



# The WRITE Shot



## 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)

JOSE' MILLER

## Volunteer of the Month



**HOSPITALITY CHAIRPERSON - KITCHEN SUPPLIES, FUND RAISING RECYCLING EFFORTS, NEWSPAPERS, GOOD BOWLER, WILLING TO PLAY ANY POSITION ON THE BOARD, CLUBHOUSE DECOR, DAILY DRAW RINK SET UP!!**

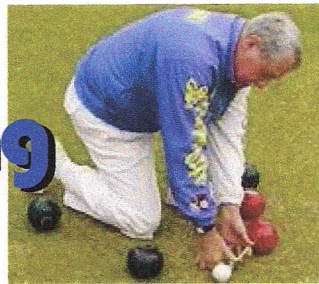


If there were a committee for good stories, this pretty little English woman would be the chairperson! Jose' Miller is a versatile a helper and as loyal a supporter as we have EVER HAD!

The AFFABLE, English woman with a Mexican spelling of her given name has been an avid supporter of our club endeavors and club member since the year 2000 when she came together with former member Lucy Starkey from their Leisure World artificial green experiences. She and Lucy tore up the greens in the beginning, both as players and as volunteers. They were active on the hospitality committee, providing yummy salads & desserts and were the stalwarts of the draw setup committee for years, she also contributes to the decor of the clubhouse by helping to decorate for holidays and special events. Lucy is no longer bowling, but fortunately, we did not lose Jose' who has turned into a better bowler then she gives herself credit. We thank her for contributions on the listed committees!



## Tip of the Day Measuring



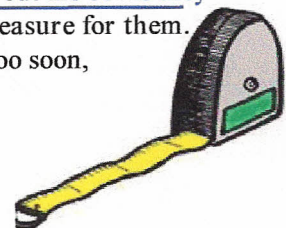
## PRESIDENTS



CORNER

It has happened to all of us. Your opponent thinks you claimed a point too soon. After you pick it up, there is no putting it back. There is a simple procedure to follow which will guarantee this will never happen to you again. When counting the head, never take out your own bowls. To avoid mistakes and misunderstandings, always ask your opponent to take out the bowls they will give you without a measure. Then, if you feel you have more points, you can measure for them. In this way, your opponent will never be upset with you for taking out your bowl too soon, before they had a chance to look at it.

\* Courtesy of Maryna Hyland, the most gracious player in the SW Division



# CALENDAR

## September Events:

- 9/1-9/2 Memory Glass Pairs @ MacKenzie Park
- 9/2 Labor Day BBQ hosted by Jack Strong & Milt & Gayle Merrill
- 9/3 Labor Day
- 9/9-9/14 U.S. OPEN @ Southern California
- 9/16 Rosh Hashanah Begins
- 9/19 Ladies Day @ Casta del Sol Mission Viejo
- 9/19- 9/22 North American Challenge @ Victoria, Canada
- 9/22 Joslyn Mixed Triples @ Holmby Park
- 9/22 First Day of Autumn
- 9/25 Yom Kippur Begins

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

## Upcoming Events:

- 10/7 Aussie Pairs @ Riverside
- 10/8 Columbus Day (Observed)
- 10/13 Men & Women Vet-Novice Pairs @ Laguna Beach, Sun City, MacKenzie Park
- 10/14 Quinnell Rinks @ Santa Monica
- 10/17 Ladies Day @ Newport Beach
- 10/20 Waterbury ( Men Sponsor ) @ Laguna Woods
- 10/21 5-Man All Star - Men @ Laguna Beach
- 10/21 SWD Women's 5-Star - Women @ Long Beach
- 10/24 National Championships Opening Ceremony @ San Diego
- 10/25-10/28 National Championships Tournament Matches @ San Diego
- 10/28 National Championships Closing Banquet @ San Diego

**DON'T BE A SCARE-DY CAT!**

Join us for our Annual Halloween Party!  
Costume Contest - Food - Bowling



**TBA** Halloween Party hosted by:

- George & Gloria Godwin
- Eileen Lancendorfer - Frances Riccardi

**10/31 HALLOWEEN**



"The Universe is full of magical things patiently waiting for our wits to grow sharper."

~ Eden Phillpotts

What if you were to pretend that you were healthy, wealthy and wise?

What if you were to decide to be happy, no matter what else was happening?

Take the power of what if.....seriously, and you will grasp the power to create a world of your own design.

Everything, EVERTHING begins in the imagination.

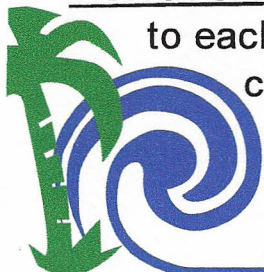
Put it to work constructively for you.

"The greatest discovery of my generation is that a human being can alter his life by altering his attitudes.

~ William James

### Mr. Etiquette.....

Honor your club by being PUNCTUAL and coming to each game correctly ATTIRED.



## SEPTEMBER BIRTHDAYS & MILESTONES

Birthday	Name	Years Bowled
4th	Dick Brezna	14
4th	Randy Kemmer	40
10th	Bob Breen	1
17th	Roy Hubbs	2
29th	Jean Cochran	10

**MILESTONES**

# CLUB WINNERS

## 8/4 Chef Works Mixed Triples hosted by San Diego

**Green B 1st Place:**

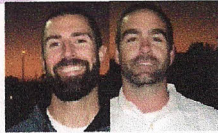
Tom Davis, Eileen Lancendorfer, Renee Frank

**4th Place:**

Reggie Rook, Herb Glazeroff, Barbara Clark

## 8/12 Mens Novice Pairs

hosted by Laguna Woods



**4th Place  
Jake Jeffery &  
Woody Cain**

## 8/11 Detta Marvin Mixed Triples hosted by Laguna Beach

**Green A 2nd Place:**

Scott Boyd, Candy DeFazio, Andy Kerr

**3rd Place:**

Kim Heiser, Jason Adams, Reinie Kramer

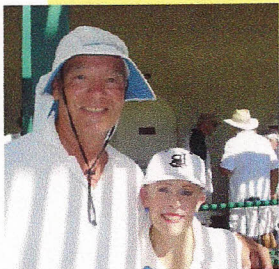


**8/12 Women sponsor Vet-Novice Pairs** hosted by Laguna Beach

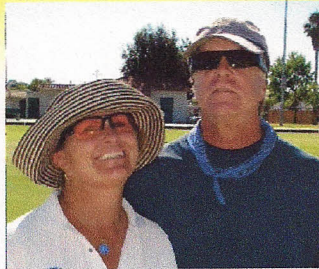


**B Green 2nd Place:  
JoAnn MacKnight  
Shana Schmoller**

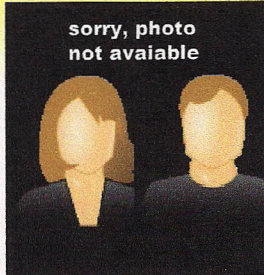
## 8/18 Pat Gonzales Mixed Aussie Pairs hosted by Long Beach



**A Green 1st Place :**  
Dan Christensen &  
Tanya Hills



**A Green 2nd Place :**  
Candy DeFazio &  
Gary Fisher /Thom Cloutier



**B Green 1st Place :**  
Malcolm McDonald &  
Cheryl Barkovich



**B Green 4th Place :**  
Stephanie Johnson &  
Reg Rook



## 8/24 Coast League Round Up

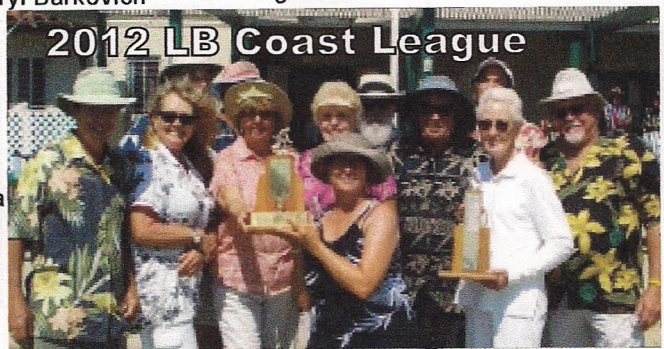
hosted by Long Beach

Game #1

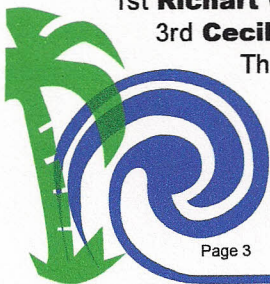
- 1st **Candy DaFazio**, Carrie Fossati, Charlie Herbert
- 2nd **Richard White**, Dee McSparran, **Jim Lee**
- 3rd **Stephanie Johnson**, Tom Hargraves, Ted Farfaglia
- 4th **John Arbogast**, Bev Adams, Mack Pearre

Game #2

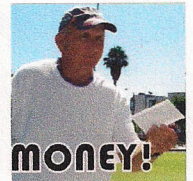
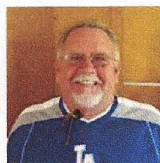
- 1st **Richard White**, Dale Lucas, Art Jenkins
- 3rd **Cecile Langevin**, Bob Montes, Thelma Forston



**2012 LB Coast League**



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**Show me the MONEY!**

# THE



# S Mind/Body Skill for Success In Reaching Your Sports Zone

These are the eight skills that will help you reach your Achievement Zone:

**Action Focus:** This is the skill of knowing how to successfully reach your long-term goals. It requires focusing on the task you need to accomplish, rather than on the desired result. It means setting achievable goals as a stepping stone to ultimate success.

**Creative Thinking:** This is the skill of using your imagination to achieve your goals and solve problems.

**Productive Analysis:** We all have an inner voice, but if we talk to ourselves negatively we perform poorly. Productive thinking helps us stay confident. It also helps us identify weaknesses and find ways to improve.

**Keeping Cool:** The Keeping Cool skill allows you to deal with anxiety and prevent panic. Top athletes recognized that they will be nervous before big competitions. They practice skills such as deep breathing and muscle relaxation so they can calm down when the pressure's on.

**Concentration:** The ability to enjoy the present is critical for competitive success. Elite athletes learn to focus their concentration so that they pay attention only to the things which will help them succeed. As a result, performance flows smoothly.

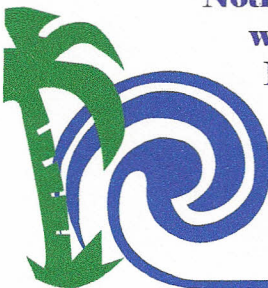
**Emotional Power:** Strong emotions are a natural part of sports and business. The best performers use their emotions constructively. They learn to deal with the inevitable negative emotions such as disappointment, frustration and sadness. It's important to be able to refocus after getting upset if you wish to be successful.

**Energizing:** Doing your best on a consistent basis take lots of energy. The skill of Energizing enables you to keep going when you feel like quitting. You need Energizing if you feel frequently tired and worn out.

**Consistency:** Sport physiologists have found that the best athletes prepare very carefully for every performance. They often have a set routine that they follow exactly.

**What does it take to reach the Achievement Zone?** The eight mind/body skills we've identified are crucial for successful performance. Some of these skills are used on a daily basis by successful people. Other skills are used only when needed, for example, when dealing with distractions. But all eight skills are needed at some time to consistently reach Achievement Zone.

**"The Achievement Zone is when everything becomes clear and focused.  
Nothing bothers you - you know instinctively what to do. You know that  
whatever happens your reaction will be the right one.  
Nothing rattles you"**



About the Author: Annemarie Infantino Murphy, Ph.D. is the Supervisor of Psychiatric and Neurological Services of the Kennedy Community Services, Inc. a large nonprofit dedicated to helping individuals with all disabilities become productive and valued members of their community. Revised 1/28/09 by Marlene M. Maheu, Ph.D.

# Laws of the Sport of Bowls

## Section 12 - Irregularities 47 Irregularities during play 47.1 Playing out of turn

**47.1.1 If a player plays out of turn,** the opposing skip can stop the bowl & return it to the player to play it in the proper order.

**47.1.2** If the bowl has come to rest & has not disturbed the head, the opposing skip should choose whether to:

**47.1.2.1** leave the head as it is & have their team play two bowls one after the other to get back to the proper order of play: or

**47.1.2.2** return the bowl & get back to the proper order of play;

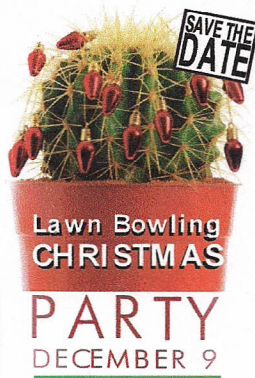
**47.1.3.1** leave the disturbed head as it is & have their team play two bowls one after the other to get back to the proper order of play;

**47.1.3.2** Replace the head in its former position, return the bowl go back to the proper order of play; or

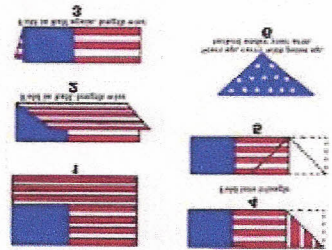
**47.1.3.3** declare the end dead.



Ladies Day 8/15, 2012  
@ Laguna Beach



## How to Fold a FLAG



- 1) Fold the flag in half lengthwise bringing the bottom of the flag up to touch the top edge. When folding an American flag, fold the stripes over the stars.
- 2) Fold the flag lengthwise again in the same way. The flag will now be a long narrow rectangle. The stars will show at one end of an American Flag.
- 3) Bring the bottom right-hand corner of the rectangle up so that the side of the rectangle lies along the top edge, making a triangle at the end of the rectangle.
- 4) Fold the top right corner of the triangle to the left along the top edge of the triangle, making the shape of the folded flag a rectangle again.
- 5) Fold the bottom right corner of the rectangle down so that side edge meets the bottom edge.
- 6) Fold the bottom right corner of the triangle to the left along side of the triangle making the shape of the folded flag a rectangle.
- 7) Continue folding the flag in this way until it is a triangle. An American flag folded this way will have stars on both sides.

## Long Beach Lawn Bowling

### Club's Schedule:

Games Start @ **10:00 am & 1:00pm**  
Please be there @ **least 45 minutes**  
before play to be on the board  
&/or call in advance **562)433-9063**

#### Draw Game Days:

**Tuesday - Thursday - Saturday - Sunday**  
(on Sunday's we wear **WHITE'S**)  
During the summer months -

**Wednesday is Twilight bowling:**

**Gathering @ 5:30 pm & bowling @ 6:00 pm**  
(after bowling potluck, if you like to participate)



## 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](http://www.thewinecountry.com)