

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 377 – TUESDAY, 11 JULY 2023

STATE JUNIOR CHAMPIONSHIPS

The 2023 State Junior Championships continue from 10-14 July at Warilla Bowling Club. The State Junior Singles, Pairs and Fours Championships will be held during the event, with all players qualifying by winning their respective Zone Junior Championships.

Some of the best male and female bowlers in Australia started out as juniors in New South Wales, with the State Junior Championships laying the platform for greater success.

Live stream is back. The Bowls NSW State Junior Singles Championship Semi-finals and Final broadcast LIVE from Warilla Bowls Club.

Like, share and comment on the live post to interact with the Commentary team!



BLOCKBUSTER FINAL OF HANDICAP PAIRS

A large crowd is expected for next Sunday's blockbuster final edition of the Handicap Pairs for 2023. The best seats are expected to be exhausted well before game time.

Simon Kinsman and **Kay Mulhall** will sport **Steve Brouggy** and **Peter Zucconi** a 1-point start on handicap.

On their way to the final Simon and Kay accounted for Maria Brouggy and Rex Johnston 15-13 and Stuart Smith and Greg Scott 24-15 whilst Steve and Peter defeated Ken Crowther and John Lloyd 27-18 and John Bowring and Mal Knight 22-7.

ZONE 9 SINGLES ENTRIES NOW OPEN

The Zone 9 Match Committee have advised that entries will **CLOSE** on Monday July 31st for the following events.

- Zone 9 Open Singles
- Zone 9 Senior Singles
- Zone 9 Reserve Singles

Zone Singles entries are open via BowlsLink (clubs may agree to submit entries for members if members are uncomfortable using BowlsLink).

Please also note that Zone 9 Singles Reserve is open to female bowlers within the Manly Warringah and North Shore districts (equivalent to Zone 9 boundaries).

Entries will close on 31st July.

No entry fees are payable at the time of entry, clubs will be invoiced and responsible for entry fee payment after entries close. These fees need to be paid prior to the competition start otherwise their entries will be withdrawn.

The format will be the same as last year: Sectional play, 3 players in each section playing a Round Robin format, the winners of each Section play-off in a Knock-out Finals series.

ZONE 9 SINGLES ENTRIES NOW OPEN (cont.)

First to 25 shots is the winner of each match.

Helpful information to pass on to bowlers to assist in self-registration to Singles Comps. Note female entrants may need to be entered by your club's Bowlslink administrator.

To enter login to your Bowlslink account at bowlslink.com.au Once you have logged into your account using your password, undertake the following steps;

1. Click on Competitions, which will display your details,
2. Click on "Available" which will display all available comps,
3. In the search box type in "Zone 9" and hit enter,
4. You will see all three Singles Competitions displayed,
5. Click on the "spanner" symbol and select "Enter Competition",
6. Your details will be displayed. Complete any missing information, then click save and then next,
7. The details screen will be displayed. You will need to link to your club by clicking "link club". Type in your club name and select the correct displayed club. Then click next.
8. Click next on the fee page, as Zone 9 will be using direct deposition from competitors or clubs as mentioned above.
9. Finally your entry details will be displayed. Confirm the entry by ticking the confirmation box and click "Confirm & Submit".

Finally, following the close of entries, the draws will be configured and will be available on Bowlslink.

Please find below the details for the Zone 9 singles if you wish to enter.

Either enter yourself via Bowlslink or speak to John Lloyd.

BOWLING RESULTS

Wednesday 5 July 2023

Social

Deon Van Niekerk & Simon Creedy 22 defeated Will Godfrey & Brian Paxton 15; Phil Wade, Pat Singleton & Greg Moon 24 defeated David Madson, Ted Collins & Mal Knight 11;

Ole Hostrup & Simon Kinsman 21 defeated Pat Biddell & Stuart Smith 8;

Monica Smith & Vic Solway 18 defeated David Haugh & Bevan Piper 14;

David Erskine & Rex Johnston 18 defeated Maureen Cosby & Bob Patterson 17; and

Maureen Terrey & Marko Popovic 32 defeated John Bowring & Andrew Gordon 19

Saturday 08 July 2023

Social

Chris Sinclair & Simon Creedy 17 drew with Peter Zucconi & Bob Patterson 17;

Maureen Cosby & Bevan Piper 24 defeated Maureen Terrey & Sarah Hobson 21;

John Bowring & Vic Solway 25 defeated Mark Burrough & David Madson 16;

Brian Paxton & Ole Hostrup 23 defeated Steve Brouggy & Marko Popovic 13; and

John Burke, Matt Lake & Rohan Marshall 34 defeated David Erskine, Deon Van Niekerk & John Lloyd 20.

BOWLING PROGRAMME (Critical Dates)

Date	Event
16 Jul	Major Singles 1 st round
23 Jul	Minor Singles 1 st round
16 Jul	Handicap Pairs Final
TBA	Mixed Pairs Final
20 Jul	NSW State Championship (John Lloyd & Scott Bonthron)
31 Jul	Zone 9 Singles (Open, Senior and Reserve) – Entries close
03 Oct	City Tattersalls Day

Tek Doctor

Is your PC or Mac sick?

Is your Internet/WiFi not working or slow?

Are you not sure how to use your iPad or iPhone?

Whatever the issue, we can help with Set-up, Problems or Training

Check out what we do and contact us for a no-obligation free quote at your Home or place of Business.

WE CAN HELP! P: 0452 37610



BIRTHDAYS: “Someday you will be old enough to read fairy tales again.” C.S. Lewis

If you have a birthday this week you share it with Michelle Bowrey (12th), Sandon Stolle(13th), Brett Ogle (14th), Steve Mortimer (15th), Stan McCabe (16th), Gavin Carragher (17th) and Dennis Lillee (18th)

ON TELEVISION



Horse Racing – MacLean Cup Grafton

AFL – Sydney vs Bulldogs

Rugby League – Warriors vs Sharks



1. What was Vegemite invented from?
2. Which Australian state is the largest by area?
3. What are 4 animals unique to Australia?
4. What are Australia’s two most popular languages?
5. Which best selling rock band originally formed in Sydney?

Answers: 1 Leftover yeast used to make beer. 2 Western Australia. 3 Kangaroos, koalas, wombats, and wallabies. 4 English and Auslan (Australian Sign Language). 5 AC/DC.

Riddle: What can you see in the middle of March and April that you can’t see at the beginning or end of either month? (Answer page 12)

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.



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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 major prize winners John, David, Lily & Michelle

**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



Game 3 : Queensland v New South Wales

LIVE AND UP-CLOSE AT YOUR CLUB

8.00PM 12th Jul



AUSSIE DESTINATIONS – Durras, NSW

Holiday village at northern edge of Murrumbidgee National Park with kangaroos on the beach.



The three tiny townships of Durras North, Durras Lake and Durras South are surrounded by the Murrumbidgee National Park and edged by quiet beaches lapped by the Tasman Sea. This is a holiday destination which was historically spearheaded by Bruce Campbell who established the Murrumbidgee Beachfront Holiday Resort as a camping, caravan and holiday cottage resort. It had the compelling attraction of wild kangaroos which wandered around the site and ate the grasses on the edge of the beaches. But the area was more than the kangaroos. It was geologically fascinating and the fauna and flora in the National Park were rich and largely undisturbed. The main appeal of the area is that there has been little tourist development which means it is still an area of great natural beauty which has been largely undisturbed, unlike the beaches which lie to the south of Batemans Bay.

Location

Durras is located 276 km south of Sydney via the Princes Highway and Durras Road. It is only 17 km north of Batemans Bay.

Origin of Name

No one is sure how Durras got its name. It appears that it was in use as early as 1840 when the first permanent European settlers arrived in the area.

Places of Interest

Murramarang National Park and its Walks



Murramarang National Park is never more than 2 km wide but it stretches for 44 km along the coastline from Kioloa to Batemans Bay. Dominated by beaches, cliffs and headlands it also has rock stacks, offshore islands, fossil-bearing rocks and impressive rock platforms.

The park is rich in both fauna and flora with eastern grey kangaroos, swamp wallabies, red-necked wallabies, parrots, finches, honeyeaters, eagles, hawks, terns, thrushes, parrots, oyster catchers, wrens, muttonbirds, albatrosses and fantails. It is one of the highlights of the park that kangaroos feed on the edges of the beaches. The flora is predominantly wet eucalypt forest comprising spotted gums with an understorey of burrawangs leading to banksia, she-oaks and heath on the beaches and headlands. There are small areas of rainforest in sheltered gullies, particularly around Durras Mountain.

Wasp Head

To reach Wasp Head, one of the highlights of Murramarang National Park, simply follow the signs from South Durras. This is one of the best walks in the area with coastal views, golden beaches and tracks to the cliffs and bays of Wasp Head. Significantly Wasp Head is the southernmost point of the Sydney Basin sandstone. The tracks around Wasp Head lead to areas where shellfish fossils abound. There are rock pools, an igneous dyke and a one metre fault plane which runs right up the coast. At Mill Point there are the remains of a timber mill which was vital for the local economy. Its rusted old boiler still lies in the grass.

Beaches in Murramarang National Park

There is an excellent walk south from Murramarang Beachfront Nature Resort which passes a series of isolated beaches in that section of Murramarang National Park north of Batemans Bay. These include Emily Miller, Dark, Myrtle, Richmond, Oaky and Honeysuckle Beaches. Each has its own unique appeal. Dark Beach was named because of the many small black shingles. Honeysuckle Bay is characterised by distinctive spotted gums with stunted trunks and horizontal branches, the result of deficient nutrients. At the southern end of the walk - North Head has very large rock pools which are suitable for snorkelling.

Depot and Pebbly Beach

To the north of South Durras, and accessed by Mount Agony Road and North Durras Road are Depot Beach and Pebbly Beach. At one time the noted Australian historian, Manning Clarke, had a holiday home at Depot Beach. Today these two beaches are popular with holidaymakers wanting



quiet retreats. Pebbly is known for its sheltered position and the many wallabies which feed and lounge at the edge of beach. Historically it was important to the local timber industry. The surrounding forest was logged and the timber carted by bullock teams to a sawmill near the beach. The sawn timber was then transported along a tram line to the northern section of the beach where it was deposited on the rocks. A ship was then moored nearby and the timber winched aboard.

Bushwalks in the Durras Area

Beyond the walks in the Murramarang National Park there are also a number of interesting walks in the area including:

Durras Discovery Trail



The Murramarang Nature Resort website describes this walk as "The Durras Discovery Trail features three types of forest, a viewing tower and interpretation signs. The trail is an easy 1.5 kilometre loop route that takes approximately 45 minutes. The route runs along the northern

perimeter of Durras Lake through tall eucalypt (wet spotted gum and blue gum) forest, then climbs into dry blackbutt forest, and then descends into a rainforest gully. Along the way are bush seats, foot bridges and some 300 metres of ironbark boardwalks. Another way to experience the walk is part of a guided tour that features kayaking on Durras Lake."

Durras Lake Walking Trail

It goes on "To extend the Durras Discovery Trail walk and get more exercise, take The Durras Lake Walking Trail through the Durras Nature Reserve. This six kilometre trail follows the northern shores of Durras Lake and offers great scenic views and good fishing spots.

Eucalypt Trail

The aim of the Eucalypt Trail is to help people identify eleven different species of eucalypt which are common on the South Coast. If you will see Blackbutt, Sydney Blue Gum, Grey Ironbark, Monkey Gum, Rough Barked Apple, Sydney Peppermint, Red Bloodwood, Spotted Gum, Woollybutt, White Stringy Bark, and Bangalay.

Fishing in the Region

Durras Lake is well known as an excellent fishing destination. The lake has bream, whiting, flathead and, in season, prawns. There are two boat-launching ramps in the area. One is located at Durras Lake and one at Beagle Bay in South Durras.

History

- * The first European to sight the bay was Captain James Cook on April 22, 1770 as he sailed up the coast.
- * The first Europeans to pass through the area were the survivors from the wreck of the *Sydney Cove* who reached the banks of the Clyde River on 16 April 1797. Nine of them died. Only three passed through Durras and reached Sydney alive.
- * Hearing the reports of the survivors, George Bass sailed south and on 14 December 1797, he entered Batemans Bay.
- * In 1828 the area was surveyed by Thomas Florance and Robert Hoddle.
- * In 1840 land was granted to John Larmer. The name Durras was being used at the time.
- * In 1870 a timber mill was established at Wasp Head around this time and it continued to operate until 1929.
- * In 1879 the 29-ton ketch, Emily Miller, became the only vessel to have been shipwrecked near Durras when it ran aground near Wasp Inlet. The small crew reached the shore without loss of life.
- * Tourism arrived in 1932 when Charles Innes built 13 holiday cabins beside Lake Durras.
- * In 1937 the land now known as South Durras was subdivided and sold as housing blocks.
- * In 1960 the town was connected to the electricity.
- * In 2019 the area was decimated by bushfires during the pre-Christmas fires through the area.



JOKE OF THE WEEK. A bloke said to God, "God, is it true that to you a billion years is like a second?"

God said yes.

The bloke said, "God, is it true that to you a billion dollars is like a penny?"

God said yes.

The bloke said, "God, can I have a penny?"

God said, "Sure, just a second."

Riddle: The letter 'r'

ANOTHER VIEW

Billy



Why do you humans say you can't live without love? I say you can't live without oxygen.

TICKLES CORNER



Mabel. Back in our day we didn't have many warning labels on our wine. Why is that?

Because Doris! People then were not so stupid!



Spike, what did you say when the cop pulled you over last night and asked if you had anything to drink.

Jangles, I told him I had a glass of beer. "Just one" he said. Yes. I said. "I just used the one glass!"

WORD OF THE WEEK: **Giggish:** Lively, flighty, wanton

IDIOM OF THE WEEK: **To Go Cucumber-** means “going bananas” or “berserk.”

QUOTE(s) OF THE WEEK: “Never pay back evil with more evil. Do things in such a way that everyone can see you are honourable.” Romans 12:17

‘To feel envy is human, to savour schadenfreude is devilish.’ - Arthur Schopenhauer

WICKED WORDS: “Wise people are not always silent, but they know when to be!”

ANOTHER VIEW: “The weak are dominated by their ego, the wise dominate their ego, and the intelligent are in a constant struggle against their ego.” — Hamza Yusuf

A NOVEL NOTE: “The sun was like the word written between the sea and the sky, a word that was swallowed up by the sea before any man had time to read it.” *This is the End* by Stella Benson

DID YOU KNOW: The French take great pride in their language, trying to retain a unique French identity in light of globalization and English’s takeover. Because of that, many French people prefer to speak in their own language, even though most of them know English to some extent.

FUN FACT: France has made it illegal for any boss or business to contact their employees on the weekends or after work hours. Talk about work-life balance!

SHE SAID IT: “You know you’ve reached middle age when you’re cautioned to slow down by your doctor, instead of by the police.” — Joan Rivers

SHE ALSO SAID IT: “A successful man is one who makes more money than his wife can spend. A successful woman is one who can find such a man.”~ Lana Turner

HE SAID IT: “The best thing about the future is that it comes one day at a time.” – Abraham Lincoln

HE ALSO SAID IT: “Responsible, who wants to be responsible? Whenever something bad happens, it’s always, who’s responsible for this?” – Jerry Seinfeld

“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



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.



"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



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

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.