



# ROCKHAMPTON BOWLS CLUB INC



September 2023 Edition No 166



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Welcome to Rockhampton Bowls Club. Come and enjoy a friendly game of bowls in our undercover facility. We play day or night, rain, hail or shine.

Looking for a place for a Work or Social Club Function, Birthday Party, Anniversary, Wedding, Seminar, or any other celebration, look no further than the Rockhampton Bowls Club. Fully air conditioned & the CBD area on the Riverbank.

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Website: [www.rockhampton.com.au](http://www.rockhampton.com.au)



## CLUB PLAYING DAYS AND TIMES

**Monday** Roll up after 9am

**Tuesday** Mixed triples starting 1pm

**Wednesday** Ladies starting 12.00am

**Thursday** Men's starting 1pm

**Sunday** Social starting 1pm

Need help with Blocked Drains

Call 0408 433922



## Club/District Events

1<sup>st</sup> November Ladies Hillcrest Day RBC

4<sup>th</sup> November Mayoral Trophy RBC

Our new club shirts are ordered and should arrive at the club mid-September.  
Please Note from next year the club colour for shorts/skirts or trousers ect will be Royal Blue

**SAVE THE DATE:**

**CLUB XMAS PARTY 8<sup>th</sup> December**

## MEMBER NOTICE

If you are having difficulty in using the stairs

Please use the **LIFT** it

is there for your safety.

Instructions on use are clearly marked

All members please read the Fire Evacuation Plan located at all exits.



# News from the Chair



Hello again Members

Hi All

We still have representatives in both Ladies and Men's Zone Pennants Finals. Our club is very fortunate to have such talent and we wish them every success. Also, both the first and second division Men's Pennants teams achieved second place, another great achievement.

Unfortunately we have been unsuccessful with our grant application for a bitumen carpark. However, we are compiling a new grant application for the rearrangement of our downstairs toilet area to accommodate a disabled toilet. The architect has completed a plan and are now waiting for quotes from builders to complete our grant submission.

The committee have met with staff from the Rockhampton City Council to assist with the review of our 5-year strategic plan for our club's future development. This meeting was very successful with valuable input from the council who have input into government grant applications.

Once again we have had a busy month for functions in September 6<sup>th</sup> in total, all earning valuable revenue for the running of the club. Next month, October, we only have 4 function bookings thus far, a lull before the storm, as we have 7 bookings for November. Please assist Bev Johnston in the organisation of volunteers to assist at these functions, your support and help is much appreciated.

Trueline will complete our awning installation by the end of the month.

The committee have agreed to change our telephone provider to our Local IT guy which we hope will improve our phone service.

Syd O'Sing  
Chairman



# From the Bowls Desk

## Men's Desk

The year is slowly come to an end with most or nearly all of club competition being finished for 2023, our triples are still one of the last being played.

Our club men's veteran singles winner Andy Johnson represented our club in the CQ Veterans play off but unfortunately was beaten by the Yeppoon player Dave Bent.

The men's pennants have also been completed and both divisions were won by Yeppoon.

The Zone 6 playoff was held at our club and a big thanks goes to Rosie and Leonie for the catering and Jeff who was kept busy in the bar.

Three of our members (Rod Black, Moyna Richardson and Andy Johnson) attended the Qld Bowls based coaching course at Emu Park earlier in the month so they are the go-to guys if you need help or advise with your bowls.

Our club members were well attended at the Arms Plus course also at Emu Park, this is a great day sponsored by Bowls Qld.

We thank Clyde Jackson for taking a team and representing RBC at the Past Presidents Day held at Diggers Club.

The club has several events still to be played this month Bates Goddard at Victoria Park on the 21<sup>st</sup>, Live Life Shield at Gracemere on the 24<sup>th</sup> and Betta Home Living carnival at RBC on the 30<sup>th</sup>. Good luck to all playing in these events.

Happy Bowling

Bill Richardson

## Ladies Desk

Hello Bowlers,

Congratulations to the Ladies winning first division pennant this year. The last time Ladies won the pennant was in 2015 blue, 8years ago.

Now the Ladies go down to Yeppoon to play in Zone 6 playoff against Bundaberg and Port Curtis on 27th September.

The players representing RBC are:

Joan Alderson, Barbara Friesacher, Sharon McConachie, Marion Dobbs. June Shelton, Carol Wellings. Ann Thomas, Lorraine Dougan, Debbie Simpson. Rosie Rumpf, Heather Everett, Kay Borg, Bev Johnston, Leonie Tomkins, Val Hagarty.

On the 25th of August Myself as RBC President and Secretary Bev Johnston attended the CQDLBA meeting where President Patricia Ward presented me with a small purple flag as the 2023 Division Pennants winners.

President Ros Newman from Gracemere Bowls Club was presented the small blue flag, this is the first time Gracemere Ladies have won a pennant division.

Our Capricornian Invitations 4's was held on 11th September. Thanks to all the Life Members, Eileen Cavanagh, Ursula Harrison, Val Hegarty and Val King for donating raffles, to Jeff for scoring and anyone else who helped in anyway. The winners are as followed:

First Place Marion Dobbs team, Second Place, Kay McCrohon's Team Diggers, Third Place Kay Borg Team and Forth Place Jan Knox Team Victoria Park  
Everyone went home with a prize. We would like to thank the Capricornian for their continued support for this event.

We wish to extend the club's sincere condolences to the Family of Elsie Cartwright and Brain Hedges on their recent passing. Pam our thoughts are with you at this sad time on the loss of your husband Brian.

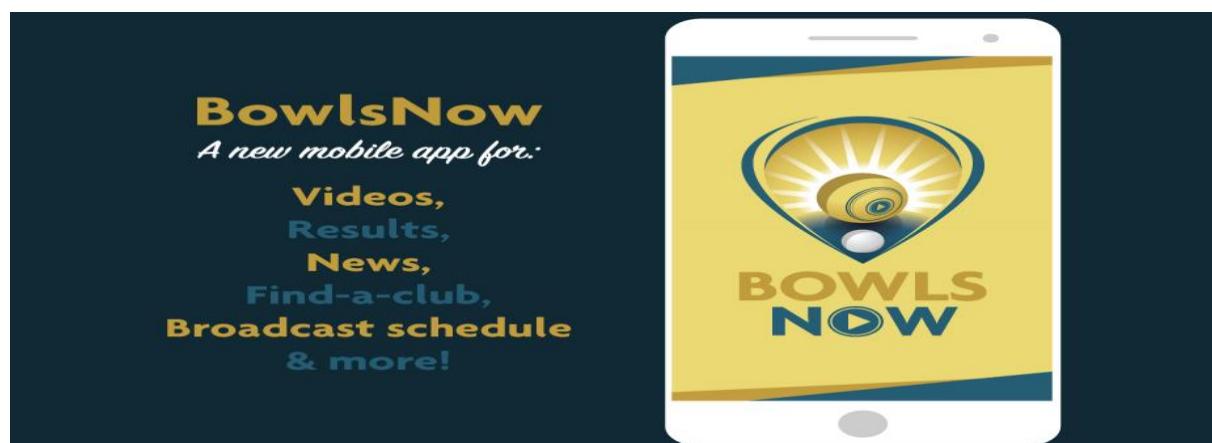
President  
Rosie Rumpf.



## Check out the new BOWLSNow App from Bowls Australia

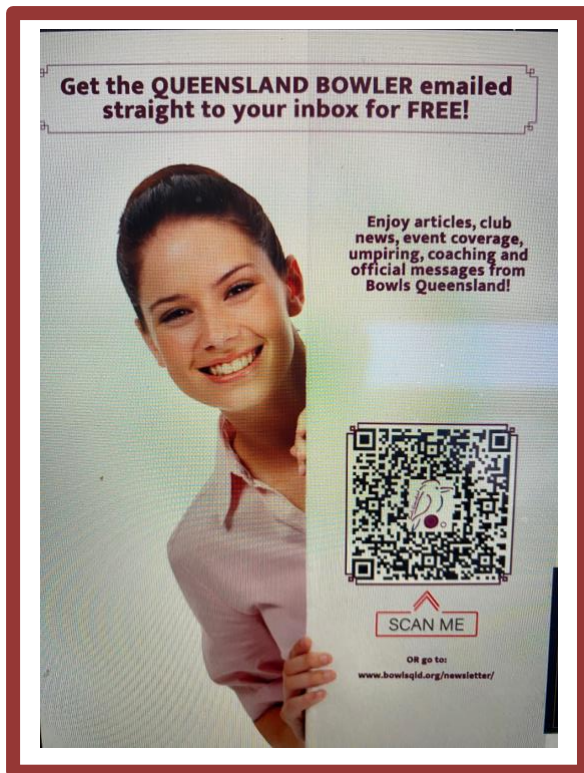
Bowls Australia have launched a new iOS and Android app, titled BOWLSNow, to help the bowls community engage with the sport via results, broadcast videos, news content and more.

BOWLSNow, which is available to download now on iOS (iPhones and iPads) and Android devices free-of-charge, provides a range of benefits, most noticeably, access to a comprehensive list of historical and recent broadcast content.





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**Note CQLDBC Ladies:** The Ladies Committee will be looking for Ladies to fill several positions for next year 2024, being President, Secretary and Games Director. If you would like more information on these positions please speak with Glenice Wust as she will be happy to fill you in, these positions need to be filled so the association can function.

# Fast Track Your Game Development with Purposeful Practice

## PURPOSEFUL PRACTICE IS KEY

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What is purposeful practice? Regular 'rolling up' or practice may involve mindless repetitions, whereas deliberate practice focuses attention towards a specific goal of improving performance. Purposeful practice also involves an element of systematic approach. Regular practice still has its benefits and helps to reinforce and maintain basic technique during the early stages of improvement. However, if you ultimately want to overcome plateaus in performance, be more competitive and nail that backhand drive consistently than planned purposeful practice is the only way.

**The key to success with purposeful practice is feedback!** Receiving immediate feedback while performing skills/drills on the green will enable you to adopt and further understand your actual 'strengths' and 'weaknesses', rather than predicting what your perceived abilities may be.

The best method of introducing an immediate feedback system while performing specific skills/drills is through a scoring system. Taking this approach on scoring the outcome of each bowl you deliver in relation to the skills/drills goal, will allow you to not only compare results on the day of practice but also over time. Patterns in strengths or weaknesses can be highlighted in such things as; jack length, green conditions, matt position, weather, rinks played on, forehand and backhand shots.

A basic example of a scoring system which is widely used within the bowls community, would be the use of the matt length to determine a score. E.g., If the bowl delivered falls within a matt length of its target, then a point is scored. If the bowl unfortunately finishes more than a matt length from the target, then the score is zero. Alternatively, you can go further with this approach and also use the matt width to increase scoring opportunities. You can be creative and implement your own scoring system and approaches, however sometimes the basic approach with just the matt and a piece of paper/phone to note down scores, can be the most effective.

**New approaches to practice can incite growth, development and overcome lulls in performance.**

## How to start

**Step 1** – Select one of the fundamental skills you can improve upon; Draw shot, Up shot, Drive shot, Cover Shot

**Step 2** – Adopt scoring system, E.g., 1 point for each bowl that falls within a matt length of the target or 3 points for each bowl that falls within a matt width of the target.

**Step 3** – Note each bowls score after each end and document whether it was a forehand or backhand shot.

**Step 4** – Make session notes on such things as; rink played on, green speed, date, weather conditions etc.

**Step 5** – Collate scores over a timeframe you have specified (more data will give a fair reflection of your average performance) and highlight ‘strengths’ or ‘weaknesses’ by using where you have scored the most or least.

**Step 6** – Adjust and plan purposeful practice sessions to focus on highlighted weaknesses and/or technique performing that skill.

Developing your game and taking that next step to play at a more competitive level or achieve some success doesn't happen overnight, or without some thought or planning involved. Taking the time to implement some basic purposeful practice sessions can pay off substantial dividends. With just a small adjustment in behavior and mindset towards ‘rolling up’ or ‘chucking down a few bowls’, your all-round game could go from ‘roll up king/queen’ to ‘club champion’ in no time.





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## STOP CORONAVIRUS

### -COVID –

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## CAPRICORNIAN INVITATION LADIES FOURS

The Capricornian Invitation Ladies Fours were held on Monday 11<sup>th</sup> September at our club. Ten teams from local bowls clubs and our own club members contested the event with teams playing three games of fourteen ends for the day. We thank Jeff Slater for keeping the records of the games and working out the total scores. Prize money was donated by the Capricornia Bank and was shared among all participating teams. All teams said they enjoyed the friendly company and bowls, with the club providing nibbles at the close of play. Our club team of Marion Dobbs, Bev Johnston, Pat McGovern and Rosie Rumpf took home first place. We thank all teams who participated in our day, and a special thanks to players, sponsors and finally helpers.



**On another note**, our club took part in the annual Bates Goddard Shield which was played at Victoria Park this year. RBC was represented by Ross Sanders, Bob McGowan, Clem Magee and skipped by Graham Hudson. **The Live Life Shield** which is played with Gracemere each year over two days, one played at RBC and the return at Gracemere. Last weekend the 24<sup>th</sup> September RBC members travelled to Gracemere for the return match, which Gracemere was the winner but unfortunately for them RBC has a larger winning margin from the first game to keep the shield at our Club. We thank Gracemere Club for playing in the shield match each year and look forward to the challenge next year.

## CLUB PENNANTS RESULTS 2023

The men's Pennants was played starting in August and running through to September. This is played in two divisions First and Second with winners going on to represent their respective clubs in the Zone 6 playoff which was held at RBC this year on 17<sup>th</sup> September.

Our club was fortunate to be able to fill teams in both Divisions with three teams of four in each, a great effort to all members who played in this event over the weeks it was held. We had a few changes with players being swapped from First to Second and members filling vacant places when needed.

Both divisions started of the competition slow with a loss to Yeppoon on the opening day which ultimately decided the final scores. Our teams finally started to gel and played some incredible games, some coming down to the last ends. The club finally ended up second behind Yeppoon in both divisions. Our boys are to be congratulated in the way they played and their sportsmanship attitude throughout this whole event.

Yeppoon went on to play in the Zone 6 (Bundaberg, Central Qld and Port Curtis) which did not go their way being defeated by Boyne Tannum Club representing Port Curtis. The winner for Zone 6 was Bargara Club representing Bundaberg.



The final score for the event are :

### First Division

• YEPPOON	WINS	6	POINTS	586	GAMES	8
• RBC		6		521		8
• DIGGERS		4		460		8
• VIC PARK		2		453		8
• GRACEMERE		2		415		8

### Second Division

• YEPPOON	WINS	5	POINTS	552	GAMES	8
• RBC		5		520		8
• DIGGERS		5		474		8
• EMU PARK.		3		451		8
• VIC PARK		2		413		8

**The Ladies Pennants for 2023**, unfortunately RBC Ladies could only field a team in Division 1 due to not enough players for Division 2. CQ District only had three teams in Division 1 (Yeppoon, Diggers and RBC) and three in Division 2 (Yeppoon, Gracemere and Emu Park) playing a home and away competition.

The CQ results Division 1, with Diggers being eliminated from the competition earlier in the day the final game against RBC and Yeppoon would determine the winners. It was a close match with RBC overcoming Yeppoon by a small margin to give them the title of CQ's 2023 Pennant winners. The Second Division was won by Gracemere who had six wins, followed by Yeppoon with four wins and Emu Park two wins.



## Zone 6 Pennants CQLDBC Report by Glenice Wust

This was played at Yeppoon on the 27th and 28th September between Bundaberg represented by Bargara, Port Curtis represented by Gladstone and CQ represented by our Club. All the participating ladies played superbly and were a credit to their District and their Club.

First up our Ladies played against the very strong Bargara Club. The leads and seconds would get us shots in the head only to have their thirds and skips take it off us. After our teams all lost their first end, we were 8 nil down. But after playing 8 ends RBC was only 2 shots behind. This was the closest they could get. It was quite a demoralizing game for our courageous ladies going down by 38 Shots but winning 27 ends.

In the afternoon we played Gladstone who would lead us till the 14th end. At one stage leading us by 11 shots on the 9th end. Then the ladies all pulled their socks up and decided to play bowls. On the 14th end we finally went 2 shots ahead and never fell behind. Gladstone fought back and we had a game of bowls to remember. On the 16th and 17th ends the game was all tied up; 43 shots on the 16th and 45 on the 17th. The scores on the last 4 holes were crucial: 18th RBC 4 - 1, 49 - 46; 19th 1 - 3 Glad, 50 - 49; 20th RBC 5 - 2, 55 - 51. With the last end, we got 2 shots in one game and went down 4 shots in the other. This left Marion's team to decide our fate. We were still in front by 2 shots. What the head was I do not know but there was plenty of discussion and many looks at the score board showing a score of 57 - 55 to us. Then Marion turned round and strode confidently back to the mat, picked up her bowl, took up her stance and let fly. Down the bowl went in complete silence. Then an almighty roar went up by Rocky ladies. Even though we lost that end by 1 shot, the consistent ladies won the match by 1, yes, ONE shot again. They seem to be making a habit of winning by 1. This meant that RBC was tied with Bargara on 2 points each with Gladstone yet to score.

Thursday morning saw Gladstone play Bargara. But Bargara came to Yeppoon to play bowls and play bowls they did. They defeated Gladstone in the same manner that they defeated us. Congratulations Bargara. Represent our Zone to the best of your ability in early November when you play in the States.

The final scores were: WINNER Bargara on 4 points; SECOND RBC on 2 points; THIRD Gladstone on 0 points.

Thank you Marion for securing that winning shot as well as the 11 other Ladies that played. It was great to see the players from both clubs cheering on their team mates on the final crucial end. This competition between RBC and Gladstone was, to me, the match of the tournament.





# Michelle LANDRY

Federal Member for **Capricornia**

## *Working hard for Capricornia*

Please contact my office if you need assistance with Federal Government managed organisations including:

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- Australia Post
- Veterans Affairs
- any other matter.



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