



Dunblane Bowling Club

Newsletter 6th April 2020



Lockdown for bowling too

From the Club Committee:

In order to comply with the government's advice with regard to the avoidance of social contacts and to limit the spread of coronavirus, the Committee have no option but to postpone the opening day which was planned for Saturday, April 11.

This decision was taken with great difficulty, and as other bowling clubs in the county are liable to be similarly affected the league fixtures will also be disrupted.

We have been in touch with our contractor Greenmaster and asked them to continue with their works on a monthly basis to keep the green in tip-top condition for when we get back bowling. We have also asked them to cut the grass once a week as they are recognised as an essential service just now. Bowls Scotland have advised that members cannot currently do this task however Donald and Keith have already cut it this month prior to lockdown!

On a positive note, and to give you an idea of where our bank account stands, we currently have 50% of club fees paid to date. Our yearly costs for the club just to tick over would be around £7,000 per annum; the fee income from our current membership, if all pay, would bring in around £8,000. The next year is clearly going to be a difficult one for clubs and businesses of all types. It is therefore vital that our Club receives enough income to cover those on-going fixed costs that will continue regardless of the amount of bowling we are able to enjoy.

Meanwhile we would urge our members to commit to our Club, keep an eye out for their fellow bowlers and those in the community who may feel isolated, and be ready to get back on the green when Government guidance allows.

We will all be keeping our fingers crossed that there will be some bowling this year.



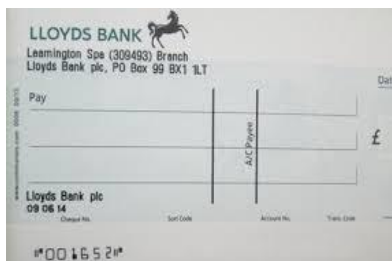
Bowls Scotland has issued advice to clubs on dealing with the Coronavirus epidemic. You can read the Q & A article [here](#) and a statement from Bowls Scotland chair Sue Beatt [here](#).



We are delighted to welcome new members
Brian Dempster,
Jacqui McBride (nee Philpot) and her husband Mark.



For anyone who missed the previous email about the publicity in the Scottish press explaining Alex Oliver's university research into the psychology of sporting success, you can link to it [here](#).



Fees for the new season are now due.

A cheque (not cash, please) can be posted through the clubhouse letterbox. Or you can pay by bank transfer to the Club's account, sort code 80 06 47, account number 00346603. Thank you.

AGM report

- At the AGM on 21st February Graham Russell was appointed Honorary President and Davie Cuthell appointed Honorary Vice President.
- Davie Cuthell informed the meeting that this would be his last year as Gents' Match Secretary. Members are asked to consider whether they would feel able to take on this vital role. Davie would be available over the next winter to guide the new match secretary in setting up the fixture card for 2021.
- The Committee appointed for the new season is:
Gents' President : Les Campbell
Gents' Match Secretary: David Cuthell
Treasurer: Gerry Campbell
Committee: Sandra Hardie, David Strachan, Andrew Burn, Adam McQue
Bill Baird was subsequently co-opted on to the Committee as secretary
- Ladies' President: Joan Russell
Ladies' Match Secretary: Sheena Finnie
- A £5 increase in annual fees, to £115, was approved.

Exercise for people over 60



Dunblane Bowling Club's resident personal trainer, Gerry Campbell, offers this advice for those of us restricted to the house during this time of self-isolation:

Begin by standing on a comfortable surface where you have plenty of room at each side.

With a 5lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute and then relax.

Each day you'll find you can hold this position for just a bit longer.

After a couple of weeks move up to 10lb potato bags. Then try 50lb potato bags and eventually attempt to get to where you can lift a 100lb potato sack in each hand and hold your arms straight for a full minute. (I'm at this level).

And after you feel confident at that level, put a potato in each bag.....



Sadly, for the moment we are unable to benefit from the improvements which have been made to the green over the winter.

The complete perimeter has been strengthened, levelled and re-laid to a distance of about two feet from the edge.

In addition, all the artificial grass on the banking has been replaced.

Over the winter Graham Russell has remodelled the trophy cabinet to make it much more accessible.

Thank you, Graham!

And thanks also to everyone who was involved in keeping activities going over the winter, and to all who helped with green maintenance to ensure a great bowling surface for all of us.