

THE BUZZ

Hope Valley



HORNETS

NOVEMBER 2025

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KINDLY PRINTED BY OUR
LOCAL MP OLIVIA SAVVAS

FROM THE CHAIRPERSON'S DESK



Hello All

Firstly, a thank you to Wendy Campbell for her continuing commitment to producing the Buzz, which is a great means of communications throughout our Club. It is a very time-consuming task and she does it so well.

Your Board has had a few changes over the past months with the resignations of both Kerry Foster and Julie Harvey. Luckily, Vonnie Secker has agreed to take the vacant position and we welcome her back.

As Julie is now no longer the Greens Manager, Ken Seymour has agreed to be the liaison person between Matt, our Greens Keeper, and the Board and the Members. We thank Julie for the work she has done over the past year. We are currently working towards getting A green up to a level akin to B green which will cost a considerable amount of our funds. This is why we have, once again, called a Special General Meeting of members to discuss the plans and seek approval for the expenditure. I urge all members to attend, receive the information, and help make the decision.

Rose Blakeney and I have taken over the sponsorship role and, hopefully, we will soon be able to announce a couple of new contributors. Please use our sponsors if you can and let them know that you are a Hope Valley bowler as we do need their continued support. Paradise Motors will donate funds to us if you buy a new car, buy tyres or have a service.

Thank you to all who attended the previous Special General Meeting and for voting to go ahead with seeking Council support for our proposed developments – toilets, verandah, solar battery and greens lighting. We have met with the CEO and Financial Officer of the Council with our request and are looking forward to a favourable outcome at our next meeting with them on 11 November. Matt Romaine has led this and his knowledge has been invaluable.

We are pleased that the new scrubber has made life easier for the volunteers who give up their Sunday mornings to clean the Clubhouse.



FROM THE CHAIRPERSON'S DESK cont./...

Pleasing to announce also is that we passed the kitchen inspection with flying colours so thank you to all who use, clean and maintain it. Special thanks to Norma who spent considerable time getting it spick and span, and to Nola who oversees it all and makes sure it happens.

Looking forward to the upcoming Family Day and Volunteer's night. Hope to see a great turnout for them both.

A reminder that the minutes of all meetings are available for your information.

ANDREA WILLIAMS

FROM THE MEN'S PRESIDENT

As I write, it's early November, cold and raining; our extended winter weather just keeps on coming. Hopefully a real summer, where we all get to whinge about the heat, is just around the corner.



Welcome to the newer members of our Club; Bryan Tidswell, Judy Rolton, Lee Veness, Dave Evans, Matt Nichols, and Jamie Thomas. Great to see Alan Baker out on the green again too.

It's early into the season, but we're off to a solid start. Our Saturday 1st and 4th sides are in the top 4 and our Wednesday 1st and 3rd sides are also in the top 4, while every side on both days has recorded at least one early season victory. Keep up the good work.

If you've been out to practise, I'm sure you'll have enjoyed the drills set up by Josh and Dean (sounds a bit like an ice-skating duo?) followed by short matches. Numbers at practice have been steady, but a few more wouldn't go astray.



The draws are on the notice board for Club Championship matches; please make use of every 2nd Thursday (when the ladies play away) and Sunday to get as many matches completed before Christmas as possible.

FROM THE MEN'S PRESIDENT cont./...

By the time you read this our Coopers Day (for Club members only) will either have attracted enough teams to occur this month, or it will have been rescheduled until later in the season.

And just so you know..... at the start of the season, we had too many players and it seemed like there would be heavy rotations for the bottom 3 sides. Well, as I write, this coming week we have a total of 15 players unavailable for Saturday and 8 unavailable for Wednesday. Last week selectors were making calls to opposition teams to ask if we could "borrow" players to fill in for us.....Just so you know.

Finally, a word on the state of our greens. If we do not repair "A" green, I fear for the future of the Club. It *has* to proceed. Because of the cost, "C" green refurbishment may have to wait a couple of years, but we'll get there in the end. Please support Andrea and the Board, who, with Greenkeeper Matt Pickworth, will progress this project as finances allow.
Happy bowling; I'll see you on the greens.

IVAN LAWTON

LETTERS TO THE EDITOR



Dear Wendy

Cleaning the club today I found a blue lozenge shaped pill on the floor. Had someone's initials on it - VGR100. I hope it didn't spoil someone's evening. It didn't keep me up all night wondering who it might have belonged to.

Peter Hurt

Dear Wendy

I would just like to remind everyone to try very hard to not dump their bowls. It seems to be happening a bit lately and it can damage all bowls surfaces.

Also, people need to ensure that the soles of their shoes are flat.

Helen Taylor

FROM THE LADIES' PRESIDENT



The 2025 -2026 season is well under way. This season we have two pennant teams, one less than last season. A number of women have made the decision to end or put on hold their pennant playing days due to health reasons. And even though they are not playing pennants they are still seen on Thursdays cheering us from the benches.

Thankyou does not seem enough to say to Vonnie Secker and Pauline Norman for the many, many years of pennant bowling they have played for Hope Valley. Marg Bibby has also retired her lawn bowls but will continue to play indoors. Bev Thompson, Shirley Kipling, Pat Deacon and Marilyn McKay also haven't been able to play due to ongoing health reasons, but we are hopeful they can all return to the green soon.

Each of our teams were "promoted" a division due to the decreasing numbers of women bowlers throughout the metropolitan area. Attracting women bowlers is a challenge everywhere and for everyone. Our teams, at this early stage of the pennant season, are holding their own in their respective divisions. Let's hope this continues for the remainder of the season.

Due to many of our women playing in Open gender on Saturdays and our decreasing numbers, we are trialling pies, pasties and sausage rolls for afternoon teas. Sandwiches require a team of 7 people whereas pastries only take 3. We are open to constructive feedback and if you would like to return to sandwiches, offers to be part of the roster would be appreciated. Non bowling partners are more than welcome to volunteer as well.

Good bowling to everyone this season

JANE OSWALD



MISSION INSPIRED BY MP'S OWN FAMILY PAIN

It was lovely to see that Olivia Savvas, our local MP and an avid supporter of our Club, made it into the Advertiser on 25 October in recognition of the support needed for those families who have been affected by a stillborn child. Here are some of the details of that report, though not all. I will pin the whole article on the rotating noticeboard in the Clubrooms if you want to read it all. It is definitely worth it.

Evangeline Polymeneas reports:

“.....Olivia Savvas’s mother often spoke of the heartbreak of delivering her stillborn baby, hearing the cries of others’ newborns while her own child entered the world in silence. More than eight in 1,000 births in Australia are stillbirths, including Ms Savvas’s baby brother, Benjamin, who was born in September 2000.”

Olivia says: “I have been forever shaped by the loss of my brother, and I know first-hand the impact of loss is long-lasting.”

“It is the reason Ms Savvas has dedicated the past year hearing evidence from bereaved families, healthcare professionals, researchers and advocacy organisations in the state’s Parliamentary Select Committee into Stillbirth, which was established in 2024.”

There were committee hearings including evidence from Olivia’s own mother, Rachel Koopmans-Flanagan, with resultant recommendations including a discreet “purple butterfly” program to enable healthcare professionals to recognise and help those affected by the pain of stillbirth; by “building a delivery suite in the Women’s and Children’s Hospital for parents delivering stillborn babies; supporting the distribution of preventive brochures; discussing stillbirth openly and early; improving data collection and expanding education and training for healthcare professionals”.



Olivia says: “It has been 25 years since my mum first sought better outcomes from the state government after the loss of her little boy. I am incredibly proud that our government is taking steps to increase those supports for families like my own.”

BOM SECRETARY REPORT



CLUB SPECIAL GENERAL MEETING - 8 OCTOBER 2025:

1. Tony Zappia's \$300k electoral commitment - allocation of funds.

Purpose of the meeting was for members to discuss and consider Tony Zappia's \$300k electoral commitment and the allocation of funds to the four identified major projects. These being:

- a. Toilet renovations;
- b. Light tower replacement;
- c. Verandah replacement;
- d. Solar, battery, and inverter installation.

A motion was put forward, and unanimously carried by members present, that the BoM Committee approach Tea Tree Gully Council and request that these projects be considered as a bundled package totalling \$770,000.

Toward this package, we will contribute \$300,000 from the Federal Grant Scheme, and we ask the Council to provide the balance. The Club will also contribute a small amount.

If the Council is not supportive of the full package, then we propose reducing the total by \$280,000 by removing the light tower replacements, as these towers are already scheduled for replacement by the Council in 2030.

A follow-up meeting will be held with the Council CEO and General Manager Strategy & Finance mid-November.

2. Financial Reports 2024/2025 – Ross Porritt:

Balance Sheet and Profit & Loss Statement for 31st March 2025 were tabled.

BVMS Chartered Accountants have completed the audit for year ended 31 March 2025 and all accounts are found to be free of fault.

Driveway Lighting:

Concern has been raised about the limited lighting along the private driveway from Grand Junction Road to the Clubrooms. Council is not committing to improving the lighting as it is a private roadway, so lighting will be by vehicle headlights, as is the case for many private roadways.

Housekeeping:

We still do not have a designated housekeeper, however sincere thanks to the men who continue to do all the fix up jobs and help when and where necessary. As this may be the last Buzz before Christmas, I offer my sincere best wishes to all members and their family for a very happy Christmas and safe, happy and healthy new year.

NOLA MANUEL



HEARING AIDS

I have recently purchased a set of hearing aids which cost \$430 instead of something in the thousands. They are "Apple iPod Pro 3" and you must have a modern Apple iPhone (mine is a 12 model) to run them and you may need to spend an extra \$30-\$60 for the connectors. They are worn in the ears and look like the white earphones used by teenagers, because they also play music. They have rechargeable internal batteries that last 6 – 10 hours and come with a charger plus 5 different sizes of earplugs. I used my Apple iPhone to tune the hearing aids to my amount and tone of hearing loss in each ear, just like at Audika or similar. I bought them from the Apple store on Rundle Mall and there are people there who would help you to set them up. I have a mild hearing loss in one ear and moderate in the other. At the Apple store I was given 2 weeks to return them if they weren't suitable, unlike other stores such as JB HI-FI, but I have found them just as good as my standard hearing aids and am keeping them.

PAUL HEATH

FROM YOUR SOCIAL COMMITTEE



Your Social Committee are working hard to bring events that everyone would enjoy and a couple of fund-raisers as well. Coming up soon are:

Family Day

9 November 2025 – 11:00 am

- ♥ Free sausage sizzle and ice creams
- ♥ Games organised for the kids
- ♥ Bowls for everyone – kids not essential!



Volunteer's Night

Free

19 November 2025 – 7:00 pm

- ♥ Guest speaker from the RAA
- ♥ Road Quiz with Prizes
- ♥ Anyone who volunteers for, or helps out with anything at all is welcome

We would love to see as many people as possible attend these functions. We want to say thank you to each and every one of you for your involvement with our Club. Let us know if you are coming.

We very luckily sold our first 100 squares for the prize of new lawn bowls or \$100 cash (second). There are another 100 squares to be sold at \$10 each for a set of bowls plus \$100 for second prize. Richard Smith won the first set of bowls, and Roma Fabig won the \$100. Congrats.

FRIDAY SOCIAL BOWLS



Thanks to all the people who help make Friday bowls an enjoyable day - Adrian and Naz, the usual early helpers with the Kitties and mats; Ken with the headache of sorting out the rinks; Heather for helping with the awards/prizes after the game; Arthur for being there to help in an emergency; Brenton with the last minute outside tasks and any others at times and, of course, Norma who is always there. Great to see Fred Lee each week following the games. It's a good place to hear any fishing stories, gardening ideas and of course football and soccer are quite often mentioned. The bowling is fun but also competitive and I look forward to seeing and hearing the comments after the games each week.

NADENE MORROW

Here is a wonderful article about Nadene and her family during their working years at Charlesworth Nuts – well-deserved praise, Nadene. Ed

NADENE & CHARLESWORTH NUTS

“Over our 91 years, there have been a few people who qualify as “Charlesworth Nuts legends” but the undisputed greatest legend of all is **Nadene Morrow**. Nadene worked in our Central Market store, the 1934 birthplace of Charlesworth Nuts, for 38 years from 1972 to 2010.

Nadene trained me at the Market as a 16-year-old, and later one of my sons, Rhys, and many other “youngsters” who have gone on to be major players in our company. The knowledge, standards and work ethic that Nadene taught (or beat into) all of us, has been incredibly influential. But it's more than just Nadene's direct impact – it's the impact of so many in her family.

NADENE & CHARLESWORTH NUTS cont./...

Nadene's daughter, Jenny "officially" started in 1986 at our Tea Tree Plaza store and has worked there ever since, the last 15 years as our Manager. Jenny has now clocked up 39 years as part of the Charlesworth Nuts family, surpassing even her Mum, and is very much a Charlesworth Nuts legend herself.

And if that family contribution isn't enough, there have been **4** of **Nadene's grandkids** (3 of them Jenny's kids) who have been part of our team as well – **Reece, Amy, Sam and Matt**. In total, Nadene's family have (so far) been part of the Charlesworth Nuts family for about 107 years. That's phenomenal!!

Believe it or not, Nadene has just turned 89 (but looks 20 years younger) and still comes to Jenny's store every Monday to help "dry the dishes" as part of our weekly cleaning procedures and to make sure we're still doing it right. Nadene, you truly are a Charlesworth Nuts Legend."

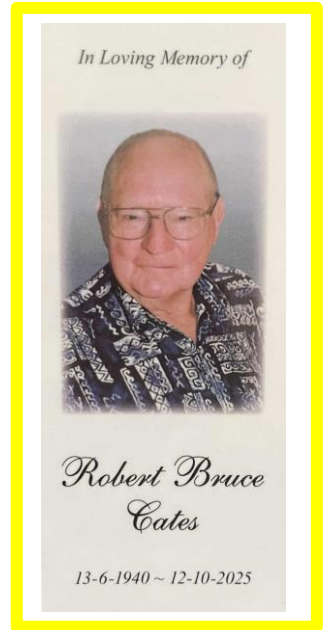


VALE

BOB CATES

Bob joined Hope Valley Bowling Club in 2006 along with his wife Marie. Bob played both indoor and outdoor bowls and continued to play indoor bowls right up until the end of this year's season on 6 August.

Bob was liked by all and will be sadly missed by anyone who knew him. Our sincere condolences go to Bob's family. RIP Bob



As part of my position as Almoner, I place notifications of members' passing in the paper, on the noticeboard and on our web site. Here is a list of those who we have all sadly said goodbye to since I started:

Neville Trewren – 24/12/2021

Laurie Pollard – 21/01/2022

Ken McKinnon – 21/03/2022

Jimmy Bell – 27/06/2022

Don Phillips – 22/09/2022

Barry Moreau – 17/10/2022

Ron Peters – 24/03/2023

Paul Raby – 29/03/2023

Martin Smith – 24/10/2023

Eddie Barlow – 10/11/2023

May they rest in peace.

David Gardner – 15/02/2024

Des Barnes – 31/05/2024

David Dimond – 25/06/2024

Judy Marbrow – 23/07/2024

Rocco Tripodi – 14/10/2024

Pauline Mahoney – 13/01/2025

Barry Reynolds – 28/02/2025

Don Baker – 17/06/2025

Bob Cates – 12/10/2025

Ed – Wendy Campbell

COACH'S CORNER

Hi Hornets! I just want to start by saying thank you to everyone for the warm welcome into the club this season. Stepping into a new club can feel like a big shift, but you've all made it feel easy, rewarding and, most of all, enjoyable from day one.



We had a fantastic, strong, preseason to build on this year. On both the 23rd and 30th of August we had five hours of bowls on the club's beautifully prepared B green. On each day we'd run through some drills with a particular concept in mind, then follow it up with a fun game that put that work into practice. We talked about some theory and strategy behind the game which included shot selection and calling a head. If your team had the blue bowls in this game, and the opposition had orange and black, what shot would you play?



Building on the pre-season exercises, Dean Sanders and I are hosting team practice every Friday afternoon at 4pm. We start with a chat about what we'll be doing for the day, then spend 30 minutes working through some drills, followed by 30 minutes of gameplay. It's great for getting us in the right mindset ahead of Saturday, gelling with our teammates and maybe learning something new every now and then. Feel free to join!

It's a bit early in the season to be looking at ladders but in terms of a season update, it's fair to say we've started off very strong!

4N found themselves on the ropes against Adelaide in Round 3 but some well-timed lightning resulted in a draw. A good early indicator that, while going well in **second** spot on the ladder, we've got so much potential to keep improving.

4E are one win one loss after a strong performance on the new Torrensville greens in Round 1 and coming up against a mighty Adelaide outfit in Round 2. They currently sit in **6th place** on the ladder, only half a game outside the top 4.

COACH'S CORNER Cont./...

5N are sitting **third** and only a couple of rink wins away from top spot. Two strong wins so far, capped off in Round 2 with a huge 17 shot win from Binnsy's rink.

6N are **second** on the ladder, half a game behind Croydon who got to play a full game while we get rained out! A highlight so far was the hard fought 2 shot win over Rosewater, where the rink of Rod Hampel had a huge 23-11 win.

7N are sitting **sixth**, only two points (one rink win) outside of the top 4. Two close games for them so far but a long season ahead.

HIVE MIND: COACH'S TIP

If you feel like you're struggling in a game, the answer is almost always in your **delivery!**

- Stay down, count to three if you have to before coming back up.
- Bowl through your line, you can see your arm pointing at your line after you let the bowl go.
- Use your forward momentum for weight, don't flick the bowl with your fingers.

Cheers and good bowling! **JOSH**



Josh Chopin married his sweetheart of 5+ years, Elle Romeo, on 20 September at The Manor, Basket Range. What a lovely couple. Congratulations to you both. ❤️



NATIONAL CLUB OF THE YEAR

Hawthorn Bowling Club was founded in 1912 and, this year on 30 May, was the joint winner of **Bowls Australia's National Club of the Year**, sharing the honour with Queensland's Club, Helensvale. They were up against more than 1700 clubs and it is an extra special victory for Hawthorn because it's the first SA club to win.

Hawthorn Bowling Club was also **Bowls SA Large Club of the Year** for 2023-2024. The "best" club depends on your criteria, but according to Bowls SA, the Hawthorn Bowling Club was named Large Club of the Year at the 2024 awards, citing infrastructure projects, seven pennant premierships, and membership growth.

Hawthorn Bowling Club

- **Award:** Large Club of the Year
- **Achievements:** Seven pennant premierships, infrastructure projects, and 7.5% membership growth.
- **Focus:** Providing a premier club with a strong strategic plan that emphasizes personal growth, community, and performance on the green.

Facilities Chairman, Colin Graves, said "We're proud to be a club that's competitive – and one the whole state can be proud of."

Congratulations to Hawthorn. Wouldn't it be great if we could do the same over the next few years?? Ed



GUESS WHO????

The person pictured here has suggested it would be nice for everyone to submit a picture of themselves when they were young and for the rest of us to guess who it is. I really like this idea and would be happy to print a couple of these with each issue. Can you guess who this person is? I am happy to collect your picture as a young child and put it in the next Buzz. People can email me with their suggestion of who they think this person is. – Ed (Wendy)



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Above all, please tell them you are from the
HOPE VALLEY BOWLING CLUB

OPEN DAY, 21 SEPTEMBER 2025



L-R – Jane Oswald, Ladies President; Mayor of Tea Tree Gully, Marika Ryan; Andrea Williams, Chairperson; Olivia Savvas, MP; Ivan Lawton, Men’s President



The Club Singles Champions about to bowl “the first bowl” of the season – Chris Parry and Jane Oswald



OPEN DAY, 21 SEPTEMBER 2025



L-R: Ian Oswald, Jane Oswald, John Williams, Carmel Farrow, Olivia Savvas, Andrea Williams, Marika Ryan, Brenda Lawton



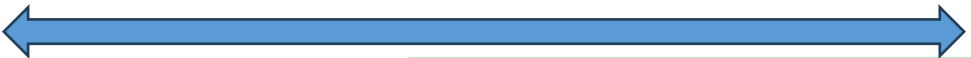
L-R: Chris Murphy, Jeff Manuel, Rae Heitmann & Nola Manuel all working hard in the kitchen.



Tony Zappia MP



OPEN DAY, 21 SEPTEMBER 2025



Brian Leaney broke his leg while trying to stop a wayward bowl. The ambulance service took a couple of hours to get him off the green while players tried to keep him warm. We wish him all the best and hope for a speedy recovery.



**25 OCTOBER 2025 – A VERY WET DAY – GAMES CANCELLED
DUE TO LIGHTNING**



**Chris Murphy
said there
were waves
on the water
on B green
below.**



Who does what?

Roles & Responsibilities

LEADS

- Lay the mat & deliver the jack
- Pass the opponents bowl
- Collect bowls if you are shot down
- Decide in consultation with the skip which side to play
- Draw as close to the jack as possible
- Must try and be within a metre radius of the jack
- ALWAYS play the same side eg forehand up and backhand down
- Must be happy to always play drawing shots
- Never play "cowboy" shots

SECONDS

- Supports the lead if they are not in the head by drawing into the head
- Allied with the lead as the front rank
- Must NOT be short
- Provide back bowls
- Must be able to change hands as required
- WAIT for the skip to call the shot
- Listen to the skip and be 100% committed to the shot requested

THIRDS

- "Vice" skip
- Allied with the skip as back rank
- Must be cohesion between 3rd & skip
- Do not instruct the skip unless asked
- Able to play all types of shots
- Know what shot to play before leaving the head
- Measures as required
- Preferably should be a TO
- Must know the rules of the game

SKIPS

- Not necessarily the best player
- Strong leader
- Must earn respect of the team
- Know players strengths & weaknesses
- Able to analyze the game
- Able to analyze the opposition
- Able to strategize & build the head
- Play/call % shots to get most value from a bowl
- Able to play all types of shots
- Can drive & draw immediately afterwards

EASY HEALTHY LUNCH IDEAS TO BOOST YOUR ENERGY

A balanced and nutritious lunch can give you the energy you need and help manage hunger cravings. Focus on making your midday meal as tasty and nutritious as possible, says accredited practising dietitian Purva Gulyani. Why? Well, she explains, lunch is like a midday fuel stop for your body and mind.

“After breakfast, your body needs another boost to stay focused, alert and energised for the rest of the day,” she says. “Skipping lunch or not eating enough can lead to energy dips and intense cravings later on, which often leads to overeating at dinner.”

To make a healthy lunch that satisfies your hunger without leaving you feeling sluggish, Purva says to focus on the right portions of protein, carbs and vegies



WHAT MAKES A HEALTHY LUNCH?

For a balanced meal, Purva recommends steering clear of [processed and packaged foods](#). Instead, fill half your plate with non-starchy vegetables like tomatoes, cucumbers, lettuce and steamed greens. Not only will it give you a variety of vitamins and minerals, but it will also help you avoid an afternoon energy slump.

She also recommends filling a quarter of the plate with a source of [lean protein](#), like eggs, chicken, fish, tofu, cottage cheese, lentils or beans. Protein keeps you feeling full and [stabilises blood sugar](#).

“Then round out your plate with complex carbohydrates (preferably low-GI options) like quinoa, oats, [whole grains](#) and millet, or starchy vegies like carrot, sweet potato or corn,” she says. “Fibre-rich carbs will keep your energy up without crashing and a dose of healthy fats like nuts, seeds, olive oil or avocado will keep you satisfied and aid digestion.”

[Low-GI carbohydrates](#) break down into glucose slower in your body, meaning they’re digested at a slower rate. Low-GI foods also increase our blood sugar rate at a slower pace, so you won’t feel the ‘spike’ in blood sugar some high-GI foods like white bread, potatoes and processed food produce.

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