COSBURN PARK LAWN BOWLING CLUB

Bowling Matters

the Voice of Cosburn Park Lawn Bowling Club

VOLUME 7/2 MAY 2018

Spring AGM Well Attended

By Secretary Rachel Jones ~ The Spring AGM was the first where I was sitting behind the big desk looking out, instead of from the other side, and I've got to tell you, it's a little bit intimidating! Luckily for me, all of the board members are supportive and patient with this newbie secretary and the many, many questions I bombard the poor guys with in my daily emails.

Back to the board meeting. We had a great turnout of 38 members. And it couldn't have been the hot drinks and cookies that brought them in, because there were lots left over at the end.

The Board of Management's proposal amending Bylaw 3.2 was carried unanimously. 3.2 – Associate Membership: Associate members can vote on any motion and are eligible for election or appointment to any chair of the club. Associate members are not eligible for election or appointment as officers of the club. Associate members shall be eligible to participate in CPLBC competitions and receive any prizes.

The club purchased a new Defibrillator (AED machine). Introductory sessions on how to use it will be held soon.

A theme of "Volunteerism" ran through the meeting, with many committee chairs highlighting the importance of, and need for, more volunteers at many levels: from board positions to running a competition, adopting a ditch for weeding, to cleaning the washrooms, or becoming a coach.

Some Exciting Highlights:

The ability to pay for membership online, a new workshop called *Introduction to Tournament Play,* some Monday evenings having the addition of several organized practice sessions and drills.

VP Mike Mogan's Spring Report

Good evening everyone. Hell has frozen over – I am back on the board of this Bowling Club! To start with, I should like to say that I am truly looking forward to working with the very talented people who make up the board this year. A great mix of experience and enthusiasm and, I think, a lot of exciting initiatives will come from this group.

One of the issues that I wish to address during my term as VP is **Volunteerism**. Are you aware that 98.3% of the work required to run a bowling club of this size is done by 4.76% of the members? I may be a little off on the numbers, but you get the idea – to make this a truly great club to be part of, we must have many more members involved in the running of it, so as to ease the burden of the people who currently contribute. As an example, our President: when he started at Cosburn, he was young and enthusiastic; now look at him! And the work does not go away in the winter, meaning that the walk needs to be shovelled, the bathrooms cleaned, the main floor vacuumed, etc.

We have put together **lists of tasks** relating to each volunteer position. Some lengthy, some not, some tasks large, some not so much. Regardless of size, these all need to be done and the more people we have helping, the easier it is to finish.

~ *continued on page 4*

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Mention Cosburn Park

Cosburn's 89th OPENING DAY Great Turnout, Though A Tad Chilly

By Ann Nicholson ~ Close to 50 members turned out to bowl in our first 2018 Jitney. We counted three men and one woman baring their knees (in other words, braving shorts) and one ambivalent woman sporting capris. For the record, I wore a quilted vest, woollen sweater and ankle-hugging pants!

Both Counsellors praised our community spirit and congratulated us on our longevity. Cllr. Fragedakis promised the City's financial help with our aging building. Cllr. Davis commended our successful LGBTQ Rainbowlers' program. Once again our "wonderful new website" was cited. ◆

Social Chair Jan Luke did us proud serving a huge vanilla cake followed by another enormous chocolate one.

President Frank (second from right) welcomed local dignitaries L-R Julie Dabrusin MP; Cllr. Mary Fragedakis; Peter Tabuns MPP; and Cllr. Janet Davis, who declared a tie in the rolling of the ceremonial first bowls of the season.

It Was Anything But Chilly for Our Chili Supper

The glorious weather on Victoria Day brought out a full green of happy players. Approximately 60 people enjoyed the delicious chili supper that followed. Thanks to the cooks and kitchen volunteers for making such a fun day possible.

City Installs New Back Boards & Talks About Allocating $$$

President Frank reported at the Spring AGM that the City has installed much-needed, new back boards on both greens.

Frank also has had talks with the City about allocating money for work on shelter repair/ replacement, doors, washroom vanities, kitchen improvements and aluminum siding – well, maybe, next year?

Those pristine greens don't just happen. There's specialized mowing, sanding, ironing, and marking the rinks. Here, President Frank armed with Measuring Tape & multi-coloured Thumb Tacks for guidance, tackles the seemingly endless task of getting ready for Opening Day. ◆

DEAR VOLUNTEERS:

THANK YOU to 16 Cleaner Uppers!

Jan Luke and her kitchen crew of Karen Price and Judy Hemming scrubbed the kitchen clean the night before Saturday May 5's official Clean Up Day. Someone loaned a posh new cordless Dyson which Ian Venables is wielding in the picture.

Thank You Also:

Rachel Jones, Jan Sommerfeld, Lynn Price, John Weatherbed, Ray Snelgrove, Murray Fenner, Tom Trattner, George Ferries, Ronnie Lau (right), Ron Sellen, Lionel Belman, Ann Nicholson. ◆

VP Mike Mogan's Spring Report

~ continued from page 1

Another aspect of this to consider: as you start helping, you will see firsthand what is involved in the actual running of the club, and you will see that being on the Board is not the scary, avoid-at-all-costs thing you think it is!

We currently have two board members with two portfolios, and with a membership of 165 people, that should not happen!

Pitch In

You will notice that on your membership application, there is a section asking what areas you would be willing or able to help with. Please check one or more of the boxes, and I will follow-up with you and see where you can best help us make this club an amazing place to belong.

I also invite suggestions from the membership on the best way to acknowledge the job our volunteers do. It could be an award, a plaque, a lunch, the board is open to any idea put forward.

Finally, I hope you all enjoy the bowling, be it on the competitive side or the social side. Try your best, be good sportspeople, and most important of all, HAVE FUN! ◆

A Very Rainy Retire-At-Home Triple Play OP

By Ann Nicholson ~ Despite dismal weather 18 teams turned out for Cosburn's first tourney of the season. Bowlers hailed from as far afield as Westmount & St. Lambert, Quebec, but were actually guests of Milton who fielded a couple of teams. Closer to home, of course, Cosburn, Agincourt, Balmy Beach, Richmond Hill, Kew, & Leaside.

Our Rob Charland (bowling with Bill Prosser of Kew) won last game high.

Harry and Mary Hainey were the lucky Random Draw winners. ◆

Dave Smith (L) from Quebec with Dave Anderson of Milton (both former National team members) won the day.

Judy Hemming & Eric Brands placed 3rd.

Cosburn's own Cathy & Ron Larking came second.

CONGRATULATIONS RAINBOWLERS

on celebrating your 8th Year at Cosburn. At the AGM Kyle Knoeck reported close to 50 members for 2018. Season Opener was May 23 [full story in our next issue] and…

Important Rainbowler Dates Coming Up

Pride Week Event June 20
Flip Flop Tourney Sept. 8

Following The Winners' Trail

Congratulations to Mary Lou Richards, Cathy Larking, Jan Luke and another player who won the Agincourt Women's Fours on May 13.

Tom Trattner & Harry Hainey won Hi Double at the Lou Ross tourney in Agincourt on May 16.

Eric Brands, Rachel Jones, & Jan Sommerfeld placed 3rd Hi 3 Game in the Joe Davis MT at Leaside on May 20. ◆

Damp & Unseasonably Chilly for Our First Yard Sale in 10+ Years

By Ann Nicholson ~ Ten tables crammed with the flotsam & jetsam of what were once somebody's pride and joy.

Furniture, gadgets, candles, lamps, clothes, wine glasses, Christmas decorations, china, CDs, toys…piled up on ten tables waiting for a second chance, perhaps, a new home. Lionel had some quality, limited edition prints of Canadian nature and the City of Toronto for $10 apiece. If you missed the yard sale, he might have some left over.

Despite the rotten weather, members and neighbours shopped the clubhouse and veranda where we vendors shivered as we clutched yet another cup of coffee or danced to Richard's CDs.

Sunday's weather forecast was optimistic so we decided to extend the sale into the next day. **Sunday's weather forecast was wrong!** Nevertheless, we raised $283.75 for the "Club We Love".

Accolades to Jocelyn and Mike Mogan, Mary Lou Richards, Rachel Jones, Glynis Bowman, Richard Cripps and everyone who made this happen and who took the leftovers to the Salvation Army on the following Monday. ◆

Little Keira took two new friends home from the yard sale.

Glynis warms up with another cup of coffee.

No More Afternoon 50/50

Monday & Thursday afternoon bowlers are familiar with the 50/50 raffle and Fall Banquet at the Mandarin Restaurant. Lynn & Karen Price, who have been organizing Afternoon Bowling for longer than they can remember, announced that the Mandarin's prices have rocketed and the 50/50 proceeds no longer cover the cost.

In future, those wishing to attend the October buffet will pay beforehand. No more 50/50 draw. Thank you Lynn & Karen and all the people who help set up these popular Jitneys. ◆

NYGÅRD

Nygard Fashion Show

For Female Club Members Only

Cosburn is hosting its first ever Women's Fashion Show

Saturday June 9 from 6 pm to 9 pm

Come and discover how to dress your shape, find your colours, try on, sample and purchase this season's latest designs.

Complimentary snacks and beverages supplied.

Please RSVP to info@cosburnbowls.ca

to confirm your seat and attendance.

Congratulations Mary Lou

Mary Lou Richards has recently passed the OLBA Umpire Course at Brampton Lawn Bowling Club.

Join Coaching Chair Mary Lou Richards for one or more of her workshops. Sign up at the clubhouse.

...and to Our Newly Minted Coaches

Congratulations also to:
Eunice Chaffey,
Wendy Dobson,
George Ferries,
Sandy Johnson, and
Nancy Lord
who are all OLBA certified lawn bowling coaches. ◆

WORKSHOPS

Delivery and Weight Control Workshop
Mon June 11 7:00 pm
Open to bowlers of all experience.

Skip Workshop
Mon June 25 7:00 pm
Must be in 4th year or more.

Intro to Tournament Bowling
Mon July 9 7:00 pm
For bowlers new to tournaments.

Vice Workshop
Mon July 23 7:00 pm
Must be in 3rd year or more.

Defibrillator

Many thanks to John Weatherbed, who did most of the research that led to CPLBC buying the defibrillator.

It cost us $2,700 and comes with a training mannequin and detailed instructions.

Mary Lou, at her Coaching Sessions, will elicit volunteers to sign up for hands-on instruction from a member of Toronto Fire Services. ◆

CALENDAR

Nygard Fashion Show
Sat June 9 6 pm (see page 6)

Delivery and Weight Control Workshop
Mon June 11 7:00 pm

Rainbowlers Pride Week Event
Wed June 20 7:00 pm

Skip Workshop
Mon June 2 7:00 pm

Canada Day Jitney & Hot Dog Lunch
Sun July 1 9:30 am

District Singles Champions

By Karen Bell ~ May 26-27 – The 2018 District Singles Competition was hosted this year by Cosburn, with Mary Lou Richards in charge, not to mention a whole host of volunteers. Thanks to markers Joe Green, Freda Trattner, Jan Luke, Jan Sommerfeld, Meno Jose, Sandy Johnson, Eric Brands, Ken Uyesugi, June Haskins (and the Georges: Gorrie and Crighton in the kitchen).

5 women and 12 men began on the grueling road. (Singles players use four bowls; first player to reach a score of 21 is the winner, so in theory you could have to play 41 ends).

Cosburnites in the fray included, in no particular order, Dave Carruthers, Keith Park, Peter White, Ron Larking, Lesley Ferries, Cathy Larking, Laila Hassan,

Peter White (R) lost in the final to Mark Sandford.

Laila Hassan (R) defeated Kim McNulty in the final.

Cathy Larking (R) defeated Lesley Ferries.

Down to the Wire

Laila was matched against Kim McNulty of Balmy Beach in the final.

The men's semi-final featured two Cosburn players: Ron Larking vs Peter White. Winner Peter went on to the final, losing that game to Mark Sandford of James Gardens.

After two days of competition, Laila Hassan and Mark Sandford emerged victorious. Now it's off to Belleville for the Provincial Championships. ("B" teams TBA by the OLBA.) ◆

Cobourg's ~~Cosburn~~ Yard Sale?!

By Jan Luke ~ Cobourg Lawn Bowling Club held a yard sale recently to raise funds for a new shed. The sale could not be held at the Clubhouse, so former Cosburn members Bob Bates and Pat Bylok, who now live in Cobourg, offered their home to host the sale of donated items from Cobourg members. Pat & Bob hung a huge "75th Anniversary" banner.

Unfortunately, Pat & Bob failed to read the entire sign. When another former Cosburn member, Pat Gemmell, now living in Belleville, dropped in to offer support, she did read it. Consequently, a jovial discussion took place as to what a Cosburn Park Lawn Bowling Club banner was doing advertising a Cobourg event. Much laughter followed!

The Bottom Line — a considerable amount of money was raised; is Cosburn entitled to some of the funds because its name was on the banner? Any suggestions? ◆

Hall Of Fame Induction Ceremony

By Mike Mogan ~ The OLBA held its first ever Hall of Fame induction ceremony on April 20, and Cosburn Park was delighted that three of our former members – Laila Hassan, Chrystal Shephard, and Doreen Creaney – were part of this initial group of inductees. Additionally, Cosburn sponsor Dan Milligan, of MVP Sports, was also inducted, in the Builders' Category.

Chrystal Shephard, introduced her pairs partner, Laila Hassan, as "this little sparkplug," "the biggest little powerhouse on any green, anywhere." Chrystal described how they bring out the best in each other, and are, easily, THE LOUDEST TEAM IN CANADA! Chrystal also thanked Laila for helping her develop the art of the Low Five, since Laila could never reach Chrystal's high five!

Chrystal described Laila as the toughest player to go against, and the strongest strategic bowler in Canada. Citing Laila's long list of achievements, most recently back-to-back-to-back Gold medals at Nationals, in three different disciplines and (just to show that no one is perfect, a Silver medal in Senior Triples as well!). Chrystal then presented Laila with the one prize she has not achieved, a cereal box with her picture on the front!

Laila thanked Chrystal for her breakfast the next morning, then explained how she started bowling in 1978 (at the age of two), took a break upon moving to Canada, and took up the game again in 1989. Another ten years passed before she got competitive again, winning National Singles in 2004. In 2008, she hooked up with Chrystal, and achieved immediate success with "someone who enjoyed the game as much as I did".

Chrystal Shephard was introduced by Joe Green of Balmy Beach, her long-time Mixed Pairs partner. He recalled asking her to bowl with him in Districts, and her affirmation that, "WE'RE GOING TO WIN!" Well, they did, over and over and over…

When Chrystal took the dais, she assured everyone that, had someone told her 25 years ago that she would be in the Lawn Bowls Hall of Fame, she would have responded that the person was cracked in the head! Chrystal thanked her wife Maggie, Doreen Creaney's daughter (who travelled from Atlanta to be there), and the three clubs that she has belonged to: Cosburn, Balmy, and Willowdale.

She also thanked three people who helped to shape her career: Joe Green (who taught her that bowling is FUN); Doreen Creaney, a role model who helped take her career to another level; and the "little powerhouse" Laila Hassan, with whom she achieved instant success, and who continues to mentor her.

The third former Cosburn member, Doreen Creaney, was introduced by Dave Anderson in a very emotional tribute, where he spoke of her "competitive eye", and how difficult she has been to beat over the years, even now up at Richmond Green!

The Inaugural Hall of Fame Induction Ceremony

was a great success, with 125 people braving the rush hour traffic to get to Oakville. Five members of Cosburn were there to support our Ladies, and we hope, going forward, that more of our great Cosburn bowlers will be inducted. ◆

L-R: Richard Bruton, Mike Mogan, Frank Hibbs, Martin Zibauer & Rachel Jones.

TIP FROM JAN LUKE

Ground Sheet Mat Placement

When GROUND SHEETS (the large rectangular mats) are used, where do I place the small one?

Don't put the small mat just on the edge of the large mat. For safety, place the small mat overlapping the large one by five to six inches. This should reduce the probability of a toe being caught.

Also note, if the ground sheet is not secured by nails, it may be moved up – along with the smaller mat. Just remember the minimum distance from the smaller mat to the Jack is still 23 meters. ◆

Our JITNEY SCHEDULE

MON 1 pm
TUES 7 pm
WED 10 am Women's
WED 7 pm Rainbowlers
THUR 1 pm and 7 pm

PLEASE ARRIVE 15 MINUTES before start time to allow time for the draw.

Tai Chi for Balance

The U.S. Preventive Services Task Force has updated its recommendations for fall prevention among seniors to highlight exercise. In its report, published in the Journal of the American Medical Association, "exercise can prevent falls in community-dwelling older adults at increased risk for falls."

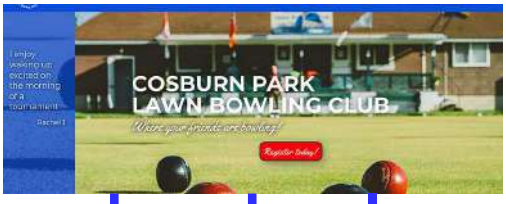
The researchers focused their review on activities that improved gait and balance, such as Tai Chi, but confirmed that what's important is that older adults are consistently spending time to work on their strength, balance, flexibility, and stamina.

Try Tai Chi on Mondays at the Clubhouse, 7 pm. $3. ◆

EDITORIAL MATTERS

Please send us your pictures, bowling related stories and articles, along with ideas for another great season at CPLBC.

Tournament bowlers: keep sending me fodder for *Following the Winners' Trail* ~ *Ann Nicholson*



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