

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 361 – TUESDAY, 21 MARCH 2023

2022/23 Zone 9 Reserve Singles Championship

LANE COVE BOWLERS QUALIFY FOR FINALS PLAY-OFFS

Lane Cove Bowlers **John Lloyd** and **Scott Bonthron** were two of twelve qualifiers for the Zone 9 Reserve Singles Championship play-offs next Sunday.

In a changed format to previous years this year's event was a round robin with 12 sections each containing 3 bowlers.

John Lloyd in Section 4 won both his games against V Meth (Harbord) 15 and K Bettman (Chatswood) 17 respectively.

Scott Bonthron in Section 6 round 2 defeated fellow Lane Covian Deon Van Niekerk 22 in a close game and in round three had the better of S Gibson (Harbord) 20.

Deon Van Niekerk 23 lost a tight first round to S Gibson (Harbord) and to Scott Bonthron 22:25.

Sarah Hobson in Section 7 had a first round win over G Barton (Asquith) 15 before losing to S Semler (Balgowlah) 17:25.

Kay Mulhall (Section 5) had a first round bye succumbing to R Andrews (Forestville RSL) 13:25 in round 3.

Kevin Mulhall (Section 11) lost both his matches against J Gibson (Harbord Women) and S Robin (Harbord).

Overall, it was a good result for Lane Cove bowlers and, hopefully John and Scott can qualify next Sunday for the finals on 16 April 2023.

LANE COVE FIVERS ONE FROM THREE FAILS TO STOP PITTWATER

After 21 ends Lane Cove were behind the eight-ball trailing Pittwater by 17 shots (7:24) before improving slightly to trail by 15 points after 42 ends and 15 points was the final margin in Pittwater’s favour.

Sarah Hobson’s team of **Scott Bonthrone** (3rd), **Stuart Smith** (2nd) and **Kay Mulhall** (lead) had a strong game limiting their opposition’s scoring to singles on 9 ends and only 2 ends where they managed to score 2 points. A 5 pointer on end 13 gave them the impetus to roll on for a 20:13 victory.

It was a tad harder for **Bob Patterson’s** team of **Kevin Mulhall** (3rd), **Simon Kinsman** (2nd) and **Deon Van Niekerk** who found themselves trailing by 16 points (5:21) after 13 ends and it was always going to be a monumental task to claw back such a deficit at that stage.

John Lloyd (skip), **Chris Sinclair** (3rd), **Peter Zucconi** (2nd) and **Rex Johnston** may have been a little unlucky to lose their match by 3 shots – 15:18. After leading 9:7 after 13 ends they conceded 8 shots in 3 ends but quickly regained them to square things up 15 all after 19 ends only to see Pittwater win the last two ends and match.

GRADE 5, SECTIONS 3&4 -LANE COVE 44 (1 points) PITTWATER 59 (9 points)

| Team | Lead | Second | Third | Skip | Ends Won | Ends Lost | Pts For | Pts Agn |
|------|---------------|-----------|-------------|-------------|----------|-----------|---------|---------|
| 1 | D Van Niekerk | S Kinsman | Kev Mulhall | R Patterson | 9 | 12 | 9 | 28 |
| 2 | Kay Mulhall | S Smith | S Bonthrone | S Hobson | 10 | 11 | 20 | 13 |
| 3 | R Johnston | P Zucconi | C Sinclair | J Lloyd | 11 | 10 | 15 | 18 |
| | | | | | 30 | 33 | 44 | 59 |
| | | | | | Points | | 1 | 9 |

In other results Forestville 44 (0) lost to Harbord 70 (10) and Seaforth 70 (10) defeated St Ives 43 (0)

Ladder: after round 3

| Pos. | Team | Played | Won | Lost | Draw | For | Agn | Diff | Pts |
|------|-------------|--------|-----|------|------|-----|-----|------|------|
| 1 | Seaforth | 4 | 4 | 0 | | 251 | 191 | 60 | 37 |
| 2 | Harbord | 4 | 3 | 1 | | 272 | 207 | 65 | 30 |
| 3 | Pittwater | 4 | 3 | 1 | | 220 | 210 | 10 | 27 |
| 4 | St Ives | 4 | 1 | 3 | | 221 | 258 | -37 | 12 |
| 5 | Forestville | 4 | 1 | 3 | | 211 | 241 | -30 | 11.5 |
| 6 | Lane Cove | 4 | 0 | 4 | | 196 | 264 | -68 | 2.5 |

Lane Cove possibly have their best opportunity to advance up the leader-board when they play St Ives at St Ives next Saturday.

Greg Moon, Greg Scott and David Erskine (lead) move from the Sixers joining Bob Patterson in second position.

Lane Cove Grade 5 teams to play St Ives at St Ives on 25 March are:

| Team | Lead | Second | Third | Skip |
|------|-------------|-------------|-------------|----------|
| 1 | R Johnston | P Zucconi | C Sinclair | J Lloyd |
| 2 | D Erskine | R Patterson | G Scott | G Moon |
| 3 | Kay Mulhall | S Smith | S Bonthrone | S Hobson |

Reserves: .



Sarah Hobson, Bob Patterson, Stuart Smith and Kay Mulhall.
A winning combination- not a mollydooker amongst them!

SIXERS STILL IN WITH A SHOW!

With six rounds yet to be played Lane Cove Sixers are still a chance of making their presence felt at the pointy end of competition despite losing to Lindfield Rollers 50:69 last Saturday.

Greg Moon (Skip), **Greg Scott** (3rd), **Victor Solway** (2nd) and **David Erskine** (lead) scored 6 points on end 14 to propel them to a 17:13 lead and from that point on dominated proceedings and playing some great bowls, particularly skip Greg, allowing their opponents only a single shot to run out impressive winners 25:14.

Our other teams were not as forceful on the day, however, this would appear to be a temporary aberration and they will regroup to fight another day.

GRADE 6, SECTION 2 -LANE COVE 50 (1 points) LINDFIELD 69 (9 points)

| Team | Lead | Second | Third | Skip | Ends Won | Ends Lost | Pts For | Pts Agn |
|------|------------|------------|----------|------------|----------|-----------|---------|---------|
| 1 | M Cosby | M Popovic | R Moran | R Campbell | 6 | 15 | 11 | 22 |
| 2 | C Boardman | G Boardman | B Paxton | D Madson | 6 | 15 | 14 | 33 |
| 3 | D Erskine | V Solway | G Scott | G Moon | 13 | 8 | 25 | 14 |
| | | | | | | 25 | 38 | 69 |
| | | | | | | Points | | 9 |

In other results Newport 65 (9) defeated Manly 51 (1) and North Sydney 52 (1.5) lost to Harbord 55 (8.5).

Ladder: after round 3

| Pos. | Team | Played | Won | Lost | Draw | For | Agn | Diff | Pts |
|------|--------------|--------|-----|------|------|-----|-----|------|------|
| 1 | Newport | 4 | 3 | 1 | | 242 | 216 | 26 | 28 |
| 2 | North Sydney | 4 | 3 | 1 | | 228 | 207 | 21 | 27 |
| 3 | Manly | 4 | 2 | 2 | | 262 | 208 | 54 | 22 |
| 4 | Lindfield | 4 | 2 | 2 | | 226 | 247 | -21 | 20 |
| 5 | Harbord | 4 | 1 | 3 | | 210 | 228 | -18 | 11.5 |
| 6 | Lane Cove | 4 | 1 | 3 | | 198 | 260 | -62 | 11.5 |

The Selectors have made a few changes to last week's teams to face Newport with Mal Knight coming into David Madson's team at 3rd. Andrew Gordon returns from injury at lead and Deon Van Niekerk joins Robert Campbell's team at 2nd position. Kevin Mulhall (skip), Simon Kinsman (2nd) and John Bowring (lead) join Vic Solway (3rd) in a newly constituted team.

NEWS BOWL - LANE COVE BOWLING AND RECREATION CLUB – THE PLACE TO BE

Lane Cove Grade 6 teams to play Newport at Newport on 25 March are:

| Team | Lead | Second | Third | Skip |
|------|------------|---------------|----------|---------------|
| 1 | G Boardman | B Paxton | M Knight | D Madson |
| 2 | A Gordon | D Van Niekerk | R Moran | R Campbell |
| 3 | J Bowring | S Kinsman | V Solway | Kevin Mulhall |

Reserves:



LATE SPURT SEALS MATT’S MINOR SINGLES FINAL QUALIFIER

In the first semi-final of the Minor Singles **Matt Lake** put a hefty margin of 13 points on **Brian Paxton** to lead 18:5 after 16 ends.

This did not daunt Brian’s resolve as he clawed back 7 shots to be once again a contender to trail Matt 14:19. Undeterred Matt bounced back to win the last three ends to take the match 25:14.

Matt will play the winner of Deon Van Niekerk or Glenn Boardman in the final.

Statistics:

| Player | Matt Lake | Brian Paxton |
|-------------|-----------|--------------|
| Points | 25 | 14 |
| Ends | 16 | 9 |
| 1 point end | 9 | 6 |
| 2-point end | 5 | 2 |
| 3-point end | 2 | - |
| 4-point end | - | 1 |

CONSISTENCY SINGLES EARLY ROUNDS WRAP

In-form **Sarah Hobson** moves into the quarter finals of the Consistency Singles with a 154:86 win over **Maureen Cosby**.

Sarah will play either Kay Mulhall, Deon Van Niekerk or Meredith Collum in the quarter final.

Statistics:

| Player | Sarah Hobson | Maureen Cosby |
|-----------------|--------------|---------------|
| Match points | 154 | 86 |
| Handicap points | 20 | - |
| Total points | 174 | 86 |
| Ends won | 18 | 5 |
| Ends drawn | 3 | |

In a good first round match **Jenny Moran**, with 10 points on handicap, overcame **John Bowring** over 29 ends in quite trying conditions.

Jenny will play Kevin Mulhall in the next round.

Statistics:

| Player | Jenny Moran | John Bowring |
|-----------------|-------------|--------------|
| Match points | 151 | 129 |
| Handicap points | - | 10 |
| Total points | 151 | 139 |
| Ends won | 12 | 11 |
| Ends drawn | 6 | |

BOWLING RESULTS

Monday 13 March 2023

Minor Singles – 1st Semi-final

Matt Lake 25 defeated Brian Paxton 14

Wednesday 15 March 2023

Consistency Singles – 2nd round

Sarah Hobson (30) 154 defeated Maureen Cosby (50) 86

Social

Simon Kinsman & Greg Moon 18 defeated Robert O’Bee & David Madson 10;
 Ole Hostrup & Maureen Terrey 27 defeated John Bowring & Ray Moran 12;
 Deon Van Niekerk, Vic Solway & Bob Patterson 20 defeated Deon Van Niekerk, David
 Erskine & Rex Johnston 14; and
 Melanie O’Bee & Brian Paxton 24 defeated Pat Biddell & Stuart Smith 11.

Thursday 16 March 2023

Consistency Singles – 1st round

Jenny Moran (50) 151 defeated John Bowring (40) 129

Saturday 18 March 2023

Pennant Grade 5 – 4th round

Lane Cove 44 (1) lost to Pittwater 59 (9)

Pennant Grade 6 – 4th round

Lane Cove 50 (1) lost to Lindfield 69 (9)

Social

Jeanette Lloyd & Ole Hostrup 29 defeated David Lloyd & Susan Walder 10

BOWLING PROGRAMME (Critical Dates)

| Date | Event |
|-----------------|--|
| 25 March | Zone 9 Pennant – 5 th Round v St Ives and Lindfield |
| 25 March | Consistency Singles – 3 rd round completed |
| 26 March | 70 Years & Over Handicap Pairs – entries close (single entry) |
| 26 March | Major Singles –finals completed |
| 02 April | Minor Singles –finals completed |
| 02 April | Handicap Pairs – entries close (single entry) |





BOWLS
NEW SOUTH WALES

CIRCULAR

No: C2/2023

Date: 16 March 2023

To: District, Zone & Club Contacts

Re: The Platinum Pennant

Introducing: The Platinum Pennant

Overview

The Platinum Pennant will be introduced as part of the 2023-24 State Open Pennant competition. The competition will start in April 2024 with the finals to take place in mid-May 2024.

Context

Bowls NSW receives a great deal of feedback regarding the Open State Pennant competition. Key themes include:

- That Bowls NSW favours the elite clubs and players with the current competition structures
- That the elite clubs, with more money to spend on players, monopolise the Grade 1 competition
- This monopoly is unfair on smaller sized clubs and regional clubs who want the opportunity to compete in the Grade 1 competition, however, can't compete against the elite clubs and players.
- Some clubs in regional areas competing in the current Grade 1 competition who qualified for State Finals felt that they were only there to 'make up the numbers'. As such, they had a considerable expense to compete with no real expectation of progressing beyond sectional play.

- There is a current trend of clubs steadily dropping down pennant Grades. Bowls NSW wants to reverse this trend.

The Purpose of the Platinum Pennant

The Platinum Pennant has been introduced in relation to the above commentary and is aimed at:

- Creating a world class competition for clubs with elite level players, where the playing field is even and all matches are competitive
- Providing a vehicle for promotion and showcasing the sport through streaming.
- Providing an opportunity for host clubs to promote their home matches and encourage spectator attendance.
- Levelling the playing field in the Grade 1 competition and encouraging other clubs across the State to enter Grade 1 pennant sides

Additional information

Scheduling

Matches in the Platinum Pennant may be scheduled on Friday evenings, Saturday morning, afternoon or evening and on Sunday Morning or afternoon. Clubs will have a greater choice over match times, and as such will be encouraged to promote their home matches to attract spectators and to attract social members and visitors within the club to watch the sport.

Promotion & Streaming

Bowls NSW will promote the competition and will live stream selected competition matches each week.

Entering a Side into the Platinum Pennant

Expressions of Interest will open shortly for clubs to enter the Platinum Pennant. Expressions of Interest are open to all affiliated bowls clubs across NSW however, final selection into the Platinum Pennant will be subject to the discretion of Bowls NSW and the State Match Committee.

Conditions of Play

Match formats for the Platinum Pennant will be the same as all other Open Gender Pennant Grades i.e. 12 players per side, three teams of four, 63 end matches. Clubs competing in the Platinum Pennant will be required to nominate a squad of at least 12 players, male or female, to make up their side. These players will not be eligible to play in Grades 1-7 during the season.

Full Conditions of Play and details of the competition, including entry fees and prize money, will be provided in due course.

State Match Committee
Bowls New South Wales Ltd

FAREWELL TO OUR ENGLISH VISITORS MELANIE & ROBERT

From: Robert Obee

Date: 16 March 2023 at 8:17:51 pm AEDT

To: Sarah Hobson **Subject: Re: LC bowls**

Hi Sarah,

Just to say a very big thank you to you and the members of Lane Cove Bowls Club for making us feel so welcome at your fabulous club. We very much look forward to seeing you all again next year.

Our very best wishes for a great bowling season,

Melanie and Robert



Well done to you both and the Club welcomes your return in the new year.

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 Kelly, Graham & Jo.





Welcome Aboard P&O Cruises!

Dear Club administrators,

Bowls NSW recently announced that we are working with P&O Cruises to provide exciting and exclusive offers to members on upcoming cruises throughout the year! These offers, outlined below, provide great value and we are asking you to promote and share this information with your membership.

Information on how to access the offer is explained below, and if you or your members have any further questions you can send an email to communications@bowlsnsw.com.au.

Chase the sun and visit the South Pacific or Fiji on a P&O cruise, including your accommodation, main meals and entertainment onboard. Discover pristine waters, white sand beaches and experience local culture on a Discover Vanuatu cruise with an exclusive fare from only \$50pp* per day for 10 nights. Total price \$500pp, twin share*.

Or have you ever wanted to see what a P&O Short Break is all about? Why not try it out on a 4 night Tangalooma – Moreton Island cruise from only \$230 per person, twin-share*.

Offer is valid on select sailings and room categories from May to November 2023.

Don't miss out, offer ends 27 March 2023.

To Book, contact the P&O Customer Service team on 13 24 94 and quote promo code WCB.

*[Terms & Conditions Apply](#).



Moreton Island – Tangalooma

4 nights, departing Sydney **22 Jun 23** or **17 Jul 23**

Interior Quad
Share pp from* **\$180**

Interior Twin
Share pp from* **\$230**



Pacific Island Hopper

8 nights, departing Sydney **30 Jun 23**

Interior Quad
Share pp from* **\$350**

Interior Twin
Share pp from* **\$400**



Pacific Island Hopper

9 nights, departing Sydney **8 Jul 23**

Interior Quad
Share pp from* **\$400**

Interior Twin
Share pp from* **\$450**



Discover Vanuatu

10 nights, departing Sydney **30 May 23** or **24 Jul 23**

Interior Quad
Share pp from* **\$400**

Interior Twin
Share pp from* **\$500**



Fiji Adventure

12 nights, departing Sydney **7 Aug 23**

Interior Quad
Share pp from* **\$500**

Interior Twin
Share pp from* **\$600**

TO BOOK CALL **13 24 94** & QUOTE PROMO CODE **WCB**

BIRTHDAYS: Plato: "Old age: A great sense of calm and freedom. When the passions have relaxed their hold, you may have escaped, not from one master but from many."



If you have a birthday this week you share it with Keith Potger (21st), Colin Scott (22nd), Tony Shaw (23rd), Barry Reilly (24th), Harry Butler (25th), Matt Burke (26th) and Michael Eden (27th).

ON TELEVISION



Horse Racing – Tancred Stakes (Rosehill)

The Bowls Show – 7TWO

Rugby League – Eels vs Panthers



1. What is the longest road in the Australia?
2. What is the name for a male kangaroo?
- 3 Who wrote *The Tree of Man*?
4. Which is Australia's oldest building?
5. To which plant family does the apple tree belong?

Answers: 1 Highway 1, Australia - Total length: 9,009 miles (14,500 km) . 2 Boomers. 3 Patrick White. 4 First Government House 1788. 5 Rose (Rosaceae).

Riddle: What kind of tree can you carry in your hand? (Answer page 22)



LANE COVE CATS GUERNSEY PRESENTATION

Last Sunday, the club was abuzz as a large and expectant crowd, including Bowling Club Patron and local MP Anthony Roberts, gathered on Green 2 for the Lane Cove CATS Junior AFL annual guernsey presentation.

It was great to see the happy little faces of the juniors line up for their 'kit' for the new season under the proud and admiring eyes of their parents.

The CAT's officials did a marvellous job in organizing the day. Amongst other things they taped off the greens, erected and dismantled the marquees, cooked and served the breakfast BBQ, registered guests for the Club and thoroughly cleaned up after the event.

Special thank you to our Secretary/Manager, Michelle, for taking time out from her day off to help ensure all went smoothly on the morning – a place for things and all things in their place.



OZ DESTINATIONS – Bungonia, NSW

Small town on the edge of an impressive State Recreation Area.



Bungonia is a tiny town made notable only by the presence of the oldest Roman Catholic church in Australia and the beautiful Bungonia State Recreation Area which not only has a series of sublime views down into the gorge carved by the Shoalhaven River but also has a huge limestone quarry which is a reminder of how much damage can be done to an otherwise pristine landscape by open cut mining.

Location

Bungonia, which is 580 metres above sea level, is located 185 km south-west of Sydney via the Hume Freeway.

Origin of Name

It has been claimed that Bungonia means "sandy creek which only flows when it rains" in the language of the local Gundungurra Aboriginal people.

Population: 367 **Elevation:** 581m **Rainfall:** 586mm

Bungonia's Churches

Bungonia has two important churches of which St Michael's Roman Catholic church - the oldest Roman Catholic church in Australia - is the most interesting. It was opened in 1839 and consecrated by Bishop Polding in 1847. It is hardly a handsome church being made from cement-rendered random-rubble. The town's attractive church is the Christ Church Anglican Church (1893) which stands on the opposite hill.



Christ Church Anglican Church



St Michael's Roman Catholic Church

Bungonia State Recreation Area

The Bungonia State Recreation Area covers 3,971 ha of bushland in the Southern Tablelands and is characterised by deep limestone gorges, dry sclerophyll forests, and around 200 caves - five of which are reputedly the deepest caves on the Australian mainland. It was reserved for public recreation in 1872 and became a state recreation area in 1974. Recent research has discovered over 300 types of flora in the park and over 70 varieties of birdlife. The National Parks and Wildlife Service's 1998 Management Plan describes the recreation area as catering "for a variety of activities including caving, walking, canyoning, abseiling, rock climbing, canoeing, camping, sightseeing and scientific research. Many of these are undertaken in environmentally sensitive locations or rugged terrain."

The recreation area's main attractions include Bungonia and Jerrara Falls; Jerrara Canyon Lookout, Jerrara Lookout, Adams Lookout and the Lookdown; the Mass Cave and Grill Cave, the Green, White, Yellow and Red tracks which traverse the plateau and drop down to Bungonia Creek and Shoalhaven River.

The Lookdown

Located 1.5 km from the Bungonia National Park office and only 50 m from the car park, this viewing area offers excellent views down to the Bungonia Creek valley. The valley below the lookdown is known variously as Bungonia Gorge, Bungonia Slot Gorge or Bungonia Canyon and is a drop of nearly 300 metres in a gorge which is only 800 metres long and only 76 metres wide. It is the reputedly the deepest gorge in Australia.

Caving, Canyoning and Climbing in Bungonia National Park



The National Parks and Wildlife website points out that "There are around 200 'wild' caves in the park, many of which are open for experienced cavers to explore. For an exciting journey of waterfalls and plunge pools, Bungonia Creek and Jerrara Creek are the most popular canyoning spots. Bungonia Slot Canyon provides one of the few opportunities in Australia for climbing limestone and is as dramatic a place to scale a rock wall as its name suggests." The Odyssey Cave, which has a depth of 147.8 m is the second deepest cave on the Australian mainland.

The Limestone Quarry

It is spectacular and the view from the road to the Lookdown across to a vast hillside which has been turned into a quarry is a reminder of how the mining industry can defile some of the countryside's natural wonders. The Colong Foundation's notes the history of this scar on the landscape as follows: "1921 - Limestone quarrying commences north of the Bungonia Gorge at Marulan South on a small scale.

1970-71 - Minister for Mines authorises the substantial revocation of reserves 2263 and 2755 on the northern side of Bungonia Creek to allow for a southward expansion of Australian Portland Cement Manufacturers Ltd's (APCM) quarries on two new leases. Mining has continued and proliferated since this time, encroaching into the gorge to the very edge of Bungonia Canyon."



History

- * An ex-convict, John Wilson, was the first European to pass through the Bungonia district when he led an expedition into the area in 1798. The plan, devised by Governor Hunter, was to explore the area and provide a very negative report. At the time convicts were escaping and heading south in the mistaken belief that China was only 150 miles away.
- * In 1818 Hamilton Hume, Charles Throsby and James Meehan passed through. They were assessing the agricultural potential of the plains around Goulburn.
- * In 1818 the South or Argyle Road, little more than a track, was passing close to the settlement on a route from Camden via Bong Bong, Moss Vale, Sutton Forest and Brisbane Meadow to Lake Bathurst and Braidwood.
- * In 1819 Governor Lachlan Macquarie ordered the construction of a Great South Road from Picton to the Goulburn Plains. The road, which passed through Marulan and had a major diversion to Bungonia, was opened progressively between 1830 and 1843.
- * In 1824 the botanist and explorer, Alan Cunningham, recorded the discovery of a cave in what is now the Bungonia State Recreation Area.
- * By 1832 a town was starting to form. It was initially called Inverary which was the name of the Post Office. The area was mostly settled by convicts and ticket of leave men who worked on the large properties in the area.
- * In 1836 Inverary was renamed Bungonia. By this time the Great South Road was traversing country from Marulan to Goulburn. The result was that Bungonia stopped growing.
- * A stonemason named Patrick Kelly was responsible for the construction of a number of significant buildings in the 1830s and 1840s - St Michael's Catholic Church (1847), Hotel Victoria (1837), Old Parsonage (1841).
- * In 1851 gold was discovered in the Shoalhaven River near Bungonia but it was never enough to prompt a rush to the area.
- * In 1866 the Roman Catholic School was opened with 39 students. It was made from sawn timber and shingles.
- * In 1872 Bungonia National Park, known at the time as a water reserve, became one of the oldest protected parks in Australia.
- * In 1880 the Catholic school became the local Public School and a schoolhouse and residence were built in 1882.
- * In 1889 Louis Guymmer became the first caretaker at Bungonia National Park. He remained as caretaker for the next 20 years.
- * The Police Station was built in 1907.

BEST LINE _____ **S**

2006

KOKODA

2006

A platoon of Australian soldiers from the 39th Battalion is sent as forward patrol outside the village of Isurava on the Kokoda track in New Guinea, during World War II, but sustained Japanese bombardment and initial attacks cut them off from their supply lines and communication. Isolated, they endure without food for three days, carrying their wounded. As they emerge exhausted from the jungle, Isurava is about to fall to the Japanese, and they must gather their last ounce of strength and courage to rejoin the battle.

Dan: "I don't suppose it's too late to ask for leave on compassionate grounds at this late juncture?"

Sam: "And what grounds would those be?"

Dan: "Grounds of 'I don't wanna get me head blown off'"



Cast: Jack Finsterer (Jack Scholt)
 Travis McMahon (Darko) Simon Stone (Max Scholt) Luke Ford (Burke) Tom Budge (Johnno) Angus Sampson (Dan) Steve Le Marquand (Sam) William McInnes (The Colonel)



WORD OF THE WEEK: Hiemal (adjective) To do with, or occurring, in winter

IDIOM OF THE WEEK: For the Birds-unimportant.

QUOTE OF THE WEEK: “A brave man acknowledges the strength of others.” —
Veronica Roth.

PRINCIPLE OF THE WEEK: Ideals: are good but don't let them stop you from living in the present. They are meant to inspire you and give you a direction to move towards so that you can maximize your present moment (not to take you away from living in it).

WICKED WORDS: “The ducks pecked him, the chickens beat him, and the girl who fed the poultry kicked him with her feet. So, at last he ran away, frightening the little birds in the hedge as he flew over the palings.” The Ugly Duckling by Hans Christian Andersen

ANOTHER VIEW: “No one plows the field just by thinking about it.” Think Big by Ljupka Cvetanova

A NOVEL NOTE: “It cannot be that in merry England – the hospitable, the generous, the free, where so many are ready to peril their lives for honour, there will not be found one to fight for justice.” Ivanhoe by Sir Walter Scott

DID YOU KNOW: Females Outweigh Males. Latvia has the highest female to male ratio of any European country. In 2021 there were 85 men to every 100 women. This puts Latvia 6th in the world on the female to male ratio.

FUN FACT: The Land of Rivers. With its sprawling countryside and forests, it is no wonder that Latvia is home to many rivers. There are in fact over 12,000 rivers in the country! However, only 17 of these measure over 100km in length.

SHE SAID IT: “People say, ‘But Betty, Facebook is a great way to connect with old friends.’ Well, at my age, if I want to connect with old friends, I need a Ouija board.”
—Betty White

HE SAID IT: “Clothes make the man. Naked people have little or no influence in society.”—Mark Twain

SHE ALSO SAID IT: ‘Good girls go to heaven, bad girls go everywhere.’ - Mae West

HE ALSO SAID IT: ‘We always hold hands. If I let go, she shops.’ - Henny Youngman

JOKE OF THE WEEK. Fred used to work in a pub next to a hospital and this guy walked in one day with his hospital gown on and holding a drip on a stand that was still connected to his veins.

Fred asked him how he could help and bizarrely he said, “Can I have 2 pints of lager, 2 pints of Guinness, 4 jack Daniels and coke, 3 gin and tonics, and 6 shots of tequila.

It’s a free country so Fred started to pour the drinks and put them on the bar one at a time. As Fred finished pouring all of the drinks he downed them in order and finished on the shots of tequila which he dispatched one at a time in a quick pace.

He then looked at Fred really sad and said, “I shouldn’t have drunk all that with what I’ve got.” Fred said, “Why what have you got?” He said, “About \$10.50.”



Doris. You know it’s funny how drinking 8 glasses of water a day seems impossible!

I know Mabel, because we can do 8 glasses of wine in one meal!

Riddle: A palm

TICKLES CORNER



Jangles. Do you remember when I posed nude for a magazine.

Of course, Spike. The shopkeeper wasn't having it and told you to give him cash like everyone else!

Billy



'I've seen humans like you before, but I had to pay admission.'

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 3 weeks, commencing 21 March 2023. Cost: \$30

🕒 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



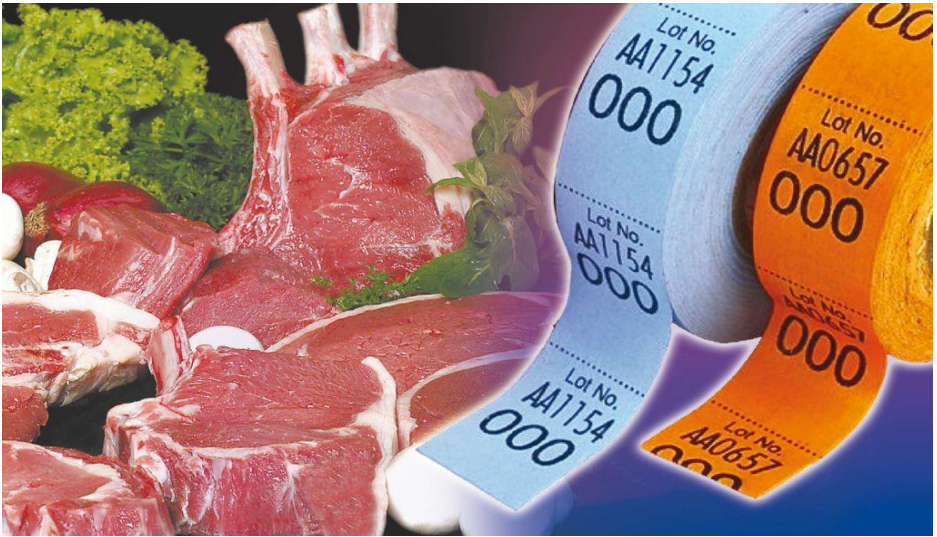
WHERE THE *locals* MATTER



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.