

## The Commerce Bowling League (Fall 2008 and Spring 2009)



*3 Men & A Baby – 2<sup>nd</sup> Place*



*Debbie  
Armentrout  
Individual High*



*Strike This – 1<sup>st</sup> Place*



*High Rollers – 1<sup>st</sup> Place*

The Commerce Bowling League (CBL) was formed in October 2008. CBL met every Monday evening for eight (8) weeks from *October 20, 2008 - December 8, 2008* at the Holiday Lanes Bowling Alley. The league was comprised of seven (7) teams of four (4) to include Commerce employees and their family members. Teams were mixed with both men and women and represented a combination of employees from seven (7) Divisions. Team scores were kept on a weekly basis and trophies were provided by the Bowling Alley after the final position round for first and second place teams and the individual high averages for both men and women.

Due to the success of the Fall 2008 kick-off, CBL decided to bowl again in Spring 2009 for another eight weeks (March 2 – April 20, 2009). This was truly a new venture that involved some physical activity; the opportunity to meet employees from other divisions; and time to have fun and release stress.

### Testimonials:

*"It was an alternative way to burn some calories." Yasir Sitabkhan*

*"I enjoyed interacting with new co-workers from other Commerce Divisions." Bob Greene*

*"I loved it! It was a great opportunity and I felt much closer to my co-workers." Amy White*

*"It was a healthy way to relieve some stress." Venice Carter*

*"I had an opportunity to enhance my bowling skills and had an awesome time in the process."  
Gloria Pegues*

*"Not only is bowling a great way to burn some extra calories, but I got to learn something new. It was also nice to get together with co-workers after work hours." Dina Smith*