

TDBC

Newsletter

Club News

Stay in the Know!

Snowdrops

The Festival of Imbolc

Most Pagan traditions in Britain use the Eightfold Wheel of the Year as the basis for their calendar of festivals. They take place at intervals of about six weeks throughout the year and mark the turning of the seasons and the next is Imbolc on 1-2 February.

The first festival of the calendar year is Imbolc (pronounced Im-molk), which takes place at the beginning of February. Like Candlemas, its counterpart in the Christian calendar, it is a festival of light, which celebrates the first stirrings of spring after the long dark winter. Not surprisingly, in Britain Imbolc is often associated with snowdrops and these are often used in ceremonies to celebrate it.





Qualified Marker

Interested in being a qualified marker?
A markers course is coming here soon.
look out on the coaching board, in the club,
for a sheet to put your name on.

Rod Ellis - Senior Club Coach



Competitions Update

The next play by date for all internal
Competitions is Saturday 22nd February.
Please contact me if you are unable to play
your match by this date.

The Quarter-Finals of the Generation Pairs
have taken place with wins for, Lucas
Beale/Joan Jenkins, Luke Harris/John
Ainley, Noah Greenhoff/Eileen Phippen and
Charlie Harris/ Tony Hardiman. The Semi-
Finals will take place on the 22nd February.

An internal open Triples competition is to
be held on Sunday 9th March. Further
details and an entry sheet will be put up in
the reception area soon.

Happy Bowling - Karl Greenhoff

The Leagues

Entry forms for the summer season have
been placed in pigeonholes so you are
reminded to check as many haven't been
collected. Blank entry forms are also
available in the foyer. They should be
completed by 28 February.

Additional volunteers are required to run
the League Committee as Alan Dicks has
reduced his involvement. After 15 years I
will be standing down. Please let me know
if you are interested. Without a League
Committee there will be no leagues.

Bob Standing - League Chairman



National Finals

Tim Hemburrow, Steve Smart and myself,
who got to the National Finals in
Nottingham last year are close to doing it
again. In the Over 50's Triples we have
advanced to a regional 'final'. On Sunday
23rd February 10am at Yeovil, a neutral
venue, we play a team from Dolphin in
Poole. Any support would be most
appreciated.

Cheers Mark Reeve



Tickets on sale at reception

A poster for Chris Chaplin, featuring a black silhouette of a man singing into a microphone against a bright yellow background. The man is wearing a suit and tie. To the right of the silhouette is a black circle containing the text "£14" in a large, bold, white font, with "7pm Start" in a smaller, white font below it. Below the silhouette, the text "Chris Chaplin" is written in a large, bold, black font, with "Singer" and "Entertainer" in a smaller, bold, black font below it. At the bottom of the poster, a black box contains the text "Saturday 8th March 2025" and "Ticket includes Cheeseboard & Sweet" in a white font. At the very bottom of the poster, the text "TDBC Social & Fund Raising Committee" is written in a small, black font.

£14
7pm Start

Chris Chaplin
Singer
Entertainer

Saturday 8th March 2025
Ticket includes Cheeseboard & Sweet

TDBC Social & Fund Raising Committee

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Volunteer



Your Kitchen Needs You

Appeal

**Our Club Kitchen needs
Volunteers for
Big Events in
February & March**

**We also need
volunteers for
Afternoon & Evening
sessions**

The Club can't survive without
you volunteering for any role,
Please help.

**Contact - Ann Beale
01823 279754**

"Volunteers are not paid – not because they are worthless, but because they are priceless."



Coaches Corner

Hopefully you found last month article useful, feel free to let me know, or if you have a specific topic or question email me at rodellis221@btinternet.com .

Skips, inexperienced, experienced or would like to become a skip.

(This is not aimed at any skips or individuals, it is just a guide for everyone)

I was asked this month to mention a few things that are good practice if you are a skip.

So in my opinion here are a few good practices, but, by no means everything that makes a good skip.

Firstly know your team members, their capabilities and the bias of their bowls.

Don't ask someone to play a shot around front bowls, when their bowls do not have the bias to turn in time. The opposite applies asking someone with a swinging bowl to play narrow shots.

Communication:

Communication is key!

When you are in possession of the mat, give clear instructions; your bowler should be in no doubt what you want them to play! (Try not to be looking away and chatting to your opposite number when your bowler is on the mat, if you're not interested why should they be)

Give your bowler information, (are we holding or not, if so how many, this is key information).

Which side do you want them to come, forehand or backhand, what type of shot are you looking for. Give nice clear hand signals.

How far short or long from the Jack was the last bowl, this is also key, but, be as precise as you can. If necessary indicate which is your team

bowls and the opposite team bowls.

I don't believe there is any need to tell someone if they are too wide or tight, they can see that from the mat, (unless they have poor vision of course).

I do get amused when I see a skip frantically waving their arms, trying to make the bowl bend more or go further. Never seen it work yet, but I live in hope.

Body Language.

Always project positive body language. Please don't stand there with your arms folded looking fed up, or not looking at all. Show you are really interested in their shot, watch it all the way until it stops. Don't turn away in disgust, lifting your hands in the air etc.

Be positive, encouraging and kind in your feedback, remember no one bowls a poor bowl on purpose, we are all at different levels of abilities, no one gets better if they are constantly criticised. Praise goes a long way!

Finally, skipping is not an easy job, there can be a lot of pressure to get the shot or cut the number of shots you are down. But try to enjoy it, and as some of you I have coached remember the key word RELAX!





Did you know?

Playing out of turn

If a player plays out of turn, the opposing skip can stop the bowl and return it to the player to play it in the proper order. If the bowl has come to rest and has not disturbed the head, the opposing skip must choose whether to:

leave the head as it is and have their team play two bowls one after the other to get back to the proper order of play; or

return the bowl and get back to the proper order of play.

If the bowl has disturbed the head, the opposing skip must choose whether to:

leave the disturbed head as it is and have their team play two bowls one after the other to get back to the proper order of play or;

replace the head in its former position, return the bowl and go back to the proper order of play; or declare the end dead.

If a bowl has been played by each team or player in Singles before the players discover that one of them has played out of turn, play in that end must continue in that order.

Playing another player's bowl

If a player plays another player's bowl instead of their own, the other player's bowl must be replaced with the player's own bowl.

If the bowl which was replaced was marked or nominated as a toucher, the player's own bowl must be marked or nominated as a toucher.

Reminder

We are lucky to have qualified coaches in the club who are available for coaching, if you need help, or want to improve, it only costs a rink fee, just contact one of us. We are on the poster in the foyer.

Thursday afternoon Open Coaching sessions are continuing in the New Year, 4pm to 6pm. The cost is only a rink fee (£3:50).

I hope this has been useful. Feel free to give any feedback, but be kind please.

Take care

Rod.





The simple hand signal that lets people know you're in danger

The first full week in February (5th to 11th) is a week dedicated to raising the profile of sexual abuse and sexual violence, sexual harassment and harmful practices. It emerged as a response to acknowledge the experiences of survivors and foster a society where such acts are not tolerated.

Sexual Abuse & Sexual Violence Awareness Week serves as a reminder that everyone has a role to play in preventing sexual abuse and violence, supporting survivors, and creating a safer and more respectful world for all.

The following has been collated from various internet sources.

Sexual Violence - is when someone forces, coerces or manipulates someone else into unwanted sexual activity without their consent.

Sexual Harassment - is any unwanted sexual behaviour that makes someone feel upset, scared, offended or humiliated, or is meant to make them feel that way.

Sexual Assault - this can include any unwanted sexual contact not just penetration, therefore a woman can sexually assault a man. Sexual assault is about exerting power or control over someone, not lust or sexual attraction. Sexual assault involves non-consensual acts with an adult while sexual abuse involves acts with a minor or with someone who cannot legally consent.

Harmful Practices - are discriminatory practices committed regularly over such long periods of time that societies begin to consider them acceptable, they include practice such as female genital mutilation (FGM), breast flattening, so called "Honour based" abuse, forced and child marriage.

Sexual Violence - Sexual violence is an issue in all areas including work and education, In the UK 1 in 4 women and 1 in 18 men have experienced sexual violence as an adult, 1 rape takes place every single day in an educational setting.

We know that only 1 in 6 rapes are reported to the police, this is in part due to a number of rape myths that place blame onto victims/survivors and negatively affects how society views them.

Myth – People who drink or take drugs are responsible if they get raped.





The simple hand signal that lets people know you're in danger

Fact – It doesn't matter what the circumstances are, no one is ever to blame for being raped or sexually assaulted.

Myth – Women lie about being raped because they want attention, revenge, or regret having sex with someone.

Fact – False allegations are extremely rare, in fact most people who experience any form of sexual violence never tell the police.

Myth – It's not sexual violence if it's your partner.

Fact – rape is always rape. Consent must be given every single time. It doesn't matter if you've just met or you've been together for 50 years, if the other person does not consent, it's rape and it's illegal.

Myth – Women shouldn't go out alone at night to keep themselves safe.

Fact – 86% of rape cases against women are perpetrated by someone they know. In 45% of cases the victim is raped by a partner or ex-partner. The "stranger danger" logic does not apply.

Harmful Practices - Harmful practices cover a number of forms of abuse including female genital mutilation (FGM), breast flattening, child marriage, forced marriage, child abuse linked to faith or belief and so called "honour-based" violence. Harmful practices are dangerous in that they are viewed in many societies as cultural or religious practices, and this can stop them from being seen or labelled as abuse.

Female genital mutilation (FGM), also known as "female circumcision" or "cutting", is a painful, non-medical procedure undertaken on girls and young women that involves partial or total removal of the external female genitalia, usually without anaesthetics or antiseptic treatments. It can cause emotional trauma as well as leaving girls and women with lifelong health problems. Every single local authority area in the UK is affected by FGM, the NHS FGM annual report identified 5395 cases in England in 2020-2021 however the true extent is unknown due to the hidden nature of the crime. The latest reports indicate much higher figures as during January to March 2024 2090 individual women and girls were identified as having FGM during attendances at health settings, in the same period there were 945 newly recorded instances.

Honour based abuse (HBA), referred to as "so-called" because there is no honour in abusing someone. "Honour-based" abuse involved violence, threats of violence, intimidation, coercion or abuse (psychological, physical, sexual, financial, emotional) which is committed to protect or defend the honour of an individual, family or community for alleged or perceived breaches of the family or community's code of behaviour. Honour-based abuse is not linked to any specific community, it cuts across various nationalities, cultures, faith groups and communities.

Forced marriage is when one or both people do not (or in cases of children, people with learning disabilities or reduced capacity cannot) consent to the marriage. They are pressurised, or abuse is used, to force them to do so. Forced marriage is recognised as a serious abuse of human rights, it is illegal in the UK and seen as a form of domestic or child abuse, this including taking someone out of the country for the purposes of a forced marriage. Many forced marriage victims are children who are still in school.

If you should see someone raise their hand palm forward, fold their thumb across the palm and fold their fingers down they are asking for help in a non-verbal way and is usually indicative of being held against their will or hurt, the sign was developed to be a continuous movement. It is sometimes referred to as the Violence at Home Signal for Help and was developed during the COVID pandemic by the Canadian Women's Foundation as a tool to combat the rise in domestic violence that occurred during the self-isolation measures.

For support contact

thesurvivorstrust.org

this will give links to access various helplines specialising in different aspects of sexual abuse, harassment and violence, including rape and sexual abuse, people abused in childhood, male survivor support and stalking alongside others.

Liz Dicks - Safeguarding Officer

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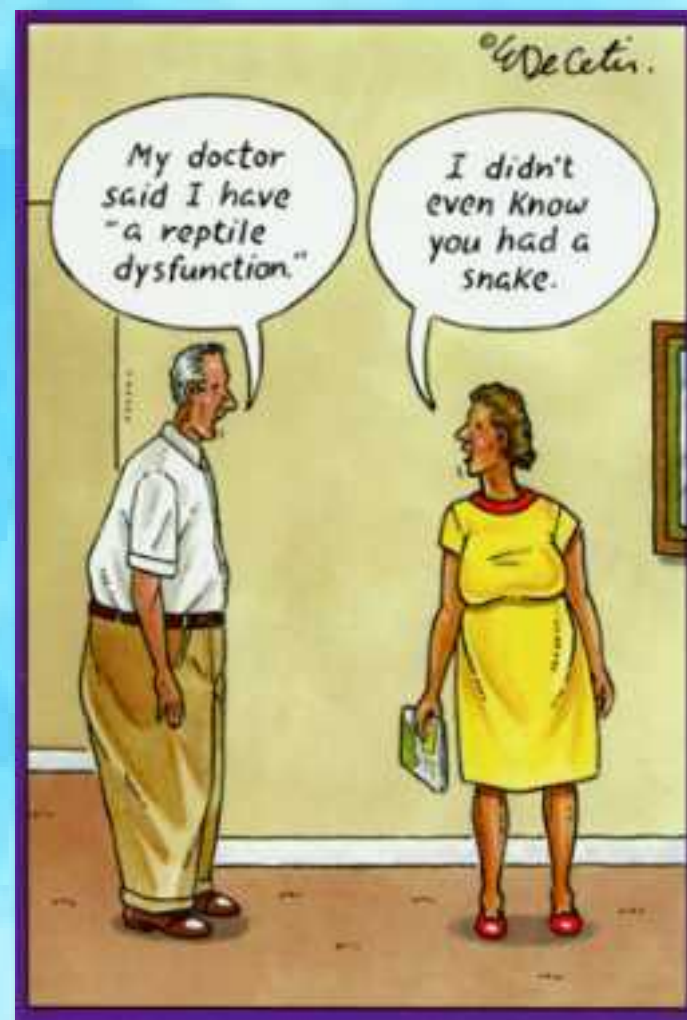


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Think Differently





The Official Singles Chart

For almost 70 years, music artists have waited for the Official Singles Chart to find out if they're the new number one.

Whether it's singles sales or streams, the biggest song of the week has been announced on a Sunday, or in more recent times, with Scott Mills on a Friday on Radio 1.

Almost every music fan will know one key fact about the chart - whether it's the fastest selling single of all time, the song that stayed at number one the longest, or which artist took over the top 20 for a week.

BBC Bitesize counts down some of the unusual and historic chart-toppers of the past seven decades.

Who was the first number one in the charts?

While music charts had been published in the United States since 1940, it took another 12 years for the first official UK number one to be announced.

Before music newspaper the New Musical Express (NME), decided to run the first chart on 14 November 1952, a song's popularity was determined by the sales of its sheet music.

The NME's co-founder Percy Dickins contacted 20 music stores to ask them for their 10 best-selling songs. The first chart counted down the twelve best-selling singles of the week.

Al Martino's Here in My Heart was the first-ever number one and stayed in the top spot for nine consecutive weeks. The record for consecutive weeks at number one belongs to Bryan Adams, whose 1991 power ballad (Everything I Do) I Do It for You topped the charts for an incredible 16 weeks.

Unchained Melody has become one of the most recorded songs of all time. It's thought that almost 700 artists have recorded the track, which first appeared on the soundtrack for the 1955 film Unchained.

Later that year, in May, four versions of the song reached the top 20 in the UK. Recordings by Al Hibbler, Les Baxter, Jimmy Young and Liberace all charted at the same time – the only time in history the same song appeared in the chart four times in a single week.



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Young's version actually went to number one several weeks later – the first of four times the song has topped the charts. Recordings by The Righteous Brothers, Robson & Jerome and Gareth Gates also reached the top spot.

That means Unchained Melody also holds another chart record – it's one of just three songs to be number one on four occasions. Alongside Band Aid's Do They Know It's Christmas, the tracks have topped the charts four times with four different sets of artists each. The classic football anthem Three Lions by Baddiel, Skinner and The Lightning Seeds has also been number one four times but is the only song to do so with the same artist line-up.

Highs and lows

It's fair to say there have been some extremes within the charts since 1952.

Sir Elton John's tribute to Princess Diana, Candle in the Wind 97, still holds the record for the fastest selling single ever – with 1.55 million copies bought in the first week.

Nine years later, another record was set. Orson's No Tomorrow sold just 17,694 copies – still to this day, the lowest ever weekly sales for a track to reach the top of the charts in a pre-streaming era.

It's not just the sales that have seen a huge gap between the highs and lows. In 1998, Oasis's song All Around the World went to number one with an unprecedentedly long runtime of nine minutes and 38 seconds.

The shortest song to ever top the charts is Adam Faith's 1959 effort What Do You Want, at just one minute 35 – meaning you could listen to his song six times during the Oasis track and even have eight seconds to spare.

Of course, in the modern era, the idea of going to your local record store to purchase the latest single is a thing of the past.

In 2006, Crazy by Gnarls Barkley became the first song to go to number one based on downloads alone – around a year after digital sales were first included – while Ariana Grande's 2014 hit Problem was the first to top the charts with streaming figures included.



NME Magazine - 9th March 2018 - The Final Print Edition and collectable Issue of Britain's most beloved music ...



Music streaming platforms directly led to one of the most unusual chart countdowns in history.

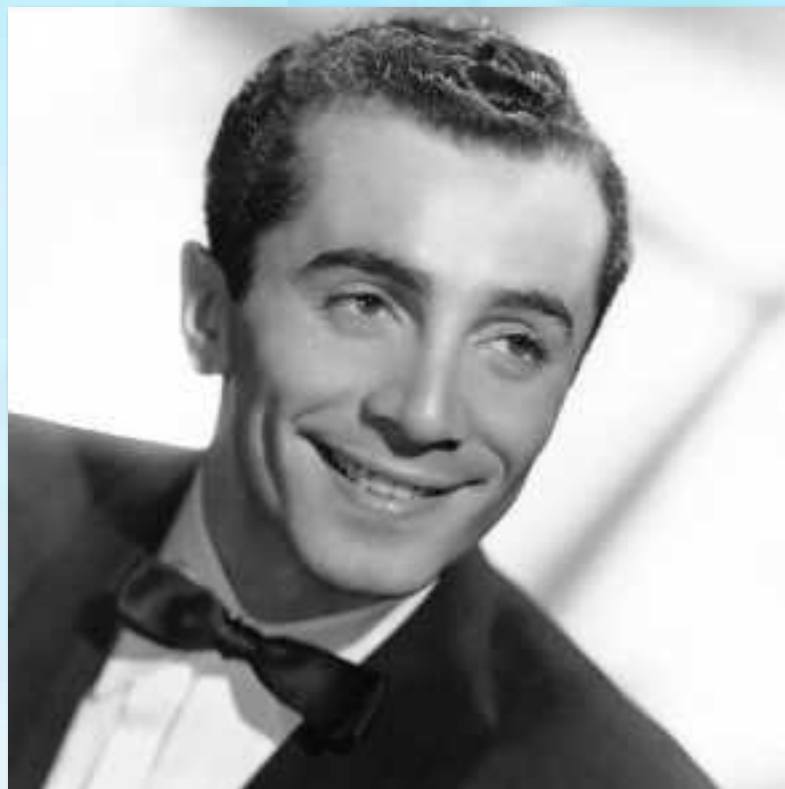
In March 2017, following the release of Ed Sheeran's album ÷, all 16 tracks reached the top 20 – with nine of them in the top 10.

The Official Charts Company later changed the rules so an individual artist or band could only have three songs in the top 100 at any one time.

It's not the only time that Ed Sheeran has made chart history. His 2014 song Thinking Out Loud went to number one on 8 November – 19 weeks after it first charted.

That's the longest it's ever taken for a single to climb the charts to the top spot. The song eventually spent an astonishing 119 weeks in the top 100, but that's not a record. Mr. Brightside by The Killers, originally released in 2004, has been in the top 100 on and off for over 290 weeks and counting – more than five and a half years – but has never reached number one.

Steve Browning



Al Martino, his single "Here in My Heart" was number one in the first UK Singles Chart, published by the **New Musical Express** in 1952



Stefflon Don singing her hit single Bow Down as advertised in the Final Print Edition of **NME**



My favourite front cover of NME is the one shown left, No 6 - The Slits.

Click the link below to view the best front covers of all time..

The Slits – October 7, 1978:

The controversial interview in which NME's Nick Kent got deeply personal with then sixteen-year-old Ari Up, chatting success and the Slits' formidable sound.

<https://www.nme.com/photos/the-25-greatest-ever-nme-covers-as-voted-for-by-you-1424362>





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