

BETWEEN BOWLS

Issue 48

<http://www.reginalawnbowlingclub.ca>

rlbc.sk@outlook.com

March 2024

Important Dates to Remember



Sunday, April 21* (*date change*)

- ♣ Membership Renewal Day

Saturday, May 4

- ♣ Clean-up Day at the Club

Saturday, May 11

- ♣ Open House – 9:00am – 3:00pm

Saturday, June 1

- ♣ National Bowls Day – 9:00am - noon

Tuesday, June 4

- ♣ Last day to register for
 - Bowl Me Over League
 - Sunrise Roll & Bowl League

Monday, June 10

- ♣ Last day to register for Luck of the Draw League

August 1 – 4, 2024 - POBO

Wednesday Mornings – Scheduled Draws.

Start time is 10:00 am. Everyone welcome.

Competitive 3s

The Competitive 3s league will run this spring. Register your team of 3 or 4 by emailing us at rlbc.sk@outlook.com

Tuesday	May 14	7:00 pm
Thursday	May 16	7:00 pm
Sunday	May 19	7:00 pm
Tuesday	May 21	7:00 pm
Wednesday	May 22	7:00 pm
Sunday	June 2	7:00 pm

Important League Dates to Remember

Bowl Me Over League

- ♣ Session #1: June 10 – July 8
- ♣ Session #2: July 29 – August 26
- ♣ Register by June 4

Sunrise Roll & Bowl League

- ♣ June 11 – July 30
- ♣ Register by June 4

Luck of the Draw League

- ♣ June 15 – August 24
- ♣ No game on August 3
- ♣ Register deadline: June 10

Note: You need to pre-register for each of the above leagues. You can register by emailing your interest to: rlbcgroupookings@outlook.com Or lkos@accesscomm.ca
Thank you.

Bowls Tips & Tricks by Kitty

Bowls – where being heavy is much better than being light.



Follow me for more bowls tips

Brain Freeze - It Can't Hurt!

We often hear . . . before you roll bowls, stretch out first. Walk around the greens. Do some arm stretches. Do some leg stretches. Warm up.

This can be done with little to no thinking or effort. A pair of bowlers decide to warm up before the game by walking around the entire green twice, just to get their muscles warm. They are chatting the entire time – catching up on the latest bowls gossip. Everything is fine and by the time they are ready to roll . . . they didn't even realize they warmed up.

But what about those intense warmup | work out sessions. You know the ones - at the Zumba class or the Spin class? The warm up starts great. Everything is fine. And then . . . it happens. More intensity equals more pain. And, you just can't ignore the burning muscles or the weak legs any more.

According to those in the know . . . it's the distraction – like the conversations with friends - that allows you to be more at ease with your warmups. Your brain is concentrating on the conversation you are having with your partner, not on the exercise itself. But . . . when you start the intensity part of your workout, no amount of conversation helps.

That's a fact.

So, what's the answer?

Well, for bowlers, the warm up and exercise routine is not nearly as strenuous as what happens in the gym. What happens in the gym . . . stays in the gym.

But what we do know, is that distractions when warming up do help you to complete your warmup.

So, walk around the greens and do your stretches with a friend. If you don't have a friend available, listening to music or making a quick call on your cell will help your brain to stop thinking about the exercise, which in turn, allows you to complete your warm-up routine.

As with all change in physical routines . . . seek medical professional advice before starting anything new.

Do you have your warm-up partner or music play list ready?



Brewin' with the Board

- ♣ Reviewed the budget – it's pretty much all set now.
- ♣ Getting a new security system – new cameras and other security stuff.
- ♣ Getting new lighting for the clubhouse.
- ♣ Looking at new lighting or new light bulbs for the outdoors.
- ♣ Garage stuff just about done!
- ♣ Hired 2 summer students - Liz and Trystan. Both start May 6.
- ♣ Date change for Membership Renewal Day – new date is Sunday, April 21.
- ♣ B Cubed sold out. Lots of interest in B Cubed Encore and POBO.
- ♣ Membership fees stay the same for the 2024 season.
- ♣ Group booking fees stay the same for the 2024 season.
- ♣ Lots of new initiatives presented by the Event's Committee and supported by the RLBC Board of Directors. Two new leagues. Volunteer Task prizes. Member Participation prize.
- ♣ Recipient of the New Horizon's for Senior's Grant – backboards here we come.
- ♣ Applied for other grants – fingers crossed.
- ♣ Going to find out how those pesky critters get into the clubhouse.
- ♣ Still looking to fill two Board vacancies – Catering and Group Bookings.



Catering Director

If you are a dynamic individual or want to be part of an energetic team of members who likes to organize things then the Catering Director position might be the one for you.

A RLBC Board vacancy position is available for the Catering Director . . . but you don't have to take it. There are other ways to communicate the catering requirements without being part of the board. We have it all figured out.

So what does the Catering Director do? Well, in a nut shell (sorry for using a food analogy) duties include:

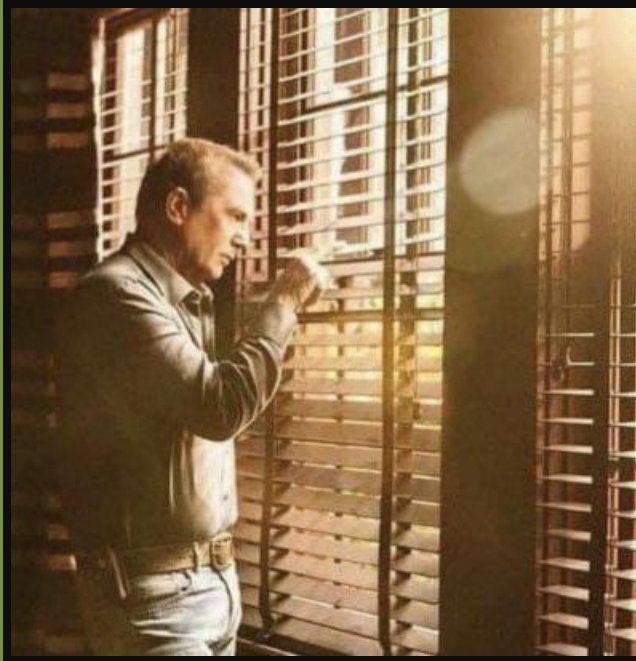
- ♣ Ordering a cake or bringing in cookies or goodies for Membership Renewal Day, Open House, Opening Day, and National Bowls Day.
- ♣ Arranging for food for Canada Day – lots of volunteers help with Canada Day brunch.
- ♣ Arranging for food for Provincial Playdowns. This could mean ordering Sub Sandwiches or Pizza or similar. You just need to take the order and dial up your favorite take out.
- ♣ Arranging for goodies at the Club Windup. Bring Back Pies has been mentioned where club members are asked to bring their favorite pie for all to enjoy.

Sounds daunting? Maybe you don't want all the responsibility, but perhaps there is one element of the job that appeals to you. Perhaps you'd like to arrange for the Cake for Open House – or be in charge of one of the other events. That would awesome.

If you are interested in helping with our Catering activities at the club this season, send Doug Normand (doug.normand@sasktel.net) or Judy Whiting (ginlinjin@hotmail.com) an email.

Thanks for helping.





Just waiting for outdoor bowls season to start

Remember to register for league play offered at the RLBC:

- ♣ Bowl Me Over
- ♣ Sunrise Roll & Bowl
- ♣ Luck of the Draw
- ♣ Competitive 3s

CommunityVotes Regina

Regina Lawn Bowling Club and the Cathedral Short Mat have been nominated again for best sport – bowling category.

We'll let you know when voting opens and when you can cast your vote for the Regina Lawn Bowling Club and the Cathedral Short Mat.

Let's continue the winning streak and make it 3 years in a row!

Another Great Sponsor – Regina Hotel Association POBO

Thanks to Shari McCannel, Director, Marketing & Communications at the Regina Hotel Association for support for the Pile O'Bowls Open (POBO) Tournament. Regina Hotel Association support will be revealed soon.



CAPITAL

AUTOMOTIVE GROUP

Capital Automotive Group is a family-owned organization that has been serving customers across the prairies for decades. With multiple stores spanning Alberta, Manitoba, and roots in Saskatchewan, we are proud to specialize in the delivery and service of vehicles from top brands such as Ford, General Motors, Mercedes-Benz, Jeep, Ram, and more. Our collision facilities, like Universal Collision Centre, are also on hand to help you out.

The Capital Automotive Group believes that supporting and being involved in our local community is a social responsibility that is integral to the lives of our customers, employees, and people in the cities we are a part of. Our dedicated and energetic staff is excited to be involved in our communities making a positive impact.

Capital Cares strengthens our community by providing financial, in-kind, and volunteer support to various organizations, educational and social programs, groups, and individuals.

We are proud to serve our community and look forward to continuing our commitment.

Many thanks to our newest sponsor, Capital Automotive Group – Capital Cares. Their donation, which is to be used as a door prize at the Pile O’Bowls Open, is very much appreciated.

B Cubed – Popping Up All “BOWL”ver

We are always happy to report when we hear about our B Cubed model being introduced at other lawn bowling clubs. Registrations are taking place at the Preston Lawn Bowling Club for Thursday night Beverage & Bowls League. Their pricing is \$40 for a membership and \$100 to play in the league. League dates: June 27 – August 29.

The Regina Lawn Bowling Club wishes the Beverage & Bowls League at the Preston Lawn Bowling Club a huge success this season. We hope the league sells out quickly!



Beverage & Bowls (19+)
\$140 Annually

Events Committee

Your Events Committee met in February. This time, the meeting focused on smaller events that the RLBC could offer this season. Those events are being worked into the event calendar. We will be able to provide you with more information when they are finalized. The smaller events are one-day events or one-weekend events.

Just a reminder - don't forget about the two new leagues we are offering at the RLBC this season.

Sunrise Roll & Bowl League

- ♣ 55+.
- ♣ Tuesday mornings. June 11 – July 30. 9:30am start time.
- ♣ 3 bowl mix and match triples. 12 end games.
- ♣ Register by June 4. Minimum of 6 teams required to run the league.

Luck of the Draw League

- ♣ Saturday mornings. June 25 – August 24. No game on August 3. 10:00am start time.
- ♣ Register as a single player, but play pairs, triples, fours, swinger, cut-throat – depending on the number of bowlers who attend.
- ♣ Register by June 10. Minimum of 10 players required to run the league.

How about the returning leagues:

Bowl Me Over

- ♣ Monday evenings starting at 7:00 pm.
- ♣ Teams of 3 or 4. Mix or Match.

Competitive 3s

- | | | |
|-------------|--------|---------|
| ♣ Tuesday | May 14 | 7:00 pm |
| ♣ Thursday | May 16 | 7:00 pm |
| ♣ Sunday | May 19 | 7:00 pm |
| ♣ Tuesday | May 21 | 7:00 pm |
| ♣ Wednesday | May 22 | 7:00 pm |
| ♣ Sunday | June 2 | 7:00 pm |

All leagues are included in the price of an RLBC Regular Membership or a RLBC Full Youth Membership. All others pay \$100.00 / person (except the Competitive 3's which is only open to RLBC Members).

Scheduled Draws will take place every Wednesday morning, starting at 10:00 am. Please have your draw tags in the tray by 9:45 am.

All RLBC Policies Apply

Volunteer Tasks Draw

We value our RLBC volunteers.

And this year, the RLBC Board wants to say “**thank you**” in a different way.

Every time a member volunteers at the club, we are calling it a “**task**”. So, a **task** can be just about anything, but here are some examples:

volunteering with a corporate group booking ~ cleaning the clubhouse ~ helping with B Cubed ~ watering the flowers ~ bartending ~ helping with B Cubed Encore ~ assisting with a school group booking ~ pulling weeds from the ditches ~ helping at the Open House ~ removing tarps from the greens ~ fertilizing ~ assisting at National Bowls Day ~ coaching ~ removing the tarps ~ helping with Clean Up Day ~ volunteering with a private group booking ~ housekeeping ~ cutting grass

or any other **volunteer activity** where you are at the club enriching the livelihood of our members and visitors.

Each time you help out, you can complete a **Volunteer Task Slip** and enter it into the draw. At the end of the season, volunteer names will be drawn and they will **receive a prize**, as the Board’s appreciation for your volunteer contributions. Each time you volunteer, you can fill out a **Volunteer Task Slip**.

The **Volunteer Task Slip** will ask for your **name, date and time** of your volunteer event, and what your **volunteer activity** was.

Volunteer Task Slips are available starting with Cleanup Day. The last day to enter the draw is at the Club Windup. The **Volunteer Task Slips** and **Volunteer Task Slip Bucket** can be found with Liz, the Bowls Coordinator, on the office desk. We hope that the **Volunteer Task Slip Bucket** is full by the end of the year.

We will be collecting prizes for giveaways and hopefully, we will have a lot of Volunteer gifts to offer. Please consider volunteering at the club this season.

Thank you.



Members Participation Draw

The RLBC Board hopes that, with all the exciting things happening at the club this season, members will be 'draw'n to bowl in our organized activities.

This year, members who participate and bowl in club activities may be eligible to enter their name for a chance to be the winner of the Members Participation Draw prize.

Each time there are 10 or more participants bowling in the following events, all participants can enter their name in the Members Participation Draw.

Participation Events include:

Opening Day

July 1st – Canada Day Celebration

Wednesday Morning Scheduled Draws

Friday Night Jitney

Club Tournaments

Club Windup

One lucky winner will be drawn at the Fall Windup. Will it be you?

What's the prize? Well, you'll have to wait and see, but we promise you, it's going to be good.

Entry forms will be at the club ~ with the Bowls Co-ordinator, Liz.



POBO

The Pile O'Bowls Open (POBO) Lawn Bowling Tournament is receiving registrations from all over. Currently we have bowlers registered from:

California, USA
Manitoba
Nova Scotia
Saskatoon
Moose Jaw
Warman
Regina

And riding in, but not yet arrived

Alberta
Australia
British Columbia



If you are thinking of registering, but would like more information, everything is found on our website:

<https://www.reginalawnbowlingclub.ca/pobo.html>

You will find the conditions of play, the registration form, sponsorship information and other things – all POBO related.

Cash Prizes – a Huge Bounty

We look forward to receiving your team registration. Don't miss out on this exciting, new, high-stakes tournament, right here in the heart of the prairies!

Are you registered yet?

B Cubed Volunteers R Celebrities

So, as the story goes

A group of B Cubed volunteers gathered at a local fine-dining restaurant, eagerly anticipating a delightful dinner. As they settled into their evening, the astute maitre d' promptly recognized the group and took a moment to engage in a friendly chat. Initially, there was a hint of skepticism in the maitre d's demeanor, perhaps wondering if they were the authentic Thursday Night B Cubed Volunteers or merely doppelgangers attempting to mislead.

Once the maitre d' received confirmation of their identity, he couldn't contain his enthusiasm for B Cubed. He passionately extolled the virtues of the league, praising the incredible volunteers, and expressing particular admiration for the Hot Dog Bar and the Back Yard Escapes Bar. It was revealed during the conversation that the maitre d' himself was an avid B Cubed player, further deepening the connection between the volunteers and the community.

In a surprising turn of events, reports from the scene suggest that other patrons in the restaurant affectionately referred to the group as "celebrities". It was even rumored that some individuals sought autographs from the esteemed B Cubed Volunteers although the accuracy of that claim remains unverified.

This memorable incident occurred on a chilly night in February, in Regina, leaving an indelible mark on the volunteers and showcasing the widespread admiration for their commitment to B Cubed.



Cathedral Short Mat – 3rd Annual Tourney

The Results are in!

After a slow start, the team of *We're With The Band Doug & The Slugs* were victorious over the team *WeWa*, with a 1st and 2nd place finish respectively.

Tied for third with a game saving shot in the last end by *Gone with the Win*, are their rivels *Bite the WHITEing*.

And, in 5th place, *Amanda's Brand!*

So, to recap

1 st Place	<i>We're With The Band Doug & The Slugs</i>	Doug N & Jordan K
2 nd Place	<i>WeWa</i>	Kevin & Carter
3 rd Place	<i>Gone with the Win</i>	Doug L & Janet
3 rd Place	<i>Bite the WHITEing</i>	John & Lois
5 th Place	<i>Amanda's Brand</i>	Amanda & Brandon



Congratulations to all the teams. Thanks for some great shots, excellent commentating, and a really fun evening.

South Central Division - Bowls USA

SCD Open Results

Several Regina Lawn Bowling Club members attended the SCD (South Central Division) Open which took place in Sun City, Arizona from February 18 – 22. Congratulations to all our Regina members, many of whom came home with some cash, flight titles, and most of all, great memories.

Michael Pituley (1st in the pairs), Darrell Hanoski, Bo Kos, Pat Schlotter, Jean Roney, Heather Hanoski, Karen Schlotter, Jordan Kos

Group Bookings Co-ordinator

The 2024 lawn bowls season is quickly approaching and group bookings are starting to come in. While we wait for our Bowls Co-ordinator (aka Group Bookings Manager) to start work in early May, we are seeking an individual or a team of individuals who would be willing to be our Group Bookings Co-ordinator.

The tasks include:

- ♣ **Receive emails from potential group bookings clients and respond to inquiries with pertinent information.**
- ♣ **Finalize the booking and update the calendar.**
- ♣ **Arrange for volunteer members to help when the group arrives.**
- ♣ **Arrange for a bartender if required.**
- ♣ **Prepare and send an invoice for payment.**
- ♣ **Corporate Group Bookings and School Group Bookings are separate and you can help with one or both.**
- ♣ **Recording the statistics for the group booking required by the RLBC and Bowls Sask.**

The Group Bookings Co-ordinator is only required when our Summer Student is not available – in other words, April and very early May, and September and the beginning of October. If you are interested in helping out this season with Group Bookings, let us know – rlbc.sk@outlook.com. Thank you.

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

Backyard Escapes Decks & Landscaping

Bowls Canada Boulingrin

Bowls Saskatchewan Inc.

Capital Automotive Group

City of Regina

Cloverdale Paints

D & R Roofing Inc.

Dairy Queen

District Brewing

Regina Funeral Home

Regina Hotel Association

Gopher Car Wash

Ramada Plaza by Wyndham

Ripplinger Financial

Sterling Plumbing Heating Air Conditioning

The Floor Show

Tommy's Speakeatery

Water Boy Supply Centre

Wingert Construction Ltd.

Urban Cellars