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GREAT BOWL

Newsletter of the Camden Bowling Club

May 2012

www.camdenbowlingclub.com.au

BOWLS NEWS



As the cold winds of winter start creeping into our day, we go looking in the cupboard for our vests and jackets again. How quickly it comes around. It seems just like yesterday we were doing battle in the Zone Pennant finals at Blaney and Bathurst freezing our little whatsits off. Hopefully, we will see at least a couple of our sides heading over the mountain again this year to compete in the finals. There is a big chance with all our sides doing exceptionally well so far.

For those who had a bye the other weekend, came, and supported the playing sides at home, it was unusual but well satisfying to see two of our Camden sides playing against each other. Has this happened before at the club? Somebody may know. The competition was as fierce as any game you would want to watch but it was also quite evident that the friendship between the players was ever present. Certainly another good reflection on how we are progressing as an inclusive and friendly club. Let's keep it going and if fortune favors us and we head west for the finals let's pray for warmer weather.



Zone District Junior Finals

Our own Alex Matheson, District Junior Bowls Coordinator, and his wife June, headed to Grenfell in April to support our junior reps in the Zone finals.

Ellen Ryan from Goulburn came oh so close to winning the Singles final losing by only four shots. The fours went one-step better winning the final. A great result for our District and one which Alex and June were very proud to have witnessed. Both Ellen and Jodie Marshall were selected in the Zone 5 side to compete in the inter Zone Championships. Well done kids and well done Alex and June.

Newcastle District Bowling Association Visit to the STDBA

Newcastle made the trip to the STDBA for the annual visitation between the two Districts. This is the fifty third year where the Districts have come together. No less than forty four bowlers travelled down with Bundanoon, Crookwell and Picton hosting the visitors over the Easter Weekend. All clubs made a big effort to welcome everybody including Picton where a number of Camden bowlers turned out to enjoy the bowls and the company.

The STDBA will be heading to Newcastle next year so if you would like to spend an enjoyable Easter weekend playing bowls at different clubs and meeting some wonderful people keep you eye on the board later in the year.

GO CAMDEN !

Some may have noticed the flag flying proudly by our green at the last pennants game. Kindly donated by Bear we now have a home flag and one certainly ready to travel if there is a need. It did bring us luck as well. All Camden sides won. Thanks Bear



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This Month's Health Tip



The following were found on the web as tips for better living. They are actually derived from Hindi teachings but regardless of your religious persuasion, you would have to agree they give good advice. Here they are;

Walk for thirty 30 minutes every day and smile during the walk.

Sleep only for seven hours in a day.

Learn to live with energy, enthusiasm and empathy.

Laugh, read more books and play sport.

Make time available to practice meditation, yoga and prayer, which provide us with daily fuel for our busy lives.

Spend time with old people over the age of seventy and the children under the age of six.

Drink plenty of water.

Please try to make at least three people smile each day.

Don't waste your precious energy on gossip.

Eat breakfast like a king, lunch like a prince and dinner like a beggar.

Life is too short, hence do not envy or hate others.

The Zoll Has Arrived

The following has been supplied by a qualified legal expert at the request of the editor to allay fears regarding the use of the AED.

In last month's magazine we announced that our Club now owns an AED (Automatic External Defibrillator). Some members have raised the issue of the legal position of anyone who uses it in an emergency.

No lay person (ie. you and I) has to come to the aid of anyone who is injured. However if they do the law provides them with protection.

Current NSW law refers to someone who helps a person who is injured as a 'good samaritan'. Sections 57 and 58 of the NSW Civil Liability Act 2002 provide that a good samaritan is not personally liable for any acts or omissions as long as the good samaritan is not significantly affected by alcohol or drugs and as long as they exercise reasonable care and skill commensurate only with their own level of training and experience. In other

words they are not expected to act like a medical practitioner would.

Guideline 10.5 of the Australian Resuscitation Council Guidelines confirms that the standard of care is low and appropriate only to their own level of training and experience. It confirms that no good samaritan has ever been successfully sued in Australia.

The Zoll AED Plus is designed to guide any user through the whole emergency process by a series of simple voice commands including whether a mild electric shock should be provided. There is no risk of injury to the user. Brief demonstration sessions for anyone interested in knowing how to use this potentially life saving equipment will shortly be announced.

If you want to know more refer to the following links;

http://www.austlii.edu.au/au/legis/nsw/consol_act/cla2002161/s57.html

http://www.austlii.edu.au/au/legis/nsw/consol_act/cla2002161/s58.html

http://www.resus.org.au/policy/guidelines/section_10/guideline-10-5-july11.pdf

[http://www.ema.gov.au/www/emaweb/rwpattach.nsf/VAP/\(99292794923AE8E7CBABC6FB71541EE1\)~Protecting+Volunteers.pdf/\\$file/Protecting+Volunteers.pdf](http://www.ema.gov.au/www/emaweb/rwpattach.nsf/VAP/(99292794923AE8E7CBABC6FB71541EE1)~Protecting+Volunteers.pdf/$file/Protecting+Volunteers.pdf)

Ponder These

If someone with multiple personalities threatens suicide, is it considered a hostage situation?

Is there another word for synonym?

Isn't it scary that doctors call what they do "practice"?

Where do forest rangers go to get away from it all?

What should you do if you see an endangered animal eating an endangered plant?

If a parsley farmer is sued do they garnish his wages?

CAN'T SEE JACK?
Should've gone to Specsavers

Specsavers NARELLAN TOWN CENTRE
TEL: 4647 4577

The Garden

Some may have noticed that the tied old centre garden boxes have been replaced by modern terracotta pots in the centre of our two greens. Many thanks go to our green fingered Joe Rainer for the vision to ask to go ahead with the job and his trusty helpers, Kevin Shaw, Henry Dallas, Ray Jones, Noel Mulley and Rob Patane. Great job guys.



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Submitted by another anonyms member

Handy Hints for the new, and not-so-new, bowler

There have been many lists written about how to participate in our great game, but years of careful observation have necessitated in the creation of this short, and by no means definitive, list of handy hints. Never before have so few given so much to so many in the pursuit of happiness, and we thank you immensely for your selfless contributions ...

1. Where am I supposed to be? If you're playing pennants against another Club it pays to check if it's a home game or an away game. It's all very well to feel pleased with yourself about being the first of your team to arrive at the Club, only to discover that everyone else has made their own arrangements to get to the opposition's turf.

2. Looking the part. Before leaving home, look at yourself in the mirror and ask yourself "Am I wearing the right gear for today's game?". There's nothing worse than that sinking feeling in the bottom of your stomach when you approach the Club to see scores of people in uniform and you've decided to wear your favourite Hawaiian shirt and board shorts. And the game starts in 5 minutes.

3. Having the right gear. Whether you leave your bowls in the locker room or take them home with you, do not get complacent about making sure you have the right gear in the

right place at the right time. Turning up with golf clubs just isn't going to amuse the greenkeeper.

4. Where are my bowls? Sometimes we have other things on our mind and forget that we've left our bowls bag outside the club - overnight even. That's a bit risky, but there's really no excuse for leaving them overnight at another club. Oops.

5. Stickers. Lawn bowls have large rings or circles on one side and small rings or circles on the other side. This is how we know which side has the bias. Our Club supplies big stickers and little stickers to put on your bowls for identification purposes. For best results put the big stickers on the big rings and the little stickers on the little rings. Rocket science it isn't.

6. Grippo. This is a product that is applied sparingly to lawn bowls to give them a slightly tacky surface which helps in the gripping of the bowl in your hand. It does not have a recognised sun-protection-factor and is not recommended for application to the face, neck, ears, or arms. See Sunscreen.

7. Sunscreen. This is provided by the Club so that you may protect your delicate face, neck, ears etc. from the effects of a harsh afternoon in the blazing sun. Apply liberally to all exposed skin. Do not apply to your bowls. See Grippo.

8. Shiny bowls. We all like our bowls to sparkle and shine as they bend their way towards the head. There are several products available to achieve this sparkly/shiny result. WD40 is not one of them. Neither is sunscreen. WD40 sure repels water but makes your bowls become slippery little suckers. Not recommended.

Grippo and Sunscreen

While Grippo and Sunscreen have the same colour the use of each are for entirely different applications as you would know. Or so you would think. One member actually tried Grippo on the nose and cheeks at a game earlier this month. Not surprisingly it didn't work except to give a burning sensation and a very sticky nose. Believe it or not.

GEEZER
(ge-zer) - noun, slang.
Not young. Not dead.
Somewhere in between.