

# NEWS BOWL

The Newsletter of the Lane Cove Bowling and Recreation Club 151 Burns Bay Road Lane Cove West 2066  
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EDITION 349 – TUESDAY, 27 DECEMBER 2022



Westpac Kogarah Bowling Team

# CASTLE HILL BOWLING CLUB MERGER

Castle Hill Bowling Club is entering a new chapter in the club's 60+ year history through its amalgamation with Castle Hill RSL Group and is seeking a Bowls Coordinator to oversee all Bowls operations within the club.

Castle Hill Bowling Club and CHR (Castle Hill RSL Group) agreed to amalgamate following a unanimous vote of CHR members at a Special General Meeting held on Monday, 17th September.

The vote followed the unanimous approval of Castle Hill Bowling Club members at a Special General Meeting held a week earlier.

Talks had been progressing since March 2021 following a call for expressions of interest in an amalgamation.

Noel Benson, Chairman of Castle Hill Bowling Club, said the amalgamation was not only good for both clubs but also the community.

John Payne, President of CHR said it was an exciting decision.

“CHR is a leading provider of hospitality and sport services and facilities, and we are very excited to be welcoming CHBC to the CHR family of venues. Over the years, we have enjoyed a strong relationship as neighbours and friends, and we look forward to building on this to support our membership and the sport,” he said.

CHR has committed to developing CHBC as a Bowling Centre of Excellence to support and promote the benefits of the sport throughout its membership and beyond.

David O’Neil, Group CEO of CHR, said: “We look forward to the enhancement of bowling facilities, which includes a synthetic green, with all-weather roofing and competition standard lighting, along with a new clubhouse,”

Noel Benson said “Having been in operation for the past 62 years, Castle Hill Bowling

Club's members were keen to ensure the sport of bowls would continue to be available to people living in the Hills area.

“This amalgamation opportunity, including the new facilities that will be created, will ensure the legacy of past and current members lives on well into the future. We're delighted for what this amalgamation offers our members and the wider community.”

It is expected that CHRG will finalise the amalgamation with CHBC in early 2023.

### **BOWLS NSW SEEKS A MANAGER - SPORT**

Bowls NSW is seeking a professional, positive and outgoing person to join their team in the role of Manager - Sport. Reporting to the Chief Executive Officer, the successful candidate will lead and govern the delivery of the sport of bowls in New South Wales.

### **PASSING OF PAT LAMONT**

Condolences to prominent social member **John Lamont** and his family on the passing of his mother **Pat Lamont** at the age of 95. Pat was a popular member of our women's club and with husband David were great supporters of sport in Lane Cove as well as regular attendees for Sunday bowls. R.I.P Pat.

### **SPECIAL BOWLERS MEETING TO CONSIDER PENNANT OPTIONS FOR 2023**

The Match committee have programmed a special meeting of bowling members for Saturday 7 January 2023 at 12.30pm to consider options for pennants in 2023. The Match committee have been approached by the Zone 9 Match committee to field an additional pennant team in Grade 5. This could be a great opportunity for the Club and members presence and input would be appreciated.

## **Tek Doctor**

Is your PC or Mac sick?

Is your Internet/WiFi not working or slow?

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

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

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

**WE CAN HELP! PHONE: 0452 376100**



## COMMUNITY BUILDING PARTNERSHIP INJECTS OVER \$800,000 INTO BOWLING CLUBS

BY **BILLY JOHNSON**

Twenty-nine bowling clubs across New South Wales have received funding from the NSW Government's latest round of the Community Building Partnership program. The purpose of the program is to invest in infrastructure projects that deliver positive social, environmental, and recreational outcomes, while also promoting community participation, inclusion and cohesion.

Bowling clubs have long held a position as a community hub for many areas in New South Wales, and the latest injection of funds to twenty-nine of our clubs is a welcome boost for these communities. The latest club projects covered an array of areas from machinery upgrades to kitchen repairs and roof replacements, with funding ranging from \$7,000 – \$100,000 per club.

The Bowls Australia Regional Bowls Managers (RBM's) were on hand to assist all successful clubs through the application process, ready to offer any guidance where necessary. New South Wales have five dedicated RBM's available to assist clubs, and their contact information can be found on the [Bowls Australia RBM webpage](#).

Bowls NSW thanks Bowls Australia and their incredible RBM's for the work they do for clubs. Their services are available free of charge to all bowling clubs in New South Wales.



**BOWLING RESULTS**

Wednesday 21 December 2022

**Social**

David Madson & Mal Knight 26 (11) defeated Greg Scott & Kevin Mulhall 21 (10);  
 Deon Van Niekerk & Simon Creedy 26 (11) defeated Steve Brouggy & Bevan Piper 15 (10);  
 Simon Kinsman & Greg Moon 21 (13) defeated David Erskine & Kay Mulhall 18 (8);  
 Stephen Shortis & Marko Popovic 24 ( 11) defeated David Lloyd & Vic Solway 14 (10);  
 Jeanette Lloyd & Brian Paxton 24 (10) defeated John Bowring & Rex Johnston 19 (11).

Saturday 24 December 2022

**Social**

David Erskine & Vic Solway 21 (11) defeated Deon Van Niekerk & Bevan Piper 15 (10);  
 Marko Popovic & Mal Knight 18 (10) defeated John Bowring & Simon Creedy 16 (9);  
 Simon Kinsman & Chris Sinclair 25 (13) defeated Maureen Cosby & Sarah Hobson 17 (8)

**BOWLING PROGRAMME (Critical Dates)**

Date	Event
To be advised	Mixed Pairs Final
01 January 23	Major Singles – entries close 3.00pm
01 January 23	Minor Singles – entries close 3.00pm
13 January	Zone 9 Fours - entries close
15 January	Major Singles – 1 <sup>st</sup> round
22 January	Minor Singles – 1 <sup>st</sup> round



**RESTING TOUCHERS**

At a recent tournament at Denistone Bowling Club Andrew Gordon’s red bowl was one of three resting touchers.

Andrew advised that the umpire purportedly judged that one bowl was a “heavier” toucher than the other two?

Go figure!

"Laugh and the world laughs with you, snore and you sleep alone."

**BIRTHDAYS:** “People who refuse to rest honourably on their laurels when they reach retirement age seem very admirable to me.” Helen Hayes



**Matt Lake** celebrates his birthday on Sunday 1<sup>st</sup> and top song on the UK charts was *Lily the Pink* by The Scaffold  
**Phil Wade** also celebrates his birthday on Sunday 1<sup>st</sup> and top of the charts was Glen Gray and His Orchestra’s *My Heart Tells Me (Should I Believe My Heart?)*

### ON TELEVISION



Horse Racing – Canterbury Sprint

The Bowls Show – 7TWO

Cricket – Australia vs South Africa



1. The adjective ‘usine’ refers to which animal?
2. In December 2018, which African country was rocked by food riots?
3. What cooking technique involves submerging food in a liquid at a relatively low temperature?
4. Ford's first Model T automobile was available in what color?
5. What planet in our solar system has the most gravity?

**Answers:** 1 Bear. 2 Sudan. 3 Poaching. 4 Black. 5 Jupiter.

**Riddle:** How many months have 28 days? (Answer page 21)



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## HORT INNOVATION BOWL FOR CHRISTMAS

Last Friday the Club hosted a small group from Hort Innovation stationed in North Sydney. They enjoyed their barefoot bowling experience and the ambiance of our Club.

Hort Innovation is a grower-owned, not-for-profit research and development corporation for Australia's horticulture industry whose primary function is creating value for horticulture growers and those across the horticulture supply chain.

Each year, they invest more than \$120 million in R&D, marketing and trade programs on behalf of industry.

Through these investments, they work to improve the productivity, farm gate profitability and global competitiveness of specific industries, and Australian horticulture as a whole.

Hort Innovation's investments are funded by grower levies and Australian Government contributions, as well other industry contributions and co-investment.

Hort Innovation is owned by growers, and the investments made are on behalf of growers' levy industries.







**KOGARAH BAREFOOT BOWLING BRIGADE  
PICTURED ENJOYING THEIR CHRISTMAS BBQ  
LUNCHEON AND BOWLS LAST TUESDAY.**





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



## LEETON EMBRACES ROLL BACK THE CLOCK

BY LACHLAN WILLIAMS ON DECEMBER 16, 2022

Bowls Australia’s Roll Back the Clock program continued to prove its versatility and inclusivity in 2022, spreading far and wide across Australia.



From major cities to smaller towns in regional areas, the program has once again proven a hit with older communities, with Leeton a prime example of its success.

The program expanded to Leeton (south-west NSW) this year for the first time, with the Leeton Soldiers Club playing host.

Leeton Physiotherapy Centre’s Hayley Reynolds acted as Roll Back the Clock instructor. She said initially things started off slowly, but gathered momentum as the year progressed.

“We had a but of trouble with take off. Coming out of COVID earlier in the year meant people were still a little hesitant to get out and about,” she said.

“But once we got going things moved on really well.”

Roll Back the Clock is a program aims to boost physical activity rates among Australians aged 65 and over through bowls, light exercise and education.

Reynolds said a comparable exercise class in town had finished, leaving a clear desire for something like Roll Back the Clock.

“It tied in well, a lot of our participants perviously went to an exercise class in town no longer running. I thought it was great, a lot of those ladies and gentlemen didn’t have a regular class,” she said.

“In April and May we ran twice a week for four weeks, and we had so much success we ran straight into another term, with programs once a week.”

Roll Back the Clock was so successful in Leeton in 2022, more than four programs were hosted throughout the year.

Reynolds said being in a regional town meant opportunities like Roll Back the Clock are much appreciated.

“We have limited resources with what is available in the health space around here,” she said.

“It was a good opportunity for people to come along and try something new.

“Each term we grew. People would come along and then tell their friends and bring more people.”

Reynolds said she saw plenty of positives come from the program, both for herself and the participants.

“It’s so much fun , not only seeing the improvements but how much they enjoy getting out and about,” she said.

“For me it’s good to get out of the office, it’s my favourite time of the week.”

Reynolds said the program proved as an important initiative for people to get back out and about after lockdowns and COVID uncertainty.

“It was hard to make that step for a few people. It’s nice that there is a good group now that has a good social connection,” she said.



A promotional banner for a 'Members Badge Draw'. The banner has a dark green background with a white oval in the center. Inside the oval, a hand is holding a fan of Australian banknotes (20, 10, and 50). To the right of the oval is a red square with a white dollar sign. The text 'Members Badge Draw' is written in a white, elegant script font on the left. Below the oval, the text 'Wednesdays & Saturdays' is written in a smaller, white, italicized font. At the bottom, a white box contains the text: 'Drawn after the Raffle 4.30pm to 5pm. Jackpot rolls over to the next draw if winning member is not present at the club'.

## 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 7 February 2023.

🕒 The program will run from 12:00pm – 1:00pm on Tuesdays and combines exercise, wellness education, socialisation and little bit of bowls.

For further information please Telephone 9420 5793





## DESTINATIONS - Mount Kosciuszko, NSW

Australia's low-lying highest mountain.



Australia is the only continent on the planet where you can stand on the highest peak after a pleasant and leisurely stroll. Only 2228 m above sea level, Mount Kosciuszko would be considered little more than a minor hillock in Europe, North America, Asia, Africa or South America.

Kosciuszko National Park spoils you with snow sports, walks and mountain biking in the Snowy Mountains. Go camping, explore caves, climb Australia's highest mountain, or stay in heritage accommodation.

From Jindabyne to Tumut, NSW's largest national park will keep you busy for a weekend or for weeks. Ski or snowboard the highest runs in the country at Thredbo and Perisher. Try cross-country skiing. Hike to the summit of Mount Kosciuszko, or descend underground to magical Yarrangobilly Caves.



Adventure seekers can get their thrills on the many walks and mountain bike trails. Why not challenge yourself on Main Range walk or ride popular Thredbo Valley track. Saddle up for a horse ride in the High Plains or near Khancoban.

There are also historic huts, dazzling wildflowers, and awe-inspiring lookout views to discover.

There's great fishing and paddling in the lower Snowy and upper Murray rivers. Throw a line in a mountain stream or reservoir like Blowering, Eucumbene and Tantangara. The scenic Alpine Way and Snowy Mountains Highway drives are the perfect way to get around and see it all.

### **Location**

Mount Kosciuszko is located 6 km beyond Thredbo Village which is 496 km south west of Sydney via the Hume, Federal and Snowy Mountains Highway through Cooma and Jindabyne.

### **Origin of Name**

In March, 1840 the explorer, Paul Edmund de Strzelecki climbed the continent's highest peak and named it after the Polish patriot and democratic leader Tadeusz Kosciuszko. It has been suggested that Strzelecki named the peak because its rounded shape reminded him of Kosciuszko's tomb.

### **Kosciuszko National Park**

The Kosciuszko National Park covers 690,000 hectares, including the Snowy River and all of NSW's snow fields. It stretches from the Victorian border to the edge of the Australian Capital Territory.

An estimated 3 million visitors each year come for the skiing in winter and during the summer months bushwalking past alpine stream and rivers, limestone gorges, glacial lakes, large granite boulders, alpine herbfields, heaths and bogs.

The park, known as a UNESCO Biosphere Reserve, contains six wilderness areas covering about 300,000 hectares - the Byadbo, Pilot, Jagungal, Bogong Peaks, Goobarragandra and Bimberi wilderness regions. It has a number of rare and unique fauna and flora species including the corroboree frog and mountain pygmy possum.

There are 7 areas in this park:



### [Thredbo-Perisher area](#)

Thredbo-Perisher area is your gateway to Mount Kosciuszko. Find NSW's favourite ski resorts, top alpine hikes, mountain bike trails, and endless adventures in the Snowy Mountains.



### [Lower Snowy River area](#)

The Lower Snowy River area embraces the wild south of Kosciuszko National Park. Camp by the Snowy River, explore the scenic trails on a walk, bike or horse ride. See another side of the Snowy Mountains



### [Khancoban area](#)

Khancoban area is the western gateway to Kosciuszko National Park. Discover Geehi and Tom Groggin's camp spots, fishing and riding. Marvel at the Western Fall views, or explore huts and hikes in the Jagungal Wilderness.



### [Selwyn area](#)

The Selwyn area is your perfect base to explore the walks, rides and top fishing spots of central Kosciuszko National Park. Selwyn Snow Resort and historic Kiandra are closed due to severe fire damage.

### Yarrangobilly area



The Yarrangobilly area is a highlight of northern Kosciuszko National Park. Explore jaw-dropping caves on a guided tour and swim in the thermal pool. Stay at historic Caves House and enjoy the walks and wildlife.

The Yarrangobilly area, between Tumut and Cooma, is a great base for the whole family. Come and explore the natural wonders of northern Kosciuszko and Snowy Mountains Highway.

### Tumut area

The Tumut area is your launch pad into northern Kosciuszko National Park. Discover water sports and wildlife at Blowering Reservoir. Camp and explore hidden walks and waterfalls in the foothills of the Snowy Mountains.



### High Plains area



The High Plains area spoils you with summer walks, horse rides and bike trails to mountain huts, caves and gorges. Camp, stay in Currango's heritage cottages, and discover Kosciuszko's wild north-east...

### **Australian Alps Walking Track**

The Australian Alps Walking Track is a 650 km walking trail from Walhalla in Victoria through the Snowy Mountains to Canberra. It was developed in the 1970s and, as the excellent downloadable brochure explains, it "generally follows ridges and high plains through some of the highest country in Australia. It is mostly far from any towns or other settlement. You can join the track at many places between Walhalla and

Canberra, as it joins popular walking tracks in the Baw Baw, Alpine, Kosciuszko and Namadgi national parks. You can walk the track in eight weeks, but many people choose to walk shorter sections such as those on the Baw Baw Plateau, the Bogong High Plains, and in the Jagungal Wilderness Area."

### **History**

- \* It is possible that the first European to climb Mount Kosciuszko was the naturalist John Lhotsky, who travelled through the Monaro and Snowy River regions in 1834.
- \* It is known that Stewart Rylie Jr (a son of one of the district's earliest settlers) climbed nearby Mount Townsend in February, 1840.
- \* Thus, the first person known officially to climb Mount Kosciuszko was the explorer and scientist Sir Paul Edmund de Strzelecki in March 1840. At the time he was carrying out a geological survey of New South Wales. Strzelecki named the peak after the Polish patriot and democratic leader Tadeusz Kosciuszko.
- \* By the 1840s stockmen, realising the value of the land for summer grazing, were bringing their cattle to the area. Their high mountain riding skills are celebrated in the famous poem, *The Man from Snowy River*.
- \* There was a brief goldrush at Kiandra in 1859-1860.
- \* Kosciuszko National Park came into existence in 1906. At the time it was called National Chase Snowy Mountains. It became Kosciuszko State Park in 1944.
- \* From 1949 until 1974 the area saw thousands of workers building the Snowy Mountains Scheme (the SMA) which comprised dams, tunnels, hydro-electricity power stations and the redirecting the waters which ran east so they flowed westward and fed into the Murrumbidgee River which, swollen by the melting snows, supplied summer waters to the plains of the Riverina.
- \* The development of the Snowy Mountains meant that the area, which had been known for skiing since the 1850s when gold was found at Kianda, became an important winter playground. By 1957 a syndicate was developing Thredbo Village and other resort towns at Perisher Valley, Mount Selwyn and Charlotte Pass soon followed.



**WORD OF THE WEEK:** SESQUIPEDALIAN (adj.) a word with many syllables; also, long -winded.

**IDIOM OF THE WEEK:** Hit the sack: Go to bed

**QUOTE OF THE WEEK:** “Some men see things as they are and say, “Why?”, I dream things that never were and say, “Why not?” – Robert F. Kennedy

**PRINCIPLE OF THE WEEK:** Empathy – The ability to feel what others are feeling

**WICKED WORDS:** “I felt like an animal, and animals don’t sin, do they?” – Wicked Lovely by Jess C. Scott

**ANOTHER VIEW:** “The futility of action does not absolve one from the failure to act.” - Janette Turner Hospital

**A NOVEL NOTE:** “All that is gold does not glitter. Not all those who wander are lost. The old that is strong does not wither. Deep roots are not reached by the frost. From the ashes a fire shall be woken. A light from the shadows shall spring. Renewed shall be blade that was broken. The crownless again shall be king.” The Lord of the Rings by J.R.R. Tolkien

**DID YOU KNOW:** In Finland Santa Claus is called Joulupukki which translates literally to Christmas Goat. Over time the goat became a human figure who gave presents. If you are good you get a bag of presents but, if you are bad you get a bag of coal.

**FUN FACT:** South African’s celebrate the holiday by dishing out a freshly fried batch of Emperor moth caterpillars.

**SHE SAID IT:** "If you're going to do something tonight that you'll be sorry for tomorrow morning, sleep late." - Henny Youngman

**HE SAID IT:** "She's a wonderful, wonderful person, and we're looking to a happy and wonderful night—ah, life." - Sen. Ted Kennedy

**SHE ALSO SAID IT:** "To succeed in life, you need three things: a wishbone, a backbone, and a funny bone." - Reba McEntire

**HE ALSO SAID IT:** "My life has no purpose, no direction, no aim, no meaning, and yet I'm happy. I can't figure it out. What am I doing right?" - Charles Schulz



**BEST LINE** \_\_\_\_\_ **S**

**1969**

**A Dream of Kings**

**1969**



**anthony quinn**

**"a  
dream  
of  
kings"**

A powerful and touching drama set in Chicago's vibrant Greek-American community, *A Dream of Kings* benefits from the regal talent of Anthony Quinn in a role he was born to play: Matsukos, a proud, earthy optimist, very much like his unforgettable stage and screen Zorba. Determined to take his ailing son with him to Greece, Matsukos would move all creation to secure the travel money, even risk the hard-earned respect and love he's won as a community counsellor.

Director: Daniel Mann \* Starring: Anthony Quinn (Matsukos) Irene Papas (Cariope) Inger Stevens (Anna) Sam Levene (Cicero)



## JOKE(S) OF THE WEEK. Reg's New Year Diet

Reg was terribly overweight after Christmas, so his doctor placed him on a strict diet.

'I want you to eat regularly for two days, then skip a day, and repeat this procedure for two weeks. The next time I see you, you'll have lost at least five pounds,' his doctor assured him.



When Reg returned he shocked his doctor by having lost almost twenty pounds.

'Why, that's amazing,' the doctor said, greatly impressed, 'You certainly must have followed my instructions.'

Reg nodded, 'I'll tell you what though, I thought I was going to drop dead on the third day.'

'Why, from hunger?' asked his doctor.

'No, from all that skipping.'

## Saying a Prayer for the Christmas Meal



Lee, A seven-year-old boy, was asked to say thanks for the Christmas dinner. The family members bowed their heads in expectation. Lee began his prayer, thanking God for his Mommy, Daddy, brothers, sister, Grandma, and all his aunts and uncles. Then he began to thank God for the food.

He gave thanks for the turkey, the stuffing, the Christmas pudding, even the cranberry sauce. Then Lee paused, and everyone waited ... and waited. After a long silence, the young fellow looked up at his mother and asked, "If I thank God for the Brussels sprouts, won't he know that I'm lying?"

**Riddle:** All of them.

## TICKLES CORNER



"I'm sure wherever my Dad is, he's looking down on us. He's not dead, just very condescending."





*"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

EXCEPT 6<sup>TH</sup> JANUARY 2023

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.