

## WHO'S DONE WHAT

**MEMBERS DRAW: 02/12/11 ? 09/12/11** Bill James **16/12/11**

Bill Bremner **23/12/11** Jan McCarthy **30/12/11** Tony Norman

### ROSAVILLE PENNANT RINK OF THE WEEK:

**R8** B Walker, J Turoczy, J Davey & M White + 20

**R9** F Lindner, C Davis, G Vadori & D Fraser + 22

**R10** D Wylie, G Kuhl, T Norman & P Kovaleff + 21

**R11** C McCarthy, G Leggett, C Clarke & P Elliott + 21

**MIXED SOCIAL BOWLS AGGREGATE:** As at 20/12/2011 scores are  
D Wylie 106, D Racc 101 & K Bruhn 98

**RSL Hams Day:** winner S Wilson & J Feast 5<sup>th</sup> P Clarke & W Bremner

**Hams Day:** 1<sup>st</sup> Ken Smith & Gary McIntyre, 2<sup>nd</sup> Bryan Vorwerk & John Hughes, 3<sup>rd</sup> David Babb & John Heaver

**Ham & Turkey Triples:** 1<sup>st</sup> M Norman, M Marshall & A Norman  
2<sup>nd</sup> G Burke, J Sykes & K Smith

**RAA Insurance Blue Lake Pairs:** 1<sup>st</sup> K Evans (Portland) & G Hoggan (Heywood)  
2<sup>nd</sup> A Simpson & T Bowditch (MG RSL)

**Open Men's Fours:** 1<sup>st</sup> T Jenkins, B Masters, I MacIntosh & S Masters (MG RSL)  
2<sup>nd</sup> W Bremner, S Wilson, D Babb (MGBC) & A Bremner (H B)

**SE Open Men's Singles:** 1<sup>st</sup> W Davis (Ocean Grove)  
2<sup>nd</sup> A Bremner (Holdfast Bay)

**The Northcote Physiotherapy Men's Pairs:** 1<sup>st</sup> D Wylie (MGBC) & B Guy (Portland)  
2<sup>nd</sup> S Wilson & T Renzi (MGBC)

**Banner Hardware Mixed Triples:** 1<sup>st</sup> R Cox, K Bingham & B Milstead  
2<sup>nd</sup> B Tilley, R Burley & J Tilley (all Pt MacDonnell)

**City of Mt Gambier Open Mixed Pairs:** 1<sup>st</sup> D Babb & B Versluis  
2<sup>nd</sup> K Smith & J Sykes (all MGBC)

### FRIDAY NIGHT BAR ROSTER

06/01/2012 G McIntyre/T Fulton

13/01/2012 W Bremner/R Montgomery

20/01/2012 P Kovaleff/I Von Stanke

27/01/2012 B Vorwerk/F Lindner

03/02/2012 C Siebert/P Clarke

10/02/2012 J Sykes/K Smith

**If you are unable to take your turn, please change with someone or let Frank Lindner 8725 3483 know, thanks.**

January 2012 Newsletter



## PRESIDENTS REPORT

**HAPPY NEW YEAR** to all members, Sponsors and friends. The LSEBA & SEWBA special meeting to amalgamate the two Associations will be held at Millicent on Monday 9<sup>th</sup> January. An interim Committee will be elected with the Official Office Bearers being elected at the AGM in late May. This will bring about a few changes for next season.

*Ian von Stanke*

### 82<sup>ND</sup> ANNUAL SCOTT GROUP OF COMPANIES CHRISTMAS CARNIVAL

Thanks to Gill Vorwerk, Paul Kovaleff & helpers Games Committee, Tony Norman, George Kuhl & helpers for greens and Helen Kentish, Viv Kenny, and helpers for catering, Frank Lindner & helpers for the bar and anyone else who helped to make it a success.

**SPONSORS: A big thank you to all of them, the club could not run without these good folk. Mention you are from our club and support them.**

AA Scott Group of Companies, Banner Hardware, Exchange Printers, AL Bolton – Optometrist, Northcare Physiotherapy, City of Mount Gambier, SE Funeral Services, Gambier Tile Centre, MyPod Podiatry, Rosedale Funerals, The Border Watch Newspaper, Spot on Fishing, Park Hotel, Police Credit Union, Judy Saffin Southern Coachlines, McDonalds Family Restaurant, RAA Group, All Digital Hearing, BP Travelworld, Herbert Real Estate, Viridian, MGA Insurance Brokers, FT Shelton & Son.

**Grant applied for from Clubs SA** for the paving on the north end of C Green was successful and will be done when the car park is finished.

### OG PENNANTS REVISED DRAW

30/01/2012 5v1 4v2 6v3 01/02/2012 1v4 2v3 6v5

29/02/2012 3v1 2v6 4v5 07/03/2012 1v2 6v4 5v3

Dates of finals to be advised

### URGENTLY NEEDED CLUB SECRETARY FOR NEXT YEAR

Please indicate if you are willing to fill this position

# JANUARY 2012 EVENTS

\* Club

\* Pennants

\* Outside

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Jan 1</b> <b>Open Mixed Pairs 12.30pm</b> 	<b>Jan 2</b> Beachport Open Mixed Pairs	<b>Jan 3</b> <b>Mixed S Bowls 1pm</b> Beachport Open Mixed Fours	<b>Jan 4</b> Beachport Open Men's Pairs	<b>Jan 5</b> Pt Mac Open Men's 4 Drawn Men's Triples RSL 1pm	<b>Jan 6</b> <b>Members Draw</b>	<b>Jan 7</b> <b>Club Championship</b> <b>Men's Pairs 9.30am</b> <b>BYO</b> Ladies RR Trials Naracoorte
<b>Jan 8</b> Ladies RR Trials Naracoorte	<b>Jan 9</b>	<b>Jan 10</b> <b>Mixed S Bowls 1pm</b> Kingston Inv Men's 4 MG RSL Open X Pairs	<b>Jan 11</b> <b>Men's Legacy Pairs</b> <b>6pm</b>	<b>Jan 12</b> Kalangadoo Open Men's Fours Drawn Men's Triples RSL 1pm	<b>Jan 13</b> Kingston Ladies Inv Fours 10am-Catered <b>Members Draw</b>	<b>Jan 14</b> <b>Men's Championship</b> <b>Four's 9.30am</b> <b>Ladies Championship</b> <b>Pairs 9.30am</b>
<b>Jan 15</b> Robe Open Mixed Pairs Pt Mac Cos Fours Ladies & Men RR Selection Naracoorte	<b>Jan 16</b> Naracoorte Inv Men's 4's - 1 <sup>st</sup> Day	<b>Jan 17</b> Naracoorte Inv Men's 4's - 2 <sup>nd</sup> Day <b>Mixed S Bowls 1pm</b>	<b>Jan 18</b> <b>Men's Legacy Pairs</b> <b>6pm</b>	<b>Jan 19</b> Drawn Men's Triples RSL 1pm <b>Night Owls 6.30pm</b>	<b>Jan 20</b> <b>Women's P R12</b> <b>Members Draw</b>	<b>Jan 21</b> <b>Ladies Championship</b> <b>4's 9.30am BYO</b> <b>Men's Pen R12</b>
<b>Jan 22</b> <b>9.30am Men's Club</b> <b>Championship Singles</b> Millicent Cos Fours & Skins	<b>Jan 23</b> Millicent Mixed 4's & Pairs	<b>Jan 24</b> Ladies MG RSL Inv Prestige 9.30am Catered <b>Mixed S Bowls 1pm</b>	<b>Jan 25</b>	<b>Jan 26</b> Millicent Inv Men's 4's Drawn Men's Triples RSL 1pm <b>Night Owls 6.30pm</b>	<b>Jan 27</b> <b>Women's P R13</b> <b>Members Draw</b>	<b>Jan 28</b> <b>Men's Pen R13</b> Ladies RR Selection/Practise Reserve Day
<b>Jan 29</b> <b>Inv Men's 4's 9.30am</b> State Singles Final - Adelaide	<b>Jan 30</b> <b>OG Pennants R12</b> State Singles Final - Adelaide	<b>Jan 31</b> <b>Mixed S Bowls 1pm</b>	<b>Feb 1</b> <b>OG Pennants R13</b>	<b>Feb 2</b> Robe Open Men's 3's Drawn Men's Triples RSL 1pm <b>Night Owls 6.30pm</b>	<b>Feb 3</b> <b>Women's P R14</b> <b>Members Draw</b>	<b>Feb 4</b> <b>Men's Pen R14</b> <b>Ladies Championship</b> <b>Singles 9.30am</b>

## CONCENTRATION

### Allowing the subconscious to do the work

By Dr Alan Russell

Most bowls instructors or “how-to-do-it” books focus on **technique** in teaching new bowlers. Technique includes such things as grip, stance, backswing, follow-through and the taking of green. This is an entirely appropriate emphasis because technique plays such an important part in consistent bowling success. Interestingly, however, a factor other than technique is also commonly used as a reason for a player’s general poor form or his sudden lapse in form during a game. This is concentration. Thus, it may be said of someone “he lacks the ability to concentrate” or “he has lost concentration”. Concentration is widely accepted as being critical in bowls, as indeed it is in all sports. It is somewhat surprising, then, that the typical “how-to-do-it” books give so little space to a discussion of this mental aspect of the game. As beginning players, we are told we must concentrate, but are then told little about what this means or how to go about it.

In recent years, several very good sports psychology books have been published. Together they provide an excellent coverage of the mental side of sport, and they can easily be applied to bowls. I intend here to summarise some of the essential ideas from these books. My point will, of course, be flavoured at times by my own experience and interpretations. There appear to be two sides to concentration: (a) what **not** to think about, and (b) what **to** think about. I will take each in turn.

### THE SUBCONSCIOUS

One major view (and I support it strongly), is that the performance of an act such as the delivery of a bowl is primarily a subconscious process. In the same way that we do not have consciously to control and direct every movement in our legs when we walk or in our arms when we pick up the telephone, the delivery of a bowl is largely automatic. We decide where to walk and then we do it without further thought or conscious interference. So it should be with the delivery of the bowl. A key concentration is to disengage the conscious mind of all its concerns, doubts etc. and stop it from trying deliberately to make the delivery happen in the way you

## ELECTED, SELECTED, REJECTED

Who very smartly goes out of his head  
The moment he puts his foot out of bed?  
It has to be – the Selector!

Who’s never around when you play a good shot,  
But is always on hand when your form’s not so hot?  
It has to be – the Selector!

Who thinks he knows every bowler’s ability,  
And talks of their form and their compatibility?  
It has to be – the Selector!

Who’s often disturbed a man’s mental condition  
By placing him out of his proper position?  
It has to be – the Selector!

Who gives the “team-changers” and upset digestion  
By paying no heed to each “worthwhile” suggestion?  
It has to be – the Selector!

Who’s got peculiar ideas of the game  
And when we get “done” deserves all the blame?  
It has to be – the Selector!

Please don’t get me wrong! I haven’t been dropped!  
I’m in a good team! We’ve never been topped!  
I’m just going over the things I have copped!  
You see – I’M a Selector!



We all get heavier as we get older  
because there is a lot more information  
in our heads.  
So I am not fat, I’m just really intelligent  
and my head couldn’t hold anymore, so  
it started filling up the rest of me.  
That’s my story and I am sticking to it.

## I AGREE!!!

What a brilliant idea . . . . Message from a hard working Aussie. I work, they pay me. I pay my taxes and the government distributes my taxes as it seems fit. In order to earn that pay cheque, as I work on a mine site on a Kalgoorlie (WA) construction project, I am required to pass a random urine test, with which I have no problem. What I do have a problem with is the distribution of my taxes to people who don't have to pass a urine test. Shouldn't one have to pass a urine test to get a Centerlink Payment, because I have to pass one to earn it for them? Please understand – I have no problem with helping people get back on their feet. I do on the other hand have a problem with helping someone who sit on their backsides drinking grog and smoking dope. Could you imagine how much the Government would save if people had to pass a urine test to get a Centerlink Payment!! Hopefully you will pass this on because something has to change in this country, and soon!

## THE POLITE WAY TO PEE

During one of her daily classes, a teacher trying to teach good manners asked her students the following question:

“Michael, if you were on a date having dinner with a nice young lady, how would you tell her that you have to go to the bathroom?” Michael said, “Just a minute, I have to go pee.” The teacher responded by saying, “That would be rude and impolite.”

“What about you Sherman, how would you say it?” Sherman said, “I am sorry, but I really need to go to the bathroom. I'll be right back.” “That's better, but it's still not very nice to say the word bathroom at the dinner table.”

And you, little Eddie, can you use your brain for once and show us your good manners?” “I would say, Darling may I please be excused for a moment? I have to shake hands with a very dear friend of mine, whom I hope to introduce you to after dinner.”

The teacher fainted!!!!

## CONCENTRATION (Cont)

intend. If you can trust the subconscious to walk, drive a car, eat and the millions of other things it does, then we can be trusted to deliver a bowl. When the emphasis is placed on the subconscious in this way, it can be seen that an important part of concentration is **not** thinking about very much. This calm state of mind, in which the subconscious works best, has been described by Herrigel as one “... in which nothing definite is thought, planned, striven for, desired or expected, which aims in no particular direction and yet knows itself capable alike of the possible and the impossible, so unswerving is its power.” He also says it is similar to the melting drowsiness which occurs on the verge of sleep. Others seem to agree when they say of concentration that it is “effortless and relaxed, not tense and purposeful”, or it is a state of “purposeless and egoless tension”. The real effort and skill in concentration, therefore, is to be able to put the conscious mind in neutral so that the subconscious is free to perform what is capable of. This can be described as “letting it happen” rather than “making it happen”. The old story of “trying too hard” is really one of too much conscious effort. Of course, one reason a player may have difficulty trusting his subconscious is that he lacks **confidence**. Clearly, concentration and confidence need to go together.

## WHICH ONE ARE YOU?

This is a story about four people, **Everybody**, **Somebody**, **Anybody** and **Nobody**. There was an important job to be done and **Everybody** was sure that **Somebody** would do it. **Anybody** could do it, but **Nobody** did it. **Somebody** got angry about that because it was **Everybody's** job. **Anybody** could have done it, but **Nobody** realised that **Everybody** realised that **Everybody** wouldn't do it. It ended up that **Everybody** blamed **Somebody**, when actually **Nobody** asked **Anybody**. Confusing but so true!!!

# calories

(noun)

Tiny creatures that live in your closet and sew your clothes a little bit tighter every night.

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