



Dunblane Bowling Club

Newsletter 2nd September 2020



Two-Bowl Pairs Finals



The two-bowl pairs competition is approaching its climax with the semi-finals and final due to be played this Saturday, 5th September. The winner of each section will play the runner-up in the other section.

So the semi-finals are Gregor Wightman & Alex Oliver v Ian Ballance & Les Campbell, and Harry Tyler & Louis Ross v Kyle Middleton & Alex Christmas; these will be followed by the final and 3rd/4th place play off. The timings for Saturday are semi-finals at 1.30pm, and final / playoff around 3pm. Marks and Spencer vouchers will be presented to all semi-finalists.

Spectators welcomed. The clubhouse will be open should anyone wish to spectate from indoors. Please observe social distancing within the clubhouse, sign in and use hand gel as you enter.

Thank you to everyone who took part and contributed to an enjoyable competition.

Season Closing Day – Adopt a Bench

This year's planned closing day of Saturday 26th September will be a bit different.



Instead of bowling, it will be an 'adopt a bench' day! The 13 benches around the ground are mostly needing to be sanded down and painted with wood stain before the winter weather causes them to deteriorate even more. So, members are invited to adopt a bench and, either on your own or along with someone else, take responsibility for upgrading one bench. All materials will be provided. Book your bench early before they are all snapped up, by emailing the club at dunblanebowlingclub@btconnect.com.

It will also be possible to work on your bench on the morning of Friday 25th if the Saturday is not convenient.

Stevie Balmer

Stevie has recently undergone heart bypass surgery. He is now at home recuperating and self-isolating. Our best wishes go to him for a speedy and successful recovery to full health.

The green will remain open for informal use until the planned closing date of Saturday 26th September.

There is no longer any requirement to book a rink in advance.



Just last week Bowls Scotland issued the latest advice on further easing of playing restrictions. It is now possible for 30 people to be on a green at any one time, so that allows much greater flexibility for clubs to organise internal competitions. Sadly, this has all come just a bit too late in the season to allow much to be arranged. You can view the guidance [here](#).

Web Site Upgrade



It is now possible for us to have password-restricted pages on the web site and a members-only area is being developed. Each member will be able to set their own password to have access to the restricted pages; having individual passwords ensures total security of access.

At present the plan is to have the members' telephone list (making it much easier to arrange ties), a 'members' market' for buying and selling bowls equipment, and other information of specific benefit for Club members.

Over the next few weeks all members will be emailed with an invitation to set their own password to allow access to the members-only pages.

It would be really useful to learn from members what other facilities might be helpful on the members' area. If you have any suggestions please email the Club at dunblanebowlingclub@btconnect.com.

PS It should also be possible to load videos on to the web site, so if you have any dance routines or karaoke performances you would like the world to see, please submit these for assessment.

PPS Only joking!!

As he announced his intention at this year's AGM, Davy Cuthell has now stood down from the post of gents' match secretary. However we are delighted that one of our established members has expressed his willingness to take over.

Davy has been match secretary for several years now and we owe him huge thanks for all he has contributed to the efficient running of the Club. He will be remaining as bar convenor.

Health Benefits of Bowls (1)

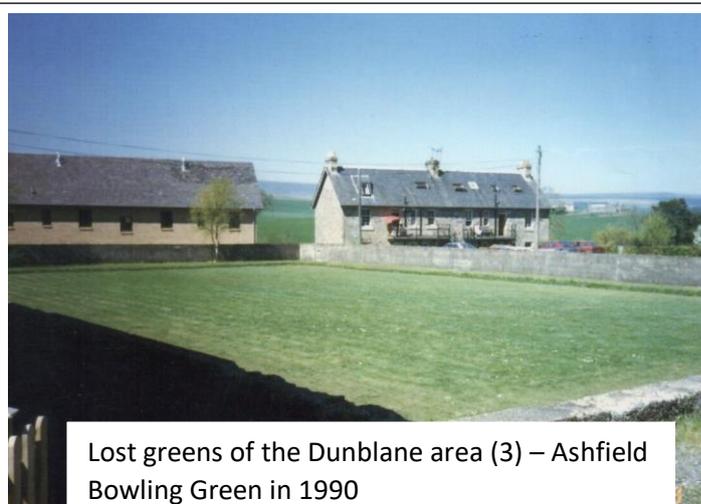
BOWLS INCREASES LEAN MASS AND IMPROVES BODY COMPOSITION

One of the biggest challenges older adults face is the loss of muscle through inactivity. Referred to as 'sarcopenia', a significant loss of muscle can affect everything from metabolic health to functional strength if it isn't corrected.

Without physical activity sarcopenia can result in a loss of as much as 50% of skeletal muscle mass by age 80. Okay, bowls isn't like weightlifting that results in large muscles, but it definitely offsets muscle loss, reducing frailty and weakness.

Physical activities such as bowls help to reduce the risk of osteoporosis by offsetting the loss of bone cells or possibly even stimulating new bone cell growth.

Lee Bell BSc (Hons), PGCE, MSc



Lost greens of the Dunblane area (3) – Ashfield Bowling Green in 1990

More on the health benefits of bowls in future newsletters

