

Armadale Bowls Club

Newsletter 14th November 2019



PRACTICE LAST THURSDAY NIGHT ROUND-UP

In the rain and freezing cold – lots of us attended our ‘special call to action’ practice and BBQ.

You have to see the funny side of this; **first** - we can't get people to practice

then - in absolutely terrible weather, we can't get them off the green until they are completely soaked.

All that was in great spirits, and we left feeling great after a very good training session and discussion about different sports we have played, and how they relate to bowls.

The good news : We ARE PICKING UP our spirits. *LET'S KEEP GOING.....EVERYONE !*

The bad news : The discussion did raise some NEGATIVES, so let's deal with a few – so going forward we take ownership for helping each other AND get rid of Negatives.

In this issue:

- Practice Last Thursday Night – Round-Up
- Negative is a NO NO
- Safety – First!
- Coaching Corner
- PowerPlay Update
- Open Day Update - “We Need You”
- Community Contributions
- New Club Shirts - Very Important Information
- Sponsors Offers to Club Members
- Ballarat Bowls Holiday

NEGATIVE IS A “NO NO” (our new mantra!)

Bowls is a Team Game

We are **one** of 16 players in Pennant.

Our cumulative performance matters. Every rink matters.

If a rink or player is giving up; every shot they save can help win the match or points.

ENCOURAGE EACH OTHER.

ENCOURAGE GOOD BOWLS.

CALL OUT

WORK AS A TEAM.



Skips are the Captains and Leaders – Your Actions are Visible (and sometimes humiliating)

Bad body language and comments will more than likely lead to us playing below our best.

Discussing our performance with opponents or spectators affects us too.

ENCOURAGE US. LEAD BY EXAMPLE. GUIDE US POSITIVELY. WE WILL RESPOND AND DO OUR BEST.

Let's all be in this Together

(We still are leaving before all rinks have finished playing).

Remain at the rink until all rinks have completed their games; at lunch and tea breaks also

Ideally get together before, and just after the game for a very quick team debrief

Sometimes we have just won or just lost and the bonding is great

Your team mates on the day are your team. Not necessarily your mates.



LET'S ALL PRAISE GOOD BOWLS - BOOST TEAM SPIRIT - WALK ON READY TO WIN TOGETHER WE CAN GET RID OF THE NEGATIVES

SAFETY – FIRST :

Training Night Wed Nov 20: 6 – 7.30pm

Reminder to everyone that this Safety Training is open to all Members with our Safety Officers and Club Doctors' assistance. We are very fortunate to have these amazing skills at the Club.



REMINDER ALSO THAT WE HAVE 2 KEY EMERGENCY POLICIES

SIMPLY PUT:

1. In an Emergency in the Clubhouse, get everyone OUT. (Via rear doors to back gate/park area).

2. If it is Lightning, get everyone IN and OFF the Greens immediately
LEAVE ALL YOUR BELONGINGS

A SAFETY OFFICER might not be present.

PLEASE TAKE CHARGE.

BE RESPONSIBLE.

Do not argue, debate, or second-guess these rules. Take people with you. React Quickly.

COACHING CORNER

TIP 1

Increase your chances.

Play the shot that gives you the most chances for success.

Do a quick cost/benefit analysis. What is the likely gain? What is the worst potential result.

TIP 2

Be useful.

The key to consistency is to make every bowl useful. i.e. bowls in the head. Choose shots that if missed the bowl still has value.

TIP 3

Disciplined weight control.

Play with weight that allows your bowl to finish in a useful position if you miss your objective.



POWER PLAY UPDATE

Well done to all players after the first 2 weeks

First 2 teams to qualify for the finals night are, Yes you guessed it, Xavier and Nathan Simon (note: wheels fell off 2nd week!)

Also Rob Huddle and Danny Fridman after an extraordinary finish in the Jack Cooper/Yuri Vs Rubenstein's (Steven and Karen) game resulted in a tie to deny either a spot in the final.

Well done to Selwyn Kawalsky and Issy Lieberthal for their good results.



GUEST DAY : OPEN DAY UPDATES

This event is shaping up very well.

“We Need You”

*** to bring along your Guests – Family and Friends**

*** follow our “*Armadale Bowls Club*” Facebook Page and share our event flyer with your Friends**

*** Sausage Sizzle * Lots of Fun * Music ***

Whether they have never bowled or are experienced bowlers – we will look after them all.

Share our fantastic sport with our neighbouring Community. **Be Part Of It!!**

We look forward to seeing everyone.

(We are actually Open All Day for anyone who can't make it from 4pm).

Many approaches are underway to invite the Community.

- Fence Banners have been up for some time
- Jewish News Advertisement Nov 29
- “Golden Days Radio” segment – Nov 29 at 10.15am on 95.7 FM
- 40+ Members dropping “Flyers” in neighbouring mailboxes (any other volunteers will be great)
- Posters in local Shops, Libraries, Sponsors assisting
- Coffee van in our driveway most of the day on the 8th. Donating 60c per cup to Charity
- Golden Days Radio also in our driveway all day on the 8th. Several interviews with us during the day
- All Maccabi Clubs are invited to join our day
- Most Sports Clubs in our Community are invited to join our day
- Invitations to Schools, Organisations, Friends in our Neighbourhood and Community
- Facebook – Armadale Facebook and Members sharing with Friends
- Balloons and spruikers outside the clubhouse, in parks all around us on the 8th

Thanks to our many helpers (30+ people) who will be helping at the Club on that day.

And Thanks to our many Members walking and dropping off Flyers widely in our vicinity

IT'S HUGE. LET'S ALL GET BEHIND THIS SPECIAL DAY.

It's Our Game. Let's Introduce BOWLS to our Neighbouring Community.

Any funds raised will be donated to Hatzolah Emergency Services - Our Club's chosen Charity.

They assist our Members and Visitors in any health emergency at the Club.

We are very grateful for the wonderful service that they provide to us and the Community.

We thank Glen Eira City Council and Bendigo Bank for their generous grants to support our marketing for this event.

NEW CLUB SHIRTS ARE READY FOR COLLECTION

VERY IMPORTANT INFORMATION TO NOTE

The long-awaited shirts are now here. They have been packaged with the sizes ordered, and retained in the Boardroom. As the Boardroom is locked, can you please call or speak with Elaine or Abe Kovkin, Helen Basist or Rob Millingen to arrange collection. Please be sure to check the size before you wash or embroider the shirts and swap for the correct size if not correct.

FOR EMBROIDERING YOUR NAMES:

There is a particular Font and Colour.

ONE organisation only has been arranged to do this; with these specifications

Their business card will be included in your package

Can we please all keep to the specified printing and embroiderer.

WHEN WE CAN WEAR THE SHIRT

Bowls Victoria is very strict on uniform requirements.

For Pennant, each player is required to wear the "same" shirt.

We will not meet these rules if we play with our two versions (our current shirt – and new shirt).

NOTE : When we switch over – everyone must be in the same shirt.

If not, the Umpire is entitled to disqualify the player and forfeit the match.

YOU WILL BE ADVISED WHAT THE SWITCHOVER DATE IS...(when everyone has theirs)

Please DO NOT WEAR YOUR SHIRT UNTIL THEN.

Thanks to the team who have worked extremely hard to finalise this for us. Helen Basist, Elaine Kovkin, Issy Lieberthal, Rob Millingen, Abe Kovkin, and Jack Cooper.

We also acknowledge our Sponsors for very generously funding our new shirts:

Lend Lease Retirement Villages

Classic Residences Brighton

The Brighton on Bay



COMMUNITY CONTRIBUTIONS

Let's help where we can:

Advanced Resource Recycling will take any old shoes, break them down and manage to recycle up to 90% of the shoe. They then use these parts to make items such as gym matting and the soft flooring surrounding playgrounds. Not just old runners but all shoes.

Any shoes in good enough condition are donated to charity, or will be recycled.

The small cost involved in recycling will be provided by the Club.

Or a Gold Coin can be donated if you prefer to make the contribution.

The RECYCLING BOX will be placed in the Open Office downstairs.

It will be emptied by 1PM EACH MONDAY.

Thanks everyone. What a great way to donate those heaps of shoes we don't use!!

Mr Movember continues to get fluffier by the day.

For contributions for Jack's efforts and Prostate Cancer: <https://au.movember.com/mospace/>

SPONSOR OFFERS TO ABC MEMBERS 2019

Our Sponsors are a vital part of our success.

We would like to acknowledge their support, and advise members of their special offers to us:

ASTORIA HONDA BRIGHTON

Purchase a new Honda from Astoria and the Club will receive \$500 and you will receive \$250 worth of additional accessories.

DANISH NOSH BAKERY CAFÉ

Members will receive a 10% discount off your total bill for a meal including drinks. Does not apply to coffee only or take-away products.

FEET4LIFE

“Bowl Proof your Feet & Legs” package valued at \$284, all for \$93 (health fund rebateable). See details in the Feet 4 Life advertisement in the Fixture Book, page 7.

JAX TYRES CAULFIELD SOUTH

Members will receive 10% discount on servicing and 5% discount on tyres.

MALVERN TRAVEL & CRUISE

A contribution (generally \$100) is made to the Club with every travel booking made by Members.

MARSHALLWHITE REAL ESTATE

Sell your property through Marshall White and the Club will receive up to 10% of the commission jointly agreed upon.

ROCKSALT RESTAURANT

Mention you are a Member of the ABC when you pay your bill and you will receive a 10% discount on the total amount. This is valid for lunch and dinner.

ROSENBLOOM AUTOMOTIVE SERVICE REPAIRS

Members receive \$50 discount on car service. At any time, Members can call in and receive a complimentary under bonnet fluid level check, tyre pressure check and light check. A thorough vehicle inspection report conducted during a routine car service can determine the safety of a vehicle.

SPECSAVERS BRIGHTON

Receive \$50 off 2 pairs of glasses from the \$249 range or above, **or**, 25% off the total price when purchasing 1 pair of glasses including lens and extras.

THE NOSHERY

Members will receive a 10% discount off your total bill for a meal including drinks. Does not apply to coffee only or take-away products.

MEMBERS, PLEASE BE AWARE OF ALL OUR CLUB SPONSORS AS DISPLAYED ON SIGNAGE, IN OUR FIXTURE BOOK, WEBSITE, FACEBOOK, TEAM APP AND CLUB TV. THE MORE WE PROMOTE AND USE OUR SPONSORS, THE MORE WE WILL BENEFIT FROM LOWER MEMBERSHIP AND GREEN FEES.

Ballarat Bowls Holiday 2020

April 1st, April 2nd, April 3rd, departing April 4th 2020

- 3 nights accommodation at the George Hotel or the Quality Inn Heritage on Lydiard
- 3 dinners at 2 brand new locations
- 4 games of bowls on the brand new greens at the Midlands Sports & Services Club
- 2 lunches at the Midlands Sports & Services Club
- Activities for non bowlers

Pick up a flyer from the table at the club or download from the website.