

Outdoor Bowling

My father in law in his seventies replied, when we suggested he went into the park and joined the bowling club for company, "Nah, they're all owd fowk darn theer". Well, I am in that old age group now but for the last thirty years or more I have thoroughly enjoyed my bowling. Not only has it kept me active, it has also given me the pleasure of good company and the challenge of competition. Where else can you get fresh air, exercise and companionship well into your nineties. Even if you have creaky limbs you adjust your delivery. If your eyesight is not at its best you can be guided by being told the direction as if it was a clock face e.g. straight ahead twelve, one, two or three minutes past slightly to the right and similarly for a left target. Balance and coordination are all tested and with perseverance achieved.

I was back on the green today and it was wonderful. Last year due to various health problems I missed quite a bit of play. I had thought perhaps I was getting too old to be bending down and rolling the heavy woods again. However, I decided to give it a go and I am glad I did. I know I am past my prime but my partner and I had a good game together. We respected the distancing rule, had our own jacks and mats and had a good laugh when trying to play by these rules! There are more younger men playing bowls than young ladies. Why this should be, I don't know. Usually there is a social aspect to many clubs both on the green and in the bar lounge. It is not an expensive sport when you can bowl every day during the spring and summer months.

I am not on commission for this recommendation, I assure you. We all have some God given talent and maybe yours is taken care of in other ways. However, why not go and enjoy the freedom, fresh air and friendship offered at your local bowling club. You will not regret it!

Shirley Stow