



Turrumurra Bowling Club



GAZETTE - JANUARY 2018.

MESSAGE FROM THE CHAIRMAN

I would like to wish all TBC members and their families a Happy New Year.

By the time you read this edition of the TeeBeeCee, it will be the New Year. I would like to thank Eva Morris for yet another year as the editor. Thank you Eva for the wonderful job you do in getting the TeeBeeCee out each month for us to read, catch up with what is going on and laugh at the jokes.

We welcome the bowlers from Gordon who have now joined us. We hope they enjoy TBC as much as we do.

2017 & 2018 are the years of change.

- Most members would have noticed the updated furniture that we have been lucky enough to secure from Gordon and St Ives Bowling Clubs. I hope all agree that it has given the club a lift.
- Painting of the inside of the club will take place starting in mid-January. We will be working with the painters to make sure there is minimum disruption to the ladies as their pennant season commences on the 6th February 2018.
- We have also been successful due to the hard work of a number of your directors in gaining a grant to paint the exterior of the club, this work should commence early 2018.
- We recently secured an assortment of greens equipment, amongst which was a heavy greens roller. This roller alone should improve our greens and make us the envy of our neighbouring bowling clubs.
- We have updated our uniform and will be using it for pennants. It can also be used in all other events and social games that TBC participates in throughout the year.
- Keno was introduced to the club. I believe this has been well embraced by the membership.
- A new *Lightning Cash* poker machine was introduced in November. It has proved to be very popular with the membership.

Last but not least I would like to thank the volunteers who work tirelessly for the membership and I would also like to thank the board with whom it has been a pleasure to work.

Happy New Year to all.

David Blackwell

Chairman

Turrumurra Bowling Club Limited.

NEWS FROM THE MEN'S CLUB

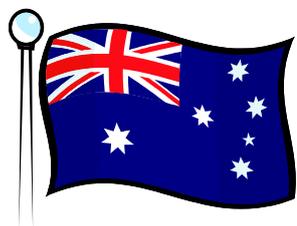
2018 Men's Pairs Championship The 1st round is on Sunday 14th January with a card call at 8.35 am

The **2018 Pennant season availability list** is on the board. If you are interested in playing Pennants you must indicate on the list

A reminder to all bowlers that the Card call on Wednesday's and Saturday's as of the 1st January will be at 12.30 pm with afternoon tea at 2.30 pm.

The nomination sheet for the 2018 Triples will be posted on the board on the 17th January. Get your team organised and enter this competition.

SPECIAL EVENT



Australia Day

Friday 26th January

10.00am Card Call \$25.00 Game and Aussie lunch \$15.00 lunch only

Wear something Australian or Green and Gold

Christmas Raffle 2017 - Prizewinners

Prize	Ticket No.	Winner
1st Prize: \$70 Voucher. Farina Pizzeria	4710	David Moore
2nd Prize: 4 bottles wine. Treasury Wine Estates	4268	Peter Low
3rd Prize: \$45 Voucher - Ladies. Diva's Performance Hair	4530	Luka Simunavic
4th Prize: \$40 Voucher - Men's. Diva's Performance Hair	4175	John Devlin
5th Prize: Hamper. IGA North Turrumurra	4191	Alby Fonti
6th Prize: \$100 Voucher. Exclusive Meats North Turrumurra	4468	John Donovan
7th Prize: \$30 Voucher. Bobbin Head Fruit Market N.Turrumurra	4475	John Donovan
8th Prize: Hamper. TBC.	4427	Les Braun
9th Prize: Picnic Basket. TBC.	4321	Grace Cheah

Seller of 1st prize who was present at the draw: David Moore. \$30 in bar account

PRESIDENT'S BOWLS REPORT FOR LADIES.

Hard to believe it's the beginning of another year. May I wish everyone all the best for a healthy happy and safe New Year along with good bowls and good friendships at our little haven on Bobbin Head Road.

We had a lovely break up / Christmas lunch on Tuesday 19th December with over 40 ladies attending including many of our new Gordon ladies who enjoyed their day.

Once again superbly presented by " our " **Ging**.

Amongst all the joy and mayhem of Christmas and New Year a sad note..

The passing of Neville Scott the husband of Janine at Royal North Shore Hospital. Our love and thoughts are with Janine and her family.

Also Verity Halvorsen who was the daughter of TBC life member Carl Halvorsen. We hadn't seen much of Verity at the club for a few years but she had been a long term committee member bowler friend and FUN person .

Onward and upward 2018.

Sandy White President TWBC

MIXED BOWLS REPORT

The year of 2017 has now gone and has shown how difficult it is to fit in all the Mixed games between the other scheduled games. The program for 2018 has been particularly tricky with Women's and Men's Pennant rounds scheduled to start on 6th February and 28th April respectively. All thanks to Rowdy Martz for slotting the games in.

The first series will be the Mixed Fours starting on Sunday 11th March. (2Women +2Men) .

All card calls for 2018 Mixed Bowls will be at 12.30p.m.

Friday Bowls will restart on 12th January. Your hosts will be Yvonne Williams and Jan Baker.

To recap 2017 Winners :

Mixed Fours : J.Cross,M.Brenner,H.Brenner, R.Hawtree.

Mixed Triples: M.Ryan, C.Ryan, C.Burgman.

Mixed Pairs : D.Blackwell and E.Blackwell.

WP.

MAHJONG AND CARD DAY

Card days will resume on Monday the 15th January 2018.

Mahjong is resuming again on Monday 8th January 2018.

All welcome come and join us in the cool and good company.

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

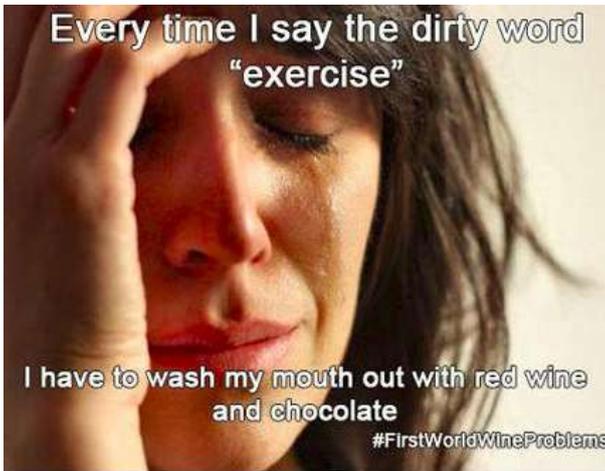
MEN'S AND MIXED BOWLS PROGRAMME FOR JANUARY 2018

WED	3	JAN	M	Sponsored Day		B.C.I.B
SAT	6	JAN	M	Sponsored Day		NORTH TURRAMURRA PHARMACY
SUN	7	JAN	All	1st Sunday H'cap Pairs		
WED	10	JAN	M	Sponsored Day		M.E. WARD ELECTRICAL SERVICES
SAT	13	JAN	All	Sponsored Day		IGA BOBBIN HEAD
SUN	14	JAN	M	Mens Pairs	P1	
WED	17	JAN	M	Sponsored Day		GUARDIAN FUNERALS
SAT	20	JAN	All	Sponsored Day		TURRAMURRA PLUMBING
SUN	21	JAN	M	Mens Pairs	P2	
WED	24	JAN	M	Sponsored Day		ITALK TRAVEL
FRI	26	JAN	All	Australia Day		MAJOR SPONSOR
SAT	27	JAN	All	Sponsored Day		EXCLUSIVE MEATS
SUN	28	JAN	M	Mens Pairs	P3	
WED	31	JAN	M	Sponsored Day		TURRAMURRA COMMUNITY BANK

LADIES BOWLS PROGRAMME FOR JANUARY 2018.

Tue	2	JAN	Fun Day		
Thu	4	JAN	Social Bowls		
Tue	9	JAN	Bowls Resume/Social bowls		GUARDIAN FUNERALS
Thu	11	JAN	Social Bowls/Pennants Practise		
Tue	16	JAN	Social Bowls / Major Singles	S 1	THE LANDINGS
Thu	18	JAN	Social Bowls/Pennants Practise		
Tue	23	JAN	Social Bowls/Major Singles/Meeting	S 2	ITALK TRAVEL
Thu	25	JAN	AUSTRALIA DAY		
Tue	30	JAN	Social bowls/Major Singles	S 3	TURRAMURRA COMMUNITY BANK

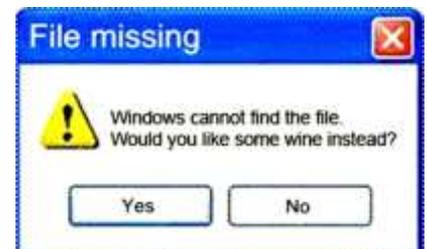
WINE FACTS



THE HORMONE GUIDE

SURVIVAL TIPS FOR MEN: HOW TO ASK A QUESTION TO A WOMAN

DANGEROUS	SAFER	SAFEST	ULTRA SAFE
What's for dinner?	Can I help you with dinner?	Where would you like to go for dinner?	Here, have some wine.
Are you wearing that?	You sure look good in brown!	WOW! Look at you!	Here, have some wine.
What are you so worked up about?	Could we be overreacting?	Here's my paycheck.	Here, have some wine.
Should you be eating that?	You know, there are a lot of apples left.	Can I get you a piece of chocolate with that?	Here, have some wine.
What did you DO all day?	I hope you didn't over-do it today.	I've always loved you in that robe!	Here, have some wine.



TURRAMURRA BOWLING CLUB CELEBRATING IN 2017



Australia Day in 2017.



Geoff's Retirement Dinner in February 2017



Blind Bowls March 2017



March 7 Turramurra Women's Bowling Club Celebrating 60 Years.



ANZAC Day April 2017



Cup Day November 2017



LADIES' CHRISTMAS LUNCH December 2017



Happy Happy Ladies having fun.

OK, FUN TIME

Making a Baby.... This is hilarious!

(Blame Herbie)

There is not one dirty word in it, and it is funny!

The Smiths were unable to conceive children and decided to use a surrogate father to start their family. On the day the proxy father was to arrive, Mr. Smith kissed his wife goodbye and said, 'Well, I'm off now. The man should be here soon.'

Half an hour later, just by chance, a door-to-door baby photographer happened to ring the doorbell, hoping to make a sale. 'Good morning, Ma'am', he said, 'I've come to...'

'Oh, no need to explain,' Mrs. Smith cut in, embarrassed, 'I've been expecting you.'

'Have you really?' said the photographer. 'Well, that's good. Did you know babies are my specialty?'

'Well that's what my husband and I had hoped. Please come in and have a seat !.

After a moment she asked, blushing, 'Well, where do we start?'

'Leave everything to me.. I usually try two in the bathtub, one on the couch, and perhaps a couple on the bed. And sometimes the living room floor is fun. You can really spread out there.'

'Bathtub, living room floor? No wonder it didn't work out for Harry and me!'

'Well, Ma'am, none of us can guarantee a good one every time. But if we try several different positions and I shoot from six or seven angles, I'm sure you'll be pleased with the results.'

'My, that's a lot!', gasped Mrs. Smith.

'Ma'am, in my line of work a man has to take his time. I'd love to be In and out in five minutes, but I'm sure you'd be disappointed with that.'

'Don't I know it,' said Mrs. Smith quietly.

The photographer opened his briefcase and pulled out a portfolio of his baby pictures. 'This was done on the top of a bus,' he said.

'Oh, my God!' Mrs. Smith exclaimed, grasping at her throat.

'And these twins turned out exceptionally well - when you consider their mother was so difficult to work with..'

'She was difficult?' asked Mrs. Smith.

'Yes, I'm afraid so. I finally had to take her to the park to get the job done right. People were crowding around four and five deep to get a good look' 'Four and five deep?' said Mrs. Smith, her eyes wide with amazement.

'Yes', the photographer replied. 'And for more than three hours, too. The mother was constantly squealing and yelling - I could hardly concentrate, and when darkness approached I had to rush my shots. Finally, when the squirrels began nibbling on my equipment, I just had to pack it all in.'

Mrs. Smith leaned forward. 'Do you mean they actually chewed on your, uh...equipment?'

'It's true, Ma'am, yes.. Well, if you're ready, I'll set-up my tripod and we can get to work right away..'

'Tripod?'

'Oh yes, Ma'am. I need to use a tripod to rest my Canon on. It's much too big to be held in the hand very long.'

Mrs. Smith fainted

Water and Aspirin...PLEASE READ!

(Thank you Sandy White)

A cardiologist determined that heart attacks can be triggered by dehydration. Good Thing To Know. From The Mayo Clinic. How many folks do you know who say they don't want to drink anything before going to bed because they'll have to get up during the night?

Heart Attack and Water - Drinking one glass of water before going to bed avoids stroke or heart attack.

Interesting.....

Something else I didn't know I asked my Doctor why people need to urinate so much at night time

Answer from my Cardiac Doctor: Gravity holds water in the lower part of your body when you are upright (legs swell). When you lie down and the lower body (legs and etc.) seeks level with the kidneys, it is then that the kidneys remove the water because it is easier. I knew you need your minimum water to help flush the toxins out of your body, but this was news to me.

Correct time to drink water... Very Important. From A Cardiac Specialist!

Drinking water at a certain time maximizes its effectiveness on the body:

2 glasses of water after waking up - helps activate internal organs

1 glass of water 30 minutes before a meal - helps digestion

1 glass of water before taking a bath - helps lower blood pressure

1 glass of water before going to bed - avoids stroke or heart attack

I can also add to this... My Physician told me that water at bed time will also help prevent night time leg cramps. Your leg muscles are seeking hydration when they cramp and wake you up with a Charlie Horse.

Mayo Clinic on Aspirin - Dr. Virend Somers is a Cardiologist from the Mayo Clinic who is the lead author of the report in the July 29, 2008 issue of the Journal of the American College of Cardiology.

Most heart attacks occur in the day, generally between 6 A.M. and noon. Having one during the night, when the heart should be most at rest, means that something unusual happened. Somers and his colleagues have been working for a decade to show that sleep apnea is to blame.

1. If you take an aspirin or a baby aspirin once a day, take it at night.

The Reason: Aspirin has a 24-hour "half-life"; therefore, if most heart attacks happen in the wee hours of the morning, the Aspirin would be strongest in your system.

2. Aspirin lasts a really long time in your medicine chest – years! (When it gets old, it smells like vinegar).

Please read on..

Something that we can do to help ourselves - nice to know. Bayer is making crystal aspirin to dissolve instantly on the tongue. They work much faster than the tablets.

Why keep Aspirin by your bedside?

It's about Heart Attacks - There are other symptoms of a heart attack, besides the pain on the left arm. One must also be aware of an intense pain on the chin, as well as nausea and lots of sweating; however, these symptoms may also occur less frequently.

Note: There may be NO pain in the chest during a heart attack.

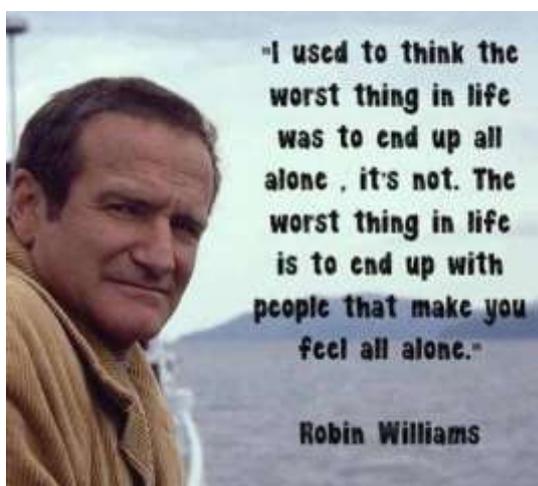
The majority of people (about 60%) who had a heart attack during their sleep did not wake up. However, if it occurs, the chest pain may wake you up from your deep sleep. If that happens, immediately dissolve two aspirins in your mouth and swallow them with a bit of water.

Afterwards: - Call **000**. - Phone a neighbor or a family member who lives very close by. Say "Heart Attack!" - Say that you have taken 2 Aspirins. - Take a seat on a chair or sofa near the front door, and wait for their arrival and**DO NOT LIE DOWN!**

A Cardiologist has stated that if each person after receiving this e-mail, sends it to 10 people, probably one life could be saved!

I have already shared this information. What about you?

Do forward this message. It may save lives!





Hornsby Ku-Ring-Gai Women's Shelter – Apron Project

Were you aware that in 2017 the police have handled more than 153,000 calls relating to domestic violence? Or that there is one death every single week from the same issue?

63% of the clients attending the Hornsby Ku-Ring-Gai Women's Shelter are escaping from domestic violence. The Shelter has housed over 200 women since opening its doors in 2015, yet sadly they have had to turn away approximately 500 more. The cost to house these women, provide health services, education assistance and employment assistance costs this charity \$1,000 a week. This life saving organisation relies heavily on community assistance and the support of businesses like the Turramurra and Lindfield **Community Bank** branches to save more lives and help these women get back on their feet.

Sallianne McClelland, President of the Hornsby Ku-ring-gai women's shelter knew she couldn't just stand by and watch the statistics rise. *"In 2015 after we had a series of deaths relating to domestic violence, I knew I had to do something profound and different."*

With her background in international Event Management and the creation of one of the US leading mixed media retreats, Sallianne came up with the idea of *The Apron Project*. Calling upon some of her art friends, she asked them if they would make an apron for her to sell. Without hesitation, artists from around the globe began embroidering, beading and painting to create bespoke aprons which would go up for auction and raise vital funds for the Women's shelter.

"I chose an apron because for me it was a symbol of home, of family and in essence of safety" commented Sallianne.

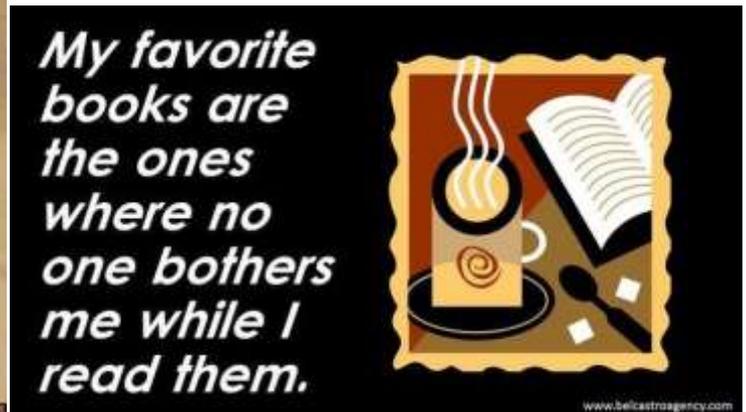
The Apron Project now in its third year, has raised \$30,000 via aprons donated by over 60 artists worldwide, ranging from the famous Ken Done to a young 13-year old Emma Lockery. The project attracts global attention and vital support from local MP's and the community who all bid to purchase a one of kind apron, that in turn saves lives. More than just raising money - the Apron Project brings awareness to other shelters within the NSW network who are all working to support women in need of crisis accommodation and various levels of support.

Our very own Sharon Franke, Community Development Manager at Turramurra & Lindfield **Community Bank** branches along with Toni McDermott director of KFSL, couldn't resist the opportunity to purchase an apron and support such an amazing cause. Such an incredible and rewarding service deserves the support of

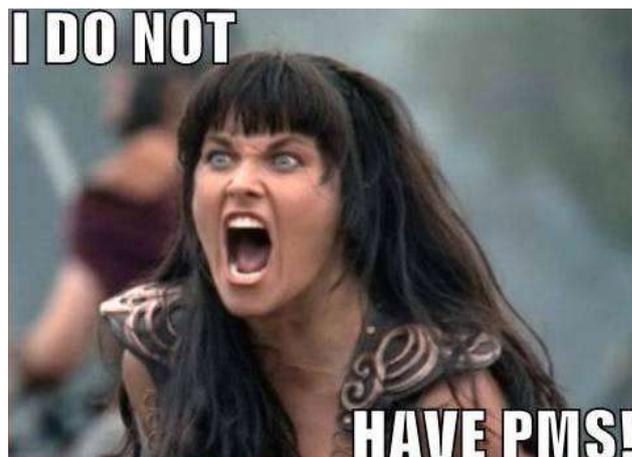
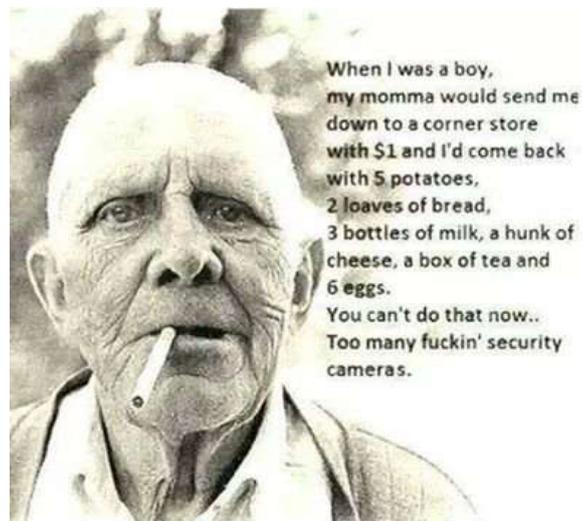
community members and businesses alike. (not to mention the bonus of owning an apron designed by an inspiring artist)

“We need our community to walk beside us and our greatest need is money. No amount is too small and we are incredibly grateful for the support of the Turrumurra and Lindfield Community Bank community who play a significant role in ensuring our Shelter is a home and that all the women who come through the doors are provided with all they need to make change in their life.” commented Sallianne.

Keep an eye out for information on the Apron Project in 2018 – you might just purchase yourself a fancy new apron!



ecb



Letter to the Editor

Sir,

I haven't got a computer, but I was told about Facebook and Twitter and am trying to make friends outside Facebook and Twitter while applying the same principles.

Every day I walk down the street and tell passers-by what I have eaten, how I feel, and what I have done the night before and what I will do for the rest of the day. I give them pictures of my wife, my daughter, my dog and me gardening and on holiday, spending time by the pool. I also listen to their conversations, tell them I "like" them and give them my opinion on every subject that interests *me*...whether it interests them or not.

And it works. I already have four people following me, two police officers, a social worker and a psychiatrist.

(Anonymous)

- Hello! Gordon's pizza? - No sir this is Google's pizza.

- Sorry, I must have dialled a wrong number?

- No sir, Google bought out Gordon's Pizza a short while ago.

- OK. Take my order please.

- OK sir, would you like your usual?"

- The usual? You know me?

- According to our caller-ID database, Your last 12 orders were for pizza with Cheese and sausage toppings,Thick crust and crisp.

- OK! That's it...

- May I suggest this time you add ricotta, Arugula with dry tomato toppings?

- What? I hate vegetables

- Your cholesterol is not good, sir."

- How do you know that?

- We cross-matched your phone number With your name and your online medical portal.We have the result of your blood tests For the past 7 years.

- Okay, but I do not want those toppings, I already take medicine ...

- Excuse me, but you have not taken Your medicine regularly. We can see from our database, 4 months ago, you only purchased A box with 30 cholesterol tablets at CVS.

- I bought more from another pharmacy.

- Such a transaction is not showing In your credit card account.

- I paid in cash.

- But you did not withdraw that much cash According to your recent bank statement.

- I have another source of cash.

- That is not showing as per your latest Tax return unless you obtained it from An undeclared income source.

WHAT THE..... "I'm sorry, sir, we use such information Only with the intention of helping you.

- Enough! I'm sick of Google, Facebook, Twitter, WhatsApp. I'm going to an Island Without internet, cable TV, where there is No cell phone service and no one to spy on me. -

"I understand sir but you'll need to renew Your passport first as it expired 6 weeks ago! (AAARGH!!!)