

Optima™



Coming up next

The game is at Goonawarra Monday 6th of May

07:00 Registration

08:00 Tee off the Shotgun start

If you haven't entered yet we still have vacancies

See Notice Board at the course

Course map

Provided at the back of this document

The June Game will be at Sunshine Golf Club

Captains Report

Our first trip to club Mandalay was a successful one. The weather was good, and the golf course was in excellent condition. Some great scores were recorded on the day and the meal after golf was very good.

The winners in the golf are as follows:

- A grade winner - Gus Steegstra 42
- A grade runner up – Richard Turnbull 39
- B grade winner - Brian Smith 40
- B grade runner up – Terry How 30 c/b
- C grade winner - John Johnson 39
- C grade runner up – Alan Condron 38 c/b
- D grade winner - Alan Moloney 42
- D grade runner up – Colin Harris 40 c/b

Tony Barr
Captain

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.

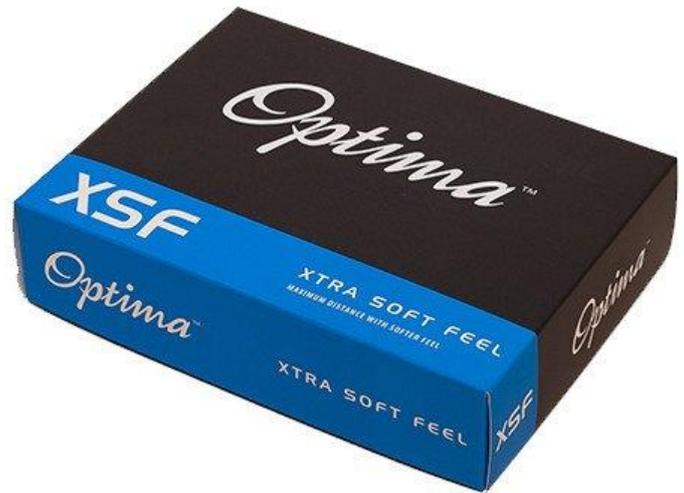
Walkinshaw Sports has donated a prize bag to be awarded to the player with the best

net score for each month for next 11 months.

They have also 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

.I have 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 me (Mario), ring 0401604501 or email mariocaruso@bigpond.com You can collect your order from Mario in Bulla or at our next game.

Polo Tops

New members will continue to receive their first Polo and cap as part of their joining package. Alan Kinnaird has the Polo Tops and caps; you can contact him with your size and he can bring it to the next Golf day. These Polo Tops retail in the golf Shops at \$45.



Presidents Cup

Hello everyone! It's a great privilege for me to have this opportunity to share my views and provide updates on the International Team's preparation and progress for the Presidents Cup at The Royal Melbourne Golf Club, Australia in December.



For starters, it's been a really good past few weeks for our prospective International Team members as we reach the halfway point of our qualification process.

Looking at the current top-8 and those around the fringe of our points standing following the conclusion of the World Golf Championships-Mexico Championship, I'm happy to see several familiar names featuring on the list including Jason Day, Adam Scott, Louis Oosthuizen and Si Woo Kim.

All four players have plenty of Presidents Cup experience behind them – Jason has played in four editions, Louis has featured in three, Adam has played an amazing eight times while Si Woo made his debut two years ago. Experience is an important element for any team and having players like those listed above will be key when the qualifying race concludes in August.

I'm pleased to see two other Aussies, Marc Leishman and Cameron Smith, continuing to occupy the top-2 spots on our points

list. I can only imagine what the fan support will be like come December when they are joined by both Jason and Adam on the first tee at The Royal Melbourne. Given how sports-crazed the fans in Melbourne are, I can't wait to experience the buzz and electricity of the atmosphere.

Until next time, bye for now.

Ernie Els.

Courtesy www.presidentscup.com



Birthdays for May

NAME	SURNAME
Robert	Buchan
James	Fernandez
Vince	Godino
Terry	Hughes
John	Johnson
Donald	Kennedy
Michael	Lynch
William	Shaw
John	Todd
Cor	Zeestraten

 "If you think golf is relaxing, you're not playing it right." -Bob Hope

Flu Season

Dr Norman Swan: The dreaded flu season is nearly upon us...
 And while it's more common to catch the flu in colder months, the flu can hit any time of the year.
 This year there's already been just over 17,000 reported cases with the majority in QLD and NSW. This is almost six times more than at the same time last year.
 So what is flu and how does it differ from the common cold?
 Influenza is a highly contagious viral infection that infects the upper airways and lungs.
 Common symptoms include:
 Fever
 Sore throat
 Dry cough
 Headache
 Muscle and joint pain, and
 Tiredness.
 Children may have:

Abdominal pain

Nausea and vomiting.

A person with the flu may be infectious for 24 hours before they're aware they have it, and then 3 to 5 days after the onset of symptoms, a child up to a week.

When you know you have the flu your best option is to rest and take time off work, as the flu is spread from person to person by: A sneeze, or a cough, talking to someone in close proximity or if you touch contaminated surfaces and then touch your mouth, nose or eyes.

As the flu is a virus not a bacterial infection, antibiotics won't help and should not be prescribed.

The best treatment is:

Bed rest

Drinking plenty of water

Over the counter medications such as simple pain-relievers may help to reduce symptoms but best to talk to your pharmacist or GP as to what's best for you. You should start to feel well again in about a week, but in some cases, more serious illnesses such as pneumonia and bronchitis can develop. And if you have an existing medical condition, the flu may make it worse so check with your GP.

It's always better to try to prevent catching the flu in the first place. So what are the precautions you can take?

Get yourself vaccinated – it's the best way to stay safe from the flu.

And if you're over 65, or under 5, have a chronic illness, are pregnant, or are an Aboriginal and Torres Strait Islander person you're at higher risk so it's even more important you're vaccinated.

A flu shot is the best way to reduce your risk as it helps you to build immunity to the virus.

And you'll need one every year as its effects wear off after 3 to 4 months and there's different flu strains each year.

Check with you GP or pharmacy to find out when this year's flu vaccine is available.

last Reviewed: 4 April 2019

myDr



Rory McIlroy initially met Caroline Wozniacki in a bar. They talk, they connect, and they end up leaving together. Caroline takes him back to her place, and as she shows him around her apartment, Rory notices that her bedroom is completely packed with teddy bears. There were hundreds of small bears on a shelf and all the way along the floor, medium sized ones on a shelf a little higher and huge bears on the top shelf along the wall. Rory is surprised that Caroline would have a collection of teddy bears, especially one that's so extensive, but he decides not to mention this to her. Rory turns to her... they kiss... and then they rip each other's clothes off and make love. After an intense night of passion, and as they are lying there together in the afterglow, Rory rolls over and asks, smiling, "Well, how was it?" Caroline says, "You can have any prize from the bottom shelf."

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FLOPPY HATS \$20



SHORTS SLEEVE SHIRTS \$25



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Hume Veterans Golf Club

ABN 58 679 581 932

President: Kerry Bayly 0408 340 846

Captain: Tony Barr 0409 431 315

Secretary: Terry How 0403 262 789

Email: info@humevetsgc.com.au

Application for Membership

Membership Secretary, Hume Veterans Golf Club Inc.

Mario Caruso

21 Liquidamber Way SUNBURY 3429

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 am a financial of a Golf Club affiliated with the Australian Golf Union and have a current handicap recognized by the Australian Golf Club Union or have a current Golflink handicap.

Name in full (in block letters)

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.....

Seconder (in block letters)

Signature.....

Provided that the Directors shall not be bound to accept the application for Membership of any person, provided also 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.....

