

THE BUZZ

Hope Valley



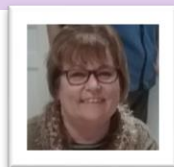
OCTOBER 2018

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OUR PATRON, FRANCES BEDFORD MP**



FROM THE CHAIRPERSON'S DESK



Well done to Wendy Campbell, our new Buzz Editor, on a well presented first edition. I missed going to print in that one as I was in sunny and warm Caloundra, Qld with the indoor bowlers, enjoying a great tournament.

Whilst, back home at the Club the builders were completing the new extension and Jim and Martin were laying the floor. Great effort guys, thank you. Secretary Nola was busy getting the new office organized and fitted out. Thank you, Nola. Thank you to the other Board members who were also busy making preparations for Opening Day.

The new office, meeting room and store room have exceeded expectations and look superb and it's great to come into a clean, tidy and uncluttered Clubhouse.

Opening Day was a huge success with Mayor Kevin Knight, MBA President Ron Mitchell, Co Patrons Frances Bedford MP and Dr Richard Harvey MP, TTG Councillors and Club Sponsors in attendance. New Women's president Jill Chandler made an excellent maiden speech.

Mayor Kevin Knight and Tony Zappia MP, from both of whom we received funding for the extension, joined me in cutting the ribbon to officially open the extension prior to going onto the green for the opening of the greens and season 2018/19.

As usual High Tea was delectably delightful and heartily enjoyed by all. To top this off the Club rooms were decorated with beautiful vases of flowers expertly arranged by Millie and Kay. A big thank you to them and also the girls in the kitchen preparing and serving the food. It was an excellent afternoon of fun, food and friendship.

Now the real work of bowling and practice has begun and I wish all bowlers a great season as we strive to win some pennants and enjoy our bowling as well.

Roslyn Blakeney



Tony Zappia, Ros Blakeney and Kevin Knight cutting the tape to the new office attached to the Clubrooms



Left – Right: Shirley Kipling
Glenice Raby
Carmel Farrow
Patron Richard Harvey MP
Janet Bradley
Bev Thompson
Patricia Deacon



Men's President – Ken Seymour
Women's President – Jill Chandler



Andrea Williams & Chris Parry



FROM THE LADIES' PRESIDENT



FROM THE LADIES' LOCKER ROOM

Firstly, let me say what a pleasant read was our “Hornets Buzz” First Edition from the new Editor. Well done Wendy – some very positive comments from around the Club. Looking forward to your entry into Ladies Pennants – please hurry!

Thanks to all the people who helped on our successful Open Day – in particular our food and flower ladies, a great job girls, enjoyed by all.

We are now nearing the start of the New Season and have nominated four teams for the Thursday Ladies Pennant Competition – they have been listed in Premier 1, Div. 2 North, and two teams in Div. 3 North.

Our trial games have gone well with good practice for us all, however, unfortunately, the Coveted Trophy went back to Modbury! (Just on loan for 1 year they have been informed.)

With our Chairperson of Selectors on the injury list at present (we wish her a speedy recovery) and others coming back from illness etc, we are endeavouring to be organised for our first matches on 11 October.

So the best of luck to everyone, enjoy.

Jill Chandler.

PS. Have told our C of S (Nadene) she could get some expert advice for her hamstring injury from the “Power Fitness Experts”. For some reason (could be many) she has declined to go there!

THE MEN'S SCENE



Thanks Ken Seymour, Men's President, for the following information:

Pennants

The following teams have been nominated for the 2018/19 Pennant Season:

Saturday Open Competition

- Division 3 North
- Division 4 North
- Division 4 East
- Division 5 North
- Division 6 North
- Division 6 East

Wednesday

- Division 2 North
- Division 3 North
- Division 4 North
- Division 4 East (2 sides)

Night Owls

The night Owls season will commence with registration nights on Tuesday 9th and Thursday 11th October. Competition will start from the following week. Fees are unchanged from last season.

Taylor's Cup

It is expected that Hope Valley will again enter teams in the Silver and Bronze sections of the Taylor's Cup this season. Please add your name to the list on the notice board if you are interested in playing this season.

Practice

Men's practice is held on Tuesday mornings from 10.15 am. All bowlers are encouraged to attend. The format is a skills session followed by a team practice.

FROM YOUR SOCIAL COMMITTEE



Volunteers Night – All volunteers should arrive at 6:30 pm for 7:00 pm start on Wednesday, 10 October. Reminder if your name is not on the list on the whiteboard please add if you wish to attend.

The Social Committee will be organising the food, a free raffle, a couple of guest speakers and someone from the TTG Council to talk about food safety.



Melbourne Cup: Melbourne Cup this year is on Tuesday, 6 November. Sweeps will open at 10:00 am. The event is Drawn 3 Bowl Triples. Add your name to the list on the notice board at the back of the Club rooms if you wish to take part. Cost is \$6.00 per person. Prizes for best hat/outfit. Bring a plate of food to share.

COACHING

Andrea and John Williams are available for coaching every Friday from 3 – 5 pm and Sunday from 10 am – 12 noon. If you want to go out to their sessions, you can approach them personally or by phone on 8337 8233 or Andrea on 0419 429 881/John on 0437 500 661. Alternatively, you can just turn up on the day. If you can't make these times, they may be able to negotiate other more suitable times.

Other coaches who are available are: Brian Scarlett 0447 865 650, Peter Hurt 8264 0750, Bob Basedow - "Youth Coach, or for a Technical Bias" - 0449 606 001 – please call to find out what times they are available.



L-R:
Andrea
John
Bob
Brian

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Be sure to mention Hope Valley Bowling Club if you use any of our Sponsor's services. They need to know that their contribution is worthwhile.

ANXIETY IN SPORT

It doesn't matter if you are a high-level athlete competing in the Olympic games, or a weekend warrior, having anxiety leading up to, and during, competition is common. Understanding how anxiety is helpful and protective, will provide you with the tools to work with your anxiety before and during competition. Anxiety is a perceived threat even though a sporting event does not seem like a threat per se. However, when you place an expectation (threat) on yourself, your sympathetic nervous system will:

- increase blood flow to working muscles,
- dilate your pupils for improved vision,
- inhibit gastrointestinal digestion/mobility, and most noteworthy,
- a hormone - cortisol, and a neurotransmitter - noradrenaline will flood into your muscles for quick motor recruitment and energy.

In the sporting context, not knowing how to control your sympathetic nervous system can inhibit performance due to high levels of anxiety. Here are 2 useful tips to work with your anxiety.

1. The environment will trigger an array of memories and subsequent emotions. You are probably aware that whilst traveling to your sporting event, you may notice your anxiety already setting in, which can be disruptive. Already your sympathetic nervous system is at work; however, your sympathetic nervous system runs on expensive fuel, and flooding your blood with cortisol and noradrenaline will increase fatigue. By simply taking a slow breath in through the nose, and out through the mouth three times - for a five second count - will activate the parasympathetic nervous system, which is the calming nervous system, making you feel more at ease and in control.
2. We humans have an innate negativity bias. Negativity biases are great when there is an actual threat. However, in a sporting context, a negativity bias can hamper performance due to spending too much energy on the *error*, although the error is well gone. A useful mindfulness technique, such as self-compassion, is very valuable in helping you to accept that we humans are imperfect, and making errors is all a part of the human experience. Repeating a simple mantra: "May I forgive myself" ten times slowly will inhibit an emotional reaction. During a game this may be difficult. However, replaying the event over and over

is not helpful, it takes up a lot of cognitive resources, and promotes an increase in anxiety, which can cause more skill errors.

So there it is. Having a deeper understanding of how your nervous systems operate, and how your brain likes to predict and remember, is all very useful in the sporting realm - and in everyday life.

By James Smith

Exercise Scientist

iNform Health and Fitness Solutions



THERE'S ALWAYS A BETTER WAY

There are some simple fundamental ways in sport that can raise a person's standard. In sports that require an accurate finish such as archery, target shooting and even lawn bowls, these fundamentals naturally apply and, of course, sports psychology is the same throughout.

In lawn bowls, for instance, if a competitor delivered 10 consecutive shots, those shots would form a group, the size of which is totally relative to the skills of each player. In all cases, without exception, those shots would fall at random *within* that group area. Also, without exception, that competitor will have no real control of where the bowl lands within that group. We all need to understand this.

Therefore, in general, after a roll-up, if your first bowl falls *within* your grouping ability (something very important for you to be aware of), and if that bowl falls within more or less than 4 – 5 feet in any direction relative to the Jack at variable distances, you should not change a thing and you should focus on delivering the next bowl with the same mental and physical cadence as the previous one. That bowl will then have the greatest chance of falling anywhere within the confines of your personal skill level group – and no-one can do better than that!!

Why? Because very few bowlers – indeed even champions – have the skills to constantly make a deliberate alteration of less than 3 feet plus from a Jack at a variable distance. Duplication – not alteration – is the secret to delivering the next shot IF the first shot falls within the confines of your grouping ability.

Key Point

The top bowlers are the ones who can continue to focus on executing the task before them as perfectly as they can. Regardless of the situation, “you cannot duplicate or make a deliberate correction on the next delivery unless you are fully aware of and understand your mental and physical application to the last bowl”.

Submitted anonymously by a former Nationally Accredited Coach.

Upcoming Dates for HVBC – don't forget to put these dates in your diaries

- 10/10/18 Volunteers Night
- 06/10/18 Saturday Pennant Begins
- 09/10/18 Tuesday Night Owls Begins
- 10/10/18 Wednesday Pennant Begins
- 11/10/18 Thursday Pennant Begins
- 11/10/18 Thursday Night Owls Begins
- 14/10/18 Coopers Day
- 21/10/18 State Pairs
- 28/10/18 2nd Round State Pairs
- 04/11/18 State 4's
- 06/11/18 Melbourne Cup
- 11/11/18 2nd Round State 4's
- 12/11/18 Ladies President's Day
- 25/11/18 State Mixed Pairs
- 06/12/18 Last Thursday Pennant
- 08/12/18 Last Saturday Pennant
- 09/12/18 2nd Round State Mixed Pairs
- 12/12/18 Last Wednesday Pennant
- 13/12/18 – Champions Week -
- 16/12/18 (Pairs, Mixed Pairs, 4's)

15/12/18 Club Christmas Dinner

2019

- 08/01/19 Thursday Practice Starts
- 08/01/19 Tuesday Night Owls Starts
- 09/01/19 Wednesday Pennant Starts
- 10/01/19 Thursday Pennant Starts
- 10/01/19 Thursday Night Owls Starts
- 12/01/19 Saturday Pennant Starts
- 13/01/19 State Singles
- 20/01/19 2nd Round State Singles
- 03/02/19 Champagne Breakfast
- 26/01/19 No Pennant – Australia Day
- 10/02/19 Club Finals Day
- 17/02/19 State Triples
- 20/02/19 NO WEDNESDAY PENNANT
- 20/02/19 Skins Night

21/02/19 NO THURSDAY PENNANT

- 24/02/19 2nd Round State Triples
- 03/03/19 Champion of Champions Singles
- 06/03/19 Last Wednesday Pennant (Minor Round)

09/03/19 NO SATURDAY PENNANT

- 9-10/03/19 Prestige Medley
- 12/03/19 Last Tuesday Night Owls
- 13/03/19 Wednesday Pennant S/F
- 14/03/19 Last Thursday Night Owls
- 16/03/19 Last Saturday Pennant (Minor Round)

17/03/19 Hornets Charity Day

- 20/03/19 Wednesday Pennant P/F
- 21/03/19 Thursday Pennant S/F
- 23/03/19 Saturday Pennant S/F
- 23/03/19 Presentation Night
- 24/03/19 Champion of Champions Pairs

- 28/03/19 Thursday Pennant (Preliminary Final)

- 30/03/19 Saturday Pennant (Preliminary Final)

- 04/04/19 Thursday Pennant (Grand Final)

- 06/04/19 Saturday Pennant (Grand Final)

- 11/04/19 Champions Week (Singles, Triples & Champ of Champ)

19-22/04/19 Easter

- 25/04/19 Anzac Day (Australia vs Rest of the World)





LETTERS TO THE EDITOR



Thank you to everyone for your kind words about the first edition of The Buzz. I do really enjoy putting this together and hope you all enjoy what you read. Thank you to all the contributors – I look forward to continually accumulating material for each magazine as it comes out monthly.

Winter Socials

Dear Wendy,

Firstly, let me congratulate you on your first Buzz and your previous experience can be seen by how good it is.

The winter socials finished last Wednesday 29 August. It was also my first year of running it at Hope Valley and the support I received was great. We started in March so it was a six-month journey. We missed only three days due to inclement weather.

Saturdays averaged 50 players and Wednesday 60. We made around \$8,000.00 for the club after all prizes etc were paid out.

We instigated a weekly Jackpot starting in July and this was very well received by the members and if I am running the Winter Socials next year this will continue. There were approximately 60 glasses given out for resting touchers. The lucky number envelopes were also well supported.

I just want to thank all the players and visitors for their continued support throughout the year. It should also be mentioned that we had a lot of senior members including a few over 90 years of age.

Once again thank you for taking this job on and I wish you every success with it in the future.

Ken Byrom

Tournament Director

Email: nimrod07@bigpond.com Tel: 0407 617 372

LETTERS TO THE EDITOR



Trial Game Against Tranmere

In the trial game against Tranmere the hail came down and players ran for it! The umpire (technically anyway) called the game stopped and rule 32.2 came into play. Basically, any end not finished was dead. Contrary to any wayward thought, I did not call the rule because Tranmere were holding two at the time on our rink.

Later in the game I had cause to remind two Tranmere players of Rule 13. Our skip was about to bowl but their skip and third were at the head discussing tactics. Not allowed (possession of rink and distraction).

Kind Regards, Pete Hurt

Life after death

When your body dies, the soul is transported by an etheric aura into a non-physical world where it has the opportunity to re-acquaint itself with family and friends, and to connect to an emanation of LOVE which we know as GOD.

People declared dead who are then resuscitated, frequently recount such an experience as they describe their out-of-body adventure. Bio-location is a projection of the etheric double of a human being to a place or person or to another location.

There are many people who do not wish to accept the reality that the spirit realm live among us, lending us guidance and support every day. Everyone has a guardian spirit who is only too willing to facilitate intimate communication and unconditional friendship.

True Love

True love – the type that lasts forever (eternity) – occurs when the astral auric body moulds as two auras into one. The magnetic oscillation of the astral aura allows us to become infatuated with each other, inviting people to fall in and out of love.

Best wishes

Ivan Stiffle

FRIDAY SOCIAL BOWLS

Friday social bowls has seen some very close games the last few weeks and the chocolates have been well earned.

We have sadly lost a past member this week, Sheila Hawkins, who hasn't played for quite a long time, but she had been a very fun loving and active person in the Friday bowls. Our condolences go to Sheila's family and friends.



From Friday, 19 October, social bowls will start at 10.00 for 10.30. We'd love to see you there!!

Nadene



Greens Report by Mick Tsaousoglou

- At this time all greens are in good condition.
- The maintenance programme is ongoing.
- All greens are ready for the new season.
- Shades on A green are complete. A huge thank you to all the volunteers for the great work in getting these up.

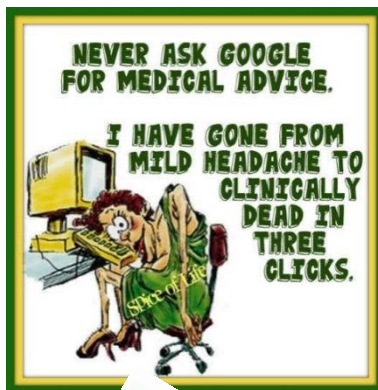


Green keeper, Mick

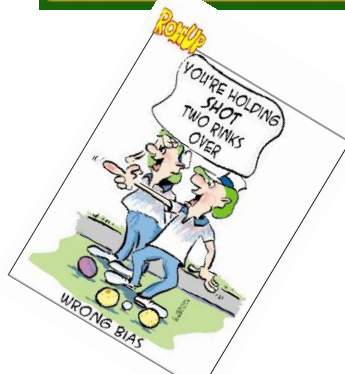
LOTS OF LAUGHS



Night Owls



THE SELECTION COMMITTEE



COOL MESSAGE BY A WIFE: Dear Mother-in-law, Don't teach me how to handle my children. I am living with one of yours and he needs a lot of improvement!!

When a married man says, I WILL THINK ABOUT IT - what he really means is that he doesn't know his wife's opinion yet.

A lady says to her doctor: "My husband has a habit of talking in his sleep! What should he take to cure it?"

The doctor replies: "Give him an opportunity to speak when he's awake!"

Submitted by Chris Duff-Tyler

SHOWS YOUR AGE

Two old bowlers having a drink and a chat at the bar after their bowling game.

"You certainly played well today. How does it really feel to be 84 years old?"

"Just like a newborn baby. No hair, no teeth and I've just wet myself"