



June 2020 Newsletter



The new normal – for now

We've had to make a lot of temporary changes at Fairgrounds GC to conform with the rules, but the key word is "temporary."

It seems just about every day we receive approval to adjust what *was* the rule to what is *now* the rule, and that will continue to be the case for an uncertain period of time. So please be patient and we will make it through this together.

Getting back, gradually and with patience . . .

This has been a challenging and interesting time for businesses and people in Sonoma County and beyond, including golf courses and the golfers who enjoy them.

Like other Sonoma County courses, we have had to make adjustments, not all of them being the kind that makes things easier for us as well as our valued customers.

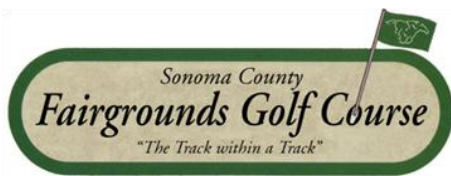
The rules and restrictions seem to be at least slightly different at courses throughout the county . . . and they also seem to be constantly changing.

We didn't have flagsticks at first, but modified the cup depth to accommodate flagsticks; we didn't sell balls, tees, gloves at first but that changed, although golfers are still not able to try on gloves before buying them; we aren't able to let golfers in the pro shop although other courses allow a limited number; no shared clubs or rental clubs; we allow the use of electric carts but they are limited to one rider per cart; masks or face coverings are required when checking in, but not on the course or range.

And needless to say, we stress the 6-foot social distancing recommendation although the distance should actually be more like 10 or 12 feet.

The people who operate our four courses are constantly checking to see what might be legally or prudently allowed and what might not be . . . our goal is to do what's right for all involved. The end of this may be nowhere in sight but making decisions based on creating the safest environment is the course is a vision we can support.





Around the Track

Who are these masked men ???

While learning to deal with the pandemic, we have seen a lot of masks – some quite creative, some spur-of-the-moment, like a bandana or shirt pulled up over the face.

Rules – for now – are that we require masks when you check in – not on the course or range -- so the efforts of former “Players of the Year” **Pieter Spaans** and **Bill Davies** and others are appreciated. We have only had to turn away a few people so that’s a good thing.

Opinions vary on the need and effectiveness of masks, but we continue to follow the rules.



Where is that ‘zone?’

Everyone wants to be "in the zone" more often. We've all experienced it before -- nothing could deter our play -- and we crave the ability to find that place. But when we try to get in the zone, it always seems to evade us, and we try to find ways to get back that feeling.

Golfers think about their thinking.

A round of golf contains a huge amount of thinking time. The problem is not the thinking that pops up in our heads; the problem is that we spend too much time thinking about our thinking. Even the best golfers in the world have insecure thinking, but the difference between the best and the rest is that the best don't concern themselves when those thoughts arise.

They blame external sources for their feelings.

Ask 99.9 percent of golfers and they will agree that missing an easy putt, tough weather conditions, and/or their results can affect how they feel. But nothing outside of you can affect how you feel. The only thing that can affect your feelings is your thinking in the moment. So it seems like missing the shot is making you angry. But take a different scenario: you are feeling confident and you miss a shot . . . do you react the same way? No way. You will probably say something like "That's just one shot, no big deal." It's not the circumstance, it's 100 percent your thinking about the circumstance.

They believe positive thoughts are better than negative thoughts.

When you believe this paradigm, you are creating a duality and when you do not have positive thoughts, you will stress and search for them, and that will take you out of the present moment. And the present moment is where you play your best golf. The reality is, even positive thoughts can hurt you. The key is staying cool regardless, and therefore coming back to the shot.

They focus on the past or the future.

You can learn from the past, and you can plan for the future, just don't live there. Focusing on a past shot is like driving a car only looking in the rear-view mirror. Fast forwarding yourself into the future (good or bad) will also take away from quality shots in the moment. We can only experience what we are focusing on in the moment, so if we are focused on the past or the future, we cannot experience flow, satisfaction, or the present.



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