

# B R I G H T O N B O W L I N G C L U B



**March 2011**

**Gala Day** - Well done Nanette on a successful day. It was great for it to be on a Sunday instead of a weekday so that most members had an opportunity to participate.

Thanks to Bruce & team.

Extra pennant game due to inclement weather - If needed		Sunday 13 March 2011 Wednesday 23 March 2011 Thursday 10 March 2011
Meeting of Members	10:30 am	Sunday 27 March - Solar Panels
Country Carnival		
Women's Singles		Tuesday 29 March 2011
Women's Pairs		Wednesday 30 March 2011
Port Neill Visit	1pm	Friday 1 April - Open 3-bowl pairs.
Karidis Triples	10am	Saturday 2 April-Whites 2-bowl triples. Pies & Pasties lunch
Social Mix & Mingle	10am	Sunday 3 April -Mufti BBQ lunch & early finish
Easter Monday		Monday 25 April - To be advised
Metro Singles Men		Wednesday 27 April 2011
AGM		May - to be advised
Winter Games	11am 12:30pm	Tuesdays Pie & Pasty & 3-bowl triples Saturdays 2-bowl triples or 3-bowl pairs. Mix & Mingle
Technique Practice Sessions		Saturdays in August See noticeboard or Internet on <a href="http://www.brightonbc.org.au">www.brightonbc.org.au</a> for information
Open Day 2011/2012		To be advised

Change of addresses and contact details -

Please put in writing to the secretary.

Editor : Linda Kirby



Well the season has nearly come to an end. Days must be coming shorter or we are getting older. On a small note we have 50 members coming up to or are 80 years old. (O.B.E.) so we are becoming a young club considering we have 285 members, playing a fantastic sport age range 8 years old to just under 100 years. (Not the temperature by the way)

Like to thank the coach & selectors on Wednesday, Thursday, Saturday, also Night Owls Tuesday & Wednesday Nights, people running Tuesday bowls and also Lou & Stumps for Friday.

Our special meeting is on 27 March is very important when you consider that our power bill is \$45.00 a day. The Finance Committee has done a good job. David Dowling has checked the figures with Mike Boyd and suggested the bigger system. We only want to do the job once & do it properly. Thanks to the Executive Committee for going for it. I would like to thank Lindsay Oliffe for all the work he did, but illness set him back. Being a country boy, the illness was not going to get in his way. Well done Lindsay, good to see you and Barb have put weight back on with your smiling faces around again.

Good to hear Lesley Carey, Linda Kirby & the new cook are to fix up the kitchen, do a stock check and make sure all the stuff is in date.

In closing, have a Happy Easter to all.

**Jim Nicholson**

I would just like to say well done to everybody this year for your effort on and off the green. It was really pleasing to see that fellow members who put in the hard work on the track and who utilized the club's coaches get the rewards you deserve on the green. I have seen some HUGE improvement in some individuals this year and it is really pleasing to see them come off the green with a big smile on their face, it makes my job all the more satisfying.

I would also like to thank all the people who have supported me this season on and off the green, e.g help me set up drills etc. and pack stuff away, I have appreciated it immensely and without your support it would have made life rather difficult. So once again thank you to those members who have helped me throughout the season.

Congratulations to every pennant player this year, This season has been the most successful one in the club's history, so **You** can all give yourself a huge pat on the back. I'm **Proud** of you all!!!!

Remember practice makes perfect and see you all next season for even a bigger and better season.

Regards

**Jeff Aworth, Coach**

### **Dress Code Policy**

If state matches are being played at Brighton, internal games or practice can be undertaken on an unused available green. Not the same green as a state match. Whites/club uniform to be worn at this time.

While pennant match games are being played, internal games or practice on an unused available green may be played in mufti.

Members playing Club Championship matches may wear mufti in all but the semi final & final events where whites/club uniform must be worn.

## Gary's Rink Rings Eight Bells - Twice



John Kirby  
Congratulating Gary's  
team

Skipper Gary Young's Saturday Metro 3 SW team of - Geoff Nottle (lead), Trevor Whitelaw (2) and Roger Peake (3) - scored an "8" on Hawthorn's fast grass on 4 December 2010 - and to prove it was no fluke, did it again *two games later* - on the carpet at Novar Gardens - 22 January 2011 ( same season).

With time on their side, the "Young(er)" trio are confident they can make it a hat-trick before too long, while senior citizen Geoff remarked, "I've been waiting about 18 years for the first 8 badge and to earn another, after only six weeks, is a time-lapsed miracle, which will be a real bonus to a rather bare hat-band!"

The season is fast drawing to a close, with only 2 matches to go. The red team is on top!! Of the ladder and they are hoping for a pennant. I think the club spirit has been alive and well, with brief Tuesday morning meetings, lucky envelopes, winning rink prizes and out onto the green we go. The ladies have had 2, all teams winning, matches this season and we celebrated with cake and free coffee. The "True/False" quiz afternoon went well and we plan a GALA Day for Sunday 20 March. Our end-of-season lunch will be held on Thursday 24 March at noon at the Morphett Arms Hotel as the Warradale Hotel (our sponsors) extensions are not finished.

**Nanette Edwards,**

Director of ladies' Bowls.

## Valentine's Day FUNction - Monday 14 February

Did you know the hummingbird is the only bird that can fly backwards, a camel has three eyelids and tinsel was made originally from real silver?

We learnt from history about cures for baldness & epilepsy. I sure am glad I didn't live back then!

Deanna Amos was entertaining and informative. It was a fun experience that it is a pity so many missed it.

Nanette made the theme of Valentine's Day come alive with red heart chocolates & red roses. Thank you Nanette for a great afternoon.

Congratulations to Mary & Don Schaffer - a good pair to watch at the next quiz night.

## Pt. Neill 5th Anniversary

And so it was that we re-entered the fray. This time with Doug Jewell, Karen & Steve Bester, Pam & Ben Grotegoed, Rob Thiele, Deanna Nevin and special guest star Barb Walters. The ladies billeted in town with Harry & Helen Nijhuis and they greatly appreciated their hospitality.



**What mouse!!!**

As usual the rest of us were at Kim Shepperd's farm house keeping the stray field mice well fed and entertained. One got stuck in a tall box and spent the best part of the night trying to get out. No matter how annoying the clamour there was no way 'Nerves of Steel' Thiele was going anywhere near it (a hark back to the ghostly huntsman of last year). It took Steve to muster up the courage to set the critter free.

The highlights were numerous but two readily spring to mind. The first was the revealing take of Dougie who once played for the Pt. Neill ladies in one of the nearby towns dressed in a skirt! The facts are fading with the passing years but the trip home apparently included some back seat shenanigans. Cross dresser or ladies man - you be the judge.

The second highlight is somewhat embarrassing, so much so the victim will remain unidentified. On the first night, after the get together BBQ at Harry's, the slightly inebriated victim walked straight into a screen door and spent the rest of the weekend with an unsightly scab on her nose - ouch.

Oh yeah, we also played a couple of days of bowls, the greens were great but the wind made the game tricky. Many of the farmers including Kim couldn't play this year as the unseasonal rains significantly delayed the harvest. Pam, Rob, Deanna and Ben managed to come runner up in the mixed pairs despite drawing their match against Karen, Harry, Helen & Steve.



**A big thank you goes out to the Pt. Neill mob,  
we look forward to welcoming them back at our club in April.**

## **Secret Men's Business**

We are now at the close of the pennant season for this year, although at the time of writing we still have 1 more Wednesday match to be played although now have the final positions for the Saturday teams. Congratulations to the Wednesday 1S, 3SW and Saturday 3SW teams who won their Pennants, job well done. Other teams that came second and therefore could be promoted include Saturday 2S and 3S, this will mean that we will now have a Premier 2, Metropolitan 1S, 2S, 2W, 3S and 4S plus the Triples. The Premier 2 team did exceedingly well to finish second but could not get promoted this year, I am sure that this will change for next season. Well done everyone!!

I believe that the results for Saturday and Wednesday will be our most successful year. I wish to thank Bob Tuck and Neil Bayliss as Chair of Selectors together with all selectors for both Saturday and Wednesday for their time and effort with putting teams together every week of the season, this is a thankless task but is appreciated.

Jeff Aworth will be organising skills/coaching sessions again during August as in the past 2 years (weather permitting). Jeff has put considerable time into coaching club members and I know that all our coaches have also spent considerable time with members who wanted assistance. We all develop bad habits, it is just a matter of recognising those habits and providing assistance to go back to good practice.

There will be changes with the overall team groupings within the Southern region for next season with the inclusion of Morphett Vale (grass), Port Noarlunga, Christies Beach and Reynella (synthetic). The ramifications will be that some of the clubs to the north will more likely be playing in the Eastern division than the South. Each one of the new clubs will have a 1S team and then the others will be separately grouped after that.

The Club Championship has run well and relatively on time (despite the weather), thank you to Garry Woodward, Ray Isherwood and John Chenoweth who progressed the games successfully. I hope that all who took part in the Championship had good enjoyable matches. Congratulations to all winners.

**John Kirby**

### **Team Manager responsibilities**

Look after team by -

- Check that team members have arrived
- Check rink numbers to be used for the game
- Go to team managers table to organize the team scorecards
- Write names on Bowls SA score sheets and on scorecards
- Toss for mat & mark the winner of toss on scorecards
- Give scorecards to skippers
- Collect signed, dated and time scorecards & ratings sheets
- Fill out Bowls SA result form
- Fill out whiteboard by spare bowls cupboard - use whiteboard marker pen only
- Senior Team Manager rings The Advertiser or Sunday Mail with all results
- Puts all forms in envelope provided and post.

## **SPONSORSHIP**

Renovations at The Warradale Hotel are well under way with the new bistro due to be open by June. All functions of the hotel are operating on a “business as usual” basis and members have reported that quality and service has not been impeded.

Brighton Mitre 10 have been appointed an official “Webber Specialist” and as such can offer special models of this well known brand of barbecue that are not available at other outlets. Call in and check out their extensive range and ask for Wayne to receive a special discount being offered to club members.

Brighton Crash are offering special prices to members to repair those annoying minor dents and scratches that are considered too minor to warrant an insurance claim. Call in and speak to Brian for a special quote.

The team at Annette Bradshaw Real Estate report that despite the current economic times, there is still strong demand for properties in the local area, with prices in all segments holding up well. Annette has been involved in Real Estate in Brighton for approximately 30 years and is well qualified to advise on all aspects of marketing and selling property in this area.

Steve Jones is a third generation painter and decorator and also specializes in rendering and texturing. Give Steve a call on **0412 580 983** if you or your friends are looking for a qualified tradesman to carry out any of this work.

### **SUPPORT YOUR SPONSORS**

ANNETTE BRADSHAW REAL ESTATE	HAMILTON HOLDEN
BANK SA	HARVEY WORLD TRAVEL
BRIGHTON CRASH	JONES PAINTING & DECORATING
BRIGHTON FOODLAND	KARIDIS CORPORATION
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GLENELG COMMUNITY HOSPITAL	TYREPOWER BRIGHTON
GRIFFITH REHABILITATION HOSPITAL	THE WARRADALE HOTEL

### **Format Change for Wednesday Premiership Teams**

There will be a change next season for Wednesday Premiership games where the current four rinks of four players will be replaced as a trial with 2 rinks of four, 2 rinks of triples and a pair. This is to align more with the Friday night Henselite Cup matches and will be reviewed at the end of the 2011/2012 season.

Our club was not consulted about this proposal as only the current Premiership clubs were consulted, so therefore the first that we knew was in the local paper. This change will affect our top Wednesday team for next season, I think that the change in format sounds good.

**John Kirby**

## Suggested Exercises Page 2



Using tubing, keep elbow in at side and rotate arm inward across body. Be sure to keep forearm parallel to floor.



Using tubing, start with arm at side and pull forward and upward. Move shoulder through pain free range of motion



Using tubing, keep elbow in at side and rotate arm outward away from body. Be sure to keep forearm parallel to floor.



Using tubing, pull arm back. Be sure to keep elbow straight.



Attempt to balance on involved leg. Begin with eyes open, then try to perform exercise with eyes closed.



Supporting body weight with other hand on table, reach out in front of you. Pull arm back pinching shoulder blades together



Sitting in chair with resistive band secured at base of armrest, elbow straight and hand grasping band bend elbow toward body.



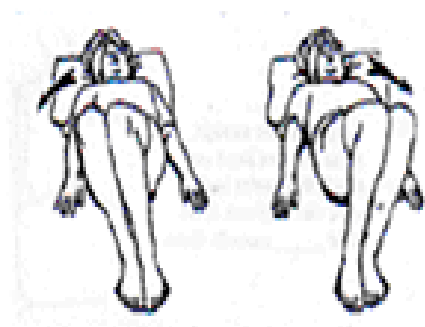
Leaning on wall, slowly lower buttocks until thighs are parallel to floor. Tighten thigh muscles as you return to starting position.



Tighten stomach muscles to keep trunk rigid and slowly raise one leg 8 to 10 cms from floor. then slowly lower keeping trunk rigid.



Tighten stomach muscles as you slowly raise one leg and lower opposite arm over head, then slowly return to starting position, keeping trunk rigid.



Slowly rock knees from side to side in small pain free range of motion. Allow lower back to rotate slightly.