

NEWS FROM AROUND THE GREENS

Wowee! What an absolutely amazing month November was for our fabulous members and club.

Our magical men bowlers created our very own slice of Queensland history taking out the top three divisions of the Queensland State Pennant Championships. In a coup for our club, our talented Hawks have achieved what no other club has before, with victories in the Division 1 State, and Division 2 and 3 South East Queensland State Playoffs. The Division 3 team kick-started the successful campaign with victory when they travelled to Coolum Beach on the 12th and 13th November, Division 2 followed in their footsteps winning their flag at Pine Rivers on the 19th and 20th September, while our Division 1 team brought home the treble with a dominating display in their finals which were held at Bribie Island on the 26th and 27th November. What a tremendous show of depth and talent for our great club! Congratulations to all players, managers, reserves, and supporters who contributed to our triumphant victories over these three weekends - AMAZING JOB HAWKS!

We hosted the World Champion of Champions Singles from the 13th – 20th November. With 43 competitors from 27 countries around the world it was a very colorful and exciting spectacle. Our members and visitors were treated to some terrific matches on green with all the excitement culminating in a fantastic finals day which saw our Men's and Women's champions crowned – Scott Thulborn and Natasha Scott, both from Australia. I must congratulate and thank all involved in the staging of this event – the Board, Management, Staff, and Volunteers, who ensured this year's tournament was one of the most successful ever held. I had many of the countries wish to thank and pass on their congrats to everyone involved – they were all very impressed with our wonderful club and the friendliness and hospitality shown by all our members and staff.

Our Gold Coast Hawks BPL team Brett Wilkie, Nathan Rice, Lynsey Clarke and Anthony Kiepe, competed in the BPL04 at Pine Rivers from the 8th – 11th November. In this fast-paced, exciting, and colourful style of match, our GC Hawks were on the tough end of some nail-biting and heartbreaking last bowl tie break losses. Despite finishing at the tail end of the field, our team will be looking forward to bouncing back to their best at the BPL05 in Auckland from 27th February -2nd March 2017.

Our Australian stars Brett Wilkie and Mark Casey departed for the World Championships in Christchurch New Zealand on the 22nd November. The Jackaroos had a week of training and preparation on the NZ greens before their championships kicked off on the 29th November. Mark was nominated by the Australian team as the official flag bearer for the opening ceremony. This event will be Mark's swansong in the Australian

colours so no doubt he will be wanting to go out on a high. We are currently in the mix to finish in the top three of all disciplines for the first week of play. Finals matches will be aired live on Fox Sports on the weekends of the 3rd and 4th December and then the 10th and 11th of December. Check your guides for details of exact channels and times. Good luck to our Aussie teams in their quest for Gold.



Our annual Ladies Prestige Pairs event was held on the 6th and 7th November. It was another great success with many international and national stars in attendance plus a number of talented state players. It was a prestigious and even field, with only two teams being undefeated after the 5 rounds of competition. Our champions for this year, our 14th year of staging this event, were our very own Natasha Jones and Georgia White with 5 wins +14 shots. A big thank you to all our wonderful volunteers who again contributed to the successful and smooth running of another prestigious event.

Our club will be hosting a Henselite Demo Day on Thursday 8th December from 12pm – 4pm. This day will be run by Fred Fern Bowls Centre Manager and our club member Matt Lucas, with coaching and assistance provided by Henselite rep and club member Nathan Rice. This will be an afternoon for our members to try out, discuss, and purchase Henselite products with these knowledgeable individuals.

In club championship news, our ladies open pairs event is currently underway with the grand final scheduled for the 15th December. Our men's open fours and pairs nominations are now open with the fours commencing play on the 15th January and the pairs starting on the 5th February.

In closing my last edition for 2016 I would just like to again thank all our fantastic members and volunteers for all your hard work, support, time, and efforts over the last 12 months. We're the best club in Australia, now it's official, and a big part of that accolade is due to the fantastic, united team we have working hard toward the common goal of making our club 'The Place to Be' - so THANKYOU ALL!!

Have a wonderful safe and enjoyable festive season and I look forward to seeing you all back out on the greens in 2017 - The Year of the Hawk!

Lynsey Clarke
BOWLS COORDINATOR



CLUB HELENSVALE PHOTO GALLERY



(pictures clockwise from top left) World Champions crowned at Club Helensvale - Australia's Natasha Scott and Scott Thulborn; Ladies Prestige Pairs Champions Natasha Jones and Georgia White; Our engine room of helpers during the Ladies Prestige Pairs Ron, Geoff, Carmel, Pat and Anne; Gold Coast Hawks BPL team Anthony, Brett, Lynsey and Nathan; Australian Jackaroos for the 2016 World Championships Brett Wilkie and Mark Casey.

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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:

Notice of Meetings

2017 Committee Meeting Dates (0930)

28 January
25 February
1 July (because of State Congress 23-25 June)
2 September (because of 26 August GC Show weekend)
28 October

2017 General Meeting Dates (0930)

25 March
27 May (AGM then GM)
29 July
7 October (because 30 September is QBD LWE)
25 November

Other dates

Australia Day Breakfast

Sat 21st January
Time: 0900
Location: Coomera Cuppa Café Upper Coomera

Committee nominations open/close

Open - 25 March
Close - 11 May

ANZAC Day Badge Sales

20 - 24 April (TBC)

2017 Annual Luncheon

27 May—details TBC

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 Harmonie 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.

COACHES CORNER

Line - Hand and Eyes

The eye itself is often forgotten when the intricacies of hand and eye coordination are considered. It is the eye, of course, which identifies the correct line in the first place, and keeps the whole eye-hand relationship effective.

Most people we are told, have one eye which is more dominant—which undertakes the lion's share, if you like, and upon which they depend more strongly. Two eyes are an advantage when judging distance, but as far as line is concerned, one of our eyes is more influential than the other. So the dominant eye is the one we should be placing over the line of delivery.

Our powers of visual (& mental) concentration should be firmly fixed on the straight track from the mat to the shoulder of the of the arc where the bowl, we know, will start to turn.

Treat your arm as a kind of gun sight, as before you fire, your arm, wrist, hand and fingers should form straight lines as being drawn by feet, eyes and mind, all of the leading to the shoulder of the arc.



Bob Hill
Coach

“REMEMBER, WHERE YOUR HAND GOES, SO GOES YOUR BOWL”



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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HELENSVALE HAWKS CREATE QUEENSLAND HISTORY



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Editor
Lynsey Clarke

FROM THE CHAIRMAN'S DESK



Graham Brittain

Here we are already in December with Christmas fast approaching. On the bowls front you could say all our Christmases have come at once with our history making Helensvale Hawks achievements! We have made history as the only club to ever have won all three top divisions of the Queensland State Pennant Championships. Congratulations to all the Division 1, 2 and 3 players, you dominated the field and

showed everyone how mighty our Hawks are! What a great club to be a part of!

Friday night at the bistro is now American BBQ & brews night, with a range of American BBQ dishes available. This is comfort food, cooked low and slow and it just melts in your mouth. To complement the food there is also a range of American beers on special at the bar.

Christmas raffles are on every Thursday night, and on the 15th December we will be running a FREE children's Christmas toy raffle. You get a free ticket in the toy raffle with every \$10 of Christmas raffle tickets purchased. It should be a wonderful and fun family night to bring the kids to. The winners of the toy raffle get to choose their

present from under the Christmas tree.

To further spread the Christmas cheer we have a special club-wide promotion for our members with a \$10,000 cash giveaway. Every night until Christmas one lucky person gets to pick a bauble off the Christmas Cash tree with the chance to win up \$1000. Simply dine, drink or play to enter with every \$20 spent generating an entry.

If you've been thinking about your New Year's Eve plans then think no more as we will be open until late with no cover charge, free entertainment and the courtesy buses running until close. Or why not try the special pop-up seafood buffet restaurant? For New Year's Eve only, you can enjoy a seafood buffet experience, tickets are on sale now at reception.

The summer edition of the Clubvibe is out now, and is worth picking up for a read. It has all the upcoming promotions for the club, a feature on the local Studio Village Community Centre and a Gold Coast summer bucket list for you to tick off.

On behalf of the Board of Directors, management and staff, I would like to wish you all a Merry Christmas and a happy New Year! Have a safe holiday season.

I hope to see you around the club this month.