

KILLARA BOWLS NEWS : October 2006



ESTABLISHED 1916
90th Year

KILLARA BOWLS
NEWS JULY 2006

EDITOR/DESIGNER/
PUBLISHER
BOB BESSEMER



MARKING OUR FIRST 90 YEARS!



Keynote speaker and club Archivist **Lloyd Sommerlad** with **Mavis; June and Norman Winckle**. Lloyd (1982) addressed a memorable evening ... historically and socially. Norman (1968) retires as Patron this year. June (1978) is a foundation member of KWBC.

Now here is something amazing: Add up the years of membership: Lloyd 24, June 28, Norman 38. The total?

YES IT'S 90 !!!

More pictures on page

A well attended and well conducted dinner/celebration on Friday 29th September, marked the 90th year of the *Killara Bowling Club*. A club that reaches this maturity can truly be considered an institution and the fulfilment of the forward vision of our Founders.

The following is taken from the keynote address given by Club Archivist, **Lloyd Sommerlad**

"Our Club was part of the vision of J.G. Edwards, known as the "father of Killara". The area where the Club now stands was once untouched forest, with tall trees on the bank of a creek which provided a rich harvest for the timber cutters who set up a saw pit on what is now our No 2 green. The logs were taken on bullock-drawn jinkers down a rough track to the Lane Cove River where the ex-convict Joe Fidden built his wharf to transport timber from the upper North Shore forests to Sydney Cove.

Continued page 2



By sad coincidence, a former President and Life Member of Killara Women's

Bowling Club, **Hazel Nettle**, passed away September 5th at the age of 90 years.

Our tribute is on page 6.



On October 29th, an event even bigger than our own!

We invite members and friends to a Birthday celebration to mark the Centenary of **Graham Firth**. See page 4.





90 YEARS



From the chair Warwick Druce



Many of you will remember a large, spectacular looking Liquidamber tree in the backyard of our member, **Peter Kohler's** home in Lockley Street. It was very attractive but unfortunately had a disastrous effect on our greens though over-

shadowing and root competition. After some negotiation, an agreement was made that would allow the Club to remove the tree at the Club's expense. Several quotations were obtained and a contact for \$3,500 given on the instruction the invoice be addressed to the Club. Subsequently the tree was removed.

Despite several approaches from us, an invoice was never received and Peter confirmed it had not been paid by him. After being in our accounts for several years the liability was removed from our books and allowed to lapse and pass into history as a mystery rivalling that of Bogle and Chandler!

The subject came up in conversation between Peter and myself recently and he undertook to look into it. He discovered that unbeknown to him his accountant had paid the invoice through his company's books. So, the mystery was solved!

And now the point of this story. Peter has officially inform us that we should consider the matter closed and the removal a donation. **Thank you Peter!**

I would also like to acknowledge another donation, somewhat smaller but in the same commendable spirit. After prizes were distributed at our recent carnival, one of the winners returned their prize envelope to me as a donation. Let's hope it is the start of a trend!!

After some solid rains which closed the greens for over a week, we are back to sunny weather. The greens are running nicely, the conditions are ideal for all of us to enjoy "our game" to the fullest. Best wishes.

Warwick Druce

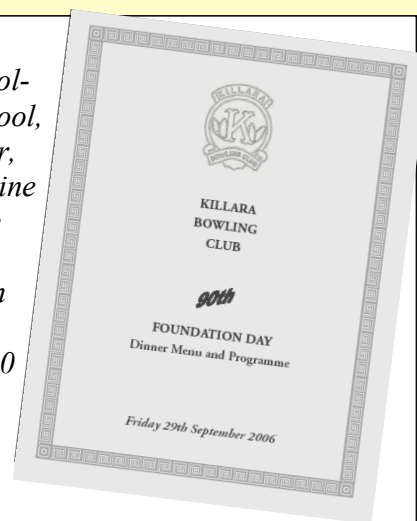
Lloyd Sommerlad on Foundation Keynote Address

Continued from Page 1.

"Edwards, who was the school-master at Gordon Public School, was an enterprising character, had petitioned for a railway line from the Harbour to Hornsby as early as 1874 and was instrumental in having a station built at Killara. In 1893 he completed the purchase of 160 acres of land known as "Springdale Estate" originally granted to Jane McGilvray in 1839, and proceeded to subdivide it. It included the area from the Highway to Rosebery Rd and from Stanhope Rd to Marion St and Locksley St.

He considered that the land bounded by Arnold St, Werona Ave and Locksley St was not suitable for subdivision and resolved to make a park or recreation ground there. He lined a channel with timber and brick to carry the creek water and levelled ground for three tennis courts. An attempt to form a company to develop the project and form a Sporting Club failed and eventually, in about 1910, Edwards built the courts, a bowling green and a small Clubhouse and leased them to a few enthusiasts. The bowling green was where the southern part of No.2 green is now situated. The Killara Recreational Club Ltd was formed in 1913 for "tennis, bowls and croquet players"; the Clubhouse had a dividing wall with tennis players on one side and bowlers facing their green on the other. JG Edwards was the first President of this Club.

In 1916 the bowlers formed their own Club with about 30 members and rented the green from Edwards but remained affiliated with the Tennis Club. Then in 1919, with a growth in membership and vigorous fund raising, the Killara Bowling Club Ltd was established "to promote all or any of the following games: bowls, skittles and other athletic sports, recreations and pastimes". They purchased the existing green, half the Clubhouse and some additional land from JG Edwards and a tennis court facing Arnold St from the Tennis Club: it later became No. 1 green. The affiliation with the neighbouring Club then ceased but the friendship remained. JG Edwards became the first Patron of the Bowling Club in 1920. The development of Killara Bowling Club from that modest but ambitious beginning is a story for another day."



John Howard, Peter Costello, and Kevin Andrews are flying to a gathering in Canberra when Howard turns to Costello and says, chuckling, "You know, I could throw a \$1000 note out the window right now and make someone very happy." Costello shrugs and replies, "Well, I could throw ten \$100 notes out the window and make ten people happy." Not to be outdone, Andrews says, "Well I could throw a hundred \$10 notes out the window and make a hundred people happy." The pilot rolls his eyes and says to his co-pilot, "Such arrogance back there. Hell, I could throw all three of them out the window and make millions of people happy."



**"How many husbands have I had....?
You mean apart from my own?"**



KWBC Presidents' Platform

THE CARNIVAL IS OVER!

Congratulations on the success of two KWBC Teams. Results are elsewhere in this newsletter.

The new year for the Women's Club has begun with the AGM making several Committee changes. **Helen**



KWBC President
Lea McNeill

Clark is the new Secretary and musical chairs has placed **Robin Hey** in a Vice-President's seat, along with **Joan Young** and **Brenda Fox**. **Joan Hodgson** continues indomitably on as Treasurer, collecting money and keeping track of its whereabouts – and making marmalade. **Jean Brierley** has officially become

Chairman of Selectors and keeps last year's team of selectors with her, and **Alison Calder** becomes Publicity Officer. **Margaret Shirley** continues as Social Secretary, a position she fills (together with her Committee) to perfection, and we have three very active General Committee members, **Ailsa Daniel**, **Beryl Stephens** and **Shizuko Hashimoto**.

We look forward to a very good year together. KWBC Championships are now complete, and lighter, but still very important competitions begin. Consis-

tency Singles, followed by Round Robin Triples enable all members to participate. Mid October brings KWBC'S Birthday Party, complete with our favourite "Bring a Plate" lunch. We hope to welcome Associate and Social members to this function, as indeed we do on all social occasions. **Hazel Nettle**, Life Member and great friend of the Club, will be greatly missed at this and our future social occasions. Vale Hazel.

Graham Firth's 100th Birthday Party celebration is at the Club on Sunday 29 October and will be a day to remember. Participation of all who know him is invited.

Good Bowling Everyone!

Lea McNeill.

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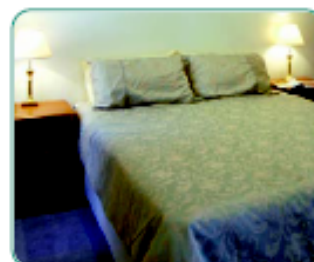
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KBC Presidents' Platform : *John Muirhead*



John Muirhead
President KBC

A meeting took place on 23rd September between the KBC Committee and Selectors and Coaches. It was called due to their concern that the Club may be unable to consistently field enough players in both Grades 5 and 7 in the 2007 Pennants season commencing in March.

Some of our more senior players have indicated that they would

prefer not to be selected for 2007 Pennants. Inevitably it is necessary for the Club to find new players to replace those who wish to leave the representative ranks.

It was the consensus that it would be a matter of great regret if the Club was unable to field two sides. It was felt that the loss of competitive play would be likely to cause some of our better players to seek competition elsewhere and that it would lead to a reduction in the general standard in the Club.

Recruitment in 2005-06 produced about eleven new members but few have progressed to preliminary coaching. On the other hand we have been joined by some players of considerable promise.

The meeting decided that the Selectors would make approaches to players they feel have potential and encourage them to take up further coaching and practice.

The Coaches have produced a plan open to all members. It builds on the programme provided for the 2006 season, which addressed the specific skills appropriate for the positions in Fours play. Further coaching and practice must produce only good results and the enhanced enjoyment of bowls which comes from improved skills.

There are ten Pennants rounds played between mid February and early May, half at home and half away. In 2006 our teams came third in both Grades 5 and 7 and all concerned appear to have enjoyed representing our Club in these games.

A notice will go up on the board on which members are invited to indicate their wish to be considered for selection to play Pennants and their availability on the relevant dates.

Another notice will go up setting out the coaching programme prepared by **Edwin Burton**. I strongly encourage all members to take advantage of the coaching offered by our two expert coaches Edwin Burton and **Ed O'Donnell**. Their play and enjoyment will be improved.

I thank the Selectors and Coaches for seeking the meeting.

I am confident that our tentative decision to enter two teams for the 2007 Pennants Competition will be vindicated by interest indicated on the lists for coaching and for entry for selection for the Pennants teams.

John Muirhead.

INVITATION

*The Board and Members of Killara
Bowling Club*

*request the pleasure of the company of
Killara Members and Friends*

*To celebrate the 100th Birthday of
Graham Firth*

On 29th October 2006

*A game of bowls will start at 12.30 for
which the cards will be called at 12.15.*

Afternoon tea will be taken at 3.30pm

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SPRING CARNIVAL SUCCESSFUL! ... Convener John Bleach

Perfect weather, good representation from visiting clubs and a high standard of bowling in a friendly, competitive spirit *plus* our famed quality of food and service, produced a most successful Spring Carnival.

LADIES TRIPLES

Lourdes Retirement Village were the sponsors on Friday when the Ladies went into battle, 20 teams competing. The results were:-

AM Winners: KWBC **E. Bold, R. O'Donnell, A. Daniels.**

PM Winners: Composite **R. Lynch, D. Reilly, E. Cahill**

Runners Up: Warrawee **J. Moy, R. Truscott, L. Killman**

Winners: KWBC **M. Conner, G. Welch, R. Stephens**



Skip of the Overall Winners, **Beryl Stephens**, received the presentation from Lourdes Manager, **Christine Grafitti**. **Gwen Welch, Marie Connor** look very pleased with themselves as President, **Lea McNeill** moved to close an excellent day.

MENS TRIPLES

Our great friends and sponsors, **Burns and Burns** gave support on Monday with very close results:-

AM Winners: East Roseville **G. Johnston, B. Carfrae, D. Taylor**

PM Winners: Chatswood **T. Ford, J. Polverino, T. Murray**

Runners Up: St. Ives **J. Donnelly, R. Cable, T. Giles**

Winners: KGC **T. Watson, F. Ainscough, D. Ball**



Our Ladies added attractive décor to dining; **Bill Oliver** selected and carved a delightful ham to perfection; and many volunteers assisted in pleasant service. Perfecto!!

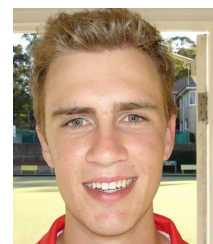
The Greens also contributed to the overall success of the event, running fast and true throughout - generally around 16 seconds. Umpire **Edwin Burton** was required to adjudicate some quite close measures.



As usual, there was plenty of activity behind the scenes with scoring, raffles, shades etc. **Jack Williams** managed to secure the very important task at the front! Thank you one and all.



There were some pretty faces, with **Joan Boik**, President **Lea McNeill** and **Christine Grafitti** on Ladies Day and the Sponsorship of Lourdes. There were some not so pretty faces particularly on the Men's Day as you can see. These were not exclusively confined to our very welcome visitors! On the right, **Ray Jones** was suggesting **Dick Graham** and **Adrian Smith** would make 'Playboy Bunnies'. Below **Ray Frost** and **Bob Moran** added experience and **Allan McMaster** youth.



LEFT: **Richard Burns** of Sponsors **Burns and Burns** presented the 'Big' Cheque to **Jim Watson, Frank Ainscough** and Skip **David Ball**



HAZEL EDWIEE NETTLE
Deceased September 5th 2006
Aged 90 years

Members of Killara Women's Club were saddened to learn that one of our longest serving members, *Hazel Edwiece Nettle*, died 5th September in her 90th year.

Hazel's health did not permit her to be an active member during her last few years but earlier her record of service and involvement with KWBC and KBC Ltd. was very impressive. Hazel became an Associate Member of our Club while a Full Member of Roseville WBC, in April 1979 and became a Full Member of KWBC in October 1979. She received the Merit pin from NSWBA for her service to KWBC and in September 1997 and was granted Life Membership.

The following information will indicate why Hazel was so honoured :-

Chairman of Selectors 1981-82: Vice President KWBC 1984-86; 1987-89:

President KWBC 1989-91 : Vice President KWBC 1994-95.

From 1982-89 and 1994-95 Hazel was our efficient and very conscientious Delegate both at State level, 1982-86, and then at District level.

In 1985-86 Hazel became a State Umpire and then a National Umpire and she was very generous with her time in Umpiring Club Matches, Pennant Matches, Club Carnivals etc.

She kept us up to date with any changes in the Laws of Bowls by attendance at the Umpires' Discussion Group.

In addition to her service to KWBC and KBC Ltd., Hazel was very supportive of the Bowling activities of her husband **George** at East Roseville BC, and she received a Merit Pin from RNSWBA for this support.

Hazel gave considerable assistance to our fund raising activities and for many years it was assumed that she would organise the Trading Table during the Spring and Autumn Carnivals - a

considerable source of Club revenue. She also produced considerable sums of money by supplying jams, pickles, plants etc. on Bowling Days throughout the year.

Since 1992, Hazel was our official flower provider and flower arranger and her skill with flowers assured that the Clubhouse always looked very attractive on special occasions with her well loved garden being the source of much of our decorative material. We certainly enjoyed the fruits of her labour to the full. Hazel also supplied and arranged the small vases of artificial flowers' which are used on our tables throughout the year.

We are very sorry to have lost such a valued supporter and friend and we send our condolences to George and family at this sad time for us all.

Hazel was almost a Foundation Member of KWBC and can be considered to have been one of the strongest pillars in the development of our Club. We owe her a great deal.

Thank you Hazel, and farewell.

Joan Bain

Picture: Presidents Day 19.10.90



Beryl Writes . . .

The Mixed Painting Trophy at Warrawee on Sunday 10th September was cancelled because of the deluge. We had 33 players which was a great number so it was a little disappointing. Never-the-less we all appreciated the rain.

This newsletter will report on our **90th Foundation Day Dinner on September 29th**. A notable occasion! I hope you were there to enjoy a quite special occasion.

Twilight Friday evenings Bowls and dinner will commence with Daylight Saving. The cool of the evening is the very best time to bowl; and with a pleasant meal with friends, the end of a perfect day. If you haven't tried it, you are missing something! Don't forget we have a very happy afternoon playing Bowls on Sundays, with an appetising afternoon tea.

Beryl Stephens.





90 YEARS



BOWLS SECRETARY'S REPORT *Robin Hearder*

Club competitions as well as social bowls have continued through the winter due to the fine work of **Darren Hargreaves**, our greenkeeper, and Vice-President **Bob Hill** on the Greens Committee, in ensuring both the Graham Firth No 1 and Hilarie Moore No 2 greens were usually available. In the Club Triples Semi-finals, the team of **Josef Zazulak**, **Tom Takahashi** and **Arthur Krust** (skip) defeated **Colin Mackellar**, **John Taylor** and **Ed Nuffield** (skip), and in the other game **David Cathels**, **Bob Hill** and **Don Cozens** (skip) defeated **David Martin**, **Gof Bowles** and **Ian Cameron-Smith** (skip). Congratulations to the trio led by Arthur Krust in winning a close final. In the Club Minor Singles, **Bob Hill** defeated **Rick Edwards** and **David Martin** defeated **John Muirhead** in the Semi-finals, and congratulations to David Martin in a good performance for winning the final. We entered two teams in the Grade C of the Mid-week Triples. In Section 5 the teams skipped by **Lloyd Sommerlad**, **Don Cozens** and **Ian Cameron-Smith/ Lee Sanders** finished second with good wins chalked up against Gordon and Chatswood. However in Section 6 it seemed something went wrong with the Zone grading as the opposition was extremely strong despite the best efforts of the teams led by **Arthur Krust**, **Neil Falconer** and **Bob Sinclair**.

Six teams of triples did battle in the return leg of the Steadman Trophy against Killara Golf Club held in August which we won by 5 shots but lost on the overall count. In September we travelled to Lindfield for the second half of the Painting Trophy but went down by 11 shots in several close contests.

Many thanks to our Life Members – **Neil Falconer**, **Graham Firth** and **John Warner** – for hosting their Annual Day and providing an excellent afternoon tea. The Place of Origin matches continued with Round 2 and **Bob Bessemer** cooking the snags apparently putting the City lads off their game. The proposed coaching programme to commence in October for next years' Pennants would seem to be timely for all concerned.

Our Publicity officer **Josef Zazulak** has continued his hard work in the weekly summaries to the media which keep our Club name in the public domain. Vice President **John Krieger** has attended the monthly Zone 9 meetings and kept us informed. On Thursdays the Burns & Burns Open Triples has continued thanks to the very good work of the convenor **Neil Falconer** assisted by **Les Cohen**.

The Pennants season is fast approaching. **Prepare!**



ED O'DONNELL ... *HOW TO ENJOY YOUR BOWLS*

When your children were 7+ years old, you probably took them to training once or twice

each week and to the 'game' on Saturday.

In October the club would like to involve members of the Men's Club in a similar way, in their chosen sport, so that they achieve more satisfaction and enjoyment from their endeavours.

Technique is paramount to your success. Each of you has an individual stamp on your delivery. If your technique is successful, your coach will not change your approach. It is when you are too long, short, across the centre line, unable to find the grassline consistently, or visiting adjacent rinks or over-bowling, that the coach will suggest corrections for **you to practise**.

The errors in your technique may be attributed to:-

- The position of your anchor foot.
- The height you are holding the bowl at the start of your pendulum swing.
- Knees bent too much into a crouching position.
- Not bending from the waist to 'grass' the bowl correctly.
- Dumping the bowl, leading to green damage.
- Coming up and moving to the side of the mat.
- Poor follow through.
- Elbow or wrist bent and flicking at point of delivery.
- Not focusing on a point on the delivery line

Do you wait on the mat to watch the run of your bowl to receive the "feed-back" to enable you to visualize the next bowl's trip to the jack?

When you develop better skills and find that success is within you, you may find that a little more competition adds to the enjoyment of 'social bowls'. With this in mind, the coaches would like to see you practising with a view to easing the job of the selectors when they nominate teams to represent your club.

Over the next two months, training will be available to all members. Your improvement may get you to the top. Please put your name on the sheet on the men's Notice Board to take advantage of this opportunity.

Confucius says "You should always go to other people's funerals, otherwise they won't come to yours."





90 YEARS

C.H.PROSSER RETURNS TO KILLARA

A jacket from another era



Cyril Prosser's jacket is displayed by new member
Martin McMurray

I managed to trace **David Prosser** through his son, **Gareth**, both residents of Canberra. (We say Canberra is a small place but it still managed to have five "D.Prosser's")

Our former member was **Cyril Hubert Prosser**, a resident of Lindfield and the first Chief Inspector of The Rural Bank of NSW. He was a resident at 82 Middle Harbour Rd. before retiring to Canberra in the mid 60's.

Cyril, a Mason, passed away in 1990 at the age of 94.

Cyril, David and Gareth . . Thanks for the memory.

Dear Bob,

Killara Bowling Club Blazer.

I promised to let you have a few words about the above. There is not a lot to say.

The blazer was sent to us on 27th July by David Prosser of Campbell ACT. It belonged to his father and in a note accompanying it he said

"I hope someone can get some use out of my father's blazer. It has been sitting in my cupboard for years."

The blazer is of wool and is in excellent condition. It is unlined and has no manufacturer's label or tailor's label so it was probably bespoke tailored. It has only a name tape inscribed "C H PROSSER". It would be suitable for casual use by someone with a chest measurement of about 36 inches or 910 mm. The history of the Club "Bowls at Killara" written by Lloyd Sommerlad shows an illustration of the pocket on page iv, with the caption "This style of pocket was used until the adoption of the standard Association pocket in 1957". So it is likely to be at least 50 years old.

If any member would like to have it please contact me. I think it would fulfil David Prosser's wish for it to be worn again.

John Muirhead.

What do retired people do all day?

Working people frequently ask retired people what they do to make their days interesting.

Well for example, the other day I went into town and went into a shop. I was only in there for about 5 minutes, when I came out there was a cop writing out a parking ticket. I went up to him and said, "Come on man, how about giving a senior citizen a break?" He ignored me and continued writing the ticket. I called him a Nazi. He glared at me and started writing another ticket for having worn tyres.

So I called him a s---head. He finished the second ticket and put it on the windshield with the first. Then he started writing a third ticket.

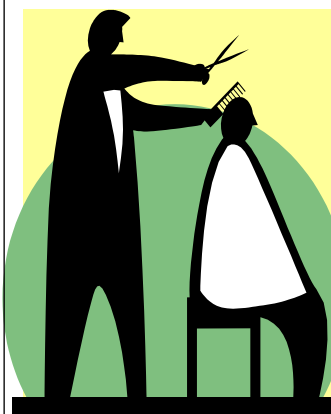
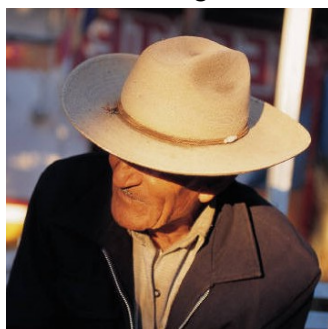
This went on for about 20 minutes. The more I abused him, the more tickets he wrote.

Personally, I didn't care.

I came into town by bus.

I try to have a little fun each day now that I'm retired.

It's important at my age.....



A young boy enters the barbershop and the barber whispers to his customer, "This is the dumbest kid in the world. Watch while I prove it to you." The barber puts a dollar coin in one hand and a 50 cents in the other, then calls the boy over and asks, "Which do

you want, son?" The boy takes the larger 50 cents and leaves. "What did I tell you?" said the barber. "That kid never learns!"

Later, when the customer leaves, he sees the same young boy coming out of the ice cream store.

"Hey, son! May I ask you a question? Why did you take the 50 cents instead of the dollar?"

The boy licked his cone and replied, "Because the day I take the dollar, the game's over!!!!"

A ROYAL MARMALADE

Many members and visitors have been enjoying a particularly tasty marmalade available for purchase at the Club. Indeed, repeat sales are the very best endorsement!

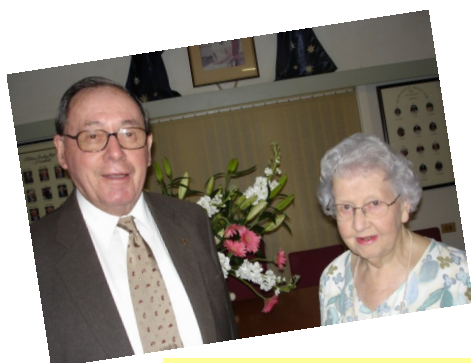
This delicious jam is from the kitchen of KWBC's Treasurer **Joan Hodgson**. (10 years and still going!) The proceeds from these sales are contributed to the Club. Joan is therefore not only supervising the Club's finances but also making a generous direct donation!

If you have not tried this marmalade, you can purchase at the counter from Sue. **Thank you Joan!**



The King asked the Queen, and the Queen asked the Dairymaid:
"Could we have some butter for the Royal slice of bread?"
 The Queen asked the Dairymaid, the Dairymaid said,
"Certainly, I'll go and tell the cow now before she goes to bed."
 The Dairymaid she curtsied, and went and told the Guernsey:
"Don't forget the butter for the Royal slice of bread."
 The Guernsey said sleepily:
"You'd better tell His Majesty that many people nowadays like marmalade instead."
 Excerpt from A.A.Milne's "The King's Breakfast"

FOUNDATION DINNER : BOWLERS ARE BEAUTIFUL



Just some of 70 attendees.

Clockwise from top left. 1. **Lois Killman** and Chairman **Warwick Druce** 2. President **Lea McNeill**, **Nancy Swanson**, **Helen Clark**, **Pat Bond** and **Margaret Carroll**. 3. Life Member **Neil Falconer** and wife **Meg**. 4. **Lee** and **June Sanders**. 5. **Rick Edwards**, **Keith Stedman**, **John Bleach** and **Mick Meares**. 6. Convenor **Colin McElhone** and Wife **Bunty**.



90 YEARS



... Darren's PRO-GREEN Report

The GF green has been performing consistently in all conditions. It is wearing well. Fine cutting and a structured rolling program has been employed to provide a smooth, firm, fast, surface.

Water demands for GF are under control and restrictions are followed as required. The watering permit only allows watering on Mondays 1am to 9am and 5pm to 8pm inclusive.

Recent rainfalls in the district tallied to approximately 10 inches which was beneficial. Routine spraying was carried out during the rainfalls to soak in much needed fertilisers, soil conditioners, preventative fungicides and insect treatments. Positive feedback has been received from other clubs during the recently hosted Spring carnival. We were also blessed with fine weather over the two days.

Renovations for 2006/07 are in the planning stages. The first green that will be renovated will be GF in mid October.

The HM Green has also stood up well to a heavy workload. Similar techniques carried out on GF have been employed regarding preparation and structured maintenance regimes.

Heavy rolling is underway on HM weather permitting.

No 3 Green has been used more frequently of late by members. Generally No 3 green is used for practice and coaching. Heavy rolling is also underway to consolidate the surface. All treatments reported on GF green have been applied to No 3 green.

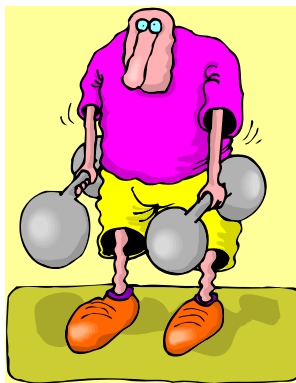
More use of No 3 green would be beneficial to prevent the overuse and wearing of the other greens.

The gardens and surrounds are looking neat and tidy. Various projects are still underway. The bank on the Western edge of HM has been prepared with Sir Walter Turfgrass. It has taken well and will improve in the warmer months. All hedges have been manicured, Shrubs have been pruned, garden beds hand-weeded and slow release fertiliser applied to various areas.

Carpark has been treated with a suitable herbicide, as with all turfgrass banks surrounding greens. Further improvements to our grounds will be addressed to provide long term solutions.

Enjoy your bowling!

Darren and Cameron



For those of us getting along in years, here is a little secret for building our arm and shoulder muscles. You might want to adopt this regimen! Three days a week works well.

Begin by standing on a comfortable surface, where you have plenty of room at each side. With a

5-lb. potato sack in each hand, extend your arms straight out from your sides, and hold them there as long as you can. Try to reach a full minute, then relax.

Each day, you'll find that you can hold this position for just a bit longer.

After a few weeks, move up to 10-lb. potato sacks and then 50-lb. potato sacks, and eventually try to get to where you can lift a 100-lb. potato sack in each hand and hold your arms straight for more than a full minute.

After you feel confident at that level, start putting a couple of potatoes in each of the sacks, but be careful not to overdo it.

OUR NEW ADVERTISERS HAVE EARNED YOUR SUPPORT.

Tell them you are from Killara BC



Our favourite blonde motorist was about two hours outside Brisbane when she was flagged down by a man whose truck had broken down. The man walked up to the car and asked, "Are you going to Brisbane?"

"Sure," answered the blonde, "do you need a lift?" "Not for me. I'll be spending the next three hours fixing my truck. My problem is I've got two chimpanzees in the back which have to be taken to the

Brisbane Zoo. They're a bit stressed already so I don't want to keep them on the road all day. Could you possibly take them to the zoo for me? I'll give you \$100 for your trouble."

"I'd be happy to," said the blonde.

So the two chimpanzees were ushered into the back seat of the blonde's car and carefully strapped into their seat belts. Off they went.

Five hours later, the truck driver was driving through the heart of the Gold Coast when suddenly he stopped, horrified at what he saw. There was the blonde walking down the street and holding hands with the two chimps, much to the amusement of a big crowd.

With a screech of brakes he pulled off the road and ran over to the blonde. "What the heck are you doing here?" he demanded, "I gave you \$100 to take these chimpanzees to the zoo."

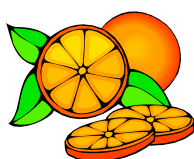
"Yes, I know you did," said the blonde, "but we had money left over---so now we're going to Sea World."

NOTICE OF ANNUAL GENERAL MEETING

The 55th AGM of the Killara Bowling Club Limited will be held at the Clubhouse at 12 noon Saturday 21st October 2006.

The Annual Report has been mailed to all Full Members and Notices are posted at the Club.

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