

The Met Golfer EXTRA



THE OFFICIAL PUBLICATION OF THE METROPOLITAN GOLF ASSOCIATION

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NO GOLF

In This Issue

February 2016

- 2 Big Picture:** At Forsgate Country Club, some people are trading golf clubs for hockey sticks.
- 4 Instruction:** Strike these poses from yoga instructor Karen Young to develop a stronger core and a powerful golf swing.
- 5 People:** It takes years of planning to put on a PGA Championship, just ask Championship Director Ryan Cannon.
- 7 Beyond the Met:** At its annual meeting, the USGA honored the service of 25-year volunteers, including longtime MGA Tournament Director Gene Westmoreland.
- 9 Gear:** Learn more about your game from every swing with products introduced at the PGA Show.
- 11 Clubs:** Shackamaxon Country Club is looking forward to a year of celebrations as part of its centennial.
- 13 Travel:** These golf courses in Los Angeles shine as bright as the stars on the Hollywood Walk of Fame.
- 15 Parting Shot:** We remember Monsignor Tom Hartman, one half of golf's God Squad.

This page: (L-R) Kevin Vitale (GM, Baltusrol), Ryan Cannon (championship director, PGA of America), Doug Steffen (head golf professional) and Rick Jenkins (general chairman, 2016 PGA Championship), mimic a photo taken during the PGA of America's 50th anniversary year in 1966 (inset) after a challenge from Golf Digest. For more details on preparation for the 2016 PGA Championship at Baltusrol, see page 5. Main photo: Courtesy of James Lum/Baltusrol

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FROZEN FUN

at Forsgate



Mark Mazzola and sons Anthony and Jackson enjoy the Forsgate ice rink on its opening weekend in mid-February.

With this winter's weather being anything but consistent, it's been rare for members at area clubs to enjoy typical seasonal activities, but that hasn't kept them from trying. For example, Forsgate Country Club in Monroe Township, N.J., took advantage of the cold streak in February and constructed an ice rink in front of its clubhouse. Whether playing a pick up hockey game, enjoying a free skate or trying to perfect a Lutz, the ice rink provided another great offering for winter activity. For those who may not want to abandon the golf clubs during the off-season, Forsgate also installed hitting stalls in the cart barn to create a cozy practice area.

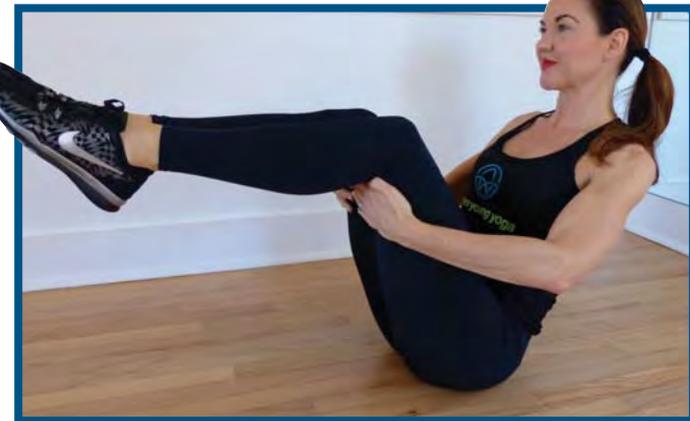
INSTRUCTION

The CORE of Your Swing

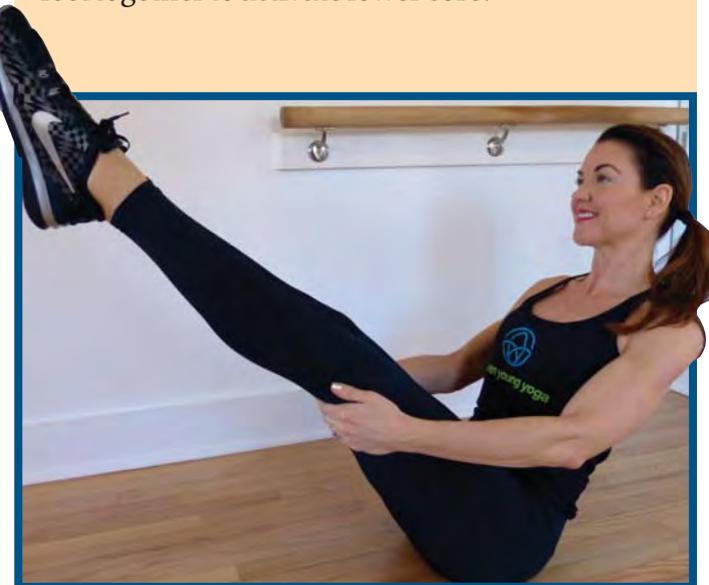
BY KAREN YOUNG | Karen Young's Yoga for Golfers runs at country clubs, fitness centers and via private session throughout the Met Area.

A strong core is essential for a powerful and fluid golf swing. Practiced three times a week, this series of movements will get your core ready for the upcoming season. Hold each pose for five breaths and repeat five times.

Boat



Sit on the floor and place hands behind knees. Lift chest and keep shoulders down while rocking back to balance on the glutes. Press inner edges of feet together to activate lower core.



Advanced Option: Extend legs, keeping inner edges of feet together

Sphynx



Lay on your stomach with elbows under shoulders. Root hip flexors and pelvis into the floor. Isometrically squeeze elbows towards torso to allow chest to reach forward.

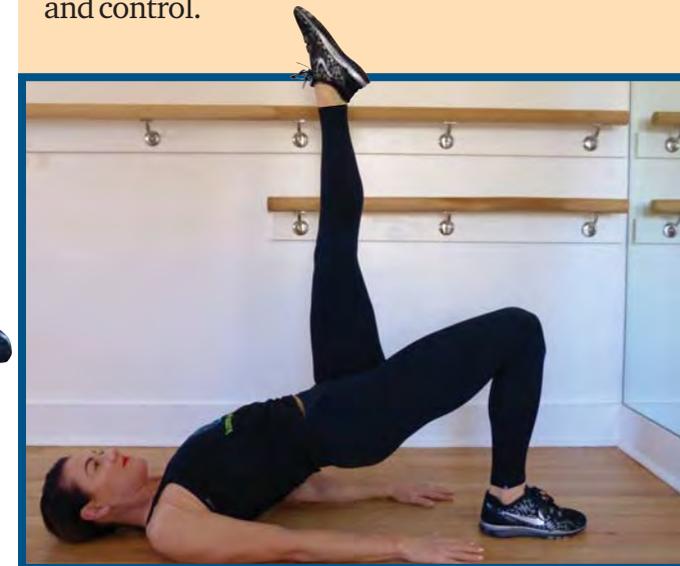


Advanced Option: Keeping the same action in hips and chest, reach arms back and press through fingers while lifting feet off the floor.

Bridge



Lying on your back, place soles of feet on the floor with arms along your sides. Lift hips and reach hands towards heels. Slightly squeeze hip bones towards lowest rib for maximum strengthening and control.



Advanced Option: Draw knee into chest as tightly as possible. Straighten leg by squeezing muscles and pushing through toe.

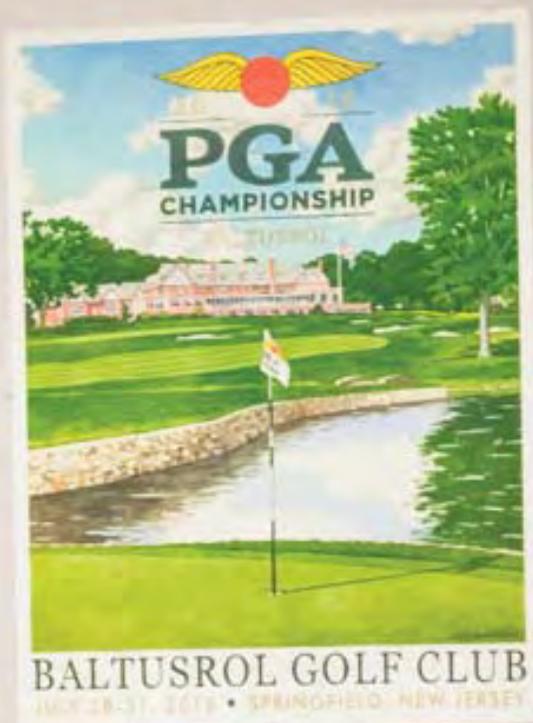
Side Plank



Place your hand on the floor in line with your stacked feet, lift to side plank and push golf club up towards ceiling to fully extend muscles.



Advanced Option: On an exhale, add rotation by slowly shifting club towards the floor, keeping feet stacked and hips facing forward. Inhale and lift back up to side plank.



A MAJOR OPERATION

BY TIM HARTIN

Ever wonder what it takes to put on one of golf's majors? For insight on this year's PGA Championship at Baltusrol, look no further than Championship Director Ryan Cannon, who holds the role for the fourth time having also directed the 2008 (Oakland Hills), 2011 (Atlanta Athletic Club) and 2013 (Oak Hill) PGA Championships.

Being approximately five months out from the event, Cannon says this time period is critical with years of planning (beginning as soon as 2005's PGA at Baltusrol concluded) coming to term. Cannon arrived at Baltusrol in 2013, having already begun the process of creating an organizational chart for leadership, conceptualizing a site plan and capturing photos and video for marketing.

At Baltusrol, additional PGA staff report to Cannon as the team works with the club's membership and staff, PGA members in the Met Area, broadcast partners, media, service providers, volunteers and government officials—while also working with staff from PGA headquarters on details such as ticketing, merchandising and marketing. In all, Cannon reports that the PGA at Baltusrol will have 3700 volunteers and that more than 3000 staff from a number of organizations will work in some capacity for the event.

What's next? Communication plans will soon be put into place to train, uniform and credential volunteers. Compound construction will begin in March. Temporary facilities such as the media center, merchandise tent, corporate hospitality and Wanamaker Club (totaling nearly 300,000 square feet in size!) will be constructed beginning in May.

Plans from 2005 may be available, but it's not just a matter of dusting off the old playbook. "For 2016, we have tried to make nearly every aspect of the spectator experience a little better than before," Cannon reported before referencing improvements for parking and transportation, the merchandise tent, concessions, the Wanamaker Club and spectators' ability to bring in phones and utilize the PGA Championship App.

While the decade-long process can undoubtedly have its trying moments, Cannon is looking forward to the end result: "I cannot wait for the next generation of professional golfers and golf fans to be introduced to what major championship golf at Baltusrol Golf Club means. This place is so incredibly special."

Cannon is settling into the Met Area as he will also serve as championship director for the 2019 PGA Championship and the 2024 Ryder Cup at Bethpage and the 2022 PGA Championship at Trump National-Bedminster.

SPECIAL SERVICE

Longtime MGA Tournament Director Gene Westmoreland was recognized as an Ike Grainger Award recipient by the USGA on February 6 at the Association's Annual Meeting and Service Awards Dinner in San Diego, California. Westmoreland says the recognition has special meaning since he had met Grainger—who served as a president for both the MGA (1943-45) and the USGA (1954-55)—on several occasions.

The Award was established in 1995 as part of the USGA's Centennial Celebration and recognizes volunteers who have provided 25 years of service to the Association. Westmoreland's involvement as a volunteer began with the USGA's Mid-Amateur Championship. He has since served on the Rules Committee for upwards of a dozen USGA events in the Met Area, including U.S. Opens at Bethpage, Shinnecock Hills and Winged Foot.

Gene Westmoreland is joined by USGA Executive Director Mike Davis and newly elected USGA President Diana M. Murphy as he accepts the Ike Grainger Award.



THE FUTURE OF GOLF EQUIPMENT, Right in Your Hands

BY SCOTT KRAMER

In a world being inundated with self-driving cars and wearable computers, it was inevitable that golf would come up with self-analyzing equipment. At the annual PGA Merchandise Show in Orlando last month, two products debuted that will tell you all about your game and tendencies as you play. The **Arccos Driver** (\$80) is really just one of the company's grip plugs that you insert into the butt end of your driver. Pair it with a dedicated phone app and swing away. Every stat you ever wanted to know about your driving of the golf ball is instantly available to you on your phone. Then there's **Golf Pride's "Tech Enabled" Tour Velvet grip** (no price announced yet) – a special edition of the popular handle that secures a tiny computer sensor chip from Game Golf in its butt end. It not only tracks your shots, tendencies and swing data – and relays it all to a smartphone app – but it can even tell you how much life is left on each individual grip in your bag, so you know when to replace it for optimal performance. "Game-tracking software has created some excitement in the golf world over the past couple years, as players of all skill levels are seeing the benefits of analyzing their games more closely," says Brandon Sowell, Golf Pride's global director of sales and marketing.



Centennial CELEBRATION

Shackamaxon hosted the NJ Open twice, the NJ Amateur and the Met Open, all in a seven-year span from 1922-28. It's uncertain which event is depicted in this photo.

A dive into the history of Shackamaxon Country Club will kick off a full slate of events to commemorate the New Jersey club's centennial year. Leading off the special yearlong Shackamaxon Speaker Series on March 4 is Phil Young, a historian of Shackamaxon's Hall of Fame architect, A.W. Tillinghast. The classic Tilly course lies at the heart of "Shack," being one of the architect's earliest designs in New Jersey which also features his first island green. The course has recently undergone a full bunker restoration project and the re-design of a par-4 into a Tillinghast-inspired "reef" par-3.

Shackamaxon's future may have been in question just five years ago, but that just makes this year's centennial celebration all the more meaningful for members of the club.

The festivities will culminate in October with an elegant centennial gala to honor the rich history of the club. "We are honored and fortunate to be part of Shack's recent resurgence, and thank our members—new and long term—for making it possible," remarked Christopher Schiavone, managing partner and CEO of the club's management group.

With several area clubs celebrating a centennial year in 2016, look for more features throughout the year in both *The Met Golfer* and *The Met Golfer EXTRA*.



COURTESY OF PHIL YOUNG

Shackamaxon played host to the 1928 Met Open, won by Tommy Armour. This sketch previewed the championship.



COURTESY OF SHACKAMAXON

Tillinghast features are still apparent at Shackamaxon, though the course's routing has changed since the original design.

LAYOVER Los Angeles

BY TIM HARTIN

Entertainment is no doubt the specialty of Los Angeles, but the City of Angels also boasts trade, technology, healthcare and finance as significant industries to truly make it a global business destination. The area doesn't lack in the golf category either, with plenty of quality public offerings in every direction.

COURSES:

1 The Links at Terranea – South of L.A. in Rancho Palos Verdes, the championship quality of The Links' nine par-3s is only challenged by its striking views of the Pacific Ocean. Holes range from 104 to 173 yards, but elevation changes and wind help vary club selection even more. Strategic bunkering, a variety of clever green contours and mesmerizing views will make this one round you wish were longer.

Nearby: Eight dining options, a variety of accommodations and a spa are among Terranea's additional seaside amenities. Los Verdes Golf Course and Trump National Golf Club Los Angeles are also close by if you're looking for more golf.

2 Coyote Hills Golf Course – Winding through the hills in Fullerton, Coyote Hills' layout—in which Payne Stewart had a hand—capitalizes on its natural topography. Elevation changes, cascading creeks and natural areas require your attention from the tee. Greens are generally larger and receptive. In addition to views of Orange County, oil pumpjacks throughout the property add a unique characteristic.

Nearby: Any retail and dining needs can be met in neighboring city Brea, while this course is also very convenient to Anaheim and its attractions.

3 Rustic Canyon Golf Course – Located northwest of the city in Moorpark, this Gil Hanse design sports a links-meets-desert layout, with bunkers and environmental areas offering slight dangers to welcoming fairways. Rustic Canyon's greens provide the true challenge, often featuring large, short-cut aprons and run-off areas which lend plenty of room for creativity with the short game.

Nearby: If you're able to escape the city to play here, you may also have time to enjoy more of the canyon views at the adjacent Happy Camp Canyon Park. It contains 12.5 miles of trails often visited by hikers, equestrian riders and mountain bikers.

Terranea's magnificent par-3 course will put your iron game to the test. The eighth hole, shown here, is the course's longest at 173 yards.

—REMEMBERING— MONSIGNOR HARTMAN



Rabbi Gellman (left) and Monsignor Hartman (right) accompany past MGA President Paul Dillon in 2003 at the Metropolitan Golf Writer's Dinner.

I believe an angel has gone to heaven with his passing,” remarked Rabbi Marc Gellman as the world lost Monsignor Tom Hartman on February 16. Together, the interfaith duo became well known as the “God Squad,” sharing their messages of faith with their jovial and loving friendship on full display.

In addition to serving their communities on Long Island and doing charity work, the pair shared a common bond through the game of golf. While Gellman may have been the stronger player, Hartman was just as passionate about the sport and enjoyed the camaraderie that came with it. “I love hanging out with people,” Hartman said in the Feb/March 1999 *The Met Golfer* cover story (pictured left) which chronicled he and Rabbi Gellman’s friendship. “Golf is the ultimate sport for doing that.”

Hartman and Gellman shared their teachings on television, radio and in print, but also made appearances at Met Area golf events in which they offered enlightening and entertaining invocations—even doing so at the USGA’s Centennial Dinner in 1994. The Metropolitan Golf Writer’s National Awards Dinner was one of their common stops. They became honorees themselves in 2004, receiving the Winnie Palmer Award for their efforts to serve those less fortunate.

In his eulogy to his beloved friend, Gellman wrote, “Knowing Tommy was like watching a diamond turn in the light.” Not much more has to be said.