

# SOUNDS OF THE WAVES

July 2021

*Another month has come and gone. Again, much has happened in our club, including Club and District Events plus Winter Carnival. Pennant season is commencing 31<sup>st</sup> July. Make sure you are financial if*

*you're playing.*



## **MESSAGE FROM THE PRESIDENT JOHN LEONARD**

One of the things that struck me as extraordinary when I first took up bowls was that coaching was free. Having previously been a golfer (and not a very good one) and forked out \$50 for half hour lessons to help improve my swing I was literally bowled over to learn that I could avail myself of this generous offer. Looking back over the years though I really didn't take full advantage of the free coaching that was on offer, and I think that it's fair to say that most bowlers are in the same boat. A good bowls coach should have the experience and the ability to assess, and where appropriate, modify your bowling action so that you improve the results you have on the green. But it doesn't all rest with the coach! You need to take their advice and practice until their recommendations become second nature and this

requires an investment in time by you. And if things don't seem to be working for you the coach is always there for support. And it doesn't cost you a cent! Seriously, how many other sports can boast this free service. With our move to synthetic greens, it has become important for all bowlers to consider their bowling action to avoid permanent damage to the surface, and this responsibility rests with each player. If your bowling action is causing you to release the bowl at an unacceptable height, then don't wait to be tapped on the shoulder and be told you need to modify your action. Be proactive by taking the step to see one of our coaches to get you on track - after all it's free advice! This brings me to another important matter and that's and that's the use of bowling arms. How lucky are we that our bowling lives can be extended significantly by these devices? No longer do bowlers have to give up this great game because of a medical condition that prevents them from getting down to deliver a bowl. Nowadays it's common to see bowlers using these devices, and thank God the stigma associated with bowling arms is pretty much gone. In fact we should applaud those bowlers who of their own accord have transitioned to arms because

they realise their action may cause damage to our greens and want to continue to enjoy and remain competitive in this great game of lawn bowls.

## **CHAMPION OF CHAMPIONS**

Our Pairs Champions from both Men's and Ladies headed to their respective clubs to challenge for the District Titles, Ladies, Neeta and Elaine Knights to Woombye and Men, Ed Boxall and Peter Johnson to Coolum. In a gallant effort with Elaine nursing a broken arm the ladies were beaten by International pair Julie Keegan and Katlyn Inch in a hard fought game. However not so for our glorious Men's pairs, they emerged triumphant in a close final against Kawana's Darren Muir and Kurt Brown. We're all so proud of our Champions.





I have to include that Ed Boxall is the Father of our Aussie Super Swim Coach, Dean Boxall, who showed his passion for his star Ariarne Titmus's winning performances. He must get his will to win from you Ed. What a tremendous achievement.



**MEN'S COMPETITION**  
**"B" SINGLES**

The B Singles was contested between Sam Walton against Roger Hayes. Sam winning the final. Congratulations to all who competed. Sorry, I didn't get a photo.

**WAVES CALOUNDRRA WINTER CARNIVAL EVENTS.**

Three days of bowls were contested at our Club, including Ladies 2 bowl Triples, Mixed Pairs and Men's Pairs. I saw our **Major Sponsor Harry Garden** out and about relaxing with a well-earned coffee break after the three tiring days. Winners were, Men's Pairs, Ray Williams & Peter Johnson



Mixed Pairs, David Dodd & Robyn Lewty  
Ladies Triples went to a team from Palmwoods.  
Congratulations to all.

**NEWS FROM PETER AND CHRIS CHILDS**

Thank you Mary Kelly for this.....  
Thank you for your wonderful email, we have been extremely slack with keeping in touch up north. We heard about the lockdowns as one of my sisters lives in the Morton Bay Area and they have had a couple of red hotspots already. We don't realise how lucky a state is until you have to go into strict lockdowns, it is sadder for the younger people who are struggling to get ahead. Good to hear that you and Dalton have had your needles, Pete and I had our 2nd booster in end of June so we are only hoping that if we get Covid we might get sick but not die!! It is great that the pennant season is starting, good luck to all. Why do waves need water tanks under the car park? I didn't think the artificial greens required water. It will be a bugger if the tanks leak under the car park. Yes you are right when you say that waves would be in trouble

without the bowlers. We have been very lucky since getting back to Vic land end of January. We stayed with friends for 6 weeks near the Mornington peninsula and then moved onto other friends who live in Gembrook, in the Dandenong ranges. They live on 7 acres in an Victorian style home similar to a Queenslander home. If you have seen an old movie --Ma and pa kettle, I am Ma kettle!! I feed the chooks and the cats and daily collect wood for the Kanara heater, weather permitting I also get into the garden pulling weeds which there are plenty of. I am glad to be doing something as our house won't be built until next year about May 22nd. It is so odd to have to pick land buy May and not be titled by council until the last quarter of this year, but this system seems to be the way to go with all councils now it is now a waiting game. We have made the right decision to return to Vic land as unfortunately my brother-in-law who had been unwell passed away, at least I was here for my nephew, who lost his mum 10 years ago and Peter is enjoying being with his brother. We have scouted out some bowls clubs but have not had a game yet too cold at the moment!! Pete has come in handy with our friends as he has been re painting the outside of their house weather permitting, he is one third of the way so if we stay till our home is built then Peter will finish the project. Well will end for the moment I am not used to the I pad like Pete but I now have a new smart phone and am slowly learning to use it instead of my flip phone I hope that Eleanor is traveling well as I heard that she was going to Sydney for a month and covid hit there miss the fun with you all cheers Criss ---- Ma kettle xoxoxo

**CHRISTMAS IN JULY**  
Our Ladies Club again did it in

style albeit with restrictions of Covid in place. A roast lunch was served



and a few ends of bowls played with the usual laughs. Dress code was "RELAXED" on the day.



On the Green



We want food!!!!



Where's your mask Mary??



Golden Girls



Double Trouble!



And again!



Trying to control the naughty ones???



A Red?



Or White? Di and Jo enjoying a vino

**DRY JULY**

I would personally like to thank everyone who donated to the Dry July Charity for me. I'm extremely grateful to you all. I didn't find this a challenge at all as I always considered what my dear brother is going through fighting this terrible cancer Myeloma. So far he's been on Chemo for 8 years and because of the drug trials he's participating in, he's still getting lots of time able to enjoy life. He's an amazing man who NEVER complains but is always willing to help

others when he can.



We raised a total of \$610.00

On another note, Stuart Field suffered a Heart Attack. This was surprising to hear as he's only 49 years old. I chatted to Stuart afterwards and he told me he thought he had the weight of a train on his chest. He also praised his friends, neighbours and hospital staff for their care.



Jan Davidson is still being careful as she recovers from her surgery. We send our get well wishes to all.

### **MEMBERSHIPS**

Resigned Members, Keith Pearson, Estelle Semmens, Gary McAlister and Les Chilcott.

New Members for inclusion, Ron Eyles

[ron.eyles@bigpond.com](mailto:ron.eyles@bigpond.com)

Cheryl Clunes

[gclunes3@bigpond.com](mailto:gclunes3@bigpond.com)

### **BOWLS RULES**

We have many qualified Umpires in our club, so if you have a query please do not

hesitate to ask for correct rulings.

I'll try to include a little information in every month's issue of the newsletter.

This month is the correct placing of the Jack on the Tee. The Jack must be placed with the front of the Jack directly behind the T Mark. Not on it.



**Correct**



**Incorrect**

Let me know if you have any specific questions regarding rules.

### **COVID RESTRICTIONS**

As I am ready to send this newsletter to Brian Swan for publishing, I hear that we are in **LOCKDOWN FOR 3 DAYS**. Thus meaning Pennant was cancelled for the first week. Please be patient and adhere to the rules. Think of the

people in NSW, especially Sydney where they have had to deal with this much longer. So far Queensland has been the lucky State. Let's keep it that way.

My apologies for the absence of a Player Profile this month. I've had some health issues that put me out of action for a week or so. Thanks to all my friends who sent well wishes.

I'll also catch up with the Sunday Rollers next month.



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Please support them in return  
to show your appreciation.

## How to Spot a **HEART ATTACK** Before It Happens



Shortness of Breath



Weakness & Dizziness



Nausea

### GRIM STATISTICS

Someone suffers a heart attack every 43 seconds in the United States, according to the **Centers for Disease Control & Prevention** (CDC).

About **735,000** Americans have a heart attack each year. Out of this staggering total, **525,000** suffer a heart attack for the first time & about **210,000** have had a previous heart attack.

About **15 percent** of the people who have a heart attack are likely to die.



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