

BETWEEN BOWLS

<http://www.reginalawnbowlingclub.ca>

rlbc.sk@outlook.com

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Did you know . . . The ♥**Valentine**♥ **Lawn Bowling Club** is located at 19 Valentine Crescent, Valentine, Australia N2W 2280. The club was founded in 1963 beginning with a single green. A second green was added in 1965 as well as a bar facility, commercial kitchen and restaurant. Gaming machines and Keno have since been added, and the club is thriving. The club celebrated its 50 year anniversary and the beautification committee did an extensive update in 2016 which saw a remodel of the restaurant, a brand-new bar and alfresco dining. Idea - Let's all go to the Valentine Lawn Bowling Club on February 14 for a roll-up. Who's with me?

Chocolate anyone? A little closer to home . . . Chocolate Lake is located in a neighbourhood of Halifax, Nova Scotia. This man made lake ~ full of water, not chocolate ~ offers swimming and water recreation activities all summer long. Sigh *I hate how chocolate immediately melts on my fingers. I mean, am I THAT hot?*

Love♥ in our own Province of Saskatchewan. It's a village located north of Prince Albert with a population of 50 in **Love!** Did someone say . . . *Road Trip!*

After the Jack

The Regina Lawn Bowling Club Board has already started working to get ready for the 2021 Bowls season. The Board held its first meeting of the year on January 22. Yes, sadly, this is what the Board members do on a Friday night!

Summer Student Grant

Karen Schlotter, our resident Grant Guru, has applied for two summer students through the Gov't of Canada's Summer Student Grant Program. One student will be dedicated to working with the Greenskeeper. The other student will be working inside the clubhouse as an Office Admin as well as helping with outside work as required. Hopefully, we will be successful and not only get the positions we apply for, but also get excellent individuals to fill the positions. Let's all keep our fingers, toes and eyes crossed!

Keeping Green with the Greenskeeper

Did you hear the latest? We can officially confirm (well, it's not like he signed a contract or anything . . . yet) that Garth Zummack has agreed to return as the RLBC Greenskeeper! And . . . rumour has it that Brady will return as Garth's assistant. And one more thing . . . John Gale says our greenskeeping equipment is ready to roll. And another thing . . . Brandon Watson says that the sprinklers will be shooting water in the right direction by spring!

SignUpGenius

More exciting news! You don't have to be a Genius to use SignUpGenius! A great new tool is being implemented this season to organize participation in daily draws and hopefully generate more interest in draws and Jitney. What is this all about? You will be able to sign up for the daily draws and let us all know you're coming. This is not mandatory – just helpful. There is a nifty Video tutorial on the RLBC website – and you were emailed a SignUpGenius manual (check your email). Please give it a try!



The **Canadian Bowler Show** is a podcast started in 2020 by Darryl Fitzgerald and Lucas Caldwell – bowlers from Ontario. **After Dark** is a spin-off of The Canadian Bowler Show, also hosted by Darryl and Lucas. During the hour-long podcast, Lucas and Darryl interview bowlers from around the world and from across Canada and Darryl often provides some good coaching advice for new and experienced bowlers. To see previous episodes ~~ just navigate to: www.youtube.com/c/CanadianBowler/ ~~ pick a past episode to watch and enjoy. Oh and by the way – Lucas and Darryl would love for you to subscribe to their show and if you happen to catch a live taping, you can ask questions of Lucas, Darryl or their guest.

♥♥♥♥ **Coach's Corner ~ Positive Self Talk** ♥♥♥♥

As we prepare for another season of bowls, our Coach's Corner section returns. This month, let's give them something to talk about - positive self talk. Various scenarios present themselves in a match and the way we deal with them can greatly impact the outcome of the next shot, the end, or the game. Remember ~~ bowls is 20% physical/talent and 80% mental.

When you only have one bowl in the head, the biggest and most common fear is losing a 'big end'. You might immediately tell yourself ~~~ "don't hit your only bowl in the head". Here's the problem ~~~ your brain sub-consciously does NOT recognize the word "don't" ~~ instead, you just painted a visual picture of your bowl as the target with the phrase "hit your only bowl in the head". Choose your self-talk wisely! Tell yourself ~ "I'll draw in another" or "I can draw closer with my backhand".

Your brain is tricky. When you are on the mat, ready to delivery the bowl, and you tell yourself "don't be short" ~ your brain doesn't hear the word "don't", it only hears, "be short". Often times, your bowl will come up short. In this case, your self-talk should be "I've gotta be there" or "I'll throw through the head". Subconsciously, you'll hear "be there" and "head".

LOGO ~ BOGO

And the winner is Ta Da! Here is the new logo for the Regina Lawn Bowling Club. The RLBC Board officially adopted the new logo at its meeting held on Jan 22.



Are U Board? Looking for a Challenge ? Well . . . Board Vacancies, duh!

Last month, we revealed the 2021 RLBC Board of Directors in the January Between Bowls Newsletter. This month, we want to draw your attention to the vacancies. We know you've been thinking about the vacancies all month. You've probably spent sleepless nights, tossing and turning, just waiting to be asked to take one of the positions. Well, we're asking. Are you interested? Ideally, the volunteer would head up the specific committee, attend monthly board meetings and participate in discussions and voting procedures. However, other arrangements can be made to accommodate you.

Not interested in attending board meetings? Attendance not mandatory ~ We can work something out.

Would like to help but don't want to do it alone? That could be arranged ~ We'll find you a friend.

Would like to try it out for a month or so and see how it goes? Sounds good to us.

Each board vacancy and a brief description of the duties are found below. Please consider helping, if you can. Questions? Contact Doug Normand or Judy Whiting. Or any other board member. We hope to hear from you. Doug Normand – doug.normand@sasktel.net Judy Whiting – ginlinjin@hotmail.com

Bar & Beverage. Do you like to drink? This would be the perfect position for an independent individual, but it would also be a great position for a couple of people or a group.

- ♥ Pick up water, pop and snacks ~ check those flyers for sales! ~ and restock as necessary.
- ♥ Collect the money from the sales ~ hand in the sales receipts and your expenses (you'll want to be reimbursed) to the board.
- ♥ Take the recycling cans and bottles to Sarcan ~ we can always use extra income.
- ♥ Obtain the Club's liquor licence, purchase the liquor, bartend (gotta love those tips) ~ or get someone's help to do it.

Catering. Do you like to eat? If so, the Catering Director position might be perfect for you. You don't have to cook or bake – you just have to know how to dial your favorite pizzeria or donut shop and order in. Okay, okay. There's a little more to it than that, but . . . we can be accommodating!

Group Bookings. This is a job that can be divided into several parts with many volunteers taking on some responsibility so that the work is spread out. Wouldn't it be fun to be part of the Group Bookings team?

Front End – Arrange and confirm the bookings through email or telephone.

Back End – Find volunteers who will help with the group bookings.

On the Greens - Help with the groups once they arrive at the club.

Youth. Are you good with youngsters? Always wanted to be a teacher, but your life took another path? Well, here is your opportunity to work with the future generation of lawn bowlers. This is another portfolio that would work great for one leader or a couple of leaders working together.

- ♥ Youth program usually runs Wednesday nights from 6:30 – 8:00. Wednesdays don't work for you? No problem. You pick the day!
- ♥ Youth program usually starts in June and runs for June, July and part of August. But hey – it's your program – so you can decide the number of weeks you'd like to run it.
- ♥ Not sure what to teach? Just the basics – and we know that many of our coaches and experienced players would love to help you out.
- ♥ We've got all kinds of fun supplies to make the Youth Program a great time.

Orientation Committee ~ AKA the Buddy System. Friendly and Outgoing?

- ♥ Work with a team to figure out the best way to transition new members from their really fun Open House experience ~ to a great coaching experience ~ to a sensational new member experience.

Strategic Planning Committee

Put your cell phones on silent . . . The Strategic Planning Committee is back at work. A huge kickoff to 2021 with their first meeting held on January 23. What was the only topic on the agenda? Volunteers. The Committee brainstormed for hours and came up with some very interesting concepts which will be shared in the future ~ once they have all the kinks ironed out. So, stay tuned!

Orientation Committee

Which way are we going, I'm soooo dis"orientated". The Orientation Committee is starting to take shape and before long they will be fully engaged by holding their first meeting. Super excited! For members who might want to get more involved with the club ~ this is a really good opportunity to start. The Committee will have finished its work by May, so it is a really teeny-tiny, itsy-bitsy, short-term commitment. If you are interested in working with a team to help the transition of new members ~ (hopefully we get new members this year ☺) ~ into active participants, here's your chance. Contact Judy – ginlinjin@hotmail.com.

RLBC Board

Zoom! Zoom! Zoom! We're going to the Moon! The RLBC Board met for the first time this year in late January (minutes coming your way soon) via Zoom. Zoom is the next best thing to meeting in person ~ and clothes weren't optional! The Board tackled a **VERY FULL** agenda and have great ideas for the 2021 lawn bowls season. Here are some of the more interesting highlights of the meeting. .

- ♥ Highlight #1 ~ Membership Renewal Day and Pre-Open House. This is a super exciting initiative that the Board wants to undertake this spring. Here's how it works. One weekend in late April (date to be determined), the Board members, the Greenskeeper, the Summer Students (if they are hired by that time), the Coaches, and all our Celebrities (well, we think everyone is a Celebrity at the Regina Lawn Bowling Club), will be available for a few hours to meet with you, answer your questions, find out about small tasks you can help out with around the club, book some coaching lessons, hand in your membership application for the 2021 season, pick out your locker, and enjoy fellowship and refreshments. Sorry. No bowling. The greens won't be ready!
- ♥ Highlight #2 ~ 2022 Canadian Youth Championships. Geez, the 2021 season hasn't even started and we are already talking about the 2022 season? Well, I guess that's what happens when you have to plan a big ~~party~~ event. It's Saskatchewan's turn to host the Youth Nationals, and Regina will submit a bid. Wouldn't it be fun to have all those young bowlers on site!
- ♥ Highlight #3 ~ Smile – you're on Candid Camera! The RLBC Board will be installing security cameras in order to beef up security. It's all about keeping our members safe and our belongings secure.
- ♥ Highlight #4 ~ Grant-alcious. Between Karen and Doug, the RLBC will be applying for every grant imaginable and hopefully the RLBC will be awarded some funding to purchase ~ new bowls? ~ backboards? ~ equipment? ~ steps down to the greens?

Happy Valentine's Day!