

BETWEEN BOWLS

Issue 39

<http://www.reginalawnbowlingclub.ca>

rlbc.sk@outlook.com

June 2023



Doug has purchased plenty of flowers this season and he is starting to plant them all. If you would like to help plant flowers or pull weeds, or water the flowers, just let Doug know.



National Bowls Day
Saturday, June 3, 2023
10:00 am – 4:00 pm



What are you doing on June 3? Nothin'? Come on down to the RLBC and enjoy National Bowls Day. Bring along some friends to try bowls ~ if they like it, they may want to join. See you on the greens!

**National
Bowls Day**
June 3, 2023



Bar Services

So, there's lots to know about our Bar Services feature at the Regina Lawn Bowling Club.

As you probably already heard, Darrell Hanoski was successful in obtaining a yearly liquor licence for the club.

So, what does that mean to you and me?

Well, lots of stuff.

- All alcoholic beverages are **\$5.00** for members and \$6.00 for non members (which includes corporate groups). This is a price change that happened recently.
- There is a list of 'bartenders' by the booze bar fridge. If one of those bartenders is at the club, they can open the bar fridge and sell you an alcoholic beverage. They have the key!
- In keeping with our food requirements which are mandatory with every liquor licence issued by the SLGA, we have food items in the freezer for sale which can be microwaved for your enjoyment. Even if you aren't having an alcoholic beverage, the food is available for you. You know, in case you want to have your lunch at the club or something like that. The cost is \$3.00. Check it out.
- We offer:
 - Beer from District Brewing – which kind is your favorite?
 - Red and White Wine – Don't whine to me if you want rosé!
 - Coolers – they're super cool!
 - Spritzers – yummy!
- We also offer non-alcoholic beer, which is kept in the beer bar fridge because of regulations.
- We will provide bartender services to corporate groups when bartenders are available. This means that when a corporate group wants to serve alcohol at a group booking event, we can offer bar service for them.

We really hope that you stay after a league game, or after a club tournament, or after a daily draw . . . and enjoy a cold bevie!

If you have any questions, please do not hesitate to speak with Darrell Hanoski or Doug Normand.



Looking Forward – What’s in Store for June



June 2.....	7:00pm	Jitney
June 3.....	10:00am – 4:00pm.....	National Bowls Day & Open House
June 4.....	All day.....	Bowls Sask Sport Science Clinic
June 5.....	7:00pm	1 st Magic Monday Guaranteed Draw!
June 6.....	1:00pm	1 st Terrific Tuesday Guaranteed Draw
June 6 & 7	7:00pm	Men’s & Women’s Pairs – continued
June 7.....	10:00am	1 st Wacky Wednesday Guaranteed Draw
June 8.....	6:00pm – closing	B Cubed
June 9.....	7:00pm	Jitney
June 12.....	7:00pm	Magic Monday Guaranteed Draw
June 12.....	7:00pm	Mark’s Mentoring Monday
June 13.....	1:00pm	Terrific Tuesday Guaranteed Draw
June 14.....	10:00am	Wacky Wednesday Guaranteed Draw
June 14.....	7:00pm	Bring a Friend Night
June 13 & 14	7:00pm	Men’s & Women’s Triples (Club)
June 15.....	6:00pm – closing	B Cubed
June 16 – 18.....	All Day	Bowls Sask Men’s & Women’s Fours
June 16.....	7:00pm	Jitney
June 19.....	7:00 pm	Magic Monday Guaranteed Draw
June 20.....	1:00pm	Terrific Tuesday Guaranteed Draw
June 20 & 21	7:00pm	Men’s & Women’s Triples (Club) (Continued
June 21.....	10:00am	Wacky Wednesday Guaranteed Draw
June 22.....	6:00pm – closing	B Cubed
June 23.....	7:00pm	Jitney
June 26.....	7:00pm	Mark’s Mentoring Monday
June 26.....	7:00pm	Magic Monday Guaranteed Draw
June 27.....	1:00pm	Terrific Tuesday Guaranteed Draw
June 27 – 29.....	7:00pm	Mixed Triples (Club)
June 28.....	10:00am	Wacky Wednesday Guaranteed Draw
June 18.....	7:00pm	Bring A Friend Night
June 29.....	6:00pm – closing	B Cubed
June 30.....	7:00pm	Jitney

Whew. That’s a lot!

Inspector Gadget



The Health Authority made their annual inspection of our Club on May 18. We passed with flying colours. In fact, the Inspector, who was new to our club, was so impressed with the cleanliness and atmosphere and orderliness that he remarked – you must have a very positive club. Many thanks to Judy and Liz for making this all happen. We can now officially serve a meal.

There are some things I know for sure

I know

that Happy Meals are sold at Wendy's
that England is the Capital of Scotland
that there are no calories in a piece of Apple Pie
that there are 20 ounces in a cup
that Popcorn and Movie do not belong in the same sentence
that you always put clotted cream and THEN the jam on a scone
that M & M's and Smarties are the same vegetable
that no matter which way you spin it, a tomato will never be a fruit

And, I know

That in order to get better at bowls you need to play the game.

Please come to the club and participate in . . .

The Daily Draws – Monday to Friday at 10:00 am, 1:00 pm and 7:00 pm
The Guaranteed Draws – Mondays at 7, Tuesdays at 1, Wednesdays at 10
The RLBC Club Tournaments
Bowl Me Over League Mondays. June 12 – July 10 | July 31 – Sept 11
Friday Night Jitneys

and every other activity and event going on at the RLBC!

One thing I know for sure . . . You'll have so much fun rollin' bowls.

Backboard Boys have a Change of Plans

The original plan for the backboards has been derailed. We are back to the "draw"ing board! A new plan is in the process of being formulated. Don't fear – we're on it! And we'll let you know what the new plan is once we figure it out.

Thank you – Doug, Mark, Brandon, Scott, Keith



If you hate playing in the rain, we hear ya.
If you hate watching bowls games in the rain, we hear ya.

There are some rain coats and umbrellas at the club house, lower level,
for members to use any time. Help yourself.

And remember – safety first. If you are playing bowls, and you hear
thunder, or see lightening, please leave the greens immediately.
Like, right now.

Thank you



No matter how much you push the envelope . . . it will still be stationery.

If you need to leave the RLBC Board a note or a message or a comment,
you can put your correspondence

in the B1 Mail Locker at the club

email it to us at rlbc.sk@outlook.com

use the Contact Us form on our website

or send it snail mail to PO Box 31102, RPO Normanview, Regina S4R 8R6



RLBC National Bowls Day

Open House

If you are going to take up cross-country skiing, start with a small country.

Better yet, why not take up lawn bowls? It's a great way to socialize, learn a new sport, get a bit of exercise, meet new people, and it is affordable. If you know of someone who might enjoy playing bowls, please invite them to attend National Bowls Day.

Saturday, June 3 - 10:00 am – 4:00 pm

Refreshments will be served.



B Cubed

Offering Fine Dining at the RLBC

(define fine)



Come on down to the RLBC any B Cubed Thursday night and Enjoy a Hot Dog and a Cold one

Served to you by our team of specialists.

Watch some great bowls games – or have a rollup yourself!

Hot dogs: \$3.00 each or 2 hotdogs for \$5.00

Alcoholic Beverages: \$5.00 each
Beer, Wine, Coolers & Twisters

Snacks from the Snack Cart and Non-Alcoholic Beverages: \$1.00

See you on Thursdays!



Advice from a Pickle

- Life can be hard sometimes. Dill with it.
- Relish every moment you share with those you love.
- The door to happiness is always ajar.
- If you want life to be sweet, you have to know what sour tastes like, too.
- Remember, life is never a dill moment.
- Don't worry—
in the end, everything will be just brine.



Thank U ~ Thank U

Thank U so much to the cleanup crew who helped get our clubhouse spic and span and tidy and neat and cleaned and vacuumed and dusted and wiped and swept and all of the other things. The clubhouse looks fabulous!

Judy Whiting, John Whiting, Heather Hanoski, Jean Roney, Pat Schlotter,
Karen Schlotter.

Also, thanks to Janet Watson for giving the club a clean when the Cathedral Short Mat was taken down and the club was restored to its original state.

Thanks to the Outside Crew – Doug Normand and Keith Roney. You got a lot done outside in a short period of time.



Brewin' with the Board

- * Got our yearly liquor licence application approved - finally. Thanks, Darrell.
- * The Tossing Coins arrived. They will be given to each Youth Bowler attending the 2023 Canadian Youth Championships and we'll have some for sale for \$5.00 to members.
- * Should hear about the Co-op Community Spaces Grant this month.
- * Would wood back boards work? The backboard team is going to check it out.
- * Looking at the garage package.
- * The new rink markers arrived and we have left overs.
- * Still need to find a licenced Financial Reviewer.
- * Lawn Summer Nights looking to return this year for one fabulous evening.
- * Bowl Me Over League is ready to roll.
- * Jitney gift cards given to lucky winners.
- * Mark is giving lots of new bowlers coaching lessons.
- * Mark's Youth Program will start pretty soon.
- * Getting ready for National Bowls Day on June 3.
- * Lots and lots and lots of group bookings. Already had over 65 group bookings – which is exactly half the amount we had in all of 2022.
- * Looking at purchasing a new riding mower.
- * Might have found a Catering Director (who is it????).
- * We are boosting our Facebook Posts which seems to be attracting a lot of interest to the club.
- * So far, we have 271 members (if we are counting correctly).
- * Gate locks will be changed.
- * Greens maintenance schedule was revealed.





Who didn't think May just flew by? Show of hands, please. Seeing none, then you agree that May came and went in the blink of an eye. May was an exciting month at the RLBC. Here's a quick recap:

- Tarps were taken off the greens.
- Our 2 summer students – Liz and Raechel – started with the RLBC.
- We got our yearly liquor licence!
- We had an open house and it was successful.
- Lots of members turned out for our Opening Day.
- Membership applications poured in.
- Clean up day happened.
- Opening Day draw saw games on 2 greens.
- Doug started gardening.
- B Cubed started.
- Grand opening of our Backyard Escapes Beer Gardens!
- Competitive 3s games filled up a green.
- School groups joined us.
- New drinks and snacks were introduced.

And that's just in May. Whew! What's in store for the next few months? Come on out and join us on the greens. Don't miss any of the fun!

What do you drink when you don't want something strong? Liquor-ish. Get it?

The New Yearly Liquor Licence Is Here! The New Yearly Liquor Licence Is Here!



Thanks to the hard work of **Darrell Hanoski** and **Doug Normand**, the RLBC was able to secure a yearly liquor licence. There are some rules and guidelines which the club will have to follow in order to have alcohol at the club and so we are making sure we are adhering to all the requirements.

There are a few members who are 'bartenders' and who would be happy to sell you a drinky-poo.

Beer	\$5.00
Red Wine	\$5.00
White Wine	\$5.00
Coolers	\$5.00
Non-Alcoholic Beer	\$3.00

Doug opened the water bill and the electrical bill at the same time this month.
He was shocked!

Who are you calling an old bag?

There are several bowls bags on the bowls counter in the locker room which are free for the taking. If you are interested in one of the bowls bags, please help yourself. If the bags do not find their new forever home by June 15, we'll likely throw them away. What a shame. But, we simply don't have the storage to keep them and actually, we don't have the need for them at the club.



I just got excited about a new scent of dish soap. No one warned me adulthood was going to be such a non-stop thrill ride.

Just a reminder that the soap in all three bathrooms as well as in the kitchen cannot be diluted. Oh, it's tempting. We know. Water it down . . . Save a bit of coin. However, when it is watered-down, it doesn't meet health regulations and we have to throw it all out and start again. So, you see, we don't end up saving any money at all.

What do you call water that's healthy for you? Well Water!

The forecast for this summer is hot with a chance of hotter. It's really important to keep hydrated – especially when playing bowls. There are three signs of dehydration that you can monitor for yourself. If you exhibit any of these simple signs, start drinking (water, that is, or something with electrolytes or water).

Dry Eyes. Your body produces more than just tears when you cry (not after losing a game because we don't cry about that). Your body produces tears all the time, you just might not be aware of it. So, if your eyes feel dry, and you can't blame the dust storm, then you might be dehydrated.

Funky Breath. OOOO. Yuck. If you are dehydrated, you produce less saliva and more bacteria. So, if you go to talk to someone and they cringe and give you THAT look, grab some water, because you are probably dehydrated. Or, it could be that onion and garlic bagel you just ate.

Sugar Cravings. I NEED SUGAR. When you are dehydrated, your liver struggles to break down the glycogen into glucose. Yes, that's a tad technical, but that's what happens. So, because there is less glucose in your body, you start to crave sugar.

Tap water works! We also sell bottles of water which are always cold. Also, Gatorade.

What do you get when you cross a rabbit with a water hose? Hare spray!

Did you hear Julie Andrews will no longer endorse cheap lipstick? It crumbles easily and makes her breath smell. She explained, "The super colour fragile lipstick gives me halitosis."



Copy ~~Cat~~ Kittie

So. Got a communication from the West Vancouver Lawn Bowling Club. They are situated in Vancouver, duh! They had been snooping around our Website (loved it), and reading the Between Bowls Newsletter (yes!). They learned about some great initiatives we are doing at the RLBC and asked if they could copy cat us. Of course, we said, of course. They want more information about our B Cubed League, our Baker's Box and our First Aid Kittie, in particular. So we might see another B Cubed league start up next year, a space in their freezer called Baker's Box, and a new First Aid Kitty at their clubhouse. Once again, the RLBC is a trendsetter in the lawn bowls community. Way to go, RLBC!

Let's Learn Spoken English



PARTS OF A BIKE



You Lock it Up . . . No, YOU Lock It Up!

Kevin's Bike Rack is finished and it looks fabulous. Thank you, Kevin, for dedicating your winter months, weekends, evenings, coffee breaks, and early mornings to getting the bike rack designed, built, finished and brought to the club.

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

If you plan to bring your bike to the RLBC, remember to lock it up – to the bike rack, not to another bike. The RLBC is not responsible for lost or stolen bikes. We're just not.



*What do you get if you cross a bike and a flower?
Bicycle petals!*

John's Snacki-Snack Cart and Bevie Bar

Our Snacki-Snack Cart was fully stocked by Opening Day. Not sure about sauerkraut or wurst . . . but certainly there are chips and chocolate bars and other fun stuff. The fridge will be stocked with a variety of soft drinks and bottled water.

Reminder – all snacks and soda's and bottled water are \$1.00. Except for the Gatorade which is \$1.50.

Now the coffee, of course – it's complimentary. So is the Tea. And the hot chocolate is free too.

**I've ordered
some German
food over the
internet.**

**The sauerkraut
has arrived but
the wurst is yet
to come.**

*Baking is whisk-y
business*

*Let's bake the
world a butter
place*

Flour Power

Life is what you bake it

*Go on . . .
bake my day*



Speaking of our Baker's Box

We peaked in the freezer and we couldn't believe it. Someone contributed to the Baker's Box already. Way to go, someone! We really appreciate it and can't wait to try the sweet treats! And, we know who that 'someone' is – and they have been personally thanked. They're kinda shy and didn't want their name mentioned here. So, no names mentioned.

We can always use a top up. Cookies, muffins, or anything else that would fit in the "Baker's Box" category. These treats will be used when we are hosting an event like a Provincial Playdown or the 2023 Canadian Youth Championships.

Here's a tidbit Rice Krispy Cake freezes well! However, French macarons and pizzelle don't freeze well at all. Who knew?

If you contribute to the Baker's Box, and if it isn't toooooo much trouble, can you please label what the Treat is?

Thank you so much.

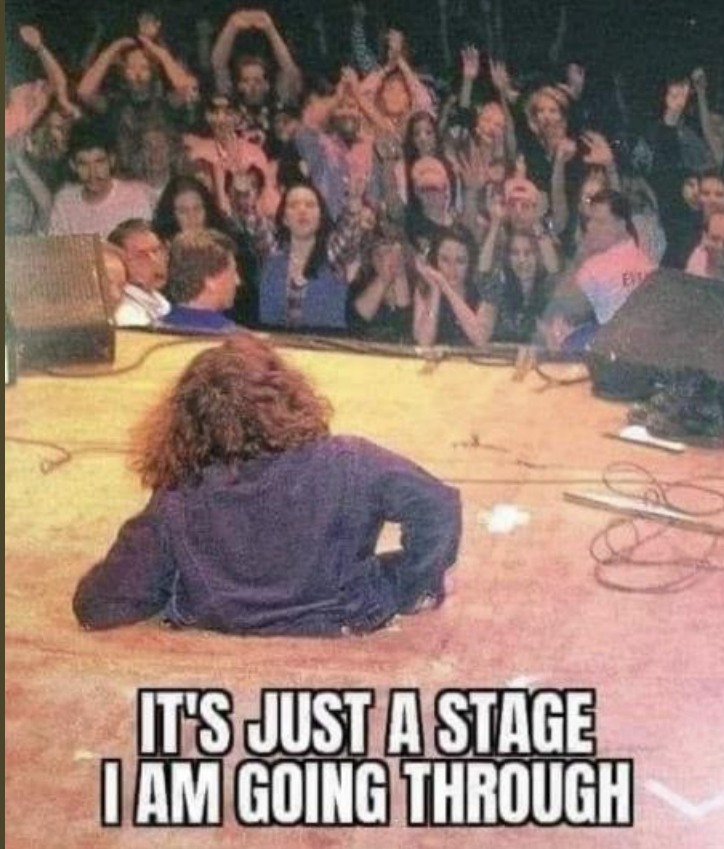
*Bake me up
before you go go*

*Sometimes you need to
take whisks in baking*

*Muffin compares to a
day of baking*

*I always 'rise' to the
occasion when it comes
to baking*

NO NEED TO PANIC



**IT'S JUST A STAGE
I AM GOING THROUGH**

But . . . For those who are not interested in practicing . . . we totally get that, too. And that's probably not a stage you're going through. It's just the way it is.

Whatever stage you're going through . . . rolling bowls is the main thing! Enjoy!

Coach's Corner

Does practice make perfect - in bowls . . . or is it just a stage you go through? How many times have you said to yourself . . . I think I should practice today, but I really don't feel like it.

Well, practice does help. Definitely. Rolling jacks to various lengths, trying to roll bowls to various lengths, practicing shots that you are not comfortable with. These are all drills that help to make you a better bowler.

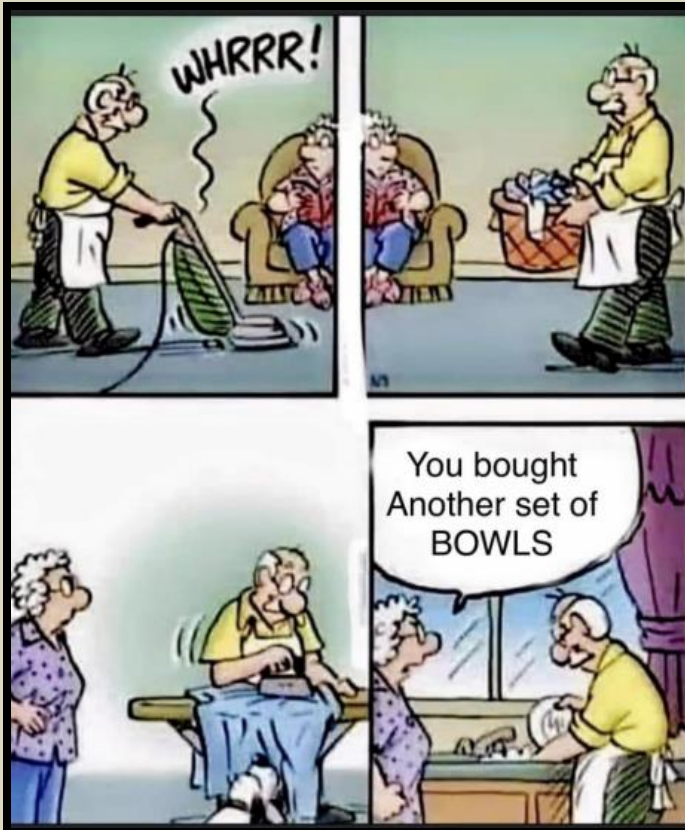


Markers for the 2023 Canadian Youth Championships

**CELEBRATE
NATIONAL HISTORIC
MARKER DAY!**

Thank you to all the members who indicated they would help mark the singles games at the 2023 Canadian Youth Championships. We still need a few more markers. If you are available from July 26 – 30 to mark a game or two, please email us at rlbc.sk@outlook.com. No experience necessary. A Marker's Cheat Sheet is available for your training, and we have someone available to answer any questions you might have.

Please consider helping Mark the youth nationals games. So, WHEN is National Historic Marker Day, again?



You bought ANOTHER set of BOWLS?

Darn toot'ens we did.

Well, the Cathedral Short Mat club actually ordered a couple of sets of new bowls for the RLBC.

And, we purchased some used bowls as well.

And, no You don't have to vacuum or do laundry or iron or wash dishes to try them out.



When we asked our members to take out the garbage this is not what we had in mind.

But, if you see that the garbage in the kitchen or bathrooms is full, would you please take out the garbage. All you need to do is place the garbage bag by the BBQ shed or in the trailer. Every so often, the guy with the garbage bin key disposes of the bags of garbage.

This would be very helpful to keep our clubhouse clean and odor free.

Thank you.

Greeters for the 2023 Canadian Youth Championships

The Host Committee thought it would be very nice if we had "Greeters" at the 2023 Canadian Youth Championships. Greeters would be available during the time when athletes, coaches, managers, parents, spectators, umpires, and volunteers are at the club. The main job of the Greeter would be to welcome our out of town guests and answer questions that they may have. It might include filling up a water bottle, taking a picture, answering the telephone, you know, that kinda stuff. If you are interested in being a Greeter for any of the days we are holding the Championships – July 26 – 30 – please let us know. Rlbc.sk@outlook.com

PBA CANADA

Message from Josh Cameron – Calgary Lawn Bowling Club

Hey, are you a competitive bowler and want to take your bowls game to the ultimate level (and get a big cash prize to boot)? Consider signing up for the PBA Canada Western Open at the Calgary Lawn Bowling Club – Saturday, July 29 – Sunday, July 30! Winners of the singles and doubles competitions will get byes into the later rounds of the PBA World Qualifiers hosted at Woodstock Lawn Bowling Club in Ontario – Saturday, September 2 – Monday, September 4. Already signed up for the world qualifiers? Try and take the crown to get some good \$\$\$ to fund your trip! The best thing about PBA Canada? Completely open competitions – age, gender, years of experience – none of it matters! If you can stomach the high entry fee to potentially only play one set-style match, then these might be the tournaments for you! Email Josh Cameron for more information – jgmcameron@gmail.com

PBA Canada Events Rundown

PBA Canada is a player-organized organization that tries to limit costs to maximize the amount of money going to its qualifying athletes to compete overseas against the world's best bowlers on a high pace (18-21 seconds!), high precision carpet portable rink. As of 2023, PBA Canada has most of its members and all of its events in Ontario. It is our hope that we can expand membership and create chapters across Canada. As a player organization, the location of the world qualifiers is determined by a vote of all the previous season's members in the off-season. Feel free to join player discussion in our Facebook group:

<https://www.facebook.com/groups/343380789066347/>

PBA Canada Western Open

New to PBA Canada's offerings in 2023, this competition is being offered to provide financial support to bowlers in Western Canada considering attending the PBA Canada World Qualifiers in Ontario at the Woodstock Lawn Bowling Club September 2nd – 4th, 2023. Should the West end up with enough members, 2024's world qualifiers could very well move to the West with a majority vote. Below are the details of the PBA Western Canada Open:

When: Saturday, July 29th & Sunday, July 30th, 2023

Time: Dependent on # of entries

Where: Calgary Lawn Bowling Club

Cost: Singles - \$100, Pairs (2-Bowls) - \$200

Competitive 3s

Who we
playin this
week?

Does it
matter?



Nope.
We're
gunna win
anyways.

The Competitive 3's league is well underway. 9 teams registered this year (is that a record?). A few games have been played already and there is still one game left to play on June 3. The Competitive 3's league is designed to get bowlers ready for the season, ready for provincial playdowns, and ready for nationals.

So, which team won the Competitive 3's?

Bias Boys
Drawn N to IT
Get the JACK!
Green Grinders
Lone Wolves
Mod Squad
Rokohani Girls
Three Ca-bowl-leros
WatSchlotSchlunkers

Well . . . you'll have to wait until the Fall Windup to see who takes home the gold and silver pins.

Let's Play a Game Called Concentration

Concentration is key in bowls. Duh! From the moment you plan your shot to the moment you release, you need to be fully focused on delivering the bowl down your target line as smoothly and deliberately as possible. Geez. That takes all the fun out of the sport.

But . . . let's continue.

Why is concentration important? Well, there are 3 main reasons:

- Game awareness
- Shot awareness
- Body awareness

*Why did the employee loose their job at the orange juice factory?
Lack of concentration!*

Game awareness. You need to be able to concentrate enough to be able to be aware of the state of the match. This is important in daily draws, club tournaments, Friday Night Jitney, Bowl Me Over League, Provincial Playdowns and National events. Concentrating on the match means you can adjust your shot selection on what is needed as well as adjusting your tactics based on what you are seeing. For example ~ if it's the last end and you are up by 3 points in the game, you don't need to play a risky drive unless you are down a pile in the end.

Shot awareness. If you are playing front end in a team game, likely you will be asked to draw to the jack. Be committed to what shot you are about to play, concentrate from the moment it's your turn on the mat, to picking up the bowl, to getting in your delivery position, to releasing the bowl.

Body awareness. The number one reason for bad deliveries is not delivering the bowl the same each time you are on the mat. Some common body movements that affect your delivery, and that scream "I'm not concentrating", are: not following through fully; stepping across your body; jumping off the mat; and swinging your arm across your body. Concentrate – Where are my feet? Are my hips aligned? Where is my arm? Did I follow "threw"? Did I stay down?

Why do we loose concentration? So many reasons, some of which are obvious, and others – not so obvious.

- Tired
- Prioritizing

Tired. If you are a recreational bowler, then it's likely that you're playing your game in the morning, afternoon or evening. You may have already done a lot that day – and you start the game already tired. If it is particularly hot, dehydration can make you feel tired. If you play multiple games a day – chances are, you'll be tired. Tiredness is probably the biggest reason why you are not able to concentrate during a game. What can you do about it? Well, recognizing that you're probably tired, is the first step. Drinking water and grabbing a snack will help. Positive self talk – I can do this – also helps.

Prioritizing. Some newer bowlers just don't realize the concentration required in a game. They unpack their set of bowls, plunk them down on the green, and they are ready to go. Or, so they think. Remembering that even the most social, recreational game of bowls still requires some concentration. Maybe not as much as playing at the Commonwealth Games, but still . . .

Bowls Sask Sport Medicine & Science Day

Sunday, June 4, 2023

8:30am – 4:30pm

Regina Lawn Bowling Club

Bring a tennis ball or similar item plus a long sock for the session on self-massage.

Bring your own bagged lunch.



15 Best Times to go Lawn Bowling

1. When you need to chill out.
2. When you need some excitement.
3. When you want to be alone.
4. When you want to hang out with friends.
5. When you need a little fresh air.
6. When you need a little exercise.
7. When you want to relax.
8. When you want to be challenged.
9. When you want to connect with nature.
10. When you want to conquer nature.
11. When you have the day off work.
12. When you don't have the day off work.
13. When you're a kid.
14. When you can take your kids.
15. When you can bowl with your entire family.

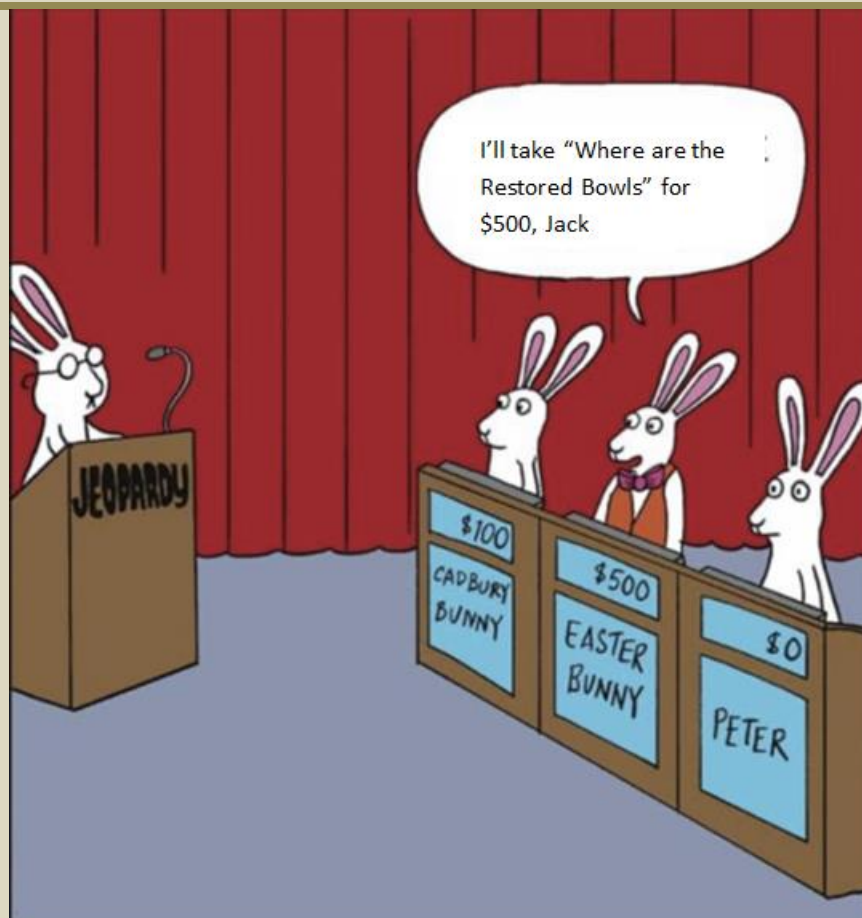
Grass Cutting Crew

We are looking for a couple of volunteers who might be interested in cutting the grass around the greens. Working with one other person, your grass cutting schedule will probably see you riding the mower about once every 3 weeks. If you are interested, please email Doug – doug.normand@sasktel.net



CALAM'S COACHING CLINIC - C³ SATURDAY, MAY 27, 2023

Calam's Coaching Clinic, affectionately known as C³, took place at the Regina Lawn Bowling Club on Saturday, May 27, 2023 starting at about 8:30 am. It was an all day coaching session focusing on shot selection, technique, and mental focus. Thanks to David's many helpers. We sincerely hope that the participants enjoyed their day.



The Bowls Restoration Crew have been at it again. With the addition of some well-loved bowls that we obtained from former members and bowlers and other clubs, the Bowls Restoration team have worked their magic once again. Thank you to everyone who helped get the bowls spiffed up and ready for the season.

2023 Canadian Youth Championships rlbc.sk@outlook.com

What? You haven't signed up to help with the 2023 Canadian Youth Championships?

In order to run a national event, we need lots of help. Please consider helping in any of the following areas:

Catering: Helping with lunch. So, you might want to be in charge of wiping the tables! That's wonderful. Perhaps you fancy yourself an expert dishwasher. Perfect. Like chopping veggies? Yup!

Greeter: If you are friendly, outgoing and eager to help, you'd make the perfect Greeter. All you need to do is help the athletes, coaches, umpires, spectators with things around the club.

Housekeeping: With all the additional people in our clubhouse, we'll need to ensure that it's all spick and span. Dusting is optional.

Greens Setting: This is the perfect job for the early birds. Set up the greens for the games.

Marking: We need lots of markers for the singles games. We even prepared a cheat sheet!



Medical Team – Stat!

John Whiting has taken the refresher CPR course and is ready to staff our medical requirements for the 2023 Canadian Youth Championships. If you have medical training and you are interested in assisting John, please let us know. Some experience required.

rlbc.sk@outlook.com



Respect in Sport

<https://www.sasksport.ca/programs-education/respect-in-sport/>

Please consider taking the Respect in Sport course. Once you have the Respect in Sport certification, you can help with coaching and group bookings. And let's face it, everyone wants a piece of that pie. Thank you.

Oh, and by the way . . . the course is FREE!



HAPPY FATHER'S DAY





The Provincial Playdowns will be starting this month. Winning teams will represent Saskatchewan at the Canadian Nationals. How many medals will Team Saskatchewan bring home? Lots, of course. All of them, of course.

If you are interested in playing in the Provincial Playdowns this year, please register with Bowls Sask.



The Werther's Fairy

The Werther's Fairy is a little jealous.

Someone left a roll of butter rum life savers by the Werther's dish. Hmmm. Is someone trying to tell us something?

While Werther's are obviously the hard candy of choice by most lawn bowlers, sometimes, just to mix things up a bit, you might find other candies in the Werther's dish. Don't be afraid to venture out. That cinnamon bon-bon might actually be refreshing!

But don't get too attached to the other stuff . . . we don't want to make the Werther's Fairy jealous, and all.



A.C. That's street talk for Air Conditioning



We don't have to roll down a window at the RLBC – at our clubhouse we have air conditioning to keep us cool. We don't want to over-use it, and we don't want to increase our energy bill and we don't want it too hot and we don't want it too cold (are we fussy or what?!) – so just a reminder that we have the air conditioner set at a certain temperature and it should probably just stay at that temp. Thanks so much.



Men's and Women's Provincial Fours Bowls Sask Tournament Friday, June 16 – Sunday, June 18

The Provincial Fours is being held at the RLBC this year. Men's Fours (that's a team of 4 men) and Women's Fours (that's a team of 4 women) will gather at the RLBC to determine who will represent Saskatchewan at the Canadian Nationals, held at the Juan da Fuca lawn bowling club in Victoria.

Got your team entered?



Me waiting for the Youth Program at the RLBC to start.

You don't have to wait too much longer.

**Wednesdays
June 21 - August 9
6:30 pm**

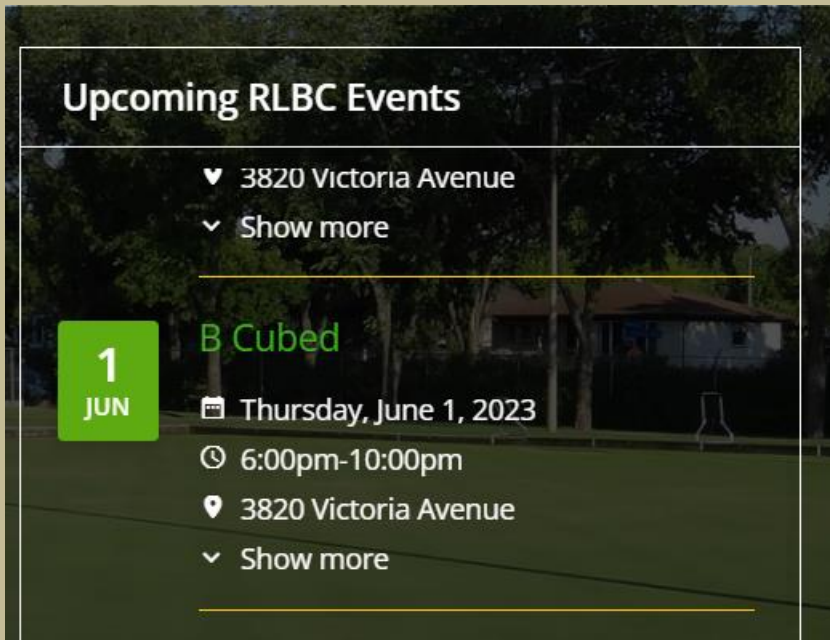
Coach: Mark Sutyla



Mark Sutyla will be starting the Junior Program soon. Real soon. The Youth Program (Youth ~ Junior – we've heard it both ways) runs for 8 weeks, starting on June 21. The last Youth night will be August 9. The Youth Program starts at 6:30 pm. If you know of a youth ~ you know, someone who is between the ages of 8 and 18 ~ who would be interested in learning to lawn bowl, why not bring them out on Wednesday evenings. And, don't forget that the RLBC is hosting the 2023 Canadian Youth Championships – Open Entry - Just sayin'.

“Everyone talks about age, but it's not about age. It's about work ethic. Winning never gets old.” ~ Lisa Leslie

Mark Your Calendar (not Mark with a C)



Upcoming RLBC Events

♥ 3820 Victoria Avenue
▼ Show more

1 JUN **B Cubed**
📅 Thursday, June 1, 2023
🕒 6:00pm-10:00pm
📍 3820 Victoria Avenue
▼ Show more

Ever wonder what's happening at the RLBC. Crap – where did that communication go about that one tournament I was going to enter.

Hmmmmmm

Well, look no more.

On the home page of the RLBC website, the calendar of events is listed in date order (we actually had the calendar of events listed in alphabetical order, but we got some complaints), and all you need to do is scroll down until you find the information you are looking for.

www.reginalawnbowlingclub.ca

Have a peak!



Warning!

This photo contains graphic images of a good time.

Parental guidance recommended.

If you are looking for a low-impact sport or activity to play, a place where socializing is key, where the surroundings are beautiful, where you can be outdoors . . . then look no further.

Join the RLBC. Lawn bowling is fun – don't say we didn't warn ya!

Opening Day



Opening Day was celebrated on May 22. RLBC members gathered at the club to enjoy an afternoon of bowls. After introducing the board, and a few announcements, the games started with a spider bowl – lucky winner was Mark Sutyla. After the games, members socialized in the clubhouse and enjoyed a “Make Your Own Sundae” Bar. The Bar was open for the first time since the RLBC got its annual liquor permit.

Thank you, Judy and John, for arranging for the refreshments for Opening Day.

Thank you, Darrell, for arranging for the yearly liquor licence for the club.

Thanks to everyone who participated in Opening Day. Wasn't it fun!



R U Ready 2 Roll?

R U Ready for the 2023 bowls season? Of course U R. Sometimes, in all our excitement to get the 'bowl' rolling, we forget some of the nuances of the game and some of the rules. Here's a reminder about some things you may have forgotten about.

Possession of the Rink. When a delivered bowl comes to rest, possession of the rink changes to the other team. That's what the bowling law says. The law doesn't, however, say anything about the player having to stay on the mat until the bowl comes to rest. The law only says – when the bowl stops, possession of the rink changes.

Following Your Bowl to the Head. As long as you abide by the conditions of play for the event in which you are participating, i.e., players can only visit the head after your 3rd bowl, as long as you reach the head before your bowl comes to rest, you have incurred no violation. However, if you have not reached the head by the time your bowl comes to a stop, then technically, you are interfering. That's a no-no.

Stepping off the Mat. If you have the habit of stepping off the mat, perhaps leaning to the side to watch your bowl roll down the green, you must be at least 1 meter behind the mat when your bowl comes to rest.

Skip's Instructions. The skip from the opposing team cannot communicate instructions to his/her teammate until the opposition's bowl has come to rest.

6-49+ Punch Cards

Back by popular demand, we are offering our 6-49+ Punch Cards. What is a 6-49+ Punch Card? Well, you purchase a 6-49+ Punch Card for \$49.00 and you can come to the club and have 6 games and then when your card is filled up, you get an extra game. So, that's 7 games in total.

If you are a math expert . . . if you payed a regular drop-in fee of \$10.00 per game, and you dropped in 7 times, you'd pay \$70.00. So, according to my calculator, the 6-49+ Punch Cards are a better deal. But you decide which is best for you.

One other thing about the 6-49+ Punch cards, they carry forward to next season, and, if you use up your card and decide to take out a membership, we deduct the \$49.00 from the membership fee. So, it's a win-win for everyone.



Please don't forget your sunscreen. Summer forecast is hot. Even when it isn't hot, you can still burn. If you forget your sunscreen, you will find some sun screen in the washrooms or in the towel cupboard in the locker room. Please let us know when it runs out.

Never argue with left-handed people – they are never right

Remember, if you are calling shots for a left handed bowler, their forehand is your backhand and your backhand is their forehand. It's sooo confusing. We do have some left-handed bowlers at the club, so just sayin'.

How DO you Lawn Bowl?

Are you new to lawn bowling? Or, do you feel you would benefit from a refresher coarse? Why not take a couple of minutes and watch the "How To Bowl" videos featured on our website. Here's the link:

<https://www.reginalawnbowlingclub.ca/group-bookings.html>

Phone Jack



So, as it turns out . . . the portable phone by the Office Manager's Desk doesn't work. We are looking into fixing the phone or replacing the phone or throwing the phone against the wall in hopes that a good bang gets it jump started.

In the meantime . . . if the phone rings, you'll have to run to the locker room to answer it – if Liz isn't around.



There is a new television installed in both the upper and lower levels of the RLBC clubhouse.

Both TVs work! They both have remote controls.

So, if you are at the club and would like to watch a bit of tele while enjoying a cuppa coffee, please settle in.

Bowl Me Over

The RLBC Board is super excited to offer the Bowl Me Over Monday Night League. With League Games starting very shortly, we wanted to give an update on the teams and the membership.

We have 16 Regular Members (that means they are RLBC full members) and 26 League Members (that means they play in the Bowl Me Over League only). We have 9 teams registered. We are still accepting registration, so our numbers could change.

For those who have entered a team, the schedule will be made shortly and distributed via email.

It's not too late to enter a team for the Bowl Me Over League. Just email us – rlbc.sk@outlook.com – and we'll get you registered. If you are a single player, we will match you up with other single players to form a team.

This is a fun, social league, and guarantees playing time every Monday evening.

Mondays
June 12 – July 10
7:00 pm

Baer Balls
Bias Boys
Bowls Deep
Brittany's Spares
Incredibowls
Irritable Bowl Syndrome
Lawnda Sykes
Remarkabowls
Troubowled

Mondays
July 31 – September 11
7:00 pm



The Provincial Women's Fours will be played at the RLBC along with the Provincial Men's Fours.

June 16 – 18. That's Friday until Sunday.

Watch for our "Surprise Caterer" who will be supplying lunch for the event on Saturday, June 17.

What's being served? Oh, that's another of Regina's best kept secrets!

Liz - rlbcgroupbooking@outlook.com

B Cubed – We're On A Roll

The Regina Lawn Bowling Club was filled with about 200 B Cubed members as they played their first league game on Thursday, May 25. Players on Greens A, B, and C enjoyed a hot dog and all the fixin's from the Hot Dog Bar, a cool bevie from the Backyard Escapes Beer Gardens, and a refreshing non-alcoholic beverage and a bag of chips from our Snack Bar.

B Cubed Players were met at the front gate by our B Cubed Greeters who provided a warm welcome to the players along with some information pertinent to the evening.

Door prizes were given away to two lucky winners. Our 75 Jive saw the winner take home \$79. Tickets for the Ripplinger Financial Booze Basket were sold – the winning ticket revealed on week 8.

The Grand Opening of the Backyard Escapes Beer Gardens was a huge success. The new, larger coolers supplied by Backyard Escapes really did the trick as they held far more product than last year's coolers.



The Song of the Summer – *In the Summer Time* by Mungo Jerry – is a catchy tune to dance to while waiting in line for reduced alcohol prices.

It was great to see all the returning players back on the greens, and equally, it was great to see all the new faces, who were eager to give bowls a try. At the end of the evening, the players – returning and new – were so eager to tell us how much fun they had.

Just to give you an idea of how well B Cubed is received in Regina, the following comment was made by one of the new B

Cubed players ***“I have been involved in adult sports leagues for many years and I can honestly say that THIS is the best run adult sports league I have ever seen. I cannot believe that on Night 1 there were NO hiccups”***. This is a huge compliment not only to the RLBC, but to the many volunteers who work so hard to make sure everything at B Cubed runs perfectly. In fact, this same person made a group booking, on the spot, to bring their office staff to the RLBC to experience the fun. And . . . we even had spectators at the club watching the games, enjoying a cold one.

Speaking of volunteers . . . there are no words to describe the B Cubed Volunteers who dedicate their Thursdays to making B Cubed the HUGE success that it is. We cannot do it without you, we appreciate you, and we value your contribution. THANK YOU.

We also want to thank our tremendous sponsors – and their support for B Cubed. Ripplinger Financial, Tommy's Speakeater, Backyard Escapes, Wingert Construction, Regina Pats, and Gopher Car Wash.

Tonight is Week 2. We are super excited to build off of last week's success. We even have a few new tricks up our sleeves to make B Cubed even better! Is that even possible? We'll have to wait and see.



I'm on a Roll

Hot Dog Roll = B Cubed
Toilet Paper Roll = Housekeeping
Roll'in Bowls = Draws

What do all these have in common? They are all part of the fun at the Regina Lawn
Bowling Club!
We're on a roll . . . join us!

~ THANK YOU ~ THANK YOU ~ THANK YOU ~ THANK YOU ~

Backyard Escapes
Bowls Canada
Bowls Saskatchewan
City of Regina
Cloverdale Paint
D & R Roofing Inc.
Dairy Queen
District Brewing Co.
Gopher Car Wash

Regina Funeral Home
Regina Pats
Ripplinger Financial Corp.
Sterling Plumbing Heating Air Conditioning
The Floor Show
Tommy's Speakeatery
Water Boy Supply Centre
Wingert Construction Ltd.



**These companies provide so much support to the RLBC.
Please consider giving them YOUR support.**

Thank you