



June 2012

The WRITE Shot

Volume 4
No. 6



Long Beach Lawn Bowling Club

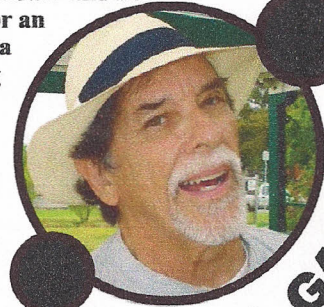
1109 Federation Drive - Long Beach, Ca 90804 - (562) 433-9063
Celebrating Our 82nd Year - Founded February 8, 1929

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

New Member SPOT LIGHT

Phil has lived in the Long Beach area since 1970. He grew up in the South Bay and graduated from Palos Verdes High in the 60's and then went sailing or "Ski Bumming" depending on the season. This was a great life until he met the girl of his dreams and realized that he could not do this with a wife - it was time to grow up! Over the next three yrs. she taught school in the LBUSD and he got his degree in Finance and then went to work for an international pension fund manager. At that point a family was started with his two daughters arriving in 1975 and 1979.

In 1984 after a long battle with breast cancer, Phil was left with his two young daughters to start over. "I was scared to death but I could not look back" is his quote from that period. He opened a small investment consulting firm in Los Alamitos and took on only local clients as he decided that he would raise the girls and attempt to be home every night for them. After single parenting for 10yrs. he married Debbie in 1996 and could not believe how lucky he was to find her. Now retired, he enjoys his 5 grandchildren along with taking classes at CSULB, watercolor painting, surfing and "BOWLS".



PHIL GARCIA



THANK YOU All who helped at the Open House May 12th, 2012

We had some wonderful volunteers, as in Bob Sweetland put allot of labor into the Open House - Bernie Crabtree (and her helper bees; Beanie & Gail S.) had the Hospitality down to a science - Greg Gorgart did more running around & jumping for pizza, lemon aide mix plus, helped all over the place - Joel Fruehan & Tom Davis did more than just early morning set up - they stayed and helped with instruction as well. Stephanie Johnson did a wonderful job with promotion and advertising - yard signs, newspaper ads & she did what she had to do + instruct. Carol Poto has Membership running like a smooth oiled machine and she had help from Gloria Godwin. Registration Table had two wonderful people at it, Joyce Simons and Freddie Hinson. Plus, Morris with Bowl sizing. Shana helped all over the place as well. Then there was William with the bag tossing game that Rickie Neal supplied. He sure had the little kids under control. We had a FINE day and Thank you all for your contribution to making it a success.

Jackie Huisman, Chairperson
And a BIG THANKS TO JACKIE for a job well done! shana

Laws of the Sport of Bowls

28 Bowl Displacement

28.6 Bowl displacement by a bowl from a neighboring rink.

28.6.1 If a bowl at rest on the rink is in danger of being moved by a bowl from a neighboring rink, any player at the head can choose whether to:

28.6.1.1 lift the bowl at rest to allow the other Bowl to past & then replace it, as long as this action would not influence the outcome of the head; or

28.6.1.2 stop the bowl from the neighboring rink.

28.6.2 If, during a Singles game, a bowl at rest on the rink is in danger of being moved by a bowl from a neighboring rink, the marker should stop the bowl from the neighboring rink.

28.6.3 If a bowl that has been stopped was in its original course and was delivered on a bias that would have taken it back into its own rink, it should be replayed.

PRESIDENTS

**LONG BEACH
MUST RISE TO THE
OCCASION AGAIN!**

**Many Markers Needed
Sunday June 24th**



CORNER

There will be a sign up sheet in the club after the Memorial Holiday. We will need at least 16 willing volunteers. If you have never marked before, we will show volunteers how to do it on Sunday, June 3rd & Sunday, June 10th @ 12:30pm. Handouts and demonstrations. Just a few minutes needed. If possible to sign up for a full day, 1/2 day & 1/4 day marking assignments.

Occasion: Mens' Southwest Novice Tournament & Womens' Southwest Novice Tournament @ Long Beach.

Single Matches in tournaments must have one person marking each match.

The Novices, the SW Division, Izzie, Jim Olson, Ed Quo & Heather - your officers & Board of Directors will be forever grateful!

CALENDER

June 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

Upcoming Events:

- 7/2 Independence Day Celebration @ Long Beach Hosted by: Jose' & Frances
- 7/6 Coast League @ Newport Beach
- 7/7 Ralph Ecton Triples @ Oxnard
- 7/8 Laguna Beach Charity Mix Match Triples @ Laguna Beach
- 7/14-7/15 US Pairs Playdowns MEN @ Laguna Beach
- 7/14-7/15 US Pairs Playdown WOMEN @ Santa Anita
- 7/18 Ladies Day @ San Diego
- 7/21-22 US Pairs Playdowns Finals MEN @ Laguna Beach
- 7/21-22 US Pairs Playdowns Finals Womens @ Santa Anita
- 7/27 Coast League @ Laguna Beach
- 7/28-7/29 Cary - MacDonald Pairs MEN @ Long Beach
- 7/28 Division Rinks Womens @ Hermosa Beach



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



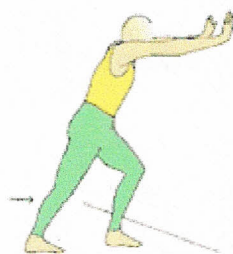
Feeling stressed? Relief may be a simple stretch away.

STRETCH AWAY FROM STRESS

5 Stretches for HOME, WORK - ANYWHERE!

Stretching your muscles has long been known to offer physical benefits. It can help reduce your risk of injury, improve your range of motion, and decrease pain and discomfort. But stretching can do even more: It can help lower your stress. Some research has shown that stretch breaks are even more effective than rest breaks for some workers.

So start stretching out your muscles today - and stretch away from stress- with these exercises.



Standing calf stretch

1

Calf Stretch

Stand at arm length from a wall.

Place your right foot behind your left foot.

Slowly bend your left leg forward. Keep your right knee straight and your right heel on the floor. Keep your back straight and your hips forward.

Hold for 30 seconds.

Switch legs and repeat.

Overhead Stretch 2

Interlace your fingers above your head.

Turn your palms upward. push your arms back and up.

Hold for five to 10 seconds.

Relax and repeat.

Chest Stretch 3

Stand in a relaxed position. Hold your arms out in front of you, parallel to the floor.

Pull your shoulder blades together behind you. Bend your arms slightly at the elbows.

Hold for 30 seconds. Repeat as desired.

4

Lower Back Stretch

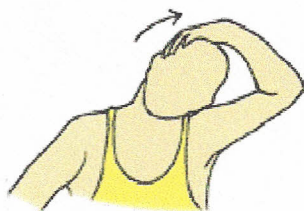
Sit forward in your chair.

Bring one of your knees toward your chest. Use your hands to grab the back of your thigh and gently pull it toward you. Keep your back straight, being careful not to lean forward.

Hold the stretch for 30 seconds you'll feel tension in your lower back and the upper part of the buttocks.

Relax and slowly return to the starting position.

Repeat the stretch with the other leg.



Upper trapezius stretch

5

Neck Stretch

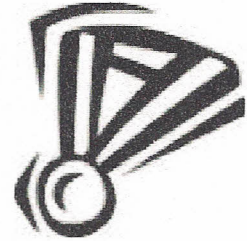
Bend your head forward and slightly to the right.

With your hand, gently pull your head downward. You should feel an easy stretch along the back left side of your neck.

Hold for 45 seconds.

Repeat on the opposite side.

CLUB WINNERS



4/28-5/3 SW Division Open *Hosted by Santa Anita*

SW DIVISION OPEN



Woman's Fours:

Champion Flight - 1st - Candy DeFazio,

Regina Banares, Dee McSparran, Diana Wilk

Third Flight - 1st - Cecile Langevin,

Eileen Lancendorfer, Jo Mumma, Patty Lucas

Womens Pairs:

**Champion Flight - 3rd - Eileen Lancendorfer
& Candy De Fazio**

**Second Flight - Jackie Huisman
& Shana Schmoller**

Woman's Singles:

Champion Flight - 4th - Carol Poto

Fourth Flight - 1st - Eileen Lancendorfer



Men's Fours:

Championship Flight: 3rd Dan Christensen

Hey Ladies!..

5/16 Ladies Day Hosted by Long Beach



**5/5 Jean Mac Auley
Mixed Triples**

Hosted by Laguna Woods

A Green:

**4th - Candy DeFazio,
Richard White,
Reinie Kramer**

B Green:

**3rd - Reg Rook,
Gerry & Sharon Grady**

**5/19 Katie Stone
Singles**

Hosted by Santa Anita

3rd -

Eileen Lancendorfer

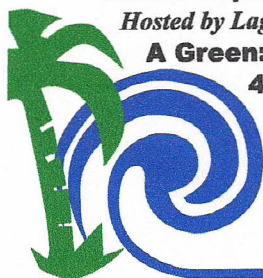
**5/20 John Clark
Mixed Triples**

Hosted by Hermosa

B Green:

**2nd - John Arbogast,
Ben French, Heidi
Fernandes**

**3rd - Scott Boyd, Candy
DeFazio, Richard White**



Sportsmanship by *Gil Hamblet* LBLBC Member

"A Person who plays fair and can take defeat without complaint or victory without gloating."

Do we as members of Long Beach Lawn Bowling behave as well as we should while playing the lovely game of bowls - a sport which can be defined as a game or as physical exercise and pursued for amusement or diversion? In other words, something one does just for fun.

The notion of sport for the sheer satisfaction of it was given full expression in the first Olympic games in ancient Greece. But competition also entered into the picture. The Greeks placed a high value on competition, whether in music or drama, art or poetry, believing that it brought out the best in man.

So it was with sport. They believed that sporting contests should be used as a preparation for life in general. They held that man should learn to take pleasure in toil and struggle. To them there was a certain magic in victory, which raised not only the victor but also the defeated to higher spiritual plane.

We must ask ourselves sometimes, are we playing the game for fun or are we taking ourselves too seriously. When he revived the Olympics in 1896, Baron de Coubertin of France opposed the emphasis on victory. He said the important thing is not the winning but it is in the taking part and fighting well.

Let us take a good look at ourselves and analyze our behavior, especially to our new friends or partner who are just beginning in our game and are making all the same mistakes we made when starting lawn bowling.

The famous nineteenth century educator, Dr. Thomas Arnold, Headmaster of Rugby said "A sportsman should be bound at a code of gentlemanly behavior which transcends winning or losing."

Are we gentlemen and ladies loosing our code of politeness as we bowl in our elegant style of game? If so let's get it back.

One sees this most vividly at present in professional tennis, in which some of the most gifted players display courtside manners, which would have been judge aberrant behavior a few years ago. They violate the standards of courtesy, which have always been as essential element of tennis.

But while it is true that real or perceived rudeness today can still result in a bloody nose or worse, we have reached the point where most of us are courteous, primarily because we want to be. If there is an ulterior motive behind common courtesy, it is that making other people feel good makes us feel good too.

Yet, unconsciously we are supporting the very structure of society every time we wish someone a good day, ask how they are, or say please or thank you. For the agreeable modus vivendi on which civilized social relations rest cannot be enforced by written law.

Given the basic knowledge of manners taught in most homes and schools, a person may become as much of a gentleman or lady as he or she chooses to be. It is simple theory but difficult in practice, because being a real gentleman or lady means running a continuous check on one's words and actions to ensure that they do not needlessly offend or disconcert anyone.

The hardest job kids face today is learning good manners without seeing any." Fred Astaire once quipped. In too many cases, there is as much truth to this as wit.

Let us be careful to try and make all grades of bowlers feel at ease when dealing with a problem. In many cases the method used is confrontation, which is all part of being aggressive and argumentative. Voices are raised and actions taken which hurt many people.



To be disagree able is high treason against your role in civilization. Examples of this crime are: To say some sickening thing offhandedly and make the victim writhe, or to provoke others into breach of good manners, or to indulge in crude behavior or language. There is no possible excuse for vulgarity. Diffidence is a good test for the wise, brave and clever to use. It softens those who would criticize severely, it conciliates those who are haughty, and it waters down envy.

CONTINUED PG 6

Sportsmanship Continued

Raphael, the great Italian painter said that he drew men and women, not as they were, but as they ought to be. What a good hint this is for those who seek to be courteous - treat people as if they were what they could be!

Try not to be unpleasant, try not to annoy your neighbor. This makes a good start toward genuine courtesy, no matter what the present outward forms of politeness may be. If you add that you should try to act with solicitude for the feelings and well being of others, then you will know how to be courteous. But to do so takes self-control, self-effacement and self-denial, virtues that seem to be out of style for some people these days.

In any social situation it is graceful in men and women to think and speak and act with propriety. An example in bowling would be when the vices may be having a problem in measuring the bowls to select the winner of the game, running towards them is a snorting skip ready to grab the tape and pushing his way, leaving the vice in cowering fear for his or her life. Courtesy, after all, consists of little things, but it wins friends in the collisions and minor adjustments of our game.

"I don't give a dam about what other people think of me," a well-known pop singer was recently quoted as saying. She might as well have said that she doesn't give a damn about other people, period: it amounts to the same thing. A certain degree of submersion of ones own will in deference to others is implicit in any effort to be kind and civil. If you insist on doing just what you want, you are liable to trespass on other people's sensibilities, if not their rights.

So let us be nice to each other and win friends in the collisions and minor adjustments of our games.

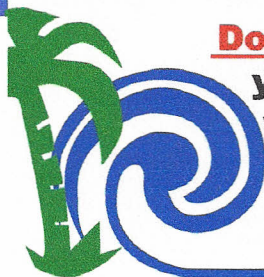
Sportsmanship by *Gil Hamblet* LBLBC Member

Coast League Stats		
	W	L
Newport 1	22	2
Long Beach 1	16	8
Long Beach 2	16	8
Laguna Woods 1	14	10
The Goves 1	13	11
Laguna Beach 2	11	13
Newport 2	9	15
Laguna Beach 1	8	16
Santa Ana 1	7	17
Laguna Woods 2	4	20

Mr. Etiquette

Don't applaud

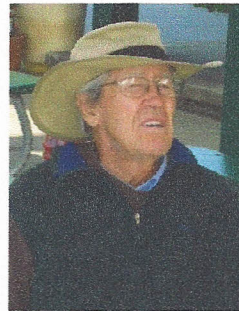
**your poor bowls
with lucky results
- accept them
graciously.**



JUNE BIRTHDAYS &

Birthday	Name	Years Bowled
3rd	Bob Sweetland	4
3rd	Maureen Wilson	3
7th	Gail Schmoller N/B	2
20th	Gil Hamblet	6
21st	Cecile Langevin	15
23rd	Stephaine Johnson	2
24th	Jane Finnerty	1
25th	Joe Dunlap	30
28th	Frank Moltane <small>Santa Ana</small>	2
28th	Rickie Neal	3

MILESTONES



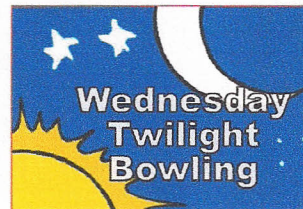
Hello, Just letting you know that I moved to Chico, CA to be close to my daughter, Marty. I want you to have my contact information in case you'd like to get in touch with me. Here is my mailing address and phone.(I don't use e-mail.) Hope to hear from you.

Joe Dunlap
2750 Sierra Sunrise Terrace #125
Chico, CA 95928

530-345-5596

MARK YOUR CALENDARS

**Independence Day
Celebration BBQ 7/2**



**Hosted by:
Jose' & Frances**

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