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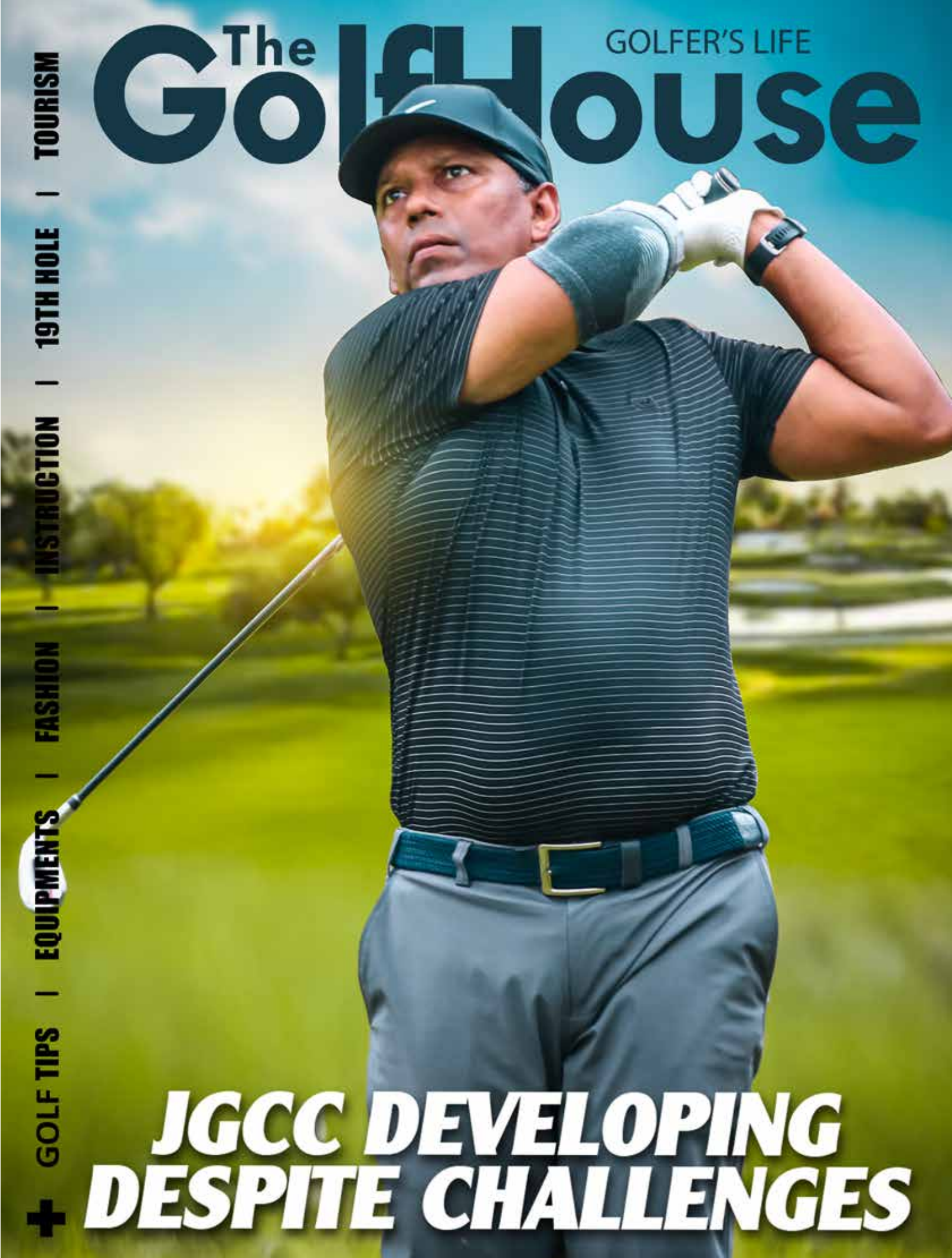
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The wait is over. The three-month midseason break, which felt like an eternity, is finally over.

EDITOR'S CHOICE



Kurmitolla Golf Club started redesigning Hole No. 3 with increased distance and higher difficulty level.

Foreword

Dear readers,

The wait is over. The three-month midseason break, which felt like an eternity, is finally over.

Have you ever wondered why professional golf tours have such lengthy breaks at the start and middle of the season? Have you ever wondered what professional golfers do during these lengthy breaks – which cover almost half of a calendar year.

Some might argue that this break is good for golfers that they can get enough time to train and take care of their bodies since it is a physically demanding sport. But professional golfers, like footballers or cricketers, are sheer professionals and golf is supposed to be their only means of livelihood. So why deprive them the opportunity to stay idle for months. Is this good for the game? This is something the organisers and authorities related to golf should consider with an open mind.

Nazrul Hosen Ayon
Editor

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The GolfHouse GOLFER'S LIFE

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AUGUST 2023

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With a direct rail route from Birmingham and Wolverhampton you can catch the train right to the door. Or stay in one of the 10 bedrooms onsite, just three paces from the 18th green. Darwin described the course as the one that his "soul loved best of all the courses in the world" and it is not difficult to see why.

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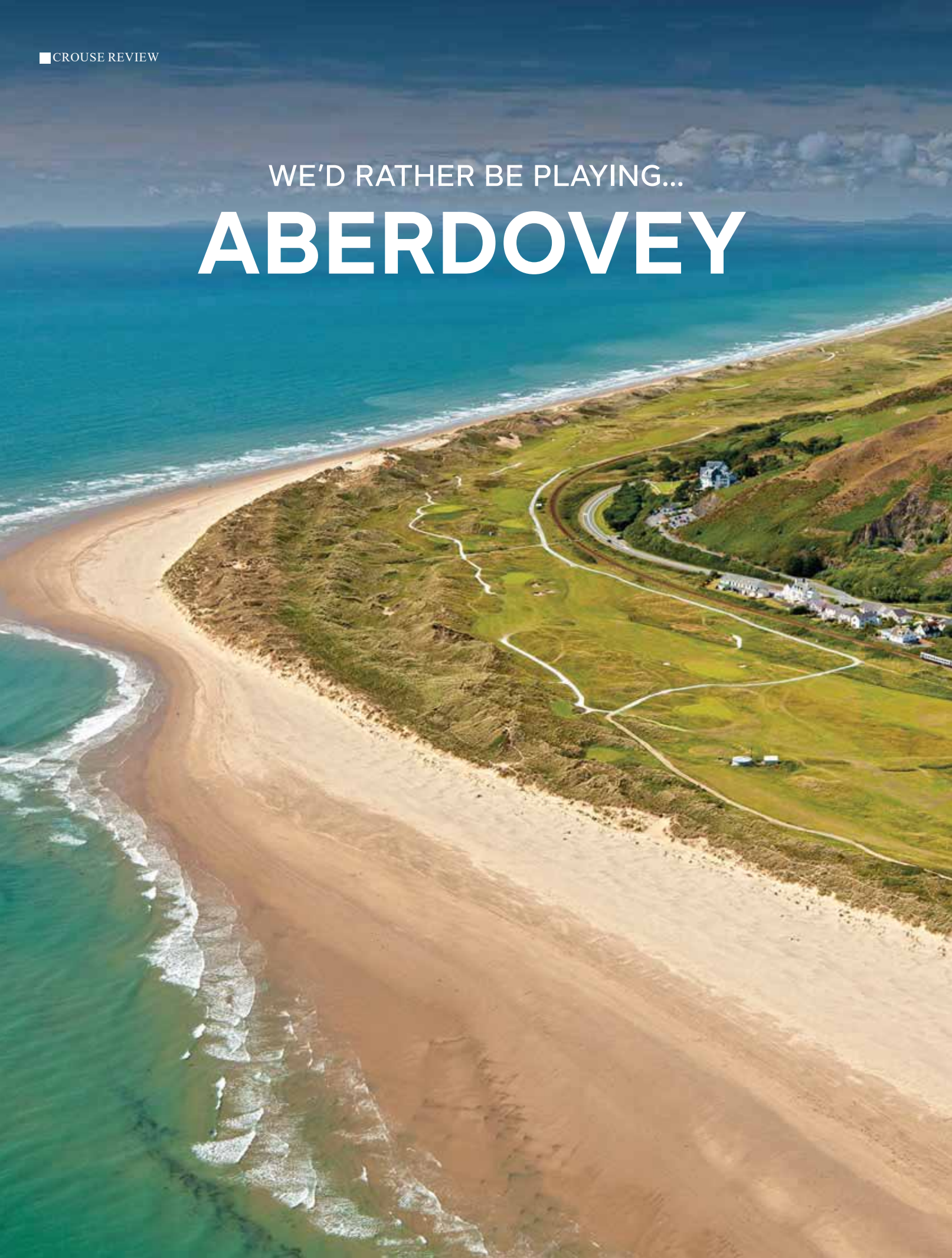
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Ireland. Despite the fact that golf was invented in Scotland, their next door neighbor, Ireland is the most popular country for the sport. One might be surprised to know that in Ireland, golf is the most popular sport in proportion to its population. The second country on the list is Canada, where the sport is mainly played during the spring and summer.

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GOLF IS SIMPLY MY LIFE
Irfan Hasan Wadi is a young talented golfer, who has been playing the game since he was only five years old. The 14-year-old idolises Tiger Woods and aspires to be like the American legend one day. Mature beyond his years, Irfan Juggles between his studies and golf to make the most of both. Here are brief excerpts of an interview with this budding golfer.

WE'D RATHER BE PLAYING...

ABERDOVEY





A championship links course, ranked in the Top 100 in GB&I, Aberdovey is set enchantingly within Snowdonia National Park at the mouth of the Dovey estuary.
There is an abundance of quirky features including wooden railway sleepers courtesy of the train line that skirts the inland section of the course. You need every club in your bag at Aberdovey as the variety of holes present a diverse range of challenges. When the wind blows, the challenge becomes even greater. The club is a regular host of top tournaments, including the Men's Welsh Seniors' Championship.

History

Aberdovey emanates history. "If one dares write about Aberdovey at all, one must begin by letting Bernard Darwin through on the way to the 1st tee", wrote Patric Dickinson in his book A Round of Golf Courses. "For this links is 'his', and is all and more than one would expect from a writer and golfer of such style; for it is both a 'classical' and 'romantic' links."
In the modern clubhouse, relics of bygone eras can be discovered, including a set of clubs used on the course in around 1882. It was here that Ian Woosnam honed his craft.

What makes it special

With a direct rail route from Birmingham and Wolverhampton you can catch the train right to the door. Or stay in one of the 10 bedrooms onsite, just three paces from the 18th green. Darwin described the course as the one that his "soul loved best of all the courses in the world" and it is not difficult to see why.

Where is it?

Aberdovey is on the west coast of Wales in the town of Aberdyfi, just off fhe A493





EXCLUSIVE INTERVIEW

JGCC DEVELOPING DESPITE CHALLENGES

Major General Md Mahbubur Rashid, president of Jessore Golf and Country Club, talks about the existing facilities of the only golf club of southwestern Bangladesh and how he wants to upgrade those facilities to make it a more attractive destination for the golfers.


tynor

Q&A

We know Jessore Golf & Country Club is the only golf club in the south-western part of our country. Tell us a bit more about the history of this club.
This club was established in 1990 when Major General Muktadir was the GOC. It covers about 81 acres of land. The interesting thing is I was commissioned as a second lieutenant in this garrison that same year. So I have quite vivid memory of the establishment of this club.

Who are the main members here and who should come to play golf?
Mostly army officers and their spouses come here to play. Air force officers also play here as the BAF Base Birsreshtho Matiur Rahman is located near this garrison.

What are the facilities of the club?
This is a nine-hole, 36-par golf course. We have a club house called Hall 55. The club also has a six-room dormitory, where golfers can stay and enjoy the beauty of this golf course. There is a small cafe and a zoo also.

What are the round-the-year activities of JGCC?
The golf club, in the last two years, was not that vibrant because of the COVID 19 situation. But this year we have already conducted seven tournaments with the help of sponsors. We also conducted number of breakfast tournaments including the President's Cup. Overall, we have planned to conduct at least 10 to 12 tournaments this year.

How challenging is the maintaining this golf course like JGCC here?
The main challenge in maintaining this golf course is due to the natural change in weather. It's very difficult to maintain the water level at various ponds and canals. It is also difficult to maintain the sand bunkers due to the monsoon. Most of the time the sand remain unplayable. This place is prone to thunderstorms and cyclones as well, which damage the structure of the golf course. These are the few challenges but overall the situation is good now.

Golfers here must be aware of how to maintain the course in pristine condition and disturb the putting green or fairway, don't they?
Regarding the disturbance at the fairway and the green, most of the golfers that come here and play are actually very careful, but if


JGC



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anything happens, the caddies and ball boys take care of it.

What are the development activities and plans for future development at this golf club?

We inaugurated a driving range couple of months back where we have night practising facility. We also intend to start night golfing in future. We have a clubhouse with a restaurant, where golfers can stay and enjoy the time. We have an auditorium too. And we are trying to host more tournaments, including pro events.

What is your vision regarding this golf course and its overall impact?

Jashore is far away from Dhaka. But under the visionary leadership of our Prime Minister Sheikh Hasina, we have the Padma Bridge open now which has changed the socioeconomic condition of people of our country. There is an IT park, a medical college, an engineering university; so people are actually moving here. People can come here within two-three hours. We have an airport here. So there is both road facility as well as air facility. We love to host anyone – businesses, sponsors or individuals. I want to see JGCC as a busy, vibrant and festive club in the future where golfers from all over the country would come to enjoy golfing.

How much is the membership fee?

The membership fee here is minimal. We always encourage people to come here. I have told my club secretary to make golfing for people from outside the region completely free.

Tell us about your personal golfing experience.

Basically in my early career, I used to participate in different kinds of games & sports, commonly played in Army. I picked up golf very recently. However, I feel that it would have been much better if I had started playing golf early considering the beauty/joy of this game.

Any special memories associated with golf?

I have a few good memories here. I have played six tournaments since starting my golfing journey and became runner-up in four of those. I also became runner-up in the Ramadan Cup. I think it's a big achievement for me within such a short time.

Your life lesson and your message to the young people?

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UNFLAPPABLE HARMAN, THE HUNTER WHO REFUSED TO BE HUNTED





Brian Harman, a keen hunter back home in Georgia, simply refused to allow himself to fall prey to the world's leading golfers as he showed nerves of steel to win the British Open.

The 36-year-old American led the tournament by five shots after rounds two and three and by the end he was six clear of his closest challengers.

"So pleased with the way I hung in there the last couple days," Harman told reporters. "Got off to a bad start both days and turned it around, so really happy with that."

Rory McIlroy and Jon Rahm, the world numbers two and three, were among a pack of players who failed to reel Harman in, squandering opportunities when the world number 26 wobbled on a couple of occasions.

Starting his third round shortly after Rahm had completed a course-record 63, Harman dropped two shots in his first four holes.

He was not rattled, however, and a birdie at the fifth was followed by another at the ninth to quickly repair the damage.

Two more birdies followed on an error-free back nine to complete a round of 69 and restore his five-shot advantage.

"It would have been really easy to let the wheels start spinning and really kind of let it get out of control," he said.

"But I just kind of doubled down on my routine and knew I was hitting it well."

In heavy rain on the final day, Harman again made two early bogeys and, with McIlroy off to a fast start with three successive birdies, the Hoylake galleries sensed that the leader might be wilting at last.

But Harman responded quickly, sinking smooth birdie putts on the sixth and seventh greens to bolt the door shut for the last time.

He negotiated the back nine without major alarms until he found one of the notorious pot bunkers around the 18th green.

The diminutive left-hander calmly chipped his ball out, however, and sank a par putt before hugging his caddy, removing his cap and acknowledging the applause from the packed stands.

Harman said he had always believed he could win a major but was worried he might have missed his chance.

"I'm 36 years old," he said. "Game is getting younger. All these young guys coming out, hit it a mile, and they're all ready to win."

Harman's performance to land his first major title was even more impressive because he only has two PGA Tour victories to his name, back in 2014 and 2017.

He also let the 2017 U.S. Open slip from his grasp after leading the tournament at the end of round three, stumbling to a closing 72 as Brooks Koepka shot 67 to win by four strokes.

"It's been hard to deal with," he said. "I think someone mentioned that I've had more top 10s than anyone since 2017, so that's a lot of times where you get done. So to put a performance like that together from start to finish was very satisfying."


ROLEX



HOYLAKE'S CHAMPIONS

We look back on some of the most memorable Open moments from Royal Liverpool's history

Royal Liverpool has hosted the Open Championship on 12 previous occasions – only Royal St. George's has held the event more often in England.

And the Wirral venue has played host to some unforgettable championships and some unforgettable champions.

Hoylake was first established in 1869 by Robert Chambers and George Morris and was awarded royal status two years later. Legendary golf course architect Harry Colt redesigned the course in the early 20th century.

"We know that there will be tremendous excitement among golf fans at its return to Royal Liverpool," said Martin Slumbers, R&A chief executive of the 2023 renewal.

"Its famous links has a cherished history and has produced a revered group of champion golfers, including Tiger Woods and Rory McIlroy most recently."

1897 – AMATEUR HOUR FOR HAROLD HILTON

Just the second Open to be held in England, the 1897 Open Championship was won by amateur Harold Hilton at his home club.
The Englishman finished one shot ahead of James Braid, who would go on to become a five-time Open champion and renowned course architect.
Hilton carded rounds of 80, 75, 84 and 75 to cash in the £30 winner's prize and his second Claret Jug was the third Open won by an amateur



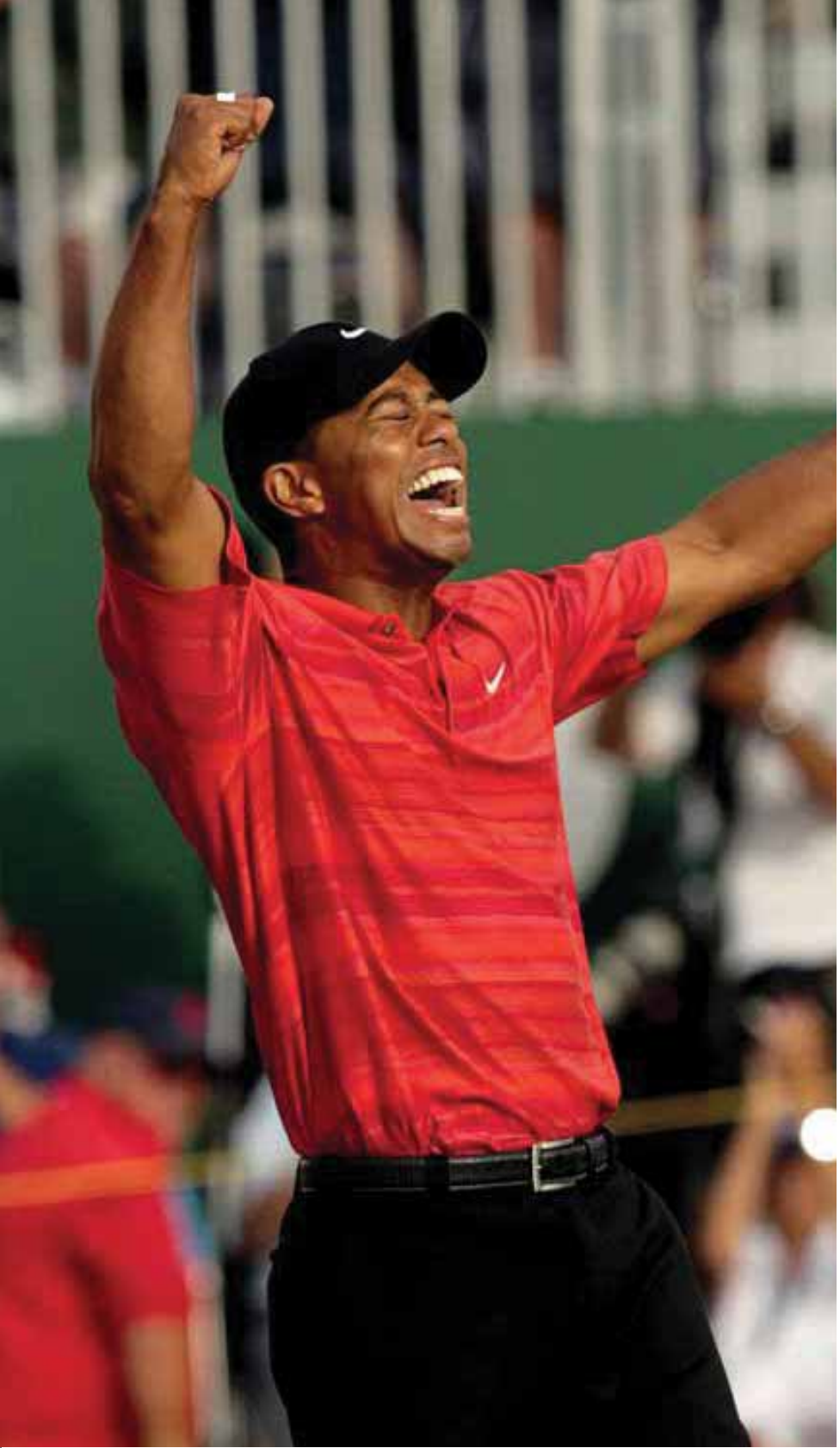
1930 – BOBBY JONES CONTINUES HIS GRAND SLAM MARCH

Bobby Jones won the Open at Hoylake in 1930 in the same year he won the British Amateur Championship, emulating the achievement of John Ball in 1890.
Despite shooting a 75 in the final round on Merseyside, Jones finished two shots clear of Leo Diegel and Macdonald Smith – he is still the last amateur to win the Open.
Quite incredibly, Jones went on to win the US Open in July, then the US Amateur Championship in September, as he completed the Grand Slam

1967 – ROBERTO DE VICENZO BEATS JACK NICKLAUS

The 96th Open Championship was won by Argentinian Roberto De Vicenzo. After this tournament, the Open adopted a second, 54-hole, cut until 1985.
With rounds of 70, 71, 67 and 70, De Vicenzo beat the great Jack Nicklaus by two shots to secure the only major title of his career and one of his seven PGA Tour titles.
At 44 years old, De Vicenzo became golf's oldest major winner before he was eclipsed by Lee Trevino at the 1984 PGA Championship.





2006 – TIGER RELEASES EMOTION AFTER WINNING THIRD CLARET JUG

Tiger Woods' third win at the Open Championship in 2006 was his first major title since the death of his father Earl in May of that year.
This was the first time the Open was played at Hoylake in 39 years and the first time a player had successfully defended their Open crown since Tom Watson in 1983.
Woods carded a final-round 67 to finish on 18-under-par, two shots clear of Chris DiMarco and five shots ahead of Ernie Els.

2014 – RORY FINALLY WINS HIS CLARET JUG

Rory McIlroy had a chequered past at the Open Championship before winning at Royal Liverpool in 2014 – making one top 10 in six previous appearances.
McIlroy was largely in control throughout the final round, fending off Rickie Fowler and Sergio Garcia by two shots, leaving the Spaniard still looking for his long-awaited major title at that stage.
This started a three-tournament winning streak which continued with wins at the Bridgestone Invitational and the PGA Championshi





NELLY KORDA RECLAIMS NO. 1

WORLD RANKING



Nelly Korda was unable to mount a late charge at the latest major championship, but the American's tie for ninth place at the Evian Championship was enough to vault her back into the No. 1 spot in the Rolex Women's World Golf Rankings.

Korda, 25, has held the top spot multiple times previously, including as recently as the week of May 15. She inched past Jin Young Ko of South Korea, who last month set the record for the most career weeks at No. 1 -- a record that now stands at 163.

Ko tied for 20th in France, three shots behind Korda, who was coming off a win in the Aramco Team Series London event on the Ladies European Tour. It has been a solid turnaround for Korda, who had missed a pair of cuts and tied for 64th in her previous three starts while also missing a month to recover from an ailing back.

Also making a move this week was rookie star Rose Zhang, who climbed three spots to a career-best 32nd in the Rolex Rankings after also tying for ninth at the Evian Championship. In her first five starts as an LPGA Tour member, including three majors, Zhang has a win and three other top-10 finishes to offset a missed cut at the Dana Open.

Korda also leads the United States Solheim Cup standings, having secured an automatic spot along with Lilia Vu and Allisen Corpuz. Zhang sits 17th in the standings, but is eligible for the team based on her win at the Mizuho Americas Open and is considered a very strong candidate to be selected by captain Stacy Lewis if she doesn't earn an automatic spot.


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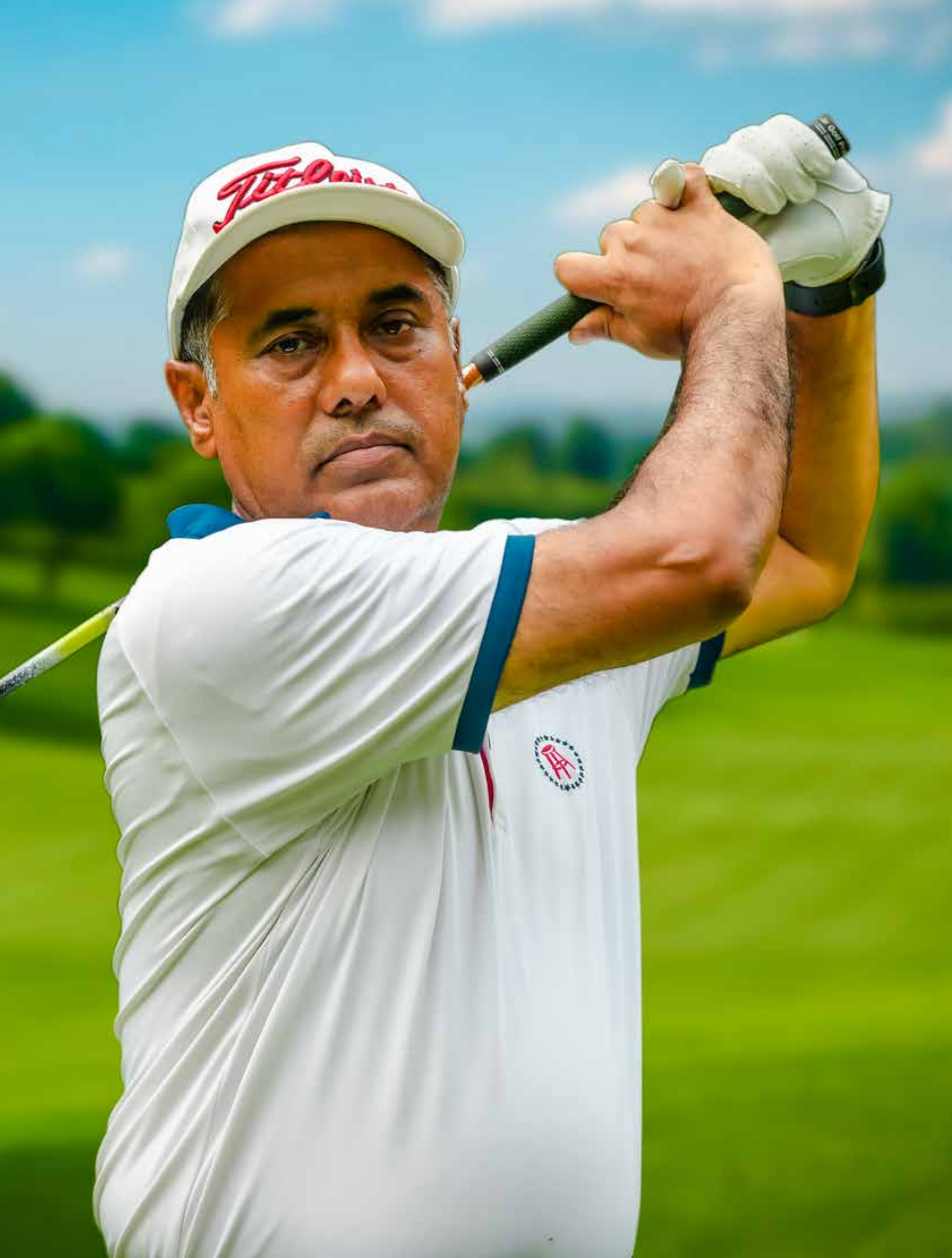
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A policeman in golf

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When and how did you start playing golf?
Before starting to play golf, I played tennis, football, cricket, and swimming. Then I was introduced to a brave-hearted, highly influential military officer, Brigadier General Munzur Kader (Retd). He insisted that I join this highly renowned association 'Tiger Golf Club'. He invited me to many golf ceremonial occasions to exchange views about golf, among the national and international golfers. I was motivated by his proposal and he assisted me as a proud member of the 'Tiger Golf Club.' It was in 2020, just before the Covid pandemic. The camaraderie that I feel with other players every day makes me excited to come to work. I am grateful to others who are really passionate about helping me to improve my game.

Tell us about your recent tour to Turkey
Last November, there was a tournament between Turkish and Bangladeshis at Chattogram Bhatiary Golf Club, sponsored by Turkish Airlines. In that event, I won a Dhaka-Antalya-Dhaka couple air ticket. Besides this, FUNGOLF TURKEY invite me to play golf at Cullinan Golf Course and Titanic Golf Course in Antalya, Turkey. I played at both courses. I enjoyed not only playing golf but also the beautiful golf course, exceptional landscape, green natural beauty, and high quality fresh air. It was a turning point in my golfing career. In February 2023, I played golf at New Kuta Golf Course in Bali, Indonesia, organized by the Indonesian tourism ministry. Among the two, the Antalya Golf was special. The management service and quality of the golf course were fantastic.

To date, what is your proudest golf accomplishment?
I have played in many domestic and International tournaments. Out of those, the one at Antalya was the best for me. It was a turning point in my golfing career and I relish the memory.

How do you manage time for golf despite your busy schedule ?
Martin Luther King once said the more we are busy, the more time we have to spend praying. I maintain some steps for the management of my busy schedule and making time for golf practice. Steps like:

1. Dividing large tasks into smaller ones; If a duty could take hours, days, weeks or longer to complete, I try dividing the job steps. Doing this can help me to enjoy a



series of small accomplishments and slowly work toward the primary goal.
2. Prioritizing; Prioritizing my work plan helps me complete the most critical tasks first, which may help relieve feelings of stress or uncertainty.

3. Monitoring my time; Monitoring the amount of time it takes for me to complete each task can help me more easily understand the areas of my schedule that need attention to golf.

4. Setting achievable performance expectations; If I have a busy schedule, it may be helpful to set achievable, realistic expectations. When preparing my schedule, I try to be as honest and realistic as possible. It may vary depending on the day, so it's important to spend a bit of time each morning for golf.

5. Planning every day; I find it helpful to make a daily schedule to make sure I have accomplished all-important tasks each day. I also make my next day's schedule at the end of my current workday, at night before bed.

Which are your favorite golfing destinations?
Ireland. Despite the fact that golf was invented in Scotland, their next door neighbor, Ireland is the most popular country for the sport. One might be surprised to know that in Ireland, golf is the most popular sport in proportion to its population. The second country on the list is Canada, where the sport is mainly played during the spring and summer.

Have you passed golf on to your next generation?
Despite the fact that golf is a highly expensive sport, I would like to pass golf on to my next generation. The sport can be played at any age, unlike other sports.

What is it about golf that attracts you most?
Different people get differing experiences from the game, which might be the secret to its popularity. There are some universal themes, however, which I will attempt to describe. A golf "shot" makes a little white



ball fly through the air (and/or run on the ground). Before every shot there is an anticipation — what will the ball do? It's just sitting there. Where will it go? How will it travel? Magnificently? Hilariously? Pathetically? Unless you play with experts, nobody knows. It's something like the human attraction to gambling, say, with dice or a slot machine. If the right number comes up or the slot machine hits a little payoff, we get a satisfying hit of dopamine. And if not, a little disappointment, and then another chance at a good or at least decent "shot." Or when a longish putt falls into the hole. Outside of 6 or 8 feet for most golfers, a putt falling in is pure chance. The statistical odds are actually similar to that of dice or poker hands.
But there's an extra, amplifying factor. We cause the ball to move by a set of personal decisions and physical actions. That creates an emotional investment in the shot — something that expert golfers studiously attempt to avoid, but many recreational golfers relish.

You are a member of the Tiger Golf Club. Say something about this club.
Tiger Golf Club is a popular and renowned sports club in the Bangladeshi golfing fraternity. Most of the members of Tiger Golf Club are highly qualified players. It is a national and international rankings-based player's club. Most of the players are diplomats, high-ranking military officers, high-profile businessmen, CEOs of multinational companies and foreign investors who are living in Bangladesh. I am a proud member of this prestigious club and I enjoy the privilege to represent Bangladesh police. The club is reputed for promoting golf nationally and internationally by participating in international tournaments.

Does golf help your professional life?
Playing golf means spending a lot of time outdoors, and any activity that gets you outside is beneficial for your health in various ways. Fresh air can help everything from your digestive health to your blood pressure and heart rate. People who spend more time outdoors are at lower risk of various chronic health diseases, including obesity.1. Spending time in direct sunlight is necessary to get enough vitamin 2. Golf is a social sport. 3. It fosters a healthy sense of competition. 4. It can be enjoyed just as well without keeping score. 5. Golf can improve concentration and boost your brain. 6. Playing golf is good for your heart. 7. Golfing can relieve stress and improve your mental health. 8. Golf burns calories and can help with weight loss. 9. Serious injury is not very likely. 10. Golf helps you sleep better. 11. It helps you make new friends 12. Golf improves business







relationships. 13. Golf teaches life's most valuable skills.

Golf tourism has seen a new horizon in recent times. What is it that you would emphasize in promoting local golf tourism?

Thank you for your emphasis on local golf tourism. You know that in Bangladesh, most golf courses are inside the cantonments and not too accessible for those other than military officers. But nowadays some businessmen and retired senior military officers jointly play golf in different parts of the country, which is a good thing for increasing tourism with golf. So I expect that in near future domestic golf tourism will flourish further.

BEST GOLF SHOES FOR MEN: 2023

FootJoy HyperFlex
They're bright and colourful without being too in your face and give off a youthful player vibe that I like. The big talking point is the custom moulded carbon fibre plate that sits in the sole. As an avid runner, I'm aware shoe companies have been adding carbon sole plates for a few years now. FootJoy reckons that the Hyperflex Carbon offers increased stability than any shoe on the market. They are stable and rigid in the swing but comfortable enough to wear all day.

PROS
Really solid in the swing and underfoot

CONS
Slightly on the heavy side



Ecco Biom H4
The Biom Hybrid franchise's calling cards are comfort and durability – these are shoes that just keep performing. With the H4s there is a clear visual development and also a new material. I was comfortable with the incredibly soft yak leather of previous models. Now, we have more of a mesh look. I wondered if it would show creases and there was some evidence of this after a couple of rounds. What stays the same is the support. They may look like trainers but they have a very solid structure.

PROS
Incredible support for your feet

CONS
Crease marks appear in the leather





Puma Ignite Elevate
I've been looking for a pair of golf shoes suitable for teaching, playing, practising, walking the dog and going to the pub in – and I think I may have found them. I love the way they feel on my feet. The ignite foam offers a snug feel and cushion when walking and feels springy in the swing when pushing off your right side into the ball. I cannot believe how strong and stable I feel in the swing wearing them.

PROS
Traction is very good for a spikeless shoe

CONS
Fabric tongue and ankle area are tough to clean



FootJoy Traditions
These are FootJoy golf shoes, and their natural habit is the golf course. They are so lightweight. They are effortless to wear and you feel like you could run in them – or at least walk a long way in comfort. I do not want daft amounts of padding under my foot, I want to be able to feel the ground and not feel like I am wearing stilts. Again the modest depth sole and the high levels of stability speak of a brand making footwear for proper golfers.

PROS
Classic styling is a joy

CONS
Would not choose twotone personally



Cuater The Legend
The clean lines, the stitching, the lacing system – it all looks just right. I was pleased to see a robust heel piece. Breaks in the outsole offer flexion to the forefoot and also help to control weight. Each shoe came in at 425g, which is lighter than the average proper leather spiked shoe. I found the shoe to be extremely comfortable from the outset. If you value comfort, understated style and thoughtful technology, then take a look at these.

PROS
Classic and understated looks

CONS
Nothing!

Adidas Solarmotion BOA
This is a tremendous golf shoe. They are remarkably lightweight and flexible but have a stability and structure which gives you confidence they won't be bending all over the place as your feet are shifting during a shot. The waterproof upper not only keeps any water out, but still allows your feet to breathe. They look sturdy and, given you're going to be wearing them for several hours, the contentment you will feel on your feet makes them worth the investment.

PROS
BOA is extremely effective

CONS
Nothing of any significance



FootJoy Pro SL
The overall appearance is of an athletic-looking shoe with a quality feel. It is also very light. There is a decent amount of padding around the collar and tongue of the shoe, and a look at the sole revealed 180 (I counted) rubber lugs making up the soft spikes. This is apparently an increase of 30% from the last model so as to enhance traction. If ever there was a shoe that could be worn away from the course then this is it.

PROS
Performs well on and off the course

CONS
I personally preferred the Pro SL Carbon mode



Duca del Cosma Bernardo Pro Spike
If you've worn Duca Del Cosma shoes before, you are going to love these. They feature SoftSpike pulsar cleats, which give you all the grip and stability you could ask for. These broguestyle shoes don't just look great; they also feature some exciting, advanced technologies that will help you play better.

PROS
Wonderful design goes with any outfit

CONS
Firm, quality leather might need to be worn in





UnderArmour Hovr Tour SL Wide

Having worn these shoes in lessthan-ideal conditions, they were impressive and delivered a solid waterproof performance. These spikeless shoes didn't lack in grip and they definitely excelled in quality. They are very easy to slip on and very roomy inside the shoe with a design that is smart and simple.

PROS
The IntelliKnit upper provides great stretch throughout the swing

CONS
Never convinced white is the best colour for waterproof shoes



G/Fore G112

They are super lightweight, really comfy to wear and better yet, you can't really tell that they're golf shoes. Straight out of the box, they are incredibly comfortable and require no break-in period at all. The waterproof leather is very soft, and you will have no issue wearing these shoes on and off the course.

PROS
Modern style and very comfortable

CONS
Not sure how the spikes will wear over time



Skechers Go Golf Pro 5 Hyper

This is an extremely comfortable golf shoe with modern sporty styling. It offers exceptional grip and traction and would work all year round given its grip and durability.

PROS
Extremely comfortable with great grip

CONS
Pinstripe effect on the top may not be to everyone's liking

MD. Monowar Hossain

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Mickelson capped a solid week at ANGC with a 65 on Sunday, putting him atop the alltime Masters money list.

SHORT GAME

ALL MY BEST SCORING MOVES

By 45-time PGA Tour winner Phil Mickelson

I'LL BE CELEBRATING my 53rd birthday this month, yet, as you saw at the Masters, I can still hang with the younger guys. My T2 at Augusta was helped by some solid short-game play, something I've always taken pride in. I got up-anddown 60 percent of the time during the Masters, even when I found the sand.

And on Friday, I needed five fewer putts to complete my round compared to the field average.

The things I typically do on short shots and putts are things any golfer can copy. If you're looking to save a few strokes here and there—and who isn't?—try the following four tips on for size. They've helped me since I first picked up a wedge more than four decades ago. I'm sure they'll help you too.









Nail the "Big 3" on short-game shots

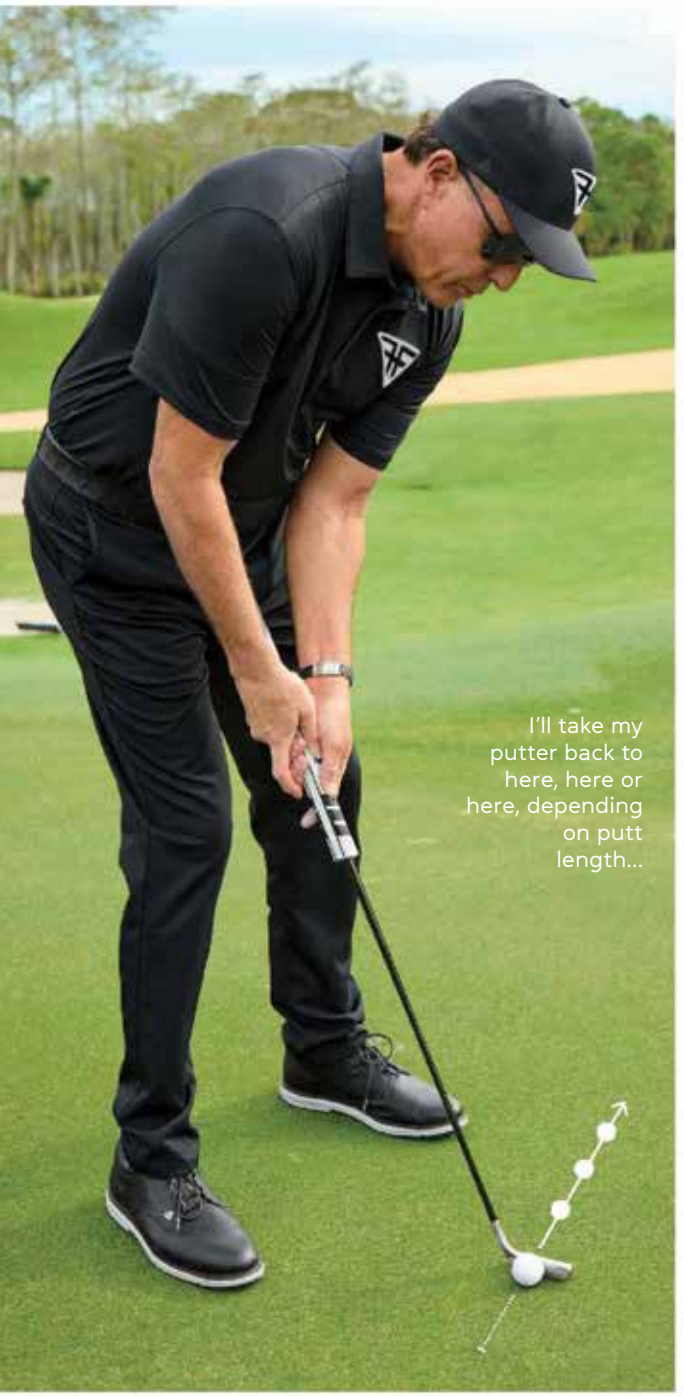
You can drive the ball a million ways. Same goes when you putt. But when it comes to pitching and chipping, there are three hard and fast rules you can't ignore. All of them help you manage the position of the eading edge so you don't flub it or hit the shot thin.

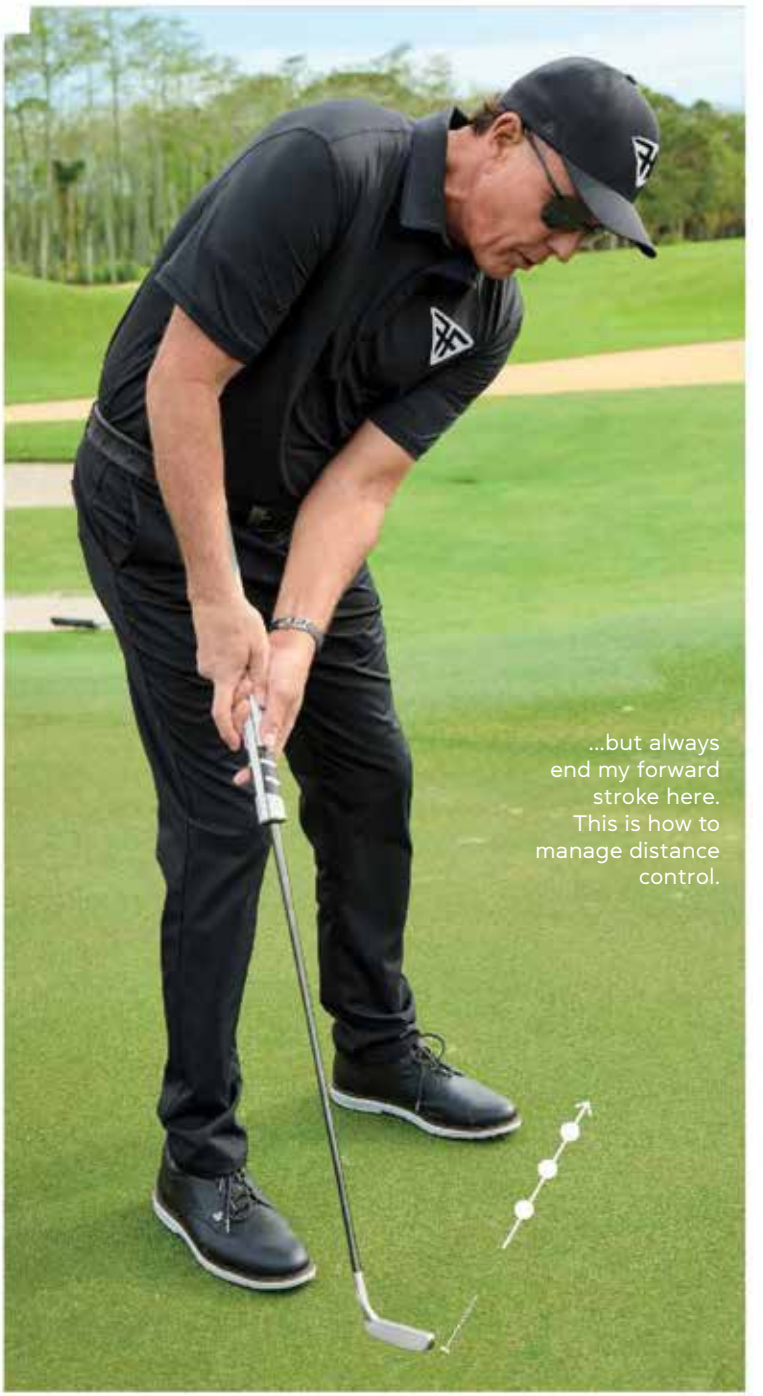
(1) Set up with the majority of your weight over your front foot and keep it there. If your weight moves back, the club will come up and you'll skull it.

(2) Keep your hands ahead of the clubhead. You can do this by aligning your hands and club even at address and adding hinge in your backswing, or preset your hands ahead of the club at address so you don't have to rely on hinge at all.

(3) Make the decision to either hit the shot high or low.

There's really no middle ground in the short game, in my opinion. Use a narrow stance, and, if you want to hit the shot lower and let it run, play the ball back in your stance. If you're looking for height, play the ball up. Easy.





Limit your stroke to one variable

Your read may not always be right, but you can get any putt within tap-in range with proper distance control. Fact: There are two variables in your stroke. The first is how far you take the putter back (1). The second is how you accelerate, or how big a stroke you make going through. If you cut the number of variables in half, your odds of always being around the hole skyrocket.

I keep the length of my forward stroke (and acceleration) the same on most lags (2). That's the constant. So then all I have to do is vary the length of my backstroke to roll the ball the correct distance. At every event, I'll spend time on the practice green rolling, say, 40-, 50- and 60-foot putts, dialing in the backstroke length for each one while keeping the forward stroke the same. If I'm a little short, I'll take my putter back a little farther, but I won't change my acceleration. This makes lagging so easy. I don't know why all pros don't do it







"when it comes to pitching, there are three rules you can't ignore."

Groove my flop shot
in a single drill Hitting a flop isn't that different from hitting any other short shot. As with any play around the green, you need the Big 3: Weight forward, hands forward, ball played either forward or back in your stance. Since we're hitting a flop, play the ball up. Again, keep your stance narrow but with the ball positioned ahead of center. The trick here is fighting the urge to "lift" the ball into the air. I know you want to send it sky-high when hitting a flop, but you still have to hit down on the ball while managing the leading edge, keeping your hands ahead of the club through impact and letting the loft of your club do the work.
To get the right feel, make practice pitch swings using only your lead arm. If you don't set up correctly, with your hands even with the ball (1), or even a little ahead of it, the club will feel "clunky." Work the club back and forth smoothly making sure the club descends into impact each time (2, 3). Note: The faster you swing, the higher the ball will go. Keep your hands ahead and trust your wedge's loft.

"Drive" your bunker shots
Good news: Once you learn the basics of pitching and chipping like I've discussed, there's no longer any need to fear hitting shots from a greenside bunker. It's the same thing: weight forward (1) and hands forward (2). The only trick is that mistakes made in sand are exacerbated by the bounce on your club. So, like I do whenhitting a high chip or pitch,I play slightly forward ofcenter but emphasize **driving the club down and intothe sand behind the ball** (3). I mean really drive it! Youdon't have to fear digging ifyou lay the club a bit open ataddress. In fact, it's combining an open face with the drive-down move that helps the bounce of your club glide through the bunker. Shots pop out nice, high and—presto!—with some of that pro spin you see on TV







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Golf is simply

MY LIFE

I picked up Golf at the age of 5 years. I recall Brig Gen Fazal uncle; my Mentor, who inspired both my brother and me picking Golf.



Irfan Hasan Wadi is a young talented golfer, who has been playing the game since he was only five years old. The 14-year-old idolises Tiger Woods and aspires to be like the American legend one day. Mature beyond his years, Irfan Juggles between his studies and golf to make the most of both. Here are brief excerpts of an interview with this budding golfer.

Tell us about yourself.
I am Irfan Hasan Wadi. My age is 14 and I'm studying in class VII. I was born in Sylhet and my father is an army officer while my mother is a housewife. I have a younger brother too.

How did you start playing golf? How old were you then?
I picked up golf at the age of five. I recall Brig Gen Fazal uncle – my mentor, who inspired both me and my brother to pick up golf.

What does golf mean to you?
Golf is simply my life.

How do you manage to combine golf and school?
It's challenging, but I try to balance by playing in the afternoon.

What was it like playing golf at the RGC?
It was wonderful to play golf in the middle of the scenic beauty of RGC.

Which one is your favorite golf course and Why?
KGC is my favourite since it is of international standard.

Who will be in your dream foursome?
I dream of playing with Tiger Woods, Rory McIlroy, and Charlie Woods.

Who is your coach and how often do you attend golf lessons?
My coach is Mr Reza and I train seven days a week under him.

As a junior golfer, did you receive lessons from any professional? If yes, who and what was the experience like?
Yes, my coach Reza is a professional. I found his teaching very educational and he is very skilled.

What is your favorite part about playing golf?
My favourite part is putting since it makes the difference in the end.

What is the hardest part about playing golf?
I think delivering a proper swing is the hardest part. Failing in the swing results in a poor shot.

Who do you see yourself to be in future?
Tiger Woods.

Other than Golf, which sports are you good at?
Football and Basketball.

What would you like to wish to other young golfers and their parents?
I would ask them to practice with hard work, determination and consistency.









I try to balance playing in the afternoon.



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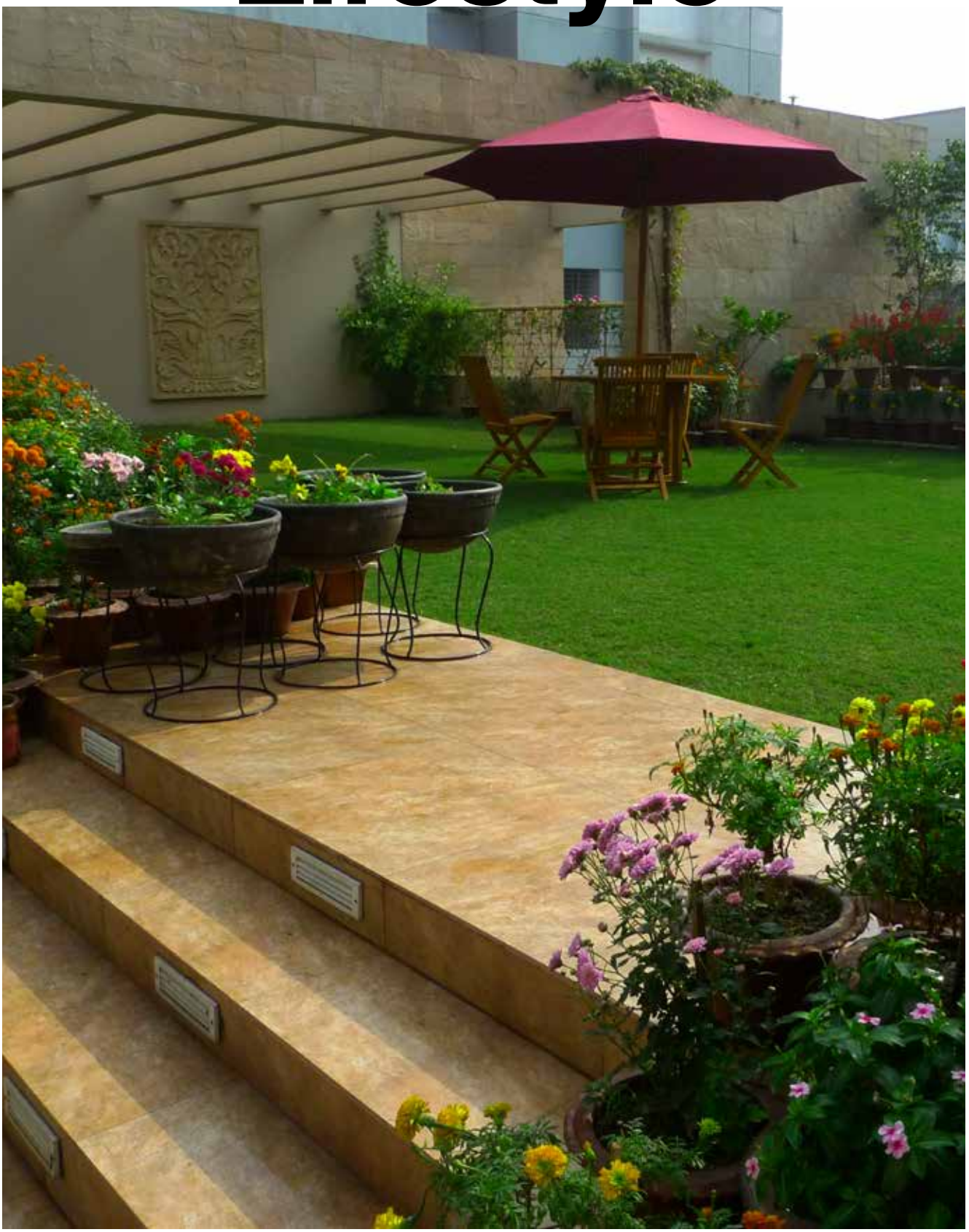
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56 **Sanchita**
The house aspires to provide them and their children a collection of memories for them to grow in and cherish.

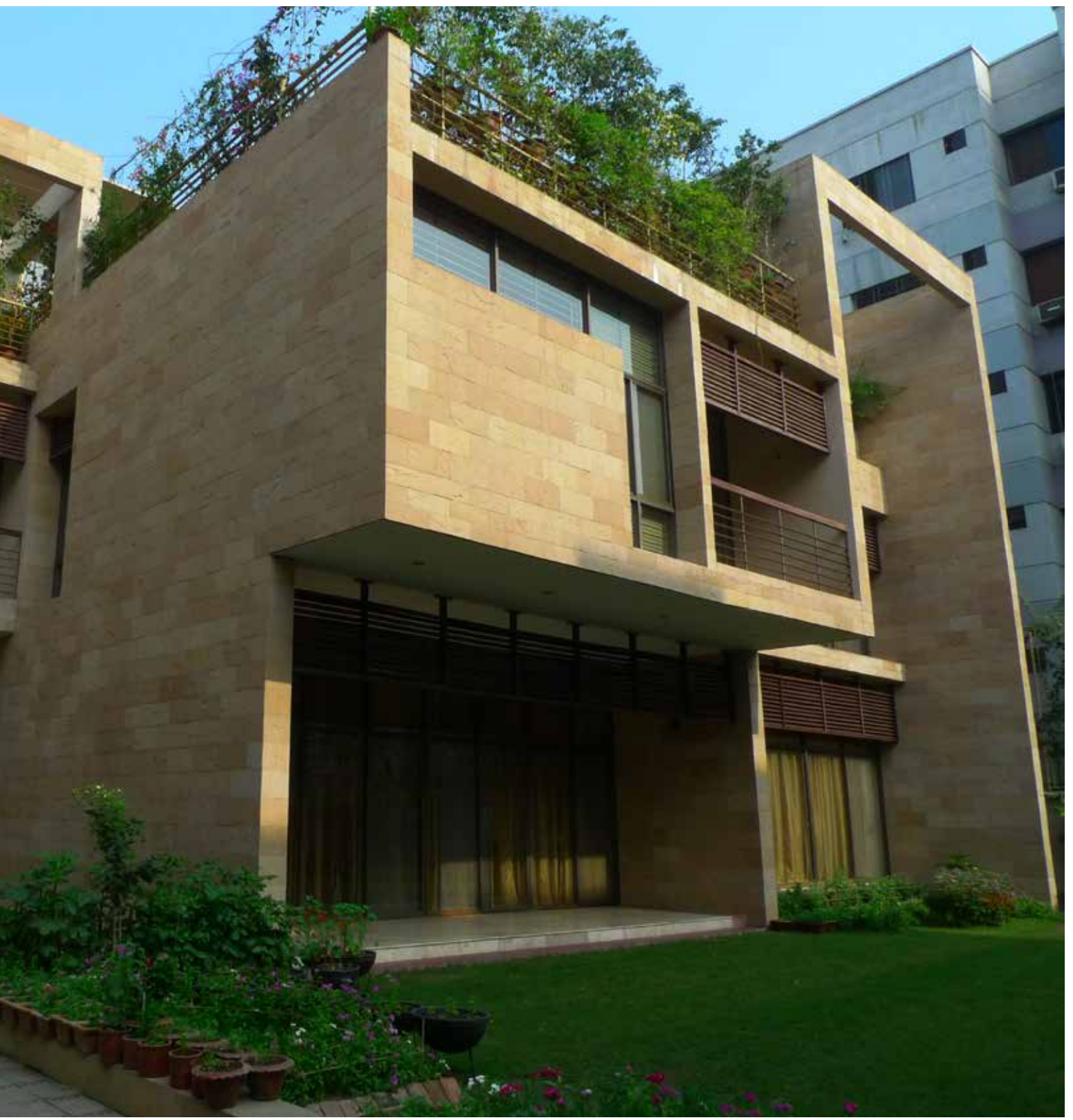
62 **Bamboo's Fascinating**
This concluding phase of detailing is crucial to add the finishing touches and ensure that every aspect of the project aligns seamlessly with the envisioned design and the highest standards.

Sanchita

A residence for Adnan Chowdhury



Project Description: "Shanchita" means a "collection of memories", in a way to treasure. The lifestyle of Dhaka has considerably changed over the last 35 years. Beautiful one unit houses with gardens have been replaced by uncaring high-rise apartments. Today's apartments serve only to provide us with a residence and do little to become a home. The houses of the yesteryears held a rich collection of memories because families lived together, their gardens were treasured by the children to the elderly. There trees, verandas, terraces were not just elements but integral part of the life of the occupants. The clients aspired for a 'Baganbari' - house in a garden, where their own children could grow up with ample places to play (something which is totally missing in the apartment housing of Dhaka now). And for them to entertain guests and relatives, something which is deeply engrain in the society of Dhaka.





The house aspires to provide them and their children a collection of memories for them to grow in and cherish. The way the design was developed was to find that one stroke that will address site, climate, surrounding and yet bring back the 'Baganbari' (house in a garden) and create 'Shanchita' - the event that will not only bring back memories but will also nurture new memories. And with the lyrical play of only a few parallel lines this was achieved. The parallel walls blind the surrounding high-rises and at the same time orients the house towards the south east, the ideal direction for light and wind, ensuring that all rooms are naturally ventilated (during most of the day, the room require no artificial light and air conditioning).

One enters into a forecourt then walks into the exterior of the house and realizes that the whole house is actively set around an internal











courtyard. All the rooms open up into this courtyard and on fine weather the house becomes a continuous veranda. The geometry of the house is a geometry of experience, and the experiences are rich with genetic strains off our past, our culture, and specially the glamorous eventful Mughal heritage. Mughal gardens and pavilions were not only designed for use during day but also to be enjoyed at nights.

The project is inspired from this unique nature of "night time" use of garden and spaces has been designed with a deliberate fragrance map and also illumination map which transform the project at night into a celebration. Different scented flowers are situated at different locations, some to relax, some to enchanted, some to excite. The illumination map (lighting design) has many layers, to accommodate different scale of events and the way the interior space as well as the landscape is lip, it becomes a continuous and harmonious relationship--spanning from relaxation to celebration. The different water bodies have a sound map creating different kind of sound resulting a different and deliberate ambience. It engages all our senses and becomes more than space and form.





Category: Dwelling
Subcategory: Single Family Residence
Project Name:Sanchita, a residence for Adnan Chowdhury
Project Address: Road no 6/A, Dhanmondi, Dhaka
Project Cost: 5 crores
Total built area: 25000 sqft
Site area: 14400 sqft
Year of completion: 2013

Principal Architects:
1.Nurur Rahman Khan, K-049, Principal Architect
2.Tanya Karim, K-051, Principal Architect
Name of the Client:
Adnan Chowdhury



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EXECUTIVE VILLA KING/TWIN

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FOR 2 PERSONS
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WATER VILLA KING

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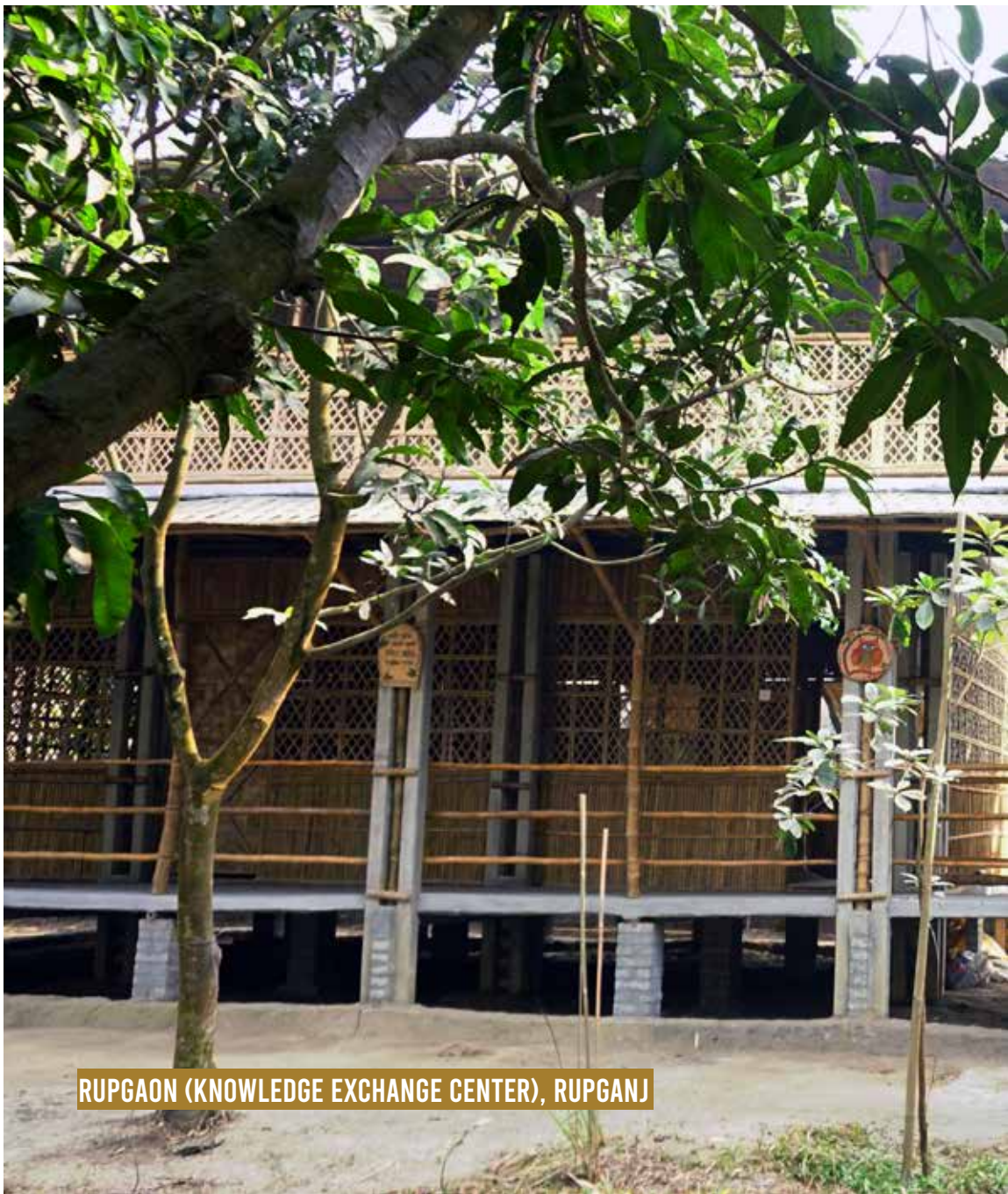
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"From Tradition to Innovation:

Bamboo's Fascinating Journey in Architecture"

We consciously chose to exclude the use of iron nails, pins, or iron strings during the construction process.



RUPGAON (KNOWLEDGE EXCHANGE CENTER), RUPGANJ

Briefly tell us about "Architect/Firm name" and its background.
We are a team of passionate architects who share a vision of creating a sustainable and eco-friendly planet. Our collective commitment to preserving the environment drives us to view our work as a meaningful contribution to this cause. Our current project serves as an exemplary demonstration of our dedication, but we are eager to continue our efforts in the future, with a specific focus on eco-friendly architecture, particularly in the domain of disaster-resilient homes.

Allow us to introduce ourselves:
- Architect Fazla Rabbi
- Architect Sumaiya Amin
- Architect Fatiha Polin
- Architecture Student Ferdous Khan

Together, we form a dynamic group, united by our enthusiasm for designing innovative and environmentally conscious structures. Moving forward, our aim is to create a positive impact on the world through our sustainable architectural endeavors.

What was the client's requirement from the project?
The client's objective was to establish a knowledge exchange center with a specific focus on environmental ecosystems. The envisioned center aims to be a dynamic space where individuals can engage in learning and education. It serves as a hub for self-directed learning, offering a wealth of comprehensive information and resources pertaining to our environment.

When did this project start and how long did it take to complete?
The construction of our project embarked on November 21, 2021, marking the commencement of an exhilarating journey. Substantial progress has been made, and as of January 15, 2023, the project has achieved a partial completion stage. While major construction milestones have been successfully reached, there are still some remaining detailing tasks currently in progress. The team is diligently working towards the finalization, with an anticipated completion date set for August of this year. This concluding phase of detailing is crucial to add the finishing touches and ensure that every aspect of the project aligns seamlessly with the envisioned design and the highest standards. With the unwavering dedication and commitment of our team, we are confident in delivering an exceptional finished product within the expected completion timeframe.

How much area does this project cover?
The site presented a distinctive topography, characterized by a three-step descent from







the road, seamlessly blending into the surrounding landscape. Meeting the design requirements necessitated extensive soil filling in a space measuring 192 feet in length, 95 feet in width, and 8 feet in depth. Despite the significant expenses incurred during this process, we successfully elevated the structure by 2 to 3 feet, resulting in a two-story building interconnected by ramps and multiple staircases. Remarkably, when viewed from the road level, the structure creates the illusion of a single-story building.

Another notable challenge centered around the architectural design itself. The structure spanned approximately 179 feet in length and 20 feet in width. Crafting a long, continuous roof that covered the entire expanse proved to be a demanding task. To overcome this challenge, we collaborated closely with skilled craftsmen over an extended period, engaging in numerous iterations and refinements until we achieved the remarkable outcome that stands today.

As an architect, how do you use design elements to turn spaces into places where people want to reside?

As architects specializing in bamboo architecture, our approach encompasses various design elements to create desirable living spaces. From the user perspective, we prioritize understanding the needs and preferences of occupants, ensuring that our designs cater to their activities and lifestyle. Functional integration plays a crucial role as we meticulously plan and organize spaces to optimize functionality, seamlessly integrating different activities and ensuring efficient flow within the structure. Space scale is carefully considered, taking into account the human scale to create intimate and comfortable environments that resonate with inhabitants. Maximizing access to natural light and providing adequate ventilation are paramount, and we strategically utilize bamboo structures to frame views, introduce daylight, and promote a healthy indoor environment. Embracing the natural textures and qualities of bamboo enhances the visual and tactile experience, infusing spaces with warmth and authenticity. We establish a clear spatial hierarchy through design techniques like varying ceiling heights, floor levels, or architectural elements, demarcating different zones with distinct purposes and atmospheres. Comfort and amenities are prioritized, incorporating features that enhance residents' daily lives, such as thoughtful seating, storage solutions, communal spaces, and outdoor amenities. The essence of each space is meticulously crafted, capturing the spirit of the place and reflecting the aspirations of the occupants, imbuing the design with a unique identity and character. Nature integration is integral to our approach, incorporating greenery, natural materials, and water features to connect residents with their surroundings, enhancing well-being and promoting a harmonious living environment. By considering these design elements, we effectively transform spaces into inviting places where people truly desire to reside.

Tell us about the idea and concept behind the project.

In order to honor our original vision of constructing an environmentally friendly establishment while minimizing our impact on the environment, we made a conscious decision to embrace the rich tradition of utilizing sustainable resources prevalent in the neighborhood. The surrounding houses, cherished and passed down through generations, showcased the timeless beauty of clay, bamboo, and palm wood, embodying the wisdom inherited from our ancestors. Inspired by this local tradition, we embarked on a mission to create a structure that harmoniously blends with its natural surroundings. Our commitment led us to source materials within a two-kilometer radius, ensuring that we stayed true to our pledge of reducing transportation and preserving the local ecosystem.

By utilizing these readily available materials, we accomplished more than just an eco-friendly construction. We crafted a place that resonates with the spirit of the community, paying homage to the wisdom and craftsmanship of our predecessors. The

building process became an opportunity to unite the present with the past and to pass on our sustainable practices to future generations.

The resulting establishment not only boasts eco-friendly construction but also simplicity in maintenance. With materials that are abundant and easily replaceable, we have ensured that any necessary repairs or replacements can be carried out without causing undue harm to the environment. This approach aligns with our desire to create a long-lasting structure that stands the test of time, both in terms of durability and ecological responsibility.



Ultimately, our unwavering commitment to constructing an eco-friendly establishment with locally sourced materials has allowed us to create a space that not only reflects our values but also captures the essence of the community. It serves as a beacon of sustainability, inspiring others to embrace the wisdom of the past while building a better future for generations to come.

What types of materials have been used in this project? Are they locally sourced?
The project primarily utilized locally processed bamboo as the construction material of choice, known for its exceptional sustainability and versatility. Bamboo played a pivotal role in providing a robust and eco-friendly foundation for the structure. In addition to bamboo, a range of supporting materials were thoughtfully incorporated to complement and enhance the overall design and functionality of the center. Locally processed mud, various types of processed bamboo, local wood, and processed plum wood were selected based on their durability, aesthetic appeal, and compatibility with the project's eco-conscious approach. These materials were chosen with great care to ensure they align with the project's objectives and contribute to its sustainable nature.

What were the landscaping scopes in this project?
This project already blends with natural landscape/vegetation.

What sorts of plantations did you implement? Were they easy to source?
This architecture already in forestry

Tell us about the type of structure implemented.
In our pursuit of maintaining the authenticity and traditional craftsmanship of the structure, we consciously chose to exclude the use of iron nails, pins, or iron strings during the construction process. Instead, we entrusted the entire framework of the building to the skilled hands of craftsmen,



who meticulously assembled and bound it using locally sourced ropes. This deliberate choice not only preserved the cultural and aesthetic integrity of the center but also showcased the expertise and artistry of the craftsmen involved. By relying solely on traditional binding techniques and local ropes, we achieved a seamless fusion of sustainable materials and time-honored craftsmanship, resulting in a truly distinctive and captivating environment for visitors to experience.

Can you tell us about the space segmentation of the project?
This remarkable institutional building is ingeniously designed to accommodate diverse zones, catering to the needs of the public, semi-public, and private sectors. The front ramp serves as a unifying feature, seamlessly connecting two floor levels and ensuring universal access for individuals with disabilities, enabling them to effortlessly navigate any floor and space. The upper-level entrance office holds the reins of the entire arrangement, overseeing the smooth





functioning of the building. Upon entering, one is greeted by an inviting entrance ramp, leading to a centrally located staircase that serves as the heart of the structure. The staircase gracefully culminates in a charming half-moon-shaped bamboo stair, creating an aesthetic spectacle reminiscent of a miniature amphitheater. These three prominent staircases and ramps are cleverly interconnected by a lengthy passageway on the western side. This intelligent layout empowers the effective management and control of specific areas without impeding the flow of the surrounding semi-private or public zones.

Upper Level: The upper level of the building comprises several functional spaces designed to cater to various needs. These include:

One office room: This dedicated space serves as a central hub for administrative tasks and facilitates smooth operation of the facility.

Eight classrooms: These classrooms are versatile and can accommodate different sessions or educational activities. Four of these classrooms have been designed to also function as accommodations, providing a convenient option for overnight stays.

One library room: A tranquil space where visitors can indulge in reading and research, fostering a culture of knowledge exchange. This room also serves as a meditation area, promoting a sense of calm and reflection.

Lower Floor: The lower floor of the building is designed to offer a range of facilities for different purposes. It includes:

One display center: A visually engaging area where exhibits and displays showcase various aspects of the environment, creating awareness and promoting understanding.

One multipurpose space/seminar hall: This versatile area serves as a hub for gatherings, seminars, workshops, and other community events, accommodating diverse activities and fostering engagement.

One cafeteria + kitchen: A welcoming space where visitors can relax and enjoy refreshments. The attached kitchen enables the preparation of delicious and healthy meals using locally sourced ingredients.

One room for service/caretaker: A dedicated room for staff or caretakers, ensuring the smooth functioning and maintenance of the facility.

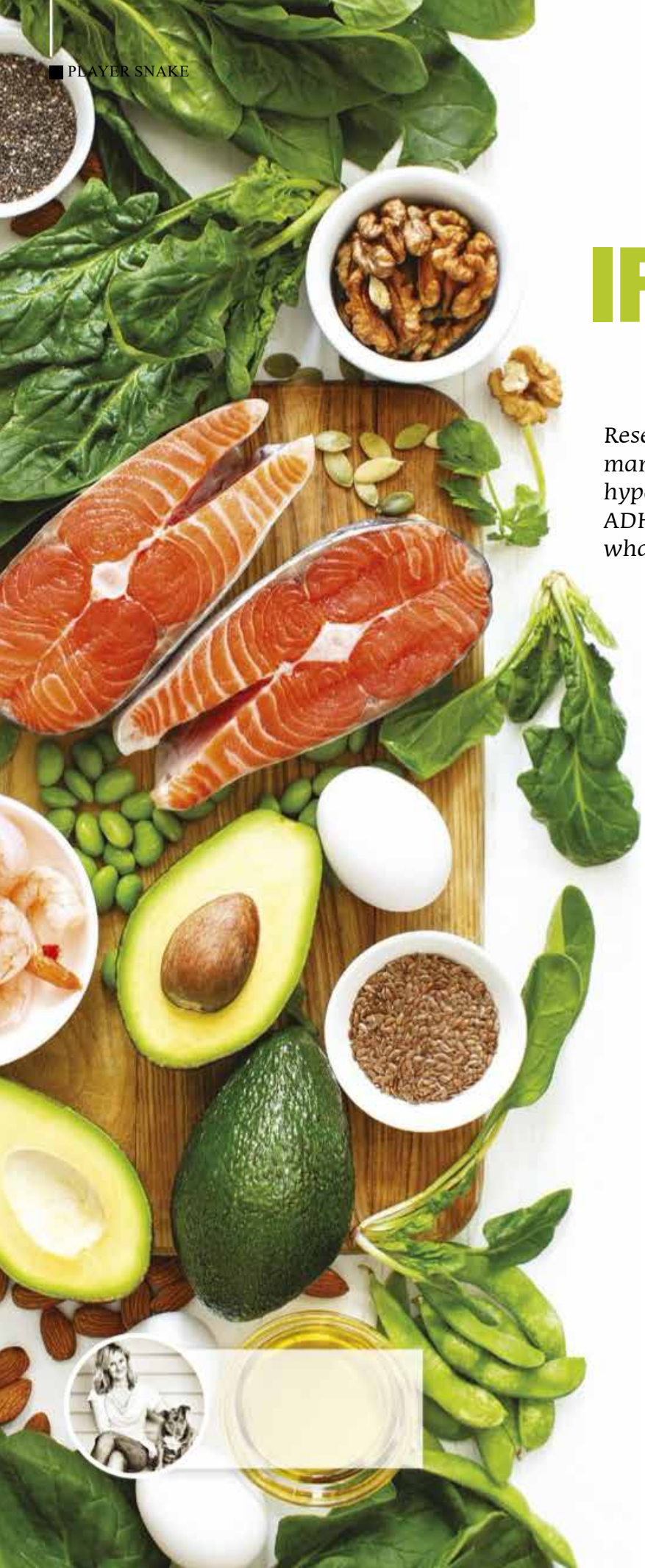
By providing these thoughtfully designed spaces, the center aims to facilitate learning, collaboration, and relaxation for all its visitors while promoting environmental awareness and sustainability.



Any kind of constrain or challenge faced during the construction process?

The project initially faced challenges associated with the site conditions. The site's unique characteristics included being situated eight feet below the road level and having a long north-south orientation, while being relatively narrow in the east-west direction.

Another significant challenge revolved around the architectural design itself. The structure spanned approximately 179 feet in length and 20 feet in width. The most demanding aspect was the roof design, as creating a single long roof that seamlessly covered the entire structure proved to be a complex undertaking. To address this challenge, we collaborated closely with skilled craftsmen over an extended period, engaging in numerous iterations and refinements. Through their expertise and dedication, we successfully achieved the remarkable outcome that is evident today. The culmination of our joint efforts resulted in an impressive architectural accomplishment.



what to eat
IF YOU'VE GOT ADHD

Research suggests diet can play a role in managing symptoms of attention deficit hyperactivity disorder. If you're living with ADHD, here's some food for thought about what to put on your plate.

ADHD is a neurodevelopmental condition most effectively managed through a combination of different treatments including medication, psychotherapy and time management training.

But lately the effect of nutrition on ADHD symptoms has also been under the microscope – with some promising outcomes. For example, a 2022 study showed that eating more fruit and vegetables reduced inattention issues for children with ADHD.

But ADHD doesn't just affect children. More than three out of four children diagnosed with ADHD will continue to have symptoms in later life, meanwhile some people aren't diagnosed until adulthood.

In fact in recent years, growing awareness around ADHD has seen adult diagnoses shoot up by more than 100 per cent in some countries. So in addition to conventional treatment, can dietary choices help adults living with ADHD, too?

6 dietary tweaks to consider making

Generally speaking, a diet that delivers good nutrition is considered important if you have ADHD, but bear in mind the following tips:

1 DON'T SKIP BREAKFAST

Research shows that eating a well-balanced breakfast can help to improve cognitive function in young adults living with ADHD. Plus, it's a chance to start the day with a nutrient-rich meal before the appetite-supressing side effects of some ADHD medications kick in.

2 MAKE PROTEINA PRIORITY

Fresh research is currently being conducted at King's College London to examine the effects of a dietary protein called tryptophan (found in milk, tuna and chicken) on ADHD in adults, due to the role tryptophan plays in producing the neurotransmitter, serotonin. A brain chemical that's a natural mood stabiliser, serotonin helps you think and regulates sleep, but levels are reduced in people with ADHD.

There's also some evidence that suggests eating protein-rich foods like eggs, yoghurt, fish or legumes at breakfast may help to improve the effectiveness of some ADHD medications.

3 EAT PLENTY OF FISH

And take care to include oily types, like sardines, salmon and some varieties of canned tuna, which are particularly rich in omega-3 fatty acids, a nutrient that people living with ADHD are often lacking in. Omega-3s play a key role in brain health, including the production of dopamine, a neurochemical linked with reward and pleasure that 'ADHD brains' naturally have lower levels of.

4 DRINKING COFFEE MAY HELP

Several studies have suggested that, because it's a stimulant that increases dopamine levels, caffeine may help to reduce some ADHD symptoms. Stimulant medications, which are the most common and effective ADHD medications, also work by improving the availability of certain neurotransmitters, including dopamine, in regions of the brain involved with attention, impulse control and behaviour inhibition.

5 SNACK ON WALNUTS

The results of a study published earlier this year showed that people who ate 30g of walnuts a day for six months enjoyed an improvement in attention and other ADHD symptoms. Walnuts are a rich source of alpha-linolenic acid, or ALA, a type of omega-3 fatty acid found in plants.

ADVERTORIAL



Grill Lemon Chicken Pasta

Ingredients

- Chicken strip- 1 cup
- Chopped garlic- 1 tsp
- Lemon juice- as per required
- Olio Orolio Extra Virgin Olive Oil- as per taste
- Corn Flour- 2 tbsp
- Pasta- 1 cup
- Salt- as per taste
- Oregano- 1 tsp
- Black pepper powder - ½ tsp

Procedure

1. Cook the chicken strips with Olio Orolio Extra Virgin Olive Oil, bit of a black pepper, oregano, salt, chopped garlic, corn flour, water.
2. Cook for 1-2 minutes.
3. Add a slice of lemon juice and some more water.
4. Add boiled pasta and coriander into the cooking pan.
5. Cook for some time and then serve into a dish garnished with grated mozzarella cheese and Olio Orolio Extra Virgin olive oil.

Recipe Courtesy: Chef Tony Khan

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KGC'S HOLE NO. 3

GETTING MORE DIFFICULT

From the very first event of the Asian Tour in 2015 the full-time referees of the tour started considering the Hole No. 3 of KGC to be lacking standard par-5 for the players. They found the hole having less distance of 495 yards and difficulty level to be too low. However, they did not see a problem with par-5 Hole No. 14 despite it being only 503 yards, as it poses a much higher difficulty index.

So with the advice of the Asian Tour, the Kurmitolla Golf Club started redesigning Hole No. 3 with increased distance and higher difficulty level.
India's leading architect Vijit Nandrajog from Golf Design India produced a wonderful design on the invitation of the KGC. The hole is deemed now to present more distance and higher difficulty level. The green has been shifted towards south-right, making yet another dogleg with two wide leaf bunkers presented with stiff high walls out towards the green. The contours on the green for putting and the fairway for approach shots are likely to be harder for maneuver now. Furthermore, the two bunkers located at first lay-off have been made difficult by making the wall stiff and increasing the length by 10 yards.

The two bunkers would be more in play for many professional players at 1st lay-off. Now the professionals will find the fairway bunkers 280 yards at left and 260 yards at forward-right to carry.










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