



# Dunblane Bowling Club

## Newsletter 4 October 2020



### Smartened up!

The 'Adopt a Bench' campaign has resulted in all the benches around the green being sanded down and re-painted, ready to withstand the winter weather.

A team of Brian Dempster, Gregor Wightman, Gerry Campbell, Graham Russell and Bill Baird were able to get the job done over what should have been the closing weekend of the season.



The metalwork in front of the clubhouse and the railing down the steps from the road are now gleaming after having been re-painted by Graham Russell.

### Health Benefits of Bowls (2)

#### Playing bowls improves vascular health



Physical activity, whether it's intense and vigorous or a stroll in the park, helps to improve

vascular health. Ultimately, inactivity is in itself a big risk factor for cardiovascular disease in older adults.

Regular bowls playing essentially has a cardioprotective role.

*Lee Bell BSc (Hons), PGCE, MSc*

### Two-bowl pairs final

Congratulations to Harry Tyler and Louis Ross who won the round-robin two-bowl pairs competition played throughout August.

In the final, Harry and Louis beat Ian Ballance and Les Campbell 13 shots to 8. The play-off for third and fourth place resulted in a nail-biting finish with Alex Christmas and Kyle Middleton winning against Gregor Wightman and Alex Oliver by one shot in an extra, deciding end, and only after Jimmy Patterson was called in to adjudicate on the final shot.

Our honorary ladies' president, Mrs June Reid, was spectating in the afternoon and kindly agreed to present the prizes – with appropriate social distancing!



Many thanks to all who took part, and also to Davy Cuthell who did the administration for the competition.

(Photo courtesy of Carol Thomson. More pictures on the club website)

### Promote bowling – wear a face mask

**You can have a face mask that very few others will have!**

Bowls Scotland has produced its own branded face masks available in either white or pink. The masks are washable and adjustable to suit a variety of face shapes. Masks are one-size-fits-all and suitable for most adults.



Order from the Bowls Scotland website [here](#).