



This newsletter has information about many coming events.
 Get out your diary and write them in now!
 Check the website for teams and location details.
www.brightonbc.org.au



December 2010

Last Pennant Game before Christmas		Saturday 4 December Wednesday 15 December Thursday 9 December
Cosmopolitan Fours	1pm	Saturday 11 December
Extra pennant game due to inclement weather - If needed		Wednesday 22 December Thursday 16 December
Ladies Christmas Lunch		14 December
Christmas nibbles night		Friday 17 December, raffle draw and pizza
New Year's Breakfast	10am	Saturday 1 January 2011 - \$10
RSL National Carnival Semi-Finals		5 & 6 January 2011 - (one green)
Men State Singles	9 am	8 January 2011 - markers needed please.
Club Public Holiday Tournament		To be arranged, check notice board for details.
Coaching Information Night	7 pm	13 January 2011 Aims Goals, Objectives and accomplishments BBQ at 6:30pm
Pennant games resume		Saturday 15 January 2011 Wednesday 12 January 2011 (Note-Not 9 February) Thursday 13 January 2011
Last Pennant game of season		Saturday 12 March 2011 Wednesday 16 March 2011 Thursday 3 March 2011
Extra pennant game due to inclement weather - If needed		Sunday 13 March 2011 Wednesday 23 March 2011 Thursday 10 March 2011
Country Carnivals		Men's - 7 February to 11 February Women's - 28 March to 1 April



Please notify the club if you have any change of contact details including phone, address or email.

Congratulations

Congratulations to Joc Hastie, Ben Hastie, Geoff Collins & Jeff Aworth for their win in the finals of the Metropolitan fours. This is the first State Championship by a Brighton team since 1970.

The State RSL Carnival will be represented from Brighton by the following members, Trevor Whitelaw, Jim Nicholson, Terry Howard, Keith French and Rod Murray.
Good luck to them.

Jim's Jottings

Hi Members

I would like to thank all Volunteers that helped Night Owls this year and of course we are still looking for more people, the more the better.
We particularly need more people to do the bar work.

Also a big thank you Keith & Heather Souness for running the bar on 28 November for Transplant Association Day, they were there all day and other helpers were Susan McAndrew, Jeannie Woodham, Joe Ransome, Anne Duddy, Adrienne Boyes and Betty Hutchings.
Susan organized 110 people to plays bowls in no time. Job well done to all.

The night owls helpers on Tuesday & Wednesday are doing a fantastic job but will be mentioned later down the track. But one thing I have to mention is Bob Tuck, who has been donating all the salads for Tuesday & Wednesday night owls. Thanks Bob.

We think the pies & pasties and beef & chicken snitzels seem to be going OK. Thanks to Lynne Nicholson for helping.

Must mention Bryan Lee who does a good job down here with cleaning the bar and verandah, cleaning tables, checking paper towels & rolls. Thanks for that. Also members you can also help by putting paper towels in if they run out in dispensers.

I think I've said enough.

On behalf of the Committees, RSL as well, Lynne & Jim wish you a very safe Christmas & New Year.



Regards, Jim Nick. (any relation to St.Nick?)

Trading Table

Our trading table is doing well but is in need of more DVDs, Toys, CDs, Good Quality Bric-a-Brac, Bowling Clothing, Jewellery, or any saleable item.
Please NO BOOKS.
Remember those unwanted gifts might be someone else's treasure.

**Thank you
Ann Duddy**

Sponsorship

Sponsorship Team: Ian Giles & Michael Boyd.

Don't forget to tell the sponsor you are a Brighton Bowling Club member

Shelter shed signage on A green is almost full with the Karidis Corporation (Retirement Complex Providers) taking up one of the two remaining spaces. They are also contributing \$500 prize money for a tournament which has tentatively been booked for Australia Day next year.

F H Trelvelion has again agreed to continue being our major sponsor for the coming year and we are extremely grateful for their continued support. While our other sponsors have yet to be contacted, we look forward to their positive response.

Food/Dining

Bluebird Bakery
Foodland Brighton
Wenzels Homemade Cakes
Warradale Hotel
G. Patrilli & Co wine



Houses/Maintenance

Steve Marshall Electrical
Jones Painting & Decorating
Bruce Edwards Plumbing
Mitre 10 Brighton
Max Security Doors & Screens
Freeman Wauchope Timber
Annette Bradshaw Real Estate



Medical

Adelaide Digital Hearing Solutions
Griffiths Rehabilitation Hospital
Glenelg Community Hospital
Trelvelion Funeral Directors

Miscellaneous

Bowler's Den
Bank SA
Harvey World Travel
Karidis Retirement Complexes



Cars

Hamilton Holden
Tyrepower Brighton
Brighton Crash Repairs



Coaches Corner



The first half of the season has been really positive and productive for the club, with the majority of teams putting themselves in with a really great chance of winning a pennant. This is due to the hard work that you have put in on the track and putting the advice that you have received into practice. I am proud of you, all MEN and LADIES. The season is far from over, and we have put ourselves in a great position to be the most successful club this season in South Australia; so hard work and SMART PRACTISE is still very paramount in the next half of the season.

You have done the hard work in the first half of the season, so don't let yourself, team mates and the club down by telling yourself the hard work has been done and someone else will take up the slack. Be the one to lead the way and show your team mates that you are prepared to do the extra yards to win a pennant for yourself, your mates and the club. I believe in you all, now just believe in yourself and show the rest of them that Brighton Bowling Club is a club to be reckoned with.

Next half of the season I would really like to see more people out on Tuesday nights for your own skills practice. If you need any hints about setting up drills, please see one of our coaches. Thursday nights have dropped off in numbers in the last month (THE SAME AS LAST YEAR WHEN WE HAD A BAD RUN) so next year let's make a concerted effort to be there practicing.

Jeff Aworth



Jeff Aworth - Information Night

Lead	<ul style="list-style-type: none"> • Always draw as close as possible to jack, get in the scoring area • Try to stick to narrow hand • Should be able to play both hands well • Able to roll the jack to where the skipper indicates • Believe in yourself - a good lead starts a successful pyramid.
Second	<ul style="list-style-type: none"> • Able to draw both hands well • Be able to draw to a position other than jack • Get behind the jack • Be able to play with weight (6' behind) • Be able to adjust for drawing on second shot • Trust the skippers judgment for which hand etc. • Keep the scoreboard up to date • Add to & protect the head.
Third	<ul style="list-style-type: none"> • Be able to play off shots etc. • Be director & respond to skipper's questions • Be able to read the whole head - for and against • Know the rules • Know when to call the umpire, especially difficult measuring • Know the skip's game - work with skip • Be aware of the opportunities in the head • Have good measuring skills • Always positive & help team spirit
Skipper	<ul style="list-style-type: none"> • Build the confidence of the team, be positive not negative • Be able to assess the strengths & weaknesses of the opposition • Get maximum performance from team • Know when to attack & when to defend • Have ability to consolidate head • Able to play all shots well- particularly draw shot • Be a good tactician • Be aware of the other rinks scores - whether up or down • Send seconds to check the other rinks scores near the end of the game.

Ben - Selectors

Please let the selectors know if you are unavailable
by putting your name on the unavailability list.

If the selections have been completed & an emergency will prevent you from playing, then please ring the selector for your game as soon as you know you can not play.

ie. Saturday - Bob Tuck
Wednesday - Neil Bayliss
Thursday - Margaret



Home game \$4, Away game no cost

Duty rink

Be one hour early to wipe seats, put the flags out, check water urns etc.
Team relationships - practice together, travel together to away matches.

Secret Men's Business

The Saturday and Wednesday pennant teams have been doing exceptionally well for the first half of the season, congratulations, lets hope that we can all keep it up and get some promotions. The mixed gender games on a Saturday have proved to be very successful.

Pennant matches commencing from 1 January 2010 will have the following rule changes:

- ◆ The minimum distance between the mat and jack will be reduced from 23m to 21m.
- ◆ Teams are no longer permitted to give the mat away after winning an end.
- ◆ The distance for a rebounding jack has been reduced from 20m to 18m
- ◆ The Skipper must manage the teams scorecard

The Club Championships are going well although I understand that some members who are playing in many matches are having difficulty with scheduling. Please give your comments to Garry Woodward or myself for any improvements that can be made. We will be organising improved "sets" games rules for next year as an example of learning from current misunderstandings that have occurred. We decided to run sets singles and pairs this year as many other State matches are now using sets. It is always good to make a change.

Green Closure

C - Green closed for renovation between 16 December to 10 January

B – Green closed 22 December for 1 week

A – Green closed 29 December for 1 week

The intention is to have one green available during the Christmas break to enable practice and Championship matches.

The Club will be running State Singles on January 8, I would be grateful for volunteers to mark the games. We have only 8 rinks, but the required number of markers will depend on how many volunteers stay for the day or parts of the day. Please put your name down on the sheet by the notice board.

Alan Hughes has just been accredited as a new club coach. Well done Alan.

Have a Great Christmas and Happy New Year, hope to see you New Year's Day for Breakfast; volunteers at around 9am would be appreciated to help with the cooking.

**Best wishes,
John Kirby**

First Aid

Twelve members have just completed a basic first aid course at the club run by Red Cross.. We now have 15 players accredited players who can assist if first aid is required at the club. A roster will be drawn up for pennant days so that a nominated member is available during games. A list of members accredited in first aid will be posted on the notice board.

Thank you to Frieda for organizing the course.

Jeff's recommended exercises to prevent injuries Page 1. - Please do gently



Keeping elbow straight, grasp involved hand and slowly bend wrist backward until a stretch is felt



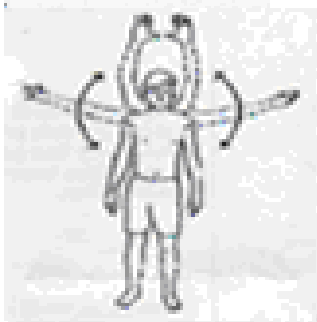
Bend head forward and return to starting position



Turn head slowly to look over one shoulder, then the other



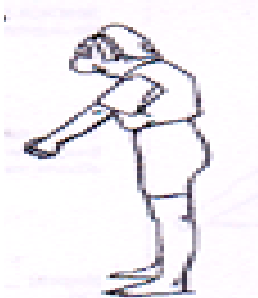
Shrug shoulders up and down, forward and backwards. Hold each position



Bring arms straight out to sides and raise as high as possible without pain.



Lace fingers behind back and squeeze shoulder blades together. Slowly raise and straighten arms.



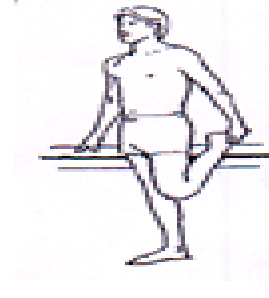
Clasp hands together in front with arms extended. Gently pull shoulder blades apart and bend head forward.



Arch backward to make hollow of back deeper



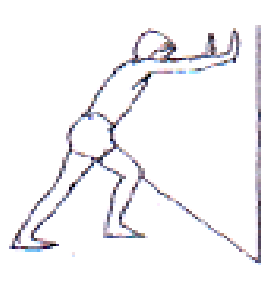
Sit in chair with knees spread apart. Bend forward to floor. A comfortable stretch should be felt in lower back.



Pull heel toward buttocks until a stretch is felt in front of thigh.



Place foot on stool. Slowly lean forward, reaching down shin until a stretch is felt in back of thigh.



Keeping back leg straight, with heel on floor and turned slightly outward, lean into wall until a stretch is felt in calf