



FEBRUARY 2019

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PATRON, FRANCES BEDFORD MP
& SUPPORTED BY CO-PATRON
RICHARD HARVEY MP



FROM THE CHAIRPERSON'S DESK



What a delightful day Club Championships Finals day was.

The weather was excellent for bowling; the Finalists played high class bowls; there were lots of Club and Family members enjoying watching the games and our great BBQ shed was in action with the food.

Congratulations to all players whether winners or runners up.

Thank you to cooks Brenda and Geoff and all who made the effort to come and support.

Now that the extensions are completed with the relocation of the pigeon holes to the meeting room the Board is moving ahead with revamping the kitchen. Watch this space for updates on developments as they arise.

We are moving to the end of the bowling season now. Goodluck to teams who are in finals contention. It is also nearing the time for AGMs and the time to think about where you can best use your talents and interests in an administrative way.

Thank you to all volunteers who have given heaps so far this year, on all our new and ongoing projects.

Roslyn Blakeney



Finals Women's Pairs Winners:

- 1st Raelene Heitmann Bev Murdoch
- 2nd Andrea Williams Ros Blakeney





Women's Singles: 1st Bev Murdoch 2nd Andrea Williams





Women's Div 2 Singles:

1st:Ester Allan

2nd Sue Kelly

Finals Men's Pairs:

1st Peter Hurt Paul Heath

2nd Steve McIlvena Brian Leaney

> Men's Singles: 1st Brian Leaney 2nd Gerry Frear





Mixed Pairs:

1st: Jim Terrington
Raelene Heitmann

2nd Chris Parry Helen Taylor



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Men's Handicap Singles: 1st Peter Kollosche 2nd Gerry Frear

FROM THE LADIES' PRESIDENT



FROM THE LADIES' LOCKER ROOM

Having lost two more matches to 'Heat Out', only three rounds remain after a one match break on 21st February. Our team positions are as follows:

Premier 1: 8th Div 2 Nth: 9th

Div 3 Nth R: 1st - 16 pts ahead of Two Wells (Keep it up girls)

Div 3 Nth W: 10th

Success is difficult to come by but we will be putting in some hard work to ensure a good finish to the season.

Club Championships are now completed, after a great 'Finals day', blessed with good weather, delicious BBQ, (with ice creams for desert) and, of course, some great bowling. Congratulations to all the Winners and also to the Runners Up. Some of our ladies are still competing in State Events so Good Luck to you all.



A delightful breakfast (flavoured with champagne) was an enjoyable start to a very hot day at the Champagne Breakfast day on 3 February, which retired us early. Well done Andrea, Brenda and all those who assisted on the day.

Our 'End-of Season' Luncheon is being held on 19 March at the Clovercrest Hotel and the Ladies' A.G.M. scheduled for 9 April.

Good bowling to you all for the remainder of the season.

Cheers - Jill Chandler

LADIES PRESIDENT'S DAY 12 NOVEMBER 2018



Jill, Shirley and Ken Byrom in deep discussion



Glenys Stiffler, Helen Taylor, Marina Dimond and Andrea Williams – tournament winners with 72 points!!



Nola, Jill, Shirley and Linda – prize winners

2nd Place – from Mt Barker – Chris Charman, Chris Nicols, Annette Forbes, Rae Corner with a score of 71 points – very close.

Another visiting team





MEN'S SCENE

First of all, I wish to congratulate all the winners of club tournaments, the majority of which were finalised recently. Competition in all matches was highly competitive but played in the right spirit. Over 60 people came to witness the matches and the atmosphere was terrific. Congratulations to the



organisers, David Binns and Helen Taylor. Presentation night will be held on 23rd March. Hopefully we can have a big crowd present for what is an important night for the Club.

Pennants

With the season only having 2 or 3 games to go the Club has had a mixed season to date. In the Wednesday competition Hope Valley has a good chance of winning pennants in Divisions 3 North and 6 North. The other 3 sides, thankfully, have avoided any chance of relegation.

Saturday open competition has not been as successful. Div 6 North is in the box seat to win another pennant for the Club. With the exception of Div 4 North, who are currently 5th, the remaining teams have a battle on their hands to avoid finishing in the bottom 2 places and being subject to relegation. The positive is a sustained winning run in the last 3 weeks will save the majority of these teams.

Taylor's Cup

This competition has now finished for Hope Valley. We entered teams in both the silver and bronze comps and both teams won 2 or 3 games. Both teams competed against teams who played many Premier division players and overall the club is satisfied with both our results and performance.

Skins Night

The Club held its annual skins night on 20 February. A great night was had by 80 Club bowlers. Congratulations to the Rod Hample team who were the major money winners on the night.

Finally, a reminder that the Men's AGM will be held on Tuesday 16 April.

Ken Seymour, Men's President

FROM YOUR SOCIAL COMMITTEE



Please support our Presentation Night on Saturday 23 March 2019.

Time: 630 pm for 700 pm Pizzas and ice-creams

Place your name on the list on the Notice Board for catering purposes.

Linda Scarlett, Chairperson Social Committee,

Hope Valley Easter Carnival

Saturday, 20 April - Cosmo Triples

Sunday, 21 April - Mixed Pairs

Monday, 22 April - Cosmo Fours

All games commence at 1230 pm

Bowls, afternoon tea and nibbles - \$12.00 per person

See the flyer herein and on the notice board at the back of the Club. Put your teams on the sheets provided.

INDOOR BOWLS COMPETITION

We are going to nominate three teams which will all be played on a Tuesday this year, as S.A.W.I.B.B.A. (which is the head body) has changed the format.

Due to lack of numbers in varying clubs, they are amalgamating the Monday & Tuesday 2019 teams into one. The best of both days in Gold and the others in Blue, hoping to make it a more even competition.

Pennants start on Tuesday, 7 May, going through to 6 August, with practices on a Thursday. The cost is \$8 registration fee and \$1 each week to cover Tea, Coffee & Sugar.

We are always looking for more ladies to join us, with coaching if they haven't played before. It's fun, and you don't have to worry about the rain, wind and heat.

Please contact Margaret Bibby on 82631238.

HOPE VALLEY BOWLING AND COMMUNITY CLUB

EASTER 3 DAY CARNIVAL



Open to visitors, full members & associate members

Single entries welcome

Easter Saturday 20 April 2019 - Cosmo Triples - 2 games 12 ends

Easter Sunday 21 April 2019- Mixed Pairs - 2 games 10 ends

Easter Monday 22 April 2019 - Cosmo Fours - 2 games 12 ends

All games commence at 12:30 pm

COST \$12.00 pp INCLUDES AFTERNOON TEA AND NIBBLES

EXCELLENT PRIZE MONEY - RAFFLE

GOOD GREENS - PLEASANT COMPANY

DRESS CODE – BOWLS ATTIRE

Phone Bookings: Linda Scarlett 0413 574 745







HOW TO WORK ON FEELING THE WEIGHT

By Bill Boettger, A National Team Coach

As with any skill, meaningful practice is essential. First off, you should establish your "natural length" on the green you are on. Natural length is the distance the bowl finished when delivered with your best smooth relaxed draw weight delivery. This weight should be the easiest to duplicate.

Drill:

Roll your first bowl to your natural length. Have the coach or a partner remove the bowl and replace its position with a coin. The bowl is removed so you don't have a visual aid for distance.

Now roll the next 3 bowls in turn, trying to end with the same weight as the first. For starters, a one metre tolerance in front or behind the coin would be acceptable to count a point in the drill. This tolerance can be narrowed to 30 cm as skill increases. There is no penalty for being off-line.

Repeat for 10 ends. 25 out of 30 is a good score. Once you have developed a 'feel' at your natural length, you can repeat the drill for longer and shorter ends.

Adjusting Weight

Assuming you have that smooth, consistent delivery referred to earlier, the job of changing weight is quite easy.

To increase weight, you stand more erect on the mat, take a longer back-swing and take a larger first step. To decrease the weight, you lower your centre of gravity by crouching lower. This forces a shorter back-swing and a shorter first step.

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

| 10/10/18 Volunteers Night | 21/02/19 | NO THURSDAY PENNANT |
|--------------------------------------------------|------------|---------------------------------|
| 06/10/18 Saturday Pennant Begins | 24/02/19 | 2nd Round State Triples |
| 09/10/18 Tuesday Night Owls Begins | 03/03/19 | Champion of Champions |
| 10/10/18 Wednesday Pennant Begins | | Singles |
| 11/10/18 Thursday Pennant Begins | 06/03/19 | Last Wednesday Pennant |
| 11/10/18 Thursday Night Owls Begins | | (Minor Round) |
| 14/10/18 Coopers Day | 09/03/19 | NO SATURDAY PENNANT |
| 21/10/18 State Pairs | 9-10/03/19 | Prestige Medley |
| 28/10/18 2 nd Round State Pairs | 12/03/19 | Last Tuesday Night Owls |
| 04/11/18 State 4's | 13/03/19 | Wednesday Pennant S/F |
| 06/11/18 Melbourne Cup | 14/03/19 | Last Thursday Night Owls |
| 11/11/18 2 nd Round State 4's | 16/03/19 | Last Saturday Pennant |
| 12/11/18 Ladies President's Day | | (Minor Round) |
| 25/11/18 State Mixed Pairs | 17/03/19 | Hornets Charity Day |
| 06/12/18 Last Thursday Pennant | 20/03/19 | Wednesday Pennant P/F |
| 08/12/18 Last Saturday Pennant | 21/03/19 | Thursday Pennant S/F |
| 09/12/18 2 nd Round State Mixed Pairs | 23/03/19 | Saturday Pennant S/F |
| 12/12/18 Last Wednesday Pennant | 23/03/19 | Presentation Night |
| 13/12/18 – Champions Week - | 24/03/19 | Champion of Champions |
| 16/12/18 (Pairs, Mixed Pairs, 4's) | | Pairs |
| 15/12/18 Club Christmas Dinner | 28/03/19 | Thursday Pennant |
| <mark>2019</mark> | | (Preliminary Final) |
| 08/01/19 Thursday Practice Starts | 30/03/19 | Saturday Pennant |
| 08/01/19 Tuesday Night Owls Starts | | (Preliminary Final) |
| 09/01/19 Wednesday Pennant Starts | 04/04/19 | Thursday Pennant |
| 10/01/19 Thursday Pennant Starts | | (Grand Final) |
| 10/01/19 Thursday Night Owls Starts | 06/04/19 | Saturday Pennant (Grand |
| 12/01/19 Saturday Pennant Starts | | Final) |
| 13/01/19 State Singles | 11/04/19 | Champions Week |
| 20/01/19 2nd Round State Singles | | (Singles, Triples & Champ |
| 03/02/19 Champagne Breakfast | | of Champ) |
| 26/01/19 No Pennant – Australia Day | 19-22/04/1 | |
| 10/02/19 Club Finals Day | 25/04/19 | Anzac Day (Australia vs |
| 17/02/19 State Triples | | Rest of the World) |
| 20/02/19 NO WEDNESDAY PENNANT | | |
| 20/02/19 Skins Night | | |

NIGHT OWLS

The night owls season is quickly coming to an end and is probably going to finish in the middle of March.

Over 50 teams have participated in the night owl comps this season and leading teams will be invited to the regional finals. Many thanks to the club members who have assisted in making the season as successful as it has been.



Easy Pavlova

Ingredients:

4 Egg Whites 2 heaped tspns cornflour

2 Cups Sugar 1 teaspoon vanilla essence

Method:

Place all ingredients into a small bowl of an electric mixer and beat on high speed until mixture is stiff (about 5 mins). Spread onto baking paper which is on a pizza tray. Bake in oven at 175° for 10 minutes then at 125° for 1-1% hours. Cool in oven.

From Glenice Raby



COACHING



Coaching Courses Coming Up

Bowls SA have coaching courses for both Introductory and Club coaches planned during March, April and May. The details are as follows:

CLUB COACH ACCREDITATION DAY

Friday, 22 March, 2019 – 9am to 5pm – Holdfast Bay Bowling Club - Cost – \$100

CLUB COACH ACCREDITATION DAY

Sunday, 12 May, 2019 – 9am to 5pm – Holdfast Bay Bowling Club - Cost – \$100

INTRODUCTORY COACHING COURSE

April 28, 2019 – 9:30am to 2:00pm – Hope Valley Bowling Club

To get details for any of the courses, please email: development@bowlssa.com.au

Registrations can be made on line.



Video Coaching at Hope Valley

If you would like to see what your delivery action looks like on a screen please ask one of the club's coaches to take a video for you. The club has two large screen tablets that they can use to show you what your action looks like and can make any recommendations if required.

At the last Coach Development day on 1 February at Holdfast Bay Bowling Club, a demonstration of the use of video for helping bowlers improve their delivery was given by Deanna Amos.

Brian Scarlett

FRIDAY SOCIAL BOWLS



We have very good attendances each Friday. Arthur and Alan are doing a great job organising the rinks each week which have resulted in some very close games.

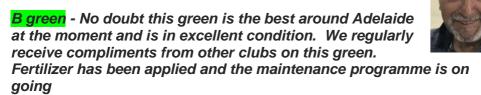
Several members played on the Champagne Breakfast Day and Alan Stacey's team won the day. Alan won the first resting toucher and then won a draw in the raffle - overall a very good day for him.

Thanks to the social bowlers who have played in the Ladies Thursday Pennant games. It is really appreciated and has saved forfeits. Nadene



Greens Report by Mick Tsaousoglou

A green - This green is good condition. Fertilizer has been applied and maintenance is ongoing.



C green - Is recovering well from the extreme weather we had and is ready to go. Fertilizer has been applied and the maintenance programme is ongoing.

A huge thank you to the two Bob's for maintaining the surrounds.

Your Greenkeeper - Mick

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Drill:

Increasing Length: Roll a bowl to any length. With your 2nd, 3rd and 4th bowl, try to pass the previous bowl delivered. You get one point for each successful bowl. Don't reach the ditch. Do 10 ends. A score over 25 is good.

Decreasing Length: Roll a bowl to any length. With the other 3, try to come up short of the previously delivered bowl. Score it the same as the increasing drill. Do not go shorter than the midline.

In game situations you use the early ends to develop a feel for the different lengths being played, and then in the crunch use the length that feels the best.



Taken from U-Tube – irishlawnbowls.ie/tips.html

SO YOU THINK YOU KNOW EVERYTHING???

Tigers have striped skin, not just striped fur.

TYPEWRITER is the longest word that can be made using the letters only on one row of the keyboard.

Winston Churchill was born in a ladies' room during a dance.

Women blink nearly twice as much as men.

Your stomach has to produce a new layer of mucus every two weeks; otherwise it will digest itself.

There are more chickens than people in the world.

There are only four words in the English language which end in "dous": tremendous, horrendous, stupendous, and hazardous.

There are two words in the English language that have all five vowels in order: "abstemious" and "facetious."

Thanks From Chris Duff-Tytler

CHAMPAGNE BREAKFAST FUNDRAISER

The Champagne breakfast was held on Sunday, 3 February, and we welcomed 16 teams to our Club where we enjoyed one of Andrea's fabulous breakfasts. We were hoping to play a game of 15 ends before adjourning for lunch, but the temperature beat us as it reached 39 degrees by 11:30, so we completed the game after 12 ends. We came in for lunch and decided to cancel the second game because of the heat and I think most people were happy with that decision.

We gave 3 prizes instead of 2 with Semaphore taking home 3rd, Don Phillips' team came second and Allen Stacey's team took out first prize. Allen also won a bottle of wine for having the first resting toucher.

Congratulations to all of those players. It was disappointing to not be able to play both games but I think we all enjoyed the breakfast and company. A big thank you to the many people who helped make the

day a success.

Brenda



Waiting patiently for breakfast



Ladies very busy in the kitchen



SUNDAY MORNING TRAINING

Although the pennant season is nearing completion, we will continue with our regular Sunday morning training through into winter.

Numbers are growing and we average 8 participants each week. Improvement is obvious and the movement of some of the new players and the improvement of existing players will grow our pennant playing stocks.

Sessions are open to all players and run from 10am to 12n with the first hour devoted to skills and we play matches in the second. The objective is to enable our players to improve themselves, provide a clear path for new members and have fun.

To date we are ticking all the boxes and invite you all to participate.

Andrea and John Williams



SO YOU THINK YOU KNOW EVERYTHING???

Almonds are a member of the peach family.

An ostrich's eye is bigger than its brain.

Babies are born without kneecaps. They don't appear until the child reaches 2 to 6 years of age.

Butterflies taste with their feet.

Cats have over one hundred vocal sounds. Dogs only have about 10.

"Dreamt" is the only English word that ends in the letters "MT".

February 1865 was the only month in recorded history not to have a full moon until February 2018.

In the last 4,000 years, no new animals have been domesticated.

Thanks From Chris Duff-Tytler