



Here for the next generation



HOME OF

WARRAWEE BOWLING CLUB

WARRAWEE CROQUET CLUB

WARRAWEE FUNCTION CENTRE

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NEWSLETTER – JUNE 2022

WELCOME

Hello Everyone,

Welcome to the June edition of our Newsletter.

Our greens remain very heavy from all the recent rain so please do all that you can to avoid causing any damage whilst the surfaces are so vulnerable.

Bowls NSW have recently advised that many flat soled shoes have ridges or patterns that cause damage to greens – particularly during these damp conditions. Bowls Australia has a listing of approved footwear which you can see at <https://www.bowls.com.au/get-involved/attire-equipment/footwear/> Please ensure that your shoes do not cause damage!

Malcolm Kirby has been very busy with construction work for the new unisex accessible toilet and the new ladies' toilet facilities at the south end of the building. Walls, plumbing and electricals are now in place and next stages will be waterproofing, painting and tiling before the toilets and sinks are installed.

Brian H

WELCOME TO CROQUET

Welcome To the Warrawee Croquet Club
Newsletter for June 2022.



I had always thought Croquet had a touch of charm, mystery and that *je ne sais quoi* about the sport in addition to the unique skills and strategies one acquires in order to play and enjoy the game to the fullest be it socially or competitively.

What better place to capture this than on the tranquil lawn situated within the grounds of the Elanora Country Club.



I remember it well, it was a Wednesday morning; the rain had lifted; the sun shone over a lawn that sat high overlooking a lush par 5 fairway; with nothing in between except a croquet boundary board and maybe the odd Aussie reptile out sunbaking.

What a great and peaceful location to finish our Pennant season.

At the end of the day the hoop count was Elanora CC 38 hoops, to our 36, with Elanora winning a total of 4 games to WCC 3



Doubles: R Shields & R Marich (ECC) 14 Hoops v.
Tony Fabro and Paul Dewar (WCC) 4 Hoops
Games: 2:0 to ECC

Singles: P Kemp (ECC) 4 Hoops v Jenny Ellwood (WCC) 14 Hoops
Games: 2:0 to WCC.

Singles: T McDowell (ECC) 18 Hoops-v Peter Armstrong (WCC) 18 Hoops
Games: 2:1 to ECC

Our congratulations to the Elanora CC, another exciting and friendly day of competitive croquet played down to the wire.

Our thanks to the players for their on and off field courtesy and for sharing with us their facilities. Thanks to the club for their hospitality which was simply outstanding.

DATES FOR YOUR DIARY

(1) 30th May 2022 - KilWar Competition Playing at Warrawee CC.

AKA "The Friendlies" A monthly competition against Killara CC. Consisting of two teams from each club playing Association Croquet and Golf Croquet.

Members selected to represent Warrawee:

- Golf Croquet Singles: P Armstrong.
- Doubles: Mary Poirrier and Paul Dewar. 10 AM start
- Association Croquet Singles: R Woog.
- Doubles: R & MA Bellingham 1-00pm start.



Results will be posted in the next edition.

(2) WCC – Club Golf Croquet Handicap Doubles

After a successful Inaugural GC Club Championship Singles in 2021, we have four well balanced formidable teams lined up to contest this inaugural 2022 Doubles competition.

Matches are best of 3 games with time taken not to exceed 3 hours. Games are 13 hoops, first to 7. Handicap cards are to be filled and signed at end of match.

The Draw is a round robin with Handicap as indicated (n) below:



	Paul Dewar (10) Brent Fuller (10)	Matt Peacock (10) John Dawes (10)	Robert Woog (9) Peter Armstrong (10)	Maria Morton (10) Jenny Ellwood (10)
Paul Dewar (10) Brent Fuller (10)	X			
Matt Peacock (10) John Dawes (10)		X		
Robert Woog (9) Peter Armstrong (10)			X	
Maria Morton (10) Jenny Ellwood (10)				X

**(3) WCC – Inaugural Club Golf Croquet Championship Doubles - Level Play
'A note from Our Club Captain'**

Just a reminder that entries are open for the inaugural GC Club Championship.

Entry close date is Friday 3 June - Play opens from Monday 6 June - Matches are scheduled to be completed by Friday 15 July.

Entry Forms to register are on the noticeboard in the Club room, alternatively if you can't get there for some reason let me know I can enter a team on your behalf.

Matches are best of 3 with time taken not to exceed 3 hours. Games are 13 points, first to 7. Handicap cards are to be filled and signed at end of your match.

Jenny Ellwood
Club Captain

NEWS FROM CROQUET NSW (Newsletter May 2022 extract)



“NSW AC BRONZE SINGLES. 3-5 May at Killara CC.
The Club put on three glorious blue-sky days for the NSW AC Bronze Championships. On a lawn that had survived the big wet well to run quick and true. The end of day two saw Warwick Nassif (Warrawee) and Fidy Westgarth (Mosman) contest the semi-finals against Peter Gordon (Nelson Bay) and Margaret Craig (Killara). Peter and Warwick progressed to the finals, with Peter winning the day”



Our congratulations and well done to Warwick who is progressing strongly through the state handicap grades in both codes.

Unfortunately, due to various reasons, especially 2 months of incredible wet weather conditions, Pennant and Kilwar matches; the above club competitions have fallen behind schedule.

- WCC – Association Croquet Elsie Wall Trophy Bronze Single Level Play.
- WCC – Association Croquet -Flint-Jones Trophy Championship Singles - Level Play.
- WCC – Club Golf Croquet Handicap Doubles.

We ask if entrants would be good enough to accelerate their match bookings in order to complete these competitions at the earliest opportunity Thank you in anticipation.



MEMBERSHIP



Who would have ever of thought that the growth of Croquet full membership numbers will soon surpass those of Warrawee Women's Bowls.

Last month, it was reported the **croquet game/green fees** received, exceeded those of Warrawee Women's Bowls.

This was due to the fact that Croquet is played in the rain.

They say "Croquet games are only suspended when the ball starts to float".

Trust me, that's not gonna happen, knowing the official weight of a croquet ball is 0.454kg (or 1lb). Please remind me, was this initially a British or a French pastime?

Full Croquet Club membership as at May 23rd is **62** plus a group of 4 local golfers looking to try their hand at Golf Croquet in June.

I think its time for a celebration – What say you to one of our infamous Warrawee Prawn Nights ? Well, that's it for now – Keep the head down and follow through till next time.

Peter

President - Warrawee Croquet Club

LADIES SECTION REPORT

We are hoping for a fine day on Tuesday 31st when we are holding our **Cancer Council/Friends Day**, a day when you can play bowls, bridge or mahjong, whatever takes your fancy,

The District event **Anita Linden** was held at Harbord WBC on Monday 16th May. To our delight, the event was won by North Shore District WBA 257 to 190.

The **St Ives 5's** was held on 17th May. Warrawee was well represented and did us proud. Our President, Jan Simpson, won the singles game

July is proving to be a very busy month with the following events taking place.

- **President's Day** on 7th July. This is a day when we acknowledge the work carried out by Jan Simpson during her term of office. We encourage all members, if possible, to attend.
- **Ku-ring-gai Top 9** will be held at Warrawee on Tuesday, 19th July.
- Another District event, the **Jean McKinnon** will be held on 25th July, at Warrawee when members from various clubs in the District are chosen to compete.
- The ladies' **Annual General Meeting** will be held on Thursday, 28th July at 9.30 am. All positions will be vacant.

Committee - Warrawee Women's Bowls



MEN'S BOWLS REPORT

Rain again played havoc with our bowls program for yet another month.

Saturday's April 30, Round 1 of the **Open-gender Club Championship Triples** match was washed out. The prediction for the following Monday was for good weather so this round and social games were moved to Monday May 2nd. Twenty two bowlers played that day.

The final was held on Saturday May 21st and what a thriller that was.

Social bowlers congregated on the balcony to witness the closing ends of a very close and exciting game.

The winners were **Malcolm Kirby, Warwick Davis and Moonhee Kim**.

The runners up were **Tony Fabro, Greg Tuckwell and Steve Ogden**.

Both teams acknowledged the outstanding performance of Moonhee Kim who was voted Bowler of the Match.

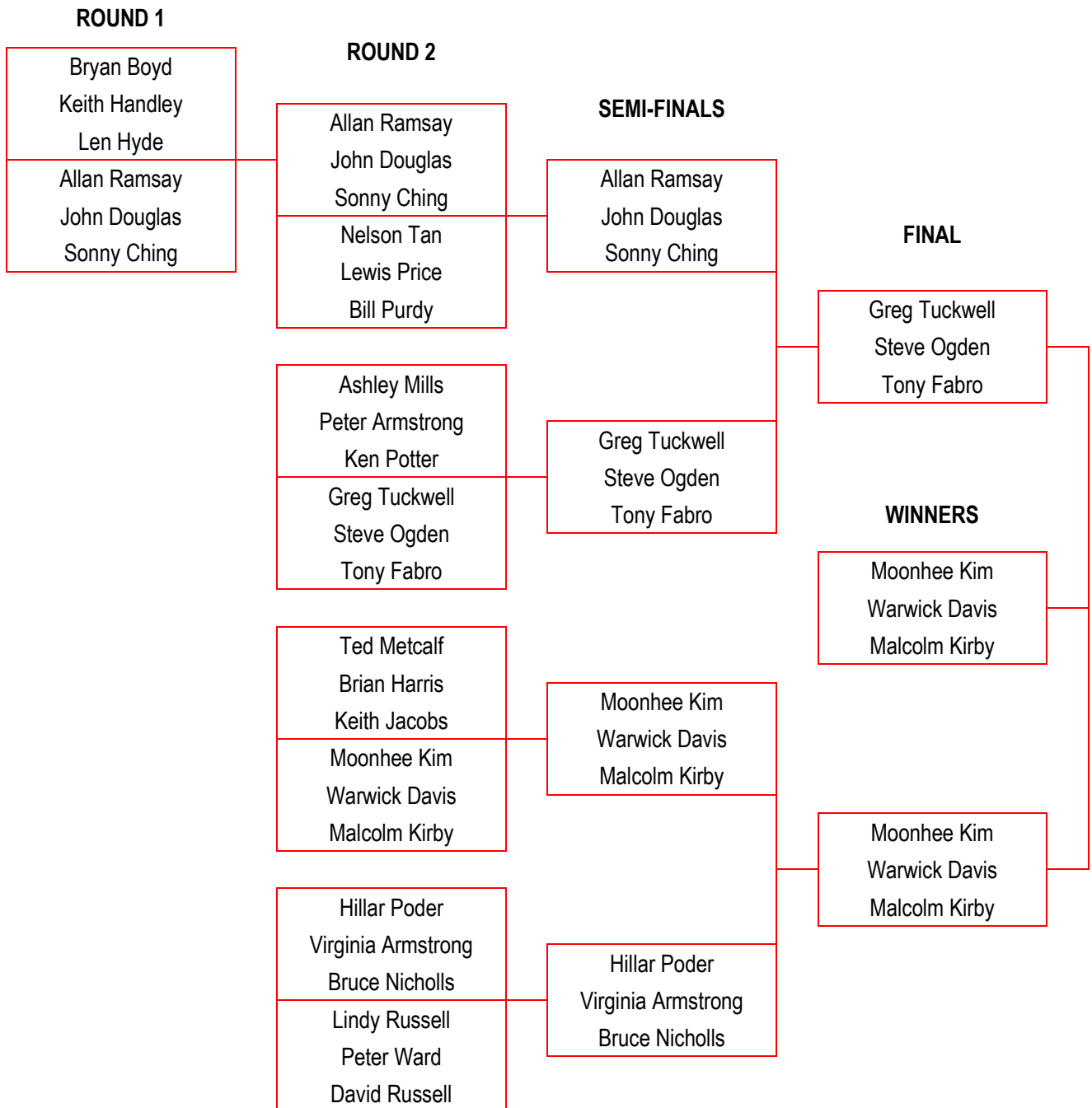
Congratulations and well done Moonhee. At the trophy presentation the kiss from the Chairman Brian did not go unnoticed.



The audience



THE COMPETITION





THE WINNERS



*Warwick Davis - Moonhee Kim
Malcolm Kirby*

THE RUNNERS-UP



*Steve Ogden – Tony Fabro
Greg Tuckwell*

INTERCLUB EVENTS

Lamb-Salenger Painting Challenge - Warrawee Vs Killara

The 97th challenge finally got underway after cancellation due to rain earlier in the year, Warrawee hosting Round 1.

The match was played on Wednesday 25th May with four teams from each club. Warrawee retained the painting with a score of 89 to 74.

Killara will host the return match in October.

We look forward to the continuation and ongoing friendly but spirited competition that this event has generated since its inception in 1974

Chairman Brian has a firm grip on the trophy.



Chairman Brian holding the Lamb-Salenger Trophy, an oil painting by Sir Erik Langker titled "On Old Razorback Road"

Brokenwood Challenge

Our **Sponsors Promotion Day** has been scheduled for Monday 20th June with invitations sent to all the local clubs encouraging their participation.

We do need your help to make up teams. This Event will be a friendly and **social, open gender, three bowl triples game** played over 21 ends and is sponsored by Brokenwood.



The day will start with a free sausage sizzle from 11AM, cards called at 11.45AM for a 12 noon start and concludes with antipasto platters after the game.

The CEO of Brokenwood, Geoff Krieger will update us with the latest news, his recommendations from the current vintage followed by the presentation of prizes.

There will be prizes galore. All winning team members receive a bottle of Brokenwood wine, there will also be mystery prizes and a huge club raffle.

Entry is restricted so that the team's open gender pennants grading must amount to at least 16.

For example teams can be made up of a Grade 3, a Grade 6 and a Grade7 player (sum 16) or a Grade 6, and two Grade 7's (sum 20).

Teams will be matched by player grading where possible. (The entry form has a table showing the conversion from Women's Pennants to Open Gender Pennants grade.)

Please note that if you are a non Pennant player your grading is 7.

Hard copies of the entry forms are on the Women's and Men's notice boards Please support this event, make up a team .

The entry fee of \$60 per team (\$20 per player) and can be paid by direct bank deposit or at the bar. Completed forms will be collected at the Bar for the Bowls Secretary.

OH & S - Tripping Around the Greens.

The safest way to move from the bank onto the green is to step sideways, as shown in the photo on the left and not front on as demonstrated on the right. Be especially vigilant if there are bowls stacked in the aluminium rack on the bank or bowls scattered on the green near the ditch.



Be aware of your surroundings when on the green and don't step back. We recently had a member do this and walk into the bank. The photo below shows some of the resulting damage.





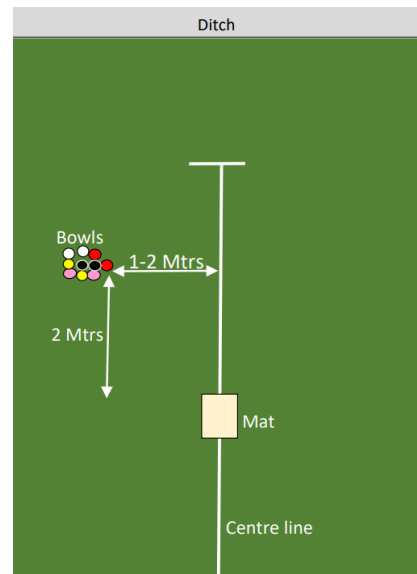
Another tripping hazard is loose bowls scattered around the mat.

Len has been telling us for years to get into the habit of pushing all bowls together into one location.

As a guide, they should be two metres behind the mat and one to two metres off the centre line and on the right hand side when looking up the green.

Bowlers need to be off the mat by the time their bowl comes to rest.

If all the bowls are consistently behind the bowler on his or her right, it would be safer to carefully step to the left off the mat in an anti-clockwise direction.



Committee - Warrawee Men's Bowls

FROM THE SECRETARY'S DESK

DOES PLAYING BOWLS INCREASE YOUR LIFE EXPECTANCY?

See the following article published by an organisation called **Beyond Blue**.



**Beyond
Blue**

The mental health benefits of playing a team sport

Regardless of skill level, being part of a sporting team has undeniable benefits for your mental health and wellbeing.

In a country obsessed with sport, growing up in Australia often goes hand-in-hand with playing some kind of team sport. Through primary school and early secondary school, team sports are taught in Physical Education classes and a love for a particular sport often means an early Saturday morning wake up call for whoever is on driving duty for that week's match.

Unfortunately however, many people in Australia stop playing team sports past their schooling years.

While Australia is a nation that undoubtedly loves sport - we are also one that loves winning. Sport can often be treated as a contest that must be won. Unsurprisingly, when someone considers themselves not particularly 'good' at the sport, they might feel compelled to walk away.



However the benefits of team sport are abundantly clear for everyone, no matter your skill level.



The physical benefits of playing sport are well known. Exercise can build stronger bones and muscles, help manage your weight, lower your blood pressure and cholesterol, and reduce your risk of heart disease.

But what you might not know is that there are also some huge benefits that team sport can have on your mental health:

- The **social aspect** that comes with being part of a team is fantastic for your wellbeing. Even if you join a team not knowing a soul, sport has a funny way of fast-tracking friendships. Human connection is such an important factor in maintaining good mental health. Being part of a team adds a support network that you wouldn't otherwise have.
- **Sport is a proven de-stressor**. It forces you to apply yourself fully to the task at hand, leaving behind thoughts and worries you may have had beforehand. In their place, sport stimulates the release of endorphins, which are your body's natural happy chemicals.
- Playing a sport alongside others teaches us the **value of teamwork**. Instead of reading about it or being lectured about it, sport forces you to put it into practice. It also helps **develop leadership skills** that can be applied in all areas of life.
- Team sports **teaches you how to deal with setbacks**. No team wins all the time. Dealing with a loss or a poor performance, learning from it and trying again is all part of the journey. Setbacks build resilience and this can be carried over into everyday life, helping you to navigate the tough times and find a way through them.



- Playing sport helps you **get a better night's sleep**. We all know how important sleep is to our overall wellbeing - after training or competing, mind and body are ready for a good night's rest.

When it comes to finding the right sport, people in Australia are spoiled for choice. From football to netball to lawn bowls, there's a club for you. There's also no shortage of social sport competitions that keep things nice and casual, if that's more up your alley. To get in touch with a local team or competition, a simple Google search will point you in the right direction, or you can contact your local council. If you have a physical disability, **Disability Sports Australia** can help find the perfect sport for you.

Beyond Blue is an independent, registered charity, partly funded by the Federal government and partly funded by private donations. They do not accept donations from pharmaceutical, tobacco, alcohol or gaming companies to ensure their work, research and advice is seen as independent.

Beyond Blue dedicated to looking after the mental well-being of anybody seeking their assistance. Their website is worth a visit <https://www.beyondblue.org.au/>

Going back to the original question - **Does playing bowls increase your life expectancy?**

Maybe, maybe not. Whatever the case, playing bowls, or any other team sport, will make your remaining years on this planet, a happier experience.

JUST DO IT

Once in a Bowling Club, there were four Committee members named **Everybody**, **Somebody**, **Anybody** and **Nobody**.

There was an important job to do and **Everybody** was asked to do it.

Everybody was sure **Somebody** would do it.

Anybody could have done it, but **Nobody** did it.

Somebody got angry about that because it was **Everybody's** job.

Everybody thought **Anybody** could do it but **Nobody** realised that **Everybody** wouldn't do it.

And so, **Everybody** blamed **Somebody** when **Nobody** did what **Anybody** could have done.

Hillar

Secretary – Warrawee Bowling Club

CONCLUSION FOR THE MONTH

Brian and Moonhee will be overseas from 16th June to 7th July so the next Newsletter will be in two months time.

A reminder that our Club website address is:- <https://warraweclub.com.au>

Stay safe and stay well.

Brian H



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