

NEWSLETTER



Issue #7, October 2015

The signs of autumn are all around us, leaves fluttering to the ground, pumpkins lying in the fields, the mornings feeling a little cooler and the evenings being far too short. This wonderful Indian summer means that some of us will be out in the garden as much as possible, cleaning up ready for the winter. We had a notable season this year with many successes in tournaments and four very enjoyable social events, lots of new and enthusiastic bowlers and a very busy time on the green. So although activity on the green is over for another year we are looking forward eagerly to our winter pursuits at the Club - Bridge, Carpet Bowls and Mahjong.

ABS

A MESSAGE FROM THE PRESIDENT

Our lawn bowls season has come to an end and I hope all our members had a challenging and enjoyable time on the greens during the year. We had a very successful year in terms of friendly games, competitions social activities and events. I would like to take this opportunity to thank all the volunteers and committee members for the great work, commitment, dedication and contribution to make this possible. I wish you all a successful bowling off-season and look forward to the start of the 2016 season.

Stephen Mah

COACH'S CORNER

We have had a very busy and successful season, with bowling at our Club up to nine times a week (sometimes a lot more) over the past spring and summer. Now we have come to our not-so-busy season. In order to be ready for bowling next year we must put together some sort of training package for ourselves. We have some options for our members; make it a point to get out at least once a week to either carpet bowls, bridge, mahjong, walking, or some other activity. Make a date with a friends and you are more likely to keep to your activity and keep fit.

(I was going to put in a cannibal joke, but that would be in poor taste!)

We have trained nineteen new members and given introductory bowling to numerous young people during the past summer. Thanks to those members who recruited new people and to the coaches for the training. Remember that our best source of new members is our current members.

Have fun carpet bowling, short mat bowling, and playing bridge or mahjong. Remember that it is all about fair play and having fun!

Thank you, and have a great winter season!

Floyd Ruttan

WEBSITE

The website is constantly being updated although there are no more tournament results to post. However, all the information you may need about winter activities can be found on the site.

Robin Hittos

JUNIOR PROGRAM

Although Arden Grew was the only junior player in the program he certainly made the Club proud, winning the Gordon Head Men's Novice tournament in August and then going on to win the Men's Novice Champ of Champs at Juan de Fuca in September against a field of older contestants. Many people from our Club and from other Clubs have been complimentary about Arden's talent and comportsment, his composure under pressure and his gracious acceptance speeches. Arden is thrilled to have the Champ of Champs Trophy in his keeping for the next year and to be the youngest person to have his name on it in its 80 or so years.

I plan to expand the Program next year and so far it seems that we will have at least one more player joining the Club. My thanks to Floyd Ruttan for endorsing the Program, to the Grew family for their enthusiastic support for Arden in all his tournaments, and to all the Gordon Head members who have embraced the Junior Program and its young gentleman player. Junior bowls seems to be on the rise again and we have quite a number of talented young people in some of the BSI Clubs, so there is hope for the future of the sport.

SOCIAL CONVENOR

The past couple of months have been busy socially for the Club. We have had two successful barbecues; we were treated to Dan and Connie Munro's deliciously prepared salmon as well as Glen and Grace Shippam's awesome secret chicken recipe. Each dinner was followed by a game of bowls that was enjoyed by all who participated. The weather was very warm and it was really great to be bowling in the evening. Looking ahead, preparations are under way for the Christmas Dinner to be held on December 11. Chef on the Run has been confirmed for this date so please keep it free when making your Christmas plans.

Lin Smith

OAK BAY BOWLS CLUB TOUR

Just a wee note about our UK/Scotland lawn bowling tour in August/September. Once again the Oak Bay group were the impetus in setting up this 16-day fun tour - a repeat of the original tour to New Zealand in 2014. There were bowlers from Cowichan, Juan de Fuca, Central Saanich, Gordon Head and Oak Bay. Floyd Colins and Les East were the representatives from GHLBC with Betty along for support.

From Manchester, a 40 passenger luxury bus took us across Northern England and Scotland with us residing in interesting hotels along the route. Seven games of bowls were enjoyed: six against the locals and one inter-squad game at the Commonwealth Games LB centre at Kelvingrove Centre in Glasgow. Our team compositions stayed the same throughout but our successes were minimal. It is tough borrowing bowls, only two each time, not knowing the bias, and often not using a familiar size! But great fun; super socializing was had by all.

Tourist visits were to the renowned Tattoo and the Palace of Holyroodhouse in Edinburgh, the North Yorkshire Steam Railway, Captain Cook's coastal city of Whitby, the Goathland Hotel - better known as the Aidensfield Arms for "Heartbeat" fans - Castle Howard, which was Brideshead in the TV series "Brideshead Revisited", Viking/Roman ruins in York, Roman ruins at Corbridge near Hadrian's Wall, Glasgow Cathedral, the Taylor LB factory near Glasgow, Urquhart Castle on Loch Ness, and in the Lake District, Wm Wordsworth's home in Grasmere and the Beatrix Potter museum in Windermere.

Phew! Our personal "benny" was to get a photo of Betty and Coronation Street star "Gary" who dropped in to the Holiday Inn restaurant in Manchester!

Les East

FIRST AID COURSE

(Peter Coy recently made a presentation to the Executive and the result was that he is going co-ordinate having a First Aid Course for any Club member who would like to participate. My thanks to Peter for taking on this task.)

FIRST AID AT GHLBC

The environment in which we lawn bowl like many such environments is not without some risk of accidents, especially involving the older members who love bowling. Some examples of these risks are:

- i) tripping over carpets and green mats while carrying them, over bowls rakes and jack setters and even over bowls when walking backwards.
- ii) wasp stings with an allergic reaction.
- iii) burns while barbecuing.
- iv) scalding, burns and cuts in the kitchen.
- v) choking on food whilst eating and talking at the same time.
- vi) falling a twisting a joint or breaking one or more bones.

Dealing with these kinds of situations would be improved if more of us had taken a First Aid course and/or had done a refresher course. These First Aid courses are available and cover a wide variety of situations, particularly those mentioned above but also including topics like when to call 911, CPR (Cardio Pulmonary Resuscitation) and how and when to use an AED (Automated External Defibrillator). We have access to the AED at the GH Recreation Centre but this is not available all of the time, for example, during holidays and the annual two-week shut-down. The information gathered during one of these courses would help us decide the relative need for us to have our own AED, which would cost more than \$1000.

These courses are provided by such organizations as "St John Ambulance" and "Alert First Aid". They are fun and interactive four-hour or longer programmes

which train people how to react and improvise in dealing with emergencies of various levels of seriousness, ranging from minor to life-threatening situations. Participants spend the majority of the course doing hands-on first aid and scenarios. The minimum number of people for a course is six and is held in the organization's centre or at our club. The cost varies according to the number of participants. For six people the cost is \$65 each and this drops with more people attending to \$40 each for twelve participants.

We would like to know if you would like to participate in one of these First Aid courses. If you are interested please let Dr. Peter Coy know at pjcoy@telus.net or sign up in the Club house.

Thank you!

Peter Coy



WINTER ACTIVITIES

CARPET BOWLS is drop-in. Please come 15 minutes early so we can start on time.

Carpet bowls starts on **Tuesday, October 13** at 10:00 a.m. and 1:00 p.m.

SCHEDULE

Monday	7:00 p.m.
Tuesday	10:00 a.m. and 1:00 p.m.
Thursday	10:00 a.m. and 1:00 p.m.
Saturday	1:00 p.m.
Sunday	1:30 p.m.

We need a volunteer to help with Sunday play Bill Clements can do every other Sunday so we need someone to do the alternate Sundays. Please contact us if you can help. floyd_ruttan@shaw.ca 250-477-0087

MAHJONG starts on **Monday, October 19** at 1:00 p.m.

Contact Sandra McConnell if you are interested. Beginners welcome.

250-721-5526 or email skmcc@telus.net

BRIDGE starts on **Wednesday, October 7** at 1:00 p.m. Please arrive ten minutes early so we can start on time.

Contact Peggy Knapik at 250-477-1574. For October 7 contact Annie at:

250-477-9372 or email abodley@telus.net

BEGINNER BRIDGE starts on **Friday, October 30** at 1:00 p.m. (2 hours)

Thank you,

Gail Ruttan

DATES TO REMEMBER

ANNUAL GENERAL MEETING: Sunday, October 25 at 2:00 p.m.

CHRISTMAS DINNER: Friday, December 11. More information will be available closer to the date.

ELECTIONS

Here is the list of nominees for the Executive and for Committee Chairs:

President:	Annie Bodley-Scott
1st Vice-President	Dennis Verge
2nd Vice-President	Barry Mah-Ming
Past President	Stephen Mah
Secretary	Sandra McConnell
Treasurer	Kathy Clement
Greens	Al Thomson
Games Chair - Men	Jim Hill
Games Chair - Women	Gloria Burton
House and Maintenance	James "Se" O'Connor
Membership	Gail Ruttan
Social Convenor	
Ethics	Barb Coey



Last, but not least, here is a photo of the Kinlochleven Bowling Club courtesy of Les East. I think this was a sunny day in Scotland?



HAPPY THANKSGIVING
and
HAPPY HALLOWE'EN