



# ASHBOURNE GOLF CLUB

## NEWSLETTER

FEBRUARY 2015

Dear Member,

Welcome to the first edition in 2015 of the Club Newsletter and what a bumper one it is, with lots to report!

The golfing New Year got into full swing a couple of weeks ago with the Captains' Drive-In which took place on Saturday, January 31<sup>st</sup>, when a large cross-section of the club turned out on a clear, cold and windy day to officially welcome and congratulate our new Captains: Captain Tom, Lady Captain Eileen and Junior Captain Daniel, whom as you can see all arrived in style with a 1920's theme.



The Captains were supported on the day by Vice-Captain Diarmuid and Lady Vice-Captain Kay, with President Carmel also on hand to oversee the festivities and lead the toast.

A great day was had by all with golf and refreshments and evening entertainment afterwards....the photo to



the left has been deliberately reduced in size to protect the identity of those on stage, apart from Dave Doolan on the far left had side and.....well I think you can have a fair attempt at recognising the others.....

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The Captains would also like to pass on the following message:

*A huge thank you to all the members and guests for their overwhelming support at the Drive-In on Saturday 31st January. It was a pleasure to see so many turn up to celebrate this special day with us. A sincere thanks for all your well wishes, cards and gifts.*

*A lot of hard work goes into organising this day. We appreciate the time, effort and dedication from everyone who contributed in making the day such a success.*

*A grand total of €378 was raised from the sale of the lollipops for our chosen charity, Ashbourne Senior Citizens.*

*Ashbourne is a unique golf club and has something special to offer its members. We are looking forward to a successful golfing year and hopefully some great social nights in the club.*

*Captain Richard, Lady Captain Eileen and Junior Captain Daniel.*



## Ashbourne GOLF CLUB

Archerstown, Ashbourne, Co. Meath | [www.ashbournegolfclub.ie](http://www.ashbournegolfclub.ie) | (01) 835 2005

**One Year Full Membership  
€999 incl GUI Fee/ILGU Fee & Insurance  
No Hidden Extras!**

- Other Membership Offers include:  
Under 30's €899\*  
5 Day €899\*  
Junior Club from €100
- Des Smyth Designed Course  
– Members Owned Club
- Midweek and Weekend Competitions  
– Members Competitions
- Fully Stocked Pro-Shop  
– by Resident PGA Professional John Dwyer
- Great Location – 8 mins from M50.
- Excellent on-site Catering Facilities

**BE OUR GUEST**  
We would be delighted to welcome you to our club.  
To organise a tour of our facilities please contact Ciara  
**(01) 835 2005 Ext. 20**  
[ciara@ashbournegolfclub.ie](mailto:ciara@ashbournegolfclub.ie)

For further details visit our website at  
[www.ashbournegolfclub.ie](http://www.ashbournegolfclub.ie)

\* Subject to GUI/ILGU Fee, Insurance & Spending Charge where applicable.  
Full terms and conditions including flexible payment options available on request.

In other news the push for new members has already resulted in excess of 25 people joining the club and availing of the introductory membership offer. I'm sure everyone will extend a warm welcome to our new members and help them share in the experience of being part of our friendly and sociable club whilst enjoying our challenging and picturesque course.

Aside from advertising and leaflets, the Sales & Marketing Committee has taken the message outwards in the flesh to the wider community with a Promotional Day which took place in the lobby of Tesco is Ashbourne on Saturday, January 17<sup>th</sup>. As well as finding out about the club and the membership categories and options, visitors to the stand had the opportunity to try their hand at putting or even taking a swing into a driving net. There were a

number of expressions of interest on the day which are all being followed up and there was also a draw for a complimentary 4-ball. Similar events are being investigated and planned for other surrounding locations. A special



Thank You to everyone who helped on the day including Ciara in the Office, Club Pro John, members of the Sales & Marketing Committee /.....

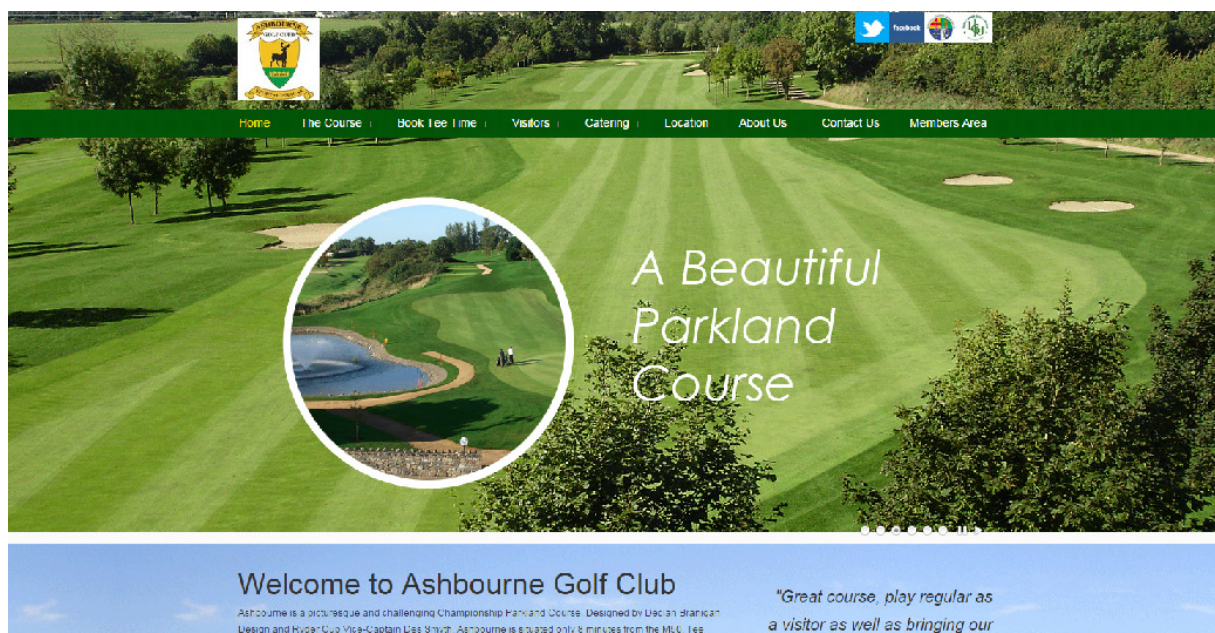




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including John Scanlon, Dermot Rice and James Wynne, President Carmel, Junior Captain Danny and members from the Ladies' Club including Elizabeth Kane. Thanks also to the many members who stopped to have a quick chat on the day.

## New Club Website



Our new club website was launched in early January, albeit a little faster than anticipated to avoid a maintenance fee with its predecessor. The new site has a much brighter and clearer platform from which to promote the club and the remaining content will be uploaded over the coming weeks. One of the big advantages of the new site is that the club will be able to directly edit and control the layout, with the additional technical back-up of a local provider. The look and feel is in keeping with other golf clubs and enhanced features and content such as the local weather, external links, video content etc. are either available now or in the process of being added. Please provide your feedback and any suggestions for improvements to Ciara in the Office.



Gourmet Hospitality has a Special Valentine's Night Dinner Menu this Friday, February 14<sup>th</sup>, €25 per person.

### STARTERS

Tomato & Basil Soup served with  
Homemade Brown Bread

Smoked Salmon & Spring Onion  
Tartlet served with a Balsamic  
Dressing

Chicken Caesar Salad

### MAINS

Rolled Breast of Chicken served with Roasted Red Pepper, Feta  
Cheese & Spinach Served with Tarragon Sauce

Lamb Shank served with a Red Wine & Onion Jus

Grilled Lemon Sole served with Lemon & Parsley Butter Cream

8oz Striploin Steak on a bed of Sautée Onions & Mushrooms  
served with a Green Peppercorn Sauce (€5 supplement)

All mains served with Potatoes & Seasonal Vegetables

### DESSERTS

Baileys & Orange Crème Brulee

Meringue Nest with Strawberries &  
Cream

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Tea & Coffee

**Booking Essential! Please book early. Golf Club: 01-8352005, Helen: 085-8625550, Gerry: 085-8038761.**

## Ashbourne Golf Club Newsletter

The following photo had not been taken in time for the last Newsletter which is the current Committee Of Management:



**The Committee Of Management**

Back Row: John Finnegan (Cathaoirleach), Dave Dooley (Course Management), Michael O'Donohoe (Sales & Marketing), Billy Doyle (House & Social), Alan Corcoran (Honorary Treasurer), Mick Reidy (Honorary Secretary)

Front Row: Vice-Captain Diarmuid Golden, Captain Richard Moran, President Carmel Conway, Lady Captain Eileen Doolan, Lady Vice-Captain Kay Doyle



### Lotto Development Fund

#### Message To All Members

You are aware that the Lotto Jackpot has not been won for over three years. This was discussed at length at the AGM of the Joint Club back in November.

Following on from that meeting we are now holding an Information & Suggestions Meeting regarding the Lotto on Monday February 23<sup>rd</sup> @ 8.00pm.

We invite you all to attend this meeting to give us your suggestions which will be discussed by the Lotto Committee as we prepare for the new pre-pay term in May.

Martin Farrell, on behalf of the Lotto Committee.

# Ashbourne Golf Club Newsletter

## MEN'S CLUB

### Interclub Team Competitions

Greetings all members of the Men's Club! Please see the notice from Captain Richard and myself regarding all the competitions we have entered this year on the Notice Board in the Locker Room. Hereunder is a summary but further details are also posted with lists for each competition.

We are asking you all to consider playing for the club this year. Please study the lists and put your name down for whichever competition that suits your handicap.

Thanking you, Martin Farrell, Team Convener.

<b>Men's Club 2015 Interclub Team Competitions</b>					
<b>Captain</b> <b>Richard Moran 086-8535044</b>			<b>Team Convener</b> <b>Martin Farrell 086-2600742</b>		
<b>Competition</b>	<b>Format</b>	<b>Individual Handicap</b>	<b>Handicap Combination</b>	<b>Manager</b>	<b>Contact</b>
Senior Cup	Matchplay singles	Preferably below 5	N/A	Graham Devine	086-4676888
Junior Cup	Matchplay singles	5 +	N/A	Peter Kane	087-2197393
Barton Cup	Foursomes Matchplay		14+	Dave Francis	086-3838333
Jimmy Bruen Shield	Foursomes Match play	6+	17 +	Des Bray & Alan Bermingham	D – 086-1734452 A – 086-3898593
Barton Sheild	Foursomes Matchplay	Scratch	N/A	Mark Short	M – 086-8241355
Irish Mixed	Foursomes Matchplay		19-27	Helen Caulfield & David Doolan	H – 087-9182717 D – 086-3316304
North Leinster Mixed	Foursomes Matchplay	13 +	31-50	Mary Bannon & Charlie Molloy	M – 087-6494546 C – 086-3801999
Pierce Purcell	Foursomes Medal	12 +	27+	Terry O Connor & Charlie O Neill	T – 086-8283098 C – 086-8035890
Best Cup	Fourball Matchplay	19+	N/A	Kevin Shanahan & Brendan Aylward	K – 087-7700240 B – 087-3285105
Newsam Cup	Foursomes Matchplay	17 +	34+	Robbie Robinson & Pat Murtagh	R – 087-4190487 P – 086-2301093
Fingal Senior Alliance	Scotch Foursomes	19+	N/A	Kieran Ryan & George Weston	K – 087-2578245 G – 086-3745505
<b>Competitions with set dates</b>					
AIG Pierce Purcell - Bellewstown G.C. 16 <sup>th</sup> & 17 <sup>th</sup> May					
AIG Barton Sheild - Royal Tara G.C. 23 <sup>rd</sup> & 24 <sup>th</sup> May					
AIG Junior Cup - Balbriggan G.C. 6 <sup>th</sup> & 7 <sup>th</sup> June					
AIG Jimmy Bruen Shield - Black Bush G.C. 13 <sup>th</sup> & 14 <sup>th</sup> June					
AIG Senior Cup - Greenore G.C. 27 <sup>th</sup> & 28 <sup>th</sup> June					

## LADIES' CLUB

### Winter League

The Winter League results up to the 25th of January are:

#### Thursdays:

Handicap Range 36 Margaret McGuirk is ahead by 2 points  
 Handicap Range 30 - 35 Margaret White is ahead by 16 points  
 Handicap Range 21 - 29 Olive Morgan is ahead by 4 points  
 Handicap Range 9 - 20 Helen Caulfield is ahead by 10 points

#### Saturdays:

Helen Caulfield is ahead by 19 points

#### Sundays:

Sheila Mangan is ahead by 1 point

### I.L.G.U. Competitions

The ILGU meetings are on the 14th of February so we will have more news about the Interclub dates and competitions in the next Newsletter.

<b>Ladies Inter-Club Competitions 2015</b>		
	<b>H'Cap Range</b>	<b>Manager</b>
Junior Cup	8 - 15	Pauline Gleeson
Intermediate Cup	16 - 22	Sheila Mangan
Minor Cup	23 - 28	Mary Cassidy
Challenge Cup	29 - 36	Mary Power
Senior Foursomes	Minimum Combined = 14	Margaret Ryan
Junior Foursomes	15 - upwards. Minimum combined 35	V.C. Kay Doyle
Miele All Ireland Fourball	Combined : each pair min. 19 max 46.	Kathryn Johnston
<b>Mixed Inter-Club Competitions 2015</b>		
Irish Mixed	Combined 19 - 27	Helen Caulfield & Dave Doolan
North Leinster Mixed	Individual H'Cap 13+ Combined = 31 - 50	Mary Bannon & Charlie Molloy
	<b>Ladies Team Convener</b>	<b>Margaret Ryan</b>

### Women In Golf

The weather We are now taking names for our Women in Golf classes. More information available soon on Club News. A limited number of places are available. To register your interest please contact Elizabeth Kane on 087-2405810.



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# Ashbourne Golf Club Newsletter

## The Weather

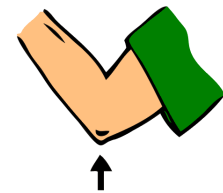
The weather has been somewhat chilly for golf recently and although Siobhan O'Sullivan and I made a rather valiant attempt to play last Thursday week, we were thwarted by a blizzard that started on the second and we eventually were forced in on the fourth due to large blocks of ice on our shoes. Forecast for this week is for it to get slightly warmer (between 1 and 7 degrees) but there still could be early morning frost delays.....



The 4<sup>th</sup> white (I mean green!) on Thursday the 29<sup>th</sup>.

## Golfer's Elbow/Tennis Elbow

Both golfer's elbow and tennis elbow are conditions caused by the overuse or a repetitive action of the muscles and tendons of the forearm and wrist and golfers can be affected by both. Tennis elbow affects the top or outer elbow, whereas golfer's elbow affects the inside of the elbow. A right-handed golfer would tend to get a tennis elbow in their left arm and a golfer's elbow in their right arm and vice versa for a left-handed golfer. If it is the other way around, golf may not be the main cause of the symptoms. Along with sportsmen and women, it is common in those who do repetitive manual labour such as carpenters, plasterers and painters. It can sometimes be caused by a trauma such as hitting the ground with the golf club but this is most likely to happen if the tendon is already weak.



Due to the repetitive action, the tendons and muscles get strained which causes micro-tearing which in turn, weakens the muscles and tendons. Continuing on with the activity causes further strain and failed healing and this weakens the tendon even further. Eventually if it is not treated, it can get to the stage that it is too weak and painful to continue with the sport or activity.

The most common symptoms are pain and tenderness in the affected area (elbow and forearm) which is aggravated by gripping, lifting and carrying. Often there is some nerve involvement and most people with a tennis or golfer's elbow have an associated neck problem as well, but may have no neck symptoms at all.

Treatment in the early stages should focus on minimising the damage e.g. rest from aggravating activities and ice. If the problem continues, a specific strengthening programme should be initiated (called eccentric training) which has been proven to be very effective and any neck or nerve issues should be addressed. Laser treatment and dry needling may be helpful but only as part of a treatment programme that included strengthening. Wearing a specific elbow clasp or band that reduces the pressure on the elbow tendon may allow the person to continue their daily routine without aggravating the problem but again, they are not a treatment on their own. Elbow sleeves do not help.

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Steroid injections used to be a common intervention but recent study showed that those who had got the injection were least likely to be much improved or fully recovered compared to physiotherapy and a sham injection. The recurrence rate with a steroid injection was 55% compared to 5% who had the sham injection. Other studies have shown a recurrence rate of over 80% one year after a steroid injection compared with less than 10% for physiotherapy. The sooner it is treated, the better the results.

Linda FitzGerald.



## Rule Of The Month

I got asked a very interesting query a couple of weeks ago by someone in another club.

The bunkers were out of play but a player was reported for having stood in one of the bunkers to play her ball that was outside the bunker. It took a while to find out the answer which was different from my instinct.

Basically, when bunkers are out of play, they should be designated as GUR and therefore, GUR rules apply. So you can stand in one to hit your ball, as you can hit your ball from one, as relief is optional UNLESS the Committee has invoked Appendix 1 Part B-2 and specifically prohibited play. This should be advertised where local rules are usually advertised.

In this case, the rule had not been invoked so the player was entitled to stand in the bunker.

Linda Fitzgerald.



## PRO SHOP SPECIALS

**Until February 28<sup>th</sup> Only**

### WATERPROOFS

**ADIDAS** – Gore-Tex Rain-Suits

**REDUCED** from €429 to €350.

**ASHWORTH** – suit with 3 year waterproof guarantee **REDUCED** from €199 to €169.



### TAYLOR MADE SLDR SERIES

Drivers **REDUCED** from €359 to €299.

Fairways **REDUCED** from €249 to €199.

Hybrids **REDUCED** from €229 to €169.

Irons **REDUCED** from €699 to €499.

### MEN'S & LADIES SWEATERS

**20% off** marked price.



# Ashbourne Golf Club Newsletter

## TAYLOR MADE JETSPEED SERIES

Drivers **REDUCED** from €299 to €229.

Fairways **REDUCED** from €199 to €169.

Hybrids **REDUCED** from €179 to €149.

## SALE RAIL

**1/3 off** Ladies, Gents  
and Junior Skin Base  
Layers.

## GOLF BAGS AND PUTTERS

**20% off** all in stock.

Selected Golf Bags from €50.

## DISTANCE MEASURING DEVICES

Golfbuddy Laser **REDUCED** from €269 to €199.

Golfbuddy WT3 Watch **REDUCED** from €199 to €169.

## LADIES

Autumn/Winter Collection – **20% off** marked price.

Glenmuir Lambswool Wweaters - **€30** (Small &  
XSmall sizes only).



## Back on Track

Tackling problem debt, together

The ISI is an independent government organisation set up to help sort out personal debt problems. If you have problem debt, we can help you get back on track.

Recent figures from the Central Bank have shown that there are more than 90,000 mortgages in Ireland that are currently in arrears and the number of homes being repossessed continues to increase. Dealing with problem debt is a source of daily distress for thousands of people across the country and is causing them a huge amount of worry. However, the numbers coming forward to seek assistance have been low.

In summer 2014 the ISI undertook some qualitative research to try to understand the reasons behind people's reluctance to come forward and deal with their debt. The ISI found that there are fundamental reasons for people's unwillingness to engage with providers, such as people's absolute commitment to finding their own way out of debt rather than seeking help. The research also showed a lack of awareness about the options available, and insolvency in general.

To try to address these issues the ISI commenced an information campaign 'back on track' to provide people who need help with material about the debt solutions available and the network of qualified professionals established that can help them restructure and even write off their debt. The three debt solutions available each provide the debtor with protection from the people they owe money to, so there are no more unwanted phone calls, letters or visits once an arrangement has been entered into. The solutions also ensure that the debtor has a reasonable standard of living throughout the process, which is often above what people struggling with problem debt are living on before they enter an arrangement, and they have a permanent solution that deals with all of their debts.

The 'back on track' campaign features a new user-friendly microsite, with videos and personal stories of people who have already successfully gone through the debt solution process provided by the ISI. Spoken by actors the words used are those of real people who have found a solution to their debt problems. The audio files themselves are incredibly moving. They are a testament to the life changing experience that dealing with problem debt, that a person may have been struggling with for years, can be. One individual said the solution provided "a totally new beginning".

Revised guides to each of the three debt solutions have also been published, presenting the information in a more understandable way. All of these materials are available on the campaign website [www.backontrack.ie](http://www.backontrack.ie). So if you or someone you know is struggling with problem debt, in the words of one of the people who has successfully made their way through the process "have confidence in yourself, deal with it now, do not let it go on another year".