



Turrumurra Bowling Club



GAZETTE - NOVEMBER 2017.

DON'T MISS THE

CHRISTMAS DINNER

@ Turrumurra Bowling Club 7.00 for 7.30

SATURDAY 9th DECEMBER

\$35.00 a head payable to the bar



Prawn and ham buffet

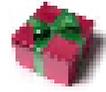
Please get your names down for catering

MAHJONG AND CARD DAY

Last Card Day for this year is Monday 20th November, which includes Christmas Lunch at \$25pp. Card days will resume on the 15th January 2018.

Mahjong continues as usual on Mondays as from 1pm. The last day is 11th December, and resuming on 8th January 2018. Mahjong players also included in Card Day Christmas Lunch on the 20th November.

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



REVERSE CHRISTMAS TREE

**WE ARE COLLECTING NEW GIFTS
THAT WILL BE DONATED TO
THE SALVATION ARMY**

**PLEASE DO NOT WRAP THE GIFTS.
GIFTS CAN BE LEFT AT
THE CHRISTMAS TREE ON THE STAGE.**

**GIFTS SUITABLE FOR ANY AGE
CHILD TO ADULT, MALE OR FEMALE**

NEWS FROM THE MEN'S CLUB

The **2017 Graded Fours** Final was won by, Elias Sandrussi, David Moore, Bryan Popplewell & Bob Hawtree who defeated John Williamson, Luka Simunovic, Bob Southam & Ced Lewis.

The **2017 Graded Triples** The Final was won by J Williamson, R Gregory & B Southam who defeated M Ryan, H Fuller & D Blackwell.

The **2017 Handicap Pairs Tournament** The Final on the 12th November will be between S Ching & B McMurdy and B Popplewell & R Gregory.

The **2017 CLUB FOURS CHAMPIONSHIP** Final will be played on the 4th November between A Calvi, R Gregory, H Brenner & G Hamilton against R Baveystock, L Simunovic, C Lewis & K Wallis.

The **2017 Ron Christie Trophy** was won by St Ives who defeated Turramurra 162 – 137. We had 2 wins at Turramurra and 1 win at St Ives. 3 of our losses were of 5 shots or less, this was a much improved performance over the past couple of years and we congratulate all of our players for their efforts.

We will be playing against Asquith in the **Annual Cliff Braybon Trophy** on Saturday 18th November. Teams will be selected on the 1st November. We will be selecting 12 teams who will play 3 bowl triples. Teams must have a minimum total of 14 Pennant grading points.

PRESIDENT'S BOWLS REPORT FOR LADIES

NOVEMBER ALREADY!!!!!!!!!!!!!!

Where has the year gone?

We are delighted to learn that we have 15 ladies coming to Turramurra from Gordon and 5 gentlemen. A few still undecided.

Five or six ladies have already said they were happy to play pennants next year .

With the addition of these ladies we are now able to enter three pennant teams in the North Shore district competition for grades 2,3 & 4.

Sadly there is no # 1 grade at district level as NSWBA has decided in " their " wisdom to create a #1 metropolitan grade.

This involves extremely large and strong clubs e.g Neutral Bay, St Johns Park and Cabramatta all of whom have NSW and Australian representatives. Quite a challenge for grannies playing once or twice a week! Enough said !

We have begun collection gifts for our Salvo reverse Christmas tree. Please leave gifts on the designated area on the stage. Not just for kids, toys games etc but for adults as well. They need to be unwrapped

The earlier we get them to the Salvos the easier it is for them to distribute in time for Christmas.

Happy days Sandy White President

MIXED BOWLS REPORT

The semi final of the Mixed Fours is in sight of being played !

The teams are :

Yvonne Williams, Alison Walcott, Bryan Popplewell, John Dade versus Judy Cross, Marilyn Brenner, Herbie Brenner, Bob Hawtree.

A date of 26th November has been tentatively scheduled.

A date for the Final of the Mixed Pairs has yet to be decided. The Finalists are : Elizabeth and David Blackwell versus Marilyn and Herbie Brenner.

Again don't forget Friday Bowls hosted by Yvonne Williams and Jan Baker. This is a really laid back afternoon and sometimes John Goldsmith wins !

This is open to every bowler and a good time to test a new technique. WP

HORROR SCOPE

Scorpio – The Intense One – (Oct23 – Nov 21)

Very energetic. Intelligent. Can be jealous and/or possessive. Hardworking. Great kisser. Can become obsessive or secretive. Holds grudges. A good bowler. Attractive. Determined. Loves being in long relationships. Talkative. Romantic. Can be self centred at times. Passionate and Emotional.

MEN'S AND MIXED BOWLS PROGRAMME FOR NOVEMBER 2017

WED	1	NOV	M	Sponsored Day / Les W Shield	LW5	TURRAMURRA COMMUNITY BANK
SAT	4	NOV	M	Club Fours Championships	F 4	SOUTHERN CROSS CARE
SUN	5	NOV	All	Savills C M Handicap Pairs		SAVILLS Cordeau Marshall
SUN	5	NOV	All	Zone 9 Mixed Pairs Challenge	Rd 3&4	
WED	8	NOV	M	Sponsored Day		IGA BOBBIN HEAD
SAT	11	NOV	All	Sponsored Day		EXCLUSIVE MEATS
SUN	12	NOV	All	Mixed Pairs Championship	MP 4	SAVILLS Cordeau Marshall
SUN	12	NOV	All	Zone 9 Mixed Pairs Challenge	PS	
WED	15	NOV	M	"Old Reds" Challenge		TREASURY WINE ESTATES
SAT	18	NOV	M	Braybon Trophy Vs Asquith		
SUN	19	NOV	All	Zone 9 Mixed Pairs Challenge	Spare	
SUN	19	NOV	All	3rd Sunday Mufti		SAVILLS Cordeau Marshall
WED	22	NOV	M	Sponsored Day		GUARDIAN FUNERALS
SAT	25	NOV	All	Sponsored Day		SAVILLS Cordeau Marshall
SUN	26	NOV	All	4th Sunday		SAVILLS Cordeau Marshall
WED	29	NOV	M	Sponsored Day		ASNU GROUP of TRADES

BOWLS PROGRAMME FOR LADIES NOVEMBER 2017

Thu	2	NOV	Social bowls		
Tue	7	NOV	Melbourne Cup Day / Social bowls		THE LANDINGS
Thu	9	NOV	Social bowls		
Fri	10	NOV	NSD Versatility Day		
Mon	13	NOV	NSD AGM		
Tue	14	NOV	Social bowls		SAVILLS Cordeau Marshall
Thu	16	NOV	Social bowls		
Tue	21	NOV	Social bowls / Committee meeting		TURRAMURRA COMMUNITY BANK
Thu	23	NOV	Social bowls		
Tue	28	NOV	Social bowls		GUARDIAN FUNERALS
Thu	30	NOV	Social bowls		



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- Hot Chickens

And lots more.... Looking forward to seeing you in store!

Turrumurra and Lindfield
Community Bank® branches



Spring is in the air and there's no better time to visit our local Turrumurra Lookout Community Garden.

If you are in Turrumurra around lunchtime – do yourself a favour – grab your lunch in the Turrumurra Village and pop across the road to enjoy a quiet break in the Turrumurra Lookout Community Garden under the canopy of the crab apple tree.

For over seven years now, the Turrumurra local community have been enjoying the fruits of the TLC Garden. Its creation has been a labour of love for many – but was originally initiated by John Dailey – Garden President, and 2016 winner of the Ku-ring-gai Citizen of the Year Award, and Julie Antill who collaborated with the community and council, eventually resulting in a home for the garden at Lookout Park.

A \$20,000 foundation grant from the **Turrumurra and Lindfield Community Bank** branches was used to initiate ground works on the sloping block and established the base for this wonderful community space. Since then the garden has evolved and flourished with approximately 55 members and many community groups enjoying the space regularly. Eight years on and a considerable amount of work later, there is now a well-established garden with both communal areas and 24 individual plots.

The garden has become a place for socialising and learning for the like-minded community members who gather to tend to the garden each Saturday. Members learn from each other and often have guest speakers on topics relating to gardening and sustainable living. The highlight for many each Saturday, is the sometimes lengthy and always delicious morning tea held after each working bee.

The small dedicated committee recently received a Community Service – Environmental Award, recognising the efforts the garden has made in it's organic approach since inception.

“It is great to see our efforts being recognised. We work very hard at our organic approach using tank water, drip irrigation, worm farms and native bee's. We also make our own comfrey tea, weed tea and worm tea. We make our own compost and collect local veggie offcuts and coffee discards for use in that compost. It really is a community effort” John Daily – TLC Garden President

The **Turrumurra and Lindfield Community Bank** branches are immensely proud to have been involved with this rewarding community project. We would like to congratulate John and TLC garden committee on the recent award and acknowledge the hard work they have put into this beautiful community space.



Fact Sheet

Rossana Devenish-Meares

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Connect
Hearing

Hearing loss and falls

St Ives

Shop 127B, St. Ives Shopping Village
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As people get older the chance of experiencing a fall increases and it is common for these falls to result in fractures or injuries. In Australia in 2009-2010 the number of people over the age of 65 admitted to hospital for a fall was over 83,000. The average stay in hospital for these people was over 2 weeks. Falls are the cause of a substantial number of injury-related deaths in Australia, more numerous now than transport crash fatalities and just behind skin cancer.

Risk factors for falls include:

Age
Gender
Some medications
Some medical conditions e.g. Parkinson's Disease, vision problems
Sedentary behaviour
Psychological status - fear of falling
Nutritional deficiencies
Impaired cognition
Foot problems

Reduce your risk of falling

Here are some ways you can reduce your risk of falling:

1. Exercise regularly, especially do exercises that improve balance and coordination.
2. Review your medicines with your healthcare provider - some medicines can make you sleepy or dizzy.
3. Have your vision checked at least once a year, as poor vision can worsen your risk.
4. Have your hearing tested annually, and use hearing aids when recommended.

Linking hearing loss and falls...

Lin, an Assistant Professor at the Johns Hopkins University School of Medicine and the university's Bloomberg School of Public Health, and Ferrucci, found that people with a 25-decibel hearing loss, classified as mild, were nearly three times more likely to have a history of falling. Every additional 10-decibels of hearing loss increased the chances of falling by 1.4 fold. This finding still held true, even when researchers accounted for other factors linked with falling, including age, sex, race, cardiovascular disease and vestibular function. Even excluding participants with moderate to severe hearing loss from the analysis didn't change the results.

Lin, an otologist and epidemiologist, says among the possible explanations for the link is that people who can't hear well might not have good awareness of their overall environment, making tripping and falling more likely. Another reason hearing loss might increase the risk of falls, Lin adds, is cognitive load, in which the brain is overwhelmed with demands on its limited resources.

"Gait and balance are things most people take for granted, but they are actually very cognitively demanding," Lin says. "If hearing loss imposes a cognitive load, there may be fewer cognitive resources to help with maintaining balance and gait."

References

http://www.hopkinsmedicine.org/news/media/releases/hearing_loss_linked_to_three_fold_risk_of_falling
<https://www.hihealthinnovations.com/page/fallprevention>
<http://www.aihw.gov.au/WorkArea/DownloadAsset.aspx?id=60129542822>
<http://www.abs.gov.au/ausstats/abs@.nsf/Lookup/3303.0main+features100012012>
http://www.euro.who.int/__data/assets/pdf_file/0018/74700/E82552.pdf

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*Prices shown are per person in Australian Dollars based on twin occupancy and inclusive of all taxes and fees (which are subject to change) and exclude gratuities. Prices shown are for the lowest interior and Oceanview stateroom available. Pricing is correct as of 10 October 2017. Prices and availability are subject to change without notice. There are a limited amount of staterooms available at the rates shown and are subject to availability, once these are sold the rate may be withdrawn or prices increased. For full terms and conditions, please visit our website at www.royalcaribbean.com.au. The above mentioned terms and conditions are to be read in conjunction with the terms and conditions outlined in the Royal Caribbean International 2017-2018 local brochures. Royal Caribbean International reserves the right to correct any errors, inaccuracies or omissions and to change or update fares, fees and surcharges at any time without prior notice.

A FEW FUN PAGES COMING UP

Lying around, pondering the problems of the world,

I realised that, at my age, I don't really give a rat's ass anymore.

If walking is good for your health, the postman would be immortal.

A whale swims all day, only eats fish, and drinks water, but is still fat

A rabbit runs, and hops, and only lives 15 years, while a tortoise doesn't run, and does mostly nothing, yet it lives for 150 years. And they tell us to exercise? I don't think so.

Now that I'm older, here's what I've discovered:

1. I started out with nothing, and I still have most of it.
2. My wild oats are mostly enjoyed with prunes and all-bran.
3. Funny, I don't remember being absent-minded.
4. Funny, I don't remember being absent-minded.
5. If all is not lost, then where the heck is it?
6. It was a whole lot easier to get older, than it was to get wiser.
7. Some days, you're the top dog, some days you're the hydrant.
8. I wish the buck really did stop here; I sure could use a few of them.
9. Kids in the back seat cause accidents.
10. Accidents in the back seat cause kids.
11. It is hard to make a comeback when you haven't been anywhere.
12. The world only beats a path to your door when you're in the bathroom.
13. If God wanted me to touch my toes, he'd have put them on my knees.
14. When I'm finally holding all the right cards, everyone wants to play chess.
15. It is not hard to meet expenses . . . They're everywhere.
16. The only difference between a rut and a grave is the depth..
17. These days, I spend a lot of time thinking about the hereafter . . . I go somewhere to get something, and then wonder what I'm "here after".
18. Funny, I don't remember being absent-minded.
19. It is a lot better to be seen than viewed.
20. Have I sent this message to you before...or did I get it from you?

(This is a message sent by Sandy White from her Facebook...ED)

Gabrielle Sh.....d, Kevin B.....d and Allen Maureen R....s. From Hastings Vic.

Makes one angry when bowlers observe other rinks of play and delight in knocking the bowler/s with comments of "too heavy, no where near the jack etc., etc.," without being at the head and actually hearing the directions or seeing the movement of the jack/bowl or state of play, they would be better off keeping their opinions to themselves and concentrate on their own bowls, players and rink!

We can all stand back and be critical, but does that make you an expert or just a critical arsehole who by unsportsmanlike behaviour reflects away from his/her bowls or rink.? Sides/Teams/Players should be supportive of each other.

It does not help players when they overhear comments from so called expert bowlers who should know better. Instead of knocking our Selectors, Skips, players etc., use your energy and big mouth to boost morale and team support which in the end will result in a winning combination for all. Negativity, whinging and knocking is not needed in a sport that all ages can play. So over some people.

Rant over...enjoy the week

Amazing Human Body.

It takes your food seven seconds to get from your mouth to your stomach.

One human hair can support 6.6 pounds.

The average man's penis is two times the length of his thumb.

Human thighbones are stronger than concrete. *(you wanna bet?)*

A woman's heart beats faster than a man's.

There are about one trillion bacteria on each of your feet.

Women blink twice as often as men.

The average person's skin weighs twice as much as the brain. *(when was this tested?)*

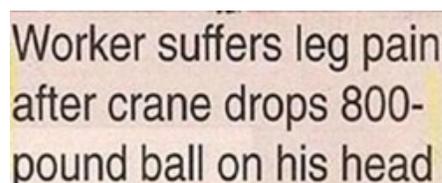
Your body uses 300 muscles to balance itself when you are standing still.

If saliva cannot dissolve something, you cannot taste it.

Women : will be finished reading this by now.

Men: are still busy checking their thumbs.

Why we must not let newspapers die



Scamwatch radar alert

This Stay Smart Online Week, the ACCC is warning the community to watch out for common online scams they might encounter.

The online sphere – email, the internet, social media and mobile apps – has overtaken telephones as scammers’ preferred tool of the trade to contact potential victims. In 2017, the ACCC’s Scamwatch site has received more than 51,000 reports of scammers trying to con people online. Online scam losses total nearly \$37 million so far in 2017, with people aged 45 to 54 most likely to lose money.

“It’s difficult to spot a scammer online these days as they go to great lengths to trick the public and steal personal information and money,” ACCC Deputy Chair Delia Rickard said.

The top three scams that people are most likely to encounter online are:

- Phishing – often delivered via email, scammers will pretend to be from well-known businesses and government departments to con unsuspecting victims out of their personal information and money. For example they might say they’re from Apple and you need to reset your password for security reasons, or they may offer you a gift voucher to a major supermarket for completing a ‘survey’.
- False billing – scammers will pretend to be from a utility provider such as your phone or energy company and send you a fake bill. These scams can be very hard to pick as the fake bills scammers send look authentic.
- Buying and selling – scammers will trick people who are looking to buy or sell goods online. For example, they may set up a fake online store that sells well-known brands at seemingly too-good-to-be-true prices; or they may set up a fake listing on a classifieds website.

Ms Rickard said there are some simple techniques members of the public can employ to avoid being stung by a scammer online.

“While scammers are often after your money, they’re also trying to steal your personal information, which is just as valuable. It’s important to safeguard your personal details online the same way you would your wallet,” Ms Rickard said.

“If you’re ever contacted out of the blue, particularly via email, by someone asking you to pay a bill, complete a survey or update your passwords, it pays to be sceptical. If it seems too good to be true, it probably is.”

“If you’re unsure about the legitimacy of something online like a store, classified listing or email you receive, do your own research as others who have been stung by scammers will often post warnings for others. There are also plenty of very useful tips and advice at www.scamwatch.gov.au to avoid being stung by online scams,” Ms Rickard said.

See more information about [Stay Smart Online Week](#).

The Savills logo, consisting of the word "savills" in a lowercase, sans-serif font, is positioned in the top right corner of the image. It is set against a solid yellow square background. The overall image is a photograph of a well-maintained outdoor lounge area with two white wicker chairs, a side table with flowers and a book, and lush greenery in the background.

savills

Property Report

November 2017

Demand for quality properties on the upper North Shore continues to remain strong, although as anticipated housing values have shown levelling off from the very high growth rates experienced earlier in the year.

If you are considering selling, we can provide expert advice in how best to present your property for the optimum price. Whether it be de-cluttering, minor enhancements or a more structural renovation, we have the experience to guide you on which areas will provide the greatest return.

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