

TDBC *Newsletter*

Club News
Stay in the Know!

*Mad
March
Hares*

The animal most commonly associated with the month of March is surely the **'Mad March Hare'**. It's the time of year when these rare creatures become more visible, and seem oddly restless and agitated. It's even possible to witness the extraordinary sight of a pair of hares involved in what looks like a boxing match, standing on their hind legs, swiping at each other with their front paws, sometimes until the fur flies, literally. It's this strange spring behaviour that has led to the centuries old expression 'mad as a March hare', which is often applied to anyone, human or animal, who behaves in a wild and unpredictable way.

What Causes Hares' March Madness?

March is the time when male hares are searching for female hares to mate with. You might expect the boxing matches to be taking place between two competitive males, fighting over a female. But in fact that's not the case. The males chase the females, and they can chase pretty fast if necessary, reaching speeds of up to 40mph on those long, strong hind legs. If the female hare has had enough, she will start to 'box' the male hare to try to fend him off and get him to leave her alone. Only the male hares with the most stamina and determination will be able to cope with this ordeal and be permitted to mate. Hence, **'I'll box your ears'**.





Stan Hedger

Mixed Triples Memorial

Tournament

In memory of well-known local bowler and Taunton Deane member Stan Hedger, who sadly passed away last year, we held the first of hopefully many, Stan Hedger memorial tournaments on Sunday 16th February. The event was sponsored by his very good friend and member Alec James.

Four of the eighteen teams who took part were from Taunton Deane – Stan's Team (Jackie Hedger, Rod Ellis and Tony Foxwell), The Sponsors Team (Eileen Phippen, Baz Hurford and Alan Jenkins), Taunton Deane (Nicola Litchfield, Alan Stone and Bryan Southward) and Taunton Deane Juniors (Isaac Greenhoff, Ella Stirland and Noah Greenhoff).

A round robin tournament took place with spectators being treated to some exciting and entertaining matches.

Having both won all their group matches Taunton Deane beat Taunton Vivary on points difference to make it to the final. In the other group Bridport and Taunton Deane Juniors both won all their group matches and it was Bridport who advanced to the final on points difference.

The final was a tight affair, with Bridport coming back from 4-0 down to draw the match 5-5 and take it to a tie break end, which they went on to win, and become the first winners of the Stan Hedger Memorial Trophy.

The winners and runners up were presented with their trophies by Stan's wife Jackie and daughter Charlotte, while granddaughter Megan presented the Taunton Deane Juniors with mementos of the occasion.

Bowlers and spectators enjoyed a two-course lunch and afternoon tea which was prepared by Ann and her team of volunteers.

Over £500 was raised on the day, which will be donated to the Beacon Centre at Musgrove Park Hospital.

Karl Greenhoff – Competitions Secretary



Finalist Achievement

Hi Steve

I would like to let you know and the club on my progression to achieving and reaching the National novice singles in Nottingham in April to be representing the club of Taunton Deane,

I won my area final on Sunday 23/2/25 at Bridport playing John Williams from £Dolphin Poole, beating him and playing very well on the day winning 21/6 in the Final, this has been a great personal achievement and will look forward to the experience of a national finals

Regards Kevin Cottrell

Well done Kevin and what an achievement. All the very best in the national finals from myself and everyone at Taunton Deane.

Steve Browning

Competitions Update:

All internal competitions are now at the semi-final stage - Play by date for these is Saturday 22nd March – if you have any issues in arranging your match please contact me.

Generation Pairs semi-finals will take place on Saturday 8th Match at 10.30am – please come along and support our junior members.

An Open Triples competition will be held on Sunday 9th March – If you have not already entered, please put your name on the sheet in reception – but hurry closing date is Sunday 2nd March.

If you are able to volunteer to be a Marker during finals weekend (12th & 13th April) please add your name to the sheet in reception.

Many thanks.

Karl Greenhoff – Competitions Secretary



OPEN FOURS TOURNAMENT Sunday 10th August 2025

Dear Fellow Bowler,

I am writing to invite you to our annual Open Fours Tournament being held this year on Sunday 10th August 2025. We very much hope that you will be able to join us on this occasion on a first come first served basis. The first games will commence promptly at 9.30 am or 10.30 am, **TEAMS WILL PLAY 4 GAMES** comprising of a maximum 1 hour or 10 ends. The prizes will be as follows:-

1st Place £100 2nd Place £80 3rd Place £60 4th Place £40

The entry fee is **£40 per team** (to be included with entry form) which includes tea or coffee on arrival, morning tea and biscuits, lunch and afternoon refreshments including some delicious homemade cakes. Non-playing visitors can be catered for at **£5 per head** to include all of the above. Please inform us if you or your team require any dietary requirement on the form below.

Please note entry fees are non-refundable if cancellation notice is given less than 48 hours prior to the tournament date.

If you would like a priority booking please return the form and either cash, cheque or you can now pay by BACS – Account number (51087383) sort code (60-21-01) Account name: Street Bowling Club (Email address – neilkunc1984@gmail.com) by the 31st May with all other entries closing on 8th June 2025.

STREET BOWLING CLUB OPEN FOURS TOURNAMENT Sunday 10th August 2025 ENTRY FORM

Name (captain).....

Address.....

Club Name.....

Contact Telephone Number.....

Email Address.....

Dietary Requirements.....

Please select the amount of each food offering you require

Cheese..... Ham.....

PLEASE TICK A BOX BELOW WITH YOUR PAYMENT OPTION, SO WE CAN CHECK IT HAS BEEN RECEIVED SUCCESSFULLY. ALL OTHER PAYMENTS CAN BE SENT TO NEIL KUNC 3 CHURCHILL ROAD, WELLS, SOMERSET, BA5 3HZ

BACS PAYMENT ☐ **CHEQUE** ☐ **CASH** ☐



VICTORIA PARK BOWLING CLUB (BRIDGWATER)

Organiser:

COLIN GAY - Tel. 01278 452000 (email: colin.mollie@btinternet.com)

OPEN MIXED TRIPLES SUNDAY 6TH JULY 2025

Triples to consist of 2 Gents + 1 Lady or 2 Ladies + 1 Gent

as usual the competition will be run in two groups but this year there will be prizes for both groups

**ENTRY FEE
£30
per triple
which includes lunch
& tea and biscuits
on arrival**

Jointly supported by:
H. BIFFEN & SONS LTD
Wembdon Road, Bridgwater
Funeral Directors • Telephone: 01278 423333

and
MICHAEL J. DODDEN & CO
North Street, Bridgwater

Chartered Certified Accountants • Telephone: 01278 422391

**PRIZES FOR
BOTH GROUPS
Winners £150
2nd £75
3rd £45**

THE CLOSING DATE FOR ENTRIES IS 4th JUNE 2025. I must emphasise that entries will be on a first come - first served basis. Completed forms, with appropriate fees, should be returned to the address shown below. Entries may be restricted to four from any one club.

The entry fee is £30 per mixed triple, which includes Coffee/Tea and Biscuits on arrival and Lunch (main meal and dessert). (Guest lunch (which costs £5.00) includes Coffee/Tea and Biscuits on arrival).

Coffee/Tea and Cake will be available to purchase throughout the afternoon.

Come and enjoy Great Food, Good Company and a thoroughly enjoyable Competition.

Fees must be sent with the entry and should be in the form of a cheque made payable to Victoria Park B.C.

Bar facilities will be available from 12 noon.

THE FIRST GROUP OF MATCHES WILL START AT 9.30am
Tournament rules will be sent, with playing order and your start time nearer the date

OPEN MIXED TRIPLES 2025 – ENTRY FORM (please complete in block letters)

Name.....

Address.....

Post Code.....

Contact Telephone Number..... Contact email address.....

Entry Fee (enclosed) inc. guest meals £..... Club.....

Number of Guests..... **FOOD ORDER** (inc. Guests) Ham Salad (Number)..... Cheese Salad (Number).....

Please return by 4th June 2025 to: Colin Gay, 20 Aspen Court, Wembdon Road, Bridgwater TA6 7EN (Tel: 01278 452000)

Please note that playing schedules will be sent about the middle of June to successful applicants. Unsuccessful applicants will receive early replies.

For more information regarding the above information please contact **Paul Frost 07479 379755**

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*Upcoming
Workshops*

Somerset Bowls Association



Dates and times for the upcoming workshops can be found below. More information about each workshop together with the booking link for participants can be found on our education platform: [Education - Bowls Development Alliance](#).

Bowls Big Weekend: Top Tips to Success

Monday 24th March - 1-2pm

Friday 28th March - 1-2pm

Breaking down Barriers: United on the Green

Monday 24th March - 6-7.30pm

Wednesday 26th March - 10-11.30am

What should a Coaching Struture look like in your club

Tuesday 25th March - 10-11.30am

Safeguarding: Is your club ready for the season ahead?

Wednesday 26th March - 5-6pm

Friday 28th March - 11am-12pm

Leadership and Governance

Tuesday 25th March - 6-7.30pm

Thursday 27th March - 10-11.30am

Exploring Legal Structures

Wednesday 26th March - 6-7.30pm

Friday 28th March - 10-11.30am

Dementia Friends Awareness

Thursday 27th March - 6-7pm

Club Health Checker: How to complete it

Thursday 3rd April - 10.30-11.30am

Completed Club Health Checker: Questions and Answers

Thursday 3rd April - 1-2pm

Kind Regards

TDBC Newsletter

Club News Stay in the Know!

Stan Hedger

Photographs

Anyone requiring photographs
contact Steve Browning



TDBC Newsletter

Club News
Stay in the Know!

*Stan
Hedger*

Stan Hedger Mixed Triples Memorial Tournament Photographs

Anyone requiring photographs
contact Steve Browning



TDBC *Newsletter*

Club News Stay in the Know!

Volunteering

A working party of approximately 20 Volunteers gathered on Feb 22nd in order to help take up the Astro turf surrounding the outdoor green in preparation for the builders to start work on the green Feb 24th.



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Volunteering

Many Thanks to all those that attended to help.
Also Many Thanks to Ann and Alison for providing the Tea, Coffee and Bacon Sandwiches which as you can see by the photos was greatly appreciated.
Alan Dicks



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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 on rodellis221@btinternet.com.

When I'm coaching I very often see people practicing on their own or having a casual roll-up with a friend. This is very nice to see, as most bowlers don't play or practice enough to improve their game.

So I thought I would suggest a couple of practice routines you can do on your own or with a playing partner. In coaching terms we call this "Purposeful Practice".

Practice 1: This is to help improve consistency.

Place the mat down on the "T", make sure there are no Jacks or mat at the other end.

(This is to ensure you don't automatically play to them.)

Pick a definite line or marker to aim at: for example the number marker of the next rink. Now bowl all four bowls, trying to bowl each bowl exactly the same, don't worry about the length of the bowl just make sure you hit your line! Take a note of the distance between the bowls as a group. This is your target to improve on every time. If there is a secret to bowling a tight group, it is getting into a nice smooth rhythm with each delivery.

Spend around thirty minutes on this routine every time you practice and your consistency should improve.

Practice 2: This is to help improve your ability to add an extra yard or metre onto your last bowl. I think we are all fed up of hearing the words from the skip, "A yard short!", I know I am.

Like Practice 1, put a mat on the "T" and make sure there is no Jack or mat at the other end.

Deliver your first bowl as close to minimum length as you can. Again using a definite line to bowl too. With the next bowl try and bowl it a yard passed the first one, this takes very little increase in the speed of delivery, so be gentle. With the third and fourth bowl try and add another yard each time. This is not easy, but will improve your weight control and you can judge how your improving by how close the bowls are. Hitting the same line every time is very important and it's nice to see four bowls in a line.

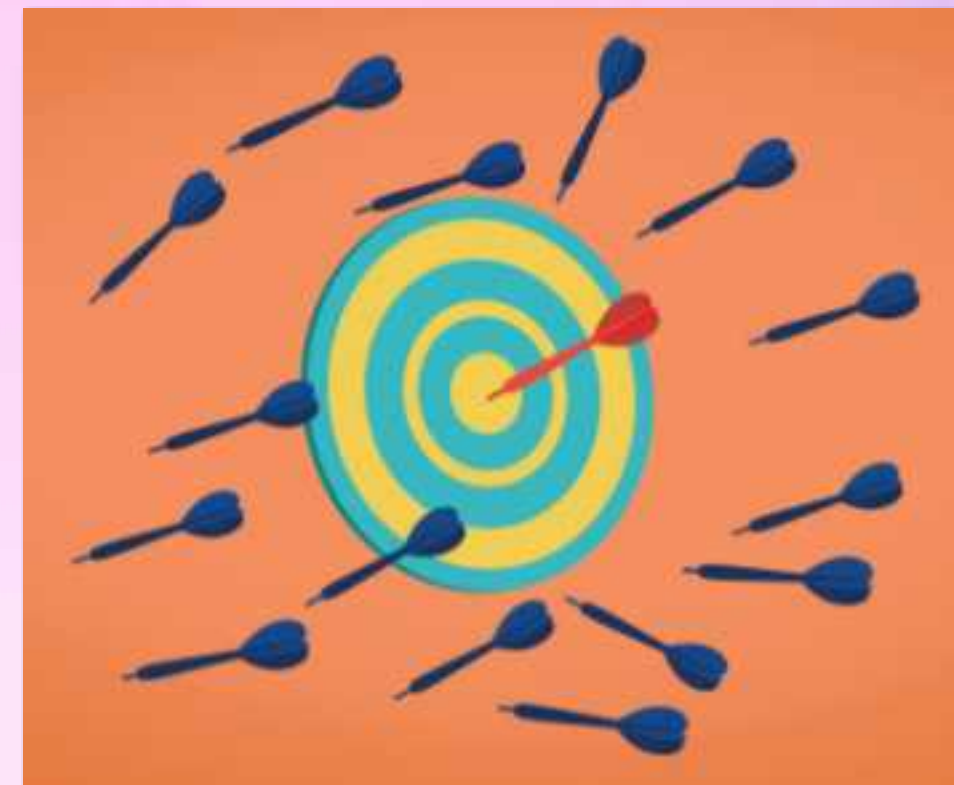
Again spend around 30 minutes on this routine.

Practice 3: Pulling together practice 1 and practice 2.

Place four jacks on the spots, one minimum, one maximum and the other 2 equally spaced in the middle.

You guessed it, draw to each of the jacks, starting on the nearest finally the furthest. When bowling back the other way, place a Jack on the "T" and draw all 4 bowls to it.

Repeat the above, but when drawing to the 4 jacks a second time reverse the order, i.e. the one on the "T" first etc. Again do this for 30 minutes.





For the final 30 minutes, practice drawing to different length jacks each end.

This is one of my favourite routines when I practice.

Did you know?

In relation to a neighbouring rink

12.2.1 A player must not go into a neighbouring rink where play is in progress.

12.2.2 A player must neither go into nor walk along a neighbouring rink, even if it is not being used, while an opponent is about to deliver or is actually delivering a bowl.

12.2.3 If the rink of play is an outside rink (see law 49.6), a player must neither

go into nor walk along the section of green that lies between the outside side boundary of the rink and the side ditch while an opponent is about to deliver or is actually delivering a bowl.

12.2.4 If a player does not meet the terms of this law, law 13 will apply.

13 Possession of the rink

13.1 Possession of the rink will belong to the player or team whose bowl is being played.

13.2 As soon as each bowl comes to rest, possession of the rink will transfer to the opposing player or team after allowing time for marking a toucher as soon as it comes to rest.

13.3 A player must not deliver a bowl before the previous bowl comes to rest and possession of the rink has transferred to the opposing player or team.

13.4 If the umpire, either by their own observation or on appeal by one of the skips or opponents in Singles, decides that a player has delivered a bowl before the previous bowl has come to rest, or the players in possession of the rink are being interfered with, annoyed or distracted in any way by their opponents,

13.4.1 the first time this happens the umpire must:

13.4.1.1 warn the offending player, while the skip is present; and

13.4.1.2 tell the coach, if they are present, that the player has received a warning.

13.4.2 on each occasion after this, the umpire must have the bowl last played by the offending player or team declared dead. If that bowl has disturbed the head, the opposing skip or opponent in Singles must choose whether to:

13.4.2.1 replace the head;

13.4.2.2 leave the head as altered; or

13.4.2.3 declare the end dead.

Reminder

We are lucky to have qualified coaches in the club who are available for coaching, if you need help, or want to improve, 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 for a couple of weeks 4pm to 6pm, the cost is only a rink fee (£3:50), as some of you may have heard, I am hoping to move nearer my daughter in Cambridge at the end of March. I will miss the good company and friendliness of Taunton Deane Bowling Club!!

I hope this has been useful. Feel free to give any feedback.

Take care

Rod





24 February – 2 March 2025 is **Eating Disorders Awareness Week**. The theme is Eating disorders can affect anyone.

You probably know someone living with an eating disorder – but you may not realise it. Anyone can be affected regardless of their age, gender, sexuality, ethnicity or background.

Right now, at least **1.25 million people** in the UK are living with an eating disorder. That's more than **1 in 50 people** – but the real number could be even higher. Eating disorders like ARFID, anorexia, bulimia, binge eating disorder and OSFED are complex mental health conditions which are often misunderstood, mislabelled or undiagnosed which can prevent people from reaching out for help.

ARFID stands for avoidant restrictive food intake disorder. Someone with ARFID might avoid eating certain foods or, types of food. They might restrict how much they eat to the point that it has an impact on their physical and mental health and can effect any age group.

Anorexia nervosa, also called anorexia, is a potentially life-threatening eating disorder. People with anorexia may have trouble maintaining a healthy weight for their body frame, height, and age. This disorder can lead to a distorted body image and serious health consequences.

Bulimia nervosa, commonly called bulimia, is a serious, potentially life-threatening eating disorder. People with bulimia binge eat. This means people feel like they've lost control over their eating. They eat large amounts of food in one sitting. This often occurs in secret, and they often feel very guilty and shameful. Then they try to get rid of the food and extra calories in an unhealthy way, such as vomiting or misusing laxatives.

Binge eating disorder (BED) is a where people eat very large quantities of food without feeling like they're in control of what they're doing. Evidence suggests it is more common than other eating disorders. Sufferers do not purge after episodes but may fast.

Other specified feeding or eating disorder (OSFED) The category was developed to encompass those individuals who did not meet strict diagnostic criteria for anorexia nervosa, bulimia nervosa, or binge eating disorder but still had a significant eating disorder.

Eating disorders don't just affect the person with the condition, friends





and family often become carers – feeling helpless and heartbroken, as they watch their loved one struggle. Eating disorders are one of the biggest mental health challenges of our time and they can affect anyone at any time.

People also fear stigma around saying they have an eating disorder due to misconceptions about who is affected and the lack of knowledge about how eating disorders present. Busting these misconceptions can help people seek help earlier, increasing their chances of a full recovery.

A survey found the following

- **4 in 5** thought that greater public awareness would make them feel more comfortable to talk about their eating disorder.
- **2 in 3** would not feel comfortable talking to a teacher about their eating disorder.
- **2 in 3** would not feel comfortable talking to their line manager about their eating disorder.
- **2 in 3** would not feel comfortable talking to a colleague about their eating disorder.

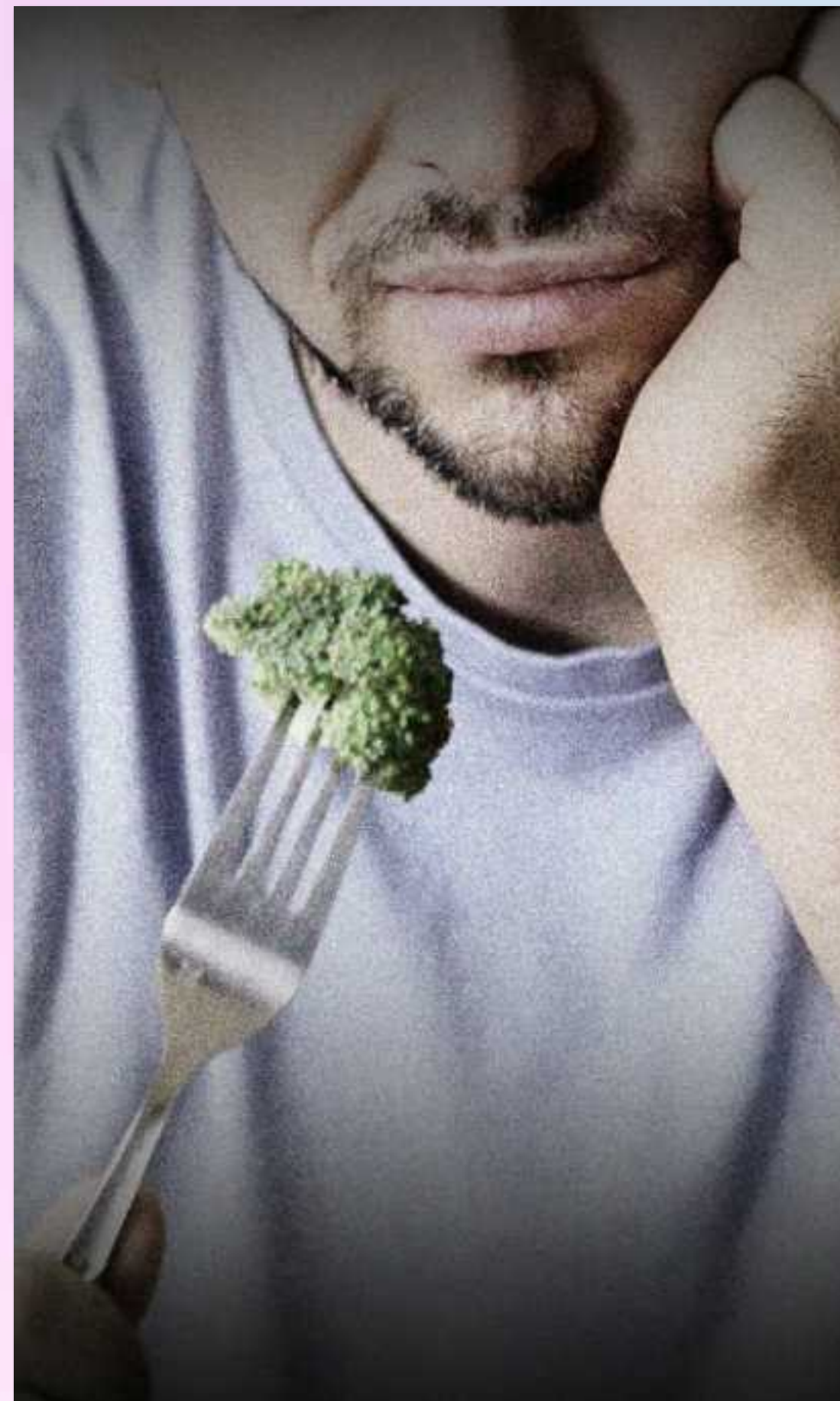
Eating disorders are so much more than just food. A lot of the time they are coping mechanisms for broader and complex issues a person is facing.

It's not always obvious when someone has an eating disorder. As eating disorders are secretive illnesses, many people become isolated from their loved ones, but this means that colleagues and friends can be some of the best placed people to notice when someone may be struggling.

Those caring for someone with an eating disorder will often be under a lot of stress which could affect their work, attitude or ability.

People responding to the survey feared the reaction they might get if they spoke about their or their loved one's eating disorder, but also felt that the following would help.

- Creating a place that encourages open communication so individuals can express concerns.
- Offer resources that can be accessed freely and with privacy.





Helplines – Adult helpline: 0808 801 0677 (3pm – 10pm, 365 days a year)

Youthline: 0808 801 0711 (3pm – 10pm, 365 days a year)

Adult email: help@beateatingdisorders.org.uk (over 18)

Youthline email: fyp@beateatingdisorders.org.uk (under 18)

Other helplines for crisis situations: Call 999 or 111,

Samaritans on 08457 90 90 90,

Childline on 0800 11 11 (if you are aged under 18).

Club safeguarding website safeguarding@tdbowls.com

- Raise awareness of eating disorders as part of your mental health strategy. Podcasts and other helpful links are available on the internet.

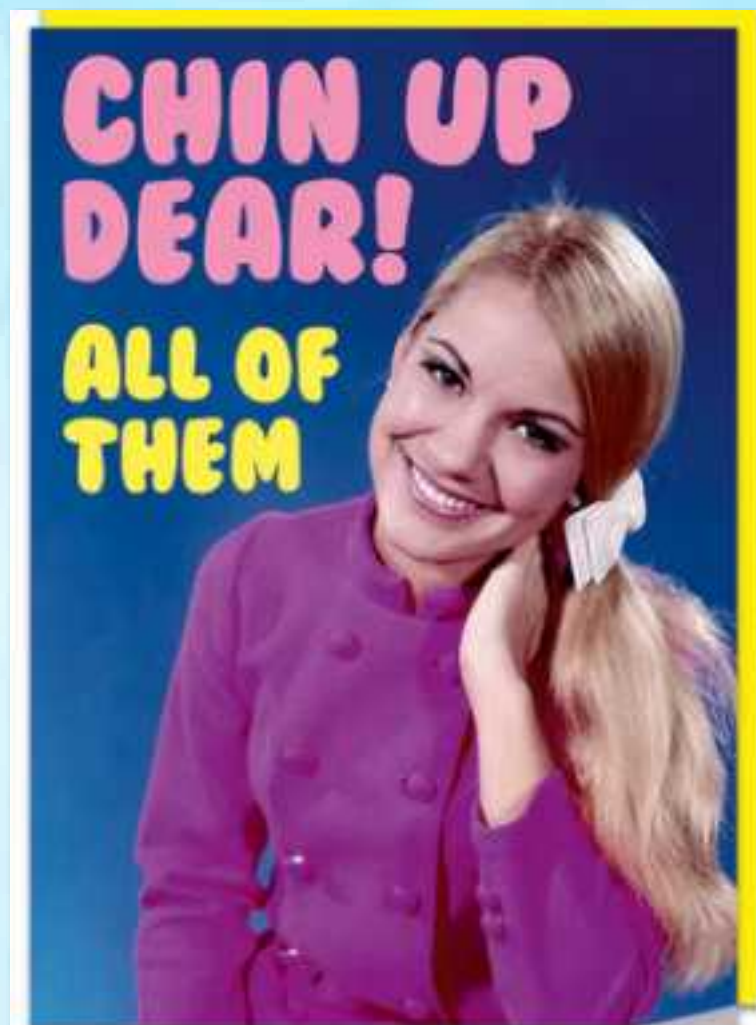
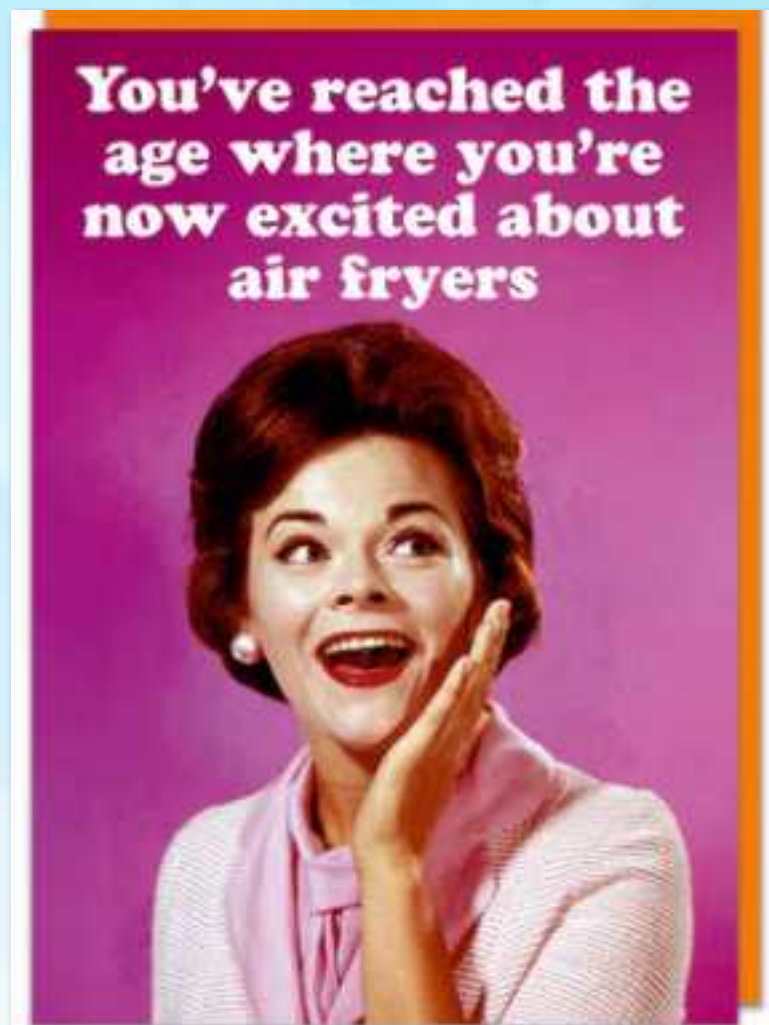
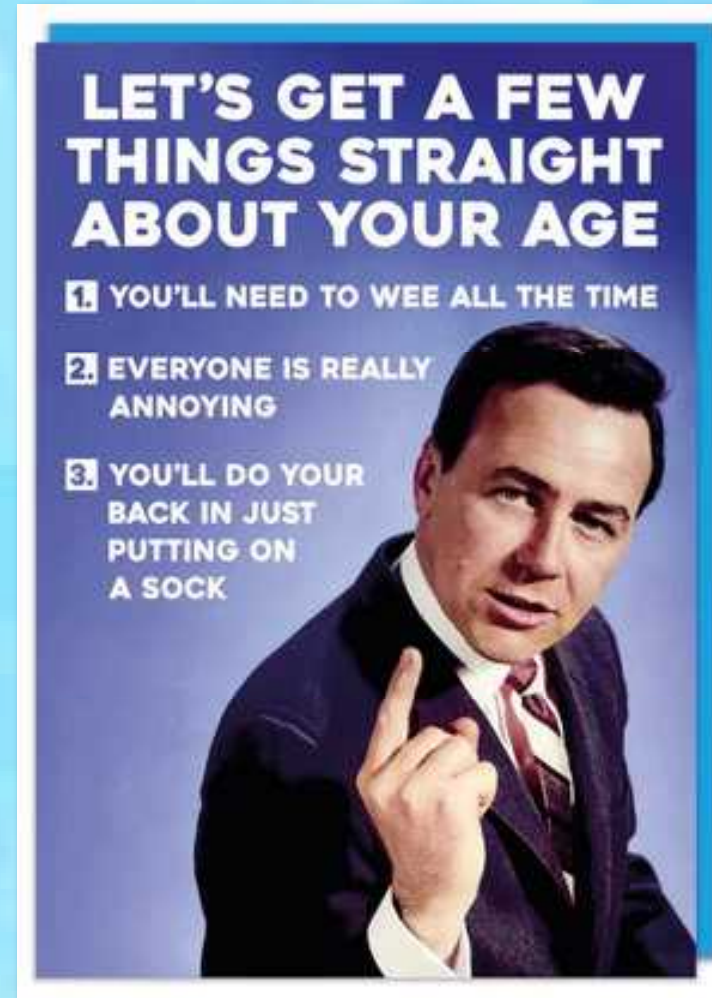
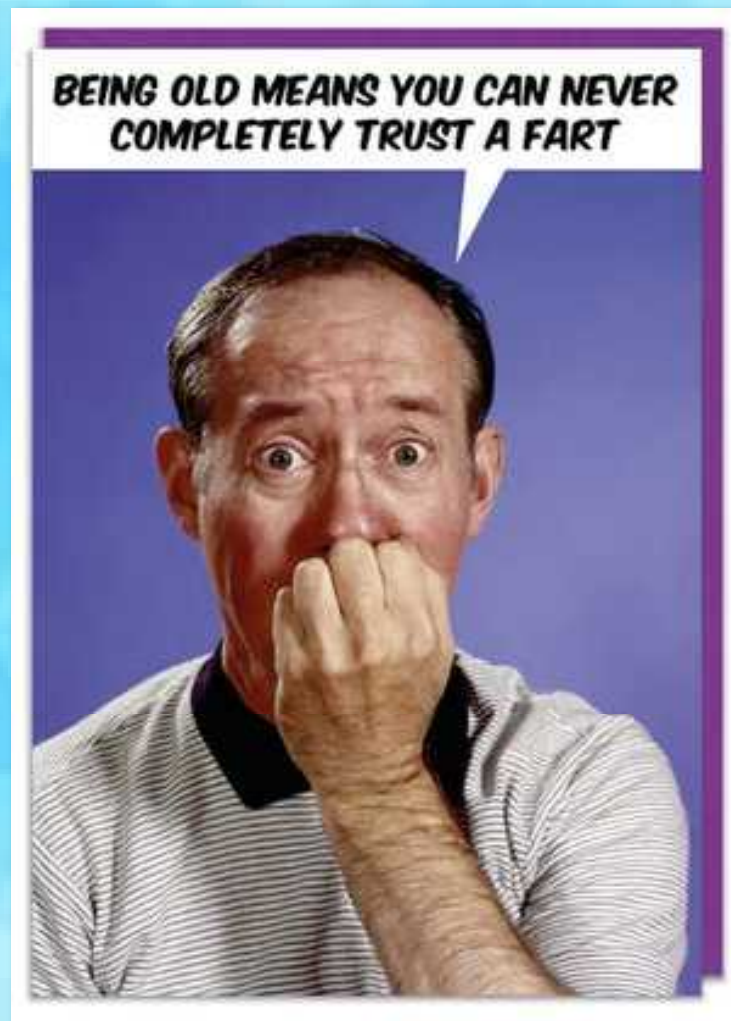
The Somerset Activity and Sports Partnership ran an online forum this week and provided speakers promoting Unbreakable Men and Kooth.

Unbreakable Men was set up to get sport club members over 18 to open up about their mental health. By combining some form of activity, building camaraderie and enjoyment they found that people became supportive of each other and in some cases the groups are now self-run, participants vary in age and background. Sessions can be face to face, men only, or anyone can access the online App and MOT section where 10 questions give an indication of how you are doing in various areas of life. Currently there is no groups set up in Taunton but this is being planned, Posters were promised and will be put on the safeguarding notice board when received. In the meantime, information and MOT are available via <https://www.sasp.co.uk/unbreakable-men>

Kooth is a free nationwide NHS commissioned mental health support for children and young people aged 11-19. An App and website are available for immediate support 24/7 365 with the availability of 1-1 but this is not 24 hour and there maybe a waiting period to access this. It is completely anonymous and is text based, resources, further information and help is accessible via <https://www.kooth.com>

Liz Dicks - Safeguarding Officer

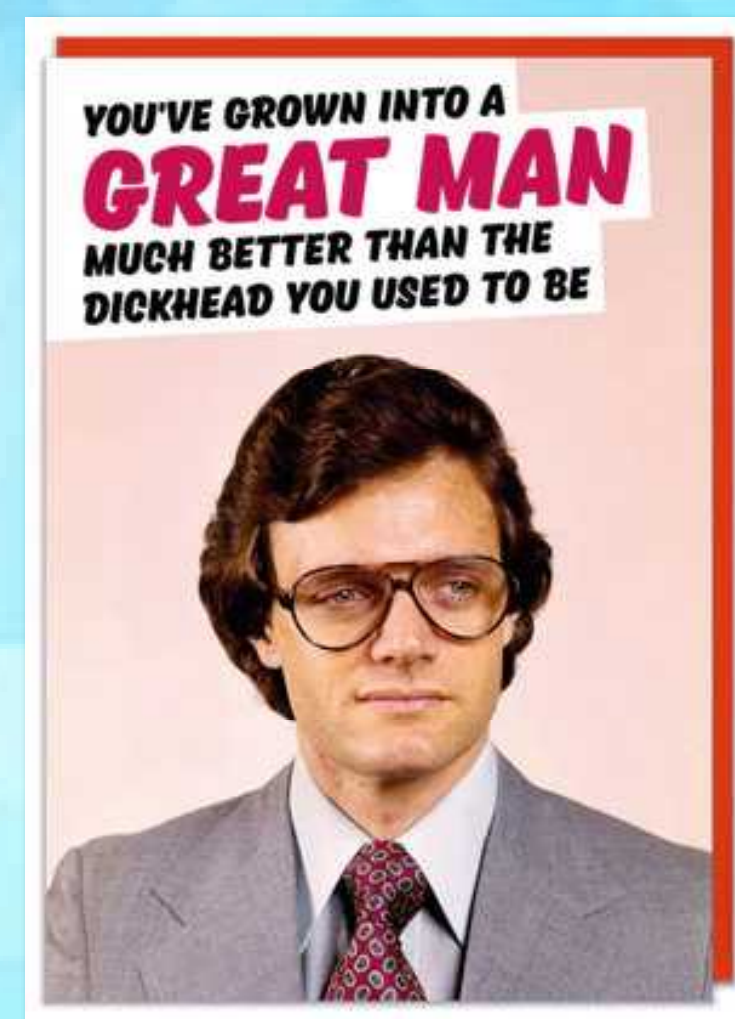
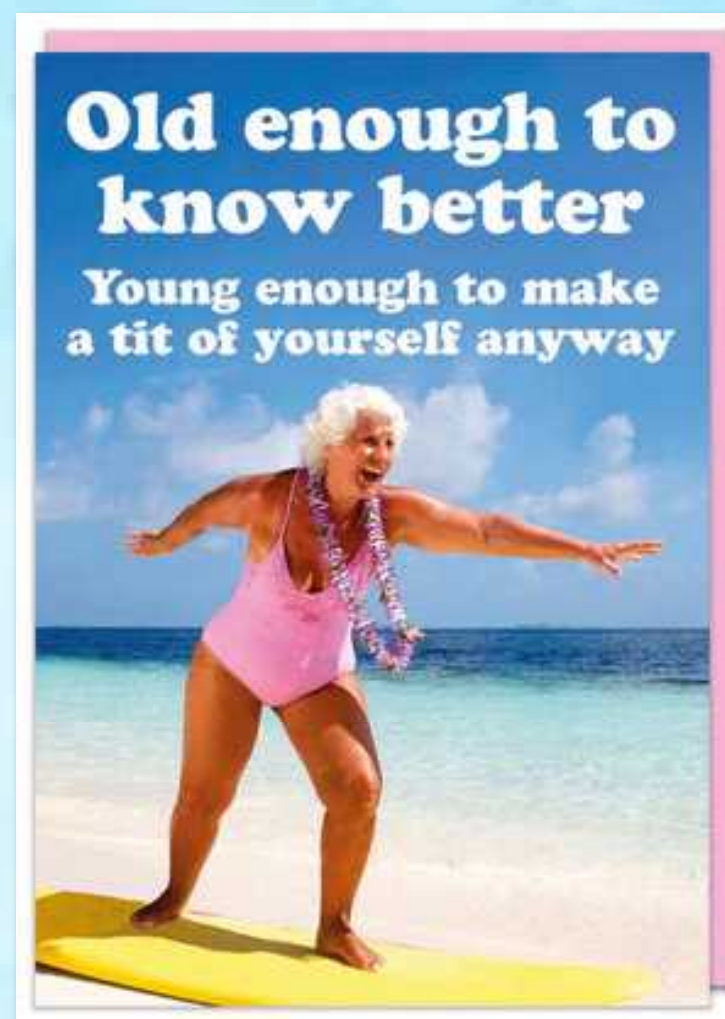
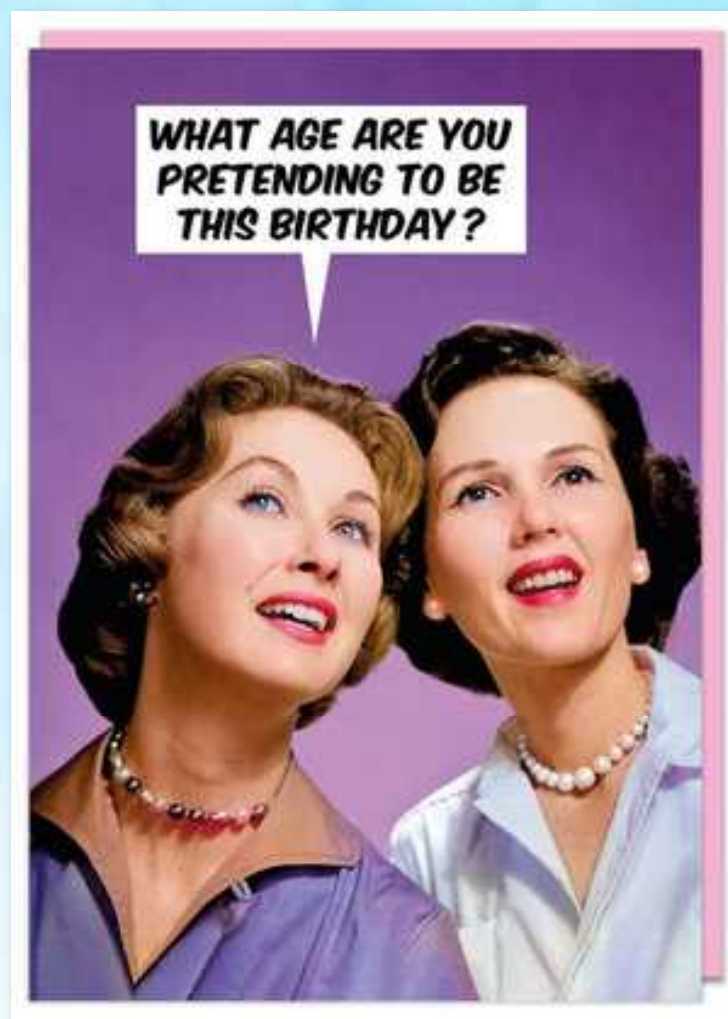
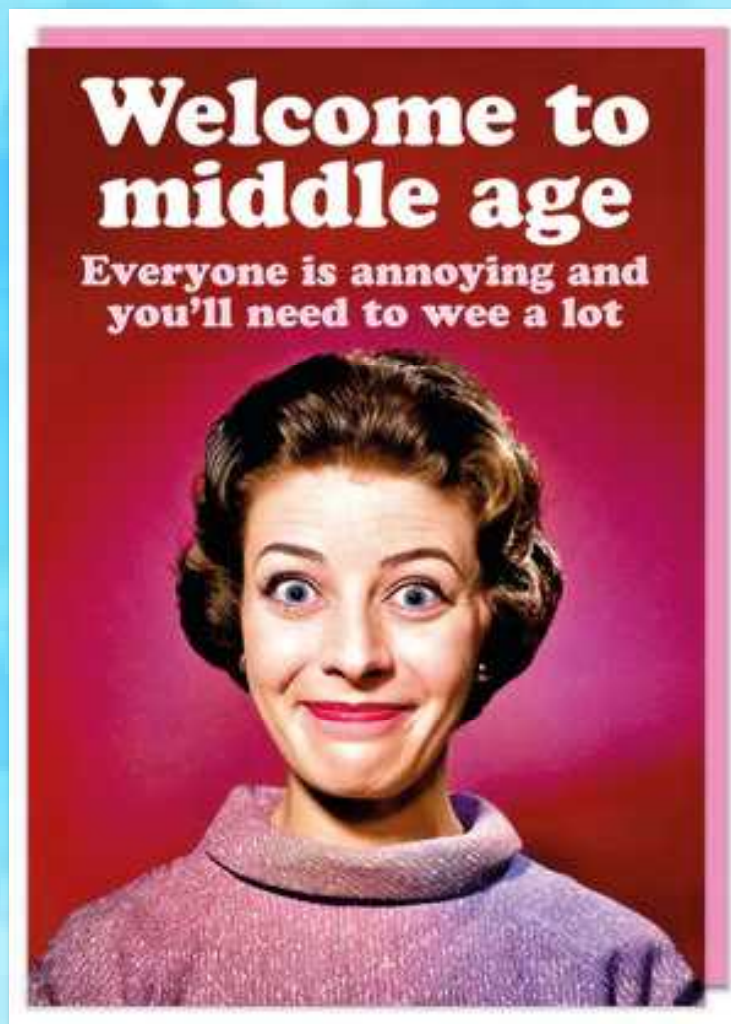




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*Think
Differently*



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Music



The Jam drummer Rick Buckler dies aged 69

Buckler played for the band from its formation in 1972 until they broke up a decade later. The group released six studio albums and had 18 consecutive UK top 40 singles, four of them reaching number one.

Buckler was in the mod punk band alongside bass player Bruce Foxton, 69, and lead singer, songwriter, and guitarist Weller, 66.

The drummer was part of the group from their formation in 1972 until they broke up a decade later.

They never fully reunited but Foxton and Buckler had played together on a number of occasions.

He "passed away peacefully on Monday evening in Woking, after a short illness with family by his side", his management company said in a statement.

"Rick was a loving husband, father and grandfather and was a devoted friend to many, who will be greatly missed."

The Jam released six studio albums and Buckler played on them all, including the critically-acclaimed *All Mod Cons* (1978) and *Sound Affects* (1980).

They had 18 consecutive UK top 40 singles, including four number ones, and also had a UK number one album - *The Gift*. The Jam are best remembered for tracks such as *Town Called Malice*, *Going Underground*, and *Down In The Tube Station At Midnight*.

The band split in 1982 and never fully reunited, but Foxton and Buckler subsequently played together on a number of occasions as *From The Jam*.



The Jam **SNAP!**





In a Facebook and Instagram post, Weller said: "I'm shocked and saddened by Rick's passing. I'm thinking back to us all rehearsing in my bedroom in Stanley Road, Woking. To all the pubs and clubs we played at as kids, to eventually making a record. What a journey!"

"We went far beyond our dreams and what we made stands the test of time."

"My deepest sympathy to all family and friends - P.W x"

Weller also shared a tribute from Foxton on the account, in which he said he "was shocked and devastated to hear the sad news".

He said Buckler was "a good guy and a great drummer whose innovative drum patterns helped shape our songs."

"I'm glad we had the chance to work together as much as we did. My thoughts are with Leslie and his family at this very difficult time."

Early years

Buckler was born in Woking in Surrey and attended Sheerwater Secondary School, where he met Weller and Foxton, according to multiple reports.

The trio formed The Jam in 1972 when they were all still teenagers and released their first single, *In The City*, in 1977.

By the time they split, they were one of the biggest bands in the UK and several of their hits re-entered the UK singles chart, reflecting their popularity at the time.

Weller and Buckler reportedly never spoke again barring a brief interaction, with the singer going on to form The Style Council after the dissolution of The Jam.

Post-Jam career

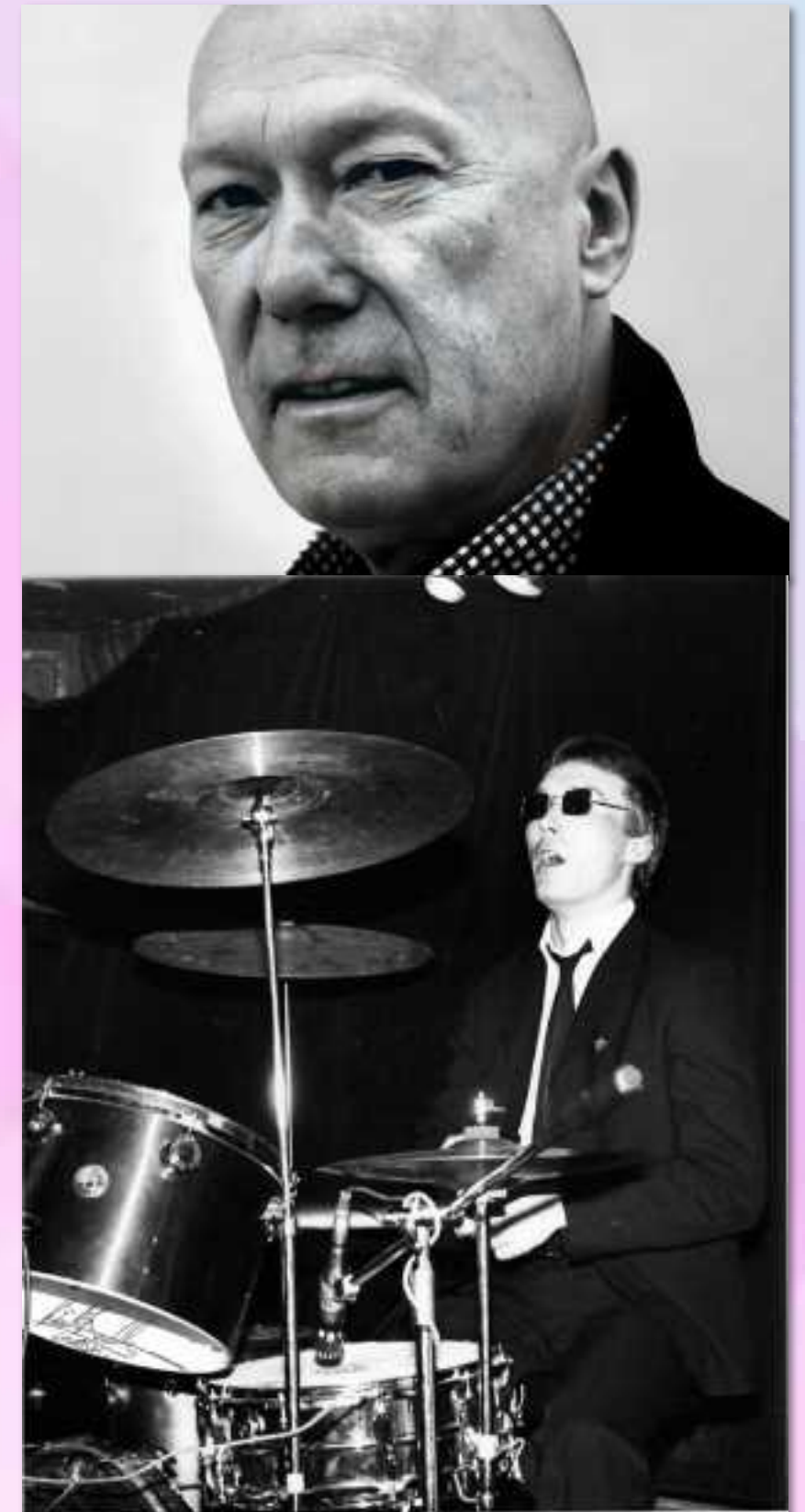
Buckler formed a number of groups including Time UK, Sharp - which also featured Foxton, and The Gift, named after The Jam's last studio album and playing music from the band's back catalogue.

He toured with From The Jam, a new band playing covers of his first group, from 2007 to 2009, where he was joined by Foxton, who is still touring with the group.



The drummer lived with his wife, with whom he had two children, Jason and Holly.

He also wrote a number of books on the history of The Jam, along with his own autobiography *That's Entertainment: My Life In The Jam*, which was released in 2015.







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