



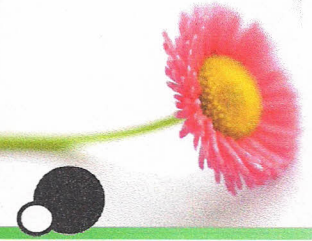
May 2012

The WRITE Shot

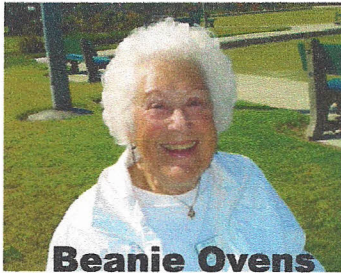
Volume 4
No. 5

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
Long Beach: www.LongBeachLawnBowling.org Southwest Division: www.SWLawnBowls.com
United States Lawn Bowls Association: www.uslba.org



Beanie Ovens

Volunteers of the Month



Bud Linden

The Volunteers of the Month, Beanie Ovens and Bud Linden, 90 years old this year, are graphic examples of the old adage "you are never too old": Not only are they still bowling; but they are still volunteering: Bud on the Green's Committee and Beanie on the Hospitality Committee.

★ They Will Be Entered Into The LBLBC's **HALL OF FAME** ★

TUESDAY JUNE 12th - 3:30 pm (after bowling)
Please be there to help us honor them!

Hey, Ho, Let's GO!

Success is not the result of spontaneous combustion - we must set ourselves on fire!

Please inform Jackie that you are on fire and READY to help make it a success. - Pat Gonzales

Saturday May 12th 10am - 3pm

OPEN HOUSE 2012

Long Beach Lawn Bowling Club

Laws of the Sport of Bowls

35. Possession of the rink

35.1 Possession of the rink will belong to the player or team whose bowl is being played.

35.2 As soon as each bowl comes to rest, possession of the rink will transfer to the opposing player or team after allowing time for marking a toucher as soon as it comes to rest.

35.3 If the umpire, either by their own observation or on appeal by one of the skips. Or opponents in Singles, decides that the players in possession of the rink are being interfered with, annoyed or distracted in any way by their opponents,

35.3.1 the first time this happens the umpire should;

35.3.1.1 warn the offending player, while the skip is present, that the player has received a warning.

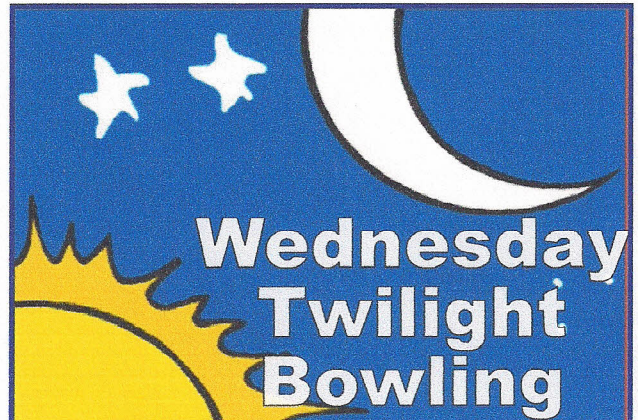
35.3.1.2 tell the manager or the coach, if they are present, that the player has received a warning.

35.3.2 on each occasion after this, the umpire should have the bowl last played by the offending player or team declared dead. If that bowl has disturbed the head, the opponent should choose whether to:

35.3.2.1 replace the head;

35.3.2.2 leave the head as altered; or

35.3.2.3 declare the end dead.



Wednesday Twilight Bowling

Starts May 9th
Please join us for our fun
Wednesday Evenings
Bowling and Potluck
this summer!

5:30 Gather (name on board)
6:00 Draw Game
Pot Luck Dinner After Game

Please sign up on sandwich board
if you plan to join us and if
you are bringing
something for the Potluck.
See You There!

CALENDER

May Events:

- 5/2 - 5/3 Men Sponsor SW Division - Singles
@ Santa Anita
- 5/2 - 5/3 Women Sponsor SW Division Open -Pairs
@ Santa Anita
- 5/5 The Jean MacAuley Mixed Triples @
Laguna Woods
- 5/6 The Groves Mixed Triples @ The Groves
- 5/11 Coast League @ Santa Ana
- 5/12 OPEN HOUSE
- 5/16 Ladies Day @ Long Beach
- 5/18 LB Club Novice Singles must be completed.
- 5/19 Women Sponsor Katy Stone Singles
@ Santa Anita
- 5/20 John Clark Mixed Triples @ Hermosa Beach
- 5/25 Coast League @ Laguna Beach
- 5/26 - 5/28 Disney Tournament
@ Beverly Hills
- 5/27 New Member Welcome,
Memorial Day BBQ @ Long Beach
hosted by Jackie and Herb

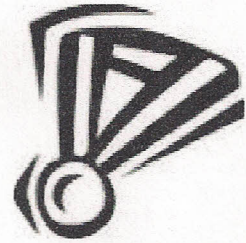
Upcoming Events:

- 6/1 Coast League @ Newport
- 6/2 City of Hope Triples @ Santa Anita
- 6/3 Senior (55+) Games @ Pasadena
- 6/9 - 6/10 US Singles Playdowns Men @ Santa Anita
- 6/9 - 6/10 US Pairs Playdowns Women @ Newport
- 6/16 - 6/17 US Singles Playdown (finals) Men
@ Santa Anita
- 6/16 - 6/17 US Pairs Playdowns (finals) Women
@ Newport
- 6/20 Ladies Day @ Santa Monica
- 6/22 Coast League @ Long Beach
- 6/23 Laguna Beach Open Pairs @ Laguna Beach
- 6/24 SW Novice Singles Men & Women
@ Long Beach
- 6/30 Coronado Mixed Triples @ Coronado



Please visit the www.swlawnbowls.com
for updated information regarding the "Events". Thanks!

CLUB WINNERS



CARNIVAL



9th Place
Ann Kirchberg

WINNERS

2012
Many Thanks
for ALL who
helped to
make this
day a
success!



Candy DeFazio, Malcolm McDonald, George & Gloria Godwin,
Freddie Hinson, Bernie Crabtree, Pat Flagg, Shana Schmoller,
Cecile Langevin, Jose' Miller, Beanie Ovens and Tom Davis

7th Place 8th Place 1st Place
Walt Toney Cecile Langevin John Arbogast

**4/21 Australian Pairs
Hosted by Riverside**

1st Place -
Cecile Langevin, Jo Mumma

3rd Place -
Kim Heiser, Eva Lee

**4/14 SWWD
Chris Hyland Triples
Hosted by Newport**

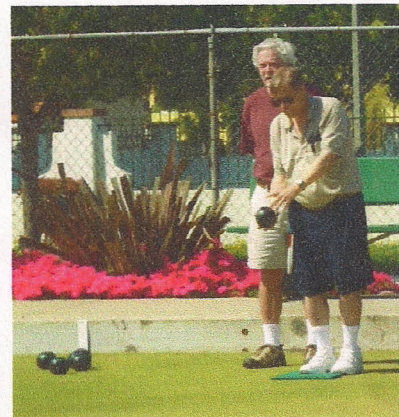
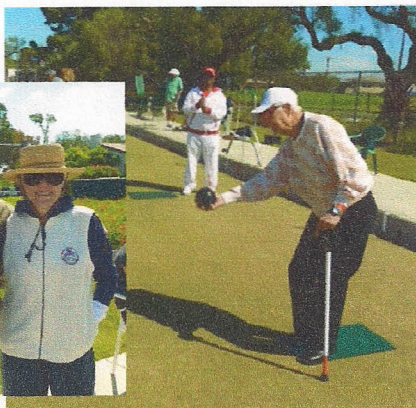
3rd Place - Cecile Langevin, Gisela
Schmid, Eileen Lancendorfer

5th Place - Myra Wood,
Kim Heiser, Lorraine Hitchcock



Saturday April 14th Blind Veteran's Bowling Day!

Thanks to the help of:
Pat Gonzales, Stephi Johnson, Bob Breen, Liz Fowler, Phil Garcia, Greg Gorgart, Roy Hubbs



DECISION MAKING

ENDS TO GO → HEAD SCORE → PLAYING CONDITIONS → GAME SCORE

POSITION BOWL → DRAW SHOT → DRIVE SHOT

% SUCCESS RATE → POTENTIAL RINK / BENEFIT

→ DRIVE BACKHAND → DRAW FOREHAND



→ DECISION

→ CONCENTRATION

→ FOCUS

→ MUST DO'S

→ PRESHOT ROUTINE

TECHNIQUE CHECKLIST → COGNITIVE

→ RELAXATION

→ PERFORM

**A WELL-CONCEIVED
DELIVERY ROUTINE**

WHY?

**ALL NECESSARY
ELEMENTS RECEIVE
PROPER ATTENTION**

**PERFORMANCE
CONSISTENCY**

LESS ANXIETY

FEWER MISTAKES

A SUGGESTED WELL-CONCEIVED DELIVERY ROUTINE 18 STEPS

- You bowl comes to rest
- Accept and evaluate outcome
- Awaiting next turn
- Determine the shot required
- Step onto the mat
- Check your bias
- Get ready, calm the mind
- Remember your last bowl, how it felt
- Mentally make your adjustment
- Visualize the course of an accurate delivery
- Release tension, take a deep breath
- Calm the mind, exclude any distractions
- Allow fluent delivery to begin
- Release bowl
- Avoid reaction to delivery errors
- Closely observe motion of bowl
- Relax and recover from delivery posture
- Do it again



*Delivery routine: Adapted from Australian
manual - Judson*

Coast League Stats

	W	L
Newport 1	14	2
Laguna Woods 1	10	6
Long Beach 1	12	4
Long Beach 2	10	6
The Goves 1	8	8
Laguna Beach 2	6	10
Laguna Beach 1	4	12
Laguna Woods 2	4	12
Newport 2	7	9
Santa Ana 1	5	11

MAY BIRTHDAYS &

Birthday	Name	Years Bowled
8th	June Harriman	19
26th	Gil Gillespie (Hermosa Beach)	2
26th	Peter Sinclair	6
29th	Dan Christensen	7
30th	Bud Linden	1
31st	Candy DeFazio	3

MILESTONES

Message for the Month:

What passes over your lips each day?

Are your words typically negative, critical, gossiping, deceptive, illusory, justifying, blaming, manipulative and argumentative?

Are they more uplifting, inspirational, positive, questioning, beautiful, loving, universal, truthful, accepting and supportive?

The throat is our center of expression. Who we are sneaks out in our attitudes and in what we say.



Welcome

our New Members!

Please join us for a Memorial Day BBQ to honor our New Members!

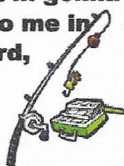
May 27
12:00

Bowling before and after! Please sign up on sandwich board if you plan to join us!



JOKE

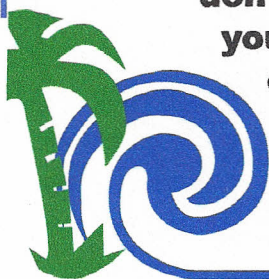
Earl and Bubba are quietly sitting in a boat fishing, chewing tobacco and drinking beer when suddenly Bubba says "think I'm gonna divorce the wife - she ain't spoke to me in over 2 months." Earl spits overboard, takes a long, slow sip of beer and says, "Better think it over... women like that are hard to find".



Mr. Etiquette

If you lose, don't blame

your loss on anything except the fact that today was a day you got out bowled.



The Wine Country

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Proprietor

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