

THE BUZZ



DECEMBER 2019

CLUB ADDRESS: 1225 Grand Junction Road
Hope Valley SA 5090

TELEPHONE: 8396 2277

WEBSITE: www.hvhornets.com.au

EMAIL: office@hvhornets.com.au

EDITOR: Wendy Campbell – 0411 481 139

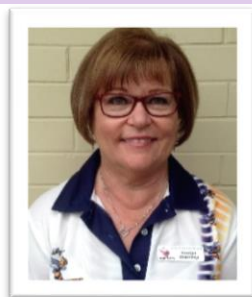
EMAIL: wendyleecampbell64@yahoo.com.au



**KINDLY PRINTED BY THE OFFICE OF OUR
PATRON, FRANCES BEDFORD MP
& SUPPORTED BY CO-PATRON
RICHARD HARVEY MP**



FROM THE CHAIRPERSON'S DESK



At last we have a new kitchen. It looks wonderful. Thanks to the great work of Tea Tree Cabinets, Len Blakeney who supervised the project and for all who played a part in the design and planning beforehand.

There are still a number of jobs to be completed ie a roller shutter and a new stovetop/oven to be installed, new flooring to be laid, painting of the timber door frames and skirting boards. The painting will extend to the rest of the Club rooms to match the extension. All in due course.

Two Friday teams so far have taken their turn using the kitchen as well as the Wednesday and Saturday sandwich makers and, apart from not knowing the new home for most things, all has gone smoothly. The drawers and cupboards will be labelled soon.

The new automatic door is proving to be very successful except lots of flies also think they are welcome. Please be mindful of standing chatting near the entrance as the door will stay open. The book shelf has been relocated to help with this fly issue.

Remedial work has commenced on C green by our volunteers. A big thank you to them.

It's nearly Christmas so just a reminder that our Club Christmas dinner is on 14 December. See the social committee for your tickets and come along and celebrate with good food and company and some great music and dancing.

I wish you all Christmas Blessings and a Happy and healthy New Year. Enjoy the holiday break and stay safe. Till next year.

Roslyn Blakeney.

The New Kitchen



FROM THE LADIES' PRESIDENT



With only three rounds remaining before the Christmas break, our teams are currently in the following positions on the Pennant ladder:

Premier Div. 7th
Div. 2 Nth 4th

With Divs. 3 Nth & 4 Nth. both holding top spot. Great work!

Club Championships are progressing well with some excellent bowling seen on our greens – great practice for us all.

We have welcomed two new players to our ranks – Gabby Nixon and Jan Hill who have both settled in well.

Our President's Day was held on 21 October and my thanks to all who worked so hard to make it a success. A delicious meal (with the usual superb pavlova desert) was enjoyed by all who attended with some good bowling before and after.

Good to see some of our ladies enjoying the many Club Tournaments around Adelaide and beyond – a bunch of sunflowers were recently seen at Blackwood and rumour has it that they were 'pipped' for top prize by some 'Tranmere ballerinas' – next time girls!



Well done to Raelene H. and Shirley K. who have progressed to the pairs final in State Competition – we wish them the very best for that event later in the season.

From the Ladies Section we convey our best wishes to our fellow bowlers for the coming Festive Season. Good bowling in 2020.

Cheers for now
Jill Chandler.

MEN'S SCENE



The Men's Committee welcomes Ken McKinnon as its new member. Ken will be looking after the distribution of glasses etc for those lucky enough to be the top winning rink on Wednesday or Saturday pennant bowls.

We have had mixed results to date as far as the pennant season goes. Injuries, sickness and holidays have had a marked effect on the Club's ability to play to what I believe is our potential. Hopefully, the mid-season break will bring more fortune to the various teams that are struggling at this time.

Night Owl season is travelling well. To date we have not lost any nights due to extreme weather although Tuesday nights in particular have been very chilly weather wise. Sales of Port are very popular with the Thursday night crew. I don't know whether that has any effect on the bowling?



A reminder to all who are competing in the **Club Championships** to complete your matches by the dates on the program list. This is particularly relevant with the closure of the greens over the festive season.

On behalf of the Men's Committee, I wish all Club Members a safe and happy festive period and look forward to seeing you all refreshed and ready for bowling action in the New Year.

Ken Seymour



FRIDAY SOCIAL BOWLS



We continue to have many enthusiastic bowlers on Friday morning and have had quite a few newcomers trying out over the last 12 months.

We are having our usual Christmas break up on Friday the 13th; hoping that the date and day does not deter anyone. We will resume again On Friday, 7 January 2020.

Paul and Heather Frost kindly donate a jar of delicious honey every week, which we use for the first resting toucher. However when Paul won it last week he declined to take it - we presume it was because he donated it and not for some other reason !!!!!

Merry Christmas and a good New Year to follow.



I think
senility is
going to be a
fairly smooth
transition for
me.



GREEN CLOSURES 2019 XMAS BREAK

C Green – is **Closed now** – indefinitely

B Green – **Closed from** end of play on **Saturday, 14 December 2019.**

Re-opens on Tuesday 7, January 2020.

A Green – Closed from Friday, 20 December 2019.

Re-opens on Tuesday, 7 January 2020

Green closure means that no play or practice is allowed on the green.

WAR ON WAIST - BY MICK NOONAN

For many years my weight has hovered between 87kg and 91kg, generally on the higher end of that scale - not too bad, not too good either, but perfect should I be a couple of inches taller. Lynne was also concerned about her weight. For the last ten years or so, I have been diagnosed with high blood pressure and elevated cholesterol, both marginal, for which I take prescribed medication.

Early in the year we heard about Dr Michael Mosley's book *The Fast 800* so we bought it and began to adopt some of the principles regarding weight loss. For example, we have dinner earlier than previously (providing we are home) at around 5.00pm, giving us a fifteen-hour break until breakfast at around 8.00am, after our walk. Monday and Tuesday are our *diet days* meaning our aim is to consume only 800 calories on those days and not have any alcohol. I had no idea what 800 calories represented, and still don't really, but what I do know is that it does give us plenty to eat and Lynne and I are never hungry. On the other days we eat normally, whatever normal is - but often with reduced portions and not always dessert.

Wednesdays are our weigh-in mornings. On 1 February my weight was 86.5kg and our aim was to lose 10% of our body weight to gain the health benefits mentioned in the book. Six months later my weight was 77.7kg, therefore the target of a 10% weight loss had been achieved. Lynne has also achieved that target. We now seek to maintain that weight and perhaps loose a bit more.

Following my next health-care review in February I am hopeful that there will not be a need for me to take my prescribed medication.

One other effect of all of this, as the heading of this article suggests, is my waistline. I have had to add a couple of holes to my belts and recent purchases of jeans and a jumper are one size lower than before.

If any of you reading this are thinking about losing weight, please give it a go - you may find it is far easier than you had ever imagined!



Greens Report by Mick Tsaousoglou



A Green is in good condition and has been maintained.

B Green has always been our best green and is in excellent condition despite having lots of traffic on it. This green will be closed on 15 December and scarified on the 17th.

C Green was levelled on 29 November, with follow up re-seeding on 17 December.

A huge thank you to all the volunteers for your great help on the refurbishing of C Green.

Your Greenkeeper - Mick

The Club would like to extend sincere thanks to Jim and his team of volunteers for the enormous amount of work they have done on 'C' Green along with Mick. They have worked many long hours in the heat saving the Club a huge amount of money.



C Green as at 5/12/2019 after much hard work by the volunteers led by Jim Terrington

