



Volume 9, Issue 2, December 2009

Capital Area Rainbowlers Association (CARA) Bowling Newsletter



Robert Treadway Honored

During the 2009 CHIT banquet, Les Johnson, CARA President, presented Rob Treadway with this year's Roger Newman Award for his service to the GLBT DC area bowling community.

Rob has been instrumental in moving both CARA and the Capital Halloween Invitation Tournament (CHIT) forward. Rob has served as an officer in Monday Ten Pin Pride and various summer leagues. He is the founder of the Saturday morning SMACK league. He has served as a CARA and IGBO Representative and in various positions with CHIT, including director of marketing.

Rob has repeatedly proved himself to be an outstanding asset to the GLBT bowling community.

Don't Let Winter Blahs Get You Down

Come out and spend time with old and new friends by joining one of CARA's five short season bowling leagues. These leagues begin in January and run for 15/16 weeks ending in April or early May.

Mondays: Ten Pin Pride bowls at 8 p.m. at AMF Alexandria Lanes. Contact: dcbowler@gmail.com

Tuesdays: Dale City Pride bowls at 8 p.m. at AMF Dale City Lanes. Contact: dctp@comcast.net

Wednesdays: Centreville Pride bowls at 8 p.m. at AMF Centreville Lanes. Contact: maninlevi@yahoo.com

Fridays: Out& About bowls at 7 p.m. at Bowl American Lanes in Falls Church. Contact: ocasinv@yahoo.com

Saturday Mornings: SMACK bowls at 10:30 a.m., at AMF Alexandria Lanes. Contact: smackbowling@gmail.com

For additional information on these and the other nine CARA leagues visit us at www.carabowling.org.

ANNUAL CARA HOLIDAY SOCIAL

CARA will once again play host to a **Holiday Xtreme Social Bowling Event** on Monday, December 28, from 8 to 10 p.m. at AMF Alexandria Lanes (6228-A N. Kings Hwy., Alexandria, VA 22303). More than 30 GLBT groups from across the Washington metropolitan area have been invited. CARA bowlers are welcome to invite friends, family and members of groups they are a part of. Bowling will be \$2 per game. Shoe rental is \$4.25. Raffle prizes are usually donated by some of the participating groups. Come spread a little holiday cheer and bowl just for the fun of it! RSVP to smackbowling@gmail.com. We hope to see you there.

Sports Plus/Carmen Don Recognized

Congratulations to Sports Plus/Carmen Don Pro Shop and its excellent staff which recently received an award from the International Bowling Pro Shops and Instructors Association. The shop was honored "in recognition of extraordinary performance in the area of Bowling Pro Shop operations and Management".

Advanced Skill Enhancement Sessions

Plans are being put together to hold several Advanced Skill Enhancement Sessions, on a Saturday, in the middle of January. The sessions will be held in the early afternoon and will be hosted by pro shop Staff from Sports Plus/Carmen Don's.

Interested bowlers must have a 160 or better average to participate in a session.

There will be 3 bowlers per coach with a 9 bowler maximum per shift. The amount of interest will dictate whether there are 2 full shifts or not.

The cost for one of these sessions will be \$20.00 per bowler.

Questions and/or to sign up should be directed to Steve Frable, sefrable@yahoo.com.

Outstanding CARA Bowling Achievements

Congratulations to J. Tsugawa who bowled an outstanding 805 Handicap Series, 259/258/288 at U.S. Bowl Lanes. Other outstanding scores include M. Banister (300) and 298 S. Merriett (298) both in the in CARA Sunday Alexandria League, J. Tsugawa (290) in the Monday Alternatives League, and S. Merriett (288) in the Pride of Alexandria League.

Income Tax Matters

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CARA MEMBERS RECEIVE A FREE 1 HOUR CONSULT



Barbara Bush and Fans at CHIT 2009

BOWLING TIPS

Spare Shooting and Ten Pins: There's no reason to use a special ball for spares as long as you are lined up correctly and go straight as possible at the pin. For the 10 pin using a reverse hook but make sure you get the ball way out on the lane.

PBA TV SCHEDULE - SUNDAYS - ESPN 1

PBA World Championship, December 13 1:00 PM
 Pepsi Red, White and Blue Open, January 03 1:00 PM
 Don and Paula Carter Mixed Doubles, January 10 1:00 PM
 Earl Anthony Memorial, January 17 1:00 PM
 PBA Tournament of Champions, January 24, 1:00 PM
 Chris Paul PBA Celebrity Invitational, February 07 2:00 PM
 USBC Masters, February 14 3:00 PM
 Gemini Championship, February 21 1:00 PM
 67th Lumber Liquidators U.S. Open, February 28 12:30 PM
 Don Johnson Eliminator, March 07 2:00 PM
 PBA Match Play Championship, March 21 1:00 PM
 Mark Roth Plastic Ball Championship, March 28 2:00 PM
 PBA Marathon Open, April 04 1:00 PM

Dick Weber Open, January 31 1:00 PM (ESPN 2)

CARA 2009/2010 CALENDAR

DECEMBER

- 1-13 First CARA Roll-Off of the season
- 28 CARA Holiday Social Bowling Event

JANUARY

- 9 Second CARA Skills Enhancement Clinic
- 21 CARA Board Meeting
- 30 CARA Doubles Tournament

FEBRUARY

- 13-14 Sweetheart Invitational Tournament (CT.)
- 22-28 Second CARA Roll-Off of the season

MARCH

- 1-7 Second CARA Roll-Off of the season
- 13 Third CARA Skills Enhancement Clinic
- 27 CARA Board Meeting

APRIL

- 3-4 Dixie Invitational Tournament (Atlanta, GA)
- 10-11 Gotham Tournament (New York/New Jersey)
- 17 Atlantic City Bus Trip

MAY

- 10 CARA Board Meeting -- Annual Elections
- 15 CARA End-of-Season Tournament

CARA CHAMPIONS SHOP AT



Sports Plus/Carmen Don

5130 Duke Street, Suite 5
 Alexandria, VA 22304
 (703) 751-4255

Mention that you are a CARA league member to receive a 10% discount!