

BETWEEN BOWLS

Issue 38

<http://www.reginalawnbowlingclub.ca>

rlbc.sk@outlook.com

May 2023

Come Roll With Me In 2023 A Recap from Last Month's News Letter

There are more reasons than ever to become a member of the Regina Lawn Bowling Club this year. Come Roll With Me In 2023 what's happening in the next few months?

Cleanup Day	Saturday, May 6	9:00 am start time
Open House Grandparent's Day	Saturday, May 13	10:00 am – 4:00 pm
Calam's Coaching Clinic C ³	May 19 & 20	
Competitive 3s All games start at 7:00 pm	Tuesday, May 16	Thursday, May 18
	Sunday, May 21	Tuesday, May 23
	Wednesday, May 24	Saturday, June 3
Opening Day	Monday, May 22, 2023	
B Cubed	Thursdays – May 25 – July 13 starting at 6:00pm	
Bring a Friend Night	Thursday, May 25 – Evening Draw	
Jan's Jitney	Fridays starting May 26 – Pot Luck Supper	
Athlete Development Clinic	Saturday, May 27	
Men's & Women's Pairs	May 30 & 31 – RLBC Club Tournament	
National Bowls Day	June 3	10:00 am – 4:00 pm
Bowls Sask Sport Science Clinic	June 4	
Guaranteed Draws – June's Schedule	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	
Men's & Women's Pairs	June 6 & 7 – RLBC Club Tournament (continued)	
Bring a Friend Day	June 8 – Evening Draw	
Mark's Mentoring Mondays M ³	June 12 & 16 starting at 7:00pm	
Men's & Women's Triples	June 13 & 14 – RLBC Club Tournament	
Men's & Women's Fours	June 16 – 18 Provincial Playdowns	
Bowl Me Over League	Mondays. June 12 – July 10 (5 weeks)	
	Mondays. July 31 – September 11 (7 weeks)	
Men's & Women's Triples	June 20 & 21 – RLBC Club Tournament (continued)	
Mixed Triples	June 27 – 29 – RLBC Club Tournament	
Youth Program	Wednesdays from June 21 – August 9	6:30PM

We play bowls in the rain – so put away those golf clubs and come try bowls!



In lawn bowling
we just
roll with it.



Its Time to Register for Lawn Bowls

**Bowls is a Sport for Everyone
and I mean EVERYONE**

There is something for everyone at the RLBC. We have daily draws – and even guaranteed draws. We have Club Tournaments – you might win a pin or two. We have Friday Night Jitney – great lunches served. We have a Monday Night League – that’s new and exciting! We have Canada Day, Saskatchewan Heritage Day, Opening Day, and Closing Day – enjoy them all!

We offer all kinds of memberships. Regular Membership. Associate Membership. Jitney Membership. League Membership. Youth Membership.

Back by popular demand, we are also offering our 6-49+ punch cards. Play 7 games for the price of \$49.



TENDER TOOTSIES

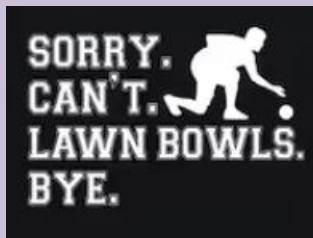
Remember to wear flat soled shoes when playing bowls. If you didn't bring flat soled shoes, you can always bowl barefoot. *If the shoe fits, get another one just like it!*

OLD BAGS

And there are some older bowls bags on the counter in the locker room. If you would like one, help yourself.



Thanks to everyone who helped with tarp removal.



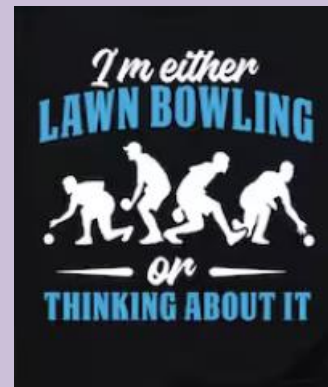
Me when I realize I forgot to enter a Competitive 3s team

YOUTH BOWLING



Don't forget about our Youth Program run by Mark. Our Youth Program is open to bowlers under the age of 18. Under the coaching and guidance of Mark and his helpers, youth bowlers meet every Wednesday, starting **June 21 until August 9, starting at 6:30pm**. If you know of a youth bowler who might be interested, bring them down to the Open House and have them give bowls a try.

With the RLBC hosting the 2023 Canadian Youth Championships this season, which is an open event, we hope to have a huge contingent of youth bowlers representing Saskatchewan at the Nationals.



OPEN HOUSE

Don't forget about the RLBC's Open House. Bring your friends, colleagues, neighbours and family down to the RLBC and let them give bowls a try. Refreshments will be served.

Date: May 13, 2023
Time: 10:00 am – 4:00 pm

Membership Types

Regular Member	\$200
Youth Member (full)	\$100
Youth Member (restricted)	\$40
Jitney Associate (Friday nights)	\$50
Associate Membership	\$25
Bowl Me Over League Membership.....	\$100
* Included in the price of a Regular Membership and a Youth Full Membership	
6-49+ Punch Cards – 7 games for	\$49

A photograph of a sign with the text "Imagine more snacks than you can imagine." in a bold, sans-serif font. The sign is set against a light blue background and is slightly out of focus.

Imagine!

Visit our Snacki-Snack Cart.

We have all kinds of great snacks – all for only a loonie.

If you have suggestions for the Snacki-Snack Cart – let John know.

We have a selection of non-alcoholic beverages for \$1.00

Except for Gatorade which is \$1.50.

rlbc.sk@outlook.com

RLBC Club Tournament

Men's & Women's Pairs

May 30, 31, June 6, 7

Enter by writing your name on the sign-up sheet at the Club. Teams will be made up for you and you'll be notified which team you're on. You must be able to compete in 3 of the 4 designated dates, but for that one time, we'll find a sub, if you need one.

Bowl Me Over League

Non-Competitive, Fun League

So, it starts on the 12th, we play 12 ends and we roll 12 bowls. Should we call the league 12³?

Dates: Mondays. June 12 – July 10. 5 weeks
Mondays. July 31 – September 11. 7 weeks

Register By June 3, 2023

Time: All games start at 7:00 pm.

Discipline: Enter a team of 3 or 4 players – Women, Men, or some of each.
You can enter as a single player or as a pair. We will try and match you up with others to form a team.

Team Name: Give your team a catchy name. If you don't, we will!

Cost: \$100.00 – for League Associate.
Free – for Regular Members and Regular Youth Members.

Format: 12 Ends. 12 Bowls Rolled per Team.

Team of 3: All players roll 4 bowls.

Team of 4: All players roll 3 bowls.

How do I enter: Print the Membership Application form found on the next 2 pages, complete it, and return it to the President. The President will ensure it gets to the League organizers to be included in the playing schedule. Both pages need to be printed and signed. Payment needs to accompany the Membership Form.

Regular RLBC members who wish to join the league need to complete a Bowl Me Over League membership application and submit it. No payment required!

No-Show! No Problem! We can make anything work!

- If you arrive at the greens and your opponents are a no-show, no problem at all.
- You can play a pairs game if there are 4 players on your team, or you can play a game of cut-throat if there are 3 players on your team.
- Cut-throat is pretty simple. The three players take turns rolling bowls. When all bowls are rolled (usually 3 bowls each), the player whose bowl is closest to the jack gets 5 points, the second closest bowl is worth 3 points and the third closest bowl is worth 1 point. No other bowls count. The player whose bowl was closest to the jack sets the mat, rolls the jack and rolls the first bowl for the next end. First player to 21 points wins.

Other Info:

- The first session ends on July 17. This is so that league members can take a couple of weeks off before the next session starts.
- After the first session ends teams may wish to change up their players. No problem at all.
- Since this is a fun, rec league, we won't keep stats. However, if teams want us to keep stats, we will. Just let us know.

REGINA LAWN BOWLING CLUB – 2023 BOWL ME OVER LEAGUE MEMBERSHIP

MEMBERSHIP FEES MUST BE PAID & MEMBERSHIP APPLICATIONS MUST BE APPROVED **BEFORE** YOU MAY BOWL

COMPLETED FORMS & PAYMENT CAN BE

DROPPED OFF: IN THE MAIL SLOT **B1** AT THE CLUB
MAILED TO: REGINA LAWN BOWLING CLUB INC. RPO NORMANVIEW,
PO Box 31102, REGINA, SK S4R 8R6
DROPPED OFF: AT MEMBERSHIP RENEWAL DAY

NAME

ADDRESS:

POSTAL CODE:

TELEPHONE:

EMAIL:

AGE:

0-12

13-18

19-54

55+

GENDER:

(REQUIRED FOR SASK SPORT)

LEAGUE ASSOCIATE MEMBERSHIP

\$100.00

Note: For all Regular RLBC Members and for all Regular RLBC Youth Members, the cost is included in your membership.

Payment Method:

Cheque #

#

Payable to Regina Lawn Bowling Club Inc.

Cheque Amount: \$ _____

Etransfer to

BCubedBowls@outlook.com

Cash

Team Name

Other Team Members

PLEASE READ AND SIGN THE 2ND PAGE OF THE MEMBERSHIP APPLICATION.

You will be added to our Communication's List.

SIGNATURE OF APPLICANT

DATE

APPLICATION APPROVED (PRESIDENT'S INITIALS):

TREASURER'S INITIALS

MEMBER #

Obligations and Responsibilities of the Member and the Regina Lawn Bowling Club Inc.

- Any member who chooses to withdraw from participation within the RLBC for any circumstance or who chooses to not actively use their membership privileges shall not be entitled to a refund of any portion of the fees that have been paid.
- By signing this form, I desire to become a member of the Regina Lawn Bowling Club Inc. I declare that the information on this form is true and correct. I will abide by the Policies, Rules, Regulations and Bylaws of the Regina Lawn Bowling Club, the Code of Conduct of Bowls Sask and the Code of Conduct of Bowls Canada Boulingrin.
- Photographs and videos of individuals may appear on the website, social media or other publications.

Waiver

INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT

By executing this document, you will assume certain risks and responsibilities. Please read carefully.

1. This is a binding legal agreement. As a Participant in the activities, programs and events of The Regina Lawn Bowling Club Inc. and the lawn bowling (collectively the "Activities"). The undersigned, being the Participant and their Parent(s)/Guardian(s), acknowledge and agree to the following terms:

Disclaimer

2. The Regina Lawn Bowling Club Inc. and its Directors, Officers, organizers, committee members, members, employees, coaches, volunteers, officials, participants, agents, sponsors, owners/operators of applicable facilities, and representatives, and their heirs, executors, children, parents, guardians, next of kin, executors, administrators and legal or personal representatives (collectively the "Organization") are not responsible for any injury, property damage, expense, loss of income, damage or loss of any kind suffered by a Participant during, or as a result of, the Activities.

Description of Risks

3. The Participant is participating voluntarily in the Activities. In consideration of the Participant's participation in the Activities, the Parties hereby acknowledge that they are aware of the risks, dangers and hazards associated with or related to the Activities and may be exposed to such risks, dangers and hazards which can be severe and even fatal. The risks, dangers and hazards include, but are not limited to, injuries from:

- a) The sport of lawn bowls;
- b) Executing strenuous and demanding physical techniques;
- c) Vigorous physical exertion, strenuous cardiovascular workouts and rapid movements;
- d) Exerting and stretching various muscle groups;
- e) Entering and exiting the field of play;
- f) Extended time in adverse weather conditions;
- g) Extreme weather and temperature conditions which may result in dehydration, heatstroke, sunstroke or hypothermia;
- h) Falls to the ground due to uneven or irregular terrain or surfaces;
- i) Failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
- j) Contact, colliding, falling or being struck by equipment, other participants, or equipment;
- k) Collisions with fences, poles, stands, and other equipment;
- l) Spinal cord injuries which may render me permanently paralyzed; and
- m) Travel to and from events which are an integral part of the Organization's Activities.

Release of Liability

4. In consideration of the Organization allowing the Participant to participate in the Activities, the Parties agree:

- a) That the Participant's physical condition has been verified by a medical doctor to participate in the Activities;
- b) To freely accept and fully assume all such risks, dangers and hazards, and possibility of personal injury, death, property damage, expense and related loss, including loss of income, resulting from the Participant's participation in the Activities;
- c) To forever release the Organization from any and all liability for any and all claims, demands, actions and costs that might arise out of the Participant's participation in the Activities.

Acknowledgement

5. The Parties acknowledge that they have read this agreement and understand it, that they have executed this agreement voluntarily, and that this agreement is to be binding upon themselves, their heirs, executors, administrators and representatives.

Printed Name of Participant

Signed Name of Participant

Date

Complete if under 18 years of age

Printed Name of Participant

Signed Name of Parent or Guardian

Date

Friends, bowlers, countrymen, lend me your ear!.....or eyes in this case.

A word from John Whiting . . Director of Pop & Water & Snacks

There are a few changes regarding the drinks selection this year.

While we are still doing our best to maintain drinks being \$1 there will



be a drink offered that will not be staying at this price point. This year we are getting Gatorade, and it will be available for \$1.50. I regret that we cannot stay at the normal \$1 but due to inflation, taxes, and deposit, Gatorade does not come in under a dollar. But there are a couple of benefits of having this option at the club. First, it has more to drink, so more for your money. Second, it has electrolytes in it to maintain hydration. And third, it is not carbonated so it may be easier to drink on hot days.



We will still have \$1 pop and water, and we will be doing our best to find snacks that will also be able to be offered at a dollar.



There are a few other changes this year regarding the selection of drinks. We will not be having Diet Coke this year as it has not been a seller for the past 2 or so years.

In its place will be Coke Zero. Diet Pepsi is still likely to

be around. Ginger Ale will not be back this year either.

Bubly will be back this year, but the flavors will not be

known as it all depends on what is available when the season starts. If you have

any suggestions regarding the flavor, please feel free to let me know. I cannot

guarantee that we will get suggested flavors, but I will do my best to try and

get the top suggestions.



If there are any suggestions for drinks that you would like to see us try and get, or if you have issues with the changes, please let me know. You can email me at gwahire@yahoo.ca.

I hope to see you on the greens!

*What do you call a blind taste test between Coke and Pepsi?
A Pop Quiz!*

Tarp Removal

Thank you to the volunteers who helped remove the tarps from Greens A and B last month. Greens C and D will get their winter coats removed in early May. Thank you to

Doug Normand, Mark Sutyla, Darrell Hanoski, David Calam, Bo Kos, Keir Glazier, Doug Lambert

RLBC Website

The RLBC Website has been updated to include a front page info sheet. If you want a quick reminder of what's happening at the club, open up your favorite web browser and check it all out.

www.reginalawnbowlingclub.ca



Jan's Jitney – and Pot Luck Supper

The first Jitney of the year will be held on Friday, May 26 starting at 7:00 pm. Not only is this the first Jitney of the year, but hold on wait for it it's also the first pot luck of the year. Potluck starts at 6:00 pm.

So, think about your favorite dish, double it (there will be lots of participants at Jan's Jitney), and bring it to the Club. Or, if you're running late and can't make the Pot Luck . . . just come for the draw!



The burning question is who will be the first team on dish duty?

Bowls Sask Athlete Development Clinic



Me when someone says they haven't signed up for the Bowls Sask Athlete Development Clinic

May 27, 2023



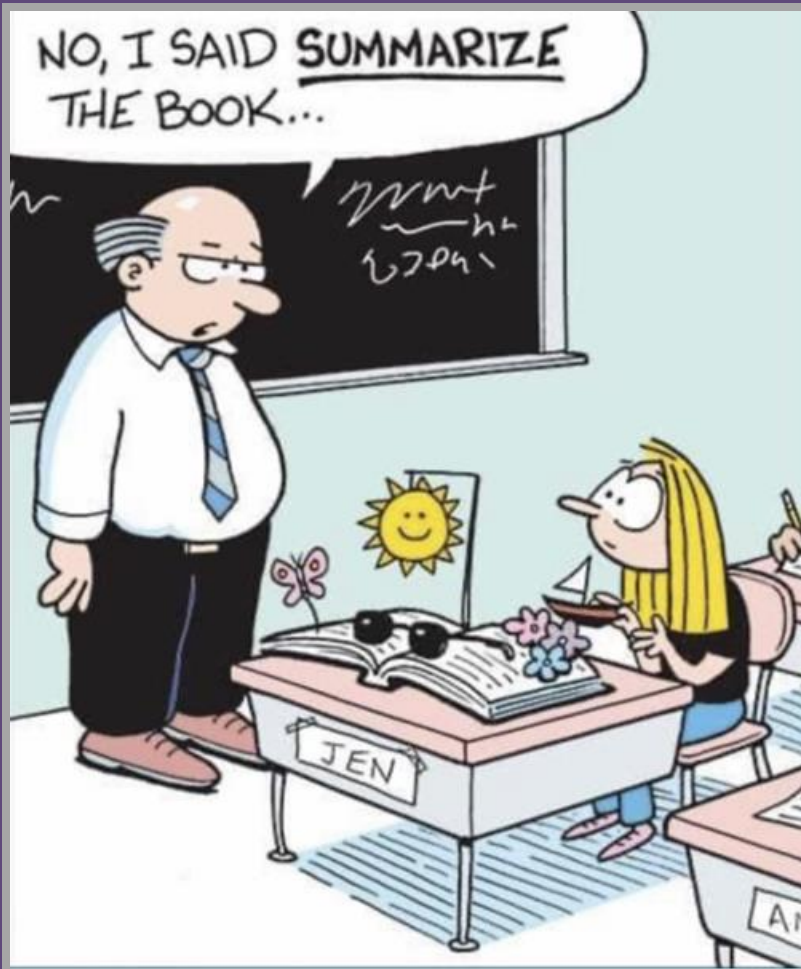
Are you registered for the Bowls Sask Athlete Development Clinic?
What?

You haven't signed up for the Bowls Sask Athlete Development Clinic?
Why not?

It's going to be awesome. So awesome.

You're going to learn all kinds of great things about bowls. Hurry and sign up. Contact Bowls Sask right away ~ before all the spots are taken.

bowsask@sasktel.net



Doug's Garden Patch is being Summarized this year!

The perennials are starting to show some life and Doug is busy picking out the flowers for the front beds, plant pots, and flag garden bed.

What color scheme does Doug have in mind this year?

Do you think the secret message will have anything to do with the club's 111th anniversary?

Or, do you think a message about the 2023 Canadian Youth Championships will be hidden in the garden patch?

Batter Up



In previous editions of the **Between Bowls** newsletter, we talked about a new initiative called the **Baker's Box**. Members who like to get their 'bake-on' and want to make a few cookies, muffins, cupcakes, or other sweet treats, can donate some of their delicious sweets to the RLBC. Our Catering Crew will serve your creations at the many events held at the RLBC over the season.

Thank you for your consideration and generosity!

BCB National Bowls Day | RLBC Open House
Saturday, June 3, 2023
Time: 10:00 am – 4:00 pm

If you have a friend, co-worker, parent, grandparent or other who might enjoy the game of bowls, please bring them to the RLBC's Open House and let them try out the sport.

We will have coaches on hand to provide a lesson and we'll have plenty of bowls available for everyone to try. While they are filling out their registration form (we are certain they'll want to join the club) or purchasing a 6-49+ Punch Card (they won't want to leave empty handed), they can enjoy some refreshments compliments of the RLBC.

So, mark your calendars, tell your friends, and be sure to attend the RLBC's Open House.



RLBC Opening Day
Monday, May 22, 2023

Our official opening day is Monday, May 22. Please start the season off by coming to the club, be greeted by your President and the RLBC Board, enjoy a game of bowls, and socialize afterwards with refreshments. Have your draw tag in the tray by 12:30 for the 1:00 draw.

“A party without a cake is really just a meeting.” ~ Julia Child

RLBC Club Tournament
Men's and Women's Triples
June 13, 14, 20, 21

Come down to the Clubhouse and sign up for the Men's and Women's Triples Club Tournament. Remember, the 1st and 2nd place teams will win a pin at the Club Windup. Hurry and sign up. It will be so much fun!

triples



Me . . . when I realize the RLBC is offering a Youth Program and I don't have my Membership Application ready!

H₂O

If you would like to help keep our plants, especially our impatiens, and shrubs looking bright and lively, please consider watering them with the watering can or hose.



Bowls Canada launched its 3 year Strategic Plan. If you are interested in reading it – here's the link:

<https://bowlscanada.com/en/bowls-canada-launches-new-strategic-plan/>
<https://bowlscanada.com/wp-content/uploads/2023/03/BCB-2023-26-Strategic-Plan-En.pdf>

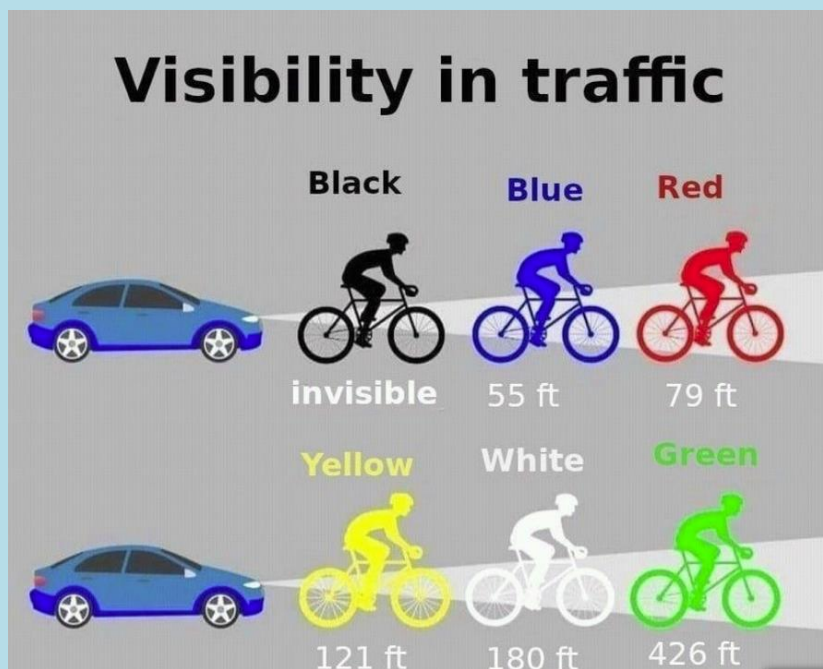
Let's Rack It Up!

If you ride your bike twice a day . . . is that recycling?

Cycling is good physical exercise and one of the best low-impact sports around ~ other than lawn bowls, of course. One of the biggest benefits of cycling versus other types of aerobic exercised is how easy it is to begin. Cycling is much less intense than most other exercises, making it ideal for people who are new to fitness or recovering from an illness or injury. So, if you ride your bike to the RLBC, and then have a roll-up ~ think about all the great physical activity you'll have.



Kevin's bike rack . . . awe, yes. If you are interested in the final design, you'll have to come on down to the RLBC and find out. Remember to bring your bike and try it. Oh, yeah, one more thing . . . the RLBC is not responsible for any lost or stolen bikes. Sorry, but that's on you.



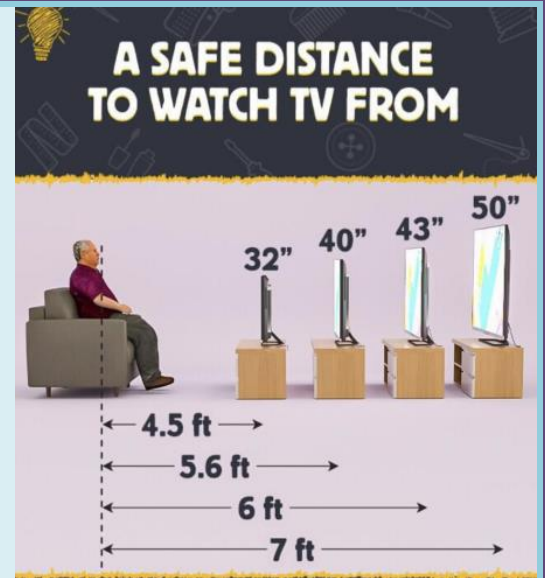
*I told my friend I was making a bicycle out of spaghetti.
She didn't believe me until I rode pasta!*

At the RLBC, we have 2 television sets. One in the upper level and one in the lower level.

If you are in between bowls draws, eating your lunch, socializing, enjoying a complimentary coffee, or just want to see what the score is in that Rider Game - turn on the teli . . . we got you covered.

There is a newer television donated by the Watson Family, which should be pretty easy to operate. If not, just ask our summer student for help.

*Why do we tell actors to break a leg?
Cause every show has a 'cast'!*



Brain Freeze

It's all in the way you look at it!

Have you ever asked a fellow bowler – how'd that game go last weekend. And, they reply, without embarrassment or hesitation, oh, we lost 20-3.

Immediately you think – boy, somebody had a bad game, yikes, what happened?

How quickly do we make a judgement, based solely on one bit of info? Probably pretty quick. Let's just admit it.

What you may not realize is that a lot of things could have happened to make that lop-sided score.

Perhaps one of the teammates became ill and the sub was a brand new bowler, with very little experience. Oh they tried, but nerves got the best of them.

Or, the reverse . . . a teammate on the opposing team became ill and the sub was an exceptional bowler who really bowled with confidence and turned the game around.

Perhaps it was only one end that caused the lop sided score – a fluke shot by the opposing team – caused them to score a perfect end. Then, the opposing team only scored 1 point in the rest of the ends. Thus, the game, itself, was a good one – just one bad end.

You can probably think of many more reasons or scenarios why the score was lop-sided. I sure can.

The game of bowls is magical, unpredictable, and interesting ~ and not always as it seems.

New National Championship Model Coming for Canadian Bowls in 2024

After completing an extensive review of past data, stakeholder input, and other bowls national championship models, Bowls Canada Boulingrin (BCB) is excited to announce a new structure for Canadian Championships starting in 2024.

With the existing model of 7 championships spread out across Canada becoming too expensive for individuals, Provincial Associations, and BCB alike, substantial change was necessary in order to ensure a national competition could exist moving forward. To still allow for Canadians to compete on a national stage in multiple disciplines, the new model brings all events together to one location.

Starting in 2024, the new championship model will consist of eight teams: each Provincial Association will be allotted one team, with New Brunswick and Prince Edward Island sending a combined team (Team Maritime).

Teams will consist of a “5-a-side” concept of five men and five women, as well as one male and one female youth participant, and bowlers with physical and visual impairments that align with the B1-B8 classifications.

The five men / five women will compete in singles/fours and pairs/triples, while the youth participants will compete in an Under 21 event, and the bowlers with physical and visual impairments will compete in a Para-Championship.

The youth age category moves to a U21 event with a minimum eligible age of 14 years.

The Para championships will require a unique approach, as the number of bowlers with physical or visual impairments is still being determined across the country.

A possible schedule for the event, with either 4-green complex or two 2-green facilities co-hosting, would look like this:

	Green #1	Green #2	Green #3	Green #4
Day 1	Practice, Registration, Opening Ceremonies			
Day 2	Men = Singles/Fours	Women = Pairs/Triples	Para	Youth
Day 3	Men = Singles/Fours	Women = Pairs/Triples	Para	Youth
Day 4	Men = Pairs/Triples	Women = Singles/Fours	Para	Youth
Day 5	Men = Pairs/Triples	Women = Singles/Fours	Para - Finals	Youth – Finals
Day 6	Finals	Finals		

NOTE: If 4 greens are not available, a 2-green facility can host this event with the Para and Youth event occurring either before or after the other disciplines, resulting in a 10-day event.

The formats for these events will also be changing, as games will now consist of 2 sets of 5 ends for team events, and 2 sets of 7 ends for singles, with a one-end tiebreaker (if necessary) for both. All games will have a 1.25-hour time limit (except for Para events), which will create a much more exciting, action-packed event for spectators and participants alike. A full round robin can still exist with participants getting 7 games per discipline, and spectators getting plenty of exciting action in this new fast-paced format. With Day 5 and Day 6 scheduled to be a Finals Bonanza, there will be plenty of medals to award, games to be streamed, and trophies to be lifted. The traditional Cy English (top men's team) and Lady Alexander (top women's team) trophies will still be highly coveted, as the awards will take into consideration multiple disciplines from this Event.

While this new model is a drastic change from previous championship models, the change was necessary as the previous model was financially unsustainable beyond another three years. By bringing all events to a single location, resources can be pooled to invest in facilities which will result in a greater experience for all who attend. Not only will this format be fun to play, it will also offer an exciting platform for the sport that can be easily streamed and promoted.

Said Kathryn MacGregor, BCB Chair "this is an exciting time for the future of our sport in Canada! The new 2024 National Championship format supports a rational competition system that is financially and organizationally sustainable for Bowls Canada Boulingrin members and individual bowlers."

"The new format is definitely a big change for lawn bowls in Canada," said Bowls Canada CEO Anna Mees. "This is the future direction of the sport at all levels and it is exciting to see Canada taking such a bold innovative approach. These changes address so many of the issues that bowlers and members have shared with us over the years. There were difficult decisions to be made and I commend the working group members as well as the Board of Directors for their dedication and foresight to the future of the game."

Working group members included:

- David Anderson
- Don Caswell
- Derek Dillon
- Darryl Fitzgerald
- Jordan Kos
- Rob Law
- Cam Lefresne
- Kathryn MacGregor
- Anne Mathewson
- Anna Mees
- Ernie Meid
- Anne Morissette
- Jake Schuknecht
- Ryan Stadnyk
- Pat Vos
- Nick Watkins
- Mary Wright
- Wayne Wright

Bidding specifications for this new event will be available by late May 2023 with Conditions of Play to follow shortly thereafter.

For more information, please contact Jake Schuknecht at jschuknecht@bowlscanada.com.

2024 National Championship Model Key Messages

The current model is financially unsustainable to the point where the future of organized bowls at the national level would be broken beyond repair within 3-5 years.

There is a need to create a model that is:

- financially sustainable at all levels
- will provide a quality and meaningful competition experience for bowlers that is also fun and exciting
- will allow for investment into venues and events
- will create excitement for spectators and sponsors
- will showcase our sport

Extensive analysis and research has taken place over the last year including sitting down with championship administrators in other bowls nations. The sport will be evolving rapidly at the international and national level in the coming years. The working group involved extensive knowledge of the competition conditions for every province. The working group also involved expertise across multiple roles including players at national and international levels, youth, umpires, past host organizing committee chairs, BCB Directors, volunteers, coaches at club, regional and national levels and senior participants.

2024 National Championship Model FAQ

Q: Why did BCB change the national championships?

A: Both BCB and the PSOs could not afford the current model. Provinces were incurring deficits as high as \$100,000. Continuing with the existing model was not feasible for anyone. Costs to individual bowlers to participate in the playdown process and national model were becoming prohibitive to participation.

Q: Why were the Senior Triples eliminated?

A: The average age of all participants at all championships in 2022 (including Youth) was 61. This means seniors are already competing in non-age specific events. With the model being unsustainable for BCB, PSOs and individuals, removing the Seniors opens up the calendar for other events, and reduces costs for everyone.

Q: Why were the Mixed Pairs eliminated?

A: With no international Mixed Pairs event, this event is difficult to justify retaining. Removing this event frees up the calendar for clubs and PSOs to hold their own regional events if they wish.

Q: Why were the Indoor Singles eliminated?

A: The Indoor for many years has become mostly a Western-specific event as eastern provinces do not attend. Similar to the World Youth, Canada's representatives will be selected for future World Cups.

Q: Why did the Youth event change?

A: The World Youth Championships no longer requires participants to be a minimum of 18 years of age, and is seen as a key development opportunity for those aspiring to play on the High Performance Squads. Rather than leaving it to chance, the HPC will select who will represent Canada, meaning the Canadian version is no longer a qualifier. Further, the majority of U25 participants are already playing elsewhere, meaning this event becomes redundant for those who have HP aspirations.

Q: Why did the format get changed so drastically?

A: The world has changed where games in all sports are being modified to become shorter, faster, and more appealing to spectators. In order to still allow for a full round robin, games were made shorter to accommodate a 7-game round robin in fewer days, and sets play to ensure meaningful competition with fewer blow-outs.

Q: Why did everything get moved to one location?

A: The previous model of events being spread across the country was fractured, resulting in fewer resources for host clubs from all sources. By bringing everything together, it will result in greater resources and investment for the host – this will result in a greatly improved venue, experience, and all-around result for championships.

Q: When will the 2024 Championships take place?

A: Mid-to-late August

Q: How do we bid on hosting?

A: Bidding details will be posted on the Bowls Canada website by the end of May 2024. Contact Alec Deschamps at adeschamps@bowlscanada.com for details.

Q: Who can bid on hosting?

A: Cities, clubs, and Provincial Associations are all eligible to submit a bid, however all three will need to work in collaboration for a successful bid.

Q: Why were triples brought back?

A: To ensure an affordable, meaningful experience for participants, two disciplines per person were recommended. The five-aside format made the choice to offer singles/fours and pairs/triples a feasible option. Feedback from bowlers and provincial associations also indicated that triples was a popular and desirable event.

- 
- Eight teams total
 - Singles = 4 bowls
 - 1.25 hour time limit
 - 2 sets, 7 ends per set with 1 end tiebreak
 - Team games =
 - 1.25 hour time limit
 - 2 sets, 5 ends per set with 1 end tiebreak
 - Pairs = 3 bowls
 - Triples & Fours = 2 bowls
 - Re-spot

For more information, please contact Jake Schuknecht at jschuknecht@bowlscanada.com.



Me . . . when you tell me you aren't going to Jan's Jitney Potluck Supper Night.

Supporting KidSport

KidSport helps kids get involved in sports of all types. In the past, we have supported KidSport through different ways. As will happen from time to time, RLBC receives more requests than we can accommodate while sustaining our busy season. This year, the RLBC Board decided that, due to conflicts, the RLBC would give a donation to KidSport directly. Just thought you'd like to know.



RLBC Is Open for Business

We have a lot of great events happening at the RLBC
Don't forget to attend our Open House | Grandparent's Day
and our National Bowls Day
and come bowl on Opening Day

Open House Grandparent's Day	Saturday, May 13	10 - 4
Opening Day	Monday, May 22	
National Bowls Day	Saturday, June 3	10 - 4

See you on the greens!



Awe, Shucks!

Hi Janet A quick update on our Bcubed event we have almost 16teams now a few need an extra player or so but looks like being a great success Thank you for all your assistance One thing that would be good is if we managed to rid the snow and ice so we could at least go outside LOL Thanks again for all your help Cheers Phil



B Cubed is off and running at the Norwood Lawn Bowling Club in Winnipeg. With 16 teams registered already, the season is off to a great start. The Regina B Cubed Organizers received this message from Phil Clark in Winnipeg – one of the Winnipeg B Cubed Organizers.

Regina is proud to be leaders in the bowls community – and we are eager to share our B Cubed brand across the country.

10 THINGS ALL ATHLETES CAN DO THAT REQUIRE NO TALENT

1. BE ON TIME
2. HAVE A STRONG WORK ETHIC
3. MAKE AN EFFORT
4. GOOD BODY LANGUAGE
5. POSITIVE ENERGY
6. BE PASSIONATE
7. HAVE A GOOD ATTITUDE
8. BE COACHABLE
9. DO EXTRA
10. BE PREPARED



And always shake hands before you start your bowls game and afterwards! This exhibits good sportsmanship and good bowls ethics!

THURSDAY'S DURING B CUBED THE GALLOPING GOURMET



The B Cubed Hot Dog Crew have come up with new ideas and new additions to the Hot Dog Bar. Talk about gourmet!

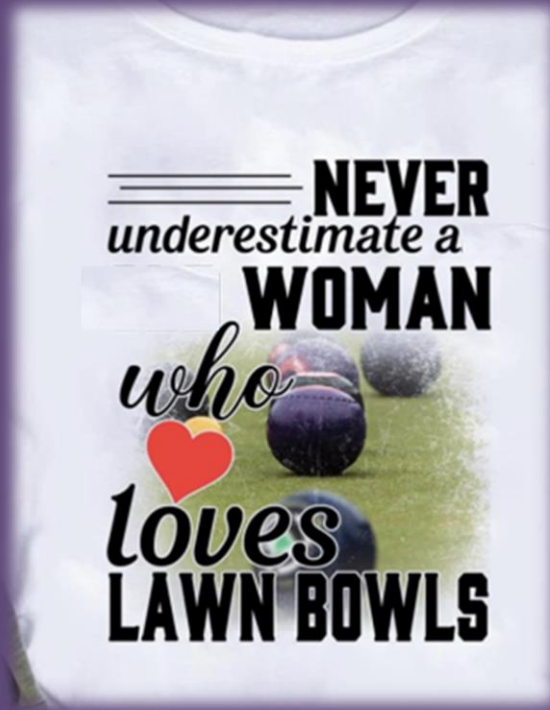
If you are interested in trying one of Regina's best hot dogs, come to B Cubed any Thursday night (when B Cubed is running, of course) and enjoy a speciality dog and all the fixin's.

Yes, there will be the basics – mustard, relish, and ketchup. Hey – speaking of ketchup did you know that if you find the little 57 that's raised on the side of the Heinz ketchup bottle, angle the opening toward your hotdog, and tap that spot with the heel of your hand, the ketchup comes out of the bottle with ease. It really works.

And don't get me started on mustard. Okay, okay, let's talk mustard. When using French's Mustard, there is actually a tab at the back to lock the open lid in place thus avoiding all that mustard from making a mess.



Come on down to B Cubed and try out these new fangled ideas.
You'll be glad you did.

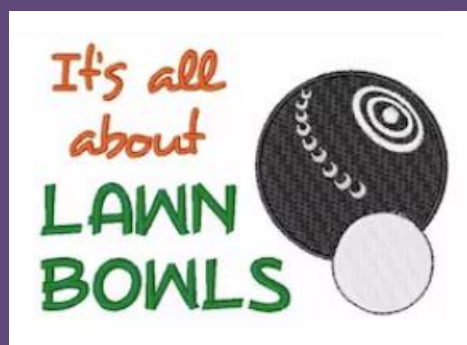


Happy Mother's Day

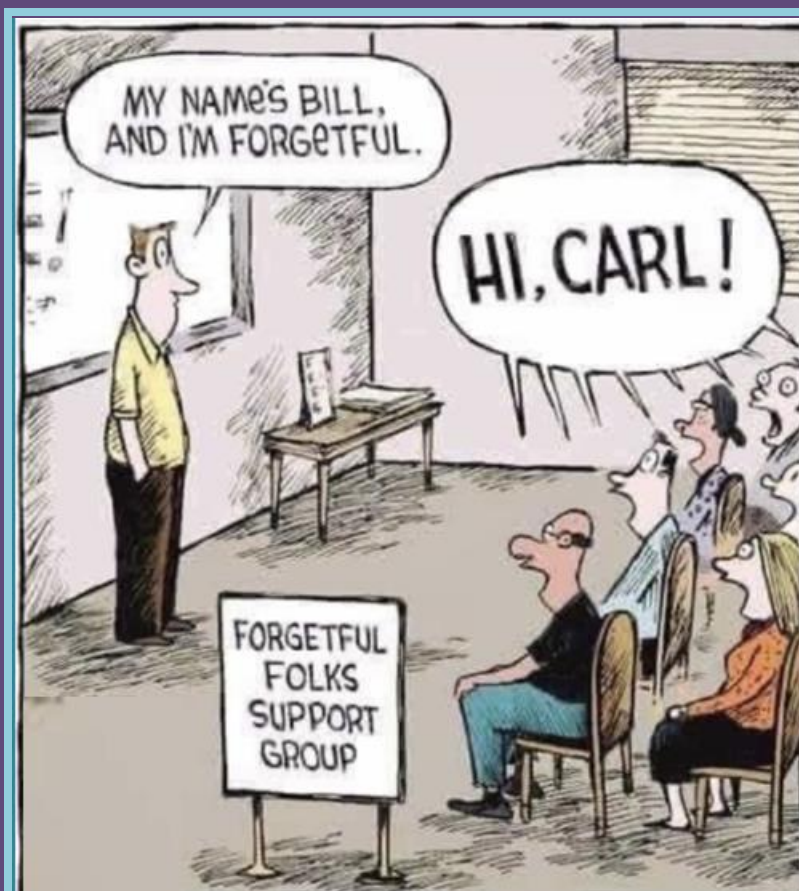


Every day is a good day for...

LAWN BOWLING



My motto is: *All I need is a set of bowls and stuff.*



DON'T FORGET ABOUT ALL THE TERRIFIC EVENTS WE HAVE PLANNED AT THE RLBC THIS YEAR!

- Open House
- Grandparent's Day
- Opening Day
- Bowl Me Over League
- Coaching Clinics
- Competitive 3s
- Guaranteed Draws
- Mark's Mentoring Mondays
- National Bowls Day

Here's One from Stump the Ump – USA Bowls

Playing fours and you are in the middle of measuring the closest bowl. There are two bowls, each about 3 to 3 ½ feet from the jack. You all decide to call an Umpire to measure since no one can seem to figure out which bowl is shot. The area of extraneous bowls is cleared. The umpire arrives and says . . . “What do you want me to do?” When you point to the two bowls that needed to be measured, there is only one bowl sitting there, not two. Each team looks at each other and none have any idea how the one bowl that was supposed to be measured got pushed over to the pile of extraneous bowls. No one admitted to moving the missing bowl. No one saw the bowl moved. The bowl, however, was found among those bowls moved to the side. Law 22.2 and 22.3 prohibits the movement of a bowl until the opponents have agreed it is a shot or not. What now?

There are two alternatives:

1. Declare the end dead and replay it; or
2. Call it a tie and the same team who started the end starts the next one.

At the RLBC – we are happy to share our internet Password. It's written on the bulletin board.

Me: What's the wifi password?

Bartender: You need to buy a drink first.

Me: Okay, I'll have a coke.

Bartender: Is Pepsi okay?

Me: Sure. How much is that?

Bartender: \$3

Me: There you go. So, what's the wifi password?

Bartender: You need to buy a drink first. No spaces, all lowercase.

Gone With the Wind

Please take a look around before you exit the washroom. Is there enough toilet paper? What's the paper towel situation? How's the soap? Many of the washroom supplies are located in the lockers and can be replenished on the spot. If you notice we are running low on any of the washroom products, please email Karen and she'll make sure we are all stocked up. Or, you can mention it to Liz, and she'll tell Karen.

Karen – rlbc.sk@outlook.com

Locker Time



When you came for renewal day, did you pick out your locker?

You didn't? Oops.

Well, there's still time.

If you rented a locker last year, you can re-claim that same locker this year.

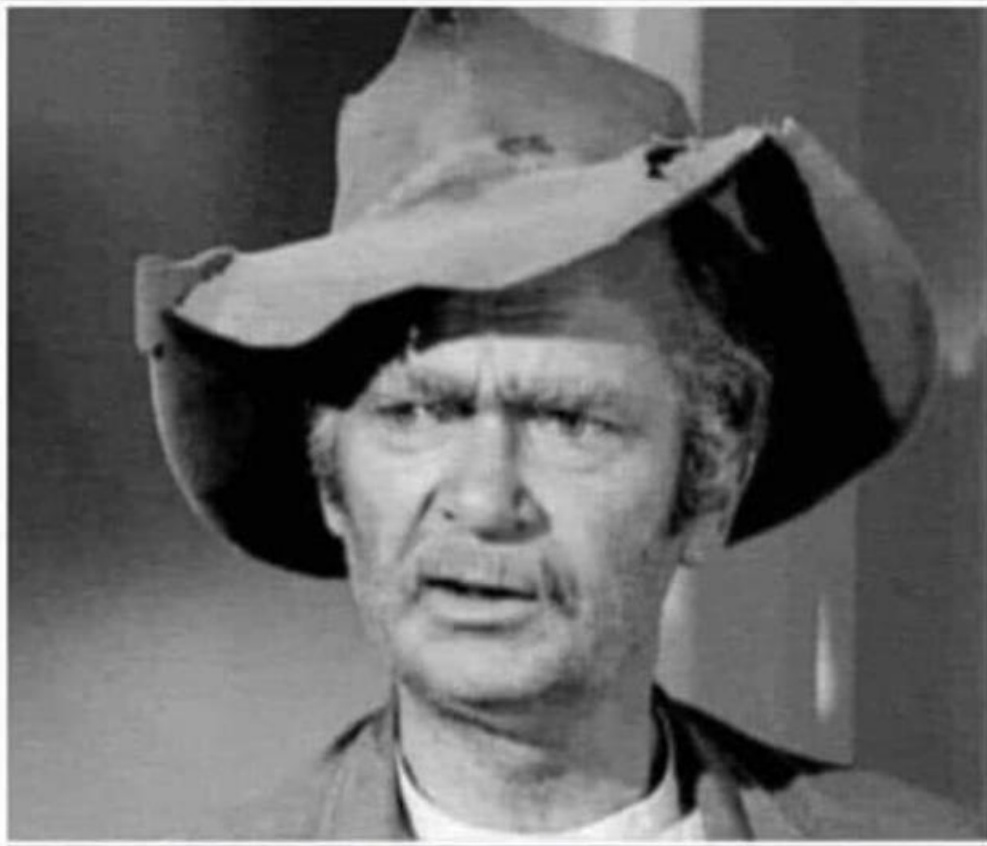
If you want a new locker, pick out an empty locker – one without a name tag on it – and let us know what locker you picked. You might want to put a sticky note on the locker so no one else claims it.

Locker rentals are \$10 for the season.

Short Jack

The shortest commercial flight in the world is from Westray to Papa Westray in Scotland. It's a 1.7 mile flight which connects the two islands. It takes 57 seconds (depending on the weather of course) from start to finish. Speaking of short . . . we introduced short-jack draws a couple of years ago. They were 'short' lived (pardon the pun) because of the interruption in play. But we think it's time to resurrect short jack draws again. There is a short-jack tray at the club – just put your draw tag in there and others will as well. Who wants to play Short Jack?





**Mewhen
someone says they
haven't submitted
their RLBC
Application form
yet.**

What? ? Another B Cubed Sponsor?



You betcha! You heard that right!

Brian from Backyard Escapes, who also plays in the B Cubed League – loved our league so much he just had to sponsor us. He insisted! Really!

So, he paid for the 2 new coolers that will be used to hold the alcoholic beverages. And, he donated money for our winning teams.

To thank Brian and Backyard Escapes, our Beer Garden is now officially named

Backyard Escapes Beer Garden.

Bowls Sask Membership Cards

Once your membership application has been processed, you will receive a Bowls Sask Membership Card. Don't lose this card ever. This card gets you into a lot of places. Like . . . Bowls Sask provincial playdowns, for example. You know, stuff like that. You can pick up your Bowls Sask card at the RLBC Clubhouse – ask our summer admin student, Liz.



Markers for 2023 Canadian Youth Nationals

We are still taking names for Markers for the 2023 Canadian Youth Nationals which will take place at the RLBC from July 26 – 30. If you meet any of the following qualifications ~ you're in!

Your first name doesn't have to be Mark . . . but it helps.

Being proficient in the phrases . . . too close to call; I have no idea; the rest room is inside the clubhouse; it's a measure; or I'll chalk that for you . . . guarantees you a marker's spot.

You don't have to be an extravert . . . you only need to speak when asked a question.

You have to be able to tell one player's bowls from the other player's bowls.

You like early mornings? We'll put you on the early games.

You like to sleep in? We'll put you on the later shift.

You only want to mark one game, on Friday, at 10:00 am. No problem. We'll pencil you in.

Want to sign up and help mark? Give us a shout . . . rlbc.sk@outlook.com

Culinary Cooking Citchen Catering

Did these inspiring words wet your appetite? Picture it . . . you . . . at the RLBC . . . in the kitchen . . . doing kitcheny things.

Judy Whiting and John Whiting are doing a lot of the Catering stuff – Thank you Judy and John. But they can always use a bit of help.

What kind of help? Well, when there is a Bowls Sask tournament held at the RLBC that involves serving a meal, you could help. Here's how it works this year. We'll decide if we want to order in pizza or subs or burgers or whatever. We'll contact all the participants who entered the Bowls Sask provincial playdown and let them know what we're ordering. Participants will express their interest in 'ordering in' and our summer student, Liz, will take the orders and collect the participant's payment. Then, Liz will contact the restaurant, place the order and arrange for delivery.



Are you with me so far? K. Here's where you come in. We need 1 volunteer per event (2 volunteers would be better) to be in the kitchen waiting for the food delivery. You will hand out the food to the participant – making sure everyone gets the correct order. Come to think of it . . . subs might be easier. Yeah, let's go with subs. After lunch, you clean up the kitchen and voila, that's it. You're done! Oh, shoot. Forgot one thing. You'll need to make sure that the coffee is going and that the cold beverages (iced tea and lemonade) are ready.



We need volunteers for the following Provincial Playdown weekends:

June 16 – 18. Men's & Women's Fours – Provincial Playdowns. We'll provide lunch on Saturday, June 17th for sure and maybe on Sunday, June 18th.

July 8 – 9. Men's & Women's Singles – Provincial Playdowns. We'll provide lunch on Saturday, July 8th

for sure and maybe on Sunday, July 9th.

July 14 – 16. Men's & Women's Senior Triples – Provincial Playdowns. We'll provide lunch for sure on Saturday, July 15th and maybe on Sunday, July 16th.

September 9 – 10. Bowls Sask Tournament. We'll provide lunch for sure on Saturday, September 9th and maybe on Sunday, September 10th.

If you are available any of these weekends and would like to help, please let us know. We'll get you all set up – easy peasy!



rlbc.sk@outlook.com



If you would like to be part of the housekeeping crew this season, let Karen know. She's looking for a team of housekeepers who aren't afraid of a bit of dust. Email Karen – rlbc.sk@outlook.com

Oh, and by the way. Thank you SOOOO much to all the volunteers who have already put their name forward to be part of the club cleaning crew this season. We really appreciate your help.



Security Camera

The security cameras are always on!

The clubhouse, grounds, equipment shed and everything else is being monitored 24/7.

But, we still need our members to keep one eye open. Well, maybe two eyes open. There's all kinds of stuff that the security cameras don't pick up. If you happen to see something that looks a tad odd, just contact us. We'll check into it.

rlbc.sk@outlook.com

Which one is my bowl – I can't tell – they all look the same!

I don't know – I wish someone would ask the RLBC to restore these bowls so I can tell them apart

Well this one, of course



We hear this all the time on the bowling green.

Last fall, some eager bowlers took a couple of weekends and restored some more black and brown bowls so that they look unique. This was the second round of bowls restoration – one more tiny restoration weekend to go and we'll have them all done – even the size 7's!

This really helps our school groups and our corporate groups – especially the large groups in cases where we don't have enough colored bowls for all the participants.

B Cubed is really going to benefit from these newly restored bowls. With the expansion to 48 teams this year – we'll be using all the black and brown bowls we have.

Thanks Bowls Restoration Team!



THIS IS HOW I ROLL

NEW SPONSOR IN TOWN

AL HASTINGS AND THE REGINA FUNERAL HOME ARE SPONSORING FRIDAY NIGHT JITNEY.

THE REGINA FUNERAL HOME IS DONATING 17 GIFT CARDS FROM THE SHERWOOD CO-OP IN THE AMOUNT OF \$25.00 EACH.

COME OUT TO FRIDAY NIGHT JITNEY WHERE YOU COULD BE THE LUCKY WINNER OF ONE OF THE CO-OP GIFT CARDS.

YOU CAN USE THE GIFT CARDS FOR GROCERIES, AT THE CAR WASH, OR FOR GAS.



THANK YOU, REGINA FUNERAL HOME

Just Can It!

John has an idea that will let you drink the pop from the soda cans more easily. Instead of struggling to get that sweet sip, just stick a straw through the hole of the can tab. Voila!

Now, the problem is, which can of soda do you purchase . . . and . . . where are the straws?



Sip happens

And after about 3 years of excellent service, our coffee pot has been retired.

Does it work? Absolutely.
Does it brew coffee? You bet.
Does it do the job? Uh huh.
Does it make a pot of coffee? Yuppers.

So then why was it replaced? Well, it's a tad slow. So, in order to keep our coffee drinkers happy, we upgraded to a speedier version.

You actually replaced the old coffee pot?

We now have a coffee pot to give away. If you would like the old coffee pot, please let us know. It's at the clubhouse waiting for a new home.

rlbc.sk@outlook.com

My reaction to pretty much everything these days



Jan's Jitney

We are super excited to be offering Jan's Jitney again this year.

Come on down to the RLBC any Friday night and join the Jitney bowlers.

Jitney costs a loonie – maybe it's a toonie. Winning team gets cash back. Jan has something awesome in store for the losing team. Just wait for it.

Friday nights is another 'guaranteed' draw time.

And . . . thanks to Al Hastings and the Regina Funeral Home, there will be Co-op Gift cards handed out to special winners. The Regina Funeral Home sponsored 17 x \$25 gift cards – Wow!

Jitney starts at 7:00.



Office Admin Hours of Operation

Liz will be at the RLBC Clubhouse working a typical office hours-type day. However, since Liz's responsibilities include . . . Group Bookings which may take place in the evenings or weekends; B Cubed which happens every Thursday evening for 8 weeks; the 2023 Canadian Youth Championships will keep Liz busy for about 5 days; Open House, National Bowls Day and ParticipACTION will certainly need volunteers and Liz will probably be one of them; and of course, some Provincial Playdowns.

So what does this mean to you? On days when Liz is working later in the evenings, she'll arrive at the RLBC later in the morning. If Liz is required to work on the weekends, she'll take off a couple of other days.

So, while you might typically see Liz working Monday to Friday, 9:00 am – 4:30 pm, don't be shocked or surprised if Liz isn't at the clubhouse when you think she should be. But, don't despair, she'll be there eventually!

Liz: *He asked me if I was free tonight.*

Me: *And, what did you say?*

Liz: *I said yes. . . . and then he gave me 50 pages to type!*

**I watched a documentary
last night about how
pickles are made.
It was jarring.**



B Cubed – Hot Dog Bar and Pickles

B Cubed is starting at the end of May. That gives the B Cubed Hot Dog Crew – Brandon and Lois – plenty of time to get the required fixins' for the Hot Dog Bar. What's in store this year? Well

The usual like

- Ketchup
- Mustard
- Relish

And some favorites from last season

- BBQ Sauce
- Onions
- Hot Peppers
- Sauerkraut

And what else?

PICKLES, of course!

Why are pickles so slow? They tend to "dill"y-dally.

Back Boards

What is the best way to carve wood? Whittle by Whittle!

The backboards team of experts have been meeting during the off season trying to determine the best solution for our backboards which desperately need replacing.

Wood was one of the options – it is a cheap fix and easy to work with. But

Composite is strong & durable – it's very expensive and not so easy to work with. So . . .

Cement is pretty hard, and could withstand Regina's drastic winter. However

Plastic is recyclable. What's that got to do with anything?

So, they finally did settle on a plan of action. They are going to start work on the backboards replacement on Green A immediately after B Cubed concludes. They really want to get the backboards on Green A ready before the 2023 Canadian Youth Championships in late July. Can they do it? They can with your help. If you have some time to help tear down the old backboards, that would be so excellent and would really help us out and it would really save us a lot of money. Thank you for your consideration!



Thanks to our backboard boys – Doug, Keith, Scott, Brandon, and Mark.

A Person who runs behind a car is likely to get exhausted.

Remember, as a courtesy to our RLBC neighbours who live across the street, please park on the north side of Victoria Avenue or in the parking lot to the west of Green A. Thank you very much.



Ask a Professional

Can a bowler, directing play, drag their towel on the surface of the green to help show their teammate what to do?

Answer: Well, you might be surprised, but the answer is NO.

Why? So according to the “Laws”, your towel can actually move a bowl which may be sitting on an angle, or, you might move a bowl if two bowls are touching each other on funny slant, or the towel could actually move the jack. Seriously? Yup – that’s what they say!

Solution: So, if you want to use your towel to indicate the road you’d like your teammate’s bowl to take, your towel has to stay ABOVE the surface of the bowl and jack.

From UmpStumper BUSA

Towels

Speaking of Towels

We have a new selection of bowls towels for our members and guests to use. We announced this last month, but who doesn’t love the odd reminder every so often? The old, ratty towels are being repurposed in our equipment shed to make room for some larger, microfiber towels. They are in the same place as the old bowls towels – new towels, same spot. If they need to be “lawn”dered, just throw them in the “lawn”dry basket in the unisex bathroom. Otherwise put them away or hang them on towel rack. You decide!

More About Towels

Thank you very much to Jean Roney who donated many bowls towels to the club. Some will be used for B Cubed prizes, some will be used in our Youth Player Packages for give-aways at the 2023 Canadian Youth Championships, some will be used for Members prizes and some will be left at the club for day to day use.

What gets wetter as it dries? A towel!

Thank you, Jean!

**What starts with the letter "E" and
has only one letter in it ?**

Envelope!

If you happen to be at the club, and a drop-in bowler or two arrive to play a game, the cost for a drop game is \$10.00 per person. If Liz isn't around. . . There are envelopes in the Office Desk drawer. Please collect the fees on behalf of the RLBC, put the money in the envelope, and write on the outside – Date, Name of the Participants (or just write Drop-in), your name and the amount of money. Then put the money in the envelope and deliver the envelope to the "Mail" slot – B1 - at the club. The Mailbox is monitored frequently, and the drop-in fees will be collected. Oh, and we can take cash, cheque (Payable to RLBC) or money order. Unfortunately, we can't take credit card or debit yet.

Thank you.



The RLBC isn't just for bowls, you know. Come on down to the club, put on a pot of coffee and enjoy a cuppa and a chat. You can always socialize at the RLBC.

B Cubed



B Cubed will get underway at the end of this month as **48 teams** and **197 Players** start rolling on Greens A, B and C. And, we already have 12 teams on the wait list.

We thought our members might get a kick out of the B Cubed Team names so here they are. Which is your favorite? Which team do you think will win the coveted B Cubed Cup?

A1 Bowls	CB Crushers	Pinbowl Wizards
A1 Buds	The Cousin Collab	Rock N' Bowl
Balls of Fury	Dark and Stormy	Rowdy Rollers
Better Than Knitting	Ebowla	Roly Poly
Bitches B Bowlin'	The French Connection	Savage
Bowl Apple Teeth	Glory Bowl	Shut the "bleep" up Donnie
Bowl Cuts	Guaca-Bowle	Son of a Ditch
The Bowling Stones	Great Bowls of Fire	Stop Drop & Roll
The Bowlistics	Hi Rollers	Turfinators
Bowlshiviks	The Incredibowls	Tyvan's Tyrants
The Bowled and the Beautiful	Incredibowl Movements	The Unbeatabowls
Bowls Deep	Jack Attack	Unbelieva-bowl
The Bowlskis	Lawn Shots	Vintage 72
The Bowlucks	Lucky Strikes	Walter's Midnight Pineapples
Bowly McBowl Face	Not Sure Yet	We ❤️ Soil and Grass
Buchaneers	Oh Bowoney!!	Worm Burners

A Roll and A Roll Up

We invite all members to come to the RLBC every Thursday night from May 25 to July 13 and enjoy a roll stuffed with a hot dog, and all the fixin's a nice cold beverage and a game of bowls.

B Cubed players will be rolling on Greens A, B and C.
Members will roll on Green D.

Darren, our greenskeeper, has Green D in great condition ready for our members to enjoy.



Me when I find out you aren't going to Opening Day at the RLBC

Interviewing 101!

It's that time of year when our sport may be highlighted on television, radio, social media, or YouTube; or we may be asked to give an interview by an eager reporter, looking to get the latest scoop on all things bowls.

In preparation for these pending interviews, we spoke with a Media Specialist from the City of Edmonton, who has years of experience, and who was willing to share some Interview Tips and Tricks with us.

1. **Stick to the Message.**

- Answer the question that is asked.
- Don't ramble.
- Be succinct – but not abrupt.
- Less is more.

2. **Use the Bridge Technique.**

- If you are asked a question that stumps you . . . use the 'bridge' technique. Here's an example. If you are asked how much a set of lawn bowls weighs, and you have absolutely no idea, the last thing you want to say is, "I don't know". Instead, you bridge to something you DO know. So, you could answer the question by saying . . . Lawn bowls come in many sizes, and bowlers use the size of bowl that best fits their hand. An answer like this will detract from the actual question, while still providing valuable information.
- Another example of using the 'bridge' technique is when you have a message you want to get across, and it is obvious that the interviewer isn't going to ask you the right question. So, when you've figured that out – after answering 3 or 4 questions – you 'bridge'. Here's an example. You want to talk about the Open House that's coming up in a couple of weeks but the interviewer just won't ask any questions about upcoming events at the RLBC. After you are finished answering question 3 or 4, you finish with – and by the way, we are excited to showcase our sport at our Open House which will take place on *date and time and location*.

3. **All Eyes On Us**

- Don't look at the camera – ever! That's a real no-no.
- Always look at the person who asked you the question. If it's a one-on-one interview – it's simple.
- If you happen to be at a scrum, and there are multiple people in the audience, look directly at the person who asked you the question. Then, turn your body and speak directly to the person who asked the next question.

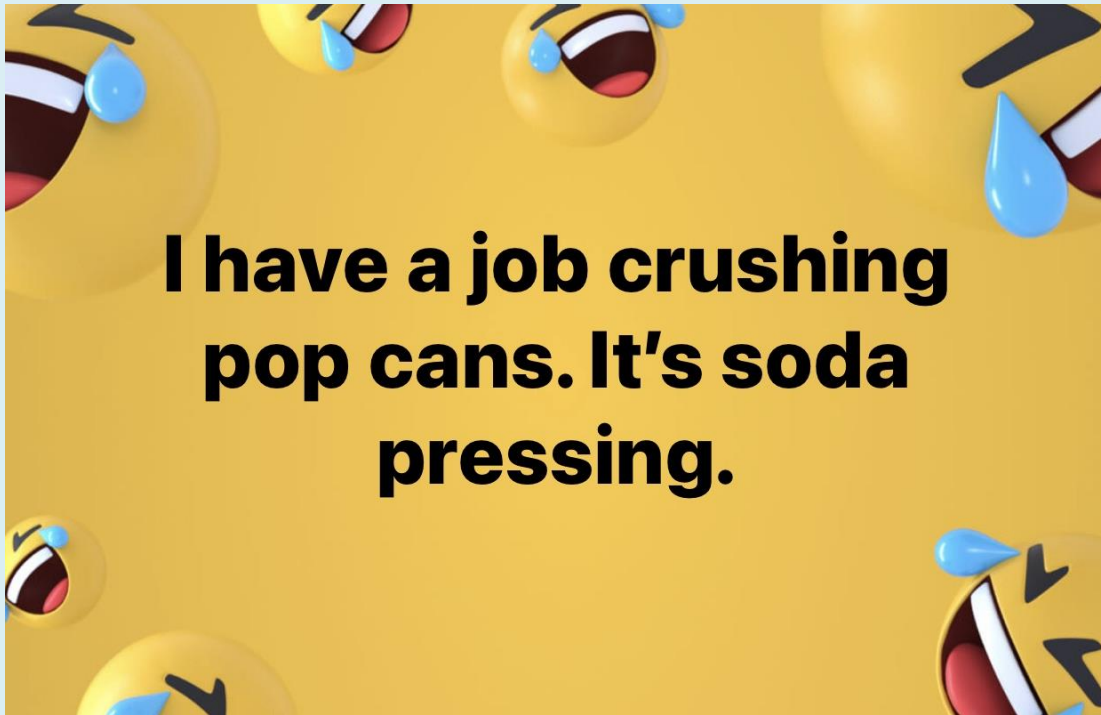
4. **Body Language**

- No hand gestures. Ever.
- Hand gestures are distracting for the interviewer and the audience.

5. **Less is More.**

- Dress appropriately for the interview.
- Keep the large hoop earrings, flashy ball cap, and bright red lipstick at home.

Food Challenge



A friend suggested horse manure on my strawberries. I'm not doing that again. I'm going back to whipped cream.

The RLBC is looking for a catering director who can organize catering events during club tournaments and provincial playdowns.

Do's & Don't's of the Catering Position

Do's

- ❑ Must be able to decide on a convenience food for an event.
- ❑ Must be able to use a telephone (rotary, push button or cell) to call a local restaurant and order in food such as pizza or subs.
- ❑ Must be able to set a price for the food, take orders and sell the meal.
- ❑ Must be able to put the coffee on . . . who doesn't love a cuppa!

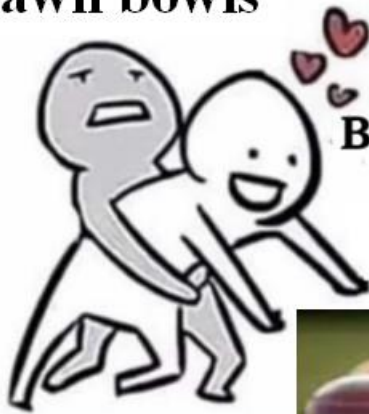
Don't's

- ❑ You don't have to cook, bake, chop, dice, slice, fry, or boil.
- ❑ Although the Catering Director is a typically a board position, you do not have to be a member of the RLBC Board. We'll make it work!
- ❑ You don't have to do it alone. We hope to form a Catering Committee.
- ❑ You don't have to cater EVERY event – just one would be nice.

Consider being part of the Catering Crew. Email the Board and let us know.

Rlbc.sk@outlook.com | doug.normand@sasktel.net | ginlinjin@hotmail.com

**You have enough
Lawn bowls !**



**But I don't have
all of these
Lawn bowls**



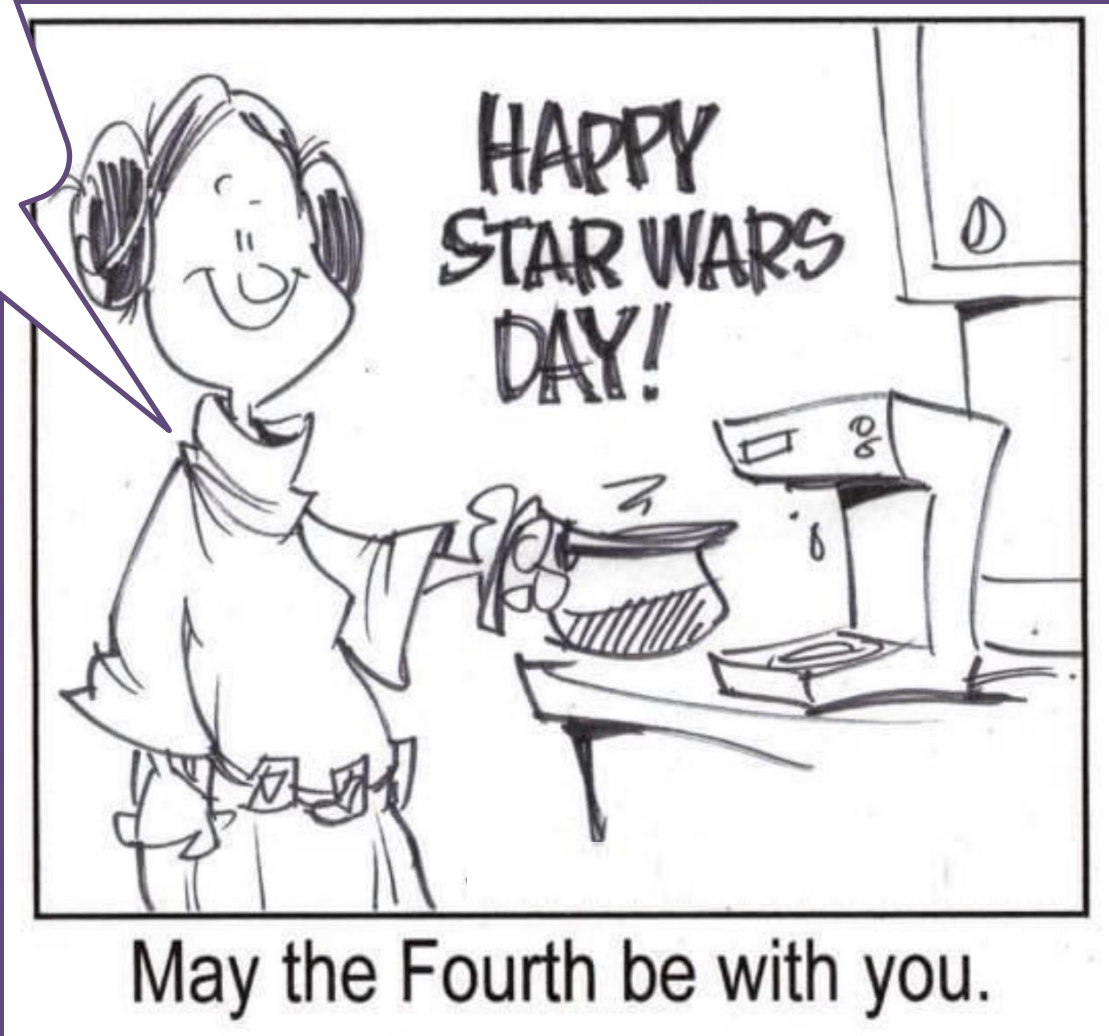
We're getting the band back together!

No, silly. Not THAT band. The tree band.

Our trees at the RLBC appear to be free of cankerworms and tent caterpillars, so we don't think there will be any need to band the trees this season. However, if either Doug or Brandon see even one canker worm . . . they're getting the band back together . . . and they are going to band the trees.



The coffee is always brewin' at the RLBC – even on May the 4th!



Natural Highs They Feel Good, They Are Mostly Free

Laughing so hard, your face hurts

The smell of freshly cut grass

Trying new snacks

Giggling

Friends

Accidentally overhearing someone say something nice about you.

Road trips

A friendly hello

A warm welcome

Winning a really competitive game

Playing a really fun game

Enjoying a meal that someone else prepared

Taking a 'drive' on a pretty road

A good conversation

Running through the sprinkler

Hot chocolate

Listening to great music

Watching the sunrise

Watching the sunset

Socializing with old friends

Socializing with new friends

These are all things that can be found at the Regina Lawn Bowling Club.

Join as a member. Purchase a 6-49+ card.

Enjoy at a Thursday night hotdog and a cold one at B Cubed.

We have all kinds of natural highs at the RLBC – just waiting for you to enjoy.

Chalk to Me!



Getting ready for the season?

Can't find your bowls tape measure?

What to purchase some chalk?

No fear. We have plenty of measures and spray chalk for sale in our Bowls Boutique.

Thanks to Karen, we have a new selection of measures – different colors and different styles.

Talk to Liz – she'll sell you anything you want . . . for an excellent price!

*My ultimate goal is to become a retractable tape measure.
You have no idea the lengths I'd go to!*

First there's the Tooth Fairy and then there's the Fairy Godmother but the RLBC has the Werther's Fairy!



When will the Werther's Fairy make her debut this season? Check out the candy dishes in the upper and lower level for goodies from the Werther's Fairy. You might also see some deliveries by her cousin, the Hard Candy Fairy, her uncle the Carmel Fairy or her sister, the Taffy Fairy.

Enjoy!



Volunteer ? Oh, I thought you said – be of good cheer!

Thank you to our great group of volunteers

Janice Robson: Card Connection

Jean Roney: Laundry

Bo Kos: Recycling

Kevin W: Bike Rack

Al Hastings: Rink Markers

RLBC Board: Stuff Around the Club

Feel like being a volunteer? Here are some jobs you could help with ~

First Aid Kitty – Keep the First Aid Kit fully stocked.

Group Bookings Director – You know, all the group bookings stuff.

Group Bookings Helper – Assist with the school groups & private groups once in a while.

Catering – All the kitcheny stuff.

Grass Cutting | Pulling Weeds | Raking the Ditches | Watering the Plants | – All the outside stuff.

Clubkeeping – All the stuff you do at home, only you do it at the clubhouse.

2023 Canadian Youth Championships – Markers, Greens Setup, Greeters, Helpers.

Baker's Box – Sharing your baked cookies with the club.

What kind of clothes does a
volunteer wear?

Partici-PANTS

When Jan was recently sending
out a card, she heard the envelope
say to the stamp . . . *Stick with me
baby, we're going places!*

Bo had a joke about recycling .
. . . unfortunately it's already
been used.

Bo called the local recycling centre
about what to do with old
batteries. They said they'd take
them free of charge!

Jean Roney was
overheard to say . . . *I'm
getting tired of all this
laundry. I'm going to
throw in the towel!*

Brewin' with the Board



Notes from the RLBC Board Meeting of April 26, 2023

- ▣ Received a lot of great grants this year. Money! Money! Money! Money!
- ▣ The 110th Picture is printed, framed and will be hung shortly.
- ▣ The new rink markers are ready.
- ▣ Hired 2 summer students – starting in May. Liz and Raechel.
- ▣ New TV at the club. This one works!
- ▣ Lawn Summer Nights will visit us only once this season. That will be a big day!
- ▣ New rec bowling league at the RLBC – Bowl Me Over – Monday nights. All members are welcome to join.
- ▣ New Social Media Policy introduced and reviewed.
- ▣ Ordered Tossing Coins as player gifts for the 2023 Canadian Youth Championships. Ordered additional Tossing Coins to sell.
- ▣ Got some new kitchen supplies and first aid supplies.
- ▣ Getting closer to a year-round liquor licence.
- ▣ Have a line on some used bowls to add to our bowls inventory.
- ▣ New merchandise added to our Bowls Boutique – Measures!
- ▣ Some talk about a new cash bowls tournament coming soon or next year.

Cathedral Short Mat

And just like that . . . the Short Mat players rolled their last bowls and the clubhouse was returned to its original state. No traces of the Cathedral Short Mat were ever found! Thanks to all the participants, organizers and cleaner-uppers. See you in the Fall!



Stay Active

**I went down to
the paint store
to get Thinner.**

It didn't work.

Remember this info from last season? If you're into walking you can get your daily walking steps at the RLBC. Grab your Fitbit and start walking!

Come hill or high water . . . we'll be walking

11 laps around any green	=	1 mile	=	approximately 2000 steps
7 laps around A & B or C & D	=	1 mile	=	approximately 2000 steps
4 laps around A, B, C, D	=	1.1 miles	=	slightly over 2000 steps

I was walking around the greens late one night when I saw dozens of giant cupcakes and pies everywhere. It was kind of scary. The greens were oddly desserted!

Did you know that a typical bowler walks 250 steps every end played? So let's do the math:

12 end game	=	3000 steps
14 end game	=	3500 steps
18 end game	=	4500 steps

*I'm all a-boot
walking!*

Question: How many steps in a singles game?

What did you say? I lost my terrain of thought!



Complimentary Coffee

At the RLBC, Coffee is always complimentary.

We have coffee at our Coffee Station – brew yourself a pot.

We have coffee pods at our Keurig station – help yourself.

And, we have the large, industrial coffee machine for the larger crowds.

Enjoy a cuppa – it's complimentary.



Got your team ready for the Provincial Playdowns? Yes? Are you registered? No? Why not? Don't forget to register. And, don't forget that several of the Provincial Playdowns are being played at the Regina Lawn Bowling Club and some are played elsewhere!

See you on the Green!

Bowls Sask Sport Medicine & Science Day

Date: Sunday, June 4, 2023
Location: Regina Lawn Bowling Club
Pre Register: May 24 – by email to Bowls Sask – bowlsask@sasktel.net
Facilitators: Ralph Schoenfeld | Al Bodnarchuk

What's on the Agenda (which is code for ~ What are you going to learn?)

- Mental performance and goal setting.
- Mental performance and ideal performance state.
- Mental performance and how to deal mentally with environmental conditions (cold/heat).
- Sleep and performance session – sleep quality and quantity, sleep deprivation, sleep and travel, nutrition, exercise and mental, medical.
- Self-Massage and how self-massage assists in injury prevention and enhances training.
- Injury prevention and Management.

New Rink Markers

Thank you so much to Al Hastings and his crew for providing the RLBC with enough rink markers so that all of our 4 greens are fully marked.

This was a huge job . . . massive . . . but it is done!



Why don't grasshoppers watch lawn bowls?
Because they watch cricket instead.

Housekeeping Crew

Karen Schlotter, Director of Housekeeping, wants to thank all the members who contacted her and said they would love to be part of the Housekeeping Team.

We always need a few more volunteers. What does it mean to be part of the Housekeeping Team?

Well

- ▣ You sign up for a week or two of housekeeping duties. Karen adds your name to the schedule.
- ▣ When it's YOUR week, you come to the clubhouse once or twice that week, and have a look around. See what needs attention?
- ▣ Perhaps the kitchen countertop needs a wipe.
- ▣ There might be a spill in the fridge.
- ▣ A good bathroom clean – we have 3 biffies, you know.
- ▣ The floors might need a sweep or a wash.
- ▣ Sometimes the coffee tables need to be dusted.
- ▣ The lower level might need a vacuum or a dust.

My idea of a
Super Bowl
is a toilet
that cleans
itself!



You know . . . stuff like that. Stuff you would typically do at home.

Our Office Admin summer student always takes a turn. Before she leaves for the day, she looks around and tries to give the clubhouse a lick and a promise. But sometimes, she's just tooo busy to do it all.

If you think you might want to help out once in a while this summer, please let Karen know.

Rlbc.sk@outlook.com

Thank you.



You're a "Cool"er Guy

B Cubed purchased a couple of new coolers for the Thursday Night Rec League. They're a little bigger, a little sturdier and a little nicer looking. They're cool!

Yes, it is the B Cubed Cooler – but the RLBC can use it for other events too. You know, like Opening Day, Canada Day, Fall Windup. Not sure how we would use it on those days, but it's nice to know, it's there!

Ice, Ice, Baby

(admit it, you're singing)

B Cubed purchased some great silicone Ice Cube trays – (Cube – get it, B "Cube"d) to keep the beverages cold during the Thursday night rec league.

If you see the ice cube trays in the freezer, you can certainly use them, just replace the water please so that the ice is ready for Thursday evenings. We need the ice, ice, baby!

If you accidentally drop ice cubes on the floor, gently kick them under the refrigerator. Soon, it'll be just water under the fridge.



Bowls Sask AGM
May 28 – 1:00 pm via ZOOM (which is remote)

Everything that has to do with bowls across the province will be discussed at the Bowls Sask AGM. If there are any new ideas presented . . . we'll let you know.

*I told a joke at the Bowls Sask AGM Zoom meeting
it wasn't even REMOTELY funny!*

Not muting your mic on a Zoom call . . . is the new "reply all".

Rock 'n ROLL

Well, this is what our neighbours tell us. They can't wait for the B Cubed season to start because they LOVE (their words, not ours) our music. They love to go outside on Thursday evenings, do some gardening, or sit on their lanai, and grove to the B Cubed tunes.

In fact, last fall, one neighbour said "we can't wait until next season, we love listening to your terrific tunes."

Well, they won't have to wait too much longer.

If you aren't busy on a Thursday evening, we invite you to come on down to the RLBC and listen to some great tunes, grab a hot dog or two, and a cold one. Enjoy your time on our deck, have a game of bowls, or dance to some tunes. Your choice.

**NEIGHBORS ARE
LISTENING TO
GREAT MUSIC.
WHETHER THEY
LIKE IT OR NOT.**

Membership Renewal Day

What? You didn't attend Membership Renewal Day? Oh dear! Now What?

Well, if you didn't attend Membership Renewal Day, no problem. There is time to submit your application. Just go to our website, download the registration form, and submit it with payment.

<https://www.reginalawnbowlingclub.ca/membership-info.html>

Thanks to all the organizers who made Membership Renewal Day a **HUGE SUCCESS.**

First Aid Kitty

We have two new First Aid Kits fully stocked for the season. For those who fancy themselves nurses or doctors . . . there are instructions in the First Aid Cubby on how to perform a tracheostomy, a routine appendectomy, and how to dress a wound (collars optional) and all other fun stuff.

Thank you, John Whiting, for getting our season started with the complete First Aid Kits.

If you would like to take over the job of First Aid Kittie for the RLBC, please let us know. Rlbc.sk@outlook.com

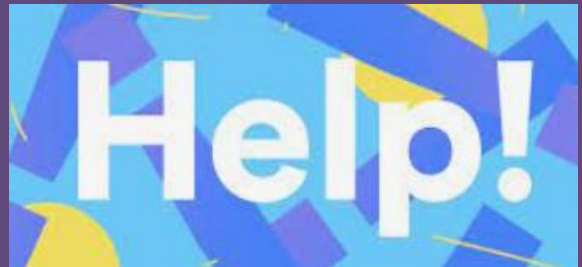
Volunteers for Provincial Playdowns

We are hosting 3 provincial playdowns at the Regina Lawn Bowling Club this year.

Men's | Women's Fours
June 16 – 18

Men's | Women's Indoor Singles
July 8 - 9

Men's | Women's Senior Triples
July 14 – 16



We are looking for a volunteer or two who can help us distribute Subs for lunch to the competitors. Our Office Admin – Liz – will do most of the work! She will contact the competitors, contact the restaurant, arrangement for delivery of the sandwiches, and handle everything else you might think of. Your job would be to receive the order from the restaurant and distribute the sandwiches to the competitors who ordered them. We'll even provide you with a list – so that you don't have to guess!

It shouldn't take more than one hour of your time.

We will definitely offer lunch on the Saturday, and we may offer lunch on the Sunday. But probably not.

If you are available to help with any of the provincial playdowns at lunch time, please let us know.

Contact Liz – rlbcgroupbookgins@outlook.com or the RLBC – rlbc.sk@outlook.com

Why did the tomato blush? It watched the salad dressing!



Previously Loved Team Saskatchewan Shirt

One of our members would like to gift their Team Saskatchewan Bowls Shirt to someone who would be happy to wear and own it.

It's a **Size Medium**, so it's kinda tiny. But its in excellent condition – you wouldn't even know it's been worn.

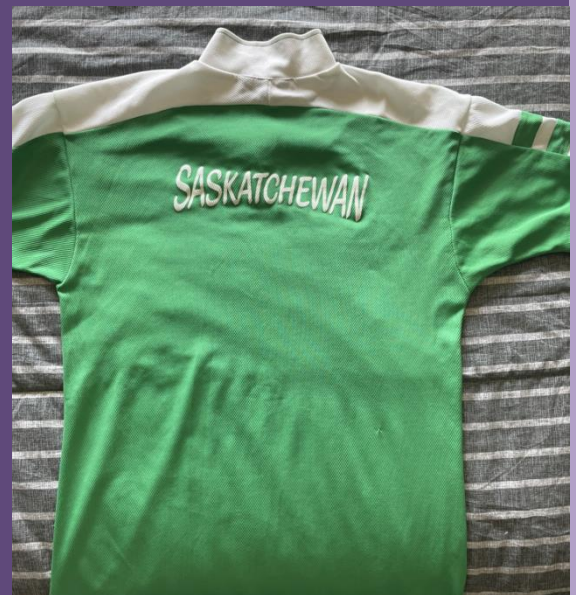
If you are interested in being the proud owner of this beautiful Team Saskatchewan shirt, please email us. First Come, First , you know.

rlbc.sk@outlook.com

A retired lawn bowler from Saskatchewan moved to the Rocky Mountains after living his entire life on the prairies. A few months later a friend came to visit.

“What do you think of the mountains?” asked the friend.

“They're okay” said the lawn bowler, “but they sure obscure the view”.



MEMBERSHIP RENEWAL DAY APRIL 30

Membership Renewal Day was a huge **success**. Huge! Members gathered at the RLBC from 12:00 until 4:00 to socialize, learn more about the guaranteed draws, the Bowl Me Over League, the Competitive 3s, and all other fun stuff that is happening at the RLBC this season. We had an opportunity to show off our new iced tea and lemonade Beverage Dispensers – which are awesome! So cool! (Thanks, Judy & John) We had lots of cookies and treats for our members to enjoy. Thanks to everyone who attended Membership Renewal Day. Thanks to all the organizers who helped make Membership Renewal Day so much fun.



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

Thank you to Backyard Escapes

for sponsoring B Cubed with a generous financial donation used to purchase 2 larger coolers, and making a financial contribution to prizes for the top teams.



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.

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

Thank you to 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.



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 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.

The Regina Pats Hockey Team provided prizes for our B Cubed teams.



Regina Funeral Home is sponsoring Friday Night Jitney by providing 17 x \$25 gift cards to the Sherwood Co-op.