

2025 CANADIAN BOWLER OPEN PROGRAM

CALGARY, ALBERTA

AUGUST 29TH – SEPTEMBER 1ST, 2025
CALGARY LAWN BOWLING CLUB & ROTARY PARK LAWN BOWLS CLUB





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SOCIAL MEDIA

When posting be
sure to tag us:

@CanadianBowler

@CalgaryLBC

@RotaryParkLawnBowls

#CanadianBowlerOpen

#LawnBowls

#LawnBowling

Also tag our sponsors and
thank them for their support!

SEND US YOUR FEEDBACK

Please send us your feedback
whether it be compliments,
complaints, or suggestions
for future tournaments:

[canadianlawnbowler
@gmail.com](mailto:canadianlawnbowler@gmail.com)

"May all your bowls
be touchers!"



“OH FFF....Fix Auto!”

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after your kid gets their
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Fix Auto Okotoks
Fix Auto Deerfoot
Fix Auto Strathmore



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Tournament Directors Darryl Fitzgerald & Michael Pituley.

HELLO & WELCOME TO THE 2025 CANADIAN BOWLER OPEN!

A few years ago Darryl and Michael had a crazy idea to create their own tournament infusing their love for wrestling and MMA with lawn bowling. Player introductions? Theme songs? Championship belts? We got it all. We took a major risk trying something new and different and the players loved it.

This year our goal was to expand the event. We are back at the wonderful Calgary Lawn Bowling Club, and we are excited to be co-hosting the event at the Rotary Park Lawn Bowls Club. Our singles field has expanded to 64 entries, and we have 40 pairs teams. The prize pool has also grown to over \$15,000, making the Canadian Bowler Open the biggest prize pool for bowls in Canada.

We want to extend our heartfelt thanks to the Calgary Lawn Bowling Club and the Rotary Park Lawn Bowls Club for their incredible hospitality and generosity in opening their doors to us. These clubs have not only provided top-notch facilities that elevate the experience for players, but they've also welcomed our unique brand of bowls with open arms.

A special shoutout goes to the many volunteers from both clubs who have helped us prepare and will be there throughout the event to help make this a success. From prepping greens to managing logistics and cheering from the sidelines, your dedication is the backbone of the Canadian Bowler Open. We truly couldn't do it without you.

We hope you enjoy your time in wonderful Calgary. There is much to see and do and we hope you take some extra time to enjoy this beautiful city and surrounding area.

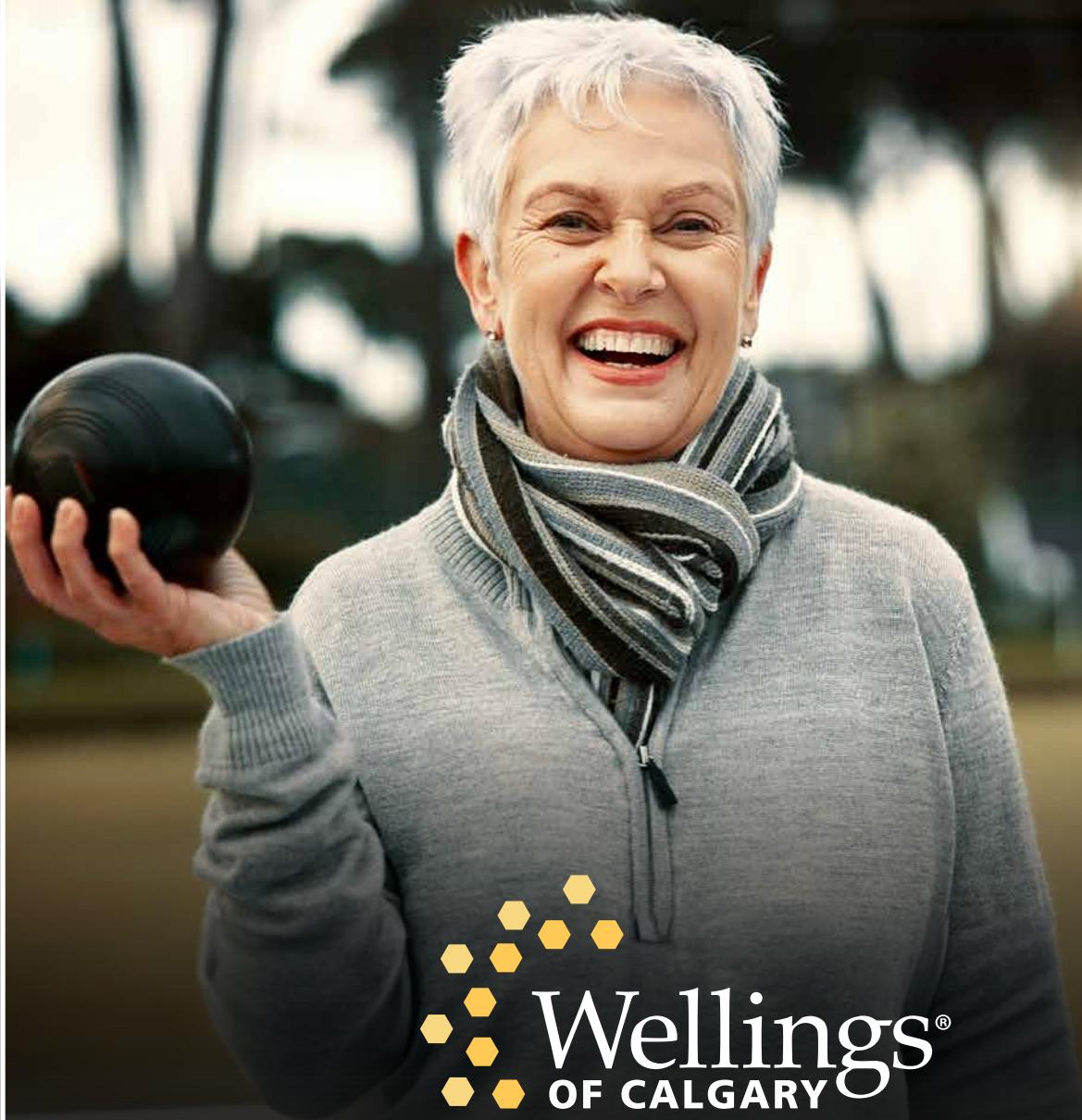
Thank you for your support of our crazy idea, we sincerely appreciate it.

May all your bowls be touchers,

Darryl and Michael

traditions honoured

legends born, lawn bowling spirit, ever sworn.



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MESSAGE FROM CALGARY LAWN BOWLING CLUB

On behalf of Calgary Lawn, I would like to welcome everyone to the 2025 Canadian Bowler Open! Whether you are from Calgary, elsewhere in Canada, the USA, Scotland, or Australia we hope you will enjoy the fellowship, bowling and atmosphere of the Canadian Bowler Open. For those not familiar with Calgary Lawn, our club is 102 years old and prides itself on having great greens and being home to both social and competitive bowlers, including six Team Canada players. This year we have just over 185 members ranging in age from 10 to 90.

The Canadian Bowler Open is only possible thanks to the many, many volunteer hours that are put into it and I would like to thank the Canadian Bowler Open Committee for all their behind the scenes work getting this event ready, the Calgary Lawn volunteers for ensuring the day-to-day things run smoothly, the Bow Cliff Seniors for suspending their programming so we can have the entire building, Ken Olsvik and Specialty Turf for keeping our greens in such great condition and the players for the great bowling we are sure to see. Here's to a week filled with camaraderie, strong competition, good sportsmanship, and fun!

Heather Mackie

Heather Mackie
President, Calgary Lawn Bowling Club



MESSAGE FROM ROTARY PARK LAWN BOWLS CLUB

As the president of Rotary Park Lawn Bowls Club, I want to welcome all the players from across everywhere. We are excited to co-host the 2025 Canadian Bowler Open with Calgary Lawn and share our amazing club with you. With a membership of over 560 active members we are pleased to welcome you to the largest lawn bowling club in North America... possibly the world but who's counting. We also have the youngest lawn bowling club in the northern hemisphere with the average age of our member around 35! Our season kicks off every May with league bowling four nights a week, including the largest Pride league night in the city, draw league on Sundays and we wrap up every September with a raucous year end tournament over two weekends. All of this could not happen without our members volunteering countless hours to help during league nights, private rentals, and tournaments throughout the season.

We are so proud of our club and are looking forward to sharing it with you. Take lots of pictures and make sure to share your experience with us on Instagram @[RotaryParkLawnBowls](#)

When you arrive, keep an eye out for our volunteers and make sure to say hello!

Shayne Kuzek

Shayne Kuzek
President of Rotary Park Lawn Bowls Club

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Over 3000 homes sold. 30+ years of experience

Here's to a great tournament - good luck, bowlers!

2025 CANADIAN BOWLER OPEN SPONSORS

Please join us in thanking our major sponsors for their generous support: Harrison Healthcare, Fix Auto Collision, Wellings of Calgary, Deerfoot Inn & Casino, Mach Energy Services Ltd., Pownall Wealth Management Group (RBC Dominion Securities), Sam Corea Real Estate, Stanley Park Lawn Bowling Club, Bowls in Canada, Village Brewery, and SParms!



HARRISON HEALTHCARE

Harrison Healthcare provides personalized, team-based primary care focused on disease prevention and management. Their innovative, compassionate approach optimizes Canadians' health and well-being through service excellence.

Locations: Calgary (Beltline), Vancouver (Burrard), Vancouver (West Hastings), Toronto (Midtown) coming October 2025, Calgary (Mission) coming October 2025
www.harrisonhealthcare.ca

Prize Sponsorship: Increase funds awarded to the Singles and Tag-Team Pairs champions. They will also present cheques to the champions.

FIX AUTO COLLISION

Proud sponsor Fix Auto specializing in expert collision, dent, and scratch repairs with quality, efficiency, and customer care.

Locations: Airdrie, Okotoks, Deerfoot, and Strathmore

www.FixAuto.com

In-Kind Vehicle Sponsorship: Providing tournament directors with loaner vehicles for the tournament.

WELLINGS OF CALGARY

Changing the way we look at retirement living. Wellings of Calgary, is an active retirement living reimagined for a new generation.

Location: 120 Na'a Crescent SW, Calgary, AB

www.wellingsofcalgary.com

Welcome Players Social Sponsorship: They are catering our pre-tournament social, welcoming players and sponsors before the competition kicks off!

DEERFOOT INN & CASINO

Experience comfort and excitement at Deerfoot Inn & Casino with spacious rooms, a fun water park, great food, live shows, and thrilling casino games.

Location: 1000, 11500 – 35 Street SE Calgary, AB

www.deerfootinn.com

Exclusive Hotel Sponsorship: Providing spacious rooms, free hot breakfasts, and free parking.





MACH ENERGY SERVICES LTD.

Mach Energy Services Ltd. specializes in transporting liquified petroleum gases and fluids safely and efficiently across Western Canada and the U.S., ensuring reliable energy logistics solutions.

Location: 4911 46 Ave., Rimbey, AB

www.machenergyservices.com

Tournament Shirt Sponsorship: The exclusive sponsor of the 2025 Canadian Bowler Open shirt.



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We provide bespoke family wealth solutions including tailored investment strategies, financial planning, and advice to grow and protect your financial assets.

Location: 745 Thurlow Street, 20th Floor, Vancouver, BC

<https://ca.rbcwealthmanagement.com/tom.pownall/home>

Queen & King of the Green Sponsorship: Increase prize funds for Queen of the Green and King of the Green and present sponsor award belts.

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Location: 4034 16 St SW, Calgary, AB

www.samcorea.com

Live Streaming Sponsorship: The premier rink will be live-streamed each round of play and sponsor's logo will appear on screen during every live streamed game.

STANLEY PARK LAWN BOWLING CLUB

Experience fun, friendship, and friendly competition at Stanley Park Lawn Bowling Club! Open to all ages. Located in beautiful Stanley Park in the heart of Calgary.

Location: 350 – 42 Avenue SW, Calgary, AB

www.stanleyparklawnbowling.com

Banner Sponsorship: Stanley Park Lawn Bowling Club will have the privilege of displaying their banners on the fences around Calgary Lawn Bowling Club.

BOWLS IN CANADA

North America's official Henselite lawn bowls supplier. Offering a full range of lawn bowls, bowls bags, equipment, and more in stock.

Location: Online

www.BowlsinCanada.com

In-Kind Sponsorship: Generously donating products for the tournament.





VILLAGE BREWERY

Some of the best things happen over beer. Our excellent ales and lagers have inspired ideas, forged new friendships, and helped bring people together.

Location: 5000 12a St SE, Calgary, AB

www.villagebrewery.com

In-Kind Sponsorship: Generously providing beer sampling at our Welcome Players Social.

SPARMS

SParms is an Australian brand that specializes in UPF 50+ sun protection apparel with cooling fabric. Popular in many sports, including golf, bowls, tennis, and pickleball.

Location: Australia and globally online

<https://au.sparms.com>

In-Kind Sponsorship: Generously donating product gift vouchers to winners of the 2025 Canadian Bowler Open.





COMING SOON

WRISTBANDS AT 6:30PM - MOST SHOWS AT 9:00PM

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NO TOPIC OFF LIMITS.

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\$80 Meet & Greet

PINK FLOYD TRIBUTE



Sat, Aug 30 | \$15
\$25 First 10 rows

ELECTRIC NIGHTS WHITE PARTY



JACK FOWLE
REID BOURGEOIS
TOMMY HART

Sat, Sept 13 | \$20

JESS MOSKALUKE



Sat, Sept 27 | \$49
\$59 First 10 rows

TYLER FISCHER



Thurs, Oct 16 | \$35
\$45 First 10 rows

SIMPLY QUEEN QUEEN TRIBUTE BAND



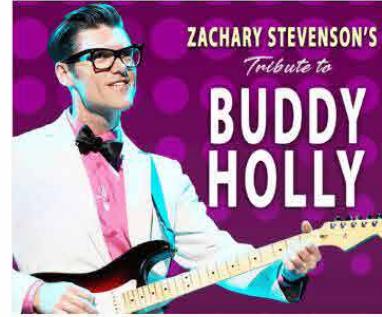
Sat, October 18 | \$29
\$39 First 10 rows

HALLOWEEN DANCE PARTY



Fri, October 31 | \$29

ZACHARY STEVENSON BUDDY HOLLY TRIBUTE



Sat, Nov 1 | \$64

KIM MITCHELL



Sat, Nov 8 | \$59
\$69 First 10 rows

TICKETS 403.236.7529 deerfootinn.com



THE UNIVERSAL EDGE OF CREATINE: FROM STRENGTH TRAINING TO PROLONGED VITALITY

Sarah Myers & Dayna Zarn, Registered Dietitians

Maintaining strength and lean muscle mass is a crucial component of healthy aging, particularly for preventing frailty and ensuring an active lifestyle. Among the many strategies available, creatine has emerged as a well-supported, [evidence-based supplement](#) for both men and women, with benefits extending beyond athletic performance.

WHAT IS CREATINE AND HOW DOES IT WORK IN THE BODY?

Creatine is a naturally occurring compound stored primarily in muscle tissue, where it plays a vital role in energy production. The body produces creatine through the liver, kidneys, and pancreas using amino acids (arginine, glycine, and methionine). It can also be obtained from dietary sources such as red meat and fish.

Approximately 95% of the body's creatine is stored in the muscles as phosphocreatine, which is essential for rapid energy production during high-intensity activities. The remaining 5% is located in the brain and other tissues, where it supports cognitive and cellular activities. When supplemented, creatine monohydrate increases phosphocreatine reserves, which enhance energy availability, improve workout performance, and support both muscular and brain health.

THE ROLE OF CREATINE IN STRENGTH TRAINING AND MUSCLE MAINTENANCE

For decades, the use of creatine in the strength and bodybuilding community has been extensively studied and validated. Research shows that creatine supplementation supports skeletal muscle mass and strength by:

1. Increasing Phosphocreatine Stores

Creatine supplementation helps restore ATP (adenosine triphosphate), the molecule that stores and delivers energy, following short, intense bursts of activity. This process boosts the energy available for muscle contractions during high-intensity exercise, improving performance and endurance.

2. Improving Workout Performance

By enabling higher training volumes and intensity, creatine allows individuals to achieve greater progressive overload, a key factor in muscle growth and strength gains.

3. Enhancing Muscle Hydration and Quality

Creatine's osmotic properties help draw water into muscle cells, creating an environment conducive to muscle repair and growth while reducing protein breakdown.

4. Reducing Recovery Time

Post-workout, creatine may help reduce muscle cell damage and inflammation, expediting recovery between training sessions.

BEYOND THE GYM – COGNITIVE AND AGING BENEFITS OF CREATINE

Recent research has underscored creatine's potential benefits in healthy aging. For older adults, creatine supplementation has been linked to improved vitality and a reduced risk of conditions like sarcopenia (age-related muscle loss). Beyond muscular health, evidence also points to

creatine's neuroprotective and cognitive-enhancing properties:

1. Cognitive Support

Studies have demonstrated [improved memory](#) and [processing speeds](#) in individuals over the age of 65 who supplemented with creatine. This benefit is attributed to creatine's role in supporting brain energy metabolism.

2. Enhanced Brain Health

As creatine becomes depleted with age, supplementation can mitigate cognitive decline by increasing energy availability in brain cells. It has also shown promise in individuals experiencing mental fatigue, stress, and mild neurodegenerative conditions.

3. Promoting Independence

By [preserving muscle strength and supporting cognitive clarity](#), creatine empowers older adults to maintain an active lifestyle and reduce the risks of falls, fractures, and physical disability.

SAFETY CONSIDERATIONS

Concerns around creatine's safety often arise from misconceptions. However, extensive research, including systematic reviews, has consistently shown that creatine monohydrate is safe for long-term use when taken as directed. Creatine neither causes [kidney damage](#) nor acts as an anabolic steroid.

Creatine is safe for women, despite its reputation as a supplement primarily for men. Research has confirmed that creatine supplementation poses [no risk of adverse effects in women](#), making it a proven, reliable, and effective option for female use. Additionally, when it came to improving cognitive function, creatine may significantly [reduce processing speed time in women](#), suggesting potential sex-specific effects.

HOW TO TAKE CREATINE

Dosage Guidelines: No matter your goals with creatine, the dosage is the same, reaching a saturation point is what is necessary for maximum efficacy. This can be gradually achieved with a consistent daily dosage (3-5grams/day). Research indicates that after six weeks of continuous creatine supplementation,

significant improvements in working memory and physical benefits are observed. For those seeking expedited results, a brief loading phase—20 grams/day for five days—can be employed to reach the saturation point more swiftly, after which the dosage can be reduced to the standard maintenance level of 3-5 grams per day.

Cycling creatine is unnecessary, as long-term usage maintains its effectiveness and does not cause dependency.

CHOOSING THE RIGHT FORM OF CREATINE

There are also multiple forms of creatine on the market. The most studied form is creatine monohydrate. When choosing a supplement, we highly encourage using this form of creatine.

WHEN TO TAKE CREATINE

Taking creatine monohydrate with a meal and/or close to your workout time can enhance its uptake into the muscles, thereby improving its effectiveness during exercise.



The image shows the exterior of a Sunterra Market store during sunset. The sky is a warm orange and pink. The store has a large wooden canopy with the words "WELCOME SUNTERRA market" on a sign. Below the canopy, there's a wooden fence and some trees. The overall atmosphere is cozy and inviting.

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Thoughtfully sourced, expertly
curated and always delicious.

Shop at our eight locations
across Alberta, or online at

sunterramarket.com

HOW TO SELECT A SPECIFIC SUPPLEMENT

When choosing your creatine supplements, it is advisable to select products certified for quality—such as those carrying NSF®, Informed Choice, or Informed Choice for Sport certifications. Reliable brands include Thorne Creatine and Klean Athlete Creatine.

Before incorporating creatine into your daily routine, consult your healthcare provider to ensure it aligns with your unique health needs and to avoid potential interactions.

PRACTICAL APPLICATIONS IN EVERYDAY LIFE

Creatine supplementation can benefit people with different lifestyles and fitness levels:

Enhanced Exercise Performance: Ideal for strength training, HIIT, or sports that need power and agility.

Cognitive Support: Supports cognitive challenges, particularly for older adults, students, or professionals navigating problem-solving tasks or sleep deprivation.

Healthy Aging: Supports muscle mass and cognitive health, helping older adults stay independent and enjoy a better quality of life.

EVIDENCE-BASED APPROACH TO LIFESTYLE

At Harrison Healthcare, our Registered Dietitians are interested in helping clients feel their best with a personalized, science-backed approach to healthy aging. We stay on top of the latest research to recommend strategies that really work—like creatine supplementation. Our goal is to give clients the tools to thrive in every way—physically, mentally, and emotionally.

Curious about how creatine could fit into your routine? Clients have unlimited access to their dietitian who help them with personalized strategies to live their healthiest life. Not a client yet? Visit harrisonhealthcare.ca/pre-registration to learn more.



Experience **fun, friendship, and friendly competition** at Stanley Park Lawn Bowling Club!
Open to all ages.

Learn more about our Calgary lawn bowling community at stanleyparklawnbowling.com.



2024 CANADIAN BOWLER OPEN RESULTS



Singles & Tag Team Pairs Champions

SINGLES RESULTS

CHAMPIONSHIP BRACKET

1st	Claire Day
2nd	Bob Selzler
3rd	Lyall Mix
4th	David Anderson

TREATY 7 BRACKET

1st	Josh Cameron
2nd	Stephen Meloche
3rd	Elizabeth Cormack
4th	Laura Seed

VILLAGE BREWERY BRACKET

1st	Scott Packer
2nd	Owen Wright

PLAYERS OF THE EVENT QUEEN OF THE GREEN

Claire Day

At the conclusion of the Tag Team Pairs events a "Queen of the Green" and "King of the Green" will be awarded to the players of the event. These awards are given to the highest-ranking male and female players of the tournament. To see how this is calculated refer to [Players of the Event section in the Conditions of Play](#).

SCOPE OUT THE COMPETITION

Watch 18 Live Stream Recorded Matches From the 2024 Canadian Bowler Open
www.youtube.com/@CanadianBowlerstreams

TAG TEAM PAIRS RESULTS

CHAMPIONSHIP BRACKET

1st	Jon Pituley & Pat Bird
2nd	Matthew Huebert & Billy Thrasher
3rd	Shayne Kuzek & Ken Olsvik
4th	Peter Ballinger & Fred Emms

TREATY 7 BRACKET

1st	Dave Anderson & Steve McKerihen
2nd	Claire Day & Cathy Selzler
3rd	Giuseppe Lazzarotto & Mike O'Reilly
4th	Leona Hatton & Lorna Hatton

KING OF THE GREEN

David Anderson



BOWLS IN CANADA

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DOOR PRIZE DRAWS

Thanks to our generous sponsors who have provided over \$3,000 worth of door prizes. We will be conducting three door prize draws during the tournament:

1. The first two door prize draws will take place on Saturday evening, August 30th immediately following the completion of the Singles Finals and Awards Presentations at Calgary Lawn and Rotary Park.
2. The third door prize draw will take place on Monday evening, September 1st immediately following the completion of the Tag Team Pairs Finals and Awards Presentations at Calgary Lawn.

Winners must be present to win.

DOOR PRIZE SPONSORS AND DONATIONS

Please join us in thanking these companies who have generously donated door prizes to make this an even more enjoyable tournament. We encourage you to take pictures with the prizes and thank and tag the generous sponsor companies on your social media, especially if you are one of the prize winners!



- [Banff Sunshine Village](#) – Ski & Stay Package for 2 at Banff's only Ski-in/Ski-out hotel, Sunshine Mountain Lodge: 1-Night Stay for 2 Adults in a Deluxe Balcony Room, plus 2 x Full Day Adult Lift Tickets.
- [Trail Appliances](#) – KitchenAid Tilt Head Stand Mixer 4.5 Quart.
- [Calgary Surge Professional Basketball Team](#) – 2 autographed team jerseys and 2 hats.
- [Big White Ski Resort](#) – 3 Adidas Ultimate 365 Tour Frostguard Jackets.
- [VEGAIN Nutrition](#) – 2 x 12-pack cases of SURGE Clear Protein canned drinks, 2 tubs of SURGE Clear Protein powder; and more.
- [SParms](#) – Gift Vouchers.
- [Beck's Broth](#) – 12-pack carton of Protein Hot Chocolate.
- [Sunterra Market](#) – Three-Course Feast for Two.
- [Rviita](#) – Delicious Energy Teas **1 per player**
- [Mindful FÜD](#) – Bee-Mindful Hunnie Sachets **1 per player**

HIKE WHERE THE WILDFLOWERS BLOOM

Sunshine Meadows open daily until September 21st, 2025.



BANFFSUNSHINEMEADOWS.COM



WEATHER IN CALGARY

Calgary is situated where the Canadian prairies transition into the foothills of the Rocky Mountains and sits at an elevation of 1,045 metres (3,428 feet) above sea level. Be prepared for changes in temperature as weather in Calgary can vary day to day, and even hour to hour.

Last year during the 2024 Canadian Bowler Open we had fantastic weather, the temperatures ranged from:

- Nighttime Lows: 9.5C (49F) to 13.2C (56F)
- Daytime Highs: 24.4C (76F) to 30.9C (88F)

Find updated weather information for Calgary here: [Environment Canada](#)

So far, this summer has been unseasonably wet and cool. You should be prepared for potentially cool and changeable weather.

WHAT TO BRING

- **Layers are key:** As temperatures can fluctuate throughout the day. Pack a mix of clothing, including light layers for warmer periods and a warmer jacket or sweater for cooler evenings or unexpected weather changes.

- **Be sure to include a rain jacket:** Rain is always a possibility.
- **Sunglasses and sunscreen:** Calgary has more hours of sunshine than any other major city in Canada.
- **Reusable water bottle:** Calgary LBC has a filtered water cooler so you can refill your water bottles to ensure you stay hydrated.
- **Your club name badge:** Please wear during the tournament.

THINGS TO DO

If you are staying in Calgary before or after the Canadian Bowler Open, here are a couple of websites you may want to visit:

- Things to Do in Calgary: www.visitcalgary.com
- Things to Do in Alberta: www.travelalberta.com



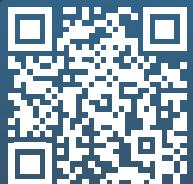
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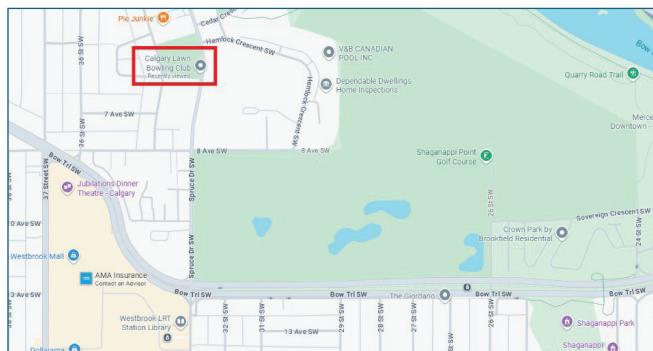
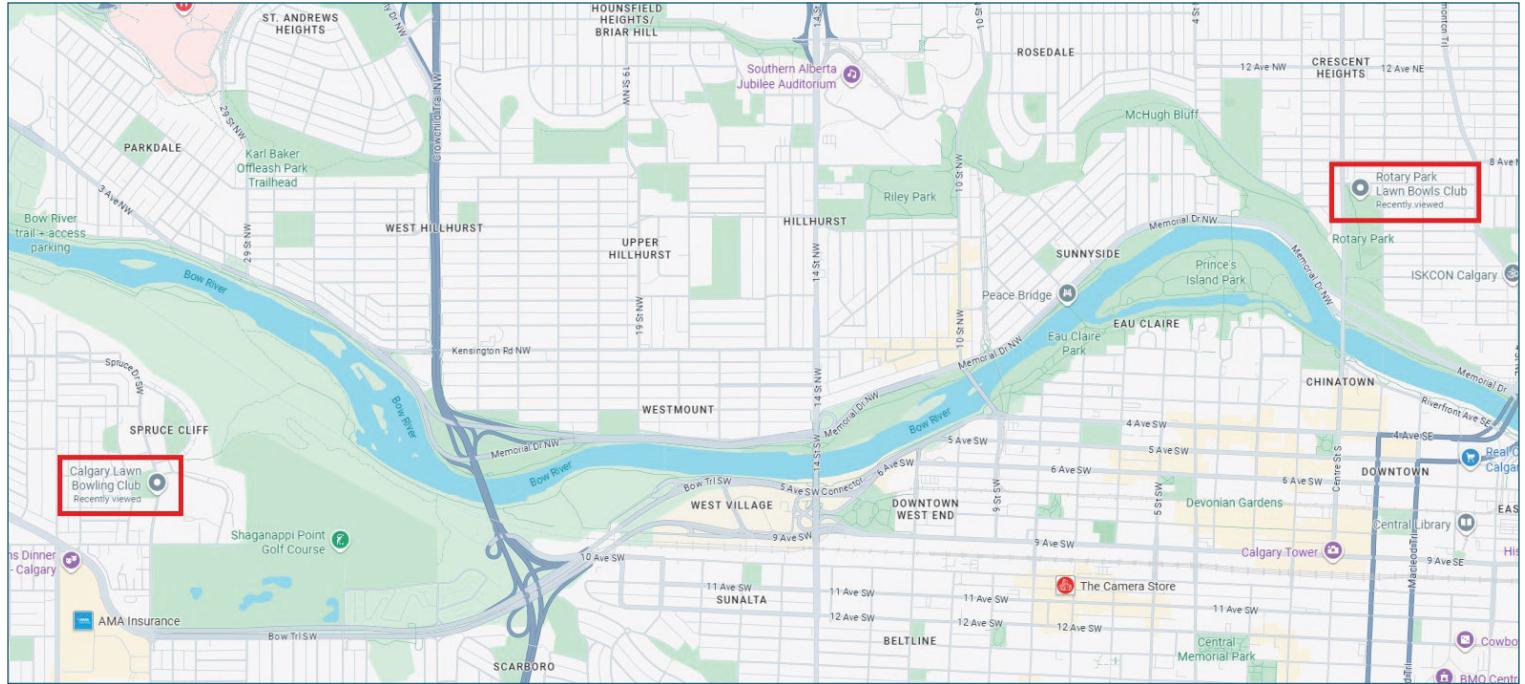
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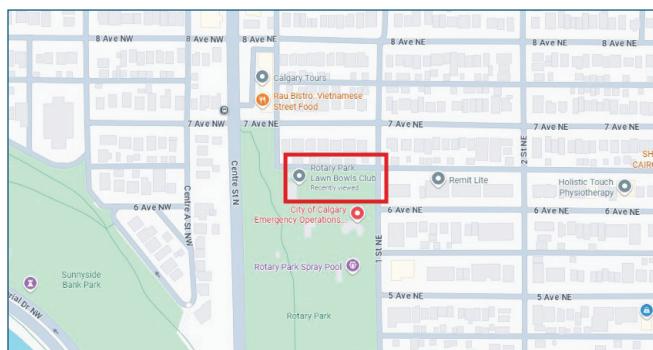


CALGARY LAWN BOWLING CLUB

3375 Spruce Dr SW, Calgary, AB T3C 3A3

www.calgarylawnbowlingclub.ca [Facebook](#) [Instagram](#)

Although not the clubs original home, CLBC is the oldest lawn bowling club in Calgary, established in 1923. It features two of the best greens in Canada and has over 185 active members.



ROTARY PARK LAWN BOWLS CLUB

705 1 St NE, Calgary, AB T2E 6R2

www.rotaryparklawnbowls.com [Facebook](#) [Instagram](#)

Nestled off Centre Street and 7th Avenue NE, Rotary Park Lawn Bowls Club is Calgary's youngest lawn bowling club. It is also one of the largest clubs in North America, with over 560 active members.

Rolling out the best pies in town – just minutes from the greens!

A short walk from the Calgary Lawn Bowling Club,

Pie Junkie at Spruce Center

is the perfect stop between games.

From hearty soups, savoury pies and TV dinners to mini pies, cookies, and brownies, we've got the comfort food you crave — all made from scratch with quality ingredients.

ALL BUTTER PASTRY

NO FILLERS, ADDITIVES OR PRESERVATIVES
GLUTEN FREE AVAILABLE UPON REQUEST

SWEET PIES

Pumpkin Pie
Pumpkin Cheesecake
Chocolate Mocha with Caramel
Pecan with Chocolate Drizzle
Key Lime
Classic Apple
Sour Cherry
Blueberry
Salted Honey
Banana Toffee
Tiramisu (Frozen)

SAVOURY PIES

Turkey Dinner Pie with Gravy
Aussie Beef
Steak & Mushroom
Steak, Stout & Gruyère
Butter Chicken
Brie with Pear, Ginger, Thyme Chutney
Chicken Pot
Bacon Cheddar Arugula Quiche
Cauliflower, Potato & Cheddar

SOUPS

Potato Leek
Tomato Bisque
French Onion

TV DINNERS

Chicken Pot / Apple Crumble
Butter Chicken / Apple Crumble
Steak & Mushroom / Blueberry Crumble
Cauliflower, Potato, Cheddar / Blueberry Crumble

HAND PIES

Peach Habanero BBQ Chicken
Jamaican
Italian Job
Sausage Rolls



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SCHEDULE

THURSDAY, AUGUST 28TH

Noon – 5:00PM **Check-in at Calgary LBC (CLBC)**

- Pick up pre-ordered Tournament polos.
- Confirm the Draw, timing, and location if needed.

Noon – 6:00PM **Practice at CLBC and Rotary Park LBC (RPLBC)**

5:00PM – 7:00PM **Welcome Players Social at CLBC**

- Join us for some social time at CLBC thanks to some of our **amazing sponsors!**
- Opening remarks and information
- Complimentary Food and Non-Alcoholic Drinks – **Wellings of Calgary**
- Complimentary Beer Sampling – **Village Brewery**
- Meet and Greet with a number of our sponsors.

DAILY LIVE STREAMING ON AUGUST 29TH – SEPTEMBER 1ST

We will be streaming one rink from all rounds played at CLBC. If you have an issue being streamed, we ask you to let us know so we can make sure we schedule any streaming to avoid any issues.

FRIDAY, AUGUST 29TH – SINGLES QUALIFYING ROUNDS AT CLBC AND RPLBC

8:30AM – 10:30AM..... Singles Round 1

10:45AM – 12:45PM Singles Round 2

12:45PM – 1:30PM..... Lunch Break

1:30PM – 3:30PM..... Singles Round 3

3:45PM – 5:45PM..... Singles Round 4

SATURDAY, AUGUST 30TH – SINGLES KNOCKOUT ROUNDS AT CLBC AND RPLBC

8:30AM – 10:45 AM..... Singles KO Round 1

11:00AM – 1:15PM Singles KO Round 2

1:15PM – 2:00PM Lunch Break

2:00PM – 4:15PM..... Singles KO Round 3

4:30PM – 6:45PM..... Singles FINALS

6:45PM..... **Awards Presentations & Door Prize Draws at CLBC & RPLBC**

SUNDAY, AUGUST 31ST – TAG TEAM PAIRS QUALIFYING ROUNDS AT CLBC

8:30AM – 10:30AM..... Tag Team Pairs Round 1

10:45AM – 12:45PM Tag Team Pairs Round 2

12:45PM – 1:30PM..... Lunch Break

1:30PM – 3:30PM..... Tag Team Pairs Round 3

3:45PM – 5:45PM..... Tag Team Pairs Round 4

5:45PM – 6:30PM Dinner Break

6:30PM – 8:30PM..... Tag Team Pairs Round 5

MONDAY, SEPTEMBER 1ST – TAG TEAM PAIRS KNOCKOUTS AT CLBC

8:30AM – 10:30AM..... Tag Team Pairs KO Round 1

10:45AM – 12:45PM Tag Team Pairs KO Round 2

12:45PM – 1:30PM..... Lunch Break

1:30PM – 3:30PM..... Tag Team Pairs KO Round 3

3:45PM – 5:45PM..... Tag Team Pairs FINALS

5:45PM..... **Awards Presentation & Door Prize Draw at CLBC**

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LIST OF PLAYERS

LAST NAME	FIRST NAME	HOME CLUB	HOME CITY	PROV	COUNTRY	SINGLES	PAIRS	VENUE		PAIRS PARTNER	
								LAST NAME	FIRST NAME	LAST NAME	FIRST NAME
Allbright	Frances	Nutana LBC	Saskatoon	SK	Canada		CL	Scott	Alex		
Anderson	David	Milton LBC	Milton	ON	Canada	CL	CL	McKerihen	Steve		
Ballinger	Peter	Calgary LBC	Calgary	AB	Canada		CL	Emms	Fred		
Barry	Kevin	Penticton LBC	Penticton	BC	Canada	RP	CL	Sutyla	Mark		
Binnie	Pat	Burlington LBC	Burlington	ON	Canada	CL	CL	Hanoski	Darrell		
Bird	Pat	Calgary LBC	Calgary	AB	Canada		CL	Pituley	Jon		
Caldwell	Andy	Woodstock LBC	St. Thomas	ON	Canada	RP	CL	Smart	Jack		
Cameron	Josh	Calgary LBC	Calgary	AB	Canada	RP	CL	Justin	Dusablon		
Carter	Cayden	Hanover LBC	Hanover	ON	Canada	RP	CL	Carter	Katrina		
Carter	Katrina	Hanover LBC	Hanover	ON	Canada	RP	CL	Carter	Cayden		
Chan	Adrian	Calgary LBC	Calgary	AB	Canada	RP	CL	Mok	Peter		
Cheung	Gloria	Agincourt LBC	Toronto	ON	Canada	CL	CL	Cormack	Elizabeth		
Cooper	Joanna	Calgary LBC	Calgary	AB	Canada	RP	CL	Matthews	Serena		
Cormack	Elizabeth	Pickering LBC	Pickering	ON	Canada	RP	CL	Cheung	Gloria		
Dangerfield	Marnie	Lakehill LBC	Victoria	BC	Canada	CL	CL	Wah	Anita		
Day	Claire	Calgary LBC	Edmonton	AB	Canada	RP	CL	Selzler	Cathy		
Dusablon	Justin	Calgary LBC	Calgary	AB	Canada		CL	Cameron	Josh		
Emms	Fred	Calgary LBC	Calgary	AB	Canada	CL	CL	Ballinger	Peter		
Findlay	Nathan	Commonwealth LBC	Edmonton	AB	Canada	RP	CL	Wilson	Greg		
Fugedi	Maria	Kelowna LBC	Kelowna	BC	Canada	CL	CL	Meiffren	Sarah		
Fugedi	Tom	Kelowna LBC	Kelowna	BC	Canada	RP	CL	Fugedi	Zach		
Fugedi	Zach	Calgary LBC	Calgary	AB	Canada		CL	Fugedi	Tom		
Galipeau	Erik	Port Credit LBC	Toronto	ON	Canada	RP	CL	Lyons	Rick		
Handley	Lou	Commonwealth LBC	Leduc	AB	Canada	CL					
Hanoski	Darrell	Regina LBC	Regina	SK	Canada	CL	CL	Binnie	Pat		
Hanoski	Heather	Regina LBC	Regina	SK	Canada	CL	CL	McLlland	Eileen		
Hatton	Leona	Calgary LBC	Calgary	AB	Canada	CL	CL	Hatton	Lorna		
Hatton	Lorna	Calgary LBC	Calgary	AB	Canada	RP	CL	Hatton	Leona		
House	Gord	Stanley Park LBC	Calgary	AB	Canada	CL	CL	House	Jake		
House	Jake	Stanley Park LBC	Calgary	AB	Canada	RP	CL	House	Gord		
Hsieh	Barbara	New Westminster LBC	New Westminster	BC	Canada	RP	CL	Soe	Yettie		
Huebert	Matthew	Calgary LBC	Calgary	AB	Canada	CL	CL	Thrasher	Billy		
Ji	June	Commonwealth LBC	Edmonton	AB	Canada	RP					
Kaufmann	Patricia	Hanover LBC	Hanover	ON	Canada	RP	CL	Kodnar	Linda		
Kodnar	Linda	Stanley Park LBC	Calgary	AB	Canada	CL	CL	Kaufmann	Patricia		

LAST NAME	FIRST NAME	HOME CLUB	HOME CITY	PROV	COUNTRY	SINGLES	PAIRS	VENUE	PAIRS PARTNER
								LAST NAME	FIRST NAME
Kowalchuk	Michael	Nutana LBC	Saskatoon	SK	Canada	CL	CL	McLlland	Cam
Kuzek	Shayne	Rotary Park LBC	Calgary	AB	Canada		CL	Olsvik	Ken
Larson	Rachel	Nutana LBC	Saskatoon	SK	Canada		CL	Pituley	Harriette
Law	Rob	Calgary LBC	Calgary	AB	Canada	RP	CL	MacDonald	Jon
Lee	Barbara	Coronado LBC	Coronado	CA	USA	CL	CL	Lee	John
Lee	John	Coronado LBC	Coronado	CA	USA	CL	CL	Lee	Barbara
Li	Ray	Calgary LBC	Calgary	AB	Canada	CL	CL	Li	Theresa
Li	Theresa	Calgary LBC	Calgary	AB	Canada		CL	Li	Ray
Llewellyn	David	Cosburn Park LBC	Toronto	ON	Canada	RP	CL	Rockman	Ben
Lyons	Rick	Oshawa LBC	Oshawa	ON	Canada	CL	CL	Galipeau	Erik
MacDonald	Jon	Calgary LBC	Calgary	AB	Canada	RP	CL	Law	Rob
MacGowan	James	New Westminster LBC Burnaby	BC	Canada			CL	Pollard	Ryan
Matthews	Serena	Broadbeach Bowls Club	Gold Coast	QLD	Australia	RP	CL	Cooper	Joanna
McKenzie	Sandy	Milton LBC	Oshawa	ON	Canada	CL	CL	Seed	Laura
McKerihen	Steve	James Gardens LBC	Etobicoke	ON	Canada	RP	CL	Anderson	David
McLlland	Cam	Nutana LBC	Saskatoon	SK	Canada	RP	CL	Kowalchuk	Michael
McLlland	Eileen	Nutana LBC	Saskatoon	SK	Canada		CL	Hanoski	Heather
Meiffren	Sarah	Portland LBC	Portland	OR	USA	CL	CL	Fugedi	Maria
Meloche	Stephen	Calgary LBC	Calgary	AB	Canada	RP	CL	Selzler	Bob
Mok	Peter	Calgary LBC	Calgary	AB	Canada	CL	CL	Chan	Adrian
O'Connor Jr.	Michael	Regina LBC	Regina	SK	Canada	RP	CL	Standen	Francis
Olsvik	Ken	Calgary LBC	Calgary	AB	Canada		CL	Kuzek	Shayne
Packer	Scott	Calgary LBC	Calgary	AB	Canada	RP	CL	Vanderhout	Pierre
Pituley	Harriette	Regina LBC	Regina	SK	Canada		CL	Larson	Rachel
Pituley	Jon	Regina LBC	Regina	SK	Canada		CL	Bird	Pat
Pollard	Ryan	White Rock LBC	White Rock	BC	Canada	CL	CL	MacGowan	James
Riege	Roy	Commonwealth LBC	Edmonton	AB	Canada	RP	CL	Robinson	Jan
Robinson	Jan	Commonwealth LBC	Edmonton	AB	Canada	RP	CL	Riege	Roy
Rockman	Ben	Cosburn Park LBC	Toronto	ON	Canada	RP	CL	Llewellyn	David
Scott	Alex	Nutana LBC	Saskatoon	SK	Canada		CL	Allbright	Frances
Seed	Laura	Milton LBC	Milton	ON	Canada	CL	CL	McKenzie	Sandy
Selzler	Bob	Calgary LBC	Calgary	AB	Canada	CL	CL	Meloche	Stephen
Selzler	Cathy	Calgary LBC	Calgary	AB	Canada	CL	CL	Day	Claire
Smart	Jack	Stanley Park LBC	Calgary	AB	Canada	RP	CL	Caldwell	Andy
Soe	Yettie	Richmond LBC		BC	Canada	RP	CL	Hsieh	Barbara
Standen	Francis	Calgary LBC	Calgary	BC	Canada		CL	O'Connor Jr.	Michael
Steckler	Wilf	Stanley Park LBC	Calgary	AB	Canada	CL			
Storrow	Cheryl	Calgary LBC	Calgary	AB	Canada		CL	Wong	Pauline

LAST NAME	FIRST NAME	HOME CLUB	HOME CITY	PROV	COUNTRY	SINGLES	PAIRS	VENUE	PAIRS PARTNER
								LAST NAME	FIRST NAME
Sutyla	Mark	Regina LBC	Regina	SK	Canada	CL	CL	Barry	Kevin
Taylor	David	Kinneil Bowling & Social Club	Bo'ness	FK	Scotland	CL	CL	Taylor	Graham
Taylor	Graham	Kinneil Bowling & Social Club	Bo'ness	FK	Scotland	CL	CL	Taylor	David
Taylor	Malcolm (Malky)	North Vancouver LBC		BC	Canada	CL	CL	Taylor	Malcolm (Mally)
Taylor	Malcolm (Mally)	Medicine Hat LBC	Medicine Hat AB		Canada	RP	CL	Taylor	Malcolm (Mally)
Thrasher	Billy	Calgary LBC	Calgary	AB	Canada		CL	Huebert	Matthew
Vanderhout	Pierre	Kingston LBC	Kingston	ON	Canada	CL	CL	Packer	Scott
Wah	Anita	Lakehill LBC	Victoria	BC	Canada		CL	Dangerfield	Marnie
Wilson	Greg	Calgary LBC	Calgary	AB	Canada	CL	CL	Findlay	Nathan
Wong	Pauline	Calgary LBC	Calgary	AB	Canada		CL	Storrow	Cheryl

Venue: CL = Calgary Lawn Bowling Club

RP = Rotary Park Lawn Bowls Club

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WHY TOP ATHLETES WEAR ARM SLEEVES (& PERFORM BETTER)

Chloe Stewart, General Manager

We're always looking for ways to improve our game, tweaking our diet, or supercharging our training regimen. But what if there was a simple and inexpensive way you could boost your sporting prowess, with no extra effort required?

There is an easy way you can give yourself an edge for your next big match, race, or event, and all the pros know the secret.

We're talking about *arm sleeves*. Arm sleeves offer a range of benefits that can help athletes improve their performance and protect against the sun's harmful UV rays. Here's how they work, and how you can use them to improve your athletic performance.

ARM SLEEVES KEEP YOU COOL

Whether you're playing a sport like lawn bowls or sliding through the mud to score a try in rugby, you're going to work up a sweat.

Arm sleeves help to keep you cool, calm and collected as you play, by wicking moisture away from

your skin. This helps to reduce your overall body temperature and allows your body to conserve more energy for the task at hand – beating your opponent!

Arm sleeves can also save you money, as you won't need to purchase both long- and short-sleeve versions of your club gear. Simply wear your arm sleeves with your short-sleeve top, for year-round protection.

ARM SLEEVES OFFER ALL-DAY UV PROTECTION

Unlike sunscreen, which needs to be reapplied frequently to be effective, arm sleeves give you constant protection from the sun's harmful UV rays. Arm sleeves provide both UVA and UVB protection – in fact, the arm sleeves you select should be certified UVP50+ by ARPANSA as preventing 98% of UV rays hitting your skin, making them perfect for those all-day golf and lawn bowls tournaments.

Sunscreen can also make your hands and body slippery and sticky, which can make running, catching, and holding a bowl, club, or racquet difficult. Not only do arm sleeves solve that problem for athletes, they're also available in a longer style with added thumb holes, to help them stay in place during even the roughest of activities.

If you're playing a particularly physical sport, you might prefer shoulder wraps, which are guaranteed to stay put no matter how hard you play.

ARM SLEEVES COVER UP TATTOOS

Tattoos may have become more mainstream these days, but that doesn't mean you have to have them out on display during a match. Take your cue from former NBA star Alan Iverson, who is credited with popularising the arm sleeve in the early 2000s, and slides on an arm sleeve to cover that ink.

If you've recently had a new tattoo done, an arm sleeve will help protect it from the elements and prevent infection, so it heals well and looks great.

ARM SLEEVES PROTECT THE SKIN

Athletes who play a contact sport will tell you that cuts, grazes, and grass burns can be as painful as serious injuries like sprains and strains. Arm sleeves create a protective barrier between your skin and the playing surface – if you've ever scraped yourself on artificial turf, you'll know what we're talking about!

They're great for sports such as cricket, where you're frequently diving for balls in the field, and for basketball or netball matches played on rough courts.

Knowing you've got that extra layer of protection on your arms may even boost your performance, as you won't hesitate to put your body on the line for that winning catch.

Arm sleeves can also help prevent injuries and rehabilitate existing aches and pains. If you're wearing a brace or taping, arm sleeves can help hold it in place, so your muscles and joints remain supported throughout the match. They can also prevent you from overextending or making unnatural movements, which may prevent further injuries.

ARM SLEEVES CREATE A COHESIVE TEAM LOOK

You might all be wearing the same uniform, but the array of tattoos and fitness trackers that people seem to be sporting these days can sometimes get in the way of the team aesthetic. If everyone is wearing the same arm sleeves under their shirt or jersey you can instantly create a cohesive look that tells your opponents, you mean business. Sure, we're all individuals, but there's no "I" in team – pop on your coordinated arm sleeves and you'll instantly become the rock-solid team nobody wants to come up against.

Curious about sun protection products like arm sleeves, sun sleeves with thumb holes, shoulder wraps, cooling shirts and if they have sizes to fit your body shape, or colours to match your team gear? Visit [au.spams.com](http://au.sparms.com) to learn more.

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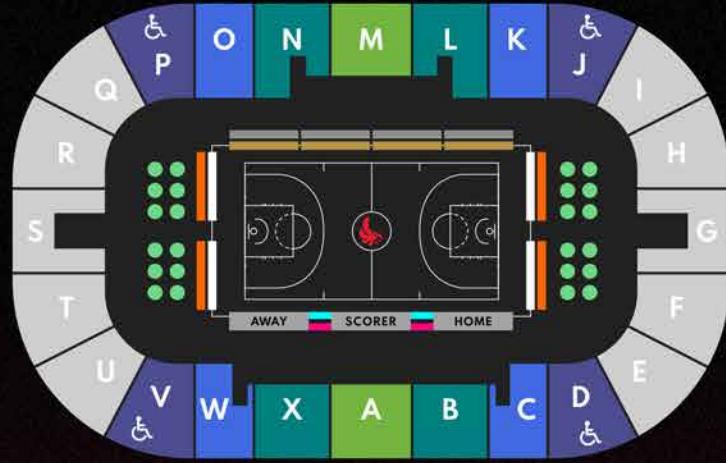
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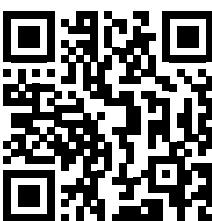
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	R	\$200	\$2,000	M	\$50	\$500
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	U	\$155	\$1,550			
	V	\$130	\$1,300			

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SINGLES QUALIFYING DRAW

CLUB	PLAYER	ROUND 1	ROUND 2	ROUND 3	ROUND 4
CBLC	Darrell Hanoski	Sandy McKenzie	Gord House	Pierre Vanderhout	Laura Seed
CBLC	Sandy McKenzie	Darrell Hanoski	Pierre Vanderhout	David Anderson	Pat Binnie
CBLC	Gord House	Laura Seed	Darrell Hanoski	Graham Taylor	Peter Mok
CBLC	Pierre Vanderhout	Pat Binnie	Sandy McKenzie	Darrell Hanoski	Malcolm (Malky) Taylor
CBLC	Graham Taylor	Leona Hatton	Laura Seed	Gord House	Bob Selzler
CBLC	David Anderson	Mark Sutyla	Pat Binnie	Sandy McKenzie	David Taylor
CBLC	Rick Lyons	Peter Mok	Leona Hatton	Laura Seed	Maria Fugedi
CBLC	Maria Fugedi	Malcolm (Malky) Taylor	Mark Sutyla	Pat Binnie	Rick Lyons
CBLC	David Taylor	Bob Selzler	Peter Mok	Leona Hatton	David Anderson
CBLC	Bob Selzler	David Taylor	Malcolm (Malky) Taylor	Mark Sutyla	Graham Taylor
CBLC	Malcolm (Malky) Taylor	Maria Fugedi	Bob Selzler	Peter Mok	Pierre Vanderhout
CBLC	Peter Mok	Rick Lyons	David Taylor	Malcolm (Malky) Taylor	Gord House
CBLC	Mark Sutyla	David Anderson	Maria Fugedi	Bob Selzler	Leona Hatton
CBLC	Leona Hatton	Graham Taylor	Rick Lyons	David Taylor	Mark Sutyla
CBLC	Pat Binnie	Pierre Vanderhout	David Anderson	Maria Fugedi	Sandy McKenzie
CBLC	Laura Seed	Gord House	Graham Taylor	Rick Lyons	Darrell Hanoski
CBLC	Michael Kowalchuk	Barbara Lee	Fred Emms	Sarah Meiffren	Ryan Pollard
CBLC	Barbara Lee	Michael Kowalchuk	Sarah Meiffren	John Lee	Gloria Cheung
CBLC	Fred Emms	Ryan Pollard	Michael Kowalchuk	Cathy Selzler	Marnie Dangerfield
CBLC	Sarah Meiffren	Gloria Cheung	Barbara Lee	Michael Kowalchuk	Greg Wilson
CBLC	Cathy Selzler	Lou Handley	Ryan Pollard	Fred Emms	Ray Li
CBLC	John Lee	Matthew Huebert	Gloria Cheung	Barbara Lee	Wilf Steckler
CBLC	Linda Kodnar	Marnie Dangerfield	Lou Handley	Ryan Pollard	Heather Hanoksi
CBLC	Heather Hanoksi	Greg Wilson	Matthew Huebert	Gloria Cheung	Linda Kodnar
CBLC	Wilf Steckler	Ray Li	Marnie Dangerfield	Lou Handley	John Lee
CBLC	Ray Li	Wilf Steckler	Greg Wilson	Matthew Huebert	Cathy Selzler
CBLC	Greg Wilson	Heather Hanoksi	Ray Li	Marnie Dangerfield	Sarah Meiffren
CBLC	Marnie Dangerfield	Linda Kodnar	Wilf Steckler	Greg Wilson	Fred Emms
CBLC	Matthew Huebert	John Lee	Heather Hanoksi	Ray Li	Lou Handley
CBLC	Lou Handley	Cathy Selzler	Linda Kodnar	Wilf Steckler	Matthew Huebert
CBLC	Gloria Cheung	Sarah Meiffren	John Lee	Heather Hanoksi	Barbara Lee

CLUB	PLAYER	ROUND 1	ROUND 2	ROUND 3	ROUND 4
CBLC	Ryan Pollard	Fred Emms	Cathy Selzler	Linda Kodnar	Michael Kowalchuk
RPLBC	Malcolm (Mally) Taylor	Cam McLelland	Tom Fugedi	Jon MacDonald	Nathan Findlay
RPLBC	Cam McLelland	Malcolm (Mally) Taylor	Jon MacDonald	Andy Caldwell	Kevin Barry
RPLBC	Tom Fugedi	Nathan Findlay	Malcolm (Mally) Taylor	Cayden Carter	Erik Galipeau
RPLBC	Jon MacDonald	Kevin Barry	Cam McLelland	Malcolm (Mally) Taylor	Elizabeth Cormack
RPLBC	Cayden Carter	Barbara Hsieh	Nathan Findlay	Tom Fugedi	Yettie Soe
RPLBC	Andy Caldwell	Lorna Hatton	Kevin Barry	Cam McLelland	Katrina Carter
RPLBC	Ben Rockman	Erik Galipeau	Barbara Hsieh	Nathan Findlay	Jack Smart
RPLBC	Jack Smart	Elizabeth Cormack	Lorna Hatton	Kevin Barry	Ben Rockman
RPLBC	Katrina Carter	Yettie Soe	Erik Galipeau	Barbara Hsieh	Andy Caldwell
RPLBC	Yettie Soe	Katrina Carter	Elizabeth Cormack	Lorna Hatton	Cayden Carter
RPLBC	Elizabeth Cormack	Jack Smart	Yettie Soe	Erik Galipeau	Jon MacDonald
RPLBC	Erik Galipeau	Ben Rockman	Katrina Carter	Elizabeth Cormack	Tom Fugedi
RPLBC	Lorna Hatton	Andy Caldwell	Jack Smart	Yettie Soe	Barbara Hsieh
RPLBC	Barbara Hsieh	Cayden Carter	Ben Rockman	Katrina Carter	Lorna Hatton
RPLBC	Kevin Barry	Jon MacDonald	Andy Caldwell	Jack Smart	Cam McLelland
RPLBC	Nathan Findlay	Tom Fugedi	Cayden Carter	Ben Rockman	Malcolm (Mally) Taylor
RPLBC	Serena Matthews	David Llewellyn	Stephen Meloche	Michael O'Connor, Jr.	June Ji
RPLBC	David Llewellyn	Serena Matthews	Michael O'Connor, Jr.	Joanna Cooper	Steve McKerihen
RPLBC	Stephen Meloche	June Ji	Serena Matthews	Roy Riege	Patricia Kaufmann
RPLBC	Michael O'Connor, Jr.	Steve McKerihen	David Llewellyn	Serena Matthews	Rob Law
RPLBC	Roy Riege	Scott Packer	June Ji	Stephen Meloche	Adrian Chan
RPLBC	Joanna Cooper	Claire Day	Steve McKerihen	David Llewellyn	Jake House
RPLBC	Jan Robinson	Patricia Kaufmann	Scott Packer	June Ji	Josh Cameron
RPLBC	Josh Cameron	Rob Law	Claire Day	Steve McKerihen	Jan Robinson
RPLBC	Jake House	Adrian Chan	Patricia Kaufmann	Scott Packer	Joanna Cooper
RPLBC	Adrian Chan	Jake House	Rob Law	Claire Day	Roy Riege
RPLBC	Rob Law	Josh Cameron	Adrian Chan	Patricia Kaufmann	Michael O'Connor, Jr.
RPLBC	Patricia Kaufmann	Jan Robinson	Jake House	Rob Law	Stephen Meloche
RPLBC	Claire Day	Joanna Cooper	Josh Cameron	Adrian Chan	Scott Packer
RPLBC	Scott Packer	Roy Riege	Jan Robinson	Jake House	Claire Day
RPLBC	Steve McKerihen	Michael O'Connor, Jr.	Joanna Cooper	Josh Cameron	David Llewellyn
RPLBC	June Ji	Stephen Meloche	Roy Riege	Jan Robinson	Serena Matthews



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TAG TEAM PAIRS QUALIFYING DRAW

CLUB	PLAYER	ROUND 1	ROUND 2	ROUND 3	ROUND 4	ROUND 5
CLBC	Peter Mok and Adrian Chan	BYE	Jon MacDonald and Rob Law	Michael O'Connor Jr. & Francis Standen	Elizabeth Cormack and Gloria Cheung	Maria Fugedi and Sarah Meiffren
CLBC	Pat Binnie and Darrell Hanoski	BYE	Michael O'Connor Jr. & Francis Standen	Maria Fugedi and Sarah Meiffren	Katrina Carter and Cayden Carter	Jon MacDonald & Rob Law
CLBC	Jon MacDonald and Rob Law	BYE	Peter Mok and Adrian Chan	Elizabeth Cormack and Gloria Cheung	Greg Wilson and Nathan Findlay	Pat Binnie & Darrell Hanoski
CLBC	Michael O'Connor Jr. & Francis Standen	BYE	Pat Binnie and Darrell Hanoski	Peter Mok and Adrian Chan	Maria Fugedi and Sarah Meiffren	Katrina Carter and Cayden Carter
CLBC	Elizabeth Cormack and Gloria Cheung	BYE	Katrina Carter and Cayden Carter	Jon MacDonald and Rob Law	Peter Mok and Adrian Chan	Greg Wilson and Nathan Findlay
CLBC	Maria Fugedi and Sarah Meiffren	BYE	Greg Wilson and Nathan Findlay	Pat Binnie and Darrell Hanoski	Michael O'Connor Jr. and Francis Standen	Peter Mok and Adrian Chan
CLBC	Greg Wilson and Nathan Findlay	BYE	Maria Fugedi and Sarah Meiffren	Katrina Carter and Cayden Carter	Jon MacDonald and Rob Law	Elizabeth Cormack and Gloria Cheung
CLBC	Katrina Carter and Cayden Carter	BYE	Elizabeth Cormack and Gloria Cheung	Greg Wilson and Nathan Findlay	Pat Binnie and Darrell Hanoski	Michael O'Connor Jr. and Francis Standen
CLBC	Laura Seed and Sandy McKenzie	Pauline Wong and Cheryl Storrow	BYE	Marnie Dangerfield and Anita Wah	Fred Emms and Peter Ballinger	Cam McLelland and Michael Kowalchuck
CLBC	Pauline Wong and Cheryl Storrow	Laura Seed and Sandy McKenzie	BYE	Cam McLelland and Michael Kowalchuck	Mark Sutyla and Kevin Barry	Gord House and Jake House
CLBC	Gord House and Jake House	Mark Sutyla and Kevin Barry	BYE	Fred Emms and Peter Ballinger	Josh Cameron and Justin Dusablon	Pauline Wong and Cheryl Storrow
CLBC	Marnie Dangerfield and Anita Wah	Josh Cameron and Justin Dusablon	BYE	Laura Seed and Sandy McKenzie	Cam McLelland & Michael Kowalchuck	Mark Sutyla and Kevin Barry
CLBC	Fred Emms and Peter Ballinger	Cam McLelland and Michael Kowalchuck	BYE	Gord House and Jake House	Laura Seed and Sandy McKenzie	Josh Cameron and Justin Dusablon
CLBC	Cam McLelland & Michael Kowalchuck	Fred Emms and Peter Ballinger	BYE	Pauline Wong and Cheryl Storrow	Marnie Dangerfield and Anita Wah	Laura Seed & Sandy McKenzie
CLBC	Josh Cameron and Justin Dusablon	Marnie Dangerfield and Anita Wah	BYE	Mark Sutyla and Kevin Barry	Gord House and Jake House	Fred Emms and Peter Ballinger
CLBC	Mark Sutyla and Kevin Barry	Gord House and Jake House	BYE	Josh Cameron & Justin Dusablon	Pauline Wong and Cheryl Storrow	Marnie Dangerfield and Anita Wah

CLUB	PLAYER	ROUND 1	ROUND 2	ROUND 3	ROUND 4	ROUND 5
CLBC	Rick Lyons and Erik Galipeau	Eileen McLelland & Heather Howard	Pierre Vanderhout and Scott Packer	BYE	John Lee and Barbara Lee	Jan Robinson and Roy Riege
CLBC	Eileen McLelland & Heather Howard	Rick Lyons and Erik Galipeau	Pat Bird and Jon Pituley	BYE	Matthew Huebert and Billy Thrasher	Pierre Vanderhout and Scott Packer
CLBC	Pierre Vanderhout and Scott Packer	Matthew Huebert and Billy Thrasher	Rick Lyons and Erik Galipeau	BYE	Shayne Kuzek and Ken Olsvik	Eileen McLelland and Heather Howard
CLBC	Pat Bird and Jon Pituley	Shayne Kuzek and Ken Olsvik	Eileen McLelland and Heather Howard	BYE	Jan Robinson and Roy Riege	Matthew Huebert and Billy Thrasher
CLBC	John Lee and Barbara Lee	Jan Robinson and Roy Riege	Matthew Huebert and Billy Thrasher	BYE	Rick Lyons and Erik Galipeau	Shayne Kuzek and Ken Olsvik
CLBC	Jan Robinson and Roy Riege	John Lee and Barbara Lee	Shayne Kuzek and Ken Olsvik	BYE	Pat Bird and Jon Pituley	Rick Lyons and Erik Galipeau
CLBC	Shayne Kuzek & Ken Olsvik	Pat Bird & Jon Pituley	Jan Robinson and Roy Riege	BYE	Pierre Vanderhout & Scott Packer	John Lee & Barbara Lee
CLBC	Matthew Huebert & Billy Thrasher	Pierre Vanderhout and Scott Packer	John and Barbara Lee	BYE	Eileen McLelland & Heather Howard	Pat Bird & Jon Pituley
CLBC	Barbara Hsieh and Yettie Soe	Ryan Pollard & James MacGowan	Frances Allbright and Alex Scott	Lorna & Leona Hatton	BYE	Harriette Pituley & Rachel Larson
CLBC	Ryan Pollard & James MacGowan	Barbara Hsieh and Yettie Soe	Lorna and Leona Hatton	Harriette Pituley & Rachel Larson	BYE	Frances Allbright & Alex Scott
CLBC	Frances Allbright & Alex Scott	Tom Fugedi and Zach Fugedi	Barbara Hsieh and Yettie Soe	Ray Li & Theresa Li	BYE	Ryan Pollard & James MacGowan
CLBC	Lorna and Leona Hatton	David Taylor and Graham Taylor	Ryan Pollard & James MacGowan	Barbara Hsieh & Yettie Soe	BYE	Tom Fugedi & Zach Fugedi
CLBC	Ray Li & Theresa Li	Harriette Pituley and Rachel Larson	Tom Fugedi and Zach Fugedi	Frances Allbright & Alex Scott	BYE	David Taylor & Graham Taylor
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CLBC	Tom Fugedi & Zach Fugedi	Frances Allbright & Alex Scott	Ray Li and Theresa Li	David Taylor & Graham Taylor	BYE	Lorna & Leona Hatton

CLBC	David Anderson & Steve McKerihen	Joanna Cooper and Serena Matthews	Cathy Selzler and Claire Day	Andy Caldwell & Jack Smart	Malcolm Taylor & Malcolm Taylor	BYE
CLBC	Joanna Cooper & Serena Matthews	David Anderson & Steve McKerihen	Andy Caldwell & Jack Smart	Bob Selzler & Stephen Meloche	Ben Rockman & David Llewellyn	BYE
CLBC	Cathy Selzler & Claire Day	Ben Rockman & David Llewellyn	David Anderson & Steve McKerihen	Malcolm Taylor & Malcolm Taylor	Patricia Kaufmann & Linda Kodnar	BYE
CLBC	Andy Caldwell & Jack Smart	Patricia Kaufmann and Linda Kodnar	Joanna Cooper & Serena Matthews	David Anderson & Steve McKerihen	Bob Selzler & Stephen Meloche	BYE
CLBC	Malcolm Taylor & Malcolm Taylor	Bob Selzler & Stephen Meloche	Ben Rockman & David Llewellyn	Cathy Selzler and Claire Day	David Anderson & Steve McKerihen	BYE
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CLBC	Ben Rockman & David Llewellyn	Cathy Selzler & Claire Day	Malcolm Taylor & Malcolm Taylor	Patricia Kaufmann & Linda Kodnar	Joanna Cooper & Serena Matthews	BYE

I'm delighted to offer my full support to the Calgary Lawn Bowling Club.

It has become a beacon of community engagement—not only for the constituents of Calgary-Currie but for residents across our city.

It's a pleasure having an amenity in the heart of our city that is inclusive, accessible and welcoming to all ages and stages - including first-time bowlers like me!

Wishing all the best to the players, organizers and volunteers who will make the 2025 Canadian Bowler Open a tremendous success.



Janet Eremenko
MLA FOR CALGARY-CURRIE



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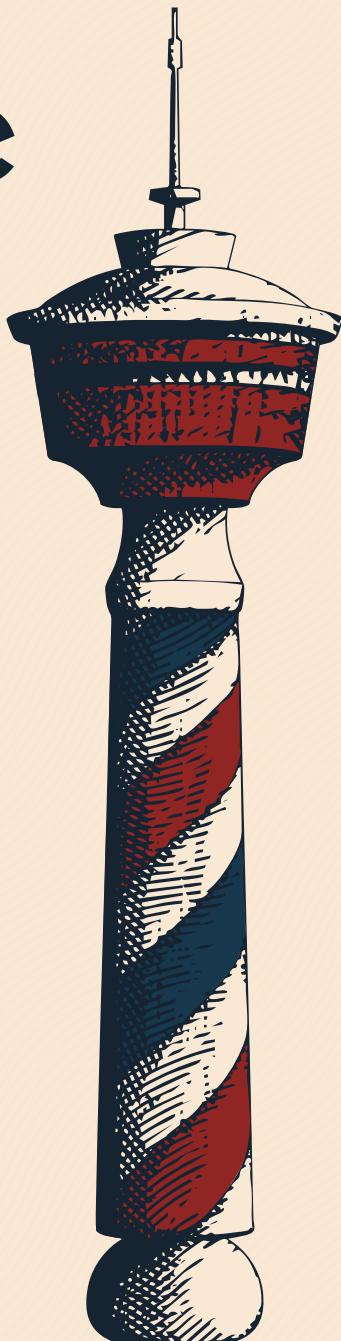
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THE 8 BEST ANTI-AGING SUPPLEMENTS & VITAMINS FOR LONGEVITY

Dr. Omair Siddiqui, Family Physician and Medical Director at Harrison Healthcare, Calgary

For years, people have strived to slow down the aging process. Thanks to modern medical research and technological advancements, this goal is becoming increasingly attainable. While you can't stop the body from aging, making dietary and lifestyle changes can slow certain aging mechanisms and reduce the risk of age-related diseases. This involves obtaining essential vitamins, minerals, and occasionally, anti-aging medication.

Two of the prime causes of aging are [accumulated cellular damage from reactive free radicals](#) and the shortening of telomeres. Telomeres are the protective caps at the end of chromosomes that shorten with each cell division. As they shorten, cells become more prone to malfunction and eventually die. Scientists focus on factors such as these when determining what can be done to protect our bodies and increase our longevity.

It's important to emphasize that supplements alone are not enough; they should be combined with a nutrient-dense diet, regular exercise, a [preventive healthcare](#) program, and personalized lifestyle choices to effectively slow down aging. In some cases, longevity prescription medications can also be used to complement these efforts.

ANTI-AGING VITAMINS AND MINERALS

Scientists have identified certain substances that have been shown to help slow the aging process. The best anti-aging supplements and vitamins for longevity are:

1. Vitamin D

Benefits: Supports bone health, immune function, and muscle strength.



Potential Side Effects: High doses can cause toxicity, leading to nausea, weakness, and kidney damage.

Longevity benefits of vitamin D: Vitamin D deficiency is linked to a higher risk of diseases like Alzheimer's, Parkinson's, and cancer. [In one study researchers found](#) that Vitamin D3 can help extend lifespan by activating specific genes related to stress response. Maintaining proper Vitamin D levels is important for healthy aging and could be why many [age-related diseases](#) are connected to Vitamin D deficiency.

Food sources: Fatty fish (salmon, tuna), fortified dairy and orange juice, UV light exposed mushrooms, beef liver, and egg yolks.

Recommended daily intake: 600 IU for adults under 70 years old, 800 IU for those over 70.

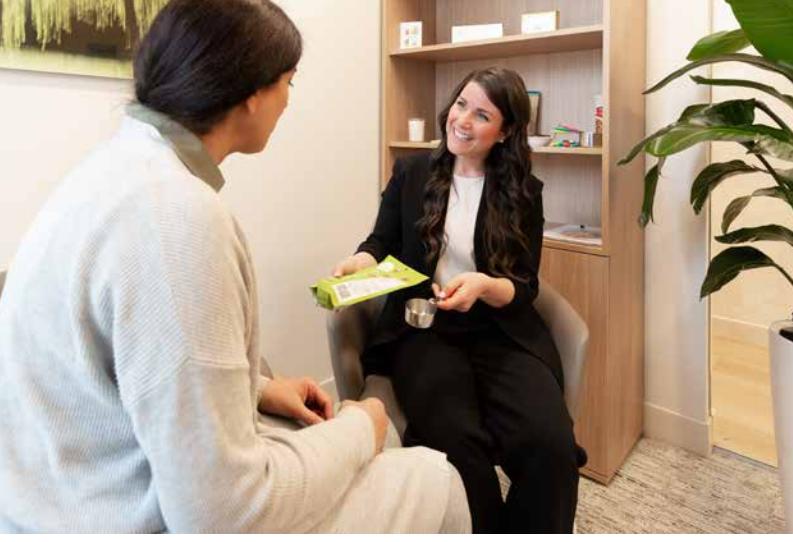
Vitamin D is essential for overall health and longevity. It acts more like a hormone than a vitamin and plays a crucial role in regulating many processes in the body. It has been linked to improved cognitive function, reduced depression and anxiety, and even a lower risk of some cancers.

2. Omega-3 Fatty Acids

Benefits: [Reduces inflammation, supports heart health](#), and may improve brain function.

Potential Side Effects: High doses may cause bleeding problems and interact with blood-thinning medications.

Longevity benefits of omega-3 fatty acids: A [study published by the Mayo Clinic](#) indicates that elevated levels of omega-3 fatty acids are linked to a reduced



risk of death from all causes, including cardiovascular disease and cancer.

Food sources: Fatty fish (salmon, sardines, mackerel), flaxseeds, chia seeds, and walnuts.

Recommended daily intake: 250-500 mg of combined EPA and DHA.

Omega-3 fatty acids are a type of healthy fat that is essential for many processes in the body. They have potent anti-inflammatory properties and can help protect against chronic diseases and age-related conditions like heart disease, arthritis, and cognitive decline. While you can get omega-3s from food sources, many people choose to take supplements for easier and more consistent intake.

3. Coenzyme Q10 (CoQ10)

Benefits: Supports energy production, heart health, and may reduce muscle pain.

Potential Side Effects: May interact with blood pressure medications and cause nausea or diarrhea.

Longevity benefits of CoQ10: [Evidence suggests](#) supplementation has a positive impact on the aging process. Its antioxidant effect has been shown to alleviate cardiovascular disease and inflammation.

Food sources: Organ meats (heart, liver, kidney), fatty fish (salmon, tuna), and whole grains.

Recommended daily intake: 100-200 mg for general health, up to 600 mg for specific conditions.

Coenzyme Q10 is a vital antioxidant that plays a crucial role in energy production within cells. As we age, our natural CoQ10 levels decline, making

supplementation essential for maintaining proper cellular function. It's also been shown to have anti-inflammatory and antioxidant properties, making it beneficial for overall health and longevity.

4. Curcumin

Benefits: Potent anti-inflammatory and antioxidant properties, supports joint health.

Potential Side Effects: High doses may cause digestive issues, such as nausea and diarrhea.

Longevity benefits of curcumin: [Curcumin has been shown](#) to have antioxidant and anti-inflammatory properties. These benefits are enhanced by piperine (found in black pepper), which boosts absorption by 2000%. Research indicates that curcumin may aid in managing oxidative and inflammatory conditions, as well as metabolic syndrome. [It has also been shown to help induce autophagy, a natural cellular cleaning process.](#)

Food sources: Turmeric root (contains only small amounts), supplements are more concentrated.

Recommended daily intake: 500-2,000 mg for general health, higher doses may be necessary for specific conditions.

Curcumin has been used in traditional medicine for centuries and has recently gained attention for its potential anti-aging effects. It may also help alleviate symptoms of arthritis, anxiety, hyperlipidemia, exercise-induced inflammation, and muscle soreness. Even a low dose may benefit those without diagnosed health conditions.

5. Vitamin C

Benefits: Powerful antioxidant, supports immune function, and promotes skin health.

Potential Side Effects: Generally safe, but high doses can cause digestive upset.

Longevity benefits of Vitamin C: [Research](#) indicates a positive link between vitamin C intake and human telomere length, suggesting it may have anti-aging effects. Longer telomeres are associated with longevity.

Food sources: Citrus fruits, peppers, broccoli, and strawberries.



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T: 403-474-4544

Encompass Holistic Health (Coach Hill)

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Recommended daily intake: 75-90 mg for general health, up to 2,000 mg for immune support.

Vitamin C is a vital nutrient for many bodily functions. It's key for immune function, skin health, and acts as a strong antioxidant against aging and disease. Although it's found in many foods, supplements can assist with sufficient intake.

6. Vitamin E

Benefits: Antioxidant properties, supports immune function, and may protect against heart disease.

Potential Side Effects: High doses may increase the risk of bleeding and hemorrhagic stroke.

Longevity benefits of Vitamin E: Vitamin E is a crucial antioxidant that [protects cells from oxidative stress](#) caused by free radicals. This protection is vital for the brain, which is particularly vulnerable to such stress as we age. Elevated levels of vitamin E in the blood are also associated with improved cognitive performance.

Food sources: Nuts, seeds, avocados, and leafy greens.

Recommended daily intake: 15 mg for general health, higher doses may be necessary for specific conditions.

Vitamin E is a fat-soluble vitamin that acts as a powerful antioxidant. It has been linked to various health benefits and may play a role in longevity by reducing inflammation and protecting against age-related diseases.

7. Magnesium

Benefits: Supports muscle and nerve function, energy production, and bone health.



Potential Side Effects: High doses can cause digestive issues, such as diarrhea.

Longevity benefits of Magnesium: Magnesium is [crucial for health](#), impacting energy production, antioxidant capacity, and resistance to free-radical damage. Magnesium deficiency may lead to oxidative stress, chronic inflammation, and various age-related diseases like muscle loss, immune issues, atherosclerosis, diabetes, and metabolic syndrome.

Food sources: Leafy greens, nuts, seeds, and whole grains.

Recommended daily intake: 400-420 mg for men, 310-320 mg for women.

Magnesium is an essential mineral involved in energy production, nerve and muscle function, and bone health. Adequate intake of magnesium has been linked to improved overall health and longevity, making it a valuable addition to an anti-aging supplement regimen.

8. Probiotics

Benefits: Supports gut health, immune function, and may improve mental health.

Potential Side Effects: Generally safe, but may cause digestive upset in some people.

Longevity benefits of probiotics: [Research has shown](#) that probiotics can help balance age-related gut microbiota issues, promote healthy strains, and support cell function, resulting in anti-aging benefits.

Food sources: Fermented foods like yogurt, kefir, and sauerkraut.

Recommended daily intake: Varies depending on the strain and potency of the probiotic supplement.

Probiotics are live bacteria and yeasts that are beneficial for digestive health. While they can be found in fermented foods, taking a probiotic supplement can provide more potent strains and ensure adequate intake for anti-aging benefits.

Anti-Aging Medication - Metformin

Metformin, commonly used to treat type 2 diabetes, has gained attention for its potential anti-aging properties. Studies found that [Metformin helps people live longer and healthier](#) by influencing

signals in the body related to insulin, growth factors, and immune responses.

Metformin is generally safe and well-tolerated, but it may cause side effects such as gastrointestinal distress, nausea, and diarrhea. It's not recommended for individuals with liver or kidney disease. Always consult with a healthcare professional before starting any medication, including metformin.

[Not all individuals prescribed metformin](#) experience the same level of benefit. In order for metformin to be considered a viable anti-aging therapy, further comprehensive research on humans is required. Presently, two significant studies, [MILES](#) (Metformin In Longevity Study) and [TAME](#) (Targeting Aging with Metformin), are investigating its potential effects. Scientists are studying metformin's impact on cellular senescence and autophagy, which are critical mechanisms in our body's natural aging process. Understanding these effects could lead to ways of delaying or even reversing cellular aging.

While research on metformin's anti-aging benefits is promising, it's essential to remember that aging is a complex process influenced by various factors. Therefore, the best approach to promoting longevity is to adopt healthy lifestyle habits that support overall well-being.

SUPPLEMENT SUPPORT FOR A HEALTHIER LIFE

Incorporating these 8 longevity supplements into a healthy diet and lifestyle can provide a range of benefits for overall health and longevity. While they may not be able to turn back the clock completely, we are optimistic about their potential to slow down the aging process and reduce the risk of age-related diseases.

As with any supplement regimen, consult with a healthcare professional before adding them to your routine. It's important to remember that supplements should not be used as a replacement for a balanced and nutritious diet. By combining these supplements with healthy habits like regular exercise, stress management, and proper sleep, you can help support your body's natural anti-aging processes and live a longer, healthier life. The multidisciplinary team in [Harrison's Premier program](#) can be a great support to achieving those lifestyle goals.

FAQs

Are there any side effects when taking supplements for longevity?

While most supplements are generally safe, it's important to consult with a healthcare professional before adding them to your routine. Some supplements may interact with medications or have potential side effects, so it's essential to discuss any concerns with a doctor.

Should everyone take anti-aging supplements?

Supplements should not be used as a replacement for a balanced and nutritious diet. It's essential to consult with your provider to determine if supplements may be beneficial for your individual needs.

Can longevity supplements be replaced with a health-balanced diet?

While a healthy diet is crucial for overall health and longevity, some nutrients may be difficult to obtain through food alone. In these cases, supplementation may be necessary to ensure adequate intake.

How many supplements should I take? Can I take more than one?

It's important to follow the recommended dosage for each supplement and consult with your provider before adding multiple supplements to your routine. Taking too many supplements can lead to negative side effects or interactions.

How long should I take supplements for to improve my health and longevity?

Supplements should be taken consistently for optimal benefits. It's important to consult with your provider to determine the appropriate length of time for your individual needs and goals.



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CONDITIONS OF PLAY

SINGLES & TAG TEAM PAIRS EVENTS

Venues:	Calgary Lawn Bowling Club & Rotary Park Lawn Bowls Club
Dates:	August 29 th – September 1 st , 2025
Singles:	Qualifying rounds August 29 th & Knockout rounds August 30 th
Tag Team Pairs:	Qualifying rounds August 31 st & Knockout rounds September 1 st

Entry Conditions

1. Entries for this event shall consist of a maximum of 64 singles entries and 40 pairs team entries.
2. The cost for each entry will be \$100/person (\$200/pairs team).

Formats of Play

1. All games shall be played in accordance with the Laws of the Sport of Bowls, Crystal Mark Fourth Edition, 2022; and these Conditions of Play.
2. The Singles format will consist of four bowls per player; 18 ends OR 18 points whichever comes first in qualifying rounds and a race to 21 points during knockout rounds, with a time limit of 2 hours for qualifying rounds and 2 hours and 15 minutes for knockout rounds.
3. The Tag Team Pairs format will consist of: three bowls per player, 14 ends, with a time limit of two hours for all rounds of play.
4. Trial bowls will be allowed, but no additional time will be allotted. Players/Teams can decide prior to their scheduled rounds if they wish to roll trial bowls or bypass and start the game immediately.
5. Singles players will be split into three sections based on results from the four qualifying matches:
 - The top 16 of the draw with the highest point totals (and results from tie breaking) will play in a single knockout bracket for the “Canadian Bowler Championship Belt(s)”
 - First game losers of the “Championship flight” will drop to the “Undercard flight” and play in further knockout play.
 - Players/Teams seeded 17-32 will play in a single knockout bracket for the “Treaty 7 Championship”.
 - Players/Teams seeded 33-48 (and results from tie breaking) will play in a single knockout bracket for the “Village Brewery” Cup.
 - The Championship knockout bracket will be made by the top seeds playing the bottom seeds – 1 vs 16, 2 vs 15...7 vs 10, 8 vs 9.
 - The Treaty 7 knockout bracket will be made by the top seeds playing the bottom seeds – 1 vs 16, 2 vs 15...7 vs 10, 8 vs 9 from the 17-32 ranked players and teams.
 - The Village Brewery knockout bracket will be made by the top seeds playing the bottom seeds – 1 vs 16, 2 vs 15...7 vs 10, 8 vs 9 from the 33-48 ranked players and teams.



- Players 49-64 will be eliminated prior to the knockout rounds.
 - Full bracket examples in Appendix A.
6. Tag Team Pairs Teams will be split into two sections based on results from the four qualifying matches:
- The top 16 of the draw with the highest point totals (and results from tie breaking) will play in a single knockout bracket for the “Canadian Bowler Championship Belt(s)”
 - First game losers of the “Championship flight” will drop to the “Undercard flight” and play in further knockout play.
 - Players/Teams seeded 17-32 will play in a single knockout bracket for the “Treaty 7 Championship”.
 - The Championship knockout bracket will be made by the top seeds playing the bottom seeds – 1 vs 16, 2 vs 15...7 vs 10, 8 vs 9.
 - The “Undercard flight” will have a new bracket created and sorted using team rankings from the qualifying rounds (top seed will play bottom seed)
 - The Treaty 7 knockout bracket will be made by the top seeds playing the bottom seeds – 1 vs 16, 2 vs 15...7 vs 10, 8 vs 9 from the 17-32 ranked players and teams.
 - Teams 33-40 will be eliminated prior to knockout rounds.
 - Full bracket examples in Appendix A.
7. Pairs will be played as a “tag” event where players are allowed to switch positions mid-game up to a maximum of 3 times. Players are only allowed to switch positions between ends and not during an end being played. The team making a “tag” must make the opposition aware they are using 1 of the 3 tags and switching position before the next end begins.
8. Singles will be played using the respot (single 2-metre). Pairs will be played where a killed end is an end played and neither team scores a point. For pairs the final end will be open and must be scored by either team to finish the game.
9. An official signal shall be sounded to signal the scheduled starting time for each game. If any player is not ready to play within 20 minutes after the official start time of their game, their team shall forfeit the game to their opponent:
- If the rink you are scheduled to play on is available, and both players agree, you may commence your game ahead of the scheduled time. All games must still be finished by the official signal time of that round.

Qualifying Scoring & Tie-Breaking Procedure

1. Scoring for qualifying matches will be as follows:

- Wins-Losses-Ties
 - 2 points for a win
 - 1 point for a tie
 - 0 points for a loss

2. No extra ends shall be played in qualifying rounds. No games shall be conceded before the completion of all ends.
3. If a game is forfeited, the non-offending team will be awarded two match points and a net total of shots that is equal to the average net total of shots scored by the winners of all other games played in the same round of the same event. Possibly add "X" amount of points.
4. Ties shall not be broken in qualifying matches.
5. In the event of a ranking tie after qualifying rounds, the following procedure will be implemented:
 - Points for and against (point differential)
 - Ends won
 - Total Points For

Knockout Stage

1. Players and Teams will be split into three sections based on results from the four qualifying matches.
2. During the knockout stages and final the game may be conceded if, at any point, it becomes impossible for one team to draw or win the game, given the number of ends left.

Players of the Event

1. At the conclusion of the singles and tag team pairs events a "King of the Green" and "Queen of the Green" award will be given to the highest-ranking male and female players.
 - Points will be awarded for both singles and tag team pairs:
 - Championship bracket points:
 - 25 = 1st place, 20 = 2nd place, 15 = 3rd place, 12 = 4th place, 8 = Quarterfinalist
 - Undercard bracket points:
 - 12 = 1st place, 8 = 2nd place, 0 = remaining players in the Undercard
 - Treaty 7 bracket points:
 - 15 = 1st place, 12 = 2nd place, 8 = 3rd place, 0 = remaining players in consolation
 - Village Brewery bracket points:
 - 5 = 1st place
 - Points will be totalled across both events and the highest total male and female players will win the title of "King of the Green" and "Queen of the Green"
 - +/- point total across all knockout games will be used as the tie-breaker if totals are equal.

Movement of Players

1. Both skips must change ends at the same time.
2. After delivering their first bowl, players will only be allowed to walk up to the head under the following circumstances:
 - Tag Team Pairs game:
 - The leads: cannot visit the head until all of their bowls have been played.
 - The skips: after delivery of their second and third bowls.
 - Singles game:
 - Players will only be allowed to walk up to the head after delivery of their third and fourth bowls.

- In exceptional and limited circumstances, a Singles player can ask the Marker or spotter for permission to walk up to the head earlier than in clause "a".

Code of Conduct (COC)

1. It is expected that all participants act in a manner that is courteous and respectful when on and off the greens at the Canadian Bowler Open.
2. Any conduct such as harassment (physical, sexual or verbal), bullying, intimidation and poor sportsmanship will not be tolerated.
3. The Canadian Bowler Open will follow the Universal Code of Conduct to Prevent and Address Maltreatment in Sport (UCCMS)
 - <https://bowlscanada.com/wp-content/uploads/2023/02/UCCMS-6.0-FINAL-20220531.pdf>
4. The CB Open Organizing Committee will review any complaints related to the violation of the Code of Conduct:
 - Based on the severity of the complaint and violation of the COC, the CB Open Organizing Committee will reserve the right to remove the offending party for the remainder of the tournament.
 - No refunds will be provided for players/teams removed from the tournament for violation of the COC.

Procedure for Applying Time Limits

1. Start of Play – an Official signal (bell, horn, etc.) shall be sounded to signal the scheduled starting time for each game. Any player arriving at the green more than twenty minutes after the official signal has been sounded shall cause that team to forfeit such game to the opposition.
2. End of Play – At the completion of the allocated time, the appointed official will signal the end time of play by a bell, horn, etc. At this time, players will complete the current end they are playing. (The start of an end is determined by the delivery of the jack by the first player in that end).
3. Time limits will be imposed during all rounds of play.
4. An informal shot clock or 1 minute to deliver a bowl will be used in qualifying rounds where we ask all players to use the honour system and keep their play moving. Time can be taken by a skip if there is a complex head. Each team will have a maximum of 3 time calls a match.

Deliberate Delay of Play

1. Players are required to play without undue delay and in a manner which does not prevent their opponents from being able to complete the requisite number of ends within the prescribed time limit. If an appeal is made by a Skip, a Singles player that their team or player is being prevented from playing all their bowls within the time decided for the game, the Official will warn the offending team, in the presence of the Skip, that they are deliberately delaying play. Deliberate delay of play may include a player leaving the green multiple times, delaying the delivery of a player's bowl, or the Skip acting or issuing instructions designed to delay play.
2. If, in the opinion of the Official, as a result of their own observation or on appeal by one of the Skips or a Singles player, the team or player has committed the same offence again, further action may be taken in consultation with the Drawmaster/Official (or designate), such as the following:
 - If a player is leaving the green more than once, on each occasion after the first, they can leave the green only with their opponent's and the Umpire's permission.
 - If a player is leaving the green to smoke, this will not be permitted for the remainder of the game.

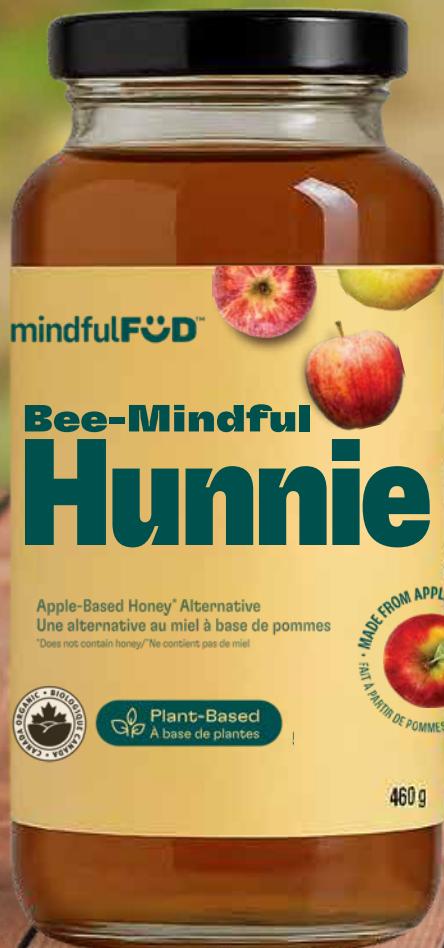
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- The end in progress will be regarded as completed and the opponents of the offender will be awarded as many shots as there are bowls in use for the game (for example, in the case of pairs, this would be eight shots).
- If, during the end which is in progress immediately before the end time of play is signalled or on completion of that end and before the start of any subsequent end, it has been determined that a team or player is being prevented from playing a further end due to the actions of their opponents, they will notify the teams that they must play one more end, even though the end time of play may have been signalled when such notification is given.
- The offending team may be put on the stopwatch on completion of any end in progress. The offending team will be required to deliver all their bowls in each of the remaining ends within a time period specified by the Umpire. Timing will be undertaken by a technical official specifically allocated for that purpose.
- The offending team may be put on the stopwatch from the start of their succeeding game.

3. Any stoppage of play due to time spent in discussion with the offending team or player in regard to the application of these conditions will be added to the time limit of the game.

Weather Delay Policy

The Club and/or Officials are responsible for monitoring weather conditions, including electrical storms, hot weather and air quality.

Electrical Storms

At the first sound of thunder or observation of lightning, play shall be suspended immediately, and all participants shall be ordered off the greens to find appropriate shelter. Play will not resume until at least 30 minutes have passed since the last sight of lightning or the sound of thunder.

Hot Weather

When the temperature reaches 35C, the Official should interrupt play at 20-minute intervals for a period of five minutes so that players may cool down and take on fluids. When the temperature reaches 38C, play is to be suspended.

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Air Quality

When air quality may be an issue, the Drawmaster will check the Alberta Air Quality Health Index (AQHI) for the location prior to the start of a match. The Drawmaster will communicate any decisions at the skips briefing prior to play.

Reference: Alberta's guideline: https://weather.gc.ca/airquality/pages/provincial_summary/ab_e.html

- **AQHI levels 4 to 6:** If any player experiences symptoms due to poor air quality, play for their specific game may be stopped for 20 minutes.
 - After the first 10 minutes, the symptomatic player will be assessed to see if they are able to continue playing.
 - If they are able to continue playing, play will recommence after the 20-minute break.
 - If they are not able to continue playing, a substitute will be permitted.
 - If there is no substitute available, and the symptomatic player remains unable to play after the 20-minute break, the game will be forfeited by the defaulting team.
- **AQHI level 7:**
 - All play/competition will be suspended for at least 1 hour, during which time players will be encouraged to rest and/or find shelter indoors, provided that the shelter has better air quality than outdoors.
 - It will be at the discretion of the Hosting Committee to determine when to resume play. Factors to consider in addition to the AQHI level include near-term forecast of air quality, ambient temperature, humidity and the number of at-risk participants in the event.

** Substitutions will only be permitted with players who had not competed or are competing in the respective Canadian Bowler Open event

In all instances where play is stopped or suspended, any end that has commenced must be completed before the stoppage takes effect, unless stopped by the Official or Drawmaster mid-end.

Appendix A – Bracket Examples



Registration & Refund Policy

1. Registration may be pulled, and a refund requested for 100% of the registration fee up to July 25th, 2025.
2. Any refund requested after July 25th, 2025, will be returned for 50% of the registration fee.
3. Any refund request after August 15th, 2025, will not be returned.
4. Extenuating circumstances will be reviewed on a case-by-case basis by the hosting committee.