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## news/nuus Issue 9

### **Beste Koro Creek Inwoner**

Ek wil afskop deur alle lede van die Koro Creek Huiseienaarsvereniging te bedank vir die goeie opkoms en teenwoordigheid tydens die afgelope Algemene Jaarvergadering wat gehou was op Saterdag, 11 Junie 2011. Dit is verblydend dat ons lede belangstel in die gebeure en verwickelings by Koro Creek en vir die positiewe bydraes wat deur almal gelewer word. Die vergadering het in 'n baie goeie gees plaasgevind.

Tydens die Algemene Jaarvergadering is die nuwe Direksie verkies. Daar is voorsiening gemaak vir twee nuwe portefeuljes op die direksie, naamlik Gholf en Personeelbestuur.

James van Zyl en Hennie Pienaar het uitgetree as direkteure na ses jaar se onbaatsugtige diens aan Koro Creek. Namens al die huiseienaars wil ek graag vir James van Zyl en Hennie Pienaar baie dankie se vir al die opofferings wat hulle die laaste ses jaar gemaak het en vir die positiewe bydrae wat hulle tot die prag ontwikkeling gelewer het.

Dit is verblydend dat die toegangshekke nou weer in volle werking is. Ons het angstig gewag vir die versekeringseis, vanwee weerligskade, om uit te betaal en ons vra onverskoning vir enige ongerief wat u die afgelope tyd moes verduur totdat die hekke herstel kon word.

Sekuriteit is en bly vir ons uiters belangrik. Indien u enige probleme ervaar, of opmerk dat die stelsel nie werk soos wat dit moet nie, versoek ons u om asseblief met ons Algemene Bestuurder, Sean Verdon, in verbinding te tree.

Op Sondag 24 Julie 2011 was 'n tema ete, "Christmas in July", aangebied in die Koro Creek Restaurant. Die kos was van hoogstaande gehalte en almal wat dit bygewoon het, het dit terdee geniet. Ons het reeds baie komplimente ontvang vir die inisiatief wat deur Sean Verdon en sy span geneem is. Sean het reeds aan my meegedeel dat hy elke maand so tema ete van een of ander aard wil aanbied en hy nooi almal uit om ten minste een Sondag 'n maand by die restaurant te kom eet.

### **Dear Koro Creek Resident**

I would like to thank all members of the Koro Creek Home Owners Association for their participation and good attendance at the Annual General Meeting that took place on Saturday, 11 June 2011. The interest shown by the members in the daily activities and happenings at Koro Creek as well as the inputs given are much appreciated. The meeting was held in a very positive spirit.

The new Board of Directors was elected at the Annual General Meeting. Provision was made for two additional portfolios, namely Golf and Human Resources.

James van Zyl and Hennie Pienaar resigned from the Board after six years of excellent service. I would like to thank them both on behalf of all home owners for the sacrifices they have made over the last six years and for the positive inputs they have made on behalf of the Koro Creek Estate.

All of the entrance gates are now in working condition once again. We had to wait for our insurance claim, resulting from lightning damage, to be authorized and paid to us. We apologize for any inconvenience caused due to the gates being out of order for such a lengthy period.

Security is very important to us. If anyone experiences any problems or if you note that the security system is not functioning 100%, we kindly request that you report it to our General Manager, Sean Verdon.

On Saturday, 24 July 2011 a theme lunch "Christmas in July" was hosted at the Koro Creek Restaurant. The food was great and everybody that attended enjoyed in thoroughly. We received lots of compliments for the initiative taken by Sean Verdon and his team. Sean said that he will be hosting various theme lunches in the next couple of months and he wants to invite everybody to come and enjoy at

Vir alle ouers met klein kindertjies het ons ook goeie nuus. Daar is nou 'n speelraam en sandput opgerig by Koro Creek! Dit is baie naby aan die stoep en u kan nou met groot gerustheid u kinders saambring Koro Creek toe sodat hulle kan speel terwyl u eet of ontspan op die stoep.

Baie dankie ook aan al die Huiseienaars wat hulle weg oopgesien he tom die geselligheid op Woensdag, 13 Julie 2011 by te woon. Dit was 'n uiters positiewe aksie om samehorigheid tussen Huiseienaars te bewerkstellig.

Daar heers tans 'n baie goeie gees in Koro Creek. Baie dankie aan almal vir julle insette, bydraes en betrokkenheid.

Michiel Laubscher  
Voorsitter

least one Sunday lunch at the restaurant per month.

We also have extremely good news for all parents with small kids. There is a jungle gym and sand pit at Koro Creek! It is situated close to the patio and all parents can bring their kids along to play while enjoying something to eat and drink and relaxing on the patio.

Thanks to all Home Owners who attended the function on Wednesday, 13 July 2011. It was a great occasion and an ideal setting for us to get to know each other even better.

There is a good spirit in Koro Creek at present. Thanks to everybody for your inputs, contributions and involvement.

Michiel Laubscher  
Chairman

#### **DIE NUWE DIREKSIE WAT U VIR DIE 2011/2012 JAAR VAN DIENS GAAN WEES IS AS VOLG:**

VOORSITTER/FINANSIES

ONDER-VOORSITTER/FINANSIES

KORPORATIEWE BESTUUR EN REGSINVORDERINGS

BEMARKING

ESTETIES

PERSONEELBESTUUR

SEKURITEIT

GHOLF

ONTWIKKELAAR

MICHIEL LAUBSCHER

SHELDON KEMP

BENNIE BURGER

MARCELO DOS SANTOS

NIC SCHWARTZ

CHRIS BEYERS

HUGO DE KLERK

KARL BRAUN

WILLEM HARTZER

#### **GHOLENUUS/GOLF NEWS:**



#### **LADIES RESULTS**



Tanya Motk and Tessa Roux played in the Limpopo Ladies Open Championships on the 18th and 19th of June 2011 at Legends Golf and Safari Resort.

In the B Division Tessa was Runner up in the Closed Competition and had the best Gross Score on the Sunday

In the D division Tanya Motk won the Closed Competition and came 3rd in the Open Competition.

#### **KUDU TOURNAMENT SUCCESS AT KORO CREEK**

The Kudu Tournament played at Koro Creek Golf Estate over the 3 days of 16-18 June 2011, turned out to be a great success.

200 Golfers from across the borders teed up in the cold weather conditions to brave the 3 days.

On Thursday 16<sup>th</sup> – The individual Stableford teed off with golfers competing for the first prize – a kudu bull.

The “longest drive” at #14 hole was won by Prega Runysamy. “Nearest to the flag” prizes for excellent tee shots at the par 3 holes were won by Dons Volschenk, Gary Carlton, Eric Brand and Marius Swanepoel.

After holding his nerve, Hannes Oosthuizen, with 39 points and a “Kudu”, edged out John Ryners into second place on 38 points, who took home a “blou wildebeest”. Not far behind was the “evergreen” Petra Fourie on 37 points and an “impala” for her troubles.

Prizes to 12<sup>th</sup> place were awarded and then the night began!!

Friday morning and the betterbal partners gathered around, ready to tee off and play for the “blou wildebeest” up for grabs. Once again the long hitting prize of the day went to Willem Hartzler. Good tee shots into the wind at the par 3 holes won prizes for Dewald Kamffer, Frans Smit, Eric Brand and Hennie Michau. With 44 points, Hannes Oosthuizen and Sean Verdon won the day and the “blou wildebeest”. Newcomers, Francois Mong and Elize Smith followed close behind on 43 points and their “blesbokke”, while Manie Smit and Johan Britz bagged the “impalas” with 42 points. Prizes down to 8<sup>th</sup> spot for the winners followed by dinner and entertainment of song and dance.

Tired bodies greeted the tee on Saturday for the final day’s golf in the betterbal stableford. Everyone had their eyes on the 1<sup>st</sup> prize of 2 x 9000BTU air conditioners. The longest drive on #18 went to “power hitting” Lynette Smith. The biltong hampers for nearest to the flag tee shots were won by Shaun Carter, Hennie Michau, Jaque Correia and Dave Brown. The winning team of Antonie Abrahamse and Deon Human with 46 points, collected the air conditioners. Second place and “blou wildebeest” went to Deon du Plessis and Tiaan van Vuuren on 45 points while Francois Mong and Elize Smith and their “impalas” third with 45 points. Johan Roets took home the rotisserie for his efforts with 44 points. Again prizes to 10<sup>th</sup> spot were received by the winners.

**KORO CREEK GHOLFLANDGOED WIL GRAAG DIE VOLGENDE PERSONE/INSTANSIES BEDANK VIR HULLE BYDRAE EN BORGSKAPPE MET HIERDIE JAAR SE KOEDOETOERNOOI:**

CHRISTO CROUS – OPTICOOOL  
 SHELDON KEMP  
 MICHEL LAUBSCHER  
 WILLEM HARTZER  
 MARCELO DOS SANTOS  
 MARIO CANNATA  
 WEESGERUS VAKANSIE OORD  
 KARL BRAUN  
 UMKLEVVU LODGE  
 DE VILLIERS BLOEMISTE  
 PERCY BARTHAM  
 VEGGIES  
 PAPPOT GASTEHUIS  
 DELI DELIGHT  
 MAXI’S GAS  
 MUNCHIES  
 UNCLE’S BILTONG

**BESOEK GERUS ONS WEBTUISTE BY [WWW.KOROCREEK.COM](http://WWW.KOROCREEK.COM) VIR FOTOS VAN DIE TOERNOOI.**

**KANKER DAG/CANCER DAY**

Op Saterdag 16 Julie 2011 by Koro Creek Gholff Klub het 86 spelers aan die Sanlam Kanker Gholfftoernooi deelgeneem. Dankie aan elke speler en ook die klub wat gehelp het om die pragtige bedrag van R16 016.00 in te samel. **‘n Baie spesiale dank gaan uit aan Allan Fourie vir sy groot onbaatsugtige bydrae van R5000.00.** Die streeksfinaal vind plaas op 27 Augustus 2011 by Kameeldoring gholffklub in Mokopane. Die finaal vind weer plaas by Sun City op 24/25 Oktober 2011.

**Die wenners:**

**Dames:**

**A – L Smith (36)**  
**B – P Fourie (27)**  
**C - T Motk (24)**

**Mans:**

**A – F Junther (37)**  
**B – B Burger (37)**  
**C – JCW Badenhorst (35)**



**WIN The Ernie Els Experience**

17<sup>th</sup> & 18<sup>th</sup> November

Presented by the Sanlam Cancer Challenge & Ernie Els.

**To enter complete the Ernie Els Experience Entry Form, at your Sanlam Cancer Challenge Club Competition, and**

**Two lucky winners drawn from these entries on 25 October 2011 will**

**Win The Ernie Els Experience.**

Entries close on 30<sup>th</sup> September 2011.

The Ernie Els Experience includes the following:

- ❖ A game of golf at Oubaai Golf Club, near George
- ❖ Tour, wine tasting followed by lunch at the Ernie Els Winery, Stellenbosch
- ❖ Dinner at the Big Easy Restaurant, Stellenbosch
- ❖ Transfers, Accommodation & Meals provided.
- ❖ Terms and conditions apply. Please speak to a tournament representative or go to [www.sanlamcancerchallenge.co.za](http://www.sanlamcancerchallenge.co.za)

**AUGUST CALENDAR**

Date	Day	Golf event	Club event
1	Monday	Closed	Pilates 17:00-18:00
2	Tuesday	SAGES	
3	Wednesday	Individual Stableford	
4	Thursday	SAGES	
5	Friday	Chicken Run – Sundowner from 2pm	T-Bone special
6	Saturday	Monthly Medal	Breakfast Burger & Beer special
7	<b>Sunday</b>		Sunday lunch
8	Monday	Closed	Pilates 17:00-18:00
9	Tuesday	Ladies Open Day + PM Social Play	
10	Wednesday	Individual Bogey +	
11	Thursday	SAGES	
12	Friday	Chicken Run – Sundowner from 2pm	T-Bone special + Live entertainment
13	Saturday	4 B B B Stableford	Breakfast Burger & Beer special
14	<b>Sunday</b>		Sunday lunch
15	Monday	Closed	Pilates 17:00-18:00
16	Tuesday	SAGES	
17	Wednesday	Individual Bogey +	
18	Thursday	SAGES	

19	Friday	Chicken Run – Sundowner from 2pm	T-Bone special
20	Saturday	4 B B B Medal	Breakfast Burger & Beer special
21	<b>Sunday</b>		Sunday lunch
22	Monday	Closed	Pilates 17:00-18:00
23	Tuesday	SAGES	
24	Wednesday	Individual Stableford	
25	Thursday	SAGES	
26	Friday	Corporate Golf Day	T-Bone special
27	Saturday	Combined Medal	Breakfast Burger & Beer special
28	<b>Sunday</b>		Sunday Lunch Buffet
29	Monday	Closed	Pilates 17:00-18:00
30	Tuesday	SAGES	
31	Wednesday	Individual Stableford	

**PLEASE NOT THAT THE HOLLOWTYNE OF KORO CREEK GOLF COURSE WILL COMMENCE ON THE 12<sup>TH</sup> OF SEPTEMBER 2011. PLEASE CONTACT THE PRO SHOP FOR MORE INFORMATION**

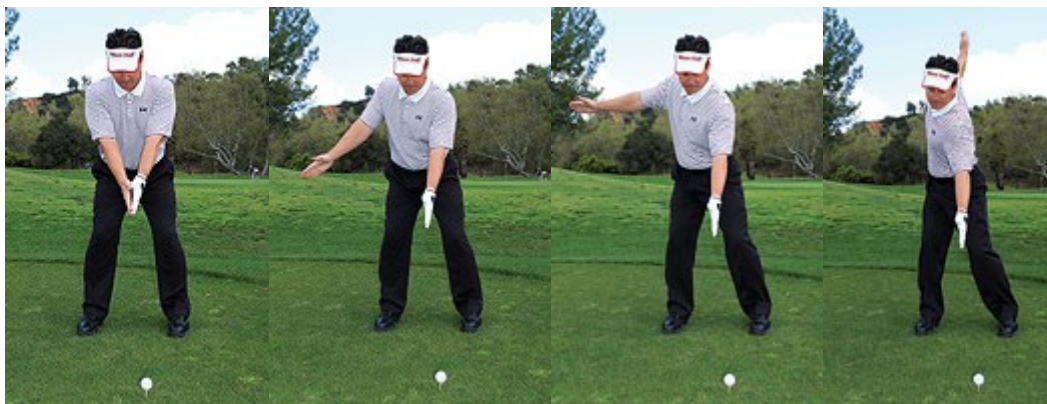
**KORO CREEK WIL GRAAG ALMAL BEDANK WAT BETROKKE IS BY DIE OPRIGTING VAN DIE KINDERSPEELAREA. DANKIE VIR DIE BYDRAES EN ENTOESIASME. GRAAG WIL ONS DIE PERSONE WAT REEDS BETAAL HET BEDANK.**

Gideon Ferreira  
 Michiel Laubscher  
 Nico Stolp  
 Karl Braun

**TIPS**

Most of the time, when we hear of a player collapsing under the pressure of tournament golf, the breakdown happens somewhere late in the event. Maybe it's a final-round stumble, an errant shot that leads to a big score, or sometimes a lapse of concentration that leads to a careless mistake.

These late-round blunders may have cost some players a few victories, but what about players who struggle early on? Early, as in, before they tee off? You probably don't hear much about that, since most television broadcasts catch players as they make the turn and play the back nine. It may surprise you, but even better players sometimes struggle to feel comfortable before they tee off. Some players actually lose the tournament because they are not mentally fit to play that day.



Point being, the first tee is an anxious place for just about anybody. No matter how well you hit balls in your warm-up, you never really know what kind of day you're going to have until you finally tee off and head down that first fairway. Unfortunately this nervous reaction causes tension and quick swings early in the round. Being at your best on the first tee requires some mental muscle and a way to let out the nervous energy. First, before you tee off, focus on your goal for the entire round, not just the first tee shot. Don't be nervous! It's at this moment where you want to trust your ability and trust your normal shot pattern. Once you do that, shift your focus to the process of the shot instead of the potential consequences of where that first tee shot may go. The process includes verbalizing and visualizing the exact shot you want to achieve. For instance, you might say, "I'm hitting a driver"

toward the right center of the fairway with a 10-yard draw.” This focuses your mind on a single, positive intention, instead of the distraction of what could go wrong. In other words, don’t get ready to tee off and think, “I hope this goes straight, not into the trees or out of bounds.” That kind of negative thinking will lead to poor shots! The key is to stay positive. Think positive and you’re more likely to see positive results more often.



Once you have your mind set in a positive outcome, it’s time to get your body relaxed and ready with a physical drill. I like to warm up with this clap drill to remind me of the proper impact position, and it works wonders to let go of that nervous energy. To start, address the ball, without a club and with the hands pressed together. From here, keep your gloved hand still and start rotating your body back and let your ungloved hand swing back with your body. Once you reach the top of your swing, your gloved and ungloved hands should be in line with each other, pointing at or just behind the golf ball. From here, swing down and through, and be sure to keep your left hand in the same position. At impact, clap your hands! This drill not only helps you stretch and release tension, but actually helps you form a technical standpoint, too, by training your body to remain stable at impact and rotate more effectively. When doing this, I feel relaxed and I’m accelerating my right hand to squarely clap my gloved hand. When done correctly, I feel the stretch of the backswing and freedom of letting my right arm swing freely on the downswing. I take this feeling to the first tee to keep me relaxed and committed to the first tee shot, as well as the first few holes during my round.

Give this drill a try the next time you’re feeling tense or anxious before your first tee shot. It will help distract you from thinking negatively and relieve some of that unwanted nervous energy. Then come time to tee off, stay positive! Even if you do happen to hit less than a perfect first tee shot, don’t fret. The game is played over 18 holes, and there’s plenty of time to recover. Have fun, stay positive, trust your swing and, most of all, enjoy your round!

*Rick Sessinghaus, Psy.D., PGA, is known as "Golf's Mental Coach" and is the author of Golf: The Ultimate Mind Game. He's director of instruction at Chevy Chase CC in Glendale, Calif. His website is [ricksessinghaus.com](http://ricksessinghaus.com).*



### Koro Creek Restaurant

Ons bied nog steeds ons T-BONE Specials” op Vrydae aan : kom geniet ‘n heerlike T-been van 300g plus pap en ‘n bier/koeldrank van jou keuse vir slegs R65.00. Dit is geldig vir die hele Vrydag. Ons Sondagmiddagetes is so gewild en versoek ons u vriendelik om vroegtydig te bespreek om

We still have our T-BONE specials on Fridays. Come and enjoy a 300g T-bone plus pap and a beer/cool drink of your choice for only R65.00. This is Valid for the whole Friday. Our Sunday lunches are very popular and we ask that you please book early to avoid disappointment.

moontlike teleurstelling te voorkom.

**TYE/TIMES:**

**Restaurant:**

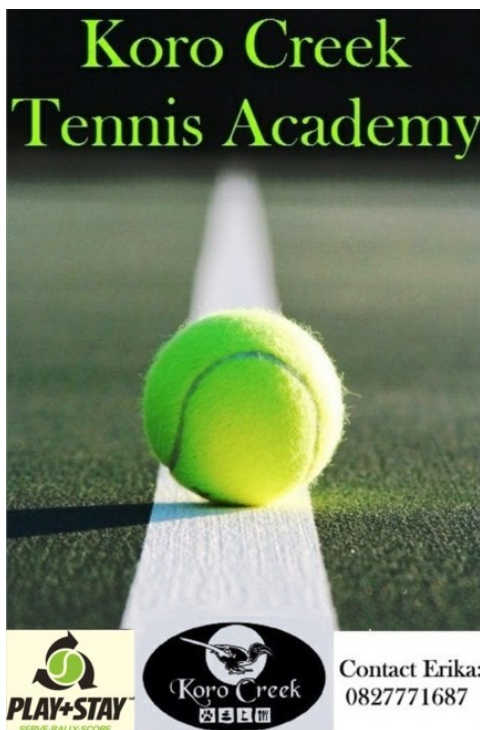
Dinsdae/Tuesdays  
Woensdae/Wednesdays  
Donderdae/Thursdays  
Vrydae & Saterdag/Fridays & Saturdays  
Sondae/Sundays

8:00 - 17:00  
8:00 - 20:00  
8:00 - 17:00  
8:00 - 20:00  
8:00 - 17:00

**Kroeg/Bar:**

Dinsdag/Tuesdays  
Woensdae/Wednesdays  
Donderdae/Thursdays  
Vrydae/Fridays  
Saterdag/Saturdays  
Sondae/Sundays

9:00-20:00  
9:00-22:00  
9:00-20:00  
9:00-22:00  
9:00-22:00  
9:00-18:00



**PILATES KLASSE**

Klasse begin 1 Augustus 2011  
Maandae en Woensday 17:00 -18:00  
Koro Creek Klubhuis  
R200.00 per persoon per maand.

Al vereiste is dat u 'n posturale evaluasie by die Fisioterapeut moet ondergaan om u "basis-postuur" te bepaal – so kan die veiligheid van pilates oefening vir u vasgestel word en u vordering kan gemonitor word sodat u die maksimum waarde uit die pilates klasse kan kry. U posturale evaluasie sal dan ook elke 3 maande weer gedoen word. Hierdie evaluasie beloop R100 p/p elke 3 maande. Maak dus jou pilates afspraak voor 1 Augustus by Mieke Pistorius Fisioterapie.

U benodig die volgende toerusting:

- Pilates oefen bal
- Oefen matjie (dik en stewig)
- Oefen rekke (1 x rooi en 1 x groen)
- Handoek
- Bal staander – opsioneel

Toerusting beskikbaar by Mieke Pistorius Fisioterapie – kontak ons gerus vir 'n pryslys en om bestellings te plaas.

Groottes van klasse is beperk.  
Mieke Pistorius 014 717 5033/0768610838

***TOT WEERSIENS/SEE YOU SOON***