

CELEBRATING 15 YEARS OF SINGLES GOLF IN AMERICA

# ORLANDO SINGLES GOLF

Orlando Chapter - American Singles Golf Association — December 2007

## Happy Holidays!

### From the President

Greetings & Happy Holidays!

Always a part of our club holidays is our holiday party which is Friday, December 7th from 7:30 - 11:30 at The Country Club of Deer Run. It is a terrific evening of dinner and dancing. Our club is funding a portion of the fee for members. The cost is \$20 for members and \$35 for guests. Checks should be made payable to ASGA Orlando and sent to **Steve Hall**, 3153 McEwen View Circle, Orlando, FL 32812. Please have your reservations made by Wednesday, December 5th. We hope to see you there.

Congratulations are in order for our new slate of officers for next year. They are **Karen Reinhart**, President; **Bonnie Cochran**, Vice President; **Al Amore**, Communications Chairman and Newsletter Editor; **Barney Coomes**, Secretary; **Terry Kuschel**, Treasurer; Co-Golf Chairs, **Bob Greenwald** and **Steve Sveda**; Membership Chair, **Jane Peterson**; Co-Social Chairs, **Sue Walther** and **Mitzi Seem**; and Sunshine Chairperson, **Rosina Huber**. We thank you for offering your time and talents to help our club have a successful 2008.

There will be a change in the monthly meeting day and location in January. Our

January club meeting will be on Wednesday, January 16th at The Country Club of Deer Run at 6:15 for socializing and the meeting and dinner on site at 7:00. Please watch for e-mails with more details.

Several members from our club attended the Myrtle Beach golf outing. The weather cooperated beautifully this year and it was terrific golfing and a great weekend. A big thank you to Bob Blaylock for organizing this event.

We are looking forward to our club championship tournament which will be held on December 16th at Rock Springs Golf Club. We hope to see you there. Happy Holidays!

~Karen Reinhart

### From the Vice President

Hi everyone, the weather has been great and the turnouts have been very good. Please join us for some good golf in the month of December, including the Club Championship at Rock Springs

Ridge on December 16, 2007 at 12:30.

I would like to ask everyone to keep **Linda Williams** and her family in your prayers. Her son-in-law passed away from serious injuries due to a motorcycle accident.

Please keep in your prayers **Terry Kuschel** who is having serious eye surgery and also keep **Don Jones** in your prayers as he recovers from shoulder surgery.

Please remember that the 9 & Dine has moved to the Links at 434 and begins at 6:00 PM.

Congratulations to **Karen** and all the new board members elected at the last meeting.

If anyone has a big house and would like to host the superbowl party this year, please let myself or Karen know.

Please remember that we are giving out two free rounds of golf to the member who brings in the most amount of new members. Please let me know if a member you brought in joins.

**A new club rule we have is whenever someone picks up at double par, they need to add one stroke to putt in, chip in, or whatever. If you pick up on a par 3 write down a 7, for a par 5, write down an 11.**

## NATIONAL OFFICE INFORMATION

**Upcoming Event:** Dates for New Years in Tampa are Dec 29 - Jan 1st. Dates are contracted and firm. Go ahead - book your airline ticket for the best deal.

**National Website:** [www.SinglesGolf.com](http://www.SinglesGolf.com)

**National E-Mail:** [ASGANational@aol.com](mailto:ASGANational@aol.com)

**Office Hours:** 8:30 - 5:00 Monday - Friday

**National Hotline:** 1-888-GOLFMATE (1-888-465-3628)

To Join or renew, visit website and join online, or call our hotline.

## LOCAL CHAPTER INFORMATION

**Regular Meeting Date:** Second Tuesday of each month

**Next Meeting:** December 11th, 2007

**Meeting Location:** Best Western/Mt. Vernon Inn, 110 So. Orlando Ave., Winter Park. Located directly across from Houston's. Happy Hour is at 6 p.m. and Meeting at 7 p.m. Dinner TBA. Invite your friends.

**Our Website:** [www.ASGAorlando.com](http://www.ASGAorlando.com)

**Our Hotline:** (407) 647-9388

(See next page for list of officers and board members.)

**ORLANDO CHAPTER**  
of the American Singles  
Golf Association



**President**  
Karen Reinhart

[kreinhardt@bellsouth.net](mailto:kreinhardt@bellsouth.net)  
(407) 737-9796

**Vice President**  
Al Amore

[alorlando@aol.com](mailto:alorlando@aol.com)  
(407) 265-2821

**Golf Chairperson**  
Brenda Fisher  
[bfisher12@cfl.rr.com](mailto:bfisher12@cfl.rr.com)  
(407) 862-1982

**Treasurer**  
Norm Bottum  
(407) 869-1929

**Social Chairperson**  
Steve Hall  
[steve\\_23@earthlink.net](mailto:steve_23@earthlink.net)  
321-662-7340

**Communications Chairperson**  
Al Amore  
[alorlando@aol.com](mailto:alorlando@aol.com)  
(407) 265-2821

**Membership Chairperson**  
Jackie Rogers  
[Jhrgolf@aol.com](mailto:Jhrgolf@aol.com)  
(407) 523-6799

**Newsletter Editor**  
Al Amore  
[alorlando@aol.com](mailto:alorlando@aol.com)  
(407) 265-2821

**Secretary**  
Lois Shane  
[shane225@bellsouth.net](mailto:shane225@bellsouth.net)  
(407) 298-5926

**Sunshine Person**  
Rosina Huber  
(407) 351-1368

If you have not signed up for the GHIN system to establish a handicap, please do so. To do this you can contact **Sue Walther** at [suzygolf@earthlink.net](mailto:suzygolf@earthlink.net) or call at 407-671-3799, or see one of the board members at our outings. Handicaps are very important in determining a fair winner at our outings.

If you are not receiving emails about all our events, please send an email to **ASGAORLANDO@GMAIL.COM** and tell me you want to be on the email list. I'll see you on the course.

**Have a great 24,**  
~Al Amore

### Upcoming Golf Events

**December 2, 2007** – Forest Lake - 11:30 tee times and the cost is \$40+ tax including range balls. Contact is **Bonnie Cochran** at 407-389-0414 or [cochranbonnie@hotmail.com](mailto:cochranbonnie@hotmail.com).

**December 8, 2007** – Deer Run - 10:30 tee times and the cost is \$34.95+ tax including lunch and range balls. Contact is **Jane Peterson** at 321-663-4120 or [jep@cfl.rr.com](mailto:jep@cfl.rr.com).

**December 16, 2007** - Rock Springs Ridge - 12:30 Shotgun and the cost is \$35+ tax including range balls. Contact **Brenda Fisher** at 407-862-1982 or [bfisher12@cfl.rr.com](mailto:bfisher12@cfl.rr.com)

**December 22, 2007** – Sanctuary Ridge - 12:00 Shotgun and the cost is \$40+ tax including range balls. Check your email or contact **Brenda Fisher** for more information.

### Previous Winners

#### North Shore

Men: No closest to the pin

1st Place: **Don Lampton** - Gross 94/Net 73

2nd Place: **Steve Hall** - Gross 82/Net 74 (tie broken on #1 HDCP hole)

3rd Place: **John Shober** - Gross 83/Net 74

Women: Closest to the Pin - **Pam Yacko**

1st Place: **Suzie Crook** - Gross 106/Net 75

2nd Place: **Cheryl Macartney** - Gross 105/Net 77

3rd Place: **Barb Tinsley** - Gross 115/Net 83

#### Mt. Dora

1st--**John Shober**, 2nd--**Terry Konklin**,  
3rd--**Bob Greenwald**

1st--**Joy Clark**, 2nd--**Suzie Crook**, 3rd--  
**Kathy Hutchinson**.

Closest to the pin--**Terry Kushel** No women got closest to the pin so we raffled the prize and **Suzie Crook** won it.

#### Stoneybrook East

Closest to the pin winners **Richard Fine** and **Kathleen Gaudiano**

Nine hole winners Men: **Steve Hall** and **Bob Greenwald** Ladies: **Kathleen Gaudiano** and **Marty Anderson**. Runner-sup Men: **Terry Konkin** and **Norm Bottum**

Ladies: **Cherly Macartney** and **Jane Peterson**.



### Nine & Dine Golf Now At

**The Links Golf Club**  
**798 West Town Parkway**  
**Altamonte Springs, FL 32714**  
**Phone: 407-774-4653**

**Each Wednesday at 6:00 P.M. This is a par 3, nine hole, lighted course. Golfers walk the course and pull carts are available for \$2.00. The nine hole fee is \$10.**

**If you would like to play, please just show up and be ready before 5:50.**

## ABOUT OUR MEMBERS

### Happy Birthday to these members:

Barney Coomes - 12/03  
Terry Drawdy - 01/01  
Francisco Gonzalez - 12/13  
Marilyn Guerin - 12/13  
Kathy Hutchinson - 12/14  
Jeff Minks - 12/25  
Jacqueline Rogers - 12/01  
John Shober - 01/14  
Robert Symmes - 12/21

### These members are up for renewal:

*(date shown is last day of membership)*  
Trudi DeFraine - 12/31/2007  
John Shober - 12/31/2007  
Michael Terry - 12/31/2007

### Welcome newest members:

Bill Ash - Joined 11/27/2007  
Suzanne Crook - Joined 10/30/2007  
Terry Drawdy - Joined 11/27/2007  
Francisco Gonzalez - Joined 10/08/2007  
Ernie Lorenzen - Joined 10/11/2007  
Bruce Misko - Joined 11/21/2007  
Robert Symmes - Joined 10/15/2007  
Pam Woodard - Joined 11/21/2007

### These members recently renewed:

Larry Edge  
Terri Godsell  
Terry Konkin  
Gary Sutherland

### These members did not renew their dues:

*(date shown is date membership expired)*  
Martha Anderson - 11/30/2007  
Richard Glover - 10/31/2007  
Rick Hudson - 11/30/2007  
Jane Peterson - 11/30/2007

### Our chapter currently has 103 members.

## Ask "Dr Golf"

**Q.** Whenever I attempt a half-wedge shot I never know what to expect. If the shot goes well, I know it was primarily luck. What can I do about this problem?

**A.** The "hated half-wedge" is a shot many recreational find difficult. All golfers practice their full swing to the extent they form a pathway that includes the brain, nervous system and muscle fibers. Practice of any-

thing is the formation and utilization of such a pathway. You rely upon this pathway for guiding your full swing motion and its velocity. The problem when most recreational golfers hit the "hated half-wedge" is that they add slack to their full swing altering the ballistics and changing the entire motion. This altered motion has no corresponding remembered pathway. Attempting any shot without the necessary pathway to guide it will be unpredictable. This explains your remark that you don't know what is going to happen when you strike your half-wedge. It is also accurate when you state that a successful shot is primarily luck

The Solution: In the absence of extensive practice, there is an alternative strategy. You should practice your half-wedge shot so that it retains the same velocity (ballistics) as your full swing. In doing so, you will be using your existing full swing pathway to achieve a shorter distance. This can be accomplished in several ways. While retaining your full swing velocity, you should experiment with a shorter backswing, gripping down on the club or a combination of both. You can also experiment with your sand wedge and the many lob wedges of different degrees. The key to this strategy is avoiding slack in your swing. It is also necessary to maintain your normal stance to promote the same full swing feeling and action. Traditional instruction is to narrow your stance but this is counter-productive to this strategy. If possible, practice where you have a target. With just a couple buckets of balls, you will improve considerably. Of course, the more you practice the more accurate and consistent you will become. With this strategy, the half-wedge shot will change from one that you dreaded into one in which you have confidence. This is one of the best kept secrets in recreational golf.

**Q.** I play at a high level of amateur golf. At times I become crippled by anxiety on critical putts. What do you suggest?

**A.** All golfers struggle with anxiety to varying degrees as it goes with the landscape of competition. I have worked with some golfers where this anxiety had reached the level of a panic attack. Your goal is to avoid the anxiety before it disables you. This is accomplished with aerobic breathing. This is slow, deep breathing with the diaphragm filling your lungs from the bottom up. If you walk, you should wait until your breathing has slowed from your brisk walk up the fairway and then incorporate it into your pre-shot routine. This is a widespread practice among professional golfers. Greg Norman exemplified this because he would sometimes stand over a putt for a very long time which looked like he was studying his putt. In reality, he was using the time for deep breathing. Others walk around the green as if they are surveying their putt from several different positions. Some of these golfers are not surveying anything at all as they are only buying time for deep breathing. The way you incorporate it is a personal matter. I suggest you experiment to find the position in your pre-shot routine that works best for you. Some find that including visualizations or affirmations helps. Many golfers are unsuccessful with deep breathing due only to lack of practice. Like anything else in golf, practice is necessary. You can practice this off the golf course as well.

Aerobic breathing is one of several effective and proven strategies for managing anxiety.



**Check out our website for the latest  
information  
WWW.ASGAORLANDO.COM**

**December 2007**  
**Orlando ASGA Activities At – A - Glance**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 Forest Lake	3 ASGA Board Meeting**	4	5 Nine and Dine***	6 Weekday Golf ****	7	8 Deer Run
9	10	11 Orlando ASGA Mem- bership Meeting*	12 Nine and Dine***	13 Weekday Golf ****	14	15
16 Rock Springs Ridge  Club Champion- ship	17	18	19 Nine and Dine***	20 Weekday Golf ****	21	22 Sanctuary Ridge
23	24	25	26 Nine and Dine***	27 Weekday Golf ****	28	29
30	31					

\*ORLASGA Monthly Meeting/Fellowship, 2<sup>nd</sup> Tuesdays, 6:30 at Mt. Vernon Inn (Best Western) at the corner of Morse Blvd and 17/92 across from Houston's in Winter Park. Dinner afterwards TBA.

**BRING A NEW POTENTIAL GOLFER**, For Information call Jackie Rogers at (407)523-6799

\*\* Orlando ASGA Board Meeting at Tony Roma's in Altamonte Springs.

\*\*\* Winter Pines (407) 671-3172 on Ranger Blvd, south of Aloma, one block west of 436.

\*\*\*\* Thursday Golf – Contact Sue Walther, [suzygolf@earthlink.net](mailto:suzygolf@earthlink.net) or call at 407-671-3799

**IF YOU CANNOT MAKE IT TO THE COURSE, PLEASE CONTACT THE PERSON RUNNING THE EVENT. IF IT IS THE MORNING OF THE EVENT, CONTACT THE GOLF COURSE ALSO! IF NOT THERE WILL BE A \$10 NO SHOW CHARGE.**