



## **EBANTER Issue 08-05**

### **Bowls Canada:**

For the past year BCB has had a committee working on the Long Term Athlete Development process. This was mandated by Sports Canada which is the primary government funding agency for amateur sports organisations. The goal is to help national sports organisations develop standards to improve the sport. It starts with identifying key areas of player development and ultimately leads to modern coaching methods to improve the enjoyment of the game and to improve our international standings. BCB has met all its target dates and should be publishing a Lawn Bowling Position Paper for March 31<sup>st</sup> 2009. As information develops OLBA will keep you advised.

### **2 Canadians in Women's Singles Ranking List:**

**World Bowls** has released their ranking list for Singles and Canada has placed 2 women in the top 12. Shirley Choy of BC stays at 6th place and she is joined on the ranking list by Ontario's Leanne Chinery.

### **THE BRICK supports the Ontario Lawn Bowling Association: February 15, 2008**

I am very pleased to announce that OLBA has a new partner. Unlike previous sponsors where we beg for a few dollars and hope the Clubs buy into and support the sponsor we are going to do something different. The OLBA and all of the OLBA clubs will split the money raised. If we can make this work then we can keep our costs down and at the same time the clubs will make some much needed operating money. The Brick is offering us the opportunity to save significant money on the cost of new furniture and appliances for our members, our member's children and families and our friends.

The OLBA has arranged an affinity partnership with **THE BRICK** Peterborough, providing Select Rewards preferred pricing for OLBA members on all Furniture, Bedding, Appliances and Home Electronics.

**The Brick** will support the OLBA with a contribution from each sale. These procedures must be followed:

1. Contact the information hotline # 1-800-991-3232, please ask for Ron or Renee
2. Online browsing is available at, [www.thebrick.com](http://www.thebrick.com)
3. Appointments can be arranged for any Brick location through the hotline # 1-800-991-3232 as above

### ***LAWN BOWLING IS HEALTHY!***

It is an established fact that participation in the ancient game of "bowls" lengthens life. Doctors say so, and I say so, statistics prove it, and every bowling green corroborates the medical evidence. Lawn bowling offers the finest form of moderate outdoor exercise in any game of outdoor sports and presents it in the form of one of the most fascinating games ever devised by man.

Lawn bowling offers more than ideal physical exercise, it offers a better game! You will meet a

roster of members, many of whom excelled in strenuous sports, who will now enthusiastically tell you" this is the best game of all".

It is based on skill, rather than muscle, provides keen competition for men and women of all ages and provides exercise "suitable to the individual".

Bowlers can challenge and often triumph over the younger and more vigorous contestant. No game has more sustained interest. This is a competitive struggle, not like tenpins, five pins, or golf, or billiards, or ballet dancing, where one struggles continuously to attain a standard "par" to quality and show their skill.

This is a contest where every bowl is a competitive give and take, and a perfect play can be spoiled by your opponent even as you would do to him or her. The cares of the world are forgotten as the first bowl rolls down the green.

Some medical doctors have given the following reasons for recommending systematic exercise to promote health and wellbeing:

First, physiological contraction of leg and arm muscles compresses veins and helps to pump blood back to the heart and lungs. Second, this contraction helps prevent venous stasis, varicosities and venous thrombosis. Third, healthy muscular fatigue encourages normal sleep and rest, the perfect substitute for sedatives and sleeping pills. Finally, mounting scientific evidence that an active muscular metabolism, due to physical exercise suited to the individual over the years, plays a definite role in delaying or preventing clinical signs of atherosclerosis [hardening of the arteries].

One important requirement is that exercise must be pleasant and can be fun. No other game yet devised more fully completes these requirements than the game of "bowls". It offers mild exercise without undue fatigue, a combination of walking [the best of all exercises] in the fresh air, with rhythmic arm and body movements. This is presented in an intensely interesting game that makes regular and systematic exercise a pleasure. **This is truly a game for "life"**.

## **Club News: 1620 Deep River Lawn Bowling Club**

In the fall of 2007 the Deep River Lawn Bowling Club was awarded the J.A.Cropley Shield by the Deep River Community Association. This annual honour is awarded in the community in recognition of exceptional achievement by a member club and is named after the first and longest serving recreational director in Deep River.

Deep River has well over a hundred clubs and associations. Any club may apply to be considered. Each entry is judged on five elements: the club's viability; its service to the community; its competitiveness amongst similar clubs in other communities; its membership growth; and, its financial well being. There were five other entries and the Lawn Bowling Club was judged the best.

The Deep River Lawn Bowling Club has been in existence since 1973 and is still a strong part of the summer recreational scene in Deep River. The club started with seventy-five members. That number gradually declined until by 2000 the membership base was barely fifteen active members. Clearly, the club was struggling. Then, one of the members suggested that new members could be encouraged by offering one year of play at no cost. This plan was put into effect and, over the next six years the membership numbers gradually grew to thirty-six. As a result of this approach the club has, each year, added four or five members to its roster. The club is alive and thriving.

Along with adult members the Club strongly encourages junior members. Each year the local high school is invited to send students to play in two one-week junior tournaments. The youngsters are taught how to bowl and then compete with each other in organized play. The winners are awarded a trophy which is put on display in the school. For the students the fun of the game and the trophy

are the goals. For the club the goal is to foster the sport amongst the youngsters and, perhaps to later recruit new members.

As with other lawn bowling clubs the Deep River club offers its members a variety of lawn bowling activities. There is casual bowling any time through the week. There is also competitive league play one evening. Through the season the club has ten club tournaments. These are highly entertaining contests and are single, double and triple events. Some are for novices; some for players who have not recently won a tournament; some are gender restricted; and, the final tournament is to determine the club champion bowler for the season. Finally, the Deep River Club is part of District 16 and competes successfully in tournaments at the other clubs from Brockville west. It also hosts two invitational tournaments annually.

Financially the club is solvent. This is partially as a result of the gradual improvement in the size of its membership list. It is also the result of financial initiatives taken by the club over the years. The club plays host once a week through the summer to the bridge players of Deep River. These people come and for a fee of \$5.00, sit in a screened porch atmosphere and play their favourite game while being served fresh baked goods along with tea and coffee. The weekly event is very popular. Each week the club has ten to twelve tables of bridge players. The club is able to bank annually almost \$2500 from this initiative. As well, there is an annual strawberry social in June, which provides another \$500. These initiatives have been running for several years. More recently, the club has initiated a new annual event, a yard sale. Last year, the first, the club made \$700 in this three-day event. This year it promises to be bigger and better than ever. To put the icing on the cake, the Jack Copley award came with a \$1000 cheque. The revenues earned by the club are used in renovation, maintenance and improvements to the greens and clubhouse

Apparently, the sport of Lawn Bowling is struggling in some communities. Here in Deep River the Lawn Bowling Club is a success story, one that has been told for almost thirty-five years. It will, no doubt continue to be told for many years to come.

Authors: Wayne Daley, Club Tournament Director  
Kathy Amonds, Club Vice President  
Terry Trottier, Club President

**Reminder:**

- Is your club planning a special event: a 100<sup>th</sup> year anniversary? If so send us a letter or email so we can supply you with a plaque honouring your club.
- Do you have volunteers that have helped make your club a success? Recognise them with an OLBA Appreciation Certificate.

For comments or suggestions please contact me at [cdixon@rogers.com](mailto:cdixon@rogers.com)

Chris Dixon