



THE BARKING DOG

The official newsletter of Mooroolbark Bowls Club Inc

December 2011

MEN'S PRESIDENTS REPORT

There have been a number of things happening around the Club due to the hard work of members

Thanks to the volunteers who have run the BBQ on Saturdays during pennant
Thanks to Vivienne Balfour and Rob Mullarvey and their volunteers for running the Mooroolbark Community Bowls Experience with a number of schools. It's off to a good start

Best wishes to Steve Rawlingson and Rex Tait in their final of the Men's Singles Championship on Sunday 11th and to Ross Kelton and Rod Paine who are playing the final of the Minor Singles

There are mixed results so far this Pennant season with the fifth side being the stand out team. A number of sides have the chance of making the finals.

Members are reminded that there is a correct procedure if you are not satisfied with your Pennant selection on any given week

Cary Rudd is the players delegate and is the person you should see if you have any grievances His contact details are near the team notice board.

Don't approach members of the selection committee yourself. They are club members and would like to enjoy their time around the club as well

It would be wise to consider the wider picture and remember the selectors may be trying to bolster other teams or replace players who are unavailable etc. and this has impacted on your selection. They are concerned with the competitiveness of all sides
Complaining to anyone who will listen only has negative consequences on club spirit, puts people off being selectors and does not change your selection anyway

Finally a Merry Christmas and Happy New Year to all and please drive safely over the holiday period

LADY PRESIDENT'S REPORT

Gala Day was a great success, many thanks to all who donated, worked on the stalls, and special thanks to Diane Emery and the ladies in the kitchen, who provided us with a great lunch, thank you also to Berneice Stevenson and the Tournament Committee. Without our great Sponsors these days would not be so successful, so many thanks to Hocking Stuart, and Johnston First Aid Supplies. We raised \$1,141.00, so what a great effort. Winners of the \$50.00 were Judy Hodgson, and Tony McDonald, the main raffle winners were; Watch, Alan Thomas, Cake, Chirnside Park, Doona Cover, Robyn Smith, Fruit basket, Loretta Fink, Picture Puzzle, Jenny Lewis, Cheese Board, Shirley Everitt, Crotchet rug, Norma Kirby, Hocking Stuart Hamper, Peter Stevenson, Bath products, Bev Dans. Congratulations to all winners.

Tuesday Pennant players Christmas luncheon at the Dorset Gardens on Wednesday, 7th December at 12.30 will be closed off on Monday 5th December, so if you haven't got your name down, please put your name on the sheet, and pay money to June Simmons.

Just wanted to mention what a great night it was for Alan Dufton, who has played 500 pennant games of bowls; what an achievement that is. To see all Alan's family and his mum Jean there was terrific, many thanks to Drew Pallot who organized the DVD on

the history of Duffy. When I looked around the room I couldn't help notice a lot of teary eyes, (mine included), what a great Club we belong to. Also cannot leave my husband Ray Hin out who has achieved 400 games, well done Ray.

Our deepest sympathy goes out to Roy Thompson and his family, on the passing of his beloved Joy. What a lovely funeral that was, just what Joy would have wanted. Many thanks to my Committee Ladies and those who helped in the kitchen for the Celebration of Joy's life.

I would like to wish you all a Very Merry Christmas, and a Healthy, Happy New Year. For those going away over the Christmas period, travel safe.

PRESIDENT RETURNS

Our President Ray Morse has returned after a triple hernia operation. He is pleased to be back and feels it is a small price to pay for carrying John Baker's rink for all of last season

SCHOOLS BOWLS PROGRAM

President Ray is not only a fine administrator but has always been proactive in presenting the benefits of the club and showcasing the game of bowls and its associated social interactions. With this in mind, at the beginning of the year, he formed a sub-committee consisting of Vivienne Balfour, Marion Byrne, Greg Gaspero, Kane Murray and Rob Mullarvey with the aim of introducing the game of bowls to the students of our local secondary schools:- Billanook College, Mooroolbark S.C, Pembroke S.C and Oxley College were all approached to see if any of their students would be interested in learning the basics of our great game.

The schools have enthusiastically embraced the opportunity and to date we have had over 140 students "trundling" them down. Viv has also been approached and asked to coach one of the female teachers who is very interested in becoming a member of our club.

Organising pupil numbers of this size could have been challenging without the assistance of some of our very dedicated members who gave up their time to assist the pupils during their bowl's experiences. Their patience and perseverance ensured that every session went off smoothly and enabled each child to gain the maximum benefit from their time spent on the green.

After a brief explanation, demonstration and practice of the basics, the students formed teams and played against each other. The "winning" team/s were presented with drink bottles kindly donated by our major sponsor Bendigo Bank. It was great to experience the competitive spirit of all the participants and the friendly manner in which the games were played.

The students and teachers were very appreciative of having the opportunity to become involved in our game and some indicated that they may even pursue bowls as a sport of choice in the near future. Who knows, we may have uncovered a potential future Mooroolbark or perhaps Australian Bowls Champion?

EASTERN RANGES WOMEN'S OVER 60 SINGLES CHAMPIONSHIP

Mooroolbark had a number of ladies who entered the championships which were held at Chirnside Park over two days during Mid October.

Both Mary Warr and Pat Garden made it through to the second round and Pam Hillard to the Semi Finals

Both Mary and Pam were beaten by the eventual winner Evelyn Martin from Mulgrave CC who is the current state pairs champion

Well done to all three girls

EASTERN RANGES NOVICE SINGLES CHAMPIONSHIP

Congratulations to Pam Hillard in winning the Novice singles championship Pam will compete in the Semi Finals and finals of the State Novice Championship at Queenscliff on Sunday the 15th and 22nd of January 2012

We wish Pam the best of luck

FIRST AID TRAINING

About a dozen participants took part in a First Aid course on November 25th and received certificates in

- a. Providing Basic emergency life support**
- b. Performing CPR**

There are now about one dozen members qualified to use the defibrillator

The club intends to continue with these training days in future

BENDIGO BANK DONATION

The Mooroolbark branch of the Bendigo Bank held their AGM at the club on Monday 28th of November and announced their Community awards

Our club was donated \$27500.

**The Board will be sending each member a letter giving more details in the near future
It goes without saying that this donation is greatly appreciated and will be of a great assistance to the club**

It is also a timely reminder that we should continue to support our sponsors

COACHES CORNER

Program in the Development of Skills

Introduction

When a player takes up the game he/she will have had experiences in other sports activities which may or may not be related to the skills needed to be a good Lawn Bowler.

This article addresses all players from those beginning through to those who are already accomplished (but not yet Interstate level) who wish to play at an even better standard.

Learning Curve

There is an accepted theory in learning that when a new issue is introduced contrary to the previous understanding then there will be a drop in performances. After the 'new' understanding is accepted the improvement catches up to the previous standard and surpasses it.

Some players are impatient and want to improve immediately - guess what? It just does not happen that way. Be patient and allow the new way to develop in a controlled sequence - develop one skill and then use it to develop the next in its proper sequence.

The Stages

There are 10 stages in the program and within each there will be a number of steps which must be climbed in sequence before going up to the next level. Briefly the 10 stages are: -

1 Controlled Delivery Technique -

Tailored to your personal circumstances i.e. Health, fitness, injuries, physical build etc. to achieve a comfortable well balanced delivery.

2 Method for Line -

To find, hold and deliberately alter the Line.

Which of the 8 major methods suits your style?

3 Method for Weight -

Which of the 6 major methods suits your style while holding the Line?

4 Most Comfortable Bowling Technique -

Combining Rhythm and Tempo with Line & Weight Methods for consistent results.

5 Pre-delivery Routine -

Applying the mind aspects of Concentration, Visualization, Imagery, Relief of Pressure/Stress so enabling a high quality first delivery and a consistent second result.

6 The 9 shots -

The purpose, standards using 4 above and the probability of success of each shot.

7 Pennant Play -

Roles & Responsibilities of all 4 Positions incl. range of shots per Position

8 Setting Objectives -

Personal Ambitions, Terminal performances and the Key issues

9 Promotions by Position and Grade -

The Roles & Responsibilities, standards of performance and the shots per Position.

10 Head Building -

Setting Match plans, tactics, strategies and the Art of 'Skipper ship'

Completing the stages

The stages may be likened to climbing a ladder! We cannot expect to jump from the bottom to the top without taking each rung at a time and in the correct sequence. So too is this program. - The achievement of one step at a time in a co-ordinated sequence.

Some of these stages have many steps within them and unfortunately some previous understandings may need to be discarded or 'unlearned' and replaced through a relearning process. This ladder to success (this program) can then have a reasonable chance of becoming a reality.

Incidentally, there is a strong emphasis on the enjoyment of the challenge that lies ahead.

Limit

The top of the Ladder will be that as in the setting of realistic Objectives and the level of dedication that you are willing to put into your own development.

The Program is available however it is up to the player to co-operate and develop at his/her own pace.

Entering the Coaching Stages

Some of our members have already participated to their level of commitment with outstanding success - credit to them for their efforts and the rewards that they have gained from the program.

If you are interested in developing your game via this program, then please book an appointment with me and we can start what may be a relatively short or indeed a lengthy period dependent upon your willingness to try a different and controlled approach.

In any case the first four stages are available to all even if they consider themselves as 'Social' players and do not wish to put in the effort required of the higher levels that automatically apply.

The offer is there - now it is up to you !

Brian McIntyre

FUND RAISING RAFFLE

There is a new raffle to raise money for the roof fund raising appeal

NEW FUND RAISER RAFFLE

\$1,000 DOLLAR DRAW

THE LAST SATURDAY OF EACH MONTH

ONLY 100 NUMBERS @ \$20.00 PER NUMBER

You don't have to be present at the draw to collect your prize
You can get together with someone else to share a ticket

SOCIAL COMMITTEE

These are the dates of the Social Functions for this season

Dec 17th Christmas Dinner Dance. Artist: Brendan Scott. \$25 p.p. Sherries 7pm.
2- course dinner at 8pm.

Dec 31st New Years Eve Dance. Band "Set 2". \$27.50p.p. Sherries 7.30pm. Dinner
8.30pm.

Feb 11th Trivia Night. More Information later.

Mar. 3rd Artist: " Rock around the World". More information at a later date

CHORUS LINE

Money is now due for all those attending the show Chorus Line. Please pay Lorraine
Bennett as soon as possible

Thanks to Lorraine for organizing these outings. It is appreciated by all those who
attend

FOR SALE NOTICES

If club members wish to advertise items for sale in The Barking Dog please email Jim
Cantwell averil@houseofwack.com or give him the advertisement.

Please keep the ad to two or three lines.

The deadline for all submissions is the third Wednesday of the month

The ad will run for one month only.

CORPORATE BOWLS DAYS

There are two corporate barefoot bowls functions being held at the club on the 14th and
22nd of December

Could you please contact Tony McDonald if you can help on either of these days

TRY BOWLS DAY

Try bowls day was held on Sunday, 23rd October and was a successful day

About 30 people turned up on the day with a number interested in trying barefoot
bowls later this season

We have also gained two new members which is great for the club and we hope that
their stay at the club will be a long and enjoyable one

Thanks to all those members who helped on the day and to those members who
letterboxed the flyers and encouraged friends/relatives to come on the day

THE BISTRO

The Bistro is up and running again for this season and the numbers are very promising with
good numbers in spite of the earlier finish to Saturday Pennant

Extra help would be greatly appreciated to spread the load. If you wish to help there is a roster
on the notice board inside the front entrance where you can put your name

FIRST AID

On the front door of the club house is a notice with a red cross which outlines the procedures
and the location of the first aid equipment at Mooroolbark Bowls Club.

Please ensure you are familiar with its contents

The club also has a defibrillator and a number of club members have been trained in its use

EMERGENCY NUMBERS

AMBULANCE AND FIRE 000
CROYDON POLICE9724 0100
MOOROOLBARK POLICE9725 9999
MAROONDAH HOSPITAL0871 3333