

# The Falcon: September 2018

## **New Bowling Season**

The 2018/2019 WPBA season officially commences on Saturday 6 October at Edgemoor Bowling Club, the home Club of the WPBA President Graeme Kemp. Here at Constantia, we will be celebrating the beginning of the new season one week earlier on Saturday 29 September. We look forward to seeing as many of you as possible at the Club on that day. The opening ceremony will commence at 14:00, followed by the traditional Spider and then a shortened bowls game, ending off with snacks and drinks.

## **Events**

### English Bowlers' tour

Tomorrow, Saturday 21 September, we will be hosting a touring party of visiting bowlers to lunch, followed by 5 games of Trips.

### Trivia Evening: Friday 7<sup>th</sup> September:

Another highly successful and enjoyable Trivia evening was won by a team comprising Alan Lofthouse, Colleen and Carl Marshall and Bevan Capes. The team finishing second, whose names we choose to withhold, lodged a complaint that the winners had benefited from overhearing the answers discussed at nearby tables. As it is well known that the hearing capabilities of most of our members are suspect, the judges dismissed the complaint (without costs!).

### Battle of the Nations – Monday 24<sup>th</sup> September

(Heritage Day): We can still accept a few more teams for the bowls. Please enter your teams on the notice board and indicate the nation that you will represent. Prizes for best dressed team. This will be a fun day so do include non-bowlers in your teams!

Bowls will start at 9am followed by an Around the World Lunch (open to all). Tickets for the lunch are available from Heather. (A "passport" of 6 tickets will cost R60.00 and will entitle you to 6 "tastings" from tables representing countries from around the world. If you would like to host a table, please contact Heather on 082 800 5308 or [heather.c@vodamail.co.za](mailto:heather.c@vodamail.co.za)

There will be tastings from Brazil, China, Denmark, Egypt, England, France, Greece, India, South Africa (Karoo) and the USA.

## **Greens**

The dams are filling up, water restrictions have been eased but now we need the sun to heat up the ground and get the grass growing.

C Green has been renovated and is coming on well. A bit of sun next week and it could be ready in two weeks time. B Green will be vertidraind next week to aerate the soil after all the rain. A Green is barely holding on due to excessive use. With a full season of events just around the corner (Warwick Midweek on 17 October, Sully and Fives), we need Mother Nature to come to the party!

## **Snowball**

After a number of weeks of carry-overs, the substantial pot had to be won last Saturday. Good luck to the eventual winners, Ian Barclay, Ron Joubert and Rusty Gillett.

President John Stamper, on our behalf, thanked Alan Lofthouse for running this popular event. We may be able to re-introduce it in October, should there not be too many conflicting events.

## **Warwick Tuesday Sixes**

As is universally accepted, Tabs is the lifeblood of any Bowling Club. One way of acknowledging the support we get from so many of our members who turn up on Tuesdays, Wednesdays and Saturdays, rain or shine, is to provide sponsored opportunities for them.

The Tuesday Sixes is one of those events. Scheduled to run over six weeks, with ones' best four scores to count, there are still 4 weeks of this event to run (this past Tuesday was cancelled due to rain). So join us this coming Tuesday if you have not been part of the fun. Generous prizes to be won.

## **Snake Training**

This is not an opportunity for herpetologists! This is a scientific but fun way of honing your bowling skills.

Graham Barker has been gratified at the healthy response to the regular Tuesday afternoon exercises. Join the party and force us to make a second green available on Tuesdays.

## **Psychological skills training**

Quite a number of years back, we were fortunate to be addressed by Doug Coghlan, a bowler and ex professor of Physical Education at Rhodes University. Here is an excerpt from his handout.

“ This should become your routine for every shot:

1. Before stepping on to the mat, RELAX your body physically (legs, arms shoulders etc), control your BREATHING, and SMILE.
2. Step on to the mat and get a BROAD FOCUS; what is my line, the weight, the wind etc?
3. VISUALISE your shot
4. Think POSITIVELY – I can play this shot.
5. Narrow your FOCUS, CONCENTRATE and play the shot.

Doug adds that concentration, which should be running at 80% as you prepare, rises to 100% on delivery.

For those interested in some of his other ideas, let me know and I will send you the one-page summary of his talk.

## **Communication**

With so many activities taking place at the Club, particularly at the start of a new season, it is critical to ensure that we are communicating effectively with our members.

Heather is doing a fine job updating us on a weekly basis.

And then we have the rejuvenated website which is really impressive. The following comment is courtesy of Peter Brown.

“The Club’s new website has become the talk of the town. Since it was launched two weeks back it has enjoyed more than seventy visits. However with over one hundred and fifty members, we should soon have double that number of visits each week. If you have not yet been there, go in now! You will be pleasantly surprised! There is even a picture of you. It is by far the best website of any bowling club that I have visited. It has rapidly developed into the most informative. You will learn about District (WP) and Club bowling fixtures. Other bowling events occurring nearby are also included. So too are current and future social events. You can even see what’s on the menu this Friday evening.

Improved communications are the order of the day. Do you want to message an Exco member or another office bearer but you don’t remember his or her name or email address – no sweat. It’s all

there. Just click on the appropriately named link and it will arrive at his/her home email address. Events posted by the affable club Facebook users are also pulled through to the Social Media page. Enough said, I’m not listing all the features here. Please go in at [www.constantibowlingclub.co.za](http://www.constantibowlingclub.co.za) and discover for yourself.

We owe our enthusiastic new member, Mark Vadas, a huge bundle of gratitude and pride for the many many hours and days of hard work that he has put into creating this website on our behalf. Mark says that he is not only targeting the membership but also the broader community in an effort to attract new interest and membership. He is inviting any comment or suggestions from the members that will serve to improve the content and features. Send him a message or talk to him at the club.

Many thanks Mark! We are proud of your efforts.”

## **W P Competitions**

Our Secretary, Eddie Curtis, has asked us to remind members that, should their entry fees for WP Competitions not be paid by the Club’s closing date, they are likely not to be forwarded to WP.

## **Warwick Midweek**

At the time of compiling this issue, there is space for one more team for this event which begins on October 17.

## **Business League**

This will be run over three successive Fridays – 5, 12 and 19 October. Graham has just told me this morning that he has 14 teams! Great stuff.

## **Subscriptions**

By now you should have received, or collected, documentation pertaining to our annual subscriptions and our participation in Club Competitions. You are reminded that the monies (Subs and Competition fees) should be submitted separately.

When handing in your completed competition form (Men) to Competitions Secretary Roy Clark, ensure that the correct amount of money is attached. Closing date is 28 October. Our President has also asked that we acknowledge the effort that Jet Clark and John

Dews have put into the drawing up and distribution of the Subs and Competition forms.

### **Membership Book**

Thanks to Ian Saunders, the 2018/19 members' Book should be available on Opening Day. Many thanks to Ian for his efforts.

May we also ask that when you support (and we hope you do) the businesses listed, tell them that you are from Constantia Bowling Club and that you saw their advert in our book.

### **New members**

It really is important that we ensure that our new members integrate fully into the social and bowling activities of our Club. To this end we request that you identify these new members, introduce yourselves, and establish whether they have been, or wish to be, included in teams. Should they not yet be accommodated, consider including them in your own team.

### **Sponsorship**

You will have noticed our references to the Warwick Midweek and the Warwick Sixes, among other events. This organisation (Warwick) is an extremely generous sponsor of activities at our Club and while they do not ringfence their contribution to the Club, they do ask that most of it be allocated towards prizes for our own Club bowls events.

We are very grateful to Warwick.

### **Z Squad**

Please look at the Notice Board for details concerning the Zone Talent Development Programme that is designed to develop voluntary and identified players with potential.

### **Obituary**

We report with great sadness the recent passing of Ted Mercer. His illness had caused him to withdraw from bowls but he still visited the Club with Anna. A fall at home led to a deterioration in his condition and, after hospitalisation, he passed away at home.

Ted was a gentle man, quiet but friendly, and well liked. Our thoughts go out to Anna as she copes with the loss of Ted.

### **Welcome back**

To John Perryman who flew in a few days back from his annual sabbatical in England;

To Graham and Maureen Mcleod, who have been travelling overseas for more than a month; To Roy and Lynn Clark, who if they have not disappeared down a cave in Thailand, should be back very soon.

### **And finally**

Morris and his wife Esther went to the state fair every year, and every year Morris would say, 'Esther, I'd like to ride in that helicopter.' Esther always replied, 'I know Morris, but that helicopter ride is fifty dollars, and fifty dollars is fifty dollars'.

One year Esther and Morris went to the fair, and Morris said, 'Esther, I'm 85 years old. If I don't ride that helicopter, I might never get another chance.'

To this, Esther replied, 'Morris that helicopter ride is fifty dollars, and fifty dollars is fifty dollars.'

The pilot overheard the couple and said, 'Folks, I'll make you a deal. I'll take both of you for a ride. If you can stay quiet for the entire ride and not say a word, I won't charge you! But if you say one word, it's fifty dollars.'

Morris and Esther agreed and up they went. The pilot did all kinds of fancy maneuvers, but not a word was heard. He did his daredevil tricks over and over again, but still not a word.

When they landed, the pilot turned to Morris and said, 'By golly, I did everything I could to get you to yell out, but you didn't. I'm impressed!'

Morris replied, 'Well, to tell you the truth, I almost said something when Esther fell out, but you know, fifty dollars is fifty dollars!'

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