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JOIN THE FUN: Barefoot bowls is for everyone.

Barefoot party time

THE barefoot bowls phenomenon has taken bowling clubs all over Australia by storm, and it's really not that hard to see why.

Combine competition, a sparkling Aussie summer's day, beer served at affordable prices, music and a group of people, and you've created the perfect environment for an afternoon of fun.

Roll a ball down the green, have a drink, have a feed and have a laugh.

Kingscliff Beach Bowls Club specialises in Barefoot Bowls functions.

"There's no better way to party than with a Barefoot Bowls Party" says Kingscliff Beach Bowls Club functions manager Helen Gardiner.

"We provide the bowls, catering

and coaching. You don't have to do a thing; just turn up, play bowls, relax and have fun.

"Whether you're organising a relaxed Christmas party, a gathering with friends, a birthday bash, a hen's or bucks party with a difference or an opportunity to do a little bit of team building, we can tailor our Barefoot Bowls packages to suit you," Ms Gardiner said.

Kingscliff Beach Bowls Club also have wedding pre-functions where the guests all play barefoot bowls while they are waiting for the bride and groom to have photos taken.

For more information on all types of functions and weddings, contact Helen on 02 6676 1404 or email functions@kbbc.com.au

Growers know fresh is best

AT TWEED Growers their mindset is to bring back the good old-fashioned and personalised service of yesteryear.

Remember when store assistants used to greet you with a genuine smile, know who you are and ask you with interest how things were going and then happily offer to carry your shopping to the car regardless of the weather or how busy they were?

Tweed Growers do. Tweed Growers manager and farmer Grant Cook spoke about the future aspirations for their busy little social hub down on Machinery Dr.

While most greengrocers



FRESH AND FRIENDLY: Ronald Reegs and Jack Skelly from Tweed Growers, who now have their own app.

are possibly battling mid-life crisis or pushing the baby-boomer category, these guys are as fresh as their produce and ready to take the next step.

While having that atmosphere and service that we all grew up with, they also have their finger on the pulse and an eye for the future. Now keep the future in mind because from November 1 they

became one of the first fruit and vegetable shops to have their very own iPhone app.

From this app they can take the social hub from Machinery Dr and move it straight to your mobile phone.

Imagine doing all your fresh produce shopping on your phone at any time of the day, knowing all in-store promotions and specials, plus checking seasonal recipes.

CHINESE MEDICINE AND ACUPUNCTURE



DR CELIA XIE (Chinese Medicine)

- Registered Acupuncturist (AHPRA)
- Registered Chinese Herbal Medicine Practitioner (AHPRA)
- 26 years' experience including 12 years in Obstetric and Gynecology Hospital in China
- Bachelor of Medicine (Traditional Chinese Medicine)

DR DAVID TU (Chinese Medicine AHPRA)

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