

BETWEEN BOWLS

Issue 37

<http://www.reginalawnbowlingclub.ca>

rlbc.sk@outlook.com

April 2023

Come Roll With Me In 2023

There are more reasons than ever to become a member of the Regina Lawn Bowling Club this year. *Come Roll With Me In 2023* (our new catchy slogan for the season). . . . what's happening in May and June and July and August and September?

Membership Renewal Day	Sunday, April 30, 2023 from 12:00 pm – 3:00 pm Refreshments will be served
Cleanup Day	Saturday, May 6, 2023 starting at 9:00 am Refreshments will be served
Open House Grandparent's Day	Saturday, May 13, 2023 from 10:00 am – 4:00 pm Refreshments will be served
Opening Day	Monday, May 22, 2023 Refreshments will be served
Competitive 3s 7:00 pm start time for all games	Tuesday, May 16 Sunday, May 21 Wednesday, May 24 Thursday, May 18 Tuesday, May 23 Saturday, June 3
Calam's Coaching Clinic C ³	May 19 – 20 in Regina
Bring A Friend Day	Thursdays, May 25 and June 8– All Day
B Cubed	Thursdays. May 25 – July 13 starting at 6:00pm
Jan's Jitney	Fridays starting May 26
Athlete Development Clinic	Saturday, May 27
Guaranteed Draws (July/Aug/Sept schedule not completed yet)	Magic Mondays – June 5, 12, 19, 26 starting at 7:00pm Terrific Tuesdays – June 6, 13, 20, 27 starting at 1:00pm Wacky Wednesdays – June 7, 14, 21, 28 starting at 10:00am
Mark's Mentoring Mondays M ³	June 12 & 16 starting at 7:00pm
League Play	Mondays. June 19 – July 17 (5 weeks) Mondays. July 31 – September 11 (7 weeks)
National Bowls Day ParticipACTION Grandparent's Day	Saturday, June 3 10:00 am – 4:00 pm Refreshments will be served
Provincial Playdowns	Please see section in this newsletter for Provincial Playdowns Dates and Locations.
Canada Day	July 1 Celebration Pancake Breakfast
Youth Program	Wednesdays in June and July
2023 Canadian Youth Championships	July 26 – 30
Membership Types	Regular Member \$200.00 League Associate Member \$100.00 Youth Member (full) \$100.00 Youth Member (restricted) \$40.00 Jitney Associate (Friday nights) \$50.00 Associate Membership \$25.00 6-49+ Punch Cards – 7 games for \$49.00

Membership Renewal Day

April 30, 2023 | 12:00 pm – 3:00 pm

The secret of getting ahead is getting started. – Mark Twain

Let's get started by getting your memberships in to the RLBC. Bring your bowls, pick out a locker, submit your application form and payment. You're all set. Don't forget to grab a cuppa and a cookie, and socialize with other members. See you on the 30th!

RLBC Cleanup Day

May 6, 2023 – Starting at 9:00 am

All Day – Inside the Clubhouse and the Grounds

You know what would make house cleaning way more fun? A maid!

If you have a spare hour or two, and love to clean (let's face it, who doesn't?), please come to the RLBC on RLBC Cleanup Day. You might want to bring your gloves, a rake, and some muscle power. We'll put on a pot coffee for you. Thank you for spending part of your day at the Greens!

Open House | Grandparent's Day

May 13, 2023 | 10:00 am – 4:00 pm

The RLBC's Open House will take place on Saturday, May 13. This will be an excellent time to bring your friends down to the RLBC and let them try bowls.

May 13 is also Grandparent's Day. Bring your Grandparents or Parents or Siblings ~ and you show them how the game goes. You'll be the coach for the day. If you need help ~ no worries, there will be coaches on site to help. What a great way to start playing bowls with your family. After all, bowls IS an intergenerational game, right?

Opening Day

May 22, 2023

Let's start the season off with a friendly game of bowls followed by refreshments. There will likely be some announcements, too, but maybe not. Remember to have your draw ticket in the draw tray by 12:00pm. Games start at 1:00.

6-49+

Back by Popular Demand Our 6-49+ Punch Cards are Back! If you are uncertain if you want to purchase a full membership, our 6-49+ Punch Cards might be the answer for you. You can come to the club, when it's open, and play 7 games for the low, low price of just \$49.00. Now, where can you get a deal like that?

A League of Their Own

Just when you thought that the RLBC Board had run out of great ideas for the 2023 season, here we go again. Introducing A League of Their Own, bowls style!

The RLBC is going to offer a Monday Night League throughout the season. It's a social league. Its format is based on the winning combination of the Competitive 3's league and B Cubed which the RLBC runs every year. The league satisfies the requests that are already coming in asking – *what kind of leagues do you have?* Well, here are all the particulars:

Who can play in the league? All Regular Members, Youth Full Members, and League Associate Members.

Keeping stats? Nope. It's a social league.

What's the format? 14 Ends. Mix or Match. Round Robin. Respot Rule.

How do I enter? Enter as a team of 3 or 4 (men, women, or some of each). If there are four players on your team, you will each roll 2 bowls. If there are 3 players on your team, the lead and vice will throw 3 bowls and the skip will throw 2 bowls.

How much is this going to cost me? If you take out a Regular Membership or a Youth Full Membership, the League is included in the cost of your membership fee. If you only want to participate in the League, then it's \$100. You'll get to play in 12 League games, and you can participate in the July 1 celebrations at the Club. So, technically, that's 13 games. Bonus!

So when do we play? The league will run for 5 weeks from June 19 until July 17. Then we'll take a short break and start again. We'll play from July 31 until September 11 which is 7 weeks. So, that's Monday's starting at 7:00 pm.

Can I enter as a single or as a pair? If you enter as a single or as a pair, we'll try and match you up so that there are three or four on your team.

Team Name? Give yourselves a team name. If you don't, we'll give you a name, and you probably won't like it.

We'll have the music playing, the rinks will already be set up for you, and all you to do is have fun.



RLBC Club Tournaments

All your favorite club tournaments are back this season, but with a slightly different twist.

Club tournaments will run on Tuesdays and Wednesdays only, starting at 7:00. A full slate of great Club tournaments will be offered ~ you won't want to miss signing up for each one.

Check the bulletin board at the clubhouse to see what tournaments will be offered next.

If you and your team place 1st or 2nd in the club tournament, you are guaranteed to take home a RLBC Pin at the club windup in the fall.

**Be Part of the Solution – Not the Pollution
Every Litter Bit Hurts
Perfect Scene – Neat & Clean**

Which slogan should the RLBC adopt to advertise it's cleanup day? Why not come on down to the RLBC, and help with the Spring Cleaning. There will be jobs inside and jobs outside. Your choice. You pick. You might want to bring a rake and some garden gloves if you plan to work outside, and perhaps some rubber gloves if you plan to work inside.

Thank you for your help as we spring into action and get the RLBC ready for the season.

Saturday, May 6, 2023 – starting at 9:00am
Come in the morning and we'll find you a job.

Thank you very much.

**Be safe driving out there folks . . . my car just
slid into the parking lot of a bowls club.**

**Bring a Friend Day
May 25 – All Day Long
June 8 – All Day Long**

**Grab your best bud and come on down to the RLBC on May 25 and June 8.
Why? Cause it's Bring a Friend Day at the Regina Lawn Bowling Club.**

**Your friend can try the sport, have a game, and enjoy RLBC's hospitality
by grabbing a cuppa at our complimentary Coffee Bar.**

**Your friend is going to have such a great time, that they'll surely want to
join the club. We'll have
Membership Application Forms
available, as well as our famous
6-49+ Punch Cards.**

**So, how many friends are you
going to bring?**





Thank you ~~ Brian Askin!

Brian Askin from Backyard Escapes Decks & Landscaping joined our B Cubed league last season. He had such a great time, loved the games soooo much, and really enjoyed all the volunteers. So, Brian contacted our B Cubed organizing team and said – Hey, need a sponsor? And, of course . . . we said, duh, YES.

Brian is going to sponsor our Beer Gardens and on B Cubed nights, our beverage area will be called **“Backyard Escapes Beer Gardens”**.

Brian is also going to purchase some larger beverage coolers for B Cubed and the RLBC to use.

Total sponsorship this season - \$600.00

Brian loves the B Cube-ers ~ and we love Brian! Thank you very much.

League Membership

If you take out a League Membership this year, the cost is \$100.00. This includes the cost of bowls – so if you don't have your own bowls, no worries. The RLBC has plenty of selection.

The League Membership entitles you to bowl in our new Monday Night Social League. If you add up all the league nights, you'll get to play 12 times for the low, low price of \$100.00. And, you'll also get to participate in our Canada Day celebration on July 1.

If a regular membership doesn't work for you this season, consider playing in our League and taking out a League Membership. If you change your mind later and want to upgrade – no problem at all. We'll simply deduct the price of the Associate Membership from the Regular Membership – and you'll pay the difference. Can someone please do the math?

Associate Membership

Taking out an Associate Membership at the Regina Lawn Bowling Club in support of the RLBC is a great way to keep in touch if you aren't considering taking out a full membership this year.

An Associate Membership helps the RLBC with MAP funding and membership numbers.

An Associate Membership helps you as well. You can bowl 3 times a year – Opening Day, Canada Day and at the Windup. You will continue getting the Between Bowls Newsletter (let's face it – nobody wants to miss an edition of the newsletter) and you will continue receiving informative emails from our Communications Director. And, of course, you are welcome at the RLBC any time.

If, later on, you choose to take out a Regular Membership – no problem. We'll deduct the amount of the Associate Membership from the Regular Membership and you'll pay the difference.



So, if you aren't going to take out a Regular Membership this season, please consider taking out an Associate Membership. The cost for an Associate Membership is \$25.00.

Thank you very much.



With the season opening next month at the RLBC, the Board of Directors invites you to the clubhouse for complimentary coffee, tea, or hot chocolate.

Enjoy a social time with other members, brew a cuppa and sit on the patio, or watch some telly while sipping on some hot cocoa.

While we all love to bowl (who doesn't), the social fabric of our club is always a highlight at the RLBC.

Enjoy a cup on us!

Calam's Club Coach Workshop (C³) aka Bowls Sask Club Coach Clinic

Date & Times:	Friday, May 19, 2023 – 7:00pm to 9:30pm Saturday, May 20, 2023 – 9:30am to 4:30 pm
Location:	Regina Lawn Bowling Club
Facilitator:	David Calam
Registration Deadline:	Before May 12, 2023 with Bowls Sask 306-780-9426 bowsask@sasktel.net
Cost:	Free. Bowls Sask is covering the cost of the workshop. No charge for participating.
Qualifications:	Participants should have at least two year's experience playing Lawn Bowls. The workshop is NOT intended to be a skills clinic for bowlers looking to upgrade their playing skills and techniques.
Content:	The workshop covers the basic theories and principles of coaching at the introductory level. Participants who complete the workshop and Bowls Canada's registration requirements will be registered as Club Coaches. Club Coaches work with new, novice and youth bowlers introducing them to the game of bowls and helping them gain skills and knowledge to participate in and enjoy the game of Lawn Bowls. For more information about Bowls Canada's Coaching program go to www.bowlsCanada.com and look under Programs and Resources.

Refreshments and all workshop materials will be provided.

Bring your own lunch on Saturday.



**I'm ready
for the rest of this week!
I have my umbrella,
my flip flops,
my mittens,
my suntan lotion,
my winter coat,
my sunglasses,
my thermals,
my iced tea
my hot chocolate**



And my bowls

President's Message and Stuff

Very soon, you will receive an important message from the President of the Regina Lawn Bowling Club, Doug Normand.

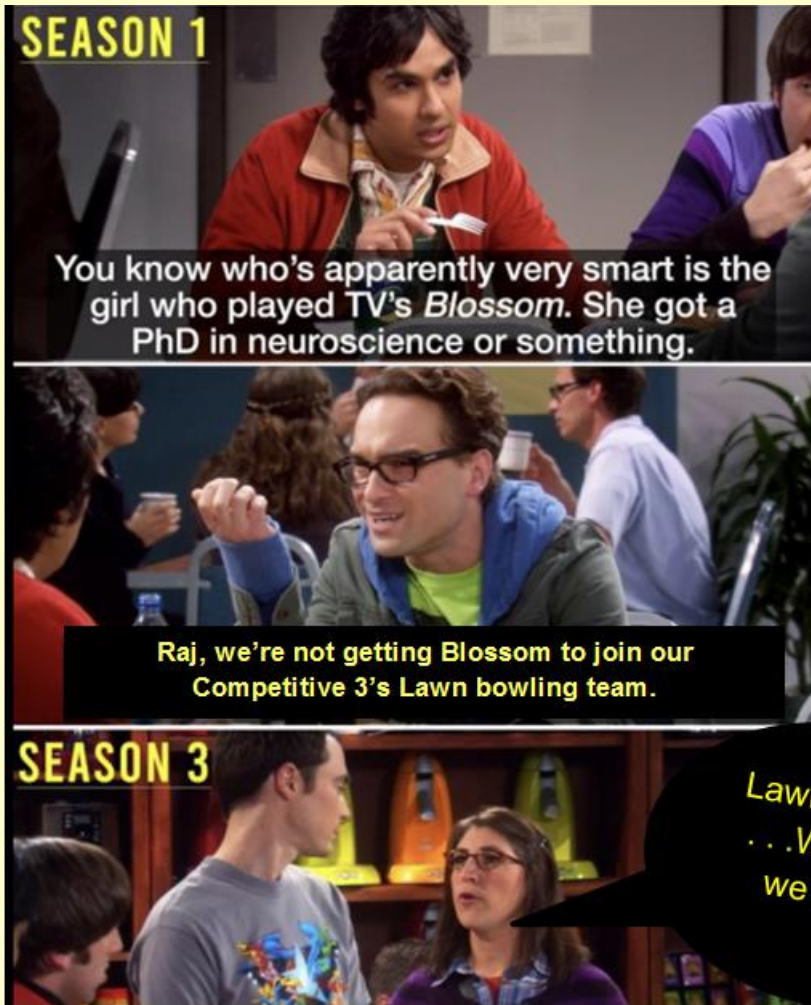
You won't need your decoder ring to decipher the message. It will appear, in your inbox, in plain English.

Accompanying the President's Message will be other information. For example, the 2023 RLBC Membership Application Form. And stuff like that.

If you keep checking your inbox, and no message arrives, please let us know. We'll resend the email to you.

Let us know by email
rlbc.sk@outlook.com





**So, the Big Bang group has their team entered for the Competitive 3s.
How about you?**

Email your team to: rlbc.sk@outlook.com

Include your team name and the team players.

**Dates for the Games
All Games Start at 7:00 pm**

Tuesday, May 16
Sunday, May 21
Wednesday, May 24

Thursday, May 18
Tuesday, May 23
Saturday, June 3

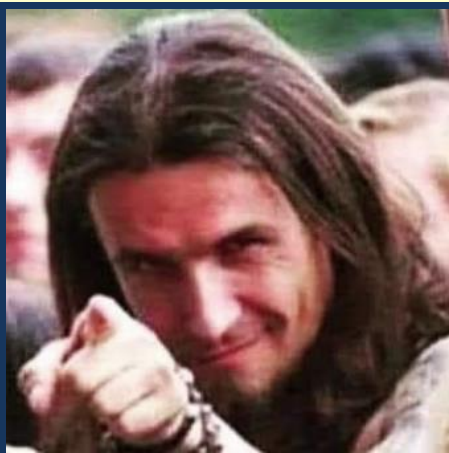


Pose & Smile!

All season, we like to take pictures of our members and post them on our website. Sometimes, members catch a great action shot or photo moment. If you do, please share your pictures with us. Email your digital photo(s) to

rlbc.sk@outlook.com

*My sister goes all haywire whenever she misplaces her camera.
One could say . . . she's a loose Canon!*

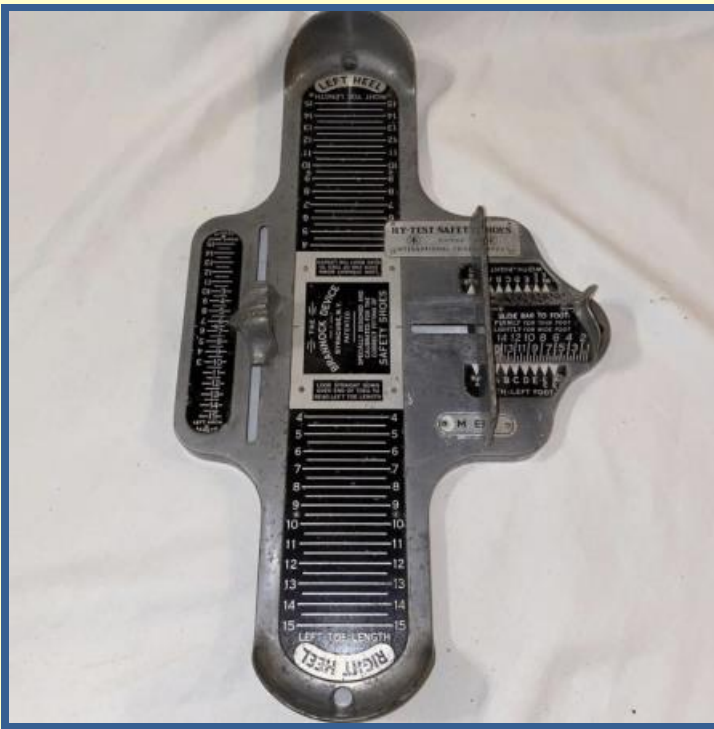


Me . . . When I spot another person who just filled out their RLBC Membership Application Form.

How does the Easter Bunny send in his RLBC Membership Application? By HARE-Mail.

If you can't make Membership Renewal Day, and you don't have time to drop by the clubhouse with your membership form, you can always Hare-Mail it to us –

RLBC | PO Box 31102 | RPO Normanview | Regina, SK | S4R 8R6



Tender Tootsies Measure Up

Remember to wear flat soled shoes when rolling bowls.

If you don't wear flat soled shoes, you could damage the greens.

If you don't have flat soled shoes, or, if you forgot them at home, you can always bare-foot bowl.

Let's all 'measure up' and keep our greens in good condition!

Bowls Buddy

If you would like to be a Bowls Buddy to a new member, please indicate your interest on your membership application.

What are the expectations of a Bowls Buddy? Well, a Bowls Buddy mentors a new bowler by meeting the new bowler for draws and games, being available to answer questions, and perhaps a bit of socializing at the club – you know, showing the new bowler around. Don't assume that the new bowler knows everything there is to know about the club. Sure, they probably took a lesson or two before they joined, but the Bowls Buddy really helps the new bowler feel at home.

Being a Bowls Buddy is great way to welcome new bowlers and make sure they feel comfortable at the RLBC.



Welcome to the Assumption Club. I think we all know why we're here.



There are so many reasons to try lawn bowling.

Let's list just some of them

- Lawn Bowls is low impact physical exercise. Keeps your joints limber and your body moving.
- Mental alertness through shot selection.
- Lawn Bowls provides social activity through the games or at our coffee bar.
- Speaking of our coffee bar . . . enjoy complimentary coffee, tea and hot chocolate.
- Lawn bowls is affordable. There are many types of memberships available for purchase. Pick the one that works best for you.
 - 6-49+ Plus Punch Cards. Enjoy 7 games of bowls for \$49.00.
 - Our Youth Program rocks!
 - Fabulous, qualified coaches to help the novice and more experience bowlers.
 - Daily draws.
 - Fun club tournaments.
 - Friday Night Jitney.

How many more reasons can you think of to join the Regina Lawn Bowling Club. If you know of someone who might enjoy playing bowls, invite them to our Open House or National Bowls Day at the RLBC. Let's let others know about Regina's best kept secret!

Provincial Playdowns

"I'd rather regret the risks that didn't work out than the chances I didn't take at all." ~ Simone Biles

With the Provincial Playdowns starting in a couple of months. . . . why not enter a team or as a single player. As the saying goes in lawn bowls ~ any one can beat any one on any given day. So why can't it be you?

Watch for the Provincial Playdowns Schedule of Events. A copy will be posted on the Bowls Sask Bulletin Board at the RLBC Clubhouse. Make sure you check for registration deadlines – don't miss out. Also, check out the location. Not all provincial playdowns take place in Regina.

**Writers! Authors! Journalists! Columnists! Story-tellers! Novelists!
Reporters! Poets! Correspondents! Contributors! Freelancers!**



Do you have an idea for the Between Bowls newsletter?
You do? What is it?

Do you want to see a monthly column from a specific person?
You do? Who is it?

Do you want to see a monthly column about something specific?
You do? What event?

Do you want to write a story to be included in the Between Bowls Newsletter?
You do? That would be awesome!

Do you want to write a monthly column?
You do? We'll dedicate a page just for you!

Do you have an idea for a story but need a ghost writer?
You do? We've got ghost writers on call!

Do you have pictures that you would like to showcase in the newsletter?
You do? Send them to us and we'll even give you credit!

If any of these ideas sound like something you are interested in, or, if you have your own idea, please contact us and let us know.

We are always looking for new and creative ideas for our newsletter. And, we are always looking for members to provide stories or articles that can be included one time or on a monthly basis.

Please send your suggestions to us because we'd love to include the articles that you want to read.
Thank you. RIbc.sk@outlook.com



**Hi guys! I guess the RLBC
will be open next month so
if you could get your
application in. . .**



Backboards Boys

The Backboards Boys met in late February to finalize their plans for backboard replacement. We are told, from reliable sources, that the meeting went very well; they have a solid plan and they know what they are going to do.

In very technical terms, here's the plan The backboards will be supported by custom metal brackets mounted on concrete piles. The backboards will be composite. There will be a slight angle down on the boards to stop bowls from bouncing back into the ditch. One corner of the green will be open and have a ramp down to keep equipment from destroying the new backboards and to make it easier to get on and off the greens. The soil around the backboards will be re-leveled to make it look proper again. Green A will be done after B Cubed finishes – starting the 2nd week of July. Plan is to have Green A done for the 2023 Canadian Youth Championships which take place July 26-30. Whew – that's a tight time frame! Hopefully volunteers will step forward to help take down the old backboards which would save a ton of money for the Club. Now, would someone kindly provide the Ernie and Bert version for those of us who are not techy in the ways of backboards? Please?

Oh no?!

Just when we thought we had it cased Remember last month when we told you that Trystan was going to return as our Assistant Greenskeeper? Remember how excited we were? Well, wouldn't you know it, Trystan was offered a job in her field of expertise. She let us down easy. There were some tears shed (not the equipment shed – real tears!). But, that wasn't going to solve our Assistant Greenskeeper issue.

So Doug reached out to some individuals who boasted about their green thumbs. And, lucky for us, we found the perfect replacement.

More about our new Assistant Greenskeeper in the next edition of the Between Bowls Newsletter.

Thank You

Thank you to our volunteers who have offered to help around the club.

Janice Robson

Card Connection

Jean Roney

Laundry

Bo Kos

Recycling

You?

First Aid Kitty

You?

Food Services

We really appreciate member's help throughout the season. Your contributions are noticed and valued.

We have two jobs that you might be interested in.

The first is our First Aid Kitty. Your duties would be to check the first aid kit to ensure it is stocked with relevant supplies. You would replenish the kit as required and submit your invoice for reimbursement.

The second is our Food Services volunteer. During Provincial Playdowns, our summer student will be taking food orders, placing the order and collecting the funds. Your job would be to hand out the food to the athlete, coach, umpire or spectator, and then cleanup. You would also be asked to get the coffee pot going, put out some cookies on plates, and make sure there is plenty of iced tea and lemonade made. The days we need help on are: June 15, July 8, July 15, Sept 9 & 10. If you are available any of those days, would you please let us know and we'll mark you down. Thank you.

rlbc.sk@outlook.com

Membership Money

You are probably getting ready to submit your RLBC Membership Application for the 2023 season. There are several payment options available:

Cheque – Payable to Regina Lawn Bowling Club Inc.

Money Order – Also payable to Regina Lawn Bowling Club Inc.

E-transfer – BcubedBowls@outlook.com You need to provide us with a password so we can transfer the funds from your bank account to ours.

Cash – We always accept \$\$\$\$.

Combo – You can pay half cash and half e-transfer; or half money order and half cheque; or half cash and half cheque; you know, that sorta type thing.



Credit or Debit – Sorry, we can't accept credit card or debit.



The Amount? Easy Peasy

Regular Membership	\$200.00
League Associate	\$100.00
Youth Membership – Full (U25).....	\$100.00
Youth Membership – Restricted (U25)	\$40.00
Jitney Associate – Friday Nights Only	\$50.00
Associate Membership (Opening Day/Canada Day/Windup Only).....	\$25.00
Bowls Rental	\$20.00
Locker Rental	\$10.00
Keys	\$10.00

New Horizon's Grant for Seniors

Thanks to Karen and Mark the RLBC was notified that we received the New Horizon's Grant for Seniors in the amount of . . . drum roll please . . . \$25,000.00. I repeat, twenty-five **THOUSAND** dollars! Yes, you read that correctly . . . \$25,000.00!

So, what did we qualify for? Well, a double-wide garage. Thanks to Karen who completed the grant application and to Mark for getting a garage quote.

Next step? Asking City of Regina permission to erect a double-wide garage on the RLBC grounds. Shouldn't be a problem ~ Doug has contacts at the City. Not contact lenses ~ personal contacts.

Then the fun part begins. What color? What kind of doors? Where should we put it? Should we plop it down on the grass or get a cement pad? What should we put in the garage? Should we get locks and keys for it? Should we run power to it? Can we decorate it? What about the security camera? Do we need more insurance? Can we name the garage?

This is going to be soooooooo much fun! Can't wait. Wouldn't it be nice if the garage were installed before we host the 2023 Canadian Youth Championships?

\$25,000.00	\$25,000.00	\$25,000.00	\$25,000.00
\$25,000.00	\$25,000.00	\$25,000.00	\$25,000.00



\$25,000.00	\$25,000.00	\$25,000.00	\$25,000.00
\$25,000.00	\$25,000.00	\$25,000.00	\$25,000.00

Used to be rock around
the clock, now it's
limp around the block.



RLBC Walkers

11 laps around any green	=	1 mile
7 laps around A & B or C & D	=	1 mile
4 laps around A, B, C, D	=	1.1 miles

I found two stones on my walk . . . one was big and shy, but the other was a little boulder!

Speaking of Grants . . . did you hear that we were successful once again, in getting a grant to purchase 50 new sets of bowls? Isn't that awesome? Where will we put them all? So excited!

April Fools!



Brandon's Boom Box

With updated tunes and a reconfiguration on its way, make sure to turn on Brandon's Boom Box if you would like to roll bowls while groovin' to some tunes.

The Boom Box is located on the black cabinet to the west of the locker entrance. Just flick the light switch (it actually controls the music) and pick your genre.

If you are the last to leave the grounds and the music is still playing, kindly turn off the switch before you go.

Thank you and enjoy!

When my friend talks about the 80s, they think of boom boxes . . . I had to stop them. That's just a stereo type!





The Ride of a Lifetime!

Well, Kevin's bike rack design is coming along but not quite ready yet.

We are all wondering what Kevin's finished design will look like by the time the season opens in May. Or, maybe the bike rack won't be ready by May. You'll have to wait and see.

*Why can't a bicycle stand up on its own?
Because it's two tired!*

Canadian Short Mat Bowls Association



<http://www.canadianshortmat.org>

This website provides you with info all things Short Mat related. There's a link to the Indoor Bowler Magazine where you can click on all types of information related to Short Mat world wide. There is information about Indoor Short Mat tournaments across Canada – perhaps there is a tournament that you would like to enter.

Brain Freeze

What's your motivation?

Motivation. Who needs it?

Well, we all possess motivated reasoning, believe it or not. So, what's motivated reasoning? Technically speaking, motivated reasoning is our mind working in the background to influence our response to evidence.

Say what????

K.

Let's put this into bowls terms.

When two teammates are at the head . . . seeing the same head . . . and they are discussing the next shot . . . and they have opposing views on which shot to play . . . each team member will be even more committed to their shot selection than agreeing with their teammate. You probably thought the opposite was true, right? Nope!



Why is that? Can't we just all get along?

Well, when teammates with opposing views on shot selection examine the same head – most bowlers are even more confident in the shot they originally thought was the right one. We tend to 'stick to our guns' because we remember times in the past when our suggested shot worked and theirs didn't. Our brain relies on past experiences and that's how we make our decisions.

So what does this mean in a bowls game? Well, communication for one thing. If you have serious concerns about the shot your teammate is suggesting, explain your concerns. Perhaps your teammate can put your mind at rest by saying . . . Oh, I see your point, but I've made this shot many times before, I'm confident it is the best shot for our team.

Don't be afraid to speak up . . . but also realize that your past experiences weigh heavily on your decision making. Weigh the pros and cons about the next shot – and then go for it.

I'm not Super-sticious . . . but I'm a little-sticious

Coats of Many Colors . . . and Sizes . . . and Textures

When I saw the pile of free pants on the street . . . I really picked up the slack!

Don't forget – we have coats of many sizes hanging on the coat rack in the lower level of the clubhouse. When it's a bit chilly outside, or if it starts to rain, please help yourself. Sometimes, group booking volunteers let the high school students use the jackets – because, you know, teenagers don't always remember to bring their hoodies.

**Last night, my wife
asked me if I'd seen
the dog bowl.
I said, "I didn't know
he could."**



... . The Word Is: Members Renewal Day

R-L-B-C



Come Roll With Me in 2023

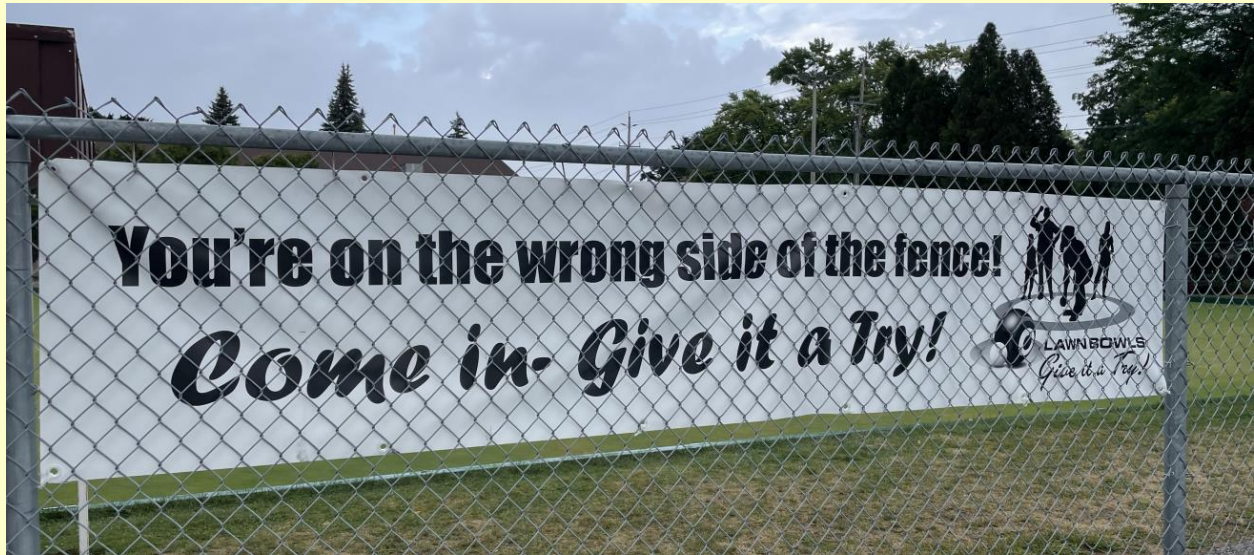
Another new initiative at the RLBC this season is the purchase of new bowls towels for our members to use as well as for our group bookings participants to use.



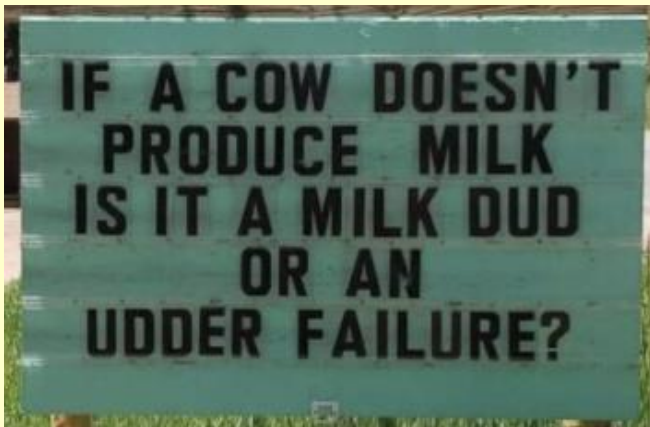
When you go to the bowls cloth cupboard, located in the locker area, to grab a towel or two, don't be surprised if you find a new selection of assorted towels available for your use.

When you are finished with the bowls towel, either return it folded to the bowls towel cupboard, hang it on the towel rack to dry, or place it in the laundry hamper in the Unisex bathroom for cleaning. Your choice!

Thanks to John and Judy for getting some new bowls towels for the club.



A Note from the Director of Beverages and Snacks



John is always looking for great ideas to add to our selection of non-alcoholic beverages and to our snacki-snack cart.

If there is something you would like to see offered, and if it is available and within budget, John will do a bit of taste testing and if it passes, you will see your suggestion offered at the club in 2023.

Jacks & Jokers Social Time at the RLBC

Don't forget – we have Jacks & Jokers available for anyone who doesn't feel like bowling but wants to socialize and play a game of cards. Even our bowls like to play a board game once in a while!





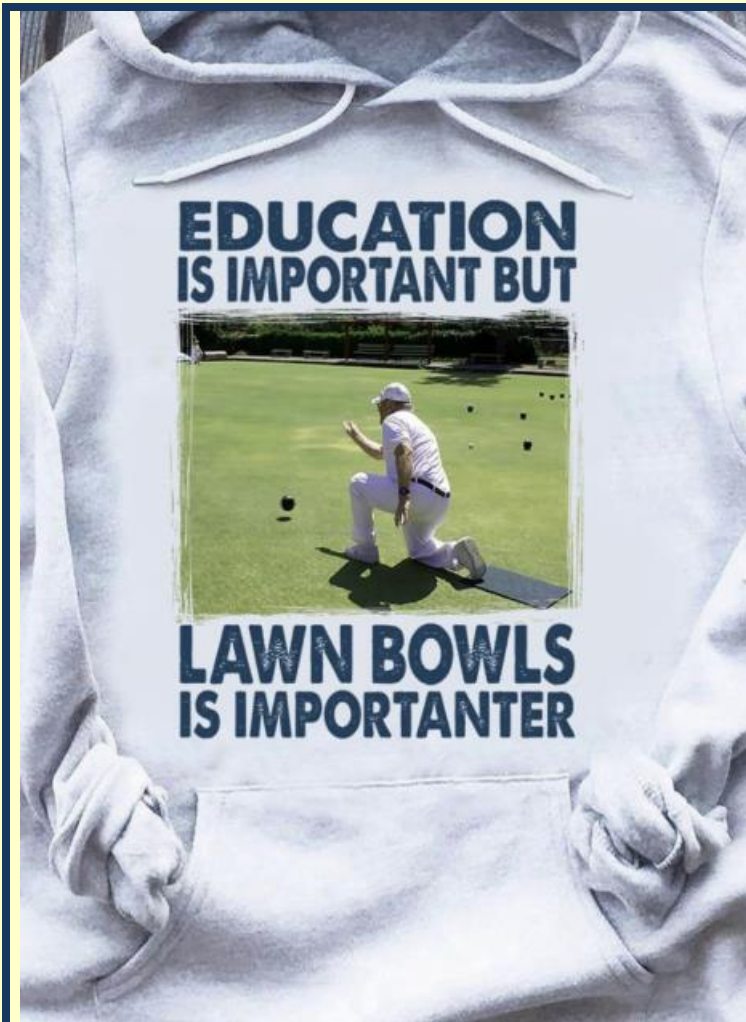
Well . . . there may be something wrong with these steps, but there is nothing wrong with our step downs that Al Hastings made for us. Getting down onto the greens from ground level isn't always easy. Please feel free to use the portable step downs to make it easier on your knees.

Bowls Sask Tournaments

The long-awaited announcement of the two Bowls Sask tournaments has been made. Here's the scoop.

Grassroots Tournament	August 12 – 13	Nutana
Bowls Sask Tournament	September 9 - 10	Regina

Interested? Contact Bowls Sask and let them know.
bowsask@sasktel.net



School Groups

This season, we anticipate that there will be many school groups visiting the RLBC for 2-5 sessions per group as part of their high school Phys Ed class.

The first time the students come to the RLBC, we require more volunteers. After their first visit, we require fewer volunteers – because the students already know how to bowl.

Our Group Bookings Office Admin Summer Student will be contacting you throughout the season asking for your assistance to help with group bookings. Please lend a hand if you are available. Thank you so much.

Here's to the guy who invented Zero. Thanks for nothing!

Speaking of nothing . . . when you submit your Application Form to the RLBC for membership this season, you won't receive a receipt unless you request one.

Your Bowls Sask membership card will be with our Office Admin employee – so just ask for your card when you are at the club. You will need your Bowls Sask membership card if you plan to compete in Provincial Playdowns – even if the event is held at the RLBC.



... The Word Is: Provincial Playdowns

C-O-M-P-E-T-I-T-I-V-E-S

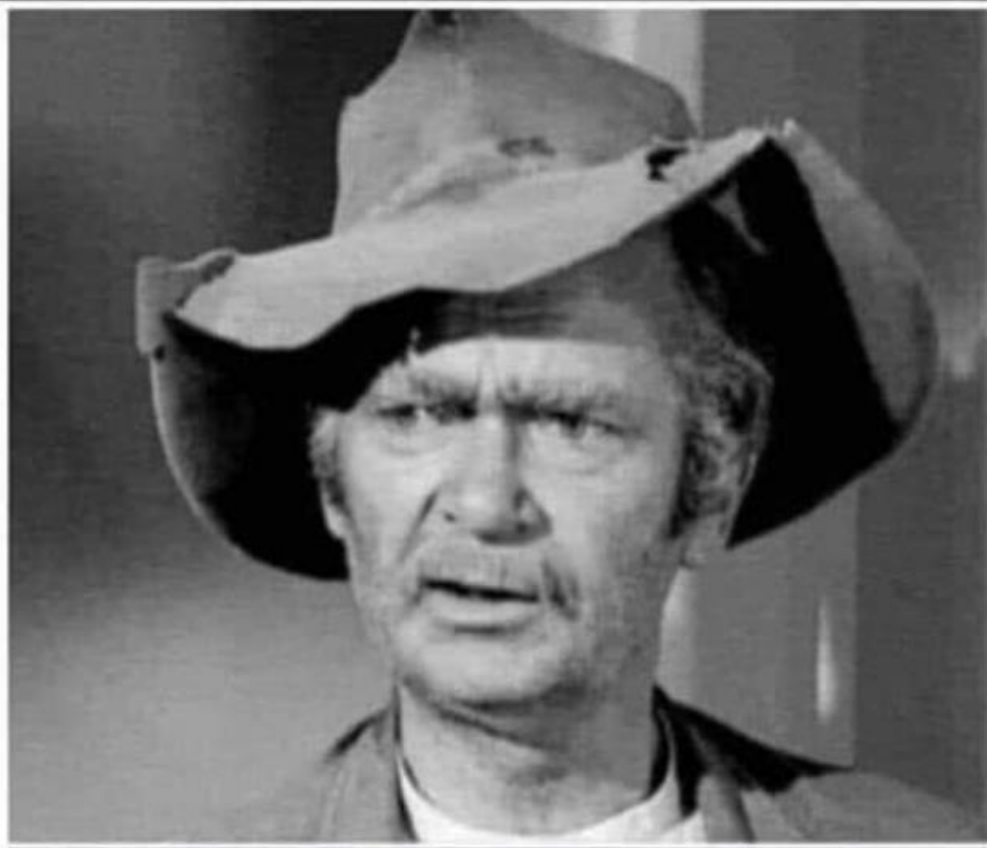


Provincial Playdowns – Here's the List

Men's & Women's Pairs
Men's & Women's Fours
Outdoor Singles
Indoor Singles
Senior Triples
Youth
Mixed Pairs

June 9 – 11
June 16 – 18
June 23 – 25
July 8 – 9
July 14 – 16
July 15 – 16
July 21 – 23

Mayfair
Regina
Nutana
Regina
Regina
Nutana
Mayfair



Me when
someone says they
haven't entered their
Competitive 3's team at
the RLBC yet.



See it. Say it. Sorted.

In England, they have a nation-wide saying See it. Say it. Sorted. This means . . .

See it: If you see something that looks suspicious, maybe a leaky toilet, a problem with the gate, the air conditioner seems off, then . . .

Say it: Tell a board member or the President or email us at rlbc.sk@outlook.com

Sorted: And we'll sort it all out.

Guaranteed Draws at the RLBC

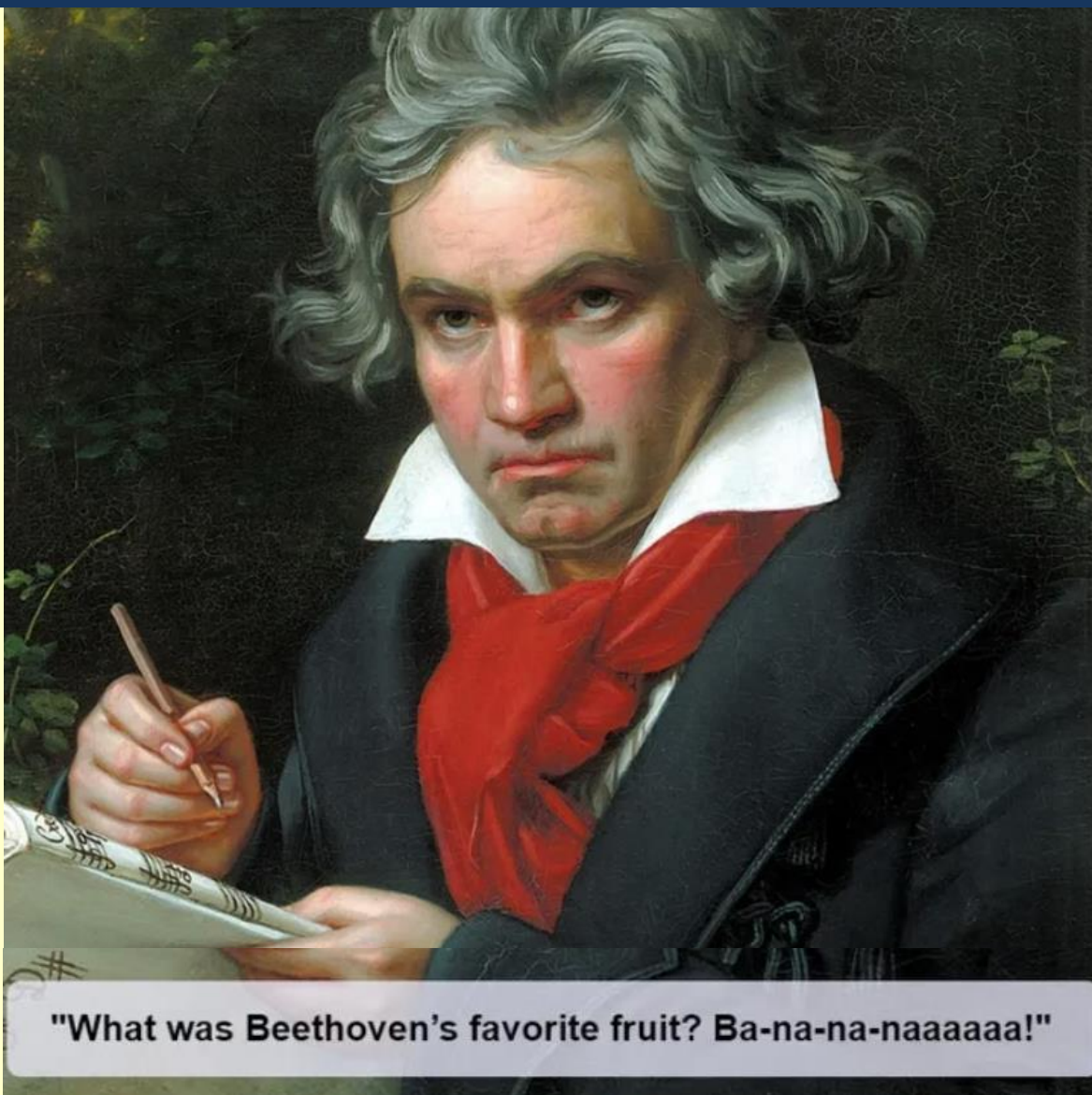
Over the past few months, we told you about our guaranteed draws for the month of June. We promised that if you came to the RLBC to roll bowls on Monday evenings, Tuesday afternoons or Wednesday mornings, that we'd have someone at the club ready to bowl with you. We asked you to email us with your interest. Here's what we have so far:

Monday Evening:	6 members guaranteed they'd be there
Tuesday Afternoons:	4 members guaranteed they'd be there
Wednesday Mornings:	5 members guaranteed they'd be there

Hopefully, a few more members sign up for guaranteed draws. If not, no worries. We have members who guarantee to be at the club and they are ready to have a game of bowls with you.

Bowls Endurance

Increase Endurance. When the RLBC Opens in May, you might be a bit rusty. Don't go out the first time for a 2 hour practice followed by an 18 end game. That's too much. Start slower and increase your bowls practices or draws a little bit every time you go out. This will also help prevent injuries. Don't forget to stretch and warm up before bowling.



"What was Beethoven's favorite fruit? Ba-na-na-naaaaaa!"

FRUIT SNACKI-SNACKS

Speaking of fresh fruit . . . do you think we should ask John to stock fresh fruit on the snacki-snack cart this year? Sounds like a good idea to me. But wait. What if all the fruit doesn't sell. Then what? Ah, maybe we should just stick with packaged snacks.

But Hey – here's an idea. What if we offered fresh fruit – like apples and oranges – as healthy snack alternatives, only, instead of having them on the snacki-snack cart, they could be located in the fridge? Or, how about foot pouches? Those are delicious! A loonie a piece, of course. Now, why didn't we think of that sooner?

So . . . what does John think? You'll know by the time the season starts.

The Word Is: THURSDAY NIGHT LEAGUE

B-C-U-B-E-D



B Cubed is sold out. We have 48 teams and 196 players registered in the league – and . . . we have 10 teams on the wait list. We had 100% return from our teams from last season! Now, THAT's impressive. Every Thursday evening, starting in late May until the middle of July, you will see our B Cubed players take the Greens as they vie for the coveted B Cubed Cup.

Please come down to the RLBC on Thursdays and enjoy a hot dog and a beverage. Watch some games, or have a roll up - and enjoy a night out.

Hot Dogs: \$3.00 each or 2 for \$5.00
Alcoholic Beverages (beer, wine, coolers): \$5.00

NEW TO WINNIPEG

B CUBED - BOWLS, BEVERAGES, & BARBEQUE

Recreational Lawn Bowling League

Are you looking for a fun activity this summer to enjoy with friends, family or coworkers? Norwood Lawn Bowling Club is launching a new recreational league called B Cubed - Bowls, Beverages, and BBQ...and music!

- Teams of 3-4. Register as a team or individual
- Everyone in the league will be new to lawn bowls
- Games played on Wednesday evenings in June and July
- Cost is \$100 per person for the 8-week season
- 18 years+
- Cash bar/BBQ
- No experience or equipment needed-just flat soled shoes or barefoot



To register or for more information, email us at: bcubedwinnipeg@gmail.com or call/text: (204)981-6055. Registration deadline: May 1, 2023

Held at Dakota Lawn Bowling Green - 1212 Dakota Street

What's that old saying? Oh ya . . . imitation is the best form of flattery.

Look what's happening in the 'Peg. Our Regina B Cubed Rec League caught on and with some help from the Regina B Cubed Organizers, Winnipeg is ready to roll this season.

With more and more interest in Regina's B Cubed – perhaps our league will be represented coast to coast to coast all across Canada.

Baker's Box



"Leave the darn sign in the kitchen where it belongs!"

Don't forget about our new idea – the Baker's Box.

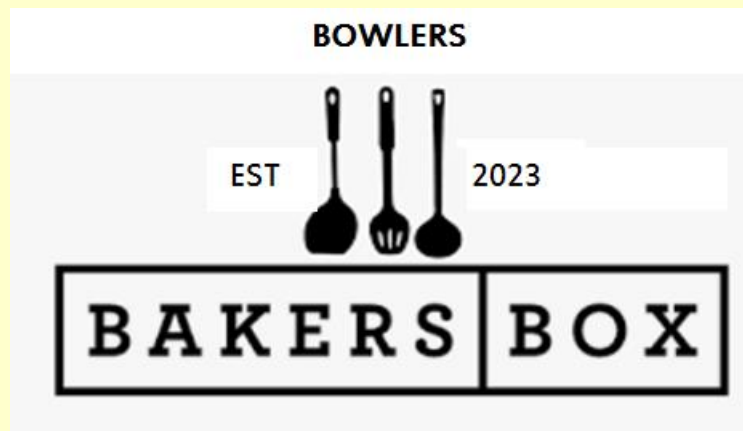
If you like to bake cookies, squares, muffins, etc., the RLBC is looking for donations of your baked goods for our Baker's Box.

A drawer in the freezer will be assigned to the Baker's Box. It will be the drawer labelled "Baker's Box". Anyone wishing to donate baking can put their baking in the freezer drawer. It would be great if you could label your baking – what it is, date – you know, that kind of stuff.

The baking will be used for special events at the club like Open House, National Bowls Day, July 1, Heritage Day, the Windup, and of course, the 2023 Canadian Youth Championships.

We will kindly accept baking all season long. A Baker's Dozen in our Baker's Box works for us – don't feel like you have to bake enough for the entire season.

Thank you so much.





KEYS TO SUCCESS

Remember if you want a key to the clubhouse – indicate that on your membership form. Keys cost \$10.00 for the set. If you already have a set of keys, please indicate this on your membership form. We are keeping an inventory.

I'm addicted to pressing the F1 key on my computer. I'm trying to get help!





Coach's Corner

No, there is no elevator to success – but there are small things you can do to put yourself in the best possible position for success. Small steps can help improve your game. Stretching, for example, is one thing. Stretching your arms and legs before a game will help to get you physically ready to roll bowls. Using the portable stairs onto the Greens that Al Hastings made is another strategy. If you require assistance with the portable steps, just

**There is no elevator
to success
you have to take
the stairs.**

I first started stretching before games when I was a teenager. I found that my delivery was smoother if I did some hamstring stretches and some quad stretches. I also watched to see if any of the older players that I was playing against did not do any stretching before a game. If they did not, often the first length that I would deliver the jack was 6 feet from the ditch. Then I would watch them bounce their bowls down the green. Incorporate stretches into your pre-game routine.

ask our Office Admin, and she'll be happy to help. Keep physically active, keep mentally engaged, and keep all those little tricks up your sleeve for a more enjoyable game of bowls.

The Word Is: Bowls Sask Events

F-U-N



In addition to the Provincial Playdowns, Bowls Sask offers other events that you may be interested in. Here's the list

Club Coach Workshop	May 19 – 20	Regina
Athlete Development Clinic	May 27	Regina
Bowls Sask AGM	May 28	Zoom
National Bowls Day	June 3	Regina
Sport Medicine & Science Day	June 4	Regina
Athlete Development Clinic	June 4	Mayfair
Grassroots Tournament	August 12 – 13	Nutana
Bowls Sask Tournament	September 9 – 10	Regina

First Aid Kitty

The First Aid Kitty volunteer position is still vacant.

As the season draws nearer to opening day, we are hoping that a member will take on the role of First Aid Kitty.

Your duties? When you are at the clubhouse, check the First Aid Kit for supplies. If you notice the Kit is running low on product, pick up the items, submit your bill for reimbursement and you're done!

If you are interested in being our First Aid Kitty – email us. We'll get you started. Rlbc.sk@outlook.com

No medical training necessary.



Darren is Baaa....aack



We are very pleased to welcome our Greenskeeper – Darren Gress – back for another season.

He works early mornings and some weekends.

When you are at the club, if you see Darren – go say Hi!



Cathedral Short Mat

With just about a couple of weeks left to play indoors at the Cathedral Short Mat, the players are enjoying rolling bowls in an active and vibrant Friday Night social at the RLBC. No Short Mat on Good Friday. The last day of Short Mat is April 14.

The coffee pot is still brewing excellent rich, dark coffee, the hot chocolate tin still has some decadent Baker's packages ready for a mocha, and the herbal teas are calling your name.

With just a few Friday's left in our season, you might want to come down and try out Cathedral Short Mat – and then decide if you want to join next season.

The cost to try out CSM? \$15.00 the first time and \$7.00 every time after that.



CATHEDRAL
— SHORT MAT —

Men's & Women's 4s

The provincial playdowns for the Men's & Women's 4s will be held in Regina starting on June 16 until June 18. If you don't have a team entered in the Men's or Women's 4s, come down to the RLBC and enjoy some great bowls. There will be refreshments and a lunch served for a fee.



B Cubed Just Got a Little Cooler

Thanks to the generous financial donation from Backyard Escapes B Cubed organizers were able to purchase two large coolers which will help keep all the alcoholic beverages cold during the hot summer evenings.

So, that gives us 4 coolers in total. Two large new ones, the older one from last year, and the cooler used for the non-alcoholic beverages. Yup, that makes 4.

Thank you very much to Brian at Backyard Escapes for your generous donation which will help B Cubed and the RLBC for years to come.

**Me, whenever I see a
security camera 😂**



At the RLBC, we got security going on everywhere.

We got security cameras inside the clubhouse.

We got security cameras outside the clubhouse.

Now we got additional 24 hour security compliments of Executive Protection Services.

You can always feel secure at the RLBC!



Photo compliments of John Whiting

Championship Review

So, Jordan and Ernie have returned to Regina after meeting in Toronto with other like-minded athletes, coaches, selectors, volunteers and office personnel . . . who were tasked with coming up with a new format for the Canadian Championships.

The whiteboard worked over time. 2 packages of dry erasable markers were used. The eraser is worn out. But . . . the group came up with some pretty good ideas (we hope you agree).

Remember, the format for the 2023 Canadian Nationals is the same as previous years. The new format – once it is finalized – will be implemented in 2024.

So what's the new format?

Well, you'll have to wait for the official press release from Bowls Canada Boulingrin . . . which should be coming any day now.

Supplies



If you happen to notice that we need supplies – you know, we ran out of something like – toilet paper, soap, napkins, paper towel, tissue, paper, pens, printer ink, coffee, tea – send us a quick email.

Sometimes, we just don't know that we ran out.

**Email us –
rlbc.sk@outlook.com**

We asked Liz, our Office Admin person, why she went to the gym to get printer supplies. She said – that's where I go to get 'toner'.

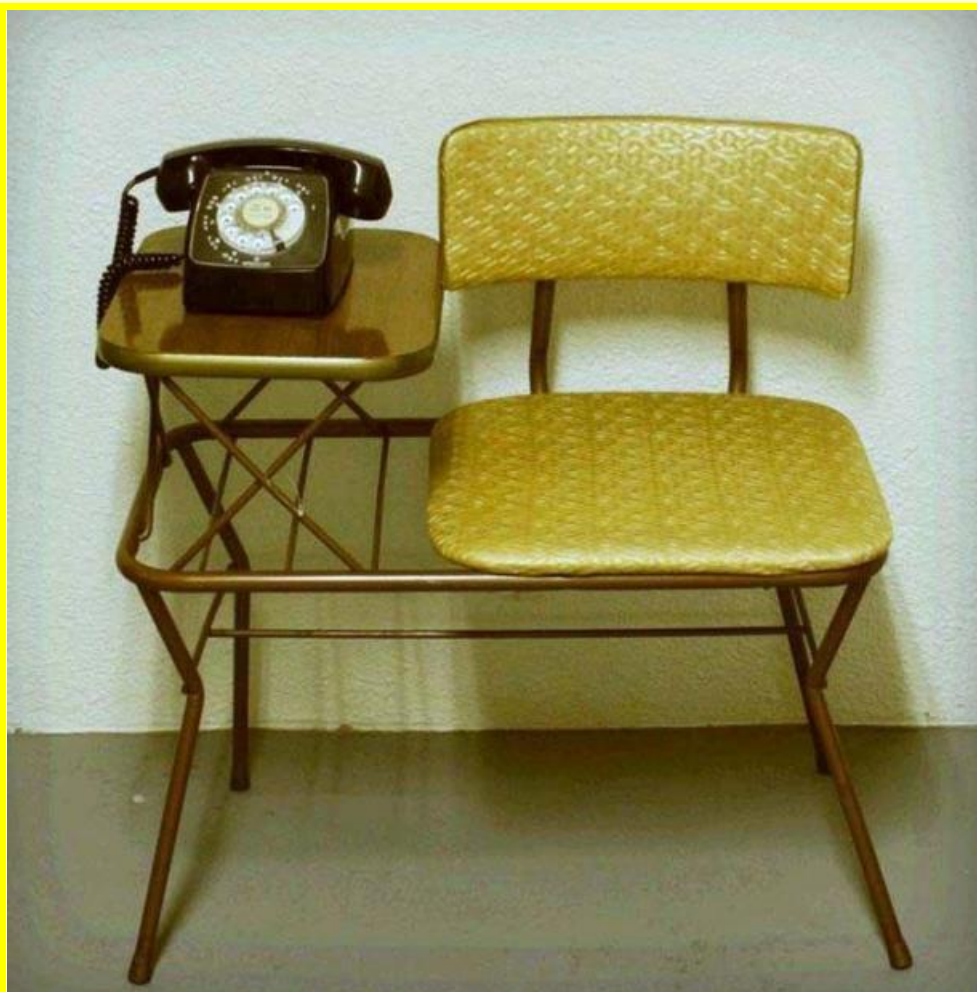
Karen's Klub Keeping Krew

Karen, our Klub Keeping Specialist, is hoping to fill her Klub Keeping Krew schedule even before the season starts.

If you think you might have a spare week or two during the summer to help with light housekeeping duties at the clubhouse, please let Karen know.

Liz, our Office Admin, will do general tidying and cleaning. Your duties will be to complete whatever jobs Liz can't get done.

Email us with your interest and availability: rlbc.sk@outlook.com. Thank you.



The RLBC is Open for Business.

**Give us a call –
306-757-9033**

If we don't answer the phone – leave us a message. We'll get back to you within 24 hours, or 48 hours, maybe 72 hours, but we will get back to you.



Competitive 3s is back

Competitive 3s is an Open Triples format – all men, all women or some of each – playing an intense round robin to get players ready for provincial playdowns.

Hopefully, you are busy forming your Competitive 3s team. If you are, please register your team with Janet or Lois. To register, please provide the following information:

Team Name

Team Members

The schedule will be sent to you once the Competitive 3s registration deadline has passed. Registration deadline: April 17.

Remember to dress alike. It will be so much fun when we all show up looking like a team.

If you are interested in being in the Competitive 3s league, and you can't find a team, let us know. There might be others just like you and we can put together a team for you. No guarantees . . . but we'll try.

If that doesn't work out, or, if you'd rather just sub, we will be creating a sub list which will be distributed to the teams. You know, just in case they need a sub for a game or two.

Email us:

rlbc.sk@outlook.com



Brewin' with the Board

The RLBC Board met on March 29 and there was a lot to talk about. A lot. Like, so much stuff. Here are the highlights:

- New Promotional Video will be launched very soon. Thanks, Brandon!
- New Horizon's Grant – Successful!
- Summer Student Grant – Application Completed!
- Co-op Community Spaces – Application Submitted!
- 110th Year Picture is printed and is now at the framing shop. Oh where to hang it.
- Backboard Replacement – City says, it's a go!
- Yearly Liquor Licence – Almost ready!
- Rink Markers – They are ready – thanks, Al Hasting.
- Bowls Sask Membership Fees are going up. Yikes!
- TV donated to the RLBC – Thanks Scott!
- Lawn Summer Nights is back . . . but different this year.
- We're implementing Leagues this year and we'll start with a Monday Night Social League.
- Dates are set for all the club events.
- Budget was passed.
- Club Tournaments will take place on Tuesdays and Wednesday.
- Ordering some tossing coins. Heads or Tails?
- Adopted a new slogan for the season – **Come Roll With Me in 2023**. Catchy!



They should announce a sequel to Groundhog Day and then just re-release the original.



How about a sequel to Membership Renewal Day and let's do the same as last year. For those of you who attended the 2022 Membership Renewal Day – this was an afternoon whereby former members could meet at the club, hand in their membership form, pick out their locker, drop off their bowls, and meet the President and the board. Well, we're going to do the same thing this year.

Date: April 30, 2023
Time: 12:00 pm – 3:00 pm



Coffee, Tea, Hot Chocolate

As the season is about to start, the RLBC Board wants to welcome you to the clubhouse to socialize and enjoy a fresh hot cup of coffee, tea or hot chocolate. Our coffee cart is fully stocked with an assortment of rich coffees, black and herbal teas, and flavoured hot chocolate.

We also have a Keurig pot located in the kitchen area with plenty of selection of hot beverages for you to choose from.

Enjoy a fresh brew, compliments of the RLBC!



EATING IN THE FIFTIES

Pasta had not been invented. It was macaroni or spaghetti.

Curry was a surname.

A take-away was a mathematical problem.

Pizza? Sounds like a leaning tower somewhere.

Bananas and oranges only appeared at Christmas time.

All chips were plain.

Oil was for lubricating, fat was for cooking.

Tea was made in a teapot using tea leaves and never green.

Cubed sugar was regarded as posh.

Chickens didn't have fingers in those days.

None of us had ever heard of yogurt.

Healthy food consisted of anything edible.

Cooking outside was called camping.

Seaweed was not a recognized food.

'Kebab' was not even a word, never mind a food.

Sugar enjoyed a good press in those days, and was regarded as being white gold.

Prunes were medicinal.

Surprisingly muesli was readily available. It was called cattle feed.

Pineapples came in chunks in a tin; we had only ever seen a picture of a real one.

Water came out of the tap. If someone had suggested bottling it and charging more than gasoline for it, they would have become a laughing stock.

The one thing that we never ever had on/at our table in the fifties ... was *elbows, hats and cell phones*.

These are all excellent ideas that our Catering Director might keep in mind. If you are interested in organizing one of the events the RLBC is hosting this season, we'd be happy to hear from you. There will definitely be a lot of help for you. Judy and John said they'd be happy to provide you with some tips and tricks. Heck, they'll even give you some on-the-job training. Give it some thought and if you are interested, let us know.

Email us – rlbc.sk@outlook.com

We'll get you in touch with John and Judy.



Later with Liz

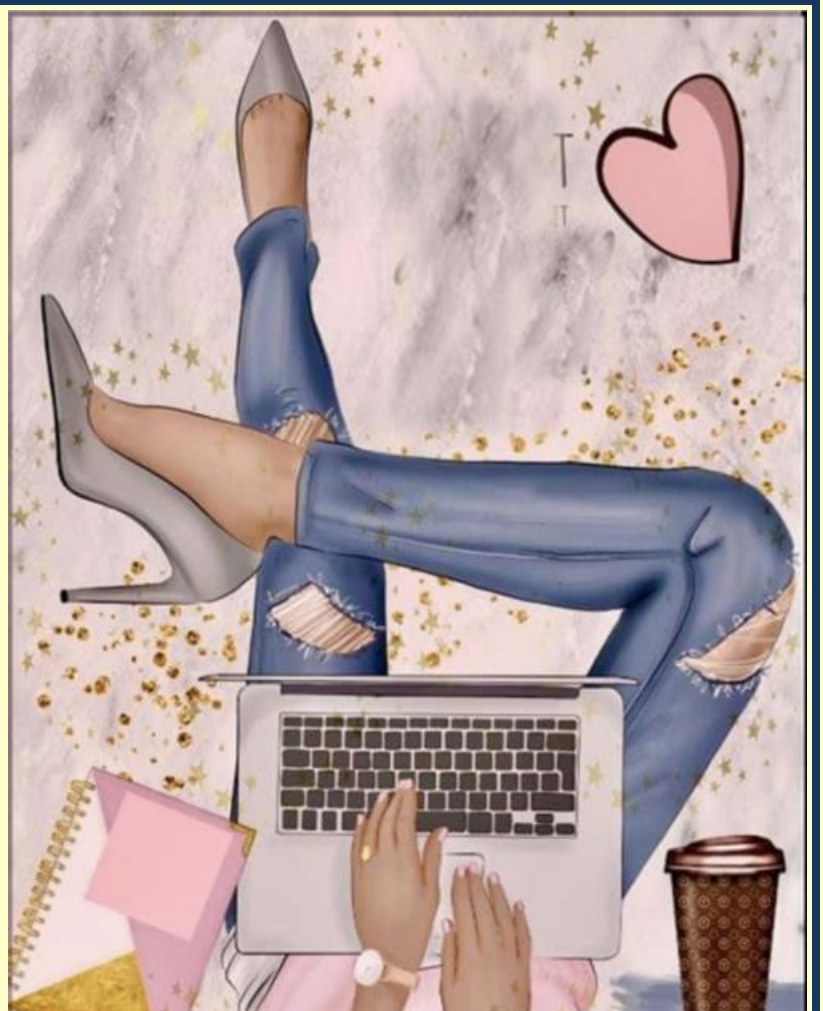
Liz will be starting work in early May for training purposes. A couple of days here, a couple of days there. By the time Opening Day arrives, Liz will be at the RLBC Club ready to handle all things bowls.

Liz will handle all the group bookings - both corporate and school. Liz will have your Bowls Sask Membership cards available for you – just ask her for them.

If you call the club, Liz will likely be the voice you hear on the other end of the phone.

If you want to purchase a 6-49+ Punch Card, just ask Liz. She'll sell you one or two.

When you are at the club, please introduce yourself to Liz – and please make her feel welcome.



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



BOWLS CANADA

Bowls Canada Boulingrin continue to provide guidance and support, not only to the RLBC, but to all clubs across Canada. Thank you BCB.

Thank you to Bowls Saskatchewan for their continued support.

BOWLS SASKATCHEWAN INC.



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

Sterling Plumbing - Heating - Air Conditioning are awesome. Thank you for your sponsorship of a large portion of the supply and install of the air conditioning unit for the RLBC in late 2021.



D&R Roofing supplied new shingles and re-shingled the greens maintenance shed. Wow! Thank you so much.

Thank you to Ripplinger Financial Corp for their generous and continued sponsorship of B Cubed by supplying numerous prizes and the B Cubed Booze Basket.





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

District Brewing Co provides beer for B Cubed and the RLBC at a reduced price! This pricing contributes to B Cubed's profit every season. Thank you so much!



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

The Kramer IMAX Theatre also provides prizes for one of our top B Cubed Teams. This season, they are providing Kramer Imax Theatre Movie passes.



**SASKATCHEWAN
SCIENCE CENTRE**

Real science. Real fun!



Thank you to Backyard Escapes

for sponsoring B Cubed with a generous financial donation used to purchase 2 larger coolers. They are also contributing towards prizes for the B Cubed winning teams.

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 Dairy Queen Elphinstone for offering a 10% discount to all Regina Lawn Bowling Club members.



The Floor Show provided new flooring in the upper level of the clubhouse and down the ramp to the lower level. Thank you so much.

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



Pete Lefebvre, of Wingert Construction Ltd., generously sponsors our 2022 B Cubed door prizes which will be given out each of the league's 8 weeks as well as partially sponsoring the promotional gift that will be given to each B Cubed player.