

PINBOARD

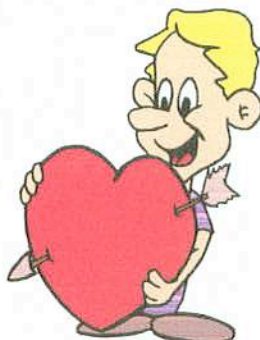
Identifying Stroke Symptoms

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness can spell disaster. Now doctors say a bystander can recognize a stroke by asking three simple questions:

- Ask the individual to SMILE
- Ask him or her to RAISE BOTH ARMS
- Ask the person to SPEAK A SIMPLE SENTENCE (I.e. it is sunny out today)

If he or she has trouble with any of these tasks, call 9-1-1 immediately and describe the symptoms to the dispatcher.

Widespread use of this test could result in prompt diagnosis and treatment of the stroke and prevent brain damage.



2005 Annual Convention

Some last minute reminders

- Pool party theme is rock stars or groups
- All voting delegates must wear their zone colours to all General Meetings.
- All gentlemen must wear a jacket and tie to the banquet dinner
- Be sure to check in upon arrival and make your way downstairs for your Convention package.
- Don't forget your bug repellent.

That about does it for now. Drive safely and we will see you at Cleavelands House.

Tournament Schedule

Provincial 5 Pin Team Championship-May 28
Location TBA
Ontario Open 5 Pin National Championship
Edmonton, Alta-June 1-4
Ontario 5 Pin Booster Provincial Championship
May 28—Location TBA



Did You Know

2 Glasses of Gatorade can relieve headaches

Colgate toothpaste makes an excellent salve for burns

To remove skin blemishes, cover with a dab of honey and place a band-aid over it

Prevent eyeglass screws from falling out by applying clear nail polish to the threads.

O5PBA/YBC Bowling School



Once again, time is running out on our preparations for this years Bowling School. All Zones are reminded that your final payments are

now due in the office and your prompt attention to this would be appreciated.

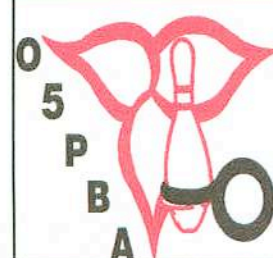
All Instructors and Pros who have received their applications but not yet returned them to the office are asked to do so ASAP.

Anyone who has not filled out an application but would be interested in attending as an Instructor or Pro is asked to contact Mickey

McNeil, Mike Wilson or Nancy Moore at the office.

For all Zones who have a bowler arriving in Hamilton on the Wednesday evening, please ensure you have made the necessary arrangements with the office.

If you have any questions please contact one of the three people listed above.



ONTARIO 5 PIN BOWLERS' ASSOCIATION

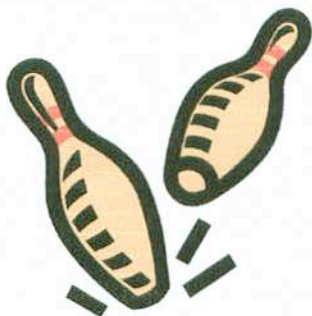
Canadian Open Results

First in Round Robin

Wade Thompson was on fire in Edmonton last week. Shooting a 290.5 average for the 15 games, he finished 1st in the Round Robin and came home with the Silver medal.

Rookie Award

Congratulations to Matt Wallace, the Canadian Rookie of the Year



New 10 and 20 Game Records

- Barb McLachlan from our Ladies Team set a new 10 Game record of 2830
- Matt Wallace from our Mixed Team set a new 20 Game record of 5476
- Ladies Team set a new 16 game record of 19,749
- Both Barb and Matt were voted to the All Star Team

Ontario's Final Standings

Singles

Wade Thompson—2nd
Bonnie Dale—8th

Teams

Ladies Team—Gold
Men's Team—Bronze
Mixed Team—Finished 4th

Ontario Captures It's Second Consecutive Aggregate Congratulations Bowlers!