

THE RAMBLER

February 2024

CAMDEN BOWLING CLUB (since 1939)

President: Gary Hudson, 0408 673 693, ghraamc636@bigpond.com

Vice Presidents: Mark Donehue, 0457 506 814, mdonehue@bigpond.net.au

Allan Wood, 0405 624 327, allanbowls@hotmail.com

Treasurer: Bob Wareham, 0415 473 743, cmbctreasurer01@gmail.com

Secretary: Ken Morrell, 0429 204 016, anniken51@bigpond.com

Bowls Organiser: Allan Wood, 0405 624 327, allanbowls@hotmail.com

Publicity Officer: Ken Morrell, 0429 204 016, anniken51@bigpond.com

Match Chairman: Michael Ryles, 0403 305 534, mjryl26@gmail.com

Selector Chairman: Rick Staats, 0455 665 217, rickstaats61@gmail.com

Coaching Coordinator: John Bugden, 0450 306 073, johnb6073@hotmail.com

Welfare Officer: Peter Williams, 0417 248 008

Rambler Editor: Dennis Crouch, 0402 089 164, crouchdennis@hotmail.com

GENERAL RULES

AT CAMDEN BOWLING CLUB

Our Club and Greens are managed and are maintained to a high standard for your use and enjoyment. You can assist in keeping this high standard by:

- 1. Bowls shoes or thongs (roll ups only) to be worn on greens
- 2. Bowling the bowls ensuring no damage to the greens
- 3. No running or skipping on the greens
- 4. Stepping in or walking in the sand ditches is NOT permitted
- 5. No sitting on the banks or standing close to the plinths
- 6. Smoking is not permitted on the greens or surrounds
- 7. Drinking and eating is NOT permitted on the greens
- 8. Roll ups are only permitted outside of organised event times and not before 10 am and on the furthest available rink
- 9. Children are to be supervised by a Member at all times

BOWLING GREENS ARE CLOSED ON MONDAY

EDITOR RAMBLINGS

Dear members,

Our Triples and Fours are now done and dusted and we saw some great teams and some even better bowls in these competitions. Congratulations to the winners of these events.

We also commenced our Open Pennant competition and good luck and good bowling to all who are participating.

Dennis Crouch

Rambler Editor

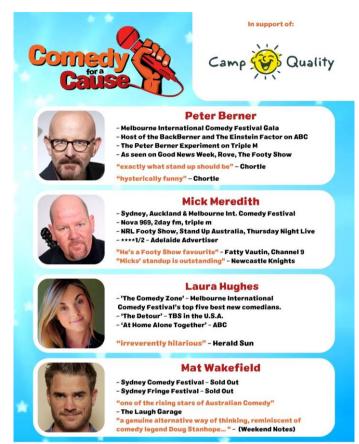








GET YOUR TICKETS NOW DON'T MISS OUT!!





Doors: 7pm / Show: 8pm (18+ Only) Tickets: \$45 at comedyforacause.net/CQ Camden Sport Club - 22 Cawdor Rd, Camden





THANK YOU TO MAJOR SPONSORS



















		MARCH '24
DATE	DAY	EVENT
1	Fri	Club Mixed Pairs
2	Sat	Pennants Round 2
3	Sun	
4	Mon	
5	Tue	Social Bowls am
6	Wed	Ladies Day am
7	Thu	Social Bowls pm
	Thu	Handicap Pairs Draw
8	Fri	Club Mixed Pairs
9	Sat	Pennants Round 3
10	Sun	Club 1/2 Yearly Meeting
11	Mon	2023/24 State Championships
12	Tue	Social Bowls am
13	Wed	Ladies Day am
14	Thu	Social Bowls pm
17	IIIu	Senior Singles Notice
15	Fri	Camden Show
16	Sat	Pennants Round 4
17	Sun	Pennants Round 2+3 Spare
18	Mon	2023/24 State Champion of Champion Entries Close
19	Tue	Social Bowls am
20	Wed	Ladies Day am
21	Thu	Social Bowls pm
	1110	Minor + C Singles Draw
22	Fri	Club Handicap Pairs
23	Sat	Pennants Round 5
24	Sun	Club Triples
25	Mon	
26	Tue	Social Bowls am
27	Wed	Ladies Day am
28	Thu	Social Bowls pm
29	Fri	GOOD FRIDAY PUBLIC HOLIDAY
30	Sat	Easter Saturday
31	Sun	Easter Sunday

ATTENTION ALL MEMBERS

Please read this notice closely as it affects all of us



Bowls New South Wales Ltd Uniform Policy

Purpose

This policy outlines the requirements for playing attire in Bowls New South Wales Ltd (BNSW) championship events as defined in the BNSW Conditions of Play (COP).

The health and wellbeing of members is of the utmost importance for BNSW and in the application of this policy, BNSW encourage and promote sun-smart attire options for all members where possible.

BNSW adopts the Bowls Australia National Merchandise Policy (BA NMP).

As per BA NM Policy team wear is recognised under two categories, Upper Body Attire and Lower Body Attire. All members competing in championship events are required to comply with this section.

Please note: approval/registration of any new club design is no longer required from Bowls NSW.

Upper Body Attire

Please refer to BA NMP as to the upper body attire classification.

All upper body attire must display a Bowls Australia logo and be purchased through a licensed manufacturer. Additional design features such as sponsor names, club names, player names etc. may be displayed on all upper body attire.

Lower Body Attire

Please refer to BA NMP as to the lower body attire classification.

All lower body attire must display a Bowls Australia logo and be purchased through a licenced manufacturer. Additional design features such as sponsor names, club names, player names etc. may be displayed on all lower body attire. It is not mandatory to display the Bowls Australia logo on lower body attire ordered or purchased before 1 December 2022

Any lower body attire ordered or purchased after 1 December 2022 must have the Bowls Australia logo displayed. Please ensure your licensed manufacturer is made aware.

Footwear

Please refer to Bowls Australia list of approved footwear available on their website (bowls.com.au).

Members must gain approval from BNSW to wear footwear other than an approved footwear for any championship

Headwear

A Bowls Australia logo is optional, and the BA NMP should be considered on replacement or when competing in National events sanctioned by Bowls Australia.

Teams and Sides

In Championship events played in a team or side format all members of the team must be similarly attired. Attire within a category, for example, trousers, shorts, skirts, leggings etc., in lower body attire must be of similar colour. Similarly attired does not mean identical or same item of clothing.

In the case of an open team event, it is acceptable for teams to wear their current Men's and Ladies' club uniform. Similar uniforms should be considered on replacement.

Social Play and other Club Events not under the Jurisdiction of Bowls NSW

It is the decision of each club to determine the attire to be worn.

Uniform Policy 1 Review Date: November 2023

Smoke-free laws

Smoking and using e-cigarettes are banned in all enclosed public areas and certain outdoor public areas, under the <u>Smoke-free Environment Act 2000</u> and the <u>Smoke-free Environment Regulation 2016</u>. These bans protect people from harmful second-hand tobacco smoke. There is no safe level of exposure to second-hand smoke.

Enclosed public areas

Smoking and using e-cigarettes are banned in all enclosed public areas including in shopping centres, cinemas, libraries, trains and buses.

Outdoor public areas

Smoking and using e-cigarettes are banned in the following outdoor public areas:

- Within 10 metres of children's play equipment in outdoor public places
- · Public swimming pools
- Spectator areas at sports grounds or other recreational areas used for organised sporting events
- <u>Public transport stops and platforms, including ferry wharves and taxi</u> ranks
- · Within 4 metres of a pedestrian access point to a public building
- · Commercial outdoor dining areas

<u>Smoke-free guide: No smoking within 4 metres of a pedestrian access point to a building provides information on which buildings are applicable.</u>

Smoking and using e-cigarettes on public transport vehicles suchas trains, buses, light rail, ferries is also banned under the *Passenger Transport (General)* Regulation 2017.

This is NSW legislation and applies to bowling greens and includes the use of vapes

Camden Men's Bowling Club

2024 SPECSAVERS NARELLAN Three Bowl Pairs Pairs Coppock Mixed Pairs

Friday 24th May 2024

Total Prize Money - \$1000

1st Prize - \$360, 2nd Prize - \$200, 3rd Prize - \$150 4th Prize - \$100, 5th Prize \$80, 6th Prize \$60 One Lucky Card for Non-Winners \$50

3 Games of 13 Ends. Club uniform to be worn.
Winners decided by Highest Score based on: 20 points a win, one point each end won
Drawn game 10 points each team, drawn end half point each team.
Draw at 8.45 am on the green at 9.15 am.

Cost Per Team \$50 - Including Lunch + Morning Tea Limited to 28 teams.

Entry Fee Must Accompany Nomination Form, which should be sent to; Ralph Coppock Mixed Pairs, Camden Men's Bowling Club, PO Box 359, Camden, NSW, 2570 For More Information contact Alex Matheson 0409 306 256.

If you wish to pay by electronic transfer, you must provide the following information:
Account Name: Camden Men's Bowling Club BSB: 802-388

Reference: Coppock, Skip Surname Account

Account No: 47742

Your entry will not be accepted until the transfer has been received into the Club's account.

_	2021 Ralph Copp	oock Mixed Pairs	
	Lead	Skip	
Club:	Contact Number:		
Email Address:			

AROUND THE GREENS

TRIPLES CHAMPIONSHIP





Gary Clark, Ash Beadel and Guy Wilton game away big winners in this month's Triples final.

KEVIN LAWLER CLUB FOURS CHAMPIONSHIP



Congratulations to Team Trick who just managed to overcome a fantastic effort from Team Smith. Well done to all competitors.

AUSTRAL 5,6,7 GRADED TRIPLES TOURNAMENT



7 players turned up at Austral this month to compete in the 5,6,7 graded triples tournament. It was a great day with team Guy just missing out on the cookies.



MEMBER PROFILE – JOHN BARRS

A young John Barrs entered the Commonwealth Bank straight out of school and stayed with that organisation for the whole thirty-seven years of his working life.

Born in Lismore and raised in the New South Wales country town of Glen Innes, John completed his secondary education as a boarder back in Lismore three hours away from his family. Like many of his contemporaries he played rugby league for enjoyment and social interaction.

During his time at the bank John was posted to Papua New Guinea where he worked in Rabal on the island of New Britain. He was subsequently sent to Kavieng on nearby New Ireland. Here he serviced the financial needs of other expat Australians who were running businesses and developing the country. He also learned to play a social round of golf where the local kanaka caddies were too smart or too experienced to retrieve balls from the crabs' holes with their snappy inhabitants. Another activity was fishing with one of the local customs officers where he once caught a 60 lb sailfish. John reminisces warmly of this period in his life having made many lasting friends during his time in the islands.

Back in Australia John spent time on the Bank's Internal Audit staff and was manager at many country branches including Henty, Harden and Moss Vale before finally landing in Camden in 1991.

As many in those transient occupations found, fitting in with the district sporting flavour was the way to get accepted by the locals. As a consequence, John enjoyed squash and water skiing before taking up bowls at Moss Vale. Aside from the initial instruction that 'the little ring goes on the inside' he had no official coaching but enjoyed the sport immensely.

Modestly claiming little success on the greens, he remembered winning two Grade Seven Flags with Camden which led to his team competing in the State Finals. He also won the Ted Salmon Challenge Pairs with club champion John Bugden.

John fondly remembers the social events and evenings, popular in those days, where everyone dressed up and attended the club for an evening meal and trophy presentation.

However, John Barrs' most notable success with Camden Bowling club was as an administrator. He was talked into joining the Board and having been a bank manager it was a foregone conclusion that Treasurer would be his portfolio. He took over in 2008 when the club was in financial strife and looking down the barrel of insolvency. Previously Wests Leagues Club had been in control but when they pulled out it left the club in a parlous state.

Then club treasurer Jim O'Farrell had instigated the 200 Club in an effort to raise funds and put the club back on an even keel. The new board, which included president Billy Webb, Secretary Steve Laker and John used this as their principal vehicle to bring the club back to solvency. They ensured that nearly all tickets were sold and encouraged non-members to buy. They tried to be very inclusive by encouraging new members and inviting the ladies to play mixed bowls which all increased green fees.

When John took over the office all the financial dealings were recorded in the large, lined old fashioned ledgers so he spent considerable effort in transcribing them onto computer in the modern, efficient system.

In his eleven years as Treasurer John Barrs, along with Billy Webb and Steve Laker was instrumental in bringing the Camden Bowling Club back from the brink of extinction to the dynamic, successful organization that we see today. He also served two years as one of the Vice Presidents before handing over the administration to a younger generation.

One of his proudest memories is the day he was awarded Life Membership. A fitting reward for years of forethought, dedication and plain hard work on behalf of the Camden Bowling Club.

By The Scribbler



Fundamentals To Improve Your Lawn Bowls Consistency

Achieving consistency game after game is something even the elite of the elite bowlers are constantly trying to improve upon or retain. Playing the correct line and weight repeatedly is more than likely a huge factor in determining a winner in any format of the game.

If you find yourself having one of those games where a few wayward bowls are sandwiched between some 'game winners' then take a look at the following 3 fundamentals to reduce those wayward bowls to a minimum and produce more game winning shots consistently.

FUNDAMENTALS FOR CONSISTENCY

1 – ROUTINE

Routine can be split into two types of routine, a pre-game routine and a pre-shot routine. Both are equally as valuable and important to improving consistency.

The principle behind a pre-shot routine is to help a bowler perform to their potential under stressful conditions. A repeatable pre-shot routine will focus your attention on performing the shot you are about to play and reduce the chance of focusing on outcomes, distractions or negative thoughts.

Pre-Shot Routine – this should be personal to you and can constitute something as simple and straightforward as picking the bowl up with a certain hand, checking the bias of the bowl and placing your feet on a specific spot on the matt. Alternatively, a pre-shot routine can be elaborate and complex, take for example tennis star Rafael Nadal, who goes through a complex pre-shot routine.

Regardless of complexity a pre-shot routine should be the same for every bowl you are about to play regardless of shot type or game situation.

Pre-Game Routine – having a pre-game routine can be overlooked but can play a vital role in helping to minimise anxiety, help to focus the bowler's mindset on the game and remove distractions.



2 – RELAXED

Relaxation or the sense of being relaxed is a psychological strategy used to help manage or reduce stress-related emotions ie. Anxiety. Being relaxed also helps to reduce physical tension and increased heart rate, which both can contribute to inconsistent bowls by disrupting your 'flow' or 'rhythm'. We have all heard the expression 'they have had a rush of blood to the head.'

Simple measures such as being on-time to a game, or taking a few deep breathes before playing a shot can help to make you feel more relaxed and confident in your ability.

3 – FOCUS / CONCENTRATION

Focus or concentration is simply the mental effort you put into each game/delivery. The fundamental principal of concentrating is to focus on the task at hand and remove as many internal and external distractions as possible.

Some examples of internal distractions are; thinking about a previous end or bowl, thinking about the next game, thinking about the opponent and expectations from yourself or others. External distractions playing bowls can be such things as mobile phones and spectators.

Being pro-active and purposefully trying to remove as many distractions as possible will enable you to assign more metal effort to each delivery and narrow the focus to the shot you are about to play.

'Consistent actions create consistent results'



(Compliments of the Bowls Academy)



JO'K

In the early hours of 27 June 1960, O'Keefe, Johnny Greenan and Greenan's wife Janice were driving back to Sydney from Queensland Gold Coast. About 20 kilometres north of Kempsey, the Plymouth ploughed into a gravel truck. While the front of the large car bore the brunt of the very severe impact, all three were seriously injured. O'Keefe's face was smashed and Johnny Greenan was thrown out of the car, landing six metres away on the highway, causing a fractured vertebra and loss of front teeth; Janice Greenan suffered a severe concussion. O'Keefe suffered multiple lacerations, a concussion and fractures to his head and face; he lost four teeth, and his hands were also badly lacerated.

O'Keefe was air-lifted back to Sydney for treatment and survived.





Humphrey Bogart's lifts he wore during his scenes with Ingrid Bergman in Casablanca, 1942.



Tomorrowland greeters. Disneyland. 1960.





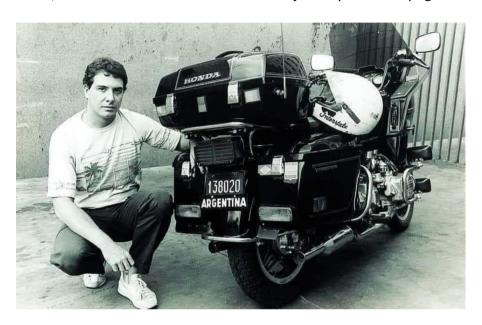
In March 2000, 55 Oscars were stolen from a loading dock in an L.A. suburb just weeks before the 72nd Academy Awards ceremony. The disappearance of so many iconic statuettes caused a media frenzy, and a public response came fast. R.S. Owens, which had been making the statuettes since 1982, raced to manufacture a new batch of 55. Roughly 20 factory workers worked 24/7 to re-create the entire inventory and shipped them west in time for the curtain call.

Within days of the theft, Willie Fulgear, an unemployed junk scavenger, alerted the LAPD that he'd found 52 statuettes while rummaging through a dumpster behind a Food 4 Less near Koreatown. He later quipped that he had "more Oscars than any of the movie stars." The company that had been responsible for transporting the statuettes, Roadway Express, awarded Fulgear \$50,000, and the Academy gave him two seats at the ceremony. The thieves, who reportedly got cold feet and dumped the Oscars, were caught and received light sentences. (In 2003, another statuette was recovered during a drug bust in Florida. The last two still are missing.)

WORLD RECORD BIKE TRIP

The world record for the longest journey on a motorcycle belongs to Argentine Emilio Scotto, who left home on January 17, 1985... and returned on April 2, 1995, having covered a total of 735,000 km and visited 214 independent countries and territories. Emilio drove the entire journey on a Honda motorcycle - the legendary

GL1100 Gold Wing 1980, nicknamed "Black Princess". For ten years "Princess" consumed 47,000 liters of fuel, 1,300 liters of oil, 86 tires, 12 batteries and 9 seats! .. For all 735,000 km, only one engine change was required. Upon returning home, Emilio wrote "The Longest Ride", in which he described his incredible journey over 224 pages.



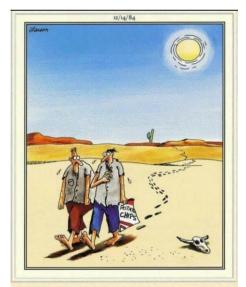
#32 September 3, 1967: The Day Sweden Switched From Driving On The Left To The Right Side Of The Road



FUNNES







"Uh-oh ... I've got a feeling I shouldn't have been munching on these things for the last mile and a half."

Manchester family return dog to The Dog's Trust as it cost too much to feed it...





Billy leaves home to join the zoo, but returns the next day after being told that, as an animal, he was just "too common."



"No, he's not busy. ... In fact that whole thing is just a myth."





My daughter was doing her history homework and asked me what I knew about Galileo. I said, "He was a poor boy, from a









Vegan cheesecake 🍇 🇯



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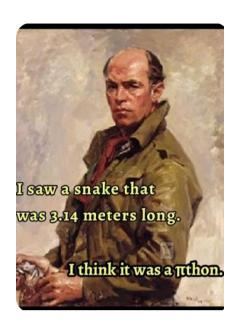


"Folks, the main reason you're not getting a good picture is because you bought yourselves a microwave oven."

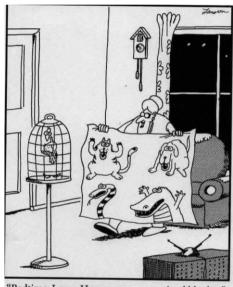




"Sorry for the wait, ma'am. We're a little short-handed."







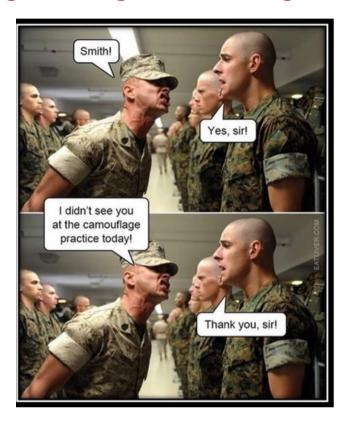
"Bedtime, Leroy. Here comes your animal blanket."





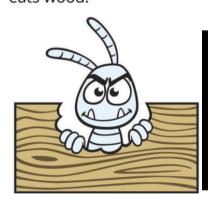


FUNNY OF THE MONTH



DAD JOKES

I have a pet termite. I named him Clint.....Clint eats wood.



It's like my mom always told me...
"You might not be the dumbest guy in the world, but you better hope he doesn't die."

I went to a wifeswapping party last night. It was great. I got a lawnmower and a crate of beer for mine.



Did you know that the planet is 70% water. And all that water is uncarbonated. So technically the world is flat.

A naked man arrives at a costume party with a girl on his back.

"I am a turtle," he says.

"Who's on your back?"

"That's Michelle."

Apparently this weekend there will be constant rane, hale, gails, drissle, thundre, litnin, hy tydes, tawnaydoes and frizzing colde.

Just a really bad spell of weather.

I'm on a whisky diet. I've lost three days already.

BOWLSEVENTS

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HEADS

Monthly Open Pairs 2024

Dates

25th March
22nd April
27th May
24th June
22nd July
26th August
23rd September
28th October
25th November

Prize Money

1st | \$300 2nd | \$200 3rd | \$100 Game 1 | \$50 Game 2 | \$50 Game 3 | \$50 Prize money subject to entries

9:30am start \$50 per team including lunch

3 games | 12 ends

Club Colours or Bowls Australia Logo Shirt No Dead Ends

1 end roll up first and third game Jack re-spotted on the T

In the event of bad weather, 2 games will determine winners Conditions of play may be altered to complete the event

Contact Bowls Organiser John Jacka on 0409 215 945







ADDRESS _

EMAII



PLEASE NOTE

The controlling body reserves the right to alter the conditions of play to bring the competition to a suitable con-

HENTY BOWLING CLUB

Has much pleasure in inviting you To participate in our

"INVITATIONAL 2 BOWL TRIPLES" TOURNAMENT

On Tuesday 12th & Wednesday 13th March 2024

PRIZE MONEY \$5000.00



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TOURNAMENT WINNERS \$2100
RUNNERS UP \$960
THIRD PLACE \$540
FOURTH PLACE \$375
FIFTH PLACE \$300



Best performed side each game \$120

TOURNAMENT DETAILS:

3 games of 18 ends, commencing at 9.30am each day, 6 games total.

Winning teams determined on games won and aggregate shots.

No team can receive more than one prize.

Entries accepted in order of receipt. Max 28 Teams.

Draw to remain a draw.

Lunch is included both days (after the first game).

Accommodation available at Trudie's B&B 0456438743

ENTRY FEE: \$70.00 PER PLAYER (\$210 per team)

For further information contact: Glenn Harrison 0403087823 Email: gharrison@jasoceania.com.au Or Peter Forck: 0269 293952







For More Info... Contact Corey Hazell 0438 634 668 or John Puttock 0417 458 300 OR Facebook

OR Facebook Junee Jokers Bowling Club

CUBE

Reference: team member's names

The committee reserves the right to alter the conditions of play to conclude the tournament. The discreter we right to reduce the prize money to

Account: 1013 6118

BSB: 062-557 ime: Junee Men's Bowling Club





































Post entries to: Belrose Men's Bowling Club, 146 Forest Way, Belrose NSW 2085.

Alternatively, email entries to: mens@clubbelrose.com.au



rust & timber CHOCOLATE BAR

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Controlling body reserves the right to change COP to bring the tournament to a satisfactory conclusion. To enter please contact Rodney









Soldiers **OPEN 14up Versatility Fours** Salamander Butchery Monday 6th May 2024 45sm Open Draw, trial end at 5.15sm
30 am Singles (21 wp) and 2 bowl triples (18 Ends)
45sm Anchology
Pairs (14 Ends) (3 bowl)
Pairs (14 Ends) (3 bowl)
Prizemoney \$2.500
1st \$1400
2nd \$680
3rd \$200
4th \$120
Best sectioned TAM intransfast in many necessors; \$100
Entry Fee: \$100 per team included Sunchly
No dead ends just to be re-aported on the T
GRADES MOST AND UP TO A MINIMUM TOTAL OF 14
BASED ON CURRENT OPEN PENNANT GRADE 2023 case forward your entries to:
entact Person: Mark Watt
entact Person: Mark Watt
entact Person: Mark Watt
entact Phone: 02 4982 7173
entact Address: 118 Soldiers Point
ad Soldiers Point NSW 2317

Merriwa AFA Bowling Club 🤷 ANY GENDER FOURS CARNIVAL Sponsored by Clarkson Hyundai



Open to Division 2 and below Thursday 2nd May 2024 9AM for 9:30AM START (Club Uniforms Please) 9AM for 9:30AM START (Club Uniforms Please)
Total Prize Money \$3160 (Based on 24 teams' entry)
Entry fee \$140 per team - includes:
Morning tea, light lunch, after game nibbles
2 games of fours (11 ends each)
Split 3 bowl pairs (9 ends each)
Email entries (including team ames) to
menscaptain@merriwabowls.com.au
Entry fee to be paid to Merriwa AFA Bowling Club
BSB 036230 Acc. No. 104897 (reference skin's sumame)
Please nominate and pay entry fee early to ensure a place!
Entries close \$274 April 2024 or when full
Any enquiries contact Len Paterson on 0427963462

