

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 358 – TUESDAY, 28 FEBRUARY 2023 BOWLS PREMIER LEAGUE STEAMERS CLINCH THIRD TITLE



BY VAL FEBBO ON FEBRUARY 24, 2023

Home franchise the Moama Steamers have claimed a third Bowls Premier League (BPL) trophy at BPL17 and first in three years following a 5-2, 6-2 win over the Sydney Lions in a rematch of 2022's BPL14 final.

The final was hotly contested from the outset, with Sherriff maintaining his scintillating form from the prelim as he duelled superbly with Lions' skip Aaron Wilson.

CHRIS SINCLAIR BOOKS HIS PLACE IN CLUB CHAMPIONSHIP FINAL

Tellingly, our major competition is getting to the pointy end of proceedings as witnessed by a large turnout of spectators for the Major Singles second semi-final last Sunday between **Chris Sinclair** and **Peter Zucconi**.

It was Chris’s game for the first 10 ends as he won 7 of those ends to lead 9:3. Peter then knuckled down to his task adding 8 shots to Chris’s 2 shots to level after 16 ends – 11 apiece. Each player scored 3 shots each to again level 14 all after end 22.

Two shots to Peter on the next end put him in front 16:14 for the first time in the match and it was game on!. Or was it? Seemingly, in no time Chris rolled an unanswered 8 shots to lead 22:16 and be within 4 shots of a finals berth. Peter countered with 2 shots which was not enough to stop Chris’s run to the final with a hard fought 25:18 victory.

Chris will play either John Lloyd, Deon Van Niekerk or Ole Hostrup in the final.

Statistics:

Player	Chris Sinclair	Peter Zucconi
Points	26	18
Ends	17	12
1 point end	10	7
2-point end	5	4
3-point end	2	1

JOHN LLOYD CHASES HIS SECOND CHAMPIONSHIP TITLE

Another excellent match played out on Sunday when 2019 Club Champion **Scott Bonthrone** met 2020 Club Champion **John Lloyd**. On paper this had all the portents of a rip-snorter of a match. In 2019 Scott defeated John 31:18 for the title with John returning the ‘compliment’ in 2020 by defeating Scott 31:27 for the championship.

After 15 ends the scores were level 12 apiece with Scott winning 8 of those ends. Scott edged ahead 2 shots on the next end before a more seasoned John unleashed a barrage of shots outpointing Scott 11 shots to 3 to carried him to victory 25:17.

It was great to see Scott getting back to some of his best form of year’s past.

John has to get past either Deon Van Niekerk or Ole Hostrup for a finals berth



Statistics:

Player	John Lloyd	Scott Bonthrone
Points	25	17
Ends	13	11
1 point end	7	6
2-point end	1	4
3-point end	4	1
4-point end	1	-

OLE HOSTRUP GRADUATES TO QUARTER FINAL OF MAJOR SINGLES

Ole Hostrup was in good form early in his second round match against **Greg Moon** racing to a lead of 15:3 after 11 ends of play. Greg clawed his way back into contention winning 7 of the next 8 ends to trail 13:19. Ole kept his cool to close out the match winning 25:15 over 26 ends of play. Ole meets his Minor Singles nemesis, Deon Van Niekerk, in the 1st quarter final.

Statistics:

Player	Ole Hostrup	Greg Moon
Points	25	15
Ends	15	11
1 point end	10	8
2-point end	-	2
3-point end	5	1

DEON VAN NIEKERK ROLLS ONTO MINOR SINGLES QUARTER FINAL

Deon Van Niekerk will play David Lloyd in the third quarter final of the Minor Singles after defeating **Jeanette Lloyd** 25:5 last week.

Statistics:

Player	Deon Van Niekerk	Jeanette Lloyd
Points	25	5
Ends	12	4
1 point end	3	3
2-point end	6	1
3-point end	2	-
4-point end	1	-



LANE COVE SIXER’S SCORE OVER HARBORD IN FIRST ROUND PENNANT

The Lane Cove Sixer’s lost three players late in the week, however, the selectors managed to recruit some capable replacements for a great win over home team Harbord.

David Madson (skip) and **Graham Screen** (2nd) replaced Simon Creedy (skip) and Phil Wade (3rd) with **Brian Paxton** taking on the 3rd position and **Glenn Boardman** in the vanguard. They recorded a dominant win over Harbord 19:12 winning 14 of the 21 ends played.

Greg Moon (skip), **Greg Scott** (3rd), **Vic Solway** (2nd) and **Mark Burrough** (lead) skipped away from Harbord to lead 19:11 after 15 ends before Harbord scored a 4 pointer and a 3 pointer in the next 3 ends to close the gap to 2 shots (20:18). Greg’s team held on to win 22:19 wining the ends impressively 13:8.

Bevan Piper (late replacement for a sick Simon Kinsman), **David Erskine** (2nd), **Robert Campbell** (3rd) and **Ray Moran** (skip) nearly made it a whitewash for Lane Cove leading until dropping 4 shots on end 20 to trail 14:17. Holding 4 shots, and game, on the last end Lane Cove were subject to the last bowl of the game from their opposing skip who cut out two shots for a close 17:16 win to Harbord.

In other results Newport defeated Lindfield 62:51 and North Sydney defeated Manly 56:46.

GRADE 6, SECTION 2 -LANE COVE 57 (9 points) defeated HARBORD 48 (1 point)

Team	Lead	Second	Third	Skip	Ends Won	Ends Lost	Pts For	Pts Agn
1	B Piper	D Erskine	R Campbell	R Moran	11	10	16	17
2	G Boardman	G Screen	B Paxton	D Madson	14	7	19	12
3	M Burrough	V Solway	G Scott	G Moon	13	8	22	19
					38	25	57	48
					Points		9.5	0.5

Ladder: after round 1

Pos.	Team	Played	Won	Lost	Draw	For	Agn	Diff	Pts
1	Newport	1	1	-	-	62	51	11	9
2	Lane Cove	1	1	-	-	57	48	9	9
3	North Sydney	1	1	-	-	56	46	10	8
4	Manly	1	-	1	-	46	56	-10	2
5	Harbord	1	-	1	-	48	57	-9	1
6	Lindfield	1	-	1	-	51	62	-11	1

LANE COVE SIXERS HOME TO NORTH SYDNEY IN ROUND TWO

Lane Cove will be hoping to capitalize on last week's good form when they take on North Sydney at home next Saturday. North Sydney won their first round, however, lost 2 of their 3 matches in the process. Teams skipped by Simon Cole and Earl James lost 11:19 and 15:17 respectively whilst their team skipped by Ian Read won 30:10 thus enabling them to take out contest honours on aggregate.

The selectors have had to make three changes to last week's team with Jenny Moran coming into David Madson's team in place of Graham Screen, Simon Kinsman is back on deck for Ray Moran and Mal Knight takes over Greg Scott's position as 3rd in Greg Moon's team.

Lane Cove Grade 6 teams to play North Sydney at Lane Cove on 4 March are:

Team	Lead	Second	Third	Skip
1	G Boardman	J Moran	B Paxton	D Madson
2	S Kinsman	D Erskine	R Campbell	R Moran
3	M Burrough	V Solway	M Knight	Greg Moon

Reserve: Carole Boardman

FIVERS COUNTER-FEATED BY FORESTVILLE RSL IN PENNANT OPENER

Lane Cove's foray in stepping up to Grade 5 ended in defeat when Forestville RSL star-crossed them 60:44 at Forestville. Whilst drawing one rink Lane Cove can take heart that our other two teams held on to finish relatively close to their rivals on the scoreboard with only 8 shots separating both teams in the end.

John Lloyd's team of **Rex Johnston** (lead) **Peter Zucconi** (2nd) and **Chris Sinclair** (3rd) managed a 19 all draw whilst **Sarah Hobson's** team of **Kay Mulhall** (lead), **Stuart Smith** (2nd), **Robert Patterson** (3rd) lost 11:19 and Scott Bon throne's team of Deon Van Niekerk (lead), Andrew Gordon (2nd) and Kevin Mulhall (3rd) also lost by 8 shots losing 14:22

GRADE 5, SECTION 3&4 -LANE COVE 44 (0.5 points) lost to FORESTVILLE 60 (9.5 points)

Team	Lead	Second	Third	Skip	Ends Won	Ends Lost	Pts For	Pts Agn
1	D Van Niekerk	A Gordon	Kev Mulhall	S Bon throne			14	22
2	Kay Mulhall	S Smith	R Patterson	S Hobson			11	19
3	R Johnston	P Zucconi	C Sinclair	J Lloyd			19	19
No ends were recorded as per Zone 9 website							44	60

Points	0.5	9.5
--------	-----	-----

Ladder: after round 1

Pos.	Team	Played	Won	Lost	Draw	For	Agn	Diff	Pts
1	Forestville	1	1	-	-	60	44	16	9.5
2	Seaforth	1	1	-	-	61	45	16	9
3	Harbord	1	1	-	-	64	59	5	8
4	St Ives	1	-	1	-	59	64	-5	2
5	Pittwater	1	-	1	-	45	61	-16	1
6	Lane Cove	1	-	1	-	44	60	-16	0.5

LANE COVE FIVERS ON THE ROAD AGAIN FOR PENNANT ROUND TWO

Lane Cove’s Grade 5 travel to Seaforth next Saturday for round two of Pennant competition. Seaforth won their first round against Pittwater winning two of the three games played.

No changes have been made to last week’s teams other than for Deon Van Niekerk and Andrew Gordon to swap places in Scott Bonthron’s team.

Lane Cove Grade 5 teams to play Seaforth at Seaforth on 4 March are:

Team	Lead	Second	Third	Skip
1	R Johnston	P Zucconi	C Sinclair	J Lloyd
2	A Gordon	D Van Niekerk	Ke. Mulhall	S Bonthron
3	Kay Mulhall	S Smith	R Patterson	S Hobson

Reserves: David Hillerman and Maureen Cosby

City Tattersalls Bowling Club Visit

City Tattersalls Bowling Club will once again visit the Club on Tuesday 14th March 2023 for what has become a twice a year occurrence.

Bookings are building fast so intending members wishing to play on this great day are encouraged to enter their names on the noticeboard as soon as possible.

BOWLING PROGRAMME (Critical Dates)

Date	Event
01 March	Zone 9 Singles – Entries close
04 March	Zone 9 Pennant – 2 nd Round
05 March	Consistency Singles – 1 st round completed
05 March	Major Singles – Semi-finals completed
05 March	Minor Singles – 4 th round completed
14 March	City Tattersalls visit (12.00 noon)

BOWLING RESULTS

Wednesday 22 February 2023

Social

Stephen Shortis & Vic Solway 24 (14) defeated Maureen Cosby & Ray Moran 10 (7);

Deon Van Niekerk, Marilyn Screen & Bob Patterson 16 (7) defeated Jeanette Lloyd, David Erskine & Lindsay Sturman 9 (5);

Carole Boardman, Jenny Moran & David Madson 17 (10) defeated David Lloyd, Maureen Terrey & Kay Mulhall 11 (7); and

Ole Hostrup & Stuart Smith 11 (7) 11 drew with Glenn Boardman & Kevin Mulhall 11 (6)

Saturday 25 February 2023

Pennant Grade 5 – 1st round

Lane Cove 44 (0.5 points) lost to Forestville RSL 60 (9.5 points)

Pennant Grade 6 – 1st round

Lane Cove 57 (9 points) defeated Harbord 48 (1 point)

Social

Melanie O’Bee, Maureen Cosby & Steve Brouggy 20 defeated Meredith Collum, Maureen Cosby & Maureen Terrey 12;

Robert O’Bee & Marko Popovic 21 defeated David Lloyd & Ole Hostrup 20; and

Jeanette Lloyd & David Hillerman 21 defeated Maria Brouggy & Susan Walder 9

Sunday 26 February 2023

Major Singles – 2nd Semi-final

Chris Sinclair 25 defeated Peter Zucconi 18

Major Singles – 2nd Quarter final

John Lloyd 25 defeated Scott Bonthron 17



VOLUNTEERS – YOUR CLUB NEEDS YOU!

Volunteering is one of the most rewarding and valued jobs in all clubs. Those generous souls wishing to assist in selling raffle tickets, particularly on Social bowling days of Wednesdays and Saturdays, are kindly requested to contact Jenny Moran or Brian Paxton



LCBC NRL FOOTY TIPPING 2023 TERMS AND CONDITIONS

These terms and conditions form the in-house rules of the NRL tipping comp conducted for 2023

1. Entry. Entry Fee is \$50 per person. Two persons may enter as a “joint entry” for the cost of \$25 per person as a combined entry.
2. The entry fee must be paid in full prior to the completion of the first round (commencing Thursday 2nd March 2023) to the Bar Staff. Please ensure that the bar staff register your payment.
3. The Rules:
 - a. All rules will be as per the standard Footytips website. Tips may only be entered online at https://www.footytips.com.au/comps/lcbc_footy_tipping_2023
All games up to and including the grand final are included in the competition. The State of Origin may be included, however, only if the State of Origin is included in the competition by Footytips.
 - b. Individual game tips are locked-in at kick-off but may be changed prior to the game commencing.
 - c. Points: 1 point is awarded for a win or draw or an abandoned game. 0 points are awarded for a loss.
 - d. Failure to submit a tip for a game will result in a zero point for that game. No "away game" will be awarded as default points.
 - e. There will be 2 bonus points awarded for a perfect round. This applies to Regular Season rounds only. The Semi-Finals, the Grand Final and State of Origin games are not included and no Bonus Points are awarded in these rounds.”

4. Prize Pool.

The prize money pool will be based on the number of competition entrants. 1st Place = 60%, 2nd Place = 20%, 3rd Place = 15% and 4th Place = 5% of the total prize pool. In the event of a draw for 1st Place, a 50% (or an applicable %) split will apply to each of the places. For example, if 1st place is shared by two persons, then each would receive a 50% share of each of the 1st and 2nd places combined and so on up to 4th place.

5. Twice-weekly Draw.

There will be a twice-weekly draw of all competition entrants. At each draw, one name will be drawn, and the winner will receive an in-house voucher to the value of \$10 (no change will be given). The winner must be present at the time of the draw. In the event of the winner not being present, the prize will be forfeited. There will be no re-draws. The draws will take place each Friday 7:40pm & Sunday 4:00pm (approximately). All entrants are included in each draw.

State of Origin, Grand Final & Winners Presentation night.

The Bowling Club may announce special arrangements for these nights.

Good luck and good tipping.



BIRTHDAYS: ‘They tell you that you’ll lose your mind when you grow older. What they don’t tell you is that you won’t miss it very much.’ – By Malcolm Cowley



David Madson celebrates on Sunday 5th March and on his birth the no. 1 song on the hit parade was *Prisoner of Love* by Perry Como

Glenn Boardman has his birthday on Saturday 4th March and *Buttons & Bows* by Dinah Shore was top song when he greeted the world.

ON TELEVISION



Horse Racing – Randwick Guineas

The Bowls Show – 7TWO

Rugby League – Sharks v Rabbitohs



1. Where were Australia’s first automatic traffic lights installed?
2. Which state is home to Australia’s largest seal colony?
3. Which is Australia’s smallest carnivore mammal?
4. Who wrote Picnic at Hanging Rock?
5. Who was Sydney’s first lord mayor?

Answers: 1 13 October 1933, on the corners of Kent and Markets Streets in Sydney, NSW. 2 Located 2 kilometers off the coast of the Nobbies on Phillip Island’s western tip, Seal Rocks serves as a colony and home to over 30,000 individual seals which are a quarter of the entire fur seal population. 3 Long-tailed planigale-weight: 2.6-6.6 grams (up to two 10c coins). 4 Joan Lindsay. 5 John Hosking.

Riddle: You never see them, touch them or smell them, but they always come out of your mouth. What are they? (Answer page 22)



Find us on
Facebook

MEET THE NEW OWNERS OF OUR SPONSOR IGA



Conny, John & Jin



WHERE THE *locals* MATTER

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 Ben, Vera and Jono

**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

\$

Electric-Powered Street Cleaners (What goes around comes around)

In the early 20th century, the streets of the city of Berlin were cleaned with the help of electric-powered heavy-duty wagons that roamed the city. Believe it or not, electric-powered vehicles have been around a lot longer than you think.



Since the 19th century, electric vehicles have been a known and viable mode of transport, though they were not necessarily the fastest. Electric vehicles eventually fell out of favour as consumers shifted to cheaper, oil-powered cars. It wasn't until decades later that electric cars would become popular again.



OZ DESTINATIONS – Manilla, NSW

Quiet rural service centre at the junction of the Namoi and Manilla Rivers.



Manilla is a quiet service centre in a rich wheat-growing, wool, mixed farming and fat lamb district at the junction of the Namoi and Manilla Rivers. In recent times it has become internationally famous as a result of the hard work and commitment of Godfrey Wenness who has developed Mount Borah as an outstanding paragliding destination. Beyond that it is surrounded by rich countryside which makes the local dams - Lake Keepit and Split Rock - attractive leisure destinations and Warrabah National Park an ideal place for bushwalkers.

Location

Manilla is 363 m above sea level, 45 km north of Tamworth on the Fossickers Way and 450 km north of Sydney via the New England Highway.

Origin of Name

The history of the naming of Manilla is quite complicated. By 1853 George Veness had selected a property at the junction of the Namoi and Manilla Rivers which had become a teamsters' campsite known as 'The Junction'. He built a wine-shop, a store and a residence and later became the first postmaster. Veness was asked by the postal department to choose a name for the village and chose Manilla after the Manilla River which had been called the 'Manellae' which may have been a reference to the group of First Nation peoples who lived on its banks or which may have been a Kamilaroi word meaning "winding river". There is a popular myth that an ex-sailor who had visited Manilla in the Philippines encouraged the change in spelling.

Manilla Heritage Museum

This museum complex, which opened in 1975, includes the Pioneer Park, the Yarramanbully schoolhouse, a Chinese Memorial Garden, Henry Burrell's platypusary and the original house. The latter was originally a family home erected in 1884 by G.H. Royce, the building contractor who constructed the original bridge over the Namoi River. In 1900 the home became a bakery (built on at the rear) with the shop section added to the front. It is the only remaining building of that era on the main street; many others being destroyed by fires in the 1900s.



Manilla Rural Museum

The Manilla and District Rural Collection of history farm machinery is stored in Alexander Lane (behind the supermarket).

Manilla Weir



Located off Stafford Street at the eastern end of town is the very pretty Manilla Weir on the Namoi River. It is a pleasant place for a picnic, barbecue or to fish in the river.

Gliding, Paragliding and Ultralight Aircraft

Manilla has become internationally famous as a major sports flying centre with hang gliding, paragliding, ultralight aircraft, gyrocopters and gliders (sailplanes) being flown both recreationally and competitively in the district. Mount Borah, at an elevation of 880 m, provides excellent flying conditions and facilities, with four launching pads to suit nearly every wind direction and is now recognised as one of the worlds best Paraglider and Hang Glider launch sites.: "Since 1994 Manilla has hosted 18 international level paragliding events organised by Godfrey Wenness, 15 NSW State Hang Gliding Championships organised by Newcastle HG Club, and many annual fly-in's including the famous easter-time PG State of Origin which attracts over 100 pilots and is the largest paragliding event in Australia aside from the main international one held here."



Split Rock Dam

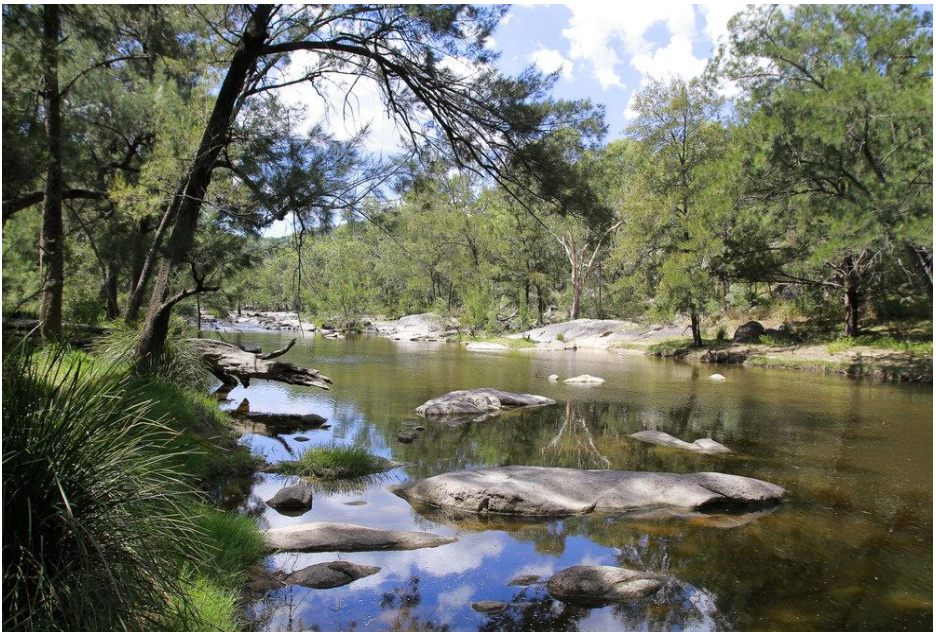
Located 28 km north of Manilla via the Fossickers Highway and located on the Manilla River, the Split Rock Dam was built between 1984-1988. Today it can store 397,000 megalitres. It provides camping and recreation facilities, including boat ramps, barbecues and picnic areas. It is a popular location for fishing, boating, swimming and water skiing.



Warrabah National Park

Warrabah National Park is 40 km north-east of Manilla on the Halls Creek Road. The Upper Namoi River descends 220 m as it traverses 18 km of striking gorge country, offering a number of large grade 3 rapids before flowing gently past the car camping and picnic area at the park entrance.

Bushwalking, bush camping, canoeing, rock climbing, abseiling, fishing and swimming can all be pursued, The National Parks website explains the appeal: "One of the few inland river parks in NSW, beautiful Warrabah National Park, just east of Manilla and north of Tamworth, has an incredibly tranquil atmosphere thanks in large part to the spectacular Namoi River. The park is bisected by over 14 km of the river in a dramatic gorge. Massive granite boulders perch high above the valley's deep, calm pools and the swelling river rapids offer the promise of exciting adventures for intrepid canoeists. Naturally, most visitors to the park base their exploration of the park around riverside activities, such as swimming, fishing, liloing, and canoeing, or vehicle-based camping, bushwalking and picnicking by the water."



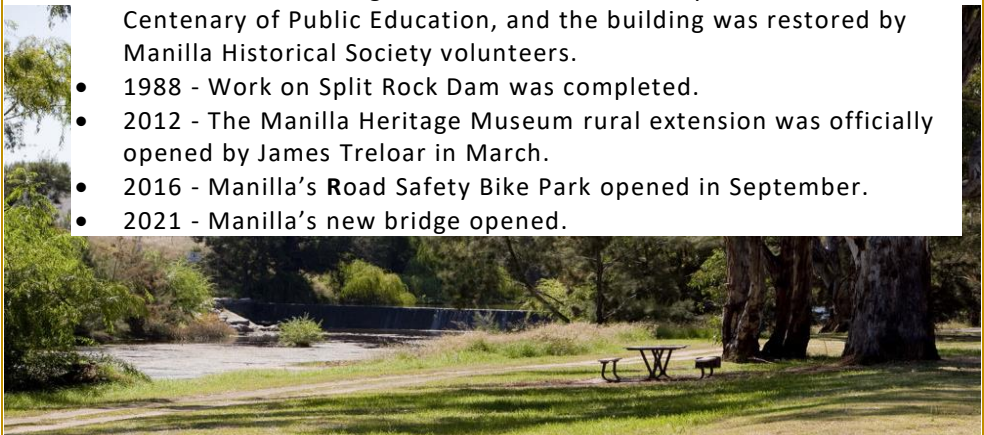
Lake Keepit State Park and the Keepit Dam

A dam at Keepit on the Namoi River was first mooted as early as 1896. Work did not begin on the dam until 1938. The war delayed it and the Keepit Dam was not officially opened until 1960. The dam wall was 53 m high and the total cost was £12 million. Today the Manilla end of the Keepit Dam is a popular recreation area, used for fishing, boating and water skiing. The Lake Keepit Recreation Area turnoff is 34 km south-west of Manilla and is ideal and popular for water skiing, fishing (the lake is noted for silver and golden perch, Murray cod and catfish), swimming, sailing, windsurfing and power boating, with fishing boats for hire.

History

- 1853 - George Veness selected a property at the junction of the Namoi and Manilla Rivers, a teamsters' campsite known as 'The Junction'. He built a wine-shop, a store and a residence and became the first postmaster. Veness was asked by the postal department to choose a title for the village, and he named it after a Gamilaraay word meaning "winding river".
- Early 1860s - The town was laid out by Arthur Dewhurst, who named its streets after himself, his wife, their English home towns, and the local MP Charles Lloyd.
- 1864 - George Veness' store was washed away by floods, which killed four of the town's twelve residents.
- 1865 - Bushranger 'Thunderbolt' (alias Fred Ward) stole two horses from Lloyd's station and committed a series of robberies on the Barraba Road.
- 1867 - Thunderbolt bailed up the Tamworth Mail 3 km from Manilla, then robbed Veness' store and stole clothes, spirits and groceries. The police arrived and he fled without his pack horse.
- 1875 - A small private school was established in Manilla.
- 1879 - Manilla had its own public school.
- 1885 - Manilla was officially proclaimed a town.
- 1890 - The editor of the *Tamworth Observer* described Manilla as a town which promised a "prosperous future". He commented on the imposing bridge crossing the river, the stately court house, the well-kept orchards and pretty flower gardens.
- 1896 - Tobacco was first grown in the district by a Chinese farmer.
- 1899 - The railway reached Manilla, and a flour mill was built in the town.

- 1900 - 1910 - A series of fires destroyed many buildings in the centre of the town.
- 1905 - The Council installed lights on the local bridge.
- 1908 - The rail line opened in September, providing an important link to the regional centres surrounding Manilla.
- 1915 - Electric light became available.
- Pre-1920 - The first Yarramanbully one-teacher school was built.
- 1923 - There were 17 tobacco plantations in the district.
- 1929 - The local flour mill was destroyed by fire.
- 1935 - The second Yarramanbully school was built, when a new generation of children required that the (formerly closed) school be re-opened. Classes recommenced on 31 July.
- 1953 - The second Yarramanbully school closed, as all of the pupils had moved on to other schools for their secondary education. The building and its contents were left intact on the Gallagher property at the close of classes.
- 1964 - A flood in January forced one third of the town's population to evacuate.
- 1972 - Manilla's History Group was incorporated.
- 1973 - Manilla's first museum opened to the public, in temporary premises at the southern end of Manilla Street.
- 1975 - "Royce Cottage", now **the** Manilla Heritage Museum, opened.
- 1977 - The Gallagher family donated the Yarramanbully Schoolhouse building to the Manilla community for the town's Centenary of Public Education, and the building was restored by Manilla Historical Society volunteers.
- 1988 - Work on Split Rock Dam was completed.
- 2012 - The Manilla Heritage Museum rural extension was officially opened by James Treloar in March.
- 2016 - Manilla's **Road Safety Bike Park** opened in September.
- 2021 - Manilla's new bridge opened.



WORD OF THE WEEK: AGELAST (noun): Some one who never laughs.

IDIOM OF THE WEEK: In a pickle: you are going to be in trouble

QUOTE OF THE WEEK: “Failure and invention are inseparable twins. To invent you have to experiment, and if you know in advance that it’s going to work, it’s not an experiment.” – Scott Galloway

PRINCIPLE OF THE WEEK: Initiative - Taking action, originating new ideas

WICKED WORDS: “The opposite for courage is not cowardice, it is conformity. Even a dead fish can go with the flow.” – Jim Hightower

ANOTHER VIEW: “Decency is avoiding disrespect, not avoiding disagreement. Integrity is trying to get it right, not being right.” – Adam Grant

A NOVEL NOTE: “I found the black tor upon which I had seen the solitary watcher, and from its craggy summit I looked out myself across the melancholy downs. Rain squalls drifted across their russet face, and the heavy, slate-coloured clouds hung low over the landscape, trailing in grey wreaths down the sides of the fantastic hills.” The Hound of the Baskervilles by Arthur Conan-Doyle

DID YOU KNOW: Before toilet paper was invented, Americans used to use corn cobs. Alternatively, they’d use periodicals like the Farmers Almanac, which was designed with a hole so it could hang in outhouses. Necessity is the mother of invention, after all.

FUN FACT: It’s impossible to hum while holding your nose

SHE SAID IT: "Whenever I watch TV and see those poor starving kids all over the world, I can't help but cry...I mean I'd love to be skinny like that, but not with all those flies and death and stuff." - Mariah Carey, singer

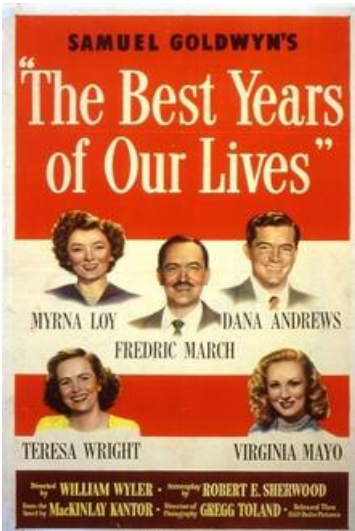
HE SAID IT: “It is amazing what you can accomplish if you do not care who gets the credit.”– Harry S Truman

SHE ALSO SAID IT: "Is this chicken, what I have, or is this fish? I know it's tuna, but it says 'Chicken of the Sea.'" - Jessica Simpson, actor

HE ALSO SAID IT: “It’s better to be alone than in bad company.” – George Washington

BEST LINE _____ **S**
1946 THE BEST YEARS OF OUR LIVES 1946

Fred, Al and Homer are three World War II veterans facing difficulties as they re-enter civilian life. Fred (Dana Andrews) is a war hero who, unable to compete with more highly skilled workers, has to return to his low-wage soda jerk job. Bank executive Al (Fredric March) gets into trouble for offering favourable loans to veterans. After losing both hands in the war, Homer (Harold Russell) returns to his loving fiancée, but must struggle to adjust.

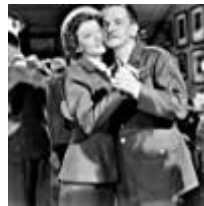


Wilma Cameron: Why can't you ever understand the way things really are, the way I really feel? I keep trying to tell you.

Homer Parrish: You don't know what it'd be like to have to live with me. To have to face this every day, every night.

Wilma Cameron: But I can only find out by trying."

Stars: **Myrna Loy** as Milly Stephenson, **Fredric March** as Technical Sergeant Al Stephenson, **Dana Andrews** as Captain Fred Derry, **Teresa Wright** as Peggy Stephenson, **Virginia Mayo** as Marie Derry, **Cathy O'Donnell** as Wilma Cameron, **Hoagy Carmichael** as Butch Engle, Homer's uncle



JOKE(S) OF THE WEEK. A Mormon was seated next to a Geordie on a flight from London to the US.

After the plane was airborne, drink orders were taken. The Geordie asked for a whiskey, which was promptly brought and placed before him.

The flight attendant then asked the Mormon if he would like a drink. He replied in disgust, "I'd rather be savagely raped by a dozen whores than let liquor touch my lips."

The Geordie then handed his drink back to the attendant and said, "Me, too, I didn't know we had a choice."



A dad buys a lie detector robot that slaps you if you lie.

Dad: Son, where were you at school hours?

Son: At school. The robot slaps the son.

Son: Okay I was watching KungFu Panda! The robot slaps his son again.

Son: Okay I was watching violent movies!

Dad: What?! When I was your age, I never watched those kinds of movies! The robot slaps the dad.

Mom: Haha, after all, he is your son. The robot slaps the mom...

Riddle: Words



Doris, I started thinking about the dangers of drinking over Easter.

Did you Mabel! Is that when you stopped thinking?

TICKLES CORNER



“He won’t be able to work from home today.
He’s not feeling very well.”

Billy



People. Whatever you do always give 100%. Unless you're donating blood.

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 4 weeks, commencing 7 March 2023. Cost: \$40

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

For further information please Telephone 9420 5793

“COME OUT OF YOUR SHELL” EVERYBODY WELCOME

Make new friends
at our community club

ENJOY FUN DAY ACTIVITIES

LANE COVE BOWLING & RECREATION CLUB

151 Burns Bay Road, Lane Cove

EVERY TUESDAY Anytime between 10am to 4pm

To Register : call Marilyn 0411 105 909



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



LEARN TO PLAY BOWLS 2pm to 3.30pm





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



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

Hummerston's Gourmet Meats



WHERE THE *locals* MATTER



RAFFLES EVERY FRIDAY

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

Draw starts at 6.30 p.m.



MEAT AND WINE

BOTTLES OF WINE

IGA QUALITY MEAT TRAYS

POSEIDON'S CATCH SEAFOOD VOUCHERS

ZAPPARELLI'S PIZZA VOUCHERS

PLUS

BONUS DRAW FOR

GOURMET MEAT TRAY

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