

Lloydminster, Alberta

Lloydminster, Alberta



The Lloydminster area was first settled in April, 1903 with the arrival of the Barr Colonists, approximately 2,600 people from England. The new settlement was named in honour of Rev. Lloyd for his efforts in leading the colonists.

Lloydminster is derived from Rev. Lloyd and the word "minster", meaning "mother church". The newly founded hamlet of

Lloydminster was located astride the 4th Meridian in the Northwest Territories. When the provinces of Alberta and Saskatchewan were created in 1905 and the 4th Meridian selected as the inter-provincial boundary, the Village of Lloydminster was split in two. The Alberta portion of the divided community was incorporated as a Village in Alberta in July, 1906, while the Saskatchewan portion was incorporated as a Town in Saskatchewan in April, 1907. .

Thus Lloydminster has become the only border town in Canada.

Border Bowl

Game 1	Game 2	Game 3	Total
232	187	234	653



The border town on Lloydminster is home to Border Bowl. This centre has 16-lanes with Brunswick scoring and lots of great league prizes. I threw three games prior to the Tuesday night league. They asked me to stick around and throw a game so I did a not too bad 245. There is a lot happening at this centre, the league was giving out all sorts of prizes the night I was there. If you're in the area you should check it out and thank Chad and Albert for running this great centre.

Cold Lake, Alberta

Cold Lake, Alberta



Construction of what would become known as RCAF Station Cold Lake began in 1952 at the height of the Cold War after the site in Alberta's "Lakeland District" was chosen by the Royal Canadian Air Force for the country's premier air weapons training base. The chosen location was near the town of Grand Centre, and was based on factors such as low population density, accessibility, weather, suitable terrain, and available land for air weapons training.

In addition to its value as a training base, CFB Cold Lake's fighter/interceptor aircraft defend the western half of Canadian air space and together with aircraft from CFB Bagotville cover Canada's Arctic

territory. They are operationally controlled by NORAD from CFB North Bay and Cheyenne Mountain Operations Centre in Colorado Springs. Cold Lake aircraft forward deploy to airfields throughout western and Arctic Canada as operational requirements dictate

The city is made up of three parts: Grand Centre, Medley and Coldlake. When the three towns were united in 2000 to become a city, Grandcenter was renamed Coldlake South. Coldlake North is the original town. The city hall was placed in Coldlake South because of Coldlake becoming part of the city. When this first took effect, residents nicknamed the city the tri-city because of the three separate parts

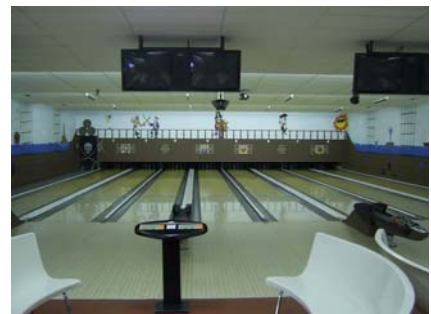
Marina Bowl

Game 1	Game 2	Game 3	Total
217	266	211	694



On my way to Cold Lake I took a little trip and stopped off at Spare Time Lanes in Bonneyville. I threw a quick 3 games at this 8-lane centre with Brunswick scoring and headed off to Cold Lake. Still having great weather the trip was uneventful. There are 8-lanes at Marina bowling centre with Qubica scoring and a lot of pirates painted on the wall. I was tasked with bowling against the

senior youth bowlers in a beat your coach tournament. The younger bowlers did very well with a number of games over 250. I must say I was impressed at the skill level in this centre, way to go everyone. Thanks to Linda for setting everything up and showing me a great time.



Lac La Biche, Alberta

Lac La Biche, Alberta



Lac La Biche is a very old place. Long before Europeans showed up near the end of the 18th century, Native people lived on the shores of the lake. Although Native or "First Nations" presence in the Lac La Biche region is today predominately Cree and Chipewyan, it was not always so. In fact, Chipewyan, and especially Cree peoples moved into the Lac La Biche area from the north and from the east in advance of the fur trade and displaced people who were already living in the area. David Thompson was the first European explorer to record a trip to Lac La Biche and confirm its existence. Thompson built Red Deers Lake House and spent the winter of 1798-99 at

Lac La Biche. The construction of Red Deers Lake House marked the beginning of European settlement at Lac La Biche.

On Thursday February 4, 1915, at 5 o'clock in the afternoon, amid whistle blasts and a cheering crowd, the first locomotive arrived at Lac La Biche. The iron beast belonging to the Alberta and Great Waterways Railway was greeted by a large banner advertising "A Grand Dance" to "welcome the steel". By 1916 the Edmonton Bulletin was writing of the "smart little town" fast becoming an important divisional point from Edmonton on the Waterways railway. More than this, Lac La Biche was "Edmonton's newest summer resort, and its only one equipped with a hotel....The arrival of the railway catapulted Lac La Biche into the 20th Century and in many respects transformed the community formally becoming the Village of Lac La Biche in 1919, complete with a mayor and Village Council.

Lucky Strike

Game 1	Game 2	Game 3	Total
196	188	217	601



The weather is still great and I had a nice drive to Lac La Biche. Lucky Strike Lanes is a 6-lane centre with Qubica scoring and the friendliest people around. I bowled with a diverse group of bowlers, all of who soundly thrashed me, but in such a friendly way. The family friendly atmosphere and the cheering section for the bowlers made my time at the lanes extremely enjoyable. Thanks to Bonnie and everyone for having me at this centre I look forward to coming back some day.

Edmonton, Alberta

Edmonton, Alberta



5,000 years before European explorers and fur traders arrived in the Edmonton area, the land was populated by the Cree and Blackfoot nations. In 1795, the Hudson's Bay Company established its first trading post near the present site of Fort Saskatchewan in order to trade fur with First Nations. The fort was moved several times, to be settled permanently in 1830 on land that is today known as Alberta Legislature Grounds.

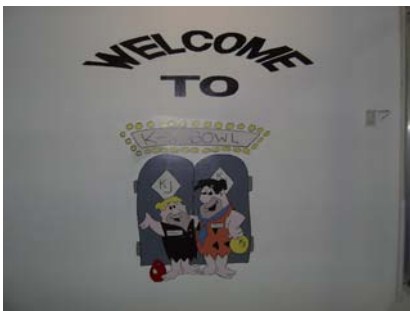
The fur trade boomed for many decades. In 1870, the Canadian government bought the land from the Hudson's Bay Company to open it for settlement. In 1892, Edmonton was incorporated as a town. At this time about 700 people called Edmonton their home. In 1898, the Gold Rush Edmonton became the outfitting center for many prospectors heading for the Yukon.

By 1904, Edmonton had a population of 8,350. Soon after, when Alberta joined the Confederation, Edmonton was selected as provincial capital. In 1908, the University of Alberta opened its doors. Edmonton entered a frantic boom period when Strathcona amalgamated with Edmonton in 1912, combining their population to over 40,000. In the 1930s Edmonton became the "Gateway to the North" flying medical supplies, food and mail to remote northern communities.

Edmonton's face changed forever when oil was discovered in Leduc in 1947. Overnight Edmonton became the Oil Capital of Canada and Edmonton's population doubled within a decade. Still today, the oil and gas industry remains the city's economic cornerstone.

K J Bowl

Game 1	Game 2	Game 3	Total
219	223	161	603



I started the day off at Callingwood lanes for the TPC tournament. My 1891 8-game score was not going to be good enough to get any money but it was better than I have thrown in last couple of years at this great tournament. In the evening I went over to KJ Bowl where I was met by Fred, Barney

and a group of enthusiastic bowlers. The 12-lane centre sports Brunswick computers and we had a little bowling party and a few laughs. It was a great day thanks Jocelyn for having me at your centre.



Fairview, Alberta

Fairview, Alberta



The first words in the Fairview Heart of Gold book read "1978 marks the 50th anniversary of the establishment of Fairview, Alberta known as the Heart of the Peace River Country. This golden heart beats loud and strong on this, its 50th year, as Fairview continues to be a vibrant active community and trading centre. It was 50 years ago, on November 2, 1928 that the first train pulled into the little hamlet we now know as the Town of Fairview." Harold Nicholson's words are as timely and meaningful today as they were in 1978.

There has been some debate as to what year the town actually came into being. It was not until April 22, 1929 that a governing body was formed and the hamlet was officially established as a village. In April of 1949 the village was incorporated as the Town of Fairview. It is clear, however that our forefathers felt that Fairview was truly "born" in 1928 when the pioneers at Waterhole picked up and moved lock, stock and barrel to this site for railway access. The 50th Anniversary was celebrated in 1978. We concur and adhere to that decision - Fairview came into being in 1928, born in the heart, strength and determination of our forefathers

Unchaga Lanes

Game 1	Game 2	Game 3	Total
177	258	219	654



It was a long drive to bowling centre in Fairview. This 8-lane centre with Pro Score has a very unusual name, Unchaga, which means friendship in a Cree dialect. A great group was on hand to bowl with me and I had a good time trying to keep pace with the locals. Thanks Ken for having me at your friendly centre which lives up to its name.

Dawson Creek, British Columbia

Dawson Creek, British Columbia



Dawson Creek is located in the northeast corner of British Columbia in the centre of the Peace Region. We are proudly the only City that is located at Mile '0' of the Alaska Highway.

On March 9, 1942, Dawson Creek, a small northern Canadian community with a population of 600 people, bustled and swelled with activity when the first train carrying American troops arrived. In a matter of weeks the town's population exploded to 10,000. Seven regiments of American engineers (approximately 11,000 men including three regiments of men with African American heritage) 16,000 civilians from Canada and the United States, and 7,000 pieces of equipment were thrown into action against some of the toughest and most unforgiving wilderness areas in the world. On November 20, 1942, after little over nine months of intense construction, 250 soldiers, civilians, policemen, and government delegations from Canada and the United States, met at mile 1061, known as 'Soldiers Summit', where they cut the ribbon officially opening the 'Alcan' Highway. The total cost for construction of the 1,523 mile route, which also includes 133 major bridges and more than 8,000 culverts which, if placed end to end, would stretch over 57 miles, was about \$140 million USD. This remarkable achievement has developed into a major transportation link in North America, stretching from Mile '0' at Dawson Creek, British Columbia through the Yukon Territory, and into Alaska. In 1946, reconstruction and upgrading was carried out under Canadian Army supervision. On April 1, 1971, the Canadian Federal Government turned over maintenance of the Yukon section of the Alaska Highway to the Yukon Department of Highways and Public Works. Since completion of the Alaska Highway in the 1940's, a continuous program of upgrading, widening, and straightening has been underway. Virtually 100% of the Alaska Highway is now paved. The Alaska Highway, once an emergency wartime road, has developed into a vital link between the giant industrial regions of the U.S. and Canada and the natural resources of Alaska and Yukon. But, aside from the economic aspects of the highway, it also represents a permanent monument to the resilient and enduring friendship between two great nations. On September 28th, 1996, a ceremony was held in Dawson Creek. At this time the Alaska Highway was designated as the 16th International Historic Civil Engineering Landmark.



Hypertension Lanes

Game 1	Game 2	Game 3	Total
177	258	219	654



I finally saw proof of the elusive Canadian Moose, on the side of the road, after losing a battle with a motor vehicle. No live sightings yet, but now we know the beast does exist. After a few years of trying I finally got to bowl at Hypertension lanes in Dawson Creek. This 10-lane centre sports Pro Score computers and the lovely Aloha Lounge. I bowled a couple of games with the media reporters and one with the Sunday night league. Thanks Ian for showing me your centre I will be back sometime in the future.

Grande Prairie, Alberta

Grande Prairie, Alberta



Grande Prairie is the heart of Alberta's Peace Country. The first European settlers arrived here in 1770 and made their living trading furs. In the early part of the 20th century, our community emerged as a major agricultural centre. In fact, Grande Prairie farmers won awards for producing the world's best wheat and Timothy seed. Farming remains important to our economy, which has seen tremendous growth in recent years thanks both to booming forestry and oil and natural gas industries. Today, we are the service centre for the entire Peace region, with a population of 44,631 living and working in our community.

Family Affair Bowling Lanes

Game 1	Game 2	Game 3	Total
201	287	238	726



I woke up with a headache and a sore eye today. No idea what caused either but it didn't stop me from heading out to the lanes for a good time. The 12-lane centre has Brunswick scoring and I threw 3 games in the afternoon. Later in the evening I had a marathon photo session with a local photographer. I hope he got some great pictures to show everyone. I hung around the lanes and chatted with some league bowlers and had another great evening. Thanks Lynn for having me at Family Affair lanes it lives up to its name.

Whitecourt, Alberta



The community was formed in the place known by the Cree as *Sagitawah* (the place where the rivers meet). While the first Hudson's Bay Company trading post was established in 1897, the first permanent resident on the present day town site was John Goodwin, who settled here in 1905. In 1910, with the expansion of the Grand Trunk Pacific Railway, immigrants were encouraged by Premier Arthur Lewis Sifton to settle in the vast scarcely inhabited area between Edmonton and the Peace River Country.^[2] The name "Whitecourt" was chosen in 1910 by the postmaster of the newly established community

In 1904, the area's first settlers arrived.

In the early 1920s, a railway line came to the community, significantly boosting the importance of the timber industry.

Starting in the 1950s, with the discovery of a natural gas field, the energy industry became important in the area.

Millside Place

Game 1	Game 2	Game 3	Total
183	175	217	575



The weather was a little dreary as I drove down to Whitecourt. Millside Place is a fully convertible 8-lane centre with Pro Score computers. This means you can bowl either 5-pin or 10-pin on any of the 8 lanes, a very unusual centre in this aspect. It was interesting to see how the lanes could be changed over from 5-pin to 10-pin and back. Thanks Gary for having me at your interesting centre perhaps next time by I'll bowl a game of each type.

Red Deer, Alberta

Red Deer, Alberta



The City of Red Deer takes its name from the river that flows through it. The Red Deer River was important to the First Peoples of Central Alberta. For thousands of years its watershed teemed with a wide range of wildlife. Buffalo, deer, moose and elk were hunted for food; and beaver and other fur-bearing animals provided warm clothing and later pelts to barter for European trade goods. By the mid-nineteenth century, the region was inhabited by the

Blackfoot, the Plains Cree, the Stoney and Metis hunters and traders.

At the turn of the century, the community experienced a surge of massive growth as large numbers of settlers flooded into the area to take up homesteads. In 1901, when Red Deer was incorporated as a town, the population stood at 343. By 1913, when Red Deer was incorporated as a city, the population had jumped to nearly 2800.

Red Deer developed primarily as an agricultural service and distribution centre, enhanced by its location midway between Edmonton and Calgary in an area of profitable mixed farming. Red Deer continued to grow with its selection in 1907 as a major divisional point for the Canadian Pacific Railway. In 1911, two other railways, the Alberta Central Railway and the Canadian Northern Railway, entered the community. Red Deer underwent a large land boom as almost everyone speculated on the future growth of the community.

Heritage Lanes

Game 1	Game 2	Game 3	Total
289	261	316	866



What a great day I had today the weather was sunny and so was everything else. The bowling centre has 20-lanes and Pro Score computers. There is a lovely lounge area and the people are grand. I think they put me on the best set of lanes in the house based on how well I bowled. Thanks to Shelby for setting everything up I had a great time and if the pinfall stays this good I'll be back again real soon. Oh yeah another moose was seen at the lanes on the wall. I like

moose!



Banff, Alberta



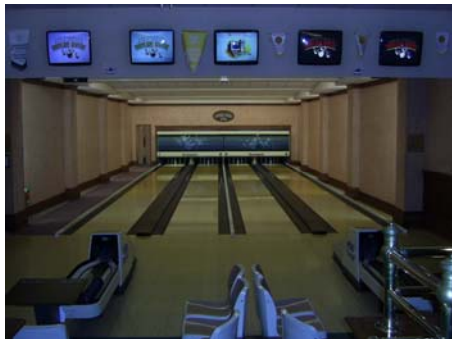
Banff is the largest town in Banff National Park, in Alberta's Rockies, Canada. It is also the first incorporated municipality located within a national park in Canada. At 1,463 m (4,800 ft), it is the town with the highest elevation in Canada. It is surrounded by mountains, notably Mount Rundle, Sulphur Mountain, Mount Norquay, and Cascade Mountain; and situated above Bow Falls near the junction of the Bow and Spray Rivers. Banff is located 126 km (78 mi) west of

Calgary and 58 km (36 mi) east of Lake Louise, on the Trans-Canada Highway. The Town is a member of the Calgary Regional Partnership.

Banff is a resort town and one of Canada's most popular tourist destinations, known for its mountainous surroundings and hot springs. It is a major destination for outdoor sports and features extensive hiking, biking, scrambling and skiing areas within the region. Two ski resorts are located in close proximity: Sunshine Village and Ski Norquay.

Banff Springs Bowling Centre

Game 1	Game 2	Game 3	Total
178	204	294	676



The Rockies! If you haven't driven up to them you don't know what you're missing. I've seen them many times but the sight still takes my breath away. Great drive into Banff and the scenery couldn't be much better. The bowling centre is 4-lanes with Pro Score and Oak wood everywhere. A very lovely centre, which I enjoyed bowling at. Thanks TJ for letting me throw a

few games in this beautiful centre, keep on striking!



Cranbrook, British Columbia

Cranbrook, British Columbia




other attractions to entertain visitors. It's just a beautiful place thanks to the mountains and atmosphere in the area.

. The largest city of the Rocky Mountain region, and the sunniest place in British Columbia, Cranbrook is located in the Columbia Valley, offering the best of city and country. The vistas of snowcapped mountain peaks, lush green valleys and crystal clear lakes are sure to take your breath away. For those seeking an oasis of civility in the rough Rockies, there is shopping galore, boutiques and cafés, an arts centre, several heritage centres and an abundance of

The City of Cranbrook came to be in 1898 with the arrival of the Crowsnest Railway. Cranbrook has evolved into the supply centre of the East Kootenay region of British Columbia. Our population currently exceeds 18,500 people with a total surrounding population approaching 80,000.

Juniper Lanes

Game 1	Game 2	Game 3	Total
187	291	204	682




As I was driving down the highway to Cranbrook, I spotted (how could you miss it) what may be the largest 5-pin in the country. Valley Alley in Windermere was closed so I continued on to Cranbrook. There are 16-lanes with Pro Score computers a lounge and party room at Juniper Lanes. The bowling centre is very friendly with lots of good people who know how to bowl well. I enjoyed playing at this centre and with the bowlers from the local area. Thanks Lori and Shane for letting me toss a few balls down the lanes. It was a good time



and a nice start to the BC portion of my tour.

Castlegar, British Columbia

Castlegar, British Columbia




. Located in the Columbia Valley at the confluence of the tumbling Columbia and Kootenay Rivers, Castlegar, called the 'Heart of the Kootenays' was a housing community for Cominco employees in Trail to the south, but quickly grew into a town in its own right, experiencing positive growth in difficult times.

This is the home of many of British Columbia's *Doukhobors*, a pacifist group of political refugee emigrants from Russia that settled in the Ootichena Valley in 1908. Their history has now become part of the attraction of Castlegar, as many visitors come to see the Zuckerburg Island Heritage Park, the Russian Orthodox Chapel House and similar sites.

Castle Lanes

Game 1	Game 2	Game 3	Total
252	232	294	778




I stopped at Fruitvale to go bowling at Beaver Valley Lanes, which shares space with the memorial centre. They seem to have forgotten about my booking as no one was there and the doors were locked. So I headed over to Castle Bowl, the roads are not bad yet but winter is starting to appear. Castle Bowl is a 6-lane centre with Dynascore computers and a little lounge. I had a good set of games and want to thank Roland for having at his centre its fun to be bowling good scores.



Osoyoos, British Columbia

Osoyoos, British Columbia

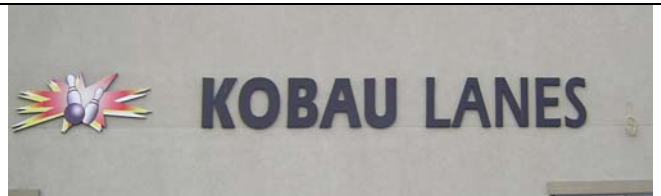


The Aboriginal People roamed the Okanagan Valley for centuries. They stopped at Spotted Lake above Osoyoos, for physical and spiritual healing. They made Osoyoos a favorite meeting place, and they named our town "Sooyoos" a Native Okanagan word meaning the narrows of the lake or the place where 2 lakes come together. Osoyoos, a version of that word, is pronounced: O-sue-use.

Farming and Orchardng began following World War I. A government sponsored Soldier's Settlement program was initiated and offered veterans assistance in developing 10 acre units of land. By 1927, a government irrigation system was in place, and the desert hillsides around Osoyoos bloomed. It was soon apparent that this was a perfect spot to grow ground crops and develop orchards. Orchard farming became a general practice, and today we're proudly producing the earliest fruit in Canada.

Kobau Lanes

Game 1	Game 2	Game 3	Total
213	257	264	734



The day was very sunny when I left Castlegar but by the evening it was raining/snowing. The weather can change quickly in the mountains and you have to be ready for it, much like lane conditions changing from game to game. Eight synthetic lanes with pro score in this centre, and like most every centre this time of year, busy with holiday and birthday parties. Thanks Danny and Annette for finding some time for me to throw my games, it was a good time and I hope I helped that older gentleman improve his game.

Kelowna, British Columbia

Kelowna, British Columbia



Artifacts suggest that hunters lived in the Kelowna area as far back as 2,000 years ago. However, the first European settlement took place in 1859 by three Oblate missionaries. Father Pandosy, Father Richard and Brother Surel set up a mission for the area’s natives, traders and new settlers. Three of the original buildings remain at the Father Pandosy Mission Provincial Heritage Site.

In 1893, Lord Aberdeen, Canada’s Governor General, bought huge tracts of land in the valley in recognition of Okanagan’s fruit growing potential. He also built Guisachan House, now a 2.4 acre heritage site.

Kelowna became a city in 1905 at a time when the population was 600. Its name comes from the story of August Gillard, an early settler who crawled from an underground shelter just as a group of Indians passed by. The Indians called out, “Kim-ach-touch”, meaning Brown Bear. Over time, this became Kelowna, meaning Grizzly Bear, which was easier to pronounce.

Valley Lanes

Game 1	Game 2	Game 3	Total	
178	243	236	657	



Once again I got to bowl with family and once again Rodney Dangerfield’s punchline “I don’t get no respect” came and spoiled my night. My Aunt out bowled me the first game (241) and my Uncle threw 333 in the last game (one of his best games ever). Still I had a great time and meet some old friends at the centre. This 16-lane centre with Pro Score computers has a large lounge area. The staff is very friendly and the fare is quite good. Thanks Bryan and Ruby for having at your centre I had a great time and expect to come back again someday.

Salmon Arm, British Columbia

Salmon Arm, British Columbia



In the heart of British Columbia's famous Shuswap Lake recreation area is the town of Salmon Arm, the *Northern Gateway to the Okanagan*. Nestled on the south shores of Shuswap Lake, ideally situated midway between Calgary and Vancouver, Salmon Arm is the largest town in the Shuswap area.

The first white settlers arrived in this valley in 1888. Salmon Arm first started as a railway camp during the construction of the Canadian Pacific Railway (CPR), later developing into a logging, farming and dairy centre

J Lanes

Game 1	Game 2	Game 3	Total
206	210	214	630



It was another day of family and friends as I hit the lanes at Salmon Arm. Dan took me down to the local radio station to do an on-line interview with Rich Daniels 91.5 FM. We then went back to the lanes a lovely 12-lane centre with Pro Score computers. A couple of my relatives showed up and we had a little bowling party where once again the locals showed me how to bowl. I want to thank Dan and Dee for showing me a great time in Salmon Arm.

Kamloops, British Columbia



Kamloops, British Columbia


Kamloops comes from the Secwepemc word "T'Kumlups", referring to the flowing together of the North and South Thompson rivers.

From train robberies to stagecoach transport, to cattle ranching, Kamloops is home to the true wild west drama of the Kamloops region. Europeans arrived in Kamloops around 1811. From their technical advances came further trading, industry, the railroad, and ship transport. The

Gold Rush brought wealth and a large influx of people searching for a better life. In 1893,

Kamloops is still a central hub, as it sits approximately halfway between Calgary, Vancouver, and the northern Cariboo-Chilcotin regions.

Falcon Lanes

Game 1	Game 2	Game 3	Total	
263	226	177	666	



This 16-lane centre with Pro Score computers is situated just off the Trans-Canada highway on the east side of Kamloops. It is easy to find and fun to bowl at. Once again I had friends show up to wish me well and watch me bowl. Now as I sit writing this blog I see the news is predicting a big snowfall for the area. Hope I can avoid any trouble from the snow. Thanks Joel and Dwayne for having at the centre it was fun.

Merritt, British Columbia

Merritt, British Columbia

The growing city of Merritt is located at the hub of the Coquihalla Highway system, in easy reach of Vancouver, Kamloops and the Okanagan. Merritt is the service centre for the ranch country of the Nicola Valley, and provides an excellent base for exploring the many outdoor recreational opportunities in the area.

Initially discovered by pioneers searching for a route between the Coast and the Interior, the valley was used as a brigade trail by the 1850s. What they discovered here was a vast expanse of grasslands where livestock could roam. The ensuing settlement originated at the meeting of the Nicola and Coldwater rivers, with ranchers, loggers, prospectors, merchants, and businessmen all making a living.

With the completion of the railway in 1885, the coal interest at The Forks was heightened. Originally called Forksdale and Diamond Vale, Merritt was renamed in 1906 in honour of railway promoter William Hamilton Merritt. Today, the Nicola Valley incorporates the communities of Merritt, Quilchena, Douglas Lake, Aspen Grove, Spences Bridge, and Logan Lake



Merritt, British Columbia

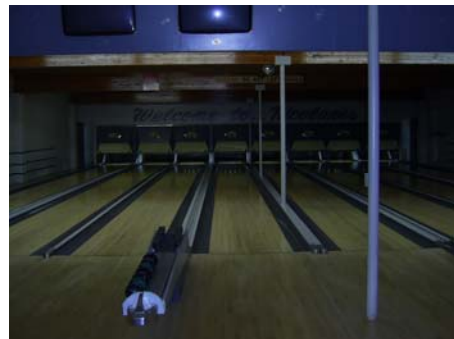
Nicolanes

Game 1	Game 2	Game 3	Total
205	229	193	627



The trip to Merritt was short and sweet. It was another sunny day and so nice I moved up my bowling so I could travel over the mountain pass before the incoming storm that the weather network was predicting. A beautiful mural adorns the side of this 8-lane centre with Pro Score Computers. I had a wonderful time and want to thank Sandy

and Pat for the short notice changes to the schedule. Whoever is taking care of my weather has done a terrific job of keeping it sunny and sweet during the tour. Only 8 days left to the end of the tour!



Abbotsford, British Columbia

Abbotsford, British Columbia



Abbotsford, a city of 117,000, is situated between Langley on the west and Chilliwack on the east, it has the Fraser River to the north and the U.S. border to the south. The first stage in its development occurred when the Royal Engineers surveyed the area in response to the the Gold Rush on the Fraser River in 1858, which led to the building of the Old Yale Road, the first road link through the Fraser Valley. Settlement

resulted in crops of tobacco and milk and butter being produced by the late 1860's. In 1891 the Canadian Pacific Railway built a line from Mission on the north side of the Fraser River to Sumas in Washington State. A station built where the railway intersected with Old Yale Road became the site for the Village of Abbotsford. The arrival of the BC Electric Railway in 1910 ensured Abbotsford an accelerated growth rate that goes on to this day.

Present day Abbotsford encompasses the communities of Abbotsford, Bradner, Clayburn, Clearbrook, Huntington, Matsqui, Mount Lehman and Sumas City, testimony to the growth of the area fuelled by the favourable combination of soil and climate giving the Fraser Valley the enviable reputation as one of the finest growing areas in Canada.

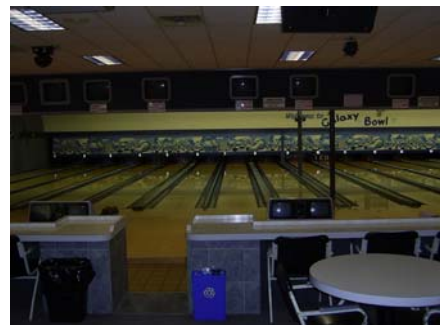
The Abbotsford Air Show brings worldwide attention to this area. Its reputation as the Raspberry Capital of Canada, the great diversity of cultural events, the TradeX Exposition Centre and many recreational options for all ages makes this an attractive destination for visitors and residents alike.

Galaxy Lanes

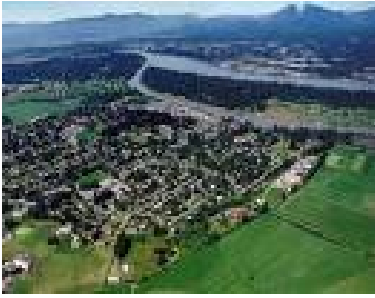
Game 1	Game 2	Game 3	Total
163	201	307	671




Well back to where I threw my all time best average. The lanes have not changed much the days in which I threw a 250+ average. The 20-lane centre has Pro Score computers and many still hosts many of the bowlers I played with almost 20 years ago. Thanks to Lou and Doris for giving a lane to play on and making my visit enjoyable. I might be back for the Boxing Day tournament.



Langley, British Columbia



Langley, British Columbia

Named after Thomas Langley, a prominent Hudson's Bay Company director, Langley is considered to be the official birthplace of British Columbia. The colony of B.C was originally proclaimed here, at Fort Langley, although the capital moved from here to New Westminster, before finally settling at Victoria on Vancouver Island.

In the 1830s, the Hudson's Bay Company began to develop and farm approximately 810 hectares of land in the area known as Langley Prairie. Today, Langley has almost 40 percent of the total agricultural land in the Fraser Valley, giving agriculture a major role in the economy of the region. With more farms than any other municipality in BC, Langley has the largest number of horse farms, the largest number of rabbit farms, the most sheep, and almost half of the mushroom farms in the province.

Willowbrook

Game 1	Game 2	Game 3	Total
175	231	230	636



It was a lovely morning drive to the lanes with some very scenic view of the mountains in the area. This 20-lane centre with Pro Score computers is extremely friendly and well staffed. I've always loved bowling at this centre and once again I had a terrific time, sharing the lanes with Santa Clause and the local youth bowlers. Thanks to Bob and his staff more making this stop a memorable one.



Vancouver, British Columbia

Vancouver, British Columbia



Archaeological evidence shows that coastal Indians had settled the Vancouver area by 500 B.C. British naval captain George Vancouver explored the area in 1792. Vancouver was founded as a sawmill settlement called Granville in the 1870s. The city was incorporated in 1886 and renamed after Captain Vancouver.

Vancouver is Host City to the [2010 Olympic and Paralympic Winter Games](#). Surrounded by spectacular natural beauty, the City of Vancouver is recognized as one of the world's most livable cities, renowned for its innovative programs and leading in the areas of sustainability, accessibility and inclusivity.

Varsity Ridge Lanes

Game 1	Game 2	Game 3	Total
193	203	237	633



I was surprised by snow in Vancouver and predictions of -17 degrees Celsius, does it get this cold on the west coast? I was also surprised by the visit of my fan club, Christine and Doug. Family from my wife's side who came out to bowl and cheer me on. It all made for a fun and enjoyable day. The centre has 15 lanes or 14 ½ depending on how you want to count. Pro Score computers and the friendly staff onsite, will help you get set up and bowling. Thanks Ken for having me at your centre it was a blast.



Vancouver, British Columbia

Vancouver, British Columbia

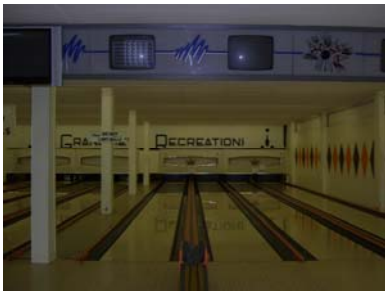


Vancouver (pronounced /væn ku v /) is a coastal city and major seaport located in the Lower Mainland of southwestern British Columbia, Canada. It is the largest city in British Columbia and in the Pacific Northwest region. It is bounded by the Strait of Georgia, Burrard Inlet, the Fraser River, the city of Burnaby, and the University Endowment Lands. Vancouver is named after Captain George Vancouver, a British explorer. The name Vancouver itself originates from the Dutch "van Coevorden", denoting somebody from (in Dutch: "van") Coevorden, an old city in The Netherlands.

The population of the city of Vancouver is approximately 611,869 and the population of Metro Vancouver is estimated at 2,249,725. Vancouver is ethnically diverse, with 52% of city residents and 43% of Metro residents having a first language other than English.

Grandview Lanes

Game 1	Game 2	Game 3	Total
263	232	218	713

This centre hosts 20 lanes 12 downstairs and 8 upstairs with Pro Score computers. Frank Lavigne accomplished one of the greatest feats in 5-pin bowling at this centre, averaging 329 in the 75-76 bowling season. During a 26-week period his low 4-game total was 1271 at the start of the period his average was 248. You can see his accomplishment on the wall at the centre. Once again I want to thank

Tammy and George for showing me around their centre, I had a wonderful time trying to match Mr. Lavigne's accomplishment. Watch Global TV (Vancouver) around 8AM Pacific on Tuesday, 16 December for information on the tour.



Surrey, British Columbia

Surrey, British Columbia



When European explorers, road-builders, loggers and settlers first came to this area, the Semiahmoo and Kwantlen First Nations People had already been present for more than 6,000 years. The settlements along the mouth of the Fraser River, at Crescent Beach, at the mouth of the Campbell River and in the north along the sheltered bends of the Fraser River were well established villages and temporary or seasonal settlements. Community life centred on a hunting and fishing; tidal resources of shellfish, river supplies of salmon, herring, and oolichans, and shorelines and forests of birds, deer, elk and bear provided ample resources to support life in the delta of the Fraser River. The Campbell, Nicomekl and Serpentine Rivers were the inland routes used for trading and communication. The coastal waterways connected the First Nations to the surrounding communities.

Incorporated in 1879, Surrey has a rich history of people with diverse ethnic backgrounds who have come together to make Surrey one of British Columbia's most unique communities.

Scottsdale Lanes

Game 1	Game 2	Game 3	Total
270	295	300	865



It was a busy day today showing up a Global TV and then heading out to the lanes before catching a ferry to Vancouver Island. There are 24 lanes with Brunswick scoring at Scottsdale but I am sure they don't always have the great pin-fall that I experienced today. I managed to improve each game even under the watchful eye of Ken Chambers, president of the

BC5PBA. Thanks to Ken and Lottie for letting me play on their best lanes. It was another great day on the tour and I look forward to the final days on Vancouver Island.



Nanaimo, British Columbia

Nanaimo, British Columbia



Nanaimo is the only all-purpose port city on Vancouver Island, with every facility required to serve both the commercial and recreational needs of business and tourism.


Once the location of five separate native villages, its name derives from a Coast Salish word, *Sney-ny-mo*, the "meeting place" - a perfect description of the rapidly-growing harbour community at the centre of Vancouver Island's highway and ferry system. A playground of land and sea activities, Nanaimo is a perfect place for a family vacation, a year-round golf getaway, or a romantic weekend.

Incorporated in 1874, Nanaimo is the third oldest city in British Columbia and the second largest on Vancouver Island, located on the east coast of southern Vancouver Island, 70 miles (112 km) north of Victoria. A former coal-mining town, Nanaimo has evolved into something very different, with a clean, accessible waterfront, cultural festivals in the summer, a university campus with a marvellous view, and superb dining

Nanaimo is also home to one of the greatest bathtub races in the world.

Brechin Lanes

Game 1	Game 2	Game 3	Total
234	177	179	590




So here I am on Vancouver Island the warmest and mildest winter location in Canada right? Well today it became the snowiest place in Canada. I drove through the snow to the lanes and came out 3 hrs later to find 6 inches of the white stuff covering my car. This is not a regular occurrence here on the Island. Anyway the 16-lane centre with Pro Score managed to stay open for me even though the leagues had the wisdom to take the night off. Judging by my scores, perhaps I should have done the same. Thanks Ray and Gord for bowling with me I'm sure the strange weather has affected my scores. The media coverage was great especially when you consider the rough weather. Oh yeah I love the paint job on your car Ray wish mine looked that good.



Courtenay, British Columbia

Courtenay, British Columbia




Located in the heart of some of the most beautiful farming landscape on Vancouver Island, Courtenay is the urban centre of the Comox Valley.

When Comox's Sister City was laid out in 1891, it was named after the Courtenay River. The Courtenay River had been named in 1860 after Captain George William Courtenay of HMS *Constance*, which was on the Pacific Station in 1846-9.

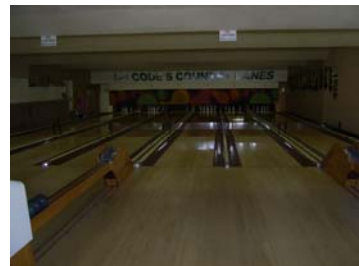
Code's Country Lanes

Game 1	Game 2	Game 3	Total
154	189	215	558




It was s wonderful, wintery, wonderland drive up to Courtenay. The sun was shining the mountains were gleaming with the fresh snowfall and I was looking forward to a great day. This 12-lane centre has Brunswick scoring with 6 lanes upstairs and 6 lanes downstairs. My pinfall does not represent the fun time I had at the centre. With a friendly staff and Christmas decorations I thought Santa

would make an appearance at any time. Thanks Carole for having me at your centre it was a good time.



Duncan, British Columbia



Duncan, British Columbia

Duncan is the hub of the Cowichan Valley, which is the traditional home of the Coast Salish Indians. The Cowichan, makers of the world famous Cowichan Sweaters, are the largest band and still make their home in Canada's only Maritime-Mediterranean climate zone.

The first settlers arrived in the Mill Bay area in 1848. Ten years later Giovanni Ordano became the first storekeeper when he opened a store and hotel in Cowichan Bay. This establishment exists today as the Masthead Restaurant. In 1862 one hundred settlers arrived in Cowichan Bay aboard the HMS Hecate in the company of Governor James Douglas. 1866 saw the first agricultural fair for the valley and in 1870 the famous old stone church was built between Cowichan Bay and Duncan.

Duncan came to be in 1886 when the Esquimalt & Nanaimo Railroad was completed and William Duncans was asked to provide a stop on his farmland. This farmland just happens to be downtown Duncan today. In 1896 copper was discovered and for six years beginning in 1902 a mine was the main economic contributor. Since the closing of the mine, forest related industries, agriculture, and tourism have been the economic forces.

1912 saw the incorporation of Duncan City and the next year a post office was built which is now Duncan's City Hall. In 1985 Duncan became the "City of Totems" when it was decided to erect original totems honouring the city's First Nations Heritage

Duncan Lanes

Game 1	Game 2	Game 3	Total
215	260	202	677



This is it the final day of the tour and I am back at the centre where I threw my all time best score of 418. Duncan is a 20 lane centre 12 are 5-pin and 8 are 10-pin with Brunswick Computers. I bowled with a few old friends and some family members and had a great time. So now the tour is over and 100 days have gone by, I have one last task to do dipping my balls in the Pacific Ocean. Thanks Mike and Lindsay for having back at one of my favourite centres I had a great time.

