





# Catta Chatter



## TUNES

on the Terrace

Thursdays in August  
6:00 pm to 9:00 pm

Join us on the Terrace every Thursday and enjoy a different band and buffet each week, no reservations required. This is a fun night and a great way to meet new members, so come on down and join the fun.

Thursday August 26th for Tunes on the Terrace, we will be having a **Prime Rib Night!** All-You-Can-Eat Prime Rib for only \$24.99! We hope to see you out often on Thursdays for dinner.

## 4th Annual Luau Night

August 27th ~ 7:00pm to 9:00pm

Come enjoy the 4th annual CVCC Luau Night, which will be a Hawaiian Buffet, Music, Polynesian dancers and a fire dancer. This is a family event so bring the children. Reservations are required and can only be made at [jbraden@cattaverdera.com](mailto:jbraden@cattaverdera.com). The price is \$25 for children 12 years or younger and \$35 for adults. Sign up early!!



## Rombauer Wine Dinner

September 17th ~ 7:00 pm

Join us for an elegant evening of deccedent food and fine wines from Rombauer Vienyards. Chef Keelan has designed and esquisit menu to pair with the wine varietals. The cost is \$75 per person and reservations are required. Reservations can be made at 645-6721 or at [jbraden@cattaverdera.com](mailto:jbraden@cattaverdera.com). The dinner is open to members only and will sell out.



## 2021 Club Championship

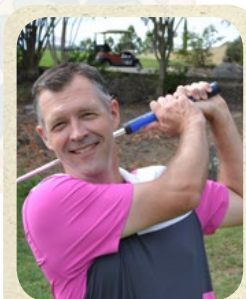


August 27th - 29th

Sign-Ups for the 2021 Medal Play Club Championship are now open. This is a 54 hole event and will be 8:00am - 10:00am split tee starts each day. If there are more sign-ups than will fit in that 2 hour window we will run a second wave of tee times starting at 12:30pm on Friday and Saturday. All play will be part of the 8am - 10am wave on Sunday (final round). If necessary we will cut the field so only the morning wave is necessary for the final round. If there is a tie for Gross Club Champion (Black tees or Ladies Combo tees) there will be a sudden death play-off starting on hole #10 immediately following scoring. The playoff will be holes 10 and 9 until a winner is determined. All other ties will be broken via the USGA recomended 'card-off'. [Click here](#) for details and to sign up by August 20th.

*There will be a separate Senior Club Championship held in November.*





Paul Shorts  
Head Golf Professional

FROM THE HEAD GOLF PROFESSIONAL

The year continues to fly by and the opportunities to play competitive golf for Catta Verdera Members continue as well. Later this month we will be holding our stroke play Club Championship. This year we will

be making cuts after Saturday's play reducing the field to a size that will allow for a single wave of split tees. Then we move right into our Ladies Invitational – The Catta Bella! (September 10th and 11th). After that it's greens aerification and then right into our Fall Men's Invitational Los Compadres.

**Golf Shop Info** – While we are still seeing significant supply issues, we are receiving all our pre-book orders for the year, either on time, or just slightly delayed. That means we have a great selection for you in our golf shop. Special orders are a separate issue. We're seeing everything from right away to 6 months right now on special orders depending on the manufacturer. If you need to order something, we'll be able to get fairly accurate shipping dates when we place the order so you'll know which side of the shipping lag your order is on.

If you're looking for new clubs, we have demos in stock from Callaway, Ping, TaylorMade (new), Mizuno, XXIO and Titleist. Sean is able to fit you using his TrackMan (ideal for those with high swing speeds), and I'm a certified club fitter with multiple companies as well. If you're in the market for clubs, we can definitely take care of you and get you a slightly better price than you'll find online.

**Course Care** – I had the opportunity to play with our Thursday Team Play team a couple weeks ago. It was great to get out with the guys in some friendly competition, but it was disappointing to see how many members and guests are not fixing their ball marks. I spent far more time on each green repairing ball marks than reading putts. I would classify this as a chronic problem! I learned to play at a \$20 muni in the central valley and the cheap public players at that course did a better job fixing their ball marks than I'm seeing at Catta Verdera. If that sounds harsh and negative it means I conveyed the point clearly. This is an area of course care where it is absolutely acceptable to shame, coerce, ridicule and scold your playing partners into taking care of the greens.

**Guest Weekend Play** – With our current membership numbers, we want to ensure as many spots as possible are available for our members to play in our most prime times. We would prefer all guest play be Tuesday – Thursday, and if you can only bring your guest on a weekend, please make it after 12PM on Friday – Sunday. To help everyone remember these times, we will be instituting a \$100 per guest weekend premium rate (\$70 after 12). This new rate was supposed to go into effect July 1st, but we gave a full month grace period to help everyone mentally prepare. Also, please remember that each guest may play only 1 time per month regardless of day. Thank you for your cooperation and help in this matter.



## Acers Alert!



Congratulations to **Jan Wissenback** for making a hole-in-one on July 16th! Jan scored her ace on hole #4 from 87 yards with her 7-iron!! Congrats on the ace!

Congratulations to **Rick Domenick** for his ace on July 18th. Rick hit the ball right into the hole on #4 from 143 yards. Congratulations!





# Catta Verdera Women Golfers

## Message from Michelle Helzer, Captain

I've had the opportunity to play at a few other courses and events this summer and the common theme was what a great women's group we have at Catta Verdera. We have a stellar reputation out there because it's true! We are so lucky to have members that volunteer to make our events special, ladies who help each other on and off the course, tee time getters for our Fridays and Saturdays regardless if they are playing, and contributors that helped send off Ram with so much love and appreciation. We are a great group of ladies, so between the Match Play strife, staffing issues, and course conditions; I hope we all can agree we are fortunate sisters!

With that being said, another Advisory Board meeting took place in July. I am optimistic that some improvements are on the way. The Board and Club are prioritizing a few action items. I will keep you all informed as items are scheduled. We had another super fun Divas/ Cougars Tournament - congratulations to the fabulous Cougars! Looking forward to this month's Guest Day and the Aloha Bella!

Looking forward to seeing you all on the course!

~Michelle

## **SATURDAY Tournaments:** **Stacey Sommerhauser**

Thank you to all who came out for an annual Cougars vs. Divas tournament on July 31st. The Cougars took the trophy winning by a landslide 742 (Cougars) to 687 (Divas). Congratulations. Divas... better luck next year. :) Next up is the Catta Bella Ladies Invitational on September 9, 10 and 11. Look forward to seeing all 128 members and guests out there.

Future Tournament Days: Catta Bella – September 9th – 11th; Solheim – October 2nd and 3rd; November Saturday Play Day – November 13th; December Saturday Play Day – December 18th.

**Here is a great picture of the group:**



## **Co-Captain/Open Day Chairperson - Tina Paschke**

On July 29th, Captain, Michelle Helzer and Co-Captain, Tina Paschke participated in play at The 56th Annual Cameron Cup Tournament. The Cameron Cup Tournament began in 1967 by the developer of the Cameron Park Golf Course for Captain/Co-Captain teams from approximately 30 clubs located in our region. This year the tournament was hosted by North Ridge Country Club in Sacramento where approximately 16 teams participated. Although Michelle and Tina did not place, they enjoyed meeting other Captain/Co-Captains and tackling the beautiful course.





# CVWG Cont...

## MEMBER SPOTLIGHT

The CVWG is happy to bring you the 2021 Member Spotlight. Click on each picture to find out more about our amazing member and her golfing background. Enjoy! If you want to nominate someone to be on our Member Spotlight; please email Editor; Susan Kolb: [susan@susankolbsellshomes.com](mailto:susan@susankolbsellshomes.com)



then get a celebratory beverage on the achiever at Quixote's. There are currently 27 ladies on this list and we welcome all who want to join- you may be the next HNI achiever! Please reach out to Lisa Pae ([LPae@aol.com](mailto:LPae@aol.com)) if you want details.

## TOURNAMENTS: Laura Faber

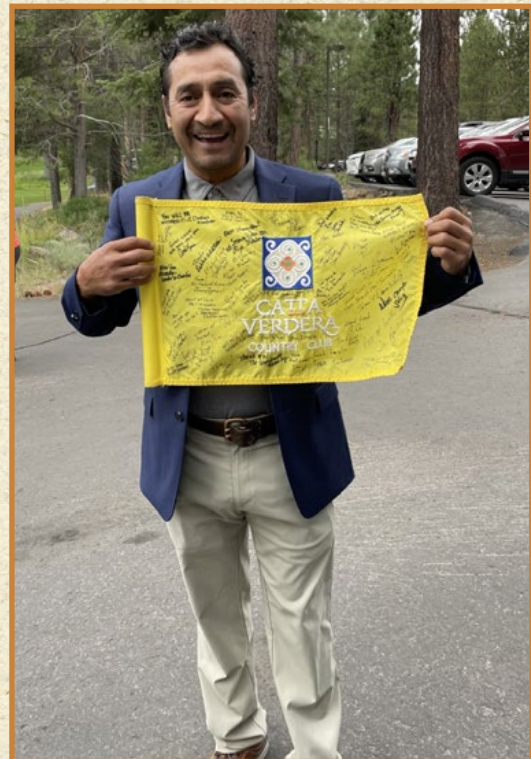
The Saturday Match Play team lost their last match against Lake of the Pines CC on July 17th. The Lake of the Pines course was so challenging for the Catta Ladies but everyone gave 100% effort. We will be ready the next time we play them. We have one more match on September 25th at Catta Verdera against El Macero CC. We are currently in 1st place so let's end with a win against our last components in September. The team has been doing a fantastic job and have made this Saturday League a total success. Thanks to all the ladies on the team.

**THANKS to all who contributed to the \$500 Amazon Gift Card & flag for our friend RAM! We are all going to miss him tremendously!**

## Hole-in-One Information

Did you know there is a separate Hole in One (HNI) group that celebrates the women in our group who achieves this? Please note this is NOT the one Catta Verdera has as hole in one insurance for all members of the club. CONGRATULATIONS to our recent achievers Pam Palmieri, Jan Wissenback and Stacey Wiegandt!! Since their HNI, I've received some questions regarding this group and wanted to share.

It is open to all CVWG members who explicitly join the HNI group by signing up with the coordinator (currently Lisa Pae). In summary, \$25 is paid to the HNI achiever (or collected from all on the list if you are the lucky achiever!) and those in this group





# CVWG Cont...

## **HANDICAP CHAIRPERSON: Susan Bishop**

### ***Audits, Audits, Audits***

Ladies, it's time to ramp up the auditing to ensure we are posting our round of golf on the same day of play. As we are approaching the Aloha Bella and Club Championship events it's so important that our handicap reflects the game we actually play. Don't forget that your handicap is the equalizer allowing you to play against anyone else in the field fairly. A few of you have had some reminders from me so please accept them as a gift from me to you.

## **Thursday Ladies Play Day & Tee It Up Wednesday: Beth Hoblit**

### **Tee It Up Wednesday!**

Tee It Up Wednesday has a great August Schedule planned! Come on out August 4th for a the Driver Clinic given by our Golf Pro, Paul Shorts. Who knows maybe it will add yards to your drive!

The Couples Tournament will be August 25th. This Tournament is for the Tee It Up Ladies who came this year and their significant others.

Watch your email for the announcements!

#### August Dates for Tee It Up!

August 4th

August 11th

August 18th

August 25th

### **Thursday Ladies Day!**

The Ladies Day now is a shot gun start at 8:30 am. Come on out a play a game, get a Summer EC Card done, and enjoy time with your friends!

Please Call the Pro Shop to Sign Up.

**See you out on the Course!**

## **REMINDERS:**

### **KNOW SOMEONE WHO WOULD LIKE TO JOIN OUR CVWG??**

Please have them reach out to Riye D'Ambra, on her email: riyedambra@gmail.com.

**SOCIAL/CHARITY:** If you are aware of someone who needs some extra attention from our group or are moving away; please reach out to our Social Charity Board Member, Wilhelmina Schaefer, on her email: wilhelmina52@att.net.

**EC CARDS:** Any questions? Email Andrea Berry @ acberry67@gmail.com

**POSTING YOUR SCORE:** Any questions? Email Susan Bishop @ bishop2some@gmail.com

### **BIRDIES - CHIP-INS - EAGLES - RECORD SCORES:**

Did you know that CVWG awards prizes for these monumental shots and scores? When you achieve any of these during a CVWG or Club event, please remember to record it in the binder located in the entry to Quixote's. Questions can be directed to Caron at caronpoole@gmail.com.

**LADIES!!** Don't forget to join our Catta Verdera Women's Golf Group on FACEBOOK. Just click the join button, and we will add you. Always great up-to-date happenings & pictures!

Have a question, suggestion, or comment?  
We'd like to hear from you!

Contact:

Michelle Helzer: CVWG Captain  
Tina Paschke: CVWG Co-Captain





# Aloha Bella

CVWG Catta Bella Member-Guest Golf Event

Save the Date  
September 9th, 10th & 11th

Sign-ups will open June 29th if you are a  
two-member/two-guest team

Sign-ups will open July 2nd if you are one member  
inviting three guests

*Don't miss out on our Premier Ladies Golf Event*

## Here are a few details for Catta Bella 2021

September 9th - 2:00 pm check-in and Par 3 Challenge at 3:00 pm - Drinks and Appetizers to follow

September 10th - 7:00 am (exact time TBD) Breakfast followed by a shotgun start at 9:00 am with lunch, horserace and a fun activity to follow

September 11th - 7:00 am (exact time TBD) Breakfast followed by a shotgun start at 9:00 am with lunch and more fun to follow

Price per player - \$285.00 (increase due to golf fees increasing)

Guests are able to play a practice round 2 weeks prior (on or after August 25th) to event. Members may schedule a practice round to play with their guest Monday through Friday and after 12:00 pm on weekends. The fee for the guest will be a cart fee (\$25.00) only for the practice round.

This is going to be a don't miss event and anticipate we will sell out. Mark your calendar to sign up your team on June 29th. [Sign up here!!!!](#)

The summer heat is here...keep hydrated to stay on top of your game while on the course.

### Hydration in Sports

- The number one rule when dealing with heat is stay hydrated.
- Always keep a water bottle with you and fill it up at every opportunity.
- Water and sports drinks are best, try to avoid sugary soft drinks that contain caffeine.
- Start hydrating before you leave home, well ahead of competition.
- Make sure you keep drinking throughout the competition.
- Avoid alcohol – beer and liquor will only contribute to your dehydration.

### Hydration during play

#### The Sun

- The sun is a wonderful thing, but it can cause lots of damage, too.
- Always apply a high-factor, non-oily sunscreen before your round, and keep applying it during your round.
- Wear sunglasses that provide protection against UV rays.
- Wear a hat.

- Flip your collar up to protect the back of your neck.

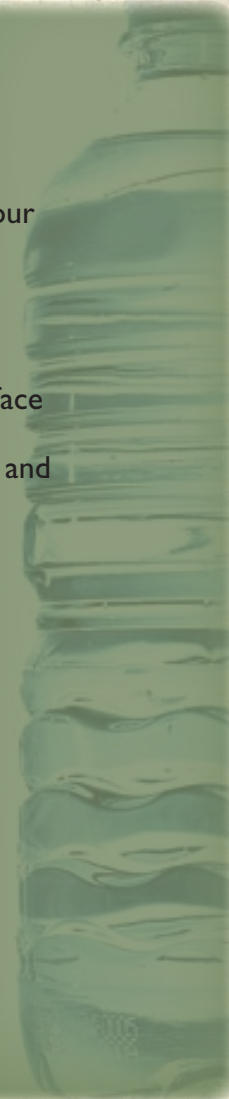
### Cool Down

- Take a cold shower before and after play.
- Keep a cold towel on hand to use on your face and neck.
- Pace yourself – keep your movements slow and measured as possible.

### Watch for Dehydration – Signs include:

- Headache
- Weakness
- Light-Headedness
- Irritability
- Thirst
- Muscle cramps
- Nausea or vomiting
- Loss of mental sharpness
- Excessive heat on your head and neck
- A sharp decrease in your level of play

**If you see any of these signs, head for the clubhouse and cool off.**



## August 2021

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5 TUNES on the Terrace Ladies Day	6	7
8	9	10	11	12 TUNES on the Terrace Ladies Guest Day	13	14
15	16	17	18	19 TUNES on the Terrace Ladies Day	20 Men's Guest Day	21
22	23	24 Sierra Gold Match Play	25	26 TUNES on the Terrace Ladies Day	27 Luau Night Club Championship	28 Club Championship
29 Club Championship	30	31			Sept 3 Men's Guest Day	

### Coming in September...

Thursdays in September

**Tunes on the Terrace**

Thursday, September 2nd

**Ladies Day**

Friday, September 3rd

**Men's Guest Day**

September 9th - 11th

**Catta Bella**

Tuesday, September 14th

**Course Aeration**

Thursday, September 16th

**Ladies Day**

Friday, September 17th

**Rombauer Wine Dinner**

Thursday, September 23rd

**Sierra Gold Match Play**

Saturday, September 25th

**Men's Saturday Play**

Thursday, September 30th

**Ladies Day**

Saturday, October 2nd

**Ladies Solheim Cup**