



Harperbury Bowls Club Newsletter 1955 - 2023

FEB 2023

Members are reminded of the club ethos of respecting the right of all club members to participate in club activities free from harassment, abuse and intimidation.



Spring is coming!

Well it is a little way off still but when the Subs form comes out it feels a little closer doesn't it?

The fixtures card is also attached. Hopefully we will get lots of names down for all the friendly games, especially our newer bowlers. Please put the dates for the Ron Grey games with Hatfield, the Stuart Mather with Townsend and the London Welsh in your diaries and possibly keep them free if you can as that would really help me. I would love to win the Ron Grey again and we have been SO close in the Stuart Mather as well. They put a super strong rink out to close the gap in 2021 as we had them worried!

The tea rota is also attached and like the cleaning one if you can't make your allocated game please try and find a swap and update the master copy up the club. If you can tick your box on both rotas to let us know you have noted the date it will save us chasing you.



It would be lovely to see lots of you up the club on THURSDAY 16TH MARCH 7pm for Subscription eve. You can see all the hard work that Ken, Dave L, Sue, Michael, Geoff C, Dennis, Graham and Brenda have been doing in the club house with a lick of paint etc. The green team have also been working hard because the green looks very cared for and nurtured over the winter period. It is also worth mentioning that your committee have been beavering away as usual to get things ready for 2023 so it will be nice to see all.

RollUp



Can you help us get ready for the 2023 season?

We would be very grateful if members could help us get the club ready for our opening weekend of 15th April by using the week before 10th - 14th to get involved with the spring clean.

This is very much a case of many hands etc and involves

- removing all the cobwebs from those places cobwebs gather throughout the club
- cleaning the fridge and freezer
- giving the changing rooms and toilets a good going over
- cleaning the carpets in the club, ladies and gents toilets and main club area - *Sheila*
- washing the nets and curtains – *Eileen & Keith*
- lifting all the equipment off the floor and giving the kitchen floor a good scrub
- washing the crockery and cutlery (can be taken home between now and start of the season and put through dish washer then put in a carrier bag and left in ladies) cleaning the draws and cupboards - inside and out.
- The windows also need a clean inside and out

There is a book in the kitchen where completed jobs can be recorded so that we are not doubling up.



Aaron will be putting a rota together for the Grass cutting team looking after the grass around the green and outside the club.

John G and Tony P Dave T and Graham D Aaron Dennis

If anyone else would like to be involved cutting the grass please let Aaron know.

Committee News

CLEANING ROTA

To help keep the club looking it's best there is a cleaning rota attached to the email. If you cannot make your cleaning date please try and get someone to swap with you and update the master copy in the club. Cleaning basically involves emptying all the bins and taking the rubbish home, cleaning the toilets, wiping down the kitchen, sweeping and washing the toilets and kitchen floors and putting the hoover round the changing rooms and club. It takes a couple of hours with 2 members so please take your turn. Cleaning is usually done on the Friday but a Thurs is ok and the Saturday morning if the Friday is not possible.

There is guidance on the wall in the kitchen as to what needs doing and we ask that members use the cleaning products under the sink or in the toilets as we have to keep a record of what we use for COSHH.

Likewise, there are buckets and mops allocated to certain areas of the club and a hoover in the cupboard by the bar. We call it the cupboard under the stairs lol.

Please ask one of the committee when you are up the club if you need anymore info.

RECRUITMENT CAMPAIGN

The posters, banners and flyers will soon be ready to go! If you live in London Colney, Shenley, Bricketwood or Park Street and can pop some flyers through doors or sweet talk anyone to put up posters in shops etc please let Deb know. The week including the 24th March onwards we will be trying to blitz all these local areas ready for our open day on 22nd April so you can collect flyers etc on the Subs eve if you can help. If every member did a street or two it would really help get the word out.

You can still do your bit even if you do not live in these areas. If you fancy covering a road or two let us know and we can allocate you one or two or three! If you fancy having a look round the housing estate that the bowls club is on, that needs blitzing as well. Once again ... Many hands make light work!

SUBS FORM

The subs form is attached with the singles competition entry form on the bottom bit. The entry sheet for the pairs comps will go up in the club 2 weeks before the comp with the dates. This is a new way of doing it this year. It is so early to commit in March when the forms come in as often holiday dates are not known. By doing it this way it is hoped more members will enter. The singles comps are play by dates so you can organise your own games so these are staying on the form.

To pay your subs you can either do a bank transfer for your payment and email your form to Peter, post it all to Peter with a cheque, drop the form and cheque/cash off to Deb or Peter or bring it to the Subs night at the club on **THURS 16th March from 7pm**. All subs to be paid by the 1st APRIL please so that everyone is ready and registered for our opening weekend on the 15th April.

Captain V President Game Sunday 16th April.

This is the first official game of the season and usually a close fought contest! The Presidents team will be looking for a win this year having been beaten last year by the Captain's team... again.

The team selection sheets for this game will go up soon. To save you having to go into the club, having to turn the alarm off and then re set it when you leave, I will put the sheets up where the picked team sheets usually go on the board by the gate.

It would be lovely to try and get as many members as possible up the club for this first game. We will be having a cream tea after the game. Our Raffle will pay for the cream tea and any prizes welcome. WHITES – register by 2pm please.



The season starts on **SATURDAY 15th April with a Chocolate Drive at 2pm**. This is a great chance to have a bowl on the green, get a feel for outdoor bowls again and you will of course win a bar of choc! It will be short jacks only and a bit of fun on a Saturday afternoon. So we can make sure we have enough prizes you will need to put your name down for this please with registration at 2pm prompt. £1.50 fee.

Captain's Charity – Prostate cancer research

- 1 in 8 men will get this in their lifetime.
- Every 45 mins 1 man dies from this cancer

Prostate cancer is THE most common cancer in men, more than 52,000 men are diagnosed with prostate cancer every year on average – that is 143 men every day. Around 475,000 men are living with and after prostate cancer including my dad, Les, and my two cousins.

I am sure we all know someone who has been affected by prostate cancer. Without the research that has gone into how to treat this cancer my family members may not be here. The campaign around educating men about the signs and symptoms and acting quickly is SO important. If prostate cancer is caught men will hopefully die of old age with prostate cancer and not because of prostate cancer.

So – Prostate cancer mainly affects men over 50, the risk is even higher in black men and men with a family history of prostate cancer. I personally think men should be tested for this 3 yearly just like women are for cervical cancer. I am told the examination is a little uncomfortable as they feel for the prostate gland but it could save lives if it was offered routinely. Let's face it, it can't be anymore uncomfortable than a cervical smear test can it and they definitely save lives.

Men can have this cancer in the early stages and not know it. My cousin was found to have it, mentioned it to his brother who had NO signs or symptoms and encouraged him to get tested. He then had to go and convince his GP to examine him. They found a suspicious prostate gland that turned out to be cancerous. He is now fully recovered after chemo and radio therapy.

If you have any symptoms or a family history you should get checked out. It is not always life threatening and if you catch it early it can be treated thanks to research.

Some men are notoriously bad at getting themselves checked out and hoping things will 'go away' or being terrified of what might be found. If you do notice changes in the way you urinate, this is more likely to be a sign of a very common non-cancerous problem called an enlarged prostate, or another health problem. But it's still a good idea to get it checked out. Signs of prostate cancer are:-

- difficulty starting to urinate or emptying your bladder
- a weak flow when you urinate
- a feeling that your bladder hasn't emptied properly
- dribbling urine after you finish urinating
- needing to urinate more often than usual, especially at night
- a sudden need to urinate – you may sometimes leak urine before you get to the toilet.

Please click on this link and download this leaflet - reading this and getting checked out could save your life.

https://shop.prostatecanceruk.org/know-your-prostate?_gl=1*1ncr0c2*_ga*MTgzNzE2MTgyLjE2NzU1MzQ0MDk.*_ga_NWKX2S91S5*MTY3NTUzNDQxMC4xLjEuMTY3NTUzNTA0NC42MC4wLjA

Committee News Continued

- The weekday home games will remain as tea and biscuits with a raffle and the home weekend games will remain as tea and cake with a raffle. If you come up to the club to watch the games the committee ask that you make your own cuppa and have the biscuits in the biscuit tin. **The caterers are providing tea and biscuits/cake to the players and the visiting teams and doing it on a budget.**
- Thank you to everyone who donated their cakes and biscuits last season it really helped. The raffle prizes will be provided again by Barbs, Jill, Deb and Gwen and the raffle monies (once the £10 cost of the raffle have been taken out) will be used to help reimburse the caterers.
- The friendly game match fees are still included in the £100 subs unless there is a meal involved – Hatfield and the Ron Gray Trophy home and away, Stuart Mather trophy – home and away and the London Welsh game will all carry a match fee.
- We have a new internal singles competition this year for members who are 75 years young or over. It will be a short jack singles knockout competition. It is on the Subs form so if you fancy a go please enter. It will be a play by date so you can arrange the games amongst yourselves to be played before or on the play by date. We have a list of members that are happy to mark any singles games and their contact details will be on the board at the club.
- The ladies and Men's Kelly's singles internal competitions enable winners to go through to represent the club in the Champion of Champion District competitions
- If any of our new bowlers from last season still have any of the clubs bowls can you please return them on the subs evening on 16th March.



A MASSIVE thank you to all the members who have supported the indoor games over the winter. It was lovely to meet up and stay in touch with you.

The game against Hatfield we WON on 2 rinks and lost on 2 so we called it a draw!

Top rink was Keith as lead Chris Deb and John W as skip.

The game against Herts Watford we WON on 1 rink with top rink being Eileen/Deb, Keith and Michael L. Great results!

Social events for 2023.... So far.....

A coach load of us have been to see Mama Mia in London in January and we have booked to go to the Royal Albert Hall in December for the Carols. We are also looking to book tickets to see Cirque De Soleil in January 2024 having seen it this year it is a MUST see spectacular. Let me know if you are interested, it will probably be Jan 27th 3pm show and by coach if we get 30 people. Family welcome.

Pre- season Quiz Night.

We will be running a quiz night on SATURDAY 18TH MARCH, 6 for a 6.30 start. 8 max in a team £10 pp. Bring your own nibbles and supper.

Teams may have spaces if you want to come so do contact the leads – Cathy Mitchel, Ken K, Keith W, Sue O, Chris W and Margaret L.

Coronation Celebrations



God save the King!

With the King's Coronation on SAT 6th MAY the Club will be celebrating on SUNDAY 7th with a fun afternoon / evening from 2.30pm. Put the date in your diary and more details will follow.

FRIDAY 17TH FEB

A few of us are venturing out to the casino in Luton for a meal and a dabble.

MONDAY 4TH APRIL

24 members head off for a Pre season break at Warners, Bembridge. Whilst there we will be playing the Ryde indoor bowls team and joining them for lunch. Weather permitting a few of us will also be playing a couple of rounds of golf (9 holes). We will also be enjoying Warners hospitality including activities, food and entertainment.

WEDNESDAY 12TH APRIL

A few members are heading into London for a meal and The Book of Mormon.

SATURDAY 22ND APRIL

A coach load are heading off to Romford for a carvery and the dog racing

If you are having any problems receiving these emails please let me know as you could be missing out on social events.

That is all for now but keep an eye out for emails with more events during the year.