

NEWSLETTER



Issue #3, April 2015

As we prepare for the upcoming season, Robin and I are reflecting on our recent stay in South Africa, listening to the rain pelting down and thinking about the differences between here and there. As well as a little insight into bowls in South Africa this newsletter also includes some helpful hints to prepare you for the upcoming season. Use them at your discretion!

ABS

A MESSAGE FROM THE PRESIDENT

The number of lawn bowlers has been in steady decline around the world for the past decade. We need to find ways for new members to join our Club and retain our continuing members in the next few weeks. The most successful recruitment method is always by recommendation (and a little arm-twisting, they will thank you in the end!). I implore every one of you to encourage your friends, colleagues, associates and neighbours to join our Club and ensure its continued success. I encourage you also to let me know of any ideas and suggestions you may have for the improvement of our Club, so our members will have the greatest fun and enjoyment in games and social activities all year round.

Stephen Mah

BOWLS IN THE SOUTHERN HEMISPHERE

The Fish Hoek Bowling Club has three beautiful greens which are all well used. Having very cheap labour means that they are well tended and in excellent condition. The banks are high and the sides are of grass, difficult to trim, but again, cheap labour takes care of that. The Clubhouse is large and well appointed, with a real, and much frequented, bar. It is mandatory for the winning team to buy the losers a drink of their choice after the games, regardless of the time of day.

Fees are on a par with ours, as is the membership, but everyone pays to play each time they attend. \$1.50 for members and \$2 for guests. Social bowls is a very casual affair; setting the mat is rarely exact and throwing the jack is a relaxed exercise involving the lead's throwing hand and the skip's foot, with no emphasis at all on accuracy. During play everyone mills around commenting the shots made (or missed) and everything is carried out in an atmosphere of fun and good humour, with encouraging remarks all round. Play is 18 ends, with a break for tea after nine or ten, depending on when someone remembers to ring the tea-bell. Like many clubs around the world, membership is declining. The average age of the members of the Fish Hoek Bowling Club - 73! League play is far more strict, whites are mandatory and the rules are strictly adhered to.

UMPIRE CORNER

Some information that may be of interest to you:

- * Are you interested in being an umpire and have at least 2 years of lawn bowling experience? A Level 1 (regional) umpire course is scheduled for April 18, 2015. The course will be given in Victoria by George Cubiss, Provincial Officiating Committee Chair. Details and a registration form are posted on the bulletin board in the clubhouse.
- * The 2015 update to the Laws of the Sport of Lawn Bowls are now available through Bowls Canada. The cost per copy is \$8 plus shipping and can be

ordered through the Bowls Canada website at
<http://www.bowlsCanada.com/en/merchandise/merchandise.html>

- * There will be 2 or 3 Markers courses delivered this year with the first being planned for May. The courses will be delivered by Ann Mathie from the Juan de Fuca club and Steve Foster from GHLBC. Details will be posted on the bulletin board once the dates are confirmed.

If you have specific related questions you would like to see answered here, please send to Steve Foster via email at sfvict@telus.net.

Steve Foster

I am indebted to the Aussies for the following helpful hint regarding foot fault rules:

"Before commencing play it is good idea to remind your opponent of the new foot fault rules. This ensures that he will think about his feet and therefore will be completely put off his game".

ABS

COACH'S CORNER

A FEW DO'S WHEN BOWLING

Perform your duties, whether lead, second, third or Skip, in a manner which causes the players a minimum of distraction.

Be polite.

Be familiar with the rules of play.

Concentrate on the game and be attentive at all times.

Have on hand the equipment you will need during the game.

Make sure that you know the players' names you are bowling with and that you can identify all the bowls being used.

Keep perfectly still and quiet while a player is standing on the mat.

Stand on the side of the rink away from the sun so that your shadow is not cast across the head.

Adopt a position on the rink which does not obscure the player's line of sight to the rink markers and rink numbers.

Last but not least, enjoy the game and have fun.

Floyd Ruttan

DELIVERING THE BOWL:

Floyd tells us that grip and delivery are important, that there are two main grips and that the bowl is usually delivered from a standing position. Apparently there is more to it Down Under. Read on.....

The Plonker keeps his head down and usually has a pendulum swing. He delivers every bowl the same regardless of where the jack is.

The Flicker has no backswing as his fingers flick the bowl and his arm flies into the air, propelling the bowl forward at an alarming rate. For this reason he prefers long jacks.

The Pitcher throws the bowl. Enough said.

For *The Stylist*, the delivery is more important than where the bowls end up and their poor shots are usually the fault of their teammates or ridiculous instructions from their Skip.

The Wobbler can be erratic but worth his place on the team due to the demoralizing effect on the opposition when he actually gets a draw.

The Round Arm Slinger is a formidable player against whom there is no defence as the unpredictable track of his bowls defies all the natural laws of motion.

The Archer begins delivery with his bowling arm held out straight ahead of his eyes. His shots are dangerous to his team if they are holding shots. He holds firm convictions and is not kindly disposed to accepting advice, instruction or even abject pleading. He is a POTENTIAL SKIP!

And now for the serious side of bowling.....staying fit.....yes really.....

Bowlers of all ages need to think carefully about their diets and exercise programmes, especially ladies. According to statistics about three quarters of the bowlers who get injured are female. So exercise the muscles you need for bowling. Your hamstrings and lower back are important. Of course, this applies to both men and women. Once your physical fitness and stamina begin to wane, tiredness will set in and you will need another beer to maintain your concentration. Go through your stretching routine before a game to loosen up your muscles. Warming up will reduce the risk of injury and help you bowl better. If you have some spare stomach hanging over your belt this makes it difficult to get down, so exercise is important. Skipping is recommended as this will help improve cardio-respiratory fitness, flexibility and co-ordination. It is great for building bones and is a good exercise to trim hips, thighs and backsides. If you survive the skipping you should be a good bowler!

Remember the importance of a good warm-up!



DATES TO REMEMBER

*Semi-Annual General Meeting: Sunday, April 12, 2015. 2 p.m.

Please bring your registration form and dues if you have not already handed them in to Gail Ruttan.

*Novice Training:

DAYS: Monday, Wednesday, Friday 1 - 3:30 p.m. April 13 - 24.

EVENINGS: Monday, Tuesday, Thursday 7 - 9 p.m. April 20 - 30.

*Tournament schedules for BSI and GHLBC are posted on the bulletin board.

**GOOD
BOWLING!!**