



Inc.

TWO BLUE TRIBUNE

The official organ of the Newtown and Chilwell Cricket Club Inc.

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The power of the balcony

Not since Romeo and Juliet has there been a balcony scene quite like the one we saw on Saturday evening, when the setting sun shone down on the future of our club.

It was at the Two's, the tightest of finishes after some old stagers had set the scene early, leaving it Jordie and Patrick to get us home.

The Falstaffian figure of Jordie played it straight; Patrick with his lean and hungry look, played with a wisdom way beyond his years.

Best of all were the slightly embarrassed looks on their faces as they got their well-earned cheers from the gallery. Fellas, that's what it's all about.

You will both get to hear that fabled cacophony many times in the future as our club re-builds.

So well done Locho's lot, who have finally ended up on the right end of a close one.

Well done the Ones for not capitulating, Alex, Cory, Adam and the Pom, too, and his cunning plan to waste time by smashing the ball into all parts of Grovedale and leaving that suburb's finest cricketers to go find it. It's red, it's round and it's got gold lettering on it.

The Thirds should've won, well that was the sage opinion of Battler, and you can never argue against Battler, can you Frankie?

Grovie's Fourths were exposed to the naked aggression of Shiftie and Frankie, and then the naked nonsense of some hoons in the rotunda,

who did in broad daylight what normally happens there in the wee small hours.

Roll on the Master Plan. We enjoy sharing Queens Park with everyone, but there comes with the privilege some responsibilities which we honour ... A pity on this occasion and too many others, some folk don't.

That includes football clubs from all over the place who turn up and use it without even the courtesy of a request. The Ammos responsibly train elsewhere do ensure Stinton Oval stays in good nick, so why other clubs think they can just turn up and use it beggars belief.

Anyway, back to the cricket: Up on the Joey's postage stamp, there were four hundreds. Lewie got 22 to go past 100 v Joeys in successive games; Specs got 102; "bat" got 100 between Ange and Morgo, and their captain conceded 100 runs. Morgo's mob are on top of the ladder.

The Sixths, well they probably could have won, too. Old man Bish was a bit dark on himself for getting out by holing out. He's having a great year, you won't be able to hide him much longer Turtle.

Anyway, we want to see all the Romeo's on the balcony this Thursday to show all the Under 17s what it's like to play a game at Stinton Oval with the club in full voice behind you.

Used responsibly, that balcony is a mighty force and one that scares the living suitcase out of other teams.

The Newtown and Chilwell Cricket Club proudly supports beyondblue: the national depression initiative to raise community awareness and reduce the stigma associated with depression.



For more information about depression and beyondblue visit www.beyondblue.org.au

or call 1300 22 4636.



Wickliffe/Lake Bolac Cricket Club
Vs
Newtown and Chilwell Cricket Club

Twenty20 Cricket
for
THE CLARK CUP

In memory of Jason Clark

FEBRUARY 8TH 2009 AT Wickliffe Cricket Ground

N&C.C.C will run a bus up to Wickliffe if interested please contact those listed below

For further information and to participate in the game N&C.C.C members Contact
Andrew Green 0434 306 138 or Nathan Clark 0409 703 832.
W.L.B.C.C members contact Rigby on 0428 502 440.

This event is a concerted effort by both clubs to support *beyondblue: the national depression initiative* to raise community awareness and reduce the stigma associated with depression. For more information about depression and beyondblue visit www.beyondblue.org.au or call 1300 22 4636.



VICTORIA vs QUEENSLAND
20/20 Match
at Skilled Stadium Geelong on
Sunday 4th January 2009

For more information about the 20/20 match visit the
GCC Website at <http://geelong.cricketvictoria.com.au>



Interstate cricket returns to Kardinia Park on Sunday 4 January 2009 after a period of some 20 years.

A full cricket program has been structured from 12:30pm, building up to the tossing of the coin for the 4:00pm Big Bash until 6:30.

The day's will include:

- In2 Cricket activities on ground from 12:45
- Celebrity game at 2:00
- Cricket ball throwing competition at 3:15

and then

- the EXPERIENCE - BIG BASH with high profile household names from Victoria and Queensland.

The EVENT has been priced to be affordable for all

- \$15.00 adults
- \$12.00 concession
- \$5.00 children

Ground catering and Corporate Dining is available (please contact the GCC).

Hi all,

I thought I'd update you about our last meeting and also get in some Christmas cheer as we approach that time of the year again.

Firstly, a few things from the meeting.

The whole club would love to see as many people as possible get to Queens Park on tonight (Thursday 11th) to support an exciting innovation for our junior cricketers - the 20/20 game on the turf against St Albans/Breakwater.

It's a great opportunity for these talented youngsters to get the feel of playing on Stinton Oval and having the famous balcony roar encouraging them to do their best. We want not just players to come, but friends and family too.

The weather forecast seems kind so there's the opportunity to sit out on the grass on a blanket to watch the game, then come inside for dinner afterwards.

Don't forget the President's Dinner on January 17 ... A HUGE event this one. As tickets have already sold out, you need to get your payment in to Andrew Green by next Friday 19th if you have not already done so. If payment is not received by this date, tickets will be re-allocated to those on the waiting list.

Thanks to Andrew Green, our club has become officially linked to Beyond Blue. Beyond Blue will be supporting the Jason Clark Cup to be contested in February by NCCC and Jason's old club in the Western District (Wickcliffe / Lake Bolac).

Our club is not that far away from a very significant anniversary ... 100 years.

We are already beginning the planning processes for that event, looking at ways to honour the many people who have served cricket in and around the Newtown and Chilwell Cricket Club. We will be publishing a book on our club history, one which we are very proud of.

There have been exciting signs the last little while that the future will be just as good. The youth policy brings with it a bit of pain, but also moments of satisfaction like Jordie and Patrick getting the twos home last Saturday.

At this stage of the season, I would like to thank everyone on the committee for their hard work so far.

Off the field, we are in fantastic shape and we only expect things to get better as the Queens Park Master Plan is developed by the City of Greater Geelong.

CoGG is very supportive of cricket in many ways, and one of those ways will be the new training facilities we have been wanting for a long time now.

We are not certain yet of the time-frame, but we stand ready to assist in every way we can to help council get this facility up and running as quickly as we can.

As many of you will know, we have been putting our case to the GCA to hold the Division One, First XI finals matches at Stinton Oval this year.

We feel we more than meet the requirements to hold such prestigious games. As has been noted, first-class matches have been held elsewhere in the world, even in Australia, on grounds with nowhere near what we can offer.

Our submission to the GCA noted 13 advantages of Stinton Oval, many of which aren't available at other venues.

1. A first class wicket, one that has had an extensive renovation program before the start of the season and ongoing renovation throughout the season
2. Highly experienced curator with a reputation for producing quality wickets
3. Drought proof outfield
4. Access to water for both centre wicket and outfield alike
5. Superb viewing opportunities
6. Ample car parking
7. Top quality, spacious change room facilities with easy access to social rooms
8. Top bar and catering facilities including fully operational commercial kitchen
9. Dedicated children's playroom/playground
10. Sightcreens

11. Highly visible electronic scoreboard
12. Picnic facilities
13. Close to a second ground (Shaw Oval) at which lower grade games could be scheduled

We are further encouraged by the result of the poll on the Channel 31 Cricket Show. More than 90 per cent of those who took part, from more than 20 clubs, believed the GCA Division One, First XI final should be played at Stinton Oval.

We also have the full support of the CoGG for GCA finals to be played at Queens Park.

Mention of the sightscreens at Stinton Oval reminds us all again of the importance of sponsors to our club. It's great to see Glynn Harvey is back with us again this summer after his generous donation last year that allowed us to build the sightscreens.

We are also grateful that Harry Grace from Roadrunner Autos has agreed to come on as a sponsor this year to help us provide wheels for Michael Comber.

To all our sponsors, the heartiest thanks from our club.

I would also like to thank Phil Morgan for taking over the sponsorship job when Brett Bentley had to bow out because of work commitments. Phil has picked up brilliantly from where Brett left.

To everyone associated with NCCC, I wish you all a safe and happy Christmas. Let's get a few club championship points as stocking fillers before the break, and a stack more afterwards.

Merry Christmas

Scott Mullen

Scott Mullen
President
NCCC

Sponsorship key to our club

Have you ever wondered how expensive it would be to play cricket for Newtown and Chilwell Cricket Club if we didn't have sponsors?

Mark Giles did the figures once, and it wasn't pretty. Membership would be a lot, lot more expensive than it is now.

So, it's in all our interests to support the people who support our club.

We intend to feature a few of our sponsors over the up-coming edition of the Tribune.

We start with this edition; focussing on three pretty important ones.

The first is Transport Finance, courtesy of last year's coach, Brett Bentley. We haven't seen as much of Brett about the place this year because of work commitments. He has though still given his full support as a sponsor, and has a brand new sign up on the boundary at Stinton Oval. As that sign says, for all your Transport Finance needs, call Brett.

Brett sponsored the two training days we had with former Australia A wicketkeeper Mark Atkinson. He's contribution to our club though goes way beyond that as a former chairman of selectors, former coach, and now keen lower grades players.

His advice will be handy if you're looking to buy a car from one of our newest sponsors – Harry Grace from Roadrunner Autos. Harry has kindly come up board to help us provide a car to Mike Comber while he's playing with us. Terrific effort

Harry. And we note that Harry is a great supporter of other organisations around Geelong.

Our community can't prosper without people like Harry Grace. So if you're in the market for a used car, make sure you make a visit to Thompson Road first.

We are pleased that this year Glynn Harvey/Harvey's of Highton are back with us. Last summer, Glynn helped us out magnificently so we could claim a unique place in the game in Geelong – the only club in the GCA with sightscreens. You will have noticed the Harvey's of Highton sign on the sightscreens.

Well, like Brett and Harry, Glynn is also about to get new signage out on the boundary.

When you're watching cricket from the balcony, take note of our sponsors, and make sure you give them first chance whether you're buying a car or a bag of spuds.

These people are making it less expensive to play cricket with Newtown and Chilwell Cricket Club.

And remember, if you produce a receipt for purchases of more than \$50 made with an N&CCC, you get a free drink at the bar.



NEWTOWN AND CHILWELL CRICKET CLUB

Presidents Dinner

January 17th 2009

Queens Park Pavilion, Queens Park Newtown

7pm to 1am

Special Guest Speaker

Kevin Sheedy



Enjoy a three course meal while listening to the much sought after and anticipated views of the former Richmond Leggie and sometimes football icon

Book your seat now through Social Co-coordinator Andrew Green via email to andrewg@hoban.com.au or via phone on 0434 306 138

Honour roll 809 Win/Loss ratio



	Played	won	lost	drawn	Ladder position
First XI	6	1	5	-	12th
Second XI	6	2	4	-	9th
Third XI	6	2	4	-	9th
Fourth XI	6	4	2	-	5th
Fifth XI	6	5	1	-	1 st of 6
Sixth XI	8	4	4	-	7 th of 10
TOTAL	38	18	20		

47.36% won 53.64% lost

Partnerships

130 for the First wicket by Alex Stanley (66) & Yves Roussety (63) versus St Josephs 1sts on 22/11/08.

Century (3)

Luke Sharry 104 not out in the 3rds versus Lara round 1
 Paul Sheahan 101 in the 4ths versus BPHill round 3
 Anthony Devlin 102 in the 5ths versus St Josephs rd 6

5 or more wickets in an inning (3)

Zac Stokes 6/21 in the 4ths versus Lara round 1
 Zac Stokes 5/48 in the 4ths versus South Barwon round 4
 Jacob Simonsen 5/67 in the 3rds versus Grovedale round 6

Venues for round 7

Two day matches December 13 & 20

Firsts versus Geelong West on Stinton Oval
 Seconds versus Geelong West on Western Oval
 Thirds versus Geelong West on Shaw Oval
 Fourths versus Geelong West at Elderslie Reserve
 Fifths versus East Belmont Blue on Belmont Common 2
 Sixths (Dec 13) versus North Geelong on Eastern Park 1
 Sixths (Dec 20) versus Grovedale on Belmont Common 1

Juniors round 6

2020 match December 11 – 5pm

Under 17 Just versus St Albans/Breakwater on Stinton Oval

2020 matches December 13

Under 15 Chisholm versus Lara Gillett at Lara 2
 Under 15 Barnes versus Anglesea on Eastern Park 2
 Under 13 Royce versus Highton at Windmill Reserve
 Under 13 Taylor versus Torquay on Belmont Common 2
 Under 13 Clark versus Modewarre on Modewarre 2

Under 11s on Friday December 12

Under 11 Merriman versus Murgheboluc at King Lloyd 1
 Under 11 Wells versus Alexander Thomson at Tim Hill Res



TBT contributions gratefully accepted

Please contact the TBT editor David Barnes with any stories or snippets for inclusion at

barnso4tc@yahoo.com.au

Take away Thai

N&CCC has a fabulous new service for members and their friends – Take Away Thai!

On Thursday, Friday and Saturday nights, as well as dining at the clubrooms, take away meals are available from John and his hard-working team in our kitchen which of course, is a fully equipped professional one.

The take away meals were test driven on Saturday night by one member of the club's executive who is able to report them to be of the highest quality: went down nicely with his first glass of pain-relieving chardonnay after an ill-considered comeback.

But seriously, this is a great extension of what our club can offer members, their families, friends, neighbours, etc. Use it to your advantage.

Specialities include Pad Thai, green curries and rice. John's a fairly obliging sort of fellow. Tell him what you want and he will do his bet to prepare. You can pre-order by calling John on: 0417 875 848

Or simply rock up at the rooms, have a cold one while you're waiting, then head back home.



Two Blue Scoreboard 809

round 6

For full scoreboards click on mycricket.cricknet.com.au



Inc.

FIRST XI

**Lost to Grovedale
at Burdoo Reserve**

RESULT –lost by 8 wickets

Umpire – Geoff Deppeler

Newtown & Chilwell 98

Alex Stanley	c Baker b Yelland	14
Yves Roussety	lbw Young	0
Corey Mathieson	b McDonald	38
Tim Clark	c Baker b Yelland	4
Michael Comber	c Tsitas b Yelland	5
Adam Lavars	b Young	1
Sam Eason	lbw Harper	4
Darcy Delrio	c Young b Yelland	13
Dev Royce	c G Kelson b McDonald	8
Jackson Davis	b Yelland	6
Brett Loats	not out	0
	Extras	5
52 overs	TOTAL	98

FOW: 0, 22, 36, 41, 42, 50, 69, 91, 96, 98.

Bowling: G Harper 8-1-1-23, C Young 12-5-2-21, G Yelland 19-8-5-31, B Tsitas 3-2-0-5, T McDonald 10-4-2-13.

Grovedale 2/106

G Kelson	c Mathieson b Comber	36
C Cruickshank	c Comber b Davis	15
G Yelland	not out	37
M Kelson	not out	7
	Extras	11
18 overs	TOTAL 2 (dec) for 106	

FOW: 46, 80.

Bowling: Michael Comber 7-0-1-41, Dev Royce 7-0-0-37, Jackson Davis 2-0-1-10, Sam Eason 2-0-0-16

Newtown & Chilwell Second Innings 9/204

Alex Stanley	c Peterson b McDonald	83
Yves Roussety	c Tsitas b Young	0
Corey Mathieson	c Pearce b Tsitas	41
Tim Clark	b Tsitas	1
Michael Comber	c Kelson b Tsitas	28
Adam Lavars	b McDonald	21
Sam Eason	c & b Tsitas	0
Dev Royce	not out	10
Darcy Delrio	lbw McDonald	3
Brett Loats	c Young b Pearce	6
Jackson Davis		dnb
	Extras	11
88 overs	TOTAL	9 for 204

FOW: 1, 95, 101, 143, 181, 181, 181, 188, 204.

Bowling: C Young 13-4-1-23, G Harper 2-0-0-6, G Yelland 14-4-0-26, B Tsitas 32-12-4-62, T McDonald 19-6-3-27, N Peterson 3-0-0-28, G Kelson 3-2-0-9, C Cruickshank 1-0-0-5, S Pearce 1-0-1-7.

SECOND XI

**defeated Grovedale
on Stinton Oval**

RESULT – won by 6 runs

Umpire – Dale

Grovedale 232

Bowling: Dave Boyanton	19-6-0-51	
Nick Boyanton	7-3-0-23	
Matt Jackson	14-5-2-23	
Ian Hastie	11-5-3-15	
Anthony Wilson	12-3-2-33	
Damien O'Loughlin	6-0-0-16	
Pat Eastman	5-1-0-13	
Jordie Lewis	5-0-1-17	
	Extras 35	
79 overs	TOTAL	232
FOW: 33, 45, 92, 103, 157, 187, 202, 228, 231, 232.		

Newtown & Chilwell 9/238

Damien O'Loughlin	48	
Andy Garrigan	51	
Nick Boyanton	8	
Matt Dolby	0	
Rhys Bennett	47	
Ian Hastie	20	
Jordie Lewis	16	
Pat Eastman	not out 24	
Matt Jackson	0	
Dave Boyanton	not out 0	
Anthony Wilson	dnb	
Extras	27	
86 overs	TOTAL	9 for 238
FOW: 111, 117, 120, 120, 189, 195, 233, 238.		



THIRD XI

**Lost to Grovedale at
Grovedale Secondary**

RESULT – lost by 76 runs

The Thirds failed to chase down Grovedale's 231 despite an 83 run opening partnership between two players at the opposite end of the age spectrum. Russ Mitchell 39 runs and

Jeff Smith 44 runs combined well to set a platform that should have resulted in a Newtown win.

Unfortunately the pair were let down by the more senior players in the batting line up and only the youthful Ben Eason 22 runs and Tom Bates 18 runs managed to look comfortable. Tom's innings was never able to truly blossom as he ran out of batting partners and threw his bat unselfishly at the bowling when greeted by Zac Stokes for the last wicket partnership.

The first day's play will be remembered for Jacob Simonson's 5/67 off 25 overs. A well deserved haul for a player that has manfully rode the ups and downs of team selections due to fluctuations in player availability. He and many of the young group coming through are looking outside their 'own little world' and putting the club and subsequently their teammates first. That is why I enjoy giving the young players opportunities and observing what they make of those opportunities. I know Mark Ainsworth is enjoying his cricket for similar reasons and Russ Mitchell felt proud of the way the young guys went about their cricket.

Congratulations to Jordan Lewis and Pat Eastman for their match winning partnership in the Twos. It cheered the day up a little for our boys that had made it back to the clubrooms.

Grovedale 230

Bowling: Jacob Simonsen	25-7-5-67	
Ben Eason	14-1-0-44	
Matt Ainsworth	12-1-2-44	
Zac Stokes	5-1-0-30	
Michael Teague	3-1-0-15	
Tom Bates	7-0-1-21	
Adam Patching	3.5-0-2-4	
	Extras	
68 overs	TOTAL	all out 230
FOW: 1, 13, 117, 166, 174, 174, 188, 224, 226, 230		



Newtown & Chilwell 154

Russell Michell	39
Jeff Smith	44
Matt Ainsworth	0
Ben Eason	22
Colin Cunliffe	4
Adam Patching	12
Michael Teague	0
Tom Bates	18
James Blight	1
Jacob Simonsen	3
Zac Stokes	not out 2
Extras	9

56.2 overs **TOTAL all out 154**
FOW: 86, 88, 92, 105, 127, 127, 127, 130, 147, 154.

FOURTH XI defeated Grovedale on Shaw Oval

RESULT – won by 59 runs

Grovedale 7/239

Bowling: Tom Levick	11-4-1-39
Tom Jefferies	14-5-0-43
Jack Thackeray	18-5-3-45
Jamie Pescott	4-0-0-22
Frank Tuskes	6-3-1-7
Ben Jackson	15-4-1-47
Olly Theobald	7-0-1-21
Extras	27

75 overs **TOTAL 7 for 239**
FOW: 32, 71, 129, 159, 175, 191, 225.

Newtown & Chilwell 298

Paul Sheahan	59
Grant Whiteside	14
Frank Tuskes	79
Tom Jefferies	35
Adam O'Connor	30
Jamie Pescott	0
Jack Thackeray	12
Stuart Day	0
Olly Theobald	26
Tom Levick	4
Ben Jackson	not out 15
Extras	24

72.4 overs **TOTAL all out 298**
FOW: 52, 94, 191, 197, 197, 226, 228, 252, 262, 298.

FIFTH XI defeated St Josephs on Noble Street Oval

RESULT – won by 35 runs

St Josephs 244

Bowling: James Hadfield	12-5-1-29
Nathan Clark	22-4-3-67
Willis Flanders	6-2-1-24
Ange Fatone	11-2-1-26
Zac Dodds	5-0-1-40
Anthony Devlin	11-2-3-27
Jesse Thomas	1-0-0-7
Extras	34

68 overs **TOTAL 244**
FOW: 9, 27, 69, 95, 165, 185, 199, 205, 236, 244.

Newtown & Chilwell 7/279

Anthony Devlin	102
Nathan Clark	10
Steve Lewis	22
Ange Fatone	35
Willis Flanders	1
Phil Morgan	78
Jesse Thomas	9
Chris McColgan	0
James Hadfield	not out 10
Tim Hibbard	dnb
Zac Dodds	dnb
Extras	12

70 overs **TOTAL 7 for 279**
FOW: 17, 62, 139, 156, 233, 253, 253.

SIXTH XI defeated South Barwon at Belmont Common

RESULT – won by 11 runs

Newtown & Chilwell 7/166

Mark Turnley	17
Josh Barnes	36
Andrew Green	24
Cam McPherson	6
Tom Gribble	5
Andy Bishop	not out 45
Lachie Ansell	0
Toby Sudweeks	15
Steve Skinner	not out 5
Mitch Davis	dnb
James Purcell	dnb
Extras	13

39overs **TOTAL 7 for 166**
FOW: 47, 83, 90, 99, 120, 124, 155.

South Barwon 155

Bowling: Andy Bishop	8-1-2-28
Mitch Davis	8-1-2-22
Steve Skinner	8-0-4-36
Toby Sudweeks	8-1-0-36
Andrew Green	5-0-1-26
Lachie Ansell	5-0-1-26
Extras	11

38.5 overs **TOTAL all out 155**
FOW: 13, 21, 69, 94, 95, 96, 106, 124, 133, 155.

SIXTH XI Lost to Manifold Heights at Belmont Common

RESULT – lost by 23 runs

Manifold Heights 6/220

Bowling: Andy Bishop	8-0-0-43
Hugo Steinfors	8-0-2-44
Mitch Davis	5-1-0-32
Eddie Ratcliffe	8-2-2-25
Cam Bishop	4-0-0-26
Brett Bentley	7-0-2-46
Extras	18

40 overs **TOTAL 6 for 220**
FOW: 28, 63, 63, 126, 174, 174.

Newtown & Chilwell 197

Mark Turnley	18
George Cameron	13
Cam Bishop	1
Andrew Green	6
Andy Bishop	70
Eddie Ratcliffe	not out 54
Brett Bentley	5
Neville Crane	14
Hugo Steinfors	2
Mitch Davis	6
James Purcell	0
Extras	8

37.2 overs **TOTAL all out 197**
FOW: 25, 33, 39, 39, 159, 165, 169, 169, 188, 197.

Junior Scores

Under 17

N&CCC Just 10/200 lost to East Belmont 2/227 - 1st loss for the season. James Blight 47, Jack Thackeray 45, Jordan Lewis 29.

Under 15

N&CCC Chisholm 3/266 defeated Newcomb 9/154

Patrick Richards 53*, Mitch Davis 50*, Tom Jefferies 50*, James Whelan 47*,

John Kirkland 2/10, Patrick Richards 2/35.

N&CCC Barnes 10/161 Lost to Winchelsea 10/197

Willis Flanders 70*, Bill Heenan 3/22, Willis Flanders 3/46.

Under 13

N&CCC Royce 5/266 Defeated St Josephs 6/128

Joe Maishman 43*, Tim Hosking 31*, Harry Gow 30*, Sam Hosking 27*, Nick McGuane 26*, James McGrath 26*, Harry Gow 2/16.

N&CCC Taylor 9/194 Defeated Alexander Thomson 10/193

Magnificent 1 run victory. Max Garret 33*, David Kirkland 30*, Louis Cato 20, Michael Kirkland 3/12, Louis Cato 3/21, Max Garret 2/14.

N&CCC Clark 8/190 lost to Modewarre 9/219

Blake Sutterby 22*, Daniel Grose 20*, Brad Horsham 18*, Ben Malone 3/19, Isaac McCabe 3/9.

809 Top 10 after round 6 sponsored by



Batting

Paul SHEAHAN	358 @ 59.67
Alex STANLEY	332 @ 47.43
Steven LEWIS	210 @ 35.00
Phillip MORGAN	199 @ 39.80
Patrick EASTMAN	188 @ 47.00
Frank TUSKES	161 @ 32.20
Mark TURNLEY	158 @ 19.75
Cory MATHIESON	152 @ 21.71
Jamie PESCOTT	148 @ 29.60
Damien O'LOUGHLIN	145 @ 24.17

Bowling

Zac STOKES	16 @ 13.50
Mitchell DAVIS	14 @ 17.50
Brett LOATS	11 @ 17.45
Devon ROYCE	11 @ 27.00
Tom JEFFERIES	10 @ 14.40
Anthony WILSON	10 @ 16.80
Ian HASTIE	9 @ 12.78
Mark BLAKE	8 @ 7.13
Ben JACKSON	8 @ 17.13
Andrew BISHOP	8 @ 22.88
Sam EASON	8 @ 29.00
Jacob SIMONSEN	8 @ 32.13

Catches

James PURCELL	7
Phillip MORGAN	6
Mark TURNLEY	5
Damien O'LOUGHLIN	5
Steven LEWIS	4
Grant WHITESIDE	4
Colin CUNLIFFE	4
James BLIGHT	4
Michael COMBER	4
George CAMERON	4

Stumpings

Alex STANLEY	2
Grant WHITESIDE	1

Player of the Season

Paul SHEAHAN	428
Alex STANLEY	412
Zac STOKES	322
Andrew BISHOP	303
Patrick EASTMAN	298
Devon ROYCE	288
Mitchell DAVIS	282
Phillip MORGAN	269
Jamie PESCOTT	268
Steven LEWIS	262

PLATYPUS VOTES

3 votes: Oscar Wilde Tuskes I have nothing to declare except my Genius and our innings with 200 overs yet to bowl.

2 votes: Knackers who declared and bared everything on Wildey's declaration.

3 votes: Blakey volunteered to umpire in a 6ths game from widish mid off, perhaps stand behind the stumps next time Mark?

2 votes Goose describe GT's hair style as a classic Lesbian Cut.

1 vote: Russell Mitchell introducing himself to members of the 3rd XI by pointing at them saying " Don't know you, don't know you."

3 votes: Sav for accessorizing his Newtown Cup Outfit far beyond common decency and goes as far as putting on 20 kilos to give the appearance of being pregnant.

2 votes: Loatsy for bringing "**FINGER BUNS**" for afternoon tea, apparently not everyone's idea of a good thing but Brett loves it sorry them.

1 vote: Blakey getting whooped by two 9 year olds in a pillow fight then having to spend 45 minutes trying to convince them he plays for the Cats.

3 votes: Julie Del Rio " Donna you will get more possum votes for that..." mmm me thinks not Julie do you need Harry Butlers book on native Australian animals.

2 votes each Jordy and jacko Davis caught trying to egg the Del Rio household.

2 votes: Locho who has returned to using an abacus for a scoreboard because he cannot use a laptop.

3 votes each Marcel and The Cougar who have surpassed any captain araldite to come before them, opening the batting and the bowling, Surf Dog make sure you provide the stumps or these two many crack the sads and end the game walking off with all their gear.

2 Votes: Jack " The Cooler King" Bentley trying to escape from school.

1 vote: BJ for his impression of a stop light after a day at the races, slip slop slap BJ he did after the sun had gone down.

Fantasy Cricket

weekly result round 6

	Team Name	Team Owner	Team Points
1	sheahan's stars	Sheahan, Jai M	1,306.0
2	Pie Chuckers	Loats, Brett	1,280.0
3	Ian S Hastie's team	Hastie, Ian S	1,259.0
4	Nick Richardson's team	Richardson, Nick	1,242.0
5	Darcy Delrio's team	Delrio, Darcy	1,238.5
6	Michael Comber's team	Comber, Michael	1,225.0
7	Devastation	Royce, Devon P	1,186.0
8	Blighty's Mighties	Blight, James	1,182.0
9	Stuart Day's team	Day, Stuart	1,142.0
10	Dodgy Motors XI	Boyanton, David	1,129.0
11	Habs Rule	Simpson, Gary	1,123.0
12	Stanley Steamers 52501845	Stanley, Alexander R	1,118.4
13	Pat Eastman's team	Eastman, Patrick J	1,116.0
14	The G Men	Green, Andrew P	1,113.4
15	Prez's XI	Mullen, Scott	1,109.0
16	Knackers Smackers	O'Connor, Adam	1,089.0
17	Junk-Time Tuskes!	Ratcliffe, James R	1,081.4
18	Adam Patching's team	Patching, Adam	1,075.0
19	The Saveloy's!	Suvoltos, Matthew	1,074.0
20	Dogs Dim Sims	Clark, Tim	1,071.0
21	Fingerbang 11	Purcell, James	1,067.5
22	Hodgeys revenge	Morgan, Phillip	1,057.0
23	Rusty's Dewgs	Russell, Cameron	1,057.0
24	Ben Jackson's team	Jackson, Ben	1,022.0
25	Nathan Clark's team	Clark, Nathan	1,017.0
26	Steven Skinner's team	Skinner, Steven	1,013.8
27	Bit of every thing	Lewis, Jordan	1,009.0
28	Stephanie Shaw's team	Shaw, Stephanie	1,004.4
29	Nick Boyanton's team	Boyanton, Nick	1,003.0
30	Asistant coach's XI	Sheahan, Zac	995.0
31	Shiv's Gang.	Roussety, Yves	995.0
32	Chisa's 11	Chisholm, George	990.0
33	E. Rats 11	Ratcliffe, Edward	989.4
34	Ben Eason's team	Eason, Ben	989.0
35	Sam Eason's team	Eason, Sam	988.0
36	Snakers team	Simonsen, Jacob	987.4
37	teeths men	Thomas, Jesse	968.0
38	Smitty's Superstars	Smith, Jeffrey	960.0
39	Noodles Magoodles	Jackson, Matthew	930.0
40	Damien O'Loughlin's team	O'Loughlin, Damien	924.9
41	Cory Mathieson's team	Mathieson, Cory	920.0
42	Willo's team	Wilson, Anthony	920.0
43	Deano's Derelicts	Lavars, Adam	886.0
44	Dean Turnley's team	Turnley, Dean	877.2
45	Gagging 11	Garrigan, Andrew	847.0
46	Newtown Fruitbats	Bennett, Rhys	825.0
47	Eds Eleven	Whiteside, Grant	817.0

This round's winner – Jai Sheahan 650 points.

JUNIOR PLAYERS, FAMILIES AND FRIENDS

A few reminders as we near our Christmas new year break.

Please ensure all sold & unsold raffle books are returned to the club via your coach or manager.

**SPECIAL EVENT AT QUEENS
PARK'S STINTON OVAL
THURSDAY 11TH DECEMBER
AROUND 5PM. EVERYONE
WELCOME.**

**THE FUTURE OF N&CCC CRICKET
STARTS HERE, UNDER 17 JUST
20/20 TURF MATCH.**

**ENJOY THE SURROUNDS,
WITNESS SOME TURBO CHARGED
CRICKET FROM THE FLAGSHIP OF
OUR JUNIOR SYSTEM.**

**FULL CLUB CATERING FACILITIES
AVAILABLE, INCLUDING
STANDARD MEALS & THAI
TAKEAWAY, ALONG WITH
REFRESHMENTS FROM THE BAR .**

Check the website for all other N&CCC news
and other social functions

**HAVE A SAFE AND ENJOYABLE
CHRISTMAS NEW YEAR BREAK**

Mark Turnley Junior coordinator
0407 047 480



Inc.

Understanding depression



Depression is more than just a low mood – it’s a serious illness. People with depression find it hard to function every day. Depression has serious effects on *physical* and *mental* health.

HOW DO YOU KNOW IF A PERSON IS DEPRESSED AND NOT JUST SAD?

A person may be depressed, if **for more than two weeks** they have:

- felt sad, down or miserable most of the time

OR

- lost interest or pleasure in most of their usual activities.

AND experienced symptoms in **at least three of the following four categories:**

1. Behaviour

- Stopping going out
- Not getting things done at work
- Withdrawing from close family and friends
- Relying on alcohol and sedatives
- No longer doing things they enjoyed
- Unable to concentrate

2. Thoughts

- “I’m a failure.”
- “It’s my fault.”
- “Nothing good ever happens to me.”
- “I’m worthless.”
- “Life’s not worth living.”

3. Feelings

- Overwhelmed
- Guilty
- Irritable
- Frustrated
- No confidence
- Unhappy
- Indecisive
- Disappointed
- Miserable
- Sad

4. Physical

- Tired all the time
- Sick and run down
- Headaches and muscle pains
- Churning gut
- Sleep problems
- Loss or change of appetite
- Significant weight loss or gain

In most cases, depression will go on for weeks or months if left untreated. If it isn’t properly treated, depression is highly likely to recur.

WHAT MAKES A PERSON MORE AT RISK OF DEPRESSION?

Some events or situations have been linked with depression:

- family conflict
- isolation or loneliness
- unemployment
- having a serious medical illness
- drug and alcohol use
- brain and chemical changes
- having a family member with depression.

It’s important to remember that each person is different and it is often a combination of factors that puts a person at risk of depression.

HOW COMMON IS DEPRESSION?

Very common. Around one million Australian adults and 100,000 young people live with depression each year.

On average, one in five people will experience depression in their lives; one in four females and one in six males.

WHAT ARE THE TREATMENTS FOR DEPRESSION?

Depression is often not recognised or treated.

Different types of depression require different types of treatments. This may include physical exercise for preventing and treating mild depression, through to psychological and drug treatments for more severe levels of depression.

Understanding depression



PSYCHOLOGICAL TREATMENTS

Psychological treatments deal with problems that particularly affect people with depression, such as changing negative patterns of thinking or sorting out relationship difficulties.

Cognitive Behaviour Therapy (CBT) helps to correct negative thought patterns. CBT is a structured program which recognises that the way people think affects the way they feel.

Interpersonal Therapy (IPT) is a structured program with a specific focus on improving relationships.

Psychological treatments can help to:

- change negative thoughts and feelings
- encourage the person to get involved in activities
- speed the person's recovery
- prevent depression from recurring
- identify ways to manage the illness and stay well.

MEDICATIONS

People who are depressed often feel physically unwell.

Antidepressant drug treatments relieve the physical symptoms of depression.

Drug treatments for depression are not addictive.

Many people worry about the potential side-effects of antidepressant medication. It's important to know that when depression isn't treated effectively, physical health often gets worse.

THE MOST IMPORTANT THING IS TO FIND A TREATMENT THAT WORKS.

Many things that people try don't treat the cause of the illness. For example, sleeping tablets or simple counselling are ineffective, even though they may provide temporary relief.

There is a range of treatments that are proven to work. Each person needs to find the treatment that's right for them.

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WHAT CAN BE DONE TO HELP?

People with depression don't get better on their own. They may need to get help with the support of their family, friends and/or health professional eg. a doctor or psychologist. Visit www.beyondblue.org.au and click on [Get Help](#). Recovery from depression is common. Delaying treatments may delay recovery.

YOU CAN HELP SOMEONE BY:

- assisting them to get information from a website or library
- suggesting they go to a doctor or health professional
- assisting them to make an appointment
- accompanying them to their appointment with a doctor or health professional
- following them up after the appointment
- encouraging or getting them involved in social activities
- discouraging them from treating themselves with alcohol or other drugs.

IT WOULD BE UNHELPFUL TO:

- put pressure on them by telling them to 'snap out of it' or 'get their act together'
- stay away or avoid them
- tell them they just need to stay busy or get out more
- pressure them to party more or wipe out how they're feeling with drugs and alcohol.

If you or someone you know needs help, talk to your family doctor or another health professional about getting appropriate treatment.

RECOMMENDED DEPRESSION WEBSITES

www.beyondblue.org.au

Information on depression, anxiety and bipolar disorder

www.youthbeyondblue.com

beyondblue's website for young people

moodgym.anu.edu.au

Cognitive Behaviour Therapy to prevent depression

www.crufad.unsw.edu.au

Information about depression, anxiety and its management

www.climate.tv (interactive e-health)

Self-management system for people with depression and anxiety

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This edition of the club newsletter has been emailed to members.
To enjoy this service all you need to be is a financial member.