



Newsletter of the Lane Cove Golf Club  
For the information of members and their guests

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(Edited by Ralph Sadler - email; [ralphsadler@icloud.com](mailto:ralphsadler@icloud.com))

### ***FROM THE PRESIDENT***



We were all very excited when our course finally reopened a couple of weeks back and as we propelled our buggies on to the soft grass, we were able to appreciate at firsthand what a difficult task it has been for the greenkeepers to employ their much heavier equipment. Hopefully the sunny days this week have helped the recovery, although both the Board and the Pro Shop continue to counsel all players that the conditions are slippery and they should consider their own level of risk in choosing to play.

Some good news is that Clinton has successfully negotiated with the Council to be able to use the old pro shop building. Some waterproofing, painting and general clearing out is still required, but it is likely that the Pro Shop will revert from the current caravan to the old building by the end of this month.

On Monday night I attended the Council's Community Workshop on the business case for the Sport and Recreation Precinct, along with several other Club members. The main speakers were the author of the business case, and representatives of the state bodies for netball and basketball.

I found it very illuminating, especially in regard to the demand for court facilities. Good questions were asked and largely answered and I think it is reasonable to summarise that most of the attendees were supportive of the need for the courts, but not for the previous design at the golf club site.

The mayor made a very clear statement that the old DA was off the table and gave an outline of the next steps. At the next Council meeting on Thursday 19<sup>th</sup> May they will make a decision in principle of which site to pursue – either at the golf course, somewhere in the West Lane Cove industrial area, or any of the other possible sites that they have asked the community to nominate in their survey. Several interesting alternate sites were discussed at the meeting and my impression was that the Councillors are genuine in wanting to think outside the square to resolve this long-standing issue.

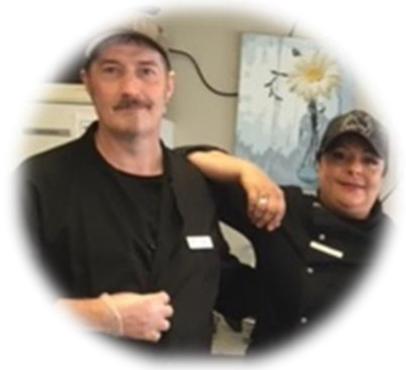
If the golf club site is again selected, the design will be significantly revised as they do not want to proceed with the proposed roundabout and access road, and they have also acknowledged that the previous design did not support course access for the greenkeeping equipment. If this option is pursued, the architects will be required to consult with the recently reformed Sport & Recreation Precinct Advisory Committee, whose membership includes Paul Johnson and myself as representatives of the Club.

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## **FROM THE PRESIDENT *continued***



We have finally completed the plumbing and carpentry work at the BBQ café area on the deck that I outlined in last month's edition, some of which can be seen in this photo. We now have to promote the café to the broader community to help pay for it!



Best regards,

**CINDY BROWN**

*Andy and Mish who will be doing the catering*

## **LANE COVE JUNIORS ON THE MOVE**

A big month ahead for Lane Cove Juniors.

At last, some good news: after some very quiet months for the Juniors, training has resumed with better weather allowing Kasey's lessons to start again. However, the amount of mud in front of the practice tees on the first fairway means ball cleaning has become as much a part of the practice routine as ball collecting.

We're excited about having a date for the junior competition to begin. The Ladies have been kind enough to donate two rows of tee times on Sunday, 22 May and eight keen boys and girls will begin teeing off from 11.10am.

The competition aims to introduce younger members to competitive golf and will be the first step in junior members' pathway through our club. Once a junior has shown sufficient skill, knowledge of the game and maturity, they will be invited to play in the senior competitions.

Organising an exclusive junior competition is the result of the hard work of the Lane Cove Golf Committee, especially our President, Cindy, who has worked tirelessly on top of her many other duties to make this a reality. It's also being made possible by the work of our parent volunteers who will accompany the children around the course.



It's also worth mentioning that, with no play possible on our course, many of our juniors have been looking further afield for their fix.

It was pleasing to see several Lane Cove Juniors participating in the Golf NSW JNMG Juniors on the Move Tour event at Terrey Hills Par 3 on 19 April. There were many outstanding results, with Bertie Grayden, pictured, finishing runner-up in the Open Boys category.

Meanwhile, Sophie Yoo finished 14th in the 9–10-year-old category at the Australian Junior Masters held at the Crown Plaza in the Hunter Valley over Easter. Her sister, Tiffany, finished fifth in the girls under 8s.

On 1 May, another junior, Shawn Tang, finished second in our Ladies 9 Hole Stableford.

Looking forward to a big month of junior golf. I'll see you on the tees on Sunday, 22 May!

**RALPH GRAYDEN**

## ***CAPTAIN'S CORNER***

It is with deep sadness that we announce the passing of one of our dear members, Bobby Virgili.

Bobby was a great bloke who thoroughly enjoyed his golf and who always had a laugh with everyone around him, at every chance he got. He was always full of positivity and kindness and brought so much joy to everyone around him. See more in the Men's Golf report.

Members will be advised of the funeral details once known. Truly missed.

As I write this column, we have been blessed with several days of fine weather, and as anyone who has been down to the course recently will realise, it has been badly needed.

Obviously, our golfing programme has been badly affected by the weather with various events having to be postponed or cancelled. Members should have received an email detailing our programme for the next month.

The most important aspect for the next month is the continuation of the Singles KO and the change to the Foursomes Championship from two rounds to one round.

The Singles KO has dragged on because of the course closure and we ask all competitors still in the event to play all matches as soon as possible. Contact your opponent and let's get ourselves a winner.

Regarding the Foursomes, the Committee plans to have a one round event on Saturday 28/5/22. For this event to go ahead we do need the course to dry out, as playing a stroke event where the ball continually "plugs" (and sometimes disappears) is not ideal. If the course has not dried sufficiently, we may need to postpone the event to a later date.

As I said in the recent email, here is your chance to win a Championship by you and your partner having just one good day out. Remember there will not be another event programmed on that day, so start looking for your partner for Saturday 28 May.

I need to remind you about some etiquette for those who are playing. Even though the course is not in the best condition, it is still very important we do our bit to help the course recover.

During the very few games played recently I have seen members taking huge divots and not repairing them. It is very easy to take large divots with the course being so wet, so please replace all your divots and even fill in ones that may have been missed by others. Fixing "plug" marks on the green is also a good idea.

Another thing is the rules.

You are allowed three minutes to find a ball until it is deemed to be lost. Our games recently have been taking 4 ½ hours to play because members have been searching for well over three minutes – far too long. If you do not find your ball within the allowed three minutes, please move on and do not delay everyone else on the course. Remember you can always play a provisional ball if you believe your ball may be lost.

The course will still be slippery, so it is most important everyone takes the utmost care when walking around the course. We have had some members slip over, so be very careful when navigating your way around the course.

***WAYNE BELGRE***





## ***MEN'S GOLF (Backy's Blurb)***

Greetings all.

### ***VALE BOB VIRGILI.***

It was a shock to hear of Bob's sudden passing, and our thoughts go out to his family and friends. I remember Bobby standing up for the Club once when we were short of Pennants players, and although handicap wise presumably outclassed, Bob stood tall at Asquith GC and made a very good account of himself. He will be missed.

Not much golf played again this month thanks to our ongoing La Nina weather event. I speculate that when you consider the effects the Moon has on our tides and human behavior, the recent spectacular planet alignment could be part of the cause of all the unsettled weather.

For those who didn't rise early enough to see the event, you certainly missed a celestial site to behold. It was a thousand years ago that we saw Mars and Jupiter positioned in a vertical line with Saturn above and Venus below. The waxing crescent Moon was just off to the right.

If you did miss it don't worry, it comes around again on the 6<sup>th</sup> of May 2492, so put that in your diaries.

Another early morn sojourn enjoyed by tens of thousands in April is of course, the Anzac Dawn Service.



Western Australia has some wonderful memorials, thanks in some way, to a wonderful priest, one ARTHUR ERNEST WHITE, pictured. Myth has him as the father of the Dawn Service.

An army Chaplain to troops on the Western Front during WW1, he did his bit. But a chronic middle ear condition had him in hospital side by side with war casualties, developing in him a great empathy for our warriors.

When eventually ending up in Albany WA, he brought to his congregation's attention the need for a memorial service at the very last spot a lot of the diggers saw of their homeland, and never to return.

A climb up Mt Clarence was held on Anzac morning with a spectacular view of King George Sound where more than 60 ships departed for Egypt, then on to Gallipoli.

It is said he asked a boatman to lay a wreath on the waters at dawn and when he departed charged the good folk of Albany with the instruction to carry on that small sacrifice of 'waking a few hours earlier than one would normally want, on every Anzac Day, to remember their loss.

On Mt Clarence now stands the 'NAC' National Anzac Centre, an architectural masterpiece with commanding views of King George Sound and a most unique interactive Anzac experience. Well worth a visit!

My personal favorite monument though is much more modest. It is positioned at Beadon Point, Onslow, a small coastal salt mining village on the WA North Coast. The world sure needs a lot of salt because one sees mountains of the stuff being loaded onto huge ships there.

The large steel structure, in the shape of our Rising Sun AIF Hat Badge, pictured, is placed in just the right spot so that when you sit on the bench, and provided the sun rises on ANZAC DAY, the rays of the rising sun shine directly through the arch. Thanks yet again to our regular as clockwork solar system!

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## ***MEN'S GOLF continued***

Now before you ask, having viewed the photo, how the hell does the sun rise across the water in WA???

Well thanks to the unique shape of the bay, the eye is fooled, and it looks to be rising from the sea.

**RESULTS** -not many!!

### **Wednesday 20**

9 HOLES Win: Nick Walser (27) 14pts R/up Phil Dennis (22) 12pts  
18 HOLES Win: Tim Sinclair (15) 35pts R/up Dave Pritchard (14) 34pts  
2BALL MULTI WINNERS Tim Sinclair and Paul Johnson 63pts

### **Wednesday 23**

Win Howard Shaw (20) 35pts  
R/up Alan MOSS (15) 33pts

### **Saturday 30**

Seems to have been a wash out with only two scores recorded. Sam Shammaa from Castle Cove 19pts with John Dowey 11pts.

As I write this, I am enjoying my last day in 'ISO' having contracted Covid. Unbelievable that after all my pandemic exposure driving public transport, that I would get a positive result exactly one hour and thirty-seven minutes before my youngest daughter's wedding.

Tears were shed but thanks to the randomness of the virus, Sue was negative, so total disaster was averted, as she could attend, and I could watch it on the phone.

CHEERS

## ***BACKY (Bacculus) for and on behalf of EVAN JONES***

***CINNAMON KLUB*** the Club's new restaurant is open to the public for dine-in and takeaway.

*Enjoy a delicious menu that encapsulates the best of owner and chef Kailash Bhandary's 30-year career. Kailash is a Greenwich local with many ties to the community.*

*Trading hours and links for ordering are below.*

***Wednesday – Sunday 5:30pm – 9.30pm***

*Simply head to [www.cinnamonklub.com](http://www.cinnamonklub.com) and peruse the menu. Orders can be placed from 5.30pm Wednesdays.*

*Order takeaway online: [www.cinnamonklub.com/s/order](http://www.cinnamonklub.com/s/order) or  
Book a table for in-club dining: [www.cinnamonklub.com](http://www.cinnamonklub.com)*



## **WOMEN'S GOLF**

For many of our members, April was a month with plenty of pleasant activities surrounding Easter, Anzac Day, and school holidays, but as far as golf was concerned it was another very sorry month at Lane Cove.

The course was closed for more than seven weeks and although the weather continued to be unreliable, some of us were keen to get the sticks out and have a swing. The course finally opened on Wednesday 20<sup>th</sup> April for the Men's competition.

Our captain Robyn Glover rather bravely scheduled the First Medal rounds for the year on Thursday 21<sup>st</sup> and Sunday 24<sup>th</sup>. It was generally agreed that those who completed the 18-holes of Stroke deserved a medal regardless of the awful scores. It was tough going in the slippery and muddy conditions and unluckily the rain returned as we were finishing the last two holes on the Thursday. No doubt everyone who has played recently has had to suffer the same wet clothes, muddy shoes and soggy socks.

On **Thursday 21<sup>st</sup> April**, nine players turned up for the First Medal but only five finished the round. The scores were large and best left unreported here, but it is a pleasure to announce the winners.

Division 1 Nett	Rosemary Hurford	(33)	85
Gross	Susan Ridd		112
Division 2 Nett	Sharon Johnson	(33)	82 <b>Winner monthly medal! Congratulations, Sharon</b>
Gross	Sharon Johnson		116
Putting D1	Lisa Blackwell		33
D2	Sharon Johnson		29 Yes, good putting makes winners!

Six players braved the conditions for the Sunday First Medal and unfortunately only four ladies completed the round. Suzique Doughty was playing a very nice game, despite the conditions, but had to retire when her sore foot was aggravated.

### ***Sunday 24<sup>th</sup> April***

Division 1 Nett	Robyn Glover	(28)	94 (C/B) to Cindy Brown (26)
Gross	Cindy Brown		120
Division 2 Nett	Linda Tsung	(41)	92 <b>Winner monthly medal! Congratulations, Linda.</b>
Gross	Linda Tsung		133
Putting D1	Cindy Brown		29 Nice work!
D2	Linda Tsung		37

In the 9-hole stableford competition on the Sunday, our new member Lily Guo (20) won the day on a countback to Hannah Xuan (48).

### ***Winner of the Trail Trophy is Sharon Johnson (34) with nett 82***

Our busy Treasurer is the only player who's been able to conquer the mud. She is a Thursday player who won with the best Nett score between Thursday and Sunday players and so won the Trail Trophy. She also had the best nett score on the Sunday with Nett 75. Pretty good considering and very pleasing to get two wins in two games.

### ***Singles Knockout***

Congratulations to our junior player Zoe Ng who defeated Robyn Glover 1up in the same muddy conditions endured by the stroke players on Thursday (21<sup>st</sup>). Other results were Lily Guo def Vanna Mutton 2/1 and Tiffany Huang def Jan Sadler 3/1

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## ***WOMEN'S GOLF continued***

### ***Stableford***

In the last week of April, sunshine was hard to find and sadly the course didn't dry out as we had hoped. The conditions for golf on Tuesday 26 and Thursday 28 were horrible and once again, all that can be said is to show our appreciation to those who played.

On Tuesday 26<sup>th</sup>, four players who must have been very keen to get out of the house, played nine holes. Cindy Brown, playing off an impressive 22 handicap, Lisa Blackwell, Janet Lean and Ben Vaz made up the competition.

Sharon Johnson, Helen Prentice, Robyn Glover and Lisa Blackwell battled through nine holes on Thursday 28<sup>th</sup>.

### ***Margaret Tanner's 102<sup>nd</sup> Birthday***

Sunday May 8 is Margaret Tanner's 102<sup>nd</sup> birthday! On Thursday 12<sup>th</sup>, the women golfers will celebrate this wonderful milestone with Margaret. She is an inspiration to us all as she continues to have a busy social life and is particularly remarkable in the way she maintains contact with her many golfing friends.



### **Graduation for the 2021 Junior Scholarship girls**

The Australian Golf Foundation, Kasey Dive and Lane Cove Golf club have supported five of our junior girls in their golfing journey. While interruptions from COVID 19 and the golf course closure have resulted in some program delays, the girls are now ready to graduate.

On the afternoon of Sunday 29 May, the girls will gather with their family members and the Women's Committee for a celebration. They will begin with some golfing activities where they will be able to demonstrate the skills they have learned to their family members. This will be followed by a graduation ceremony and, of course, afternoon tea.

Congratulations to Zoe Ng, Iris Zhang, Cecilia Ko, Jane Tisdell and Samantha Yu.

Your correspondent is embarking on a driving trip to western NSW and central Queensland at the end of April. My thanks to friends who will fill in the gaps in my absence. I really hope there is fine weather and some interesting golf results to report for May.

***SUSAN RIDD***

## ***AT THE PRO SHOP***

***SPECIAL - Puma golf shoes at \$99***



***PLEASE NOTE*** - Lane Cove golf credits

and vouchers are welcomed at Northbridge Golf Shop.

Please come up and explore the extensive range of golf equipment and apparel at Northbridge.



## **MINDFULNESS AND GOLF**

## **FROM THE EDITOR**

What you ask, is mindfulness? It is defined as a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts and bodily sensations, used as a therapeutic technique.

Has mindfulness anything to say to golfers? The author of the following article suggests so. We all need as much help as possible on the golf course. Perhaps this may be one of the answers to successful golf. Have a read and a think about it. Perhaps even put it into practice next time you play.



The sport of golf is exemplified by alternating between traveling long distances and taking diligently precise shots at a ball. It requires stamina, patience, and concentration. It's a sport that demands that its players be present and consistently focused at all times.

Fortunately, all these skills are enhanced while practicing mindfulness.

Just like successful golf, mindfulness is a skill that requires people to stay focused on the immediate present, free from judgments about oneself or others. This idea lies on the opposite spectrum as ruminating about something in the past (should, could, would) or forecasting the future (what ifs).

In both of those cases, a person misses out on the immediate things that make life so special. Just like there is only one chance to make a first impression, there is only one time to take a golf shot on any given hole. Wasting time focusing on past or future holes means you aren't living in the moment.

Like any athlete, golfers tend to suffer from anxiety, depression, and negative self-talk while playing. Reducing stress and anxiety is one of the main motivators to practice relaxing and living in the moment. The good news is that our bodies have a wise mind that will help swing a club with ease once we relax and give it a chance.

That is why relaxation is so important in golf. It makes the human body more receptive to handing the reins over to its inherent abilities.

Mindfulness produces clarity and perspective that enables you to get out of your own head and trust you to make the shot. Focusing on breathing and stance makes it much harder to worry because your mind is focused elsewhere. Contrary to popular belief, humans are not capable of multi-tasking. The reason we feel like we are is because of how quickly our brain can shift focus to another task. When you have an emotion that seems unrelated to your task at hand, it's important to acknowledge it. Then, if it isn't something that will be effective right at this moment, feel yourself letting it go.

Before each hole, do a mental body scan. This will help you pinpoint any thoughts or feelings you might be having in addition to any physical maladies.

Once located, you should validate and acknowledge that emotion and then play the role of observer, judgment-free. Proper posture and breathing are just as crucial as the validation that there are no good or bad emotions. People can't control what you think. But you can choose to decide what to do with your feelings. Anchoring and grounding yourself to the present moment will help you stay focused on the here and now.

[This article was originally published on larrystone.org/](http://larrystone.org/)