



SWS Sisters Who Swing

Golf Association Newsletter



Veronica, Joy, Darnice & Teresa

ISSUE no: 2 | August 2009

Sisters Who Swing Golf Association
The **NEW** premier women's amateur golf association

WELCOME!...

*Joy D. Wolfe / President / Director
Veronica Etheredge / Vice President
Kelly Garrison / Handicap Chair*

*Helen Paige Robinson / Secretary
Barbara C. Jolly / Treasurer*

We'd love to hear from you. Email us your comments – swsgolf@earthlink.net
For all the latest information visit us online at the website: www.swsgolfassoc.com

SWS Golf Association Inaugural 2009 Support the fight against Breast Cancer August 23, 2009

SWS Golf Association is the **NEW** women's golf organization designed to support and promotes all facets of women's golf in the Metro Area of Washington, DC. Advocacy for newer golfers has been our campaign.

In support of the fight against **breast cancer**, SWS Golf Association is proud to announce their golf event with Soulful Golf, a "Pink Ball / Rally for the Cure" golf event.

According to National Cancer Institute, the definition of breast cancer is a cancer that forms in tissues of the breast, usually the ducts (tubes that

carry milk to the nipple) and lobules (glands that make milk). It occurs in both men and women, although male breast cancer is rare.

Every woman needs to fight for her life as well and get an annual mammogram. Not getting a mammogram can make all the difference of finding it early or not.

Mammography is a screening tool that uses X-rays to provide an image of the breast. These images, called mammograms, are used to find potential signs of breast cancer such as tumors, small clusters of calcium (micro calcifications) and abnormal changes in the skin. At this time, mammography is the best screening tool for breast cancer. It can find cancers at an early stage, when they are small and most responsive to treatment.

Too many women have looked in the eyes of their doctor to hear the words they didn't want to hear of they have breast cancer.

Breast cancer affects one in eight women during their lives. Breast cancer kills more women in the United States than any cancer except lung cancer.

This year there will be about 192,370 women with new diagnosis and about 40,170 women will die from breast cancer, according to the American Cancer Institute.

No one knows why some women get breast cancer, but there are a number of risk factors. Risks that you cannot change include:

- Age - the chance of getting breast cancer rises as a woman gets older.
- Genes - there are two genes, BRCA1 and BRCA2 that greatly

increase the risk. Women who have family members with breast or ovarian cancer may wish to be tested.

- Personal factors - beginning periods before age 12 or going through menopause after age 55.

Other risks include being overweight, using hormone replacement therapy, taking birth control pills, drinking alcohol, not having children or having your first child after age 35 or having dense breasts.

Susan G. Komen for the Cure foundation recommends that women:

1. Know their risk-

- Talk to their family to learn about the family health history
- Talk to their doctor about personal risk of breast cancer.

2. Get screened-

- Ask a doctor which screening tests are right and if you there is a higher risk.
- Have a mammogram every year starting at age 40 if at average risk.
- Have a clinical breast exam at least every 3 years starting at 20, and every year starting at 40.

3. Know what is normal and see a health care provider right away if any of these breast changes are noticed:

- Lump, hard knot or thickening.
- Swelling, warmth, redness or darkening.
- Change in the size or shape of

the breast.

- Dimpling or puckering of the skin.
 - Itchy, scaly sore or rash on the nipple.
 - Pulling in of your nipple or other parts of the breast.
 - Nipple discharge that starts suddenly.
 - New pain in one spot that doesn't go away.
4. Make healthy lifestyle choices.
- Maintain a healthy weight.
 - Add exercise into the routine.
 - Limit alcohol intake.

Message from the President and Vice-President:



Joy D. Wolfe
Veronica Etheredge

We have been blessed to have started our season in such a running fashion. We thank all our members for their interest in SWS that has kept us in the short grass.

As we continue to grow we invite you to be member of SWS and be part of the support to fight against breast cancer by joining us August 23, 2009 for a family, fun and golf outing. Our Pink Ball - Rally for the Cure Tourney.



SWS Sisters Who Swing

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Golf Association
And
Soulful Golf



Invites you to participate in a fun challenging
Pink Ball
4 People – Scramble/Shamble
or
Golf 101 clinics
All for
Breast Cancer Awareness

August 23, 2009

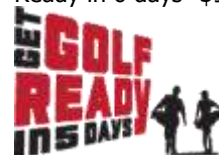


Located @ the Historical:
Langston Golf Course
2600 Benning Rd NE
Washington, DC 20002
202-397-8638

Family, Fun and Golf for Breast Cancer with SWS Golf Association and Soulful Golf

LESSONS:

SWS have partner with Langston Golf Course Professionals and the teaching Pros for lessons. Part of the LPGA program this year is "Get Golf Ready in 5 days" but a special offer is been held at Langston "Get Golf Ready in 6 days" \$99.00



SWS 9-hole League



SWS 9 hole league has started the season in good fashion. Every Thursday evening at 5:30 pm at Langston Golf Course, Washington, DC, SWS golf's 9 holes.



Teresa looks on as Darnice makes this putt on the 8th hole at Langston Golf Course.

Have you taken lessons and found yourself with no environment to play?

SWS 9 hole league is designed to help you become a better player, work on those golf skills, and build your golf networking.

Come on out
Thursday's 5:30 pm Tee Off

9-hole Swing
With
SWS Golf Association

July 12, 2009 SWS Outing Patuxent Greens Golf Course Criss Cross



7 Golfers came out at Patuxent Greens to play the format Criss Cross. What a beautiful day to play golf. The course was in good shape, greens were fast, and fun was had by all.

Criss Cross is a format in which the golfers compares corresponding scores on their scorecard and choose the lower of two scores, resulting in a 9-hole total score.

Joy D Wolfe prevail as the winner close by was Kelly Garrison. Below, Kelly and Veronica enjoy the 19th hole at Patuxent Greens.



July 26, 2009 SWS Outing Queenstown – Harbour Lakes



Veronica, above takes a full swing as her and Joy make an outing with the women of Pitch & Putt at Queenstown – Harbour Lakes Golf Course.

What a gorgeous course and women friendly. We can't wait to schedule a full outing there next year with a Crab Feast to follow. Look for it on your calendars.

July 27, 2009 Langston Boys & Girls Scholarship Tourney



Joy D. Wolfe and Jandie Turner took home 3rd place trophy after tied for 2nd with a score of 77. They lost 2nd place on the handicap hole #3 at Langston Golf Course.

Where Education Is Key

Each year at the historic [Langston Golf Course](#) located in Northeast, D.C. the Langston Junior Boys and Girls Club, founded by Ray Savoy, holds its annual golf tournament.

With over two hundred boys and girls participating in Langston's programs, Langston provides much more than just learning the mechanics of golf. Langston's volunteer instructors teach participants valuable life lessons through the game of golf. The children learn to respect themselves and others while learning that golf, unlike many of life's activities, takes discipline, determination, and organization.

SWS congratulate Ray Savoy and the Junior Boys and Girls Club of Langston Golf Course on a fun and outstanding tournament.

SWS Golf Schedule:

9 Hole Golf League - Langston GC 5:30 pm (please arrive by 5:00)

6 August: LEAGUE PLAY - 9 HOLE Stroke Play

13 August: LEAGUE PLAY - 9 HOLE Stroke Play

20 August: LEAGUE PLAY - 9 HOLE Stroke Play

27 August: LEAGUE PLAY - 9 HOLE BEAT score 54
Joy's Birthday

18 Hole Golf Outing - Various Courses

8 August: 18 HOLE OUTING-TBA

16 August: 18 HOLE OUTING-Virginia
10:00am [Virginia National Golf Course](#)

23 August: 18 HOLE OUTING-Washington DC
Breast Cancer Awareness

29 August: 18 HOLE OUTING-Maryland
(TBA)

Golf Rules & Etiquettes

Question: My Ball is Stuck in a Tree - What are My Options?

So your golf ball hit a tree beside the fairway ... and never came down. It's stuck up there in the branches. What are your options?

Answer: There are three options for continuing play when your ball gets stuck in a tree: play the ball as it lies; declare the ball unplayable; or take a lost ball.

Play It as It Lies

What this means, of course, is that you're willing to climb up into the tree and take a swing at the ball.

Unplayable

You can declare the ball unplayable under [Rule 28](#), take a one-stroke penalty and, most likely, drop within two club-lengths of the ball (there are other options for continuing under the unplayable rule, but this is the most likely to be used in this scenario). The spot from which you measure the two club-lengths is that spot on the ground directly

under where the ball rests in the tree.

But in order to use the unplayable option, you *must* be able to identify your ball. You can't just assume that it's up there somewhere, and you can't just assume that a ball you see in the tree is yours. You must positively identify it as yours.

That might mean trying to shake it loose from the tree, or climbing the tree simply to retrieve the ball for ID purposes. Before you do either, make sure you've announced your intention to treat the ball as unplayable. If you dislodge the ball without having made your intentions clear (to continue under the unplayable rule), you'll incur a penalty stroke under [Rule 18-2a](#) (Ball at Rest Moved) and will be required to put the ball back in the tree! (Failure to replace a ball such moved would result in an additional 1-stroke penalty.) However, if you proceed directly under one of the options of [rule 28](#), you need not replace the ball (see decision 20-3a/3).

So make sure you identify your ball before continuing under the unplayable option, and make sure you declare your intentions before retrieving or dislodging the ball from the tree.

Lost Ball

Of course, you may not be able to find a ball that has lodged in a tree, even if you know it's there. The only option then is to declare a lost ball and proceed under [Rule 27](#) (Ball Lost or Out of Bounds). The lost ball penalty is stroke-

and-distance; that means assessing a one-stroke penalty and returning to the spot of the previous stroke, where you must replay the shot.

Even if you see a ball up in the tree, you'll have to take a lost ball penalty unless you can positively identify it as yours.



Coming Events:

For more information contact: Pamela Green 202-374-9127 or Vivian Grantham 202-669-4007

Entrepreneurs

Not playing Golf, looking for a new network environment.

Have you thought of **Golf the Sport of Business: Leveraging Golf for Business Success?**

Now is the time to join SWS Golf Association as an Associate Member. As an Associate member you would be entitled to link your business to SWS website. As an Associate member you would be entitled to network your business at SWS events. As an Associate Member you would part of the **New** premier amateur women's golf association that could help your business grow by leaps and bounds. -- **Join Today @** www.swsgolfassoc.com/membership.html

Cabin Category: 3-Bedroomed Suite				Cabin Category: 2-Bedroomed Suite			
Double	Triple	Quad	Deluxe	Double	Triple	Quad	Deluxe
\$3,400	\$3,600	\$3,800	\$3,900	\$2,600	\$2,700	\$2,800	\$2,900
\$3,500	\$3,700	\$3,900	\$4,000	\$2,700	\$2,800	\$2,900	\$3,000

For more information contact: Jandie Turner **410-365-4816 or info@soulfulgolfcruise.com**

GOLF!

- One over par for a hole __ _ _ E _
- A piece of grass lifted when a ball is struck _ _ _ _ T
- Two under par for a hole __ _ G _ _
- The area of short grass surrounding a hole _ _ _ _ N
- A W _ _ _ happens when the ball is not struck squarely
- One under par for a hole _ _ _ _ I _
- One carries a golfer's club _ _ _ _ I _
- Club mostly used on the greens _ _ _ _ R
- An ace is a _ _ _ _ _ E



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Invites you to participate in a fun challenging

Pink Ball

4 People – Scramble/Shamble

or

Golf 101 clinics

All for

Breast Cancer Awareness



August 23, 2009



Located @ the Historical:
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2600 Benning Rd NE
Washington, DC 20002
202-397-8638

Family, Fun and Golf for Breast Cancer with SWS Golf Association and Soulful Golf

Registration Deadline August 18, 2009

Golf Fee: \$80 per Golfer / \$320 per team

Contests

Putting Contest

Closest to Pin – Men & Women

Straightest Drive – Men & Women

Longest Drive – Men & Women

Men, Women, Mixed

Low Gross Score

1st and 2nd Place

Contact For More Information

Joy D Wolfe, President/Director

703-981-0900

Veronica Etheredge, Vice-President

240-601-4844

swsgolf@earthlink.net

Golfer's Registration Form

Entry Fee: \$80 per golfer / \$320 per team

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Telephone: _____ Cell Telephone: _____

Email address: _____ Team Members: _____

Team Members: _____ Team Members: _____

Clinic Registration Form

Entry Fee: \$80 per person

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Telephone: _____ Cell Telephone: _____

Email address: _____ Team Members: _____

Make Checks Payable to: SWS Golf
Mail check and Registration Form to:
SWS Golf Assoc - Attn: Barbara C Jolly
6022 Craft Rd, Alexandria, VA 22310
Schedule of Events

Golfers

11:00 am Registration starts

11:30 am Putting contest

12:00 pm Lunch

1:00 pm Tee Time

Fee includes: Green fees, Cart, Lunch, Beverage, Awards and Dinner

Golf 101

Clinic and Fun

11:30 am Registration starts

12:30 pm Lunch

Clinic I

1:15 pm Intro to Golf

1:30 pm Putting

2:30 pm Putting contest

Clinic II

3:15 pm Pitching

4:30 pm Pitching Skills contest

Fee includes: Professional Instructions, clinics, cart usage (if needed) lunch and beverage.

Clinics are designed to introduce New Golfers to the golf experience.

Door Prizes

Putting & Pitching Contest



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Pink Ball Tournament
 Breast Cancer Awareness
 August 23, 2009
 Historical Langston Golf Course
 Washington, DC 20002



Pink Flag Awareness Honor

Buy a pink flag or sponsor an entire hole to honor or memorialize friends and loved ones who have fought this disease. Individual pink flags will bear the names, and line the fairways on the day of the tournament.

Pink flags, displaying the names of the individuals to be honored, can be purchased for \$25.00 per flag (or 5 flags for \$100).

All donations are tax deductible.
 Join the fight for a cure.

Your name: _____
 Address: _____
 City/State/Zip: _____
 Daytime Phone: _____

◇ In Honor ◇ In Memory

Of _____
 (Name to be displayed on flag)

Send acknowledgement to:
 Name: _____
 Address: _____
 City/State/Zip: _____

◇ In Honor ◇ In Memory

Of _____
 (Name to be displayed on flag)

Send acknowledgement to:
 Name: _____
 Address: _____
 City/State/Zip: _____

◇ In Honor ◇ In Memory

Of _____
 (Name to be displayed on flag)

Send acknowledgement to:
 Name: _____
 Address: _____
 City/State/Zip: _____

◇ In Honor ◇ In Memory

Of _____
 (Name to be displayed on flag)

Send acknowledgement to:
 Name: _____
 Address: _____
 City/State/Zip: _____

For Hole Sponsorship, please fill out sponsor box and a flag box. You will be contacted to determine desired signage.

Make checks payable to: SWS Golf – Breast Cancer
 Mail to: SWS Golf Association
 Pink Ball Golf Tournament
 6022 Craft Rd
 Alexandria, VA 22310
 703-981-0900 fax: 703-924-1959

More information at: www.swsgolfassoc.com

FOR INCLUSION IN THE PROGRAM FORMS
 MUST BE RECEIVED NO LATER THAN
 AUGUST 15, 2009. EARLY SUBMISSION IS
 APPRECIATED.