



From the President

Funny thing about Winter. It is always cold and generally quite damp. Both of these entirely predictable climatic conditions contribute to the slowness of our beautiful greens and although Nigel and his team continue to feed and roll the greens (and with a couple of those greens at least also made lots of little holes in them...what's the word for that?) those same greens get a fair work-out from our Saturday and Wednesday die-hards. We really can't speed the greens up much until the rains are largely over and whilst there is some merit in learning to handle slower greens, if you want to play on a faster surface you will have to wait for a week or three (or maybe even six). We still get a good range of members down to the club although it seems to be traditional for some of our stars to have a rest, occasionally north of the Queensland NSW border. The photo of the happy wanderers later in this newsletter is of six of our members who played a three day tourney in sunny Port Macquarie. Huh!!! It rained the proverbial over most of those three days and the competition was shortened quite dramatically as a result. Greg and Fiona starred and ended up eighth out of probably about 90 pairs. Anne and I did a little less well, and Rick and Leanne ...well we won't go down that particular track. We all had fun however.

Introducing our Men's VP

George Charlesworth's abridged life story. I was born number 6 out of 7 in Glenburnie SA to teaching parents. After four towns in the South East we moved to Maitland where I completed schooling and joined the ANZ Bank. I liked the country life and with a bit of

money in my pocket, bought my first Schooner and packet of Benson & Hedges in the Wombat Hotel Kadina, had a shot (3 actually) at singing on TV, got moved to Darwin and then worked in 20 odd Branches – Married lucky Lois in '75 and we now have three great adult kids. I left the Bank to mow lawns and ended up in a cheese (NO not nuts) shop called Ambrosia in the Central Market after selling Langes Mettwurst and Yahl Cheddar to nearly every butcher shop out of the back of my little truck. We outgrew the shop and we were soon selling cheese and goodies out of a little, then big, then bigger warehouse until the s..t hit the proverbial fan. I thought that would be a good time to have a heart attack – so I did. All this time Multiple Sclerosis had been manifesting itself after being diagnosed aged 16. As a result I lost central vision in one eye and turned to sports where the ball only went away from me. I started bowling in 1980 and came to Hawthorn in 1985. Almost immediately the MS kicked into my legs and I was in a chair in no time and have been ever since. I like to think it (being in a chair) hasn't slowed me down much and in fact I have performed fairly well against my peers. For all the accolades that have come my way, what I enjoy most is skippering at Hawthorn, mentoring new bowlers, and giving very wise advice, on any subject, to anybody, after the game. I look forward to a lot more of that, slowing down a bit with my family a friends whilst waiting for my bloody Clivias to flower.

GEORGE

Modest George omitted to mention he is a Past President of our Club and is the very dedicated and superb organizer of Night-Hawks a task he has fulfilled for many seasons. Ed.

People's Choice Community Lottery

A big **thank you** to all our members who have supported The People's Choice Community Lottery. It has been quite a large undertaking distributing and collecting the Lottery books over the past months. However it is a worthwhile cause and our Club should make a profit of approx. \$2,600. Isn't that a fantastic result? As the saying goes 'every bit helps', so well done to our fellow Hawks!

Commitment Forms



Thank you to all those who have already sent back their Commitment forms. It is very important to send these back by the 15th July so that the information can be collated and distributed. Brian Harmer requires accurate member information for the Events Calendar so it can be distributed by the first week of August. The Selectors need information so they can decide how many teams we can enter into the Pennant competition. Finally, various conveners, eg, House Manager, NightHawks Con- vener, Bar Manager and so on, can be given the names of those members who are willing to help them and subsequently draw up rosters.

It is interesting how many people benefit by your prompt reply!!

From our Ladies Vice President

Another month has flown by. It seems the only thing we can't stop is time.

Plans are well in hand for the card day, but I would emphasise that all items (home baked food, jams, pickles excepted) for the trading table be brought to the Club at least 2 weeks prior to the 27 August.

Notices for a Ladies social gathering on Thursday mornings commencing July 25, 1, 8 and 15 August are being distributed to various venues. If you know of any ladies who would like to visit the club for either a roll up (about $\frac{3}{4}$ hour), chat over soup, tea/ coffee and biscuits please encourage them to attend. For your information a flyer is on the noticeboard.

This is something new and we would like to encourage some community interaction. If we get takers, we will then ask you, our members, to come along and help out. My feelings are "nothing ventured, nothing gained." We must encourage more people to the Club.

Bev Ploenges has organised the pre- season trials, September 12, 26 and Octo- ber 3 against other Clubs and an internal trial September 19. Please put these dates in your diary.

Nominations for the position of Internal Tournament Convenor were sent out and the Board has appointed Margaret Lamshed to this position. Congratulations Margaret, I am sure all members will make your job easy.

If you have any queries on any of the above please contact me on 0466 155 713 and I will attempt to solve them.

LESLEY SLATTERY

COMMUNITY FORUM — PRICE MEMORIAL OVAL

The City of Mitcham is keen to put two reserves in the district to better use; one of these is the Price Memorial Oval. The council has engaged a consultancy firm who interviewed representatives of all the sporting clubs and then called for public interest. Local residents received written notification of two opportunities to participate in a forum on Wednesday June 19th or to respond to the consultant by mail.

In the front row representing HBC was Bernie, there to defend the turf, Terry as Head Honcho and defender of the club and myself, wearing two hats, the other one as a member of the Mitcham Heritage Service, an arm of the City of Mitcham. I was there to defend our patch according to the lease of long ago which hasn't changed in principle – this land is for bowls and kindred sports, nothing else, for ever, and certainly not a car park. That wasn't on the agenda but my other aim was to make sure the name was retained. The consultant referred to the area as a reserve and a park – don't care as long as Price Memorial stays; it was changed once to Hawthorn Oval and Mitcham Heritage had it changed back.

Community input was interesting; mostly people were parents and/or dog owners and theirs were the worthy opinions of the forum, all about the oval. A bigger playground on the site where it is now, near the croquet club house and properly fenced – it currently adjoins the oval fence. Shady trees, as in not gums and gas barbecues. Better fences for children and dogs so they could be kept separated. An all-weather court for netball/tennis. A representative from the adjoining Church of Christ put forward their views. They have a separate title and therefore are not part of the Council owned land.

So there was nothing about one club house for all or anything to do with the clubs' facilities; it was about the oval space. There were some excellent recommendations. Of course it is long term, nothing in the immediate future. Just before Tom Price died in 1909 he tried to get some of his neighbours in Egmont Terrace to buy a small piece of land for a children's playground. It didn't happen but wouldn't it be great if Tom got his children's playground at the oval which bears his name. **Rose Mitchell**

DID YOU KNOW?

Jeffrey Smart, the Australian born artist who died in Italy last month, was a native of Adelaide. And what's more, his father was a real estate businessman in our very own Hawthorn when his son was born in 1921. The northern side of Angas Road had already been subdivided into housing blocks (and a handsome oval) some 10 years before – we know that, that's us. New divisions of land meant new streets and having to think up names. Mr Smart named a street after his son - Jeffrey Street, between Angas and Grange roads.

Jeffrey Smart lived most of his life in Italy once Australia gave him a start. He spoke disparagingly of Adelaide but at the Adelaide Art School, now part of the University of South Australia, he was taught by Ivor Hele, Marie Tuck and Dorrit Black. His first painting was purchased by a Clovelly Park resident, artist Max Ragless and his fellow new artists were Jaqueline Hick and Nora Heysen. These new artists were all assisted in some way by Ursula and Bill Heywood whose home, Carrick Hill, was the hub of all things artistic. Nora Heysen said that an evening at Carrick Hill was like being in a Noel Coward play.

So Jeffrey didn't do too badly out of the town of his birth, even though he left in 1951 for Sydney and then Italy. A collection of his work was exhibited recently at UniSA and Carrick Hill. Very fitting. **Rose Mitchell.**

INTREPID HAWKS

Six Intrepid Hawks went to Payneham on Monday 17th June. The 17 second greens proved to be a challenge, but a worthwhile experience.

On Tuesday, 25th June eight members visited Mt Barker Bowling Club. Following a gritty performance in the first round, Tom Rushton and Marion Powell took out the Encouragement Award and won \$10 each. The suggested bribe to keep the news out of the Herald obviously did not succeed!!

Thursday 11th July Port Elliot weather permitting. Friday 26th-28th July at Wallaroo. At present two teams comprising members from Hawthorn and Clarence Gardens are planning to go.

TRAVELLING HAWKS



Wish you were here!!

(at Port Macquarie)

Who was the Birthday Boy?

Ron Jones celebrated his 88th birthday on 26th June. To his surprise it was announced at our Wednesday, Winter bowls afternoon to which we spontaneously sang Happy Birthday. Ron generously shouted all players one drink at the bar. Thank you Ron from us all and may you have many more birthdays to come.

Roses and Aphids

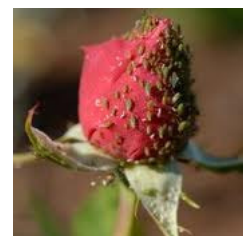
Have you checked your roses lately? There is every chance with the arrival of winter some visitors have also arrived. These little insects known as aphids love feeding on tender rose shoots.

There are three usual ways of getting rid of them:

1. Pick them off, one by one, with your fingers. Okay if you have a small number of bushes.
2. Wash them off with a squirt of the hose.
3. Use an insecticide such as pyrethrum, a supposed environmentally friendly spray.

Garlic plants among your roses is supposed to keep aphids away. I haven't tried this with roses but it does work with fruit trees such as peaches. Be vigilant in the spring when the roses are coming into flower because aphids seem to know when to pay a visit!

David Sutherland.



IN OUR THOUGHTS...

Brian Stanley has been on the sick list and we wish him well as he recovers in the coming weeks. We look forward to seeing him back on the green sooner rather than later!

Your thoughts. . .

What do you like about our Club?

It is an inclusive friendly Club with a strong tradition that provides strength & stability in challenging times - others close by have stopped or are struggling.

Good friendly people with a great sense of humour - most of the time.

The old adage that sport is the great 'leveller' strongly exists at HBC.

New bowlers are made to feel welcome & get plenty of helpful advice.

Regular bowlers are valued and selection is considerate of all players' situations.

Very good friendships developed over time with people at roughly the same stage of life's journey. However, good relationships with younger members as well which is excellent.

In all, a very enjoyable Club to play at!

What influenced you to join the Club?

I played Night Owls for four years and became 'hooked'.

Had a knee replacement but still wanted to play sport - bowls was the obvious choice although I should have started many years ago to be any good!

A relatively cheap sport to play as well.

Excellent facilities that are well cared for.

Other.

The amazing number of volunteers involved to make it all happen continues to impress me - wonderful spirit evident.

GRAHAM DODD.

What influenced you to join the Club?

Alan Harris was a big influence for me. To me he is the 'face of the club' and his PR skills are second to none.

What do you like about the Club?

I am overawed by the calibre and commitment of the volunteers. Without the volunteers we would not have a club, full stop. Apart from that I think and know that we are a friendly Club because I have heard it mentioned so often.

MAREE SCHAEFER

Welcome

We welcome into our membership:

Brian Morris. Brian is a promising new bowler who plans to play Pennant bowls for our Club in the 2013-14 season. He is currently enjoying Winter Social bowls and the coaching he is receiving. We wish Brian all the best in this new 'adventure'!

A special welcome back to **Clem Case.** Great to see you around again.

Time to say Goodbye



Leaving our Club to continue their fortunes at another Club are our well respected members:

Ken Fiebig who is returning to Jervois Bowling Club where he is a Life Member.

Blake Fiebig who is transferring to Marion Bowling Club.

Tom & Joan Dixon who are also transferring to Marion. We especially thank Tom & Joan for their valuable contribution particularly working behind the bar while they were members at our Club.

Bruce Chambers who is transferring to Ardrossan.

We wish all members moving on the best at their respective new and chosen Clubs.

CLUB ALMONERS

**Bob
Wadsworth to
be our new
Club Almoner**

As mentioned in the June issue of the Herald we were seeking a new men's Almoner. We are pleased to inform you that Bob Wadsworth has agreed to take on this role. In cooperation with the selectors we hope that members who are unable to play for some

time due to health or other issues that, if they wish, the members can be informed. This way we wish to promote a more caring community. We wish Bob well in his new role and encourage members to keep him informed of their situation as they arise.

Thanks to Joy Kirk who is continuing her role as Almoner for the Ladies.

This poem is sung to the tune Drunken Sailor

What shall we do with a short- bowl leader (3 times)
When the game is over?
Hang him from the hard-arm till he's longer
Give him dairy cheeses from Myponga
Feed him Popeye spinach till he's stronger
Every Saturday morning.

What shall we do with a two who niggles (3 times)
When he should be drawing?
Make him lead in Metro 3 on Wednesday
Paint the clubhouse gutters Thursday
Clean the club room floors on Friday
Ready for Saturday morning.

What shall we do with a three who is bossy (3times)
When he should be silent?
Send him alone on a trip to Greenland
Ring him while he's sleeping deep in dreamland
Shut him in a room with a noisy rock band
Till early Sunday morning.

What shall we do with a grizzling skipper (3 times)
After the game is over?
Feed him Epsom salts till he gets the feeling
Feed him Epson Salts till he swears while kneeling
He'll resist forever such depressive dealing
With his fellow bowlers.

Submitted by David Sutherland

Last two verses refer to the selectors which I used my discretion not to print! Ed.

DATES TO REMEMBER

Tuesday, 27th August

Ladies Card Day

What are you planning for the Trading table?



A psychological perspective on changing habits

One could argue that no two players are alike in their delivery and perhaps question the desirability of trying to change any players' style. During social bowls and unstructured practice sessions, players are readily able to overlook poor deliveries and for a time overcome them, only to find these re-emerging during the pressure of competition. Team sport involves a great deal of pressure to win and that social pressure exposes playing faults like no other factor. When confronted by the need to change from their own bowling style and beliefs many players, unhappily, will prove the proverb that "old habits die hard".

We knew that neurons can change their firing patterns when habits are learned, but it is startling to find that these patterns reverse when the habit is lost, only to recur again as soon as something kicks off the habit again," said Ann Graybiel, who is the Walter A. Rosenblith Professor of Neuroscience in MIT's Department of Brain and Cognitive Sciences (BCS). (Read more at: <http://phys.org/news7412.html#jCp>)

There are powerful psychological mechanisms which explain this phenomenon and provide a ready means of overcoming it. Players and coaches can take advantage of these psychological variables when confronted by the need to change and I will provide a brief overview of two of these.

Proactive interference (PI): The human brain has a great capacity to learn and yet it has very precise limitations for changing what it has already learned. Prior knowledge acts like a filtering mechanism, so what is acquired by an individual from any experience is **fundamentally subjective**. It may not be what a coach may have desired or what a player may have hoped for. In psychological terms this effect is referred to as **proactive interference (PI)**. What we also know of this mechanism is that it is always accompanied by some quiet significant emotions. Feelings of disbelief, confusion, discomfort, frustration and anger are some of the main characteristics of **proactive interference** at work. In addition **PI** is a **dynamic mechanism** that acts both during and after learning. So, inherent conflict between an existing habit and a preferred alternative delivery results in the **accelerated forgetting** of the recently learned and practiced alternative action.

Accelerated Forgetting: The brain is designed to forget and does so automatically and imperceptibly. Accelerat-

ed forgetting, sometimes called the 'cocktail party effect' occurs when we have an experience that we cannot practice such as being introduced to one or more new people in a busy social setting. Within seconds we can find it difficult to remember the individuals' names. This is a natural and normal effect yet it is one that many people find most frustrating. More significantly accelerated forgetting also occurs whenever there is a **psychological conflict** between old and new experiences. In this situation forgetting begins within seconds is almost complete within one hour of any new learning and or practice session. An interesting and significant fact is that accelerated forgetting is the preferred or default rate of forgetting in the brain. Only practice can slow down this natural tendency to forget but even then only when there is no conflicting between old habits and new experience!

Remarkable as it may seem, although practice is the means by which we reduce the rate of forgetting in the brain from seconds to weeks it is by itself unable to overcome the effects of habit! Conventional practice does not significantly help players change habits. This is the case irrespective of the coaches' and players' best intention. Where there is a conflict between a player's action and the desired one, practice, at best, improves performance by a **transient 20%**. A solution to this natural psychological obstacle to learning was developed in the early seventies and has gained widespread confirmation in the fields of education and sports psychology. The secret lies in what is now called meditational learning. This approach requires the player having learned a new and conflicting action to then psychologically mediate the inherent conflict between the original habit and the newly acquired skill! This must follow a prescribed learning strategy which involves learning and then practicing in a specific way the difference between the old habit and the new skill. This has been shown to result in 80% retention of the new skill, which then facilitates the player being able to freely practice the skill to mastery!

Interested? This method can be made available to players throughout the coming pre-season preparations and during the season itself as required.

Dr Edward "Harry" Lyndon