



E-NEWS

APRIL 2019

Captain's Notes

Why is it, that during and after the Opening Competition, the weather seems to take a turn for the worse? Despite the mixed weather more than fifty players took part, followed by a presentation in the Clubhouse. It seems that everyone enjoyed it, I know I certainly did, even though my team's score left a wee bit wanting! Mark placed the holes in the wrong part of the greens for me! Long putts being the norm!

The Ladies Greensomes took place on Sunday complete with a strong field, despite the light rain and cold temperatures. Surely the weather can only improve!

There are a few new members at Aberdour and I would like to take this opportunity to extend a very warm welcome. If anyone has any questions or needs help, please contact either myself or anyone else on the Council, who will be delighted to assist in any way they can.

This time of the year may well be an introduction, for some members, to the updated Rules which came into force in January. These have been introduced to make the game more enjoyable and hopefully, a little quicker in the process. I particularly like 'Keeping the Flagstick In' when putting. It works for me anyway! Copies of the new 2019 Rules are available from the Office.

Please enjoy the coming Season.

50/50 Club		
February Winners		March Winners
Jean Bald	£92	Jim Richardson
Anne Polland	£69	Franik Pajak
Angus Cameron	£46	Alick Grant
Membership is only £5 per month or £60 per annum Monthly Draw for prizes Contact The Office if you would like to join 50% of the money goes to Clubhouse improvements		

Ladies Section

Ladies Open Greensomes on Sunday 7th April 2019

70 couples took part in the Ladies Open Greensomes on Sunday 7 April. The event was won by J Cullen and W Donaldson (Stirling) with 65.4. Grateful thanks go to all our volunteers who manned the desk and carried out starter duties. At least the ladies on the desk were in the warmth - not so, the starters, Steve, Colin, Rob and Ron, who all braved the elements to ensure the smooth running of the first tee. They are to be complimented on their valiant efforts and enthusiasm in attempting to make the ladies feel at ease prior to their game as it was freezing on that first tee. I hope the four of them have now thawed out.

Mark and his team made certain the course, as usual, was in first class condition and a few of the regular competitors in our Opens commented on the pleasant redesign of some of the holes and bunkers. The catering staff ensured the ladies enjoyed their meal and heated up after being out in the cold for over three hours. The Professional and Colin are to be congratulated on coping with phone calls and adjusting tee times as a result of some call offs due to the weather. The office staff are also thanked for dealing with entries and assisting with other matters which sometimes go unnoticed. Without all these willing bands of helpers our Opens would not prove nearly as successful and they also assist in making the preparation a bit easier for Match. Congratulations to you all (you know who you are).

Ladies Competitions

Entries again have increased from last year although the latest Stableford Competition was hampered by the weather with only eight ladies participating. Despite the dreich day Marion Small won with 33 points closely followed by Pat Ritchie with 32.

Daily Mail Foursomes

Ann Matheson and Anne Farquharson are due to play Saline ladies in the Daily Mail Foursomes this month so we wish them all the best in their match.

Membership Offer

As you know our financial year end (31st May) is fast approaching and we need to recruit about 20 full paying new members before then.

As an incentive we are offering full memberships for £500 (normally £560) with no joining fee (normally £150) provided that the money is paid upfront and before the 31st May 2019.

Match News

OPENING COMPETITION

Well done to the quartet of Walter Heggie, Ian Paltiel, Dave Moffat and Roger Parr who won the Opening Competition with a nett score of 55.8. Thank you to the 56 members who took part in the traditional summer curtain raiser.

R.N.L.I NIBLICK

The cold, wet weather continued at the weekend, but still 57 golfers braved the elements in the annual mixed stableford which raises much needed funds for the R.N.L.I. Steve Higgins tallied 41 points to be the clear winner of the Niblick Trophy, with Colin Thurogood (38 pts) in second place. The leading Lady was Sheila Page (33 pts).

SENIOR GENTS CLUB CHAMPIONSHIP

A reminder for our more experienced golfers that the Spring Cup on Saturday 20th April also doubles as the qualifier for the Senior Club Championship. The top 8 scratch scores (plus ties) posted by those aged 55 and over will qualify for the match play portion of the Senior Championship.

There will be a sheet for Senior members to indicate whether they wish to be considered for the match play tournament, and by ticking "Yes" players are confirming that, should they progress to the final, they are available to play on Saturday 15th June.

This is always a popular competition and we have had to close the pre-booking period six days early because all slots were full. Anyone who wishes to play should contact the Pro Shop or Match to be added to the waiting list.

SUMMER MATCH PLAYS 2019

The first play-by deadline for the Gents summer match play tournaments is now almost upon us. Ties in the Preliminary Round of the Cameron Cup and the Hillside Trophy must be played by Sunday 21st April.

The draws are on the noticeboard in the clubhouse, and can also be viewed online at the club website. Don't leave it until the last minute to contact your opponent, be proactive and please contact Match if you require contact details.

DAILY MAIL FOURSOMES

The club's Drybrough Cup champions, David Ritchie & Jim Pearston, won their second round tie in the national competition at the 3rd extra hole away to Burntisland GC and now await the draw for Round 3 which is scheduled to be made on Tuesday 23rd April.

Locker Room Security

In the evenings the outer locker rooms doors are open later than the Clubhouse to allow members access to the locker rooms whilst it's still light. This means the Clubhouse is alarmed but not the locker rooms, which is why the internal doors to the Clubhouse are locked. The locker room alarm is on a timer. The back doors need to be closed before the automatic lock, which is also on a timer, will work. Please close the doors when you leave the locker room in the evening so that they can lock when the timer activates.

Thank You.

A REMINDER OF THE NEW RULES

20 Must Know Rules of Golf Changes 2019 (R&A)

1. Drop from knee height (NOT shoulder height).
2. Measure the area to drop in with the longest club in your bag (except a putter).
3. Drop in and play from the relief area.
4. When dropping back-on-the-line, your ball cannot be played from nearer the hole than your chosen reference point.
5. Time to search – 3 minutes (NOT 5 minutes).
6. If you accidentally move your ball when searching for it, replace it without penalty.
7. No penalty for a double hit – it only counts as one stroke.
8. No penalty if your ball hits you or your equipment accidentally after a stroke.
9. No penalty if your ball strikes the flagstick when you have chosen to leave it in the hole.
10. Spike mark and other shoe damage on the putting green can be repaired.
11. Ball accidentally moved on putting green – no penalty and replace.
12. Ball marked, lifted and replaced on putting green is moved by wind to another position –replace ball on the original spot.
13. Penalty areas replace water hazards, and you can move loose impediments, ground your club and take practice swings in penalty areas without penalty, just as you can on the fairway or in the rough.
14. You can't take relief from a penalty area unless you are at least 95% certain your ball is in the penalty area.
15. In bunkers you can move loose impediments.
16. In bunkers you cannot touch the sand with your club in the area right in front of or right behind your ball, during your backswing or in taking practice swings.
17. Free relief is allowed if your ball is embedded on the fairway or in the rough (but "embedded" means that part of your ball is below the level of the ground).
18. Unplayable ball in bunker – extra option to drop outside the bunker for 2 penalty strokes.
19. You cannot have your caddie or your partner standing behind you once you begin taking your stance.
20. Pace of Play - it is recommended that you take no longer than 40 seconds to make a stroke (and usually you should be able to play more quickly than that) and Ready Golf in stroke play is encouraged.

Well done to the greens team for getting the course in a great condition for the Opening Competition and the start of the season.

The winter work on the 12th hole, the path work, the removal of trees around tees and greens and the general upkeep of the course has been carried out to a very high standard and it has paid off.

The greens team hope you enjoy the course this year and they will continue to ensure that you have a top quality course to play on.

You can do your part by remembering to repair pitch marks on the greens and replacing divots

GOLF AND HEALTH WEEK 15th – 19th APRIL

GOLF AND HEALTH

1 Golf and Physical Activity

- Aerobic: Moderate intensity for most people
- Muscle strengthening: More research required
- Spectating: Research required

2 Golf can provide moderate intensity physical activity using a golf cart or walking the course

Using a Golf Cart	Walking the Course
- 3.5 METs	- 4.8 METs
- 6000 steps	- 11000-17000 steps
- 4 miles	- 4-8 miles
- 600kcal/18 holes	- 1200 kcal/18 holes

3 Physical activity is associated with reduced risks of chronic conditions

HIP FRACTURES	-36 TO 68%
DIABETES	-30 TO 40%
CVD, STROKE	-20 TO 35%
COLON CANCER	-30%
DEPRESSION/DEMENTIA	-20 TO 30%
BREAST CANCER	-20%

4 Golfers live longer

Golfers live longer compared to non-golfers

5 Golf and Physical Health

Cancer	Cardiovascular	Musculoskeletal	Respiratory
Regular PA → ↓ risk colon/ breast cancer Skin cancer → wear sunscreen, protective clothing, seek shade	Golf can improve known risk factors for CVD Consult a doctor before playing golf if unstable cardiac symptoms present	Incidence of injury moderate, injury rate per hour low. Back, elbow and wrist most common. Improved balance and strength in older adults	Regular participation in golf → improved and maintained lung function in older adults

6 Mental Health and Wellness

Golf has wellness benefits → self esteem, self worth, self efficacy

Golf and mental health needs more research.

Murray, AD, Deans L, Archfield D, Schipferst C, Hawkes R, Kelly P, Grant L, Matric, M. British Journal of Sports Medicine 2016 www.golfandhealth.org

The first ever Golf and Health Week takes place from the 15th to the 19th April and aims to encourage golfers, non-golfers and lapsed golfers into taking part in the sport.

The collaborative campaign will run across digital and social media channels using the hashtag #GolfHealthWeek and will include content focused on highlighting the physical and mental health benefits of playing golf and projects being delivered by golf bodies and clubs.

Last year, a global consensus amongst leaders in public health, public policy and sport backed golf in the race to tackle physical inactivity and the prevention of illnesses such as heart disease, stroke, diabetes and cancer of the breast and colon.

Previous research has also highlighted that those that play golf live five years longer than those that don't play, while the sport has been shown to have self-esteem and self-worth benefits.

The new season is now underway with the first competitions played. It is always surprising, after the winter months, when you start cutting the grass how the course looks so much better, although not quite Augusta.

The Agronomist visited the course for his pre-season inspection and was generally happy with where the course is for the time of year. With regard to the greens there is still some moss on them which Mark will be treating over the next week but we don't have the same issue with Fusarium which affected numerous greens last year, and was particularly bad on the 3rd and 6th. Some of the sharper eyed members will have noticed that a number of the trees behind the 3rd green have been removed to allow more sunlight into the back of the green, which should help with both the moss and the Fusarium issues on this green.

The 4th green was inspected and looked good after the long rest over the winter. However, it was noted that in the short time that the green has been in play that there are numerous pitch marks on it. Would you please help the greens staff and make sure you repair all your pitch marks.

The 12th hole is now back in play following the redevelopment work and early feedback is that it looks and plays well. Over the course of the season Mark will be lowering the cut into swales to the same height as the green aprons.

The greens budget is tight, as are all other budgets, and we are looking for ways to save money while at the same time not impacting on the condition of the course. One of the areas that takes up a lot of the green staff's time is repairing divots. In past years we have put together a small working party to carry out divot repairs to the fairways, but this year we were hoping to put small teams together to help divot the tees. If you are interested please contact Mark Laing (Mobile number 07920 090943), your reward will be seeing your efforts improve the course and I am sure Mark's budget will stretch to a cup of coffee and bacon roll.



Well Done Tiger Woods and Michael Allan who won the Pro Shop Sweep