

GrysWys / GrayMatter

Noordwes-SAGES Nuusbrief/North West SAGES Newsletter

AUGUSTUS/AUGUST 2026



Boodskap van die Voorsitter



Die SAGES Nasionale Kampioenskap word jaarliks oor 4 dae beslis. Maandag en Dinsdag is 'n Beterbal kompetisie waar spanne van 2 Beterbal pare se gesamentlike beterbal tellings die wentak bepaal.

Thursday and Friday is a Medal and IPS competition. Players can decide to play in the Medal competition (Low handicap players) or in the IPS Competition. (Open division) For the IPS competition, ladies can decide to play in the Ladies division or men's open division and the men can decide to play as Veterans (players over 70) or in the Open division.

Die Bestuurskomitee het die Kriteria vir Deelname aan die Nasionale Kompetisie bespreek en heroorweeg vir verandering. Om bv 2 plekke vir "Medal" spelers te reserveer.

Alhoewel daar spelers is wat graag in die "Medal" kompetisie wil deelneem, is dit die BK se mening dat dit nie haalbaar vir spelers van NW SAGES is om in daardie kompetisie deel te neem nie en het diesulkes 'n beter kans in die IPS kompetisie. Dit bly egter elke speler wat jaarliks kwalifiseer, se eie keuse om te besluit in watter afdeling hy/sy wil deelneem en moet jaarliks op die Algemene Jaarvergadering sy keuse bekendmaak.

Sien die Kriteria vir deelname in hierdie uitgawe van GrysWys.

Groete. Daantjie.

KRITERIA VIR DIE KIES VAN SPELERS OM AAN DIE NASIONALE TOERNOOI TE GAAN DEELNEEM

1. 'n Speler moet ten minste 1 jaar 'n aktiewe lid van NW SAGES wees. (Januarie tot Desember)
2. 'n Lid moet ten minste 70% van die Jaarlikse NW SAGES Toernooie gespeel het.
3. Daar sal 'n Merietelys gehou word van die NETTO tellings van spelers oor die rollende 12 maande periode. (Januarie tot Desember) Hierdie Merietelys sal maandeliks in Grys wys gepubliseer word.
4. Hiervolgens sal die spelers wat NW SAGES gaan verteenwoordig, gekies word.
5. Spelers moet tydens die Algemene Jaarvergadering te kenne gee of hulle belangstel om aan die Nasionale Kampioenskap te gaan deelneem. Spelers wat so te kenne gee, sal dan gekies word op grond van hulle posisie op die Merietelys, onderhewig aan die minimum vereiste van 70% deelname aan jaarlikse maandspeel dae oor die 12 maande.
6. Daar word 1 plek gereseveer in die span vir 'n komiteelid wat afgevaardig word om Noord Wes SAGES op die AJM tydens Nasionale Kampioenskap, te verteenwoordig. Die komitee lid (of enige ander Komiteelid) kan natuurlik self ook die span haal op Meriete.
7. Lede wat verkies word is self verantwoordelik vir alle Toernooi kostes.
8. Waar spelers gelyk is op die Merietelys, behou die Bestuurskomitee van NW SAGES die reg om hulle keuse uit te oefen. Of indien minder spelers volgens die minimum vereiste kwalifiseer, sal spelers hoogste op die Merietelys, maar nie kwalifiseer het nie, ook in aanmerking kom.
9. Indien 'n speler in 'n Afdeling die wenner is, sal hy/sy outomatiese deelname vir die volgende jaar se Nasionale Kampioenskap geniet. Dit geld ook vir die Spanweners oor die eerste 2 dae.

CRITERIA FOR SELECTING PLAYERS TO PARTICIPATE IN THE NATIONAL TOURNAMENT

1. A Player must be an active member of NW SAGES for at least 1 year. (January to December)
2. A Member must have played at least 70% NW SAGES Tournaments in the year. (January to December)
3. A Merit List will be kept. NETT scores of players over the rolling 12 month period will be captured. (December to November) This Merit List will be published monthly in Grys wys/Grey Matter.
4. According to this, the players who will represent NW SAGES will be selected.
5. Players must indicate during the Annual General Meeting whether they are interested in participating in the National Championship. Players who so indicate will then be selected based on their position on the Merit List, subject to the minimum requirement of 70% participation in monthly games over the 12 months.
6. There is 1 place reserved in the team for a committee member who is delegated to represent North West SAGES at the Annual General Meeting during the National Championship. The committee member (or any other committee member) can of course also make the team on the basis of the Merit List.
7. Members who are elected are themselves responsible for all Tournament costs.
8. Where players are equal on the Merit List, the Management Committee of NW SAGES reserves the right to exercise their choice. Or if fewer players qualify according to the minimum requirement, players higher on the Merit List, but not qualifying, will also be eligible.
9. If a player in a Division is the winner, he/she will enjoy automatic participation for the following year's National Championship. This also applies to the Team winners over the first 2 days.

Die volgende lede kon nie die kompetisie op Parys bywoon nie en het verskoning gemaak:

Dirk Lotter, Theo Strydom, Johan van Dyk, Hennie van Jaarsveld, Jan Viljoen, Frans Landsberg, Ben Engelbrecht, Louren Campher, Flip Herbst, Johann Coetzee, Fanie Laubscher, Dirk Dirksen en Kobus de Kock

Maandspel op die baan van Parys Golf Estate

Almal wat hierdie Maanspel bygewoon het, was dit eens dat dit 'n goeie besluit was om die kompetisie uit te stel. Met enkele uitsonderings, het almal betyds opgedaag en kon hulleself van die dag se reëlins vergewis.

Baie dankie aan elkeen wat kom deelneem het en die dag aangenaam gemaak het.



Louis Jansen kry die kudde bymekaar en Ampie Swanevelder het die dag se verrigtinge op gepaste wyse ge-open.





Die spelers verdring mekaar om in te pas



Louis en Willie balanseer die kontant en ek hou "toesig"

Noordwes SAGES groei met rasse skrede. 4 Nuwe lede is voorgestel. Baie dankie aan elkeen wat nuwe lede werf en ons Tak net sterker maak.



Marius Fourie stel vir Bruce de Lange van Ottosdal voor



Deon Ackerman stel vir Norman Hartzenberg van Vaal de Grace voor



Pieter Louw stel vir Paul Bester van Potch voor



Dirk Snyman stel vir Christo Schoeman ook van Potch voor

Drie lede het ook hulle toelating geslaag en word deur Leslie Louw ingelyf



Op die foto vlnr Jean van der Merwe - Klerksdorp, Flip Herbst- Lichtenburg en Dirk Coetzee - Koster saam met Leslie

Toe begin die dag met alle erns en almal is weg om by die verskillende afslaanbowwe uit te kom. Daar was weer baie stadige spel met 9 spelers wat nie binne die 5 ure speelyd kon klaarmaak nie. Bestuur het nie die afsnytyd toegepas nie omdat die baan baie uitgestrek is en daar 15 bal in die kompetisie was.

Redes vir stadige spel wat ek opgemerk het, is die volgende: (en voorstelle om dit te verander)

- Spelers sit by die setperk nadat die putjie voltooi is en skryf tellings op – Ry daelik na die volgende afslaanbof en slaan af as dit jou voorreg is en vul dan jou telling in*
- Spelers hou nie by die spelers voor hulle nie en raak al hoe verder agter – kyk vorentoe en nie agtertoe nie*
- Sommige “Marshals” wat aangestel word om die spel in die 4 bal te bespoedig, doen nie wat van hulle verwag word nie – na vorige klagtes, het Bestuur besluit om Marshals aan te stel om spel te bespoedig – neem asb hierdie opdrag ernstig op*

Die baan was baie goed voorberei en die setperke was vining. Some players could not manage the sand traps and lost many strokes that way.

With the exception of a few players, the scorecards were fully completed (according to Jimmy, our data capturing guru)

Baie dankie aan die Bestuur en Baanbeampte vir julle hulp. `n Besondere woord van dank aan Lizette Meyer vir jou hulp met die reëlins, inskrywings en koffie en beskuit.

Goeie Tellings is aangeteken.

Geluk aan die Prysvenners:



Louis kry laaste "opdragte"



Braam van Niekerk – 46 punte



André Mynhardt – 40 punte



Kaiser Cornelius – 39 punte



Wietsche Fourie – 38 punte



Kobus Coetzer – 38 punte



Johan Schoonen – 36 punte



Tommy Herridge – 35 punte



Deon Coetzer – 35 punte



Bruce de Lange – 35 punte



Willie Victor – 34 punte



Gert Moorcroft – 34 punte



Flip Herbst – 34 punte

Luigi Morellie came in
the 13th place with 34
points



Die naaste aan die pen pryse is gewen deur:
Marius Fourie-no 5, Hendrik Stapelberg-no 12, Deon Coetzer-no 16 en Rooth
Kilbourn-no 8



Die Spanprys is weer gewen deur die Waterbokke Span van Anton met 79% bywoning:
 Vlnr: Dieter Hansen, Piet Louw, Marthinus Loots, Wietsche Fourie, Nico vd Heever, Steve Roodt, Anton van Rooyen, Johan Schoonen, Carlie Pienaar en Hendrik Stapelberg

Team Competition			2026 Speeldae		
			7		
TIGERS	Dag	Tot	BUFFELS	Dag	Tot
Jimmy Hugh	1	7	Leslie Louw	1	6
André Mynhardt		6	Deon Ackerman	1	5
Carl Kirstein	1	5	Dirk Coetsee	1	5
Cron van Aswegen	1	7	Gert de Beer	1	6
Fanie Laubscher			Gert Moorcroft	1	4
Gary Oosthuysen		1	Giel Badenhorst	1	6
Hennie van Jaarsveld		4	Jan Viljoen		1
Izak Strydom			Jantjie Lebenberg		1
Marius Fourie	1	6	Kobus Coetzer	1	7
Pieter Louw	1	3	Kobus Du Preez	1	7
Steyn Snyman	1	7	Leon Fourie		
Willem van Antwerpen		2	Apie Meintjes	1	5
Wentzel Coetzer		1	Norman Hartzenberg	1	1
Dirk Snyman	1	2	Rooth Kilbourn	1	5
Paul Bester	1	1	Steven le Roux	1	6
	8	52		12	65
	53%	50%		80%	62%

	LEEUS	Dag	Tot	RENOSTERS	Dag	Tot	
	Willie Victor	1	7	Louis Jansen	1	6	
	André du Plessis	1	7	Braam Van Niekerk	1	5	
	Ben Engelbrecht		3	Deon Nel		2	
	Bruce de Lange	1	1	Dirk Lotter		2	
	Danie van Vuuren		2	Francois Gerber	1	6	
	Deon Coetzer	1	7	Frans Landsberg		2	
	Hekkie Malan		2	Frits Pistorius	1	4	
	Hernes Strydom		5	Jerry Fourie	1	7	
	Janes Geel	1	7	Johan van Dyk		5	
	Jenny Forssman	1	7	Louren Campher		2	
	Kobus de Kock		6	Nick van Niewenhuyzen			
	Rickus du Plessis	1	4	Peter Jacobs	1	5	
	Stephen Warrington	1	6	Willie Scheepers	1	7	
	Swannie Swanepoel	1	6	Manie Smit	1	4	14
15	Tommy Herridge	1	3				
		10	73		8	57	
		67%	70%		57%	58%	
	OLIFANTE	Dag	Tot	WATERBOKKE	Dag	Tot	
	Daantjie van Rensburg	1	7	Ampie Swanevelder	1	4	
	André le Grange	1	7	Anton van Rooyen	1	7	
	Dirk Coetzee	1	2	Carlie Pienaar	1	4	
	Anton Roux		2	David Maree	1	5	
	Chris Heyns	1	4	Dieter Hansen	1	6	
	Dirk Dircksen		3	Fanie Hatting		3	
	Flip Herdst	1	3	Hannes vd Westhuizen		5	
	Izak Brand	1	5	Hendrik Stapelberg	1	5	
	Lukas Pieterse	1	5	Johan Schoonen	1	7	
	Martin Snoek	1	4	Marthinus Loots	1	5	
	Michael Preece		1	Nico vd Heever	1	7	
	Nic vd Merwe	1	7	Piet Louw Jnr	1	4	
	Nina van Heerden	1	7	Steve Roodt	1	5	
14	Ronnie Moseley	1	4	Wietsche Fourie	1	6	14
		11	61		12	73	
		79%	62%		86%	74%	
	SPRINGBOKKE	Dag	Tot				
	Ockie Swartz		6				
	Boela Britz	1	6				
	Giel Steyn	1	6				
	Goggie van Heerden	1	7				
	Johann Coetzee		1				
	Kaiser Cornelius	1	7				
	Kevin Smithers		2				
	Lemmer Vermooten						
	Lourie Vd Merwe	1	3				
	Luigi Morelli	1	5				
	Mario Botha	1	6				
	Nico Roux	1	5				
	Theo Strydom						
14	Jean Van Der Merwe	1	3				
		9	57				
		64%	58%				



Francois Gerber het die Brandewyn trekking gewen



Thank you to Jimmy for your help with the scorecards



In die Sondagskool



Stapes het die manne se aandag



Almal sit in afwagting



“Iemand” wil my pen steel



Die raserige Matriekklas



Lyk nie of Christo glo wat Chris sê nie



Ek is amper net so lank soos die vlagpaal

There is an old line golfers love to use: **'A bad day on the golf course beats a good day in the office.'**

Like most good clichés, it survives because there is some truth in it. But it is also worth asking why. Why does a frustrating round – missed putts, bad lies, lost balls and all – still often leave people feeling better than when they arrived?

The answer is not simply that golf is relaxing. Anyone who has stood over a three-foot putt to win a round knows this! In fact, golf can be pretty frustrating.

And yet, for many people, golf genuinely does improve mood.

From a psychological point of view, golf is interesting because it brings together several ingredients that we already know are good for human well-being: movement, daylight, nature, attention, challenge and social connection.

It gets you moving

Golf gets the body moving – it is not passive recreation. It may not be a gym session, but that's part of its value. It is activity disguised as play.

Movement has a well-established effect on mood, partly because it changes the body's stress chemistry and partly because it gives the brain a different job to do. This is one of the reasons people often feel mentally clearer after playing. It is not magic. It is physiology.

There is also something important about the fact that this movement happens in sunlight:

1. Exposure to daylight helps regulate our circadian rhythm – the internal timing system that influences sleep, energy, alertness and mood.
2. Longer wavelengths of sunlight, including red and near-infrared light, seem to have a positive effect on mitochondrial function. Mitochondria are the energy-producing structures of our cells, and healthy mitochondrial function is increasingly being linked to energy regulation, slower ageing and overall health.

Walking helps thinking

Golf creates a particular kind of mental movement. As we walk down a fairway, our visual world moves with us. In neuro-science, this is known as optic flow – the pattern of movement across our field of vision as we move through space. There seems to be something psychologically useful about this. Many people find that they think better while

walking. Problems loosen. Thoughts organise themselves. The mind feels less stuck. Part of this may be because walking forward gives the brain continuous information that we are moving through the world rather than sitting still inside a problem. The fairway gives us literal forward movement, and sometimes that helps create mental forward movement too.

That is one of golf's under-rated gifts. You hit a shot, you move. You make a mistake, you move. You feel frustrated, but you keep walking. The game does not allow you to stay completely frozen in one moment.

Golf controls our attention

Golf controls attention. When you stand over a shot, you can't think about ten things at once and play well. The game pulls you back to the present moment and gets you out of your head. It can help quieten the mind for a few hours.

The game also gives the brain a reward loop. Dopamine is often described too simply as the 'pleasure chemical', but it is better understood as being linked to motivation, reward, anticipation and learning. Golf offers all of that. You are constantly solving problems, adjusting, receiving feedback and chasing the next small moment of mastery.

Golf is Social

Golf is also social in a way many adult activities are not. You can walk with someone for four hours. conversation comes and goes, silence is acceptable, jokes are easy, competition is fun. For many people, this kind of side-by-side connection is very valuable. It allows companionship without pressure.

Golf teaches us new skills

Golf can improve how we function off the course because it trains emotional skills that transfer into daily life: the game asks us to recover from mistakes quickly, to manage frustration and make decisions under pressure. It asks us to accept what has already happened and commit to the next shot anyway. These are not just golf skills. They are life skills.

A player who can hit a poor drive, take a breath, choose a sensible recovery shot and stay engaged is practising something far bigger than course management. They are practising emotional regulation. They are learning not to let one mistake become a mood, and not to let one bad hole become a story about the whole round.

Of course, golf can also hurt your mood if you approach it badly. If every round becomes a judgement of your worth, if every mistake becomes self-criticism, if every scorecard becomes evidence that you are failing, then golf stops being good for your mood and becomes another arena for pressure.

The difference is not the game. The difference is how we relate to the game.

So yes, golf is good for your mood. And perhaps that is why even a bad day on the golf course can beat a good day in the office: because sometimes, what improves our mood is not escaping difficulty. It is meeting difficulty in a better place.

Not sure I agree with all of this as it doesn't mention the 19th hole!!!

Jimmy.

Verjaarsdae in September/Upcoming Birthdays in September

Steyn Snyman 09/09, Izak Strydom 15/09, Luigi Morelli 19/09, Hendrik Stapelberg 19/09, Giel Badenhorst 22/09 en Hennie van Jaarsveld 25/09

Hartlik geluk. Mag dit `n jaar vol vreugde en goeie gholf wees. Hearty congratulations. May it be a year full of joy and good golf.



NOORDWES SAGES PROGRAM VIR DIE RES VAN DIE JAAR – 2026

<u>Datum</u>			
JUL			
14	ORKNEY	BB	CANSA
AUG			
11	VAAL DE GRACE	IPS	
SEPT			
1	PARYS GC	BB	HANNES BURKE - VAAL HOST
15	LANDBOU	IPS	
OKT			
13	GOLDFIELDS	BB GEM. TEL.	5 CORNER. (JG, NW, SR, VAAL & WR.) NW HOST
NOV			
2 - 6	SWAKOPMUND	BB & IPS	NAMIBIA NATIONALS
10	RUSTENBURG	BB	
DES			
8	POTCHEFSTROOM	IPS	JAARAFSLUITING

NW MERIETELYS VIR DEELNAME AAN NASIONALE KAMPIOENSKAP

*Inligting geneem uit die statistieke vir die SAGES van die Jaar Toekennings
Information taken from the statistics for the SAGES of the year Awards*

2026

Posisie	NAAM	Gespeel	Gem. Netto	Speeldae	% Deelname
1	Frans Landsberg	2	69.5	8	25.0%
2	André Mynhardt	8	71.5	8	100.0%
3	Lourie Vd Merwe	2	72.0	8	25.0%
4	Steven Le Roux	7	72.1	8	87.5%
5	Steyn Snyman	8	72.5	8	100.0%
6	Ampie Swanevelder	5	73.2	8	62.5%
7	Johan Van Dyk	6	73.8	8	75.0%
8	Luigi Morelli	6	73.8	8	75.0%
9	Braam Van Niekerk Q	6	74.2	8	75.0%
10	Kobus Coetzer	8	74.4	8	100.0%
11	Danie van Vuuren	2	74.5	8	25.0%
12	Nina van Heerden	8	74.5	8	100.0%
13	Johan Schoonen	8	74.9	8	100.0%
14	Anton Van Rooyen	8	74.9	8	100.0%
15	Fanie Laubscher	1	75.0	8	12.5%
16	Goggie van Heerden	8	75.1	8	100.0%
17	Apie Meintjes	5	75.2	8	62.5%
18	Jenny Forssman	8	75.3	8	100.0%
19	Nico Roux	6	75.3	8	75.0%
20	Daantjie v Rensburg	8	75.4	8	100.0%
21	Deon Coetzer	8	75.8	8	100.0%
22	Dirk Dircksen	4	75.8	8	50.0%
23	Willie Victor	8	75.8	8	100.0%
24	Johann Coetzee	2	76.0	8	25.0%
25	Kaiser Cornelius	8	76.3	8	100.0%
26	Hekkie Malan	2	76.5	8	25.0%
27	Swannie Swanepoel	7	76.6	8	87.5%
28	Dirk Snyman	3	76.7	8	37.5%
29	Mario Botha	7	76.7	8	87.5%
30	Willie Scheepers	8	76.8	8	100.0%
31	Kobus Du Preez	7	76.9	8	87.5%
32	Louis Jansen	7	76.9	8	87.5%
33	Fritz Pistorius	3	77.0	8	37.5%
34	Gary Oosthuisen	1	77.0	8	12.5%
35	Marthinus Loots	5	77.0	8	62.5%
36	Rooth Kilbourn	5	77.0	8	62.5%
37	Leslie Louw	7	77.1	8	87.5%
38	Janes Geel	8	77.3	8	100.0%
39	Jimmy Hugh	8	77.3	8	100.0%
40	Boela Britz	6	77.3	8	75.0%

41	Nic Vd Merwe	8	77.4	8	100.0%
42	Hernes Strydom	4	77.8	8	50.0%
43	Anton Roux	2	78.0	8	25.0%
44	David Maree	5	78.0	8	62.5%
45	Izak Brand	5	78.0	8	62.5%
46	Deon Ackerman	6	78.2	8	75.0%
47	André Le Grange	8	78.4	8	100.0%
48	Jan Viljoen	2	78.5	8	25.0%
49	Hendrik Stapelberg	5	78.6	8	62.5%
50	Dieter Hansen	5	79.0	8	62.5%
51	Michael Preece	1	79.0	8	12.5%
52	Steve Roodt	6	79.0	8	75.0%
53	Wietsche Fourie	6	79.0	8	75.0%
54	André Du Plessis	8	79.1	8	100.0%
55	Tommy Herridge	4	79.3	8	50.0%
56	Dirk Coetsee	6	79.3	8	75.0%
57	Peter Jacobs	5	79.6	8	62.5%
58	Kevin Smithers	3	79.7	8	37.5%
59	Ben Engelbrecht	3	79.7	8	37.5%
60	Gert de Beer	7	79.7	8	87.5%
61	Giel Steyn	6	79.8	8	75.0%
62	Chris Heyns	6	80.0	8	75.0%
63	Stephen Warrington	7	80.1	8	87.5%
64	Martin Snoek	5	80.4	8	62.5%
65	Deon Nel	2	80.5	8	25.0%
66	Hennie V Jaarsveld	5	80.6	8	62.5%
67	Gert Moorcroft	4	80.8	8	50.0%
68	Jerry Fourie	8	80.8	8	100.0%
69	Carlie Pienaar	5	80.8	8	62.5%
70	Nico van den Heever	8	80.9	8	100.0%
71	Wentzel Coetzer	1	81.0	8	12.5%
72	Marius Fourie	7	81.1	8	87.5%
73	Willem van Antwerpen	3	81.7	8	37.5%
74	Ockie Swartz	6	81.7	8	75.0%
75	Z M Loots	1	82.0	8	12.5%
76	Carl Kirstein	6	82.0	8	75.0%
77	Pieter Louw	4	82.8	8	50.0%
78	Piet Louw	4	83.3	8	50.0%
79	Francois Gerber	8	84.0	8	100.0%
80	Cron Van Aswegen	7	84.9	8	87.5%
81	Giel Badenhorst	7	85.0	8	87.5%
82	Louren Campher	1	86.0	8	12.5%
83	Kobus De Kock	7	87.0	8	87.5%
84	Hannes vd Westhuizen	4	87.3	8	50.0%
85	Dirk Lotter	2	88.0	8	25.0%
86	Lukas Pieterse	5	91.4	8	62.5%

87	Izak Strydom	0	#DIV/0!	8	0.0%
88	Lemmer Vermooten	0	#DIV/0!	8	0.0%
89	Leon Fourie	0	#DIV/0!	8	0.0%
90	Theo Strydom	0	#DIV/0!	8	0.0%
91	Nick V Niewenhuyzen	0	#DIV/0!	8	0.0%
92	Theo Strydom	0	#DIV/0!	8	0.0%
93	Nick V Niewenhuyzen	0	#DIV/0!	8	0.0%