

Altos

Nº 143 . MARCH 2016



PINHEIROS ALTOS
GOLF, SPA & HOTELS

Introduction from the Captain - Mr Stewart Harper

This is my last report as your Captain and I am sure you will warmly welcome your new Captain, Knut Pedersen, who takes over at the AGM on 24th March.

I hope members will file any questions relating to the club, well in time for the AGM and for Christophe to prepare his replies.

I can confirm that at my invitation Ruben Paula the new COO of JJW Portugal has agreed to make a statement at the AGM and to answer questions relating to the future plans for the club's development. This is, I believe, a first for JJW and I hope bodes well.

As previously reported, Ruben is highly qualified and experienced in managing both hotels and resorts. I am optimistic that real changes may be in our sight with his backing.

Members will see that the work to the new extension in the dining area has commenced and the contractors have promised to complete their work before the AGM. This reflects well on the new regime as I made it clear that in my year I wanted to see some evidence of new investment - a sentiment that I am sure Christophe shares!

The course still needs to improve, to present itself in a better light. I can confirm the company has appointed a gardener to keep the area around the club house and access to paths in better condition. I hope we will see the improvements very quickly.

It is a fact that most golf club members expect everything about their club to be as perfect as possible and PA is certainly no different! The press has recently highlighted the loss of membership in UK clubs and instead there is now more interest in cycling! The figures do suggest however, that the most prestigious clubs are still difficult to join so the quality of the offering is vital.

Your Committee and I believe that PA is special and if we can improve the condition of the course, the service and quality of food and beverages served in a more attractive club house, the future remains very positive.

There is a lot to report on golf results and trips away, but I am leaving that to the Lady Captain and Christophe - Easter looks particularly busy.

I am however, happy to report that with a combination of generous help, in particular from Alan and Linda Bentley, and many members too numerous to detail (and of course our "challengers") Cathy and I have raised approximately €6000 for our charity over the year.

The year has passed quickly and has offered me many challenges, particularly relating to the course. I will miss many of the courtesies from members and staff and wish only luck and good fortune to my successor. Who knows, this may be the year when we see real changes?

I wish all members good golf and good health.



Club Captain Stewart Harper, Lady Captain Cathy Harper and Director of Golf Christophe Rindlisbacher presenting the St Valentine Competition Winners Nancy and Philip Schofield with their prize.



St Valentine Best Gross Team Christine Soden and Christian Holst



St Valentine Runners up Knut Pedersen and Adrienne Buth



St Valentine 3rd Place Martin and Hilary Jessup



St Valentine 4th Place Nick and Anne Tucker Brown



St Valentine Nearest the pin winners Keith Fletcher and Sue Georges



St Valentine Winners San Lorenzo optional day Nick and Anne Tucker Brown

Director of Golf - Monthly Report

St Valentine was the main event during February 2016, however due to numbers, we were not able to run the weekend as we had over the last 2 years. Therefore, we changed it to a one day tournament which allowed more players to enter.

We will be looking to change again next year, giving everyone the option to play the weekend tournament as well as the one day St Valentine Challenge, which was won this year by Phil & Nancy Schofield. Congratulations to both!

The Men's Pairs match play was played on the first weekend of March and there wasn't much attendance, compared to previous years. Many of the men thought it was too much golf, while others thought it was played off the white tees - which was not the case. Some may have thought the opposition was too strong and for the second year running, the Men's Pairs Match-play was won by Tony Hickey & Kelvin White who beat Phil Schofield & Rainer Grimm in the final.



Club Captain Stewart Harper presenting the Men's Pairs Match-play Trophy to the Winners Tony Hickey and Kelvin White



Club Captain and Men's Pairs Match-play runners up Rainer Grimm and Phil Schofield

Congratulations to Tony Hickey & Nigel Collins who won the February Medal and the St David's Day Stableford respectively in February. Well done, guys!

I look forward to seeing as many of you at Pinheiros Altos for the Easter break and playing in the many events of a very busy 2 weeks.

Competition Results for February

Date	Competition	Winner	Score	Runner Up	Score
Wed 3rd	Ladies Day Monthly Medal	1st Division Helen Mills	74 Nett	1st Division Amanda Stretton	76 Nett
		2nd Division Stella Jeffrey	75 Nett	2nd Division Adrienne Buth	77 Nett
Wed 10th	Ladies Foursomes Championship	Thérèse v Doorn Adrienne Buth	34 Pts	Shirley Griffiths Josie Waddington	33 Pts
Sun 14th	St Valentine's Day	Phil Schofield Nancy Schofield	44 Pts Nett	Knut Pedersen Adrienne Buth	43 Pts Nett
		Christian Holst Christine Soden	33 Pts Gross		
Wed 17th	Ladies Day Monthly Stableford	1st Division Thérèse v Doorn	32 Pts	1st Division Helen Mills	30 Pts
		2nd Division Melody Cotterill	34 Pts (bb9)	2nd Division Lisa Burns	34 Pts
Sun 2st	February Medal	Tony Hickey	70 Nett (bb9)	Gordon Todd	70 Nett
Wed 24th	1, 2, 3 Competition off Yellows, Blues and Reds	Helen Mills Sabine Schlegal Stella Jeffrey	66 Pts	Cathy Harper Amanda Stretton Pat Murrish	64 Pts
Sun 28th	St David's Stableford	Nigel Collins	34 Pts	Paul Cotterill	32 Pts (bb9)

Ladies Section - by Cathy Harper

As this will be my last report, I would like to start by thanking all the ladies for their support over the last 12 months. Many of you may not be able to attend the AGM, but you have made my year special and I thank you for that.

The Ladies Foursomes Championship was played on March 10th. Congratulations to Thérèse van Doorn and Adrienne Buth on winning the Trophy for the third time.



Ladies Foursomes Championship winners
Adrienne Buth and Thérèse van Doorn



Lady Captain Cathy Harper and Shirley Griffiths
presents the Trophy to the Foursomes Championship
Winners Adrienne Buth and Thérèse van Doorn



Lady Captain and Ladies Foursomes Championship
Runners up Shirley Griffiths and Josie Waddington

The February Valentines weekend was made into a one day competition this year. Many of you had flown over especially for the event and were disappointed not to enjoy a two day competition as usual. This has been discussed in committee and next year the competition will cover two days and likely finish with a dinner and dancing to round things off.

On February 19th Stewart and I hosted a 'thank you' dinner in the clubhouse for all those who had accepted our challenge and played against us to raise money for the two children's homes that we have been supporting. The chef from the Dona Filipa hotel prepared a superb meal which was, we all thought, the best meal we had ever had in the club. Thanks to all who took part and helped us to raise over 950 euros through these games.

On February 25th, seventeen of us headed off to Monte Rei for two days of golf. I must be the rain-maker because, not only did it rain on my Captain's day (the only day in 5 months) but as we were having breakfast on the first day, the heavens opened. We decided to start the game when the rain abated, but after 9 or 10 holes we had to abandon the game. Thankfully, the Saturday was dry, but we had to contend with howling gales and temperatures of just 4 degrees, an all-time low at Monte Rei, we were told. Either way, everyone was extremely stoic and did their best to enjoy the golf. Congratulations to Melody Cotterill for being the overall ladies winner and to Christophe for taking the men's prize.

On March 9th the ladies section held a sale of handbags, scarves, belts, cakes etc. to raise money for our charity. On the previous Sunday, Men's Pairs Matchplay finals was won, yet again, by Tony Hickey and Kelvin White - well done guys! We sold unclaimed clubs that had been left on the course, in some cases, for some considerable time. The gentlemen were very generous and several bought clubs that were immediately returned to us! Does anyone still use a Gary Player 2 iron? Their generosity gave us a great head-start to our fundraising event and their contributions raised around 300 Euros.

The following Wednesday the Lady Captain verses The Lady Vice Captain's match took place. Some of the Cloggies, led by Alan Bentley, The Captain and David Pirret provided bacon butties, salmon wraps, champagne and drinks half way round to rejuvenate players. They also cleaned our clubs - that doesn't happen often to mine! Thanks to all of them for giving up their time. My team was victorious, well-played the Reds (as Mai is Irish, her team were the Greens). As soon as we finished playing, we headed down to the Academy for our sale. Visitors, members and staff all supported the event and it was a fun afternoon. My thanks to everyone who helped in the organisation which helped us to raise just under 2,500 Euros.

I now have just over a week left as Lady Captain. The year has flown by and I have thoroughly enjoyed my year as your Lady Captain. Thanks to my Committee and all the staff at P A for their kindness and hard work over the year.

PRO TIP - Ross Sutherland

Bunker play set up, spine tilt not hip tilt

Setting your spine angle is a crucial part of the setup process.

If you're set up open, with the ball way forward, the tendency is to drop your right shoulder.

This encourages you to dig the club into the sand too far behind the ball, or worse yet, blade it over the green when you try to compensate for that.

In the method I teach, your spine is tilted slightly left, towards the target.

Your weight is definitely on the left foot, and it should stay there throughout the swing.

One note of caution is in order here: When I tell somebody to tilt his weight forward, his first move is almost always to slide his hips toward the target and tilt his spine back, away from the target.

Try this to get the feel of this spine tilt right: Set up with your feet shoulder-width apart and bend your knees.

Hold your club in your right hand.

Now slide your left hand down the side of your left leg until you touch your left knee.

You'll have a nice spine tilt to the left.

Report from the Greens Committee

As chairman of the Green's committee, this may be my last report.

However, even if I do decide to carry on, it is a good opportunity to reflect on what progress has been made to the course over the last 12 months.

I must start by thanking my committee members who have, without a doubt, given not just strong support to me, but both Gordon Todd and Tony Hickey - they have shown readiness to bring new ideas to the table and to keep us all aware of the importance of the course and its condition.

We all suffer from a sense of disappointment that we have not managed to do more! We are, of course, well aware of the views of some members who can be very critical of the course, which is to be expected. Patience is not one of my virtues and certainly not of many golfers, judging by my experience! However, we have made some progress.

There is now recognition that the maintenance regime on the course needed to change. Our Consultant Agronomist, Carlos Guerreiro, is now advising JJW Hotels and Resorts directly, not just the Greens committee, on all the course issues.

The Greens are back to the firm, speedy surfaces we like. There is still, in our view, too much sand applied and not enough tining and organic dressing (we are promised more). Overall, it could be a lot worse!

The tees are much better than 12 months ago and treating them as if they were greens still remains our policy. This means hand-cutting, regular divot repairs and feeding.

Trees have been pruned and, in many cases, removed altogether - more light is needed on both tees and the course. We remain of the view that still more trees need removing, which will make the course more 'playable' without reducing the challenge.

The bunkers are better than they were, but not as good as we would like. Edges are sharper and raking has improved, but some sand is too deep and some have an almost rock hard sub-layer which needs digging out.

The fairways have improved, but still suffer from poor growth arising from compaction, particularly on Pines 4, 5 and 6. More tining and feeding will bring improvements - that regime has started, but often commercial pressures force the work to take place at the wrong time of year.

The fairways on Olives are the poorest. Weeds and salted water have aggravated the situation. A new water feed from the bore hole near 7 of Corks will bring some help, but water and drainage problems are not easy to cure.

Overall, I would award us a solid 6/10 but sadly not the 8/10 I had hoped for!

Money is obviously important, but management of our resources, enthusiasm and knowledge can take us a long way. Let us hope 2016 brings us a course our competitors will envy. We believe it can be done!

Stewart Harper Captain, Gordon Todd, Tony Hickey.



Social Golf by Iain Callaghan

It was our turn to host the annual Social Golf event with members from Quinta do Lago which was held on the 7th February. In two of the past four years, this fixture has been blighted by adverse weather but fortunately, this year, it stayed fair throughout the day. 27 members from Quinta joined with 33 members from P.A. in combined teams in a stableford competition (Better 2 to count on Par 4s and Par 5s with all 4 counting on Par 3s). The nominal par for the competition was 88, and the par 3s were quite critical to the scoring, with the first three teams turning in scores well above par.

After warm words of welcome from our Captain, Stewart Harper, reciprocated by Terry Williams, Captain of Quinta, all the players, plus five guests, enjoyed a fine supper in the convivial company of our fellow golfers and close neighbours.

After supper, the customary prizes were awarded to the winning teams, the first three of which were:-

1st place: Helen Mills, Chris Stretton, David Haigh & Kath Kelly scoring 93 points

2nd place: Paula Burke-Hickey, Peter Beale, Jane Beale & Iain Callaghan scoring 92 points

3rd place: Dirk Blaesing, Sue Georges, David Newman & Philippa Newman scoring 91 points.

The next Social Golf Competition, an interesting variation on a team theme, will be held on 13th March organised by Sue Georges and Nils Leffler, so watch for the notice and sign-up.



Forthcoming Events March and April

Tues 1st March	Club Roll Up
Wed 2nd March	Ladies Day
Thurs 3rd March	Men Pairs Matchplay
Fri 4th March	Men Pairs Matchplay
Sat 5th March	Men Pairs Matchplay
Sun 6th March	Men Pairs Matchplay & Stableford
Tues 8th March	Club Roll Up
Wed 9th March	Lady Captain Vs Lady Vice Captain
Sat 12th March	Mens Roll Up
Sun 13th March	18 Holes Social Golf
Tues 15th March	Club Roll Up
Wed 16th March	Madrinha Trophy
Sat 19th March	Mens Roll Up
Sun 20th March	St Patricks Day Stableford
Mon 21st March	Ladies AGM & Captain 's Drive In
Tues 22nd March	Club Roll Up
Wed 23rd March	Ladies Day
Thurs 24th March	Golf AGM & Captain 's Drive In
Sat 26th March	Spring Medal & Past Captains Day (NO ROLL UP)
Sun 27th March	Easter Scramble
Tues 29th March	APPA AGM & Competition
Wed 30th March	Ladies Day
Sat 2nd April	Strokeplay Championship (NO ROLL UP)
Sun 3rd April	Strokeplay Championship
Tues 5th April	Club Roll Up
Wed 6th April	Ladies Day
Sat 9th April	Mens Roll Up
Sun 10th April	April Medal
Tues 12th April	Club Roll Up
Wed 13th April	Ladies Day
Sat 16th April	Mens Roll Up
Sun 17th April	18 Holes Social Golf
Tues 19th April	Club Roll Up
Wed 20th April	Ladies Day
Sat 23rd April	Mens Roll Up
Sun 24th April	St Georges Stableford
Tues 26th April	Club Roll Up
Wed 27th April	Ladies Day
Sat 30th April	Mens Roll Up

SEMINAR APRIL 1st from 10.30 a.m.

*“I’m ok on the Practice Range but it all goes wrong on the course”
- how often do you hear yourself saying this?*

Well, you’re not alone... this is probably the most common statement a coach will hear from their clients.

If you are hitting balls how you want to on the range, but not on the course, or you are inconsistent in your ability, the only thing getting in the way, is the 6 inches between your ears... **THE MIND!**

But do not worry, the mind can be trained to deliver results very easily, but it needs just that... **TRAINING!**

My name is **Gary Plumridge**, and I am a **Mental Skills Performance coach**, I have spent the last 20 years helping Golfers and sports people of all levels to achieve **Optimal Mental Performance**.

I am going to be working alongside Kenny and Ross to help you guys do the same, we will shortly be introducing some **Train Your Golf Brain** workshops. These will be fun and interactive workshops with themes such as, **1st Tee Nerves, Perfect Practice and Finding the Zone**.

Please speak to Kenny, Ross or myself for more information. As with your technical coaching sessions, **1-1 mind coaching sessions** can be tailored to your individual needs. For more info, call me on **00351 910 243 752**.

Additionally, the skills you will learn on these workshops, and on 1-1s, can also be used in day to day life.

There will be a sign-up sheet on the Members Notice Board.

