



ARMADALE BOWLERS NEWSLETTER

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January 2013

125TH ANNIVERSARY NEWS

Our long-awaited (2013) Anniversary Year is here.
Happy New Year to everyone.

You have seen the launch of our very special Raffle all around our Club. Members and Visitors to the Club have already been very supportive. We are very proud to offer such wonderful prizes and thank our sponsors and Sponsorship Team for this huge achievement.

We look forward to the remainder of the year being a great success. We have many events planned, with special bowls events and of course our elegant CELEBRATION DINNER on September 1st.

We hope everyone can plan to be together for this momentous night, and ask you please to diarise this important date. It will be held in the Committee Room at the Caulfield Racecourse, which offers views of the Racecourse and City skyline.



The \$60 per person 3-Course DINNER will also include a very special Commemorative Book celebrating our 125 year history; drinks and pre-dinner drinks and entertainment – generously subsidised by the Club to enable us to share in and truly look forward to our significant celebration.

In choosing a venue we considered many options, including holding the event at our own Club. As our club room would not accommodate us adequately, we selected this venue close to the Club, with lifts, to ensure it is accessible for everyone.

On the previous day, Saturday 31 August we will hold the Club's Official Opening for season 2013/14. As always we will celebrate our Opening with Guests and Members and bowling for all to enjoy with an afternoon tea which will be included in the weekend's overall ANNIVERSARY CELEBRATIONS at no charge.

We look forward to this wonderful weekend in September.

SUPPORT YOUR SPONSORS

Since the last Sponsorship report in the September 2012 Newsletter, we have concentrated in getting sponsors for the 125th Anniversary events, especially for the "BIG" Raffle.

To say that we achieved our target is an understatement and we were very successful in forming a close relationship with the following new sponsors:

**SYNERGY FUNDS MANAGEMENT,
TRAVELSCENE MALVERN,
IAN SHARP JEWELLERY,
ANTLER LUGGAGE,
SUTTON PARTNERS, Accountants & Tax Agents,
CAFÉ D'LISH,
RESTING TOUCHER,**

Michael Burstin
Justin Lawson
Ian Sharp
Sonney Roth
Ron Sutton
Izzy Baran
Geoff & Jackie Maskell

We trust that all members of our club will welcome these new sponsors and will use their services as required. The other current Sponsor who has given generously beyond their normal yearly donation to our club is:
GOODYEAR AUTOCARE MENTONE, Ila Cieszynski & David Rabinov

Please be aware of the names of all our sponsors, who are listed on the back page of this Newsletter. They all donate generously to this Club and all they want in return is your acknowledgement of who they are and what they offer. When you use their services please let them know that you are there because they support our Club, otherwise there is no connection.

On top of what we get as a yearly donation from these sponsors, members of our Club should be aware of the extra benefits offered by the following companies:

MARSHALL WHITE & CO. Real Estate

When selling your property through Marshall White, 10% of the full commission will be reimbursed to the Club, if a lower commission is negotiated, a proportionally lower percentage will flow to the Club.

ASTORIA HONDA

If you purchase a new or used Honda through Astoria Honda, \$500 will be donated to the Club, and you, as the owner of a new (or used) Honda will get an extra \$250 worth of accessories.

TRAVELSCENE MALVERN

Our most recent sponsor offers \$100 to our club for each overseas travel booking made by members, relatives or other referrals to them and \$50 for local travel bookings (with some specified minimum requirements).

Don't forget these offers will only be viable if you say you are from Armadale Bowls Club, before you finalise your purchase. Mention that you are from Armadale Bowls Club when you visit any of our Sponsors, you will probably get a discount, e.g. Rocksalt Restaurant in North Brighton, 10% off all meals.

CHAIRPERSONS CORNER



Happy New Year everyone.

This is a very exciting year, imagine what it was like to be a bowler 125 years ago.

We have some old photos of members taken at Armadale. The men wore top hats blazers and ties. The ladies were dressed in long dresses with bustles, big bonnets and boots.

I wonder if the next generation will play bowls wearing bikinis!

Speaking of uniforms -- at last I have received the shirt order, please see me or Jill Diamond if you have patiently waited for the delivery.

Please be sure before you take your winter break to book to attend the wonderful Celebration Dinner on 1 September, it is going to be a night to remember.

Good Bowling for the remaining games.

Elaine Kovkin
Board Chairperson



KITCHEN TRICKS TO HELP YOU EAT WELL

1. Clean out your cupboards:

Remove clutter..... Shop wisely.... Out of sight, out of mind.....
If it's not in your kitchen you won't be tempted to eat it.
Or - put them in opaque containers AND in another cupboard.

2. Make healthy foods easy and accessible

Research says we are more likely to eat the 1ST THING we see rather than the fifth. SO - WHAT TO DO Pre-prepare healthy snacks - kept in see-through containers - in a prime position. Fruit, veggie snacks, pre-measured bags of nuts, popcorn and other healthy snacks.

3. Make extra when you prepare dinner

Extra salad and veggie leftovers make a quick lunch the next day.
Just ADD a tin of tuna and a pita pocket for a nutritious, balanced meal which tastes great.

4. Size IS everything

Overestimating serving sizes is a huge reason people don't maintain their weight. Keep portions in check. Use smaller plates. Wrap leftover food and put it away in the fridge before sitting down to eat. It keeps the food fresher and healthier AND you will be less likely to go back for unnecessary seconds. Keep measuring tools handy on your bench. And here are some visual reminders for a simple guide to serving sizes

CARBS-PASTA, RICE - size of your fist



PROTEIN-CHICKEN, MEAT - size of your palm



Remember, men and women are different sizes, so it's YOUR palm and YOUR fist we are talking about!

From the Health & Safety Team: Thank you to Joanna Baker (our "Everyday Nutrition" Consultant) for this valuable information

TUESDAY PENNANT

Wishing you all a Happy & Healthy 2013! I hope the remainder of the season will be very successful for us all. Certainly the first part has gone very well with plenty of success for Tuesday Pennant. Please keep the Tuesdays after Pennant finishes from 26th February free to come and support the teams who make the finals!



We have seen some terrific bowling during our Club Competitions and I would like to again congratulate our Singles winner Gail Nadelman (pictured) and our runner-up Leila Levy. Our Pairs Competition was won by Sylvia Tobiansky (skip) with Leila Levy (lead) against Gail Nadelman (skip) and Thelma Marcakis (lead). Well done girls!!

We will be holding the Proportional & Minors Competitions now that the New Year has clicked over, so check the shed for details. The Proportional draw is up and we will conduct the Minors after Pennant finishes.

We hosted a well attended Guest & Delegates Day in November with over 120 members & their guests. Unfortunately the weather proved very hot but we did manage to get in some bowling with no one suffering any ill effects. We were treated to a scrumptious lunch put on by our Catering Ladies who once again excelled themselves and made it all look so easy.

In early December we ran our annual Charity Night BBQ & Bowls which raised over \$700 for the Bowls Victoria Charity 'Movember'. Thank you to all who contributed and especially our barbequers and catering girls who put on a lovely dinner and a very pleasant evening of bowls was had by all.

We have more events coming up so please keep your diaries free for the following functions:

Tuesday Pennant Closing Dinner on Wednesday 13 February at 6:00pm, all Tuesday Pennant players and their partners are welcome, and the **Ladies President & Vice-President Day** on Tuesday 19 February from 10:00am for bowls and lunch, all members welcome.

Di Grosberg
President, Tuesday Pennant Bowls Committee

SATURDAY PENNANT

I would like to take this opportunity to wish you all a happy & healthy 2013.

With only six games left in another season, do not forget that there are still the finals and we look forward to seeing all members not playing in the finals supporting those members who are.



The Club Competitions are going really well with the Singles Championship won by Tom Weisler (pictured) and the Club Pairs won by Garry Barnett (lead) and Michael Stange (skip).

We are still to hold the Minor, Mixed Pairs, Triples and if the numbers allow we will have a Fours Competition.

The Monday 2-bowl Triples Competition as usual is running very well with 30 to 32 teams every month and our Wednesday afternoon game is also a success, with high numbers every week run by our very helpful David Janover and his team.

We still have our always successful Mixed Generation Night being held on Wednesday 20 February at 7:00pm and of course the Star-Weisler Day being held on Saturday 23 March starting on 9:30am. Make sure to put your name down on the list in the first shed before all the places are taken.

Abe Stiglec
President, Saturday Pennant Bowls Committee

COACHING CORNER



We can reflect on an interesting season up to this point.

I was very pleased to see the majority of our second side get together prior to the second last game before Xmas, for solid pennant practice. To their credit they trained in the rain after we had a down to earth discussion regarding practicing together as a pennant side for the up and coming game on that Saturday.

THE RESULTS SPEAK FOR THEMSELVES Well done!! I can only hope this positive attitude continues into the New Year and the rest of the club emulates this effort and training regime.

I can't emphasise the value added this training has on any group or team preparing for any pennant match. I think that the message is starting to filter through that your selection to play pennant for the Armadale BC is a privilege and not a right.

If you are selected regardless of Side or Position and you have the best interest of the club at heart, you should give your very best every time.

Any constructive input is always welcomed and this can be expressed by organising an appointment to see the Selection Committee. We have had some fruitful meetings with members to this point and some ideas have been actioned and some have not however all have been considered.

Keep working on improving your games, I am available for one on one coaching each Sunday from 10am. Also available are Don, Leon, Wolfe and Bernard who have been predominantly running great group sessions. Take advantage of their experience and guidance and from there you develop your own style and confidence.

Your most powerful tool is developing your concentration and attention to detail regarding your delivery, regardless of the level you are currently playing at.

Hoping this finds you all well and to you and your families I hope you all had a great Christmas and will have a Healthy and Happy New Year.

Have fun and continue to enjoy the magnificent benefits that the Armadale Bowling Club has to offer all of its valued members.

Nicholas Petrie
Armadale Head Coach

TUESDAY SELECTION

After a very short break at Xmas this year we are back into Pennant with only 5 more rounds to go and then the Finals. At the moment we have 4 sides which could qualify for Finals. Sides Number 2, 3, 4, and 6.

It is very important that all Tuesday players continue to attend practice on Thursday mornings at 9.30 am sharp for Coaching and Practice.

All skips, both male and female, should attend so as to practice with their teams. This is especially necessary for those teams who are vying to make it into the Finals.

We greatly appreciate those players who fill in at short notice where a player needs to be substituted for.

Would you all please note you must notify the Selectors of your availability after being absent with an injury.

Gaby Cohen
Chairman of Tuesday Selectors

SATURDAY SELECTION

This season the Saturday sides have in the main, performed very well indeed.

We have only six more games to go until the finals and at this stage sides 1, 6, 7 & 8 are in the top four of their respective sections and therefore will be in contention for the finals.

Unfortunately sides 4 & 5 are in danger of relegation. Side 2 which is 7th on the ladder has shown wonderful fighting spirit by winning its last 3 games and hopefully should avoid relegation.

We hope that all players will put in a big effort for the remainder of the season by attending practices regularly and working hard to improve their skills.

We are very impressed with the performances of all the new bowlers who joined as a result of our special recruitment drive, as well as other bowlers joining us from other clubs. Their collective contribution to date has been greatly appreciated.

This season has seen the usual number of complaints from players re selection matters. I can assure you that we have tried very hard to be fair and objective. However despite all this we are very proud of the achievements of all of the sides thus far. Hopefully we will have 4 and possibly 5 sides in the finals, which in itself is a great achievement.

Stan Todes
Chairman, Saturday Pennant Selection Committee

HOT WEATHER - DRINK PLENTY OF FLUIDS

The remainder of Pennant will be played in the hottest months. We will sweat more. We NEED to replenish these fluids, or risk dehydration and heat-related illnesses. Drink plenty of cool water. Have your bottle handy. A cup filled occasionally is just not enough water. Water is perfect for Bowls. Special Sports Drinks are fine for high exertion sports. Use a cool cloth around your neck

Take care of each other Use a Buddy System. Check in with each other that you are OK..... Monitor others at risk..... (anyone at any age is at risk, but over 65's are in the High Risk category) Ensure everyone is drinking and keeping AS cool AS possible.

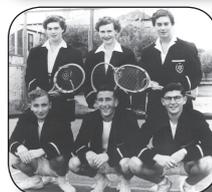
Please can we not be heroic over the next few weeks. If you should not play due to severe temperature forecasts, or are not feeling too well, please let someone know.

We have a Safety Team on duty every Tuesday and Saturday, to assist our players and visitors. If there is nobody nearby to assist and you feel it is an emergency, please call an Ambulance on 000 or 112 on your mobile phone. Please put these numbers into your phone.

Did you guess the Bowlers?



2nd row from back 3rd from left = Nathan Simon
Same row far right = Nathan Frydman
3rd row from back far left = Joan Hyatt
next to her = Pam Sacks
4th from left = Zara Simon
Front row 3rd from right = Elaine Kovkin



Back row far left = Judy Gostin
Front row from left = Keith Rubenstein
next to him = Marcus Levy
Far right = Leon Cohen

SUPPORT OUR SPONSORS

Show our sponsors that we support them too. Contact **Jack Cooper** if you have information regarding prospective sponsors.

BUSINESS		ADDRESS	CONTACT	
A.D.M. Motors	Car Servicing & Repair	530 Hawthorn Road Caulfield South 3162	Adam Adler	9530 8144
Antler Luggage	Travel Goods	72 Western Ave Westmeadows 3049	Sonney Roth	1300 268 537
Astoria Honda Centre	New & Used Vehicles	961 North Road Bentleigh East, 3165	Julia Connell	9579 1988
Axis Property Commercial Real Estate	Commercial Real Estate	7/82 Acland Street St Kilda	Daniel Liberman	9525 5222
Barton Glass	Glass & Mirror Products	420 Princes Hwy Noble Park	Sam Hofbauer	9795 9514
Cafe D'Lish	Breakfast & Lunch Café	269 Bambra Rd South Caulfield 3162	Izzy Baran	9523 0245
Caulfield Racecourse	Dining & Gambling	Caulfield Racecourse Station Street Caulfield	Thushari Gomez	9257 7170
Creative Balloons	Novelty Balloons	49 Saturn Street South Caulfield 3162	David Janover	0412 113 271
Ian Sharp Jewellery	Jewellery	65 Toorak Rd South Yarra 3141	Ian Sharp	9866 4983
Interface Professionals Pty Ltd	Computer Repairs & Sales	41 Briggs Street Caulfield	Yan Brushin	0404 089 489
Junction Tyre and Auto	Goodyear Autocare	33-35 Swanston Street Mentone	David Rabinov	9584 8411
Len's Quality Meats	Butchery	Malvern Central Shopping Centre, Malvern, 3144	Len	9509 3152
Marshall White & Co	Real Estate	1111 High Street, Armadale 3145	Justin Long	9822 9999
Matthew Iaco Real Estate	Real Estate	615 Glenhuntly Road, Caulfield South 3162	Matthew Iaco	9532 8845
Nelson Pharmacy	Pharmaceutical Products	123 Thomas Street Brighton East 3187	Paul Pham	9578 3960
Personal Training for Active Living	Fitness Classes & Training	Located outdoors and at Armadale Bowls Club	Rose-Marie Todes	0419 390 652
Rocksalt	Restaurant	360 Bay Street North Brighton 3186	James Salem	9596 4622
Resting Toucher	Lawn bowls Supplies	Breen Drive East Brighton 3187	Geoff & Jackie Maskell	8520 9600
Scotchline Signs	Signs & Graphics	148 Chesterfield Road Moorabbin	Barbara Vaughan	9532 0660
Simon Carpets	Carpets	887 Nepean Highway Moorabbin	Sol Simon	9557 7808
Stevie B	Disk Jockey Extraordinaire		Stevie B	0413 006 970
Sutton Partners	Accountants & Tax Agents	199 Toorak Rd South Yarra 3141	Ron Sutton	9824 2212
Synergy	Funds Management	55 Southbank Boulevard, Southbank 3006	Michael Burstin	9684 8130
The Athlete's Foot Malvern	Sports Shoes	Shop 13, Malvern Central Shopping Centre 3144	Abe Engel	9500 2444
The Hospitality Man	Catering	9 Fraser Street Ormond	Steven Swiatlo	9578 2153
To Catch A Chef	Kosher Catering	763 Glenhuntly Road South Caulfield 3162	Annette Gurgiel	9523 7486
Travelscene Malvern	Travel Agents	92 Glenferrie Rd Malvern 3144	Justin Lawson	9576 0211
Troedel-Docucopy	Digital & Offset Printing	18 Cleeland Road Oakleigh South 3167	David Shandler	9562 8888

Take the opportunity of trying our sponsors services and let them know that you are an

TRAVELSCENE MALVERN JOINS ABC

As the owner of Travelscene Malvern, I would like to introduce myself and my team and extend an open invitation to you and your friends to come in and see us at any time.

My name is Justin Lawson and my team are Sandii Douglas, Shane Cleary and Susie Smythe. Although we are currently a small team of 4 highly experienced and well travelled travel professionals, we know how to find that special place that you are looking to go to, or that experience that you are looking to have and sometimes even those experiences that you were not aware were possible.

We pride ourselves on our high level of service, our competitive prices and our years of experience in both travelling to the destinations that you are looking to go, as well as preparing and managing our client's travel arrangements.

We consider our clients to be our friends and plan each trip as if it was our own. Throughout this year Travelscene Malvern has a number of offers that will be presented exclusively to members of Armadale Bowls Club, as well as offering that extra personal touch that you would expect from a team member.

We are very proud to join Armadale Bowls Club as an active sponsor and look forward to meeting you.

justin@travelscenemalvern.com.au
9576 0211

DATES TO REMEMBER

Tuesday 19 February - Ladies President & VP Day - 10:00am
 Wednesday 20 February - Generation Family Night - 7:00pm
 Tuesday 19 March - Ladies President Shield Triples- 10:00am
 Saturday 23 March - Star-Weisler Day Mens Triples- 10:00am
 Sunday 7 - Wednesday 10 April - Shepparton Bowls Holiday
 Saturday 20 April - Bring A Guest Day Mixed 4's- 10:00am
 Sunday 1 December - VACC Sponsored Day Mixed 4's- 10:00am
*Look for the sheets in the First Shed.....*

For all enquiries regarding hiring of the
 Clubhouse please contact
 Elaine Kovkin on 9599 2429
 or 0419 997 788

MEMBERS WITH PROBLEMS

There is now a conduit to help resolve any problems or issues. The committee comprising Ken Rosengarten, Elaine Kovkin, Danny Miller and Tom Weisler will be the go-between to selectors, coaches, players and the Board.

Our thanks to Troedel-DocuCopy for the printing of this Newsletter
 DocuCopy can handle all your printing requirements
 quickly and professionally
Contact them at:
 18 Cleeland Road, Oakleigh South, 3167
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