



Established 1900

LA CROSSE COUNTRY CLUB

The Niblick

May
2009

MEN'S MEMORIAL DAY

SCRAMBLE

**Monday, May 25th (sharp) 8:30
shot gun**

7:00 breakfast

**Sign up in the Men's Locker
Room or call the Pro Shop for
more details 781-5562**



HOURS

UPPER CLUBHOUSE:

Lunch: 11:00 a.m.-2:00 p.m. Tuesday –Friday

Dinner: 5:30 - 9:00 p.m. Tuesday-Friday

Brunch: 10:00 a.m. - 2:00 p.m. Sunday



MULLIGANS:

Wednesday-Sunday
11:00 a.m.– 8:00 p.m.

FULL SERVICE



Junior Sports Sign Up

Wednesday, May 13th at 6:30 p.m. in the Lounge
Sign-up for all your sports at one time!



Junior Golf : Golf Pro
Jim Kjellenberg



Tennis: Tennis Pro
Ian Griffin



Swim Team and lessons:
Hailey Hyland, Pool Supervisor
and Head Swim Team Coach

Have an ice cream cone and smile with summer coming soon!!!

THANK YOU

The #18 creek project completion this spring so far has been proceeding faster than anticipated with the dry weather. I would like to thank several members for their help in hauling in additional soil to fill the soft areas. Volunteers include: **Mr. Gary Coorough, Mr. Don Iverson, Mr. Jack Jansky, Mr. Paul Poehling and Mr. Michael Levenstein.**

**IMMEDIATE SEATING
SUNDAY BRUNCH
10:00 - 2:00 Every Sunday**

CONTACT US:

Clubhouse 781-5837
Golf Shop 781-5562
Tennis Shop 781-5537
Pool 781-5538
Grounds 783-4344
www.lacrossecountryclub.com

#18 Construction Update (Local Rule 33-8)

The water hazard area near the #18 green is under construction and will be played as Ground Under Repair (G.U.R.) until further notice. This area, defined by a white line encircling the entire construction area, is G.U.R. from which play is prohibited. If a player's ball lies in this area, or if it interferes with the player's stance or area of intended swing, the player must take relief under Rule 25-1.

Penalty for breach of this local rule; Match play-loss of hole, Stroke play-two strokes.

The procedure for relief; (see Rule 25-1) "The player must lift the ball and drop it, without penalty, within one club length of and not nearer the hole than the nearest point of relief. The nearest point of relief must not be in a hazard or on a putting green..."

Hopefully this large area under repair will be grown in and groomed by mid-summer. At that point the customary hazard markings will be placed around the margins of the hazard.

Contact the Golf Shop with any questions.

Annual Meeting

Monday, May 11th
at 7:00 p.m.

Enjoy Spaghetti dinner
Beforehand
(5:30-6:45)
\$7.00 ++



A Strategy For Improving Your Ball Flight

By Joe DeRosa, PGA Assistant Professional

Improving the flight of your shots is something that almost all golfers are constantly in search of, at least to some degree. Of the five physical factors involved in the "moment of truth" (also known as "impact") being able to diagnose which of these is your most immediate concern takes a bit of understanding and explanation. Those five factors, known as the five Ball Flight Laws, include;

- ◆ The speed of the club head
- ◆ The direction that the club is traveling
- ◆ The angle of the clubface
- ◆ The point on the clubface where impact occurs, and
- ◆ The vertical angle (steep or shallow) that the club head approaches the ball on

Every shot that gets airborne (and looks like a golf shot) is under the influence of these five physical factors. Diagnosing which of those factors is the most important to improve first takes the knowledge of how each of those affects the fundamentals of ball flight. Most golfers, because they can't see themselves swing and don't understand the laws of ball flight, spend most of their time guessing at what might be the problem. Or, they pick up tidbits of information from any of the various sources of golf instruction and hammer away on the practice tee in hopes that "this will be the secret key that finally turns out to be the one for me!" Your PGA Professionals can quickly diagnose the situation and recommend a plan of action for steady improvement. Analyzing (in reverse order) from the moment of impact, we look at what occurs prior to impact that causes the result, where the club is during the swing, and what the golfer actually has to improve upon to allow them to achieve the results they are looking for.

(Note; this article is intended to get you thinking about what part (or parts) of your game that you'd like to improve and hopefully begin a long-term approach to learn how to apply better fundamental movements during your golf swing. A better understanding of what is supposed to happen, correctly done, will be very helpful.)

Congratulations to Assistant Professional Mike Lindahl for successfully passing all exams at the PGA's Golf Professional Training Program. Mike passed his Level 1 exams and is making exceptional progress through the extensive body of work that makes up the GPTP. Way to go, Mike. Keep up the good work!

Couples Golf season kick-off event

The 2009 Couples Golf Season will get underway on Friday, May 15th. We will begin the season with a 9-hole event at 5:30 p.m. with a shotgun start. Dinner and awards will follow upstairs in the lounge. These events are lots of fun and a way to meet some new members. Sign-up information can be found on the hallway bulletin board near the Golf Shop.

JACK'S FACTS

By Jack Tripp, Golf Course Superintendent

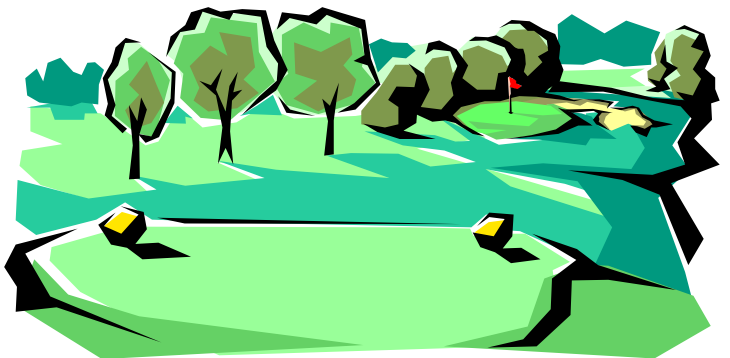
Wow, what a difference Wisconsin weather is from year to year. Last year we had one of the wettest springs while this year we almost have a drought.

If you have been out to play you will have seen that the golf course came through the winter in good condition. There are two spots on the practice tee where ice cover killed the turf. Also on greens #2, 9 and 16 there is some turf thinning. This is due to ice covering the turf during the winter and not allowing the carbon dioxide the turf gives off during the respiration process to escape into the atmosphere. The snow mold areas in the roughs are recovering as the temperatures increase and the turf starts greening up. Around the state some golf courses have incurred significant ice damage. In the Wisconsin Rapids area where the soil type is very sandy several golf courses experienced winter turf desiccation. This occurs when there is no snow cover combined with cold temperatures and high winds. The turf freeze-dries because it is losing moisture and cannot pull any moisture out of the soil because it is frozen.

Each year when we charge up the irrigation system we cross our fingers that all the water was removed out of the system in the fall. When we first started charging up the system this spring we had a leak on #10 green, the back of the practice tee and another one showed up on #10 fairway. It was beginning to look like it was going to be a big project with 3 leaks with only 5 holes having water in the pipes. Our luck quickly changed and there was only one more leak on hole #6 fairway before the system went to full pressure. It turned out the leaks were nothing major. It was just that the pipe nipple on the bottom of the head was broken from the ground being heaved by the frost. When the pipe below the head is solid and the head is heaved by the frost an inch or two higher something has to give and the pipe nipple is the weakest point in the system.

Greens aerification this spring will occur on **Monday, May 11th**. We will be using an outside contractor that can solid tine 5/16" holes 12" deep. The 5/16" holes are 62% smaller in diameter than the 1/2" holes we have normally used in the past. The 5/16" holes should heel over in a couple of days rather than two weeks. The golf course will be closed for the entire day on Monday so we can do the best job possible.

On **Tuesday, May 12th** the grounds crew will **aerify tees** pulling 1/2" plugs. The ladies will have all 18 holes to play and we will aerify the ladies tees once they are done playing. In the afternoon we will be cleaning up the tees, but the golf course will be open for play.



From the Kitchen By: Chef Darcy Sonsalla

Hello from the kitchen. Another month has passed and the season is picking up speed. Jack has been watering the course so we are beginning to see green from the clubhouse. The trees are starting to bud and the robins will be nesting soon as well as the arrival of the barn swallows. Soon we will be mowing our lawns, something I look forward to, and planting our gardens. Also, we will see the precious morel mushroom with the bloom of the lilac bush.

Thanks to all who emailed me recipes of party appetizers and congratulations must go out to Debby Gantert for submitting the winning recipe, which was her tomato-mozzarella tart. She will receive an appetizer or dessert of her choice on the house. I can't wait for my tomatoes to ripen so I can try this one. If any one would like this recipe please send me an email and I will get it to you. Thanks Debby! For the month of May please email me your recipes for cookies or bars to darcy@lacrossecountryclub.com

May will bring a few changes to the clubhouse. Mulligan's will be opening with our new menu as well as countless treats for around a dollar. There will also be plenty of fresh faces ready to serve you. We have upgraded the televisions and Steve has added some new signage. Joe also added a fresh coat of paint. These enhancements should produce a better overall feel at Mulligan's this year. Also look for our new features menu of monthly specials on the dinner menu.

Everyone please welcome a few new kitchen staff. Kelly Longmire will be working days cooking lunches and doing fresh baking of cookies and bars that will be available daily. She is a great young lady, and I am proud to have her help to serve you. She will also be marrying her 7th grade sweetheart in June. Best wishes Kelly! I also hired Ben Fortuna, formerly the sauté chef from Piggy's. He will be joining our staff in two weeks.

Congratulations to our sous chef Brian Horihan, he will be closing on his first home this month. My back already hurts.

Please remember Mother's Day is approaching quickly. Make your reservations now.

Thanks to all who joined us for Easter Brunch, it was a great day here at the club. We still have some open dates for private functions weather it be here at the club or in your home so please contact Jessica if you have any questions. The management staff is ready and poised for a great season; we can't wait to serve you. We hope to see you soon and as always, happy eating!!

Women's Golf Association News

By Pam McCorkle, President

April gave us some beautiful days to golf and May will certainly bring out those flowers and long putts! If you were not able to attend our organizational meeting in April and register for WGA, please do so as soon as possible. You may write a check for \$30 to WGA or cash if you prefer and you may drop it off at the Pro Shop or give it to Margie LaPoint, our Treasurer. The golf membership for the La Crosse Country Club is down as well as the WGA membership this year so I would like to encourage each of you to ask a friend who is not part of WGA to become a member this year and experience what WGA has to offer.

Our first scheduled Tuesday golf event is **May 5** – so please sign up for a tee time in the ladies locker room. Also please scan the bulletin board from time to time for sign-up sheets regarding summer long events, i.e. Challenge Cup, Match Play as well as information regarding to the game of the week and winners from last week.

If you have not done so, please provide the office with your e-mail address for the WGA e-mail list. This is a list separate from other LCC e-mail lists so you must specifically ask to be added to the WGA list.

Important Dates

May 19 – Monthly “Mixer” 8:00 a.m. Golf Clinic, with Jim Kjellenberg
9:00 a.m. shotgun

June 12 (Friday) – Helen Hulick Invitational
A sign-up will be posted in the locker room

August 4 & 5 – Ladies Golf Championship
Open to all Lady Golfers at LCC



Hope you all have a great golf season. I am looking forward to being your president this year and working with all of you this summer.

Spring Golf Tune Up

By Mike Lindahl, Assistant Professional

With spring finally here and summer right around the corner, it's time to start tuning up the golf game. Now is the perfect time to remind you about one of the most important (and often overlooked) factors affecting the flight of the ball; the grip.

One of the most overlooked aspects of the game is the grip. The grip is the foundation of the swing and it's related to every other element of the swing as well. A good grip will allow you to hit better shots. Placement of the hands is very important and, as a rule, the club should be placed in the fingers of both hands instead of the palms. Grip pressure should be "light" or "soft" but not "loose" which would allow the club to move during the swing. A grip that is too tight, however, will limit your motions and decrease your club head speed. Utilizing the same precise grip position on every swing will help create better, more consistent, golf shots.

Remember, something as basic as the grip affects the distance and direction of the golf ball. Please feel free to stop by the Golf Shop with any questions or for a quick check up before you head to the practice areas. I look forward to seeing you on the lesson tee!

During the month of July a new event will be added to the Men's golf schedule. "Play With The Pro" is an event that will allow golfers to sign up on selected days to play in a foursome with Assistant Professional Joe DeRosa (three members plus Joe). The format will be a 2 net Best Ball format. At the end of July, the two teams with the lowest scores will be awarded 1st and 2nd place awards. Also, teams may enter more than once if they desire. This will be fun way to compete as a team within a foursome and enjoy a round of golf with Joe who gives us many thrills with his outstanding play during the summer season. Look for sign up information in the Men's locker room.

Corporate/Custom logo merchandise is available and, as a reminder, is a great way to advertise your company or corporate logo on golf balls, shirts, wind shirts, jackets, etc. This is a great way to maximize your advertising dollars by giving a gift or sales incentive that looks great and will last a long time.



Golf Shop Update

Once again this spring, Titleist is offering free personalization on golf balls through May 31st. This is a great opportunity to have a name or short message imprinted on golf balls (ordered and sold in dozen quantities) that make great gift ideas or Mothers Day/Fathers Day presents. Imprints can be up to 3 lines with a maximum of 17 characters per line. Color options for imprinting include red, black, blue and green. This is a "can't miss" gift idea because, as always, Titleist is the #1 ball in golf!

CHECK OUT THE NEW HD TV'S IN MULLIGAN'S



MOTHER'S DAY BRUNCH

MAY 10, 2009



10:00 A.M. – 2:00 P.M.

ADULTS: \$20++

CHILDREN: (AGES 4-10) \$10++

CHILDREN 3 AND UNDER: FREE

PLEASE CALL THE CLUB AT 781-5837 TO MAKE YOUR RESERVATION.

KIDS MENU

FRENCH TOAST STICKS AND MAPLE SYRUP

CHICKEN FRITTERS

FRENCH FRIES

MAC AND CHEESE

FRUIT

COLD ITEMS

FRESH CUT ASSORTED FRUIT DISPLAY

HOUSE MADE GRANOLA WITH YOGURT

FRESH TOSSED SALAD GREENS WITH A SELECTION OF TOPPINGS AND DRESSINGS

POACHED EASY PEEL SHRIMP

SMOKED MUSSELS

GRANNY SMITH APPLE SALAD

MARINATED VEGETABLE PASTA SALAD

HOT ITEMS

BUTTERMILK PANCAKES WITH FRUIT TOPPINGS AND WARMED MAPLE SYRUP

**CLASSIC EGGS BENEDICT (PREPARED UPON REQUEST)
SCRAMBLED EGGS**

HOUSE MADE OMELETS (PREPARED UPON REQUEST)

MEDLEY OF FRESH SEASONAL VEGETABLES

HOME FRIED POTATOES

CRISP APPLE WOOD SMOKED BACON

LINK COUNTRY BREAKFAST SAUSAGE

BAKED ZITI PASTA WITH MARINARA SAUCE

CHICKEN SCAMPI

POACHED ATLANTIC SALMON IN CITRUS SAUCE OVER RICE PILAF

CARVING STATION

SLOW ROASTED RIB OF BEEF WITH HORSERADISH CREAM SAUCE

BREAST OF TURKEY WITH CRANBERRY SAUCE

SWEET TABLE

CRISP BAKED ROLLS

CROISSANTS

MUFFINS

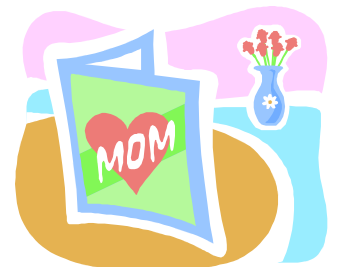
BREAKFAST PASTRIES AND BREADS

ASSORTMENT OF MINI DESSERTS

YOGURT AND GRANOLA PARFAIT

PEAR CRISP

CHOCOLATE FOUNTAIN WITH STRAWBERRIES AND POUND CAKE



We're anxious at LCC to get started again outdoors---and so is our entire tennis community.

The USTA will have a booth at the LaCrosse Fitness Festival **Friday evening, May 1**, and **Sat. May 2**; and there will be further exhibits relating to fitness and exercise in the North Hall of the La Crosse Center.

It's part of a growing recognition of "a third way to play tennis", represented at our Club by our Cardio-Tennis classes--*tennis for the health of it*. The USPTA's efforts in this area are presented at www.tennis-health.com.

Then on Saturday May 9, the USTA will host a Tennis Block Party---say hello once again to your Summer Tennis Friends---at **Forest Hills from 1 to 3 p.m.**

Dale Barclay is the contact for both these events: lacrosseusta@charter.net

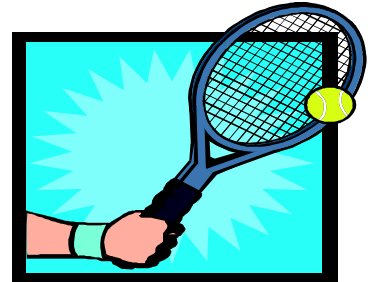
Our Junior Sign-up night on **Wednesday May 13 at 6:30 p.m.** is more than registration (and an ice cream cone!): it's a chance to meet the professionals, to receive help in picking out a racquet, to see who's registered for which classes, and to pool rides.

Onalaska High School will again host its boys' quad at our courts on **Saturday May 16**. The courts won't be available for member play from **9:00 a.m. to 6:00 p.m.**; but it's a chance to come out to watch and support area youth tennis.

Our Season-Opening Ladies' Round Robin and Luncheon is scheduled for **Wednesday May 20**: tennis only is **9:00 a.m. till 11:30 a.m.**, with optional lunch to follow. Members only can register now at www.lacrossecountryclub.com

Our regular weekly events start up the week of June 8:

- * **Monday June 8 9:00 - 10:00 a.m.** : Women's Friendly Drills
- * **Monday June 8 6:00 - 7:00 p.m.** : Cardio-Tennis
- * **Wednesday June 10 9:00 - 11:00 a.m.** : Women's Friendly Mixer
- * **Wednesday June 10**: Junior Classes begin



LCC SPRING PARTY

SATURDAY JUNE 6

6:00 COCKTAILS

7:00 DINNER

8:00 MUSIC

MORE DETAILS TO COME!



May 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5  Wine Tasting	6	7	8	9
10 Mother's Day Brunch	11 Annual Meeting <div style="border: 1px solid black; padding: 2px; display: inline-block;">Aerification</div>	12	13 Junior Sports Sign up	14	15 Couples Golf 	16 Tennis HS Boys Triple Dual
17	18	19	20 Tennis Ladies Round Robin 	21	22	23 Pool Opens 
24	25 Men's Memorial Day Scramble	26	27	28	29	30
31	www.lacrossecountryclub.com					