

Milwaukee Chapter ASGA June 2008 Newsletter

List of Committee Chairs and Officers and E-Mail Addresses.

President: Robert Matuszak-E-Mail address: rmatuszak@aol.com

Golf Committee: Suzanne Schmidt E-mail: sschmidt18@wi.rr.com

Norma Safford E-Mail: golf5107@aol.com

Web Site: Linda Elder –E-Mail: labs4fun@sbcglobal.net

Communication: Tom Martini –E-Mail: Martini49@aol.com

Member Ship: Dan Adams –E-Mail: dadams124@wi.rr.com

Treasurer: Gerry Loebel –E-Mail: grlbrookfield@aol.com

Social Events:

Mark Sadowski E-Mail: m_e_ski@yahoo.com

Sue Hausz E-Mail: shausz@sbcglobal.net

Social Events for June-Brewer Game and State Fair

Brewer Game and State Fair Opportunity: The game is June 2nd at 7:00, so save the date. The tickets are \$24 for two Brewer tickets and two State Fair tickets. So for 12 bucks you get a ballgame and a ticket to this year's fair, good any day.

Contact Mark Sadowski at m_e_ski@yahoo.com or Sue Hausz shausz@sbcglobal.net;

Club Meeting Schedule:

There is no meeting planned for June.

Reminder:

Club needs volunteer coordinators for Golf outings.

Contact the Golf Committee Chars Suzanne Schmidt and Norma Safford if you are interested.

Friday Night Golf League starts:

Friday Night Golf league to start on Friday, May 16 at 4:30 P.m. Willow Run Golf Course
The schedule is to play nine Fridays, last day of league play is September 12, 2008.

The league will alternate between the front and back nines. The cost to play golf is \$168, extra fee of \$8.50 for electric cart. League fees are \$22. Payment is due by May 10th,

2008. We have asked to play the back and front nines. League members are responsible for getting a sub as needed. People who sign up will be responsible for

obtaining a sub, if they want to be reimbursed for the golf League Contact : Gerry Loebel, Phone 262-679-0863, E-mail grlbrookfield@aol.com

Golf Outings start in June:

Golf outing in May:

June 1st Golf League

June 3rd –SongBird

June 6th-Moor-Downs "9 & dine"

June 8th –DeerTrack

June 13th-Willow Run –Golf League

June 21st- Whitnal

June 27th-Willow Run –Golf League

June 29th-West Bend Lakes.

See: www.milwaukeesinglesgolf.com for more information.

The Kaizen Way by Robert Maurer Ph.D.-Tom Martini

The "Kaizen Way" talks about the art of making small changes. Dr. Maurer tells us that making a small change in your routine, done consistently will yield big changes. For example, I am standing over a golf shot. All I see is the water and sand. I am telling myself not to go in the hazard, which in effect is telling my mind to hit the ball in the hazard. So the question is, what small change can I make to get my mind off the hazards and to start focusing on the outcome of making a good golf swing?

There are two options, which I could use. The first option would be to pay attention to the club going back, by saying the word back in your mind and then saying the word hit when the club makes contact with the ball. This does two things, takes the mind off the hazards, and places attention in the present by observing the club going back and making contact with the ball.

I have tried this, it works. The other option is to keep your hands and shoulders relaxed throughout the swing. I have sculled my chip shots on occasion. Paying attention to relaxing my hands and arms has really improved my chipping.

Next time you are in the bookstore, check out the "The Kaizen Way".