



EL PRADO men's GOLF CLUB

6555 Pine Avenue ♦ Chino, California 91710 ♦ 909-597-1753

www.elpradomensclub.com

Volume XLV

December 2018 rev 0

2018-2019 Board of Directors

Doug Benc	President/Chairman	Dave Cox.....	Tournament
Michael Muscare	Social / Recruiting	Danny Ortiz.....	Membership
Richard Lizarraga.....	Treasurer	Gary Lovett.....	Handicap
Mark Rief	Communications / SCGA	Kevin Knutson	Golf Courses General Manager

President's Message

When I was talking to a few club members recently, they reminded me how their game has changed with age. Part of the game gets a little better at times, and some of it can be tougher because our bodies don't hold up as well. As cold weather sets in, more challenges arrive as the bones start to feel the cold and muscles tight.

I have found that with age, I get smarter and manage the course better than I ever have. On the flip side, my body doesn't want to do what it used to do. Either I can't turn as much as I did, or my back starts hurting a bit more on the back nine that it ever did before. Playing more than a couple of days in a row is difficult as age creeps up on us all.

At every turn, your body will remind you that you are no longer 20 years old. This doesn't mean we have to give up the game, or even play less. We have some members that are over 70 years old, and still are able to get the ball out in the fairway and make their share of birdies.

Whether for golf or our overall health, it's important to take care of your body. Not everyone has time to go to the gym or have any real exercise equipment at home. But, this should stop you from doing what you can to keep fit. Stretching can be done while watching TV at home, after work or before and after meals. Some minor strength training is a huge benefit to all us, and doesn't have to require elaborate machines.

Here are a few examples that are guaranteed to help keep you fit, and improve your golf game.

1. Wall Sits: Just find a wall, lean back against it and slide down until you thighs are parallel to the ground. If you can't go that far, that is ok. Just hold that for two minutes, and then repeat 3-5 times, while watching TV.
2. Modified Push Ups: Either a stable base like a table or back of a couch will work. Put both hands on the couch or table, lean down and to some push ups. Do multiple sets of 12 push ups.
3. Squats: A very easy, at home exercise. You can just stand in the middle of a room and keep both feet just inside shoulder width apart, and bend your legs, while keeping your back straight. Go down as far as your ability will let you, but never letting your upper leg go beyond parallel to the ground. You can grab a gallon of milk, water or bleach in each hand to add weight to add more resistance.

Continued on page 5 ...

CALENDAR OF EVENTS

December 8
Tournament Signups Due

December 15
4 Club Red Tees

January 5
Tournament Signups Due

January 12
2 Man Better Ball

May 2-4, 2019
Getaway

INFORMATION

Saturday Skins
Call/Text
(909) 260-1717
Signup by
Wed 3 pm

Tournaments
Call
909-984-8220

Tournament News

November 2018 - Individual Low Net

We had 57 players sign up for the November Individual Low Net. We only had one no show, for a total of 56 players on both courses. Top flight winners are; On Chino Creek; Bart Weber 69 A flight; Luis Alva and Wayne Nichols tied at 70 B flight. On Butterfield Stage; Paul Gray 66 C flight. And well worth mentioning, John Kramer close to the pin on # 14 at ½ inch. Wow that was close! Congratulations to all the winners. Check out all of the details on the results column.

We would like to thank Jacob and Kevin for providing for the CP markers, scoreboard, and scoring our tourney. As always, they do an excellent job. Thanks to the remainder of the golf course staff for all they do for our members as well. I would like to remind everyone we will have our customary holiday tip jar for the golf course staff at the December check in table so please show them how much you care.

Be sure to get your sign-ups in early for December's 4-Club Red Tees tournament on the 15th. This is one of our most popular tourneys. Pick the right 4 clubs, use some good solid strategy, and you could come in with a super low score. I prefer e-mail since I can follow up with a receipt and I have an ongoing record of who signed up. However, you can always use the paper sign-up form and regular EPMC mailbox located in the golf shop. Sign-up forms are also available at the bottom of the newsletter for your convenience.

Dave Cox
Tournament Director

Toy Drive

As has been a tradition for decades, The El Prado Men's Club will be working with the local Chino Rotary on their toy drive that helps underprivileged families in our community.

At the sign-in table for our December monthly tournament, don't forget that donations of unwrapped toys will gladly be accepted. Monetary donations in the form of cash or checks are greatly appreciated too.

Michael Muscare
Social Director

Top 25 - 2018-2019

	Name	Skins	Close	Script	Total
1	Weber, Bart	60	40	130	230
2	Teneriello, Louie	30	67	90	187
3	Meoli, Rudy	91	40	25	156
4	Nomura, Vino	19	74	60	153
5	Hederman, Joseph P	15	27	110	152
5	Peniata, Oscar	15	27	110	152
7	Street, Fred	19	29	100	148
8	Gray, Paul	0	0	145	145
9	Kramer, John	40	90	0	130
10	Cox, David	0	0	120	120
10	Walsh, James M	0	0	120	120
12	Briggle, Thomas	0	54	65	119
13	Ortiz, Danny	59	0	55	114
14	Alva, Luis	0	0	110	110
14	Nichols, Wayne	0	0	110	110
16	Elliott, Steven	19	29	60	108
17	Kaplan, Chris	60	0	40	100
17	Maddox, Randy	0	45	55	100
19	Thune, John	36	40	20	96
20	Hughes, Daniel	30	0	65	95
21	Lizarraga, Richard	0	29	60	89
21	Robinson, Dennis	0	29	60	89
23	Dancses, Kirk	15	0	65	80
23	Masanovich, Mark	15	0	65	80
25	Lovell, Ron D	36	40	0	76

Tournament Handicap Adjustments

Participation Reductions:

Chris Kaplan	1
Mark Rief	1
Tom Earhart	1
Joe Hederman	1
Raphael Becerra	1

Current ETS Adjustments:

Rollovers	Kelly Johnson	2
	Gary Roehrig	1
	Rich Rudell	2
	Mark Rief	2
New	Paul Gray	2
	Fred Street	1

Tournament Results – November 17, 2018 – Individual Low Net

A Flight		Chino Creek	
Script			
1	69	Weber, Bart	\$130
2	71	Teneriello, Louie	\$90
T3	72	Anderson, Nolan	\$65
T3	72	Hughes, Daniel	\$65
5*	75	Anthony, Michael	\$20
		* Card off	

Closest			
#4	13' 4"	Teneriello, Louie	\$40
#7	14' 8"	Weber, Bart	\$40
#14	6' 2"	Mundy, Robert	\$40
#16	5' 9"	Ignacz, Ken	\$40

Skins			
#2		Kaplan, Chris	\$30
#4		Teneriello, Louie	\$30
#5		Earhart, Tom	\$30
#7		Weber, Bart	\$30
#9		Hughes, Daniel	\$30
#15		Weber, Bart	\$30

B Flight		Chino Creek	
Script			
T1	70	Alva, Luis	\$110
T1	70	Nichols, Wayne	\$110
T3	72	Briggle, Thomas	\$65
T3	72	Valdez Jr, Manny	\$65
5*	73	Thune, John	\$20
		* Card off	

Closest			
#4	17' 10"	Rief, Mark	\$40
#7	4' 3"	Meoli, Rudy	\$40
#14	10' 8"	Lovell, Ron D	\$40
#16	11' 2"	Thune, John	\$40

Skins			
#2		Meoli, Rudy	\$36
#7		Meoli, Rudy	\$36
#9		Granger, Paul	\$36
#16		Thune, John	\$36
#18		Lovell, Ron D	\$36

C Flight		Butterfield Stage	
Script			
1	66	Gray, Paul	\$145
2	68	Street, Fred	\$100
T3	70	Ortiz, Danny	\$55
T3	70	Maddox, Randy	\$55
T3	70	Gienger, Jerry	\$55

Closest			
#2	42' 7"	Kramer, John	\$45
#7	12' 0"	Nomura, Vino	\$45
#14	0' .5"	Kramer, John	\$45
#17	10' 9"	Maddox, Randy	\$45

Skins			
#3	Par	Randall, Greg	\$40
#10		Ortiz, Danny	\$40
#13	Par	Grinder, John	\$40
#14		Kramer, John	\$40
#15		Rief, Brian	\$40



Are you ready for the 2019 Rules?

GOLF'S NEW RULES: AT YOUR FINGERTIPS

The new Rules will be presented in a variety of digital and print formats.



The Player's Edition of the Rules of Golf

Primary resource for players

- A shorter, more user-friendly version of the Rules of Golf, written for you, the player
- Includes explanatory images and diagrams
- Available digitally and as pocket-size print publication

The Rules of Golf

Primary resource for officials

- Full version covering all the playing Rules
- Includes explanatory images and diagrams
- Available digitally and as large-size print publication

The Official Guide to the Rules of Golf

Supplementary resource for officials

- Replaces Decisions book and provides long-form guidance to assist with officiating and administration
- Includes the Rules of Golf, Interpretations, Committee Procedures, and Modified Rules of Golf for Players with Disabilities
- Available digitally and as large-size print publication



© 2018 R&A Rules Limited and the United States Golf Association. All rights reserved.

Beginning in 2019, the rules of golf will be contained in three new books. As a player, you should be familiar with the **Player's Edition**, which has simple explanations with pictures for the player. We plan to hand these out at the December tournament, or you can order one for free from the USGA. More details will be found in the second book, the **Rules of Golf**, which is of interest to club and course officials, and those with an extra interest in the rules. The old Decisions book is replaced by the third book, called the **Official Guide**, which is intended for tournament officials or others involved in rulings.



When the new rules take effect in January, **Every member should have access to the Player's Edition to answer questions during a round.** You can go old school and carry a hard copy, but you may find it much easier to use your smart phone.

Rules Mobile App

Download the free, brand-new Rules of Golf app for iOS and Android devices. The app contains the Player's Edition, the Full Rules, and the Official Guide to the Rules.

We encourage you to learn all you can about the new rules before January. Click the link below to find several informative videos to get you up to speed.



Our local rules now clearly define wood chips spread as groundcover as **loose impediments**. You can remove them, provided they are not solidly embedded or adhering to the ball, as long as the ball does not move.

Mark Rief
Communications

Presidents Message

... Continued from page 1

4. Foot Pull: This is for quads, that hardly ever see work as we get older and can really strengthen your lower body and help with balance. Sit on the edge of a chair, in a room with tile or wood floor. Lay out a beach towel in front of you longwise. Put some weight on the other end of the towel. This can be just about anything at all (books, gallon jug of water or anything with weight). Put your heels on the the towel, and pull the weighted end toward you, one leg at a time. Repeat by doing multiple sets with both legs.
5. Walking: Even just taking a walk or two every day at the same time, can go a long way to helping to maintain your health.

Beyond just a few of the exercises I mentioned above, there are many others that you can do on days when it rains and you can't play, or just when you are sitting at home watching television. But, for all of us, beyond strength exercises is simple stretching. Most important thing we can all do is stretch, and keep ourselves as flexible as we can. It will hurt a little when you begin a stretching program, but your muscles, back and core will thank you for it in the long run.

You can find many programs online, and any physician will give you pamphlets and books that can guide you and help you learn how to manage your health to help you golf for many more years. But, I do caution that before beginning any exercise program, you should consult a physician and discuss the options for your individual health restrictions.

Doug Benc
President

We Remember Wendy Roehrig

We are sad to report that Wendy Roehrig passed away on November 21, after a courageous three year battle with cancer. She was the daughter of long time member and Getaway organizer Gary Roehrig, and the wife of member Evan Goepfert, a regular at the Getaway Classic. She attended the Getaway for many years, helping her Dad with the tournament and making friends with many of our members. She especially enjoyed sessions on the craps table with Hoover and the Checchins. Wendy was one of our favorite guests, and we looked forward to seeing her every year. No formal services are planned.



Tournament Signup

4 Club – Red Tees

Saturday December 15, 2018

The tournament is **\$70** per player. This includes \$51 entry fee, optional \$10 skins, optional \$9 closest to the pin.

Member Name _____

GHIN # _____

Home phone _____

Special Request: _____

Entry Forms are due in the EPMC mailbox or

Email by: **Saturday December 8th**

Send email to: **dcox181@hotmail.com**

Make Checks payable to El Prado Men's Club .El Prado Men's Club

Do Not Send Cash or Checks - Please pay at the sign in table

6555 Pine Ave
Chino, CA 91710