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Cover Concept: Nazrul Hosen Ayon
Cover Model: TGH previous Issues
Cover Design: Repol Khisa

"We faced trouble from time to time, but as our sole focus was on helping promote the game, we overcame all adversities and only got stronger".



EDITOR'S CHOICE



Official launching ceremony of ThGolfHouse magazine in 2015 at Kurmitola Golf Club, Dhaka. From left, Managing Editor (TGH) Atique Anam, Editor & CEO (TGH) Nazrul Hosen Ayon, Sri Lankan Iconic golfer Mithun Perera, ace Bangladesh golfer Siddikur Rahman, KGC CEO Colonel (Retd) Sardar Hasan Kabir, Maj Khandaker Nurul Afser (Retd) Director Exim Bank & Chairman Afser Group.

Foreward

Dear readers,

Take our heartiest gratitude.
With your encouragement and the blessings of the Almighty, TheGolfHouse has successfully completed three years of its publication.

It still feels like yesterday when we had our launching, on the eve of the first Bashundhara Bangladesh Open in 2015. With some trepidation, we brought out the first golf magazine in Bangladesh. There were detractors as there were encouragers along the way, but we believed in the good work that we were doing. We faced trouble from time to time, but as our sole focus was on helping promote the game, we overcame all adversities and only got stronger.

The golfers, golf officials, golf enthusiasts and sponsors have always been by our side during this wonderful journey. We have learnt a lot of things along the way, and tried to rectify ourselves and become better.

We believe we have reached a strong footing and in the process helped get our golf to a strong footing as far as promoting the game is concerned.

With your cooperation and support, we would want to complete many a successful years of our publication.

Thank you.
See you on the fairways.

Nazrul Hosen Ayon
Editor

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The GolfHouse GOLFER'S LIFE

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A Paradise for Nature Adventure

Amongst the abundant natural tourist destinations in Indonesia, Raja Ampat is regarded as being the most beautiful. So stunning is the landscape here that it has gained international recognition.

Located off the Northwest tip of Bird's Head Peninsula on the island of New Guinea, Raja Ampat (which means four kings) in West Papua province is an archipelago. The Raja Ampat archipelago has four main islands of Misool, Salawati, Batanta, and Waigeo which are surrounded by over 1,500 small islands, cays, and shoals.

Forming part of the Coral Triangle, Raja Ampat offers sublime scenery of steep, jungle-covered islands, baking white-sand beaches, hidden lagoons, spooky caves, weird mushroom-shaped islets, and pellucid turquoise waters. It's this unadulterated beauty that attracts numerous tourists to the area.

Raja Ampat is also home to abundant wildlife and some of the world's richest marine biodiversity making it a diver or snorkeler's dream come true. It's not surprising that CNN acknowledged Raja Ampat, along with Komodo National Park, as one of the 11 best destinations in the world last year. The world's leading news website featured Raja Ampat at the top of that list.

"Experts say it's hard to find anywhere else in the world that compares, given it's got the world's greatest concentration of

marine life for a region of its size and 75% of all known coral species in the world.

A true marine oasis, the area harbors more than 1,000 different species of fish, sea turtles, sharks, and manta rays. “Snorkeling here means largely having the place to yourself as the isolated islands are scarce of people,” wrote CNN, which also placed Raja Ampat as number one on their list of “the 20 holiday destinations the experts say not to miss” and as one of “the 10 best dive sites in Asia”.



How to get there

First, fly to Sorong, the closest Indonesian city in West Papua and the gateway to Raja Ampat. Transfer to Sorong harbor to take a ferry to Waisai, the capital city on the main Raja Ampat island of Waigeo. From Waisai, you can get to any of the other islands.



When to go

Although a year-round destination, the best time to visit is during the dry period from April-October, which is by contrast to the rainiest period in western and central Indonesia. Because of Raja Ampat's tropical climate, rain can be unpredictable and fall at any time although this is much less frequent during the dry season. For the calmest waters and best visibility for diving, it is best to visit between November and March. From May to October, the Raja Ampat region receives the heaviest rain so it can make jungle walks treacherous.

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The Empire Hotel and Country Club is synonymous with a luxury golf holiday in Brunei. Only 15 minutes from Brunei International Airport and 20 minutes from Bandar Seri Begawan, a Jack Nicklaus' designed course forms part of Brunei's luxurious beachfront resort, The Empire Hotel & Country Club.



Along with the world-class course, the Empire Hotel & Country Club offers further sports and leisure facilities including floodlit tennis, badminton, squash, a fitness center, ten-pin bowling, billiards and snooker, an indoor spa pool, and a multi-purpose court.

The course is comprised of two nines that loop in opposite directions from the magnificent hotel complex. The lush fairways and tropical landscape are fringed by jungle and magnificent ocean views on the holes that trace the shoreline mean that golfers should try to enjoy a round during the day, but if that isn't possible, the whole course is floodlit for night golf.

Empire is where peace and serenity embrace the challenge of the game. Each hole encourages golfers to decide on finesse or unrestrained power when weighing up the options from the tee. Most of the holes have some stretches of tight fairway, large fairway bunkers, and undulating, well-protected greens.

The par-72 18 hole course with a length of 6,427 meters has hosted the Asian Tour's Brunei Open, Aberdeen Brunei Senior Masters on the European Senior Tour, and an Asian Development Tour event this year.

FACTFILE

Designer:
Jack Nicklaus

Open:
1997

Holes:
18 holes

Par/Distance : 71/ 6.427m (black tee), 6.057m (blue), 5.597m (white), 4.837m (red)

Status:
Open for play: 2005

Address:

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The GolfHouse GOLFER'S LIFE TURNS 4 YEAR



This issue marks a significant milestone for our publication: Three full years since we began. From our humble beginnings as Bangladesh's First Ever Golf Magazine, TheGolfHouse has grown throughout the years to become (officially) country's most read magazine.

Having been involved with the publication from the beginning on I've seen the magazine (and its team) grow rapidly throughout the years, and I'm extremely proud of what the entire team has accomplished—especially considering the strife that has plagued many other print magazines in this "digital age".

Indeed, our amazing success is living proof that a print magazine can not only survive in a digital world, but it can absolutely thrive and prosper.

Leading up to this monumental 3rd anniversary issue, we've been inundated with congratulatory videos, messages and emails from throughout the industry. We've included them in the following pages. It has been truly moving to see all the warm wishes and positive messages from across Bangladesh, and it has definitely inspired us to try even harder for the next 3/30 years!

Of course, as always, we'd like to thank our loyal readers, Bangladesh Golf Federation, Kurmitola Golf Club, Other Golf Clubs in our country and advertisers, for there continue support, and we're excited to see where the next 36 issues will take us!

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AZIZ AHMED

President of Bangladesh Golf Federation (BGF) And Kurmitola Golf Club, Dhaka

Golf is a truly global sport, which is played and followed all around the world. It is a sport that not only has its value on the field, but one that adds tremendous value to building a person's physical and mental character.

Although golf is not as widespread in Bangladesh as the developed nations, it is heartening to see that the game is making a great headway. The Bangladesh Golf Federation is doing a commendable job in taking the game forward despite facing so many challenges.

It is also pleasing to see that TheGolfHouse, a magazine solely dedicated to golf, is working together with the other stakeholders to promote and spread the game throughout the country.

I congratulate all the members of TheGolfHouse magazine for their selfless work and dedication.



A K M ABDULLAHIL BAQUEE

Senior Vice President, Bangladesh Golf Federation And Vice President of Kurmitola Golf Club, Dhaka

Since sports magazines are not widely circulated in Bangladesh, I would say this is a very courageous initiative to publish a magazine focusing exclusively on golf. I thank and congratulate all the people involved with this magazine. I hope as the first and only golf magazine in Bangladesh, the good work will continue in future and will keep promoting golf. I hope this initiative will encourage more youngsters to take up the game.



S M Matiur Rahman

President, Junior Division of BGF

This year, TheGolfHouse is celebrating three years of it'spassionate dedication to the promotion of golf and various golf related events. I extend my warmest greetings to the readers of TheGolfHouse on its 3rd anniversary. The magazine is an invaluable resource for all golf lovers who consider important to stay abreast of current events in golf. It is a very good media that promotes golf admirably.

To commemorate this event, and to best demonstrate the obvious enthusiasm that has persisted these years, TheGolfHouse team has prepared this special issue, which I am certain has many delightful surprises for its readers.

I would like to thank and congratulate the Editor and others who are associated with this publication for their dedication and devotion which has made The GolfHouse today a true ambassador of our golf family. I hope, this wonderful magazine will continue to promote golf and golf related events for many years to come.

ISPAHANI Blender's Choice

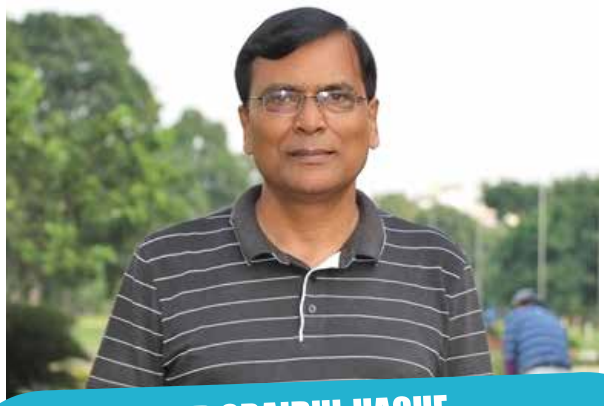
Savour the world-class tea



QUAZI SHAMSUL ISLAM

Secretary General, Bangladesh Golf Federation And Club Captain of Kurmitola Golf Club, Dhaka

I congratulate TheGolfHouse Magazine on successful completion of three years of publication. It has established itself as one of the best sports publications in the country through hard working and determination. Golfers eagerly follow this magazine, and get useful tips and opinion regarding their game. I wish luck to the team and hope that there will be more in-depth stories on current and upcoming golfers. I hope the magazine will continue to portray a positive image of Bangladesh golf nationally and internationally.



MOHD OBAIDUL HAQUE

Chief Executive Officer of Kurmitola Golf Club, Dhaka

Heartiest congratulations to TheGolfHouse magazine on its third anniversary.
TheGolfHouse has been doing a wonderful job in promoting clubs, golfers, golf officials and other people who are giving their best for the game without expecting anything in return. Due to its contribution, the magazine has already established itself as a leading light in sports publication in Bangladesh.



MD MOHIUDDIN SIDDIQUE

Rector, Bangladesh Golf Academy (BGA)

I would just like to take a moment to congratulate TheGolfHouse and their team of dedicated professional staff, who have been fabulous in helping to promote Bangladesh golf and Bangladeshi golfers.
Since 2015, TheGolfHouse has played an important role in getting the golfing message to the heartland of the Bangladeshi golfing community.
Congratulations on your 3rd anniversary edition and keep up the good work TheGolfHouse.

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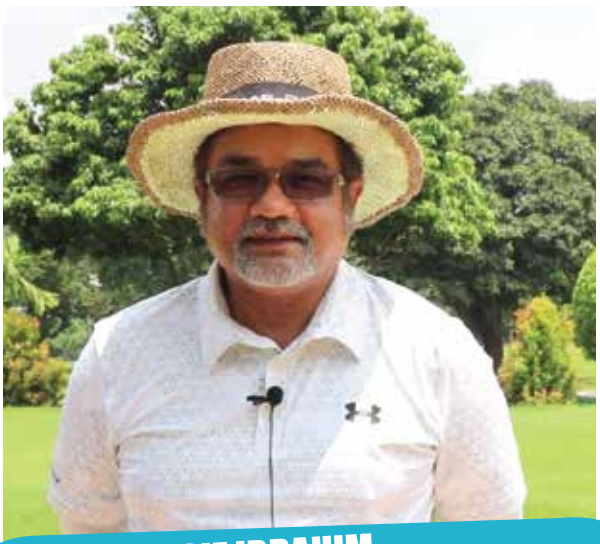


ASIF IBRAHIM

President of BPGA

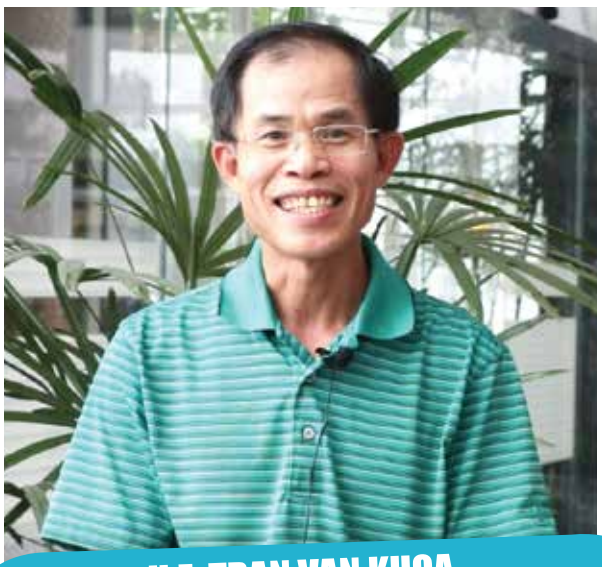
I wish to extend my congratulations to TheGolfHouse magazine on their third anniversary. TheGolfHouse is the first golf magazine of Bangladesh. They have done well in last three years and I wish them all the best going forward as goes golf in Bangladesh. We need magazines like TheGolfHouse to come forward and project the image of golf of Bangladesh to rest of the world.



MD MASUD RAZZAQUE

President, Rangpur Golf and Country Club

Congratulations to Ayon and the TheGolfHouse team on the historic release of the 3rd anniversary edition. A great supporter of the industry for 4 years now, TheGolfHouse has played an integral role in connecting the industry with Golf Club Members nationally and globally.



H.E. TRAN VAN KHOA

Ambassador of the Socialist Republic of Vietnam

Congratulation for the third anniversary of TheGolfHouse. I wish TheGolfHouse will have great success in the future.



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ARSHAD JAMAL DIPU
Vice President of BPGA

Congratulations on this amazing milestone!
This is a full credit to yourself and the team you have developed over this amazing journey. The magazine continues to mature and always brings new innovations into the space.
From my experience TheGolfHouse is always a pleasure to deal with, a very professional company which maintains a very personal touch.
I look forward to continue this great relationship.



SIDDIKUR RAHMAN
Iconic Professional Golfer

I very vividly seen my mind just before the first Asian Tour in the 2015, the first golf magazine was stepping in. I still remember I was present in the inauguration of this magazine along with Srilankan star golfer Mithun Perera and we really felt very encouraged as that was the first time that this kind of magazine on golf have been published in Bangladesh. As a golfer that was very encouraging for me. TheGolfHouse boosting Bangladesh Golf to the international forum that we have an international slandered golf magazine regularly published in Bangladesh and I was part of it. I am sure it is going to see its sun very soon and very brightly. I wish all the best to it on its 3rd anniversary and all the people working dedicatedly behind it. I always feel that I am a part of it and a family member of TheGolfHouse.



CHUAH CHOO CHIANG
Senior Director, PGA TOUR

I would like to express my utmost congratulations to TheGolfHouse on your third anniversary. The game of golf requires vast support from various stakeholders including the media for it to grow and your publication has played a big role towards promoting this wonderful sport in Bangladesh and across Asia. Through every word and image published in TheGolfHouse, it goes a very long way to tell a story that will inspire many people to learn the game or to further excel in a sport that promotes integrity, excellence, honesty and sportsmanship. Congratulations once again for your success and I wish you the very best as you continue to play a role to grow the game of golf.

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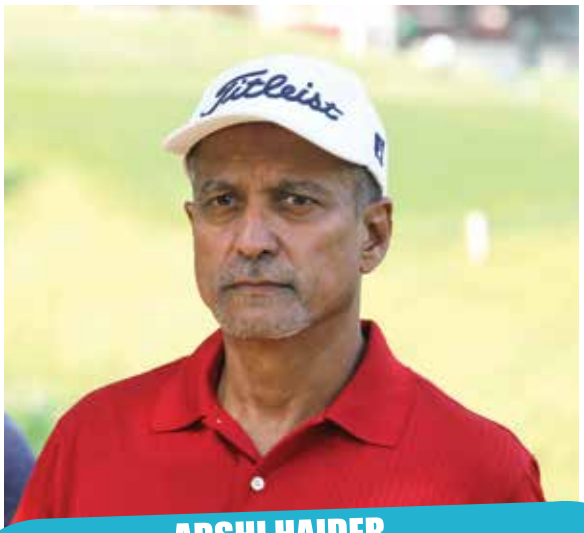
MOMIN UD DOWLAH

Managing Director & CEO, Eon Group of Industries Ltd.

I would like to congratulate TheGolfHouse and their dedicated team for successful completion of three years! We found their presence beside us particularly with The Leadbetter Golf Academy Bangladesh in many occasions.

TheGolfHouse has played an important role in promoting golf news to the Bangladeshi golfing community and created a pathway for future improvement.

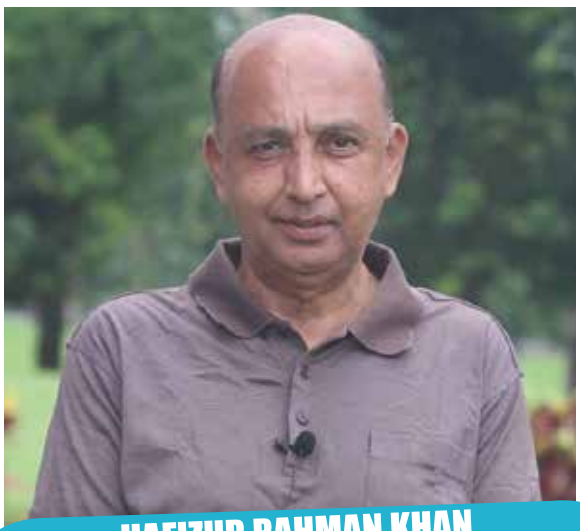
Further congratulations on the 3rd Anniversary Edition of TheGolf-House. Good luck!"



ARSHI HAIDER

Chairman of bti

Heartiest congratulations on the 3rd Anniversary of TheGolfHouse magazine. I have noticed the progress made by Golf House over the last three years and commend you and your team for your efforts. I wish Golf House great success in the days to come.



HAFIZUR RAHMAN KHAN

Chairman of Runner Group of Companies

All the best wishes for TheGolfHouse magazine. You have successfully completed three years. We are very proud of the magazine. Thank you and best wishes again.

ISPAHANI Blender's Choice

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SAFWAN SOBHAN

Vice Chairman of Bashundhara Group

Congratulations to Nazrul Hosen Ayon and the TheGolfHouse team on their 3rd Anniversary. The magazine has certainly developed over the years and with a lot of hard work has become an outstanding resource for Bangladeshi golfers. I can remember that the magazine was started from the Bashundhara Bangladesh Open 2015. I take pride to see TheGolfHouse moving forward.



KHANDAKER NURUL AFSER

Chairman and Managing Director of Afser Group of Bangladesh

Hearty congratulations to Nazrul Hosen Ayon and the team at TheGolfHouse on the 3rd anniversary of a publication that is not just a magazine … it's an institution in golf.

TheGolfHouse is essential reading and it is also an important resource for the golf-loving masses, with its informative reads and truckloads of information.

It has become a huge part of the fabric of Bangladesh golf clubs the length and breadth of our country. It's hard to imagine any golf club without a few copies of TheGolfHouse being browsed in the lobby pro shop.

So, bravo to TheGolfHouse on 3 wonderful years, and happy birthday!



YASMIN RAHMAN

Director, Paragon Group

Congratulations on this tremendous milestone for TheGolfHouse Magazine.

Your publication distribution and grass roots approach with your magazine is a great contribution to the game of golf and we especially love the local content, updates and information TheGolfHouse continues to provide.

Thank you for a great working relationship with many years to come and congratulations again on achieving this great milestone.



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KEDAR LELE

CEO, Unilever Bangladesh

Congratulations to TheGolfHouse magazine. You have done a great job. Keep rocking.



MAHMUDA CHOWDHURY

Lady Captain of KGC

I'm very honored to join the three years anniversary of TheGolf-House. I would like to thank the editor and his wonderful team for such good work. Running a magazine and taking all the latest news is very difficult. I like this magazine specially because at a glance, I come to know what's happening in the golf world, who's coming up the ladder. It's really wonderful. More and more players are coming to the sport and I thank TheGolfHouse for that. I wish them all the best.



SAMAUN ANJUM AURONI

1st Female Professional Golfer of Bangladesh

Best wishes to TheGolfHouse for three years anniversary. You have successfully completed three years. We are very proud of the magazine. Thank you and best wishes again.





LT COL MD KAMRUL HASSAIN (RETD)

CEO of Rongdhanu Group

TheGolfHouse, the first magazine related to golf which started its journey three years back. I'm glad to know that they completed these three years with achievement in short period of time. I wish them all the best for the next coming days.



MONWARUL ISLAM

Senior Golfer

I must congratulate TheGolfHouse for its Third anniversary. From the beginning of the magazine I was with them. I believe it will go forward in future



SAREK RAHIM

Managing Director of Jeans manufacturing ltd

Every month we have the opportunity to know more about golf and many information about the game, thank to TheGolfHouse that started three years back. We also get international golf news. I would like to take the opportunity to thank the magazine for that. Wish them best of luck and hope that they can continue more years to come.



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Manzur Qader
Vice-president, Tiger Golf Club

FOREIGN EXPATS AND DIPLOMATS TAKE A GOOD MEMORY FROM BANGLADESH



Manzur Qader is the current vice-president of the Tiger Golf Club. The club set up eight years ago, works to make a bond between local golfers and foreign expats and diplomats. It organises tours around the country as well as overseas tours so as to ensure the bonding between the members grow stronger. Mr. Manzur, during a recent interview with TheGolfHouse, spoke about some of the ideas and plans regarding the club.

Q&A

Tell us a bit about the Tiger Golf Club.

Tiger Golf Club started its journey in 2009/10. Basically the members of this club are foreign expats, diplomats and local enthusiasts. The first president of TGC was Brunei ambassador and then it was followed by a number of other ambassadors. The current president is the ambassador of Vietnam HE Tran Van Khoa, I am the vice-president and Mr Kedar Lele is the Golf captain from India.

What was the motivation behind setting up such a club and what are your activities?

The idea of setting up the club was to promote golf in Bangladesh and also provide scope to foreigners to play. we are quite successful to attract foreigners to join the club. We have trained quite a few expats, especially diplomats and we are grateful to KGC for extending their facilities in this regard. We conduct tournaments regularly. We also arrange farewells in the form of golf tournament to those who leave the country. On average we are having at least 2/3 three tournaments in each quarter of the year. Diplomats and expats take home good memories of Bangladesh and Bangladesh golf. We have also a program of organising tournaments in different countries. We have so far done it in three countries with all the members of the club. We went to Indonesia, Vietnam and Bangkok. Lot of diplomats, expats and local enthusiasts participated in those tournaments. Normally the foreign ministry of the host country and their tourism ministry extend their support to us to organise such event.



What is the benefit of having such clubs?

As I said this club features foreign expats and diplomats as well as local golfers. We encourage diplomats and foreigners so that they can have a place to relax and enjoy their time in golfing.It helps us to get into contact with different people from different countries. They also help exposing Bangladesh and our golf in different countries. By this time we are greatly successful to create a very good bonding among the local club members and foreign members. However, apart from golfing activities as part of social responsibilities we provide support to caddies and ball boys. We have created health insurance for them; time to time we provide money for their education. We also provide winter clothes to the caddies and ball boys during the season.

How did you personally get involved with golf?

I started playing golf in 2003 from Bogra Golf Club. interestingly just after couple of weeks of my practice I made a hole-in-one! When caddy shouted I myself did not believe it until I and my golf mates saw the ball physically in the hole! I fully realised it was just mere luck but still It boosted me to pursue the golf seriously. Though I could become a very serious golfer but I am a very keen and enthusiast golfer till to date! I love to see more golfers joining us.

Who are your favourite golfers abroad and at home?

Certainly Tiger Woods is my favourite. Siddikur is good and there are others coming up.

And your favourite golf course?

Certainly Kurmitola Golf Course and Bhatiary in Chittagong. I was one of the developers of the Mainamati Golf Club; I developed the back nine. Among golf courses abroad, I played in number of golf courses. Every course has its unique entity and characteristic.

What is it that attracts you most about golf?

It's an absolutely individual game and even if you're not a serious golfer, you can enjoy the time socialising. People can talk around the course while playing, socialise and make friends. That's the best part for a non-serious golfer.

What do you think is the future of Bangladesh golf?

Bangladesh golf's future is very promising. The BGF and golf academy are taking a lot of initiatives. I am very optimistic. We are also supporting tournaments and trying to create new golfers.

TheGolfHouse promotes the tagline that golf will be the second biggest sport in Bangladesh by 2025. What role can media play to make this happen?

Media plays a vital factor for any promotion or development in any sector. Since golf is yet to be popular countrywide, media can certainly play a vital role in promoting the game.

What is your impression of the TheGolfHouse magazine?

TheGolfHouse is a lovely effort. This is the first magazine of its kind in Bangladesh. For the last three years, they have been doing an excellent job. I will say the way the magazine is taking initiatives; golf promotion will surely go a long way in Bangladesh.

Do you have any message to those who are not yet involved with golf?

I will always invite people to learn golf. This is an individual game which not only helps you physically and mentally, but also will help people socialise and make new bonds. Enjoy golf; enjoy the social bonds and the natural beauty of golf clubs.



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PUMA IGNITE PWRADAPT The cleats sit in pods that shift as you move. So if you have a sidehill, uphill or downhill lie, they'll adjust independently of one another to give you more complete contact with the ground.



TRUE LINKSWEAR ORIGINAL This is a zero-drop shoe, meaning the heel and ball of your foot are on the same level. That fosters a more natural, barefoot-walking feel. But the waterproof leather upper keeps your feet dry.



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CALLAWAY LAGRANGE The cutouts in the outsole allow the shoe to move with the natural motion of your foot throughout the swing. The top of the insole is softer for comfort, and the bottom is firmer to provide extra stability.



NEW BALANCE MINIMUS tour The first Minimus model with cleats features a waterproof upper that fuses two materials to make it light, supportive and stitch-free. The rubber sole's flexibility provides more control.



BIION PATTERNS A lightweight, flexible rubber midsole and upper make these shoes form-fitting and responsive, almost like you're playing barefoot. The upper is available in various patterns with 69 holes for ventilation.



G/FORE BROGUE KILTIE GALLIVANTER The upper is made from waterproof leathers, and the kiltie is removable. On the inside, there's a removable foam cushion sockliner and a mesh lining to provide breathability and comfort.



SKECHERS GO GOLF ELITE V.3 The shoes were designed to have low drop, common in running shoes. The golf function comes from the extra-stable plate on the bottom, visible through the translucent, spikeless outsole.

KURMITOLA GOLF CLUB
Dhaka Cantonment
Dhaka-1206, Bangladesh

01715063989
8:30am to 5:30pm

5 THINGS EVERYONE SHOULD KNOW TO PLAY GOLF

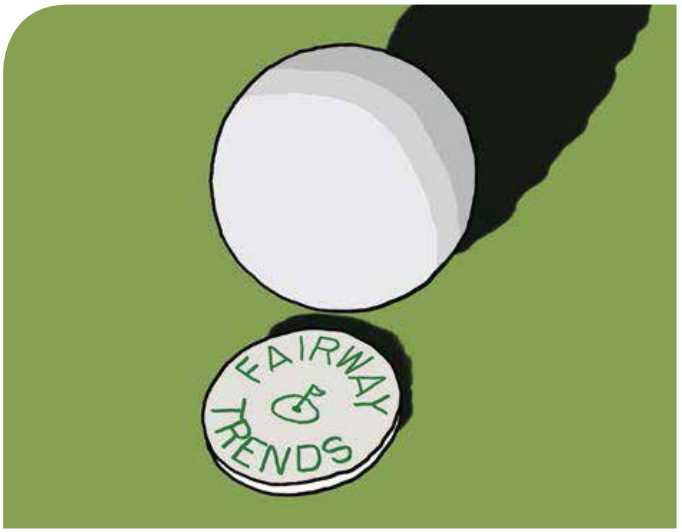
A large part of playing golf is following the rules to ensure a fair and fun game for everyone. Here are six simple things you should know how to do if you're heading for A ROUND OF GOLF.



HOW TO TEND THE FLAGSTICK

On the green, the person in your group whose ball is closest to the hole has the responsibility of handling the flagstick. Before you or your playing partner does this, you should check with the golfer whose ball is farthest away whether or not they want the flag tended. If they decline, just remove the flag and put it somewhere that does not interfere with anyone's line of putt.

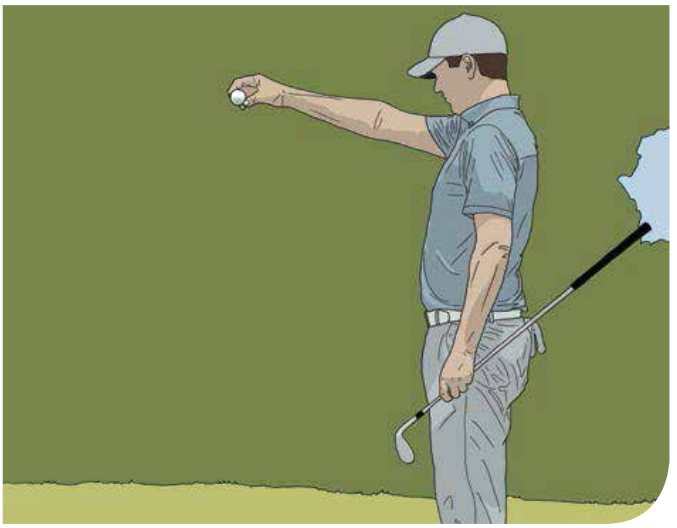
If they want you to tend, stand to the side of the hole and hold the flagstick with your hand over the flag to prevent it from flapping. When the ball is heading toward to the hole, pull the flagstick out of the hole completely. Remember, your playing partner will incur a two-stroke penalty if his ball hits the flagstick which is being lifted, so don't do it too late



HOW TO MARK YOUR BALL

After your ball is on the green, you should mark your golf ball. It can be done with a small coin or ball marker. Put the marker just behind your ball before picking up the ball. You can place the ball back on the green in its original location when it is your turn to putt before picking up the marker again.

If your marker is in the way of a playing partner's line of putt, you should ask them if they want you to move it. If they want it moved, choose a tree or another stationary object to line your ball marker up with and then move it a putter head or two to the right or left. After your playing partner has putt their ball, you should return your ball to its original spot—not where you moved your marker — before putting.



HOW TO TAKE RELIEF

You are allowed to take relief without penalty from cart paths, ground under repair, and casual water. When the life of a player's ball, his stance, or the area of his intended swing are affected by one of these situations, the player is allowed to lift and clean his ball then drop the ball within one club-length of the spot where the player has complete relief.

This is how to take relief:

1. take your stance, avoiding the interference, no nearer the hole
2. Decide where your clubhead would lie. If you like this stance, mark this point with a tee
3. Drop at this point or within one club-length of it, no nearer the hole.



HOW TO REPAIR A BALL MARK

Sometimes a ball lands on a green and leaves a dent. There is a very easy step to fix this so that you leave the green in as good a condition as you found it. Using a divot repair tool or a tee, stick it into the turf area on the edge of the mark. Gently lever up the compacted soil to raise the dented area. Do this a few times, circling the entire ball mark. Finally, use your putter to tap down the turf so it is level with the rest of the green. You are also allowed to repair ball marks that are on your line. But remember, you are not allowed to repair spike marks.



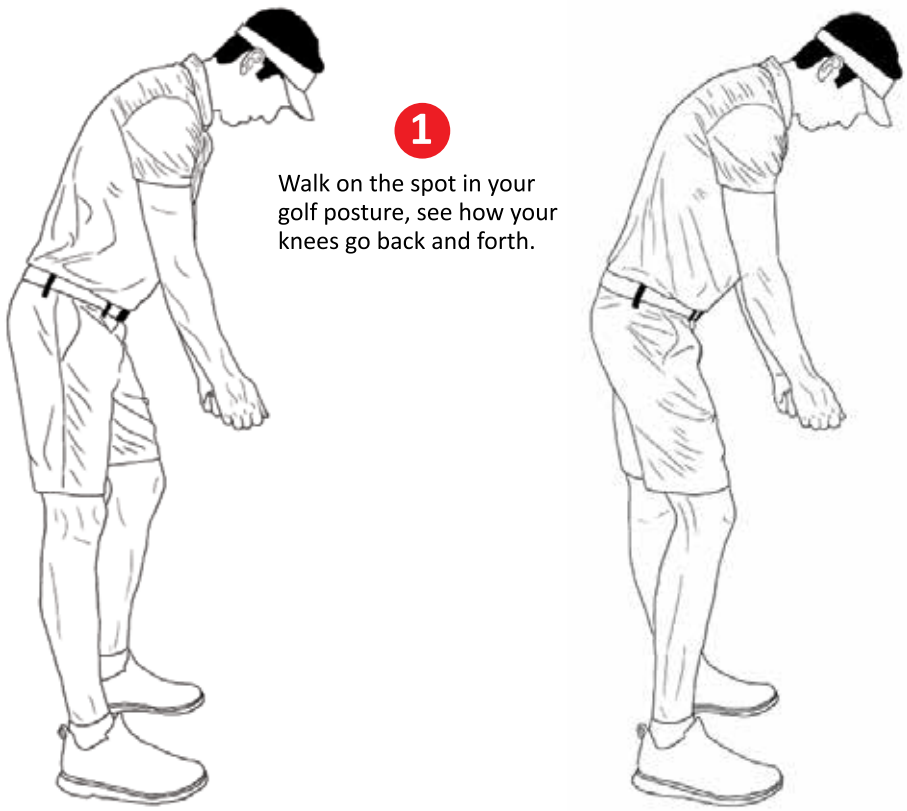
HOW TO RAKE A BUNKER

You have an obligation to keep a bunker in good shape after hitting a shot from the sandy hazard. You must rake the area you hit, where you stood, where you walked, and even clean up any mess made by someone else. Simply rake the sand toward you as you walk backwards to exit the bunker.

WALK YOUR WAY TO A BETTER SWING

Turn, rotate, wind-up, shift, sway, resist; they are all words you may have heard to describe what you should be trying to do in your golf swing. I use these words on a daily basis to help students understand what they are trying to feel in their golf swing and to accelerate progress and improvement to their technique.

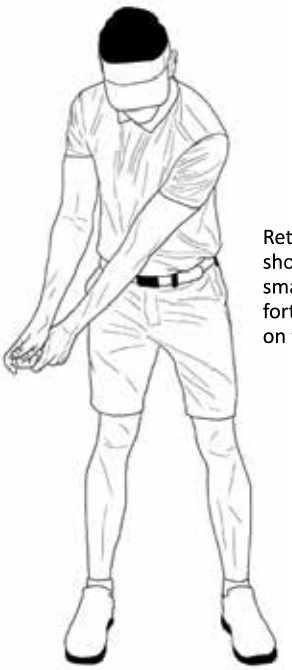
As the coach, I cannot always be present when you, the student, practices, so I try to provide concepts that will help you understand what you need to feel when you are by yourself. The simplest way I have found for golfers to understand the motion of their lower body is to have students imitate walking on the spot without lifting their feet from the ground. If you try it, you'll notice that your right knee goes backwards and your left knee goes forward and then vice versa. This movement also causes your hips to rotate and you should notice how the right hip goes backwards and upwards as the left hip goes forwards and downwards. This motion mimics the movements that are present in a good golf swing. Now all you need to understand is the role of your arms and wrists which is to swing the club back and forth. There is no lifting involved and definitely no pushing to try to make the swing wider. When this movement is made correctly, your body stays in the same position and doesn't move too far left or right. Follow the following three steps for a simple exercise to improve your swing:



1

Walk on the spot in your golf posture, see how your knees go back and forth.

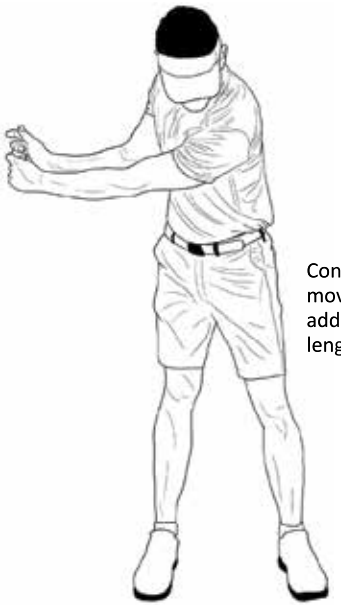
"The simplest way I have found for golfers to understand the motion of their lower body is to have students imitate walking on the spot without lifting their feet from the ground."



2

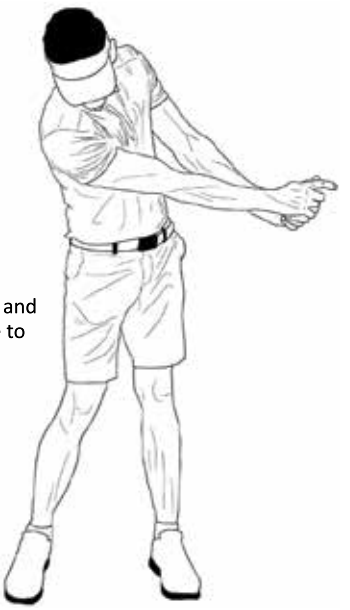
Retain the triangle of your shoulder and arms and make small movements back and forth as you continue to walk on the spot.





3

Continue with the movement in step two and add a small wrist hinge to lengthen the swing.



When done correctly this will create a ¾ motion that will give you the feeling of your body pivot and should start to synchronize the arms, wrists, and club with it.

3rd ANIVERSERY SPECIAL

PICTORIAL HISTORY OF THEGOLFHOUSE



Official launching ceremony of ThGolfHouse magazine in 2015 at Kurmitola Golf Club, Dhaka. From left, Managing Editor (TGH) Atique Anam, Editor & CEO (TGH) Nazrul Hosen Ayon, Sri Lankan Iconic golfer Mithun Perera, ace Bangladesh golfer Siddikur Rahman, KGC CEO Colonel (Retd) Sardar Hasan Kabir, Maj Khandaker Nurul Afser (Retd) Director Exim Bank & Chairman Afser Group.

TheGolfHouse editor meets Mr Murali Nair Founder of TheClubHouse magazine in Malaysia, discussing about prospects of initiating the golf magazine in Bangladesh.



TGH editor Nazrul Hosen Ayon in a pre-publishing meeting with Brig Gen Salim Akhter (Retd), Director, Development, Bangladesh Golf Federation, Col (Retd) Sardar Hasan Kabir, Ex CEO of Kurmitola Golf Club.

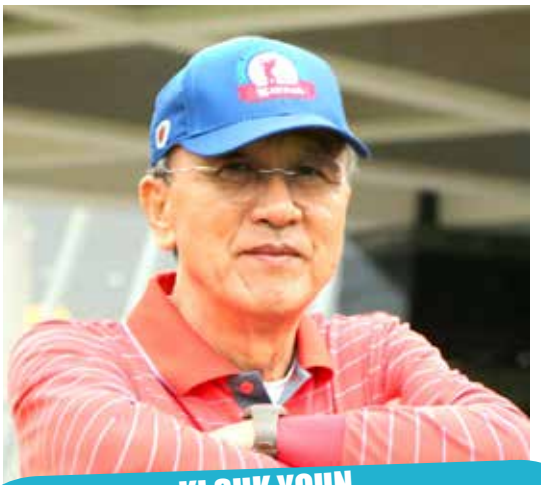


TheGolfHouse team on giant crane capturing the first bird's eye view photos of Kurmitola Golf Club.



TheGolfHouse in its first publication process at printing house.





KI SUK YOUN
Owner, Golf Mart Ltd.

On behalf of Golf Mart Ltd., I would firstly like to congratulate the team at TheGolfHouse on attaining its 3rd anniversary – a wonderful achievement in this technological age!
TheGolfHouse has proven to be a vital communication tool for so many organisations and clubs in the golf industry and we hope it continues to thrive and prosper.
Please also record our appreciation to all your advertisers who play such an important part in keeping this great publication "on the shelves" for members of golf clubs throughout the country.
Onwards and upwards!



MUSAWATH SHAMS ZAHEDEE
Director, Radiant Pharmaceuticals Limited

Congratulations to TheGolfHouse. It's been three years. I remember when the magazine first came out and time just fly so fast. The magazine is doing a wonderful job. I wish TheGolfHouse all the best for their good work and keep supporting golf the way they have been.



MD ATAULLAH
Managing Director of Consumark Promotions Limited.

Congratulations TheGolfHouse Magazine on your 3rd year anniversary. TheGolfHouse has been a great asset to golfers over the years. The magazine keeps people informed of all that are happening in the golf industry local and international. I learned to play golf from golf tips in a magazine many years ago and know that many players read the golf instructions pages for the same reason on TheGolfHouse. It's a magazine for young players wanting to start their game right through to seniors needing some helpful advice. Well done on your success.



FARHAN AHMED KHAN
Managing Director, of Multi Sports Ltd.

Congratulations to Nazrul Hosen Ayon and the team at TheGolfHouse for their continued success in golf publishing.

The support you have provided to all branches of the Bangladesh golf industry is without peer. The publication reaches across all providers and consumers of golf products and services. It gives us tremendous reach into our customer market and it is great to see it so widely available in golf clubs around the country.

We look forward to a continuing partnership with a pillar of the golf publishing industry. I wish you every success for the next 3-30 years.

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SHAWKAT UZ-ZAMAN

Senior GolfeR

I am extremely happy to learn that TheGolfHouse has been in publication for three years. That put Bangladesh golf in the map. I wish them all the best in all the future endeavors. They pointed out many things in golf which people didn't know about. I wish them well for years to come.



MAHMUDUR RAHMAN CHOWDHURY

Managing Director of ISSIT ltd. And Director Operation, BPGA

Congratulations to Nazrul Hosen Ayon and his team at TheGolf-House on 3rd birthday. I take pride to see you moving forward. TheGolfHouse is the pioneer golf magazine in our country.

What you have achieved in three years is quite remarkable. TheGolfHouse is most informative and has something for every golfer.
Nazrul Hosen Ayon, thank you very much for your contribution to golf in Bangladesh. Insh Allah you will go long.



MH SAMAD

Veteran Golfer

Congratulation to TheGolfHouse on this fantastic achievement and wish them lots of luck for the future.



MUHAMMAD ALAMGIR

President of Cadet College Club

Happy Anniversary, TheGolfHouse. It is rare in life to truly combine business with pleasure but TheGolfHouse team really manage to make doing business rewarding and fun. This publication has stood the test of time and everyone at Sporte Leisure wish you all the best for this amazing milestone. Congratulations.



AMZAD HOSSAIN

Director of FBCCI

I would like to congratulate TheGolfHouse for completing three wonderful years. I wish them all the success in coming years. But the most important thing is TheGolfHouse take the initiative to launch such ideas in Bangladesh that nobody dared to think off. And the magazine set a landmark by running successfully three years. Now others are following TheGolfHouse. But the way TheGolfHouse passed three years is just extra-ordinary. It's not only popular in our country but also abroad. I have seen the magazine in various foreign clubs and for that I like to thank TheGolfHouse.



SYED SHAKEEL AHAD

Manager, PAGD and Training of Beximco

I'd like to congratulate the Nazrul Hosen Ayon and the team at TheGolfHouse on reaching a significant milestone of their 3rd anniversary.

In the digital age it's good to see a print publication going from strength to strength. Not surprising really, Nazrul Hosen Ayon and his team offer a great product but more importantly back it up with good customer service. All the best for the next 3-30 years TheGolfHouse.



TANVIR SHAHRIAR RIMON

CEO of Ranks FC Properties Ltd.

Wish you a very happy third anniversary to TheGolfHouse. It's a wonderful magazine, its get up, make up, everything is top notch. I believe this is not only a golf magazine; rather it's a corporate magazine. I always wait eagerly for the next issue. Despite of having lots of challenges from on line magazines, I believe and I wish this magazine will sustain long time with its pride and prestige.



AMID SAKIF KHAN

Asst. Director of Runner Motors Limited

Congratulation to TheGolfHouse for three years anniversary. Best wishes from me and my company. Hope the magazine will run successfully for more years to come.



MALIHA AHMED
Chief Design Coordinator, Nupami BD Ltd, Porcelanosa Associate

Happy third year anniversary to TheGolfHouse. We expect much bigger and better things from you in years to come.



NEELA AZIZ
Amateur Golfer

TheGolfHouse has completed its third year and I wish it will get more success.



MS. CHITRA
Amateur Golfer.

Many congratulations to TheGolfHouse magazine on their third anniversary. And I wish them all the best.



UK BANGLADESH GOLF SOCIETY

TheGolfHouse, Congratulations on your three years anniversary. It's very interesting what you are doing and we like it very much. So keep it up. We are UKBGS, we are all here to congratulate you and wish you all the luck.



ARITZ IZURA
CEO of Nupami BD Ltd, Porcelanosa Associate

Congratulations to TheGolfHouse for the third anniversary. We wish you all the success in the future.



N. RAJASHEKARAN
MD & CEO of Citi Bank NA

I would like to congratulate TheGolfHouse on their third anniversary. I think it has been really tough to start a golf magazine in Bangladesh. But now, when I see the output of the magazine, I think it's very nice, encourages the golfers and focusing everything around golf. That's why I wish TheGoolfHouse all the very best as you go forward.



GP CAPT MD MAMUNUR RASHID
Air Defence Weapon Controller, Bangladesh Air Force

TheGolfHouse has completed successfully three years of its publications. I wish the team all the best and looking forward for better publications.



AHSANUL HAQUE MIA
Amateur Golfer

Basically TheGolfHouse is an extraordinary magazine in Bangladesh. It started about three years back. Very informative and at the same time very inspirational magazine for our country. I wish all the success of this magazine.



BRIG GEN MD ABDUL MUKIM SARKAR
Deputy Chief Coordinator, Padma Bridge Railway Link

Congratulations to TheGolfHouse on its three years anniversary. I wish them more success, devolvement and overall improvement.



XIAOPING GUO
Sales Director, Huawei Bangladesh

I am very happy that TheGolfHouse has completed three years successfully. I wish TheGolfHouse be better and better in future. I think it will be more popular in Bangladesh.



MUSHTAK LUHAR
General Manager, Peninsula Chittagong

I wish all the very best to TheGolfHouse for its third anniversary. And I admire what they are doing for golf in Bangladesh. They are working hard to make golf the second most famous sport in Bangladesh, so all the best for that.



MONIRUZZAMAN REYADH
Brand Coordinator of KSRM

Congratulation to TheGolfHouse and its team. I wish them all the best on their target to make golf second best sport of the country.



KAMARUL AZMAN BIN NUSI
Asst. Imm. Attache, High Commission of Malaysia in Bangladesh.

Happy third anniversary to TheGolfHouse magazine. I wish the team all the success.



Abul Kalam Azad
Executive Director of Knitwear Creator Ltd.

I just came to know that TheGolfHouse has completed its three years journey in golf industry. Currently Bangladesh golf has come up in such position where we can see the peoples are developing their game. And in terms of popularity, golf is a popular game in Bangladesh. I believe TheGolfHouse has significant contribution to take the golf in this stage. I wish them all the best.



CALVIN CHOO
project manager, IRIS Corporation

Congratulation to TheGolfHouse magazine and the team for the third anniversary. I wish you every success for years to come. Thank you.



ISMAIL HOSSAIN
Professional Golfer

Congratulations and greeting to TheGolfHouse for the third anniversary.



RAHAT TAHSIN POROSH
Professional Golfer

Heartfelt congratulation to TheGolfHouse on its third anniversary. The magazine has done a very good job sponsoring golf both to amateur and professional golfers. I wish the team a grand success for the future.



SHAKHAWAT HOSSAIN SOHEL
PROFESSIONAL GOLFER

Best regards to TheGolfHouse for completing three years. The magazine has been promoting golf for last three years and I wish they keep doing it. Thank you.



BADAL HOSSAIN
Professional Golfer

Congratulation to TheGolfHouse for its third anniversary. I would like to thank the team for helping us and stand with the both professional and amateur golfers. Thank you.



REZAUL KARIM
Professional Golfer

Wishful greeting to TheGolfHouse for its third anniversary. I wish them a great future as well.



SEHTAB IRAM AHMED
Junior Golfer

Congratulations to TheGolfHouse for the third anniversary. I wish they provide more content on junior golf. Thank you.



MAJ YOUSUF REZA (RETD)
Amateur Golfer

Happy anniversary to TheGolfHouse, the first ever magazine that was made for Bangladesh golf. The magazine is doing excellent job, especially for the development of golf, amateur golfer and particularly for the professional golfers. This magazine gives moral encouragement to the golfers of the country. So thank you very much and wish you all the best.



SHADMAN SAKIB
Junior Golfer

Congratulation to TheGolfHouse on its third anniversary. I wish the post more stuff on junior golf.



ISHRAK MAHMUD CHOWDHURY
Professional Golfer

I have been a part with TheGolfHouse for the last three years. I would like to congratulate them for completing their third year. I have seen them doing great things to golf and the golfers. I would like to wish the success for the future.



SYED YASSAR RAHMAN
Professional Golfer

I want to congratulate TheGolfHouse for Its third anniversary. And they have done very well last three years. And I wish them very good luck for near future.



AZIZUL ISLAM
Amateur Golfer

I think TheGolfHouse magazine has contributed a lot for the improvement of golf in Bangladesh. The magazine is working relentlessly. The magazine have completed three years and going on its fourth. I wish it will get more success and will reach to every people of Bangladesh. That would be pleasant for us. Wish you all the best TheGolfHouse.



ZAMAL HOSSAIN MOLLAH
Professional Golfer

Congratulations on the third year anniversary of TheGolfHouse.



SAZIB ALI
Professional Golfer

Thank you to TheGolfHouse magazine for completing three years. It has always been beside us, helped us and I think if you continue to do so then we will definitely improve our golfing skill.

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NEW KING OF THE WORLD



Justin Thomas of the United States plays his shot from the third tee during the second round of THE PLAYERS Championship on the Stadium Course

Photography : Getty Images

After 65 weeks on top, Dustin Johnson had to hand over his World No. 1 crown to a player who has risen over the last two years.

May 11 will be a day that Justin Thomas never forgets. Despite finishing T-11 in the Players Championship, Thomas finally overtook Dustin Johnson to claim the World No. 1 spot. The title is a big deal for the 2017 PGA Champion.

It's been a long but steady road to the position of best in the world for Thomas. Two years ago, Thomas had only had a single victory on the PGA Tour and he ranked 35 in the world in October 2016 after finishing T8 at Safeway Open. From that point, he began his steady rise through the golf world's most elite ranks. A five-win 2017 season helped Thomas gain major ground in the Official World Golf Ranking. Beginning the season in the 22nd position, he finished in 3rd place by the end of 2017. A minor wobble saw him drop back a spot at the beginning of 2018, but a victory at the Honda Classic followed by a runner-up fnish at the WGC-Mexico Championship moved him to second.

After making a few unsuccessful attempts at overtaking Dustin Johnson for World No. 1, Thomas finally earned the spot after his Players Championship result.

"I'm very proud to have gotten there, but it means more to me how long I can hold it," said Thomas, as quoted by the Associated Press. "I have to continue to work hard with how well so many guys are playing."
Thomas is the 21st player, and seventh American, to reach No.



1 since the world ranking began in 1986 and was helped by his five victories last year, including the PGA Championship and a FedEx Cup playoff event. The 25-year-old is the fourth-youngest player to hold the top spot in the OWGR.

Now that he's reached the pinnacle, he's got a new task to work on: holding his position at the top. It may be difficult to reach the top, but with so many good players looking to dethrone you, it's even harder to stay there. Only a handful of players have been able to successfully maintain their reign as World No. 1 for a continued period of time since the inception of the OWGR. The most notable and successful of course being Tiger Woods who held it for a record 281 weeks between 2005 and 2010, breaking his own record of 264 weeks between 1999 and 2004. Others who kept a grasp on their crown were Nick Faldo and Greg Norman, who held the spot for 81 and 96 weeks, respectively.

Johnson's 64-week stay at No. 1 was the longest by any player since Tiger Woods.

Rory McIlroy, Jordan Spieth, and Jason Day didn't last more than two weeks at No. 1

"I'm very proud to have gotten there, but it means more to me how long I can hold it."



Justin Thomas of the United States walks with Jordan Spieth of the United States on the 18th hole during the first round of THE PLAYERS Championship on the Stadium Course

when they took the seat for the first time. The new king of the golf world hopes he can do better. "I want to have it for a really long time because that means I'm playing better than everybody else for an extended period of time," said Thomas, as quoted Sky Sports. "I would feel deserving for how I played, but at the same time, get hot for a year, a couple of years or two years or something, have it, and then fall off the map, that doesn't really mean a whole lot to me.

"To have it and then be done with - like DJ has and like Tiger did and other guys who have had it for a long time, that's more of a goal of mine as opposed to just having it," added Thomas, as quoted by the Express.

Of all the top players vying for the chance to knock Thomas from off his throne, Spieth is a heavy favorite to do so. The US Open will be the first chance for Spieth to attempt to disrupt Thomas's efforts to defend his position. Despite bad results at the US Open last year, Spieth has a better record than Thomas at the second major of the year. Just a week later, the players will head to TPC River Highlands, Cromwell, where three-time major champion Spieth will be defending the trophy he claimed last year. The next stop is the Open Championship, the oldest major, which was Spieth also won last year.

So, Thomas will have a busy schedule and a tough battle to widen the distance of points in the OWGR and hold off other would-be kings.

Thomas's Ranking Statistics

Event	Finish	Rank After
• THE PLAYERS Championship	T11	1st
• Wells Fargo Championship	T21	2nd
• Masters Tournament	T17	2nd
• WGC - Dell Technologies Match Play	4	2nd
• WGC - Mexico Championship	2	2nd
• The Honda Classic	1	3rd
• Genesis Open	T9	4th
• Waste Management Phoenix Open	T17	4th
• Sony Open in Hawaii	T14	4th
• Sentry Tournament of Champions	T22	4th

7th American as World No. 1

Tiger Woods	683 weeks
Dustin Johnson	64 weeks
Jordan Spieth	26 weeks
Fred Couples	16 weeks
David Duval	15 weeks
Justin Thomas	3 weeks
Tom Lehman	1 weeks



Justin Thomas and his caddie Jimmy Johnson talk on the tenth fairway during the third round of the Honda Classic

The GolfHouse GOLFER'S LIFE

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SHANGHAI TO HOST FIRST LPGA EVENT

Shanghai will host an LPGA event for the first time in October. The Buick LPGA Shanghai will take place on October 18-21 at Qizhong Garden Golf Club. The tournament sponsor, SAIC-GM Buick, has committed to a five-year period and announced the event with the LPGA and WME | IMG China.

" Buick Golf is a long-term, high-end sports platform constructed by Buick. Buick LPGA Shanghai begins its first five years, marking a new peak of Chinese Women's Golf Championship, which is wholly supported by Buick. We hope that through this event, we can help Chinese players accumulate more experience, keep forging ahead, and realize their golf dream," said Ye Bao, General Director of Marketing Department of SAICGM Buick, in an LPGA Tour press release.

The inaugural event offers a purse of US$ 2.1 million and the field will consist of 62 of the world's top-ranked players on the LPGA Money List, 15 from China Ladies' Professional Rankings, and four sponsor invites.

The 72-hole stroke play format tournament will span over four days with no cut and is sanctioned by the China Golf Association, the LPGA, and the CLPGA.

China's first lady of golf, Shanshan Feng, attended the announcement event. "I am very honored to be here to make this announcement of the exciting new Buick LPGA Shanghai. I am so proud to represent China as I play all around the world, but it is particularly special to be able to welcome all my friends on the LPGA to my homeland for such an exciting new tournament. I can't wait for October," said Feng, who is the first Chinese player, male or female, to win a Major and be ranked No.1 in the world.

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SIX NOTABLE DEBUTS

Looking back on both the amateur and professional debut performances of top players provides a fascinating insight into their rise to global sporting stardom. Although some of the hotly anticipated professional debuts were not as wildly successful as some people expected, they still form an interesting part of each player's story. Here's a closer look at seven of golf's most famous names with notable PGA Tour debuts.



JACK NICKLAUS

Before turning pro at the end of 1961, Jack Nicklaus qualified for five US Opens as an amateur. His first US Open appearance was in 1957 at age 17 when he missed the cut at Shinnecock Hills. Still an amateur at the 1960 US Open at Cherry Hills, Nicklaus finished as runner-up, just two strokes behind winner Arnold Palmer.

Nicklaus made his PGA Tour debut as a professional at the 1962 Los Angeles Open. The 21-year-old Golden Bear made the cut, but finished last, in a tie for 50th. In his 17th start, Nicklaus won for the first time after defeating Palmer in a playoff at the US Open. It was the first of Jack's four US Open titles and the first of his record 18 Major wins.

TIGER WOODS



Tiger Woods was just 16 years old when he made his debut on the PGA Tour at the 1992 Nissan Los Angeles Open. He missed the cut with a total of 5-over, 147, for 36 holes. His amateur debut in Major events was the 1995 Masters; Woods tied for 41st place as the only amateur to make the cut. After winning three consecutive US Amateur titles, Woods turned pro at the age of 20 in August 1996.

Tiger's professional debut was at the Greater Milwaukee Open in 1996. He tied for 60th that week on 7-under. Woods won for the first time at the Las Vegas Invitational. Wood's pro-debut in 1996 drew more media attention than any other pro before or after him on the PGA Tour.

Photography : Golf Channel | Getty Images | Kingdom Golf | golfmonthlyuk



PHIL MICKELSON

Phil Mickelson embarked on his first PGA Tour round as an amateur in the 1988 Shearson Lehman Hutton Andy Williams Open. He missed the cut there with rounds of 74 and 71. In his sixth PGA Tour start, Mickelson, who was still an amateur at age 20, won the 1991 Northern Telecom Open in Tucson. He became only the sixth amateur to win a tour event.

His pro debut was in the 1992 US Open at Pebble Beach where he failed to make the cut after scoring 81 in the second round. In his 15th PGA Tour start, Mickelson won the Buick Invitational of California at Torrey Pines.

SERGIO GARCIA



The 2017 Masters champion Sergio Garcia made his debut in the 1996 Open Championship as an amateur. Garcia, who was just 16 years old, shot 76-73 to miss the cut.

Garcia turned pro immediately after claiming the lowamateur title at the 1999 Masters. In his first start on the PGA Tour as a pro later that year, Garcia finished tied for third at the GTE Byron Nelson Classic. His first PGA Tour win came in the 2001 MasterCard Colonial, but Garcia won the European Tour title in his sixth start in 1999.



RORY MCILROY

As an amateur, Rory McIlroy made his debut in a European Tour event a few days after turning 16 but failed to make the cut. He was one year older when he made the cut for the first time at the 2007 Dubai Desert Classic. At the 2007 Open Championship, his debut in a Major event, McIlroy claimed The Silver Medal, tying for 42nd place.

McIlroy turned professional on September 18, 2007. At the Quinn Direct British Masters, which was his first start as a professional, McIlroy finished 42nd. His first PGA Tour start as a professional was at the 2009 WGC-Accenture Match Play Championship, where he tied for fifth. His first PGA Tour victory would come at the 2010 Quail Hollow Championship, his 17th start overall.



JORDAN SPIETH

Jordan Spieth captured everyone's attention at the 2010 HP Byron Nelson Championship. As a 16-year-old amateur, Spieth finished in a tie for 16th on 4-under that week. What's interesting is that Spieth had requested an exemption to the Byron Nelson in early 2010.

Nineteen-year-old Spieth turned professional midway through his sophomore year at the University of Texas. His first PGA Tour event as a pro was the Farmers Insurance Open, where he missed the cut, early in 2013. Six months later, on July 14, about two weeks before his 20th birthday, Spieth won the John Deere Classic in his 16th start of his first year as a professional. The Texas star came to the Deere as a special temporary member. He finished the event with a full PGA Tour membership and a two-year exemption.



ASIA'S EMERGING GOLFING TALENTS
THEY ARE HERE TO STAY AND GO FOR THE GOLD

By Chuah Choo Chiang

If all roads lead to Rome, it would be an apt sporting analogyto accedethat all fairways meandering across the world of golf will steer thedreamers and gifted into golfing heaven that is known as the PGA TOUR.

Representing the pinnacle of professional tournament golf, the PGA TOUR undoubtedly attracts the greatest golfers on the planet which now includes a cosmopolitan line-up of 88 international players from 27 nations.

Interestingly, each member has undertaken unique journeysbeginning from different starting pointsbut eventually reaching their ultimate destination. And many will attest that Tiger Woods has been another majorinspiration in their bid to shoot for the stars.

For Asia, a growing legion of young and exciting talents from South Korea, China, Japan, India and Chinese Taipei are now realising their American dream, with big-hitting Kiradech Aphibarnrat being the latest. Kiradech has garnered sufficient FedExCup points to virtually become the first Thai golfer to earn a PGA TOUR card for the 2018-19 PGA TOUR season.



The 28-year-old Kiradechbegan his golfing adventure on the Asian Tour where his success led him to the European Tour. From there, he secured multiple victories to gain entry into the World Golf Championshipsandtwo top-fives in the WGC-Mexico Championship and WGC-Dell Technologies Match Play have since paved his way tothe PGA TOUR this year.

In the case of Japan's rising son Hideki Matsuyama, the 26-year-old simply skyrocketed into the big league in 2013 after amassing six top-25s in seven starts to earn his card via the non-member category. His talent was for all to see after he won the Asia-Pacific Amateur Championship twice(2010 and 2011) and he has since won five times on the PGA TOUR, including two World Golf Championships tournaments.

Other Asian aspirants have ventured on windier routes. One such golfer is South Korea's Byeong Hun An, known better as Ben An. He learned to play the game when he was five despite both parents being Olympic Games medallists in table tennis and as his interest in golf grew, he was sent to the United States at15 to attend school and undergo the golf programme at the IMG Academy at Bradenton, Florida.

In two years, not only did he learn to speak and write in English, An sensationally won the prestigious U.S. Amateur, becoming the youngest champion in the tournament history. A college career at University of California-Berkeley ensued but the powerful South Korean cut short his college stint as he knew professional golf was his calling. An failed in his first attempt at PGA TOUR Qualifying Schooland landed on the European Challenge Tour, sending him to the far reaches at destinations such as Kenya, Azerbaijan, Oman and Kazakstan.

However, the hard knocks on Europe's secondary circuit toughened him up and An's class eventually shone as he played his wayonto the European Tour, and then breaking through with a massive win at the 2015 BMW PGA Championship at Wentworth. In the following year, he produced five top-25s in 14 startsto earn his PGA TOUR card through the non-member category and the amiable South Korean has continued to knock on the door to a first victory in America, coming agonisingly close in June when he lost in a playoff to Bryson Dechambeau at the Memorial Tournament.

"The PGA TOUR is the ultimate. I was always prepared to move up slowly. I lost my European Challenge Tour card in the first year, went back to Q-school and then finished 30th and fourth to earn my European Tour card. And now I'm on the PGA TOUR. It's worked out," said An.

In contrast, Zecheng 'Marty' Dou's path began at home, with the PGA TOUR Series-China, one of three development tours run by the PGA TOUR, playing a pivotal role.As a six-year-old, helearned the game in Vancouver where he spent five years in Canadawith his family as his father wanted he and his sister to learn English and experience Western living. Doustarted winningjuniortournaments including the World Junior 13-14 age-group, represented-China in the Asian Games, dreamed of playing alongside Woodsand turned professional at a tender age of 17 after accepting an invitation to compete in the WGC-HSBC Champions in Shanghai.

Withthe PGA TOUR Series-China prospering, the teen phenom swept all before him in 2016, winning four times to earn playing rights on the Web.com Tour in the U.S.His career continued to trend upwards when he made history by winning the Digital Ally Open outside Kansas City last July, which made him the first Chinese to win on the Web.com Tour. He finished 16th on the money list to become the first golfer from mainland China to earn a priceless PGA TOUR card.

"It's like a dream come true as since I was young, I've always wantedto be on the PGA TOUR. It's been 12 years of practice and a lot of hard work. You have to give up a lot of your own things, your hobbies," said Dou, who is an avid E-sport gamer and a regular user of WeChat to keep in touch with family and friends in China.
Chinese Taipei's C.T. Pan, into his second season on the PGA TOUR, also took the development tour route.Following a strong amateur career where he was a four-time All-American at the University of Washington, he competed on the Mackenzie Tour PGA TOUR Canada and quickly won twice in 2015. After gaining 'promotion' onto the Web.com Tour, the 26-year-old registered seven top-10s to finish 11th on the money list tosecure his PGA TOUR card. He enjoyed three top-10s in his rookie season last year and has seven top-25s to date in 2018.

"I thought I had to spend a few years on Web.Com, but if you look at my pro career, it took me 15 months to get onto PGA Tour, which I'm happy about. It's my dream. I always felt I belong on the PGA TOUR," said Pan.

From growing up incities like Taipeiand Vancouver and then competing in destinationssuch as Toronto, Muscat and Nairobi, the likes of Pan and a growing band of Asian rising stars have shown there are more than just one way to get onto the PGA TOUR.

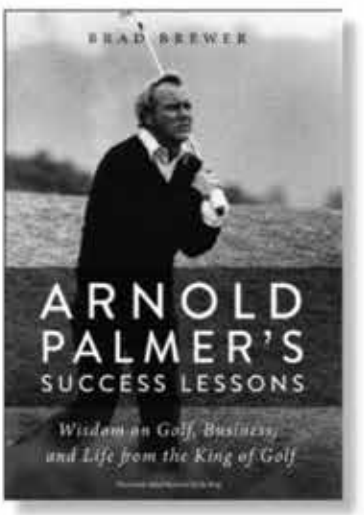


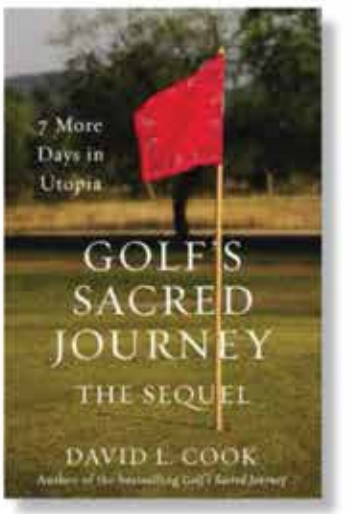
Chuah Choo Chiang is senior director, communications of the PGA TOUR and is based in TPC Kuala Lumpur, Malaysia.

Summer Reading

FAITH ON THE FAIRWAYS

Two Books Play Up The Game's Spiritual Side





ARNOLD PALMER'S SUCCESS LESSONS

BY BRAD BREWER

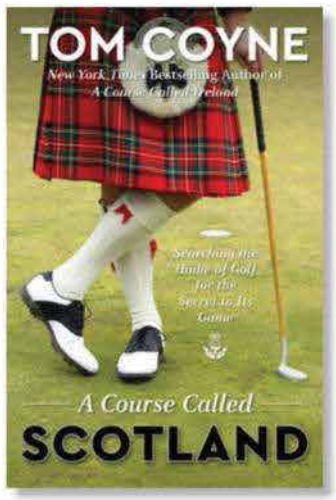
GOLF'S SACRED JOURNEY: THE SEQUEL

BY DAVID L. COOK

Golf Tips Top 30 instructor and longtime teacher Brad Brewer has re-released his book Mentored By The King with a new title, but no less respect and admiration for his dear friend, employer and, yes, mentor, who died in October 2016. Brewer ran Arnold Palmer Golf Academy for two decades before opening a school of his own in Orlando, modeling his approach toward golf and life after the King and absorbing, up close, as much of Arnie's common-man magic as he could — his mix of power and grace, of conidence and humility, of deep respect for the game and his never-ending quest to conquer it with work ethic and unquenchable spirit. With a breezy, conversational writing style broken into short, pithy chapters punctuated by motivation quotes from Mark Twain, Winston Churchill, Zig Ziglar and many others, Brewer uses anecdotes and direct Arnie quotes to illustrate how to turn challenge into triumph, on and off the course, through optimism, self-belief, dedication, gratitude, consistent practice, embrace of risk and unwavering faith. He never gets preachy; rather, he puts his observations and recommendations for better golf and brighter living through the dual lenses of common sense and all-too-uncommon reverence for life and our God-given potential. Arnie left us with the feeling that we knew him personally, but Brewer truly did know him. In this book he generously shares their relationship as fellow golfers and simple men while offering a road map for enjoying the game more than ever, a la The King. In the original installment in what's become a Golf's Sacred Journey franchise, mental coach, entrepreneur and author David L. Cook established his teaching credo of "freedom in the chaos" via two characters — a hot-headed young Texas pro named Luke Chisholm and an award-winning teaching pro-turned cowboy-sage Johnny Crawford, whose Utopia ranch stands at the crossroads between earth and heaven, fear and faith, despair and destiny. Crawford is matter-of-fact, rough-hewn yet soft-hearted conduit between humans and their true potential, a horse-whispering wise man who, in the irst book, teaches Luke an unconventional putting technique that puts him on the verge of winning the Texas Open while also coaxing Luke to confront and conquer his fears. Cook doesn't reveal if the inal winning roll drops, but in this book we quickly discern that it did — qualifying Luke for the U.S. Open. Luke returns to Utopia for a tune-up and Crawford throws him more soul-opening curve balls — how to initiate the golf swing in a new and unusual way while releasing letting what he calls the "dream seed" grow into belief in one's self as a worthy child of God. As he prepares for the biggest tournament in the U.S. irmament, Luke meets several other "teaching" characters and comes face to face with a familiar foe, the world No. 1 nicknamed "TK the Lion" who was also a Crawford acolyte in days past. Turns out the Open itself is only incidental to Cook's Bible-backed message of what's really important in life, on and off the course. The book's conclusion includes a somewhat off-putting sales pitch for the Face-On Putter and a pilgrimage to the actual "Utopia" in Texas — this is America, after all — but in his quest to reconnect golfers with their all-but-forgotten dreams and kindle the kind of faith that can carry them to their best selves, Cook's heart is in the right place.

GOLF'S SACRED JOURNEY: THE SEQUEL

A Stirring Saga Set In Golf's Birthplace

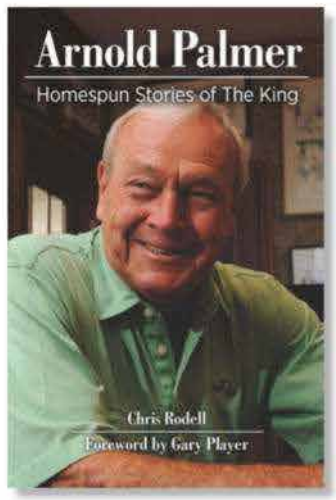


A COURSE CALLED SCOTLAND

BY TOM COYNE

The long-awaited sequel to Coyne's uproarious travel saga and golf nut memoir, A Course Called Ireland, almost didn't happen at all. Since penning that book based on his hilarious hike around the Emerald Isle, in which he played every links course in 120 days while lugging his sticks on foot, Coyne had settled into a comfortable life as husband, father, university professor and writer (he'd also spent a year and a half trying to make the PGA Tour for his book Paper Tiger). But a phone call from a mysterious dude named Robert — we learn more about who he really is near the book's stirring inale — got Coyne's wheels spinning toward a plan to play every links course in England and Scotland over 60-odd summer days, some of them with his family in tow. "Robert" would show up for a round here and there, as would other half-crazed golf pilgrims whom Coyne either knew or had solicited to come along in a radio interview or via e-mail exchanges. Oh, and there's another twist: He would end the saga trying to play his way into the Open Championship, which meant he had to get down to a scratch handicap before the trip even commenced just to nail down a spot in a qualiier at Bruntsield Links in Edinburgh. Hello, epic practice sessions and rounds away from the family. He pulls it off, starting the journey near Royal St. David's in southeast England, making his way to Wales and northern England and inally into every corner of Scotland itself. Fighting through physical exhaustion, self-doubt, homesick-ness and spates of nasty weather, Coyne knocks out 111 full or partial rounds on 107 courses, sometimes three rounds a day, in his search for the "secret" of great golf. It's

More Arnie!



ARNOLD PALMER: HOMESPUN STORIES OF THE KING

BY CHRIS RODELL

no secret that his passion for the game (and life) shows through on every page, and we get to follow his every step through modern golf's birthplace — with a coda on a plot of hallowed American golf soil down Georgia way. A worthy trek? Aye. Like Brad Brewer's tribute to his old friend and employee (see page 63), this new look at Arnold Palmer's life and legacy is based on longtime sportswriter Chris Rodell's personal interactions with the favorite son of Latrobe, Pennsylvania — including some 100 hours of interviews — but instead of taking a more instruction-centered track, Rodell (who moved to Latrobe in 1992 but didn't meet Palmer until a decade later) explores the great man's life not only through those conversations and thousands of personal documents, but from the perspectives of his neighbors, friends, personal assistants and business acquaintances … 200 interviews in all. What emerges is a portrait of a regular guy who, through epic charisma tempered with small-town humility, became perhaps America's all-time best-loved golfer and a well-branded millionaire without ever losing connection with his humble roots — including growing up in a ramshackle farmhouse in which Palmer would wake up on winter mornings with snow on his bed. Rodell has a gift for writing in a humorous, conversational tone that brings out his obvious love for his subject while playing up Palmer's irreverent Everyman side. He ends the book with a detailed timeline of the King's career. There's no slipping into hagiography; Rodell keeps his words warm, winsome and straight-shooting. Mr. Palmer would approve.



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A CAREER BANKER WITH A LOVE FOR GOLF





N Rajashekaran has been in the banking profession for 35 years, ever since completing his engineering followed by an MBA. His profession has taken him places, most recently landing him in Bangladesh as the Country Corporate Officer of Citibank NA. He had a brief encounter with golf when he was posted in Calcutta over 30 years ago, but has never really been a regular golfer. It is only after coming to Dhaka a year ago that he and his wife, Mrs Rajashekaran, started falling in love with the game. They are the golf couple of this edition of TheGolfHouse.

When and how did you start playing golf?

N Rajashekaran: I played golf for the first time over 30 year ago in Calcutta, and then I did not pursue the sport. After that I might have gone to golf course only a couple of times with friends or when I went overseas. However, after being posted to Dhaka a year ago, I took up the game seriously and now I'm trying to play regularly.

Mrs. Rajashekaran: I've just started. I never played golf before. I never had the time and scope to play golf. But now that the kids have grown up, and with the time and facilities available, I thought I could try and learn the game.

Why do you play golf and not other sports?

Mrs. Rajashekaran: At this point in time , I don't think other active sports will be feasible for me to take up. But golf is a game which can be played at any stage. I'm happy to be playing golf.

N Rajashekaran: Actually, tennis is my original game. I used to play tennis during my college days and I still play tennis. But I always thought about golf as a very interesting and challenging game. It requires a lot of concentration and focus. It's a very mental game; every shot is different and every approach is different. Now in Dhaka , we found this lovely club and I am enjoying it.

What is your impression of golf in Bangladesh?

N Rajashekaran: It looks like many people enjoy it. . I see ladies and gentlemen from Bangladesh , children and expatriates all playing, it seems to be a game which is picking up. I have read that local pros are starting to do better and there is a lot of interest that they do well overseas and at home.



Mrs. Rajashekaran: I have not been here for too long and not met too many golfers as such. But I think the game is gaining momentum. Those I have met are very passionate about it. I have friends here who play and they are very passionate about it.

What is your impression of the golf course here?

N Rajashekaran: I think KGC is very challenging. When I speak to friends who play here ,they say it is tough to navigate. I also spoke to some of the pros, and they told me it's a challenging course. I believe if I learn here , I should be able to play anywhere else !

The game is growing rapidly in India. What is your take on India's progress in golf?

N Rajashekaran: Golf was still a very exclusive game in India even up to 30 years ago. Initially it was mostly military and government officers who used to play. Then corporate people picked up the game. And thanks to globalisation and new trends , people got more and more interested. One of our friend's daughter is a fantastic golfer, which helped her get into one of the best colleges in US. The new generation is picking up the game with a great deal of interest.

Which is your favourite golf course and why?

N Rajashekaran: For me it is the Tollygunge Golf Course. We were in Calcutta from 1987 to 1993, and we used to frequent Tollygunge Club often. . It is one of the oldest and most beautiful clubs in the subcontinent. I have had the opportunity to see some courses around the world , but Tollygunge has special memories.

Who are your favourite golfers?

N Rajashekaran: I'm a little retro on this subject. I tend to go back to history. I think Ben Hogan, the original guru of golf is my favourite. There are some video clips available of him, and his swings were as good, if not better than, any of the golfers of today. Among the more modern players , Greg Norman. He had a personality which I liked.

What is your golfing nightmare?

N Rajashekaran: The ball going into the water is a recurring nightmare for me. Whenever I go and play I am constantly reminded that my shot might go awry and fall into the water !

What is your most memorable experience on the golf course?

N Rajashekaran: There was one experience when we played in Simla. It was a casual game. But it so happened that I hit a par and I preserved the ball. It is my most memorable experience in golf so far - working hard for many more !

Mrs. Rajashekaran: I'm still to have any such memorable experience, but I'm looking forward to it.

How about the hospitality of Bangladesh?

N Rajashekaran: We have received a very warm welcome from the moment we landed in Bangladesh. People are very warm and friendly and it's a pleasure to interact with people here. We've had a wonderful year and we look forward to the rest of our stay.

Mrs Rajashekaran: Having been to many countries and then coming to Bangladesh, I feel that Bangladeshis are one of the most hospitable and warm people that I have come across; that holds as much for drivers and maids apart from corporate executives CEOs and business people of this country.

Citibank is one of the major international banks. Tell us a bit about the operations of this bank.

N Rajashekaran: Citibank NA is one of the leading banks in the world with a history of over 200 years. We are present in 98 countries. We have been supporting corporates , businesses, individuals financial institutions and governments over these years to achieve their objectives.We are the best connected bank from the point of view of global connectivity.We are proud that we operate in a responsible way, working closely with communities. From a sporting point of view, we encourage our staff to be fit and have specific programs to encourage this.

Tell us about the operations and background of the bank in Bangladesh.

N Rajashekaran: Citibank NA has been in Bangladesh for over thirty years. We have worked with companies, financial institutions, the MFI sector, government and government agencies to help Bangladesh's - growth and sustainable development - we are very proud to be part of " Shonar Bangla". We have pioneered digital solutions in Bangladesh's finance ecosystem , and have a track record of many firsts in terms of global and local capital raising. We work closely with the community here - we just concluded successfully the 13th annual Citi Microentrepreneur Awards where we recognize micro entrepreneurs who set an an example by their creativity and strong execution regardless of many constraints.

Your bank organised tournaments at the KGC before. Is there any chance of organising such events in near future?

N Rajashekaran: We do participate in sporting events around the world. It depends on our business model and what makes sense to our business idea in a country at that time. So the answer is it depends on the situation and the opportunity.

Tell us about yourself and your banking background.

N Rajashekaran: I was born and brought up in Delhi. I was schooled there. I am mechanical engineer from the Delhi College of engineering and have an MBA from the Indian institute of management,Bangalore. Right after my graduation in 1985, I started my career in banking. This is my 34th year in banking. I have lived and worked around the world – from Tokyo to Seoul, India, Bangkok and Shanghai before coming here. It has been a great journey rich with memorable experiences.

What is the message you've learnt from life that you would like to relay to youngsters?

N Rajashekaran: Rather than giving them a message, I think we have a lot to learn from the modern generation. They look at things differently and have different career options. They are doing a great job. However, if I have to say something - I would say, enjoy yourself, put your heart and soul into following and achieving your dream. Have great role models and try to become a role model yourself.

THE BEST EVER PUTTERS, AND HOW THEY DID IT

Who were the best putters in the modern game of golf? In this excerpt from the book Bump and Run, we learn who the greats of the game believe were the best putters, and how they were so good with the flatstick.

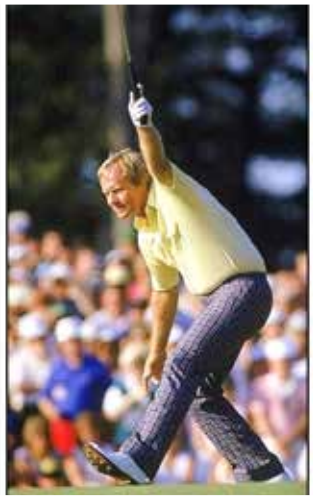
"Who are some of the best putters you have ever seen and can you isolate any of their characteristics, be it a technical or mental trait they possess, that you believe makes them so good at putting?"

Bruce Crampton: I just tell anyone who asks, 'it is all about confidence: if one feels like one can put it in the hole with a broomstick then that is what one needs to use'. So much depends on what is going on between one's ears. If a golfer starts missing putts the hole starts looking like a thimble, but when things are going well, one's confidence builds, it's easier to see the correct line and the hole starts looking as big as a bucket. Remember, you don't have to roll the ball down a line as narrow as a thread of cotton to make putts, there is a margin for error because the cup is four and a quarter inches [108 mm] in diameter, which is roughly the width of the yellow lines on highways. Provided the ball is rolling at the right speed, it should fall in if it touches any part of the hole.

Norman Von Nida: I've seen them all, but as far as I'm concerned no one ever came close to the big Australian Jim Ferrier, the former US PGA champ and two times winner of the Australian Open. Jim averaged no more than 24 putts per round. It was just unreal.









He had a dominating personality. The next best putter was South African Bobby Locke, who many other judges consider the best putter who ever lived. Bobby Locke uses an ancient hickory-shafted putter and a style that violates all principles, ancient and modern, except one: confidence in his ability to put the ball in the hole. What does this prove? To me it proves conclusively that putting is 99 percent mental and one percent mechanical.

Jack Newton: Putting is very much a mental thing. Yes, technique does come into it, but I have seen some horrible techniques that work very well. Bobby Locke comes to mind straight away. He aimed to the right of the hole, as he did on all his golf shots, and he sort of shouldered it in – and he was an incredible putter. Kel Nagle was a great putter. He had a good routine: he put his putter in front of the ball and didn't stand over it forever; then it was a one, two, three, bang – in. He was a kind of 'pop putter': shortish backswing, but accelerated the putter head through the ball. Bob Charles, the Kiwi, was an incredible putter. Once again, fairly good technique but those guys just don't think about missing from 8–10 feet. Ben Crenshaw: you would play with him and he would hit it all over the show and hole 3 thirty-footers a round! It must be nice standing on the first tee knowing you are going to hole 3 thirty-footers today. That is the positive side of being a good putter: that is the way they think. Tom Watson: when I played him off in the British Open he never looked like missing one – he was a genius putter, but he was a very aggressive putter and if he missed and it went two metres past, he would crash it back in. So there are all sorts of different ways to play and be a good putter; but if I had to give someone a 4-metre putt to save my life I would give it to Jack Nicklaus. The number of times Jack Nicklaus had to hole a putt at a crucial stage of the tournament … he would usually make it. I remember once he told me that he didn't draw the putter back until he had imagined the ball going into the hole. I have always thought: to be a good putter you have to have a good imagination, particularly on fast greens, like Royal Melbourne, where some putts can break off the world and you have to use your imagination and if you don't get it right you may end up with a putt almost as long as the one you started with, coming back. I also think that is one of the reasons Tiger Woods has been so dominant: when he was on with the putter he was unbeatable.

Jack Nicklaus: There are putters who are renowned for having a great stroke and are said to be a great putter. There are bunker players who are great bunker players. There are drivers who are great drivers. There are golfers who are great golfers. But the great, great golfers and great, great putters, and great, great sand players do it when it means something. To me, the ones who do it when it means something are the ones who are remembered as great putters. You think of a Tiger Woods, an Arnold Palmer, a Gary Player, a Tom Watson, and if you want to be kind, I suppose I could be included in that list. Because we did it when we had to do it. That, to me, is what makes you a great putter. Of all the aspects of the game of golf, I think this is particularly true with putting. It is interesting when you hear people talk about someone being a great putter and then when it gets down to the end of a tournament, where is that great putter? The one thing about a putter that makes him or her great is being able to do it when they have to do it. Every one of these great players has to be a great putter, or they would never win anything. So in the end, I would say it is the mental outlook, the positive ability to be able to make a putt when you have to make it, and to do it consistently.

Gary Player: Best putters … confidence. Jack Nicklaus was a great putter: he was never short, he always got it past the hole. All the great putters are aggressive with putts ten foot and under – they are always at the hole or past it if they miss. They just have no fear.

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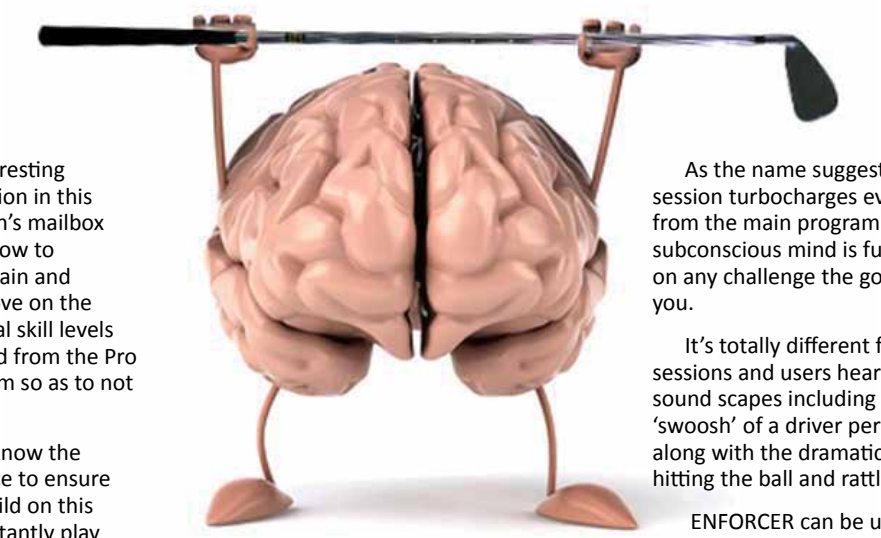

An interesting question in this month's mailbox was how to maintain and improve on the mental skill levels gained from the Pro Golf IQ mind-coaching program so as to not fall back into old bad habits.

In the world of golf we all know the importance of physical practice to ensure our drills are correct as we build on this foundation to ensure we constantly play better on the course.

No matter how accomplished we are at mastering these tasks there is always room for further development and improvement by revision.

The same process is required on the mental side to refresh the brain and enhance memory and imagination.

To recap, Pro Golf IQ is a powerful 5-week audio program used from the comfort of home designed to train the mind to think the same way as the worlds' top players, promoting relaxation, focus and confidence on every shot.

As well as eradicating negative thinking, users report a feeling of calmness during their pre-shot routine cutting out any distracting 'mind chatter' in the crucial seconds of the swing…a phenomenon commonly known as playing in the ZONE.

I developed the Pro Golf IQ system for the amateur golfer to break loose from any demons which may have gathered over the years which can easily hamper a great round by replacing those irritating negative thoughts with a fresh, new approach to their game.

It's well documented that it takes 21 days to break a bad habit which, for example in everyday life, could be smoking, weight loss, motivation confidence etc, hence the reason the Pro Golf IQ home sessions are spread just over a month in duration to ensure long term results.

For some users it's a quick fix with golfers seeing huge improvements in the first week, while for the majority, results start showing around weeks 3 and 4.

Each audio lasts for around 25 mins and is used 3 times per week before moving on to the next session the following week and so on.

So, going back to the original question of refreshing newly-acquired skills, I can offer the below:

Over the 5 weeks listening to the main program (using headphones), the brain assimilates an amazing amount of information, stimulating the imagination and mind. So to prevent learning overload by repeating the program I created a standalone booster session called ENFORCER.

As the name suggests, this dynamic session turbocharges everything learned from the main program to ensure the subconscious mind is fully prepared to take on any challenge the golf course throws at you.

It's totally different from the first five sessions and users hear many different sound scapes including the main trigger 'swoosh' of a driver perfectly striking a ball along with the dramatic sound of a putter hitting the ball and rattling in the cup.

ENFORCER can be used as often as necessary but only after completing the main program and I recommend listening the evening before game day so the brain absorbs all messages during sleep.

Many of my customers report amazing outcomes from this booster track and often email me after playing a great round enthusiastically saying "While standing over a long putt my conscious mind went completely blank while my subconscious replayed the Enforcers' positive messages, in particular the sound of putter striking the ball followed a couple of seconds later by it dropping perfectly into the hole"

"As soon as I entered this head space I absolutely knew the putt would drop."

So, ultimately its not rocket science as we've all hit perfect shots proving we have the ability, however, when the mind is distracted the brain sends mixed signals to the body resulting in poor swing mechanics.

We all know the importance of keeping the body in shape to assist flexibility and rotation so I liken Pro Golf IQ to be the perfect gym exercise for the brain so as to be in optimum condition to play the best golf of your life.



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Ispahani continues to be the top beverage brand in Bangladesh according to a recent study by Kantar Worldpanel,
a Spain-based firm that deals in consumer knowledge and insights based on continuous consumer panels. Kantar Worldpanel published Brand Footprint 2018 on 16 May, 2018.

SLEEP THE KEY TO GREAT GOLF (AND LIFE)



What if I told you there was a new treatment available that makes you live a longer, healthier life, improved your memory capabilities, lowered food cravings, decreased the risk of heart attacks, strokes, diabetes and cancer as well as elevate your overall mood?

Most people would consider this as either something that didn't exist or cost a small fortune to acquire. Well, it doesn't exist. At least not in pill form. But it does exist in full night's sleep.

Thousands of scientific reports all conclude that sleep is a function that we cannot do without and should not short change.

Sleep is essential. If not then nature and the process of evolution would have found a way to eliminate sleep all together.

When we are awake we are constantly gathering information and learning through or experiences.

During a full cycle of sleep, there are distinct stages or types of sleep. Each have a particular job to do;

- Light Non-Rapid Eye Movement (LNREM) sleep
- Deep Non-Rapid Eye Movement (DNREM) sleep

During the NREM sleep the brain takes the new facts and skills and begins sorting and storing as fact-based memories in preparation for future recall and use.

- Rapid Eye Movement sleep (REM)

During the REM sleep cycles, the brain attempts to integrate the new information with all the stored past experiences, to build a better, more precise model of how the world works, develop innovative insights and improve problem-solving abilities.

The sleep cycles don't just happen once a night. They repeat several times, with the majority of REM sleep occurring towards the early hours of the morning.

As you may imagine, losing out on any one of these types of sleep will cause problems.

Several studies have shown that the ability to remember information and repeat learned tasks is disrupted following a poor night's sleep. This holds big implications for learning and improving mental and physical skills, such as golf.

Here are some suggestions to help you have a better, full night's sleep.

1. Develop and stick to a sleep schedule: Have a set sleep and wake up time (including weekends). This helps to regulate your body's clock and could help you fall asleep and stay asleep for the night.

2. Have a suitable pre-bedtime routine: Switch off screens (computers, tv, phones etc.), lower the lighting levels in preparations for sleeping.

3. Avoid daytime naps: If you have trouble sleeping at night particularly in the afternoon.

4. If possible, exercise daily: Exercise will help with improving metabolic processes and sleep regulation. 30 minutes of vigorous exercise is suggested, but even light exercise is better than no activity at all.

5. Evaluate your bedroom as a sleep environment: Your bedroom should be set up for sleeping. Have your room at a comfortable temperature, quiet and dark. You may consider blackout curtains, eyeshades, earplugs, fans, air conditioning or other devices to help.

6. Choose a suitable mattress and pillow: Investing in a good quality mattress and pillow is one of the best things you can do for sleeping well. Happy Golfing.



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Serves 6 **prep** 15 mins **cooking** 2hours 10 mins

1.3kg whole chicken, patted dry 6 green shallots, trimmed,
cut into 5cm lengths, plus extra, thinly sliced, to serve
50g piece fresh ginger, thickly sliced
4 garlic cloves, crushed
4 star anise
1 cinnamon stick
125ml (½ cup) light soy sauce
125ml (½ cup) Chinese cooking wine
125g dried egg noodles
150 fresh shiitake mushrooms
150g oyster mushrooms, cleaned, halved if large
1 bunch pak choy, trimmed, leaves separated
1 long fresh red chilli, thinly sliced

1 place the chicken in a large heavy-based saucepoan or stockpot. Add the shallot, ginger, garlic, star anise, cinnamon, soy sauce, wine and 3L (12 cups) cold water. Bring to the boil over medium-high heat. Reduce heat to low and simmer very gently, skimming the surface occasionally. For 2 hours, unit the chicken is very tender.
2 carefully transfer the chicken to a bowl and set aside until cool enough to handle. Shred the chicken, discarding the skin and bones. Strain the soup into a large bowl, discarding the solids.
3 Return the soup to a clean saucepan heat. Add the noodles and mushrooms. Cook for 4 minutes or until tender. Return the chicken to the soup. Add the pak choy and cook for 3 minutes or until the pak choy wilts.
4 Ladle the soup into bowls and top with the chilli and extra sliced shallot.



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Mushtaq Luhar
General Manager, Peninsula Chittagong





Mushtaq Luhar is the general manager of the Peninsula Hotel in Chittagong. The Sri Lankan, who has been in Bangladesh for the last eight years, knows the hospitality management industry of Bangladesh inside out. While he never had any qualms about which profession he wanted to choose since he was in school, he feels such decision-making opportunities can be made here by strengthening the hospitality management industry. In this interview, Mr. Luhar shares his view on the bottlenecks and prospects of hospitality management and tourism industry in Bangladesh, suggesting some remedies.



Q&A

Introduce our readers with the Peninsula Chittagong?

Peninsula Chittagong has been in business for 14 years. We started as a 4-star hotel with 122 rooms. We have expanded to 144 rooms, with two banquet halls and four restaurants. It's a pioneer of hospitality management establishment in Chittagong and we are proud of that.

What sort of facilities do you provide at this hotel?

For the guests coming in to stay, we provide accommodation while for others we provide different type of food like continental, Japanese, Chinese, Indian, Sri Lankan and Many more. We have a complete package of rejuvenation with gym, sauna, steam bath and Thai spa. Even if someone wants to have a nice haircut, there is a fantastic saloon on the 15th floor. We are going for major refurbishment within six months as it is a 14-year-old hotel. We will have a fantastic recreational hub including various facilities such as International Standard Gym, which will be the first of its kind in Chittagong. There will be a proper wellness centre with Jacuzzi, sauna and spa. We'll have a fine dining restaurant on the 15th floor. There will be an international standard coffee shop of the ground floor.

Which section or class of people do usually stay here?

We've had guests such as ambassadors and prime ministers here. We have Europeans, Americans, Sri Lankans, staying here. For locals, various category of Guests stays here and once they stay they say it feels like staying at home. We do have a lot of international standard hotels coming up in Chittagong, but people still like Peninsula because they feel like they're at home. So, we try to keep the standard of service up to that level. We welcome everybody.

What about the fares?

We must go with the market, so we can't set it very high or very low. We have very competitive price for guests. We try to give the most reliable prices, every guest is uniquely special to us & we don't want any guest to turn their back on us, so we provide the best rates according to their convenience.

What is the most significant aspect of this hotel?

The location. We're situated at a prime location. However, our biggest strength is our staff. We have half of our staff who have worked here since its opening. A lot of hotels are opening in Chittagong, but these people stayed with us because we have taken care of our staff and they are taking care of us. That is our biggest property.

How is Peninsula hotel contributing to Bangladesh tourism?

I've been in Bangladesh for the last eight years. I can say that tourism is developing very slowly. Local tourism is spreading nicely which is a very positive thing. But unfortunately, Chittagong is still underdeveloped in tourism. People would come to CEPZ or the port, but other than that there is not much in Chittagong. Compared to other places like Sylhet and Cox's Bazar, it is happening very slowly. Peninsula is doing its bit by training and developing its staff. In fact, we are coming up with a new 5-star hotel near Chittagong airport, a 200-bed room property which will have the largest commercial pool in Bangladesh. So I think things will improve within five to ten years.

What should tourism authority do to promote tourism in Bangladesh?

Safety, security and more marketing. I think there are enough international standard hotels in Bangladesh now, but it needs more marketing. We have enough local tourists here. We can promote religious tourism. The biggest selling point should be the longest sea beach in the world. Another thing that should be ensured is safety and security. When I was going to Rangamati, I had to wait 45 minutes to fill up the forms. These small issues need to be addressed.

How difficult is it to manage such a property like Peninsula?

It's easy for me because the people of Bangladesh are very hospitable. You just need to polish them like raw diamonds. To be honest, we are the number one hotel in Booking.com, because our staff work very hard and they catch up things very fast. I just need to guide them. There are lot of people around the country who can be good hoteliers given the right guideline.

How crucial is education when it comes to hospitality industry?

Education is very crucial for any sector. Coming to hospitality industry, English is a must because you must work with foreigners. You get people from all over the world and so you need to know languages. One problem I have noticed regarding the education system here is when it comes to hospitality industry, you guys are teaching business studies, economics or statistics but nothing regarding hospitality management. Subjects should be relevant to your field of work.

What got you interested to come to this sector?

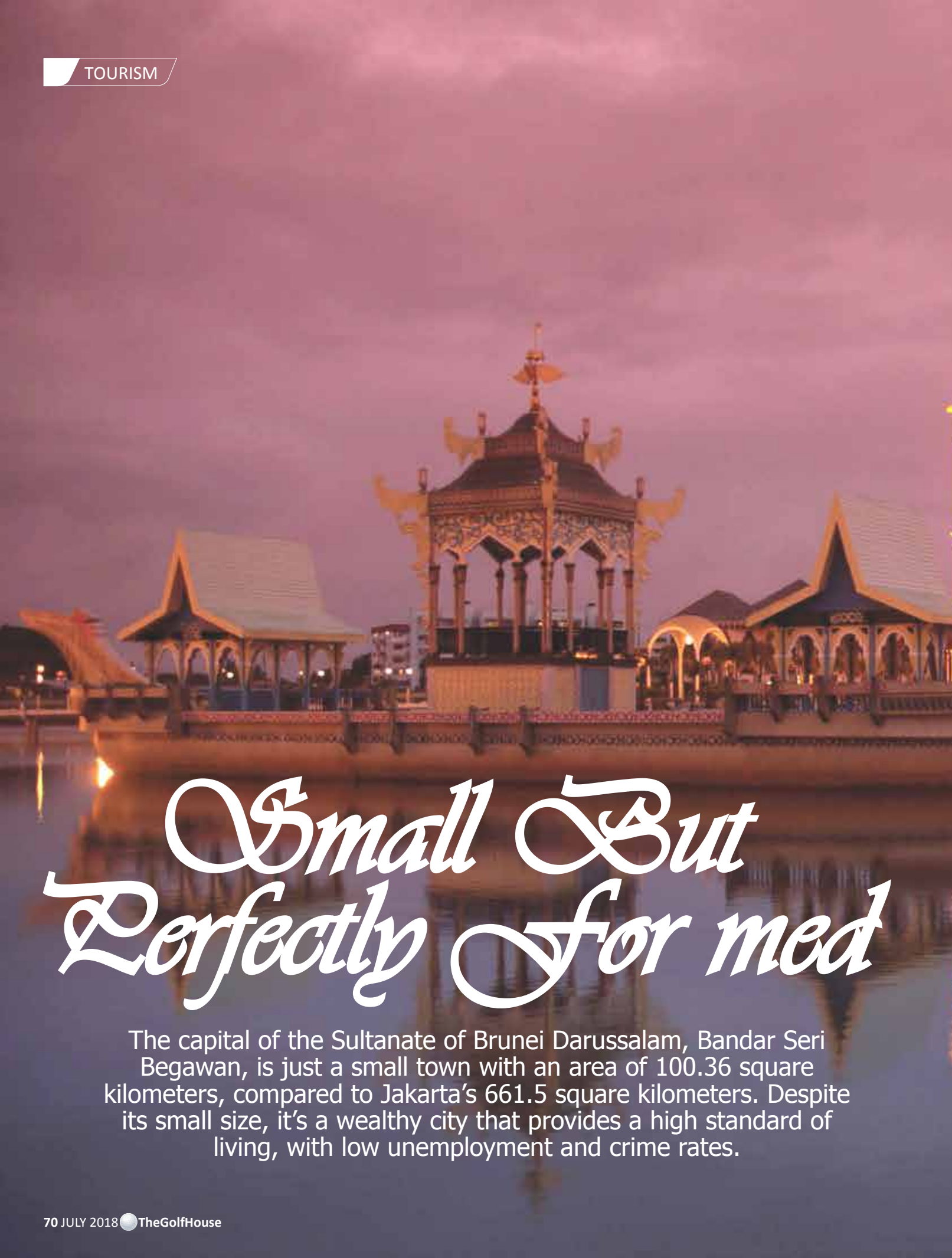
I am a friendly person, a people's person you can say. Customer service is within me. As soon as I left school, I joined hotel school because I thought this is the sector I could give my best.

Do you take interest in golf?

I am very interested, and I am a very average player. I do go to Bhatiary and Shaheen Golf Club on weekends. I'm still practising. I watch golf on TV too. I hope I'll get better. Golf is a game where you don't have to depend on anybody. This is very important because when you have a busy schedule, you don't need to wait for your team to come and start things. You don't need a caddy also if you can carry your bag. The health aspect is there too. You can walk 3-4 kilometres depending on how many holes you play. I took up golf about two years ago and thought it was a boring game. But then when I started playing I found it was very challenging. It's not boring at all.

Do you know about Bangladesh's golf and golfers?

I get your magazine every month and I read it. I see the billboards and all; I got to know that there are good golfers here. Maybe someday I will see them in action at the Bhatiary Golf Club.



Small But Perfectly For med

The capital of the Sultanate of Brunei Darussalam, Bandar Seri Begawan, is just a small town with an area of 100.36 square kilometers, compared to Jakarta's 661.5 square kilometers. Despite its small size, it's a wealthy city that provides a high standard of living, with low unemployment and crime rates.



Drunei boasts one of the world's highest per capita income levels and is one of the world's richest countries with its largest source of income coming from oil. Bandar Seri Begawan receives an abundant budget based on direct orders from Sultan Hassanal Bolkiah, who wants his subjects and visitors to feel proud of the city. As a result, Bandar Seri Begawan is one of the most organized and developed capitals in the region with good infrastructure, low crime rates, and minimal traffic congestion.

Located on the North coast of the island of Borneo, Bandar Seri Begawan is a lush green city with beautiful parks. Known for being a wealthy city, travelers often come to BSB expecting something similar to Singapore but what they find is a very different. BSB displays a modernity that has been respectfully blended with enduring tradition.

Most of the capital city's attractions are centered on or near the riverfront. The most distinct feature of the Brunei River is the stilted houses that line the shore and have become a main tourist attraction of the city.

Another key feature of BSB is the striking Jame Asr Hassanil Bolkiah mosque that was built in 1992. Replete with its golden dome and intricate decoration, the mosque is one of the most beautiful places in the city. The Sultan Omar Ali Saifuddin Mosque is another mosque worth visiting. Gleaming white perched beside an artificial lagoon in Brunei River's water village, the mosque is resplendent with its marble minarets and golden domes.

Tourists will also enjoy the Empire Hotel and Country Club. Old movie sets combined with 21st-century facilities ensure the Empire makes a statement. Eight restaurants, a Jack Nicklausdesigned golf course, swimming pools, a beach and numerous boutiques, it is a destination in itself. Outside the city, Ulu Temburong National Park is one of the biggest attractions of the country. Temburong is situated in a remote location south-east of BSB making it largely inaccessible except by boat.

Places to Visit

ULU TEMBURONG NATIONAL PARK

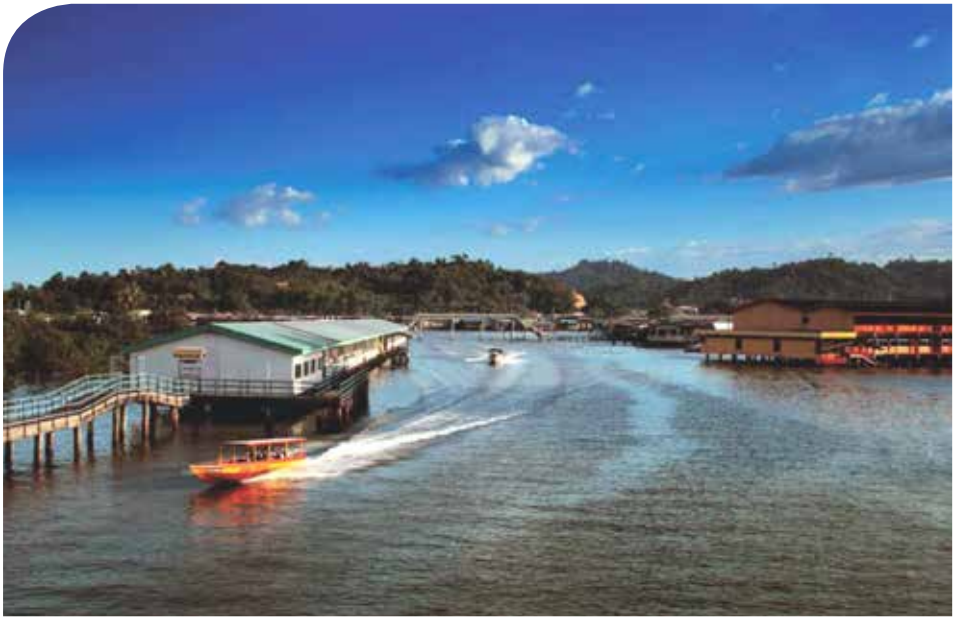
Ulu Temburong National Park is one of the best tourist attractions in Brunei. As the first national park to be established in Brunei it has been a protected area since 1991. Located in Temburong District in eastern Brunei, the park is 550 square kilometers of unspoiled jungle and as such is known as the "Green Jewel of Brunei". However, only about one of those square kilometers is accessible to tourists. Visitors can enjoy panoramic views from the canopy walk some 60 meters above ground, short jungle walks, and swimming in the cool mountain waters of Temburong River.





Kampong Ayer

Kampong Ayer which means 'Water Village' is a large network of stilt buildings that extend over the Brunei River. Inhabited for more than 1,300 years, Kampong Ayer water village has often been dubbed the 'Venice of the East' and is home to about 39,000 people. Access to Kampong Ayer is by footbridges near Sultan Omar Ali Saifuddien Mosque or by water taxis from the waterfront.





THE Waterfront

The waterfront area is a great place to take a stroll along Bandar Seri Begawan. The promenade by the Brunei River offers good views over to Kampung Ayer. Tourists can hire a boat from here to visit Kampong Ayer or just watch boats crossing the river from one of the outdoor cafes on the promenade.



TASEK LAMA RECREATIONAL PARK

Near the center of Bandar Seri Begawan, the extensive Tasek Lama Recreational Park has walkways, running trails, a playground, exercise equipment, and even a waterfall. This park is a popular place for locals to engage in physical activity or just sit around and cool off.

Local Food

AMBUYAT

A truly unique food from Brunei, Ambuyat is made with sago palm. It is a starchy bland substance, similar to tapioca starch. Ambuyat is eaten by rolling it like spaghetti with a bamboo fork called a Chandas and then dipping it into other various sauces or other dishes. The dish is similar to the food from eastern Indonesia called Papeda.





DDGA AND TGC GOLF TOURNAMENT 2018

A farewell tournament organized by Dhaka Diplomatic Golf Association (DDGA) and The Tigers Golf Club (TGC) in Honour of Ms Oranus Tik Watthayanon at Kurmitola Golf Club recently.

Around 40 amateur golfers participants this friendly tournament.

President of Tiger Golf Club Dhaka, HE Tran Van Khoa, Ambassador of the Socialist Republic of Vietnam in Bangladesh, Manzur Qader, vice-president and Kedar Lele, Golf captain were present on the occasion along with others guests.

Tiger Golf Club started its journey in 2009/10. The members of this club are foreign expats, diplomats and local enthusiasts. DDGA AND TGC conduct tournaments regularly. They arrange farewells tournaments to those who depart the country. On average DDGA AND TGC organizing at least 2/3 three tournaments each quarter and they have a program of organising tournaments in different countries. By this initiative diplomats and expats take home good memories of Bangladesh and Bangladesh golf.










Ms Oranus Tik Watthayanon
MITOLA GOLF CLUB DHA ON 23 JUN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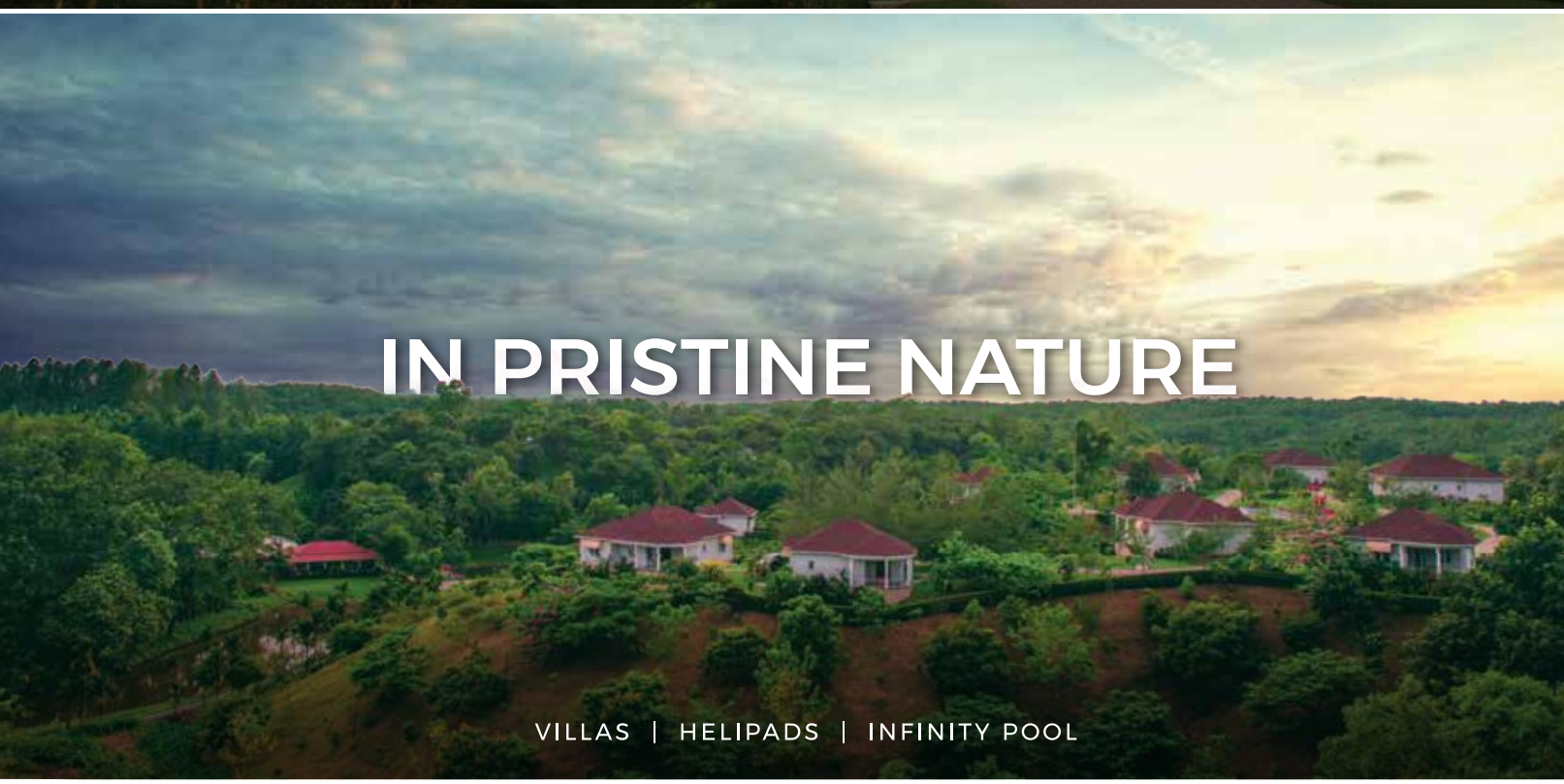

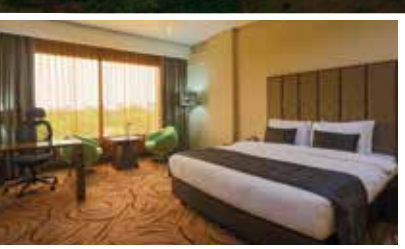



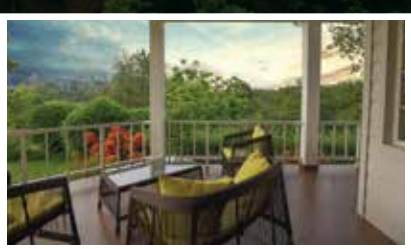

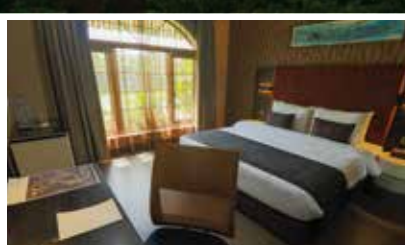

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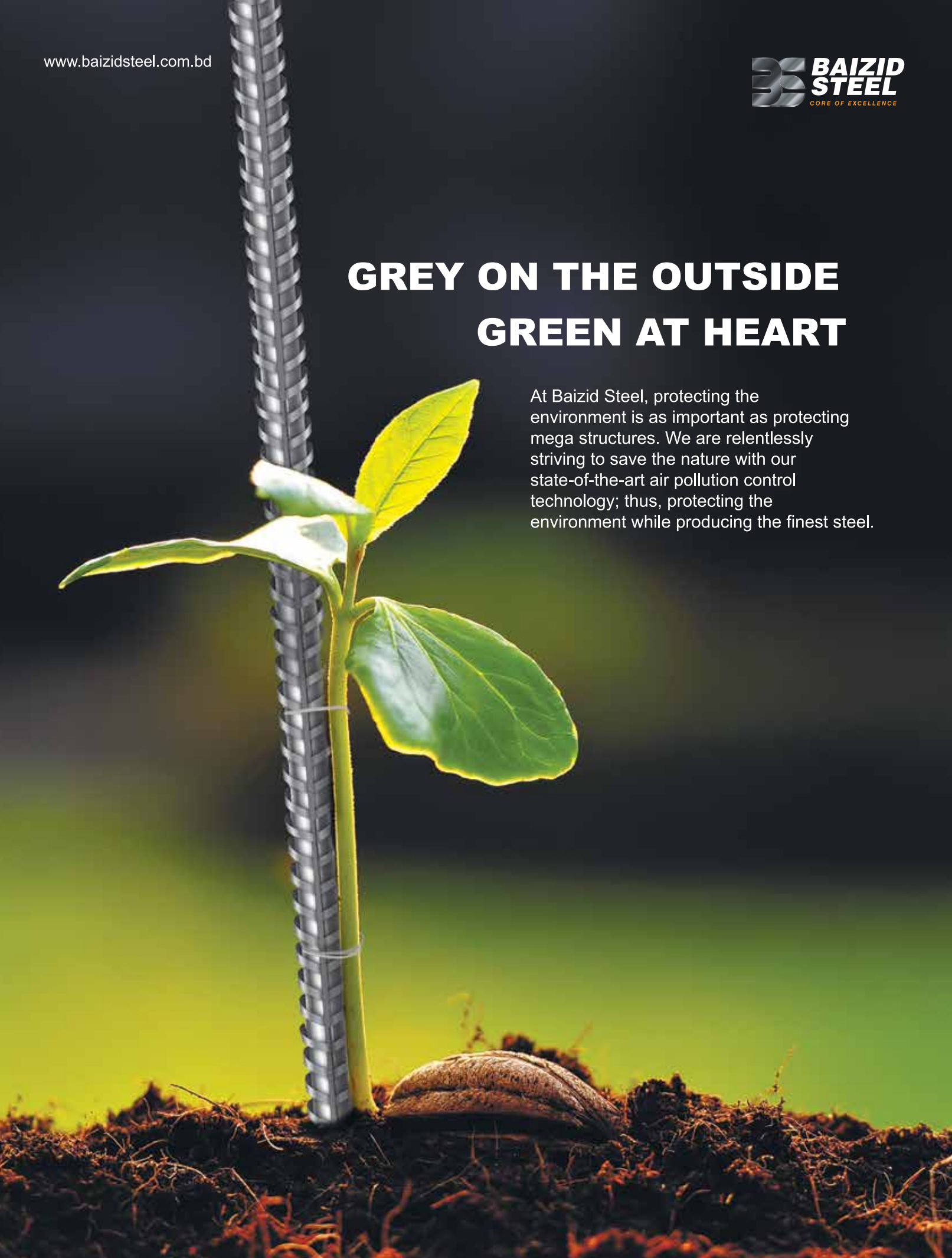

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