



February 6, 2018

Women's Wellness Expo:

Thank you to everyone who volunteered to assist at the Women's Wellness Expo on Saturday. We will be contacting volunteers in the next couple of days to schedule your shift. We could use more volunteers so if you can spare a couple of hours of your time on Saturday, please contact burbanika@shaw.ca or call me at 250-758-6416.

This event has been promoted for several weeks through print, Shaw TV and social media. It is expected that attendance will be in excess of 1000. There will be more than 90 exhibitors and the Nanaimo Lawn Bowling Club will be prominent in the activity section of the lobby of the Vancouver Island Convention Centre. The sport of lawn bowls will be demonstrated throughout the day and attendees will have an opportunity to give it a try.

More information about this event can be seen at the website Wellnessnews.ca/WomensExpo and on Facebook at <https://www.dropbox.com/s/vlr044xhy1xcobk/Ticket%20front%20and%20back.png?dl=0>

See you on Saturday,
Bernice Urbaniak.

Youth Winter Indoor Bowls - 2018

A friendly weekend of fun is planned for young bowlers throughout BC by Qualicum Beach LBC, Ann Bodley-Scott of (Gordon Head LBC), and Shirley Phillips, Nanaimo LBC. Bowls BC has kindly sponsored the event. The dates: February 17-18 at Qualicum Beach Indoor Bowls Facility.

Commencement Saturday begins with lunch at the club at 12 noon, and after a warm up the young players will be taking part in "Jack Attack". This is an exciting version of lawn bowls from Australia. (Rules below.) The following day begins breakfast at 8 a.m. then it is down to business with a round robin of singles play, lunch, and an afternoon of further play, followed by awards.

Come and join in to show your support of young players – the future of our beloved game. Breakfast and lunch at very reasonable rates prepared by Vicki Banks and her volunteers. If you can let her know ahead of time you will be attending and would like lunch(s) or breakfast, it will help her with catering numbers (250-752-3341).

Jack Attack Rules

Give your team a Power Name

Provided each team has equal number of bowls:

- Teams can be from 2-4 players
- Players play from 2-4 bowls

Toss coin for start of play

Team members may play in any order

All players stay at the same end with a marker at the head

Play two five-end sets plus one-end tie breaker if tied

At the outset, each team can pick a playing card for one end as their “power end” giving double points if they win the end.

During play teams gather points as follows:

each Toucher gets one (1) point, and any Touchers in the final count are upgraded to two (2) points

Any bowls in ditch count as minus one (-1)

Toucher in ditch does not get the bonus point (0)

Jack in ditch or out of bounds gets re-spotted on the T

At end of play, scoring is the closest bowls to the Jack for one team

The overall winning team is the team with the highest score of accumulated points.

Markers are encouraged to praise good shots

Team members should cheer good shots

Spectators too are encouraged to applaud good shots

Shortmat Update

[Visit](#)

Now that shortmat is played by the Canadian Shortmat Rules, we approached Oak Bay to see if they would like to have us visit. We are thrilled to say that Oak Bay Bowls Club has invited our shortmat group to play the game at their club on March 3. We are very excited (and a bit nervous) about this, as they have recently won 13 medals in

Ontario in the game and have now been invited to play in Sweden. Our very own Jim Brown used to be a member at Oak Bay and is looking forward to seeing his friends there, and members such as Mary Bradford who remembers when there were exchanges with Oak Bay Club on the green, is also thrilled about the prospect. Spaces filled up very quickly, and transportation has been organized. It is proposed to end off the day with a fish and chip supper in Duncan on the return journey.

[Qualicum Beach Indoor](#)

A second visit to Qualicum Beach is planned for Sunday, March 25. If you are interested, please call Shirley Phillips at 250-751-1561. To meet the rental costs, the deposit is \$10 and if the numbers are high, there will be a refund. Last time it worked out at just \$6 per player. This will be followed with lunch at Gary's Bistro.

Shirley Phillips

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