



# WHY MENTAL CONFUSION BEYOND 60??? Causes of: MENTAL CONFUSION IN THE THIRD AGE By: Arnaldo Liechtenstein, physician.

Whenever I teach clinical medicine to students in the fourth year of medicine, I ask the following question:

What are the causes of mental confusion in the elderly?

Some offer: "Tumors in the head". I answer: No!

Others suggest: "Early symptoms of Alzheimer's". I answer again: No!

With each rejection of their answers, their responses dry up.

And they are even more open-mouthed when I list the three most common causes:

- uncontrolled
- diabetes;
- urinary infection;
- dehydration

It may sound like a joke, but it isn't. People over 60 constantly stop feeling thirsty and consequently stop drinking fluids.

When no one is around to remind them to drink fluids, they quickly dehydrate. Dehydration is severe and affects the entire body. It may cause abrupt mental confusion, a drop in blood pressure, increased heart palpitations, angina (chest pain), coma and even death.

\*This habit of forgetting to drink fluids begins at age 60, when we have just over 50% of the water we should have in our bodies. People over 60 have a lower water reserve. This is part of the natural aging process.\*

But there are more complications. Although they are dehydrated, they don't feel like drinking water, because their internal balance mechanisms don't work very well.



#### \*Conclusion:\*

People over 60 years old dehydrate easily, not only because they have a smaller water supply, but also because they do not feel the lack of water in the body.

Although people over 60 may look healthy, the performance of reactions and chemical functions can damage their entire body.

So here are two alerts:

1) \*Get into the habit of drinking liquids\*. Liquids include water, juices, teas, coconut water, milk, soups, and water-rich fruits, such as watermelon, melon, peaches and pineapple; Orange and tangerine also work, as well as cucumbers.

\*The important thing is that, every two hours, you must drink some liquid. Remember this!\*

2) Alert for family members: constantly offer fluids to people over 60. At the same time, observe them.

If you realize that they are rejecting liquids and, from one day to the next, they are irritable, breathless or display a lack of attention, these are almost certainly recurrent symptoms of dehydration.

Arnaldo Liechtenstein (46), physician, is a general practitioner at Hospital das Clínicas and a collaborating professor in the Department of Clinical Medicine at the Faculty of Medicine of the University of São Paulo (USP).

Did you like it?

So spread it out! DON'T FORGET TO DO IT NOW!

Your friends and family need to know for themselves and help you to be healthier and happier.

It's good to share! \*For people over 60\*





#### BC DAY MIXED OPEN - UNSANCTIONED AUGUST 1, 2020

On July 20, 1871 British Columbia became the sixth province of Canada when it joined Confederation in 1871. FIRST PLACE TIES BROKEN BY RINGER %



MIXED - CLASS A (20 Shoes)	W-L	H/G F	Rs S/P	PERCENT
1st TIE BOB MCCAULEYVICTORIA	4-1	80.00%	72 100	72.00%
2nd TIE ALLAN CUMMINGSCENTRAL PARK	4-1	80.00%	71 100	71.00%
3rd TIE JUANITA LAYESUMMERLAND	4-1	80.00%	69 100	69.00%
4th BARRY DEVOCHTSOOKE	2-3	70.00%	58 100	) 58.00%
5th TOM MOFFATVICTORIA	1-4	65.00%	54 100	) 54.00%
6th CIRIL NOVAKQUESNEL	0-5	70.00%	55 100	) 55.00%
MIXED - CLASS B (20 Shoes) W	W-L H	I/G F	Rs S/P	PERCENT
1st STEVE BISHOP SOOKE	5-0	70.00%	57 100	57.00%
2nd = DON FLEMINGABBOTSFORD	3-2	60.00%	41 100	) 41.00%

2110 <b>–</b>	
2nd =	METOD NOVAKQUESNEL
4th *	LORENZO FERRARAQUESNEL
5th	MARCIE NORQUAYKAMLOOPS
6th	LANCE WHITWORTHVICTORIA

3-2

3-2

1-4 0 - 5

55.00% 41 100 41.00%

50.00% 37 100 37.00%

55.00% 44 100 44.00%

40.00% 31 100 31.00%

MI	XED - CLASS C (20 Shoes)	W-L	H/G	Rs	S/P	PERCENT
1st	JENNA JOHN KAMLOOPS	5-0	60.00%	52	100	52.00%
2nd *	CHANTAL WILSONSOOKE	3-2	60.00%	52	100	52.00%
3rd *	PARRI KIRKCLOVERDALE	3-2	50.00%	38	100	38.00%
4th	PHIL ERICKSONQUESNEL	2-3	60.00%	43	100	43.00%
5th **	ORLANDO PELLIZZARI QUESNEL	1 - 4	45.00%	35	100	35.00%
6th **	JIM WILLIAMSABBOTSFORD	1 - 4	40.00%	30	100	30.00%

MIXED	- CLASS D (20 Shoes)	W-L	H/G I	Rs S/P	PERCENT
lst Tie JOY	DEVOCHT SOOKE	4-1	60.00%	46 100	46.00%
2nd Tie TOM	HAMAKAWAPROVINCIAL	4-1	55.00%	39 100	39.00%
3rd RON	DUMONTSOOKE	3-2	45.00%	30 100	30.00%
4th HEN	RY DYCKWINFIELD 2.5	2.5	40.00%	23 100	23.00%
5th VIN	CE HERKELLADYSMITH	1-4	65.00%	42 100	42.00%
6th JEAN	PAUL BOURGOIN PROVINCIAL.5	-4.5	20.00%	17 100	17.00%

MIXED - CLASS E (20 Shoes) W-L H/G Rs S/P PERCENT 1st BRIAN RICKABY .... ABBOTSFORD .5-1.5 40.00% 33 100 33.00% DWAYNE BERTRAND ... ABBOTSFORD 3-2 35.00% 29 100 29.00% 2nd \* 3rd \* 3-2 50.00% 28 100 28.00% JUNE LAZENBY .....VICTORIA 6th LUIK TANNER .... ABBOTSFORD 1.5-3.5 30.00% 24 100 24.00%

MIXED	) –	CLASS	F	(20 Shoes)	W-L I	H/G I	Rs S	5/P 1	PERCENT
1st	GAIL	BISHOP	• • • •	SOOKE	4-1	30.00%	21	100	21.00%
2nd	BILL	BRUSSEE		SUMMERLAND	3-2	25.00%	18	100	18.00%
3rd	CLIFF	HUMBERS	STONE	ABBOTSFORD 2	.5-2.5	25.00%	20	100	20.00%
4th *	SUE I	BERTRANI	)	ABBOTSFORD	2-3	25.00%	18	100	18.00%
5th *	BRUCI	E KEHLEF		ABBOTSFORD	2-3	30.00%	15	100	15.00%
6th	BOB 1	PRICE		.PROVINCIAL 1	.5-3.5	40.00%	23	100	23.00%

MIXED	- CLASS G	(20 Shoes)	W-L F	I/G I	Rs S	5/P	PERCENT
1st	DOROTHY MILLER	KAMLOOPS 4	1.55	30.00%	19	100	19.00%
2nd	BRUCE MILLER .	PROVINCIAL	4-1	45.00%	39	100	39.00%
3rd	BERNIE LEPPER	WINFIELD	3-2	30.00%	21	100	21.00%
4th	DOUG FUNK	ABBOTSFORD 2.	5-2.5	15.00%	13	100	13.00%
5th	BRIAN RYDER	PENTICTON	1-4	30.00%	22	100	22.00%

MIXED	- CLASS H (20 Shoes)	W-L H/G	Rs	S/P	PERCENT
1st	SCOTT HALS,,,,, CLOVERDALE	5-0 40.00%	26	100	26.00%
2nd	MARYSE ATKINSON VICTORIA	4-1 30.00%	19	100	19.00%
3rd	PHIL OVERHILLSOOKE	3-2 15.00%	8	100	8.00%
4th	GREG ALTILIAABBOTSFORD	2-3 10.00%	3	100	3.00%
5th	KELVIN PHOENIXABBOTSFORD	1-4 20.00%	11	100	11.00%
6th	GORDON JULES KAMLOOPS	0-5 20.00%	5	100	5.00%

- CLASS I (20 Shoes) MIXED 1st Tie ELAINE MCMATH .....SOOKE 2nd Tie TAMMY POWELL .....SOOKE DAVE POWELL .....SOOKE 3rd BETTY HART ......KAMLOOPS 2.5-2.5 15.00% 7 100 7.00% 4th 5th BERNARD HAMEL .....QUESNEL 1.5-3.5 10.00% 2 100 2.00%









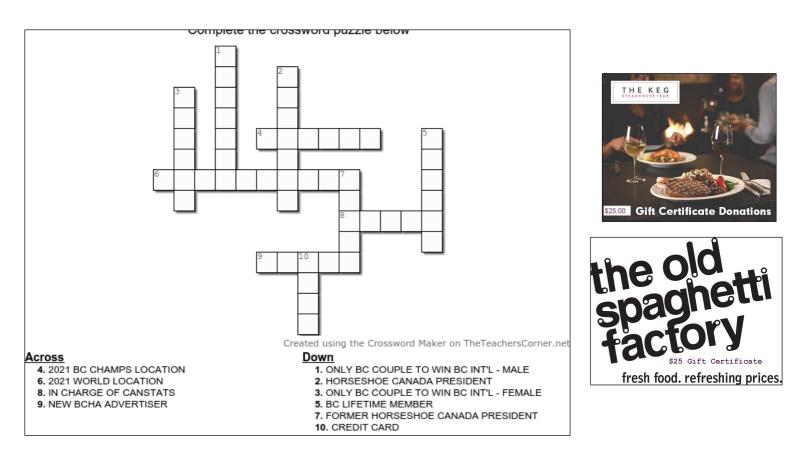
W-L H/G

Rs S/P PERCENT

4-1 15.00% 12 100 12.00%

4-1 15.00% 8 100 8.00%

3-2 20.00% 9 100 9.00%



#### Definition of "OLD"

#### j #1

I very quietly confided to my best friend that I was having an affair. She turned to me and asked, "Are you having it catered?" And that, my friend, is the sad definition of "OLD".

#### #2

Just before the funeral services, the undertaker came up to the very elderly widow and asked, "How old was your husband?" "98," she replied: "Two years older than me" "So you're 96," the undertaker commented. She responded, "Hardly worth going home, is it?"

#### #3

Reporters interviewing a 104-year-old woman:"And what do you think is the best thing About being 104?" the reporter asked. She simply replied, "No peer pressure."

#### #4

I've sure gotten old! I have outlived my feet and my teeth I've had two bypass surgeries, a hip replacement, New knees, fought prostate cancer and diabetes I'm half blind, Can't hear anything quieter than a jet engine, Take 40 different medications that make me dizzy, winded, and subject to blackouts. Have bouts with dementia .Have poor circulation; Hardly feel my hands and feet anymore. Can't remember if I'm 85 or 92. Have lost all my friends. But, thank God, I still have my driver's license.

#### #5

I feel like my body has gotten totally out of shape, So I got my doctor's permission to Join a fitness club and start exercising. I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, By the time I got my leotards on, The class was over.

#### #6

An elderly woman decided to prepare her will and told her preacher she had two final requests. First, she wanted to be cremated, and second, She wanted her ashes scattered over Wal-Mart. "Wal-Mart?" the preacher exclaimed. "Why Wal-Mart?" "Then I'll be sure my daughters visit me twice a week"

# #7

My memory's not as sharp as it used to be. Also, my memory's not as sharp as it used to be.

# #8

Know how to prevent sagging? Just eat till the wrinkles fill out.

# #9

It's scary when you start making the same noises As your coffee maker.

## #10

These days about half the stuff In my shopping cart says, 'For fast relief.'

## #11

### **THE SENILITY PRAYER :**

Grant me the senility to forget the people I never liked anyway, The good fortune to run into the ones I do, and The eyesight to tell the difference.

## Now, I think you're supposed to share this with 5 or 6, maybe 10 others.

### Lance.Whitworth@outlook.com



donation a hat and 4 2for1 vouchers. CHILLIWACK CHIEPS







## FROM WASHINGTON STATE - PHYL QUIST

We have officially cancelled the Bellingham International for 2020.

We do miss seeing our Canadians friends – hopefully next year will be a banner year for all of us.

HIM !

8.8 Wiso

2020 Cana	da Backyard Championship Presented by: ARCHAMBAULT. NEATHWAY & RIDEOUT APPOACHABLE ACCOUNTANTS	2020HorseshoeCanadaBackyardChampionshipRegistration Now OpenJason Rideout Aug 13th, 2020The 2020HorseshoeCanadaBackwardChampionship
Email Tournament August 20 <sup>th</sup> to 31 <sup>st</sup>	<ul> <li>Email Tournament</li> <li>Open to Canadian Pitchers with 2020 HC membership. Must provide membership card.</li> <li>Pitchers will pitch seven (7) 40 shoe games and count all.</li> <li>Classes are mixed and will be determined by Canstat – Backyard Average</li> </ul>	Backyard Championships was a concept that Horseshoe Canada President Jason Rideout brought forward in early summer to the Horseshoe Canada Executive and Provincial representatives. From
Grand Championship Round September 4 <sup>th</sup> to 14 <sup>th</sup>	<ul> <li>Must qualify by pitching         <ul> <li>in at least two (2) Canada 20 Shoe Challenges between June 15<sup>th</sup> and August 20<sup>th</sup> or,</li> <li>Pitch in the Canada Day Showdown 100 Shoe Challenge or the Mid Summer Showdown 100 Shoe Challenge</li> <li>Commemorative Patches for the each Class Winner</li> </ul> </li> </ul>	the initial meeting, further discussions and tinkering, the 2020 Backyard Championships are a reality!
pitchers who have a 2020 Horses	The Grand Championship Round announcement next week! Entry Forms available soon! hoe Canada membership and have played in a Can	The 2020 Backyard Championships are open to pada 20 Tournament, one of the 100

nships open are to vho have a 2020 Horseshoe Canada membership and have played in a Canada 20 Tournament, one of the 100 Shoe qualifiers or a local tournament that has been recorded in the Backyard Canstats for 2020.

This tournament is a pre register tournament. Registration forms are located below. The tournament is free! Registrations must be submitted to the tournament director, Tom Moffat no later than August 20th. Once all registrations are received, the tournament classes will be released.

### **ENTRY FORM INCLUDED ON PAGE 13**

The format of the Championships is that pitchers will pitch 7 games of 40 shoes and be responsible for recording their score. It is a count all format. Your games can be pitched in your backyard or at your Club or League pits. Horseshoe Canada scoring rules apply to these games.

The "Mail- In" tournament runs from August 20th to August 31st. A pitcher can pitch their games during this time period and results must be submitted to the Tournament Director by 11:59 pm on August 31st.

Each class winner will receive a specially designed commemorative patch. Class winners are determined by their win/loss records in their class. Ties will be broken using ringer percentage.

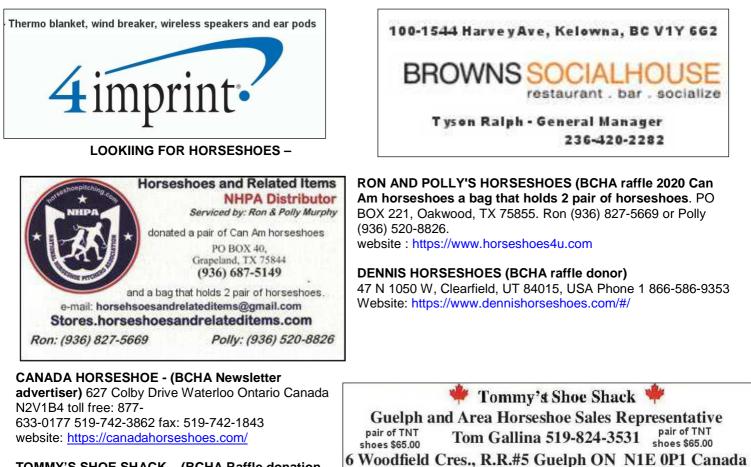


Following the "Mail-In" Tournament, the Grand Championship Round will take place. The eight (8) top pitchers determined by ringer percentage in Mail In play will make up each division: Men, Ladies, Elders 30 Ft., Peewee, Junior Girls and Junior Boys.

The top 8 pitchers in each division will play 7 games of 40 shoes. Their win/loss records will determine the 2020 Horseshoe Canada Backyard Champion in each division.

The Grand Champions will receive a Grand Champion patch and a \$50 cash prize from our tournament sponsor, ANR!

Any questions about the tournament can be directed to the Tournament Director Tom Moffat, Horseshoe Canada President Jason Rideout, Dianne Beck or Andre LeClerc.



TOMMY'S SHOE SHACK – (BCHA Raffle donation 2020 pair of TNT Shoes) Tom Gallina - 6 Woodfield Cres., RR#5 Guelph ON Phone: 519-824-3531 – email horseshoez@hotmail.com

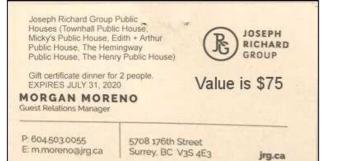
PRESIDENT HORSESHOES - Victoria Horseshoe Club Tom Moffat - email - xpostiex@gmail.com 250-474-1785

#### FROM CLOVERDALE – JIM GRANT

Email: horseshoez@hotmail.com

At this time Cloverdale is Casual practice with the guidelines we have posted at the pits. No club house usage at this time.

The new executive as of our Oct 15th AGM will I am sure review all the rules we have in place at this time. If you have not heard I will not be standing for any positions at our AGM. To All be safe





Kamloops, BC V2C 6R6

#### **BC ON-LINE TEAM TOURNAMENT – SAM TOMASEVIC**

Something different, doing an on-Line BC TEAM TOURNAMENT, team of 5 players, 20 shoe games, at a later date we will I email the results

A NORTH 1 222.6 A SOOKE 1 208.46

A VICTORIA 1 199.29 A ABBOTSFORD 1 180.67 A VERNON 1 147.92 A VICTORIA 2 143.31

B NORTH 2 139.76 B SALMON ARM 124.55 B KAMLOOPS 1 124.37 B KAMLOOPS 2 91.31

Club	3
Trevor Linden Fit	ness
She's F	Tľ

Located in Abbotsford, Langley, Metrotown, North Delta, orth Vancouver, Fleetwood, White Rock, Coquitlam, Downtown, South Burnaby, Central City, Maple Ridge & Newton

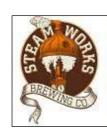




NORTH 1			VERNON 1		
CIRL	NOVAK	60.39	ALLAN	CUMMINGS	56.23
LORENZO	FERRARA	45.41	DWIGHT	COUSINS	30.17
METOD	NOVAK	45.18	DON	MYRFIELD	29.09
PHIL	ERICKSON = S		BILL	BRUSSEE	16.75
ORLANDO	PELLIZZARI	36.86	BERNIE	LEPPER	15.68
HELENE	BOUDREAU	34.84	DORIS	WILTON $=$ S	
BERNARD	HAMEL 2.5		VERNON 1		147.92
NORTH 1		222.68			
			VERNON 2		
NORTH 2			JAKE	KONRAD	21.2
ТОМ	HAMAKAWA	37	MARSHALL	MERONIUK	19.04
BRUCE	MILLER	27.5	GERALD	WINTER	13.68
JEAN PAUL	BOURGOIN	27.27	MARVIN	FRIESEN	12.17
JEANETTE	FERRARA	26.3	MIKE	CARNEY	10
BOB	PRICE	21.69	SHELDON	WESSELL =S	
NORTH 2		139.76	VERNON 2		76.09
KAMLOOPS		1	ABBOTSFORD 1		
MARCIE.	NORQUAY	44	DON	FLEMING	46.09
JENA	JOHN	44.22	DAVE	ROWELL	39.43
DOROTHY	MILLER	17.9	JIM	WILLIAMS	36.14
MURIEL	SCALLON	12.61	SYDNEY	DEHAAN	33.76
BETTY	HART	5.64	DWAYNE	BERTRAND	25.25
KAMLOOPS	1	124.37	LIUK	TANNER=S	
			ABBOTSFORD 1		180.67
		•			

KAMLOOPS 2	2					
AL	GUSHTA		27.1	ABBOTSFORD 2		
KEVIN	SCALLON		22.09	BRIAN	RICKABY	28.54
DALE	WALCH		20.85	CLIFF	HUMBERSTONE	19.61
LORNE	AMES		14.41	SUE	BERTRAND	16.75
GORDON	JULES		6.86	DOUG	FUNK	13
KAMLOOPS		2	91.31	KEVIN	PHOENIX	11
				VALARIE	ANDRES = S	
SOOKE	TEAM 1			ROD	HERRIOT =S	
BARRY	DEVOCHT		51.03	GREG	ALITILA =S	
STEVE	BISHOP		49.06	ABBOTSFORD 2		88.9
CHANTAL	WILSON		41.32			
RON	DUNONT		30.61	SALMON ARM		
JOY	DEVOCHT		36.44	AMY	KIDD	33.83
SOOKE	TEAM 1	2	208.46	NEIL	LAROCQUE	28.8
				EDWIN	KREIG	26.69
SOOKE	TEAM 2			JACK	JOHNSON	18.13
GAIL	BISHIP		22.37	BEN	GARTNER	17.1
SHELLEY	EVANS		25.15	SALMON ARM		124.55
CHRIS	VANIER		23.19			
PHIL	OVERHILL		9.31	VICTORIA 1		
ELAINE	MCMATH		6.81	BOB	MCCAULEY	61.72
ERICK	WICKEIM = S			WEI	XIAO	37.7
SOOKE	TEAM 2		86.83	RICHARD	STEVENS	35.94
				PAT	STEVENS	32.04
SOOKE	TEAM 3			NICK	NICHOLAS	31.89
DAVE	POWELL		7	VICTORIA 1		199.29
TAMMY	POWELL		6.5			
RON	BOROSKI		5.36	VICTORIA 2		
LINDA	ANDERSON		4	SHARON	DUNN	37.85
BARB	STASZKIEL		4	LYNN	COUSINS	34.55
SOOKE	TEAM 3		26.86	DEDAR	DILION	26.02
				CLAYTON	WHITE	22.84
				MARLENE	HARGRAVES	22.55
				VICTORIA 2		143.81





**RYAN SCHWARTZ** 

GENERAL MANAGER 375 Water St,

RYAN@STEAMWORKS.COM Vancouver, BC 604-689-2739 hoodie 2 wine glasses



Parks, Recreation & Cultural Services Administration Office Suite 101 - 4946 Canada Way Burnaby, BC V5G 4H7



#### FROM SUMMERLAND – JUANITA LAYE

Nick Culic brought Margaret into Penticton Hospital last week with numbness in her left arm and left side. He was met at the Emergency doors and They took Margaret in. She was in Penticton Hospital a few days then finally sent to Kelowna General for a cardiogram .Margaret had 2 stints put in. We are praying for Margaret and Nick

#### **BCHA ANNUAL MEETING – TOM MOFFAT – PRESIDENT**

With the province still in the midst of Covid-19 partial shutdowns and no tournaments this year, our annual AGM will not be able to be held in person. So we have as an executive come up with a plan to get the business done in a different way. We are required by the Society Act to hold an AGM within 15 months of the last one.

We will be holding a Zoom AGM for replacement of our in person meeting. Only delegates for each club depending on existing membership numbers will be able to vote at the AGM on any issues. Other members may attend to observe.



It is recommended that you familiar yourself with Zoom and/or get someone to help you get connected for this meeting. It is the clubs responsibility to find a way to have their delegates there and

able to communicate at the meeting.

We will have a couple practice zoom meetings in advance for anyone needing some practice with the Zoom application that must be downloaded on your computer, phone, or tablet.

The AGM will be held on Sept 17, 2020 at 7pm this is a Thursday night. For any info please contact one of the executive members for clarification





# AGM – AGENDA – SEPTEMBER 17, 2020 – 7PM – VIA ZOOM

Call to order

Moment of silence

Acceptance of the 2019 AGM minutes

Acceptance of the Financial Report (a few questions And short explanation From Brian Ryder

Correspondence

**President Report** 

**President Awards** 

Announcement of the winning bid for the 2021 Western Classic

Election of officers VICE PRESIDENT – Tony Rondow will stand - please email TOM MOFFAT

SECRETARY - Brian Ryder will stand

REGIONAL REP – ISLAND/POWELL RIVER/LOWER MAINLAND – Gail Bishop will

REGIONAL REP - INTERIOR/NORTH - Juanita Laye - will stand

Misc housekeeping

**Open Discussion** 







# 2020 MEMBERSHIPS AS OF JULY 31, 2020- DELEGATES

2 1 0

2 1 1

1 1 0

21

CLUB	#OF ADULT MEMBERS
ABBOTSFORD	48
CENTRAL PARK	22
CLOVERDALE	2
COMOX	28
DRY CREEK	14
KAMLOOPS	18
LADYSMITH	10
PENTICTON	9
POWELL RIVER	0
PRINCE GEORGE	0
PROVINCAL	7
QUESNEL	9
SALMON ARM	18
SOOKE	32
SUMMERLAND	15
VERNON	26
VICTORIA	68
WINFIELD	29
TOTAL	354

7-24 members = 1
25-49 members = 2
50-74 members = 3
75-100 members = 4
1 additional delegate for each 25 members thereafter

Delegates need to email a letter signed by their President

Email Brian Ryder brian\_ryder@telus.net in advance

Reggie Tanzola PERSONAL REAL ESTATE CORPORATION				
Real Estate Advisor		-		
Rennie & Associates Realty Ltd.		1	a p	
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**#OF DELEGATES** 



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Steve Summerlin PO Box 536 Webberville, MI 48892 2020 Horseshoe Canada Backyard Championship Presented by:



ARCHAMBAULT, NEATHWAY & RIDEOUT

 Name:
 Horseshoe Canada Card #:

 Street Address:
 Date of Birth: Year \_\_\_Month \_\_\_\_Day\_\_\_

 City:
 Province:
 Cell Phone Number:

 Postal Code:
 E-mail Address:

#### Select Class for Grand Championship Round

Open Ladies	Open Men	Junior Girls
Elders (30 Ft.)	Peewee	Junior Boys

Please read carefully:

- 1. Any pitcher 12 years old or younger for the entire calendar year may register in the Pee Wee Class.
- 2. Any pitcher 18 years old or younger for the entire calendar year may register in the Junior Class.
- 3. Men may register for the Elders 30 Ft. Class in the year they become 65 years old. Men under 65 may be included in this class with a doctor's certificate.
- 4. Must present current Horseshoe Canada Membership Card at registration.

# Mail In (Email) Tournament Format (August 20 to August 31)

- Pitchers will pitch seven (7) 40 shoe games and count all scoring.
- Scoresheet Recommended: <a href="https://www.horseshoepitching.com/pdfs/scoresheet.pdf">https://www.horseshoepitching.com/pdfs/scoresheet.pdf</a>
- 8 Pitchers per class. Classes are mixed (Men, Women, Elders, Juniors and Peewee);
- · Classes determined by Backyard Canstats Average. Must meet tournament qualifications.
- Class Winner will receive a commemorative patch,
- Scoresheets must be submitted to Tournament Director by August 31, 11:59 PM Pacific.

# The Grand Championship Round (September 4 to September 14)

- The Top 8 Pitchers by Ringer Percentage in each division (Men, Women, Elders, Junior Boys, Junior Girls and Peewee) will advance to the Grand Championship Round. 2 alternate pitchers will be selected as substitutes in case of drop outs.
- Each division will have its pitchers pitch (7) 40 shoe games and submit their scoresheets by September 14<sup>th</sup> at 11:59 pm.

# ENTRY FORM MUST BE RECEIVED

### BY THE TOURNAMENT DIRECTOR NO LATER THAN WED, AUGUST 20, 2020

(Inclusion in the tournament cannot be guaranteed for late entries.)

E-Mail Entries To: Tom Moffat Tournament Director phone: 250-474-1785 e-mail: xpostiex@gmail.com

**PARTICIPANTS LIABILITY RELEASE**: In consideration of participating in such activity, I hereby waive, release and forever discharge the Horseshoe Canada Association, all officers, employees, agents and servants of the afore stated organization, and all fellow participants of this event, for any and all action, cause of action, damage, loss or injury, which I may suffer as a consequence of participating in the 2020 Horseshoe Canada Backyard Championships. In addition it is understood that HC has sole rights to any and all pictures and/or articles for publication.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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