



Hello members,

After some discussion it was agreed that we would continue with our monthly newsletter even though golf has come to a standstill in this state, thus very little golf news, never the less we will make it up with other non-golf news worthy items which we hope you appreciate.

Firstly, I hope you are all well and coping with the restrictions that are in place. It is certainly a different way of life being cooped up at home, but it makes a lot of sense when you see our daily statistics compared to other countries. Personally, I am slowly adjusting, as I miss my twice weekly golf outings, regular swimming sessions and water aerobic exercises. This has been replaced with daily cycling, more time reading and completing the "Herald Sun" quiz section, completing jobs around the house that were put off and having Netflix and Kayo to view.

I am as keen as you to get back to the game we love and whilst it can be argued that we can successfully play golf and at the same time undertake the social restrictions that are in place, we all **must adhere** to the rules that are in place for our own sake and our family's health.

The Committee were unanimous in adopting Golf Australia's COVID-19 position statement that is attached, whilst other interstate bodies have a different perspective.

With regard to our May competition at Melton Valley, seeing that the State government has extended the current restrictions until 11th May, we have now

cancelled this booking and members have been notified by email.

Please keep safe and let's hope that it will not be too long before we can return to the fairways.

Alan Kinnaird
President

Beware the extra calories

PETER ROLFE

UNWANTED "coronavirus calories" Australians put on while working from home and self-isolating could cause long-term damage to their physical and mental health.

Experts have warned of the dangers of gaining just an extra few kilograms of fat and not exercising properly during the COVID-19 crisis, with risks including heart disease, diabetes and osteoporosis.

Rather than sitting all day and exercising at the end of it, Victorians have been urged to take hourly breaks and add 15-minute workouts to their daily routines to beat the cycle.

People working from home have also been encouraged to write a "food plan" to follow, so they know what they will be eating rather than gorging on sugary and fatty snacks.

Itamar Levinger of Victoria University's Institute of Health and Sport said even six months of poor diet and exercise could place Australians at significant health risk, especially those over 40.

"There are many studies that show over time these extra kilograms of fat have a very detrimental effect on not just health but function," Prof Levinger said.

"People find it quite easy to gain weight and they gain mostly fat but they find it very difficult to lose it.

"So maintaining a healthy lifestyle, even in these difficult circumstances, is quite a key to maintaining future health, not just what is happening now."

Older people are at risk of slips, falls and broken bones by losing muscle mass and gaining fat by exercising less and snacking more while stuck at home.

People over 60 were at most risk and needed to pay closest attention to health and well-being while in isolation.

Prof Levinger said people who exercised for 10 to 15 minutes every hour or two while working from home would reap lasting rewards.

"You're better off getting up every hour and doing something small and the benefits will be more than doing extra exercise at the end of the day," he said.

"It could just be stretching on your chair or walking around your balcony."

02 Apr 2020 | Golf Australia

Golf Australia COVID-19 position statement
by Golf Australia



Many golf clubs around Australia have either re-opened, or are considering doing so, after recent state and territory-specific rulings or directives.

Golf Australia, while not wishing to act in a manner contrary to those specific rulings or directives, remains of the view that golf is a non-essential activity, a view which sits comfortably with the current Federal Government directive and rules to "stay at home" unless absolutely necessary.

Of course, Golf Australia is merely recommending that position to all clubs around Australia and ultimately, we respect the right of the clubs to act in the way they see fit while complying with all social distancing requirements.

Golf Australia has adopted - and will continue to adopt - a prudent position of respecting and heeding Government advice on all matters pertaining to the Covid-19 pandemic.

The recommendation we formulated around course closure was based on the position Prime Minister Scott Morrison has taken and, at all times throughout this issue, Golf Australia has sought to provide the latest Federal and state advice for all golf clubs around the country.

That has proved an extremely difficult task given that various state positions have been constantly changing, almost on a daily basis. We apologise for any confusion that has caused, but we are sure you can understand these are unprecedented times in our country and, indeed, for our great game.

That so many people are passionate about the sport is a great sign of the game's significance in our community and we are truly sympathetic to those who are desperate to once again walk the fairways, but we as the national governing body feel that in this time of crisis for so many in our community, it is best to be safe.

Furthermore, we strongly believe that unity, prudence and safety during this unprecedented crisis is the best way for us to assist with "flattening the curve" of Covid-19's surge through the community and we believe that golf and our industry has a role to play in doing this.

Our recommendation to remain closed therefore remains the same - Australia and our community come first.

We yearn to see full fairways and clubhouses, but not as much as we desire our population to be fully healthy once again.

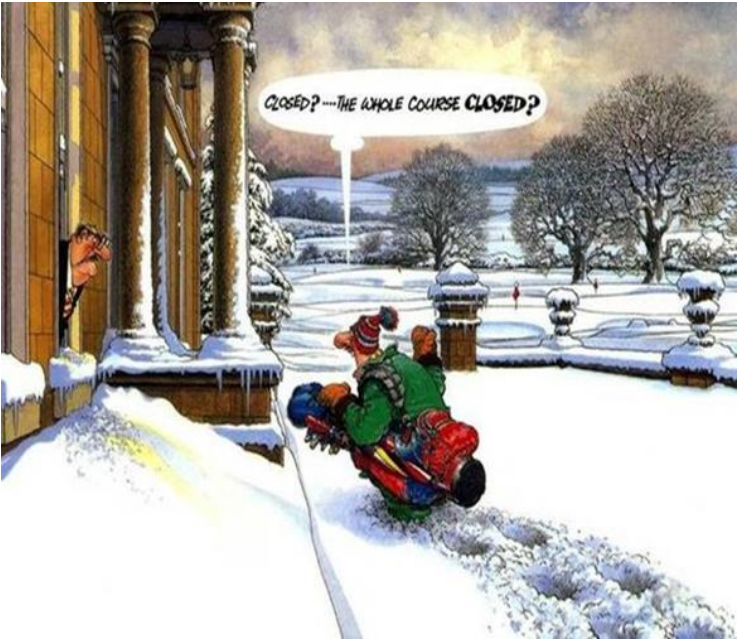
As always, Golf Australia remains on hand to offer clubs advice and support through these troubling times, regardless of whether or not they have chosen to open or close.

The most up-to-date information on all Australian golf matters pertaining to the Covid-19 pandemic will be prominent at <https://www.golf.org.au/covid-19> on the Golf Australia website. We implore all golfers to follow the State and Territory guidelines contained within this document. We will endeavour to provide constant and relevant updates as soon as possible in this ever-changing landscape.

Above all, please stay safe.

PRETTY insulting to say that people wishing to play golf (under strict isolating conditions) are looking for loopholes. No, we are looking for some common sense, some fitness and a way to de-stress in complete safety. Being 138m from someone on a golf course is infinitely safer than walking on a footpath, riding on a bike track or shopping at Coles.

**Tim Newhouse,
Sanctuary Lakes**



VIC GOLF BAN RIDICULED

VICTORIAN social distancing rules banning golf have been criticised as inconsistent with other states and stopping appropriate exercise.

Hans Pelt, who chairs Sunbury's Goonawarra Golf Club, said exercise was vital for mental health and wellbeing.

"What evidence has Victoria got when other states do not go it alone and ban activities where people can maintain a safe distance and participate completely contactless?" he said.

Mr Pelt said the course could be set up to be fully compliant with social distancing rules.

"In Victoria, a golf course can be next to a park where people in pairs exercise while maintaining social distancing," he said.

"Ironically a golf course on the other side of the fence has to be empty."

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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.

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Birthdays for May

Robert	Buchan
James	Fernandez
Vince	Godino
John	Hudson
Terry	Hughes
John	Johnson
Donald	Kennedy
Michael	Lynch
Paul	Robinson
John	Todd



This month we say goodbye to Terry Hughes. Terry is well into his eighties and has been with Hume Vets for 21 years. He has decided to reduce his golfing schedule and play those games at his home club, Yarrambat. We wish him all the best.

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TREASURER'S PROFILE

I was born in Footscray on the 24th August 1958. My father was serving in the RAAF at that time and was posted to the RAAF Base at Point Cook. I am the youngest of 4 siblings. My education was very 'eclectic' as the family was moved around Australia numerous times over my father's 23-year career with the RAAF.

At the start of 1974, my family was living in Wagga Wagga NSW when I decided that High School (YR 11) was no longer fun, so I went looking for 'alternatives'. I found a Pre-Apprenticeship course (fitting machining and welding) at the local Technical College which came with a guaranteed apprenticeship with Borg Warner, an automotive manufacturing company located in Albury NSW.

Other 'alternatives' at that time included being offered an apprenticeship in golf administration at the local Wagga Wagga Public Golf Course. Or I was told I could go back to school to do years 11 and 12 and once completed, I become a schoolteacher or do a science degree and get in on the ground floor of a new industry called computers. So many choices in those days! Who would have envisaged how big the sports administration and computer industries were going to be back then!

To assist me with my 'options' were my two older brothers who at that time were both serving in the Australian Army - my older brother was a Vietnam Veteran. They suggested that I should consider a career in the Army with them. It made sense. I was already familiar with service life by being part of a service family. I had served in the Army Cadets at High School and being a soldier felt like a 'natural fit' to me. At the end of November 1975, I completed my Pre-Apprenticeship training and decided that a career in the Army would be the best option for me so on the 10th of December

1975, I joined the Australian Army.

Over the next 35 years I served in the Army in various units and organisations. My initial employment training was as a tank crewman and later on as I gained experience, I was promoted to tank commander. By 1989, again I was looking for 'alternatives' and I was given the opportunity to become an Ammunition Technician or AT.

An AT is part of a large team of specialist trained technicians who maintain the Army's ammunition and explosives resources. They provide expert safety advice to commanders in the use, storage, transport and handling of ammunition and explosives. They are highly trained in Explosive Ordnance Disposal (EOD) and Improvised Explosive Ordnance Disposal (IED) operations. Commonly called Bomb Disposal. I attained the rank of Captain during this time.



In 2010 I retired from the Army due to health issues. I was diagnosed with PTSD and other associated health problems by Department of Veterans Affairs (DVA). Once again, I was looking for 'alternatives' but this time due to my disabilities, I could not go back into the workforce on a fulltime



basis, so I opted to do volunteer work. Today I do volunteer work with various veteran's organisations and of course the Hume Veterans Golf Club.

I have been married twice. Heather (my current wife) and I have been together for 18 years. We currently live in Yarraville I have been together for 18 years. We currently live in Yarraville Melbourne. For those who don't know where Yarraville is, it is located at the 'Parisian End' of Footscray. Our combined three children have produced 10 grandchildren. I have been with the Hume Vets for around 4 years. This is the second year of serving as the Treasurer.

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.

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

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.



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Happy Masters Day

JASON Day has welcomed golf's plan to squeeze in three of the four majors and resume the US PGA Tour in the second half of the year.

The former world No.1 was delighted to learn that the US PGA Championship, which he won in 2015, has been rescheduled for August 6-9 with the US Open on September 17-20 and the Masters on November 12-15.

However, the British Open was a casualty. The Royal and Ancient Golf Club cancelled its championship for the first time since 1945. It said the 149th Open would be held next year at Royal St George's on July 15-18, leaving the 150th Open for St Andrews in 2022.

"I can assure everyone that we have explored every option for playing the Open this year, but it is not going to be possible," R&A chief Martin Slumbers said.

After the US PGA Championship, the US PGA Tour's final regular-season event will be followed by its three-tournament playoffs series.

The mooted new schedule was a boost for Queenslander Day, who is at home with his family in Ohio.

"It will be strange playing the majors late in the year, but it will be fun," Day said. "The Masters will start right on my birthday (November 12), so I'm pumped about playing Augusta National then."

"It's obviously very sad with the Open Championship being cancelled, but I understand and support the R&A's decision."

Powerbrokers stressed the majors dates did not guarantee they would go ahead, with so much depending on how the COVID-19 crisis plays out.

Also welcoming the news was amateur Lukas Michel. The Victorian earned exemptions to play the Masters and US Open when he won last year's US Mid-Amateur Championship.

"It is music to my ears knowing they're both planned to happen this year," he said.

AAP

GOLF'S NEW 2020 SCHEDULE

JULY 15-19

British Open **CANCELLED**

AUG 6-9

US PGA Championship

SEPT 17-20

US Open at Winged Foot

SEPT 25-27

Ryder Cup at Whistling Straits

NOV 12-15

US Masters at Augusta



Augusta has rescheduled the Masters to start on Jason Day's birthday. Picture: GETTY IMAGES

UNUSED CARS MAY RUN DOWN

VICTORIANS staying at home to help fight the spread of COVID-19 have been warned not to neglect their cars for months on end.

The Victorian Automotive Chamber of Commerce chief executive Geoff Gwilym warned that if left idle for weeks or months, a build-up of moisture could damage electrical systems and put extra strain on brakes when a car was eventually driven.

"Cars were never made to be parked," Mr Gwilym said.

"If you have two cars, rotate them."

Moisture trapped on car brakes could result in oxidation of key components or "rust dust".

Even a drive around the block would burn off moisture and lubricate key components, such as rubber and oil seals.

"Your car will do that for

you if you take it for a drive," Mr Gwilym said.

He downplayed the risk of fuel evaporating or depleting and damaging car engines.

"The last thing we want anyone doing is pumping fuel out of cars because they think it will be gummed up," Mr Gwilym said.

As long as social distancing protocols were followed, cars could still be serviced, he said.

Some of our members who belong to Gisborne G.C would know Dee, who worked there for several years, but may not know that she writes monthly blogs that appear in several suburban newsletters. Seeing things are quiet at the moment from a golf perspective, we will include some of her topical articles that we hope you find enlightening. Below are two with relevance to Easter and May (PS Dee is the daughter of our President).

ONE A PENNY

Issue 87, April 2017

Easter presents itself early these days. Far too early for my liking. For the last few years, much to my dismay, a girlfriend has posted photos of her children on New Year's Day, eating hot cross buns. I realise it's purely an Easter marketing strategy, but for me, it has recently highlighted a more pressing issue. And one that really ticks me off.

Like millions of others, I quite enjoy the odd hot cross bun. You can keep the chocolate variety and the ones without fruit - after all, what is the point of a fruitless bun anyway? I am a purist. Don't change it. Don't toast it. Don't even cut it in half. Just give it to me, as it was meant to be. Even the smell of yeast, fruit and spice is enough to send my senses into a spin.

I've tried buns from bakeries and delis, specialty stores and fundraising groups. I've even made my own on a couple of occasions, with a limited amount of success, but I still favour the simple supermarket six-pack.

After spending hours hunting down the perfect pack, assessing the texture and freshness, shape, aroma and colour, they are carefully stowed in a safe place, for the remainder of the journey. The last thing I want is squished buns, right? Enter the problem. Packing.

This week at the register, my buns were waiting at the very end of the conveyor belt, where all fragile items should be. "Pass me your buns, I have a space in this bag" says the cashier, with a look of glee. Is she serious? With two jars of passata and a bunch of bananas? Over my dead body lady. I pass her a box of tissues instead.

They need to take a leaf out of Aldi's book and let me pack my own bags. At least then, I know they will make it home safely.

Dee Simpson

You can also join me on Facebook, Tumblr and @ <http://comejoindee.com/>

HATS OFF TO GRANS

Issue 88, May 2017

We love you Grandma!



The month of May brings cooler weather, winter coats and pumpkin soup, Sunday roasts, chrysanthemums and lily of the valley. And of course, Mother's Day. I was blessed to have my maternal grandmother until I was almost forty and although Mother's Day is traditionally centred around our mums, I want to take

this opportunity to honour those in the wings. Grandmothers.

My Gran was a dear soul. Quietly spoken and well groomed, with a genuine love of Pringles. She was my hero. Smelling of Tea Rose soap, she kept her teeth in a glass at night and snored like a freight train, but Gran was also the maker of all things good. She cooked a mean corned beef, baked incredible cornflake biscuits and whenever she had to bring a plate, cream-filled

sponge was definitely her jam.

Gran was not designed to drive a car or ride a bike, but she had endless patience and a kind heart. She spent the best part of my childhood and adolescence trying to teach me the basics of cooking, sewing, gardening and knitting, with moderate success in some areas, and dismal failure in others. But at the end of the day, she always had time for her grandchildren.

Grandmothers play an enormous role in many people's lives. They are often chauffeurs, tutors and mentors, not to mention a mother's major helper, and sometimes even a child's primary carer. They nurture and educate, coach, guide and supervise, with their firm but fair ways. And they always have lollies. The time they spend with their grandchildren, no matter where or for how long, will always be remembered by the child as special.

So this Mother's Day remember the grandmother in your life, and make it a special day for her too xx

Dee Simpson

You can also find me at <http://comejoindee.com/>

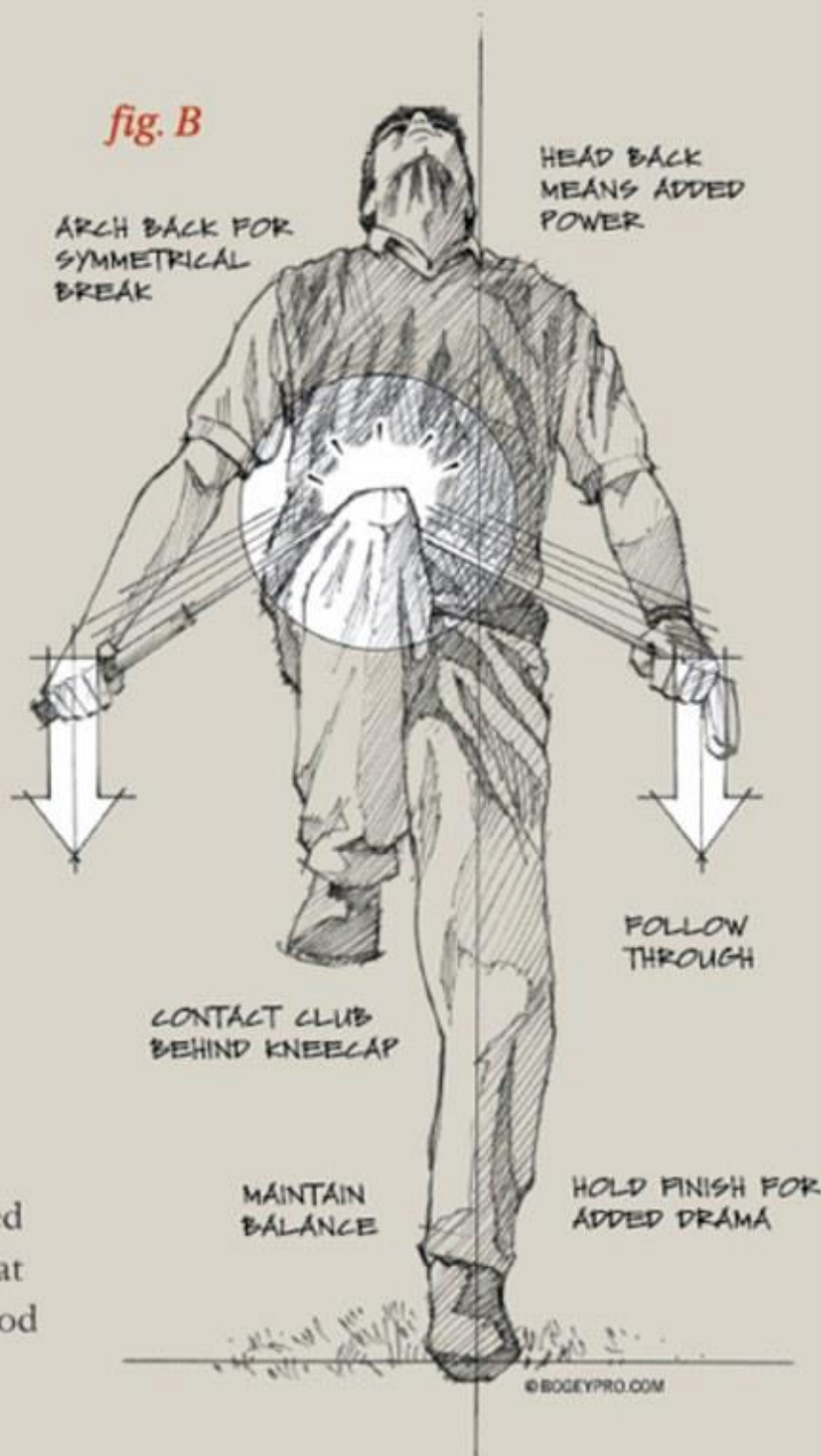




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Hume Veterans Golf Club

ABN 58 679 581 932

President: Alan Kinnaird 0418 564 760
Captain: Gus Steegstra 0407 098 423
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 Golfink 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.....