



AUGUST 2013

"Celebrating our past, enjoying our present, planning our future"

From the President

You wouldn't know it by looking out of the window but we are in fact nearing the end of Winter. Hooray! Anne and I have just come back from Queensland and we enjoyed sunshine for most of the time. We both spent a lot of time in shorts so we are ready for the sun whenever it decides to show itself. Official training and practice matches start in September and both of our new coaches are hot to trot so I am hopeful that all of the playing membership will also be happy to get our little show on the road. I can assure you that your Board has been making decisions in what we believe are the

best interests of the club and its members so we trust that this is the way those decisions will be seen by you. We are happy to have your feed-back and suggestions so don't be shy. As a final comment I note that we have recruited some 15 new members at all playing levels. Please make our new members welcome and let them see that the Hawthorn Bowling Club is a good place to be. TERRY ONTO

News Break! News Break!

HBC appoints two coaches for season 2013—14. see page 2.

Secretary Profile—Brian Schaefer

I was born in Eudunda, and my parents, farmers, moved to Bordertown in the early 1950's. Due to lack of understanding I left school too early and worked on farms around Bordertown. I studied Wool Classing with the old School of Mines and almost completed my Wool Classing certificate, when I decided to return to study as an adult. I was one of the first adult re-entry students in 1967, now a common place occurrence, then quite unusual. Whilst studying at Bordertown High School I met and later married my wife, Maree. We have two sons, both married and living in Germany. Each has three children and we Skype regularly, which is a real boon to communication.

After graduating from Flinders Uni, I taught in High Schools for 30 years, finishing my career at Hamilton Secondary College, an adult re-entry school. It was fortuitous that our two sons studied Electronic Engineering and pulled us along with them into the computing age.

In my latter years as a teacher I was fortunate enough to be able to teach computing, in particular, web page work, as well as Spread Sheets and Databases. Since retiring I have been able to pursue my interest in web page work, creating and managing web sites for Mitcham AFA Bowling Club, St John's Lutheran Church, Hawthorn Bowling Club and Unley Probus Club. Prior to my secretarial duties at Hawthorn, I was on the Committee of the Unley Probus Club for six years, during which time I was President for one year and Secretary for two years. (Love that Committee Work!!)

When I have spare time from current secretarial duties, I like to go fishing, read historical novels, and travel, mainly to visit our family overseas.

To me Hawthorn is a friendly club that encourages players and this year should, with organised practices, improve its standing. I believe in the old adage, 'Practice makes perfect'. I'm still practicing!

We have been successful in negotiating for the services of two well respected identities in the South Australian coaching arena.



Shirley Blackwell

Shirley Blackwell comes from coaching at Modbury but earned her reputation as a bowler and more notably as a National coach and selector. Her experience in all of those roles will benefit our girls enormously.

Steve Grant

Steve Grant comes most recently from Holdfast Bay and previously as coach at Somerton and even had a stint at Hawthorn. Steve is a very level headed and will draw on experience gained elsewhere to achieve set goals at Hawthorn.

The goals for both coaches are identical and that is primarily to lift the standing of our Premier teams, and then be competitive at that level, plus replicating that at all levels by improving team tactics and individual skill levels.

They will both outline their modus operandi to you in various formats and I encourage you all to 'get on board' for your own benefit and that of the Club.

I know you will join me in welcoming Shirley and Steve to the Club and support them in making our Club a better one and you a better bowler.

George Charlesworth.

From our **Club Coach/Selector - Steve Grant**

I would like to thank all of the Hawthorn Bowling Club members and the Board for their support and enthusiasm in appointing me Club Coach/Selector for the upcoming season.

I see the Hawthorn Bowling Club as one of the largest in the surrounding areas with an attractive Club House & good facilities along with fantastic greens to play bowls on! I also believe it has the potential to be the strongest Club competitively this side of town.

I along with the Board would like to see the Saturday Premier 2 Side back in Premier 1 to be competitive and maintain a permanent position in the top division into the future. It is also imperative to improve the standing of all sides, creating strong depth with the aim of having consecutive pennant sides.

My aspirations as Club Coach/ Selector along with co selector Alan Russell for the upcoming season is to promote & achieve Team Unity with good communication, encouragement and honesty among all players and selectors, plus establish a Disciplined team & individual Practice Routine to suit all player goals and expectations, with a "Practice As You Play" Mindset & Attitude to be adopted by the playing group.

The Old Adage "You Only Get Out, What You Put In" Is a Very Simple but Most Often True! So Commitment and Enthusiasm from all members is essential if we are to build and succeed in the Future!

A large majority of you will have played pennant bowls over a number of years and may be set in the way you prepare and practice prior and during a season, I would ask that you keep an open mind and attitude to your approach for this upcoming season as I believe there is improvement that can be achieved by all players at the Club who are prepared to try different methods and a variation of practice drills. It also is Very Important for the Hawthorn Playing Group to Project a Positive Image, Mindset and be seen by Opposition Clubs as a very Competitive, Professional and Forward Thinking Club.

If you have any bowling issues or queries you may need help with please don't hesitate to ask.

Opportunities will be available for players in all sides that are prepared to put In the Extra Time, Effort and Dedication that will be required for team & individual practice this season to play at a higher level.

The Selection process will strive for Fairness & Transparency based on player Performance plus team & Individual Practice Efforts.

Selection can sometimes be a controversial issue, with differing opinions of players and the selectors whom have been entrusted with the responsibility to make the difficult decisions that can and may personally affect an individual/player. Any player with a selection issue should speak with either selectors or chairman privately. It is my experience over the years in bowls that the best way to comment is with your performance on the greens and not at the Bar or any other area within the club that will only results in disunity within the playing group.

I am enthusiastic about the season ahead and look forward to meeting all members and believe if we can all work together and focus our efforts in the same direction, good results can be achieved for the upcoming season, making it an enjoyable year for all!

Best Wishes to all players at the Hawthorn Bowling Club for the 2013/2014 season.

Kind Regards,

Steve Grant

Dates to Remember

Tuesday, 27th August - Ladies Card Day

What are you planning for the Trading table? Non perishable goods can be delivered anytime to the Ladies locker room from now on.

Pre-Season & trial games

Please check the notice board for all the Wednesday, Thursday & Saturday pre-season and trial games. Graham Dodd has all the members listed and all you need to do is tick the dates you are able to play on. Please help us to help you!!



Add to the 200! <http://www.hawthornbowlingclub.com.au>

During the Pennant season our Website receives around 200 hits per month. It is a valuable tool in terms of accessing information and is also a useful advertising tool for the club. The great advantage of the web is it provides instantaneous communication and information for members and visitors. A critical aspect to this, is that the website must be kept up-to-date and accurate. That I endeavour to do, but at times it is important that members with relevant information for the web, let the website Manager know so that the changes can be uploaded. Given the website has many hits it is important to be up-to-date.. Nothing turns web browsers off quicker than an out-of-date website. The first few seconds that a person looks at a website will determine if they continue to browse the site or click to another site.

**Up-to-date
makes us
shine!**

Our website also has an historical aspect in that editions of the Herald from 2009 can be accessed online.

BRIAN SCHAEFER - WEBSITE MANAGER.

NightHawks

George Charlesworth, Convenor of the NightHawks 2013-14 season called a planning meeting on July 15th. NightHawks is a very important component of our club and it was heartening to see some members put their hand up for the first time to help with the running of the coming season. For those members who are not continuing this year we sincerely thank you for your valuable contribution. It is no mean feat to run the NightHawks competition. The team of volunteers enables the Club to be in a much stronger financial position. As much as we have teams playing, the volunteers are also a team working for the good and benefit of the Club. If any problems arise please direct them to either George or Maree. This will enable problems to be dealt with quickly, and that will continue our efficient and friendly environment. This season we are inviting our ladies to join the support staff to assist with supporting the 'sizzle' cooks.



Welcome

We welcome into our membership:

Steve Grant - from Happy Valley

Shirley Blackwell - from Modbury

Andrew Houston - from Happy Valley

Jim Young - from HBC NightHawks

Rob Stuart - new member

Anne Linnett - new member

Ian King - from Holdfast Bay Night Owls

Jackie Barber - from Modbury

Nick Charlesworth - new member.

Time to say Goodbye

Leaving our Club to continue their fortunes at another Club or otherwise :

Bill Scott to Adelaide

Chris Etherton to Victor Harbor

Retiring from bowls:

Don Roach

Keith Stephens

NOMADIC HAWKS

In 2011, Rick and I purchased a Jayco Eagle Campervan – the one that is wound up, and the beds are pulled out at both ends. Both of Rick's brothers have had them, and we stayed in one in Kakadu and loved it. In it, we have a beautiful little fridge, gas cooktop, table, upholstered seating (at the table), and even a lounge. There is ample cupboard space, and Rick has built four shelves into the small upright cupboard that store his clothes. My clothes are stored in a small case! The windows in the van are large and made of very good quality heavy duty plastic that are very easy to see through (there is fly screen on the outside of these). A terrific aspect of these windows is that they all unzip to let the air and light in. With all of the windows open and the bed end windows open as well, it gives an amazing sense of space and light. It is wonderful to be camped alongside the ocean or a stream and feel a real part of it. The flooring in the van is imitation floor board pattern, cupboards are a pale beige laminate, and the curtains are made from a good serviceable fabric (no we don't work for Jayco).

A small book could be written on the people we have met, places stayed, Museums and Art Galleries etc. visited and the amazing scenery but, to keep it short.....

We headed in a southerly direction on the 18th May, and followed the Victorian and New South Wales coast up to Port Macquarie, ducking into towns that were just inland along the way. We had a wonderful time meeting up with the Onto's and MacGregor's in Port Macquarie for a Bowls Tournament. On leaving Port Macquarie we ventured inland along the Oxley Highway to Armidale, then via the New England Highway to Stanthorpe in Queensland (recognised as the coldest place in Queensland), along a back road to Goondiwindi, down Fossickers Way to Tamworth, then onto a small town called Denman just southwest of Musswellbrook where we are currently staying for a few nights.

The New South Wales and Queensland Bowls Clubs that we have visited seem to be doing pretty well for themselves, but I think that may have something to do with those little machines with symbols that spin around and make a lot of noise when a dollar coin is inserted! We played at Lakes Entrance (greens - synthetic and running at between 17 and 18 seconds! The bowl just ran

on and on and.....). We also played in Stanthorpe on a very cool day 10 degrees max.! Speaking of Stanthorpe and low temperatures, Rick and I were fascinated when walking down the Main Street to see all of the shop windows decorated, depicting a snow theme. After chatting with some of the locals, we found out that on the weekend before we arrived, they had hired a snow machine for the purpose of producing large quantities of snow. Thousands of people booked into the town to witness the event, but unfortunately the snow machine proved to be a fizzer. Apparently everyone had a good time anyway, and they are going to repeat the event next year. Just shows their true country spirit!

Rick and I have really enjoyed meeting the country locals at the many towns we have stayed in, and learning about their community - usually done over a quiet beer in the local pub.

The scenery has been amazing and we particularly enjoyed Wilsons Promontory, the ruggedness of New South Wales Coast and the beauty of the New England Tablelands.

Rick has been very at home wearing his akubra hat especially around Tamworth, Tenterfield and Scone, but the sneakers might be a bit of a give away!

We are off to Mudgee tomorrow and plan to be home in around 3 to 4 weeks. We remain in awe of this amazing country that we are fortunate enough to call our home. **LEANNE AND RICK OWEN.**

Rick and I have enjoyed being able to read the Herald whilst travelling. It's good to find out what's going on - where ever we are, whatever we are doing The Herald is delivered. No lies, no deception, no advertising, just good honest reporting!



Nomadic Hawks cont'd

I like to spend the month of June in France,

The news that I spend time in France often evokes a response of the "Ooh là là, French wine" variety. This reflects France's success in promoting itself as the world's premier wine producing country — any mention of French champagne is still worth its weight in snob value — but times are changing and some people think Australia is having a beneficial effect on the quality of French wine.

I can speak only of inexpensive reds which, to my taste, have changed in recent years.

At the lower end of the market many French reds used to be characteristically light in colour and texture, low in alcohol (11%), of unknown composition (the grape variety was rarely mentioned on the label) and had a distinctively "French" taste that seemed to be universal, regardless of the region of origin. I used to think that a Bordeaux tasted much like a Burgundy and that a Provençal was not much different from either.

According to me, there are now inexpensive French reds that are much more full bodied than they used to be, deeper in colour, more varied in flavour and more alcoholic (12 – 14%). Moreover, there are now red wines on the shelves that are not marketed traditionally as Chateau This or Chateau That, but rather by the grape variety or blend — pinot noir, merlot, cabernet sauvignon, syrah (shiraz) , etc. Sound more like Australian wine? Yes, and it tastes more like it too.

One explanation of this is that the traditional quality designation AOC (appellation d'origine contrôlée) is breaking down because it had become too rigid. Possibly under the influence of visiting Australian wine makers, French vignerons are experimenting more and producing better wines. A French friend who takes his wine very seriously told me that he now drinks more but spends less because it is no longer necessary to go upmarket to get a decent drop. "Thanks to your lot" was how he put it.

ANDREW BEAR

INTREPID HAWKS

Four Intrepid Hawks, Di and Jens Peters, Marion Powell and Maree Schaefer braved the cold, to travel to **Mt Barker** on July 23rd. We all dressed for the chilly weather, hats, scarves, the whole bit and we had a great time. It was only 15°C and that wind found some gaps in the drop down awnings. Never-the-less Marion and Maree put in a sterling performance to create a winning score of 32 to 7. However that day the prize was given to the pair with the largest losing margin, their opponents. However, bragging rights remain theirs.

On July 26th, four Intrepid Hawks, Murray Evans and Peter Radcliffe, with their wives and Brian and Maree Schaefer, visited **Wallaroo** for a weekend of Bowling. Friday was Three Bowl Triples Day with teams being randomly selected. After the aggregate scores were calculated from the two games, one of our group, Brian Schaefer, who had made a significant contribution to his team, was in the winner's circle. Well done Brian!!

Saturday was rest day, with members relaxing by going to the local markets or just working or taking it easy. Fishing was not the option hoped for due to the biting cold wind.

Sunday, was the Cosmo 4's Day. The team, proudly showing the Hawthorn colours, was ably skipped by Murray who displayed his hidden skipping talents with his great shots
Continued on next page.



From previous page. . .

and saving vital ends. We played three games, and met stiff competition from a number of local champions. We may not have won the money, but we cleaned up on the chocolates. We enjoyed the weekend meeting many friendly fellow bowlers. We also enjoyed a couple of pub dinners and the camaraderie that comes with going away as a group. **BRIAN SCHAEFER**

Where do you think the photo below right was taken? If you said Trebatsch in Germany you would be correct. And why kangaroos in Trebatsch, Germany? Germany has a Ludwig Leichhardt Society.

The citizens of Trebatsch are this year celebrating the 200th birthday of Leichhardt the noted explorer of northern Australia. There he discovered coal seams, plant fossils, fertile pastures, zoological, botanical and geological features.

In Germany Leichhardt is celebrated with two Schools named after him, a Leichhardt Museum, a 54km walking trail and this year with lectures and conferences all year. Leichhardt was born in Trebatsch, October 23rd 1813 and later went to Berlin and studied, geography, philology, astronomy and anthropology.

This year the Wald Hotel in Cottbus has an Australian flavoured menu, one main course being Kangaroo filet with pineapple-celery salad with Macadamia nuts. For dessert they are offering Australian lukewarm banana chocolate cake with vanilla sauce.

The person in the photo is Jörg Zimmerman, who lives in Guben about 40km from Trebatsch, an email penfriend of mine. He alerted me to the website

<http://www.leichhardtland.de/de/start.html>

BRIAN SCHAEFER

Things
we find
out!!

ONLY THE BRAVE!!

Dig the new winter uniform!!

On Saturday, 3rd August, 27 members, visitors and friends braved the cold, wind and rain for a game of bowls.



Garden puzzle—Afterword

Of us five brothers at the same time born
Two from our birth our beards have ever worn.

On other two none ever have appeared,
While our fifth brother wears but half a beard.

What are we? (answer on back page).



THE IMPORTANCE OF BEING COACHABLE!

An important role of the coaching group in any sport is to help players to become **coachable**, i.e., so that they can look forward to changing ingrained but unreliable habits into genuinely reliable skills! Being coachable also means that players are prepared for the emotional nature of the change process, and have reached an understanding that the initially strong feelings of disbelief will rapidly resolve into relief and satisfaction.

In the previous article I introduced the psychological mechanisms of **proactive interference** and **accelerated forgetting**. These mechanisms of mind automatically and subconsciously act in concert to protect a learner's prior knowledge from the influence of **conflicting** new experience. Conflict leads to significant emotional responses in the learner and these are a necessary condition for change to occur. However conflict also leads to accelerated forgetting. Fortunately we are able to control these mechanisms once we understand the valuable role they play in the learning process. We can make ourselves **coachable** and accelerate the change process when we understand the difference between **habits** and **skills** and the value of **mediational learning** as a deliberate and specific strategy for change.

Skills and habits are both automatic and immediate responses to a given situation. Skills are developed **consciously and deliberately** through the specific practice of specific responses. Habits, however, are acquired mostly **without conscious effort**, resulting simply from the casual repetition of experience.

These differences are very significant in that skills **transfer** from one context to another, whereas habits are predominantly location specific and are

particularly subject to the pressure of competition. Many elite athletes complain about the **lack of transfer** of highly practiced routines from one location to another, and we have all heard of the so called '**home ground advantage**' which is a prime example of **the power of habit**. Habits don't travel along with the players to new locations, but fortunately their skills do.

If you are interested in becoming coachable, and interested in reaching your full potential as a bowler, then the new directions in coaching currently being developed by this club are for you!

Dr Edward "Harry" Lyndon

Answer to riddle on page 8. . .

The little riddle dates from the time of the Romans. It is a rose. Turn the rose over. You see there the five sepals of the rose—and how beautiful they are! Two with leafy fronds (the beards of the riddle) on either side, two without, and the last with the frond only on one side. The arrangement grows out of the way the sepals overlap in the bud—that is obvious enough—but no one is quite sure what the 'beards' are for. They are most prominently developed in the old European roses, but few roses are entirely without them.

The flower may be the rose's chief glory, but all parts of a living thing are beautiful. The leaves, the unopened buds, the developing hips, even the prickly branches, are all part of each rose's personality. To ignore them and focus all our attention on the coloured and scented petals is to receive only part of the joy the rose gives to those who see her with a lover's eyes.

Submitted by **DAVID SUTHERLAND**.