

January 2018 Newsletter



GOLF NEWS



Congratulations to club member Paul Fairall who competed in the Illawarra Open Champion of Champions event recently at Kiama Golf Club. Paul finished Runner Up in the Illawarra Open Series, as well as finishing Runner Up in the Champion of Champions. Special mention also to Jarrod Woolmer who finished 3rd in the Illawarra Open Series. A fantastic achievement and result for Paul, Jarrod and the club. Well done!

PENNANT TEAM GET-TOGETHER (SPONSOR BOOST JUICE WOLLONGONG)



Team members are invited to attend the club on Friday 19th January at 5.30pm for distribution of shirts and general discussion on tactics!

All players are requested to attend, it will be BBQ night but please add your name to the booking sheet if you (or any guests) wish to stay. Meal price \$8.00. Dinner bookings should be made before 11am Thursday.

Photo of 2017 "A" Pennant team

*****BREAKING NEWS*****

We finally have a winner in the Men's 4B Matchplay. With Frazer Davey "out of action", Greg Chin faced off with Peter Gatwood and Greg Murphy. Peter and Greg were winners 4/3. Congratulations to all.

PRESENTATION NIGHT



Reminder of our presentation night to be held on Saturday night February 10th. A great time to start to organise your table numbers, and remember to book early to avoid disappointment.

This evening is always a wonderful night on the calendar, so join your friends and family for a great night out, celebrating another successful year.

It is also a perfect opportunity to acknowledge our valuable sponsors who contribute to our club.

9 HOLE SUMMER COMPETITION



We need some feedback on interest in a 9 hole Thursday event starting on the 10th hole at 06:45 am to help those older members who are having problems with the summer heat

Could you please register your interest by replying by email to accounts@rvgc.com.au or contact Captains Alan or Patti at the club?

AUSTRALIA DAY TRIVIA



- 1 Why were the kangaroo and emu chosen for our coat-of-arms?
- 2 Where were lamingtons first made, and by whom?
- 3 Where was the first pavlova created?

JUNIORS

2018 Junior Golf Clinic - Summer School Holiday - Tuesday 16 January & Wednesday 17 January 2018

During the summer school holidays, junior golf clinics will be held on **Tuesday 16 January and Wednesday 17 January 2018**. The Clinics will start at **11:00am and go to 1:00pm**. The Junior Golf Clinics are free with a sausage sandwich and drink for lunch on Wednesday. All equipment is provided, but juniors can bring their own clubs. See website for registration form: www.russellvalegolfclub.com.au

2018 Junior Golf Coaching Sessions

During **Summer/Autumn (school Term 1)** the **Junior Golf Coaching Sessions** are run weekly on a **Tuesday afternoon from 4:00pm to 5:15pm**. The weekly Tuesday afternoon sessions **begin on 6 February 2018 and finish on 10 April 2018**. The golf coaching sessions are for newcomers to the game and for other children to improve their game. All equipment is provided, and children are welcome to bring their own clubs. For children that have not registered before, a form is attached to this page. Fee is \$5 per session or \$20 for the 10 sessions. Registration forms are attached to this page.

Saturday 9 Hole Junior Competition in 2018 - A Junior 9 Hole Competition is proposed to be run in 2018 **on a fortnightly basis** following the main competition. All RVGC junior members are encouraged to play and juniors from other clubs are invited to play. All juniors should be in attendance at the 1st tee at 1:30pm and the round of golf should be finished around 4:00pm. The Junior 9 Hole Comp will recommence in 2018 - dates yet to be advised - please use the Member Bookings tab or contact the Pro Shop on 4283 5322 or Phillip Peace, the JPO, on 0411 281 381 or JPO@rvgc.com.au .

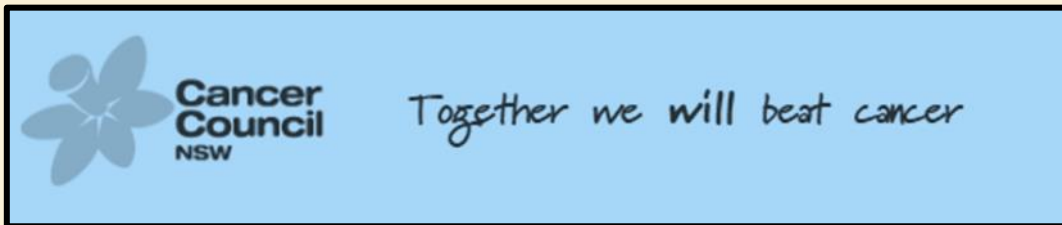
Competition dates in 2018 are yet to be advised.



FOOTGOLF – DON'T FORGET TO BOOK YOUR PARTY!!!

With the Socceroo's now on their way to the World Cup, get into the mood and participate in this new sporting craze. Phone pro shop on 4283 5322 for bookings.

Great idea for birthday parties etc. and the club can help with use of our facilities after.



What's it all about?

Improve Your Long Game is a skin cancer prevention campaign for men over 40 in NSW golf clubs. The program is part funded by [Cancer Institute NSW](#) and aims to improve sun protection behaviours.

Evidence has shown men generally have poorer sun protection behaviours than women, in particular while out playing golf.

It is easy to see why golfers are at risk of developing skin cancer when you consider:

- Long periods spent outside in peak UV times.
- Limited shaded areas on golf courses.
- Many surfaces (grass, sand and water) which reflect ultraviolet (UV) radiation.
- Less emphasis on sun protection, compared to cricketers with their zinc, wrap-around sunnies and broad-brim hats.

Hit your mates with the surprising truths

You can reduce your risk of melanoma at any age! Hit your mate with one of these facts and tips every time you visit your local club and you'll both be on your way to improving your long game.



Did you know?

All UV exposure, every tan and sunburn, adds up and increases your risk of skin cancer. Keep your skin out of bounds from the sun:

Slip on a [long sleeved shirt](#) and pants or wear [protective sun sleeves](#).



Did you know?

Men over the age of 40 are 1.5 times likely to be diagnosed and about twice as likely to die of melanoma as women of a similar age. Many golfers think that it's too late to make a difference, but protecting your skin at any age does reduce your skin cancer risk:

Slap on a teaspoon (5ml) amount of [SPF30+ dry touch/active sunscreen](#), which protects without creating a greasy grip, to EVERY exposed body part 20 minutes before exposure. Reapply every two hours during play, around the time when you reach the 11th hole.



Did you know?

UV radiation causes 95% of melanomas & 99% of all skin cancers. Be on par with your sun protection when [UV levels are 3 and above](#):

Slap on a [broad-brimmed hat](#) designed for golf which stays on and protects your ears, neck and face

Dispensers have been made available on 1st and 11th tees for club members, compliments Cancer Council NSW for trial period of 8 weeks.

Read more at <https://www.cancercouncil.com.au/cancer-prevention/sun-protection/golf/#sKsG9oPFTiKqwKjQ.99>

CORRECT SUNSCREEN APPLICATION

20 min
BEFORE YOU GO OUTSIDE

USE AT LEAST ONE TEASPOON PER EXPOSED LIMB

x1 = 5mL
At least one teaspoon for: each arm, legs, front torso, back torso, face (incl. neck & ears)

One teaspoon is equal to 5mL of sunscreen

Ensure product is spread evenly across skin

THIS MEANS A FULL BODY APPLICATION* IS 35mL OF SUNSCREEN (OR 7 TEASPOONS)

x7 = 35mL

*35mL equals one full body:
→ Front of body
→ Back of body
→ Face, neck and ears

For Cancer Council 110mL tube, this is approx. 3 full body applications

1 + 2 + 3

Always read the label. Use only as directed.

REAPPLY EVERY TWO HOURS
and after swimming, sweating or towel drying

REMEMBER

KNOW YOUR UV
Use sun protection when UV levels are 3 or above

PATCH TEST
When using a sunscreen for the first time test on a small section of skin first

If irritation occurs, discontinue use. You can find more information on reactions to sunscreen at cancer.org.au

EVERY PURCHASE GOES TOWARDS CANCER RESEARCH AND SERVICES
cancer.org.au

Cancer Council

Answers: to quiz:

- 1 Neither bird can move backwards – thus the concept of Advance Australia was conceived.
- 2 Lamingtons were first made in Queensland when Lord Lamington’s chef decided to use up the left-over sponge from a Government House garden party.
- 3 Pavlova was first created by a chef in Western Australia to honour the visit of a famous ballerina.



*****ON THAT NOTE, HOW GOOD IS GOLF? *****