



ON THE GREEN

August
2024

Armadale BC @ South Caulfield Newsletter

What's happening on and off the green

- The Harry Hertz Green is progressing ahead of time, the start of the carpet laying is a week earlier than expected
- Despite the cold and migration of many members to warmer climates, social bowls on Saturdays and Wednesdays have been full to capacity
- David Winestone is the contact for social bowls while David J is away. If you want to play call David W on 0412044709
- If you have any articles, jokes, pictures or anything you think may be of interest to other members for future newsletters, please forward them to the honsecretary email. This includes special events you'd like to share such as milestone birthdays, family celebrations etc
- If you are unwell or know of someone else who is unwell or going through a rough patch, please contact our almoner Ben Czerniewicz on 0408101472. Confidentiality guaranteed.

Board Report July 2024

The outcomes of the July Board meeting are as follows:

- Old pipes around each of the 2 greens have been replaced. This will improve drainage and avoid the sinking rinks we have had on each green.
- Work on the new synthetic green is progressing well. It should start to be laid on the week starting August 5th.
- Some of the equipment and all chemicals used for the grass green have been sold off.
- A number of benches are now for sale at \$600 each + GST. The benches will have lifetime naming rights. In addition, there are 5 years naming rights available for scoreboards at \$500 + GST.
- The opening of the 2024 – 2025 season will be held on Saturday September 7th.
- Pennant practice matches are approaching fast, the first is on the September 14th.
- We welcome Jonathan Ivanyi who has joined as a social member
- There will be 7 teams for Midweek Pennant and 6 teams for Weekend Pennant registered with Bowls Victoria for the upcoming season
- We are delighted that the band **Groovin' Easy Orchestra'** with **Michele Forbes** is now using our Clubrooms as their home premises. They practise every Thursday afternoon and will hold events for their regulars and new followers plus open to Armadale bowlers. The next event is on Sunday 15th September at 2pm. Ticket cost is only \$20 for an afternoon of great entertainment. More details to follow. If you are at the Club on a Thursday afternoon you will undoubtedly hear a song or two of their great music.

The next Board Meeting is on 14th August 2024.

Stay safe and try to keep warm.
Continue to enjoy your bowls.

Abe Stiglec

**As published in the Australian Jewish News on Thursday
18th July**

Stalwart at Armadale Bowls Club Honoured



Honorary Life Member Harry Hertz recently received the ultimate honour at Armadale BC. The new synthetic green, which has replaced the original grass green, will be named The Harry Hertz Green.

Harry and his wife Norma, also an Honorary Life Member of the Club, have been members of the Club for 37 years. He was an active contributor to the Club almost since he joined the Club until current years.

Harry first officially joined the Board in 1996. He carried multiple positions including Honorary Treasurer, Honorary Secretary and Director of Greens and Gardens, sometimes more than one position at any one time. He became an Honorary Life Member in 2006.

Even when Harry retired from official positions, until very recently, he would be at the club almost every day working in the garden, preparing the greens or cleaning up the grounds before and after events.

But more importantly, Harry is a mensch. He takes an interest in every member. He would encourage, offer advice, tell jokes and just chat. He would welcome new members and ask about the sick. He is modest and always downplayed the many tasks he performed at the Club. Harry is an icon, he reflects every value upon which Armadale Bowls Club is built.

Harry, now in his early 90s, after a successful bowling career as a Club Champion and playing Pennant for so many years, he sadly put his bowls away earlier this year when his health started to decline.

Armadale Bowls Club has been so fortunate to have had Harry as such a dedicated and active member for so many years. The new Harry Hertz Green will always be a reminder of what Harry brought to the Club - humility, reliability, loyalty and strong sportsmanship.
Harry is a legend.

Coaches Corner

The winter training program is progressing well although having been washed out on a number of occasions. So the programs have been extended to cover the 4 sessions.

Despite the cold conditions, the turnout has been so pleasing, with numbers approximately 15 on Thursdays and 20 on Sundays.

Kilvington Grammar School have committed to continuing their program at Armadale BC until the end of the school year for students from years 10-12. Thank you to members who have given their time to help, particularly Hunny Lipson, Stan Maserow and Cris Ellis.

Other schools have also shown interest in a program at the Club.

Howard is available even during the Winter months for individual or small group coaching. In recent weeks many members have braved the conditions to have sessions with Howard so you will need to book ahead. Howard's number is 0426 685 616.

Remember: first Pennant practice match is on September 14th

Club Coaches are looking forward to working with Aidan when he arrives. He is an experienced and registered coach, his New Zealand registration will automatically transfer to Bowls Australia registration.

Hunny sends a message from up north in the warmth

Forget the weather

Lets get improving together

Put in a little more effort

To up your game with the Winter Program designed for your benefit

My tip for you

Let there be no doubt

Make every bowl count

Social Committee News

The Social Committee met last week and have planned the calendar of events for the 2024-2025 season.

The first event of the season is always the Opening Ceremony.

The **Season Opening Ceremony for 2024/2025** will take place on **September 7th September 2024**

The formal ceremony will begin at 12 noon followed by a light lunch and bowls

Full uniform to be worn.

No cost to members.

Sponsorship News

We are pleased to advise you we have 3 new sponsors:

Tidy Endings – End of life doula service
tidyendings.com.au

Simply Stronger – Exercise physiology offering the GLA:D program
simplystronger.com.au

David Southwick MP

Please note that Universal Toner and Inkjet is no longer a sponsor

Reminder

There is NO access to the Clubhouse and bowls shed whilst the new synthetic green is being laid

Suggestion Box

A suggestion Box is to be placed in the Clubhouse. It will be opened every week by a member of the Board and distributed to the relevant Board member or Committee.

Every suggestion will be considered. We value your involvement and ideas.

If preferred you may post your suggestion anonymously but if we know who has submitted the suggestion we will be able to communicate with them as necessary.

**AUGUST**

- 1 Bernard Levin
- 7 Neil Cowen
- 9 Elaine Richardson
- 12 Ken Rosengarten
- 14 Marcelle Karro
Fay Rubenstein
- 22 Leon Cohen
Colin Luber
- 23 Mark Braude
Jack Frydman
- 24 Michael Sher
Robert Solomon
- 28 Ruth Maserow
- 29 Michelle Arrowsmith

The story of life

They call us "The Elderly"
We were born in the 40-50-60's.
We grew up in the 50-60-70's.
We studied in the 60-70-80's.
We were dating in the 70-80-90's.
We got married and discovered the world in the 70-80-90's.
We venture into the 80-90's.
We stabilize in the 2000's.
We got wiser in the 2010's.
And we are going firmly through and beyond 2020.
Turns out we've lived through EIGHT different decades...
TWO different centuries...
TWO different millennia...

We have gone from the telephone with an operator for long-distance calls to video calls to anywhere in the world.

We have gone from slides to YouTube, from vinyl records to online music, from handwritten letters to email and Whats App.

From live matches on the radio, to black and white TV, colour TV and then to 3D HD TV.

We went to the Video store and now we watch Netflix.

We got to know the first computers, punch cards, floppy disks and now we have gigabytes and megabytes on our smartphones.

We wore shorts throughout our childhood and then long trousers, Oxfords, flares, shell suits & blue jeans.

We dodged infantile paralysis, meningitis, polio, tuberculosis, swine flu and now COVID-19.



We rode skates, tricycles, bicycles, mopeds, petrol or diesel cars and now we drive hybrids or electric.

Yes, we've been through a lot but what a great life we've had!

They could describe us as "exennials," people who were born in that world of the fifties, who had an analog childhood and a digital adulthood.

We've kind of "Seen-It-All"!

Our generation has literally lived through and witnessed more than any other in every dimension of life.

It is our generation that has literally adapted to "CHANGE."

A big round of applause to all the members of a very special generation, which will be

UNIQUE!

Are you loving the Olympic Games? How many of these facts did you know?

1. There are approximately 10,500 athletes from 206 countries with an equal number of men and women for the first time
2. The all time record for number of competitors is 11,400, in Tokyo in 2021
3. Every gold, silver and bronze Olympic medal will include 18 grams of iron taken from Eiffel Tower renovation scraps collected over years in the shape of a hexagon
4. The Opening Ceremony was on water. In fact, this was the first opening ceremony outside of an Olympic stadium. The ceremony ran along the Seine River stretching 6 km through the heart of Paris, accommodating over 600,000 spectators.
5. It was expected that, in addition to the 600,000 spectators, 1.5 billion (almost 20% of the global population) will tune into the television broadcast.
6. The mascot of the Olympic Games is the Phryge, instead of being an animal like in other Olympic Games, it is a piece of clothing, a hat. This hat (pronounced 'freege'), is that which was worn by French revolutionaries so also known as the 'liberty hat'.
7. The public transport system has provided more than 3000 ticketing agents working in booths across Paris with AI supported translation devices. The devices can translate between French and 16 different languages. Text appears on a screen and is read out loudly for visitors.
8. Nielson's Gracenote, which provides statistical analysis for international sport, predicts that team USA will win the most medals with 39 gold and 123 overall. They also predict that China will come in 2nd with 35 gold and 89 overall
9. Breaking (or Breakdancing) which originated in the United States in the 1970s has been introduced as a new Olympic sport in Paris. The competition will be held in the Place de la Concorde, just outside of the Tuileries Gardens. Breaking joins the growing lineup of new sports introduced in Tokyo in 2021 that includes skateboarding, sport climbing and surfing. **Is lawn bowls next?**
10. For the first time in Olympics history, the host city is staging an event in one of its overseas territories... 12 time zones away! Tahiti is the venue for this year's surfing competition – one of the most impressive wave destinations in the world.
11. France was the home of both the Summer and Winter Olympic Games in 1924, exactly 100 years ago
12. Plenty of events have been scrapped as Olympic sports, but none more iconic than tug of war. Joining it on the list of discontinued events is pigeon racing, croquet and rope climbing.
13. The Paris Olympics has given athletes 300,000 condoms following the tradition of providing athletes at the Olympic Village with condoms that started in 1988's Seoul Olympics. This corresponds to approximately 2 a day, everyday per athlete. The record for most condoms provided by an Olympics belongs to Rio 2016, who gave out 450,000.



14. 65 countries have never won a single medal at any Olympics. Of these, Bangladesh has the highest population and still no medal.
15. Only 5 countries have competed in every Summer Olympic Games - Greece, Switzerland, Great Britain, Australia, and France
16. The Olympic Flame is first lit by the Sun just like how the Ancient Olympians used to before being taken out on the Torch relay. It gets lit using a complex set of parabolic mirrors which focus the Sun's power on the Torch.
17. American swimmer Michael Phelps has won the most Olympic Medals with 23 gold medals over his career, as well as three silver and two bronze medals.
18. There is no air conditioning in the athletes' rooms at Paris 2024, which has pledged to host the "greenest ever" Games. Instead, buildings in the athletes' village have been designed with a cooling system drawing water from underground, and facades adjusted so they get little direct sun.
19. Also in an effort to reduce the carbon footprint, the beds in the Olympic Village are made from cardboard. Rumour has it that these beds were designed to bear the weight of only one person so they are 'anti-sex beds' and reduce risk of spreading COVID. Some athletes have left the village and moved into hotels because the beds were hard and they were sharing bathrooms with up to 10 others
20. Over the time of the Olympics and Paralympics, a total of 13 million meals will have been served, that's 40,00 a day. Compared to previous Olympics, the aim here has been to double the amount of plant based food and recycle 100% of uneaten food. How does twisted artichoke-truffle croissants, lentil dahl and beefless bourguignon sound? In response to feedback and consumption patterns, the amount of meat and eggs were increased considerably. The Australian delegation, with 460 athletes, came prepared by bringing with them more than 3 tons of tuna, 10,000 muesli bars and 2,400 meat pies as well as 3 baristas who expect to make more than 20,000 shots off coffee during the games.
21. Amateur athletes will run the Olympic marathon route at night, following the exact path of Olympians through Paris's historic streets in a unique after-hours event.
22. Over 150,000 jobs were created to organize the Games, aiming to reach those struggling to find work.
23. In an effort to make these Olympics affordable, Paris has offered over 1 million tickets at €24 EUR, with nearly 50% of public tickets priced at €50 or less.
23. Over 45,000 volunteers from around the world will help organize and run the Games.

Vale Dr Ruth Westheimer

Whilst tiny Dr Ruth was not a bowler she was a tenacious success and represents many of the qualities of a first class athlete. Whilst her early years were filled with sadness, she later became known for her wonderful sense of humour.



On July 13th, Ruth Westheimer, the diminutive sex therapist who became a pop icon, media star and best-selling author through her frank talk about once-taboo bedroom topics, passed away at the age of 96. Westheimer's giggly, German-accented voice, coupled with her 4-foot-7 frame, made her an unlikely looking — and sounding — outlet for “sexual literacy.” The contradiction was one of the keys to her success.

Westheimer never advocated risky sexual behavior. Instead, she encouraged an open dialogue on previously closeted issues that affected her audience of millions. Her one recurring theme was there and was nothing to be ashamed of.

She receiving a doctorate in education from Columbia University and went on to teach at Lehman College in the Bronx. While there she developed a specialty — instructing professors how to teach sex education. She had discovered her calling. It was there that she had discovered her calling. Soon, as she once said in a typically folksy comment, she was dispensing sexual advice “like good chicken soup.”

Her extensive knowledge and training, coupled with her humorous, nonjudgmental manner, led to her catapulted local radio program, “Sexually Speaking,” into the national spotlight in the early 1980s. She had an open approach to what two consenting adults did in the privacy of their home. In 1983 she wrote the first of more than 40 books: “Dr. Ruth’s Guide to Good Sex,” demystifying sex with both rationality and humor. There was even a board game, Dr. Ruth’s Game of Good Sex.

In the 1980s, she stood up for gay men at the height of the AIDS epidemic and spoke out loudly for the LGBTQ community. She said she defended people deemed by some far-right Christians to be “subhuman” because of her own past. She also defended abortion rights, suggested older people have sex after a good night’s sleep and was an outspoken advocate of condom use. She believed in monogamy.

She normalized the use of words like sexual organs on radio and TV, aided by her Jewish grandmotherly accent, which The Wall Street Journal once said was “a cross between Henry Kissinger and Minnie Mouse.” People magazine included her in their list of “The Most Intriguing People of the Century.” She even made it into a Shania Twain song: “No, I don’t need proof to show me the truth/Not even Dr. Ruth is gonna tell me how I feel.”

In 1984, her radio program was nationally syndicated. A year later, she debuted in her own television program, “The Dr. Ruth Show,” which went on to win an Ace Award for excellence in cable television.

She also wrote a nationally syndicated advice column and later appeared in a line of videos produced by Playboy, preaching the virtues of open sexual discourse and good sex. She even had a series of calendars.

Westheimer made appearances on “The Howard Stern Radio Show,” “Nightline,” “The Tonight Show,” “The Ellen DeGeneres Show,” “The Dr. Oz Show” and “Late Night with David Letterman.” She

played herself in episodes of “Quantum Leap” and “Love Boat: The Next Wave.”

Her books include “Sex for Dummies,” her autobiographical works “All in a Lifetime” (1987) and “Musically Speaking: A Life through Song” (2003). The documentary “Ask Dr. Ruth” aired in 2019.

During her time as a radio and television personality, she remained committed to teaching, with posts at Yale, Hunter, Princeton and Columbia universities and a busy college lecture schedule. She also maintained a private practice throughout her life.

Westheimer received an honorary doctorate from Hebrew Union College-Institute of Religion for her work in human sexuality and her commitment to the Jewish people, Israel and religion. In 2001 she received the Ellis Island Medal of Honor and the Leo Baeck Medal, and in 2004, she received the degree of Doctor of Letters, honoris causa, from Trinity College.

Born Karola Ruth Siegel in Frankfurt, Germany, in 1928, she was an only child. Her home was Orthodox Jewish so whilst she was never considered a sin it was a taboo subject. At 10, she was sent by her parents to Switzerland on the Kindertransport to escape Kristallnacht. She never saw her parents again; Westheimer believed they were killed in the gas chambers at Auschwitz.

At the age of 16, she moved to Palestine and joined the Haganah, the underground movement for Israeli independence. She was trained as a sniper, although she said she never shot at anyone.

Her legs were severely wounded when a bomb exploded in her dormitory, killing many of her friends. She said it was only through the work of a “superb” surgeon that she could walk and ski again.

She married her first husband, an Israeli soldier, in 1950, and they moved to Paris as she pursued an education. Although not a high school graduate,

Westheimer was accepted into the Sorbonne to study psychology after passing an entrance exam.

The marriage ended in 1955; the next year, Westheimer went to New York with her new boyfriend, a Frenchman who became her second husband and father to her daughter, Miriam.

In 1961, after a second divorce, she finally met her life partner: Manfred Westheimer, a fellow refugee from Nazi Germany. The couple was married and had a son, Joel. They remained wed for 36 years until “Fred” — as she called him — died of heart failure in 1997.

She is survived by two children, Joel and Miriam, and four grandchildren.