

PRO DUFFERS WEST



New Members to PDW

Pro Duffers West would like to welcome the following new members to the club:

- Caesar Scott
- Ronald E. Bedell

President's Cup Winner

2008 Presidents Club Winner
Reggie Johnson

September 20, 2008 at



the list of past winners on the cup. Reggie will then keep the cup for a period of one year. Way to go Reggie!



We would like to congratulate the recipient of the 2008 President's Club, Reggie Johnson. This year's event was held on

Robinson's Ranch Golf Course in Santa Clarita. The President's Club is awarded to the club member with the Lowest Net Score. Reggie's Net Score was 68, and his name will be added to

Inside the Newsletter

President's Notes	2
Three Swings for Lower Scores	2
Robinson's Ranch Winners	2
Golf Tips	3
Upcoming PDW Tournaments	4
WSGA Tournament Schedule	4
PDW September Tournament Results	4
Member Focus: Romona Mitchell	5
PDW Supporting the Cause	5

PDW Supporting a Cause and Affiliate Clubs

PDW Supporting a Cause

On September 20, 2008, Club President Stanley Cooper, participated in the "Swing for a Cure" Golf Tournament held at the El Rancho Verde Golf Course in Rialto.



sponsored by Vernoncrest and Tee Divas and Tee Dudes Golf Clubs. This event raises money to ensure women receive mammograms that might not be able to afford it. Pro Duffers was a tee sponsor for this event.

a golf tournament with Arroyo Golf Tournament, a WSGA affiliate club, at River Ridge Golf Course.

Thank you Howard Miller and the members of Arroyo for a wonderful and enjoyable round of golf.

Participating with Affiliate WSGA Golf Clubs

On September 28, 2008, Club President, Stanley Cooper, participated in

The tournament was



Stanley Cooper at Robinson's Ranch

President's Notes

Elections for 2009 Club Officers will be held in November. If you are interested in one of the offices, please contact Stanley Cooper.

We are in the process of updating the bylaws for 2009. We will provide drafts to members in November for comments and hold a final vote at the November club Meeting.

Members don't forget it is in our bylaws to wear club shirts at our monthly tournaments or be assessed a \$5.00 fine. If you need a shirt please give me a call and I will rush one to you.

Remember our annual tournament will be held on October 11, 2008 at Sterling Hills Golf Club. This year we will have a shot gun start and we are expecting maximum

participation. This year we have a shotgun start, raffle, silent auction, and live entertainment.

We are still looking for additional raffle items. Please contact Stanley Cooper if you wish to contribute.

All members are asked to wear their shirts. We would like to take a new club picture.

Three Swings for Lower Scores

Your game depends on them all--so practice them all

ALMOST every hole requires you to make three different types of swing:

1. A power swing to propel the ball long distances
2. A finesse swing to pitch or chip the ball onto the putting surface if you didn't hit the green on your approach
3. A putting stroke to roll the ball into the hole.

You probably focus much of your warm-up and practice sessions on some

form of your power swing.

Occasionally you'll practice putting, but pay scant attention to your chipping and pitching shots. This occurs for two reasons: 1) You believe that if you improve your power swings you won't need your short game, and) most golf facilities don't have adequate short-game practice areas. It adds up to little improvement in your game and less in your

scoring. To solve this problem, first find a golf course with great long-game and short-game practice facilities. Divide your practice time (whatever it may be) into 3 equal segments and focus on, in order, your 1) short game, 2) putting, and 3) power game.

⌘

*"My mind is my biggest asset. I expect to win every tournament I play."
Tiger Woods*

Robinson's Ranch Winners



Ten Ways to Enjoy a Bad Round

Don't worry if your swing goes south, still have a great day with these tips, drills and words of wisdom.

Make it personal 1. If you're on your home course, says Top 100 Teacher Gary Wiren, keep a record of your personal best score on each hole, and try to break as many of your lows as you can. "You can shoot 105, but if you walk into the clubhouse, grab a beer and drink to that first ever birdie on 18, that's happiness," he says. Bonus: The hole-by-hole approach takes your mind off your overall score, which can in turn save your overall score.

Make it fun 2. Play some games, says mental-game expert Joe Parent, who has worked with Vijay Singh and David Toms. "Bet with your friends on silly things, like up-and-downs from trouble spots," he says. "Try heroic shots--hit driver off the deck, putt out of bunkers that don't have lips. Hey, your score is toast, so what have you got to lose? Have fun."

Set attainable goals 3. There's nothing wrong with gunning for a number, according to Top 100 Teacher Rick Grayson. "But your score is outside your control. I have my students set attainable goals. Something as simple as 'I won't throw any clubs,' or 'I'll tee off only with hybrids on par 4s and par 5s.' These are things you can control, and when all else is failing, it gives you the satisfaction of accomplishing a mission."

Break glass for swing 4. If your club feels like an unfolded lawn chair, you still need to get the ball airborne. Break out your emergency swing, says A.J. Bonar, head pro at A.J. Golf School in Carlsbad, Calif. Here's how. "Swing all your clubs like you're hitting a wedge," he says. "Choke down about an inch, place the ball in the middle of your stance, and make sure that your hands are as far a head of the ball at impact as possible." Yes, even driver, Bonar says that the hands-forward move promotes the downward strike needed for crisp contact and fixes the common swing flaw of trying to scoop the ball.

Take the Haig's advice 5. "I knew Walter Hagen," Wiren says of the late, great 11-time major winner. "He said that going into any round he accepted the fact that he would mis-hit five or six shots. Bad shots are part of the game for all players. Understand it, and don't beat yourself up over it. Hagen didn't"

Give yourself a lesson 6. Pick one area of your game to work on, Parent says. Maybe your half wedges need improving, or your backswing could be shorter. "This gives you a positive to focus on, instead of the negative of your score, and you get on-course training that will serve you down the road."

Remember your best shots 7. Remember the few good swings in detail--how they felt, the flight of the ball. According to Daniel Kahneman, Nobel prize winning psychology professor at Princeton University, focusing on the highlights of a given activity activates "the remembering self"--the part of memory that fondly recall events that seemed largely unpleasant at the time. Picking two "happy" shots can turn an ugly round into a pleasant memory.

Put it in your pocket 8. Wiren once played a round that began like this: Drove the par -4 green, 3-put. Reached the par-5 in two, 3-put. Then? "I shanked a 3-iron into weeds," he says. "So I said, 'Forget it-- I'm not looking for that ball. I hate looking for balls. Next hole.' I let go, 'There's no shame in pocketing your ball-- and heading to the next tee, "It sure made me happy."

Play like Phil 9. Not the "I am such an idiot" Phil. Phil the filly. When Lefty was little, he honed his mad-scientist creativity by challenging himself on the course, dropping ball behind trees and bushes or into divots. "These are shots you need in your bag, so master them on off days." Grayson says. Since there's no pressure, they're easier to pull off and you can call back on the memory another day, and say, "I got the shot!"

Avoid going solo 10. We all need the human connection, so play with friends whenever you can. "Almost everyone feels happier when they're with other people," observed sociologist and *Flow* author Mihaly Csikszentmihalyi (pronounced chick-SENT-me high). But Wiren offers a caveat. "Avoid slow players, guys who make slow players, guys who make excuses for poor play."

"Just one of those days" doesn't mean you can't have fun.

Golf Tips

Your Recipe for Success

How to get happy on the course, by a guy who dropped 20 strokes overnight.

Play Holes on the Range
Scrape, hit. Scrape, hit. Don't mindlessly beat range balls pre-round. Instead, using your regular routine before every swing, imagine playing the

course's opening three holes. This reduces the unhappy tension that can plague your first several swings.

Play To Your Personal Par

Change your course's par to reflect your ability, adding a stroke to the most difficult holes. You're a 12 handicap? Your par 72 is now an 84. (Write the new "par" for each hole on the scorecard.) This gives you a realistic score to shoot for and helps your course Management.

Aim for the Back of the Green

On approach shots, hit the club that, if struck perfectly, will reach the back of the green. This brings

more green into play if you miss-hit the shot. Also, don't expect to rattle every pin--the pros don't. The average leave on Tour from 100-125 yards is 21 feet from the hole, according to Shotlink.

Commit-- And Let 'Er Rip!
Standing over the ball, find a swing thought that helps you commit to the shot. A positive thought wards off fear about where the ball will go. Remember, it's going to come down somewhere.



Upcoming PDW Tournaments

- October 11, 2008: Sterling Hills, Annual Tournament, 8:00 am Shotgun Start
- November 8, 2008: Los Robles, 9:00 am

WSGA Southern Area Clubs – October-November

Date	Club	Course	Time
October 18	Cosmos	Whittier Narrows	10:00 am
October 18	Continental	Simi Hills	8:00 am
October 19	Arroyo-Shot Gun Start	Menifee Lakes	8:00 am
October 25	Long Beach Pack	Marshall Canyon	8:00 am
October 25	Tee Divas/Tee Dudes	Santa Anita	10:00 am
November 1	Cosmos	Sierra Lakes-Shot Gun Start	7:30 am
November 1	Vernoncrest	Pala Mesa	TBD
November 8	Pro Duffers	Los Robles	9:00 am
November 8	Golden Tees	Chester Washington	10:00 am
November 9	Tee Masters	Mountain Meadows	10:00 am
November 10	L.A.Fairways	Montebello	8:00 am
November 14 - 15	Tee Divas/Tee Dudes	Temecula Creek Inn	8:00 am
November 15	Continental	Marino Valley Ranch	9:00 am
November 22	Long Beach Pack	Dos Lagos	TBD
November 22- 23	Arroyo	Rancho Las Palmas Resort & Indian Springs	Shotgun

Let's make every attempt to get out and play with our other affiliate clubs when ever possible.

Please note October 18, Continental is playing Simi Hills. If you are interested in playing, please contact Stanley Cooper.

PDW Robinson's Ranch Tournament Results: September 20, 2008

A Men Flight Winners

1st Low Gross: Milton Harrion, 78
 2nd Low Gross: Don Cobb, 82
 1st Low Net: Al Duff, 81

B Men Flight Winners

1st Low Gross: Stanley Cooper, 88
 2nd Low Gross: Charles Vivian, 96
 1st Low Net: Bobby Adams, 82

C Flight Winners

1st Low Gross: Reggie Johnson, 94
 2nd Low Gross: Brian Miller, 103
 1st Low Net: James McDuffy, 78

Ladies Flight Winners

1st Low Gross: Romona Mitchell, 108



Romona Mitchell

Born and raised in Monroe, Louisiana, Romona was educated in Catholic schools growing up and then attended from Tennessee State University before she came to California. She retired after working for 37 years at GTE as a Staff Analysts in Account Billing. Romona LOVES to travel and has been to Panama, Costa Rica, Puerto Rico and China just in the past year.

Romona took one golf lesson and was hooked. She has been playing golf now for 13 years. Most recently, she took home a trophy for 2nd Low Net Women's B Flight at the WSGA annual tournament held in Palm Springs. Her favorite golf course is Los Robles and Olivas Links, but if she could play at any course, she would want to play at Pebble Beach.

Being a people person, Romona is very involved in her church, Bethel AME. She sings in the choir, is a church Steward, Financial Clerk and President of the Women's Ministry.

Romona and Nathaniel, also a member of Pro Duffers West, have been married for 38 years and are proud parents of their son and daughter and are enjoying their three lovely grandchildren.



Romona at Elkins Ranch Golf Course

Have you noticed the spelling of Romona's name!

Pro Duffers West Supporting the Cause



Pro Duffers West supporting the "Swing for a Cure" Golf Tournament at El Rancho Verde Golf Course

"Most golfers prepare for disaster. A good golfer prepares for success."

Bob Toski