

NEWS BOWL

The Newsletter of the Lane Cove Bowling and Recreation Club 151 Burns Bay Road Lane Cove West 2066
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JOHN LLOYD WIN HIS SECOND CHAMPIONSHIP IN CLIFFHANGER FINAL

It was a fine autumn day, albeit a bit breezy at times, when the combatants, **John Lloyd** and **Chris Sinclair**, filed onto the sward for the Club Championship.



After 18 ends Chris led 13:12 and was holding 2 shots on the next end when John killed the end. At this stage, bar two ends, both players rolled long ends and John continued with this strategy on the next end bagging 4 shots to lead 16:13.

The wind started to gust heavily and both players shared the spoils over the next two ends for John to lead 18:15. Chris then rolled the first short end of the match scoring a point in the process then rolling long again. This proved to be a crucial moment in the game as Chris had his most wayward end with John capitalizing for 3 points and a 5 point buffer to lead 21:16.

John added another 2 points to his tally on the next end with some great deliveries as after two bowls Chris held shot only for John to draw magnificently for 3 points and a 7 shot lead. Undaunted, Chris countered on the next end, however, John then added another point to be all but victory leading 24:18.

John then rolled a short end and Chris came into his own glory with a well drawn 4 pointer which John failed to disturb with two drives on the way though the end.

Game on! – Chris then added a single helped by a toucher with his second bowl then rolled short claiming the end with a last bowl toucher and presto! It was 24 all with nowhere to hide.

Last end (or was it going to be killed?). First bowls: John 1, 2nd bowls: Chris 1, 3rd bowls: John 1 with John holding on after Chris’s final bowl to claim a hard earned win over a most gallant opponent in Chris. Final Score: John 25 Chris 24 (how close).

The match was defined by the great manner in which it was played with draw shots being the highlight.

This was John’s second championship belt having won the prestigious event in 2020.

Next year’s event promises to be bigger and better with the infusion of young up and coming bowlers mixing with the older brigade.

Statistically, of the 30 ends played only 4 ends were short length with Chris winning all 4, three ends were ¾ length with Chris winning 2 and John 1 with the majority 23 being long length with John winning 13 and Chris 10 at this length.

Statistics:

Player	John Lloyd	Chris Sinclair
Points	25	24
Ends	14	16
1 point end	6	10
2-point end	6	5
3-point end	1	-
4-point end	1	1

“Ponder and deliberate before you make a move.” – Sun Tzu

Major Singles – On the Mat – John Lloyd (Champion) Chris Sinclair (Runner-up)



Minor Singles – On the Mat – Deon Van Niekerk (Champion) Matt Lake (Runner-up)



MINOR SINGLES FINAL

The final of the Minor Singles also proved to be a rip-snorter of a match going down to the wire. **Deon Van Niekerk** and **Matt Lake** matched bowls, in what looked like a great match-up.



For the first 17 ends there was nothing in the match with both players on 12 points apiece at this juncture.

Then Deon upped the stakes posting two 4-point ends and a single to be 4 points away from the title.

Audaciously, Matt soldiered on exuberantly facing the momentous task ahead of him. Steadfastly, he won 9 of the next 11 ends adding 12 points to Deon's 2 points to be within 1 point of the title.

It was game on with Deon maintaining his composure to square the match 24 apiece.

Last end – Deon rolled a long length end and placed his first bowl some 8" from the jack. Matt countered only for Deon to roll another close bowl leaving Matt with no practical alternative to draw shot, and so it stayed with Deon posting a 25:24 win in a very competitive and eventful match.

Interestingly, Matt won 19 of 34 ends played, however, Deon held him to singles on 14 of those ends whilst himself posting 7 points in two ends being the only ends where more than 2 points were scored in the match.

Matt will be eligible to contest next year’s event, however, under the rules of the Minor Singles Deon will have to move on to the open event.

Statistics:

Player	Deon Van Niekerk	Matt Lake
Points	25	24
Ends	15	19
1 point end	8	14
2-point end	3	5
3-point end	1	-
4-point end	2	-



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

TWO OVER 70S QUARTER FINALS DECIDED

Two evenly contested matches were played out last Saturday on Green 1.

John Bowring and **Rex Johnston** conceded **Stuart Smith** and **Kevin Mulhall** a start of 4 points on handicap. Up until the penultimate end there were few points separating the teams with the scores being locked up on 4 occasions.

Going into the last end Stuart and Kevin held a narrow margin of 1 point leading 22:21. The last end was John’s and Rex’s with both bowlers delivering great shots for 6 points and match.

The winners play Maureen Cosby and Joe Campbell in the first semi-final.

Statistics:

Team	J Bowring & R Johnston		S Smith & Kev Mulhall	
Ends/Points	Ends	Points	Ends	Points
Game Totals	12	27	9	22
Handicap pts		-		4
1-point end	3	3	4	4
2-point end	6	12	1	2
3-point end	2	6	4	12
6-point end	1	6	-	-

In the other match **Bevan Piper** and **Greg Scott** conceded 5 points to **Ken Crowther** and **Brian Paxton**. Taking full advantage of their handicap and, playing excellent bowls Ken and Brian led 10:3 after 6 ends and 16:9 after 13 ends before Bevan and Greg closed the gap to 3 points after 18 ends. Critically, on end 19 Greg trailed the jack for 5 points after being 2 points down, enabling his team to lead (19:17) for the first time in the match. Bevan and Greg managed to hold on to win 22:17.

Statistics:

Team	B Piper & G Scott		K Crowther & B Paxton	
Ends/Points	Ends	Points	Ends	Points
Game Totals	13	22	8	17
Handicap pts.		-		5
1-point end	7	7	6	6
2-point end	5	10	1	2
4-point end	-	-	1	4
5-point end	1	5	-	-

LANE COVE FIVERS HOME TO SEAFORTH

Lane Cove is hoping to reverse the narrow first round loss to Seaforth at Seaforth. Lane Cove lost 58 points to 57 points.

Lane Cove Grade 5 teams to play Seaforth at Lane Cove on 15 April are:

Team	Lead	Second	Third	Skip
1	R Johnston	O Hostrup	M Knight	C Sinclair
2	M Terrey	D Hillerman	Kev Mulhall	S Bonthron
3	Kay Mulhall	M Lake	S Smith	S Hobson

Reserve: Mark Popovic

Ladder: after round 6

Pos.	Team	Played	Won	Lost	Draw	For	Agn	Diff	Pts
1	Harbord	6	5	1		416	302	114	48
2	Seaforth	5	4	1		294	268	26	38
3	Pittwater	5	4	1		284	270	14	35
4	Lane Cove	6	2	4		316	376	-60	19.5
5	Forestville	6	1	5		326	366	-40	15.5
6	St Ives	6	1	5		330	384	-54	14

LANE COVE SIXERS AWAY TO NORTH SYDNEY

Lane Cove went down narrowly 52 points to North Sydney’s 56 points in the first round. Presently, North Sydney are on top or the ladder with Lane Cove at the bottom-hard to figure!

Lane Cove Grade 6 teams to play North Sydney at North Sydney on 15 April are:

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

Reserve: Maureen Cosby

Ladder: after round 6

Pos.	Team	Played	Won	Lost	Draw	For	Agn	Diff	Pts
1	North Sydney	5	4	1		294	245	49	37
2	Newport	5	4	1		301	271	30	37
3	Harbord	6	3	3		342	324	18	30.5
4	Manly	5	2	3		316	267	49	23
5	Lindfield	5	2	3		264	313	-49	20
6	Lane Cove	6	1	5		295	392	-97	12.50

BOWLING RESULTS

Wednesday 05 April 2023

Social

Maureen Cosby, Kay Mulhall & Stuart Smith 17 defeated Glenn Boardman, Vic Solway & Rex Johnston 12;

Maria Brouggy, Ole Hostrup & Kevin Mulhall 26 defeated Meredith Collum, Howard Lee & Marko Popovic 13;

Brian Jonson, John Bowring & Mal Knight 27 defeated Steve Brouggy, David Erksine & Ray Moran 14; and

Carole Boardman, Deon Van Niekerk & Greg Scott 33 defeated David Madson/Ken Crowther, Brian Paxton & Bevan Piper 10.

Saturday 08 April 2023

Over 70s Handicap Pairs – Quarter finals

John Bowring & Rex Johnston (Hcp 10) 27 defeated Stuart Smith & Kevin Mulhall (Hcp 14) 22
Bevan Piper & Greg Scott (Hcp 10) 22 defeated Ken Crowther & Brian Paxton (Hcp 15) 17

Social

Meredith Collum, David Hillerman & Maureen Terrey 24 defeated Steve Brouggy, Graham Screen & Bob Patterson 16

Brian Jonson, Marilyn Screen & Vic Solway 27 defeated Maureen Cosby, Stephen shortis & Ray Moran 13;

Mark Burrough, Jenny Moran & David Madson 19 defeated Maria Brouggy, David Erskine & Sarah Hobson.;

Young Marshall & Rohan Marshall 27 defeated Deon Van Niekerk & John Lloyd 18; and

Peter Zucconi & Mal Knight 21 defeated Ole Hostrup & Joe Campbell 16.

Sunday 09 April 2023

Club Championship Final

John Lloyd 25 defeated Chris Sinclair 24

Minor Singles Final

Deon Van Niekerk 25 defeated Matt Lake 24

BOWLING PROGRAMME (Critical Dates)

Date	Event
16 April	Consistency Singles – Quarter finals
15 April	Zone 9 Pennant – 7 th Round v Seaforth and North Sydney
16 April	70 Years and over Handicap Pairs – 1st round completed
16 April	Consistency Singles – Semi-finals
23 April	Open Handicap Pairs – 1st round completed

BIRTHDAYS: ““If people are upset because you’ve forgotten something, console them by letting them know you didn’t forget—you just weren’t remembering.” — Winnie the Pooh



Angela Mayhew celebrates her birthday on Sunday 16th and shares the day with singer Dusty Springfield.

Sarah Hobson celebrates on Tuesday 18th and Number 1 song in the UK on her birth was *I Heard It Through the Grapevine* sung by Marvin Gaye.

ON TELEVISION



Horse Racing – All Aged Stakes (Randwick)

AFL – GWS vs Hawthorn

Rugby League – Sharks vs Roosters



1. By what two-word, alcohol-based name is Australia’s first and only military coup known? This military coup took place in 1808?
2. FRACO and FRANZCO are the specialist qualification to practice ophthalmology in what pair of neighboring nations?
- 3 Which Australian state features a red lion against a white circular background on the right side of its state flag?
4. What Australian mammal is the only animal known to produce cube-shaped faeces?
5. Spanning more than 1,800 miles, the World Solar Challenge is an every-other-year car race for solar-powered vehicles across what country?

Answers: 1 Rum Rebellion. 2 Australia and New Zealand. 3 Tasmania. 4 Wombat. 5 Australia.

Riddle: It comes once in a year, twice in every month and four times in every week?
(Answer page 16)



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AUSSIE DESTINATIONS - Henty, NSW

Small rural service centre between Wagga and Albury known as the 'home of the Headlie Taylor Header'.



Henty is a typical Australian rural service centre where the local economy is driven by the surrounding grain and sheep agriculture. Today Henty describes itself as the 'Home of the Header' because, in 1914, a local farmer named Headlie Taylor invented the header harvester which revolutionised the grain industry world-wide.

Location

Henty is located 518 km south-west of Sydney via the Hume, Sturt and Olympic Highways.

Origin of Name

The town was originally known as Dudal Cooma after the first pastoral holding in the area but it was seen as a confusion with the town of Cooma in the Monaro. So, in 1891 it was changed to Henty - the name of a family of merchants and pastoralists who had been involved in the development of Victoria and Launceston. Edward Henty had leased Round Hill station south of Henty in the early 1860s.

Population 1,237 (2016 census)

Elevation 259 m (850 ft)

Rainfall There are 119.5 rainfall days, and 427mm (16.81")

Headlie Taylor Header & Blacksmith Shop



The importance of the Headlie Taylor Header harvester is perfectly: "This cereal harvesting machine was invented by Headlie Shipard Taylor (1883-1957) on his property 2 miles north of Henty and displayed at the Henty Show in 1914. In 1916 patent rights were purchased by H.V. McKay and mass produced in the Sunshine manufacturing works.

Headlie Taylor recognised that the hugely popular Sunshine Stripper Harvester was good but that it was not terribly effective in "its efforts to rescue the grain from down and tangled crops were attended by considerable waste of grain." He built a

workshop on his farm, purchased the necessary equipment, and started constructing his Header. By the harvest season of 1912-1913 he had a machine which he tested on 200 acres. It worked and he took out patents in October, 1913. He exhibited his machine at the Henty Show in 1914 and it was so successful that a number of local farmers offered him £50,000 to develop it commercially. He built three machines and they were all sold and then H.V. McKay stepped in, inspected the machine, was so impressed he purchased the patent, and immediately built six machines at his Sunshine Harvester factory. They were used to harvest the 1916-1917 crop. As Taylor writes in his conclusion: "The factory worked day and night through November and December of that year (1920) saw over a thousand of these machines driven into storm flattened crops, each machine equipped with a specially designed 'Headlie' crop lifter (A set of wooden fingers that lift the crop up onto the comb). There was no doubt of the result. Astonished farmers found themselves securing over thirty bushels of wheat to the acre from crops which they had believed were completely ruined. Never before had down and tangled crops been harvested without heavy loss. Australian farmers were richer by millions of bushels of rescued grain, and the Sunshine Header had won its position as the greatest of all harvesting machines. My dreams were an accomplished fact."

Henty Cellar Museum

The Henty Cellar Museum is a reminder of a time before refrigeration when, in the heat of the Riverina, perishables were stored in the cellar. It has been turned into a museum and contains such town treasures as the town's manual telephone

exchange, Henty's first ambulance (a 2-wheel stretcher jinker) an early model organ plus a variety of other musical instruments, radios, cash registers, tea tins, irons, toasters and other trash and treasure.

Henty Printing Museum

A printery was established in Henty in 1906 but it was destroyed by fire in 1933 and a brick building replaced it. When the local paper started being printed in Temora the building evolved into a printing museum. Today, for those interested in printing, it contains "two Linotype machines, several Platen machines, a royal 1907 Wharfedale printing press, a Miehle automatic printing press, a perforation machine, an early hand operated guillotine and many cabinets of draws containing a variety of sizes of metal type fonts".



Searching for Mad Dog Morgan

Henty is an important chapter in the career of the infamous career of bushranger Dan 'Mad Dog' Morgan who terrorised the district from 1862-65. The son of convict parents Morgan was probably a man named Jack Fuller who had been born in Appin around 1830. He was sentenced to twelve years hard labour for highway robbery in 1854. At the time he called himself John Smith, gave his occupation as jockey, and served six years before being released on a ticket-of-leave. It is claimed that he emerged from gaol a bitter, resentful, brooding and vengeful man. A skilled horse thief he moved on to highway robbery and acts of violence, committing the first of four murders in 1863. At the time he went by the name of "Billy the Native". Morgan earned some sympathy from the poor for his attention to their welfare and his focus on the property of the landed gentry.

A description of his physical appearance has been left by one of his pursuers, a Detective Manwaring: "He was distinguished by his immense black beard flowing to his breast. His hair hung over his shoulders in gipsy ringlets. His height was nearly six feet. He was stout and muscular but weak in the knees and walked awkwardly. When mounted on horseback he was unsurpassed as a rider. His head had no crown. The forehead was small and angular. The nose was massive and straight but terminating in a peculiar hook which curved over the upper lip. This, with small clear blue eyes gave him the appearance of a ferocious bird of prey."

In June, 1864 newspapers around the country publicised Morgan's violent behaviour at Round Hill station near Culcairn. Morgan rounded everybody at the station up,

forced them to drink alcohol (except himself), was about to depart and, according to one account, fell into a rage when the manager, Sam Watson, claimed that his (Morgan's) stirrups were stolen. Another version suggests that Morgan, thinking he'd been fired upon, shot and wounded Watson, when his own gun accidentally went off. Morgan shot and wounded Watson, ran around firing indiscriminately, shot John Heriott, the son of a neighbouring grazier, chased another individual and then returned to Heriott, placing a gun to his temple. When Watson said "For God's sake, Morgan, don't kill anyone", he became compassionate, swore he would kill everyone who did not come to Heriott's assistance, carried him to a bed and agreed that overseer John McLean should go to Walla Walla to fetch a doctor. He insisted that McLean could go if he promised not to head in the opposite direction towards Ten Mile Creek and the police. When Heriott's condition improved Morgan headed for Ten Mile Creek, found McLean and shot him and then returned to Round Hill. He left just before the police arrived. McLean died three days later. The reward money for Morgan quickly escalated. When he bailed up Henry Baylis near Urana the money was £200. After killing McLean and Sergeant David Maginnity near Tumberumba it rose to £1000. By September, 1863 he had also killed a Sergeant Smyth. The Australian Dictionary of Biography points out that "Between January and March 1865 Morgan seemed ubiquitous. He was credited with no less than six major robberies of coaches and pastoral stations and the attempted murder of a stock-keeper at Wallandbool.

In March the government of New South Wales introduced the Felons Apprehension Act, which made him an outlaw. Next month Morgan crossed the Murray to settle his old score with Evans and Bond. Reaching Whitfield on 7 April, he bailed up the head station. Evan Evans was not there. Morgan headed north and held up traffic on the Sydney Road between Benalla and Glenrowan. On the evening of 8 April, he bailed up the Macpherson homestead at Peechelba, north of Wangaratta, unaware that the station's co-owner George Rutherford lived less than a quarter of a mile (0.4 km) away. Alice Keenan, the Macphersons' nurse, carried news to Rutherford, who rounded up his workforce, selected and armed five trustworthy men and sent them to watch at Peechelba homestead. Police and armed vigilantes augmented the party. Next morning, as the bushranger walked towards the stockyards to select a horse to continue his flight, he was shot from behind by John Wendlan. Morgan died at about 1.45 p.m. on 9 April 1865. Locks were cut from his hair, his body was publicly displayed at Wangaratta, his beard was flayed from his face as a souvenir and his head severed, to be forwarded to the professor of anatomy at the University of Melbourne. He was buried on 14 April in Wangaratta cemetery."

Mad Dog Morgan and the Death of Sergeant Smyth

Two kilometres west of the town on Pleasant Hills Rd (the Lockhart road) is a memorial stone near the site where Morgan shot Sergeant Thomas Smyth in September 1864. A more recent plaque has been erected by the NSW Police Service and reads:

"A memorial to Senior Sergeant Thomas Smyth, aged 29. A member of the NSW Police Force shot by bushranger Dan Morgan in the surrounding hills on 4 September 1864. Senior Sergeant Smyth received a gunshot wound to his left shoulder and convalesced at the Imperial Hotel, Albury until 29 September 1864 where he haemorrhaged as a result of the gunshot wound and died. He is buried in an unmarked grave in the Albury cemetery. Dan Morgan was a murderer with a £1000 price on his head. Senior Sergeant Smyth gave his life while in the pursuit of Morgan who although a tourist attraction these days put fear in the people of the district in the 1860s."

Smyth had been in pursuit of Morgan, who was already wanted for several murders. It is reported that Morgan crept into Smyth's tent at night, and shot the sleeping Sergeant.

German settlement and railway connection

Around 1868, many families of German extraction, following the Murray River, trekked from South Australia towards nearby Albury eventually settling in the Henty District.

In 1880 the main railway line from Sydney to Albury passed the settlement. The first store opened in 1885 and a railway siding was constructed. In 1886, the Land Department authorised a survey of part of Doodle Cooma Station, changing the spelling from 'Dudal Comer'. Doodle Cooma Post Office opened on 16 December 1886 at the rail platform, and was renamed Henty in 1891. The village of Henty was named in 1888.

The Doodle Cooma Arms Hotel was built in 1889. The first school was established in 1892. In 1895 'Government Dam' was excavated. The first police officer was appointed to the town in 1899. The Bank of New South Wales opened a branch in 1897. The bank was held up in 1901: the only bank robbery in Henty with both men captured – one later died of wounds received during the hold-up.



Government Dam: The Henty Government Dam Nature Reserve can boast up to 140 different bird species

The Henty Man



The Henty Man was originally shaped by an itinerant worker in the early 1930s from a tree burnt out by a swagman's fire. The sign at the site explains: "This man was originally shaped by an itinerant worker in the 1930s from a tree burnt out by a swagman's fire. It became a District landmark until it was destroyed by natural elements about 20 years later. Prior to the Henty Centenary in 1986 it was

decided by local identities to restore "The Man" for that occasion and this was done with the help of the Culcairn Shire Council. At the Centenary celebrations it was dedicated by Cr. Hugh McKay to the "men of the road" who through no fault of their own had to walk the length and breadth of Australia during the Great Depression seeking work, many being forced to beg for food. Many then regained their dignity by defending Australia during World War II, some never to return, others enjoying the better days of the 1950s and the 1960s.

History

- * The first European to explore the area was Major Thomas Mitchell who passed through in 1835.
- * The bushranger Dan 'Mad Dog' Morgan shot Senior Sergeant Thomas Smyth on 4 September, 1864. Smyth died on 29 September 1864.
- * The first pastoral holding in the area was known as 'Dudal Cooma' and taken up in 1866 by the Reighlan brothers.
- * In 1868 German families from South Australia reached the area. They were looking for land to settle.
- * When the railway arrived in 1880 the stop was called Dudal Cooma.
- * The town's first store opened in 1885.
- * The town name was changed to Henty in 1891. It was named after Edward Henty who had leased Round Hill station south of Henty in the early 1860s.
- * A printery was established in the town in 1906.
- * In 1914 the Headlie Taylor Header was demonstrated at the Henty Show.
- * In 1998 Henty became the first town in New South Wales to open a branch of the Bendigo Bank.

JOKE(S) OF THE WEEK. A fellow Tigers fan.

A bloke walks into a bar with a dachshund under his arm. The dog is wearing a Tigers jersey and is holding Tigers flags. The bartender says, "Hey! No pets allowed in here! You'll have to leave!"

The man begs, "Look I'm desperate. We're both big fans, my TV is broken, and this is the only place we can see the game!"

After securing a promise that the dog will behave and warning him that if there is any trouble they will be thrown out, the bartender relents and allows them to stay in the bar and watch the game. The game begins with the Tigers kick off. They march down field, receive a penalty and kick a field goal. With that the dog jumps up on the bar and begins walking up and down the bar giving everyone a high-five.

The bartender says, "Wow that is the most amazing thing I've ever seen! What does the dog do if they score a try?"

"I don't know," replies the owner, "I've only had him for three years."



Doris. It's nice that we drink wine when we have occasion.

Mable. I know. And, also when we have no occasion.

Riddle: The letter 'e'

TICKLES CORNER



Jangles. What stresses you out?

Spike. Seeking the approval of my inferiors!

Billy



People! You say nothing is impossible? But, I do it every day!

WORD OF THE WEEK: FARDEL (noun): bundle, collection, burden

IDIOM OF THE WEEK: Friends in high places: If you have friends in high places, you know people in powerful positions in business or government.

QUOTE OF THE WEEK: “Luck is what you have left over after you give 100 percent.” – Langston Coleman

WICKED WORDS: “The eye is always caught by light, but shadows have more to say.” – Gregory Maguire, *Mirror Mirror*

ANOTHER VIEW: “Choices are funny things—ask a native tribe that's eaten grubs and roots forever if they're unhappy, and they'll shrug. But give them filet mignon and truffle sauce and then ask them to go back to living off the land, and they will always be thinking of that gourmet meal. If you don't know there's an alternative, you can't miss it.”— Jodi Picoult, *Handle with Care*

A NOVEL NOTE: “Real courage is when you know you're licked before you begin, but you begin anyway and see it through no matter what.” - *To Kill a Mockingbird* by Harper Lee

DID YOU KNOW: South Africa is the only country in the world where 2 Nobel Peace Prize winners lived on the same street. Both Nelson Mandela and Archbishop Desmond Tutu had houses on Vilakazi Street in Soweto, Johannesburg.

FUN FACT: An entire country is located entirely inside South Africa. The Kingdom of Lesotho is completely surrounded by South Africa. There are only three enclave states in the world, the other two being San Marino and The Vatican (both surrounded by Italy).

SHE SAID IT: “If you treat me like an option, I'll leave you like a choice.” – Priyanshu Maitra

HE SAID IT: “I don't count my sit-ups. I only start counting when it starts hurting. That is when I start counting, because then it really counts. That's what makes you a champion.” – Muhammad Ali

SHE ALSO SAID IT: “Rooting for other people's failure does get in the way of your success.” — Amy Poehler

HE ALSO SAID IT: “Failure is unimportant. It takes courage to make a fool of yourself.” - Charlie Chaplin

OLDER AUSTRALIANS ENCOURAGED TO ROLL BACK THE CLOCK

Lane Cove Bowling and Recreation Club is taking a step towards curbing low physical activity rates among older Australians by encouraging them to "roll back the clock" through lawn bowls.

Roll Back the Clock is a Bowls Australia initiative, in partnership with Sport Australia, that aims to boost physical activity rates among Australians aged 65 and over through bowls, light exercise and education.

Presently, as little as 25-percent of Australians over-65 meet the Department of Health's physical activity guidelines of 30 minutes of activity per day.

Health-related reasons, including physical and mental health, are the main barriers for older Australians participating in sport or physical activities and bowls is seen as a low-impact, socially-inclusive activity that can be enjoyed by individuals of all ages.

Roll Back The Clock programs incorporate a two-part activity lasting 30 minutes each, targeting both the body and mind through bowls, functional training, fitness and wellness education, and socialisation.

Sessions are adapted for individuals, with benefits ranging from enabling participants to perform activities of daily life more easily, to withstanding injuries and providing a sense of accomplishment and achievement.

In addition to the physical health benefits, engaging in physical activity and group sports for older Australians provides increasingly important opportunities for socialisation, peer-support, and conversation that reduces the possibility for loneliness related physical and mental illnesses.



Roll Back The Clock will be staged regularly at **Lane Cove Bowling and Recreation Club**, over 8 weeks, commencing Tuesday 2nd May 2023. 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 Bowls Australia website.

“COME OUT OF YOUR SHELL” EVERYBODY WELCOME

Make new friends
at our community club

ENJOY FUN DAY ACTIVITIES

LANE COVE BOWLING & RECREATION CLUB

151 Burns Bay Road, Lane Cove

EVERY TUESDAY Anytime between 10am to 4pm

To Register : call Marilyn 0411 105 909



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



LEARN TO PLAY BOWLS 2pm to 3.30pm



JENNY MORAN'S THEATRE GROUP



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

THE SOUND OF MUSIC – Willoughby Theatre Company

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

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

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

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

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

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



"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.