

ALBANY SINGLES GOLF

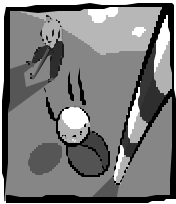
Albany, NY Chapter - American Singles Golf Association — May 2004

Happy Memorial Day!!

Presidents' Corner

Beverly (Bloom) Cammerata and John Holmes

The sun has finally appeared, weather is warming up, and the tree's are budding and flowers peeking out of the ground. With the weather finally co-operating everyone is anxiously awaiting our first formal golf outing at Van Patton



Golf Course. Hopefully the weather gods will too! Please pray for sunshine.

My thanks to everyone who has been working hard to plan the coming golf season. Our schedule is full and everyone is eager to get started on May 1st, our Kentucky Derby Day outing and social event.

We now have 29 members and growing! A big ASGA welcome to **Nancy Davis** and **Sandra Gorman** our newest members. The following members have renewed their dues: **Kathy Connery** and **Michael Hurley**. Please pass the word and let your single friends know about ASGA. Its all about having fun, meeting new friends and the love of golf.

The new ASGA website is up and running with a brand new look. www.singlesgolf.com Visit the website and browse through the multitude of infor-

mation there. I am sure you'll be pleased with the new features the site offers.

We are still looking for volunteers to help plan some things and really make this a fun filled summer. If you are willing to help out please contact one of your presidents or **Beth Disque**. Remember its FUN first in 2004!

- Beverly

Keep getting the word out on ASGA; and be sure to get those flyers posted wherever you can! Remember, this is your association and we rely on our current members to get the word out to new prospective members. New friends to golf and socialize with - that's what its all about! Keep it fun first!



2004 Golf Calendars on Sale Now

Contact John Holmes at sandmanjohn@juno.com We still have a few left.

Membership

Tom Roberts

Great news!! Our membership is starting to grow!! We are now up to 29 members.

Upcoming Events

Dottie Pepper - Saratoga State Park May 16

At 2:00 pm Dottie will give a free demonstration clinic for the public and a clinic for the LPGA/USGA Girls Golf Club. The clinic

Visit us at www.singlesgolf.com

Next Meeting: Thursday, May 13th

Invite a Friend or Co-Worker to Come With You!

Monthly meetings are held at the Calaway Grill at 7 p.m. The Albany chapter of the American Singles Golf Association normally meets the Second Thursday of each month at the Calaway Grill at 7 p.m.

Visit the Albany chapter's web site at:
www.timesunion.com/communities/asga

Hotline (518) 453-3305

Albany, NY
Chapter
of the
American Singles
Golf Association



Co-Presidents
Beverly Bloom
John Holmes

Treasurer
Bob Mattox

Secretary
Marti Palacio

Website
Beth Disque

Away Golf Events
Bob Mattox
John Holmes
Hal Swingle

Formal Golf
Beth Disque

Informal Golf
Beverly Bloom
Flo McConville

9 Hole Golf
Rita Roberti
Margaret McGowan

Social
Shirley Manning
Rita Roberti
Penny Cioffi

Membership
Tom Roberts
Jean Grout

Communications
Web Site -
Beth Disque

Fund Raising - Raffle Tickets
Wayne Coulter

ASGA Telephone
Susan Casler

ics will be at the Saratoga Spa State Park driving range.

To register for the public free demonstration please e-mail Megkellylpga@aol.com to reserve your spot. Any questions:

Meg Kelly

8 Lakewood Drive
Saratoga, NY 12866
saratogaspagolfacademy.com
(518) 584-2006 ext. 17

Memorial Day "Getaway" May 29, 30, 31

Hanah Mountain Resort and Country Club
44447 State Hwy Route 30,
Margaretville, NY 12455
Reservations: 1-800-752-6494
Pro Shop: 1-845-586-4849
e-mail: hanahcc@yahoo.com

This 18 hole championship golf course will challenge players of all abilities. The "Terminator" as proclaimed by Golf Digest carries a 3 ½ star rating.



With five sets of tees, we can accommodate advanced, intermediate, and average players. Long hitters can enjoy the black tees at Hanah, which stretch the course out to 7195 yards and give it a rating of 17th out of 700 golf courses in the Northeast.

The beautiful layout will leave you in awe of the majestic Catskill Mountains. Our course offers three magnificent layouts - nine holes riddled with hidden water, five holes featuring open fairways and large open water hazards, and four holes that will put you a little closer to heaven. Play our signature 13th hole and find out why Golf Digest subbed this course the

"Terminator." The beautiful par three 19th hole is a new addition and is perfect for sudden death matches and finishes at the doorstep of the beautiful new clubhouse.

Whether a newcomer to the game or a seasoned professional, Hanah will challenge golfers of all skill levels.

- *New Lodge:* 2 nights - \$389 per person/double occupancy - 3 days unlimited golf with carts. Includes 2 dinners, 2 breakfasts
 - *Standard:* 2 nights - \$269 per person/double occupancy - 3 days unlimited golf with carts. Includes 2 dinners, 2 breakfasts
- \$150.00 per person deposit by May 1, 2004

Please make check payable to Hanah Mt. Resort

Call **Hal** with any questions:
(518) 786-3031/(518) 281-5929

Are You Up For The Challenge?

Golfers in Rochester take on all comers at the Third Annual Thruway Challenge as we throw down the gauntlet and challenge the Buffalo and Albany golfers to a test of golfing skill and finesse. No handicaps, no red tees, just pure golf in this short game competition -

MEMBERSHIP DUES

Dues for the Albany, NY chapter of the American Singles Golf Association are \$70.00 per 12 month period. Payment can be made by check or credit card (MC or VISA - 4% surcharge). Mail with application to: ASGA Inc. P. O. Box 848, Pineville, NC 28134.

JOIN BY PHONE, FAX OR WEB

You can join the Albany, NY chapter over the phone by calling toll-free 1888-GOLFMATE (465-3628), faxing the application with credit card information to our toll-free fax at 1888-465-3295, or go on-line at www.singlesgolf.com and submit your application with credit card information. Our office hours are 9-5 (M-F).

- all holes are par 3. OK, maybe it's not just pure golf, but also a couple of beers, laughs, charming company, and a good time.

The city with the lowest average score takes home the trophy! Will the folks from Buffalo continue to hold the coveted prize? Or will Rochester reclaim their pride from these current champs? What does Albany have planned?

Individual competitions include closest to the pin, fewest putts, most putts, low score, high score, most greens driven, most balls lost (sploosh!), and best golf joke.

Foursome competitions include low score, high score, and the ever-popular RED BALL.

When: Saturday, July 17th, 2004, at 3:30 PM

Where: Executive South Golf Center, 3850 East Henrietta Rd., Henrietta, NY

Includes: Greens fees and picnic supper including hot dogs, hamburgers, sausage, chicken, salads and soft drinks. Cash bar.

After The Tournament. We'll sample Rochester nightlife before regrouping on Sunday morning to play at another course (TBD).

COST: \$30. Beer, wine extra.

Sign up at Calaway on Friday nights. Payment is required in advance, and must be post-marked by *Tuesday, July 13.*

Palm Springs

ASGA Weekend

Single golfers save the dates. The Palm Springs Chapter of the American Singles Golf Association is holding a Regional ASGA golf weekend May 7-9.

We are still finalizing plans and will get back to you with the details. Meanwhile, put the weekend on your calendar & plan on coming to the desert to play!

Looking Ahead at the Social Scene

A day at Saratoga Race Track is scheduled for August 1st be sure to mark your calendar's for an exciting day of fun, food and frivolity!!! Everyone is on their own for betting. At present time our quota is filled, and if there may be cancellations before the event. If you are interested, contact **Beverly** or **Bob Mattox** to put your name on a waiting list.

--*Sheryl EatonPSP*
Golf Weekend Chair
Muffingolf@aol.com

Three Old Men

Three old men are about to play their regular match when the starter asks if they mind that a lady joins them to make up a four ball.



When they see the stunning beautiful 18 year old blonde they all agree that she would make a great 4th. Her standard of golf does not match her looks and after playing 17 bad holes she gets to the 18th and has a 20 foot put for a par. "I would do anything in the world to get a par" she tells the three men.

All three obviously have the same thing in mind. The first man says "hold your hands tight together and aim about 6 inches to the right of the hole" The second man says "No, no,

aim just inside the left edge and hit it firm, make sure you do not leave it short"

The 3rd gentleman walks around the green surveying the hole from every angle and says "Ah, its a gimmie."

Fridays at the Calaway Grill

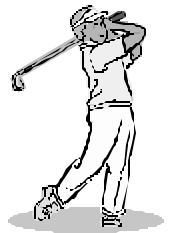
On any given Friday beginning around 7 p.m., you will usually find two or more of us gathered at The Calaway Grill on Albany Shaker Road. Please come and join us for an informal social hour for members and friends. During the golf season, we will make plans for weekend golf outings. During the rest of the year, we socialize, talk about GOLF, and make plans for other events.

Spring Golfing

by John Venditti

Spring really burst forth with a vengeance on the weekend of Apr 17-18 with temperatures in the 70's. It was surely nice to see everyone jogging, biking and playing golf on the brightly greening fairways around the Capital District. I had the pleasure of joining my friend Maria Joyner at Western Turnpike Saturday for a full round of golf. Maria is a librarian at the Voorheesville Village Library and is a member of both Western Tpk and Winding Brook down in Valatie NY. Maria's friend Hae Wan and a gentleman named Chuck will play along with us this beautiful spring day. Hae Wan

is a native of Korea and has lived in the USA for 29 years but for only two in the Capital



District. This is only her second year playing golf and hits such beautiful shots, outdriving me!

Chuck, however, has been playing Western Tpk since the year it was built (early 40's) when it cost only 50 cents to play! Chuck is able to shoot his age for 18 with no trouble at all. He shot a 40 Saturday. Maria and I, on the other hand, had trouble shooting our age for 9! Who cared. With such lovely weather, blooming golden daffodils and such great company, we didn't worry about scores.

On Sunday, **Bernie Gerstner** and I went over to Eagle Crest for a day of eighteen. We joined up with a fellow named Val and his grandson Kaleb, both from Saratoga County. With another great weather day in store, **Bernie** was looking forward to his first swing of the season. And what a swing and shot it was! An ideal start to the 2004 season. We decided then and there to engage in a little friendly rivalry, see who could best who for the day. Well, the first nine ended up in a tie, so it was "go for the gusto" on the back nine. At the end of seventeen, I had amassed a four stroke lead over **Bernie** only to see it disappear on the eighteenth hole! It was meant to be that we tie once again with nobody going home a loser. What better way for a great day of golf to end. A little competition,

PLEASE POST THE YELLOW SIGN THAT CAME WITH YOUR NEWSLETTER - SPREAD THE WORD - SPREAD ASGA!



great weather, ideal exercise, nice company...who could want for more. All the greatest ingredients for a perfect day on the course.

April 25 Scramble - John Vendetti held his 15th annual Spring Tournament at Evergreen Private Course on April 25. It was a wonderful day. There were eighteen of us. It was my first time on the golf course since Orlando and it felt so good to be out there again. As are

most of the courses at this time of year, the course was very green and very lush. The weather held out until the 17th hole at which time it got very windy and very cold. It started to rain, which at times was pretty heavy but we continued, after all there was some prize money to be won. Fortunately it paid off and our team (**Beth Disque, John Holmes, Hal Swingle** and **Margaret McGowan**) won. It was winner take all so we thought that it had been worth the effort. Afterwards to My Place for a glass of wine to warm up and the world's best hamburger. We all made a toast to a very good day. Thank you **John Vendetti!!**

Fitness: Hip Stretch

The midlevel of your body, where your hips are located, must be in good working order for you to reach your golfing potential. The following is an exercise that will help your flexibility, strength and stability in this important area, but as always, consult your physician before starting a new exercise program. Lie on your back and cross your right ankle over

your left knee. Then interlock your hands behind the thigh of your left knee. Now, with your head resting on the floor, pull your left knee up toward your chest until you can feel a stretch in your right hip. Do this in a controlled manner.



Your goal is to do this five times in each direction, holding each stretch for 20 to 25 seconds. If you're like most golfers, when you first start you'll be limited in these areas, so start slowly and be gentle. Three times in each direction and holding for 10 seconds or less may be sufficient in the beginning.

Ben Hogan

Ben Hogan always had a laser-like approach to problem solving. He believed in breaking the problem down to its simplest form. Late in 1992 he sat down for lunch with one of his greatest admirers, Nick Faldo, who had recently won his third British Open. Both men realized they had similar attitudes to hard work, practice and determination. For his part, Faldo was fascinated by Hogan. He found himself in total agreement with everything the Hawk said.

At one point during lunch, Faldo asked Hogan for any advice he might have on how to win the US Open. Hogan remained silent. As their meeting was about to end, Faldo again asked if there was one secret that could help him win that elusive US Open.

"Shoot lower scores," responded the great champion.

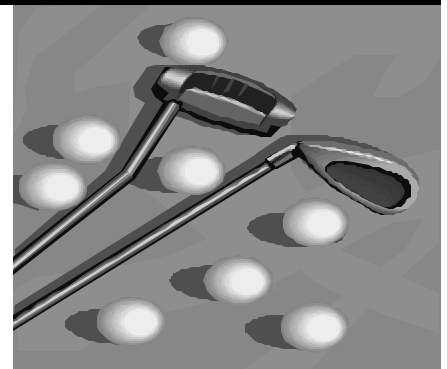


Tentative Outing Schedule

For 2004

- May 1 (Saturday) **VAN PATTEN** - Kentucky Derby Kickoff- - Scramble followed by a Kentucky Derby Party at Bev Bloom's house.
- May 23 (4th Sunday)- **CAPITAL HILLS** - scramble- dinner at MARTELLS
- Memorial Weekend - **CAPE COD** - away golf -Bob Mattox to organize.
- June 27 (4th Sunday) - Local formal outing at **EAGLE CREST** -scramble - followed by dinner at the course.
- July 11 (2nd Sunday) - **HILANDS** -scramble - followed by dinner at the course.
- July 17 (3rd Saturday) - **THURWAY CHALLENGE W/BUFFALO & ROCHESTER**
- August 15 (3rd Sunday)- **WINDY HILLS** - scramble - followed by dinner at the course.
- August 27, 28, 29 – **NORTHEAST MULTI-CHAPTER EVENT** in Pocono's with Hartford, CT
- September 12 (2nd Sunday)- **MILL ROAD** - 9 or 18 hole formal outing (wine & dine) - run by 9 hole group.
- September 19 (3rd Sunday)- **SARATOGA LAKE** - scramble - followed by dinner at Manginos.
- October 3 - **ORCHARD CREEK** (1st Sunday) -scramble - followed by year-end dinner at the course.

Hotline
(518) 453-3305



May 2004



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
					Calaway Gathering 7:00 pm	Van Patton Golf Outing Ken- tucky Derby Party
2	3	4	5	6	7	8
				Board Meeting 6:30 pm	Calaway Gathering 7:00 pm	
9	10	11	12	13	14	15
Informal Golf Stadium Golf Course					Calaway Gathering 7:00 pm	Golf Instruction 4 - 4:45pm
16	17	18	19	20	21	22
Informal Golf Airway Meadows	Ladies Golf Instruction 8 - 8:45 pm				Calaway Gathering 7:00 pm	
23	24	25	26	27	28	29
Capital Hills Golf Course Formal Scramble					Calaway Gathering 7:00 pm	Away Golf Hanah Mtn
30	31					
Away Golf and Informal** Golf	Away Golf And Informal** Golf					

** To Be Determined - Volunteers Needed

Times Union Web Site Information

To catch up on the latest news, be sure to visit our web site often at:

<http://timesunion.com/communities/asga>