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TDBC
Newsletter

Club News
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*Ides
of
March*

So, if so many months were named for their Latin numbers, why wasn't March called... unnumber? Firstly, because that sounds ridiculous, and secondly, because the Roman gods had dibs on it. March was actually named for the Latin Martius, aka Mars, the Roman god of war and a mythical ancestor of the Roman people via his wolf-suckling sons, Romulus and Remus. With the winter frosts melting and the ground becoming fertile for harvest again in the Northern hemisphere, March was historically the perfect month for both farmers to resume farming, and warriors to resume warring.

Incidentally, the Pentagon still seems to agree with this Roman tradition: with the exception of the recent war in Afghanistan, almost all major U.S.-NATO led military operations since the invasion of Vietnam have begun in the month of March. To name a few: Vietnam (initiated March 8, 1965), Iraq (March 20, 2003) and Libya (March 19, 2011) all follow the trend.



Friday 1st March is Self-Injury Awareness Day (SIAD) or as it is also known Self-Harm Awareness Day. It started 15 years ago in the United States but is now an annual global awareness event encouraging people to be more open about their own self-harm and to breakdown common stereotypes surrounding self-injury. Some people wear orange ribbons, write LOVE on their arms or draw a butterfly on their wrists, some will wear a wristband or a beaded bracelet.

Self-Harm is a term covering a large range of behaviours and includes alcohol and substance misuse.

Self-Injury is where someone deliberately hurts themselves and can include cutting, hitting, bruising, burning, poisoning, scratching, hair pulling or overdosing.

Adults who self harm are often looking for a way to cope with overwhelming or distressing feelings and emotions rather than 'looking for attention' or attempting suicide.

For some it is a way of coping with stress, anxiety, anger or self disgust and it is often a sign of an underlying problem that has not been fully addressed.

If you suspect someone is self harming encourage them to talk, there is no right or wrong way, starting the conversation is what's important.

Ask open questions such as 'can you tell me about how you are feeling?' rather than 'are you feeling low?' Open ended questions require more than a yes or no answer.

me, you, us
safeguarding is everyone's responsibility

Listen to them, show you care, have patience. Repeat their answers back to them as part of another question, such as 'you said, can you tell me more about that?'

Sometimes listening is all that is required at that time but if they will accept help you could offer the following tips

Try not to think about the future, focus on getting through the here and now.

Reinforce that feelings will pass and decisions do not need to be made at this time. Stay away from drugs and alcohol.

Go to a safe place, a friend's, a club or with family.

Be around other people.

Do something they normally enjoy.

The following will provide help and support for people affected by self-harm

MIND- www.mind.org.uk 0300 123 3393

Harmless- www.harmless.org.uk for people who self-harm, their families and friends

The Mix- www.themix.org.uk 0808 808 4994 for people aged 16-25

Samaritans- text SHOUT to 85258 or call 116123

Call 111 or call their GP and request an emergency appointment.

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Safeguarding

**Save the Date –
Safeguarding
Adults Week
Monday 18 – Friday 22 November 2024**

Summer Leagues

We need at least 2 more teams in the Tuesday indoor triples and in the Thursday indoor Handicap Triples to enable these leagues to run.

We need one more team in the Tuesday outdoor triples and more teams in the Friday outdoor Oz pairs.

Winter Leagues

According to Bowlr there are 42 unplayed games in the Winter Leagues. Can team organisers please ensure that you make every effort to get your back games played. There are free weeks in April and games will be moved there if no action is taken.

The League Committee



Club Book Shelf

For the time being we can only accept paperback books.

We can no longer take hard cover books.

Thank you for all your support during the last year.

Gloria Westlake

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50
YEARS



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SCIBA v Devon Sunday 25 February 2024



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Monday: 8:30-17:00
Tuesday: 8:30-17:00
Wednesday: 8:30-17:00
Thursday: 8:30-17:00
Friday: 8:30-16:30
Saturday and Sunday: **CLOSED**

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Are you a new bowler?
Interested in a new league?



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why not join us on

Thursday 7-9 pm

For more information contact

Alan - 07837 536774

Eddie - 07760 483705

Bob - 07918 166084

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*New
Bowlers*



Tickets available from reception.



**Brendan is
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Rock n Roll
60s

Saturday
23 March

Start 7:30pm

£16:50

Tickets include food
served at the start of the
evening

**Ham/Beef Salad &
Sweet**

TDBC Social & Fund Raising Committee

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*Mark
Reeve*



Music was my first love.....

Sitting down once again I'm doing the same thing as last month, referring to my laptop. I probably need to buy a new one as this Samsung R730 is around 14 years old. I think it's called a notebook. Anyways I've got problems, I've taken more than an hour to get it up and running. Not fun, though I did then have an opportunity, whilst the circle went round and round, to think about the subject matter I had chosen. Folk Music.

Define folk music. Not easy. I immediately thought of Joan Baez. When I was young we had the 1960 self titled album, published on Vanguard in the US. Funny all these years I've thought Joan Baez was a native American as in red indian, how wrong. Joan Baez was born in New York, grandfather was from Mexico and was probably from Spanish ancestry. She performed at Woodstock in 1969 and I went to the cinema when that was released.. Other 'folk' singers at the festival to name just a few were John Sebastian, Richie Havens, Tim Hardin and Arlo Guthrie.

Then I was introduced to Judy Collins and her magical song 'Both Sides Now'. A folk group at school did a good rendition. Tim Hardin has always been a favourite of mine, especially his own version of songs he wrote like 'If I was a Carpenter' (Bobby Darin) and 'Reason to Believe' (Rod Stewart). So defining folk. Well a simple Wikipedia explanation is a 'music genre that includes traditional folk music and the contemporary genre that evolved from the former'.



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*Mark
Reeve*

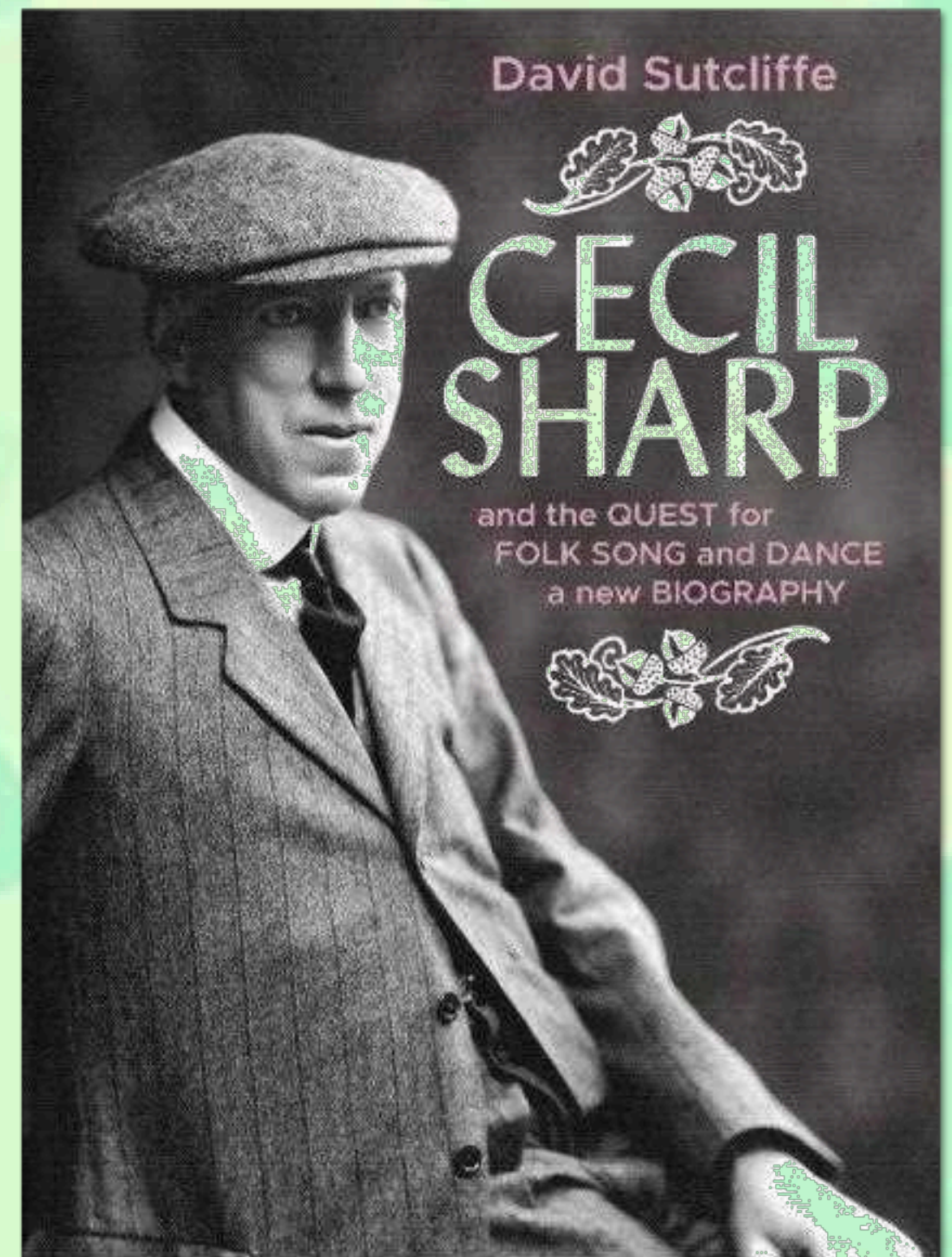
Have you all been to the Somerset Museum in Taunton? There's an exhibition of Cecil Sharp 1859-1924, who was a collector of over 4000 folk songs. Songs passed down from generation to generation. Folk music to me is so eclectic, it's worldwide. Every country will have their traditional, historic music. For me folk is just music that tells a story, might be a fable, an actual event, stirring the emotions, protest songs, love songs, shanties, madrigals. Folk music is intertwined in Rock, Pop, Ska, Reggae and so many other genres. Particular albums that come to mind are Paul Simon's 'Graceland' with its african theme, tunes like 'Homeless' and 'Diamonds on the Sole of her Shoes' or Neil Diamonds 'Tap Root Manuscript'. There's a huge crossover with Country or Middle of the Road artists like the track I've just listened to James Taylor's 'You've got a friend'. Do you think of Jim Croce, John Denver, Don McLean, Cat Stevens as folk artists? In a funny way the less mainstream folk is the more folky it sounds? Groups like Pentangle, Steeleye Span, Fairport Convention had or have followings but don't get played much on popular airwaves today. More 'folk' singers I've heard recently and like are Kate Rusby and Chris Wood. I'm a big fan of Billy Bragg and 'Between the Wars. I love the Traffic version of the English traditional song 'John Barleycorn'. But I'll finish with the Byrds 'Turn Turn Turn' and Bob Dylans 'Blowin' In the Wind', two folk anthems of the 20th century.

There's a music club that meets once a month in Milverton and I had my first visit the other week, local singers, great stuff. I'm off to see Albert Lee on his 80th Anniversary tour at Bridgwater Arts Centre on the 13th. Will have seen him four times, one of the best guitarists in the world.

Keep the feedback coming, it's what keeps me going. Chris I'll try and sneak Grace Jones in and John, the Rutles have now got a mention! Paul I hope you're enjoying your recently bought old vinyl 'Band on the Run' and 'Let it Bleed', classics!

Keep bowling.....

Mark x



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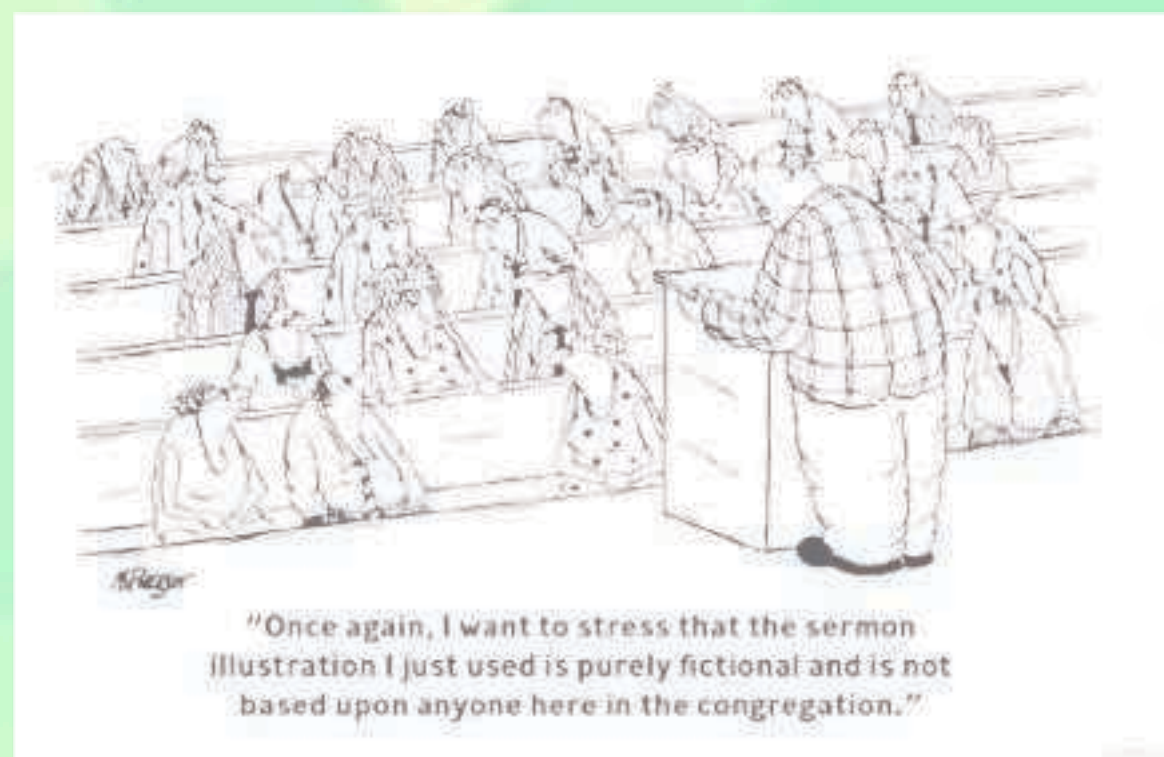
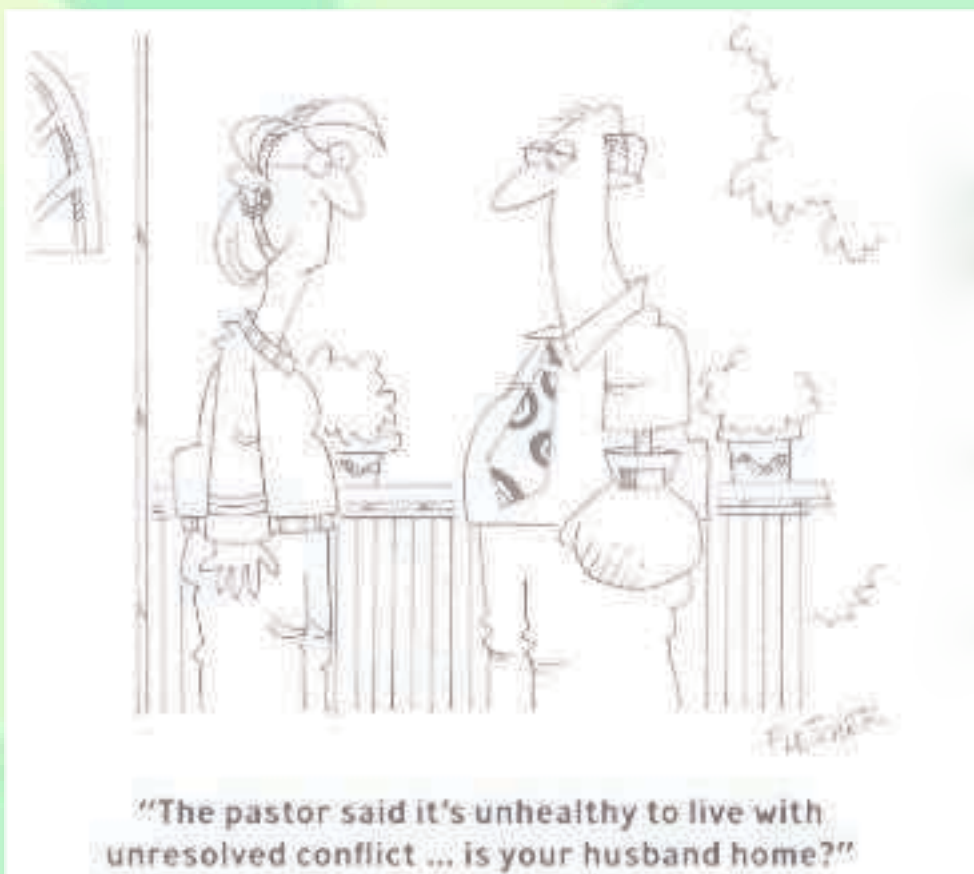
Humour



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BBC Radio 2's Gary Davies pays tribute to Steve Wright in first 'Pick of the Pops' episode since DJ's death

Presenter choked up as he remembered late 'broadcasting giant'

Gary Davies gave an emotional tribute to the late BBC DJ Steve Wright in the first episode of Radio 2's Pick of the Pops since the broadcaster's death.

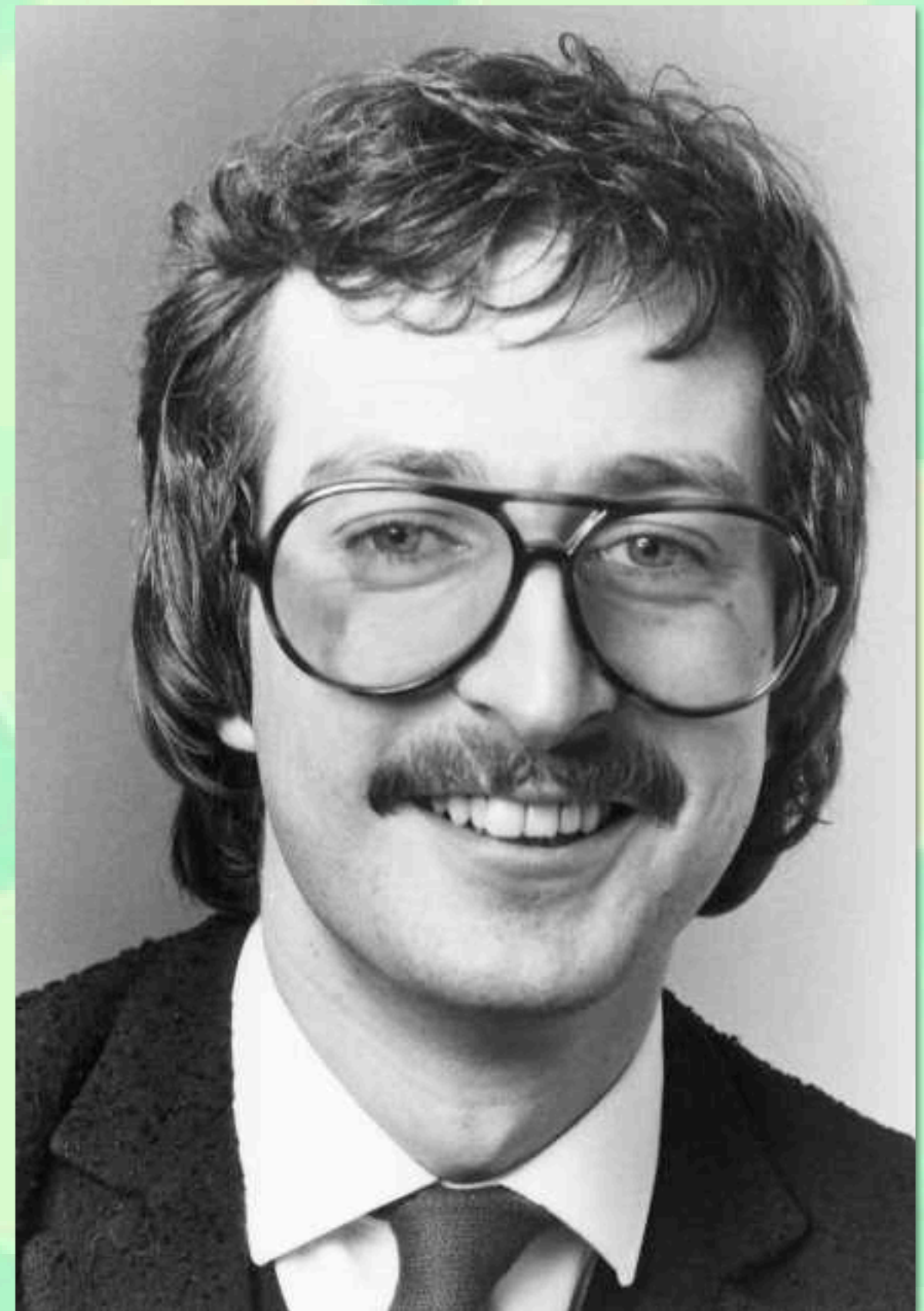
Wright died at the age of 69, his family announced on Tuesday (13 February). He was the host of popular radio programmes Pick of the Pops, Love Songs and Steve Wright's Afternoon Show, as well as formerly hosting the TV show Top of the Pops in the Eighties.

Sounds of the 1980s presenter Davies, who is a friend and former colleague of Wright, stepped in to host a special tribute episode of Pick of the Pops in the DJ's usual Saturday slot.

Davies nearly choked up as he dedicated the show to Wright, whom he called a "broadcasting giant".

Opening the show, he said: "On numerous occasions over the last 40 years, I've sat in for Steve when he was on holiday and I'm still finding it hard to come to terms with why I'm sitting in for him for just one final day today."

"I'm coming to you live from Wogan [broadcasting] House in London, it's a place that Steve called home for 26 years. He spent more time in this building than anyone else. Davies added that since Wright was a mainstay presenter on Saturday afternoons, his absence was felt throughout the day.



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“We’ve been celebrating his life on BBC Radio 2 all week, but it’s today when we really feel the loss.”

“As we come to the point in the Radio 2 schedule where Steve should be kicking off the show for millions of people up and down the country...Steve was a friend, a colleague, a true radio pioneer. Broadcasting was Steve’s life.”“Over four decades, all he focused on was making the best possible shows for his listeners.”

The presenter added that he had been listening to Wright’s show just last week.

“He took on the hosting duties for Pick of the Pops last year, in fact, I was listening to him just last Saturday thinking how brilliant he was sounding.”

Davies then explained the theme for the tribute show: charting the year that Wright joined the BBC in 1980.

“So, we felt the best way to remember him was to celebrate the years that he started broadcasting on the BBC. First on Radio 1 in 1980 and then moving onto Radio 2 in 1996.”

“Steve, this is for you,” said Davies, before hitting play on the 1980 song “Games Without Frontiers” by Peter Gabriel.

Throughout the programme, Davies played snippets of Wright’s introductions from various shows he presented during his four-decade-long career, including a special recording from his first BBC broadcast in 1980. Signing off at the end of the two-hour show, Davies simply said: “God bless you, Steve,” as presenter Paddy McGuinness said Davies had “big shoes to fill”.

BBC Radio 2 listeners have been praising Davies for his handling of the tribute, with some saying how they were moved to tears.

“A very eloquent and heartfelt opening sequence to #potp from @djgarydavies there, you could hear in his voice how much the passing of Steve Wright has affected him and many of us listeners,” wrote one person on X/Twitter.

“What an emotional and moving opening on today’s Pick of the Pops. Well done for holding it together Gary.”“Listening to #pickofthepops and I’m already sobbing. Having Gary doing the shows today hits even harder,” added another listener.

Throughout the weekend, the BBC has been paying tribute to Wright, with the BBC airing four episodes from Wright’s time as a host on Top of the Pops on Friday night.

BBC Sounds has launched an “In Memory of Steve Wright” section on its app and website for listeners to access an extensive back catalogue of his work.

Liza Tarbuck will present a Remembering Steve Wright episode of his show Love Songs on Sunday (18 February), and will read out messages from those who’ve had their dedications featured on the show in the past.

Steve Browning - News Editor



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