

VALLEY RED DOLLARS

CONGRATULATIONS TO OUR WONDERFUL VOLUNTEERS:



- Gareth Greening
- Chris Paddon
- Laurie Macauley

CLUB SPONSORS



FLAGSTAFF HILL PHARMACY

9/1 Ridgeway Drive
Flagstaff Hill SA 5159
Ph: 8270 1862

The great team at Flagstaff Hill Pharmacy is headed up by Andrew Battley – an experienced pharmacist with a passion for helping his customers and supporting the local community. Andrew is supported by a group of caring, knowledgeable pharmacists and pharmacy assistants who are always on hand to help in any way they can.

Did you know that they provide the sunscreen for our players at HVBC?



COACH'S CORNER – Peter Barrett

Leads, the importance of being one!

Too often the position of Lead is undervalued. “It’s only the lead, his bowls can be covered by the second if he fails” is heard far too often. There is a school of opinion that says, “Pick the skip, pick the lead and then fill the other 2 positions.” The guide below from Bowls WA gives the importance of a lead and how the position should be played.

LEADERS:

Have good communications with the skipper. Discuss the length of ends he or she requires either prior to the start or after the roll up.

Become an expert in the rolling of the jack - don't just roll it, be precise.

The length of ends is very important in controlling the game or trying to score shots to get back into it. Leaders should spend some time in practice rolling the jack.

Good Leaders are considered the most valuable player in the side, and consistent Leaders who draw close bowls nearly every end are classed as a luxury by Skippers.

Leaders have first use of the conditions and should take advantage of playing all their bowls on the best side of the green unless otherwise directed.

Short bowls from a Leader are a disaster and place enormous pressure on their team. A bowl finishing approximately 45cm to 60cm short of jack can be promoted by drawing. Anything shorter requires too much weight to bring it into the head unless the green is running 1-16 seconds.

Leaders having an off day should resort to deliberately playing their bowls long to give their team a chance to draw from the second to the skipper. Your back bowls will never go astray.



Join us at HVBC on Friday's at 3pm for OG Senior Fitness. The focus is on strength, endurance & balance. \$8.00pp (cash) per session. Friends, family & public welcome.



Club members are invited to come back to HVBC after the last game of the 1st half of the season on Saturday 10th December from 6pm to enjoy some camaraderie and free pizza. For catering purposes, please write your name down on a sheet at the back of the clubrooms. Wednesday & Thursday players welcome too.

EVER BEEN TO A MURDER MYSTERY?



Setting:

Santa's workshop the North Pole.

Story: Santa is working hard to produce toys for the kids at Christmas. Sounds nice, doesn't it? However former disgruntled employees including elves and dwarves keep trying to get in the way. Poison, explosions, backstabbing, and betrayal are all part of the fun.

Costume ideas: Please dress as Santa, an elf, troll, Eskimo, snowman, penguin, toy, child, goblin, candle, stocking, Christmas tree, candy cane, present, reindeer, or in your red and green Christmas finest.

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 jot your name down now at the back of the clubroom.

A Leader playing well gives the skipper full control of the head and allows him to dictate the game. Not many games are lost when the Skipper has full control of most ends.

Of all players in a team, the Leader has the least pressure placed on him, therefore he can and does lose concentration easily. Watch the game, look for changing conditions and applaud your team's good bowls.

Remember, a killed end brings you back into the game. To replay the end, you will have to pick up your concentration level sooner than planned.

Source Bowls WA

SKIPS, something to ponder.....

When skips and thirds are practising technique - the training should include attacking deliveries at various distances.

In competition however, only about a quarter of their deliveries will be attacking and only about a quarter of attacking deliveries require drives.

Therefore, control of bowl speed is more important than maximising bowl speed and draw shot accuracy remains the foundational skill.

Cheers, Peter.

Source: Lachlan Tighe

2005-6 Malaysian national coach, including Commonwealth Games Melbourne 2005-6 Bowls Victoria state women's coach 2006-7 Auckland Bowls, NZ, head coach 2007 Bowls NZ consultant coach 2008-10 Bowls Victoria Group 13 mens coach 2009-10 Jersey UK national coach including Commonwealth Games, Delhi 2011-12 Canada national coach 2013-14 HK national squad consultant coach 2013-14 Bowls Victoria Yarra Region (men & women) coach

This Newsletter is kindly printed by Erin Thompson, MP for Davenport.



Thank you to all club members who have taken a raffle book to sell as a Christmas fundraiser.

The prize money has been put up by the Board.

1st Prize: \$500.00

2nd Prize: \$350.00

3rd Prize: \$150.00

Drawn at HVBC on Friday 16 December at 4.30pm.



DISCONTINUATION OF SOFT PLASTIC RECYCLING AT HVBC.

Unfortunately, the REDcycle collection points for collecting soft plastics at Coles and Woolworths supermarkets has been suspended for now. This means that ALL SOFT PLASTICS at our club (and at home) will need to be deposited in the **RED RUBBISH BINS** provided, adding to landfill.





INFORMATION DAY

The HVBC Board and in particular, our President, Mary Baum, works very hard to keep you informed with what is happening at our Club and to invite your suggestions and feedback.

On 30th October, approximately 30 Club Members met to discuss a range of topics that included:

- HVBC's EGO (Every Generation Onkaparinga) award, recognising our commitment to positive aging.
- Plans for our 40th year anniversary.
- What to do with the old vegetable garden space?
- HVBC's Acknowledgement of Country.
- Uniforms.
- Club Championships
- The Pennant season, so far.



CLUB CHAMPIONSHIPS

Nominations are open now for the following 7 Club Championships, with the draw out shortly.

EVENTS:

- Open Triples: Bert Eerden 0421 114 377
- Open Fours: Leigh Albertson 0478 272 592
- Handicap: Mark Taylor 0417 883 693
- Bruce Noll 0419 003 811
- Novice: Allan Hughes 0420 421 380
- Men's B Grade Singles: Graeme Baum 0421 043 240
- Mixed Pairs: Chris Barber 0410 567 265
- Ladies Plate: Mary Baum 0434 025 020

Please make sure that you have read and understood the Conditions of Play.

Nominations close on November 19

PENNANT RANKINGS: WEEK ENDING 5th NOV 22

WEDNESDAY	
DIV 1	8th
DIV 3 RED	5th
DIV 3 WHITE	9th
DIV 4 RED	4th
DIV 4 WHITE	9th
THURSDAY	
PREMIER	1st
DIV 2	5th
DIV 3	4th
SATURDAY	
DIV 2	5th
DIV 4	8th
DIV 5 RED	3rd
DIV 5 WHITE	5th
DIV 6	10th

Thank you to all volunteers who helped make our Melbourne Cup Day, such a success. We have tables already booked for next year!

