

TWIN TOWNS SPORTING & SOCIAL *CLUBNEWS*

Meet you there 

GARDEN

Mental health is so much in the news and became a topic of discussion at the July meeting; members made it very plain that gardening is a major source of tranquillity in their lives.

You gain a sense of achievement and connecting with nature is so calming for stress and depression (one in four people are subject to anxiety).

Gardening is so therapeutic as you are in your own personal haven. Challenge yourself to two hours a week weeding/pruning and notice the difference. It will even generate thinking beyond your own life.

There's a good chance the interest will expand to aspects of plant life beyond feeling obliged to keep the garden tidy, such as learning how to propagate and gaining many plants for the price of one.

Learn about composting; fall in love with succulents; or roses; or day lilies; make a cut flower patch or a vegetable patch; or try gardening by the moon.

How about devoting time to indoor plants such as African violets or spathiphyllums. These are supposed to be hardy indoors but they do thrive outside in the lovely Tweed climate.

Thank you to guest speaker Marty and recommending the book, *The Well Gardened Mind*.

Tip from a YouTube gardener: put the papery outer leaves of onions in a bucket of water and soak for a couple of hours then use the water for flowering plants. They say plants will flower all the time. Experiment is under way so look for the answer next month.

Thank you to Marie Bolster for opening her home and garden for our Christmas in July luncheon and thank you to our committee for organising this and the bus trip in August to Alstonville. It's possible there are vacant seats left. Call Maria if you are interested.

Attend the Garden Club meeting for some inspiration and coffee and biscuits. It's a fun morning. Bring your friends, have lunch at the Club and bring along your plants to show.

The next meeting is 1 August 9.45am at Club Banora, then 5 September. Visitors welcome. Enquiries to President Maria 0448 531 055 or email mariaharry111@gmail.com



Christine Samuels won the Garden Club's Champion of the Day with her orchid.



Patricia MacRae and her Bromeliad Neoregelia

DIGGERS SWIMMING

We were so downhearted to see our lovely pool at Club Banora turned into a pile of rubble recently. In the 1980s our club had been consulted on aspects of the design and had swum there weekly since its opening. As soon as it is approved by Council, the swimmers lounge will be demolished, and we will have a working bee to remove our many trophies and various items stored there. No joy yet on the prospect of a new 50 metre pool for Tweed Heads. By the time this newsletter is published, some members will have competed at a 25-metre carnival hosted by the Lismore Club on 30 July. Results in next edition.

Bubbles

EUCHRE

We play Euchre every Thursday night at Club Banora in the screened off dining area at the front of the Club. We start at 7pm year-round and usually finish around 9.15pm. New residents and holidaymakers are most welcome to come along and join our happy group of players (usually around 16). If you would like a game and need a few practice hands, please come along 15 minutes before our starting time and our members can assist you. Fees to play are \$3 members and \$4 non-members and there are prizes for place getters plus two Lucky Door prizes. The winners for the month of June were Val Worth and Nev Lesina with very high scores.

Joker Judy

RSL SUB-BRANCH

The next members monthly meeting will just be a social gathering on Monday 29 August at 12pm. Food and drinks will be available. Diary - bus trip to Ipswich Rail Museum on 29 August departing 8am from Boundary Street, Tweed Heads. Cost is \$20 (morning tea and lunch included). Tickets available at the office. Please check our website www.thc-rsl.org.au for the latest information. Office hours Monday to Friday 9am-12pm. Phone 07 5536 1164 or email admin@thc-rsl.org.au

Belinda McIntosh, Office Manager

GOLF

July had some nice variety in the men's competitions. Captain Tink gave us an American Stableford to play. Some scepticism, but the end result seems that the majority enjoyed it. The Greenkeepers' Revenge Day was a 4-person Ambrose with tees and pin placements at the mercy of the greens staff. I didn't know they didn't like us that much. Some very interesting pin placements that made putting a nightmare, with a few small holes just to test our skills and temperament. All in all, a good fun day and enjoyed by all. The settings were left for the Social Golf club, the Vets and the Ladies to allow all our members to enjoy. Thanks to Rodger and his crew. July still has the Men's Open Day, the Ladies Pink Day and the mixed foursomes yet to play at the time of writing. See you out there.

Brent McLennan (Pres)

SENIORS SOCIAL

Our next general meeting will be held on Monday 21 August at 10am in the Visions Room. Selling at the meeting is a trip north to Bribie Island on 28 August. Also selling a trip south to Yamba on Monday 4 September. On 23 September, our Club will be celebrating our 40th Anniversary and we are looking to have a luncheon on 25 September. More information coming in the next issue. The next general meeting will be held on Monday 18 September. We have two trips a month and general meetings are held the third Monday of the month and trip tickets are sold at our meetings. Members must be at the meeting to buy the tickets. All trips depart and return to Twin Towns. Phone calls Tuesday to Friday 10am-4pm. Membership Officer Dorothy Colman 0434 278 397; Welfare Marie Holmes 0417 602 368; Tour & Social Organiser Dorothy 075590 9301.

BRIDGE

The Bridge Club was hit hard by Covid and had to close down for a week. However, members are all fully recovered and back playing again. Our travelling President and his wife are enjoying their world cruise and are now cruising the Mediterranean and enjoying the experience. Marj our provider is looking after us and keeping supplies up to date. Our directors are doing an excellent job keeping and organising play on our playing days. Wishing all our members who are not feeling well a speedy recovery. Bridge is played on a Monday and Friday commencing at 12.15pm. Please be seated 15 minutes prior to start to allow the Director of the day to determine the movement for play. For partners on the day contact John on 0433 972 940. Happy Bridging.

Valerie

MENS BOWLS

We are considering having an open day for adults to learn how to play lawn bowls in the near future. A date will be supplied in next month's Sporting & Social News. St Joey's High School bowls days have finished. It was great to have the students enjoying time on the greens, putting some lovely bowls down. Banora High School has contacted me about their students playing bowls and volleyball in the near future for school sports. It would be great to have them at Club Banora. Maybe we can have a social game between St Joey's High School and Banora High School. Twin Towns Mens Bowls Pairs Championship has been delayed due to a player being ill. Happy bowling.

Rosco



Men's Singles Champion, Brian Bowden

TENNIS

It's been another successful month of social tennis. Although our numbers are looking good and everybody is having a fabulous time, more people are welcome to join us especially for social tennis on Sunday mornings. We have some new members plus visitors joining us from the cold southern climes. Another Trivia Night is in the wind and one of our members (who thinks he is Issa) is full bore setting the questions. More news on that later.

SOCIAL GOLF

On 25 June there was another 2 Man Ambrose event sponsored by Wazza and Woody. Our winners on the day playing off a combined h/cap of 5.75 and a nett score of 32.25 were Rick Downes and Clint Dunn; runners-up were Pete Halloran and Matt Canellis with a nett score of 33.25. The 2 July was a Monthly Medal Day and our winner was Graeme Veivers, playing off a h/cap of 12 with 29 nett; runner-up was his playing partner Pete Maybury with a h/cap of 14 with 30 nett. The 9 July was a Single Stableford game and our winner on the day with a h/cap of 15 and 24 points was Dave Briggs; runner-up was Wayne Woodford on a count back from Leigh Bradley with a h/cap of 10 and 20 points. The 16 July was our annual Christmas in July 18 hole 2-man Ambrose event but this year had an extra twist with a green keepers' revenge thrown in as well. Our winners on the day were Shane Vanderlight and Will Salter with a combined h/cap of 12.75 and finished with 61.25 nett; runners-up were Chris Harding and Leigh Bradley with a 66.25 nett score. Best dressed this year went to Chris Harding. A big thanks to Rodger Scott and the greens staff for getting involved in the day. Hit em long and straight!

Will

FISHING

Welcome to Twin Towns Fishing Club. Do you like fishing? Do you like socialising? Well, we have a Club that would suit you. The aim of our Club is to provide a social forum where people interested in recreational fishing, but not necessarily anglers, can meet and exchange their ideas and knowledge of fishing. We have a comp every month so anytime is a good time to come along, socialise and see what has been caught for the weekend. Everyone is welcome. We need a President and a Secretary. Please think about the position. So far there are five entries in our Out of Comp Comp, so get out there and see what you can do. If you need more information, please call Ferdi on 0414 812 907. Keep fishing, tight lines for all.

Dutchy

LADIES BOWLS

Our Club Championships and competitions are now in full swing coming into August. The Singles matches resulted in closely fought tussles, especially the semi-finals. The winner of the final was Sylvia Ward for the second year, with Denise Howard a creditable runner-up. Congratulations to both players and all who contested. The interclub President's Triples has just started with six teams playing a knockout format. Social bowls will also continue during these matches where extra numbers apply. The greens are coming along nicely, smooth and getting faster, thanks to the greenkeepers' diligence. Thank you to our Twin Towns Board member, Sharon Styman, for her continued support of ladies' bowls in these uncertain times at Club Banora. Been there, done that.

Veronica Power

RUNNERS & WALKERS

July was another busy month with the Gold Coast Marathon weekend on the 1st and 2nd and the Interclub Relay on 30 July. Our members did extremely well at the GCM events with Tony Kean setting a new record by over 30 minutes in his age group 85-89 years. Also, Ken Saunders competed in both the 5km and 10km events and set a new age group milestone in the 90-plus category. Well done to both of our true legends. We entered two teams of five in the interclub relay and had lots of fun getting to the changeover point every 5kms. Well done to you all. Tired of walking or running on your own? Want to join like-minded people? Then why not come join us for a run or walk. We cover distances of 5 to 15km and work on increasing fitness and mental wellbeing. A great Club to make friends and enjoy a coffee after our meets. New members are always welcome to come check us out for up to three times before joining. We meet on Tuesdays at 6.30am and Thursdays at 6am during the winter months at Greenmount (opposite the Pink Hotel) and Sunday 7am at various venues (on Facebook). Enquiries to Tracy Mo 0414 590 940.

SNOOKER

July brought the Club Banora Snooker Club a lot of highs. The Far North Coast A Grade Championship was held at Club Banora with Paul Norris defeating Grant Schirmer in a close final. Club Banora also had winners with young guns Luke Bofinger and Adam Grunsell taking out the B grade and C grade Championships. Huge congratulations to both boys on their efforts. Without our junior development program, these boys may never have taken up the sport which shows its success. Special mention to Peter Campbell and all our members who have assisted in coaching over the year. Our own Jessica Woods again showed her class by winning the Champion of Champions. This competition puts the best of the best from Casino and Ballina against each other. Jessica went through to defeat Ray Wilcher from Ballina in a high-quality final. Thank you to Club Banora for allowing us to hold this event. Finally, our July sponsored Sunday event was won by our very own Bryne Smith. Bryne actually sponsored the day and played extremely well to win a very close final against Brian Green. Well done to both players who do so much for our Club. Until next month happy cueing!



Peter Campbell, John Hudson and juniors



Ray Wilcher and Champion of Champions winner Jessica Woods

WHAT ARE YOU DOING TODAY?

WHY NOT TRY SOMETHING NEW?

Twin Towns has so many sporting and social clubs and you can be a member of as many as you like! Try something new and exciting and make some new friends.

Contact any of the internal clubs listed in this newsletter or call 07 5536 2277.

