

GGC NEWS January 2009

From the Oval Office

The Year Ahead

We've all read the newspapers. We've all heard the reports. **2009 is going to be tough!**

The Board is under no illusion that it will be difficult for the Club to continue moving forward throughout 2009. At our last meeting the Board had an extensive debate on our future direction as we attempt to be pro-active in making necessary changes to our procedures and expense levels.

We have considered the possible implications of our members' personal financial strain, a club industry that is struggling and reduced bar turnover.

Notable changes implemented have been:

- Re-aligning our Member playing fees to be cheaper for our regular players, including a loss-leading \$14 per competition round for a full-playing member.
- Reducing office costs by closing the office on Sunday and Monday. All member enquires will be handled by the Bar staff on these two days.

Offering the Bistro staff the opportunity to close on Mondays to re-allocate their precious time by working additional hours on competition days. This may include opening for dinner on Thursday nights.

We have found that Friday nights at the club are becoming increasingly popular as a venue for a nice meal and socialising. But we notice that patronage is strongest from our social members. So, we're hopeful that with the support of our golfing members we can turn Thursday evening into a weekly dinner event where golfers and their families can enjoy each other's company.

Despite the uncertain economic climate, we're keen for our members to support the club in any way they can. Maintaining a positive outlook and promoting our reputation as the friendliest club on the North Shore is vital to our ongoing success.

Ian Harvey
President

Annual General Meeting

Our AGM is to be held on Sunday March 22nd. Notices and Annual reports will be available in the coming weeks.

It is now time to start thinking about who you want on the Board for 2009/2010 and whether you in fact would like to nominate yourself. There is approximately 6 weeks before Board nominations close.

During 2009 the Board developed a structure and set of procedures which enabled the Board to operate more efficiently and be able to focus on the major undertakings of the Board.

If you would like to nominate for the Board it may be beneficial for you to read the Board Charters and Roles and Responsibilities set out for the Board members. A copy of these documents can be obtained from Brian Chalmers.

Alternatively you may like to discuss your nomination with a current Board member, any of whom would be glad to help.

OUR SPONSORS



FROM OUR FRIENDLY PHYSIOTHERAPIST - LARISSA**BACK PROBLEMS**

Virtually everyone has experienced back problems or back pain at some stage. In fact, back pain remains the most common musculo-skeletal problem in our society, and costs millions of dollars in lost wages, health costs and in its effects upon families. However most people ignore the warning signs and take a long time to address them correctly.

WHAT HAPPENS

As we age, our discs, which are the shock absorbers for our spine, become less flexible and reduced in height. Hence there is less protection of the bone structures as the space between the bones reduces. This results in our spine getting stiff more easily and keeping it flexible requires more effort.

WHAT YOU CAN DO TO KEEP YOUR BACK HEALTHY

Keeping active is important. Golf is a good exercise, but often starts at the beginning of the day when it is cool. Ideally you should start your day with the back stretch below; especially before playing golf. These gentle movements help to stretch the small muscles and ligaments around the spine, and help the joints to produce their lubricating fluid. All of this helps to prevent injury.

BACK STRETCHES

When lifting your golf bag from the car boot, slide it to the edge of the boot before lifting it out. Prepare for the lift and do not hurry. Place your feet apart to form a firm base, brace your spine (by pulling in your stomach), and bend your knees, but not your back, then lift. If necessary brace your knees against the bumper bar, to maintain a firm stance. If your bag is too heavy and you feel your back is straining, remove some of the clubs, then lift out the bag, or ask someone else to help you.

When bending down to place or pick up your golf ball or tee, bend your knees or let one leg lift backwards off the ground as you bend forward. In this way, the back stays straight and you minimise the strain on the spinal joints.

Walk tall. When walking up slopes on the fairway we tend to bend forward. Again, this is a posture that stresses back joints. Try to keep upright; taking smaller strides will help.

You are welcome to drop into our rooms to obtain the information sheet on other ways to minimise back injuries. Most importantly, take note of warning signs such as increasing stiffness, pain that is easily aggravated with simple tasks or pain that does not resolve. Seek treatment early for back pain before it becomes established and difficult to settle.



Stand with your feet slightly apart; place your hands in the small of your back.
 Bend your trunk backwards at the waist as far as you can using your hands as a fulcrum.
Keep your knees straight. Maintain for a second or two and then return to starting position.
 Repeat 5-10 times. Each time bend a little further but always within a pain free range.

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CONTACT BRIAN CHALMERS ON 94981913

The Rules Of Golf - By Tony Mulhearn

Take the challenge and don't peek at the answers until you have thought them through !!

The answers can be found on page 4.

1. A player may not stand out of bounds to play a ball that lies in bounds.
2. Hazards on the course include both bunkers and water hazards.
3. A player may always test the condition of another hazard when his ball lies in a similar hazard.
4. All grass-covered ground within a bunker is part of the bunker. (Not that Gordon GC has any grass covered ground within a bunker.)
5. A provisional ball is a ball played, under the Rules, for a ball which may be lost in a water hazard or out of bounds.
6. A ball incorrectly dropped in a wrong place but not played may be lifted without penalty and dropped in accordance with the Rules.
7. If a competitor is disqualified, from a primarily handicap competition, for playing off a higher handicap than he was entitled to, he may still claim the gross prize.
8. In stroke play, if a player misses a short putt and holes the ball with the handle end of the club, the ball is holed with a penalty of two strokes.
9. The teeing ground and the putting green of the hole being played are designated as through the green.
10. Partners may always share clubs when each player has fewer than 14 clubs.

Thanks to Tony for his continuing support in providing these quizzes and rules clarifications.

Sewer Mining Project Update

The start date for Sewer Mining is still unknown with Kuring-Gai Council unable to provide the Club with any particulars.

As soon as we have more information we will let you know.

Clubhouse Renovations

Stage 1 of the renovations is now complete with a new bar, new toilets, smoking area and a general clean-up of the clubhouse.

Stage 2 is in the planning stage

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In My Hand I Hold A Ball,
White And Dimpled, Rather Small.
Oh, How Bland It Does Appear,
This Harmless Looking Little Sphere.
By It's Size I Could Not Guess,
The Awesome Strength It Does Possess.
But Since I Fell Beneath Its Spell,
I've Wandered Through The Fires Of Hell.
My Life Has Not Been Quite The Same,
Since I Chose To Play This Stupid Game.
It Rules My Mind For Hours On End,
A Fortune It Has Made Me Spend.
It Has Made Me Yell, Curse And Cry,
I Hate Myself And Want To Die.
It Promises A Thing Called Par,
If I Can Hit It Straight And Far.
To Master Such A Tiny Ball,
Should Not Be Very Hard At All.
But, My Desires The Ball Refuses,
And Does Exactly As It Chooses.
It Hooks And Slices, Dribbles And Dies,
And Even Disappears Before My Eyes.
Often It Will Have A Whim,
To Hit A Tree Or ! Take A Swim.
With Miles Of Grass On Which To Land,
It Finds A Tiny Patch Of Sand.
Then Has Me Offering Up My Soul,
If Only It Would Find The Hole.
It's Made Me Whimper Like A Pup,
And Swear That I Will Give It Up.
And Take To Drink To Ease My Sorrow,
But The Ball Knows ... I'll Be Back Tomorrow.
Stand proud you noble swingers of clubs and
losers of balls...

A recent study found the average golfer walks about 900 miles a year.
Another study found golfers drink, on average, 22 gallons of alcohol a Year.
That means, on average, golfers get about 41 miles to the gallon.

OFFICE HOURS

Please note that the Office hours have been set as follows:

Sunday & Monday—Closed

Tuesday to Saturday— 10.00am to 4.00pm

It would assist us greatly if members could ensure they subscribe to these hours.

SATURDAY 14th FEBRUARY SUPER 14's WARATAHS Vs HURRICANES 5.30pm

Be a Waratahs Supporter and join us for a fun night

**\$2 HOT DOGS
\$3 SCHOONERS**

SAD NEWS

We deeply regret to report that Cory Watts and Alan Harrison, members of Gordon Golf Club for 5 and 10 years respectively, have recently passed away.

Our sympathy and heartfelt best wishes go to Cory's and Alan's families at this very difficult time.

Quiz Answers

1. False refer Definition – Out of Bounds. A player may stand OOB to hit a ball in bounds.
2. True refer Definition – Hazard.
3. False refer Rule 13-4
4. False refer Definition – Bunker
5. False refer Definition of Provisional Ball. Note that once you have gone forward from the tee, you can't go back and play a provisional ball.
6. True refer Rule 20-6. This one is important to know.
7. True refer Decisions Book 33-1/13.
8. True refer Decisions Book 14-1/3.
9. False refer Definition – Through the green
10. False refer Rule 4-4b