

THE BUZZ



Hope Valley



NOVEMBER 2018

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OUR PATRON, FRANCES BEDFORD MP**



FROM THE CHAIRPERSON'S DESK



It has been a very sad time recently with the passing of our valued and well-liked Club member, Pennant Player and volunteer, Peter Kitching. His funeral and wake at the Club was extremely well attended by members, his family and friends. An important time of sharing stories and memories. Peter did a lot of work for the Club as Men's Section Treasurer in the past and most recently as Bar Treasurer, barman and recycler of cans and bottles. He will be greatly missed. Vale Peter.



The new extension is proving to be a great asset and a very good place to hold meetings and when the BBQ shed and paving are completed there will be a pleasant place for outdoor eating. Read Nola's report elsewhere in this edition for the latest developments.

Sponsorship News:

- ◆ You may have noticed that Pedemonts has updated their signage on C green.
- ◆ Gasworks have kindly donated a Webber Q as a raffle prize.
- ◆ Podfit, Physiofit, and Massagefit Modbury are very enthusiastic sponsors of our club. See their advert on the back of the new phone book.
- ◆ It would be appreciated if you could use our sponsors as necessary and advise them that you are a member of the Club.

FROM THE CHAIRPERSON'S DESK

Speaking of the new Club phone book, it is finally printed and available for collection from the office. I can't guarantee it is correct as people are constantly changing numbers, so please advise Nola if your number is incorrect or has changed.

Recently Nola, Melissa from Podfit, and I, attended a Bowls SA "Business of Bowls" breakfast where three guest speakers - Chris Burns the SA Mental Health Commissioner, Rachel Armstrong a Senior Psychologist and Jenny Williams an Organizational Psychologist and Elite Level Coach - spoke on mental health awareness. It was a very informative and interesting morning. I have posted the talks on our Facebook page and here is Jenny's web site bestongroundperformance.com. Jenny also has a Facebook page. Well worth a look and listen.

Roslyn Blakeney

To start healthy habits and to curb afternoon snack cravings, make these easy and yummy bliss balls with just 4 ingredients.



Peanut Butter Bliss Balls

Makes 12 small balls:

Ingredients:

80 g raw almonds

8 fresh dates, pitted

2 tablespoons peanut butter

A pinch of salt

Method:

Add almonds, dates and peanut butter to a food processor and blitz to a rough crumb.

Roll into small balls (around 12) and finish with a pinch of salt on top.

SATURDAY PENNANTS



Although the season is still young and sides are still being established, it is great to see the team of Eddie Barlow, Jeff Norris and Des Barnes, (with the help from several leads), being unbeaten after the first four rounds – though they did lose in the 5th round.

They have been promoted from 6 North to 5 North and scored a win in their first match at the higher level---well done!!!! It was nice to have an unbeaten side for a little while. Well done to all concerned.

Rotation occurs in Divisions 6 North and East which causes constant movement of players. However, the players are performing, with 6 North at 4th and 6 East at 7th.

The selectors try to keep teams together but with this constant movement of players it is impossible. Records are constantly maintained to ensure that all players are given a fair go.

John Williams

CLUB COACHING

With many other club members, I recently took advantage of the help being offered by Andrea and John Williams by attending a Sunday morning structured practice.

John pointed out several obvious faults, eg feet pointing in the wrong direction and one of which had not been explained quite in his terms, ie "*having a mind like a grasshopper*", meaning I hop all over the place. I found the practice extremely good and thank both Andrea and John for their time.

The Club has two other qualified coaches in Peter Hurt and Brian Scarlett who would also offer their help if contacted. Their phone numbers are available in the new Club booklet.

Nola

CANINE CUP

THE RACE THAT MAKES THE NATION PAWS



Our Club has again been asked by the Guardian Angel Animal Rescue to allow one of our greens to be used as a fundraiser for filming of the running of the Canine Cup. This race will be a feature of their fundraising event to be held next year. The Board has agreed to their request and a date has been set for 10:00am Sunday 2nd December.

The Club will use this event as an opportunity for members to enjoy the running of the Cup followed by a sausage sizzle if the weather is suitable. A list will be posted on our Notice Board and I would ask members interested in staying on for the sausage sizzle to put their names down so we can adequately cater for those attending. This was a lot of fun last year, so if you are free, come and enjoy. We donated \$70 from the proceeds of the sausage sizzle as the Hope Valley Foodland Store donated the sausages for us. I will ask them again for their help.

Nola Manuel



COOPERS DAY

Coopers Day is our major tournament and is open to male bowlers only. This year we had 24 teams participate, over half from other clubs.

The bowling was good but it must be mentioned that the magnificent meal prepared by Andrea Williams and her merry band is recognized as the best in the Metro area. Thanks to the ladies for all their efforts and to our Tournament Director Ken Byrom who did a fantastic job in organizing and running the event. - Ken Seymour



(L) Just the beginning



(R) Waiting for the announcements

Below - One of our teams including Peter Nutter previously with Hope Valley but now playing for Walkerville.



(R) - Peter Faull and Chris Monk previously Hope Valley Players now at Port Elliott

COOPERS DAY

Overall winners (below right) of Coopers Day were Tranmere BC with Sam Caon and his team.



Runners-up (above left) were a team combined from Port Elliott and Victor Harbour including Peter Faull who is one of our old members.

We also had three individual teams winning game 1, game 2 and game 3 respectively.

Game 1 - Dave Fields team from Port Broughton

Game 2 - Eric Dunbar from Hope Valley

Game 3 - Rod Hampel from Hope Valley

It was a great day with 26 teams attending including 13 visiting teams.

The meal supplied by Andrea Williams and her team was, as always, superb and as a lot of the teams said “Worthy of the Admission fee alone” and Vonnice did a great job behind the bar with her helpers.

I was well assisted by a team of helpers without whom the day would not have gone as well as it did. A special thanks goes to all those who helped on the day.

We must thank our main sponsor, Coopers Brewery, who supplied the prize money as well as numerous additional prizes such as hats, T-shirts, cutting blocks, bags and special bottle openers.

This was my first Tournament at HVBC and, I must say, it was an absolute pleasure.

Ken Byrom



NEW CLUBROOMS

The new office, meeting room and foyer are now complete with the addition of the air conditioning, curtains and blinds. We have received many good comments from visiting teams on the new extensions, and I have no doubt our own members are pleased now that the many committees operating within our Club have a designated meeting room without encroaching on the clubrooms.

A small group of volunteers led by Jim, are working hard on the erection of the BBQ shed and paving the area will follow. This will be a great asset for those cooking for Night Owls and any other event where the BBQ is required.

Jim Terrington has negotiated with the Tea Tree Gully Council to bituminise the new section of the carpark behind the BBQ shed, saving the Club almost \$6,000. Thanks for your negotiating skills, Jim.

On behalf of the Board of Management, I must acknowledge the hard, physical work and the very long hours put in to this project by our wonderful small band of volunteers. We all know who they are as they are always seen whenever there is work to be done.

Nola Manuel



FROM THE LADIES' PRESIDENT



FROM THE LADIES' LOCKER ROOM

With the season well under way we have had some mixed results after three rounds:

- Our Premier 1 side has started well with 2 wins.
- Div 2 Nth are still searching for a winning result which hopefully will come soon.
- Round 2 saw some very close matches which is encouraging, especially for our 3rd side with 1 win and the 4th side very close to a win and with a forfeit against them. Unfortunately, round 3 was not good for us but we will be out there in round 4 to improve on that.

Club Championships are about to get under way starting with the '100' up.

Recently some of our ladies (in French disguise) journeyed to the Blackwood Bowling Club which turned out to be a very enjoyable day. The weather was pretty harrowing, however things settled down in the p.m. session.

Our Coach did her job well and we were all rewarded for our efforts. A fun day after we eventually found our way there!



Cheers for now and good bowling - Jill Chandler.

P.S. Have you killed that beautiful Orchid plant yet Nadene?

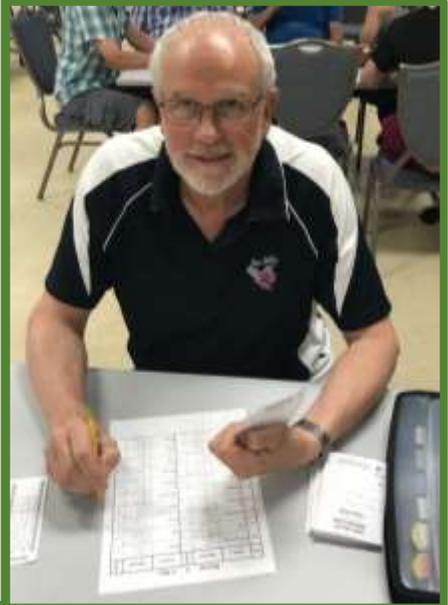
NIGHT OWLERS



The Night Owls' season is underway and to date we have over 50 teams registered. Teams vary from super competitive to those interested in having a friendly roll up followed by a win or 2 on the bats. Maximum teams per night is 30.

Tuesday is full and we have vacancies for another 8 teams on Thursday. If you know of anyone interested in playing night owls please refer them to the club.

Ken Seymour



Bob Basedow taking money and organising teams ONE week after his hip replacement at Thursday night Night Owls – what a trooper.



Che Simon, Callum Harrison, Luke Peter and Lachlan Pascoe playing Thursday night owls in honour of Steve Quinn.



Next issue watch out for an article on Cameron & Dylan Jamison –Thursday night owlers who are in the primary schools lawn bowls comp on 16/11/2018 – Good luck!!

RULES REGISTER



Thank you to Peter Hurt for these rule interpretations, reiterations and clarification:

Rule 12 – Standing behind the head

The position of players at the head end of the rink and who are not controlling the head (rule 12) has been a point of discussion between two of us umpires, however I think we can both accept the second clause even if the requirement to stand on the bank only refers to when the jack is in the ditch.

Rule 12.1.2.2 "Players at the head end who are not controlling play must stand behind the jack and away from the head....."

The head is defined as *ALL* the bowls and jack on the rink.

Rule 27.6.1 and Rule 42.2.10 – Lifting a bowl

Another rule which seems to be misunderstood is about lifting a bowl. I am frequently told about a "new rule" which says one cannot lift a bowl to allow a bowl from a neighbouring rink to pass. As Donald would say "Fake News". Rule 27.6.1 allows any player to *choose* whether to lift a bowl *or* stop the bowl from a neighbouring rink. Note that a marker *must* stop the bowl however if it could hit a bowl or the jack on the marker's rink, Rule 42.2.10. Do not under any circumstances pick up the jack however!



Rule 37.3 – Returning bowls for replay

On a similar issue I was asked about returning a bowl if it accidentally touches a bowl on another rink - rumour has it that this is what happened on the first pennant day on one rink - but on this occasion it was a wrong bias!!!!!! For any folk who are wondering, and I hope that there aren't, the bowl gets to be replayed if it was on a bias that would have brought it back into the rink of play, see Rule 37.3.

RULES REGISTER

Rule 29.3 – Changing Bowls

As I was putting new decals on my bowls, I was told that it is against the rules to change bowls during a game - I wasn't but that's beside the point. Anyhow, it is not against the rules, but it is a very common misconception.

The rule (29.3) says "If a player changes their **set** of bowls.... the game must be forfeited, unless the player changes their set because a bowl has been damaged."

In a game of fours, a player would not need to change the whole set, just replace one from the same set. There is no rule to say that player cannot change a bowl **of the same set**. Should you have four polished bowls and have been using two in a pennant game and conditions have made two really hot, or a wet rink has worn the polish off, there is no rule to stop you swapping the bowls over, but remember rule 29.3, because I'm sure you will be told you cannot, by someone who does not actually know the rule!

There are a number of rule books for sale behind the bar. At \$10 they are a bargain. I recommend any serious bowler to get a copy.

Umpires have been reading the new Conditions of Play and I am reminded that bowls lifters are not to be left on the green when not in use. One or two of us have nearly ended up as sopranos after close contact with one.

Should players make a dash for cover in the event of a downpour, the end being played is only declared dead **IF** the game is stopped by the umpire or controlling body, otherwise play on!

As a club we have discussed dumping, but another problem, which I have pointed out to two of our players as a coach, is that of **foot faulting** which, in a way, is more serious (apologies to all green-keepers here) as, after one warning, the player will have their bowl stopped and declared dead. If it has disturbed the head the opponent may choose to declare the end dead! So, if you do foot fault, work on it.



LETTERS TO THE EDITOR



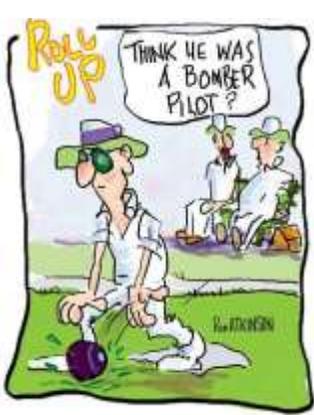
Fair Play

The Foreword in the rules booklet states "No laws governing a spot can cope with every situation..... if a situation arises that is not covered... the players, markers and umpires must use their common sense and *a spirit of fair play*". So, I was amazed to hear of a team trying this one on!

Our skip walked up to the head to see who was holding shot. He carried his bowl. I guess he could have left it on the mat, but whatever. He then placed it on the ground behind him to use his fingers at waist height to help in the process. "You've bowled your bowl. It's dead." they called.

Well. Rule 17.2.1 clearly says a bowl may be carried to the head by a player inspecting the head - it says nothing about allowing it to be placed on the ground, but how desperate must they have been to call that dead? This umpire would have raised an eyebrow and dismissed the appeal PDQ. If there's anyone who can discover that I'm in error please let me know!

Kind regards
Pete Hurt



FROM YOUR SOCIAL COMMITTEE



HVBC VOLUNTEERS NIGHT

This night was well attended.

There were three guest speakers. Thanks very much to:

- ♥ Melissa from Podfit (one of the Club's Sponsors)
- ♥ Donna from the CTTG Council who did a presentation of Food Safety
- ♥ Jan from the RAA who conducted an interactive Quiz on Road Safety which was very informative and created some debate.

A lovely supper and free raffle rounded off the night. Thanks to all who contributed to the night which was a big success.



FROM YOUR SOCIAL COMMITTEE



MELBOURNE CUP 2018

44 Players participated in this year's Melbourne Cup function.

**The sweeps were well run by Our 'Bookies' - Andrea Williams, Nadene Morrow, Shirley Kipling and Pat Deacon.
15 ends were played**

Team Brenda Seymour, Pat Carter and David Dimond were the winners of the day with team Neil Kelly, John Wadey and Paul Raby coming in a close second.

Norma Timmis won Best Jockey Outfit (she needs some competition) with three participants in the hat judging who each received chocolates or wine as prizes.

Many thanks to all our volunteer helpers for organising and serving the delicious shared lunch, and for cleaning up afterwards as well as:

- ♥ Norma for decorating the Clubrooms**
- ♥ Neil Kelly behind the bar**
- ♥ Linda, Dave Binns and Helen Taylor in the Office**
- ♥ Mick and his helpers for preparing the greens for us**

MELBOURNE CUP 2018



All of the Christmas raffle books have gone out, so please return them by 8 December as they have to be recorded and folded ready for the draw on the night of the Christmas dinner which is on the 15th. If anyone would like any more books could they please see me at the club. Finished books can be handed to the bar staff if I'm not around.

Thanks - Marg Bibby



FRIDAY SOCIAL BOWLS

We continue to have good attendance each week with the weather being very pleasant so far. We have had two new members join our club and the return of a few others.



Last week, after playing fours instead of the usual triples because of the shortage of skippers, several people have now offered to “give it a try” and they will probably surprise themselves.

Thanks to the ladies who have helped out in pennants on Thursdays. That is most appreciated.

Nadene

GREENS REPORT BY MICK

“A” green its due for dusting on **19 November**.

We need a few more people to help and would appreciate any volunteers that may be free on that day. The green is, otherwise, in good condition.

“B” green is in excellent condition - the best green around and the maintenance programme is on schedule.

“C” green is also in good condition, and will be dusted in December. The maintenance programme is ongoing.

Thank you to all the volunteers for looking after the surrounds - excellent work – especially “The two Bobs”.

Mick your Green Keeper



BLOOD SUCCOURS – BY MICK NOONAN

A few weeks ago, I was privileged to be invited to an Adelaide Blood Donor Recognition Celebration at Adelaide Oval, put on by the Red Cross Blood Service, to acknowledge those donors that have reached milestones in the number of donations, ranging from fifty to many hundreds.

There were a large number of people present representing blood, plasma, platelet and bone-marrow donors.

I am sure that there are a number of you reading this who are already donors in one category or another. Equally so, some of you may not have considered the benefit to the community of being a donor. My reason for this article is to encourage as many of you as possible to have a change of mind and become one of the twenty-seven thousand or so throughout Australia who give up a small bit of their time to donate – providing, of course, that you are eligible to do so. A blood donation (that is, whole blood - the red cells) can take around fifteen minutes but allow at least half an hour from the time of preparation to having a drink and something to eat afterwards at the centre. The subsequent donation can be after twelve weeks.

Donating plasma or platelets takes a bit longer, up to ninety minutes in total, but a further donation can take place after two weeks because the red cells are returned to the donor. Bone-marrow donation is a lot more involved and I do not know very much about that process. The need for whole blood is always high, irrespective of the blood group, because the more common the group, the higher is the need for the blood. Similarly, less common groups have fewer donor recipients. The advantage of plasma is that it is universal - it can go to anyone that has a need for it.

The nearest blood donor centre to our club is at Modbury Triangle Shopping Centre, recently relocated from Pelican Plaza, and opens at 7.30 am Monday to Saturday. The national call centre call number is 13 14 95 so, if you are up to it, give them a call and give a life or two!

Good luck,

Mick Noonan

the
power of
humanity



THE MEN'S SCENE



Pennants

The season has been going for about 5 weeks and to date the majority of Hope Valley sides are struggling. It is expected that we will improve as teams are settled and the greens run quicker.

Taylor's Cup

Hope Valley entered teams in the silver and bronze sections of the Taylor's Cup this season. Unlike some clubs that have a major interest in winning plenty of cash, our club uses the competition as a development avenue for players. That is not to say of course that we don't like winning.

Ken Seymour

COACHING TIPS

You are controlled by "your skills"

Our skill level is governed by many influences:

1. The importance of the competition;
2. The environment where we live, such as that within our Club, that should encourage, inspire and motivate all; AND
3. A person's skill level is governed almost in it's entirety by the skill level of those around us, as well as those who we compete against.

This is a universal fact in all sports.

Each team member should have an overall goal, and that is to succeed in a competition or at least play better than usual for their club. But, there is another pre-primary goal to help achieve that win. It is called "internal competition".

If every member in the team had the internal desire to be the best performer in their team, as if that competition was the final of a national championship

And they were playing off for that title in the pennants, then each and every member would strive with greater focus than normal to achieve that goal and, therefore, the pennant series would look after itself.

Actually, if all were to be honest with each other, this is your goal anyway, but most players are not treating this “internal competition” as their primary goal throughout.

Quip of the Month:

Competition is the heart of sport. Clubs should promote “internal competition” as a guide for grading and this should be accepted by all. If not, there is only one way to go and that is NOT up.

Done by the Book:

The skills of many players are governed by their own personal and individual characteristics, ie “mental skills” and “motor skills”. These individual peculiarities do not always go by the book – but whatever that book is, has changed over the years.

All coaches and players should abide by that book initially – and most do – but no-one can guess what peculiarities are going to get into a player’s head over time. Sometimes these individual characteristics do not develop until later in their practice, training and, especially, in competition when they seem to form. Player’s become entrenched because each individual has success at some time, and champions themselves are using and relying on their own way of doing it. Confidence is very important as it creates focus and motivation.

These individual variations are what makes a coach’s role very difficult, but professionally-minded coaches know and understand this, and even encourage it with some players. The book is general and not law for all. If another coach did try to change that individual’s peculiarities, even if they were champions, that particular person would be a “B” grader tomorrow and so would that coach!!!

Submitted anonymously by an observer.