

# BETWEEN BOWLS

Issue 35

<http://www.reginalawnbowlingclub.ca>

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

February 2023

## New Bowls



The Cathedral Short Mat ordered some new bowls as a donation to the RLBC, and as apart of its MAP Grant. They should be arriving any day now. Do you think they'll arrive on February 14 and the logo will be a heart? And will they be Pink? Red?

## New Initiatives

Remember last month when we said the RLBC board had a lot of great new initiatives planned for the 2023 season? Well, we'll tell you about another new idea we are going to implement this year. Read on.

## New Ideas

The RLBC Board would love to hear all your ideas. We are always looking for new things to try at the RLBC. If you have suggestions for new initiatives to launch at the club, just drop us a line.

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

## My Heart Belongs to . . . .

If you were eight when "Rock Lobster" came out, you'd B-52 now.



Yes, *Love Shack* by the B-52's is one of our B Cubed songs. In fact, it was the B<sup>3</sup> Song of the Summer one year. Brandon has been busy all winter updating the tunes on the Boom Box in the clubhouse. When you arrive to play a game of bowls at Cathedral Short Mat or outside during the regular season, remember to flick the switch and turn on some tunes. The switch is by the Boom Box and sort of looks like a light switch. Select your music genre, and voila!

## My Heart Belongs to . . . .

Lawn Bowling. The 2023 season is going to be great. How can we tell? Because the Board has been busy planning some new things to help attract and retain members.

If you know of someone who might like to try bowls, let us know. Come to our Open House, National Bowls Day, Bring a Friend Night, or, just bring them down and let them roll a few.



# Brewin' with the Board



The RLBC Board met in January to make further plans for an exciting 2023 bowls season. The actual board minutes will be distributed at a later date. But here are some of the topics discussed:

- ♥ Money, Money, Money \$ \$ \$. Working on the yearly budget, investing GIC's, and doing more stuff with finances.
- ♥ Looking at Group Bookings Rates. \$\$
- ♥ Interviewed for the Office Admin Summer Student. We think we have a winner.
- ♥ Getting a seasonal liquor licence seems within our reach.
- ♥ Let's talk insurance. Many insurance issues dealt with.
- ♥ Garbage pickup – change in rates. \$\$
- ♥ Getting some new things at the RLBC to make it a little nicer for our members.
- ♥ Lots of grant applications were submitted. Now we wait! \$\$
- ♥ Lots of prep work for the 2023 Canadian Youth Championships.



## John wants to know . . . . .

**This is serious stuff.**

**John, our new Snack and Beverage Director, wants to know what you like, what you don't like, and suggestions for non-alcoholic beverages and items for our snacki-snack cart. John has already researched some very interesting products, but he wants to hear from you.**

**If you have suggestions – let John know. John is more than willing to taste-test the products first – after a lot of research is done, that is – and then offer them for purchase to our members. Remember, everything costs a loonie, so keep that in mind when you offer your suggestions.**

**Send your ideas, no matter how 'corn'y they are to:**

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

**If you don't send John your suggestions. . . you may see items like this hit our cart in 2023! Yummy?**



# RLBC – Setting the Standard From Coast to Coast

## TREND-SETTING

The RLBC is setting the standard and leading the way for other bowls clubs across Canada. We are trend setters. We really are.

Well, as you already heard in previous editions of the Between Bowls Newsletter, we have been contacted by many clubs asking us for information about B Cubed. The clubs heard about our success and they want a piece of the action for their club. So, B Cubed is catching on, all across Canada. And why not? At the RLBC, we have a great model for organizing a successful bowls rec league.

So what else? Well, last month, the RLBC received a most complementary email from another bowls club located in Alberta asking us to help them with many aspects of their organization, particularly our Group Bookings program and our Greenskeeper info. It appears that this club has been snooping around our website – and they liked it. They liked it a lot! But more than just liking our website, they liked the information contained on our website and . . . they . . . . want . . . . more.

So, the Board of Directors gave them what they wanted. They are super happy and they asked if they could continue to work with us to help them promote their club in ways in which the RLBC promotes our club.

So we said . . . . Sure. Of course. Why not? We definitely want every club across Canada to be as successful as the RLBC. And, this Alberta club will share their successes with us. It's a win-win!

Then, if you can believe it, another email came in. (Our email was working overtime.) This was from a club in Manitoba. They ran a trial version of B<sup>3</sup> last year and want to expand this year. Their particular interest is in our Media Blast which is the way in which B Cubed Organizers communicate with the B Cubed Players. So, of course, we got them all hooked up with Media Blast.

So, what can we, the members, take from all this? Well, these kinds of emails confirm that the RLBC is heading in the right direction, that we are trendsetters in the bowls community across Canada, and that using our model for leagues and projects helps to support other clubs.



We are proud of us!

## Follow us

# Be A Trendsetter!

# Brain Freeze

## Having the Right Mindset

In order to be a great bowler, a social bowler, a competitive bowler, or just a bowler, we often focus on physical fitness and coaching. While these are huge components of bowling, sometimes, we just want to bowl. We don't want to be coached. We don't want to learn all the nuances of the game. We just want to bowl.

Did you know that having the right *mindset* subconsciously helps you bowl? It does. It really does.

It is a *mindset* that allows for good reasoning and it is good reasoning that allows us to bowl and have fun.

Let's delve a bit deeper.

We can divide our thought process into two groups.

The first group or process is our conscious and deliberate processes. These are things that we think about before we actually do them. For example,

- ♥ Our stance on the bowls mat
- ♥ Our bowls delivery
- ♥ Our shot selection
- ♥ Game strategy

The second group or process operates beneath our awareness as we interpret sensory information. These sensoria operate automatically in the background – we don't even really think about them. For example,

- ♥ Oh, Betty's here for the draw, I'll bowl with her
- ♥ I'll bring my bowls, bowls towel, and water bottle green-side, ready to roll
- ♥ I'll go set up a few rinks for the draw.

So what does all this mean to you, a bowler, at the RLBC?

Well, it means that when we are bowling, we are thinking – whether we know it or not. We are using different parts of our brain and different brain processes to accomplish our tasks.

So, when someone asks you – is it difficult to lawn bowl. Now you can respond with . . . Do you mean physically or mentally?

***What happens when your brain sees a friend across the street?  
"It gives a brain wave".***

# CONGRATULATIONS



Congratulations to the Mixed Fours team of Pat Schlotter, Karen Schlotter, Heather Hanoski and Darrell Hanoski who took 1<sup>st</sup> place in the 3<sup>rd</sup> flight in Arizona. They are coming home with the big bucks.

# Bowls – Laws of the Sport

Link to "Laws of the Sport" section of the World Bowls website where you can download a PDF of the current version of Crystal Mark Fourth Edition (updated August 2022)

<https://www.worldbowls.com/laws-umpiring/laws-of-the-sport>

If you have questions about the rules of the game of lawn bowls, here's where you can find the answers. This 63 page document defines such things as – is that bowl a toucher; who has possession of the mat; improper jack delivery; coin tosses; bowls displacement; jack displacement - just to name a few subjects covered by this document.

So, if you have a few minutes and you're looking for a good read, how about the Laws of Sport? You might be surprised about some of the rules and how they are enforced – especially if you plan on entering provincial, national or international competition.

Happy Reading!

## 2023 Canadian Youth Championships

As you were excited to read last month ~ you were excited, right? ~ our club was awarded the 2023 Canadian Youth Championships which will be held July 26 – 30, 2023. That's only 4 days of competition. But . . . we are pretty sure that athletes will be arriving prior to July 26, some as early as July 25 or even the July 24. Maybe even sooner, like July 23.

This will be a great opportunity to showcase our club. We have the best club in Canada - we know it, they know it, and soon everyone else will know it too.

All national championships are sponsored by Bowls Canada Boulingrin, with the support of Bowls Sask. There are some financial gains by way of a grant from BCB which the RLBC will receive for hosting the event. Any time there is financial gain for the RLBC involved – that's a good thing for us, right? We might be able to qualify for other grants, too.

We really need the support of our members to help make this championship the best ever. There are lots of ways you can help – more about that is included in this newsletter and future newsletters. You will also receive emails from our Communications Director about ways you can help.

Thank you sooooo much for your consideration - #wegotthis!

# Cathedral Short Mat



## Cathedral Short Mat

Have you always wanted to join the Cathedral Short Mat?

Do you like the aroma of a pot of freshly brewed coffee?

Do you enjoy sipping on a cup of piping hot, decadent, rich cocoa?

If you answered yes, or I think so, or maybe ~~~ to any of these questions, then the Cathedral Short Mat club might be right for you.

We are a little more than half way through the Short Mat season. But, there's still plenty of time to roll bowls.

We supply the carpet, the jack and the bowls. All you need is a pair of clean, flat soled shoes.

Join us. Try it out. The first game costs \$15.00. Every game after that costs \$7.00. Where else can you get two hours of fun and enjoyment for such a low price?

# So far . . . . .

As we announced in the January edition of the Between Bowls Newsletter we are committed to providing guaranteed draw times throughout the 2023 season.

Yes, you can still bowl any time you want to bowl – any day of the week, any time of the day (as long as you have a key to the club and a membership). But sometimes, you just want to know . . . okay, if I drive to the club will there be other members available to have a game of bowls with.

The answer is simple. Yes!

We will set up three specific draw times – morning, afternoon and evening – guaranteed to have members available to bowl with.

Here's a recap.

**Magic Mondays. June 5, 12, 19, and 26. Starts at 7:00 pm.**

**Terrific Tuesdays. June 6, 13, 20, 27. Starts at 1:00 pm.**

**Wacky Wednesdays. June 7, 14, 21, 28. Starts at 10:00 am.**

If you are interested in being one of the members who is committed to attending these draws – let us know. Send us an email – [rlbc.sk@outlook.com](mailto:rlbc.sk@outlook.com) – and tell us if you are committed to bowl on Magic Mondays, Terrific Tuesdays or Wacky Wednesdays. You can commit to one of the draws, two of the draws or all three of the draws.

Not everyone wants to commit. We totally get that. But it is a commitment we are hoping for from at least 11 bowlers (okay, okay, maybe we don't need 11 exactly ~ but it is our 111<sup>th</sup> year and it would be great to have 11 committed bowlers join the guaranteed draws ), so that we know we can have a great draw with guaranteed attendance.

We are going to start the 'guaranteed draws' in June. If our members enjoy these guaranteed draws, we'll offer them in July . . . and then again in August.

Sign up now. Or tomorrow. But sign up! Let's bring back the draws bigger and better than ever before.



# Mark's Mentoring Mondays - M<sup>3</sup>

Here is another idea the RLBC Board has for the 2023 season.

Mark's Mentoring Mondays, also known as M<sup>3</sup>, is a mini coaching session which will be offered two Mondays in June – **June 12<sup>th</sup> and 26<sup>th</sup>**.

So what's this all about?

These mini coaching sessions are in addition to Calam's Coaching Clinic (C<sup>3</sup>).

Mark, and his team of coaches, will help you with the subtle and not-so-subtle nuances of the game of bowls.

Having trouble with your delivery? Don't go to Canada Post!

Having trouble with your weight? Don't step on the scale!

Having trouble with your line? We love one-liners, but . . . .

These are all the things that Mark will help you with . . . and so much more.

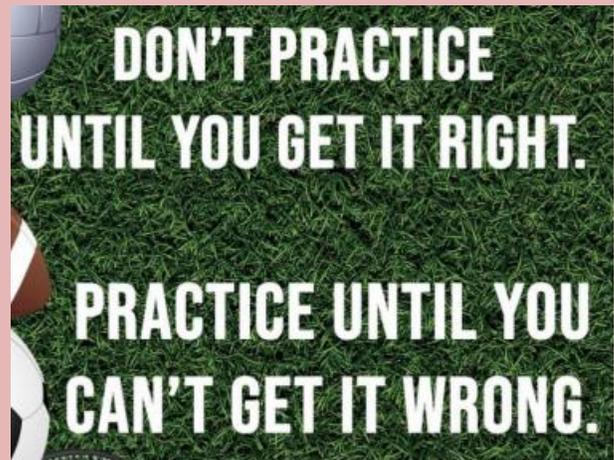
Arrive before 7:00 pm. Come with your list of questions. Be prepared to work hard and practice (okay, you won't have to work too hard, or practice too much).

Sometimes, it just takes one little, itsy-bitsy teeny-tiny thing to change your entire game ~ for the better. Why not give it a try? What do you have to lose? Oh, yeah, a bowls game, perhaps!

Here's an idea. If you think you might be interested, you can email Mark – [rlbc.sk@outlook.com](mailto:rlbc.sk@outlook.com). Let him know you're coming and give Mark a heads up about what you'd like to work on. This will give Mark time to think about some tips and tricks that might help you. It will also help Mark determine how many coaches he should have on site each night. So, yeah, let Mark know you're coming.

Too complicated? No problem. You are welcome to attend Mark's Mentoring Mondays even if you don't pre-register.

See you on the green!



# Membership Movement

**I see people my age  
out there climbing  
mountains and zip  
lining and here I am  
feeling good about  
myself because I  
got my leg through  
my underwear  
without losing my  
balance.**

**Why join the RLBC? Glad you asked. There are so many reasons.**

- ♥ It's a great way to meet people – it's a social sport.
- ♥ It's a great way to get exercise – low impact, of course.
- ♥ It's affordable. Very affordable.
- ♥ There are so many types of memberships – Full, Youth, Associate, Jitney.
- ♥ We have B Cubed.
- ♥ We have 6-49+ Punch Cards.
- ♥ We have colored bowls and we have refurbished bowls.
- ♥ We have 3 guaranteed draw times!
- ♥ We have a Youth program.
- ♥ We play Jitney every Friday night.
- ♥ We have a modern, air-conditioned club house.
- ♥ We have music.
- ♥ We have 4 manicured greens – plenty of room for everyone.
- ♥ We bowl in a park-like setting.
- ♥ We have snacki-snacks on the snack cart.
- ♥ We have plenty of cold bottled water and a variety of pop.
- ♥ There is plenty of free parking.
- ♥ The members are awesome!

If you know of someone who might enjoy playing bowls, why not invite them to our Open House? More details about our Open House will be forthcoming.

# So Now What?



Ah, yes.

We know what you're thinking.

You just signed up for the Magic Monday evening draw last month and now you want to attend one of Mark's Mentoring Monday coaching clinics.

Well, no problem. We're way ahead of you.

Just drop us a quick email – [rbc.sk@outlook.com](mailto:rbc.sk@outlook.com) and let us know you are interested in both.

We'll work out the details for you!

## You just never know . . . . .

where we are going to find our summer students.

We were contacted by a person who had enjoyed her bowling adventure when she participated in lawn bowling with her high school Phys Ed class. She loved it so much, she wants to work for us. Well, who wouldn't, right?

So, Doug and Lois interview the candidate and she was awesome. And she really wants the job. So, Doug and Lois made her an offer she couldn't refuse.



## Competitive 3s

It's only February, but Janet and Lois are already hard at work getting the Competitive 3s league ready for the 2023 season.

Once they have the dates and times for the games, they'll let you know. In the meantime, you might want to start getting your team ready to register.

We play triples – mix and match.



We'll play 18 ends.

We'll play between 6 and 8 games over a very short period of time in late May to early June to get players ready for the Provincial Playdowns. There will be some evening games and some weekend games.

So . . . contact your teammates, pick a cute name for your team, and get ready to register. If you'd like more information, please contact us.

Remember . . . you have to be a paid-in-full member of the RLBC in order to join the Competitive 3s.

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

## Cathedral Short Mat – 2<sup>nd</sup> Annual Indoor Bowls Tourny

Date: Friday, February 17, 2023

Time: 6:30 pm

Location: RLBC – Upper Level

Teams: Yes. I mean ~ There are 5 pairs teams registered.

Commentator: Yes. I mean ~ There will be one professional commentator along with the team that has the bye.

Zoom Link: <https://www.youtube.com/watch?v=IFYB9Y5oKV0>

**Tune in ~ you won't want to miss the entertainment.**

## What's My Number?



If you plan to attend any of the guaranteed draws which will be offered once the season starts, but didn't commit by signing up, you might want to call the clubhouse and ask that your name tag be placed in the draw tray. Don't call yet – it's only February. You can start calling in June.

**Call the clubhouse at: 306-757-9033**



# Group Bookings

When we think of Group Bookings, we often think of school groups who come to our club during phys ed class, or corporations who want to provide some team building for their employees. But let's think outside the box. Ever think about having your wedding at the RLBC. Yes, your wedding!



Love ♥ is in the air – and there may be wedding bells ringing this summer. Tired of the same old venues to host your wedding reception? Consider the Regina Lawn Bowling Club. Our picturesque park would be the perfect back drop for wedded bliss. Do you know someone who is looking for a wedding venue this summer? If so, let them know about the RLBC.



## Group Booking Inquiries

Our sport and our club are so popular, we have already received two Group Booking inquiries for the 2023 season. These are two corporate groups who heard all about our exciting sport and want to be part of it . . . if only for one day. We are super excited to start making entries into our Group Bookings calendar.

## Speaking of Group Bookings

We still have a vacant Group Bookings Director board position. Group Bookings is one source of the RLBC's income stream. Here's something you might not know about Group Bookings. We offer school groups and corporate groups. Okay, you probably know that already . . . but we made you read, didn't we?

We hire a summer student every year who manages the Group Booking activities from about the middle of May until about the end of August. So the Group Booking director would only need to help in early May and September when High School Phys Ed teachers book our facility for less than an hour, 3 or 4 times. Our Corporate Groups start booking in May, but most of them book in the summer months, so the Corporate activity is fairly minimal in May and September.

We think this would be an excellent opportunity for a group of volunteers. Let's say 3 or 4. One person could handle the school groups, one person could handle the corporate groups, one person could schedule volunteers, one person could do the booking and invoicing.

If you would like to be part of the Group Booking team, let us know. On-site training is provided. You don't have to be a board member to be on the Group Bookings Team.

Email us with your interest or your questions . . . . [rlbc.sk@outlook.com](mailto:rlbc.sk@outlook.com)

## B Cubed Update

Last month, we announced that 20 teams had registered for B Cubed who played in the league in previous seasons. A total of 87 players registered. These 87 players are not only B Cubed players, but, they become RLBC members as well. Woot! Woot!

On January 1, we opened up Registration for new teams to join B Cubed. We already had 1 team on the wait list, and they were able to secure their spot on January 1. Boy, were they happy. And relieved. They'd been on the wait list for months.

So far, as of today, we have . . . .43 teams and 175 players registered. For anyone who's counting . . . we had 30 teams register last year and 29 of those teams returned. That's a score of 96.6%.

If we reach full capacity, 48 teams can register this year. That's filling up Greens A, B and C ~ and leaving Green D for our members to bowl on. We are well on our way to achieving our goal.

If you know of a team that might want to join B Cubed – please spread the word.

If you are interested in being part of the B Cubed Volunteer Team – please let us know.

If you are interested in more information about B Cubed – please email us

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

# Coach's Corner ~ Back to Basics

The GREATEST athletes I've ever coached, are COACHABLE!

C - Confident (not cocky)

O - Open to criticism

A - Available to learning

C - Compassionate

H - Have character in all they do

A - Adaptable

B - Builder of men

L - Leaders in words & actions

E - Empowering to others

- ♥ Always aim your feet to the direction you want to roll your bowl. If you can line your toes up with the line you plan to take – even better.
- ♥ Square your shoulders. Droopy shoulders usually result in a badly delivered bowl.
- ♥ Take a consistent mat position.
- ♥ Don't let your arm go floppy. Reach out.
- ♥ Stay down after you deliver your bowl . . . don't pop up.
- ♥ Consistency. The step you take should always be the same, the amount of back swing you take should always be the same.

**BOWLING· COACH†**

*/ˈbəʊlɪn kōʃ/*

(noun)

1. Like a normal coach but  
**cooler.**

# Thank you ~ Thank you ~ Thank you

Last month, we announced that **Jan Robson** will be our Card Connection volunteer, sending bereavement cards to our members. The RLBC Board wants to thank Jan, for helping us with this task.



We also want to thank more volunteers who have offered their services.

**Jean Roney** has volunteered to wash, dry and fold all the towels in the laundry basket. This is a huge help as the basket fills up quickly, especially when we plan an event at the RLBC. Remember . . . Jean isn't doing the laundry for all the members, just the laundry that's in the laundry basket in the unisex washroom . . . for the club. You'll have to launder your own towels and socks, sorry.



**Bo Kos** said he would be the Recycle Guy. Bo will take the pop cans and plastic water bottles to Sarcan for recycling. If you want Bo to do your recycling, just bring it to the club. No problem at all. You do realize, however, that your recycling proceeds will be combined with the club's recycling proceeds. So, that's a great way to support the RLBC – wish we'd thought of that sooner.

Thank you to **Al Hastings** who is working in the off season to make enough rink markers so each green has 6 rinks going both directions. Huge task – great benefits for the Club.

**Taking on these tasks really helps the club – a lot.**



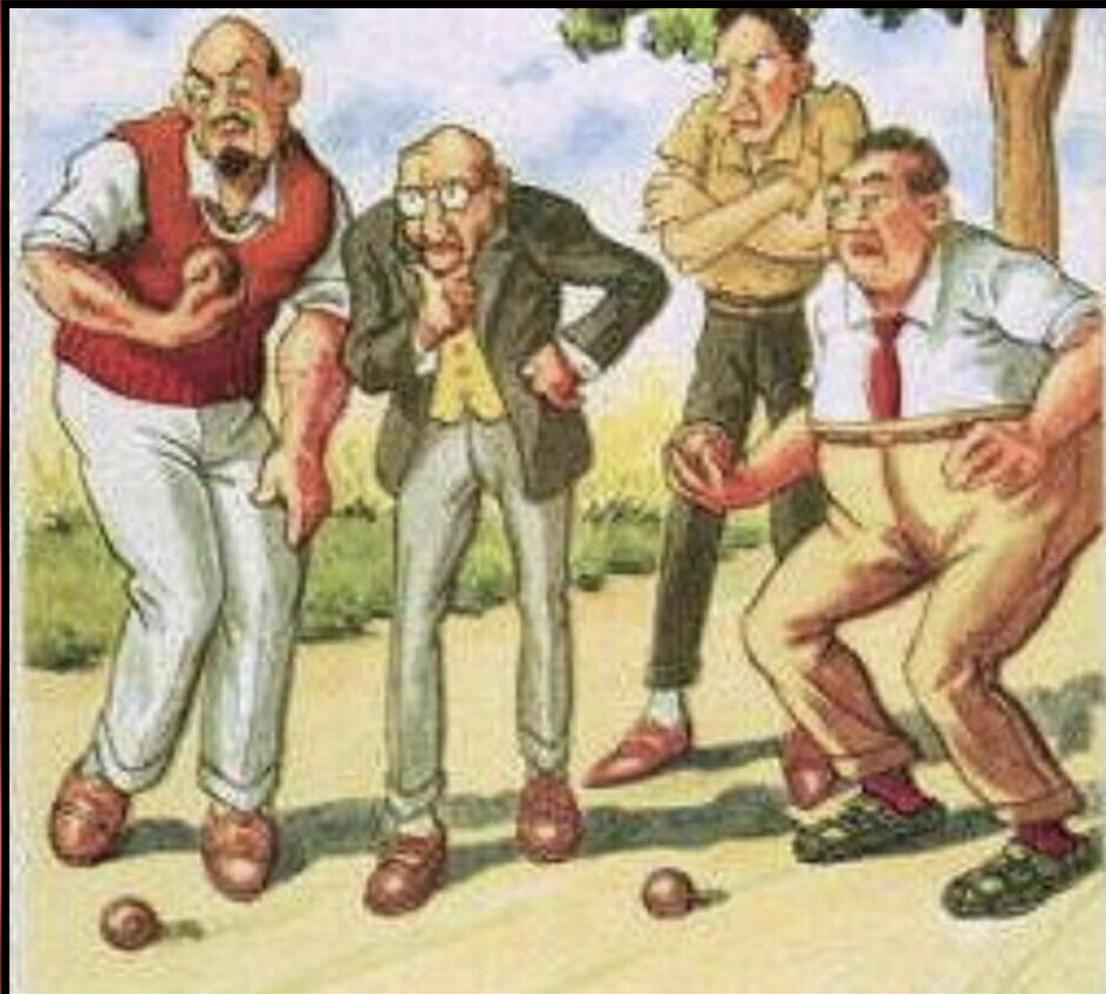
How can you help? We are currently looking for a person to fill the role of **First Aid Kitty**. This job is pretty simple but very important. Whenever you are at the club, you check the **First Aid Kit** to see if we are running low on Band-Aids, After Bite, Advil or other products, you top up the Kit, and submit your bill for reimbursement. We hope you will consider volunteering for the **First Aid Kitty**.

## Facts on Snacks

Do you need ideas for healthy snacks? Here are some ideas from the Dairy Farmers of Canada.



- ♥ Apple slices and a cheese string
- ♥ Smoothie made from milk or 100% juice, fruit and yogurt
- ♥ Celery sticks filled with peanut butter
- ♥ Kiwi and a handful of nuts
- ♥ Whole-grain cereal with milk
- ♥ ½ whole-wheat bagel with tuna or salmon
- ♥ Rice cakes topped with a slice of pear and melted cheese
- ♥ Rice pudding
- ♥ Fruit cup with cottage cheese
- ♥ Yogurt topped with granola and berries
- ♥ Hard-boiled egg



# THE YOUTH NATIONALS ARE COMING

# THE YOUTH NATIONALS ARE COMING

As we announced last month in the January edition of the Between Bowls Newsletter, the 2023 Canadian Youth Championships are coming to Regina.

Here's some more information:

- Dates:** July 26 – 30, 2023.  
Athletes will likely arrive a day or two before the 26<sup>th</sup>.
- Format:** U18 singles men's and women's  
U25 singles men's and women's  
Team Event
- Number of Competitors:** Bowls Canada Boulingrin won't know the exact number of athletes who will be participating for a few months. However, for purposes of planning, we have been told to expect anywhere from 40 – 50 Youth.

## HOST COMMITTEE – COMMITTEE LEADERS

Chair	Doug Normand	Secretary	Lois Kos
Treasurer	Carter Watson	Communications	Janet Watson
Catering	Judy Whiting	Snacks/Pop/Water	John Whiting
Souvenirs	Lois Kos Jordan Kos Janet Watson	Media / Publicity	Jordan Kos Carter Watson Brandon Watson
Markers	Janet Watson	Scorecards	Janet Watson
Sponsors	Doug Normand Janet Watson	Live Streaming	Brandon Watson Carter Watson
Program Booklet	Lois Kos Jordan Kos	50/50 Raffle	Lois Kos Jordan Kos Janet Watson
Daily Prizes	Jordan Kos	Housekeeping	Karen Schlotter
Accommodations	Doug Normand Janet Watson	Transportation	Doug Normand
First Aid / Medical		Emergency Action Plan	Mark Sutyla Lois Kos
Greens Setup	Mark Sutyla	Grounds	Doug Normand
Pins	Doug Normand	Official Scorer	
BCB Requirements	Mark Sutyla	Finding Dignitaries / First Nation's Elders	
Insurance	Doug Normand	Opening / Closing Ceremonies	
Social Event (Final Day)			

## HOST COMMITTEE LEADERSHIP ROLES

We have some vacancies as leaders on the 2023 Canadian Youth Championships Host Committee. If you are interested in being a leader for one of these committees, please let us know. Sometimes, it is nice when you have a partner, so perhaps a couple of individuals can work together. Here is a summary of the Leadership positions:

**Official Scorer:** This person enters all the results of the games into a Bowls Canada software package.

**First Aid / Medical:** We need a registered medical person on site during the games. We'll need to ensure there is a medical tent or area set up.

**Opening and Closing Ceremonies:** Determining format and who does what and setup.

**Social Event (Final Day):** Making arrangements for a pizza party after the final games.

**Elder:** This person is in charge of finding a First Nations Elder who would be willing to be part of our opening ceremony.

## VOLUNTEERS

We have already had responses from our previous shout-out for volunteers – thank you very much to everyone who has put their name forward in some capacity. The Host Organizing Team will be in touch with you soon.

If you are not interested in one of the leadership roles, but still want to help . . . . there are many jobs that members can help with to make our 2023 Canadian Youth Championships a huge success. Here are some ways you can help.

**Markers:** Since most of the games (but not all the games) are singles games, we will need many, many, many, many, many markers. We won't have the time schedule for a while yet, but likely there will be 3 or 4 games per day. Don't think that if you sign up to mark games that you are expected to mark every, single game. Just tell us how many games you'd like to mark, and your availability. We'll fill in the Marker Schedule. Even if you can mark 1 game – that would be fantastic. We will make sure you are given all the do's and don'ts of marking, so that you will know what you're doing out there. Ability to set the jack is required.

**Catering:** We will need help in the kitchen. We are responsible for snacks and lunches – that's about it. We'll need help prepping the food, plating the food, serving the food, and cleaning up the kitchen afterward. You don't have to be in the kitchen every day. But, you might want to help serve lunch one of the days – and that's perfect. No culinary experience required. Smiles, a must.

**Baking:** If you love to bake cookies or muffins or sweet treats, we're certain the Youth will love tasting your culinary delights. We'll need lots of baking for the Youth athletes. Baking ahead and freezing the baking works for us! We don't want you to think you have to bake all the cookies and muffins. That's a lot of baking. But, if you could bake a dozen or two . . . yummy!

**Greens Setup & Take Down:** We'll need a bit of work on the greens. Luckily, we will have the rink markers already in place, but the umpires might get tricky and ask us to move the markers over an inch or two. We might need some green mats put down, maybe not. We will need the mats, jacks, and rakes put out. If you are an early riser, this could be the job for you. At the end of the day, we put all this stuff away. This might be the ideal job for a night owl (although the games don't usually go too late). And . . . you don't have to set up and take down every day. Just once in a while.

**Hospitality:** It would be nice to have members just hanging around, who can answer questions, or help with small things the athletes might need. You might be asked to fill up a competitor's water bottle. Or you might be asked to get a Band-Aid. You know, stuff like that.

**Club Keeping:** We always want to show our guests how clean and tidy we are. After having many people at the club, from early in the morning until late at night – athletes, coaches, umpires, spectators – a quick check of the washrooms and floors, keeping the club house clean. If you are available one of the days, and don't mind grabbing the mop, we can put your name on the Club Keeping schedule.

**Raffle Baskets:** If we can get sponsors (we're trying), we'll need members to sell tickets on raffle baskets. Now, should we have a specified raffle table? Good question. What do you think?

**50/50 Draw:** Who doesn't love to win money. We'd like to have a 50/50 daily draw – not like our club daily draws – this is a ticket thing with money. If you like to sell 50/50 tickets and count the money – you'd be perfect for this job.

**Daily Prizes:** We think it might be fun that once a day a bowler's name is drawn for a daily prize. So, what should the prize be? Ideas?

**Souvenirs:** We'd love to give the Youth competitors a piece of Regina to take home with them. How can you help? Well, that's a good question. We'll need to find great souvenirs for the Youth, and then we'll need to figure out a way to present the gift to the athlete. What do you think we should do?

**Social Event:** On the last day of the competition, the RLBC will be hosting a social event for all the athletes, competitors, umpires, and guests. This could be a lot of fun. Lots of great ideas for food and activities might be right up your alley. Never mind – it's a pizza party. Who doesn't love pizza?

**First Nation's Elder:** It would be very nice to invite an Elder to come to the opening ceremonies. Do you know an elder who might be interested in being part of our dignitaries? If so, we'd love to hear from you.

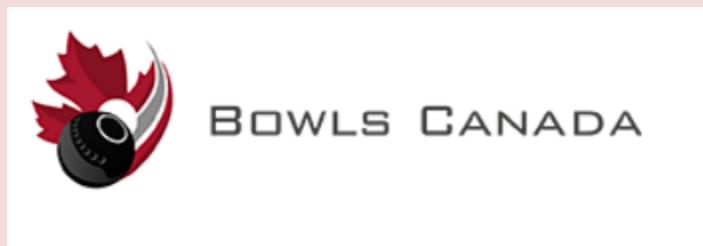
**Daily Setup:** Every day, there will be odd jobs to do around the clubhouse and around the greens in preparation for the games to begin. It might be filling up the water jug and taking it outside. It might be helping to set up a tent. It might be setting up a raffle table. It might be distributing programs. It could be plugging in the commercial coffee pot. It might be turning on the music while the athletes practice. It could be anything.

We know that not every member is available to help.  
And we know that not every volunteer is available the entire time.

But . . . if you can help out once or twice or a few times, in an area that interests you, please consider volunteering for the 2023 Canadian Youth Championships.

Express your interest or for more information - Email us at [rlbc.sk@outlook.com](mailto:rlbc.sk@outlook.com).

We will start having meetings very soon, so please express your interest so you can be included in the meetings.





# COMMONLY MISUSED WORDS

receive - ACCEPT ↔ EXCEPT - exclude  
 information - (n.) ADVICE ↔ ADVISE (v.) - to give advice  
 to influence - (v.) AFFECT ↔ EFFECT (n.) - result  
 to be worried about something - ANXIOUS ↔ EAGER - to look forward to something  
 city or resources - CAPITAL ↔ CAPITOL - a building for lawmakers  
 accessory - COMPLEMENT ↔ COMPLIMENT - praise  
 a trusted friend - CONFIDANT ↔ CONFIDENT - certain or assured  
 mentally functioning - CONSCIOUS ↔ CONSCIENCE - knowledge of right and wrong  
 composed of two parts, double - (adj.) DUAL ↔ DUEL (n.) - combat between two people  
 physical distance - FARTHER ↔ FURTHER - extension of time or degree  
 disturb, bother or embarrass - (v.) FAZE ↔ PHASE (n.) - a stage or step  
 directions - FORWARD ↔ FOREWORD - before a book  
 distasteful - FOUL ↔ FOWL - bird  
 type of ape - GORILLA ↔ GUERRILLA - member in small fighting group  
 store planes - HANGAR ↔ HANGER - store clothes  
 with ears - HEAR ↔ HERE - location  
 accumulation of things - HOARD ↔ HORDE - accumulation of people  
 to bring out (v.) - ELICIT ↔ ILLICIT (adj.) - unlawful  
 suggest indirectly - IMPLY ↔ INFER - reach a conclusion  
 indicating possession - ITS ↔ IT'S - contraction for it is  
 to place something - LAY ↔ LIE - to recline  
 not win, misplace - LOSE ↔ LOOSE - the opposite of tight  
 the opposite of yes - NO ↔ KNOW - something learned  
 a place in time - (n.) PAST ↔ PASSED (v.) - thrown, refused or skipped  
 foot operated components - PEDAL ↔ PETAL - colored part of flower  
 transfer liquid - POUR ↔ POOR - having little money ↔ PORE - small opening in skin  
 come before - PRECEDE ↔ PROCEED - go forth and continue  
 head of a school, sum of money - PRINCIPAL ↔ PRINCIPLE - basic truth or law  
 awareness - SENSE ↔ SCENTS - odors or aromas ↔ CENTS - monetary values  
 place or put - SET ↔ SIT - take a seat  
 vision - SIGHT ↔ SITE - location ↔ CITE - credit a source  
 points in time - THEN ↔ THAN - comparison  
 possessive - THEIR ↔ THEY'RE - they are ↔ THERE - place  
 preposition - TO ↔ TOO - adverb ↔ TWO - number  
 atmospheric conditions - WEATHER ↔ WHETHER - introduces alternatives  
 belonging to you - YOUR ↔ YOU'RE - contraction of you are

Did you spot the commonly mis-used word in lawn bowling?

objects lawn bowlers use • BOWLS



BALLS • objects other sports use



## CLUB KEEPING

**Is it Housekeeping or Clubkeeping – we’ve heard it both ways.**

Karen is starting to compile her Housekeeping – or Clubkeeping - Team of Volunteers to help with cleanup day in early May. She is also looking for volunteers to sign up for a week at a time to come to the clubhouse and do some routine cleaning throughout the summer months. She also needs a team of volunteers to keep the clubhouse clean during the Youth Nationals.

If you have a free week this summer, please email Karen and let her know so that she can prepare a schedule.

Thanks very much.

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





Me . . . . when I find out that outdoor bowling at the RLBC doesn't open until May.



# NEVER HAVE I EVER

You've heard of the game – Never have I ever? Well, let's play the lawn bowls version  
Give yourself 1 point for each statement which is true for you.

I . . . . .

- Touched the jack with all four of my bowls in one end
- Won a pin at a RLBC Club tournament
- Participated in Friday Night Jitney
- Purchased a soft drink from the RLBC
- Purchased a snacki-snack from the snack cart
- Forgot to lock up the clubhouse when I was the last to leave
- Forgot to set the alarm in the clubhouse when I was the last to leave
- Played bowls on a Tuesday
- Helped myself to complementary coffee
- Attended an RLBC AGM
- Took out an Associate Membership
- Attended Wednesday Night Youth Night
- Have been a Board Member
- Used the new colored bowls
- Threw the jack in the ditch
- Brought the mat up to the hog line
- Played T to T
- Had a perfect end and received a perfect end pin
- Played in a club draw
- Played in a club tournament
- Played in the provincial playdowns
- Played at a national event
- Played at an international event
- Met someone at the club who has become a very good friend
- Purchased an item from the Bowls Boutique
- Introduced a new member to the sport
- Attended the first Membership Renewal day last season
- Owned more than 1 set of bowls
- Participated in the Grassroots Tournament
- Participated in the Bowls Sask Tournament
- Purchased a hot dog at B Cubed



How many points did you get?

# B Cubed Volunteers

Thank you to all those who have contacted us already expressing their interest in being part of the B Cubed Volunteer Team - we will be in touch in the coming months with more information.

If you are wondering how you can help . . . following are some jobs you might be interested in.

**Rink Setup:** We currently have 2 members who help with this task. We are hopeful that 2 more members will help as well. If we are a full capacity, meaning . . . we completely filled up Greens A, B and C, then we need a lot of rinks set up and a lot of bowls brought to rink-side. Members can start early afternoon and should be finished in about an hour. We have a wagon we fill up to bring the bowls to the greens. Yes, some heavy lifting is required – definitely.

**On the Greens:** These volunteers interact with the B Cubed members when the B Cubed members have questions about the game, or wonder which bowl is closest to the jack. You'll need to bring your tape measure and your jolly personality. No coaching ~ remember, we don't coach B Cubed players. We only answer questions and measure. Easy Peasy.

**Headquarters:** This is where all the action happens. At the B Cubed Headquarters, the volunteers count money, make change, and count money. They also sell raffle tickets, 75 Drive tickets, count money, sell Food tickets, count money, sell Hot Dog tickets, count money, sell Booze tickets, count money and count money. Volunteers at the Headquarters Table can expect to be very busy, most of the night, especially during Song of the Summer, and counting money.

**Runner:** The Runner is really the same as “Jack” of all Trades. The Runner replenishes the hot dogs, the hot dog buns, the hot dog bar, the booze coolers, and the snack-snack items. If you have a fitbit, you'll rack up a ton of steps.

**Friday Morning Clean Up:** The B Cubed players always bring their bowls back into the clubhouse at the end of the night. But with that many bowls, you can imagine how difficult it is to get the right bowls in the right slings in the right shelves. So, often times, we don't even try. We wait until Friday morning and start sorting bowls. If you are available Friday mornings to help sort bowls, we would really appreciate your assistance.

Thursdays. May 25 – July 13  
Gates Open at 6:00 pm  
Beverages and BBQ service starts at 6:00pm  
Bowls Games start at 6:30 pm

Interested in being part of the B Cubed Volunteer Team: [rlbc.sk@outlook.com](mailto:rlbc.sk@outlook.com)

The Regina Lawn Bowling Club is tremendously grateful to the following sponsors for their support.



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**Happy Valentine's Day**

