



Turrumurra Bowling Club



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Editor: Eva Morris; evabrik@bigpond.net.au.

TeeBeeCee GAZETTE – JUNE 2019

On Wednesday 15th May the Turrumurra Bowling Club hosted a visit by our Member for Ku-ring-gai, Mr Alister Henskens, SC MP and David Garnsey – Senior Electorate Officer, Ku-ring-gai..

Alister first visited our club in April 2018 to review the painting of the club. The outside painting was enabled by the Community Building Partnership Grants program whose funds are provided by the NSW Government.

Our club was again the beneficiary of a Grant from the Community Building Partnership Grants program. The Grants program awarded Turrumurra Bowling Club with \$22,000 approx. for a programmable electronic community information board. The basis of the visit was to view the finished works and to meet with the club members.

During the visit he addressed the men and women members briefly providing an opportunity for questions to be raised. He stressed the importance of clubs such as the Turrumurra Bowling Club to the surrounding community. Both Alister and David then became seconds opposing each other in a game of bowls. They played a number of ends, both making contribution to the eventual final result.

The Directors and members appreciated the visit by Mr Alister Henskens, SC MP and his Senior Electorate Officer David Garnsey who took time out from their busy schedules for the visit.



News from the Men's Club.

Annual General Meetings

A reminder that the Men's Club AGM will be held on Wednesday 5th June. The Turramurra Bowling Club AGM is on Sunday 23rd June.

2019 Pennant Season Wrap

At the completion of the season Grade 4 finished strongly with wins in the last 2 rounds to finish in 3rd position. Grade 5 had a victory in round 9 and lost the round 10 battle against the section winners. They finished with the wooden spoon. 🥄 Grade 7 faded at the end and finished with 2 losses, finishing the season in 5th position.

Congratulations to Herb Brenner on his selection in the Zone 9 Seniors Side The side won the BNSW Senior Interzone Sides Championship.

2019 Club Triples Competition

The draw is done and round one is on the 1st June and round two to be played on the 8th June. Good luck to all participants.

Upcoming Bowls Events

The nomination sheets for the Minor Singles is on the board. [1st round on the 14th July]. The nomination sheet for the Graded Fours will go up on the 5th June.

Mid Week Challenge

The sheet for bowlers to indicate their availability for the 2019 Mid week Challenge is on the board. If you have not done so already please indicate your availability promptly.

MAHJONG AND CARD DAY

Our NEXT Card day and Mahjong will be on Monday the 17TH June 2019, from 10 am, lunch, 12 noon. \$15. Mahjong continues every Monday starting at 1 pm still \$5.

All welcome come and join us in very pleasant and good company.

Enquiries: Jeanette Staniland 9489 5616 – and Val Parry 9144 2473

Mixed Bowls Report.

The next event is the Mixed Triples. Get your team together for the first round on Sunday 7th July.

Also Friday Bowls going well thanks to Yvonne Williams and Jan Baker. Everyone is welcome to play.

WP

LADIES PRESIDENT'S REPORT FOR JUNE 2019

Our AGM was held on the 14th May, just on 40 members attended. Welcome to the new members who have joined a committee and thank you to those who did not re-stand for your contribution to the running of our club. At the AGM our Patron Jeanette Browne presented Membership Awards (which have replaced Veterans Badges by head office) to Joan Renauld for 30 years membership and to Helen Stromsmoe and Gladys Galloway for 25 year membership.



I am pleased to report that through the ladies club \$480.00 was raised for the Hornsby Ku-ring-gai Women's Refuge. The men's club added an additional \$40. The Turrumurra Community Bank - Bendigo will match dollar for dollar for all our fundraising. Thank you to all who contributed to this cause.



The club pairs is under way, good bowling to all the teams that have entered.

Sandy White has just returned from the National Blind Bowls Championship and I'm happy to report that she won a Bronze Medal in the Open Pairs, well done Sandy.

We have three teams entered in the State Carnival being played in the Tuncurry/Foster District, we wish them good bowling.

With the lovely weather we have been having the attendance at social bowls has been great. Good bowling to all

Sue Hamilton **President**



VOLUNTEERS NEEDED

IGA BBQ SATURDAY 8th June 8.00am to 2.00pm

IGA have offered the use of their BBQ and provide ALL the ingredients and utensils as part of their ongoing support of their Community Support Program, *8th June* is our next scheduled BBQ. If you can spare an hour or so on any of these dates **please give Sue Hamilton a ring 0412758731.** This is a great way to profile our club in the local community and hopefully attract some new members.

From previous IGA BBQ's new social memberships have been accepted.

YOUR ENTERTAINMENT BOOK AT TURRAMURRA BOWLING CLUB

We're fundraising with 



**Support Turramurra Bowling Club!
Get your new Entertainment Membership today.**

With the 2018 | 2019 Entertainment Membership about to expire, now is the perfect time to buy the brand new 2019 | 2020 Entertainment Membership! You can enjoy thousands of valuable offers for everything you love to do, all while supporting fundraising for Turramurra Bowling Club.

Purchase your 2019 | 2020 Entertainment Membership!

SUPPORT US NOW.
<https://www.entbook.com.au/21h9634>

THIS IS A GREAT FAMILY GIFT OR FOR THOSE WHO ENJOY DINING OUT AND GOING ON OUTINGS



Activate your new Membership for a chance to win!

WIN the ultimate Hawaiian holiday experience

Activate your Gold Card to go into the draw

- 5 nights accommodation at Sheraton Waikiki
- Return flights for 2 with Hawaiian Airlines
- Complimentary NIB World Assist Travel Insurance

HAWAIIAN AIRLINES | Sheraton | nib | entertainment traveller

THANK YOU FOR YOUR SUPPORT!
Turramurra Bowling Club
Sue Hamilton
0412758731
suehamilton775@hotmail.com

I urge ALL members to try and bring someone along to our Inaugural Family & Friends Fun Day, I'm hoping to build this in as an annual event including members of our local community. SUE HAMILTON

FAMILY & FRIENDS FUN DAY

SUNDAY 16th JUNE

11.00am start

**BRING YOUR CHILDREN, GRANDCHILDREN, FRIENDS,
NEIGHBOURS FOR A FUN DAY OF BOWLS**

(children to be 12 years or older to bowl)

- 2 Games of 7 ends with lunch in between each game
- Bring your own team (3 or 4 per team) or we will make up teams
- Prizes to be won
- Enter your names on the game sheet
- \$20.00 per bowler

Phone the club to make a booking 9144 2800



181 Bobbin Head Road, North Turrumurra – 9144:2800

Sunday Live

Come and join us for an afternoon of live music

From 3-5pm

Featuring The Burnley Brothers

Christmas in July Saturday 6th July

Starts at 6.30pm for a fun dinner

Sunday 29th September

Sunday 17th November

Christmas Dinner Saturday 14th December



60's, 70's and 80's rock and blues band
playing wonderful upbeat hits

Featuring John Ryll

Sunday 21st July

Sunday 27th October



Solo artist playing classic hits from the 70's
through to modern day favourites

Great Bar prices and food available

Bring your friends for a relaxing afternoon!



End Of Financial Year: Superannuation checklist

Join us for a webinar on Jun 13, 2019 at 12:00 PM AEST.

[Register now!](#)

Superannuation remains one of the most tax-effective vehicles to help grow and manage your retirement wealth.

With 30 June fast approaching, Dixon Advisory is hosting a webinar to help you understand how you may be able to optimise your position and make the most of your super contributions this financial year.

At this session, hear from Dixon Advisory expert Madison Kennedy who will highlight some of the key considerations to be had before 30 June, such as:

- when to consider concessional and non-concessional contributions
- government super incentives
- pension requirements
- overarching super considerations.

To register for the webinar, please contact Ryan Cormican on 02 8622 9199 or at ryan.cormican@dixon.com.au.

After registering, you will receive a confirmation email containing information about joining the webinar.

[View System Requirements](#)



SIMPLY *downsize*

UNLOCK YOUR FUTURE

3 quick tips if you are thinking of downsizing your home

1. Don't underestimate how long it will take to declutter

The first step to getting your home sale ready is decluttering, but going through a lifetime of possessions always takes longer than you think. Start with the bathroom and laundry, because they are the quickest and easiest. But allow more time for bedrooms, then even longer for the lounge room, study and garage.

2. Don't think good quality furniture holds its value

Sadly, second hand stuff just doesn't cut it anymore in today's throwaway society. Ebay and Gumtree are great, but don't be disappointed when a \$5000 dining suite gets one bid for \$150. If you decide to sell online, include multiple photos, a good description and accurate dimensions.

3. Don't get sentimental

OK, this is tough one. It is natural to feel emotional about things that mean a lot to you. But don't beat yourself up over decisions that simply have to be made. Or even worse, don't avoid making decisions, otherwise the job will never get done. If you haven't used something for the past few years, there is a good chance you won't use it ever again.

Need a hand?

I help people downsize and have many happy customers all over the North Shore and Northern Beaches. Have a look at the testimonials on my website.

Pip Archer

0410 691 990

www.simplydownsize.com.au





We are excited to be launching a series of 'Better Life & Business' Community Workshops as an additional avenue where we can add value to the community. The objective of each workshop will be to **educate and share insights and knowledge** about a variety of topics of interest to our community. These informative workshops will be facilitated by local experts and we invite anyone residing or working within our community to join us.

Our first 'Better Business' workshop will be held on **13th June at 6.00 pm** at our Lindfield Community Bank Branch and will focus on **Digital Marketing Essentials**. This one and half hour session will give you the basics you need to kickstart your digital marketing strategy. Develop your knowledge of the various social media platforms available – and learn which ones you should be using to promote your business, and to attract the best clients. More information can be found at: <https://tlcbb.com.au/community-hub/workshops/>

It is \$5.00 to secure a seat at this workshop. All money raised will be split between the Hornsby Ku-ring-gai Women's Shelter, and the Humanitix charity of choice - **Nutrition for school children**. Tickets can be booked using this link: <https://events.humanitix.com.au/digital-media-essentials>

Turrumurra and Lindfield **Community Bank**®branches



THURSDAY COACHING AND
SHORT GAME 9.20AM FOR 9.30
START Great coaching and practise for
ALL.

CLEVER BARTENDER...

Me: I was doing an overnight at a hotel away from home. I took my computer down to the bar to do some data entries. I sat down at the bar and I asked the bartender, 'What's the wifi password?'

Bartender: 'You need to buy a drink first.'

Me: 'Okay, I'll have a beer.'

Bartender: 'We have Molson's Canadian on tap.'

Me: 'Sure. How much is that?'

Bartender: '\$8.00.'

Me: 'Here you are. OK now, what's the wifi password?'

Bartender: ' "youneedtobuyadrinkfirst"; No spaces and all lowercase.'

BOWLS PROGRAMME FOR MEN'S & MIXED EVENTS FOR JUNE 2019

SAT	1	JUN	All	Sponsored Day		FARINA PIZZERIA
SAT	1	JUN	M	Club Triples Championship	CT 1	
SUN	2	JUN	All	Mixed Fours Championship	Mxd F2	
SUN	2	JUN	All	1st Sunday H'cap Pairs		LJ HOOKER TURRAMURRA - PYMBLE
WED	5	JUN	M	Sponsored Day		LJ HOOKER TURRAMURRA - PYMBLE
WED	5	JUN	M	Mens Club AGM		
SAT	8	JUN	M	Club Triples Championship	CT 2	
SAT	8	JUN	All	Sponsored Day		IGA BOBBIN HEAD
SUN	9	JUN	All	Mixed Fours Championship	Mxd F3	
MON	10	JUN	All	QUEEN'S BIRTHDAY		
WED	12	JUN	M	Sponsored Day		GUARDIAN FUNERALS
SAT	15	JUN	M	Zone Singles	Rd 1&2	
SAT	15	JUN	M	Club Triples Championship	CT 3	
SAT	15	JUN	All	Sponsored Day		THE LANDINGS
SUN	16	JUN	M	Zone Singles	Rd 3&4	
WED	19	JUN	M	Sponsored Day		SOUTHERN CROSS CARE
SAT	22	JUN	M	Zone Singles	Finals	
SAT	22	JUN	M	Club Triples Championship	CT 4	
SAT	22	JUN	All	Sponsored Day		NORTH TURRAMURRA PHARMACY
SUN	23	JUN	All	TBCL AGM		
WED	26	JUN	M	Sponsored Day		TOM'S CELLARS
SAT	29	JUN	M	Sponsored Day		HOFFMANN & CO MOBILE PHYSIO
SAT	29	JUN	M	Zone Pairs	Rd 1&2	
SUN	30	JUN	M	Zone Pairs	Rd 3&4	

BOWLS PROGRAMME FOR LADIES FOR JUNE 2019

SAT	1	JUN		AUST OPEN until 14th JUNE		
MON	3	JUN		Warringah Trophy		
TUE	4	JUN		Social Bowls Sponsored		SPECSAVERS HORNSBY
THU	6	JUN		Social Bowls		
MON	10	JUN		QUEEN'S BIRTHDAY		
TUE	11	JUN		Social Bowls Sponsored /Club Pairs	P 3	SOUTHERN CROSS CARE
THU	13	JUN		Social Bowls		
MON	17	JUN		alt Warringah Trophy		
TUE	18	JUN		Social Bowls Sponsored /Club Pairs	P 4	TURRAMURRA COMMUNITY BANK
THU	20	JUN		Social Bowls		
SUN	23	JUN		TBCL AGM		
TUE	25	JUN		Social Bowls Sponsored /Club Pairs	P 5	LJ HOOKER TURRAMURRA - PYMBLE
THU	27	JUN		Social Bowls		



GOLDRICK FARRELL MULLAN
LAWYERS

Proud Platinum Sponsors of Turrumurra Bowling Club

We are a well established law firm with offices here in North Turrumurra and at other centres. We offer professional legal services including —

- ♦ Estate Planning (Wills, Powers of Attorney, Guardianship etc.)
- ♦ Property Law & Conveyancing
- ♦ Family Law
- ♦ Probate/Administration of Estates
- ♦ Business Law and Commercial Law
- ♦ Litigation, Employment Law and Dispute Resolution
- ♦ Retirement Village contracts

Call solicitor Gordon McGlashan for an appointment.

We have disabled access at our offices and home visits can also be arranged.



GOLDRICK FARRELL MULLAN
Solicitors

Level 1, 1 Normurra Avenue, North Turrumurra NSW 2074
Phone: 02 9144 1811
www.gfm.com.au

SYDNEY CANBERRA CHATSWOOD HORNSBY MOSMAN NORTH TURRAMURRA PARRAMATTA



Gunn Tholo 25 year membership for Bowls NSW



IGA BOBBIN HEAD

245 Bobbin Head Road

North Turrumurra

Phone 9144-3500

“Customers are raving about our brand new Bergamot Juice! The taste, the health benefits, the versatility, they just can’t get enough!

Bergamot Juice contains a high quantity of Vitamins A and E, giving it a therapeutic effect in cases of bone conditions caused by poor calcium absorption, dentition problems, muscle weakness, anemia and more.

The juice of the Bergamot, and its pulp and albedo, contain two natural active principles which inhibit the production of cholesterol in the blood, making it a great way to combat high cholesterol

But it’s not just high cholesterol that Bergamot can help with, the juice has been shown to lower blood glucose levels by up to 25%

Only 100mL a day is needed to unlock these amazing health benefits, but from what customers are saying about the taste, good luck sticking to just 100mL a day!

Come in and pick some up, stocked ice cold in the fridge or room temperature if you’re saving it for later

Come on down and try our brand new Bergamot Juice, you won’t regret it!”

Thank You
Brandon

Thoughtful Nuggets

If you're not familiar with the work of Steven Wright, he's the famous erudite scientist who once said: "I woke up one morning, and all of my stuff had been stolen and replaced by exact duplicates."

His mind sees things differently than most of us do. . . here are some of his gems:

- 1 - I'd kill for a Nobel Peace Prize.
- 2 - Borrow money from pessimists -- they don't expect it back.
- 3 - Half the people you know are below average.
- 4 - 99% of lawyers give the rest a bad name.
- 5 - 82.7% of all statistics are made up on the spot.
- 6 - A conscience is what hurts when all your other parts feel so good.
- 7 - A clear conscience is usually the sign of a bad memory.
- 8 - If you want the rainbow, you got to put up with the rain.
- 9 - All those who believe in psycho kinesis, raise my hand.
- 10 - The early bird may get the worm, but the second mouse gets the cheese.
- 11 - I almost had a psychic girlfriend, But she left me before we met.
- 12 - OK, so what's the speed of dark?
- 13 - How do you tell when you're out of invisible ink?
- 14 - If everything seems to be going well, you have obviously overlooked something.
- 15- Depression is merely anger without enthusiasm.
- 16 - When everything is coming your way, you're in the wrong lane.
- 17 - Ambition is a poor excuse for not having enough sense to be lazy.
- 18 - Hard work pays off in the future; laziness pays off now.
- 19 - I intend to live forever... So far, so good.
- 20 - If Barbie is so popular, why do you have to buy her friends?
- 21 - Eagles may soar, but weasels don't get sucked into jet engines.
- 22 - What happens if you get scared half to death twice?
- 23 - My mechanic told me, "I couldn't repair your brakes, so I made your horn louder."
- 24 - Why do psychics have to ask you for your name.
- 25 - If at first you don't succeed, destroy all evidence that you tried.
- 26 - A conclusion is the place where you got tired of thinking.
- 27 - Experience is something you don't get until just after you need it.
- 28 - The hardness of the butter is proportional to the softness of the bread.
- 29 - To steal ideas from one person is plagiarism; to steal from many is research.
- 30 - The problem with the gene pool is that there is no lifeguard.
- 31 - The sooner you fall behind, the more time you'll have to catch up.
- 32 - The colder the x-ray table, the more of your body is required to be on it.
- 33 - Everyone has a photographic memory; some just don't have film.
- 34 - If at first you don't succeed, skydiving is not for you.

And the all-time favourite -

- 35 - If your car could travel at the speed of light, would your headlights work?

Hoffmann and Co Physiotherapy

Staying healthy this winter

Cold temperatures often keep people indoors during the winter months. This increases the risk of health problems, especially for older adults. Studies have found that we are actually exposed to more germs when we are inside – and they spread quicker.

When we are forced to spend more time indoors due to cold temperatures, wet or windy weather conditions, the smaller space of our homes and being in close proximity to others makes it easy for us to catch illnesses. Luckily, there are many ways for you to fight off illnesses and stay safe indoors and outdoors while leading an active and healthy life this winter.

Eat Healthily

As we age, our immune system weakens. While this is a natural part of life, having a strong diet helps to fuel us and fight off sickness and is essential to a healthy lifestyle. Some people experience a loss of appetite with age but eating a healthy number of calories and nutrients can help maintain healthy organs, muscles, and bones.

Be sure to eat plenty of in season fruits and vegetables. For extra help, daily vitamins can help make sure you're getting the daily recommended servings of the nutrients and minerals that you need.

Exercise Often – Even Outdoors

It can be hard to find the motivation to exercise in the winter. For seniors, the benefits of an active lifestyle are immense, from helping to ward off heart disease to increase mobility. Indoor exercises are a great way to stay fit even when the weather stops you from leaving your house. Treadmills, weights and other exercise equipment can help you stay on course with your exercise regimen.

Of course, even when it is chilly out, getting fresh air, and vitamin D are crucial to our health. With layered clothing, appropriate footwear and plenty of water, exercising outside in the winter can still be a good way to get out of the house.

Socialise

It is not just physical health that needs some extra attention when it gets cold out, but mental health as well. For seniors, isolation can already be a major obstacle, but during the winter when people tend to stay home more, it can play an even bigger role in your day-to-day life. To help fight off seasonal depression, it is good to see loved ones, spend some time outdoors, and even exercise together.

Take Safety Precautions

Even the healthiest seniors can be injured because of an accident. It is common for seniors to experience falls, so the added dangers of obstacles like black ice, increased fallen branches and hidden obstacles under leaves mean that everyone should use extra caution when walking outside eg. Go out when light, choose well-lit and less cluttered paths, wear shoes with good tread. Cheers to a healthy and happy winter!

