# **ARMADALE BOWLS CLUB @ SOUTH CAULFIELD**

# **CLUB**

NEWS



**SEASON** 

2018/19

ISSUE NO. 25 WEEK ENDING FRIDAY 15th. MARCH,2019 THIS WEEK'S SPONSOR



REGIS IS LIVING, WITH SUPPORT

REGIS ARMADALE REGIS BRIGHTON REGIS EAST MALVERN REGIS SHENLEY MANOR 607-613 DANDENONG ROAD 161 MALE STREET 400 WAVERLEY ROAD 440 CAMBERWELL ROAD

WEBSITE:

www.regis.com.au

For more information on this Sponsor, click on the above website. For any other Sponsor, go to Club website home page & click on Sponsor's name, or go to Team App/Sponsors.

## IN THIS WEEKS EDITION.

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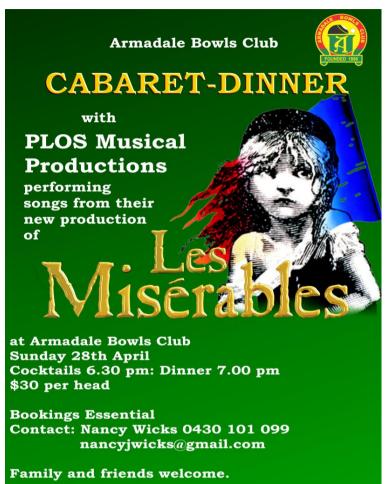
# ALMONER'S REPORT(Cedric Gould).

If you know of a member who is unwell or in hospital please contact me on 950 98930.

### SCOREBOARDS.

Please try not to write on the new scoreboards if possible, as getting the marks off is difficult. It is usual for the team/ individual etc who wins the mat to be ABC and those who lost the Visitors If you have to use chalk, only use white and please wipe off with a damp cloth when you finish. Robyne Schwarz Chair Bowls Committee

## **CABARET-DINNER SHOW.**



## **BIRTHDAYS.**

MARCH

Happy birthday to the following members

Cynthia Salter	1	
David Franks	3	
Neville Karro	4	
Janice Broder	7	
Norma Hertz	8	
Roy Rosenberg	9	
Murray Caplan	16	
Harry Pose	17	
Karen Rubenstein	21	
Elaine Kovkin	22	
David Bernard	25	
llana Leibel	25	
Roger Lewis	28	
Jan Kamien	29	
Tonny Van Haastert	30	
David Southwick		

# **SOCIAL NEWS.**

PLEASE FORWARD ANY SOCIAL NEWS YOU WOULD LIKE TO SHARE WITH YOUR FELLOW CLUB MEMBERS BY SENDING IT TO MY EMAIL ADDRESS. bernieg27@gmail.com

# CLUB PHOTO.



Colin and Barry will be out soon.

# END OF SEASON BARBECUE DINNER

All members and their partners are invited to a Barbecue Dinner at the Club to celebrate the end of a great Pennant season DATE.: Wednesday March 20 th TIME : 6 pm for 6.30 pm COST: \$15 per person. Please pay on the night or give cash directly to Nancy Wicks. RSVP : Essential for catering purposes by March 13th. to Nancy Wicks.

Email: nancyjwicks@gmail.com

Mob: 0430101099

## **EMERGENCY LIST UPDATE.**

Please note the emergency list has been updated and is on your "Team App"



## SOCIAL BOWLS

Please note social bowls will commence this Saturday. A list is in the shed if you wish to play or contact David Janover at 0412-113-271. Dress Mufti.

# **SAFETY INFORMATION.**

# I Love my second chance at life



A HUMAN chain of life support across a Cheltenham industrial park, linked by three emergency service units and a hospital ward, has saved new mum Samantha Jobe. She was about to start warming up for her workout at Crossfit121, with husband Damien and eight-week-old daughter Makayla looking on, when she collapsed. Mrs Jobe, 32, hadn't tripped, as gym instructors first thought. Her heart had stopped and she had no pulse. Gym owner Chris Hogan and trainer Tara Smith swung into action, alternating between CPR compressions and breaths, while his wife Maria sprinted to nearby chemical company BASF. It recently bought a defibrillator, and had told other businesses in the Taunton Drive industrial estate.

BASF workers Chloe Collins and Jack West ran the device back to the gym, where they successfully shocked Mrs Jobe to regain a pulse. An ambulance crew, fire brigade and a MICA unit arrived within ten minutes. They took over CPR and administered a breathing tube and blood pressure medications, to keep Mrs Jobe stable until she arrived at hospital.

MICA paramedic Christine Edney said she feared the worst. "People are considered clinically brain dead after four to five minutes, so it's really important to have that early access to CPR and defibrillation," she said. "Any business such as gyms, hospitals, medical centres should have an automatic defibrillator. They're not costly and they save lives."

Monash Heart cardiologists have not been able to find the cause of Mrs Jobe's heart-stopping moment, with no family history of heart disease, She has had a defibrillator implanted — and the gym bought one last week. She has been given the all-clear by doctors to return to exercise, her husband and gym staff have imposed a ban for now.

"I'm looking forward to getting back to a normal life, driving and exercising, but I'm just waiting for them to be comfortable about it," she said."It's put a lot of things into perspective They saved my life. I know how lucky I am that I will see Makayla grow up."



Our Club very proudly owns 2 AED's (Automated External Defibrillators).

- Automated = Once you open the machine (it tells you what to do; to proceed as quickly as possible) and it calculates what is required
- **External** = Pads are placed on the body. The instructions tell you where, and there are pictures located at the machine.

**Defibrillator** = Schocks the heart (very hopefully) to get the heart started.

\* It is used, therefore, if the heart has stopped.

\* It can be used by anyone.

\* If the emergency arises, get someone or yourself to get the nearest defibrillator and bring it to the patient.

- \* Please be reminded that if an experienced person, or Safety Officer, is not present you can act quickly to save someone's life.
- \* It may be someone outside in the Park or nearby Sports Ground, a visitor or Club member. They are located in the:
- Bowls Shed where we store our bowls on the wall to the right as you come in
- Kitchen/ servery area

Thank you everyone for being "Aware and Responsible" this season.

We have had a very Safe season, thankfully, due to the many precautions that we take.

Thank you to all of our Safety Officers for being on duty throughout the Pennant season and the extreme heat; and to many people at the Club who are vigilant and take care of our Members and each other. We can still HYDRATE a lot more.

Please let's keep up our good record throughout the year.

Your Safety Team

# SPONSORS.

Our valued Sponsors are a very important part of our Club community with Sponsors contributing about 10% of our annual revenue. Can we ask that you please be aware of who our Sponsors are, by checking in the Fixture Book or on our website and on the board in the Clubroom. Whenever possible, please support them and make it known to them that you are a member of the Armadale Bowls Club.

Also, if you have an idea or suggestion as to who could be approached as a possible Sponsor, please advise Jack Cooper, Rob Millingen or Buddy Budlender, who will follow up the lead. We all have wide circles of contacts who could provide a source of new Sponsors

In the coming months, a member of the sponsorship committee may contact you personally to ask if you can assist by providing the name of a company or service provider who might be a potential sponsor. Your assistance will be greatly appreciated and benefit your Club.

Here is a full list of current sponsors for season 2018-19.

Arboretum Kitchen & Cafe	Lowe Lippmann Trakman Financial Services		
ADM Motors	Melbourne Body Corporate Management, St Kilda		
Ampvolt Electrical	Marilyn & Keith Faiman	Scotchline Signs	
AR Foodservice	Jax Tyres Caulfield South	Service Experts	
Astoria Honda Brighton	Malvern Travel & Cruise	Snap Printing Caulfield South	
Barton Glass	Marshall White & Co	Specsavers Brighton	
Bendigo Bank Caulfield Park	Michael Klooger & Family	Steller	
Café D'Lish	Mothers Instinct Café & Catering	Sutton Partners Accountants	
Carniche Accident Repair Centre	Mr Brightside Cafe	The Hospitality Man	
Danish NOSH Bakery Cafe	Nelson Pharmacy	The Kitchen Company	
Del Mar Cafe	Regis Aged Care	Thompsons Menswear	
Feet4Life	Resting Toucher	Tom Weisler & Family	
Gary Peer	Rocksalt Restaurant	Turquoise Eatery	
Handledwithcare	Rosenbloom Automotive	Universal Toner & Inkjet	
Hexagon Home Maintenance	Ross Smith Physiotherapy		
Ian Sharp Jewellery			

# SPONSOR BENEFITS TO ABC MEMBERS 2018/19.

THIS IS A CURRENT LIST OF BENEFITS MEMBERS OR THE CLUB WILL RECEIVE WHEN YOU SUPPORT THESE SPONSORS. (20/02/2019) ASTORIA HONDA BRIGHTON

Purchase a new Honda from Astoria and the Club will receive \$500 and you will receive \$250 worth of additional accessories.

#### DANISH NOSH BAKERY CAFÉ

Members will receive a 10% discount off your total bill for a meal including drinks. Does not apply to coffee only or take-away products.

#### FEET4LIFE

"Bowl Proof your Feet & Legs" package valued at \$284, all for \$93 (health fund rebateable). See details in the Feet 4 Life advertisement in the Fixture Book, page 7.

#### JAX TYRES CAULFIELD SOUTH

Members will receive 10% discount on servicing and 5% discount on tyres.

#### **MALVERN TRAVEL & CRUISE**

A contribution (generally \$100) is made to the Club with every travel booking made by Members.

#### MARSHALL WHITE REAL ESTATE

Sell your property through Marshall White and the Club will receive up to 10% of the commission jointly agreed upon. MOTHERS INSTINCT EATERY

Members will receive 10% discount off your total bill for a meal as well as drinks.

#### ROCKSALT RESTAURANT

Mention you are a Member of the ABC when you pay your bill and you will receive a 10% discount on the total amount. This is valid for lunch and dinner.

### **ROSENBLOOM AUTOMOTIVE SERVICE REPAIRS**

Members receive \$50 discount on car service. At any time, Members can call in and receive a complimentary under bonnet fluid level check, tyre pressure check and light check. A thorough vehicle inspection report conducted during a routine car service can determine the safety of a vehicle.

#### SERVICE EXPERTS

Service Experts will donate to the Club 5% of the total cost of any job done for a Member.

### SPECSAVERS BRIGHTON

Receive \$50 off 2 pairs of glasses from the \$249 range or above, or, 25% off the total price when purchasing 1 pair of glasses including lens and extras.

#### THOMPSONS MENSWEAR

New Sponsor "Special Offer" of 15% discount off all bowls trousers, bowls shorts, socks and hats. All other merchandise 10% discount on all full price regular stock.

PLEASE BE AWARE OF ALL OUR CLUB SPONSORS AS DISPLAYED ON SIGNAGE, IN OUR FIXTURE BOOK, WEBSITE, FACEBOOK, TEAM APP AND CLUB TV. THE MORE WE PROMOTE AND USE OUR SPONSORS, THE MORE WE WILL BENEFIT FROM LOWER MEMBERSHIP AND GREEN FEES.

# DONATE A NEW RINK SCOREBOARD.

As you know the Club installed 23 new Rink Scoreboards earlier this season.

The Club has offered members the opportunity to donate a Scoreboard with a naming right which includes personalised wording on a plaque for \$500 per Scoreboard. The plaque will remain in place for a period of five years.

To date, all 16 northern Scoreboards have been donated, and there are seven Scoreboards still available along the Club wall side.

Please consider donating a Scoreboard and support the Club.

Contact Jack Cooper on 0402 464 454 or jncooper@bigpond.net.au to secure a Scoreboard.

#### Your support will be greatly appreciated. ABC Sponsorship Committee

ABC Sponsorship Committee



## JOKE OF THE WEEK.

The "Good" Wife A police officer pulls over a speeding car!! The officer says. 'I clocked you at 120 km/h, sir.' The driver says. 'Christ officer, I had it on cruise control at 100. Perhaps your radar gun needs calibrating.' Not looking up from her knitting the wife says. 'Now don't be silly dear, you know that this car doesn't have cruise control.' As the officer writes out the ticket, the driver looks over at his wife and growls. 'Can't you please keep your mouth shut for once?' The wife smiles demurely and says. 'You should be thankful your radar detector went off when it did.' As the officer makes out the second ticket for the illegal radar detector unit, the man glowers at his wife and says through clenched teeth. 'F...k it woman, can't you keep your mouth shut?' The officer frowns and says. 'And I notice that you're not wearing your seat belt, sir. That's an automatic \$75 fine.' The driver says. 'Yeah, well, you see officer, I had it on, but took it off when you pulled me over so that I could get my license out of my back pocket.' The wife says. 'Now, dear, you know very well that you didn't have your seat belt on. You never wear your seat belt when you're driving.' And as the police officer is writing out the third ticket the driver

turns to his wife and barks. 'WHY DON'T YOU SHUT THE F..K UP !! The officer looks over at the woman and asks. 'Does your husband always talk to you this way, Ma'am?'

I love this ...

'Only when he's pissed.

# CARTOONS OF THE WEEK.



