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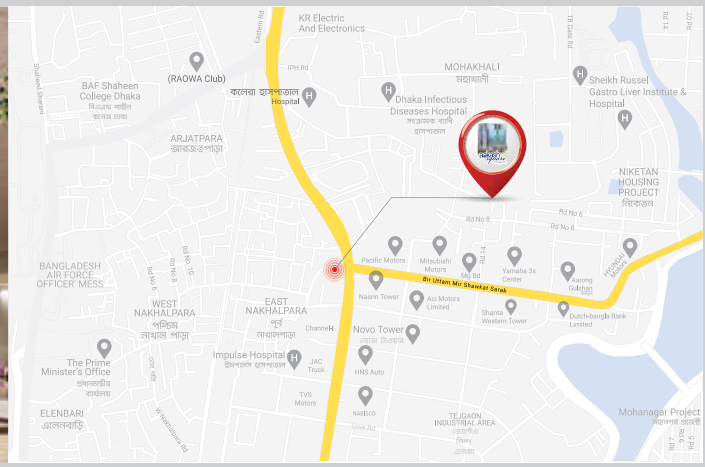

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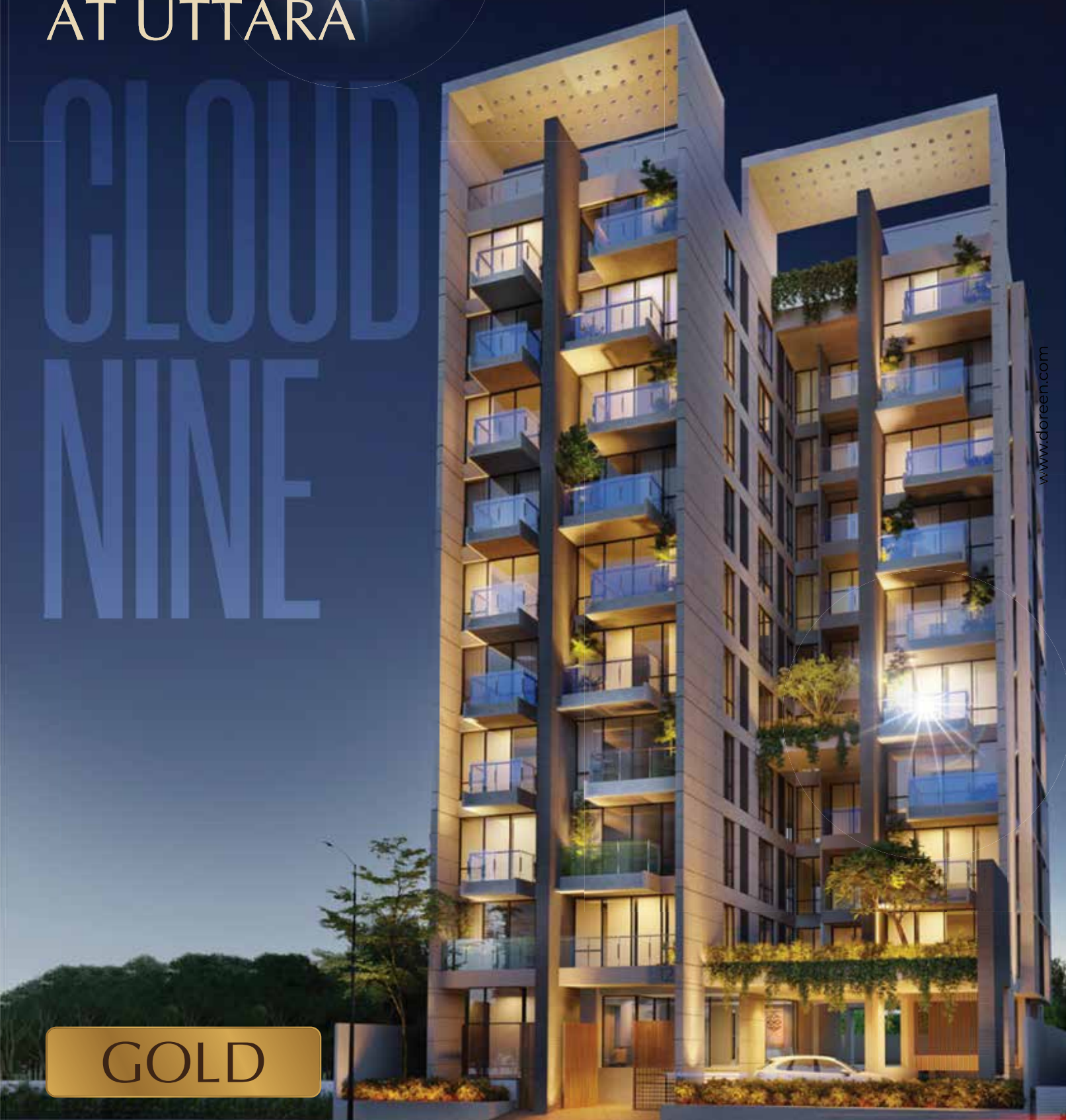

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The New Year brings time to reflect on the past and form resolutions for the future. As we look back, we feel only gratitude to think that you all have been part of the extended family of The Golf House, not just for the past year, but for the last seven years.



EDITOR'S CHOICE



The winners of the Bangabandhu Cup Golf Open 2022 with the chief guest State Minister for Youth and Sports Mohammad Zahid Ahsan Russel, MP, pose for a photo session at Kurmitola Golf Club in Dhaka Cantonment recently.

Foreword

Dear readers,

Greetings to all of you from The Golf House family on the eve of the New Year.

The New Year brings time to reflect on the past and form resolutions for the future. As we look back, we feel only gratitude to think that you all have been part of the extended family of The Golf House, not just for the past year, but for the last seven years.

And as we look forward to 2023, we can only see our bond getting stronger.

We believe we have served you well in the years gone by, reflected in the trust and affection that you have shown us over the years. We hope to continue to serve you with the latest stories and interviews, tips and tricks, insights and expert opinions from the world of golf.

Hope you have a wonderful New Year.

Nazrul Hosen Ayon
Editor

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The GolfHouse GOLFER'S LIFE

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Golf Advisor
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Photgraphs
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Distribution
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GOLFHOUSE HOLDINGS
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Mohakhali, Dhaka 1206, Bangladesh.

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+88 01842324232
+88 096 78 78 13 78
fb/thegolfhousebd
thegolfhousebd@gmail.com
thegolfhousebd.com

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The GolfHouse
GOLFER'S LIFE
DECEMBER 2022

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LOCAL PLAYERS HOLD THEIR OWN

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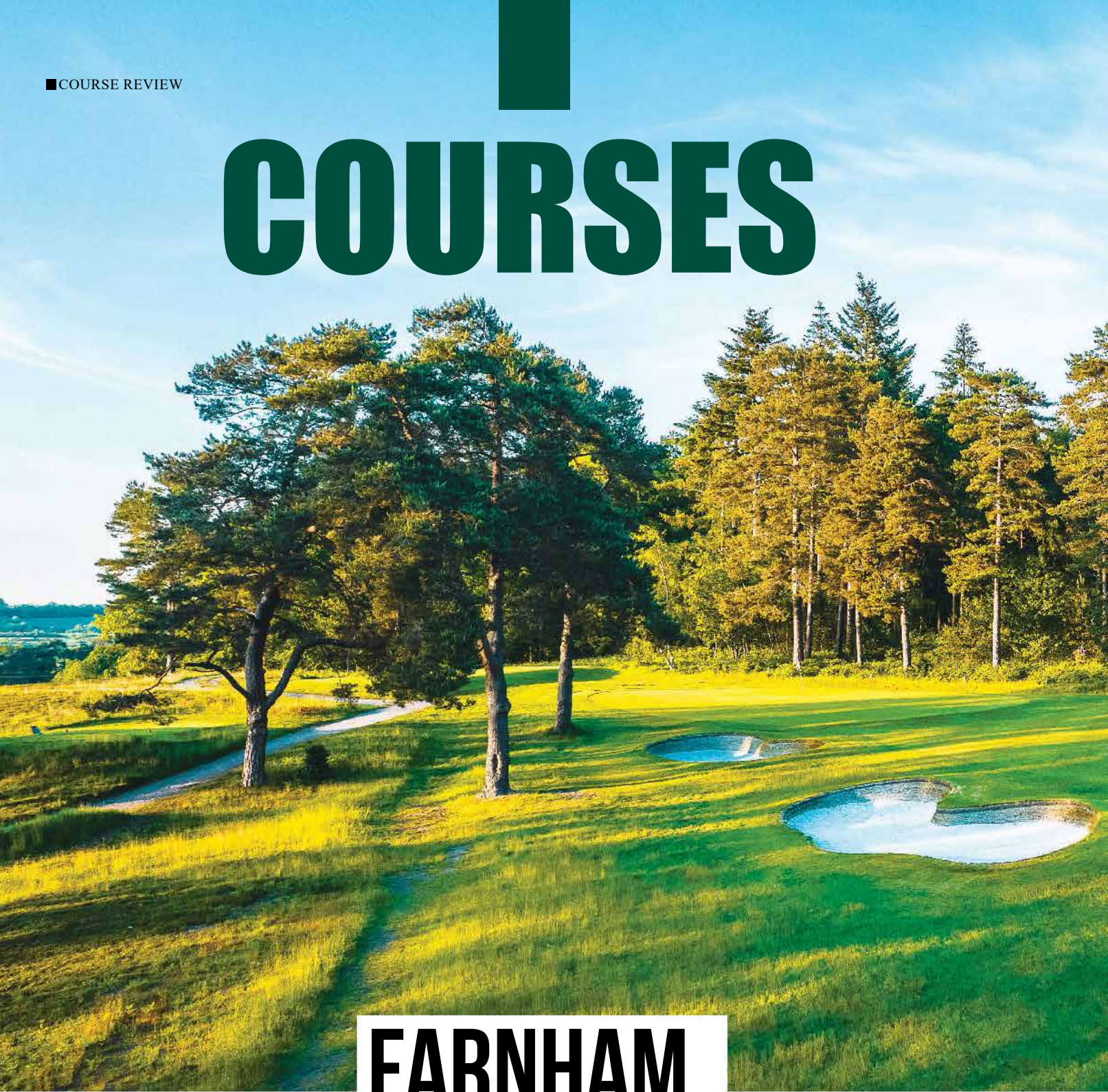
Golfer's Elbow EVERYTHING YOU NEED TO KNOW

Golfer's elbow is a form of tendonitis that causes pain and inflammation in the tendons connecting your forearm and elbow especially when you repeatedly use your wrist and arm to bend, grasp or twist things on day to day tasks.

COURSES



FARNHAM

Farnham Golf Club, just east of the Surrey market town, celebrated its 125th anniversary in 2021 having started life as a nine-holer in 1896. Jack White then assisted in the extension to 18 in 1904, the same year he triumphed in The Open Championship.

In this part of the world, good courses can sometimes get a little overlooked such is the sheer depth of quality nearby, and that has perhaps been the case for Farnham. It shouldn't be, though, for this is a fine and varied layout, partheathland, part-parkland in nature, with a number of good and at times intriguing holes. The club is currently undertaking significant work to restore more of the layout's heathland character through various woodland clearance and heather regeneration projects.

Give and take

The course opens and closes with par 5s, both of which play uphill on the drive then downhill to the green. Your chances of getting home in two will depend on how far up the hill you can get it! The 2nd is then a tough cookie early on – nearly as long as the opener, but this time only a par 4. It doglegs to the right, with OOB tight left on the approach. Then comes the first of four short



holes, with the 181-yard 6th perhaps the prettiest of the quartet.
One of the toughest holes of all comes early on the back nine, especially if you venture off the back tees on the long par-5 11th, 60 yards behind the yellows. Position is everything on this dogleg left and getting out of it at any stage could make bogey tough, let alone par.

The risk-reward element
Any good course offers up at least one hole that really makes you weigh up the risks, but Farnham serves up three in the space of just five frontnine holes, starting with the 269-yard doglegright 4th, which is eminently reachable on a direct line. The problem is the direct line is well protected by trees and sand and it's hard to fathom just how far right you have to hit it (and how high too).
On the dogleg-left 7th, those who can move it right to left with ease will be most tempted, but there are vast swathes of heather to avoid left and right. The 8th is then pretty much the same length at 314 yards but much straighter, although trouble awaits in the form of trees, bushes and sand near the green, so ultimate precision is required.



The holes hugging the shoreline are truly spectacular

CASA DE CAMPO TEETH OF THE DOG

This stunning course in the Dominican Republic was designed by legendary architect Pete Dye

Simply the name of the course begs attention. It is derived from the jagged coral which lines the shore immediately adjacent to seven of the holes, and which proved problematic in the creation of this bucket-list course back in 1971. The resort itself covers 7,000 acres and is home to 90 holes of golf, as well as a hotel, a marina, beaches, restaurants and bars and many other sporting and recreational pursuits.

Enhanced even further by a comprehensive upgrade in 2005, this is a quite breathtaking golf course that is so attractive it becomes all too easy to forget about your golf. The front nine runs in a clockwise loop to the east of the clubhouse, with the opening four holes all slightly inland. This means you get tempting glimpses through the palm trees of the golf and ocean waiting beyond. All four are good, but the first real stunner comes at the par-3 5th – it's short, but there's trouble everywhere.

The next is a fine driving hole over the shoreline, and the 7th is a very photogenic par 3 right over the ocean to an extremely well-protected green. The 8th continues along the shore, a tough par 4 to a green fronted by a deep, hidden bunker. There is some relief at the par-5 9th, which works its way back inland to the clubhouse and a chance for refreshment.

The back nine runs anticlockwise, which happily once more means you play the inland holes first. Again they are excellent, but it is holes 15 to 17 that are the icing on the cake – two tough par 4s either side of yet another spectacular short hole.



THREE MORE PETE DYE DESIGNS

1 Old Quarry (Curacao)

The Caribbean island of Curacao is off the coast of Venezuela and home to a spectacular and extremely varied course, which runs along the beach before heading up into the craggy hills of the Santa Barbara Plantation. Accompanied by iguanas, this is a thrilling rollercoaster ride with sensational views all the way.



2 PGA West - TPC Stadium course (USA)

This dramatic course is often considered to be on a par with Dye's much-revered Sawgrass and has staged many highprofile events. It was once considered too tough by some PGA Tour pros, with over 100 signing a petition to have it removed from the schedule!







3 Whistling Straits Straits course (USA)

One of the most theatrical venues in the world, this wow-factor Dye design opened in 1998 and has already hosted three US PGA Championships, as well as the 2021 Ryder Cup. Not a venue for the faint-hearted, there is drama on pretty much every shot.



IF I GET TO MEET TIGER, I WILL SAY

SAWASDEE KRAB AND CHOKDEE KRAB

Only a few years ago, not many Thai Golfers except legend Thongchai Jaidee were painting the charts anywhere on the international golfing circuit. However, the arrival of red-hot, talented golfers now has been a harbinger of a new wave for the game in Thailand. 22-year-old young gun Danthai Boonma is a part of the talent bandwagon who know how to stir up passion every time they don their golfing gear. The young golfer, who has secured his spot for the forthcoming Open Championship, is looking forward to making a great debut.

Having represented Thailand as an amateur, Boonma won the bronze medal at the 2013 Asian Youth Games, 2014 Youth Olympics and 2014 Asian Games. Having turned professional at the end of that season, he triumphed at the Asian Tour's World Classic Championship the following November and on Christmas Day 2016 added the Asian Development Tour's Boonchu Ruangkit Championship by beating Janewattananond at the fourth playoff hole after they finished with rounds of 65 and 64 respectively. His best European Tour performance was a tie for third after a closing 64 in the 2016 King's Cup in his home country earlier the same season.

In an exclusive straight-from-the-heart interview with TheGolfHouse, Danthai Boonma talks about his golf, many victories and more.

How was your feeling after winning the Bangabandhu Cup Golf Bangladesh Open?

I'm so excited about my second win on the Asian Tour. I can't believe it, because it's been tough in the past two years, I didn't really play very good you know. I mean, I struggled with my mind and my short game, so I tried to figure out about those things.

What inspired you to take up the game?

My dad played golf with great regularity. I followed him to the golf course and found out that there it was fun hitting balls. So you could say my dad introduced me to the game and I am really grateful towards him for the same. Also, when I started, Tiger Woods was at his best. So that goes without a saying that he was my second inspiration.

You have been a part of the Thailand golf's growth story. So what was his biggest turning point in your game?

The biggest turning points in my golfing career wete two: First when I won The World Classic Championship at the Laguna National for my first year on tour. It secured me for standing on the Asian Tour fully. The second one was when I qualified for the Open 2018. It is great that I can start with the Open at Carnoustie. I will not only gain a lot of experience but this will a be a big building block of my career.

In an expensive sport like golf, are there enough funding or opportunities for budding golfers to take up the sport?

I think it is still hard getting sponsors these days but I am lucky having SINGHA as the main sponsor. So I work really harder to take a plunge. I think other players are doing the same thing as they start from small and get some earning so that they are able to go to the next step.

What is your biggest strength as a golfer?

Putting is what I focus on. I always challenge myself to overcome any kind of greens and win tournaments through fantastic putting.

You've said before that Tiger Woods is a huge hero of yours – have you met him yet?

I saw Tiger at the range last Sunday when he practised, but I haven't had the chance to say hello to him yet. If I get chance to meet with Tiger, I will say in Thai 'sawasdee krab' and 'chokdee krab' – 'hello' and 'good luck'.

Have you tried to copy anything about Tiger's game or his mental approach?

When I was young, I was really impressed by how Tiger hit chip shots. He didn't wear a glove when he chipped and, maybe because I was so young, I thought this made him hit good chips. So, until now I have done the same and not worn a glove when I chip.

We understand you are a big music fan, particularly of Thai rock band, Bodyslam – if you could hang out with Tiger Woods or Bodyslam, which would you choose?

I would love to spend the evening with Bodyslam. Sometimes I need to be out of golf and just relax. Being with Bodyslam would be my ideal way of relaxing. Especially with band leader Bro Toon. He is my idol. His songs would mean I would have a wonderful time.



> ***HIS BIGGEST STRENGTH AS A GOLFER:***
>
> ***PUTTING IS WHAT I FOCUS ON. I ALWAYS CHALLENGE MYSELF TO OVERCOME ANY KIND OF GREENS AND WIN TOURNAMENTS THROUGH FANTASTIC PUTTING.***



Pos			Par	R1	R2	R3	R4	Tot
1.	DANTHAI BOONMA		-13	68	70	65	68	271
2.	KOSUKE HAMAMOTO		-12	66	69	67	70	272
3.	RATTANON WANNASRICHAN		-10	71	66	70	67	274
4.	KARANDEEP KOCHHAR		-7	73	71	68	65	277
4.	POOM SAKSANSIN		-7	70	69	69	69	277
4.	SIDDIKUR RAHMAN		-7	69	66	72	70	277
4.	ATIRUJ WINAICHAROENCHAI		-7	71	66	69	71	277
8.	HUNG CHIEN-YAO		-6	71	71	70	66	278
8.	DAVID PUIG		-6	70	68	69	71	278
8.	JAMAL HOSSAIN		-6	68	69	69	72	278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LOCAL PLAYERS HOLD THEIR OWN









SIDDIKUR FINISHES FOURTH IN BANGLADESH OPEN, JAMAL FINISHED JOINT 8TH, BADAL TIED FOR 14TH

Premier Bangladesh golfer Siddikur Rahman sealed joint fourth spot in the Bangabandhu Cup Golf Bangladesh Open that concluded at Kurmitola Golf Club recently.

The 39-year old carded one-under-par 70 in the final round to share the position, along with three others from Thailand and India. His total score is minus seven 277 in four rounds.

The star golfer, who aimed to win the tournament for the first time since its induction in the Asian Tour in 2015, however, was not content at the end of the day.

"My hitting was totally off, so I'm not happy with my hitting," said the two-time Asian Tour winner, who won this event in 2010 when it was part of the Professional Golf Tour of India.

"But I made a few up and downs, which was very good. But overall, I still played one under so it's okay, but my hitting especially was totally off (Sunday) and (Saturday).

"Overall, it was okay, the course condition was really awesome. Normally we are not used to playing the course in this condition. So overall it was a wonderful week for me."

Jamal Hossain couldn't carry the same consistency in the final round as he finished joint eighth with one-over-par 72, while Badal Hossain finished joint 14th with a 69.









Bangabandhu cup Golf Open 2022

Galleries















LOOK MIGUEL TABUENA REVEALS THAT HE HAD HIS WIFE SANDRA ON THE BAG FOR HIM DURING HIS CAMPAIGN AT THE JUST-CONCLUDED BANGLADESH OPEN. NO WONDER HE FINISHED IN THE TOP TEN!













BREAK IT AND RIP IT!!

Grip is something most of the golfers underestimate in my opinion. All the different level of golfers that I teach from juniors to pros, I have noticed that golfers are very focused on how to improve swing path and plane.

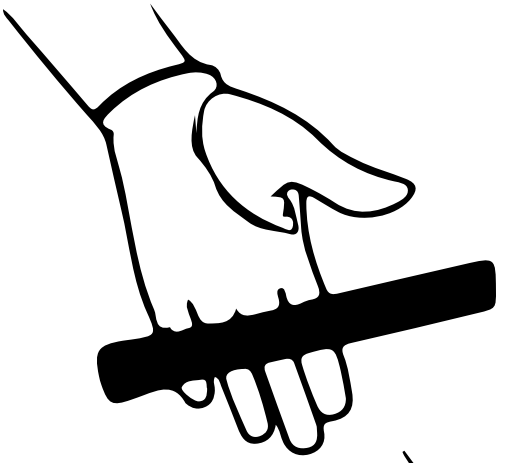
However, they don't spend much time trying to improve clubface which has a lot to do with how you grip the club. How you hold on to the club will determine the consistency of your clubface at impact and pattern. Once you have a clubface pattern you will be able to build a swing path around clubface which will give you a consistent ball flight. Now let me show you how to grip it properly:

FALSE GRIP

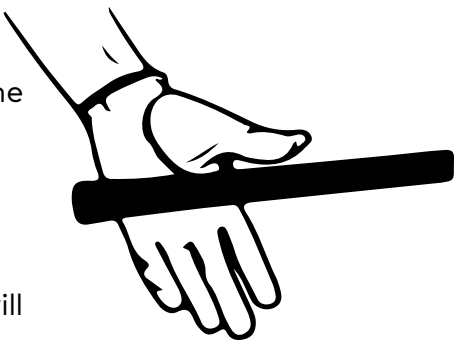
1 Gripping it in the palms

2 Gripping it in the palms



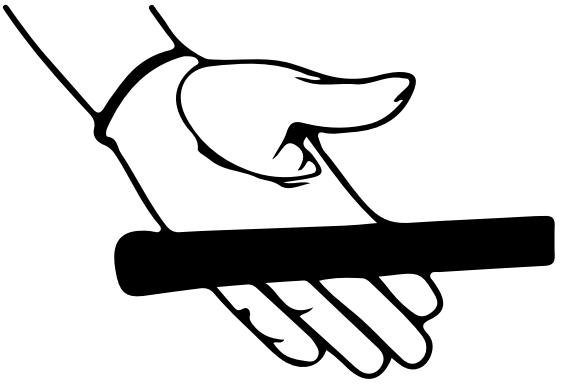


3 Separation betweenthe thumb and pointer finger.



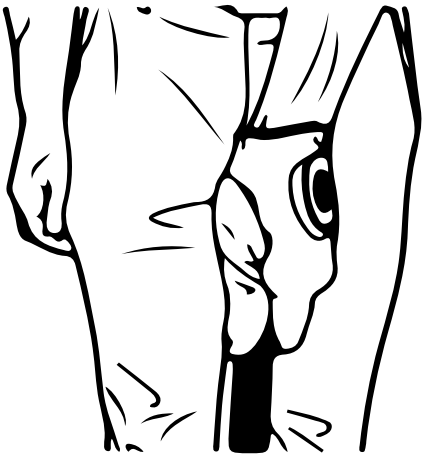
4 Too much or too little amount of knuckles will show.

CORRECT GRIP



1 Grip is nicely balanced between the palm and fingers.

2 Club is going diagonally through my hand



3 Thumb and pointer finger are more together which creates a V shape.

4 Thumb and pointer finger are more together which creates a V shape.



THE HANDS ARE THE ONLY BODY PART THAT IS CONNECTED TO YOUR CLUB, THE BETTER GRIP YOU HAVE MORE CONTROL YOU WILL GET IN YOUR SWING.

From epic play-offs and monumental comebacks to astonishing displays of folly

GOLF'S MOST UNUSUAL ROUNDS

Golf is a game of fine margins; of countless possible scenarios and outcomes. As such, it's one of the most unpredictable sports there is. One wayward strike or one stroke of genius can totally change a round or competition. Players can come back from seemingly impossible situations, become locked in exhausting battles and fire astonishing scores, both low and high.

Over the years, there have been many remarkable and unlikely rounds played by professionals and amateurs – some superb, others disastrous. Who could have predicted Al Geiberger's 59 at Colonial in 1977, or Tiger Woods going for the 'Grand Slam' and shooting 81 in the third round of The Open at Muirfield in 2002?It's the uncertainty that makes golf so captivating and so challenging, both physically and mentally. Almost anything can happen out on the links.



THE GREATEST COMEBACK

As the final round of the 1999 Open Championship at Carnoustie got underway, all eyes were on Frenchman Jean Van de

Velde, who carried a five-stroke lead. The eyes were still very much on him at the end of the round as he paddled comically in the Barry Burn and squandered what remained of his advantage.

Earlier in the day, Scotland's Paul Lawrie, who'd begun the last 18 holes a full ten shots behind Van de Velde, had carded a magnificent round of fourunder-par 67. At the time it looked enough to earn him a fine finish, if not quite enough to catch the Frenchman.

Van de Velde stood on the 18th tee with a three-stroke lead, but he played the testing par 4 in kamikaze fashion, striking the grandstand, hacking from the rough into the burn and then into the greenside bunker. He, miraculously got up-and-down for a seven to tie Lawrie and Justin Leonard on a total of six-over-par. In the resulting four-hole play-off, Lawrie birdied the last two holes to win it by three strokes.

He'd beaten Van de Velde by 13 shots over 22 holes that Sunday and completed the biggest finalround comeback in the history of Major Championship golf.



Flitcroft's folly

A crane operator from Barrow-inFurness, and formerly a Merchant Navy seaman and stunt highdiver, Maurice Flitcroft was no run-of-the-mill character. He took to golf late in life after withdrawing a book by Peter Alliss from his local library and quickly decided he fancied a crack at the big time. He read about a Milwaukee postal sorter named Walter Danecki who had entered the 1965 Open Championship and scored 81-over-par in 36-hole qualifying.

Flitcroft felt he could do better, so obtained an entry form for the 1976 Championship. The 46-yearold considered the question of whether he was amateur or professional. With no handicap to declare, and despite never having completed a full 18-hole round, he stated professional. As such, he received an invitation to play in qualifying at Formby. He almost missed his tee-time, skied his first tee-shot and went on to score a determined 121. Golf writer Pat Ward-Thomas described Flitcroft's round as "a blizzard of triple- and quadruple-bogeys, ruined by a solitary par". After some less than gentle prodding from an R&A official, Flitcroft withdrew from the second round. He attempted to qualify on further occasions, often in disguise and posing under pseudonyms like Gene Pacecki, but he never made it more than nine holes before being "collared by the suits".

The closest Maurice Flitcroft ever got to the Claret Jug



Al Watrous was made to pay by Bobby Cruickshank

Flitcroft's folly

In the last 32 of the 1932 US PGA Championship, the match between Al Watrous and Bobby Cruickshank didn't stand out as a potential barnstormer. Both in their 30s, neither had won a Major title, though both had been successful on the fledgling PGA of America circuit. This was, however, to be one of the most thrilling contests in the history of the tournament.

After 20 holes of the 36-hole match, the result looked a foregone conclusion – Watrous was nine up on his opponent. At the 21st, Watrous felt so sorry for Cruickshank that he gave him a testing six-foot downhill putt for a half. It was a mistake.

Cruickshank was spurred into action by the atronising act of charity. The diminutive 38-yearold won nine of the next 11 holes and Watrous had to make long putts to get the two halves.

The match finished all-square and went to sudden-death. It took five more holes to decide the outcome and it was Cruickshank who prevailed when Watrous missed from three feet. There was certainly no concession of that putt.





Homero Blancas played one of golf's most extraordinary rounds

Blancas shoots 55

On 19 August 1962, at Premier Golf Club in the outskirts of Longview, Texas, a 24-year old amateur called Homero Blancas played one of the most incredible rounds in golfing history. With 18 holes left in the Premier Invitational, Blancas trailed his friend Fred Marti by five strokes.

The significant lead would not be enough, however. The course at Premier (no longer in existence) was short – only just over 5,000 yards – but by all accounts it was extremely tight and tricky, with tiny greens and out-of-bounds everywhere.

Before Blancas' heroics, the course record was 60. He opened with a birdie then knifed a chip at the second that hit the flag square on and dropped for eagle. He made five more birdies over the next seven holes and turned in eight-underpar 27. On the back nine, the birdies continued to flow and the following gallery grew.

Spectators commented on how relaxed Blancas looked and it wasn't until the 17th, when 13-under-par for the round, that he realised the enormity of what he was achieving. He faced a 45-foot birdie putt and hit it way too hard, but it struck the centre of the back of the cup, jumped inches into the air and dropped in.

On the par-5 last, his drive veered well right but hit a tree and bounced back into the fairway.

He made yet another birdie and signed for a 55.

Blancas turned pro and went on to win four PGA Tour events.



A testing play-off

On 19 August 1962, at Premier Golf Club in the outskirts of Longview, Texas, a 24-year-old amateur called Homero Blancas played one of the most incredible rounds in golfing history. With 18 holes left in the Premier Invitational, Blancas trailed his friend Fred Marti by five strokes.

The significant lead would not be enough, however.

The course at Premier (no longer in existence) was short – only just over 5,000 yards – but by all accounts it was extremely tight and tricky, with tiny greens and out-of-bounds everywhere.

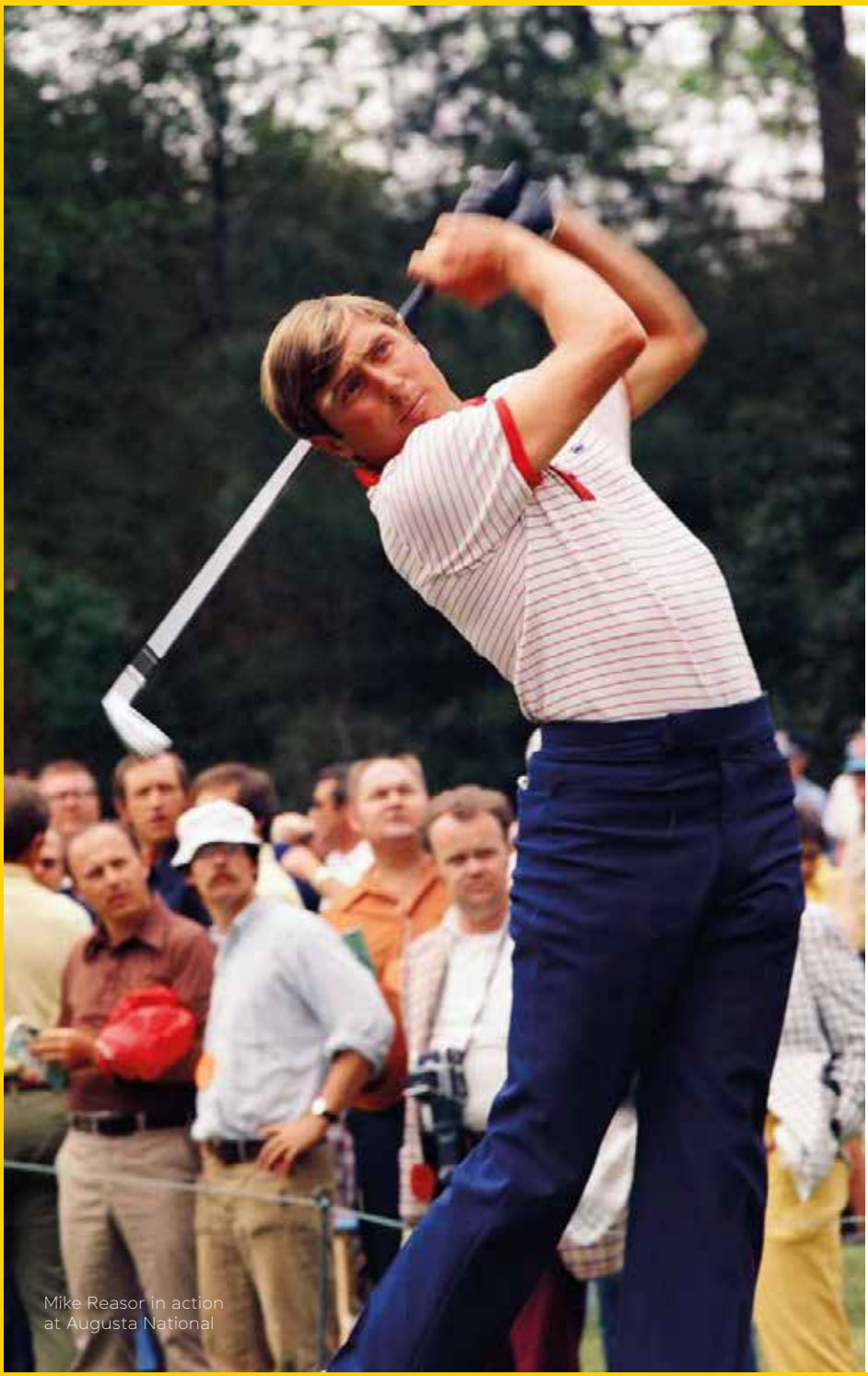
Before Blancas' heroics, the course record was 60. He opened with a birdie then knifed a chip at the second that hit In lashing rain and high winds, the trio faced a sudden-death

play-off. Playing a loop of the 16th, 17th and 18th, Chapman fell at the first extra hole. Olazabal and Rafferty couldn't be separated so easily, though. It wasn't until the ninth extra hole (at 8.30pm) that the Spaniard finally saw off his rival. The conditions were so testing that he scored 40 for the nine extra holes completed – seven-over-par. It remained the longest play-off in European Tour history until it was equalled in the 2013 Open de Espana, where France's Raphael Jacquelin saw

off Max Kieffer of Germany.

Rafferty had the final say, though. Later in the season, he won the Volvo Masters and pipped Olly to the Order of Merit title

"The conditions were so testing that he scored 40 for the nine extra holes completed"



Mike Reasor in action at Augusta National

93-over for two rounds

In the 1974 Tallahassee Open, a little-known pro from Seattle called Mike Reasor made the cut with rounds of 73 and 71 to sit level-par at the halfway point.

The event was played at the same time as the PGA Tour's Tournament of Champions, so few of the biggest names of the day were in Tallahassee. Thus, the event received little recognition at the time, but Reasor ensured it entered the history books. After round two, while out horse riding, the animal took fright and sent Reasor into a tree. He hurt his leg and tore rib cartilage, plus muscles in his left arm. His left shoulder was also partly separated.

Surely this meant a withdrawal? No, because everyone who made the cut in Tallahassee was exempt from qualifying for the following week's Byron Nelson Classic, but only if they completed 72 holes.

Reasor went out in round three and played one-handed, using just a 5-iron and a putter. He went round in 123 (51-over-par). "You should have seen them laughing on the 1st tee. I stepped up with a 5-iron and barely got it to the ladies tees," he said.

He adopted the same technique in round four and improved with 114 (just 42-overpar). It was a brave effort, but sadly Reasor's injuries were too severe for him to compete in the Byron Nelson Classic

"Reasor went out in round three and played one-handed, using just a 5-iron and a putter"

MONUMENTAL MATCH PLAY

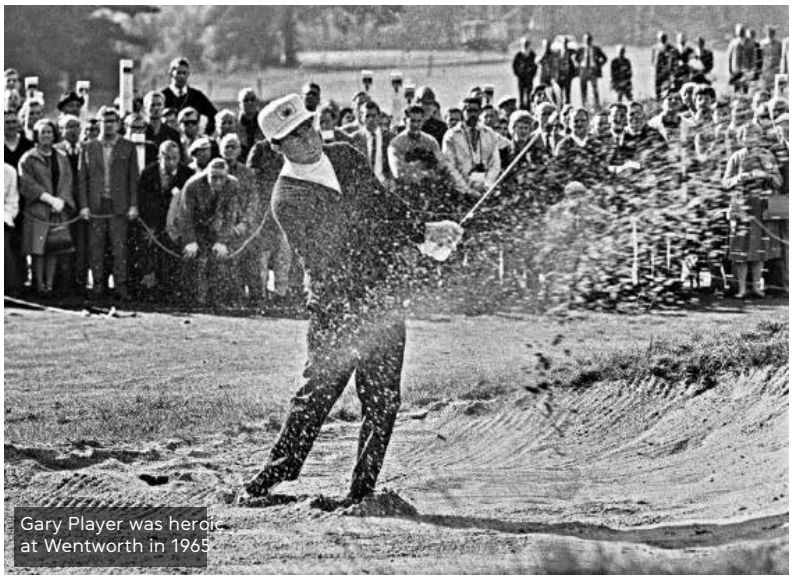
At Walton Heath, in the third round of the 1952 British Professional Matchplay Championship, 1947 Open Champion Fred Daly faced Alan 'Tiger' Poulton. The pair were tied through 18 holes so went on to sudden death. The play-off was an epic. Repeatedly Poulton looked to have the match sewn up, only for Daly to hole a monster putt to keep his chances alive.

Eventually, on the 12th extra hole, Daly drained another long effort for the win. He went straight back out again and cruised past Peter Alliss by 6&5 in round four. The Irishman went all the way to the final, where he defeated Flory van Donck from Belgium.



Daly and Poulton's play-off stood as the longest until Alliss and Harold Henning topped it in the same event in 1961. Henning might have won in regulation – he was one up coming to the last, but a dog barked midway through his swing and he mis-hit his tee shot.

They halved 12 extra holes in an impressive total of three under fours, before Henning finally took the match at the 31st hole.


Gary Player was heroic at Wentworth in 1965

Never say die

In 1965 Tony Lema was a serious threat to the dominance of the big three – Palmer, Nicklaus and Player – having won The 1964 Open. In the 1965 Piccadilly World Matchplay at Wentworth, Lema squared up to Gary Player in the 36-hole semi-final. The South African took the early lead and was one

up through 10. But Lema caught fire on the back nine and won seven straight holes to go into lunch six up.

When the American won the first hole of the afternoon round, the match looked all but over.Player was not done yet, though. He birdied the 2nd and 3rd, then took the 10th, 11th, 13th and 16th holes. He saved par to half the 17th before winning the 18th to force extra holes. The diminutive South African won the 37th to take the match. Despite being emotionally and physically drained, Player went out the following day and won the final.

Shot for shot

After 72 holes of the 1949 Motor City Open in Detroit, Lloyd Mangrum and Cary Middlecoff

were tied atop the leaderboard with scores of 273. After nine extra holes, the pair couldn't be separated. Both had completed the nine in level-par. When Middlecoff birdied the second extra hole, Mangrum matched him; when Mangrum bogeyed the 8th, so too did Middlecoff. Tired and aware of encroaching darkness, they agreed with officials to play two more holes and, if no winner emerged, they would share the title.

The 10th was halved, but it looked as though Mangrum might take it at the 11th – a par 3. His tee shot ended just ten feet from the hole and Middlecoff found a tough lie in the rough, more than 15 yards from the flag. But he played a fantastic shot that came to rest just by the cup. Mangrum missed his birdie effort and both tapped in for par. Some 8,500 spectators watching the battle roared their approval as the pair shook hands.



Golfer's Elbow

EVERYTHING YOU NEED TO KNOW



The 'golfer's elbow' and 'pitcher's elbow' where you don't have to swing a golf club to develop golfer's elbow, rather; from swinging a tennis racquet, hefting a loaded food tray, hammering nails, or pounding away on your computer keyboard.

WHAT IT IS?

Golfer's elbow is a form of tendonitis that causes pain and inflammation in the tendons connecting your forearm and elbow especially when you repeatedly use your wrist and arm to bend, grasp or twist things on day to day tasks.

WHAT HAPPENS?

Due to repetitive trauma or activites causes tendons of anterior forearm muscles on centers on the bony bump medial side of elbow develop tiny micro and macro tears that causes grow inflammation.



WHAT WOULD YOU EXPECT?

- Pain on the inside of your elbow and may radiate into the forearm.
- Usually gets better with rest.
- Tenderness and pain, usually on the inner side of your elbow or the inner side of your forearm but you could have pain with certain movements, like making a fist or swinging a golf club.
- Tingling or numbness in your fingers (usually the ring and little fingers).
- Weakness in your hands and wrists



In most cases, golfer's elbow resolves completely with self-care and physical therapy, and no further treatment is needed.

CONFIRM

HOW YOU MAY CONFIRM? (PRONATOR TEST)

a. Patients Position: The patient can be seated or standing for this test.
b. Procedure: Patient actively flexes and pronates their wrist and forearm while the examiner resists this motion.
c. Interpretation: If sudden pain or discomfort is reproduced along the medial epicondylar region, the test is considered positive.

TREAT

WHAT YOU SHOULD DO?

•Apply ice to your elbow for 15 to 20 minutes three or four times per day.
•Rest the injured elbow from aggravating activities
•Talk to your doctor or physical therapist to come up with an exercise plan that's right for you.
•Stretching and strengthening exercises can help make golfer's elbow go away faster.
•Some band or brace may help to recover faster.



Recovery can take time and patience, however. Total symptom relief often requires three to six months of consistent physical therapy. Although that may become frustrating, the effort is worth it.

PREVENT

PREVENTING GOLFER'S ELBOW

The key to preventing golfer's elbow is to avoid overuse. If you feel any pain in your elbow during an activity, stop before it gets worse.

The writer is an Assistant Professor and Specialist in Pain, paralysis and Sports injury

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CLUB RECOMMENDATION

Like the perfect assistant following at every step, the club recommendation tool lets you find the club you need. By precisely calculating your position and distance to every hole, and analyzing your recorded shots, the tool recommends the right club to use. A feature you can disable anytime during tournaments if required. course you're playing and connects with over 40,000 golf courses. The watch's buckle is actually a removable ball marker, and it has a removable strap so your watch can either be black or white.

It also boasts a supercharged battery, bluetooth capability and tracks your heart-rate throughout your round. This watch is basically everything you're looking for in a fitness tracker, but has golf capabilities too.



3D & 2D MAPPING:
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Made for the golf aficionados who strive on the greens, the new TAG Heuer Connected Golf Edition is redefining the game experience, now as smooth as ever before. Not only can you keep score in real time, the watch lets you visualize the score in stroke play, stableford or match play.Not only can you keep score in real time, the watch lets you visualize the score in stroke play, stableford or match play.

SHOT TRACKING & DRIVING ZONE:
Measure your shots with incredible accuracy by simply activating your watch'supper pusher. Get useful data to improve your game. The Connected Golf Edition conveniently records shot distances as you walk to the ball. The best way to get sharper club recommendations.







HOW TO CHOOSE THE RIGHT GRIP

Size
Golf Pride offers five grip sizes: junior, undersize, standard, midsize and jumbo. Not every golfer who plays jumbo grips has huge hands. Rather, some go that route to quieten their hands during the swing, which can prove helpful for golfers whose swings are driven by body rotation. If, however, you actively use your wrists, hands and arms to create speed, smaller grips may help. If you are going to be custom fit, make sure that your fitter conducts a hand measurement.

Type/feel
Cord grips offer the firmest feel and the most rugged texture, which is popular with better players as it creates control and feedback during the swing. However, the texture of a full-cord grip can be hard on the hands, and cords are not the best option for those who play without a glove.
Most rubber grips offer a softer feel, making them popular among higher-handicappers. Hybrid grips, meanwhile, typically use a combination of materials, including rubber and cord.
They offer a feel that falls in between the firmer cords and softer, rubber grips.

Performance
There's going to be some overlap between performance and the type of grip and size you choose, and getting those latter factors correct is crucial. However, there are other factors to consider, such as comfort and confidence. As an example, if you can't get your hands on the grip comfortably and repeatedly when you play, what chance do you have to be consistent?
One of the most significant innovations in the last five years has been Align technology, which is available in four of the mostplayed grip models on tour: MCC Plus4, MCC, Tour Velvet and Z-Grip.
This features a dedicated raised ridge that extends down the back of the grip to promote consistent hand placement and improved clubface awareness. Meanwhile, Plus4 technology uses a secret the pros know: a larger lower hand reduces tension to generate more power in your swing.
Another consideration is workability. Shapers of the ball may find a firmer grip preferable as it allows users to feel the vibrations. Then there's the type of weather you play in. For the UK, grips that function well in wet conditions can be invaluable. For example, Z-Grip features a heavy cord texture throughout, which provides moisture management.



GOLF PRIDE RANGE: KEY MODELS

CPX Inspiration for Golf Pride's softest ever grip came from the grips on BMX bikes. It features a raised Exo diamond-quilted pattern, which maximises your contact area with the club. With Control Core technology, located at the top of the grip, it offers maximum softness and control.



Tour Velvet Renowned for its velvety feel and widely used on tour, the most popular grip in golf today combines a rubber-blend compound and non-slip surface pattern for maximum playability, comfort and confidence.



MCC A hybrid grip that fuses the positive performance of rubber and cord. It boasts Brushed Cotton cord in the upper-hand area for firm all-weather control, and a performance rubber material in the lower hand for ultimate feel.



Z-Grip The firmest cord grip in the line combines two layers of texturing for feedback and control, and features a deep Z-shaped texture pattern that winds vertically around the grip for stability.



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THE KYI HLA HAN FUTURE CHAMPIONS PROGRAMME



Kyi Hla Han was one of Asia's greatest golfers, not only in terms of his playing achievements but also in terms of his contribution to the game as Executive Chairman of the Asian Tour and as a tireless supporter of young players.

When he passed away in February, it was evident from the heartfelt condolences that came from across the globe, just how deeply and widely he touched others' lives while living his own to the fullest.

To honor and further Kyi Hla's legacy, the Han family and the Asian Tour have come together to establish the Kyi Hla Han Future Champions Programme. Beginning in 2023, this exciting new initiative will help nurture some of Asia's most promising young professional golfers as they start their rookie seasons on the Asian Tour.

Worthy players will be selected annually, by the Han family and the Asian Tour, to receive funding to help with the costs of their debut season on the Asian Tour. It will be a mission-driven program inspired by Kyi Hla's lifelong commitment to putting Asia and its golfers on the map.

As a young professional, Kyi Hla was one of the first Asian golfers to compete outside the Asian region. Known for his generosity on and off the golf course, Kyi Hla always gave time and energy towards helping others. For example, Kyi Hla played the role of traveling companion and "big brother" to Vijay Singh, who would later attain the world number one position and win three Majors.

In the 1990s, Kyi Hla was instrumental in founding the Asian PGA Tour, which was the precursor to the modern-day Asian Tour formed in 2004, which is now widely respected as a breeding ground for future champions.

Said Cho Minn Thant, Asian Tour Commissioner & CEO: "We are witnessing an incredible period in Asian golf history, so it is only fitting to honour Kyi Hla through the Kyi Hla Han Future Champions Programme. It is a very worthy cause, and I am sure each recipient will be proud to be associated with such a legendary figure. Kyi Hla has made a huge impact on many of us at the Asian Tour, both personally and professionally. Establishing this programme is a fitting tribute to his legacy."

The 2023 recipient will be announced in the New Year and will receive a cash sponsorship as a kickstart to his rookie campaign on the Asian Tour, along with coverage of Qualifying Schools fees and expenses. In addition to the financial contribution, the player will also be guaranteed a number of starts on the Asian Tour.



Kyi Hla was one of the first Asian golfers to compete outside the Asian region. Known for his generosity on and off the golf course, Kyi Hla always gave time and energy towards helping others.



Photo: Reminiscence Photography

46 **NUTS MAY HELP YOU STICK TO A HEART-HEALTHY DIET**
Consuming nuts as part of a healthy diet may be beneficial to health. Nuts are high in unsaturated fatty acids and other nutrients.

48 **ART ON WHEELS East Himalaya Rally**
Destination Rally, a member of the Belgian federation of Classic cars, organised East Himalaya Rally, a 24 days 3,244 km adventure rally that drove through three countries, India, Bhutan and Bangladesh.

THE GOLFING ATMOSPHERE IN BANGLADESH *was beyond my expectation*

**LEE JANG-KEUN,
THE AMBASSADOR OF THE KOREAN REPUBLIC TO BANGLADESH,
SAYS THE NATURAL BEAUTY AND EASE OF ACCESS TO THE GOLF
COURSES IN DHAKA AND AROUND BANGLADESH IS WHAT TURNED
HIM INTO A REGULAR GOLFER.**







HE LEE JANG-KEUN

AMBASSADOR OF THE REPUBLIC OF KOREA TO BANGLADESH



"GOLF IS ALMOST THE ONLY SPORT WHICH I COULD ENJOY WITH MY WIFE"

Q&A

How did you get involved with golf?
In the Korean diplomatic community, when I started my diplomatic career 32 years ago, golf was regarded as a prerequisite of a successful diplomat. So, I started learning golf during my first foreign service assignment in Budapest, Hungary in the late 1990s. At that time, I learned the basics of golf from a colleague of mine at the embassy. I practised with him during lunch time with used golf clubs. We used to go to a driving range together about twenty minutes from the embassy for practice, eating a take-away hamburger. But I could not enjoy playing at that time as I had two small babies at home and the golf club was about one hour drive from home. I learned and played golf to get along with my colleagues at the embassy, but I was never serious in playing for various reasons. In particular, I was too busy with work and playing golf was taking too much time.

What do you enjoy most about golf?
First of all, the beauty of golf is to play in nature and with nature. It is not a hectic sport even though it is a delicate sport. Second, golf is almost the only sport which I could enjoy with my wife. I like to do outdoor activities such as bicycling, mountain hiking. Third, golf is a sport and recreation with social elements. We could enjoy not only playing but also mingling with our friends and colleagues. Fourth, we learn life through golf. It is a classroom of learning life.

What is your impression about Bangladesh golf?
I didn't expect that Bangladesh has a fairly good golf environment which means that it has fairly good golf courses. For golf lovers, golf could be a hidden treasure in Bangladesh. I have been to five golf courses in Bangladesh so far – KGC, AGC, Savar Golf Club, Bhatiary Chittagong Golf Club and the KEPZ in Chittagong. All of them were beyond my expectation.

South Korea is blessed with an incredibly diverse landscape, which provides stunning views for visitors to admire picturesque golf courses. How many of those courses have you played in so far?
In Korea I have played only twice so far. It is not easy to enjoy golf in Korea for government officials for several reasons. First, I am too busy in Seoul and it's not easy to find time for golfing. Second, I am not a good player nor an eager golfer. I have not been that enthusiastic for playing golf, in particular in Korea. There are too many things and obligations that I need to take up in Korea. Third, playing golf is regarded as a luxury costing a lot of money. It costs at least 300 dollars for one play. More than that, it takes too much time out of you. You have to spend almost all day playing. The closest golf course in Seoul will be at least one hour drive away.

When did you join the golfing scene here?
The first time I played golf in Bangladesh was around the end of December 2020 about five months after my arrival here. At that time, the country was still under many COVID-19 related restrictions. Even the golf course was closed for a long time.
I took a few days off and decided to take a look at the Kurmitola Golf Club with my wife. I played a few times with my wife but could not continue for many reasons. Then, I started taking private lessons in KGC but it didn't last long as the weather became hot. As I sweat a lot, I could not enjoy golf, sweating and soaking.
I started regularly playing golf only around the end of September last year through the Tiger Golf Club. Thanks to Rahman bhai of the Novo Group, I first came to the TGC and with the help of other TGC members such as Brgd General Manzur, I started playing with the Tigers and also with my wife. I could continue to come to the TGC mainly because my wife showed keen interest in playing golf. Then, I decided to join the KGC as a member, I joined in December last year. Since then,

MAKE YOUR TIME IN THE MILITARY PRICELESS WHICH CANNOT BE EXCHANGED WITH MOUNTAINS OF GOLD.



I have become a regular golfer. I have never been a serious golfer before, but I became one in Bangladesh.

What do you think of the course in Kurmitola?
Kurmitola golf course is beyond my expectations. I never imagined that Bangladesh would have such a wonderful golf course. It has a wonderful layout and challenging courses.
Moreover, proximity from my living place is the biggest advantage of enjoying golf in Dhaka. In many other countries, I had to travel more than half an hour, even one hour or more. But here in Dhaka, it is just ten minutes' drive away. Easy and fast access to the KGC makes the golf environment of Dhaka one of the best.
If I have to add one note on some room for desired is predictable, smoother and faster movement of the players, especially during the weekend. As the number of the golfers are increasing, the KGC is getting more and more crowded. At some time near future, it might be better to have a reservation system.

How about the golfing community and clubs in Dhaka such as Tiger Golf Club etc.?
In fact, I could enjoy golf thanks to the Tiger Golf Club and its members. Without them I would not have started golfing in Bangladesh at all. They not only introduced me to play golf in Bangladesh but also helped me to enjoy my days in Bangladesh.
TGC and DGA are not only about golfing but also about gathering and mingling with the local community. Golf is a sport of group and company. You need company to play and enjoy. As a foreigner, TGC is a good gateway to enjoy golf in Bangladesh.
TGC made me feel easy to start playing golf. If you are a beginner or a poor player, it is not easy to start and enjoy. But, TGC was so comforting and friendly that I could make up my mind to be with them.

Getting your better half to the golf club was a trick?
It was not a trick, it just came very naturally. My wife and I used to play golf together for a long time. But we both were not serious golfers, especially my wife.
I was very surprised and at the same time happy to see my wife so eager to play golf seriously in Bangladesh. Obviously, my wife's playing golf was very important reason I enjoy golf in Bangladesh.

Do you have any message to couples who are not playing golf yet?
I would strongly recommend any couple to start and play golf. Golf is an excellent sport that you can enjoy with your spouse. Reason is simple. You will find ample time outdoor with your loved one.
Tell us about your job and your experience as a diplomat.
I have been in the foreign service for more than 30 years. It has been my dream to be a diplomat since I was a young boy. I achieved my dream to be a diplomat so I am a very happy man.

How much are you enjoying your time in Bangladesh?
I am very thankful for the opportunity of working and living in Bangladesh. I am trying to enjoy both my work and my private life in Bangladesh. Even though there have been big limitations due to the COVID-19 pandemic, I have tried to look around the country whenever I had time.
I have traveled to Sylhet, Srimangal, Cox's Bazar, Chittagong and Sundarban so far, most of the time with my wife. Looking around and enjoying the scenery of Bangladesh is really a joy.
I have made many friends in Bangladesh and I spend time with them often. Bangladeshi people are really friendly and full of hospitality.

Which sports are most popular in your country?
In Korea soccer and baseball are the most popular sports. There are professional

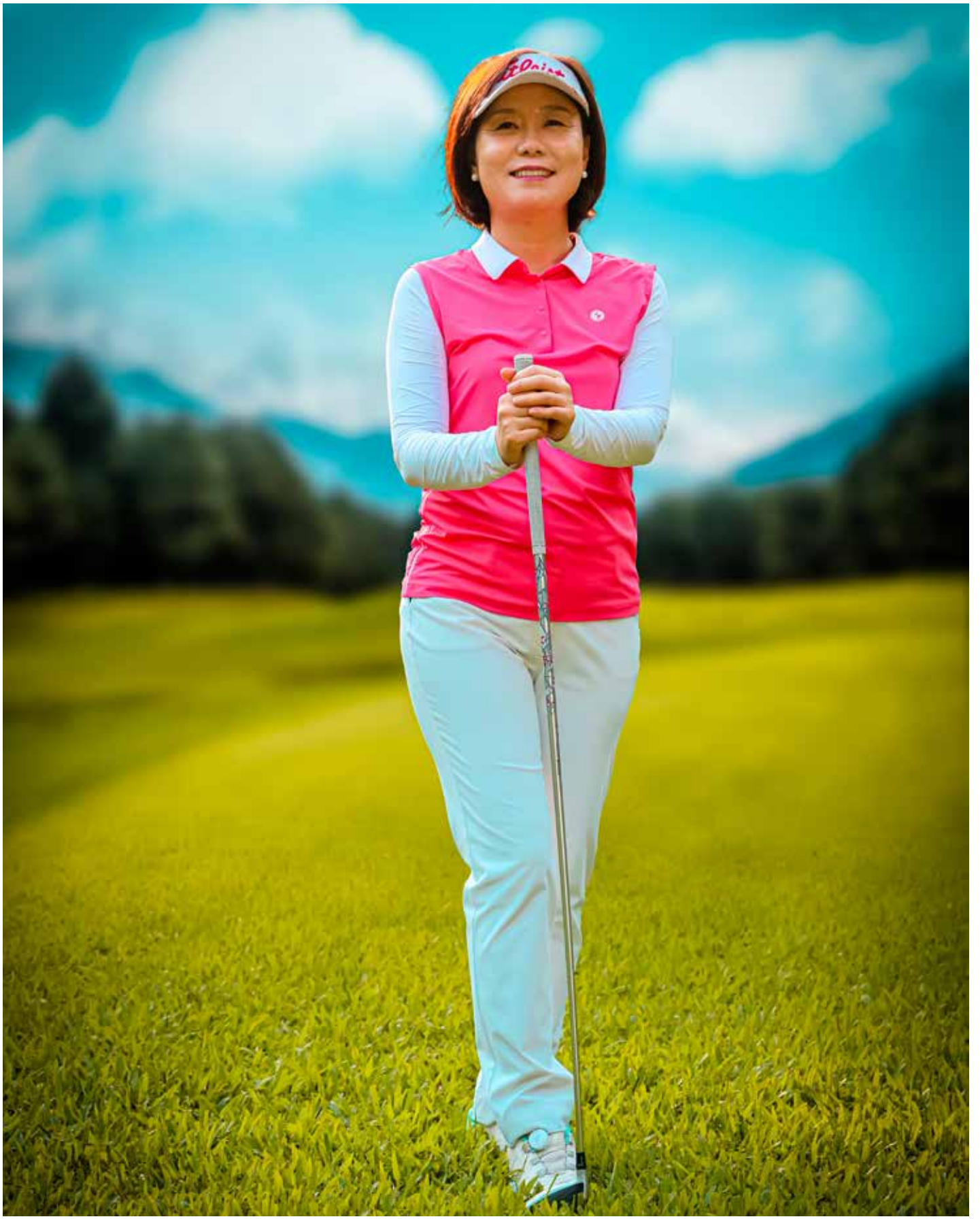
national leagues and they play almost around the year just like cricket in Bangladesh. There are 23 soccer teams playing in the so-called K-League. There are ten professional baseball teams playing in the KBO league. But there are other sports that Koreans are enjoying such as basketball and volleyball. Obviously, golf is also very popular in Korea.

What is the secret to the success of your career?
I don't know whether I can say that my career is a success or not. But I accomplished my dream to be a diplomat and have been in this career for more than 30 years now.

What would be your message to the youngsters who have just started their careers?
I would like to send them two messages that inspired my life when I was young.
First is a message from my church sister when I joined the military service in 1985. As you may know, it is mandatory for every Korean man to serve in the military. That time the sister's message which was "make your time in the military priceless which cannot be exchanged with mountains of gold." Until then, I thought that my time in the military is just for spending for the service of the country, not for myself. But I realised that any time I am spending is so precious that no time is meaningless.
Second message I cherish from my young days is that of the founder of the well-known Korean company Daewoo, Chairman Kim Woo-joong who passed away a few years ago. He said that history belongs to dreamers. As long as you dream, you are not getting old. If you don't have a dream, you are not young any more. But, if you have a dream, you are not old regardless of your age.
I can say the same to the young people, the young Bangladeshis.

South Korea has been a good friend and development partner of Bangladesh; what is your role to strengthen this enduring friendship?
My role, my mandate is to strengthen and deepen the friendly ties between our two countries. I have made various efforts towards this end since my arrival in Dhaka two and a half years ago with three goals in mind: diversification, elevation and generation. And now I am witnessing many positive developments and achievements.
My current focus is to prepare for next year, the 50th anniversary of the diplomatic ties between Korea and Bangladesh. It will be a milestone year to take the already strong relations between our two countries into a higher level. Among many plans, I am planning to organise together with the Korean community in Bangladesh, a Korea Cup Golf Tournament celebrating the golden jubilee of our two countries in Kurmitola Golf Club in the first week of March 2023.





GOLF GIVES ME A SENSE OF ACCOMPLISHMENT

LEE SONGLIM, THE WIFE OF LEE JANG-KEUN, THE AMBASSADOR OF THE KOREAN REPUBLIC TO BANGLADESH, A KEEN GOLFER OF KURMITOLA GOLF CLUB, TALKS ABOUT HER JOURNEY AND HER PASSION FOR GOLF, MEMORABLE MOMENTS AS WELL AS HER THOUGHTS AND PRESENTIMENT OF THE GOLFING COMMUNITY OF BANGLADESH.





How did you start golfing and who inspired you?
When I was 29, I was living in Morocco and I had two kids, aged 3 and 1. I was struggling with them and my mom lived far away from me. One of my neighbours, a Korean one, saw me and suggested I go outside and enjoy time out. Fortunately, the golf club was near my place.It was only five to ten minutes away.

Do you like the Kurmitola Golf Club?
Yes, it's very beautiful. Green and has pristine nature. Sometimes I hear birds chirping. Last week I saw baby monkeys. It is not an easy course. There are many ponds and the fairways are narrow. It is a challenging course.

How do you plan on influencing other women to play golf?
I strongly suggest any woman who feel stress and want to start outdoor activities to start playing golf. It is a good way to make friends and even do business.

Sometimes, the wives of staff in the Korean embassy ask me why I like golf. I think it challenges me and I feel happy when I make an accomplishment. I have to fight with myself. Sometimes I feel exhausted and feel like giving up before ending the 18 holes. But I fight with myself and end the course, which gives me a sense of accomplishment.

What is your golfing routine?
I go to the golf club four or five times a week. I watch YouTube tutorials on golf before going to the course and then practice at the range accordingly.

Do you and your husband play together?
Of course. He is my best golf buddy. We play together, usually on weekends. If we have a chance, we go abroad for golfing. When I started playing golf, he supported me with everything. He bought me expensive brand new set of golf kits. He found me a private driver to drive me to the golf course. He also pays for my yearly membership fee. I think he's a good husband (laughs).

Who plays better?
We both are poor golfers. But many spectators say I play better than him because I have more time to play. He can only play on weekends.

Do you have any message for female golfers?
Golf is not only for men. But in Bangladesh, I didn't find many ladies playing golf except in Kurmitola Golf Club. I would ask the ladies to go out and play and enjoy.

What would be your message to homemakers?
If anyone feels stressed, lonely and isolated, please go out and do outdoor exercise. I strongly advise them to go golfing. It helps physical and mental aspects of your life.

NUTS MAY HELP YOU STICK TO A HEART-HEALTHY DIET



Consuming nuts as part of a healthy diet may be beneficial to health. Nuts are high in unsaturated fatty acids and other nutrients. They are also great as a snack because they are cheap, easy to store, and portable. One disadvantage of nuts is that some are high in calories, so portion control is essential. However, choosing nuts over a less healthy snack may help you stick to a heart-healthy diet.

Nuts are widely praised for their delicious flavour and ease of preparation, but the flavour is not the only reason they are so popular. Scientists have long lauded the health benefits of including nuts in your daily diet.

There are numerous types of nuts. Raw mixed nuts typically include almonds, pistachios, cashews, walnuts, hazelnuts, etc. They are easy to find at almost any grocery store, and they are loaded with nutrients.

Health benefits:
Nuts are a nutrient-dense food that contains the majority of the vitamins and minerals the body requires. They are a major source of alpha-lipoic acid (ALA), and omega-3 fatty acids that have a wide range of health benefits, from reducing rheumatoid arthritis to protecting against Alzheimer's and dementia.

Loss of weight:
Nuts are mostly fats, which may seem counterintuitive for weight loss. However, the fats in nuts are almost entirely unsaturated, which means they make you feel fuller, allowing you to eat less over time. According to studies, people who eat nuts frequently have a lower risk of gaining weight than those who eat nuts infrequently.

Heart disease prevention:
Many studies have been conducted to demonstrate the beneficial effects of nuts on heart health. Eating nuts at least four times per week is linked to a lower risk of coronary heart disease and myocardial infarction.



Nuts are high in fibre, with almonds, hazelnuts, pistachios, and pecans among the best. A high-fibre diet has been linked to a lower risk of a variety of chronic diseases, including heart disease and diabetes. Increasing your fibre intake can also help to support and regulate your digestive function.
Polyphenols in nuts also help to keep our guts healthy by feeding the good bacteria that live there. They do this by fuelling the bacteria, allowing them to grow and multiply. Certain bacteria, in turn, produce short-chain fatty acids, which have numerous benefits for both our gut and our overall health.

Despite being a healthy food for many people, tree nuts are one of the eight most common food allergens and can cause allergic reactions, including severe anaphylaxis. Cross-contamination is a particular concern for those who are allergic to nuts and necessitates extra caution when eating out.

Reduce cholesterol:
Nuts also play an important role in cholesterol regulation. Experts discovered a link between eating nuts at least a few times per week and lower LDL cholesterol and triglyceride levels in the body. Lower risk of stroke or cardiovascular disease is associated with improved cholesterol.

Nutrition:
Nuts are high in vitamin E, which is a group of eight antioxidant compounds that help prevent cancer and osteoporosis.

Nuts are also great sources of:

- Folic acids
- Magnesium
- Potassium
- Calcium
- Phosphorous



ART ON WHEELS

EAST HIMALAYA RALLY

Words and photos: Ahbaar Mohammad

Destination Rally, a member of the Belgian federation of Classic cars, organised East Himalaya Rally, a 24 days 3,244 km adventure rally that drove through three countries, India, Bhutan and Bangladesh.

14 pre-1980 classic cars and two vintage bikes participated in the event, notable of them were a pre-World War II Lagonda and Bentley, a Jaguar XK150, two Porsche 911, an Austin Healey 3000, an Aston Martin DB6, a pair of Volvo Amazons, and a bunch of classics Mercedes. The motorbikes were a pair of BMW R80G/S. A Toyota Hilux served as support vehicles.

The group started out from Kolkata rally on 20 October 2022, heading North through the tea plantations of Darjeeling. The group entered Bhutan on day 9 and reentered India on day 14 in the state of Assam. The rally entered Bangladesh on the morning of 06 November.

In Bangladesh, the group had their first stop at DuSai Resort in Sylhet where they spent their first night. One of the 911, painted eggshell white, broke down after crossing the border and had to be taken to the resort on a flatbed. Almost all of the cars had issues digesting our local petrol, except for the DB6, which seemed to have no issue.

STARE, DROOL, WIPE, REPEAT



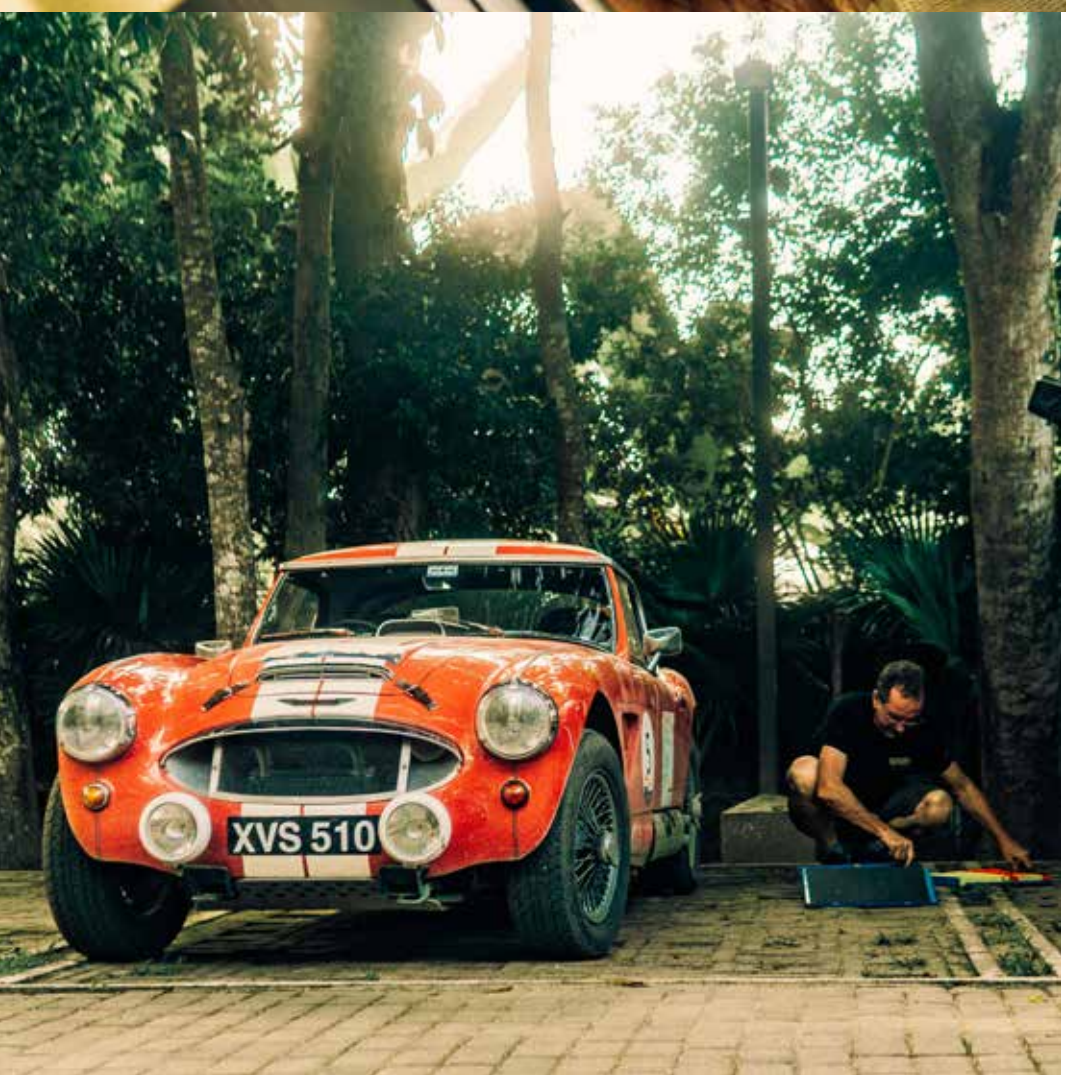







These photos: Fahim Uz Zaman





Driving these cars were 44 Europeans, most in their mid 60's and above. The oldest driver was 76 years old while the youngest one was 54 years. Originally, the rally was supposed to end in Yangon, Myanmar. But that plan was scrapped because of current events.





In Bangladesh, the group explored Sylhet, Moulvibazar, and Rajendrapur. They then visited Pabna and Jessore. Their trip through the country was largely uneventful, except in Pabna, where the group was heckled once by an elephant and its rider. They left the country on 11th November through the Benapole-Petrapole border.



It's great to have a support car. In this case a modern Toyota 4x4 known to eat the worst road conditions including that of Uttara, Dhaka. Of course, those trucks are not strong enough to carry the balls of steel needed to pilot these classics across continents.















Bruno Leunen, manager of Destination Rally and the rally director, said the team wants to return to Bangladesh in 2025. Before that, the team planned to go to Sri Lanka in January 2023.

8TH KSRM GOLF TOURNAMENT HELD



The 8th KSRM Golf Tournament-2022 was held at Bhatiari Golf and Country Club in Chattogram recently.

This year the tournament was participated by some 170 competitive golfers.

Major General Mizanur Rahman Shamim, president of Bhatiari Golf Club and GOC of the 24 infantry division of Bangladesh Army, was the chief guest at the closing ceremony of the tournament.

"Every year we organise this tournament in collaboration with KSRM which is a sign of our continuing bilateral relations. I sincerely thank the authorities of KSRM and hope the collaboration will continue in the future," said Mizanur Rahman Shamim in his concluding remarks.

"Such golf tournaments will play an important role from the national level to the international level," he added while extending his gratitude to those involved in the initiative.

The end of the ceremony was announced with a raffle draw and the distribution of prizes among the winners.

Bhatiari Golf & Country Club Vice President (Admin & Finance) Brig Gen KaziIftekharulAlam, KSRM Senior General Manager (Sales and Marketing) Jasim Uddin, General Manager of Business Research and Development Wing Colonel (Retd) MdAshfaqul Islam, General Manager (Human Resource & Administration) Syed Nazrul Alam, Media Advisor KSRM Mizanul Islam attended the event as special guests.

Also present were KSRM Senior Manager (Brand) ShahedParvez, Deputy Manager MoniruzzamanRiad, Assistant Manager Daniel Dewan, Senior Officers MizanUlHaque, MithunBarua, Mizanul Islam, Ashraful Islam and so on.



Winner Neaz Ahmed Bhuiyan receives the trophy from the chief guest

KENDA TIRES CUP GOLF TOURNAMENT HELD





The three-day long Kenda Tires Cup Golf Tournament was recently held at the Kumitola Golf Club.

Lt Gen Ataul Hakim Sarwar Hasan, SBP, SGP, ndc, afwc, psc, PhD, Chief of General Staff, Bangladesh Army distributed prizes as the chief guest of the closing ceremony.

A large numbers of participants and high civil and military officials with their spouses attended the function.

Lt Col Muhammad Nasir Uddin (Retd) of Savar Golf Club emerged as the overall champion while Air Cdre Md Siddiqur Rahman, BUP, afwc, psc (Retd) finished as the runner-up. Mrs Momotaj Begum of Army Golf Club became champion in the ladies section.





WINNERS OF TOURNAMENT:

Winner	**Lt Col Muhammad Nasir Uddin (Retd) Savar Golf Club**
Runner-up	**Air Cdre Md Siddiqur Rahman, BUP, afwc, psc (Retd)**
Ladies Winner	**Mrs. Momotaj Begum - Army Golf Club**



GEMCON VICTORY DAY TOURNAMENT HELD

The three-day long Gemocn Victory Day Golf Tournament concluded at the Kumitola Golf Club recently.

Colonel Md Khairuzzaman, BGBM (Retd) nicked the champion trophy while Mr. Zubayer M Shoeb finished as runner-up. Ms Fatema Rahman emerged as the ladies' winner.

Lieutenant General Md Saiful Alam, SBP, OSP, SUP, awc, psc, PhD, Quarter Master General of Bangladesh Army was present as the Chief Guest and gave away the prizes to the winners of the tournament on 09 December 2022 at the Banquet Hall of Kurmitola Golf Club.

Kazi Inam Ahmed, director of the Gemcon Group and other high officials of the company and of BGF and KGC were present at the occasion.



WINNERS OF TOURNAMENT:

Winner	**Col Md Khairuzzaman, BGBM (Retd)**
Runner-up	**Mr. Zubayer M Shoeb**
Ladies Winner	**Mrs. Fatema Rahman**











GCCC HOSTS 1ST DIRD GROUP GOLF TOURNAMENT



The 1st DIRD Group Golf Tournament was held recently at the Golf and Country Club of Cox's Bazar (GCCC), with the objective of promoting golf in the southeast coast area of Bangladesh.

Around 130 golfers including military and civil, senior management and executives from the corporate world had fun-filled three days at the event.

The highlight of the event was the support and participation from different clubs during the entire tournament and awards ceremony.

Speaking at the occasion, Nazrul Islam, director of DIRD Group, said, "We are excited to have organized a first ever golf tournament for the growing number of golf enthusiasts in our country while promoting the golf to the tourist area like Cox's Bazar. The passion of the DIRD Group management to conceptualise and execute something of this scale to create promotion for a worthy game is something we are all very proud of."

Major General Md Fakhrul Ahsan, President of GCCC said, "We are delighted that companies like DIRD Group from the corporate sector are coming forward to support and promote golf like ours and giving the needed encouragement for us to promote the golf through our Golf and Country Club of Cox's Bazar."







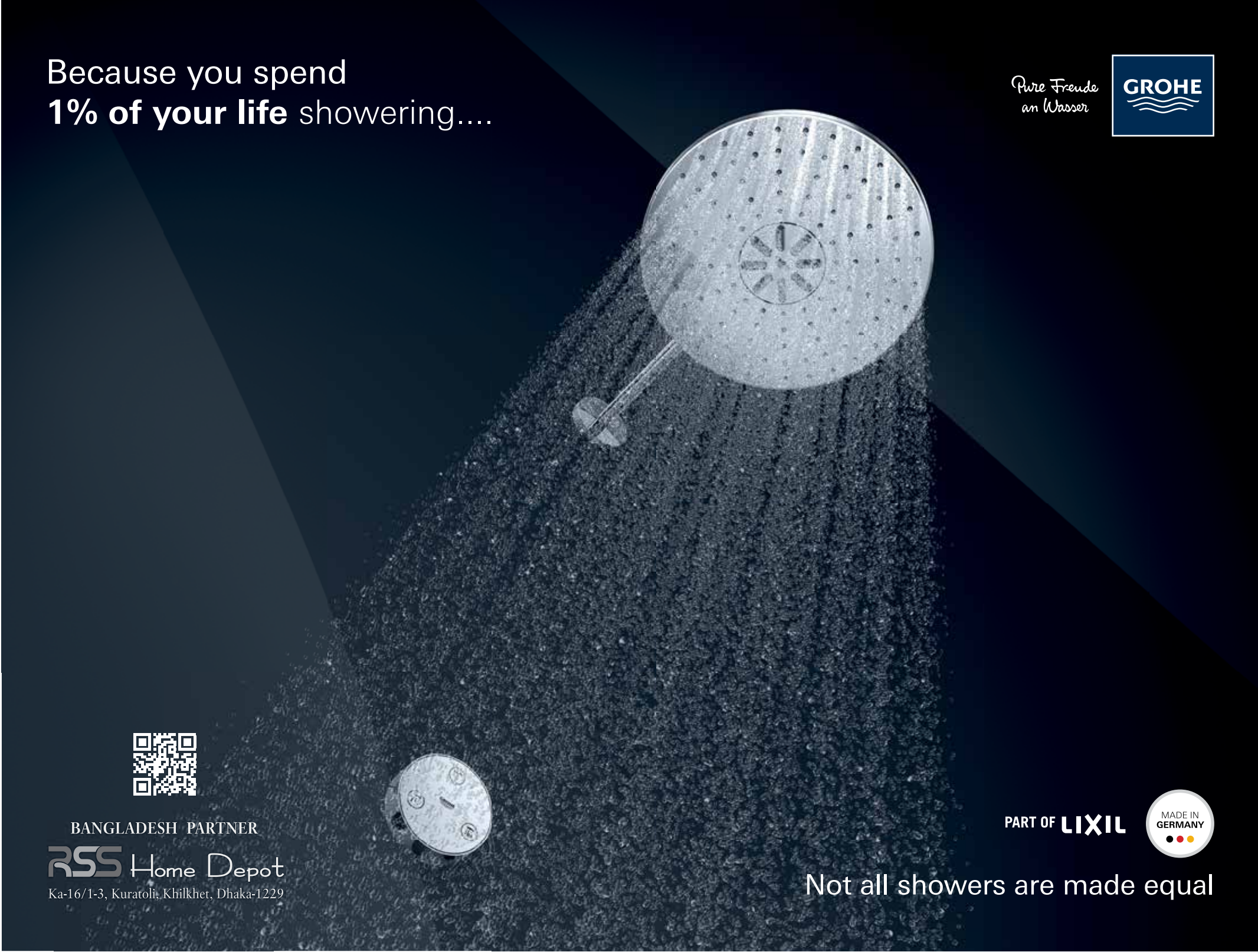


1st Dird Group Golf Tournament 2022

Galleries



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