



Executive Links

A newsletter of the Executive Women's Golf Association – Seattle Chapter
February 2010

The Seattle Golf Show - Feb 12-14!
By Kathy Anderson, Membership Chair

The Seattle Golf Show is approaching fast, February 12-14, at Qwest Field Events Center. EWGA is hosting an informational booth, so bring your friends and potential EWGA members by to check us out.

As part of our relationship with show organizers, EWGA also recruits volunteers to help with the show. Volunteer shifts of 3 hours are available Friday (12:00-3:00 or 3:00-6:00), Saturday (10:00-1:30 or 1:30-5:00) and/or Sunday (10:00-1:00 or 1:00-4:00). You can help at such places as the golf simulator, special events or the clearance area among many others. Friends and spouses are welcome to volunteer as well, so recruit your friends or significant others and join the fun! As a volunteer, you will receive free show admission, plus a total of two free rounds of golf from the following courses: Port Ludlow, Eaglemont, Whispering Firs or Fort Lewis. If you are available to work a 3-hour shift, please contact Kathy Anderson at membership@ewgaseattle.org, or John Tipping with the Seattle Golf Show at john@seattlegolfshow.com. For more information about the show, check out www.seattlegolfshow.com.

Mark Your Calendars!

February 10
Board Meeting

February 12-14
Seattle Golf Show

April 3
Spring Tee Off

Spring Tee-Off Saturday, April 3
By Ria Emsley, Social Chair

Our annual Spring Tee-Off Brunch is scheduled for Saturday, April 3, 2010, at the Bear Creek Golf and Country Club in Woodinville. The event will run from 9:30 a.m. through 12:30 p.m. It is the beginning of our golf season and a great opportunity to reconnect with old friends and meet some new golfing buddies! We will have a lovely brunch, some wise words, valuable prizes and drawings, a silent auction, a vendor expo and lots of fun! Guests and new members are always welcome. The cost is \$45.00. Hope to see you all there! Online registration will be available soon. Attendees can also sign up for an afternoon golf event (see later article).

Sponsorship Opportunities at the Spring Tee-Off
By Donna Becker, Sponsorship Chair

This year's April 3 Tee-Off event presents local businesses an excellent opportunity to gain direct access to professional women with a high propensity to evaluate golf related products and services.

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Redmond, WA 98053



Hotline: (206) 781-5813
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EWGA offers various levels of participation at the luncheon to best meet the needs of area businesses:

- Vendor Table: \$100 – 3 hours of networking time to distribute content and demo products to 100+ attendees. Table sign provided and prominently displayed on sponsored table. Opportunity to distribute collateral in attendee bags.
- Table Host: \$50 – Table top sign provided and prominently displayed on the sponsored table. Opportunity to distribute collateral in attendee bags and on hosted table.
- Sponsorship Tree \$20- Display your business card and brochures on our dedicated sponsorship table on display next to registration.
- Silent Auction Item: Company item donation (does not have to be golf-related!) – Cash raised by your donation benefits The First Tee of Greater Seattle and is tax deductible.
- Attendee Bag Item: company item donation - Personally touch each member by providing a logo based gift of your choice. 125 items requested.

If you are interested in sponsorship, or know someone who might be, please contact Donna Becker and Louise Bell, and we thank you in advance for your interest in participating in the Tee-Off!

Donna Becker & Louise Bell
EWGA Seattle Chapter, Sponsorship Committee
425.922.9658/206. 234.7368
sponsorship@ewgaseattle.org

Tee-Off Also Kicks off the EWGA Golf Events Season

Tee-off attendees will also have the opportunity to golf at nearby Redmond Ridge following the brunch. The \$56 fee will include carts and range balls for the 1:30 tee time. Keep an eye out for further details. You must attend the brunch in order to participate in the afternoon golf event.

Details are being finalized for another outstanding season of weekend events, and for the 2010 Chapter Championship, which will be held Saturday, July 31 at Gold Mountain. Tricia Deering will be this year's Chapter Championship Director.

Special Offer from Fitness Together By Paula Bachtold, Education Chair

Brian Wehner, owner of "Fitness Together" personal training studios in Renton/Newcastle and Woodinville specializes in one-on-one personal training for all ages and levels. Brian has had an affiliation through articles, sponsorship, and a speaking engagement with EWGA for the past 4 years and is offering EWGA members a complimentary pre-season, golf-specific 3 session package. This package includes a first-session assessment to determine current strength and flexibility levels, and the 2 remaining sessions will focus on stretches and exercises to strengthen any weaknesses. He will also discuss the importance of following the Flexibility, Stability, Strength and Power Curve to increase performance on the course and everyday life.

Fitness Together is offering this complimentary program now through the end of March. For hours and more location-specific information as well as any other questions please contact Brian @ 425-228-0614. He looks forward to helping you "strengthen" your way to a better golf game!

For more information on Fitness Together, visit www.ftnewcastle.com

EWGA Spring Introductory Golf Conditioning Program By Paula Bachtold, Education Chair

Back by popular demand, Titleist Performance Institute (TPI) Professionals, Dr. Sese and Shawn, are offering an introductory Golf Conditioning Program to help you get an early start on this year's golf season. Sessions will focus on

golf posture, mobility, stability, balance, power, and also the famous "Pelvic Tilts". See attached flier for additional information.

Dates: 4 weeks beginning Monday, February 8th

Cost: \$250.00 (Includes Initial TPI Evaluation, 4 Golf Conditioning Sessions, TPI Re-Evaluation)

Location: GolfTEC Bellevue

Registration Deadline :Friday, February 5

Sponsorship Spotlight

Spring Arrives at Sturtevant's

Spring is around the corner and that means the newest Spring Golf Fashion looks are arriving at Sturtevant's. Our newest collection from Lija is in-store now with Nike, Tail, EP Pro and Sport Haley due to arrive in February. Please stop by and take a look, we look forward to seeing you. Sturtevant's is in downtown Bellevue at 1100 Bellevue Way NE. 425-454-6465. www.Sturtevants.com.

**Welcome New
Members!**

Laura Shimchick

EWGA 2010 Golfpalooza

Register to attend the EWGA 2010 Golfpalooza (formerly known as the EWGA Conference) on April 7-10, 2010, at Pinehurst and be among those who will get to see golf legend Annika Sorenstam up close and in person as she accepts the EWGA's 2009 Leadership Award at the Saturday evening awards dinner celebration. Visit www.ewga.com for details.

Save the Date - Golf Fore Red, July 24

Saturday, July 24 is the date for the third annual Golf Fore Red tournament at the Golf Club at Redmond Ridge. Women golfers of all abilities are invited to participate in this fund-raiser to benefit the American Heart Association (AHA).

Look for more details in next month's newsletter. In the meantime, if you are interested in hole sponsorship, donating merchandise for the goody bags, or joining the planning committee, please contact Event Chair Mary Robinson at mary.robinson@pse.com or by phone, 425-462-3887.

More women die of cardiovascular disease than the next five causes of death combined, including all forms of cancer, according to the American Heart Association. Founded in 1924, AHA is the nation's oldest and largest voluntary health organization dedicated to building healthier lives, free of heart disease and stroke.

President's Corner

By Dee Johnson

Your Board has been cooking up a plan for 2010! No, seriously, we had a wonderful time on December 5 during our planning meeting. One of the great perks of volunteering to be on the Board is an opportunity like our planning session and cooking class combo. As the new Board transitioned out, we got to know each other better by taking a cooking class and having our planning session.

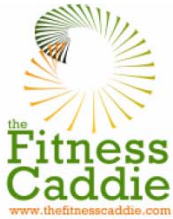
What better way to get to know each other than to work as a team to produce our own meal. We started out our morning with a great planning session for this coming year. At noon, we broke up into groups of two to three people to produce a meal that we all could share. This was truly a good way to get to know each other and observe our strengths and weaknesses. The team got a first-hand glimpse of my weakness – dessert! I was lucky enough to be on the team that made the whipped cream with crème fraiche and my favorite cognac. All I can say is – Wow! It would make any dessert wonderful. But I digress. Anyhow, we had a delicious meal we prepared with instruction from Naomi Kakiuchi, RD, CD, CCP of NuCulinary. After our meal we went back to the tables to work through some more planning.

I walked away feeling very excited about your board's commitment, enthusiasm, and ideas for the coming year. We have a lofty goal to increase membership from 246 to 275. We need each of you to help by introducing EWGA to friends, family, co-workers, female college students, even corporations that would be of interest to our organization. With your help, I think **we can do it!** Another goal is to make sure that all the other benefits that EWGA has to offer you are promoted so you get the most for your dollar out of being a member. We have some great fun events planned, as well as some opportunities to learn more about the game, your abilities, and networking. We are planning to have another great Tee-Off event to start out our season, so mark your calendars for April 3. It's a great time for you to start planning your golf goals for this year, whether it's meeting other players that are at your level, improving your swing, entering tournaments, or just enjoying some golf outings on the weekends. Your board has cooked up a fantastic buffet of options!

See you at the Tee-Off and/or on the course!

Dee





EWGA SPRING INTRODUCTORY GOLF CONDITIONING PROGRAM

Description: Back by popular demand, our Titleist Performance Institute (TPI) Professionals, Dr. Sese and Shawn, are offering an introductory Golf Condition Program to help you get an early start on this year's golf season. Participants will be taken through a Titleist Performance evaluation prior to the start of the program to help establish a Golf Fitness Handicap. There will then be 4 golf conditioning sessions at once a week to focus on areas that will not only improve your fitness level, but also your golf game. Sessions will focus on golf posture, mobility, stability, balance, power, and also the famous "Pelvic Tilts". After the 4 weeks, you will be re-evaluated. Graduates may then participate in other group golf conditioning programs or continue individually. Participants from last year's program may also register for this one.

Duration: 4 Weeks = 4 Golf Conditioning Sessions (40 Minutes per Session)

Dates: You may choose one class per week:

Week 1: *Monday, February 8, 2010*
Tuesday, February 9, 2010

Week 2: *Monday, February 15, 2010*
Tuesday, February 16, 2010

Week 3: *Monday, February 22, 2010*
Tuesday, February 23, 2010

Week 4: *Monday, March 1, 2010*
Tuesday, March 2, 2010

Cost: \$250.00 (Includes Initial TPI Evaluation, 4 Golf Conditioning Sessions, TPI Re-Evaluation)

Location: GolfTEC Bellevue

Registration: Deadline for Registration: **Friday, February 5, 2010**. *Spaces limited.*

E-mail Dr. Sese & Shawn at tpiwashingt@hotmai.com to register and set up your initial evaluation. All participants must be evaluated before the start of Week 1.