

Issue 5 29th May 2020

From the Editor Just a reminder, currently with Stage 1 restrictions in play, there can only be a **maximum** of 10 people in the entire club environs at any one time.

When Stage 2 restrictions come into force on the 12th June this will then expand to 20 people.

Finally on the 10th July we can get back to a more normal situation with up to 100 people allowed within the club confines.

Thanks John Valentine for your kind words from over the ditch, this interaction with members from afar is one of the things we hoped to achieve with this newsletter. I keep in touch with my old club via a similar publication, still sent to me 2 years on.



CORONAVIRUS WEEK 10

The procedures involved with roll ups has not deterred the majority of bowlers needing some kind of fix to overcome the stay at home blues.

Book in by clicking on the link below

<https://buderimbowls.com.au/covid-19-roll-ups/>

Seen rolling up on Friday



Download this app to your phone, it could save your life



Facebook: @buderimbowlclub

Website: <http://buderimbowls.com.au/>



Stage 2: from 12 June 2020

This stage expands the restrictions from Stage 1:

- groups of 20 (includes all players, coach and spectators)
- non-contact, indoor and outdoor activities and community sports clubs
- gyms, health clubs, yoga studios
- canteens where the COVID-19 checklist for dining has been completed
- travel up to 250km from home camping or overnight accommodation.

Sport

This includes team, individual, contact and non-contact activities.

Indoor sports

- 1.5 metres between people.
 - Non-contact activity permitted for up to 20 people.
- Outdoor

Pools can operate for up to 20 people.

Spectators

Spectators and non-essential personnel should be minimised however if spectators do attend training or competitions, in any stage, they are to be considered within the specified limit of people for that stage.

Camping or day trips

- Travel 250 kilometres from home.
- Recreational travel, camping in camping grounds overnight or for multiple nights, accommodation (including caravan parks).

Outback: within the outback if you live in the outback.

Families and groups

Family and friends can gather in groups of up to 20 people in outdoor settings and participate in all activities mentioned above with the addition of camping. See camping/day trips section for restrictions on distance of travel.

Outdoor gyms and equipment

Outdoor gyms and equipment permitted to operate with up to 20 people.

Personal training (indoor and outdoor)

Indoor and outdoor non-contact personal training with up to 20 people and with 4 square metres per person when indoors.

Indoor gyms, studios and health clubs

- Permitted to open with up to 20 people (more with COVID-SAFE Plan approved by health authorities) and with 4 square metres per person when indoors.

FROM DARREN COLBURN— MENS PRESIDENT

The committee will be meeting on Saturday 13th June to agree how the club will operate under the eased restrictions that we expect will come into place.

In the meantime , **what would you as a member** , like to see happening to celebrate the re opening of the club when 100 people can attend ? Please send us your thoughts.



COVID-19 Official

Everything has been affected by the severity of the global COVID-19 pandemic. Thankfully Australia has been relatively successful in managing our response. But we all know this has changed the way we live – and that includes the impact on all levels of sport from community level to elite.

QSport, along with Queensland Outdoors Recreation Federation and Fitness Australia, has established the service provider *Active Queenslanders Industry Alliance* to support our industry through a range of services.

During COVID-19, Active Queenslanders has been delivering targeted webinars aimed at assisting clubs and organisations with issues such as finance, revenue, sponsorship and membership and business planning, with more webinars planned to help clubs and organisations be as strong as possible to bounce back when restrictions are further relaxed.

Additionally, Active Queenslanders has compiled a one-stop-shop of official information to help you navigate the various announcements, advice and assistance that is out there. You can now access this in one place through the Active Queenslanders Industry Alliance website. This page is regularly updated as new announcements are made by governments and you can access it free of charge on their website using the button below.

You can also keep an eye out for upcoming webinars and other assistance being provided by following Active Queenslanders Industry Alliance on

<https://www.qsport.org.au/home/> or Facebook at: [AQIA Facebook](#).

FROM THE LADIES GAMES DIRECTOR



Buderim Ladies Bowling Club Inc.

Games Director's Notice

Well, we are in week 10 of isolation, but we have been able to get back on the Green, albeit only for Roll-ups. However, it has been fun, and both the practice and the socialising have been well worth it.

If you have not as yet signed up for Roll ups, I urge you to do so. You need to register for any 90 minute session through the Buderim Bowls Club website. If any of you need assistance with this, please call me and I can do it for you.

At our last meeting we did discuss perhaps holding our own "Club Fiesta". This would consist of teams of 4 players, with 3 games in the one day. However, we will have a break between each game, and each player only has to bowl two bowls, so we are hoping all of our ladies can join in the event. It may be time to consider building your team, but we do not want a team of Skips! Each Skip should think about building a team with both new players and older players so each team is of a similar strength. No date has been set for this event, but I will let you know as soon as I can.

If we get back to full bowling in mid July, as is anticipated, there may still be time to run a couple of our Championships as well as the Club Fiesta. A decision on these events will be made at our next meeting on 16th June when we should have a clearer outlook of the future.

Pennant - Just a reminder to all players to register with Sandy King if you would like to play in a Pennant team, in either Division 6, 4 or 2. There is very little pressure in the lower divisions, just great experience and you get to play at other Clubs, on different surfaces, and meet new friends. All good fun, and great for your bowls! The games are scheduled to be played on Saturdays, to commence on Saturday August 1 and run for 5 weeks.

Judy Peard

0411 361 341

Ladies Bowls News

Note from Judy Peard

I have just found out that Karen Murphy has launched her own website , please click on the link below,

<http://www.karenmurphybowls.com.au/#/>

Lots of great stuff if the ladies (or Men) are interested in one of our greatest lady bowlers.



DID YOU KNOW

An alligator rumoured to have been Nazi dictator Adolf Hitler's private pet died after living for a whopping 84 years. The alligator, called Saturn, had lived a full life in three different countries before he succumbed to old age.

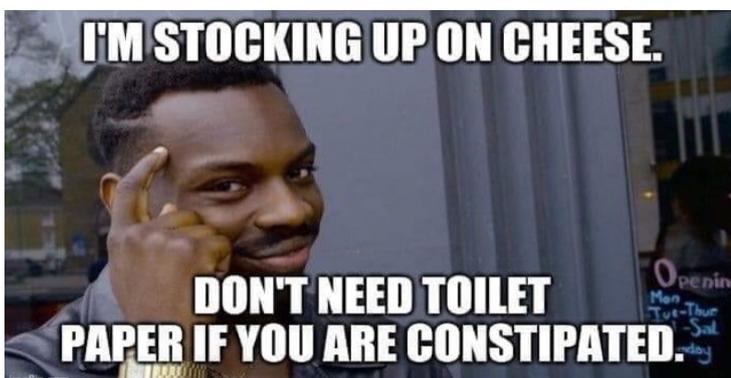
Saturn was one of the only survivors of the World War II bombing on the Berlin Zoo in 1943 and was eventually moved to Moscow Zoo, where he passed away on May 23, 2020.

The police called us in the middle of the night.

"Where is your son?" the officer asked. "In bed?" we said. "He's with us," came the reply.

Our 10-year-old had unfortunately egged the local school with a friend. How was he caught?

He was nabbed running back to the school with the empty cartons because, he told the cops, "There wasn't anywhere else to recycle them."



Did a load of pajamas so I would have clean work clothes this week.

From the Men's Games Director



Ever the optimist the following is the plan for July when Stage 3 restrictions come into play,

2020 A Singles Continuation

Date open	OPEN	Date closed	In progress
Game 2: 12/7/20 Time: 9am	Game 3: 12/7/20 Time: 1pm	Semis 19/7/20 Time: 9am	Finals: 19/7/20 Time: 1pm
Subject to ruling Covid 19 restrictions at time of play.			

Sunday 12th July at 9am

S Ogden vs R Meacle
A Wares vs G Keene
R Blake vs J Grainer
K McMaster vs B Kelly

Followed at 1pm by a full round 3

B Heinemann vs S Ogden or R Meacle
R Lamb vs P Green
N Ashton vs A Wares or G Keene
R Blake or J Grainer vs K McMaster or B Kelly

2020 PAIRS *19 teams entered at 28/5/20*

Date open	OPEN	Date closed	7/7/20
Game 1: 19/7/20 Time: 1pm	Game 2: 26/7/20 Time: 9am	Game 3: 26/7/20 Time: 1pm	Final: 2/8/20 Time: 1pm
Subject to ruling Covid 19 restrictions at time of play.			

Revised entry conditions : A single entry/game fee of \$20 per player must be paid **by the nomination closing date** , either by Bank transfer to Buderim Bowls Club— Account BSB 633-000 Acct 153157649 referencing “Payee name” and “For Pairs” or By placing an envelope containing the fee and your details in the Secretary’s Box situated in club foyer.

It is encouraged that all games be played at the nominated time / date to ensure the necessary backup support and facilities for competition play is available. In unusual circumstances, and, with the approval of Games Director, games may be played before the next scheduled round.

HISTORY OF BOWLS PART 3

I think we now really appreciate the amount of work which went into making a set of Lignum Vitae bowls. They were a bowl which were successful but had problems with warping and splitting, especially in the hot Australian climate. Even when these bowls were shipped from England, they sometimes needed repair as they would warp and crack.

An alternate material was needed to replace the Lignum Vitae bowls. The Australian billiard company, Alcock & Co. employed H.D. Hensell, who in 1918, with Dunlop Rubber Co., produced the first Ebonite bowls in Australia. Ebonite is a brand name for a material known as “hard rubber”, and is obtained by vulcanizing natural rubber at high temperatures. Mr William Hensell set up his own business turning the Dunlop Rubber Co. materials into bowls. These bowls proved to be so successful that the importation of Lignum Vitae bowls ceased.



Mr Hensell, and his son Ray, looked for an alternative to using rubber. They were seeking a material which would not expand and contract with temperature changes. After much experimentation they decided on a plastic called Phenol formaldehyde and in 1931 the first plastic bowl was produced. This kind of bowl completely changed the face of bowls.



These original bowls were called “*Henselites*” and were made of separate coloured discs so the bowlers using them could identify their own bowls. As the demand increased for the Henselite bowls, the manufacturing process was also updated. The separate disc model was replaced with a Uni-disc model, where the bowl was moulded and machined in one piece and the emblems were engraved directly on the bowl. Interestingly enough, the first Henselite all plastic jack was produced around 1942.

After World War 2, the Hensell family business, now being managed by Raymond, further increased their production capacity by installing a series of specially designed, high precision turning and biasing machines. Henselite still is a major producer of bowls in Australia and have adapted the bowls they manufacture to suit bowling conditions all around the world.

How are modern bowls made? The manufacturing process today is quite complex, I will give you a short precis’ on how it is achieved.

See over

Brain Teasers



1. Forrest left home running. He ran a ways and then turned left, ran the same distance and turned left again, ran the same distance and turned left again. When he got home, there were two masked men. Who were they?
2. A man stands on one side of a river, his dog on the other. The man calls his dog, who immediately crosses the river without getting wet and without using a bridge or a boat. How did the dog do it?
3. In 1990, a person is 15 years old. In 1995, that same person is 10 years old. How can this be?
4. A bus driver was heading down a street in Colorado. He went right past a stop sign without stopping, turned left where there was a “no left turn” sign, and went the wrong way on a one-way street. Then he went on the left side of the road past a cop car. Yet, he didn’t break any traffic laws.
5. A man was moving to a new house. He rented a moving truck, put all his belongings in it, and drove to his new place. He entered the garage with the truck and took all his belongings out of the truck. When he tried to exit the garage with the truck, he couldn’t. Why?
6. Two twins are lying next to a king and a queen in a large room. Yet, there are no adults and there are no children in the room. How is it possible?
7. What four-letter word can be written forward, backward or upside down, and can still be read from left to right?
8. Which type of cheese is made backwards?

HISTORY OF BOWLS CONTINUED.....

This is really interesting, all bowls start as a powder. All manufactures use powders with different specific gravities to achieve their desired weights for their various models of bowls. When the ingredients are blended, they are then subjected to both heat and pressure, which in turn, forms the “blank” in a mould. Once the blank has been fully baked it is now ready for machining. These days computer controlled CNC lathes are used, machining the blanks to very accurate tolerances. Generally most manufacturers look to get the finished set of 4 bowls within a couple of grams in weight of each other.

Once the bowls are machined, stamped, and highly buffed, they go through a very stringent testing process on the bias testing table. Basically all bowls in the set of four must come to rest on the same spot on the test table. If for some reason a bowl differs from the others, it is immediately replaced with another bowl from the same batch.

I hope this gives you some idea how bowls have progressed through the ages. It’s actually quite interesting that most of the world’s top bowling brands are manufactured in Australia. The only recognised brand that’s not Australian is, Taylor of Scotland.

Next week, I want to look at the reason why people play lawn bowls. The answers to this might just surprise you.

1844
– First green laid at Mr. Lipscombe’s Beach Tavern at Sandy Bay Tasmania
– Bowling Green Hotel Sandy Bay Tasmania
1845
– First recorded game of bowls at the back of the Beach Tavern (Sandy Bay, TAS). Read more
1846
– First bowling club in Australia is established alongside the Bowling Green Hotel in Sandy Bay. (TAS)
– This club was closed in 1853.
1848
– Aberdeen Sports and Recreation Club (NSW) – Read more
1852
– 1000 spectators paid to watch a match at the Bowling Green Hotel green between civilians and the military.
1864
– Melbourne Bowls Club is formed (oldest existing bowling club in Australia)(Vic) – Read more
– First bowls made in Australia, turned by Mr Alcock, Russell Street, Melbourne.
– Ballarat Bowling Club (Vic) – Read more
– Fitzroy (North Fitzroy) Bowling Club (Vic) – Read more

To read more click on the link

<https://www.bowls.com.au/about-ba/history-of-bowls->

EXERCISES FOR HOME

Workouts For Seniors Who Want To Regain Their Youth - part 4 of 11

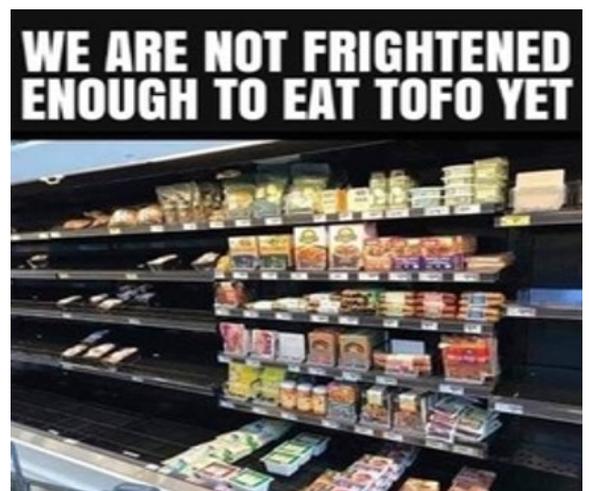
Do Step Ups To Build Leg Muscle

Performing step ups will strengthen the muscles that support the knee. However, if you have issues with your knee, skip this exercise as it can aggravate your knees too much.

Begin your step-ups at a staircase with a railing for support if it is needed. Stand on the bottom step and step up with your right foot. Bring your left foot up onto the stair, and then bring it back down to the floor, keeping your right foot on the step for the entire time. Repeat this for twelve to fifteen reps and then switch feet, doing another twelve to fifteen reps with the other foot. Continue reading to find out how to build the strength in your arms.



"I couldn't be bothered hunting, so I just grabbed some 'McDonalds'..."



Bowls News

BRAIN TEASER ANSWERS

- *The catcher and the umpire*
- *The river was frozen.*
- *The person was born in 2005 BC.*
- *The bus driver was not driving his bus, he was walking.*
- *The empty truck was just slightly taller than the garage door. When it was packed with items, the truck's height got lower, so the man could enter the garage. Once the items were unpacked, the truck was once again taller than door, so it couldn't get out.*
- *The twins, the king, and the queen, are all (types of) beds.*
- *The word NOON.*
- *EDAM.*

HOW SOON AFTER
WAKING UP IS IT
OK TO TAKE A NAP?

Important Reminder

To assist the club, and to ensure all our information is current and correct, can you **PLEASE** advise us of any changes to your contact details that may have occurred recently.

THANKS MUST GO

SUNCOAST
CARAVAN
SERVICE



Celebrating 30 years
manawee
GARDEN CENTRE & GIFT SHOP

KRUGER LAW

Harcourts

Edenlea ON
BUDERIM
RESORT STYLE LIVING FOR SENIORS

jpg DESIGN.PRINT
SIGNS

cafe
65

Bendigo Bank
Bigger than a bank
Buderim Community Bank Branch

McKenzie
AGED CARE GROUP

PHONE ORDERS
WELCOME
5478 0883
Ray Jays
Fish & Chips
Like us on Facebook
RayJaysFishandChips
18 YEARS

MWG
NEIL
MANSELL
GROUP

BR SOLICITORS

buderim
pharm

clear **hearing**

EP
EyecarePlus
OPTOMETRISTS

CENTURY 21
Grant Smith Property
Buderim's Leading Local Real Estate Agents and Property Managers

**FLIGHT
CENTRE**

regis
aged care

Perry & Oster
FUNERALS

ORD MINNETT