



ROCKHAMPTON BOWLS CLUB INC



October 2023 Edition No 167



Check out our Facebook Page [Rockhampton Bows Club](#)

Welcome to Rockhampton Bows 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 Bows Club. Fully air conditioned & the CBD area on the Riverbank.

We specialize in Barefoot Bowls, Jack Attack, BBQ, Conferencing

We are noted for great service in a friendly atmosphere.

Check out our Web Site for booking information.

94 Victoria Parade Rockhampton. ABN: 33649611820

PO Box 6163 Red Hill Qld 4702

Phone: 07 49221685

E Mail: bowls@rockhamptonbowls.com.au

Website: 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



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

Club/District Events

1st November Ladies Hillcrest Day RBC

4th November Mayoral Trophy RBC

17th November CQDLBA Diggers

15th December RBC Xmas Party

17th December RBC AGM

Club Closing -Restarting Dates:

Sunday Play 17th December Restart 7th January

Tuesday Play 17th December Restart 9th January

Thursday Play 21st December Restart 4th January

Ladies:

Wednesday 22nd November Restart 7th February

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



News from the Chair

Hello again Members

Hi All

Our State Government has passed new Legislation which commences on 8th December 2023 that impacts all organisations that sell food. For our club it requires our members who purchase, handle and/or cook food to hold a certificate. These certificates can only be obtained online. I have already completed this online course titled "I'm Alert" which is a basic refreshment of safely handling, storage and serving food. Members will require an email address to enable them to complete this online course. If members require assistance to obtain this certification, please advise the committee members so that we can arrange some support.

November is going to be very busy for functions as we have 10 bookings for this month, mainly for Friday and Saturday afternoons/nights. We are fully booked now and are turning away many requests for functions each week for both November and December. It would be greatly appreciated if any members who are able to assist at these functions to please contact Bev Johnston. There have been several members who have already been very generous with their support, and it would help Bev if there a few more members to share the load. Please enquire with Bev on how you might be able to help.

Our Clubs new uniform has been a great success with many members already wearing them. Jeff Slater has already placed another order which will arrive soon. If you haven't already ordered a new club uniform, please contact Jeff to arrange a further order for your request.

The committee have been working feverishly on obtain information and quotes for our grant application to rearrange the current downstairs toilets to include a disabled toilet. Plans have now been completed and are available for viewing by kindly asking Jeff Slater.

We have also been in contact and meeting with current and potential new club sponsors. We are very appreciative of our long-standing sponsors who contributed to support our club for many years. These sponsors also hope that our club members support them. Some organisations only require signage for advertising while others are willing to sponsor bowls for juniors or club events. Any members who have suggestions or contacts for new club sponsors please advise any of the committee members for us to follow up.

As a reminder, our clubs Xmas party is on Friday 15th December, it's always a great night with great food and great company.

Syd O'Sing
Chairman

The Club would like to congratulate our club members Graham Hudson and Clem McGee for making the play off for the Champion of Champion in Mackay, where they represented our District Central Qld. There were eight districts playing for the 2023 State CC pairs, our guys played well coming close to a win in their first game, narrowly losing to Airlie Beach 21-19 but unfortunately they had some great shots not going their way to go down to the North West/Mt Isa team of Von Hoff and Cahill 15-24. A great achievement to the guys reaching the State play off's. The upside is our new shirts look great!!!!!!!



From the Bowls Desk

Men's Desk

As our Men's President has been away traveling (Canberra was apparently very cold and the airlines were shocking) we will have to excuse him this month for not handing in a report.

Bill Richardson

Ladies Desk

Hello Bowlers,

Thanks to our Games Director June, all our house games are nearly complete. Our Friendship Day is held on the 1st of November sponsored by Hillcrest.

Thanks to Marion Dobbs for taking a team and representing RBC, in a two day Ladies Fours Carnival at Yeppoon. on 16th and 17th October.

- 1st Place Ellie Batts Team
- 2nd Place Althea Vaughan Team
- 3rd Place Margaret Cart Team
- 4th Place Bowen Team
- 5th Place Bargara Team

We didn't win any prizes enjoyed the friendship and meet new Ladies. It was good to get more experience playing in competition.

We wish to extend the club's sincere condolences to the Family of Noela Griffin on her recent passing.

Hope everyone is keeping well.

President
Rosie Rumpf.

Ladies Committee Reminders:

Presentation Day 29th November (Members to bring a Plate)

Committee Meeting 4th December

Nomination for 2024 Comp closing date is 24th January

Draw for 2024 and grading is on the 31st January



BOWLS TESTING

If you think your bowls are not all performing the same and thinking of getting them tested the following bowls shop in Qld is the place to go:

FRED FERN'S BOWLS CENTRE PTY LTD

UNIT 2, 16 NILE STREET, WOOLLOONGABBA, QUEENSLAND 4102, AUSTRALIA

Tel: 07 3391 5222

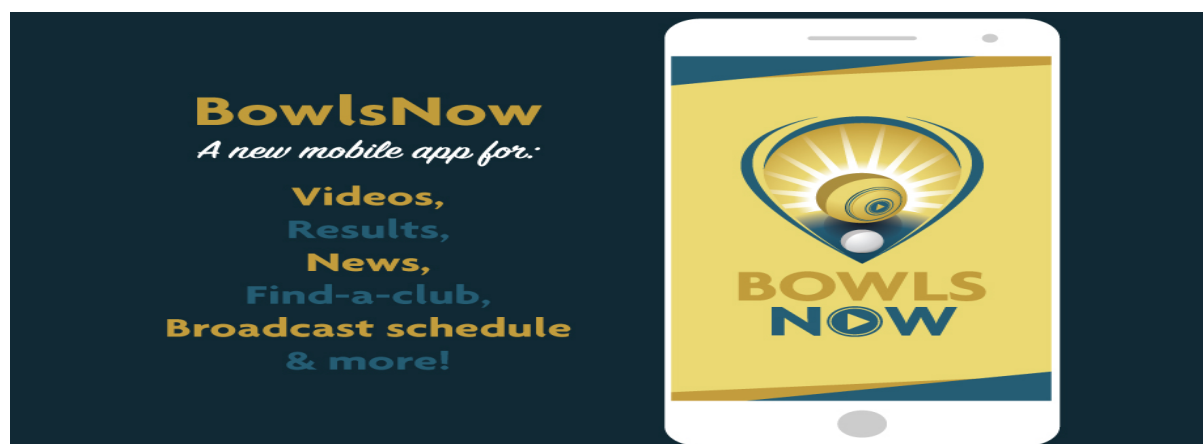
Fax: 07 3891 1570

Email: contact@fredfern.com

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.





Thommo's Betta home living. Phone 0749263199 - Shop 7, 415 Yaamba Road, Park Avenue, Qld 4701

Betta Home Living Mixed Fours

The club wish to thank our valued sponsors Thommo's Betta Home Living for once again sponsoring the Mixed Fours carnival held at our club RBC on the 30th September. We would also like to thank all the players members and visitors for playing in this event. This carnival has been running for several years with many team names on the trophy and this year we add the winning team of S O'Leary, R Stone, M Birse and T Lowry (3 wins 28 ends +27). The other place winners are below:

2nd K. McDonald S. Kinnear G. Kinnear M. Simpson. 3 wins 25 ends +13

3rd S. Simpson S. Harris I. Lenham E. Batts 2 wins & draw 27 ends +29

4th R. Black P. Field M. Hay M. Black 2wins & draw 26 ends + 12

5th E. Gregson C. Haack R. Sanders M. Dobbs. 2wins 27 ends + 12

Lucky draw K. Davidson W. Dobson P. McGovern A. Johnson.



Fundamentals To Improve Your Lawn Bowls Consistency

1 – ROUTINE

Routine can be split into two types of routine, a pre-game routine and a pre-shot routine. Both are equally as valuable and important to improving consistency.

The principle behind a pre-shot routine is to help a bowler perform to their potential under stressful conditions. A repeatable pre-shot routine will focus your attention on performing the shot you are about to play and reduce the chance of focusing on outcomes, distractions or negative thoughts.

Pre-Shot Routine – this should be personal to you and can constitute something as simple and straightforward as picking the bowl up with a certain hand, checking the bias of the bowl and placing your feet on a specific spot on the matt. Alternatively, a pre-shot routine can be elaborate and complex, take for example tennis star Rafael Nadal, who goes through a complex pre-shot routine.

Regardless of complexity a pre-shot routine should be the same for every bowl you are about to play regardless of shot type or game situation.

Pre-Game Routine – having a pre-game routine can be overlooked but can play a vital roll in helping to minimise anxiety, help to focus the bowler's mindset on the game and remove distractions.

2 – RELAXED

Relaxation or the sense of being relaxed is a psychological strategy used to help manage or reduce stress-related emotions ie. Anxiety. Being relaxed also helps to reduce physical tension and increased heart rate, which both can contribute to inconsistent bowls by disrupting your 'flow' or 'rhythm'. We have all herd the expression 'they have had a rush of blood to the head.'

Simple measures such as being on-time to a game, or taking a few deep breathes before playing a shot can help to make you feel more relaxed and confident in your ability.

3 – FOCUS / CONCENTRATION

Focus or concentration is simply the mental effort you put into each game/delivery. The fundamental principal of concentrating is to focus on the task at hand and remove as many internal and external distractions as possible.

Some examples of internal distractions are; thinking about a previous end or bowl, thinking about the next game, thinking about the opponent and expectations from yourself or others. External distractions playing bowls can be such things as mobile phones and spectators.

Being pro-active and purposefully trying to remove as many distractions as possible will enable you to assign more mental effort to each delivery and narrow the focus to the shot you are about to play.

'Consistent actions create consistent results'




FINAL END

Analyse the last game you played, not by the outcome or result of the game but how you performed in utilising these 3 fundamentals. By not just practicing the technical side of bowls ie. Performing types of shots/deliveries, but also dedicating time and thought into the above psychological fundamentals, you can raise your consistency on the green.

Simple adjustments like arriving to each game relaxed, having a pre-shot routine and removing as many distractions as possible will certainly help to take your game to the next level.

Other results around the club were the final of the Mixed Pairs and Fours of 2023. We congratulate the winning team.



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Web sites, Face Book,
or advertising contact Noel
or Tracey
admin@adzpower.com.au



STOP CORONAVIRUS

-COVID –

Covid has raised its head again, keep safe by
social distancing, washing hands.



Level 1 – 80 Denham Street Rockhampton
QLD 4700 PH:49 227151
enquiries@accessrec.org.au

ACCESS RECREATION

With the generous support from Access Recreation our club held an afternoon of bowls for members and visiting players. Access fill, an important part in our region with disability support services, group activities, plan management and support coordination. If you are aged between 7 – 65 and looking for support to improve your quality of life this organisation is there to help. They are not for profit – with a dedicated team of staff members to assist with your concerns. This is the first year that Access Recreation has come onboard with sponsorship, and we would like to take this opportunity to thank them for their support.



The winners of the afternoon were Peter Lawton, Peter Bracewell and Peter Pidcock, being the only team to have won both games. No other team had two wins so the next to take home a prize was drawn for the Hat, Mike Browning, Angela Browning and Jeff Slater was the lucky winner. Other prizes went to George and Barbra Friesacher and Peter Tyler, with Penny, Harley and Dan Wilton. The prize for no wins went to Patrick Dowling, Rob Medlin and Jim Ross.



Queensland
Government



Michelle **LANDRY**

Federal Member for **Capricornia**

*Working hard
for Capricornia*

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

- Centrelink Payments
- Aged Care and NDIS
- Immigration and Visas
- NBN/Telstra
- Australia Post
- Veterans Affairs
- any other matter.



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