

GANSBAAI



GOLF CLUB – GHOLFKLUB



1123, GANSBAAI 7220



028 384 1441



gbgholf@gmail.com

Newsletter April/May || Nuusbriëf April/Mei

The Southernmost Golf course in Africa

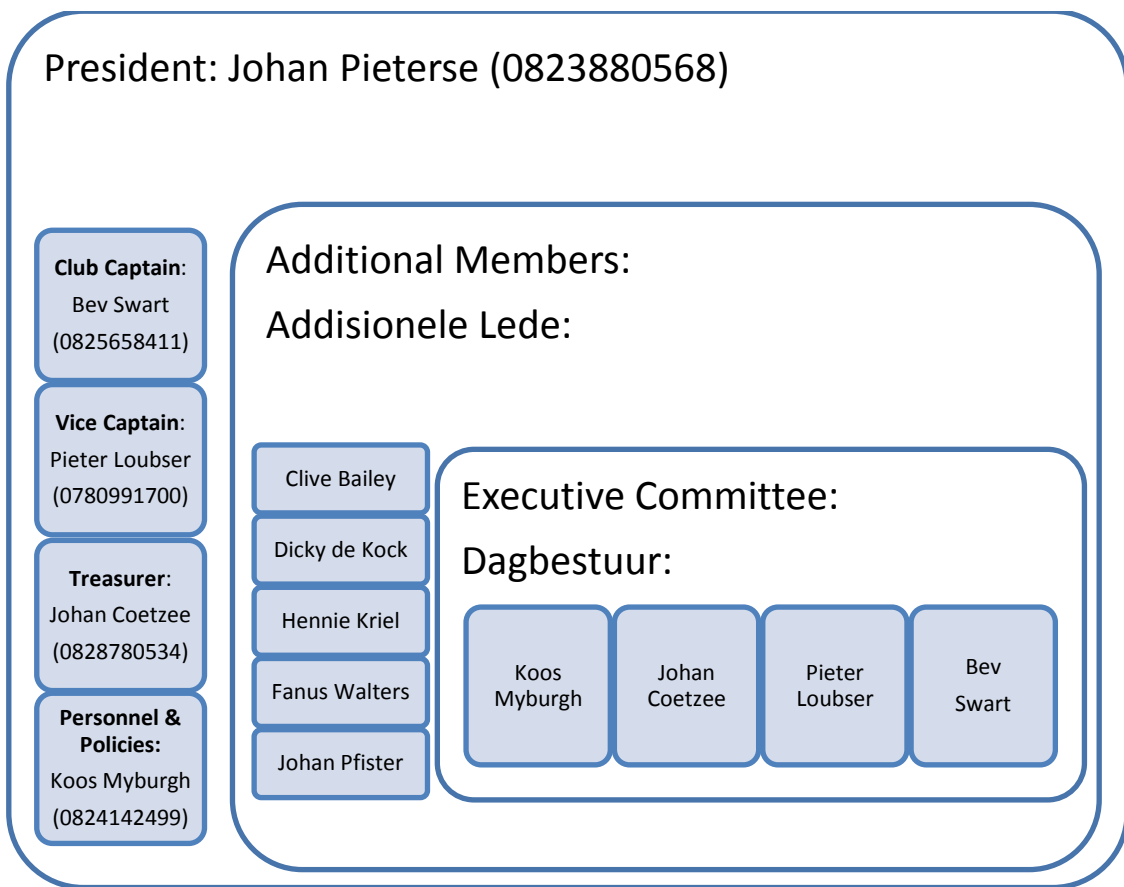
Die mees Suidelike Gholfbaan in Afrika

“A natural grass course, situated in Cape Fynbos with a touch of links in summer”

“’n Natuurlike grasbaan, geleë in Kaapse Fynbos met ‘n sweem *links* in die somer”



YOUR NEW CLUB COMMITTEE / U NUWE KLUBKOMITEE



PORTFOLIOS: / PORTEFEULJES:

Competitions and Sponsors: / Kompetisies en Borge: Pieter Loubser & Johan Pfister

Buildings: / Geboue: Hennie Kriel & Johan Pieterse

Newsletter and Media: / Nuusbriewe en Media: Fanus Walters & Johan Coetzee

Policy and Personnel Matters: / Beleid en Personeelsake: Koos Myburgh

Handicaps: / Voorgee's: Johan Coetzee & Pieter Loubser

Course: / Baan: Dicky de Kock

Finance, Stock and Insurance: / Finansies, Voorraad en Versekering: Johan Coetzee & Clive Bailey

CLUB NEWS / KLUBNUUS

Alas, the Golf Club was closed from 27 March until 30 April. No play was allowed, not even for a player on his own!

Helaas, die Gholfklub was gesluit vanaf 27 Maart tot 30 April. Geen spel is toegelaat nie, selfs nie eens vir 'n speler op sy eie nie!

Here she lies! Ready for play if and when the COVID-19 lockdown is lifted.

Hier lê die baan! Gereed vir speel wanneer die COVID-19 grendelstaat opgehef word.



This photo was taken in February during the high summer season. At the moment you'll experience a totally different course. In fact, thanks to the special attention given to it by Dicky de Kock during the lockdown period, the fairways are lush green and the putting surfaces are immaculate. You won't even find a divot on the fairways or a pitch mark on the greens! Thank you Dicky, Koos and Bev.

Hierdie foto is in Februarie tydens die hoog somerseisoen geneem. Tans sal u 'n totaal ander baan aantref en ervaar. Danksy die spesiale aandag wat Dicky de Kock gedurende die grendelstaat aan die baan gegee het, is die skoonvelde lowergroen en die setperke puik. U sal nie eens 'n sooi-kapmerk op die skoonvelde of 'n nadervalhou op die setperke vind nie! Dankie aan Dicky, Koos en Bev.



Here is our “lone ranger” on duty while we sit blear-eyed at home!

Hier is ons “veldwagter” aan diens terwyl ons leepoog by die huis sit!

Hats off to Dicky - he stayed alone in the clubhouse for the entire lockdown period!

Hoede af vir Dicky – hy het alleen in die klubhuis gebly tydens die hele grendelstaat!

Thank you to everyone who periodically supplied a meal to Dicky.

Dankie aan almal wat van tyd tot tyd ‘n ete aan Dicky verskaf het.

We owe you big time, Dicky! Ons is baie aan jou verskuldig, Dicky!

Dear members, do not forget: / Geagte lede, moenie vergeet nie:



Lilly after nilly / Niets na iets



Grey bucks wait / Grysbokke wag



Fill it up! / Maak vol!



Play regularly / Speel gereeld

- *Be on the lookout for a new exciting international competition that must take place before 31 May:
“The Windhoek Lager International Pairs”*

Hou die kalender dop vir bg. opwindende internasionale kompetisie wat voor 31 Mei gespeel moet word.

- *Pieter Loubser plans to host a big **Family Golf Day** later this year. The format will be a **4Ball Alliance Stableford**.*

Pieter Loubser beplan 'n groot **Familie-gholfdag** vir later vanjaar. Die formaat sal 'n **4-Bal Samespel Stableford**.

- Thanks to the Boland Golf Union, our Club received a grant of R8 500 from a Relief Fund for losses occurred during the lockdown period.

A FEW PICTURES TO TEASE YOUR APPETITE 'n PAAR FOTO'S OM JOU APTYT AAN TE WAKKER



Neil Harrison on his way ...



The Sauters and Bertie pose ...



Our President supplies food



Neil Harrison, Steve Muller, Bev Swart and Clive Bailey ready ...



Johan Coetzee on the watch ...

PICTURES SUPPLIED BY – **BEV SWART** – HET DIE FOTO'S VERSKAF

UPCOMING COMPETITIONS / KOMENDE KOMPETISIES

(IF POSSIBLE ! / INDIEN MOONTLIK !)

Participate and enjoy your member benefits !!!

Neem deel en geniet die voordele van jou lidmaatskap !!!

MAY / MEI 2020			
DATE / DATUM	DAY / DAG	COMPETITION / KOMPETISIE	INFORMATION: TIME / SPONSORS INFORMASIE: TYE / BORGE
1	Fri/Vr	<i>Sorry, due to uncertainty whether playing golf will be permitted during May, or the format thereof if possible, we can't publish this schedule.</i>	
2	Sat		
3	Sun/So		
6	Wed/Wo		
8	Fri/Vr		
9	Sat	Jammer, as gevolg van die onsekerheid of gholfspel toegelaat gaan word gedurende Meimaand, of wat die formaat sal wees vir die teendeel, kan die skedule nie gepubliseer word nie.	
10	Sun/So		
13	Wed/Wo		
15	Fri/Vr	<i>As soon as we receive the necessary permission and conditions of play, we undertake to send you an urgent notification.</i>	
16	Sat		
17	Sun/So		
20	Wed/Wo	Sodra ons die nodige toestemming en voorwaardes ontvang wat gholfspel toelaat, onderneem ons om u onverwyld in kennis te stel.	
22	Fri/Vr		
23	Sat		
24	Sun/So		
27	Wed/Wo		
29	Fri/Vr		
30	Sat		
31	Sun/So		

STAY SAFE / STAY HEALTHY / BE READY
BLY VEILIG / BLY GESOND / WEES GEREED

APRIL BIRTHDAYS / APRIL VERJAARSDAE

Happy birthday, valued member !!! / Veels geluk, geagte lid !!!

1	• Francois van der Merwe
3	• Bev Swart
6	• Pierre Pieters
9	• Christiaan Steyn
11	• Johan Pieterse
12	• Jennie Hall
16	• Charmaine Swanepoel
18	• Martin Tavener-Smith
19	• Steven Hitchcock
20	• Saretha Blignaut
22	• Frans Conradie • Gina Esterhuizen
23	• Johan Paulsen
25	• Andrew Dalglish
28	• Malcolm Bury
29	• Fritz Rieck
30	• Carolina van Zyl

GOLF GAME TIPS / GHOLFWENKE

✚ Mental Mistakes.

The great Bobby Jones once said, “**Golf is played mainly on a five-and-a-half inch course...the space between your ears.**”



While most golfers claim to understand how important the mental aspects of the game are, their actions often show otherwise. From selecting the wrong club to letting their tempers get the best of them amateur golfers struggle with the mental side of the game on daily basis.

Next time you step onto the #1 tee, make a commitment to yourself to play smart, and you'll have a much better chance of ending your round with a score you are proud of. Avoiding these two common mental mistakes is a great place to start ...

Following a bad shot with a stupid one. There's nothing more frustrating than hitting a tee shot into the trees and then launching your next across the fairway and out of bounds or into a lake. Back-to-back blunders like these, de-rail the round of any a golfer. To play up to your potential you've got to know when to take your medicine and get yourself out of trouble with a smart shot ... not a stupid one.

Checking your phone after every shot. Not only is having your phone on during a round rude and distracting for your playing partners, but it's going to hurt your chances of turning in a good score. It's pretty hard to sink that 4 foot par put after you receive a text message from the office. Make a commitment to only check your phone once at the beginning of the round and then once at the turn. The world isn't going to end if you take 2 hours to reply to an e-mail.

These are just two of the many mental mistakes that keep most golfers from unlocking their potential on the golf course. Ignore them at your own peril!

The Numbers.

Tour players are a different breed. They wake up every morning thinking about how they can shoot lower scores, and their practice and training regimens are on par with the highest performing athletes in the world. Not everything they do is complicated though. For example, every tour player out there knows the exact carry distance of each club in their bag. They monitor this constantly and many keep a simple laminated chart in their note pad for reference.

The question is... do you know these numbers? If you're like most amateur golfers the honest answer is no and your game is likely suffering because of it. Knowing your carry distances can go a long way toward improving your confidence and hitting great shots in high pressure situations. Instead of second guessing your club selection you can zero in on executing the task at hand to the best of your ability. Here are a few tips to help you get your carry distances dialed in:

Track your distances on the course. The first step in learning your carry distances is data collection, and the best place to do this is on the golf course during a round. The driving range is great for warming up and working on your swing, but when it comes to tracking distance I've found that you get much more accurate readings on the course. Most range balls just don't fly like real ones. Keep a note pad with you and record the carry distance of each shot that you hit being as accurate as possible... trust me this really works. It only takes a few seconds to keep notes after each shot.

Club	Carry Distance
Driver	270 Yards
3-Wood	240 Yards
5-Wood	225 Yards
3-Hybrid	197 Yards
4-Hybrid	185 Yards
5 Iron	170 Yards
6 Iron	160 Yards
7 Iron	148 Yards
8 Iron	136 Yards
9 Iron	125 Yards
Pitching Wedge	112 Yards
Gap Wedge	95 Yards
Sand Wedge	83 Yards

Create a quick chart. I've build mine using a simple spreadsheet on my computer, but you can make it even easier by drawing one up with a pen and paper. Once you've got it completed, just run it through the laminator, trim it down to size, and attach it to your golf bag for quick reference.

Never stop updating. The first distance chart you create doesn't have to be perfect. I create a new one every few months, and I'm always tracking my performance to see if I'm gaining or losing yards with each club. When you've got your carry distances committed to an easily accessible guide on your golf bag you'll be amazed at how much more you can focus your mind on actually executing each shot instead of trying to calculate which club to use.

Your grips.

Here's some advice to help you play your best. Today I want to talk to you about grips and how the proper ones can make a **HUGE difference in your game.**

There are many elements that you should consider when evaluating your grips, and each one can have a major effect on your performance. Here are a few pointers:

First, your grips should have a "tackie" or "sticky" feel to them. If you play twice or three times a week you should be replacing your grips every season.

Second, it is important to clean your grips on a monthly basis using warm soapy water and a nylon brush. This will get the oil and dirt from your hands out of the grips returning them to a "like new" condition. Keeping your grips in good condition will help you swing looser and hit more consistent shots.

Next, grip sizing. The size of grip that you select can really make a difference in how you hit the ball. Larger grips promote less wrist action while smaller grips let your wrists move more freely. Larger grips can also be great for players who struggle with arthritis or other pain in their hands or wrists.

Finally, different grips are made out of different materials, and they can affect performance. Many of today's grips are made with multiple types of rubber, which can help absorb vibration while remaining soft to the touch. There are also grips with a material called "cord" built into them. This grippy material can really be a benefit for players who struggle with perspiration in their hands, and also those who play in rainy climates.

Go talk to your local pro and take a close look at your grips. As we all know, it's the little things that can make a HUGE difference.

**KEEP YOUR DISTANCE, STAY HEALTHY
WASH YOUR HANDS REGULARLY
PRAY FOR A VACCINE/CURE**

*If the Club is closed due to the COVID-19 virus pandemic,
As die Klub gesluit is weens die COVID-19 virus pandemie,*

We suggest:

Practise floor putts into your best porcelain cup or crystal glass!

Drive your spouse/dog/cat/parrot nuts with your presence!

Choose the right club: your built-in barbecue and bar.

Ons beveel aan:

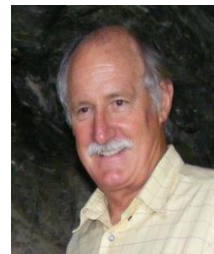
Oefen vloersetten na jou beste porseleimbeker of kristalglas!

Dryf jou wederhelf/hond/kat/papegaai gek met jou teenwoordigheid!

Kies die regte toerusting: jou ingeboude braai en kroeg.

*This Newsletter was compiled by Fanus Walters.
You are welcome to contact the Club at:
Hierdie Nuusbrieff is deur Fanus Walters opgestel.
U is welkom om die Klub te kontak, by:*

**Golf email: gbgholf@gmail.com
Web address: <https://xplorio.com/gansbaai> golf
Facebook: Gansbaai Golfklub/Golf Club**



--oo0oo--