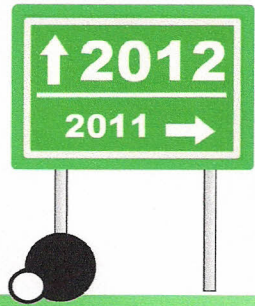




**JANUARY  
2012**

# The WRITE Shot

Volume 4  
No. 1

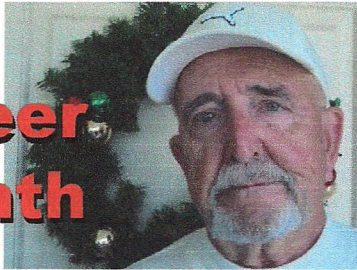


## Long Beach Lawn Bowling Club

1109 Federation Drive - Long Beach, Ca 90804 - (562) 433-9063  
Celebrating Our 82nd Year - Founded February 8, 1929

Editor Jackie Huisman - Graphics Shana Schmoller - Articles or comments, please e-mail us at [jdhuisman@verizon.net](mailto:jdhuisman@verizon.net)  
Long Beach: [www.LongBeachLawnBowling.org](http://www.LongBeachLawnBowling.org) Southwest Division: [www.SWLawnBowls.com](http://www.SWLawnBowls.com)  
United States Lawn Bowls Association: [www.uslba.org](http://www.uslba.org)

## Volunteer of the Month



## Forest Jordan

Forest Jordan is a civil, gentle, reliable, responsible, kind, mannerly, glamorous man who is willing to take on the unglamorous jobs consistently, with good grace and for the long term. State a need and he will offer to help, be it gardening, or putting out the trash. If Forest says he will do it, you can forget about who will do that particular chore in the future years....Forest will!

Thank you, Forest, the Long Beach Lawn Bowling Club benefits from your association with us. You set the example.

**FOREST JORDAN**  
**WHO IS THIS:**  
Handsome,  
Charismatic,  
Reliable,  
Responsible,  
Kind,  
Able bodied man,  
Who volunteers often  
and takes on the difficult  
chores for the club!



## 2012 PRESIDENT PAT GONZALES

### The Significance of the Bell

Lawn bowling meetings start traditionally with two charming traditions:  
The ringing of two bells and the salute to the flag

How many of you remember as new bowlers being pleased, and perhaps secretly amused, by the traditions of ringing the bell and beginning our daily meetings with the flag salute? There is no need for a Sergeant of Arms with this format because it is based upon common courtesy and respect.

One bell means lets us all gather together!  
Two bells means: Now is the time to stop talking.



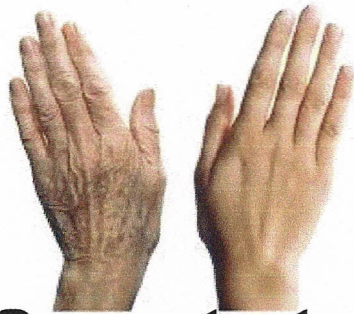
Our traditions are charming and effective. Should we replace our time worn traditions with shouting Sergeant of Arms because some people cannot stop talking? Do we need to knock heads together?

I think not!

Please pay honor to lawn bowling, our club and its traditions. Gather together at the first bell, STOP TALKING at the 2nd bell. Be courteous, civil and polite during the short meeting. And nothing but good will happen, peace shall return to the daily meetings.



**CORNER**



# Secrets to Successful AGING

While we can't avoid aging yet, how we age is up to us in many ways. Improve how well you age with these research-supported recommendations.

### **Befriend your brain.**

Brain function is critical to independence and quality of life. Physical and social activity, leisure activities such as chess and bridge, and learning new things are all helpful.

### **Eat a healthy diet.**

Try to incorporate vegetables, fruits, whole grain, unsaturated fats, nuts and fish; limit fast foods, processed foods and meat.

### **Get moving.**

Physical activity can help you maintain your independence, prevent and manage health conditions, and reduce your risk of falling.

### **Maintain a healthy weight.**

Obesity can lead to and worsen many health conditions and limit how active you can be as you age.

### **Think prevention.**

Routine screening tests can help you prevent some of the leading causes of disease and death in older adults. The same goes for immunization. Ask your doctor about which tests and vaccinations you need.

### **Don't use tobacco.**

No matter when you do it, quitting will significantly improve your health.

### **Get some sleep.**

Too little sleep can decrease quality of life, increase your health risks and risk your independence as you age.

### **Be good to your bones.**

Hip fractures can lead to disability, loss of independence and death in older adults. Get enough regular physical activity - especially weight-bearing exercise.

### **Don't overlook oral health.**

Gum disease has been linked to many serious health problems.

### **Keep stress in check.**

Explore ways you can improve your resiliency. Taking part in activities you enjoy is one way you can combat the effects of stress.

### **Take charge of your health.**

Effectively managing your health - especially if you have a chronic condition - will help you keep healthy as you age. Lean on medical experts, resources, tools and references that can help you manage your health.

*By James Kirkland, M.D., Ph.D.  
Division of General Internal Medicine,  
Mayo Clinic*

*Dr Kirkland is director of the Robert  
and Arlene Kogod Center on Aging  
at the Mayo Clinic, Minn.*



## CALENDER

### JANUARY EVENTS:

- 1/7 Winter League
- 1/9 Bowling Clinic
- 1/12 Board of Directors Meeting 3:30 pm
- 1/14 Winter League
- 1/22 Membership Meeting 12:30 pm
- 1/28 Annual General Meeting SWLB

Please visit the [www.swlawnbowls.com](http://www.swlawnbowls.com) for updated information regarding the "Events". Thanks!



## 2012 NEW OFFICERS ANNOUNCED:

**President: Pat Gonzales**  
**Vice President: Bob Breen**  
**Secretary: Bernie Crabtree**  
**Treasurer: Candy DeFazio**

**NEW Directors: 2012-2013**  
**Peter Sinclair**  
**Reg Rook**  
**Thom Cloutier**

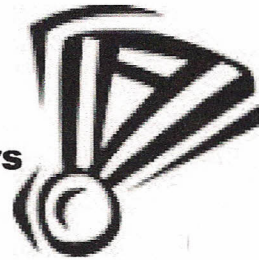
*Currently on the Board of Directors: 2011-2012*  
*John Arbogast*  
*Joel Fruehan*  
*Eileen Lancendorfer*

### Thank you everyone for Voting!

**Final Vote Totals**

- Pat Gonzales 37
- Malcolm Mc Donald 27
- Peter Sinclair 50
- Reg Rook 41
- Thom Cloutier 38
- Jack Strong 32
- Jim Lee 31

# CLUB WINNERS



## 2011 Club Novice Singles

1st Reg Rook  
2nd Bob Breen

## 12/27 Club Aussie Pairs Game #1

1st Greg Golangart,  
Shana Schmoller  
2nd Malcolm McDonald,  
Paul Gresbrink

## 2011 Club Singles

1st Dan Christensen  
2nd Tom Cloutier

## Game #2

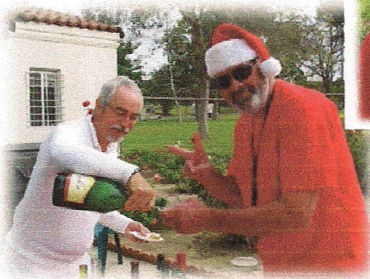
1st Reg Rook, Gorden Thomas  
2nd Eileen Lancendorfer,  
Tom Davis

### Winter League Update:

South Developmental  
Long Beach 1 - 94  
Laguna Beach - 69  
Laguna Woods - 64  
Long Beach 2 - 49  
Long Beach 3 - 47  
Newport - 37

South Trophy  
Long Beach 1 - 66  
Long Beach 2 - 51  
Newport 1 - 43  
Laguna Woods - 41  
Laguna Beach - 40  
Newport 2 - 29

## Christmas Party 2011



## Laws of the Sport of Bowls

### 8. Bowls

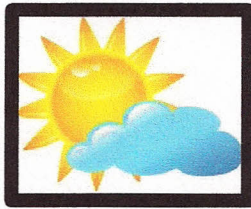
#### 8.2 Bias of bowls

8.2.1 A working reference bowl will have a bias approved by WB. All bowls should have a bias that is not less than that of a working reference bowl and should be imprinted with the register World Bowls Stamp.

8.2.2 To check the accuracy of the bias and the visibility of the World Bowls Stamp, all bowls should be re-tested and re-stamped at least once every 10 years, or earlier if the date of the stamp is not clearly legible.

8.2.3 For domestic play, Member National Authorities can decide the requirements for re-testing and re-stamping bowls.

# Something to think about...



## Determining the Aiming Line for The Draw Shot

Under Normal and Windy Conditions  
Presented by Macka Jensen

**Aim;** This is a special forehand and backhand training exercise designed to improve the bowler's competence in determining the aiming line and to establish two prominent reference points for the backhand and the forehand draw shots.

**Layout;** This is a 4 bowl exercise using one rink with the mat placed on the 2 metre mark and the jack at a medium end. The exercise is commenced as follows:

**Stance position;** If you are right handed, stand on the left side of the mat facing the jack so that the right shoulder is aligned with the centre of the rink allowing the pendulum arm action to swing directly along the centre line. Stand vice versa for a left handed bowler.

**Requirement;** Focus on aiming point at the distance of 4 metres along the centre line of the rink; deliver two bowls to a medium end down the centre of the rink as follows; one on the forehand and one on the backhand ensuring that the bias is turned outwards, see Diagram 1. Ensure that the path of the bowl runs precisely down the first 3 metres of centre line before the bias turns the bowl out away from the centre line. Where each come to rest, establish the forehand and backhand aiming lines from the mat through each resting bowl to the bank and mark a reference points on both alignments, see Diagram 1. With the remaining 2 bowls use these established aiming lines; focus on your normal aiming point and deliver 2 draw shots to the medium end jack, again one on the forehand and one on the backhand. Whether they are old or new bowls, this method establishes your aiming line for the draw shot on that day, on that rink, under those climatic conditions at that time and with those particular bowls.

**Reference point;** It is strongly advised that obvious reference points be established for the aiming line on each hand and at the end of each rink for confirmation and adjustment.

**Windy conditions;** Apply the same delivery method with the following exception;

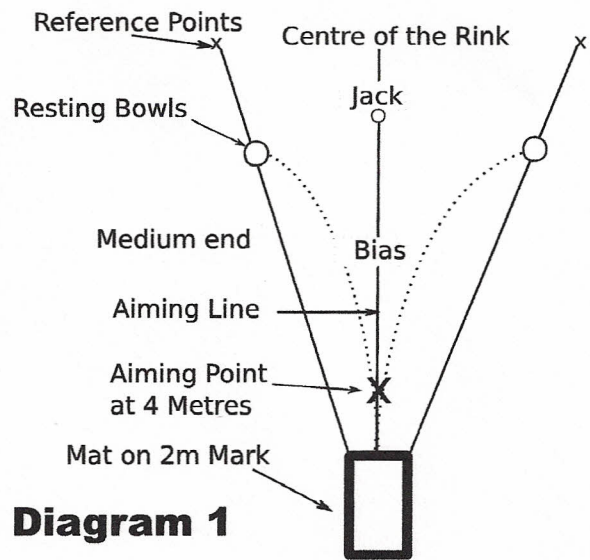
**Wide hand;** Where the bowl comes to rest on the side from which the wind is blowing, double the width jack to bowl and establish a wider aiming line. This now will become the wide hand, see Diagram 2.

**Narrow hand;** Where the bowl comes to rest on the side where the wind is blowing, halve the width and establish a narrower aiming line. This now becomes the narrow hand, see Diagram 2.

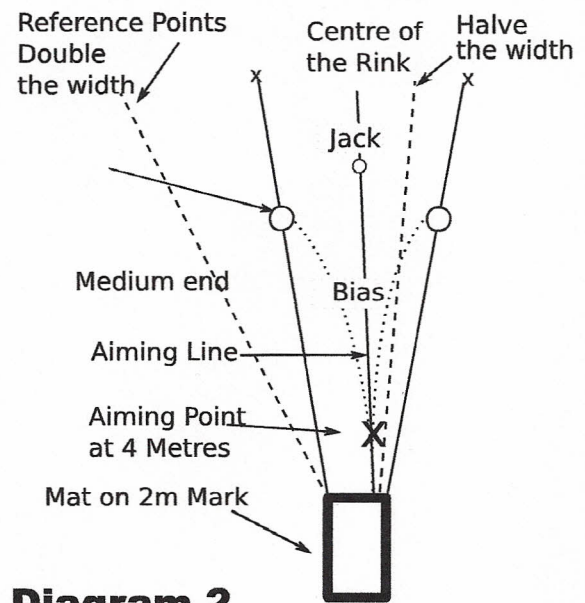
**Note:**

1. This procedure applies to all directions of wind. Older style bowls will have a wider and more rounded bias. Newer type bowls will be much narrower and have a straighter bias. Bowlers should be ever alert that if the speed of the wind increases or decreases the angle of the aiming line may alter to be narrower or wider.

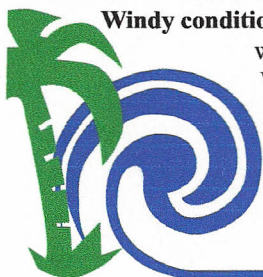
FYI : 2 meter = 6.56'  
4 meter = 13.12'  
3 meter = 9.84'



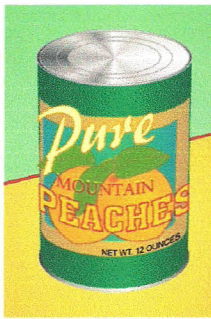
**Diagram 1**



**Diagram 2**



# LYDIA HOUSE



ABOVE AND BEYOND OUR  
**GOAL!**  
THANK YOU ALL

## Club House Auctions

Auction will resume January 5th, 2012. Any donations can be put in the men's locker room to the left, on the shelf. Thanks Gayle Merrill

**GOT OLD BLANKETS & TOWELS?**



**spcaLA**  
Friends for life™

Long Beach spcaLA is in need,  
Please bring to Shana Schmoller,  
Thanks!!

## Joker Club WINNERS



**12/2** Rob  
**12/9** John Arbogast  
**12/16** Larry Jolly  
**12/23** Tom

**THANK YOU** CANS,  
for your BOTTLES  
**RECYCLING** & GLASS

Total Club Raised 2011:  
**\$304.78**

Lets make it  
more in 2012!



## JANUARY BIRTHDAYS &

Name	Birthday	Years Bowled
1/5	Ann Kirchberg	19 yrs.
1/14	Milton Merrill	2 yrs. N/B
1/15	Bob Ogdon	24 yrs.
1/16	Jake Jeffery	0 yrs.
1/17	Jack Strong	1 yr.
1/22	Ralph Trosino	4 yrs
1/27	Jan Ostashay	0 yrs.
1/28	Norman Imberman (Hermosa Beach)	2 yrs.
1/30	Lou Ambros	3 yrs.
1/31	Howard Doty	14 yrs. N/B

**MILESTONES**

**2012  
Year  
of the  
Dragon**



## CARTOON



"I know, I know! My wife's better than me - and I hate it! D'you hear? I hate it!"

## Mr. Ed I Quette

Do not carry on running commentary as each bowl makes its way to the head.



## The Wine Country

Randy Kemner  
Proprietor

(562) 597-8303 (800) 505-5564

Fax (563) 587-9493

2301 Redondo Avenue

Signal Hill, CA 90755

www.thewinecountry.com