



From the President



Please allow me to introduce you to the new Board Members who have said "can I help"

Marie Roberts & Brian Ballard as respective Vice Presidents.

Josie Holford - Communications

Val Davis - House

Ed Watson - Social

These people will strongly support the existing Board Members -

David Hards - Secretary

Keith Neil - Treasurer

Max Thornton - Greens and maintenance

Allan Walker - Sponsorship

Your club is well placed with the quality of these people and all their respective "helpers" to continue to position PBC as a great

place to play bowls.

To those people who have joined our club and to those who are still considering - WELCOME. May you enjoy your bowls on our quality greens, and our fellowship. We are surely off to a flying start, with the social bowls we are currently playing and our Friday evening dinners.

As I said at the AGM, I wish to again acknowledge the work that Peter Marshall did in his 3 years as President. He brought special skills to our club and his document "Building the Head" reflects that. I only hope that as a club we can continue to build on that foundation.

Wayne Prosser—President

Women's Bowls

We welcome the following new office holders for the women's

competitive bowling for 2008/2009 season:

Josie Holford - Minute Secretary

Marilyn Siggs - Immediate Past VP

Pat Lafsky - Chairman of selectors

Pat Willats, Val Davis, Veronica Clarke, Margaret Garnett, Rhonda Fuss.

Miriam Broad is Tournament Dir but not on the committee.

With at least six new ladies joining club and a team in Premier I division for the first time in fifteen years, we approach the next season with a new found buzz. We are hoping to enter three pennant teams on Thursday and two pennant teams on Saturday. Our most important task is to retain the three teams, hold our spot in Prem 1 and Metro I next season and to encourage and support each. This is especially important for our new bowlers and new members, no matter what team or grade in which we are playing .

Marie Roberts - Vice President



Moving towards the future

Men's Bowls

September will bring us the start of the new season being the time when we start internal and external trial games. Some members may think this is a time that is not important to the Club or to the new season. How wrong they are.

Pre-season trials are extremely important to everyone concerned, most of all to the player.

We all want to play at the highest level of our capabilities, we want to play with people with whom we feel comfortable and we want to be involved with a competitive team, hopefully to win a Pennant.

Being involved with pre season trial games, give us a chance to get back into the swing of things, find out if we have compatibility with the players that we are trialling with, and to see if we have still got what it takes to keep our place in the level we feel we can bowl.

Trials also help our selection panel to blend a series of

teams for the best outcome of the Club.

Without trials and our involvement in them, we would start the season in a shambles.

Therefore the Men's & Women's Bowls committee ask all members, both old and new (by the way welcome to all you new faces) to make every effort to be involved in the pre season trials and give them your full support in the outcome.

Back to the New Members, (Your names are listed in the Editorial section of this newsletter). Hi guys, welcome to the best Club in Adelaide. With you arriving here, it will give us another full side to enter into the SA pennants competitions, brilliant, I hope you all feel that we have given you a warm welcome.

I personally wish all members the very best bowling in the coming season and hope we can achieve a successful season with a many Pennants as possible.

We have a new Tournament

Director (Mike Dodds), a new Chairman of Selectors (Doug Macrae) and I would ask that you give them all your positive support for the coming season.

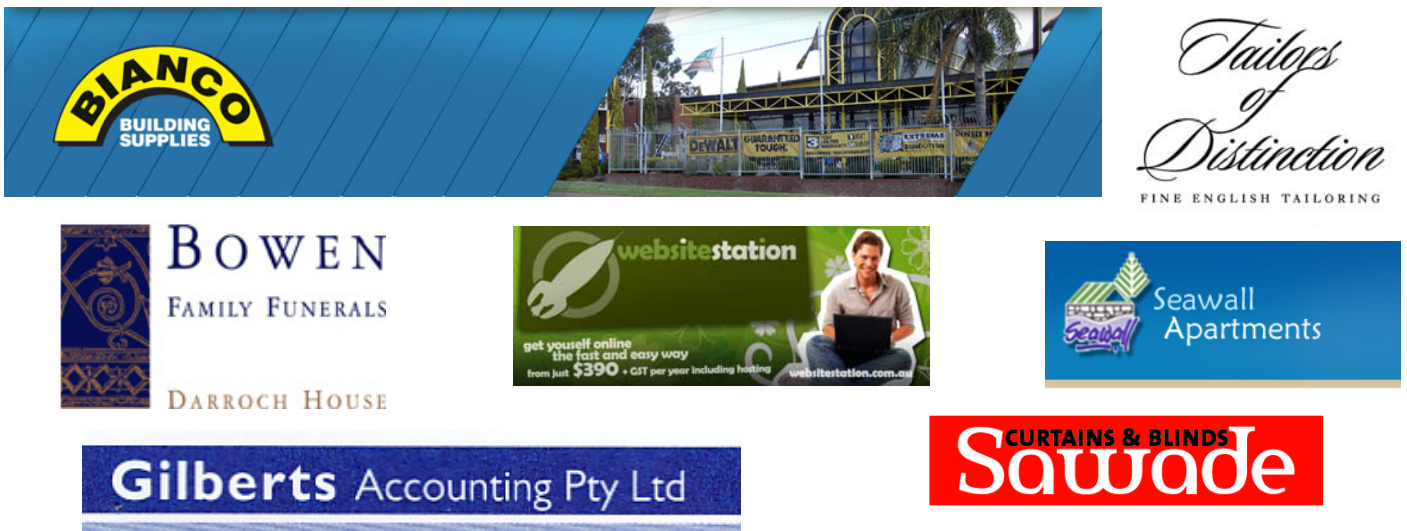
One area where we do need some support from you is with Night Owls, David Bailey who gave a super response to the job last year has had to pull out (Due to commitments in other areas), so we need a leader for the night owls. Any volunteers for this would be most welcome. Please just trip me up in the Club and tell me you want to help with night owls.



Brian Ballard – Vice President

Sponsors:

Please support these wonderful people when you might have need for their services



The banner contains the following logos and text:

- BIANCO BUILDING SUPPLIES** (Yellow and black logo)
- BOWEN FAMILY FUNERALS** (Blue and gold logo)
- DARROCH HOUSE** (Blue and gold logo)
- Gilberts Accounting Pty Ltd** (Blue and white logo)
- website station** (Green and white logo with a man at a laptop)
- Seawall Apartments** (Blue and white logo)
- CURTAINS & BLINDS Sawade** (Red and white logo)

Editorial

NEW MEMBERS

We would like to welcome the following new members to our club who have joined us during the past few months;

Joan Bell, Anne Bovington, Cliff Bovington, Robin Darby, Alan Darby, Ben Harris, Mark A Harris, Julie Hodgkinson, Barry Johnstone, Colleen Symonds, Trevor Symonds, Elaine Wagner, Des Smart, Margaret Smart, Raelene Wharton, Clifford Wharton, Colin Simpson, Norbert Kratz, Bill Dunn

It is hoped that you all enjoy your time with us and that you stay for many years to come.

POT OF GOLD COSMO PAIRS FRIDAY AND SATURDAY COSMO TRIPLES

We have been very active in the "Off" season with our social bowls continuing throughout the winter due in no small way to the efforts of Steve Green and his crew of helpers.

I am sure all of you who have been enjoying our greens would agree that they have done a magnificent job.

We owe thanks too of course to Doug Macrae, Bill Price, Mike Dodds and the rest of their helpers who make the days possible.

Thanks also must go to Greg Zbierski and David Law for introducing us to their fundraising efforts via the numbered squares on these days and the Friday night draw.

FOOTY POOLS

Thanks to Ray Garnett for running this year's competition. The top spot is hotly contested at this time of the season and a good subject of banter around the club. It just goes to show that you don't have to know anything about football to be at the top of the leaders board!!

2008/09 Season marks the 80th birthday of the Payneham Bowling Club's Ladies and will be officially celebrated by a Ladies Gala Day on 28th November 2008. It is hoped that all members who can, attend the club on the night to help celebrate this milestone.

Josie Holford—Communications

Bill becomes a 'Lifer':



Bill McGregor:

Life membership was bestowed on Bill at our last AGM. Bill has been a member of the Payneham Bowling Club since 1979 and has been a wonderful all round supporter of all the activities at our club in that time. Has always been active both socially by being active in any working bee which has come up and in cooking the BBQ when required, and competitively playing Pennants on both Wednesdays and Saturdays since joining.

He was chairman of Selectors (Wednesday Men's) for 15 years, and all of you know what a feat that is!

Bill was also pivotal in bringing in the sponsorship by Fairmont Homes for our club shirts. He is still an active member and bowler at our club and you will still see him on the greens and at Friday night dinners, so please join with us all and congratulate him on his achievements.

The Panther's Den Friday Night Bistro

MENU

Aug 2008

Aug 1st - Schnitzel, Chips & Veg

Aug 8th - Chicken Kiev, Chips & Salad

Aug 15th - Roast Beef & Veg

Aug 22nd - Lasagne, Chips & Salad

Aug 29th - Schnitzel, Chips & Veg

During the winter months there needs to be a minimum of 20 meal bookings or dinner will be cancelled for that night.

**Bookings on Notice Board, Please
Group Bookings: - Ring Traci on**

0407 718 774

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DIARY DATES

Saturday 26th July - Club Pasty & Soup Day

Anyone who was at the last Club day would not want to miss this!! Come along and join the fun.

Saturday 13th September—Men's Trials start
See board for details.

Sunday 14th September— Club Open Day

Friday 19th September Presentation night to New Members

Friday 17th Fashion Parade

Saturday 18th October— Pennants Start

Friday November 28th—PBC Ladies 80th Birthday

Gala Day

Monday 15th December—Ham & Turkey Day

Monday 23rd February—Bianco Day

Sunday 22nd March - High Fives

Premier Two Winners 2007-08



Good luck in Premier One

We're on the Web

www.paynehambowlingclub.org.au

Coaches Corner

These important technique requirements should be evident in every bowler.

- Smooth flowing movements
- Natural balanced stance
- Relaxed comfortable grip
- Effective aiming line method
- Correct body alignment and arm swing
- Adjustment in delivery momentum i.e. weight control
- Smooth grassing of the bowl

Do not assume your technique is deficient due to poor results. Technique changes should be made only if there are obvious technique errors, results are poor and you believe in the need for change.

Poor performance may be due to one or more of the following factors and not a technique problem.

Inadequate practice

Fatigue, heat exhaustion

Inability to cope with pressure. Anxiety causes muscle tension and poor application of technique. The result = bad delivery

Technique is sound but mental skills, such as concentration, poor or confidence down.

Changes in Clubrooms:

During the next few weeks, members will notice some changes being made within the Clubrooms. These changes are being made to lift the image of the Club so that it will be more attractive to potential hire.

The changes are in two areas. Firstly, making the entrance more appealing and informative to all members, and secondly separating the Bowls/Bar area from the Bistro area.

The Clubrooms will be painted and generally given a lift to take away the 'tired' look.

The Board consider this as a necessary action to keep our Club attractive to all visitors and it is hoped that the first stage will be completed by the start of the new bowls season.