

**Week 5**  
May 19, 20 & 21, 2025

# Ladies League

@ Eaglequest Golf Centre  
1001 United Blvd, Coquitlam, BC V3K 4S8 Ph: 604-523-6400



What type of bird is this? We'll have a mid-term quiz on all the pics!

## Game of the Week

**Stroke play** from **RED tees**

**Take out 2 worst holes!** Do you play well for some of the holes but mess up on just a couple? Today's game will be nine holes but please knock off two of your worst holes. Add up your score for the best seven holes and we'll see what the result is.

Example...

	1	2	3	4	5	6	7	8	9	Total
Sherry	3	5	4	5	3	<del>7</del>	<del>7</del>	3	5	28
Dawn	<u>2</u>	5	4	3	<del>7</del>	<del>6</del>	6	3	3	26
Shannon	<del>8</del>	<del>6</del>	6	6	<u>2</u>	5	5	6	6	36

## YouTube video of the week

Click picture link below to watch the video. Your click may or may not work on a mobile device.  
A computer is better.



**Interview with  
a nutritionist**