

A HAPPY
NEW YEAR

January
2008
Issue 28

PALM READER

The Palmerston Indoor Bowling Club Magazine

Ann Broadhurst Trophy

There was a very good turnout for the Ann Broadhurst trophy match which was held on the 15th December. This was the third year the match has held and the first time that men were invited to take part. The event and trophy is dedicated to the memory of Ann who was a prominent member of the Palmerston Indoor Club for many years and was a popular and extremely skilful bowler.

The match primarily is to find an individual winner and consists of four different team based games ranging from normal bowls to the use of the 'yard stick' with scores for the nearest differing from the rest. After several hours of enjoyable bowls and with tradition a lady was eventually declared the winner. Jill Cook triumphed with a magnificent eighty four points followed by Janet Chinn with eighty two points then J Rowe and Brian Williams on eighty one points followed by Ian Medway with Eighty points.

After the match all players sat down to a pleasant dinner and the President thanked



everyone for attending and explained the mysteries of getting older with an anecdotal story. Janet Mudd gave a short speech on the history of the event and invited the President to present Jill Cook with the trophy and the crystal glass keepsake. After the presentation a well supported raffle was drawn and this raised a commendable ninety pounds.

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Palmerston Business Park (off Newgate Lane, Fareham) Tel 013 2923 2005

Deaf Palmerston Member Wins Bronze Medal

Last year I was selected by the England Deaf Bowls Association Manager, to play in the 5th International Deaf Bowls Championships in Wales in September 2007.

The five days 4th to 10th September I played skip bowling for Triples and Fours against deaf bowlers from New Zealand, Scotland, Australia, Ireland and Wales.

I came 3rd place in the England Men Fours and won a bronze medal with my other team members Eddie Vidler from East Sussex, Andrew Owen from Somerset and Geoff Plant from Gloucestershire.

Ian Stafford Member of Palmerston IBC



Quick Coaching Tips

(extract from EBCS website)

The following are not the definitive answer to the problems. They are designed to be a bit like a sticking plaster which just may help until you get to your Coach. Not much good however if you need stitches or maybe even more intense treatment.

1. Playing Heavy

Slow down, just move slower and reduce the speed of your delivery, speed comes from velocity, your creating this so reduce it and the Wood won't travel so far.

2. Playing Short

Move quicker, simply increase the speed of your delivery. Practise this to find the right level for you before you try it in a match.

3. Playing Narrow

Ensure your whole body is committed down the line your trying to play. Have you picked the shoulder? (the point at which the Wood should start to turn)

Are your eyes, feet, whole body pointing at the shoulder?

Bet you're looking at the Jack!

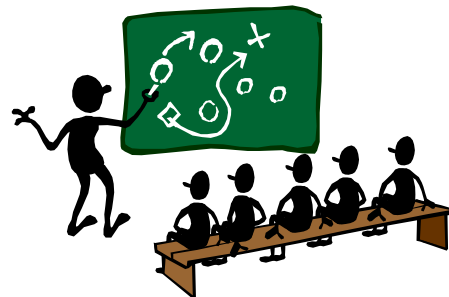
Simply turn your whole body more, not a half turn with your feet pointing elsewhere.

Stop looking at that Jack (Jackitis), Look and aim at the shoulder.

4. Playing Too Wide

Again, ensure you are addressing the line down to the Shoulder.

Ensure you "Step Down This Line"



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New Members Page

Did you Know ??? (excerpt from Rules and Constitution)

VISITORS



A member shall be allowed to introduce visitors subject to such regulations as shall be made from time to time by the Joint Management Committee, and every such visitor shall be considered a guest of, and be accompanied by, the member introducing him/her provided that no person shall be introduced as a visitor into the Club who shall have been expelled from Membership or whose conduct or presence in the Club shall be considered by the Joint Management Committee objectionable or prejudicial to the interests of the Club

The member introducing a guest shall enter their name and address of the guest, together with his/her own name, in the visitors book which shall be kept on the Club premises.

Guests of Members may use the Green, subject to availability, and not more than 5 times in any one year and **ONLY IF THEY ARE EXPERIENCED BOWLERS AND SUITABLY ATTIRED IN ACCORDANCE WITH THE CLUB RULES (Bye Law Clause 4.1)** The member introducing the guest will be responsible for the payment of the Green fee. The Green fee for a guest is that set by the Joint Management Committee. This fee includes Value Added Tax.

Have a Go Session: A "Have a Go" rink will be available on the 2nd Sunday of every month at 10am to allow interested people to try the sport of bowls. A qualified Coach will be in attendance. Bowling shoes must be worn and may be borrowed.

Sat. Feb 16th – Charity Supper & Cabaret – Malcolm Chapman

**Proceeds to Rainbow Centre – Tickets: Members £12.50
Non Members £13.50**

Sell out

Once Again the Christmas, New Year's Eve parties and Christmas lunches were sell - outs with, I believe everyone enjoying themselves.

Many thanks to Richard, Paul for organising along with their crew and bar staff for their efforts over the Christmas period

Charity funds top £700

The Giant Christmas Card raised £70 and boosted the total raised so far for the 'Friends of Countess Mountbatten' to a superb

£739.42



HOT SHOTS

Congratulations to David Coates, Kenneth Laisley and Marilyn Hayles for their Bowls International 'hot shot' certificate awarded in December

Palmerston Indoor Bowling Club

New members always welcome
 Eight bowling rinks
 Bar facilities
 Function room sitting circa 100
 Come and join this friendly club

Palmerston Business Park, Fareham
 Tel. 013 2923 2005



January

S	M	T	W
		F	S
		1	2
3	4	5	6
7	8	9	10
11	12		

May

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February

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June

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March

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11	12		

April

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August

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September

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October

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November

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December

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2008

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You may be stepping out too far to the side.

You may be "throwing your arm out"

It should be a smooth pendulum action down the side of your body.

Again it could be as simple as turning your body less.

Also, watch what shoulder other player's successful Woods are turning on.

You may be over compensating for your Woods. Try their line.

(Be careful that they're not left handed and your right handed, different line altogether)

5. Delivering the Jack into the Ditch

Too many people just "Cast the Jack" up the green in order to get on with the match.

This is a disaster waiting to happen.

The control of the match rests with the person who controls the Jack.

This is undoubtedly the most important delivery in every single end and should be treated with more care and effort than any wood.

Great care should be taken with the grip and delivery of the Jack.

On very fast greens it's possible to bowl the Jack across the Green to one of the corners of the rink, the principal being that the greater distance will take some of the weight out. Scientifically sound but not a great base to build your long term game on.

Don't treat the symptom but tackle the reason for the disease by learning how to control the Jack on all types of Greens.

6. Trial Ends "What's the Point?"

Sad development creeping into the game.

The learning about the green, your opponents & your colleagues, starts from the first trial Wood. You and your Skip should be learning with every wood that is delivered.

In some Counties they ensure they play Drawing, Running, Firing, Edge of the Ditch and various different lines, all in the trial ends.

Each person in the rink has a job to do even in the Trial ends.

The Skip should start the first competitive end with the information on the green gathered from the delivery of 16 woods from their own team, delivered to their instructions.

They also have the information gained from watching their opponents 16 woods.

Not only will they have Green information but may have started to formulate views on strengths and weaknesses in each of their opponents that they may confirm early in the match and exploit to their advantage.

Each player should also have been watching their direct opponents Bowl and started to formulate similar views.

What is the point?

Absolutely none unless you use them and don't just treat them as a tradition.

7. Bumping Your Wood

Can be very embarrassing, particularly if you mark the green or even worse "take a divot" on an outdoor Green.

The reason is very simple; you are releasing your Wood too high up.

You need to get closer to the Green and release it so that it simply runs off the ends of your fingers along the Green like it was on silk.

Easy to say but not always easy to achieve because many a time it's caused by physical conditions which make it difficult to get down low enough.

Simple little test we use in many of our classes that you can try.

Put a £10 on the ground in front of you at approximately where you would normally release your Wood. Pick it up.

If you can, we can help you stop bumping your woods.

If you can't we can help you develop a delivery that is easier for you.

Why bother if it's successful.

The problem is that when you bump it takes "weight" out due to the result of the impact on the velocity of the Wood.

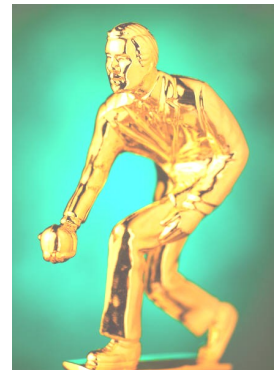
You may have learned to compensate for it however be aware some Clubs have large signs stating that if your perceived to be damaging their Green you will be asked to leave it, irrespective of the competition.

A trained Coach can help you cure it once and for all.

If you have a video camera film yourself, stop it on freeze frame when the Wood actually leaves the tips of your fingers.

There should be no discernable space between the Wood & the Green.

If there is then watch it skip like a flat stone across water.



Ron Snelling (coach)

Mr and Mrs Competition

On the 9th December a successful 'Mr and Mrs' style competition was held at the club where thirty two 'couples' pitted their bowling skills against each other over two games totalling eighteen ends. It was a very enjoyable afternoon played in a very relaxed atmosphere and followed by a delightful tea.

The eventual winning with thirty four points were Mick Budgen, Ann Antill, Linda and Bob Maple, many congratulations to them. Close on their heels with thirty two points were Norma Wheeler, Bob Gilmore, Brian and Molly Williams.



Many thanks to all those who entered the competition, the girls for serving the tea and a special vote of thanks to Janet and Roy Mudd who organised the event and supplied the lovely cakes.

If you have any articles, news, comments, letters etc. for the February edition of the Palm Reader please could you forward them to me (Pigeon hole or email b.hayles@ntlworld.com) by the 28th of January. As a non - league member, because of work commitments, **I will be very grateful for any input regarding leagues, county matches, friendlies and competitions** as these are currently not given enough coverage in the magazine. Ed.

Have your say



Lighter side Lighter side

How do you kill of a circus?....
Go for the juggler

A cricketer called Hardwick by a cricket ball was struck, Upon his gravestone was engraved.... Hardwick.. Hard ball.. Hard Luck!!

*What did one eye say to the other eye?
Between you and me something smells!*

How do you take Varnish off?... YOU take away the R

CHILDRENS SCIENCE EXAM ANSWERS: -----

Q: Name the four seasons. --- A: Salt, pepper, mustard and vinegar.

Q: How can you delay milk turning sour? --- A: Keep it in the cow.

Q: What happens to your body as you age? --- A: When you get old, so do your bowels and you get intercontinental.

Q: What is the fibula? --- A: A small lie.

Q: What does the word "benign" mean? --- A: Benign is what you will be after you be eight.