

WICKS

JULY 2009

PALO ALTO LAWN BOWLS CLUB

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Frank Matyskiela

Jean Wren

WICKS EDITOR

David Hale

SUMMER HOURS

Tuesday, Thursday

Saturday 9:45 am

Sunday 1:30 pm

(from July 1)

CONTACT

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Bright colors were the order of the day as the whites were left in the closet and bowlers took the green in Hawaiian shirts.

Aloha, Hawaii

The oaks became palm trees and the traffic on Embarcadero almost sounded like rolling surf as the green was magically transformed into a Hawaiian paradise.

Thank you to Lynda and Ted Brown who brought us another very successful and popular Luau. The best yet!

The luau was preceded by a green full of very colorful bowlers and the party grew to around 70 as Mike Ashworth started the festivities with



Mike Ashworth got the luau rolling with his Mai Tais.

his popular Mai Tais. Lynda and Ted and their helpers produced a true feast and all departed with round bellies full of grilled chicken, sweet roast pork buns, lomi lomi salmon, fruit salads, and rice dishes.

In addition to Lynda and Ted, Mike and the food crew, thank you to all those who helped



Luau means "feast" and the delicious food was abundant.

make this a great success including Ann Knopf for organizing the contact RSVP list, Terry for manning the BBQ, Sarah and the decorators, Roberta for providing flowers, and those unsung heroes who cleaned up afterwards.



Men's Novice semifinalists, Kevin Latham, Sam Hebert, Jon Yee, and Frank Matyskiela.

Men's and Women's Novice Singles Tournament

A record number of bowlers filled the green to overflowing in pursuit of the 2009 Novice Singles Championships. With nine rinks needed the Tournament Director, Bud Birkenseer, decided to play short 10 point preliminary games to accommodate the ninth pairs game.

In the men's tournament, Jon Yee, Frank Matyskiela, and Kevin Latham won all their preliminary rounds. The competition was much tougher to determine the fourth semifinalist. Sam Hebert defeated George Stewart and Oscar Brooks in a two-end round robin played after the third round for the last position in the semifinals. Frank defeated Sam and Jon defeated Kevin to advance to the finals. In their fifth game of the day, Frank continued his good form with a strong finish beating Jon to 18 points for the championship.

The women's tournament had a good field of six bowlers. Yoriko Kishimoto, Terri Torke, Penny Bayless, and Cindy Patrick advanced from the preliminary rounds to the semifinals. In their third games of the day, Penny defeated Cindy and Terri defeated Yoriko for their place in the finals. In the championship game, Penny's late charge couldn't overcome Terri's good start and Terri is the 2009 Women's Novice Champion.



Women's Novice finalists, Penny Bayless and Terri Torke.

Friday League at the Midpoint

The PALBC Friday Night Summer League is half way through the season and the players are having a blast! There has been a good turnout with 27 different bowlers so far. The organizers, Bud and Jon would like to say, "thank you" for coming out and making the Friday Night League as enjoyable as it has been.

The league is a fun way for new bowlers to get some experience in a relaxed competition. We have participants of all skill levels and both beginners and experienced bowlers have felt "The Thrill of Victory" and the "Agony of Defeat."

Halfway through, the Tournament Championship is still in reach by anyone who bowls regularly. Bowlers get a point every night they bowl. The current top ten in points are: *1st*, Bud Birkenseer, 12 points; *2nd*, Jon Yee, 10 points; *3rd*, David Hale, 7 points; *tied for 4th*, Larry Collaco, 6 points; John Hickson, 6 points; George Stewart, 6 points; *tied for 7th*, Penny Bayless, 5 points; Athol Foden, 5 points; Frank Matyskiela, 5 points; Ken Torke, 5 points.

Tell others in the club you are playing the League, and suggest they come out and give it a try. The weekly entry fee of \$3.00 covers bowling, beverages, snacks, and good conversation.

4th of July Draws a Crowd

Flags flew, the grill sizzled, cool drinks flowed, and the 4th of July, 2009, was a great day on the green. The highlights of the day were Glenn Stewart's red, white and blue outfit and the cool, minty mojitos provided by the Torkes.

About 35 people enjoyed hot dogs, burgers, watermelon, beans, potato salad...and of course, apple pie. Terry Hogan and Brit Turner were busy on the grill and the usual gang in the kitchen put together the holiday lunch.

Ken's Mojitos

Ken usually makes a large batch and adjusts to taste...but who needs a gallon? Here are the ratios that he starts with.

- 1 oz. white rum
- 1 oz. lime juice (about 1 lime)
- 1 to 4 oz. soda/seltzer to taste
- 5 or 6 mint leaves
- 1 teaspoon simple syrup, cane sugar, or powdered sugar.

Muddle (crush) mint leaves, add lime, rum, sweetener, crushed ice, and soda to fill the glass. Adjust recipe to taste.

Garnish with a mint leaf and a thin slice of lime.

Drink three to four slowly.



Uncle Sam? No, it's Uncle Glenn!

Welcome to our New Members

Bill Strubbe

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Palo Alto, CA 94301
650-325-3223
bsbillbs@yahoo.com

Scott Witthoft

237 Rinconada Avenue
Palo Alto, CA 94301
512-228-8539
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Irwin Keyson

1400 Jasmine Way
Morgan Hill, CA 95037
408-778-8418
irwinksn@gmail.com

Joe Mellin

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Palo Alto, CA 94301
415-259-8215
mellin.joe@gmail.com

What's Happening at PALBC

Australian BBQ

Get ready, get set, for a trip "down under." Join us on August 22 for an evening of fun and festivity organized by Kevin Latham and his wife, Annet, for PALBC's Australian BBQ. This will be an exciting first for the club and the plans are being developed as you read this. Watch for news and a sign-up sheet at the clubhouse because there may not be another Wicks before the event.

Badges for Associate Members

To help integrate the Associate Members into the club the board, at its meeting on July 7, decided that Associate Members should have club badges. The new badges will be available about July 15. They can be picked up at the clubhouse and should be worn when attending club functions.

Preacher's Corner

PLEASE put your bowling bags and boxes under the benches! A lot of hard work went into painting them and it only takes one or two scratches to ruin the finish.

One more reminder that tags must be up 15 minutes before the draw or you may not get in a game. Just call 323-2575 if you are running late.

PALBC CALENDAR

Pizza Bowls every Wednesday, 5:00 pm (weather permitting).

Friday League every week at 5:00 pm through August 7.

July

- 18 Men's draw pairs tournament, 9:00 am
- 22 Cable Car Classic at San Francisco
- 27 Painting the backboards, contact Bob Leonard at bobjoyopa@pacbell.net to volunteer

August

- 1 Women's Singles tournament
- 2 Henselite demonstration, 1:00 pm
- 3-7 NO DRAW GAMES DURING THE NATIONAL SENIOR GAMES
- 11 Board meeting, 12:30 pm
- 22 Australian BBQ after bowling. Draw games, 2:30 pm
- 29 Women's Draw Pairs, 9:00 am



Coach's Corner

Rink Boundaries

As you know, the white boundary markers are about two inches wide. So where is the actual edge of a rink? The answer is, the center of each white marker. Therefore, if any part of a bowl or jack covers the center of the white marker, even if it is only 1% or 2% of the bowl or jack, it remains in play. There is a special mirror in the equipment cupboard used to check a "close call" although this would normally only be used in a tournament.

Setting the Mat

A reminder for new bowlers (and some not so new!). When setting the mat, the best way to get it centered is to step onto the green and face the ditch at the end you are standing. Then, holding one end of the mat in both hands, lay it on the edge of the green with the middle in line with the center yellow marker. Walk backwards about 6 to 8 steps so that the front edge of the mat is at least 6 feet 6 inches from the edge of the ditch and lay it down.

When you have rolled the jack, stand in the middle of the mat to center it. You cannot center it accurately if you are standing to one side.

— John Hickson



The PALBC to Host Lawn Bowling for the National Senior Games

This has been a great opportunity to promote our sport and improve the name recognition that we lack. It does mean that our green will be fully occupied from August 2 to 6. On August 7 we will be having an open bowling day including lunch for members and guests. See Terry Hogan if you are interested in participating that Friday.

The poor economy has deterred many visitors from coming to the Senior Games from long distance, including our sport. Still, there should be close to 10,000 visitors in the area over a two-week period. Plan on visiting the Village near the Stanford Football Stadium and being a spectator at one or two of the 18 sports. It will be inspiring. You may even see the first 100-year-old entry in the 100-meter dash.

Visit 2009seniorgames.org for event information or to find out how to volunteer.

Please come by the green during the four days of competition. Terry Hogan and John Hickson, the Sports Chairs, will appreciate the support.

Keep Cool in Summer Heat

We can enjoy these summer days on the green but we must be careful when temperatures soar. All of us need to be aware, but those of us 65 or older have special concerns. Our bodies do not adjust as well as younger people to extreme heat. With chronic conditions such as heart or blood pressure concerns, for example, our body's normal response is diminished. Cardiovascular patients are particularly vulnerable to problems with heat. In addition, several different medications can impair the body's ability to regulate its temperature or can inhibit perspiration. Check with your doctor or pharmacist if you are not sure. Being substantially underweight or overweight can affect our response also.

Staying Cool

Pay attention to weather reports. You can protect yourself by considering whether it is wise for you to bowl if the temperature rises up into the 80's. At our club if temperatures are over 80 degrees, the Draw Master or Tournament Director will announce if the number of ends is to be reduced to 10 or 12. If the temperature is 90 or above, there will be no draw games but individuals can choose to bowl at their own discretion. (This was agreed at the PALBC Board meeting on July 7.)

On hot days, staying hydrated is absolutely key! Drink whether you feel thirsty or not! Drink cool non-alcoholic and non-caffeine beverages often—every half hour or so. Remember that extremely cold liquids may cause cramps. Put a couple of bottles of water into your bag. Roll out the cart from the club kitchen with the big thermos of water so it is near the mats and easy to get to. Wear cool lightweight

and light colored clothing and a hat. A wet neck scarf is cooling. Get in the shade whenever you can. Encourage others to be do the same.

First Aid

If you're feeling fatigue, weakness, headache, dizzy, have dry flushed skin, a lack of sweating, or anything unusual, tell someone, withdraw from the game, and get into the shade immediately! You'll need fluids (ask your doctor or pharmacist if its OK to drink Gatorade) and a cool wet towel or ice pack to help cool down and another bowler will be happy to help you. Let's all be aware and ask if we think someone else is having these problems and needs help.

It is wise to talk with your physician. If you've had a significant heat problem, you are more likely to experience heat-related illnesses again. The fatigue can last for several days.

Serious Problems

Sunstroke or heatstroke can be very dangerous even life-threatening. More serious symptoms can occur such as confusion, loss of consciousness, seizures, or heart attack. These problems necessitate a call for immediate medical assistance (911) while trying to cool the affected person in a shady area. Someone should get the person's medical card from the Health Record Box on the kitchen windowsill which lists emergency information. Call the contact person listed and keep the card with the person so that Emergency Room staff can contact the personal doctor if needed.

We love bowling year round. On hot summer days, let's keep these heat concerns in mind and stay healthy!

— Nurse Sarah, Health Chairperson

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