



ARMADALE BOWLERS NEWSLETTER

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SEPTEMBER 2015

PRESIDENT'S MESSAGE



Welcome back to Bowling Season 2015-16, and what a terrific start we have already had. Both the Opening Day (a record crowd) and pre-season Coaching Sessions have seen amazing turnouts.

It was also a privilege for us all to see our Life Members Mel Barnett and Ken Rosengarten roll the official jack and bowl to open our wonderful new Norman Lamb Green. I know we will all take great pride and care in using it, to ensure it can last as long as possible, giving us many great bowling years ahead, enjoyed in our

Armadale spirit of competition, sportsmanship and camaraderie.

Thanks of course to the many organisers who put in a huge effort for us to enjoy this great atmosphere. Thanks are due also to the team who have compiled our new Fixture Book; led by Di Grosberg, David Brame and Jack Cooper. Again this year this very comprehensive and profitable book has been produced completely internally which takes months of hard work.

The winter months have seen some terrific accomplishments which are a pleasure to acknowledge.

- Caulfield District Volunteer of the Year – awarded by David Southwick to Danny Miller
- Armadale's Nomination to Bowls Victoria Volunteer of the Year – awarded to Malcolm Lutchner
- Appointed a Victorian Ladies' Selector – Denese Brick
- Invitation to Victorian Trials for Ladies Over 60's – Gail Nadelman

All great accomplishments for our Members and our Club too. We also congratulate our Southern Indoor and Maccabi teams and players who reached finals in recent weeks. Well done to David Akerstein and Barry Wicks for their "Gold" medal win in pairs in their section at Maccabi. A great effort everyone.

Thanks also to David Janover and his Winter Bowls organisers for great attendances on Wednesdays and Saturdays. I have to admit that on the sunny days I was 'there' and I loved it, but I left it to the hardy all-weather players otherwise! You all did a great job getting our new Green settled in, while having a lot of fun.

Some interesting communication changes also underway. Bernie Gold is about to become our news guru; distributing a monthly Newsletter and weekly Pennant results via email. This should keep us fully up-to-date with everything happening at the Club. A terrific initiative and I am sure Bernie will be happy to be kept informed of any news.

Jack Cooper will be putting out very regular information on our Sponsors with everything they are offering. Anything we can do to respond is very important for their continuing commitment to us.

So we are off to an exciting start. Best wishes to all for a great year ahead. We can be so proud of our Club which is shining, both inside and out. Thank you to all Board Members, Committees and very hard working Members for your support. Together we are ensuring that we remain as vibrant as we are for many years to come. Let us enjoy our bowling in great health and team spirit.

Rose-Marie Todes
President

SAFETY FIRST - LET'S NOT FALL FOR IT!!

We are assured by Bowls Victoria and Bowls Australia representatives that our attention to Health and Safety is unique. As we approach this so responsibly, we somewhat take it for granted that this is the norm at Clubs, but our efforts are way beyond others. A Club of our size will have issues arise for members or visitors, and we always want to be sure we are prepared. Unfortunately this has now arisen several times, with ambulance calls and hospitalisation generally required. Each time we have had the situation under control and we are very proud of the training we have, to act promptly and effectively. But what to learn from this?

Unfortunately most of our injuries are related to FALLS. How?

Our biggest issues commonly are heat related. And the cycle follows from there –

- starting with Dehydration;
- commonly leading to a fall or light-headedness;
- and injury such damage to the body or a severe blow to the head follows; with hospitalisation required.

FALLS of a general nature also occur - due to obstacles being left in the way. Such as bowls bags, bowls (on and off the green), scoops and many less obtrusive but equally harmful objects left around and get in the way.

Similarly something as simple as getting on and off the bank has caused significant **FALLS** and major bumps to the head, or bleeding wounds on shins. The supports are there to help us. And the correct method to get up and down from the green – is **SIDEWAYS**.

Bowling shoes themselves are another 'obstacle'. If the surrounds are wet, you now have a surface on which to aquaplane, with a very serious **FALL** resulting. It is preferable to wear (non-slip) shoes to bowls and then change; but if this is not practical, please definitely do not wear bowls shoes on any wet surface.

- Please remember to **DRINK** in any weather and most especially in **HOT WEATHER**.
- Preferably use a **BOTTLE** of water rather than heading to drink fountains (where bags are in the way!!)
- Let somebody know if you are **NOT FEELING WELL**. Take time to recover.
- Please **CLEAR** all hazardous **OBJECTS** for yourself and anyone else in the vicinity.

As we age, falls are a lot more prevalent for many reasons. The cycle of serious injury, long-term damage and possible joint replacement as possible outcomes are dreadful. Please let's do whatever we can to prevent any further unnecessary injury at bowls and enjoy many strong and healthy years.



Be Aware Drive With Care

COACHING CORNER

Hi Fellow members and welcome to the new season. I am sure I can speak for all in saying thank heavens the winter is done and we can get on with enjoying some better weather and some bowls.

We have good reason to head into the new season with confidence and excitement after our teams in both Saturday and Midweek had such successful seasons last year. Combine this with the anticipation over our new green, new members, lots of bowlers attended our early training sessions, the committees working hard. What a great time of the year, the club is well positioned for a successful assault on 2015-16.

However my word of caution. Confidence, hope and belief are great assets to arm yourself with and if you can use these positive energies well then you definitely have a head start. But remember that these thoughts are a state of mind and need to be fuelled by the actuality of performance. The act of putting down bowls. Now is the time for work, the pre-season and early parts of the season are the most critical in terms of building the base in your game for good form.

We need to practice now. I believe that every practice bowl put down before the start of the season is worth double those delivered after the season starts. Confidence is a great friend in sport but just like any asset worth having it needs to be worked for and then maintained. The simple matter is that confidence and positivity are gained from success. The more often you achieve your objective then more belief you will gain to be able to reproduce the task.

Successful repetition in bowls is the key to building confidence, the more good practice you do the more opportunities you have to reinforce the belief. You can of course vary the drills to incorporate any type of shot, if you want to do some weighted shots then just put down a target bowl or mat and see how many times you can hit it.

Try benchmarking yourself during practice sessions. Find some time to spend by yourself or with a like minded training partner trying to beat your own achievements. Make up a set of quantifiable training drills and score how many times you achieve the task. Next time you train try and beat that number.

By way of example set your mat on the T and the jack on the T (max length) and draw 8 bowls on the forehand and 8 bowls on the backhand recording how many times you bowl within a mat length. Then set the mat on the T again going back the other way with the Jack on the minimum 21m mark and bowl 8 backhand and 8 forehand and record the mat length success. Next the mat on the 21m with the jack on the T (minimum to ditch going the same way) and repeat with 8 on each hand, again recording your result. You should have bowled 48 bowls. How many times did you achieve the mat length?. It does not matter how many times you did if it was 2 or 20 you have a bench mark to beat next time and the best thing is you will have put down 48 bowls.

Do this twice a week during the pre-season and you will have delivered close to 100 bowls of good quality practice, which will put you ahead of most of your opposition and you will have banked a good healthy amount of confidence and self belief. It is important that you don't cheat as you will only be cheating yourself, a mat length is a mat length "not close enough".

I understand that we all have different life circumstances and time constraints so this little example may be too time consuming for you, so modify it to suit, perhaps cut it back to 4 bowls and do it more often or just do 2 of the drills at a time. Make up some other exercises that you can manage, as long as you do it with commitment and benchmark yourself to get better, you will get better.

Our main club training session is still on a Thursday evening and open to all members from 4.30pm. I will also be at the club on a Wednesday night from 4.30 doing some targeted coaching and with those that want some extra work, this is not set as a structured club training night this year but come down and get into it. The Tuesday section main training session will again be Thursday morning from 9.30 till 11.30am.

And of course if you want some extra help or want to introduce a new person to the game then the club has a coaching session on Sunday mornings with good coaches in attendance so these sessions are a terrific opportunity to do just that.

I wish everyone the very best for the upcoming season, but head down, backside up, build the confidence now at this time of the season and make yourself accountable for your own outcomes.

Rob Wilson
Director of Coaching

SATURDAY PENNANT SELECTION

Judging by the enthusiasm shown by the excellent attendances at the 3 Sunday Practices and the record attendance for the Opening Day, I am confident that the Club is well placed to have a successful season.

However, we need to attend the weekly practices, especially on Thursday afternoons if we are to fulfil our potential and achieve good results. If anyone is having difficulty with their own game, please see Rob Wilson or any of the very good coaches we have to help improve or overcome any problems.

As previously mentioned our Selection Committee is committed to improving our communication with players, and we can assure you we will be trying very hard in this area. Should any player be unhappy with his or her selection or any other issues, please do not hesitate to contact the Selector allocated to your Side and we will deal with this directly.

Every year we hear criticism voiced in relation to the scoring system. But to date - having tried other alternatives such as Skippers marking each bowl which was overwhelmingly rejected by the Skippers after two weeks -, we still believe our current system serves us well as the preferred method.

However, the success or otherwise of the system depends on the players fairly and independently marking each other. Please be aware that the Selectors do take into account the marks, but other criteria also play a big part as well in the overall decision. If the marking system is not approached seriously and honestly, you cannot expect necessarily that at all times the best decisions are made.

Our Selection Team, Abe Stiglec, Aaron Kalinski, Martin Simon, Alan Faigen, and myself welcomes all new players to this great Club and trust that you will enjoy our great Armadale spirit. I wish you all a very good season. Good Bowling

Stan Todes
Chairman Saturday Selection Committee

SATURDAY COMMITTEE

My committee and I wish all Armadale bowlers a happy and successful 2015/16 Pennant season. We have several new members and I welcome each and every one of them and hope that they have an enjoyable season at this great club.

This year we have 7 teams playing each Saturday ranging from Division 1 to Division 7 and I wish them every good fortune and hope that they all enter into the tremendous spirit and camaraderie of our great club.

My committee is dedicated to Saturday pennant, Monday 2 bowl triples, Tuesday night pennant and two big Tournament events. We also will help to run the intra-club championships smoothly under the guidance of Barrie Rimer and his team. Added to these games, we will have our regular Wednesday triples ably run by David Janover and his team. Our 2 big tournament events are the VACC day and the Star/Weisler Day. These are very prestigious days and I urge you all to form teams and enter as early as possible to avoid disappointment. Dates for these events are in the fixture book.

This year we have decided to enter a team (3 rinks of 4 players) in the Tuesday Pennant competition. The starting time of 7pm. with only 18 ends to be played means that an early finish will occur which will please all members.

Our indoor Pennant teams had mixed results. Our Tuesday team reached the finals and although the boys bowled very well, they were eventually run down by a very powerful Mentone team.

I would like to impress on the Skippers of each rink playing at home during the season to make sure that their leads put the mats and jacks in the trolleys provided and for the other 3 members of the rink to clean up the cups and general rubbish into the bins. This would take all of 2 minutes to accomplish and would be a huge help to my committee members.

In closing, I must mention that I have 4 new members in my committee. Morrie Rubinstein, Roger Lewis, Arthur Baigel and Bernie Gold join Barrie Rimer, Benny Goldstein, Bernard Levin, John Lowe, David Brame and our esteemed past president Abe Stiglec and we all are very eager to help in the running of our great club to achieve on and off field success.

Michael Gild
Chairman Saturday Pennant Section.

ARMADALE CLUB UNIFORM

For members, both new and not so new, it is important to specify these dress requirements from time to time. The Club is asking everyone to dress per the Pennant code following and as directed for Tournaments: At all times clothing is to be Bowls Australia Approved (with their logo).

Shirts: Armadale Club Shirts
Pants: Bottle Green. The various lengths and styles available are all approved
Hats: White only
Belts: Bottle Green only.
Resting Toucher assure us the quality of belts is now much improved
Shoes: Specific Bowls Shoes or Sandals, or Armadale approved by Committee, Board or Greens representative.
Tops: Jackets, Cardigans, Jumpers, Rainwear, Vests – Bottle Green or White. or Armadale Jacket.
Hats are available at the Bar. Shirts and Jackets are available from Elaine Kovkin and Jill Diamond.

For items that we do not provide, Resting Toucher is our preferred retail outlet, as a valued Club Sponsor. Please see Aaron Wilson for a "special deal".

Thank you for your co-operation to maintain a well presented and neat standard for our Club at all times.

MIDWEEK SELECTION

Welcome everybody to season 2015-16. We hope everyone has had a good rest over the winter break. The selection committee is the same as last year, Di Grosberg, Hunny Lipson, Fay Lutchner, Zara Simon and Gaby Cohen (Chairperson). If anyone wishes to talk to us please come on a Wednesday morning after 9.30am

We will be fielding 8 sides again this year. Premier (women only), 2 in div 1, 3 in div 3 and 2 in div 4. Please make sure you have the correct address of the clubs where you are playing. Address sheets will be available at the club prior to the 1st pennant game.

Please note side 7 does not have a bye any more, Blackburn North is now taking that spot.

Good bowling everybody. Enjoy the season

Gaby Cohen
Chairperson Midweek Selection



DO YOU KNOW THE RULES?

The use of Mobile Phones on the green is not permitted (unless you are a Doctor or engaged in emergency services). If a Player is observed to be using a mobile phone on the green by the Umpire he will warn the Player and advise his Skip, the manager and/or the controlling body. If the Player is found to be using a mobile phone on a second occasion, the Umpire will immediately suspend him from play for the remainder of the day.

Possession of the Rink (Law 13) will belong to the player or team whose bowl is being played and will transfer to the opposing team as soon as it comes to rest (allowing time for marking a toucher).

There are warnings followed by penalties if players are interfered with, annoyed, distracted by opponents in any way whilst in possession of the rink.

So if your third played last, possession of the rink has passed to the opposing team when his/her bowl has come to rest and you are not permitted to have a team meeting with your skip whilst crossing over. Equally players should not walk up the green until the third's bowl has come to rest. We all know this is not adhered to in Sat Pennant, but should a team complain, the umpire would have to point out the rule and apply penalties thereafter if not followed. Common etiquette would suggest walking on the opposite side to the third's delivery, so they are afforded the opportunity of watching their bowl until it comes to rest.

Also when your team's bowl has come to rest, Skips / Thirds should not move in to see who has shot, but should stand back and allow the opposition free access to the head.

MIDWEEK COMMITTEE

Those of you who in attendance at our Opening Day will vouch that it was a great success and thanks goes to Danny Miller and the Social Committee – special mention of course to our wonderful girls who without fail come up "trumps" in the catering department. Again, Elaine Kovkin showed her ingenuity with the colourful table decorations. Also thanks to Jacquie Herman who had the difficult task of not only receiving the bookings but had to chase up many members who had either "forgotten" or delayed putting in their entries.

I would once more like to congratulate Denese Brick on being nominated to the position of State Selector for the Ladies' State side and to Gail Nadelman who will be attending the trials in mid-September for the Ladies Over 60's State side. Good luck to both Denese and Gail in their respective endeavours.

Our coach Rob Wilson has been organising drills for our early practices which have been well attended and it is obvious all members are looking forward with enthusiasm to playing this season's pennant.

I wish all members good health and good luck for the coming season.

Leila Levy
Chairperson Midweek Pennant Section

SOCIAL ACTIVITIES

A very big warm 'welcome back' to our Armadale family after our winter break. I hope everybody fared well through the icy temperatures and if you were lucky enough to escape them, then I hope you enjoyed your destinations.

Despite many members still on their overseas sojourns & others competing in the Maccabi Bowls on the Gold Coast, we still managed a record attendance at the 2015-16 Season Opening on Saturday 29 Aug. 150 of our members, rubbed shoulders with local dignitaries, who were invited to witness the formalities of raising the flag, singing of the National Anthem, 'rolling the Jack' and delivery of the first bowl. Afterwards we were treated to a lovely lunch of hot soup & gourmet sandwiches.

Had the weather been kinder on the day, the members would have enjoyed more than two ends of bowls before rain cancelled play. However, all was not lost as our fabulous catering staff, ably led by Marcelle Karro & Cecilia Moscow, had a sumptuous afternoon tea of scones cream & jam waiting. Thanks must go to the social club members and catering girls for a fabulous well organised afternoon.

Our next function is the Cup Eve Dinner dance, so everybody diarise the Monday 2 November to 'kick up your heels/orthotics/walking sticks & let down the hair you have left' & make it a 'night to remember'.....

Wishing everybody a successful & enjoyable season of bowls.

Lorna Luber
Chairperson Social Committee

CLUB COMPETITIONS & NEW EVENT

From this year, all the Club tournaments will now be run by the new Tournaments Committee comprising the Tournaments Director - Barrie Rimer, appointed by the board and 2 Representatives appointed by each Section Committee, - Thelma Marcakis, Sue Hofbauer, David Brame and Arthur Baigel. During the season, the Ladies and Men will manage their respective tournaments.

The rules for the Club Tournaments have been revised and are in the fixture book and on the board in the shed and apply to all competitions. There are some significant changes, so please ensure you are familiar with the new rules. For all matches, Bowls Australia approved uniform is required (including markers for singles), with Armadale Club Uniform to be worn at all finals. Please help us by following the rules.

We will be introducing a **Men's Proportional** competition this year. This is a handicapped competition (handicapping to be based on Pennant position) where the first four bowls in each end attract points - ie shot = 4 points, then 3, 2, and 1 point respectively, so 10 points are allocated each end. The winner is the first to reach 100 points, after eliminating any handicap. This will be played mainly at the end of the season and we hope many men will participate in this competition, which is currently very popular with the ladies.

Barrie Rimer
Tournaments Director

SUPPORT OUR SPONSORS

Show our sponsors that we support them too.

Contact Jack Cooper if you have information regarding prospective sponsors.

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The Kitchen Company	John Tamos	9533 0322
Tommy Ruff Fish Bar	Helen	9077 8815

Take the opportunity of trying our sponsors services and let them know that you are an Armadale member.

MEMBERS WITH PROBLEMS

There is now a conduit to help resolve any problems or issues.

The committee comprising Rose-Marie Todes, Danny Miller and Tom Weisler will be the go-between to selectors, coaches, players and the Board.

ALMONER

Please contact Cedric Gould on 9509 8930 if you hear of any member sick, injured or in need of help.

Latest information is marked on the whiteboard inside the clubhouse.

For all enquiries regarding hiring of the Clubhouse please contact Elaine Kovkin on 9599 2429 or 0419 997 788

SPONSORSHIP REWARDS TO MEMBERS

1. MARSHALL WHITE REAL ESTATE

Sell your property and the Club will receive up to 10% of the Commission jointly agreed upon.

2. ASTORIA HONDA CENTRE

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

3. FEET 4 LIFE

"Bowl Proof your Feet & Legs" package valued at \$284, all your for \$88 (health fund rebateable). See the details on the Feet 4 Life advert. in the Fixture Book.

4. MALVERN TRAVEL & CRUISE

A contribution (generally \$100) made back to Club with every Travel booking made.

5. ROCKSALT RESTAURANT

Please mention you are from ABC when you pay your bill and you will get a 10% discount on the total account. This is valid either lunch or dinner.

6. PEUGEOT BAYSIDE

\$500 donation to ABC with each car purchase. 20% off car service for all makes and models at our service department on Glenhuntly Rd.

7. PLUMBER ASSIST

Donation of 5% to ABC of total cost of job.

8. TOMMY RUFF FISH BAR

ABC special, 10% off lunch menus.

9. OPTIQUE DE PARIS

15% discount to ABC members upon presentation of Fixture Book Ad.

10. RESTING TOUCHER

ABC bowlers see Aaron Wilson for special deal.

Next time you flick through the Fixture Book, please take the time to appreciate ALL our generous sponsors, both new and established, who donate to this great club, and if you use their services, **TELL THEM YOU ARE A PROUD MEMBER OF ABC.**

On the inside back cover of the Fixture Book you will see ALL of our sponsors, advertising on our Greens, Rink Scoreboards, in the Fixture Book and the invisible few who offer their services as a "Contra" promotion.

ABC TRAVEL CLUB

September sees the start of the Europe Earlybird airfare specials, where airlines release their 2016 airfares to Europe with what traditionally has offered some amazing prices across all classes of travel. September is also a great time to book your Cruise for 2016, as the Travel Industry celebrates Cruise Week from 7-14 September. During this week there are countless deals that include discounts, onboard credits and other offers. If you miss out on this week, don't worry, as Malvern Travel and Cruise have a number of exclusive offers on select sailings and there are a multitude of offers that are running concurrently to the Cruise Week deals.

This September, Malvern Travel and Cruise are turning 5 and as part of our celebration we are offering members of Armadale Bowls Club \$100 per person off bookings* made during September. All bookings made in September will also go in the draw to win a Travel Hamper valued at over \$500, containing all the travel accessories that you will ever need to compliment your trip.

Even if you have already made your travel arrangements for 2016, our offer is available to all members, their family and friends so why not let your loved ones also benefit from the offers? This is the time for your children and grandchildren to also take advantage of tour, cruise and airfare offers for travel in 2016.

So why wait. Call Malvern Travel and Cruise on 9576 0211 or email: holidays@mtac.com.au to begin your travel adventure.

*There are some basic conditions that apply, such as your booking must be made with a minimum 7 nights accommodation, tour or cruise.



Our thanks to Snap Caulfield South for the printing of this Newsletter. They can handle all your printing requirements quickly and professionally.

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