



Dear Members and Golfers,

As this news letter goes in for e- print, the monsoons will be bidding good bye for the season. We had the heaviest of monsoons in the last seven years 723 mm as compared to 154 mm last year, and stretching longer than normal. It was THANK YOU GOD for the farmers and the golf course, but for the golfers, it was sad to see them to miss out on their tournament matches and regular games also.

Kensville Independence Trophy

We celebrated our 67th Independence day with the annual match play tournament culminating with the Flag tournament on 15th Aug . It went off very well, despite of the forecast and, the fear of heavy rains .Sunil Sadhwani won the Flag competition , taking the flag 5 shots ahead of the 18 holes. He was in great rhythm and confidence to bring in a good round. He was closely followed by Shailendra Desai who was declared runner up with 5 shots behind . 130 golfers participated in the 40 days long Match play tournament . In the finals of the Match play tournament, Daksh Patel won the 0-14 handicap category beating Aditya Shah with a margin of 5&4 . Sumit Malloot got the better of Mihir Sharma in the 14-24 handicap category with a huge margin of 6&4. Maj Parthiv Singh Vaghela retained the trophy in the high handicap category by defeating Madhur Todi 4&3. Parina Patel made it a cake walk to win the ladies category from the veteran Manisha Basu with a huge margin of 9&7. In the skill prizes Amit Vibhakar won the Longest Drive hitting the golf ball 271 yards, he was closely followed by Ankur Patel. Closest to pin was won by Satinder Chouhan with 3'5" to the pin followed by Daksh Patel.



The Golf Course

Our team has been working very hard ,in what I am sure you all will agree, have been very trying conditions this year, due to the heavy monsoons, to bring out the golf course in the best playing conditions. We thank you all for participating in the month long match play tournament and further welcome you at Kensville for your regular rounds. I thought it would be worth sharing with you some thoughts so that we can all understand and help to keep the golf course in the best playing conditions. As golfers let us remember to **Repair pitch marks, replace divots and rake bunkers.**



Golf tip of the month

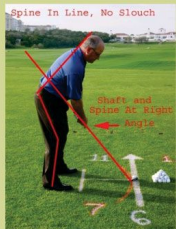
8 lessons series contd... Lesson 5

Posture

Your knees should be slightly flexed and directly over the balls of your feet for balance. The center of the upper spine (between your shoulder blades), knees and balls of the feet should be stacked when viewed from behind the ball on the target line. Also, the back knee should be cocked slightly inward towards the target. This will help you brace yourself on this leg during the back swing, thus preventing lower body sway.

Your body should bend at the hips, not in the waist (your buttocks will protrude slightly when you are in this correct posture). The spine is the axis of rotation for the swing, so it should be bent towards the ball from the hips at approximately a 90-degree angle to the shaft of the club. This right angle relationship between the spine and the shaft will help you swing the club, arms and body as a team on the correct plane.

Your vertebrae should be in a straight line with no bending in the middle of the spine. If your spine is in a "slouch" posture, every degree of bend decreases your shoulder turn by 1.5 degrees. Your ability to turn the shoulders on the back swing equals your power potential, so keep your spine in line for longer drives and more consistent ball striking.



Golf rule of the month

Rule 21 – Cleaning ball

- A ball on the putting green may be cleaned whenever it has been lifted. A ball elsewhere on the course may be cleaned when lifted unless it was lifted under Rule 5-3, Rule 12-2, or Rule 22.
- A player who cleans his ball in violation of this Rule incurs a one-stroke penalty unless another Rule governing the lifting of the ball prescribes a penalty, in which case there is no additional penalty under Rule 21.

Rule 22 – Ball assisting or interfering with play

- 22-1 – A ball that may assist another player in its current lie must be lifted by the player who owns it on the request of any other player, and may be lifted at the player's discretion. The ball must not be lifted if another ball is in motion. The ball lifted must not be cleaned unless it was on the putting green.
- 22-2 – A ball that may interfere with a player's own ball must be lifted by its owner on the request of that player, but must not be lifted in the absence of such a request unless the ball lies on the putting green in which case the player who owns it may lift it without a request to do so. The ball must not be lifted if another ball is in motion. The ball lifted must not be cleaned unless it was on the putting green.

Rule 23 – Loose impediments

- A loose impediment is defined as a natural object that is not fixed or growing, not solidly embedded, and not adhering to the ball itself. Leaves, twigs, acorns, small stones, insects etc are loose impediments anywhere on the course. Sand and soil are loose impediments on the putting green but not elsewhere. Snow and ice may be considered loose impediments or "casual water" (an abnormal ground condition; see below) at the player's discretion. Dew and frost are not loose impediments.
- 23-1 – Except when the ball and a loose impediment are both in a hazard, or a ball is in motion that may be influenced by a loose impediment, the player may move or remove any loose impediment without penalty. Rule 18-2 applies if removal of the impediment causes a ball to move, except there is no penalty if the ball that was moved was on the putting green and was directly caused by removing the impediment.

Health Maintenance @ Kensville Ayurveda

"prevention is always better than cure"

At Kensville, we encourage individuals to take health maintenance programs when one is doing well; for "prevention is always better than cure". We desire to help individuals learn how to look after themselves on a regular basis. Thus our health maintenance program includes the following -

- 1) Detoxification through panchakarma and other Ayurveda treatments
- 2) Rejuvenation using Ayurveda herbs
- 3) Awareness building regarding
 - A. Diet, lifestyle, daily and seasonal routines back home
 - B. Preparation of herbs for consumption when required
 - C. Use of herbs to manage simple health problems like fever, cold, cough, diarrhoea, headache etc. back home
- 4) Relaxation using yoga nidra, meditation and other such techniques

The Ayurveda texts tell us that exposure to environmental and chemical toxins on a regular basis ensures that we should engage in health maintenance programs periodically for periods ranging from 3-5 weeks depending on the assessment by your Ayurveda physician. Health maintenance program will help to minimize or slow down the damage to the system in the long run.

During any of these programs, it is important to take "maximum physical and mental rest" and to follow the physician's advice to maximize the benefit from the treatment



10 Interesting Golf Facts

1. 125,000 golf balls a year are hit into the water at the famous 17th hole of the Stadium Course at Sawgrass.
2. The longest drive ever is 515 yards. The longest putt ever is a monstrous 375 feet.
3. Phil Mickelson, who plays left-handed, is actually right handed. He learned to play golf by mirroring his father's golf swing, and he has used left handed golf clubs ever since.
4. The chances of making two holes-in-one in a round of golf are one in 67 million.
5. Tiger Woods snagged his first ace at the tender age of eight.
6. Balls travel significantly further on hot days. A golfer swinging a club at around 100 mph will carry the driver up to eight yards longer for each increase in air temperature of 25° F.
7. The longest golf course in the world is the par 77 International Golf Club in Massachusetts which measures a fearsome 8325 yards.
8. The highest golf course in the world is the Tactu Golf Club in Morocchoa, Peru, which sits 14,335 feet above sea level at its lowest point.
9. The longest golf hole in the world is the 7th hole (par 7) of the Sano Course at the Satsuki Golf Club in Japan. It measures an incredible 909 yards.
10. The largest bunker in the world is Hell's Half Acre on the 585-yard 7th hole of the Pine Valley Course in New Jersey.

Forth coming tournaments

- MONTHLY MEDAL ROUND - 21st Sep '13
- WESTERN ZONE JUNIOR TOURNAMENT - 27th to 29th Sep '13

Thank you and regards
Sincerely,

Lokender Malik
Kensville Golf & Country Club