

# ***Without Bias***

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***Heatherdale Bowls Club News***

**19th Oct '23**

## **What's New**

I'm feeling very happy because I now have a new title - EDITOR (or should that be editoress?).

Welcome to the new version of "Without Bias."

For now you will be receiving this newsletter fortnightly by email to help keep our members up to date with what's happening in our club.

If you have any item you would like included, please contact me, Di Tew, on my email – [dmtew8@gmail.com](mailto:dmtew8@gmail.com) no later than the Monday prior to the next publication which will be November 2.

## **Personal Care and Wellbeing**

Extreme weather is occurring more regularly across the globe. An increased risk is less cooling at nighttime which can increase our exposure to high temperatures.

For people with health issues like renal and heart problems, high temperatures can be a greater risk because of the extra strain hot weather places on their body.

However, in hot weather we are all at risk, especially if we do not keep up our fluid intake.

It is important we all look out for the welfare of all those on the bowling greens.

### ***Symptoms to Watch Out for and Actions to Take***

If people are feeling dizzy or nauseous or they are vomiting, that is often a bad sign.

Excessive thirst is often an early indicator of mild heat related illness.

If you suspect someone is suffering from heat related illness there are several actions you can consider.

Call 000 and ask for an ambulance;

Move the person to a cooler place to rest and drink cold water. Caffeine and alcohol should be avoided;

Remove any excess clothing and use cold packs if available to assist in lowering the body temperature;

If it is possible, have the person sitting in front of a fan or be moved to an air-conditioned area.

Thanks to Keith Piper for this information.

## **Events**

### ***100 Up***

The mixed 100Up is nearing its conclusion with most semi-finalists now in place.

### ***Club Singles Championship***

The next club championships to be held will be the men's and ladies' singles.

Entries are now open with the first round to commence on October 26<sup>th</sup>.

All members are encouraged to take part and the entry form is now available on the noticeboard.

Any enquiries should be forwarded to Ian Venning.

### ***2-4-2***

The next opportunity to play this great game is November 2.

The entry form is on the noticeboard, or you can contact Kingsley Fiske for more details.

## **Pennant**

### ***Saturday Pennant commences this week 21<sup>st</sup> October.***

Heatherdale 1 against Mooroolbark 4 at Mooroolbark;

Heatherdale 2 against Cockatoo 1 at Cockatoo.

**Good luck!**

### ***Tuesday Pennant commences 24<sup>th</sup> October.***

Heatherdale1 against Vermont South 2 at Vermont South;

(Parking is still a problem at Vermont South as the building project is not completed.

There's parking in Mullens Street and you can enter the back entrances to the greens by walking across the park.)

Heatherdale 2 at home against Lilydale 2;

Heatherdale 3 against Chirnside Park 3 at Chirnside Park.

**Good luck!**

### ***Kitchen Duty for October 24<sup>th</sup>***

Jean O'Sullivan and Joan Benson

### ***Important Reminder***

If you are rostered on for Kitchen Duty and unable to attend, it is your responsibility to arrange for someone to replace you. Please note any changes to the duty roster in the Roster Book located in the kitchen. Many thanks for your cooperation.

## **Social**

I'm sure you all know about our **Thursday evening Happy Hour.**

We would love to have you join our friendly group. Ian opens the bar at 5p.m.

You will have the opportunity to win a free drink if you can answer one of the quiz questions Gunter or Joan organize each week.

There is also the opportunity to win money in the lucky member draw each week. If your name is drawn out, you must be present to receive the money. One lucky member won \$180 last week!

There is also the opportunity to continue in good company with those who choose to have dinner at a local restaurant.

Another very enjoyable event is our **Friday Sippers Group.**

Brian opens the bar from 4p.m. and it's a good time to catch up with some "old" familiar faces as well as some of our newer and social members.

Another event, which some of you might not consider as social, is our **Monday morning working bee.**

This is a twofold event. These generous people start working around 9a.m. helping to keep our club looking presentable in several ways. If you enjoy gardening, pruning, maintenance of equipment or any other "challenges" which arise, this could be the group for you. You then have the opportunity of enjoying each other's company when they stop for their morning tea break at 10.30a.m.

Don't forget the Chicken and Bubbly has had to be cancelled due to lack of numbers.

### **The Heatherdale Cup**

The best way to win money and have a fun night for just \$45 is to join us on November 6.

Drinks and appetisers from 6.30p.m. followed by a two-course dinner at 7p.m.  
 There's also an opportunity to show your knowledge with the trivia quiz and of course the calling of the Heatherdale Cup.  
 Please invite your friends (and enemies to help make up the numbers) to this wonderful night.  
 We require a minimum of 60 guests for the event to go ahead.  
 Please list your name on the sheet in the clubhouse ASAP.  
 Names and payment are required by October 30.  
 Race Books are available at a cost of \$2 and situated next to the chocolate table.  
 For more details contact Gunter.

## Almoners' Report

(Please contact Meryl or Bert Ellway with any information you have regarding the welfare of present or past members of our club.)

It was wonderful to see three of our members back on the green last Saturday showing me (Di) how to play bowls well!  
 We look forward to seeing more of Peter Robinson, Arthur Gibson and John Rheumer.  
 You may not know Noel Tripp is in Knox Private Hospital at the moment. We wish him well and a speedy recovery.

## Just for Fun

**When is a door not a door?** When it's a jar.  
**Why did the scarecrow get an award?** He was outstanding in his field.  
**What did the grape say when it was crushed?** Nothing – it just gave out a little whine.  
**Why do cows have hooves?** Because they lactose.

## Sponsorship

We are proud to welcome two new sponsors to the club.  
 Matthew George from Ray White will happily help you with any real estate issues. His number is 0431 632 127 and there is more information on the web site, just click the Ray White logo in the sponsor's page.  
 Duncan Riddle of Riddles Property Services is an A-Grade electrician and solar expert and can assist you with all your electrical needs. He also does fencing. Give him a call on 0434 420 388 and say you are from Heatherdale Bowls Club.

						
						