



# Gutter News

Volume 3 Issue 4

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## HAPPY HOLIDAYS!

### Message from the President

**Gary Hesselwood:** On behalf of the Executive, I would like to thank all the volunteers who make the sustainability of our league possible. I wish all of our bowling family a safe and restful holiday season.



**NO BOWLING  
DEC. 23 – JAN. 3  
Resume Jan. 6<sup>th</sup>, 8<sup>th</sup> & 10<sup>th</sup>**

## HOLIDAY BRUNCH A HUGE SUCCESS!

The annual Christmas brunch and show was a huge success! The food was great, the entertainment was fun, and a good time was had by all. All of the money raised was donated to the PWA Foundation of Toronto. A whopping 317 lbs of food was collected! We thank all who participated for their generosity and caring. Well done everyone!

**Mega Raffle Winners from Left to Right: David Wilson, Gary Hesselwood, Robert Graham, and Jon Barnes.**



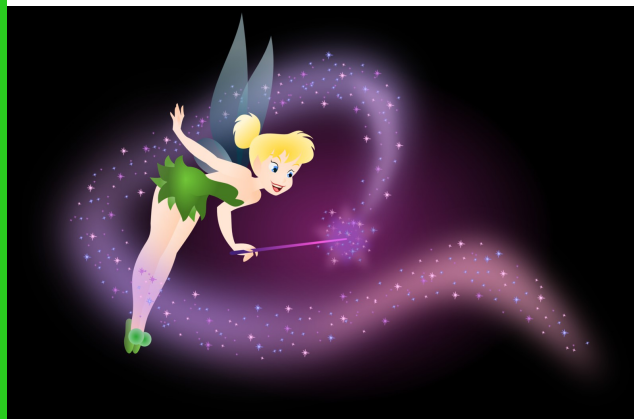
### ON THE LANES: December Babies

- Dino Bavaro
- Geoffrey Brown
- Anton de la Riviere
- Sanaa Elkhatabi
- Francis Henne
- Sandra Lieberman
- Mario Mathieu
- Alan Norman
- Bill Patterson
- Cathy Ramnarine
- Russ Rui

## Professional BOWLING TIPS

1. Concentration is listed first, because without it, the rest will not happen. Stay focused throughout your approach and release.
2. Where to Stand: You need to experiment with the proper spot. If you are doing well, take notice of where you are standing and stand there each time. The lanes are marked to assist.
3. Shoulders Square & Back Straight: Keep your shoulders square to the foul line. A “dropped” shoulder will send the ball wide. Keeping your back straight is probably one of the most difficult things to learn. It’s instinctive to bend over when you set down a 14-16 pound object.
4. Arm straight & near body: A slight bend at the elbow to obtain lift is alright, as long as the inside of your elbow is pointing down your lane. Keep your wrist straight as well.
5. The Slide: Maintain your balance for proper ball delivery. Keep both your approach and your subsequent slide perpendicular to the foul line, at all times.
6. Knees Bent: Stay down at the foul line with knees bent as far as possible (and comfortable) as you release the ball.
7. Follow Through: Freeze your arm after you release and check its position. Your hand should be about head high, & thumb should be pointing over your shoulder.
8. Watch the ball cross your mark: “Hold that pose” until your ball crosses over that mark. This will ensure that you are not rushing out of your approach.
9. Second Ball While many folks aim for the arrows with the first ball, they may aim for the actual pin(s) with the second ball. If you do this, do not take your eyes off the pin(s). Your ball will follow your eyes.
10. HAVE FUN: Remember, you don’t need a 200 average to have a great time!

**Tinker Bell’s Absolute,  
Most important Bowling Tip:  
\*\* Fairy dust helps. \*\***



### **IMPORTANT DATES:**

**THBS In-House Tournaments:**  
December 6<sup>th</sup>, 9<sup>th</sup> & 11<sup>th</sup>

**MLC Bake Sale Dates:**  
December 6<sup>th</sup>, 9<sup>th</sup> & 11<sup>th</sup>

**MLC tournament:**  
Aug 11-13<sup>th</sup> 2017.

For more information:

[www.mapleleafclassic.com](http://www.mapleleafclassic.com)