



Breezes from the Lea January 2018



Major Functions & dates for your diary 2018:

Carnalea Golf Club Annual General Meeting: Monday 12th March

Captain's Inaugural Dinner: Saturday 17th March (Late Licence)

Smart casual dress code with drinks promotion followed by entertainment & dance.

President's Day: Saturday 9th June

Smart casual dress code with drinks promotion followed by entertainment in the bar.

Captain's Weekend: Friday & Saturday 3rd/4th August

Friday 3rd August – Captain & Guests Dinner & Entertainment (Late Licence)

Saturday 4th August – Entertainment, Captain/Bar Manager's Drinks Promotion. (Late Licence)

Prize Night: Saturday 11th November

More details for all of these events will be published nearer the time.

Please note that the 2018 Club Diary is now available free to all members from the Bar.

January Social Calendar



Fri. 5th: Entertainment with Cut 'n Two **Tues. 9th: Ladies Bridge** **Wed. 10th: Bowls** **Thurs. 11th: Bingo**

Fri. 12th: Entertainment with Jim Burnside **Sat. 13th: Private Party (Late Licence)** **Wed. 17th: Bowls**

Fri. 19th: Entertainment with Brazil Two



Tues. 23rd: Ladies Bridge

Thurs. 25th: Bingo

Sat. 27th: Carvery & Entertainment with Conor Taggart (Late Licence)



Wed. 31st: Bowls

Latest details on all social events can be found on our website at www.carnaleagolfclub.com/clubhouse/Events

Clubs vote for substantial changes in GUI Inter Club Competitions

1. That the form of play for the AIG Pierce Purcell Shield be modified to Scotch Foursomes, (effective 2018).
2. Effective 2019, that the Union introduce a new All-Ireland Seniors Inter-Club team event for golfers over the age of 55.
3. That the Union introduce a new nett Under-18 Inter-Club event for five-man teams with full handicaps applying, to replace the Irish Junior Foursomes, (effective 2018).
4. That the Irish Junior Foursomes be immediately reintroduced by the GUI, (effective 2018).
5. That the lower handicap limit of the AIG Junior Cup be reduced from 5 to 4 effective 2018
6. That, in the AIG Jimmy Bruen Shield, the handicap limits be adjusted as follows effective 2018: Lowest individual reduced from 6 to 5 Lowest combined reduced from 17 to 15
7. That, in the AIG Pierce Purcell Shield, the handicap limits be adjusted as follows effective 2018: Lowest individual reduced from 12 to 11 Lowest combined reduced from 27 to 25
8. That, in the GUI Four-Ball Inter-Club Championship, the handicap limits be adjusted as follows effective 2018: Lowest individual reduced from 16 to 15 Lowest combined reduced from 36 to 34



Breezes from the Lea January 2018

New N.I. Water Pumping Station on Course

Northern Ireland Water Service will be installing a new pumping station on our course to address sewage back up and other issues around the 7th Tee Box. This is a significant development which will result in no access to the path from the 9th Green to the back 9 holes until the work is complete. To address this problem, the Water Service will install a new permanent path from the 9th up to the 5th Tee Box. N.I. Water Service is currently awaiting planning permission and it is anticipated that work will commence in the late spring. The new station will be located on the access path from the 9th hole to the back 9 holes and the construction will enable golfers and buggies to use the path safely. It is hoped that part of the development will include a complete resurfacing of the entrance to the Club.



Changes to Handicap System Announced (Effective 1st January 2018)

A new Category 5 for Men and Category 6 for both Men and Women, providing for a maximum handicap of 54.0 for all golfers has been introduced by the GUI. Players will be able to maintain a Competition Handicap in all six categories. Upward adjustment for all categories will remain at 0.1 and downward adjustments for Net Differentials below Buffer Zones will be 0.5 for Category 5 and 0.6 for Category 6. After 1st January 2018 Handicap Committees can increase handicaps above the current limits of 28.0 and 36.0, and they will also increase above those limits automatically as a result of above Buffer Zone returns in Qualifying Competitions and Supplementary Score submissions.



The Clubhouse pre 1927 (provided by Reg Matchett)
Interesting to see economy measures in place with sheep deployed to maintain the fairways! 😊

Santa's little helpers
accompany him to Carnalea for the Children's Christmas Party.

Santa full of 'good cheer'
engaging with the children and presenting gifts.



Playing golf gives 'all round health benefits'

People who play golf live longer than those who do not, new research has suggested.

Edinburgh scientists claimed the sport was likely to increase life expectancy, help chronic diseases and improve mental health in a study which was recently published in the British Journal of Sports Medicine. Researchers reviewed 5,000 studies into golf and found it had physical and mental health benefits for people of all ages. They found the physical gains increased with age. Balance and muscle endurance in older people were improved by playing the sport and it was also likely to improve cardiovascular, respiratory and metabolic health. Golfing could also help those who suffered chronic diseases including heart disease, type 2 diabetes, colon and breast cancer and stroke, as well as helping reduce the risk of anxiety, depression and dementia, researchers found. The study found golfers typically burnt a minimum of 500 calories over 18 holes and those walking the course could cover four to eight miles.



Simply put, golfers live longer, have better overall physical health, and gain wellness/ mental health benefits. These associations are likely due to the golden combination of walking, muscular activity, and social interaction (amongst other factors). So whether you're young or old; a scratch golfer or have never picked up a club before, there are now even more reasons to get out there and play! **Keep swinging as long as you can!**