



# Palm Reader

The newsletter of Palmerston Indoor Bowling Club

November 2004 Issue 11

## Banister slide

**Palmerston men produced their finest performance yet in the Denny Cup, by beating local club Banister Park by 40 shots, winning 93-53.**

This is the first time we have won our first round of the prestigious Denny Cup, having previously been beaten by the likes of Victory and Atherley. Atherley in fact set a record in the same round by beating Warner Bembridge (IOW) with a 149-36 score, the highest win in the Denny's history.

The Denny Cup is a National competition between clubs in England played on a knock-out basis. You will probably remember when Palmerston had the honour of hosting the finals in February 2003, when Kingsthorpe won amid boisterous scenes of high excitement. Maybe the first round is a long way from these heights, but you can be proud of our mens team who performed brilliantly on 23rd October winning all four rinks. Top rink was Bill Jackson, Andrew Miller, Ron Curtis and Eric Brierley, who won 31-8 at home. The other home rink of Tony Cole, Ron Packman, Barry Grinaway (captain) and

Roy Reader, recovered from 6-0 down after the first 2 ends, scoring a 7 on the third end to go on to win 20-18. At Banister Park Russell Gadd, Peter Cook, Barry Stafford and skip Andy McKain won 21-12. And John Duhig, Ben Settle, Ian Chittenden and skip Brian Morgan won 21-15 against a rink headed by England U25 skip Paul May with Liberty Trophy colleague Mark Hammond at no 3.

This win is even more remarkable as the team were without 2 regular skips, Tony Grant and Neil O'Donovan, who were unavailable. There is intense speculation now about whether they will get their places back in the team!

If we had lost this first match we would have been looking forward to playing next in the Denny Plate, as in previous years. Now however we remain fighting for the big one and our next encounter is with the Whitchurch based club Longmeadow on Saturday 6th November at 10am. Please come along and support the team if you can.

## Coaching Course

There was an unfortunate occurrence at the Club recently. A member booked a rink to give a couple of potential bowlers an introduction to the game. I say unfortunate because the couple were not dressed appropriately, were not wearing bowling shoes and the member giving them a lesson was not qualified to do so.

I think that every member of Palmerston IBC is aware that coaching courses for new bowlers are run throughout the season on Saturday mornings. These courses last for four consecutive Saturdays and are run by dedicated, qualified and registered Coaches. These people have given up their time to be trained to coach bowlers properly and are registered with the English Bowls Coaching Scheme. The syllabus which is followed has been tried and tested over the years and many bowlers have benefited from being taught properly.

If the standard of bowling is to move forward it can only happen if people are

taught from the beginning by a qualified Coach and not simply shown by a well meaning friend who is giving them the benefit of his/her experience and bad bowling habits.

I hope that the couple who were interested have not been put off by the quite proper intervention of the Club President which resulted in their "lesson" being terminated rather abruptly. I would also hope that the person who gave up his time to show them how to bowl would pass their names to the coaching staff who will contact them and discuss the Coaching Programme at Palmerston.

If the member who brought them to the Club is interested in training to become a Coach and indeed if any other member is interested please discuss with me and I will be happy to get you trained properly so that you can become an extremely useful member of any bowling club.

*Norman Evans-Rohrs*  
**Divisional Coach**

## Hampshire news

### Atherley Trophy

Congratulations to 4 of our top ladies: Joyce Bradlaugh, Ann Broadhurst, Rose King and Pam Lamshead who, following the trials at Banister Park, were selected for the Hampshire squad to play in the Atherley Trophy (County Championship). Hampshire must have a strong team and a good chance judging by the Palmerston ladies who were not selected! Hampshire play Kent at Horsham on Sunday 7th November at 2pm. If you want an afternoon of good (and free!) entertainment, where you can see top bowling action, go along and give them your support.

### Liberty Trophy

Congratulations to the Hampshire men who played Sussex in the Liberty Trophy on 30th October winning by a slim margin of 6 shots. We next play Oxford on Saturday 20th November, venues to be announced.

This year the format of the Liberty Trophy matches has been changed. Previously two counties played each other using 6 rinks at a neutral venue, but this year an experimental format of 3 home rinks and 3 away rinks is being tried. This makes it easier to organise, as finding a suitable home club with 3 spare rinks on a Saturday is easier than finding a neutral venue where you can take over the whole green at short notice. It is not however popular with players and supporters, as the atmosphere at 2 separate venues joined only by mobile phones (to relay the score) is not the same. Still we shall see if the practicalities prove to outweigh the emotional arguments.

# A Gripping Story

"Why does my bowl wobble when I deliver it?" Often the problem is a faulty grip. I spotted a very interesting web site from Australia ([onlinebowler.com/bowlscoaching](http://onlinebowler.com/bowlscoaching)). Australian bowls coach, Rob Judson, contributed most of the information in this site. Rob's original web site received over 75,000 readers in its 6-year presence on the web (to Sep 2003). I have copied the material below on the grip from this.

A bowl is about twice the diameter and six times the weight of a jack. Unlike a jack, a bowl is not spherical. However, the planes of the running surface and the engraved coaxial rings of the bowl are circular. An essential feature of any bowl grip is that the running plane should be erect and aligned with the forearm and the intended delivery line at the instant of release. To avoid a wobbly delivery and 'standing up' of the bowl, players should use a grip that does not allow the bowl to skew or tilt.

An essential feature of a sound grip is that the tip of the middle finger should position under the running plane as the second and third pictures show.

With the engraved rings upright and aligned, and the middle finger tip correctly positioned, propelling force should transmit through the centre of the bowl until its release, and no wobble should occur. A wobbling bowl is not likely to come to rest at its intended position.

When in course, a bowl slowly changes direction towards its biased side. The biased side of a bowl is recognisable by the smaller engraved ring and insignia than their counterparts on the unbiased side. The image alongside illustrates a typical difference in the appearance of side engravings of bowls.



A bowler has a backhand grip when holding a bowl with the thumb on the biased side. Consequently, the bowler has a forehand grip when holding a bowl with the thumb on the unbiased side.

A suitable grip sometimes results by first stationing a bowl upright on the playing surface. If a bowler then picks it up from behind with the tip of the middle finger centred, the grip used is often a suitable and comfortable one for bowl delivery.



The 'finger' tip grip provides good 'touch' for playing on medium or fast greens, and is probably the most popular grip. For the finger grip, the slightly separated finger tips support the bowl with the thumb tip near the crest of the large engraved ring and applying enough gentle pressure to secure the bowl. The second picture alongside shows the features of an effective finger grip.

Most other grips involve some degree of 'palming' of the bowl. The 'claw' grip (opposite, left) has the tips of the thumb and little finger in (diametric) opposition, with other fingertips slightly more separated than in a finger grip. It is a secure grip for fast shots.



In a 'cradle' grip (right image), the tip of the thumb adopts a low position on the side of the bowl. When the hand inverts, as in a normal backswing, the bowl tends to escape from a cradle grip. The few bowlers who use it usually do so because of small hands or lack of finger strength. The palm supports much of the weight of the bowl. To prevent the bowl escaping, a bowler using the cradle tends to articulate the wrist in the back swing to keep the hand under the bowl. The delivery is more a 'shovelling' action than a 'swinging' action.

## Letters to the Editor

Dear Editor

I think that if a club of this size needs a President which is only a honorary position then the club should pay out of pocket expenses and for rink fees when playing as club President.

I also think that a levy should be put on all home friendly matches to pay for a coach to all away matches as the price of petrol and car parking charges plus rink fees make away matches outside some players means.

Ian F Dobson

Dear Editor

I noticed in the Committee notes for the October issue that stewards were to be asked to carry out spot checks on membership cards. It went on to say that members are required by law to carry them on club premises.

I have checked the Rules and Constitution Bye laws, Edition 3, and can find no mention of this. Are you, or the committee, therefore referring to some act of Parliament that we are supposed to be aware of? I would be happy to be informed.

You mention the lack of volunteer stewards and I have to say that I don't find the position very rewarding. Perhaps I did my duties the wrong day. I note that their duties are not defined on Page 13 but perhaps adding to them may put more people off the idea.

Perhaps an approach to new members as they join may help.

Yours sincerely

D G Beale

Dear Editor

I noted with interest the item contained in the article Committee Notes regarding the 'objection' where a logo was observed on a team playing in the Competition finals.

This logo was worn to foster team spirit ...and why not ?

Perhaps we should encourage such individuality and even extend team uniformity. Today we see old prejudices being overcome, the use of coloured woods being an example. We see in the men's dress when playing internal league competitions the alleged 'white above the waist and grey below'. i.e. various shades of white worn on linen shirts or polo neck shirts accompanied

by trousers of different shades of grey. Not very smart and certainly not uniform.

Why not then extend the logo argument to allow teams to wear the same colour polo shirt and brighten our league competitions, ladies of course included. Encourage team spirit in the leagues by your own colour or logo. Bring our club into the progressive spotlight and out of the historic shadows.

And why not ?

Peter Griffiths

Dear Editor

From personal experience I believe Team identification using a logo is not only good for teamwork but also gives clear identity to the name of the player, which appears under the shirt logo, differentiation of the team woods and therefore clarity for the opposing team, not forgetting the spectators too. It brings colour to the event without contravening the "whites" rule since the predominant colour remains white. I would like to see better Team recognition in the Leagues but no one has yet followed our lead when we first entered our Ryder Open team. As for finals week then I guess we abide by the majority view represented by Club rules but I hope one day to see change for the better.

Ed Machin

Dear Editor

Twice a week, having finished my housework, which includes hoovering, dusting, ironing, gardening and preparing our meals for the next two days I arrive at Palmerston Bowling Club to pick my wife up after her 1130 match.

It probably takes about 40 minutes from the time she gets changed until we leave the club. This gives me time to have a brief chat to my very few friends and have a bash at Rita's lottery (I do put my £1 in).

How I envy the men who turn up in "greys" for the 30 minutes free practice.

If only I could join them on the empty rinks to spend 30 minutes to improve my game. Unfortunately I am very smartly dressed but not in bowlers uniform.

Is it possible that our committee could relax the dress code for 30 minutes to improve the skills of our members?

Yours truly,

Charlie Fitzgerald.

## Committee Notes

A donation has been sent to the Visually Handicapped Bowlers Association.

A break between the Summer Season ending and the Winter Season starting is to be discussed at the January 2005 meeting.

A suggestion to reduce the length of the Christmas Break is to be discussed at the November 2004 meeting.

The Board of Directors have agreed to the JMC suggestion that a Colts Membership should be formed.

It is now possible to accept new Social Members as from Monday 1st November 2004.

It has been suggested that the temperature in the restaurant is too low. An adjustment will be made as soon as possible.

The cost of "Friendly Match" meals has been increased by 50p. This is in line with many other clubs.

It has been suggested that for the 2005/2006 Season no Friendly Matches should be held on Wednesdays and only 1 match should be held over a weekend. A working group will consider the suggestion and report back.

The men do not propose to hold regular committee meetings in the future but only have a meeting when required by their Chairman.

The Club have entered the "Honda Top Ten" tournament. This replaces the Famous Grouse Top Ten competition.

Madge Bird has agreed to become the Ladies Vice President.

Entrants for the ladies singles is 13, for the drawn pairs is 10 pairs and for the drawn triples is 8 teams. More competitors are required.

The "Charity Quiz Night" raised £257.00 for the Rocky Appeal. The President (Janet Mudd) thanked all the helpers.

## Christmas is coming

I hear you all groan!! The good news is there will be Christmas cards on sale again this year. The price range will be £3.00 and £3.50 per pack of 10 cards. They are sold in support of Cancer Research UK and I also donate to the club funds.

Thank you for supporting the greetings cards which seem as popular as ever and though the income to the club is small it is very consistent. At the end of this season I will be able to let you know exactly how much has gone in to the club funds.

Any questions, requests etc. please leave me a message in the box. Thanks

*Marian Rose*

# Social and Fundraising

by Rene Bowshell - Social Secretary

## SOCIAL PROGRAMME

**Keep on looking at the Social Notice Board for up to date news.** Help the organisers by listing your names early. Charity Quiz Night was nearly cancelled due to lack of support – late comers swelled our numbers to 70 who all enjoyed the varied brain teasers as well as an excellent Buffet Supper – thanks to Richard once again! The winning tables were rewarded for their efforts but the real winner was of course the President's Charity -'The Rocky Appeal'- who received a cheque for £257 (including £110 from the Raffle). Thankyou for your support and special thanks to Ray Gregory and Social Committee for their expertise and organisation.

**Autumn Race Night - Saturday Nov 13th** – still room for a few names on the list – Don't forget to indicate your choice of Cheese or Pate. Get your tickets early so that numbers can be calculated. Clerk of the Course (Roy Mudd) will be selling Horses from **7.00pm** – 1st Race 8.00pm. Should be another 'fun' evening – don't miss it!

**Christmas Party Evening – Saturday Dec 11th 7.00 for 7.30pm** - List will be displayed shortly on which to book your table. Tickets £11 (including Buffet, Entertainment and Lucky Draw) **available from Bar after Nov 13th.** Numbers will be limited so book your table and get your tickets early.

**New Years Eve** – Regretfully the Club will not be open on New Years Eve this year. Any event would have to be organised well in advance and sadly there were no volunteers. Entertainment has to be booked months ahead. Shame to miss out on such a special Celebration! Next year Malcolm Chapman

has offered to start his enquiries in good time. We shall need your help and support in the organisation of such an event. If you have any views or ideas please make them known through this newsletter.

## FUND RAISING PROGRAMME

**'100 Club'** There are 103 members in each Section of the Draw this year. You can find your allocated number on the Lists displayed on the General Notice Board. First Draw was made on 29th October. Section A Winner M.Greenslade (No 24) - £40 & Section B Winner G Mundell (No 1) £40 – Congratulations. Second Draw will be made on 26th November (£40 each Section). Christmas Draw will be made on Friday Dec 10th. Each Section will have 1st Prize £125 - 2nd Prize £60. Watch out for the Winners!

**Treasure Chest** Bob Lacy was the lucky winner of the 'Treasure' on 8th October when he chose the right key to collect £75 from the Chest! By Friday 5th November the Prize will be £90-100 !! Tickets on sale from 5.30 to 8.00pm on Friday nights.

**Bonus Ball** Numbers are now available for the Wednesday Lottery as well as Saturday. Look out for Rita's Lucky Bag on the table in front of Notice Boards.

**Christmas Draw** 1st Sheet is slowly filling up but the Club Treasurer (who is now in charge of emptying the cash box) already reports a short fall. Meanwhile purchases of prizes are being planned and will be on show shortly. Packages of fresh festive fare have been ordered from a local butcher. Other gifts and vouchers will be purchased as soon as we have more cash. The Draw will be made on **Friday 10th December** – only a month in which to buy your lucky numbers.

# Editorial

Thanks to those who sent in letters. Please keep them coming in. Just to remind you, if you have an opinion please write it down, and if you are shy of the publicity, I am prepared to publish anonymously, provided I know who has written it, just sign it and add that you want your name withheld. But no personal attacks - I won't publish these.

Suggestions for issues to comment on:

1 The new temperature control system. Is it working? Are you comfortable? Does it make bowling conditions less variable?

2 The AGM. As the AGM is at the end of the winter season, there is no newsletter immediately following to report on this. Would it be useful to have a summary of new resolutions adopted? Are these resolutions working? What concerns do we need to think about before the next AGM?

3 Falling membership and lack of volunteers. Are we in decline? How do we address these trends?

One final appeal from me. When I started this newsletter, I thought I would largely be collecting articles written by others and just doing minor editing to fit them in. In practice I'm probably writing too many myself, which is not good for me or for you. Could you offer to help write something for the newsletter either on a regular basis or as a one-off?

*Russell Gadd - Editor*

*You can contribute to the newsletter either by writing an article or a letter to the editor. If you use a computer please email it to russellgadd@fastmail.fm and I'll acknowledge receipt of emails. Or put it on a floppy disc (either plain text or a .doc file). Otherwise hand items in to the office addressed to Palm Editor.*

*All issues will be produced monthly during the winter season with the deadline at the end of the previous month.*

## Chewing gum warning

Despite all the warning notices, chewing gum has again been found in the ditches. There is now little more your club management can do other than to propose the drastic step of suspending or terminating the membership of any person found chewing gum on the green.