



Welcome to Denby

Volume 2, Issue 2

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The Newsletter of Denby Bowls Club.

Give us a Sign! (or two)

Quite a few of us have been thrown by the removal of the familiar Institute and Bowls Club signage at the entrance to the Club on Derby Road.

In the next week or so the new Bowls Club signs will be erected. They are a significant improvement on our old signs which, over the years, had faded quite badly.



The new signs have been designed in partnership with our sponsors, Radfield Home Care, and prominently feature the logos of both our respective organisations.

In a nutshell, under the terms of the sponsorship agreement between us, Radfield Home Care will make a cash donation to the Club every year, in return for which we will help them promote the Radfield Home Care brand.

The new signs come at Radfield Home Care's expense, and they have also provided us with a banner, which you may have seen alongside the green, and posters which will be displayed at away matches. The latter was chosen in preference to making team shirts featuring the sponsors logo compulsory for all team members playing in Belper or South Derbyshire league matches.



The Radfield Home Care Banner alongside the green



Posters featuring the words "Denby Bowls Club proudly sponsored by Radfield Home Care" will be displayed at away matches.

Benefits of playing Bowls

As we get older physiological changes can make our balance and coordination get worse

- **Brain and Nervous System:**

- Some regions of the brain tend to shrink due to age-related atrophy which can lead to declines in coordination, balance, and movement speed.
- Losing dopamine-producing cells, which are common with age, can slow down movements and reduce coordination.
- Changes in neurotransmitter function can also disrupt motor coordination and lead to balance problems.

- **Muscle Strength and Mass:**

- Muscles tend to lose strength, endurance, and flexibility with age, which can affect coordination, stability, and balance. The loss of muscle mass, known as sarcopenia, negatively affects balance and increases the risk and fear of falling, especially in the elderly.

- **Specific Coordination Changes:**

- Delays in reaction time and movement time.
- Decreased accuracy in reaching and aiming movements.
- Decreased steadiness in the nonpreferred hand.
- Difficulties with balance and gait.

That's the bad news. The good news is that playing bowls regularly helps combat these changes! Engaging in regular physical activity, especially exercises, like bowls, that focus on balance and coordination, can help maintain and improve coordination as you age.

Harvard Health recommends staying active and maintaining a healthy lifestyle to help maintain coordination as you age. They say:

“There is a myth in our society that it is fine to do progressively less exercise the older you get. The truth is just the opposite! As you age, it becomes more important to exercise regularly — perhaps even increasing the amount of time you spend exercising to compensate for bodily changes in hormones and other factors that you cannot control.”

So remember... Keep Bowling!



Have your say.

The Committee have been discussing for some time the merits (or otherwise) of introducing Club end of season awards.

The initial proposition was that the Club should hold an end of season event which would include the presentation of awards to those members who had performed particularly well or served the Club with distinction over the course of the season. This was meant to be an opportunity for us to celebrate as a Club and to recognise members achievements.

However, some members of the Committee have seen the introduction of awards go horribly wrong at other Clubs, with petty jealousy and back biting making the whole thing more trouble than it was worth.

If we were to go ahead with awards there are other important aspects of this that would need to be decided, such as:

- What the categories of awards should be, and;
- How should the awards be decided?

Having discussed the matter, the Committee decided that we should ask you, our members for your views on this.

We will therefore be putting a questionnaire in the field shelter for you to let us know what you think. Please fill in the questionnaire and place it in the box provided.

The Committee will then decide the best way forward for the Club based on members responses.

We will share the results and the Committee's conclusions in the next Newsletter.

The History of Bowls

The essential difference between flat green and crown green bowling is the surface on which the game is played. Crown Greens are undulating, with bumps known as crowns. Some greens have just one, others may have two or three and they can be up to 14 inches high from edge to centre.

On the other hand, flat greens, known as rinks, are on a large surface of grass as level as it can be. On one area there can be many rinks of around 16 feet wide and 120 feet long. This is the standard flat rink size and can only vary slightly.

How crown green developed as a separate game is difficult to pinpoint, but one theory is that bowling from the 15th to the 18th century separated into two classes. The rich and moneyed who owned large gardens made bowling alleys on their lawns, flanked by hedges – in other words rinks.

The less affluent played on common ground and parks close to inns and taverns, which were the forerunners of the crown greens later built adjacent to pubs and hotels.

Volunteer Corner

Other than a couple of minor repainting jobs, the main work being undertaken at the moment is fitting new rubber mats in the gulleys at the Bottle Brook end and alongside the Institute.

We are taking this opportunity to line the gulleys with a permeable lining to keep the weeds under control.

The work is not time critical and will be undertaken progressively as the season goes on.

Please contact Ian if you want to help and can find a few hours to get involved in this.



BIG BOWLS WEEKEND EVENT

MONDAY 26TH MAY

FROM 1PM TO 5PM

- **FREE BOWLING FOR NON-MEMBERS**
- **FREE USE OF EQUIPMENT**
- **FREE COACHING**
- **REFRESHMENTS AVAILABLE**
- **PLANT SALE & RAFFLE**

**MEMBERS – BRING A FRIEND
FAMILIES AND CHILDREN
WELCOME**