



TDBC

Club News

Stay in the Know!

New You



New year, New You... or not

2023 is your year, right? Those promises you made to yourself back in January turned into hard fought changes and the material difference in your life is clear for all to see. For anyone still reading, there's a good chance you gave up on the "new year, new you" a few weeks on from making those resolutions. You're not alone: a 2022 study found that about two-thirds of people abandon their New Year's resolutions within a month.

New Year's resolutions generally get a bad name, but tying self-improvement to the new year is actually a good thing. "Research shows that there is a benefit to trying to make a change at a time that people

perceived as a fresh start, as people are more motivated at these points in their lives and may want to try to distance themselves from an old version of themselves," says Phillippa Lally, a UCL researcher into human habits.

If you're trying to transform aspects of your life, why not treat yourself along the way? Phillippa Lally believes that not enough people use this technique. "For every minute you spend in the gym, you can reward yourself by spending an equivalent amount of time on social media. Or, for every five minutes you meditate, you can put £2 in a frivolous spending account to order takeout food with." It's impressive you're starting a self-improvement journey. Don't make it needlessly painful.



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Kevin Cottrell had his Wessex League debut on Sunday 22nd January. Playing 3 on a rink with Dan Winmill, Mark Reeve and Malcolm Cambell he helped secure a good win against Purnells.



Taunton Deane Bowls AGM - Monday 20th February 2023 7.15 PM

The AGM of the bowls section at Taunton Deane will take place on the above date and time.

Reports should be sent to me by Monday 6th February 2023.

If there are any proposals for the AGM please get them to me by the 1st February 2023.

PS There will not be an umbrella night on that date but please come to the AGM.

Mike Beale - Club Secretary



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Entertainment

Saturday 4th February
Tickets include food - 7pm Start
Sweet and Sour Chicken or Cottage Pie

TDBC Social & Fund Raising Committee



£12.50

Simon Rees
Singer & Entertainer



Saturday 11th March
£13:50 - Tickets include Food - Ploughman's - 7:30pm Start

TDBC Social & Fund Raising Committee

Barry Paull
as Elvis



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TDBC Ladies



Taunton Deane Bowling Club ladies have had a very successful run in the Yetton Trophy. This is a National competition played over twenty one ends with two rinks playing at home and two away.

In the preliminary round the ladies had a good win over Minehead. The next rounds produced two very tight finishes, with Taunton Deane beating St Andrews (WSM) by two shots and Taunton by four shots.

The Inter Area final played against Moonfleet 2000 (Weymouth) was a tense affair, however the Taunton Deane ladies held their nerve to win on three rinks and overall by 80 shots to 61.

This result meant that the Deane ladies had reached the last 16 in the competition and faced Honiton ladies in the next round.

After ten ends there was only one shot between the two teams and, in an exciting finish, Honiton just managed to ease past Taunton Deane by 5 shots winning 68 to 63.

The photo shows the away rinks who played against Honiton.



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SWCIBA Ladies



SWCIBA - Somerset
Womens County Indoor
Bowls Association - Ladies
at Taunton Deane on Monday
January 23rd 2023 Playing
against Dorset.

Sadie Lloyd (left) with Matilda
who she knitted and has
become the team mascot.



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Early Birds



Eddie Beirne, stood, playing his last game with the Early Birds before he moves to Suffolk to be nearer to his family. All the best Eddie & keep smiling as always.
23rd January 2023



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Resting



Awaiting the Spring

*After long and weary winter months,
we need more sunshine.*

A special thanks to the maintenance team for all their winter work. Spring is not far away and for those who play outside, it's not long to go.



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Mark Reeve

You're invited to our

Winter Warmer

To help raise money for
St Margaret's Hospice
in Taunton



On Friday 17th February
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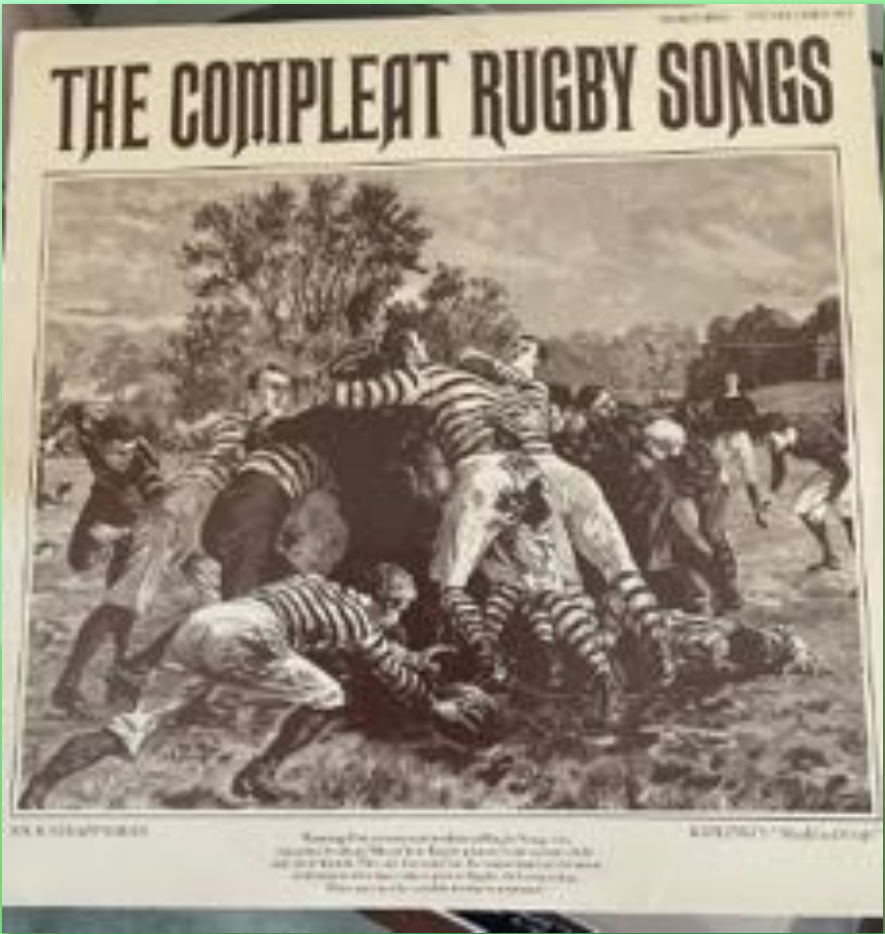


Music was my First Love... continued

“Dinah Dinah show us your leg” and the C word.

Boys will be boys? I’d think anyone involved in playing rugby or being around rugby clubs, like in the bar post match, will have heard raucous singing. Does it still go on? Certainly the lyrics of many rugby ditties are profoundly explicit. I’d say extremely misogynistic, sexiest, crude, obscene, dirty, disrespectful. Have Clubs ‘cleaned up’ or schools for that matter? My earliest memories of singing ‘sinful’ songs was when playing rugby at school. Teachers turned a blind eye or joined in. Drinking, getting drunk and joining in the choir of songs was common practice.

The earliest LP record I’ve found is from around 1964. The other day I decided to reacquaint myself with the multitude of recordings and bought a double album ‘The Complete Rugby Songs’. In conversation with a friend who rowed he said the same songs were sung in the rowing club. Sounds very much like a ‘public school’ tradition. Did the girls at Roedean come up with the lyrics “we are from Roedean good girls are we...” ? No of course they didn’t. I can’t find much information on the origins of ‘sinful rugby songs’, what I did find which might have started off the ‘tradition’ was ‘Forty Years On’ a song from 1872 originally written for Harrow school. I’d imagine some bright sparks started converting traditional folk songs and school anthems to their bawdy 20th century compositions.



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Mark Reeve



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Mark Reeve

I'm kind of glad I haven't been too explicit with this month's article. Sara certainly cringed when I was playing the songs and I surprised myself how many lines and choruses I still remembered.

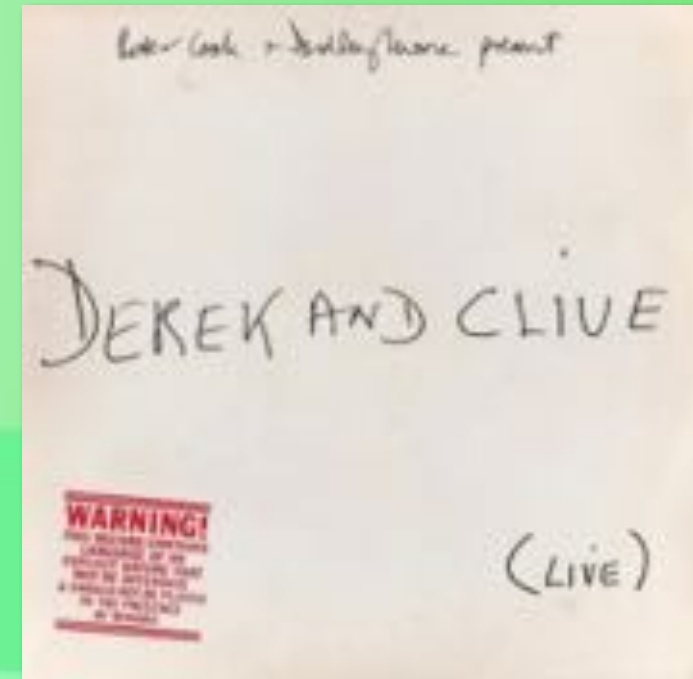
The crude songs we sang from that 60's era had at that time some acceptability.

One record from the 70's that stands out for me with its uncompromising lyrics and swear words is 'Derek and Clive (live)' and I have my original purchase from 1976. Peter Cook and Dudley Moore were certainly testing the music critics the censors and the BBC with a hilariously funny comedy and music offering. The 13 tracks included 'Winkie Wanky Woo' and 'In the Lav' The most memorable three and a half minutes has to be 'This bloke came up to me' with 35 C words and a multitude of F words. Many would have found the album offensive then and many still today. So the irreverent duo never probably heard their recording on the BBC. I don't think it was until 2016 when a tribute to Peter Cook was being aired that an edited version was played containing 12 C words.

A quick google reports 'Derek and Clive had escaped prosecution. But the BBC banned it, and the album went on to sell more than 100,000 copies-it was said mainly to adolescent boys-in Britain and America and revitalised the two comics' reputation for youthful rebelliousness.'

Until next time and thanks for reading,

Mark





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Humour





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Humour





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Editorial
Steve Browning

Why is uniform important in sports?

Team uniforms encourage the unity of the team and keep players motivated to perform better in their game. This, in turn, increases the enthusiasm and the desire to succeed. When every team player wears the same top, the same colour trousers or shorts, it instils unity among the team and enhances their confidence and contributes to a win.

Wearing a uniform or kit can be seen as a way of uniting a group of people with a common sense of purpose and pride. A bowls team, police officers, or shop workers all generally wear a uniform, but what are the benefits of wearing one?

Perhaps two of the most fundamental reasons for wearing a uniform are suitability and safety. In the workplace, a uniform might be designed for protection, comfort, or purely marketing purposes, to name but a few. In sports, uniforms are designed to minimise fuss, accentuate lines and form in a movement, or make it safe for the wearer to perform their role without fear of becoming entangled in an otherwise unsuitable outfit.

One of the reasons may be identification. Wearers can be easily identified in a crowd of people. In the case of a bowls team, spectators need to be able to identify their team from the opposition so they can cheer them on. Police officers need a physical presence on our streets so we can call upon their help if needed, or when they are needed when trouble arises, we can differentiate them from members of the public. Shop workers provide us with assistance whilst we shop, and in large or busy stores, we can more easily tell them apart from other shoppers if they are wearing a uniform. Identification is instant and if implemented correctly, a uniform always creates a good first impression.

But the benefits are not only for us as 'observers'. Those wearing the uniform reap some benefits too. Closely related to identification is identity.





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Editorial
Steve Browning

'Bowls is not an old man's game'



By wearing a uniform, people gain a sense of identity amongst the people with whom they share a uniform, and this manifests itself as a sense of pride amongst peers and others who they come into contact with whilst wearing that uniform. The uniform becomes a 'badge of honour', something to show off and earn bragging rights. "I am a proud member of my team". This identity encourages social relationships and strengthens bonds within a team, all vital skills children need to learn at an early age.

Whilst a common uniform has these effects, a 'branded' uniform which goes beyond just style or colour, and introduces an element of exclusivity. This further enhances the feeling of belonging as the team badge is always on display for everyone to see. Over time, like all brands, a good team brand starts to become recognisable, and this starts a self-perpetuating process of increasing brand awareness and thus feeding the positivity associated with belonging to that brand.

And let's not forget how an image of a group of people dressed in the same uniform appears to onlookers. It portrays an image of professionalism which goes beyond just the clothes. It tells a story of how the team carries itself and how individuals within the team deal with their own responsibilities and their responsibilities to their teammates. This can only lead to a higher level of performance which elevates the status of the team still further. A uniform helps to instil within a group of members a united team spirit, and that in itself generates many rewards, strength, support, and a purpose of working towards a common goal. It suggests that constructive discipline is important to the team which in turn creates a positive sense of expectation from the public.

Another valid reason to wear a uniform is how effortless the decision making process is when it comes to what to wear. No more thinking about which top matches which bottoms. And this is a great leveller too. Everyone within the team, regardless of their status, background, or skillset, is treated with equality.





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