



ARMADALE BOWLERS NEWSLETTER

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WELCOME TO BOWLING SEASON 2014-15



Hi to all members,

The new season is upon us, and exciting times are before us, we have unfortunately lost some very good members and we will remember them fondly.

On the brighter side we have gained some very welcome new members and look forward to them being part of the Armadale family.

The Board has appointed a new coach who we believe will be a great asset. His name is Rob Wilson, along with Rob comes his wife Karen and son Shaun and Rob is also the coach of the State Under 18 team. Those who have met Rob thus far have been impressed with his enthusiasm and vision for the future of our great club.

We are looking forward to participating back in Saturday Division 1 this season and with the influx of new talent our aim is to be competitive in Division 1 and also to get our second side back up to Division 2.

The Mid Week competition acquitted itself really well with our Premier side retaining their position and with some wonderful talent coming through things are looking good for the season ahead.

As most selectors have been retained, it shows that members have confidence and understand the difficult job they have.

We are having some issues with our carpet green, but hopefully we can survive another season or two before having to replace the carpet.

The Southern Indoor season has introduced some of our new bowlers to a high standard of competition and Aaron Kalinski once again has done an amazing job under difficult circumstances in fielding teams on three nights a week.

As usual the ladies have done our club proud with their amazing work. Many clubs talk about how fortunate we are to have such a group of volunteers. We have everything in place for a great year ahead, hopefully members will commit themselves to work hard together on the green.

Our new coach made the comment that he knows nothing about our players so you have the opportunity to have a new start. He wishes along with our other club coaches to be a coach for all sides.

Thank you to the Board and all Committees for your ongoing support and good luck to all our members for the season ahead.

Tom Weisler
President



HEALTH & SAFETY

Welcome back everyone. Our Health and Safety Team hope that you are very well rested, and recharged after the break.

Last season we focused on Safety Issues reminding everyone via our posters to take care on and off the green. We are very pleased that we had a relatively incident-free season.

However managing the heat sensibly and keeping hydrated is the area where we can still be more responsible. We did have some heat related issues last season, mostly due to lack of hydration.

We ask you again this season to be conscious of the heat.
PLEASE

Use water bottles rather than cups whenever you can.

Drink throughout the game and preferably before the game, in all weather conditions.

Cups are not refilled often enough, and you will dehydrate during a 3 – 4 hour period very quickly in our conditions. Even on warm days this applies.

On hot days, THIS IS ESSENTIAL. Both for your health and for your concentration. Your brain, muscles, heart and entire body relies on hydration to function effectively.

In the new season we are also focusing on Emergency Evacuation Procedures – should any need such as fire arise.

It is essential for us as a Club with a lot of people to evacuate quickly, that we have procedures in place. You will hear more about this shortly and we will ask you to practice exit drills so that we are well prepared.

We appreciate your co-operation.

Our Health and Safety Team remain updated in our training so that we can assist our members competently, and we are very proud of our safety record. Safety Officers are nominated for each session of bowls; on Tuesdays, Saturdays and during Social Bowls.

Please let somebody know if you need help and do your part to assist in every way you can to manage hazards, heat and your own health.

Have a happy, successful and safe season.

Your Health & Safety Team



Be Aware Drive With Care

COACHING CORNER

Hello fellow members.

On behalf of myself, my wife Karen and son Shaun our family are delighted to have been accepted into our new club and I am keen to take up the role of Club Coach.

We are all looking forward to getting to know everyone along the way and certainly looking forward to the upcoming bowling season when we can get our teeth into the bowling.

It has been a particularly busy last couple of months for us trying to pack up our life in Monbulk, find a house, move and get settled into a new area. Thankfully that process has now been completed; Karen is happy that we are no longer unpacking boxes and are not tripping over unpositioned furniture. We are now settled into our new home only 5 minutes from the bowling club and that is nice given we were travelling nearly an hour each time to our previous clubs.

I have already had the pleasure of meeting many of the Saturday and Midweek committee people both formally and informally and have had some productive conversations in planning for the upcoming season. It is great to see and feel the level of excitement and energy around the place with a genuine enthusiasm for the future from those that have been charged with the job of running our club. I especially look forward to meeting and working with the club coaches of whom it would seem there are many and I look forward to forming a strong team with them to service the members.

In the meantime, I have some house keeping to take care of before we get underway. Our family is spending a week holidaying up north in the sun (I hope), while I play in the Australian Indoor Singles championships at Tweed Heads and I will be proud to be playing in Armadale colors during the event.

I will be back on deck and open for business the week beginning August 25, so if you see me floating around the place that week please introduce yourself. However forgive me if I don't remember your name the next time though. I have a lot to remember.

Official Wednesday and Thursday club training sessions will kick off on September 3 and 4 (week after the opening day) and ongoing from then on. These will be open sessions to all sections of the club and all are welcome. I will endeavor to arrive at the club around 4pm on these days should work allow and begin structured training from 4:30pm. Don't worry workers, I will be staying long enough to accommodate the late arrivals.

Obviously, I will need some time to work out the best format for the club training and there will no doubt be some massaging of the program to best fit in with the membership. So please show some patience with the new boy whilst I get used to the place, Rome was not built in a day.

I will also be attending the Tuesday Section practice mornings, information about which I believe has already been sent out and I look forward to working with this section of the club as well.

Don't forget the Opening Day on August 30. I will be making a formal address to the membership on this day and I will be hanging around before and after, meeting as many people as I can.

My closing request to you is to remember I am very keen to assist and work with all of our club members, from the newest to the most advanced, male and female. However there are a lot of you and I am not able to clone myself, so please be patient. Nor am I a mind reader, if you require my help and I have not been able to meet you, then please approach me and ask for help, I will not bite.

Once again on behalf of the family, we look forward to getting involved in the life of the Armadale Bowls Club and look forward to meeting you all in due course.

Cheers,
Rob Wilson
Director of Coaching



SATURDAY PENNANT

What an exciting season of Pennant Bowls we have ahead. Expectations are running high as we approach season 2014/15.



Side 1 back to Div 1

that will serve to help elevate an already focused playing group from the previous season to help us keep our sights on the task ahead.

The challenge before us all is to take the greatest advantage of this opportunity and convert the opportunity into results.

Of course, the introduction of new players will sharpen all of the playing group throughout the club and create a new level of healthy competition for positions in all our sides, from the 7th side to the 1st side.



Side 7 promoted to Div 6

We have to acknowledge that the 7th side did us all proud last season and showed us that we can all achieve remarkable and satisfying results regardless of the level of competition. I believe we can do it again this coming season, we can be inspired by the 7th side and we can all achieve excellent results.

It is fair to say that as a consequence of the new players coming in to the club, all positions in all sides are open for re-evaluation and no one should feel complacent regarding their position from last season nor should anyone feel they are 'pigeonholed', in fact, you should look upon this coming season as a new opportunity to lift your game and yourself. You now have the chance to ask yourself, "...can I play at a higher level"? "Do I want to play at a higher level, or am I happy to play where I have been". "Can I play as a third or a skip"? You should be asking: "What do I want from my game of bowls and the bowling season ahead"?

Of course, only you can answer that question.

I promise the Selection Committee will do all we can to help you achieve your goals and aspirations at Armadale, one of the best bowling clubs around. Talk to us and tell us of your highest hopes and deepest fears. We already have feedback from some members and we will do all in our power to meet their expectations, always remembering the club comes first.

You know the old joke with the line that says: "Trust us, we're from head office and we are here to help", well, we really are here to help, we all play for the same side and we all want to be on the same page and be sure we are reading from the same 'script'. I think the challenge lies at your feet.

Are you prepared to bend down and pick up the challenge?

Wishing you all well for the coming season.

Noel Rubenstein
Chairman
Saturday Selection Committee

SATURDAY COMMITTEE

I would like take this opportunity to wish you all a very healthy & successful 2014-15 season, with a special welcome to all our new members. I have a very eager committee who are keen to make sure that Saturday Pennant, Club Championships, Tournaments, Monday Two Bowl Triples & other associated fixtures for which we are responsible, are run smoothly.

Club Championships will start with the Singles & Mixed Pairs having to be completed prior to Christmas this year. Men's Pairs, Triples, Minor & Fours will be held starting in the new year. Each committee member has accepted an area of responsibility which will ensure the success of each of these fixtures as well as their other general duties.

Saturday Pennant will run smoothly as usual and after the game I would like our players to invite our opponents into our clubroom for a social drink (whatever it may be).

Both Two-Bowl Triples (2nd. Mon. in month & 4th Mon. in month) have been very well attended & praised by regular visitors & club members for the professional manner by which they have been run last season. This will continue for this season.

Wednesday afternoon 3 Bowl Triples will continue to be successfully & enjoyably run by David Janover & his team.

The VACC Day and Star/Weisler Day, both very prestigious events & the Mixed Generation Night will also be run as main attractions in the new year at dates mentioned in your fixture book.

Armadale was represented at Southern Indoor Bowls during the " Winter Pennant" on Tuesday, Wednesday & Thursday evenings. Although capably managed by Aaron Kalinski, our sides unfortunately were unable to make the finals, but we did introduce some new bowlers to the pressure of higher standard bowls.

Our New Armadale Director of Coaching, Rob Wilson, comes to us with extremely good credentials. He has a very good program for success for our club, so if we want to improve our ability & chances of promotion, I recommend we give him our full support.

Don Finkelstein

Chairman Saturday Pennant Section.

MIDWEEK PENNANT & COMMITTEES

We are looking forward to a wonderful season of pennant.

We have a number of new members joining us and we hope they will enjoy the game of bowls and the facilities of our wonderful club .

The selectors for this coming season are Di Grosberg, Hunny Lipson, Fay Lutchner, Zara Simon and Gaby Cohen. The Selection Committee meets every Wednesday morning at 9:30am and we are available then for anyone who has a problem and wishes to come and discuss it with us.

We are fielding 7 sides again this season, 1 x Ladies Premier Side and 6 x Open sides. At this moment we don't know the exact Divisions we will be in or the draw.

Tuesday Pennant is always played in Armadale uniform and Thursday practice in mufti (casual clothes).

Please note the dates for pennant:

1st Pennant game 23 Sept 2014, last game before Xmas 16 Dec 2014 and we recommence 13 Jan 2015, last Sectional game for the season 17 Feb 2015, Finals will be held on 24 Feb, 3 March, 5 March and 26 March.

Have a great season and good bowling. as courses are starting soon.

Gaby Cohen

Chairperson of Midweek Selection Committee

ARMADALE SPONSORS

There has been substantial changes and additions to our valuable list of Sponsors.

The new Fixture Book 2014/15 is due to be released at the opening of the new bowls season and all members are encouraged to be aware of all our sponsors advertising in this publication. Sponsors are also listed on the "Sponsors Board" in the club, the club Website, back page of the Newsletter and the "Team App" on your Smart Phone or Tablet. Please also be aware of the various sponsors on our greens scoreboards and on the fence backing the park at the north end of the greens.

The new sponsors added since our last Newsletter are:

Sotheby's International Realty,

Based in Toorak, call Melbourne Sotheby's International Realty to discuss all your real estate requirements. The only local real estate company with the ability to market your property to global purchasers.

Ross Smith Physiotherapy,

Ross Smith has commenced practice in Booran Rd. South Caulfield. Ross Smith and Associates have a long history providing quality Physiotherapy for 36 years.

Malvern Travel & Cruise,

Previously known as Travelscene, you will still get the same quality service from Justin Lawson and his team. Our club benefits by getting a contribution with every travel booking made through Malvern Travel & Cruise.

Maximise Gardening Services,

Call Max for a free quote. Your garden will look brand new.

Rob Wilson House Painting,

No job too large or too small, call Rob for a competitive quote.

Snap Printing Caulfield South,

Snap Caulfield South is your local print, design and website specialist.

Jack Cooper

Sponsorship



Guess Who - Now and Then!

Armadale is looking for members who are interested in becoming Umpires. Please get in touch with Barrie Rimer ASAP, as courses are starting soon.

SUPPORT OUR SPONSORS

Show our sponsors that we support them too.

Contact Jack Cooper if you have information regarding prospective sponsors.

BUSINESS	CONTACT	
A.D.M. Motors	Adam Adler	9530 8144
Adler Electrics	Michael Adler	9505 3880
Astoria Honda Centre	Julia Connell	9579 1988
Axis Property Commercial Real Estate	Daniel Liberman	9525 5222
Barton Glass	Sam Hofbauer	9795 9514
Cafe D'Lish	Izzy Baran	9523 0245
Caulfield Park Branch of Bendigo Bank	Hanna Shuvaly	9525 9899
Caulfield Glasshouse Restaurant	Thushari Gomez	9257 7170
Creative Balloons	David Janover	0412 113 271
Feet 4 Life	Kathryn Nicol	9596 8418
Junction Tyre and Auto	David Rabinov	9584 8411
Malvern Travel & Cruise	Justin Lawson	9576 0211
Marshall White & Co	Justin Long	9822 9999
Maximise Gardening	Max	0425 877 241
MoleSafe	Dr Mark Franck	9510 7888
Nelson Pharmacy	Paul Pham	9578 3960
Optical World	Jerry Jukovic	9532 8033
Personal Training for Active Living	Rose-Marie Todes	0419 390 652
Peters Mitre 10 Timber & Hardware	Peter Broderick	9509 9811
Regis Aged Care	Greg Briggs	1300 998 100
Rob Wilson House Painting	Rob Wilson	0408 574 428
Rocksalt Restaurant	James Salem	9596 4622
Ross Smith Physiotherapy	Ross Smith	9578 9124
Scotchline Signs	Barbara Vaughan	9532 0660
Simon Carpets	Sol Simon	9557 7808
Snap Printing Caulfield South	David Clarke	9532 8417
Sotheby's International Realty	Julian Robinson	0419 363 884
Stevie B Disk-Jockey	Stevie B	0413 006 970
Sutton Partners	Ron Sutton	9824 2212
Taylor Bowls	Danny Keating	07-5390 1100
Tommy Ruff Fish Bar		9077 8815
The Athlete's Foot Malvern	Abe Engel	9500 2444
The Hospitality Man	Steven Swiatlo	9578 2153
To Catch A Chef	Annette Gurgiel	9523 7486

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

MEMBERS WITH PROBLEMS

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



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

NUTRITION "TOP TIPS" for Healthy and Safe Bowling

What you eat all week as before and after bowls influences your performance.

Ideally a meal of good quality, low GI carbohydrates should be eaten 2-3 hours before your game - if this isn't possible a light snack like a banana should get you through the game and not weigh you down. Low GI foods leave you feeling full for longer and allow you to eat fewer calories without feeling hungry.

The number listed next to each food is its GI (Glycemic Index). This is a value obtained by monitoring blood sugar after eating the food. Low GI = 55 or less

LOW GI CARBS			HIGH GI CARBS				
Cereals		Breads	Cereals		Breads		
All-bran	30	Soya and Linseed	36	Cornflakes	80	White	71
Oat bran	50	Wholegrain Pumpernickel	46	Sultana Bran	73	Bagel	72
Rolled Oats	51	Heavy Mixed Grain	45	Branflakes	74	French Baguette	95
Special K	54	Whole Wheat	49	Coco Pops	77		
Natural Muesli	40	Sourdough Rye	48	Puffed Wheat	80		
		Sourdough Wheat	54	Oats in Honey Bake	77		

Post bowling is all about refuelling and promoting recovery. And yes, that counts especially if you are trying to lose weight. In fact if weight management is a goal it's even more important to have a meal that includes lean protein, good quality carbohydrates and plenty of fluid within 1 hour of training.

Top Tips

1. Plan! Plan! Plan! - If you want to succeed, don't leave it to chance; be well prepared with good meals and quality snacks on hand.
2. It's a lifestyle - if you want to look good and feel great, you need to fuel your body well all week, not just when you bowl.
3. Take a positive interest in food - Focus on what to eat, how to prepare it and enjoy your food.
4. Great colourful, unprocessed and natural food choices are a great way to get healthy, stay healthy and feel great every day - not just when we are bowling.
5. Concentrate on FLUIDS too. DEHYDRATION IS OUR GREATEST RISK TO OUR HEALTH AND OUR PERFORMANCE. Fluids carry the nutrients around your body and is the medium by which your body creates energy.

The new heat rule is play will stop at 36 degrees. And this is very very hot!

Drink water BEFORE, DURING and AFTER bowls in any weather and especially on very hot days. Drink cool water at least every 2nd end during the game and keep a bottle handy to help you do that. Don't wait to feel thirsty. It is too late by then.

Please take care for your personal safety and the safety of others, by encouraging each other to drink and looking out for signs of distress in fellow players. Call a Safety Officer if ever in doubt. Stop bowling if you are unwell.

Thanks to our Consultant Nutritionist Joanna Baker of "Everyday Nutrition" for assisting in this article.



ALMONER

Please contact Cedric Gould on 9509 8930 if you hear of any member sick, injured or in need of help.

Latest information is marked on the whiteboard inside the clubhouse.

Our thanks to Snap Caulfield South for the printing of this Newsletter. They can handle all your printing requirements quickly and professionally.

Contact them at:

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