



Turramurra Bowling Club



GAZETTE - JULY 2018.



Jeanette Browne - New Patron for Ladies Bowling Club.

NEWS FROM THE MEN'S CLUB



**WELCOME TO GARY NUGENT OUR NEW BOY ON THE SELECTION CREW
NUGENT HOPES TO ADVANCE TO HIS "P" PLATES IN THE NEXT FEW MONTHS**

After 7 rounds of Pennants - Grade 4 have 4 wins and are in 3rd position, 8.5 pts behind the leaders. Grade 5 have moved into 2nd position but are 28.5 behind N Sydney. Grade 7 have won 3 rounds and are in 4th position.

**The nomination sheet for the Minor Singles is on the board
Nominations close on July 4th**

**The entry sheet for the Graded Fours is on the board
Teams must have a minimum total grading of 21
The draw will be done on the 11th July**



PRESIDENT'S BOWLS REPORT FOR LADIES

Ladies social bowls continues to be well supported with good numbers attending on Tuesdays.

Don't forget ladies there is a short game on Thursday mornings starting at 9.30am.

As this newsletter goes to print we look forward to the annual Turramurra Trophy to be held on Monday 2nd July with many visiting clubs attending.

Mahjong afternoons are popular with many ladies enjoying an afternoon of fun,

The club Open Pairs Championship will begin on Tuesday 3rd July, good bowling to all who have entered. The District Triples Championship will begin in a couple of weeks, good luck and good bowling to our members who have entered this competition.

Although knocked out in the second round I recently played in the state Champion of Champions Singles Competition at Ettalong, it was a great experience.

With the cold weather upon us it is good to be able to report our members are in good health.

Good bowling to all and see you on the green.

Sue Hamilton President

Ladies AGM Pictures



New members of committee



MAHJONG AND CARD DAY

Card day will be on Monday the 16TH July 2018, from 10 am, lunch, 12 noon.
Mahjong continues every Monday starting at 1 pm still \$5.
All welcome come and join us in the warm and good company.
Enquiries: Jeanette Staniland 9489 5616 – and Val Parry 9144 2473

Mixed Bowls Report.

The Mixed Fours and the Mixed Triples Championships are both in their early rounds. Both competitions have been disrupted by postponements caused by the weather and club hiring events.

The Mixed Pairs Championships are coming up in the next few months so . . . take your partners and lets get competitive.

The Friday afternoon group of Bowlers are having a good time with stress free games. Once more our thanks to Jan Baker and Yvonne Williams for organising these happy afternoons.
WP

BOBBIN HEAD
Bobbin Head Road North Turrumurra



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Fishing Aussie Style



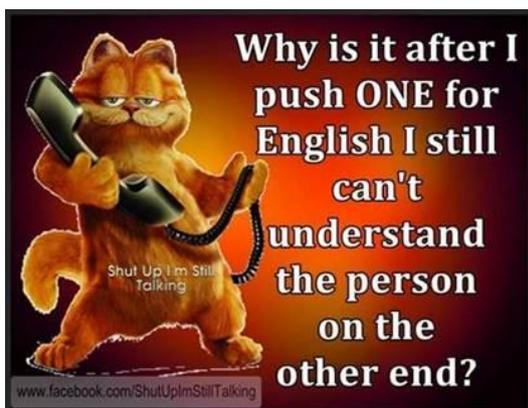
Thanks Sandy.

MEN'S AND MIXED BOWLS PROGRAMME FOR JULY 2018

SUN	1	JUL	M	1st Sunday H'cap Pairs		
WED	4	JUL	M	Sponsored Day		MAJOR SPONSOR
SAT	7	JUL	M	Zone Pennants Rd 9	Pennants	
WED	11	JUL	M	Sponsored Day		SOUTHERN CROSS CARE
SAT	14	JUL	M	Zone Pennants Rd 10	Pennants	
SUN	15	JUL	M	Pennants Spare Day	Pennants	
SUN	15	JUL	M	Mens Minor Singles	Minor 1	
WED	18	JUL	M	Sponsored Day		GUARDIAN FUNERALS
SAT	21	JUL	M	Pennant Finals	Pennants	
SAT	21	JUL	M	Sponsored Day		TECH HOME HELP
SAT	21	JUL	M	Mens Graded Fours	GF 1	
SUN	22	JUL	M	Pennant Finals	Pennants	
SUN	22	JUL	M	Mens Minor Singles	Minor 2	
WED	25	JUL	M	Sponsored Day		ASNU GROUP OF TRADES
SAT	28	JUL	M	Sponsored Day		THAT BARBER SHOP
SAT	28	JUL	M	Zone Singles	Rd 1&2	
SAT	28	JUL	M	Mens Graded Fours	GF 2	
SUN	29	JUL	M	Zone Singles	Rd 3&4	

LADIES' BOWLS PROGRAMME FOR JULY 2018

Sun	1	JUL				Regional Mixed Pairs
Mon	2	JUL	Turrumurra Trophy			
Tue	3	JUL	Social Bowls/Club Pairs/Triples Entry	P 1		GUARDIAN FUNERALS
Thu	5	JUL	Social Bowls			
Tue	10	JUL	Social Bowls/Club Pairs	P 2		IGA BOBBIN HEAD
Thu	12	JUL	Social Bowls			
Sun	15	JUL				Regional Mixed Pairs
Mon	16	JUL	District Triples			
Tue	17	JUL	District Triples/Social Bowls/Club Pairs/Meeting	P 3		MAJOR SPONSOR
Wed	18	JUL	District Triples			
Thu	19	JUL	Social Bowls			
Fri	20	JUL	WBNSW Interregional challenge 20th - 22nd July			
Mon	23	JUL	Alt Turrumurra Trophy			
Tue	24	JUL	Social Bowls/Club Pairs	P 4		BOBBIN HEAD FRUIT
Tue	24	JUL	RPO 1,2,3,4 2018 24th-27th July			
Thu	26	JUL	Social Bowls			
Mon	30	JUL	Jean McKinnon			
Tue	31	JUL	Social Bowls			KU-RING-GAI DRIVER TRAINING
Tue	31	JUL	RPO 2018 Rain			





Hero HQ – 5th Anniversary

Living in beautiful leafy suburbs with access to visually stunning national parks and in such close proximity to open bushland is one of the many reasons we love Ku-ring-gai – but this magnificent beauty also poses a significant risk. Hazardous bush fires in the hotter months and then treacherous storm damage from fallen trees, act as potential life changing threats to our local area. It is for these reasons that our Ku-ring-gai SES and Bush Fire Brigade play such a vital role in our community.

There have been many bushfires throughout the local government area over the years and unfortunately houses have been lost. Ku-ring-gai is listed as one of the most vulnerable areas to bushfire in NSW, with over 122,000 residences in total and 14,000 of which are situated on the bushland interface. Add to this the arduous task of clean up and emergency repairs that the SES perform under gruelling conditions during big storms that affect hundreds of residents and local businesses -the Ku-ring-gai SES and BFB members really are our local hero's.

New SES and Bushfire HQ in Ku-ring-gai

With such important tasks at hand and our local community to protect, the Turrumurra and Lindfield Community Bank branches were pleased to jump onboard to drive a major fundraising campaign to help build a new HQ for our local hero's back in 2013.

Prior to 2013 the local SES had been operating from unsatisfactory temporary facilities for several years; most of the time in an old council garbage collection shed in Gordon followed by time at an old council works depot in North Turrumurra.

The new facility has provided both the Ku-ring-gai SES and BFB with state of the art Head Quarters that are the envy of many other rescue units in the state. The buildings now boast exceptional training facilities including state of the art audio visual technology, large well-equipped operations rooms, multi-level garage to house vehicles and equipment, and a comfortable outdoor area where members can relax after attending incidents, hazard reductions or training. The compound is secure and also provides enough space to cater to the large teams of volunteers and personnel during an emergency operation.

The most significant impact of the new HQ for our local heros has been on the overall efficiency of the units and the ability to quickly respond to requests for assistance during storms or bushfires within the Ku-ring-gai community. Having the right facilities to store and service the multitude of equipment required by both divisions has made work so much more efficient.

Five Years On

May 25th 2018 – marked five years since the opening of the new purpose built facility in Jubilee St, Hornsby. The monumental fundraising campaign dubbed "Hero HQ" spearheaded by the Turrumurra and Lindfield Community Bank branches to fit out the interior of the building is still very fresh in the memory of many within the community, particularly those from the rescue units themselves.

“The passion and support of the Community Bank staff to make the Hero HQ project a success needs to be acknowledged and recognised” commented Greg Rappo of the NSW State Emergency Service – Ku-Ring-Gai Unit, when asked about the upcoming anniversary.

Greg continued, *“The support provided by the Turramurra and Lindfield Community Bank branches was essential in helping to raise around \$220,000 for the fit-out of the SES and KBFB facilities. Importantly the Turramurra and Lindfield Community Bank branches provided a focus to help increase community awareness about the SES/KBFB and our new HQ – the Hero HQ campaign was an amazing success that put us on the front page of local newspapers and greatly increased the public profile of both our volunteer services”*

The cost of rebuilding this modern facility to service both organisations was in the order of \$2 million dollars. Much of this funding was made available by the State Government, Ku-ring-gai Council, the SES and the NSW Rural Fire Service. However, a shortfall in the order of \$200,000 needed to provide a suitable internal fit-out of these two new buildings was what sparked the Turramurra and Lindfield Community Bank branches into action. By directly engaging with the local Ku-ring-gai community and then matching funds raised by the community dollar-for-dollar, the local Community Bank branches were able to raise \$220,000 and the internal fit-out was green lit to commence. Five years on, this significant community effort will be remembered with a small celebration of members and family from the SES, probably cooking up a nice meal in the state of the art catering facilities within the HQ.

Remember – The Bush Fire Brigade and the SES rely on volunteers to continue smooth operation and service to our local community – If you want more information on how you can help our local hero’s contact:

SES: <https://www.ses.nsw.gov.au/get-involved/volunteer/>

Bush Fire Brigade: <https://www.rfs.nsw.gov.au/volunteer>



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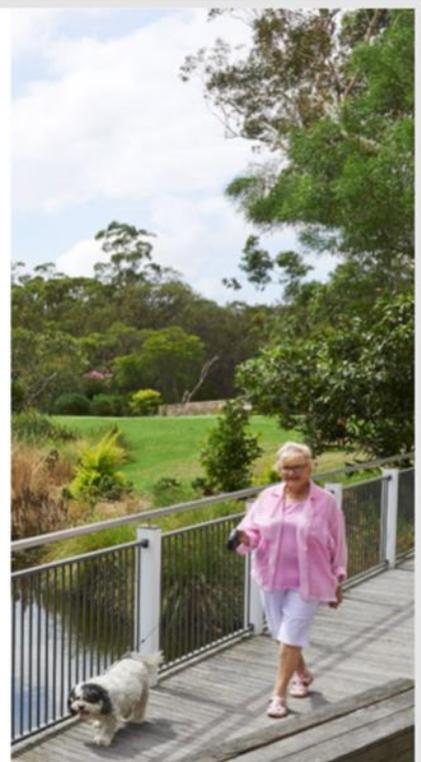
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How to clean the toilet

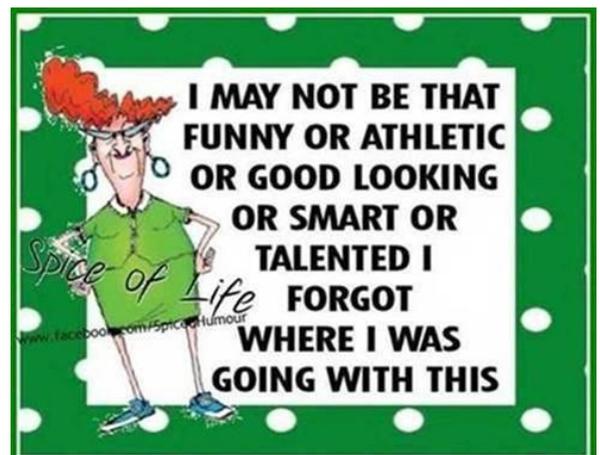
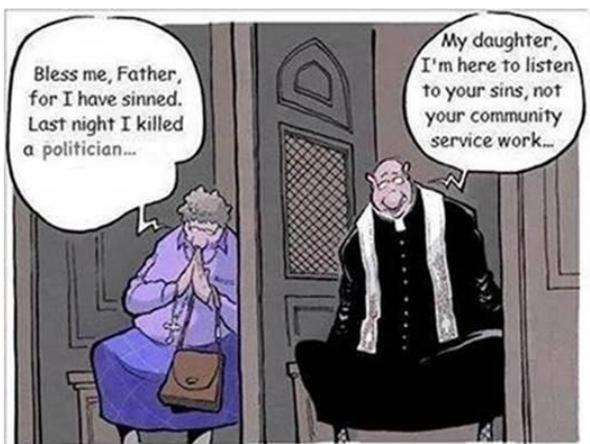
- 1 Put both lids of the toilet up and add 1/8 cup of pet shampoo to the water in the bowl.
2. Pick up the cat and soothe him while you carry him towards the bathroom.
3. In one smooth movement, put the cat in the toilet and close the lid. You may need to stand on the lid.
4. The cat will self agitate and make ample suds. Never mind the noises that come from the toilet, the cat is actually enjoying this.
5. Flush the toilet three or four times. This provides a 'power-wash' and rinse'.
6. Have someone open the front door of your home. Be sure that there are no people between the bathroom and the front door.
7. Stand behind the toilet as far as you can, and quickly lift the lid.
8. The cat will rocket out of the toilet, streak through the bathroom, and run outside where he will dry himself off.
9. Both the toilet and the cat will be sparkling clean.



Yours Sincerely, The Dog



(Don't believe a word of it – it's all Herbie's fault)



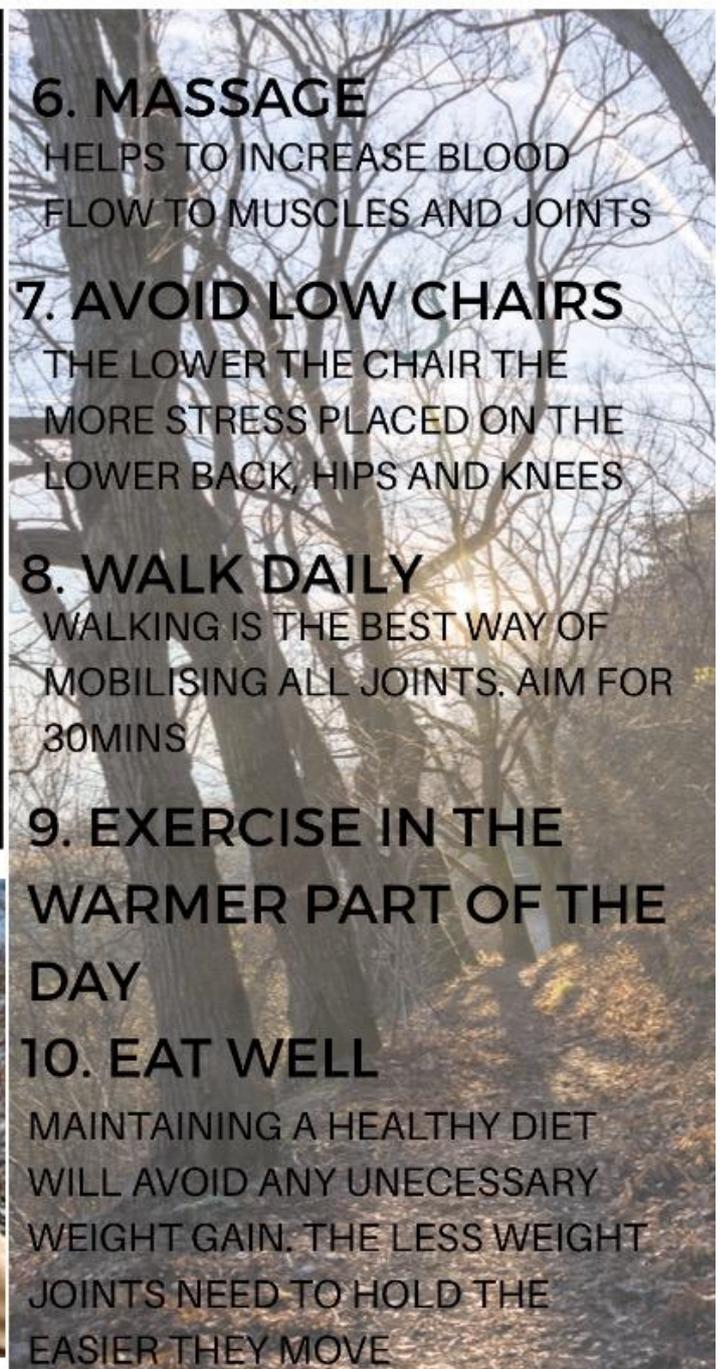
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- 1. KEEP MOVING** THE MORE WE MOVE THE LESS STIFF WE GET
 - 2. DRESS WARM** WARMER BODY MEANS EASIER MOBILITY + LESS DISCOMFORT
 - 3. USE HEAT** HEAT PACKS, HOT WATER BOTTLES HELP TO LOOSEN UP STIFF JOINTS AND RELIEVE ACHES
 - 4. WARM SHOWERS** DO GENTLE STRETCHES IN THE MORNING (OR SHOWER FOR EASIER MOVEMENT
 - 5. BED EXERCISES** HELP PREPARE YOUR JOINTS FOR WHEN YOU STAND UP AND GET GOING

10

TEN WAYS TO HELP BEAT THE WINTER STIFFNESS BLUES

www.hoffmannandcophysio.com.au
Emily 0421 220 371



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- 6. MASSAGE** HELPS TO INCREASE BLOOD FLOW TO MUSCLES AND JOINTS
 - 7. AVOID LOW CHAIRS** THE LOWER THE CHAIR THE MORE STRESS PLACED ON THE LOWER BACK, HIPS AND KNEES
 - 8. WALK DAILY** WALKING IS THE BEST WAY OF MOBILISING ALL JOINTS. AIM FOR 30MINS
 - 9. EXERCISE IN THE WARMER PART OF THE DAY**
 - 10. EAT WELL** MAINTAINING A HEALTHY DIET WILL AVOID ANY UNECESSARY WEIGHT GAIN. THE LESS WEIGHT JOINTS NEED TO HOLD THE EASIER THEY MOVE