

# FAIRFIELD COUNTY SINGLES GOLF

CELEBRATING 17 YEARS OF SINGLES GOLF IN AMERICA

Fairfield County Chapter - American Singles Golf Association — February 2010

## FEBRUARY 27TH: BOWLING @ NUTMEG LANES

### President's Letter

Here in the northeast this month we may sympathize with singer-songwriter Don McLean's sentiments: "February made me shiver with every paper I'd deliver," or possibly ponder the puzzlement of folk artist Dar Williams: "The nights were long and cold and scary; can we live through February?" Personally I'd prefer to content myself with the rhetorical Shakespeare: "If winter comes, can spring be far behind?" Winter certainly has descended upon the northeast (as it has throughout much of the country) and held us in her icy grip though we may be grateful this year that February is the shortest month, for many are more than ready to march into a more suitable season for outdoor activities.

What preoccupies us lovers of the links while we scan the hoary horizon for crocuses to burst the semi-frozen soil, for the first robin to bear her red breast, and for a warming, soothing sun to melt the remains of winter and summon forth the scent of springtime? For the board members of ASGA Fairfield a portion of our preoccupation involves planning for a fabulous season of fun, fellowship, and fairways. We have been diligently designing and

discussing an array of social and golfing events which will undoubtedly delight our chapter members. Even before we embark upon the great outdoors, our social chair, **Linda Woodruff**, is organizing an evening of bowling and beverages (with some food to wash down!) on Saturday, February 27 at Nutmeg Lanes followed by a jaunt down Route 1 to Joe's American Bar & Grill in Fairfield. Just because your gutters got more than their usual fill this winter doesn't mean you'll repeatedly clog them at Nutmeg Lanes. Come on out and keep your ball high and dry on the smooth lane ... and knock some pins down. Now that sounds like some real fine golf talk! A month later on Saturday, March 27 golf co-chair **George Emmons** has scheduled our annual indoor golf clinic at Golf-Tec in Stamford. This was a big hit last year as the pros there helped us all make more big hits on the course. Be sure to keep an eye open for upcoming e-announcements for our indoor clinic. A third major event before our official golf outings commence in late-April is a special treat that Linda brainstormed and **Don Andersen** arranged with **Nancy Clark**: a "Masters

Sunday" party at Nancy's house. Nancy is so gracious in hosting our after-Oxford gatherings that she's extending our members an invitation to her home the afternoon of April 11 to take in the final round of the season's first major championship. This will be a pot-luck event, so mark your calendar, get out your favorite recipe, and wait (if you can) for further details. This newsletter lets you know to "save the dates," our membership and communications chair, **Barbara Seiter**, will be sure to send you these special messages with the necessary details in a timely fashion in addition to her regular e-announcements of our 1<sup>st</sup> and 3<sup>rd</sup> Friday socials.

Our 2010 golfing calendar is currently taking shape. Don and George have several 18-hole events planned from April to October on Saturday or Sunday afternoons. We'll play some of our old favorites in Fairfield County, and we'll also be introduced to a new venue or two. What's more, Don is putting together a couple of multi-chapter, overnight outings. Final details are yet to be completed, but we'll be joining our friends from the Hartford Chapter and visiting Bellissimo Grande (and Foxwoods) in eastern CT over Friday night

### NATIONAL OFFICE INFORMATION

#### Upcoming Events Include:

- Wilmington's Winter Chill - February 26-28, 2010 - Details at [www.SinglesGolf.com/WinterChill](http://www.SinglesGolf.com/WinterChill)
- We're Going to Scotland - August, 2010 - Details at [SinglesGolf.com/scotland](http://SinglesGolf.com/scotland)

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

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

**Office Hours:** 9:00am to 2:00pm, M-F (Eastern)

**National Office:** 704-889-4600 or 1-888-GOLFMATE

### LOCAL CHAPTER INFORMATION

**Regular Meeting Dates:** First Friday of each month at Rowley's, Norwalk; Third Friday of each month at Zody's, Stamford.

**Next Meetings:** March 5th, 2010

**Meeting Location:** Rowley's, Norwalk

**Our Website:** [www.ASGAFairfield.org](http://www.ASGAFairfield.org)

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

**Contact us at:** [asgafairfield@hotmail.com](mailto:asgafairfield@hotmail.com)

**Our Hotline:** 1-888-465-3628

To join, renew dues, make a change of address, phone, etc., call National Hotline at left.

Fairfield County, CT  
Chapter  
of the  
American Singles Golf Association



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as we did last year, though earlier in the season this time, and play at least one new course in that area. Don is also working with the Hartford Chapter and others on a Cape Cod weekend get-away toward the end of the season. Our menu of golf outings would not be complete were it not for our outdoor clinics and 9-hole short course events. George will be checking in with golf pro **Barb Boltin** at Sterling Farms about arranging some outdoor clinic formats. We warmly welcome **Sue Schettini** to our ASGA board as coordinator of the Nine & Dines. Sue is working on scheduling about a half dozen of these 9-hole outings on Sunday afternoons of weekends when we do not have any 18-hole outings scheduled. Further details and dates on all our golfing events will emerge in later newsletters and e-announcements.

Our current chapter membership stands in the mid-sixties. In an effort to draw other single golfers into our ranks **Angela Buchman**, our publicity chair, will soon be calling upon some of our members to post ASGA flyers at their local golf courses and other venues that attract golfers. Angela will continue to send regular announcements to local media outlets about our ongoing golf and social events. Meanwhile, **Charlie Miller** has been talking with **Aline Goetz** about her willingness to inaugurate a 40's+ Singles Golf Meet-up in order to attract new ASGA members. If you have any ideas about bolstering our cadre of single golfers, feel free to contact me. Usually, extending personal invitations to friends and business associates to come and meet our group is the most effective way for others to join us. We certainly appreciate every membership renewal and hope to see you on the links and at our social gatherings many times this season.

**Staying On Course** – The 60<sup>th</sup> anniversary edition of *Golf Digest* features none other than a man who started playing golf sixty years ago and has since become arguably the greatest that sport has ever witnessed: Jack Nicklaus. Here are six fundamentals that Jack has used throughout his career that may help you reach your potential.

1. **Head Position** – steady and behind the ball. In order to develop balance, rhythm, and timing in swinging the club, your body must be in position, beginning with your head. It needs to start behind the ball and remain there all the way through impact. Setting up you're your body slightly back, look down over your left cheek at the ball and swivel your head a bit to the right.

2. **Grip** – place your hands on the club naturally. Standing with your arms relaxed at your side place them on the club without any manipulation. The grip in the left hand is diagonally across the palm; in the right it's in the fingers. You may naturally prefer either interlocking or overlapping your right pinky and left index finger. Firmer pressure is exerted by the last two fingers and heel pad of the left hand and the thumb and index finger of the right hand.

3. **Posture** – stand relaxed but athletically to the ball. Stand as you normally would and then relax your legs. Bend slightly from the waist, but don't bend or straighten your upper body. Now hold the club and drop your shoulders. Where your arms fall, that's where the club goes. Your rear end should be out a bit, your arms relaxed and hanging down, and your chin slightly up so as not to restrict your left shoulder as it turns completely under your head. Your feet and legs should be perpendicular to the target line, your weight squarely on the balls of your feet.

4. **Footwork** – roll your ankles for a proper weight transfer. Try this simple drill: without a club in hand, just swing your arms

## ROSTER UPDATES → Do It Yourself!

Do you want to update your personal information on our chapter's roster? You can now do this yourself. Simply click on the **MY ACCOUNT** link at the national website (SinglesGolf.com). You can update your address, phone, add your cell phone, change handicap, etc. Doing it yourself takes the burden off of your chapter leaders so they can spend more time on the golf course and less time on the computer!

back and through, rolling your ankles. This is playing golf from the ground up, as in all sports your feet dominate what you do. Rolling your ankles teaches you two things: to have a soft forward movement while keeping you steady on the ground, and to release the club because your right foot stays close to the ground as you swing through impact.

5. **Release** – apply the club head. It is impossible to release the club (uncock the wrists) too early coming down, *as long as you move to your left side*. This means, make sure you start the downswing from the ground up. Pressure your weight to your right foot going back and then to your left foot starting down. To release the club fully and freely, feel as if your upper body and chest are pointing toward the ball at impact.

6. **Balance** – this is your final checkpoint. By doing all of the above points properly you have a good chance to be in balance. If you feel you are not in balance, then go back and check each of the previous five points. Being in balance allows you to play golf to your true potential. It puts you in control so you have confidence in your ability to create different kinds of shots. You focus on *playing* golf, because your fundamentals are sound.

~Charlie Miller, President



## ABOUT OUR MEMBERS

### Happy Birthday to these members:

Cynthia Hofer - 02/03

Joel Jacob - 02/22

Charles Miller - 02/13

Sue Schettini - 02/03

### Welcome newest members:

Janice Berardi - Joined 01/05/2010

### These members recently renewed:

Nancy Clark

Roger Klein

Jean Shen

### These members did not renew their dues:

(date shown is date membership expired)

Mark Kudzy - 01/31/2010

Karyl McGill - 01/31/2010

Barbara Rosenstein - 12/31/2009

### Our chapter currently has 63 members.

## Rules and More Rules

Larry was having a particularly bad start on hole number 7 last weekend. After a beautiful practice swing he stepped up to the ball on the tee and made a stroke at the ball and caught nothing but air. While this is a good term if shooting hoops, it is a whiff when playing golf. Somewhat embarrassed, he again addressed the ball but accidentally knocked it off the tee. He lifted it back on the tee and said, well I guess this means I am now lying one (1), hitting two (2). Was Larry correct? What is the correct answer and why?

- A. Yes Larry is correct, Lying One (1) hitting two (2) is correct. Take a penalty for whiffing your tee shot, but replace your ball without penalty for accidentally knocking it off the tee.
- B. No, Larry is not correct, he still hitting one (1). No contact was made on the whiff stroke, so no stroke is counted. Likewise, a ball falling off a tee does not incur a stroke. Larry may have looked awkward, but he was still lying zero (0) and was facing his first stroke.
- C. No, Larry is not correct, he is lying two (2) hitting three (3). Count one stroke for his whiff and one penalty stroke for moving his ball while it was in play and replace it.
- D. No, Larry is not correct, he is lying two (2) hitting three (3). Count one stroke for his whiff and one penalty stroke for moving his ball and play it as it lies.

And the Answer is.....

The correct answer: C. When Larry made a stroke at the ball, it was a stroke and counted as a stroke, even though he whiffed the ball. At that point the ball is deemed to be in play. Rule 11-3 regarding a ball falling off the tee no longer applies. When the ball moves after it is addressed, you incur a penalty stroke and must replace the ball as per (Rule 18-2b). Larry is lying two (2) hitting three (3). Count one stroke for his whiff and one penalty stroke for moving his ball while it was in play and replace it.

## Life in the Trap by Rick Newell

