90 YEARS STRONG
COSBURN PARK LAWN BOWLING CLUB
1929~2019

Bowling Matters

the Voice of Cosburn Park Lawn Bowling Club

VOLUME 8/6 SEPTEMBER 2019

Canadian Women's Singles Champion

In the final game of the 2019 Canadian Women's Singles Championships, Cosburn's own Cathy Larking beat B.C.'s Bobbi-Jean Charlton to take the national title.

The Top Three *L-R Jordan Kos, Cathy Larking & Bobbie-Jean Charlton.*

By Martin Zibauer ~ The afternoon game, at Kitchener's Heritage Greens on a windy August 30, was played out in three tension-filled acts over 2¾ hours: in the first few ends, Charlton built up a solid lead of 7 unanswered points; in the middle, Larking slowly chipped away at that lead; and over the final half-hour of the game, Larking took the lead and held Charlton to only one more point, winning the game 21-14.

Both players appeared to struggle with a gusty diagonal crosswind on the greens, switching hands often. The clubhouse acted as a partial windbreak, which only complicated the playing conditions.

Charlton took 7 points in the first five ends; it wasn't until the sixth end that Larking scored her first point. A back-and-forth battle began, with mostly 1- or 2-point ends going to the players, until Larking pulled ahead 14-13 after 17 ends.

Going into what would be the final end, Larking was up 20-14. After Larking used her second bowl to move Charlton's bowl back, the Cosburnite pushed the jack slightly with her third bowl. Charlton threw two heavy weight bowls that could have moved the jack or perhaps replaced Larking's shot bowl, except they were slightly narrow and sailed through the head. That gave Larking the point she needed to win the end and the championship.

In 2018, Larking took the bronze medal in the nationals. Her 2019 win means Cosburn members are now playing alongside – and learning from – Canada's top female bowler. Congratulations, Cathy – you've made us all very proud. ◆

READ MARTIN'S INTERVIEW WITH CATHY, PAGE 8

District 10 Novice Singles Champion *Peter Stuart-Sheppard, front row, 2nd from right (one of 16 Novice champions in the province) with the rest of the finalists at the Provincials in Stouffville Sept. 21 – more on P10.*

Two Richard Bruton Extravaganzas:

Richard Bruton, Our Generous Sponsor Since 2006, Hosted Two Lavish Tournaments One Week Apart.

The Fall Classic

By Ann Nicholson ~ On August 31 his Fall Classic attracted 66 bowlers (22 teams) from Willowdale, Balmy Beach, Pickering, Kew, Agincourt, Cosburn and the Rainbowlers.

Tournament Director Mike Mogan's spirit of fun was in full swing with a "Spider," Bounty on last year's Winners, a random draw and, of course, his dreaded Tim Cards.

Thank you Eunice, Charles & Dianne who worked in the kitchen all day. ◆

Willowdale took the first 3 places. Mike Bernstein, Gerald Lampert & Hossein Zhian won the massive trophy. Hazel Joffe, Joyce Kruss & Steve Nelson placed second. Chrystal Shephard's team came third.

Hi 2-game: Mary Hainey, Tom Trattner, Harry Hainey, (Cosburn), shown here with sponsor Richard Bruton. 2nd Hi 2-game: Kim McNulty, Bert Harvey, Rick Chambers (Balmy). And Hi last game: Mary Lou Richards, Meno Jose, and Mary Lou's guest from BC.

Sophie Bruton drew the Random Draw Consolation Prize for Bradley Hayward's team.

Bowlers took part in an opening 'Spider.' Prizes: anniversary wine and towels.

Tournament of Champions

By Ann Nicholson ~ A cloudy day but comfortable temperature for bowling was a good start. Sixteen teams, made up of some star bowlers, competed. Sponsor Richard Bruton bowled with Cosburn's Richard Cripps and Mike Vince,

"You are the Best in the Country. The Best in the World," declared Richard Bruton. "Let the Games Begin!"

After the games, all competitors received a copy of the group photo and everyone signed a large framed copy for posterity. Or, as Richard joked; "For the Taxman's benefit."

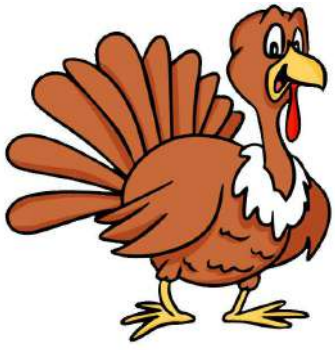
Accolades to Karen Bell & George Gorrie who slaved from 8:00 a.m. 'til late afternoon in the kitchen. Accolades also to President Frank and George Ferries who set up the greens. Thank you to everyone who helped clean up. Without these stalwart volunteers.... ◆

The winners, left: Sue Logeman, Steve Naylor, Nicky Chamois (Oshawa). 2nd Place: Vince Donohoe, Chrystal Shephard, Glenn Paton (Willowdale).

2nd Hi 2-game: Hossein Zhian, Stephen Walsh, Judy Hemming (Cosburn).

Hi 2-game: Laila Hassan, Tom Trattner, , Andrea Hampton (Cosburn).

At day's end, strawberries and 'champagne' and a toast to good bowling. "Hip, Hip, Hoorray!"



Thanksgiving Closing Day Jitney / Board Elections

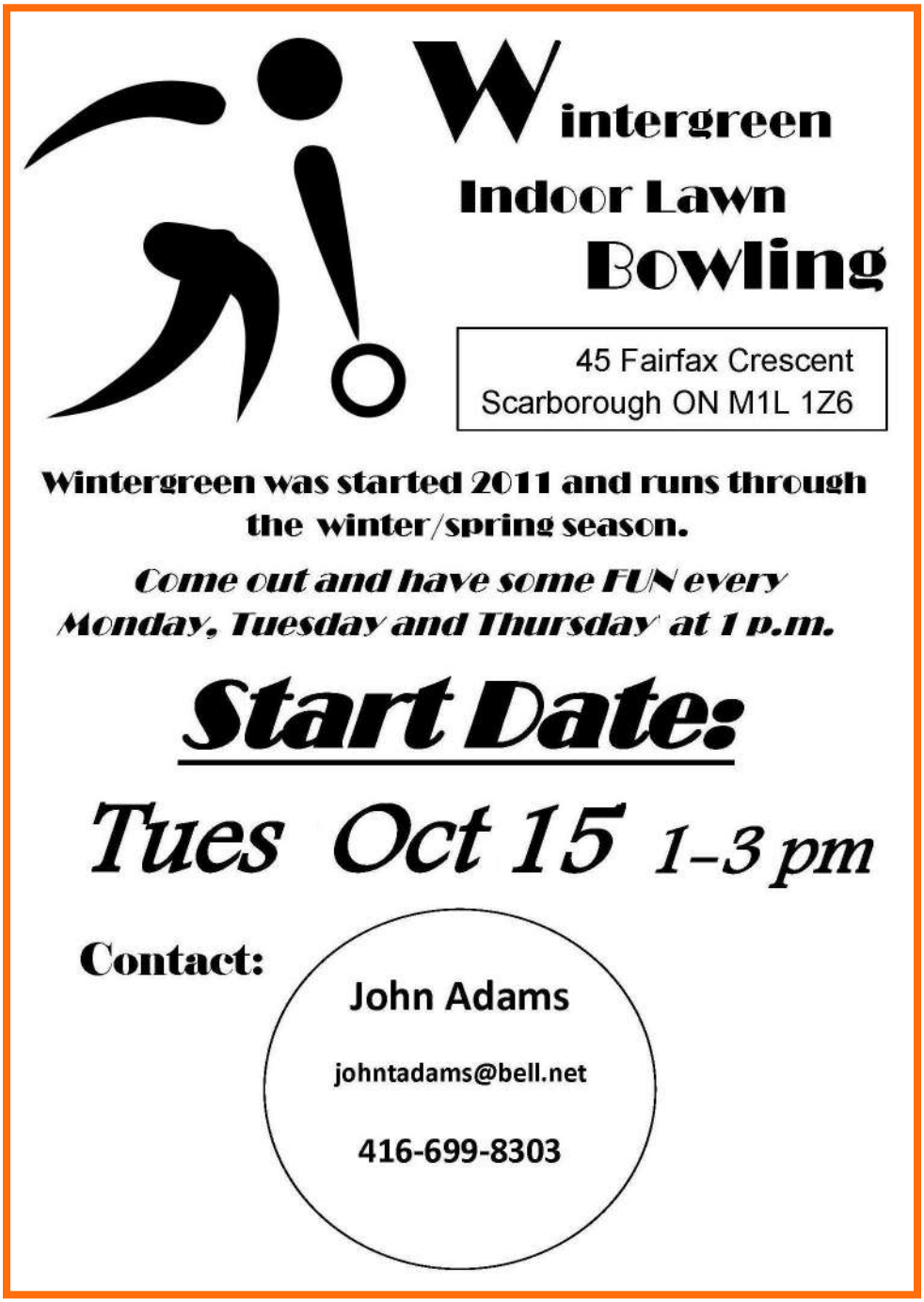
Monday, October 14 - Lunch at 12 pm
SIGN UP online or at the Club for Pizza Lunch

Upcoming... Mark Your Calendar

THANKSGIVING CLOSING DAY
Pizza, jitney & Board Elections
Mon. Oct. 14 12 pm
Sign up required for Pizza.

FALL GENERAL MEETING
Please plan to attend!
Tue. Oct. 22 7 pm

PRESIDENT'S DINNER
Rally Restaurant & Bar, 1660 O'Connor Dr.
Fri. Nov. 1 6:30 pm
$45 members / $50 guests.
Tickets at clubhouse (& soon online).
3-course meal, many menu choices.
Full table service. Drink specials.
You could win a FREE membership!



BOARD ELECTIONS

Vote at the clubhouse. There is a locked box beside the desk for your nominations and/or votes.

Nominations close Oct. 7. Votes will be counted at Thanksgiving Jitney Oct. 14.

4 Executive positions on the Board of Management: President, VP, Treasurer & Secretary are up for election.

In addition, 8 Chair positions:
- Special Events
- Sponsorship & Development
- Communications
- Coaching
- Competition (Tournaments)
- Games
- Premises
- Social

Full descriptions of positions online or check the bulletin board at the clubhouse.

If you would like to participate in the management of the club, speak to one of the Nominating Committee: Steve Walsh, Ian Venables or George Ferries. ◆

Tournament Winners Richard Cripps, Chrystal Shephard.

Thane Tweyman, Irv Gillette: 2nd Place (Second-Hi 3-game winners).

Kim Durham-McPhee & Lesley Durham-McPhee: 3rd Place (Third-Hi 3-game winners).

Flip Flop 2019!

Words+Pictures Scott Ferguson~ The sun broke through the dark grey skies on Saturday, September 14 providing a glorious late summer day for the fourth annual Flip-Flop. The event, hosted by Toronto Rainbowlers, is the only tournament for LGBT lawn bowlers in North America and attracted 52 eager players to Cosburn Park Lawn Bowling Club.

The three-game tournament is formatted differently from typical lawn bowling competitions. At Flip-Flop, skips and leads flip positions in the second game, and then flop again halfway through the third game, making the game more challenging for experienced players and allowing beginners the opportunity to gain experience in both positions.

The 26 teams sported fabulous and flamboyant costumes including Flip-Flop organizer Kyle Knoeck and his teammate Christopher Miller who were pretty in pink with their crepe-paper streamer capes. Other teams that provided additional colour on the greens included a dynamic duo of Supermen, a pair of naughty devils and a couple of rainbow-skirted hula dancers.

The day ended with the Awards presentation during cocktail hour and featured a surprise appearance by George the Dragon, mascot of the St. George Lawn Bowling Club, near Brantford.

Thanks to Flip-Flop 2019 sponsors Meridian Credit Union, Georgian Bay Spirit Co. and Two Blokes Cider. Special thanks to the organizing committee, tournament volunteers and bowler Kevin Boyce, who provided – with the help of a smiling kitchen crew – a tasty lunch that kept players energized throughout the afternoon. ◆

Hiro Nakajima, Andrew Skelton: 4th (Fourth-Hi Three game winner).

Jay Junnila, Peter DeVries: 5th (Top Two-game winner).

Bev Lennox, Nancy Lord: 6th (Second-Hi Two-game winner).

LEGENDS OF THE MONTH

Sam & Marg Anderson

By Chrystal Shephard ~ Wonderful people! Beautiful bowlers! That was the common theme when I asked around for others' thoughts about Sam and Marg Anderson.

They were well established and highly respected members at Cosburn when I came through the gate 25 years ago. Both Sam and Marg introduced me to the game and took me, like many others, under their wing.

Sam was my coach and mentor. I had never held a bowl in my life before meeting Sam and he taught me how to deliver a bowl. suffice to say, he did a pretty, darn good job as I still get compliments to this day. Was a championship in my future? "Oh, you'll get there!" he said to me. He knew before I did, and that there would be many of them.

Sadly, both have passed now, but their presence forever lingers throughout the clubhouse…from pennants on the ceilings to producing champion bowlers out on the green.

Sam was a fierce competitor, a true gentleman and a kind soul. Back in the day, Sam Anderson was THE MAN to beat in District 10 – he played in many, many Ontario Championships. Oh, Sam played to win alright! A real competitor! Yet he was just as kind and gracious, win or lose.

Not to be outdone, Marg was a champion bowler in her own right and played in a Canadian Championship herself – bowling 4s with other legends of the club – Lorry Bates, Pat Gemmell & Helen Brands. Unfortunately, they didn't get the result they were looking for out in Edmonton, but they certainly were a dream team at the time.

Being one of the very few lefties at the club, Marg had it a bit tougher, as she had to find her line very quickly. She mastered it, and took great comfort in knowing that she always had her own road that none of righties could copy.

Any of their students will tell you that rules and etiquette were high on the list of honouring the spirit of the game, as were handshakes and acknowledging good bowls (for or against).

Perennial district and tournament winners, kind, classy and well respected, both Sam and Marg had upbeat personalities. They worked tirelessly around the clubhouse and volunteered their time freely to any and all club events. Sam and Marg both served on the executive many times in different capacities and, of course, were the head coaches when I arrived. Their level of dedication to the club was unmatched.

I am quite sure they would be extremely proud of what Cosburn has grown into at its 90th year. We owe a little of that to them. ◆

CHRYSTAL SHEPHARD

By Mike Mogan ~ Long, long ago (1994 to be specific), a young, bright-eyed, bushy-tailed blonde was running past Cosburn Park Lawn Bowling Club, and thought to herself: "Hmm... this looks like something I might enjoy doing."

She was pulled over the fence by a club legend named Sam Anderson. Sam took her under his wing, and planted the seed of what was to become a wildly successful career.

Fast forward today, not really young anymore, not really blond anymore, Chrystal has proven to be one of the all-time greats of the Canadian Bowling Community. A list of her accomplishments would take up too much space, so I'll summarize: a multi-time Provincial Champion, a multi-time National Champion, and an inaugural member of the OLBA Hall of Fame.

(L) Chrystal with Laila Hassan after winning Gold WP Provincial in 2015.

Three Celebrations Rolled into One

- ***Labour Day***
- ***Volunteer Appreciation Day***
- ***Cathy's National Gold***

Words+Pictures Ann Nicholson ~ We counted 57 bowlers + 10 more on the verandah.

To kick off the celebrations, VP Sandy Johnson and Richard Cripps awarded bottles of our 90th Anniversary Wine to 21 outstanding volunteers.

Among other volunteer tasks, George Ferries gets up at crack of dawn to help set up the greens on tournament days. Thank you, George.

After a ten-end jitney, we were all ready to eat. Ron and Ken did not disappoint us. Hot dogs, veggie dogs, burgers, veggie burgers sizzled on the grill.

All the trimmings were provided by Jan & Cathy in the kitchen. A most popular trimming was Jan's corn. She used a pillowcase to heave huge numbers of cobs from boiling water to serving dish.

The club congratulated Cathy Larking on winning National Singles Gold Medal. Jan surprised Cathy with a special chocolate cake.

After all the food, some members played another jitney. Others went over to Sophie's for a cold one or…two. ◆

gallery

Jordan Stewart measures. *Photo by Evan Noodin Smith.*

Photo by Scott Ferguson

It's One Bowl ~ An interview with Cathy Larking

By Martin Zibauer

Let's start at the beginning. When did you start bowling?

In 2001. My mom and dad would spend six months in Florida and six months at home, but I never saw them because they were out bowling. So I said, "Just to spend time with you, I will bowl. I will have a game with you on a Sunday afternoon."

How long did it take you to get interested?

Two games. I just clicked with it. I was not a sports person, but lawn bowling just intrigued me. When I stood on the greens, everything else disappeared. All the worries, everything you're struggling with at work, they just disappear. For two hours, it's just the grass and the fresh air and the strategy of it.

When did you become interested in bowling competitively ?

Pretty early. I found out I was actually competitive.

Was that a surprise?

Yes. I'd never really played sports before, never really cared for it. So, to get out there and find I want to beat everybody, yeah, that was surprising.

How would you describe your bowling style?

I'm very conservative, which for me has worked well in singles. I'm more of a draw bowler, though I've progressed to slightly overweight shots too. I'm not a drive bowler; it's not my strong suit to drive and smash everything. I like to take my point and run. And then get you in the next end.

How did you prepare for the Nationals?

Training. I call it "training" instead of "practice" because you do need to work. You can't just go out and throw what you're good at and say "Oh, that's my practice." You need to consciously look at your bowling. Set up something you're not good at and try it and try it and try it.

Set up something you're not good at and try it and try it and try it.

You should also track what you do. I'm not really good at that; I find it gives too much pressure. For instance, if you set up a jack with a bowl beside it and you want to practise moving that side bowl off, track how many successes you have on the backhand and how many on the forehand – at various times and over a period of time. In a critical game, your mind will just say "I've done that before. And I'm better at doing it that way, so I'll do it that way." That's technical training. But we also do mental training.

As in, sports psychology? What's involved?

You need to be able to visualize your shots, to stand on the mat and see where the bowl is going and then throw it. You need to train yourself to be able to tell distances. Training is also about keeping yourself level throughout a game: knowing what triggers anger and other things. It's noting when the triggers happen but learning not to respond. Acknowledge that you're angry, but put it aside and throw your bowl. Do what you need to do: deliver one bowl.

Don't worry about the previous bowls?

It's one bowl.

Because you can't do anything about them?

One bowl.

What's your pregame routine?

I'll do a walkabout, just to warm up the muscles. You'll often see me circling the greens. I have things I say to myself as a calming thing. I warm up with a few ends and I'm ready.

This year, you were on the National Development Squad. What did that bring to your game?

More training. Writing things down. Developing game plans. When most people play, they don't have a game plan.

I have a singles game plan, every time I play. It can start the day before: you need a routine, you need to hydrate – even the day before – and you need to sleep at the right time and wake up at the right time. In the actual game, plan what you do in the first part, the middle part, and the end.

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Interview with Cathy Larking continued

Do you also assess the other players? Did you watch Bobbi-Jean Charlton's other games?
I've never really done that. I know that certain provinces play a different game than we do. B.C.'s women players are a little more aggressive than we are; they have no fear and they play the runs. But watching a specific person? I don't know whether I'd gain from that or not.

But as you were playing against her, you did try to counteract what she was doing, right?
Yes. There was a specific conscious play I made. She threw heavy weight to break something up, but she was not successful. I figured that was not her strong point, so I played a back bowl to sit on hers and prevent her getting three points if she dragged the jack. I made the conscious decision to place a bowl in a spot that would make her throw heavy.

National Development Team

Did you do anything differently to prepare for that final, important game?
Actually, the quarterfinal was a very important game. I got out of my pool on top; that got me to the quarterfinals. Problem is, if you lose the quarterfinal, you're finished. It was a very stressful game.

I had a game to end my pool first thing in the morning. My quarterfinal game wasn't until six o'clock. So I went away from the venue – there was too much time in between. I had a meal, I had a rest, and then I went back to it as a new day. That game ended up being a marathon: a 30-end, three-hour game, starting at six o'clock.

What bowls were you using?
The first day, in the rain, I dropped a size. I have great difficulty in the rain hanging onto the bowl. I went with my regular bowls, Tiger, but a size smaller. They have the same arc as my regular bowls, but they're easier to hang onto.

The second day, I played with a Tiger II bowl – same make, same draw, only narrower. Knowing that Kitchener greens can speed up and get very swingy with some funny runs, I felt a narrower bowl would help me out.

In the finals, I used my Tiger II bowls. It was the right choice because the greens did get very fast and very swingy and the wind became a huge factor. The game was close to the clubhouse, which would block the wind partway down. But once the bowl got past the clubhouse, the wind would grab it. And it was gusty.

How did you compensate for the wind?
It was very hard. The commentators [on the Bowls Canada broadcast] kept saying we should play one side, not switch. But both Bobbi-Jean and I found our bowls were not reacting normally. You start to panic and switch to the other side. Maybe a more seasoned bowler would stay on the same side and figure it out.

When I first watched the game again, I wasn't happy with the commentators, but I want to heed what they say because they are coaches. I'll go back when I'm in a better frame of mind and not as proud of what I did, and I'll look at the game critically. Perhaps they're right.

Early in the game, you were down by seven points. How were you feeling?
I was starting to get worried, but I was able to access the coach, Dave Burrows, and he did keep me calm and happy. He'd say, "You're already here, and you're in the gold medal game. What could be better?" That's true.

And my game plan is to find out the green for the first few ends. I don't stress; I have patience. Once you figure it out, then go for your bowls. As long as you don't get too far behind.

I go for one point. You don't have to be greedy. One point changes the momentum.

Other players, down by seven, might have taken risks to get the big end.
I don't usually do that. I go for one point. You don't have to be greedy. One point changes the momentum.

You have to be able to play almost as if you don't care. That's why in singles it's always hardest to get those last points – when you're sitting at 19 or 20. The other player has

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Interview with Cathy Larking continued

nothing to lose when they're throwing; you have everything to lose. So your stress sets in, and theirs doesn't. You often get stuck at that point.

Was there a specific turning point in the game?
Yes, on one of the ends – I don't remember which – the momentum switched. Bobbi-Jean seemed to have trouble once I put something in front. She seemed disturbed by it. Perhaps she didn't want to hit it in, but her lines went a little off, and she had to make changes to her game. A little pressure switched the momentum.

In the final end, when it looked like you would score enough to take you over the top, what went through your head?
I couldn't watch Bobbi-Jean's last shot. I'd placed a bowl exactly where I wanted to prevent a slight run back, but I knew she was going to hit at it. I chatted with the coach while she was making the shot so I didn't have to face it. He reported that he thought she had missed. Then I could look.

You always seem so focussed when you play – do you ever lose that focus?
Oh, yeah. The trick is to be able to hit a reset button. You've got to figure out what it is for yourself that turns you around and makes you focus.

When we first went to Nationals as a fours team, the games are so much longer than what we're used to playing, we found our bodies would automatically shut down after about 12 ends. Your body is accustomed to that: 12 ends, your body shuts down and says, "Where's lunch?" That's when you need a reset, whether that's a bite of a granola bar or you walk away and get some water or whatever. Then come back and refocus.

I wish more people would play singles. People don't like it because they think it's lonely. They'd rather be with a team, but it's such a good game to learn. You're playing every position, and you learn so much about yourself – what triggers bad and good things. It's a finesse game, more looking at "What would happen if I just tap that bowl?" In singles, you learn how to be calm. You can't be ranting and raving and kicking the dirt; you won't be able to play.

You're playing every position, and you learn so much about yourself…

You don't get mad at yourself?
Oh, I get mad. I'm terrible! That's the competitive part of me, and why I have to work at not being so competitive. You can't be that way. Go out there and have fun. ◆

Peter Stuart-Sheppard Captures District Novice Singles Championship

Competing against club champs from Leaside, Balmy and Kew, Peter Stuart-Sheppard went undefeated at the District Novice Singles playdowns at West Toronto on Labour Day weekend to claim the District Championship. Competition was fierce, culminating in an almost four-hour final match between Peter and Balmy's George Apap.

Peter moved on to represent District 10 at the Provincial Championships in Stouffville / Richmond Hill Sept. 21-22 (photo on page 1). Unfortunately, he lost his first two games and didn't make it to day 2.

Said Peter afterwards, "I would not have got there without the mentoring and support of so many Cosburn members; getting to the Provincials is as much about the club and its members as it is my own effort and work." ◆

Local Hospital

A group from Michael Garron Hospital Fundraising Department enjoyed their visit on August 23.

Warm & Friendly Vibes + Weather for Our In-House Trebles Tourney

By Ann Nicholson ~ Twelve teams turned out for Cosburn's annual in-house tourney on Sunday, Sept. 22.

Ron Sellen Jr. and Mike Mogan shared Drawmaster duties which began with a Spider.

Jan, Karen P & Vivian slaved in the kitchen and George F helped Ron Jr. with set-up.

The trophy, only a few inches short of Richard Bruton's TOC Colossus, was originally donated by Marg Walford's family in 1982. It was won by Lorry Bates in 1992 and by a John Chilton in 1994. After languishing in the basement for years, it was repurposed and became Cosburn's in-house trophy in 2008, when it was won my Nanci Myers, Jlm Elliott & Jocelyn Mogan. Last year President Frank, Debbie Weatherbed and Mike Pirdavari won it. ◆

Winners Mike Seberras, John Tagg, Meno Jose.

Second Hi-2 game: Cathy Hague, Ken Uyesugi, Lynn Frost.

MURRAY FENNER

Third Hi-2 game Murray Fenner, Laila Hassan, Kevin Boyce.

Hi 2-game: Dan Neely, Roz Regnier, Peter White.

Following The Winners' Trail

Tom Trattner, Keith Park and Marina Dranitsaris (Balmy) placed 2nd with a 3-game win at Leaside Aug. 24.

Richard Cripps (skip) and Meno Jose won West Toronto Men's Pairs with 48 +1 points Sept. 8.

Keith Park & Meno Jose placed 2nd with a 3-game win in the Etobicoke Men's Pairs on Sept. 18. ◆

Mary Lou Richards, Keith Park & Meno Jose won the Etobicoke MT Sept. 4.

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