

After the Jack

Blind Bowling

A modified version of bowls can be played by people who are blind, and many blind bowlers are extremely skilful. A string is run out down the centre of the rink, the jack is centered and the length is called out by a sighted marker. When the bowls are rolled, their distance from and position in relation to the jack is also called out. This allows the bowler to adjust their aim and the force of their throw.



Forever Fit ~ Forever Strong

During the off season, there are many things you can do to get prepared to roll bowls again in the Spring. Working on leg strength by doing lunges in your living room while watching your favorite bowls show keeps your thigh muscles in good shape. Lifting arm weights, such as your bowls, for 10 reps three times a week keeps the bowl in your hand and your arms strong. Keep watching bowls games – lots on YouTube and the web. These tips will help to keep you mentally and physically in the game, and ready to roll when the tarps are removed in the spring.

If a cookie falls on the floor and you pick it up . . . that's a squat, right?

Belonging in Bowls

Everyone can play bowls. That's the best part about our sport. To quote Bowls Canada . . . It is a low impact, strategic game that is extremely accessible and great for all ages and abilities. BCB offers a Belonging in Bowls accreditation program. All we have to do as a club is to meet certain requirements to complete each pillar and work towards a total Belonging in Bowls accreditation. So why is the RLBC interested? Well, first of all, many of the things we do at the club are already part of the Belonging in Bowls culture. So, the Board figured . . . why not? We might as well get recognized for things we are already accomplishing on our own. And, there are lots of tangible benefits for our club, our members and our sport. Within the next month, the RLBC will register our club for Belonging in Bowls with Bowls Canada and then we will follow and complete the steps to obtain our accreditation. We are super excited to belong to such an amazing program. Stay tuned . . . once we get more information, we'll pass it on.



You "bowl"
me over!



**I'm giving up eating
chocolate for a month.
Sorry, bad punctuation.
I'm giving up. Eating
chocolate for a month.**



What do you call a Valentine's Day
gift that didn't arrive on time?
Choco-LATE



Calam's Coaching Corner

2022 COACH TRAINING

A long time has passed since Coach Training was offered in Saskatchewan, but I am looking forward to a new season of building and re-building in 2022. Coaches are a key part of our sport and the future of our clubs as we build our memberships, both our numbers and our enjoyment.

Canada's National Coaching Certification Program (NCCP), has three levels of coach training. In this message, I'll deal with the first two. There is more information about Lawn Bowls coaching on the Bowls Canada website.

Club Coach. Club Coaches play a key role in introducing new players to Lawn Bowls helping them to learn the basics and to develop their lawn bowling skills. For anyone wanting to become an NCCP Trained Club Coach, a one-day workshop will be offered in Saskatoon on April 23rd, 2022, with a half-day "Practical" session to follow on May 28th. If the April and May schedule does not work for you, let me know and, hopefully, we may be able to organize another workshop later this season. Details of time and place etc. will be available nearer the time but please save the date.

Competition Coach. Competition Coaches work with developing, training players, and supporting players in competition. Training consists of a two-day workshop plus two NCCP training modules. Coaches who complete this training are registered as a **Trained Competition Coach**. I intend to offer a Competition Coach workshop in Regina later in the 2022 season.

A Trained Competition Coach who completes a successful evaluation is registered as a **Certified Competition Coach**. Bowls Canada requires coaches supporting teams and individuals at National Championships to be Competition Coaches. Currently, in Saskatchewan, we have four Certified Competition coaches. We also have a few trained competition coaches awaiting evaluation.

A lot has changed in Lawn Bowls over the years. The days are long gone when bowlers considered themselves "self-taught" or relied on hints and tips from other players to improve their game. Success at major Canadian championships and Canada's international successes are due, in part, to the increased awareness and importance of structured preparation and skilled coaching support.

For more information, please contact David Calam.



David Calam
Coaching Coordinator
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Meeting of the Minds (I mean, Meeting of the Board Members)



The 1st RLBC Board of Directors meeting of 2022 took place via Zoom on January 31, 2022 – that was yesterday! Lots and lots and lots of things were discussed. The board has so many great things planned for the bowls season.

Here are some of the highlights:

- ♥ The new board members were welcomed!
- ♥ The RLBC is going to get its Belonging in Bowls accreditation.
- ♥ We applied for several grants – New Horizons, Summer Student.
- ♥ We advertised for two summer students for the 2022 season – Assistant Greenskeeper and Group Bookings/Office Admin.
- ♥ We have a greenskeeper!



Lights! Camera! Action!

We're goin' live!



Cathedral Short Mat – Live on Facebook!

The Cathedral Short Mat is going live ~ in a streaming kinda way!

Log on to our Facebook account . . . and watch some great shots!

Brought to you by the RLBC Clubhouse and Cathedral Short Mat!

Here's the scoop. If you are a member of the Cathedral Short Mat (there's still plenty of time to join if you aren't a member) then you can enter in the Singles Short Mat Tourney. If you aren't a member, but don't want to miss the show, we'll be streaming live, so grab your fav bevvie and snack and tune in!

Tourney Info

| | |
|-----------------------|---|
| Tourney Date: | Friday, February 18, 2022 |
| Tourney Time: | 6:30 pm start – who knows when we'll be finished <i>it could be a long night</i> |
| Tourney Type: | Singles |
| Tourney Location: | RLBC Clubhouse |
| Tourney Registration: | Must be registered by February 11 |
| Tourney Stuff: | Must be a member of the Cathedral Short Mat |



Cathedral Short Mat

For more information, contact us – CathedralShortMat@outlook.com



Don't forget to watch our very own Michael Pituley on the Canadian Bowler Show and After Dark podcast. To view previous episodes, type Canadian Bowler in your favorite search engine. Always an interesting show with lots of bowls chatter, opinionated guests and a different perspective on the game. Jean Roney, the Watson Brothers, Jon Pituley and other Regina bowlers have already made their debut appearance. It's worth checking out!

Some members of Muskoka Lawn Bowling Club built a couple of rinks on a frozen over Lake Couchiching Canada.



While this is how they do things at the Muskoka Lawn Bowling Club (in Ontario, just north of Toronto), here at the Regina Lawn Bowling Club, we take a different approach.

We play indoor short mat!
But, you have to admit, this looks like a lot of fun, too.

Closing with Coffee at Cathedral Short Mat



The Cathedral Short Mat has been running at the RLBC for a couple of weeks and things are going great. To accommodate the mats, the furniture in the upper level has been rearranged which also provided a nice coffee and social area. Dark Roast Coffee (we also offer de-café!), a variety of freshly brewed Teas, and Baker's Hot Chocolate, rich and decadent,

are available each Friday evening. Sometimes we even have freshly baked cookies, hot out of the oven! All are complimentary!



The floors in the upper level provide a perfect draw on both sides. Exciting bowls games have already been played to the back drop of Brandon's Boom Box which keeps the energy high. The two hours goes by quickly; and luckily, we are able to finish games extended past closing if need be.

If you or anyone you know is interested in trying Short Mat, we'd love to show off what we offer. There are two registration streams. You can pay \$50.00 and play every Friday for the rest of the season (ends in April). Or, you can pay \$15.00 the first time you come and then \$5.00 for every additional Friday you play. We have registration forms on the RLBC Website, or, you can fill out a form at the Club.



Why not try short mat, connect socially over the winter with other short mat bowlers, get some exercise and have fun. Try it . . . you might like it!

For updates, follow us on Facebook!

Cathedral Short Mat!

RLBC Sponsors

Hungry? Thirsty?

How about trying one of our Food & Beverage Sponsors this month?

Thank you to Dairy Queen Elphinstone for giving a 10% discount to all Regina Lawn Bowling Club members. The Dairy Queen has been an RLBC sponsor for many years.

Did you know . . . the very first Dairy Queen started in Melville in 1953?



Thank you to Tommy's Speakeatery for their ongoing support of B Cubed by providing prizes for the B Cubed players and "specials" at their establishment during the B Cubed season.

Thank you to District Brewing Co for providing beer for B Cubed and the RLBC at a reduced price!



Renovating?

Consider these suppliers who sponsored the RLBC.



Thank you to Sterling Plumbing - Heating - Air Conditioning for their sponsorship of a large portion of the supply and install of the air conditioning unit for the RLBC



Mailing Address: P.O. Box 26044 Northgate Regina, SK S4R 8R7
Office: 306-586-1710 Cell: 306-537-3102 Fax: 306-586-1711
Located at 1771 Culver Ave. R.M. of Sherwood (Industrial Park)

Thank you to D&R Roofing for supplying new shingles and re-shingling the greens maintenance shed.



Thank you to Cloverdale Paint for sponsoring the paint used for the RLBC Beautification Project as well as the green stain used on Greens A and B in 2018.



Thank you to The Floor Show for providing the new flooring for our clubhouse.

If it's Entertainment you're looking for . . . look no further!
Another of our great sponsors!

Thank you to the Kramer IMAX Theatre for providing Movie passes to one of our top B Cubed Teams.



**SASKATCHEWAN
SCIENCE CENTRE**

Real science. Real fun!

In to Water Activities? Why not try

Thank you to Water Boy Supply Centre for generously donating an irrigation remote control for the greens keeper.



Thank you to Gopher Car Wash for supplying Platinum car washes to one of our top B Cubed Teams.



Got some money in your pocket?

Need some Financial Advice?

We've got you covered!

Thank you to Ripplinger Financial Corp for their generous sponsorship of various B Cubed prizes and the B Cubed Booze Basket.



Want to discover more about our Bowls governing bodies?

Well, here you go



BOWLS CANADA

Thank you to Bowls Canada Boulingrin for their continued support.

Thank you to Bowls Saskatchewan for their continued support.

BOWLS SASKATCHEWAN INC.



REGINA

Thank you to the City of Regina for their ongoing support of the RLBC.