



PINBOARD

Issue 62

July 15th, 2007

CAO Coach of the Month Program

One of the top priorities of the CAO is to recognize and celebrate the outstanding contributions that coaches make to both sport and athletes all across the Province. That's why they have created a new program to highlight some of the great men and women who dedicate their time to enhancing the quality of sport in their community. Each month, one outstanding coach will be identified and featured on the CAO website and within their local community. Nominations will be accepted on an ongoing basis and will be kept on file for up the three months. All fields of the nomination form must be complete and consent from the nominated coach is required.

Please visit: <http://www.coachesontario.ca/content/section/9/122/>

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Tournament Dates

Still a bit early to give you the dates but we are listing some important dates below so you might want to get your calendar in order.

35th Annual Awards Dinner
November 3/07

O5PBA Semi Annual
November 4/07

C5PBA Semi Annual
Jan. 17-20/08

O5PBA Annual Convention
June 12-15/08

O5PBA/YBC Bowling School
July 16-20/08

C5PBA Annual General Meeting
Aug. 21-24/08

Bowling School

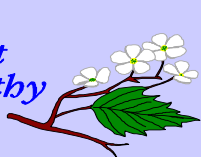
Special thanks to all the Instructors and Pros who helped make this year's Bowling School a huge success. Also, hats off to the students of this year's school for being so great. We look forward to seeing everyone again next July.



Obituary

Bill Partridge, a long time Board member and supporter of the Agincourt Bowlers' Association, passed away on Friday, July 13th. He is resting at Paul O'Connor Funeral Home on Lawrence Avenue. Visitation is Tuesday 7-9 and the funeral will be held on Wednesday.

*With
Deepest
Sympathy*



ACTIVE2010

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 Ontario

You and Your Body

- (b) The skin of the average adult male weighs 10 to 11 pounds, covers about 22 square feet and ranges from 0.06 to 0.16 inches thick.
- © This joint is not found in the body; it is a type of joint used in furniture making and architecture. Ball and socket joints can rotate in a full circle and are found in the shoulder and hip. Gliding joints are made up of two flat bones that slide over each other and are found in the wrist and foot.
- (b) The smallest bone in the human body is the stapes, or stirrup, which is located in the middle ear. The middle ear is an air-filled cavity with three small bones; the malleus or hammer, the incus or anvil, and the staples, which is small than a grain of rice.
- (b) Arteries carry blood away from the heart to other parts of the body. The aorta (a type of artery) carries oxygenated blood from the left ventricle, or chamber, of the heart to the rest of the body; the pulmonary artery carries blood from the right ventricle to the lungs
- (a) the appendix is a finger-sized tube attached to the large intestine. Its function is unknown, but the appendix does contain some immune cells, which help defend the body from infection, Appendicitis, which occurs most frequently in young adults, is a painful and potentially dangerous inflammation of the appendix.,
- (a) The spleen is part of the lymphatic system. Located behind the stomach, it produces lymphocytes, which release antibodies into the bloodstream to fight infection. It also filters broken cells, parasites, bile pigments, and other useless substances from the blood.
- (a) If an adult's digestive tract (also called the alimentary canal) were stretched out, it would be 20 to 30 feet long. In humans, the pancreas and liver, which release digestive juices into the digestive tract, are located outside of the digestive tract. (Just so you know, the digestive tract passes food through your body, from start to finish.)
- (b) Adult humans have 206 bones, which account for 14 percent of the body's total weight. The longest and strongest bone is the thighbone, or femur.
- (b) The liver and pancreas are part of the digestive system—they release digestive juices into the digestive tract. They are called "accessory digestive organs" because they are located outside of the digestive system (or alimentary canal).
- (a) The thyroid gland is part of the endocrine system, which produces, stores, and secretes hormones. Located near the larynx, the thyroid secretes a hormone that controls metabolism and growth.
- (a) The three types of muscular tissue are smooth, skeletal and cardiac. Smooth muscle is found in the skin, internal organs, reproductive system, major blood vessels, and excretory system.

For the Older Kids

- After the Lone Ranger saved the day and rode off into the sunset, what did he leave behind?
 - gold coin
 - silver bullet
 - horseshoe
 - candy
- When the Beatles first came to the U.S. in early 1964, we all watched them on the
 - news
 - The Red Skelton Show
 - The Ed Sullivan Show
 - The Johnny Carson Show
- "Get your kicks _____"
 - on Route 66
 - on the Tonight Show
 - doing Frisbee tricks
 - with a Maxwell House fix
- "They story you are about to see is true. The names have been changed _____"
 - to make them more interesting
 - to protect the innocent
 - to protect the guilty
 - to make them more colorful
- "In the jungle, the mighty jungle, _____"
 - the monkeys make a noise
 - people drink coconut juice
 - the animals are quiet
 - the lion sleeps tonight
- "NESTLES", makes the very best _____
 - cookies
 - chocolate
 - coffee
 - candy
- What takes a licking and keeps on ticking?
 - a bomb
 - a Westinghouse alarm clock
 - a Timex watch
 - a stop watch
- Red Skelton always ended his TV show by saying?
 - Good night and God Bless
 - Until we meet again
 - See you next week
 - Thank you for joining me tonight
- One of the big fads of the late 50's and 60's was a large plastic ring we twirled around our waist. What was it called.
 - the ring
 - the Frisbee
 - the hoola-hoop
 - the twist
- What was another name for the VW
 - Hornet
 - Spider
 - Bumble Bee
 - Beetle