



Lanes & Frames

Your GFUSBC Newsletter

GFUSBC Annual Meeting

GFUSBC Annual Meeting

Saturday, May 6th 2006

Mark your calendars - The Greater Fredericksburg USBC will hold its first annual meeting on May 6, 2006 at AMF Fredericksburg. Registration begins at 12:30 PM and the meeting begins at 1 PM. This is your vehicle to have your voice heard.

There are five board positions up for re-election (1st VP, 3rd VP, Director #1, Director #3, and Youth Director #4). All board positions are two-year terms. Nomination from the floor may be made at the meeting with a completed application presented at that time. Applications are available on the web at www.gfusbca.org or you may request a form by contacting the association office at (540) 775-2576.

In addition, one-year terms for the following positions will be on the ballot:

2007 USBC Convention (Nashville, TN)	Delegates (2) and Alternates (2)
2007 VSWBA Annual Meeting (Richmond, VA)	Delegates (3) and Alternates (3)
2007 VSBA Jamboree & Annual Meeting	Delegates (3)
2007 VS Youth Jamboree	Delegates (2)

Anyone interested in submitting their name for a delegate or alternate position should send a letter to the nominating chairman stating their desire to be placed on the ballot.

(For more information see the Association Managers letter inside the newsletter).

From the Association Manager...

Membership totals continue to rise with the current totals as of March 31st being 2,366, which includes both adults and youth. Both Local Only and "Grandfathered" memberships are reflected in the totals.

Tournaments

The last four months, with a tournament each month, has been a very busy time for all board members and volunteers who staffed these events. The Youth Championship held April 1st and 2nd at Liberty Lanes Massaponax was the last association tournament of the year. I cannot begin to tell you what a class act these youth bowlers are! They would put some seasoned adult bowlers to shame. The youth tournament experienced a delay of about a half hour on Sunday due to a scheduling conflict with another tournament being held at the center. The kids were patient and courteous allowing the other tournament bowlers to complete their games and vacate the lanes prior to attempting to claim their spots.

Annual Meeting

The first GFUSBC Annual meeting will be held May 6th at AMF Fredericksburg. The meeting begins at 1 PM with registration at 12:30 PM. The Annual meeting (mandated by USBC) provides us with another means to report to our members and is a venue for members to have a voice in association decisions. Elections for two-year terms for five board positions are up for re-election in addition to several Delegate and Alternate positions for USBC Convention, VSWBA Annual Meeting, VSBA Jamboree & Annual Meeting, and VS Youth Jamboree. Joan Trotter is the Nominating Chairman – contact Joan at (540) 972-2671 if you are interested. Board applications are available on the web at www.gfusbca.org.

Final Averages

Final average requests are on their way to all fall leagues. A reminder to all secretaries: Final averages are due to the association no later than two weeks after the last week of bowling. Presidents should ensure final averages are submitted prior to authorizing any salary payment.

Summer League Dues

A new dues structure will be in effect for the summer leagues starting on or after March 15th, 2006 and reflects a USBC increase from \$8 to the \$10 maximum. In addition, both VSWBA and VS will now charge the \$1 maximum allowed under USBC bylaws. USBC Youth dues may increase if a proposed increase from \$8.50 to \$9.50 is approved at the April convention. If the increase is approved, youth dues will increase from \$12 to \$13.

USBC Membership	\$10
Local Membership	\$7
VSWBA (Women)	\$1
VS (Men and/or Women)	\$1

Total Dues for Men = \$18

Total Dues for Women = \$18 with Women's State only **OR**
\$19 with BOTH (Women's State and Men's State)

Remember, if you purchased your membership through a summer league last year, your membership is still valid until the new winter season (your card must state it is a USBC 05-06 Membership).

USBC Youth Award Changes for 2007

USBC will change the type of awards given for youth achievements beginning with the 2007 season. USBC will follow the national guidelines for high school athletics where only medals, pins, or patches given for score awards. Any youth earning an honor score award will have the opportunity to purchase a ring or plaque if they desire.

USBC Registered Volunteer Program

USBC is in the process of developing a USBC Registered Volunteer program that will eventually be mandatory for all associations. The program will be developed in compliance with National Council of Youth Sports and will require all youth volunteers to be registered and undergo a criminal background check and abide by the USBC Registered Volunteer Code of Conduct. The program is being created to protect the young people who participate in USBC Youth programs. More information will be forthcoming regarding this important program.

Hope you have a great summer!

Deborah Johnson

KUDOS - Any success our Association can claim for conducting Women's, Open and Youth Tournaments has to be shared with Volunteers working at these events. Because of their hard work on the lanes, at the table, and on the computer and microphone, the bowlers had a fine experience competing in these first Association bowling competitions.

The Women's Championship: Nancy Yeatts, Rhonda Edwards, Peggy Roath, Lou Massaro, DJ Godinez, Jordan Duncan (singing). Richard Hughs won the bowling ball.

The Open Championship: Peggy Roath, Phyllis Massaro, Jordan Duncan, Valerie Correia, Rhonda Edwards, Jeff Smith, Nancy Yeatts. Kathy Cox won the bowling ball and CD boombox.

The Youth Championship: Peggy Roath



The Greater Fredericksburg USBC Board expresses our deep appreciation to all the people who donate to The *Bowlers to Veterans Link* (BVL). As reported in the last issue of "Lanes and Frames" the national total of BVL contributions had grown to more than \$34 million since its inception. So far this year, our Association has collected \$1,898. Our Greater Fredericksburg USBC has a target amount of over \$4,000. Let's keep working to exceed this goal!

'Bowl for the Cure'®



Who will you bowl for? Each of us knows someone who has been touched by breast cancer. Whoever it is needs our help to survive! Go to www.bowl.com for more information on how you can make a difference!

David Tomlin went to the Safford Dodge Wednesday Men's, Woodbridge Handicap Trio and The Washington Post Bowling Leagues. The final total from bowlers in those leagues is \$1,810. Thank you David and "Way to go!" to all the bowlers in these leagues.

The pace is slower, but our Association bowlers are still hitting the pins hard. Plus we had the 2nd Perfect Game by a youth bowler. **DJ Godinez had his first 300 on April 1st** (see story below the list).

Congratulations to all for your fine performances!

Name	League	Score
DJ Godinez	Saturday Youth League	300
Craig Sloper	Safford Dodge Wed Men's	300
George Martin, Jr.	Tues. Merchant's Mixed	299
Michael Ware, Sr.	1 st Annual Open Championship Tournament	11 in a Row
Nolan Kellington	Rappahannock Men's	11 in a Row
Steve Kroger	Rappahannock Men's	11 in a Row

Although it is their usual Saturday custom, Daril and Diane Godinez could not be at Liberty Lanes on April 1 to watch son, DJ, bowl. Early in the morning of that day Diane received a call and could see on the caller ID that it was DJ. He was calling very early--but knowing it was April Fool's Day, she answered, and the conversation went something like this. "April Fool's Day, DJ", Diane said while feeling very clever about beating him to the punch. What is going on? DJ answered that he had already started the second game and did not have one spare yet. Not suspecting, Diane asked what the problem was. It was then that DJ could be no longer keep cool and blurted out that he bowled all strikes for his first 300. Being April 1, it took some convincing, followed by a lot of thoughts of; why, of all days, couldn't Diane and Daril have been there to watch **DJ's PERFECT GAME!**

Congratulations

The following are names of bowlers who cashed in our Association's 1st Annual Women's Championship Tournament held at Liberty of Massaponax in February. We thank all those who participated in this first tournament and hope their experience was a good one.



Event Winners

Team / Division 1 (620 & up) Handicap

1. BABBS – Vikki White, Brenda Chambers, Adrienne Carrington, Jennifer Myers.
2. GODINEZ – Carolyn Renolds, Cynthia Spitzer, Cindi O'neill, Diane Godinez
3. PELLETIER – Lisa Chillemi, Loretta Pelletier, Sandy Hollenbaugh, Andrea Sharp
4. WELLS – Cristita Hazel, Jacqueline McDonald, Judy Wells, Bonnie Parazinski

Team / Division 2 (560 – 619) Handicap

1. FOWLER – Airy Taylor, Violet Benson, Gloria Fowler, Diane Cooper
2. RED HOT MAMAS – Linda Chappell, Elizabeth Buchanan, Janet Alexander, Cynthia Voltz
3. GATTO – Marilyn Sigafoo, Martha Abel, Barbara Gatto, Maureen Sorrell

Team / Division 3 (559 and under) Handicap

1. THE BOWLING BAGS – Marilyn Griveas, Deberia Henningsen, Mary Hester, Denise Ratten
2. MOORE – Deborah Clark, Darlene Moore, Deborah Jones, Tina York

Doubles / Division 1 (310 & up) Handicap

1. Cynthia Spitzer / Cindi Oneill
2. Debbie Brown / Lisa Marlowe
3. Patricia Gunn / Evelyn Blackwell-Allen
4. Judy Wells / Bonnie Parazinski
5. Beth Zentner / Stephanie McMillan
5. Sandy Hollenbaugh / Andrea Sharp
7. Martha Abel / Maureen Sorrell

Doubles / Division 2 (280- 309) Handicap

1. Connie Walsh / Tracy Zavash
2. Ann Shiflett / Florence Shanahan
3. Dawn Allison / Tavia Glassmire
4. Darlene Dickey / Dathlene Goodman
5. Patsy Johnson / Barbara Brookman

Event Winners

Doubles / Division 3 (279 & Under)

1. Deborah Jones / Darlene Moore
2. Elizabeth Buchanan / Janet Alexander
3. Michele Ebron / Irene Voide

Singles / Division 1(155 up) Handicap

1. Bonnie Parazinskei
2. Stephanie McMillan
3. Carolyn Reynolds
4. Evelyn Blackwell-Allen
5. Gloria Fowler
6. Cynthia Spitzer
7. Marilyn Griveas
8. Diane Godinez
9. Courtney Tripp
10. Cristita Hazel
11. Michelle Mullikin
12. Rose Maruschak
13. Wanda Andrews
13. Pixley Rachelanne
15. Ronna Rossi
16. Julia Grimes
17. Lisa Marlowe

Singles / Division 2 (140 – 154) Handicap

1. Elaine Dawson
2. Mary Preston
3. Jacqueline McDonald
4. Mary Hester
5. Ann Shiflett
6. Florence Shanahan
7. Loretta Pelletier
8. Cynthia Voltz

Singles / Division 3 (139 & under) Handicap

1. Joanne Martin
2. Michele Ebron
3. Violet Benson
4. Betty Beazley
5. Sara Ondusko
6. Roseanna Sinacori

All Events, Division 1/Handicap

1. Carolyn Renolds
2. Cynthia Spitzer
3. Stephanie McMillan
4. Gloria Fowler
5. Cindi O'neill
6. Marilyn Griveas
7. Courtney Tripp

All Events, Division 2 /Handicap

1. Ann Shiflett
2. Elaine Dawson
3. Florence Shanahan

All Events, Division 3 /Handicap

1. Tracy Zavash
2. Michele Ebron

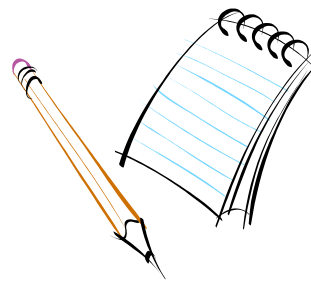
Event Winners

All Events, Division 4 / Scratch

1. Carolyn Renolds
2. Christine Johnson

All Events, Division 5 / Scratch

1. Brenda Edwards



GFUSBC Board of Directors

President	Bobby Phillips (540) 582-6362
Vice-Pres.	Chuck Husted (540) 374-1354 Brenda Chambers (540) 710-9804 Terry Holloway (540) 845-6289
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Larry Roath	(540) 898-1403
DJ Johnson	(540) 775-4207
Lou Massaro	(540) 854-0651
Wanda Sloper (y)	(540) 423-9501
Courtney Tripp (y)	(540) 372-4054

(y) youth director

Congratulations

The following are names of bowlers who cashed in our Association's 1st Annual Open Championship Tournament held at AMF in March. We thank all those who participated in this first tournament. We want all the entrants back next year and bring your friends.



Event Winners

Team Handicap

1. UNCLE PAUL'S CREWS – Brandon Lanton, Jon Blanton, Keith Gray, Paul Rumbaugh
2. DJ's DEMONS – Donnell Johnson, Robert Leidig, Bobby Phillips, Michael Ware
3. SLOW RUSH – Shelley Surfer, Ivy McMahan, Terrence Baldwin, Mickey McMahan
4. LONG SHOTS + 1 – Robert Chronister, James Psioda, William Abel, Rosario Sinacori
5. EDWARDS – David Edwards, Mark Gallahan, Clinton Sloper, Bryan Gallahan
6. ELROD – Christine Johnson, Phillip Elrod, Wayne Ferrell, Michael Johnson
7. A GREAT TEAM – Ralph Austin, Robert Frey, Jeffrey Smith, Larry Roath
8. BELLINGER – Christopher Petrini, Terri Petrini, Vivian Bellinger, Thomas Bellinger

Team Scratch

1. UNCLE PAUL'S CREW – Brandon Lanton, Jon Blanton, Keith Gray, Paul Rumbaugh
2. DJ'S DEMONS – Donnell Johnson, Robert Leidig, Bobby Phillips, Michael Ware
3. M. A. C. AUDIO – Richard Jaco, Jeter Holloway III, Paul Tomlin, Douglas Patterson

Doubles Handicap

1. Debbie Fines / Devon Bunch
2. Richard Jaco / Jeter Holloway
3. Edward Wallace / Lynn Peterson
4. Keith Wells / Jamie Dalton
5. Clinton Sloper / Bryan Callahan
6. Christopher Petrini / Terri Petrini
7. Christine Johnson / Elrod Phillips
8. Adrienne Carrington / William Carrington
9. Richard Strickland / Tammie Minnick
9. Ann Shiflett / Florence Shanahan
11. William Abel / Rosario Sinacori
12. Robert Frey / Ralph Austin
13. James Martin II / James Martin
14. Kenneth Howard / Michael Green

Doubles Scratch

1. Richard Jaco / Jeter Holloway
2. Keith Wells / Jamie Dalton
3. Jon Blanton / Paul Rumbaugh

Event Winners

Singles Handicap

- | | |
|----------------------|-----------------------|
| 1. Kenneth Green | 15. Daniel Ringersma |
| 2. Thomas Badillo | 16. Thomas Bellinger |
| 3. James Martin II | 17. Kevin Crawford |
| 4. Jeanne Anderson | 17. Charles Husted |
| 5. Bill Petty | 19. Wayne Ferrell |
| 6. Lynn Peterson | 20. W Terri Petrini |
| 7. Christine Johnson | 21. Bobby Phillips |
| 7. Denise Wright | 22. Clinton Sloper |
| 9. Ricky Lawson | 23. Leslie Darrington |
| 10. Brian Anderson | 23. Vickie Garnett |
| 10. Dawn Allison | 25. Robert Chronister |
| 12. Hobert Jones | 25. William Abel |
| 13. George Martin | 27. Rose Maruscha |
| 14. Deborah Jones | |

Singles Scratch

1. Paul Rumbaugh
2. Bobby Phillips
3. Lynn Peterson
4. Terry Holloway
5. Kevin Crawford
6. Dick Hagaman
7. Jon Blanton
8. Lou Massaro

All Events Handicap

1. Devon Bunch
2. Phillip Elrod
3. Jon Blanton
4. James Martin II
5. Melissa Peterson
6. Kenneth Greene
7. Clinton Sloper
8. Bobby Phillips
8. Christopher Petrini
8. Wayne Ferrell
11. Jeanne Anderson
12. Charles Husted
13. Ricky Lawson
14. Bryan Gallahan
15. George Martin
16. William Abel
16. Hobert Jones

All Events Scratch

1. Paul Rumbaugh
2. Jon Blanton
3. Bobby Phillips

Congratulations

The following are names of youth bowlers who won in our Association's 1st Annual Youth Championship Tournament held at Liberty of Massaponax in April. Talk to your friends and lets make this tournament a **REALLY BIG EVENT NEXT YEAR.**

Event Winners

Team, Div. 1 (12 & up) Handicap

1. MULLIKEN – James Mulliken, James Murray, William Hayes, Dylan Hayes
2. TIBS – Brandon Leatherland, Westley Campbell, Mitch Gilbert, Joshua Brown
3. WHO ME? – Mathew VanZant, Anthony Wahrendorff, Conner Bolling, Sarah Sullivan

Event Winners

Team, Div. 2 (11 & under) Handicap

1. BOWLING BRATS – Brittany Judd, Megan Rebenack, Michael Parker, Teresa Chada

Doubles, Div. 1 (12 & up) Handicap

1. John Helinske / Sean Burton
2. Brandon Leatherland / Joshua Brown
3. William Hayes / Dylan Hayes
4. Paul McNulty / Kody Aman
5. Lacy Beatley / Bill Symanowski
6. Westley Campbell / Mitch Gilbert

Doubles, Div. 2 (11 & under) Handicap

1. Michael Parker / Teresa Chada
2. Joshua Adkins / Dante' Ebron

Singles, Div. 1 (12 & up) Handicap

1. Woody Smith
2. Thomas Brady
3. Steven Williams
4. Dylan Hayes
5. Joshua Brown
6. Kody Aman
7. Mitch Gilbert
8. Paul McNulty
9. Sarah Sullivan
9. Lacy Beatley
10. Ryan Pelletier

Singles, Div. 2 (11 & under) Handicap

1. Michael Parker
2. Erica VanZant
3. Joshua Adkins
4. Vicki Peterson

Singles, Div. 3 (150 & up) Scratch

1. Timothy Hart
2. Daril Godinez

Singles, Div. 4 (149 & under) Scratch

1. Bill Symanowski
2. Michael Wallis

All Events, Div. 1 12 & up) Handicap

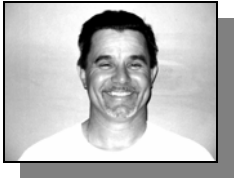
1. Dylan Hayes
2. Woody Smith
3. Joshua Brown
4. John Helinski
5. Mitch Gilbert
6. James Mullikin

All Events Div. 2 (11 & Under) Handicap

1. Michael Parker
2. James Murray



From the Board of Directors - Hello Fellow Bowlers!



For those of you who don't know me, my name is Terry Holloway. I am currently Chairman of the GFUSBC Ways & Means Committee, serve on the Awards Committee, and I am a certified lane inspector. I am a former Director for Nation's Capitol Area Bowling Association. Some of you already know me from patronizing my shop, "Ten in the Pit". I've been bowling for about 30 years and worked for AMF for roughly 10 of those 30 years.

The winter leagues are almost over and we're coming into spring. Over this past winter, we had four tournaments--the *Senior Tournament*, *The Women's Championship*, our *Open Championship*, and *Youth Tournament*. In our first year as the Greater Fredericksburg USBC we did very well with the Tournaments. Congratulations to all of the winners! Thanks to all of the volunteers and supporters too! We couldn't have done it without you.

We need people to get involved in the Association. Join the Board or be a volunteer. This is your Association, and your input makes us that much better. Visit our website (www.GFUSBCA.org). Let us know what you like and what we can improve to better serve you.

Summer league time is approaching. Join and keep your skills up. For those of you taking the summer off -- have a great vacation, and we hope to see you back in the fall.
Thank you! Terry

And from the youth-----

Several of the youth participated in the 5th Annual High School Tournament held on March 5th. Over 65 High School Teams from around Virginia competed for scholarship money. The following are local scholarship winners in this event.

From Massaponax High School:

Westley Campbell, Joshua Brown and Daniel Yeagley each won a \$60 scholarship.

Dylan Wolfrey, Tom Brady, Joe Krehbiel, Sean Burton, Kody Aman, and Corey Chatham each won a \$45 scholarship

From Spotsylvania High School:

Kyle Lodge, Eddie Lodge and Cory White each won a \$30 scholarship.

One of the big games in the tournament came from DJ Godinez who rolled a 278 game. As we know now this was just a preview.

What about Joshua Myles. Joshua is a 12 year old bowling in the Saturday Youth Legends League at Liberty Massaponax. On March 18th he rolled his **first 600 set with games of 186, 205 and 223 for a 614 series.** Way to go Joshua.

Who helps develop the youth bowlers? Here are a few that successfully passed their Level II Coach's Certification on March 19th.

Carolyn Logan, Daril Godinez, Wayne Darrington, Brenda Chambers, Rachel Pixley, JD Moody and Melinda Reynolds. Congratulations to all the coaches.

Submitted by *Brenda Chambers*

The Bowlers' Edge

Brought to you by Bobby Phillips

Probably the easiest bowling tip I can give is actually a combination of several little things. I hear bowlers say all the time, "I hate the ten pin" or, if left-handed, "the seven pin. I just can't make them". What is amazing to me is that if I watch these same bowlers in warm-up or practice games, very rarely do I see anyone practicing to convert these troublesome corner pins.

One tip I received around 50 years ago was that when you first warm up, start slowly and really loosen up. I have found the best way for me to do that is to shoot a few corner pins (7's and 10's). You do not have to throw the ball hard to make a corner, just accurately. Turn your body slightly, so you are walking toward your mark, keeping your arm in line with the target. When you are practicing, play "low score" once in a while. The idea is to make at least one pin with each shot and if the ball goes in the gutter without striking a pin, score a strike or spare. The best score would be 20. That's pretty tough to do!

This tip can help the rest of your game, as well. If you watch your ball roll from beginning to end, as you shoot corner pins you can get a good idea of how the conditioner (oil) is laid out. Knowing this will help you perform other shots, as well. I could go on and on, but the important thing to remember is to *have fun!* Why do something if you are not having fun? Good luck and good bowling. If you have a question about this article, just ask me when you see me on the lanes. I am always willing to help!



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Thanks for helping us get "r" done.

No matter what the task, there are times when things just don't go right, production comes to a halt, and schedules are in jeopardy. If you are lucky, someone will come along and save the day. That is just what happened during production of the February Issue of "Lanes and Frames". The Association Board of Directors and especially Donna Kines and myself, Larry Roath, want to express out deep gratitude to the following people for "saving our day".
Rhonda Edwards, Phyllis Massaro, Jennifer Myers, Peggy Roath

Advertise your business in the newsletter. Contact Larry Roath (540-898-1403/ldroath@adelphia.net) and we will be sure to include your personal ad. We reach over 2000 bowlers.



ADVERTISING RATES

Business Card size- \$15, 1/4 Page - \$25, 1/2 Page - \$50, Full Page - \$100



Upcoming Tournaments

Virginia State Men's Tournament
April 29th to June 18th, 2006
Manassas/Chantilly, VA
Entries closed February 22, 2006

Virginia State Women's Tournament
March 25 - May 28, 2006
Roanoke Valley, VA
Entries closed

USBC Open Tournament
February 11 - July 1, 2006
Corpus Christi, TX
Entries closed December 15th, 2005



From GFUSBCA 1st VP - Chuck Husted

Yours truly just completed a really neat trip to Reno, Nevada. Not only did I get to participate in the USBC National Senior Championships, but I got to visit with my one and only daughter, Pamela. I managed to squeeze in two (2) days of bowling at the National Bowling Stadium. It's strictly a singles tournament. In order to participate you must win a State Senior Tournament All-Events Competition. You compete against only your own class and gender. Classes are: Super Seniors; 75 and up, Class A; 70 -74, Class B; 65 - 69, Class C; 60 -64 and Class D; 55 - 59. There were over four hundred participants from all 50 states and 3 Canadian Provinces. Over 200 of these were men. I competed against 32 other gentlemen in the Super Senior Class. What great, diverse and friendly people. I bowled absolutely horrible the first day but came back the second day and finished up in sixth place, which was in the money. It was a lot of fun and I highly recommend it to anyone who qualifies for the National Senior Tournament.

While at the tournament, I met and talked with Paul H. Egbers, a Director of USBC. Paul is the last ABC President before the merge. He was introduced as, not the last ABC President, but as the bridge between the ABC & WIBC merger - Paul is one of the most helpful gentlemen I've had the pleasure of meeting. Roger A. Dalkin was also present at our Senior Tournament. He mentioned that a National Senior Tournament is in the hopper and should come about in a couple of years. I just hope I don't run out of years. The tournaments are a lot of fun, and the Reno venue is wonderful.

Thanx, Chuck

Something for Everyone



AMF

Bowl in the Scotch Doubles Tournament
April 23rd at 1:00Pm