



ARMADALE BOWLERS NEWSLETTER

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September 2012

HEALTH & SAFETY NEWS

Water – Why We Need It When Playing Bowls

We don't pay enough attention to drinking water – at all. So, we want to tell you why we need it.

Fluid intake is essential for optimal performance. Once a player feels thirsty, their mental and physical performance has **already** been affected.

We recommend 100 -200 ml every 30 minutes - to ensure you remain well hydrated. This applies in any kind of weather.

- **we overlook drinking in cool weather, and shouldn't**
- **and we overlook drinking during practice, and shouldn't.**

In hot or humid weather intake will be more than this.

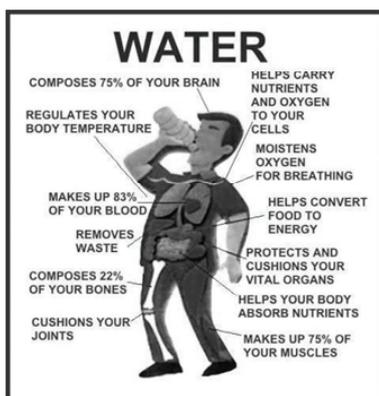
Always pay attention to symptoms. If you are dehydrated you will experience one or more of the following symptoms:

thirst, dry mouth, dull headache, dark urine. Symptoms always override intake recommendations. In that case – “drink enough water to quench the thirst”.

So – here is the bottom line on why it is so important.

- A 2% decrease in hydration = a 20% decrease in performance
 - On a scale of 1 – 10:
 - At full hydration:** We have a “10” for energy to put into the game.
 - When dehydrated:** Blood Pressure and Cardiac output drops and the body will increase both BP and Heart Rate - to compensate.
- This takes up 4/10 of your reserves. Which leaves you with a 6/10 to play bowls

The result is a decrease in performance. It will also feel a lot 'harder'.....for your muscles, for your concentration and for general functioning of your body.



Let's enjoy our bowls.

Let's bring a bottle which is easier than filling cups.

Let's remind each other to drink.

LET'S GO FOR 10/10.

Thank you to Joanna Baker (our consultant Nutritionist) for providing us with this valuable information.

WEDNESDAY BOWLS

Our Wednesday triples has been a regular fixture at Armadale for many years. Our season starts first week in September and goes through to April 2013.

Most rinks are regular teams throughout the season. There are also single entries whom we try our best to make teams out of and if any of the regular team members have to pull out we fill the vacancy from our single entries.

In our second week we had 56 players so you can see it is a very popular event. We also have prizes for winners and losers 'CASH'.

Starting times are 12.30 pm to 4.20 pm with a half hour break for afternoon tea, dress is as for pennant. If you would like to join us and have some fun and good practice in our team environment we would love to see you there and the sheets are up in the first shed.

Ladies teams and single entries are very welcome.

David Janover
Convenor
and my team of helpers

LAST SEASON DIVISION 4 WINNERS



Congratulations to our successful 4th team from last season on winning the Sectional Grand Final and getting promoted to Division 3 this season.

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

CHAIRPERSONS CORNER



Welcome to the first newsletter for the season.

What a wonderful start to the season, so many new members, so much enthusiasm and of course our new coach Nick. I had some coaching with Nick and I was so happy with the help he gave me, I strongly recommend him.

Now I must give you an update on the 125th Anniversary celebrations. I have a fabulous committee working towards making this Anniversary a success, in fact there are five sub-committees helping us.

THE DINNER ON 1 SEPTEMBER is the major event, as I announced at the opening it will cater to all members and there will be entertainment but no dancing. The Board has agreed to subsidise this event.

THE RECIPE BOOK, which many of our members contributed many marvellous recipes, will soon be available.

CELEBRITY BOWLING DAY will be a big part of the celebration with a date to be announced later.

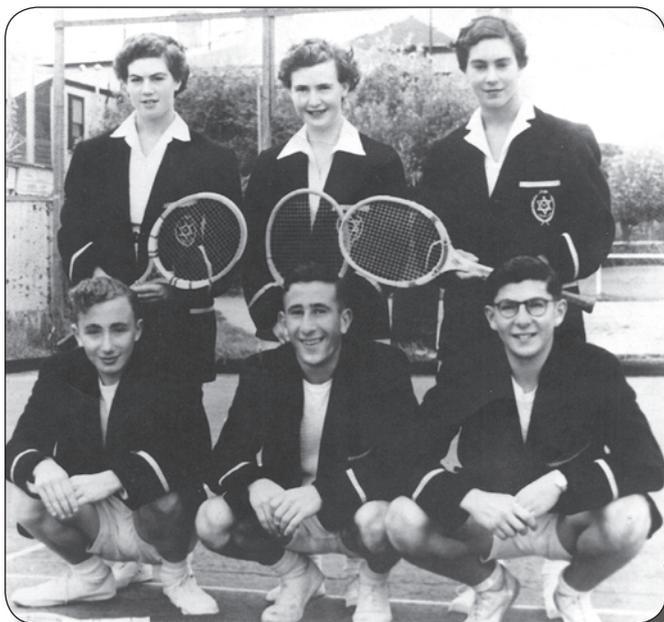
THE COMMEMORATIVE BOOK is going to be sensational, lots of interesting history and photos of Armadale Club for as many years as we can possibly locate.

THE RAFFLE to be drawn at the dinner, that will be so exciting, with great prizes.

WE ARE SO LUCKY TO BELONG TO THIS WONDERFUL CLUB.
Good Bowling

Elaine Kovkin
Board Chairperson

GUESS THE ARMADALE BOWLERS



TUESDAY PENNANT

The atmosphere around the Club already seems to be very positive with terrific turnouts to official Pennant practices. I hope the enthusiasm continues! We welcome all our new members to the Club and hope they will have a very happy and successful bowling career here at Armadale. I wish the same to all our existing members who have helped make this the Club it is today.

We have a wonderful core group of women members who are always willing to offer their help to keep this Club running at the level we have all come to expect. They set an amazing example for everyone in the Club to follow. So a big thanks ladies! Your tireless efforts are definitely appreciated.

Tuesday Pennant has an exciting season ahead with seven sides representing the Club. Our top Ladies-only side will form part of the first Ladies Premier Division and we wish them well in what will be a very high standard of competition. We have two Division 1 sides in the Open competition and another 4 sides in Division 3 & 4. We wish them all much success in their bowling endeavours.

So to everyone at Armadale Bowls Club, have a happy, healthy and successful season of bowling.

Di Grosberg
President, Tuesday Pennant Bowls Committee



TUESDAY SELECTION

Well here we are again at the beginning of a new bowling season. It promises to be a very exciting year with the introduction for the first time of Pennant in Victoria of a Ladies Only Premier Division.

Armadale has qualified and will field a side in this prestigious Division. In Tuesday Pennant we shall have 7 Sides. In addition to the Ladies Only Premier side we have 6 Open sides - 2 in Division 1, 3 in Division 3, and 1 in Division 4, a situation of which we can all be extremely proud.

As a result of the wonderful Armadale drive for new members, we have quite a number of new bowlers, many showing great potential, who will be playing pennant bowls for the first time. Thanks to Leon Cohen, who has coached these players all through the winter off season. The last couple of weeks he has been assisted by other club coaches to bring them up to pennant standard.

These new members have shown enormous interest, enthusiasm and dedication to the game and we hope they will enjoy bowling with us for many seasons.

Pennant commences Tuesday 25 September and all dates and the draws are listed on the inside back page in the new Fixture Book.

Please ensure if not available on any pennant day that you write your name clearly on the "Unavailable For Tuesday Pennant" list in the first shed as soon as you know of your unavailability.

Good Luck and enjoyable bowling for the season.

Gaby Cohen
Chairman of Tuesday Selectors

SATURDAY PENNANT

Saturday pennant is about to commence and it promises to be a great season, with a new Senior Coach Nick Petrie and a number of players returning to Armadale.

This season we have two Division 2 teams, one Division 3, one Division 4, one Division 5 team, one Division 7 team and a Division 9 team.

The new Saturday selectors with Michael Gild taking over from our dearly departed Nathan Buchner and Herbie Lobel returning to the job, it's not an enviable task, but they will do a sterling job as last year showed.

Don't forget, Southern District Electric Light Pennant starts on 13 November 2012, the first Tuesday night after Melbourne Cup Day. There is a list up in the first shed, so please put your name down. There are 2 teams of 3 rinks scheduled to play. It is a great night of competitive bowls and we highly recommend it.

The Monday 2 Bowl Triples starts again on 9 October 2012 and as usual we hope it will be a huge success with all rinks on both greens used. All visiting bowlers still consider the Armadale event the best run compared to similar events put on by our esteemed surrounding clubs.

The Club Tournaments forms are out and available on the website as well as available at the club so please fill in your forms and do not miss out on these great competitions.

The Grand Finals of the Singles and Pairs will be played on Sunday 16 December 2012. This will be followed by the "End of Year" breakup lunch. Make this a Red Letter Day in your diary.

As usual, the 2 Davids are putting a lot of effort into organising and running the Nominated Mixed Triples on Wednesdays. Attendances have been excellent and I'm sure this will continue for the rest of the season.

Abe Stiglec

President, Saturday Pennant Bowls Committee



SATURDAY SELECTION

We would once again like to extend a very warm welcome to all the new bowlers who have joined or rejoined Armadale this season.

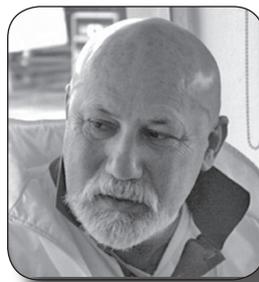
The addition of all these new players will strengthen the standard of bowling and we are confident that it won't be long before we will have a side back in Division 1.

The appointment of Nick Petrie has already shown some valuable benefits. There is a much better spirit in the Club; practice numbers are substantially up on previous years and bowlers are responding enthusiastically to the drills. Apart from improving our game, we are having a lot of fun at practice – so let's make this year different – and keep this up, rather than letting our big surge in attendances at the beginning of the season lapse after a few weeks.

One of the new benefits to stress is the importance of Thursday practices and playing in your chosen rinks for Saturdays. It enables your Skip to learn the strengths and weaknesses of players in his or her rink, as well as the players bonding with each other and building team spirit, which is also very important if we are to be successful.

We would like to thank all the bowlers who travelled last week to Hoppers Crossing. We know that the distance would have inconvenienced you, but hopefully playing against such strong opposition would have been beneficial.

COACHING CORNER



Thank you to all the members, my welcome to this club has been wonderful and I'm looking forward to working with members that are looking to improve their consistency and overall form.

From the response that I received at the opening, with all present committing to work for their CLUB and TEAM especially when it comes to representing Armadale in Pennant competition, I can only hope that they honour that commitment and have a selfless attitude towards the selectors decision's.

Keeping in mind that decisions are made with will the best of intentions for the success of OUR CLUB.

The first Skills session was great, with everyone reportedly having fun and also picking up hints and skills.

A bit of confusion re the starting time, Wednesday at 5pm, also the Thursday Pennant practice is at the same 5pm start time as well.

Sunday mornings start at 10am for any members wishing to have some one on one time with me, no need to book, just turn up and I will take each person one at a time, however I have found it beneficial for others to listen in on each others issues as this normally ends up in some great discussions where we all learn from each other and have a bit of fun as well.

Members selected from teams 3 to 8 can join in a session with Don and other club coaches; this was also well received last Sunday, starting at 10am.

Nicholas Petrie

Armadale Head Coach

We are aware that for some bowlers who are playing in different teams and/or positions for the practice games, this may have caused some disappointment. We would again like to say that these are only practice matches, which allow us the opportunity to ultimately select the best sides for the Club.

If during the season you wish to discuss anything at all with the selectors, please do not approach individual selectors, but rather come and see us on Monday afternoons when we meet at 4.30pm – where your issues will be given a fair hearing and accordingly considered.

As a gentle reminder, players and selectors are playing pennant on Saturdays – so – Saturday is not a good day for us to attend to individual issues. Our policy is not to discuss selection issues with individual players in any situation other than on a Monday afternoon or at a mutually agreed time. We appreciate your co-operation.

Finally, we want to wish you all a very happy and successful season.

Good Bowling

Stan Todes

Chairman of Saturday Selectors

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
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
Bendigo Bank Private	Business & Private Banking	7/34 Queen Street, Melbourne 3000	Rod Styles	9622 0402
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
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Interface Professionals Pty Ltd	Computer Repairs & Sales	41 Briggs Street Caulfield	Yan Brushin	0404 089 489
Junction Tyre and Auto	Car Tyres & Service	33-35 Swanston Street Mentone	David Rabinov	9584 8411
Len's Quality Meats	Butchery	Malvern Central Shopping Centre, Malvern, 3144	Len	9509 3152
Link Financial Services	Financial Planning	2/205 Balaclava Road North Caulfield	Ben Kohn	9528 8688
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
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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
Scotchline Signs	Signs & Graphics	148 Chesterfield Road Moorabbin	Barbara Vaughan	9532 0660
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The Athlete's Foot Malvern	Sports Shoes	Shop 13, Malvern Central Shopping Centre 3144	Abe Engel	9500 2444
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To Catch A Chef	Kosher Catering	763 Glenhuntly Road South Caulfield	Annette Gurgiel	9523 7486
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 Armadale member.



Who would have thought that from this group quite a few bowlers would develop. Can you pick any?

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.

DATES TO REMEMBER

Sunday 28 October - Mixed Social Game
2.00pm - 5.00pm
Monday 5 November - Cup Eve Dinner Dance
7.00pm
Thursday 29 November - Ladies Guest & Delegates
Day 10.00am
Thursday 6 December - Charity Night BBQ & Bowls
6.00pm - 9.00pm
Sunday 16 December - Ladies & Men Club Singles & Pairs - 10.00am
followed by End of Year break-up lunch.

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
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