



Ups & Downs

Pyecombe G C

Newsletter

September/ October2013

No 133

Editor Alf Bickham

CAPTAIN'S FAREWELL MISSIVE

'And now, the end is here'.....sang Sinatra, Elvis & the Sex Pistols.

It's nearly time for me to bow out and make way for a fresh young Captain to take the helm. I'm not sure Colin's ever been described that way before but still.....

As I have often mentioned in my ramblings it doesn't half go quickly. The whole year seems to have rushed past in a bit of a blur but has left me with nothing but pleasant memories. Far too many to mention here.

There are so many people to thank for making my year so memorable. Our Lady Captain Irene Silander has done a fantastic job leading the Ladies section. I believe she was the first Lady Captain to have two Captains days which I know was really appreciated by the 'Sunday' ladies who can't play on a Tuesday. Irene also organised along with Alison White a Ladies charity event in aid of my charity the 'Sean Wrelton Memorial Fund'. They raised £750 a fantastic effort and my sincere thanks to everyone who took part.

Well done as well to Lionel Foot & Harry Klus each at the opposite end of the spectrum captaining the Vets & Juniors respectively who both had excellent years.

It's been really enjoyable and a privilege to have been Captain of the club at a time when it is riding high. Winning the Golf Year Book Southern Counties Golf Club of the Year was a great achievement. I certainly don't claim any credit for that, I've just been lucky to have been Captain during a time when everything seems to have gelled. What has been so rewarding is the compliments I've received about all aspects of the club from the many visitors we have hosted here in matches and various open events.

We are fortunate that we have a great team of staff and they are led by an outstanding Managing Secretary, Alan Davey. I did wax lyrical at the Dinner Dance about Alan but those of you who were there probably weren't listening to me anyway, so I think it's worth reiterating what a great job he does.

The same is true of our head green keeper Simon Wells who with his team has once again provided us with a fantastic golfing experience this year, many thanks.

My thanks & congratulations also go to retiring Chairman Len North. In many ways it's a thankless task being Chairman but Len has.....

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MEMBERS CONTRIBUTIONS TO NEWSLETTER

Leave in the Office with the Secretary or in an envelope in the foyer marked for the attention of Alf Bickham / Newsletter or send Alf an Email message to his Email address of: alf@abickham.freemove.co.uk or to make contact by telephone, call him at home, **Tel. No. 01444.242101**

CAPTAIN'S FAREWELL MISSIVE (Cont'd)

..... done a great job steering the club through difficult financial times and into a position where our future is now looking brighter than for a while.

President Reg Auchterlonie my fellow correspondent has been a bit quiet this year. Probably because his team were thrashed by mine in the traditional President v Captains season opener back in April. I note however, he's decided to use his contribution in this my final addition of Ups & Downs to open old wounds regarding my allegedly poor language. As I'm sure you are all aware the swear box has meant my effing & blinding has been kept to a minimum....yeah right....! It's my bank balance that's been kept to a minimum with the way I've been playing despite Reg's kind words.

It's been another great year of golf. I can't remember half of it now (an affliction of most seniors) but a few highlights included county success for Aileen Greenfield & Alison Vermes, Ladies' & Men's Club Championship's both returning to the Greenfield household. A special mention for our youngest talent Alfie Hutton who won far too much to write about here as he won pretty much everything he entered! Well done Alfie we all look forward to watching you in the future.

I was asked by someone during the year 'what did I want my legacy to be?' I replied I didn't really want one just to get through the year in a reasonable fashion, not make too many cock up's (£1 in the box) and leave the great ship PGC steaming along in good shape for my successor to take over. I hope I may have achieved that but I may have inadvertently left a sort of legacy in the form of 'The Club Song'.

This came about at the Ball when Matt Bolton
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(great job organising it btw Matt) asked the band if they would play a request from the Captain, the Elvis song 'The Wonder of You'. This had been the final number at our Elvis evening earlier in the year and had everyone dancing and singing along. The lead singer however transformed this into the "it's the Club Song coming shortly" and when it did it went down a storm although that was probably due to the copious amounts of alcohol that had been consumed. So maybe we have a Club song or maybe not - only time will tell!

Now it's time for the new crew to take over. My very best wishes go to Sandra Staynes our new Lady Captain and to Brian Langley who becomes Vets Captain.

And to our new Club Captain Colin Kemp my very best wishes as well. Thanks Colin for giving me such great support, you've been a brilliant Vice Captain. I know I've made a great choice and I'm really looking forward to a fantastic year ahead as he will be a terrific Captain. I know everyone will in true Pyecombe fashion get right behind you from that very first drive.

So as I become history I'd just like to finally thank everyone at the club, members and staff alike for all your support during the past year which has made it such a joy to be Captain of our marvellous Club.

As I started with a song I'll finish with what's only appropriate, the Club song.

I think it sums up Pyecombe Golf Club perfectly - "The Wonder of You".

Bye

Nick Lee

"Now where the bloody hell am I going to park...?"

LADIES SECTION

The golf season is winding down and so is my time as Lady Captain! I have thoroughly enjoyed my year thanks to everyone's kindness and would like to thank all of you for your support.

There are a few people I would particularly like to thank :- Jackie, thank you for the loan of your husband for the past 2 years, I guess it's time to hand him back! I have had a great 2 years with Nick with many memorable times on the golf course, with both good and bad results. I think we have done pretty well raising funds for The Captain's Charities although it could have been a lot more if Nick hadn't behaved himself so well in front of me - only two swear words in two years!! Alan and Matt in the office - Matt has bent over backwards to help with everything in every way possible, you are an asset to the club Matt. Nigel and all his crew, especially Danika for her sense of humour and Paul, another one who will do all he can to oblige. Jason and Michael, thank you both for all your support. Simon and his crew for providing us with the most beautiful course in the area. Due to all these people what a fabulous club we have at Pyecombe. How fortunate we are.

It has been an eventful year in the Ladies section in many ways - too many to list - but a few of the highlights being that Aileen remains our Club Champion for yet another year (32 years). She and Alison yet again won the County Scratch Foursomes played at Manning's Heath. And again Pyecombe won The South Downs Trophy. We were privileged to host The County Spring Rumble in April, The County Div2 finals in July and The South Downs Trophy in October. I knew very little about County golf beforehand but it has certainly been a learning curve for me!

The weather was certainly in my favour over the year, especially over the summer months. I finish my year with many fond memories of a very enjoyable time. I hope Sandra will enjoy her time as Lady Captain as much as I have

Irene Silander
Lady Captain

VETS SECTION

My year as vets' captain has flown by and we have managed to complete all of our 34 matches (home and away). All of our matches have been keenly fought but played in a friendly way and everyone who has taken part has said how much they have enjoyed them. The weather has been kind and we have played some excellent courses from Highwoods in the east to Cowdray Park in the west and have always received a friendly welcome. Any member of a certain age who would like to join us in playing some of the County's best courses at a very reasonable cost, here is your opportunity. We are always looking for new blood so if you are in your 60th year you would be most welcome. Ted Chapman our vets secretary I know would be happy to sign you up for a modest membership fee of £10. I would like to take this opportunity to wish Brian Langley the new vets captain who takes over in November a successful year, and to all club members a happy 2014.

Lionel Foot
Vets Captain

Brighton & Eastbourne Seniors Winter League

Pyecombe lost their first match in the seniors winter league 4½ to 5½ against Peacehaven. A narrow win for Pyecombe at home left too much to do at Peacehaven where we lost 3½ to 1½.

A list for members wishing play in these matches seems to have been missed by many. If you would like to take part and are over 55 with a handicap of 18 and below please contact me.

Neil Beard-Neilson
Seniors Organiser

The President reflects

Another year is drawing to a close. Sun hats are a thing of the past, as are shorts - unless your name happens to be Peter Gavin or Tim Gleave! Winter rules are in force, trees are losing their foliage and the course is playing longer. Halloween and Guy Fawkes Night have come and gone and soon it will be Christmas!

But before then it will be our Club AGM later this month. Some familiar faces will be bowing out of office to be replaced by 'new' faces who have commendably volunteered their services. Thanks are due to all who have served the Club in one capacity or other over the last year. This means not only the Captains of the various sections of the club, committee members, staff, but also those that are 'seconded' for particular reasons whether for their expertise in certain areas or otherwise. We are, after all, a Members Club and much appreciate contributions from individuals when the need arises – the Golf Club plays a major part in the lives of a lot of us and it is heartening to see so many of you 'getting involved' in this way.

Nick Lee has had a very successful year (in more senses than one!) and fully deserves the 'F' word(s) attributed to him! As the Club's main Ambassador he has carried out his duties in fine fettle, showing flair, flourish and fashion (faded pink comes to mind!). At times his golf form has been fantastic – recently finishing the end of the summer season by winning the coveted Arthur Holder Trophy at the Sussex Golf Captains major event of the year at East Sussex National partnered by last year's Club Captain, David Schwartz who was also in peak form. The competition attracted nearly 60 pairs so it was quite a feather in their caps so to speak. Their win followed the triumph 2 years ago at the SGC's Spring event by Peter Gavin and Jim Dossetter, so Pyecombe is now setting a high standard amongst the County Captains!

The Chairman of the Management Committee, Len North, will be retiring from office having completed his tenure. Through the Committee, Len has ensured the continued prudent management of the Club's business with much unsung time and effort being devoted to the task and difficult decisions to make in a challenging business climate. Thank you Len, and your committee colleagues, for the valuable contribution you have made over the last 3 years which is much appreciated.

Simon, our Head Greenkeeper, and his team, deserve the many accolades expressed by members and visitors alike concerning our excellent Course. Despite lacking a full complement at times, they have worked very hard to maintain and enhance it, and the Greens particularly must be amongst the very best in the County.

In the Kitchen, Nigel has worked very hard during the busy summer months and has always been happy to try innovative offerings. It will not have escaped the notice of members that Danica has been 'called to the Bar'. She, together with her 'in house' colleagues, have impressed with their helpful, friendly, hardworking and efficient approach.

There was someone else to mention..... am trying to think....ah, yes!.....how could I forget! our wonderful wordsmith of a Managing Sec! Apart from his weekly erudite renderings, Alan Davey works quietly away in the office, aided and abetted by his competent team. He has been instrumental in pulling the various sections of the Club together to produce a harmonious (most of the time!) working unit. The Award of Southern Counties Golf Club of 2013 given recently to the Club is a tribute in no small measure to the hardworking efforts of Alan and all the staff. It reflects the very favourable comments received about the high standards we are achieving at our Club. Well done to you all.

Lastly, it is always encouraging to see the progress of our younger members. One young man who has made the headlines several times this year is Alfie Hutton. Only 10 years old, he started the year on a handicap of 24 and is now down to 17! Already he has had some prestigious wins around the UK. One to watch I think.....!

Reg Auchterlonie

WINTER CLOTHING NOW IN STOCK

Under Armour and Dwyers

*Everything you need to keep warm through the winter
and enjoy your golf at Pyecombe GC*

<i>Base layers</i>	<i>Mid layers</i>	<i>Outer layers</i>	<i>Lined trousers</i>
			

Pilates at Pyecombe Golf Club

Friday evenings through January and February 2014

6.30pm – 7.30pm – Only 12 places available.

Like so many sports, golf is asymmetrical and causes imbalances in the body. Whether twisting the body on a drive, squatting down to measure a putt or leaning over to pick up a golf ball, golfers are constantly repeating the same essential movements resulting in some muscles becoming overused and others becoming weakened, causing an imbalance. This imbalance can affect your game, particularly for the over 50's. Your drive may be shorter and less accurate, stamina may decrease and the potential for strains, pulls and tears becomes much higher.

Many top golfers and athletes are now turning to Pilates as part of their essential training.

WHY PILATES

Pilates is based on movement from the centre of the body, known as the core (trunk, shoulder girdle and pelvis)

Pilates will help to;

- * Build up the back muscles evenly
- * Elongate and align the spine for better stability
- * Strengthen the abdominals
- * Increase overall flexibility, strength, and balance
- * Increase range of movement in hips and shoulders
- * Enhance concentration through focused breathing
- * Most of all it will help you to avoid injury and to play without pain

Performances Benefits;

Core strength can improve hip rotation, range of motion in the shoulders and back stability leading to more powerful and accurate golf shots.

It is a full body exercise that works all muscles and is easy on joints.

The end result is a flexible, symmetrically muscled body that is strengthened from the inside out.

These classes are run by a professional Pilates instructor. She will provide both general exercises to help everyone and specific exercises for each individual. This really can be of benefit to everyone no matter what your age or physical capabilities. I will definitely be attending!

Total cost for the 8 week course - £45

Please contact the Pro shop to book your place.

Coaching corner - Bunker shots

The bunker shot seems to be one shot in golf that consistently causes problems for most golfers. Just getting it out seems to be the aim for the majority. Almost all of you have probably heard the commentators mention how easy bunker shots are for the top professionals, so how do they do it?

I think the most important thing to understand is bounce. All sand wedges come with a high degree of bounce and this is what regulates how deep the club will go into the sand.



The art of good bunker play is to utilise that bounce effectively. It is important to feel that you are not hitting the sand with the leading edge of the club, but more with the sole of the club as shown in the picture below. I like to feel that I am slapping the back of the club onto the sand through impact.

...Bounce Angle



Bounce can be increased at set up by either opening the club face or setting the hands further back in the stance. I prefer the latter as it really helps me to visualise the back of the club hitting the sand. It feels like the shaft is leaning back and my hands are nearer the inside of my right thigh.

The weight is stacked onto the front foot to ensure a downward impact and the ball position is forward of the middle of the stance.

In order to maximise the bounce at impact, the take away is done with lots of hand action. If the arms swing the club away, the leading edge will hit the sand first and the club will dig too deep.



On the follow through the club needs to be fully “released”, with the shaft pointing towards the sky. The worst thing you can do is quit on the shot.

Please come into the shop if you have any questions, we are here to help.

Jason



