



MPMGA Newsletter

SEPTEMBER 2023

VOLUME 17, NUMBER 09

MPMGA Officers and Board

Dick Helms, President

Gary Barnard, Vice President

Jim Grosjean, Secretary

Fred Kjar, Treasurer

Committee Chairmen

Tony Van Natter, Tournament

Tim Ward, Handicap

Phil Gray, Rules

Pete Lima, Special Events

Dave Quesnell, Membership

Jim Grosjean, Publicity

Larry McNamee, Sponsorship

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Monthly Newsletter

Editor:

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President's Message

Well, guys, here it is September and it's still very hot! Snowbirds will be returning to warmer weather than they remember. Be sure to hydrate often when playing.

You may have noticed a blip in the website this past week. For about a day, the site was down. It was a communication issue between us and our website host, but Bill Webster our webmaster, resolved it quickly and ensured that we won't have a repeat. Thanks, Bill.

As you are no doubt aware, the Mountainview renovation is delayed from the October 1 hoped for date. Instead, it appears we will have nine holes open on October 9, and the full course by November 1. From everything I hear, from those more in the know than me, the wait will be worth it. Hopefully two months from now, we'll be playing on a great course.

The delay with Mountainview means the Preserve overseed closure will be October 9 to 29. We will have our normal October 5 event, but the rest of the month will likely be cancelled for MPMGA events. They will not resume until we have 18 holes open for play.

Our recruiting committee (Joe Oczak, Harry Clausen, Dennis Marchand) is out beating the bushes looking for board members even as I write this. If they approach you, please be open to serving. A couple of positions, treasurer, and special events, are being nettlesome. If you have an interest in these positions, don't wait for someone to approach you. Contact one of the members of the recruiting committee. Both positions require an attention to detail, and the treasurer should hopefully be someone who likes puttering around in Excel spreadsheets and the like. You do not have to be an accountant. I should know – I'm not one, and I served 3 years as treasurer many moons ago. As for special events, a willingness to learn our software Golf Genius is nice, but not required. We have other folks who can help with that piece. Pete Lima is proof that you don't have to

2023 MPMGA Dues

Full Member: \$100 after 1/1/2023
\$65 after 7/1/2023

Handicap Only: \$50 after 1/1/2023
\$30 after 7/1/2023

Application forms and online join/renew instructions are on the website

Note: Online join/renew fees discounted \$5

Correct Method of Ball Mark Repair

RIGHT

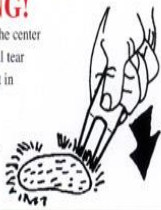
- 1) Insert tool on the high side behind the ballmark.
- 2) Push the back of the ball mark toward the center.
- 3) Do not lift or twist with the tool.
- 4) Close the hole by pushing both sides of the mark into the center.
- 5) Gently tap the surface down with your putter.
- 6) Never use a piece of loosened turf for repair.



Only YOU can prevent ball mark damage!
Remember:

WRONG!

Pulling up on the center or the sides will tear roots and result in brown spots, taking weeks for the surface to heal.



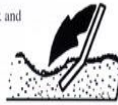
WRONG!

Do not pull up with green repair tool. This will only bring sand to the surface and tear the root system.



RIGHT!

Insert tool and push back and sides forward to center -no damage to root system. Healing starts immediately.



2023 ACES

Don Plapinger, MV #17
Ron Victor, MV #17
Alan Doan, TP #6
John Wrbanek, TP #6

2022 ACES

Dennis Marchand, TP #14
Kelly Paxton, TP #14
Dave Hill, TP #6
Doug Anderson, TP #4
Scott Newberry, MV #13

11 Member Aces reported in 2013
17 Member Aces reported in 2014
6 Member Aces reported in 2015
20 Member Aces reported in 2016
8 Member Aces reported in 2017
17 Member Aces reported in 2018
5 Member Aces reported in 2019
3 Member Aces reported in 2020
7 Member Aces reported in 2021
5 Member Aces reported in 2022

do that part. Talk to Pete, talk to Fred Kjar. Find out what the jobs entail. Then volunteer!

Finally, I appeal once again for you to help take care of your courses. Fill those divots, repair those ballmarks, rake those bunkers. And help your fellow club members enjoy their rounds by keeping up your pace of play. Attention to detail, guys!

Hit 'em long and hit 'em straight. If you can't do both, try straight.

Dick Helms
MPMGA President

Membership

Membership renewal for 2024 will begin on October 1. A reminder and instructions will be emailed to all current members prior to that date.

Dave Quesnell
Membership Chairman

Committee Business

Special Events

When you read this update on special events, we will have completed the Bubba Sadie Hawkins event. The next special event is the Club Championship which will be held in November. There will be more information as we get closer to the scheduled date.

Pete Lima
Special Events Chairman

Weekly Tournament Events

We are still working on the 2024 Men's club events.

Tony Van Natter
Weekly Tournament Chairman

**PGA/USGA
Avg. Drive**

300 yards
275 yards
250 yards
225 yards
200 yards
175 yards
150 yards
125 yards
100 yards

**Recommends
Recommended Tees**

7,150-7,400 yards
6,700-6,900 yards
6,200-6,400 yards
5,800-6,000 yards
5,200-5,400 yards
4,400-4,600 yards
3,500-3,700 yards
2,800-3,000 yards
2,100-2,300 yards

Rules

Local Rule E-5

This diagram explains the procedure for determining the relief area for this rule. I want to clarify some misunderstandings. You can only use this rule for a ball which is lost or out of bounds. You **cannot** use it if your ball is unplayable. The only rule which applies to an unplayable ball is Rule 19.

Also, if you hit a provisional ball, you cannot use this rule. You must continue to follow the procedures for a provisional ball as outlined under Rule 18.

MLR E-5 DIAGRAM 1: BALL NOT FOUND

When a player's ball has not been found, the player may take stroke-and-distance relief, or when Model Local Rule E-5 is introduced, the player has the additional option to drop a ball in and play from the relief area described below for two penalty strokes:

Reference Points	Size of Relief Area	Limits on Relief Area
<p>A. Ball Reference Point: The point where the original ball is estimated to have come to rest on the course (point A)</p> <p>B. Fairway Reference Point: The point of fairway of the hole being played (point B) that is nearest to the ball reference point, but is not nearer the hole than the ball reference point</p>	<p>Anywhere between:</p> <ul style="list-style-type: none"> A line from the hole through the ball reference point (point A) (and within two club-lengths to the outside of that line), and A line from the hole through the fairway reference point (point B) (and within two club-lengths to the fairway side of that line) 	<p>The relief area:</p> <ul style="list-style-type: none"> Must not be nearer the hole than the ball reference point, and Must be in the general area

If you have questions about this or any other rules, please contact me.

Phil Gray
Rules Chairman

Vice President

Does Golf Count as Exercise?

Anyone who's played 18 holes knows that golf can be physically taxing. You'll spend hours in the sun, wind, or other elements. But is golf

strenuous enough to count as exercise? It depends. According to Sarav Shah, MD, an orthopedist specializing in sports medicine at New England Baptist Hospital: “Although a reasonable degree of cardio for golf is required, the level necessary is not exceedingly high. How much physical activity you get depends on whether you’re simply swinging a club at the range, walking from hole to hole or using a golf cart.”

Golf doesn’t necessarily overload the muscles repeatedly in a way that counts as strength training, and depending on the pace of play and how you’re getting from hole to hole, it’s not always intense enough to be a cardio workout. But golf is still physical activity, explains Dr. Shah—“undoubtedly more than you would get sitting on the couch.”

A 160-pound person burns an estimated 252 calories per hour playing golf even if they ride in a cart.

But whether golf will significantly change your overall fitness depends on several variables, first and foremost the other types of activity you do and your current fitness level. “If combined with other forms of exercise and a healthy varied diet, golf will help keep you fit, trim, and conditioned for daily life,” Shah says.

Good News: Recent studies found that golfers were 40 percent less likely to die early than non-golfers—equivalent to a five-year extension of life and found that golfers 65 and older tended to live longer than non-golfers in the same age group.

The Bottom Line: All golf counts as physical activity and can be beneficial to overall health. It’s a good way to burn calories and improve overall conditioning for daily life.

- Taken from “everyday health.com”

Enjoy The Game!

Gary Barnard
Vice President

Publicity

Send along all information regarding special accomplishments either at our home courses or away. We will follow up and prepare an article for local publications.

Jim Grosjean
Publicity Chairman

Sponsorship

We now have 22 sponsors for 2023 and the sponsors have paid us \$20,850.00. This is a 9% increase over 2022 club sponsorship revenues. Remember that this money is the basis for more than 50%

of our weekly prize fund. Try to support these companies with your purchases as much as you can. See you on the course!

Larry McNamee
Sponsorship Committee Chairman

Handicap

Seems like most are getting the hang of filling out the "Report a Non-Postable Round" form when playing a scramble etc. Thank you for that. What I have noticed is that it is very hit and miss if all players fill out the form when they are in a scramble. There is a very easy solution to this. What I suggest is for the organizer of that scramble submits one form with all the participants listed. That way everyone doesn't have to submit a form. Your fellow players will thank you.

The form has room to enter multiple names and is very easy to complete. Please consider this option.

Also, the AGA has a new web page. Those of you who use this page for posting of scores will now see a button to "Post A Score" at the top. Clicking this button takes you directly to GHIN where you will post your score. If you do not already have a digital profile established on the GHIN site, this will need to be done in order to post your scores there.

As a member, you should have received an email for the AGA explain this process and having links to helpful videos. If you are having issues with this, please email me and I can forward that email to you.

Thanks for being members of the MPMGA and working with us to improve our posting statistics.

Tim Ward
Handicap Committee Chairman

Treasury

No news this month.

Fred Kjar
Treasurer

Member's Corner

We welcome constructive suggestions or comments. The editor reserve the right to edit or condense for space purposes.

Helpful Information on our Web Site

<http://mountainviewmensgolf.org>

Visit our Web Site at <http://www.mountainviewmensgolf.org> for the most updated information on M-PMGA business. You will find a wealth of information at your fingertips.

Contact Information for Questions/Comments

For questions, comments, and suggestions you want directed to:

**President: Dick Helms
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810-730-3540**

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520-825-1726**

**Secretary / Publicity: Jim Grosjean
615-870-4336**

**Sponsorship Chair: Larry McNamee
262-251-2156**

**Tournament Director: Tony VanNatter
520-333-4245**

**Special Events Director: Pete Lima
616-366-2904**

**Membership Chair: Dave Quesnell
949-280-3946**

**Handicap Chair: Tim Ward
520-825-2823**

**Rules Chair: Phil Gray
520-406-1487**

