

NEWS BOWL

The Newsletter of the Lane Cove Bowling and Recreation Club 151 Burns Bay Road Lane Cove West 2066
Telephone: 94205793 Email: info@lanecovebowls.com.au Website: www.lanecovebowls.com.au

EDITION 382 – TUESDAY, 15 AUGUST 2023 STUART SMITH BACK IN THE WINNERS CIRCLE



Stuart Smith proudly wearing his gold medallion returning to the winner's circle (after a self-confessed long hiatus) last Saturday.

John Lloyd bowls his way to semi-final berth in Zone 9 Reserve Singles. (See page 5)

MAJOR SINGLES WRAP

Last Wednesday, a ready made post social match crowd witnessed the 2nd round clash between reigning Club Champion **John Lloyd** and wily **Bob Patterson**.

The final score of John’s 25 points to Bob’s 8 points belies the high standard of the match which was much appreciated by the crowd.

John now goes on to play David Madson in the 1st quarter final.

The 3rd quarter final witnessed a willing contest between **John Burke** and **Deon Van Niekerk** with both players winning 12 ends each.

John rolled away to lead 18 points to Deon’s 7 points after 14 ends and this lead was enough to stall Deon’s fightback with John winning 25 points to 18 points and now goes on to face the winner of the Peter Zucconi and Mark Burrough quarter final.

Statistics:

Player	John Burke	Deon Van Niekerk
Points	25	18
Ends	12	12
1 point end	5	7
2-point end	2	4
3-point end	4	1
4-point end	1	-

MINOR SINGLES WRAP

In the 2nd Quarter final played last Wednesday **Mark Burrough** continued on his winning way to cement a spot in the semi-finals of the Minor Singles with a 26 points to 11 points win over **John Bowring**.

For the first 14 ends only 1 point separated the combatants with Mark leading by a single point 10:9. However, from that point on Mark played some exceptional draw shots to surge to lead 20: 9 after 19 ends. John managed to claw back a few points, however, the bird had flown with Mark going on win.

Mark will play John Burke in the first semi-final.

"You have succeeded in life when all you really want is only what you really need."

Vernon Howard

MINOR SINGLES WRAP (cont.)

Statistics:

Player	Mark Burrough	John Bowring
Points	26	11
Ends	15	9
1 point end	8	7
2-point end	4	2
3-point end	2	-
4-point end	1	-

In a 2nd round match **Mark Burrough** faced off against **Brian Paxton**. Brian had the best of the 1st 14 ends to lead by 11 points to Mark's 9 points. At the exact same time in his quarter final match Mark put 13 unanswered shots on Brian to lead handsomely 22:11 then rolling to the line to qualify for the quarter final against John Bowring.

Statistics:

Player	Mark Burrough	Brian Paxton
Points	28	13
Ends	13	10
1 point end	4	8
2-point end	5	1
3-point end	2	1
4-point end	2	-

Promising newbie **Will Godfrey** faced off against the indefatigable **Kay Mulhall** in a 2nd round clash. This proved to be a marathon match over 32 ends with, remarkably, 25 of those ends being singles.

All bar two of the first 15 ends were singles with Kay leading 9 points to Will's 8 points. The next 3 ends were critical to the final score as Kay rolled in 7 unanswered shots to steal an 8 point lead after 18 ends. Will won 8 of the last 14 ends, however, Kay held him to singles on each of those ends he won and she added another 9 shots for victory in an entertaining match.

Kay will play Vic Solway in the 4th quarter final.

"He who is not courageous enough to take risks will accomplish nothing in life." - Muhammad Ali

MINOR SINGLES WRAP (cont.)

Statistics:

Player	Kay Mulhall	Will Godfrey
Points	25	16
Ends	16	16
1 point end	9	16
2-point end	6	-
3-point end	-	-
4-point end	1	-

The 1st Quarter Final was an interesting match-up between **John Burke** and **Andrew Gordon**.

Andrew fought doggedly for the 1st 11 ends winning six of those ends for singles trailing John by 6 points to 10 points. John then increased the pressure with some astute draw shots and closed out the match with 4 unanswered ends for 10 shots for a 25 points to 9 points win.

John will play Mark Burrough in the 1st semi-final.

Statistics:

Player	John Burke	Andrew Gordon
Points	25	9
Ends	11	8
1 point end	3	7
2-point end	2	1
3-point end	6	-

GREEN FEES TO INCREASE

Due to the increasing costs of green maintenance green fees will increase to \$20 as from 2nd September 2023. At the same time a winning and losing rink will be drawn each social bowls day with winners and losers each receiving a standard drink voucher.

“If you want to touch the past, touch a rock. If you want to touch the present, touch a flower. If you want to touch the future, touch a life.”

JOHN LLOYD BOWLS HIS WAY TO ZONE 9 RESERVE SINGLES SEMIS'

Lane Cove bowlers **John Lloyd**, **Scott Bonthrone** and **Sarah Hobson** made their way into the Zone 9 Reserve Singles Finals round.

John Lloyd fared best with a dominant 25 points to T Gale's (Chatswood) 16 points qualifying him for the semi-finals to be played on Saturday 26th August. His opponent is W Bridge (Chatswood).

Scott Bonthrone, getting back to some of his best bowling, was next best losing in a tight match 21 points to T Gale's (Chatswood) 25 points. If he had of won this match he would have faced John Lloyd!

Sarah Hobson also fared well qualifying for the Finals Round 1 where she was defeated in a close contest 20 points to W Bridge's (Chatswood) 25 points.

Seniors **Greg Scott** and **Kevin Mulhall** had solid matches, however, will have to wait until next year for return bouts.

Results-Reserve Singles Semi-finals: Saturday 26th August

Player	Player
W Bridge (Chatwood)	John Lloyd (Lane Cove)
J Gibson (Harbord Womens)	M Williams (Mona Vale)

Results-Senior Singles Round 1:

Lane Cove	Points	Opponent	Points
Greg Scott	13	M Blackwood (Mona Vale)	25
Kevin Mulhall	20	A Taylor (Harbord)	25

Results-Senior Singles Round 2:

Lane Cove	Points	Opponent	Points
Greg Scott	6	M Ashford (Mona Vale)	25
Kevin Mulhall	12	T Fabro (Warrawee)	25

Results-Reserve Singles Round 1:

Lane Cove	Points	Opponent	Points
Sarah Hobson	21	L Arnold (Pittwater)	25
Phil Wade (n/a)	0	O Alessi (Seaforth)	25
Kay Mulhall	16	A Slater (Mona Vale)	25
Scott Bonthrone	25	M Standing (Avalon)	24
Deon VanNiekerk		Chris Sinclair (withdrew)	
Simon Kinsman	?	K Murphy (Harbord Womens)	25

JOHN LLOYD BOWLS HIS WAY TO ZONE 9 RESERVE SINGLES SEMIS' (cont.)

Results-Reserve Singles Round 2:

Lane Cove	Points	Opponent	Points
Sarah Hobson	25	K Chapman (Chatswood)	19
John Lloyd	25	Phil Wade (n/a)	0
Kay Mulhall	25	J Donlan (Avalon) W/O	0

Results-Reserve Singles Round 3:

Lane Cove	Points	Opponent	Points
Scott Bonthrone	25	D Laing (Mona Vale)	5
John Lloyd	25	O Alessi (Seaforth)	19

Results-Reserve Singles Finals Round 1:

Lane Cove	Points	Opponent	Points
Sarah Hobson	20	W Bridge (Chatswood)	25

Results-Reserve Singles Finals Round 2:

Lane Cove	Points	Opponent	Points
John Lloyd	25	A Slater (Mona Vale)	15
Scott Bonthrone	21	T Gale (Chatswood)	25

Results-Reserve Singles Quarter Finals:

Player	Points	Player	Points
John Lloyd	25	T Gale (Chatswood)	16
W Bridge (Chatswood)	25	M Lawrence (Balgowlay)	18
T King (Harbord)	9	J Gibson (Harbord Womens)	25
M Williams (Mona Vale)	25	R Johnston (Pittwater)	8



2023/2024 Bowls NSW State O40s Pairs (Qualifying)

SECTION 34 | ROUND 1

Local: Sat, Aug 19, 2023 8:30 AM

BELROSE BOWLING CLUB LIMITED - GREEN 1, RINK 1

M. Lake & J. Lloyd (Lane Cove) VS

D. Woodstone & S. Morris (Dee Why)

Section 34

SECTION 34 | ROUND 2

M. Lake & J. Lloyd (Lane Cove) VS

M. Hann & D. Martin (North Sydney)

SECTION 34 | ROUND 3

M. Lake & J. Lloyd (Lane Cove) VS

S. Kerr & M. Blackburn (Belrose)

STATE ROOKIE SINGLES AND PAIRS NOMINATIONS

Lane Cove bowlers **Deon Van Niekerk**, **Matt Lake** and **Simon Kinsman** with play in the State Rookie Singles event over the weekend of 9th-10th September.

In the Rookie Pairs **Deon Van Niekerk** will team with **Matt Lake** whilst **Simon Kinsman** will team with **Peter Zucconi**. This event is set down for the weekend of 14th-15th October.

BOWLING PROGRAMME (Critical Dates)

Date	Event
19 August	NSW State O40S Pairs (Qualifying)
20 August	Major Singles – Semi-finals
20 August	Minor Singles – Semi-finals
28 August	Major Pairs – entries close
27 August	Major Singles - Final
03 September	Minor Pairs – entries close
03 September	Minor Singles - Final
09 September	State Rookie Singles
10 September	State Rookie Singles
03 October	City Tattersalls Day
14 October	State Rookie Pairs
15 October	State Rookie Pairs

LIGHT HORSE BOWLS CARNIVAL – BINGARA
NSW

28th and 29th October 2023

Entry fee \$90 team of 3

Bookings are now being taken

Contact either Brian Paxton or Greg Scott with
your entry and pay \$100 non-refundable deposit
to confirm your accommodation, unless you plan
to book on your own.



PRESENTATION EVENING

Saturday 2nd September 2023

5.00 PM (after bowls)



BOWLING RESULTS

Monday 07 August 2023

Minor Singles – 2nd Round

Mark Burrough 28 defeated Brian Paxton 13

Wednesday 9 August 2023

Major Singles

John Lloyd 25 defeated Bob Patterson 8

Social

Ted Collins, John Burke & Vic Solway 28 defeated Will Godfrey, David Erskine & Stuart Smith 18;

Deon Van Niekerk & Matt Lake 26 defeated Sarah Hobson & Wayne Morris 20;

David Haugh, John Jobson & Ray Moran 18 defeated Brian Paxton, L Lowe & Ole Hostrup 14;

Pat Singleton, Kevin Mulhall & Simon Creedy 25 defeated Jenny Moran, Bevan Piper & Mal Knight 12; and

Greg Moon & Kay Mulhall 16 drew with Andrew Gordon & Greg Scott 16.

Friday 11 August 2023

Major Singles – 4th Quarter Final

John Burke 25 defeated Deon Van Niekerk 18

Saturday 12 August 2023

Minor Singles – 2nd Quarter Final

Mark Burrough 26 defeated John Bowring 11

Social

Monica Smith, Peter Zucconi & Maureen Cosby 25 defeated Kathy Heezen, Carole Boardman & David Madson 17;

John Burke & Matt Lake 26 defeated Bevan Piper & Rex Johnston 12;

Ole Hostrup & Stuart Smith 19 defeated Will Godfrey & Mal Knight 13;

Judy Carroll & Vic Solway 21 defeated David Erskine & Simon Creedy 19; and

Susan Walder/Bob Patterson & Marko Popovic 20 defeated Pat Biddell & Glenn Boardman 11.

Sunday 13 August 2023

Minor Singles

Kay Mulhall 25 defeated Will Godfrey 16

To book your game telephone 4607 3732 between 10.00am and 11.00am on Wednesdays and Saturday

GAMING CODE – CLUB REQUIREMENTS

The Club Gaming Code of Practice (“the Code”) commenced from 1 July 2023 and introduces improved responsible gaming and Anti-Money Laundering & Counter-Terrorism Finance (“AML/CTF”) practices for members clubs on ClubsNSW.

The Code has additional training requirements to enhance staff and board knowledge relating to responsible gambling and AML/CTF practices.

The Code training is introduced gradually to ensure staff and directors have at least 12 months to undertake courses not already completed.

Responsible gambling and AML/CFT Board Oversight courses have been introduced to protect club directors by making them aware of their governance obligations with respect to gaming.

All clubs that operate gaming machines are required to enrol with the Australian Transaction Reports and Analysis Centre (AUSTRAC), conduct and record customer due diligence for all payouts over \$10,000, and submit suspicious matters to AUSTRAC.

Training required under the Code by timeline:

1 July 2023

- Commencement date

1 July 2024

- Board and Secretary/Manager Responsible Gambling Oversight (Secretary/Manager and two directors (we being classified as a small club))
- Responsible Gambling Officer (appoint responsible gambling officers)
- Advanced Responsible Conduct of Gaming (Advanced RC) (duty managers of equivalent)
- Board and Secretary Manager AML/CTF Oversight (Secretary/Manager and 50% of Board with over 16 EGMs.
- AML/CTF Compliance Officer (AML/CTF compliance and back-up officers for clubs with 16 or more ETMs.

1 July 2026

- Board and Secretary Manager Responsible Gambling Oversight (remaining 50% of Board)
- AML/CTF Compliance Officer (existing officers)

NOMINATIONS ARE INVITED FOR THE BOARD OF DIRECTORS

of

LANE COVE BOWLING AND RECREATION CLUB LIMITED

TO BE ELECTED ON SUNDAY 24TH SEPTEMBER 2022

The positions available are:-

Chairman 1

Vice Chairman 1

Treasurer 1

Directors 4

Nominations are only be submitted on the form supplied.

The Secretary will forthwith, upon receipt of a nomination, post the name and the candidate and their proposers on the Notice Board.

Nominations will close on Sunday 3rd September 2023 at 6.00 pm.

“Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in.”

AROUND YOUR CLUB



Young Rupert with doting dad Matt photographed last Saturday



Junior AFL CATS group last Sunday.

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



Some of last week's lucky winners Riley, John, Lena & Alan

*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

BIRTHDAYS: “You’re getting old when the only thing you want for your birthday is not to be reminded of it.” – Felix Severn



Merv Mills celebrates his 97th birthday on Monday 21st. Merv shares his birthdate with Ben-Zion Orgad (Composer). When born the number one song in US was *I'd Climb the Highest Mountain (If I Knew I'd Find You)* by Al Jolson.

Kathy Heezen celebrates her birthday on Wednesday 16th. *Macbeth*, directed by Orson Welles, was one of the most viewed movies released when she was born.

Simon Cole also celebrates his birthday on Wednesday 16th. *I Remember You* by Frank Ifield was #1 song in the UK on the day he was born.

Stephen Shortis has a birthday on Saturday 19th. *All I Have To Do Is Dream / Claudette* by The Everly Brothers was #1 song in the UK when he greeted his world.

ON TELEVISION



Horse Racing – Winx Stakes (Randwick)

AFL – Giants vs Essendon

Rugby League – Cowboys vs Sharks

FIFA Woman's World Cup



1. What percentage of Australia is classed as desert?
2. How many ships were in the first fleet?
3. How many hectares of Australia is rainforest ?
4. What state has no passenger trains, only freight trains?
5. What is the tallest waterfall in NSW?

Answers: 1 35%. 2 11. 3 3.6 million. 4 Tasmania. 5 Ellenborough Falls.

Riddle: What can cut like a knife, sting like a bee, bite like a lion. Carry truth and lies but never move or speak. What are we? (Answer page 20)



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AUSSIE DESTINATIONS – Bilpin, NSW

Blue Mountains village famous for its apples.



For most residents of New South Wales the name Bilpin is synonymous with apples. Located on Bells Line of Road between Richmond and Lithgow this tiny settlement - little more than a few houses and a lot of apple orchards - is a place to stop at the famous Fruit Bowl and purchase some fresh apples and apple juice. The area is known for its cool climate and its rich soils and this has created a situation where the two main attractions are the remarkable Waratah Native Garden and the Blue Mountains Botanic Gardens both of which are only a few kilometres from Bilpin on Bells Line of Road. Bilpin has a population of 665 (2016 Census). Elevation is 623 metres (2,044 ft)

Location

Bilpin is located on Bell's Line of Road 90 km north-west of Sydney via the M2 toll road.

Origin of Name

Bilpin on Bell's Line of Road east of the town of Bell was originally named 'Belpin' after Archibald Bell Jr, who, in 1823 when he was only nineteen, crossed the Blue Mountains and was suitably honoured by having the town named after him.

The Bilpin Fruit Bowl



Not surprisingly there are now a number of shops and orchard outlets along Bells Line of Road at Bilpin. They all offer fresh apple juice, apple pies, coffee and cafe food. The one which has been in operation since 1985 (it is family owned), and has managed to sneak into the Australian list of "Big Things" is the Bilpin Fruit Bowl at 2093 Bells Line of Road.

Go cider tasting

Bilpin has not one, but two cider companies, Bilpin Cider and Hillbilly Cider. Bilpin Cider is more than just a place to go for a tasting. They've made it into a bit of a destination in its own right, with a lovely garden and even an alpaca farm to keep the kids happy.

Waratah Native Gardens

The Waratah Native Garden is located 5 kilometres west of the tiny village of Warawaralong. The garden is the work of Frank Stone who grew many of the waratahs from seed. In 1967 he donated his garden to the Blue Mountains National Park authority. When the native plants are in bloom (between September and November) the garden allows visitors to experience displays of the rare waratah as well as enjoy pleasant bush walks through gullies rich with tall turpentines and stringybarks to a waterfall and quiet mountain pool.

Blue Mountains Botanic Garden, Mount Tomah



The Blue Mountains Botanic Garden, Mount Tomah (now a 252 ha Blue Mountains annex of Sydney's famous Botanic Gardens) is located on a geological platform of 15-million-year-old basaltic lava. These volcanic soils, which also exist at Mount Wilson, are ideal for orchards and gardens.

It wasn't until 1934 that a French horticulturist Alfred Brunet purchased the land and developed a cut flower farm. He offered the land to the Sydney Botanic Gardens in the 1970s. In 1987, as part of the Bicentennial year celebrations, the gardens were expanded dramatically. Today the result is a beautiful 28 ha site which features an excellent collection of cool climate plants from around the world, with a staggering 40,000 native, exotic and rare plants. There are a total of thirteen separate gardens ranging from Southern Hemisphere Woodland and a Bog Garden through Brunet's Meadow (once Brunet's private garden), a Proteaceae to Rhododendrons and a traditional, European-style Formal Garden which is laid out in three terraces with herbs and rose gardens. There's a 17th century-style Lawn Terrace with manicured lawns and clipped hedges and a Pergola Terrace which is based on 19th-century herbaceous borders.

History

* It is believed that the first European to reach the area was the former convict Matthew Everingham who in 1795, with Reed and Ramsay, set out to explore and find a way over the mountains. They were unsuccessful but were only one day short of crossing the mountains. They were low of supplies and weren't aware they were so close to accomplishing what they set out to do.

* The next explorer into the area was George Caley in 1804.

* The first confirmed European explorer was Archibald Bell, Jr. who in 1823, aged only nineteen, crossed the mountains moving from Mount Tomah to the Cox's River. His route has become known as Bell's Line of Road. Although the Mountains had been crossed at Katoomba a decade earlier, there was still no satisfactory route through the mountains from Richmond at this time.

In his diary Archibald Bell recalls that, upon his return to Sydney, he reported the richness of the soil in the Bilpin area which inevitably led to the arrival of settlers eager to grow fruit trees in the area.

In 1851 gold was found near Bathurst and Bells Line of Road became a "human foot-plodders' road towards chancy fortune". In 1831 the population along Bells Line of Road numbered twelve or thirteen families - a far cry from today.

* The first land grant was issued in 1830 but the land for the Mount Tomah Botanic Gardens was not purchased until 1934 when a French horticulturist Alfred Brunet developed the area as a cut flower farm. He offered the land to the Sydney Botanic Gardens in the 1970s.

* The area did not take off with any enthusiasm. By 1831 there were only thirteen families living along the entire length of Bells Line of Road.

* The discovery of gold around Bathurst in the 1850s saw prospectors using the rough track that is now Bells Line of Road as an easy crossing route to the goldfields.

* Although relatively close to Sydney, Bilpin has remained a fruit and garden area and has managed to resist the inevitable sprawl of Sydney's western suburbs. Today it is sparsely populated orchard and garden country



WORD OF THE WEEK: SMELLFUNGUS: a constant critic

IDIOM OF THE WEEK: Hunger is the best sauce: Food tastes better when one is hungry.

QUOTE OF THE WEEK: “He has a right to criticize, who has a heart to help.”
– Abraham Lincoln

ANOTHER VIEW: “Leadership is service, not position.” - Tim Fargo

A NOVEL NOTE: “Nolite te bastardes carborundorum.” (Don’t let the bastards grind you down) – Margaret Atwood, *The Handmaid’s Tale*

DID YOU KNOW: There are 187,888 Lakes in Finland. That’s a lot of lakes and why the country is often referred to as ‘the land of a thousand lakes.’ The largest lake in Finland is Saimaa at 4,400 km² (1,700 sq mi). According to Statistics Finland, there are 57,000 lakes larger than 10,000 square metres (110,000 sq ft).

DID YOU ALSO KNOW: In Greenland there are only about 63kms of paved roads in the whole country. If you want to travel you do it mainly by boat or helicopter.

FUN FACT: Siberia is well known for its connectivity via the Trans-Siberian Railway. This colossal railway network covers up to 9,288 km in length and takes an entire week for you to travel from end to end.

SHE SAID IT: “Volunteers don’t get paid, not because they’re worthless, but because they’re priceless.” – Sherry Anderson

HE SAID IT: “Earn your success based on service to others, not at the expense of others.”– H. Jackson Brown Jr

SHE ALSO SAID IT: “First of all, who cares if people hate you? There’s always a guarantee that certain people will dislike you. There’s never any guarantee that anyone will like you. So, if anyone likes you at all, you’ve already won.” - Chelsea Handler

HE ALSO SAID IT: "If you change the way you look at things, the things you look at change."- Wayne Dyer

‘Never ascribe to malice that which can adequately be explained by stupidity.’

JOKE OF THE WEEK. A Texan walks into a pub in Ireland and clears his voice to the crowd of drinkers. He says, “I hear you Irish are a bunch of hard drinkers. I’ll give \$500 American dollars to anybody in here who can drink 10 pints of Guinness back-to-back.”

The room is quiet and no one takes up the Texan’s offer. One man even leaves. Thirty minutes later the same gentleman who left shows back up and taps the Texan on the shoulder. “Is your bet still good?”, asks the Irishman.

The Texan says yes and asks the bartender to line up 10 pints of Guinness. Immediately the Irishman tears into all 10 of the pint glasses drinking them all back-to-back. The other pub patrons cheer as the Texan sits in amazement.

The Texan gives the Irishman the \$500 and says, “If ya don’t mind me askin’, where did you go for that 30 minutes you were gone?”

The Irishman replies, “Oh...I had to go to the pub down the street to see if I could do it first”.

Riddle: Words.



Doris, you know I tried cooking with wine!

Yes, Mabel. After three glasses you forgot you were in the kitchen.

TICKLES CORNER



Jangles, what if you don't succeed at first?

Spike, you hide all evidence that you tried!

Billy



“Humans. A virgin birth I can believe, but finding three wise men is something else?”

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 8 weeks, commencing 18 July 2023. Cost: \$80

🕒 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 or register through Bowlslink.

“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





The Concourse Concert Hall CHATSWOOD

409 Victoria Ave, Chatswood, 2067

LCCB is celebrating its 60th “Diamond” Anniversary with an extra-special afternoon of music on Sunday 20th August, 2023 at 2pm.

The Lane Cove Community Bands Inc will present its 60th Anniversary Concert featuring performances from five of its ensembles; Karingal Concert Band, Turrumburra Concert Band, Cameraygal Wind Symphony, Tambourine Bay Winds and Burns Bay Big Band.

Past and present band members, family, friends and community members are invited to attend this special event. Audiences will be treated to a wonderful variety of music from classical to jazz, musicals to marches and more. Audience members are encouraged to support the diamond theme by wearing plenty of “diamonds” and bling.

The concert starts at 2pm and will finish approximately 4:15pm. Audience members admitted from 1:45pm. Afternoon tea is included with your ticket and will be served in the foyer after the concert.

All tickets are \$29.50 (inclusive of venue booking fees and afternoon tea). With plenty of room in a sensational venue and very reasonable ticket prices, bring all your friends, family and distant relatives to support this special anniversary.



"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."

Figtree Greengrocer - Lane Cove West - Phone 9420 2111

Rear of 229 Burns Bay Road (Cnr. Beatrice Street), Lane Cove West 2066



We offer a very extensive range of fruit, vegetables, dairy products, meat products, nuts, sweets, ice cream, pasta and much more!

Come and visit our shop and be amazed!

Family owned and operated for more than 25 years!

Trading Hours:

Monday - Wednesday 7:30am to 6pm

Thursday: 7:30am to 6pm

Friday: 7:30am to 6pm

Saturday: 7am to 5:30pm

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 / BEER

HUMMERSTON 'S QUALITY MEAT TRAYS

POSEIDON 'S CATCH SEAFOOD VOUCHERS

ZAPPARELLI 'S PIZZA VOUCHERS

FIGTREE GREENGROCER 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.