



Club News

More Board Trophy Winners

Well done to **Trish Amm** for winning the 2019 Adamson Trophy honours (Ind Stab) on Saturday and **Arthur Lee** for winning the Frank Eyles Trophy for the men. Always so good to win an individual board trophy. Well played. **Riaan Croucamp** was thrilled to enjoy his first hole-in-one, congratulations Riaan!



Arthur Lee

*2019 Frank Eyles Trophy
Winner*



Trish Amm

*2019 Adamson Trophy
Winner*



Riaan Croucamp

*Hole-in-One
11th hole Sat 27 July*

Southbroom Ladies Open Day

The ladies staged their Southbroom Ladies Open Day on Monday with **Allyson Thomas** and her busy bees putting on a great show and really making Southbroom proud. **Shelly Myers** and **Eli Bachman** won the day

with wonderful golf. One of the highlights of the day was a hole-in-one by Della Kempthorne on the 14th hole. It was Della's first one and she was just delighted! Always special.



*Ladies Open Day players
& 1st 2nd & 3rd winners*

Eli & Shelley, Sandy & Jean, Glynis & Leanne



*Della Kempthorne aced the
14th hole*

for her first hole-in-one

Talking about special, Sheena and I, together with our daughter Courtney and her husband Steve made a quick trip down to Port Alfred on Tuesday to share Connor's 21st Birthday with him. Where has the time gone? On Wednesday we played golf at Humewood in Port Elizabeth. It is a magnificent genuine Links golf course and without a doubt in my top five courses in South Africa. It is in great condition, very playable and a wonderful test especially if a breeze moves in.

If you haven't played Humewood it is a must on your bucket list. It is as good as almost any Links that hosts the British Open. So good. My top five in South Africa are **Durban CC, Humewood, The Wild Coast, Leopard Creek and St Francis Links**, not necessarily in that order.

For Interest, click here and [let me know what yours are.](#)



*Very chilly & windy - but most enjoyable day at Humewood in Port
Elizabeth this week*

Congratulations Chris Miller!

Chris is our winner in the national competition that ran last week honouring Shane Lowry's win at The Open.

Chris won a **dozen Srixon golf balls. Well Done Chris**



Condolences John Burnett

A long standing member & home owner in Southbroom, Mr John Burnett, passed away peacefully in Johannesburg this week. He is survived by his wife Yvonne, 6 children and 13 grandchildren and 3 great-grand children. John was an incredibly kind, thoughtful man and one with immense integrity. He loved his family, his art, people and especially Southbroom and was always bringing family & friends down to enjoy his incredible hospitality (notably the Duikers group). We extend our sincere sympathies

to Yvonne, Mark, Oliver, Linde, Joy and all family. What a legacy.

He will be sadly missed.

The memorial service will be held on **Tuesday 6th August at 12 noon** at the Rosebank Catholic Church, 16 Keyes Ave Rosebank followed by a wake at Wanderers Golf Club. Swing Free John.



Village News

Ladies, because it's Woman's Day on the **9th of August** Sensasia have decided not only to spoil you with one special, but two specials for the month of August. Because you are worth it! Limited space for the 9th special, so book today to avoid disappointment! Have a fabulous day and month ahead ladies, and thank you all for ongoing support.

Reflexology Special
for the month of August!

Reflexology relaxes you, restores, balances and grounds you. Touch the body, calm the mind and **heal the spirit!**

Normal Price R 500
August Price R 400

A close-up image of a person's feet being massaged by a therapist's hands.

Womans Day Special

Spoil Yourself with:

- 30 min Back, Neck & Shoulder Massage
- Eyebrow Wax & Tint
- Paint on Nails or Toes

R 390 (60 min)

Limited space available
T's & C's Apply

A woman lying on her back, receiving a back and shoulder massage.

Friday 9th August

100 club winners

Jul-19 100 CLUB WINNERS	
	1st Place No 63 R 2 000 MIKE HAYNES
	2nd No 71 GAVIN EDWARDS R500
	ATTENDANCE PRIZE R1000 No: 90 NOT claimed
100 CLUB NEXT DRAW... FRI 30 AUG 2019 ATTENDANCE KITTY R 2 000	

Upcoming golf days

Sat 3rd Aug Presidents Trophy, BB stab

Sunday 4th Aug Surf to the Turf Scramble Drive Alliance Fundraiser

Sat 17th & Sunday 18 Aug 2019 CLUB CHAMPIONSHIPS



The Score Card

Friday - 26th July

Chicken Run

18pts Michelle Viljoen & Rene Frei 18 pts

17 pts Malcolm Greenland , Mauricio Da Costa & Mike Jolly

Saturday 27th July

Ladies - Adamson Trophy - Ind Stab

1st - Trish Amm 39 pts

2nd - Sandy FitzGerald 34 pts

T3 - Jeanne Powell & Jill Webster 33 pts

Men - Frank Eyles Trophy - Ind Stab

1st - Arthur Lee 39 pts

2nd - Riaan Croucamp 38 pts (Hole-in-one on 11th!)

3rd - Pieter Bekker 37 pts

4th - Malcolm Greenland 35 pts

T5 - Bruce Matthew , Jim Cook

T7 - Gerald FitzGerald & Leon Leuws 33 pts

Mon 29th July

Ladies Open Day, BB STAB

Top 5/15 Winners

1st Eli Bachman & Shelley Myers 46pts on count out

2nd Sandy FotzGerald & Jean Cole 46pts

3rd Glynis Hutton & Leanne Ollewagen 45 pts

4th Jenny Hulley & Cilla Lindsay 44pts

5th Di Morris & Augi D'Ewes 43pts

Della Kempthorne: Hole-in-one on 14th

Wed 31st July

Open BB Stab

1st - 44pts Bob Carmichael & Gordon Moody

2nd - 43pts Jeanne Powell & Janet Humphrey

t3rd

42 pts Barry van der Vyer & Anton Lombard

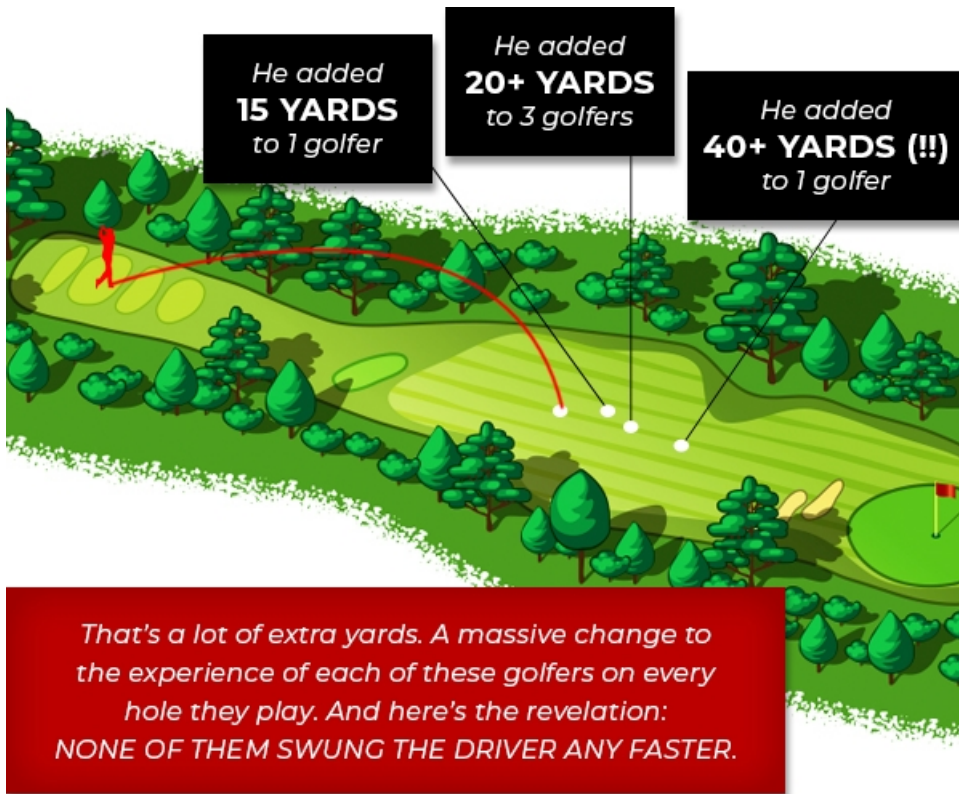
42 pts Lee Mutch & Heleen Hissey

42 pts Ken & Alex Crawford

Spin: friend or foe?

This is a bigger deal than many think

A colleague of ours recently picked five golfers at random in his club. Three men and two women of differing ages. He spent 20 minutes with each one and their driver (along with alternative configurations).



Changing the spin rate with the same swing speed has a huge impact on the distance the ball travels. Too much backspin for the ball speed and the ball will have too much lift and balloon. Too little spin and the ball doesn't have enough lift and dies quickly. (Read The Magnus effect and Bernoulli's principle if you want more physics).

The laws of physics (proven with the data from hundreds of thousands of golf swings) means that those with slower swing speeds generally benefit from a higher launch angle and more spin, than someone with more aggressive swing speeds.



Matching swing speed, ball speed, launch angle, and spin rate on tee shots, will make upwards of 40 metres of difference for some golfers. How much difference would it make to you?

Don't let spin rob you

Book an assessment with us and let's find your personal launch DNA: the perfect match of launch and spin for the ball speed you're creating.

[Contact us >](#)

Who is XXIO for?

An advertisement for XXIO golf clubs. On the left, a golfer is shown in mid-swing, wearing a white shirt and dark trousers. The background is a dark, moody landscape with trees. On the right, the XXIO logo is displayed in a stylized font. Below the logo, the text reads: 'WHO IS XXIO FOR? FOR GOLFERS WITH A MODERATE SWING SPEED, 80 - 95 MPH, XXIO X WILL PERFORM BEST. HELPING YOU HIT THE BALL FARTHER AND PLAY BETTER GOLF. THIS IS XXIO.' At the bottom left, the text reads: 'ERNIE'S DRIVER OF CHOICE XXIO X 10.5 DRIVER PX BLUE 6-3 SHAFT'.

It's time to do something

What is happening to our children?

Right now, we have a younger generation who are expected to LOSE 5 years of expected life because of childhood obesity, poor nutrition and activity, and the rise of type-2 diabetes and coronary disease. Golf can help reverse this trend.



We need children to become more active. Of course, they need to participate in more than one activity, but golf should be one of the activities. It has everything for a child.



 <https://crown-golf.co.uk>

Start your child now

With young children we're not thinking about creating Tour superstars, we're trying to introduce them to a past-time that will offer them the chance to live an active and social lifestyle that will make them healthier for their whole life. It's time to do something.

[Contact us for an assessment >](#)

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