



BOCCE NEWSLETTER APRIL 2018

Sherry Nogle, Editor and Janet Platteborze, Web Administrator

FIVE MORE MINUTES WITH STEVE MELLINGER, PRESIDENT

VOLUNTEERS ARE NEEDED FOR JUNIOR CAMP! Each year the Bocce Club participates in hosting Junior Camp. Junior Camp is a day camp for 160 grandchildren (2 sessions with 80 kids in each) to experience Sun City activities-**bocce ball**, swimming, tennis, acting, golf, ceramics, gardening, fishing, and more. **Session 1:** June 12-15 (8:30am-4pm) and **Session 2:** June 19-22 (8:30am-4:00pm). Staffing includes a director, nurse, counselors, lifeguards, and Sun City club members. There are four age groups: **Lil Doggies-** Ages 7-8, **Pardners-** Ages 8-9, **Wranglers-** Ages 9-10, and **Longhorns-** Ages 10-11. Each group will have 25-30 kids. The Junior Campers play thirty-minute games. We teach just simple, basic bocce rules and allow the kids to have fun. We hope you will be interested in volunteering to help with Junior Camp. You have a chance to sign-up for one or two or all the following color groups:

GREEN COLOR GROUP

June 12, 2018 from 9:15 am to 10:45 am

WE NEED 10 VOLUNTEERS AND YOU WILL HAVE 2 GROUPS COME THROUGH

BLUE COLOR GROUP

June 12, 2018 from 11:00 am to 12:10 pm

WE NEED 10 VOLUNTEERS AND YOU WILL HAVE 2 GROUPS COME THROUGH

YELLOW COLOR GROUP

June 19, 2018 from 9:15 am to 10:45 am

WE NEED 10 VOLUNTEERS AND YOU WILL HAVE 2 GROUPS COME THROUGH

RED COLOR GROUP

June 19, 2018 from 11:00 am to 12:10 pm

WE NEED 10 VOLUNTEERS AND YOU WILL HAVE 2 GROUPS COME THROUGH

If you want to volunteer, please email stevemellinger8618@gmail.com and indicate which color group or groups you choose to work. We'll also have a sign-up sheet in the shed. The Bocce Club will have snacks and drinks available for the volunteers.

ALL THE VOLUNTEERS ARE INVITED TO THE **CA VOLUNTEER APPRECIATION DAY** HELD LATER IN THE YEAR. THE CA PROVIDES AN EVENING OF FUN, ENTERTAINMENT, DRINKS, AND FOOD JUST TO HONOR YOU AND SAY, "THANK YOU" FOR VOLUNTEERING YOUR SERVICES.

TREASURER'S REPORT-DOUG BRUMM

At the end of February, the Bocce Club had 234 paid members of which **109 are new** to the club in 2018. The club has a \$3,140 balance.



SAFETY CORNER

For your safety, the ends of the Courts have been painted a bright yellow. 🧐

ADVANCED BOCCE LEAGUE #2-JOHN SHIDELER

The Advanced League has completed two weeks of its five-week schedule. Competition has been very good with a lot of close games played.

The following is the running total of points scored during the two weeks of League #2 play.

Name	Points
Larry Hunting	71
Mike Byrne	66
Stanley Payne	65
Marilyn Marlar	61
Jim Rankin	55
John Shideler	53
Joe Rittgers	52
George Rypple	52
Dick Billows	51
Nick Drury	51
John Luther	49
Joyce Simanek	47
Bill Wightman	43
Anna Ruth	35
Al Villar	35
Loid Hammelmann	35
Howard Singer	27
Paul Wiener	26
Janet Lull	26

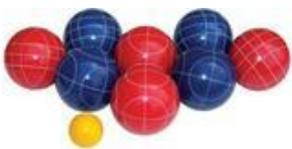
LADIES LEAGUE-LIN VERNIER

The women playing in our league are looking forward to competing on the newly covered Bocce courts.

Patti DeGroot, Sherry Nogle and Marilyn Marlar are the top three currently in our Second Ladies League with just one week to go. We have enjoyed good weather so far and hope to be able to get the last week in on the 27th.

We have had some amazing subs coming from the new players group. I'm not sure what wisdom Sal is giving these ladies, but they are very talented and hopefully will join us as full-time players next league.

Keep Wednesdays April 18th through May 16th in mind for the next challenging league's play. Signups will begin the first week in April.

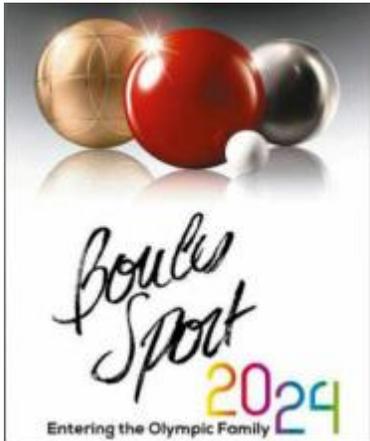


BOCCE TIPS Volume 5

By Sal Caravello

BOCCE CLUB
SUN CITY TEXAS

New Training Starts: May 18th, August 17th, and November 16th, come join us. New-bee Bocce Tournament, Friday, March 30th, Friday, April 6 and Finals on Saturday, April 7th...



Question from Volume 4: *What is a timed game?*

There are times when there are a lot of teams or individuals signed up to play without a time limit. At these times, the person in charge can put a time limit on games to be played. All games start on all courts at the same time so only one-time clock can be used to determine the length of play. He will also announce when the games are approaching the actual time limit. When the time runs out, all games can continue play until the frame is completed.

A Historical Look: Throwing balls toward a target is the oldest game known to mankind. As early as 5000 B.C. the Egyptians tossing a ball, polished stone has been recorded as early as 5200 B.C. While Bocce today looks different from its early predecessors, the unbroken thread

of Bocce's lineage is the consistently common objective of trying to get as close to a fixed target as possible.

From this early objective, the basic rules of Bocce were born. From Egypt the game made its way to Greece in 800 B.C. The Roman influence in the game's name: Bocce derives from Vulgate Latin bottia, meaning boss. Henri Matisse named it "Il GiocoDelie Bocce"

Reference source: United States Bocce' Federation

Question: *What do you call a round of Bocce'?* It is referred to a frame. The game is played on Bocce' courts, not lanes. See I told you it was not like bowling!

Come out and show some support: We have now completed Class 3. With two full classes so far this year, during the worst weather ever we have enrolled 72 people interested in Bocce'. A large percentage have joined the club to bring us new blood for growth and excitement, and one person is presently subbing in a league. They have really locked into playing International play for the quickness of the game as well as the ability to improve their skills by rolling several balls at a time. The New-Bee's will stay with me for the year and will play tournaments to develop their skills. These tournaments are for New- bees only.

Question for the next issue. *What should I be doing when I am not rolling the Bocce' ball? What is the logo above?*

THINK BOCCE!



HAVE A PLAN

by Rob Neff

Well, daylight savings has started, we're finally back on our daylight normal schedules. Spring break has broken in all the nearby places and the weather has settled into its normal random pattern. That means we can concentrate on bocce.

If you're going to do well this year, and by that we mean do better than last year then you need a plan.

Sure, while others are concentrating on just practice, we know there are other skills and equipment required to reach the legendary high levels of bocce superstardom. That's where your plan fits in. First, there's the sneaking down to the courts to practice when no one can see you. You don't want to be too competitive. We think that's why Sneaky George Rypple comes down Sunday afternoons. But even he's not as competitive as the nameless member who has put together a set of tournament balls with the most consistent weights. Worth doing when it just might make the difference between a ball that rolls like the one before it and one that could get caught in the wind. It happens.

If you're going the competitive route, you might want to learn to play without your name tag. Someone might call your name and take your concentration away, just as you were watching where your opponent's ball hit the sidewall before rolling slowly and inappropriately stopping near the pallino. This year you're sure to master your own sure shot routine. You know the one, your pre-roll step-up, set-up, sight-up, shoe position, head shake, eye-ball, snake-eye, shake-eye, hand jive, positive English shot, the one you conceal behind the most casual looking roll you can muster.

Is your equipment up to date? An SC Bocce shirt is a favorite of winners. We're seeing more players pull out their own bocce measuring tapes following the lead of Howard Springer who is 10 years ahead of the curve. He might have to play catch up as some new ones have the highly refined calipers to make sure you don't lose a point on a tenth of a technicality. Even though we've just completed a renovation of our courts we've already seen an eBay listing for topographical maps of the new courts. We've got to say our members are certainly dedicated and eager to share their knowledge, for a price. That's not all that's changed at the new courts, there were reports that John Luther brought his wind direction and speed indicator from his time RC sailing. He's screwed on top of a water bottle and takes a fast, last look to get wind data before an important shot. That's right, they're all important shots.

If you're going to be among the leaders and tournament winners, you must be ready to sacrifice. No nap on game days. Keep the soles of your bocce shoes sanded for the best grip. You can't beat Stanley Payne's trick to check your ankle angle. Trying his deep knee bend stretches between shots might help a lot of us. Sneak a little hand lotion so your throwing hand has the sensitivity it needs to feel what the ball tells you as you lob it. We won't tell who you are, but we'll know when we shake your hand.

The real winners are those who avoid anything that might compromise what we know as the perfect bocce body. No over stretching, or unplanned picking up, bend from the waist, push up with the legs to stand. No whole oranges or lemons, just grapefruit; you might lose your touch for the weight of the bocce ball. Hard boiled eggs? Don't even pick something up with that pseudo-round shape, not if you want to play to win.

If you want to play for fun, then this is a great time for us all. Our newly renovated courts are ready, so you can get in some club play before the next leagues form. See you around the courts.

New Bocce Court's Ready for Play! by Kyle Nogle

The anticipation of the Bocce resurfacing has been high among members and residents alike. It is finished! The courts are ready for play. Many members have memorized all the quirks of each court. Court one pulled to the left, court two pulled right, and the rest of the courts, well you would just have had to experience it for yourself. It was always fun, and always offered a challenging game of Bocce.

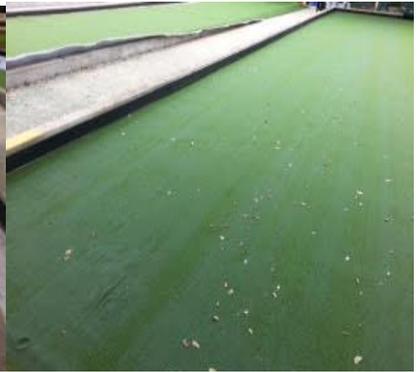
Out with old and in with the new. The new resurfacing has changed the game for everyone. The new turf is awesome! After rolling a few balls, it is evident that this will level the playing field for all. The rules are all the same, yet the speed of the courts, and the force needed to advance the balls down the court has changed. There will be a learning curve for everyone to perfect their game.

Just some background information on this mammoth project must be reported so that all have a deep appreciation for what has been accomplished here in Sun City. The CA representative David Hahn, with the property and grounds division here in Sun City hired an outside company to complete the work. The two shuffle board courts were relocated to the horse shoe area and these two courts were added for Bocce play. That gives the community eight new surfaced courts for Bocce. This move was a very important addition to the Bocce club. In the past two years membership has increased from approximately 73 to 240 as of March 2018. Neighborhood participation has increased as well as weekend playing. This club and this game is increasing in leaps and bounds here in Sun City.

There is not enough paper or time to express individual recognition to all who have invested their time, effort, and energy into this project. The CA, David Hahn, Steve Mellinger our Bocce president, as well as countless others. It has indeed been a community supported project.

Everyone is encouraged to come out and play the eight new courts! Hone your skills and have the time of your life playing the great game of Bocce.







HIGHROLLERS

1. Larry Hunting
2. Ken Pardee
3. Ronnie Liedecker

In addition to getting your name in the newsletter for scoring 4 or more points, we want you to ring our bell to let everyone know you are a HIGHROLLER!

Please acknowledge the person who is ringing the bell by yelling, clapping, or screaming in support.

The Sun City Texas, Bocce Club wishes to thank Kyle and Sherry Nogle for their generous donation of the Bell.





NEW MEMBER

INTERNATIONAL RULES TOURNAMENT

COME OUT AND SUPPORT THE
NEW MEMBERS ON APRIL 6TH AND 7TH FROM
10:00 AM TO 1:00 PM.

Home Prevention and Wellness Food and Nutrition Nutrients and Nutritional Info

Hydration: Why It's So Important

Water regulates your body temperature and lubricates your joints. It helps transport nutrients to give you energy and keep you healthy. If you're not **hydrated**, your body can't perform at its highest level. You may feel tired, have muscle cramps, dizziness, or other serious symptoms.

- If staying hydrated is difficult for you, here are some tips that can help:
- Keep a bottle of water with you during the day. To reduce your costs, carry a reusable water bottle and fill it with tap water
- If you don't like the taste of plain water, try adding a slice of lemon or lime to your drink.
- Drink water before, during, and after playing Bocce.
- When you're feeling hungry, drink water. Thirst is often confused with hunger. True hunger will not be satisfied by drinking water. Drinking water may also contribute to a healthy weight-loss plan. Some research suggests that drinking water can help you feel full.
- If you have trouble remembering to drink water, drink on a schedule. For example, drink water when you wake up, at breakfast, lunch, and dinner, and when you go to bed. Or, drink a small glass of water at the beginning of each hour.
- Drink water when you go to a restaurant. It will keep you hydrated, and it's free.

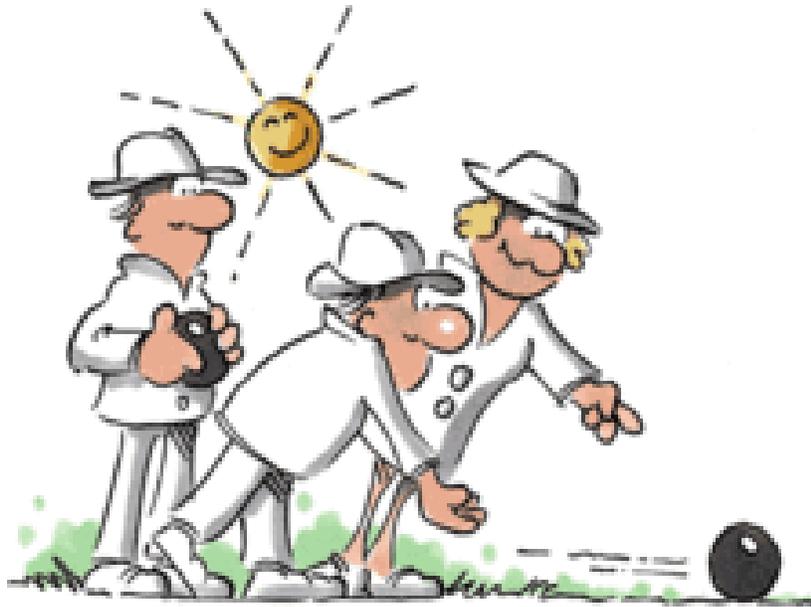
Recognizing the signs of dehydration is important. They include:

- Little or no urine.
- Urine that is darker than usual.
- Dry mouth.
- Sleepiness or fatigue.
- Extreme thirst.
- Headache.
- Confusion.
- Dizziness or lightheadedness.
- No tears when crying.
- Don't wait until you notice symptoms of dehydration to take action. Actively prevent dehydration by drinking plenty of water.

**PLEASE BRING A SIX PACK OR CASE OF BOTTLED WATER TO
“*DRINK UP DAY BOCCE EVENT*” ON APRIL 12th FROM 10:00 TO
NOON AND HELP KEEP OUR BOCCE MEMBERS HYDRATED!**



Hey, you Regular Players that play Bocce Monday through Saturday from 8:00 to 10:00, let's have Donuts and Orange Juice/Coffee on Monday, May 21, 2018. We'll eat before we play Bocce. (All members are welcome)



WOMEN AGAINST THE MEN FIRST ANNUAL ULTIMATE BOCCE CHALLENGE

Sunday April 22

4pm -7pm



We're inaugurating Sunday afternoon bocce with the ultimate contest.

Men *against* **Women**

Come support your team. Help prove brawn wins against sensitivity. Or not.

Winning team earns bragging rights and first run at the snack table.

Be a winner in the battle of the sexes, and start our new Sunday afternoon series with a bang.

Bring a snack to share and BYOB.
Sunday April 22 from 4pm to 7pm..

If you plan to participate in the Yountville, CA Bocce Tournament in August, you DON'T want to miss this meeting.

Tuesday, April 24, 2018

Time: 9:00 am to 10:30 am

Activities Center Meeting Room 3



*Mother's Day Bocce Babes Event is coming May 12th, 2018 from 10:00 am to Noon. The Bocce **SUPERHEROES** will be there to hand out **ROSES** and **MIMOSAS** to our **MOTHERS!***

April

1	
2	
3	LADIES LEAGUE PLAY II 3-5
4	
5	
6	NEWBEE TOURNEY 10-1:00 PM
7	NEWBEE TOURNEY FINALS 10-1:00 PM
8	
9	
10	
11	ADVANCED LEAGUE II 1-3 PM
12	DRINK UP DAY BOCCE EVENT 10-NOON, BRING A 6-PACK/CASE OF H2O
13	NEW PLAYERSW/SAL 10-NOON
14	
15	
16	 DAILY PLAY TIME 8-10:00AM
17	
18	LADIES LEAGUE III, 9 -11:00 INTERNATIONAL RULES
19	BOCCE BOARD MEETING 3-4:00 PM IN AC
20	ADVANCED LEAGUE III, 8-10 NEW PLAYERS W/SAL 10-12
21	
22	MEN VS. WOMEN SUNDAY BOCCE EVENT, 4-7 PM BRING SNACKS & BYOB
23	
24	YOUNTVILLE BOCCE TOURNAMENT PLANNING MTG IN AC ROOM 3, 9-10:30 AM
25	LADIES LEAGUE III, 9AM
26	
27	ADVANCED LEAGUE III 8-10
28	
29	
30	
31	

May

1	
2	LADIES LEAGUE PLAY III 9AM
3	
4	ADVANCED LEAGUE III 8-10
5	
6	
7	
8	
9	LADIES LEAGUE PLAY III 9-11
10	
11	ADVANCED LEAGUE III 8-10
12	BOCCE BABES & THEIR SUPERHEROES, 10:00 ROSES & MIMOSAS, BYOB/WINE
13	
14	
15	
16	LADIES LEAGUE III 9-11
17	
18	NEW MEMBER TRAINING 10-12 ADVANCED LEAGUE III 8-10
19	
20	
21	REGULAR PLAY 8:00-10:00 DONUT HOLES, OJ, COFFEE
22	
23	
24	
25	NEW MEMBER TRAINING 10-12
26	
27	
28	
29	