



Turrumurra Bowling Club



GAZETTE - FEBRUARY 2017.

Retirement Dinner

Come celebrate

Hamo's Retirement

After a career in banking and then a second career at Turrumurra Bowling Club Ltd. as CEO, Hamo has finally decided to retire to the bowling green.

Let's celebrate the occasion at

Turrumurra Bowling Club

Catered by
Happylands Chinese Restaurant

When:

Thursday 16th February 2017
6:30pm for 7:00pm

Cost: \$35/person

For catering purposes booking and payment to be made over bar by Sunday the 12th February.

News from the Men's Club

The Club Pairs has reached the Semi Final stage with Chris Bergman & Bill Parry playing Herb Brenner & Geoff Hamilton whilst George Lee & Ken Wallis will play Bob Southam & Roy Gregory. The Semis will be played on the 12th February.

Pennants start on 4th March. We have been running and will continue to run some internal games to allow a number of bowlers to show their skills in a few different positions [some well, some not so well].

The club has arranged trials against Warrawee on the 18th February and Pennant Hills on the 25th February. The sides that are selected to play against Pennant Hills will also be the sides to play in the first round of pennants.

We will be playing against Killara in the Cyril South competition on Wednesday February 22nd. The team will be selected shortly.

Another competition that we will be contesting is the Jacobs Creek event which is part of the annual Tapner Tournament at St. Ives Bowling Club. This event will be played on Thursday March 2nd. The club will be entering a side consisting of a pairs team, a triples team & a fours team.

The nomination sheet for the 2017 Major Singles will be posted on the board on the 8th February with the first round to be played on Sunday 19th March. We encourage ALL members to enter our Club Championships, so why not enter and have a **GO AT GLORY**.



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PRESIDENT'S REPORT FOR LADIES CLUB

Social bowls is well under way for 2017. Pennants is coming up soon and I urge all players, social included to come along on a Thursday morning from 9.45 to play a short game and practise.

The first round of the singles was played on a hot Tuesday, good bowling to all who have entered. The NS District Fours is coming up good bowling to those who have entered the competition.

Our General meeting is coming up on Tuesday 21st February, see you there. All reports are due to Sue P by Tuesday 7th February.

TURRAMURRA LADIES CLUB TURNS 60.

Tuesday 7th March will see the ladies club celebrate their 60th Birthday. This will be celebrated in conjunction with Friends Day this year. The theme is 'Rainbow', please wear something from the rainbow colours. Invite any bowling friend to come along and join in our festivities.

Good bowling **Sue Hamilton** **President**

Friday bowls is back, it will resume from Friday 27th January, please put your name on the list. A team of members including Yvonne and Jan have agreed to co-ordinate games.

MIXED BOWLS REPORT

Australia Day proved to be a fun day for everyone who participated. (Even Pedro, Fred's 'seeing-eye dog' had a relaxing day sitting on the grass on rink F where Sandy played). With the words of 'We're off to Botany Bay' and other songs hanging in the breeze, all bowlers enjoyed a carefree morning of bowls. (see photos on page 11)

The mid-day lunch provided by the Women's Social section was well appreciated and all who helped were thanked by the bowlers. TBC is indeed a lucky club to have so many devoted helpers. (but there is always room for more).

Look out for the Entry Form for the Mixed Fours Championships which is scheduled to start on Sunday 12th March card call 12.45p.m. Try to put a team in otherwise these events will disappear.

MAHJONG AND CARD DAY

Card day this month is **Monday 20th February**, starting 10 am. Lunch at noon \$12. Lucky door prize?? Mahjong as well on that day. Everyone is welcome (bring a friend, especially beginners)

Mahjong is also every Monday from 1 pm \$5 with afternoon tea.

For your diary, please note; No play on Monday 17th April (Easter Monday) or 12th June (Queens Birthday) or 17th July (bowling day) or 2nd October (Labour Day) and no card day on 18th December. **Please note** 10am Monday 20th November cards and mahjong plus Christmas Lunch. Breakup- 11th December 2017.

Enquiries; **Jeanette Staniland** 9489 5616 – and **Val Parry** 9144 2473

OOPs..

"When our lawn mower broke and wouldn't run, my wife kept hinting to me that I should get it fixed. But somehow, I always had something else to take care of first, the shed, the boat, making beer. Always something more important to me. Finally, she thought of a clever way to make her point.

When I arrived home one day, I found her seated in the tall grass busily snipping away with a tiny pair of sewing scissors. I watched silently for a short time and then went into the house. I was gone only a minute and when I came out again I handed her a toothbrush and said "When you finished cutting the grass you might as well sweep the driveway".....The doctors say I will walk again, but I will always have a limp...."

**Starting Friday
3rd February**

**Where: 181 Bobbin Head Rd
Turrumurra
Phone: 9144 2800
9440 8333**

Turrumurra Twilight Triples Margin - Jackpot

**FRIDAYS : Phone in
by 4.00pm
Game draw 4.15pm
Open team entries or
single entry**

**Entry Fee \$15.00
Post game refreshments**

**You might like to stay on
and enjoy a 2 course
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Call Gordon Goldrick, solicitor at our North Terramanna office for an appointment to discuss your needs. We have disabled access and home visits can be arranged. We are here to assist you.



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HOW TO ENHANCE YOUR BOWLS PERFORMANCE

PART 1: BALANCE

Balance is a vital component of fitness when it comes to bowls performance.

As in any sport, good balance leads to good results! After all, when it comes to bowls, it's all about precision and having optimal control of the bowl at any given point in time.

How does our balance work?

There are 3 essential components that have to coordinate with each other automatically and simultaneously to maintain balance.

1. Sensory information from your eyes
2. Sensory information from your vestibular system
3. Sensory information from your bones, joints and muscles (known as proprioception)

Unfortunately with age, one or more of these sensory inputs can become affected which can result in impaired balance.

What to do about it?

While we may not be able to turn back the clock, there is definitely light at the end of the tunnel. The great thing about balance is that it can be easily practiced -and after all PRACTICE MAKES PERMANENT!

There are a few very simple exercises that can be performed regularly to challenge (and in turn enhance) your balance.

1. Single leg standing

- A great place to begin is with the simplest standing balance exercise. Hold on to a chair and balance on one leg.
- This is a great place to begin to feel your centre of gravity over your ankles. This is your goal, maintaining your centre over your ankles.
- Try a few seconds balancing on each foot. Work up to a minute if you can. Then begin to hold on with one hand, then one finger and finally try to let go completely.
- For added complexity you can repeat with your eyes closed or by standing on a softer surface such as a cushion.

As simple as this sounds it is a very effective way to challenge your balance and a great way to work the muscles in the lower limb!

2. Staggered stance

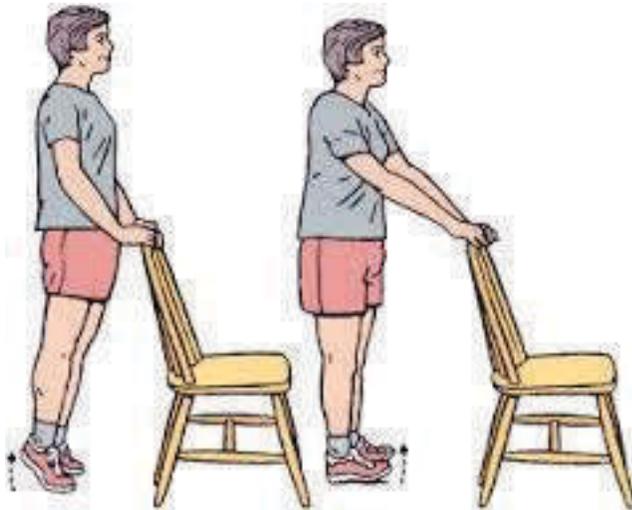
- Stand with feet apart as shown in the image below
- You can use a chair or bench top for support as above
- Maintain position for up to 1 minute and then change legs over



This is a good exercise for bowlers given the lunge position required for the release.

3. Heel raises

- Slowly raise your heels off the ground, coming onto your toes before slowly lowering heel back to ground
- Avoid leaning forward
- Avoid rocking back and forward
- Perform 10 repetitions, 3 times



4. Walking heel to toe

- Choose an area such as your hallway or around your lounge room to perform this
- Walk with “heel to toe” format, alternating left and right foot as with normal walking
- Holding your arms out to the sides will provide some additional balance assistance

Remember the more you practice the quicker you will see (and feel) results! Try to choose a couple of these exercises to do each and every day. These few exercises are just a starting point, with progressions to come over the coming months!

If you feel your balance is becoming a problem and starting to affect your bowls performance contact Emily on 0421 220 371 or at emily@hoffmannandcophysio.com.au to organise your complimentary Balance Assessment. Offer valid for January and February 2017.

Happy Bowling! From Emily



As we ease out of the holiday period into 2017, activities at The Landings are back in full swing, with a comprehensive program of theatre outings, exercise classes, movie afternoons, Book Club meetings, art classes, games afternoons, shopping trips, swimming lessons, choir practice, bowls afternoons, and many, many more specialist activities and events, all enjoyed at stunning properties within beautiful lakeside gardens and the wider idyllic surroundings of Ku-ring-gai National Park.

The gardens are a real highlight of the village and are particularly delightful at this time of the year. Native planting has ensured that the recent hot weather has not spoiled the display of flora, and everywhere, the stunning crepe myrtle is in full flower. The gardener works with, not against nature, ensuring that the planting scheme can survive the vagaries of the harsh Australian climate and that local wildlife is welcome to browse, but not interested to eat, the shrubs and flowers.

Working in harmony with its surroundings is one of the key features of The Landings and residents appreciate the convenience and tranquillity of the location, coupled with the opportunity to learn new skills, develop ideas, create, innovate and participate in a huge variety of activities on site.

Whether you are learning to play the ukulele, joining a bushwalk, attending a workshop, meeting friends in the restaurant, catching up with news at Happy Hour in the bar, enjoying an alfresco afternoon on the balcony or strolling around the lake and gardens with your partner or pet, the pace of community life at The Landings is as fast or as slow as you wish to take it.

Subject ; Why bowls is better than sex.!!

10. A below par performance is considered damn good.

9. You can stop in the middle and have a sandwich and a couple of beers.

8. The objective is to touch the kitty.

7. Foursomes are encouraged.

6. You can still make money doing it as a senior.

5. Three times a day is definitely possible.

4. Your partner doesn't hire a lawyer if you play with someone else.

3. If you live in Queensland, you can do it almost every day.

2. You don't have to cuddle with your partner when you're finished.

AND THE NUMBER ONE reason why bowls is better than sex.....

1. When your equipment gets old you can replace it.

Turrumurra and Lindfield
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Hornsby Ku-ring-gai Women's Shelter (HKWS)

Banking with the Turrumurra and Lindfield Community Bank branches of Bendigo Bank allows you to support the greater Ku-ring-gai community. Come in and see how we can help with your banking and be a part of the bigger picture.

While the North Shore area has one of the lowest incidences of domestic violence in NSW, it's only shelter for women without children - The Hornsby Ku-ring-gai Women's Shelter (HKWS) - routinely turns women away because it's ten beds are always fully occupied.

HKWS came about as a result of discussions that took place in 2013 between representatives from Women's Community Shelters (WCS) and the Hornsby Homelessness Task Force. With the full support of the community, a Steering Committee was then formed. During the following year, a suitable property was secured and renovated and an infrastructure was put into place, with the official launch of the project taking place in December 2014.

The Shelter, which is situated in a large suburban house, aims to provide an atmosphere that is as close to a family home as possible. The facilities include a shared kitchen and dining room, each of the bedrooms is shared between two women and residents are expected to abide by the house rules.

“Our objective is to provide temporary supported accommodation in a safe non-threatening environment for local women over 18 years of age who have no dependent children (or are unaccompanied by their children) and who are facing crisis situations such as homelessness and/ or domestic violence. In addition to accommodation, we offer Information and referral services as well as advocacy, crisis counselling and court support,” says HKWS Treasurer Dick Babb.

A significant contribution of funds from the WCS secured the set up and initial operational costs, but with no government funding, the Shelter relies entirely on donations and support from local community groups, businesses and the community.

“We were blown away by the help that we received from organisations such as the Bendigo Turrumurra and Lindfield Community Bank®, who in 2015 gave us the funds to fit out our office with a new desktop/counter which was specially designed to suit our needs, as well as all the electronic equipment necessary to streamline our operation and in 2016 provided funding for a Back to Work program we will be running for our residents.

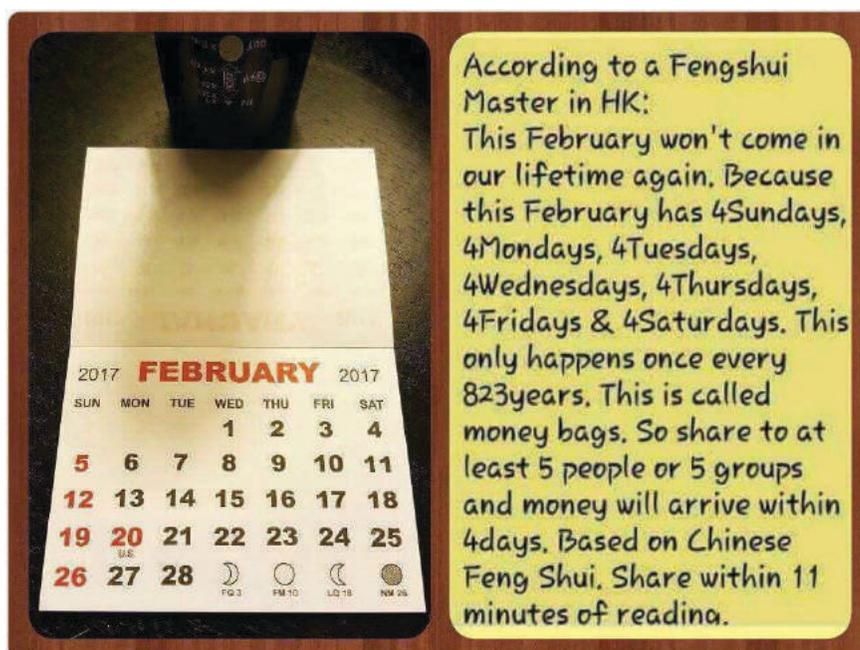
“As you can imagine, this kind of assistance is vital to our existence. It is very reassuring to know that we can always rely on their support, from permitting us to put collection boxes for gifts in their Bank branches at Christmas to buying a table at a fundraising ball, or assisting with a major project,” Dick says.

MEN'S AND MIXED BOWLS PROGRAMME FOR FEBRUARY 2017

WED	1	FEB	M	Sponsored Day		TURRAMURRA COMMUNITY BANK
SAT	4	FEB	All	Sponsored Day		SOUTHERN CROSS CARE
SAT	4	FEB	M	Zone Triples - State, Senior, Reserve	PS	
SUN	5	FEB	All	Savills C M Handicap Pairs		SAVILLS Cordeau Marshall
WED	8	FEB	M	Sponsored Day		ASNU GROUP of TRADES
SAT	11	FEB	All	Sponsored Day		SAVILLS Cordeau Marshall
SUN	12	FEB	M	Club Pairs Championship	P 3	SAVILLS Cordeau Marshall
WED	15	FEB	M	Sponsored Day		HOFFMANN & CO PHYSIO
SAT	18	FEB	M	Zone Fours - State, Senior, Reserve	Rd 1&2	
SAT	18	FEB	All	Sponsored Day		BOBBIN HEAD FRUIT
SUN	19	FEB	M	Zone Fours - State, Senior, Reserve	Rd 3&4	
SUN	19	FEB	All	3rd Sunday Mufti		SAVILLS Cordeau Marshall
WED	22	FEB	M	Sponsored Day		THE LANDINGS
SAT	25	FEB	M	Zone Fours - State, Senior, Reserve	PS	
SAT	25	FEB	All	Sponsored Day		THAT BARBER SHOP
SUN	26	FEB	All	Club Pairs Championship	P 4	SAVILLS Cordeau Marshall

LADIES BOWLS PROGRAMME FOR FEBRUARY 2017

Thu	2	FEB	Social		
Mon	6	FEB	Belrose Friendship Day		
Tue	7	FEB	Major Singles Championships / Social	R4	TOM'S CELLARS
Thu	9	FEB	Social bowls / Pennant Practise		
Mon	13	FEB	District Fours all week		
Tue	14	FEB	Social bowls / District Fours		SOUTHERN CROSS CARE
Thu	16	FEB	Social bowls/ Pennant Practise		
Tue	21	FEB	RPO Fours / Social bowls General meeting		SAVILLS Cordeau Marshall
Thu	23	FEB	Social bowls/ Alt RPO / Pennant Practise		
Tue	28	FEB	Social bowls		ABOUT ALL TREES TREE SERVICES



Celebrating Australia Day





Property Report

February 2017

The Ku-ring-gai property market experienced an exceptionally buoyant year in 2016, fuelled by low interest rates and reduced levels of stock. The average house sale price in Ku-ring-gai rose by 10.3% to \$1.9m.

Strong demand is expected to continue in 2017, as although lenders may make minor increases in interest rates they remain at historically low levels. Combined with Ku-ring-gai's increasing popularity, this will see prices hold at elevated levels, although the annual

growth is predicted to be lower than 2016. Please visit our website for news updates.

Savills Cordeau Marshall continues to be the leading Ku-ring-gai real estate agency, selling more property in the area than any other agency in 2016.

We look forward to assisting you with any of your property needs in 2017.

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