

NEWS FROM AROUND THE GREENS

SEPTEMBER IS HERE!! Which marks not just the start of spring but the beginning of a very busy time for us all at Club Helensvale.

Our annual \$60,000 National Club 5 A Side is set to commence on Monday 5th September. We have twenty of the best clubs from around the country all keen to compete for a slice of the lucrative prize pool. With just under 50 internationals in appearance as well as numerous state representatives, there will be some absolute crackerjack matches on show. Make sure you get down to watch if you can, they'll be spectacular! Before the 5 A Side starts, we also have our very popular Calcutta night on in the sports bar at 6pm. Tickets are on sale now at the bar and reception for just \$5 each. Last year in the auction teams went for as little as \$100 and sold all the way up to \$3000! It's a great night to have a bit of fun and socialise and mingle with the players before the real action gets underway. As this year is our tenth anniversary of the event we will also be having a special celebration evening on the Wednesday night with complimentary nibbles, presentations of our 5th and 6th placegetters and discipline winners as well as a three hour 'happy hour' offer at the bar. It will be a great chance for those clubs not competing on the finals day to relax and unwind and another chance for our members to mingle with some of the games super stars. Everyone is welcome!

This month also see's our club's pennant season wind up. The men have had a fantastic year so far with all eight divisions making their respective Grand Final weekends!! Well done boys and best of luck in bringing home some flags on the 3rd and 4th September.

In the women's pennant our Division 1 ladies have made the finals playoff which will be held on the 16th September. Our Division 2 girls have had some mixed results in their matches but are still a chance for finals, in Div 4 our side has had some tough and exciting matches but sadly won't make finals this year, and with two rounds to go our Division 5 team are sitting top of the table! Good luck for the last rounds ladies, finish strong!

In some more big news our club has been named as a finalist in Bowls Australia's inaugural Stocklands Club of the Year category. We will be up against some stiff competition from WA's Manning Club, VIC's Torquay Club and QLD Club Southport. The winner will be announced at the Bowls Australia Awards night on the 27th October. What a fantastic accolade it would be to be named as the inaugural club of the year—fingers crossed!

Another one of our members will be recognised on the night with Mark Casey nominated for International Player



of the Year. This award is voted on by his fellow international peers and is judged on performances over the many international competitions held in the last 12 months. Mark will also be up against Aron Sherriff (four time winner of this award) in his category. Good luck Mark!

We held a lovely Gay Chappell Memorial Day on Sunday 14th August. It was a great morning of bowls on the green followed by a BBQ lunch which was enjoyed by all. We had thirty teams of triples celebrate the day.

One of our young juniors has been on fire lately. Jayden Christie has just been selected to represent Queensland at the Junior National Championship to be held in South Australia at the end of this month. Jayden also recently teamed up with Sean Ingham to take out the prestigious Blue Diamond Open Pairs event which was held at Broadbeach on the 15th and 16th August. Well done Jayden and good luck for Nationals.

Bowls Queensland have also announced their selection for the State under 25 Team that will contest the NSW Challenge series at Capalaba on the 19th and 20th September. We have three members in that side with Jason Carpenter, Taleah Putney, and Lauren Wilson all earning selecting in the team. Well done Hawks!

Our men's pairs, men's fours and women's singles representatives all competed in their respective zone championship of champions finals against the Cunningham District on Sunday 29th August. We had success in all three disciplines with Lynsey Clarke (singles); Jayden Christie and Mark Casey (pairs); and Geoff Gray, Anthony Fantini, Braidan Leese, and Anthony Kiepe (fours) all winning their games to make their way through to the state finals which will be held at Musgrave Hill Bowls Club from the 22nd – 27th October.

We held a staff bowls day on Monday 15th August for our staff to try their hands at bowls and also teach them a few tips for those that may want to help out in running the popular barefoot bowls sessions on Sundays. We had a staff pairs championship run on the day with our eventual winners being crowned - Travis and Jaiden – who showed a lot of talent but also had a lot of fun.

In club championship news we have two new title holders in the men's open triples and the ladies consistency singles. In the triples final the team of Adam White, Shane White and Andrew Howie defeated Chris Mitchell, Braidan Leese and Anthony Kiepe 27-16. And in the Ladies Consistency Singles Final Teresa Armitage was crowned the winner with a solid victory in a great game with Doreen Thomas 150—125. Well done to all our champions!

Coming up this month we have our men's Veteran Singles final which will see Barry Holmes tackle Ray Perkins on Thursday 1st September at 1pm. Our mixed pairs final will be held on Sunday 11th September between Laurie and Marg Pickering and Amanda Haevecker and Cameron Wilson. The mixed triples final will see Warren Nugent, Jo Stockdale and Larry Pointon vs Taleah Putney, Shane White and Adam White for the title. Finally, our mixed fours championship will start on Sunday 18th September.



Lynsey Clarke
BOWLS COORDINATOR

CLUB HELENSVALE PHOTO GALLERY



(clockwise from top left) Staff bowls champions Travis and Jaiden; Staff Bowls Runners-Up Suzy and Chad; Blue Diamond Pairs Winners Sean Ingham & Jayden Christie; A sea of bowlers for Gary Chappell Memorial Day; Consistency Singles Champion Teresa Armitage; & Men's Triples Champions Andrew Howie, Adam White and Shane White.

60 SECONDS WITH..... Georgia White

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: G

FAMILY: 3 kids

HOW LONG HAVE YOU PLAYED BOWLS: 9 years (5 year break—back in to it for just over 12 months now)

MOST MEMORABLE BOWLS MOMENT: Winning 2 Gold medals at the Commonwealth Youth Games in 2004

WHAT WOULD BE YOUR DREAM JOB: Actress

SPORTING HERO: Serena Williams

FAVOURITE FOOD: Bananas

FAVOURITE RESTAURANT: Grill'd Burgers

DREAM HOLIDAY DESTINATION: New York

IF YOU WERE STRANDED ON A DESERT ISLAND, WHAT 3 THINGS WOULD YOU LIKE TO HAVE WITH YOU?: Hat, water, food

WHO WOULD BE YOUR DREAM DATE: Bradley Cooper or Seth Rogan

PERSON YOU'D LEAST LIKE TO SIT NEXT TO ON A LONG FLIGHT: Andrew Bolt

FASCINATING FACT: I have 8 tattoos and soon to be more





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 mca76@icloud.com

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

Upcoming events:

2016 Committee Meeting Dates (0930)

3 September (moved from 27 Aug due to GC Show Day LWE)
29 October

2016 General Meeting Dates (0930)

24 September
26 November

2016 Annual Dinner

19 November
Time: 1830 for 1845
Dress: Coat and tie with miniatures, Ladies equivalent

Remembrance Day Badge sales

Sales will be between Sat 5 to Thu 10 November. Volunteers required.

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

Army:
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>

RSL Queensland State Chairman's news letters

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

COACHES CORNER

YOU vs ENVIRONMENT

A key element when playing bowls is the environment. There is the wind, sun, rain, dew, shadows and in addition you have the effects of the green maintenance such as watering, rolling, cutting, top dressing chemicals etc, all of which have an influence on how bowls will behave. If not immediately, then eventually. If the colour of the green is not uniform, you can be sure there will be inconsistency to your line ad length. Where there are areas of green patches and not so green patches to play through, it can be a real challenge particularly, if there is a marked difference like green to almost brown.

These conditions can create a two-paced green. By prudent placement of the mat and/or the careful roll of the jack, you can eliminate this bogey to some extent.

Wind can be inconsistent creating hassles on any player. Practicing under these conditions is the best way to improve your game. When conditions change from sunny to shadow, you will find that the speed of the green will change and become a little slower, the reverse when the sun reappears. The more play, the quicker the green becomes, and if the green is rolled between games, up goes the speed.

Rain has probably as much influence on the greens behaviour as any element with a marked reduction in speed and width—so be mindful of making adjustments to your game. Dew also can effect line and length, when playing night bowls. While dealing with the environment, it is a good time to look at two laws.

Law 53 Unforeseen incidents: If during the course of play the position of the jack or bowl is altered by the wind or storm, skips or opponents should put the jack or bowl back into its former position. If they cannot agree on the former position, the end should be declared dead.

Law 50 Game stoppages: Most stoppages are brought about by rain, lightning or darkness. If a signal is given to cease playing—normally a bell is rung—no further bowls should be played. If all the required bowls in an end have been played, then the process of deciding the number of shots scored should be decided before the game stops. If an end has started but all the bowls have not been played, then the end should be declared dead, even if some players decide to stay on the green during the stoppage.

**A mediocre coach tells.
A good coach explains.
Superior coaches demonstrate.
But a great coach inspires!**



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

THE PLACE TO BE

Club Helensvale Monthly Bowls Newsletter

SEPTEMBER 2016

Inside this issue:

Chairman's Desk	1
News from around the greens	2
Photo Gallery	3
Coaches Corner	4
RSL News & Events	4

20 - 26 Discovery Dr
Helensvale QLD

PO Box 92
Helensvale QLD 4212

Phone: 5573 1491
Fax: 5573 1577

info@clubhelensvale.com.au

www.clubhelensvale.com.au

Editor
Lynsey Clarke

NATIONAL 5 A SIDE

MONDAY 5TH - THURSDAY 8TH SEPTEMBER



2015 Champions Warilla Gorillas

SCHEDULE OF PLAY

Monday 5th 8.30am - 5.30pm
Tuesday 6th 8.30am - 5.30pm
Wednesday 7th 8.30am - 5.30pm

Thursday 8th (Finals)

Semi Finals 8.15am - 12.20pm
Grand Final 12.55pm - 5.30pm

FROM THE CHAIRMAN'S DESK



Graham Brittain

Spring on the Gold Coast, nothing can beat it! As well as the wonderful weather we have a lot to look forward to here at the Club during the sunny season.

This year is the 10th anniversary of our \$60,000 National Club 5 A Side. Twenty of the best clubs from around the country will be competing on our greens from Monday 5th to 8th September; there will be some great bowls

action to watch! The popular 5 A Side Calcutta night will be held on the Sunday prior to the competition commencing. It's always a great night to socialise and why not place a bid on your favourite team?

We would like to invite you to attend a celebration evening of the 10 Year anniversary of 5 A Side on the Wednesday evening with complimentary finger food, bar specials and award presentations for 5th and 6th place discipline winners.

The Pennant season is coming to a close with many of our Hawks teams making it into their finals playoff. We

wish you all good luck in achieving your goals of winning flags this season.

We have a great new gaming promotion happening at the Club, and we are giving away over \$20,000. Every time members play \$20 in any of our gaming machines an entry will go into the draw for a chance to pick the forbidden fruit and win a cash amount up to \$1000. Draws will take place every Sunday between 2-4pm during September and October. Ask staff for more details on how you can win.

The Spring edition of our Clubvibe magazine is out now, make sure you pick up a copy to keep update with all that is happening at your club over the next few months. There are some great new features including a new puzzle page and cook-at-home recipe.

The popular super six \$10 lunch specials have had two new additions for Spring, Tortiglioni alla Pollo and the classic Caesar salad. I'm looking forward to trying them both!

During the Qld September school holidays, our popular Kids Eat Free promotion is back. Get the family together and bring the little ones in your life to blu Bistro for a delicious lunch on a budget.

I hope to see you around the Club sometime this month!