



# VALLEY REDS NEWS



HAPPY VALLEY BOWLING CLUB

EDITOR: Liz Dempster

ISSUE NO: 12 - SEPTEMBER 2022

## Valley Red Dollars

CONGRATULATIONS TO OUR WONDERFUL VOLUNTEERS:



Bill Hughes  
Leigh Albertson  
Bruce Noll  
Eddie Matthews  
Dave Bedford.

## NIGHT OWLS:

Why not register a team for HVBC Night Owls?

Recommencing on **Monday October 10.**

Contact Bill Hughes:

0438 429 778

[bhughes129@ozemail.com.au](mailto:bhughes129@ozemail.com.au)

**Thursday October 13**

Contact Chris Paddon

0409 694 127

[dogzappa@bigpond.com](mailto:dogzappa@bigpond.com)



## COACH'S CORNER: PETER BARRETT

### REMINDER

Open Gender Training starts Tuesday 6th 9:30am to 11am.

Trial Squad Training Tuesday 6th 4pm - 6pm

Ladies Training Tuesday 6th 9:30 - 11am.

### Effective Practice:

Despite all that has been said and written concerning success in team games, in essence what will really help your team and your Side will come down to the following: PRACTICE, ATTITUDE, SACRIFICE. This will result in our confidence to play that vital shot, which in turn wins premierships.

### So, what is it that makes success?

Firstly talent,  
Hard work,  
Discipline,  
Team Support,  
Club Spirit.

### Tips for Effective Practice:

Practice Mental as well as physical skills.

Practice must be most meaningful, and goal orientated.

Set an ultimate goal and devise an overall plan.

Break the overall plan into individual sessions - each with minor goals.

Finally, one of my favourite sayings: **IT'S NOT THE SITUATION.... IT'S YOUR REACTION TO THE SITUATION THAT DETERMINES THE OUTCOME.**

See you on the green, Peter.



## CLUB CHAMPIONSHIPS

The Tournament Committee has been working very hard to organise the Club Championships for this season. We do not have a Tournament Director this year, but we have allocated an Event Manager for each Event. These Managers will have control of their events and we ask that you inform them of when you are intending to play your



**Tuesday 1<sup>st</sup> November**

**Hosted by Rob Michalski.**

**Complimentary champagne on arrival**

**Join us for a 2-course lunch, fashion by Postie fashions, raffle, lucky door prize, best dressed, race day trivia & sweeps.**

**Watch the race on the big screen.**

**\$25.00pp. Bar open.**

**Friends and family welcome. Time TBA.**

## CLUB COACHING:

Is available to all HVBC members. One on one sessions are available at a mutually agreed time between you & a Coach. Text Peter Barrett on

0404 590 903 & you will be contacted by a Coach to book a session.

## VALE – BILL TUCK

Bill was a member of HVBC for many years. He served as President for 2 years and was heavily involved in the running of our Night Owls Program for 7 years. He was a likeable larrikin with a quick sense of humour, who would delight in taking the mickey out of any MC. RIP Bill.



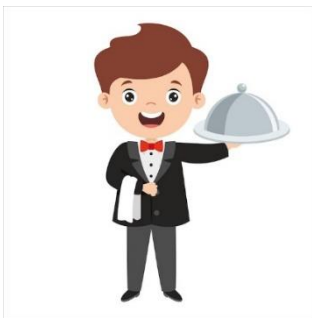
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## A BIG THANK YOU TO:



Dave Bedford, Eddie Matthews & Bob Beaton for putting their hands up to cook a free monthly sausage sizzle during the Saturday Winter Social Bowling Season.

## WANTED!



Male Club members needed to help by waiting on tables for Melbourne Cup Day. Please see Liz Dempster.



## GREEN BIN RUBBISH:

ALL HVBC coffee cups & WATER cups, serviettes, paper bags, teabags, sugar, stirrers, food scraps.

matches. Their names are listed below and are on the entry forms and on the draw sheets.

**Closing date for these 7 events is Saturday October 1st.** The dates on which matches must be played by and on may change depending on the number of entries received and you must check the dates on the draw sheets which will be displayed after the draw has been done.

All minor rounds and possibly some finals will be played before Christmas.

**We would encourage all members to have a go in at least 2 Club Championships, as it's great experience.**

## Entries are now open for the following events:

**Men's A Grade Singles:** Bruce Noll: 0419 003 811

**Women's Singles:** Mary Baum: 0434 025 020

**Men's Pairs:** Allan Hughes: 0420 421 380

**Women's Pairs:** Sandy Barnes: 0435 184 994

**Veterans (Men & Women over 70):** Liz Dempster: 0431 235 111

**Ray Steer Championship NEW (Men's 100 up):** Chris Barber: 0410 567 265

**Dot Finn (Women's 100 up):** Liz Dempster: 0431 235 111

## Pre-Christmas State Events now open:

**State Fours:** October 16, 2022

**State Triples:** November 6, 2022

**State Mixed Pairs:** November 27, 2022

**Happy Valley Pennant players are encouraged to enter to test and improve your skills. It's a great experience!** Look on the Bowls SA website for details of other events that are now open.

*This newsletter was kindly printed by Erin Thompson MP, for Davenport.*

## CLUB SPONSORS

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**24 September @ 9.30am for 10am start**

The planned inter-club trial game between HVBC & Morphett Vale BC is now an internal trial due to MVBC not having enough players. Stay on after the game for a free sausage sizzle & watch the game on the big screen. Bar open.



**SAVE THE DATE:** Murder Mystery: Christmas Caper. Friday 9<sup>th</sup> December. \$20.00pp. BYO nibbles. Bar Open.