

COOLANGATTA & TWEED HEADS VETERAN GOLFERS

| News and Views for older gentlemen golfers! |

Dear Vets,

Happy New Year to you and yours - we hope that 2019 brings you peace, happiness, good health and some decent golf scores!

Don't forget that the new rules of golf came into play on January 01 and I have included a summary of them below. You can also click on the following link to find out more and to access some videos which explain the changes.

www.golf.org.au/newrules



20 Most Important Changes to Rules of Golf 2019

1. Search time – reduced from 5 to 3 minutes
2. Ball moving during search – replace (no penalty)
3. Embedded ball – free relief anywhere
4. Measuring a drop – use longest club (except putter)
5. Dropping – knee height rather than shoulder
6. Taking stance on wrong green not permitted
7. Ball hits player or equipment – no penalty
8. Double hit – counts as one stroke
9. Touching sand in bunker incidentally is permitted
10. Loose implements can be removed anywhere
11. Drop a ball out of a bunker – 2 penalty strokes
12. Water hazards now penalty areas
13. Touching ground in water / penalty areas acceptable
14. Ball moves on green after being marked – put back without penalty
15. Ball accidentally moved on putting green – replace (no penalty)
16. Can repair all damage on green
17. Positioning a club for alignment not permitted
18. Caddie assisting with alignment not permitted
19. Ball hitting a flagstick on putting green allowed
20. Ball wedged against side of hole and flagstick deemed as holed

New Rules are now in effect!

- Download the new Rules app
 - Click [here](#) to download the Rules of Golf App - iOS
 - Click [here](#) to download the Rules of Golf App - Android

Other News

We kick off our golfing calendar tomorrow January 03, with a Monthly Medal on the West course. We will also be playing the 2018 Medal of Medals in conjunction. Good luck to those who have qualified for that event. A big thank you to Simon in the pro-shop for donating a shirt to the winner of the MoM event.

MONTHLY MEDAL WINNERS 2018

January	Peter Protheroe
February	Bob Murdoch
March	Len Winkworth
April	Garry Hattley
May	Ross Woodroffe
June	Ray Murphy
July	Allan Roberts
August	Nigel Paxton
September	Alan Goodridge
October	NOT PLAYED (OPEN DAY)
November	Ken Redman
December	John Cooper



Birthdays

Greeting and best wishes to the following 'Birthday Boys' who celebrate in January.

Brian Booth, Ron Chapman, John Cusack, Ray Doman, Alan Goodridge, Garry Hattley, Peter Hayward, John Heckscher, Rob Nicholls, Brendan Otto, Bill Burnett, Perry Papandrea, Eric Prosser, Ean Quested, Allan Roberts, Ian Stuart, Graham Vidler.



Bob Campbell – Welfare Officer

Did you know that our Veterans Group has a welfare officer? Bob Campbell is available to assist and provide support where necessary, for those in need. If you are, or another golfer you know is in need of support as a result of medical or other issues please contact Bob or Ron Sammons. A quick phone call to check up on how you are going is often very good medicine!

This is a part of our own 'r you ok' program.

Xmas Function

From all reports, the Christmas function was a success. We were a bit rushed with the presentations before lunch and we are looking into ways to improve this, including an alternative to the 4ball Ambrose. Unfortunately, we all play at different speed as was borne out on the day, with a 40-minute difference between the first and last groups finishing. The lunch, however was terrific, with copious choices and plenty to eat.

Sponsors:

Tomorrow's Monthly Medal is sponsored once again by Ingwersen and Lansdown and we thank them for their on-going support of our Veterans Golf!

Once again I would like to thank all of our sponsors for their amazing generosity throughout the year. I also thank our own members who have sponsored events in 2018. If you as an individual, or a group would like to sponsor a day in 2019, please contact Ron Sammons or Ken Brodie.



\$500 Donation to the Vets*

*When you refer anyone who sells their home with Tim from McGrath - We service Ballina to Broadbeach.

Call Tim on **0419 730 932** to discuss



Stay Hydrated over summer! This is repeated from last month and is worth the read!

With the warmer weather upon us it is vitally important to remember to keep up your fluid intake, especially whilst out on the course.

Water should be given to counteract dehydration in hot or humid weather, regardless of your activity level. Drinking water helps lower your body temperature and replace the fluid you lose through sweating. It should be drunk before you get to the stage of feeling thirsty.

It's best to remember that other drinks, such as soft drinks, coffee, or alcohol-containing beverages, are no substitute for water. Although they contain water, they also contain ingredients which are dehydrating.

Sports drinks contain carbohydrates and electrolytes and are useful if exercising in hot weather. Oral rehydration solutions such as Gastrolyte and Hydralyte are also suitable. They should be made up and given according to the manufacturer's instructions. So-called 'energy drinks' contain caffeine or other stimulants, and are not an appropriate rehydration fluid. If in doubt, water is the preferred option in most cases.

Player Profile – Pascoe Fair

Pascoe Fair born 1944 in Johannesburg South Africa.



Yes PASCOE is my given name, it was my great, great grandmothers maiden name Sophia Pascoe from Cornwall UK.

My family always referred to me as Pac, that's right Pac Fair, which was my nick name some 30 years before Pacific Fair shopping centre borrowed my name.

The family moved onto a dairy farm in NATAL South Africa when I was 6 years old. What an incredible 8 years living on a farm interacting with the Zulu lads my age living in the area. We hunted birds, rabbits in fact anything edible which my friends never let go to waste. We rode horses and donkeys the freedom was fantastic.

The situation in South Africa in the late 1950's and early 1960's became unpleasant so the family decided to migrate to New Zealand. I landed in New Zealand in April 1961 and was duly enrolled in Auckland Grammar School to complete my secondary education. We had a poultry farm south of Auckland which kept me occupied I then tried a term at a butter factory intending to study dairy technology. That wasn't for me!

I then found a job in the laboratory at the meat works in Auckland and studied Laboratory science at the Auckland Technical Institute. A most enjoyable job. On the first night of lectures I spotted a very attractive young lady with long blond hair, it turned out she had a boyfriend, so I explained that he would have to go as there wouldn't be room for three!!! Carole and I married in April 1966 and thankfully are still together.

For no logical reason we decided to move to Melbourne so I could study Quantity Surveying as my father was a Quantity Surveyor and working in Melbourne at that time.

I qualified at the end of 1969 and we decided to set off on a working holiday via South Africa and then hope fully UK. However when we arrived in SA we discovered my wife was pregnant so we stayed on for 2years while we had a second daughter born over there. We did get to visit UK briefly with a baby in tow however never got to work there.

After our stay in South Africa we returned to NZ briefly, then the Gold Coast called as my Dad had set up a small Quantity Surveying practice. That was mid-1974. Working with Dad was an absolute disaster!! However I had obtained my registration as a builder and was able to put my training as a Quantity Surveyor to good use.

I managed a small building company for Sydney developers, then when they tired of the Coast I took over the company and ran my own business. My wife had done some training in accountancy so we worked well together in running the company through the ups and downs of the Gold Coast boom and busts.

I had to retire in 2007 as I had developed "Meniers disease" and was unable to attend to the onsite building operations. We eventually managed to get the disease under control by killing the balance nerve in my right ear, which has also left me deaf in that ear. So if you see me not walking in a straight line I am not drunk, I only have balance on one side of my head. Hence my declining handicap at golf.

I am happily retired living in Robina with my wife of 52 years plus, and having my two daughters and their families living within 5 KM, we have three fabulous grandchildren.

Away Trips / Open Days

Iluka Open Day

Tuesday February 12 2019

The Iluka Golf Course is surrounded by a National Park, The Clarence River and the Pacific Ocean. It is a pleasant 9 hole (Dual Tees) course with beautiful kikuyu/ couch fairways and excellent greens. The welcoming mat is always there to all visitors.

Nominations will close on January 31, 2019.

Byron Bay Open day

Monday February 25 2019

Byron Bay Golf Course is renowned for its natural beauty and the challenge the golf course presents. The conditioning of the par-72 course is among the many reasons golfers speak highly of the layout, and the club facilities resulting in a must return aspirations.

Nominations will close on January 31, 2019

Nomination forms are available on the **Open Day notice board** in the Riverview Lounge.

Keith Linnane Away Trip and Open Day Co-ordinator

Upcoming Events

January 03, 2019	S S/Ford Monthly Medal West	Ingwersen and Lansdown
January 10, 2019	S Stableford West Course	
January 17, 2019	Single v Par	Jonne Glosko
January 24, 2019	Single S/Ford, West	
January 31, 2019	Single S/Ford, West	

Play well and enjoy your golf - it is just a game!

Grant Evans

Vets Captain