



THBS Monthly

Volume 1, Issue 3

November 2014

Inside this issue:

THBS Results!	2
40 Over!	2
Weekly Draw Winners!	3
The 200 Club!	3
November Birthdays	3
The Classic Corner	4
Bowler of the Month.	4
The Executive	5
Oh Dear Gabby!	5

A Few Bowling Tips!

1) Concentration is listed first, because without it, the rest will not happen. Distractions, problems at home, school, or work, discomfort (such as tight clothing), etc. all contribute to a loss of concentration. Take the extra time (count to four); this will help you to slow down and concentrate.

Stay focused throughout your approach and release.

2) Where to Stand:

The placement of your feet at the start of the lane will impact where the ball goes. You will need to experiment with the proper spot. If you are doing well, take notice of where you are standing and stand in the same spot each

time. The lanes are marked to assist.

3) Shoulders Square & Back Straight:

For consistent deliveries, keep your shoulders square to the foul line.

A "dropped" shoulder can send the ball wide, every time.

Keeping your back straight is probably one of the most difficult things to learn how to do automatically. It's instinctive to bend over when you set down a 14-16 pound object, but it is very important to keep your back reasonably straight for a consistent delivery.

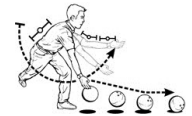
4) Arm straight & near body:

perishable food items for the PWA Food Drive.

Our Mega Raffle Winner will be determined!

We shall see you all at Woody's on Saturday, November 22nd. Doors open at noon and brunch is served at 12:30pm

Tickets are now available for



Bending your arm at the elbow and swinging it away from your body are main contributors to a low scoring game. A slight bend at the elbow to obtain lift is alright, as long as the inside of your elbow is pointing down your lane. Try to keep your wrist straight as well.

5) The Slide:

You absolutely must maintain your balance for proper ball delivery.

In order for this to happen, you have to keep both your approach and your subsequent slide perpendicular to the foul line, at all times.

More tips to follow in our next Newsletter!

The X-Mas Brunch | PWA Food Drive

Our Brunch last year was great fun for everyone! A great time was had by all!

We've ordered the food, we've organized a great show, we've got GREAT Prizes and Santa is coming! Photos are \$5.00 with proceeds going to PWA.

Don't forget to bring non-

purchase @ \$25.00 per person. See Patrick to purchase yours!

If you have Friends that wish to see the show only, we suggest they make a \$5.00 donation at the door for the PWA.





The THBS Game: Results!

"The High Bowling Score (THBS) Game"

We've hosted our second monthly THBS Games and the winners are in! Congratulations to the following bowlers:

Wednesday: Klaus Pandel (299), Justin King (283), David Maxwell (258), Eugene Palermo (257), Jim

Foley (254), Ankur Malhotra & Kevin Matchett (253).

Friday: Klaus Pandel (277), Anton de la Riviere (272) and Gary Lisiak (262).

Sunday: Jason Schneider (267), Jeff Madgett (263), Alan Bates (260) and Bill MacCormick (258).

For the cost of \$5.00 to enter, your best score with handicap out of the three games you bowl will be the one used to determine who has won. For each five entries, we will pay out one winner.

November dates are the 19th, 21st and 23rd!

40 Over!

The following list of bowlers have all achieved 40 Pins over their averages since the start of the season to end of October:

Wednesday: Liat Amitay, Dino Bavaro, Dave Beauchamps, Giles Borland, Barbara Cadotte, Rene Chow, Pat Cronin, Jerry Dewar, Sanaa Elkhatabi, Larry English, Mike Epps, Kevin Galbraith, Howard Goldman, Robert Graham, Dean Gray, Garry Hesselwood, Donald Hicks, Ali Hirjee, Bill Hurley, Dan Ireland, Justin King, Brian Kirby, Lynn Lehmann, Allan MacDonald, Ankur Malhotra, Lawrence Masson, Kevin Matchett, Patrick Mathieu, David Maxwell, Chris Mayell, Rob Miller, Reg Monaghan, Chuck Nekrasoff, Kim Newman, Steve Noble, Eugene Palermo, Klaus Pandel, Tim Patriquin, Joy Patterson,

Alan Peterson, Steffen Ploeger, Greg Powers, Francisco Ricord, Troy Ritchie, James Sevcik, James Stoneburrows, Dave Underhay, Paula Weafer, Nancy Webb, Steve Wilson, Jon Wollaston, Melanie Wynne, Ricky Yorke, Markos Da Silva, Rick Sleaver, Mike Richardson, Stephen MacDonald, Emma Surich.

Friday: Nicole Bourassa-Burke, Jose Bustamante, Claire Davey, Anton de la Riviere, Kevin Dennis, Mike Ferguson, Joyce Frost, Jim Geens, Gary Hesselwood, Brian Kirby, Sandra Lieberman, Gary Lisiak, Patrick Mathieu, Ron McGee, Greg Middleton, Stephanie Naugler, Klaus Pandel, Charles Petrasthuk, Annette Pivnick, Rose Scher, Ian Sinclair, Dave Underhay. Margi Wallace, Bridget Willis,

David Wilson, Bill Patterson, Gord Whitney, Tom Blair, Louie Leveille, Alan Peterson, Stephen Park.

Sunday: Alan Bates, Dave Beauchamps, Terry Brewer, Dan Carter, Tony Desmond, Jason Dickson, Robert Graham, Jay Hellemann, Jean Lalonde, Bill MacCormick, Jeff Madgett, Patrick Mathieu, Rick Morton, Michale Newman, Anthony Palmer, Rose Scher, Gary Schinking, Jason Schneider, Jenny Tham, Matt Snyder, Dave Underhay.

Congratulations to all of you!

If you have not received your 40 Over Pin, please let your respective VP know and they will be more than happy to present it to you.

Our apologies for any misspellings of your names!

"Way to go!!"

50/50 Strike Pot and Mystery Score Winners!



**Winner!
Winner!
Chicken
Dinner!**

drawn and you bowl a strike, you win 50% of the pot.

Mystery Score cost is \$2.

Scores are pulled randomly at intermission. If the score of your first came matches the score that is selected, you win 50% of the funds collected unless there is multiple winners.

Congratulations to the following October Strike Pot Winners:

Wednesdays: Patrick Mathieu \$56,

Fridays: Patrick Mathieu \$38, Gary Hesselwood \$23, Patrick Mathieu \$156.

Sundays: No Winners to date.

Our Mystery Score win-

ners have won a range of \$17.00 up to \$74. October winners: Jerry Dewar, Liat Amitay, Will Bragg, Debbie Marchment, James Sevcik, Michale Newman, Alan Bates, Anton de la Riviere, Dee Viau, John Barnes, Lance Sibley, Kevin Dennis, Dan Carter, Stan White & Kim Newman.

Proceeds from the Strike Pot and Mystery Score help fund the Year End Awards and Banquet.

You can't win if you don't participate!

50/50 Strike Pot costs \$2 for a small strip and \$5.00 for a large strip. If your ticket is

The 200 Club!

The following members have joined the 200 Club in October!

Wednesday Session:

Kevin Galbraith (206), Gary Hesselwood (237), Dan Ireland (202), Patrick Mathieu (215), Chuck Nekrasoff (223), Klaus Pandel (204), Tim Patriquin (220), Ron McGee (211), Ste-

phen MacDonald (200) Liz Perry (215)

Friday Session:

Claire Davey (248), Anton de la Riviere (220), Gary Hesselwood (233), Charles Petrasthuk (203), Ian Sinclair (221) Dave Underhay (211), Gord Whitney, (214) Tom Blair

(204), Louie Leveille (215)

Sunday Session:

Jay Hellmann (244), Jeff Madgett (214) Jason Schneider (207), Dave Underhay (201).

Great bowling!

"Superstars!"

Our November Babies!

Happy Birthday!

Jacquie Van Dyke (Nov 4)

Bridget Willis (Nov 6)

Chuck Nekrasoff (Nov 8)

Jim Lefort (Nov 9)

Giles Borland and Mike Ferguson (Nov 10)

Doug Lewicki (Nov 11)

Sylvia Videvik (Nov 12)

Tom Blair (Nov 13)

John Doohan (Nov 18)

Patrick Mathieu (Nov 19)

Donna Calhoun (Nov 21)

Rick Sullivan (Nov 23)

Jay Hellemann (Nov 27)

Stephen MacDonald (Nov 30)

Our apologies to anyone that we may have missed. This list is compiled with info from the registrations forms.

NOVEMBER BABIES



The Classic Corner!



The Maple Leaf Classic (MLC) is an annual bowling tournament organized by members and friends of the THBS. It draws a multitude of participants from the International Gay Bowling Organization (IGBO).

Friends of MLC Toronto, we are still strong and will continue to hold some fundraising events over the next couple of years with potential plans for a tournament in August of 2016; more details to follow.

We would like to thank the THBS Executive and Members for their continued support as well as our out of town friends and families.

We are looking for bakers to bake 100 pieces of your favorite cookie, square or treat to donate for our

annual cookie tins.

If interested, please speak to Bill Downey or Will Bragg or email

williampinky1963@rogers.com

The bake sale dates are December 3rd, 5th and 7th. Cost for a tin is \$10.00

Thank you all our friends,

In Friendship, Fellowship and Unity,

The MLC Committee

Bowler of the Month!

Each month we will feature one or two of our bowlers and ask them to answer a few questions.

This month we are featuring a Sunday bowler; Jude Power, a long time bowler in all three sessions.

When did you first join THBS and what prompted you to join?

I joined THBS approximately 12 years ago at the prompting of a dear friend Jerri Aldred.

What is your favourite memory (ies) of the THBS?

The year I won the President's Award and participating in all of the No Tap and MLC Tourna-

ments. These are always lots of fun.

What advice would you give to new bowlers?

Come once and you will want to join as you will meet so many wonderful people and before you know it, you have a new "Family" and people that make you feel great about yourself.

What's your favorite THBS Event and why?

The Annual Christmas Brunch is a chance to party during that special time of the year and to get caught up with bowlers that no longer bowl in the league.

This also provides us a chance to donate to our community which is a big part of the THBS.

What's your most embarrassing THBS Moment?

My many embarrassing moments at THBS is mostly when I forget to let go of the ball and end up in the alley on my ass or on my chest! Trust me, this has happened to me so often that I've lost track of the count!

Want to be featured in our next edition? Let us know via

info@thbs.ca



Your 2014-2015 Executive

Fostering "Friendship, Unity and Sportsmanship"

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Patrick Mathieu, President
Klaus Pandel, VP Wednesday
Anton De La Riviere, VP Friday
Tony Desmond, VP Sunday
Alan Bates, Secretary
Nora Axbey, Statistician
David Wilson, Treasurer
Giles Borland, Event and Sponsorships
Coordinator

Non-Executive:
Blake Simmons, Web Site



Oh Dear Gabby!

Dear me, Girls and Boys,

It's that time of year again, the days are getting colder and the nights are getting longer, and I survived another year of my grandchildren eating too much candy.

At this time of year, I always like to take a moment to reflect on the past, and hope for the future.

I received a few titillating questions from bowlers, yet only one from a fellow lady bowler.

Come on ladies, don't be shy, be like me.

Dear Gabby,

I love bowling, and I love my team, but there's one guy who talks about his sexual exploits very loudly, and obnoxiously. This is not what I come to bowling to hear, and it's making me really awkward.

Am I a prude?

Dear Prudence,

It's good that you come out to play, and so important that you are comfortable in your environment. Being an inclusive league means us all getting along, despite our differences. I have a pretty good idea who you're talking about, and let me tell you, some of those stories have even made lil' ole me blush something terrible, what a dirty, dirty boy!

Sometimes people don't realize they are being insensitive to those around them, I feel confident that if you just spoke to this Casanova about his behaviour, you'll really open up his eyes.

I'd love to see you smile again, and I bet so would he.

Dear Gabby,

I share a locker with a friend, and I'm

horrified by how smelly my bag has become (I think it's my shoes).

What can I do?

Dear Stinky,

Welcome to the bowling club. Smelly shoes are like being screeched in; there's nothing nice about it, but it's probably going to happen at some point. The good news is that there are a variety of easy fixes for this.

There is the tried and tested cat litter in a sock, but for the more refined person (like me), a Posey of dried rose petals, lavender and some lavender oil in an attractive laundry bag does nicely. I might add cedar wood and cloves if I'm feeling more adventurous.

You'll be walking on a bed of potpourri.

To submit your questions to Dear Gabby simply send them off to info@thbs.ca