

# Armadales Bowls Club

Newsletter 12th October 2019



## We Need You

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### To Tell Family & Friends How We Roll Introduce them to our wonderful game

We're hosting an open day on  
Sunday 8th December 4 - 7 pm

Invite your family, friends & business contacts to  
pop in to our OPEN DAY to check out the  
opportunity of **FREE** first year's membership

Soon we'll send you information about this event. Please forward the open day details to family & friends

**A lot is unfolding on this event, and there is a lot to follow:**

Many of us will have read the article in the Glen Eira news featuring our wonderful  
most senior and junior members – Stan Janet and Adrian Lim.

Glen Eira News story: <http://gleneira.smedia.com.au/news/>

On Wednesday we will be putting up 2 large "Open Bowls Day" Boards on our front and rear fences  
advertising the event. You won't miss them.

**SUITS ALL**  
**GREAT FOR MEN & WOMEN**  
**AND ALL ABILITIES**

**OPEN BOWLS DAY** JUST DROP IN  
SUNDAY DEC 8TH 4PM - 7PM

FREE SAUSAGE SIZZLE  
MUSIC & ACTIVITIES  
ALL WELCOME

**LAWN BOWLS**  
A SPORT FOR ALL AGES

" Bowling is fun "

" Competitive or social "

" Keeps you active "

Proudly Supported by Glen Eira City Council

We are very grateful to the City of Glen Eira and Bendigo Bank for their generous support

### Umpiring – Request for Volunteers

We are requesting members to put your hands up to become Umpires.  
Please consider this. This is a significant Club responsibility and contribution.

# Two Very Worthy Charities

Let's get behind our Members participating in 2 Very Worthy Charities:

## Nancy Wicks: Heart Foundation

"During October, Australians all over the country will be participating in the "My Marathon 2019". They will have 31 days to complete 42.2 km which is the length of a marathon.

Donations in support of this effort go to the Heart Foundation.

By donating you'll be fighting the single biggest killer of Australians – heart disease.

I completed my marathon in the first four days of October. Our dog Archie was there with me most of the way.

My target of \$500 has yet to be achieved. Therefore I will keep walking during the entire month of October.

There is still time for you to make your donation at:"

[mymarathon2019.everydayhero.com/au/nancy-wicks](http://mymarathon2019.everydayhero.com/au/nancy-wicks)

*(Since submitting information on this terrific Marathon, Nancy has since completed her 2<sup>nd</sup> Marathon. She is continuing throughout the month! ) GO NANCY.*

## Jack Cooper: Movember

"I will again GRO a MO for Movember focusing on Mens' health.

<https://au.movember.com/mospace/> to support Movember."

*(No doubt we will have to go through the BIG SHAVE at the end of November. AGAIN! GO JACK.)*

## Sandbelt Representation

Congratulations to Adrian for progressing to the 3<sup>rd</sup> Round in the Mens' Singles. This is a significant achievement in a very strong field of players.

## Pairs Playing this week

Great Bowling everyone! GO ARMADALE!

|                               |                                      |                     |             |
|-------------------------------|--------------------------------------|---------------------|-------------|
| <b>Over 60s Men's Pairs</b>   | Tonny Van Haastert<br>Xavier Cerreto | 16 October<br>10 am | Coatsville  |
|                               | Stan Maserow<br>Nathan Kamien        | 16 October<br>10 am | Coatsville  |
|                               | Barry Wicks<br>Alan Faigen           | 16 October<br>10 am | Coatsville  |
| <b>Over 60s Women's Pairs</b> | Ruth Maserow<br>Jan Kamien           | 16 October<br>10 am | Albert Park |
|                               | Nancy Wicks<br>Hunny Lipson          | 16 October<br>10 am | Albert Park |
|                               |                                      |                     |             |

**Password Change Reminder: [abcbowls](#) (in the Members' Section on our website)**

For Pennant Selection, Results. Ladders.

Club documents – such as Constitution, Regulation, Duties of Officers, etc.

**Remember to click on the "Login" box after typing the password.**

## Access Inc. have a Great Time at Armadale

For the past 2 weeks we have hosted “The Healthy Me Program at Access Inc” which runs weekly on Friday afternoons. They support young adults with disabilities in our community and focus on fun, fitness and wellness by creating opportunities for the group to engage in a range of activities throughout the year.

Each term is a new theme, varying from activities such as dance, personal training, nutrition, and ball sports to name a few.

It helps to build the confidence of participants, who identify as having a disability and encourages them to maintain health and fitness outside of Access Inc.



The wonderful people who joined us have passed on their appreciation, ..... “thanks for volunteering your time and opening up the space to us at Armadale Bowls club.... and teaching us a few tricks about how to be fantastic at and have fun playing lawn bowls. It was LOTS of fun, and learning too”.

Thanks to Les Newman, Keith and Marilyn Faiman, Janet Krapes, Helen Basist, Greg Murrhy and Rose-Marie Todes for participating in this heartwarming event.

### What’s Happening in Bowls: Things to Know:

This segment will update members on recent changes ... these are important for our Managers and everyone to know:

#### Wet weather Information

If there is a 1 hour stoppage when everyone is called off the green, the game is abandoned with points shared.

Midweek and Weekend Pennant matches that are interrupted, will be abandoned after five (5) hours from the scheduled start time; i.e.

3.30 Midweek. 6pm Weekend.

If 15 Ends have been played, it constitutes a completed game.

All games completed in a Section will count.

It is no longer required that 50% of games in the Section need to be completed.

#### Practice allowed Midweek:

Midweek players at home are now allowed to practice up to 30 minutes before the game starts: i.e. to 10am – on any rink other than on the rinks allocated for the match.

## Coaching Corner

**Power Play:** Last chance to play in Power Play 2-4-2 Pairs on Monday nights starting October 21<sup>st</sup>. Contact Rob Huddle on email [coach@ecoachbowls.com](mailto:coach@ecoachbowls.com) or text 0432 378 896

### Coach Tips

#### *Head Building*

- ◆ Play the easiest hand to draw bowls into the head.
- ◆ Obtain a good 2<sup>nd</sup> shot. Your team is then only one shot down or holds 2 shots and also has two bowls in the head
- ◆ Try not to lose your bowl or be short and block the head.
- ◆ **Be up when you are down**, in particular the Second and Third players.
- ◆ Make every bowl useful. i.e. bowls in the head.
- ◆ Play with weight that allows your bowl to finish in a useful position if you miss your objective.
- ◆ Play the shot that gives you the **most chances for success**, rather than the perfect draw on the open hand.
- ◆ Play your opponents hand draw onto and use their bowls.
- ◆ Try to beat your opponents best or second best bowl. Progressively moving their second best bowl out of the head can create opportunities. If they have a very good shot ( one that's hard to beat) create a situation so that it is then worth the risk in attempting to remove the bowl.
- ◆ Increase the pressure on your opponents and don't expect to hold easy/ vulnerable shots.
- ◆ Decrease your opponents potential success by covering bowls, blocking, playing their hand, draw another without increasing the target.
- ◆ Avoid building a target when holding.
- ◆ Create a target when down by drawing close.
- ◆ Have 2 or more bowls in the head. Be aware that they might both bowls may be hit out with a weighted shot from **either** team.
- ◆ Be happy with a score on an end and don't be too greedy. Many games are won or lost by a few shots. These may be the shots you lose if you give the shot away when holding ,e.g. +1 shot to -1 shot is worth 2 shots to the opposition.
- ◆ Be careful in placing all your bowls on one side of the head. An unexpected result or a good shot by the opposition will be costly.
- ◆ Drive with a purpose, not in desperation. Check the head before driving and attack easy targets. Consider the value of **draw/ drive** when in trouble, rather than drive/ drive or drive/ draw. Create a target with a close "aggressive draw". If you attack the head without a close bowl and miss, your opponent will almost certainly add another.
- ◆ 2 down is bad but not as bad as 4 down!!!