



YOU'RE INVITED . . .

Albert Park Travel Members Day

**TWO-BOWL TRIPLES – THREE
GAMES x 8 ENDS**

Winner determined by games up, then ends up,
then shots up. One end playoff if needed.

SUNDAY 15 NOVEMBER

12.45pm roll-up/1pm start – dress mufti.

Entry fee of \$5 payable on the day, includes
afternoon tea.

PRIZE MONEY

Winning Team – \$225 Runner Up Team – \$90
Team with Best 1st, 2nd or 3rd Games – \$60 in each case

Sponsored by



If you are unable to come to the club before Sunday
to place your name on signup sheet, please email
apbowls@bigpond.net.au and Secretary will do it for you.

Lockers

If you have a locker
in either of our
locker rooms please
ensure it has a lock
and that your name
is clearly displayed.
Open lockers will be
emptied and made
available to other
members.

If you would like a
locker, or a name tape
for your locker, please
see Secretary.

Dates

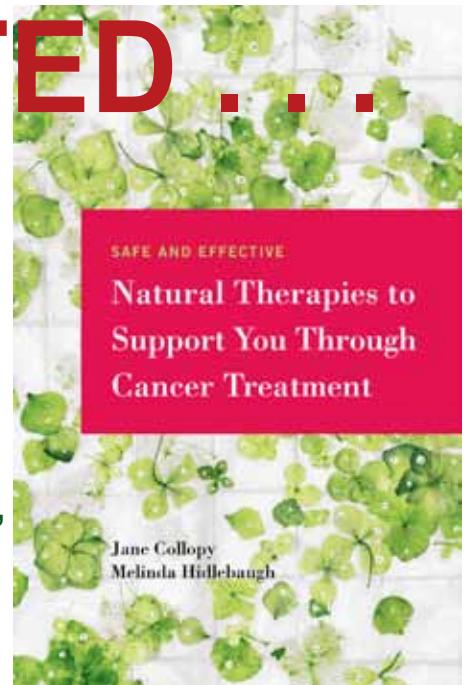
Christmas Breakup

19 December
More information later.

Please note that
Presentation Night has
changed to 8 April, 2016

Wednesday and Thursday Evening Training

With Christmas looming
there are some corporate
functions being held at the
club. Please remember that
training sessions start at
5pm.



. . . to Jane's
BOOK LAUNCH!
Thursday
19th November
at 7pm
at the Albert Park
Bowls Club

Our resident naturopath, Jane Collopy, has recently become a published author! **Safe and Effective Natural Therapies to Help You Through Cancer Treatment** is a helpful guide to using diet, lifestyle and supplements to reduce the side effects of chemotherapy, radiation therapy, surgery and hormone therapy.

Jane and Melinda will speak at the Launch, as well as one of Jane's patients:

"I am a firm believer that everything in life happens for a reason - not sure what the life lesson is from having cancer, but it was an amazing affirmation of the wonderful people in my life. I went through major de-bulking surgeries, reconstruction surgeries, chemotherapy, radiotherapy and hormone treatment with breast cancer. I would never have got through it as well as I did if it were not for Jane and Melinda - not only did they give me naturopathic remedies but emotional support"

Lisa Bremner

For more info: email
janecollopy@gmail.com
www.naturalcancerbook.com.au