

"Short Mat Times"

Dear All

Here we are with issue 5 of Short Mat Times. The time is going by slowly but everyday is a step closer to being out of this situation and getting back to a more normal life and back to bowls. I do hope you are all keeping well and finding enough to do to keep body and mind active. Enjoy this edition and please keep in touch. Margaret x

HAPPY BIRTHDAY TO RON NORTON who was 96 on
20th May.



Favourite quotations from Richard Bach's brilliant little book-Illusions:

- *Your friends will know you better in the first minute you meet than your acquaintances will know you in a thousand years.
- *Argue for your limitations and sure enough they're yours.
- *Every person, all the events of your life are there because you have drawn them there. What you choose to do with them is up to you.
- *Don't be dismayed at good-byes. A farewell is necessary before you can meet again. And meeting again, after moments or lifetimes, is certain for those who are friends.

YouTube has some amazing content including :

- *Richard Bach's Jonathan Livingston Seagull narrated brilliantly by Richard Harris.
- *The film Baraka, which I saw at the cinema many years ago. Some amazing photography from around the world with a great soundtrack. The version Baraka HD BELGESEL Has all the locations at the end of the credits.
- *'Bird Sounds Spectacular: Morning Bird Song' has garden birds feeding with a soundtrack of bird-song.

All the best, hope you are keeping well. Dennis Mack



"Get in touch or we will be round to visit."

Bill Durhams recent article in the 'lockdown times' my first reaction would be to send back an e mail. So I am sure I am speaking for everyone when I say 'Of course its a pleasure to help him whenever we can . And regard him as an inspiration to us all. Who knows when we all may need some help. Three cheers for Bill. Jeff B



Life's too short to be thin