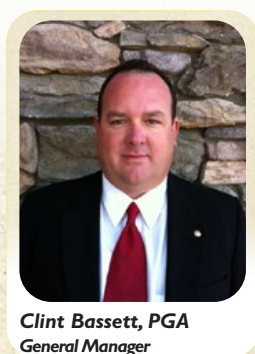




Catta Talk

CATTA VERDERA COUNTRY CLUB

JULY 2023



Clint Bassett, PGA
General Manager

FROM YOUR GENERAL MANAGER

Our Club is now beginning to move into the heat of the summer months as July comes racing in with the first of many 100°+ days.

Although I have spent more than a decade recently living in the Tahoe region, I (like many others that have grown up in the central valley) sometimes tend to take the heat for granted and go about our normal business both indoors and outdoors. To help make sure our members stay safe and healthy as we play golf and enjoy our club in the high temps, I wanted to outline some important factors about the heat and how we deal with it.

First, we all need to understand the spectrum of heat-related illness. Many feel that when they first start to feel symptoms such as dizziness, headaches, or even muscle cramping, they are having a heat stroke. However, the majority of time these are the symptoms of Heat Exhaustion or Heat Cramps. The most serious heat-related illness is that of Heat Stroke and the main symptoms of this can be confusion, delirium, loss of consciousness, and a rising core body temperature of 104° or higher. If you catch yourself on the course either with

someone showing any of these symptoms, or feeling them yourself, the first course of action is to remove yourself or the individual from the heat immediately. Begin applying ice packs to the neck, underarms, and lower abdominal or groin areas. Monitor body temperature, and do not wait to call 911 if immediate change is not noticeable.

Second, drink plenty of fluids. We all hear that we need to drink more water, but sometimes water doesn't give us all that we need. It is best to stay hydrated with a balanced liquid that has glucose, electrolytes, and water (such as many sports drinks or hydration supplements).

Lastly, dress for the part. Cover up as much skin as possible by wearing lightweight clothing in light colors. Look for fabrics that are breathable like cotton or linen. Some synthetic blends are designed to breathe like Rayon, but avoid most synthetic fabrics like polyester, nylon, or acrylic as these tend to trap heat.

These are just a few tips compiled from the Mayo Clinic, the USGA, and other Sports & Medical organizations intended to help everyone enjoy our Club and Course during the hot days of summer. Stay hydrated, stay safe, and have fun.



[Click Here](#)

to view the Catta Verdera Women's Golfers monthly newsletter from Stephanie McCarthy.





Nicholas Banks, PGA
Head Golf Professional

Golf Department

FROM YOUR PGA HEAD GOLF PROFESSIONAL

The Handicap Debate

Everyday more and more golfers realize why having a Handicap Index is so important, but do we really

know why? For those that currently have a handicap index we go in depth to its importance and your responsibility to keep it accurate, and for those that don't here are a few reasons why you should.

1. Because every golfer deserves to know their own potential in Golf - One thing is to believe that you are good or even great at golf, and another is to have a trustable measure, like your golf handicap, that confirms how good you are. This is not only for you but for everyone in Golf.
2. To make a fun game even more fun - Enabling players of different levels to compete on an equitable basis is the common response. But more importantly to earn the right to brag about it! Only your golf handicap will even the terrain among players.
3. Because high scores are forgotten - It is not like your Credit Score, where a missed payment or hard inquiry will stay with you forever. The USGA golf handicap formula only considers the best 8 scores of the last 20 rounds. So, it is another excuse to play more. However, let's set one thing straight - "You should post ALL of your scores". Otherwise, you are not following the USGA guidelines. And one more important thing - "You should always try to do your best effort on every shot on every round". Therefore, we could say the same thing about low scores as well.
4. To show how a player's performance improves/deteriorates in time - The game of golf has so many variables that make it impossible for a player to follow-up with his/her progress. Different courses, different weather, different playing times, different groups, etc. At the end of the day only your golf handicap will help you know if you are improving in time.
5. Because every golf course is different - The Course Handicap is the Golfer's Index adjusted

to the course's difficulty, so goodbye to your partner Joe's excuses about blaming his performance on the difficulty of the courses he plays. The golf handicap will take that soft measure out of the discussion.

6. Because any true golfer is driven by Pride - We're sure you have enough of your friends talking about how fast they ran their last marathon or how great they are at tennis, etc.... If you have a golf handicap you will have something to show off too.
7. So, you can have an answer to that question; What is your golf handicap? - You know that the first question anyone asks when you are a golfer is; What's your handicap? Be prepared to open the discussion and show your pride, or maybe not depending on your performance. However now you have a voice in the discussion.
8. Because it is required at tournaments - You know that to participate in Golf tournament you need to have a golf handicap, so you better start keeping your handicap updated. Download the USGA GHIN app today!
9. Because it's easy to setup - If you need help to create and establish a handicap index, please come to the golf shop and ask any member of staff.

For more information on Handicaps, please contact the Golf Shop.

Welcome New Members!

Please join us in welcoming the following new members to our Catta Family.

GOLF

- ◆ Mr. DJ Bender
- ◆ Mr. Adam Lorton
- ◆ Mr. Ross Morton
- ◆ Mr. Eric Swensen
- ◆ Mr. Clancy Thompson

SOCIAL

- ◆ Mr. & Mrs. Zack & Amanda Finley



Kyle Hundley
Director of F&B

FROM YOUR DIRECTOR OF F&B

The first half of the year is in the books! We've had great events this month from the Superintendent's Revenge (Tough Day), to Lads 'n' Lassies, as well as a great Father's Day BBQ. It was very nice to get more use out of the Veranda (Wisteria Patio) and the weather cooperated making

that space one of the best at the Club.

Unfortunately, we had to cancel the Austin Hope Wine Dinner, but we managed to get them back on July 21st. Sign-ups on ForeTees open on July 7th at 8:00 am.

Tunes on the Terrace has been more popular than ever, and I have gotten really good feedback related to

some of the new bands. Some of them we are already working with to come back. July's line up will be out shortly, so be on the lookout for that in your email.

The new seasonal menu is set to be out in the middle of July, where you will see some of your old favorites return and several new and exciting dishes for you to try. I am excited to see Chef Keelan having so much fun with this.

Last but not least, we hope everyone enjoyed our fun Fourth of July weekend. We had the Flag Tournament on Saturday, which also came with a specialty Hot Dog BBQ, a kid's mini-corn dog eating contest and excellent beer specials. Let's keep the summer fun going and we will look forward to seeing you at the Club!


CATT
VERDERA
COUNTRY CLUB

QUIXOTE'S

TACO TUESDAYS!

Every Tuesday from 3 pm - 7 pm

- \$2 Carnitas Taco
- \$2 Barbacoa Taco
- \$5 Mexican Beer
- \$7 House Margaritas
- \$10 Top Shelf Margaritas



PERFORMANCE GOLF ACADEMY

~ TIP OF THE MONTH

In our continuing effort to improve our member's enjoyment on the course, we offer this month's brief instructional video from PGA Professional Phillip Dawson, Jr.

Click [HERE](#) to view Phil's tip of the month focusing on Straight Draw Fade Feels and using "Ping-Ping Paddle Drill" to learn them

To schedule a lesson or book a golf clinic with Phil, call 530.409.7464

THE LESSON VAULT – WITH PGA PROFESSIONAL FRANKLYN RICHARDS

This month Franklyn discusses the "Waggle".

To view this installment of "The Lesson Vault" click [HERE](#).

To schedule a lesson with Mr. Richards here at Catta Verdera, please email him at britishpga@gmail.com or call the Golf Shop at 916.645.7200



Catta Verdera Country Club

Austin Hope

Wine Dinner



Friday, July 21st

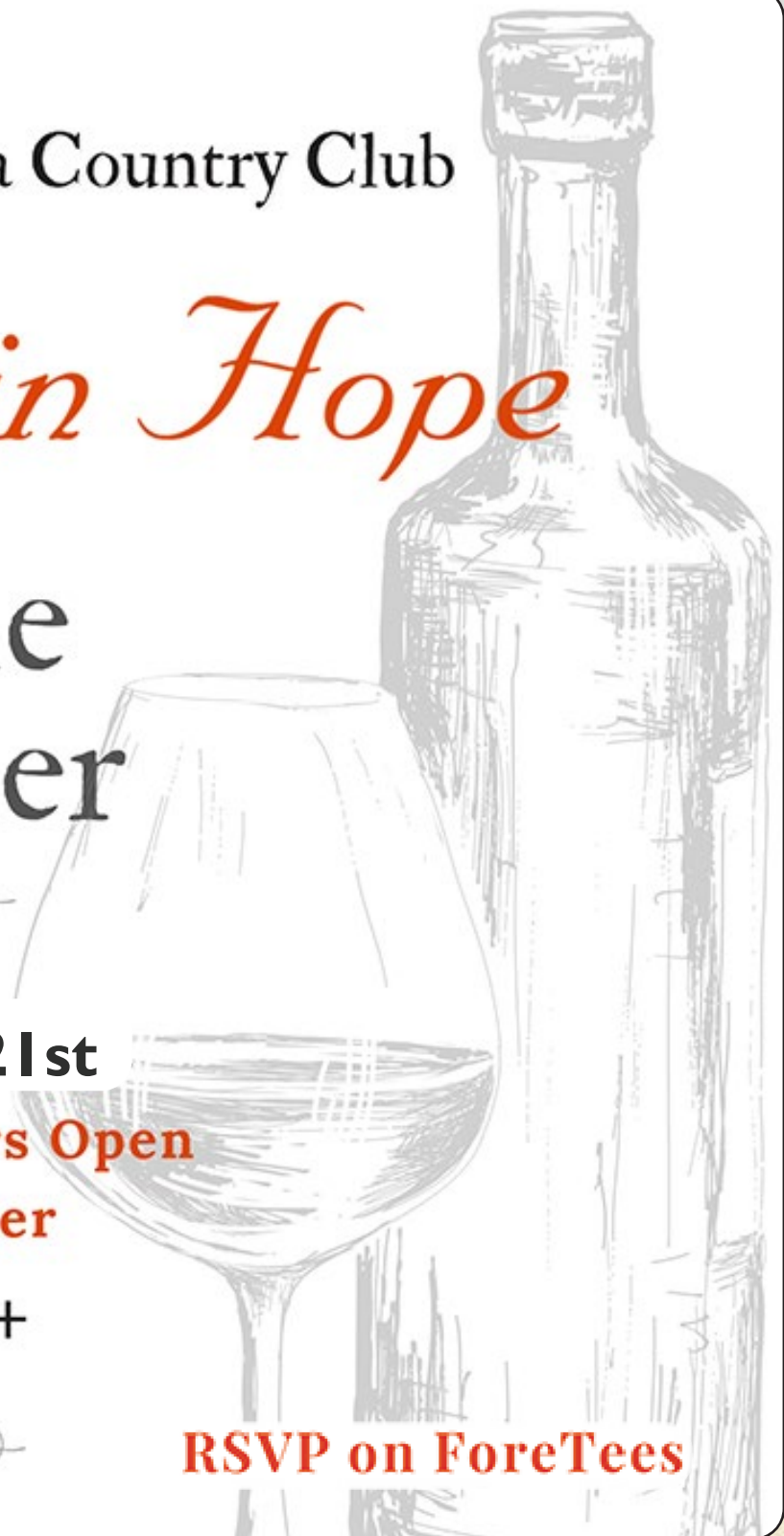
6:00pm Doors Open

6:30pm Dinner

\$85++



RSVP on ForeTees





**Jogi Chung, GCSAA
Superintendent**

FROM YOUR SUPERINTENDENT

We are happy to report that the Bunker on Hole #15 is now complete. This means we only have the 11th hole and then we are done with the back 9. Once completed, we will map out our schedule for the Front 9 and communicate this to everyone.

Another important focus of our Turf Team is keeping the golf course healthy and playable through the summer heat. We have all worked so hard through a very trying winter, and now we are confident that the grass will be able to hold up against the coming high temperatures.

One great benefit of the high temps is that with daily high averages finally holding above the 85° mark, we have all noticed that the growth of the stubborn Poa Annua grass on our putting greens has finally slowed and now we are able to maintain a consistent speed.

Another practice you will notice is that of Syringing our tees, fairways, and greens. Syringing involves applying a small volume of water to moisten the uppermost region of the turfgrass canopy, with the intention of promoting evaporative cooling and reducing overall leaf temperatures. I do know that many of us may feel that the golf course might be too wet at times, but we feel it important for everyone to know that we are currently putting less water out overnight than ever before.

None of us want to play out of mud, but none of us want to play off of dirt either. It is a delicate balance between too much, and too little, and we want everyone to feel confident that your turf team will continue to monitor everything to give you all the best playing conditions year-round.

July 2023

SUN	MON	TUE	WED	THU	FRI	SAT
2	3	4	5 Men's Golf Day	6 TUNES on the Terrace Ladies' Golf Day	7 XXIO Demo Day	8 Ryder Cup
9 Ryder Cup	10	11 Junior Camp I	12 Men's Golf Day Junior Camp I	13 TUNES on the Terrace Ladies' Golf Day Junior Camp I	14	15 TaylorMade Demo Day
16 Couples Golf Night	17	18 Women's Tee it Up	19 Men's Member/Member Book Club Night	20 TUNES on the Terrace Ladies' Golf Day	21 Austin Hope Wine Dinner	22
23	24	25	26 Men's Golf Day	27 TUNES on the Terrace Ladies' Golf Day	28	29 Women's Divas v Cougars
30 Match Play Finals	31					

Coming in August...

- Every Wednesday
Men's Golf Day
- Every Thursday
Ladies' Golf Day
- Every Thursday
Tunes on the Terrace
- August 1st - 3rd
Junior Camp 2
- Wednesday, August 2nd
Ladies' Bunco Night
- Saturday, August 5th
Men's Club Saturday
- Thursday, August 10th
Women's Guest Day
- Sunday, August 13th
Couple's Golf Night
- Tuesday, August 15th
Women's Tee it Up
- Thursday, August 17th
Women's River Valley Team Play
- Saturday, August 19th
Women's Club Saturday
- August 22nd & 23rd
Senior Club Championship



**CATTA
VERDERA**
COUNTRY CLUB

Where everyone wants to be.

PHONE NUMBERS

- Clubhouse** 916.645.7200
- Fax** 916.645.6729
- Membership** 916.645.6745
- Events** 916.645.6722
- Quixote's** 916.645.6742