



# VALLEY REDS NEWS



HAPPY VALLEY BOWLING CLUB

EDITOR: Liz Dempster

ISSUE NO: 3 SEPTEMBER 2021

## CLUB COACHING:

Is accessible to all HVBC members. One on one sessions are available at a mutually agreed time between you & a Coach. Text Peter Barrett on 0402 590 903 & you will be contacted by a Coach to book a session.

## NIGHT OWLS:

Why not register a team for HVBC Night Owls?

Recommencing on **Monday October 11.**

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

Special thanks to Peter and his coaching team for presenting three very useful and informative Clubhouse Presentations on lawn bowling. All three sessions were very well attended.

- **Peter's Top Mental Tips are:**
- Learn to visualise.
- Find your optimal arousal levels and reflect that in your body language.
- Develop strong self-confidence.
- Recognise self-talk can make or break yourself.
- Learn to concentrate properly.
- Focus on things you can control
- Develop a positive attitude.
- Recognise consistency from repetition and be ready when inconsistency strikes.

## OPEN GENDER TRAINING FOR SATURDAY PENNANT:

Whilst work continues around the greens, training will be restricted to either Tuesday or Wednesday afternoons between 4.30pm & 6.00pm. You must register your name for ONE of these days/times as numbers of players are limited per session. Once both greens are open & training resumes, Open Gender Training will be between 2.00pm & 3.30pm. If you are playing in Division 2 on a Saturday or have been selected as part of the Player Pathway Program, you will train on Tuesdays between 4.40pm & 6.00pm.

## LADIES TRAINING, BOB SCHULTZ:

Thanks to Bob for reviewing last year's Pennant performances & for setting some goals for this year's season. If you haven't collected your 24 Bowl Practice Routine Booklet or are not sure about any of its' contents, please ask Bob to explain. This is a great training tool.

Currently, we are unable to train as a Ladies group on Tuesday mornings because of the construction work around the greens. We'll keep you updated with progress & when we can resume.

Get a team together for our:

**HVBC SKINS DAY**

**Monday October 4.**

**9am for 9.30 start**

**Open Gender Fours**

**\$25.00 pp**

**Morning Tea, Afternoon Tea & Lunch provided.**

**Contact Bob Schultz:**

**0423 781 511**

[schultzbn@adam.com.a](mailto:schultzbn@adam.com.a)

**LOOKING FOR OTHER CLUB TOURNAMENTS & GALA DAYS?**

Go to our HVBC Website and click on Tournaments.

Idea



## SHARED INFORMATION AFTERNOON

Learn about YOUR Club's Strategic Plan. Hear about the bigger Happy Valley Sports Park Plan. Ask questions, express your ideas & have your say. **Sunday 19<sup>th</sup> Sept @ 2.00pm**

## SEASON LAUNCH

Join us at **6pm on Friday 1<sup>st</sup> Oct** for our season launch. Pies/pasties provided. Please register your interest & nominate your food preference.

## Valley Red Dollars CONGRATULATIONS TO OUR WONDERFUL VOLUNTEERS:



**Bob Schultz**



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## CORONAVIRUS and the HVBC

Please check in using your mobile QR Code or manually by filling in a form for contact tracing. If you are indoors, **YOU MUST WEAR A MASK UNLESS:**

**you are seated with a drink or with food.**

## **SOCIAL NEWS:**

### **Save the dates:**

**Tuesday Nov 2<sup>nd</sup>:**  
Melbourne Cup & Fashion Parade from 10.15am. 2-Course Lunch. \$20.00pp.

Husbands/partners & friends all welcome.

Tickets available soon from Liz Dempster.

### **Saturday Dec 11<sup>th</sup>**

Christmas dinner Details TBA.

## TOURNAMENT COMMITTEE NEWS: BOB SCHULTZ

Sheets are up on the back wall near the Tournament Office for you to enter several pre-season Trial Games & a variety of Club Championships. We encourage and value your participation!

The BPL has been cancelled due to work around the greens so Saturday Social Triples will continue until the trial games commence in September.

## INDOOR BOWLS: THAT'S A WRAP!



Another enjoyable Winter season of Indoor Social Bowls at HVBC. wrapped up with a lunch at the Vines Golf Club. Thank you to Gibson Atherton for setting up the mats etc each week and for Jill Bryant in organising the weekly games.

*This newsletter was kindly printed by Steve Murray, Member for Davenport.*

## **The Bowlers' own language - how to translate**

**“Good weight!”** = lousy line

**“Good line”** = lousy weight

**“Good back bowl”** = you were lucky you didn't put it in the ditch

**“That's in their way”** = that's in my way

**“That could be useful up there”** = that bowl is closer to you than it is to the jack

**“Get it next time”** = you sure didn't get it this time

## WELCOME TO NEW HVBC PENNANT PLAYERS:

**Gordon Nimmo**

**Barry Rimmer**

**Bert Erden**

**Scott Litchfield**

**Denise Preston**

**Susan Jackson**

**Jill Whiting**

**Jane Dhondee**

**Wayne Allchin**

**Troy Chelo**



## **MANY HANDS MAKE LIGHT WORK!**

HVBC needs volunteers to help behind the bar to help share the load. Simply put, we cannot keep relying on the good will of too few Club members.

Liz Dempster needs 2 or 3 more men to volunteer as waiters at the Melbourne Cup Lunch on 2<sup>nd</sup> November.