



## Harperbury Bowls Club

MARCH 2017

1955—2017

The 2017 season is nearly here!

### Savoury Nibbles and Subs evening.

There was an amazing turn out for the first official get together at the club for the 2017 season and a very sociable evening was enjoyed by all. Lots of subs forms and comp forms were submitted. A big thanks as always to Sheila R for the supper.

We have 81 full members joined this year so far including 5 life time members. Niel Roake will also be joining again in May when he returns to the UK. We have 13 associate members supporting the club by joining us so a total of 94 members for 2017.

The maximum membership for Harperbury is 100 bowling members and we were close to that with 95 bowling members when we finished the 2016 season but as anticipated not all of the new bowlers re-joined.

Amongst our numbers are 4 new members, 3 being first year free new bowlers—Gerald Maguire, Annette Trollope and our youngest and only Junior member at the moment - Chloe Clark (9yrs). Our last new member is a very experienced bowler, Gary West who has joined us again this season having bowled at Townsend for the past few years. I know everyone will make our new members feel very welcome, especially our new bowlers showing them patience and supporting them on the green.

Sheila R is putting an order together for club polo shirts and fleeces so if anyone wants to order anything please let her know as soon as possible.

There were two further pre season events organised to get everyone together.

Firstly a trip to Henlow Dog racing track on Mothering Sunday. We enjoyed a 3 course meal and 12 dog races

for £15.95 which I felt was a great deal. It was a very successful evening. Some of us came away a few pounds lighter in the wallet area though!

A few members have suggested an evening at the races at Windsor, horses this time. I am looking into a Monday eve, fish and chip supper, horse racing and music following the racing. Keep your eyes on the social board.....

**Sadly Billy Elliot was cancelled as not enough takers.....**



**WORKING PARTY..... We are hoping to see lots of members up the club this coming week (9th April) to help get it ready for the start of the season. There are many jobs, mostly outside now, that need doing. Painting the bins for the rinks, anyone with a leaf sucker-upper thing there are still lots of leaves around the place especially the sheds that need sucking up. The white chairs need cleaning and painting. Windows need cleaning. The patio area and the path up to the club needs weeding, the gazebo tops need putting on etc. The list is up in the kitchen so if you are planning on doing a job put your name next to it so everyone knows and it doesn't get done twice! Ivy and Peter are giving up their flower bed this year if anyone would like to take it over please speak to a committee member. It is the one with 2 rose bushes in it at the top end on the right.**

# Committee News

## Competition Night Draw

Tuesday 9th May see's the competition draw at the club and a chance to have a bowl as Tim and Barbara go through the format for the Harperbury Tuesday Evening League.

The league will then start on TUES 16th MAY at 5.15 followed by a BBQ to help launch the league.

The posters will be up at the club for the BBQ so that Robbie has an idea of how many are coming.

### Tuesday League Night

Tuesday 16th May

5.15pm

The game consists of 12 ends on 4 rinks for either triples or 4's depending on numbers.

(Max 32 players each League night and names entered on the night)

The game is scored with 3 points for the nearest wood, 2 for the second and 1 for the third nearest. So 6 points are available each end.

The score cards are given in at the end of the game so that the league table can be updated for each member taking part.

Members must play in a minimum of 8 Tues eve league sessions to qualify for the trophy.

Come along and support the League, get some practice and have a chance to bowl with different members.

There will be 2 rinks free on league/club fun nights for anyone that just wants a roll up or any county or district games.

These will still take priority.



The wheel chair is assembled and ready to rock and roll!

Les has given it a go but no woods have been bowled as yet. It actually rocks forward allowing the bowler to get closer to the green. There is a safety bar preventing

the bowler from falling out. Always helpful.

We will be finding a permanent home for the chair in one of the sheds once the BBQ's have been removed during the working party week. So if anyone would like to give it a go for a roll up once the season starts please do.



The Wheel chair will need pushing up and down the green by an able bodied person should anyone fancy a go.

The committee will also be participating in the Larks in the Parks in London Colney to let the community know we have the wheel chair for anyone that has mobility issues and wants to have a go at bowls.

### The tea rota and cleaning rota are up in the club house.

Please tick your names once the date is in your diary so that we know you know! Otherwise we have to ring you if not ticked.

If you cannot do your allocated date please find a swap and then change on the rota at the club.

When cleaning please only use the cleaning materials supplied at the club as these have been put in the COSH folder - health and safety requirement.

Thank you for your support with the teas and the cleaning.



## Captains Log.....

WE WON !!!!! Harperbury won the final indoor match of the winter season against Watford IBC (Woodside) on Saturday 25th February. The glorious statistics are as follows:

Shots - Harperbury 100 Woodside 89 Rinks - Harperbury Won 3, Drew 1, Lost 2.

NB. Aaron was particularly pleased that we reached our Century!

### ***Top Rink - Jim Terry, Shirley I'Anson, Michael Langley, Les Roberts.***

I believe this is the first indoor match that we have won for quite a long time - no doubt someone will come up with the definitive information? Anyway we were all well pleased with the achievement, which was a very fitting end to the indoor season. Over the 5 indoor fixtures that we have played, 35 members have taken part in one or more of the matches and I think we all feel that we have benefitted greatly from the experience - in terms of keeping in touch as Harperbury club members and also getting some bowls practice.

Now I am looking forward to the outdoor season - and to trying to get my bowls up the green (rather than in the ditch as happened indoors at first ! )

Mary B

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"PS After asking a number of long-standing members, the consensus seems to be that Harperbury last won a winter indoor match when Ian Englebright was captain, and the last year he was captain was 2000. This means that it is 17 YEARS since we won indoors!!!!!! So is this a great achievement or what?! Everyone who has played over the winter should feel really proud of Harperbury's performances throughout and the spirit in which every match was played."

So far 45 members have come along for a CPR session which is amazing. Chloe, as our youngest member, came along and was more than willing to be the 'patient' for the recovery position.



The main aim of the sessions has been to give members the confidence to have a go at CPR—CALL PUSH RESCUE . Call for help - be loud be heard and if you are on your own call an ambulance before you start CPR to get help on the way.

PUSH - When doing chest compressions I find it helps to do it to the tune of 'Nellie the elephant' in your head to get the rhythm. Remember you have to push down 5cm for it to be fully effective, so don't be afraid to push deeply down , use the power from your whole body weight with straight arms if you can.

RESCUE - After 30 pushes, which is 2 chorus's of Nellie the elephant, do 2 breaths tilting the head back with your hand pinching the nose hard and gently tilting the head back. Put your mouth over the whole of the patients mouth so that no air escapes and it all goes down to the lungs. Watch for the chest to rise. Then do chest compressions again.

Remember the mechanics of it all. By pushing on the chest you are squeezing the heart encouraging blood around the body. The heart then needs to re fill so make sure you allow it to do that in between compressions. It only takes seconds. The same with the 2 breaths. By blowing into the mouth you are hopefully getting air into the lungs. This will make sure there is O2 there for the blood to pick up as it whizzes around the body with the chest compressions you are doing. Allow a short break in between your 2 breaths for the lungs to empty again. You have all been brilliant and really engaged with this so thank you. The more of us that are brave enough to give CPR a go if someone has a heart attack the more of us will survive. Thanks to Emma, Sue A, Shirley B and Dave L for helping me put these sessions on for you. We really hope you are now confident to do CPR and use the De fib if you are ever required to. As the DVD tells us—the worst thing you can do is nothing. ❤️



**WARNERS**..... Well 49 of us went and 49 came back so as an organiser that is always a good result in that we did not lose anyone! The highlights of the weekend? Too many to mention really. Here are a few though..... **Sheila Thorne** won the chocolate drive and was on a roll as she was in the winning team with **Judy** and **Maggie L** for the Sunday game. The entertainment for Saturday night was brilliant but Sunday night was awful! So we went into the bar for a massive game of men V women charades - brilliant. Poor **Hilary** had Holly Oaks and is still traumatised .

The weather was the biggest bonus and allowed us to get out on the pitch and putt, exploring and just generally enjoying the company in the sunshine. Most people, by the end of the weekend, felt that sitting with different people at meal times was a good way of getting to know everyone a bit better.

On Monday morning before breakfast I was presented with a lovely card that everyone had signed and a very unexpected collection for which I once again thank everyone for. I am now in possession of a voucher so I can get a beauty treatment before my Florida holiday in July. I also received a pen with my name on from Rose, Michael and Aaron as a thank you and a lovely hand made scarf and a box of Turkish cakes from Lorna and Danny. As I said to you all the gifts are very much appreciated but I only book it all and get you there, the success of the weekend was solely down to the people that came and the effort you put into it. No one comes to moan and have a miserable time - other wise why come? So that makes it much easier! These events are what we make them and we had a good bunch out for a good time. Thank you - we had a smashing weekend with you all.



## Warners Continued.....

On the Sunday morning we had a drawn triples round robin.



Judy, Maggie and Sheila won the competition. Well done ladies.

Les, Maureen Pugh and Michael were runners up along with John G, Gill and Mo Plummer.

We had 2 celebrations whilst we were there on the Sunday. Maureen and Ron Pugh were celebrating their 61st wedding anniversary and Michael L his 66th Birthday!



Next year the 31st March is actually Easter weekend so we are looking at either the week before 24th March or later on the 16th April. We can't do 6th April as we are away with the family.

Looking at a change of venue for 2018 in Warners at Gunton Hall near Great Yarmouth if I can get a deal. I am going at the end of the month on a 'reckie' so will let you know when I get back.

Happy to hear your thoughts on dates and venues in the mean time as Gunton Hall will be a bit more expensive and is further away. It has a 4 rink bowls hall, a bigger pool, pitch and putt and a spa.

# Thank You....

Over the 2016 season we have supported the Captains charity - Cancer Research UK. Dave displayed the 'Thank you' letter from them for the £903.64 that we managed to raise during the season.

John Allen, as London Welsh President in 2016, was raising money for 'young Lives Vs Cancer' and managed to raise an amazing £1,553.78. This amount was helped along by John and Sue donating £375 of the money the club paid them for decorating the club through the winter. The other £375 they have donated to Mary's charity as club captain. It gives it a great start.

## Quiz Night.....

The poster will be going up in the club soon for the first quiz night on SAT 20th MAY.

The money raised will be used to purchase a new PA system for the club so your support would be much appreciated - especially as I have already bought it :)

It will be teams of 8 and £10 a head as usual with a fish and chip supper.

6.30pm for a 6.45pm start.

The team numbers are limited due to space so it will be first to put teams down on the poster once it goes up.

*A few members will already know that I organise a Charity Ball each year at the Bushey Met police club. I told members too late last year so it was requested that I get the date out sooner this year. SO..... It is on SAT 14th OCT. We are raising money for Cardiac Risk in the Young (CRY) as one of our midwives tragically lost her 21 year old son who sadly collapsed and died with an unknown cardiac problem.*

*Tickets are £45. Please let me know if you would like to come this year. I have reserved a table of 8 for the bowls club just in case and will need £20 deposit per person by June to confirm the table.*