



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.

Harperbury Bowls Club Newsletter 1955 - 2018

March 2018

Last CPR sessions:-

Friday 6th April 10am

Tues 17th April 7pm

Saturday 21st April – afternoon
after the spoon drive

Only a couple of weekends left (thank goodness) to get ready for the start of the 2018 outdoor bowls season.

There are a few jobs to be done up the club before the start though and the list is below:

Cupboards: -

- All crockery put through a dishwasher and returned.
- Wipe out cupboards when empty
- Clean all work surfaces and clean floor
- Wipe tiles and windows

Main Pavilion: -

- Clean Carpet – **Sheila and Joyce Fri 6th April**
- Books sorted – volunteer to take a large number of books to charity shops.
- Surfaces wiped down
- Large tables to be put up once carpets are dry
- Curtains to be taken down and washed and re hung – new hooks needed.
- Repairs to curtain rails if required.
- Windows cleaned inside and out – **Alan B (inside)**

Cloak Rooms: -

- Both cloak rooms to be organized and tidied – toilets and sinks cleaned, floors washed, surfaces wiped.
- Curtain and nets washed.

Outside:

Patio area weeded.

Grass edges trimmed on path up to gate and weeded.

Tables and chairs put out and wiped over

Flower beds sorted.

Help needed **on Monday 9th and Tuesday 10th April** to assist Les with wheelbarrowing 'stuff' for the green as he gets it ready for the season.

Dave L also has a list of ongoing jobs and it will be up on one of the club notice boards.

Working party days:-

SATURDAY 7th and SUNDAY 8th April

WEDS 11TH & THURS 12th APRIL. Tea makers and bacon buttie producers also appreciated!

Feed back from members that have come to a CPR refresher session.....

Thank you so much for running the refresher course on CPR. We found this invaluable as it is surprising how much one forgets especially when not having to put it into practise. I know from personal experience how essential it is to be confident and know what to do in any emergency and would advise anyone to go on one of the sessions as it is very relaxed and friendly and you never know when you may require the skills.

Definitely recommend going as I might have a chance to help someone, and hope I could be useful if the situation arose. Refreshers are vital, when I learn something new on the computer I soon forget it if I don't continue to use it regularly!

Did not grasp it all first time, feel so much more confident now

We will now be able to respond to an emergency, taking actions in a more logical order and feel confident that we have done our best to help the patient.

A heart failure can occur at any time especially as we grow older and CPR training may save the life someone close to us.

We decided to go as we had no idea how a de fib works. The session lasted a couple of hours and we have shared our knowledge with our family.

The second session was valuable a) because there was some revision of what we learnt last year b) the addition of some scenarios were good in building the idea of a team working together and taking individual responsibility when dealing with an emergency c) in raising one or two issues which could potentially cause a problem i.e. the Club's exact location, which would need to be given to the emergency services also the need for some means of identification of bowls bags to aid the quick retrieval medical/next of kin information. I would recommend doing the refresher course because with the proliferation of defibrillators in many locations I consider myself fortunate in being able to access this potentially life saving training so conveniently. Having such an experienced and committed teacher is a privilege. Genuine thanks, Debbie,



Sessions last about 1.5 to 2 hours and give you the chance to watch a chapter of the British Heart Foundation DVD to re-cap and then have a go at chest compressions and mouth to mouth on the mannequins. Everyone has a chance to then handle the De fib and put the pads on the mannequin and turn it on. This is achieved by walking and talking through some scenarios. Let me know if you would like to come along. The more people that know how to do this the more chance we have of surviving a heart attack.

Feedback from the 18 members that have attended so far has been very positive.

Come along to a session, you never know when you might be needed to help

Committee News

Both Sue as club captain and Dave week day captian would like to ask each bowling member to get in touch. They need to know which position you prefer to bowl in for friendly games. They will try and accommodate where possible but need bowlers to appreciate that you may be put into a different position some times. Obviously if you don't mind where you play then put 'anywhere' Sometimes it is nice to play in a variety of positions in friendlies.

The committee discussed the passing of one of our most treasured members recently, George Hoare. At the subs evening it was suggested that we have a memorial plaque to commemorate the work that George Hoare put into the club. The committee discussed the proposal and will be discussing options with George and Vera's' family. We would also like to ask our members if they have any other suggestions as to how we could recognize George and Vera's contributions to the club and celebrate the work that George and Mo Wildman put into getting the club where it is today.

The committee appreciate that to many new members George was not well known. In later years his failing health meant that George and Vera were not around the club very much.

To help everyone appreciate the work that George and Mo put into the club Peter Noden (associate member and club Trustee) has written a piece with some pictures and I encourage you to read the attachment to this newsletter.

There will be a suggestions box up the club to receive any suggestions or you can e mail your thoughts to Jan Taylor as our club secretary and they will be discussed at the next committee meeting.



The tea and cleaning rota's have been sent out and will be on the wall up the club as well. If you cannot do your allocated duty please arrange a swap with another member. If you can tick the box on the sheet we will know you have the date in your diary and will not need to chase you.

When cleaning PLEASE only use the cleaning products at the club. These have all been entered into the COSH records for health and safety purposes. You can of course bring your own equipment if you find it easier but use the club's cleaning products.

For the midweek matches Dave will be looking for volunteers to do the tea and biscuits so if you are able to help please let him know.

Don't forget about the visitors signing in book for any visitors once we get going. Anyone that comes up to the club to play in a comp, have a look round etc needs to be in signed in.

The first 4 lists are up at the club - Chocolate spoon drive on sat 21st, Capt V Pres on Sun 22nd April and then the two games on the following weekend 28th and 29th.

Don't forget to order a guest meal if you want one.

Quiz Night

Saturday 12th May

6.30pm

Fish, chicken chips supper

8 Max in a team

£10 pp

Poster at club for teams.

Profit to club funds.

Raffle Prizes welcome

