



## ***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 16<sup>th</sup>**

**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 Sentext 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!

