



Lanes & Frames

Your GFUSBC Newsletter



www.gfusbca.org

Happy Holidays

From your

Greater Fredericksburg USBC Board of Directors



President

Paul Rumbaugh



Vice Presidents

Ben Jones

Terry Holloway

Brenda Chambers



Sergeant at Arms

Phyllis Massaro



Association Manager

Deborah Johnson



Directors

Larry Roath

DJ Johnson

Lou Massaro



[Meet the GFUSBC Board of Directors.](#)

FROM VICE PRESIDENT

Brenda Chambers

Greetings Fellow Bowlers,



I have been asked by the Board to introduce myself to the bowling community. My name is Brenda Chambers and I presently serve as the Second Vice President on the GFUSBC board. I am an area native born in the Fredericksburg area. After graduating from Courtland High School, I pursued a career in Nursing. Upon graduating from nursing school, I decided to go back to college and earn my Bachelors Degree in Business with a minor in Healthcare Administration. I presently work at Mary Washington Hospital and have worked there for over 15 years. My greatest achievements in life are my children, Taryn and Allen. As a single mom, taking care of two teenagers can be challenging but everyday they teach me as much as I teach them. My daughter is a freshman at VCU where she is majoring in Emergency Medicine. My son is a junior in High School. I like to bowl, watch NASCAR, and I love hockey – GO CAPS!

As for my bowling history, I first learned to bowl at age 11 when my mom got a job working in a bowling alley. During the youth league, I served as Secretary and was a Youth Leader. I was named Vir-Mar District Bowler of the Year during my youth bowling days and also served as a Youth Director for the Vir-Mar District where I was in charge of running the 175 average and over tournament. I was elected to the Fredericksburg Area Women's Bowling Association where I served as both Director and Vice President. Most recently, I served on the transition board that helped to establish the Greater Fredericksburg USBCA. In my second term as Vice President I assist the Association by serving as the Chair of the Scholarship Committee, The Registered Volunteer Services Program and the Annual Workshop. I also help with the Open and Youth Tournaments and serve as the Lane Representative for Liberty Lanes at Massaponax.

One of the highlights of my bowling is the wonderful group of youth bowlers that I am fortunate enough to coach every Saturday morning as the Youth Director of the Saturday Youth Legends League at Liberty Lanes Massaponax. It is quite easy to get attached to the kids and they become a part of your life very quickly. The youth, ages 4 to 21, participate in many fun activities and bowling tournaments. Last year, over \$ 15,000 was raised to send 36 of these young bowlers to the Youth National Tournament in Buffalo where they came home in First Place as Division 4 National Champions! This year we have set our goal to \$ 20,000 to send the youth to the Nationals in Detroit, Michigan. You can assist us by showing your support during our many fund raising activities this year, as well as, sponsorships and personal donations.

You may ask why I promote the youth bowling program. It is because the youth today are the bowlers of the future. It is because they get the opportunity to learn the sport of bowling, proper sportsmanship and make friends that will last a lifetime. It is because the program is a large extended family consisting of youth, parents and coaches who support each other. I do it.....just because.

From the Association Manager....

Wow! As I sit here writing this article, I am overwhelmed by so many memories and a little sadness. As you have probably heard, I have submitted my resignation as Association Manager to become effective December 31, 2007. The decision was made based on the fact that my husband and I have decided to relocate back to Washington State. Our desired moved date is sometime this summer. However, that depends on selling our house – wish the market were better!

All league secretaries received written notification of my resignation and a position-posing flyer to circulate to their leagues so anyone interested in the position could apply by the deadline. Although I will certainly be in the area for sometime and plan to support the board in any manner I can be effective in, I felt submitting my resignation early better serves the association and members. It will allow a smoother transition and longer training and mentoring period for the new manager.

Please be assured that the Greater Fredericksburg USBC Association is dedicated to finding a qualified replacement who will serve the members and board well. Until everything is finalized and a full transition has taken place, please continue to use the current address and phone number for any association business. As soon as the board has appointed a new manager, the league officers will be notified of the new contact information.

The past eight and half years have been some of the most rewarding and fulfilling years of my life and I have worked with some very dedicated people who give their time freely to a sport they all love. I have had the great pleasure of seeing not one but two associations chartered in our area and have had the privilege of serving both beginning with Fredericksburg Area WBA as first a Director, then 1st Vice President, and finally Association Secretary for the final five years of its short six year existence. With the formation of USBC, I served on the Transition Board gathering signatures for the release of the ABC members from Nation's Capital Area BA to enable us to form our own merged USBC association serving the men, women, and youth of our area. Upon receiving the USBC Charter for the Greater Fredericksburg USBC Association, I became the first Association Manager. Somewhere in those eight years I also served as a Director for a year and half on the Virginia State WBA Board of Directors and have represented our association at both State WBA and BA annual meetings and jamborees along with annual VSWBA workshops and the 2007 USBC annual meeting in Nashville, TN.

I thank each and every one of you for allowing me to have all of these fantastic and rewarding experiences – I wouldn't trade them for anything. Now that I think about it, what the devil am I going to do with all this free time?

See you on the lanes,

Deborah Johnson
GFUSBC Association Manager




Pssst. Did you hear about the bowlers in the *Thursday Knights League*. **Cory Oakford** with a 175 average bowled a 690 series, **Mike Zemore** shot a 704 set and **Lottie Gorham** hit a 710, including a 290 Game.

The Hearing Aid Place



Stephanie McMillan
Hearing Instrument Specialist

See coupon on this page 

2601 Princess Anne Street

Fredericksburg, VA 22401

E-mail hcaringaidplacc@aol.com

540.371.2333

fax 540.371.8226

toll free 888.371.2333



"Hear Better in 2008"

Show me you are a bowler and I will take

\$ 500 off a set of **Digital Hearing Aids**

Plus

Use this coupon by January 31, 2008 and receive

FREE BATTERIES FOR 1 FULL YEAR!

(Maximum of 100 Cells)

2007 Association and State Tournament Results

Greater Fredericksburg USBC Senior bowlers took their game to Liberty Massaponax for the 3rd Annual Greater Fredericksburg USBC Senior Doubles and Singles Tournament in November. Congratulations to all the competitors. The following is a list of teams and individuals who took home cash awards.

Men's Doubles Team

1. **Robert Frey and Ralph Austin** (*This is their second title having won in 2005. Way to go men.*)
2. Larry Crawford and DJ Johnson
3. Robert McGann and Bill Riley

Women's Doubles Team

1. **Diane Graber and Della Thacker**
2. Diane Cooper and Airy Taylor

Mixed Doubles

1. **Patricia VonNieda and William VonNieda**
2. Pat Leidig and Bob Leidig
3. Linda Brooks and Kenneth Brooks

Men's Singles 65 & Older

1. **George Martin Jr.**
2. Harry Charity
3. William Leighty

Women's Singles 65 & Over

1. **Maude Edward**
2. Nell Allen-Rollins
3. Pauline Husted

Men's Singles 55-64

1. **Robert McGann**
2. Robert Frey
3. Dick Jaco
4. Ron Dawson

Women's Singles 55-64

1. **Barbara Brookman**
2. Linda Brooks
3. Clare Painter

Mens All Events 65 & Older

1. **George Martin**

Women's All Events 65 & Older

1. **Diane Cooper**

Men's All Events 55 to 64

1. **Robert McGann**
2. Robert Frey

Women's All Events 55 to 64

1. **Barbara Brookman**

THE VIRGINIA STATE USBC WBA SENIOR TOURNAMENT WAS HELD IN NORFOLK THIS OCTOBER. MANY OF OUR GREATER FREDERICKSBURG USBC MEMBERS PARTICIPATED AND SOME DID VERY WELL. CHECK IT OUT.

THE MEN.

Bobbie Phillips and DJ Johnson placed 2nd in Doubles Handicap. They made enough prize money to offer small loans.

Larry Gonzales and Larry Crawford made a couple of bucks in the 65 to 69 Singles Handicap division. Must have helped to be named Larry however it did not give me any money back. They both must be right handed. **Larry Gonzales** also place in All Events, 65 to 69.

THE WOMEN.

In the women's events only one local got the cash this time around and that was **Gloria Fowler**. Nice going Gloria.



ROBERT McMILLAN, Proprietor

RDM CUSTOM PAINTING

rdmcustompainting@yahoo.com

540.845.8845
Licensed & Insured

TALK ABOUT HONOR SCORES!!! SURE, WHY NOT?

These are the scores we can talk about and congratulations goes out to all.

800 SERIES

Paul Rumbaugh (813)
 Robert McMillan (824)
 Randy Lewis (824)
 Derek Rathburn (855)
 Pete Gunn (802)

300 GAMES

Bruce White
 John Zentner
 James Latney
 Robert McMillan
 Randy Lewis
 Rick Lawson
 Derek Rathburn
 Edmund Johnson

299 GAMES

Robert McMillan
 Larry Roath

298 GAMES

Glen Tignor
 Pete Gunn

11 in a ROW

Keith Clark
 Doug Dickson
 Keith Gray
 Cecil Franklin



The Bowlers Edge - Mental Focus / Take a Deep Breath

(Bowl.com and USBC Coaching provided this tip)

“Diaphragmatic breathing helps you stay physically relaxed and helps the mind focus”.

Before your shot take a deep breath in through your nose and exhale through your mouth. Some people prefer to do this before stepping on the approach while others do this as they're getting into the stance position.



YOUTH CHAMPIONSHIP TOURNAMENT GETS ADDED PRIZE MONEY FROM LEAGUE DONATIONS.

Three leagues donated a combined total of \$740 from their weekly 50/50 raffles towards the 2007-08 Youth Championship to be held at Liberty Center Massaponax in February 2008.

Many thanks go to the Merchant’s Mixed, Jet Setters and Friday Night Summer Mixed Leagues for their contributions. Because of these caring bowlers, the area youth competing in the Youth Championship will have a chance at larger scholarship awards. All prize monies won by a youth is in the form of scholarship funds managed by the USBC SMART program. SMART scholarship funds may be withdrawn for educational cost related to college, technical training, coaching seminars, etc.

If your league runs a 50/50 please consider donating a percentage of your yearly income toward this most worthwhile project. Contact the association office if you need further details or information. (540-775-2576)

**TEN IN THE PIT
PRO SHOP**

New & Used Ball Sales Resurfacing & Repair		Lessons by Appointment Professional Ball Drilling Terry Holloway Owner Cell: 540-845-6289 Home: 540-891-7083
---	---	---

4303 Bridlepath Court
Fredericksburg, VA 22408

**CONNIE GOURDINE
HAIR STYLIST**

BUS. 540-368-2944
 CELL 540-842-3578
 HOME 540-854-8478

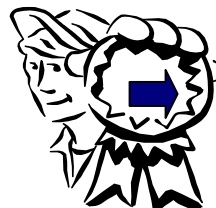
DOWNTOWN NAIL & HAIR SALON
 503 SOPHIA ST.
 FREDERICKSBURG, VA 22401

Handcrafts Designed by Jasa Wolfrey

**Handmade Greeting Cards
and Custom Decorative Gifts**

WWW.JASAWOLFREY.COM
540-288-1916





WOW, did you hear? The GFUSBC has collected \$590 for BVL. Shelley Surfer is responsible for \$537 of the total. She canvassed several leagues to collect that amount. WAY TO GO, Shelley!!!!



Youth News



Local Team Wins Adult/Youth No-tap Tournament

On Saturday October 27, 2007 several teams attended the adult/youth no-tap tournament held in Williamsburg. The local team of adult Richard Bergey and youth bowler David Armstrong came in first place. Once again our association fared well in tournament play. Way to go guys!!

David Armstrong Rolls His First 600

On Saturday November 10, 2007 youth bowler David Armstrong shot games of 207, 213, & 199 for a very nice 619 series. This is David's fourth year of bowling. He practices regularly with family members and it seems that his hard work is paying off.

Web Site started for Saturday Youth Legends

Saturday Youth Legends bowler and League Vice-President Bill Symonowski, aka Symo, established a web site for members of our association to visit. Look us up at saturdayyouthlegends.com.

Pepsi Qualifiers

For two weeks in November bowlers competed to qualify for a tournament hosted by Pepsi-Cola. One in every ten bowlers will be eligible based on scores bowled during league play. Pre-bowled or post-bowled game scores are not allowed during qualifying rounds. The following are first round qualifiers in each of the tournament divisions:

Boys 12 & under:	Michael Parker, Cory Bridges, & Caleb Crawford
Girls 12 & Under:	Shannon Pritchett & Kaylee Wallace
Boys 12 & Older Handicap:	David Armstrong, Tom Brady, Allen Chambers, Cory Gray, & Tyler Nobles
Girls 12 & older Handicap:	Jessica Callahan & Megan Rebennack
Boys 12 and older scratch:	Nick Biggs
Girls 12 and older scratch:	Brittany Reynolds.

There will be a second and final round of qualifying in February 2008.

Fund-Raising Events for Youth Attending National Tournament

On Sunday December 2, 2007 the Saturday Youth Legends hosted a **fundraising bingo** game at Marshall Center in Spotsylvania. The event was to help raise funds for the youth bowlers attending the National Tournament in Detroit, MI. The affair was the brain trust of parents Lynn Mills and Susan Parker. Youth bowlers, parents and coaches assisted them in putting on this successful occasion with about 70 players attending. There were door prizes, gifts for bingo winners and a concession stand for snacks. All were donated!! The event was a huge success due to all the sponsors, the hard work of Lynn and Susan and our many volunteers. The event raised around \$1,800. **Another session is being planned for spring 2008.**

Thanks to all of you who participated and assisted with the cause. Some of the sponsors were **CVS, Liberty Lanes, Henn Golden Candles, Magical Vacations, Pampered Chef, Boy Scouts of America, Mary Kay Cosmetics, Thompson Florist, Carvel Cakes, and Mr. Brian Chatham.** Thank you for your support!



In **April 2008**, the Saturday Youth Legends Bowling League will host a **golf tournament** to raise funds for the youth bowlers attending the national tournament in Detroit, MI. The event will be held at **Cannon Ridge Golf Club in Stafford**. As of this printing, final details have not been worked out so please keep an eye out for information in the near future. If anyone is interested in being a hole sponsor, would like to donate door prizes or enter a team, please contact Dave Brady. (540) 898-1745 or e-mail PGFD075@yahoo.com).

Greater Fredericksburg

USBC Board

President Paul Rumbaugh
(540) 657-6952

Vice-Pres. Ben Jones
(540) 373-9414
Brenda Chambers
(540) 710-9804
Terry Holloway
(540) 845-6289

Sgt. At Arms Phyllis Massaro
(540) 854-0651

Association Manager
Deborah Johnson
(540) 775-4207

Directors

Larry Roath (540) 898-1403
DJ Johnson (540) 775-4207
Lou Massaro (540) 854-0651

Youth Committee

Errin Antwine (540) 659-3740
Morris Antwine (540) 659-3740
David Brady (540) 898-1745

Newsletter Editor Larry Roath
ldroath@comcast.net

Assistant Editor Peggy Roath
pwroath@comcast.net

The GFUSBC gets support from several members of the association but more volunteers are needed. We need help with tournaments, BVL collections, newsletters, Ways and Means, brackets and many other current and developing responsibilities. If you can step forward and lend a hand, please let any Board member know.

As newsletter editor, I am always looking for stories of unusual bowling stories or scores from league secretaries or bowlers.

Items like:

Triplicate scores by an individual or team.

First ever 300, 400, 500, etc. series

Career high games. (Not honor score since we already capture these events)

Humorous or unusual bowling stories from the bowlers themselves about a recent or past event.

I hope some of you can help me out with this endeavor. My name and contact information are listed to the left of this page.

Larry Roath – Lanes & Frames Editor

How about a newsletter ad? We reach lots of bowlers.

Business Card size \$15
Quarter page \$25

USBC Tournaments

Women's Tournament at AMF Fredericksburg
January 12th & 13th, 2008

20th Annual Virginia State Mixed Handicap Tournament
Charlottesville, Va., February 2-3, 9-10 & 16-17


Open Championship at Liberty Stafford
March 1st & 2nd, 2008

Youth Tournament at Liberty Massaponax
Feb 16th & 17th, 2008

VA St. USBC WBA 51st Annual Championship Tournament
Winchester and Martinsburg, March, April, May

VA St. USBC 56th Annual Handicap Tournament
Roanoke and Vinton, April, May and June

Special Thanks goes to Jackie McDonald, Peggy Roath, Jeff Smith, Carol Ruth, Shelly Surfer, Robin Mathews and all the women that work on the Friday Nights at AMF for their help with the September newsletter.

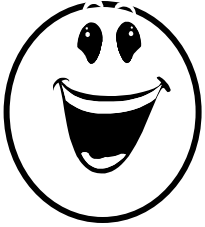


Robert Howard
District Manager

1223 Jefferson Davis Highway
Fredericksburg, VA 22401
robert@rtobestway.com

Office: (540) 368-0300
Fax: (540) 368-0306
Cell: (540) 220-6269

Tid Bits



At least one of the Thursday night Jet Setters had reason to be happy a couple of weeks ago. JoAnn Wright bowled her first 200 game . She rolled a 211 and word has it she was not even excited. **YEAH, Right.**



.....

The very lovely ladies of the Colonial Beach Ladies League at AMF collected \$227 in October and donated it to the “Strike for the Cure” fund to support Breast Cancer Awareness. Thank you ladies.

.....

??

Rules you might not know.

??

- ★ When a team pre-bowls or post-bowls un-opposed, **the opposing team can see the scores** of the team who bowled first at any time prior to or during their bowling session. No USBC rule prevents opposing bowlers from seeing pre-bowled or un-opposed scores.
- ★ If a team, by league rule, can have a roster that exceeds team strength for the league, **the roster members, not bowling, can substitute for other teams unless it is prohibited by the leagues rules.** See Rule 107
- ★ At the request of an opposing team player, **a league officer can require a bowler to stop using any material on his/her shoes or the lanes that helps his/her approach (slide).**
- ★ Altering the surface of a bowling ball by the use of abrasives while bowling in USBC competition is prohibited. All bowling balls so altered must be removed from the competition. **Further, The outer surface of any bowling ball cannot be altered with an abrasive after the start of competition. This includes balls that have not yet been introduced into play. Further, the start of competition is defined as the point the first ball is thrown by any participant for score. This also means between doubles and singles competitions. Bowlers may alter the outer surface of a ball during practice and not be in violation of Rule 18.**
- ★ It is a foul if a bowler sticks on the approach while releasing the ball and falls over the foul line. According to Rule 5a, a foul is committed when any part of a bowler’s body encroaches on or goes beyond the foul line and touches any part of the lane, equipment or building after executing a legal delivery. Footwear and clothing are considered part of the bowler’s body. **However, if the bowler retains possession of the bowling ball, a foul is not committed. Accessories, such as combs or pins that fall over the foul line do not constitute a foul.**