



WICKS

FEBRUARY 2009

PALO ALTO LAWN BOWLS CLUB

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WINTER HOURS

Tuesday, Thursday

Saturday and Sunday

1:30 pm

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Winter Friendship Bowling, a Success Story

2009 with its mild winter allowed the playing of four extra weeks of Friendship Bowls. Palo Alto lead the way on week one of a month of light competition bowling. The other venues, being SJLBC, SVLBC and SFLBC. With a small \$3 fee, as many as 40 players attended, playing for small cash awards to the victors. The sun even shown on the crowd at San Francisco's, Golden Gate greens. The plans are being made to repeat this rotation again next year.

Perhaps a couple more clubs will join into the rotation, giving the bowlers even more Wednesdays to play in 2010. If you didn't have a chance to play this year, make an effort to visit and play at one of our neighboring clubs next year. New friends were made, conversations were had, and many smiling faces were seen. Hope to see your smiling face there next year.



Jeff Carlick captured serious bowlers on a warm sunny day. Remember when the days were warm and sunny?

Six More Weeks of Winter Bowling?

Punxsutawney Pete may have ducked back into his den after seeing his shadow, but we celebrated Pete's big day with a full green and an even bigger group for dinner and games after bowling.



Ginger Harris organized the evening and she and Grace Griffiths prepared a fun meal of baked potatoes (didn't they look a little like groundhogs?) with delicious toppings.

A surprise came with dessert. Peter Danner found an 8 mm film of club

members from forty years ago going through their paces. It has been a long time since women bowled in dresses. Bill Wolfinger provided a projector for this historical look at the club. The can identified this as "film no. 2." It would be nice if film number one turned up sometime.

After dinner, some very enthusiastic singing and the movie, about 20 people stayed to play games including a new game created by Sherron Koenig's family, called "Dime It."

The Contact Crew

One of the following wonderful members (Roberta Durham, Ted Brown, Bea McConachie, Doreen Pereira, Sundri Alim, Nancy Heubach, Linda Jensen, John Ralston, Dan Rehor, Helen Brady, and Ann Walker) will be contacting each of you about social events when we need to know how many are coming. Please make their job easier by responding promptly whether you're coming or not.

As we get new members, we will need a couple more "contact-ers." If you could help out in this way, please let me know. Thanks so much.

Who Will Be the “Master of the Jack”?

Master of the Jack you ask? What is this all about? This is a new event dreamt up by the club’s Tournament Chairman, Bud Birkenseer. How does it work and why do you want to participate?

You want to participate because it will be a FUN competition and help you improve your bowling skills. Once you are hooked on this challenge you’ll want to practice more so you will be “Master of the Jack.” This is how it works:

The object of the game is to test your ability to lay your bowl on the jack (roll your bowl close to the jack). This is the same objective as the player who bowls in the position of “lead.” You will have four bowls to make four shots at the jack. You will need a witness/measurer to help you record the distance from each bowl to the jack on a Master of the Jack scorecard. The final result is the total of the four distances each bowl is from the jack.

There will be a simple Master of the Jack scorecard for your witness/measurer to fill out, which both of you will sign. This filled out scorecard will be placed in the Master of the Jack box located by the phone in the clubhouse.

Here is an example of one Master of the Jack session. Find another person who also is participating in the contest who will act as your measurer and fill out a scorecard. Roll and set the jack. The distance from the mat to the jack isn’t important as long as it is a legal distance. You roll all four of your bowls, your witness measures each bowl’s distance from the jack and records it on the scorecard. For example, if you had all four bowls each exactly two feet away from the Jack, your result would be 8 feet 0 inches for this attempt.

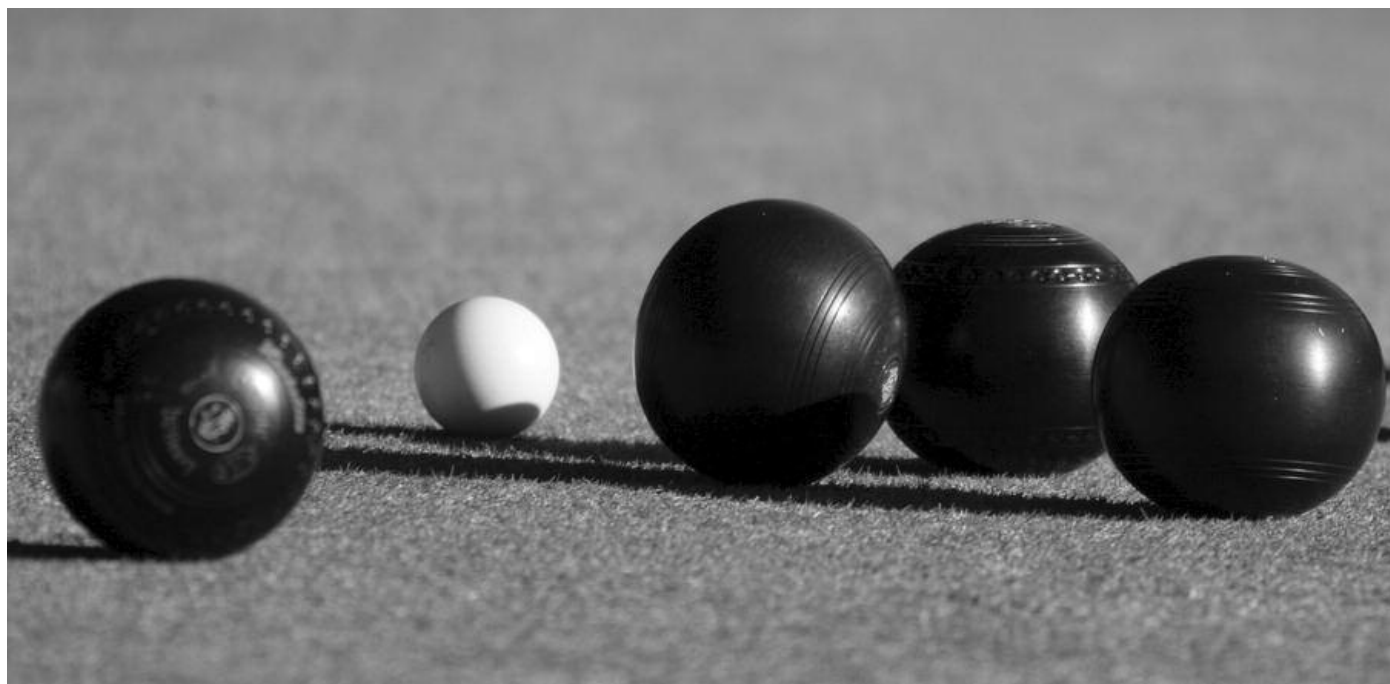
Everyone is limited to four official attempts each month. When you make your first attempt for the month, you will be given four scorecards. You are responsible for your own scorecards. Lose the scorecards you lose your opportunities for any more attempts that month. You and your measurer must sign and turn in the scorecard to have your attempt counted.

Of course you may practice as often as you would like. If you choose to make all your attempts on the same day, the jack must be reset for each attempt. Once your scorecard is filled in and you have rolled your first bowl, it counts as one of your four attempts for that month

The Master of the Jack standings chart will have the top ten measures posted on the wall, for all to see! The best (shortest total measure) will be at the top. At the end of the month, the person’s name with the best total will be posted as Master of the Jack for that month. Then a new chart of measures will be posted and we’ll start a new contest for the next month.

Your name will not be listed more than once on the top 10 list. So if you were on the list with your 8 foot measure total and were in 6th place on the monthly list, then you had another try which was good enough to be in 8th place, that measure would not appear on the list. If you came in with a measure that was better than your previous 6th place position your new measure would be posted and your 6th place position would be removed. Your name can only appear once on the top ten list.

The hope is that many of our club’s members, especially new members, will participate and enjoy practicing in this fun way. Also, with a bit of luck your name will appear in *Wicks* as Master of the Jack.





Coach's Corner with John Hickson

Why do so many bowlers have a problem keeping a consistent line? One reason is a lack of balance.

Next time you are on the green, see how many bowlers do not stay in the delivery position for 2 or 3 seconds after releasing the bowl. They take another step or two forward, sideways or backwards (sometimes even as they are releasing the bowl!) which throws the delivery off line because their body was not in a well balanced position to start with.

The remedy:

1. Stand behind or on the mat facing the aiming line. Then check your grip, lock your wrist and visualize the length of the delivery you are planning to bowl.

2. Now, once you are on the mat, ensure you have a well balanced upright stance, with your body weight distributed evenly over both feet (you can flex your knees). Check that your delivery arm is in position to follow the bowling line with a pendulum motion.

3. Once you have done this, don't delay any longer. Begin your backswing and as you take a normal walking step forward (don't over stretch) towards the aiming line, commence the forward pendulum motion in the same direction, as you bend your knees.

4. To maintain good balance, the pendulum arm swing must be a continuous action that travels back and forward at the same speed.

5. The bowl should be released smoothly onto the green, 4 to 5 inches to the side and 6 to 8 inches in front of the leading foot, with the arm following through on the delivery line. Both feet should remain in position for a further 2 or 3 seconds so you stay in a balanced position. Once the bowl is on it's way you can stand up and watch until it comes to rest.

6. Finally, as you step off the mat, note any problems with the last delivery which you may need to correct.

Preachers Corner

A friendly reminder to remove your bowls box or bag from the benches while playing. You can set them under the benches or back by the fence out of others way. Some players and visitors like to use the benches and it is always nice to have the seating clear.

Please remember to have your name on the board 15 minutes before the bell for draw games. If you will not be showing up until just before the draw, please call ahead to have someone place your name on the board. Thank you.

Women of the Club

I want to acknowledge our women. "Our women" sounds terribly possessive, like we own you. Well, we don't of course. We are all equals. You women are what make our club life whole, comfortable, and complete.

I admire how you all work together to pull off a complex event in such a cooperative way, not just once but many times over. And I admire your leadership roles.

You have and are giving me the gift of friendship. This is the best relationship I have had with women in my whole life. Thank you.

—Fred Hawley

What's Happening at PALBC

Paris Bistro Evening



Bon Soir. Julia and Jean will do their best to recreate a Paris Bistro at PALBC on March 14, 2009. The event will start with bowling at 2:30 pm. Hors d'oeuvres will be served at 5 pm and will be followed by a dinner of classic French bistro fare. Wear your beret or a Maurice Chevalier boater and enjoy an evening of Parisian bistro culture.

We anticipate the cost will be approximately \$20 per person. For more information as the date nears or to volunteer to help, please contact Julia Huot or Jean Wren.

Pizza Bowls Every Wednesday

Beginning March 25, we will start bowling on Wednesday evenings at 5:00 pm. Everyone is welcome to stay for a glass of wine/beer/soda and pizza. Cost is \$5 for pizza and \$1 donation for beer/wine. There is usually salad and sometimes dessert if someone wants to bake that day.

Pizza bowls is one of our most popular bowling events and runs through the summer until late September. Come join the fun!

Clubhouse Rentals

Did you know members can use the clubhouse/green for a private party for a flat fee of \$100. Of course, you open/lock up and leave everything as you found it. Great for family Birthdays and special events. Call Bonny at 650 326-1370 to reserve your date.

PALBC CALENDAR

February

- 21 Skills Games prior to Draw game, 1:30 pm
- 25 Clubhouse use by City, 2:00-5:00 pm

March

- 1 2 rinks private group, 1:30-4:00 pm
- 5 Board Meeting, 3:30 pm
- 14 Bowls followed by an evening in Paris, 2:30 pm
- 25 Pizza Bowls Starts, 5:00 pm
- 28 PIMD Opening Day in Oakland

First PIMD Events of the Year

Oakland is again hosting the opening PIMD tournament of the season. More than 20 members of our club attended the event last year. It was an enjoyable day and some of the Palo Alto bowlers came home with prizes.

Also nearby, San Francisco will be hosting a Women's Fives event in April.

See Peter Knopf for more information on either of these tournaments

Opening Day 2009

The Oakland Lawn Bowling Club will be hosting the first PIMD event of the year on Saturday, March 28. The format will be a 12-end triples game in the morning and the same in the afternoon.

For each game, teams will be chosen by open draw for all positions, skips to leads.

Cash Prizes will be awarded for each green, both AM & PM. Following the games there will be a social gathering with light refreshments where the results will be announced.

Women's Fives

The San Francisco Lawn Bowling Club will host this tournament on Saturday, April 25. The format will be 14-end rinks and 18-point singles in the morning followed by 14-end pairs and triples in the afternoon.

Five-member teams need not be from the same club.

Welcome to our New Member

Bruno Schwebel

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