

# NEWS FROM AROUND THE GREENS

WELCOME TO 2017 - Year of the Rooster (which is pretty close to a Hawk!).

Hope everybody enjoyed a safe and happy festive season and you're all excited to get back out on the green again for another great year of bowls.

Our Australian Jackaroos have returned to Australia with an overseas record haul of 4 Gold, 2 Silver and 1 Bronze Medal from the eight events contested at the 2016 World Championships in Christchurch New Zealand. Our two Hawks representatives, Brett Wilkie and Mark Casey, performed extremely well with Brett winning Gold in the Men's Pairs event alongside Aaron Wilson (VIC) and Silver in the Men's Fours. Mark was also part of the Men's Fours Silver medal campaign, while also winning Silver in the Men's Triples, losing the final on an extra end! This event was Mark Casey's last in the Australian colours as he retires from international duties to focus on his career and family commitments.

Bowls Queensland has announced the new State Team for the 2017 QLD v NSW annual test series. Our Hawks will be strongly represented with the following seven members selected in this side - Brett Wilkie, Nathan Rice, Jayden Christie, Andrew Howie, Braidan Leese, Lynsey Clarke and Georgia White. This series will be held at Club Kawana on the Sunshine Coast on the 16<sup>th</sup> and 17<sup>th</sup> January.

Our lovely ladies finished their bowling year with a bang last month, having a fun mufti day on the green. It was great to see so many of our members getting in to the Christmas spirit, a sample of photos below.

In club championships news, our Ladies Open Pairs winners were crowned in December with a great final had between Yvonne Lovelock & Natasha Jones vs Pam Fantini & Lynsey Clarke. Pam and Lynsey ran out the winners in a tight battle 25-16. Best of luck for the champion of champion playoffs later in the year.

Our club fours events will start in January with the ladies kicking off on the 12th January and the men set to commence on the 15th January. Best of luck to all the teams competing for this title.

Des Cann and his partner Jay Cross took out the prestigious Bribie Island Classic Pairs in December. With a top quality field this was a fantastic achievement, and to make it all the more sweeter, it was back to back titles for the pair. Well done Des.

Des also heads off to the UK this month as he looks to take out the World Indoor Pairs championship on the PBA circuit with international star David Holt - good luck guys.

Our Premier League and Premier 7's campaign will kickoff again in 2017 with PLQ starting on the 7th January and the 7's starting on the 14th January. Our ladies will again compete in Super Challenge which will start in February. Best of luck to all our Hawks representatives - players, managers, reserves - wear our colours with pride and bring home the bacon.

Early last month two of our members, Jason Carpenter and Lauren Wilson, shared some lovely news with the couple announcing their engagement! Congratulations and we look forward to hearing about the wedding date soon!

**Lynsey Clarke**  
BOWLS COORDINATOR



# CLUB HELENSVALE PHOTO GALLERY



(clockwise from top left) Bribie Island Prestige Pairs Champions Des Cann and Jay Cross; World Pairs Champions Brett Wilkie and Aaron Wilson; World Triples Silver Medallists Barrie Lester, Mark Casey, & Aron Sherriff; Ladies Club Pairs Champions Lynsey Clarke & Pam Fantini; Newly engaged couple Jason Carpenter and Lauren Wilson; World Fours Silver Medallists Barrie Lester, Brett Wilkie, Aaron Wilson & Mark Casey.

## 60 SECONDS WITH..... Matt Lucas

*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:** It used to be 'Shaggy' before the 'Captain Risky' commercials...unfortunately mud stuck.

**FAMILY:** Mum, 4 sisters, and 1 brother, all older, beautiful girlfriend Laura. Dad is no longer with us.

**HOW LONG HAVE YOU PLAYED BOWLS:** Competitively for 21 years.

**MOST MEMORABLE BOWLS MOMENT:** As much as I want to say seeing Mark Casey spoon a drive 40ft in the air! I'll have to go with drawing off a front resting toucher, full length, at 24 all to win a club singles title.

**WHAT WOULD BE YOUR DREAM JOB:** Property mogul.

**SPORTING HERO:** Ever since he kicked 17.2 goals against Richmond in 1992, The one and only Jason Dunstall.

**FAVOURITE FOOD:** Green chicken curry.

**FAVOURITE RESTAURANT:** Mr Hive Kitchen Bar and Grill.

**DREAM HOLIDAY DESTINATION:** Loved Vietnam, but I have always want to visit the Great Pyramids.  
**IF YOU WERE STRANDED ON A DESERT ISLAND, WHAT 3 THINGS WOULD YOU LIKE TO HAVE WITH YOU?:** Solar powered generator, 3D printer, satellite TV with nothing but Fox Sports.

**WHO WOULD BE YOUR DREAM DATE:** Katie Perry - if she thought Russell Brand was a catch then I could actually be a chance.

**PERSON YOU'D LEAST LIKE TO SIT NEXT TO ON A LONG FLIGHT:** Adam White. All he would talk about is how good Tassie is! I've never been and I don't intend to... give it a rest mate.. ;-)

**FASCINATING FACTS:** My year 12 art teacher entered one of my oil paintings in to a competition without me knowing. It was shortlisted from 250,000 entries to 250 to go in to the Victorian Art Gallery. It didn't make the final cut down to 32. Also, Dessy Cann is a better guitarist than me but I'm a better singer.





## 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)

18 January (1015 - 1215)  
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: 0830 for 0845  
Location: Coomera Cuppa Café Upper Coomera

#### Committee nominations open/close

Open - 25 March  
Close - 11 May

#### ANZAC Day Badge Sales

20 - 24 April (TBC)

#### ANZAC Day School Talks

24 April - 8 speakers required

#### 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 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](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

### CONSTANTS AND VARIABLES

To have a successful bowls delivery, there are several "constants" which are necessary to produce a sound delivery style - i.e. without the constants a player will not achieve a consistent delivery. They are:

**Intended line** - being able to deliver the bowl on the intended line.

**Balance and stability** - remaining balanced and stable during the delivery to assist with delivering the bowl correctly.

**Controlled momentum** - ensuring the backswing, follow-through, step, and forward momentum produce the desired length of delivery.

**Smooth release** - delivering the bowl and ensuring the release is free of wobble or bounce.

**Consistent repetition** - above all else, being able to repeat the action.

Within each of these "constants" there are several "variables" which can be completed differently, depending on the player, and still achieve the same "constant". For example, there are several types of grip which can all produce the desired result of a smooth release. Additionally there are several lengths of step which can achieve controlled momentum through delivery.

The variables within the constants are:

**Feet** - ensure the position of your feet on the mat are comfortable, taking into consideration the aiming line.

**Grip** - find the grip which is most comfortable taking into consideration the desired shot and other factors such as the green speed and weather conditions.

**Stance** - you may prefer an upright, bent or combination stance to commence your delivery.

**Bend** - fundamental to a successful delivery is to stay down at the moment of release and during the follow-through.

**Step** - you should step to a distance which is comfortable for your own style, recognising the link between the length of the step and the speed of the delivery. Generally speaking your step should be to the length of a normal walking step or greater, avoiding a short step.

**Delivery** - the delivery is a pendulum action of the arm. The palm of the hand should follow the bowl/jack in a natural follow-through. Delivery may include varying length of backswing depending on the player. During the backswing, it is recommended the player:  
- begin the backswing before they step (to assist with timing).  
- take a step forward approximately when the arm is level with the hip, transferring body weight to the front foot, and  
- release the bowl when the arm is slightly in advance of the front foot, assisting the player to deliver/release the bowl smoothly out of the hand on to the green, minimising wobble and avoiding dropping or dumping on the green.



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



## FROM THE CHAIRMAN'S DESK



Graham Brittain

Here we are already at the start of 2017! I would like to wish everyone a Happy New Year and may your year ahead be filled with happiness and good health.

2016 had some very memorable bowls moments with the World Champion of Champion Singles held at Club Helensvale in November, our annual esteemed National 5-A-Side in September, and the Australian Open held on

our greens in June, plus a good effort from our GC Hawks at the BPL 2016. Not to mention the Club Helensvale players chosen to be international representatives, and some of the junior players cleaning up at Qld Junior State Titles, and who could forget when our Hawks made history winning Division 1, 2 and 3 in the Gold Coast Tweed Pennant Championships!

Looking forward to another great year of bowls ahead of us, with the Queensland Premier League starting in January and Club Helensvale will be hosting the Grand Finals in March. Best of luck to our Hawks competitors.

Australia Day is just around the corner on the 26th January and where else to spend the day celebrating all things Aussie than at your favourite local bowl! There will be the 2nd Annual thong throwing competition, with the winner taking the coveted golden thong trophy, plus free barefoot bowls 12-5pm, live music from 2pm and Aussie monster raffles in the evening.

We've got the golden tickets in the gaming room and we're giving them away! Ever wished that you could find a golden ticket in a chocolate bar just like in Charlie and the Chocolate factory? Well every Sunday in the gaming room during January and February, six lucky people get to pick a chocolate bar to rip open for a chance to win a share of \$10,000. Ask one of our friendly staff members today for more details!

It is the Year of the Rooster this Chinese New Year, and we will be having some fun in the gaming room on Saturday 28th January to celebrate it! If you're playing a gaming machine during 3-5pm you could win a share \$888 with 15 lucky red envelopes being randomly given away. Plus there will be a live cooking station serving up complimentary Chinese cuisine.

I hope to see you around the club this month!