



2021 Chook Pen COVID 19 Special Edition



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A Message from Chairman & General Manager

We would like to start by thanking Brett and the others involved in putting together this special edition of the "Chook Pen". There is no doubt we could all do with a laugh and something different in our days right now and we very much appreciate the effort that has been put into this newsletter.

I just hope Ken Browns tips are up to scratch (excuse the pun), as I will be having a little each way on them tomorrow!

We hope you are all doing well, during yet again another unprecedented time and can assure you that Management and the Board have been working hard during this time to ensure the needs of our staff are met and the Club is financially set up to get through this.

We had our Board meeting last Monday night and the financial results for the last financial year were reviewed and were very positive. These results will be made available to all Members once the audit is completed but we can tell you that the efforts put in by Management, the Board and the bowls committee last year have set us up well to get through this current lockdown.

The other key issue that was discussed was our very important staff. From the start of this lockdown, it was our priority to ensure the staff were looked after and we can assure you that this is the case, and they are all well. All are looking forward to getting back to work with some even saying they can't wait to be pouring you all a beer again soon and seeing all the happy faces! Very keen I say!

We do have to let you know sadly that Wayne, our Duty Manager has resigned and moved into a different career path. Wayne will be involved in the logistics and Management of a very important community-based company, and we wish him all the best in this new and challenging role.

On the matter of Membership renewals that we have had a few enquiries about, to keep it simple and allow flexibility, renewals, and the chance to win a holiday to Yamba (who would not want to be there right now!), will continue from the day we re- open for one month, which should allow you all enough time.

In finishing for today we would like to send you are best wishes, we hope you all are well and looking after each other. We encourage you to reach out to each other during this time, offer support and do not be afraid to ask for the same if you need it. Please feel free to reach out to either of us if there is anything we can do to help or if you would just like a chat.

As both myself and Trevor are Manly supporters (sorry about that) I thought we would add our ten cents worth, betting wise for the weekend with an in game multi –

Manly to win by 13 plus, Jason Saab, Tom Trbojevic and Cherry Evans to all score trys with the total points in the game being over 45.5. This will get you 6-1 odds and give you some pocket money to spend when we're open! It's as they say money for Jam (I think that's what they say!).

We look forward to seeing you all back in our Club very soon.

Peter Swaby

General Manager

Trevor Oldfield

President

A Message from your Bowls Committees

NORTHMEAD WOMEN'S BOWLING CLUB

Here we are again in lockdown, Club closed so no bowls, bored is the new normal and the cause of unavoidable frustration.

During this time, Myself and my Welfare Officer and the Committee Members have made periodic contact with our Ladies to check on how they are coping.

Some are coping well in the circumstances however others and/or their spouses are experiencing enduring medical issues.

Managing this we have been sending emails consisting of Bowls NSW news, updates and of course cancellations in addition, jokes and what is happening with our members.

Response has been Carol Garth has been doing colouring in, Jan Williamson more sewing, Sylvia Shipley working on puzzles, Bev Keen knitting. Shirley de la Harpe working from home and cooking. Cheryl Thompson looking after Roy and making sure he does his exercises. Debby Dwyer has been participating in Dry July and looking forward to this week-end.

I have taken up filling out Wordfit and Find a Word from the paper. Other members are gardening, housework, and cooking.

Message from our Selectors

The Ladies Selectors Office has been in touch with several members who are worried they will not remember how to bowl.

We would like to advise all lady bowlers that we will organise bowling lessons for anyone interested once we can resume.

We are hoping that our Bowl's Co-Ordinator is having all coaches refreshing their notes to assist as needed.

It looks like we have a few more weeks to see if you can locate your bowls bag in readiness for this event.

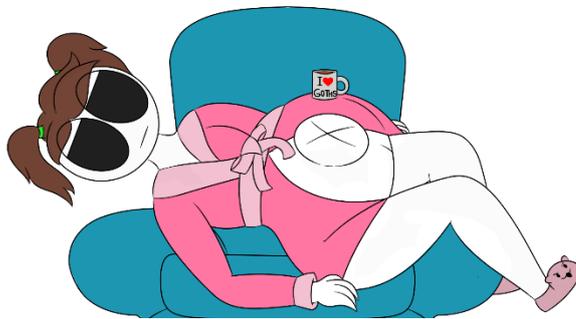
Ladies Selectors

This is a most frustrating time for all of us and the solution to this problem is far from anything we can resolve but knowing we have a good Club, and we can return to bowls in the future.

My New Olympic Event

Now with the Olympics on TV – I've formed a new event
It's called "**DO NOTHING MUCH...AND SEE WHAT TIME I'VE SPENT**"
In Sydney's COVID lockdown...it's plain I've lost the plot
My drive, my oomph, my energy - **all well and truly shot!**

It really helps when I go to bed - as late, as late can be
That way I get up late next day...find 10am works pretty well for me
On no account will I watch the news – as it only makes me glum
Instead, I find a comfy chair...to sit once more **upon my ever-spreading bum!**



I'm really feeling awful – I miss my bowls it's true
Pretty sick of doing nothing...because it only makes me blue
I'm hoping that before too long...on the greens again we'll play
Oh, what a feeling that will be - when **we reach that HAPPY DAY!!!**

I ❤️ Lawn Bowls

To my fellow **Northmead Bowling Ladies**...can't wait to see you all again and
hope you are all coping better than me!

love from Keren Moffitt xx

Men's Bowls Committee update

With Covid rearing its ugly head again unfortunately we have had to put a stop to all our bowling events. During the COVID period and over the next few weeks the Men's Bowls Committee along with the BMC will work on the following areas

- Bowls AGM and elections of Match/Selection positions
- Reschedule of Club Championships
- Reschedule of Club tournaments
- Review of 2021 Bowls Budget
- Investigate the opportunity for unified Bowls Uniform for Men & Women
- Inter School Bowls Challenge
- Presentation Night/Day
- Junior Coach for our Junior academy

We are expecting further information from BNSW regarding state events in the next few days and will inform our members as this comes to hand

Green keepers update with Mick Harry from MJH Turf

Well 5 weeks have passed, and loneliness has kicked in, I thought I would never say it!! BUT HURRY BACK BOWLERS 😊

I hope everyone is doing well in these trying times and it's hoped we all get back to what we love doing and that's playing some LAWN and oh don't forget the ODD neck oil (beer).



The greens/surrounding areas are in good shape with continued work being done within guidelines.

Greens/surrounds around clubhouse have been sprayed for Winter grasses and weeds etc.

Over the next month ALL trees/hedges and gardens will be cleaned to welcome you all back.

Once again Bowlers I look forward to welcoming you ALL back soon and remember be kind and look after yourselves and others.

P.S - Golf has been tough playing 5 days per week but someone must do it. Handicap is sitting at 12 if only I could PUTT, I'd be single figures 🙄

Mick Harry

MJH TURFCARE PTY LTD.

A Message from your Welfare Officer

Hi all, I hope you are all doing well. COVID has reared its ugly head, but I have been able to contact our members in this difficult time and can give you a report on how our members are travelling

Kevin Coxall – Is still recovering after an illness but is feeling much better. Has got a check up with the GP next week

Phil Daniels – GP has changed medication and Phil is travelling much better



Steve Heath – Still recovering from a broken collarbone needing plenty of Physio. Can't wait to get back on the Bowling Green

Geoff Whetton – feeling a lot more comfortable after breaking 3 ribs and will be right to get back on the green in 8-10 weeks

Steve Balckburn – Has made a remarkable recovery and getting stronger every day

Colin Reilly – Recovering from a stomach operation and is going very well. Can't wait to be a Pennant Side manager next year

Max Eades – Is currently in Summit Care in Baukham Hills. He is coping well with all the restrictions in place. Is loving the Olympic Games and watches it all day and replays at night

Michael Trimboli – wasn't feeling well at the last game of Friday bowls and pulled out before the game started. When Michael arrived home, he collapsed, and his wife called an ambulance and rushed him to hospital. Michael was diagnosed with a Peptic Ulcer. Michael spent some time in hospital but is now home annoying his wife and making a full recovery

Brett "Cyril" Hughes – Was taken to Pindara Hospital at the Gold Coast and was diagnosed with Kidney Stones. Cyril spent a week in hospital where they operated and put a stint in. Cyril went into Prince of Wales hospital on Tuesday where they operated again and removed a 6mil stone and the stint. Cyril is at home recovering.

Home Schooling tips whilst parents are working from home with our very own teacher Danny Phillips



With restrictions extended to the end of August and many of our members are working from home and have the challenges of home schooling, I have put some suggestions down to help parents whilst they are home schooling

- Set up a learning space. Create an area in the house for your child to be able to focus on learning. ...
- Think about the technology you'll need. ...
- Create a structure. ...
- Get to know what your child should know. ...
- Be around to help, but don't get in the way.

There are many online support activities for children learning from home. Where possible try to only use those from official education authorities. The NSW home schooling regulator (NESA) has published some links for home schooling families, that anyone can use.

If you are lost in what to do, then encourage your child to read. Model reading, get your children books and discuss them. Developing a love for reading in your children will help them in all learning areas, no matter how long they don't physically go into school.

If all else fails...

Working from home whilst home schooling can be very challenging and sometimes desperate times call for desperate measures



10 TIPS TO LIGHTEN YOUR LOCKDOWN

- 1 **Fuel up:** eat healthy, homemade food. Learn to cook something new that will boost your mood.
- 2 **Focus on getting the sleep** your body and mind needs.
- 3 Make time to **move every day**, in whatever way feels good for your body.
- 4 Practice **mindfulness** and remember any practice is progress.
- 5 Seek out **nature** where you can. Tend to a plant, go outside, feel the breeze on your skin.
- 6 **Connect** with family and friends.
- 7 Find your **daily rhythm** at home.
- 8 **Be selective** about where and when you seek your news and information.
- 9 Give yourself permission to **have fun**. Seek the familiar or learn something new.
- 10 **Be kind** to yourself and others. Not every day will be a good day and that's okay. Talk to someone you trust when you need to.

1. Exercise

Physical fitness is not just crucial for a healthy body but also necessary for a healthy mind and for a human's emotional well-being. Exercise is the miracle cure we've always had, but most of us neglect to take our recommended dose of it.

Exercise is the best way to reduce stress. It helps in elevating your mood. Exercise not only helps in improving your physique but also helps to keep your brain active. A study shows that in comparison with people who do not play sports or do any physical activity, those indulging in any kind of physical activity tend to have sharper and faster brain functioning. Lockdown provides us with the perfect opportunity to shape ourselves by utilizing our time constructively.

2. Learn a new Skill

By choosing to teach yourself a new skill, your time in self-isolation will not only be over before you know it, but you could also significantly benefit your life and career. Learning a new skill will always give you an edge over others. Whether that skill is learning a new language or a new instrument or cooking, it will surely help you in the future.

Lockdown is the perfect time to increase your skillset and engage yourself in something positive.

3. Stay Connected

Talking to your family and friends will surely help you if you feel depressed or anxious. Though we need to follow physical distancing, it doesn't mean we need to distance ourselves from others emotionally and mentally. There are times when we feel lonely and need someone to talk to.

Having a chat with your dear ones always lightens up your mood and helps in releasing stress. It also helps to strengthen your bond or relationship with that person.

Guess Who Don't Sue

With the Match Committee looking to meet next month and reschedule the remainder of the 2021 bowls program Who is the member that is calling for the Minor Singles to be awarded to the bowler with the biggest margin after round one?

Who was the bowler that showed up for Friday morning Social Bowls? When he arrived and the Club was locked, and no one was there he rang Rick Gordon to find out where everyone was. When Rick told him that Sydney has been in lockdown for a week the member replied well no one told me.

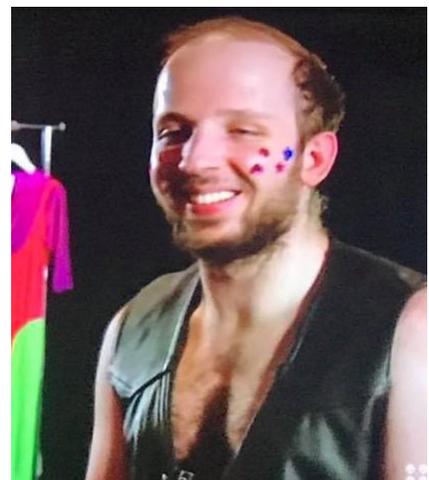
Who is the member that has moved to a unit 100 Mtrs from the Bull n Bush so he could have 150 lashes on tap? The member is now very upset as the Pub of course is in lock down.

Who are the members that are celebrating the lockdown as they will have a chance of tasting one of the first beverages when we reopen the Club with other members?

Have you seen the man in this photo? We hold grave concerns for the person who was last seen outside NBC Sports Club front door with his membership card ready to enter on the 22nd of July at 11am when Gladys called her press conference in the hope that restrictions would lift, and he would be able to get a beer. The man in this photo has not been sighted since Gladys extended the lockdown for another 4 weeks. We hold great concerns for Gladys as this man is thirsty and craving a game of bowls. If anyone spots this man, they should not approach but ring crime stoppers immediately.



Who is the former NBC Sports Club Bowls Co-ordinator and current NBC Sports Club bowling members who has thrown his hat in the ring with the reality TV show Beauty and The Geek? The member in question had quiet a reputation as a ladies' man and the bowls office was often a hotspot for the barmaids working at the Club. He also had quiet a good following with the older bowling ladies who would leave a coffee and biscuits on his office desk. There was always a line up to get in and see him in the bowls office and we had to put in a ticketing service. He would often upset the ladies bowling husbands with his glowing charm.



Who was the member at Winston hills shops the other day? He was wearing a Parra Mask - you have no idea how much it improved his looks. Don't think he will be wearing it today!

Joke of the month

A guy who owned a bar won the lottery and to thank his customers he sold all drinks for a \$1. Two fellas walk in and each orders a beer. That's \$2, says the bar owner. "\$2 I can't believe it," says one of the customers. So, the bar owner explains why he does this. Anyway, the two fellas order a couple of more rounds: double scotch on the rocks each and then brandy. Each time it's just \$1 a drink. As they're drinking their third drinks, they notice three people at the opposite end of the bar and they're not drinking anything. They're just sitting there, chatting. One of the customers leans over to the bar owner and says, "What's with those guys? How come they're not drinking?" Oh, they're lawn bowlers," answers the bar owner. "They're waiting for happy hour."

Win a prize – COVID lockdown question for members

We are running a competition and there will be a prize awarded to the winning entry. We would like members to write in and tell us what member would you least like to be in lockdown with and why? Please email answers to brett@nbcsportsclub.com.au or text on 0435 826 640

Your Weekend Punters Guide with celebrity tipster Ken Brown

Randwick

Race 3 No 3 - So Wicked \$4.80

Race 5 No 2 – Catapult \$5.50

Race 7 No 1 - New Arrangement \$8

Race 8 No 2 - De Grawin \$9

Moonee Valley

Race 3 No 8 - Starcaster \$6.50

Race 4 No 1 – Buckhurst \$4

Race 7 No 5 - Smokin Romans \$3.10



Stay safe and we look forward to seeing you at the Bowlo soon.