

NEWS BOWL

The Newsletter of the Lane Cove Bowling and Recreation Club 151 Burns Bay Road Lane Cove West 2066
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EDITION 365 – TUESDAY, 18 APRIL 2023



JOHN LLOYD

ZONE 9 RESERVE SINGLES CHAMPION

2023

John pictured below
with runner-up Sean
Semler of Balgowlah.



Reigning Club Champion John Lloyd added another feather to his cap in taking out the Zone 9 Reserve Singles Championship at Belrose on Sunday.

John played Sean Semler from Balgowlah Bowling Club in a hard fought final after a win over Asquith in the semi-final.

John demonstrated his fighting qualities when behind 15 points to 19 points clawed back the margin to lead 22-21. John added 2 more shots to be all but game 24:21. Semler then added a point and in the next end John saved his last bowl for the victory shot running out a deserved winner 25 points to 22 points.

Statistics:

| Player | John Lloyd | Sean Semler |
|-------------|------------|-------------|
| Points | 25 | 22 |
| Ends | 17 | 16 |
| 1 point end | 9 | 11 |
| 2-point end | 8 | 4 |
| 3-point end | | 1 |





John delivers in his semi-final against Asquith.



**OTHER RESULTS-
OPEN SINGLES**

Champion – Rohan Dennis
(Belrose)

Runner-up – James Brown
(Belrose)



SENIOR SINGLES

Champion – Mark Blackwood (Mona
Vale)

Runner up – Paul Leckey (Harbord)



HANDICAP PAIRS 1ST ROUND WRAP UP

In the first match of the Handicap Pairs **John Bowring** and **Mal Knight** received two points start from **Deon Van Niekerk** and **Kevin Mulhall**, however, in a closely contested contest held on to win 20 points to 17 points.

They will now go on to play David Erskine and Sarah Hobson.

Statistics:

| Team | John Bowring – Mal Knight (14) | | Deon Van Niekerk – Kev. Mulhall (12) | |
|---------------|--------------------------------|--------|--------------------------------------|--------|
| Ends/Points | Ends | Points | Ends | Points |
| Game Totals | 12 | 20 | 9 | 17 |
| Handicap pts. | | 2 | | - |
| 1-point end | 9 | 9 | 5 | 5 |
| 2-point end | 1 | 2 | 1 | 2 |
| 3-point end | 1 | 3 | 2 | 6 |
| 4-point end | 1 | 4 | 1 | 4 |

The first round was finalized with a very competitive match between **Stuart Smith** and **Greg Scott** playing **Brian Paxton** and **Vic Solway**.

After 12 ends the score was 10 all before Brian and Vic added 4 points to lead 14:10 and maintained a 2-point lead after end 18.

Stuart then rolled three great draw shots positioned in such a way to preclude all but direct drive options. Greg added another shot reversing the oppositions 2-point lead of the previous end. Stuart and Greg held off a frantic finish by Brian and Vic to claim victory 19:15

Statistics:

| Team | Stuart Smith – Greg Scott (16) | | Brian Paxton – Vic Solway (16) | |
|---------------|--------------------------------|--------|--------------------------------|--------|
| Ends/Points | Ends | Points | Ends | Points |
| Game Totals | 11 | 19 | 10 | 15 |
| Handicap pts. | | - | | - |
| 1-point end | 6 | 6 | 6 | 6 |
| 2-point end | 3 | 6 | 3 | 6 |
| 3-point end | 1 | 3 | 1 | 3 |
| 4-point end | 1 | 4 | - | - |

The competition has now reached the quarter final stage with some promising games on the horizon

CONSISTENCY SINGLES ROUND UP

Simon Kinsman moves onto the second round of the Consistency Singles after an accomplished win over **Mal Knight** on Easter Monday.

Simon won the match 155 points to 115 points after receiving a 10-point start from Mal.

Statistics:

| Player | Simon Kinsman (40) | Mal Knight (30) |
|-----------------|--------------------|-----------------|
| Match points | 155 | 115 |
| Handicap points | 10 | - |
| Total points | 145 | 115 |
| Ends won | 17 | 6 |
| Ends drawn | 5 | |

Whilst the main match of the day (Zone 9 Reserve Singles) was being played out at Belrose by all reports an excellent match was being rolled out at home where **Kay Mulhall** contested **Deon Van Niekerk** in a 2nd round match-up.

A see-sawing scoreline saw Deon marginally in front 97 points to 93 points after 19 ends. Kay then got a wiggle on and in 5 ends exploded to the lead 128 points to Deon’s 112 points. Deon did well to hold Kay’s momentum over the final ends however, it was always going to be a tough task given the scoreline.

Kay plays Sarah Hobson in 2nd quarter final.

Statistics:

| Player | Kay Mulhall (40) | Deon Van Niekerk (40) |
|-----------------|------------------|-----------------------|
| Match points | 150 | 140 |
| Handicap points | - | - |
| Total points | 150 | 140 |
| Ends won | 12 | 11 |
| Ends drawn | 6 | |



LANE COVE FIVERS MISS IN ANOTHER CLOSE ENCOUNTER WITH SEAFORTH

Lane Cove was hoping to reverse their narrow first round loss to Seaforth at Seaforth where Lane Cove lost 58 points to 57 points. However, this was not to be the case, although Lane Cove had a good shot at the “big board” over the last 9 ends, failing by 5 shots to lose 52:57.

The new combination of **Scott Bonthron** (skip), **Kevin Mulhall** (3rd), **David Hillerman** (2nd) and **Maureen Terrey** lead were best of Lane Cove teams. Lane Cove had a handy lead 19:14 after 17 ends and was 3 points up after the penultimate end. Scott, faced with few options for shot and 4 shots down on the last end, had to resort to a drive with his final bowl managing to cut one shot out to draw the match 21 all.

Sarah Hobson (skip), **Stuart Smith** (3rd), **Matt Lake** (2nd) and **Kay Mulhall** had a difficult first 2/3rds of their match being in arrears of Seaforth 9 shots to 19 shots before fighting back winning 5 of the last 7 ends to be beaten 21:17.

John Lloyd (skip), **Chris Sinclair** (3rd), **Malcolm Knight** (2nd) and **Rex Johnston** (lead) had one of their lesser games uncharacteristically dropping 9 points in 5 consecutive ends to trail 3:10 after 9 ends. They then outscored Seaforth 11 points to 5 points to fail by a single point losing 14:15.

GRADE 5, SECTIONS 3&4 -LANE COVE 52 (0.5 points) lost to Seaforth 57 (9.5 points)

| Team | Lead | Second | Third | Skip | Ends Won | Ends Lost | Pts For | Pts Agn |
|------|-------------|-------------|-------------|------------|----------|-----------|---------|---------|
| 1 | M Terrey | D Hillerman | Kev Mulhall | S Bonthron | 11 | 10 | 21 | 21 |
| 2 | Kay Mulhall | M Lake | S Smith | S Hobson | 11 | 10 | 17 | 21 |
| 3 | R Johnston | M Knight | C Sinclair | J Lloyd | 11 | 10 | 14 | 15 |
| | | | | | 33 | 30 | 52 | 57 |
| | | | | | Points | | 0.5 | 9.5 |

Grade 5 Ladder: after round 7

| Pos. | Team | Played | Won | Lost | Draw | For | Agn | Diff | Pts |
|------|-------------|--------|-----|------|------|-----|-----|------|------|
| 1 | Harbord | 7 | 5 | 2 | | 466 | 353 | 113 | 49 |
| 2 | Seaforth | 6 | 5 | 1 | | 351 | 320 | 31 | 47.5 |
| 3 | Pittwater | 6 | 5 | 1 | | 335 | 320 | 15 | 44 |
| 4 | Forestville | 7 | 2 | 5 | | 389 | 419 | -30 | 24.5 |
| 5 | Lane Cove | 7 | 2 | 5 | | 368 | 422 | -65 | 20 |
| 6 | St Ives | 7 | 1 | 6 | | 383 | 447 | -64 | 15 |

Lane Cove Grade 5 teams to play Harbord at Harbord on 22 April are:

| Team | Lead | Second | Third | Skip |
|------|-------------|-------------|-------------|------------|
| 1 | D Hillerman | Kev Mulhall | S Smith | S Bonthron |
| 2 | Kay Mulhall | M Lake | R Patterson | S Hobson |
| 3 | R Johnston | P Zucconi | C Sinclair | J Lloyd |

Reserve:

LANE COVE SIXERS SOCK IT TO NORTH SYDNEY FOR A POINTS DECISION

North Sydney and Harbord sit on top of the leader-board. Lane Cove sits on the bottom of the leader-board with a win and a draw. Lane Cove's win and draw were against Harbord and North Sydney – go figure! Overall, Lane Cove put up a great performance last Saturday against North Sydney at North Sydney winning two rinks for a 47-point draw.

Graham Screen (3rd) made a welcome return to pennants in Joe **Campbell's** team with **Deon Van Niekerk** (2nd) and **David Erskine** (lead). They were never headed by North Sydney dominating the first 10 end winning 7 of those ends for a sizable lead of 18 points to 3 points. However, they did take the pedal off the metal being outpointed 10 points to 3 points over the last 11 ends!

Greg Scott (skip), **Vic Solway** (3rd), **John Bowring** (2nd) and **Simon Kinsman** (lead) had a worthy and hard-fought win after being level 9 all after 11 ends. Knuckling down to their task they managed to forge a lead of 15:11 after 16 ends holding on to win 17 points to 15 points.

David Madson's team of **Brian Paxton** (3rd), **Andrew Gordon** (2nd) and **Mark Burrough** (lead) had a tough day on the green, although they were well in the match after 13 ends trailing 5 points to 9 points. Over the last 8 ends they were competitive but lacked the finish of their opponents.

GRADE 6, SECTIONS 3&4 -LANE COVE 47 (5.5 points) drew with North Sydney 47 (4.5 points)

| Team | Lead | Second | Third | Skip | Ends Won | Ends Lost | Pts For | Pts Agn |
|------|------------|---------------|----------|------------|----------|-----------|---------|---------|
| 1 | S Kinsman | J Bowring | V Solway | G Scott | 10 | 11 | 17 | 15 |
| 2 | D Erskine | D Van Niekerk | G Screen | R Campbell | 11 | 10 | 21 | 13 |
| 3 | M Burrough | A Gordon | B Paxton | D Madson | 8 | 13 | 9 | 19 |
| | | | | | 29 | 34 | 47 | 47 |
| | | | | | Points | | 5.5 | 4.5 |

Grade 6 Ladder: after round 7

| Pos. | Team | Played | Won | Lost | Draw | For | Agn | Diff | Pts |
|------|--------------|--------|-----|------|------|-----|-----|------|------|
| 1 | North Sydney | 6 | 4 | 1 | 1 | 341 | 292 | 49 | 41.5 |
| 2 | Harbord | 7 | 4 | 2 | | 398 | 371 | 27 | 39.5 |
| 3 | Newport | 6 | 4 | 2 | | 348 | 321 | 21 | 38 |
| 4 | Manly | 6 | 3 | 3 | | 397 | 307 | 90 | 33 |
| 5 | Lindfield | 6 | 2 | 4 | | 304 | 394 | -90 | 20 |
| 6 | Lane Cove | 7 | 1 | 5 | 1 | 342 | 439 | -97 | 18 |

Lane Cove Grade 6 teams to play Manly at home on 22 April are:

| Team | Lead | Second | Third | Skip |
|------|------------|---------------|----------|------------|
| 1 | S Kinsman | J Bowring | V Solway | G Scott |
| 2 | D Erskine | D Van Niekerk | G Screen | R Campbell |
| 3 | M Burrough | M Terrey | A Gordon | D Madson |

Reserve:

ZONE & DISTRICT UNIFICATION WEBSITE LAUNCHED

BY BILLY JOHNSON

Due to the overwhelming ‘Yes’ (89.7%) response from members in relation to Bowls NSW moving down a path of unifying Zones & Districts, we’re pleased to launch the Zone & District Unification website. This site is dedicated to keeping members up to date on the latest developments and information relating to Zone and District Unification and we plan for this to be a single source of truth regarding process and outcomes.

The process of Zone and District Unification is extensive and covers a broad range of topics although we acknowledge that there are many items we still need to address and do not have answers for at this point in time. Through our Membership survey conducted earlier this year, you told us the key areas of unification that need to be addressed moving forward. One of those key areas was communication and the ability for Bowls NSW to disseminate information to members. In response, we’ve built and launched the Zone & District Unification website.

Within the website you’ll find background information, interactive draft boundary maps and proposed future governance structures explaining how unification can benefit members and the sport of bowls in general. You can also provide further feedback in response to the information we’ve published on site.

To access the website, visit www.zonedistrictunification.com.au or go to the Bowls NSW website and look under Member Resources.

You will note that the proposed competition boundaries are listed as part of this website. We strongly reiterate that these are draft only at this stage.

BOWLING RESULTS

Tuesday 11 April 2023

Handicap Pairs - 1st round

John Bowring & Mal Knight (Hcp 14) 20 defeated Deon Van Niekerk & Kevin Mulhall (Hcp 12) 17

Wednesday 12 April 2023

Social

Pat Singleton, Andrew Gordon & Kevin Mulhall 21 defeated Steve Brouggy, Kay Mulhall & Bevan Piper16;

Maureen Cosby, John Bowring & Bob Patterson 26 defeated Maria Brouggy, Brian Jonson & Marko Popovic 12; and

John Jobson & Rex Johnston 33 defeated David Erskine & Vic Solway 21.

Thursday 13 April 2023

Handicap Pairs - 1st round

Stuart Smith & Greg Scott (Hcp 16) 19 defeated Brian Paxton & Vic Solway (Hcp 16) 15

Saturday 15 April 2023

Pennant Grade 5 Sections 3 & 4

Lane Cove 52 (0.5) lost to Seaforth 57 (9.5)

Pennant Grade 6 Section 2

Lane Cove 47 (5.5) drew with North Sydney 47 (4.5)

Social

Ken Crowther, Steve Brouggy & Ole Hostrup 20 defeated Maria Brouggy, Maureen Cosby & Susan Walder 18.

Sunday 16 April 2023

Consistency Singles – 2nd round

Kay Mulhall (Hcp 40)150 defeated Deon Van Niekerk (Hcp 40) 140

BOWLING PROGRAMME (Critical Dates)

| Date | Event |
|----------|---|
| 22 April | Consistency Singles – Quarter finals |
| 22 April | Zone 9 Pennant – 8 th Round v Manly and Harbord |
| 23 April | 70 Years and over Handicap Pairs – Semi-finals |
| 23 April | Consistency Singles – Semi-finals |
| 23 April | Open Handicap Pairs – 1st round completed |
| 25 April | ANZAC Day Social Bowls – Plus BBQ \$15 pp BBQ only \$5pp |

At the going down of the sun...

I crouched in a shallow trench on that hell of exposed beaches... steeply rising foothills bare of cover... a landscape pockmarked with war's inevitable litter... piles of stores... equipment... ammunition... and the weird contortions of death sculptured in Australian flesh... I saw the going down of the sun on that first ANZAC Day... the chaotic maelstrom of Australia's bleeding.

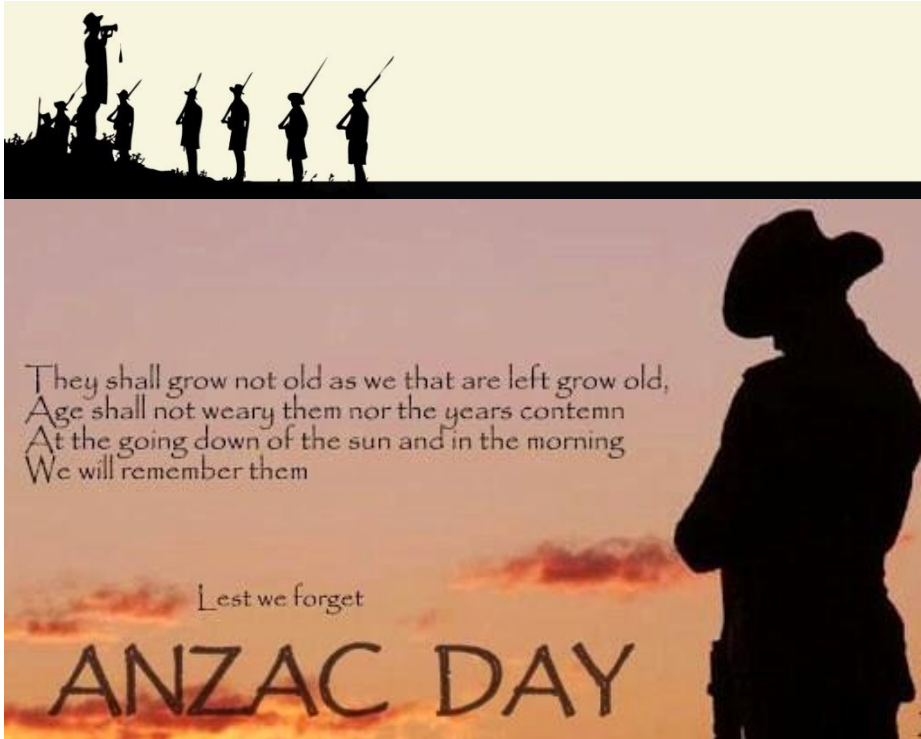


I fought in the frozen mud of the Somme... in a blazing destroyer exploding on the North Sea... I fought on the perimeter at Tobruk... crashed in the flaming wreckage of a fighter in New Guinea... lived with the damned in the place cursed with the name Changi.

I was your mate... the kid across the street... the med. student at graduation... the mechanic in the corner garage... the baker who brought you bread... the gardener who cut your lawn... the clerk who sent your phone bill.

I was an Army private... a Naval commander... an Air Force bombardier. no man knows me... no name marks my tomb, for I am every Australian serviceman... I am the *Unknown Soldier*.

I died for a cause I held just in the service of my land... that you and yours may say in freedom... I am proud to be an Australian.



LEST WE FORGET

TUESDAY 25TH APRIL

SERVICE - COMMENCING AT 11.30 AM

- Address
- Wreath Laying
- Ode of Remembrance
 - Last Post
- One Minute Silence
 - The Rouse
- National Anthem



ANZAC DAY BOWLS AND BBQ

After the ANZAC service there will be a BBQ followed by a game of bowls.

BBQ and Bowls \$15 per person BBQ only \$5 per person



REFLECT AND REMINISCE

Reflection and reminiscence are important as nobody understands the past as the people from it. As we get older it is important that we reminiscence with friends, share some memories and create new experiences.

Attached to this weeks News Bowl is News Bowl Edition No. 1 dated Tuesday 26 April 2016.

Some of the names mentioned in the copy are no longer with us.

However, it is these people who helped build our Club to what it is today. Adding friendship, inspiration and goodwill to all which we preserve today.

Remember them.

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, Shane and Jinky with Xander

*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: “Love the life you live. Live the life you love.” — Bob Marley



Simon Creedy has his milestone 60th birthday on Saturday 22nd April and shares his birthday with actor Jack Nicholson.

Bob Willis celebrates the wonderful achievement of celebrating 97 birthdays on Monday 24th April. On his birth Germany and the Soviet Union sign the Treaty of Berlin, agreeing to remain neutral with one another in the event of a third-party attack for at least the next five years.

ON TELEVISION



Horse Racing – Hawksbury Gold Cup

AFL – Geelong vs Sydney

Rugby League – Rabbitohs vs Panthers



1. Janus, from which the word January derives, was the Latin god of what?
2. Who wrote the poem For the Fallen?
3. What is the meaning of ‘girt by sea’?
4. Which is the oldest university in the English-speaking world?
5. Who was Australia’s Prime Minister at the end of WW1?

Answers: 1 Doorways, gates, transitions, beginnings and endings. 2 English poet and write Laurence Binyon. 3 Surrounded by water. 4 Oxford. 5 Billy Hughes.

Riddle: It has no feet, no hands, no body and no wings, but it can reach the sky. What is it? (Answer page 18)



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AUSSIE DESTINATIONS – Nabiac, NSW

Small town off the Pacific Highway on the Mid North Coast

Nabiac is a small country town which has been bypassed by the Pacific Highway.



Somehow it has managed to miss the wild-eyed, excessive development of the north coast. It wasn't until 1952 that Nabiac officially became a town on the Pacific Highway and not long after it was bypassed. Consequently, it is a reminder of what towns on the Mid North Coast were like - all timber and modesty. Today it has become a popular place to stop for a break on the road north. Timber still dominates but many of the shops are new and the clientele they attract are people who want something a little more personal than motorway services. The town's backstreets are happily locked in a time-warp. This is a country town as it was fifty years ago.

Population: 1,294

Location

Nabiac is located 283 km north of Sydney via the Pacific Highway and 24 km north-west of Forster-Tuncurry.

Origin of Name

Nabiac is said to mean "place of the wild fig" in the language of either the Biripi or Worimi Aboriginal people who inhabited the area prior to the arrival of Europeans.

Nabiac Visitors Guide

Located on the Village Green in the centre of town is an excellent Visitors Guide information board which, apart from exhorting travellers to "Visit the Motorcycle Museum (500 metres)" is remarkably comprehensive. It has a map of the village, details of the historic buildings, details about restaurants, cafes etc. Sadly, it is very out of date because it still includes the remarkable:



Police Station - located at 70 Clarkson Street beside the Village Green it was constructed in 1911 and is still used by the police although the nearest permanent forces are at Forster and Taree.



St Paul's Anglican Church - located at 34 Clarkson Street this simple church was dedicated by Bishop Stanton of Newcastle in 1904.



St Isidore's Catholic Church - located in Nabiac Street. It was built in 1889 and is probably the oldest building in town.

National Motorcycle Museum of Australia

The Museum operated in Canberra for approximately ten years, then the Kellehers sold their ACT motorcycle business and moved to the Mid North Coast of NSW where they built a purpose built complex that houses some 800 motorcycles together with an enormous array of motorcycle memorabilia, toys, an extensive private library and a motorcycle orientated gift shop . Among the favourite machines on display are a Kenilworth scooter (1919), a twin cylinder water-cooled 2 stroke Scott, and a Vincent Black Knight. There is an excellent range of vintage bikes from the early nineteen hundreds, and of course many, many very interesting later machines.



History

- * Captain James Cook passed the area on 10-11 May, 1770 and noted smoke from Aboriginal fires in the hinterland.
- * Cedar Cutters arrived in the area around 1816.
- * The explorer, John Oxley, passed through the area and crossed Wallis Lake on 25 October, 1818.
- * The area was settled by dairy farmers in the second half of the 19th century.
- * The first property established in the area was purchased by Henry Carmichael in July, 1855. It was 115 acres (47 ha) on the northern side of the river.
- * In 1857 William Henry Ralson McClymont, stepson of Henry Carmichael, purchased 84 acres adjacent to Carmichael's property.
- * A post office was opened in 1870 at Cape Hawke.
- * St Isidore's Catholic Church, the oldest church in the town, was consecrated in 1889.
- * The Nabiac post office was opened in 1894.
- * The town got its first police station in 1899.
- * St Paul's Anglican Church was officially dedicated on 7 November, 1904.
- * In 1905 the London Bank of Australia opened an office at 42 Clarkson Street.
- * The Nabiac Cricket pitch was established in 1907
- * The current police station was built in 1911.
- * In 1912 the railway from Sydney to Taree opened.
- * On Anzac Day, 1932 the War Memorial on the Village Green was dedicated.
- * The Wang Wauk Bridge across the Wallamba River was opened in 1936.
- * In 1938 the poet, Les Murray, was born near the town.
- * Nabiac didn't officially become a town until 1952.
- * The town was bypassed in 2004-2005.



JOKE(S) OF THE WEEK. The Woman Marine Pilot

The teacher gave her fifth grade class an assignment :
Get their parents to tell them a story with a moral at the end of it.

The next day, the kids came back and, one by one, began to tell their stories. There were all the regular types of stuff: spilled milk and pennies saved. But then the teacher realized, much to her dismay, that only Janie was left. "Janie, do you have a story to share? "

'Yes ma'am. My daddy told me a story about my Mommy. She was a Marine pilot in Desert Storm, and her plane got hit. She had to bail out over enemy territory, and all she had was a flask of whiskey, a pistol, and a survival knife. She drank the whiskey on the way down so the bottle wouldn't break, and then her parachute landed her right in the middle of 20 Iraqi troops. She shot 15 of them with the pistol, until she ran out of bullets, Killed four more with the knife, till the blade broke, And then she killed the last Iraqi with her bare hands.

"Good Heavens,' said the horrified teacher.

'What did your Daddy tell you was the moral to this horrible story?

"Stay away from Mommy when she's been drinking!"

Riddle: Smoke



Doris. Remember those wild parties we used to go to in the 60s!

Mable. Remember them! I've still got the Tupperware but not the wine.

TICKLES CORNER



Jangles. Why do golfers wear two pairs of trousers?

Spike. In case they get a hole in one.

Billy



“People. You know! Life is like a piano, the white keys represent happiness and the black shows sadness, but as you go through life’s journey, remember that the black keys also makes music.”

WORD OF THE WEEK: Zeitgeist. “Zeitgeist” is made up of Zeit (time) and geist (spirit) and describes the ideas and beliefs of an era.

IDIOM OF THE WEEK: There’s light at the end of the tunnel: positive feeling because you are near the end of a difficult period or job

QUOTE OF THE WEEK: "Australian troops had, at Milne Bay, inflicted on the Japanese their first undoubted defeat on land. Some of us may forget that, of all the allies, it was the Australians who first broke the invincibility of the Japanese army."
— Field Marshal Sir William Slim.

WICKED WORDS: ‘A thing is not necessarily true because a man dies for it.’ - Oscar Wilde

ANOTHER VIEW: ‘Only the dead have seen the end of war.’ - Plato

A NOVEL NOTE: “You start a question, and it’s like starting a stone. You sit quietly on the top of the hill; and away the stone goes, starting others.” Dr. Jekyll and Mr. Hyde by Robert Louis Stevenson

DID YOU KNOW: Sardinian people live longer. According to studies, there are more than 300 men and women over the age of 100! It is believed that the local diet and lifestyle on the island has been fundamental for the longevity of its people. Superb red and white wines, fresh products, carasau bread, and pecorino cheese can sure do wonders!

FUN FACT: EUROPE’S LAST LEPER COLONY. Crete holds one of Europe’s last known Leper colonies. Just off the shores of the northeast coast is the island of Spinalonga. Greek authorities utilized the small islet as a leprosy colony to treat sick patients from 1903 to 1957.

SHE SAID IT: “Sometimes I need what only you can provide: your absence.” Ashleigh Brilliant

HE SAID IT: "Wine is constant proof that God loves us and loves to see us happy."
—Benjamin Franklin

SHE ALSO SAID IT: "When I was growing up, I always wanted to be someone. Now I realize I should have been more specific."
—Lily Tomlin

HE ALSO SAID IT: "I like work. It fascinates me. I can sit and look at it for hours."
—Jerome K. Jerome

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 Tuesday 2nd May 2023.

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

Registration Option 1, 2 x session (\$13 per session) = \$26

Registration Option 2, 4 x sessions (\$12 per session) = \$48

Registration Option 3, 6 x sessions (\$11 per session) = \$66

Registration Option 4, 8 x sessions (\$10 per session) = \$80

For further information please Telephone 9420 5793 or Bowls Australia website.

“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



JENNY MORAN'S THEATRE GROUP



After the success of her previous foray into the arts and entertainment world Jenny Moran is putting together another 'not to be missed' opportunity for like-minded people to attend one of the world's great musicals The Sound of Music. Of interest is that Lane Cove local Clive Hobson is in the cast.

THE SOUND OF MUSIC – Willoughby Theatre Company

Presented by Willoughby Theatre Company, one of the most beloved musicals of all time is coming to the Concourse Theatre on **Sunday 21 May at 5.00pm!**

Inspired by the lives of the actual von Trapp family, **The Sound of Music** tells the uplifting story of Maria, a fun-loving governess who changes the lives of the widowed Captain von Trapp and his seven children by re-introducing them to music, culminating in the family's escape from the Nazis across the mountains from Austria.

It features an unforgettable score that includes some of the most famous songs ever performed on stage, including "My Favourite Things", "Edelweiss", "Do-Re-Mi", "Sixteen Going On Seventeen", "The Lonely Goatherd", "Climb Ev'ry Mountain" and the title song, "The Sound of Music".

The Sound of Music has won the hearts of audiences worldwide, earning five Tony Awards and five Oscars and now it's set to do the same on Sydney's North Shore.

With bookings closing fast Jenny would like to get as many interested parties booked as early as possible to take advantage of price concessions. Cost is \$57.

Please contact Jenny ASAP at jennyraymoran@hotmail.com of telephone 0417 664 447 for further information and bookings.

FOR THE FALLEN

LAURENCE BINYON (1869-1943)

With proud thanksgiving, a mother for her children,
Our country mourns for her dead across the sea.
Flesh of her flesh they were, spirit of her spirit,
Fallen in the cause of the free.

Solemn the drums thrill; Death august and royal
Sings sorrow up into immortal spheres,
There is music in the midst of desolation
And a glory that shines upon our tears.

They went with songs to the battle, they were young,
Straight of limb, true of eye, steady and aglow.
They were staunch to the end against odds uncounted;
They fell with their faces to the foe.

They shall grow not old, as we that are left grow old:
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning
We will remember them.

They mingle not with their laughing comrades again;
They sit no more at familiar tables of home;
They have no lot in our labour of the day-time;
They sleep beyond our country's foam.

But where our desires are and our hopes profound,
Felt as a well-spring that is hidden from sight,
To the innermost heart of their own land they are known
As the stars are known to the Night;

As the stars that shall be bright when we are dust,
Moving in marches upon the heavenly plain;
As the stars that are starry in the time of our darkness,
To the end, to the end, they remain.

ANZAC REQUIEM

BY CHARLES E W BEAN

On this day above all days we recall those who served in war and who did not return to receive the grateful thanks of the nation.

We remember those who still sleep where they were left - amid the holly scrub in the valleys and on the ridges of Gallipoli - on the rocky and terraced hills of Palestine - and in the lovely cemeteries of France.

We remember those who lie asleep in ground beneath the shimmering haze of the Libyan desert - at Bardia, Derna, Tobruk - and amid the mountain passes and olive groves of Greece both on the mainland and on the island of Crete, and the rugged, snow-capped hills of Lebanon and Syria.

We remember those who lie buried in the rank jungle of Malaya and Burma - in New Guinea - and in the distant isles of the Pacific.

We remember those who lie buried amid loving friends in our Motherland and in our own far north.

We remember those who lie in unknown resting places in almost every land, and those gallant men whose grave is in the unending sea.

Especially do we remember those who died as prisoners of war, remote from their homeland, and from the comforting presence of their kith and kin.

We think of those of our women's services who gave their lives in our own and foreign lands and at sea, and of those who proved to be, in much more than name, the sisters of our fighting men.

We recall too, the staunch friends who fought beside our men on their first Anzac Day - with men of New Zealand who helped to create the name ANZAC.

We recall all those who gave their lives in the Royal Navy, the British Army, the Royal Air Force, the Merchant Service, and in other British Commonwealth and Allied Forces, and we think of those British men and women who fell, when, for the second time in history, their nation and its kindred stood against the overwhelming might of an oppressor. We think of every man and woman who in those crucial years died so that the lights of freedom and humanity might continue to shine.

We shall be ever mindful too, of those brave men who left our shores and died in Korea, Malaya, Borneo, Vietnam, Afghanistan and in Peacekeeping Forces, helping to safeguard the Commonwealth and other countries of the Free World. They fought against the on-march of enemies who were thrusting to obtain new bases from which they may attack and destroy our freedom. This freedom was won from two world wars and cost the lives of a hundred thousand Australians.

May these all rest proudly in the knowledge of their achievement, and may we and our successors in that heritage left to us, prove worthy of their sacrifice.



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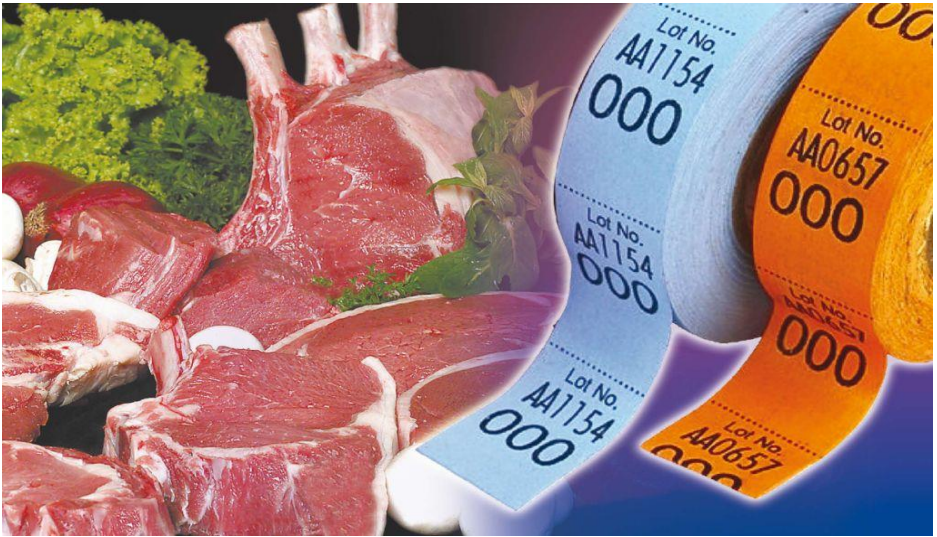
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