

HAMILTON
MORELLO

Camberwell Sports & Spinal Medicine

JA CAIN
REAL ESTATE

Okupu

The Newsletter of the Burwood District Bowls Club

From the President's Desk

Friday evening's Opening event was about as close to the quality of Burwood happenings that we could have wanted. There was a cheerful buzz of conversation as members mingled among the many sponsor representatives who attended. Newly joined members were properly and warmly hosted at their first official club function. I could not have been more proud of the way Burwood looked and felt that evening. Thank you all for your contribution. We have set the tone for a fine year.

I want to make particular mention of the generosity to the Club of JA Cain, Burwood Mowers and Bendigo Bank, three of our sponsor supporters.

JA Cain was represented by nine of its staff and great company they were. Chris Cain spoke on behalf of the company which has donated to the Club a weekend at the family holiday home on Phillip Island to be raffled as a funds raiser. You will see posters displayed in the clubrooms concerning this and tickets may be purchased at the bar. Thanks to Treasurer Craig for setting the raffle in motion. Burwood Mowers, long-time supporter of BDBC, was represented by the whole family, Brendan, Sarah, Bella and Bailey. Brendan has most generously donated to us a beautiful Husqvarna mower with a retail value of about \$600.00 for the Club to raffle. Brendan also rolled the first jack and is almost ready to begin his bowling career, of course at Burwood. We look forward to that.

Bendigo Bank has been our bank of choice now for some years. It has a long and strong

history of community support which we have sought this year for funds to carry out repairs to the banks of the McLellan Green. Their response to our application was to provide \$2750 for that purpose and we were delighted to have manager Kathy Koulouris present to make their presentation. Kathy was accompanied by James Fernandez, Customer Relations Manager.

I want also to thank the members who once again put their best foot forward in preparation for the evening, ensuring the hall was set up, the catering was in place and then providing service to the gathering with all the attendant calls on energy and time. You are a star group.

Finally, a badge of courage for our lady Club Champion Pam Kay, for braving the chill and the rain to deliver the first bowl of our season

And so let us head into the new season full of energy and endeavour. It will be what we make of it and there is plenty to be done! This is a year like no other in the Club's history. Together we make it one of triumph and success.

Michael Chittenden
President

2018-19 Board of Management

President:	Michael Chittenden
Vice-President:	Stephen Creek
Secretary:	Stuart Nicoll
Treasurer:	Craig Worboys
Bowls Director:	Glen Sodatis
Greens Director:	Paul Williams
Property Director:	Mike Hendry
Membership, Club Governance:	Ian McCahon

fellaahamilton
AUSTRALIA EST 1969YOUR LOCAL
-BUTCHERS-

Graham Watt MP
Member for Burwood

Working hard to improve local services

www.grahamwatt.com.au
@grahamwattmp
facebook.com/grahamwattmp

burwood cellars
Fine Wine Merchants Since 1986

GRAND PACIFIC TOURS

Pennant Practice V Blackburn

In the preparation for the season we all would like to thank Harold Kennedy for his tireless, and brilliant work in painting the wooden benches surrounding our wonderful greens. As usual he has done a wonderful job, and gone about it in his usual way.



Thank You Harold!

Last Saturday we started our pre-season with our first practice match of the 2018/19 season against Blackburn BC's top side. Missing more than a few players that are still to return from warmer climates, holidays and those suffering early September inertia we settled into an early groove on Blackburn's little four-rink tift. Running at about 14.5s the green was a treat and the visitors (us) took a ten shot lead into the tea-break.

Various substitutions did not slow the Burwood advance and although one Blackburn rink fought back valiantly BDBC went onto to record an impressive 22 shot win. An excellent effort all round.

President Chittenden's rink of new player Grahame Murphy, C Worboys and S Collins won by 10, N Hodgens' ensemble of S Bell, S Nicoll, L Rasmussen and J Corrie won by five, J Morley, returning player Ron Gascoigne, J Kent, M Robinson and M Hendry won by nine and club Bowls Director Sodatis with Joyce Fowler, J Sumsion and P Williams went down to Blackburn Club Pro Todd Shannon by only two. A really good performance across the green, well done everyone!

Saturday Selection

Dates to Remember

All of the following will have relevant information on the noticeboard.

Important dates

- **Tuesday 18 September:** Pennant Practice, TBA
- **Saturday 22/29 September:** Pennant Practice, TBA
- **Tuesday 25 September:** ROUND 1 of Midweek Pennant
- **Thursday 4 October:** Traditional Team Meeting/Pie night with guest speaker
- **Saturday 6 October:** ROUND 1 of Saturday Pennant

Saturday Pennant Practice

As usual anyone available to play please place your names on the sheet at the club ASAP.

Function assistance

We have a few events in September that we need your help.

- **Saturday 15th September 6.30/7pm start**
- **Sunday 16th September 2pm start**
- **Saturday 29th September 6.30/7pm start**

Please let Jen know if you are able to help.

Woolworths BBQ

Date is still TBC. We are now looking for a date later in the year or early next year. We'll keep you posted on dates. This has been a consistent fundraiser for us and with 90 minutes shifts it's a pretty relaxed gig.

Coaching Corner

DO YOU HAVE A COCKPIT DRILL?

Alert observation of elite sportspeople in action discovers they all have a 'cockpit drill'. This drill is their methodical routine of preparation for entering the next phase of the game. It is unvaried and is designed to ensure they are physically and mentally set to play; to deliver, to serve, to bowl, to enter the water, to fire, to shoot for the basket. When the routine is broken mistakes follow. Clearly, if the champions use 'cockpit drills' we lesser beings should develop our own, too.

What might be in a cockpit drill for lawn bowls? The answer is those elements that are essential to complete readiness to make the perfect delivery.

In possible order: Stand off the mat until you have the received and understood the direction. From a metre or so behind the mat look through the mat and along the green line you have chosen to play the shot. Holding the bowl in your off hand, step up onto the mat, placing your anchor foot precisely to the standard position and pointing along your intended line of delivery. Position your stepping foot. Take your grip on the bowl. Standing squarely, address the intended line of delivery, finding and focussing on the mark over which you will deliver. Set your weight and balance. Take your action position, and deliver smoothly, with rhythm and confidence. Watch your bowl through its course so that you can make any adjustments necessary for the next delivery.

Such preparation provides a framework for self-analysis when things go awry. Worth thinking about, surely?

Our website has now been updated and given a new look.

Please go and check it out and tell us what you think.

It can be found at: <http://www.burwooddistrict.com.au>