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Secretary

Mandy Coetzee
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SEPTEMBER 2025

SWINGING INTO ACTION:

Dear Sages Members,

Welcome to the Fourth Edition of the SAGES FN Newsletter – 2025

Dear Sages,

With the arrival of Spring, we welcome longer days, warmer weather, and the perfect conditions to enjoy the game we all love. As the flowers begin to bloom, so too does our golfing calendar, filled with opportunities for camaraderie, competition, and memorable moments on the fairways.

This edition of our newsletter reflects on the achievements of the past months, celebrates the spirit of friendship that defines our club, and looks ahead to the exciting tournaments and events planned for the season ahead. Spring is a time of renewal, and we encourage all our members to embrace the fresh energy this season brings—both on and off the course.

We thank each of you for your continued support, participation, and enthusiasm, which keep our association thriving. Here's to a season of great golf, good health, and lasting friendships.

Far North Management:

Far North Chairperson: Joan Acutt
0721726527
joanacutt@gmail.com

Far North Secretary: Mandy Coetzee
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mandy.coetzee@ymail.com

Drakensig Sages Chairperson: Frik Coetzee
0828744080
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Phalaborwa Sages Chairperson: Johan Pretorius
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Tzaneen Sages Chairperson:

Alan Kenney

0832899119

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Club Membership:

Drakensig Club:

40 members. Club doing well and more applications expected as people come of age to join.

Phalaborwa Club:

18 members. Club doing well and more applications expected as people come of age to join.

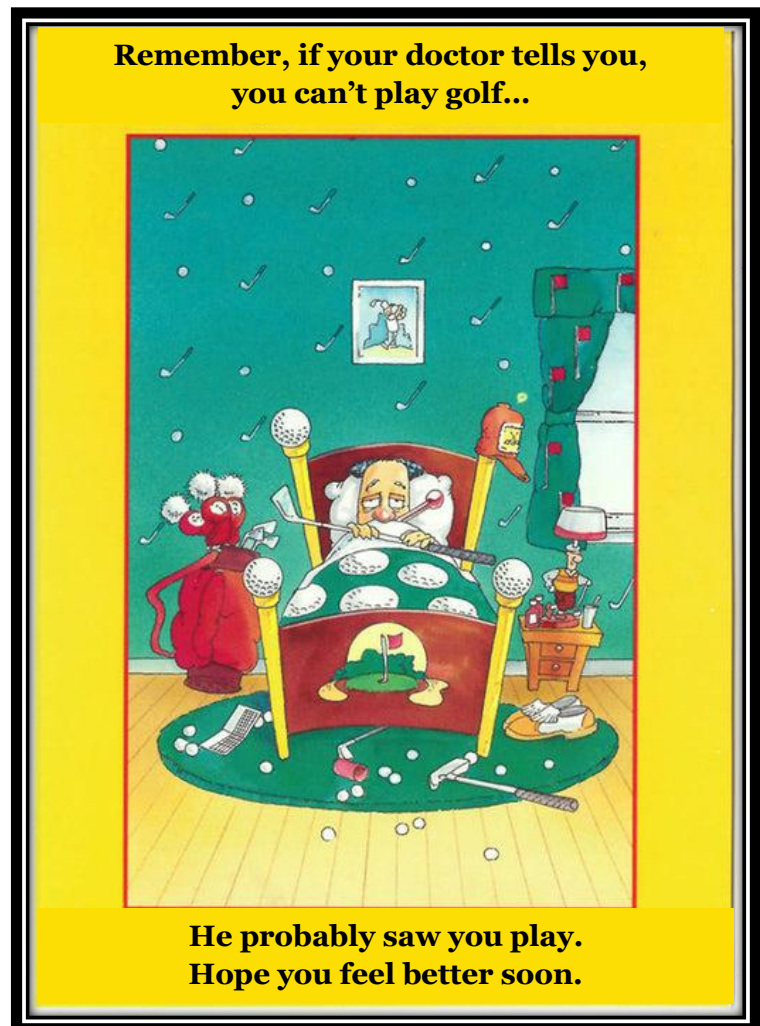
Tzaneen Club:

13 members. Club doing well and more applications expected as people come of age to join.



Love and Loss:

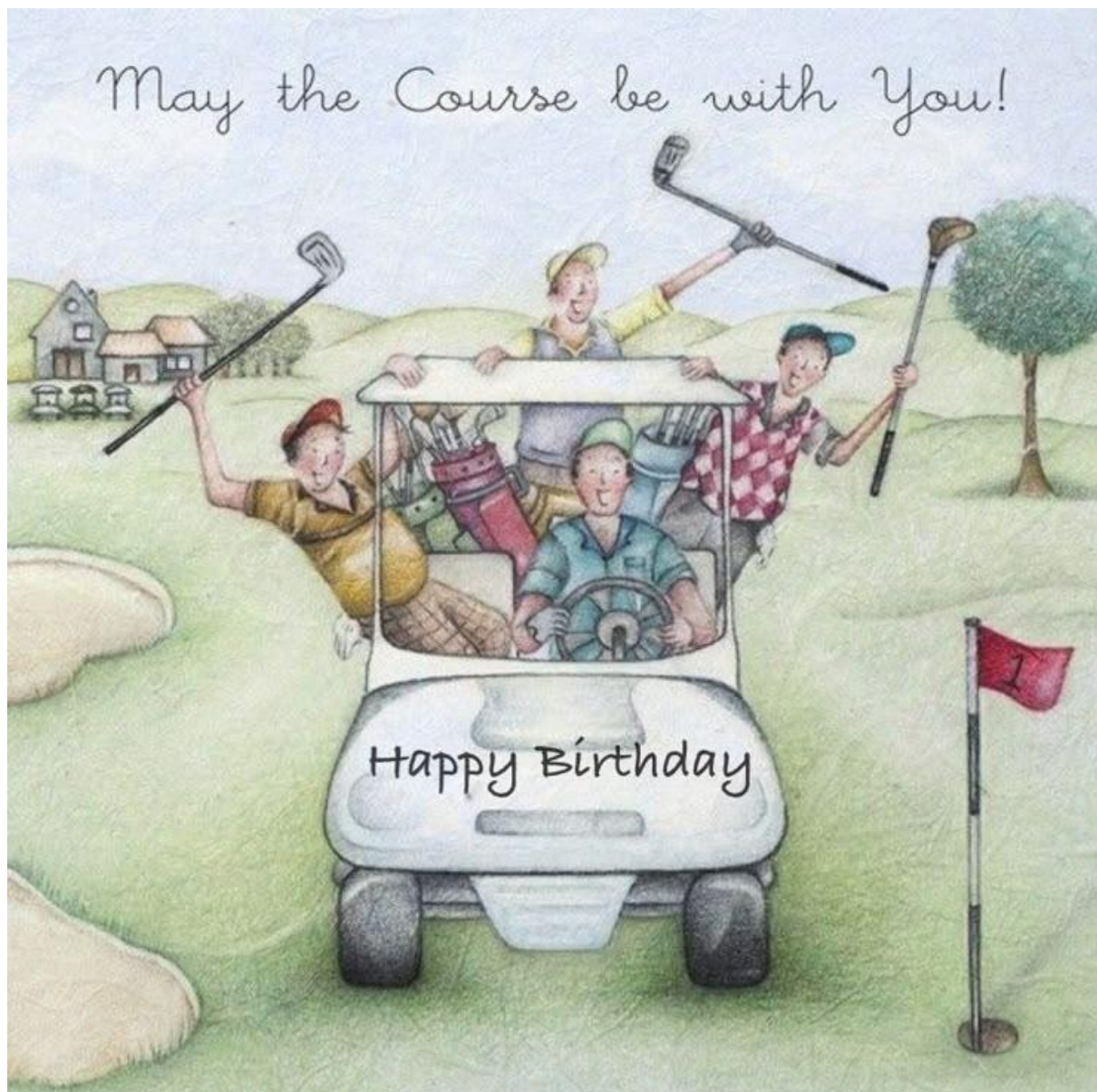
Wishing all who are ill
or undergoing treatment
a speedy and full recovery.



Birthdays August to September

We wish all who have had and will be having a birthday all the best and we hope that the coming year will be blessed with health and happiness.

Phillippe Jansen	02-08-1937	Tzaneen
Richard Braun	04-08-1962	Phalaborwa
Louis Roeloffze	13-08-1964	Phalaborwa
Scot Smith	24-08-1965	Phalaborwa
Bill Pitman	26-08-1941	Phalaborwa
Johan Pretorius	27-08-1955	Phalaborwa
Geoff Mac Gregor	27-08-1964	Phalaborwa
Wally Steenkamp	01-09-1945	Tzaneen
Karl Jaacks	05-09-1974	Drakensig
Horace Preston	15-09-1953	Phalaborwa
Pieter Strauss	20-09-1962	Drakensig



SAGES Regional 16/08/2025

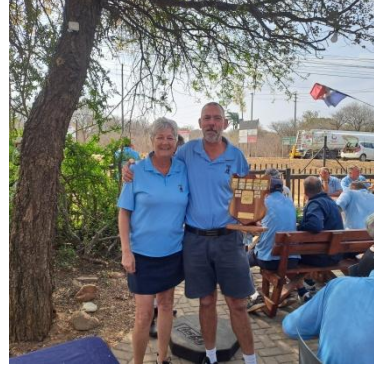
SAGES PHALABORWA COMPETITION RESULTS

REGIONAL COMPETITION		DATE	
Individual Stableford		16/8/25	
TOP 10 OVERALL POSITIONS			
POSITION	NAME	SCORE	PRIZE
1 st	L ynette	70/38	R250
2 nd	Andrew	72/36	R200
3 rd	Prop	72/36	R150
4 th	Geoff	73/35	
5 th	Gary	74/34	
6 th	Scott	74/34	
7 th	Charles	75/33	
8 th	Johan	75/33	
9 th	Richard	76/32	
10 th	Frik	77/31	
BEST NETT			
	Lynette	70	Trophy
NEAREST TO THE PIN			
HOLES	NAME		PRIZE
2	Geoff		R50
17	Prop		R50
TWO CLUBS			
HOLE	NAME		PRIZE
	Nil		
TOTAL			
LUCKY DRAW			
NAME			
	Frik		
			R50
NAME			PRIZE
WISKEY DRAW			
NAME			PRIZE
Bill			Wiskey
TOTAL (Cash payout)		SIGNATURE	
R750			

SAGES Regional Championships 6/9/2025

REGIONAL CHAMPIONSHIPS DRAKENSIG

COMPETITION		DATE	
MEDAL		6/9/25	
	REGIONAL CHAMPION MEN	GROSS	
1 st	Frik Coetzee	78	R300
	REGIONAL CHAMPION LADY	GROSS	
1 st	Lynette Strauss	89	R300
	REGIONAL NETT CHAMPION MEN	NETT	
	Jean Marc Piteux	69	R200
	REGIONAL NETT CHAMPION LADY	NETT	
1 st	Joan Acutt	78	R200
	AGE 50 TO 59 NETT CHAMPION MEN	NETT	
1 st	Dawie vd Merwe	73	R200
2 nd	Bertus Myburgh	77	R100
	AGE 60 TO 64 NETT CHAMPION MEN	NETT	
1 st	Jono Soames	73	R200
2 nd	Simon Buys	77	R100
	AGE 65 TO 69 NETT CHAMPION MEN	NETT	
1 st	Jean Marc Piteux	69	R200
2 nd	Peter Bottomley	72	R100
	AGE 60 PLUS NETT CHAMPION LADY	NETT	
1 st	Lynette Strauss	66	R200
2 nd	Joan Acutt	78	R100
	AGE 70 PLUS NETT CHAMPION MEN	NETT	
1 st	Spencer Morrison	73	R200
2 nd	Koos Kleck	78	R100
	WISKEY DRAW		
	Simon Buys		
	NEAREST PINS		
2 & 11	Simon Buys		R100
4 & 13	Deon Swart		R100
7 & 16	Peter Bottomley		R100
9 & 18	Gerrie Botha		R100
	MOST GOLF	NETT	
	Mark Acutt	92	R100
TOTAL (Cash payout)		SIGNATURE	
R3000			



The CANSA Fund Raiser will be held on 25 October 2025 at Drakensig Golf Club.



Regional Ladies
Champion

Lynette Strauss

Regional Mens
Champion

Frik Coetzee



**SAGES FAR NORTH
CANSA FUND RAISER**

**DRAKENSIG GOLF CLUB
25TH OCTOBER 2025**

**R2500 per 4 BALL
SHOTGUN START
08H30**

**FORMAT
4 BALL ALLIANCE
2 SCORES TO COUNT**

**4 BALL PRIZES
LONGEST DRIVE, NEAREST TO PIN
AUCTIONS!!!!!!!**

BOOKINGS: JOAN ACUTT 0721726527

Golfing Tip of the month

1. Focus on Flexibility and Warm-ups

Gentle stretching before every round helps prevent stiffness and injuries.
A short warm-up swing routine (with wedges or irons) loosens joints and muscles.

2. Adjust Equipment for Comfort and Efficiency

Consider lighter graphite shafts for less strain and more clubhead speed.
Use larger, more forgiving club heads (hybrids instead of long irons).
Choose softer golf balls for extra distance and feel.

3. Improve Balance and Stability

Use a slightly wider stance for better stability during your swing.
Keep your weight more centered to reduce strain on hips and knees.
Practice smooth, controlled swings rather than forcing power.

4. Short Game is Key

Spend extra practice time on chipping and putting—these shots save the most strokes.
Use bump-and-run shots when possible, as they are lower risk and more consistent.

5. Play Smart, Not Hard

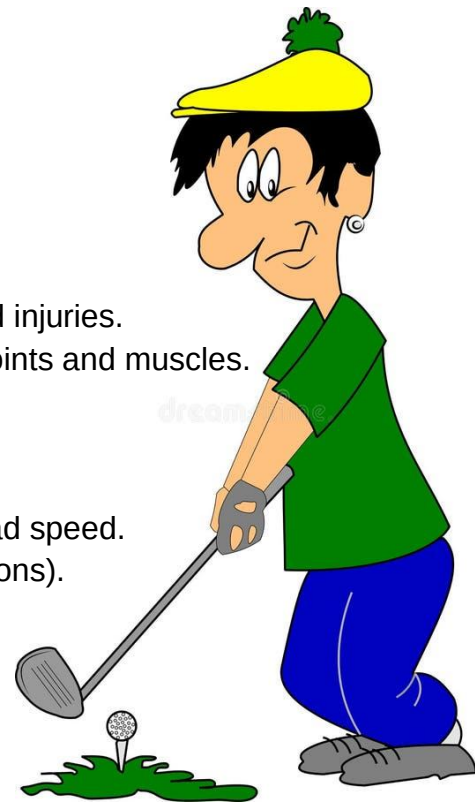
Focus on accuracy over distance—straight shots keep scores lower.
Use course management: lay up when necessary, avoid risky shots.
Don't rush—steady pace helps with rhythm and focus.

6. Protect Your Body

Walk if you can, but use a cart when needed to conserve energy.
Stay hydrated and wear sun protection (hat, sunscreen, long sleeves).
Know your limits—listen to your body to avoid overexertion.

7. Keep the Swing Simple

Smooth tempo is more effective than fast swings.
Shorten the backswing slightly for better control.
Focus on solid contact instead of maximum power.



Joke of the Month:

