

# NEWS FROM AROUND THE GREENS

Firstly congratulations to all our members who competed in the recent Queensland State Championships which were held on the Gold Coast throughout May. Our players were extremely successful winning five of the titles up for grabs as well as Paul Staggard earning a silver medal in the mixed pairs discipline. Nathan Rice won the men's singles and teamed up with Des Cann, Matty Lucas, and Brett Wilkie to win the men's fours. Des then teamed up with Anthony Kiepe to take out the men's pairs title as well. Lynsey Clarke and Natasha Jones won the ladies pairs and also teamed up with Chloe Stewart and Julie Keegan (Broadbeach) to be crowned ladies fours champions. Well done to our worthy winners, we're very proud of you. Our five title holders will head to the Australian Championships which will be held in Merimbula NSW at the end of November, early December. Good luck champions.

We had several of our Hawks play for the Gold Coast Tweed District in the annual Queensland District Sides event which was held prior to the State Championships. Our Gold Coast Men's and Women's Sides were successful in winning the trophies again this year. Congratulations to our reps Nathan Rice, Brett Wilkie, Des Cann, Matt Lucas, Matt Bell, Darren Christie, and Paul Staggard.

The Australian selectors recently announced two teams to compete in the upcoming Trans Tasman and Six Nation Series to be held at Broadbeach this coming month. Lynsey Clarke and Brett Wilkie were named in the Jackaroos lineup for the Trans Tasman which will be held from the 31 May - 2 June, and Nathan Rice will also join the team when he pulls on the Green and Gold again in the Six Nations starting on the 4th and finishing up on the 7th June. Good luck Hawks during these tests, which are crucial selection criteria events for the upcoming Commonwealth Games.

Our club was lucky enough to play host to the talented Bowls England squad which was out touring the Gold Coast throughout May. Our team of Hawks

played against them in a Test Series on the 3rd May with our men and ladies putting in a great effort winning 7 of the 17 matches up for grabs. It was a thoroughly enjoyable series for all involved with the English team very impressed with our players, volunteers, club and hospitality. Many of them are looking forward to visiting again in the near future.

One of our junior stars, Shane White, has been selected to represent Queensland in the U18 team to take on NSW in their annual test match on the 3rd and 4th July. This event will be held at Taren Point Bowls Club in NSW, all the best Shorty.

Three of our girls have also been selected in the Queensland U25 Team to take on NSW in their annual test match on the 27 and 28 July with the venue TBA. Congratulations to April Wilson, Lauren Wilson, and Natasha Jones on your selection in this team - good luck girls.

Exciting club championship news from the month of May with three more winners crowned.

Our 2017 Men's B Grade Pairs champions are Dan Brant and Bob Edwards, after they defeated Sam Yurun and Laurie Pickering in a quality final of bowls 23-14. Our Men's Senior Pairs winners were Laurie Swift and Noel Ridgwell who defeated Gary Hanna and Ron Lewis in their thrilling final 22-17. While for our ladies, our newest club champion is B Grade Singles Winner June Buckenham who defeated Tahlia Camilleri in an exciting final match 25-20. Well done to all our worthy winners, runner ups, and all competitors for making some great matches throughout our club championships!

Finally, the Australian Open will be coming to our greens from the 10th—21st June. We will have some fabulous bowlers from across our country and the world take part in this event so make sure you get down for a look. Scottish legend Alex Marshall, one of the greatest bowlers of all time, will be playing his singles here on the 10th June! Thanks to all our wonderful members who have volunteered your hands to umpire, mark, and assist during this prestigious festival of bowls. And best of luck to our members competing during the championships too—Go Hawks!



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**Lynsey Clarke**  
BOWLS COORDINATOR



# CLUB HELENSVALE PHOTO GALLERY



(Clockwise from top left) B Grade Pairs Champions Dan and Bob; Senior Pairs Champions Noel and Laurie; Bowls England v Helensvale Hawks players; State Mixed Pairs Finalists; Australian Jackaroos Squad; B Grade Singles Finalists June and Tahlia.

## 60 SECONDS WITH... TONY COOPER

Our player probe is back! This month we're going to look in to the life of one of our fabulous volunteers - it's about time we got to know them a bit better and discover some interesting facts you just may not have known about them!

**NICKNAME:** Topcat or TC

**FAMILY:** Wife Jenny, 2 Daughters, 5 grandchildren and 10 great grandchildren

**HOW LONG HAVE YOU PLAYED BOWLS:** 22 years

**MOST MEMORABLE BOWLS MOMENT:** Vice President, Match Convenor, tournament convenor at my club in NZ.

**WHAT WOULD BE YOUR DREAM JOB:** Captain on Cruise ship

**SPORTING HERO:** Wally Lewis

**FAVOURITE FOOD:** Fish and Chips

**DREAM HOLIDAY DESTINATION:** Any destination on a cruise ship

**IF YOU WERE STRANDED ON A DESERT ISLAND, WHAT 3 THINGS**

**WOULD YOU LIKE TO HAVE WITH YOU?:** fishing rod, entrenching tool and hat

**WHO WOULD BE YOUR DREAM DATE:** Kim Jong-Un (North Korea)

**PERSON YOU'D LEAST LIKE TO SIT NEXT TO ON A LONG FLIGHT:** Met my wife in 1960, married in 1963 and still going.





## NORTH GOLD COAST RSL SUB-BRANCH

(Now meeting at Club Helensvale)  
All correspondence to:  
The Secretary, PO Box 641 Oxenford Qld 4210  
0428 415 341 Email [NGC.Secretary@rslqld.org](mailto:NGC.Secretary@rslqld.org)

Sub Branch activities: Please note your diaries with the following details:

### Upcoming events:

#### Notice of Meetings

##### 2017 Committee Meeting Dates (0930)

1 July (because of State Congress 23-25 June)  
26 August  
28 October

##### 2017 General Meeting Dates (0930)

29 July  
7 October (because 30 September is QBD LWE)  
25 November

#### Other dates

##### Committee nominations open/close

Open - 25 March  
Close - 11 May

##### Remembrance Day Poppy Sales

4 - 10 Nov (TBC)

##### 2017 Annual Dinner

18 November - Club Helensvale (details TBC)

#### Upper Coomera Centre Exercise Physiology

Introducing a new veterans' hydrotherapy and exercise rehabilitation at the brand new Upper Coomera Community Centre. Eligible Veterans may be entitled to full services for no charge. We offer exercise rehabilitation for injury, pain or illness. We provide fitness, balance and flexibility programs that can be completed both on site and in the privacy of your own home. We offer hydrotherapy programs in the heated pool on site, perfect for back pain, severe injury or to exercise in a pain free environment.

We are located at the Corner of Reserve Road and Abrahams Road, Upper Coomera.

To discuss your eligibility for free services or to have a chat and find out more, please call Harmoniee Dove (Accredited Exercise Physiologist and Exercise Scientist) on 0434 284 287.

#### Veteran Health Assistance

Ms Donna Howard Exercise and Neuro Physiologist from Allied Health Performance Medical is available to assist the veterans and in support of DVA programs. To have a chat and find out more, please call Donna (Accredited Exercise and Neuro Physiologist) on 0410196907 or at her business Shop 3/320 Olsen Ave Parkwood 07 55631689.

#### Active Body Conditioning - Exercise Physiologists

P. 0401 857 859 E. [info@activebodyconditioning.com.au](mailto:info@activebodyconditioning.com.au)  
Active Body Conditioning values the importance of self-management, personalised care and excellent service. ABC believes exercise is the cornerstone of care and we are constantly familiarising ourselves with the most up to date approach to exercise management and testing.

#### Recognition

The Sub Branch would like to recognise the generous and on-going support for its fundraising activities by Club Helensvale members.

#### Service News Papers on line:

RAN:  
[http://digital.realviewtechnologies.com/default.aspx?xml=defencenews\\_navy.xml](http://digital.realviewtechnologies.com/default.aspx?xml=defencenews_navy.xml)

Army:  
[http://digital.realviewtechnologies.com/default.aspx?xml=defencenews\\_army.xml](http://digital.realviewtechnologies.com/default.aspx?xml=defencenews_army.xml)

RAAF:  
[http://digital.realviewtechnologies.com/default.aspx?xml=defencenews\\_airforce.xml](http://digital.realviewtechnologies.com/default.aspx?xml=defencenews_airforce.xml)

New Zealand Defence Force  
<http://www.nzdf.mil.nz/>

RSL National President news letters

<http://www.rsl.org.au/News/National-Presidents-Messages>

RSL Queensland State Chairman's news letters

<http://www.rslqld.org/media/>

# COACHES CORNER

## THE MODERN BOWL

Bowl manufacturers know that bowlers continually seek bowls that they believe have minimal bias's. Each manufacturer has a bowl model with reduced 'hook' at the end of its run, but then they must also factor in greater path-curvature elsewhere in the bowl's run. Otherwise the model in question would fail factory table testing against the master bowl.

The 'narrow draw' models of each manufacturer have enough bias to pass table testing even after a period of wear, but not by a margin that would be a disadvantage either in performance or in competitive marketing.

The minimum allowable bias of bowls was reduced by controlling bodies in 1987. Bowlers prefer using bowls with the legal minimum bias. They minimise the angle between the aiming point and the objective position so that when sighting along the aiming line, a line to the objective would be nearer the centre of the field of vision, making the aiming task visually easier to accommodate. Any factors that cannot be visually accommodated then rely on visualisation short term memory, and neuromuscular awareness. The heavier the bowl the more inertia it has to resist deflection by the wind. However, no bowl can weigh more than 1.59kg. The weights of most bowl models are within a 6% range. So bowlers may not notice any differences in performances of bowls of different weights in windy conditions. Choices of bowl colour, model and brand are not critical for progressing through the 'learning phase of bowling' and are likely to remain satisfactory as bowler's progress well beyond that level of skill.

So far, no consumers association in any country appears to have conducted tests of modern bowls. Perhaps national markets for sets of bowls are too small in comparison with those of other consumer products. The different bowl manufacturers publish brochures with diagrams that are not usually to scale and different brochures may use different scales. This comparisons relying on brochures between different brands and models are unlikely to provide reliable conclusions.



Bob Hill  
Coach



## BOWLS COACHING

Thursday mornings from 9.00am or by appointment

Bob Hill 5573 2776 Anthony Kiepe 0411272123  
Ron Wallace 5556 0046 Cameron Wilson 0452421961  
Brett Wilkie 0427965169 Jim Merrick 0429371695  
Nathan Rice 0415750512 Lynsey Clarke 0401643958

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Editor  
Lynsey Clarke

# HAWKS DOMINATE QUEENSLAND CHAMPIONSHIPS 5 STATE TITLES!

### Men's Singles CHAMPION



### Men's & Ladies Pairs CHAMPIONS



### Men's & Ladies Fours CHAMPIONS



## FROM THE CHAIRMAN'S DESK



Graham Brittain

Well, here we are officially in winter! We had a great month for bowls last month with our Helensvale Hawks putting on a magnificent showing at the Queensland State Titles. Congratulations to the players who participated and those who brought home 5 of the titles to be won!

From the 10th -21st of this month there will be some great bowls action to be seen on our greens as we play host as part of the Australian Open being held on the Gold Coast this month. Make sure you come in and watch and be a part of it all.

We've reached a total of 20,000 members of Club Helensvale for the first time ever! To celebrate we will be giving away \$20,000 cash in just one weekend to our members. Every \$20 you spend club wide will generate an

entry. Ask one of our friendly staff for more details!

The Chef's Value Lunch menu has had an update for winter, make sure to pop in for lunch to try some of the new additions. There are some great winter warmers like Guinness pie, lamb shank and sausages and mash.

We have a special new member's promotion running every week, Thursday Pay Day. \$1000 cash will be won every week, with \$250 being given away every hour on the hour from 6.30pm. Now that's a great way to get a little extra pocket money in time for the weekend!

On Friday nights in blu bistro the popular American BBQ & Brews special menu has come back just in time for winter! This is comfort food, cooked low and slow, and just perfect for a chilly Friday evening. I'm looking forward to trying some of my favourites from the menu again.

I hope to see you around the club this month!