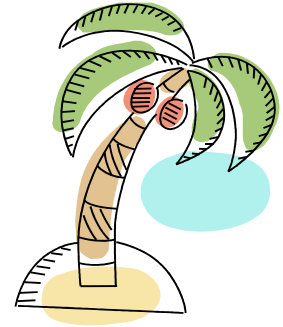


# PALM READER

The Palmerston Indoor Bowls Club Magazine



March 17  
Issue 69

## Palmerston Club Annual General Meeting

**The annual general meeting will take place on Saturday the 1st April at 10am. Please support your club by attending this meeting. The Board of Directors look forward to seeing you there.**

## “LADIES - WOW WHAT A SEASON!”

*HUGE CONGRATULATIONS TO THE LADIES PLAYING IN THE VIVIENNE TROPHY, WE ARE NOW PLAYING IN THE NATIONAL FINAL ON THURSDAY 30<sup>TH</sup> MARCH.*

*THIS IS A TREMENDOUS ACHIEVEMENT BY EVERYONE INVOLVED IN THIS COMPETITION, AND PALMERSTON REALLY WANT TO GO ON AND BE CROWNED NATIONAL CHAMPIONS.*

*WELL DONE TO ALL THE LADIES, WHO ARE AGAIN ON COURSE TO WIN THE RIVERSMEET COMPETITION THIS SEASON AND HOPEFULLY WILL BE CROWNED CHAMPIONS AGAIN FOR 2016-17.*

*THE LADIES HAVE ALSO DONE EXTREMELY WELL IN THE KNOCKOUT COMPETITIONS I.E. THE MASON, YETTON AND EGHAM TROPHIES.*

*IF YOU WOULD LIKE TO PLAY A PART IN REPRESENTING THE CLUB IN THESE COMPETITIVE MATCHES, PLEASE LOOK OUT FOR THE NOTICE IN THE LADIES CHANGING ROOM AT THE START OF THE SEASON IN SEPTEMBER/OCTOBER AND PLAY IN THE LADIES PRACTICES, YOU WILL BE MOST WELCOME.*

*THANK YOU ONCE AGAIN TO ALL THE LADIES WHO HAVE MADE THEMSELVES AVAILABLE AND WORKED EXTREMELY HARD FOR THE CLUB IN TRAVELLING TO THESE GAMES AND MAKING THE CLUB PROUD OF THEIR ACHIEVEMENTS.*

*THANK YOU ALSO TO RESERVES, TEAM MANAGERS, UMPIRES, DRIVERS AND SUPPORTERS WHO MAKE ALL THIS POSSIBLE.*

*CONGRATULATIONS TO ALL THOSE LADIES WHO HAVE REACHED AREA FINALS AND CLUB FINALS ENJOY.*

Maureen Holloway and Rose Beynon

**Palmerston Business Park (Off Newgate Lane) Fareham.  
Tel No 01329 232005 website: palmerston-bowls.org.uk**

## Report from Men's Captain, March 2017



Since my last report in December the only competition we have been contesting has been the County Bramley Bowl inter club competition. This is a competition that Palmerston enter annually and last won in 2006. It consists of 8 matches from October through to March using a league format.

We won our first six games then lost our seventh match against Banister Park, setting up a "shoot out" situation between Palmerston and Chawton Park, with a winner takes all situation. We played this final match on the 4<sup>th</sup> March and Palmerston were successful, winning by 84:58.

As a result we will hold the prestigious Bramley Bowl Trophy for the forthcoming year.

This is a giant step forward for Palmerston and our players many of whom are new to bowling at this level. Hopefully we can build on this success for next Season.

*Graham King*

Men's Captain



### **Race Night**

The next Race Night will be on Saturday 1st. April at 7.30 p.m.  
Attendees will be limited to 85 with one member allowed to bring one guest.  
The maximum numbers on any table is shown and this cannot be raised.  
Booking arrangements, and ticket sales will be as normal.  
Cost will be stated on the booking sheet and the tickets.

Roy Mudd.



# Palmerston Computer Systems - at risk?



**I am sure** those of you who have thought about it must realise that there are computers churning away somewhere deep in the office and by and large everything seems to run without apparent problems. The days of league teams turning up and finding no rink has been allocated for their game have long gone. You don't have to wait a week to find the latest league

position. Competition lists are no longer written by hand. We even have a website where you can get the latest results or read back issues of this newsletter. Things have certainly come a long way since the early days. It would be impossible for a club as large as Palmerston, with around 1000 members, to run efficiently without good computer systems.

**But is this situation going to continue?** We may be at a crossroads. I have taken sole control of our computer systems for over 10 years but I can't continue on my own indefinitely due to health issues. I need to share this responsibility with another volunteer and then later on step completely aside. If we don't find someone, we may eventually have to abandon our smoothly running in-house systems and pay out several thousand pounds a year for a commercial company to run our leagues, competitions, memberships, etc. using their own completely different computer systems. And our volunteers will then have to phone a helpdesk for assistance.



**So, I am appealing for someone to come forward and help out.**

**What does this entail?** Initially you will become acquainted with the jobs that our other volunteers do on the computer. None of these people are computer experts but they are quite able to do their job without day to day assistance. I keep well away unless something goes wrong. If a problem does arise, usually it's something that many of you with computers at home would be able to fix, like a simple reboot or reverting to a backup copy of a file. You might use google to search for other people's similar problems. But problems are rare now as our systems are quite mature and are very stable.

There are times of course when the machine develops a fault. Then it's time to call in someone to repair it. Maybe you would realise which piece has gone wrong and you can order a replacement. Or you could simply take it down to Novatech in Portchester who have supplied our PCs. They do a good repair service.



In addition to supporting our volunteers when they hit a problem, there are some tasks you need to do to make sure we don't have future problems. Backing up data is important and we need to check that automatic backups are still working.

**None of this is rocket science or indeed computer wizardry.** Your son or granddaughter could probably do it. Whilst a computer wizz would be most welcome, we are not anticipating finding one. Although I have set up many of these systems myself, hardware and software, I don't expect to find someone as deeply into computers as I am.

Great if you are a programmer, if you can write Excel macros with Visual Basic. But realistically you don't need this sort of expertise.

However, you do need for example a basic understanding of how to find, copy and move files with a file manager. Or how to run a virus checker. So, it's a bit more involved than just reading and writing emails or surfing the web. But if you can find your way around and follow instructions you could be our man or woman. Or indeed men or women as it would be good to have two people working together providing help and backup for each other.

**I am not going anywhere** any time soon. In the early stages, we will work together and I hope the person will gradually pick up enough familiarity to be able to do more and more on their own as time goes on. I will still be there as long as needed if difficulties arise. In time, I hope to be involved less and less so that at some stage the person would be able to take over without my help and then call in outside help occasionally if needed.



**If you are interested in this fascinating side of running Palmerston**, please come and talk to me. Or if you know someone who might, please ask them to read this article. Together with all the other volunteers we can keep our great club running smoothly.

*Russell Gadd*



## **CLUB COMPETITIONS – FINALS WEEK.**

The finals of the club competitions are due to be held during the last week of March 2017. At this point I cannot give any further details, but it is likely that most games will take place during the evenings starting at 6 p.m. and there will be at least one (if not more) afternoon session starting at 2 p.m. It will be difficult to organise this year, as several competitors are in multiple finals. I also have the added problem of several ladies being absent on the 30<sup>th</sup> March, 2017 as they are going on a coach trip to Melton Mowbray, to do battle with the Ladies from Lincoln. (Good Luck Palmerston, you can do it!!!).

**Please keep your eye on the Club Noticeboards for details of the finals and please come and support your colleagues in their endeavours to win a trophy. The Bar will be open to keep your vocal chords lubricated and this year the trophies will be presented after the games have finished in each session.**

*Keith Fleming*  
Competition Secretary



## **PALMERSTON CUP**

This Palmerston Cup competition is now over for another year. It has now been running for six years and this year was the best ever. The semi-final games were really exciting and the standard of bowling was equal to that you see on the televised matches.

In the semi-finals, Milton Park Association who were in the competition for the first time, played Banister Park Gold (winners of the trophy on three previous occasions). In a close game, it was all down to the last end on the last rink and it was Banister Park who went through, winning by just five shots. Whilst this match was in progress, the other semi-final was between Fareham Tigers (losing finalists last year) and Eastleigh Railway who had won the trophy the last two years. This was an even closer game and had the large group of spectators enthralled with the high standard of bowling. No one left early as the game was decided on the last end of the last rink playing. Overall, Fareham Tigers were leading by just three shots, but the Railway were holding four shots until the Fareham number two (Paul Nicholls) managed to get second shot. Despite the best efforts of the Railway skip, they could only manage one shot, so Fareham Tigers went through by just two shots.

The following week was finals night where Fareham Tigers had a straightforward win over Banister Park Gold, but the game between Milton Park and Eastleigh Railway for third place, was very tight, with the overall lead changing hands several times. In the end, it was victory for Eastleigh Railway by just **ONE** shot. Once again, the spectators were treated to some very good bowling that had them on their feet from time to time. It is worth pointing out that four of the players from three of the competing teams, had already played for Hampshire that morning at Ashford, Kent, and still they made every effort to get back to Palmerston to play in this competition.

After the players and spectators had been treated to a superb buffet supper, produced by Debbie and her staff, the trophies and prize monies were presented to the winning captains by President Barry McCann, who complimented everyone on their standard of bowling. Winners of the trophy and the 2017 winner's trophy together with a cheque for £250 went to Fareham Bowls Club, the 2017 runners up trophy and cheque for £200 went to Banister Park. Third place and cheque for £150 was presented to Eastleigh Railway and a cheque for £100 went to fourth placed Milton Park Association. Consolation cheques of £15 went to the losing quarter-finalists, Fareham Panthers, Meon Valley, Lockswood A and Banister Park Blue.

Having run this competition for the past six years, I can say we have come a long way from such humble beginnings, but I am now standing down as Competition Secretary to let someone else have a go.

*Keith Fleming*  
Competition Secretary

## **NOTES AND REMINDERS**

**Please be aware that you are not supposed to go from the lounge area to the rink area to bowl until the previous players have completely left the rink area.**

**WHITE JACKS,** have been purchased for the use of our bowlers who may have slightly impaired vision, they may be borrowed from the desk and then returned after the game.

**Have you,** changed your phone number or address? If so, please can you inform Lesley Howell to enable her to keep her records up to date.

**Bonus Ball,** you have to be in it to win it, the bag with the numbers is on the table as you come into the club, please remember to put a pound in the tin for every number you take.

**Ditches,** please do not step into the ditches as this breaks off the rubber spikes. One hand on the bank and remove the bowl from the ditch with the other hand.

**Chewing Gum,** please refrain from chewing gum whilst bowling as gum has been found on the green and is difficult to remove and it damages the carpet.

**Car Drivers,** could I remind all car drivers to ensure that their rear number plates are clear enough for the registration to be read. There are too many cars on the road at this time, especially when the roads have been gritted, whose plates cannot be read. This is an offence and you could be fined. You have been warned!

**Charity Sweets,** the sweets/cakes from the various charities appear to be being misused in that the monies are not being put in the appropriate boxes this month one of the boxes was £3.00 short, please ensure that if you buy something please put the money in the box.



**HEARING AID BATTERIES:** Hearing Aid batteries size 10 available ( 30 ) if interested.

See Roy Mudd 01329 230687



**TEA CAKES:** *Debbie is now offering toasted tea cakes with Butter and Jam for £1.00 Try one !!!*

# 20 Years of Palmerston Catering

On the 17<sup>th</sup> November 2017, it will be the 20<sup>th</sup> anniversary since the opening of Palmerston Indoor Bowls Club.

Within the club, we have a Restaurant which Richard managed for 17 years from the start until he retired. He gave an excellent choice of menu, quality food and a dedicated service to the club. Many were sad to see him retire, but he continues to give part-time support to DJC Catering as part of the management team.

Since taking over, Debbie has introduced her own style of service and choices of menu. She has received high recommendations for the menu selection and the quality of food which is served. She is dedicated to ensure that all her clientele are satisfied with the service received.

Dietary requests and requirements are catered for. Hot and cold snacks are available in line with a Lite Bites menu at stipulated times as displayed.

Debbie has studied and worked hard with her team to gain certificates of merit.

- Food Hygiene - The restaurant has a five-star rating.
- Eat Out Eat Well – Silver and recently Gold Certificate awarded by Hampshire County Council
- Healthier Food and Special Diets – Pippa and Debbie both awarded certificate by Chartered Institute of Environmental Health.
- When working for M&Co, Debbie won Customer Service Manager of the year (from 205 stores) and was awarded a holiday in USA.

By continuous improvement, Debbie aims to gain more awards and thereby benefit club members and guests

Natalie, Debbie's daughter, ensures that Debbie's team are universal in their service. They greet and treat all their customers as guests and friends. They are always friendly, polite, helpful and attentive.

Philippa has recently joined the team. She has 10 years' experience as a fully qualified chef and is qualified in Front of Staff Supervisory duties, hence Pippa, as she is known, is an asset for both kitchen and customer service.

Many members take advantage of the table booking service which benefits both parties; the guests feel valued and know where they are to be seated; the restaurant is assisted with advance order of fresh vegetables, salad and fruit and ability to provide staff in accordance with the demand.

The restaurant is an important asset to the club. In addition to providing an open hatch service for snacks, tea and coffee and serving lunches, it also caters for friendly matches, club functions and private functions.

*Sylvia Wrightson*

Director of Catering

## **Green Etiquette.**

1. Be conversant with the Laws of the Game and Observe them.
2. Respect the decision of the umpire.
3. Be punctual to commence play at all matches, and come to each match correctly attired.
4. Keep quiet and refrain from moving when players are on the mat.
5. Stand behind the mat whilst your opponent bowls.
6. **Always stand still at the head, when a player is about to bowl. Movement at the head, or talking at the mat, is very distracting.**
7. Always allow your opponent the right to the head as spelled out in the laws of the game.
8. Walk close to the centre of the rink, with minimum delay when changing ends.
9. Do not delay play. Always play your bowl with minimum delay.
10. Never deliver your bowl before the previous bowl has come to rest.
11. Keep track of play and be ready to bowl when it is your turn.
12. Every player at the mat end should assist collecting the bowls when the end is completed.
13. **Always pay your skip respect by waiting for their decision. Do not step onto the mat and indicate which way you intend to play. Wait for the Skips instructions.**
14. Never applaud lucky bowls, - accept them graciously.
15. Never complain about lucky bowls, they tend to equal each other out over the season.
16. **Respect the greens surface at all times: -**  
  

<b>Do Not</b>	<b>a/ DROP BOWLS ON THE GREEN</b>
	<b>b/ STAND ON THE EDGE OF THE GREEN</b>
	<b>c/ STAND ON THE EDGE OF THE BANK</b>
	<b>d/ WALK IN THE DITCHES</b>
17. Always inform your opponent if you wish to leave the green.
18. If you lose, be a good loser, and do not blame your loss on; other people, the green or weather conditions.
19. **Win or lose, always shake hands with your opponents and thank them for the game.**  
**Do not be taken with your win today, because the position could be reversed tomorrow.**
20. Offer your opponents a drink after the game.
21. Always be polite to Markers and Umpires, they have given their time to assist you in your game.

**ABOVE ALL, ENJOY THE GAME OF BOWLS  
FOR, IT'S PLEASURE AND FOR LASTING  
FRIENDSHIP**

# The Spot Counter

In my past life as an accountant I was called a bean counter, now that I have taken up bowls I am known as the spot counter. I feel I must respond to the article in the last Palm reader which criticised the spot counters.

This followed on from three successive Palm Readers which went into great technicalities about getting the line right. As the rink, on each hand, is only 2.3 metres wide how wrong can you be about getting the line right. The rink is almost 10 metres long so it is probably even more important to get the length right.

In counting the number of spots up you must always add the distance the mat is up to the distance the jack is from the tee to assess the total length to deliver the bowl. As Andrew pointed out in the last Palm Reader if that total distance exceeds 9.6 metres then it is below the minimum jack length.

When you have determined the exact length of delivery required you can compare that to the previous end or ends to get the feeling of the adjustment to the strength of delivery required on your first bowl.

Russell's article suggested that you "really look where the jack is and get a feel for the length". I think that you need superhuman or magical powers to assess accurately the length of the jack (three-inch diameter ball) at distances between 23 and 33 metres. Unlike the width where you can pick an aiming point on the bank, the only aiming point for length is the jack. Confusingly, there are then two different aiming points, length and width. The spot counters will know exactly the distance required to deliver their bowl and can then focus on aiming on the right line.

I believe the first bowl delivered for the eye assessors is a bit of a guess. After the first bowl is delivered, it is always signalled how far short or through the bowl finished, so that adjustment can be made to the next delivery. If the eye assessors were so clever about judging distances they would not need that information.

I have often heard it said - keep the jack at the same length when you are winning. This would allow the opposition time to get used to that length and thereafter compete on equal terms. Much better to vary the length of mat and jack – the spot counter confidently knows the exact length he is bowling to – the opposition can become totally confused and find it difficult to settle into a rhythm.

The other hazard is, if the opposition puts a bowl on line of sight you have lost your aiming point. Similarly, if the jack is moved during the end and become hidden, the spot counter doesn't panic but just asks "how far up from the tee?" and recalculates the length of delivery.

The only problem with spot counting is that you have lost an excuse for a bad bowl - "I did not realise how far up the jack was!"

*Bill Jackson*

# Jamie Walker Scalped

Who is Jamie Walker?

He has won the Under 25 National Championships three times and is a current England International player. In 2015 He beat Mathew Marchant in the final of the outdoor Champion of Champions tournament at Leamington. Recently he returned from New Zealand where he was part of the triples team with Andy Knapper and Robert Paxton who won the gold medal at the 2016 World Outdoor Bowls Championship in Christchurch.

In the Open Singles Circuit, he has a ranking of No 4 and Bill Jackson was drawn to play against him in the first round of the open tournament at Loddon Vale on 11<sup>th</sup> February.



Bill won the first set 7:6 but lost the second 5:7. In the three end play off, after the first two ends were exchanged, Jamie drew his first bowl to two inches right in front of the jack. Bill's reply was to draw a back toucher. With his next two bowls Jamie failed to dislodge Bill's bowl whilst Bill covered each of the spots. With one bowl, left Jamie nominated to "Kill" no, not Bill, but the end.

He hit the target and the jack leapt into the air but when it landed it was next to one of Bill's bowls. Thus, Bill gained another scalp to add to Michael Knight, Neil Smith and Damian Doubler over several years.

Bill went on to lose to Ian Jenkins of Egham in the next round 2:11, 6:6. His ranking did not improve as he was drawn in the preliminary round and only got 4 points, the same as Jamie Walker. His ranking is now 117 from 427 competitors. This season, he has lost in the second game of each of the five competitions which he entered.

*Bill Jackson*

## On the Lighter Side

A teddy bear is working on a building site. He goes for a tea break and when he returns he notices his pick has been stolen.

The bear is angry and reports the theft to the foreman.

The foreman grins at the bear and says "Oh, I forgot to tell you, today's the day the teddy bears have their pick nicked."

Local Police hunting the 'knitting needle nutter', who has stabbed six people in the rear in the last 48 hours, believe the attacker could be following some kind of pattern.

My wife was counting all the 5ps and 10ps out on the kitchen table when she suddenly got very angry and started shouting and crying for no reason.

I thought to myself, "She's going through the change."

# FALLS PREVENTION SOLENT NHS

## WHY DO FALLS MATTER?

- 1 in 3 people over 65 fall each year
- Injury due to falls is the leading cause of death in people aged over 75
- Falls are NOT an inevitable part of aging
- Every 1 in 2 women over 50 gets Osteoporosis – 1 in 5 men

## COMMON FRACTURE SITES

- ❖ Wrist
- ❖ Hip
- ❖ Compressed vertebrae in spine

## WHAT CAN WE DO

**Exercise! Exercise! Exercise!**

## BENEFITS

- ✓ Improves flexibility
- ✓ Lowers blood pressure
- ✓ Improves strength and balance
- ✓ Keeps the mind active and improves cognition
- ✓ Improves mood
- ✓ Reduces risk of fractures
- ✓ Increases bone strength
- ✓ Reduces pain
- ✓ Increases confidence
- ✓ Lowers risk of heart disease and stroke by 35%

**Osteoporosis is painless and most people are not aware they have it.**

## LOOK AFTER YOUR HEALTH

- Get eyesight checked regularly (Cataracts, Glaucoma, Macula, Degeneration. Varifocals and bifocals can alter depth perception)
- Have medication reviewed regularly (Too much medication can cause dizziness and can lower blood pressure)
- Keep your feet healthy – painful feet can reduce mobility
- Nutrition – eat a well-balanced diet
- Don't sit for more than an hour at one time
- Keep warm. Minimum 18 degrees
- Vitamin D important-Between May and September take 30 minutes per day to let the sun reach your arms and face
- If you feel unwell contact a Pharmacist asap if you cannot contact your GP

## **IDENTIFY FALLING HAZARDS IN THE HOME/GARDEN**

- Rugs and mats
- Trailing wires
- Animal pets
- Clutter on the floor
- Patterned carpet
- Stairs without rails
- Wet floors
- Slippery bath/shower
- Door thresholds (stubbed toe)
- Tools in the garden
- Steps
- Uneven ground
- Rocks

## **CANNOT CONTROL OUTDOOR FACTORS**

- Uneven pavements
- Wheelie bins
- Wet pavements
- Ice
- Protect yourself by always wearing SUPPORTIVE shoes and slippers
- An appropriate walking aid keeps you independent
- Never walk with your hands in your pockets
- (Always keep your mobile phone with you
- 

## **WHAT TO DO IN THE EVENT OF A FALL**

- Check there is no danger close (heat/sharps/electricity etc.)
- Check for injury
- If unsure dial 999 (have medication list ready for ambulance crew)
- Elevate bleeding limb or put pressure on it
- If no injury- can I get up
- Try to summon help
- Keep warm
- Keep moving
- Protect any bony part with something soft
- PENDANT ALARM IS USEFUL IF LIVING ALONE

## **HOW TO GET UP SAFELY IF YOU HAVE A FALL**

- Don't panic
- Try to roll on to hands and knees
- Put weight on your forearms
- Go slowly/rest often
- Check room for furniture to help you get up
- Try to summon help

*Olivia Pembrey*

## **Bowler or Biker!**

When I was, young I would sometimes dream about my old age and see myself sitting in my arm chair, driving around in a little Ford Anglia, playing bowls on the green and managing to spend a week away in Cornwall in a caravan for my summer holiday. Well how far from the truth that has turned out to be? All of it has, except for the bowling bit!

Today I am well on the way to my 80<sup>th</sup> birthday, rarely sit in my arm chair and drive an exciting Mazda 6 as well as my powerful Yamaha FJR 1300AE motorcycle.

And instead of a gentle bowling session on the green it has become 2 or 3 sessions a week at Palmerston where at times the competition can become quite fierce. Only the other day I found myself skipping alongside Russell Gadd our Club champion. So, I had to do my best to try not to be too humiliated by him, didn't I?

My RoSPA Motorcycle Tutor activities also help to keep me active too and with two new pupils, both members of the Harley Davidson Hogs Back Chapter in Guildford I hardly have the time to think about my age.

And as for that week away in a caravan, well things could not be more different!

I decided some months ago, to sell my much-loved Classic 1977 Yamaha XT 500 that I have owned since new and to use the money to do something really exciting.

£5,300 can go a long way these days and I am going a long way too you can bet!

Last October I rode the Isle of Man TT Race circuit on my 79<sup>th</sup> Birthday, with Sheila on the pillion too, so how cool is that I ask you.

My next destination is Peru and it is not to visit Machu Picchu with all the other thousands of tourists but the remote North East of Peru and the Amazonas, where few tourists venture. And I will be doing this riding a motorcycle over the Andes, sometimes at 14,500 feet, and then down into the Amazonas. Sheila, who has accompanied me on pillion on 25 other occasions riding on the continent and up and over the Alps, has decided not to join me on this trip as she has no head for heights and the sheer drops these days.

I am expecting to have to endure freezing temperatures in the Andes and hot and humid conditions in the Amazonas. So, different from the air-conditioned luxury of the Palmerston Indoor Bowls Club. But this is meant to be an `Adventure` and I have no doubt in my mind that it will be just that

So, at 79 ½ years of age, with a triple heart by-pass and a little overweight too, this 17-day tour will be testing my abilities and stamina to the full I have no doubt.

But if you don't try these things you will never do any of them will you, so I am heading off on the 29<sup>th</sup> March. This will mean that my mixed triples team, so very aptly named `Twistgrip`, (that's the throttle grip on the right-hand handlebar for those who are not motorcyclists) will have to manage without me for a few weeks.

Riding a motorcycle, often in remote and treacherous conditions, will be quite demanding so I hope to survive the trip in one piece.

I will be riding a Suzuki DR 650 cc trail bike provided by APM Ltd a well-known Peruvian based Motorcycle Tour Company and what makes the trip seem even more exciting is that 6 of my motorcycling friends will be coming with me.

I did ask a couple of Palmerston members who are motorcyclists but they declined the offer to put their lives at risk high up in the mountains of Peru!

The 17-day tour will be costing me about £3600 inclusive of even the taxi to LAP and this includes some very nice hotels with swimming pools and nice restaurants. We are even spending 3 nights in Lima to see around the capital before riding off to the Andes on the bikes.

I hope to make it back home in one piece so that I can continue playing bowls that I enjoy so much. But I will not say which I enjoy the most though for fear of upsetting you!

Gerry Gooch

**Don't laugh. You're just upset that you didn't think of this great invention.**



#### **On the Lighter Side**

A blond, a brunette and a redhead took part in a swimming race across the English Channel to France.

The redhead was the first to arrive in Calais, the brunette finished second, but there was no sign of the blonde.

Asked later why she didn't complete the race, the blonde explained, "I swam halfway but then I got really tired so I swam back to England".

A husband phoned the hospital to ask about his pregnant wife, but his call accidentally went through to the local cricket ground.

The husband asked, "How are things?"

The reply came, "Eight are out already, there could be another out any minute, and the fourth one was a duck!"