



A Blue

A Gold

A Red

A White

B Gold

B White

B Blue

C Blue

C Gold

C Red

C White

O/65 Blue

O/65 Green

O/65 Maroon

Masters Matters

Issue No 5

May 2019

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Dates For The Diary:

2019: May/June: Canadian tour for Australian O/75s.

June 12th: Inaugural WHM AGM and function. PHS - Quorum essential.

June 19th / 29th: European Championships. Brasschaat Belgium. } Southern Cross and Alliance.
 September 27th / October 12th. Interstate Masters Championships - Bunbury / Busselton WA.
 O/35, O/40 and O/45 run from 27th September to 5th October.

December: Charity Day - 'Invictus Tournament.' Knees / Hips and many more.

2020: World Cup (s) - See next paragraph. } Australia & Southern Cross

World Cup Announcements: As of May 11th the WGMA site included the following. This is now also on the Australian Masters web-site and the IMHA site:

"2020 World Cup Hosts Announced.

Masters Hockey is the fastest growing segment within hockey. The tournaments have grown to a record size with over 2000 players at the Exin Masters World Cup in Terrassa, Catalonia and more than 1200 players at the Grand Masters World Cup in Barcelona, Spain in 2018 - the largest tournament ever!

The recent formation of World Masters Hockey (WMH), now responsible for all age groups of Masters hockey for both men and women, has provided the opportunity to split the tournaments offering more countries the prospect of hosting these events. Better quality and more exposure! After reviewing the bid submissions WMH have set the dates for the WC 2020 Tournaments and have agreed to provisionally award tournaments to the following National Associations:

O/35 and O/40: Men and Women. England - August 8th to 17th.

O/45 and O/50: Men and Women. South Africa - September 19th to 29th.

O/55 Men. O/55, O/60, O/65 Women. Spirit of Masters. South Africa - September 19th to 29th.

O/60, O/65, O/70, O/75 Men. Tournament Trophy. Japan October 14th to 24th.

WMH are currently in the process of finalising the hosting agreements and venues with the selected hosts and a more detailed announcement will be made once these have been finalised. These tournaments reflect the new format designed by World Masters Hockey for the future.

For more information contact Sue Briggs - secretary.wmh@gmail.com"

Comment: My dire predictions on the Tournament Trophy have thankfully proven wrong, though it will be extremely interesting to see what the actual venues will be in Japan. I will endeavour to keep readers in touch with future developments and actual locations as they are revealed. Our interstate tournament's timing will also require review, it would appear.

Latest News: Is on the web-sites (links below). I haven't found a World Masters Hockey site yet.

WGMA: <https://wgmahockey.org/>

IMHA: <http://internationalmastershockey.org/home/>

State Team Appointments: Here is the latest list from the Masters site as at 19/05:

O/40: TBA.

O/45: Coach Alan Colthart, Manager Tanya Sly.

O/50: Coach Paul Armitage, Manager Paula Dick.

O/50(2): Coach TBA, Manager Naomi Noble.

O/55: Coach Brian Saxby, Manager Craig Burgess.

O/55(2): Coach Michael Jensen, Manager Naomi Gould.

O/60: Coach Rob Lawson, Manager Astrid Miller.

O/65: Coach Ian Pestana, Manager Verina Pestana.

O/70: Coach Jim Banks, Manager Bill Campbell.

O/75: Coach Rob Andrew, Manager Brian Soares.

As and if the list changes MM will reprint the latest version.

WHM in WA State Teams: As always, I run the risk of leaving people out. A comparison of our player lists from Wednesday and Saturdays against the WA Masters teams indicates that congratulations are due to these WHM players, who will be representing WA in the South-West.

O/50s: Team is not yet announced.

O/50s (Division 2): Team is not yet announced.

O/55s: Craig Burgess(m), Allan Chellew, Mike Hallam, Brian Saxby, Paul Scicluna, Jeremy Walsh,

O/55s (Division 2): Team is not yet announced.

O/60s: Wayne Cutler, David Elliott, Martin Ferrari, Colin Howell, Lyle Kenny, David Lockett, Graham Miller, Noel Morrison, Stephen Pestana, Brian Robinson, Geoff Robinson, Gurmeet Singh, Peter Westlund, Russell Wood.

O/65s: Peter Aylmore, John Chapman, Peter Dawkins, Dudley Evans, Keith Gilbride, Tom Long, Peter Morgan, Ian Pestana (coach), Ian Simes, Richard Staynor.

O/70s: Peter Andrews, Bill Campbell(m), Graham Challenor, John Harper, Ian Kealley, Alan Ledger, Ron Mitchell, Keith Platel, Don Sanders (Sat), Simon Thomson, Heath Tyrrell, Len Walker (Sat), Peter Wallis, Butch Worth. Plus former player Geoff Hudson (now retired down south). Involved too are Ham D'Souza (assistant coach and train on) and Jim Balding (train on).

O/75s: Rob Andrew (captain/coach), Scott Blackwell, Len Blyth, George Bradbury, Graham Harler, Howie Herbert, John Jeffreys, Peter Murray, Neil Patterson, Don Smart (Sat), Barry Rutter, Brian Soares(m), Ron Venables, Les Waldon, Peter Willett, Ivan Wilson.

Please let me know of any omissions or errors. Ed.

Trans Tasman Outcome: I have managed to find the news that Australia won 13 of the 14 divisions (Men and Women) in age groups O/35, O/40, O/45, O/50, O/55, O/60 and O/65). The Australian Masters web-site included detailed reports of the first two days but not the third, so for those of you who would like to read these reports here is the link to the News page:

<http://www.australianmastershockey.com/news/>.

And for anybody who likes to access all the details, here is the link to the statistical site which has all the figures for every match, if you have the necessary time and patience:

<https://hockeyaustralia.altiusrt.com/>.

Letters To The Editor: My thanks go to all of you who responded to the last-second April edition: Ian Lyon, Eric Alcock, Graham Wood, Phil Anderson and Ron Venables. Ian, Eric and Pando answered John's question, and Ron Venables had a comment on Howie Herbert's art work:

Ron V: " ... Having seen the production of the art work in Howie Herbert's garden I believe we should organize for an entry in Sculpture by the Sea at Cottesloe for 2020." *Good idea Ron - over to Howie.*

Quotable Quote One: It is curious that physical courage should be so common in the world and moral courage so rare." *Mark Twain (1835 - 1910). Has it changed much since then? I doubt it. Ed.*

Department of Health: 'C' Gold captain Mike Sputore is having treatment for a lung cancer. From the sound of everything it has been identified and diagnosed early, and Mike's prognosis following the surgery and chemotherapy is very good - which is very good news indeed. This will serve as a strong reminder to us all to get things checked early. Les Waldon, Ken Beer and Keith Kessell have all resumed playing again after fairly lengthy absences. Howie Herbert seems to be consulting a variety of medical practitioners for a variety of ailments, including possible thyroid problems, a bulging spinal disc and a prostate under investigation. Due to my own poor health (virus acquired after returning home) I have not been able to pick up much in the way of health news, so can only offer my best wishes for a speedy and complete recovery to all, including all those I do not know about.

Olympic Hockey Tickets 2020: Many thanks to Kevin Dempster for the following information on how to obtain a hockey ticket for Tokyo. Readers may remember that Kevin was in Barcelona as umpire and liaison officer with the Japanese teams, and he emailed us from that country.

"If anyone is thinking about coming to the Olympics to watch the hockey (and maybe other sports) you should register for ticket 'request phase' on the official ticket site by this May 31st (link for cosport.com below, and you will need to create a CoSport account) As you can imagine, demand for finals tickets will be high.

Format: The Olympic hockey competition has two sessions each day - a morning session and an evening session with two games in each session (from semis one game only each session). One ticket covers one session. There will be two pitches running at the same time in Week One for the pool matches, then only one pitch in Week Two for finals (so there are actually 4 matches in each Week-One session but your ticket is only good for 2 games on one pitch) There will be a mixture of men's and women's games each day so any tickets for the pool games ordered now before the draw is released late December will be a gamble on whether you get to see the Hockeyroos or Kookaburras. The only guide before December is that on some days there will be more men's games, and other days more women's games. The men and women then play on alternate days from when the Men's Quarter Finals start on Day 9 (Sun 2nd August). The last day is the Women's medal games on Day 14 (Fri 7th). Only two types of ticket will be available - A (side-line stands) & B (end-line stands), and prices will probably range from \$50-\$60 AUD for pool matches, then more than double that for finals. General ticket sales are scheduled to open to the public from late July, so it's best to get into the system now. Good luck!"

<https://www.cosport.com/>

Department of Corrections: Last issue featured a Punology Two, but no One. It appears that emails are not the only things vanishing from my laptop lately.

Welcome: To new player Mark Bingley, who has joined the 'C' Division. And Ricky Watts has also had his first game for a very long time (since 2011?) in 'A' Division - great to see you back.

Last issue we welcomed new player Glenn Strother to 'C' Division. At the time I joined WHM Fred Strother was playing in the O/60 Blue team. I am aware of several fathers and sons both playing for WA State teams at the same tournament (different age groups) - is this our first for WHM?

Welcome Back: It appears that during my absence two players made comebacks at Perry Lakes after a very long absence from WHM. According to the information which reached me Garry Zeck and Graham Kirkaldy both ended up with muscle injuries, and have yet to re-appear. As I've just been in Scotland I'll quote the words of the song: "Will ye no come back again?"

PHS Parking: I trust that none of us are still having problems in this area. For the benefit of any new players (and any old players who need it) here again is the link to connect to the Curtin parking site.

Cello Park Link: Information and registration : <https://properties.curtin.edu.au/transport/payg.cfm>.

'A' Division Blog: Thanks to Colin Gee who noted the game scores, umpires and goal scorers for me. So for this month I'll just bring you the results from Colin's records. These seem to have fluctuated depending on whether each team's star players were there - or maybe it depended on the quality of the recruits. I did witness one day's play and have written that up.

April 3rd: The second quarter began with a most even day for Blue, Gold and Red who each won twice, lost once and drew once. This came at the expense of White, who went scoreless and conceded four goals in three losses and one draw. Many of the day's eight goals went to the regular serial scorers, but not all. For Blue it was Nevelle Brown (2) and John Ree; Gold scorers were Ian Purdie (a first for 2019) and Rob Butler; and Red's were Colin Murray-Smith and Ron Venables (2).

April 10th: The news that White had managed to do a lot better this week actually reached me in Glasgow, but without any explanation. Three wins, a draw, five goals for and none against is a huge turn-around. I trust that testing for performance-enhancing substances was not required as an anti-inflammatory is a performance-enabling substance. Red were the only other side to win a match, and at least broke even with one loss and two draws. The two goals (Peter Stevens and Ron Venables) they scored in their win were the only others on the day, as neither Gold (three 0-0 draws) nor Blue (two 0-0 draws) troubled the scorers. White had obviously recruited Rob Butler who must have made an impact as he scored twice. So did Brian Soares, with Ham D'Souza adding the other one of the seven for the day.

April 17th and 24th: Colin's notes indicate that composite teams from 'A' and 'B' Divisions played social hockey on the grass fields at Perry Lakes followed by drinks and a sausage sizzle. There is no truth in the rumour that one of the regular WHM bar staff fled to Scotland to escape the workload on these Wednesdays.

May 1st: To somebody who was not there this appeared to be a bizarre day of results. Those who were there told me that the Red team which thrashed White 4-0 in Game 6 was identical to the team which lost 0-2 to the same White side in Game 8. Sometimes the goals go in, sometimes they don't. That aberrant result in the last match meant that Blue were the top dogs on the day with 2 wins and 2 draws. Red's tally was 2 wins, 1 loss and 1 draw, White's were 1 win, 2 losses and 1 draw while Gold managed to win once and lost 3 times. Red's goals came from Bob Maley, Ron Venables and no less than four to Colin Murray-Smith against White. Blue's were Terry Gaston, Jim Malcolm and John Ree. White scorers were Ham D'Souza and two to Ken Beer (welcome back). Steve McEntee got Gold's only goal for the day, taking the total up to 13.

May 8th: Every side won once, while White did not lose at all, Red and Gold lost once and Blue lost twice. Unlike the previous week, there were no score blowouts. The scorers were: Blue John Ree (2); Gold Steve McEntee; Red Scott Blackwell and Ron Venables (2); White Roy Grant (2). Goals scored 8.

May 15th: The weather was warm and sunny, resulting in a large turn-out. A comeback was made by Ricky Watts, who have we have not seen on the field for a very long time. Red are starting to get all their players together, and now Les Waldon and Keith Kessell have returned after surgery. They dominated play (beat Blue 3-0 and White 1-0) until the goal-scoring yips appeared against the Gold team, and lost 1-0 in the first game and drew the second 0-0. That was Gold's only win but they drew their other three, two of them 0-0. White's only win (2-1) came at the expense of Blue and in addition to the loss to Red they drew 1-1 with Gold and Blue in the second game. Two draws and two losses made for a bad day for Blue. The goal-scoring yips were much in evidence from all the teams, but as editorial selfies are barred no names will be mentioned. Despite this several very good goals went in, including Rob Andrew, John Jeffreys, Colin Murray-Smith (all in the one game against Blue), Steve McEntee, Ron Venables and Ken Walter. Other goals came from Brian Soares, Ken Beer, John Ree, Ham D'Souza & Peter Dennis. After much consideration the judging panel gave the goal of the day to Steve McEntee, who slammed it in on the reverse stick after an earlier practice swing on the other side. After the transfer of Peter Stevens from Red to Gold all sides had an excess of players - numbers based on original teams were: White (13), Blue (11), Gold (10) and Red 13. All up 12 goals were scored. *I have included some further comment on Page 7.*

From Saturday Hockey Masters: They seem to come round faster than they used to.



This was John Milner's birthday last year. He's just had another one - Happy Birthday from MM.

When the April "Masters Matters" went out and I left Perth on April 2nd the Committee agreed to look into the acquisition of another shirt colour to replace the Maroons, which apparently are very difficult to pick up for those with red/green colour blindness. Jim Wright gave me my new white shirt on my first day back on May 4th. Fast work. Well done to Jim on another job done well.

Commiserations to Nick Pazolli, who had a cycling accident (t-boned by another bike rider) and suffered three broken ribs. It's a very bad time of the year to be in acute pain - the cold weather just seems to make things worse. Best wishes for a speedy recovery and return to Saturday hockey.

Welcome to new players Paul Huisman and Murray Matthews. Both are life members at Dale, as is Howie Herbert. It's good to see our Saturday competition functioning as originally intended, and keeping players involved in hockey after their participation in club games comes to an end.

As we now have some new players, and for the benefit of any old players who've forgotten, here is a list of our Committee members, and the offices they hold.

Club Captain: Les Waldon.

Club Vice-Captain/Social Director: Jim Wright.

Club Secretary/Treasurer: Bob Bowyer.

Assistant Treasurer: John Mercer.

Membership Director: George Bradbury. *And also unofficial 'shoulder-tapper' for delinquent payers).*

Club Drinks Director: Howie Herbert.

Assistant Drinks Manager: John Mercer.

Additional Club positions (non-committee):

Defibrillator Manager: Harvey Davies.

Backup Defibrillator Manager: Ian Hill.

We will be back to running our own bar on the 25th May, as YM's only scheduled fixture has now been amended to a bye. Also there is a general bye on 1st June, and again it's our bar.

'A' Division Comment: After an absence it often can be good to look at your home city afresh and re-assess your opinions. Even the 'A' Division generated similar thoughts. In no particular order:

a) The standard of the umpiring has improved as more of us become more accustomed to the role. This has possibly been of assistance in improving the standard of the tackling - but there is still a lot of scope for further improvement.

b) The numbers are much better than at the same time last year. We have gained at least 7 players up from 'B' Division, but this does not account for all the increase. Just possibly there is a connection here with the first point above.

c) At the time I departed Ron Venables had scored at least one goal for 7 consecutive weeks from 13/02 to 27/03. He only went scoreless twice in the entire first quarter. So far in the second quarter he's got at least 1 goal on every day we have been at PHS; scorers weren't recorded at Perry Lakes.

d) The increased numbers can cause headaches for captains in giving all players equal and equitable game time. Some thinking has already taken place on ways to amend the competition and squeeze in an O/75s section of the 'A' Division. George Bradbury has pointed out that there is a review under way to evaluate all aspects of the current WHM. In addition our first AGM is coming up on 12th June and such a decision should properly be a matter for the incoming Committee. However, discussion of the problem will help us to arrive at a workable solution, and the pages of "Masters Matters" are available to any reader who wishes to express their views.

e) Debate occurred last year about the inclusion of State sides in our Wednesday matches. As at the time of writing it is hoped that three O/75 teams will be included in the South West - two of them from WA Country. A very high proportion of the players in each team will be drawn from our playing list on Wednesdays, and hopefully an equitable method can be found to make sure that those who are not in the tournament do not miss out on a good game during the lead-up.

Shakespeare Said It: "My legs can keep no pace with my desires." A Midsummer Night's Dream Act III Scene II. *I hope none of you are in this condition, like I have been since my post-trip virus.*

"I will tell you everything, right as it fell out." A Midsummer Night's Dream Act IV Scene II. *That was the original intention of the 'A' Division Blog. Though readers do not comment on all the omissions.*

"... if we meet in the city, we shall be dogged with company and our devices known." A Midsummer Night's Dream Act I Scene II. *Hence WA Country have their training sessions outside Parth.*

Well Dones: 'A' division umpires from the start of April up to 15th May included: Rob Andrew, Jim Balding, Jim Banks, Bob Bowyer, George Bradbury, Ham D'Souza, Peter Eastlake, Peter Evans, Ian Hill, Mal Horrigan, Dave Horsley, Mal Jackaman, Gordon Jeffery, John Jeffreys, Bob Maley, Steve McEntee, Peter Murray, Col Murray-Smith, Barry Rutter, Neil Scaddan, Greg Street, Les Waldon, Ken Watt, Ivan Wilson and Jim Wright. Thank you all, and special thanks to Colin Gee, who recorded the umpires and scores while I was away. Thanks also to the 'B' and 'C' Division umpires, even though Vern Gooch is the only one I can name. Perry Lakes umpires are in the main not known to me. Those I was able to note (on 04/05 and 18/05): Peter Brien, Ian Hill, Mal Jackaman, John Mercer, Neil Scaddan, Don Smart, Rod Spencer, Greg Street, Ron Venables, Les Waldon, Ken Watt and Ivan Wilson. Thanks all, and sorry if I missed you. Normal service in this paragraph will resume next issue.

Past Players, Non-Players and Injured Players: As the MM notebook has not been at PHS during April the only entries in this category are George Winning and Gordon Jeffery (who umpired a couple of games). The Perry Lakes list is not much longer, and contains only: John Milner, Rod Spencer, Neil Scaddan, and Ken Walter. Garry Zeck and Graham Kirkaldy might think about joining us just for a drink until they are ready to start playing again.

Grumpy Old Men and Women One: "Most conversations are simply monologues delivered in the presence of witnesses." *Margaret Millar (1915-1994). US/Canadian suspense and mystery writer.*

Test Your Hockey Knowledge With John Sanders: April's question was:

A total of 5 Pearce brothers have played for the Australian Men's Hockey Team. They were Cec, Mel, Eric, Gordon and Julian. Which 3 played together in the 1956 Olympic Games?

- Cec, Mel and Eric
- Julian, Eric and Cec
- Julian, Gordon and Cec
- Eric, Gordon and Mel (*the correct answer*)

We actually received 3 answers from Ian Lyon (not right), Phil Anderson and Eric Alcock (correct). I do know that Eric played 1As in the same team as Eric, Gordon and Julian as I was a WACA ballboy in a match between CBC (also including Kevin Carton) and Perth (with Ray Evans and Phil Pritchard).

May's question is: Jamie Dwyer scored a goal in his first of 365 games for Australia. The match was in Melbourne on May 10, 2001 against:

- New Zealand
- India
- Pakistan
- Netherlands *Answer next issue.*

Balinese Bulletin No 42: *The explanation for the first sentence is that we had not heard from Peter and were sufficiently worried to send another how are you message.*

I'm sorry for falling back into "silent" mode, it's just that life up here slips quietly by with not a lot of substance to report other than I continue to slowly improve, albeit slowly"baby steps"!!

Some 5 months into my "rehab" I can report that moving around the house is more manageable but still not without the assistance of my new found friend Willy Walker.

Sleeping at night is more comfortable & for longer periods but I continue to need the assistance of a "little white pill"! The enjoyment I formerly used to get from walking the streets near where we live & engaging with the many local Bali friends I have come to know is still denied me ...for how much longer ..I don't know. I sense that a few more months will need to pass by before any significant progress is felt, but there are many more people in worse shape than I so I should not complain.

As I said some time back ..."if this is where they send me for rehab I don't want to leave". I sometimes find it hard to put in words a way of how I see & feel Bali perhaps ..."Bali, ... smiles of many colors".

Peter Hammond.

Thanks Peter. We all hope that you can keep on taking those "baby steps" and make some progress. There is a proverb along the lines of: "Even the longest journey begins with but a single step." And if you can take enough of them you get there. Please stay in touch. Ed.

A Name For Saturdays: This piece should have been in the April issue. We're still nameless.

Will Shakespeare asked "What's in a name?"

One wanted for Saturday game

So what can we call

Our search for the ball

Is Saturday Masters too lame?

Seriously, if any of our new members can think of a possible name the Committee would like to hear it. The latest one which came to my attention is "Saturday Seniors." Not good enough?

Quotable Quote Two: "Don't get me wrong, I love nuclear energy! It's just that I prefer fusion to fission. And it just so happens that there's an enormous fusion reactor safely banked a few million miles from us. It delivers more than we could ever use in just about 8 minutes. And it's wireless!" *William McDonough (1951 -) - Fortune Brainstorm Conference 2006. American architect.*

'B' Division April 2019:

School holidays in April saw us on the grass at Perry lakes for two weeks. Due to lack of numbers we were sprinkled amongst the A Division teams, Everyone got into the spirit of it and the ball was moved around for all to "have a go". The weather was glorious both weeks and the hockey would be best described as low key. The after games barbeque filled the space and the cold drinks washed it down. I'm told most of the talk was about the upcoming election. I'm also told that quite wisely not many were listening and so a good time was had by all!!

This month's featured player is Jim Campbell currently playing in the White side, you know the other English guy besides Ric Staynor. Jim is not closely related to Bill Campbell. Jim has told me that although they originate from the same Scottish clan their family tree branches are light years apart! Here is a brief synopsis of how Jim ended up cruising around the hockey field at Wednesday Masters.

Jim Campbell

I was born and bred in Southport, a genteel seaside town, 20 miles, but another world away from Liverpool. Southport is a lot like Perth - long sandy beaches, but without the weather! Dad was a keen golfer and we spent many hours hitting golf balls off the wet sand with dad's "cut down" clubs. Although I am left handed, the clubs were right handed, so I just got used to hitting them - which stood me in good stead when I later started playing hockey. At Grammar School I was a keen rugby player, but a scrawny 13 year old is no match for a 6 foot odd, muscled and stubbled 15 year old giant. My enthusiasm for rugby waned, but at the same time discovered that the Head of PE played hockey. A bunch of us persuaded him to let us start playing hockey at school and we never looked back. Practising every lunchtime for fun - we taught ourselves and within three years won the Regional Schools Championship. Representative honours followed for County Schoolboys, 100 caps for Lancashire, British Universities and England Under 22. I even managed a brief appearance on BBC Grandstand when they televised the finals of the Indoor Club Championships from Crystal Palace.

For all the thrill of competition, the lasting attraction of hockey for me is the camaraderie and friendships. Fancy discovering years later that I played against Gorby in a Lancashire -v- Yorkshire Roses match. Or sitting having a coffee in Cairns with Ric Staynor, during the State Championships, and realising that we had played together in Rome in the European Championships - mind you we could be forgiven for not recognising each other as we had both changed a little over the intervening 44 years!

When my wife, Melanie, and I embarked on our Australian adventure in Perth in January 2007, little did we realise that a mention of hockey on my CV would be a passport to a whole new family of friends. I was recruited to play for WASPS before even entering the country, with instructions to turn up at Rico and ask for Huddy - you can't miss him! And so began my Western Hockey Masters career. The tally to date is gold, silver and bronze at State Championships, a few goals and loads of assists, two new hips, and the pleasure of playing hockey at a ripe old age & enjoying a post-match beer among kindred spirits. Cheers boys!

Jim is a qualified Hydrologist. This means he works with fluids. After hockey he drinks fluids. He says this keeps his work and recreation activities perfectly balanced.

Thank you Dudley & thank you Jim. You both have managed to compress a lot of information into just a few words. No doubt some readers wish that the rest of MM did likewise. Ed.

Grumpy Old Men Two: "Education is a method whereby one acquires a higher grade of prejudices." Laurence J. Peter (1918 - 1988) Yes, the author of "The Peter Principle. Ed.

Thailand Tales:

Hi from Thailand,

Not much to report this month as our hockey season has finished, due to the oncoming wet season. We finished our season on the 20th April with a 6 a side tournament in 2 divisions, open and O/40's.

Over 40's mixed was a new innovation for Thailand Hockey and as numbers were limited, males had to be over 40 and females could play unrestricted in age. Our team Bangkok Inter won the over 40's beating the unbackable RTAF in the final on penalty strokes. GW subbed on to take the flick and slotted the winner. Our goalkeeper was the Thailand women's no 2 keeper, absolutely brilliant, saved 5 penalty strokes, and conceded only 1 goal for the whole tournament. When I asked who the No 1 keeper was, I was told it was her sister, so a very talented, fearless family. I would love to get them both to Perth, on a scholarship, they both attend University here in Thailand.

Any club interested????????

Regretfully, I have had to withdraw from coaching the Southern Cross Blue team in Antwerp. I have contracted the dreaded "Dengue Fever", a mosquito based disease which attacks your joints, muscles and immune system. I find it difficult to walk, and the pain is unbearable. I have been accepted into the Marijuana pain relief experimental program. Taking marijuana oil is like licking an ashtray, it is horrendous to take, tastes bloody repulsive, but, boy, what an effect. The oil is much more concentrated than smoking and is really effective in pain relief. I have never tried drugs before, but, "What a feeling, floating in space" is a great description of how it works.

Anyway, we are lucky to have a quality coach in Ian Pestana in our team and he has agreed to take over in my absence. My sincere thanks to Pesty for taking over at this late stage.

I wish all SX players the best in Antwerp & look forward to seeing positive results in Belgium.

Cheers - Woody

Thank you Woody - sorry to hear your health bad news. Hope recovery can be speedy. Ed.

Proposed By-Law for WHM:

My vision of Western Hockey Masters competition's aim is to foster the longevity and continued participation of hockey players to each player's individual's personal ability.

- Without administering these guide lines and individual age groups will get out of step with the other competitions.
- This Club needs to reflect the integrity of the management of our competition.
- The Club needs to be all inclusive of all hockey players regardless of age or ability.

BY-LAW TO THE CONSTITUTION OF Western Hockey Masters

The purpose of this by-law is to formalise the structure of Wednesday Hockey Masters Competition, it is no way intended to alter or change the present operations or structure of the competition.

I propose the following By-Law:

That the Western Hockey Masters, Competition be constructed of age groupings, with teams made up in each age group, by available registered players.

1. Players, where possible, will play in age divisions. The number of divisions may expand or be changed as required by the number of registered players.
2. "A" Division will be players approximately aged over 70 years of age.
3. "B" Division will be players approximately aged over 60 years of age.
4. "C" Division will be players approximately aged over 50 years of age.
5. Provision will be made for players whose playing ability, work, personal or family commitments does not allow them to play in their age group and they may be selected to play in an alternative group suiting their personal ability or situation.
6. This judgement is to be made by consultation/meeting with the player, the divisional co-ordinators and the team captains of the division and approved by the Management committee.

Proposed by Colin Gee, Seconded by Neil Scaddan.

Reader Contribution: Thank you to Chip Challenor for sending this to MM. It highlights a side benefit of our hockey which is not often commented upon. We are fortunate.

The Importance of Relationships: The Regional Men's Health Initiative.

"When songwriter and bass player for supergroup Queen, John Deacon penned 'Ooh you make me live' as the opening line for their hit 'You're My Best Friend' I'm guessing he didn't know that he would in later years be backed by a 75 year Harvard University study on the impacts of relationships and happiness on health and wellbeing. Apparently having a best friend does in fact make you live! Thanks to the Harvard University Happiness Study, it's now proven that social connection and the quality of relationships directly influences how well and how long we live.

Following 724 men from their pimply teenage years all the way through to their wrinkly nineties with biannual interviews, blood tests, brain scans and analysis of medical records three things became obvious.

1. Good relationships keep us happy and healthy and result in longer life expectancy. On the flip-side loneliness is toxic. People who admit to being less socially connected than they would wish suffer health decline earlier and have shorter life expectancy.

2. You can be lonely in a crowd or a marriage so therefore it's the quality of your close relationships that counts (500 friends on Facebook doesn't). Living in a constant state of conflict (in dysfunctional marriages / families or workplaces) is bad for your health and shortens life expectancy. In the study the eighty-year olds who were happiest were not the ones who at fifty had the most money or fame or even the best health; they were the ones who were happy in their relationships.

3. Having secure, dependable relationships with your wife or mates in your eighties is protective to your health. Blokes in the study who had close mates or wives that were always there for them had much sharper memory. Those who were happiest in retirement were those who actively sought out new playmates to replace lost workmates. Many of the subjects thought that fame, fortune and high achievement were the cornerstones of a fulfilled and happy life. They later found that the time and effort taken to achieve these goals was counter-productive to the real health builder ... meaningful long-term relationships.

What does this all mean for us, especially as blokes? What are things that we can do to make a difference to our future happiness and health? For a start, some of the effort currently expended on the pursuit of fame and fortune may be better expended on forging new friendships. Getting the work-life balance right has measurable health benefits.

Substitute people-time for screen time; a disappearing act that can only bring people together and enhance our social networks.

Make time for you and your friends. Maybe long walks, or date night with the missus, or the fishing trip you've talked about for ages, but never had with your mates. Reaching out to family that perhaps you haven't talked to for years.

Joining a club or a Men's Shed so that those whose lives have revolved around business and career can find new meaningful relationships in retirement.

Maybe it's not fat-bottomed girls that make the world go round, maybe it's best friends."

Comment: It seems that we are doing quite a lot right at Western Hockey Masters in providing both physical and social benefits. In addition to this the interstate and international tournaments are very good for firming up friendships, and ideally should facilitate friendships for spouses too. Those who like to watch the games can do so (and chat) while the locations offer a great opportunity for doing some touring and shopping. It will be extremely interesting to see how long we can keep the hockey going; the recent Over 80 match (see Page 12) could be the start of another age group.

Punology One: A divorcing couple were having their court hearing and found that their Earl Grey tea bags had to be included in the assets that were being assessed. The judge was asked to explain the reason for this odd decision, and said: "Well, it is mutually owned proper tea."

Punology Two: Thank you to John Sanders for another visual one. There is a first time for everything; I have tried to avoid the use of “adult” material in the newsletter. But ...



John's Caption: "I'll have pornflakes."

Hockey, The Game That Grows? This year has seen the introduction of Walking Hockey on a Friday morning (10:00) at Stevens Reserve. If you are interested please contact Jim Banks, or just turn up for a look. Also, the first O/80 international has been played between England and The Netherlands. We hope that Australia can participate in future matches too, even though some unkind comments suggested that the game had a resemblance to Walking Hockey. MM has a limerick:

Our hockey we play just for fun
It no longer matters who won (*that's in theory only*)
New forms of the game
Might need a new name
Since walkers and eighties don't run. (*allegedly*)

Change of Details: Could all members of WHM, past and present, remember that in the event of any change to your email address you should notify Colin Gee. Colin is our data base administrator and his email address is gee.colin@gmail.com.

"Masters Matters" Schedule: June will be a little late. Reader contributions welcome.

All news, other contributions, and Unsubscribe requests to:
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