

RUNNERS & WALKERS



Twin Towns Runners and Walkers Tuesday Group 2024

Now the weather has cooled, we are increasing our Sunday distances in preparation for the Gold Coast Marathon weekend in July. We have a few members participating in their first marathon this year and a few first timers for the half so lots of pounding the pavement and increasing distances and endurance during June.

The walkers too have been increasing their distances in the cooler weather. Our group of walkers is steadily increasing which is positive. We are looking forward to the Interclub relay event on 28 July starting from Paradise Point and finishing at Coolangatta.

We have five runners in each team, and we do two sections of 5km each. 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 are 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.

From June through to end of July the Sunday program has a few new venues to enjoy - check it out on our Facebook page. We meet on Tuesdays and Thursdays at 6.30am at Greenmount (opposite the a Hotel) and 7am Sundays at various venues (on Facebook). Tuesdays are sprint intervals for runners and flat walk for the walkers and Thursdays we challenge ourselves with hills.

If injured, you always have the option of a flat route. Enquiries to Secretary Tracy Mo on 0414 590 940.

RSL SUB-BRANCH

The next members monthly meeting will be held on Monday 24 June at 12pm in the Sub-Branch ANZAC Room. Every Thursday, drop in for morning tea - cake, coffee, chat and a laugh, from 10am to 12pm. Veteran's partners and carers welcome. The library is open on Thursdays by Wellbeing Advocate/Librarian David Graham. Compensation Advocates Jenny Sheehan and Joe Russell are available Tuesday to Thursday by appointment. Want to volunteer? Please call to find out more. Office hours Monday to Friday, 9am to 12pm. Phone 07 5536 1164 or email admin@thc-rsl.org.au

Belinda McIntosh, Office Manager

LADIES BOWLS

Our participation in the Cross Border Shield again this year is showing improvement against the other Clubs. Playing competition is even carrying over into our home social games with a more focused effort. This month we will celebrate our 40th Club Birthday. Because of the Club Banora kitchen renovations, we have booked a roast lunch at Twin Towns in Wharf Street. Date: Friday 14 June (no bowling that day). Time, car-pooling and dress info to follow. Carolyn is collecting names so get in touch with her ASAP. Of course there will be cake! The cost will probably be carried by the Club.

Veronica

EUCHRE

Our games are held at Club Banora every Thursday night and now commencing at 6.30pm instead of the previous 7pm. The games are held in the screened off dining area at Club Banora. Fees to play are \$3 members and \$4 non-members. There are prizes for 1st and 2nd as well as a Lucky Door prize on each card night. Visitors will be made most welcome and if you want to have a few practice hands with our members, just come along 15 minutes before starting time.

Joker Judy

SENIORS SOCIAL

Our meetings held on the third Monday of the month at 10am in the Visions Room on the resort side of Twin Towns. The next meeting will be held on Monday 17 June. Selling at the meeting will be a trip on 24 June to Redlands Museum and we will be having a BBQ lunch. The next meeting will be on Monday 15 July. 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.



MENS BOWLS

Isn't it nice to have few sunny days and we have been having some good numbers at bowls. We had Open Day to learn to play Lawn Bowls on 5 May. It was very disappointing that not many turned up after all the hard work including a letter box drop to the area. Thanks to the bowlers for their work, morning tea and a chat. Club Championships have been played and results in the next edition. Keep well and enjoy your bowls.

Rosco

GOLF

When the crooners sang about April showers, they forgot to add in May as well. The last few months have seen little golf played due to soggy conditions and we are not the only course affected. The Men's Northern Rivers pennants competition was supposed to start on 12 May but at the time of writing, no games have been played and no decision on when has been made. All our programming is a bit in limbo at present but as soon as decisions are made, we'll let you know. Some alterations to the course are planned with the 8th about to become a par 5 off the blues. Reindexing of the course will be undertaken by the captains as per Golf NSW advisement. Once this occurs, we'll all have to get used to the new layout. See you out there (I hope).

Brent McLennan, (Pres)

BRIDGE

In late May, the Bridge Club moved to new premises situated next to the Golf Pro Shop. The move is required due to the premises we were using being too noisy, leading to problems concentrating while playing. Hopefully this will be addressed by the new surroundings. Our playing numbers have increased slightly giving us more competition in play. It is with regret we say goodbye to one of our treasured members John who is moving south due to ill health to be near his family. We wish a speedy recovery to our members who are in poor health. Get well soon. Bridge is played on a 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

Soybeans, a nutritional food but interestingly, used to make a smoke free candle wax. Grace uses soy wax to prepare decorative candles and brought a number to show our meeting. We enjoyed the perfumes. Thank you, Grace. June speaker from Earth Works is showing us how to nurture the soil and improve it for winter/spring planting. The benching section is keen to see an entry from your garden so please turn up next meeting with an entry for at least one section. We had a lovely picnic lunch together at Faulks Park, Kingscliff, beautiful day, how did our committee manage that! Tuesday 16 July we are looking at a Christmas in July function starting 11am in the Terranora Garden (veranda if necessary) of Pat and John MacRae. Please bring your cup and a chair, although a few available. Yum, Christmas goodies! More info at the meeting. Next meeting Tuesday 4 June at 9.45am, then 2 July. Enquiries to President Maria 0448 531 055 or email mariaharry111@gmail.com



Soybean plant

DIGGERS SWIMMING

Our members have not swum against each other for over two years after our beautiful 50 metre pool was closed and subsequently demolished. By the time this goes to print, we have had a minor 'fun competition' at the Kingscliff 25 metre pool which is heated. The main idea of this is so swimmers can be aware of their race times and become familiar with the procedures of swimming in a new location with less members. We plan to have several of these swims during winter so that come spring, we are well prepared to enter back into regular summer competition. Membership is currently a low \$5. If your membership has lapsed, please rejoin so the Club can continue. New members are most welcome so tell your friends and family about us. Shortest races are only 25 metres, longest 100 metres. For the next race date, call Toni 0413 666 783 or Bert.

Bubbles

TENNIS



Our Thursday evening, Mixed Social Tennis is enjoying a great turn out with new members joining in. Everyone is welcome to come play every Thursday starting from 6pm. On Thursday mornings we also hold Ladies Doubles Social Tennis from 8am to 11am, catering for players of all levels. Our tennis team Banora Bandits in Division 2 are doing very well representing Club Banora in the district and we hope to see them competing in the finals in July. The Tennis Club is planning a games evening at the Clubhouse in winter. We would like to invite all clubs, members and non-members, to join our friendly group for a fun night including card and board games. For details, please contact Ray on 0431 514 618.

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. All welcome. We had a weigh-in and competition mid-May: Steve Lovegrove took out 1st with 10 bream, a tarwhine and a tailor; Garry Hawthorne took 2nd with 3 nice bream; 3rd Russell Ruehland with a flathead. This year the Twin Towns Fishing Club is going to celebrate its 30th year of existence. Well, another month has gone by and we're moving closer to our away comp in August. Book a place to stay soon, as they are going fast. So far there are three entries in the Out Of Comp 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



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.



SNOOKER

May has seen the finish of the summer season of the Des Turner teams event. After 10 weeks of Wednesday night action, it came down to the finals on 19 May. Four sides battled it out for glory and both semi-finals came down to the last few shots. The man himself, Des Turner, carried the load to beat Jimmy Thomson in the final frame to take the 3 Whys Men through to the final 3-2. In the other semi - Tim Ashcroft carried the flag for The Three Amigos to win the final frame on the pink against the MVPs to take them through to the final, coming back from 2-1 down to win 3-2. In the final, The Three Amigos were too strong and got the chocolates 3-0. Well, played to Tim Ashcroft, Tea Smith and Dan Ross of The Three Amigos. The handicappers will be after you now! Also, well done to Graham Wilson winning the inaugural individual award for most frames won. Our A, B and C grade championships are progressing nicely, and our midweek comps are showing plenty of winners. Until next month happy cueing!



The Three Amigos - Tea, Tim and Dan



MVPs - Cooper, Chris and Grant



Scotch Fingers - Luke, Graham and Jimmy



The 3 Whys Men - Brian and Des (missing Luke)