

# BETWEEN BOWLS

<http://www.reginalawnbowlingclub.ca>

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July 2021

## Water....I Need Water

The Beverage & Snack Co-ordinator is busy stocking the fridge with bottled water and cans of pop. The snack cart is full of delicious snacki-snacks. The freezer has lots of ice cream treats. Beverages and snacks cost a loonie – and there is a piggy bank in the fridge to make your deposit. Our recycler is busy returning our recyclables ~ every bit counts. Thank you Judy and Ingrid. Thanks for supporting the RLBC.

## No Reimer Reason

In June we were able to host several school groups. The teachers and students were eager to get on the greens and the RLBC was eager to have them. But, that's it for school groups until the Fall. Special thanks to **Chris Reimer** for organizing all the groups and to the **volunteers** who helped out. We can't do it without you!

Now, Chris is focussing on attracting corporations and private groups to our facility. We hope to be busy during the summer months with lots of Corporate Group Bookings. No doubt, Chris will need some assistance. Hopefully, you'll be able to help out occasionally.

## Celebrate July 1 at the RLBC

The picture featured below was taken at the RLBC – probably on July 1, 1967. Does anyone recognize these members? Let's play "write a caption". I'll go first:

"Dang these greens are running slow . . . too bad they didn't hire Garth and Brady!" said Jack.

"Yup. It's a dog gone shame!" replied Matt.



## 3's a Crowd!

Here's a twist to the game we love.

This is a different version to a pairs game. When 6 people arrive at the draw, it seems obvious to organize a triples game. But – thinking outside the box – you can organize a pairs game, with 3 pairs on the rink. Decide ahead of time – do you want to use 2 bowls? 3 bowls? Or 4 bowls?

The make up consists of 3 leads alternating throwing lead bowls – and then the skips alternate throwing their bowls. To decide which lead starts the next end, it's much like a game of cut-throat. The team that scored the point(s) goes first followed by the team who had the next closest bowl to the jack.

It's only complicated for the first end – then everyone understands. A lot more strategy involved because each team is competing against 2 other teams.

Scoring is the same as if it were a pairs game.

It's fun – give 3's a Crowd - a try.

## Home Made Gater Ade

1 glass of water  
1 tablespoon maple syrup  
1/8 tsp salt  
2 tablespoons lemon juice

Stir and enjoy! Helps maintain electrolytes.

## U R What U Eat

Getting ready for tough games, the Provincial Playdowns and other Tournaments can be a psychological challenge. Positive talk is sooo important during these crucial times. But so is the food we eat. Here are some tips from Team Canada's Nutritionist about how we can get our body ready to compete.

- **Breakfast.** Start with a breakfast that will energize you throughout the game and throughout the day. Focus on protein (peanut butter, eggs, cheese, nuts, oatmeal) and less on carbs (toast, bagel, English muffin).
- **Lunch.** Fiber and Protein. Whole grains, prunes, beans, meats, lentils, vegetables, fruits should be your go-to lunch items.
- **Dinner.** (some call it Supper – we've heard it both ways). Often times, at the end of the day – your body craves what you haven't had. Ordering a greasy burger and fries sounds delicious, but probably is not the best choice. Remember ~ You don't need to be a hero and order a garden salad! Order the burger, but order a salad instead of the fries.
- **Snacki-snacks.** Prepare a bag of nuts and dried fruit because they are full of fibre which will sustain you and then add a sugary cereal and a sugary treat (Cheerios and M & Ms for example).
- **End of game boost.** If you find you are tired toward the end of the game – grab a bit of sugar. It will be the lift you need to finish strong. This might be a sugary drink (coke) or a few candies.
- **Water.** It's sooooo important to drink plenty of water. Some of us don't care for water and in fact, don't drink enough. It's far better to add flavoring to water if this trick will make you drink. Supplement with drinks containing electrolytes – but stay away from the red drinks.
- **Alcohol.** Who doesn't crave a beer at the end of a game? According to the nutritionist, alcohol acts as a diuretic and dehydrates your body. Avoid alcoholic beverages during tournaments to maintain your prime competition body.
- **Avoid.** Avoid carbs that give you an instant high and then a real low. Carbs can zap your energy levels pretty quickly.
- **Other Facts.** Your body struggles to digest heavy meals eaten at supper and the results can often lead to a very poor sleep. White bread spike! Avoid or limit white bread/pasta during tournaments and games as it causes spikes (highs and lows) which are not good for your body.

## Jan's Jitney

### Friday Night Jitney is Back!

Just in case you missed it – first Friday Night Jitney started on June 18.  
It will continue every Friday night until the greens close!

Consider attending and don't forget your toonie and your lunch!

Or, support the club and purchase a bottled water, can of pop, bag of chips, some beef jerky, or an ice cream treat.

Jan's says it would be really helpful if you use SignUp Genius to indicate your intention to participate in Jitney – just click on the Friday night draw times and add your name!

Thanks a Bunch.

## RLBC Handbook

The electronic version of the RLBC Handbook was distributed in late June. Did you get your copy?  
If not. . . contact us.

[rlbc.sk@outlook.com](mailto:rlbc.sk@outlook.com)

## Competitive 3s

### A League of Their Own

The Competitive 3s league is off and running. We had 6 teams offering their services on the sub list.

Triples teams will compete over the course of the summer for the title of Champion in a complete round robin format. First and second place club pins awarded.

Which team are you cheering for? . . . ***Bippity Boppity Bowls ~ DAZ ~ Draw N To It ~ The Rokohani Girls ~ Wat-Schlot-Schlunkers ~ The Wrecking Crew***



Don't think so  
- Ill measure  
anyway

# B CUBED OR B<sup>3</sup>

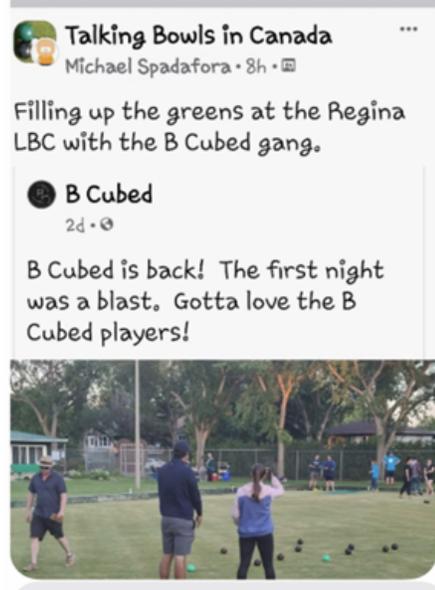
## We've heard it both ways



League started on June 17<sup>th</sup> with 12 teams playing every Thursday night. All indications are that the B Cubed players are having a fantastic time. Well, let's face it . . . who wouldn't? Games will end on August 5 – whereby a grand winner will be declared. Which team are you cheering for? *The French Connection ~ Jive Turkeys ~ Bowls Deep ~ We ♥ Soil and Grass ~ KJ Boys ~ Stop, Drop & Roll ~ Bowlistics ~ Ebowla ~ Glory Bowl ~ Bowl Movement ~ Guacabowly ~G3*

A word about our sponsors ~~ Tommy's Speakeatery, Ripplinger Financial, Access Communications, CAA ~ who donated prizes for weekly draws. U R Great!

**Great BBQ! Great Bevies! Great Bowls!**  
**That's B<sup>3</sup>**



## Brandon's Boom Box



The first prototype is finished. Woodworking, computer coding, special effects, design ~ original and all hand crafted by Brandon Watson. Brandon's Boom Box (another B<sup>3</sup> in the making??) provides music of all genres to bowlers on the greens as well as providing a soothing atmosphere inside the clubhouse. Choose from 6 genres (sorry, Opera isn't one of them). Not sure what mood you're in? Hit shuffle and listen to a bit of everything!  
**Thank U Brandon!**

Here's how to use **Brandon's Boom Box**

- Step 1: Enter the clubhouse.
- Step 2: Flick the switch.
- Step 3: Select a music genre or choose shuffle.
- Step 4. Start grooven' while you bowl



## RLBC Board Meeting – Hi-lights & Lo-lights

- The Board still has a couple of vacancies – consider joining our team.
- Summer students. Brady and Chris are doing a great job. Brady will be working some Saturdays during the playdowns. Chris' hours may vary depending on the group bookings.
- Membership is at 59 members (combinations of new, returning, associate and youth).
- City of Regina Contract. Nope. Not signed yet. Just a couple of little tweaks and we'll put pen to paper!
- B Cubed – started June 17 with 12 teams registered. We have 52 B Cubed members.
- Competitive 3s are under way with 6 teams and 3 subs registered. Teams will play a complete round robin.
- Participation Day / Open House was a huge success – thanks to the organizers and volunteers.
- Brandon's new sound system is installed. It's awesome!
- Greens A, B, C, D were top dressed and fertilized. Thanks to all the helpers who got to play in the sand a little bit.
- The new mower arrived.
- Insurance – we need more insurance, so we will need to take an inventory of our stuff.
- Lots of advertising done by the Publicity Director and lots of Social Media posts done by our Social Media Director. Advertising for the National Bowls Day / Open House and B Cubed.

**You know how they throw the ball into the crowd after they win the game?**

**That's not allowed in lawn bowls. I know that now.**

### Technical Difficulties ~ Starring Darryl Fitzgerald

Darryl Fitzgerald is a Canadian Coach and Team Canada's Development Coach. He started a new podcast with some great coaching tips, tricks, and techniques. Have a watch: <https://canadianbowler.com/2021/06/20/start-your-season-off-right-do-a-self-assessment/>



## Results ~ National Bowls Day June 5, 2021 – 10:00 a.m. to 4:00 p.m.

The results are in! We had a fabulous turnout for National Bowls Day. According to our records, 80+ members and non-members attended our event. Many of our own RLBC members tried their hand at skills and drills and the prospective members kept our coaches busy learning the nuances of the game.

Activities were set up on 5 rinks on Green B and participants were asked to test their skills by drawing to the ditch, touching the jack, drawing between pylons, drawing to the jack and drawing between jacks. Not as easy as it sounds. And, all the while, the team of Chris-Kos were keeping stats.

HUGE thank you to Mark Sutyla, and his team of coaches – David Calam and Harriette Pituley; and to our organizers and helpers - Janet Watson, Doug Normand, Chris Reimer, Brandon Watson, Carter Watson, Lois Kos and Jordan Kos who helped with the activities.

Each participant received an inspirational wrist band – in the RLBC color (green!) We hope that those members who joined us on National Bowls Day had a great time! Our Move Moments for June 5 has been recorded and submitted to ParticipACTION. Maybe we'll win a prize????



- 🇨🇦 We had 14,418 Move Minutes on June 5.
- 🇨🇦 Our Facebook advertising reached 7,492 electronic devices.
- 🇨🇦 84 individuals clicked on our RLBC website to find out more information.

### ParticipACTION – We Recorded Your Every Move Move Minutes

While you weren't watching, we were submitting the RLBC member's daily activity at the club as part of the ParticipACTION Community Better Challenge 2021. Every time you signed in, your activity was recorded. On June 30, we made our final entry and pushed the 'submit' button. We won't hear if we won anything for a while, but at least we made a name for ourselves and perhaps will draw (excuse the pun) a little bit of attention to our sport. Oh, by the way . . . don't worry ~ your personal information (name, address, phone number, etc.) was not used. Only your time at the greens was calculated along with all other members' time at the greens to calculate the RLBC's **Move Minutes**. Total Move Minutes for RLBC members for the month of June was 70,959+

Thanks to everyone who participated ~ even though you didn't know it.

### Coach's Corner

Many of us throw a bowl and we instantly know ~~~ it's too narrow ~ it's too wide ~ I'm not there (meaning it's too short), etc. We've heard it a lot. One tip ~ take an extra second or two on the mat before you deliver your bowl. Focus on your line – and visualize the shot. Then wait on the mat until your bowl stops rolling and think about the adjustment you need to make for your next bowl. Take a little more line or a little less line. Don't throw quite as hard or throw a little harder. Simple adjustments makes all the difference.

## THE NEW MOWER IS HERE ~~~ THE NEW MOWER IS HERE

Garth was sooooo excited! He had to try it the first day and it works great! Poor Brady, hasn't had turn yet. This John Deere beauty was shipped all the way from Winnipeg, through horrendous cross-border restrictions, and finally arrived on June 1. It was like Christmas in June! Special thanks to Secret Santa, John Gale, who made all the arrangements. In the words of our Greens Keeper "*The mower is the best investment the club ever made*". Remember the old saying . . . Happy Greens Keeper, Happy Members!



## Playing in the Sand

Some of us bowl. Some of us play in the sand.

Your name doesn't have to be "Doug" ~~ but it helps as these "Doug's" and their buddies doug around in the big pile of sand and then spread it all over Greens A, B, C & D. No Sand Castles, unfortunately. Thanks to the sand buddies ~~ Garth Zummack, Brady Burkitt, Ernie Meid, Doug Lambert, Russ Mattick, Bo Kos, John Gale, Al Hastings, Keith Roney and Doug Normand who all happen to have a shovel in their car! How convenient!



Doug Normand was playing in the sand, making a sand castle with a plastic bucket and shovel.

Doug Lambert says: "Hey Doug, I think your bucket is getting sick. It's starting to look a little pail!"

## A word about our very own . . . David Calam

Many of you already know that David Calam was the President of Bowls Canada Boulingrin from 2016 until 2017. But . . . did you know . . . .

Calam, born in Altrincham, Cheshire, England, was first introduced to bowls at a young age. During his younger school years, Calam and a few friends would walk to the nearby Macclesfield crown green club (which is quite possibly the largest bowls green in the world) during their free periods. While the club was exclusively for crown green bowling (there were no ditches), Calam didn't seriously pick up lawn bowls until after arriving to Canada.

In 1982, Calam and his wife Elizabeth made the move from England to Canada. Liz's father was with the Canadian Airforce working with radar and her mother, who also worked with radar, became a war bride. So, with several other family members living in Canada and the USA, the move was a good choice for the Calams. In England, David worked as a civil engineer and was able to find similar work in Canada too. Working with water, sewers, and drainage, the job was demanding. While looking for some form of mental relaxation, Calam stumbled upon the Regina Lawn Bowling Club in 1990.



Left to right: Grant Wilkie, Jordan Kos, Michael Pituley, and David Calam. Photo courtesy of Bo Kos.

The first few years, Calam bowled irregularly and purely for relaxation. It wasn't until a gentleman by the name of Keith Roney asked Calam to play in a triples tournament that turned on the competitive switch for Calam. In those years, the Regina LBC reserved Monday nights for practice, and every other weeknight featured draws, leagues, or other tournaments. During those practices, the likes of Keith and Jean Roney, Harriette and Murray Pituley, Anita Nivala, Mark Sutyla, and numerous other future national champions were eager to mentor and encourage up-and-comers like Calam. While he didn't know it at the time, practicing alongside such a high-calibre field of bowlers set the bar high for his expectations, and in 1996 he found his way to the national championships with Dave Ackerman in the men's pairs.

In addition to playing bowls, Calam has also had a large influence on the coaching and administrative side of the sport. In 1993, Calam started his coaching journey and hasn't looked back since.

He's been Bowls SK's coaching coordinator for numerous years, is a trained Learning Facilitator for both Club Coach and Competition Coach, a trained Competition Coach Evaluator, and is currently working towards becoming a trained Performance Coach as well.

As a leader, Calam was SK's representative at BCB AGMs for a few years until the national association changed the governance model from representative members to elected members. Having undergone a similar governance change with the Canadian Water & Wastewater Association a few years prior, Calam had experience with this new way of running an organization and was tapped on the shoulder to replace Ian Tyzzer as the next president for Bowls Canada in 2016 – the 3<sup>rd</sup> Regina LBC member to serve as BCB president since the organization incorporated in 1983.

While serving as president from 2016-2017, what Calam remembers most is the execution of plans and how much was accomplished during his tenure. "It was great to work with a Board that worked together and a staff that got things done," says Calam. "There were a lot of plans and meetings, but it was great to see so much get accomplished during my time as president."

Bowls aside, Calam is active within his community, being heavily involved with his local church. He also plays in a brass band (his instrument of choice is the E-flat horn), and donates to various organizations, including Bowls Canada. When asked why he donates to BCB, Calam responded "To me, with many things in my life, especially bowls, I consider myself very fortunate – I've had opportunities and been supported along the way. We give back in many ways, with volunteer hours, knowledge, and experience, but it also takes money to keep programs and organizations moving forward. Donating makes you realize how lucky and fortunate you've been. There are those who aren't able to contribute, and so for me, it's a part of life. I donate to the organizations that positively impact my life and the lives of others – whether it be our local theatre, the local Food Bank, the Regina Rescue Mission, or Bowls Canada."



## **Vote Now! Vote Often!**

(Well, technically, you can only vote once.)

**CommunityVotes Regina 2021** provides an opportunity for businesses who have been leaders in our community to be recognized. The Regina Lawn Bowling Club has been nominated and now we can make our voices heard. Please consider casting your vote for the RLBC – if you haven't done so already. The deadline to vote is fast approaching – **July 4, 2021**.

<https://regina.communityvotes.com>

Login using your social media account or create an account for yourself. Click on **Sports, Recreation and Fitness** ~~ then on **Bowling** ~~ then on **Regina Lawn Bowling Club**.

You can only vote once, but you can vote for 3 businesses. Please ask your friends and family to consider using one of their votes for our club!

**Vote! Vote! Vote!**

## **Club Tournaments**

Lots of Tournaments offered in July and August. Consider participating in these fun tourneys. Sign up sheets are located in the club house.

**You might even win a pin or two**

## **Sign Up Genius & Draw Times**

You don't have to be a Genius to use Sign Up Genius. Let us know you're attending the daily draws by using Sign Up Genius. Instructions are on the home page of the RLBC website – [www.reginalawnbowlingclub.ca](http://www.reginalawnbowlingclub.ca)

Remember – if no one signed up, that doesn't mean there won't be anyone at the draw. Sign Up Genius is just a tool and not everyone uses it. If you are interested in attending the draw, just come on down to the club.

**Draw times are: 10:00 am ~ 1:15 pm ~ 7:15 pm**

## **Group Bookings**

Lots of school groups in June and plenty of Corporate groups in the summer. We are always happy to showcase our sport! Coaching and introducing bowls to new members is easy. We are so popular, we even have a booking for October 10!  
Just remember the moto: When throwing your bowl . . . .

**Little to the Middle ~~~ Wide to the Side**