

**VALLEY RED DOLLARS**

**CONGRATULATIONS TO OUR WONDERFUL VOLUNTEERS:**



- Graeme Baum
- Helene Shand
- Susan Nelson
- Jan Smart

**CLUB SPONSORS**



**NEW CLUB SPONSOR**

Brett Froiland has been a long-serving member of the HVBC, and we are pleased to have him on-board as a new and valued Club Sponsor. Please consider his business for any garden maintenance work that you may need around your home and put the word out to friends, relatives, and neighbours. Reasonable rates.

**BRETT'S GARDEN MAINTENANCE**

Friendly & Reliable Service  
25 Years Experience  
Call Brett Froiland



0422641351

**COACH'S CORNER – Peter Barrett**

Hi Everyone,

Continuing with the theme of **Effective Practice**, a situation that appears common with many bowlers is that they continue to practice their existing faults without consulting a Club Coach. It may be a simple remedy to eradicate a fault that is holding you back from reaching the standard to which you aspire. The big problem we all have is that we do not really know what fault, or faults, we have unless we are prepared to approach one of the coaches for advice. No matter how well we think we are bowling, there is always room for improvement, and the only way to improve is to be a little more "fair dinkum" about how we approach and execute our practice.

Some bowlers are of the opinion that because they play competitively 3 to 4 times a week, they are getting enough practice. They are certainly putting down plenty of bowls, but what they do not realise is that essentially, they are honing the skills they already possess without improving the skills they lack. Practising with a purpose and/or supervision, will have the desired result. Improvement in our overall capabilities which is, to what we all should aspire, for personal and **CLUB** benefit.

Cheers, Peter.



**1<sup>st</sup> November. 12.00pm for 12.30pm**

Join us at HVBC for a 2-course Melbourne Cup lunch. Complimentary champagne on arrival. Watch the race on the big screen. Partake in a sweep. Get lucky with a ticket in our raffle, win the door prize or test your knowledge with racing trivia quizzes. Hosted by Rob Michalski. Seating plan on back pin up board. \$25.00pp. Friends and family welcome!



**OG Fitness Class gets the go-ahead!  
Welcome to Yuki Honda!**

The Board is pleased to announce that Senior Fitness Classes will begin at HVBC on **Friday 14 October at 3.00pm**.

Classes are designed for people of **ALL** fitness levels and are aimed at increasing your strength, balance, and stamina. The cost is \$8.00pp/session (45mins). **PLEASE PAY BY CASH.**

You can bring weights if you wish (not essential) and a water bottle. See you there!



**Pennant Afternoon Tea**

HVBC players playing at home are asked to pay \$6.00 to cover the cost of your afternoon tea and that of your opponent. Please leave your money in the wallet on your table. It is etiquette to also offer a drink to your opponent after the game.

**EVER BEEN TO A MURDER MYSTERY?  
JOIN US AT HVBC FOR A CHRISTMAS CAPER MURDER MYSTERY**



**Hosted by Thorin Cupit**

Christmas End-of-Year break-up

Friday December 9

6.30pm for a 7.00pm start.

\$20.00pp

BYO nibbles.

Tea/coffee

Bar open.

Places are limited to 60 people, so please get in early to secure your spot. Register your interest by writing your name on sheets at the back of the clubroom.

**HOW'S THIS?**



This photo appeared in my FB newsfeed recently with the caption: "What would Skippy do here?"

**SEASON OPENER**



We had 70+ HVBC members attend our Season Opener on 9<sup>th</sup> September. Medallions and Pennant Badges were awarded to the winning Div 6 Sth team from last season and were presented by Simon McMahon (Acting Mayor, Onkaparinga Council). Councillors, Geoff Eaton & Michael O'Brien were also in attendance. Our Club Coach, Peter Barrett spoke briefly about practising with a purpose and the need for all our teams and Divisions to work at 'holding our colours' in the coming season to avoid relegation. The Chairs of Selectors for the 2022/23 season were introduced along with the names of the Division Selectors. HVBC's Bowls Director (Mark Taylor) prefaced & then summarised a short YouTube clip of Ash Barty's coach, Ben Crowe, speak on 'Redefining Success'. Certainly, some food for thought!

**EDITORIAL ERROR & APOLOGY.**

Last issue I gave a mobile phone number for Peter Barrett (HVBC Club Coach), which was incorrect. If you would like to make a time for 1:1 coaching with Peter, he can be contacted on: 0402 590 903



Dave Barrie has kindly volunteered to coordinate a roster for Pennant Day raffles. If you would like to volunteer, please call him on 0407 790 712

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

**BECOME AN UMPIRE OR MEASURER**

All clubs need "officials" for matches. Ideally clubs have an accredited umpire or at least an accredited measurer in each team. Unfortunately, this is not always the case, and our club needs more accredited umpires and measurers. Bowls SA run accreditation courses and you can access information about them by clicking on the link below.

<https://www.bowlsa.com.au/becomeanofficial/>

Please give this some thought as it is also a great way to get to know all the rules of our game. The Club will reimburse you, the cost of the course.



Ako's Cartoon Products available at [www.lawnbowlslypnois.com](http://www.lawnbowlslypnois.com)

**SOFT PLASTICS BIN**

Glad wrap, biscuit wrappers, cake wrappers, film from cheese packets, chocolate bar, lolly & muesli bar wrappers, potato chip packets.



## INFORMATION DAY

**SUNDAY 30 OCTOBER at 2pm**

Come and find out what your Club is doing, ask questions and have your say. Learn about the proposed upgrade to our toilets, our plans for improving player comfort with better protection from the elements at the Northern end, ideas for our upcoming 40<sup>th</sup> birthday celebrations & the start of the new Pennant season. Be involved in YOUR CLUB.

### TRIPLE TREAT TOURNAMENT:

Tournament organiser Graeme Baum and his band of invaluable HVBC volunteers hosted a very successful Mixed Pairs Triple Treat Competition on 2/10/22. We had a lot of positive feedback about our organisation, hospitality, the presentation of the greens and the catering, with Clubs already wanting to come back next year.

### WINNERS WERE.

- 1<sup>st</sup> Place: Robyn Cartwright & Chris Paddon.
- 2<sup>nd</sup> Place: Hong & Saw Khoo.
- 3<sup>rd</sup> Place: Sue Jackson & Ian Finlay.



## CLUB MEMBERSHIP & COMPOSITION

Although we did lose some Pennant players to other clubs at the end of last season, we have also welcomed 13 new and/or returning Pennant players this season. We have 131 Pennant Members, 31 Restricted Members and 8 Life Members. This Night Owls season we have 30 teams playing on a Monday night and 22 Teams playing on a Thursday night.

## CLUB CHAMPIONSHIPS

The draw for the first 7 Club Championships is up on the 'Wailing Wall'. **Please make sure that you have read and understood the Conditions of Play.**

### Events:

### Manager:

Men's A Grade Singles	Bruce Noll 0419 003 811
Women's Singles	Mary Baum 0434 025 020
Men's Pairs	Alan Hughes 0420 421 380
Veteran's	Liz Dempster 0431 235 111
Ray Steer Men's 100-Up	Chris Barber 0410 567 265
Dot Finn (Ladies 100-Up)	Liz Dempster 0431 235 111

The first round should be completed by the end of October with the second round due for completion at the end of November. The dates for finals are TBA.

Please let your Event Manager know when you are playing and good bowling!

Entries for all other events (Men's B Grade Singles, Mixed Pairs, Open Fours, Open Triples, Handicap, Novice, and Ladies Plate will be put up in early November and will be played in the New Year.

## New & Returning Pennant Players



HVBC welcomes Trevor Humphries, John Hutton & Bryan O'Shaughnessy to our club. We hope that you have many happy and successful days bowling with us

