

TENNIS



Tennis is a very versatile game! It's perfect for all ages, from beginners to advanced, competitive players, as well as for players seeking to socialise, make new friends and stay fit.

Everyone is welcome at Club Banora Tennis Club, members as well as non-members.

In the past few weeks, our tennis players have been enjoying their winter tennis with cooler temperatures, great for a relaxing game of tennis and socialising with drinks and snacks at Club Banora afterwards.

All skill levels are welcome so please join us on one of our social tennis days. Mixed Social Sunday is from 8am to 11am, Ladies' Social Thursday from 8am to 11am, Men's Social Wednesday from 8am to 11am and Mixed Social Thursday night from 6pm to 8pm.

Ladies who wish to play competition are welcome to join our ladies competition team on Tuesdays.

The Tennis Club has organised various social activities in the past months including Trivia,

Remembrance for ANZAC Day, treats for Mother's Day, as well as Christmas and Easter celebrations.

At our events, we have welcomed new members as well as members who no longer play tennis, friends of members, all of whom like to enjoy a nice night out and socialise.

In coming months, the Tennis Club is planning more activities like games and trivia nights.

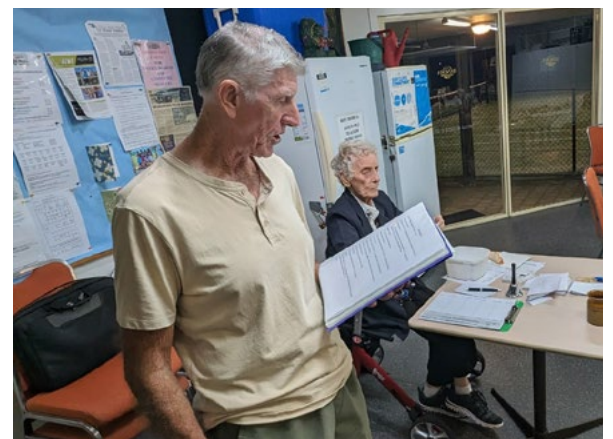
Both members and non-members are always warmly welcome to join our social activities and meet our tennis players.

Our friendly expert resident coach, Scott Styman, is available for coaching every day for both members, non-members, beginners or advanced players who wish to polish up their skills, as well as juniors.

Scott organises a popular Juniors program where kids are introduced to tennis making it a fun game for young players who want to learn tennis. It is also the opportunity for them to make friends and meet like-minded peers, play competitively, improve their skills and fitness, as well as boost their confidence.



Tennis Club Trivia Night



Member Ray Slater helps out at the Tennis Club Trivia Night.

RSL SUB-BRANCH

The next members' monthly meeting will be Monday 29 July at 12pm in the RSL ANZAC Room. Every Thursday from 9.30am to 11am, drop in for morning tea, a chat and a few laughs. Would you like to volunteer at the Sub-Branch? Come and be part of our team assisting veterans and their families. Contact the office for more details. Welfare and Compensation assistance available by qualified advocates by appointment on Tuesdays and Thursdays. Office hours Monday to Friday 9am -12pm. Phone 07 5536 1164 or email admin@thc-rsl.org.au

Belinda McIntosh, Office Manager

RUNNERS & WALKERS

July is our busy month with members participating in the Gold Coast Marathon weekend event on the 6 and 7 July. We have members taking on their first marathon or half marathon and seasoned runners challenging themselves in the half and 10km distances. Good luck to you all and a big thank you to the team setting up our tent. We are looking forward to the Interclub relay event on 28 July starting from Paradise Point and finishing at Coolangatta. If you see us out and about give us encouragement. Come join us for a run or walk. We cover distances of 5km to 12km and work on increasing fitness and mental wellbeing. We're 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 and Thursdays at 6.30am at Greenmount (opposite the Pink Hotel) and Sunday 7am at various venues (on Facebook). Tuesdays are sprint intervals for runners and flat walk for the walkers and Thursday we challenge ourselves with hills. If injured, you always have the option of a flat route. Enquiries to Tracy Mo on 0414 590 940.

GOLF

June was far more user friendly to us as the rain stopped coming every day and the course dried out enough to allow the carts back on. Changes have been made, with the 8th now a par 5 and the tee position on the 11th moved forward to the front tee box. These changes have seen some adjustments to the course rating and the indexing but I feel it makes the course a nicer layout. We have further plans to alter some of the 'double up' tee positions to give a different perspective between the front nine and back nine on those holes. Keep your eyes out for these changes and we'll give a heads up when it happens. This time of year is a great time to play, cool weather, good conditions, get yourself out there and enjoy the hospitality. See you out there.

Brent McLennan (Pres)

BRIDGE

The Bridge Club has settled into our new premises, the room next to the Golf Pro Shop. The problem with noise has improved dramatically and things seem to be working out nicely. It is with regret that our Treasurer is leaving us and moving south to be closer to family. He will be sorely missed as he was a great asset to our Club. In the meantime, other members have taken up the workload as we move on. We wish all our members who are unwell a speedy recovery. Bridge is played on Monday and Friday starting at 12.15pm. Please be seated 15 minutes prior to commencement to allow the Director of the day to determine the movement for play. Happy Bridging.

Valerie

GARDEN

Our June meeting was both enlightening and interesting when Bronwyn Holm, founder of Earthfood, visited and shared her story. Tips to absorb - one being that fire ants like dead dirt, not friable dirt that we like to use. Echinacea has become a synonym for the word immunity. One thing herbalists have discovered over many years of practice is that the effectiveness of homegrown herbs far surpasses that of store-bought plants. For no plant is this truer than for echinacea. Grow your own, and you will keep your inner doctor in the best shape possible. On Tuesday 16 July, a Christmas in July function will be held at Pat and John MacRae's starting 11am. Please bring your cup and a chair if you can, although a few will be available. More info at meeting. Next meeting is Tuesday 2 July then Tuesday 6 August. Enquiries to President Maria on 0448 531 055 or email mariaharry111@gmail.com



LADIES BOWLS

July will see our club championships continue after the pairs final. Carolyn has a plan to guide us through the remaining events with the entries received. The Cross Border Shield competition saw us peak at the final match, with an overall win over Kingscliff at Kingscliff. On the day, there was also a first prize win on the money board and last pick in the raffle. A delicious meal was enjoyed with the friendly Kingy ladies, in the company of the other six clubs. What a great competition, played in good spirits and giving the chance to get to know so many bowlers each year. We also catch up with past Banora players who have moved on. July has no special events on the calendar, but plenty of social games.

Veronica



SENIORS SOCIAL

Our next meeting will be held on Monday 15 July in the Bay Room on the third floor at Twin Towns at 10am. At this meeting we will be selling a mystery trip on 22 July going north (hoping for Christmas in July Lunch). August day out will be one of Ricky's famous Picnic Days. Phone calls Tuesday to Friday 10am-4pm. Membership Officer Dorothy Colman 0434 278 397; Welfare Marie Holmes 0417 602 368 and Tour & Social Organiser Dorothy 07 5590 9301.

DIGGERS SWIMMING

Our Club was sad to hear that the protracted illness of long-time member John Schreinert had culminated in his death. John swam most Sundays, and his cheerful nature made him extremely popular. Some of our members are currently away swimming with other Clubs for the winter season and we hope they will return to us in Spring when our weekly races begin again now that we have secured Kingscliff Pool as our new base. To ease into it, I had proposed that we have a few semi regular Sunday races during winter but after the recent first one, swimmers voted to immediately make it weekly. Ironically, several of them then went on holiday making attendance numbers sporadic since. We need a minimum of seven people each Sunday to conduct races. The committee is keen to know your views on how often we should swim during this winter - weekly, fortnightly or monthly? Let a committee member know or contact me on 0413 666 783.

Bubbles

SNOOKER

June seen some great results for several of our Club Banora Snooker members. Gold Coast Snooker Club hosted its annual handicap event and it was our #1 player Paul Norris meeting our own up and coming #1 Junior Cooper Thomson in the final. Paul was made to work for it but managed to get the win and take the title. Not to be outdone, our ladies #1 Jessica Woods swept all before her to win another Qld state title. Fantastic effort Jessica. Cooper kept his form and, in our June sponsored Sunday event, swept all before him to easily win the day. More great results followed. Amongst a field of 48 players at Ballina RSL's Southern Cross Classic, Cooper made it to the semis losing on the final ball and Jessica beat some very good players to make the final but was pipped on the post 4-3. Awesome results for both players. In not so good news one of our life members Ray Carpenter who passed away in June. Ray gave many years of service to our Club and will be sadly missed. Our thoughts go out to his wife Dawn and all his family and friends. Until next month keep chalking.

Grant

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 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. This year the TTSC Fishing Club is going to celebrate its 30th year of existence. Well, another month has gone by. Getting closer to our away comp in August. Book a place to stay soon as they are going fast. See you there. So far there are three entries in the Out of Comp so get out there and see what you can do. Keep fishing, tight lines for all. Enquiries to Ferdi on 0414 812 907.

Dutchy

EUCHRE

Our games are held at Club Banora in the screened-off dining area. We commence at 6.30pm and finish around 8.30pm. Holiday makers and new residents to the area are welcome to come along and join our happy group of players. If you need a few practice hands before we start, please come along at 6.15pm. Fees to play are \$3 members and \$4 non-members and there are prizes for 1st and 2nd as well as a Lucky Door Prize on each card night. On Sunday 14 July, we will be having our Christmas in July Dinner commencing at 6pm at Club Banora. This is free for our members who also have a complimentary Christmas dinner as well as two BBQ's each year. So, it is well worth joining our Club for only \$15 per year to take advantage of the free benefits.

Joker Judy

MENS BOWLS

Well, here we are, half the year is gone already. On behalf of Twin Towns Men's and Ladies Bowls, I would like to congratulate Michael Fraser on being awarded an OAM. Mike is a former Board Member for 40 years and Chairman of Twin Towns. A great achievement. Back to bowls, the Men's Singles Championship has been played between Garry Millard and Mark Baxter and after a very tight game, the score on the last end was 21-20. Garry picked up four shots and won. Congratulations to both. Updating future events - watch the notice board for a \$5 BBQ on a Wednesday and another Sponsors Open Day. Enjoy your Bowls.

BANORA BOWLS CHAMPS

The 2024 Men's Singles Championships was played last month at Club Banora. The winner was Garry Miller (left) and Mark Baxter was the runner-up.

Fifteen years ago, Mark and Garry worked together at a small club. Mark the CEO and Garry was on the Board of Directors.

After joining the Bowls Club at Club Banora about three years ago, Mark was surprised to run into Garry. The two have been playing bowls together ever since.

Garry and Mark said they were "chuffed" to be the two finalists in the Championships and both agreed they were winners regardless!

Rosco

