

»»» APRIL '24 «««

# THE COLMWORTH WAY

Learn, Practise, Share



## BE MORE ECO

By Tilly Vesely

## »»» GOODBYE SINGLE USE PLASTIC

There are lots of ways we can reduce the amount of plastic finding its way into landfill, here are just a few ideas we've introduced at Colmworth to make it easier for you!

1) Use eco friendly alternative golf tees - we have a huge selection of bamboo tees available in our small golf shop & you can save money by bringing your own container to re-stock too!

2) Bring your own re-usable drink bottle with you - we even have a re-fill station by the 13th tee! If you don't have one, we have some lovely vacuum insulated flasks for both hot & cold drinks, they are great quality and we love them! A cheaper alternative is our recycled aluminium water bottles, already filled in our chiller.

3) Re-fill cleaning products - we use a local company for all of our cleaning products in the clubhouse & holiday cottages, we refill our own old containers when they run out and we invite you to do the same from our little shop too!

## WHAT DO YOU MEAN - "DISEASE"? «««

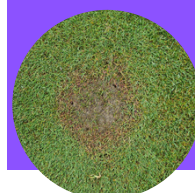
**What does Fusarium look like?** Usually a small orange - red/brown patch. Before it becomes aggressive you may spot a white cobweb-type substance (mycelium).

**What does it mean?** It is extremely damaging to fine turf due to the leaf dying and leaving behind scars. It can lead to uneven and sometime unplayable surfaces.

**What do you do about it?** Lots of aeration (see [HERE](#)). Fungicides are available, but at Colmworth we keep use of these to an absolute minimum and choose to keep our soil healthy with our compost teas.

## FUSARIUM

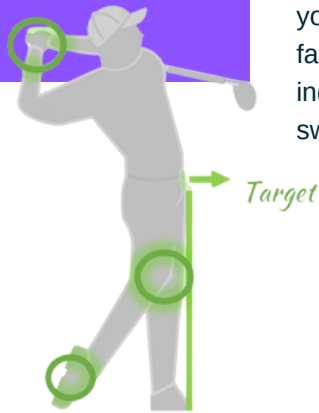
By Brad Jones  
Head Greenkeeper





# PRO TIP

By Adrienne Engleman PGA



# STRIKE A POSE

## >>> TIP 25 OF 50

Finishing balanced and poised, with nearly all your weight on your front/lead side, your back/trail foot up onto its tiptoes, your knees relatively closed together, with your belt buckle facing your target and your hands held high - are all great indicators that what has simply gone before in your golf swing has also been great.

Taken from Adie's book  
50 SIMPLE TIPS  
for SIMPLY BETTER GOLF

## >>> WHAT IS YOUR GOLF POSTURE LIKE?

Injuries are not always caused by one single event. They quite often are also caused by a build up over time, and due to multiple reasons. One such reason can be our daily posture while walking, standing and sitting.

A poor or compromised posture can cause certain areas of our body to feel stressed which may lead to injuries in the future. Have you ever thought about your posture when walking around the Golf course or when carrying your clubs or pushing the trolley around?

Follow the link for a video that talks through how we can be more aware of our posture, as well as some tips, guidance and exercises on how to make a few simple changes to improve your posture.



# POSTURE

By Krishna Mistry  
Osteopath at  
Lake View Osteopathy

## LEARN MORE HERE



# COFFEE & HEALTH

From Zoe

## >>> THE SURPRISING WAY COFFEE CAN IMPROVE YOUR HEALTH

Coffee is one of the most popular drinks on Earth, making caffeine the world's most widely consumed psychoactive substance. Over the years, coffee has been demonized as a threat to cardiovascular health. But more recently, bigger and better scientific studies have challenged this idea.

Learn more here: <https://zoe.com/learn/podcast-how-coffee-can-improve-your-health>

