

BETWEEN BOWLS

<http://www.reginalawnbowlingclub.ca>

rlbc.sk@outlook.com

May 2020

REGISTER NOW!

Competitive 3's

Once the Greens are opened, the RLBC will be offering the Competitive 3's league all season long.

Teams will bowl every Sunday afternoon starting at 2:00pm.

On those hot summer afternoons, enjoy a 'beverage' in the clubhouse or on the deck, and socialize (or gloat) after your game.

3 bowl triples

Get your team together, and register soon!

3 players to a team

Mixed is fine,

or Matchy Matchy is good too!

Create a Catchy name for your team

Try to wear matching attire

And, B O W L!

Register by emailing Janet or Lois

jc.watson@sasktel.net

lkos@accesscomm.ca

More to Follow! Stay Tuned!

Beyond Bowls

With social distancing still in effect, the RLBC Board continues to meet through teleconference. The only difference? We are all wearing our pajamas – but we are still working hard for our members. A reminder that we are accepting memberships for the 2020 season. So get your bowls polished! As soon as the COVID-19 restrictions are lifted, we will be ready to go!

How can a low-impact sport such as Bowls improve your health? The answer is – in so many ways! Participating in sports of any kind improves your mood, your concentration, your cognitive health, your co-ordination and your sleep habits. Participating in Bowls can boost your self-confidence, especially when you roll that 'perfect' bowl; reduce stress and depression; and can help to maintain a healthy weight. Keeping joints and muscles moving has lasting, long-term benefits. Don't forget the social side of bowls. Bowls is a community sport and a great way to socialize no matter if you are a social or competitive bowler. So, let's get on our flat-soled shoes, and roll a few bowls – you'll be glad you did!

Bowls Facts you may not know In 1532, Anne Boleyn lost a considerable sum of money after losing a game of bowls. ~ The first recorded rules of bowls (we call them, Conditions of Play) were drawn up with the help of King Charles I, a keen bowler himself, in about 1670. ~ Sir Francis Drake bowled on Plymouth Hoe as the Spanish Armada approached in 1588. ~ A form of bowls was played in ancient Egypt and by the Middle Ages the game was well known in continental Europe. ~ The earliest documented use of the word "Jack" in a bowls context is by William Shakespeare from Cymbeline, written in about 1609, when he caused Cloten to exclaim, "Was there ever man had such luck! When I kissed the jack, upon an up-case to be hit away." ~ Lawn Bowls was played for the first time at the 1930 Commonwealth Games and has been played ever since with the exception of 1966 when Kingston, Jamaica didn't have enough bowls greens to host the event. ~ Bowls is played in 52 countries in 6 continents across the world. Can you name all 52 countries?

Now when a bowl misses the mark – do we say it is practicing social distancing?

Tarp Removal – The tarps were removed on April 25. Thanks to the 9 volunteers who assisted with this task. This allowed our greenskeeper to begin his spring greens maintenance tasks on April 27.

The RLBC cannot hold it's annual cleanup day this year, but that doesn't mean the grounds don't need some TLC. If you have a couple of hours to spare, and an extra large garbage bag – enjoy some fresh air – bring your own rakes, please! Thank you for your anticipated help.



COACH'S CORNER

"DRIVE" FOR SUCCESS

TIP | The worst is when your opponent moves the jack so it is off center. Now you have to bowl on unrolled green, trying to guess the best line. The best way to improve this skill is by continually rolling a jack off center, and drawing to wherever it lands. The more you expose yourself to this, the more you will be comfortable in your ability to bowl to an off center jack.



Heard on the green ~ "Skipper" – having a great time at the head – wish you were here!

In Our Community

Shout out to Greystone Financial for donating 5 powerful Digital Media Studio computers to the Regina Public Library to support the folding@home project. This project allows private individuals and organizations to donate their unused computer resources to crunch data for scientists fighting diseases, including COVID-19.

The Mosaic Company, Government of Canada and Community Food Centres of Canada along with the REACH program are providing lunch packages for children and youth who relied on food programs delivered through schools. The Salvation Army offers bagged lunches daily for anyone in need of food support.

What remains open: public transit, fire and protective services, garbage and recycling collection, water and sewer services, landfill operations, cemetery services and some retailers.

Special thanks to all those on the front lines working diligently during this COVID crisis.

NOTE: Sask Premier plans to re-open the province – perhaps we'll be lawn bowling before we know it!

We're not "Biased"

RLBC

Like us on Facebook

Follow us on Instagram

Inside Bowls Magazine:

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=IwAR2vtWANApuUfQISV6fe6vTnIQKSC9-dfZEYFg_5gf0AI_xx0bFw8HBDyU

Regina Lawn Bowling Club

<http://www.reginalawnbowlingclub.ca>

At this time of year, when lawn bowlers are typically gearing up for the much anticipated bowls season, cleaning out their bowling bags, making sure their Grippo supply is abundant, and washing those bowls clothes - - - even though our season is delayed, we can still think about bowls. Here's a bowls fix in the meantime! Below is a link to the Bowls Canada YouTube channel which has many excellent games of bowls to watch. Chances are, you'll see some familiar faces.

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

The shot heard around the world - <https://www.youtube.com/watch?v=T7Yp-ZSpPfc>

If you fancy yourself a bowls blogger, or have an interesting bowls story to tell – send it our way!

You could be featured in the next edition of Between Bowls!