

# **John Snell – “The Master Gardener”**

A Tribute Column by Dene Milner

John Kehoe, “Mind Power into the 21<sup>st</sup> Century”, provides valuable insights to improve performance across all that life has to offer and challenge, none more so than the approach and attitude that athletes take to improving performance through training and competition.

Kehoe places a focus on the power to create visualisations, to dream the impossible dream, to impact the reality. He talks about the “energy bundles” within our brain that when triggered and activated enable people to make positive transitions resulting in “quantum leaps” in performance. He is strong on the “power to change” our thinking, to stop reacting, to use mind power to create our own reality.

One of his story lines that rings so true for me is the ‘Master Gardener’. We all know the adage “you reap what you sow”.

The experiences these past 20 years with Elbows and now pBus keeps reinforcing that adage... You bear fruit when you look after, water and cultivate the garden.

The crop you produce will be bountiful and high quality. No wonder, no surprise that with just a small group of passionate, dedicated, committed bowlers we are seeing wonderful results punching above their weight.

And what about the GOAT? John Snell. GOAT!!! yes... greatest of all time.

At 85, John has recently won The Eastern Ranges Pairs and the club singles at Lilydale Bowling Club. No mean feat considering the esteemed company he has competed against. Players who have consistently performed at the top level in the Victorian Championships for starters not to mention Lilydale being one of the top 10 clubs that plays Premier League in Metropolitan Melbourne.

No longer able to deliver with his meticulous, disciplined free body motion, John has taken to the (bowling) arm and mastered that technique.

Like the Master Gardener, John cultivated the arm delivery. Mornings during the week you will find John watering, tending his garden (the green) sowing the seeds and weeding out the problems, the rubbish.

Not just one day a week, every day.

John trains religiously on all the rinks where pennant is played on the bottom green, often on his own.

John shares his knowledge and experience with others. Luca (Heathmont Bowls Club) joins John on a Monday morning for a training session.

Leading into the final of the club singles championship John knew the game would be played on the middle green. He knew his opponent would play minimum ends. John also knew that this was his achillies heel, not having the touch and feel for short ends with the arm.

So typical John, leaving no stone unturned in the garden, trained on the middle green short ends. John cultivated, fed the brain and the fruits of that labour bore fruit.

John epitomises the very qualities that we should all aspire to if we ever want to become the best we desire to be. Not only does John practice what he preaches he is humble and has a conviction and belief that, “Every day in every way I am getting better and better”. (Emile Coue)

What an attitude and work ethic for all of us to take on board.

What an inspiration.

To quote the ANZACS “Age Shall Not Weary them”.

At 73 there is hope for me yet, God willing.

Privileged and proud to be in your company John.

Deno Feb. 2020

**John Snell – You Legend – You Master Gardener**

