

NORTH JERSEY SINGLES GOLF

North Jersey Chapter - American Singles Golf Association — March 2026

MARCH 25TH MEETING AT THE GREEN LOUNGE

Message From the Chapter President

I must shovel the wrong way. Because my wrists always hurt more than anything else after coming in from shoveling.

Does that help with the golf swing at all?

What winter chores do help with the golf swing, come to think of it?

Or is it the way we dress when we go out in the big snow: having to wear waterproof boots... which could extend the reach of a water retriever by a good two or three feet... hm. I should put those in my golf bag next time out. (Do golf clubs have rules against that? Or just coolers on the course?)

What are you looking forward to this year? Could it be a season under new club officers? Do you have any lingering New Year's resolutions that can carry over to the golf course? (I'm passing on the opportunity for a "carry over" joke a paragraph after "water retriever.") Or might it be to use new golf equipment? Maybe you have a new cooling towel? A clip to hook to your hat? Or maybe a new box of balls? Maybe you're looking forward to your favorite meal at one of the clubhouse restaurants? Or a

social outing? (Dang – that's a lot to choose from!)

Well, in the meantime, we can amuse ourselves with the southern tour events while we have a fresh blanket of white fluffiness to wait to go away. I hope I hit my shots this year straighter than I shovel left-handed!

~Matthew Stoessel, President

Golf

Hope all of you in NJ fared okay in the blizzard! It seems sledding has replaced golfing on the local courses!

We will be sending out a brief questionnaire inquiring about preferences as to 9 or 18 holes, weekday or weekends and favorite courses. It will help us in planning outings to accommodate everyone! Hope to hear from you.

Stay healthy and warm! It seems like winter hates to leave!

~Phil Canale/ Camille McEntee golf co-chairs

Social

Our next meeting is March 25th at 5:30pm, The Green Lounge at Paramus Golf Course. 314 Paramus road, Paramus, NJ

About Our Members

(THIS REPORT RAN 01/29/2026)

Happy Birthday to these members:

Roberta Hermann - 03/06

Janet Mooney - 03/02

Robert Rosario - 03/22

These members are up for renewal:

(date shown is last day of membership)

Corinne Cullison - 03/31/2026

James Miskowski - 03/31/2026

Whitney Perro - 03/31/2026

These members recently renewed:

Tony Perino

Robert Rosario

Steve Schupak

These members did not renew their membership:

(date shown is date membership expired)

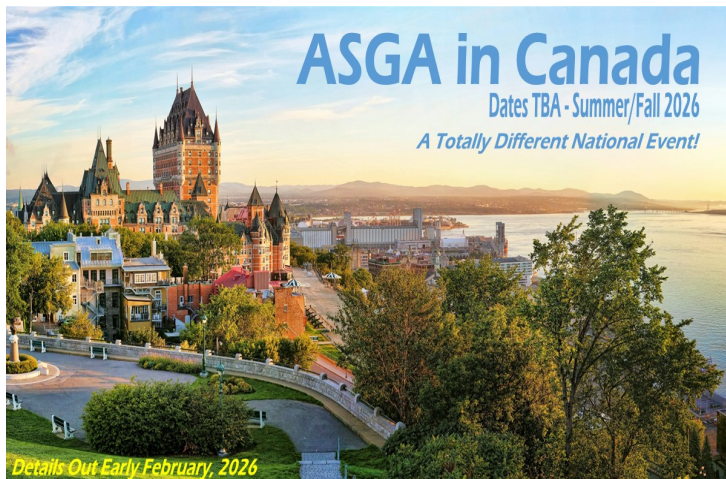
Diane Linzenbold - 02/28/2026

To renew your dues today, go to Singles-Golf.com/renew If you wish to renew over the phone, call 980-833-6450, M-F, 9-2 Eastern Time.

Our chapter currently has 43 members

NATIONAL EVENT INFORMATION

Events Open to All Members Nationwide



LOCAL CHAPTER INFORMATION

Next Meeting

March 25, 2026

Meeting Location

The Green Lounge at Paramus Golf Course

Our Chapter Website

www.northjersey.singlesgolf.com

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

National Office

Office Hours: 9:00am to 2:00pm, Tues, Wed, Thurs. (Eastern)

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

Go to www.SinglesGolf.com/MyAccount to make changes to your address, phone, etc. To join or renew your dues, go to

www.SinglesGolf.com/join

North Jersey Chapter

of the
American Singles Golf Association



President

Matt Stoessel

[eurometalmaniac@
yahoo.com](mailto:eurometalmaniac@yahoo.com)

860-614-1772

Golf Chairpeople

Pat Pack

patpack3@gmail.com

845-492-1413

Camille McEntee

cgmack720@verizon.net

201-970-2595

Secretary

Rob Rosario

robrosbl@verizon.net

201-739-6099

Social Committee

Leann Mulcahy

Linda Davidson

Zena Spevak

Communications

Chairperson

Donna Beland

dwannabe@aol.com

908-872-1443

Membership Chairpeople

Phil Canale

pcanale6.02@gmail.com

978-239-1984

Corinne Cullison

Coriculli@gmail.com

201-669-0453

Newsletter Editor

Donna Beland

dwannabe@aol.com

908-872-1443

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 North Jersey 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.

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 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)

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). 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

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). 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, unless you request otherwise.
- **Opt-Out Clause:** You may opt out of sharing specific personal information by emailing to 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 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 and 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

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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