



2015 — March

# IN TOUCH



The Official Newsletter of the Gaythorne Bowls, Sports and Community Club Inc.

## WELCOME WELCOME AND HAPPY READING

Another great year of bowls is well underway. Club competitions are progressing well with many members competing strongly. Mixed Pairs are under way, the Fours start on Saturday 28th February and both the A Singles and B Singles starting dates are dependent upon various players returning from holiday trips. The main item of interest for March is the Annual General Meeting on Sunday 1st March at 9am. If possible, please come along to this meeting. Everyone should have paid their renewal membership fees by now, if not the club heavies will come a-knockin on your door. The club has received some invitations to play bowls at other venues in the next couple of months, so check the noticeboard and put your name down if you would like to attend any of them. By the time, this is distributed, the smorgasbord on Friday 27th February may have passed. This night was to assist a young lad named Stewart to raise funds to enable him to attend and compete in the forthcoming Olympic Games. It will be exciting to watch one of our local lads competing at that high level—well done.

**Visitors/public (non-members) are always welcome** to come and share our club's facilities, particularly the functions area including a raised stage and full catering kitchen — come and check us out, you will be pleasantly surprised.

### To Visitors and Club Members:

The Club's **Function Hall is available for hire** for all your special occasions and/or business functions. For further information and booking arrangements Ph. **0402 107 697**  
**Barefoot Bowls**—take off your shoes and give bowls a go, have a great afternoon or evening for your next birthday or work. Vacancies are available, but bookings are essential - so call now on **0402 107 697**

### Club Board Chairman's Notes (George Zahra)

Hello Members, As this will be my last report to the news letter, I am taking this opportunity to wish you all the best for the New Year, with good health above all.

Financially the club is travelling well, thanks to the efforts of many of our members, Bob behind the Bar (plus his helpers), Graham giving us Greens that are the best in the District, Col looking after all games, social and competition, Charlie as secretary, did a great job.

Les, our treasurer working in conjunction with John Langworthy and Kevin Hass have brought our finances up to date. George M. and Damian helped out doing the various jobs around the Club.

My apologies to the members I haven't acknowledged. As we will be having our AGM on the 1<sup>st</sup> of March, I would like to strongly encourage our members to nominate for positions on the Board. Charlie Greer and yours truly will not be standing for the Board.

The time has come where other members need to step up and nominate for positions on the Board, we cannot expect the same people filling the positions.

Regards,  
George Zahra, Chairman

## Club Men's President Notes (Ken Studders)

With the Christmas and New Year over, it is good just living the life of a normal retired person. Friday night the 27th is Stuart's fundraising night with good numbers booked and a good night is sure to be had by all. The 1st of March sees my term as President over. I have enjoyed the time and wish the new incoming President all the best.

Ken Studders,  
Mens President

## Club Ladies' President Notes (Margaret Hankin)

A little thank you note to my friends. As the Lady President of this bowls club, I wish to thank all who supported me during the year of 2014. Thank you to Graham Hodges for making our green so good to bowl on. Thank you to Bob Clifton for his tireless hours behind the bar and all his helpers that step up when he needs them. Thank you to all the lovely volunteers that help to keep this club maintained as in the garden and the building. Thank you to Ken and Denise Studders who have now retired from catering for us. We will surely miss our Friday nights with you. Thank you to the games selectors, men and women who keep the bowls rolling on the green. Thank you to the office staff and members of the board for keeping the paperwork in order. But most of all, thank you, to the ladies who have stood beside me throughout the year. I have made very good friends and we have bonded into a great and loyal team. We are only a few but we do the work of many.

Margaret Hankin,  
Lady President.

## Upcoming Bowls Events

• March 2015  
**1st Annual General Meeting and election of office bearers for the next 12 months**

Veterans Fours - play every Monday at different venues starting at 10am and finishing 3.15pm. Cost \$20.00 and includes morning tea and lunch.

Wednesday Morning Social Bowls All bowlers welcome cost \$12.00 To note, the starting time will be 9am NOT 9.30am during the warmer months only.

Friday Afternoon Social Mixed Bowls - All bowlers welcome. Start 1pm cost \$12.00

• July 2015  
**13th Past President's Day**

• September 2015

**1st President's Day**

## Upcoming Social Activities

• March 2015

**Nil**

• May 2015

**4th Devonshire Day**

• November 2015

**3rd Melbourne Cup Day**

**16th Plum Pudding Day**

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## Past Bowls Events

- February 2015

**7th** Club Pairs Competition - Col and John Morris were powering on through the afternoon. It is often seen where a husband and wife team up for a pairs competition, but less often where a father and son pair up for a game of bowls let alone a club bowls competition. Well done to you both.



**14th & 15th** Gaythorne bowlers weekend competition at Murgon Bowls Club. This inter club challenge has been ongoing now for some 52 years and the Gaythorne bowlers were all fired up to regain the shield for proud display in our clubhouse. However, the Murgon bowlers had possibly been doing a lot more practice throughout the last 12 months with the final score being Murgon—106 and Gaythorne 53. The return match in June when the Murgon bowlers come to town is sure to be exciting.



Each club can't survive without the backing of it's workers

**16th** Lady President's Day—What a tremendous day it was, although still quite warm out on the greens. Clubs from all around the district attended with some clubs bringing more than one team to enjoy the fellowship on the day. There were raffles and heaps of food to keep everyone occupied when not on the greens. Thanks again to the *Kitchen Masters*, Ken and Denise, and to their helpers for preparing and providing morning tea and lunch.

## *Bowls Tips by Gentleman George*

### PRACTICE

PRACTICE is 25% perspiration and 75% determination. Stated another way, it is one part physical exertion and three parts self discipline. Doing it is easy once you get started.

PRACTICE today, makes you better than you were yesterday. It strengthens the body, relaxes the mind and toughens the spirit. When you work out regularly, your problems diminish and your confidence grows.

PRACTICE is a personal triumph over laziness and procrastination. It is a badge of a winner, the mark of an organised goal oriented person who has taken charge of his/her destiny.

PRACTICE is the wise use of time and an investment in excellence. It is a way of preparing for life's challenges and proving to yourself that you have what it takes to do well what is necessary.

PRACTICE is a key that helps unlock the door of opportunity and success. Hidden within each of us is an extraordinary force. Physical and mental fitness are the trigger that can release it.

PRACTICE is applying pressure on oneself and learning to cope with it.

## *It's Celebration Time*

### Happy Birthday to:

2 March	- Gary Edward
4 March	- Graham Hodges
5 March	- Ian Olsson
7 March	- John Langworthy - Tracey Edmonds
9 March	- George Zahra
13 March	- Ann John
27 March	- Geraldine Morris

### Wedding Anniversaries for:

(If you want your special day in future newsletters please provide details mid-month prior to month required in the newsletter.)

## Believe It Or Not



On Saturday 7th February in a social club game, Kev Hass bowled his black bowl towards the head. The bowl touched Kitty, moved Kitty and followed Kitty into its final resting place between Kev's other bowl and Des's bowl. The result as is shown in the photo herewith created some amazing interest, particularly from Kev and his teammates as they were behind and looking to increase their score. After much viewing by all players from that rink and adjacent rinks and the umpire also using a small mirror placed on the ground between the bowls, it was determined that all three bowls (2 of Kev's and 1 by Des) were touching kitty with no defining space allowances. The ruling, although correct and accepted by all, was that a point could not be awarded as kitty was being touched by both team's bowls thereby creating a dead end. An unbelievable once in a lifetime shot—and definitely not a prepared photo for the newsletter.

## *Healthy Note*

**Depression** is common, but often goes untreated. In any one year, around one million Australian adults have depression. On average, one in eight men and one in every five women will experience depression in their lifetime.

The effects of depression one may suffer may be:

- You may not be bothered doing anything and just want to stay in bed and avoid everyone and everything.
- You may be feeling a heavy weight on your shoulders and feel that you just can't fight your way out of the fog.
- Feeling like you are no one anymore, feeling empty, can't face anyone and want to curl up and disappear.
- Crying for long periods for no apparent reason that you can put your finger on and feeling totally exhausted.
- Feeling like a waist of space.

These are just a few examples of feeling depressed.

If you feel you have any or all of these feelings and have not talked to anyone about it, then now is the time to do something about it.

See your Doctor, get help, there is help available.

The way you think determines the way you feel.

## Community Sporting Clubs Also Utilising Clubhouse

Darts	Wednesday Nights 7pm til 10pm
8 Ball	Wednesday Nights 7pm til 10pm, also every 2nd Tuesday night

New members and first time tryers are always welcome

## Club Contact Details

Address:	18 Prospect Road Gaythorne, Brisbane, Qld 4051
Phone No.	<b>0402 107 697</b> (24/7) for hall hire & barefoot bowls <b>3855 2725</b> for member's notice to attend social and club bowls games
Website:	<b>www.gaythornebowlsclub.com.au</b>

