



It is always handy to have a fireman at a BBQ, particularly when Steve is cooking!!

# “WHAT’S HAPPENING AT COOLIE TWEED”



COOLANGATTA & TWEED HEADS  
Golf Club

No. 2/2007

[www.cooltweedgolf.com.au](http://www.cooltweedgolf.com.au)

## HEAT STRESS

With the hot weather now well and truly upon us it might be a good time for a reminder about heat stress. Heat stress occurs when sweat can't evaporate fast enough to keep the body sufficiently cool. Symptoms include muscle cramps, deterioration in sporting performance, headache and dizziness.

Suggestions to prevent dehydration and heat stress during sporting activities include drinking plenty of fluids before, during and after the game, avoiding the hottest parts of the day, and taking frequent rest breaks. If you or one of your playing partners are suffering from heat stress, the following points may help:

- Rest in a cool, shaded place.
- Remove excess clothing.
- Sponge the body with tepid water and fan to promote evaporation.
- Don't douse the body with cold water or ice, as this will encourage the blood vessels in the skin to constrict and retain body heat.
- Seek medical assistance.

If the person is confused, unconscious or has trouble breathing, call an ambulance immediately.

## GOLFLINK NUMBERS

Golf Australia's policy regarding Golflink numbers and their re-use, is that they are not to be re-used.

In extraordinary circumstances or in the event that a Golflink number has not been used for over 2 years and that member has left the club, consideration will be given to deleting the existing record and allow the club to re-use the number.

In such cases, the club must outline the circumstances in writing to Golf Australia if requesting the re-use of a number.

Received from GOLF AUSTRALIA

## UPCOMING EVENTS

**Sunday Shotgun Start:** – Sunday 4<sup>th</sup> February, 9am Shotgun start, River Course, Snacks to follow, \$12.50pp.

**Ladies Welcome Back Day:** – Tuesday 6<sup>th</sup> February, 8am Shotgun start on both courses.

**Miller Kingston Knockout:** Calcutta – Friday 9<sup>th</sup> February at 8pm, Round 1 – Saturday 10<sup>th</sup> February  
Please note the GL bar and snack bar will be open from 6.30pm on Friday 9<sup>th</sup> February.

## COURSE MATTERS

A temporary green is now being prepared at the front of the troublesome 17<sup>th</sup> West green. The major problem with the green seems to be that the sand (growing medium) used in the last construction is very droughty and the turf struggles to obtain enough moisture to survive the hottest part of the day, combined with the micro climate of the area where you can often see the flag fluttering across on the 13<sup>th</sup> West green and the 17<sup>th</sup> green is calm.

Air, soil and surface temperatures have been monitored on the 17<sup>th</sup> and it is consistently several degrees higher than any other green. Once the turf is weakened by drought stress it is then subject to attack from disease and insects which further weaken the turf.

Following the successful use of modified sand on the Nursery trial area and the superior performance of the new Bentgrass “Penn G2”, it has been decided to replace the existing growing medium with that used on the Nursery area and re-sow the 17<sup>th</sup> green with Penn G2. Over the current summer the Nursery trial area has had virtually no disease or insect activity and receives approximately 12 minutes per sprinkler of water compared to the 35 minutes per sprinkler plus some back up hand water required by 17. Subject to the successful grassing of the temporary green the work has been planned for mid March.

**2007/2008 Fixture Book** – The Fixture book is currently in production which is a long and laborious task. If you have any suggestions for the book or you would like to see different competitions/events held in the next “fixture” year please speak to your relevant Captain as soon as possible as the book goes to print within weeks.

If you would like your name and phone number in the back of the fixture book or if your phone number has changed please advise Reception asap.

If you wish to **sponsor** an event this year please speak to your relevant Captain for details. It is a great way to promote your business and also to support your club.

**A BIT OF TRIVIA** – What was the first sport covered by Australian TV? Why golf of course – 1956. It is amazing what you find out by looking under VB stubby bottle tops!!

Please note the **2007 Men's Club Championships** have been moved to Saturday 14<sup>th</sup>, Sunday 15<sup>th</sup>, Saturday 21<sup>st</sup>, Sunday 22<sup>nd</sup> **July 2007**. **Ladies Club Championships** are to be held on the 12<sup>th</sup>, 14<sup>th</sup> & 19<sup>th</sup> **June 2007**.