



Country Golfer



Gary Player
DESIGN



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• www.dfgolfresort.com

Dear Member,

We are very proud of the fact that many of our members consider the club to be a safer place than any other destination in the city. Hence our members continue to enjoy all the club facilities more than they could in previous years. At this juncture may also share with you that all the staff at the Club are vaccinated. We also encourage our members to get vaccinated and be responsible citizens that they are.

The pleasant weather conditions post the heavy monsoon, adds to the surrounding on the course and to the outdoor seating at the Pavillion.

The academy resumed the Junior Golf Tournament with support of Amway, Nutrilite last month. It was so heartening to see our budding golfers come out and play. The encouragement of their parents boosted their morale on the course. For our working members the Night Golfing now resumes on different days of the week. We thank Amex for Wednesday Night Golf and Airtel for Saturday Night Golf. Do not miss out the fun of playing under the stars.

The outdoor seating at the pavilion has been received well and we hope to have good weather through the coming months. The Oktober fest held at the Pavilion was a welcome change from the regular menu. The different variety of sausages and beer offered were thoroughly appreciated. We look forward to Navratri and Delhi6 food promotions in this month. The pavilion bar evenings were enhanced with the tunes of the flute played by an international artist who mixed the melodious tunes of the 70's and the newly released songs. The violin percussionist organized another day, further took the club evening up the notch. With our continued effort to bring you something special and new every time we seek to being a part of your dining plans throughout the year.

In the sports complex the swimming pool was the main attraction for the children who are still on online schooling. the scuba diving basic program organized in two batches over two days got an overwhelming response.

We hope each one of you is staying happy healthy and safe

See you at the Club!

Vishal Bharti
Vice President

Hole – In – One



On 26th, Moti Mullick achieved his sixth hole-in-One on the 8th Green of Arnold Palmer Course. This feat was witnessed by his co-players, Anoop Gaikwad, GS Brar, Surinder Khanna

DLF Men's Match Play 2021

The DLF Men's Team Match Play 2021 was scheduled to commence from 6th Sep. 32 teams registered their names who were divided into two pools i.e. Upper Half & Lower Half with 16 matches each side. The matches are to be played within the stipulated six rounds scheduled from. 1st Round : 06 to 10 Sep, then 2nd Round (13 to 17 Sep, Quarter Final (24 to 24 Sep), Semi Final (27 Sep to 01 Oct) and then Final Round.

In the first Round, from Upper Half, Armaan Anand & Rishabh Periwal, HS Chadha & Atul Dhir, Frederic Caharel & Stan De Vree, Sanjeev Laroia & Punit Beriwal, Amit Rana & Ashish Sethi, Harbir Dhingra & Dewan Rakesh Nath, Karan Chaudhri & Ateet Gaur, Piyush Mehta & Sachin Mutreja. All winners moved to Second Round.

From Lower Half, Mayur Rastogi & Arun K Khanna, Atul Vashisth & Vishal Bakshi, Manish Arora & Samit Kapur, Manish Sharma & Rajat Kumar, Sukhbir Singh & Kulvinder Singh, Sidharth Bahl & Manav Sardana, Hemant Wassan & Manoj Mehra, Dhruva Rathore & Vikas Anand. All winners moved to Second Round.

Second Round, From the Upper Half, HS Chadha & Atul Dhir, Sanjeev Laroia & Punit Beriwal, Harbir Dhingra & Dewan Rakesh Nath, Piyush Mehta & Sachin Mutreja moved to Quarter Final Round.

And from Lower Half, Mayur Rastogi & Arun K Khanna, Manish Arora & Samit Kapur, Sukhbir Singh & Kulvinder Singh, Dhruva Rathore & Vikas Anand beat. moved to Quarter Final Round.

Quarter Final Round, From the Upper Half, HS Chadha & Atul Dhir beat Sanjeev Laroia & Punit Beriwal by 4 up on 16th hole, Piyush Mehta & Sachin Mutreja beat Harbir Dhingra & Dewan Rakesh Nath by 6 up on 14th hole and winners moved to Semi Final Round.

And from Lower Half, Mayur Rastogi & Arun K Khanna beat Manish Arora & Samit Kapur by 6 up on 13th hole, Sukhbir Singh & Kulvinder Singh beat Dhruva Rathore & Vikas Anand by 1 up on 18th hole and winners moved to Semi Final Round.

Semi Final Round to be played between Monday, 27 September to 01 October 2021.



Stan De Vree with Frederic Caharel, Punit Beriwal and Sanjeev Laroia



Atul Dhir with Sanjeev Laroia, HS Chadha and Punit Beriwal



Ateet Gaur with Sachin Mutreja, Karan Chaudhri and Piyush Mehta



Ashish Sethi with Amit Rana, Dewan Rakesh Nath and Harbir Dhingra



Piyush Mehta with Sachin Mutrejam Dewan Rakesh Nath and Harbir Dhingra



Atul Vashisth with Arun K Khanna, Mayur Rastogi and Vishal Bakshi

Obituary



Ashok Kumar Bhasin

The Club mourns the sad demise of our member Ashok Kumar Bhasin on 2nd October. Our heartfelt condolences go out to his family and friends. We pray that his soul rests in peace.

Scuba Diving

The depth of our swimming pool was transformed into a new world for our few aquatic lovers with the scuba diving basic program held last month. This calendared activity was most awaited by our members post the pandemic. The success of the event was evident from the over subscribed list to the two day event which had to be extended to one more day. At the end of the program the members who participated were given a basic padi certification.



Members enjoyed the Scuba Programme



Member Evening



Members Sway to the tunes of flute and violin

Receprocal Club of the Month

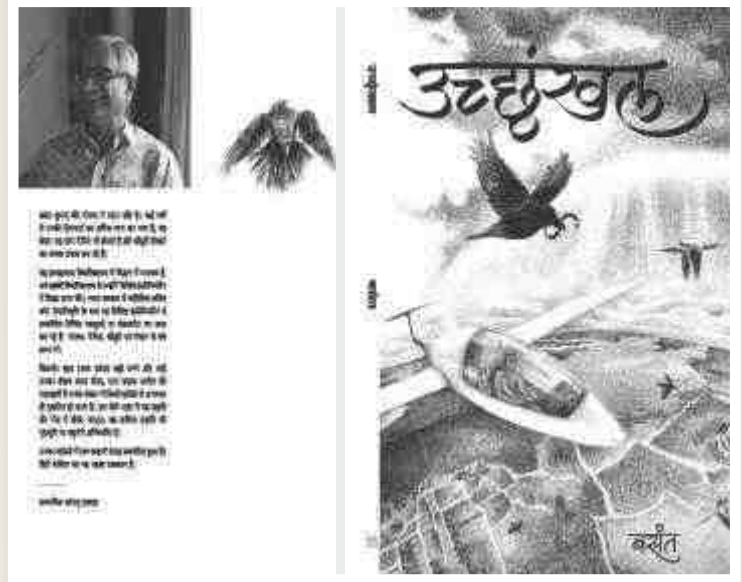


LONG BEACH RESORT & ILE AUX CERFS GOLF CLUB

To celebrate the re-opening of the borders on the Indian Ocean island of Mauritius, Long Beach Resort and Ile aux Cerfs Golf Club invite you to enjoy 2 complimentary nights in paradise, when you book 12 nights or more.

Sun Resorts property, Long Beach is a stunning luxury hotel located a short drive from the Bernhard Langer designed golf course at Ile Aux Cerfs. One of the world's great golf destinations is re-opening to international guests, flights are resuming, and this long time IMG club is excited to welcome back golfers from across the world. To book your Tee time write to : madan-shweta@dlf.in

Know your Member



A golfer cannot be away from the slimy creeping earthworm. It requires a super sensitive person to get stirred up by such a lowly worm to write a full poem on it. In realisation, though tragically, of the audacious dream of the worm to fly in the sky and see the beautiful world, a profoundly inspiring message is given; a message that can enliven human life and make millions of lives meaningful: "life is limited, breaking the limitations is living". Those who read the book will see the earthworms in a different light when they step out on the course next time. The above article intends to share the recent success of our member Basant Kumar.

Oktober Fest



Oktober Fest - Relished by all

Amway Nutrilite Junior Golf Tour

Amway Nutrilite Golf Tour - Round - 3 - Winner List		
S. No.	Name of the Participant	Name of the Prize
Category wise Winners		
Category E Boys & Girls		
1	Annika Chendira	Runner Up
2	Bhavesh Kalkal	Winner
Category C + D Girls		
3	Anushka Gupta	Runner Up
4	Mehreen Bhatia	Winner
Category C + D Boys		
5	Vihaan Jain	Runner Up
6	Kartik Singh	Winner
Category A + B Girls		
7	Ashwika Kakkar	Runner Up
8	Aditi Bhardwaj	Winner
Category A + B Boys		
9	Tanay Keshwar	Runner Up
10	Alex Mazon	Winner
Special Category Boys & Girls		
11	Rahul James Joseph	Runner Up
12	Tanisha Kalyan	Winner

After a pause of almost 2 years we reinstated the Junior Golf Tournament with a full field last month. It was heartening to see our budding golfers come out with full zeal and fervor to participate. Post the tee off the little ones geared up to show their best on each hole. The on spot prizes were definitely a source of encouragement to all. We would like to thank Amway Nutrilite for their support.



All set to Tee off

Encouraging the future female Golfers



From our Superintendent's quill



Shaun Satterly

Course Agronomy Update

Greens—have come through the monsoon season safely and in good condition and have produced quality putting surfaces throughout the season. Despite an extended period of monsoonal weather with periods of heavy rainfall, low light and high humidity, the surfaces have performed well. With a small window of 4-5 weeks ahead the maintenance team plan to complete some light conditioning work to the greens that will enhance the putting surfaces and prepare them for the winter months. An expected period of milder weather conditions with greater levels of available sunlight should allow the overall course conditions to improve of the coming months.

Tees, Fairways & Approaches – are currently in good condition and are expected to improve in the coming weeks as the weather becomes less stressful for the turf. The earthworm activity has reduced significantly which will allow the tees and fairways to increase density and improve playability.

Roughs – have been allowed to grow over the past month in anticipation for the winter to ensure adequate coverage during the winter months.

Landscapes – conditions continue to improve around the club and the native grasses are in spectacular form and enhance the overall experience of the club. General maintenance will continue for the coming months in preparation for winter season as well as select areas on the Course, Pavilion and Pro Shop that will be prepared with more cold hardy varieties that will add more color and vibrancy to the club experience.

Summer projects – these small repair works will conclude in the coming weeks.

Monthly Rainfall: 7.5 in.

Cocktail of the Month

BEE'S KNEES

The expression "bee's knees" was popularly coined during the 1920s. This means that "something was the best". This cocktail was popular because it used bathtub gin, which wasn't the smoothest of alcohols, but the flavor was covered with sweet honey and lemon juice.

Ingredients

- 60 ml Gordons gin
- 20 ml freshly squeezed lemon juice
- 30 ml honey simple syrup
- Lemon wedge

Instructions

In a shaker with ice, combine the gin, lemon juice, and simple syrup. Strain into a chilled cocktail glass. Garnish with a lemon wedge.



Recipe of the Month

NAVRATRI SPECIAL RECIPE

Ingredients

- Half kg of fresh waterchestnut (peeled)
- 2 Litre full cream milk.
- 5tbsp of sugar.
- 200gms Khoya
- ½ cup of dryfruits (chironji, kismis, cashew).
- ½ tsp of Elaichi powder

Steps to make Water chestnut kheer:

Washed peeled water chestnut and Grate it.

Heat milk and sugar together. When it starts boiling add grated water chestnut and khoya. Boil for 5mins in slow flame.

Later, add dryfruits add Elaichi powder and take it off the flame. Serve it cold. Garnished with nuts



Water Chestnut Ki Kheer



Water Chestnut



From the Head Professional



Anitya Chand

This month, let's have a look at the next parameter as measured by the launch monitor TrackMan – Smash Factor

Smash Factor is defined as the ratio of ball speed divided by club speed, which describes the efficiency of impact. The smash factor depends on a few factors like the spin

loft, centeredness of impact location and the face to path relationship. Smash Factor relates to the amount of energy transferred from the club head to the golf ball. The higher the smash factor the better the energy transfer. In simple terms, the more you hit the golf ball from the center of the golf club, the better the energy transfer and therefore the more the distance given the same club speed and all other conditions. Smash factor would also be higher when the loft of the club becomes lower or the spin loft is lower.

As an example, a golfer would hope to achieve a smash factor near 1.50 on driver shots as the loft is around 10 degrees. That means for a 100 mph club speed the ball speed would be 150 mph. The higher the loft of the club, the lower the smash factor is expected to be. The smash factor for a pitching wedge with about a 45 degree loft would be around the 1.25 mark.

I would recommend all players to improve their smash factor to get more distance rather than swing harder at the ball to gain more speed, something that we see very often. The basic factor being that the more you focus on hitting the golf ball from the center of the golf club, the better your chances of hitting the ball straighter and longer

Learn Golf with Akhil Nayar



One of the most common swing faults is what we call an early extension of the spine or a pelvic push. As the pelvis moves in towards the ball and target, the spine raises as a reaction. It's basically when a player stands up during the downswing (it can certainly start on the backswing too) and finds their swing centre now further from the ball than it was at address.

The result is commonly a topped or thin shot. Some players will actually get the opposite result: a fat shot. As they feel themselves stand up, they then throw the club head down into the ground to make up for the difference.

The Fundamental solution to this is to maintain posture established at address. My suggestion is to keep your flex in the knee constant while rotating the hips through impact and watch the ball fly as the hips are still pushed back.

Maintain your posture and you won't only gain consistency, you'll maximize your distance as you rotate properly and create consistent contact through the shot.

Achievers



Veer Ahlawat, student of the DLF Golf Academy and Professional on the PGTI, finished in solid 2nd position with a stellar performance at the Tata Steel Players Championship held at the Panchkula Golf Course. He followed it up with another strong performance and Finished in 2nd place at the J &K Open. His consistent form has moved Veer up to 3rd position in Order of Merit on the PGTI.



Manu Gandas of the DLF Golf Academy and professional on the PGTI shot rounds of 64-58-64-64 to win his maiden professional title at the Golconda Masters Telangana Open at the HGA, Hyderabad. His round of 58 (10 Under Par) was a historic feat on the PGTI.



Jhanvi Bakshi, student of the DLF Golf Excellence Program reigned supreme at the Seventh Leg of the Hero Women's Professional Golf Tour held at the DLF Golf and Country Club.



Honey Baisoya from the DLF Golf and Country Club ended a three-year title drought by claiming a four stroke win at the J&K Open 2021. He skyrocketed his ranking from 85th to 22nd place in the PGTI Order of Merit.



Kartik won the Boys 10-14 Years by 7 strokes in the World Series Junior Golf Tournament held at the ITC Golf Resorts, Manesar



Prithvi Singh Karayat won the NCR Cup Golf Tournament in the Category 'C' held at the Delhi Golf Club.



Alysha Dutt came 2nd in the IGU Feeder Tour in 'B' Category Girls at the Forest Hill Golf Club, Chandigarh.



Trish Kalkal finished second in the Category 'C' in the NCR Golf Cup, which held at the Delhi Golf Club.

**Get Tournament Ready - Junior Monthly Medal Round
Thursday, 28th October**



In picture: Palakshi Siingh

EXPLOSIVE POWER WORKOUT

When people discuss fitness, they sometimes confuse power with strength, but the two are not exactly the same thing. Generally speaking, strength is the ability of muscles to generate force without concern for speed. Power is the ability to recruit a lot of motor units (or at least a large percentage of available motor units) into movement, and do so rapidly.

For a longer and faster golf swing, your workout should not only involve strength training-but power training too. You need strength to swing the club correctly and the power to do it quickly. The Following exercises can help you build power and be more explosive during the golf swing. These exercises are an excellent form of plyometric training designed to enhance all-around power and strength. These movements can help enhance overall athletic performance, improve cardiovascular conditioning, and develop multi-directional core strength.

- 1) Med Ball Slams
- 2) Lateral Single Step Up
- 3) Wall Ball Shots
- 4) Box Jumps
- 5) Med Ball Sit-ups with Ball Throws
- 6) Kettle Bell Swings

It is advised to perform all the above mentioned exercises only under the supervision of a trained fitness professional.

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Just go online and follow – DLF Golf Academy (dlfgolfacademy)**

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