

CELEBRATING 34 YEARS OF SINGLES GOLF® IN AMERICA

# ALBANY SINGLES GOLF

Albany Chapter - American Singles Golf Association — February 2026

## NEXT MONTHLY MEETING - MARCH 11TH



### President's Message

I still live in upstate NY because I've always said, "I like experiencing the 4 seasons".

And, I usually emphasize that I enjoy the beauty of winter especially when it snows. It adds a nice fresh look to the dreary brown landscape.

However, this winter has been a bear. I can usually handle the cold as long as the sun is out. This winter, I'm not so sure we have seen the sun enough. Then there's the wind. We have had our fair share of dreary, cloudy, sunless, windy days this past winter for sure.

March is just around the corner and, like you I'm sure, I hope it brings better weather so we at least want to go outside.

Thank you to those who have stepped up with our absence of an official Social Committee this Winter season. Thanks to **Laurie Morse, Noreen Matt and Beth Huntley**. There is still the long month of March if anyone chooses to pick an event. Just contact me and give me the details and I will send out the communication and create the TeamReach event.

Our next monthly meeting will be Wednesday, March 11th at 7:30 pm. It will

be our first for 2026. Not much to discuss although we would like to hear from our members on their thoughts of doing a "nine and dine" specifically to attract new members. If you have a place you recommend and suggestions on communicating it to our local golfing community, we are listening! Either attend the meeting or submit your ideas via email to [albanyasga2002@gmail.com](mailto:albanyasga2002@gmail.com). Please put Recruiting New Members in the subject line.

I always note on my calendar when I first went out to golf in a new year and last year it was March 14th with **Laurie Morse** at Van Patten. Geesh - that's only a couple of weeks away. What are your thoughts? Do we believe the groundhog and Winter will linger? Or, will we be blessed with an early Spring and be able to swing our clubs in March?

Time will tell.

Stay well everyone and think positive Spring thoughts!

~Deb Ptasinski

### Social

Winter weather in the great northeast put a damper on the first social event of the month February 1, a scheduled walk the course and lunch at Capital Hills ended up being lunch only thanks to the forecast of a bomb cyclone snowstorm. The brave souls who ventured out had a good lunch at **Martel's**.

Then on the 8<sup>th</sup> a group of ASGA members had brunch at Mixed Breed Brewing at Van Patten.

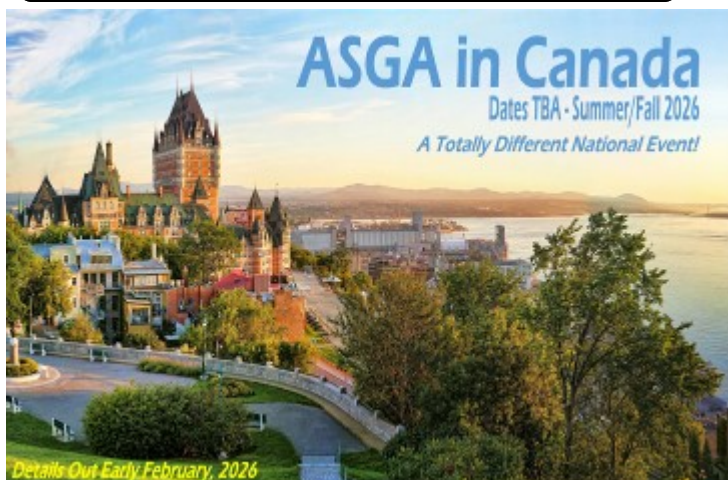
And on the last day of the month several members will try their hand at curling, best of luck.

### What Do We Get for Our Dues?

Here's a Reminder:  
[SinglesGolf.com/benefits](https://www.SinglesGolf.com/benefits)

### NATIONAL EVENT INFORMATION

Events Open to All Members Nationwide



### LOCAL CHAPTER INFORMATION

#### Next Meeting Date

March 11th, 2026

#### Our Chapter Website:

<https://www.meetup.com/Albany-Chapter-ASGA/>

Our Hotline: 1-888-465-3628

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

#### National Office

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

National Office: 980-833-6450 or 1-888-GOLFMATE

Go to [www.SinglesGolf.com/MyAccount](https://www.SinglesGolf.com/MyAccount) to make changes to your address, phone, etc. To join or renew your dues, go to [www.SinglesGolf.com/join](https://www.SinglesGolf.com/join)

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**Albany, NY Chapter**  
of the  
**American Singles Golf Association**



**President**

Deb Ptasinski  
[debski518@gmail.com](mailto:debski518@gmail.com)  
518 369-8554

**Vice President**

Yvonne Ficke  
[yficke@yahoo.com](mailto:yficke@yahoo.com)  
518 301-0806

**Formal Golf Chairpersons**

Deb Ptasinski  
[debski518@gmail.com](mailto:debski518@gmail.com)  
518 369-8554

Rosina Mulligan  
[rsulligan144@gmail.com](mailto:rsulligan144@gmail.com)  
518 209-7667

**Informal Golf Chairperson**

Sandy Kunz  
[kunzs90gmz@yahoo.com](mailto:kunzs90gmz@yahoo.com)  
518 584-8719

**Social Chairperson**

Vacant

**Membership Chairperson**

Tim Ryan  
[timryan073@gmail.com](mailto:timryan073@gmail.com)  
518 542-1571

**Communications  
Chairpersons**

Jack Aernecke  
[jacka0307@yahoo.com](mailto:jacka0307@yahoo.com)  
518 859-7106

**Mary Beth Allen**

[readprof@gmail.com](mailto:readprof@gmail.com)  
518 424-7752

**Secretary**

Laurie Morse  
[realist8@aol.com](mailto:realist8@aol.com)  
518 421-7564

**Treasurer**

Ron Piracci  
[rpiracc147@gmail.com](mailto:rpiracc147@gmail.com)  
518 669-7454

## About Our Members

(THIS REPORT RAN 02/26/2026)

### Happy Birthday to these members:

Jack Aernecke - 03/07  
Helene Chapados - 02/12  
Tom Cuite - 02/22  
Maria Czerwinski - 02/02  
Robert Doyle - 03/16  
Noreen Matt - 03/12  
Gary O'Brien - 02/20  
Penne Pressner - 03/20  
Andrew Przybylowicz - 02/12  
Ted Rorick - 03/13  
Marie Rossi - 04/15  
Tim Ryan - 03/21  
Brian Wallace - 03/24

### These members are up for renewal:

*(date shown is last day of membership)*

Tom Cuite - 02/28/2026  
Ben Penney - 02/28/2026  
Joe White - 02/28/2026

### These members did not renew their membership:

*(date shown is date membership expired)*

Mary Kate Mueller - 01/31/2026  
Barbara Smith - 12/31/2025

To renew your dues today, go to [SinglesGolf.com/renew](http://SinglesGolf.com/renew) If you wish to renew over the phone, call 980-833-6450, M-F, 9-2 Eastern Time.

**Our chapter currently has 46 members.**

## The Best Way to Handle Nerves on the Golf Course is Also the Simplest

When we push against a basic instinct, we risk making things worse

*By Sam Weinman, GolfDigest.com*

Think about how often this happens: You're playing a match, and the hole is over, but just for kicks, you mindlessly roll a six-footer straight into the cup.

Now think about how often this happens: You face an even shorter putt during a big moment in a round, and now the hole feels as small as a thimble.

This is why the most challenging golf conditions are not the kind featuring wind or rain, but self-doubt and panic. The presence of stress on its own isn't the issue for golfers. The real trouble starts when we interpret it to mean something is wrong.

"Some people get stressed about the idea

of being stressed," said Dr. Jeremy Jamieson, a professor of psychology at the University of Rochester and a leading authority on stress. "Like that the only way I can do well is if I get rid of this stress. And so now you're spending time, you're spending energy, spending resources on just trying to get rid of your stress response when you don't need to. It's something that's there to help you."

Two similar golf shots triggering vastly different reactions is a reflection of our intricate stress systems, which we explore in [our most recent "Mind Games" video](#). This is where nerves come from, but golfers commonly interpret the sensation as misplaced. We can accept the need for a "fight or flight" response—racing heart, sweaty palms—when being chased down by a bear. But why do we feel the same thing when simply trying to save par?

As Jamieson says, the reaction traces to an earlier era, when a heightened sense of danger primed our bodies to protect against threats. "We're kind of catching up still in the evolution," he said. Maybe golf isn't about survival, yet our brains still recognize something important is at stake.

"Our greatest need as humans is to be loved and accepted, and we have an ego that's always threatened, always comparing, never satisfied," said Jim Murphy, [a performance coach and author](#) who works with a number of tour players. "The fear is that if I miss this putt, if I perform poorly and get a bad score, then I'm gonna get rejected, which is our greatest fear."

It's only when golfers understand why this anxiety surfaces that they can develop strategies on how to respond, the most important being accepting nerves versus trying to suppress them. The temptation is to want those unpleasant feelings to disappear. But when we resist against a core human instinct, we tend to make things worse, because the signal we're sending our bodies is we're overmatched.

"Your stress response is about taking care of that thing that could harm you," Jamieson says. "But if we feel like we're worried about something, like, 'I can't handle this' or 'I don't have the ability to take on this challenge,' we're just telling our bodies like, 'Hey, I don't have the resources to address this demand.'"

*Your chapter newsletter follows after the following pages . . .*

**ASGA Annual Dues are \$99.00. Do you want LOWER DUES?**

# **HOW WOULD YOU LIKE ONE YEAR OF FREE DUES?**

You likely joined the American Singles Golf Association because you wanted to meet more singles and play more golf. We can't help you with your golf swing, however, we're on a mission to grow your chapter's membership. ***Golf season is upon us . . . are you onboard to grow your chapter or are you satisfied with your current membership level?***

## ***Here's the plan:***

- 1) on the following page, you'll see a revised "***Single? Play Golf?***" sign. It now has five (5) tear-off tabs instead of eight (8).
- 2) You write-in your identification (either your member number or first initial + last name) on each of the tabs. Use scissors to cut the tabs apart.
- 3) You print as many signs as you wish, keep them in the front seat of your car along with some push pins and post them ***anywhere you're permitted*** to post, e.g. golf shop bulletin boards, golf shop restrooms, driving ranges, stores, etc. ***If you would like ASGA National to print five (5) yellow signs for you, please let us know by emailing Irene@SinglesGolf.com or calling 980-833-6450 from 9am-1:45pm, M-F, Eastern.***
- 4) For every three (3) people who join using your name or ID on the yellow sign, you'll receive 12-months of ASGA membership. Note: your name or member number, as the referrer, must be submitted **with** the new member's application. No exceptions. No retroactivity. Please do not add your own name to an application form. It must be completed only the by the member currently joining and completing the application.
- 5) New members can join over the phone, at our website (SinglesGolf.com/join), fax, etc., however, **they MUST use your member number or name at the time of joining as the person who referred the new member. Again, no exceptions to this policy.**
- 6) ASGA National will keep track of how many new members you get credit for and will automatically add 12-months to your membership. Please, no slanting of these rules

**Be a Hero in Your Chapter.  
Get the signs printed and get them hanging!  
*(and remind others to participate)***

# SINGLE? PLAY GOLF?



## The Albany Chapter of the American Singles Golf Association WANTS YOU!

We're 2,500 members in 50 cities and we're ALL ABOUT HAVING FUN! So if you're single (*i.e. divorced, widowed, legally separated or never married*) and enjoy meeting others through the game of golf, you're invited to inquire about joining by calling the American Singles Golf Association at 1-888-465-3628 (*1-TRIPLE-EIGHT-GOLFMATE*) or visit [SinglesGolf.com](http://SinglesGolf.com).

# Meet MORE Singles! Play MORE Golf!



### TEAR OFF A TAB BELOW

American Singles Golf 1-888-465-3628 SinglesGolf.com/join Please mention my name when joining! Ref. by _____	American Singles Golf 1-888-465-3628 SinglesGolf.com/join Please mention my name when joining! Ref. by _____	American Singles Golf 1-888-465-3628 SinglesGolf.com/join Please mention my name when joining! Ref. by _____	American Singles Golf 1-888-465-3628 SinglesGolf.com/join Please mention my name when joining! Ref. by _____
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# IN ADDITION, WE CAN SEND YOU FREE BUSINESS CARDS!

As you have seen from the previous two (2) pages of this newsletter, ASGA National is committed to seeing your chapter grow. We believe by asking each individual member for help, your chapter will grow its membership.

Besides using just the yellow signs to gain more members in your local chapter, **upon request** we will also provide you with ASGA business cards as shown below. More can be sent to you if needed, but we'll start out by sending you 25 business cards that you can give to anyone you believe might be a potential member. Are you out and about and see someone wearing a golf shirt or hat? **Start a conversation:** tell them you're a part of a local club for singles who play golf and simply ask "**are you single?**" Even if they aren't, chances are they know a golfer who is. Give them a card that's pre-filled with you name (or member #) and contact info.

**Remember, you get free dues for referring 3 new folks who join!**

Below shows how your business card appears. They don't come to you automatically, you'll have to order them. E-mail [Irene@SinglesGolf](mailto:Irene@SinglesGolf) or call 980-833-6450 (9am—1:30pm, Mon-Fri, Eastern) for your free 25 cards.

**- - Tom Alsop**  
**President and Founder**  
**American Singles Golf Association**

**25 Business Cards Will Be Mailed to You Upon Request!**



Front side of business card

The back side of the business card is a form with the following fields: "ASGA Member" followed by a blank line, and "Call / Text" followed by a blank line. Below these fields, it says: "When joining, please be sure to reference my name or member number on the application form. Thanks!" At the bottom, it provides the website "www.SinglesGolf.com/join" and the price "\$8.25/month payable annually @ \$99".

Back side of business card



# GET READY TO TEE OFF

## FOR MORE FUN - FELLOWSHIP - FAIRWAYS!

### 4 WAYS TO JOIN / PAY

- ◆ Call / Zelle: 1-980-833-6450
- ◆ Fax This Form to Us
- ◆ Email/Mail This Form To Us
- ◆ Online ([SinglesGolf.com/join](http://SinglesGolf.com/join))

APPLICATION TO  JOIN ASGA  RENEW MY MEMBERSHIP

Note: Meeting locations may vary. Upon joining, you will receive a monthly newsletter telling you about monthly meetings, outings, etc. If you have any questions, contact your local chapter leader or call 1-888-GOLFMATE or 980-833-6450. Please complete information box at right.

MONTH & DAY BORN _____
YOUR USGA HANDICAP® _____ or
AVERAGE GOLF SCORE _____

Dues are **\$99.00** for 12 months) or **\$198.00 for 24 months** (includes free ASGA logo'd shirt when joining for two years!). Best rate per year is **\$297** with our "buy 3 years, get 4th free + shirt" plan. Credit card users: JOIN BY PHONE: **980-833-6450** or FAX COMPLETED FORM to **980-225-0231**. Your membership kit will be mailed upon receipt of payment. **Free shipping if ASGA shirt is ordered with this application.**

PRINT CLEARLY - THE INFO BELOW SHOWS HOW IT WILL APPEAR ON YOUR CHAPTER'S ROSTER. (\*\*SEE OPT-OUT CLAUSE BELOW)

HOW DID YOU HEAR ABOUT US? \_\_\_\_\_ CHAPTER YOU ARE JOINING OR RENEWING IN: \_\_\_\_\_

NAME \_\_\_\_\_ E-MAIL ADDR: \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ ST \_\_\_\_\_ ZIP \_\_\_\_\_

HOME (\_\_\_\_\_) \_\_\_\_\_ WORK/CELL (\_\_\_\_\_) \_\_\_\_\_ EMPL. BY \_\_\_\_\_

POSITION \_\_\_\_\_ ( ) AVAILABLE FOR WEEKDAY GOLF ( ) WILLING TO VOLUNTEER FOR CHAPTER

**NOTE: ASGA DOES NOT CONDUCT BACKGROUND CHECKS ON APPLICANTS FOR MEMBERSHIP NOR MEMBERS OF THE ASSOCIATION. Golf can be a dangerous sport. Accidents can occur by you or another party striking a golf ball, by a golf cart turning over, or simply falling down steps. PLEASE TAKE ADEQUATE PRECAUTION when playing in ASGA events. Chapters and individuals running golf tournaments are not professionals but are volunteers, and therefore, you must assume additional responsibility for your own safety. Please abide by the safety rules posted inside your golf cart, at the golf course, as well as the official website of the United States Golf Association ([www.USGA.org](http://www.USGA.org)). If you have a safety concern, you must immediately bring it to the attention of the person(s) running an event, your chapter president or golf course management personnel.**

NOTICE - View these terms online at [www.SinglesGolf.com/Legal-Stuff](http://www.SinglesGolf.com/Legal-Stuff)

ASGA does not conduct background checks on applicants for membership or current members.

**Golf Safety Warning:** Golf can be a hazardous sport. Accidents may occur, including being struck by a golf ball, golf cart accidents, or falls. Please exercise caution when participating in ASGA events. Chapters and individuals organizing events are volunteers, not professionals. You are responsible for your own safety. Follow all posted safety rules, including those on the golf cart, at the golf course, and as outlined by the United States Golf Association ([www.USGA.org](http://www.USGA.org)). If you have a safety concern, promptly inform event organizers, your chapter president, or golf course management personnel.

**RELEASE FROM LIABILITY AND ASSUMPTION OF RISK** - By participating in activities organized or sponsored by ASGA, Inc. (d/b/a American Singles Golf Association), its chapters, or affiliates in the United States and Canada, you agree to the following:

- **Release of Liability:** You, the undersigned ("Releasor"), on behalf of yourself, heirs, distributees, guardians, and legal representatives, release and indemnify ASGA, its directors, officers, employees, agents, affiliates ("Releasees"), from all claims, including those related to personal injury, death, property loss, or damage. This release applies to both known and unknown claims, except in cases of gross or willful negligence.
- **Assumption of Risk:** You acknowledge that golf and related activities inherently involve risks, including health-related risks. By participating, you voluntarily accept these risks, including potential injury, death, and property damage.
- **Legal Consequences:** You confirm you have read this release, understand its implications, and agree that it will be enforced to the fullest extent permitted by your state of residence. If any portion of this release is deemed invalid, the remainder will remain in effect.

**TERMS AND CONDITIONS** - Membership in ASGA is effective upon receipt of dues and remains valid for the selected membership period, subject to these terms:

- **Eligibility:** You must be 21 or older and single (defined as never married, divorced, legally separated, or widowed); and by joining, you accept the terms of the Release from Liability and Assumption of Risk above.
- **Non-Refundable Dues:** Membership dues are non-refundable and subject to change.
- **Use of Information:** Membership lists, emails, and other provided data are ASGA property and are for ASGA purposes only. Your information may be shared with other members and on [www.SinglesGolf.com](http://www.SinglesGolf.com), unless you request otherwise.
- **Opt-Out Clause:** You may opt out of sharing specific personal information by emailing to [info@SinglesGolf.com](mailto:info@SinglesGolf.com) the information you wish to have excluded from your chapter roster. ASGA is not liable for inadvertent publication of opt-out information.

**PRIVACY POLICY** - See [www.SinglesGolf.com/privacy](http://www.SinglesGolf.com/privacy) for details.

**DISPUTES** - All disputes concerning membership terms or conditions are governed by the laws of North Carolina. Legal proceedings must be filed in Mecklenburg County, North Carolina.

**AGREEMENT TO POLICIES** - By submitting this application and payment, you agree to abide by ASGA's national and local chapter policies and bylaws, as outlined at: [www.SinglesGolf.com/policy](http://www.SinglesGolf.com/policy) and [www.SinglesGolf.com/bylaws](http://www.SinglesGolf.com/bylaws), as well as at local chapter websites or newsletters.

**JOIN FOR 2 YEARS - GET A FREE GOLF SHIRT!**

**JOIN FOR 3 YEARS - GET 4TH YEAR + SHIRT FREE!**

\* Note: Credit/Debit cards carry a 3% processing fee. Zelle now accepted, no fee.

- DUES - 24 Months - \$198** (includes free ASGA logo'd shirt - Most Popular!)
- DUES (Join for 3 years, 4th year free - \$297** (incl. free shirt - best value)
- DUES - 12 Months + ASGA logo'd golf shirt - \$129** (includes shipping)
- DUES - 12 Months - \$99**

If a shirt is included, indicate ( ) Male ( ) Female Size: \_\_\_\_\_

REFERRED BY: \_\_\_\_\_

Check Paid To "ASGA, Inc." Enclosed\*\* TOTAL \$ \_\_\_\_\_

\* Please charge my major credit/debit card indicated below:

No. \_\_\_\_\_ Exp. \_\_\_\_\_ 3/4 digit \_\_\_\_\_

**SIGNATURE REQUIRED!** By signing below, I agree to the Terms, Condition and Release ("Legal Stuff") as set forth at left and, if appropriate, authorize payment by my credit/debit card shown above.

Signature **X** \_\_\_\_\_ Date \_\_\_\_\_

**Pay by Credit Card: Call 980-833-6450** 9-2 Eastern Time, M-F

To Pay by ZELLE (no fee), use Zelle ID: **980-833-6450**

Or Fax App Form to: **980-225-0231** or Scan & Email to [Info@SinglesGolf.com](mailto:Info@SinglesGolf.com)

**Or mail application to ASGA, P. O. Box 848, Pineville, NC 28134**

\*\* There is a \$25 charge for any check returned from your bank.

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