



# Newsletter

April 2017 | Volume 4

## Dear Members and Golfers,

Greetings from Team Kensville.

Let's welcome the summer with energy and excitement as a host of activities during the coming month at Kensville. We kicked off the Audi Quattro and Renault Members Challenge this month.

### Audi Quattro Cup

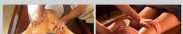
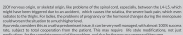
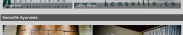
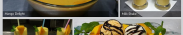
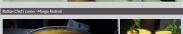
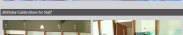
Walter Plett & Martin Plett combined to score a total of 72 individual points to be the first team to qualify for the final at the opening leg of the Audi Quattro Cup 2017, at Kensville Golf & Country Club. Audi America will award the Mercedes-Benz of the Audi Quattro Cup 2017.



### Kensville Members Challenge

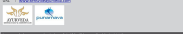
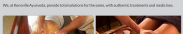
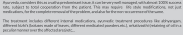
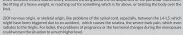
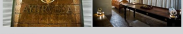
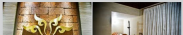
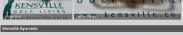
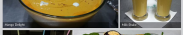
Patrick Hertha was the Kensville Members Challenge in the handicap category 0-18, played at Kensville Golf & Country Club today. Patrick played an excellent golf and scored 27 strokes for points for the top honor. Martin Plett scored 34 strokes for points to take the runner-up. Andy Shukla scored 35 points to win the 19-26 handicap category. Di Pavia DeLuca scored 24 points to take the runner-up spot. In the category 27-34 Pavi Raposo scored 28 points to win. Arvind Patel was runner-up with 30 points.

Monroli Mada-Luz was the longest drive with distance of 261 yards. Rafael Ruyba hit the ball at 277 feet per 3,000 ft. 1.8 ft. hole to win the longest tepee.

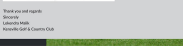
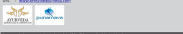
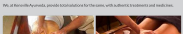
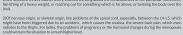
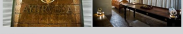
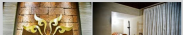
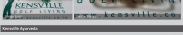


### Naval Employment Awareness Program

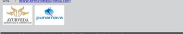
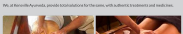
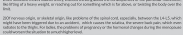
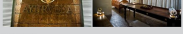
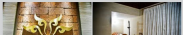
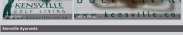
We conducted a Naval employment awareness program at Kensville, with the help of Indian Navy 200 students, parents and two Navy officers. After the seminar the participants helped the students and officers to see the beauty of the sea. About the employment process.



### Wendy's Contributions for 2017



### Golfers' Choice - Mango Festival



### Dr. Rajagopal Menon - Ayurveda

Today's life is always about lower back pain, which is the commonest complaint in the world. The style of the modern life is causing back pain. It is caused by the stress and strain which happens due to the sitting of two or four hours for long duration, or due to simple activities which happen due to a sudden twist which might happen when someone moves suddenly, without thinking about the correct areas of the particular movement. The lifting of a heavy weight, or reaching out for something which is too above, or bending the body over the line.

20% of people suffer from back pain, which is the commonest complaint in the world. The style of the modern life is causing back pain. It is caused by the stress and strain which happens due to the sitting of two or four hours for long duration, or due to simple activities which happen due to a sudden twist which might happen when someone moves suddenly, without thinking about the correct areas of the particular movement. The lifting of a heavy weight, or reaching out for something which is too above, or bending the body over the line.

20% of people suffer from back pain, which is the commonest complaint in the world. The style of the modern life is causing back pain. It is caused by the stress and strain which happens due to the sitting of two or four hours for long duration, or due to simple activities which happen due to a sudden twist which might happen when someone moves suddenly, without thinking about the correct areas of the particular movement. The lifting of a heavy weight, or reaching out for something which is too above, or bending the body over the line.

20% of people suffer from back pain, which is the commonest complaint in the world. The style of the modern life is causing back pain. It is caused by the stress and strain which happens due to the sitting of two or four hours for long duration, or due to simple activities which happen due to a sudden twist which might happen when someone moves suddenly, without thinking about the correct areas of the particular movement. The lifting of a heavy weight, or reaching out for something which is too above, or bending the body over the line.

20% of people suffer from back pain, which is the commonest complaint in the world. The style of the modern life is causing back pain. It is caused by the stress and strain which happens due to the sitting of two or four hours for long duration, or due to simple activities which happen due to a sudden twist which might happen when someone moves suddenly, without thinking about the correct areas of the particular movement. The lifting of a heavy weight, or reaching out for something which is too above, or bending the body over the line.

20% of people suffer from back pain, which is the commonest complaint in the world. The style of the modern life is causing back pain. It is caused by the stress and strain which happens due to the sitting of two or four hours for long duration, or due to simple activities which happen due to a sudden twist which might happen when someone moves suddenly, without thinking about the correct areas of the particular movement. The lifting of a heavy weight, or reaching out for something which is too above, or bending the body over the line.

20% of people suffer from back pain, which is the commonest complaint in the world. The style of the modern life is causing back pain. It is caused by the stress and strain which happens due to the sitting of two or four hours for long duration, or due to simple activities which happen due to a sudden twist which might happen when someone moves suddenly, without thinking about the correct areas of the particular movement. The lifting of a heavy weight, or reaching out for something which is too above, or bending the body over the line.

20% of people suffer from back pain, which is the commonest complaint in the world. The style of the modern life is causing back pain. It is caused by the stress and strain which happens due to the sitting of two or four hours for long duration, or due to simple activities which happen due to a sudden twist which might happen when someone moves suddenly, without thinking about the correct areas of the particular movement. The lifting of a heavy weight, or reaching out for something which is too above, or bending the body over the line.

20% of people suffer from back pain, which is the commonest complaint in the world. The style of the modern life is causing back pain. It is caused by the stress and strain which happens due to the sitting of two or four hours for long duration, or due to simple activities which happen due to a sudden twist which might happen when someone moves suddenly, without thinking about the correct areas of the particular movement. The lifting of a heavy weight, or reaching out for something which is too above, or bending the body over the line.

20% of people suffer from back pain, which is the commonest complaint in the world. The style of the modern life is causing back pain. It is caused by the stress and strain which happens due to the sitting of two or four hours for long duration, or due to simple activities which happen due to a sudden twist which might happen when someone moves suddenly, without thinking about the correct areas of the particular movement. The lifting of a heavy weight, or reaching out for something which is too above, or bending the body over the line.

20% of people suffer from back pain, which is the commonest complaint in the world. The style of the modern life is causing back pain. It is caused by the stress and strain which happens due to the sitting of two or four hours for long duration, or due to simple activities which happen due to a sudden twist which might happen when someone moves suddenly, without thinking about the correct areas of the particular movement. The lifting of a heavy weight, or reaching out for something which is too above, or bending the body over the line.

20% of people suffer from back pain, which is the commonest complaint in the world. The style of the modern life is causing back pain. It is caused by the stress and strain which happens due to the sitting of two or four hours for long duration, or due to simple activities which happen due to a sudden twist which might happen when someone moves suddenly, without thinking about the correct areas of the particular movement. The lifting of a heavy weight, or reaching out for something which is too above, or bending the body over the line.

20% of people suffer from back pain, which is the commonest complaint in the world. The style of the modern life is causing back pain. It is caused by the stress and strain which happens due to the sitting of two or four hours for long duration, or due to simple activities which happen due to a sudden twist which might happen when someone moves suddenly, without thinking about the correct areas of the particular movement. The lifting of a heavy weight, or reaching out for something which is too above, or bending the body over the line.

20% of people suffer from back pain, which is the commonest complaint in the world. The style of the modern life is causing back pain. It is caused by the stress and strain which happens due to the sitting of two or four hours for long duration, or due to simple activities which happen due to a sudden twist which might happen when someone moves suddenly, without thinking about the correct areas of the particular movement. The lifting of a heavy weight, or reaching out for something which is too above, or bending the body over the line.

20% of people suffer from back pain, which is the commonest complaint in the world. The style of the modern life is causing back pain. It is caused by the stress and strain which happens due to the sitting of two or four hours for long duration, or due to simple activities which happen due to a sudden twist which might happen when someone moves suddenly, without thinking about the correct areas of the particular movement. The lifting of a heavy weight, or reaching out for something which is too above, or bending the body over the line.

20% of people suffer from back pain, which is the commonest complaint in the world. The style of the modern life is causing back pain. It is caused by the stress and strain which happens due to the sitting of two or four hours for long duration, or due to simple activities which happen due to a sudden twist which might happen when someone moves suddenly, without thinking about the correct areas of the particular movement. The lifting of a heavy weight, or reaching out for something which is too above, or bending the body over the line.

### Proposed changes to the Rules of Golf will be applicable in 2019

#### BALL IN PLAY - Tee box

New rule - No penalty. Current rule - 1-stroke penalty.

New rule - No penalty. Current rule - 1-stroke penalty (with exception).

New rule - The player will be found to be the club only when it is broken or visibly bent (meaning at least 1/8") to be broken. Current rule - If the club is broken, the player may use it.

New rule - If a player's ball is in its estimated spot if that spot was on, under or against attached natural objects, replace the ball on that spot on, under or against those objects. Current rule - Drop the ball as near as possible to the estimated spot.

#### BALL IN MOTION - Tee box

New rule - No penalty. Current rule - 1-stroke penalty (except if it is a 2-stroke penalty when the accidental deflection relates to the flagstick or the attendant).

#### MOVING OBSTACLE - Tee box

New rule - Drop in a defined relief area. Current rule - Sometimes the drop is in a specified area, sometimes it is on or as near as possible to a spot or a line.

New rule - The ball must come to rest in the relief area where it was dropped, or else the ball must be re-dropped. Current rule - The ball must be re-dropped if it falls to any of the relief specified areas (10-20) within a relief area more than 2 club-lengths from where the dropped ball struck the ground.

New rule - The relief area is measured by a fixed distance of 20 inches or 10 inches from the reference point or the reference line; this can readily be measured by using markings on the shaft of a club. Current rule - Measured by using 1 or 2 club-lengths (with any length club or club chosen).

New rule - The only exception is for the player to hold the ball above the ground without it touching any growing thing or other natural or artificial object, and let it go so that it falls through the air before coming to rest, to avoid any doubt, it is recommended that the ball be dropped from at least one inch above the ground or any growing thing or object. Current rule - Stand erect, hold the ball at shoulder height and arm's length.

New rule - A ball is lost if not found in three minutes. Current rule - A ball is lost if not found in five minutes.

### Golf Tip

#### Short Game Lessons

In an era when many coaches and instructors are using high degree wedges to lift the ball around the green, I'm advocating a lower trajectory shot for most golfers. The clubs used are, depending on your skill level, a fair amount of greens with wedges, it's also better to judge distance when you get the ball to where you want it to go, instead of trying to fly it in most of the way there. This is a much more shot for your game, and here are the steps to execute it.

#### 1. LIFT THE GAP



A high wedge like this, or even a standard 55-degree wedge, offer too much lift for this shot. Go with your gap wedge or pitching wedge. They have plenty of lift to fly the ball on the green, but it will land with less backspin and roll more.

#### 2. SHIPPER UP



Set up with your feet closer together than normal and your weight favoring your front foot. The ball should be played a hair back of center. You don't want to make a big swing, or grip down a little on the club for more control.

#### 3. LIFT THE CLUB



Before swinging, take one last look at the green and where your ball is. Think the ball should land in the hole. Remember, this is a lower trajectory shot, so don't underestimate the amount the ball will roll.

#### 4. SWING IT UP



Although it's a shortish swing, keep the club slightly inside your target line going back and coming long through - like you're swinging an iron along the ground. This allows the club to fly the ball off the turf with less spin. It will chase to the hole. Now you're in.



"The easiest way to hook a ball is to try to slice it!"

Thank you and regards,  
Sincerely,  
Lubarda Milk,  
Kensville Golf & Country Club