

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 378 – TUESDAY, 18 JULY 2023

MONICA AND VIC FIND THE RIGHT MIX IN GRIPPING FINAL OF MIXED PAIRS

A great final edition of the 2022-2023 Mixed Pairs was played out last Saturday on a tricky green where **Monica Smith** and **Vic Solway** matched bowls with **Kay Mulhall** and **Kevin Mulhall**.



At the half way mark (11 ends) Kay and Kevin held a slender 8:7 lead before Monica and Vic rolled 3 consecutive ends to hold sway 15:8. Kay and Kevin fought back adding 9 shots to their opponents 2 shots over the next four ends to level the match at 17 points apiece.

MONICA AND VIC FIND THE RIGHT MIX IN GRIPPING FINAL OF MIXED PAIRS (Cont.)

Monica and Vic then added 2 shots for a narrow lead going into the penultimate end. This end proved critical with some defining bowls delivered. Kevin trailed the jack for 3 shots before Vic, somehow! delivered the jack to the ditch to be one down before Kay rolled her bowl to be within a foot of the jack only for Vic, with the touch of an angel, draw his bowl inside Kay’s for shot. A 3-point margin going into the last end was a handy one for Monica and Vic forcing Kevin to expend his last two bowls on the offensive narrowly failing in his endeavours.

Monica (her first title-well done) and Vic etch their names on the honour board with a 21-points to 17-points win.

All players had their moments, however, the up-front battle between Monica and Kay was a delight to witness.

Statistics:

Team	Monica Smith-Vic Solway	Kay Mulhall-Kevin Mulhall
Points	21	17
Ends	12	9
1 point end	5	4
2-point end	5	3
3-point end	2	1
4-point end	-	1



“To uncover your true potential you must first find your own limits and then you have to have the courage to blow past them.” – Picabo Street

KAY AND SIMON HOLD ON FOR CLOSE WIN IN HANDICAP PAIRS FINAL

Simon Kinsman rolling first up for skip **Kay Mulhall** won his first Club title as he and Kay eclipsed fighting foes **Steve Brouggy** and **Peter Zucconi** in a thrilling final of the Handicap Pairs played to a large and appreciative audience.



With both teams each won six of the first 12 ends where Simon and Kay had a slender 1 point lead. They then added 6 points in three ends for a sizable lead of 7 points after 15 ends. Not to be denied Steve and Peter countered to be within 1 point at the conclusion of end 17 and it was game on!

Simon’s and Kay’s 3 points over the last four ends was enough to see them home 20 points to Steve’s and Peter’s 17 points in a great finale to the bowling season.

Statistics:

Team	Simon Kinsman-Kay Mulhall	Steve Brouggy-Peter Zucconi
Points	21	17
Ends	12	9
1 point end	7	4
2-point end	3	2
3-point end	-	3
4-point end	2	-

MAJOR SINGLES OFF AND ROLLING

The first match of the Major Singles was played last Monday between **Deon Van Niekerk** and newcomer **Will Godfrey**.

Will got off to a good start to lead 9:6 after 9 ends only for Deon to rattle off 5 consecutive ends to lead 16:9. Will fought back to be within 3 points of Deon’s score, however, Deon won four of the last 7 ends to claim victory 25 points to Will’s 16 points.

Statistics:

Player	Deon Van Niekerk	Will Godfrey
Points	25	17
Ends	18	11
1 point end	5	5
2-point end	4	6
3-point end	4	-

The second match saw **Kevin Mulhall** in scintillating form as he rushed a bemused **Greg Scott** off the green for early refreshments after 13 ends.

Statistics:

Player	Kevin Mulhall	Greg Scott
Points	25	6
Ends	11	2
1 point end	3	-
2-point end	3	1
3-point end	4	-
4-point end	1	1

MINOR SINGLES WRAP

The first game of the Minor Singles saw two newcomers to competition play oppose each other in **Jeanette Lloyd** and **Maria Brouggy**.

In a game that looked like going down to the wire as the score was 11 points apiece before Jeanette rolled away for big win.

Statistics:

Player	Jeanette Lloyd	Maria Brouggy
Points	25	11

“I don’t count my situps. I only start counting once it starts hurting.” -Muhammad Ali

LANE COVE BOWLERS IN THE MONEY AT BALMAIN ON SUNDAY

Chris Sinclair, Vic Solway and Deon Van Niekerk were joined by Ching Li from St Johns Park in the 2023 John Smith Invitation Fours held on Sunday at the Balmain Bowling Club.



It was a great day for the lads and a great little earner for them as they finished 2nd in the competition taking home a cheque in the sum of \$600.

Fourteen teams contested the event with the winners being a team from Hunters Hill.

Three matches were played with Lane Cove winning two of those matches for a margin of 26 only three points in arrears of the winners who were the only team to win all three matches.

BOWLING RESULTS

Monday 10 July 2023

Major Singles round 2

Deon Van Niekerk 25 defeated Will Godfrey 17

Wednesday 12 July 2023

Social

David Erskine, Simon Kinsman & Vic Solway 35 defeated Steve Brouggy, Ole Hostrup & Kevin Mulhall 17;

Ted Collins, John Bowring & Marko Popovic 25 defeated David Haugh, Ray Moran & Mal Knight 15;

Will Godfrey & Stuart Smith 18 drew with Maureen Terrey & David Madson 18;

Andrew Gordon & Kay Mulhall 25 defeated Maureen Cosby & Bevan Piper 20; and

Bill Edmondson & Deon Van Niekerk 26 defeated Pat Singleton & Greg Scott 10.

Saturday 19 July 2023

MIXED PAIRS FINAL

Monica Smith & Vic Solway 21 defeated Kay Mulhall & Kevin Mulhall 17

Social

David Lloyd, Chris Sinclair & Greg Scott 22 defeated Maureen Cosby, Graham Screen & Scott Bonthron 15;

Pat Biddell, David Erskine & Simon Creedy 34 defeated Denise Woodward, Marilyn Screen & Bevan Piper 22;

Ole Hostrup, Marko Popovic & Greg Moon 22 defeated David Madson, Simon Kinsman & Stuart Smith 14;

Steve Brouggy, Andrew Gordon & Peter Zucconi 23 defeated Susan Walder, Mark Burrough & Sarah Hobson 20; and

John Bowring, Brian Paxton & John Lloyd 29 defeated Jeanette Lloyd, Maria Brouggy & Rex Johnston 18.

Sunday 20 July 2023

HANDICAP PAIRS FINAL

Simon Kinsman & Kay Mulhall 20 defeated Steve Brouggy & Peter Zucconi 17

Major Singles round 2

Kevin Mulhall 25 defeated Greg Scott 6

Minor Singles round 2

Jeanette Lloyd 25 defeated Maria Brouggy 11

BOWLING PROGRAMME (Critical Dates)

Date	Event
20 July	NSW State Championships (John Lloyd & Scott Bonthron)
23 July	Major Singles 2 nd Round
30 July	Minor Singles 2 nd Round
31 July	Zone 9 Singles (Open, Senior and Reserve) – Entries close. Members wishing to enter this competition are to contact John Lloyd as soon as possible
03 October	City Tattersalls Day

NSW STATE OVER 40s PAIRS CHAMPIONSHIP 2023-2024

Matt Lake and **John Lloyd** will meet D. Woodstone and S. Morris of Dee Why Bowling Club in the 1st qualifying round of the 2023/2024 NSW State Over 40s Pairs at Belrose on Saturday 19th August.

Qualifying rounds will be played at local venues around the State on 19-20 August.

(Venues will be in all areas of the State, allowing for players to qualify in their local area, as entry numbers permit).

Qualifying play will commence as sectional play followed by knockout.

Players are required to be –

Over 40 years AND 59 years of age or under as at close of entries on WEDNESDAY 7 July 2023.

(DOB 4 July 1963 to 2 July 1983)

Team members must be from the same club (NSW players only).

This is an open event – teams may be any combination of men & women (2 men, 2 women or 1 man/1 woman).

32 qualifiers will win their way through to the State Finals series Grandviews BC on 7-8 October.

LANE COVE PAIR JOHN AND SCOTT IN STATE TITLES 2022/2023 State Open Reserve Singles

John Lloyd (Lane Cove)

SECTION 3 | ROUND 1

Local: Thu, Jul 20, 2023 1:00 PM

WISEMAN PARK WOLLONGONG CITY BOWLING CLUB LIMITED - GREEN 1, RINK 6

John Lloyd (Lane Cove) VS Wayne Ede (WPH Sports)

SECTION 3 | ROUND 2

Local: Fri, Jul 21, 2023 8:30 AM

WISEMAN PARK WOLLONGONG CITY BOWLING CLUB LIMITED - GREEN 2, RINK 12

Wayne Van Maastricht (Club Maitland City) VS John Lloyd (Lane Cove)

SECTION 3 | ROUND 3

Local: Fri, Jul 21, 2023 12:15 PM

WISEMAN PARK WOLLONGONG CITY BOWLING CLUB LIMITED - GREEN 1, RINK 4

John Lloyd (Lane Cove) VS Chris Beatty (Molong)

2022/2023 State Open Reserve Pairs

Scott Bonthron & John Lloyd (Lane Cove)

SECTION 3 | ROUND 1

Local: Tue, Jul 25, 2023 1:00 PM

WISEMAN PARK WOLLONGONG CITY BOWLING CLUB LIMITED - GREEN 1, RINK 5

Sunil Kumar & Virend Prasad (Austral) VS Scott Bonthron & John Lloyd (Lane Cove)

SECTION 3 | ROUND 2

Local: Wed, Jul 26, 2023 8:30 AM

WISEMAN PARK WOLLONGONG CITY BOWLING CLUB LIMITED - GREEN 2, RINK 13

Bradley Clark & Shane Allard (Cabra Vale Diggers) VS Scott Bonthron & John Lloyd (Lane Cove)

SECTION 3 | ROUND 3

Local: Wed, Jul 26, 2023 1:00 PM

WISEMAN PARK WOLLONGONG CITY BOWLING CLUB LIMITED - GREEN 1, RINK 4

Bernie Rooke & Allan Trevithick (GyMEA) VS Scott Bonthron & John Lloyd (Lane Cove)

State Umpires Committee –Keeping things Crystal Clear

Question:

A player walks onto the mat and without pausing delivers their bowl. Is this permitted?
Two laws required.

Answer:

No. The law does state that you must be standing on the mat with all or part of at least one foot on the mat.

- **Law 7.1** – Before delivery a player must be standing on the mat with all or part of at least one foot on the mat. At the moment they deliver the jack or a bowl, the player must have all or part of one foot on or above the mat.
- **Law 7.3** – Any player not meeting the terms of this law is committing a foot-fault, and law 8 will apply.

Question:

If a team was playing with an ineligible player and the umpire noticed this after a few ends and the umpire know they would have to forfeit. When would you bring it to the attention of the Skip and Controlling Body? As soon as you become aware of the situation or after the game had been completed.

Answer:

The umpire should bring it to the attention of the Controlling Body when they become aware of the situation.

- **Law 39.1.1** – In a team game, the Controlling Body will decide on the eligibility of each member of the team. If a team introduces an ineligible player, the defaulting team will forfeit the game to their opponents.
- **Law 43.2.5** – The umpire must make sure that all aspects of play are in line with the Laws of the Sport of Bowls.

Question:

A player delivers another player's bowl which touches the jack. What should happen?

Answer:

- **Law 29.2** – Playing another player's bowl:
- **29.2.1** – If a player plays another player's bowl instead of their own, the other player's must be replaced with the player's own bowl.
- **29.2.2** – If the bowl which was replaced was marked or nominated as a toucher, the player's own bowl must be marked or nominated as a toucher.

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 lucky winners Simon, Alan, Curtis, Ben and Riley

*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: “Here is the test to find whether your mission on earth is finished: If you’re alive, it isn’t.” - Richard Bach

Steve Brouggy celebrates his milestone 70th birthday on Saturday 22nd July. *The Song from Moulin Rouge (Where Is Your Heart)* by Percy Faith was the #1 song in USA and *The Sword and the Rose* starring Richard Todd was #1 picture when Steve was born.

ON TELEVISION



Horse Racing – Sawtell Cup (Coffs Harbour)

AFL – Fremantle vs Sydney

Rugby League – Rabbitohs vs Broncos



- 1 What do you call an Aussie in the finals of the World Cup?
2. What countries made up the original Axis powers in World War II?
- 3 What geometric shape is generally used for stop signs?
4. What is the name of the biggest technology company in South Korea?
- 5 Which is the only edible food that never goes bad?

Answers: 1 The referee. 2 Germany, Italy, and Japan. 3 Octagon. 4 Samsung. 5 Honey.

Riddle: If Teresa’s daughter is my daughter’s mother, what am I to Teresa? (Answer page 20)



Find us on
Facebook



BEAUTIFUL AUSTRALIA



SOUTH WEST SLOPES NEW SOUTH WALES



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.

POSTCARD FROM CANADA

Hi All at Lane Cove BC

This week we found our way to Meaford Lawn Bowling Club. Meaford is the Town we are staying in with our friends.

It's a small club founded 100 years ago. It only has one green and the membership currently stands at 50.

We were made very welcome and played 2 games, the first time we have played bowls since mid-April.

We hope to go back, in between our road trips out and about. Glenn become very good with the bowls collector!!



Our best wishes to everyone.

Carole and Glenn



Bob and Jan Patterson and family send greetings from beautiful Fiji.

As Bob says! "The view from our Bure. Someone's got to do it! The food is great, the accommodation excellent and temperature is 25-26 at the moment.

See you next week

Regards

Bob and Jan"



Bure is the Fijian word for a wood-and-straw hut, sometimes similar to a cabin.

AUSSIE DESTINATIONS – Scotts Head, NSW

Attractive holiday, family and surfing destination



Located at the southern end of the Gaagal Wanggaan National Park, Scotts Head is a product of the twenty-first century. Once a sleepy holiday destination, in recent times it has seen the arrival of very cashed-up city dwellers seeking a "sea change" and consequently what was once a quiet secret for surfers has become a chic destination five hours drive north of Sydney. Today it is a popular holiday destination for both families and for surfers.

Location

Scotts Head is located 482 km north of Sydney between Port Macquarie and Coffs Harbour. It is located 10 km off the Pacific Highway and 15 minutes south of Macksville.

Some nearby towns are Kendall, NSW, Bellingen, NSW, Woolli (incl. Minnie Waters), NSW, containing some great info that ties in this region.

Origin of Name

The town was named after the first European settler in the area, William Scott.

Forster Beach and its Mosaics

The main beach in the town is Forster Beach. It is home to the Scotts Head SLSC and to a truly remarkable collection of mosaics including the most beautiful public picnic table in the country and the most impressive toilet block. It looks more like an art gallery than a toilet block. There are a series of impressive mosaics on the walls. They were created by an artist named Guy Crosley in 2001 and they were paid for by the Australia Council, the NSW Ministry for the Arts, Arts Mid North Coast and the Scott's Head Reserve Trust.

Whale Watching

There are two good locations in Scotts Head - the Surf Club Headland and Elephant Head - where, in season, migrating humpback whales can be seen as they make their way up and down the coast. The Surf Club Headland is accessible by walking past the SLSC and then making your way up the headland to the viewing platform.



Gaagal Wangaan National Park

One of the newest national parks in New South Wales (it was created on 23 April, 2010) Gaagal Wangaan (which means South Beach).

Mount Yarrahapinni Lookout

The gravel road to the summit of Mt Yarrahapinni offers the visitor a superb 360-degree view across to Scotts Head and around to the mountains that rise behind Macksville. The rainforests with marked walking trails, pebbled creeks, clear waterholes and picnic facilities are notable for the beautiful eucalypts, ferns, palms, wildflowers and wildlife.

History

- * The first European to sight the coast was Captain James Cook who sailed past Scotts Head in 1770.
- * The first Europeans to pass Scotts Head and reach the Nambucca River were probably a party who, in 1818, set off from Sydney in search of convicts who had stolen a boat from Sydney Harbour.
- * The explorer John Oxley surveyed the Nambucca River estuary in 1820.
- * By the 1840s cedar cutters were in the area although the dangerous sand bar at the mouth of Nambucca River prevented them from reliably sending timber to Sydney.
- * In 1886 *Baillier's Gazette* described the Nambucca River as "a fine mountain stream flowing through low swampy country, well timbered with cedar and other valuable woods. It falls into the ocean by a narrow rocky channel about fourteen miles north of Trial Bay and is navigable for small vessels that trade there for cedar, the only export".
- * Local government was established at Nambucca Heads in 1915.
- * With the clearing of the land, dairying emerged, although it was not until paspalum grass was introduced in the 1890s that it started to be profitable.
- * Tomato, banana and carrot-growing developed in the Nambucca Valley during the 1920s
- * The arrival, in 1923, of the railway saw the area develop as a holiday destination.
- * Furnished cottages were let to holiday-makers by the 1930s.
- * The Scotts Head SLSC was formed in 1936.
- * The first bowls green in Scotts Head was opened in 1959.
- * In 1967 the Scotts Head SLSC could boast that it had the first ever all Aboriginal Bronze Squad in lifesaving history.
- * In 1999 a boat carrying 60 asylum seekers from South China ran onto the beach at Scotts Head.



JOKE OF THE WEEK. John visited his 90-year-old grandpa who lived way out in the country. On the first morning of the visit, John’s grandpa prepared a breakfast of bacon and eggs. John noticed a film-like substance on his plate, and asked, “Are these plates clean?” His grandpa replied, “They’re as clean as cold water can get them. Just go ahead and finish your meal.”

For lunch, Grandpa made hamburgers. Again, John was concerned about the plates, as his appeared to have specks of dried egg on it. “Are you sure these plates are clean?” he asked.

Without looking up, Grandpa said, “I told you before, those dishes are as clean as cold water can get them!”

Later, as John was leaving, his grandpa’s dog started to growl and wouldn’t let him pass.

John said, “Grandpa, your dog won’t let me get by!”

Grandpa yelled to the dog, “Cold Water, go lie down!”

Riddle: Teresa’s daughter.



Mabel. Does size matter?

Doris. Of course. No one wants a small glass of wine!

TICKLES CORNER



Spike, when I die will you promise to pour a beer on my grave?

No worries Jangles but I'll have to pass it through my kidneys first!

Billy



"Humans, I can win an argument on any topic, against any opponent. You know this, and steer clear of me at parties. Often, as a sign of your great respect, you don't even invite me."

WORD OF THE WEEK: DOCIBILIY (noun): Aptness for being taught.

IDIOM OF THE WEEK: "Gan Bhó - Gan Stró" (pronounced "gone voe - gone stroe") Which translates literally to "No cow - no worries"! or in other words, "if you've got no responsibilities, you've got no worries".

QUOTE OF THE WEEK: "The greatest injustices proceed from those who pursue excess, not by those who are driven by necessity." - Aristotle

WICKED WORDS: "Very few men are wise by their own counsel, or learned by their own teaching; for he that was only taught by himself had a fool as his master." - Ben Jonson

ANOTHER VIEW: "Never ascribe to malice what can perfectly well be explained by stupidity."

A NOVEL NOTE: "Happiness is not a possession to be prized, it is a quality of thought, a state of mind." – Rebecca by Daphne de Maurier

DID YOU KNOW: Whilst Denmark, Norway, Iceland, Finland and Sweden have similar flags, have shared cultural and historical ties, and even formed a Nordic empire in 1397, they have always been separate sovereign states.

FUN FACT: The Romans were nearly wiped out. At its peak in the 1st century, Rome's population is thought to have been approximately 1.5 million, but by the time Rome fell in 476 A.D, that figure had fallen to a mere 17,000.

Today, about 99% of the ancient Roman population was lost, meaning virtually no Roman today could claim to directly descend from the city's ancient population.

SHE SAID IT: "I asked my brother-in-law, the father of four boys, 'If you had it to do all over again, would you still have kids?' 'Yes,' he said. 'Just not these four.'" —Sheila Lee

HE SAID IT: "You know there's a problem when you realize that out of the three Rs, only one begins with an R." —Dennis Miller, comedian

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

HE ALSO SAID IT: "I have noticed that even people who claim everything is pre-determined and that we can do nothing to change it look before they cross the road." —Stephen Hawking, physicist

WEIRD MOMENTS FROM AUSTRALIA’S HISTORY

The Platypus Debate



Australia has arguably the most bizarre and unique native fauna in the world. Some Australian animals are so weird that people once thought they were made up.

Take the platypus — seemingly a mixture of bird and mammal that lays eggs, is covered in fur, has a duck-like bill, and poisonous spurs on its back

feet. When drawings and skins were first sent to Europe by settlers, many believed the platypus was a hoax, sewn together from the bodies of different animals. After years of debate and investigation, the platypus was finally accepted as a real animal and eventually named *Ornithorhynchus anatinus*, meaning ‘bird-snouted flat-foot’.

Since then, the platypus has continued to capture the world’s fascination. In 1943, during the Second World War, British Prime Minister Winston Churchill demanded that a live platypus be sent to him in England. Unfortunately, Winston the platypus (named after his soon-to-be owner) died on the way to England.

Vegemite banned in Victorian prisons

It’s one of the most well-known Australian facts that Vegemite is one of Australia’s most iconic exports. But did you know Vegemite has been banned in some Victorian prisons since the late 1990s? This is because prisoners have been known to use the yeast spread to make a kind of home-brewed alcohol.

Although it was initially thought that the yeast content of Vegemite was enough to do this alone, researchers at the University of Queensland have proven that you would need live yeast and some extra sugar in addition to the Vegemite to brew alcohol.

They also proved that it tastes awful! But sometimes desperate times call for desperate measures...



“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."

Figtree Greengrocer - Lane Cove West - Phone 9420 2111

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



- Fresh Fruit & Vegetables
- Specialising in Fruit Baskets
- Organic & Gluten free products
- Fresh Flowers
- Continental Deli
- Italian Pasta
- Gourmet Ice Cream

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.