

VALLEY RED DOLLARS
CONGRATULATIONS TO OUR
WONDERFUL VOLUNTEERS:



CLUB SPONSORS
FLAGSTAFF HILL PHARMACY



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.

Health Services include:

- Health checks & advice
- Discount prescriptions
- Loyalty Program
- Medication reviews
- Pain management
- Script reminder service
- Baby & kids health
- Flu vaccinations
- Diabetes & medcheck
- Asthma checks
- Bowel screenings
- Blood pressure checks
- Weight management
- Beauty therapist

9/1 Ridgway Dr Flagstaff Hill

Phone: 8270 1862



COACHING AND TRAINING INFORMATION
COACHING/TRAINING

Tuesday Morning Training 9.30 – 11.00:

- (1) Ladies – Mark Taylor & Arthur Turrell
- (2) Men – Terry Meekins & Ian Wellington

These sessions commence on Tuesday 5th September.

Friday Open Gender Training: Steve Packer & other members of the coaching group.

- (1) 4 – 5pm: General drills
- (2) 5 – 6pm: Game practice in teams
- (3) 6 – 7pm: Bar open

These sessions commenced on Friday 1st September.

Individual training sessions:

All members of the coaching group will be available to help members with any issues that they have with their game. A list of coaches' names and phone numbers will be put on the notice board. Coaches who use a bowling arm will be designated as such. If you need some help, contact one of them and arrange a coaching session.

The club will arrange a session with a **guest coach** from Bowls SA, which will be open to everyone.

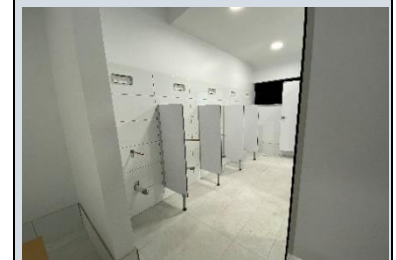
Night-Owlers will be offered help at 5pm on Monday & Thursday before games when required.

Sunday sessions will be offered on topics of interest during the season.

A list of online coaching resources will be put onto the club website. You'll find all of this on the club website. Under "Club News", click the "Coaching\Training" tab, And under "Pennants", click "Important Dates".



The Northern shelters have been completed & don't they look great! Indoors, there is great progress on the men's & women's toilets & they shouldn't be too far away from completion. Stay tuned for the opportunity to share in the "official opening of the toilets" over a glass of bubbly, with Erin Thompson MP. Details TBA.



Night Owls resumes on **Monday 16th October.**
Contact Bill Hughes on 0438 429 778 or email bhughes129@ozemail.com.au
Thursday 19th October
Contact Chris Paddon on 0409 694 127 or email dogzapper@bigpond.com

SEASON OPENER

12.30 pm Sunday 17th September.

Introduction from Mark Taylor. Meet the coaches, Selectors and connect with fellow HVBC bowlers. Please indicate whether you would like a pie or a pasty on a sheet of paper at the back of the clubrooms. Soup will also be available.



MELBOURNE CUP 2023 At HVBC

7th NOVEMBER from 10.15am
Tickets will soon be on sale for our Annual Melbourne Cup Lunch, so start thinking about your table of friends. Fashion Parade from 10.30 plus a Christmas Gift Stall



Sweeps, raffles, complimentary bubbly on arrival, race day trivia, Fashion on the Field & 2-course lunch. Expertly hosted by Rob Michalski & his team of bookies. I am needing some men to wait on the tables & help with the dishes. Please let Liz Dempster know if you can help on:
0431 235 111

TRIAL GAME DATES.

SATURDAY – 16th September (Internal trial)
23rd September (vs Morphett Vale)
30th September (AFL GF – Internal trial)
7th October (vs Beaumont)
14th October – Round 1

THURSDAY – Trial games to be confirmed.
19th October – Round 1

WEDNESDAY – 20th September (Internal trial)
27th September (Internal trial)
4th October (vs Beaumont)
11th October (vs Morphett Vale)
18th October – Round



HVBC's 40th Birthday Celebration SUNDAY 15th OCTOBER

Free sausage sizzle from 11.30am.
Social game of 4's; 13 ends (random draw) commencing at 12.30pm.
Afternoon tea from 3pm.
Attend one or all three ways of celebrating. Invitations to go out shortly to past and present members. There is a sheet of paper at the back of the clubrooms for you to indicate your preferences.



Rick Fisher, Wayne & Karen Grandfield, Michelle Butler, David Nightingale & Pat Packer.

This newsletter is kindly printed by the office of Erin Thompson, MP for Davenport.



CHRISTMAS TRIVIA QUIZ FRIDAY 8TH December.

Put this date in your diaries. How much do you know about Christmas? Get a table of friends/family together, & test your knowledge.

VALE: Chris Jones

HVBC conveys its deepest condolences to Heather & her family & friends on the passing of Chris. Chris was a past member of our Club & a larger than life character on & off the green. Before coming to HVBC Chris was the President of the Edwardstown BC.



Gardens and Carpark Area

Have you noticed how lovely and tidy our carpark and adjacent garden beds are being managed? A big thank you to members, particularly Allan Hughes, Chris McDonald & Bill Gates, for all the work you do.