



Dear Members and Golfers,
Wish you all A Happy and Wet Monsoons
Greetings from Team Kenville.

After the prolonged blazing Sun and hot winds, the weather Gods have been kind enough to bring in the monsoons early this year. The weather has become pleasant for golf and our golf course is playing pleasantly soft and true.

Monthly Medal Round

May leg of the monthly medal round was played on Saturday 25th May. Pratik Patel won the Medal Round with a nett 70. He was tied with Satyen Naik with a similar score, and won on the count back. Daksh Patel won the best gross with a score of 84. Satyen Naik won the 0 - 18 h'cap category with a nett score of 70, sixteen year old Dhruv Suri was runner up with a nett 74. Rajiv Tanna won the 19- 36 h'cap category with a nett score of 72, Hermal Prajapati carded a nett 73 to take the runner up.



In pic Daksh Patel



Left to right- Dhruv Suri, Pratik Patel, Mr Suri, Hermal Prajapati, Satyen Naik



In pic Pratik Patel

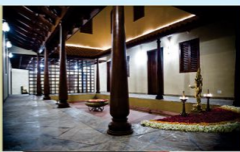
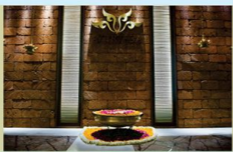
Kenville Golf Academy

KGA has been instrumental in nurturing golf in Ahmadabad. We are nearing three years and have produced over 1000 golf enthusiasts. We have encouraged them to play, and learn at the academy. Approximately, **A golfer a day...**
Gear up for some serious golf ahead with the season stepping in early this year.



Kenville Ayurveda

Ayurveda treatment centre at Kenville is fully functional now. The centre is headed by Dr. Jinesh, and he is a resident at Kenville, and is available 24/7. We will have a regular article on ayurveda in our newsletter covering various ailments and remedies for you.



Cervical Spondylosis

Cervical spondylosis is a chronic degeneration of the bones (vertebrae) of the neck (cervical spine) and the cushions between the vertebrae (discs). Also known as cervical osteoarthritis, the condition usually appears in men and women older than 40 and progresses with age. Although cervical spondylosis affects both sexes equally, men usually develop it at an earlier age than women do. The degeneration in cervical spondylosis most likely is a result of wear and tear on the neck bones as you age. The changes that accompany the degeneration, such as developing abnormal growths (bone spurs) on the spine, can lead to pressure on the spinal nerves and, sometimes, the spinal cord itself.



Ayurveda Treatment Cervical Spondylosis

Without treatment, the signs and symptoms of cervical spondylosis may decrease or stabilize, or they may worsen. The goal of treatment is to relieve pain and prevent permanent injury to the spinal cord and nerves.

Treatment of mild cases

Mild cases of cervical spondylosis may respond to:

- Commencing simple Ayurveda herbal decoctions and oil treatments at home itself. Regular use of medicated Ayurveda oils will considerably contribute to slowing down the degenerative process of the cervical spine.
- Doing prescribed exercises to strengthen neck muscles and stretch the neck and shoulders.

Treatment of more serious cases

For more severe cases, treatment may include:

- Hospitalization with bed rest and Ayurveda medicines and external body treatments for around 3-5 weeks to completely immobilize the cervical spine and reduce the pressure on spinal nerves. This treatment has been found to be effective in many patients of cervical spondylosis.

Tree Plantation at Kenville

Planting trees is one of the best thing one can do for the environment, community, society and the golf course. Trees help us control the environment by moderating the climate, improving the quality of air, holding the good soil together and attracting, birds and wild life. Trees and shrubs, improve the aesthetics of the surroundings. They make the place look beautiful and pleasant to live in.

We have been planting trees and shrubs regularly, for the last six years. This year also we have planted 10,000 trees at Kenville, and we plan to plant at least 10,000 more before the monsoons end.



Monsoon Package

Kenville looks the most romantic place during monsoons. Come and enjoy the rains, peace and serenity here.

MONSOON PACKAGE - A
STAY & PLAY FOR NON-MEMBERS

Particular	Double Occupancy
1night / 2days	₹ 3,999
2night / 3days	₹ 6,999

MONSOON PACKAGE - A
STAY & PLAY FOR MEMBERS

Particular	Double Occupancy
1night / 2days	₹ 2,999
2night / 3days	₹ 5,999

MONSOON PACKAGE - B
FOR NON-MEMBERS

Particular	Double Occupancy
1night / 2days	₹ 3,599
2night / 3days	₹ 6,599

MONSOON PACKAGE - B
FOR MEMBERS

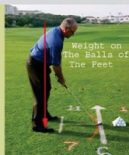
Particular	Double Occupancy
1night / 2days	₹ 2,599
2night / 3days	₹ 5,599

Golf tip of the month

8 lessons series contd... Lesson 4

Balance

Your weight should be balanced on the balls of the feet, not on the heels or toes. With short irons, your weight should be 60-percent on the target side foot (left foot for right-handers). For middle iron shots the weight should be 50/50 or equal on each foot. For your longest clubs, place 60% of your weight on the backside foot (right foot for right-handers). This will help you swing the club on the correct angle on the back swing.



Golf rule of the month

Rule 20 – Lifting, dropping and placing

- 20-1 – Prescribes general procedures for lifting and marking of a player's ball as prescribed by any Rule. In general the ball may only be lifted by the player, their caddy or another person the player has authorized, the ball must be marked if it is to be replaced, and it must be replaced in the marked spot.
- 20-2 – Prescribes general procedures for dropping and re-dropping a ball as prescribed by any Rule. In general a ball to be dropped must be dropped by the player who owns it, who must stand straight, hold the ball out and drop it from shoulder height and arm's length. Re-drops are made without penalty in certain situations.
- 20-3 – Prescribes general procedures for placing and re-placing a ball as prescribed by any Rule. In general a ball to be placed must be placed on the same spot from which that ball or the one it substitutes was lifted or moved.
- If the lie has changed, the player must place the ball in the nearest lie matching the original lie of the hole, within one club length of the original spot and not nearer the hole.
- If the original spot cannot be determined, the ball must be dropped when "through the green" (between the tee box and putting green) or in a hazard, or placed when on the putting green, as close as can be determined to the original spot.
- If the ball does not come to rest on the spot where it was placed, it must be replaced without penalty. If it will not come to rest, it must be placed at the nearest point where it will come to rest, and either not in a hazard if not originally in one, or in the same hazard the ball was originally in.
- 20-4 – A dropped, placed or replaced ball becomes the ball in play once the drop or placement has been completed.
- 20-5 – Defines procedures for various parts of the course when a ball is to be played from the spot of the previous stroke. From the teeing ground the ball may be placed anywhere in that ground and may be teed. Through the green or in a hazard, the ball must be dropped and must strike the same part of the course as the original lie, and on the putting green the ball must be placed on the green.
- 20-6 – A ball that was incorrectly substituted, dropped or placed may be lifted without penalty, and the player must then proceed correctly.
- 20-7 – Prescribes procedures and penalties for playing a ball that was dropped or placed at the wrong spot. In general, the penalty in match play is loss of the hole while in stroke play it is a penalty of two strokes, and the player must play the ball from that spot. Additional procedures are prescribed if the player believes the incorrect placement gave them a significant advantage.

Joke of the month

Hole In One

As a young man, Norton was an exceptional golfer. At the age of 26, however, he decided to become a priest, and joined a rather peculiar order. He took the usual vows of poverty, chastity, but his order also required that he quit golf and never play again. This was particularly difficult for Norton, but he agreed and was finally ordained a priest.

One Sunday morning, the Reverend Father Norton woke up and realizing it was an exceptionally beautiful and sunny early spring day, decided he just had to play golf.

So... he told the Associate Pastor that he was feeling sick and convinced him to say Mass for him that day.

As soon as the Associate Pastor left the room, Father Norton headed out of town to a golf course about forty miles away. This way he knew he wouldn't accidentally meet anyone he knew from his parish.

Setting up on the first tee, he was alone. After all, it was Sunday morning and everyone else was in church!

At about this time, Saint Peter leaned over to the Lord while looking down from the heavens and exclaimed, "You're not going to let him get away with this, are you?"

The Lord sighed, and said, "No, I guess not."

"Just then Father Norton hit the ball and it shot straight towards the pin, dropping just short of it, rolled up and fell into the hole. It was a 420 yard hole in one!

St. Peter was astonished. He looked at the Lord and asked, "Why did you let him do that?"

The Lord smiled and replied, "Who is he going to tell?"

Forth coming tournaments

- MONTHLY MEDAL ROUND - 29th June 2013
- KENVILLE INDEPENDENCE TROPHY - 6th July to 15th August

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