

JUNE

2019

**President's
Cup**

**Tailgating
The
Qualifier**

**4Ball
Qualifier**

Graffiti

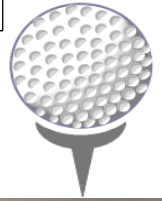
Dr. Age

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Windsor Men's Club Newsletter + In The Ruff +

After Much A-do...weather date changes – dual tourneys

AdamLewis Retains PCup Champion Title KoaMorgan/BrianDorn Getting Closer



L to R .Post Tourney in the Clubhouse. Presidents Cup Gross Champion, Adam Lewis, KoaMorgan collecting day monies from WMC President, AlexPerez. NickUresti – official photo-bomb.

Its been awhile Membership. PCup roster included 3 flites with a total of 43 players. We haven't had a tourney since April. SWEEPS meanwhile is keeping us sharp. However, Nothing changed at the top. AdamLewis was seen tailgating some putting lessons with his kids on the puttinggreen Friday. Apparently that's all that was needed as he hangs twin 68's, giving 3 strokes back to the field for a couple of net 71's. He feels he's got a few more years or more before he'll feel the pressure. The membership is so cheap their not going to hire a ringer to unseat me, 'I'll hang here until then'. Asked a few members about how many years in a row has Lewis claimed this title. Consensus was that most have lost count but if we had a Hall of Fame, he'd be 1st ballot unanimous vote. Amazing what being raised in the cart barn can do to one's game.

KoaMorgan, awaiting his first offspring soon, wins the 1st Flite with net scores of 71/66-137, BrianDorn holding on to 2nd with 142 along with ALewis. KenWong impressed with 143. NickUresti improved the 2nd day with a net 67 to claim 4th. . PCup paid out daily dough\$ Saturday winners included KoaMorgan, AdamLewis, JoeDumoulin, KenCrowover, MikeDrown and CraigDelles. Sunday's were NickUresti, BrianDorn, RicLippencott, JesseAlmaras, MikePowers and WaltJohnson.

Note: Member/Guest Tournament Date Has Been Changed To July 20

GaryVought Memorial June 28th....contact clubhouse.



2nd Flite Champ Rookie JoeDumoulin (138) is a regular on the weekend SKINS and believes he has got a good handle on the Windsor course now after playing here for 9 months. Holding off 'sharpshootineversaydie', RicLippencott 139. Claiming 3rd and looking good in a Stetson, JessieAlmaras 143. Solid VicSallee at 4th, 144.

3rd Flite: MikeDrown always shows up with game and he did not disappoint. Blistering his index by nearly 7 strokes both days shooting 65/66-131 and clearing the field by 6 strokes and his flite by 9. MikePowers claimed 2nd 140. Steady AndyBordessa at 3rd, 144. WaltJohnson 4th 148.

Mother Nature post-poned this tourney that was to take place in May to June. We hadn't had a tourney since April 28th. The PresidentsCup was dumped on the June tourney, NCGA Net Am –which was then

Overall Net Winner, MDrown blasts one on #10

reissued to Saturday June 22nd. The PCup, two day stroke play, then finalized on June23 We encourage membership to use the Website to keep abreast on tourney date changes due to weather and unforeseen complications. Currently, the **'Member-Guest' tourney is being reissued to Saturday, July 20th** to provide recovery time before Monday and out of town guest who may need to travel.



Tailgating the Qualifier:

The Windsor GC team, made up of teammates Jacob Ruonavaara, Ken Rhodes, Thomas Osipowich and Ron Farino, carded an opening score of 18-under 126 in Monday's first round at par-72 Bayonet/Black Horse GC playing in a format that takes the two best net scores of a four-person team.

April 9th - 12th: It was the beginning of Master's week as we fired up the road to celebrate a life and another running of the Central Coast Tour Memorial. We had lost jStew last year on this trip in a scene from the movie "Sideways". Some ashes were spread in various bunkers and scenic tee boxes to celebrate his life and memories long lasting. Ron put together this year's trip, saying, "Its nice to have the CCTour jumpstart us for the qualifier". CCTour made visits to HunterRanch, RanchoSanMarcos, MissionClub, AlisalRiverCourse

Ken and Ron arrived a day early to Bayonet to wine down, work on why the 5footer was not dropping more often than not and get some visual instruction from kids playing at the Master's while sipping on their favorite malt in the lodge at Bayonet. Tom and Jake show up the following day for a practice round at Bayonet to prep for their NCGA Northbay Zone Championship – 4person2bestball, Monday April 15.....continue next page



The practice round helped. This Windsor team led the field by two strokes (126) after their round at Bayonet. Sleeping on the lead pizza, a restless nite, then presented with the tees of PoppyHills the next morning, the team began to see their lead widdle away, barely, but their dream to qualify was kept alive, barely.

They were overtaken the 2nd day by the boys on the hill at Mayacama. Coming from 8strokes back Maya carded a 124 at PoppyHills to win by 2strokes. Leaving our Windsor team breathing a sigh of relief as they will also slip their tails in the Finals at PoppyHills and SpyGlass August 26-27. Congrats.....now go make us proud!!!

Closing ceremonies of the CCTour @ MonteMar in the Wine Ghetto, Lompoc – CA.

April 28: NCGA 4Ball Net Qualifier



Things were getting hot about now with the Master's looming. Lot of grinding going at the range and 'smack' at the putting green this morning. This is a therapy session on the strength of love between you and your fellow golf nut. After all said and done, WGC stayed hetro this year as Ric/Maria win the Net Qualifier.

MariaAngelaGuarientiTorello played from the blue tees, gathering all those extra strokes given as she was denied the red tees. "It's a Men's Club for dog sake", she said, "I must carry on." She confidently pared #6 to keep her partner convinced. Rick Lippincott was on fire most of the day, with birdies at #3. 4. 12. 13. They led the tourney alone at the top carding a 61. RoyPurugganan and JessieAlmaras claimed the 2nd qualifier spot at 63. Flights paid 3 spots. Snafu note: Wong and Powers used their qualifying spot from Bennet Valley. History note: better with age? One of the greatest victories in Sonoma County, when these very two, Ric/Maria took down perennials victors, Saddora/Almaras at the 2person best ball at BennetValley a few years back. One of them, possibly, maybe

both,are lucky charms.

	1 st flt.	
1 st	RPurugganan/jAlmaras	63
2 nd	ALewis/OHeath	64
3 rd	BLavery/RGill	64

	2 nd flt.	
	KWong/MPowers	62
	jSobolewski/jBlack	64
	GPlinski/jHieter	65

	3 rd flt.	
	RLippincott/MGuarienti	61
	MDrown/CHauth	63
	GEmerson/RMcDaniel	64

GRAFFITI:**Thursday League in Session:**

Review on the WGClubhouse terrace after posting a victory versus PeacockGap GC of Marin.

GaryEmerson enjoyed the revamping of PeacockGap, however it can become a bit windy as it sits on the bay in west SanRafael. Sounds like Bodega GC, but when its good its great. Marin is short yet another public course with the closure of San Geronimo. . ++++++



Random play by play: After many years I was lucky enough to catch the noon skins game today. Craig Delles, Alex Perez and Dave Howard had to watch me from way far away as they were often 40-60 yards past me on the tee. It was a mundane round until the 9th hole, where I had put my second shot about 120 yards from the middle pin. Somehow Dave, at 165 yards out hit a worm burner which hit my ball so hard, it ran 40 yards towards the green! I replaced my ball as I wished I could have hit my ball from that closer position (Craig was there 60 yards out in 2 and stuck the pin, sunk the birdie putt and won the skin). I parred it, but more impressive was Alex's 5 after pushing his drive in the creek on the left, screaming it to the right rough past the Oaks on the right and getting up and down! It gets better....On 14 Dave managed to miss the green on the left, and trying to get to the red flag, he gronkled his chip, only to chip in for 4. Of course Craig had stiffed the pin and birdied. Alex hit 15, but only after hitting the Oak guarding the left side, trying to get to the back pin. Dave missed left, I missed right. Dave chipped in (again!) for birdie and I, sitting 4 feet below the green in the right rough after blading my 8 iron from a favorable lie, said, "I guess I'll have to chip this one in to cap you". I did. Dave grimaced. On 16 craig stiffed the pin again and had a 2 footer from birdie while I short-sided myself. Alex was long near the back bunker with a fair lie looking at the mid left pin. Could we have 4 chip-ins in 3 holes? Yes! His chip looked good from the moment it left the clubface, slammed in the hole to deny Craig another skin. 4 chips ins in 3 holes, 4 birdies in the same stretch. What a blast! Thanks, Jerry++++++

Yesterday I competed in the NCGA net am at Paradise Valley. (I'm a men's clubber at both PV and Rancho Solano now, missing WGC). Sunny, cool and a 2-3 club wind all day. I was in the 1st flight; seniors, <10 index & blue tees. I'd been playing well, enjoying the hike, watching my high index playing partners scrape it up. On 17 tee one of the guys comes up and says, "so can I caddy for you in Monterey?" "What do you mean?" "You're killing the field man, you're gonna win this flight and move on to the qualifier then Monterey. The wives can shop and we'll have some fun!" WTF!!! Now I know why they ignore pitchers when they're dealing a no-no in late innings...Standing on 17 tee box I was even par with a 5 index (the blue Tees gave me a course handicap of 8) and promptly bogeyed 17 & 18. Won my flight by one stroke....PNobriga.

Senior Scramble Qualifiers:

50's age group: MikeVanvrankin and Ken 'rdkill' Rhodes @ SRCC

60's age group: Dr.JMinkoff and CLarsen @ foxtail



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DR. AGE.....Average age of WMC Members...58...and rising.

“ if I knew I was going to live this long, I would have taken better care of myself”

Our ailing golf comrades.

Here's How to Get Stronger After 50.....re-printing portions of article by Abigail Barronian



It's no secret that our bodies change as we age. Muscle mass and strength decline, it takes longer to recover from hard efforts, and our capacity to handle high training volumes can diminish. On top of that, mobility decreases and we become more prone to certain injuries. When an older athlete stops training, their fitness deteriorates significantly quicker than it did when they were young—and building it back is much harder.

Your training needs don't change as you get older. You still want to build cardiovascular capacity, strength, and functional mobility. But the way you approach those goals needs to be tailored to the individual, depending on your current fitness level, injury state, and other lifestyle factors. We asked two experts how your training regimen should evolve as you age.

Increase the volume: The foundation for any training program—no matter how old you are—is volume. “The training priority is restoring functionality in a safe and graduated manner, particularly for individuals who have been sedentary throughout their life,” says Matt Swift, a CrossFit coach and masters champion who helped develop CrossFit's specialized Masters Training program, geared toward middle-aged athletes. Matt Owen, a Gym Jones–certified trainer out of St. Louis, echoed that sentiment.

“We need to really build that base of general physical preparedness in order to build other stuff on top of it—strength, power, sport-specific movement,” Owen says. “We're going to value volume—one to two hours of work every day—over anything else at first. It's a lot easier to get strong when you're able to tolerate more work, more time lifting weights, and you're able to recover faster than if we just pull you in and make you start lifting heavy.”

Think of developing a solid base of fitness like a really good warmup: It'll keep you safe throughout your training as you work toward more intensive, higher-impact goals.

Address problem areas: Injuries need to be treated on a case-by-case basis, with guidance from a doctor and/or physical therapist, but Owen shared some general training tips for addressing three of the most common injuries in aging athletes: [knee](#), [lower back](#), and [shoulder injuries](#).

Generally, knee and lower-back issues come from a weakened posterior chain—glutes, hamstrings, and calves. To address back pain specifically, Owen recommends movements like [Romanian deadlifts](#) and [reverse hypers](#). For knee pain, it's all about balance: strengthening your hamstrings to take the strain off overcompensating, disproportionately strong quads. Balance is also key for shoulder issues. Owen will assess the upper-back muscles to gauge which ones might be overcompensating and which need to be strengthened using the [Crossover Symmetry system](#).

The older you get, the harder it is to come back from an injury. Swift encourages aging athletes to do everything they can to prevent injuries in the first place. “There is no room for being reckless or taking risks with form or technique. You have to understand that not every day will be the same; there will be variations in the training load you can cope with. Make smart choices and back off when the body doesn't feel right,” Swift says.

Establish a routine: Swift is committed to debunking the idea that older athletes shouldn't train hard or with intensity. **In fact, strength training is arguably the most important part of maintaining fitness with age, but it's often sacrificed in favor of cardiovascular exercise.** “We need to keep people training hard and consistently. We just need to do so showing greater care and being more conservative with loading patterns and intensity. Older athletes need to be physically challenged just like younger athletes,” Swift says.

Both Swift and Owen recommend a training program that focuses on compound exercises—multijoint movements that work several muscles or muscle groups at one time—and functional movement patterns that use a full range of motion. This isn't all that different from a workout that either trainer might recommend to a younger athlete, but the key distinction is extra recovery time. Swift recommends three to four sessions of weight training a week for an older athlete and an extra rest day compared to what he might recommend for a younger person.

Regardless of intensity or volume, establishing a regular routine and sticking to it is the most critical part of training as you age. “Don't stop training, ever. It is genuinely a case of use it or lose it,” Swift says. “Once you stop training at a later age, there is a decline at a much greater rate than for a younger population, and it is considerably harder to get it back.”

Invest in your recovery: As you age, your body bounces back more slowly from intense exercise. Successful older athletes should take their recovery as seriously as their training. “Younger athletes can get away with a poor lifestyle and still perform, but older athletes cannot,” Swift says. “Have a good sleep ritual, consistently eat a nutritious diet of real food, and undertake a frequent mobility program.”

Owen agrees that eight to ten hours of [proper sleep](#) is the most important part of recovery and training. It recharges the nervous system and rebalances hormones, and it's the key to any successful weight-loss effort. Owen also recommends daily foam rolling, copious water, and proper nutrition. (Treatments like [cryotherapy](#), [acupuncture](#), and deep tissue massage have also worked for some of his clients, but Owen resists a blanket recommendation for anything beyond do-it-yourself recovery.)

The winning mindset: There are plenty of ways to address the changes in our bodies through exercise and recovery, but an athlete's most valuable tool is confidence in their body's ability to adapt. “The mind is primary, and we hold that above everything else. **If you can train your mind and condition yourself to expect higher performance and hold yourself to a higher standard, the body will follow,**

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