

NWO GOLF LINKS

December 2015



**THIRD
STREET
CIGAR:**
*KNOWS WHAT
GOLFERS LIKE*

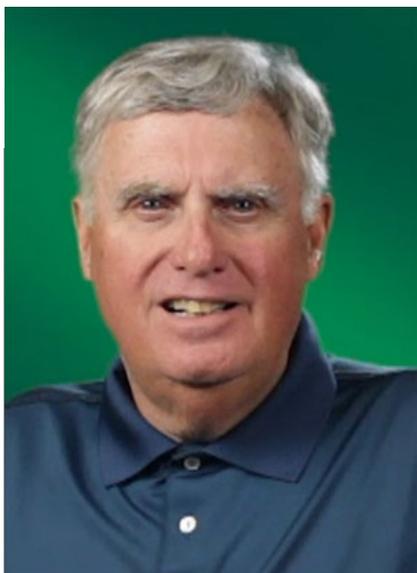
**WIN A
WINTER
GETAWAY**

TO GULF SHORES

PLUS:

- Golf Carts or Gas Masks?
- Christmas Gift Ideas for the Golfaholic
- UT Head Coach Jamie Broce Has Rockets Trending UP
- 2016 Golf Rules Changes Explained

NWO Golf Links Is One Year Old



FRED ALTVATER



**A bad attitude is worse
than a bad swing**

~Payne Stewart

WITH THIS ISSUE, NWO Golf Links completes its first year as a digital magazine. We have a lot of people to thank for making it successful, especially our contributors, who provide a diverse variety of content each month.

We are also thankful for our advertisers and supporters that allow us to bring you all of our great golf information, but most of all, we are very thankful for our readers, who support our efforts and provide feedback to improve the magazine.

Christmas is just a few days away, but don't stress out about what to buy your favorite Golfaholic. NWO Golf Links equipment guru, Matt Saturnus, has already checked his list twice to make sure it's full of "can't miss" gifts. Plus we have a second list for local Toledo-area shoppers, to make it easier for Santa this season!

Richard Todd addresses the four major changes to the rules of golf that go into effect in January, plus we give a brief history of the USGA. Bryan Renius offers some comic relief in his story about using a Golf Cart Cover and Mike May tells about his visit to the Joe Wheeler Golf Course in Alabama.

We hope you enjoy this issue, but most of all, NWO Golf Links wants to wish Golfaholics everywhere a very Merry Christmas, as well as, a safe and prosperous New Year.

You Are A Golfaholic If:

You decide you need a new set of clubs the day after you just bought the newest, best, hit the ball straighter and farther set.

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A photograph of a man in a dark suit and light shirt, smiling and holding a red plastic cup. He is standing in a lounge area with leather chairs, a lamp, and a large framed picture on the wall. Another man is sitting in a chair in the background.

Third Street Cigar Knows *What Golfers Like*

They Offer The Best Cigar Products and Smoking Experience in Toledo

CHRISTOPHER COLUMBUS FOUND LOCAL TRIBESMEN smoking tobacco for medicinal purposes when he landed on San Salvador in 1492. I don't think the locals were playing golf at the time, but cigars and the game have become synonymous over the years. We're not sure it will help your golf swing, but a fine cigar, after your round, will certainly help you forget about your golfing maladies.

The Cubans refined the production of the finest cigar tobacco; however, when Fidel Castro nationalized the industry in 1959, the old family producers moved their enterprises to Nicaragua, Honduras and the Dominican Republic.

Just like a drivable par-four, an island green or the comfortable confines of the 19th hole, smoking cigars, while playing golf is an integral part of one's overall golf experience. Charlie Sifford always had a big cigar lit, while he strolled the fairways hunting for birdies. Miguel Angel Jimenez, the "Most Interesting Man in Golf" can be seen puffing on a Cohiba, he prefers the Cuban brands, while warming up on the range. Many professionals, as well as, local golfers enjoy a fine cigar after their round is complete.

What golfer doesn't enjoy the inviting aroma emanating from a cigar, as it wafts gently over the golf course? Third Street Cigar in Waterville understands the needs of cigar smokers and has everything aficionados need to enjoy a cheroot, corona, panatela or just a plain old stogie.

Four local men, cigar smokers all, David Webb, John Henry, Randy Tucker and Dan Cassavar had discussed the idea of opening an all-inclusive smoker's club that catered to area smokers.

Their idea was to offer a complete line of the highest-quality cigars available and to provide a comfortable setting to relax and enjoy a personal favorite, while conversing with fellow smokers. They also wanted a stage for the best blues entertainers to perform locally.

It's not just all cigars at Third Street Cigar, it has become known as a favorite stop by national blues artists that provide some of the best live music in the Greater Toledo area.

In addition to being a cigar aficionado, partner John Henry has been involved with the local music scene for over 30 years and the walls of Third Street Cigar are lined with original photos of every "rock & roll" and "Blues" legend that appeared in Toledo since the 1950's. Henry was one of the original founders of the Black Swamp Blues Society and is still active in the organization today.

Original photographs of Elvis, Jerry Lee Lewis, Chuck Berry, Freddy Mercury, as well as, Bruce Springsteen and David Bowie, shot by John Rockwood and John Kuser, line the walls and provide a museum of Toledo's music history.





The public lounge on the second floor of the store is named for local Blues Legend, 'Big Jack' Reynolds. An urn containing his ashes, as well as, his original guitar and harmonica are on display as you walk up the wide staircase to enter "Big Jack's Lounge."

The lounge contains two 70-inch flat-screens to watch a game, while enjoying your favorite brand of cigar. Comfortable leather chairs invite smokers to sit a spell and experience the ambiance of Big Jack's Lounge.

If you want to enjoy your cigar in a more secluded atmosphere, a private lounge offers members soft leather chairs and two wide-screen televisions for viewing pleasure. Special events and activities are offered for the private members and they also have their own entrance to the private lounge.

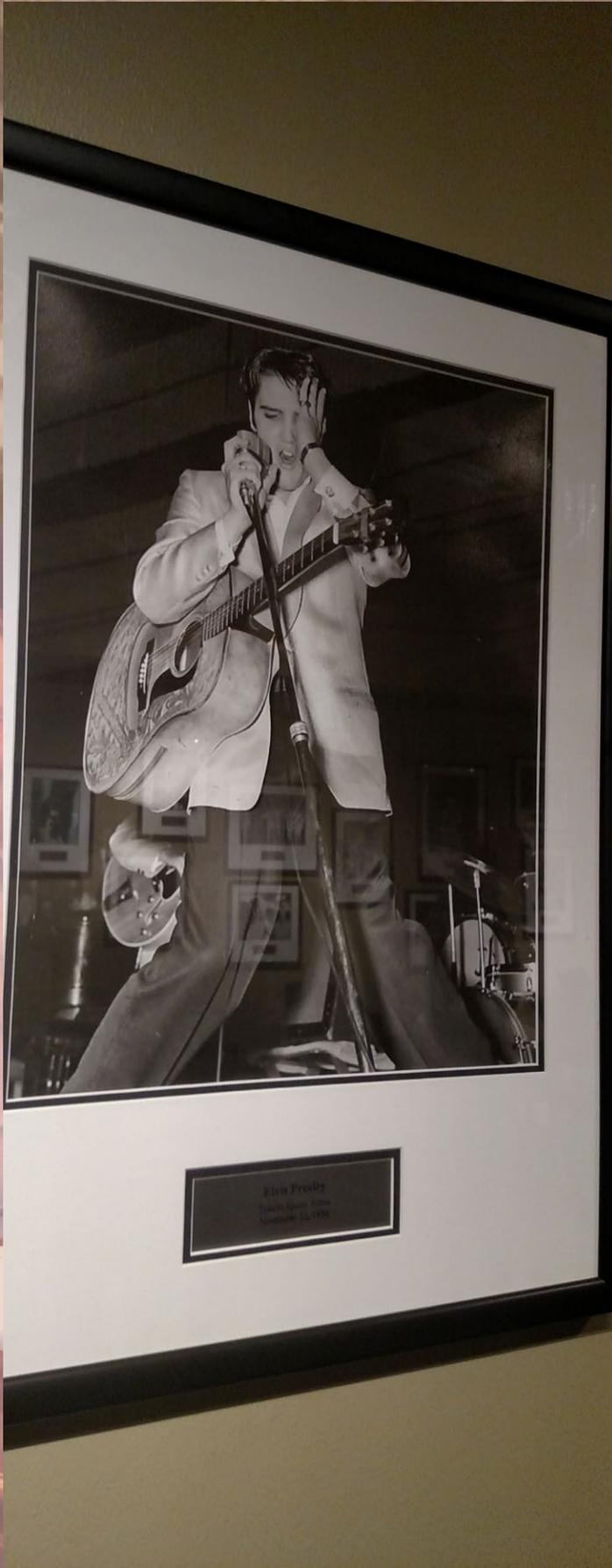


Every employee at Third Street Cigar is an expert and can help you choose the correct color, wrapper, taste, size, and style at a price to fit your budget.

The huge walk-in humidor keeps the extensive inventory at the proper temperature and humidity to assure each cigar is maintained for the maximum smoking experience. Upon arrival from central America and the Caribbean, every cigar is kept for two weeks in a basement humidor to correctly acclimate the new shipment to Ohio atmospheric conditions.

Webb said that Third Street Cigar is also committed to giving back to the community and donated \$8,000 to the Leukemia and Lymphoma Society over the past year. In addition, they partnered with the Waterville Rotary and the local street commission, to create an event that turned Waterville's Main Street into a Blues Festival featuring top-name Blues Artists and earned another \$8,000 to turnover to local charities.

In that vein, Third Street Cigar also supports Maumee-based Georgette's Fair Trade Coffee by offering it for sale in the store. Georgette's provides employment for and offers an array of programs and services to people with developmental disabilities.



Third Street Cigar is also concerned with air quality and has installed state-of-the-art smoke eaters throughout the store to increase the enjoyment and the experience, while visiting the store. They also offer Lampe Berger Paris air purifying systems for sale. Lampe Berger not only cleans the air in your home, it also diffuses undesirable odors and offers 50 various perfumes to add a pleasant fragrance to your space.

Next time you are thinking about building up your cigar supply, for the golf course, personal use or to use as gifts, stop by Third Street Cigar at 20 N. Third Street, in downtown Waterville for the best smoking experience, products and information.

For store hours and other information visit their website at:

www.thirdstreetcigar.com.

BRYAN RENIUS

GOLF CARTS OR GAS MASKS?



WHEN THE TEMPERATURE DIPS BELOW 45 DEGREES AND THE WIND IS HOWLING above 15 mph, it takes a special kind of determination and dedication to head to the golf course and still partake in our favorite past time. I have found that as a practicing Golfaholic in Northern Ohio, a golf cart cover is a necessity. There is, however, one very important piece of golf etiquette that needs to be followed, when utilizing this amazing invention.

I will never forget that fateful day, a bitter icy wind descended upon us, as we set out for our appointed 18-hole round. It was a late fall day, the trees were barren of any foliage and the weather was not conducive to golf, but if the Scots can play in the bonnie rain and wind, we could too.

Never fear, our trusty golf cart cover was securely fastened to provide a safe haven from the perilous weather. The day was progressing famously. I was comfortably ahead in our friendly match, several adult beverages had been consumed, strictly for medicinal and warming purposes, mind you, and we even enjoyed the traditional hot dog at the turn. Things were going splendidly until the 12th hole, when my playing partner decided to turn the tides of golf and gain an improper advantage.

As we were snug in our cocoon of comfort, he turned to me, with a slight sneer on his face and uttered the phrase that one never wants to hear, when wrapped inside an air-tight plastic dome. Those few words will forever be etched in my mind, and I hope, no pray, that you never encounter them in the same circumstance.

“I farted,” he said with a wry smile.

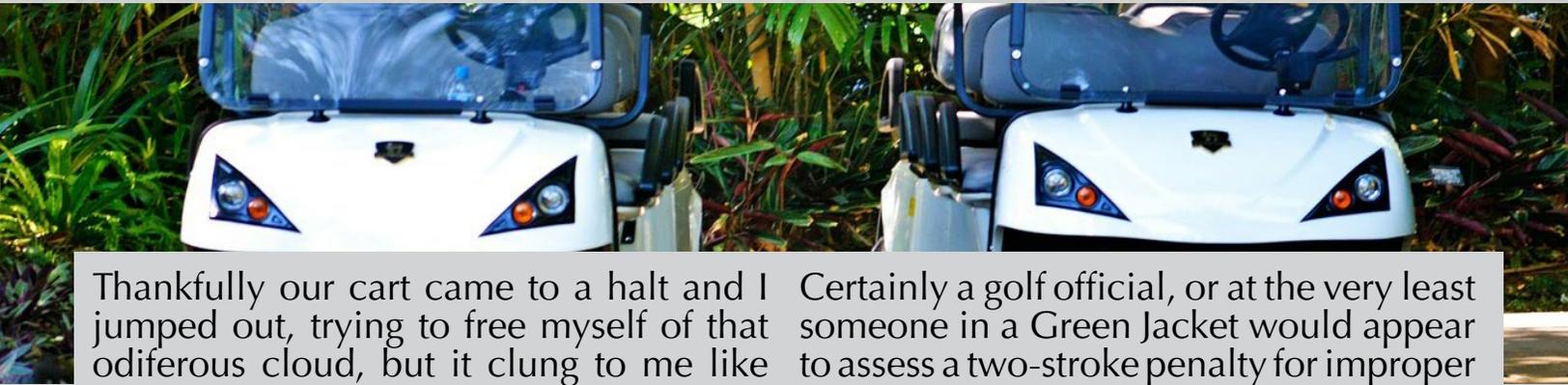
As my brain was trying to comprehend those words, an overwhelming stench began to permeate that “hotbox” and singed my nose hairs. My eyes began to burn and tears gushed from my eye sockets, I could not breathe! The air seemed to be sucked from my lungs. I was trying not to inhale, but I was fading fast, I needed oxygen.

My brain was screaming, “MUST GET AIR!”

As I reached for the zipper of the golf cart cover, he increased his speed and savored my misery.

I needed air, NOW, and I needed it BADLY. I was finally able to unzip the cover and lean my head out gasping for air like I had been the subject of a CIA waterboarding.

Like Cheech and Chong screaming down the fairway, I envisioned the smog emanating from our cart and most living things wilting as we passed by, it was toxic.



Thankfully our cart came to a halt and I jumped out, trying to free myself of that odiferous cloud, but it clung to me like dandruff to a black suit. My eyesight was still blurred, but I unleashed a stream of colorful language that even a Marine Drill Sergeant would be proud of. I was enraged at the fact that like Syria's Assad, my golf partner had used chemical warfare, during our friendly game of golf, to gain a tactical advantage.

This seemed an unacceptable breach of golf etiquette of the highest order, but after scouring the rule-book, I could find no infraction to impose upon him.

Certainly a golf official, or at the very least someone in a Green Jacket would appear to assess a two-stroke penalty for improper conduct, but none was forthcoming.

My game on the other hand was toast, a bogey and two additional double-bogey's ensued. I had, however, learned a valuable lesson and found a new respect for his unholy tactic.

The lesson here is simple, if you are forced to use a cart cover, make sure you have a pact with your riding companion.

If not, and you find yourself down in your match..... well, you can figure out the rest.

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Toledo Area Gift Ideas For Golfaholics



CHRISTMAS CAN BE A STRESSFUL TIME, BUT NWO GOLF LINKS WANTS TO HELP local Santa's easily find the best gift for Toledo-area golfers. Here is a list of local golf businesses that have great gift ideas and products to satisfy even the most difficult person on your Christmas list.



The Golf PIT in Maumee has a fully stocked pro shop with name brands to satisfy the most demanding golfers. They also offer personal club-fitting and Trackman sessions to accurately analyze and provide the right clubs for every golf swing. Help your golfer improve next year with a range membership at the best practice facility in Toledo.



Components Plus has a complete line of golf products from Golf Buddy Range Finders to Titleist, Srixon, Bridgestone and Nike golf balls. They also offer custom club-fitting and will make a set of clubs especially to your specifications.



Maple Hill is one of the largest online golf merchandisers in the Midwest. They have everything a Golfaholic could possibly need or want this Christmas.

Play it Again Sports on Monroe Street has a huge inventory of slightly used golf equipment. For Santa's on a budget, Play It Again Sports allows Santa to gift the best name brands for a fraction of the cost of new.





When the cold wind and snow piles up in Toledo, Gift Certificates for the virtual golf simulators at Tameron Country Club, on Alexis, Pro Golf Fairways, adjacent to Nick & Jimmyson Monroe Street and Fore Golfers Indoor Golf Center on Airport Highway will provide a warm, comfy environment to keep every Golfaholic's game sharp over the winter months.



If your Golfaholic likes to play at different courses, Tee Time Golf Pass is the perfect gift to provide discounts on green fees at courses from around the area. Plus NWO Golf Links subscribers can take an extra \$5.00 off the price by using this code: NWO16 when you purchase. Visit: www.TeeTimeGolfPass.com

For Golfers with sore muscles or looking to improve their flexibility for next season, Serenity Health Spa in Maumee can help by offering massage and yoga.



Third Street Cigar has an extensive inventory of the finest cigars. Plus their location in Waterville offers a relaxing spot to take in a game on their big-screen televisions while enjoying your favorite cheroot, panatela, corona or plain old stogie.

Tilted Kilt in the Fallen Timbers Mall, and Nick and Jimmys on Monroe Street across from the Franklin Park Mall, both offer the best in post-round food, drink and atmosphere available in Toledo. They have gift cards available for stocking fillers for your favorite Golfaholic, maybe he will even take you with him.



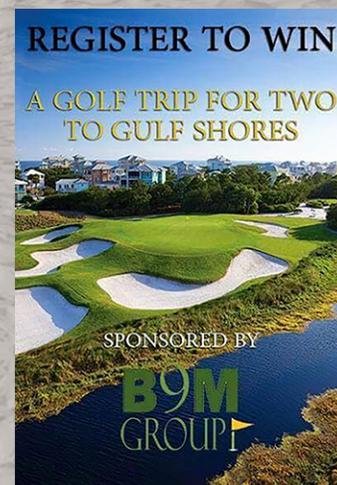
Winter Golf Trip Giveaway

From NWO Golf Links

Register to Win!

Just in time for Christmas, NWO Golf Links has joined with Let's Golf Travel to offer a drawing for three nights of golf and two nights lodging for you and your three best buddies in a spacious beachfront condominium in Gulf Shores, Alabama.

PLUS, every applicant that enters the trip to Gulf Shores drawing will also be automatically entered to win a \$100 Callaway Gift Certificate, plus a \$500 gift certificate from Callaway.



Imagine Yourself Here!

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Get the Details!

Win a luxurious Gulf Shores, Alabama golf and beach vacation for four, from NWO Golf Links and Let's Golf Travel. Simply visit: LetsGolf.com.

Lodging for your foursome will be provided by Kaiser Realty, a Wyndham Resort. Two Arnold Palmer golf courses, Cotton Creek and Cypress Bend at Craft Farms, plus the Peninsula Golf & Racquet Club, will host our winner and his guests at three world-class championship golf courses, managed by Alabama's Honours Golf, a division of Troon.

While the snow is piling up and the cold winds are blowing here in the north, **imagine playing golf** on verdant green fairways before retiring to a white sandy beach, with your favorite cold beverage by your side mulling over your most important decision of the day, where to dine that evening and what delicious seafood delicacy to choose?



Gulf Shores is known for its magnificent beaches, which are made almost entirely of quartz grains washed down from the Appalachian Mountains thousands of years ago. The white-sand beaches that make up Gulf Shores and Orange Beach shorelines are some of the finest in the world.

Every imaginable type of fish is served up fresh at some of the best restaurants to be found anywhere. Throw in the area's laid-back southern charm and hospitality and you have the perfect combination for a fabulous winter golf getaway.

REGISTER 

Toledo Golf Show

Features: The Golf PIT



THE GOLF PIT, AT THE INTERSECTION OF Reynolds and Dussell Streets in Maumee, has the best range and practice facility in the Toledo area. They offer heated and covered hitting bays for cold weather. Outside, choose from either mats or grass tees, which offer fairway-like hitting surfaces.

A short game practice green, compete with a chipping area and sand bunker, will help lower your scores. You'll also find a complete line of name-brand golf equipment in the fully-stocked pro shop.

David Graf was the Head Golf Professional at Inverness Club for 19 years, but he had a dream of offering everything a serious golfer needs to one location. The Golf PIT fills that dream.

With a goal of growing the game by making it more enjoyable for people of all skill levels, the Golf PIT provides the best service, products and instruction for area Golfaholics. They have PGA trained professional staff on site at all times to help recommend the right club and fix those swing impairments.

John Hudak, a PCS Class "A" Clubmaker, with over 18 years of club fitting experience, is on staff at the Golf PIT. If you need new grips, break a club or just need an adjustment, he can do it quickly and correctly.

Range memberships, golf instruction and top-name golf equipment with personalized fitting are just a few of the reasons to stop by The Golf PIT in Maumee.



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UT Head Coach Jamie Broce Rockets Trending UP

JAMIE BROCE CAME TO THE UNIVERSITY of Toledo in 2012, after four years as an assistant at the University of Indiana. Prior to that he was a stand-out golfer at Ball State and won the prestigious Ben Hogan award given to the top NCAA Golfer in 1998. He spent some time playing professionally before deciding on a career in coaching.

UT finished runner-up at the Mid-American Conference Men's Golf Championship held at Mayfield Sand Ridge Club, last May. That team was laden with four seniors and Coach

Broce was faced with replacing his top players for the 2015-16 season.

Otto Black and Thomas Shindler are the only returning seniors on this season's team rounded out with two sophomores, Stephan Watts and Colin Joseph, along with four incoming freshman.

Spencer Shoemaker from Findlay and Mike Lee from Crown Point, Indiana were joined by Jamie Knipe and Cameron Mills from Northern Ireland to make a strong incoming freshman class.

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ie Broce Has



This young team began the fall with a runaway win at the Notre Dame Kickoff Classic placing six players in the top-10 individually. Shoemaker also captured medalist honors at the season-ending Rocket Individual Classic hosted by Belmont Country Club in October.

The freshman seem to be adjusting to college life and have performed ahead of schedule thus far.

They will be joined next year (2016-17) by new recruit, Grant Godfrey from Rutherford

B. Hayes High School in Delaware, Ohio. Godfrey won seven tournaments as a Junior and added seven more this year as a Senior. He was named second-team all-state, first-team all-district and first-team all-league.

Coach Broce is building for the future and has an excellent mix of talent to keep the UT Rocket Golf Team at the top for several years.

where a cold beer never looked this good!

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GREG LIBERTO

PRACTICE LIKE A NAVY SEAL

NAVY SEALS DEFINE MENTAL AND PHYSICAL TOUGHNESS. Their jaw-dropping accomplishments leave mere mortals shaking their heads in complete disbelief.

WHO ARE THE NAVY SEALS? SEALS are the Navy's principal operation force. SEAL is an acronym for Sea, Air and Land, which means they are prepared for any operation, in any climate, anywhere in the world.

I have a huge amount of respect for any Navy SEAL and I know how serious they are about their craft. If one of their kind pursued a professional golf career, practice would become so difficult, that competition would seem simple, by comparison.

HOW SERIOUS ARE YOU? How seriously do you approach practice sessions? Do you simply go through the

motions or do you make it so grueling that competition is happy relief?

The question I always ask a potential student is,

"On a scale of 1-10, How Serious Are You about learning how to play Your Best Golf?"

The typical response is always a 10, but actions, always speak louder than words.

CAN YOU COMPLETE THE "SEVEN DAY CHALLENGE?"

The first of a three-part challenge involves a very simple activity called the "Seven Day Challenge." This simple activity challenges your discipline, and gauges your level of commitment to improvement.



Take a small object such as a golf ball or a coin, and place it out of sight (under your bed or in a drawer). Your mission, should you choose to accept it, is to move that object just one inch a day, for seven consecutive days.

THAT'S IT. EASY, RIGHT?

The surprising truth is that, because you place the object out of sight, it is very easy to forget one day, which means you lose. Game over.

When a potential student misses one day, all of the coaching in the world will not help them. If they lack the discipline to complete the "Seven Day Challenge," they will never be disciplined enough to improve their mental game.

WHAT DOES THIS MEAN TO YOUR GAME?

If you decide to take this test, all you need is a pen and paper with the numbers 1-7 on it.

Each time you move your object, write down a word describing the golfer you will become (Focused, Confident, Trusting, etc.) next to the number for that day.

No exceptions, No Excuses, No Joke. Remember, If you miss one day, you lose.

Discipline is the core of what separates a Navy SEAL from the rest of the pack. They are willing to do what others cannot and will not attempt.

If you are willing to take the "Seven Day Challenge," you will be doing something your competition is not! That gives you the edge.

Look for Parts Two and Three of this series in future issues. You can learn how to think like a Navy SEAL and play golf with a Mental Game Plan and toughness.



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Jeff Manore, Director of Golf at Monroe Country Club

BY MIKE MAY

Northern Alabama's Golfing Treasure:

Joe Wheeler State Park

WHILE SOME OF THE PREMIER STAY-AND-PLAY GOLF DESTINATIONS IN ALABAMA ARE affiliated with the Robert Trent Jones (RTJ) Golf Trail, your choices are certainly not limited to the RTJ courses only. One very attractive destination is the Joe Wheeler State Park Resort near Rogersville, Alabama. A part of the State Park system, it is appropriate for a family of four or a group of golfing buddies.

History buffs will remember Joe Wheeler as a Confederate General in the Civil War, who was the only Confederate General to rise to a similar rank in the U.S. Army after the end of the War Between the States.

The centerpiece of the Joe Wheeler State Park is the golf course, appropriately named The General. It is one of six state park golf courses in Alabama, which are part of the Parks Path, which complements the existing RTJ Golf Trail. The General is devoid of homes and is filled with a number of holes accentuated by elevation changes, bends, twists, turns, and blind shots.

There are no ho-hum, straight-away par fours at The General. Every shot requires a tactical frame of mind, which adds to its overall appeal. When playing this intriguing course, you must stay in the moment. This course grabs your attention, starting with a blind tee shot at the very first hole. If you consistently miss fairways and greens, this course will give you a chance to post

a respectable score, but you must have creative chipping and sharp putting skills.

You will want to re-play The General immediately after your initial round so that you will remember what to avoid. This course offers 'a dash of the unexpected' and is well-worth playing time and time again.

Animals are another memorable aspect of The General, as it sits inside a game sanctuary. Wildlife sightings are common, especially deer and bluebirds, but no lions, tigers or bears, oh my!

When it's time to 'hit the hay,' the Lodge, located just minutes from the golf course, is a great place to spend the night. It's built in a picture-postcard setting, with possibly Alabama's most stunning waterfront view over Wheeler Lake, an offshoot of the Tennessee River. It is bordered on all sides by trees, and without a doubt, the view provides another 'dash of the unexpected.'



The Lodge has a pool, as well as, marina, so it's possible to arrive by boat. If you prefer more adventurous housing options, there are lakeside cottages, cabins, and a campground.

Don't miss the view from Daniella's in the Park Restaurant at the Lodge, it is exquisite and offers a 180-degree look at the water.

Don't have your back to the windows when you eat at Daniella's because the view is eye-opening.

Joe Wheeler State Park has delicious food, fantastic accommodations, a challenging golf course, plus a 'dash of the unexpected,' everything the perfect Golf Destination needs.

The Lodge is awaiting your reservation phone call (256-247-5461). And, the golf pro shop (256-247-9308) or the Internet (www.alapark.com) are ready to book your tee time.

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MATT SATERNUS

EQUIPMENT REVIEW:

FORGIVENESS IS A WORD THAT MOST GOLFERS ASSOCIATE with drivers and irons, but it's equally important in putting. While the miss hits in putting tend to be small, so is the margin for error. Though there are many putters with high MOI, most look like spaceships and feel totally alien to players who like traditional flat sticks. The PING Ketsch Mid-Putter bridges the gap by combining impactful technology with a traditional feel.



While perhaps not small enough to qualify as a traditional mallet, the PING Ketsch Mid-Putter is substantially smaller than its big brother. Side by side, the Ketsch appears almost twice as long as the Ketsch Mid.

Beyond the size, the Ketsch Mid has all the other hallmarks of the original Ketsch. Triple alignment lines, plus the round shape, with deep milled-out areas push weight towards the perimeter. As much as I liked the original Ketsch, I find myself even more drawn to this slimmed-down version.

At impact, the PING Ketsch Mid feels soft with excellent feedback. The feel isn't too mushy, but it's miles from firm, unless you're putting a range rock. The soft feel is coupled with a pleasant "thock" on the sweet spot that gets a bit louder as you move toward the heel or toe.

The first time I took the PING Ketsch Mid-Putter to the practice green, I felt like PING made it just for me. When testing the original Ketsch, I was blown away by the forgiveness I got from the combination of PING's True Roll face and the large, high MOI head. The Ketsch Mid retains the feel and balance of a traditional blade putter but still provides tremendous forgiveness. For the first time in recent memory, there's a real chance that I'll be gaming a mallet regularly.



PING KETSCH MID-PUTTER



As with the original Ketsch, there is a version of the Ketsch Mid to fit each stroke. First, there are Straight, Slight Arc, and Strong Arc models to suit your putting stroke. You can be fit with PING's iPING app if you're not sure what your natural stroke is. Additionally, there are Traditional and Heavy versions, weighing 350 and 375 grams, respectively. PING recommends the Traditional version for mid-to-fast tempos and the Heavy version for slower tempos. Finally, the Ketsch Mid is available in fixed length or an adjustable model (31 -38) which is also counter balanced.

For all those who game traditional putters but have entertained thoughts of switching to something with more forgiveness, this is your time. The PING Ketsch Mid putter feels similar to a traditional blade putter but steps the forgiveness up to levels that you won't believe.



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MATT SATERNUS

Christmas Ideas for Avid Golfers



Don't stress out about what to buy your favorite golfer: I have checked this list twice to make sure it's full of "can't miss" gifts for every Golfaholic. Hopefully it will make Christmas giving a little easier for Santa this season!

SUNICE OUTERWEAR

Sunice is the #1 outerwear brand on the PGA Tour for a reason: they make apparel perfectly suited to any condition. Whether your favorite golfer needs help braving the cold, the wind, the rain, or all of the above, Sunice has the perfect piece.



SCOTT READMAN CONCEPTS PUTTER COVERS

While we're on the topic of craftsmanship, you can't miss Scott Readman Concepts (SRC) putter covers. With so many different cover companies in the game these days, there are very few that are truly head turners like SRC. With exotic, rare, and unique materials as well as creative designs, Scott Readman and his team hand make every cover in their shop in Bath, England. You can also work with Scott to create custom designed head covers and the best part is that there's a cover to fit any budget.



SUN MOUNTAIN 2FIVE GOLF BAG

If you know a golfer who likes to walk and carry, they will love Sun Mountain's newest bag, the 2Five. It weighs a mere 2.5 pounds, but it still has all the pockets and features every golfer expects.



FOOTJOY MYJOYS

When it comes to golf footwear, FootJoy is certainly a household name for a good reason. Known for making spectacular performing golf shoes, FootJoy also has their MyJoys program which allows customers to choose from countless options such as different materials and colors, as well as, custom embroidery and initials or even a logo on the heel. If you're looking to match your shoes perfectly to your golf attire, or just want to make a fashion statement with your FootJoys, then look no further than the MyJoys website here.



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Think “PREVENTATIVE” to Avoid Common GOLF INJURIES!

BY DR. DEITRA HICKEY, PHD

YOU MAY THINK THAT BECAUSE GOLF IS A LOW-IMPACT SPORT THAT INJURY MAY NOT occur very often. This is not the case and because of common improper body mechanics, overuse of specific muscle groups, and the lack of prevention, the sport is associated with numerous injuries. As with many other things in life, it is much easier to maintain a healthy body rather than let it go and try to fix it later.

Here are some wellness and body mechanic suggestions to keep you injury and pain-free:

CONSIDER IMPLEMENTING MASSAGE THERAPY AND YOGA INTO YOUR LIFE

Often, injuries occur because of tight muscles and a lack of flexibility. This is when you will experience your muscles overextended, minor tears, and pulled muscle groups. A trained sports massage therapist will do an assessment of mobility, flexibility and muscle tightness. The massage will also incorporate facilitated stretching of any areas of concern. Tight and overused muscles develop an abundance of inflammation.



Regular massage therapy will assist with lymphatic stimulation and when coupled with yoga, the flexibility is drastically improved.

The idea of these preventative wellness services is to pamper muscle groups and prepare them to take on the repetition and strain they are put through on the course.

Massage therapy and yoga also release endorphins relating to stress and mental clarity. When we hit the course and our mind is clear and relaxed, we not only perform better, but there is also less likelihood that we will lose focus and endure a self-inflicted injury. Preventive wellness services are highly recommended to assist with maintaining your healthy body to perform at your greatest capacity.

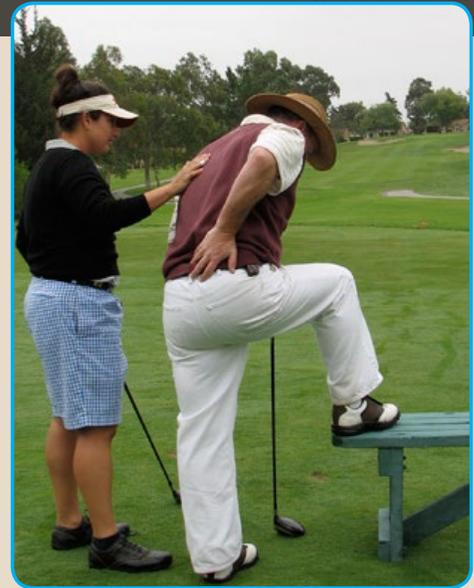
BE AWARE OF POOR BODY MECHANICS

In golf, the swing is so complex and repetitive that you want to make sure your body mechanics are correct so your muscles, tendons and joints do not get injured over time. You should always warm up for 10 minutes or so before you practice or play a round.

Rotate all of your joints to lubricate and stretch them out. Take a few practice swings gradually increasing your range of motion.

Sometimes, getting back to the basics is a helpful self-reminder. Make sure that you are cognizant of your posture; feet should be shoulder-width apart with knees bent slightly. The majority of movement should come from your hips and your spine should be straight with your trunk slightly tilted. Try to have a smooth swing and do not rely too heavily on one part of your body for power. The force should be distributed and transferred through all of your muscle groups to prevent strain on any one area.

One of the best recommendations for golfers to reduce injury is to consider golf lessons. Even if you are not a beginner, you may not realize some bad habits that you may have picked up along the way. An instructor will take note of your alignment and possibly offer suggestions to prevent injury and even improve your game in the process!



It is much easier to maintain a healthy body rather than let it go and try to fix it later.

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RICHARD TODD

“

Many rules are not punitive, but are designed to help a player get out of a difficult situation.

RULES? Who needs RULES?

MANY GOLFERS SAY THEY DON'T PLAY BY THE RULES; I think that's a bit of an exaggeration, without rules, it just isn't golf. Many rules are not punitive, but are designed to help a player get out of a difficult situation. Would it really be any fun if, while playing Monopoly, the person across the table decided to advance his token an extra square just because he landed on 'Go To Jail'?

The USGA works hard to assure the rules of golf are equitable and up to date, making periodic changes to reflect new technology and playing situations. These rules are also agreed to by all global golf governing bodies. No matter where you play, or who you play with, you can be assured everyone on the planet follows the same set of rules.

The USGA has announced four new rule changes for 2016.

One of those changes, effective January 1st, 2016, clarifies if a penalty should be imposed when a ball moves that's been addressed (rule 18-2b).

This was an area of much concern in the past, if a golf ball moved due to wind, gravity, or a player pressing the ground too hard. The new rule will simply state a penalty of one stroke will be assessed, when an addressed ball moves 'if due to the player' interference.

WOW! That's clear, concise, easy to understand and implement. Thanks USGA.

Another high profile rule is that of anchored swings, which focuses mainly on the long putters.

Summarizing this long (pun intended) anticipated change, rule 14-1b says

'don't directly or indirectly secure part of the club to your body when making a stroke'.

You can still use your belly or long putter, just don't anchor it and remember to swing freely.

Have you ever used a practice tool before your round started, a weighted club or other training aid, called 'artificial devices'? They have not been and still are not allowed during play (rule 14-3). In the past, however, use during a round required disqualification, but next year the statute will be graduated.



The first offense initiates a two-stroke penalty and then disqualification for second. Consider this your 'warning' rule.

Distance measuring devices, such as range finders and GPS units, are also included under this topic. Local rules generally allow these items to find distances but nothing else. Technology has increased and several models can identify slope, wind speed, temperature, and horoscope. If your device does more than tell you yardage there is no penalty as long as those extra features are not used. Be a gentleman and stick to the rules, otherwise the above penalty can be applied.

Another welcome change comes in the area of turning in a scorecard with an incorrect total on a hole (Rules 6-6d). We've all heard the stories about someone that lost a tournament due to finding out, after their round was

finished, that a penalty should have been assessed for something done several hours prior. Understanding that the golfer meant no harm in these situations, the USGA will no longer disqualify the individual but allow them to correct the error by adjusting their score for the breach they didn't know happened and assessing a two-stroke penalty for submitting a wrong score. Definitely an acceptable alternative!

In general, the USGA is working diligently to make the rules of golf easier to understand and implement. Additional information, videos, and examples can be found at USGA.org.

These, and other items, were discussed in a recent episode of The Back 9 Report. Take a listen to the archived session. And remember, it is fun to play by the rules!



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What Is The USGA?

FRED ALTVATER

In 1894, golf was just getting started in the United States with no single organization to oversee the rules and national tournaments. Local golf clubs established their own set of rules, plus several clubs declared their club champion the National Amateur Champion.

The only other ruling body in golf, at that time, was The R&A, which was originally formed in 1754, but only affected golf in the U.K.

In the autumn of 1894, representatives from five clubs, St. Andrews Golf Club (New York), Newport Country Club, The Country Club, Shinnecock Hills Golf Club and The Chicago Golf Club met to discuss this problem. The Amateur Golf Association was born from that initial meeting, but the name was soon changed to the United States Golf Association.

The USGA conducted its first U.S. Amateur Championship the next summer in 1895 at Newport Country Club and C.B. MacDonald was crowned its first official National Amateur Champion.

The USGA being originally formed to serve amateur golf in the U.S. had not given professional golf much thought.

However, the first U.S. Open, with both amateurs and professionals, was held immediately after that first U.S. Amateur in 1895, with Horace Rawlins from England claiming the first U.S. Open Trophy.

By 1910, the USGA had grown to 267 member clubs across the country and today over 9,500 clubs are members nationwide. The USGA now hosts 13 National Championships and oversees the rules of golf for the United States and Mexico. The R&A is the overseer of golf for the rest of the world, but the USGA and The R&A work in concert to interpret, revise and enforce the rules of golf.

The USGA's stated mission,

“Promote and Conserve the True Spirit of the Game of Golf as Embodied in its Ancient and Honorable Traditions. To Act in the Best Interest of the Game for the Continued Enjoyment for those who Love and Play it.”

In addition to administering the rules of golf, the USGA provides a universal handicapping system, which allows players of all abilities to compete on an equal basis. The USGA's Green Section provides research on the newest technologies and practices to conserve natural resources such as, land and water, as well as, pesticides and fertilizer usage.

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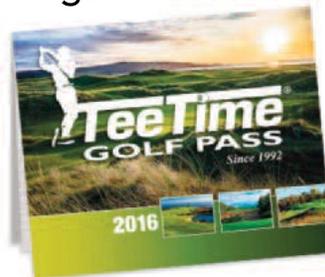
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Golf Life Navigators

DO YOU SIT AT YOUR OFFICE DESK and dream of the day when you can trade in your laptop and Bluetooth earbud for a condo on the golf course in Florida? Well, the time to take action on that dream is now and Golf Life Navigators (GLN) is ready to help make your DREAM a Reality.

Since 2012, 300,000 Americans annually move to Florida and statistics show that initial planning for heading south starts around the age of 50. In Florida alone there are over 1,200 golf course and retirement communities. If The Villages seems a little too busy and doesn't sound like your kind of place, but you want golf, sun, and sand, GLN can help you locate the perfect retirement community that is just right for you.

GLN's intimate knowledge and insight simplifies the relocation process and alleviates the stress that normally goes with it. GLN does the leg work at no cost to the client.

Jason Becker, GLN founder, is a long-time PGA Professional in Southern Florida. Over the years, he has witnessed the Snowbirds come south every year looking for the perfect retirement location that fits their individual lifestyle. Many times these golfers end up frustrated that they did not pick the right golf club once they retired, so Jason partnered with the leading golf communities in Florida to help golfers nearing retirement in the north, get matched with the perfect golf club in Florida.

Ebe and Linka Scherkus from Toronto said of the experience,

"Proximity from the golf club to our beach home was important to my husband. We spoke with Golf Life Navigators and within 24 hours were at the perfect club. We joined that day and could not be happier."





Randy and Jeanne Reihmann from Iowa commented,

"The best part of the GLN experience was talking about my future over 18 holes of golf with Jason and Trevor. Not only did I learn a few tips from the pros, but we also filtered through dozens of club options while on the course. After four hours the search was complete and we had a plan."

Jason and his staff spend time with each couple and do an intensive background to find the appropriate golf club and facility that will fit each Golf Life Navigator client.

In addition to PGA Professionals that will help retirees find the perfect golf club, Golf Life Navigators has a team of real estate professionals that will match each couple with the perfect home and community suited to each preference.

Golf Life Navigators is experienced and has the professionals to help you make one of the biggest decisions for your retirement years. For more information visit their website: Golf Life Navigators or call 800-447-8707.



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Niblicks

By Dean Harris



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GREG
LIBERTO



Greg Liberto has developed various mental game training options and has been featured in several publications, as well as, on radio and television. He authored "18 Holes," a book with game changing mental tips. His website: <http://mymentalgamecoach.com/>

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Dr. Deitra Hickey, PhD is the owner of Serenity Health & Wellness Center. For more information about Serenity visit: <http://SerenityHealthMaumee.com>, also watch Dr. Hickey's video series: Serenity Now: A Health & Wellness Perspective

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MATT
SATERNUS



Matt Saternus is a co-founder of PluggedInGolf.com, a golf instructor, club fitter, and writer living in the northwest suburbs of Chicago.

VIDEOS

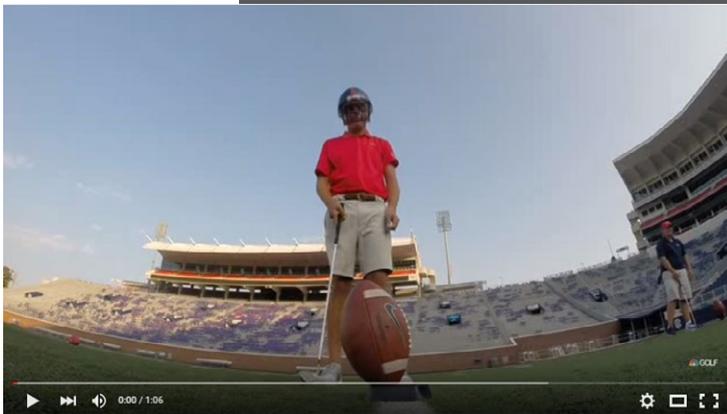
It seems that there is more to college life than attending class, toga parties and football games. These schools have some fun with their golf clubs too.



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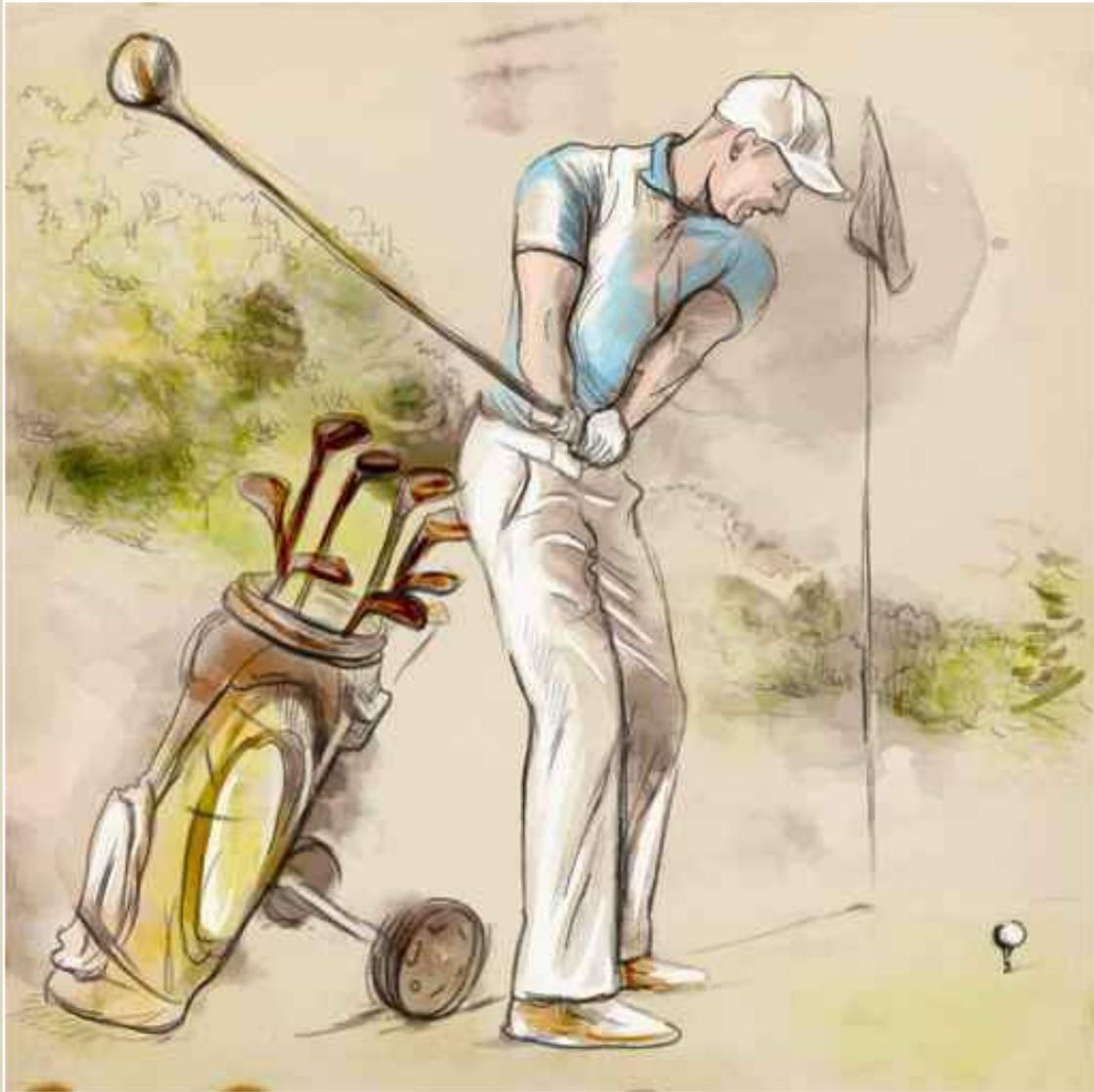
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BEN HOGAN



Who doesn't like to watch Ben Hogan swing a golf club. Here is a video of Bantam Ben's golf swing in Slo-Motion.

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