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GREAT BOWL

Newsletter of the Camden Bowling Club

September 2012

www.camdenbowlingclub.com.au



BOWLS NEWS

The new Committee for the Men's Club has been elected into office for the coming year following the AGM held on the 12th August. Fifty members attended the meeting with most having an active interest and involvement in the business at hand.

There were several important issues discussed and decisions made.



L – R, Karl Szynal, Alex Matheson, Bill Skeen, Henry Dallas, Steve Laker, Rob Mellor, Bill Webb, Kevin Lawler, John Barrs, Peter Mahoney, Dave Price, Les Sims, Pat Callaghan, Allan Wood

The election saw the following Members elected to their respective positions on the Management Committee;

Patron – Kevin Lawler
President - Bill Webb
Vice Presidents - Rob Mellor & Kevin Shaw
Secretary - Steve Laker
Treasurer – John Barrs
Bowls Organizer - Dave Price
Assistant Bowls Organizer - Henry Dallas
Match Committee - Rob Mellor, Bill Skeen, Henry Dallas, Les Sims, Noel Gleeson
Selectors - John Bugden, Peter Mahoney, Allan Wood, Rob Heininger, Bill Skeen

Welfare Officer - Bill Webb
Publicity - Pat Callaghan
Recruitment Officer - Alex Matheson
Delegates to District – John Bugden, Bill Webb
Representative to the Board of the Sports Club - Peter Mahoney

District 12 a Side Event



Three of our boys represented the District at the inter district event held at Cowra bowling club on the 18th and 19th August. All three made a good account of themselves putting up strong performances throughout the weekend. Unfortunately, the STDBA didn't have the best of weekends only having two wins overall beating Blue Mountains and Central Tablelands.



Front right Shane Smith, Centre John Bugden and left background Ian Couper



2012 Triples Championship

This year's triples championship has progressed to the semi-finals with no real surprises in the make-up of the final four teams. Mick Shepherds team will play Shane Smiths team with Paul Burnes team playing Craig Coopers team.

Due to representative duties and rookie duties these games have been delayed for a few weeks.

Coaching Seminar

Our three coaches spent Friday, the 17th August, at Cabramatta Bowling Club attending a coaching seminar organised by the RNSWBA.

It was an interesting day with Michael Beaumont presenting a talk on the 10,000 hour theory. For those that may not have heard of it, it is the theory that at least 10,000 hours needs to be spent at any particular skill to be competent at it. It is worth googling.

The second presentation was by a sports psychologist Garreth Mole. It was based around the five pillars of success. More on that in future newsletters.

The third and final speaker was Steve Glasson, Australian lawn bowls icon and current Australian coach. He spoke on the training regimen and handling of the Australian bowls side. It was very interesting.

Finally there was a practical session on the green with Wayne Turley on shot selection and game strategy.

The three coaches, Alex Matheson, Karl Szynal and Steve Laker found the day interesting and will all be able to bring a bit more to their coaching sessions.

Further information that was taken from the day will be passed on in future newsletters but one point that was made by all three presenters was that if you are not enjoying playing bowls and having fun while you are doing it, no matter whether it is a club social or the World Championships, you should give the game away.

Upcoming Tournaments

We are moving into that time of the year when most bowlers look beyond the club to chase further challenges and enter tournaments.

But don't go to far. Two of our major tournaments have now been listed and are open for entry. The Coppock Mixed Pairs and the Dennis Whittle Triples are accepting entries so get in quick.

Ted Salmon Challenge Pairs

It was moved at the AGM that the Challenge Pairs be renamed to the Ted Salmon Challenge Pairs to

recognize the work done by Ted during his time at the club. This is sure to make the event that bit more special.

Rookie Singles

Well done to Sean Matthew who took up the challenge and entered this year's Rookie Singles held at Picton on the 11th and 12th. He had a great result making it to the final four in the STDBA sectional rounds just missing the final.

These are the events to really improve your bowls and congratulations to Sean for his entering and doing so well.

LADIES NEWS

(Submitted by the Ladies Club)

The final of the 2012 Championship Fours were played on August 8 in good weather and fought long and hard. But as is always the case, there can be only one winner and they were Fran Laker, Gloria Murray, Beryl Sellems & Michelle Fellows. Runners-Up being Jeni Mendes, (who was valiantly battling an awful case of flu), Kath Humberstone, Ruth Missen and Cath Droscher. Congratulations and well done on reaching the final.



Winners - L-R, Fran Laker, Gloria Murray, Beryl Sellems, Michelle Fellows
Runners Up L-R, Jeni Mendes, Kath Humberstone, Ruth Missen, Cath Droscher

Gulgong Tournament Triumph

There was a sensational effort by three of our Lady Bowlers this month. Michelle Fellow, Beryl Selems and Fran Laker headed out to Gulgong to play in the Gulgong Ladies Triples Tournament. Winning all four games and the title it's a great start to our tournament season. Well done Girls!! Hopefully we will see more members getting out there and representing the club and putting Camden on the map.



CAMDEN SPORTS CLUB LIMITED

Vale

August has not been kind to us regarding deaths in the club with three of our members passing away. Dave Brazier lost his long battle with cancer and Bruce Baker passing away suddenly. Life Member Harold Angilly passed away early this week. Wife of Ralph Coppock, one of the clubs passed Life Members, Margaret, also passed away. Our sympathies go out to their family and friends.

Southern Tablelands DBA 75th Anniversary

The anniversary of the District was held at the Bargo Bowling Club on the 26th August.

There were a good number of senior officials attending the day with the State President, Zone President, State Councilor, District President, Newcastle President, Representatives from all Zone 5 Districts, ACT and surrounding Zones.

A team from Camden including Kevin Lawler, Bill Webb, Henry Dallas and Dave Price attended and by all accounts enjoyed the day and the celebrations.

Attending the day from Camden were District Vice President Allan Wood, District Secretary / Treasurer Steve Laker and Junior Bowls Coordinator Alex Matheson. Umpires Karl Szynal, Don Ray and Joe Rainer also attended.

It is hard to see another day being held in the District with so many senior officials for some long time.

New Member

Please welcome Denis Smith to the club this month. Denis was a member at Ingleburn but has joined Camden to enjoy our good greens and friendly membership. Please make him welcome.

This Month's Health Tip

Finding and following your formula for healthy aging

Coping with change is difficult, no matter how old you are. The particular challenge for older adults is the sheer number of changes and transitions—including the loss of friends, family, your career, your health, and even your independence. It's natural to feel those losses. But if that sense of loss is balanced with positive ingredients, you have a formula for aging well.

Healthy aging means continually reinventing yourself, finding new things you enjoy, learning to adapt to change, staying physically and socially active, and feeling connected to your community and loved ones. Unfortunately, for many, aging brings anxiety and fear instead. How will I take care of myself? What if I lose my spouse? What is

going to happen to my mind? However, many of these fears stem from myths about aging that are exaggerated or simply untrue. The truth is that you are stronger and more resilient than you may think.

Famous People with not so famous quotes

I had a rose named after me and I was very flattered. But I was not pleased to read the description in the catalogue: - 'No good in a bed, but fine against a wall.' - Eleanor Roosevelt
Last week, I stated this woman was the ugliest woman I had ever seen. I have since been visited by her sister, and now wish to withdraw that statement - Mark Twain

The secret of a good sermon is to have a good beginning and a good ending; and to have the two as close together as possible - George Burns
Santa Claus has the right idea. Visit people only once a year - Victor Borge

I was married by a judge. I should have asked for a jury - Groucho Marx

My wife has a slight impediment in her speech. Every now and then she stops to breathe - Jimmy Durante

My luck is so bad that if I bought a cemetery, people would stop dying - Rodney Dangerfield

Money can't buy you happiness But it does bring you a more pleasant form of misery - Spike Milligan

Until I was thirteen, I thought my name was **SHUT UP** - Joe Namath

I don't feel old. I don't feel anything until noon. Then it's time for my nap - Bob Hope

I never drink water because of the disgusting things that fish do in it - W. C. Fields

By the time a man is wise enough to watch his step, he's too old to go anywhere - Billy Crystal

And the cardiologist's diet: - If it tastes good spit it out.

Something From Our Treasurer To Pass The Time

While sitting where you are at your desk or table lift your right foot off the floor and make clockwise circles.

Now, while doing this, draw the number '6' in the air with your right hand. **Your foot will change direction!**

And there's nothing you can do about it!
Thanks for that John!!! We will probably all go crazy now.

As John would say... Be good!

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I never watch reruns. I can hide my own
Easter eggs and I get to meet new
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