

Palm Reader



The Junior Section

Twelve months ago, we started a junior group at Palmerston and all juniors are welcome. The players meet on Saturdays at 2pm and, Wednesdays at 4pm in the winter season. Many of the young people have expressed a wish to play in junior competitions this winter season. The youth development competitions have an element of "skill sets" and the juniors have been practicing these tasks.

The group has received huge financial support from the Palmerston board and many individual members. This outstanding support has allowed us to purchase shoes to fit the youngest players. We also have four sets of Junior ACES; these can be used by players under the age of 14 in competition. The club already has a good selection of double zero bowls, but this leaves a gap for the children who are ready to transition to adult sized bowls as the heavier weight can cause damage to their growing bones and can cause sprains.

Sue Davey has donated a set of almost new triple zeros to the group. Amanda Lawrence has purchased a set of new four zeros for the children. This completes the set and we can now offer the youngest a choice of every size. Amanda told me that she believes the children of Palmerston are our future. The young players and I are extremely grateful for everybody's support.

I hope to have a **GENERATION PAIR'S FRIENDLY COMPETITION**, one Sunday afternoon in the coming months. Each pair will need one adult and one under 18 player. You will not need to be related to form a team. Date and time of event to follow.

Debby Mondey

National Summer Competitions "Round Up"

Huge congratulations to all the Palmerston bowlers involved in the 2026 National Competitions. Particularly to Scot Burden (who made to the Men's Singles Inter-Area Final); the Fantastic 5's (who made to the Inter-Area Final); and Tracy Farrington (who will represent Palmerston at in the National Semi-Finals).



The aim of our charity is to help and support children and their families, including bereaved families, who come under the care of the Piam Brown and the Teenage and Young Adult (TYA) wards at Southampton General Hospital.

We offer financial and practical help as well as the opportunity to make lasting memories for the children and their families.

There is a collecting box by the office window, or you can donate online

<https://www.justgiving.com/page/palmerston-ibc-3>





Welcome

As we venture further into the upcoming indoor season we'd just like to give a little update to our customers, followers and friends and those that may have missed it!

As some of you may have heard, Debbie has semi retired and stepped down from her role as director of DJC Catering Ltd, thus handing over the reigns of the business to Pippa and Jo.

But don't fret, she will still be working with us, just in a slightly different role.

As an employee of Debbie for almost 10 years, firstly I'd like to say thank you for keeping me for this long, especially with all my annoying singing 🎤 I know it will be a huge change and will take a while to get used to not being the boss, but you can rest assured that we will do as good a job as you have.

With a combined total of 48 years between myself and Jo in the world of hospitality we are looking forward to taking the helm of Portwood Catering Ltd.

We don't have any plans to change anything with the day to day running of the business just a few minor menu changes here and there when needed. There has been a new menu implemented since Monday 1st June, some new dishes added and a brand new kids menu. We will also have some offers during the week on our lunch menu.

Also, not forgetting our events that are coming, there's a display board in the restaurant with the next 3 dates.. And more posters will be up around the bar area and tv display too.

Thank you all for your continuous support and custom, it's deeply appreciated especially during the summer season when we've been at our quietest and warmest of times.. Air conditioning has been in full flow so you can all cool off in the club and restaurant ☀️🕶️

So, without further ado, we'd like to introduce ourselves as Portwood Catering Ltd..

**Thank you
Pippa and Jo**



We are open Sunday through to Friday, 9am til 2pm.

We can cater for any dietary requirements and offer a wide range of dishes. Looking for catering for a function? We can supply a buffet or graze table, just come in and speak to us.

We also have a range of social functions like our quiz nights, bingo and afternoon teas and not forgetting our Christmas lunches through the month of December. Get booked in now!

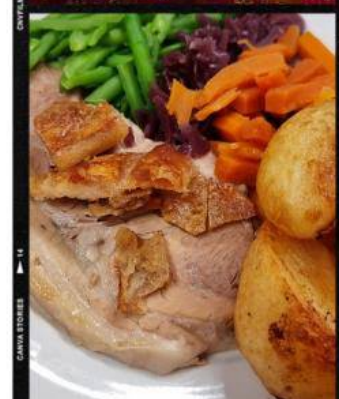
To book a table or enquire about our functions, please speak to a member of the team

01329 232214

For any of information or to make further enquiries you can also email us at:

Pippa@portwoodcatering.co.uk

Jo@portwoodcatering.co.uk



Online Rink Bookings

You can now book a rink online, from a phone, a tablet or a computer at home. It is the club's own system rather than something we are renting. It was designed to work the way we already do things.

Used to having online accounts ? You can just dive in by going to our website and clicking "Online Booking" in the About section. When there use "First time? Activate your account" and follow the instructions.

One small warning about emails from us. They can end up in your spam or junk folder, and this may mean the activation link will not work. If so copy the whole link line and paste it into the bar at the top of your browser. We highly recommend adding bookings@palmerston-bowls.club to your safe addresses to stop future emails from going to spam.

Once you are in you will find a grid of rinks and sessions like the paper booking sheet. Book by tapping a free slot. After each booking you, and the members you have added to your booking, get a confirmation email. Look at the help screens and list of common questions for more information. Any bookings you have already made on the sheets at the club have been transferred to the system. You will see them listed under My Bookings.

Less confident of diving in ? There is a practice copy of the system which you can try when you are at the club using the club wi-fi. There are sheets at the club explaining how to use it. It behaves exactly like the real system but the bookings you make are not real and it doesn't send confirmation emails, so you can try it as much as you like. You cannot make a mistake using it, whatever you press.

Can't do it at home ? You can still make bookings at the club. We have installed a touch screen at the steward's desk. There will be members there who can help you. You are very welcome to come and be talked through it with no commitment to using it afterwards. The stewards can also make a booking for you, as they always have.

One thing worth knowing in advance: occasionally a screen might take a minute or two instead of being immediate. If that happens it is not broken and you have not lost anything - wait for it, and it will continue. This is a problem we are working on. If this happens to you more than once please let me know. If you get stuck, or have questions, please let me know. *Russell Gadd*

Rink Booking and Artificial Intelligence (AI)

You may be surprised to know that the new booking system was built from the ground up entirely in Palmerston in 6 months with the help of AI. Artificial Intelligence is big in the news these days. The one I used is called Claude. It writes computer programs. I started by telling Claude what Palmerston wanted in normal English sentences. Then we built the rink booking system in stages over several months. Claude does the computer grunt work, I test what it did and feed back the problems for it to fix the errors. I say "we" because it is hard for me not to treat Claude like a person (I have caught myself apologising!).

A reasonable question is what happens if I fall under a bus. This was thought about early. The system's data is backed up automatically every night and there are recovery instructions for when something goes wrong. These are written for somebody who has never seen the system before. Another club member worked through the whole recovery from cold without my help, to prove it can be done. AI is advancing at a very rapid pace and managing our computer systems without expert club members will be quite straightforward in the years to come.

Palmerston

INDOOR BOWLS CLUB

Steward access

Russell

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WED
9 Sep

THU
10 Sep

FRI
11 Sep

SAT
12 Sep

SUN
13 Sep

Monday
14 Sep

TUE
15 Sep

WED
16 Sep

THU
17 Sep

FRI
18 Sep

SAT
19 Sep

SUN
20 Sep

MON
21 Sep

Rink

9:30am

11:30am

2:00pm

4:00pm

6:15pm

1

Mens Triples
Shorts
Trots

Mixed Drive

Free

Free

Club Mens
Singles
Russell Gadd

2

Mens Triples
Blockades
Zombies

Mixed Drive

Free

Ladder
0 joined / 20 places

Free

3

Mens Triples
Only Just
Kippes

Mixed Drive

Free

Ladder
0 joined / 20 places

Open Triples
Amigos
Newcomers

4

Mens Triples
Hares
Odds & Evens

Mixed Drive

Free

Ladder
0 joined / 20 places

Open Triples
bucks besties
Jills

5

Mens Triples
Allsorts
Reprobates

Mixed Drive

Ladies Triples
Bridges
Takyacks

Ladder
0 joined / 20 places

Free

6

Free

Mixed Drive

Ladies Triples
Ladybirds
Maidens

Ladder
0 joined / 20 places

Open Triples
Alpha
Echo

7

Mens Triples
Crabbs
Kestrels

Mixed Drive

Ladies Triples
Meons
Phoenix

Free

Free

8

Mens Triples
Corsairs
Tigers

Free

Free

Free

Open Triples
Allorise
Asteroids

As regards the rink booking design, one principle mattered to me more than any other: the booking system must not shut out members who do not routinely use modern technology. It's ok for people with fancy smartphones but what about those that haven't got one and don't want one? This is why there is the screen on the steward's desk facing the members, and why it is designed to be very similar to the old paper booking sheets. We avoided small text you can't read easily and we tried to make the booking process as straightforward as possible.

It is early days and there will be teething troubles. The important thing is that we can change it. We do not have to adapt the way we run Palmerston to suit what some company decided, we can make the system do what Palmerston wants. So please let me know what your problems are and Claude and I will see what can be done.

Russell Gadd emails@palmerston-bowls.club

HIBA Partons Section 2026-27

Palmerston are looking for a member of the club to become a HIBA Patrons Delegate. The main role responsibilities are to gather a list of club members who would like to play in selected matches, they will have indicated which ones they are available for on the signup sheet that you would have displayed in the men's changing rooms.

Once you have your list of players they would play as a Club rink (1-4) you may have more than four, you should then submit your selection of players and any willing reserves (this will help with last minute withdrawing players) to the HIBA Partons Sec, no later than 10 days before the match. This list should include any meal/dietary requirements for players or guests.

You will not be responsible for collecting any match fees as this is paid on the day to the Secretary. You do not have to be a playing delegate; you do not need to go to the matches; you can just organize the club players who would like to play for the Patrons.

You can attend the HIBA committee meetings if you wish, as the representative of Palmerston IBC (it is good to attend and have a say/vote on HIBA business)

Your main contact within the HIBA will be: Patrons Secretary Doug Nazer doug@nazer.co.uk

Here are this season's match dates:

Day	Date	Opponents	Rinks	Time	Venue	Catering
Sat	10th Oct	Chawton Park	6	14.15	Chawton Park IBC	Yes
Sun	1st Nov	Atherley	6	14.00	Atherley IBC	Yes
Sun	29th Nov	Loddon Vale	6	14.00	Loddon Vale IBC	Yes
Sun	17th Jan	Palmerston IBC	8 Trip	14.00	Palmerston IBC	Yes
Sun	24th Jan	Banister Park	6	14.00	Banister Park IBC	Yes
Wed	10th Feb	Surrey Patrons	6	14.00	Loddon Vale IBC	Yes
Sat	13th Feb	Victory	6	14.00	Victory IBC	Yes
Sun	21st Feb	Riverside	6	14.00	Riverside IBC	Yes

One of the main requirements for the role is that you have a good basics in IT. By that I mean you can send/receive emails and print, also be able to print or send out club rink players list, so one for the club changing room and one for the Secretary for selection into the match team. Also access to the HIBA web site. [HIBA site](#) This is not a compulsory "player" situation. You do not have to play any of the matches just be the lead contact for the club to the HIBA.

Thank you for your time please ask around the club if you know anyone who would like to join the HIBA Patrons or join the committee as the club delegate. Please reach out if you are interested and require further information.

Tony Jennings, HIBA Competition Secretary (Past Patrons Secretary)

matchsecretarypalmerston@gmail.com

Palmerston Full Members survey

All but 50 of all Full members have a registered email with the club which is good news as emails are the prime method of communicating with you and in June we issued a short survey (not to Social members) to gain feedback on playing in leagues. The not so good news is that 120 of you didn't read the email which appears to be a consistent trend with other emails sent this year. This implies either:

We don't have your correct email address,

Palmerston emails are sitting in your Spam folder,

Or you just don't look for new emails or receive notifications.

If after checking your spam folder you don't see a Palmerston email dated 11th June (or any this year), send an email to: emails@palmerston-bowls.club just stating your name and membership number, and this will update our records. You may also wish to include your preferred phone number as many of you may well have switched from landlines to mobiles since your record was last updated.

Anyway, back to the results of the survey and the bottom line is that it was a largely futile exercise with only a quarter of you responding. Thank you to those that did and we can only presume the rest of you are happy with how much you bowl and didn't think you could contribute to the exercise.

The best bit of data by far was that 30 members expressed an interest in helping with rink cleaning, coaching or becoming a steward. Thank you very much and the rink manager, head coach or chief steward will be in touch to discuss further.

The initial point of the survey was to determine what format was to replace the Open Fours on Tuesdays 6:15 pm and this will now be Open Triples as already announced. No great surprise although the survey also showed fair support for Australian Pairs and a few more votes could have made the decision harder.

There were not enough responses to support organising any new sessions. This is always open to change but (indication of) demand must precede supply.

Over 80% of those who responded play in leagues. Half of the rest haven't been asked to join a league and a verbal invite was how over two-thirds of those in leagues joined. Don't wait to be asked!

There is a "Players Available" and a "Players Wanted" list to the left of the Winter League Results noticeboard. If you are wanting to join a league, check the "wanted" list first and if nothing suitable, enter your details on the "Available" list. Obviously the other way round for team leaders wanting a player.

Teams must exist for people to join! Creating one or taking over as team leader should not be a chore and the League Secretary will be happy to guide first-timers through the process. Taking Triples as an example, teams usually consist of 5-6 players and the main job of the team leader is to produce the players rota of who plays when. A spreadsheet version of the league schedule can be downloaded from the club website onto your tablet or phone which will open in free-to-use Google Sheets or Microsoft365. This allows you to amend the rota as much as you like until you are ready to email it to your team. After that it is each team member's responsibility – not yours – to phone another team member if they are unable to play when expected.

Winter leagues are already underway but teams still use the "Available/Wanted" lists when looking for temporary or permanent replacements. A new team can also be added during the season to any league which currently has an odd number of teams – removing the need for stand-downs.



With only 5 leagues to manage in Summer, the process is a bit simpler and everything is displayed on the office window above the charity table from January.

There have been suggestions to set up a beginners league but this already exists on Mondays @ 6:15pm. It is actually called “Open Triples Intermediate league” because it includes members who joined as beginners and now don’t want to leave (!) and they offer encouragement and some experience to newcomers. Speak to Lesley about joining if she hasn’t already spoken to you.

Drives or Leagues?

It doesn’t matter, choose whichever format suits you – or both – and enjoy.

You can play every week or not at all in Drives. You won’t play every week in a league but the majority of players join multiple leagues to average this out and if you can’t attend when scheduled, you just ask another teammate to play instead.

Drives & leagues play to the same rules and etiquette, except the latter has a dress code of grey/black bottoms and predominantly white tops.

If you don’t feel out of place bowling in Drives, you’re good enough to join a league and you’re probably bowling with league players anyway. Obviously, some teams have higher aspirations than others but a team leader will let you know what is expected before signing you up.

Drives or Leagues, games are only as serious/competitive as your team wants them to be. We all want to win - you don’t see any scoreboard switched off in Drives. You can be soundly beaten in both formats but the only inquest is with yourself on whether you contributed to the defeat or helped stave off a worse one.

Lesley Howell & John Lewin
Winter & Summer league secretaries

Ladies Competitions 2026/2027

The Competition Forms are now in the Ladies changing room on the notice board. The closing date is October 31st 2026 and the draw will be made beginning of November.

Please try and play the first rounds as soon as you can. This would be much appreciated.

Thank you, Rosemary

New Coaching page on Palmerston’s website

To find coaching page → ABOUT → Select → Coaching Team

You will find here the names of the coaching team. There are also details about beginner’s training course for adults and juniors.

You will also be able to contact the coaching team if you are looking for help to improve your game. You can speak to any of the coaching team directly, leave a message at the steward’s desk or use the contact form in the section on the webpage.

Thank you to everyone who has contributed to Palm Reader.

Many of you will be aware that I was diagnosed with cancer at the beginning of the year, and the treatment hasn’t gone as we would have hoped. Most of the summer has been spent dealing with a side effect caused by a bad reaction to the treatment and included a few weeks as a patient at QAH. The main treatment restarted recently and will continue for a few weeks more. Therefore, I intend to stand down as editor, to concentrate on my recovery.

Thank you all for your support, John.

BOWLSWEAR DIRECT

Bring their roadshow to the club on a regular basis. Look out for the notices behind the desk. They can supply bowls, bowls bags, bowls shoes, accessories, clothing and all Bowls related equipment.

BOOK THE RESTAURANT FOR PRIVATE BUFFETS...

01329 232214

pippa@portwoodcatering.co.uk



Poetically Correct!

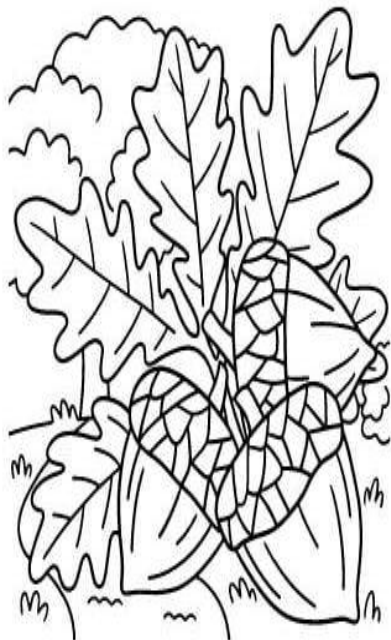
Courtesy of Peter Allwood

- 1) I've just finished reading a book about the world's greatest basement... It was a best cellar.
- 2) it's my first week working at the bicycle factory and they already made me a spokesperson.
- 3) My laptop caught pneumonia, apparently, because I left windows open-
- 4) I thought swimming with Dolphins was expensive until I went swimming with sharks..- It cost me an arm and a leg.
- 5) The main function of your big toe is to make sure all the furniture in the house is in the right place.
- 6) Horses have lower divorce rates. It's because they are in stable relationships.
- 7) It's pretty obvious that if I run in front of a car, I will get tired, but if I run behind a car I will get exhausted.
- 8) My teachers told me I'd never amount to much because I procrastinate so much. I told them you just wait.
- 9) 90% of bald people still own a comb.
- 10) Every morning, I get hit by the same bicycle... It's a vicious cycle.
- 11) The word "incorrectly" is spelled incorrectly in every dictionary.
- 12) I've been experimenting with breeding racing deer. People have accused me of just trying to make a fast buck.

SOLENT MOBILITY CENTRE

We have a partnership with Solent Mobility Centre. This means that Palmerston will receive 5% back to the club of any purchases made at the Centre.

To participate members must provide the unique code '0022' when making a purchase. This is a win-win for both.

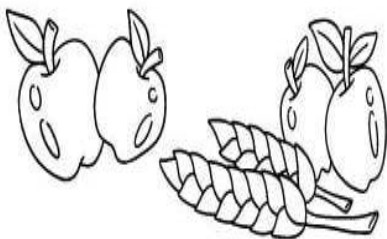


AUTUMN

WORD SEARCH



- | | |
|-----------|---------|
| ACORN | HARVEST |
| APPLE | JACKET |
| CHILLY | LEAVES |
| CORN | PUMPKIN |
| CRISP | SCHOOL |
| FALL | SEASON |
| FESTIVAL | SQUASH |
| GOURD | SWEATER |
| HALLOWEEN | TREES |



V	Y	J	L	C	C	V	R	L	N	S	Q	J	F	X
W	H	A	R	V	E	S	T	J	G	D	R	F	D	P
X	K	C	H	A	E	C	A	C	H	I	L	L	Y	U
O	T	K	S	V	S	E	A	S	O	N	F	P	H	M
A	C	E	H	A	L	L	O	W	E	E	N	F	F	P
C	C	T	B	O	N	N	L	M	F	C	O	R	N	K
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I	A	N	T	F	E	S	T	I	V	A	L	C	Q	M
Q	T	A	R	G	X	U	A	U	J	Y	R	H	E	S
L	E	A	E	X	P	C	R	I	S	P	V	O	X	F
Q	R	L	E	P	Y	G	O	U	R	D	J	O	X	E
N	S	B	S	F	T	T	D	X	P	F	Z	L	X	G

<https://everydaychaosandcalm.com>

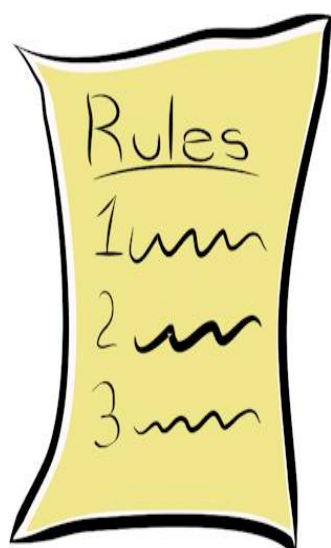
EVERYDAY *Chaos + Calm*



Our Regular Reminders

On how to behave like a considerate adult!

- Just a quick reminder that when the bar and restaurant are open, we kindly ask that no outside food or drinks be brought into the club. The restaurant works hard to provide a full selection of food and beverages for members and guests to enjoy while it is open, and the bar sells snacks and drinks, both soft and alcoholic, while it is open.
- Hi everyone. Just a friendly reminder to please pop any rubbish in the bins provided and return any glasses to the bar once you've finished with them. It really helps keep the club tidy and makes things easier for the volunteers and staff who help run the bar.
- 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.
- Car Park, please ensure that you enter and exit the car park in the correct manner, no cutting corners. You must drive around the carpark in the right direction, even if you want to park immediately in front of the building.
- Have you, changed your phone number, address, or email if so, please can you inform Lesley Howell to enable her to keep her records up to date.
- **Car Stickers: Have you changed your car, do you need a car sticker? Just ask at the Stewards' desk.**
- 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.
- Walking Across the Field, A small reminder that if you walk across the field, please ensure that the bottom of your shoe is completely clean prior to entering the club as we have had a couple of instances of grass and mud being trod onto the carpet.
- Score Cards, please ensure that when you fill in your card that you have the player's full name or initial and surname on the card, please also ensure that you put the scores on the sheet that is up on the wall next to the bar.
- Please switch off your phone when you come into the club or at least put it on to silent mode.



Rink Etiquette

When you are behind the mat, please ensure you stand at least one metre behind and out of the eye line of the bowler on the mat.

When you are behind the head, stand at least one metre behind the jack and stand still while a bowler is on the mat.

Always stay within your rink space and when moving from one end to the other keep to the centre of your rink.

It is permitted to leave a lifter on the green behind the mat area but not behind the head.

When moving to and from the rink area be mindful of crossing the end of a rink where a match might still being played.

Stop and wait, if there is a player on the mat about to deliver their bowl.

Weekly Bowling Programme - Winter Season 2026-27

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30 am - 11:30 am	Mens Triples League	Mens Triples League	Mens Triples League	Mixed Triples League	Mens Triples League	Matches / Competitions / Roll-ups / Tuition	Matches / Competitions / Roll-ups / Tuition
11:30 pm - 1:30 pm	Drive	Mixed Triples League	Ladies Triples League	Mixed Triples League	Drive	Matches / Competitions / Roll-ups / Tuition	Matches / Competitions / Roll-ups / Tuition
1:30 pm - 2:00 pm	Individual Practice	Individual Practice	Individual Practice	Individual Practice	Individual Practice	Individual Practice	Individual Practice
2:00 pm – 4:00 pm	Ladies Triples League	Ladies Triples League	Roll-ups	Ladies Triples League	Open Australian Pairs League	Drive	Club Friendlies / Matches
4:00 pm – 6:00 pm	Roll-ups Singles Ladder	Mens Triples League	Drive / Roll-ups	Mens Triples League	Open Australian Pairs League	Closed	⇅ ⇅ ⇅
6:15 pm – 8:15 pm	Open Triples Intermediate League	Open Triples League	Open Triples League 18 Ends	Open Triples League	Open Pairs League 18 Ends	Closed	Palmerston Cup
8:15 pm – 10:15 pm	Closed	Closed	⇅ ⇅ ⇅	Closed	⇅ ⇅ ⇅	Closed	⇅ ⇅ ⇅

Any spare rinks may be booked for competitions or roll-ups
Roll-ups can be booked up to 7 days in advance.