

VALLEY RED DOLLARS

CONGRATULATIONS TO OUR WONDERFUL VOLUNTEERS:



- Wayne Allchin
- Bert Eerden
- Chris Paddon
- Klaus Varnas
- Susan Jackson
- Ken Smith
- Bob Burns

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INFORMATION AFTERNOON:

Sunday 2nd April at 2pm. Find out what's happening at your Club and have your say! Get involved! All welcome.

COACH'S CORNER: PETER BARRETT

Hi Everyone,

What type of bowls should I use, wide or narrow? Below is an interesting article by *Simon LYTTLE Taren Point Bowling Club* on this subject:

There are a wide variety of different lawn bowls for sale on the market. With various manufacturers having multiple models which range from narrow bias bowls to wide bias bowls. Not only do you have a spectrum of bias to choose from but also a selection of grips, sizes, colours, and weights. The same question is repeated the world over by many lawn bowlers when they come to changing, updating, or purchasing their first set of bowls..... **'Which ones are the best'?**

Rather than debate which manufacturer or model of bowl is 'the best', let's explore how these options can provide a competitive edge to your game, understand how narrow or wide bias bowls can be an **advantage** or **disadvantage** and improve your equipment knowledge relevant to the conditions, surfaces, and games you play regularly. Bowls don't win games - Bowlers do.

Below are 4 key aspects to consider in relation to your own game and the type of bowl to use to your advantage.

COMFORT

We are all individually different as humans, physically and psychologically. Therefore, it is fair to say that just because 'Dave', the club singles champion for the last 5 years uses



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.



WELL DONE HVBC

Thank you, to ALL members for your very generous food donations to the Christies Beach Food Bank Hub. In addition, raffle monies from Monday & Thursday Night Owls & Pennants raised a staggering \$1200.00. Last Friday, Mary Graeme and Bob presented Jeni Doliman (Manager of the Christies Foodbank) with our plentiful donations, and they were gratefully received.



ANNUAL GENERAL MEETING



GET INVOLVED!

HVBC's AGM

Tuesday 9th May from 5pm.
We hope to see you there!



Thank you to Robyn Cartwright for coordinating a great team of volunteers to cook at the HV Sports Park's Annual Australia Day BBQ.



HVBC hosted the SA Men's Country Singles Sectionals on 1st February. We received so many positive comments about our green preparation, venue, catering, hospitality, and professionalism. Well done to everyone!



size 4 extra heavy bowls, that you should be using the same. Having a size of bowl and type of grip that sits comfortably in **your** hand is key to the overall consistency of your game. With some manufactures making half size bowls (0.5, 1.5, 2.5, 3.5, 4.5) and even a 3.75 size from one manufacture, can give you no excuse to finding the appropriate size to sit perfectly in your hand.

TIP – *An easy guide to understanding if a size is too small or too big for your hand is to grip the bowl, then if you are unable to hold the bowl upside down without losing grip or struggling to hold it, re-assess the size, its more than likely too big. Conversely if that's an easy task maybe go up a size and see what your 'drop size is'.*

SURFACE TYPE

Bowling green surfaces greatly vary across the globe depending on various factors. From location, climate, time of year and maintenance carried out. Unfortunately for many bowlers being able to play on pristine outdoor surfaces or consistently true indoor surfaces every week is not the norm. Therefore, due to the vast discrepancy of surface conditions one bowl to rule them all is not a possibility.

To simplify the process of narrowing down your bowl of choice, consider the surfaces you play the most on being either 'heavy/slow' or 'quick'. Usually 'slow' surfaces have less turn than 'quick' surfaces so using wider bias bowls on 'slow' surfaces will provide you with greater shot playing

PRESENTATION NIGHT:



Our Annual HVBC Presentation Dinner is set for Saturday 13th May from 6pm (details TBA). Our Guest Speaker is Mayor, Moira Were, Onkaparinga's newly elected Mayor. Moira will introduce herself to guests and talk about her vision for the Onkaparinga Council. Table bookings at rear of the clubrooms.



CHRISTMAS IN JULY

Register your interest for coming to our Christmas in July. Date & cost TBA. 2-course traditional Christmas meal & professional DJ to dance the night away. Jot your name down at the rear of the clubrooms.

SPONSOR'S NIGHT

As you can all imagine, any Club cannot remain viable without the help from Sponsors. We truly value and appreciate your support. Thank you to Robert Nelson for liaising with our HVBC Sponsors and inviting them to share a light meal and a game of bowls.

Unfortunately, we had some apologies but the small group who attended on 3rd February had fun.



ability. With regards to 'quick' surfaces, narrower bias bowls tend to be the choice for many bowlers who consistently play on these surfaces. With plenty of turn on 'quick' surfaces, using wide bias bowls will only increase the difficulty of shot playing for any bowler... even the most elite.

DON'T RESTRICT YOUR SHOT PLAYING ABILITY

A common belief that circulates among some bowlers old and new alike, is the thinking that the narrower the bias of bowl the easier it will be to play shots and become a better player. This thesis is somewhat flawed because narrow bias bowls on a 'slow' surface will not allow you to draw around bowls or play up-shots/timing shots effectively. This then restricts your shot playing ability, becoming a more predictable and 'one trick pony' style of player.

Even if you a relatively new bowler playing mostly the lead position, using slightly wider bias bowls is much more beneficial than narrow bias bowls. Sure, there might not be many bowls to navigate playing the lead position but honing your skills with wider bias bowls will only excel your shot playing ability, game development and advancement to second, third or skip positions. This obviously relates to anyone looking to advance their game, not only new bowlers.

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

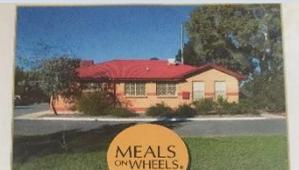
HAVE YOU PUT YOUR TEAM IN?

HVBC is celebrating its' 40th birthday with an Open 4's Tournament on Sunday 12th March 2023.

1 x Fours (13 ends)
2 x Pairs (3 bowls) 10 ends
1 x Fours (13 ends)
M/tea, lunch & A/tea.
\$100.00 per team.

Dress up in your 80's gear!
Phone Graeme Baum:
0421 043 240 or email:
graememarybaum@bigpond.com

Please advise of any dietary requirements.



VOLUNTEER AT YOUR LOCAL KITCHEN

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MEALS ON WHEELS AT HAPPY VALLEY ARE ALWAYS LOOKING FOR VOLUNTEERS IF YOU HAVE SOME FREE TIME.

THE SELECTION COMMITTEE



Selectors in Heaven

Three bowlers stood at the pearly gates,
 Their faces were sad and old.
 They humbly asked the man at the gate,
 Admission to the fold.
 “What have you done?”, St. Peter said,
 “To gain admission here”.
 “Selectors sir, we have been,
 For many a weary year”.
 The gates of Heaven flew open wide,
 As St. Peter pressed the bell.
 “Come in at once and take a harp,
 You’ve had enough of hell!”

BE PREPARED FOR CHANGING CONDITIONS

Looking at Golf as an example, golfers are only allowed a certain number of clubs in their bag per round, therefore many golfers will specifically choose a selection of clubs that will give them the best chance to hit a low scoring round on that specific course they are playing. Why not do the same for bowls?

Investing in a secondary set of bowls would allow you the ability to play to your full potential on a greater variety of surfaces or adapt to changed conditions from game to game. Having a secondary set of the same brand, size, and grip, but slightly different in bias could be a game changer when you turn up to an opposition surface that is vastly different to your expectations.

PS: Please note that Peter is our Club Coach and is more than happy to help ANY PLAYER AT ANY LEVEL develop his/her skills. Call Peter on 0402 590 903 for further information.

PENNANT RANKINGS: ENDING 11th February 2023

WEDNESDAY	
DIV 1	8th
DIV 3 RED	7th
DIV 3 WHITE	9th
DIV 4 RED	6th
DIV 4 WHITE	10th
THURSDAY	
PREMIER	3rd
DIV 2	8th
DIV 3	6th
SATURDAY	
DIV 2	5th
DIV 4	4th
DIV 5 RED	2nd
DIV 5 WHITE	9th
DIV 6	10th



Thank you to Rosemary Gage and Rob Michalski for working on removing the 'Covid X's' from the hard floor surfaces in the clubrooms.



NEWS FROM THE TAYLORS CUP SUPER CHALLENGE.

Since the last newsletter, our Taylors Cup team has had moderate success.

At Happy Valley on 22nd Jan, we won the pairs, triples & fours against Henley.

At Adelaide on 29th Jan, we won the pairs only against Beaumont.

At Beaumont on 5th Feb, we won the singles & the triples but lost the play-off to determine the winner.

Each week there are 4 games (singles, pairs, triples and fours), played by each team, and if each team wins 2 of their 4 games there is a play-off of 3 ends of singles to determine the winner on the night.

Taylors Cup gives players a chance to be rotated into different positions & whilst we are not winning a lot of games, we are not losing by big margins.

We had a win at Morphet Vale & have 2 games to go at Torrensville (v Hawthorn) on 26th February and at

Brighton (v Brighton) on 5th March.

Spectators and supporters' welcome. Games start at 6pm.