

# CHICAGO SINGLES GOLF

Chicago, Illinois Chapter - American Singles Golf Association - January 2014

## BUNCO NIGHT - JANUARY 25TH

### President's Notes

I greatly appreciate the opportunity to serve as President of the Chicago ASGA Chapter for the 2014 season. I would like to take this opportunity to thank former board members **Chris Coyne** (President), **Michael Daugherty** (Treasurer), **Mark Sadowski** (Newsletter Editor) for their collective efforts and a successful 2013 season.

Fortunately, the new board members, **Dave Halper**, (Treasurer), **Margaret Onken** (Newsletter Editor), **Patsy Albrecht** (Membership Chair), and myself, will have the continued support of experienced board members **Tim Dowling** (Golf Chair), **Bill Focade** (Co-Golf Chair), **Karen Stika & Joanne Graske** (Social Co-Chairs), **Nancy Hill** (Secretary), **Cathy Hill** (Communication Chair) and **Tim Ryan** (Webmaster Editor), **Bill Forcade** and **Robin Rash** (Co-Legal). I would like to thank each one of them for their continued service on the ASGA board. It is a great combination of people and I look forward to working with them all to have a successful 2014 season.

We have met informally and reached a consensus that we have three main goals for Chicago Chapter. These goals are:

- Increase the size of the membership and get existing members more active.

- Continue to stress golf etiquette and pace of play.
- Add a few more social events after our outings.

More details will follow over the next few months as we will have time to meet and form some strategies to meet these goals. Hopefully our efforts will continue to make ASGA a fun and solid social group and on behalf of the board we thank you for your support. If you have any comments, ideas or suggestions I can be contacted at [davecolbert9@comcast.net](mailto:davecolbert9@comcast.net)

Golf season will be here sooner than we can imagine.

~*Dave Colbert*

### Upcoming Events

ASGA Trivia Team of **Mike, Phyllis, Wayne, JoAnn, Ken, Kurt, Eileen, Tom, Karen** and **Michael** won first place trivia at Dino's Sports Bar on December 19. Come join the team as we defend our title on Thursday, January 9. Trivia starts at 8:00 pm, Dino's Sports Bar, 338 East Army Trail Road, Glendale Heights. No need to RSVP.

**ASGA Bunco Night:** New to ASGA - this is a great social event to come to &

get to know the members!

Saturday, January 25  
Villa Park VFW  
39 East St. Charles Road, Villa Park

To accommodate the high participation for our Bunco night we can no longer have it at a home so this year we'll be having at the Villa Park VFW where we can all be in one room and can easily fit 60+ players! Bunco entry is only \$10 for snacks, appetizers, sweets and PRIZES! Cash bar - very moderately priced.

Cost \$10 - pay when you come

Doors open at 6:30 pm

Bunco begins at 7:00 pm

Please RSVP so we know how many to set up for -- Karen Stika, [kstika@att.net](mailto:kstika@att.net) cell 630-915-1933

Further details for our **Chili Cook-Off** Saturday February 22, Bocce Ball Saturday March 15 and Masters Sunday April 13 will be forthcoming!

Any questions about the upcoming events contact **JoAnn Graske**, [graske3141@comcast.net](mailto:graske3141@comcast.net) cell 630-732-3549, or Karen Stika, [kstika@att.net](mailto:kstika@att.net), cell 630-915-1933.

## NATIONAL OFFICE INFORMATION

Upcoming Events Include (see [SinglesGolf.com/events](http://SinglesGolf.com/events))

- **Orlando's Sunshine Fling** - March 21-23, 2014. Details posted at a later date. For inquiry, contact Barney Coomes at [bcoomes@cfl.rr.com](mailto:bcoomes@cfl.rr.com)
- **Memorial Day Weekend** - May 22-25, 2014. We'll head to Colonial Williamsburg, VA for three nights, two rounds of golf. Details announced towards the end of January, 2014.
- **ASGA in Scotland** - 9-Nights / 10-Days July 24-August 2, 2014 - St. Andrews, Gleneagles, Edinburgh. Visit [www.SinglesGolf.com/Scotland](http://www.SinglesGolf.com/Scotland) for details.

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

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

## LOCAL CHAPTER INFORMATION

**Next Mingle:** TBD

**Mingle Location:** TBD

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

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

To join, renew dues, make a change of address, phone, etc., call National Hotline at left or go to [www.SinglesGolf.com/join](http://www.SinglesGolf.com/join)

## Chicago Chapter

of the  
American Singles Golf Association



### President

Dave Colbert

### Golf Chairpersons

Tim Dowling

&

Bill Forcade

### Social Chairpersons

JoAnn Graske

graske3141@comcast.net

630-513-2659

Karen Stika

kstika@att.net

630-926-7382

### Membership Chairperson

Patsy Albrecht

### Communications Chairperson

Cathy Hill

cathylhill@gmail.com

630-5461564

### Webmaster

Tim Ryan

tryan@dis.net

### Treasurer

Dave Halper

### Secretary

Nancy Hill

nncy408@aol.com

708-479-2820

### Newsletter

Margaret Onken

### Co-Legal

Bill Forcade

&

Robin Rash

Please check the Web Page for any  
last minute changes

<http://www.asgachicago.org/>

## Staying Golf Ready during the Winter Months

Winter season can be challenging for many golfers so I have collected some tips and suggestions to make the most of the season and to keep your body golf ready and in shape. According to Brian Mogg, Golf Magazine top 100 teacher suggests three areas that have a positive effect for golfers:

**Athletic posture** – Maintain an athletic posture to create a strong base

**Dynamic Stability** – Develop athletic movement with stableness. During the golf swing rotation, there must be stableness in order to create torque so a strong core is essential and should be part of your fitness routine.

**Strength and Power** – Increase your overall strength through weight training which develops strength and ultimately allows for greater power.

Include workouts with a medicine ball and weights during winter. Golf Magazine reports that medicine balls and weight lifting add to your strength and power possibly leading to longer shots with your driver and other clubs. Adding muscle can help you avoid injury and play better overall when the weather improves.

PGA of America vice president Ted Bishop also recommends at least 45 minutes of aerobic exercise four or five days a week.

### Tips to continue practicing your golf game during the winter

Find an indoor driving range to escape the cold. Practicing shots in a heated, domed facility is an option during winters in some cold weather areas. You won't be able to hit your driver and fairway woods the full distance indoors, but some domed facilities are open late into the evening, allowing you to practice your golf swing at night if you work during the day.

Practice golf at courses that are open during the winter. The Chicago area, for example, has some of the harshest winters in the country, yet some golf courses remain open year-round. Outdoor driving ranges with heated stalls are another option in some areas. Use the driving ranges to work on all your clubs. Good luck to those of you who are willing to brave the elements!

If you are really bored..... While watching TV, grip the club during each commercial and hold it until the commercial is over. Celebrity PGA teaching professional Michael Breed also recommends wrapping paper around the grip of a regular club. Practice holding the club with a grip so light that the paper doesn't make a crinkling sound. Breed says this teaches you to hold a club without tension in your hands and arms.

Great website for indoor golf domes, golf simulators, and heated golf driving ranges in the Chicago area

<http://www.chicagogolfreport.com/where-to-play-golf-during-the-winter-in-chicago>

~Margaret Onken

## About Our Members

### Happy Birthday to these members:

Susan Boose - 01/07

Hank Calzaretta - 01/05

Allen Chester - 01/31

Jennifer Connolly - 02/12

Tim Dowling - 02/08

John Edmonson - 01/16

Bill Forcade - 01/22

Martell Gangler - 02/09

Cathy Hill - 01/12

Stephen Kehr - 01/03

Louise Malmin - 02/04

Katherine Maraffino - 01/21

Margaret Muller - 02/12

Margaret Onken - 02/10

Mark Sadowski - 01/14

### These members are up for renewal:

(date shown is last day of membership)

Pam Baldwin - 01/31/2014

Kay Banks - 01/31/2014

Deborah Bradel - 01/31/2014

Marcella Dub - 01/31/2014

Donald Gagne - 01/31/2014

Arthur Garwin - 01/31/2014

Gretchen Oie - 01/31/2014

Tamara Sorg - 01/31/2014

Karen Stika - 01/31/2014

Elyse Stuart - 01/31/2014

Ted Zillmer - 01/31/2014

### Welcome newest members:

Joan Bednarczyk - Joined 12/16/2013

James Doane - Joined 12/16/2013

Deborah Stanton - Joined 12/01/2013

Carol Stawick - Joined 12/05/2013

Marie Wakeman - Joined 11/15/2013

### These members recently renewed:

Laurence Nelligan

Our chapter currently has 157 members.