



THE SANDY SENTINEL

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June 2009

Good Day Golfers,

The month started with May Madness as our Sanlam Cancer challenge was rained-out followed by hail and ended with sunshine..... The Sanlam Cancer Challenge which was postponed and held on the 23rd May 09 was a huge success with over R13 000 raised for the day. A special thanks to Ericson as well as the Cherry and Law families for their very generous donations to CANSA. Congratulations to our division's winners, Kevin, Mike and Sanet. We wish you the best of luck in the up-coming regional finals which are to be held on 30th August 2009 (Ladies) and 22nd August 2009 (Men). The day also gave Sandy Lane the opportunity to host its very first auction, Steve Dennett, Billy Tucker and Stephan Malan all took home awesome memorabilia and in doing so contributed additional funds to CANSA. Thank-you all for your generosity and for making the day a success!!!!!!

The Better Ball Challenge held on the 16th May was well supported by both Blue Bull as well as Shark supporters. Brian Sinclair really proved his commitment to the Bulls by handing a carrot to every Shark supporter.... *YIP, unfortunately the Sharks got carrots and the opportunity to eat them as well.... LOL*

Our Ladies continued their winning streak as they once again proved to Pecanwood that our ladies know their game. Our Ladies are currently 2nd on the log and are really promoting our club to the best of their sporting ability... as the saying goes... the proof is in the pudding.... The ladies next game will be against Mooi Nooi on the 27th June 2009.

Our Winter Wonderland Ladies Open which is to be held in mid-winter on Tuesday, 7th July 2009 promises good golf, tons of fun and a new dining experience so contact Sandy Lane on 012 244 3000 to book your four ball

If you've played golf at Sandy Lane recently you would have noticed that your sticker has been numbered, date stamped and clearly marks whether it's for 9 or 18 holes. The reason for this new process is not only to ensure proper financial control but also to assist the marshals. Therefore we request that you keep your stickers on you at all times and ensure that you pay and collect your sticker & receipts to avoid embarrassment.

As its Winter and our mid-week feet are slow, the golf committee have implemented a 2 for 1 combo special which includes a golf cart for R250-00 (Monday to Thursday). *Please help us by spreading the news to all your friends and business partners!!!!!!*

QUATRO TRADING / GLOBAL TRADER SPONSORED GOLF DAY AT SANDY LANE is to be held on Saturday, 11th July 2009. Finger Lunch with Prize Giving will be held after the golf and a brief presentation on JSE Investments, Spread Trading, CFD's, Gold, Commodities and World Markets will be held.

Thanks to Gerry all the golf cart ropes have been removed and the course is looking a lot more professional, please stay on the golf cart paths where applicable. As from the 1st June every player will have to ensure that they have a sand bag as this will be checked by our marshals. Sand boxes are available on the first tees, we encourage all golfers to use your sand bags and repair divots as part of your golf etiquette. Our greens are running fantastically and looking great, the last Stimp meter reading taken on the 6th June was 11. The greens team will be working on various tee boxes and pathways within the next few weeks.

The Notices, Agenda and nominations received have been emailed and can be collected from the golf office. We would like to encourage golfers to attend our Golf AGM on the 20th June 09 as this is your opportunity as the golfing futurity TO SAY YOUR SAY..... *WHETHER IT BE THE GOOD, THE BAD OR THE UGLY...*



CUTTER & BUCK.

Thank-you for nominating your new committee members... Nominations received:-

Nominated	Proposed	Seconded
Gordon Smillie - Committee member	Sanet Vd Merwe	Sanet Riekert
John Anderson - Committee member	Brian Sinclair	Lydia Richards
Niall Atherton - Treasurer	Warren Ford	Brian Sinclair
Gerry Few - Club Captain	Marcus Donovan	Warren Ford
Allan Richards - Chairman	Brian Daubern	James Kritzinger
Pat Anderson - Ladies Representative	Brian Sinclair	Angela Sinclair
Sanet Vd Merwe - Ladies Representative	Sanet Riekert	Simon Riekert

The AGM Better Ball Challenge which is to be held on the 20th June 2009 will be a shotgun start at 08h00 followed by a braai and then the business of the AGM at 14h00. Please contact Sandy Lane on 012 244 3000 to book for you and your partner.

On the FOOD FRONT..... I'm sure all our members have received the news as well as the email sent on the 27th May 09 announcing our new Restaurant Service Provider, the Caribbean Beach Club Restaurant has been awarded to the partnership of Marc Weldhagen and Carine Stander and will start trading on 1 July 2009. A limited Halfway house type menu, various soft drinks, beer and wine will be provided. The trading hours will be Tuesday to Friday 9:00 to 18:00, Saturday and Sunday from 8:00-18:00. The facility will be closed from Monday 22nd to 30th June, to allow Marc and Carine from Upperdeck time to set up the facility to start trading as of 1st July 2009.

Knockouts....

Who plays who and when can be viewed on the notice board at the club as well as on the website. Please remember to book your games before the deadlines as no extensions will be given.



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How did the word "DORMIE" originate?

See page 10

BETTER KNOWLEDGE OF THE RULES BROUGHT TO YOU BY



1. A player's ball lies in a hole made by a rabbit in a bunker, he is entitled to free relief. True or false?

2. A player is entitled to discontinue play if he believes there is danger from an electrical storm. True or false?

3. In taking relief from a water hazard a player need not proceed with the ball that entered the hazard. True or false?

4. When a player's ball lies in a hazard he may not remove a movable obstruction which also lies in a hazard. True or false?

5. In match play, a player who is doubtful of his rights or procedure may, without penalty, play a second ball. True or false?

See answers on page 10

**VIJAY SINGH
& BOO WEEKLEY**

SWITCH TO SRIXON!

Joining our line-up
of **250+** tour
players around the world!



It was reported by THE LAW & THE DOC that the friends of a son of an XXXXXX Food Service provider were seen removing the bell in question on a very dark, cloudy, chilly Sunday afternoon.

Mismanagement took this very seriously and implemented the no tolerance rule and opened a case at the Local SAPS

Seriously we did!!!!!!! (document can be viewed at the office under the file.... Stolen bell)

CASE NUMBER: CAS208-04-2009 – THE STOLEN BELL

Complainant: Golf Empire

Investigating officer: Corruption

Corruption called the son of an XXXXXX Food Service provider and with the necessary persuasion got the friends contact details. With the threat of possibly becoming jail birds and BABBA rearranging anatomies the ding dong was returned safely and intact.

We would like to thank our PI's and local police force for the safe return of our STOLEN BELL.....

Long Live the Competition Prizegivings..... With the return of the bell comes the return of the golfing spirit

**AS A VALUED SANDY LANE MEMBER YOU CAN NOW
BENEFIT FROM THE DOLLAR PRICE**



**ADAMS GOLF IDEA A30S Irons (Steel) now only R3 999
reduced from R6 299**



**ADAMS GOLF IDEA A30S Irons (Graphite) now only R4 999
reduced from of R7 499**



*Invest in the clubs that
make the game easier.*





Today's Golfer picks MX-200 as its 'Best on Test' iron

After reviewing 59 sets with real golfers, Today's Golfer magazine voted the MX-200 as its 'Best on Test' Game Improvement iron of 2009.

The award supplemented a 'Gold' for the MX-100 which sealed top marks in the 'Super Game Improvement' category.

The magazine was impressed with Mizuno's ability to produce irons for players of all abilities. "These prove Mizuno don't just do player's irons - they can do awesome forgiveness too."

The MX-200's in particular had the judges drooling. "If you're after chunky, super confidence inspiring irons there are bigger, more bulborous models on the market.....if you want forgiveness with a touch of class, look this way."



Going Low Another Way

If you watch golf on television a lot, you've probably seen Tiger Woods hit a "stinger" --a low, penetrating shot. You may have tried to hit one yourself without success. That's not surprising. Hitting a stinger Tiger's way isn't for everyone. But knowing how to keep the ball low in the right situation, like on windy days, can save strokes. So you should know how to do it. Below is a non-Tiger way of hitting a penetrating low shot.

Here are 5 keys to this second way:

- * Take a normal address position
- * Move the ball back slightly
- * Widen your stance
- * Rotate your body only
- * Swing easier using more club

Take your normal address position, but move the ball back slightly in your stance. Now, instead of narrowing your stance, as you do when hitting Tiger's stinger, widen your stance a little. When you swing, just rotate your body. Don't drive your legs. Use more club than normally, but swing easier.

Widening your stance levels out the arc at the bottom of your swing while leveling out the arc helps produce a lower, more penetrating ball flight. Using a club with less loft--like a 6-iron instead of a 7-iron--also helps produce a low, penetrating ball flight, while taking an easier swing puts less backspin on the ball. Backspin shoots the ball skyward, so less backspin means a lower ball flight.

Try both ways of hitting a stinger--Tiger's way and this way. Use the one that's most comfortable and keep practicing it until you've mastered it. Knowing how to keep the ball low when you need to, like on a gusty day, can shave strokes off your score.

MIZUNO MEANS SERIOUS PERFORMANCE



The Secrets to a Great Golfing Mind – Part 2

by Angela Nieuwoudt
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In our last article we discussed your **mental game plan**. And our final step was using mental tools to help you achieve consistently lower scores. Today, I'm giving you some visualization tools. Many great golfers use one or more of these methods of visualization - Golf Superstar Tiger Woods always pictures the ball going into the cup and says that visualization is a major attribute to his success.

Visualization

When you start using these visualization techniques, it's important to remember one thing: 'visualization' just means using your imagination. Visualizing is simply imagining.

Some people are more visual than others. They might take to these visualization techniques easily. Others can use them just as effectively by describing what they are imagining, or getting an emotional feel for what they are imagining. No matter what, you can improve your visualization skills.

Try the below methods and stick with the one's that work for you. You may use as many as like, even if you only find one that works for you.

Here are the 5 visualization techniques:

- 1. Internalizing** - this means seeing pictures in your mind's eye. You might visualize yourself doing the perfect golf swing or collecting that Academy Award.
- 2. Externalizing** - this means projecting pictures outside of yourself with your eye's open. Try this now. Visualize a golden cup on the desk next to your computer. Reach out and 'pick it up'. It will seem even clearer and more real as you do this.
- 3. Forecasting** - here you are seeing yourself in an imagined situation like giving a speech at a tournament next week. You just imagine yourself there and see yourself delivering the perfect speech and the audience responding enthusiastically to it.
- 4. Emotionalizing** - with this you are feeling the emotion and energy but not actually 'seeing' anything. If you get into the emotion of an imagined event it will often trigger visual images to form.
- 5. Verbalizing** - means describing real or imagined objects or events out loud. This is the basis for image streaming, the IQ-boosting technique of describing the images in your stream of consciousness.

With all of these visualization methods, it's important to include as many of your other senses as possible. Suppose you were imagining walking on a beach for example. Instead of just picturing the sun, surf and sand, you could imagine the sound of the waves, the salty smell of the ocean, the warm sand between your toes, the sweet ice cream melting on your tongue. This will all help you get great results from your visualization techniques.

Remember you need to practice your mental golf as much as your swing so take these tools with you wherever you go – to the course, the range and in your daily life. Here's to lower scores!



Did you know that the Wits Business School offers an MBA Elective Strategic Golf? This elective can be adapted and used as a team building exercise for your business. The programme is especially suited for staff members who carry no or very little knowledge of the great game.
Call Raymond at 083 7396396 or 011 9531316 or Greg at 082 3720541

YOUR SANDY LANE CLUB RESULTS ARE PROUDLY
BROUGHT TO YOU BY



Date	Format	Winner	Points
16th May 09	Better Ball Stableford	Johan Van Buren-Schele & Chris Koen	42
22nd May	Meat Comp – IPS	Adam Palmer	22
23rd May 09	Sanlam Cancer Challenge – IPS Men: A Div Men: B Div Men: C Div Ladies:	Kevin Cherry Lukas Steyn Mike Brink Sanet Vd Merwe	36 37 44 34
30th May 09	Monthly Medal Men: A Div Men: C Div Ladies:	Kevin Cherry Frans Janssen Angela Sinclair	70 32 78
5th June 09	Meat Comp – IPS	A Smuts	23



SANDY LANE 2009 ORDER OF MERIT
Sandy Lane Gran Slam Challenge
One Score One Prize One Year

Order of merit is displayed and updated monthly on the notice board as well as the Sandy Lane Sentinel.

Frequently asked: FOR WHAT AND HOW DOES THE SCORING WORK?

Tournaments i.e. Sandy Lane Classic, Easter Classic, top 3 get awarded points:- *Individual Competitions Points

Club Champs (A,B &C Division)	=	20 points
Club Champs (Division Runner-up)	=	15 points
Individual Knockout Winner	=	20 points
Runner-up Winner	=	15 points
Better Ball Knockout Winners	=	20 points x 2
Runner-up Winners	=	15 points x 2

Friday 9 hole competition = First Place = 4 points

*** Individual Competitions:-**

1 st Place	=	15 points
2 nd Place	=	12 points
3 rd Place	=	10 points

Better Ball Competitions:-

1 st Place	=	12 points x 2
2 nd Place	=	8 points x 2
3 rd Place	=	4 points x 2

Forgiveness???

An elderly couple was having dinner one evening when the husband reached across the table, took his wife's hand in his and said, 'Martha, soon we will be married 50 years, and there's something I have to know. In all of these 50 years, have you ever been unfaithful to me?'

Martha replied, 'Well Henry, I have to be honest with you. Yes, I've been unfaithful to you three times during these 50 years, but always for a good reason.'

Henry was obviously hurt by his wife's confession, but said, 'I never suspected. Can you tell me what you mean by 'good reasons?''

Martha said, 'The first time was shortly after we were married, and we were about to lose our little house because we couldn't pay the mortgage.'

Do you remember that one evening I went to see the banker and the next day he notified you that the loan would be extended?'

Henry recalled the visit to the banker and said, 'I can forgive you for that. You saved our home, but what about the second time?'

Martha asked, 'And do you remember when you were so sick, but we didn't have the money to pay for the heart surgery you needed? Well, I went to see your doctor one night and, if you recall, he did the surgery at no charge.'

'I recall that,' said Henry. 'And you did it to save my life, so of course I can forgive you for that.'

Now tell me about the third time.'

Alright,' Martha said. 'So do you remember when you ran for president of your golf club, and you needed 73 more votes?'

SANDY LANE ORDER OF MERIT

NAME	Total March	Total April	Total May	Total
Kevin Cherry	15	8	42	65
Reece Atherton	22	15	20	57
Ian Young	0	39	10	49
Brian Sinclair	15	12	15	42
Marcus Donovan	20	4	12	36
Nail Atherton	20	15	0	35
Colin Kerrigan	15	0	12	27
Lucas Steyn Jnr	20	0	0	20
Braam Janssen	20	0	0	20
Koos Botha	20	0	0	20
Pat Anderson	20	0	0	20
Sarel v.d. walt jnr	15	4	0	19
Gerry Few	0	4	12	16
Gordon Smile	15	0	0	15
Sanet Rieker	15	0	0	15
Mike Vermeulen	15	0	0	15
Adam Palmer	0	0	15	15
Lucas Steyn snr	0	0	15	15
Mike Brink	0	0	15	15
Sanet v d Merwe	0	0	15	15
David Victor	0	14	0	14
J.J Mitchell	12	0	0	12
Lydia Richards	0	12	12	12
Patrick Dowling	0	12	0	12
Peter Dowling	0	12	0	12
Angela Sinclair	0	0	27	12
Johan v Buuren	0	0	12	12
Lenore Kerrigan	0	10	0	10
Graham Kerrigan	0	10	0	10
Steve Dennett	0	10	0	10
Marinella Buscaglia	0	0	10	10
John Anderson	0	8	0	8
Mark Still	0	0	8	8
Martin Olivier	0	4	0	4
Allan Richards	0	4	0	4

YOUR UPCOMING EVENTS

Date	Time	Event
2009/06/13	07h00	Individual Bonus Bogey
2009/06/14	07h00	Merry Mixed Open
2009/06/16	07h00	Four Ball Alliance
2009/06/17	7h30	Magalies Hoppers
2009/06/20	07h00	Better Ball Stableford
2009/06/20	14h00	Golf AGM
2009/06/26	12h30	Meat Comp
2009/06/27	07h00	Monthly Medal
2009/06/27	Away	Sandy Lane Vs Mooi Nooi
2009/07/02	10h00	Junior Golf Day
2009/07/04	07h00	Individual Bonus Bogey
2009/07/07	08h30 Shot Gun	Ladies Open
2009/07/10	12h00	Meat - 9 holes
2009/07/11	07h00	QUATRO TRADING / GLOBAL sponsored golf day
2009/07/12	07h00	Merry Mixed Open
2009/07/18	07h00	Better Ball Stableford
2009/07/18	Away	Sandy Lane Vs Seasons
2009/07/21	07h30	Magalies Hoppers
2009/07/24	12h30	Meat - 9 holes
2009/07/25	07h00	Monthly Medal

Business Skills Training



Dormie comes from the word "dormir," which shares a French and Latin origin. "Dormir" means "to sleep." "Dormie" means that a player has reached a match-play lead that is insurmountable - and so the player can relax, knowing that he cannot lose the match. "Dormir" (to sleep) turns into "dormie" (relax, you can't lose).

Rules

1. True (See Rule 25 - 1)
2. True (Def. nearest point of relief).
3. True (See Rule 26 - 1)
4. False (See Rule 24 - 1)
5. False (See Rule 3 - 3)