



SUNNYVALE MEN'S GOLF CLUB NEWSLETTER

AUGUST 2009

THURSDAY TEAM MATCH RESULTS

Team	Wins	Losses	Ties	Points
1) Palo Alto	3	2	1	111
2) Crystal Springs	3	3	0	114
3) Sunnyvale	3	3	0	111
4) Poplar Creek	2	3	1	96

Gentlemen, thank you for participating. The Thursday groups can be a significant commitment for those who work. We made a great run at the playoffs. If Poplar Creek had prevailed over Palo Alto on the last day, the winning team would have been determined by total points. Look how close the points are! Many of us had situations where if one or two more putts had dropped, we could have been sitting in the number one spot. Four points was all we needed. We will do this again next year. This match play format is the best form of competition; you know where you stand minute by minute. Here are some of our top match players who rose to the occasion each week:

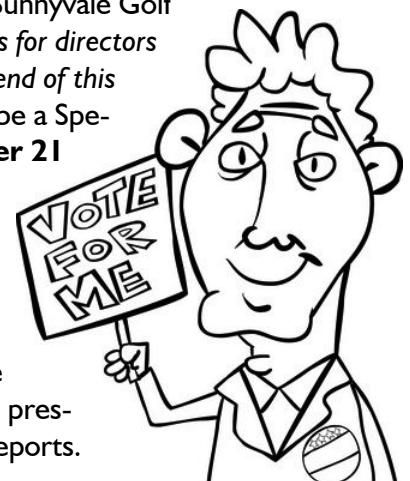
Don Anderson	4W, 1L
Tom Boydston	3W
Vince Delfino	3W, 1 Tie
Don Leonard	3W, 1 Tie
Larry Lopez	3W, 1L, 1 Tie
Nadeem Rahman	3W, 1 Tie
Tom Rooney	3W, 1L
Phil Smithson	3W, 1 Tie

MEMBERSHIP RENEWAL TIME

Your 2010 Sunnyvale Men's Golf Club Membership Renewal Form is included with this newsletter. The 2010 season begins with a tournament at Rancho Cañada West on October 3. We must receive your 2010 dues if you wish to play in any event starting with this one. Please mail your renewal form with your check for \$125 as soon as possible. We've also added an option to order SMGC logo polo shirts at just \$35 each. You may order these on the same form. You can also find the renewal form on our website at www.smgc.us/news/renewal2010.pdf.

IMPORTANT MEETINGS

The next General Meeting of the SMGC will be Wednesday, **September 16** at 7 pm at the Lookout Inn at the Sunnyvale Golf Course. *Nominations for directors will be closed at the end of this meeting.* There will be a Special Meeting **October 21** when we will hold elections for three board positions for the SMGC 2010 Board of Directors. In addition, the board members will present their year-end reports.



STRETCHING FOR GOLFERS

You know the importance of stretching before strenuous exercise, but do you stretch before your round of golf? You may go to the driving range to work out some kinks in your swing, or chip a few balls, but you can add to that routine. The benefits of pre- and post-game stretching (and on days you don't golf) include increased flexibility, reduced risk of injury and a more consistent swing.

Golf magazines, TV shows and websites are filled with golf stretching exercises, so we won't describe specific stretches here. However, there are a few things you should know up front. Do not stretch cold. It is important to walk briskly for a few minutes before you stretch. Also, your stretching exercises should not be completed a long time before you tee-off. Time your stretching so you're done just a few minutes before your group is called. Many sources say the type of stretching you do before your game is different than what you should do at other times. It is suggested that pre-game stretches should be dynamic, whereas static stretches (as in the image above) are best after your round and on non-golfing days. Static stretches are held for a period of time, and increase range of motion, but may inhibit power. Dynamic stretches are those which move the muscles through their full range of motion. They are best done in increasingly larger ranges of motion. For stretching examples, do an internet search for: dynamic golf stretches. They should include the entire body from neck to ankles. A website you may wish to visit is www.sport-fitness-advisor.com/golf-stretching-exercises.html. When in doubt, go easy at first.



PLAYER OF THE YEAR STANDINGS

We haven't called the trophy engraver yet. The title of SMGC 2009 Player of the Year is still up for grabs! Shall we tell the engraver the name will start with a "J" so he can get a head start? Or, maybe a "P", which could easily be changed to a "B" if needed? Will it be an "L", or, perhaps a "D" again?

Below are the Player of the Year standings as of August 25. The dollar amount is the tournament winnings to date.

1	John Balsley	\$355
2	Larry Lopez	345
3 (tie)	Phil Smithson	325
3 (tie)	John Szarka	325
3 (tie)	Dale Wilson	325
6	Jay Kearney	320
7	Tom Boydston	295
8 (tie)	Brani Buric	285
8 (tie)	Chuck Richmond	285
10	Barry Franklin	275

FUTURE TOURNAMENTS

Please refer to your July newsletter for tournament listings through October 10. You can find past newsletters online at www.smgc.us.



SMGC Board of Directors	
President	Jay Dameron
Vice President	Les Cheong
Secretary	Bob Heihn
Treasurer	John Balsley
Handicap Chairman	John Szarka
Tournament Chairman	Jim Perko

CLUB CHAMPIONSHIP UPDATE

The venue for this year's Club Championship celebration dinner will be the Lookout Inn at the Sunnyvale Golf Course. The proprietors, and our friends, Nicole and Bae, will take good care of us that evening. The dinner will take place the evening of the last day of matches, on Saturday, September 25. If you wish to bring a guest, it will cost an additional \$10. Advance registration is required for the dinner.

If you have not already done so, please sign up for the Club Championship! The first day of play is Saturday, September 12. All rounds are played at the Sunnyvale Golf Course. Also, if you wish to play in the Championship Flight, which is played at scratch, and your handicap is over 6.0, you must declare this to the director, John Szarka, before you tee off the first day. You may not change your flight once the tournament commences. Those with a handicap below 6.0 are automatically included in the Championship Flight.

A Reminder

We have a rare Sunday tournament planned at Poppy Hills on Oct. 4. The deadline to sign-up is Sept. 3.

NCGA SENIOR 4-BALL RESULTS

Four of your fellow Sunnyvale Men's Golf Club members went to Sectional Qualifying at San Leandro's Monarch Bay Golf Course on August 5. The teams of **Brani Buric** and **Andy Zutler**, **Bob Heihn** and **Jay Dameron** fired rounds of 65 but needed 63 to advance to Poppy Ridge. Great effort guys! A couple putts was all you needed. Make 2010 your redemption year!

GOLF ETIQUETTE: HOW'S YOURS?



Searching for and Identifying Balls:
Rule 12 from the Rules of Golf

In searching for his ball anywhere on the course, the player may touch or bend long grass, rushes, brushes, whins*, heather or the like, but only to the extent necessary to find and identify it, provided that this does not improve the lie of the ball, the area of his intended stance or swing or line of his play.

A player is not necessarily entitled to see his ball when making a stroke.

In a hazard, if a ball is believed to be covered by loose impediment or sand, the player may remove by probing or raking with a club or otherwise, as many loose impediments or as much sand as will enable him to see a part of the ball. If an excess is removed, there is no penalty and the ball must be re-covered so that only a part of the ball is visible. If the ball is moved during the removal, there is no penalty; the ball must be replaced and if necessary, re-covered.

If a ball is believed to be lying in water in a water hazard, the player may probe for it with a club or otherwise. If the ball is moved in probing, it must be replaced, unless the player elects to proceed under Rule 26-1. There is no penalty for causing the ball to move, provided the movement of the ball was directly attributable to the act of probing, otherwise the player incurs a penalty stroke under Rule 18-2a.

Penalty for breach of rule 12-1 in match play: loss of hole, and in stroke play: two strokes.

*A whin is a British term for "any thorny or prickly shrub, esp. gorse" according to www.dictionary.com.

TOURNAMENT RESULTS

Micke Grove July 25, 2009

First Flight

37 pts.	Larry Lopez	\$40
35	John Sasser	30
34	Jim Perko	20

Second Flight

40 pts.	Bob Chimpky	\$40
38	Jack Guzman	30
35	Rich Brennan	20

Paradise Valley August 1, 2009

First Flight

41 pts.	John Szarka	\$40
37	John Balsley	25
37	Dave Quattrone	25

Second Flight

38 pts.	Chuck Richmond	\$40
36	Barry Franklin	30
34	John Pantazy	20

Blue Rock Springs August 8, 2009

First Flight

35 pts.	Larry Lopez	\$40
32	Ray Wong	30
31	Jay Dameron	20
30	Vince Delfino	5
30	Jay Kearney	5

Second Flight

45	Barry Franklin	\$40
40	Jay Kanemoto	30
37	Brani Buric	15
37	Chuck Richmond	15

San Juan Oaks August 15, 2009

First Flight

36 pts.	John Denevan	\$30
36	Arif Janjua	30
36	Jim Perko	30
34	Bob Heihn	10

Second Flight

37 pts.	Dennis Nixon	\$35
37	Nadeem Rahman	35
31	Barry Franklin	20
29	Tie between B. Buris, D. Carey, D. Mak, M. Fuchigama, & P. Smithson.	\$5



Sunnyvale Men's Golf Club

2010 Membership Renewal Form

Membership dues are just one hundred twenty-five dollars (\$125) per year, due by October 1. *There is a fifteen (\$15) dollar fee for all late payments.* The NCGA is strict regarding when memberships must be frozen, so please help us comply with their deadlines and send in your renewal form and payment today.

Please complete form below and mail it with your payment to John Balsley (address below). Or, you may hand this form and payment to any SMGC Board Member. Please make your check payable to SMGC.

Name: _____ GHIN: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone No., Home: _____ Other: _____ (cell/work)
Circle One

Email: _____

Date of Birth (mm/dd/yyyy) _____ (this is required by the NCGA for all NCGA club tournaments)

Please check one of the following:

- Please mail the monthly club newsletter to me at the address above.
- I'd like to receive the SMGC newsletter by email only. Do not send it to my mailing address (email address required above).

SMGC logo polo shirts are available for purchase. Please indicate the quantity you would like before the size(s) below. Polo shirts are \$35 each. Payment should be added to your \$125 dues on one check please, payable to SMGC.

___ Small ___ Medium ___ Large ___ X-Large ___ XX-Large ___ XXX-Large

Total number of polo shirts: ___ @ \$35/shirt = ___ + \$125 dues = ___ **Total payment.**

Please mail this form along with your check to:

JOHN BALSLEY
440 CORREAS ST.
HALF MOON BAY, CA 94019