

# NEWS BOWL

The Newsletter of the Lane Cove Bowling and Recreation Club 151 Burns Bay Road Lane Cove West 2066



EDITION 360 – TUESDAY, 14 MARCH 2023



**MANLY SUPPRESS SIXERS**

Lane Cove suffered their second defeat in the third round of competition going down to Manly at Manly last Saturday.

After 21 ends Lane Cove trailed 26:9 with the score blowing out to 58:28 after 42 ends before Manly secured their second win in three games to win 87:39.

**Robert Campbell** (skip), **Ray Moran** (3<sup>rd</sup>), **David Erskine** (2<sup>nd</sup>) and **Simon Kinsman** (lead) were well in their game trailing by 2 points (11:13) after 13 ends before fading and conceding 16 shots in the next 8 ends to lose 14:32.

**David Madson** (skip), **Brian Paxton** (3<sup>rd</sup>), **Jenny Moran** (2<sup>nd</sup>) and **Glen Boardman** (lead) also had to play catch-up in their match. This proved to be a difficult assignment and at stumps Manly won 28:13.

**Greg Moon** (skip), **Greg Scott** (3<sup>rd</sup>) **Mal Knight** (2<sup>nd</sup>) and **Vic Solway** (lead) could not hold Manly at bay who had a comfortable 27:12 win.

**GRADE 6, SECTION 2 -LANE COVE 39 (0 points) lost to MANLY 87 (10 points)**

Team	Lead	Second	Third	Skip	Ends Won	Ends Lost	Pts For	Pts Agn
1	S Kinsman	D Erskine	R Moran	R Campbell	11	10	14	32
2	G Boardman	J Moran	B Paxton	D Madson	8	13	13	28
3	V Solway	M Knight	G Scott	G Moon	6	15	12	27
					25	38	39	87
					Points		0	10

In other results Lindfield 58 (9) defeated Harbord 57 (1) and North Sydney 64 (9) defeated Newport 54 (1)

Ladder: after round 3

Pos.	Team	Played	Won	Lost	Draw	For	Agn	Diff	Pts
1	North Sydney	3	3	-	-	176	152	24	25.5
2	Manly	3	2	1	-	211	143	68	21
3	Newport	3	2	1	-	177	165	12	19
4	Lindfield	3	1	2	-	157	197	-40	11
5	Lane Cove	3	1	2	-	148	191	-43	10.5
6	Harbord	3	0	3	-	155	176	-21	3

“Never say never because limits, like fears, are often illusions.” Michael Jordan

Lane Cove’s next opponent is Lindfield and this should be a good contest as both teams have defeated Harbord whilst also being defeated by Manly.

The selectors have made quite a few changes to next week’s round with David Hillerman, at 3<sup>rd</sup>, replacing Jenny Moran in David Madson’s team with Brian Paxton moving to the second position. Maureen Cosby, in her first match, plays lead in Robert Campbell’s team replacing Simon Kinsman with Marko Popovic taking David Erskine’s place. Simon Kinsman moves to lead replacing Vic Solway who moves to second and Greg Scott returns in place of Mal Knight at third.

Lane Cove Grade 6 teams to play Lindfield Rollers at Lane Cove on 18 March are:

Team	Lead	Second	Third	Skip
1	G Boardman	B Paxton	D Hillerman	D Madson
2	M Cosby	M Popovic	R Moran	R Campbell
3	S Kinsman	V Solway	G Scott	G Moon

Reserves: Carole Boardman and Mal Knight

Jenny Moran out of Madson’s team Hillerman to 3<sup>rd</sup> Paxton moves to 2<sup>nd</sup> Maureen Cosby in for Simon Kinsman, Marko Popovic in for David Erskine in Campbell’s team Simon Kinsman to lead replacing Vic Solway who moves to 2<sup>nd</sup> in place of Mal Knight in Greg Moon’s team

**HARBORD FIGURES FLOUT FIVERS**

When a team wins 33 of 63 ends played, as Lane Cove did against Harbord, yet loses by 36 shots it is time to reassess team performance. It is hard to reconcile that the week before Lane Cove went down to ladder leaders Seaforth by a single point yet after 3 rounds Seaforth leads the competition on 27.5 points with Lane Cove on 1.5 points. Lane Cove conceded 4 shots or more in 8 of the ends conceded in the match and were allowed no more than 3 shots in any of ends won. Lane Cove certainly have the players to make a mark in future rounds and move up the ladder.

For the first 21 ends Lane Cove held their ground being marginally behind by 5 shots only to see this margin blow out by 22 shots in the next 21 ends.

Skip **Scott Bonthron**, **Kevin Mulhall** (3<sup>rd</sup>), **Marko Popovic** (2<sup>nd</sup>) and **Deon Van NieKerk** (lead) had their best match in three rounds and could have been unlucky to lose after dominating the ends. They showed great fight to the end being down by 3 shots on the last end to win that end, one of six of the last eight ends they won.

## NEWS BOWL - LANE COVE BOWLING AND RECREATION CLUB – THE PLACE TO BE

**John Lloyd** (skip), **Chris Sinclair** (3rd), **Peter Zucconi** (2<sup>nd</sup>) and **Rex Johnston** (lead) also had the best of the ends 11:10, however, averaging 1.5 shots per end could not match the opponents average of 3.5 shots.

**Sarah Hobson** (skip), **Robert Patterson** (3<sup>rd</sup>), **Stuart Smith** (2<sup>nd</sup>) and **Kay Mulhall** (lead) also had a tough match. A lapse mid-match where they conceded 10 unanswered shots to trail 9:23 after 15 ends proved to be the difference at match end.

GRADE 5, SECTIONS 3&4 -LANE COVE 51(0 points) lost to HARBORD 87 (10 points)

Team	Lead	Second	Third	Skip	Ends Won	Ends Lost	Pts For	Pts Agn
1	A Gordon	D Van Niekerk	Kev Mulhall	S Bonthronne	13	8	17	19
2	Kay Mulhall	S Smith	R Patterson	S Hobson	9	12	17	33
3	R Johnston	P Zucconi	C Sinclair	J Lloyd	11	10	17	35
					33	30	51	87
					Points		0	10

In other results Pittwater 63 (9) defeated St Ives 54 (1) and Seaforth 62 (9) defeated Forestville 46 (1).

Ladder: after round 3

Pos.	Team	Played	Won	Lost	Draw	For	Agn	Diff	Pts
1	Seaforth	3	3	-	-	181	148	33	27
2	Harbord	3	2	1	-	202	163	39	20
3	Pittwater	3	2	1	-	161	166	-5	18
4	St Ives	3	1	2	-	178	188	-10	12
5	Forestville	3	1	2	-	167	171	-4	11.5
6	Lane Cove	3	-	3	-	152	205	-53	1.5

Lane Cove's next opponent Pittwater were overpowered in round 1 by Seaforth 61:45 and this game should be a good barometer to our future prospects for a top 3 finish.

The selectors have made few changes moving Bob Patterson to skip with Scot Bonthronne taking his place in Sarah Hobson's team.

Lane Cove Grade 5 teams to play Pittwater at Lane Cove on 18 March are:

Team	Lead	Second	Third	Skip
1	R Johnston	P Zucconi	C Sinclair	J Lloyd
2	A Gordon	D Van Niekerk	Kev. Mulhall	R Patterson

3	Kay Mulhall	S Smith	S Bonthron	S Hobson
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Reserves: David Erskine

### OLE QUALIFIES FOR HIS FIRST MAJOR SINGLES SEMI-FINAL

It was a first for **Ole Hostrup** as he qualifies for his first Major Singles semi-final with a stirring win over first season bowler **Deon Van Niekerk**.

It was a relatively low scoring match as only four of the thirty ends played scored 3 or more points. There was little in the match for the first 12 ends where Deon led 11:10 with both players winning 6 ends apiece. Deon then scored 3 giving him a 4-point lead before Ole posted 3 unanswered ends to level on 14 all. Ole then added a point to gain the lead before it was once again tied match on 17 after 20 ends. Both players were bowling confidently going bowl for bowl with Ole leading 23:22 with either player now having the opportunity to deliver a semi-final berth. An intriguing last end-heightened by the nervous tension of the combatants! With a bowl each remaining Deon held game with 3 shots, albeit adrift of the jack with Ole holding the back bowls. With nerves of steel Ole delivered the perfect draw shot inches from the jack and Deon was unable to shift shot for Ole to win an absorbing contest 25:22.

Ole will play John Lloyd in the first semi-final.

Statistics:

Player	Ole Hostrup	Deon Van Niekerk
Points	25	22
Ends	18	12
1 point end	12	6
2-point end	5	3
3-point end	1	2
4-point end		1

## City Tattersalls Bowling Club Visit

City Tattersalls Bowling Club will once again visit the Club today Tuesday 14<sup>th</sup> March 2023

for what has become a twice a year occurrence.

**BOWLING RESULTS**

Wednesday 08 March 2023

**Major Singles – 1<sup>st</sup> Quarter Final**

Ole Hostrup 25 defeated Deon Van Niekerk 22

**Social**

Maria Brouggy, Simon Kinsman & Rex Johnston 23 defeated David Lloyd, David Erskine & Bob Patterson 20;

Robert O’Bee & Ray Moran 22 defeated Jeanette Lloyd & Marko Popovic 17; and Steve Brouggy & Vic Solway 21 defeated Melanie O’Bee & John Bowring 16.

Saturday 11 March 2023

**Pennant Grade 5 – 3<sup>rd</sup> round**

Lane Cove 51 (0) lost to Harbord 87 (10)

**Pennant Grade 6 – 3<sup>rd</sup> round**

Lane Cove 39 (0) lost to Manly 87 (10)

**Social**

David Lloyd, Maureen Cosby & Ole Hostrup 19 defeated Jeanette Lloyd, Steve Brouggy & Maureen Terrey 17.

**BOWLING PROGRAMME (Critical Dates)**

Date	Event
18 March	Zone 9 Pennant – 4 <sup>th</sup> Round v Pittwater and Lindfield
19 March	Consistency Singles – 2 <sup>nd</sup> round <b>completed</b>

*Members  
Badge  
Draw*

*Wednesdays & Saturdays*  
Drawn after the Raffle 4.30pm to 5pm. Jackpot rolls over to the next draw if winning member is not present at the club

19 March	Zone 9 Open, Seniors & Reserve Singles – 1 <sup>st</sup> and 2 <sup>nd</sup> rounds
26 March	Major Singles –finals <b>completed</b>
02 April	Minor Singles –finals <b>completed</b>

**BIRTHDAYS:** “Middle age is when you’ve met so many people that every new person you meet reminds you of someone else.” – Ogden Nash



The following bowlers celebrate their birthday this week.  
**Susan Walder** - Tuesday 14<sup>th</sup> and Make Love To Me! by Jo Stafford was the #1 song on her birth.

**Monica Smith** - Thursday 16<sup>th</sup> and Be My Love by Mario Lanza was the #1 song when she greeted the world.

**David Erskine** – Saturday 18<sup>th</sup> and Rum and Coca-Cola by The Andrews Sisters was the #1 song on his birthdate

**John Bowring** – Sunday 19<sup>th</sup> and his parents were In The Mood (by Glenn Miller) for his birth.

**Pat Biddell** – Monday 20<sup>th</sup> and My Little Grass Shack in Kealakekua, Hawaii by Ted Fio Rito was No. 1 tune;

**Robert Patterson** – Monday 20<sup>th</sup> and Cruising Down The River by Blue Barron was the #1 song on his birthdate.

**ON TELEVISION**



Horse Racing – Golden Slipper (Rosehill)

The Bowls Show – 7TWO

Rugby League – Roosters vs Rabbitohs



1. Who wrote *The Thorn Birds*?
2. What ferocious mammal is only native to the island of Tasmania?
3. Are May Gibb’s Snugglepot and Cuddlepie male or female?
4. Who was Australia’s first Prime Minister?
5. Where is Australia’s largest natural waterfall?

**Answers:** 1 Colleen McCullough. 2 Tasmanian Devil. 3 Foster brothers. 4 Edmund Barton. 5 Wallaman Falls, Girringun National Park Townsville in Tropical North Queensland.



**Riddle:** It's incredibly ancient yet new every month. What is it? (Answer page 16)



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## THE LANE COVE BOWLO

THE PLACE TO BE ON FRIDAY FOR RAFFLE RAP

16 PRIZES MINIMUM – draw at 6.30pm

Meat trays, wine, gift cards, seafood vouchers and much more



Last week's winners Simon, Liz and Linda



Dress up for St. Patrick's Day with extra prizes and more



## HOW TO DRESS UP FOR ST. PATRICKS DAY?



## Walk in the Footsteps of Saint Patrick.

The story goes that in the 5th century, Saint Patrick was abducted as a boy from his home in Roman Britain and sold as a slave to an Irish landowner. After spending some years in Ireland, he escaped back home to Britain but had a vision to return to Ireland as a missionary priest. He did just that and over the following number of years he travelled around Ireland - converting kings, chieftains and the plain people of Ireland to Christian ways. He is thought to have died on March 17th, year unknown and so we have that date dedicated to the Saint and all things Irish every year.

Over the course of his travels in Ireland, Patrick became associated with many places across the island of Ireland. Just some of those places mentioned in books covering the Saint's life include; Killala Bay, County Mayo, The Islands off Skerries Town, County Dublin, Saul Monastery, County Down, Croagh Patrick, County Mayo, Lough Derg, east of Donegal town, County Donegal, Hill of Slane, County Meath, Armagh, County Armagh and Downpatrick, County Down (from Irish: Dún Pádraig, meaning 'Patrick's fort').

The following is an old Irish blessing for Saint Patrick's day:

May your days be many and your troubles be few.  
May all God's blessings descend upon you.  
May peace be within you, may your heart be strong.  
May you find what you're seeking wherever you roam.

Happy Saint Patrick's Day - "Beannachtaí na Féile Pádraig dhuit!"  
(pronounced "ban-okt-tee nah fayla pawdrig gwit")

## OZ DESTINATIONS – Barrington, NSW

Tiny, historic town on the border between New South Wales and Queensland.



Before Federation, when the borders between states were controlled by customs officers, places like Barrington, which is located on the New South Wales-Queensland border 111 km north of Bourke and 146 km south of Cunnamulla, were important stopping points with bonded warehouses, hotels and shops servicing travellers crossing from one state to the other. Once Federation occurred and the state borders were removed the towns started to die. The town that was once a stopover point for shearers, drovers, mailmen, swaggies, labourers, adventurers and Cobb & Co coaches became a sleepy village as cars roared through. Today the charm of Barrington is reduced to the hotel, a remnant of a bygone era.

By 1894, the Australian Handbook reported that Barringun was “a border township with post, telegraph, money order station and Government Savings Bank ... Mode of conveyance per coach to Bourke. 90 miles thence per rail... There are two hotels and a customs station on the Queensland side of the border. The buildings on the New South Wales side comprise a bonded warehouse, post and telegraph offices, two hotels (Royal Mail and Queensland), a branch of the Commercial Bank, a brewery, two butcher’s shops, a few private cottages, a court house and gaol and a public school. Average attendance – 30. Population about 180.”

### **Location**

Barringun is located 873 km north west of Sydney near the NSW-Queensland border. It lies 111 km north of Burke and 146 km south of Cunnamulla.

### **Origin of Name**

It has been suggested that Barringun, in the language of the Barranbinya Aborigines, means 'fish die in water' which is plausible given the harshness of the climate in the region.

### **Barringun Hotel**

Once a landmark on the lonely road from Bourke to Queensland, flames and controversy abruptly ended over 130 years of history at Barringun’s Tattersall’s Hotel.



The original historic timber inn was tragically reduced to ashes on Christmas Eve 2017 before temporary premises hastily replaced the iconic pub, about 130kms north of Bourke, on the NSW side of the Queensland border.

Controversy aside, this story is in memory of two remarkable women, who despite remoteness and loneliness, and the loss of their husbands, managed against adversity, to continue to host and preserve a much-loved outback pub.

This story is a tribute to a pair of hardened bush publicans, Annie Lack and Mary Crawley, who between them reigned supreme over the Tattersalls Hotel for 70 years.

First licensed by William Henry Hayes on April 1 1884, the Tattersall's Hotel joined James Cuffe's Royal Mail Hotel at Barrington, providing a stopover point for shearers, drovers, mailmen, swaggies, and, of course, the famed Cobb & Co coaches.

During host William Heuston's 20 year rein at the Tatts, poet Will Ogilvie travelled to Barrington by Cobb & Co coach in 1889. He drank at the pub with Breaker Morant.

Bill Heuston had the monopoly on the pub trade at Barrington when in 1895 his only competition, the Royal Mail, was burnt to the ground.

After Heuston, Felix McKeown was licensee for seven years before Jim Lack appeared at the bar.

The Lack family were prominent figures in western NSW, and particularly the Barrington district. The Lack boys, six of them, spent varying, years in the district, when tank sinking "was energetically carried out".

Jim and his wife Catherine Lack first took over the Tattersalls Hotel at Barrington, in April 1910. The pair had previously hosted the Grass Hut Hotel, near Bourke. In 1902, Jim was in charge of the mail changing station at Native Dog Bore.

## **History**

\* The first European to travel through the area was Charles Sturt who, in 1828 accompanied by Hamilton Hume, reached the Darling River about 70 km south of Barrington.

\* In 1835 Sir Thomas Mitchell travelled down the Darling although he did not get as far north as Barrington.

\* As a result of these early explorers pastoralists moved into the area and slowly it began to take up land.



\* In 1859 Captain W. R. Randall sailed the *Gemini* up the Darling River from South Australia to Bourke. Immediately Bourke became the transport centre for the whole of south west Queensland and western New South Wales and towns like Barrington became conduits for the wool from western Queensland which was taken by bullock teams to the Bourke Port.

\* In 1878 the Tattersalls Hotel was built.

\* By 1883 the town had reached a size where a Court of Petty Session was created. It was closed down in 1933.

\* In 1889 the poet Will Ogilvie travelled to Barrington in a Cobb & Co coach. He used to drink at the Tattersall Hotel with Breaker Morant.

\* By 1894, only six years before Federation, the *Australian Handbook* could report that Barrington was: "A border township with post, telegraph, money order station and Government Savings Bank ... Mode of conveyance per coach to Bourke. 90 miles thence per rail. There are two hotels and a customs station on the Queensland side of the border. The buildings on the New South Wales side comprise a bonded warehouse, post and telegraph offices, two hotels (Royal Mail and Queensland), a branch of the Commercial Bank, a brewery, two butcher's shops, a few private cottages, a court house and gaol and a public school. Average attendance - 30. Population about 180."

\* In 1895 the Royal Mail Hotel burnt down.

\* Today the town has one pub and a population of less than ten. The Tattersalls Hotel, the correct name for the Barrington Pub, stands on the western side of the highway.

Mary Leary in pictured in front of the pub before she sold it.





**WORD OF THE WEEK: MORDACIOUS** (adjective) Biting, sarcastic

**IDIOM OF THE WEEK: IN A PICKLE:** In a troublesome or difficult situation. The adjectives "pretty" and "right" are commonly used before "pickle."

**QUOTE OF THE WEEK:** "Human kindness has never weakened the stamina or softened the fibre of a free people." —Franklin D. Roosevelt.

**PRINCIPLE OF THE WEEK:** Compassion - ability to share another's feelings or ideas

**WICKED WORDS:** "Envy: Instead of focusing on your own goals, your goal becomes throwing off the rails other people's goals and at the end of the day you gain nothing but a mischievous satisfaction that you have destroyed someone's dream"  
— Bangambiki Habyarimana, The Great Pearl of Wisdom

**ANOTHER VIEW: NIHILISM:** Do as you wish as life has no meaning.

**A NOVEL NOTE:** "He was conscious of a thousand odours floating in the air, each one connected with a thousand thoughts, and hopes, and joys, and cares, long, long forgotten." A Christmas Carol by Charles Dickens

**DID YOU KNOW:** Fiji is made up of only 10 per cent land. There are 322 islands that make up the country of Fiji, and of those only 106 are inhabited, but 90 per cent of Fiji territory is water. It's two biggest islands are Vanua Levu and Viti Levu.

**FUN FACT:** Double The Alphabet in Hungary - The 26 letters of our alphabet seem rather measly next to Hungary's 44. Even more intriguing, some of those letters are actually comprised of letter combinations. For instance, dzs, which is pronounced as j. No wonder it's a notoriously difficult language to learn...

**SHE SAID IT:** "My father always said, 'Never trust anyone whose TV is bigger than their bookshelf.'" – Emilia Clarke

**HE SAID IT:** "Being a father is the single greatest feeling on earth. Not including those wonderful years I spent without a child, of course." – Ryan Reynolds

**SHE ALSO SAID IT:** "Don't feel stupid if you don't like what everyone else pretends to love." —Emma Watson

**HE ALSO SAID IT:** "I've seen George Foreman shadow boxing and the shadow won." – Muhammad Ali

## BEST LINE

S

1954

A COUNTRY GIRL

1954

This adaptation of Clifford Odets' stage drama features Bing Crosby as the hard-drinking Frank Elgin, a once-popular Broadway star whose glory days have passed. When director Bernie Dodd (William Holden) gives Elgin a role in his new musical, he must also deal with the actor's sour and ever-present wife, Georgie (Grace Kelly), who Dodd believes is the cause of her husband's failure. However, as Dodd spends more time around Georgie, the truth about her husband becomes clear.



**Georgie Elgin** : Let's say I try my small way to help.

**Bernie Dodd** : That's what my ex-wife used to keep me reminding of, cheerfully. She had a theory that behind every great man there was a great woman. She also was thoroughly convinced that she was great and all I needed to qualify was guidance on her part.

**Georgie Elgin** : Still does not prove that the theory is completely wrong. I imagine one can go through history and find a few good examples.

**Bernie Dodd** : It's a pity that Leonardo da Vinci never had a wife to guide him, he might have really gotten somewhere.

**Cast:** Bing Crosby as Frank Elgin Grace Kelly as Georgie Elgin William Holden as Bernie Dodd Anthony Ross as Philip Cook Gene Reynolds as Larry



## JOKE OF THE WEEK. Pub

Father Murphy walks into a Bells Pub in Woolloomooloo, and says to the first man he meets, "Do you want to go to heaven?"

The man said, "I do Father."

The priest said, "Then stand over there against the wall." Then the priest asked the second man, "Do you want to go to heaven?"

"Certainly, Father," was the man's reply.

"Then stand over there against the wall," said the priest.

Then Father Murphy walked up to O'Toole and said, "Do you want to go to heaven?"

O'Toole said, "No, I don't Father."

The priest said, "I don't believe this. You mean to tell me that when you die, you don't want to go to heaven?"

O'Toole said, "Oh, when I die, yes. I thought you were getting a group together to go right now."



Doris. Why do you drink wine.

Oh Mabel, I just don't like keeping things bottled up!

**Riddle:** The moon

## TICKLES CORNER



“Why do we always run out of milk? Daddy never runs out of wine.”

Billy



“Humans. Now listen here! According to most studies, human’s number one fear is public speaking. Number two is death. Death is number two. Does that seem right? That means to the average human, if you have to go to a funeral, you’re better off in the casket than doing the eulogy.”



# ROLL BACK



# THE CLOCK



Thirteen people attended our first Roll Back the Clock session which proved to be a winner from all attendees. Qualified trainer Sunnie made all aware of how life should be lived as we grow older. Our next session will be Tuesday 21 March @ 2.00PM.

**NEWS BOWL - LANE COVE BOWLING AND RECREATION CLUB – THE PLACE TO BE**





### **OLDER AUSTRALIANS ENCOURAGED TO ROLL BACK THE CLOCK**

**Lane Cove Bowling and Recreation Club** is taking a step towards curbing low physical activity rates among older Australians by encouraging them to "roll back the clock" through lawn bowls.

Roll Back the Clock is a Bowls Australia initiative, in partnership with Sport Australia, that aims to boost physical activity rates among Australians aged 65 and over through bowls, light exercise and education.

Presently, as little as 25-percent of Australians over-65 meet the Department of Health's physical activity guidelines of 30 minutes of activity per day.

Health-related reasons, including physical and mental health, are the main barriers for older Australians participating in sport or physical activities and bowls is seen as a low-impact, socially-inclusive activity that can be enjoyed by individuals of all ages.

Roll Back The Clock programs incorporate a two-part activity lasting 30 minutes each, targeting both the body and mind through bowls, functional training, fitness and wellness education, and socialisation.

Sessions are adapted for individuals, with benefits ranging from enabling participants to perform activities of daily life more easily, to withstanding injuries and providing a sense of accomplishment and achievement.

In addition to the physical health benefits, engaging in physical activity and group sports for older Australians provides increasingly important opportunities for socialisation, peer-support, and conversation that reduces the possibility for loneliness related physical and mental illnesses.



Roll Back The Clock will be staged regularly at **Lane Cove Bowling and Recreation Club**, over 3 weeks, commencing 21 March 2023. Cost: \$30

🕒 The program will run from 2:00pm – 3:00pm on Tuesdays and combines exercise, wellness education, socialisation and little bit of bowls.

For further information please Telephone 9420 5793

# “COME OUT OF YOUR SHELL” EVERYBODY WELCOME

Make new friends  
at our community club

## ENJOY FUN DAY ACTIVITIES

LANE COVE BOWLING & RECREATION CLUB

151 Burns Bay Road, Lane Cove

EVERY TUESDAY Anytime between 10am to 4pm

To Register : call Marilyn 0411 105 909



COST  
Club Social Membership \$10.00 pa  
+  
\$5 EACH TIME YOU ATTEND



LEARN TO PLAY BOWLS 2pm to 3.30pm





*"Great, traditional pizza and a lovely little restaurant. Excellent service with an Italian accent which always makes the pizza taste better!"*



**"Poseidon's Catch Seafood is a real gem. A family restaurant that really values their customers. Their seafood is delicious and their salads are a must have."**



# Hummerston's Gourmet Meats



WHERE THE *locals* MATTER



# RAFFLES EVERY FRIDAY

Tickets @ \$2 each on sale from 5.30 p.m.

Draw starts at 6.30 p.m.



**MEAT AND WINE**

**BOTTLES OF WINE**

**IGA QUALITY MEAT TRAYS**

**POSEIDON'S CATCH SEAFOOD VOUCHERS**

**ZAPPARELLI'S PIZZA VOUCHERS**

PLUS

**BONUS DRAW** FOR

**GOURMET MEAT TRAY**

BONUS - 1 draw for all tickets purchased in that night's raffle –the winner gets the gourmet meat tray.