

TDBC
Newsletter

Club News
Stay in the Know!

60
Years

London Evening Standard

"IF I'D SAID, 'Television is more popular than Jesus,' I might have got away with it!" John Lennon lamented as cameras rolled from each of the three major American TV networks. The cheeky remark drew a laugh from the assembled crowd of journalists, but Lennon hadn't been so lucky. It was August 11th, 1966, and he was being called to task for an offhand comment made during an interview nearly five months prior.

"Christianity will go," he had said. "It will vanish and shrink. I needn't argue about that; I know I'm right and I will be proved right. We're more popular than Jesus now. I don't know which will go first – rock & roll or Christianity. Jesus was all right, but his disciples were thick and ordinary. It's them twisting it that ruins it for me."

Lennon himself barely remembered saying it. The interview had been published in the London Evening Standard that March without controversy. But when it was reprinted in the American teen magazine Datebook on July 29th, the quote set off an international furor that threatened the Beatles' future.

Web page users use the link below to return to your options page
<https://www.tauntondeanebowls.com/news/monthly-newsletters>





Click the link below to view UK.rs-online
<https://uk.rs-online.com/web/>



Taunton Deane Bowling Club (TDBC) visually impaired bowlers Dave, Paul & Phil welcomed **Wayne Corrick** (pictured far right, above) of RS Components an electronics distributor as part of the company's volunteer day scheme to support members of their local community.

Wayne was given a tour of the facility & then helped with the setting up, marking & scoring for the bowlers with Steve Browning a member of the general management committee.

After the ends had finished Wayne commented "It was an absolute pleasure to have met & supported the bowlers. The standard of bowling was excellent & to listen & learn of their achievements including the adjustments they make in everyday life & the success they have recorded despite their ailment was truly inspiring."



Visually Impaired Bowls England exists to promote the sport of Lawn Bowls for people who have a visual impairment, from complete novices to players of international standard.

We organise competitions at regional and national level and send teams to represent England in UK 'Home' Internationals, 'Friendly' Internationals (e.g. Israel) and International Blind Bowls Association World Championships

Whatever your age, gender, degree of sight loss or other additional disability, we can help you enjoy the wonderfully inclusive sport of Bowls.



Ladies
Indoor
Social
Sunday
September 1st
2 - 4pm

Informal Bowling, all abilities welcome.
Tea, Coffee and chit chat with
Ann's home made cakes.

(Club shirt, greys or white shirt)

Contact:- Anita anitaandjim22@gmail.com

£4:50 inclusive



PARTY

DJ
Keith
Gibbins

12th
October

Ticket
£12

7:30 pm Start - Ticket includes Cheese Boards and Sweet

TDBC Social & Fund Raising Committee

Tickets on sale at Reception



Join us Outdoors for some Practice and Coaching

Every Thursday from 2 to 4pm we will be holding practice and coaching sessions, all abilities, from beginner to experienced, welcome.

The aim is to have 1 or 2 coaches available to run meaningful practice. Such as drawing to rest out a wood sat on the jack, promote a short wood and of course, driving at the head.

We will be also available to coach on improving your delivery, finding the line, reading the head and improving consistency, or anything else you wish to improve on.

No need to book, just turn up.

LETS HAVE SOME FUN!!!

Starts 20th of June.

Any questions ring Rod

07745708658



Points of View

Have your say

Free Coffee Morning

President Keith James, Chairman of Directors Paul Fellingham, Team Captains and Selectors will be hosting a coffee morning on **Saturday 14th September between 10am and 1pm.**

What we would like is for members to come and talk to us about **your club**, be it team selections, the way the club is run, future ideas, any proposals regarding entertainment, indeed anything you are worried about.

This summer has been difficult, and we would like to know why?

This is your chance to get things changed!

Keith James - Club President



Winter leagues and number of teams entered for the 24-25 season.

Bar Staff Required

What you'll do

- greet customers and create a welcoming atmosphere
- use a till to take orders and payments
- handle cash
- serve drinks at the bar or at the table
- keep the bar clean and well stocked
- give advice on drinks to suit customers' tastes
- collect glasses and wash up



Contact Ann Beale if interested, (your club needs volunteers).



WINTER LEAGUES 2024-25	
LEAGUE	TOTAL
Monday AM Oz Pairs	5
Monday PM Oz Pairs	4
Tuesday AM Open Triples	10
Tuesday Open 3 Wood Pairs	8
Wednesday Open Oz Pairs	7
Thursday Handicap Triples	8
Thursday Evening Triples	10
Friday Yardstick Triples	8
Friday Men's Triples	7
9	67

Outdoor Friendly Season to 20th August 2024

This is to update all club members on the state of play of outdoor friendlies 2024.

From 14th July to 20th August there have been 4 matches, 3 at home and 1 away.

Wellington (A) 9th August won 75-48

Axminster (H) 11th August lost 43-57

Yeovil (H) 13th August won 68-46

Masons (H) 19th August won 56-49

One game was cancelled by the opposition in this period.

Upcoming fixtures are as follows

Monday 2 September Olveston and District (H) 7 rinks 1.00 start, meal afterwards.

Wednesday 4 September North Petherton (A) 4 triples 2.30 start.

Thank you all for responding to the need to fill places, we are covered at present for all but North Petherton, 2 still required.

We look forward to seeing you, happy bowling

Alan and Eddie - Outdoor Friendly Captains



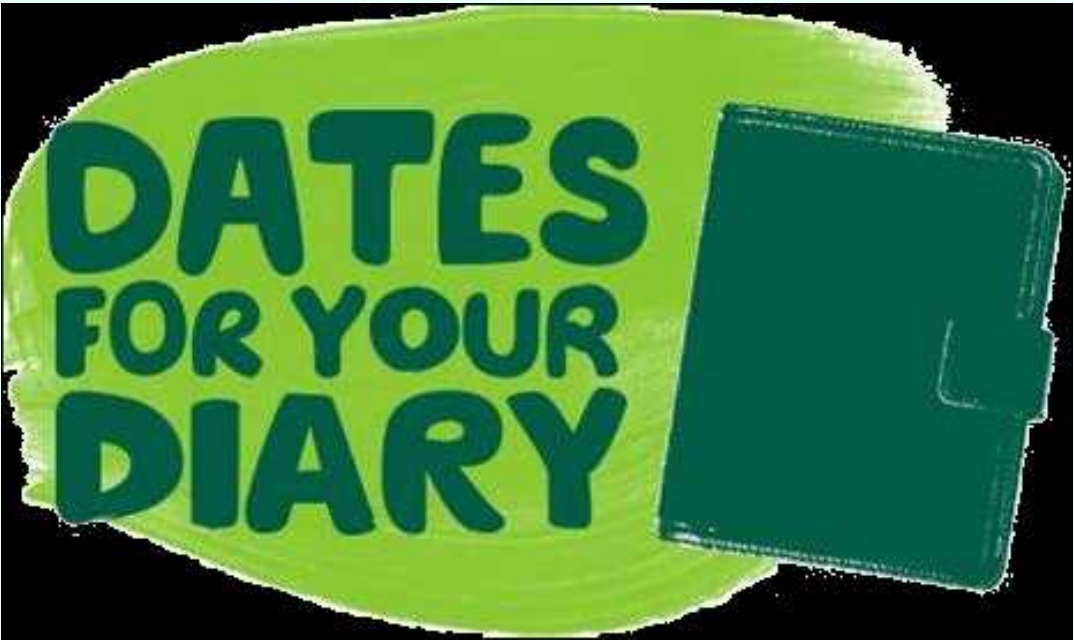
Indoor Ladies Captain

Wednesday the 7th of August we had our return match against Taunton at home. we had three triples , which included two players who were playing in their first friendly game. We got good wins on two rinks had a two point loss on one rink but secured a good overall win by 57 points to 40. Well done to everyone who took part. We are now coming toward the start of the main indoor season so there will be plenty of matches coming up , so please look out for selection sheets on the notice boards and sign up if you are available.

For all indoor lady bowlers we plan to run a social on Sunday 1st September (numbers permitting) from 2 till 4 followed by refreshments and Ann's cake !!. Please check out the bright orange poster and sign up for a fun, informal afternoon of bowling.

Best wishes,

Anita - Indoor Ladies Captain



Winter Leagues 2024-25

We've ended up with a total of 9 leagues and 68 league teams for the winter season which are now all on Bowlr. The season starts on 23 September and ends on 20 April 2025.

Proformas and fixture sheets for team organisers will be in pigeon holes by Thursday 29th August. If you require these to be sent by email please contact Jane Evans. Fixture books will be available later.

The League Committee

12 October 2024	Disco	Tickets £12	7:30pm start
30 November 2024	Simon Rees Entertainer	Tickets £14	7:00pm start
7 December 2024	Christmas quiz with Bob	Tickets £6	7:00pm start
31 December 2024	New Years Eve - Sapphire	Tickets £16:50	8:00pm start
8 March 2025	Chris Chaplin Entertainer	Tickets £14	7:00pm start



September is Alzheimer's Awareness month with September 21st being World Alzheimer's Day. The 2024 theme is 'Never too early, Never too late' and centres on key risk factors and risk reduction.

Globally dementia is one of the biggest challenges we face with over 50 million people living with dementia worldwide, this is set to more than double by 2050. 1 in 3 people born in the UK today will develop dementia.

Dementia is a global term covering a range of brain syndromes with Alzheimer's being one specific type of dementia, others include excessive long term use of alcohol (Korsakov's syndrome), Vascular dementia, Picks disease, Mild Cognitive Impairment (MCI), Lewy Body dementia and Fronto Temporal dementia along with a few other specific and less common types.

Other health conditions can effect memory including depression, anxiety, chest or urinary infections, thyroid problems, menopause, vitamin B12 deficiency, long term heart or kidney conditions and head injuries, with most of these if the underlying cause is treated the memory will improve.

Dementia is not a part of normal aging but does tend to happen as we get older. Women are more likely to develop Alzheimer's than men.

There are 12 modifiable risks and therefore changes that can be made to lifestyles that can help reduce the risk of dementia.

Physical Inactivity

Regular physical activity is one of the best ways to reduce your risk of dementia, the combination of motor and cognitive skills involved keep the brain active and encourage a good flow of oxygen around the body. It is recommended that adults aim for 150 minutes of moderate aerobic activity or 75 minutes of vigorous activity per week. Play more bowls it can only help!

Smoking

Smoking greatly increases the risk of dementia, its never too late to give up, giving up will start to reduce the risk immediately.

Excessive Alcohol Consumption

Drinking no more than 14 units of alcohol per week and drinking on only 3 days a week is recommended. A standard glass of wine is approximately 2.1 units, less than 7 glasses a week, a pint is usually between 2-3 units, around 4-7 pints a week and a single spirit is approximately 1.4 units equating to 10 a week. A pint of 'vintage' or 'super strength' can be as much as 5 units per bottle.

Air Pollution

Recent research has shown that poor air quality can increase the risk of dementia.

Head Injury

Head injuries commonly cause by accidents or through contact sports or violent assaults can result in cognitive deficits and lead to memory problems.

Infrequent Social Contact

Social connectedness and positive social interactions reduce the risk of dementia, being part of a club is good for being socially active.

Limited Education

A lower level of education in early life effects cognitive reserves and is therefore a risk factor for dementia.

Obesity

Obesity in mid life is associated with an increased risk of dementia along with other health conditions, again play more bowls any physical activity will help with fitness and weight loss, approximately 3000-3500 steps are completed in a game of bowls, many more in Aussie Pairs, so contributing approximately a third of daily 10,000 steps recommended.

Hypertension

High blood pressure in midlife increases the risk of dementia, the use of medication to control hypertension can effectively reduce associated risks.



Diabetes

Type II diabetes is a clear risk factor for development of future dementia, it is not clear if treating diabetes reduces the risk of dementia but treatment is important for other health reasons.

Depression

Depression is associated with dementia and requires treatment as it increases social isolation and physical inactivity and is likely to increase physical illness therefore creating worse outcomes for people with dementia.

Sensory Impairment

Hearing loss in particular holds a significantly increased risk of dementia, if you do not hear (see, touch, smell, taste) everyday experiences, making a memory becomes harder and it is more likely that you will not register things that well resulting in poor recall. Wearing hearing aids seems to reduce the risk of development.

Every person is unique and dementia effects people differently, therefore symptoms vary but the most common are as follows

Memory Loss

People tend to notice their Short Term Memory (STM) failing while their Long Term Memory (LTM) remains far more intact. To offset this people need to take their time to **register** the memory (it can take several seconds to make a memory which is why things we do automatically are usually the ones that are forgotten the quickest – the did I turn the gas off? lock the door?) Then the memory has to be **stored** appropriately, again time and the use of memory aids such as a diary – please no pieces of paper they get lost too easily- write enough information down so that it is understandable when you look at it again – the Who, What, Where and When. However it is not just enough to write it down, you increase your chances of **recall** if you have a habit of looking at the diary regularly, the evening before, the morning of the day, at lunchtime to check things have been done and in the evening, to check that everything has been done and to plan for next day. If there are things that have not been completed, transfer these to the following day and finally cross through the page so you know which day it is tomorrow.

Difficulty performing familiar tasks.

This is usually about the order in which things have to be done to have a successful end product. For those that know me I cannot drink tea and the following might have contributed to this. When assessing how someone copes the making of a cup of tea is a classic example and over my working life I have been served tea with the tea bags placed in the kettle before it was boiled, a completely cold non boiled cup of tea, one where there was boiling water, milk and sugar but no tea bag to name but a few variations and one of my colleagues was served tea with raisins in it instead of sugar, to this day if you remind her of this she still gags.

Problems with Language

Difficulties finding the right word, substituting other words, losing the thread of what they were saying or having difficulty following a conversation, this is often more pronounced in a busy, loud situation with multiple distractions, any important conversations should be had in a calm, quiet atmosphere, regularly checking their understanding and having patience to repeat thing until the individual is happy they understand.

Disorientation to time place and person.

People can become lost in familiar places, not recognise people they have known for years and can confuse night and day, those that can use a 24 hour clock tend to manage this better.

Poor or decreased judgement.

People with dementia may dress inappropriately for the weather, take risks as they are less able to judge distances, speed and positioning so driving can become dangerous. Newly diagnosed individuals are often advised not to drive until they have taken a test, dementia should be declared on insurance and anyone with concerns can report someone to the DVLA anonymously.

Problems with concentration, planning or organising.

Decision making and problem solving tend to become more difficult, managing finances, paying bills, planning routes or shopping may become problematic.

Misplacing things.

People with dementia may place things in inappropriate places, there is little point in being confrontational if you find this happens, it is far better to just place the item back in the appropriate place. Keys are a prime example of this. From my working life finding dentures on a plate with a half-eaten sandwich in the airing cupboard springs to mind.



Changes in mood and behaviour.

People with dementia may become emotionally labile, experiencing rapid mood swings and irritability, or they may show less emotion and withdraw socially and emotionally. Anxiety levels can increase as they find things more difficult to do.

Trouble with images or spacial relationships.

People with dementia may have difficulty reading, writing, seeing objects in 3D or determining colour and contrast, they may place things at the edge of a table with a bang as they are unable to judge the strength, power and placement necessary to place it appropriately. Our club has red and yellow mats which are dementia friendly as black mats can appear as a hole so people with dementia cannot bowl with them.

Withdrawal from social (or work) activities.

A person with dementia may become very passive, sitting for extended periods, sleeping more than usual or appearing to lose interest in activities they previously enjoyed.

If you have any concerns about anyone please feel free to speak to me so I can point you in the right direction, the GP is often the first point of contact and there are now various treatments and support in the community that enable people with dementia to continue to live independently and have a full and enjoyable life, support is also available for family and friends.

To become a dementia friend and to expand your own knowledge visit

<https://www.dementiafriends.org.uk>

Liz Dicks - Safeguarding Officer



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Crockford Cup

The Crockford Cup and Blackbrook Shield were played on the 18th August.

The Crockford Cup consisted of eleven triples each playing four matches of five ends and the Blackbrook Shield was four triples each playing three matches of six ends. Both competitions were very competitive, with all matches being played in good spirits.

After some very close matches in both competitions the Crockford Cup ended with four teams each winning three of their four matches. The team of Colin Day, Jim Wilson and Dennis Clarke were declared winners of the cup on points difference. The runners up were Trevor Hembrow, Adrian Davis and Angie Shirley.

The Blackbrook Shield was won by the team of Helen Horton, Hugh Rodgers and Trisha Hazelwood who won all of their matches. Steve Browning, Andrew Williams and Peter Sealey were runners up.

After bowling the players, and a number of spectators, enjoyed a lovely two course meal prepared by Ann and her team which was enjoyed by all. A raffle for the President's charity raised £144.50 - a big thank you to all who donated prizes and Alison for selling so many tickets.

Karl Greenhoff



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Crockford Cup



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*Blackbrook
Sheild*



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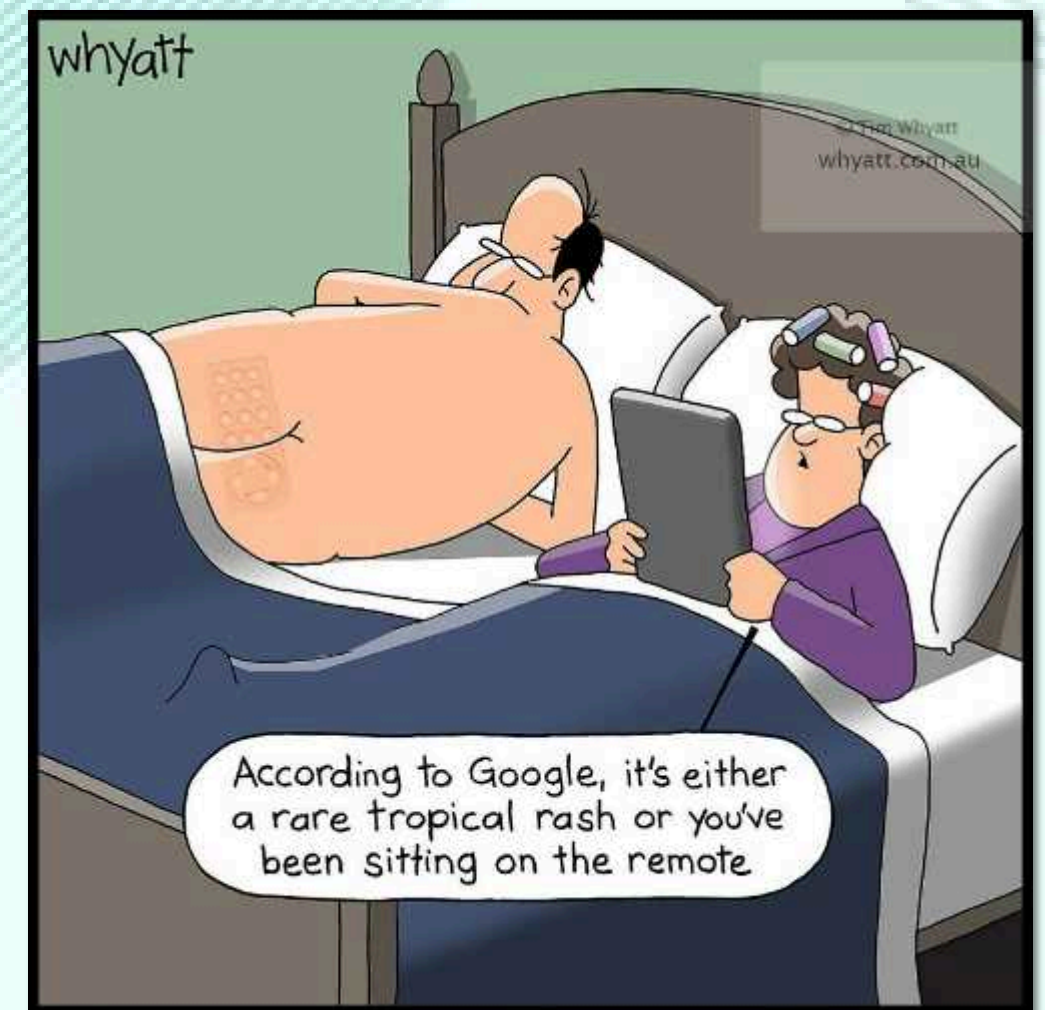
Humour



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Humour





The history of Queen

Queen are a British rock band that formed in London in 1970. Their classic line-up was Freddie Mercury (lead vocals and piano), Brian May (lead guitar and vocals), Roger Taylor (drums and vocals), and John Deacon (bass guitar). Their earliest works were influenced by progressive rock, hard rock and heavy metal, but the band gradually ventured into more conventional and radio friendly works by incorporating further styles, such as arena rock and pop rock, into their music.

Before forming Queen, May and Taylor had played together in the band Smile. Mercury, then known by his birth name, Farrokh Bulsara, was a fan of Smile and encouraged them to experiment with more elaborate stage and recording techniques. Mercury joined in 1970, suggested the name "Queen", and adopted his familiar stage name. Deacon was recruited before the band recorded their eponymous debut album in 1973. Queen first charted in the UK with their second album, Queen II, in 1974, but it was the release of Sheer Heart Attack later that year and A Night at the Opera in 1975 which brought them international success. The latter featured "Bohemian Rhapsody", which stayed at number one in the UK for nine weeks and also helped to popularise the music video.

The band's 1977 album News of the World contained "We Will Rock You" and "We Are the Champions", which have become anthems at sporting events. By the early 1980s, Queen were one of the biggest stadium rock bands in the world. "Another One Bites the Dust" (1980) became their best-selling single, while their 1981 compilation album Greatest Hits is the best-selling album in the UK and is certified eight times platinum in the US. Their performance at the 1985 Live Aid concert has been ranked among the greatest in rock history by various music publications. The last concert featuring their classic line up– the final live performance of Mercury–took place at Knebworth, England, in



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August 1986. In 1991, Mercury died of bronchopneumonia, a complication of AIDS, and Deacon retired in 1997. May and Taylor have performed under the Queen name with Paul Rodgers and Adam Lambert as vocalists on tours since.

Estimates of their record sales range from 170 million to 300 million records, making them one of the world's best-selling music artists. Queen received the Outstanding Contribution to British Music Award from the British Phonographic Industry in 1990. They were inducted into the Rock and Roll Hall of Fame in 2001. Each member of Queen has composed multiple hit singles, and all four band members were inducted into the Songwriters Hall of Fame in 2003. In 2005, the band received the Ivor Novello Award for Outstanding Song Collection from the British Academy of Songwriters, Composers, and Authors, and in 2018 they were presented the Grammy Lifetime Achievement Award.

Queen have made UK chart history by becoming the first act to sell seven million copies of an individual album. Their first Greatest Hits collection, from 1981, is now owned by one in every four households in the UK, said the Official Charts Company. The record, which features classic singles like We Will Rock You and Bohemian Rhapsody, has been a perennial best-seller for years.

It recently spent its 1,000th week on the UK album chart.

Queen guitarist Brian May called the latest achievement "joyous news". "No album has done this before in history," he said in a statement. "Thank you, we appreciate it."

Drummer Roger Taylor added: "The British public and their infinitely-great taste have made this the biggest-selling album in history. "Thank you very much; we're humbled and honoured. We salute you!"

Steve Browning



To listen to Queens Greatest hits click the link below.

https://www.youtube.com/results?search_query=Queens+greatest+hits



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