



From the President

I blinked the other day and realised that the first three months of this year had disappeared, as they say, 'in the blink of an eye' and, in a couple of weeks, we will be outdoors again for the start of the season.

Sadly the events of the past two years meant that we missed the opportunity to celebrate the Club's 90th anniversary in 2022.

I am informed that, although the founding fathers set up the Club and purchased the land in 1932, it wasn't until the following year that the green was laid and bowling was possible.

I would like, therefore, to focus President's Day on celebrating 90 years of bowling on our hallowed turf. The date will be 1 July and I would like the day to be a family and friends event with some fund-raising side shows in the morning and fun bowls in the afternoon, followed by a tea party.

You never know we might inspire some others to join us. I hope to see you there so please keep the day free.

Ron Wright
President

Editor's mat

Like everyone else I am looking forward to the start of the new bowling season in mid April. I'm writing this towards the end of March as I look out of the window at the steady rain. Thud, another gust of wind hits the house, and rattle, rattle crash somebody's wheelie bin does a free-wheeler down the road and ends up in the garden opposite. Ah well summer will soon be here.

Among other things I've spent the winter months sorting out some new email addresses for myself. My email address for all bowls matters is now **sheilacudebowls@posteo.net**

Newsletter – printed copies

If you don't receive the newsletter via email, or prefer to read it in print rather than on your computer or device, we will be putting a copy of each issue on the notice board in the clubhouse as it becomes available.

We regret that we cannot make printed copies generally available so please do not remove the clubhouse copy which is there so that anyone can refer to it.



Sheila Cude

Club website

You may be aware that in the past the Club had two websites, one for members and one intended more for the general public.

This was confusing so we have now combined them into one.

The website is the Club's shop window and an opportunity to let people know what the Club offers.

Work is underway to implement this and you will notice changes to the content and appearance.

Information for existing members remains the same as on the previous site.

Details of teams, fixtures and match results are all available when you log in.

If you have not already done so you will need to register to be able to access the member pages.

The web address is;

whbowls.com

Contact

Email sheilacudebowls@posteo.net

Landline 020 8340 1928

Mobile 07491 672 546

Pre-season Captain's Reports

Ladies Captain's Report

Jacqui Thompson is starting her first season as Ladies' Captain

First I would like to thank Pam Waller for everything she has done over the past years as Ladies' Captain and for supporting me now as Vice Captain. She is a hard act to follow.

The annual Ladies' Dinner was held in March at La Petite Auberge, where we were looked after by Arbri and his team. We enjoyed a lovely evening, with good food and good company. (See page 17)

As I write, the lists for the internal competitions are on the boards in the clubhouse and also on the website. Remember if you are the first name shown you need to contact your opponent to arrange a date for your match and book a rink and a marker if necessary.

If you are the second name, and don't hear from your opponent, get in contact anyway especially if you plan to be away.

The teams for the Platinum and Burn Trophies are up on the board so do have a look to see which team you are in.

There is also a list for the F & NL (Finchley and North London) competitions which is an opportunity to play against local clubs. Please let us know if you are interested in playing as we will need to know by mid-April.

There will also be lists up for friendly matches during the season, they are good fun and a way of getting more experience, especially for newer bowlers.

Lastly, I am looking forward to seeing you all on our fantastic green, thanks to Ron and the Green Team, and good luck in all your competitions.

Jacqui Thompson

Mens Captain's Report

Lionel Reisman is Men's Captain for the second year running

The WHBC 2023 bowling season is almost here! The green will open on Saturday 15 April when we play for the Ted Skeffington Trophy. Everyone is welcome to join in our first mixed competition. To keep up with previous years' traditions, we will be holding our opening season spider competition.

The format is that a jack is placed at the centre of the green and all bowlers will deliver a single bowl, at the same time, from around the edge of the green. The bowl that comes to rest nearest the jack wins a bottle of alcohol.

We are also planning to hold a session on **'Etiquette, Common Marking Mistakes and Misunderstood Rules'** on **Thursday 13 April at 10.30am**. This is a good opportunity for everyone to add to their knowledge of bowls.

We are also planning to continue our **Monday morning coaching** sessions from **24 April**. These are for new-ish bowlers as the coaching team is very keen to help players improve. All bowling players are invited to come along and join us.

The second session will be on **15 May**.

I hope to see you all on the green. Let's have a great season once again.

Lionel Reisman

New season – new rules

Bowls England has introduced two new rules this year.

'Deliberate Bowl Displacement'

Law 37.1.3 If a player deliberately stops or displaces one of their own team's bowls in its original course; or

Law 37.1.5.3 if a player deliberately lifted a bowl at rest to allow their own bowl to continue on its original course.

These have been introduced to prevent the situation of a player stopping one of their own team's bowls from disturbing the head and gaining an advantage either by lifting a bowl at rest or stopping their bowl in its original course.

Both laws state that the 'defaulting team will forfeit the game to their opponent'.

See the Bowls England website for full details. <https://www.bowlsengland.com/get-your-copy-of-the-laws-of-the-sport-for-the-2023-season/>

On Saturday 27 and Sunday 28 May we will be participating in Bowls England's annual member recruitment initiative the 'Bowls' Big Weekend'.

This is the third year the event has taken place and it has proved to be a valuable source of new members.

Regrettably, renewal numbers were well down this year. Although this was not totally unexpected, we must not ignore the fact that new members are our lifeblood, and we need the open days to replenish our membership each year.

We are looking for a really big commitment from our members. We need you to be ambassadors for the Club. As a member you know the sort of people who would enjoy what we have to offer. So, please talk to your friends, your neighbours and don't forget your family. We would love to get some younger players.

Many of the current Club members were introduced by friends, work colleagues or neighbours so we know this works.

Mention the open days to members of any other clubs you belong to. The local golf and tennis clubs have been a valuable source of new members in the past. Maybe you belong to a book group, or you meet up with old work or school friends. Why not tell them about our Club and the open days. If you belong to your street or local area WhatsApp group, ask if anyone is interested in joining us over the weekend.

Last year we used a commercial company to leaflet 10,000 households in the area. This was very expensive and, although we were pleased to welcome 20 new members, the percentage success rate was not great. We have taken the decision to try a different tack this year.

We placed an advertisement in the February/March edition of the Over 50s Forum Newsletter and a half page in the April/May edition. We will also be featured in their next email newsletter.

The Forum Newsletter has a circulation of 10,000 copies bi-monthly and the e-newsletter goes to 4,000 households.

I am also exploring the possibility of using N21 Online plus various other publications.



At the last Management Committee Meeting we agreed that we will offer an incentive.

For every new person you persuade to attend

the open weekend, and who subsequently signs up for full bowling membership, you will receive a bar voucher to the value of £30.

I will be hoping for as many members as possible to help out over the weekend. We need people to 'Meet and Greet' or to act as guides to show the Club facilities. We will be offering tea and coffee to our visitors and of course there will be cake. So could I have a volunteer please, to put together a catering team.

Obviously we will need our qualified Club Coaches to show people the rudiments of the game and others to help out on the green. I would also like other members to be available just to chat to our visitors to show them what a fun and friendly Club we are.

To continue to be a successful bowling club we must attract new members to our ranks. We really do need to make this weekend a success, so I am looking for everyone's support.

Please put it in your diaries now and let me know how you can help your Club. Thanks

Chris Daly
Membership Secretary

Club WhatsApp Group

During the pandemic we started a Club WhatsApp Group so that we could all keep in touch and also as an immediate way of notifying Members of any important updates issued.

This group is still going strong and is open to all members of the Club.

You will need to download WhatsApp to your mobile phone, tablet or desktop computer.

If you are not yet a member of the group and wish to join, please click on the link below.

<https://chat.whatsapp.com/DOJpyvM3FyxG1U9tUJNSmT>

Boccia Challenge

On Wednesday 15 February the Enfield Community Boccia Club challenged members of the WHBC to a match, to take place in the clubhouse.

There is less room in the clubhouse than there would be in a full-size boccia court but nobody minded.

Three members of the Enfield Community team were unable to attend due to a Covid outbreak, but we were pleased to welcome David Wright, who fortunately had escaped it. We were also very pleased that Marion Coram-Ware could join us to give us some background on the sport and teach us how to play.

Boccia (pronounced 'bot-cha') became a Paralympic sport in 1984 and is one of only two such sports that do not have a counterpart in the Olympic programme, (the other is goalball). Originally developed for players with cerebral palsy, it is now open to athletes with other severe disabilities affecting their motor skills. To compete nationally or internationally participants are divided into four groups, depending on their level of motor skills.

The game is played with leather balls (coloured red or blue) which can be thrown or rolled towards a white jack. It can be played as individuals, pairs or teams of three. Once a player has thrown the jack, he or she plays their first ball followed by a ball played by the opposing side. Whichever side is furthest from the



David Wright representing the Enfield Community Boccia Club

jack continues to play until one of their balls beats the others. Then play passes to the other side, and so on, until all the balls are played. The game is controlled by a referee who signals which side is to play using a coloured paddle. The scoring system is the same as in bowls, one point for each ball that is closer to the jack than any of their opponents'.

We played in teams of two and each game consisted of four ends with three balls per player. When playing you must remain inside a square, marked on the floor, and able-bodied players must, of course, play sitting down. Everyone was able to have a go, and every end was hotly contested. Just as

with bowls, boccia requires both skill and concentration. It is also immense fun, do come along to our next match if you can.

Sheila Cude

The Enfield Community Boccia Club meets on Wednesday evenings, from 6.45-8.30pm, during term time only, at the West Lea School, Hazelbury Road, Edmonton N9 9TU (next to Latimer School).



Don, Vicki, Mick and Di absorbed in the action



Referee Ron holding the 'paddle' – blue on one side and red on the reverse

Next match

Wednesday 12 April at 6.30pm in the clubhouse

Game of nine skittles

Jeu des quilles de neuf

Taking part in the boccia challenge at the Club in February brought to mind (for no obvious reason) an almost forgotten trip I made to France with a few friends way back in 1987.

One day we drove to Montreuil where we came across an unusual game of skittles being played outdoors under cover of an awning. We watched for a while and when it became clear that we were English we were invited to give it a go.

The bowls were very large and, as I found out, very heavy. The 'bowl' was made out of wood, so I suppose it could accurately be called a 'wood', with a recessed grip and a hole for the thumb. To say it was heavy would actually be something of an understatement.

I'm afraid the accompanying picture, taken before the days of digital cameras, isn't that good. It was a dull day and under the awning the light was poor. At least it does capture the moment a player makes a strike.

Deux points to the French team. Nil to the English.

Pulling the picture out of my files after all these years I noticed a couple of details I had forgotten. There is a ramp to the side of the skittles. What I had thought was an aid for delivering bowls is, of course, a ramp used to roll the bowls back to the playing end. Also two spectators at the back on the right-hand side of the picture are using the bowls as a foot rest.

Paul Young



And so – 36 years later – some background to the game

I believe there are regional variations, but 'Jeu des quilles de neuf', as played in the Pas de Calais area, is a traditional community game originally revolving around local cafés where men used to congregate after church on Sundays.

More recently the game has been played either indoors or in a sheltered courtyard and the tradition is kept alive in local tournaments, at festivals and by promoting the game to children in schools – albeit with smaller and lighter bowls.

Played on a concrete floor, nine skittles (quilles) are set up on a 'carré' – an iron sheet 2 x 2m square embedded into the surface at about a distance of 6.5m (to the centre of the carré). The carré is pierced with holes in which the skittles are secured by a metal ring.

There is a second metal sheet placed in front of the carré about 2m long and 3cm thick. I assume this is to lessen damage to the bowls, protect the playing surface from the impact of the bowls and provide a smooth surface for the bowls to roll on to the carré.

The diameter of a bowl is about 50cm and, for men, the weight is between 11 and 13kgs. The

women's and juniors bowls weigh a couple of kilos less. There is a thumb hole and a hollowed out section for a finger grip. The quilles are between 60 and 65cms high and weigh between 7 and 7.5kgs.

Both the bowls and skittles are made from wood sourced locally. They were originally hand-crafted from elm or hornbeam but in modern times beech is now used. Each club has its own colours decorating both the bowls and skittles.

Not cheap, a set must be replaced every seven to eight years at a cost upwards of 1500 euros.

Teams usually comprise four players and tournaments might have as many as 12 teams competing over a number of evenings culminating in the final between three teams.

Much like lawn bowls, when bowling a player keeps one foot on a 'dache' (a footplate made of metal) and advances the other foot as the bowl is thrown towards the skittles.

Each player shoots three bowls twice and a point is given for every skittle knocked down. The team with the most points wins the match.

It's on the cards

Bridge

Three very successful bridge drives for members and guests from local bridge, bowls and golf clubs were run in January, February and March. Not only were we able to showcase our wonderful Club to visitors, but we made a very respectable £634 profit for the Club coffers.

We also played a friendly Duplicate Bridge away match at Grovelands in early March. This fixture was a rerun of similar matches held pre-Covid. This time we managed to field a team of 16 and I'm glad to say we won. We will be actively looking for similar matches against other local clubs going forward.

Canasta

Friday afternoons are becoming more popular, with novices turning up week on week wanting to learn and join in the fun. Eight or nine tables are becoming the norm. As a result the canasta club alone has contributed £444 to

Club funds during the last six months. Many stay on afterwards for a drink or two and it's becoming a regular early evening social.

The Winter Canasta league went to the wire, contested by 13 couples. Kathy and Mike Griffin were the victors with Chris Hey and Roy Petrie second and Dee Patterson and Gill Webster third. The new Summer League starts on 1 April and is open to all.

In addition, Games Evenings are being organised every 2nd and 4th Tuesday of the month. They might include Rummikub, Mexican Trains, Bananas, Sequence, Sky Jo, Cribbage, Bridge and Canasta; everything is available but what is played obviously depends on who turns up!

The Friday afternoon Canasta sessions and the Tuesday night games evenings will continue throughout the summer, but the Chicago and Duplicate Bridge nights are only run through the closed season.

Sue Crane



Winners of the Winter Canasta League
Kathy and Mike Griffin



A very close second, Chris Hey and Roy Petrie



Third place Dee Patterson and Gill Webster. All the results were extremely close

The Club's Welfare Officer

My name is Carol Valentine and I am the Welfare Officer at WHBC. No, I do not check for 'nits' in your hair (remember early school years) – but I will contact you if I am informed that you are not too well or likely to be out of action with ill-health for a while. (Unless that is you do not wish to be contacted.)

I normally do this by speaking to you in person, or on the telephone, sending a card, or by email if I am away from home. Once a month I send a report to the Committee to keep them up to date with the welfare of our members. This report is in strict

confidence and is not published anywhere.

I am completely reliant on our members to let me know of anyone who is unwell. I would rather have ten calls telling me, than no-one telling me, that a member is ill, so please do not think someone else will give me a message. Just call me.

Let's hope though that I do not have to contact anyone over the coming year and that we all have a healthy and happy 2023.

Carol Valentine
Welfare Officer

If you have any concerns about the health of a member please call Carol on 0798 133 8997

The Hatters ESU's Himalaya Expedition 2023 Old glasses needed

In the summer of this year the Southgate 'Hatters' Explorer Scout Unit will be heading to the remote foothills of the Himalayas.

There, working in remote villages where the inhabitants do not have access to eye care, they will be testing the eyesight of villagers and fitting them with glasses.

Led by 18-year-old Jemma Hey, daughter of Club social members Chris and John Hey, the 50-strong team are working in partnership with a UK-based optician who has trained them in the skills needed to deliver the service.

The project needs your help

If you have any old or unwanted glasses*, please donate them to this worthwhile cause. They need;

Reading glasses

Distance glasses and magnifying glasses

**No varifocal lenses please*

Where to donate



WHBC clubhouse
recycling box
(in the kitchen)

Porch
36 Ringwood Way
N21

OR

Phone
Chris Hey
07812 800 656

Email
chrisehey@gmail.com

Diary dates

Saturday 15 April – 14.30

Ted Skeffington Trophy

First day of the new season!
Last names 14.15

Monday 1 May – 14.30

Wilbourne Trophy

Last names 14.00

Saturday 13 May – 10.30

Kerrisons Round 1

See notice board for details

Sunday 14 May – 10.30

Burn Trophy Round 1

See notice board for details

Saturday 27 &
Sunday 28 May – 10.30

Bowls Big Weekend

Open Weekend

Monday 29 May – 10.30

John Scott Trophy and BBQ

See notice board for details

Monday 5 June – 18.00

Oakeys and Platinums Round 1

The Club's Constitution

You are probably aware of the Club's Constitution and might wonder how it affects you as a member.

At its simplest the Constitution sets out the rules that all of us accept as applicable for the existence and running of the Club. It amounts to a contract where each of us agrees with each other to certain steps, procedures and obligations.

If we were a limited company, these rules would be found in the Memorandum and Articles of Association but, as a non-corporate group of individuals, we need something different. Bowls England has a Model Constitution for what are known as unincorporated associations like WHBC. We basically follow the Model with a few local variations. You can see the latest version for yourself by visiting the Members' section of our website.

Important matters covered by the Constitution include admission of members, the role of the Management Committee, elections, running of the AGM and similar procedures. It also deals with what happens should the Club be dissolved.

In addition there are some provisions that Bowls England insists are covered by the Constitution such as disciplinary procedures and safeguarding of any vulnerable persons. All this is part of an ever-changing process that the Management Committee must constantly monitor.

There was a major overhaul of the Constitution in 2017 and there have been a number of updates since. Changing the Constitution is not easy and can only be done by a two-thirds majority at a General Meeting. You will recall that some changes were approved at the recent 2022 AGM. Indeed there are likely to be further amendments later this year following any recommendations that may be made by

a specially selected sub-committee called CSC2 (Constitutional Sub-Committee 2022-2023) which will be meeting throughout 2023.

Furthermore, Bowls England has already signalled that it is reviewing its Model, so we will certainly also have to respond to what they suggest.

The Constitution also specifically refers to and authorises the use of Regulations which are another set of rules designed to facilitate the running of the Club. The difference between the two is that the Regulations can be introduced and amended just by the elected Management Committee to reflect changing circumstances where flexibility is crucial.

For example, new procedures and rules were set up by the Management Committee to deal with the Covid crisis. These then had to be constantly reviewed as we all moved through lockdown to restricted numbers, and so on.

It would not have been possible to run the Club properly during that period if changes to the Constitution at a General Meeting were constantly needed, but fortunately the flexibility of just amending the Regulations provided the answer.

As members you may well have your own views on the Constitution and your opinions are very important.

If you have any questions or suggestions, therefore, please contact me so that I can raise them with CSC2.

David Haywood
Secretary

The Green Team

The green is looking good despite everything nature could throw at it throughout the past winter. The recent warmer weather has started the grass growing again and the Green Team is working hard to get the surface ready for the start of the season.

One of the jobs I will be undertaking this year is renovating the sides of the green. Over the years constant mowing close to the edge, and players standing at each end waiting to bowl, have caused the green to slope down towards the ditch.

The work means rebuilding the edges with additional

soil. This involves cutting the turf, peeling it back and adding soil underneath to raise the level and then relaying the turf back on top.

Unfortunately this disturbance will leave the edges a bit rough to play on but we will do our best to get it back into good condition.

After all it might be better to see your bowls come to rest on a rough patch than watch them roll slowly downhill and off the edge.

Ron Wright

Annual Warners outing

Bembridge, Isle of Wight

We met at the Club on an icy Monday morning to board our coach to Portsmouth for our trip to the Isle of Wight.

It got off to a strange start, however, when a frozen car park barrier caused some initial problems. Eventually these were resolved and we boarded the coach and onward to Portsmouth for our ferry to Fishbourne. Not being a good sailor, I was a bit apprehensive about the crossing, particularly as we were boarding via Lane 13, but it was a uneventful experience.

At Warners in Bembridge our rooms were great, we all had upgrades, sea views and no supplements for singles; well done Sue. Our reserved seats in the ballroom were excellent as was the in-house entertainment team. Their performance of 'Songs from the Shows' made me and others think this was the best we had seen. There was plenty of dancing – usually led by WHBC

Our coach was available to us throughout our stay and our first trip with driver Chris was to the rock formation known as the Needles, via the showroom of Isle of Wight Pearl. Being out of season many of the shops and attractions were closed at the Needles, including the chair lift ride. You could view the Needles from a distance or brave the 180 wooden steps down to the beach, as some did. Of course the tea rooms were open.

The entertainment that evening was a very clever comedian/wordsmith. A joke I liked was – 'Every

cruise he went on always had the same captain – Captain Speaking'. Boom Boom. Lionel arranged a bowls match against Brockenhurst which we won. They said we were more than welcome to visit them for a return match.

A short trip to Quarr Abbey by coach was enjoyed by some but unfortunately feeding the pigs was not on offer due to the wet ground conditions. The farm shop was open and a display of printing materials included a book from the 1450s and an old pictorial publication which you could handle. Of course the tea rooms were open.

There were plenty of quizzes during the days and some in the evenings. We became regular winners between us – the prize was a chocolate teddy and a pen and, on another occasion, a bottle of wine. A 'Face the Music' quiz one evening became a bit unfair, when two sides of the ballroom had to compete in a tie-breaker by singing. The tune – Sweet Caroline – it wasn't fixed and our side won of course.

Chris Daly set up a Warners WhatsApp group so we were all kept informed of any arrangements. Throughout the day bowling was available or a film show if preferred. I think some made use of their bus passes with trips to Newport. Dave Valentine did a fantastic job organising walks and advising on routes etc. We concluded with a waterside lecture by Mike Laurie on navigation, which was well applauded

Our last coach trip was to Cowes but, as in other places, much was closed, except for the tea rooms of



Bob, Mick, David, Cliff, Vicki and Di at the Needles



Match with Brockenhurst (which WHBC won!)

course, which were welcome on a really cold and blowy day. Our last evening included an excellent ABBA show.

We had a quick group photo before boarding our coach home. We tried for an earlier ferry but could not get on, so we had a little wait. A few speeches at our

motorway stop from Chris our driver to thank us for making his stay with us so pleasant and from our President, Ron Wright, thanking all those involved in making the week and all its events happen. Well done all and a much enjoyed break. Roll on next year.

Alan Jarvis



A whole lotta shakin' goin' on...



BUSH HILL BOWLS

Everything you need to play
outdoor and indoor bowls

- Bowls – Almark, Henselite
Drakes Pride, Taylor
- Clothing, shoes
- Waterproofs
- Hats, caps and sun visors
- Bags and carriers
- Measures, wedges
chalk sprays
- Gloves, cloths, Grippo
- Bowling aids

Phone

020 8362 1780

Mobile

07973 890368

Email sales@bushhillbowls.co.uk

Opening hours

Mon to Fri 9am – 5pm

From
**Monday
27 March**

NEW address
180A Lincoln Road
Enfield, EN1 2AF

www.bushhillbowls.co.uk

WHBC members
10% discount*
*Excl. bowls

Lost in transmission?

Alan tried to arrange a friendly match. But things didn't quite work out – as this email exchange shows.



From: alanjj@btinternet.com <alanjj@btinternet.com>
Sent: Wednesday, 11 January 2023 9:58 AM
To: ryebowls@live.com
Subject: Website Enquiry

Hi

We are planning to stay in Rye in September 2023 and was enquiring about a possible match on the 13th or 14th September. We are Winchmore Hill Bowling Club from North London and like you a friendly club.

If its possible we can talk about arrangements etc.

Do hope we can play you.

Thanks

Alan Jarvis



From: Rye Bowls <ryebowls@live.com>
Date: 12/01/2023 08:04 (GMT+00:00)
To: alanjj@btinternet.com
Subject: RE: Website Enquiry

Hi Alan,

Before we proceed any further, and only because a similar thing has happened recently, you do know this is the Rye Bowls Club in Victoria, Australia?

Kindest regards,

Gael Traa,

Secretary 2022-23

Do you have a funny incident to relate, something that made you laugh during a game of bowls perhaps, or something amusing in the bar.

Please send it to me at sheilacudebowls@posteo.net and if it makes me laugh, I'll put it in the newsletter. *Ed.*

Recycling reminder

Please
SAVE

Milk bottle tops (any colour)

Empty crisp packets

Blister packs
(from medication of all kinds)

Used postage stamps

Place in the
cardboard box in the
club kitchen
(at the end of the work top
near the dustbin)

Cliff and **Sally** will take them to Winchmore Hill United Reformed Church where they can be recycled for charity and the benefit of the planet



Tricks of the Trade

Guitar and bass duo, brothers Mick and Terry, performed last year at the Club in a tribute to the Everly Brothers but in January they appeared undisguised as themselves.

The two brothers from Ipswich not only played a wide variety of music but cracked funnies as well. They played lots of 50s and 60s numbers and included songs of Rod Stewart, Dire Straits, Eric Clapton, Queen and Ed Sheeran to name a few.

My two favourites were some guitar solos from numbers by the Shadows and Duane Eddy and a group of reggae songs.

They also used plenty of props and handed out two blow up guitars. See pics of Sandra Wright and Sheila Snelling on the Scrapbook page. Then, not content with that, they led the floor with Di Hine in a 'dance' performed to 'I'm Gonna Be (500 miles)'.

The first session flew by and, refreshed by a hot chicken fillet roll and a cornetto, the second half was equally frenetic. It was a later finish rounded off by the Club anthem which the boys don't play, 'as everybody does it', but the original was played for us by, of course, Neil Diamond. A great night.

Alan Jarvis



'Gee whizz it's you'. No – sorry it's Cliff

Billed as the UK's number 1 Sir Cliff Richard tribute act, Jimmy Jermain made a return visit to the Club in February dressed in his wedding suit from last June.

The night was set to be an enjoyable one and, as usual, the performance did not disappoint.

Jimmy, (or should I just call him Cliff), was a 'Stars in your Eyes' winner and even performed for Cliff (the real Cliff) at a private party.

His resemblance to Cliff is uncanny. He looks like him, sings like him, talks like him and even lived in Cheshunt where Cliff once lived. They even went to the same school.

When he sang 'Do you Wanna Dance' the audience did not need

asking twice. They all had their 'Dancing Shoes' on and the floor was filled. With the WHBC choir 'Constantly' singing at the top of their voices, everybody was happy, singers and dancers alike.

We certainly felt we were the 'Young Ones' even if it was just for the night.

A break with pasties and a Cornetto was followed by the second half which was just as hectic.

Finally, I would like to give 'Congratulations' to Sue for her choice of act and thank her and all those involved, for putting on such a great night .

Here's to 'The Next Time'.

Alan Jarvis



My hospital appointment

A true story?

This poem, written by quiz master Garry Matheson, formed the basis of a musical question at the quiz night in March. We had to name the missing song title (shown in red) with a short extract from the piece as a clue.

I turned **A whiter shade of pale** when my doctor said
“I can’t give a pill cos you’re too ill.

(Procol Harum)

To a specialist we must apply. If you don’t see one soon it’ll be too late
And **Time to say goodbye**

(Andrea Bocelli)

It is very urgent so I’ll give one a ring. It’ll take a couple of weeks so...
Don’t you worry about a thing.”

(Stevie Wonder)

I trusted my doctor, he seemed a nice bloke – but a couple of weeks?
He was having a joke.

I woke up each morning wondering “what has gone wrong”
As I waited for months hoping **My heart will go on.**

(Titanic theme)

I went back to my doctor still feeling ill
My resistance is low so he did give a pill.

(Jane Russell & Hoagy Carmichael)

He said “Keep taking the tablets – they might just ease the pain
But you still need a specialist, let’s try again.”

I hoped to feel better and start to thrive – but after six more months waiting
I was just **Staying alive.**

(The Bee Gees)

At Last an appointment

(Etta James)

Imagine my **Feelings**

(Les Dawson)

When I went to the hospital to start my healings.

After months of delay it hit me like a bomb. Through no fault of my own
I’m **Right back where we started from.**

(Maxine Nightingale)

I arrived on the right day and right time and place.

They looked at my letter but not in my face.

“I’m sorry,” she said then sent me away saying,
“Our records show you were due here **Yesterday.**”

(The Epic Orchestra)

President's Day
Saturday 1 July

A family and friends event
Fund-raising side shows
in the morning
Fun bowls in the afternoon
Tea party

Celebrating 90 years of bowling. Make a note in your diary and keep this day free!

Was it the power of Zen – or did I just get lucky?

The coin tossed, you shake hands with the marker and wish your opponent good luck. You pick up your first wood and you take position on the mat.

What are the playing conditions – is the green damp and heavy or dry and fast? You check the bias and double check it. You fix the jack in your mind's eye. You imagine your bowl taking a graceful arc over the rink and coming to rest right on target.

The next 21 points seem a long stretch ahead. How many ends will that be? You've had a good run of matches but you are facing an opponent who won't be making it easy.

Your first bowl leaves your hand. At the back of your mind there is a creeping doubt. 'Is this the day it's all going to fall apart. Will my first bowl go in the ditch? Will it be a wobbler? Will it go off into the next rink?'

Putting that out of your mind you watch the bowl run towards the jack. Everyone says you can tell immediately the bowl leaves your hand whether it's a good or bad delivery. This one looks right on track...

OK – well maybe not. The bowl may be too short, too long or too wide. It may wobble or pineapple. Or you forgot to double-check the bias and it drifts over to the next rink. It happens. You feel annoyed but fight off that unpleasant churning in your stomach.

Doubts and anxiety, negative thoughts and even muscle tension are all things which might affect your game. What are the strategies for coping with stress in competitive play?

Perhaps the greatest boost to self-confidence comes from winning matches. But there are techniques in sports psychology, such as breathing and relaxation exercises, meditation, hypnosis or cognitive behaviour therapy which can help reduce anxiety and build mental resilience.

We all have our bad days. Some very bad. My 'staring into the abyss' moment came against Stav Partou in

the final of the Juniors Competition last year. I made a disastrous start to the match going 1-9 down in the first few ends. At that point I had a sinking feeling the match would soon be over.

You have to dig deep, as they say, in such situations. I did manage to claw my way back to 15 points but Stav was the better player that day and I lost in the end.

During 10 years of playing league table tennis I had many tough matches – some I won and some I didn't. If I lost I couldn't get to sleep that night as I was ruminating over the silly mistakes I made. If I won I couldn't sleep either because of the adrenalin rush. Those ups and downs may have given me a degree of match toughness. In bowling I have found it useful to develop some of my own match coping strategies.

You don't have to take a 'Zen-like' approach to the game but these are some of the things I try to bear in mind.

Decide if you are bowling forehand or backhand. Check your bias and check it again before you deliver the bowl. Focus on each shot – one shot at a time. Don't dwell on setbacks.

Remember that your opponent may make mistakes too. Luck can and will play some part in the outcome of the match. The 'run of the green' may or may not go your way.

So – it's 19 to 18 in your favour and you are holding two shots. You need this end to win. The tension is almost unbearable. Your opponent sends down his last bowl and it goes short. You shake hands and he or she says, 'Well played'.

You feel elated with the way you played that day. A surge of relief sweeps over you but lurking in a corner of your mind there is also another thought. 'Did I just get lucky?'

Paul Young

Friday night*

**Bread & cheese
buffet**

Only £2

*After the roll-up



A night (to remember) at the Salisbury Arms

Winchmore Hill Bowling Club members were invited to celebrate the makeover of the Salisbury Arms in Hoppers Road, Winchmore Hill on Thursday 9 March.

Around 16 of our members took up the offer and were amazed as unlimited amounts of Prosecco, beer, lager and gin and tonics flowed for two hours. This was followed by copious amounts of canapés served to us at our tables. These included fish and chips, burgers, arancini balls, sausages, pizza and prawn skewers to name but a few, followed by deserts – chocolate brownies and Eton mess!

Then came the cocktails!!!

The majority of us had found a table in a corner at the back and I am sure the staff thought we were 'poor pensioners who couldn't afford to buy much food' as

we polished off everything that was offered at quite an alarming rate. The food kept coming however, to the extent we actually had to refuse some in the end.

A good evening was had by all and we have thanked the Salisbury Arms individually and on behalf of the Club for their hospitality. As a result of our successful evening I tried to book a family meal for my birthday but, would you believe it, they were full up.

Here are some photos of our merry band, some were merrier than others !

Pam Waller



The merry band of 'poor pensioners' enjoying the fare



Chris Daly, Mike Griffin and Roger Goodman demonstrate how to eat canapés, while Wendy looks on

A short history of bowling – Part 3

The Tudors

In 1511 Henry VIII (reigned 1509-1547) banned bowling for the lower classes, followed in 1541 by a further law prohibiting workers from playing except on Christmas Day, and then only in the presence of their master.

This did not apply to the upper classes, however, as anyone who owned property valued at more than £100 (a considerable sum at the time) could obtain a licence to play.

Henry VIII himself, in fact, was a keen bowler. In 1530 he acquired Whitehall palace where he installed four indoor tennis courts, a jousting tiltyard, a cockfighting and bear-baiting pit and a bowling green. Other up-market properties, including Hampton Court and Nonsuch Palace, also contained bowling alleys.

It seems that allowing the lower classes to play bowls on Christmas Day was a step too far for Queen Mary who introduced a law in 1555 banning the unfortunate underclasses from playing bowls at all.

Moving on, we come to possibly the most well-known English bowling incident of them all. Sir Francis

Drake, (Vice-Admiral of Queen Elizabeth's fleet) was enjoying a game of bowls on Plymouth Hoe when he was informed of the approaching Spanish Armada.

He is famously credited with saying, "There is time to finish the game and thrash the Spaniards too..." or words to that effect.

Before we admire his bravado, however, it should be noted that at the time, (the afternoon of Friday 29 July 1588), the tide would have been flowing into

Plymouth harbour and, with a stiff breeze blowing, presumably in the wrong direction, no ship could have left the harbour at the time anyway.



Drake, as an experienced seaman who knew the area well, would have known all that. Once the tide turned, of course, Drake (and the English fleet) did indeed put paid to the Spanish Armada, although he lost

his game of bowls. He is forever commemorated however, in our Drake's Pride bowls.

Sheila Cude

A village within a village

Idle musings on the Club while taking tea

Picture the quintessential English village in mid-summer. What comes to mind? A secluded nook in the countryside surrounded by trees, set around a picturesque village green perhaps.

By tradition, every village has its green, a pub and a community hall with a tea room and a shop. There must be a church nearby, holding summer fêtes with bunting and stalls serving teas and home-made cakes.

Tucked away in Radcliffe Road, surrounded by trees our Club, of course, does have a green bordered by shrubs and flowers. Secluded enough that I lived in Winchmore Hill for 15 years without being aware of its existence. Shame on me.

We have a clubhouse which serves as a meeting place for community gatherings, an 'ale house' known as Bill's Bar and a 'tea room' (well almost).

While our 'village' can't claim to have farm workers or a blacksmith we do have our members – the heart and soul of the Club – as well as our Green Team,

who maintain the green and grounds. There are many others, too many to mention, who also contribute their time and effort.

Historically the traditional village green would have been common ground where farmers grazed their sheep. In modern times this would more likely be the venue for a Sunday morning cricket or football match. I'm sure Ron, our Green Ranger, would approve of neither on our green.

It doesn't take too much of a stretch of the imagination to think that in some way we do inhabit a world in miniature much like the traditional English village.

This year the Club will be celebrating its 90th anniversary. The Club has its traditions and heritage which, with care and the hard work and enthusiasm of its members, will pass down to generations to come.

What more could we ask for. Afternoon tea on the patio anyone?

Paul Young

Ladies' Dinner

It is one of the Club traditions that every year, just before the start of the bowling season, there is a Ladies' Dinner and a Men's Supper.



For many years the Ladies' Dinner has been held at Le Petit Auberge brasserie in Cockfosters and – as they say on their website, it is 'A little bit of Paris in the heart of Cockfosters – influenced by the grandiose bistros of France'.

The dinner is a great opportunity for both bowling and social members to get together. We had four tables at the rear of the restaurant, surrounding an illuminated tree, which gave the appearance of being a private room.

As luck would have it the date chosen, Wednesday 15 March, turned out to be a rather damp and dismal evening, and I was very grateful for a lift up to Cockfosters. Once we arrived of course we could forget the cold and wet and enjoy ourselves in the convivial atmosphere inside.

Our menu included calamari and camembert for starters and steak, coq au vin and salmon for the

main course as well as a vegetarian option. I chose the salmon, followed by Crème Brûlée which was a real treat. (*But don't tell Paul!*)

Both the food and wine were excellent and the service was friendly and helpful. There was one little mystery – 'the disappearing steak'. A case for Inspector Clouseau maybe? In any event another was quickly prepared and brought to the table.

I would like to offer a big thank you to Jackie Thompson, the Ladies Captain, for organising the event so well.

It was a great evening, in good company and, as the picture above shows, was greatly enjoyed by everyone.

À bientôt.

Sheila Cude

More pictures on the Scrapbook page

Scrapbook



Tony, Pam, Sandra, Ron and Dave showing off their quiz prizes from the Isle of Wight trip



'Jolly' Roger at the Needles, Isle of Wight



More guests at the Ladies Dinner



Sandra, Sheila and Di rockin' & boppin on Tricks of the Trade night