



ON THE GREEN

October
2024

Armadale BC @ South Caulfield Newsletter

What's happening on and off the green

- Saturday Pennant practice for this week will be held on Sunday 29th September from 10am – 1pm due to the Grand Final
- Pennant starts on Saturday 19th and Tuesday 22nd October respectively. Until then practice matches continue on Tuesday from approximately 10-2.30 and Saturday approximately 12.30-4.30. Please arrive at least 30 minutes before the match starting time.
- 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 September 2024

The outcomes of the September Board meeting are as follows:

- Aidan Zittersteijn has arrived and is available to do One on One Coaching. Please contact Aidan for times by email aidanzittersteijn@gmail.com
- A Special General Meeting regarding changes to our Constitution will be held on Monday 28th October 2024 at 7:00pm. The official notification and proposed changes have been emailed to all members at least 21 days prior to the meeting date as required
- Our new flagpole has been installed and the benches and signage around the new green have been replaced
- The Big Band Function was very successful with more than 100 people attending. The next concert is on Sunday 8th December 2024 and hopefully more of our members will attend to enjoy their music
- Signage in the Club Room has been updated
- The lines on the Carpet Green have been refreshed and new lines have been marked on the Harry Hertz Green in preparation for the new Pennant Season
- Representatives from World Bowls have thoroughly inspected the Harry Hertz Green and classified it as suitable for competitions at world levels
- Please contact Roy Lipsitz if your 5 year sponsorship of a scoreboard has expired and you wish to sponsor for another 5 year term or longer
- Also please advise Roy Lipsitz if you wish to buy a lifetime sponsorship for a bench
- For Pennant practice matches and for the upcoming Pennant season is about to start please ensure that if you are unavailable for ANY of these matches, you put your name down on the UNAVAILABLE LIST in the first shed or contact a Selector

To our Jewish members, the Board of Management would to wish you all Shana Tova (Happy New Year) and well over the fast. We must pray for a year of world peace.

Abe Stiglec
President

Opening Day Saturday 7th September 2024

The 2024-2025 Season was opened by President Abe Stiglec on Saturday 7th September in front of a crowd well in excess of 100 members.

The afternoon began on a high note as the Harry Hertz Green was officially inaugurated as legend Harry Hertz delivered a bowl. Despite Harry not bowling for a number of months, he can be proud of the bowl he delivered close to the jack on a green he had never bowled on before. Abe emotionally delivered a speech about our Harry and the reasons for which he was honoured by naming the new green in his honour. Harry responded as he spoke of his love for the Club and the members. To the delight of the members, Harry then told a joke. His wife Norma thanked the Club on behalf of the entire family, many who attended on the day.



Glen Eira Council Mayor Anne-Marie Cade, Cr Margaret Esakoff and David Southwick MP spoke to members during lunch. Each of them spoke very highly of the Club. The Mayor was pleased to be attending her first event at the Club and thanked the Club in its efforts to serve the residents in our area with a great activity in a wonderful facility. She looked forward to the opportunity to have a roll with us one day. David Southwick, a member and now a sponsor, is a regular visitor to our Club. He took this opportunity to present the David Southwick award of last season to Brian Carey for his willing volunteering at the Club. And finally, Margaret Esakoff, also not a stranger to the Club, wished the Club a successful season.

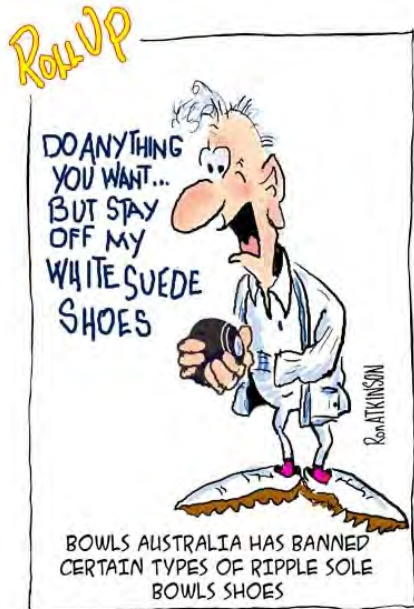
A bowls event followed lunch. Many bowlers had the opportunity to play on the Harry Hertz Green for the first time. Subsequently, a wonderful afternoon tea was served.

Coaches Corner

Attendance at Pennant training has been very solid. In excess of 30 and 20 bowlers in the mornings and afternoons respectively. Given the large numbers, both greens are now used simultaneously.

For convenience the morning training is for bowlers in Sides 4 – 7 and the afternoons for Sides 1 – 3. It is understood that this arrangement may not be feasible for members so please make an effort to attend **at least one** of the training sessions.

For extra coaching on an individual or small group status, please contact Howard on 0426685616. Alternatively, contact any of the other Club coaches to arrange a session.



Social Committee News

The Social Committee would like to thank all members who helped to make the Opening Day so successful. There are too many people to thank personally but a special thanks to Danny Miller for driving the event and for his 'assistant' Mandy Shochet. Thank you to Buddy Budlender for being the contact, the catering team especially Lisa and Dorothy, the table setters particularly Elaine and Janet, Ross Maver and David Janover. Apologies if anyone was inadvertently omitted.

Welcome to Aidan

Our new playing coach Aidan Zittersteijn has arrived!

Aidan has hit the ground running.

He has been rolling up with keen bowlers from the first day he came to the Club. Everyone wants to bowl with him!!

He has played in Tuesday and Saturday practice matches and has been described as "in a league of his own".

Aidan has already been involved in coaching too. He designed and set up the skills for last Thursday's training sessions. He has also already given some one-on-one sessions

We wish Aidan a long and successful career with Armadale Bowls Club.



October

- 6 Lawrence Hirsch
- 7 Thelma Marcakis
- 11 Lorraine Kindler
Beryl Levin
- 12 Ross Maver
- 13 David Popper
- 19 Ralph Levy
- 20 Abe Engel
Adrian Mordech
Nate Raik
- 22 Stan Maserow
Faye Porat
- 23 Roy Wittert
- 24 Lindsay Solomon
- 31 Rob Millingen



Suggestion Box

Please remember that there is a suggestion box has been 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. This also gives members an opportunity to inform the Board if there are any issues they want discussed. A suggestion of ideas for improvement would be appreciated.

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.

Twilight Bowls and BBQ

On Thursday 26th September, the first Twilight Bowls and BBQ was held. Being the Thursday before the AFL Grand Final, bowlers wore football team jumpers, scarves, socks, hats and whatever could be found in cupboards. Which was just as well because it was quite a chilly night.

Approximately, 40 members attended the BBQ. Thanks to our bbq specialists an array of sausages, burgers and vegetarian options were offered together with salad. For a delicious dessert, a long table was set up with cakes and cheeses. An amazing dinner for only \$12 including bowls.

Fortunately, the rain held off (well, almost).

There are many thank you's but the main people to thank include Sharonna Brott, Cris Ellis, David Janover, Yuri and, of course, Dorothy, Lisa and Pasquale. Apologies if I omitted anyone.

All members who attended enjoyed themselves immensely and, at their request, we intend to offer twilight more often with daylight saving and warmer nights.

Lunch With Girlfriends

By Kathy O'Malley

Elaine's vertigo has never been worse
Kay can't recall where she left her purse
Rhonda's about to replace her knees
Linda's breathing is tinged with a wheeze

Donna's left boob has a troublesome lump
Diane's on her third trip to take a dump
Lorraine's husband can't remember a thing
Nine years a widow, Marge still wears her ring

Marlene is dealing with another UTI
Sally's giving a hearing aid another try
Marie has decided she can't drive at night
Sharon still wears clothes two sizes too tight

They've been through divorces and babies and
wakes

They do for each other whatever it takes
They've already buried Marcia and Kate
And truthfully, Lizzie's not looking so great

So whenever they can, they get out to eat
Open bottles of wine and forget their sore feet
There's laughing and crying and letting down
guards

And when the bill comes, there's ten credit
cards

So here's to the waiters who keep orders
straight
And to the places that let lunches run three
hours late
And here's to the girlfriends, those near and
those far
Here's to the girlfriends, you know who you
are!!!



Men's Response to Women

We always hear "the rules" from the female side. Now here are the rules from the male side.

These are OUR rules:

Please note... these are all numbered "1" ON PURPOSE!

1. Breasts are for looking at and that is why we do it. Don't try to change that.
1. Learn to work the toilet seat. You're a big girl. If it's up, put it down. We need it up, you need it down. You don't hear us complaining about you leaving it down.
1. Saturday = sports. It's like the full moon or the changing of the tides. Let it be.
1. Shopping is NOT a sport. And no, we are never going to think of it that way.
1. Crying is blackmail.
1. Ask for what you want. Let us be clear on this one:
 - * Subtle hints do not work!
 - * Strong hints do not work!
 - * Obvious hints do not work!
 - * JUST SAY IT!
1. 'Yes' and 'No' are perfectly acceptable answers to almost every question
1. Come to us with a problem only if you want help solving it. That's what we do. Sympathy is what your girlfriends are for
1. A headache that lasts for 17 months is a problem. See a doctor
1. Anything we said 6 months ago is inadmissible in an argument. In fact, all comments become null and void after 7 days
1. If you think you're fat, you probably are. Don't ask us
1. If something we said can be interpreted two ways, and one of the ways makes you sad or angry, we meant the other one
1. You can either ask us to do something or tell us how you want it done, not both. If you already know best how to do it, just do it yourself.
1. Whenever possible, please say whatever you have to say during commercials.
1. Christopher Columbus did not need directions and neither do we.
1. ALL men see in only 16 colours, like Windows default settings. Peach, for example, is a fruit, not a colour. Pumpkin is also a fruit.

We have no idea what mauve is.

1. If it itches, it will be scratched. We do that.
1. If we ask what is wrong and you say "nothing," we will act like nothing's wrong. We know you are lying, but it is just not worth the hassle.
1. If you ask a question you don't want an answer to, expect an answer you don't want to hear.
1. When we have to go somewhere, absolutely anything you wear is fine, Really
1. Don't ask us what we're thinking about unless you are prepared to discuss such topics as:
 - * Sex,
 - * Sport,
 - * Cars,
 - * or Computers
1. You have enough clothes.
1. You have too many shoes.
1. I am in shape. Round is a shape.
1. Thank you for reading this; Yes, I know, I have to sleep on the couch tonight, but did you know men really don't mind that, it's like camping. 😊



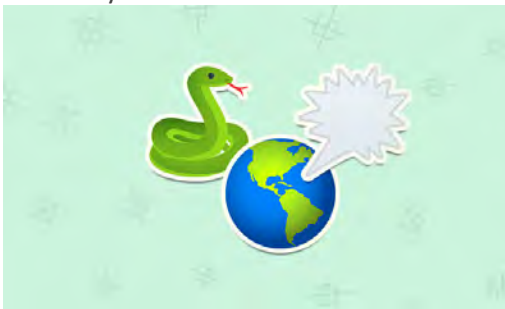
Did You Know?

1. How can you use an extra 150 calories?

You could bang your head against a wall for 1 hour to use 150 calories. Alternatively, if you don't fancy losing some brain cells in the process, you could take a slow-paced walk for 53 minutes or walk your dog for 45 minutes.

2. Have you thought about a snake as your next pet?

Perhaps your next pet should be a **SNAKE**. Snakes sense earthquakes from as far as 121 km. They can even sense an earthquake five days before it actually occurs!



3. Why do we get goosebumps?

We get goosebumps when we're scared to make us look **BIGGER**. Goosebumps are a reaction to increased adrenaline, which is why we get goosebumps when cold or emotional.

Compare this to a cat. When facing off a dog, its fur stands on edge – the cat has goosebumps underneath its fur.

4. Did you know that May 29th is a day of great importance?

May 29 is 'Put a Pillow in your Fridge Day'. The roots of this odd-sounding holiday go back hundreds of years, starting in the early 1900s. Back then, because people didn't have refrigerators,

instead they would hang a piece of cloth in their larders. It's believed that doing this brought luck, peace and prosperity to the household.

The tradition adapted over time to fit the modern kitchen. Nowadays, families worldwide place a **pillow on top of their fridge** every year on May 29th.

5. Do you have Cherophobia?

Cherophobia is the irrational fear of fun or happiness.

6. Where is London Bridge?

The original London Bridge is now in Arizona. The London Bridge began deteriorating in the 1960s (I wonder if that's where 'London Bridge is Falling Down' came from?), leading the City of London to sell it. It was bought by an American entrepreneur who dismantles and shipped the bridge to Arizona. After taking 3 years to rebuild it was opened as a tourist attraction.

7. Which country spends more per capita on gambling?

Per capita, Australians spend more money on gambling than any other nation, with over 80 percent of Australian adults engage in gambling of some kind. Also, 20 percent of the world's poker machines are found in Australia.

8. How much saliva do we produce every hour?

The average person produces roughly one 30 ml of saliva every hour. That's 720 ml or one full wine bottle's worth of saliva a day, which is an average of 263 litres per year or enough to fill about 50 bathtubs.

9. Which car manufacturer also makes sausage?

Volkswagon. Initially, the sausages were made for their factory workers in a remote location. However, they gained such popularity that they now generate more revenue than Volkswagen's cars.

10. How many horsepower can a horse provide?

A study in 1993 showed that the maximum power a horse can produce is 18,000W, around 24 horsepower.

11. When do a potato, apple and onion taste the same?

At least 80% of our sense of taste comes from our sense of smell. A test on many people who were blindfolded and had their noses plugged showed that participants couldn't tell the difference between the 3 other than from texture.

12. Which came first, the chicken or the egg?

The age-old question seems to have been finally answered by The Bible! The Book of Genesis states that "God created all living things." It even specifies that he created all birds and instructed them to go out and increase in number. For this they needed to lay eggs.

13. When was Nutella invented and why?

Nutella was invented shortly after WWII ended because chocolate was so expensive.

The availability of chocolate was low around this time because most of the world's armies issued rations of chocolate to their soldiers. The lack of supply led many to try creative new approaches.

In 1946 Pietro Ferrero created a spread made of tiny amounts of chocolate and plenty of inexpensive hazelnuts. Although it wasn't a new idea, his formula was, making it much more affordable to regular folk!

Ferrero's son created the final Nutella product and perfected the formula in 1964.

14. Why may you feel better after a good cry?

Tears contain endorphins, which are our body's natural painkillers and mood improvers.

15. In a group of 23 people, what is the chance that 2 of them share a birthday?

There's slightly more than a 50 percent chance that two of them share a birthday. With a group of 57 people, there's a 99.01% probability, and for 70 people the probability is 99.92%

Bowling Hero: Robert (Rob) Parrella



Robert Parrella (born 9 June 1944) is an Italian born, Australian international lawn and indoor bowler.

Parrella made the natural progression from bocce to bowls after arriving in Australia in the 1950s, and in many ways, went on to revolutionize the way the sport of bowls was played, with a famous driving style of game, which has since formed the blueprint of many modern-day bowlers.

Prior to his arrival, the sport was largely conducted in a genteel fashion, with graceful draw play and for the most part, a mild-mannered temperament on the green. Parrella instead likened his approach to the sport to that of a boxer in the ring, endeavouring to physically and mentally batter the opponent, with an aggressive style of play and a level of charisma unmatched by his peers. He captivated television audiences during the height of his career, which led to a new wave of enthusiasm and increased public sentiment for the sport of bowls.

Parrella bowled in 3 Commonwealth Games, in three different countries -Brisbane 1982, Auckland 1990 and Victoria 1994 – for a complete set of all three possible medals in the blue-ribbon men’s singles discipline. He etched his name in the sport’s history books as the first Australian lawn bowler to win an individual Commonwealth gold medal – at Auckland in 1990. Parrella’s victory was made even more historic, as he famously defeated

Englishmen David Bryant, a four-time Commonwealth Games singles winner and reigning world champion, en route to the final.

Parrella notched up 127 international appearances. He won three gold medals at the Asia Pacific Bowls Championships in 1989 (singles and pairs) and 1991 (singles) He has twice been Australian National Bowls Championships singles champion and four times pairs champion.

Rob was awarded the Medal of the Order of Australia (OAM) on Australia Day 1996 for service to sport, particularly lawn bowls and on 14 July 2000 he was awarded the Australian Sports Medal for significant contribution to lawn bowls as a competitor. Other awards include recognition as Bowls Australia Athlete of the Year in 1989 and induction into the Queensland Sports Hall of Fame on 4 December 2009.

For an old video: Rob Parrella’s World of Bowls <https://archive.org/details/RobParrellasWorldOfBowlsBasicEdition>

A famous match was played between Rob Parrella and Willie Wood in 1983. It’s available on YouTube:

<https://www.woononabowlingclub.com.au/classic-bowls-matches/>

Member Profile: Michael Constable

This year we have been very fortunate to attract some wonderful new members from nearby clubs.

One such new member is Michael Constable. If you don't know Michael, he can only be described as the perfect gentleman. He has a fascinating history in his private life and in his bowls career. I was very fortunate that Michael agreed to be interviewed for this newsletter. I'm sure you will all agree with me.

Michael had so much to tell, all of it absolutely fascinating, but unfortunately it was necessary to cut it down. However I found this a very difficult task, as you can see there was still so much that I wanted to keep.

Question 1: Where were you born?

I was born in December 1933 in the small Wimmera township of Murtoa, population 1200 then, a wheat and wool centre some 200 miles from Melbourne. My father was the local solicitor. Both my parents were born in the Stawell district and throughout their lives contributed greatly to their local communities.

Question 2: Describe parts of your childhood.

I had a wonderful childhood as 4th child in a 5 children household, despite the world wide depression from 1929. In 1933, the year I was born, the officially recorded unemployment figure was 33%. The depression was followed by the 2nd World War, both of these events being during the most formative years of my life. Even during these times team sport in the local community was available to all, and all members of our family were enthusiastic and very successful participants. Success in sport during those times was important in our local community.

Question 3: What career(s) did you have?

I must modestly report that I have nearly always been successful in my professional career in education in the state system, mainly because I always enjoyed the scholarship and camaraderie of professional colleagues, the challenge of getting mostly teenagers to get

the best out of themselves, and a personal drive to do as well as I could in any task undertaken. But in short, I spent many years in the classroom and in positions of seniority including Senior Master at Beaufort High School, acting Deputy Principal at Braybrook High School, Principal of Mount Beauty High School - at that point the youngest secondary principal in the state system and Deputy Principal of Melbourne Boys High School (this particular appointment seeming to excite a number of Armadale Bowling Club members who went to Melbourne High themselves). I then took a break from the school system and moved to senior administration of the Education Department culminating in the role of Assistant Director of Personnel, helping to administer the needs of some 55,000 teachers then employed in the state system.

I returned to schools as Principal of Mentone Girls Secondary College, before retiring permanently from the Education Department at the minimum retiring age of 55.

Post retirement, I took on some smaller jobs but feeling unfulfilled I then took up Lawn Bowls as a serious pastime!

Question 4: Were you a sportsman in your earlier years?

Of course, what else was there to do in the country after work? Cricket (Country Week representative in two separate districts at the top level); AFL Football (A Grade Amateurs whilst at University and in a major Country League, plus successful captain/coach in a minor league); in Golf, a low single figure handicap player for over 50 years and winner of 7 club championships across three different clubs; and club pennant representative at two major private golf clubs in Melbourne and three country golf clubs.

Also, competition level involvement from time to time in Basketball, Squash, Badminton, Table tennis and Tennis. And so on, all a bit ridiculous really.

Questions 5, 6 and 7 concern bowls, the real point of interest to Armadale club members, I'm sure.

I took up lawn bowls in 1991 as a fully-fledged retiree, first at Beaumaris Bowls club (three

and a bit years), then to the Melbourne Cricket Club Bowls section, first at the Melbourne Cricket Ground itself, then at a brand new facility at the former Hawthorn Bowling Club. Spent about 15 wonderful years altogether at MCC, playing with many excellent bowlers in a large and well organised environment, most often at Division 1 level and for three years in the Premier League before we were demoted, mainly because MCC would not pay for players, a policy which I fully supported.

A move from East Melbourne to Elwood for family reasons saw me eventually team up with the Elsternwick Park Bowls Club, (although even then Golf had always been my first preference sport) thence to Elsternwick Club on a corporate governance issue. Finally to Armadale Bowls Club, a place where I know I can enjoy the last phase of my bowling career.

Successful Bowling clubs depend on sustained and sensible leadership and support from within and unfortunately over my 35 years in the game I have seen many local bowling clubs rise and fall mainly on the varied quality of the club leaders. Thus, I have chosen to be a member of the Armadale Bowls Club at this time because I have a confidence that it currently represents most of what is best in a district bowling club. And long may it prosper!

Mandy has asked me to recount the highlights of my bowling career but although I have had many individual successes over that period, what I always valued most was playing Saturday Pennant for the club with bowlers who really knew what they were doing and with a skip who nearly always called the right shots! But the other personal highlights for me probably were as follows:

- In 2008, Victorian State Champion in the Veteran Singles (a title I still hold because Bowls Victoria abolished the event the following year!)
- At MCC, winner of Club Championship, Pairs Championship and Triples Championship, thus qualifying to have my photo displayed along with three others in the Match

Room of this long standing and august club.

- At MCC, part of a rink in Division 1 which won every single match in the season, thus materially helping us to qualify the club for play in the newly minted Premier League.
- Member of Inner Melbourne group of 16 players who won the state-wide regional championship against 15 other bowling groups across all of Victoria. What was so exciting here was that our particular rink (all MCC players) in the semi-final bowled against a rink comprising of the current Commonwealth Games Pairs champion and three current premier division skippers and won by 6 shots through some brilliant bowling by all rink members. Our other rinks lost collectively by 5 shots but the net win of 1 shot set us up for an easy win in the final. This was team bowling at its best against outstanding opposition and I still remember it vividly to this day.
- Played one interstate match for Victoria against Tasmania where our particular rink won well. The true story here is that Victoria's selected Second in one rink fell ill just before the game, I was on hand and was asked to fill in, duly obliged and held my own in the tussle. But now I can honestly say that I have represented Victoria at Lawn Bowls!

Question 8: What official roles did you have at any of your former clubs?

Beaumaris: Official Club auditor and leading barman for two hours every second Thursday.

MCC: First division pennant manager.

Coordinator of Training and Coaching which I did conscientiously for two years, during which I learnt a lot about trying to accurately measure individual player performance

Member of the Selection Committee for one year, an unenviable job

Completed the RVBA's coaching and umpiring courses.

Elsternwick Park, now Elwood Bowling Club:

A much reduced time commitment as voluntary club coach but quite enjoyable. I mentored promising young new bowlers, encouraging them to be skips as the experienced skips played 3rd and guided them in shot selection. In two years the top team advanced from Division 3 to just missing qualifying for Division 1 in the second year. I conducted group coaching every Wednesday morning for a few years, which was also attended by some outside bowlers, notably from MCC.

We had separate sessions for a few with diagnosed small mental disorders, three of whom I note are still at the club and performing well in interclub pennant.

I left Elsternwick Park and transferred to Elsternwick Club for reasons not associated with bowling issues at all, but for shoddy corporate governance by the Board.

Elsternwick Club: A pleasant time there with no official duties but I did assist with coaching.

Armadale Bowls Club: Have /will not be required to take on any official role here and looking forward to an enjoyable time with you all.

Question 9: Who are your lawn bowls heroes?

My most significant bowling hero is one, Glyn Bosisto, often regarded as the "Bradman" of bowls in the immediate post war period. By chance I salvaged his autobiography from a remainder bin in an opportunity shop and through reading it was really impressed with his tactical insights and prodigious achievements both in Australia and abroad. And he was a true amateur, holding down an important day job during the week and winning numerous bowls matches in the weekend. Very fit and very skilled with the wide drawing older bowls. All very old school I know, but I think the first thing that many modern bowlers who want to be exposed to bowling competitions on television should do is to lose a considerable amount of weight. Currently those gigantic figures do nothing for

promoting lawn bowls as a sport for the fit and athletic.

Question 10: What are the greatest life lessons you have learned from your bowling career?

Lawn bowls is a minor sport which many people with limited athletic abilities can enjoy at any number of levels. So enjoy it at whatever level you can manage, but remember, it is not a matter of life and death; and learn to be a gracious loser and a humble winner.

Question 11: What advice would you give to new bowlers?

Don't attempt to play any sort of weighted shot until you have learnt to properly execute the dead draw on both hands. This will take longer than you think, but it will pay off in the long run because the basis of successful lawn bowling is to draw close to any position as required by your skipper.

Question 12: How would you encourage non bowlers to take up bowls?

I wouldn't encourage any non- bowler to take up the game unless at first they clearly showed some interest in the concept. Bowls is not a game for everyone, and we have enough bowling nuts around already whose bowling needs we first have a duty to service!

Thank you Michael for your willingness to share your fascinating journey from small town life in difficult times to professional success in the 'big' city. Teaching is such a huge commitment in time, energy and, more importantly, the desire to leave a positive mark on your students. This role must never be underestimated.

We wish you many years of enjoyment and great bowling at Armadale Bowls Club.