



Dunblane Bowling Club

Newsletter, 26 November 2020



Re-arranging the AGM

Even with the prospect of a coronavirus vaccine, it is unlikely that we will be able to hold a conventional AGM early next year.

Despite this, the Club committee thought it important to try to carry out the functions of the AGM in some other way, so it is proposed that we follow these procedures:



AGM intimation, early December:

- AGM papers and reports will be sent out to all members.
- Intended motions from the committee and notification of any committee vacancies will be included
- Members invited to submit comments or questions on the reports – to be done by early January

Voting mailing, mid January:

- Advice given on voting procedure for motions and for election to any vacancies
- Responses will be provided where appropriate to questions or comments on the reports

Early February:

- Results of voting mailed out to members



Have you signed up for the members' area?

A few weeks ago – on 29th October - all members with email were sent out an invitation to sign up to the new members-only pages on the club website.

If you haven't yet done so, and perhaps have lost the email about it, do contact Bill Baird (tel 821909 / wwb1705@hotmail.co.uk) to have the invitation sent out to you again.

Health Benefits of Playing Bowls (3)

BOWLS PROMOTES INDEPENDENCE AND FUNCTIONAL ABILITY

A characteristic of health and well-being is the ability to move freely and independently. Because of biological changes that occur during ageing, many older adults lose their functional ability and as such can't complete day-to-day activities.

Exercise such as lawn bowls helps you maintain and even improve important daily functional ability such as stability, continence, mobility and – above all else – confidence in your own physical capabilities.

by Lee Bell BSc, PGCE, MSc

