



From the Coach

Body language and communication



Body language is equally important for players, coaches, club representatives and parents. In relation to bowls the focus is rightly on the skippers but all players and others associated with the game need to be aware of their body language and the positive or negative impact it can have.

TIPS FOR SKIPPERS

Skippers have a leadership role and must understand that negative body language can upset their own players and cause an even worst performance. Poor body language is a sign to the opposition that all is not well. Dissent and anger can be the catalyst the opposition is looking for.

1. Give clear instructions, show where you want the bowl to finish.
2. Encourage your team members and other players in your side.
3. Communicate to players the shot required and the ideal weight.
4. Motivate by setting a good example
5. Display good body language and control any displeasure.
6. Be cool under pressure. Relax and retain your composure.
7. Always acknowledge good bowls and good attempts but avoid praising poor bowls as a good try. Silence can be a powerful message.
8. Be positive and supportive of your players.
9. Talk quietly and discreetly to your players during a game.



Welcome to the Club Eric, 94 years young . . . a new recruit and such a snazzy dresser



On behalf of the Club, Don accepts the South Melbourne Community Chest Grant for junior bowls development at APBC from the Mayor of Port Phillip Ms Heather Cunsolo

STOP PRESS



A GREAT PICTURE OF OUR MEMBERS' CONTRIBUTION TO OPEN DAY

Our indefatigable President Wayne with Tim and Lambis, only exceeded by Bob who entertained two young children for over an hour.

(Thankyou John for the photo)



TWILIGHT LEAGUE

The League finally got underway last Wednesday, after the washout of two weeks previously. With a few people otherwise engaged, six players turned out on a beautiful spring evening, sunshine, pleasantly warm with no wind and not a cloud in the sky! We played a 12-end, two bowl triples game, with the team of Rex Magnussen, Ray James and Tim Smith victorious, 16 – 6, over Sally Rushbrook, Lindsay Chaloner and Johnny Warburton.

The next round will be on Wednesday evening 16th November, so turn up by 5:45 to join in; a one-off entry fee of \$10 will enable you to play for the whole season, and with 18 rounds still to play, everyone will be in with a chance for glory (and prize money!). For any further information, contact Tim on 0401 645 805.



The Club is looking for a new Parkers Editor

As I am moving to the country I am hoping that a member will be happy to step in and take over the Parkers, and other items, ie Fixtures, posters if required, in the new year. I have thoroughly enjoyed helping to keep everyone informed of happenings around the club since 2014. So, we are looking for a new Editor to take my place and I'll be happy to help in the transition. Key attributes are familiarity with relevant technology and a keen interest in communicating with members. Please let me or a Board member know if you'd like to find out more about the role.

Barendina



AROUND THE CLUB

CHRISTMAS MATTERS

Our annual Christmas Party will be held in the clubhouse after the last pennant round for 2022. This will be on Saturday, December 17th, beginning at 6pm. Please bring a plate to share and use the sign up sheet on the notice board. Also, don't forget we are collecting contributions to the Christmas Hamper that will be raffled off on the night (proceeds to the Building Fund). The collection box is located under the Ladies' Honour Board.

CLUB CHAMPIONSHIPS

The draws for the singles format competitions are being posted on the notice board. Please check for your opponents and play-by dates and make sure you've paid the Tournament Director, Peter Lee, for each of the competitions you've entered. Entries for pairs and triples competitions remain open until January 8th.

VALE

Bev Armstrong

Our thoughts and wishes are with Norm Armstrong and his family on the recent passing of Bev, a member for 18 years, an inspiring volunteer and a good friend to all who knew her. She will be sadly missed and fondly remembered.



BUILDING FUND

As reported in our last edition, a formal Building Fund has been launched to help fund the upcoming renovations to the clubhouse next winter. Your donation will be recognised as shown in the accompanying chart. If you'd rather remain anonymous, there are collection boxes near the bar for either direct donations or contributions to our weekly lotto ticket purchase program. Numbers are chosen to match our rink scores across the Tuesday and Saturday competitions each week. Winnings go directly into the Fund. Please contact a Board member if you have any questions, suggestions are would like to make a donation. We've already received some very generous contributions (more on these in future editions), but still need more help to pay for the long-delayed improvements.

BUILDING FUND RECOGNITION TABLE

Level	Donation Amount	Club Member	Organisation
Primary Restoration Sponsor	\$50,000+	Building Naming Rights (single or couple)	Building Naming Rights
Major Sponsor	\$15,000+	Negotiable plus Permanent Membership Fees	Negotiable
Diamond Donor	\$10,000 - 15,000	Permanent Membership Fees	Negotiable (e.g. Banner, etc. plus Sub-Facility Naming Rights)
Platinum Donor	\$5,000 - \$9,999	Sub-Facility Naming Rights (e.g. locker room, office, etc.)	Sub-Facility Naming Rights (e.g. locker room, office, etc.)
Gold Donor	\$1,000 - \$4,999	Main Scoreboard Naming Rights	Main Scoreboard Naming Rights
Silver Donor	\$500 - \$999	Rink Scoreboard Naming Rights	Rink Scoreboard Naming Rights
Bronze Donor	\$200 - \$499	Inclusion on Donors Honour Board	
Restoration Donor	Up to \$199	Acknowledgement in Parkers	



2022-3 CALENDAR

NOVEMBER

Monday	14	Training 4.30pm
Tuesday	15	Midweek Pennant Gold Coin 9.45am
Wednesday	16	Mahjong 1-3.30pm u18 Squad Coaching 4-5pm Twilight League 6pm
Thursday	17	Training 4.30pm Function 12-4pm
Friday	18	Albert Park College 9am
Saturday	19-25	Henselite Vic Open — no Pennant
Monday	21	Training 4.30pm
Tuesday	22	Gold Coin 9.45am
Wednesday	23	Albert Park College 9am Function 12-4pm u18 Squad Coaching 4-5pm Twilight League 6pm
Thursday	24	Training 4.30pm
Friday	25	Albert Park College 9am Green Inspection 12noon Function 3.30-7.30pm
Saturday	26	Weekend Pennant
Monday	28	Training 4.30pm
Tuesday	29	Midweek Pennant Gold Coin 9.45am
Wednesday	30	Albert Park College 9am Mahjong 1-3.30pm u18 Squad Coaching 4-5pm Twilight League 6pm

DECEMBER

Thursday	1	Training 4.30pm
Friday	2	Albert Park College 9am

Saturday	3	Function 4-8pm Weekend Pennant
Monday	5	Training 4.30pm
Tuesday	6	Midweek Pennant Gold Coin 9.45pm Function 5-9pm
Wednesday	7	Mahjong 1-3.30pm u18 Squad Coaching 4-5pm Twilight League 6pm
Thursday	8	Function 12-4pm Training 4.30pm
Friday	9	Function 12-4pm
Saturday	10	Weekend Pennant
Monday	12	Function 4-10pm Training 4.30pm
Tuesday	13	Midweek Pennant Gold Coin 9.45pm
Wednesday	14	Mahjong 1-3.30pm Function 4-8pm
Thursday	15	Function 12-4pm Training 4.30pm
Friday	16	Function 12.30-4.30pm
Saturday	17	Weekend Pennant APBC CHRISTMAS PARTY
Monday	19	Function 1-5pm
Tuesday	20	Gold Coin 9.45pm
Wednesday	21	Mahjong 1-3.30pm Twilight League 6pm

JANUARY 2023

Monday	9	Training resumes 4.30pm
Saturday	14	Weekend Pennant resumes
Tuesday	17	Midweek Pennant resumes

If clergymen can be 'defrocked' could teachers be degraded, politicians devoted, pastry chefs deserted and podiatrists defeated?

YOUR CLUB NEEDS YOUR HELP

Having taken on the role of Function Manager for our Club this year I have become fully aware of our essential need for volunteers to assist with setting up the rinks, running the bar, coaching and pulling down the rinks after each function.

We really need your help, it's a lot of fun and contributes to the ability of our club to exist. We have 12 more functions to execute before Christmas, dates and details are as follows:

Date	Company	No of People	Start Time
17/11/22	Quest Apartments	40	12.15pm
23/11/22	BAA	80	12pm
25/11/22	JDS	90	3.30pm
2/12/22	Pursue Wealth	50	4pm
6/12/22	PwC	80	5pm
8/12/22	ANZ	100	12pm
9/12/22	GDP	60	12pm
12/12/22	Morgan Financials	40	4pm
14/12/22	Segula	100	4pm
15/12/22	One Two.com	60	12pm
16/12/22	Concentrix	60	12.30pm
19/12/22	Salter Brothers	60	1pm

I have placed signup sheets on the functions area of the notice board. If you can help it will be greatly appreciated, so much so that every day you volunteer you will get a free drink from the bar at the conclusion of your volunteer role and be given a free green fee ticket for each and every day that you help out.

Peter Holmes