

**TDBC**

*Club News*  
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*Happy New Year 2022*

**2022 Summer Outdoor County and National Competitions.**

There will shortly be a list of individual entries on the notice board. Please ensure that your entries are correct before they are sent to the county.

**2022 Summer Outdoor Bowls England Competitions.**

Entries for these should be made on the Bowls England website.

**Andy Williams. Bowls Secretary.**

**Club Competitions.**

There has been a good response to the play dates, with games being played on time.

Please try and enter via your own personal login on Bowlr.

Use the drop down box headed roll up and you will then be able to record the result on the iPads in the corridor.

Instructions are on a sheet next to the competitions notice board. Please take one if needed.

**Competitions Committee.**

We have noticed recently that when we have come to bowl, the arena has been left untidy. People are not tidying up when they finish bowling. The scoops that collect the bowls are not put back. They are left at the end of the rink. Plus the rack is clearly marked only 3 scoops. I found 6 on the rack by rink 1 recently.

Yard sticks left at the end of the rinks.

Used wipes left out.

Water cups and bar glasses left at the rink side.

This was particularly bad after a County match.

It only takes a few seconds to leave the arena tidy for the next people to bowl.

Your help is appreciated

**Sue Taylor**

I would like to say a big thank you to everyone who organised the Saturday Christmas party, (Saturday 4<sup>th</sup> December 2021).

It was a wonderful event with fantastic food, also excellent company and conversation and laughs on our table.

Great to finish off with a raffle which our table seem to do very well on.

Well done Taunton Deane.

**Kevin Cottrell**



Travelling to play or watch bowls at other Clubs gives me a chance to observe how they are run, look at facilities and discuss bowling matters with their management. Bristol is an impressive Club with nine indoor rinks. A large membership enjoy a restaurant and bar open most the time. A franchise arrangement gives the Club 15% of revenue from sales. When we arrived at 9am for a 10 o'clock start you could get a full English or choose from an extensive list of options for breakfast or later brunch, lunch, tea and dinner. It may be the case that with only six rinks at the Deane a franchise could still be profitable, I think that's the way forward. I also know I don't want to be spending too much time here as I've neglected my stamp collection! Ho, ho, ho! Bristol also have a paid part time Manager and do, like us, heavily rely on volunteers. By the by the Club still needs volunteers to have the bar open on Wednesday nights, so please step up to the plate if you can.

**Mark Reeve**



Hi Steve

Just to let you know that this weekend, 18<sup>th</sup> & 19<sup>th</sup> December, Phil Dutton, Dave Wood and I took part in the Visually Impaired Torquay Triples. Patrick Lovell Trophy.

We came 3rd out of 8

Regards

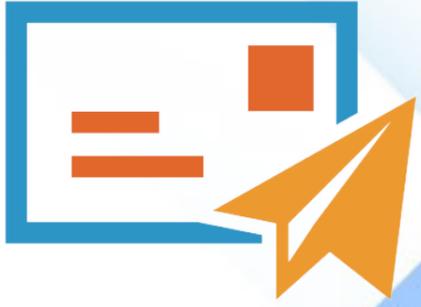
**Sue Taylor**



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**Maintenance**





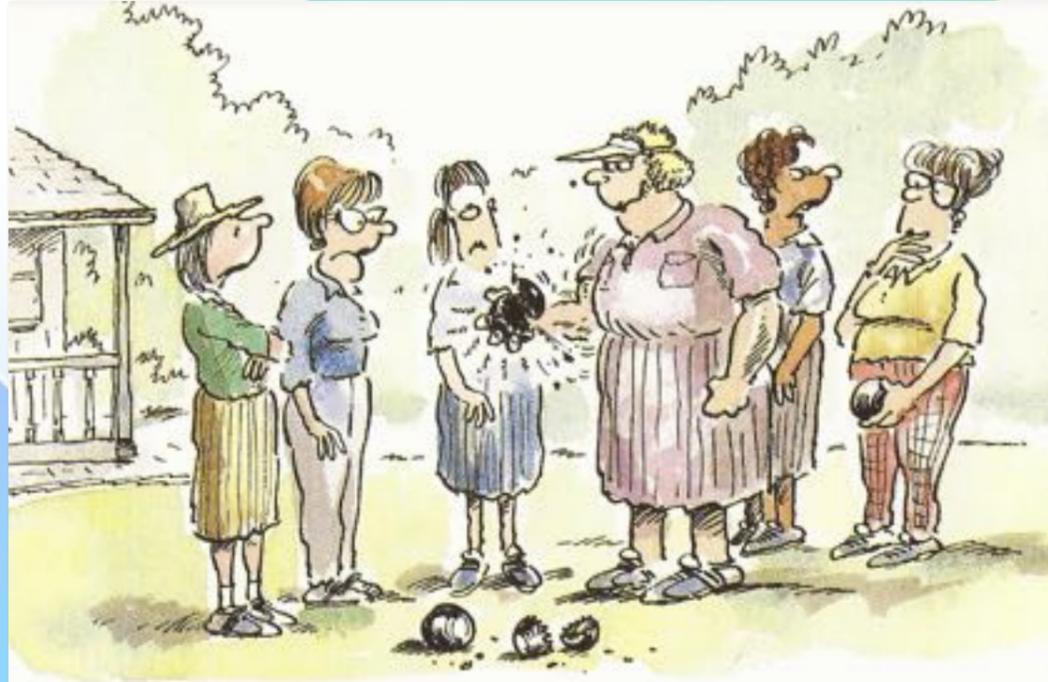
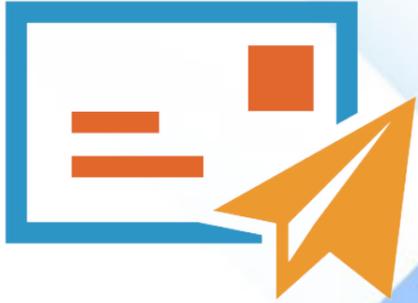
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Club Coach - Mervyn Batten



**New Bowlers for 2022**



"'Course as a new member you weren't to know that big Hilda always crushes a couple of bowls before a match. Unnerves the opposition, she reckons...."



"He usually starts from here when he's having a practice. We've only got a short back garden...."



"A bit keen, the opposition...."

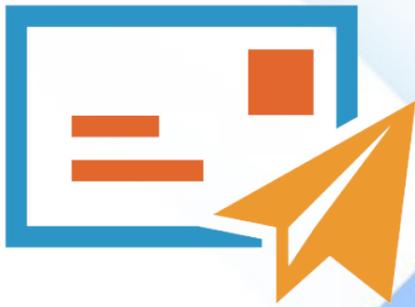


"Don't be alarmed – it's traditional that the Fairfield match always starts with a brawl...."

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*Humour*

*Bowls oddities*



Andy is a working-class figure who never actually works, living in Hartlepool, a harbour town in County Durham, in northeast England. The title of the strip is a pun on the local pronunciation of "handicap"; and the surname "Capp" signifies how Andy's cap always covered his eyes along with, metaphorically, his vision in life.

Until the 1980s he was often seen with a cigarette dangling from his lip. When Andy gave up smoking in 1983 some readers blamed political correctness.

created by cartoonist Reg Smythe, seen in The Daily Mirror and The Sunday Mirror newspapers since 5 August 1957.

Andy appears digitally in The Daily Mirror and has his own Facebook page.



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Humour

Classic Capp

# What Your Sense of humour Says About Your Mental Health

According to researchers, humour comes in four types. Which of these you lean towards can act as a window into your psychological well-being.



**What makes you laugh the hardest?** We're talking side-splitting, laughter here. For some people, hearing a friend wryly recount how they almost face-planted on the pavement might do it. Others might take a more antagonistic approach, preferring jokes that involve insulting someone else. Then there's just some things that almost anyone would find funny. You've likely heard the old adage that comedy is subjective: Different people find different things humorous. In recent decades, psychologists and other researchers have investigated various aspects of humour styles. A bulk of this research is focused on what our humour preferences might say about us as individuals and particularly what they suggest about our mental health.

It's well understood that humour can have powerful impacts on both our physical and mental health. The idea that laughter is the best medicine has been around since biblical times. In his 1905 book, *Jokes and Their Relation to the Unconscious*, Sigmund Freud argued that humour is the highest of the psyche's defence mechanisms, capable of turning anxiety into pleasure.

More recently, scientists have shown that positive humour can offer protection against symptoms of anxiety and depression. It can even be a balm against the psychological toll of death and dying.

Yet not all types of humour and by extension, their effects on your well-being, are alike. In 2013, to better distinguish which types of humour promote mental wellness, and which forms may be actively harmful, psychologist Rod Martin and his colleagues developed the humour Styles Questionnaire. The assessment gauges how people use humour in their daily lives, breaking it down into four distinct styles:

**Affiliative humour** refers to jokes about things that might be considered universally funny. It's usually employed to facilitate relationships or make others laugh. If you've ever shared a ridiculous meme with a coworker or bantered among your friends, you've used affiliative humour.

**Self-enhancing humour** involves being able to laugh at yourself and life's absurdities. It's often used as a way to cope with stress or hardship and feel better as a result. Good-naturedly recounting that time you spilled red wine all over the tablecloth at a fancy dinner would certainly apply.

**Aggressive humour** is, well, laughing at the expense of others. It often involves sarcasm, teasing, ridicule and criticism. Think insult comedians.

**Self-defeating humour** is the art of putting yourself down to gain approval from your peers. In other words, making yourself the butt of the joke. For

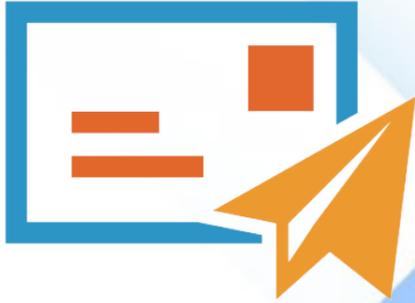
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*Editorial*

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One of a kind

example, this type of humour might be used by someone who's targeted by bullies, effectively pre-empting the mockery of themselves before it's inflicted by someone else.

Your unique sense of humour is likely a blend of these four styles, but many people tend to lean in a particular direction. (You can even see for yourself which type you gravitate toward.) And each style carries its own advantages, and disadvantages, when it comes to mental health.

Julie Aitken Schermer, a psychological researcher says that humour that is self-focused, adaptive and positive, otherwise known as self-enhancing, can be a particular psychological boon. "People who engage in that type of humour can cheer themselves up by thinking about positive or funny events and experiences," she says. Beyond that, people who use self-enhancing humour are less likely to show signs of depression, loneliness and poor relationships with others.

By contrast, both aggressive and self-defeating humour styles can signal trouble. "We find that those individuals are more likely to self-harm," says Schermer. "Personally, I would argue that self-defeating humour is the most concerning style as it is also linked with loneliness and feelings of not mattering." Those with an aggressive humour style may not experience loneliness as much, however, they rely on group dynamics in order to ridicule their peers.

Even if you tend to favour humour styles that skew more negatively, there's no reason to despair. Schermer says that people can work to cultivate a positive, self-enhancing humour style, first, by simply learning about it.

Then, you might consider how you think about events in your own life. If you replay an event over and over in your mind, do you focus on negative elements and ruminate, or do you recall the funny aspects of the situation?

Schermer suggests trying to concentrate on the lighter and more humorous aspects of your life to develop self-enhancing humour. "The individual needs to be aware of and avoid concentrating on putting themselves down in the situation that they are recalling," she says.

Or, as author Kurt Vonnegut once wrote, "Laughter and tears are both responses to frustration and exhaustion. I myself prefer to laugh, since there is less cleaning up to do afterward."