

This weekly update is sent to members of the St Lucia Bowling Club. To contribute Club news or general bowls items of interest to Club members, please email them to the Editor, Pamela Miller – pamela.miller1@bigpond.com

PENNANTS – OPEN DIVISION 3

The fourth round of the Division 3 Open Pennants season was played in the rain at Red Hill last Saturday and brought mixed emotions. All three teams played to their potential. We were ahead 51-18 on the big board when Red Hill decided that the green was unplayable because of water pooling some three rinks away. We finished up drawing a match that we were going to win handsomely. What was even more disappointing was that the other three matches in Division 3 were able to be completed.

Warren's team (Col Bertwistle, Terry Martin, Tony Burton and Warren Garnham) all played well with Warren leading by example delivering some great bowls. They were ahead 14-6 after 13 ends when the game was called off.

Pam's team (Rachel Chiang, Darcy Barry, Nikki Geran and Pam Salway) continued their very good form and were leading 17-9 after 14 ends when play stopped.

Craig's team (Doug Buchbach, Bruce Holwell, Pam Richardson and Craig Francis) started with a 5 on the first end and never looked back, leading 20-3 after 11 ends when the green supposedly became unplayable. The re-shuffled team all played well. It was satisfying for me to finally have a good game and contribute to the team.

We shall be tested this coming Saturday as three of our regular players are unavailable but I'm sure that their replacements will give their all in the true St Lucia spirit.

- Craig Francis, Manager

PENNANTS – OPEN DIVISION 5

The division 5 team suffered its first defeat of the season at Hamilton on Saturday. We went down to the tune of 42-61, winning 1 of the 3 rinks. The game was memorable more for what happened off the rink than on so that's where I'll focus my review this week.

From about 12:30, the home team was very keen for the game to start as soon as possible prior to the official 1pm start despite a number of our players having not yet arrived. In the absence of any official start to the game, one rink started bowling before the other two. After six ends, we were behind on every rink and overall by 19-6. After 10 ends, we were behind 14-30.

The return to play after a break for a lightning storm approximately halfway through was quite chaotic. Due to a disagreement between the teams about returning to play in the rain or to declare a draw, play resumed only after eventual direction by the umpire.

The disorganised start and restarting of the match as well as other factors set the scene for the game and they were not conducive to our playing good bowls.

I have suggested to the Division 5 skips that we discuss the above issues. The question for me is 'How can we, as a team, create the environment where we can bowl well?' I believe that what happens off the green is as important as what happens on it because we all know that bowls is significantly a mental game.

- Graham Legg, Team Manager

PENNANTS – DIVISION 6

Though the weather was gloomy to start, the teams were hopeful of a strong turnaround. Yes! We were winning on all three rinks with 37 ends played and a lead of 13 overall. Then there was a clap of thunder and sadly the bureau appeared to have gotten their prediction right for once. After a cup of tea and no sign of the rain slowing, play was abandoned. Being well short of 75% of the rinks to be played for a result, all we could hope for was a draw and an equal share of the points. We await the next round with great anticipation!!

- Tim Salway, Team Manager

WINTER EIGHTS DIVISION 1

Last week's match was the start of the second round and saw the Saints play against Northern Suburbs at their home ground. Once again, it was a tough game made more challenging for everyone including the home side in trying to master the little deviations that the carpet threw at us. Both teams played well but the Saints only managed to win 1 rink, going down overall on the 'big board' by 12.

Next week is the final game vs Chermside at Chermside.

- Pam Salway, Team Manager

WINTER EIGHTS DIVISION 3

An exciting end to the home and away games for SLBC with a win over the top team Windsor. Bruce Holwell's team of Ken Harvey, Brian Vandersee and Darcy Barry had finished playing, winning 15-13. Windsor were holding two shots when Lois Bradley came to the mat on the final end. Her last bowl picked up the jack for four shots, giving her team of Clive Hamlin, Joanne Annan and Antony Flint a win 27-24. Well played Lois! A great team effort from all players. Special thanks to Graham Legg for umpiring on the day.

- Bruce Holwell, Team Manager

PATRONS' MIXED TRIPLES

A reminder that the Mixed Patron's Triples is being played this Wednesday. We have 16 teams registered for what should be a great competition. Please check the web site or noticeboard for your team. Games will start as usual at 12:30 but please arrive by 11:45 to assist the organisers with game cards / green fees etc. Also, please remember to register for bowls as per the usual process. Social bowls is still available for those not registered for the Patron's Triples.

- Graham Legg, Games Manager

ASSISTANCE NEEDED FOR AN EVENT – FRIDAY 1 AUGUST

We need four or five more volunteers to help supervise an important event on Friday 1 August from 2-5pm. There will be approximately 150-200 Emmanuel College students attending a function and they will be bowling. Please let me know if you can help.

- Pam Salway, Bowls Captain

VOLUNTEERING AT YOUR BOWLS CLUB – PART TWO

This is the second in the series letting members know more about the behind-the-scenes work that goes towards the smooth running of our Club, giving them the opportunity to assist.

Umpires are needed. These days, it's possible to complete the theory of the course online and measuring becomes very easy with the wonderful tools available. You don't have to learn the Rule Book off by heart (just know how to read the index and find the information you need) and, for the Club to participate in interclub matches, we must provide umpires for those games. This role is open to both men and women and, right now, the Club has just one female umpire. More male umpires are always welcome to join the group. Think about this opportunity to serve the Club while learning more about the sport. Please talk with our Bowls Captain, Pam Salway, if you'd like to know about the role.

Monday Morning Crew – Perhaps you are an apartment dweller who would enjoy helping to keep the grounds around the Club looking so beautiful. Even if you don't want to ride the big mower or push the smaller motorised ones, there is opportunity for men and women to do gentle weeding, clip hedges, water gardens, rake leaves and generally nurture the plants. The group begins at 7am on Mondays. Robin Town and Ken Harvey can give you more information.

Library – The library cupboard in the bar area needs to be tidied up about once a month (no need for alphabetical arrangement). When there are too many books straining the shelves, get wine boxes from the bar and donate the excess books to the UQ Alumni Book Fair group who welcome them. Let the Secretary, Rob Hoskin, know if you would like to be involved in this.

Newsletter Editor – This is not a position for life. There are times when the current Editor needs to be absent from weekly duties and having a replacement or two available would be great. Basic knowledge of word processing is essential and a willingness to polish contributions accurately makes the job fun. Talk with Pamela Miller if this interests you.

If you are particularly handy with a hammer, paint brush or any other form of **general maintenance**, Bruce Holwell, Facilities Director, would love to hear from you. Enthusiasm welcomed and guidance offered.

If none of the above suits your ability to volunteer, the remaining area of financial support is always open. Consider some of the everyday items that the Club must provide for its operation which are constantly rising in price yet generally go unnoticed and taken for granted. Restroom items such as hand washing liquid, paper towels, sunscreen and toilet tissue. Tea, coffee, biscuits, sugar and milk. Utilities such as water and electricity bills need to be paid. Fuel for mowers, fertiliser for gardens, rakes and brooms are all necessary items essential for maintenance. Financial donations of any size at any time to assist in covering these general expenses can be made through the Treasurer, Pam Richardson.

Having more members involved in the operation of the Club will lead to a greater appreciation of the overall operation of what it takes to let everyone enjoy the great sport of lawn bowls in such lovely surroundings. Volunteering, giving your time and effort to assist where possible, will lead to even more of the community spirit that SLBC has. And, as a beneficial side effect to this giving of your time and effort, there is always an improvement in each volunteer's mental health which is so necessary for a better life.

EMERGENCY CONTACTS

Emergencies are never planned but being prepared can make all the difference. We hope it never happens but, if you were to have a fall, feel unwell or have an accident at the Club, would we know whom to contact? It's very important that we have up-to-date emergency contact details for our members. Someone we can call – a partner, family member, friend – if something unexpected happens.

If you haven't given us a name and number or, if your contact details have changed, please let Vaughan Thomas (0419 475 763) or Peter Fairchild (0407 500 818) know so they can update the membership records. Alternatively, those who have access to Bowlslink can log on to their member account and update their contact details. It only takes a minute and it could make a big difference.

Thanks for helping us keep the Club a safer place for everyone.

Vaughan Thomas

CAPTAIN'S CORNER

Dates for your diary

Coming up next month:

- First week August B Singles and Club Mixed Pairs Nominations open during this week for both the Men and Women's B Singles competitions and the Club Mixed Pairs competition. More information to follow.
- Early August BDBA District Pairs & Fours Men and Women Nominations will open. Competitions to be played in September. Watch BowlsLink for more information.
- 6 August (Wednesday) UQ Healthy Living will visit the club to provide information to members about preventing injury. The talk will be from 11.45 through to 12.15 pm. The greens will be closed during this time. All members are welcome to attend.
- 10 August (Sunday) 2025 BQ Group 4 Champion of Club Champions Fours Ladies
 - The draw has been finalised and, at 1 pm, SLBC and BDBA's Ladies Fours Champions, Rachel Chiang, Pam Richardson, Nikki Geran, and skip, Pam Salway will take on the winner of the first round which is between Moreton Bay and Sunshine Coast districts. The games will be played at Red Hill with the winner going through to the State CoCC Fours event later in the year. Your support at Red Hill would be most welcome.
- 13 August (Wednesday) Walter Taylor Shield. This is where St Lucia Saints defend the shield for 2025 in the local derby against West Toowong. It is being sponsored by Councillor Penny Wolff and The Village Yeronga. We will have 7 teams with at least 4 in each team. There will be 3 games of triples during the afternoon and subs will be made from game to game. It promises to be a fun day (as long as we retain the trophy!). Raffles, drinks and a sausage sizzle will all be on offer. We will close off taking names soon so make sure your name is in if you want to be part of the event. Social bowls will still be played at SLBC that afternoon.

Tip of the Day

Establish a pre-delivery routine – so important in each delivery. Elite bowlers are consistently better than the average bowler because they have a heightened level of visualisation ability. They acquire this through a pre-delivery routine, which is a constant mental and physical preparation before the execution of a delivery. See the next page for a routine.

Here are some things you may consider in a routine:

- Project a line from a chosen mark.
- Visualise the turn of your bowl to the jack.
- Recall the flight path of your bowl.
- Take one step onto the mat with your right foot aligned to the middle mat line and your left foot slightly in front of the right.
- Aim both feet out along the draw line.
- Use your cloth to rub the bowl and then move it from your left hand to your right hand, checking the bias and ensuring it is correctly gripped.
- Decide on the weight and pendulum height for this delivery.
- Breathe easily.
- Execute a slow, easy delivery.
- Bend your knees to ensure you take your body low and through.
- Deliver the bowl with the focus of eyes, mind and body on that 'spot'.
- Know how many seconds it takes to do your routine.

(Acknowledgement – extract Lachlan Tighe)

NAME BADGES FOR MEMBERS

Orders are being taken for members who would like to have new badges. Perhaps you may have lost your name badge or it has been broken. The badges make it easier for all members to greet each other by name instead of relying on their memories. Send your preferred name and type of badge to the Providore at providore@stluciabowls.org The list will be open for a week.

The cost of a replacement badge is \$15 for the combination clip or \$16 for the magnetic clip.





New members receive their badges free as part of their welcome to the Club when they join.

TIME CHANGE FOR TUESDAY BOWLS FROM 5 AUGUST

Bowls on Tuesday will revert to the previous time from Tuesday 5 August. Play will begin at 9 am. Please register online or phone as before.

Please continue to scroll down to the following pages for the list of pennant teams for the coming week.

WINTER EIGHTS ROUND 5 - 31 July 2025

Div 1 – Away at Chermside at 9.30am Thursday 31 July 2025

Vaughan Thomas Sau Yin (Rachel) Chiang

Doug Buchbach Timothy Salway
Siu Hong (Dicky) Ng Pamela Richardson
Craig Francis Pamela Salway

Manager: Pamela Salway (0414 381 427)

Note: Please contact your Manager ASAP if you are unavailable to play.

OPEN PENNANTS ROUND 5 – Saturday 2 August 2025

Div 3 - Home to Northern Suburbs at 1.00pm

Sau Yin (Rachel) Chiang Colin Bertwistle Doug Buchbach Timothy Salway Brian Vandersee Bruce Holwell

John (Darcy) Barry Mark Benson Pamela Richardson

Pamela Salway Nikki Geran Craig Francis

Manager: Craig Francis (0402 154 346)

Div 5 – Home to Chermside at 1.00pm

Ken Harvey Joanne Annan Vaughan Thomas

Graham Legg Robin Town Bill Mills

Antony Flint Lois Bradley Siu Hong (Dicky) Ng

Manager: Graham Legg (0419 771 954)

Div 6 – Away at Northern Suburbs at 1.00pm

Kellie BroderickFrank WarkDon AndersonPaul KennyRob MalcolmIan ThomasPeter JordanLaurie AnnanRijn Camphorst

Manager: Laurie Annan (0466 695 690)

Note: Please contact your Manager ASAP if you are unavailable to play.

Umpire for Div 3 – Graham Legg Umpire for Div 5 – Pamela Salway