



Tiger Tales

Tall tales but true (perhaps, slightly embellished with a hint of fact) from the Tigers' Den.
The official newsletter of the Richmond Union Bowling Club. Established 1868.

February 2019 – edition 6 (2nd edition)

It's not often you can be part of something that's 150 years old. So here's our sesquicentennial team photo again.



The words of our club team song 'Tiger Land'

*Oh we're from Tiger land
A fighting fury we're from Tiger land
In any weather you will see us with a grin
Risking head and skin
If we're behind we'll never mind
we'll fight and fight and win
oh where from Tiger land
we never weaken til the final bowl is bowled
like the tigers of old
we're strong and we're bold
oh we're from tiger
-YELLOW AND BLACK-
oh we're from Tiger land*

Tiger Roar (From the Committee)

With her injured wrist taking its toll, Nicole O'Connor
Has found it necessary to resign from the committee.

We sadly accepted Nicole's resignation and would like to thank her for service.

Tracy McCormack and Frank Nedell have now joined the committee. Greg Harrison is now the Senior Vice President with Joyce Stirton Junior Vice President.

Upgrades to the kitchen are now complete. We have a new stove and other equipment and all safety and health issues have been addressed. Although expensive, improvements were necessary and we now have a first class commercial kitchen. A wonderful achievement.

In relation to the lights, there would appear to be some uninformed scuttlebutt doing the rounds. Perhaps somethings heard on the grapevine are best not to be believed or repeated.

The story thus far. In good faith, the club entered into a contract with a company we were led to believe was experienced and capable of delivery. Unfortunately, what we were paying for and what we were getting, or more accurately what we weren't getting were two totally different things. That arrangement has now ended. We are now taking new steps to light up the greens. The greens will have lights. I repeat we will have lights.

The urn, tea and coffee have now been moved into the Bowls Operation Room. So now there is another reason to go in there. Take time to explore and enjoy your club.

However, be warned this room is a club room and not for storage. Do not leave your personal equipment in there.

In the meantime, play the Richmond Union way:

- Be respectful
- Be supportive
- Be awesome

Jungle Beat (news from around the club)

Twilight bowls has started and we've had a wonderful first couple of weeks. Bowls aside, it's worth coming down on a Wednesday night just to enjoy the musical entertainment. Super Singing Boy, Eimhin (pronounced Evan, it's Gaelic) Healy is fantastic belting out the tunes while the punters have a roll.



The Twilight Bowls punters having a roll.



Tiger paws (bowls operations)

Congratulations to our new club champions.

Simon (the likeable) Collet is this year's Club Champion.

Nicole (Nickers) O'Connor is this year Ladies Champion

Well done guys. A fantastic achievement. Also, a big congratulations must also go to our two runners up, Scooter and Youchie.



The Sesquicentennial Club Champion, Simon Collet and runner up Scooter Meadows



The Sesquicentennial Ladies Champion Nicole O'Connor with runner up Yunch Sefton and last years champion Tracy McCormack

Community and RUBC Relationships (Clontarf Foundation)



Walking into the club last week, I was greeted by a mob of young fellas eagerly waiting to come into our club. I wondered what's happening here. They looked happy and keen to get onto our greens. At first I thought our membership drive is working a treat.

I had thoughts that this lot will definitely bring pennant success. But no, at the moment they were just here for fun. So, who are they and where are they from?

Turns out they were a group of Indigenous men from the Clontarf Foundation coming to test their bowling skills on our greens. And boy were they good. But that's not all, they were a credit to themselves and the mentors that were guiding them.

The Clontarf Foundation, a non-for-profit organisation that exists to improve the education, discipline, self-esteem, life skills and employment prospects of young Aboriginal men.

Using the existing passion that Aboriginal and Torres Strait Islander boys have for sport allows the Clontarf Foundation to attract the boys to school and keep them coming. Work in partnership with schools, we form 'Academies', each with a Clontarf Academy room which act as the home-base for all our activities and staff. But this is not a sporting programme – it's about developing the values, skills and abilities that will assist the boys to transition in meaningful work and achieve better life outcomes.

By creating an attractive, welcoming and supportive environment, our programmes enable Academy participants to further develop their self-esteem and positive attitudes towards health, education and employment. We expose participants to a wide range of life experiences which challenge and develop their aspirations.

From February 13 – 16th 2019 we brought a group of 20 boys from our Broken Hill, Mildura, Robinvale, Swan Hill, Bairnsdale and Warrnambool Academies to Melbourne for our annual Year 12 leadership Camp. The aim of the camp was to continue to build the boys capacity to make the future transition from school to work, develop leaderships skills, broaden their understanding of potential employment prospects, as well as re-inforce the value and importance of work and/or future post-school training. We engaged in a variety of leadership activities across Melbourne for the 3 days, including:

- Lawn Bowls at Richmond Union Bowling Club
- High and low rope courses and raft building with Adventure Plus Outdoor Education

- 'Feed our friends on the street' with the Big Umbrella Foundation
- Pledge Workshop at our Corporate Partner Deutsche Bank
- Tennis Clinic with Tennis Australia
- Indigenous All-Stars vs. Maori All-Blacks



The young fellas and their mentors having fun on our greens.



Looking forward to seeing these young fellas back again.



Get this young bloke a membership form. Now!

And the mugs go to (again)



Saturday Sausage Sizzle

Resident grill master, Ross Thompson has been absolutely marvellous slaving away over a hot BBQ each Saturday after pennant to create a feed worthy of a Queen. Here we have Queen Betty wrapping her laughing gear around Mr Thompson's tasty little banger



Coaches corner

Good Delivery Technique Tips - (Source: Rod Huddle eCoach Bowls Newsletter # 19)

These important technique requirements should be evident in every bowler.

Smooth flowing movements

Jerky or unnecessary movements will lead to inconsistent delivery. Body should be slowly and smoothly moving down and forward.

Natural balanced delivery

A balanced delivery will help eliminate any lateral or sideways movements. If a lateral body movement occurs during delivery then the bowl will not be delivered along the aiming line unless a compensatory movement is made in the opposite direction. Good body position will enable repeated performance over many hours without undue fatigue. Have joints slightly flexed at ankles, knees and hips. Avoid standing or bowling with straight legs.

Relaxed comfortable grip

Grip the bowl gently, this helps to reduce tension in the hand and wrist. Balance and align the bowl with your middle finger on the running surface and this will enable you to deliver the bowl without any wobble. If your bowl is delivered without wobble on its running surface then the grip is OK.

Adjustment in delivery momentum

The momentum required to allow the bowl to travel the required distance or velocity is produced by gravitational force and muscular force. The combination of these forces depends on the individual's style and the shot required.

Smooth grassing of the bowl

Deliver the bowl as smoothly as possible. Bend your knees and stay down to allow the bowl to be released close to the grass surface.

Effective aiming line method

Determine an effective and reliable method to determine the aiming line. Use a combination of the mat, green, shoulder and bank which works for you and enables you to make small adjustments. The recommended method is to have a reference point on the bank, and have an imaginary line from that point

back to your toe. Deliver along this line looking at a spot on the green approx. half way along the line.

Look up, not down during delivery.

Once the delivery begins it is important to focus your eyes along the aiming line. Looking down means loss of perspective and visual cues that can help your brain and muscle to work together to achieve the required shot.

Preliminary swings

Preliminary swings just prior to starting your delivery can help. With arm straight swing forward and back about 3 times then repeat as you step and deliver the bowl.

Correct body alignment and arm swing

Hips, knees and shoulders need to be about right angles to the grass line. Forward and backward arm swings should be along the grass line. Movements out of alignment should be avoided as compensatory actions need to be taken to ensure the bowl travels along the intended path. Arm should be virtually straight with little or no bend.

Follow through

Allow the natural movement of the arm to continue along the grass line to assist in delivering the bowl along the intended path. Forearm and palm face up with no twist.

10 point Delivery check - up

- Grip and wobble test
- Stance, small step size & direction
- Minimal body movements
- Low body position
- Hand on knee for stability
- Good balance & follow through
- Arm straight throughout delivery
- Aiming Line method (easy)
- Eyes looking along aiming line
- Weight Control (hard)

At the Waterhole (Bar Announcements)

We are fortunate to have wonderful staff, behind the bar, around the club and on the green. Pictured below are three of our finest. Danielle, Nathan and Niamh. Not saying much about the bloke in the middle but the

girls flanking him are two of the most engaging people a person could hope to meet. They are able to brighten anyone's life.



These guys are not only wonderful in their ability to provide refreshing alcoholic beverages they are also brilliant baristas.

Just look at this little menu of no nonsense hot beverages to tantalize your tastebuds:

- Frothy coffee (Cappuccino)
- White coffee (Flat white)
- Milky coffee (Latte)
- Black coffee (Americano)
- Strong coffee (Espresso)
- Milk topped with coffee (Machiato)
- Choccy coffee (Mocha)
- Frothy Chai (Chai latte)
- Irish coffee (coffee made by Nathan)
- Tea (not coffee)
- Hot chocolate (also not coffee)
- Soy milk options (Not here you tosser, off you go to Brunswick)

Don't forget happy hour is every day at 5.30 – 6.30. Come down for a few cheap beers. \$2.50 pots and \$4.00 schooners.

Open up a tab and drink to your hearts content.

It's all part of our responsible service of alcohol.

Player Profile – Hugh Jass reporting

I'm a little teapot short and stout. Here is my handle and here is my spout. When I get all steamed up then I shout, tip me over pour me out.

Sometimes I think, the hand is actually on the spout.



It's our new club champion, Simon the likable Collett.

HJ: It's customary to bring the reporter a bottle of wine. Where the f@#k is it?

SC: Let me work on that.

HJ: Where did you grow up?

SC: Mont Albert

HJ: How'd you get into bowls?

SC: I was playing tennis at Auburn Heights and went into get a beer and they got me a game the next day and that was it.

HJ: What brought you to Richmond Union Bowling Club?

SC: I had just quaffed a bottle of Grange, a 1976 vintage I think it was. Anyway, I was feeling very rebellious, so I thought I'd cross over the Yarra and see how the other half lived. Somehow, I ended up walking into the club and I was amazed at how splendid the greens looked. So it was ultimately the great greens. Only wish some of my

Grammer Chums would come and join me. That would be ever so good.

HJ: So you collect teapots. Just how did that come about?

SC: I walked into the antique shop in Mailing Road Canterbury saw a teapot and found out it was made in 1915. So I bought the whole set.

HJ: How many you got?

SC: 7 teapots and all the cups, saucers and plates.

HJ: You're building a new house. Will there be a special teapot room?

SC: There will be a 100 year old cabinet I will be buying to house them in.

HJ: You barrack for Melbourne. How's that going for you?

SC: Melbourne will be premiers in 2019.

HJ: Are you trying to be funny or are you on drugs?

SC: No response HJ: (I'm not saying there was a glazed look and I'm not saying there wasn't at this question).

HJ: Do you go to many MFC events. Does football ever get discussed at these events?

SC: Yes, I go to many events. I love supporting the club.

HJ: Is it mandatory to wear a cravat and a blazer at these events?

SC: Yes, I always wear a suit. 'Go Dees'

HJ: Chardonnay or Pinot Gris?

SC: Pinot Gris, it's what we drink in the committee room.

HJ: Tell us about your achievements at the club?

SC: Won the 4's in my first season. Won the regional 4's last season. I won the Club Championship in our 150th year. That was a great honour to achieve this.

HJ: You're the current club champion. So why have you been bowling third to Princess?

SC: Ask the bloody selectors

HJ: Ajay keeps busting Frank's chops about Wonthaggi. What's your favourite holiday destination?

SC: Oh please, I'd never go there. Mummy would be mortified. It's The Peninsula, or Noosa if I'm roughing it.

HJ: The Bellarine Peninsula?

SC: Oh please, don't be so uncouth. To go down there I'd have to cross that monstrosity of a bridge. Mummy would never allow it. No I mean The Peninsula

HJ: The club is burning down. Who or what would you save?

SC: The honour boards and all the photos of the great bowlers who have played at Richmond Union.

HJ: I'm glad you're not materialistic.

HJ: Who at the club has influenced you the most?

SC: Hampo and Rod

HJ: What's your signature dish or cocktail?

SC: Chicken schnitzel and vegetables

HJ: What's your favourite movie?

SC: The Club.

HJ: What advice would you give to a new member?

SC: Practice, practice, practice and get coaching by someone who is really good and have fun

HJ: What's the best thing about Richmond Union Bowling Club?

SC: It's just a great club

Tiger Tracks (Where and what have our members been doing)

Last week RUBC was well represented at the Yarra Mixed Pairs. Mixed combination were Youchie and Ajay, Jade and Fitzzy, Moira and Cookie, Joyce and Simon.

Firstly a big shout out to you guys for wearing the yellow and black and giving RICHMOND that competitive presence.

Yunchi and Ajay only just missed out on getting through their first game against a tested Bundoora powerhouse. Jade/Fitzzy, Moira/Cookie fought hard and played good bowls but were out played by MCC in their second matches. Simon and Joyce played at Darebin and ended up beaten in the second game.

In relation to Jade, spotted cheering her on loudly was her mum, Nicole. The family tradition of representing our club proudly continues.

Well done Jade.

The Almoners Report

Des Tutton reports that a couple of our members have had some setbacks as they try to overcome their health issues. Des is being supportive and hopefully things will turn around soon.

Nicole O'Connor's wrist needs more work. She broke it while competing in an annual competition that's all about who is the tallest out of the shortest women in the club. I know this doesn't make sense.

Anyway Nickers is booked in for surgery on the 26th of this month and hopefully all will be right after that. We've been missing her on and off the greens.

As for the winner of the competition. I doubt that there could be a winner in a competition of that nature. Just a word of warning, Do Not ask to sign Nicker's plaster cast.

In the meantime, can I ask club members that when you see Des, have a chat to him. Find out who is not travelling well and offer your thoughts and good wishes for him to pass on. It's little gestures like these that go a long way to help with recovery.

There's an added bonus in taking time to chew the fat with Des. He's one of life's gems, a marvellous fella. Just being in his company will brighten your day. I dips me lid to you Des.

An Irish Blessing:

May there always work for their hands to do.

May your purse always hold a coin or two.

May the sun always shine on your windowpane.

May a rainbow be certain to follow each rain.

May the hand of a friend always be near you.

May your heart be filled with gladness to cheer you.

Recipe of the Month (by Con Somme)

Chilli Avocado Scrambled Eggs

Lacking a little zip. Lost the desire to throw the leg in the morning? Struggling with length for 21 ends? Your get up and go, has got up and gone? Then try this little gem. You'll be bouncing out of bed for this healthy protein-packed breakfast that is sure to keep you going all morning.

What you'll need – The ingredients

- 4 eggs, lightly whisked
- 1 teaspoon Bioglan Collagen Bone Broth powder mixed with ¼ cup hot water, let cool slightly. You get this in a packet from Chemist Warehouse or try a health food shop.
- 1 mild red chilli, seeds removed and thinly sliced (or chilli flakes) (optional)
- ¼ bunch parsley or coriander, chopped, reserve some for serving
- 1 tablespoon extra virgin olive oil
- 1 small avocado, skin and pip removed and diced

Salt and pepper, to taste

Method

Step 1.

Whisk the eggs, bone broth mixture, half the chilli, parsley or coriander, salt and pepper together in a bowl.

Step 2.

Heat olive oil in a medium sized frying pan, add the egg mixture and gently push the egg mixture around with a spoon for a few minutes until the eggs are cooked to your liking.

Step 3.

Remove from the heat and gently fold the avocado through the egg mixture.

Step 4.

Divide between two plates and top with extra herbs and remaining chilli.

Serves 2

Jungle Preservation and Improvement

Brilliant bowling greens don't just happen, they take a lot of dedication and bloody hard work.

With the help of some dedicated, hardworking volunteers, the Christmas top dressing of the greens was completed. This then allowed the 'Greenkeeper of the Year' to work his magic and the result is simply wonderful. Thank you Swinger, thank you helpers. Because of your marvellous efforts we can continue to have greens that Richmond Union is famous for.

While on the greens, we are still looking for volunteer helpers for green duties, occasionally Sundays when required. Duties include:

- Rolling of the green
- Rink movement
- Raking of ditches

Experience is not necessary as we're planning a training day for those without it. The pays not very good, in fact there is none. See Pony, the Greens Director

The Grapevine (social news)

Mullets for the Kids 2 is doing wonders for my sex appeal, Betty just can't get enough of me. Or did she say she's had enough of me? Anywhere Betty, you're in the newsletter. I kept my promise. As for Pippa and Robyn, you'll just have to wait.





Mullets for the Kids has now raised almost \$20,000 for the Melbourne's Royal Children's Hospital – what an unbelievable achievement!

Massive thanks to everyone at the club who is starting to sprout mullets to raise awareness of and funds that will let the hospital help those families with sick kids that need it most. Your effort has not gone unnoticed. In fact you've all been so good at lifting our profile that we've now got Shaun Sheep on board.



Also a huge shout out also to all RUBC members who have been supporting the cause, particularly at our Bogan Pairs that we hosted on Australia Day. It was a massive success with 22 teams and saw a tick over \$2000 raised towards the cause.

Congrats to former members Truckie and Lexie on taking home the chocolates, which they immediately donated straight back to the Mullets for the Kids cause!

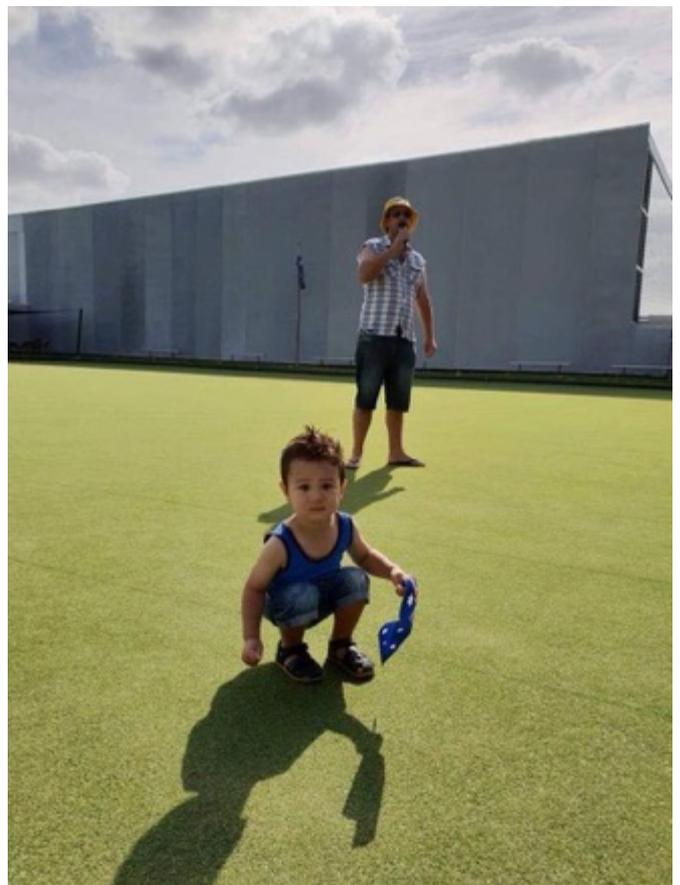
Mullets for the Kids will continue raising money for the Royal Children's Hospital until mid-August. If you'd like to help us out with either a donation, something we might be able to auction off get in touch with Terry Sefton.

Your participation and donation will be greatly appreciated.

Go the mullets!



Lexie and Truckie. Thanks guys for your kind donation.



Harvey, the inspiration beyond Mullets for the Kids and his Dad, Terry, our leader.

Hot Weather – Staying Hydrated

Playing on hot sunny days can be very dangerous. It is imperative to wear a hat, apply plenty of sunscreen and keep hydrated.

The club recommends that you get your own water bottle and take little sips often.



The Tale End

Staying in a hotel one night, I was woken by loud noise coming from the adjoining room. In there, was a woman, wanting all to witness her rapture, she had found Jesus and clearly she wanted the world to know.

She continually kept screaming ‘Yes Jesus Yes’.

I was impressed with her devotion. I thought how wonderful that this woman, a woman I didn’t know had found such purpose in her life. Her passion and her devotion to Jesus was something she felt she

needed to share with everyone in earshot. Her commitment to Jesus was so good, she had woken up the entire neighbourhood in the process.

All I could do was listen and wonder. In doing so and upon reflection, I hoped that one day my life could have such meaningful purpose and fulfilment.

But alas, nothing happened. I was told don’t despair, as I was led to believe, ‘that I may find Jesus in the strangest of places’. However, as the years went by, all I was left with was hollow contemplation as I wondered could there be something in religion?

Then one day through nothing more than a fleeting glance my life changed. Hallelujah brothers and sisters, my life now has meaning, I think have found Jesus. Isn’t that marvellous?



Time for a drink.