

APRIL 2026

BEYOND THE GREEN



March Net Chix Winner

Net Chix Winners for March 2026 are Mitsuko Cameron and Nancy Sartor! Congratulations Mitsuko and Nancy!

Our previous winners are:
January Marcella Christoff
February Patti Tilton

Welcome New Members

Please welcome our new members, Cathy Porter and Pat Honeycutt. When you see Cathy and Pat next be sure to welcome them!

Volunteers Needed

We need volunteers to head up the special tournaments. Experience is not necessary. So, if you are thinking about volunteering, let me know.

2026 Tournament Schedule:

- 4/9 Friends and Family – Edda Ashe
- 4/27 Interclub Scramble*
- 5/13 – Sunheim Cup at Timber Creek
- 5/28- Sunheim Cup at Lincoln Hills
- 6/4 Guest Day – Kelly Royball
- 7/2 Red White and Blue – Sylvia Feldman
- 8/13 Captain's Cup – Kathy Woodward
- 10/7 Breast Cancer Tournament*
- 9/17 Club Championship- Gwen Hare
- 9/24 Club Championship – Gwen Hare
- 11/22 Turkey Shoot – Cathy Jaiks

*These tournaments are being run by the Lincsters this year, but volunteers are needed to assist them.

New Member Bio – Ann Dunn



My husband Jim and I moved here from Reno Nevada in August. We lived in Reno for 23 years and loved the lifestyle and friendships we made. We moved here to be closer to our children, to enjoy the warmer weather, and to golf year round. We love it here! We look forward to meeting lots of golf friends!

April Play Days

REMINDER—WE START AT 8:30 AM

April 2 – Net Chix/Hills

April 9 – Friends and Family/Hills

April 16 Throw Out 3Worst/Orchard

April 23, Stableford/Hills

April 30 – Cha Cha Cha/Orchard/Dee

Rules, Rules, Rules (from our Rules Chair, Sylvia Feldman)

Last month we discussed drop areas. **It is important to note that when using a drop area, you may not tee your ball.**

This month's rule is on bunkers – please see the end of the newsletter for the rule

Message from Chad Mills, GM, Lincoln Hills Golf

It's been a hit or miss winter and hopefully we are at the tail end of the rainy season. We always need the rain, but I think we are good for a while and I can tell everyone is itching to consistently get back on the courses. We have some great news regarding the bridges, and we are able to begin bridgework again once the weather gets better. It will be a long process so please be patient and bear with us, but we are very excited to be able to get back to work on them. This will drastically improve the bridge conditions throughout the courses with minimal if any closure during the process. We have completed the Range Beautification Project, and we hope everyone is as happy with how it looks as we are. There is another effort in turf reduction and water conservation that we may start to see more throughout the courses in the future.

We also ask you to please continue to inform us if you see kids on e-bikes or on the golf course and people that aren't playing golf, such as fishing, walking alone, or with their dog. The golf courses are for registered golfers only and all others are considered trespassing.

Another reminder regarding Summit Members; the back Summit Range Tee is closed through winter and will reopen when Craig and his team let us know that the grass will start growing back and can allow Summit members to practice from the back Summit Range Tees again.

Thank you for your understanding and cooperation.

Chad Bennett, PGA General Manager LH GOLF COURSE GENERAL MANAGER

**PLEASE NOTE SUMMIT RANGE IS OPEN!
YEAAAAHHHH!!!!!!**

Message from our Handicap Chair

If you post the wrong score, please email or text Linda Blackburn at Linda@the-blackburns.com or 916-207-2640 and she will correct it.

In and around Lincoln Hills -- What are our members do outside of Golf.....

At our General Membership Meeting Donna Sanderson shared with us a hypnotic golf class that she thought our members would enjoy.

We thought perhaps we could have a column in our newsletter for our members to share the various activities that are available in and around Lincoln Hills. Please share with us activities you have come across recently.

Here is what Ilene Marshall has discovered...

Sound Bath Classes – (This is the description from the Compass) - Sound Bath Experience. Come join us for a unique Sound-bath experience. Benefits: Better sleep, release tension, relieve stress, calm the nervous system, help chronic pain or fatigue, produce mental clarity, improve overall mood and health!

All these benefits without wine??? YES! I've gone to several of these and it's like mental and physical calming. You start by placing a yoga mat or pad (provided) on the floor. I bring a pillow for under my knees to take pressure off my lower back. I also take a pillow for my neck, and some people bring an eye pillow. One woman brought a sleeping bag!! You then lie down, cover yourself with a blanket (provided) and begin the process of slowing down! The goal is to be super comfy!

Nina Baldi, who many of you may know from Pilates and other WellFit classes performs the experience. She has an assistant and the two of them start by walking around the room playing different instruments. These aren't your typical instruments. Here are the names of just some of what they use. Couch shell wind, rice shaker, bean rattle, Ancient tribal shakers, ocean drum, rain stick, Koshi chimes and water bowl. Can you already feel yourself relaxing? It's fun to be lying on your back with your eyes closed listening to these sounds and "seeing" the images they bring to mind. Sometimes it sounds like there is a whale spouting or an elephant "talking". Other times you might hear someone snoring or breathing deeply from being so relaxed.

After an hour, your body is relaxed and your mind is clear. I typically go home and do nothing the rest of the evening.

I don't know the date of the next Sound Bath, but I hope you'll join me and others and give this experience a try. It's only \$25.00 and a short commute to the Orchard Creek Lodge. Namaste!

There's a pin for that!

Did you break 100, 90, 80 for the first time, there's a pin for that! Contact Linda Blackburn to get yours and wear it proudly!



April Birthdays

Dell Parker – April 2
Kathy Woodward – April 17
Edith Lucas – April 4
Mitsuko Cameron – April 21
Judy Dong – April 22
Kathy Sutter -April 27
Diana Lilienthal – April 30

Lincoln Girls High School Golf Team

Karen Thom recently met Mike Hankins, the Athletic Director at Lincoln High School. He mentioned they would like donations of decent clubs, bags, balls, push carts, golf clothes & shoes and caps. You can either contact Karen for this or contact Mike directly.

If you are interested in coaching any of the High School girls, you can contact Mike at the High School.

Don't forget to check out our website!

There is a wealth of information contained in the LHLGXVIII Website. The website address is lincolnhillsladiesgc.memberplanet.com.

Included on the site are the following:
Club Bylaws
Club Standing Rules
Club Local Rules
Play Day Information (including a link to Golf Genius)
Club Roster (password is 'pawsley').
Note, this information is not to be used for personal, political or commercial purposes not related to the business of the club). Also, please do not share the password. Please take a few minutes to review the roster to ensure that your personal information is correct.
Contact Donna Sanderson (dsandersonsgk@aol.com) if any changes are needed.

Executive & Extended Board for 2026

Captain – Lissi Bedford
Co-Captain – Kathy Woodward
Treasurer – Georgia Richie-Lynch
Secretary – Ilene Marshall
Past Captain – Eileen Boore
Tournament Chairs – Edda Ashe & Maureen Senn
Handicap Chair – Linda Blackburn
Membership Chair – Kathy Lee
Sunshine/New Member Chair – Donna McKinnon
Web Administrator – Donna Sanderson
NCGA Ambassador – Karen Thom
Social/Catering Chair – TBD
Photographer – Cathy Jaicks
Publicity –Karen Escobar
Rules/Pace of Play – Sylvia Feldman
Eagles, Birdies, Chip-Ins – Barbara Grant
Eclectic – Patti Tilton

Captain's Inspiration

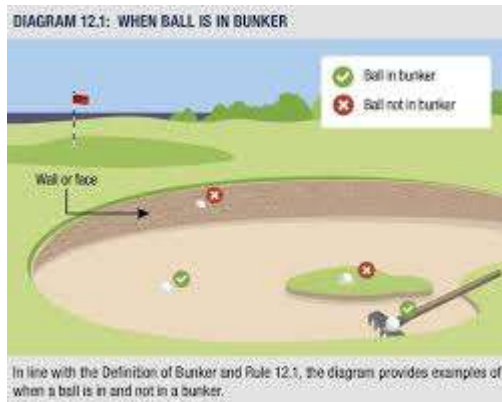
Kindness is the language which the deaf can hear and the blind can see.

Mark Twain

**Be Kind, Be Friendly, Be Helpful to Your Fellow Players and
Enjoy the Day**

See rules article on next page

Rules, rules rules



12.1 When Ball Is in Bunker

A ball is in a bunker when any part of the ball:

- Touches sand on the ground inside the edge of the bunker, or
- Is inside the edge of the bunker and rests:
 - On ground where sand normally would be (such as where sand was blown or washed away by wind or water), or
 - In or on a loose impediment, movable obstruction, abnormal course condition or integral object that touches sand in the bunker or is on ground where sand normally would be.

If a ball lies on soil or grass or other growing or attached natural objects inside the edge of the bunker without touching any sand, the ball is not in the bunker

If part of the ball is both in a bunker and in another area of the course, see Rule 2.2c.

12.2 Playing Ball in Bunker

This Rule applies both during a round and while play is stopped under Rule 5.7a. a.

12.2a Removing Loose Impediments and Movable Obstructions

Before playing a ball in a bunker, a player may remove loose impediments under Rule 15.1 and movable obstructions under Rule 15.2.

This includes any reasonable touching or movement of the sand in the bunker that happens while doing so.

12.2 b. Restrictions on Touching Sand in Bunker

(1) When Touching Sand Results in Penalty. Before making a stroke at a ball in a bunker, a player must not:

- Deliberately touch sand in the bunker with a hand, club, rake or other object to test the condition of the sand to learn information for the next stroke, or
- Touch sand in the bunker with a club:
 - In the area right in front of or right behind the ball (except as allowed under Rule 7.1a in fairly searching for a ball or under Rule 12.2a in removing a loose impediment or movable obstruction).
 - In making a practice swing, or
 - In making the backswing for a stroke.

(2) When Touching Sand Does Not Result in Penalty. Except as covered by (1), this Rule does not prohibit the player from touching sand in the bunker in any other way, including:

- Digging in with the feet to take a stance for a practice swing or the stroke
- Smoothing the bunker to care for the course
- Placing clubs, equipment or other objects in the bunker (whether by throwing or setting them down),
- Measuring, marking, lifting, replacing or taking other actions under a Rule
- Leaning on a club to rest, stay balanced or prevent a fall, or
- Striking the sand in frustration or anger.

But the player gets the *general penalty* if his or her actions in touching the sand improve the conditions affecting the stroke in breach of Rule 8.1a. (See also Rules 8.2 and 8.3 for limitations on improving or worsening other physical conditions to affect play.)

(3) No Restrictions After Ball Is Played Out of Bunker. After a ball in a bunker is played and it is outside the bunker, the player may:

- Touch sand in the bunker without penalty under Rule 12.2b(1), and
- Smooth sand in the bunker to care for the course without penalty under Rule 8.1a.

This is true even if the ball comes to rest outside the bunker and:

- The player is required or allowed by the Rules to take stroke-and-distance relief by dropping a ball in the bunker, or
- The sand in the bunker is on the player's line of play for the next stroke from outside the bunker.

But if the ball played from the bunker comes back into the bunker, or the player takes relief by dropping a ball in the bunker, the restrictions in Rules 12.2b(1) and 8.1a again apply to that ball in play in the bunker.

Penalty for Breach of Rule 12.2: General Penalty.

12.3 Specific Rules for Relief for Ball in Bunker When a ball is in a bunker, specific relief Rules may apply in these situations:

- Interference by an abnormal course condition (Rule 16.1c), 67
- Interference by a dangerous animal condition (Rule 16.2), and
- Unplayable ball (Rule 19.3).