

THE BUZZ



APRIL - MAY 2020

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PATRON, FRANCES BEDFORD MP
& SUPPORTED BY CO-PATRON
RICHARD HARVEY MP**



FROM THE CHAIRPERSON'S DESK



Who would have believed that these extraordinary circumstances of a health crisis would change our world so much and that our lives would be turned upside down with no lawn or indoor bowls, socializing with family and friends, no travelling and possibly no jobs or income. The worst thing would be to actually get sick with the virus. It was unfortunate that Finals were not completed or the presentation of Club Championship medals and the Prestige Medley were not held before we had to go into lockdown.

I do hope that you are all staying healthy and managing to keep occupied with jobs around your home, taking up a former hobby, or learning a new skill. I have begun a clean out of my home office, not finished yet and could take me months. I have started knitting again, doing jigsaw puzzles, cooking, walking, exercising, pottering in my garden and spending time just being lazy. Oh, and eating too and that's probably why I am gaining weight. More effort needed there to reduce.

I actually like the fact that I haven't got a regular timetable to work by and that I can sit, be still and ponder about life and important things and become less stressed. However, the thing I miss most are hugs with my dear Mum. I can visit her at her window of the nursing home every couple of days but it's not the same as going into her room and having a cuppa and a chat with her.

I am thankful we have the technology to enable communication via video as well as phone. I have just discovered Zoom which enables several people to see and hear each other via computer, laptop, tablet or smart phone. Great when you get the hang of it.

As you will read elsewhere in this edition, the Board of Management members have been in constant contact with each other to keep up to date with developments and then inform club members via our web page and Facebook. The Club rooms look good and the greens and surrounds continue to be well cared for by Mick and the greens crew.

Until we meet again, keep washing your hands, stay positive and count your blessings.

"Dwell on things you CAN do, not on things you cannot" - Roslyn Blakeney.

FROM THE LADIES' PRESIDENT



Just a re-cap of our Season which came to a sudden halt – although we were able to get all our matches completed, we could not compete in Finals. The final ladder positions were as follows :

- Premier 1** Claimed 6th spot with a good win in their last game, well done Girls.
- Div 2 Nth** 8th, struggled a bit for most of the season, winning 7 from 18 matches.
- Div 3 Nth** 3rd, just 3pts behind 2nd team, well done.
- Div 4 Nth** 4th, with only 4 teams in that '2 rink' Div.

All our sides have held a place in their Div. for next Season.

Of course all remaining functions were cancelled, including Presentation Night – Congratulations to all winners and well done to all who competed in our Club Championship Events. Well done also to those ladies who bowled in State Competition and kept the Hope Valley flag flying.

Unfortunately, we didn't get to enjoy Vonnie's scones at Easter. I do hope she does not lose the recipe.

With our AGM on hold, I hope everyone stays safe and well in this changing world – keep in touch.

Missing you all but looking forward to our next meeting, whether it be on or off those lovely greens of ours.

Cheers for now, Jill Chandler.



I know there is a lot of information about the Coronavirus floating around at the moment, but I thought this article, submitted by Mick Noonan, seems quite helpful and gives a little bit of an insight into the virus itself - Ed

Covid-19:

Plenty of advice going around and can never be sure about authenticity, but thought worth passing on this internal email for staff at St George's Hospital in Sydney – Mick:

The simplest way to distinguish Coronavirus from a Common Cold is that the COVID-19 infection does not cause a cold nose or cough with cold, but it does create a dry and rough cough.

The virus is typically first installed in the throat causing inflammation and a feeling of dryness. This symptom can last between 3 and 4 days.

The virus typically then travels through the moisture present in the airways, goes down to the trachea and installs in the lungs, causing pneumonia that lasts about 5 or 6 days.

Pneumonia manifests with a high fever and difficulty breathing. The Common Cold is not accompanied, but there may be a choking sensation. In this case, the doctor should be called immediately.

Experts suggest doing this simple verification every morning: Breathe in deeply and hold your breath for 10 seconds. If this can be done without coughing, without difficulty, this shows that there is no fibrosis in the lungs indicating the absence of infection. It is recommended to do this control every morning to help detect infection.

Prevention:

The virus hates heat and dies if it is exposed to temperatures greater than 80°F (27°C) therefore hot drinks such as infusions, broths or simply hot water should be consumed abundantly during the day. These hot liquids kill the virus and are easy to ingest. Avoid drinking ice water or drinks with ice cubes.

Ensure that your mouth and throat are always wet, never DRY. You should drink a sip of water at least every 15 minutes. WHY? Even when the virus enters water or other liquids through the mouth, it will get flushed through the oesophagus directly into the stomach where gastric acids destroy the virus. If there is not enough water, the virus can pass into the trachea and from there to the lungs, where it is very dangerous.

For those who can sunbathe the Sun's UV rays kill the virus and Vitamin D is good for you.

The Coronavirus has a diameter of between 400 to 500 nanometers (not very big, allowing for the fact that there are twenty-five million nanometers in one inch) so face masks can stop it. No special face masks are needed in daily life.

If an infected person sneezes near us, stay 10 feet (3.3 meters) away to allow the virus fall to the ground and prevent it from falling on you.

When the virus is on hard surfaces it survives about 12 hours therefore when hard surfaces such as doors, appliances, railings, etc. are touched hands should be washed thoroughly and/or disinfected with alcoholic gel.

The virus can live nested in clothes and tissues between 6 and 12 hours. Common detergents can kill it. Things that cannot be washed should be exposed to the Sun and the virus will die.

The transmission of the virus usually occurs by direct infection such as touching fabrics, tissues or materials on which the virus is present. Washing your hands is essential.

The virus survives on our hands for only about 10 minutes. In that time many things can happen - rubbing the eyes and touching the nose or lips. This allows the virus to enter your throat. Therefore, for your good and the good of all, wash your hands very often and disinfect them.

You can gargle with disinfectant solutions (i.e. Listerine or Hydrogen Peroxide) that eliminate or minimize the amount of virus that can enter the throat. Doing so removes the virus before it goes down to the trachea and then to the lungs. Disinfect things touched often – mobile phone, keyboard, mouse, car steering wheel, door handles and so on.



Some useful and important information from Nola and the Board of Management

A large amount of dirt/topsoil removed from "C" Green is available to any member with a use for it.



If interested, please contact Bob Fuss on 0447 054 520

Several boxes of Pharmatex **Extra Small** disposable gloves (each box contains 100 gloves) have been donated to the Club. The boxes have an expiry date of 25/08/08, but they don't seem to have suffered with age.



Pat Deacon and Sue Kelly have tried a glove on and found they are too small for them, indicating how small they are.

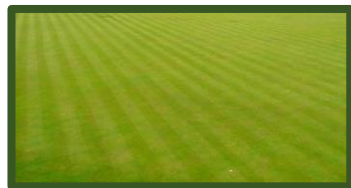
If any member thinks they may fit and can use them, please let me know.

Members of the Board of Management are aware of the very difficult time we are all dealing with, which may continue for some time to come.

We know many members would like the greens re-opened, but that decision was taken out of our hands by a SAPOL directive dated 15 April 2020, and the greens will remain closed until further notice.

We are constantly updating our Website and Facebook page with any information received from the relevant authorities.

Mick continues to maintain the greens, and our team of merry men, led by Bob Fuss, keeps the surrounds and gardens to their usual very high standard.



Following discussions at a recent BoM meeting, the smoking areas have now been relocated to the:

- * **Northern boundary of the property - rear of sheds by water tank opposite 'A' Green**
- * **Roadway entrance to Club by first carpark space on left opposite 'C' Green**

This has become necessary due to the close proximity of the smoking area to players, particularly on A Green.



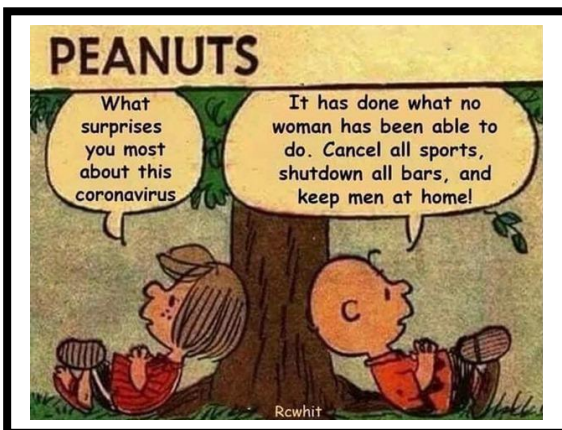
These areas will be clearly identified by larger signs and new smoking bins.

Any Committee member may ask a smoker to smoke only in a designated area.

Best wishes to everyone, stay safe and well, and keep in touch with family, friends and neighbours.

**Best wishes
Nola**

All those grandparents who are missing their grand kids right now. Once this is over you can have them for a month. Sincerely, a tired mom.



MEN'S SCENE



Hi everybody,
Hopefully you are all up to date with your house and garden chores so your mind can concentrate on bowls.

The list of Pennant Promotions and Relegations have been received from MBA. Unfortunately, several Hope Valley sides have been relegated for next season:

- **Wednesday**
 - i. Division 3 East to Division 4
- **Saturday**
 - i. Division 3 North to Division 4
 - ii. Division 5 North Red to Division 6
 - iii. Division 5 North White to Division 6

The junior coaching program has now finished with the club providing refreshments after the last session. On average, 10 students attended. Thanks to Jamie Jarman, Dean Sanders and Ivan Lawton who managed the sessions

All club championship finals were completed before the club closed down. Full results are on the website.

On behalf of the Men's Committee I wish all members the best of health and hopefully we will soon overcome this pandemic and get back to enjoying the game that we all love.

Ken Seymour



ANZAC BISCUIT RECIPE

Ingredients

150g (1 cup) plain flour
90g (1 cup) rolled oats
85g (1 cup) desiccated coconut
100g (1/2 cup, firmly packed) brown sugar
55g (1/4 cup) caster sugar
125g butter
2 tablespoons golden syrup
2 tablespoons water
1/2 teaspoon bicarbonate of soda

Method

Step 1

Preheat oven to 160C. Line 2 baking trays with non-stick baking paper.

Step 2

Mix together flour, oats, coconut and combined sugars.

Step 3

Stir the butter, golden syrup and water in a small saucepan over medium heat until the butter melts and the mixture is smooth. **Stir in the bicarbonate of soda.** Add to the oat mixture and stir until well combined.

Step 4

Roll level tablespoonfuls of the oat mixture into balls and place, about 5cm apart, on the prepared trays. Flatten until about 1cm thick. Bake, swapping trays halfway through cooking, for 15 minutes or until light golden. Set aside for 10 minutes to cool slightly before transferring to wire racks to cool completely.

Want soft and chewy?

Omit the brown sugar and increase the caster sugar to 155g (3/4 cup).
Cooking time stays the same.

How about dark and crunchy?

Omit caster sugar and increase the brown sugar to 155g (3/4 cup, firmly packed). Bake for 18 minutes.

Thin and crispy more your thing?

Omit the caster sugar and increase the brown sugar to 200g (1 cup). Reduce the flour to 115g (3/4 cup). Cooking time stays the same.

A bowling dilemma: How do you use the mat to get around a bowl?

Originally written by Bob Tuck 2011 and updated July 2015

Re-printed from an article in The Buzz in April 2018.

THE PROBLEM

A few years ago, I had a problem. Most of the books on bowls I had read told me that to get around a bowl which you believe is on your draw line, you move across the mat as far as you can to the opposite side. That is a right hander moves to the left for a forehand and to the right for a backhand. As a long-term coach, I always taught the textbook method if an experienced bowler asked me.

My new, highly respected club coach told me this was completely wrong: you just move to the side you are bowling on.

THE MATHEMATICS OF BOWLS

I had never explored the reasons behind the move across the mat but I thought I should try to sort out who was right; surely both ways could not work. Google did not help; I could find nothing of substance on the topic at all. As a lifetime applied mathematics teacher, I reasoned that it should be possible to use mathematics to sort out which method was correct

How does mathematics come into lawn bowls? The most important way is in the establishment of the green angle. For a given set of bowls on a given green with current wind, there is a fixed angle between the centre line of the rink and the delivery line which will result in the bowl finishing on the centre line.

There are two main methods which are used by bowlers to ensure that they get the angle right as often as possible.

The **visualiser** is able to remember the required angle for each end and each hand and concentrates on getting this right throughout the day. Most visualise the track the bowl will take from hand to head, hopefully getting the weight right through the same process. A big percentage of high level bowlers use this method.

The bank aimer sets the angle by finding a point on the bank which provides the correct angle on each hand. Most then drop their eyes to a point on the green along this line and aim at that point. The bank aimer has to know what to do if the mat is placed up the green by more than a couple of metres.

My coach Geoff is a visualiser, I am a bank aimer. I decided that this must be the cause of our disagreement.

TO GET AROUND A BOWL

Method One - move to the side you are bowling on. The visualiser moves to the outside of the mat and bowls using exactly the same angle so that the bowl travels parallel to a bowl delivered from the normal mat position, clearing the bowl in the path by a couple of centimetres, and finishing off the centre line by the distance moved across the mat.

The bank aimer can also use this method, but has to move the bank aiming point by the distance moved across the mat to deliver a parallel bowl

Method Two - move to the opposite side. Move to the inside of the mat as far as the foot fault rule allows you to go (perhaps 21 cm). Bowl at your usual point on the bank. The angle taken by your bowl is slightly increased, making it go wider to get around the bowl and causing it to finish wider

Since you have delivered it 21 cms narrower it should finish near the jack provided you have bowled it with perfect green and weight. This method can only be used by a bank aimer since the visualizer would have to increase the remembered angle by a very small amount for one bowl (perhaps from 7 degrees to 7.04 degrees.

A Bowling Dilemma cont./...

Getting around a bowl using this method will only work if the bowl you want to go around is in the last quarter of the path to the head. The new path crosses the old path at about 70% of the run. My testing of this showed that the margin for error is very low and hence I believe that it may be better to also add a few cm to the aiming point when using this method.

Both methods work! but **BOTH METHODS PRESUME THAT YOU WILL BOWL WITH PERFECT GREEN AND WEIGHT**. There is probably no point in even mentioning these methods to beginning bowlers.

WHICH METHOD SHOULD YOU USE?

Prior to 2015, the foot fault rule requires you to have one foot completely on the mat in the set position. If you usually bowl with the centre of your fixed foot on the centre of the mat, the old foot fault rule allowed you to move for a backhand only about 10-12cms to the outside of the mat but approximately 20-22cms to the inside of the mat (and vice versa for a forehand). The much more liberal new rule which only requires any contact with the mat in the set position, results in about the same possible movement of 20-22cms for both backhand and forehand.

Now your choice might depend on where other bowls are located. However, what is mostly required is confidence in your actions so that you maintain your perfect weight and green. Over the years I have been surprised how often using one of these methods works for me, given my moderate draw bowling ability, the small margins involved, and the likelihood that the offending bowl may not be exactly on the normal path.

Perhaps it succeeds because it forces the bowler to concentrate harder than usual on delivering that bowl.





THE TIMES THEY ARE A-CHANGING

- * Never in my whole life would I have imagined that my hands would consume more alcohol than my mouth.
- * 2020 – The year your wheelie bin went out more than you.
- * I ordered a Chinese meal last night. When the driver came up the driveway, I walked out to greet him and he shouted “Isolate, Isolate!” I said “Mate, I only ordered 15 minutes ago”.
- * The most effective way of social distancing is to wear a Collingwood jumper every time you go out.
- * I’m so bored, I went outside and knocked on my own door then came back in and said, “Who is it?”



SOME OBSERVATIONS FROM A CONCERNED INMATE

- * I used to spin the toilet roll like I was on Wheel of Fortune, now I turn it like I'm cracking a safe.
- * Half of us will go out of quarantine as amazing cooks, the other half will come out with a drinking problem.
- * I had a couple of options as to where to go for Easter - the living room or the bedroom.
- * My body has absorbed so much soap and disinfectant lately that when I pee it cleans the toilet pan.
- * Classified advert in the newspaper – *Single man with toilet roll seeking woman with hand sanitizer for some clean fun.*
- * Better to be six feet apart than six feet under.
- * Can't wait for parole!



We will always remember the year 2000 as Y2K. I guess 2020 will be remembered as Y2 PLY!!

For the third time this week I'm buying booze for the next two weeks

So technically showing up at the bank in a mask and gloves is ok now.

Half of us are gonna come out of this quarantine as amazing cooks and the other half is gonna come out with a drinking problem. There is no in between

If you see my kids locked outside today, mind your business. We are having a fire drill. #HomeSchool

I'm giving up drinking for a month. Sorry, bad punctuation. I'm giving up. Drinking for a month.



With every
problem there's a
solution 😂



Fact: In 4 weeks 88% of blondes will disappear from the earth.

Dear Shoppers:

Due to the recent outbreak of STUPIDITY and Panic-Purchasing by complete idiots, the nation is currently experiencing a shortage of toilet paper and common sense.

Expect supplies to be replenished once these sheep-minded morons have all starved to death in their homes, surrounded by toilet paper but without anything to eat.