



# 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

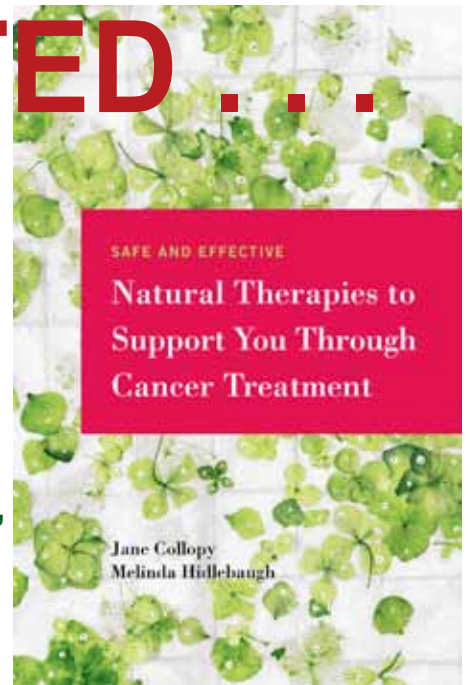
### Christmas Breakup

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  
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www.naturalcancerbook.com.au