

Bistro Lunch Specials



Monday's
\$10 Fish & Chips

Wednesday's
\$10 Schnitzel & Chips

Friday's
\$10 250g Grain Fed Rump Steak & Chips

Sundays
\$10 Specials and \$3 Schooners 11am to 2pm



Bar Specials
\$3 Schooners
Wednesday
&
Friday Afternoons
3pm to 6pm

Men's Presentation Dinner

Thursday 20th November

From 6:30pm

\$25 per head Dinner and Drinks

Please Book at the Bar

All Playing Members welcome to attend

Our Major Sponsors



From the Oval Office

It has been a few months since our last newsletter but it has been business as usual at the GGC. Following on from a recurrent theme, times are still tough in the Golf and Club industry and it seems they may get a bit tougher all round.

That being said it is a good time to look at what your club actually does for you and what you do for your club. Feedback about the clubhouse seems to indicate that members are happy with the progress that we have made on renovations and slowly we can see trade increasing. I believe that our club offers some of the best valued food and beverages anywhere in Sydney. So next time you are looking for a lunch venue why not come down to the club, I know as Golfers sometimes we only think of coming to the club when golf is involved, however there is a social side to the club and what a great local watering hole it is turning out to be.

How else can you help support your club? The most obvious way is via monetary sponsorship, either by funding one of our major events. We're lucky to have three major sponsors in Craig Marshall from Century 21 Cordeau Marshall, Be Financial and Peter Criss from Northside Golf Shops, of course we could always use some more. We also have a silver sponsor in Larissa Victoria from Gordon Physiotherapy Sports and Spinal in St. John's Avenue, Gordon and are looking for more.

One example of long term member sponsorship has been that of Noel

and Geoff Gladen from Lane Cove Optical who have been sponsoring our Hole in Ones for many years now.

We are also supported by individual members who sponsor annual trophies, many of whom have been doing so for many years. Which brings me to our Men's Annual Presentation Night which will held on Thursday 20th November if you log onto our website you will see a list of our Men's annual trophies along with the individuals who sponsor them, you will also see a lot events sponsored by the club. If you feel that you would like to sponsor an event and it can always be a group of members sponsoring an event, please see Tom O'Sullivan or Brian Chalmers.

Warmest regards,
Ian Harvey, President.

Clubhouse Renovations

Our new toilet amenity and disabled access is all but complete being due for a grand opening

Moving forward we are looking at what we can achieve that will benefit club operations, generating more income streams for the club so that we can ensure our financial security.

Spring Carnival
Charity Week of Golf

Commencing with Diggers Day on 25th October our week of golf got off to a flying start. These events were to raise money for Legacy, Junior Golf Development at Gordon and Hornsby Ku-ring-gai Hospital.

Thank you to those members who supported these very worthwhile causes. More information on monies raised will be available after our final day on Saturday 8th November, this being the VRC Emirate Stakes Day.

Thank you also to those members who helped manage the various days and make them the success they were, a most enjoyable time was had by members and guests.

Council Negotiations

There has been a lot of publicity recently around the leasing arrangements between the Club and the Kuring-Gai Council. The Club has met with Council since the report appeared in the North Shore Times. We are considering the best way forward given the report and the subsequent letter to the Times from the KMC General Manager.

It would be premature to report our actions today as we are doing some number crunching to be able to better represent our contribution to KMC's bottom line.

More to come shortly.

Our Major Sponsors



Common Golf Injuries

Welcome to my first article for Gordon Golf Club members. As a sponsor of your club I aim to provide benefits to members in a variety of ways. One of these will be via articles in your regular newsletter, which will provide advice and helpful hints to help keep you active, injury free and playing your best golf.

Regards

Larissa Victoria
Gordon Physiotherapy Sports & Spinal

Golf, like many sports, has great health benefits. With more and more health authorities and medical practitioners encouraging us to participate in sport, the regular exercise, the outdoor element and the opportunity to socialize that golf provides ranks this activity highly. Compared to other sports, the risk of injury from golf is low with the most common injuries occurring in the lower back, shoulder, elbow, wrist, head and eye.

Preventing injury from occurring is the best way to keep healthy, and understanding what causes injury is the first step.

In golf, the following factors increase the risk of injury:

Time spent playing. The more you play, the higher the risk of injury. Studies have found that more than 6 hours per week in competitive play increases the risk of over-use injuries. Over-use injuries or RSI (repetitive strain injuries) are common in golf and can be difficult to settle. Next month's article will cover RSI injuries, the types of RSI injuries most common in golf, how

to recognize symptoms early and advice on injury management.

Incorrect technique.

Examples include a poor golf swing and hitting the ground. Learning the correct stance and swing techniques reduce the chance of over compensation or of over using a particular set of muscles. Overuse, or compensation, often leads to tightness in certain muscle groups, in turn restricting smooth and unhindered movement.

Failure to warm up and cool down. This increases the risk of muscle and joint injuries. A University study revealed that less than 3% of Victorian golfers warm up properly and nearly half never warm up at all. Even though NSW golfers are obviously more motivated, failure to warm up is still a noticeable problem! Early morning tee-offs are often at times when temperatures are low and muscles tense up in order to conserve heat. Without warming up they can easily be damaged. In each subsequent issue of your newsletter, I will have a warm up exercise for you to incorporate into your golf regime.

However when injuries do occur you need to know how best to deal with them. On the golf course, it is common to sustain injuries through twisting, direct hits or falls. Usually ankles, knees, elbows or wrists are the areas that are injured in this

manner and may become bruised, swollen, inflamed and painful.

Applying the **RICE** method to these injuries will help. You may be familiar with it – if not – here it is:

REST A break from activity is required as moving the injured part may cause further damage. In severe cases of ankle injury, crutches may be required to allow complete rest to the ankle. Crutches are available from us for club members in these circumstances.

ICE This should be applied (in a wet towel or plastic bag) directly over the injury for 10 minutes. Repeat every 2 hours.
COMPRESSION Apply a firm elastic bandage or TUBIGRIP (elasticized tube) over, above and below the injured area, to reduce the amount of swelling.

ELEVATION Raise the injured area above the level of the heart to decrease the amount of swelling. This is particularly applicable to ankle and knee injuries.

Crutches are available for loan, and are exempt of hire fees for GGC members. We stock products such as ice packs, Tubigrip and sports tape.

On the Course

Slow play continues to creep into our game. The Board has previously adopted Pace of Play guidelines as displayed on the local rules Board.

The Policy has 2 parts - time taken to complete your round and your position in the field, the latter basically means keep up with the group in front. The Board has been generous with the time allowed to complete your round, the recommend time from the guidelines is 10 to 12 minutes for Par 3's 12 to 14 minutes for Par 4's, and 15 to 16 minutes for Par 5's. Based on our par, using the upper limit time for your round at Gordon should be 3 Hours and 58 minutes and at the lower limit time

would be 3 Hours and 24 minutes. So this raises the question of why do a lot of our rounds extend beyond 4 hours? Next time you tee it up, see if you can do the following.

Save 5 seconds per shot (one less practice swing) for most of us this would save at least 5 minutes per round. Something to think about!!!

Playing at Other Courses

When playing away from Gordon please ensure you provide your Golf Link number to the club you are visiting. This will ensure your scores are received at Gordon and handicap adjustments are made.

Twilight Golf
Fridays from 12 noon

Individual Stableford and Agg Pairs
Members \$10 Visitors \$20

Prizes for Men's and Ladies Individuals and best Agg Pairs

Bookings Online
Front Nine Score counts for Prizes and Handicaps

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