



Club Chatter

Tuesday, May 28, 2019

From the President:

Rain on Saturday didn't deter avid bowlers from participating in the first RLR Lawyers Mixed Fours, and the sunny day Sunday certainly made up for the day before. We were pleased to meet Johanna Berry, a lawyer with Ramsay, Lampman Rhodes who was there to welcome participants on Saturday morning and to congratulate winning teams on Sunday. Thank you to everyone who helped to make the weekend a success.

I want to welcome all the new members who've signed up this spring and are getting ready to join us or are already joining in draws. It may be daunting at first, but we all remember when we first started lawn bowling and are grateful for the experienced members who helped us learn the rules and game etiquette. Remember, this is a game that's easy to learn but may be difficult to master.

We have a lot of events planned over the next few months and an important one will take place in July. NLBC will host the Junior Provincials on July 19 -21 and a committee chaired by Joyce Mitchell has started planning this event. We don't know if there is a need as yet, but we are asking our members if they would be willing to billet a youth bowler and coach for 3 nights, July 18, 19, 20. Please email burbanika@shaw.ca if you are willing to billet.

This week are in for some great bowling weather. I look forward to seeing you on the green.

Bernice Urbaniak

News from the Games Committee

Inkster Mixed Triples – May 22nd – we had a wonderful turnout of 42 players. The event was chaired by Frances Tester and scored by Margaret McIntyre and Irene Toulouse. Winners were:

First Place	Darrell Chapman, Jean Gizzas, Emily Lawson, David Ball
Second Place	Randy Noble, Theresa van der Goes, Jack Weisgerber
Third Place	Keith McMann, Roelie Roos, Harry Klemm

Ramsay Lampman Rhodes (RLR) – May 25th & 26th – this was our second Open Tournament of the season and while the registration was lower than in the past (14 teams), we had a great event. The weather was horrible on Saturday, but the players stuck it out like the troopers that lawn bowlers are, and were rewarded with a wonderful hot and sunny day on Sunday. The event was chaired and scored by John Randle. Winners were:

First Place	John Randle, Bernice Urbaniak, Jean Gizzas, Fred Hulke (Nanaimo)
Second Place	Vern Greenhill, Dean Penny, Henri Saucier, Sandy Tonnelier (Courtenay)
Third Place	Rick Quibell, Mary Mulligan, Diane Cruikshank, Mick Banks (Various Clubs)
Fourth Place	Dick Divine, Peter Harding, Michael Lynch, Shelley McCollum
Fifth Place	John Wilson, Lorane Martin, Jane Neilsen, Garry Campbell (Qualicum)

Congratulations to all of the Winners, particularly our own Nanaimo foursome who took first place!

Upcoming at NLBC in June:

- June 1st **Wheaton Trophy Club Women's Pairs** – a signup sheet is posted at the Club. **LADIES!** The registration is still very low so please check your calendars and see if you can come down and have a fun day of bowling on Saturday. If we do not have at least eight (8) teams registered by Thursday evening, we may have to postpone the event until a later date.
- June 8th **National Bowls Day** Irene Toulouse is coordinating this event.
- June 11th **Saanich Exchange** This year we will be visiting Saanich for a fun day of bowling and lunch (no cost to our players) -a signup sheet is posted at the club and there's still lot of space for more players.
- June 15th **H & M Jones Club Mixed Pairs** – a sign up sheet is posted at the club.
- June 19th/20th **Berwick on the Lake 60+ Mixed Fours Open** – a sign up sheet is posted at the club.
- June 29th **Margaret Robinson Memorial Club Women's Triples** – a sign up sheet is posted at the club.

INTERCLUB

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The first Interclub games will be held at Parksville on Monday, June 10th and all clubs will field 2 ladies and 2 men's triples teams.

A schedule for all of the Interclub games is posted on the Games Board. PLEASE – sign up for some of these games so that we can honour our commitment to the District to participate in the Interclub events!

Frances Tester

Games Chair



Just like thousands of other Canadians from coast to coast, we hope you're enjoying using our app to get – and stay – active! Now that you're out there doing your thing, we wanted to let you know about some of the awesome new features the app has to offer. All of which are designed to help you get the most out of your physical activity journey.

Some of those new features include:

- Optimized dashboard. In addition to your weekly goal, the new dashboard now showcases a summary of your daily movement to help you understand what portion of your movement is light, versus higher-intensity active minutes that count toward meeting the [Canadian Physical Activity Guidelines](#).
- Fitness tracker connectivity. Sync your favorite wearable fitness tracker, such as Garmin, Fitbit or Apple Watch to ensure you're automatically getting credit for all your active minutes.
- Take 10, anytime you want. Utilize our awesome 'Take 10' function anytime you feel like squeezing some activity into your day. Just tap on the 'Take 10' icon in the dashboard and get up and moving.
- Moving all the ways Canadians do. Now you can manually track active minutes for dancing, gardening, wheeling and yoga/Pilates in addition to eight other fun activities. How handy is that?
- Are you ready to Community Better? From May 31st – June 16th, tracked move minutes boost your community's total in the first annual Community Better Challenge for a chance to be crowned Canada's Most Active Community. [Learn more here](#).

If you have any questions or are looking for more detailed information, please contact info@participACTION.com, we are happy to help.

The ParticipACTION team.

PacificSport Vancouver Island Active For Life Expo

While many of you were enjoying(?) the wind/rainfall on the Green last Saturday, a few of us were doing the same at Maffeo-Sutton Park where the fourth Active For Life Expo was taking place. My heartfelt thanks goes out to the following who answered my plea for assistance in our promotion of both lawn bowling and our National Lawn Bowling Day on June 8th (from 10 to 2 pm). Thank you Ed Zydyk and Irene Toulouse for braving the elements in the morning and Lorrie Kobitz, Karen Brix and Larry Rector for their active participation in the afternoon (with much better weather and lots more people to talk to about our sport.) Also special thanks to the VIU volunteers who were able to locate an unused tent for us to use! What a difference it made!!!

We have a plethora of leftover handouts that I'm hoping members will pick up and share with neighbours, family and friends that are promoting National Bowling Day!

Regards, David Mitchell

Coaching

The regular Wednesday coaching/skill building/singles draw session is **cancelled this week** as Umpire training is taking place. See you at Tea and Bowls/Coaching on June 2 or at the regular Wednesday afternoon session on June 5 at 1:15 p.m. start for a 1:30 p.m. start.

Continued call for assistance with coaching: We are still in need of markers/helpers for our coaching sessions. If you are available to assist, please attend the June 5 session at 1:15 p.m. Thank you to all who have helped in the past, we could not have managed the sheer numbers without you. I am pleased to announce that 14 new bowlers have become full members, and more than 20 possible new members in the works. Please make them feel welcome when you see a newcomer, they are the future of our beloved game.

Tea and Bowls

If you enjoy a leisurely game of bowls with a nice cup of tea or coffee during the intermission, then Sunday Tea and Bowls is for you. New bowlers, and any of you who enjoy the social side of the game, are more than welcome. There is no cost, just bring a teatime treat to share on one of your visits.

Shirley Phillips

Dates to mark on your calendars:

Tuesday, May 7	VIP draw	9:15 am start
Tuesday afternoons	Men's Draw	tags in by 1:15, start 1:30
Tuesday evenings	Open draw	tags in by 6:15, start 6:30
Wednesday mornings	Ladies Draw	tags in by 9:15, start 9:30
Wednesday afternoons	Skills Dev. & Coaching	1:30 start
Thursday mornings	Thursday morning mixed	9:30 am start
Thursday evenings	Cutthroat	6:30 start
Friday mornings	Cutthroat	10:00 am
Friday evening Fun Nite	Friday evening – Fun Draw	tags in by 6:15, start 6:30
Sunday afternoons	Tea & Bowls	when greens are free

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