



the Write Shot

Long Beach Lawn Bowling Club

October 2016 Issue

1109 Federal Drive
Long Beach, CA 90804
562-433-1109

NEW Write Shot Puzzler On Page 8



What's In This Issue

Pg 1: President's Message

Pg 3: VICE Clinic Report

Pg 4: Up Coming Events Calendar

Pg 5: A little of This & That

- Aussie Slang Words/Phrases
- October Birthdays

Pg 6: Tournament Results

Pg 7: It's A Wrap Up

- Mystery Member
- Marathon Notice
- Wednesday Drill/Clinic Day
- So Who Has Point?

Pg 8: The Puzzler - September & October

Pg 9: Stress-Free Bowling



President's Message

G'day Mates!

For September, we had a very nice turnout for the Izzy Forbes Vet-Novice Triples. Plenty of food thanks to Heather Stewart and the SWWD (Southwest Women's Division) and again – morning treats and desserts from our members.

October is going to be busy.

Looking forward to October; Ladies Day at Newport on Wednesday October 19. Ladies, please check out the sign up sheet in the Ladies Locker Room.

The Aussie's are coming!

Next on the Agenda is the International Visitation of Australian Police on Sunday, October 23.

Our "go-to-person" for this event is Pat Gonzales. Several people are contributing their time to make this a wonderful International Visitation.

Food will be supplied by the Red Leprechaun and LBLBC for all of you that attend. It's a wee bit of a *Thank You* to everyone who has contributed to our Hospitality throughout the year.

There is a lot of movement behind the scenes to make an event happen.

Just for this event alone, Candy DeFazio created the flyer and she volunteered her time to do the decorating. Jim Lee is putting his Calligraphy to work by making up name tags for all the Australians, not just the bowlers. Then we have rink set up.

We need all hands on deck!

It takes a VILLAGE to get an event up and running, we need everybody's help to set up and tear down. So when asked if you can HELP ...please be the first in line.

This is OUR Club and we *Thank* those who have given more than they should, like Steve Alessi with rink set up and tear down for the Vet-Novice Triples tournament.



Stephanie Johnson's husband, David, gets a well deserved hug for cooking.



Honorable Mention (sort of) on Izzy-Forbes Novice-Triples Day goes to the Tatoo Triple Team.

It's a lot easier when everyone helps out.

No job is "easy" here. Everything takes time and lots of effort – on the part of everyone, not just a few!

I applaud those who have stepped up, taking care of the grounds and the greens – everything looks so beautiful.



Elections are around the corner.

Our 2017 elections for Officers & Directors will be coming up soon, (in December). If you feel so inclined to run for office, please contact Lynne Clarke (*top*), Gail Aden (*middle*), or Dot Pleasant (*bottom*). This way they can get your name on the Ballot.



Pick a committee and make a commitment.

Also, please take a look in the back of your directory at all of our "Committees" – which one would you like to be on? 2017 is right around the corner. Every member should be on at least one committee.

What committee did you choose?

Thank you, everyone, for all of your volunteering and hospitality throughout the year. Like I said: it takes a VILLAGE.

Jackie Huisman



VICE Clinic With Free AdVICE

Sunday, September 25, was Free Vice Clinic at LBLBC.

Pat Gonzales was the “moving force” behind presenting the clinic, which covered:

- A Vice's Duties, Role & Responsibilities
- How To Be The Best Vice For Your Team
- Vice Strategy & Good Sportsmanship

The clinic was open to any SW Division and Bowls USA Club Member .

All you needed was to have the desire to understand and move to the Vice position.

As Pat emphasized, “attendance at the class does not ensure you will be a Vice, but it certainly helps”. Actually, a lot of the information covered in the class was applicable to anyone at any level of proficiency.



Kottia Spangler (BowlsUSA member and Southwest Division Head Coach) graciously taught the class to about 30 people.

You need answers?

She emphasized that just about every question one might have about some situation can be answered by reading the BowlsUSA *Laws of the Sport of*

Bowls brochure.

Are you up on etiquette?

Among a number of hand-outs, Kottia focused on one: Code of Bowling Etiquette.



If you want to hone up on etiquette or are looking for answers you have been wondering about, you'll find what you want on the BowlsUSA web site – the link you want is: www.bowlsusa.us/etiquette.php.

How Are You With Hand Signals?

Another hand-out that is good to review, is the Lawn Bowls Hand Signals. (Pat offered to print out some copies and make them available at the club house for those who might want their personal copy.)



After the class inside, everyone moved outside to the middle green to apply what they had learned and do some delivery drills.

It was an afternoon well spent –
THANK YOU Pat and Kottia!



Mark Your Calendars

- Sunday, October 23
- Australian Police Visitation
- at Long Beach
- (Pat Gonzales/Hostess)

Sunday, November 13
Turkey Shot
at Hermosa Beach
(contact Tony Crutchfield)

Sunday, December 4
Club Holiday Party
(Jackie Huisman/Hostess)

A Little Of This & A Little Of That

G'day, mate!

Are you ready for our Aussie (pronounced OZZIE) visitors?

To help you prepare, here's a random selection of Australian slang words and phrases from A-to-Z.

Ambler fluid : beer

Brown-eyed mullet : a turd in the sea (where you're swimming!)

Captain Cook : look (noun) ("let's have a Captain Cook")

Dipstick : a loser, idiot

Exy : expensive

Frog in a sock, as cross as a : sounding angry - a person or your hard drive!

Grinning like a shot fox : very happy, smugly satisfied

Holy dooley! : an exclamation of surprise "Good heavens!", "My goodness!" "Good grief!" or similar

Icy pole, ice block : popsicle, lollipop

Joey : baby kangaroo

Knocker : somebody who criticizes

Lunch, who opened their? : OK, who farted?

Mug : friendly insult ("have a go, yer mug"), gullible person

Naughty, have a : have sex

Offsider : an assistant, helper

Piece of piss : easy task



Quid, make a : earn a living - "are you making a quid?"

Rage on : to continue partying - "we raged on until 3am"

Spit the dummy : get very upset at something

Turps, hit the : go on a drinking binge

Up oneself : have a high opinion of oneself - "he's really up himself"

Vedgies : vegetables

White pointers : topless (female) sunbathers

XXXX : (pronounced Four X), brand of beer made in Queensland

Yewy : u-turn in traffic ("chuck a yewy at the next traffic light")

Zack : sixpence (5 cents) - "it isn't worth a zack", "he hasn't got a zack"

There are many more interesting phrases and words (it's actually an entertaining read), so check it out - go to:

www.koalanet.com.au/australian-slang.htm



Put Another Candle On Your Birthday Cake, and...

During the month of October

Freddie Hinson	3	John Arbogast	21
Rosemarie DaRoza	6	Gordon Thomas	21
Richard Curley	7	Beanie Ovens	23
Frank Gesicki	10	Pamela Camfield	24
Rebecca Katzen	11	Grant Shear	25
Phil Garcia	13	Gayle Merrill	27
Woody Cain	14	Diana Justin	28
Michael Mirabal	15	Greg Jones	28
Richart White	16	Jim Walker	31

Tournament Results

(LBLBC Members in underlined blue type)

SW Lawn Bowles Newport Harbor Rinks Cup Tournament **09/10/16-09/11/16**

(24 Entries)

- 2nd Place: Steve Alisse, Heidi Fernandes,
Rick Gregory & James Flower



(left to right in photo)

- 3rd Place: Clay Nolde, Kim Heiser,
Brian Stewart & Chris Gaal



(left to right in photo)

- 4th Place: Bill Brault, Anne Nunes,
Dave Moore & Kottia Spangler



(left to right in photo)

(LBLBC Members in underlined blue type)

Izzie Forbes Vet-Novice Triple Tournament **Long Beach 09/19/16**

SOUTH GREEN (14 Teams)

- 2nd Place: Bob Sweetland, Sandra Schlosser,
Chandra Tower,



(Chandra, Bob & Sandra)

CENTER GREEN (12 Teams)

- 1st Place: John Arbogasi, Karla Jondle
- 2nd Place: Grant Shear Candy DeFazio,
Steve Alessi
(no photo)

CA Bears Laguna Beach Tournament **09/17/16**

- 1st Place: Rosa Baer, Candy DeFazio,
Linda Robers & Margi Rambo



(left to right in photo)

- 4th Place: Eileen Lancendorfer, Kim Heiser,
Debbie Gregory & Carol Poto
(no photo)



It's A Wrap-up



Mystery Member



Who Is This Month's Mystery Member?

(To be revealed next month)

Want to have your "15 Minutes of Fame"?
Let Bob Daniels know by e-mail:
bobandkimd@verizon.net

Did You Guess Last Month's Mystery Member?

Did you guess me – **Bob Daniels?**
A newbie since April of 2016.

Yes, that's me looking like a little girl in the photo ...so here's the story behind it. I was about 4 and was playing in my parent's bedroom, which I had done many times, but for the first time I notice a picture of a little girl with my brother, who is 5 years older.

I ran down stairs to ask my mother: "Who is that girl in the photograph with my brother? Did I have a sister that died?"

My mother replied: "That's you". Me: "Why did you dress me like a girl and didn't cut my hair?" Mom: "It was because of the depression. Someone gave us clothing for a girl and we didn't have enough money to buy you clothes so that's what we had to use. Same thing with the hair cut – we couldn't afford it and had to make do with what we had".

Have to admit this photo was a source of embarrassment when I was in Jr. High and High School – my uncle, who volunteered with a church youth group, used to haul it out and show it to all the kids who knew me. Now – it doesn't bother me. It's a reflection of what life was like if a person was born in the depression of the 30's.

Bob Daniels

Make A Note Of This

Long Beach Marathon is scheduled for Sunday, Oct. 9. This might present a problem getting to the club to bowl if you aren't prepared.

Street Course Closer information has been posted in the club house. You can get here but it just might take some pre-planning on your part – **so be advised!**



What An Opportunity!

New bowlers or seasoned bowlers struggling or would like to up their game, join Pat Gonzales Wednesday morning at 9:30am for:

- Clinic & Drill day
- Bowl delivery
- Vice Training
- Building a Head
- Practicing in general.

Join her for coaching that is bound to help you improve your game.

So Who Has Point?

Phil Garcia (who suggested this) swears this happened and no one could agree on how to score it.

(Would Phil exaggerate about this?)

How would you decide it?



The Puzzler!

Toni C



4



Pat C



7



Carol P



1



John A



2



Karla J



5



Bob B



8



Steve C



6



Diana J



3



The Answer & Winner For Sept

It happened – a Winner in just 35 min.

At 1:37pm the newsletter was released and by 2:02pm we had the first entry by e-mail ...it was correct!



Sandra Schlosser won the “huge” cash prize.

(Yeah, it wasn't “huge”, but your “publisher” is a tight-wade and he put up the reward funds.)

Anybody else “solve” the puzzle?

We have scrambled the bowls so they now match the member's face.



October Puzzler

Take a closer look at the cover photo – something isn't right.

If you know, you could win another “huge” cash prize of \$16.00 like Sandra did.

What is wrong with it??? (*other than it was staged for shooting*)

Submit your answer to Bob Daniels or Jackie Huisman in writing or by email before midnight October 31st.

If more than one correct entry, a drawing will be held to determine the winner.

You Didn't Ask For It But ...Here It Is

How To Enjoy A Stress-Free Day Of Bowls

Stress when bowling –who, me?

No matter what sport you are playing, everyone knows that when a teammate is playing poorly it can affect your performance.

For some, winning seems to be everything.

Anyone with a single competitive bone in his or her body knows that winning seems to be everything when playing a sport and sometimes, in the heat of the game, it is very difficult to tame your emotions when you get annoyed with a teammate.

It is easy to become irritated but how do you handle these emotions?

- Yell at your teammate?
- Take yourself out of the game?
- Make a sarcastic or nasty comment?

Whatever you decide to do, it is probably not the best way to handle the situation. And, at the end of the day, is your attitude really helping yourself or hurting you and your teammates?

A negative reaction from someone can lead to a lack of coordination and confidence and the whole team can be thrown off balance! After all, sport is supposed to be a GAME and FUN!

So ... what to do when you get irritated while playing a game?

1. Try to channel your energy. Dr. John Murray says "Anger is an emotion that's caused by a discharge from your limbic system." If you don't know, your limbic system is a part of your brain that controls your emotions and behaviors,

so before you do anything irrational, try to quietly talk through your anger in your own head and let it give your body a confidence boost that can improve your own game.

2. Stop taking things so personally! Remember, this is a GAME and FUN! No one is out to ruin your day!

3. Communicate in a gentle and pleasant way with your teammates. When you keep things bottled up, your anger will eventually surface and cause general unpleasantness. A negative, nasty or

bossy attitude when you are angry will do nothing for the morale of your teammates! Don't be a grouch!

4. Anger will cause you to lose your own focus on the game, as will negative self-talk or criticism. YOU become your own worst enemy. Take a deep breath and let it go!

5. Remember that no one intentionally sets out to play a bad game, but we all have those days! Put yourself in their shoes using your empathy skills and thank the stars it is not your day to play like a chump!

Keep it FUN for everyone, especially yourself!

There is a lot more to playing a game of bowls than rolling a bowl and the exercise you get and friendships you make; you are one of life's delights. Please remember to keep a cheerful demeanor in order to keep it fun for yourself and your teammates!

Bev Gillett, a friend of Jackie Huisman's sister, wrote this article for us. She is an anger management counselor for her church and other organizations; Bev resides in Oceanside.

A negative reaction can throw a whole team off balance

