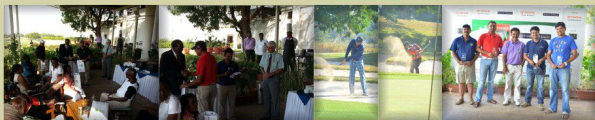


Dear Members and Golfers.

Happy New year to all . Wish you a very happy, healthy and wealthy year. May all your wishes come true.

Kensville – Kenya seniors golf.

Kensville this November played host to a different kind of migration. 30 veteran golfers of the Kenya Seniors Golfing Society flew down to Ahmedabad for their annual golfing holiday. For those who are not aware of Seniors Golfing Societies, let me explain. Kenya Seniors Golfing Society is a group of golf administrators like club captains, referees, administrators of the game and people who have served the game in some capacity or the other and are above the age of 55. The group comprises of people of various interests and golfing abilities. This group visited and spent a week at Kensville playing golf and visiting various places of interest in and around Ahmedabad. They also invited some of the seniors of the Kensville Golf and Country Club to play a round of match play against themselves. The match turned out to be a one-sided affair, with the Kensville members prevailing over their kenyan counterparts by a huge margin. But I can assure you that Golf was the ultimate winner and the winning team merely had bragging rights. All in all a great week for golf and Kensville.



Team Kensville Golf Retreat emerge runner up in Toyota IGV National club Finals at Oxford Pune .

Team Kensville earned a place to play the National Finals by emerging runner up in the Toyota IGV National club finals played at Oxford Golf Club Pune, on Friday 20th Dec. Hosts Prius Oxford Golf Club team, Pune riding on a home advantage emerged winners. Seven club teams participated in the Toyota IGV National Club Zonal finals, played on Friday. Prius Oxford tallied a winning score of 169, followed in second place by Ahmedabad's Indian Terrain Kensville Golf Retreat, with a score of 163. Both teams team will play in the National Final round.

Brijesh Patel excelled with 36 points in the 7 to 10 handicap category, with 1 birdie and 10 pars, followed by Aditya shah 11 to 15 handicap with 34 points and Bhavesh Dave 0 to 6 with 32 points.

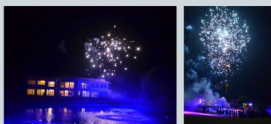
The best five scores from the six players were taken into consideration for the final total. The Zonal Finals were played in individual Stableford off 3/4th handicap allowance.



New year at Kensville.

For last year's words belong to last year's language And next year's words await another voice." T.S. Eliot

All of us have different ideas on how to spend the last night of the year and welcome the New Year. Kensville was packed to capacity with the in house guests and parties who came here to celebrate new year eve . Temperature was all time low and the wind was blowing making it much colder than usual, but everyone boked out the weather, on the golf course lawns. Though Cinderella deadlines had been imposed, everyone enjoyed, ate , danced and welcomed 2014 with a rocking live DJ and colorful fireworks.



Golf tip of the month.

8 lessons series contd..

Posture - Face View

- When viewed from face-on, your spine in the setup position should tilt to the side, slightly away from the target. The target-side hip and shoulder should be slightly higher than the back hip and shoulder. The entire pelvis should be set an inch or two toward the target. This places the hips in the lead and it counter-balances your body as your upper spine leans away from the target.
- Your chin should be up, out of your chest to encourage a better shoulder turn. The head should be tipped at the same angle as the spine and your eyes should focus on the inside portion of the back of the ball.



Rule of the Month

Rule 24 – Obstructions

- An obstruction is defined as any artificial thing, including roads, paths, signs, etc, except those things that define an out of bounds area, things that are out of bounds, and anything declared to be a part of the course.
- A movable obstruction is an obstruction that can be moved without unreasonable effort, undue delay or damage to the course. Otherwise it is immovable.
- 24-1 – A player may remove any movable obstruction from the line of play without penalty. Relief must not be taken when a ball is in motion that may be influenced by the obstruction.
- If the ball does not lie in or on the obstruction, it is played as it lies, and a ball that is moved as a result of removing the obstruction must be replaced without penalty.
- If the ball lies in or on an obstruction, the ball may be lifted, the obstruction removed, and the ball must be dropped (or placed if on the putting green) as near to the ball's original spot as possible but not nearer to the hole.
- The ball may be cleaned if lifted under this rule.
- 24-2 – A player may take relief from an immovable obstruction when the ball lies in or on the obstruction, or the obstruction interferes with a player's stance, swing, or line of putt (but not their line of play when not on the putting green).
- Through the green, the player must lift their ball and then drop it within one clublength of the "nearest point of relief" (the closest point to the obstruction not nearer to the hole that allows for a proper stance and swing) that is not a hazard or the putting green, without penalty.
- If in a hazard, the ball must be lifted, and may be dropped in the nearest point of relief within the hazard without penalty, or may under penalty of one stroke be dropped at any point behind the bunker and in line with the pin and the original lie.
- On the putting green, the ball must be placed at the nearest point of relief, which may not be in a hazard but may be outside the green.
- The ball may be cleaned when lifted under this rule.
- Relief may not be taken if it is not the obstruction alone that makes a stroke impracticable, or if the interference occurs due to use of an unreasonable, abnormal stance or swing, or if the ball lies in a water hazard.
- 24-3 – A player may substitute another ball without penalty if the ball lies in or on an obstruction and is not found. The ball is deemed to lie at the spot of a movable obstruction or the spot at which the ball crossed into an immovable obstruction, and relief is generally taken as per 24-1 or 24-2 as if the ball had been lifted from that spot. Relief is not available under this rule from an obstruction in a water hazard.

Rule 25 – Abnormal ground conditions, wrong green

- An abnormal ground condition is defined as any "casual water" (puddles or standing water that is not a water hazard, dew or frost), "ground under repair" (simply ground marked as such by the groundskeeping staff) or damage to the course made by a burrowing animal, reptile or bird. Aeration holes may be considered abnormal ground by local rule, with the "nearest point of relief" usually defined as the closest spot that isn't an aeration hole (not the nearest spot outside an area that has been aerated).
- 25-1 A player may take relief from an abnormal ground condition in a similar manner as for Rule 24-2; the ball must be lifted and then dropped within one clublength of the nearest point of relief from the ground condition.
- As with obstructions, relief is not available from an abnormal ground condition under this rule when the ball has come to rest in a water hazard.
- If the ball is not found but is known to be in the abnormal ground condition, the player may drop or place a substitute ball as if it were lifted from the abnormal ground condition, except when the abnormal ground condition is in or borders a water hazard.
- 25-2 – A ball that is embedded in its own impact mark in the fairway or rough may be lifted, cleaned and dropped without penalty, as close to the original spot as possible but not nearer the hole.
- 25-3 – A ball that is on a putting green other than the one for the hole on which the player is playing must not be played as it lies. Instead, the player must, without penalty, lift the ball, and drop it within one club-length of the nearest point of relief that is not a hazard or putting green. The ball may be cleaned when lifted.

Ayurveda Care for Golfer's Elbow

Dr.Jinesh.K.S , Ayurveda Physician at Kensville Ayurveda

Golfer's elbow is usually caused by overusing the muscles in the forearm that allow you to grip, rotate your arm, and flex your wrist. Repetitive flexing, gripping, or swinging can cause pulls or tiny tears in the tendons. The pain centers on the bony bump on the inside of your elbow and may radiate into the forearm. It can usually be treated effectively with rest.



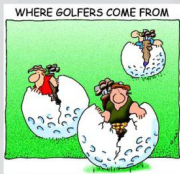
Ayurveda Tips

- Regularly Apply Warm Murivenna, An Ayurveda Medicated Oil in the painful area and whole forearm
- Give the heat with the potalli prepared with Kottamchukkadi choornam, an Ayurvedic medicate powder



Home remedy

- Give the heat with the potalli prepared with the mixture of Horse gram powder, salt and sesame seed (equal quantity)



Fourth coming events

Rotary Classic Golf – 15th Feb.
Members Night – 22nd Feb.

Thank you and regards
Sincerely,
Lokender Malik
Kensville Golf & Country Club