

# Kirkcudbright Golf Club

Newsletter – March 2015 (Issue 3)



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## Captains Report



At this time of year we look forward to Opening day and the season beyond. There is good news in that memberships are now rolling in, as are visitor bookings. Sadly I had to report the death of long time member Roy Smith and I was delighted to see a good turnout of members at Roy's funeral.

Turning thoughts back to **Opening day, 29th March**, I extend a welcome to all members to participate in this prestige event. This year you check-in at 9.30am for a bacon roll or something similar, all in the price of your sweep, and we will draw teams for a Texas Scramble starting at 10.30am. Ladies, Juniors and Men. You may not have joined the excitement of Opening Day before, but now is your opportunity. You are not too good, not too old, not too young. Whether you are a Junior an EGG, a new Lady or a "seasoned" campaigner, a hardy Winter Leaguer, you are welcome. This will be a 16-hole Scramble as we are using the 17th and 18th for a bit of Fun between 9.30am and 10.30am. David Broadfoot will be on hand to give your swing an MOT and there will be prize competitions for chipping, driving and putting. All FREE. When golf is under way David will be there, utilising 17th and 18th, to advise non members and give guidance in how to start playing golf. So if you know of any one who is thinking they might want to start playing or perhaps used to play and wish to restart, get them along. Again at no charge.

Our Golf course has come a long way since I stated to play at Kirkcudbright, moving from 9 holes to 18 holes and continuing improvements in clubhouse facilities. Many members my age and the few who are longer in the tooth will have their favourite stories and hopefully they will share those anecdotal memories through the medium of this News Letter. As we moved to 18 holes I had my first stint on the Golf Committee and there met, if you will excuse the phrase "the legendary" Edward Shamash. Edward a first class golfer of International renown had a vision. That vision was to create the best parkland course possible. I say possible! No finance, No land, but he had vision in bucket loads. Today we are sustainable and own 90% of the best Park Land course possible.

(Continued)

We rent the other 10%. Holes 4 to 14 are part of that “legend”. In those days many members supplied their skills and machinery, but always under the watchful eye of Edward. To me his finest hole was his last. We called it the link hole. After the course was opened as 18 Holes the 4th was a par 3 and then a long walk to the new 5th hole. The two pictures show the link hole under construction, as the par 3, 4th, became the signature hole and a par 4. The “vision” was now a reality.

Congratulations to John and his team for the sterling work over the winter. All the proposed work is well to the fore and the greens are looking a “treat”. All the new machinery is now paying its way, in terms of quality and time saving. If things go to plan the third green keeper will start soon.

See you on opening day.

Maurice.



## Office Matters

The collection of subscriptions continues. Thanks to the 66% who have renewed for 2015. I would urge the remaining members to renew as soon as possible. The Club has committed to purchasing new equipment for the course and hope to finance the enterprise from existing resources. Your prompt renewal will ensure we do not have to borrow thereby saving interest charges. I should also remind you that entry to club competitions in Winter or Summer is conditional on your membership being up to date. Any questions or problems ask at the Office. Believe it or not we are there to help. Finally, March sees the opening of the Club's summer programme. May I urge you to use the BRS Booking System available to all members. You can reserve your start time and check availability. Using BRS enables the office to better manage tee times for walk ins or visiting parties.

Tony Reason

## Rules Corner!

**Q:** May a player, between the play of two holes, enter the clubhouse or a “half-way house” to obtain a refreshment if he then proceeds immediately to the next tee and consumes the food and / or drink while continuing his round?

**A:** Yes, a player may enter the clubhouse or a half-way house without penalty. However, the player must not unduly delay either his own play or that of his opponent or any other competitor (Rule 6-7).

The things you learn playing golf .....

## Ladies Section

The start of the season will soon be upon us and there will be more and more dates to go in the diary. Despite the weather, the ladies went to Brighthouse on 24th February. We only managed to play five holes before running for cover from a nasty storm!

The winners were:

- 1st Silver - Margaret Locke
- 2nd Silver - Gladys Kelly
- 1st Bronze - Myra Dodds
- 2nd Bronze - Janet Roff

Many thanks to Flora McGown and Margaret Fortune for organising the trip, to Gladys for the prizes and the staff at Brighthouse for the much needed soup and sandwiches.

The ladies are having a Bingo night on March 3rd at the Bowling Hall

The Charity lunch will be held on March 17th with golf starting at 10 o'clock. Once again, Flora and Margaret have done sterling work throughout the winter to make sure we all pay our charity money each week!

The Past Captains Lunch is on March 21st with 9 holes of golf beforehand for those who wish to play.

The Welcome Back is on March 22nd with soup and rolls following the golf

Opening Day is on March 29th.  
Look forward to seeing you all

Helen

### Fantasy Golf 2015!

Do you take an interest in professional golf on TV and fancy a bit of fun?

Why not enter our Fantasy Golf 2015 mini league via Bunkered Magazine?? To log-on and pick your team go to <http://www.bunkered.co.uk/fantasy-golf-2015/>

Open to club members and non-members alike, it's free to enter the Bunkered Fantasy League itself and £5.00 to join the "Kirkcudbright Golf Club Fantasy League". Just enter the mini league code: z73bw.

Entry fee can be left at the office in the clubhouse or given to Malcolm Kirkwood or Michael McFadyen. If you're not around the clubhouse drop me a message at [malcolmk04@yahoo.co.uk](mailto:malcolmk04@yahoo.co.uk) & we can arrange something.

Overall prizes will be decided once we know the number of entries we have.

Teams should be submitted before The Masters begins on 9<sup>th</sup> April.

Good luck!

## Big Quiz

On Friday the 27th a good turn out of members participated in the Quiz and Curry night. Questions proved trying for most, but lots of fun. Then a crazy raffle that created a storm as prizes changed hands several times. Well done to Shona and Sue, great night.

## Player Profile

With 16 Rounds of the Winter League now complete, Bob Patterson holds a one shot advantage over the chasing pack headed by Tom Hinchliff. At the modest age of 49.99 we caught up with Bob on the eve of his "Senior Tour" debut season ...

### ***What's your handicap Bob?***

Currently 4.0 but officially 5.0 in the summer.

### ***What's the best course you've played?***

Monte Mayor or Los Naranjos Golf Club Spain.

### ***What's been your best moment in golf?***

I've had two holes-in one, both at the 6th at Kirkcudbright.

### ***Who would be in your dream 4-ball?***

Yesteryear, Seve Ballesteros, Jack Nicklaus and Tom Watson, Current players. Rory McIlroy, Lee Westwood and Darren Clarke, both with myself as the 4<sup>th</sup>.

### ***Favourite club in your bag?***

Wedge.

### ***If you could change one thing in the game what would it be?***

Silly Out of bounds rules.

### ***Best piece of advice you've been given?***

Not really advise, but as a junior I regularly caddied for seniors at open competitions and learned a lot that way. John Thomson, Eric Guthrie, Maurice McKenna to name a few.

### ***Bogey hole at Kirkcudbright?***

When going well I always seem to struggle with the 14<sup>th</sup>.

### ***Any golf superstitions?***

Try to use the same Tee throughout a round.

### ***And finally, away from golf, what else do you get up to?***

Support my local football club St Cuthbert Wanderers, 'mon the Saints!

Thanks Bob, good luck with the rest of the Winter League and the season ahead.

## March Coaching Segment with PGA Golf Professional, David Broadfoot

This month I'd like to talk a little bit about preparation and nutrition. Many people overlook the importance of these aspects but they are just as important as hitting the ball well, chipping well and holing putts.

How many times does a disastrous start to your round ruin your game? Or how many times does a bad finish to your round ruin your game? Many bad starts can be down to poor preparation, and many bad finishes can be down to loss of concentration and fatigue.

Preparation tips:

1. Leave yourself enough time - don't arrange a game in the medal at 5pm if that's when you will arrive at the course. Give yourself 10-15 mins once you arrive at the golf club so that you don't have the feeling that you are rushing on to the tee. There's nothing worse than rushing the opening tee shot!
2. Warm-up - It doesn't have to be anything major, just some arm circles to warm-up the shoulders, then some easy 1/2 swings with a wedge and slowly build up to full speed swings. Two reasons why warming-up is important 1) your body can't move as well if you are cold and stiff 2) it helps to prevent injuries like pulled muscles etc.
3. Have a quick practice putt - don't let your first putt of the day be the one on the green of the first hole! You will have no feel for the speed of the greens and you won't know how your putting stroke feels that day. Just spending 2 minutes on the practice green can make a huge difference.

Nutrition tips:

1. Drink water - did you know that being dehydrated by as little as 2% can affect your performance? I recommend drinking at least 2-3 big gulps of water every 3 holes to ensure you stay hydrated. Drink more than that in hot weather.
2. Bring food - our bodies need food for energy. We expend a lot of energy in a round of golf so it's important to feed our bodies enough. Try to eat things like fruit or sandwiches made with brown bread to give you a steady flow of energy. Avoid sugary foods which will give you a quick burst of energy and then leave you feeling lethargic shortly afterwards.
3. Sports drinks - I recommend sticking to water and food for nutrition but if you like sports drinks, make sure it is an isotonic one i.e. Lucozade Sport or Powerade. These are quite high in sugar but give you a steady flow of energy. Avoid fizzy Lucozade etc until after the round if you need a quick energy boost.

By using these preparation & nutrition tips you can improve how you start your rounds AND how you finish your rounds. Imagine the shots you could be saving. All the best!

**MARCH LESSON OFFER** - Just like your car, your golf game needs an MOT every now and again to make sure everything is in order so that you can perform at your best. Your car's MOT involves getting things like oil, tyres, brakes etc checked. Your golf game MOT involves getting your set-up, swing, short game and putting checked. Would your golf game pass its MOT right now?

Throughout March I am offering a 90-minute golf MOT for only £25! Make sure your game is in shape for the start of the season and get off to a flyer! Don't leave it until mid-season before you find your form.

Contact me anytime on tel: 07894 319236 or email: [dbroadfoot87@gmail.com](mailto:dbroadfoot87@gmail.com) to book!