

# BINGARA

OCTOBER 2017

WHAT'S INSIDE?

## UPCOMING EVENTS

LIGHT UP BINGARA,  
CHRISTMAS PARTY & MORE!

## REPTILE SHOW AT BINGARA RECAP

PERSONAL TRAINING  
WITH KIEL



COMMUNITIES  
at BINGARA



Clublinks  
We deliver success

# FROM THE GENERAL MANAGER



*Hello and welcome. Spring has certainly sprung and what a fantastic start to the season we have experienced at Bingara Gorge.*

The golf course has been prepped for the new golf season, just in time for our new competitions and events that are planned over the coming months. It's great to see Keiran and the team showcasing all the season's newest items in the golf shop. If you haven't already picked up your new golf equipment or been in for a visit lately, come on down and say hi – we've missed you!

The Community events are well under way with the Reptile Show, Cheese and Wine - Meet the Neighbours evening and Taronga Zoo excursion. I can feel the excitement in the air as the community unites at these fun events.

Coming up, we have the Garden Competition, Light Up Bingara and The Annual Residents Christmas Party. We look forward to seeing you there.

*Tina*

---

## SECURITY AT BINGARA GORGE

### INFORMATION REGARDING DURESS ALARM ACTIVATION

Each home in Bingara Gorge has two emergency duress buttons installed. A duress button can also be referred to as a panic alarm. These buttons are an electronic device designed to assist in alerting somebody in emergency situations where a threat to persons or property exists. Typical threats are break and enters, violence or medical assistance.

*If a duress button is pressed or activated, the following procedure will be followed;*

- 1 Duress button activation
- 2 Patrol Guard dispatched
- 3 Home phone called if listed
- 4 Secondary contact called if no answer on home phone and listed
- 5 Third contact called if no answer from secondary contact and listed

Upon arriving at the property, the patrol guard will visually check for forced entry to your home and if safe to do so, will knock on the door. If there is evidence of forced entry or confrontation in the home, the patrol guard will call the police.

Should there be no response, the patrol guard will automatically call emergency services (ambulance and police). There may be fees associated with emergency services attending your home or they may be forced to break the front door in the event of no answer from the residence. For this reason, it is important that you answer your phone or notify the control room should there be a false alarm or if you leave the house for any reason. The control room contact number is **1300 656 660**.

*If you are unsure whether your current contact details are listed with the control room, please email: [communities@bingara.net.au](mailto:communities@bingara.net.au)*

## RESIDENT'S NEWS

*Bingara Living Newsletter is a dedicated Community Newsletter to help you stay up to date with Community News and is published every second month. We welcome resident contribution.*

If you are part of a group or helping to organise an event we would like to hear from you. We can help advertise your upcoming events, your groups achievements, or general information about the group your involved with.

Please email [info@bingara.net.au](mailto:info@bingara.net.au) or [communities@bingara.net.au](mailto:communities@bingara.net.au) to get in touch.

# BASKETBALL UPDATE

*We are pleased to announce the Basketball Hoops are now open for residents to enjoy!*

The successful project was conducted over four stages which included the tower install, power clean of the tennis courts, hoop installation and finally the line marking.

Court 1 will operate as a multipurpose court with one full size tennis court or two half courts for basketball. The tennis court net will remain in place at all times and the hoops can be retracted if required. Please ask one of our friendly members of staff if you require assistance.



# LENDLEASE NEWS

## NEW PARK ON THE HORIZON!

The construction of the new park area on Albatross Bend is progressing well. Upon completion, the park will include a BBQ, shade structures, table and benches, a space climber and a range of swing play equipment, entry arbors, and open grassed area and a small pedestrian bridge. The park is scheduled to open for access in late 2017.



# WHAT'S ON

## UPCOMING EVENTS



### BEST GARDEN COMPETITION

October 2017

Residents will have the opportunity to blossom and bloom for the Bingara Best Garden Competition. Competition entries close 20 October. Judging will commence 23 October.

**Overall Winner** - \$500 Barbeques Galore Voucher  
1st Place - \$150 Visa Gift Card (For each Category)

#### Categories are:

Country Garden cottage and rural, Australian garden informal and natural looking, Contemporary garden modern and sophisticated, Formal Garden structured and controlled



### LIGHT UP BINGARA

December 2017

Lights up by 1st December, Judging Between 4th & 8th December.

**1st Prize** - \$500 Visa Gift card  
**2nd Prize** - 4 x Gold Class movie tickets  
**3rd Prize** - Family pass to Taronga Zoo



### ANNUAL CHRISTMAS PARTY

Saturday 9th December 2017

This year we will be having a spit, so please ensure you RSVP.

#### We'll also be taking part in:

Golf Games, Jumping Castle, Face Painting, Live Music, Carols, Santa & Elves, Snow cones, Fairy Floss

## EVENT RECAPS



### REPTILE SHOW

10 September 2017

Children always have a great time at the events put on at Bingara. The Reptile Show was no different with the children excited about seeing some snakes and other reptiles.

An additional segment this year was a safety talk for both adults and children on snakes. This talk took everyone through the steps on what to do if you see a snake and important first aid steps.

With the warm weather just around the corner we would like to remind residents on the importance of snake safety for yourselves and your families.

#### Some of the safe snake tips we picked up on were:

- \* If you see a snake, avoid going near it, walk away slowly in the opposite direction and do not cross in front of its path.
- \* If the snake is close to you STOP do not move until the snake moves away.
- \* If you, or someone you know is bitten by a snake, Call 000 immediately and follow their instructions.



# GOLF UPDATE

## UPCOMING EVENTS

### JUNIOR GOLF CLASSES

Wednesday and Thursdays during School Term 4

### OCTOBER MID-MONTH COMP

Saturday 14 October 2017

### OCTOBER SUNDAY SHOOT-OUT

Sunday 22 October 2017

### OCTOBER END OF MONTH COMP

Saturday 28 October 2017

### NOVEMBER MID-MONTH COMP

Saturday 11 November 2017

### NOVEMBER SUNDAY SHOOT-OUT

Sunday 19 November

### BINGARA INTER PRECINCT CUP SATURDAY 25 NOVEMBER

---

## PRO SHOP UPDATE

Check out some of the NEW Spring items that have just landed in the golf shop!

Did you know we can order in just about any item you may need to play your best?

Give our friendly golf shop staff a call now!



## GOLF EDUCATION WITH KEIRAN BISH

*When golfers hear the word coring, I hear many negative comments like, 'why do they do this when the greens are great' or 'do they really need to be done'. Simply the greens NEED to have aeration/coring twice a year to maintain a smooth healthy playing surface all year round and for years to come.*

Without a strict program of maintenance, the putting surface would deteriorate over time, become very bumpy and uneven, grass health would worsen which would eventually lead the grass to die and need replacing.

One of the biggest problems that golfers have with this maintenance, is that the best time to do the core aeration is generally when the greens are at their best, just as spring and warmer weather is starting and again in autumn before the colder weather sets in.

We scarify greens, tees and fairways to reduce thatch accumulation and to promote air/water movement through the soil. Thatch is a build-up of organic matter over time, just under the surface of the leaf but above the root zone.

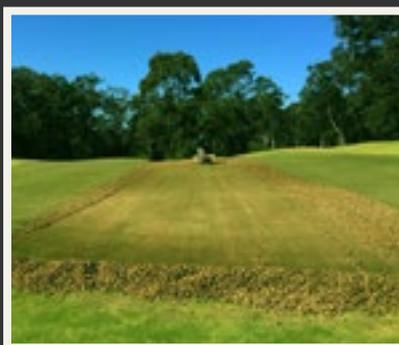
Scarifying is a practice in which we run small blades over the surface of the green, penetrating deep enough to rip the thatch up to the surface. This is a great way to thin out the surface and remove the sponginess of the grass.

If the thatch is left unattended it will lead to a decline in turf health particularly during stressful periods. This will also increase the susceptibility to pests and diseases. Greens that have a thatch build up will become soft, hold water and therefore become slow to putt on.

Coring greens is one of the most effective ways to removing thatch in the grass and is done by punching multiple holes in the green with a coring machine. The surface is then top dressed filling the holes with fresh sand which allows air and water to pass through the surface. This provides the plant with fresh sand to shoot roots into.

Another benefit is that aeration relieves soil compaction which happens over time due to the traffic from golfers as well as course maintenance equipment, which crushes the air pockets on which the roots depend on to grow. Soil compaction also has an effect on the ability of the soil to drain water.

We have awesome greens at Bingara, and we'll keep them that way for many years to come!



# PULSE FITNESS & SPORT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>PILATES</b> 7:30PM  <b>BOOT CAMP</b> 6:30PM	<b>OUTDOOR TRAINING</b> 5:30AM	<b>YOGA &amp; MEDITATION</b> 7:00PM  <b>OUTDOOR TRAINING</b> 7:15PM	<b>OUTDOOR TRAINING</b> 5:30AM		<b>OUTDOOR TRAINING</b> 7:30AM & 8:30AM

## PERSONAL TRAINING WITH KIEL GLITZ 2017 TIMETABLE

### KIEL'S TECHNIQUE TIPS

#### LEG PRESS TIPS:

- Your knees should not be locked out at any point during this exercise
- When moving the weight up, push through your heels
- You can involve your glutes more in the exercise by going deeper
- Select a safe weight that you can control throughout all reps
- If your weight 'clangs' it is likely your lifting to fast, slower movements allow you to be in more control

TERM 4 - 9TH OCTOBER – 1ST DECEMBER (8 weeks)

DAY	CLASS	TIME	AGE/GRADE
WEDNESDAY	Intermediate Hip Hop & Skill/ Lyrical	5-6pm	8-10/ Yr 3 - Yr 6
THURSDAY	Senior Hip Hop & Skill/Lyrical	5:30-6:30pm	11 - Teen/ Yr 6 - Up
FRIDAY	Junior Hip Hop Junior Ballet Jr. Intermediate Ballet Jr. Intermediate Hip Hop	4:30-5pm 5-5:30pm 5:30-6pm 6-6:30pm	2-5 / Prep- Kindy 2-5/ Prep- Kindy 6-8/ Kindy -Yr 2 6-8/ Kindy -Yr 2

## A MESSAGE FROM BUBBLE KICK SWIM:

Unfortunately we bring some sad news that swimming lessons won't be running in Term 4 this year. We have been inundated with enquiries for bookings so thank you to all who have been holding on waiting for lessons. We currently have no teachers for lessons, we have advertised jobs for teachers through various methods with no luck.

Both myself and Belinda work full time jobs and have no capacity to teach. We will keep our hopes up that we have teachers for Term 1 next year and will be in touch in December (if not earlier) to keep you in the loop for Term 1.

We are very sorry and sad that we can't provide lessons this term.

Thank you for all of your support,

Sharon and Belinda  
**Bubble Kick Swim**



# IN OTHER NEWS...

## LOCAL BUSINESS PROFILE:

### HOTT ELECTRICS

HOTT Electrics which is short for Hope and Scott Electrical, was founded in Bingara Gorge in 2014. Our objective from the start has been to do high quality electrical work, make people happy with the work we do and always keep evolving with technology to offer our valued customers the latest and greatest for maximum comfort and convenience in peoples homes.

Scott has serviced Bingara Gorge and surrounding areas ever since and has found great support with the local community. HOTT Electrics now has two vans on the road and aims to continue to service Bingara Gorge and surrounding areas as best as possible in the future.

Hope & Scott are proud residents of Bingara Gorge, they attend pulse gym and classes regularly, enjoy going for walks around the estate as well as shop local in Bingara every week.

To find out more about HOTT Electrics and to keep up to date, follow them at [Facebook.com/hottelectrics](https://www.facebook.com/hottelectrics)



## QUICK LAMB KEBABS

### INGREDIENTS

- 2 cloves of garlic
- 1 teaspoon dried oregano
- Olive oil
- 4 lamb steaks (750g total)
- 2 red capsicum
- 8 fresh bay leaves
- 2 lemons
- A few sprigs of fresh flat-leaf parsley

### METHOD

1. Fire up your wood-fired oven an hour or so before you're ready to cook (you can easily adapt this recipe for a barbecue or regular oven – use your instincts).
2. When the oven temperature reaches 200°C (check with a thermometer) and the smoke and flames have died down, you can start cooking.
3. Peel and bash the garlic with a generous pinch of sea salt in a pestle and mortar, then add the dried oregano and enough olive oil to loosen the mixture.
4. Cut the lamb into 3cm chunks, then place in a large bowl. Season with black pepper, then add the marinade, and toss to coat.
5. Halve, deseed and cut the peppers into chunks, and cut the lemons into wedges, then thread onto 8 skewers, alternating between lamb, pepper, bay leaves and lemon wedges.
6. Lay the skewers on a baking tray and roast in the hot oven for about 10 to 15 minutes, or until charred, sticky and cooked through, turning occasionally. Keep an eye on them – rotate the tray so that all the kebabs get a turn of being close to the fire and pull them back a little if the bread starts to burn.
7. Pick and roughly chop the parsley leaves, then scatter over the kebabs. Delicious served up with flatbreads, a dollop of Greek yoghurt and some sliced cucumber.

**TIP** *It's best to use metal skewers, but if using wooden, it's a good idea to get them soaking in a tray of water so they don't burn in the oven*

# CONTACT US

## THE TEAM

**Tina Sewell | General Manager**  
gm@bingara.net.au

**Lisa Bressington | Community Liaison Officer**  
communities@bingara.net.au

**Keiran Bish | Golf Operations Manager**  
golfops@bingara.net.au

**Lauren Langdon | Customer Relations Assistant**  
info@bingara.net.au

**Security Patrol Guards**  
0409 145 000

**Alarm Installs & Servicing**  
BGsecurityadmin@clublinks.com.au

## TRAINERS / COACHES

**Kiel Shephard | Personal Trainer**  
k\_sheppo@hotmail.com

**Bubble Kick Swim School**  
bubblekickswim@gmail.com

**Sarah Benad | Sarah Benad Tennis Coaching**  
sarahbenadtennis@hotmail.com

**Glitz Dance Studio**  
j.lowcock@hotmail.com

## USEFUL NUMBERS

**Wilton Recycled Water**  
wrw@lendlease.com – 1300 552 120

**Telstra Smart Community**  
1800 008 994

**Wollondilly Shire Council**  
02 4677 1100

Your Community & Precinct Association Managing Agent is Clublinks (NSW) Pty Ltd.

Please contact communities@clublinks.com.au or phone 03 8320 5313 for enquiries relating to items like levy notices, payment plans and debt recovery.

## OPENING HOURS

**Golf**  
Monday: 9am to 5pm  
Tuesday to Thursday: 8am to 5:30pm  
Friday to Sunday: 8am to 6pm

**Cart Hire closes 2 hours prior to closing time**

**Pulse Reception**  
Monday: 9:30am - 7:00pm  
Tuesday - Thursday: 9:00am - 5:30pm  
Friday: 9:00am - 3:00pm  
Saturday - Sunday: Closed

**Cafe**  
Monday - Thursday: Closed  
Friday: 10:00am - 5:00pm  
Saturday - Sunday: 8:00am - 4:00pm  
Competitions & Public holidays: 7:00am - 4:00pm

