We’ve got your number.

One of our legacy members recently shared that his parents held their club membership number for more than 50 years. He related how special it was that when his mother passed the Club held that number for his family to use after he got married.

This story is meaningful to me because it signifies the esteem in which we hold our members. It would be hard to walk the halls of this Club without feeling a sense of the tremendous history and tradition that we are so fortunate to have. Club staff is not only aware of our history, but it is a great source of pride for us. We hope you feel the same way.

This issue of Forecast focuses on aspects of our Club’s great traditions, including the large number of legacy families here. There’s no better time than the holidays to look back at our storied years. I hope you’ll take the time to appreciate, in the faces on these pages, the link between our youngest members and the generations of family before them.

Cover spotlight:

Mrs. Jayne Milburn, at 101 and a WCC member for 77 years, is our oldest and longest-time member. While she couldn’t make it to the appreciation dinner, see p4, she was certainly mentioned and remembered. In a previous Forecast Mrs. Milburn reminisced about how the Auerbach room used to have a dropdown dance floor and piano room. She says she loved that.
### WELCOME NEW MEMBERS

<table>
<thead>
<tr>
<th>Sponsor</th>
<th>New Members</th>
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<tr>
<td>M.J. “Buddy” Edwards III &amp; Jan Bishop (Associate)</td>
<td>Kyle (22), Kayla (20), Dylan (14), Maddie (13)</td>
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<tr>
<td><strong>SPONSORED BY</strong></td>
<td>Mark Geist &amp; Timothy Farrell</td>
</tr>
<tr>
<td>Stuart &amp; Fran Bruck (Corporate-Associate)</td>
<td>Dylan (14), Maddie (13)</td>
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<tr>
<td><strong>SPONSORED BY</strong></td>
<td>Harvey Sorensen &amp; Jim Armstrong</td>
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<tr>
<td>Scott Sutherland &amp; Tiffany Ann Defebaugh (Regular)</td>
<td>Jack (5 months)</td>
</tr>
<tr>
<td><strong>SPONSORED BY</strong></td>
<td>Steven Sutherland &amp; Thomas Triplett</td>
</tr>
<tr>
<td>Dustin &amp; Jessica Dibble (Regular)</td>
<td>Lily (12), Noah (7)</td>
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<tr>
<td><strong>SPONSORED BY</strong></td>
<td>Bob Casper &amp; Jim Sorlie</td>
</tr>
<tr>
<td>Craig &amp; Megan Duerksen (Corporate)</td>
<td>Lauren (21), Scott (18), Sean (15), Talby (14), Annie (11)</td>
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<tr>
<td><strong>SPONSORED BY</strong></td>
<td>John Clevenger &amp; Monte Cook</td>
</tr>
<tr>
<td>Andrew &amp; Kristie Kovar (Regular)</td>
<td>Giovanni (12), Alessia (10), Siena (8)</td>
</tr>
<tr>
<td><strong>SPONSORED BY</strong></td>
<td>Harvey Sorensen &amp; Jim Armstrong</td>
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<tr>
<td>Kevin Owens &amp; Brian Crane Owens (Corporate- Associate)</td>
<td>Ben Thomas &amp; Jill Hattan-Thomas (Associate)</td>
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<tr>
<td><strong>SPONSORED BY</strong></td>
<td>Harvey Sorensen &amp; Jim Armstrong</td>
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<tr>
<td>Massimo &amp; Tammy Messina (Corporate-Associate)</td>
<td>Elliot (12), Morgan (2), Riley (2), Callie (14)</td>
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<tr>
<td><strong>SPONSORED BY</strong></td>
<td>Keven McCoy &amp; Gerald Aaron</td>
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### Celebrating 4000 years of memory making.

We honored WCC members who have been here 40 or more years in mid September. Sport coats and bowties, pearls and red lipstick colored the red carpet entrance. It was pretty special to see multiple decades of membership proudly escort their loved ones into a room full of longtime friendships. Chatter of fond memories was contagious and you could feel the pleasure and appreciation about the room. At dinner, Cory gave a champagne toast and mentioned there was a combined total of nearly 4,000 years’ membership in attendance.

We couldn’t be more thankful for the dedication of these longtime members and we most certainly wouldn’t be the Club we are today without them. This special Forecast issue focuses on family ties and showcases not only our longtime members, but generations of families that have built and sustained our Club culture. The holidays are right around the corner! That means football watch parties, Breakfast with Santa, Champagne & Mistletoe and more. Happy memory making!

**Tamara Meckstroth**

*Membership Director*
A TRADITION OF Member Appreciation

It was a rendezvous to beat all rendezvous. Members of 40 years or more, many past WCC presidents, WCC staff and current board members and their wives gathered in the main dining room in September for cocktails, dinner and reflection. Guests of honor were celebrated with pride, gratitude, a champagne toast by General Manager Cory Conklin, three-course meal by Chef Kurt and 40+ year commemorative pins. Table talk was an opportunity for everyone to learn a thing or two about the life and history of WCC.
Be sure and mark your calendars with these upcoming dates!

**MGA Closing Day**
- **OCT. 22**

**Halloween Spooktacular BINGO**
- **OCT. 30**

**Breakfast with Santa**
- **DEC. 10**

**Gingerbread House Workshop**
- **NOV. 27**

**Ladies Gala: Champagne & Mistletoe**
- **DEC. 2**

**Thanksgiving Day Buffet**
- **NOV. 24**
It isn’t possible to walk through the halls of Wichita Country Club and miss the rich tradition of the membership. Photos, in color, sepia and black and white, line the walls to tell the stories of camaraderie, celebrity and triumph. Scrapbooks dating back to the origin of the Club chronicle the people and events in minute detail.

What you can’t see on the walls or yellowed pages of WCC annals is the respect for WCC history that is part of the value system of the Club staff. The rich lore of our Club and memories of the members who gave it life are celebrated and protected.

We asked our third-, fourth- and fifth-generation legacy members to share photos, memories, recipes and thoughts about their WCC experiences. We heard from many and hope you will enjoy the pages that follow. They are evidence that we enjoy one of the most multi-generation clubs in the country.
WCC was a fixture of my childhood I recall with fondness and appreciation. Our legacy’s genesis started with my grandparents and continues today with their great-grandchildren. The original big pool with high dive, treasure dive on Labor Day weekend, Thursday night poolside buffet, Sunday buffet, Easter egg hunts and tennis lessons are vivid childhood memories.

Personal memories and events shared with my father, however, mean the most: driving the golf cart with my dad while trying to find his wayward, fluorescent pink golf balls; my husband asking my father for my hand in marriage on the WCC golf course; my rehearsal dinner and wedding reception; my last Easter with my dad where he took my (then) 3-year-old out to the bunkers to pick up golf balls so I could actually eat and tend to the (then) 1-year-old; and last, but not least, watching my mom and dad swing dance together on the party room dance floor.

—Dr. Krista E. Shackelford
Every year growing up, we would head to WCC after Easter Mass for brunch with my mom’s side of the family. I think there must have been more than 40 of us. We had the back room to ourselves. My cousins and I would eat as fast as we could and head out the back door to play. At some point, the adults would gather us together for the traditional family photo. Easter was always a big deal and I remember Easter brunch as being the brunch of all brunches. It makes my mouth water just thinking about those scrambled eggs!
—Lou Ann Dandurand

Easter was always the best holiday of the year for our family, because it meant we were all together with the entire Dondlinger side of the family...enjoying each other, catching up, and playing around the club (the younger generation climbing trees). I hope someday to continue that tradition so my son Charlie will be able to get to know his cousins, aunts and uncles as well as I did. I’ve got very fond and fresh memories of those times, and I can’t imagine not holding onto those for the rest of my life.
—Ben Dandurand
Kendall Drake (Daniel)

Daughter of WCC members Will G. III and Kristin Price
Granddaughter of WCC members Will G. Jr. and Joyce Price
Great-granddaughter of WCC members Will G. and Eva Price

Lifetimes of memories.

It has been such a treat to grow up in Wichita and experience life at the Wichita Country Club as a child and now as an adult. I enjoyed listening to fun stories about life at the Club during its earliest years when my great-grandparents were members, and then later when my grandfather, Will Price, Jr., served as president. Perhaps my favorite memory is from May 23, 1998, when Dan and I celebrated our wedding with a beautiful reception at the Club. Our children, Jackson and Kennedy, are in high school now. They have benefitted from the extensive activities the Club offers our children and especially enjoy the beautiful new pool and its surroundings. It is pretty special that my children are part of something their great-great-grandparents participated in as well.

— Kendall Drake
Pièce de résistance.
Tom and Sally (Tinker) McGrath had their wedding reception at WCC in 1991.

Tom and Sally McGrath’s daughter, Lindsay, and her fiancé, Cale Armstrong, will have their wedding reception at WCC in the summer of 2017.

Sally Tinker McGrath (Tom)
Daughter of WCC members Dr. Robert C. and Mary Louise (Roberts) Tinker
Granddaughter of WCC members Dr. Louis and Josephine (McDonald) Roberts
Great-granddaughter of WCC members Thaddeus John* and Sophia (Getto) McDonald

* TJ was a member of the original WCC board of directors
As a kid and a guest of my grandparents, I remember very clearly those hot Kansas summer days, hanging out at the WCC pool, perfecting my high dive “cannonball,” endless games of Marco Polo, and waiting the obligatory half hour after eating cheeseburgers and fries before again gracing the pool with my presence. I also remember watching as the golfers came off of the course, dog tired, drenched with sweat, shirt tail akimbo, and recall thinking, “What a bunch of idiots! Why wouldn’t they just go to the pool on a hot day like this??”

Cut to many years later…now I am one of those idiots. Just a few years before my wife, Olivia, and I moved back to Wichita from California, I somehow caught the golfing bug. As my father, Belden, was an avid golfer from the time I was young, maybe it was a recessive gene that suddenly became dominant. Whatever the cause, it was a real blessing to be able to join WCC as a legacy, not only for the golfing opportunities, but also for the many other benefits the Club has to offer.

My wife and I have shared many hours in the dining rooms with friends and family, workouts at the fitness center, and other fun WCC events. I am particularly grateful for the time I have spent on the golf course over the past 20 years, for the golf programs and tournaments available, for the friends I have met and reconnected with as a result of my participation, and for the rounds I have been able to play with my dad. Our life in Wichita would certainly not be the same without “the Club.” Even if one is not a golfer, there are ample opportunities for socializing and participating at WCC. Wichita should be very proud to claim a country club that has enjoyed such a reputation for quality and longevity, and we are delighted to continue to be part of the Wichita Country Club as a third-generation legacy.

—Jeff Mills
The Wichita Country Club has played a huge part in the Naftzger family’s social history (the Naftzgers have been a prominent banking family in Wichita since the late 1800s). Many events, including weddings and baby showers, birthdays, anniversaries and holidays, have been celebrated at WCC. In fact, M.C. and Gwendolyn met at the Club! Elsie and John enjoyed the golf course in their spare time and would often take Caesar swimming at the pool. As Caesar became older, he rode his bike to the Club to swim or to play tennis with Cameron. The high dive was his favorite. Today, our kids also enjoy the pool, tennis and social events and are beginning to play golf.

—Michelle Naftzger

WCC history includes a little romance.

The Wichita Country Club has played a huge part in the Naftzger family’s social history (the Naftzgers have been a prominent banking family in Wichita since the late 1800s). Many events, including weddings and baby showers, birthdays, anniversaries and holidays, have been celebrated at WCC. In fact, M.C. and Gwendolyn met at the Club! Elsie and John enjoyed the golf course in their spare time and would often take Caesar swimming at the pool. As Caesar became older, he rode his bike to the Club to swim or to play tennis with Cameron. The high dive was his favorite. Today, our kids also enjoy the pool, tennis and social events and are beginning to play golf.

—Michelle Naftzger
Favorite family recipe.

Recipe for:
California Casserole

1. Preheat oven to 350°F. Lightly grease a 13x9x2 inch baking pan (last one I used was 3 qt).
2. In a large skillet, sauté 1 cup onion, 4 cups finely chopped white rice, 2 cups salted celery (see note), 1 cup cream-style creamed chowder, 1 cup cream-style cottage cheese, 2 green chilies, 1 cup frozen peas, 1 cup frozen corn, 1 cup salted green chilies.
3. Remove from heat, add 1 cup grated Cheddar cheese, 1/3 cup grated Jack cheese, 1 cup sour cream, 1/2 cup milk, 1/3 cup diced green chilies, 1/3 cup diced green onions, 1/3 cup diced green chilies, 1/3 cup diced green onions, 1/3 cup diced green chilies, 1/3 cup diced green onions.
4. Pour the mixture into the prepared baking dish. Bake for 1 hour. Remove from oven and let sit for 10 minutes before serving.

Note: I sometimes use 1/2 cup flour in place of 1 cup flour. I also add 1/2 cup of water to the mixture to help it hold together. I sometimes use 1/2 cup of mayonnaise instead of sour cream. I also sometimes use 1/2 cup of sour cream instead of 1 cup of cream. I also sometimes use 1/2 cup of water instead of 1 cup of milk. I sometimes use 1/2 cup of green chilies instead of 1/3 cup of green onions.
I have fond memories of growing up at WCC. My earliest memories are of my grandfather taking my brothers and me to the pool when we visited Wichita. Later there were many days of junior golf practice and play with my brother and friends from school. Golfing with friends is still an important part of my week. Sunday brunch has always been special and provided the opportunity to have large family gatherings that dining rooms at home would not accommodate. WCC has also been the setting for celebrating many memorable events, including the rehearsal dinner and wedding reception for Jane and me, my parents’ 50th wedding anniversary and many gatherings for birthdays, graduations, weddings and retirements. The addition of the fitness center has made a big difference for me. And it has been wonderful for our children to have the opportunity to grow up participating in the Club’s golf and tennis programs. It would be hard to measure the influence WCC has had on our family through what is now the fourth generation.

—Dr. James M. Shaw

Winnie spends more waking hours at WCC than at home! The kids all started golf at 3 with their dad on the driving range. Winnie’s passion for golf and tennis was certainly bred at WCC. Over the past two years, as a freshman and sophomore at The Independent School, she has medaled at the state 3A golf tournament and last year, during her sophomore year, she also medaled at the state 3A tennis tournament with her doubles partner. She is playing both sports again this fall and practicing hard to make it back to the state golf and tennis tournaments. I do believe she spends more waking hours at WCC than at home!

—Jane Shaw (wife to Jim and mother to Casey, 18, and twins Austin and Winnie (17)
A mother's specialty.
The Black Bottom Cupcakes recipe was one of the very few dishes that Bill's mom, Jean Tinker, made. As we always said she didn't cook and her mother had a cook. She died in 1981. Marcelette Davis was the lady Bill's dad dated until his death. She was always part of things after Jean was gone.
—Lynne Tinker
This recipe goes back well over 100 years and originated with my great-great-grandmother who lived on a farm near Trenton, Tennessee. It was passed down to my father’s grandmother who lived in Bartlesville, Oklahoma, with her family, of whom my grandmother, Kate Knighton, was the youngest child. Their family left Tennessee and moved to Bartlesville during depression days. The recipe is cooked every Christmas and served with decorated sugar cookies. One interesting side note is that my great-great grandmother, Mammy Cole, would never touch any alcohol, but it was more than okay to spice up her custard with a shot of bourbon.

— Katie Toy
Known in Germany and Austria as Blitz Kuchen, this cake’s name means “quick as lightning.” Susan G. Purday calls this cake the original “two-fer,” a butter cake and meringue layer baked on top of each other in the same pans. Filled with whipped cream and berries, one of the meringue layers forms the cake top—covered with cinnamon-sugar and almonds, it looks spectacular and needs no further decoration.

**INGREDIENTS**

**serves 8-10**

<table>
<thead>
<tr>
<th><strong>Topping</strong></th>
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<tbody>
<tr>
<td>1 TB granulated sugar</td>
<td>1/3 cup sliced almonds</td>
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<tr>
<td>1 tsp ground cinnamon</td>
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<thead>
<tr>
<th><strong>Butter Cake Layer</strong></th>
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<tbody>
<tr>
<td>1 cup sifted all-purpose flour</td>
<td>4 large egg yolks, room temp.</td>
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<tr>
<td>3/4 tsp baking powder</td>
<td>1 tsp vanilla extract</td>
</tr>
<tr>
<td>1/8 tsp salt</td>
<td>1 tsp almond extract</td>
</tr>
<tr>
<td>1 stick unsalted butter, room temp.</td>
<td>1/3 cup + 2 TB buttermilk</td>
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<tr>
<td>1/2 cup granulated sugar</td>
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<tr>
<th><strong>Meringue Cake Layer</strong></th>
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<tr>
<td>4 large egg whites, room temp.</td>
<td>1 cup superfine or granulated sugar</td>
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<tr>
<td>1/4 tsp cream of tartar</td>
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<th><strong>Filling</strong></th>
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<tr>
<td>1 cup heavy cream, chilled</td>
<td>1/2 tsp vanilla</td>
</tr>
<tr>
<td>1 TB superfine or granulated sugar</td>
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**DIRECTIONS**

Stir sugar and cinnamon in a small bowl. Put sliced almonds in another bowl and set them aside. Place rack in center of oven and preheat to 375 degrees.

**PREPARE BUTTER CAKE LAYER:** In a medium bowl, whisk sifted flour, baking powder and salt. In a large bowl of an electric mixer, cream butter and 1/2 cup sugar until well blended. Scrape bowl and beater. Beat in yolks two at a time, and extracts. Scrape bowl again, beat well. With beater on lowest speed, slowly add dry ingredients alternating with buttermilk. Once batter is blended, increase speed and whip 1 minute, until smooth and creamy. Divide batter evenly between prepared 8-inch pans and smooth the tops. It will not look very thick, but that is okay. Set pans aside; do not bake yet.

**PREPARE MERINGUE LAYER:** When whites are not cold to touch, add cream of tartar and whip on medium speed just until foamy. Gradually whip in 1 cup sugar, increasing mixer speed to high. As soon as you see beater tracks on top of the whites, stop machine, lift beater and check stiffness of foam.

Divide meringue evenly between cake pans, spreading it right on top of the butter cake batter. Use spatula or spoon to pull meringue into peaks. Sprinkle cinnamon-sugar and sliced almonds evenly over both meringue layers.

Bake layers in preheated oven 20-24 minutes, or until meringue tops are a darkened ivory color and feel crisp on top. Cake will begin to shrink from pan sides, and a cake tester in the middle will come out moist from meringue but not show any wet batter. Cool 10 minutes.

Run a knife between cake and pan sides to loosen, then top each layer with a plate or foil-covered disk and invert gently. Lift off pans. Leave the best meringue top facing up. Cool layers completely while preparing filling.

**PREPARE FILLING:** Using a chilled bowl and beaters, whip cream just until soft peaks form. Add sugar and vanilla, then whip a few seconds longer until cream holds its shape in peaks but is not too stiff.

**ASSEMBLE CAKE:** Spread filling on butter cake layer facing up. Sprinkle berries over cream. Use a broad spatula or pancake turner to help lift second layer and place it—best meringue side up—on top of the filling. Do not ice the sides of cake. Refrigerate cake until ready to serve.
Plus fours and kilts, cowboy boots and silver buckles…
members and guests fist-bumping their knuckles!

Competition so fierce and yet brofession profuse…
WCC barrel-aged tequila obviously put to great use!

Mariachi mayhem and dudes running serious smack…
it’s not easy to swing when a golfer’s under attack!

But young Matty Lazzo and Chad Nieman his guest…
circled the wagons and stood up to the best!

Viva Round Up!

CONGRATULATIONS!
2016 Round Up Champions
MR. MATT LAZZO
&
MR. CHAD NIEMAN
of Overland Park, Kansas

¡Ole!
No, your eyes are not playing tricks on you. And no, he’s not encouraging the development of your trick-shot repertoire, regardless of how popular it’s become in the current golf and social media spheres. Yes, you may have seen him casually rolling golf balls toward a locked-and-loaded and somewhat apprehensive student on the range. Asking a student to strike the ball while in motion seems counterintuitive...this is golf and the ball does not move! And you may have seen him encouraging students to actually let go and physically send their golf clubs flying downrange towards their intended targets. Fore!

“What is this madness?” you might ask. “I believe our bodies instinctively know how to swing the golf club in a very powerful way,” says PGA Certified Professional Carlton Dove. “And we often get in the way of our own natural movement when we address the ball and then attempt to produce a swing based on the myriad of random thoughts and swing tips coursing through our brains. I believe there is an alternative way. It begins with recognizing and quieting the noise and then allowing our instincts (our physical intelligence) to react appropriately to the target.”

“There is one basic principle in the Culture of Golfers and it is this: There is something wrong with my game and I must fix it.”

Extraordinary Golf
The Art of the Possible
Fred Shoemaker with Pete Shoemaker
A Certified PGA Professional, seasoned in the art of conversation and a student in the PGA of America’s Master Professional Program, Dove believes “extraordinary golf” is possible for players of every age, gender and playing ability. “If we are to experience extraordinary golf, I believe we have to find that great balance between learning, enjoyment and performance on the golf course. And we need to transition away from the “Culture of Golfers” where we’re constantly trying to fix something and refocus on simply become more aware of everything—how our bodies are moving, our surroundings, our playing partners, everything—and begin the process of discovering what is possible.”

Carlton is energized and ready to innovate and create new opportunities for all golfers to become totally immersed in the game. Stop by the golf shop and engage the discussion or call the golf shop to schedule a personal session with Carlton.

Memo from PGA Head Professional, Phillip Prude: Club tossing permitted only under the strict supervision of a PGA Professional!

Golf’s most sought-after experience and skill set is the ability to create solid contact. Whether you’re a tour or weekend player, the one thing everyone truly wants is to strike the ball solidly.

**What is solid contact?**

Let me define some key concepts to help create an opening for learning about solid contact.

**Solid contact:** A ball-first, centered strike on the clubface (with the clubface essentially square to the target line) followed by the club scraping the turf underneath after contacting the ball.

**Low point:** The lowest point of the clubhead’s arc in a swing.

**Center of gravity (your “center”):** location where the majority of your weight is concentrated (changing constantly throughout the swing)

"The manner in which the clubhead meets the ball is the essential part of the golf swing. It is in the two to three feet immediately before and after impact where the real business takes place; it is there that the master-stroke is made and the duffer’s shot marred.” —The Gate to Golf, J. Douglas Edgar, copyright 1920

For solid contact (on an iron shot) to occur you must strike the golf ball first and then brush the turf afterward. The low point of the arc on a solid shot is in front of the golf ball (on the target side of the ball). The club will reach its low point based on where your “center” is located at the start and how it moves throughout the swing. If you can locate your center and move it, then you can start producing the correct low point to achieve solid contact.

An excellent exercise to help discover and develop solid contact is tossing a ball underhanded from your golf setup. There is strong correlation between how we toss a ball underhanded and the mechanics of solid contact. It begins with the setup. Notice the location of my center (marked by the blue arrow) at address and impact in the pictures at the top. This will lead to striking the turf too far behind the ball or compensations with the body/club preventing a solid hit. Now look at the picture of how my body is at setup and impact for a soft toss. In the soft toss my center naturally sets up in an effective position for solid contact and then moves toward the target through impact thus allowing the low point to occur in front of the ball. Having a setup and motion similar to my soft toss in my pitch swing makes for a low-effort, natural motion.

Your learning and development of consistency lies in simply your experience and awareness. So all you need to do is pay attention to how the low point changes as your center changes with both a soft toss and a short pitch. Your body will take care of the rest.
A NEW FITNESS PROGRAM OPTIMIZED FOR MAXIMUM IMPACT ON YOUR GOLF GAME.

The truth, friend, is that with all of the handy excuses and conveniences of the modern world, one of the greatest challenges we face is staying physically fit. If you accept this challenge, you will find that when other challenges come along, you can use your dedication to fitness as an example to yourself that you can do anything. You will be able to go into any situation with the belief that you are fully capable of achieving your goal. And you will never face a situation where you say, ‘I cannot do that.’

Gary Player
The Golfer’s Guide to the Meaning of Life
Our passion for the game of golf at Wichita Country Club runs deep. We observe and respect golf’s rich history and traditions and the Club’s storied contributions. And the responsibility for growing the game among our membership and with a future generation of golfers is always at the forefront.

We are engaging with juniors earlier than ever—WCC junior programs begin at age 4. We’re constantly introducing new programming and refreshing events and creating multiple access points for PGA professional coaching and instruction. This is done with one simple goal in mind—to help golfers of all ages and skill levels create the best possible experience on the golf course.

“We have the best-of-the-best fitness facilities in Wichita and expert fitness instruction,” says Carlton Dove. “It’s a natural progression for us to lean into golf-specific fitness.” To that end, Titleist Performance Institute-certified (TPI-certified) instructors Brooks Wiebe and Carlton Dove have teamed with certified fitness instructor Arin Benjamin to launch WCC TOPSHAPE Golf.

“Our hope is that this eight-week workshop is just the tip of the iceberg in terms of offering golf fitness programming,” remarked Arin Benjamin. “Many of the participants are already using the fitness center. Let’s equip and teach them to train their bodies in a way that really benefits their golf game.”

TOPSHAPE Golf features a combination of strength and range of motion/joint mobility training that participants can practice and incorporate into their regular workouts. Brooks Wiebe adds, “It’s important for golfers to understand how the body moves and how each movement relates to the golf swing. We live in a very sedentary society—we sit a lot and we’re getting really good at it. Just turns out sitting’s not that good for us and definitely not helping our golf—our hamstrings tighten, our hip flexors shorten and our glutes get weak.”

Dove and the team believe if we can improve range of motion and increase strength our bodies will have more freedom to react and produce the powerful golf swings we all desire. He adds, “There’s a great possibility we will also gain a yard or two off the tee, prevent a few injuries along the way and ultimately extend our golfing years.”

TOPSHAPE Golf is for all golfers—men and women, beginners and club champions, juniors and super seniors. If you missed out on the current workshop, ask Arin, Brooks or Carlton about the program and look for a second workshop beginning after the holidays.

Arin Benjamin
ACE-Certified Fitness Instructor

Brooks Wiebe
PGA Professional
TPI-Certified Level 1

Carlton Dove
PGA Certified Professional
TPI-Certified Level 1
NSCA-Certified Trainer

#DUBCCGOLF #DUBCCFIT #DUBCCSTYLE
GAME. SET. MATCH.

Congratulations to Miss Anna Riedmiller on winning her third consecutive Kansas State High School Activities Association State Championship in singles tennis. And congratulations to all the Independent High School and Collegiate High School girls for bringing home 2016 State Team championships.
Club 4 Kids reservations are required.
Please call 316.634.0135.

Friday, December 2

Join us for our traditional ladies Christmas luncheon and market. Invite a friend for fun, frivolity and the opportunity to start your Christmas shopping early. Our city’s favorite retailers will dazzle us with the best the season has to offer. Chef will create a culinary experience and presentation that will delight.

Club 4 Kids reservations are required. Please call 316.634.0135.
Wichita Country Club and the staff went above and beyond to make our day extremely special. There's no greater experience than getting married at what felt like my second home growing up. Our wedding on the south lawn and brunch reception were flawlessly executed by staff. They made our day.
—Alex Carney, son of WCC members Jeffrey and Laurie Carney

It's not too soon to begin planning for your spring or summer wedding affair at WCC. Save your date with us now!

STAY CONNECTED WITH WCC.
Like us on Facebook at Wichita Country Club, follow us on Twitter @TheWichitaCC, find us on Instagram at thewichitacc, and check out our website for information about upcoming events, daily specials and everything in between.

IN LOVING MEMORY.
Patricia McConachie