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GREAT BOWL

Newsletter of the Camden Bowling Club
July 2012

www.camdenbowlingclub.com.au



Have you looked at our web site lately? Really had a good look? You could spend quite some time working your way

through each page looking at club history, recent events, results, what's happening now or going to happen, whose who and the list goes on. When you finish having a look what do you think? The result is more than impressive with what the club and the game at Camden has achieved and has to offer.

If you haven't had a browse lately, next time you are looking for something to do have a good look at the web site and enjoy the information regarding the club with some pride knowing that as a member you are a part of it.

If there is something you feel would make the site even better contact the clubs webmaster, Ivor. He would love to hear from you.

Thanks also to Kay Price who did a great job managing the side over the weekend.



Above – not such happy times at Grenfell in less than ideal conditions.

2012 Major Singles

If you are a betting person and you like backing a favorite you have all but done your money this year in the major singles.

In one of the most unpredictable years for some time most of the 'favoured players' have fallen by the way side with some big upsets in the first few rounds.

It is down to the semi finals with Bear (Bill Matthew) playing Greg Thackeray and Bruce Turton playing Dave Price. Good luck guys.

UMPIRE!!

Four Members Make The Grade

Four members of the club put in a big effort over the last two months giving up a lot of their own time to go through the training and accreditation to become Game Officials as Level 1 Umpires.

Col Missen successfully re-accredited while Iain Ross, Bill Skeen and Alex Matheson have all

BOWLS NEWS

Grade 3 At Grenfell

After the successful District win our Grade 3 Side headed to Picton for the first round of the Zone



finals against the Nepean side of Kingswood before heading to Grenfell for the final four games.

Unfortunately the heavens opened up after about ten ends and the game was deferred to be finished at Grenfell on the Friday afternoon before the Saturday and Sunday games.

In good conditions at Grenfell on the Friday all went well with a two shot win. The thrill of that win was short lived however with the side losing all of the last four games over the weekend. Saturday being a miserable day on the scoreboard and with the weather. But well done to all the boys for their effort and hopefully we take something from it and build on the result for next year.

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gained their accreditation as official National Umpires.

Well done guys and thanks for the effort and commitment to the club.

Thanks also to Allan Wood who gave up a lot of his time over the past few years to umpire. Allan has decided not to re accredit this time so he can spend a bit more time with his wife, grandkids and playing bowls.



L/R – Trainer and assessor Steve Laker, Iain Ross, Col Missen, Bill Skeen, Alex Matheson and assessor Karl Szyal.

LADIES NEWS

Well done to Beryl Selems, Michelle Fellows and Gloria Murray being picked to represent the Nepean District Representatives.



Major Singles
(submitted by Ladies Club)
In the coldest, bleakest weather so far this year, the final of the Major Singles was played between

Michelle Fellows and Jo Flook. The match was closely fought to the very end and it was literally anyone's game all the way and thoroughly enjoyed by spectators.

The game was marked by Rhonda Webb who had "icicles" by game's end.

But there can be only one winner and that was Michelle with a score 31-27 thus retaining her 2011 title

Well done ladies and hopefully you have both thawed out by now.

This Month's Health Tip

Have you ever wondered whether red wine is healthier than white?

Studies in the past twenty years tend to recommend that drinking red wine in moderation is good for your heart. Scientists have found that in red wine



there are chemicals that prevent the formation of fatty streaks on the walls of arteries.

Red wines also contain antioxidants that come from the skin of grapes. This is because red wine grapes are in contact with their skins for much, much longer during the winemaking process than for white wine. The amount of antioxidants found in wine varies depending on the type of grape, and where it was grown, how the wine was produced and how it was stored.

There are however, a few clear-cut advantages to choosing white over red. For one, white wine tends to have fewer calories. Another benefit is that it is far less likely to trigger headaches, especially migraines. Red wine, more than any other alcoholic beverage, is a known trigger for many migraine sufferers, and even healthy people often avoid it and its side effects, which can sometimes occur after as little as one glass."

Verdict? Both wines seem fine in moderation, and while the jury is still out on whether red or white is significantly better, let's just keep drinking both!

New Members

The club welcomes John Watkin, Dale Hillard, Brian Fogarty, Peter Roberts and Kelwyn Jones who have joined the club this month. Look out for them and ask them to join you in a game.



2012 / 2013 AGM To Be Held At The Club On Sunday 12th August Starting At 9:30 am
Nominations For Office Are Now Open

Coaching Corner Confidence can be developed

A player's confidence is a feeling and it can be changed. Setting achievable targets in practice is the start to gaining confidence. Working on weaknesses whilst not ignoring strengths will improve confidence. Confidence is that feeling when you believe you can manage anything an



opponent does and triumph whatever the conditions.

It is worth mentally rehearsing previous victories and successes in order to prepare the mind and improve confidence. Over confidence is arrogance and although sometimes it can prevail it is a hindrance to inner peace and will eventually cause a serious reality check. Bowls is a game for calm, control and composure, not adrenalin rushing anxiety. It is preferable to develop a strong inner belief and control in order to manage the concentration required for success under pressure.

Dream Liner (Boeing 787) on a Dream Tour

(Submitted by the Secretary)

The latest addition to the Boeing stable has well and truly hit the skies with the third B787 aircraft off the Boeing assembly line flying into Sydney for a promotional visit. This was one of many destinations on it's 'Dream Tour' around the world.



The club secretary was lucky enough to get an invitation to go and have a look, show and touch session at Mascot while she passed through and what a magnificent, state of the art aircraft she is. Having flown in a good number of different aircraft over the years the design improvements and technology advances in this plane are unbelievable. Working in the aircraft industry for



longer than he would like to admit to and the advances seen over the years one can only imagine what will be around in the next 30 odd

years. If you have the opportunity to fly and you are lucky enough to be on the Dream Liner (B787) enjoy the ride.

Winter

Here are a few quotes to put perspective on the cold winter days ahead of us:

To shorten winter, borrow some money due in spring.

The color of springtime is in the flowers, the color of winter is in the imagination.

Winter must be cold for those with no warm memories.

Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home.

Winter is the season in which people try to keep the house as warm as it was in the summer, when they complained about the heat.

Winter is nature's way of saying, "Up yours."

Cheap Drinks

A well-dressed man enters the bar of a five star restaurant, sits at the bar and orders four very expensive drinks. The bartender serves them on a silver tray, setting all four in front of the patron. The man then consumes all four drinks in a matter of seconds. The bartender comments, "Wow, you sure must have a problem." "If you had what I had," the man replies, "you'd drink them fast, too." Leaning over, the sympathetic bartender asks, "What do you have?" "Fifty cents," the man answers.



Political Problems *(One from our Treasurer)*

After an 'alleged' visit to the "Pleasure Parlour", Federal Politician Craig Thomson 'allegedly' notices green lumps on his willy, so, off he goes to the doctor's. "That's not good" says the doctor.

"You know how wrestlers get cauliflower ears?" "Yes" says Craig, nodding seriously. "Well" says the doctor, "You've got brothel sprouts."



Upcoming Events

Kevin Lawler Triples on the 22nd July. **Filling Fast** Club Championship Triples closes 7th July.

2013 Diary

Please check your details are correct in the current diary. If not let the Secretary know ASAP for 2013.

