

PENFIELD BOWLER

AUGUST 2024

NEWSLETTER OF THE PENFIELD BOWLING CLUB

Woomera Avenue Edinburgh SA 5111 (next to Penfield Golf Club). PO Box 340 Salisbury SA 5108

Patron: David Hood JP - Councillor for North Ward

President: Gary Hirschhausen 0432 325 333

Chair of Selectors: David Jones 8258 1546

Secretary: Chris Cufone 0434 278 414

Tournament Director: Ian Woods

Treasurer: Lyn Panghlia 0435 131 680

Catering Managers: Eva Lavrencic & Kath Cock

Bar Manager: Lyn Panghlia 0435 131 680

General Committee: Eva Lavrencic, Kath Cock, Ellen Baker, Jane Martin, Ian Woods, Tina Manhire

Club email: penfieldbowlingclub@gmail.com Ph: 8258 1546

Newsletter Editor: Mike Bebb - email.editor@penfieldbowlingclub@gmail.com

The views expressed in this newsletter are not necessarily those of the Penfield Bowling Club Inc. Board of Management

President's comments:

First of all, thanks go to those that attended Eric's memorial. I have an update on Elmo, I've been told he is now with a good family.

The feedback from the Newsletter keeping everyone informed whilst the season is in recess, is a great positive. Great job by Mike - well done.

The Green is starting to develop after its first winter feed. Thanks to the Day Gang. If you have any time free on a Monday or Friday morning and are bored, slip out to the club, I'm sure the guys will find a job for you.

You may not be aware but even though we are not playing Pennants, there is still lots happening around the club both externally and internally, the club still must function. Thanks to Lyn and Christine for keeping things up to date internally.

An update on how our committee works: We make decisions for the betterment of you members. Yes, we may ruffle a few feathers in the process but we don't make choices to suit our EGO, like the bigger clubs do.

Google tells me

"Lawn bowls is played for the challenge and competition, personal enjoyment, activity, the pleasure of spending time outdoors and for social interaction. It is also a low-impact, therapeutic form of exercise."

Until next time keep the bowling arm in action

Gary Hirschhausen President

Membership Fees:

Lyn is at the club to collect fees on:

- Tuesdays from 2.30pm to 7pm
- Saturdays from 9am to 2.30pm

Bunnings Sausage Sizzle September 22nd “Volunteers needed”

If you can spare some time, even if only for an hour or so, please put your name on the list at the club, or contact a member of the committee.
Thanks, *Gary*

Chair of selectors:

Preseason trial game at Playford BC
25th August, 12pm for 12.30pm start
Please wear club uniform

Preseason trial game at Para Hills BC
on 21st September, 12pm for 12.30pm start.
Please wear club uniform

Advance Pennant information for 24/25 season:

Saturday Pennant starts	12thOctober
Wednesday Pennant starts	16thOctober
Last Saturday game before Xmas -	14thDecember
Last Wednesday game before Xmas	18thDecember
Wednesday pennants restart	8thJanuary
Saturday pennants restart	11thJanuary

David Jones (Chairman)

September birthdays: Many happy returns to:

Jesse Miller	September 7th
David Byrne	September 11th
Geoff Yates	September 17th
Mike Bebb	September 19th
Kath Cock	September 27th

Catering crew:

Our next Fantastic Social Sunday lunch offering on September 15th is:
Main – Pie Floater
Dessert - Sticky Date Pudding
For the princely sum of \$12.50

Please add your name to the list on the notice board or, send an email to the club and ask to be added to the list. Friends and family welcome.
Would love to see you there.

Eva and Kath

Coach’s comments:

Pre delivery routine:

It is an important part of improving your skill levels to “groove” a pre delivery routine. Practice allows the routine to become automatic and you are then able to concentrate on the actual shot you are playing.

Not many bowlers have a so called “perfect technique” so your routine will differ from others. This is not a problem as long as you go through your own routine every time before delivering your bowl. An important step is to identify a point on the mat and place your foot in the same position every time.

I personally like to use the lefthand corner, approx 50mm from front edge, because the bowl leaves over the centre of the mat on both backhand and forehand.

Suggested routine:

- Pick up your bowl (some players wipe the bowl with cloth as a part of their routine, even on synthetic greens)
- Stand a metre or so behind the mat.
- In team games, check with your Skip for the shot he/she is asking you to play. In singles choose your shot.
- Check for correct bias.
- Visualize the perfect shot you are going to play
- Focus on your aiming line, step onto the mat, place your right foot in position, on your aiming line and with your hips and shoulders square to your aiming line.
- Look at the jack for your weight, transfer the distance to your aiming line and then bring your focal point to a distance 4 to 6 metres in front of the mat. (close enough that you do not have to lift your head to see it)
- Your focus should remain on this point throughout your delivery and until the bowl has passed over it.
- Take a deep breath and relax
- Step and deliver the bowl

Remember to:

- Stay down in your delivery stance, arm extended and palm up, until the bowl has passed your focus point.
- Watch the bowl until it stops. Watch for skip signals as to length. This will allow you to make any correction to line and weight with your second bowl.

Skills:

This segment is intended to outline the basic skills needed to become a proficient member of a Pennant team. This article only covers the basics. I will post a comprehensive list on the noticeboard.

Lead:

- Be aware that a good lead is an essential and important bowler in any team.
- Calm, relaxed, confident attitude
- Ability to concentrate
- Patience
- Control when delivering the jack
- Create an early advantage (two bowls close to the jack)
- Puts pressure on opposing lead
- Gives team members confidence
- Regularly practice delivering jack to various lengths
- Practice draw bowling to the jack (no bowl shorter than a mat width or longer than a metre)
- Always encourage, never criticize your team mates

Second:

- Show self confidence
- Handle pressure
- Ability to concentrate
- Ability to take directions
- Practice and play all shots (never be short)
- Be comfortable playing both hands
- Be prepared to step up if your lead is having a bad day
- Take part in regular and appropriate practice

Third:

- Good knowledge of the game
- Master of all shots
- Ability to control the head
- Positive, confident, good communicator.
- Able to concentrate and cope with pressure

- Know when to stay silent (your skip will ask for input if needed)
- Be aware of changing weather, green conditions and advise team members
- Inspire confidence in other team members
- Take part in regular and appropriate practice

Skip:

- Confident, good temperament and body language
- All round knowledge of the game
- Awareness of changes in the head and playing conditions
- Positive attitude
- Ability to support team and inspire confidence
- Supportive of team members
- Ability to give clear, simple directions
- Be aware of strengths and weaknesses of other players
- Master of all shots
- Take part in regular and appropriate practice

Coaching tip:

Always be aware of what might happen if the jack is moved. Put a back bowl in early to cover opposition bowls.

Shots 'UP' can so easily become shots 'DOWN' if the opposition trails the jack.

Can you be an umpire?

Q: Can a Skip stand in front of the head and request their bowler to put a bowl where he/she is standing?

A: Yes, however, as soon as the bowl has been delivered, the skip who is controlling play from a position that is either level or in front of the jack, must take their position behind the head.

Law 12.1.3

Q: The mat and jack have both been placed on the wrong line. The end has commenced and the players then notice the discrepancy. What should be done?

A: As a bowl has been bowled no one has the right to challenge the legality of the original position of the jack. It must stay where it is *Law 9.7*

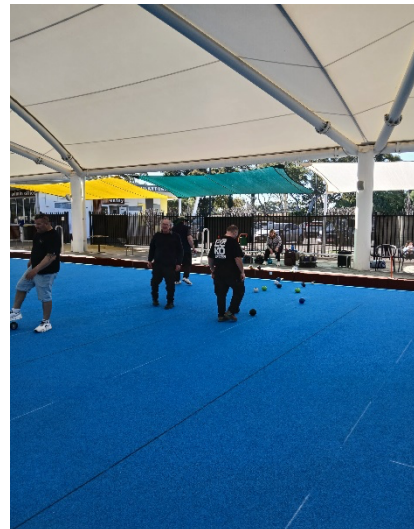
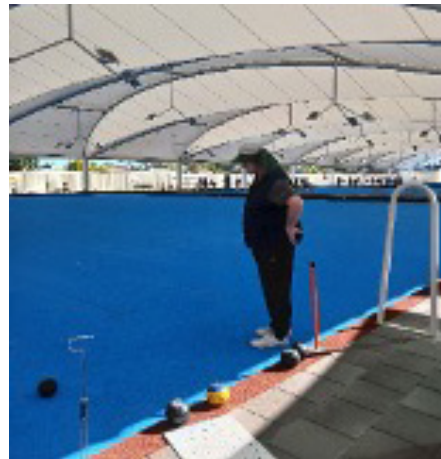
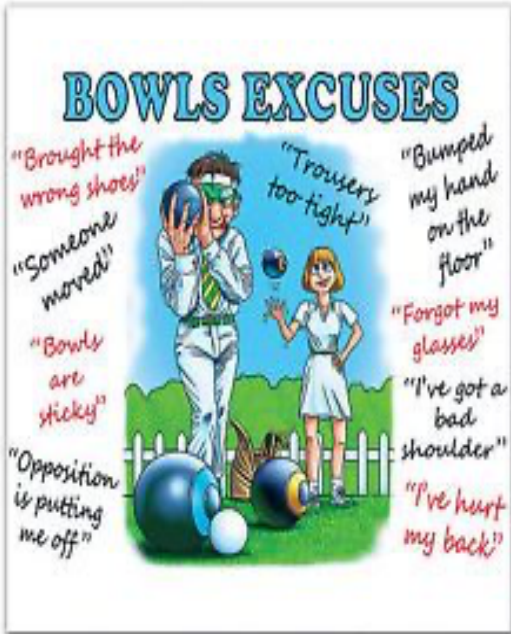
As the mat is on the wrong line it must be moved to the centre line and play continues. *Law 6.2.3*

Something to consider:

ABILITY IS WHAT YOU ARE CAPABLE OF.
MOTIVATION DETERMINES WHAT YOU DO.
ATTITUDE DETERMINES HOW YOU DO IT.

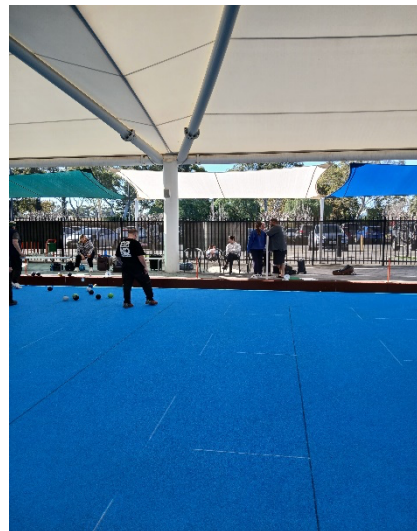
by Raymond Chandler

Just for a giggle:



Off season practice:

Over the past few weeks, some members have been attending practice afternoons at the Salisbury or Playford Bowling Clubs. This is an initiative organised by Chris Cufone and David Jones allowing new and experienced bowlers from our club to practice as a group. Session starts with 4 ends of practice drills and then a social game of 14 ends. Contact Chris or David for details:



Other Club Tournaments:

Club Tranmere - Ladies Fours Tournament

Monday 30 September 2024 - Prize Money \$1200
9:30am for 10:00am start
\$100 per team includes morning tea, lunch and post-game snacks
Contact: Mary Diestel-Feddersen 0432 662 147:
email [mjd @bigpond.com](mailto:mjd@bigpond.com)

Kapunda Bowling Club – Men’s Fours

Monday 18 November 2024 - Prize Money \$1000
9:30am for 10:00am start
\$25 per player includes lunch and afternoon tea.
Nominations to Judy Earl 0419 537 315

I remember when:

Just to kick this segment off and encourage members to share memories, I have a couple of early childhood ones.

- During the war, when the Germans were trying to bomb the coalmines and docks of South Wales, my mother would put my brother and myself under the kitchen table when the air raid sirens sounded.
- While rationing was in force in Britain after the war, when I had new boots, my father would put steel hobnails and tips on them for the leather soles to last longer. I had my first pair of proper shoes when I started Primary School.
- My mother would mix our butter and margarine ration in a bowl with milk to make a soft creamy spread that would hopefully last until the next butter, margarine ration became due.

Mike B

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MBA Sponsor Paradise Motors/Metro Bowls Association

CLUBCASH PROGRAM'

\$100 for new/used vehicle purchase
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Club Sponsors:

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Email: info@ncrv.com.au

Website: www.ncrv.com.au

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A big thank you to **Print Lord/Signmakers** for donating our new rink boundary flag

Note from the Editor:

I'm looking for interesting topics, photographs etc to include in the newsletter each month. For the next Newsletter I am asking members to send in their memories, or their parents/grandparent's memories, on how they survived with rationing during and after WWII. It's a walk down memory lane for some, but it will be an eye-opener for the younger ones who have not had to experience 'lack'. I have included a few memories in this issue to start the ball rolling.

Please contact me...

Email: editorpenfieldbowlingclub@gmail.com / or text mobile: 0447 492 713 for those without access to email.