

NEWS FROM AROUND THE GREENS

Our men's and ladies pennants season have come to a close. The men did outstandingly well with all eight divisions making it through to their respective finals weekend. After the first day of finals we had six out of eight divisions win through to the grand final. In the grand final, Divisions 4, 6 and 8 won the runners-up flags, while a little slice of history was created when our Division 1, 2 and 3 teams all brought home their respective flags. In Gold Coast Tweed District Pennant history no other club has achieved this feat - what a tremendous show of depth and talent from our club—well done Hawkies!

Our ladies had mixed results in their season. Our Division 1 girls made it to finals day where they defeated Tweed Heads in the semi-final by 1 shot before going down in a seesawing and exciting grand final against Broadbeach by 9 shots. Our division 2 girls had a tough season finishing in last spot, while our Division 4 and 5 teams both finished the season in third place. Congratulations to all our wonderful members on representing our great club so well during the season.

Shane Kerr competed in the Bowls Queensland Multi-Disability Championships which were held at Chermside Bowls Club from the 28th – 31st August. Shane had a fantastic time and competed in both singles and pairs where he did exceptionally well in his first time at this state event. Shane won a Silver Medal in the Sporting Wheelies and Disabled Association Men's Singles event. Well done Shane on this achievement and good luck for your future events.

Three of our Hawks, Jason Carpenter, Lauren Wilson, and Taleah Putney, represented Queensland at the annual QLD v NSW U25 Test Series on the 19th and 20th September at Cabramatta Bowls Club. It was a hotly contested series with the men's QLD team successfully defeating NSW 2 tests to 1, while the women's QLD side went down to NSW 2 tests to 1.

Pine Rivers held their annual and prestigious Junior Singles and Pairs Classic event from the 19th – 21st September. We had four of our juniors, Corey Marshall, Mitch Goode, Tahlia Camilleri and Shane White, enter this event. Shane White won the junior pairs event with Bec Rixon from Kawana Bowls Club and Shane also finished runner-up in the junior singles event to Nicky Cahill from Bargara.

Our tenth annual National \$60,000 Club 5 A Side was another fantastic success held from the 5th – 8th September. Warilla were again crowned champions for the fourth time defeating St Johns Park in the final 3 rinks to 1. Mt Lewis and Cambridge were semi finalists and it was great to see these two clubs make the finals day for the first time. Our own boys faced some stiff competition this year and finished the three qualifying days play in 9th spot.



I must thank the extremely valuable and hardworking volunteers who assisted every day to ensure the smooth running of the event, the support and drive of our board and management, and our fabulous staff members who again ensured everyone was warmly welcomed at our club and that we continue to reaffirm our events status as the best tournament in Australia.

We've been busy in the club championship department this month as well with our mixed pairs and mixed triples champions being crowned as well as our veteran singles winner. Yowie Wilson and Amanda Haevecker defeated Marg and Laurie Pickering in the pairs final 23-10, our triples was won by Taleah Putney, Shane White and Adam White who defeated Joanne Stockdale, Warren Nugent and Larry Pointon in their final 28-19, while Ray Perkins was on fire in the veteran singles final defeating Barry Holmes 25-6. Congratulations to all of our 2016 champions and to our very gallant runners-up as well.

This month we will be holding our annual Club Presentation Night on Saturday 29th October at 6.30pm It will be a fantastic evening to honour our deserving club champions while recognizing the achievements of our club and our players at district, state, national and international level. Tickets will be on sale at reception for just \$30. Look forward to seeing as many members there as we can—should be another annual night of fun.

Our very own Brett Wilkie commenced in his role as Bowls Queensland's new CEO last month. Brett's first week of work, starting on the 26th September, has been very successful and on behalf of all our members I'd like to wish him all the very best in this important role.

Don't forget things to keep an eye out for this coming month —

- Australian Junior Championships are on in Adelaide from the 1st—3rd October with our very own Jayden Christie representing the Queensland boys
- The Queensland Champion of Champion State Finals at Musgrave Hill will see our men's pairs, men's fours, and ladies singles champions compete for the titles from the 22nd—27th October; &
- Bowls Australia 2016 Annual Awards night will be staged on the 27th October with our club one of four nominated for inaugural Club of the Year, & Mark Casey nominated for international player of the year

And finally, best of luck and well wishes for our little lovebirds, Pam Rowe and Anthony Fantini, who will be getting married on Saturday 15th October! Congratulations guys!



Lynsey Clarke
BOWLS COORDINATOR



CLUB HELENSVALE PHOTO GALLERY



(Clockwise from top left) Mixed Pairs Champions Amanda & Yowie; Mixed Triples Champions Taleah, Shane & Adam; Veteran Singles Champion Ray; Ladies Division 1 Pennants Runner Up; Pine Rivers Junior Classic participants; Junior Classic Pairs Champions Shane (with Bec); Queensland Multi-disability Singles Runner Up Shane.

60 SECONDS WITH..... Natasha Jones

Our player probe is back! With some new recruits to our Hawks nest over the past 12 months 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: Tash, Tasha

FAMILY: Mum Joanne, Dad Wayne, and four sisters!

HOW LONG HAVE YOU PLAYED BOWLS: Since January 2003

MOST MEMORABLE BOWLS MOMENT: I have so many memorable moments- dual gold at the 2012 U18 national championships, triple gold at the 2015 open state championships, bronze in the world U25 singles 2016, and winning all four junior state titles in my last year as a junior in 2013!

WHAT WOULD BE YOUR DREAM JOB: Opening my own sweet store

SPORTING HERO: Usain Bolt

FAVOURITE FOOD: Pasta

FAVOURITE RESTAURANT: Vapianos

DREAM HOLIDAY DESTINATION: Bora Bora

IF YOU WERE STRANDED ON A DESERT ISLAND, WHAT 3 THINGS WOULD YOU LIKE TO

HAVE WITH YOU?: Water, my cat, food

WHO WOULD BE YOUR DREAM DATE: Chris Hemsworth

PERSON YOU'D LEAST LIKE TO SIT NEXT TO ON A LONG FLIGHT: Donald Trump

FASCINATING FACTS: I'm an organ donor, I can cook mean cheesecakes, and sometimes I design tattoos for people





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

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

Upcoming events:

2016 Committee Meeting Dates (0930)

24 October

2016 General Meeting Dates (0930)

26 November

Remembrance Day Service

Date: 11 Nov

Time: 1045 – 1103 (please assemble 1030)

Location: veranda of Club Helensvale

Dress: Coat and tie with medals

Remembrance Day Badge sales

Sales Sites/Dates

Woolworths Oxenford – Ray Wilson 7 to 10 Nov

Woolworths Days Road Upper Coomera – Richard Alderton 3 to 6 and 9 - 10 Nov

Woolworths Pacific Pines – Noel Martin 5 - 6 and 9 - 10 Nov

Westfield Helensvale – Melanie Annand 7 - 9 Nov

Bunnings Oxenford – Colin Krohn 5 – 6 Nov

2016 Annual Dinner

19 November

Time: 1830 for 1845

Dress: Coat and tie with miniatures, Ladies equivalent

RSVP: Secretary 11 Nov

Cost: \$35/Head to Treasurer by 11 Nov

Meal: Three Course, alt drop

Drinks: Sub Branch will provide Wine, beer and soft drinks.

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 Harnonee 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

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

Amy:

http://digital.realviewtechnologies.com/default.aspx?xml=defencenews_army.xml

RAAF:

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>

COACHES CORNER

CHECK YOUR BOWLING TECHNIQUE BEFORE DELIVERY

- Are feet positioned correctly for rolling the jack
- Are feet facing correct line for delivering the bowl
- Weight not towards the balls of your feet—makes it difficult to step straight
- Weight on your heels before delivery—not relaxed
- Knees not relaxed—poor delivery
- Knees too bent, causing crouched position—body rising to step = poor control
- Shoulders not square to the aiming line—inconsistent line control
- Bowl held in front of your body—narrow delivery on f/hand, wide delivery on b/hand

SHORT BOWLS

- Bowling arm not straight on backswing
- Head drops down at the start of delivery then comes up at the end of the delivery
- Release of the bowl too soon
- Arm not firm on forward delivery—not following through
- Arm finishing too high on the completion of the delivery—can cause long and short bowls
- Arm bending at the time of delivery

INCONSISTENT LENGTH

- “Cupping” the bowl in the hand before the backswing
- Stepping too long
- Not enough weight on the front foot on delivery
- Bowling arm not following through after delivery
- Hand twisting on the backswing—can cause wobble

OVER BOWLING

- Backswing too quick
- Backswing too great
- Stepping too late

BALANCE PROBLEMS

- The non bowling hand not positioned on the front knee at the point of delivery
- Stepping across the anchor foot on delivery
- Stepping too long
- Back knee not low enough at delivery
- Either shoulder dropping
- Heel of the stepping foot not contacting the green first—walking step
- Bowling hand swinging away from body during backswing

POOR DIRECTION (Grass or Green)

- Shoulders twisting on backswing
- Hips twisting on backswing
- Back leg too straight at time of delivery
- Bowling arm swinging in an arc on backswing
- Looking down too close to ones feet when delivering the bowl
- Eyes not focused on the grass line
- Rolling the wrist—also check your grip
- Palm not facing up at point of delivery



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



GOLD COAST TWEED 2016 PENNANT CHAMPIONS

A little slice of history was created when our Division 1, 2 & 3 teams all brought home their flags in September. No other club in Gold Coast Pennant history has ever achieved this feat - what a tremendous show of depth and talent from our club!
GO HAWKS!

FROM THE CHAIRMAN'S DESK



Graham Brittain

It's almost hard to believe that it is October already. Did someone put 2016 into fast-forward? We're entering the busy part of the year with some amazing bowls events coming soon and it will be the holiday season before we know it.

The Pennants season has finished up with our Hawks making a fantastic showing. Congratulations to our Hawks players who won the Gold

Coast District Pennant Finals and are now off to compete in their respective State Pennant Finals in November.

Our 10th annual National \$60,000 Club 5 A Side on 5th-8th September was a resounding success. I would like to thank all the volunteers and staff member who make this tournament a national event of note.

We would like to invite you to attend the 2016 Club Presentation Night on Saturday 29th October. It will be a great night and a wonderful way to come together and celebrate our bowls achievements over the past year. Tickets will go on sale shortly, make sure to buy yours.

Our GC Hawks team is on fine form and ready to go for the BPL 2016 held at Club Pine Rivers at the beginning of November. It makes us proud to see that all Club Helensvale players make up the Gold Coast Hawks team in the all new Premier League. We will be cheering for you Lynsey Clarke, Brett Wilkie, Nathan Rice and coach Anthony Kiepe. BPL 2016 promises to be even more exciting after some major changes and now also will have an international event early next year. Go Hawks!

Come and enjoy a FREE EVENT for Melbourne Cup on Tuesday 1st November. There will be great dining and bar specials available on the day, plus all the annual crowd favourites; live entertainment, best dressed prizes, a photo-booth and more. It's always an enjoyable day, with great outfits and hats to be spotted and this year promises to be fun for everyone!

Have you come into the club for a Sunday session lately? If you're looking for a relaxing Sunday afternoon, then the Club is the place to be. Great bar specials available between 3-5pm, chilled out tunes from our live entertainers and you can get a selection of pizzas from Café 22 for only \$10. Now that is a Sunday well spent!

I hope to see you around the Club this month!