

GET IT ROLLING



PROJECT HOME BOWLER

PROJECTS LAUNCHED FOR THE HOME BOWLER DURING LOCKDOWN 2020—BSA AND THE NSC'S

Bowls South Africa in conjunction with the various National Standing Committee's shared and cared for the bowls fraternity on social media platforms during the 2020 South African lock down period.

Although the NSC M&M (Membership and Marketing) were probably the main contributor the assistance of and input provided by individuals made the projects come alive.

Project #ProudlySAHomeBowlers

This project was initially a partnership between NSC Coaches and NSC Membership and Marketing but they were later joined by other standing committees. The idea was to keep bowlers active and thinking about

bowls during the start of the lockdown period. Each of the national standing committee's created and posted online content to assist bowlers during this period.

NSC M&M looked at making practicing fun and entertaining while we were at home. To keep bowls at the forefront of members' minds, they were asked to submit fun and creative ways to practice under lockdown. There was a lot of creative ways of playing which created fun and laughter as it was enjoyed by all. With the help of Henselite Bowls and their agents it was possible to get a set of bowls and discount vouchers as the prizes. In total M&M had 46 entries.

Special thanks to Protea star Colleen Piketh for helping with prizes and the promotion of the competition.



Lerato Sebetana from Warrenton BC

The videos generated a great deal of interest on our Facebook page Bowls 1Sport4life and kick-started the rest of the projects in lockdown. The overall winner and proud owner of her own new set of Henselite bowls was Lerato Sebetana from Warrenton BC. If you have not seen this video please watch this young lady promoting the sport of bowls with high energy and enthusiasm.

Page over for more projects completed for the home bowler

NSC: Membership and Marketing News from around South Africa

Issue 2 of 2020

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sport & recreation
Department:
Sport and Recreation South Africa
REPUBLIC OF SOUTH AFRICA



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PROJECT HOME BOWLER

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Doc Ray Martin
with Vivian in
PGP mask

The “(PGP)” by Doc Ray Martin

The Pre Grip Procedure video (PGP) started as one of the entries into the #ProudlySAHomeBowlers but grew so popular that we asked him to continue to send us more videos. Watch the PGP video's and follow him online. Doc Ray is currently looking at extending this mental prep side of the game through an online e-book.

To find out more why not email Doc Ray at @docray@lantic.net

Meeting the Exco

Meeting the Executive Committee of Bowls South Africa was another project where short videos were used to introduce the current executive sharing their portfolios. This was certainly a highlight as bowlers could see who was working behind the scenes in the administration of bowls.

The Bowls SA Executive Committee :

President Rob Forbes, Vice President Heather Boucher and the Executive Members Andy Strong, Jenny Sinclair, David Hamer and Johan Barkhuizen.

M&M wants to thank all who took time to send us their video.

The Neil Burkett interview

Special thanks to Wade Pretorius for sending us a 4 part interview with the great Neil Burkett.

The interest from the public in this star of the game of Bowls shows that we should consider using our top players more in marketing this sport we enjoy. They are our role models/icons and illustrate the opportunities this sport has to offer. The bowlers representing our country are our best tool to promote our sport .

To view the rest of the projects as part of the [Project #ProudlySAHomeBowlers](#) see page 5.



Jacques Swanepoel
Convenor

BIASED ABOUT BOWLS

Covid-19 and the lucky wick/slice

So this pandemic has changed our whole season. As we were going into a year filled with plans, bowls, live streaming, world championships, 'IT' hit us like that lucky shot from an opponent's wide bowl slicing off 2 front bowls and ending right next to the jack on the final end to win the game...here we refer to it as the Schweizer Wick, sure we all have a name for it when it happens. That is how this felt as we went into lockdown. No more going to tournaments, clubs or roll-up's on the

green. What a sick feeling... As a coach, the young players asked me "What do we do now?"... and like in a game where a wick happens I could only say we plan for the next game like it never happened.

Lockdown and Covid-19 is hitting clubs and players hard. But as in coaching when bad luck hits, you need to work on what you can control. As a coach, when lockdown started and my players asked what they could do I could only say "Let's work on what we can during this time; work on planning, pre-delivery and technique" (i.e. balance and flow).

The same with our marketing of the

sport and growth of members at clubs. We get an opportunity to plan our campaigns, identify our strengths and weaknesses, work on combinations and team work with other clubs. We get to set up structures in terms of social media, live streaming, fund raising and support for our clubs and members. We get to look at our balance of income versus expenses, members growth, coaching structures, committees, participation in initiatives and take stock of what has been allowed to slip over the last few years. Let's get our clubs' and members' pre-delivery routine correct and ready for when we get back on the greens so we can showcase our sport to others. Our members remain the best way to market our sport.

Yours in bowls

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BOWLS RECIPE BOOK

ISSUE 2 OF 2020

The Wentworth Bowling Club, a relatively small (in terms of members) bowling club based on the Bluff in Durban, celebrated 80 years of providing a sporting outlet to the community in 2019.

Like most bowling clubs, Wentworth is reliant on income from the bowlers using the greens for practice and competitions (green fees) and customers from the members' bar in the club house. As predicted, the economic effects of the cancellation of district and club competitions on 16 March 2020 was potentially ruinous for bowling clubs as they restricted their operating times to those declared by government.

The announcement of a national lockdown, which began at midnight on Thursday, 26 March, resulted in clubs closing their doors at 6 pm for the duration of the 21-days of the lockdown.

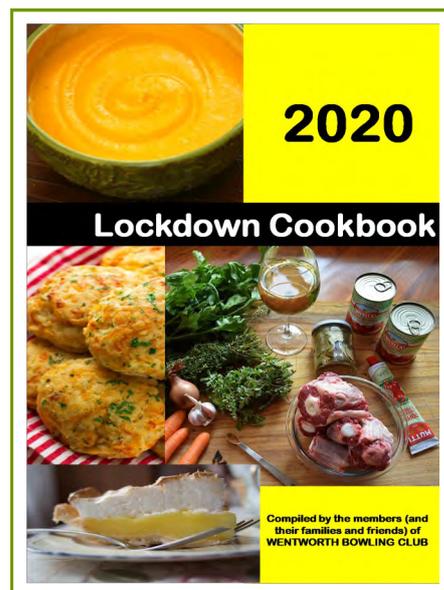
Wentworth Bowling Club does not boast a big balance sheet that would sustain them through a period of low cash flow, or no cash flow at all. A group of mem-

bers, through a Whatsapp group named themselves the 'Lockdown Crazies' maintained contact by participating in daily challenges and sharing their day to day activities. This included photographs of the meals and snacks they had prepared each day.

From this the President, Cheryl Waterman, saw the potential to raise funds through the sales of a cookbook comprising tried and tested recipes submitted by the members.

Thereafter began a flurry of emails and Whatsapp messages as members submitted their recipes to their president, who typed relentlessly for 10 days. The culmination was a Lockdown Cookbook – 83 pages long – filled with family favourites and, in some cases, previously well-guarded secrets.

With the extension of the lockdown and the predicted late opening of clubs and sporting venues, the need to generate funds has become more urgent and the members of Wentworth Bowling Club are hopeful that the funds raised



through this project will at least see them through the lockdown.

The cost of the cookbook is R60.00 of which R10.00 goes to the Wentworth Feeding Scheme. The R50.00 will be for the club funds. The 83 page cookbook can be ordered from wentworthbowls@gmail.com and is currently being sold online as an eBook in PDF format.

For details about the cookbook please email wentworthbowls@gmail.com.

THANK YOU Bowls South Africa Executive, the BSA office, the National Standing Committees and individuals have been working hard during the lock down to ensure your favourite sport is still enjoyed from home. We thank the districts and clubs that shared and cared. We want to applaud the office for the continuous communication received either directly or indirectly from the BSA President.

YOU? Did you visit the websites, follow social media discussions? Did you watch video's about the who's who, our Protea bowlers or previous bowls games of note? Did you take part in the variety of fun competitions and submit photographs, all to ensure that your club will survive? Did your club share communications received and did they care for you as a member? What did you do and what did your club do to assist Bowls South Africa to get your bowls rolling again after lock down on our beautiful greens?

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PERFECT DELIVERY

Motor Insurance • Home Insurance • Business Insurance • Travel Insurance

THE EFFECT OF COVID-19 ON BOWLS CLUBS IN SOUTH AFRICA

The lockdown announcement by President Cyril Ramaphosa a couple of months ago came as a shock to all of us. Although we expected it in view of all the news about the Corona virus, we did not foresee the negative effects on the finances of bowls clubs, or any sports club.

Bowlers in general do not see their bowls clubs as businesses. It is just a place to enjoy sport and socialising, without realising that it has to cover costs every month.

The club's income is derived from three sources:

- ⊞ *membership fees,*
- ⊞ *entry fees and sponsorships for tournaments hosted and*
- ⊞ *catering income (i.e. income from the bar and kitchen).*

The latter two sources depend on players participating and playing bowls. This came to a complete standstill. But still the club has to maintain their facilities and greens, pay staff etc!

Perfect Delivery announced a campaign

during April that allowed them to donate the first month's premium to the club, based on every successful short-term insurance policy taken out before the end of May. "This campaign has been extremely successful. Within the first three days of launching the campaign, we received nearly 100 enquiries. Perfect Delivery also received a number of commercial (bowls clubs and businesses) enquiries. If these lead to fruition, it could mean a really valuable financial injection for many clubs.

For information contact Perfect Delivery at info@perfectdelivery.co.za and although the offer expired at the end of June they are available to assist you with your personal insurance, a bowling club's policy or your business policies.

ARE YOU A STUDENT OR WORKING WITH STUDENTS?

BSA would appreciate bowls players that work at or are currently studying at a University/College/Technical College to inform the NSC M&M as they endeavour to work with the University Student Sport Association to promote the sport of bowls at places of higher education. Please forward your information to Jacques Swanepoel at mandm@bowlssa.co.za and ensure you clearly distinguish between being a student or a staff member. *Thank you. NSC M&M*

Name (Full Names & Surname)

Bowls SA Number and Club

Name of University

Staff or Student

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PROJECT HOME BOWLER CONTINUED

ISSUE 2 OF 2020

#TABS-OUT

Tab's out was an idea to help clubs get some income during the lockdown period. Players were asked to pay R25 per person to their club and send us a picture of themselves in club colours. This project was well supported and gave clubs a much needed boost in cash-flow. M&M encourage members of clubs to continue to find ways to support their club during lockdown (see some of the stories and let us have some of your successful one's) so we can all get back to playing when restrictions ease.



WatchParties

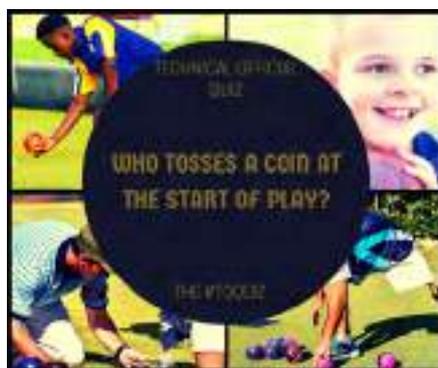
This was another great feature we used to keep bowlers connected. We used our own live-stream content and joined bowlers watching these games via Facebook. The feature gave all those watching an opportunity to enjoy seeing bowls and communicate simultaneously with fellow bowlers on-line. The watchparties were well supported and enjoyed. These events will continue during the lockdown period.

24Hour Short mat bowls challenge

Membership and Marketing partnered with 'Bowler in Isolation' star **Jono Franks** in a project where he wanted to raise funds for a local charity by attempting to play 24 hours of indoor short mat bowls. He raised R7670 for charity in this attempt. The videos of his time playing are available on our Facebook page. He also had a few interviews with local and international players which are well worth the watch.

Technical Officials

The NSC TO quiz on laws and etiquette has been running the whole lockdown period with small breaks between each set of questions. This is another way we as bowlers can keep actively preparing for bowls even when we are not on the greens. No player can really take part without knowing some of the basics of the laws of the sport. This series has proven to be very popular. Why not go back online to the series and see how many you got correct.



Coaches

The NSC Coaches gave us a wonderful series of routines bowlers can do at home to improve their game once they get back on the green. The series focused on the frequently overlooked side of bowls - the actions that happen before and right after delivery. We tend to focus on results of where our bowl ends but forget this is determined by our actions before we even deliver. The series is on the M&M FB page for all to go back to and practice at home ensuring we can play in our own back yard.

Green Keepers

The NSC Green Keepers gave us a fun way to learn how we as bowlers can assist our greens and green keepers.

They produced a fun series of comic strips on basic green protection. There was also a published circular to guide green keepers on maintenance during the lockdown period.

What the **#ProudlySAHomeBowlers** project has shown is that bowlers really love the sport and that the move to more online content is a must. Shows like 'Burnt End', content like the "PGP Coaching with Purpose" has shown us that there is an opportunity for content creators in the bowls community. If you feel that you are able to create content for bowlers why not give it a go. Content like live streaming of games will become even more relevant as we go back to the greens. Why not take this time to help and support your club, by planning ways to get a bigger social media presence for clubs, players and the sport. Plan livestreaming of finals once we can compete, grow the membership of your club's Facebook page and think of great ways to raise funds for your club.

Special thanks to Con Dixie, Jeanette Williams, Jono Franks, Jenny Griffiths, Wade Pretorius, Billy Rowan, Wonki Awongiwe, Colleen Piketh and all the members of the different National Standing Committees.

Editors Note:

We would like to thank the Convenor of M&M, Jacques Swanepoel for his tireless work behind the computer and input during lock down —uploading of publications, advertising, marketing, info and of course all the uploading of photo's and video's—for the home bowlers to enjoy.

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REQUIREMENTS TO RETURN TO PLAY

ISSUE 2 OF 2020

Bowls South Africa has been working hard to get Bowls, a noncontact sport, to return to practice during lockdown of Covid-19. In the latest circular BSA explained the newest requirements and the process of The Department of Sport, Art and Culture.

Risk Documents/Compliance: Bowls South Africa has again submitted the required information to the Department and have made copies available to districts in order to share to clubs under their control. It is vital that clubs take the necessary steps to ensure their clubs and grounds are compliant with the health and safety protocols required. The first order of business is that Clubs are required to **sign a compliance certificate, which must be adhered to** and submit to their district. Each club's certificate will be uploaded to the BSA site. It might be noteworthy that some districts/clubs requested the assistance of Lawyers and/or Health Officials to ensure they comply in full before submission and signing off takes place. During the period in which the Minister and his department will review and process the plans of the various sport bodies that made new requests, there may be **no training or any form of playing**. If such sports body does play their sport without approval it will be a violation of the Direction and Regulations. The Department will be deploying officials to monitor compliance with the Directions. **BSA has requested all clubs to await** the Minister and department for approval **before any play takes place** as we do not want to run the risk of having a club closed or other club's along with it. For that reason the **BSA Code of Conduct** has been updated and any breach of conditions will be handled accordingly.

Booking system: As per submission to the government a daily record of those playing bowls must be kept at all venues in order to provide a 'tracking' record should anyone display Covid-19 symptoms post playing at their club. **BSA have made available an on-line system**

to facilitate the record keeping but if clubs wish to have their own system they may do so. Please note that "the critical criteria of providing identification for those involved on a daily basis is not negotiable". The return to bowls is for **practice purposes only**. There may be no tabs in and members may not simply arrive at their clubs without having booked their time to play. Clubs may determine their playing times and must advise their members accordingly. Members may only arrive for their booked times adhering to regulations and protocols and once time is up such players must vacate the premises immediately.

BSA will communicate the decision of the Minister to the members. BSA would, just like all members of the sport, have a positive outcome and as such BSA urged the clubs to be compliant in terms of the protocols submitted.

Is your club compliant? What did your club do to get ready and what did you do to assist? **Some handy hints:**

- ◆ *Communicate with members—WhatsApp/e mail or even a phone call and how about a short how to video?*
- ◆ *Use the BSA booking system—it will assist in the future when you may play at another club but still have to book.*

The image shows two vertical posters. The left poster is green and titled 'COVID-19 CORONAVIRUS GENERAL INFO'. It has sections for 'SYMPTOMS' (fever, cough, sore throat, loss of taste/smell, difficulty breathing, chest pain, new rashes), 'CONTAGIONS' (coughing, sneezing, talking, singing, shouting, singing in a choir, singing in a car, singing in a group), and 'PRECAUTIONS' (wearing a face mask, avoiding close contact, avoiding public places, avoiding public transport, avoiding crowded places, avoiding group activities, avoiding large gatherings, avoiding indoor activities, avoiding indoor sports, avoiding indoor events, avoiding indoor meetings, avoiding indoor conferences, avoiding indoor seminars, avoiding indoor workshops, avoiding indoor training, avoiding indoor classes, avoiding indoor lessons, avoiding indoor courses, avoiding indoor programs, avoiding indoor courses, avoiding indoor programs, avoiding indoor courses, avoiding indoor programs). The right poster is yellow and titled 'COVID-19 CORONAVIRUS BOWLS SAFETY MEASURES'. It has sections for 'BEFORE THE GAME' (avoid public transport, avoid public places, avoid public transport, avoid public places, avoid public transport, avoid public places), 'DURING THE GAME' (avoid public transport, avoid public places, avoid public transport, avoid public places, avoid public transport, avoid public places), and 'AFTER THE GAME' (avoid public transport, avoid public places, avoid public transport, avoid public places, avoid public transport, avoid public places). Both posters include a COVID-19 hotline number: 0800 023 555.

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OUR GREENS ARE READY - ARE YOU? JENNY GRIFFITHS WP

ISSUE 2 OF 2020

**The first of a series of getting ready
to play bowls after lock down**

After nearly three months of lockdown many of us bowlers are just champing at the bit to get out there and feel the grass under our shoes and to run our bowls up the length of the green and feel the thrill of a tight game again. At the beginning of lockdown, as we anticipated just a three week break, many of us found all kinds of ways of keeping up our focus at home. We were bowling down our passages, we even used the uneven lawns in our gardens, we did whatever we could to keep our focus on the game we love so much.

Three months later however, we are not as focussed! We want to get on the green, but for many bowlers we are not bowls fit anymore. In most sports there is an “off season”, but for many years now there has hardly been an “off season” for bowlers. We keep playing year round, especially if our club has more than one green. Seldom are all our greens closed at the same time. Now all of a sudden we have all been given a compulsory “off season”.

All our greens have had a respite from the constant tramping of feet, and from the many photos we have seen of greens around the country, our greens are flourishing. Green keepers have been able to do repairs they wouldn't have been able to do if we were still walking the greens. They have not only been able to work on

the greens, but many have done repairs on the machinery used on the greens and have given attention to the surrounds as well. This has led to our clubs looking good and inviting, just waiting for us to return.

What about you? What have you done to “repair” and get ready? How have you used your enforced “off season”? Added to that, what lessons from lockdown have you learnt that could be used on the green? The “off season” has provided us all with a good rest.

Rest is good!

It's a time when we can shift our thinking and focus for a while, allowing us to come back again with a fresh perspective. Maybe you had great season but you are mentally and physically tired, maybe you had a disappointing season; maybe some of our older players (although not limited to them) may have carried an injury. This lockdown

time will have provided you with time to recover and clear your mind. In many ways we are going back to a new season – are you ready?

What lessons from lockdown can you take back with you on to the green? Many of those lessons will be about the mental side of the game. The following is not exhaustive but will hopefully help you to stop and think of some that you can add.

- ☐ Focus on the “Now”
- ☐ We are Stronger Together
- ☐ Look for the new “Normal” – it might be better
- ☐ The Power of Visualization

It has been said that you mustn't let a crisis go to waste. We are in a crisis! Use the mental lessons gained through this crisis when you are back out on the green and your game will be improved.



IN MEMORY OF...

Philip Olivier, a member of the team in the days when it was still called Development, passed away tragically during June 2020. Philip, a fun loving and respected bowls player will leave an empty space in many lives and will be missed by all. Philip was a resident and member of Lombardy East Bowling Club.

Rest in Peace Philip. The NSC Membership and Marketing express our condolences to his family and friends during these sad times.

Lombardy East residential units burned down with all residents having to receive treatment. **Fonny Meyerdricks**, previous Convenor of the Development team, was amongst those injured. We wish you all a speedy recovery, our thoughts are with you all.

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LINDEN BC SUPPORTS CANCER

Linden Bowling Club members enjoyed a happy day on the bowling greens for Cancer Awareness Day.

Their men's side played two sides from Sables district and all the entry fees were donated to CANSA. The club started working towards the Can-

cer Awareness day a month in advance by paying an extra R5 for each tabs-in game they played which ensured that the donation swelled nicely.

Marc Haley of Linden BC thanked the players and all other participants for the support.



The health benefits of bowls can be used to promote participation. Health Benefit posters are available for download at <https://www.bowlssa.co.za/wp-content/uploads/2019/07/Toolkit-A3-Poster-What-is-Lawn-Bowls-health-benefits.pdf>



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MEMBERS GOING BALD DURING FUNDRAISING



On a beautiful Sunday during February 2020, Maraisburg Bowling Club hosted an extremely successful fund raising event to support friends with cancer.

The day started out with a game of social bowls with approximately 50 people participating dressed in pink attire with pink hairspray and ribbons. Maraisburg Bowling Club donated R30.00 per player towards CANSA with members making further contributions to the fund.

After the social bowls game a male member, who had had shoulder length hair for over 7 years, offered to have his head shaved if another R 1000.00 could be raised. Needless to say because of the care and participation of the members of the club, a thousand rand was raised within minutes and Pollock had his head shaved. Rising to the challenge another member offered to shave his beard, if a further R1000 could be do-

nated. This set the ball rolling and approximately 20 members and non-members had their hair or beards shaved, until by the end of the day none of the guys had any hair left! The support from the generous and caring club members and non-members were astounding. The festivities were followed by Prego steak rolls, kindly sponsored by Highway Meat Market Maraisburg, who was also showing their support for the cause. The club was very proud to announce that more than R 6 000.00 was donated to CANSA. Maraisburg had laughs and some tears, but they showed that their bowling club cares and supports their friends fighting the battle against cancer. As a club they were humbled by this experience and hope to double their attendance and contributions next Cancer Day. Special thanks go to Steve Maritz (Club President) and Paul Thompson along with the club committee who arranged this drive.

#TOUCHERS4CANSAs

Bowls South Africa requested on behalf of the National Standing Committee Membership and Marketing to focus on the Social Responsibility of the Sport of Bowls during the month of February in Circular 01/2020.

All districts/clubs were encouraged to host events with the theme #Touchers4CANSAs' involving cancer survivors and members of the community and share the experience of lawn bowls, as not only #1sport4life but truly a sport for all.

The theme #Touchers4CANSAs could be used, for example, where touchers could be marked in the shape of the Cancer ribbon with pink chalk. Clubs were requested to share their photo's on Facebook.

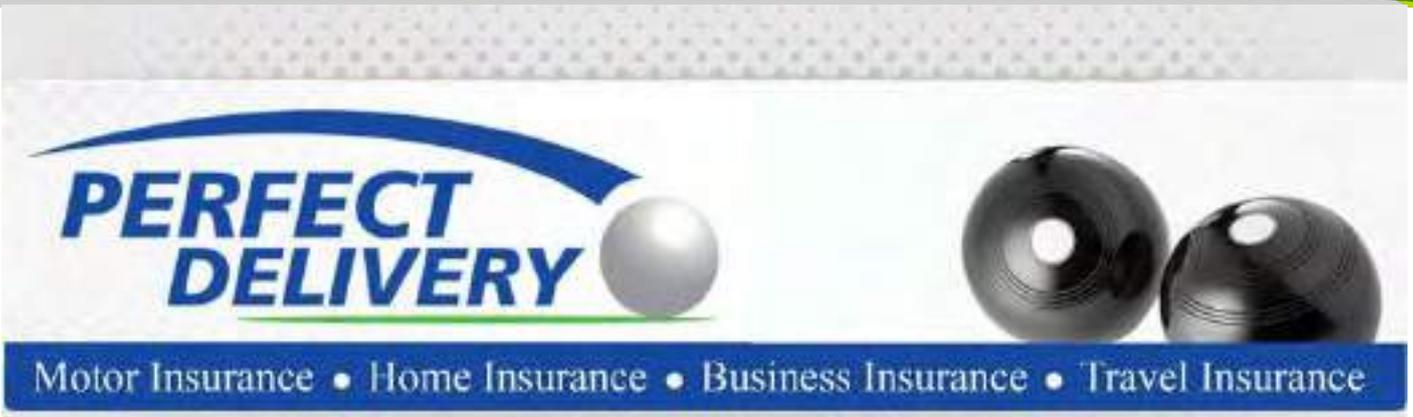
CANSA has provided posters and their representatives were available to visit the clubs. Medals were once again up for grabs for winning teams on the day of the CANSA event.



BOWLS
#1SPORT4LIFE



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COVID-19 THE CORONA VIRUS PANDEMIC

The Corona virus pandemic and how we assist our bowls clubs during this difficult period!

We are all inundated with media reports on the effects of the Corona virus! Most of the time it is all negative news. As a positive person, I try to digest the negative news, but I rather try to focus on the positives about this pandemic. We have been living at our current address since 2003. Now, for the first time I have met my neighbours. We even exchanged home-baked pizzas, scones, “vars boerebeskuit” etc over the past weeks. Somehow, we realized that we are all in this together and we need to comfort each other, care for each other. That is what life really is about! Let’s count our own blessings and see how we can assist those who are not as privileged as we are.

As an essential service, we were open

and working throughout levels 5 and 4. Although we were very quiet on the claims side, our policyholders kept us very busy on our client service side. Policyholders used the quiet time of lockdown to review their insurance policies. Luckily, we were also very busy on our sales side. Our “Keep the club open” campaign that involves us donating a month’s premium to the policyholder’s club, was received extremely well. We realise that bowls clubs go through a very difficult time during this lockdown period.

As a sponsor of bowls and a company focusing on assisting bowlers with their motor, home and business insurance needs, we are in this together. We do our best to overcome the crisis, together with all lawn bowlers in South Africa. **Our donations to clubs for the period ending 31 May 2020, amount to R50 171.45.** Due to bowls not open at level

3 of the lockdown regulations, we decided to extend our campaign until the end of June. We are still busy with quotes for many bowlers. If the bowlers were to accept the quotes, the donations to the clubs will amount to even more. I will make you another deal – if we raise another R50 000 (on new leads) for our clubs in June, Perfect Delivery will donate a further R10 000 to the club that supported this campaign the best.

Remember that we are always there to assist our current clients and invite potential clients to contact us. Send us a copy of your current insurance schedule to info@perfectdelivery.co.za to get the “bowl” rolling!

Keep safe! Hope to see you on the greens shortly!

GC Swanepoel

BOWLERS AND CLUBS PLEASE SHARE YOUR LOCKDOWN BOWLS EVENTS WITH THE NSC M&M ESPECIALLY YOUR MASKED MEMBERS RETURNING TO BOWLS.

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BOWLERS DURING LOCKDOWN



WALMER BOWLS CLUB

LOCK DOWN COMPETITION



The Walmer Bowls Club in the Eastern Cape decided to run a Lock down competition. This has created a feeling with members of still being involved with their club during the lock down and as such the club is still receiving an income from the members.

The competition runs over 4 weeks and consists of 4 games played over a 4 week period with Prize Money of R500 per week. Teams can be made up of pairs and/or singles and the Social Members of the club were invited to join in the fun. Each team had to nominate a Captain who acted as the designated point

of contact for his/her team between the organisers and team members. Teams were then drawn into two sections and should there be more than 12 teams there would have been a further split into 4 or 6 sections, max 6 per section.

During the competition two dice are tossed every night (one colour representative of each team) The dice is thrown 4 times representing 4 ends. The total score over 4 ends will be recorded for each colour. The throwing of the dice is also recorded and placed on the Walmer WhatsApp group. At the end of each week totalling 20 ends the winning colour (dice and team) can be determined.

The winning team wins R500 per week. Members may join as many teams as they want to at a cost of R240 per team entered.



Please feel free to submit your club news and what is being done to grow the membership to the Editor of the "Get it Rolling" newsletter to Anina Black at blackanina@gmail.com