



“Now In Our 42nd Year”

From the desk of David Simpson

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“They call it golf because all of the other four-letter words have been taken.”

-Raymond Floyd (September 4, 1942 -) Retired Professional Golfer

While he may not be as high-profile as other golfers like Jack Nicklaus or Tiger Woods, Raymond Floyd had, nevertheless, a very successful golfing career that included winning four majors on both the PGA and Senior PGA Tours. He won more than 60 tournaments in his career.

Swearing triggers the release of adrenaline into the bloodstream, which in turn activates the flight-fight response. As well, swearing releases endorphins into the body causing a hypo-analgesic effect – relieving pain by as much as 33%. The release of both these chemicals simultaneously allows a person to increase their ability to focus and more effectively deal with challenges and potential threats. Perhaps surprisingly, swearing aloud also improves physical exercise performance and hand grip strength. Swearing also helps to manage social distress and hurt feelings and is positively directly connected to honesty and elevated levels of integrity.

Of course, overdoing swearing negates practically all of the benefits listed above. There is a fine line between using curse words effectively and not. Excessive use of profane language dissipates potential benefits and, in fact, rather obviously, can be quite harmful – on numerous levels.

While the intelligent use of profanity can be beneficial, there is no known occasion where Raymond Floyd, born exactly 83 years ago this month, swore, in public, in an attempt to enhance his golf game!

Perform better!