

# BETWEEN BOWLS

<http://www.reginalawnbowlingclub.ca>

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June 2020

## Plans to Re-Open

Oops, they did it again! 1<sup>st</sup> time was for budget constraints – 2<sup>nd</sup> time for Covid 19. So what are our plans to re-open this time? Well, Bowls Sask is working with Sask Sport - and Sask Sport is working with the City of Regina and the Province to implement Bowls Canada's recommendations for a Phase 1 – 4 approach. Since you never know when we might be on the greens, you'll want to be ready to go. Don't forget to Register for the 2020 Season!

## HIGH ROLLERS

### The Canadian Bowler Show

**Brandon Watson and Carter Watson**, two of the RLBC's Youth bowlers, were guests of "The Canadian Bowler Show" – Episode #9 which aired on May 23, 2020. Brandon and Carter were grilled with some pretty tough questions by the Ontario hosts, Luke Coldwell and Darryl Fitzgerald. To see a re-run of this episode, or, to watch any of the previous episodes you may have missed – click on the link on page 2.

*Every day is a  
lawn bowls day!*

## Facts & Snacks

### Keeping It Green with our Greenskeeper

He doesn't like to be called a "Greenskeeper"; and he doesn't like to be called late for supper either. He's just the guy who is looking after our greens. We had a chance to chat with ~~our new Greenskeeper~~ – **Garth Zummack** – and he told us that a lot is happening at the RLBC. Garth wanted to thank the volunteers who have already come out and helped with various tasks at the club – Bill Temple, Gerald Bocking, Al Hastings, John Gale, Doug Normand, Doug Lambert and others. We have four guys working on the ditches – Gerald Bocking, John Gale, Russ Mattick and Doug Normand. But - there is still a lot of work to be done. So, if you have some spare time – come on down. Remember to bring your own gloves and hand sanitizer – and Garth will put you to work. The toilets are flushing (what a relief)! Next question - when can we start rolling bowls? Well, not for a while yet. First, we have to wait until we are given permission – and that's some red tape stuff we just don't want to get into! Second, we have to wait until the greens are in better shape. Update on the condition of the greens – **Green A and Green B** are virtually unplayable. Garth said he's been working very hard – and he even talked really nicely to the greens one morning! It would help if the water pipes would unclog – or unfreeze. **Greens C and D** are in much better shape – and when we get the go-ahead to re-open – we'll be rolling on C and D. What is Garth's secret to getting the greens in great shape for 2020? He calls the *Bowls Canada Maintenance and Management Manual* his "Bible" – and he says he sleeps with it. Just ask Arlene! One final word from Garth – "I can make grass grow – just not the kind you smoke!"

### Perfect End Pins

Did you know that if you bowled a perfect end in a game of Singles, Pairs, Triples or Fours – you and your teammates qualify for a Bowls Canada Perfect End Pin. Take a picture of your perfect end – with your smart phone - be sure to capture the perfect angle. Next – visit the Bowls Canada website and download the Perfect End Pin request form found here:



<https://bowlscanada.com/downloads/awards/Perfect%20End%20Form%202019%20-%20EN.pdf>

Pins cost \$7.00 each. Send your form, along with your picture (not mandatory), and your payment to the address provided on the form. Not only will you receive a perfect end pin, but, you will also be featured in the Extra Ends electronic newsletter.

### 25 and 50 Year Pins

Bowls Canada recognizes dedication and longevity in the sport of bowls through the 25 and 50 Year Pin Program. Bowlers who have received their 25 or 50 year anniversary of membership are eligible to receive a commemorative pin that celebrates their commitment to the sport.

Download this form, have it verified by the club's secretary, and send it to Bowls Canada.

<https://bowlscanada.com/downloads/awards/25%20and%2050%20year%20pin%20018.pdf>

## COACH'S CORNER

B<sup>3</sup>

### "DRIVE" FOR SUCCESS

TIP | self-talk is directly related to improved physical performance. Integrating positive self-talk will help manage stress and it will help with concentration on the task at hand. Try integrating more positive words in your bowls vocabulary such as "I've practiced this before", "I am a good bowler and know I can perform well under pressure"

**Even with the legalization of marijuana, bowls is still the most fun you can have on grass!**

Check out our new video for the B<sup>3</sup> league



<https://www.facebook.com/1200143023474518/videos/187869069305379/UzpfSTc3NzAwNDgwOToxMDE1ODI0NDE4MDc4NDgxMA/>

This is an article featured on the Canadian Blogger website about the league. It's an interesting read – and a refresher about why exposure to the sport is so important.

<https://biasedbowls.ca/2019/08/02/b-cubed/>

## We're not "Biased" RLBC

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Inside Bowls Magazine:

[www.insidebowlsmag.com](http://www.insidebowlsmag.com)

Bowls Canada – What We Do

<http://bowlscanada.com/en/aboutus/whatwedo.html>

Bias Bowls – A Blog for Canadian Bowlers

[https://biasedbowls.ca/2020/03/28/annual-general-meetings/?fbclid=IwAR2vttWANApUfQISV6fe6vTnlQKSC9-dfZEYFg\\_5gf0AI\\_xx0bFw8HBDyU](https://biasedbowls.ca/2020/03/28/annual-general-meetings/?fbclid=IwAR2vttWANApUfQISV6fe6vTnlQKSC9-dfZEYFg_5gf0AI_xx0bFw8HBDyU)

Regina Lawn Bowling Club

<http://www.reginalawnbowlingclub.ca>

Bowls Canada YouTube Channel

<https://www.youtube.com/channel/UCZe-rkQND1hOyKQbBuXwhcA/videos>

The Canadian Bowler

[www.youtube.com/c/canadianbowler](http://www.youtube.com/c/canadianbowler)

**REMEMBER. IF YOU NEED TO CONTACT US – SEND US AN EMAIL: [rlbc.sk@outlook.com](mailto:rlbc.sk@outlook.com)**

Thank you from the President!

RLBC grounds have been cleaned up for another spring. Just a few things remain to be done. Some jobs will continue throughout the year. Thanks to everyone who did something. Special thanks to Bill Temple, Russ Mattick, Gerald Bocking, Garth Zummack for the countless hours they spent on your behalf. I helped out too! Also, thanks to John Gale for getting all the equipment ready for use.

*Doug*