

WILDWOOD GREEN GOLF CLUB

February 2020



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Newsletter

"Carolinas Golf Group Facility"



WILDWOOD GREEN GOLF CLUB

February 2020

Board of Advisors:

Bob Hounsell
Dale Denny
Lennie Barton
Carol Smith
Bryan Copeland
Jim Davis
Carolyn Lyman

Co-Chairman:

Jeff Hall
Denice Short

Thank you for all your
ideas and support to
improve the club.

Hello to all members!

Hopefully everyone is surviving this Winter and looking for a great Spring and some golf on green grass. The new carts are a hit with all the members. Surely the cart paths will be enjoyable to ride on again. Look for an announcement for the annual membership meeting which will be held in March! Door prizes will include free dues, cart usage, range balls and many more outstanding prizes, plus a way for you to earn up to 1 year free dues!

Do not miss this event!!!

Thank you for being a member!

Roger Watson





WILDWOOD GREEN GOLF CLUB

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Wildwood Green is looking for a Handicap Committee for 2020

First we would like to thank Martin Mulholland and the Handicap Committee for their time on the Board. We will be sad to see them step down at the end of 2019.

An ideal handicap chair is a dedicated volunteer looking to pass on their knowledge to others and ensure that everyone's handicap index represents their true potential ability.



The **Volunteer Handicap Committee** will work with the golf shop professionals in adjusting scores, posting scores and making sure the player's handicap index is current for tournaments.

If you are interested in being involved with the handicap committee contact Jeff in the golf shop. 919-846-8376 ext. 2



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WORLD HANDICAP SYSTEM

R&A USGA

The new World Handicap System started on January 6th, 2020.

1. Your handicap index will now use your lowest 8 of your last 20 scores (the old system used your lowest 10).
2. Your handicap index will most likely change with the new system, but just slightly.
3. Your index will update daily.
4. Your course handicap for each tee box will account for Rule 3.5.
5. You will be able to post hole by hole scores with metric tracking (putts, fairways, misses)
6. You will NOT be able to use the same e-mail address for different GHIN numbers.
7. The max score for each hole is now double bogey plus any strokes on that hole (aka net double bogey).
8. You will be asked to post your score the day that you play (this is important for keeping up with player groups, leagues and tournaments) as quickly after your round as you can.
9. There is a new max index of 54.0.
10. The system will calculate adjustments needing to be made based on playing conditions when the number of acceptable scores is posted. This is a system-generated adjustment based on posted scores for the day.



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Member Accomplishments

Congratulations to the following Wildwood Green Junior Lady Golfers on their State Rankings:

Deborah Spair – Ranked #17 in the state

Anna Claire Bridge – Ranked #25 in the state

Emily Brubaker – Ranked #68 in the state

Katherine Bricton – Ranked #131 in the state

On January 6th Ralph Begun made a Hole-In-One on hole #17.
The hole was playing 115 yards, and this was Ralph's second Hole-In-One.

Have something awesome happen to you this month?

Report it to the golf shop and let us feature your news in next month's newsletter!





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February 2020

One Day Member-Member

Saturday, January 11th – Results



Flight 1:

1st Place (NET):
Christopher Moye & Zachary Truesdale

1st Place (GROSS):
Carl Hiller & Tim Manyatis



Flight 2:

1st Place:
Jeff Cashin & Jonathan Landrum

2nd Place:
Bradley Hamilton & Benjamin Tippin





WILDWOOD GREEN GOLF CLUB

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One Day Member-Member

Saturday, January 11th – Results



Flight 3:

1st Place:

Robert Housell & Dave Harry

2nd Place:

Tony Parente & Philip Arana



Flight 4:

T – 1st Place:

Les McSpadden & Tim Nicholson

T – 1st Place:

Dave Marshall & Vic Cononi





WILDWOOD GREEN GOLF CLUB

Acers Club at Wildwood Green



A good investment even if you aren't feeling lucky! **For only \$5** you can join the acers club and if you make a hole in one during the season you will **win the pot in the form of a gift certificate to the club....**which may help cover all of the drinks you will have to buy! **The first hole in one made by someone that is in the Acers Pool will win the pot.** Once the pot is cleared you will need to repay your \$5 to be eligible for the next round of winnings.

To enter the Acers Pool just stop by the golf shop and let us know you want to get in, pay your \$5, and go play golf.
The only catch is that your hole in one will have to be contested by your playing partner.

See a member of the golf shop if you have any questions!



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Dear Members,

It was a great start to the 2020 event season as we had a whopping 52 members play in the January one day member-member. Thank you for the great participation and let's keep that rolling over the next several months!

Even though it's only February we have seen some nice warm temperatures. I hope you have been able to get out and play a few holes this winter. The course has already started to turn green in some areas and more consistent warm temperatures are not too far off. We have another one day event and a Valentine's Couples event in the coming weeks. Be sure to sign up for them!

Please let us know how you like the new UpNOut ball retrieval system. Those were recently installed in each flag stick throughout the course!

Lastly, I want to take time to thank my staff here at Wildwood Green. It is one of the best ones we have had in my ten years with the club. We are all learning together on what you expect from us so we appreciate the comment cards and notes that help keep us moving in the right direction. We all look forward to seeing you at the club very soon!

Upcoming Events

Wednesday, February 5th
Poker Night

Saturday, February 8th
One Day Member-Member

Sunday, February 9th
Valentine 9 & Dine

Saturday, February 15th
Guest Day

Saturday, February 22nd
Skins Day

Monday, February 24th
Poker Night



WILDWOOD GREEN GOLF CLUB

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Rick Durham – Superintendent

Greens have been covered for four days so far this year. Last January greens were covered for thirteen days. We certainly have caught a break with cold temperatures so far in 2020. The warmer weather has allowed us to move forward and exceed expectations on several projects. Our old manual irrigation heads have been switched out with modern electric heads on eight fairways. Currently electric wires are being installed along with new control stations. This improvement will allow us to better control moisture levels on fairways and maximize all agronomic practices.

The only down side to this winter has been the amount of rain we have had. This time of year wet conditions do not dry out as they typically would during summer months. For this reason cart path renovation has not gone as smoothly as anticipated. Once warmer dry conditions prevail cart path renovation will resume. There's no easy way to do this without interrupting play. I encourage everyone to be alert and have patience when entering any work zone throughout the golf course. Thank you for your comments and suggestions, and as always I can be reached via email at rdurham@wildwoodgreen.com.



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Tyler Bass – Assistant Golf Professional

Happy February Everyone!

I hope everyone has stayed warm through this cold January. There are two items of interest that I wanted to touch on, the first being the new Optishot 2 Simulator. Until the end of winter, the Optishot will be available to anyone who wishes to test their luck on an assortment of the most popular courses in the world. From TPC Scottsdale in Arizona to The Old Course at St. Andrews, enjoy a virtual experience like none other. Be sure to stop by the Golf Shop and take a few swings and enjoy this awesome piece of technology. In the near future, we will be having some closest to the pin challenges and “Beat the Pro” games. Can you hit it closer than me on #17 at TPC Sawgrass? Let’s find out!

The second item is the new golf cart fleet. I hope you all are enjoying our brand-new fleet of EZGO golf carts. They are super quiet with their lithium batteries and have a great modern look to them, definitely an upgrade from our gas guzzlers. With new carts comes greater responsibility, so we ask to always adhere to the cart path rule for the date of play and to also utilize the sand bottles located conveniently on the side of the carts to ensure the course and carts are being well taken care of. The golf carts also sport a walk-away automatic braking system; so you never have to think about locking the brake again! Bring your charging cords as well, because these carts are also equipped with USB charging outlets. Don’t worry, there are two available so no need to share! These carts are a wonderful addition to the club, and will make your wonderful golf experience here at Wildwood Green even better!

Again, have a happy February!



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Dan Alton - Head Teaching Professional

Spring is right around the corner! Hopefully February will prove as mild as the rest of this winter has been. Just in case it gets cold out there here are some tour tips that all of you can do to hit a better shot....Play lower compression and/or softer golf balls, we have Titleist TruFeel (redbox) right here in the shop. Do Not store your golf clubs in your car overnight, bring them inside. This will make sure your driver & woods keep their spring and that your golf balls do not fall below 60 degrees. Once a golf ball reaches sub 60 degree temperatures it will not compress as normal....you can also throw hand warmers in the pocket with them while you play!



Special from the Pro: For this month only, purchase any package of golf lessons & get a FREE Glove & Sleeve of Balls of your choice! Offer expires 2/29.



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Rules of Golf with Brian

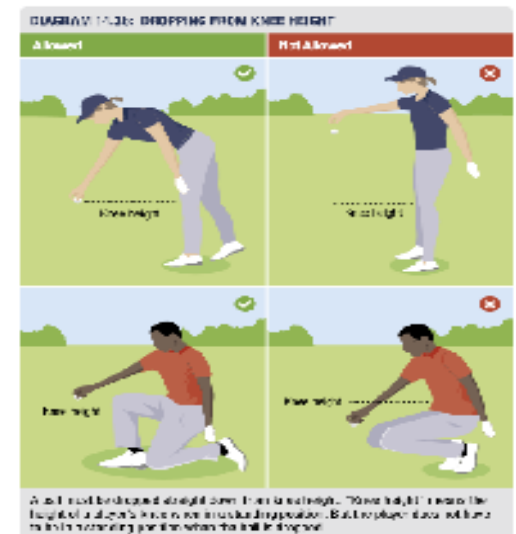
Rule 14.3b - Dropping the Ball:

You must drop a ball in the right way, which means all three of these things:

- You must drop the ball (neither your caddie nor anyone else may do so).
- You must let go of your ball from a location at knee height so that the ball:

Falls straight down, without you throwing, spinning or rolling it or using any other motion that might affect where your ball will come to rest, and does not touch any part of your body before it hits the ground.

- “Knee height” means the height of your knee when in a standing position.





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Brad Martin – Champions Grille

Hope everyone's New year is off to a great start. We have a few changes coming to Champions Grille. Coming soon we will be introducing a Brisket sandwich, the name is still undecided, so stay posted. Another new item, which some of you have already tried, is The Champion Scramble Burrito. It is scrambled egg with cheese, hash brown and your choice of sausage or bacon. Be sure to come by to try our new items!

Couples golf will be hosted on February 9th. The dinner provided will be spaghetti, garlic bread, side salad, and banana pudding. All drink specials are applied to those who are participating in the event. \$2.00 for Domestic beers, \$3.00 for craft/import beer, \$4.00 for any wine pours, and \$5.00 for any single shot liquor drinks.

I hope everyone has a great February and look forward to seeing you all.

-Brad-



WILDWOOD GREEN GOLF CLUB

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New in Champions Grille



Brisket Sandwich



Draft Beer



Breakfast Burritos!

PULL TOGETHER



COLLECT POP TABS FOR
SERIOUSLY ILL CHILDREN
www.RMHDurhamWake.org



**Made from Scratch
Baked Goods!**



WILDWOOD GREEN GOLF CLUB

February 2020 The Golf Academy Update



Registration is currently underway for the spring semester of Operation 36. The nine week semester will have classes for adults and juniors age 7-18. There will be a six week semester for the Future 36'ers, ages 3-6. All information for the program can be found on the Academy website, raleighgolflessons.com, navigate to the Programs / Junior Programs page, and scroll down to the Operation 36 information. There is also a link for new families to go to that will access the Operation 36 web app for class registration and returning families can go to their family administrative portal to register for current classes. All tuition payments will be done with Jimmy Hamilton directly. The spring semester begins the week of March 9 ending on May 17. The summer semester will begin June 8-August 16 and the fall semester will begin August 31 to November 1.

The Academy will again offer the PGA Junior League program for juniors ages 7-13. Registration will begin in early March and dates will run from mid April for practices once a week and matches beginning on Saturday afternoons in mid May to mid July. Registration will be through the National PGA site at PGAjrleague.com. Specific dates are being determined and will be published in early March.

Watch for Get Golf Ready and other popular adult golf class information for 2020 coming soon.



WILDWOOD GREEN GOLF CLUB

February 2020 The Golf Academy Update



Ronnie Reitz will be conducting \$15 for 15 minute clinics on the range from 4:00-6:00pm on Wednesday and Friday evenings in February. Get your game off to a great fundamental start for the season as Ronnie evaluates your set up fundamentals, giving simple tips for improvement that have existed for his over 50 years of experience teaching and coaching our game. Ronnie will be set up on the range, walk up and ask for some help, no appointments needed, and Ronnie will take all payments to him.

Need more help getting your game in shape for spring? All of us at The Golf Academy at Wildwood Green are ready to spring into action for you. Get good habits started right away, take what you already do well and become more consistent, go to work on that part of the game that is preventing your scores from improving. Go to the Academy webpage NOW, select and contact your coach of choice and begin your path to more golfing FUN!!



WILDWOOD GREEN GOLF CLUB

Voted One of The BEST Teachers In Our State

Jimmy Hamilton was recently voted one of the best teachers in our state through Golf Digest's annual ranking. Number 8 to be exact. What a fabulous honor to be among the best! We are so very excited for Jimmy and also his leadership of the absolute best golf academy in our area.

**Wildwood Green:
Where champions play
Where champions teach!**



Please congratulate Jimmy as you see him around the club.





WILDWOOD GREEN GOLF CLUB

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Kjersten – Sports Performance and Physical Therapy

Using the “Body & Brain Pain Resolution Solution” to Manage Your Chronic Arthritis



Chronic Illness /kron-ic il-nis/ - A long-term (3+ months) health condition that may not have a cure Arthritis /are-thrihy-tis/ - joint inflammation of one or more joints, that is often accompanied by pain and structural changes

Although most people view chronic arthritis as incurable or a fate that they will eventually face, recent research shows that you can effectively treat, resolve, and prevent arthritis pain and inflammation. The most common form of arthritis is osteoarthritis (OA) or degenerative joint disease (DJD). This is caused by aging, abnormal wear and tear, and/or injury. The symptoms are commonly reported as pain, swelling, “noisy joints,” stiffness, and difficulty moving. You may have been prescribed pain medications or surgery by your doctor to manage your pain, yet you still have progressing pain and inflammation. What if you could control your pain rather than your pain controlling you? What if you could be free of pain medications, avoid surgery, and return to a healthy, active life? Although this seems impossible, it is not only possible, but achievable! Using TherExcel’s “Body & Brain Pain Resolution Solution,” you will realign, retrain, and restore your body to your natural state and become pain-free.



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REALIGN

First, you will realign your body to properly unload your joints and balance the forces that are applied to your joints during daily activities, such as sitting or walking. For example, if you sit in a slouched position while performing computerwork, you shut off the postural stabilizers that should be supporting your body to hold the position. And then you recruit compensating muscles—upper trapezius (UT)—to do the work your postural stabilizers should be doing. Your UT muscles can do this for a while—until they can't. Then you will experience tightness, pain, and compressed neck joints. With time, you will likely develop osteoarthritis in your neck. But if you learn to realign your body—with your ankles, knees, hips, and shoulders aligned—and to balance the forces around the arthritic joint, you will be better able to activate your postural stabilizers and heal your chronic arthritis. As a result, your inflammation will decrease, the pain will go away, and your joints will begin to heal themselves.

RETRAIN

The use of *postural visualizations* can be a very useful tool for resolving OA pain and inflammation. You may be able to align your joints for a while, but the challenge then becomes holding that new alignment for a period of time, while you are focused on your computer-work. This is where visualizations come in. If you visualize that you are activating a helium-filled "Posture Balloon" attached to the top of your head and its job is to lift and unload the joints of your neck, your posture stabilizers will automatically "turn on" (activate), and your compensating muscles will "shut off" (inhibit). With practice and regular cuing techniques, you can retrain these muscles to work to unload your spine, resulting in decreased pain, joint compression, and wear and tear. Resolving your pain requires: *using the right muscles (posture stabilizers), to do the right job* (support your spine and joints), *at the right time* (while sitting to do your computer work). Try activating your "Posture Balloon" today; your body will thank you!



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RESTORE

Once you properly realign the joints of your body in sitting, and retrain the right muscles to do the work, you will be able to restore normal neck joint mobility (rotating your head or looking up at the ceiling). This will decrease tightness that is compressing and wearing down your spine, finally resolve the pain and inflammation that control your life, and improve the sensory-feedback information that goes to your brain! With the BBPRS (Body & Brain Pain Resolution Solution), you will: 1) free yourself from pain medications and the risks of dependency; 2) avoid unnecessary surgical interventions; 3) take control of your pain; and 4) get back to living your best life!

NON-OPIOID PAIN RELIEF TECHNOLOGY

In addition to resolving pain using the proprietary Body & Brain Pain Resolution Solution, TherExcel is proud to announce the addition of TrueRelief: A Non-Opiod Pain Relief Technology. This is an FDA-cleared, non-invasive medical device that uses a painless, high frequency electrical therapy to treat chronic intractable pain, post-surgical pain, and post-traumatic acute pain. Research on TrueRelief demonstrates that "97 percent of treatments have resulted in pain reduction and the average pain reduction has been 64 percent." For more information on TrueRelief visit www.TrueRelief.com or contact KMarlow@TherExcel.com. h&h

Kjersten Marlow, MPT, TPI, SFMA, DN-1, CPN, is a physical therapist with more than 20 years in sports and performance experience. She is a Level 3 Titleist Performance Institute (TPI) certified practitioner, a Certified Postural Neurologist, has certification in Selective Functional Movement Assessment (SFMA), and performs Dry Needling. Her holistic approach combines manual therapy, movement analysis, and stability training to maximize her clients' performance, while minimizing their injury. For a complimentary 30-minute injury or performance consultation (phone or in-person), reference this article and contact: **TherExcel Golf Performance & Physical Therapy; (919) 812-1717; www.ncgolfpt.com or www.TherExcel.com**

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WILDWOOD GREEN GOLF CLUB

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Hours of Operation

<u>Day of the Week</u>	<u>Golf Shop Hours</u>	<u>First Tee Time</u>	<u>Last Range Bucket Sold</u>
Monday - Sunday	8:30 AM - 5:00 PM	9:00 AM	5:00 PM

Champions Grille Hours - Monday-Sunday: 9:00 AM - 4:00 PM



WILDWOOD GREEN GOLF CLUB

February 2020

We have recently installed the UpNOut Ball Retriever on each flag stick here at Wildwood Green. The system is cutting edge for golf courses and will save you time and pain while you play!



The UpNOut system will...

- Save you back pain from having to bend over and retrieve your ball.
- No more broken fingernails while reaching into the cup.
- No more digging your club into the cup to retrieve your golf ball.
- Save time while playing...simply grab the flag stick, lift, and grab your ball.
- Moves up and down on the flag stick to avoid tearing up cup edges.

The next time you are at Wildwood Green try the system out and let us know how you like it. We have comment cards located on each golf cart for you to fill out and we have them located in the golf shop and in Champions Grille as well. We would like to hear what you think of the UpNOut Ball Retriever system!



WILDWOOD GREEN GOLF CLUB

February 2020

New
Carts!



The New Fleet Has Arrived!!



WILDWOOD GREEN GOLF CLUB

February 2020

February Poker Nights

**Wednesday,
February 5th
6:00 PM**

**Monday,
February 24th
6:00 PM**





WILDWOOD GREEN GOLF CLUB

February 2020

One Day Member-Member

Saturday, February 8th – 10:00 AM Shotgun Start



Format:

Two Player Teams, 1 Net.

Gross payout will be based on size of the field.

Entry:

\$15 per member with weekend morning privileges.

\$35 per weekday or pm member.

Entry fee does not include cart fee, walking allowed.

Entry includes range balls before play, on-course contests, and gift cards to winning teams.

Deadline to sign up is end of day on Thursday, February 6th



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Valentines 9 & Dine

Sunday, February 9th

2:30 PM shotgun start, dinner served after play is over



Four person teams. Couples may request to play with another couple. Members may bring an accompanied guest couple as their partner. Format is Captain's Choice for 9 holes. 5% of the teams handicap will be subtracted from the team's total score after 9 holes. Closest to the pin will be hosted. 1 Men. 1 Women. Gift cards will be awarded to the winners and all ties split. Food will be served in Champions Grille after play.

Cost: \$30 per member couple + cart fees

\$50 per weekday member couple + cart fees

\$80 per accompanied guest couple including cart fees

SIGN UP WITH THE GOLF SHOP BY CALLING 919-846-8376

Deadline to sign up is Friday, February 7th



WILDWOOD GREEN GOLF CLUB

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February Guest Day

Saturday, February 15th



Bring up to 3 accompanied guests or sponsor a foursome if you can't play. All accompanied or sponsored guests may play 18 holes including cart for \$35 per person. Fee includes range balls before play!



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Skins Day at Wildwood Green

Saturday, February 22nd – All Day Tee Times



Cost: \$20 (\$10 to gross and \$10 to net). A GHIN handicap is required and you must enter before you tee off for your round.



WILDWOOD GREEN GOLF CLUB

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2020 New Rules for Member Events

Please note beginning January 1st, 2020 we will require Weekday and PM memberships to pay an additional green fee on weekend events with the exception of the Club Championship. A green fee will be established closer to the beginning of 2020. You may upgrade your membership category to a Regular Membership at anytime with 30 days written notice. Please see a member of the golf shop for more information.





WILDWOOD GREEN GOLF CLUB

February 2020

Clubster - Your Member's Only Communication Tool



GET IT ON
Google Play



Download on the
App Store










Clubster is a great tool that we use on a daily basis to inform you of food specials, events & results, happenings around the club, and much more!

Your email address should already be associated with Clubster however, if you do not receive emails through this communication tool, email info@wildwoodgreen.com and we will be sure to set you up. You can also download the app through your smart phone's market place.



WILDWOOD GREEN GOLF CLUB

February 2020 Events Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Non-Accompanied Guests are required to ride a cart until 2:00 PM on weekends & holidays all year round.						1
 Groundhog Day  Superbowl 54	2 WildOats 10:00 AM TT	3 Wildflowers/WildOats 10:00 AM SG	4 Gaggle 10:00 AM TT  Poker Night 6:00 PM	5 WildOats 10:00 AM SG	6 Gaggle 10:00 AM TT	7 One Day Member – Member 10:00 AM SG
8 Couples Golf 2:30 PM SG 	9 WildOats 10:00 AM TT	10 Wildflowers/WildOats 10:00 AM SG	11 Gaggle 10:00 AM TT	12 WildOats 10:00 AM SG	13 Gaggle 10:00 AM TT HAPPY Valentine's Day	14 Guest Day 
15 WildOats 10:00 AM TT  Weekend/Holiday Rates and Rules	16 Wildflowers/WildOats 10:00 AM SG	17 Gaggle 10:00 AM TT	18 WildOats 10:00 AM SG	19 Gaggle 10:00 AM TT	20 Skins Day 	21 WildOats 10:00 AM TT
22  Cleveland/Srixon Fitting Day 11:00 AM-3:00 PM	23 WildOats 10:00 AM TT  Poker Night 6:00 PM	24 Wildflowers/WildOats 10:00 AM SG	25 Gaggle 10:00 AM TT	26 WildOats 10:00 AM SG	27 Gaggle 10:00 AM TT	28 Leap Day 