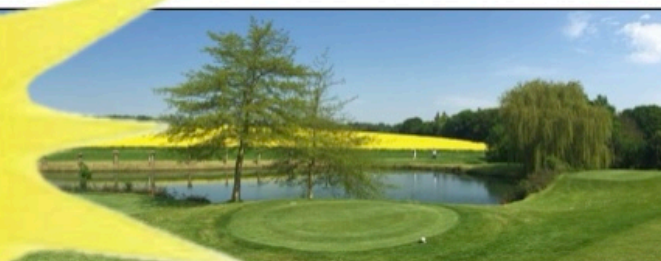




Newsletter





Rigenée 23 June 2024



Buddha, a miracle, what else ? Who knows, but one thing is sure the weather was absolutely excellent, 21° in the shade, polo's and shorts were the appropriate clothes and perhaps also the first solar cream. Initially 22 were enlisted but again probably the forecasts were rather pessimistic so only 16 players showed up. As our sponsor-starter and treasurer mentioned during prize giving... "those who were absent were wrong".

Rain , the days before and after, even the same evening already around 20.00.

No buggies allowed though, so personally I rented an electric trolley But I must be cursed with this type of trolleys (my personal carts had problems, the first one and a later brand new second one had battery issues. Now once again, the one I rented at Rigenée..... a depleted battery on the 11th fairway. Mark phoned the club house who brought me a standard one very quickly.

So only 16 players on the very enjoyable Rigenée course, which was by the way in superb condition and very well maintained (where possible). The previous rainy days had undoubtedly prevented from mowing the greens very short and did not have the speed we were used to have. The rough had very dense clovers and it was really hard to play in or let's say "out", one needed iron wrists to get out decently. Was this also due to the previous rainy days and weeks ? I don't know, but most probably yes. Many lost balls too, if you didn't walk and look right over of the ball you had very little chance to see and find it.

We all had drinks as well as prize giving on the terrace at 19.00, so you can imagine that the temperature was still very ok.

As mentioned before, the Welby family sponsored the event and he had a nice table with 14 bottles of wine for 16 players. As the lottery could not be cumulated with the winners, only 2 players went home empty handed (one of the 2 was me...really not my lucky day).

Note that there was only 1 Lady so she was first and ... last of her category.

Mark's lady could not be next to him as she had to take care of the grandchildren. So "poor" Mark stayed the evening all alone with us.

Prize giving took some time as I presented our new embroidered polo, all present appreciated it and the first order of 32 has been sent, they might be ready for Le Zoute. In the near future we'll propose also new embroidered golf towels .

Next meeting is at Le Zoute on Monday 10th of June sponsored by the Swaelens Family .

Important infos concerning Le Zoute on page 6 , concerning , amongst others, the courses -the gamba's and their reservations, green fees and so on.

Your faithful and eternal ? President



Patrick Swaelens



28

ARYS A.



31

ESCH X.



30

LAHAYE C.

27

PAELINCK Y.



29

GOSSEYE B.

27

SIMONS JJ.

26

VISPOEL T.

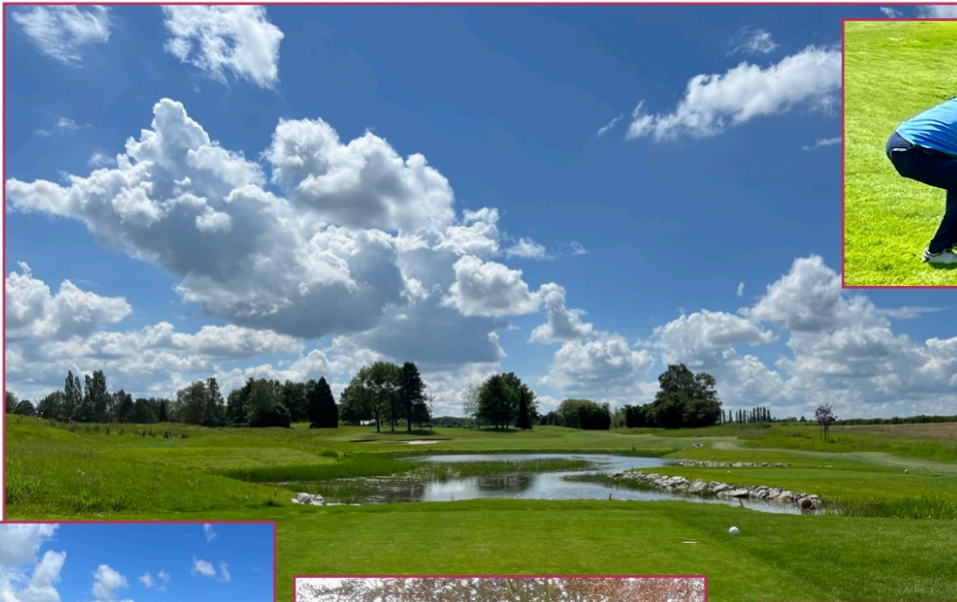
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SCHOUBBEN R.

23

BRIDOUX JL.







JEAN CRONENBERGHS



Monday 10th June

Royal Zoute Golf Club



beautiful



The Swaelens's Prize





Info about Le Zoute.

You all know that things have changed over there in many aspects.

But concerning our competition, Men & Ladies with 24 HCP and lower will be playing the Championship course (as before) with a green fee of 60€, the other Men & Ladies will play the Inner course (par 64) at a green fee of 40€.

Starters will be Jacques Drappier and Yves Paelinck and please pay in CASH which makes it much easier for them.

Normally the score cards will be ready made by the starter of Le Zoute Golf.

As for the gambas you all know that the kitchen staff has been changed . It was a tradition since more than 20 years and not even on the menu, so they knew us well and they always had a quantity of them in stock for us, so Jacques had to negotiate this possibility with the new “chef” and the proposal is:

G : 2 gambas with rice at 46€

M : your choice on the menu

A bottle of white or red wine is 33€ and I think it is better to order a bottle of wine and/or water by table just like we use to do.

The deadline to order the gambas is the 3rd of June

The traditional apéro offered by SNGG will be at 19.00 and super at 19.30.

On the starting list you must fill in G for gambas or M, if you want to stay for diner with another dish.

Please NO slow play as this is the reason why the director has changed our privileges. Now honestly I think that the championship is really too difficult for higher handicaps and the committee agrees with this, although it was the only occasion to play it. So please let us keep the remains of our tradition and the last advantage alive.

Many thanks

Patrick Swaelens

GAMBAS SNGG



2 gambas + rice: € 46

White or Red house wine :
33€/bottle

To order on the starting-list !!!

G or M

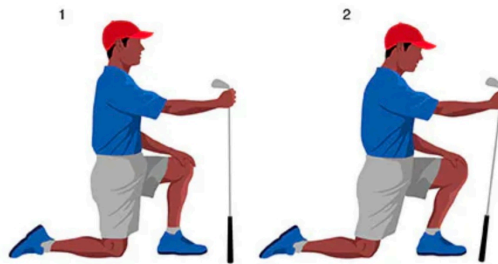
Deadline to order: 3rd of June

WARM-UP YOUR GOLF GAME!

Golf stretches for the front hip muscles

Here's a final hip stretch:

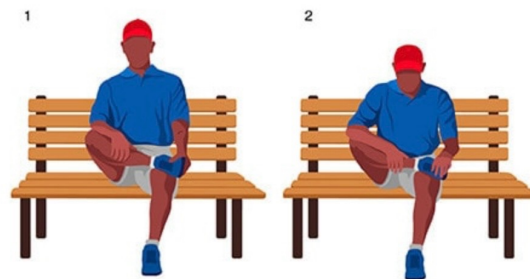
- Kneel on your right knee and hold your golf club with your right hand. Place your left foot in front of you and bend your knee. Place your left hand on your left leg for stability, as shown in image 1.
- Keep your back straight and abdominal muscles tight. Then lean forward, shifting more weight onto your left leg, as shown in image 2. You'll feel a stretch in the front of your right hip and thigh.
- Repeat the stretch on the opposite side.



Golf stretches for the hips while seated

You can stretch your hips many ways. Try this seated stretch first:

- Sit on a chair, low table or bench. Place your right ankle on top of your left thigh, as shown in image 1.
- Push down on your right knee with your right forearm. Then lean forward at your waist until you feel a gentle stretch in your right hip, as shown in image 2.
- Repeat the stretch on the opposite side.



Golf stretches for the hips and back

Try this hip and back stretch:

- Sit on a chair, low table or bench. Place your right ankle on top of your left thigh. Raise your right knee and grasp it with your left hand, as shown in image 1.
- Keeping your spine straight, pull your right knee up toward your left shoulder. You'll feel a stretch in your right buttock.
- Mimic the position of your right hip when you're at the top of your backswing by turning your shoulders to the right as shown in image 2.
- Repeat the stretch on the opposite side.

