



Farm d'Allie Golf Club Newsletter

May / June 2019

Happy Birthday this Month

Club Members

May

Ronald Bonaventure

Beau Dore'

Thomas Fomtenot

Skip Forsthoff

Tyler Ledet

Daniel McIver

Eddie Meche

Carl Rachal

Bill Samec

Kyle Stellow

Mothers' Day is 12th

Memorial Day Observance is 27th

June

Gaye Alexander

John Chase

Benton Gillis

Bob Hardy

Staurte Johnson

Kris Kirkpatrick

Bill Land

Steve Mouton

Ronald Reed

Chase Taylor

Matt Taylor

Jack Tolson III

Flag Day is 14th

Fathers' Day is 16th

Is your name missing from the
birthday list or listed for the
wrong month?

Please inform Connie to correct
the date.

Check out the lunch specials from The Grill:

The staff has done an excellent job providing a special lunch menu. Sign up for the Senteext message which provides course information and the lunch special. To join, save the number 57711 to your contacts on your cell phone, then text Mulligan to that number. Follow the prompts and start receiving the messages.

Membership information available in the Pro Shop

Call to book a tee time: 337.886.2227

It's starting to get hot out there and a major concern for golfers at Farm d'Allie is to stay hydrated. The best fluid for hydration is water and there are many coolers available on the course filled with ice water. If your body is showing signs of dehydration, then a sports drink with electrolytes is a better alternative. What is the worse product to consume to combat dehydration? Yep, alcohol of any kind. Here is the science behind why.

The following information is from the websites GolfingTree.com and HealthCareKnow.com. Suppose you are dehydrated. The volume of water in your body is low, but you still have just as many salts floating in this reduced volume of water. These salts are now more concentrated. Your body has detectors that can sense both the saltiness of your water, and the volume of the water. If these detectors detect that you are dehydrated, they send a signal to the posterior pituitary gland, which starts pumping out the anti-diuretic hormone. The job of ADH is to stop you from urinating, so you hang on to your precious water. You reduce your normal rate of making urine. When you do urinate, it is very dark colored, a sign of dehydration.

Alcohol, beer in particular, makes you urinate more which takes liquids out of your body. This increases the rate of dehydration. If you choose to drink beer, then avoid dehydration by drinking a bottle of water for every beer. If water is not your thing, then add a sports drink.

If showing signs of dehydration, one should avoid alcohol, coffee, soda, and high sodium foods. Signs of dehydration may include dizziness or light-headed, headache, blurred vision or trouble focusing, increased fatigue, muscle and joint ache, confusion, and lack of sweating.

Playing golf while your body is begging you for water is probably the worst thing you could do for your round. Golf hydration is the name of the game, and if you are not well hydrated, it's game over. Get your round off to a great start by drinking a bottle of water and consuming water throughout the round. Then enjoy your favorite beverages!

