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### From the Editor

A little early but Season Greetings to All and thanks for the support over the year.

As this is the last newsletter for this year I would like to wish everybody all the best for the coming festive season and may the New Year be as good as it can be.

"May you have the gladness of Christmas which is hope;

The spirit of Christmas which is peace; The heart of Christmas which is love."

Happy Christmas and a quiet prayer to all those who are not as well as they would like to be heading into Christmas.

### BOWLS NEWS

#### Graded Triples

This new event to our calendar proved popular with a good number of teams entering.

As expected it was nearly impossible to pick who would come out on top. As it turned out and not being to much of a surprise the team of Shane Smith, Glen Adams and Adam Kurtz took out the prize against strong opposition in Barry Smith, Ian Hunt and Noel Hines.

I think we are going to hear a lot more of these new 'Young Guns'.

#### Consistency Singles

The Consistency Singles has progressed though a number of rounds but it is fairly clear now that this competition won't be completed until early next year. This is unfortunate, but due to the event not

originally scheduled for this year there is not that much that could be done.

The event will be re listed in the bowls program in 2012 so there shouldn't be any problems completing it on schedule next year.

#### Mixed Pairs

The mixed pairs is down to the semi final and will be competed by the end of the year. Thankfully all the remaining teams are retired so there shouldn't be any problems with playing out the event. Good luck to all those remaining teams.

#### Travelling Bowlers

#### Parkes Triples

Two Camden teams headed to Parkes on their annual pilgrimage to this popular tournament. Plenty of great stories come back and all seem to concur that it would be hard to find a better weekend away with a few mates.

Should you wish to know more about this weekend I am sure John Rofe, Brian Hough, Baden Harris, John Mahoney or Corey Fraser would be only too happy to fill you in. The sixth bowler was Graham Powell who headed over from Nambucca Heads to meet up with the boys and spend the weekend with them.

#### Potato Triples

Ivor Watkiss, Steve Laker and Mick McIlveen headed to the newly laid synthetic green at Robertson BC on the 5<sup>th</sup> November after giving the tournament a miss for a couple of years due to the poor condition of their old green.

While it took a bit of getting used to the Robbo club can now boast a better than average green. The Robo club would be one of the friendliest in the District and now with their new green they should attract plenty of bowlers.

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The Spud Triples has always been a good tournament and all three Camden boys would recommend you put it on your calendar for next year.

### Picton Triples

A composite team including Paul Burnes and Barry Robbins with Barry's brother Daryl form Mudgee, competed in the Picton Triples this year. This is another popular open tournament and being so close, it should be more popular with the Camden Members. Keep your eye open for it next year and give it a go.

### Bundanoon Railway Day

John Bugden, Shane Smith and Glen Adams travelled to Brigadoon country and competed in the triples event after being asked to send a team from Camden as the event was struggling for numbers.

Responding to the request and carrying the Camden flag high the guys cruised into second place. Great result guys!

### Mount Lewis Mixed Pairs

Two Camden teams travelled to the Mount Lewis club to compete in this popular annual event. With a variety of teams from around the state Kay and Dave Price and Fran Laker and Karl Szydal had a competitive couple of days bowls.

### STDBA V South Coast DBA

Picton BC was the host for this years Representative fixture against the SCDBA.

No less than six of our boys were picked for the STDBA side including John Bugden, Mick Shepherd, Ivor Watkiss, Ed Klaassen and Dave Price and Karl Szydal in the Senior Side.

Unfortunately the day didn't go well for the home side going down to the visitors in a big way. Hopefully we can get back on track next year and reverse the result.

## Ladies News

### 2011 Major / Minor Pairs

The event this year was played in a sets play format and most seemed to enjoy the difference from the standard pairs format.

Michelle Fellows and Jill Cotter were teamed together and proved to be better on the day

winning the final against Fran Laker and Lucy Russell. Well done girls.

### New Green and New Lights

Well all the hard work has been done and we can sit back and watch the grass grow. Literally.

While the club has progressed with several capital programs over the last few years these two projects where by far two of our major undertakings.

The club can now boast two championship greens with up to date lighting which should hold us in good stead for many years to come.

This also completes the outstanding projects that were identified as needing to be done a number of years ago and every Member can be proud of these being completed in such a short space of time.

Many thanks go to Shane Smith whose company completed the lighting work on schedule and within budget and to our tireless green keeper who has literally busted his butt over the last few weeks. Thanks Todd.

But it has to be said again the volunteers that turned out to work on the new green deserve



everybody's thanks. There are too many to mention here but the picture may give you an idea of those dedicated enough to give up a day and carry out this work.

There has been some mention over the years as to re naming the greens and this is open for debate but if they were, whose name would you put on them?

I think if it was up to me I would call them Members Green 1 and Members Green 2. There is no doubt our current membership is moving us forward in the right direction.



[www.camdenbowlingclub.com.au](http://www.camdenbowlingclub.com.au)

Have you visited the new web site yet?

It continues to be populated with more and more information. The Notice Board page is popular with updated results from each weeks play at the club.

While every effort is being made to keep it up to date it should be noted by all bowlers that the notice board at the club is still the place to get the latest information. Dates do change at short notice sometimes. Should you have any concerns or queries please call our Bowls Organiser, Dave Price.

Should you have any suggestions for the web site Ivor would be only to happy to hear from you.

### This Month's Health Tip

Improve your balance by standing on one leg whenever you can. This helps keep all of your little stabilizing muscles strong, helps maintain the arches in your feet, and obviously helps improve your balance!

Practice standing first, and then progress to squats, lean forward and back, and even do little hops. Don't forget to work both sides!

This is a great exercise if you have weak arches or have ever sprained or broken an ankle (just don't try it until you are fully healed!).

### Zone News

The Zone 5 AGM was held in Lithgow on the 6<sup>th</sup> November.

There were no changes in the current Official listing with Graham Bradley, President, Danny Rodgers, Secretary / Treasurer and John Long, Chairman of Match being re elected for a further year.

There was some discussion at the meeting regarding a re distribution of Districts within the Zone. This information is on the board and should you wish to make a comment please forward these to Steve Laker for presentation at the next Zone meeting.

### New Club Coach



### Coaching Staff

On the weekend of the 12<sup>th</sup> and 13<sup>th</sup> November, Alex Matheson attended a coaching accreditation course at the Windang BC. Alex passed the weekend with flying

colours and adds another coach to our list of accredited coaches within the club.

Take advantage of this resource if you have any questions on skills training or you would like somebody to review your technique and give you some feed back.

Don't forget that the club also has a video camera where your action can be recorded and reviewed.

Alex has also taken up the vacant recruitment officers job for the club and joins the management committee. His input into the running of the club will surely be a valuable asset.

### Armidale News

Our multi member from the west, Frank Lipscombe, has sent best wishes for the coming Festive Season to all and has indicated that Nancy is on the mend after a short illness. He in continuing his bowls, albeit at a lesser amount.

I am sure he would love you to drop him a line either by email or land mail.

Frank sent a riddle down which you might like to ponder.

When the music stopped Fred died. Who was Fred? The answer further on.

### Crazy

The new director of a mental hospital asked one of the patients what had led him to being there.

"Well Doctor" said the patient.

"I married a widow who had and adult daughter. My widowed father married her, and so my wife became her father-in-law's mother-in-law, and her daughter became my stepdaughter and my stepmother".

"My father then had a child, who is my brother and also my wife's grandson. I, too, had a child, who is his grandfather's brother-in-law, and uncle of his own uncle. On the other hand, my father speaks of his brother-in-law when referring to his grandson, and my son calls his sister grandma".

"I'm now under the impression that I am my mother's father, and my grandson's brother, and that my wife is the daughter of her son-in-law and the sister of her grandson".

"At this point, I don't know whether I am my own grandfather, my brother's father or my son's nephew, since my son is my father's brother-in-law. And that's why I'm here sir. I find it more peaceful here than at home".





## CAMDEN SPORTS CLUB LIMITED

### Answer to the riddle

Fred was a fly on one chair.  
If this makes absolutely no sense to you I'm glad, because I am still trying to work it out.  
Actually I do know the logic to the answer now through a number of emails with Frank. It is not the easiest one to work out. Good Luck. Should you need a hint drop Frank a line.

### Could this happen?

Two women were playing golf. One teed off and watched in horror as her ball headed directly toward a foursome of men playing the next hole.



The ball hit one of the men. He immediately clasped his hands together at his groin, fell to the ground and proceeded to roll around in agony.

The woman rushed down to the man, and immediately began to apologize. 'Please allow me to help. I'm a Physical Therapist and I know I could relieve your pain if you'd allow me,' she told him.

'Oh, no, I'll be all right. I'll be fine in a few minutes,' the man replied. He was in obvious agony, lying in the foetal position, still clasping his hands there at his groin.

At her persistence, however, he finally allowed her to help. She gently took his hands away and laid them to the side, loosened his pants and put her hands slowly and carefully inside. She then administered a tender and skilful massage for several long moments and softly asked, 'how does that feel?'

Feels wonderful, he replied; but I still think my thumb's broken!

### Christmas at the Club

The Sports Club is organizing a number of ideas for the Sports Club prior to Christmas including a great raffle.



Try and get down to the club with the family and enjoy the socializing and friendship that can only be found at Sporties.



The bowling club has endorsed the Play by the Rules code.

Play by the Rules provides information and on line learning for community sport and recreation on how

to;

Prevent and deal with discrimination, harassment and child abuse and;

Develop inclusive and welcoming environments for participation.

I would recommend all Members visit this site if they can and be aware of your rights as members and expectations of your behaviour as members within the club.

If you have any questions please approach one of the coaches and they will help to explain what this means and how we can make our club inclusive and more enjoyable for all.

### Presentation Night 2011

Another great time for all those that attended this years social and awards presentation night. The food was great, the band was great and the company was great.

Congratulations to all those that picked up an award this year and to those who competed throughout the year.

The major part of the 2012 program is finalized so keep your eye open on the board, web site and diary to make sure you enter as many events as you can in 2012. Who knows, you could be the next Club Champion.

Also awarded on the night were RNSWBA broaches to Kay Price and Rhonda Webb, RNSWBA tiepins to Dave Price and Jack McGarrity and RNSWBA merit badges to John Barrs and Bill Webb.

'8 pins' were given to Ray Puyo's pennant team for the 8 they scored in the finals at Bathurst.

Pennant managers, Kay Price, Rhonda Webb, Fran Laker, Joyce Doherty, Mary Burton and Fay Clayton were also recognized for their contribution to the Men's Club.

Presidents awards were given to Henry Dallas, Joe Rainer and Peter Seddon.

Check out the pics from the night. These will also be available on the web site.

## 2011 Social Night and Presentation of Awards Check out www.camdenbowlingclub.com.au for more pics.

