



BOWLS CLUB Inc.
13 May 2020

BOWLS NEWS

From the Editor

Thanks to those who have acknowledged their satisfaction with this publication, it makes it worthwhile to continue.

I would also like to recognise the support we received from Des Hedger, President and also editor of Cleveland Bowls Club News in creating this publication and offering continued advice and copy.

I hope, as it did at Cleveland that it contributes to a closer tie between the Ladies and Men's groups, and over time more recognition of all the positive things happening around the club, especially by the hard working committees and volunteers.

Please send any snippets to buderimbowls@bigpond.com



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



CORONAVIRUS WEEK 7

There is light at the end of the tunnel, roll ups to start soon and a positive roadmap to more social interaction .

THIS IS A MUST WATCH

I think we all know that our lives will be completely different from now on due to Coronavirus. I watched this video the other night and found it to be so accurate.

The video is called

The Great Realisation

and it's definitely a **MUST WATCH**.

<https://www.youtube.com/watch?v=Nw5KQMXDiM4>



FROM DARREN COLBURN— MENS PRESIDENT

Dear Valued Members,

I hope you are all surviving the isolation period.

The past few weeks the Management Committee have been in constant contact trying to format a safe approach to Roll Ups at the club.

During these discussions some supported an earlier return to the greens and others wanted to wait to ensure greater safety to our members.

On Friday, the Government announced a further relaxation of rules surrounding COVID-19 from Saturday 16 May. As from this date the club will be allowed to have a gathering of 10 people.

To commence Lawn Bowls we have to adhere to some stringent rules.

These being;

1. A booking system in place
2. Format a COVID-19 Safe Plan

Have strict rules around Roll-Ups

I am happy to inform the members that we have fulfilled these requirements and will allow members to roll-up from Saturday 16 May.

At this stage we are only permitted two bowlers per rink and can only utilize 4 rinks as we need an empty rink between the occupied ones. This means we can only have 8 bowlers per 90 minute session. When your session time is up, please leave the club immediately as other members will soon be arriving and we can't breach the outdoor gathering numbers.

Bookings can only be made from our club website

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

To ensure we adhere to the rules and regulations you are required to read the Terms & Conditions that are found on the booking page.

As part of the COVID-19 Safe Plan we are installing a sink near the gate on Elizabeth St. All members are to enter the club via this gate and are required to wash your hands for 20 sec prior to entering the club surrounds.

Members rolling up should bring a water bottle as the water fountain has been covered.

We would ask that members bring their own hand sanitizer. The club has placed a bulk order 3 weeks ago which is still to be filled. We have some available but the amount is limited.

Strictly no alcohol within the club or the club surrounds which includes the carpark.

For the safety of all members please adhere to the rules!!!

If you have issues booking, please call Darren on 0400 733 737 and I'll try and trouble shoot it for you.

From the Men's Games Director

I have received the first THREE nominations for Men's Pairs Championship and look forward to some more coming in via email or the attached Website link Darren Colburn added to the Club web site. WELL DONE DARREN !

<https://buderimbowls.com.au/mens-championship-pairs-nomination/>

The Roadmap for easing Restrictions appears to suggest we will be Bowling from 12th June so fingers crossed. The timetable below is indicative of the timeline we hope to follow for Singles and Pairs..

EVENT	DATE OPEN	DATE CLOSING	START DATES	FINISH DATES
MENS GR8s				FINISHED
MENS CLUB SINGLES	OPEN	CLOSED	15-Mar	28-Jun
SCDBBA CofC FOURS		CANCELLED		
MENS CLUB PAIRS	OPEN	19-Jun	28-Jun	26-Jul
BQ STATE CHAMPIONSHIPS		CANCELLED		
BUDERIM PRESTIGE 4s		CANCELLED		
MIXED PAIRS	TBA	TBA	TBA	TBA
MENS MINOR SINGLES	TBA	TBA	TBA	TBA

Darren Colburn has suggested the Championship Games could become a feature event, played on Sundays with games scheduled by use of the current Roll up booking form modified to suit. This would be a great way to lift the club out of lockdown and if supported by members, B-B-Ques and additional entertainment might add to the social aspect of the club and increase bar trade as well.

Please me send your thoughts on this proposal and any other possibilities that come to mind.

Greg Keene

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gregkeene48@outlook.com



A RECIPE FOR SCONES

Stand near sink

Take 1kg of S.R. flour - sieve it into a large bowl

Take 120g Butter- melt it in a saucepan and pour it into the flour

Rub the butter into the flour by hand

Wash Hands go to fridge open a cold beer and drink

Next put in a pinch of salt. This should have gone in before the butter

Rub it in by hand

Wash hands go to fridge open a cold beer and drink

Discover that the oven is not on, set on hot, get a beer from the fridge and when it is finished the oven will be quite warm

Sprinkle flour on a smooth surface

(once clothing is covered in flour put on an apron or a tea towel hitched into belt will do)

Wash hands go to fridge drink open beer

Tip the mixture onto floured surface rub it around until it looks smooth and it is the same height

Discover that you have not greased the tray, find tray and rub with buttered fingers

Wash hand, open the cold thingy and drink

Get flour from packet, dip knife in the flour and cut mixture into shapes, lift these shapes on tray.

Put the tray into the now very hot oven for 20 minutes and remember to close door

Drink beer but remember to wash bottle before drinking I think

Remember to set timer, Too late so guess time in oven

Following cooking times below

For burnt bottoms leave scones in oven for 25 minutes

For overall burnt affect leave in cooking thingy for about 35 minutes

Tip scones onto a clean dry towel this towel , will only cover 75% of the hot scones the rest should be eaten immediately with loads of hot butter

TIP. Do remember tray is very hot when you are trying to tip the scones out onto the towel - It will burn like hell when held by the naked hands so you will need two towels

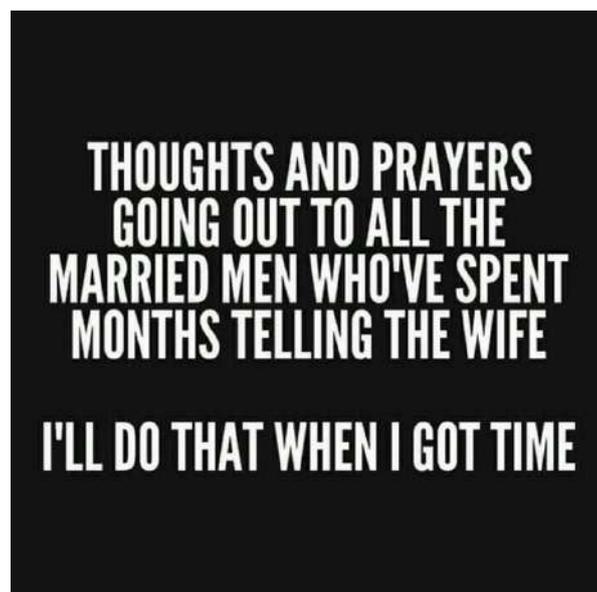
Ask others to clean up. Wash Hands and if you can remember where the fridge is celebrate the event with another arrrrr drink

Then rest for a couple of hours after all you hard drinkkkk sorry cook arrr cooking

Enjoy Just another day in the kitchen

This recipe is very old and its origins are lost in time

They have never found a cook who can remember making it .



COPING WITH CORONAVIRUS

RELAXED COVID-19 RESTRICTIONS ON BOWLS CONFIRMED

BY **BOWLS AUSTRALIA**

Updated: May 11, 2020 National Cabinet's 'Roadmap to a COVIDSafe Australia', approval of the 'National Principles for the Resumption of Sport and Recreation Activities' and the Australian Institute of Sport's (AIS) 'Framework for Rebooting Sport in a COVID-19 Environment', providing the pathway

The states and territories will continue to be responsible for decisions around local restrictions, including those related to sport and recreation resumption, at all levels. States and territories will also determine progression through the phases, taking account of local epidemiology, risk mitigation strategies and public health capability.

Each step we take needs to be underpinned by a strong commitment from all of us to:

Bowls Australia (BA) welcomes the for a safer return to sport.

(Scroll below for Transitional Guidelines for Bowls Clubs & Participants.)

- Stay 1.5 metres away from other people whenever and wherever we can
- Maintain good hand washing and cough/sneeze hygiene
- Stay home when we're unwell, and getting tested if we have respiratory symptoms or a fever,

Download the COVIDSafe app so we can find the virus quickly, and

- Develop COVID safe plans for workplaces and plans.

MEMBERS WELFARE

Sadly, we report the wife of friend and fellow member Eric Cathcart has passed away recently. You may recall Eric suffered a serious fall at home some time back and only recently left hospital himself. We wish him our heartfelt condolences and trust he can rely on ongoing support from fellow members.



WHAT IS HAPPENING AROUND THE CLUB

Whilst the club has been in lockdown a small band of dedicated members have worked hard to maintain the buildings and surrounds.

Richard Meacle in particular is doing a mighty job on the buildings and John Crisp with a small crew are ensuring the gardens remain as beautiful as ever.

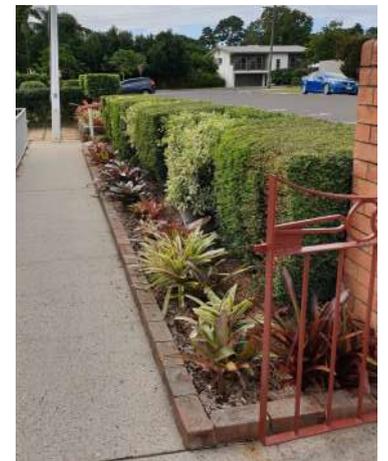
John has written the following -

When I joined the club around 3 years ago, I was approached to join the Dad's Army Group due to my previous landscaping experience, having run my own successful business for 20 years in Hobart.

I suggested easing the workload considerably by reducing the height of all the shrubs we were continually trimming to a more manageable height. It was physically demanding for our volunteers and, my idea was for them to be enjoying their work and not to be under any physical pressure. We have attained this and the gardens are looking lovely, I'm sure all the members will agree and it is now much easier to maintain without those extra physical demands .

We have a really good, though **SMALL** team of garden volunteers and would welcome any new members to help ease the load. With more people involved it would allow our current gardeners to have some time off occasionally.

It isn't physically demanding and we are a happy bunch of guys who have a chat and a coffee and an enjoyable time while completing our work.



CONTROVERSY CORNER

The following is correspondence from the Umpires Association, **what do you think ?** Lets get some opinions published and see how the land lies.

It has always been a bone of contention how to schedule Club Competitions . Certainly the time frame needs to be contained .

In theory with non negotiable start / finish dates everyone can plan ahead with certainty but for those who shift work or work weekends we must try to ensure they are not unfairly excluded from these important events.

Appointing an Umpire

The question asked. “Is there any BA or BQLD policy on who, how and when is an Umpire appointed and for what events?”

- 1 As far as known there is no set rule or policy set out by BQ or BA regarding appointment of Umpires. It is pretty straight forward when you divide up the occasions Umpires are required.
- 2 All District/State/National games conducted at any Club the Umpire is normally appointed by the Match Committee. Entirely out of the Club hands, unless requested to provide Umpires by the Match Committee. This request is then normally is given to the Umpires Panel Chair who then asks for expressions of interest from the District Umpires.
- 3 Pennant – It is in the Conditions of Play that the Home Club must supply an Umpire on the day. This also applies to any Special Events in the District. If the Home Club does not have an Umpire available then the Visiting Club should be consulted for one.
It is also permitted for the Controlling Body to appoint a competent player (or an ex umpire) to act as the Umpire if an accredited one is not available.
- 4 **Umpires SHOULD be appointed for all Club Championships from Round 1 to finals (The District is keen to have all Clubs observe this request). This is a good reason why Club Championships games per round should be played on the same day – not a scatter gun arrangement thus it becomes fairer for all competitors.**
- 5 Any event programmed by a Club, i.e. Club Championships or Special Events it is either the Games Director or the Umpires Co-ordinator who appoints the Umpire.
This is normally an internal arrangement.

Roadmap to a COVIDSafe Australia

States and territories will move at different times based on local conditions
National Cabinet will review step progress every three weeks

Step 1

COVID safe reopening commences with physical distancing & hygiene

- Up to 5 visitors to your home
- Gatherings of up to 10 outside of home
- Work from home if it works for you and your employer
- Libraries, community centres playgrounds and boot camps open
- Australians can do more:
 - Shopping
 - Restaurants and cafés
 - Home sales & auctions
 - Local playgrounds
 - Outdoors boot camps
 - Local and regional travel

Step 2

Most business reopen with physical distancing & hygiene

- Gatherings of up to 20 outside of home
- Work from home if it works for you and your employer
- Australians can do even more in gatherings of up to 20:
 - Gyms
 - Beauty therapists
 - Cinemas, theatres or amusement parks
 - Galleries and museums
 - Some interstate travel
- States and territories may allow larger numbers in some circumstances

Step 3

All Australians return to work with physical distancing & hygiene

- Gatherings up to 100
- Return to workplace
- Consider cross-Tasman, Pacific Island travel and international student travel
- Australians can do even more in gatherings of up to 100:
 - Food courts
 - Saunas and bathhouses
 - All interstate travel
- States and territories may allow larger numbers in some circumstances

Bowls News

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 in the last 12 months.

Looking at the map for some weekend travel ideas.



ROGER KEAN'S TRIVA QUESTIONS

1. What do you call the ball inside a Guinness Beer can ?
2. A daddy bull drinks 10 gallons of water per hour and a baby bull drinks 4 gallons per hour, How much would a Mummy bull drink ?
3. A farmer had 17 sheep, All but 9 died, How many did he have left ?
4. A boat is at anchor with a rope ladder over it's side, the rungs are 1 foot apart and at high tide 3 rungs are showing. When the tide drops 3 feet, how many rungs are showing ?
5. What do you sit on, sleep on and brush you teeth with ?

Answers are towards the back

Member comment

Overheard seniors comment, whilst in isolation,
"Everything is going well, now , I'm colouring within the lines".



HISTORY OF BOWLS PART 1

It seems lawn bowls has been around for centuries with authentic records proving some kind of lawn bowls has been around for over 700 hundred years. Believe it or not biased stone bowls have been dated back to around 5,000 BC. It seems are ancestors also enjoyed their day on the green.

Sir Francis Drake on Plymouth Hoe



History indicates that the all conquering Roman Legions, during Caesar's rule, introduced a form of lawn bowls into Europe and the British Isles. The game of bowls became well established in England during the 12th Century and a group of players representing the Southampton Old Bowling Green Club formed the oldest established bowling club in the world that is still active today. Bowls became so popular in England and in France, the respective Kings of both countries prohibited the game to the common people and made it "The Royal" game.

The game flourished over the border in Scotland and the Scots were the first to develop the present flat green game, established rules and laws with which to play the game under. The emigrant Scots have also been given credit for introducing the game world-wide when they settled in other countries.

As a matter of interest, there are more than 200 hundred public bowling greens in the City of Glasgow alone. Many of these clubs have fully enclosed bowling greens to enable the Scottish bowlers to play all year round. The concept of fully enclosed bowling greens has become very popular throughout the British Isles, so bowlers can enjoy the game and not be out in the harsh weather.

In the early days of the British aristocracy bowls was considered "the gentlemen's game" and many private bowling greens were established and played on by the chosen few. It's interesting to note that some of the more famous names in British history were also bowlers. Apparently Sir Walter Raleigh, Victor Hugo and even Sir Frances Drake was a lawn bowler, even when the Spanish Armada was sailing up the English Channel in 1588. British officers installed bowling greens in the American colonies, in Canada and did they introduce the game into Australia? Let's find out next week when the History of Bowls continues.

Jokes Page

This one takes the prize

A True Story from the Jacksonville , Florida, Police Department

A man goes to a party and has too much to drink. His friends plead with him to let them take him home. He says no he only lives a mile away.

About five blocks from party, the police pull him over for weaving and ask him to get out of the car and walk the line. Just as he starts, the police radio blares out a notice of a robbery taking place in a house just a block away. The police tell the man to stay put, they will be right back and they hop a fence and rundown the street to the robbery.

The guy waits and waits and finally decides to drive home. When he gets there, he tells his wife he is going to bed, and to tell anyone who might come looking for him that he has the flu and has been in bed all day.

A few hours later the police knock on the door. They ask if Mr. Joe is there and his wife says yes. They ask to see him and she replies that he is in bed with the flu and has been so all day.

The police have his driver's license. They ask to see his car and she asks why. They insist on seeing his car, so she takes them to the garage. She opens the door. There sitting in the garage is the police car, with all its lights still flashing.

True story: Told by the driver at his first AA meeting

My wife yelled from upstairs and asked, "Do you ever get a shooting pain across your body, like someone's got a voodoo doll of you and they're stabbing it?"

Sounding concerned, I replied, "No..."

She responded, "How about now?"

Until further notice the days of the week are now called, thisday,thatday,otherday, someday,yesterday, today and nextday!

EXERCISES FOR HOME

Workouts For Seniors Who Want To Regain Their Youth

- 2 parts of 11

Exercising is vital to maintaining a youthful and healthy body. Studies have proven seniors who participate in strength training or working out regularly, build bone and muscle, have stronger immune systems, more efficient lungs, better blood pressure, and have counteracted the weakness that comes with age. Seniors who workout regularly can also ease the symptoms of arthritis, osteoporosis, pulmonary diseases, and Type 2 diabetes. By building strength, seniors will see improvements in their balance, stability, flexibility, and overall quality of life.

Begin your transition to a more youthful you now!

A Five To Ten Minute Warm-Up



Warming up is the most important part of beginning a workout. Warm up consists of light cardiovascular exercises as well as stretching that increases blood circulation and body temperature, but also protects against injury. At the beginning of your workout, start by walking or lightly jogging in place for five to ten minutes with your arms swinging freely to help remain balanced. If you have limited mobility or if you would rather, you may sit in a chair and begin with chair exercises such as head, arm and shoulder rolls followed by ankle circles and leg extensions. Now that you know how to begin your workout routine, continue

Chair Squats Are A Great Leg Exercise



Practising squats with good form can help build strength and muscle in the thighs, hips, and glutes. To begin, stand in front of a chair with your feet shoulder-width apart. Bend your knees, putting weight on your heels, then stick your hips back and arms straight out to gain better balance. Sit down until you make contact with the chair. As soon as you feel the chair, slowly stand back up. Try to do so without rocking or swaying. Repeat for twelve to fifteen repetitions.

To modify the workout to make it easier you can place your hands on your thighs, or if you need the exercise to be a little bit more difficult, do it while holding weights or a medicine ball in your hands.

Bowls News

Government : work from home

Archaeologists :



HAPPY BIRTHDAY

- ALVES Michael
- CARDENTI Paul
- DENNINGS Rodney
- FIALLA Dieter
- HEDGES Barry William
- HEWISH Graeme John
- KYDD David Mann
- McGLASHAN Peter
- MOORE Russell John
- ROBERTSON Gordon Charles

TRIVIA Answers

1. A widget. (not drunk')
2. There is No mummy bull.
3. 9.
4. 3 rungs. (Doh')
5. A chair, A bed, A toothbrush.

THANKS MUST GO TO..OUR LOYAL SPONSORS

