

NEWS FROM AROUND THE GREENS

This month will see our great club play host to one of the states most prestigious events with the Premier League Queensland Finals Weekend coming to our greens on the 25th and 26th March. The top five best clubs in Queensland will compete for ultimate glory in both the Premier and A Grade leagues. Finals action commences on Saturday at 12pm with the elimination/qualifying final. This will be followed by the major and minor semi finals at 5pm. Sunday will see the preliminary final kick off at 9am, with the big GRAND FINAL due to start at 1pm. Come along and witness the best in the business put on a show on our home turf!

Speaking of Premier League, our Top grade and A grade sides have both had a solid month on the green with both sides building some great momentum in the lead up to finals. Our Premier team is sitting in 4th position on the ladder and our A graders are leading their field. With a few more regular rounds to go it's important that our Hawks finish strong to make sure we secure a finals berth come the 25th March.

Our five Premier 7's teams are all going well with each side still a great chance of making their finals weekends which will be held over several weekends end of March and beginning of April.

In our ladies super challenge we've had some mixed results with both our bronze and silver division teams enjoying some success. Again our girls still have plenty of games to go so best of luck for a strong finish ladies.

This month will see our Gold Coast Hawks contingent head to Auckland to compete in the first ever BPL outside of Australia. BPL05 will commence on Monday 27th February with three days of sectional play before the finals being scheduled for Thursday 2nd March. The day matches will be played on grass at Sunnybrae Bowls Club while the televised evening matches will be played on a portable, synthetic carpet, TV rink at Aucklands North Shore Events Centre. The TV matches will be televised on Fox Sports commencing at 6pm (NZ time) each evening. Our Hawks TV games will be on Monday at 3pm, Tuesday at 6.45pm, and Wednesday at 5.30pm. The finals coverage will start from 3pm on Thursday. These live matches will be shown on Fox Sports 3 on Monday and Tuesday and Fox Sports 4 on Wednesday and Thursday. Best of luck across the ditch Brett, Mark, Lynsey and Nathan.

The Queensland team has been announced for the 2017 Australian Sides championship with seven of our members selected in this team. Brett Wilkie, Nathan Rice, Jayden Christie, Braidan Leese, Andrew Howie, Lynsey Clarke and Anthony Kiepe (returning from retirement) will compete in this National event to be held at Lockley's Bowls Club in South Australia from the 5th – 9th April.

Jayden Christie, Matt Bell, and Des Cann have recently been selected to play for the Gold Coast Tweed District at their inaugural 5 A Side event vs the Zone 1 NSW region. This event will be held at Cudgen Leagues Club on the 26th February. Jim Merrick was also selected in this side however will be overseas at the time of the competition.

Brett Wilkie has been announced as a finalist in the Gold Coast Sports Star of the Year award for 2016. Brett will be

pitted against nine other talented athletes – including 4 current world champions, the year's fastest 100m freestyler, and last years winner and Olympic canoeist Ken Wallace. The winner of this award will be announced at a black tie gala event held at QT Hotel on Thursday 2nd March.

Our club will again take part in two local community fundraising events which will be happening in March. The first event will be on the 10th March - 'Racing the Vale'. This is a 5 kilometre community sports challenge event where participants make their way through Helensvale (from the High School to the Cultural Centre) and take part in 10 sporting challenges en route. The second event is the Helensvale Neighbourhood Watch Community Fun Day being held on the 18th March at the Lions Park opposite our club. On this day there will be many different activities for the community to take part in, as well as raffles and other fundraising opportunities for the community to support. We look forward to helping ensure these two community events are a great success.

In club championship news our ladies fours winners were crowned on the 2nd February with Lynsey Clarke's team of Yvonne Lovelock, Teresa Armitage, and Pam Rowe defeating Margaret Pickering's team of Lenore Cornish, Jean Rae, and Sonja Smits 20-16 in a fabulous final. Well done to all involved and good luck girls for the next stage.

The ladies club singles in down to the final stage with Filo O'Meagher and Lynsey Clarke navigating their way through some tough matches to make it to the pointy end. The final is scheduled for 9am on Thursday 9th March, good luck to you both.

Our men are making their way through their championships with the singles, pairs, and fours all underway this past month. Keep your eyes on the notice board for scheduled dates/times of these matches

Two of our club members, Adam and Rosie White, welcomed their newest addition to the family last month with their baby boy Harrison Gregory arriving a few weeks early on the 8th February. Congratulations guys and we look forward to seeing our newest WhiteHawk out on the green in the future.

UPCOMING REP MATCHES HAPPENING ON OUR HOME TURF

-
- Saturday 4th** - Premier 7 Div 6 1pm; Premier League 2pm
- Sunday 5th** - Ladies silver & bronze super challenge 10am
- Saturday 11th** - Premier 7 Div 1, 3, 4 & 5 1pm;
- Sunday 12th** - Ladies bronze super challenge 10am
- Saturday 18th** - Premier 7 Div 6 1pm; Premier League 2pm
- Sunday 19th** - Ladies silver super challenge 10am
- Saturday & Sunday 25th & 26th - PREMIER LEAGUE GRAND FINALS WEEKEND**
-

Come along and support our fantastic Hawks sides, they'll be some crackerjack matches on display!

Lynsey Clarke
BOWLS COORDINATOR



CLUB HELENSVALE PHOTO GALLERY



(clockwise from top left - The Whites welcome new baby Harrison to the bowls crew; Club 4's Champions; Club 4's R/U Up; Our ladies Bronze Super Challenge Team competing at Manly; Gold Coast sports star of the Year nominee Brett.

60 SECONDS WITH...BARRY HOLMES

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: Baz

FAMILY: Wife Anne, Kids Craig and Debra

HOW LONG HAVE YOU PLAYED BOWLS: 16 years

MOST MEMORABLE BOWLS MOMENT: Winning Division 9 Pennant 1st Year

WHAT WOULD BE YOUR DREAM JOB: Draftsman

SPORTING HERO: Dermott Brereton

FAVOURITE FOOD: Chinese/Seafood

FAVOURITE RESTAURANT: Seafood Steakhouse

DREAM HOLIDAY DESTINATION: Canada

IF YOU WERE STRANDED ON A DESERT ISLAND, WHAT 3 THINGS WOULD YOU LIKE TO HAVE WITH YOU?: Rum, coke, hammock

WHO WOULD BE YOUR DREAM DATE: Jennifer Aniston

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

Tony Abbott



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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)

- 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

Committee nominations open/close

- Open - 25 March
- Close - 11 May

ANZAC Day Badge Sales

20 - 24 April

Volunteers needed please speak to:

Noel Martin, Richard Alderton, Colin Krohn, Colin Spies, Melanie Annand, Ray Wilson

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)

RSL Community Link Schools Education Project

The North Gold Coast Sub Branch has commenced a project to help with the education and involvement of the schools in our catchment area. The Sub Branch has 29 schools in the catchment area and it is important we, the veterans, help educate the next generations about the past, so they have a better appreciation of what happened. This project is about getting the schools involved with a State RSL project called RSL Community Link which runs several school-based programs to enable students in communities with a local war memorials or honour boards to learn more about their local history and represent those who died at remembrance or commemorative services (www.rslqld.org/RSL-Community/RSL-Community-Link).

With the assistance of RSL State employee Chrissie Hough, we have identified that there are 29 WWI soldiers from our catchment area:

- 17 x Tamborine Road Memorial,
- 7 x Ormeau Memorial, and
- 5 x AWM names associated with the area.

The Sub Branch has sourced sufficient funding so far to pay (gift at no cost to the schools) for a kit for 25 schools and if more funds are received we will eventually cover the remaining four (4) schools.

The Sub Branch wishes to acknowledge the generous support and donations from:

- Michael Crandon, MP, State Member for Coomera
- Cr Donna Gates, Division 1 GCCC
- Cr William Owen-Jones, Division 2 GCCC
- Club Helensvale
- Gold Coast District RSL

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 Harmonee 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 & 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.

COACHES CORNER

DECIDING WHAT SHOT TO PLAY

It is always good tactics to play the shot offering more than one opportunity of attaining your object. In other words, always play the shot that gives the easiest and perhaps an extra chance of success if you happen to be slightly astray with your grass or pace. Fast or running shots should be only played when the position and back bowls are in your favour, with the provision that on occasions, the situation may be desperate, calling for an attempt to kill the end.

If the scores are favourable to your team, and there is danger, it is better to play into danger; ie. play your opponents shot so that if you are successful, even though you may have given the shot away, you have removed the danger of losing numbers.

Is assessing the shot to play you must never lose sight of the scores and the overall result to the side should the shot be unsuccessful. Sometimes, the position of a game calls for risks to be taken which may win the game. This places the personal aspect second and the position of the side first. These risks should only be taken when the final result relies on such action.

Most bad shots are played because the player concerned has lost concentration due to one or more of many things that can effect this most important factor. The player must take care to ensure that they give their full attention to the game, always taking an extra few seconds to consider how the shot is to be played, the correct grass, the correct pace etc. On no account, rush your execution of the shot.

These extra few seconds thought, can make all the difference. Play the shot in your mind first (visualise), then approach the mat, relax, and physically play the shot again.



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

PREMIER LEAGUE QUEENSLAND FINALS COMING TO CLUB HELENSVALE - March 25th & 26th!



FROM THE CHAIRMAN'S DESK



Graham Brittain

Here we are at the official start of Autumn, however I think on our beautiful Gold Coast we can expect the great Summer like weather to continue for quite a bit longer.

This month is jam packed with exciting bowls events with our Helensvale Hawks across the ocean competing at the BPL just as I'm writing this. They're doing very well

currently and I'm sure you'll join me in wishing them continuing success.

On the 25th and 26th of March we will be hosting the Premier League Queensland on our greens! You can see some of the top clubs in Queensland competing. Some of our teams are in with a good chance to secure a place in the finals if they continue in their current form.

For the next two months our members have the amazing chance to win a brand new Toyota Corolla or \$15,000! Spend \$20 anywhere in the

Club to enter, and be here for the key draws every Saturday and Sunday. It just might be you driving away in a brand new pair of wheels after the major draw on Sunday 30th April.

There are some great new dining specials available at blu bistro, with a delicious range of pasta dishes available on Monday nights, a T-bone special on Tuesdays and new options for Parmy and Steak Nights. Fiesta Friday is back at blu bistro on Friday nights, with a great range of Mexican dishes to enjoy.

From Monday 13th March we will be hosting Guinness Week, with a special Irish menu available for one week only at blu bistro. Plus don't forget to come celebrate St Patrick's Day with us on Friday 17th.

The latest edition of the Clubvibe is out now, make sure to pick up a copy to catch up with what is happening around the club for the next few months.

I hope to see you around the club this month!