

Around The Jack

Summer Newsletter of the Preston Lawn Bowling Club

President's Message

If the weather co-operates, it looks like another successful season is upon us. Our Open House brought out a few new interested people in spite of the weather, it was a great day with our members and dignitaries attending (Bryan May, Kathryn McGarry and Ken Simpson). The official announcement of our \$25,000.00 from the 'New Horizons for Senior Grant' was made. Thanks again to Dave Allen and Judi Riddolls for submitting this application and all the hard work involved. The money was quickly put to good use as our new boards and ditches are now in place and the grass is beginning to grow. The rest of the money will be spent on a cement pad at the back of the porch and new steps front and back as well as drawers in bowls room to place club bowls in.

Hope everyone is enjoying the refreshed and clean look of the club rooms – men's washroom, bar and new carpet in porch – thanks again to all the hard working club members who volunteered. Clubs do take a lot of volunteer work in order to succeed. If you have some time and are able to help out please let your executive know. We always need volunteers to help with lawn maintenance outside the greens (see Dan Greener if you can help him), help with the many tournaments that we are hosting this year, getting equipment out on jitney nights, keeping the club rooms clean etc. There is something going on almost every night of the week this year so there should be no lack of getting on the greens, plenty of exercise and fun for everyone. Please check the calendar of events.

If anyone wants any coaching please come out Mondays at 6:00 so our club coaches may assist you.

See You on the Greens

Pat Beaumont - President

Coaches Corner

Summer is here, and so is the heat! Some tips to be safe on the greens:

1. Hydration: Water is an adequate option only for activities lasting 1 hour or less. If you're on the greens for over 1 hour, you will need both carbohydrates and electrolytes. Gatorade is an example of a fluid that contains both. Up to 1 litre of fluid per hour may be required with high humidity.
2. UV protection: Hats and sunscreen are also important in prevention of heat illness. Hats need brims and should be well ventilated. Sunscreen should contain at least SPF 15, and be reapplied every 2 hours.
3. Loose fitting lightweight clothing: Wearing excessive or tight fitting clothing won't allow your body to cool properly.
4. Medications: Be on the lookout for heat-related problems if you take medications that affect your body's ability to stay hydrated or dissipate heat. Know your limits!

Barb Young

We lost past Preston member Alan Wakefield on Thursday June 8th. Our condolences go to Vilma and family. Alan joined the club in 2008 and brought us his stories of crown green bowling. He enjoyed the Friday evening card games and will be remembered,

Stevie Natolochny

I joined the Club in Spring 2016 with my husband - after a few years of humming and hawing about whether we should join. We were looking for a convenient and fun way to get to know more people in the Preston area. We live so close to the PLBC and can walk over in less than a minute. Learning that the Club was recently LCBO-licensed was the final push that we needed since we love to socialize and we both enjoy being able to enjoy a bevvy after the games.

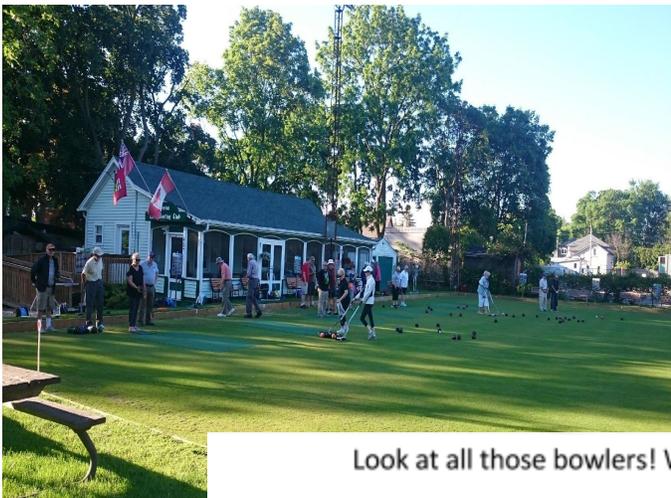
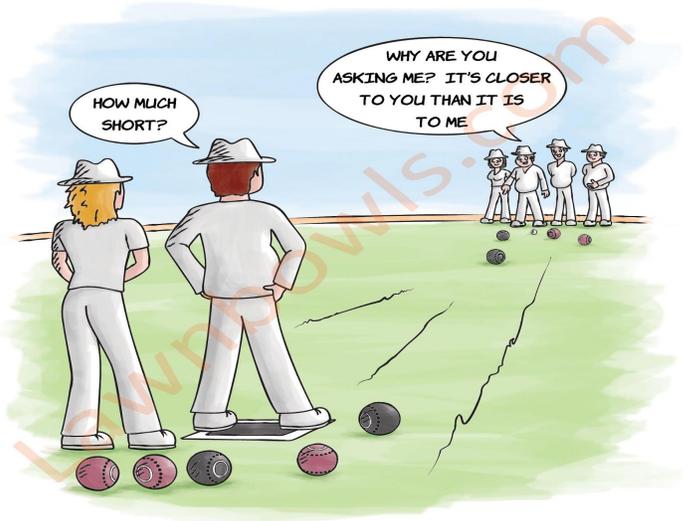
I once won a public speaking contest but that was more than 40 years ago and I've since discovered that I really am an introvert - which would explain why my success was short-lived! I was born in Regina; moved to Cambridge when I was 10 years old and, aside from brief stints in Hamilton, Ottawa and South Porcupine (if you know where that is, you'll have a better understanding of why I wanted to return to Southwestern Ontario!). Fred and I have lived in the Preston area of Cambridge for more than 25 years and LOVE it here!

I enjoy reading a good story, golfing, cycling, sipping sangria on a patio and home reno/decor projects. I'm an open-book. If you wanna win big at poker, play against me!

Fred Natolochny

I started lawn bowling last year, and enjoyed the friendly people and being outdoors.

We had walked by the club for a number of years and thought it would be a good pastime, something social, that Stevie and I could do. We have been in Preston for 30 years or so, and are likely staying a bit longer, so it's great that we can walk over in the evening to play.



Look at all those bowlers! We had nearly 40 on June 7!

Kitchen News

Sheriff

Dave

The Health inspector probably doesn't want to hear this, but we are still working the bugs out.

The k-cup dispenser is a bit finicky, but remember, you can bring your own k-cups to use in the machine and it costs you nothing.

The weekly kitchen assignment system has posed some problems, so kitchen coverage has now changed. Pam and Margaret are taking care of Wednesday evenings and will ask for assistance when needed. Mondays require someone to wipe down tables, put out boxed cookies, which are supplied, and clean-up. Friday will be the same as Monday, but we will ask that a volunteer or volunteers to provide a snack. A calendar will be posted so that members may volunteer for one or more occasions. If there is a day that is not covered, we will just close the kitchen that night.

I was hoping that each person would commit to helping with one tournament. Richard and Harry are doing the Green; Paul, Judi, Lawry, Audre, and myself are acting as tournament drawmasters. It would be nice if people would volunteer to prepare the coffee and do a few other kitchen things **or** bring in part of the dessert offering (e.g. we have 32 players, we need 36 desserts, divided by 4 volunteers means 9 desserts from each volunteer) If everyone chipped in, then each member would only have to do it once.

The idea was that we take \$2 of each entry fee to help the kitchen. If the desserts are supplied, then your kitchen can make a profit. If not, I will just go out and buy desserts.

Friday Night Specials

We will again offer one Friday night special each month. For \$10 you get a BBQ burger or a Sausage on a Bun, some salad, and a drink of your choice. Seating is at 6:00 p.m. Sign-up and pay by Wed. of that week. Feel free to invite guests.

Bar Buzz

We now are stocking Grapefruit Radlers- A thirst-quenching mix of premium lager, natural flavours, and lemon and grapefruit juice.

Don't forget Friday night drinks are only \$4.



**Congratulations Stan and Carol
Club Aussie Pairs Tournament Winners**

2017

Executive

Past President - Dave Allen

President - Pat Beaumont

Vice President - Dan Greener

Secretary - Kelly Kleinschmidt

Treasurer - Paul Deemert

Director - Jenn Irwin

Director - Carol Jones

Director - Stan Jones

Appointments

Greens keeper - Richard Bullock

Bar Manager - Mike Sullivan

Upcoming Events

Weekly – Regular Social Jitney Nights begin

Mondays, Wednesdays and Fridays at **6:45**

June 11 – Club Members Only, Aussie Pairs Tournament

June 14. - Australian Open Pairs - 6:00 p.m

June 15 – Thursday -Tri-city League begins

June 20 – Tuesday Club Pairs League begins

June 30 – **Friday Night Special – BBQ**

July 16 – Club Members Only, Open Paris Tournament

July 22 - Open Triples (1 Novice) - 10:00 a.m.

Aug 18 - Open Pairs (1 Novice) - 6:00 p.m.

Sept 14 - Open Pairs & Open Triples - 6:00 p.m

Tri-City Bowls League

This year there will be a Thursday night league with Heritage Greens. We will play 6 nights there and 6 in Preston. Cost will be \$25 per player (some of which will go to the clubs and the rest to an end of year celebration).

Sign-up sheets will be posted in the club house.

For more details see our website: <panthergpps.wixsite.com/tcbl>

*Sponsored by Brendan Clancy (Home Life)
and Craig Allain (RBC Wealth Management).*

