

# NEWSLETTER



Issue #4, May 2015

The official beginning of the new bowling season is here at last! Although many of us have been fortunate enough to have been bowling for two weekends and during the past two weeks, the real start of the season is Saturday, May 3. Now we must hope for good weather and to have as many of our members out as possible to make it a really 'grand' opening!

Our new trainees have now graduated from their sessions with Floyd and his team of coaches and assistants and most of them have joined the Club. We have some very promising bowlers in our midst now so please welcome all our novices and help them to enjoy social bowls this season. (Remember, they have just learned all the rules so they probably know them better than the rest of us :) )

*ABS*

## **A MESSAGE FROM THE PRESIDENT**

The bowling season has begun since April 18. There are External and Internal tournaments for every member of our club to participate. I encourage you all to enter these tournaments playing in the friendly matches and the various leagues. May you all enjoy the season with success in the greens and fellowship.

*Stephen Mah*

## COACH'S CORNER

### HOW TO HANDLE THOSE PRESSURE MOMENTS

Almost everyone who bowls in a friendly game or a competitive game will experience a pressure moment. A new book "Performing Under Pressure" by J.P. Pawliw-Fry and Hendrie Weisinger lists 22 pressure solutions designed to help reduce feelings of anxiety, stress, fear or embarrassment, avoid distraction, and a guide to behaviour. Among them are: reducing the importance of the moment, recalling previous success and focusing on what is within your control.

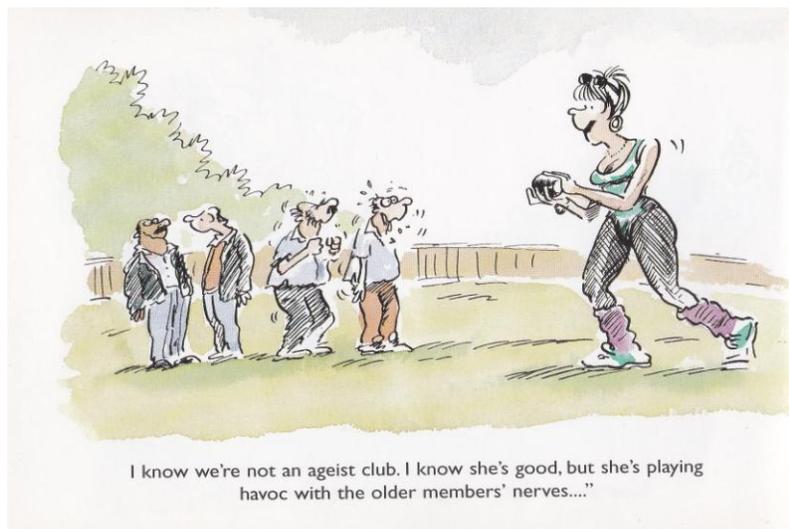
The book also contends that there is no such thing as a "clutch performance", rather that if you don't let pressure affect you, you will perform the same or similar to what you do when there is no pressure present.

Practice, practice, and have fun.

("How to Handle Those Pressure Moments" came from an article by Lauren La Rose, Times Colonist, March 19, 2015)

*Floyd Ruttan*

Some people find it helpful to focus on the point being played and pretend that it is the *only point* to be played. Forget about the score and previous disasters!



## THE TEN COMMANDMENTS FOR VICES

Playing in the Vice-Skip, or Third, position carries with it several responsibilities. The following is from a very old Almanac of Bowling but the rules remain the same today.

- I. Thou shalt not be ignorant about which bowls belong to thy team members.
- II. Thou shalt not begin to bowl before thy Skip has told thee what he or she wants.
- III. Thou shalt not measure improperly.
- IV. Thou shalt not wander off during play so that thou knowest not the situation when it is thy turn to bowl.
- V. Thou shalt not forget to communicate with thy Skip when the head has been changed.
- VI. Thou shalt not be moving or in the head when thy team hath not possession of the mat and rink.
- VII. Thou shalt not signal to thy Skip the number of points before consulting with the opposing Vice.
- VIII. Thou shalt not kick bowls that have been counted as points, rather put them on a towel.
- IX. THOU SHALT NOT TELL THY SKIP HOW OR WHAT TO PLAY NOR GIVE HIM OR HER INFORMATION THAT HE OR SHE HAS NOT REQUESTED.
- X. Thou shalt not attempt to measure or change the count of points after a total has been agreed upon by both Vices.

## CLUB CLOTHING

Regarding our new Club clothing, Gale Law is letting us know that since the initial orders went in the price of all items has increased. The suppliers tell us that this is a result of the falling Canadian dollar. We are also able to order smaller quantities.

Prices now are:	Shirts	\$40 + tax
	Jackets	\$50 + tax
	Vests	\$36 + tax

We still have a few shirts left from the original order and these are for sale in men's and women's medium and large at the old price.

Gale's contact info is: [berniegale@shaw.ca](mailto:berniegale@shaw.ca) or 250-477-7641

## WEBSITE

The website just keeps on getting better and here are the latest additions:(*ed*)

In the Picture Gallery there are some photos from the 25th Anniversary Party, which were scanned from the photo album.

In the Coaching section:

- \* Links to some videos from South Africa introducing the game of lawn bowling, and from New Zealand with coaching tips.

- \* Information for markers - links to handout from Nick Watkins' course for markers.

*Robin*

The old website, which kept on popping up, is now no longer available.

## **JUNIOR PROGRAM**

Since the Junior Program was approved at the Semi-Annual General Meeting information has been handed out to local schools and one church youth group. Other agencies will be contacted very soon. So far we have one youth with his parents involved in the program which will begin in mid-May. I am very grateful to the Club membership for allowing this initiative to go ahead and am very excited to see how our young members progress. I hope that they will become a valuable addition to the Club in the future.

*ABS*

## **SOCIAL BOWLING TIMES**

Men's Morning	9:15 a.m. Tuesday	Starts May 5
Women's Morning	9:15 a.m. Thursday	Starts May 7
Weekend Afternoons	1:15 p.m. Saturday and Sunday	
Yardstick	6:15 p.m. Tuesday	Starts May 12
Twilight	6:15 p.m. Thursday	Starts May 14
Extra Coaching	1:00 p.m. M/W/F	In progress

ARRIVE - at least 15 minutes before game time

TAG UP - bowling shoes on and bowls ready

## **DATES TO REMEMBER**

June 13      Pot Luck Supper. Hawaiian theme with Ukulele Club performing.  
Again, thanks to Mary Howarth.

July 1      Canada Day Bowls and BBQ      Hosts: the Brookes and O'Connors.

August 15      Salmon BBQ      Chefs: Connie and Dan Munro.

September 12      Chicken BBQ      Chefs: Grace and Glen Shippam.

If you have any ideas regarding entertainment for these functions or have any other suggestions please call Lin Smith at 250-477-7639 or email [montford.smith@gmail.com](mailto:montford.smith@gmail.com)

If you are attending and have dietary issues - vegetarian, for example - please let Lin know so that something can be worked out.

**GOOD BOWLING, EVERYONE!**

**HAVE A GREAT SEASON!**