

CLUB HELENSVALE

HELENSVALE BOWLS CLUB LTD

Bowls Newsletter

MARCH 2011

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Mark & Lynsey rewarded for their year of bowls

Club Helensvale bowlers Lynsey Armitage and Mark Casey were both celebrated at the Bowls Australia Awards evening held on Saturday 12th February at the Crown Casino in Melbourne.

Lynsey won the title of Australian Female Player of the Year whilst Mark took out the quinella of Australian Male Player of the Year and International Player of the Year. Congratulations!



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Helensvale

QUALITY MEATS

Helensvale Convenience Centre PHONE: 5573 0488



From the Chairman's Desk



Graham Brittain

The headline above about Mark Casey and Lynsey Armitage both receiving awards at the Bowls Australia Awards night certainly makes us all very proud of their achievements. In a gala event held at the Crown Casino in Melbourne it was a who's who of Australian bowls in contention for the "big ones". With three of our bowlers nominated for awards we were confident there would be celebrations. Two of the Club's directors were there supporting our nominees and we all join in congratulating both Lynsey and Mark.

Bowlers will all be pleased to see some work going on around the amenities block with the slab already in place. We are currently obtaining quotes on building a wall and roof to house a bbq area with tables and chairs. We envisage this being completed prior to the end of the year or hopefully by the time the National 5-a-side competition commences in September.

The new outdoor area is now complete with a glass screen to block the smoke from escaping through to the clubhouse when the doors are open. Another small smoking area is being completed adjacent to the bowls room and Discovery Drive. An awning is to be installed for sun and rain protection with island bars already in place.

Quite often we receive complaints regarding the lack of handicapped parking spaces. Council have informed us that we do comply with regulations and it is just unfortunate that there is a much greater need for these spaces than what we actually have. If we allocated another twenty spaces, this would still be insufficient, but what would certainly help is when bowlers park their cars in the Club's parking area (handicapped spaces!)

only to go to another club for a bowling event. We don't mind these bowlers parking at the Club but what we do ask is that they consider our other members and guests and park away from the clubhouse so that those in need of close parking spaces may be able to get one.

The Board, after very careful consideration, has decided to abolish the "No thongs after 6pm" rule. After all, we are on the Gold Coast and as long as the dress is smart then we see no reason why patrons shouldn't be permitted to enter the Club in thongs. We know everyone will not agree with our decision but we felt that the rule was slightly archaic and thongs are very much a fashion accessory, with most styles hard to distinguish the difference between a thong and a sandal. The abolishment of the rule will also avoid turning many people away at the door, which has so often happened in recent times.

We have some great entertainment lined up for you this month starting off with old favourites Ernie Sigley and Denise Drysdale on Friday 11th March. Tickets are only \$15 for members or \$20 for non-members. Then, on Saturday 19th March our free show goes back to the 80s with *Scott Carne* from *Kids in the Kitchen*, *Dale Ryder* from *Boom Crash Opera* and *Sean Kelly* from *the Models* in the "Absolutely 80s" show. Don't miss either of these shows as you take a trip down memory lane. All the usual entertainment continues every Thursday, Friday and Saturday nights and Sunday afternoons.

The Half Yearly Meeting of the Club Ltd will be held on Saturday 2nd April at 8.30am. If you have something to say or would like to know how the Club is going then mark this date in your diary.

Mens Bowls News

NOVICE SINGLES CHAMPIONSHIP

The 2011 Novice singles champion for 2011 is **Andy Nelson**. He defeated Graham Dillon 25-16 in a high quality final. Congratulations Andy and also to everyone that competed in this years novice singles event. The games were of such a high standard all the way through, credit to you all.

CLUB CHAMPION OF CHAMPIONS EVENTS

The Fours championship has come down to two strong teams in what is sure to be a ripper of a final. The classy team of Mark Casey, Nathan Rice, Brett Wilkie, and Anthony Kiepe will be up for a tough battle against the equally strong side skipped by Steve Wood, including Steve Cummins, Greg Hamilton, and Brian Crook. Keep your eye out for the date of this match, it will be a must see event!

The Pairs championship will commence on Saturday 26th February. There are many quality combinations entered this year, whoever stands victorious at the end will be a much deserved winner.

The Singles event for our Club Champion of Champions will close on Sunday 6th March. Get your entries in on the notice board so you don't miss out on the action. The first three rounds will commence on Sunday 13th March.

OTHER CLUB NEWS

The Open Triples nomination form is now up in the games room, get your teams in for this event. It closes on Friday 25th March.

The Senior fours will be played on Thursdays throughout March starting with the first round on the 3rd. Good luck to all and may the best team win.

Ron Boydell
Honorary Secretary



Come in and meet our friendly team . . .

Local Branch



Local Service

Opposite the RSL

35 Scarborough Street Southport

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Ladies Bowls News

We are pleased to congratulate Lynsey on being pronounced the Australian Female Bowler of the Year and also skipping the winners of the Australian Open Triples team.

Mark Casey was announced being the Australian Male Bowler of the Year and the International Bowler of the Year. Great job both of you.

Our Triples Championships are under way and best of luck to all who competing.

Remember ladies the sheet is up in the Games Room for the upcoming Pennants Season so please get your name down so that the selectors are aware of what players are willing to represent their Club.

APIA DAY

Another successful APIA day was held on the 15th February with 66 players in attendance. A great day was had by all. Winners of the day on a count back were Pauline Collins, Bridgette Mays, & Greeta Fahey with a +13. Thanks to APIA for their continued sponsorship.

CLUB FOURS WINNERS

In a tightly contested match Lynsey Armitage's team of Pat Reely, Teresa Armitage, & Greeta Fahey won the 2011 Fours Championship for the club defeating Joy Green, Marg Pickering, Bev Perkins, & Carol George 19-15. A great game played in great spirit and watch by many. Congratulations to both teams.

DISTRICT FOURS

The Gold Coast District fours will commence on Monday 28th February. We have two teams representing Club Helensvale skipped by Joy Green and Ester Rivero. Good luck ladies.

Please keep safe and protect yourselves from the sun at all times.

Until the next month's news...



Fours champions - L Armitage, G Fahey, T Armitage, and P Reely.

Pam Peardon
Publicity Officer



2 - 4pm every Sunday
\$6ea

***BOWLS SUPPLIED
*ALL WELCOME
COME AND TRY LAWN BOWLS!
@CLUB HELENSVALE**

Lynseys Roundup

February was a busy month for bowls action with the biggest event of the year, the Australian Open, taking place in Melbourne. It is always a quality field with players coming from around the world to compete. Club Helensvale was also represented strongly with many of our players getting down to the pointy end of the draw. Nathan Rice was just edged out in a tie break in the quarter final of the men's singles by eventual runner up Shannon McIllroy of NZ, Brett Wilkie made the semi final of the men's pairs alongside Australian star Leif Selby, Brett also finished with a silver medal in the men's triples event, and I was fortunate enough to pick up a gold medal in the ladies triples. Congratulations to all our players who represented the club in such a great manner while achieving some great results.

The night prior to the Australian Open, Bowls Australia held its inaugural awards night at Crown Casino. Two of our board members, Tom Hanlon and Bob Edwards and their wives were in attendance representing the club. As mentioned last month we had three nominees in two of the categories with Mark Casey and myself winning Male and Female Players of the Year respectively. Mark also took home International Player of the Year as well, an award chosen by the Australian Team determined by performances at Internationals during the year. What a great accomplishment for Club Helensvale.

Congratulations to the seven players from Club Helensvale that represented Queensland in the test match against Victoria on February 23rd - 25th. All teams - men's, ladies, under 25 girls, and under 25 boys secured the trophies for Queensland with a dominant display over the Vics.

Lynsey Armitage
Bowls Coordinator



Australian Open Triples R/Up: Brett Wilkie, Wayne Turley, Aron Sherriff



Aust Open Triples Winners: Anne Johns, Kelsey Cottrell, Lynsey Armitage

Junior News

Congratulations to Rohan Wilson for being chosen to represent the Gold Coast District in a match against Zone 1 on Sunday 6th March.

Entry forms for state junior championships are on the notice board. Make sure you send these nominations in before the closing date - Thursday 3rd March if you want to be part of it.

Another congratulations to Rohan on winning the Club Mixed Pairs alongside Jenny Strickland, also to April Wilson on making the Semi Final of this event.

Cameron 'Yowie' Wilson
Jnr Development Officer and Coach



DENISE DRYSDALE & ERNIE SIGLEY Together Again Tour



Friday 11th March @ 7.30pm

The Cheeky Dynamic Duo returns with a hilarious show packed with comedy, songs and entertainment!

Ernie and Denise "Ding Dong", gold Logie award stars are Australian entertainment royalty! Their collective careers amount to 115 years or 58 and 57 respectively!

Ernie & Denise are a priceless combination who never fail to find fun in anything they do together, so come along to Club Helensvale and see them both live!

TICKETS

\$15 members \$20 non members



NORTH GOLD COAST RSL SUB-BRANCH

(Now meeting in Club Helensvale)

All correspondence to:

The Secretary, PO Box 641 Oxenford Qld 4210
07 55028054 Email keegantm@bigpond.net.au

Vale: George Whittingstall - 8 April 1933 – 22 January 2011

Sub Branch activities:

Please note your diaries with the following details:

Upcoming events:

2011

General Meeting (0930h):	Saturday 26 March
ANZAC Day and Easter Monday	Monday 25 Apr
AGM and General Meeting (0930h):	Saturday 28 May
General Meeting (0930h):	Saturday 30 July
General Meeting (0930h):	Saturday 24 September

2011 Committee Meeting Dates (0930)

30 April (cancelled)	27 August
25 June	29 October

Nomination forms for Committee elections (AGM) will be available at the March General Meeting and must be returned to the Secretary by 12 May.

The North Gold Coast RSL Sub Branch was recently recognized by the RSL District Council for achieving the highest percentage membership increase for 2010. This is a magnificent achievement and means we have achieved this now for two consecutive years. The Sub Branch was also awarded a Sapphire Award for donations between \$1000 - \$1999 to the Care Parcel program. Many thanks to the RSL members and patrons of Club Helensvale for all your support.

Sub Branch BBQ breakfast Saturday 9th April at the Park grounds Abraham Road (GCCC Hub) from 0900h. Numbers to Gary Sutton by Sat 26 March for catering purposes please.

ANZAC Day badge sellers are sought to assist man the stalls across our area of responsibility. ANZAC Day badge sales will be conducted on **Fri 15, Sat 16, Thu 21 & Sat 23 April** at the following venues:

Westfield Helensvale
Woolworths Coomera West
Woolworths Oxenford
Coles Coomera
Helensvale Plaza

Anyone who can donate an hour or two on a roster is asked to contact the Sub Branch on the number above.

Seniors Expo – Monday 18th July 2011

The Fadden Senior's Expo is in its second year and seeks to offer the local seniors community and option to find out what local private and government services can do for them. With around 80 exhibitors plus presenters, lucky door prizes and special guests the day is sure to be informative.

The legendary **Normie Rowe** will again MC the event and the **Hon Bronwyn Bishop**, Shadow Minister for Seniors will be in attendance for the day. More information can be found on Stuart Robert's webpage.

Service Newspapers 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

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	Brenda Walker	55737273
Ron Wallace	5556 0046	Cameron Wilson	0425880268
Mark Casey	0418797476	Phil Brandon	0419243076
Brett Wilkie 0438710974			

R.S.L. Bowls Information - DID YOU KNOW.....

There are over 1400 Returned Services League Bowlers now associated with the Queensland RSL Bowling Assn. Only 5 from Club Helensvale. The monthly competition (Sundays, 1 a month) are held at different clubs throughout the South East. When your RSL membership is verified, application can be made for RSL State Bowls Assn membership through Robin Cope Phone 07 55023670 or preferably e-mail at robin.cope@bigpond.com. Here is an opportunity to join with others around your age and interests (a serviceman or woman) for a fun time. Your spouse can join as well as an associate member.

Junior Bowls Sessions

Saturday mornings at 9am

Ph Cameron: 0425 880 268