunker. Knowing she was allowed to move obstructions in bunkers, she removed the rake and her ball rolled closer to the hole. Since it was gravity that caused her ball to roll down toward the bottom of the bunker, she did not replace the ball and played it onto the green. Did Christine proceed correctly?

### Ruling 18

Rule 24-1a allows a player to move a movable obstruction anywhere on the course. If the ball moves during the removal of the obstruction, it must be replaced. There is no penalty, provided the movement of the ball was a direct result of the movement of the obstruction. Christine was required to replace her ball when it moved after removing the rake, and since she did not, she incurred a 2-stroke penalty for a breach of Rule 24.



# Classifieds



Do you have some gently used golf equipment, clothing or decor that you'd like to sell? If so, this is the place for you. E-mail ginavn@gmail.com to put in your FREE classified ad.

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**Size 8 clothing:** I have a bag of size 8 name-brand clothing in EUC (excellent used condition), some with tags still on them! If you're interested in size 8 shorts from Puma, Adidas, UnderArmor or size M tops, please let me know! Gina 502-773-1754. I can provide pictures or bring with me on Thursdays!

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