

This month the game is at Melton Valley

Monday 1st of March.

07:00 Registration.

08:00 Tee off Shotgun start.

Melton Valley pro shop 03 9743 2590



---oOo---

Next Month Monday April 12th Mandalay

Captains Report - Gisborne

A cool cloudy day greeted 92 members of the Hume Veterans GC teeing off at the Gisborne Golf Club on 1st February. After much heavy rain on preceding days the bunkers were out of play and treated under GUR rules (much to the delight of many). Although the greens were variable in speed, due to some being wet with dew and others dry, they improved with the weather as the day progressed. In all the course was in reasonably good shape with 13% of competitors playing to or under handicap. We now have 5 lady members in the Hume Vets, and it was nice to see all present. Many of the committee arrived early to check in members, hand out cards and shirts and sell raffle tickets. Thanks to all, a team effort!

The caterers (Marie and staff) provided a great meal while the cards were being processed by Bill and Mario. The day was a bit longer than normal as the AGM was held before presentations, but the inconvenience was offset by the zero cost for 2020 members.

Now for the winners.

<u>Name</u>	<u>Handicap</u>	<u>Score</u>
<u>A grade winner:</u>		
Peter Turner	12	39 points
<u>A grade runner-up:</u>		
Frank Cuthbertson	8	36 points c/b
<u>B grade winner:</u>		
Gus Steegstra	16	38 points
<u>B grade runner-up:</u>		
Peter Plytus	16	36 points
<u>C grade winner:</u>		
Ron Watkinson	21	36 points c/b
<u>C grade runner-up:</u>		
Neil Fowler	19	36 points c/b
<u>D grade winner:</u>		
Alan Condron	26	37 points c/b
<u>D grade runner-up:</u>		
Peter Dowling	31	37 points

Nearest the pin winners:

2 nd hole	Vince Rusciano
4 th hole	Jon O'Neill
12 th hole	James Fernandez
16 th hole	Frank Cuthbertson

Congratulations to all winners and those who won a golf ball down to 33 points. The "raffallo" prize was won by Geoff Varley and a free game at Melton by John Ferrante.

The next game is at Melton Valley on Monday 1st March 2021.

Gus Steegstra
Captain



Members enjoying lunch at the AGM



Parmaker winner George McLaughlin, Treasurer Shane Turner and President Alan Kinnaird



Crown Casino voucher winner Peter Denny and Treasurer Shane Turner

Runner up prize winners:

Guy Orrico - \$200
Joe Jhoty - 6 bottles of wine
Bill Wise - Case of Crown lager
Pat Collins - Case of Carlton draught

Birthdays for March

Peter	Bennett
Trevor	Corrie
Kathleen	Eiser
Michael, F	Lynch
Vic	Macans
Fred	Nicholls
Russell	Righton
Carol	Young

That's Golf

Wayne Whiting had a bad drive on the par 3 third hole at Gisborne, followed by an unbelievable second shot.

Having messed up his drive and landing at the lady's tee, he then picked up his nine iron and holed out with his next shot.

Wayne has never had a hole in one but at least he got the birdie.



THE OPEN TO BE PLAYED WITH OR WITHOUT FANS



The Open Championship will be played in 2021, even if there won't be spectators.

"We will play The Open this year," said Martin Slumbers, the chief executive officer of R&A, in an interview Tuesday with Sky Sports.

"We are certainly planning to stage The Open, but clearly at this point there are multiple scenarios.

"It's certainly a lot more complex than staging a normal Open Championship. But we are going to do everything we possibly can to put on a great championship for the country."

The Open, golf's oldest major tournament, was cancelled in 2020 because of the coronavirus pandemic.

The US PGA Championship, US Open and Masters all were delayed but played without fans.

Slumbers said it will be up to the government and public health agencies to decide whether spectators will be allowed on site when the tournament is played July 15-18 at Royal St George's in Sandwich, England.

"I think there's a very good possibility we will be able to have spectators, but we will have to wait and see how many," Slumbers told Sky Sports.

"We are balancing the health and safety of everyone involved, but I strongly believe The Open needs spectators.

"It will be really important to have some, but we want to make sure we do it smartly, intelligently and with due diligence."

Officials at Augusta National said the Masters will proceed in April with limited spectators.

+++++



Paul Robinson and Roger McConville are reportedly not well. We wish them both a speedy recovery.

Welfare Report

Peter Caple is the Welfare Officer. Please contact Peter at p.cable@bigpond.com if you know of any of our members who are ill.

+++++

Sponsorship and Golf Balls

The Golf Balls for the Ball run are now the Optima XSF golf balls. A much better ball than the current CS ball.

Walkinshaw Sports have donated four Golf Bags to be awarded for each grade at the age tournament.

We thank Walkinshaw Sports for their generosity and encourage our members to support PGF golf products when they can

Optima™

Mario has a supply of the brand new Optima XSF golf balls for the same price as previous- 2 dozen balls for \$30 half retail price. Normal retail \$28.99 doz.



Maximum distance with softer feel

- Large, high energy, soft feel 55 compression core
- High deformation core material for maximum energy transfer and release
- Super thin Ionomer blend cover for greenside control

It is a good opportunity to get a very good ball for a great price. You can order your supply from Mario, ring 0401604501 or email mariocaruso@bigpond.com You can collect your order from Mario in Sunbury or at our next game.



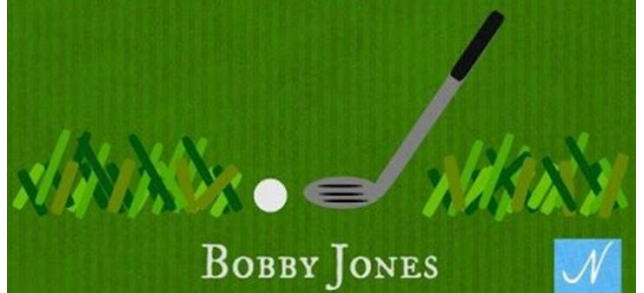
"I don't like the pin placement."



George McLaughlin with his new Parmaker

---oOo---

GOLF IS THE CLOSEST GAME
TO THE GAME WE CALL LIFE.
YOU GET BAD BREAKS
FROM GOOD SHOTS; YOU GET
GOOD BREAKS FROM BAD SHOTS -
BUT YOU HAVE TO
PLAY THE BALL WHERE IT LIES.



Healthy bones

From your 30s onwards, our bones gradually lose their density as a natural part of ageing.

Osteoporosis is a condition that affects the bones, causing them to become weak and fragile and more likely to break (fracture). It has no symptoms so the first clue may be that you fracture a bone.

Whether you have osteoporosis or just want to build strong bones for the future, there are several things you can do to maintain your bones.

Eat calcium-rich foods

Calcium is important for maintaining strong bones. Most people need at least 3 serves of calcium rich food a day. A serving size is a glass of milk (250ml), tub of yoghurt (200g) or a slice of cheese (40g).

If you can't get the recommended amount of calcium from your diet you may need to take a calcium supplement, particularly if you have low bone density. Osteoporosis Australia recommends taking a maximum of 500mg to 600mg of calcium per day.

Get your sunshine quota

Your body needs vitamin D to help it absorb calcium. Vitamin D is found in oily fish, liver, fortified spreads and cereals, and egg yolks. Your body also makes its own vitamin D when you're exposed to sunshine.

To produce enough vitamin D, most Australians only need a few minutes a day of sunlight during summer and a couple of hours of sun exposure spread over the week while during winter.

Cut out salt

Salt is thought to speed up the body's loss of calcium. So try to limit your daily salt intake to the recommended amount. Australian adults are recommended to consume less than 2000mg of sodium a day — that's less than a teaspoon of salt.

Looking at nutrition labels can also help you reduce your salt intake. Look for foods with 120mg

sodium or less per 100g. Crisps, ham, cheese, cooking sauces and processed foods such as pies, pizza and soups are all high in salt.

Be active

Bones get stronger when you use them. A great way to strengthen them is with weight-bearing exercise. This includes walking, running, dancing, golf or tennis. It doesn't include cycling or swimming (although swimming is good for staying flexible).

Bones also benefit if you lift and carry things. Weight training is ideal, but carrying shopping, gardening and housework all count.

---oOo---



"Golf is a puzzle without an answer. I've played the game for 50 years and I still haven't the slightest idea how to play." - Gary Player

---oOo---

Bob Hope quotes on Gerald Ford

"Whenever I play with President Ford, I usually try to make it a foursome — the President, myself, a paramedic and a faith healer."

"Gerry Ford is easy to spot on the course. He drives the cart with the red cross painted on top."

"Gerald Ford is the most dangerous driver since Ben-Hur."

"I enjoy playing with President Ford. The element of risk gets my adrenaline flowing and adds twenty yards to my tee shots."

"You don't know what fear is until you hear Ford behind you shouting 'Fore!' — and you're still in the locker room."

"Shortly after I started playing golf with Gerry Ford I thought it was time to take some lessons. Not golf lessons. First aid."

"Whenever I play with Ford these days I carry thirteen clubs and a white flag."

"He (Ford) has a special kind of people in his gallery — the ones who like to sky dive and walk on hot coals."

PGA CHAMPIONSHIP TO ALLOW DISTANCE-MEASURING DEVICES



The PGA of America says it will allow distance-measuring devices to be used during competition at the three major tournaments it operates, including the US PGA Championship, in a bid to speed up play.

The policy, which also allows for such devices to be used at the Women's PGA Championship and Senior PGA Championship, will debut with the May 20-23 US PGA Championship that will be played at the Ocean Course in Kiawah Island, South Carolina.

"We're always interested in methods that may help improve the flow of play during our championships," PGA of America President Jim Richerson said in a statement.

"The use of distance-measuring devices is already common within the game and is now a part of the Rules of Golf.

"Players and caddies have long used them during practice rounds to gather relevant yardages."

According to the PGA of America, the devices allowed can report only on distance and direction.

Devices that calculate elevation changes or that suggest a club for a player will not be allowed.

The rule could mean players and caddies spend less time figuring out tricky yardages as they give competitors the ability to zero in on a flagstick or other object in the distance to get a more precise measurement.

The use of such devices had previously been allowed in practice rounds but never during competition on the sport's biggest Tours or at its major tournaments.

World No.49 Will Zalatoris, who will be seeking his fifth top-10 finish of the PGA Tour season at this week's Pebble Beach Pro-Am, said he favoured the new rule.

"I'm hoping it helps, I'm all for whatever makes the game faster," Zalatoris told reporters.

"I don't really see a downside to it."





Hume Veterans Golf Club is now accepting new members.

**Play at these quality courses for only
\$45 a game (hot lunch included).**

Growling Frog

Gisborne

Melton Valley

Mandalay

Trentham

Mt. Derrimut

Goonawarra

Bacchus Marsh

Koorringal

Craigieburn

Melbourne Airport

For an annual fee of \$60 (which includes 5 tickets for a Parmaker electric buggy raffle) and \$45 per game with lunch, you'll be invited to play once a month at each of the above courses.

Prizes are given to top scorers, nearest the pins and a generous ball rundown.

All games count towards your handicap.

The final game of the year is just \$20, and everybody goes into the Parmaker raffle.

All new members are given a free Hume Vets shirt, cap and name badge.

Applicants must be aged 55 years or older and have a current Golfink handicap.

Ladies are most welcome to join.

For a membership application form please contact Mario Caruso. Tel: 0401 604 501 or email Hume Vets at info@humevetsgc.com.au.

For more details on our club's activities, visit our website: www.humevetsgc.com.au

Central Victorian Veteran Golfers Association.

Annual Goldfields Tournament

Belvoir Park Golf Course: Mon. Apr. 19. & Tues. Apr. 20.

Two Divisions: Men and Ladies A & B Grade.

General Information

- Play will commence at 11:30 am on Monday and 8:30 am on Tuesday. Please report and register at least 30 mins. Before scheduled hit-off time.
- All players must be a registered and financial member of a VVGA District Association.
- Closing Date for entries is Mon. 5th. April or when Capacity Field is reached.
- Entry Fee will include a Bagged Lunch on Monday and on Tuesday before Presentations.
- Golf Carts are available for Hire from the B/Park Pro Shop. Ph. 0413514662
- Visitors from all VVGA District Association Clubs will be made most Welcome .

Post Entries to:

Des Williams. 1 Capital Court, Eaglehawk. 3556

Or E-mail to: des_dot@hotmail.com

Central Victorian Veteran Golfers Association

Annual Goldfields Tournament

Belvoir Park Golf Course Mon. Apr. 19 & Tues. Apr. 20.

Two Divisions: Men and Ladies A & B Grade .

Entry Form.

Surname..... First Name

District Association

Handicap Golf Link No.

Phone E-mail

Please complete one of the following:

- I will be walking the course Yes / No
- I will be using a one person motorised vehicle. Yes / No
- I will be using a Two-person Golf Cart. Yes / No

If sharing a two-person cart, Name of Partner.

Entry Fees

\$50.00 per player for Two Day Tournament.

\$25.00 per player for Monday only. (Includes Bagged Lunch)

\$25.00 per player for Tuesday only (Includes B.B.Q. Lunch)

Anyone who paid for last year's event but did not play because of the cancellation and has not received a refund, please indicate here and do not pay for this year's entry.

.....

Payment:

Cash, Cheque or Money Order to Central Victorian Veterans Golfers Association Inc. to accompany Entry Form.

If Electronic Payment being made via EFT, then pay to Central Victorian Golfers Association Inc. BSB 633000 Account No. 53093555 A copy of the Bank Payment with your reference should be printed off and attached to your Entry Form.

Hume Veterans Golf Club Inc.

ABN 58 679 581 932



President Alan Kinnaird 0418 564 760
Captain: Gus Steegstra 0407 098 423
Secretary: Arnold Messias 0421 035 881
Email: arnold@messias.net

Application for Membership

Membership Secretary,
 Hume Veterans Golf Club Inc.
 Mario Caruso 21 Liquidamber Way Sunbury 3429 info@humevetsgc.com.au

Sir,

I hereby apply for membership of the Hume Veterans Golf Club and if elected, agree to abide by the Articles of Association, By-Laws of the Club and Committee rulings. I have obtained the age of 55 years I am a financial member of a Golf Club affiliated with the Australian Golf Union and have a current GolfLink handicap recognized by the Australian Golf Club Union or have a current GolfLink handicap.

Name in full (in block letters) Polo Top Size.....

Golf Link Number

Address.....

..... Postcode.....

Email Address.....

Home Club..... Date of Birth.....

Home Telephone no..... Mobile.....

Emergency contact Name & Phone No.....

Signature.....

The above-mentioned candidate is personally known to us and we believe him to be a suitable person to be elected a Member of the Hume Veterans Golf Club.

Proposer (in block letters)

Signature.....

Seconded (in block letters)

Signature.....

Membership fees can be paid via direct debit to Hume Vets Golf Club

BSB: 033-118 Account Number: 344854

Provided that the Directors shall not be bound to accept the application for Membership of any person, also provided any inaccuracy or misrepresentation in the particulars relating to the applicant or his description shall render his election voidable at any time at the discretion of the Club.

Date received by the Membership Secretary...../...../.....

Signed.....

