SCREECH

OCTOBER 2024

Welcome to the latest edition of *SCREECH*, Newsletter of the ACT Masters Hockey Association.

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FOCUS ON HEALTH

At the last ACT Men's Masters Hockey committee meeting a decision was made to raise the profile of Men's health amongst our members. This was precipitated by a recent event that saw one of our regular HHH players, not feeling well after one Thursday's gathering. The outcome was that he was diagnosed as having a mild heart attack and was subsequently admitted to hospital for a few days. This event has a happy ending and hopefully he will return to HHH.

Subsequently, there was some discussion by your committee, not only about being able to recognise the symptoms of a heart attack but other issues relating to Men's health.

In the words of our esteemed President "We - men - are really shit at matters that affect our health."

In order to address this syndrome, it has been decided to invite people with skills & experiences in relevant fields to make a brief presentation to our Thursday HHH players and any others who would like to attend.

To get the ball rolling we has arranged for a "Recently Retired" Senior ACT Paramedic, Richard Forshaw, to present to the Thursday HHH group. This event is scheduled for Thursday 24 October 24, from 1615h for 15mins followed by question time. Richard is also a past player with Old Canberrans and a past CL Umpire.

It would be very useful to be able to recognise the symptoms of a heart attack/stroke conditions in yourself and to know what actions are required when heart/stroke conditions occur in others.

Got a story to tell?

Send it to "Screech" at:

vice-president@actmastershockey.com

The Lakers/Strikers Room at the end of the Pick Up Stix bar area will be utilised so that we can hear Richard and not interfere with the operations of the bar area. Everyone is welcome!!!!

ps. That's Richard on the left, with some Pommie guy 😊

HOBART 2024 WRAP-UP

Apologies to Chris "Chutney" McCarthy – he was also awarded the O45/1 Player of the Championships. Congratulations Chutney. The Association would also like to congratulate the following players who received their individual teams' awards:

O45/1	Michael Rowell
O50/1	Brett Pontt
O60/2	Derek Fittler
O65/1	Grant Orpwood
O70	Dick Pettet

Intercity Challenge 2024

The Merv Goodridge & Doug Dawson Cup

30 Nov – 1 Dec 24

What do you do once the winter season finishes?

Are you addicted to hockey?

We have the solution …… NOMINATE NOW

Sydney Masters Hockey Association will play host for the Intercity Challenge 2024. All games will be played on 30 November and 1 December at Cintra Hockey Complex (the home ground of Briars Hockey Club) located at 2 Gipps St, Concord. This was the field used for the 2022 Intercity Challenge.

Nominations are now **OPEN** go to https://www.revolutionise.com.au/actmasters/events/261703

There will 2 games per Age Group (4 x 15 minutes quarters each game) commencing at approx 12.00pm on Saturday 30 November (to enable Canberra players to drive up in the morning). Teams will play one game on Saturday and one game on Sunday.

The Briars Hockey Club will be the hosts and manage the canteen and hospitality for the weekend – this will include a BBQ throughout each day and drinks after each game and at the conclusion (for presentations on the Sunday afternoon).

Age Divisions. We anticipate teams will be drawn along the same lines as previous years – 4 teams: 34 to 49's (Masters), 50 to 59's (Senior Masters), 60 to 67's (Grand Masters) and Over 68 (Legends).

Saturday 30 November	**(all timings are TBC)**	**Sunday 1 December**	
12.00pm	Legends	9.00am	Legends
1.30pm	Grand Masters	10.30am	Grand Masters
3.00pm	Senior Masters	12 Noon	Senior Masters
4.30pm	Masters	1.30pm	Masters
		3.00pm	Presentations

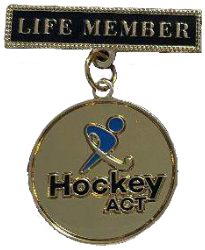
Sat 7.30pm Dinner Function at a venue TBA
(likely Wentworth Hotel, 195 Parramatta Rd, Homebush West)

Accommodation. If you are interested in playing, you should make your own accommodation bookings **NOW**. There are a range of options close to Cintra Park.

Playing Strip. ACT Teams will wear our new 2024 ACT championship strip.

2022 action at the Cintra Hockey Field

Presentation of Life Membership



At the Hockey ACT Brophy & McKay Presentation night, CEO Rob Sheekey and ACT Masters President Leo Clarke presented Hockey ACT Life Membership to our Vice President, Craig Johnston.

Introducing the latest recipient, Rob noted "… Craig has a highly decorated hockey career in all fields, starting as a rep player in 1974 and as a senior grade umpire in 1977. Craig's pathway includes representing various states, territories and countries, the Australian Defence Force and ACT Masters.

Craig has been an active member of Hockey ACT and ACT Masters Hockey for over 20 years starting as a CL1 Umpire in 2001 and as a player in the ACT Masters competition in 2004. Craig has officiated in the ACT and at national and international levels as an umpire, technical official, umpire manager, and tournament director. His contributions have also been as a player, coach, and committee member.

As of September 2024, Craig had umpired well over 1500 Senior games. Craig has served two stints on the HACT UTC and the HACT Men's Senior Appointments Sub-Committee and the last six years on the ACT Masters Committee.

Craig has made an exceptional contribution to the sport and the Association; demonstrated exceptional personal values; has demonstrated ongoing and consistent support of the values of the Association; and made an exceptional contribution as an umpire, player, coach and volunteer. For his outstanding contribution to Hockey in the ACT Craig is awarded Life Membership of Hockey ACT."

The Association congratulations Craig and thanks him for his years of service to our great game.

VALE MARK STEPHENS

Hockey recently lost a true gentlemen, and gentle giant, with the passing of Mark Stephens. In addition to Mark's long career with a variety of NSW clubs and teams he played in the ACT O55/2 team in 2019 and was scheduled to join the ACT O60/2 team in Hobart this year. He will be greatly missed.
Please see below details for Mark's celebration of life.

When: Wednesday the 9th October Time: 12:30pm
Location: Forest Lawn Memorial Park - South Chapel, Camden Valley Way, Leppington NSW 2179
Wake to follow at Gledswood Homestead and Winery 2:00pm. 900 Camden Valley Way, Catherine Field NSW.
NSW Hockey would appreciate those that will be attending to honour 'Marky Mark' by wearing your blue MMMH tops if you have one or a hockey shirt of any kind.

Leo

President
ACT Masters Hockey Association

2024 Sponsors

We are very fortunate in 2024 to have a range of fantastic local businesses providing sponsorship for our fundraising to support our three Cancer Support groups in the ACT.

ACT Masters Hockey

LifeNight 2024 SPONSORS

FRAMING MASTER
KODA & RORY DIRANI
Mobile: 0413 582 366 Open 7 days
HOME - OFFICE & ALL ART PRINTS
CUT SIZE MIRRORS - INSTANT FRAMING - ALL ARTWORK
SPECIALISING IN LARGE FRAMING - COMPUTERISED MATT CUTTING
framing.master@live.com
FACTORY & SHOWROOM: Ph/Fax: 02 6280 8889
Unit 1/ 96-98 Gladstone Street, FYSHWICK ACT 2609

YOWANI COUNTRY CLUB CANBERRA

Brindabella Hills CANBERRA DISTRICT WINERY

LERIDA ESTATE

The Hockey Shop by Al

TRAVEL ASSOCIATES

Pick up Stix KITCHEN & BAR

Poppy Fundraising and Events

coles AMAROO

BUNNINGS warehouse GUNGAHLIN

BELCONNEN SOCCER CLUB

CATALDO'S SALON

AINSLIE FOOTBALL CLUB · AINSLIE GROUP · GUNGAHLIN LAKES CLUB

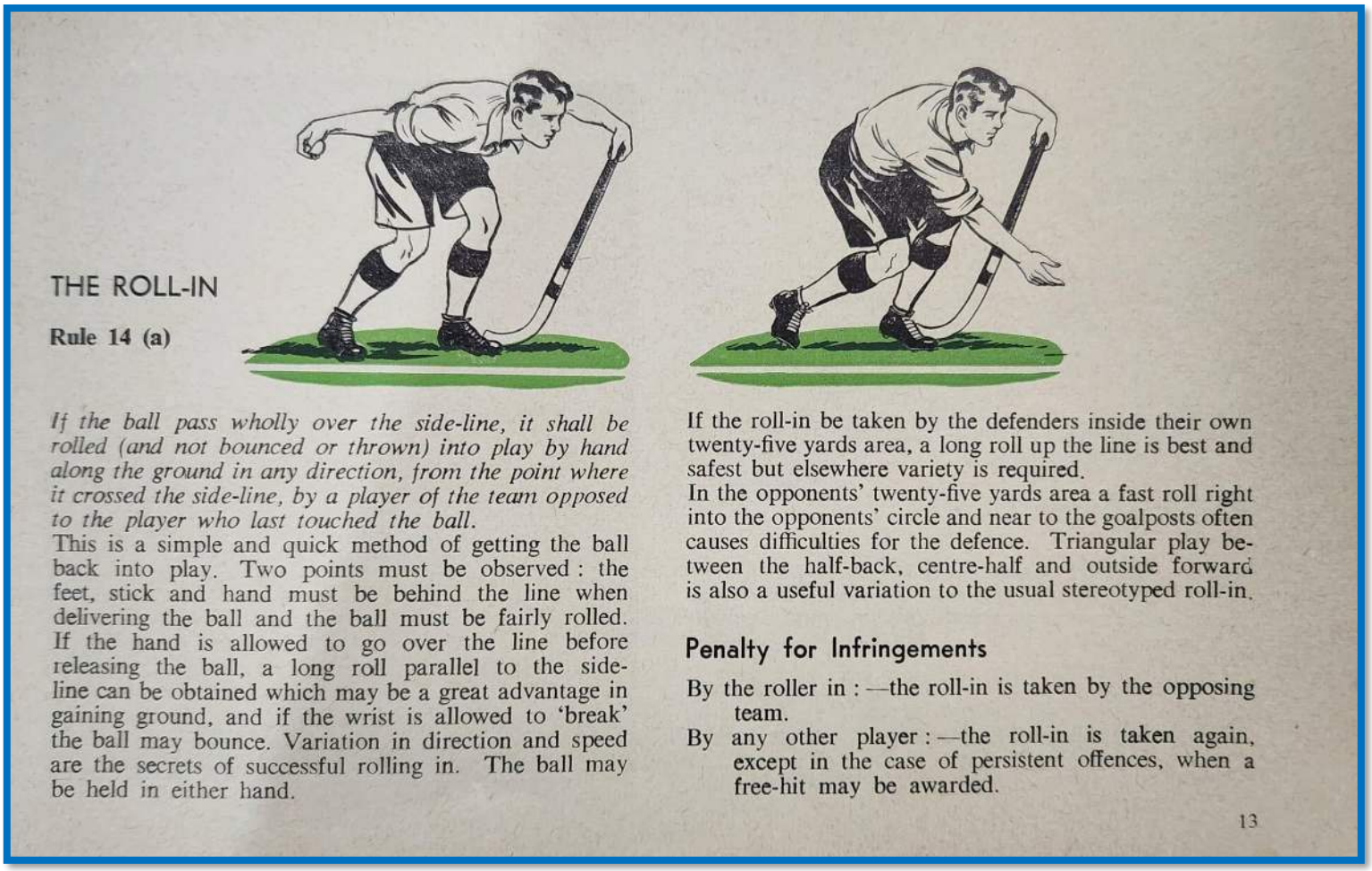
Please remember to support them too:

"Support Local – Shop Local"

One Flew Over The Cocky's Nest

... or Never let the truth get in the way of a good story

Rumour has it that the Thursday Arvo mob are looking at bringing back some of the old rules for their sessions. Reckon' you could still do this ?????



THE ROLL-IN

Rule 14 (a)

If the ball pass wholly over the side-line, it shall be rolled (and not bounced or thrown) into play by hand along the ground in any direction, from the point where it crossed the side-line, by a player of the team opposed to the player who last touched the ball.

This is a simple and quick method of getting the ball back into play. Two points must be observed : the feet, stick and hand must be behind the line when delivering the ball and the ball must be fairly rolled. If the hand is allowed to go over the line before releasing the ball, a long roll parallel to the side-line can be obtained which may be a great advantage in gaining ground, and if the wrist is allowed to 'break' the ball may bounce. Variation in direction and speed are the secrets of successful rolling in. The ball may be held in either hand.

If the roll-in be taken by the defenders inside their own twenty-five yards area, a long roll up the line is best and safest but elsewhere variety is required.

In the opponents' twenty-five yards area a fast roll right into the opponents' circle and near to the goalposts often causes difficulties for the defence. Triangular play between the half-back, centre-half and outside forward is also a useful variation to the usual stereotyped roll-in.

Penalty for Infringements

By the roller in : —the roll-in is taken by the opposing team.

By any other player : —the roll-in is taken again, except in the case of persistent offences, when a free-hit may be awarded.

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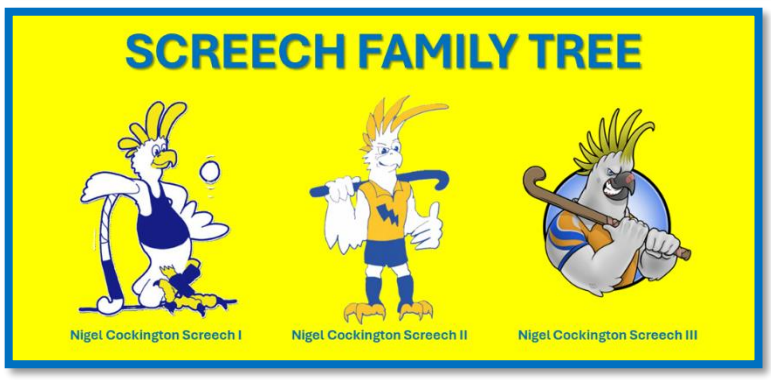

Screech

Reporter-at-Large,
ACT Masters Hockey Assn

Up Coming Events

Don't forget to mark your diaries with these upcoming events ……..

- **Every Thu** **Happy Hour Hockey (Lyneham)**
- **30 Nov-1 Dec 24** **Intercity Challenge: Cbr v Syd (Sydney)**

2024 ACT MASTERS HOCKEY CALENDARS

The updated calendars of all Masters hockey events involving the ACT, NSW and HA is available on the ACT Masters Hockey website.
Follow the link to download the calendar in PDF format: https://www.actmastershockey.com/act-masters-calendars/
The calendar now also includes a yearly planner, making it easy to see events across the year in a single glance.

NEW WEBSITE URL: www.actmastershockey.com

Need to contact ACT Masters Hockey?

General Enquiries	secretary@actmastershockey.com
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Representative Teams and Selections	selections@actmastershockey.com
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Recycling Enquiries	recycling@actmastershockey.com

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ACT Masters Hockey: www.actmastershockey.com

Hockey Australia Masters: https://www.hockey.org.au/play/masters-hockey/

World Masters Hockey: www.worldmastershockey.org