

Let's Talk Golf

June 2026

The latest news, reviews, and announcements

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Tee Times: Please Review Before Your Next Round

- Tee times: **June-September 8:00 a.m.**
- Plan to arrive at least 30 minutes prior to your start time.

STATE MEDALLION

- [Remaining State Medallion Dates: June 23, July 21, & August 4](#). See Kelly Melton, AGA Representative with any questions. Dates are subject to change as all rounds will be played on the South Course.

UPCOMING TOURNAMENTS

- Eclectic (3 rounds - September 8th, 15th, & 22)
- Club Champion (2 rounds - October 6 & 13)



The Review



WEBSITE

Checkout the AHGG website to see what's happening each month.

<https://antelopehillsgolfinggals.azgolf.org>

The password to access the Member Roster is golfinggals918.

Closest to the Pin (KPs)

KPs are held once a month with a \$1 buy in (optional participation). Your ball will need to end up on the green in your first shot to qualify for the KP. The person closest to the pin on the designated hole is the winner.

Moving forward, KP's will be on Hole 8 North Course and Hole 5 South Course.

Chip-Ins

This is a \$1 buy in (optional participation) each week.

The Chip-In pot is growing with no winners so far for June!

“[Birdies](#) today, eagles tomorrow!

Members who got Birdies on Holes 1-9 so far this year: Kelly Melton, Linda Tarlton, Mary P. Beadle, Madison Voisard, Karen Klabacha, and Kelly Melton. Congrats to all!

The Observer

Why Warm-Up Matters

Warming up is important for every golfer. It helps in several ways:



- **Reduce Injury Risk**
- **Increase Blood Flow**
- **Boost Flexibility**
- **Improve Performance**
- **Mental Readiness**
- **Ideal Structure** - An expert says a golf warm-up should use *only dynamic (moving)* exercises, require no special equipment, be done standing up, and last only a few minutes. You can do it anywhere (driving range, tee box, etc.) in 2-5 minutes.

Quick 2-Minute Warm-Up Drills

When time is really tight, try this super-fast routine. It only takes about 2 minutes:

1. **Hip Swings (5 each leg):** Hold something for balance and swing one leg forward-back 5 times. Switch legs.
2. **Hip Openers (5 each side):** Step side-to-side 5 times on each leg, or do 5 standing knee hugs per leg.
3. **Overhead Squats (5 reps):** Squat down with your arms (or club) raised overhead, then stand up. This wakes up your thighs, glutes, and shoulders.
4. **Shoulder Cross-Body Swings (5 each):** Swing one arm across your chest as if punching across your body, then switch arms. This gently stretches shoulders and chest.
5. **Torso Rotations (5 each side):** Hold your club overhead and twist your chest to the left, then to the right, 5 times each.
6. **Shadow Swings (5 reps):** Finish with 5 smooth practice swings, gradually speeding up.

This routine was designed by a physiotherapy expert and covers all major areas quickly. Even in just two minutes, you'll feel your hips, shoulders, and core become more active. It's ideal for those days when you really have to hurry – better than starting completely cold. **Disclaimer - this information was obtained from the Internet and has not been verified for accuracy but sounds good.**



Shout out to the following members:

Diane Groh for posting all scores and handling the monthly payouts!

Margo Bower for keeping track of the budget and submitting NAWGA dues!

Bernadette Broyles for handling new member inquiries!

Mary Beadle for handling Interclub & NAWGA!

Sandy Dunn for doing a fabulous job with Activities Director, Sunshine, & bulletin board!

Kathy Ishikawa for keeping the website current!

Deborah Barrett for stepping up to be the new Webmaster!

Kelly Melton for handling the State Medallion!

Laurie Stockman for handling the Hole-In-One fund!

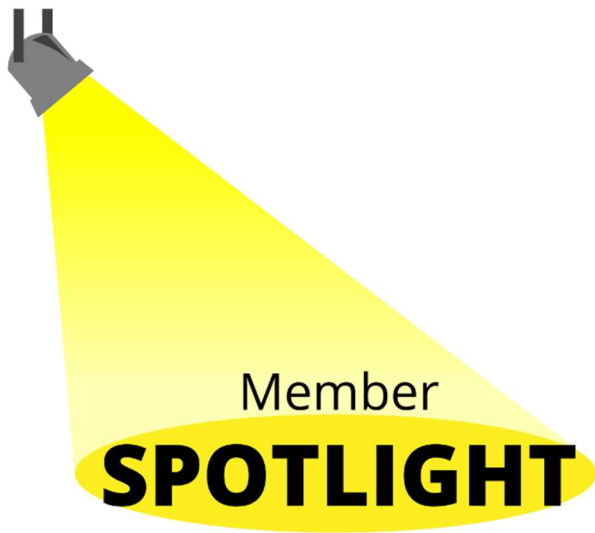
Suzy Miller for handling Handicap, GHIN, and completing the leagues' annual assessment!

Virginia Krieger for handling rules questions and golf etiquette!

And to all monthly **Starters & Committee Members** for working hard for the league!!!

A big thank you to all **AHGG members** for showing up and supporting the league. You are all the best! Your input on games, etc., is appreciated and helps make our club better. Keep the feedback coming and we look forward to making positive changes.





AHGG plans to feature new members covering their golf journey, background, etc. in future newsletters (optional for new members). This will help members connect with each other.



Let's get to know *Tina Fobel*: A couple of years ago Tina's daughter was staying with her while she searched for a home. She loves to golf and convinced Tina to ride along. After that Tina slowly began playing. They started spending their summers in Prescott Valley. Through pickleball she met some golfers and got started at Antelope Hills Golf course.

Tina is now in the Tuesday morning and the Thursday afternoon leagues. There are super nice ladies on both leagues. Everyone she has met is so friendly and puts up with a new golfer.



Welcome to Rachelle Spencer!

Rachelle and her husband relocated to Prescott at the end of last November following her retirement. She loves the game of golf and is looking for more opportunities to play (and meet people) now that she has more time. She feels fortunate to have such a lovely course so near to their home.

It's hard to pick a favorite course, but Rachelle has enjoyed playing at her most recent home course, Indian Wells Golf Resort. Her husband was a Marshall/Ambassador there. There are so many fantastic courses in the Coachella Valley area, but this one stands out as it checks all the boxes for her.

Rachelle first learned to golf in her twenties but played only sporadically until taking it up more consistently the past 15 years or so. There are so many best golf tips ... She loves lessons and especially likes:

- Swing for right field (for in to out path).
- For putting, speed is more important than line. Practice toe to toe stroke for 10' and adjust for slope, distance to hole and conditions.
- Don't listen to random swing advice!

Rachelle is a Phoenix native. She is married to Jim who moved to AZ as an infant (I think that counts him as a native). Their kids and grandkids and all their siblings are in the greater Phoenix area. Her husband retired from APS 23 years ago, freeing them to move throughout the southwest for her career. She spent the majority of her career in hospital administration running various types and sizes of hospitals in Arizona, New Mexico and California. Since Jim's retirement, they have moved five times across three states, finally ending up in Prescott where they chose to retire for good. It's good to settle down!



Welcome to Cindy Sessions our newest member!

Cindy has been a guest at Golfing Gals two times with Kelly Melton and Suzy Miller. She golfs with them on Lady Twilighters. Cindy is excited to join AHGG league and to get to know the ladies.

Cindy was interested in joining the league to golf more often with existing friends and of course to make new friendships.

Her favorite golf courses are Antelope Hills and Sedona. She has been golfing 4 1/2 years which feels like it is not long enough (LOL).

Cindy recently took a chipping lesson from Michelle at Prescott Lakes and she was wonderful. The best tip she received was to go out and have fun!

Cindy moved to Prescott the day the US shutdown for Covid. She is retired and loving it! She plays Pickleball, Bunco, and Mahjong. She plays Pickleball at least once a month at the Juvenile Detention Center.

Thank you to all the new members for sharing their stories. We look forward to getting to know each of you and golfing with you!