



Special Interest Articles:

- Get A Grip
- Youth News
- GFUSBCA Holds Elections



From the Editor:

Hello bowlers. Summer has arrived and the temperatures from day to day are unpredictable to say the least. During this season, bowling usually gives way to other activities like graduation, vacation, weddings and summer camps. Still, there are those die-hard bowlers that bowl year round.

relax until the arrival of the next fall season. As it turns out, plans often fall through as I am bowling on a summer league. The league is packed with great people and I have an interesting team that I am bowling with for the first time. Most importantly to me, I continue to learn something new about the sport every week.

wrapped up in other activities, make sure to stay alert by always being aware of the weather. Stay hydrated during the hot and humid days use plenty of sun block and be safe. I look forward to seeing everyone back at the bowling alleys when the new fall bowling season begins.

Denise G. Lanier

I had planned to take the summer off to

Whether you are bowling this summer or

Get A Grip from **USBOWLER**

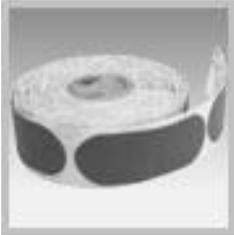
With summer almost here and temperatures climbing, your hand doesn't quite fit the same way in your bowling ball as it did during the cooler winter months. Using tape is a necessity if your hand shrinks and swells and many bowlers often tape their finger or thumb holes (or sometimes their fingers) to get a better feel and an ideal release. There are countless colors, textures and sizes to help bowlers make adjustments to their grip. It's always best to have the thumb hole of your bowling ball drilled slightly larger to accommodate at least one piece of tape in either the front or back of the hole. Most commonly the thumb hole gets white tape (which has more texture and grip) against the thumbprint side of the hole while the back side gets black tape (which tends to be smoother). Practice replacing and removing one or two pieces at time so you're



Other

Articles:

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- Charity 4
- Open Tournament 5
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- Advertise 7
- Hodge Podge 8



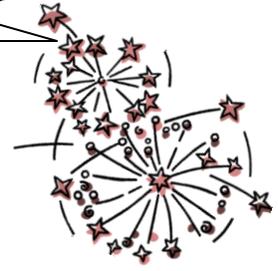
Get a Grip cont.

able to do it quickly between frames if needed during a game. If you do not use finger inserts in the ball, practice placing tape inside the gripping edge of the finger holes for a more secure feel off the fingertips at release, or against the fingernail side of the hole for a more secure, snug fit.

If you would prefer to tape your hand rather than putting tape in the ball, make sure that any tape is in contact with a fingernail if possible for better adhesion. Once you realize what types of tape work for you, it's always a good idea to have tape pre-cut in case its needed during a competition. Hands will get sweaty or clammy as the pressure rises in competition.

Because no two bowlers have the same hands, the application of tape is different for every bowler. So get creative and discover what tape methods work best for you and for your grip on the game.

Honor Scores



March - May 2011

800 Set

Oliver, John	836
Wolfe, Jim	828
Rumbaugh, Paul	816
Gallahan, Brian	813



300 Game

Wolfe, Jim
Norton, Donnie
Myers, Jamey
Oliver, John
Wolfe, Jim
Norton, Donnie
Golden, Chris
Wilhelm, Greg



11-in-a-row

Pritchard, Kenny
Brady, Tom
Kemp, Jobe
Wolfe, Jim
Zemore, Michael
Dickson, Doug
Gallahan, Brian



Great Job!



**Youth
NEWS**

On the 2nd & 3rd of April 2011 at Liberty Center Massaponax the 6th Annual Youth Championship was held.

Team, 12 & Up, Handicapped

1. Brown, Nicholas
2. Leake, Lenora
3. The Wierdos Minus 2

Team, 11 & Under, Handicapped

1. Morris, Mackenzie

Doubles, 12 & Up, Handicapped

1. Detwiler, Joshua / Leake, Lenora
2. Goldsmith, Ariel / Oliver, Pete J
3. Mills, Chelsea / Barr, Tevin

Doubles, 11 & Under, Handicapped

1. Biggs, Zachary / Chase, Jaymes
2. Morris, Mackenzie / Morris, Madison

Singles, 12 & Up, Handicapped

1. Brown, Nicholas
2. McNulty, Paul
3. McDonald, Jonathan

Singles, 11 & Under, Handicapped

1. Leake, Lenora
2. Morris, Mackenzie

Singles, Avg. 150 & Up, Scratch

1. McNulty, Paul
2. Brown, Nicholas



Singles, Avg. 149 & Under, Scratch

1. Mills, Chelsea

All Events, 12 & Up, Handicapped

1. Detwiler, Joshua
2. Barr, Tevin
3. McNulty, Paul

All Events, 11 & Under, Handicapped

1. Leake, Lenora
2. Morris, Mackenzie
3. Biggs, Zachary

Congratulations to all of the winners !!!

Fred City Strikers

The Fred City strikers have completed the 2010/2011 Season on Mar 19th. This year we saw growth in the number of bowlers as well as the caliber of our bowling. The kids (See Picture below) did a great job this year and had a lot of fun. We still have some bowling to do this year. As we mentioned in the last edition we are sending several members of the league to bowl in the State Pepsi Challenge. We are also sending three teams to the Greater Fredericksburg USBC Tourney and 10 members will participate in the National USBC Tournament in Las Vegas in July.

WE would like to thank all of the local bowlers who participated in the Youth Adult No-Tap Fundraiser Tourney on March 26th at AMF. We raised approximately \$ 800 towards the National USBC Tournament Tourney fund. The staff at AMF did another awesome job in supporting us again this year (our third year of conducting this tournament). From Jim to Bob to Nikki we thank you for hosting and helping us pull it together!

Thanks,
Jerry

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Bowlers Give from the Heart

The Greater Fredericksburg USBC Association collects and donates to two primary charities each year, Susan G. Komen, Bowl for the Cure and the Bowlers to Veterans Link (BVL). We thank you for your generous contributions and hope that you will continue to support these charities throughout the bowling season. The following is the amount collected and donated to date.

Bowl 4 the Cure	
AMF Friday Summer Mixed	\$ 138.25
Tuesday AM Ladies	\$ 850.00
Colonial Beach Ladies	\$ 124.50
Morning Stars	\$ 1,180.50
Monday Night Mixed (Cannon Ball)	\$ 228.00
Merchants' Mixed	\$ 300.25
Various Collections @ Tournament	\$ 80.00
SUBTOTAL	\$ 2,901.50
Bowlers to Veterans Link (BVL)	
AMF Friday Summer Mixed	\$ 138.25
Colonial Beach Ladies	\$ 77.00
Shelley Surfer - Liberty Center	\$ 525.00
Morning Stars	\$ 24.70
LOW Fun League	\$ 191.00
Merchants' Mixed	\$ 300.00
Various Collections @ Tournament	\$ 172.00
SUBTOTAL	\$ 1,427.95
TOTAL CHARITABLE DONATIONS	\$ 4,329.45

Thanks again and keep on giving !!!

GFUSBCA Board Of Directors

- President – Paul L. Rumbaugh II
 1st Vice Pres. – Bobby K. Phillips, Jr.
 2nd Vice Pres. – Brenda D. Chambers
 3rd Vice Pres. – Terry C. Holloway
- Sgt-At-Arms – Jacqueline L. Smith
 Assoc. Mgr. – Robert “Skip” B. Frey III
- Directors:
 Adult #1-Denise G. Lanier
 Adult #2-Donnell “DJ” J. Johnson
 Adult #3- Patricia Jaco
 Youth #4 – **OPEN**
 Youth #5 – **OPEN**
 Youth #6 – Gerald T. Charwood

Special Notes:

The Morning Stars Bowling League would like to say a big **THANK YOU** to all involved in their raffle for Breast Cancer. Thanks to Linda Chappell for all her hard work in organizing the event. Additional thanks goes to AMF Fredericksburg for game donations, the Pro Shop for the bowling bag, the nurses (Anna, Lynn, Rebecca, Jo, Cammie, Carol, Brenda, Tawnya, Lisa, Amy and Patsy) from Hematology/Oncology Associates of Fredericksburg for the Breast Cancer bowling ball and everyone else who made other donations or bought raffle tickets.

\$662.00 was collected from the raffle alone and \$500.00 from the 50/50 pot. – *Patsy Johnson*

Greater Fredericksburg USBC 6th Annual Open Championship

On March 5-6, 2011, men and women competed in the 6th Annual Open Championship at AMF Fredericksburg. The Greater Fredericksburg Association would like to thank all of the participants and volunteers that continue to make this event a success. Congratulations to all of the winners !!!

TEAM, Handicapped

1. *Pampered Guys & Gals:*
Sharon Dupree, Jesse Daniels,
Maile Sylva & David Turner

TEAM, Scratch

1. Aches & Pains:
Brandon Blanton, Mark McNulty,
Keith Gray & Paul Rumbaugh

Doubles, Handicapped

1. Daniels, Jesse / Turner, David
J
2. Clendennen, Cody A /
Clendennen, Darrell L
3. Gray, Keith L, Jr / Rumbaugh,
Paul L, II

Doubles, Scratch

1. Gray, Keith L, Jr / Rumbaugh,
Paul L, II
2. Oliver, John C / Wolfe, James M
3. Myers, James L, II / Spencer,
Roger D

SINGLES, Handicapped

1. Atkins, Jonathan
2. Brady, Thomas S.
3. McGann, J. Robert

SINGLES, Scratch

1. Coulson, Rick
2. Wolfe, James
3. McNulty, Mark

ALL EVENTS, Handicapped

1. Daniels, Jesse
2. Clendennen, Cody
3. Kennedy, Don

ALL EVENTS, Scratch

1. Rumbaugh, Paul L, II
2. Herron, Marclay S.
3. Rose, Tony



Waiting to begin.



Sell those raffle tickets!



Great turn out !!

Many Thanks

The Greater Fredericksburg Association is very fortunate to have dedicated volunteers that assist us with association sponsored events. Without these volunteers, we would be unable to provide bowlers with quality tournaments. Thank you again to the individuals who helped us make the Mixed State Tournament a success. We received many compliments from the Virginia State Association and the options to host additional state tournaments should we desire.

Thanks again to:

Dave Brady ☺ Erika Dunnington ☺ Danny Lanier ☺ Debbie Shoemaker ☺ Shelley Surfer ☺ Wes Wiseman ☺ Chelsea Mills ☺ Deborah Johnson ☺ George French ☺ Nancy Yeatts ☺ Cindy Rumbaugh ☺ Jeff Smith ☺ Jordan Duncan ☺ Mandy Meredith ☺ Tom Brady ☺ Peggy Roath ☺ Larry Roath ☺ Richard Jaco ☺ Andrea Sharp ☺ Lou Massaro ☺ Phyllis Massaro ☺ James Beach ☺ Linda Brooks



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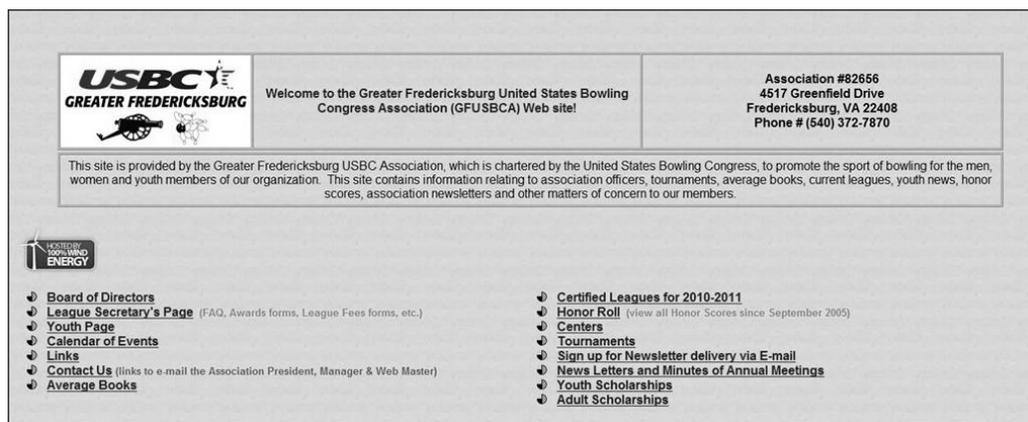


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www.gfusbca.org



USBC
GREATER FREDERICKSBURG

Welcome to the Greater Fredericksburg United States Bowling Congress Association (GFUSBCA) Web site!

Association #82656
4517 Greenfield Drive
Fredericksburg, VA 22408
Phone # (540) 372-7870

This site is provided by the Greater Fredericksburg USBC Association, which is chartered by the United States Bowling Congress, to promote the sport of bowling for the men, women and youth members of our organization. This site contains information relating to association officers, tournaments, average books, current leagues, youth news, honor scores, association newsletters and other matters of concern to our members.

HOUSTON
BOWLING
ENERGY

- Board of Directors
- League Secretary's Page (FAQ, Awards forms, League Fees forms, etc.)
- Youth Page
- Calendar of Events
- Links
- Contact Us (links to e-mail the Association President, Manager & Web Master)
- Average Books
- Certified Leagues for 2010-2011
- Honor Roll (view all Honor Scores since September 2005)
- Centers
- Tournaments
- Sign up for Newsletter delivery via E-mail
- News Letters and Minutes of Annual Meetings
- Youth Scholarships
- Adult Scholarships

GFUSBCA Holds Elections

The GFUSBC held elections for four positions on its board of directors at the annual meeting held on April 16, 2011 at Liberty Lanes Massaponax. Brenda Chambers, the former 2nd Vice President ran unopposed for President. Brenda will succeed Paul Rumbaugh who served as President for the last four years.

Patricia Jaco was elected to a two-year term as 2nd Vice President. Pat vacated the position of a Director on the Board. Brenda, as the incoming President, will nominate someone to finish out Pat's remaining year as Director #3. Also, D.J. Johnson and Jackie Smith were re-elected as Director #2 and Sergeant-at-Arms respectively.

All newly elected members will take the oath of office for two-year terms at the Secretaries' Workshop on August 14, 2011 at the Harrison Road Community Center.



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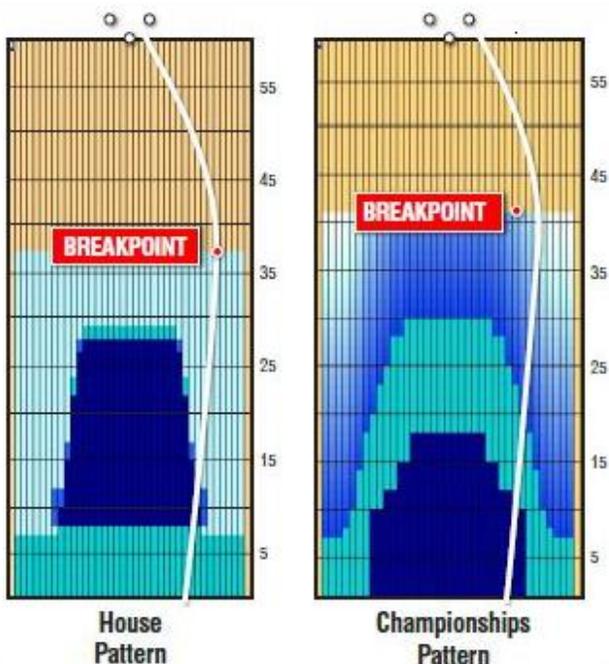
The 2011-12 fall bowling season is approaching quickly. We are now accepting ads for the first issue of the fall season to be released in September. **DON'T MISS A GREAT OPPORTUNITY.**



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The Rule of 31 The USBC research team determined that subtracting 31 from the total distance of a pattern should give a good indication of where the break point will be on the lane. The break point on a 37-foot House Pattern (left) is around the sixth board at 37 feet. On the 41-foot Open Championships Pattern (right), the break point will be around the 10th arrow at 41 feet. The longer pattern, combined with heavier oil volume, suggests that a typical strike shot on the House Pattern would likely slide well past the break point on the Open Championships Pattern and miss the pocket.

For more information about The Rule of 31 read:

TURN UP THE VOLUME
MORE CHALLENGING PATTERNS, LIKE THOSE AT THE OPEN AND WOMEN'S CHAMPIONSHIPS, REQUIRE ADVANCE PLANNING.

BY KIM TERRELL-KEARNEY

At

http://www.bowl.com/usbowler/USBowler_Apr_2011_PDF.pdf

Hodge Podge



It gets so extremely hot during the summer here that the last thing I want to do is turn on my oven to cook dinner. I try to find the easiest, COOLEST thing I can make. Here is a quick, easy and light meal that won't make you heat up your kitchen and can be prepared in no time at all.

Grilled Salmon with Creamy Pesto Sauce

Prep Time:10 Min Ready In:20 Min

Ingredients

- 4 (4 ounce) salmon fillets
- 2 tablespoons olive oil
- 4 ounces PHILADELPHIA Cream Cheese, cubed
- 1/4 cup milk
- 2 tablespoons pesto
- 1 tablespoon finely chopped fresh parsley

Directions

1. Heat grill to medium heat.
2. Brush both sides of fish with oil. Grill, skin-sides down, 10 min. or until fish flakes easily with fork.
3. Meanwhile, cook cream cheese and milk in saucepan on medium heat 2-3 min. or until cream cheese is completely melted and sauce is well blended, stirring constantly. Stir in pesto.
4. Serve fish topped with sauce and parsley.



Fredericksburg



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