



**THE SANDY SENTINEL**

*Kosmos Drive, Kosmos, Hartebeespoort Dam, Bojanala*

Tel: 012 2443000      [slgolf@mweb.co.za](mailto:slgolf@mweb.co.za)

**July 2009**

Good Day Members,

The month of June is finished and July is here. The days are flying by with speeds that are difficult to keep up with. Thank you for all the positive response we've received from our members on our Sandy Lane Sentinel. It is pleasing to know that through our newsletters our members are being kept up to date with what's what and are also enjoying and learning new things about this wonderful game we call golf.

With winter and the morning mist setting in, our Saturday competitions haven't been as busy as we would have liked, we know times are tough at the moment and would like to thank all our members and visitors for your continued support of the club. A special thanks to all for being patient during the last month with the temporary halfway house ..... Having said that our new restaurant provider has moved in and is ready to make your taste buds water and add a couple of extra kilos..... So stick to healthy meals during the week and relax and let go at the restaurant with your golfing buddies over the weekends....

## CUTTER & BUCK®

Please remember, that as a golfer, it is not only your responsibility to check your handicap but also to ensure that your games are personally booked as well as cancelled if necessary with the golf office. Should a game not be cancelled the full green fee will be charged to the golfer.

As you are all aware our AGM was held on Saturday, 20<sup>th</sup> June, we congratulate and wish our 2009/10 committee the best of luck as we all know in these challenging economic times one needs to become creative and remain positive no matter the challenge. Allan, Gerry, Niall, Gordon and our rose among the thorns Sanet, Sandy Lane is behind you 100% and have all the faith in our newly elected team.

The knockout deadlines are getting closer and with only a few weeks left we would like to encourage you to challenge and book your games. Extension is unfortunately a forbidden word and will not be accepted under any circumstances. Knockout Season is always an exciting time and we will try our best to keep the notice board and the information on the internet updated. To see who challenges who and when please visit [www.caribbean-beach.co.za](http://www.caribbean-beach.co.za) (Note: Bottom Name Challenges)

G-olf O-ffers L-adies F-un! - this has certainly been proven by our Ladies League team over the last few months, it is unfortunate that they last their lost game against Mooi Nooi on the 27<sup>th</sup> June. Ladies, your strong support from Sandy Lane continues, we appeal to our golf community to take a stand and support our ladies by sponsoring their golf clothing, for the next year. Should you be in a fortunate position to assist please contact our Ladies Representative Sanet Vd Merwe.

|            | JAN | FEB | MAR | APR | MAY | JUN | TOTAL |
|------------|-----|-----|-----|-----|-----|-----|-------|
| SEASONS    | bye | 4   | 4   | 6   | 5   | bye | 19    |
| SANDY LANE | 5   | 2   | bye | 3   | 3.5 | 2   | 15.5  |
| RUSTENBURG | 2   | bye | 4   | 3   | 1   | 5   | 15    |
| PECANWOOD  | 4   | 4   | 2   | bye | 2.5 | 1   | 13.5  |
| MOOI NOOI  | 1   | 2   | 2   | 0   | bye | 4   | 9     |
|            |     |     |     |     |     |     |       |

The Ladies Open, held on the 7th July, was once again a fun day!!!! Well done to Sanet Vd Merwe for winning the Ladies Open with 35 points and overcoming the stiff competition from ladies of other clubs.

WOW!!!! No better word to describe our last Merry Mixed Open, with fantastic prizes sponsored by the Richards family and an awesome new format which caused much excitement, fun and all over enjoyment. The Merry Mixed is the very best way to get out there with your friends, spouse or family members to enjoy the game of golf. Come on support your club and extend a warm winter invitation to join our Merry Mixed Opens.

Our weeding programme has been implemented on fairways and semi-rough. Please be on the lookout for new changes to tee boxes. Sandy Lane will be replacing the tree in front of Sandy Lane 22 after a special request from the floor at the golf meeting held on the 20<sup>th</sup> June.



Please note that for the time being Sandy Lane has two additional Local Rules:-

- Free relief from all tractor marks through the green
- GUR demarcated by white paint on the left of No. 7. The hazard is not considered to be GUR

As you may have noticed our marshals (David & Stephan) are on the ball and their golf carts are clearly marked. Thank you members for respecting our dress code, golf etiquette and ensuring that you repair divots, rake bunkers and are using a sand bag at all times.

As a regular golfer you may have noticed that the bridge on the 5<sup>th</sup> hole in front of Gerrit & Elmarie Van Wyk's home is not very pretty and doesn't really fit in with our beautiful golf course. The Van Wyk family has offered to sponsor a new more aesthetically pleasing bridge. The golf committee has decided to get all the golfers as well as homeowners involved..... How???????????



*Design a Bridge Competition* - drawings to be submitted by the 31st July, drawings can be faxed or emailed. The committee will then choose the best design and award the winner 4 rounds of golf as well as a restaurant voucher.

QUATRO TRADING / GLOBAL TRADER SPONSORED GOLF DAY AT SANDY LANE was scheduled for the 11th July however due to unforeseen circumstances the corporate day has been postponed to Saturday, 1st August. 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.

The North West Woman's Union will be hosting a NWWU competition which will consist of three Jacks and a Jill to be held on Sunday, 2nd August 2009. Contact us on 012 244 3000 to book.

Our mid-week feet are still very slow despite the 2 for 1 combo special which includes a golf cart for R250-00 (Monday to Thursday) therefore the committee has decided to run a special on golf carts from the 1st July to the end of September at R120 a cart. *Please help us by spreading the news to all your friends and business partners!!!!!!*

How old was Tiger Woods when he made his PGA Tour debut in the Nissan Los Angeles Open?

See page 10



For All of Your  
Demo & Pre Owned  
Needs

Visit Greg Nell @  
Monument Toyota  
Constantia Jhb.

082 330 2161

www.automark.co.za  
Terms and conditions apply.

**BETTER KNOWLEDGE OF THE RULES BROUGHT TO YOU BY**



### Question 1

A match play competition has a handicap allowance of  $\frac{3}{4}$  difference in place. Player A has a handicap of 14 but by mistake he declares it to Player B as 15. Player B has a handicap of 4. Player A is disqualified. True or false?

### Question 2

Player A holes out for a 4. Player B has a putt for a half. Player A tells player B that the putt is just inside the left edge. Player B does not need to take his putt as the hole is halved. True or false?

### Question 3

The Committee may not prohibit practice on or near the putting green of the hole last played. True or false?

### Question 4

Player A arrives at the first tee at 13:00 hrs, his start time being 12:57 hrs. He is penalised two strokes. True or false?

### Question 5

In stroke play, a competitor, in lifting a ball for the purpose of identification, cleans it more than necessary for identification. What is the penalty?

Answers on page 10.

**VIJAY SINGH  
& BOO WEEKLEY**

**SWITCH TO SRIXON!**

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





## What are the fundamental differences between a forged iron and a cast iron?

*You can think of casting like making ice in your freezer - you are turning a liquid into a solid by using a mould. Cast irons tend to be made from a stainless steel alloy; the steel goes into a furnace, melts, and is then poured into a ceramic mould. When everything has cooled down the mould is broken, leaving the club inside. With forging, the club is fashioned from one piece of metal. At Mizuno we make irons out of bars of mild carbon steel; the bars are 10in long and about one inch in diameter. The metal is heated until it is red hot, then hammered and crafted into shape.*

*Why does Mizuno choose to forge its premium irons, such as the MP-67 and MX-25?*

*The forging process produces greater consistency and quality in the metal. Casting may be a more economical way to produce clubs - a cast head costs about half as much to produce as a forged head. But the downside of casting is that when the metal is poured into the mould, it always traps tiny bubbles inside the metal structure. We can go back to the freezer; no matter how carefully you pour the water, there are always bubbles in the ice. These bubbles make the face inconsistent; two shots from almost the same place can produce very different results. If any big bubbles are trapped, this can be the origin a crack or breakage.*

## Never Top It Again

Topping the ball in the fairway is among the more common swing faults of weekend golfers. Topping has various causes. Overswinging often causes men to top. Lack of flexibility often forces seniors to top. And trying to scoop the ball in the air often makes women top a shot. Whatever the cause, topping costs you some embarrassing moments and a stroke or two on the hole. The key to eradicating this swing fault is hitting down on the ball.

Below are three drills that help cure topping:

- \* The Cup Drill
- \* Hit The Bag Drill
- \* Over The Bag Drill

The Cup Drill helps cure even the worst case of topping. This drill is more of a visualization exercise than anything else. Take your normal stance with a wood or iron. Position the ball appropriately for the club you're using. Now imagine there's a cup a few feet in front of the ball. Try hitting the ball into the cup. The drill forces you to keep the ball low.

The Hit The Bag Drill is a different version of the Cup Drill. Instead of visualizing a cup two or three feet in front of you, lay your golf bag in that position. Now take a 7-iron and try chipping a ball into the bag.

Once you've groove the feeling of chipping shots into your bag, try the Over The Bag Drill. Lay your bag in front of you as in the previous drill, but instead of hitting the ball into the bag, hit full shots just over the bag using a 7-iron.

These drills force you to do the one thing that's guaranteed to stop all topping: Hitting down on the ball. Master this swing fundamental and you'll be well on your way to never topping again.

**MIZUNO MEANS SERIOUS PERFORMANCE**

Sandy Lane Birthday List

Congratulations and Happy Birthday !!!!!!!!!!!!!!! Sandy Lane wishes each of you a wonderful prosperous year.

| First name | Surname       |                |
|------------|---------------|----------------|
| Phillip    | De Bruyn      | 1st July 2009  |
| Kirsten    | Kerrigan      | 03rd July 2009 |
| Elizna     | Meyer         | 06th July 2009 |
| Hartmut    | Duve          | 07th July 2009 |
| Ockert     | Van Der Merwe | 10th July 2009 |
| John James | Mitchell      | 10th July 2009 |
| Riaan      | Sullivan      | 12th July 2009 |
| Greg       | Tucker        | 12th July 2009 |
| Nicolaas   | Bezhuidenhout | 14th July 2009 |
| Jacques    | Venter        | 16th July 2009 |
| Martinus   | Kruger        | 17th July 2009 |
| Richard    | Cherry        | 17th July 2009 |
| Hendrik    | Du Plessis    | 19th July 2009 |
| Leani      | Sinclair      | 21st July 2009 |
| Craig      | Cowgrill      | 22nd July 2009 |
| Gerrie     | Cronje        | 22nd July 2009 |
| Gavin      | Philip        | 27th July 2009 |
| Manvela    | Jardine       | 29th July 2009 |
| Ian        | Young         | 31st July 2009 |



**REMEMBER THIS STORY AND PHOTOGRAPH WHEN THE RAINS START**

*A man got hit by lightning Monday morning on a golf course in Madison, WI. The following is a pic of what was left of his bag. Please pass this along to your golfing buddies. Read the what the policeman says, then take a look at the picture.*

*I have been a police officer for 18 yrs and have seen a lot of gruesome and disturbing scenes (if you can imagine it, I have probably seen a variation of it) ... this one was different because it hits close to home and some of us have been in this situation.*

*This 75 year old golfer (no pictures of him) was out on the course with 3 other retired guys for a regular weekly tee time, and the weather forecast didn't even predict rain at 10pm the night before.*

*They teed off and got around to the back nine when it started to rain, and when there was a little lightning way off in the distance so they*

*headed in. They waited under a tree half way in when the rain became very heavy. When it let up a little bit three of them then continued in but one guy decided to wait it out under a 50' pine with an overhang of 10' while standing next to his bag.*

*Minutes later a lightning bolt struck his bag and push cart as he was holding onto one of his clubs killing him instantly.*

*Most of the items in the bag simply disintegrated from the heat and intense initial zap - including the labels to his ping irons and Cleveland woods (which all popped off). The electricity burned holes into the bottoms of the clubs.*

*The strange thing is the tree under which he was standing had no sign of a lightning strike. The bolt literally went sideways under the tree to the golf clubs.*

***Lesson to be learned - If you are caught out on the course ... distance yourself from anything metal OR graphite.***

*(Did you know that lightning rods are often made of graphite?)*

***Put your cart 50' away from you! When you see lightning off in the distance GO IN IMMEDIATELY, DON'T WAIT.***

**PRO SHOP SPECIALS  
GREG NORMAN PLAY DRY SHIRTS**

|        | Colour     | Size | Available | Price |
|--------|------------|------|-----------|-------|
| Ladies | White      | XL   | 1         | R265  |
|        | Purple     | M    | 2         | R265  |
|        |            | L    | 1         |       |
|        | Pink       | XL   | 1         | R265  |
| Men's  | Light Blue | S    | 1         | R250  |
|        |            | M    | 2         | R250  |
|        |            | L    | 2         | R250  |
|        |            | XL   | 1         | R250  |
|        | Dark Blue  | S    | 1         | R250  |
|        |            | M    | 2         | R250  |
|        |            | L    | 2         | R250  |
|        |            | XL   | 1         | R250  |
|        | Black      | M    | 2         | R250  |
|        |            | L    | 1         | R250  |
|        | Red        | S    | 1         | R250  |
|        |            | M    | 2         | R250  |
| L      |            | 2    | R250      |       |

**DOCRAY SAYS...**

[www.docray.co.za](http://www.docray.co.za)

I would strongly recommend that all amateur golfers get a copy of the book "Play Golf in the Zone" by Garry Martin and Derek Ingram. The book is written in easy to read format and uses practical applications to illustrate psychological aspects which are relevant. The authors make an interesting point about when one should practice. Hope that you enjoy the excerpt.

**PRACTICE WHILE YOU ARE ENERGIZED AND FRESH.**

"Remember that a major purpose of practicing is to establish a repeatable, successful swing that produces the required results and that can be transferred to the golf course. Practicing helps you to capture the feelings that produce a good shot. Hitting irons in rapid succession at the driving range unfortunately doesn't accomplish that goal. First, practicing to the point of fatigue causes you to change your swing. A tired swing is not like a fresh swing. When you're tired you tend to force your swing and the timing is different. If you 'bash until you're bushed', you will be teaching yourself bad habits that will cost you on the course. One strategy to lessen the likelihood of this happening is to leave your bucket of balls several yards behind you. While you're walking to get each ball between shots, you can think about what you did correctly on the previous shot, give yourself a pat on the back for doing so, and focus on the correct technique for the next shot. Practicing while you are fresh and energized is a necessary condition for building muscle memory to enable you to play well on the course. But that by itself, is not enough. Smart golfers also use a part of their practice to improve their mental skills for shots on a course". (Martin & Ingram 2001 : 79).

In the ensuing articles we will be looking at effective routines for practice.

Enjoy your golf and remember that it is only a game.

Docray.



**S.A. DEBT SOLUTIONS**

*"Debt Trap or Debt Free.  
The Choice is yours."  
"I've been there myself...  
now I'm free!"*

**First consultation free!**

(W) 011 953 1063  
(C) 083 357 0650  
E Mail: [info@sadebtsolutions.co.za](mailto:info@sadebtsolutions.co.za)  
Web: [www.sadebtsolutions.co.za](http://www.sadebtsolutions.co.za)

## Computers: Male or Female?????

A foreign language teacher was explaining to her class that, unlike their English counterparts, French nouns are grammatically designated as masculine or feminine.

Things like 'chalk' or 'pencil,' she described, would have a gender association although in English these words were neutral. Confused, one student raised his hand and asked, "What gender is a computer?"

The French teacher wasn't sure which gender it was, so she divided the class into two groups and asked them to decide if a computer should be masculine or feminine. One group was comprised of the women in the class, and the other of men. Both groups were asked to give four reasons for their recommendation.

The group of women concluded that computers should be referred to in masculine gender because:

1. In order to get their attention, you have to turn them on.
2. They have a lot of data but are still clueless.
3. They are supposed to help you solve your problems, but half the time they ARE the problem.
4. As soon as you commit to one, you realize that, if you had waited a little longer, you could have had a better model.

The men, on the other hand, decided that computers should definitely be referred to in the feminine gender because:

1. No one but their creator understands their internal logic.
2. The native language they use to communicate with other computers is incomprehensible to everyone else.
3. Even your smallest mistakes are stored in long-term memory for later retrieval.
4. As soon as you make a commitment to one, you find yourself spending half your pay check on accessories.



**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 <sup>st</sup> Place | = | 15 points |
| 2 <sup>nd</sup> Place | = | 12 points |
| 3 <sup>rd</sup> Place | = | 10 points |

Better Ball Competitions:-

|                       |   |               |
|-----------------------|---|---------------|
| 1 <sup>st</sup> Place | = | 12 points x 2 |
| 2 <sup>nd</sup> Place | = | 8 points x 2  |
| 3 <sup>rd</sup> Place | = | 4 points x 2  |

| NAME              | Total March | Total April | Total May | Total June | Total |
|-------------------|-------------|-------------|-----------|------------|-------|
| Ian Young         | 0           | 39          | 10        | 39         | 88    |
| Kevin Cherry      | 15          | 8           | 42        | 12         | 77    |
| Reece Atherton    | 22          | 15          | 20        | 12         | 69    |
| Marcus Donovan    | 20          | 4           | 12        | 27         | 63    |
| Brian Sinclair    | 15          | 12          | 15        | 15         | 57    |
| Niall Atherton    | 20          | 15          | 0         | 0          | 35    |
| Colin Kerrigan    | 15          | 0           | 12        | 0          | 27    |
| Angela Sinclair   | 0           | 0           | 27        | 0          | 27    |
| Lydia Richards    | 0           | 12          | 12        | 0          | 24    |
| Lucas Steyn Jnr   | 20          | 0           | 0         | 0          | 20    |
| Bram Janssen      | 20          | 0           | 0         | 0          | 20    |
| Koos Botha        | 20          | 0           | 0         | 0          | 20    |
| Pat Anderson      | 20          | 0           | 0         | 0          | 20    |
| Sarel Vd Walt jnr | 15          | 4           | 0         | 0          | 19    |
| Anthony Mallet    | 0           | 0           | 0         | 18         | 18    |
| Gerry Few         | 0           | 4           | 12        | 0          | 16    |
| Gordon Smile      | 15          | 0           | 0         | 0          | 15    |
| Sanet Riekert     | 15          | 0           | 0         | 0          | 15    |
| Mike Vermeulen    | 15          | 0           | 0         | 0          | 15    |
| Adam Palmer       | 0           | 0           | 15        | 0          | 15    |
| Lucas Steyn       | 0           | 0           | 15        | 0          | 15    |

|                     |    |    |    |    |    |
|---------------------|----|----|----|----|----|
| Mike Brink          | 0  | 0  | 15 | 0  | 15 |
| Sanet v d Merwe     | 0  | 0  | 15 | 0  | 15 |
| Frans Janssen       | 0  | 0  | 15 | 0  | 15 |
| David Victor        | 0  | 14 | 0  | 0  | 14 |
| J.J Mitchell        | 12 | 0  | 0  | 0  | 12 |
| Patrick Dowling     | 0  | 12 | 0  | 0  | 12 |
| Peter Dowling       | 0  | 12 | 0  | 0  | 12 |
| Johan v Buuren      | 0  | 0  | 12 | 0  | 12 |
| James Kritzringer   | 0  | 0  | 12 | 0  | 12 |
| Lenore Kerrigan     | 0  | 10 | 0  | 0  | 10 |
| Graham Kerrigan     | 0  | 10 | 0  | 0  | 10 |
| Steve Dennett       | 0  | 10 | 0  | 0  | 10 |
| Marinella Buscaglia | 0  | 0  | 10 | 0  | 10 |
| Brian Daubern       | 0  | 0  | 0  | 10 | 10 |
| John Anderson       | 0  | 8  | 0  | 0  | 8  |
| Mark Still          | 0  | 0  | 8  | 0  | 8  |
| Ralph Mallet        | 0  | 0  | 0  | 8  | 8  |
| Martin Olivier      | 0  | 4  | 0  | 0  | 4  |
| Allan Richards      | 0  | 4  | 0  | 0  | 4  |

YOUR SANDY LANE CLUB RESULTS ARE PROUDLY  
BROUGHT TO YOU BY



| Date           | Competition                     | Winner                            | Points |
|----------------|---------------------------------|-----------------------------------|--------|
| 6th June 2009  | Individual Points<br>Stableford | Ronnie Kruger                     | 39     |
| 13th June 2009 | Individual Bonus<br>Bogey       | Brian Sinclair                    | +3     |
| 14th June 2009 | Merry Mixed                     | Simon Riekert & Felicia<br>Watson | 76     |
| 20th June 2009 | Better Ball<br>Stableford       | Ian Young & Marcus Donovan        | 44     |
| 27th June 2009 | Monthly Medal                   | Laurie Van Niekerk                | 70 C/O |



## YOUR UPCOMING EVENTS

| Date              | Time           | Event   |
|-------------------|----------------|---|
| <u>2009/07/04</u> | 07h00          | Individual Bonus Bogey  |
| <u>2009/07/07</u> | 08h30 Shot Gun | Ladies Open   |
| <u>2009/07/10</u> | 12h00          | Meat - 9 holes  |
| <u>2009/07/11</u> | 07h00          | Better Ball Stableford  |
| <u>2009/07/12</u> | 07h00          | Merry Mixed Open  |
| <u>2009/07/18</u> | 07h00          | Better Ball Stableford  |
| <u>2009/07/18</u> | Away           | Sandy Lane Vs Seasons   |
| <u>2009/07/21</u> | 07h30          | Magalies Hoppers  |
| <u>2009/07/24</u> | 12h30          | Meat - 9 holes  |
| <u>2009/07/25</u> | 07h00          | Monthly Medal   |
| <u>2009/08/01</u> | 07h00          | QUATRO TRADING / GLOBAL TRADER SPONSORED GOLF DAY AT SANDY LANE |
| 2009/08/02        | 08h00          | NWWU three Jacks and a Jill                                     |
| <u>2009/08/07</u> | 12h00          | Meat Comp   |
| <u>2009/08/08</u> | 07h00          | Individual Bonus Bogey  |
| <u>2009/08/09</u> | 07h00          | Merry Mixed   |
| <u>2009/08/10</u> | 07h00          | Four Ball Alliance  |
| <u>2009/08/15</u> | 07h00          | Better Ball Stableford  |
| <u>2009/08/18</u> | 07h30          | Magalies Hoppers  |
| <u>2009/08/21</u> | 12h00          | Meat Comp   |
| <u>2009/08/22</u> | 07h00          | Individual Pair Multiply  |
| <u>2009/08/22</u> | Away           | Sandy Lane vs Pecanwood   |
| <u>2009/08/22</u> | Away           | Sanlam Regional Finals @ Bronkhorstpruit                        |
| 2009/08/30        | Away           | NWWU Sanlam Regional Finals                                     |

## ANSWERS

Tiger was only 16.

### Rules

- 1 - False (see rule 6 - 2)
- 2 - True (see rules 2 - 2 and 8 - 1)
- 3 - False ( see rule 7 - 2)
- 4 - False (see rule 6 - 3)
- 5 - 1 stroke penalty ( see rule 12 - 2)