

TEE TIME

June, 2014

MAY TOURNAMNENT RESULTS

Congrats to our Governors Cup Tournament winners and to our Holiday Tournament winners!!! Both were fun, competitive tournaments.

The Governors Cup winners were –

Black Group

1st – Ted Reich

2nd – Mark Kitaeff

3rd – Adam Hoffman

Red Group

1st – Michael Berger

2nd – Fred Handsman

3rd – Steve Levine

Blue Group

1st – Rich Sosman

2nd – Alan Amsel

3rd – Scott Michaeloff

Green Group

1st – Ron Cooper

2nd – George Abrahams

The Holiday Tournament winners were –

1st – DJ Lee, Susan Lee, Sam Lee and Clara Lee

2nd – Michael Berger, Meri Berger, Richard Ambron and Joanna Ambron

MEMBER- GUEST

If you haven't already signed up, there is still time to sign up for The Member Guest Tournament, which is being held on June 18th. For more information about the Member Guest contact David Milner or Jack Epstein. It is always a great event and a great way to spend time with friends, clients and other golf club members and their guests.

UPCOMING TOURNAMENTS

Following is a list of the upcoming tournaments being held in June.

<u>TOURNAMENT</u>	<u>PLAY DATES</u>	<u>SIGN UP DATE</u>
Member-Guest	June 18	
Mayor's Cup Qualifier/Round 1	June 7	June 1
Mayor's Cup Round 2, as required	June 8	
Mayor's Cup Semi-Finals	June 21	
Mayor's Cup Finals/Consolation	June 22	

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Congrats to our May Hole in One golfers

Sonny Shar - 8th Hole



THE GRILL ROOM AT VCLS

June is a great time to spend some time enjoying the newly expanded patio at the Grill Room at VCLS with the food of Culinart. June Grill Room events are:

Comedy Night on Thursday, June 5th

Father's Day All American BBQ on Sunday, June 15th

Pancake Panic "All U can eat pancakes" every Saturday and Sunday starting June 26th

"On a Roll" Egg Sandwich available every Saturday and Sunday @6:30 am starting June 26th

For more information about all of these great events please call Culinart at 516-829-5364.

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Demo Night Rescheduled

Thursday June 12th
4:00 to 7:30 pm

Lets try again and hopefully the rain will stay away!!

Callaway, Taylor-Made, Mizuno, Ping, Titleist

Snacks and Beverages



Tournament season is here, and I thought I would refresh a couple of myths and facts about the Rules of Golf that seem to come up during the season.

Myth – A golfer who is off the green must play the shot before a golfer who is on the green.

Fact – The player farthest from the hole, regardless of the position, is always entitled to play first. So if a golfer has a 50-foot putt while another golfer is facing a 5-yard chip, the golfer on the green is entitled to play first. Note – there is no penalty for playing out of order. However, in match play, you can be made to replay your shot by your opponent if you don't wait your turn.

Myth – If you hit a ball into a water hazard, you can hit a provisional ball before going to search for it.

Fact – If you're certain that your ball is in a water hazard, you can't hit a provisional. If you hit a ball in a water hazard, proceed under options for Rule 26. Only if you think your ball may be outside the hazard, then you may hit a provisional. But if it turns out that your ball is in the hazard you must abandon the provisional.

Myth – If your ball is unplayable, your entitled to a drop in a spot that gives you a “playable lie”.

Fact – You have three options (under penalty of one stroke) if you declare a ball unplayable.

1. Replay the previous shot
2. Drop a ball behind the point where the ball lay, keeping that point directly between the hole and the spot on which the ball is dropped, with no limit how far behind that point the ball may be dropped.
3. Drop within two club-lengths of the spot where the ball lay, no closer to the hole. Keep in mind that none of these options guarantee that you'll be able to play from an unfettered position.

Robby Mistretta
Lake Success Golf Club Professional

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THE LAKE SUCCESS FIRST ANNUAL MUSICFEST

The Village will be holding its first annual **Musicfest on July 12th**. The festivities will begin at 6:30PM at the "Village Field" adjacent to our Police/Court building at 15 Vanderbilt Drive. In case of rain the event will be held at the Great Neck South High School. The event is open to all residents, non-resident golf members and families and friends. There is no charge. Bring your own blankets, chairs and food. We believe that this will be an exciting musical program to be enjoyed by all.

PROGRAM

The Hoodoo Loungers "Long Island's Own New Orleans Party Band"

This is an exciting group playing Dixieland music, founded and led by Joe Lauro (who has worked with many artists, including Chuck Berry) and the talented musician and composer, David Deitsch. This group of 10 musicians also features the incomparable vocalist, Dawnette Darden.



The John Di Martino Jazz Quartet Special

Guest Trumpeter: Warren Vache, as seen with Rosemary Clooney, Benny Goodman, Woody Herman and Gerry Mulligan. John Di Martino is one of the best known pianists and arrangers in New York and is in great demand by musicians and singers. He has played with major stars and is a regular, touring the world with saxophonist Houston Person.

Morris Goldberg and his band "Ojoyo"

Featuring Paul Simon Bassist Bakithi Kumalo. American jazz and popular music evolved from African rhythms and melodies and Morris has created a unique fusion of these genres, which will have you up and dancing. Morris plays saxophone, clarinet and pennywhistle and is famous for his solo on Paul Simon's "You Can Call me Al". He has toured extensively with Harry Belafonte and Hugh Masekela and was in the Rosie O'Donnell Show band for its entire run. Included in his group is the world-renowned bassist, Bakithi Kumalo, and talented Long Island musicians David Bravo on keyboard and Mark Portugal on drums. To add to this talented mix is the electrifying vocalist, Tsidi Le Loka, Broadway star of "Lion King".

The show is being produced by our own resident impresario, Neville Grusd and I encourage you to attend.

Ron Cooper
Lake Success Mayor

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GROUNDSKEEPING

A Quick Lesson About Ball Marks

As we all know, ball marks are a part of life on golf courses. But if properly repaired by the players, ball marks should never be an issue on the putting surface. Unfortunately though, many ball marks are either left unrepaired or are improperly repaired. The greens staff tries our best to repair them when we can but it's a time consuming task and by the time we get to it, it's actually too late to properly repair the damage. If you're wondering why it is too late, please read the following information.

A fresh ball mark repaired by a player takes five seconds to fix.

A freshly repaired ball mark will completely heal in twenty four hours.

A fresh ball mark left unrepaired for only one hour requires fifteen days time before the ugly scar has satisfactorily healed.

You and your playing partners can help take care of your course by using the time honored practice of repairing your own ball marks plus one other.

Following is a quick lesson on how to properly repair a ball mark.

Push your ball marks back toward the center; do not lift or twist harshly.

Ball marks can be fixed just as expertly with a two-pronged tool or tee by following these three simple rules:

Shorten the tee/prong length to no more than 1/2" to 3/4". This can be accomplished easily where the forefinger acts as a base, with the thumb providing the pushing action.

Push the ball mark from the backside first. As a golf ball lands on a green, the "back" side of the ball mark will have the most turf displacement. This is where the most pushing should occur, and with some ball marks this is all that is needed.

Push the ball mark from the sides. The two sides of the ball mark can also be slightly displaced, so the second and third areas to push back are the sides. In some cases a small amount of twisting may be necessary, but under no circumstances should the turf be ripped toward the center. Also, the leading edge of the ball mark generally requires no pushing, as the turf has not been affected.

Here is a video by the USGA showing the proper technique.

<https://www.youtube.com/watch?v=myOTf1wuZoA>

I hope this answers most of your questions about ball marks. If anyone has any further questions, please feel free to ask me directly.

Bob Johnston, Golf Course Superintendent

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GOLF-FIT

The Weakest part of most golfers' bodies is the part they need the most: the CORE. Without strong, pliable muscles in your stomach, hips, butt and lower back, you can't make a golf swing that is both powerful and technically sound. The following is an article by AJ Mirhzad, one of our Lake Success gym trainers about how to get your CORE in golf shape.

My Top 5 CORE Exercises

I want to share my Top 5 favorite CORE exercises with you. Attaining a trim and toned midsection is by far the number one fitness goal held by most people. There is just something so attractive about a small waist that appeals to the masses. The good news is that, no matter what you have been told, YOU can have the abs of your dreams. Before we jump right into the 5 Golden Exercises, we need to cover a few things that need to be put into practice. While ab exercises are great for strengthening and toning your abdominal muscles, solely doing these exercises will not make your abs flat. In fact, getting that perfect midsection is a process that takes more than a little time sweating in the gym. It takes hard work, and a game plan..... 1) Participate in regular cardiovascular exercise; 2) Maintain a full body strength training routine and 3) Eat a nutritious, calorie specific diet. You need to understand that first, before you move forward. It may seem overwhelming in the beginning, but the key here is to change your lifestyle to one that promotes fat loss rather than fat storage. The key that makes these exercises effective is the fact that, when done together, they use all of the muscles in your abdominal region. Often people will only do crunches, and while these are great, they are neglecting to strengthen the other 75% of their midsection. These are four basic types of abdominal exercises: 1) Ones that focus on your upper abs; 2) Ones that focus on your lower abs; 3) Ones that focus on your oblique's (sides) and 4) Ones that focus on your entire core. It is extremely important that you do at least one of each exercise type every time that you workout. This will give you the ultimate toned stomach look that you are going for!

Exercise #1: THE CRUNCH The basic crunch should be a staple in your arsenal of abdominal exercises. This classic movement concentrates on your upper abs. **Starting position:** Lie on your back on the mat with your knees bent and your feet flat on the floor. Support your head by placing your hands behind it, and keep your eyes turned up towards the ceiling throughout the entire movement.

Movement: Exhale as you raise your upper body a few inches off the mat by contracting your abs. Be sure to keep your back straight and avoid pulling yourself up with your hands. Hold yourself in this contracted position for a moment before slowly lowering yourself back down to the starting position.



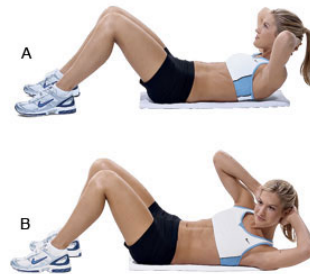
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Exercise #2: THE OBLIQUE CRUNCH The oblique crunch does just what its name proclaims – it works on your oblique's. Make sure to do an even amount of crunches on each side for a symmetrical look.

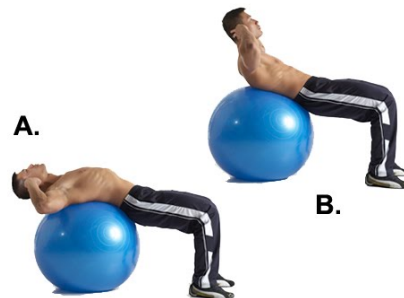
Starting position: Lie on an exercise mat with your knees bent and hands behind your head. Lift your left leg so that your knee is at a 90 degree angle, and the lower part of your leg is parallel with the floor

Movement: Exhale as you bring your right elbow in towards your left knee, while squeezing your abs. Inhale as you slowly extend your leg back out to the starting position.



Exercise #3: THE EXERCISE BALL CRUNCH Exercise Ball Crunches are great for your entire core. All of your abs are used in the stabilization process as you crunch. **Starting Position:** Lie with your upper back on an exercise ball and your feet flat on the ground in front of you. Support your head by placing your hands behind it, and keep your eyes turned up towards the ceiling throughout the entire movement.

Movement: Exhale as you raise your upper body up a few inches off the ball by contracting your abs. Be sure to keep your back straight and avoid pulling yourself up with your hands. Hold yourself in this contracted position for a moment before slowly lowering yourself back down to the starting position.



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Exercise #4: THE TOE TOUCH This is another great exercise for your upper abs, however, you can easily make this exercise more challenging by lowering your legs with each repetition. This will recruit the use of your lower abs as well as your upper abs and will make for a more strenuous workout.

Starting Position: Lie on an exercise mat flat on your back with your legs up in the air and your arms outstretched above your head.

Movement: Exhale as you raise your arms up and reach your toes. Hold yourself in this contracted position for a moment, and then inhale as you slowly lower your arms back down until they almost touch the mat. Repeat as repetitions before allowing your legs to touch back down onto the mat.



Exercise #5: THE LEG RAISE While this exercise is very challenging and not recommended for beginners, it is very effective. It focuses on your lower abs, tightening that stubborn area.

Starting Position: Position yourself in the roman chair by gripping the handles and placing your elbows against the pads, or grip overhead handles and allow yourself to hang.

Movement: Exhale as you raise your knees up towards your chest. Remember to keep your back flat against the back pad, or if hanging, try to keep yourself from swinging. Hold yourself in this contracted position for a moment, and then inhale as you slowly return your legs back down to the starting position.



So there they are...the top five exercises that will take the waste off your waist. You ask "Is it really that simple?" Yes it is, if you follow a structured program designed by a knowledgeable fitness expert. If you would like a Core Routine that you would like to follow at home, feel free to email me and I will send one to you.

AJ@LifefuelFIT.com

AJ Mirhzad is the owner of Life Fuel Fitness which is based in the Lake Success Gym

NOTE: You should always consult a qualified medical professional before using any dietary, nutrition, exercise or health advice.

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THE SCIENCE OF GOLF

Click on the link below to check out some really good videos about the Science of Golf from NBC Learn which were made in partnership with the United State Golf Association and Chevron

(www.nbclearn.com/science-of-golf)



Masthead:

Editor in Chief – [Larry Gross](#)