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June 2014

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## Fire Destroys Galston High School Library

During the early hours of Monday 19th May an electrical fault started a fire within the library of Galston High School. Following calls to the RFS by neighbours and passers-by, emergency crews reached the school to discover the fire had already destroyed most of the building. By the time the fire was extinguished the roof had collapsed and it was necessary to demolish the remaining walls the next day for safety reasons. The school was closed for two days whilst the area was made safe and workman still remain on site removing and clearing the debris.

School Principal Jillian Toulas and her staff, together with the Department of Education, now have the task of rebuilding the library. We are pleased to report that the building and contents of the library are fully covered by insurance.

Initially the priority for the school was to get the power and communications infrastructure working. Firstly power, then phone lines, internet and then Wifi for the students. Short term plans are being drawn up to install a demountable building on the school grounds to accommodate a temporary library. Computers and servers will also be replaced. All data on the servers was backed up to an off site location, so no data has been lost. The loss of the library building was a significant blow to the school and it's students, however good can come out of this terrible event. As the building was completely destroyed, the building and contents can be replaced by modern and more technically advanced equipment. Items such as trophies will be replaced by the original suppliers who fortunately keep very good records.

On a sadder note, as the school was planning its 40th anniversary later this year, much of the memorabilia was held in the library and some of this has been lost. The community has rallied around the school with offers of help. Other local schools have offered replacement books to assist in the short term. We look forward to reporting on the progress of the new library over the coming year. More photos - page 4.



Early morning light, shows damage, no building left when you look through main doors



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## Enhancing Independence, Mobility and Dignity

Independence comes with mobility and our ability to conduct our daily chores with least dependence on others. Simple products like a reacher, a walker, a wheelchair or a mobility scooter can make a huge difference to how we feel about ourselves. This feeling of self worth and self-esteem comes with our ability to do what we want with ourselves.



The social outings and interactions can become a nightmare for the carers or family members of our seniors or people with physical challenges. There are numerous innovative solutions that assist people with their daily lives such as a light weight and foldable walker or wheelchair, swivel seats, walking stick seats, or the car bar.

Growing old gracefully and beautifully is the right of everyone. Products as innovative and indispensable as tap turners, jar openers, reaching aids or as useful as circulation socks, foot warmers, medical grade sheep skin, or a rise recliner can make life easier for people with various challenges.

While one expects to see only scooters, walkers or toilet aids in a mobility shop, at Comfort Discovered, one would definitely find these and much more. This is one stop shop for all things related to mobility aid, arthritis care, back, neck and seat supports and a lot more. The range of cushions to ease the pressure and discomfort of daily life need to be tested to believe.

Sometimes the hesitation to invest in equipment can deprive us from the simple joy of enjoying a good day. That should no longer be your concern. Comfort Discovered (511 Pacific Highway, Mt Colah, Tel 9987 4500) has a large range of products for hire. So visit their new and expanded showroom, which is open 7 days.



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Congratulations to Megan, from Scissor & Comb Connection Hair salon in Galston, & Chris Miller on the birth of their beautiful daughter Sophie Melissa Miller –born at Hawkesbury hospital on Thursday 27<sup>th</sup> March 2014 7.4 lbs & 49.5cm –May Sophie bring you & your families lots of love –joy & happiness always .

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## **Galston High School Library Fire**

*written by Diana Paton*

The RFS at work. When the roof collapsed, it covered the offices that were located on the mezzanine level. Here the RFS are trying to pump water through the window to ‘attack’ the offices.



The Librarian’s Office

Initial demolition of unsafe walls was carried out by the Fire Service on Monday afternoon. This was followed by further work (in the photo) so that investigators could access the site to determine the cause of the fire.



## **Dharug & Lower Hawkesbury Historical Society**

**June Excursion? Ten Mile Hollow - Saturday 28 June 2014**

In conjunction with National Parks the Dharug & Lower Hawkesbury Historical Society is offering a rare chance to drive up the Western Commission Road.

Join your guide to drive behind locked gates, to explore the convict history of the Old Great North Road and the mysteries of 10 Mile Hollow, see evidence of Aboriginal habitation, enjoy a short walk to visit the amazing Clares Bridge and see an incredibly rare plant species.

**Date:** Saturday 28 June 2014. **Meet:** The Chapel, 6445 Wisemans Ferry Rd, Gunderman. **Time:** 8.30 a.m. for a cuppa and a muffin. **Cost:** \$15 members/\$20 non members

Bring your own vehicle (2wd or 4wd), closed walking shoes, snacks, lunch, water/drinks and weather protection. Number of people and cars are limited so bookings are essential and please be prepared to car pool. Enquiries and bookings: Jan on 0405 321 478 or secretary@dlhhs.org.au by Thursday 26 June 2014.

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## Dural Country Club Men's Bowls Club

On a beautiful sunny Monday 12<sup>th</sup> May Dural Men's Bowling Club held their annual Turn-A-Round triples carnival. There were 28 teams representing clubs from all over Sydney. The carnival was played in a friendly but competitive nature. The day was won by the team from Beecroft. A big thank you has to go to "Living Choice Glenhaven Village", who sponsored the event and without their sponsorship this day would not be able to proceed and to Dural Country Club who supplied a delicious lunch. If anyone is interested in playing bowls we offer free tuition. Interested people can contact Gordon 9639-2742 or Robin 9836-0831.

Dural Country Club also has Barefoot Bowls. To play Barefoot Bowls contact Reception on 9651-1600



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## New Hairdresser in Galston

Galston and district residents now have a newly qualified hairdresser in their midst, local Cameron Seguna, at Rodney's Hair Stylist. Cameron is the first apprentice Kylie Napoli (owner and senior hair stylist) has taken from day one. Whilst Kylie has had apprentices join her in their 2<sup>nd</sup> or 3<sup>rd</sup> year, Cameron was the first she signed up through the Apprenticeship Board.



Kylie and Cameron

Talking of her experience of taking on an apprentice from the beginning she said: "I was surprised how easy and rewarding it was working with the Apprenticeship Board and TAFE. I found both were really good and helpful. I would encourage others to take on an apprentice."

Talking of his experience as an apprentice, Cameron stated: "Kylie and the team here at Rodney's have been helpful and supportive, as have the clients. TAFE was good and the financial support from the Apprenticeship Board really helped when I had to pay for books and equipment. Overall it was a rewarding experience."

Cameron is now going to consolidate his training at Rodney's and Kylie, Cameron and the team look to seeing you at the salon.



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## What are the Benefits of Using Pilates Equipment?

Having strong core is crucial to prevent and relieve back pain as strong abdominal muscles off load the pressure on the back.

Reformer/equipment pilates is similar yet very different from mat pilates.

I have been a personal trainer and group fitness instructor for several years and since I have started to work with the pilates equipment, especially the reformer, I have found the results overwhelming – both for my clients and for myself.

By taking the pressure off the abdominals and the lower back, the reformer allows the abdominals muscles to work at their full capacity and allows the client to focus on correct technique without putting strain on their lower back. Once the abdominals are strong enough, then mat pilates could occasionally be introduced. This is why it is recommended and beneficial to start abdominal workouts on the reformer.

Having a back injury myself (1 bulging discs in the lower back due to a horse riding fall 3 years ago) I can relate to what lower back pain feels like. I started doing my own workouts with the reformer and my back has never felt better. Keeping abdominal workouts on the reformer rather than on the mat is crucial, especially for people with existing back condition and / or who experience lower back pain.

The reformer also gives a wide repertoire of exercises and is a full body workout. It is a great way to tone the whole body while integrating core stability in all exercises. The various springs strengths allow the workouts to be more challenging as the clients abdominals get stronger.

*Karine Gouriou*

0415 258 944

## A Hilarious Rapping Dog with a Serious Message

Hornsby Shire Council has enlisted the help of Scoop Dogg, a rapping dog puppet, to help spread an important message about pet safety.

In Scoop's music video – which you can see by clicking here: [www.youtube.com/watch?v=mslYuA2rwwv](http://www.youtube.com/watch?v=mslYuA2rwwv) – he tells of his misadventures when his owner left the gate open and he escaped.

"The clip is hilarious, I laugh every time I see it, but it also has a very serious message," Hornsby Mayor Steve Russell says.

"It's very important that dog owners make sure their yard is secure, for the sake of both their pets and the broader community."

Last year Hornsby Shire Council's officers captured 211 stray dogs, of which 171 were returned to their owner and 40 were transferred to the Sydney Dog and Cats Home.

"Sadly, many of those that were transferred would have needed to be put down, which is the last thing anybody wants," Mayor Russell says.

The filming and puppetry was done by Hornsby Shire Council staff, while the music was written and performed by professional musician Denis Carnahan.

"We were very lucky to have somebody of Denis' calibre working with us on this," Mayor Russell says.

"You've likely never heard his name, but there's a strong chance you've heard his music on everything from 2UE and Triple M to The Footy Show and Australia's Next Top Model."

Work has already begun on Scoop Dogg's next music video, Scoop That Poop.

Visit [www.youtube.com/HornsbyCouncil](http://www.youtube.com/HornsbyCouncil) to see Scoop Dogg's clip and other videos by Hornsby Shire Council.



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## West Pennant Hills and Cherrybrook Rotary Pride of Workmanship Awards



West Pennant Hills and Cherrybrook Rotary is proud to be again presenting its annual Pride of Workmanship Awards to deserving employees or business owners from within our district. Selected candidates are those who epitomise the "Rotary Pride of Workmanship" motto - "Do it Once. Do it Well. Build a Better Australia". The sense of responsibility to do a job well is one of the greatest intangible assets in our community.

This year's awardees are Huw Pollock the Service Manager from Pennant Hills Ford, Craig Hefron Construction Supervisor from Billyard Homes, Gunner Schramm the Barista from Red Heart Café at Carmen Drive Shopping Centre at Carlingford and Lyne and Hon Chau from Fiesta Bakery at Appletree Shopping Centre at Cherrybrook.

West Pennant Hills and Cherrybrook Rotary is an active and fun club serving the local, national and international communities that meets on Mondays at Springfield House 245 Newline Road Dural - For enquiries on joining Rotary or coming along for a visit, call Clive on 0400 425 210.

## Dural Galston Probus Club

Dural Galston Probus Club will hold it's next meeting at 10am on Thursday 9<sup>th</sup> June, at The Galston Club, 21-25 Arcadia Road, Galston. Greg de Moore will speak about "Tom Willis, a personality in cricket". Visitors welcome. Contact Anne 9653 1004.



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## Hypno Canter - Equestrian Excellence Through Hypnosis

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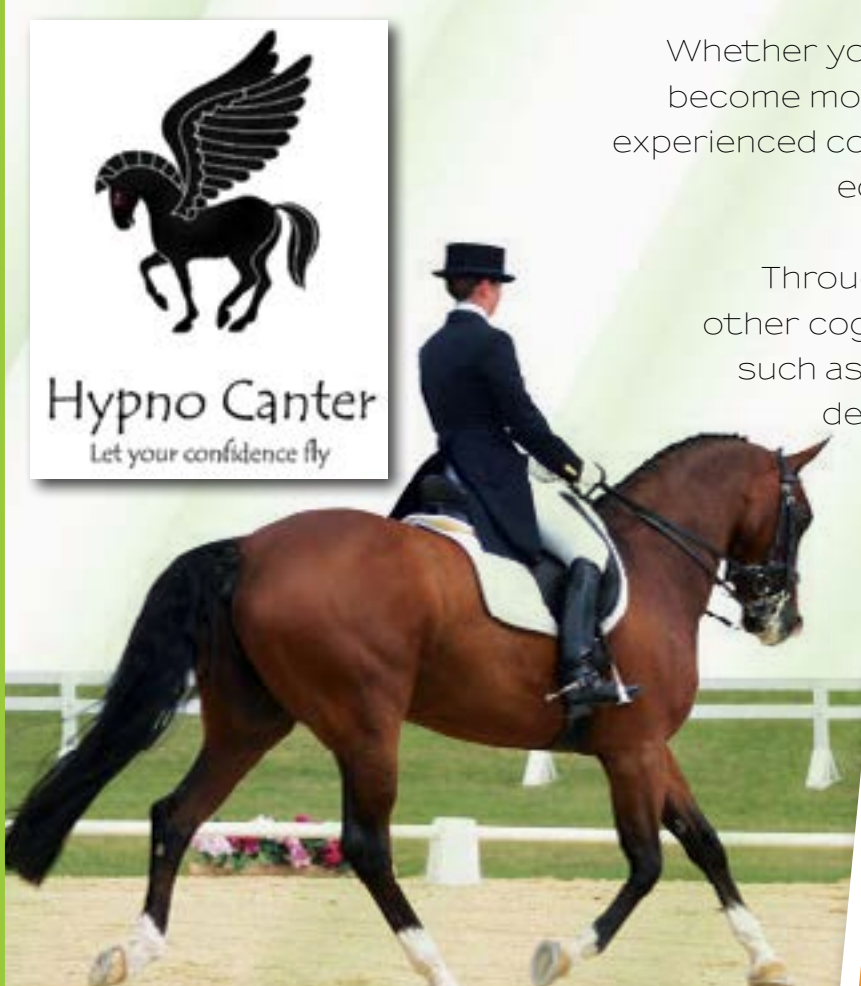
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Hypno Canter can assist you and your horse to achieve your personal best by allowing you to develop positive belief systems and dispel your fears / anxieties (both of injury and of failure). Most importantly, Hypno Canter can help re-channel all that nervous energy - for good rather than evil !! This is what makes Hypno Canter ideal for either nervous riders, those returning to riding, or those who are trying to hone their skills for competition.

Riding, like any other skill, is based on confidence, self-belief, focus and consistent performance. By using hypnosis and other modalities such as Neuro Linguistic Programming (NLP), Hypno Canter builds on these aspects of your riding and enhances your skill levels, markedly.

Hypnosis has been used as a tool for performance enhancement for over 100 years; either as a way of overcoming anxiety / fear relating to the activity or as a way of perfecting the way in which the activity is conducted.

Given the skills and attitudes required, this approach is particularly well suited to Equestrian-type activities. With the Hypno Canter approach, you can utilise the strength of your subconscious mind to make positive changes to the way in which you ride. This is achieved through the use of hypnosis and other cognitive and behavioural methods, which can develop relaxation skills, build your self-confidence and allow you to mentally



Whether you are a nervous rider seeking to become more confident in the saddle, or an experienced competitor looking for that extra edge, Hypno Canter can help you.

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rehearse what you want to achieve and see yourself successfully reaching your goals. Just imagine having that extra confidence when asking your horse to canter in a safe, relaxed and easy manner, going over that difficult jump, or performing that complex dressage test faultlessly. With Hypno Canter, all these things are possible through the use of hypnosis and other allied modalities.

By modelling excellence and developing positive mechanisms in your riding, you will find that you will achieve a far greater degree of consistency and repeatability each time you ride. These visualisation and modelling techniques are particularly useful ways of addressing the mental strengths that allow improvement and success to occur.

The beauty of hypnotherapy in the equestrian context is that it addresses issues in a non-threatening, safe and supportive manner and is suitable for all disciplines, all skill levels and all ages.

If you would like to discuss how Hypno Canter can help improve your riding, contact Cherie on 0422 547 678 or via email [cherie1@crlhypnosis.com.au](mailto:cherie1@crlhypnosis.com.au)

Be assured that all discussions and consultations are strictly confidential.

Hypno Canter – Let your confidence fly

## Rainfall Chart



Rainfall recorded Galston period  
17/04/14 to 16/05/14 is 19 mm

# blush

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## 24 Hours of Local Emergencies!

Sunday 17th and Monday 18th May (Galston High Fire) proved to be a busy weekend for our local emergency services. Early on Sunday morning, Ex Galston High School Student, Julian, was involved in a bike accident along Bay Road Arcadia. Following on another bike was his friend Scott, who called the Emergency services. Julian's injuries were serious, but fortunately we understand he is now out of hospital and making a good recovery.

On the same day, at around 10am, local resident Annie Gleeson and husband Peter Primmer, were parking in the Berowra Waters car park when they noticed a ute on fire. Both rendered assistance to the ute owner. Annie rushed to get a fire extinguisher from next to the fish cafe, and other bystanders rushed to get fire extinguishers from nearby boats. Unfortunately the fire hose located in the new car park, was not long enough to reach the fire.

Despite some heroic efforts by locals, they could not contain the fire and had to stand back and wait for the local Arcadia RFS, who arrived shortly afterwards. Due to the ferocity of the blaze the two cars parked next to the ute also caught on fire.

Firefighters had to break open the van (see image right), as it contained several diesel containers.

*Images courtesy Annie Gleeson.*



## Womens Networking Night

~~~~~

We are hosting a "Get to know your local business women's night" and invite you to join us for a fun evening with local ladies. Share your expertise, experiences and product knowledge while having a laugh with other wonderful local ladies.

**Friday 20th June  
6.30pm**

**Galston Community Hall  
37 Arcadia Road, Galston  
Enquiries**

**Claire Williams  
0425 245 522**

*Organised by the Galston to Berowra  
Women's Network*



## Tony Abbot visits Arcadia !

Well sort of. Tony Abbot has been known to cycle through Arcadia with his cycle crew, occasionally stopping for a break at Andy's Takeaway. Unfortunately on Sunday 25th May, when they rounded the corner near Fagan Road and Arcadia Road, they hit diesel on the road and one of the cyclists came off second best with a broken collar bone.

Even with the PM as part of the cycle team, they still had to wait 20 minutes for the Ambulance to arrive.

Parishoners at St Benedicts were advised at the end of the service that the road was blocked due to the accident, so they all stayed on for tea!

*story courtesy Sonja Cameron*



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Lot 4004 Vine Street Vermont Estate - Pitt Town

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- House Area 250m<sup>2</sup> - 26.9sq
- Land Area 550m<sup>2</sup>



Lot 4014 The Cedars Ave Vermont Estate - Pitt Town

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# ADVERTISEMENT



Residents of Galston, Dural, Mid Dural, Arcadia, Glenorie, Canoelands, Fiddletown, Forest Glen, Berrilee and including everyone in the Hornsby and Hills Councils

# DON'T BE CONNED!

There are moves afoot to merge your councils. This may sound a bit benign or just curious but the real motives are to destroy the very reasons you choose to live here.



## Don't stand by and have the guts torn out of your neighbourhood.

The proposers of this scheme are very pro development. Developers are only interested in one thing – making lots of money at your expense. Merging councils is the thin edge of the wedge to achieve this aim.

Just part of this plan is to subdivide the large area of native bushland at South Dural bounded by New Line, Hastings and Old Northern Roads into about 3,000 lots - and that means 30,000 more vehicles movements per day. There are similar large tracts of land at Galston and Dural also planned for the developer's chopping block to fatten their wallets at your expense.

## It's all about money, power and ego.

You will not benefit at all if the developers and their supporters get their way. Traffic is already horrendous with inadequate roads infrastructure and no sewerage. They call it "Town Planning", in fact it is a plan to destroy the very amenity and reason you choose to live here. Don't let them con you. They just want to take the money and "see you later pal!"

Unique stands of rare Turpentine Eucalyptus in our area were once common to Sydney but now almost gone. These and other species will go under the bulldozer, concrete and asphalt. This whole area is full of Australia's heritage, built by our pioneers. Its rich volcanic soil was a food basket for Sydney and a showcase for some of our earliest agricultural shows. Its value now and to future generations is worth fighting for.

## Sydneysiders visit the area to enjoy its natural features.

The developers and petty politicians arrogantly say, "We can't stop change". They follow that with, "We can fashion the future". They mean **your** future fashioned **their** way. They also say "It's been 45 years since the rural area of Hornsby has undergone significant review". Whilst this is blatantly untrue, hey, maybe we like it that way. Yes, we can all win this battle if you make it clear to your council you don't want to commit neighbourhood suicide. Tell them to go and soak their heads.

Trust them? No more than you would trust a rat with a gold tooth.

By the way, if you haven't yet signed the petition saying **NO** to the 3,000 home subdivision of South Dural, please go on-line to **[www.lala.asn.au](http://www.lala.asn.au)** or if you do not have on-line access, please call 9651 1117 or 0403 076 175.

Dennis Merchant OAM,  
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## Glenorie Rural Fire Brigade News

*Elizabeth Whiteman*



It was with great pride the Glenorie Brigade along with members of Middle Dural assisted and took part in the ANZAC parade and service on ANZAC day this year. The brigade Snr Deputy Captain, Sean O'Brien acted as Parade commander and Brigade President Mark Bluett, who is also secretary to the Glenorie RLS sub branch, was MC on the day. Several members marched and others were ushers and parking assistants. Over 1000 residents, friends and family attended the service held in the grounds of the Glenorie RSL.



The following Sunday was Glenorie Growers Market. Once again brigade members crewed the stand talking to residents about fire safety, showing the local and "not so local" families the fire truck and equipment. Among the inquires was a prospective new member who is now coming along to the station to learn more about a commitment to the RFS and to decide if he would like to join this great organisation.

The Brigade assists at Glenorie Public School with their regular emergency, fire and lock down drills. This term was Emergency Evacuation drill and as always the children and staff did a great job. It is very good experience for the brigade members who attend as they gain valuable knowledge of the school. The children and staff value the brigade's input.

Brigade training this month has focussed on the safe handling of Asbestos materials. There are very strict protocols brigades need to follow at incidents if the presence of asbestos is suspected. Just a reminder - it is illegal to dump or burn materials containing asbestos.

We are now in winter fire safety mode so a quick reminder:

- Check your smoke alarms are working well.
- It is really important to be careful with indoor fire places. Check flues are clean with no leaks, make sure a screen is placed in front of open fires and remember to store wood a safe distance from fire.
- Never leave washing to dry too close to heaters or fire places.
- Don't leave electric blankets turned on.
- Check the filter in the clothes dryer is cleaned regularly.
- Revise your emergency evacuation plan should you have a house fire. Where is the safe meeting place for all members of the family to go to? It is a good idea to practice the drill with everyone who regularly sleeps at your house.

For more information about joining the brigade and other fire related information please don't hesitate to call the station 9652 2017, leave a message and someone will get back to you. Visit the brigade stand at the Glenorie Growers market, 4th Sunday of the month in the grounds of Glenorie RSL. You can also call your local RFS District office: The Hills 9654 1244, Hornsby 9883 2000 or check the RFS website [www.rfs.nsw.gov.au](http://www.rfs.nsw.gov.au).

## WINTER 2014 FUTSAL & NETBALL New 10 wk Comps

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**10wk comps start mid June**

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Early Morning 7am start  
30min games

### THURSDAYS

Evenings 7pm start  
45min games

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### NETBALL

Ladies Open grade

### TUESDAYS

Evenings 7pm start

### THURSDAYS

Mornings 9.30am start  
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Contact Julie 9651 2777 or [julie@dslc.com.au](mailto:julie@dslc.com.au)



## Dural and District Historical Society Inc.

### History of Arcadia Telephone Service

From "Patsy Boliver" writing in the *Galston News* in "Know your Village" of December, 1972. (Vol 2, no. 12)

"Postal records disclose that in April, 1918, consideration was being given to the construction of lines to Messrs. Carr and Trethowan's premises, and for the provision of a telephone exchange at Arcadia. From 1910 a small allowance post office had been constructed in the school residence by members of school teacher J.R Calov's family. The Department of Education gave permission for the installation of a small telephone exchange. The Arcadia Telephone Exchange was opened on 9<sup>th</sup> May, 1919 with three subscribers; W.A. Bennett, Mrs A.G. Roughley and A.H. Trethowan.

The hours of service were; Mon-Fri, 9 a.m.-1 p.m. 2 p.m.-6 p.m. Saturday, 9 a.m.-1 p.m. The hours of service were extended to 8 p.m. Mon-Fri in July 1924 when Miss Emmie Calov was in charge of the post office and exchange. There were 25 subscribers. Mr. Calov retired in 1927, when he and some of the family moved to Cronulla for a time. For a short period, the new headmaster, Mr. Hilton Rivett, thought he might take over the Post office and Miss Calov assisted him. Finally with the completion of a new cottage beside what was then the Arcadia School of Arts, the Post Office and Miss Calov moved to the new premises.

By June 1929, 56 subscribers were connected to the exchange. Continuous service was provided as from 1<sup>st</sup> January. 1937.

With the introduction of the Extended Local Service Area (ELSA) system on 1st May, 1960, Arcadia was provided with local call access to the Sydney telephone network

The telephone exchange operated from the new site until its closure in 1964. The Post Office closed in 1974. Miss Calov, with some of her family lived on in the house till her death, at the age of 98, in 1990. The building is still a family home, but the old school residence was demolished in the 1990's.

### A Local Good News Story....

Last week a friend of ours withdrew some money from the ATM at Woollies at Glenorie. When he counted it later that day, it was \$50 short. Quite worried, he returned to Woollies and told them of the situation. They asked the time of the transaction etc and to his surprise and relief some wonderful person had handed the \$50 note in to the desk and it was returned to him. Aren't we lucky to live in this fantastic place - GLENORIE.

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### Hornsby Aquatic Centre Now Hiring

Hornsby Shire Council is calling for applications from people keen to work at the soon to be completed Hornsby Aquatic and Leisure Centre.

Among the positions currently available are the learn to swim coordinator, senior lifeguard, aquatic reception, crèche assistant, group fitness instructor and learn to swim instructor.

Those positions can be viewed by visiting Council's careers page: [www.hornsby.nsw.gov.au/careers](http://www.hornsby.nsw.gov.au/careers)

In total there will be more than 50 new jobs created, with the final figure depending on the number of hours each staff member will be able to work.

Council is now waiting for word from the construction company as to when the new state of the art facility can open.

An opening date is expected to be announced by the end of the month.  
20

### Hornsby Shire Rural Area – Rezoning?

Hornsby Shire Council is about to initiate a Community Consultation program aimed at seeking views and approval for a complete review of the entire rural area (Dural to Wisemans Ferry).

As it has been 45 years since the last major review (establishment of the Galston and Glenorie Villages), it could be said that it's not only about time, but none too soon!

The pressures on all Local Governments from our State Government (trying to cope with a significantly inadequate supply of housing) are immense – each Council has a housing objective that it is expected to fill.

Hornsby Council is trying to prevent the wholesale subdivision of its rural area whilst still showing growth and, at the same time, stop a lot of the ad hoc development that is occurring now due to the lack of a good overall plan for the area.

Council wants to develop a plan that has the backing of a majority of the residents in the Rural area – thus the Consultation Survey that is due to come out early in June.

It is envisioned that the 5 acre allotments within a reasonable radius of the Villages (possibly 1-2km) be rezoned to 1 acre lots (to prevent further subdivision by SEPP5 initiatives); that other areas be allowed to have development zones for small undertakings e.g. Retirement Villages; that 25 acre lots be rezoned in some areas to 5 acre allotments; as well as reviewing

other considerations relative to protected areas and the use of the surrounding lands, where these occur.

This is a major forward step for the Council, whose overall objective is to grow the area conservatively, whilst preserving the rural character that makes the region such an attractive area to live in.

It is vitally important that all of the concerned residents reply to the survey – this is a once in a decade opportunity to plan the area properly, and avoid the prospect of mass subdivision if nothing is done.

The residents of the Hornsby Shire rural area, in conjunction with this progressive and visionary Council, can allow sensible growth whilst protecting the area for the next generation. They should seize the opportunity with both hands!

*Committee of Concerned Residents - Galston” - Enquiries 0458 700 150.*



## What is happening at Warrah this June?

### Warrah's Tax Appeal:

This year Warrah's Tax Appeal is raising funds to meet the cost of making **hydrotherapy** available for people with disability, both adults and children. Hydrotherapy provides many wonderful therapeutic benefits, particularly for people with disability. Improving mobility and agility, relieving stress, and providing healthy sensory stimulation are just a few of them!

Other improvements to the pool are also required including a thermo cover for the pool, installation of shade sails, and provision of a fixed hoist to improve access for the many people who need assistance to get in and out of the water. Local clubs and businesses are already coming forward with donations and in-kind support to assist to make this sizeable and costly project possible.

### We need your support!

Our Annual Tax Appeal targets special projects which would not be possible without the contribution of our local community. So please consider **donating locally** to **Warrah's Hydrotherapy Project** – all donations over \$2 are fully tax deductible.

You can make your donation by:

- Contact Christine on 9651 2411 or [cchiarella@warrah.org](mailto:cchiarella@warrah.org) or
- Online by visiting <https://giveeasy.org/charity/warrah-society>

Thank you for your generosity in donating to a project that will make a real difference in the lives of people with disabilities.

### Warrah Special School Visit & Tour:

On Wednesday 18th June Warrah Special School will be holding a School Tour and Morning Tea for interested parents and families. All are welcome!

On the morning you gain insight into Warrah's approach to providing individualistic curative education, tour the school and classrooms, talk to the School Principal Bruce Thurgood as well as hear from current parents about the positive impact Warrah School has had on the lives of their children.

Warrah Special School educates children with special needs from Kindergarten to Year 12.

Bookings for this event are essential so please contact Birgit on 9651 2411 or email [beaton@warrah.org](mailto:beaton@warrah.org) to register your interest.

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## Prince William and Princess Catherine Visit a Glenorie Family

*Written by Anita Horan*

**“You’re Cinderella Kate and you have a George. Mummy and me are in our Cinderella dresses”...**

*Have you ever bent down to have a chat with a young child and immediately be won over by how adorable they were?*

A couple of years ago I heard that a family in the Glenorie area had the horrendous experience of having their young child Lauren, diagnosed with a brain tumor. As I am sure it would be the case with most people, the news made me feel like I had been punched in the chest and I gasped for breath at the thought of “How would I feel if that were my child?” But the weight of that question was just so enormous I was unable to give myself over to it. Instead, I went into my kitchen and I baked and I baked and I baked. What else could I do? I felt I had to do ‘something’ but what on earth could I do? I hadn’t even met the family.

I asked a mutual friend if it would be ok if I cooked them some meals and was told it seemed like a good idea. So I delivered enough meals to their home, to feed the hospital their child was at (some was even shared with the hospital staff looking after Lauren).

A little while later Lauren was allowed a rare home visit from hospital, Lynne (Lauren’s mum) quickly found her way to me, with little Lauren on her hip and a huge smile as she sincerely thanked me for the meals. It was then that I met Lauren. She was adorable, intelligent and obviously a little cheeky. Instantly I knew she was truly special. But truly special doesn’t stop you from getting a brain tumor.

I have not been privy to all the technicalities of Lauren’s health, but suffice to say; the road she and her family have traveled can only be described as ‘hell’. Time after time after time they were told “We have this one last thing to try and if this doesn’t work, there is nothing else we can do”. Then months of

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grueling treatment would follow. Then weeks of ill health caused by the treatment, requiring more medical intervention and numerous medical specialists having to consult together. Followed by the cycle of overwhelming concern as the family waited for the results of tests. Sometimes the results initially seemed positive, other times they were informed that the treatment didn't work. Then again they would hear, "But there is one last thing we can try", over and over and over and over. The family has done everything possible, every chance they have been offered they have accepted. So many hopes so many disappointments. How many times can you grieve the loss of your child when you haven't yet lost them? My stomach lurches and my chest heaves when I see the look of despair on Ed's (Lauren's dad) face and the conversations with Lynne; the hope, the hope lost, the new hope, the new hope lost, for two years, a living hell.

During this time there were many ups, where Lauren appeared perfectly healthy. At one of these times little Lauren and her adorable brother came to my child's party at Fagan Park. I took some photos of the children playing and they all had huge smiles on their faces. They laughed and played, we all had a perfect day. A day I felt blessed to share with them, during one of the good times. But the good times never lasted.

Finally, the chances dried up. Finally, they were told that every avenue had been exhausted and the tumor had won. That was just before the end of last year, they were given the news they never ever wanted to hear. "Take your daughter home, make her comfortable and enjoy the little time left, you will be lucky if she spends Christmas with you". On December 17, 2013 Lauren moved into Bear Cottage, a palliative care facility for children in Manly. Lauren survived the first week, then the second and her family was blessed



*One perfect day with Princess Lauren and her precious brother at Fagan Park*

to spend Christmas with her. Then she saw the new year and then February...

This part of Lauren's life continues to be a roller coaster with severe ill health taking its toll, yet her good spirits return and her family can still enjoy many magical moments in between. As I write, we are heading toward the middle of 2014 and Lauren's latest MRI gave a grave prognosis. Every day, they live with the haunting possibility that today could be the last day. Lynne has said the care they receive

at Bear Cottage is wonderful. But wonderful care will not remove the ache in their heart.

A little light was shone into their dark world when the Royal couple recently visited bear cottage and Princess Catherine spent time speaking with Lauren, it was then that Lauren made the above comment to Princess Catherine, who's facial expression was similar to mine, the first time I met and was won over by Little Lauren.

So many times I have wondered "What on earth can I do?" and then the answer came when I received an email from a friend who has organized an on line fund-raiser. In late 2012 Rotary ran a fundraiser in Glenorie which was very well supported. But the family is again in need; as Lynne has been living in hospitals for the past two years, thus unable to work and now Ed casually works so he can try to spend as much precious time with this wife and daughter, whilst Lynn & Lauren live at Bear Cottage; in which time, the bills continue to roll in.

If you would like to make a donation and see a picture of Lauren with Princess Catherine please visit [www.gofundme.com/7hybbo](http://www.gofundme.com/7hybbo)

The world is a better place for having had Little Princess Lauren in it.

**So... How is that new years resolution to get fit and healthy working out for you?**

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 AU No. 12045

## A Year in Review – AGM Report

Your local NSW Rural Fire Services volunteer firefighters from Galston Rural Fire Brigade have recently held their Annual General Meeting (AGM) wrapping up what has proven to be a very busy year.

The AGM was well attended by many of our loyal local volunteers and we were pleased to be joined by Inspector Brett Storey, Group Office Andy Cameron and Group Office and Brigade Life Member Bill Lea of the NSW RFS Hornsby District Office.

Our brigade Captain Peter Griffiths presented a review of the previous year's efforts and achievements including notably the fact that the Galston brigade recorded attendances to some 107 call outs throughout the year and also participated greatly in the Blue Mountains fire campaign. The efforts of the brigade during the Blue Mountains fires was commended by Brett Storey and the number of call outs was noted to be a significant increase compared to previous years.

Thankfully these statistics also came with the support of increased volunteer brigade membership and a note that the brigade has continued to maintain very fast call out response times at all times.

The brigade would like to thank Anthony Griffiths, who stands down as the President of the brigade after many years and also Colin Manton who stands down as Vice President.

We are pleased to announce the following elected member office positions for the year ahead:

|                       |                                                                                                                      |
|-----------------------|----------------------------------------------------------------------------------------------------------------------|
| Captain               | - Peter Griffiths                                                                                                    |
| Senior Deputy Captain | - Rob Symonds                                                                                                        |
| Deputy Captains       | - Brad Farckens, Adam Peanna,<br>David Simpson, Greg Langdon,<br>Tony Griffiths, Hannah Griffiths,<br>Andrew Whiddon |
| President             | - Phil Langdon                                                                                                       |
| Vice President        | - Tony Griffiths                                                                                                     |
| Secretary             | - Tom Cowper                                                                                                         |
| Treasurer             | - Steve Kurian                                                                                                       |

The Galston Brigade past and present would especially like to thank our local families, schools and businesses that offer support to the brigade throughout the year. We appreciate the community spirit that is certainly alive in our community and we will continue to strive to provide a high level of service in response.

### Stay Connected – Facebook

The Galston Rural Fire Brigade recently announced our own Facebook page aimed at engaging the local community. With nearly 200 followers we are keen to share our history as well as current events and ask all those who are interested to join us, like our page, and stay connected.

We would love for past members, residents and community connections to share with us any brigade history they may have, such as photos of events and incidents we may have attended.

### Stay Protected – Smoke Alarms

With the winter months now upon us we would once again like to remind everyone of the importance of ensuring that you have working smoke alarms.

Statistics tell us that the increased use of heating and other electrical appliances during the winter months unfortunately leads to an increase in household fires and, tragically, serious injury and deaths. So PLEASE change the batteries in your detectors and stay protected.

There are specialised smoke alarms available for people who are deaf or hard of hearing, and assistance is available for those who are unable to maintain their own smoke detectors.

If you need further information on smoke alarms or recording a fire escape plan, visit: [www.rfs.nsw.gov.au](http://www.rfs.nsw.gov.au) and select Home Fire Safety or contact us at the Galston fire station.

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# 'What's On'

**Friday & Saturday**  
**RAFFLES**

FRIDAY NIGHT  
**MONSTER RAFFLES**

**Lunch**  
**Specials**

**12 MEALS**  
**\$12 EACH**

## WHAT'S ON WEEKLY

**MON** **\$12 Schnitzel**  
*Chicken, Veal, Pork*

**TUE** **\$12 T-bone** **\$12 Fish 'N' Chips** **SUPER LEAGUE POKER**  
7pm  
\$300 pot

**WED** **\$12 Blackboard Special** **MEMBERS BADGE DRAW**  
7-9PM  
WIN UP TO \$10,000

**FRI** **SPIN + WIN** **FRIDAY NIGHT MONSTER RAFFLES**

**SAT** **MEAT + FRUIT RAFFLES** **MEMBERS BADGE DRAW**  
7-9PM  
WIN UP TO \$10,000

**SUN** **\$15 Roast**

**BADGE DRAW!**

**WEDNESDAY AND SATURDAY**  
win up to  
**\$10,000**

\$20 Club Cash given to number either side of number drawn.

**7:00PM-9:00PM**

LTPS 14/01058

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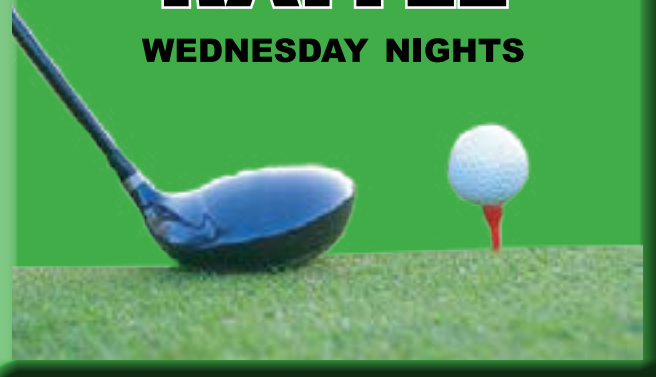
**22<sup>ND</sup> JUNE**

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**WEDNESDAY NIGHTS**



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**2014**

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## Arcadia Rural Fire Brigade

The Arcadia Fire Brigade has recently had its Annual General Meeting. The brigade would like to thank our outgoing Captain, Peter Jacobs for leading the brigade over the last two years. As a long standing member and experienced Station Officer with NSWFR, Peter has brought a wealth of knowledge and expertise to the Brigade and will be greatly missed in the role of Captain; however we are reassured to know that he will be continuing on as a Deputy Captain.



The Brigade would like to offer congratulations to the following members for the newly elected positions:

|                       |                                                           |
|-----------------------|-----------------------------------------------------------|
| Captain               | Dave Byrne                                                |
| Senior Deputy Captain | Dan Pertovt                                               |
| Deputy Captains       | Peter Jacobs, Alex Bird, Jason Newnes, Alex Parkinson and |
| Ian Furnass           |                                                           |
| President             | Dan Pertovt                                               |
| Secretary             | Jess Byrnes                                               |

The Brigade has been active over the last few months with numerous calls that have included the activation of automatic fire alarms, illegal pile burns, motor vehicle accidents, grass fires, two electrical switchboard fires, a shed fire and various smoke sightings.

Please be aware that if you are thinking about undertaking a pile burn, that outside of the bushfire danger period you still require a permit from Hornsby Shire Council to conduct the burn. We have been able to assist a number of residents with property inspections and pile burns and this has provided excellent training for some of our newer members.

Recently we have had three of our new members complete their Basic Firefighter training: Matt Freeman, Greg Farrell and Mike Melis whilst Grant Paisley and Mel Byrne have been undergoing their Advanced Firefighter training and Brett Colvin his Village Firefighter training. It's great to see these members putting in the hard yards to further develop their skills.

In addition to this on the 3rd of May the Brigade was able to attend the Arcadia Public School Market Day to engage with the local community and promote fire safety, the importance of preparing rural properties for the fire season whilst the weather is cooler and developing an effective bushfire survival plan.

Last year, in association with the Hornsby Ku-ring-gai Fire Control Centre, the Brigade ran a workshop for those in our community who own or agist horses. The workshops cover the plans that owners need to prepare and implement in the event of a fire. This is a very important issue in our community and any group or individuals that are interested in us facilitating another workshop please contact the brigade on 9655 1656 or visit our website [www.arcadiarfs.org.au](http://www.arcadiarfs.org.au)

The Brigade is always interested in gaining new members. One of our most important aims is to serve and protect our community so if you are interested in becoming a volunteer with the NSW Rural Fire Service, please contact the Captain Dave Byrne on 0438 515 788 or drop in for a visit on Saturday afternoons at 12.30pm.

## Type 2 Diabetes - Whats the Risk?

For our bodies to work properly we need to convert glucose (sugar) from food into energy. A hormone called insulin is essential for the conversion of glucose into energy. In people with diabetes, insulin is no longer produced or not produced in sufficient amounts by the body.

Risk factors include:

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- Being over 45 yrs old & overweight &/or have high blood pressure
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- Females who have had gestational diabetes, or Polycystic Ovarian Syndrome



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## Winter's Door

By Mary at Heritage Haven



Shorter days, cooler weather and shifting shadows across the cottage garden bed, mark the approach of the winter solstice. To enhance the flavour of winter stews and soups, I gave the bay tree a trim this morning and gathered some of its aromatic stems to hang in the kitchen convenient to my work bench.

Towards the end of my pruning, a host of silvereyes swooped into the bay tree's foliage above my head. Heedless of my presence, the tiny birds flicked their brush-tipped tongues, like honey-eaters, to dislodge aphids, insects and their larvae from the bay tree's leaves. A flash of olive-green, a dash of yellow, a sweep into the water-bowl, and then, with an excited high-pitched call, the silvereyes swooped into the green wilderness of the Manchurian pear trees; from here, tiny, rock-hard fruits were neatly dislodged onto the leaf-carpeted ground where the birds relished a picnic of wild pears. Myrtle, our leggy border collie, discovered an abandoned Manchurian pear and delighted in gnawing its crunchy texture.

At this time of the year, the garden spreads a diverse menu of insects, larvae, fruits, and even seeds. As I trundled the wheelbarrow towards the compost heap I acknowledged, without surprise, the yellow robin poised on the garden fence post. He had discovered, and dispatched, two tiny pieces of cheese I had left for his deliberation. Good things come in small parcels!

## Galston CWA News

Our next meeting will be held on Wednesday 11<sup>th</sup> June at 10am. As Winter is here, we will be knitting this morning. If you would like to learn to knit, or need help with a knitting pattern, please join us this morning.

This will be followed by a bring-a plate lunch, and then our business meeting, when we will be discussing events from the CWA of NSW State Conference held at Griffith in May.

Recent meeting activities included a handicraft morning making brooches with attractive buttons, and a delicious lunch featuring many Garlic dishes – the Primary Product being studied by the CWA for 2014.

We meet at the Galston Community and Health Centre, cnr The Glade and 17 Arcadia Rd, Galston. Visitors are very welcome to attend.

We are always happy to receive wool and fabrics for charity sewing and knitting.

The Country Women's Association is the largest women's organization in Australia, and works for the welfare of women, children and communities, especially in country areas.

More details from Janet - 9653 2402 or Val - 9653 1774



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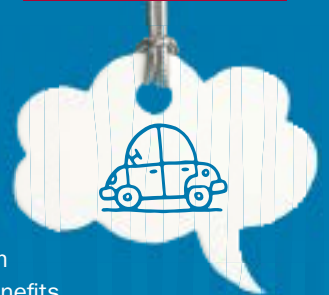
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## Recycled Art on Display

Paintbrushes and easels aren't the only tools that artists use, as demonstrated in Hornsby Shire Council's Returned to Glory art exhibition that displays recycled art. Returned to Glory showcases artworks that demonstrate the notion of resource recovery, taking waste products and transforming them into art.

The free exhibition will be held at the Wallarobba Arts and Cultural Centre in Hornsby. It will be open to the public daily from 10am to 4pm between Wednesday 4 June and Thursday 22 June.

The works on display have been selected from a large number of submissions and will be judged by a panel, with prizes awarded to the winners of each category at a presentation on Friday 6 June.

More than \$5,000 worth of prizes will be awarded across four categories: 3D/sculpture art, functional/wearable art, mixed media and youth art for entrants under 18 years.

Other prizes include the Cleanaway Award, the Hornsby Library Prize and the People's Choice Prize.

## The Hills District VIEW Club

The Hills District VIEW Club will hold its monthly meeting at the Galston Club, Arcadia Road, Galston on **Tuesday 10<sup>th</sup> June -11am for 11.30 am start - cost \$22.**

Bookings are essential so please ring 9680 4440 for further information.

The Hills District VIEW Club will be holding its annual Birthday Celebrations on **Tuesday 24<sup>th</sup> June at the Galston Club.**

We are all encouraged to dress in the Gatsby Theme and there will be some great entertainment so get ready to have a good laugh.

Bookings are essential so please ring 9680 4440 for further information.



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Galston Village Pharmacy held our annual Biggest Morning Tea on Thursday 22<sup>nd</sup> May and it was a great success! A BIG thank you to everyone who donated prizes, volunteered and came along to support this important cause. Over \$2800 was raised for the Cancer Council!

We received many kind and generous donations from the following businesses:

Arcadian Quilters Incorporated, Game Farm, Wisemans Ferry Bowling Club, Galston Community Health Centre, Bunnings, Swanes Nursery, Geranium Cottage, Hargraves Nursery, IGA, Biviano's, Galston Chicken Shop, Hills District Farm equipment, Rodney's Hairdressers, Compass Travel, Bendigo Bank, Galston Deli, Galston Newsagent, Craig's Butchery, Galston Club, Glenorie RSL, Allure Restaurant, Chizzo's Pizza, Galston Thai Massage, Scissor & Comb, Nati Roses, Dolcettini, Goodies Bakery, and Mobile Spray Tans.

**Thank you to everyone for your support, we couldn't have done it without you.**

**Winter is here once again! Don't forget to check out our Facebook Page for updates on all our Winter Specials!**

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## Cancer the Dragon and You

Australia has one of the highest incidences of childhood cancer worldwide second to only breast cancer in terms of the number of years of life lost. Childhood cancers have not had the attention that they deserve.

Each year in Australia there are 600 children diagnosed with cancer and we lose three children each week. Childhood cancers range from Leukemia, Sarcomas, Bone (Osteosarcoma), Lymphoma to Neuroblastoma which is regarded as being the most aggressive.

The more fragile nature of children means that many cancer survivors also experience long term health effects due to the high toxicity of current treatments usually used on adults.

The good news is that there is a new initiative the **“Three Bears Project”** for Pediatric cancers to concentrate on less toxic cancer treatments for children. Low toxicity pharmaceuticals and procedures have been identified which will form the basis for this important clinical trial.



We will be advised later how to support this worthy project to speed up the clinical trials.

### Hills Cancer Support Group

834 Old Northern Road Middle Dural

Contact Details:

Phone 9652-1977

Email: [johnahackett@yahoo.com.au](mailto:johnahackett@yahoo.com.au)



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## DEADLINE

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## Hills District VIEW Birthday Celebrations

Hills District VIEW Club will be celebrating their birthday with a lunch on 24 June 2014 at The Galston Club, commencing at 11am. Cost will be \$32. Our theme this year will be The Great Gatsby with pink being the feature colour. Entertainment will also be provided. For bookings, please call 9680 4440. Booking are essential.

## Community Events



### June Garden Club

The popular Garden Club workshops will continue at Bunnings Dural for 2014 on the 2nd Saturday of each month at 11:30am. Next meeting is scheduled for Saturday 14<sup>th</sup> June

We are a fun, informal group that enjoys gardening. Beginners & experienced gardeners alike are welcome. No need to book just turn up on the day.

### Red Cross Door Mobile

The Red Cross Mobile Blood Service Unit will be visiting Bunnings Dural on Friday 6<sup>th</sup> June & Saturday 7<sup>th</sup> June from 9.00am until 2.30pm.

New & established donors are most welcome please telephone The Red Cross Blood Service on 13 95 96 or visit [donateblood.com.au](http://donateblood.com.au) for appointments.

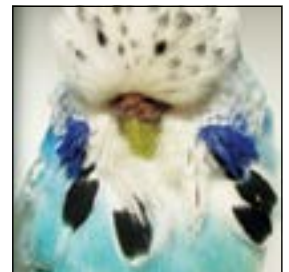
Please make sure you have 3 or 4 glasses of water or juice in the hours before you donate & eat a good sized breakfast or lunch. Also make sure you bring photo I.D. with you

Roll up your sleeves & give blood you could save a life  
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## Budgerigar Society of NSW Inc

*Hills Branch – Ray Galbraith*

All roads lead to the Dural Sports Centre for exhibitors seeking to represent N S W at the 2014 National Budgerigar Titles to be held in Adelaide on the 20<sup>th</sup> to 24<sup>nd</sup> June. This will be the 40<sup>th</sup> year that the titles have been held. Exhibitors will be converging on Dural Sports Centre from all parts of the N S W, after having gained selection as part of their Branch or Associated Society; where they would have previously competed to be part of the three birds allowed within each variety, to represent the individual Branch or Society. The N S W Team will comprise of the three best birds within each variety that have competed at the Dural Sports Centre.



In conjunction with the selection of the N S W Team, a separate State Team Challenge competition will be conducted to enable the most successful Branch or Society to be awarded the title for 2014, based on the first twenty birds in each variety being scored. Hills Branch have gained this award for the past three years, by exhibiting birds similar to that pictured within this article. **Hills residents have the ideal opportunity to view the best birds within N S W when the above competitions are conducted on Saturday 14<sup>th</sup> June at the Dural Sports Centre. Viewing of the birds will be available between 11-30am and 3-00pm approximately.** With the success that Hills Branch members have been able to achieve within the current show season, it is anticipated that this places the branch in a strong position again this year.

Interested in joining the Hills Branch, then contact can be made at the above show at Dural by contact with the Bird Boxes Galore Trade Stand personnel, or contact with Peter Dodd by telephoning 9888-5631.

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LTPS/13/06263

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- \$12 pasta with a free schooner of beer or glass of wine
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**WEDNESDAYS**

- Kids eat free, with any adult main meal purchase
- \$12.00 Lunch specials
- Bingo 10.30am
- Trivia 7.30pm
- Raffle tickets on sale 7.00pm

**THURSDAYS**

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- \$12.00 Lunch specials
- Pool Comp 7.00pm, prize \$200

**FRIDAYS**

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**SATURDAYS**

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## Arcadia Pony Club Jumps for Joy with Bendigo Bank!



*Bernie Triebe, Branch Manager of Galston & District Community Bank Branch, with instructors and members of Arcadia Pony Club with their new show jumps.*

Arcadia Pony Club held a successful Closed Show Jumping competition on Sunday, 6<sup>th</sup> April. The event was even more exciting with the much anticipated delivery of the new Bendigo Bank Show Jumps just in time for the competition!

"We are very appreciative of Bendigo Bank's generous sponsorship of the Show Jumping equipment" said Tony Fox, President of Arcadia Pony Club.

"Bendigo Bank is already the major sponsor of Arcadia Pony Club and has previously provided funding for equipment, along with funding for permanent horse yards and storage sheds for at the Rural Sports Facility, the home grounds of Arcadia Pony Club. Their ongoing support contributes to the success of our Club" said Tony.

"Bendigo are very pleased to see how Arcadia Pony Club used the original sponsorship money to grow their club and give the children in the community the best opportunity reach their goals in sport" said Bernie Triebe, Branch Manager of Galston & District Community Bank Branch.

"Supporting local sporting clubs is one of the many things that our Community Bank is all about and we are pleased to be involved with a club strong in both completion and sportsmanship. It is particularly pleasing to see our Community grants being spent developing both skill and sportsmanship in the young children of our community." said Bernie.

2014 has started strongly at Arcadia Pony Club with not only new show jumps, but new members and more instructors.

"We have a very large club with over 50 riding members and we've had even more new members join this year" said Tony Fox, President of Arcadia Pony Club.

"We have also had more instructors joining this year. Our high quality instructors mean we have a high level of coaching with a structured approach to rally days. This means we need the resources, both instructors and equipment, to ensure every member is catered for."

"We are looking forward to an outstanding year for all of our members" said Tony.

To find out more about Arcadia Pony Club please visit <http://www.arcadiaponyclub.org.au>



### THE HILLS STEINER SCHOOL



*Come forth into the light of things, let nature be your teacher.  
~ William Wordsworth ~*

Richard Louv, child advocacy expert and author of 'Last Child in the Woods: Saving our Children from Nature Deficit Disorder' recently completed a national speaking tour. Supported by a growing body of research, he claims that direct exposure to nature is essential for healthy childhood development and for the physical and emotional health of children and adults.

At his recent talk in Sydney, Richard was asked if he knew of any schools that were taking on this back to nature approach. His response was that "Waldorf" (Steiner) Schools embrace the philosophy of connecting children with nature.

Outdoor activities are imbedded in the Steiner curriculum, reflected in projects throughout our school.

Class 2 took on the demanding task of reclaiming the garden and re-establishing the ecosystem near their classroom, relocating large rocks to form a new garden edge. This was a great exercise in engaging will forces, co-operation and teamwork skills, and physical effort! Hard packed soil was turned over, many loads of mulch barrowed in, and plants bedded down in their new homes. They also cleaned out the pond, carefully transferring frogs, tadpoles and eggs.

Class 3 rejuvenated two beds in the large vegetable garden. They were weeded, dug out, fed with compost from our animal enclosure, covered with newspaper and cardboard, then topped with rich aerated soil. Students were guided by 'Farmer Phil' in preparing Biodynamic 500 solution to enhance microbial activity in the soil, aiding growth of the newly planted seeds.

Classes 5, 6 and 7 have been participating in Birdlife Australia 'Birds in Schools' programme, investigating and monitoring the bird habitats in our grounds. They will develop and implement a plan to improve biodiversity in the school.

The 'Eco Warriors' High School student group continue their environmental work within the school and surrounding areas.

## Galston Medical Centre

**Dr Diana Moes**

**Dr Joyce Beardsell**

**Dr Graham Campbell**

**Dr Anju Pandey**

**Dr Bronwyn Edwards**

**Dr Karen Bartley**

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**“Fun, Heaps of Fun and Lots of Laughter”**, Said one of Arcadia’s year 4 students after the 120<sup>th</sup> Birthday Celebrations held on 17<sup>th</sup> May 2014.

**This was just one of the two fabulous community events at Arcadia public school in May.**



As our school song says, “We are so proud of Arcadia’s heritage”. The tremendous sense of belonging and pride which is a standout feature of Arcadia Public School shone as hundreds of current and past students, families, teachers and community members gathered to enjoy a fantastic day of celebration and recollection. The generous ‘can do’ attitude of our parents and community ensured that the event was beautifully organised as well as, of course, lots of fun! We are now officially 120 years old.

The cold snap didn’t keep shoppers away and many lucky mums enjoyed a unique gift purchased at Arcadia markets. It’s not too early to mark the next, fabulous, Arcadian markets in your diary – Saturday 15 November.

Peer support groups are well underway this term with Year 6 students leading discussion, games and activities for the younger students about team work and resilience. The program builds communication and self - confidence skills and combined with the Student Parliament ensures that they feel empowered to contribute ideas and suggestions to make our school even better.

*continue on page 37* ►

## Galston Long Day Care

With change in season, over the past weeks the nursery children have showed interest in the change of our natural surroundings around the centre.

Jess and Dani decided to take the children on another nature walk down to the outdoor chapel. On this particular trip we focused on looking out for the changes within our environment. The children were able to point out the different colours in our flowers and leaves throughout our walk. Evie was able to label the flowers that were purple, white, red, orange and blue and Luke on the other hand was very happy to help Evie find the different flowers in the garden while he ran over to the plants and yelled out “Look Evie, here is another one!” While Luke and Evie were working together as a little team, Khloe helped her friends to pick all the different flowers so we could take them back to put into a vase back at the centre.

During our walk the children spotted some red bottle brushes and on the bottle brush there was a bee taking the pollen from the flower. We used this opportunity to discuss with the children why the bee needs to collect pollen from the flowers and how bees use the pollen from different flowers to make honey. Towards the end of our walk Harley noticed a bee hive at the top of one of the trees. Harley pointed up at the bee hive and said “Look Dani!” After this

*continue on page 39* ►



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## Glenorie Public School



Term two is in full swing already, with many things going on just in the first few weeks. It has been very busy and very interesting, so now, we would like to share that with you.

In week one, we got straight back into learning, and the extra activities that we do. The Choirs, Dance groups, Drama group, Chess and Computer Club are back in motion. All of the classes are breezing through Maths, English, Science, HSIE and all of the other subjects. We also welcomed a new student, Anthony, in 3H. Congratulations to all students.



Week two started with a bang starting on Monday with senior dance group and junior choir starting to choreograph and sing through the day. The debating squad also met on this day and we established our teams, and working with members from last year. On Tuesday senior choir practised their songs for the Arts North Festival, with Mrs Bellamy, while junior dance group began to re-iterate their dance routine. On Wednesday students attended Computer Club in the computer lab and other students partook in chess competitions at Chess Club. Thursday was quite busy with eleven senior boys training for the NRL Gala Day. Three teams will be competing in tackle and touch, boys and girls. We also had our Mother's Day stall, thank you to the 3 mothers that ran the stall, we raised lots and lots of money. Friday was our biggest day, with our annual cross country carnival. Everyone ran exceptionally well, and the results will be announced at our next assembly. Thank you to Mrs Black for running that carnival; it was a great day for everyone.

Week three we had year three and year five sit NAPLAN. The students did very well, and they all participated well. Then on Wednesday after school, the 6 week AFL program was up and running. Everything ran really smoothly and it was a great afternoon for those students. Those students learnt how to kick goals, handball pass, while playing many games along the way. How exciting for those students.

In week 4, Stage three NRL and League Tag teams went off to the NRL Gala day on Tuesday. We played amazingly and had flawless sportsmanship on the day. Congratulations to those students that competed. Wednesday was the Beecroft Zone Cross Country carnival. There were 40 representatives and they had an amazing run! We also had some year six students sit the extension class test at Galston High School. The test went well and the students will find out their results in November.

Thank you to Miss Beson for stepping into the role of our Italian teacher, we have had a great time so far and hope to learn many more things about Italy. The classroom looks great and we all enjoy being in your class, playing games, singing songs, laughing, but learning at the same time.

What a busy few weeks, and it's only the beginning! We can only wait for more of these exciting weeks at Glenorie Public School!

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## Galston Public School

by Carole Weiss

What an exciting and busy Term 2 is turning out to be for all Galston Public School students.



Beginning with the annual

Cross Country carnival which was held in picturesque Fagan Park, students from Kindergarten to Year 6 participated with great energy and sportsmanship. It was a wonderful success. All students ran their hearts out and used enthusiastic voices to cheer for their respective sport houses. As always, our carnivals are supported by an amazing team of teachers and wonderful parents who assisted as course marshals, with the canteen and the arduous packing-up at the end of the day. Staff and students couldn't do without them! A courageous and determined team will now go to compete at the Beecroft Zone PSSA Carnival.

Congratulations must go to the senior netball team. Against strong opposition they were victorious in the first round of the PSSA State Knockout Netball competition. What fantastic representatives of Galston Public School they were! Thank you to Miss Rogers for her energetic and enthusiastic coaching and the many parents who helped with transport and supporting the team.

Peer Groups began with the first session of 'Getting to Know You'. This program has been successfully run for many years. Its goal, of bringing cross-stage students together to promote tolerance, responsibility, respect and many other values, is achieved through lessons organised and run by senior students. They have discussions, play games and work together harmoniously under the supervision of teaching staff. These groups will be held for half an hour once a week for a few weeks this term and extending into term 3. Congratulations to the leaders for the commendable skills they displayed in running their first lesson and also to the K-4 students who showed respect and consideration by working so well in their peer group.

Students are thoroughly enjoying The Sportspro Gymnastics Program each Tuesday and Wednesday, especially when using the different types of equipment. The students have been commended by the Sportspro staff for their enthusiastic participation and excellent behaviour during the sessions.

If you would like to know more about our vibrant school, please contact the school office (9653 2062) and all your questions will be happily answered.

### Arcadia Public School ....continued

Congratulations to our Zone cross country team who represented their school at the recent PSSA Beecroft cross country carnival. We were very proud of their effort on the long run and the loud support they offered to their team mates along the way.

Our school captains, Tahlia and Nathan, and vice- captains, Willow and Scott, participated in an experience of a life time, one they have assured us that they will never forget. On May 15, along with other student leaders from this area, they toured NSW Parliament House and listened to inspirational speakers by invitation of Matt Kean MP, Member for Hornsby. NSW Premier Mr Baird told them that they are the generation to change the world. What a privilege it is for our schools, large and small, to educate these wonderful children who will take their turn to shape our society. Thank you to Mr Kean MP for organising this excellent opportunity.

Thank you again to all those who attended our 120th birthday celebrations. It reiterated the Arcadian community spirit, as we are truly Proudly Arcadian.

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## St Madeleine News

### Country Fair Dance

The Country Fair was a great opportunity for the children of St Madeleine's to 'show off' their dancing expertise gained during Dance Fever. The week prior to the fair the children of St Madeleine's practised their "Happy Dance" perfecting their moves and grooves.



### The Sacrament of Communion

Congratulations to all the children from the local area who celebrated their First Holy Communion during May.

### Mother's Day

On Friday the 10<sup>th</sup> St Madeleine's honoured those very special people called "Mums". As usual the community celebrated with singing and prayers. We learnt about where Mother's Day originated and how the day is celebrated around the world. A huge High Tea was set up for the mums to feast on. We hope all the mums had a wonderful Day.



### Sr Anna Conway

At our Mother's Day a very important person also celebrated their birthday. Sr Anna Conway is a Sister of Mercy and has been part of St Madeleine's since it began. She is an integral part of the Parish of St Madeleine's and is a frequent visitor to the school. We hope she had a very happy birthday.

St Madeleine's students commemorated Anzac Day with the Kenthurst local community.

This year some of our students were involved in the ceremony. Thank you to Lara who wrote and recited her own poem beautifully and Christian who raised the flag during the ceremony. A special thanks to Kate, Sarah and Jordan who represented all St Madeleine's students during the wreath ceremony.

### Garden Club

The children in garden club were surprised to see a huge zucchini in our school garden. It was harvested along with some capsicum and cucumbers. Well done to all those 'green fingers'!

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## The Sydney Hills Branch of the Association of Independent Retirees

The Sydney Hills Branch of the Association of Independent Retirees' committee is looking forward to provide members and especially new members with a variety of interesting guest speakers throughout the year.

**Our meetings are held the first Friday of each month at Pennant Hills Bowling Club Yarrara Road, Pennant Hills our next meeting will be held on Friday 6<sup>th</sup> June 2014. Meeting commences at 10am. The guest speaker will be Frank Bladwell from Odyssey Travel.**

If you are a Baby Boomer or recently retired, come along be informed of any impending changes. By working together we can make a difference for the future.

For more information contact:

President: Lauris Rennie. 9634 -1186

## The Hills Grammar School

### Mother's Day Bake-Off

The Hills Grammar Mother's Day stall this year was a home-baked, hand-made fundraiser. Fifteen mums, ably led by Lisl Dobson from Your Little CupCake, baked 500 perfect cupcakes from scratch before the assembly line of mums gathered to complete the process. Over 2000 flowers, hearts and butterflies were rolled, cut, coloured and hand-painted. Kilos of pink and white butter cream was whipped and piped. Then there was the packaging, ribbon tying, shredding and finally, the delivery a beautiful gift bag of cakes to the excited students. I wonder if they arrived home looking as beautiful as they left school?



Organisers and cupcake 'artists'  
Vicky Karetsian and Lisl Dobson

### Why Is This So?

Year 4 Hills Grammar students are curious about how our world works. Teachers lead the children through their unit of inquiry by forming scientific hypotheses, creating tests and recording their findings. The 9 year olds were required to create an original experiment that demonstrated either the properties of a natural material or the changing state of matter of a natural material.



Sebastian Kazangi and William Cinc explain why the type of parachute material does matter.

"After working on a number of experiments over six weeks, the children understood scientific method and confidently approached their own investigations with wonder and enthusiasm." Year 4 teacher, Margie Raymond explained, "They loved working on these projects and the Science Fair as the grand finale, was an exciting and inspiring culmination of the unit of enquiry. This is one of the great strengths of offering the IB Primary Years Program." Parents, friends and staff were invited to the Fair to discover the answers to some of life's most perplexing questions.

## Galston Long Day Care ....continued

observation we explained to the children that this was a bee hive and this is where the bees live and make their special honey after they collect the pollen from all the different flowers. Rhys then came along after listening to this discussion and yelled out "Dani, Dani, Bee!" as he watched the bees fly in and out of the bee hive.

Bianca at this time started to look up into other trees that were around and she spotted something that looked a little bit similar to the bee hive however it was made out of moss instead. "Look, bird cave!" as she pointed to this build up of moss in the tree. Once all children were able to catch up we all had a look at the moss bird cave in the tree and then started to look around and listen for any birds that were close by. Hugo held his ear when he heard a bird tweet in the tree. "Oh oh" he said and pointed to a bird that he had spotted in the tree.

Over the coming weeks we will continue with our nature walks to see if the garden has changed at all due to the season and weather changing, using all our senses to explore the environment.

If you'd like to enrol your child or simply find out more about our friendly, community-run centre please contact us on 9653 1475. <http://galstonlongdaycare.com.au>



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## Middle Dural Rocks Small Schools Cross-country

By Kate Welsbman



Middle Dural Public School hosted our annual small school cross-country carnival last month.

Students from Middle Dural, Hillside and Annangrove not only raced alongside each other, but also enjoyed a barbecue and played together on that spectacularly beautiful autumn day. Thank you to the parents, grandparents and older siblings who made the carnival a success – and, of course, to Mrs Urio, the brains behind the operation. Bunnings very generously donated water bottles to the event.



### Anzac Day

The Anzac Day march and service is an event that always reflects well on both our local schools and our local community. The entire suburb of Glenorie is only three thousand strong, yet we manage a turnout of around two thousand to honour our servicemen and servicewomen, past and present, and to remember those who died in our service. Maddy and Caleb were so confident in delivering their readings. They performed at least as clearly and competently as the adults who spoke on the day. I know that Mrs Mills was very proud of all the Middle Dural students and families who attended the service.

### Senior Camp

In June our Year 5 and 6 students will attend a NSW Sport & Recreation camp at Lake Macquarie, along with their peers from Hillside and Annangrove, and accompanied by Mrs McLennan. Look out, Mrs Mac! There is such a thing as too much fun...

## KU Galston Preschool

At KU Galston Preschool this month we have celebrated Mother's Day, to show our Mum's how much we appreciate everything they do for us! All of the mother's were invited for a special afternoon tea where we put on a performance dramatising one of our favourite stories "There was a princess long ago" and sang a few songs. The children all helped to make delicious scones with jam and cream for afternoon tea. A great time was had by all.



We were lucky enough to experience a Young Australia Workshop "The Dinosaur who Lost His Roar". The show was about a dinosaur named Rexy who has no manners, he never says please and thank you and spends all day roaring at the animals. The puppet show was focused around the themes of belonging, identity and respectful behaviour.

A great time was had by all wearing our pyjamas to raise funds for the asthma foundation. We are now gearing up for Grandparents/VIP week next week where we open our preschool to visitors who are special in the lives of our children to visit the preschool for the morning for a play and morning tea.

If you would like more information about our preschool please contact our Director Rebecca Onslow on 9653 2252 or ku.galston@ku.com.au.

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This material has been produced by Philip Ruddock MP using his printing and communications entitlement.



## News from St Benedicts

Last month we mentioned the special parish appeal for three aboriginal children in Brewarrina. St Benedict's parish raised over \$3500 for the support of these children and we received a heartfelt thank you letter from the Shannon family in Brewarrina who are looking after the children. In part the letter said: "We are just lost for words to adequately express our sincere gratitude for your exceptional generosity. The children are doing very well and developing each and every day."



Easter, the most important event in the church year, was celebrated with solemnity and joy as we moved through from Palm Sunday to Holy Thursday and then Easter Sunday. A team of parishioners – musicians, readers, servers, cleaners, decorators and those who extended hospitality in any way - worked together to make the Easter ceremonies successful. Thanks to everyone who took part.

Father David is recovering well from his back operation and we are thrilled to have him back among us.

The annual sacramental program for children of the parish has started and Holy Communion will be celebrated on Sunday 22<sup>nd</sup> June. It is always one of the most joyful events in the church calendar.

To find out anything about the parish activities call the Parish Office on 96531231. The office is open on Mondays from 10am – 4pm and Fridays from 10am – 5pm.

Pictured is a happy crowd of plant buyers at this year's St Benedict's Monastery fete.

### Weekend Mass Times

St. Benedict's Catholic Church Arcadia; Mass at the Monastery, 121 Arcadia Rd, Arcadia, at 7 am every morning.

Mass at the Parish Centre, Corner Fagans Rd & Arcadia Rd. 7 pm Saturday, 9 am Sunday

### A Funny Story submitted by a local resident

Recently, 2 girls were cleaning our house. When they tried to vacuum, the machine which I'd only bought in January and used twice, wouldn't work. I rang the store where we'd bought the machine and told the complaints man. I said the machine was making a loud screeching noise and smelt awful! The complaints man said "Oh, that sounds just like my ex-mother-in-law!" Needless to say, they exchanged it and we are now vacuuming happily.



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## Glenorie Mission Church

**"Seek the Lord while he may be found; call on him while he is near. Let the wicked forsake his way and the evil man his thoughts. Let him turn to the Lord and he will have mercy on him, and to our God, for he will freely pardon." Isaiah 55: 6-7.**

These words describe an opportunity for God's mercy and forgiveness. An opportunity that exists at this moment, but one which will come all too swiftly to an end. There is an urgency in the writer's language; "While he may be found..." compels us to respond without delay.

A time for mercy, a time for patience, a time for restraint, our Heavenly Father is longsuffering and slow to anger. His love delays the punishment that mankind rightly deserves, so that as many as possible will accept the pardon that God now offers through his Son, Jesus Christ.

The bible tells us that God is holding back his hour of judgment, not willing that any should perish but that all should have an opportunity for Salvation. Appalling things are happening in the world, but God is unwilling to close the door.

What love, what incredible love, That God, who despises wickedness and injustice has held back for so long, has stayed his hand and withheld his judgment.

**"The Lord is not slow in keeping his promise, as some understand slowness. He is patient with you, not wanting anyone to perish, but everyone to come to repentance. But the day of the Lord will come like a thief. The heavens will disappear with a roar; the elements will be destroyed by fire, and the earth and everything in it will be laid bare." 2 Peter 3:9-10.**

Come while there is still time. The door is open and the Lord says, "Come".

## Galston Uniting Church

Minister Rev Geoff Smith  
Children & Youth: Michelle Comito  
11 School Road Galston 2159  
Phone 9653 2039  
www.galstonunitingchurch.com  
Sunday Family Service 10 am



All our programs are going full tilt and growing most weeks. There's folks exercising, kids playing, people singing, crafty folks and more. You oughta check us out sometime ☺

Sad to say though, there's also been some changes round here, with both Michelle (our Youth & Kids worker) and Kodjo (our ministry student) both finishing up recently. Both have made an immeasurable contribution to our church and local kids and are already much missed.

We hope to announce a new youth and children's worker in the next paper!

Oh, while we're talking announcements – we'll also be hosting our annual 'blessing of the fleet' service for the RFS in August – more details to come next week.

So, just a short note this month, hope all's well & we'll be back in July.

*Cheers, Geoff*

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## Going Without in a Time of Plenty Anglicare Food Drive June 15

Yes, another year has passed and it's time for Dural District Churches annual Anglicare Food Drive. After 10 years our community has fully embraced this initiative of giving food to those in need, especially over winter.

Our collection of non-perishable items; cans, cereal, rice, pasta, long life milk, toiletries, has grown to over 30,000 items in the district last year. For more information go to [www.ddac.org.au](http://www.ddac.org.au)



Watch out for our collectors in local supermarkets or if we come knocking at your door on Sunday June 15, please have a few items ready. If you miss everyone you can drop items off at St Jude's Dural, St Columb's Arcadia and Christ Church Kenthurst. Of course all the schools in the area also participate.

Joint research launched by ANGLICARE Sydney, the Samaritans Foundation and Anglicare NSW South, NSW West and ACT has revealed the extent of hardship for low income households accessing their Emergency Relief (ER) services.

Of the people surveyed who accessed these ER services, 98% were found to be food insecure and 82.2% were severely food insecure. This means that they were not sure where their next meal was coming from or they were unable to provide food for their family on a regular basis.

Households also reported that they worried about running out of food (87%), actually ran out of food (68%), cut meal sizes (82%) or skipped meals entirely (68%) on a recurring basis.

Findings for households with children were particularly concerning:

- Children in 70% of households were regularly eating low cost food because there wasn't enough money to buy good quality food.
- Parents in 30% of households were regularly cutting their children's meal size to make food go further.
- Children in almost one third of households (31%) were regularly not eating enough because parents couldn't afford to buy sufficient food.
- Children were regularly going hungry in 24% of households.
- Children In 7% of households did not eat for a whole day on a regular basis.

Those at highest risk of food insecurity were low income earners, people with a disability, single parents, people experiencing rental stress and people from an indigenous background.

"The biggest constraint in food insecure households was inadequate income," says Grant Millard, ANGLICARE Sydney CEO.

*continue on next page* ►

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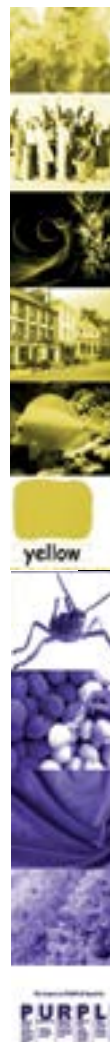
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## Going Without in a Time of Plenty Anglicare Food Drive June 15 ....continued

"People were often making the difficult choice of going without food in order to pay for other more pressing expenses.

"Some 95% of the people surveyed in NSW and ACT indicated that they had run out of food in the last three months due to unexpected expenses like medical bills, car repairs, large power bills and sudden increases in rent.

"We found that parents were often protecting their children from food insecurity by going hungry themselves. However, it is deeply concerning that in one in four food insecure households, children were actually going hungry too."

Last year, more than 26,000 people accessed ANGLICARE's Emergency Relief services across NSW and the ACT at a total cost of \$4.85million, 40% of which was funded through donations and support provided by local communities.

Your food donations do make a difference. Thank you

*Rev. Adam Lamb  
Senior Minister  
Dural District Anglican Churches*

## Cumberland Orchid Circle Inc.

The next meeting of the Cumberland Orchid Circle will be on Wednesday 25<sup>th</sup> June 2014 in Barton Hall, which is situated in Gough Drive (off David Road), Castle Hill. The meeting will start at 8.00pm and will last approx 2.0 hrs. At the meeting, orchids in bloom will be benched for a monthly point score competition. The guest speaker for June will be Gary Bromley speaking about growing cattleya orchids.

At each meeting there is a sales table selling plants brought along by members, in addition to accessories used for orchid culture. During our supper interval, there will be time to "compare notes" and seek advice from other members.

Visitors & new members are always welcome. For more information, contact the Circle's secretary on 0412 982 830.



### Orchid Display

From Thursday 12<sup>th</sup> June till Saturday 14<sup>th</sup> June, during shopping hours, Carlingford Court Shopping Centre will host a display of orchids by Cumberland Orchid Circle. On display will be many of the orchids in flower at this time of the year and there will be members of the Circle present at all times to discuss orchids and their culture as well as advise on any cultural problems that members of the public may have. The Circle will also maintain a sales table where orchids, many in bloom, may be purchased for very little cost and also conduct repotting demonstrations. Free cultural information leaflets will be available covering the cultivation of many specific orchid genera. There will also be a raffle where orchid plants can be won, the proceeds of this raffle being donated to the Westmead Hospital Medical Research Foundation.

For further information on Cumberland Orchid Circle or the display please contact the Circles secretary on 0412982830.

## Galston Garden Club

The May meeting welcomed our guest speaker Mickey Robertson. The project she acquired of restoring Glenmore House in the foothills of the Razorback Range near Camden was truly a mammoth task. When acquired the property was completely derelict. So to see photographs of the beautifully restored sandstone cottage, slab barn, hay shed and well designed gardens was truly a magnificent feat.

**25 to 27 April - Southern Highlands Getaway -** organized around the opening of the seven beautiful, strikingly varied gardens, the purpose of which being to raise funds for the establishment of the Southern Highlands Botanic Gardens. The scenery was absolutely magnificent, the autumn colours truly spectacular, and as an added bonus, included was a guided tour of Mt Annan Botanic Gardens and Red Cow Farm. Many many thanks once again to our social organizers for a job very well executed.

What else is there to say – pictures tell a thousand words.



*continued on next page ►*

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**July**  
**Sunday 27<sup>th</sup>**

## NSW Begonia Society Monthly Meeting

Sunday 15<sup>th</sup> June at 1:30pm.  
Bloomin' Greenery Nursery  
226 Annangrove Road  
ANNANGROVE. NSW 2156.  
This month's speaker's topic is  
"Companion Plants for Begonias".  
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Details:

Ross 02 9679 1386.

Email [info@begoniansw.com.au](mailto:info@begoniansw.com.au)

Website [www.begoniansw.com.au](http://www.begoniansw.com.au)

## Galston Garden Club ....continued

**Winter Get Together - Saturday  
5 July** - We will visit two members  
gardens with lunch at Biviano's at  
Dural.

To all the owners of beautiful  
gardens out there, if you would  
consider opening your garden at our  
open gardens weekend on the 17<sup>th</sup>, 18<sup>th</sup>  
& 19<sup>th</sup> October, 2014 please contact Bill  
Fleming on 9653 2394. All proceeds go  
to charity.

Or next meeting will be held on  
Wednesday, 11<sup>th</sup> June at 8pm at the  
Galston Community Centre, 37 Arcadia  
Rd, Galston, where members will be  
entertained by Nathan Wells, a multi  
awarded apprentice from Overland  
Nurseries.

### Visitors are always welcome.

For information on any of our activities  
contact Liz Muller - President, on  
9651 4405, or Margaret Dunn on  
9651 2475, or check out our website -  
[www.galstongardenclub.com.au](http://www.galstongardenclub.com.au) , or  
email [galstongarden@hotmail.com](mailto:galstongarden@hotmail.com)

## Dealing with those nasty Ticks

By Barry Lees

I love living in this area but I don't like the ticks!

**Introducing Ticks.** There are about 80 types of ticks in Australia, but the paralysis tick (*Ixodes holocyclus*) is responsible for most bites to humans in our area. It has 3 life stages - larvae (commonly called grass tick), nymph and adult. It needs blood from animals or humans to move from 1 stage to the next. Only female ticks bite.

**Tick removal.** Ticks can transmit diseases by injecting toxins, so try not to annoy them by scratching, or putting irritants like metho, essential oils, kerosene, liquid soap or flame on them. When removing, don't squeeze their body. **Adult** ticks can be removed by pulling with fine tweezers under the body, or various tick removal tools available from chemists, camping shops or the Vet, or by applying suitable chemicals. For larval and nymph ticks, chemical methods are usually best. Chemicals include Aerostart (contains ether that freeze dries the tick, killing it instantly), aerosol insecticides containing pyrethrin, or Lyclear (a scabies cream containing Permethrin available at chemists). I have used Lyclear for years - a blob placed over the tick will kill it in a few minutes. There is no need to remove the tick - it will usually fall off in a few hours, and there is little itching after. Bicarb soda in a bath is also useful for small children. All chemicals come with risks and some should not be used on small children.

**Tick repellents** containing DEET or Picaridin are effective. Spray clothing rather than large areas of skin - it is safer. Light-coloured clothing makes ticks easier to see. Tuck trousers into socks and shirts into trousers. Clothing treated with Permethrin is now available. Treatment lasts up to 70 washes. See [www.safarilifeworld.com](http://www.safarilifeworld.com). A product called "Debugger" can be used to treat your own clothes - available at BCF shops.

**Tick-borne diseases** can cause Lyme-like symptoms that can have serious long-term effects. Diagnosis is difficult because the disease mimics the symptoms of many other diseases. If confirmed, antibiotics are usually prescribed over a long period.

**Bandicoots** are commonly believed to be responsible for most ticks in our area. This is not true - they carry no more ticks than any other animal. So defend the humble bandicoot - it has had enough bad press!

**For more information**, I strongly recommend you go to the AABR website/Learn/Publications and download a copy of their excellent article called "Ticks and tick-borne diseases - protecting yourself." Much of the information in this article came from there.

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[www.hydroclean.com.au](http://www.hydroclean.com.au) service@hydroclean.com.au

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**RIDE ON LAWN MOWING**

Gutter cleaning, pressure washing and all other garden maintenance

**Karl 0477 207 649**



**Ellis Building Service**

- Renovation & additions
- Decks & outdoor living areas
- Design and council arranged

Building in the Hills 34 yrs

Call Brian  
M: 0418 474592  
Bus: 9654 2828

Building Contractors  
nailit@bigpond.com  
Lic no 9095c

[www.ellisbuildingcontractors.com.au](http://www.ellisbuildingcontractors.com.au)

**Local Flyer / Leaflet Delivery**

Door to door deliveries to acreage properties.  
Delivered First week of each month  
Call 9653 1321 for bookings



Equine & Rural Specialist, with \$700,000,000 in sales over the past 22 years

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[www.hamishrogersrealty.com.au](http://www.hamishrogersrealty.com.au)



**United Home Services**

- Regular Home & Office Cleaning
  - Spring - Vacate/Bond - Rental Inspection Cleans
  - Carpet Steam Cleaning
- Gardening & Handyman Services
  - High Pressure Cleaning

TEL: 9838 0444 or book online at:  
[www.unitedhomeservices.com.au](http://www.unitedhomeservices.com.au)



TRADES & SERVICES

# Community Marketplace

We welcome your Classified Ads. Sell anything you like for just

**\$15 FOR 3 MONTHS!**

Ads can be submitted by email, fax or post.

Phone 9653 1321 • Fax 9652 1147 • info@galstoncommunity.com.au

PO Box 211, Galston 2159

Ads must be received by 15th of each month.

## TORO GREENS MASTER

If you want the best lawn in the hills this is the mower to do the job. Spare reel included.

Call Richard on 0415253269 **\$2,500**



## FOR SALE

**Rose Quartz Garden feature**

4 pieces of large Rose Quartz Crystal ranging in weight from 45kilos to 66kilos.

\$3,300 for all 4 pieces or \$950 each.

Call Mark 0412460921  
or Lisa 0404088260



## FOR SALE MOBILITY SCOOTER

As new, perfect condition  
Must sell, \$1500 ono

Phone : 0418 416 244



## WANTED

Someone to help us maintain our pool and garden at Arcadia for 4 hours per week. Must have ABN.

Contact for details:  
0411 390 927

## TENNIS PLAYER WANTED

A senior male tennis player is wanted to join all mens group, good standard, playing early on Sunday mornings in Arcadia.

Please call Jim  
9873 3430



**Arcadia**

**PLAYGROUP**

We are Arcadia Playgroup

Located on the grounds of Arcadia Public School, 140 Arcadia Road, Arcadia.

Parents will find us in the Pirate Ship sandpit.

Thursdays from 9.30am to 11am.

Enquiries 9653 1207



**SPIN Club**

Table Tennis every Friday at Glenorie.

\*Junior development programs

\*Coaching - individual & small groups

\*All age social play

All enquiries please contact  
Chris on 0468 300 822 or  
spinclub@bigpond.com

(NCAS Level 1 - AASC - WWCC - Senior First Aid accredited - Member TTNSW)

## Important Local Information

### HELP & INFORMATION SERVICES

General Emergencies 000

Energy Australia Emgy

13 13 88

Hornsby Hospital

9477 9123

Hills Shire Council

9843 0555

Hornsby Shire Council

9847 6666

Integral Energy

13 10 03

Lifeline (24 hours)

13 11 14

Poisons Information Line

13 11 26

Police - Hornsby

9476 9799

Police - Castle Hill

9680 5399

Sydney Water

13 20 90

### LOCAL BUSHFIRE SERVICES

Arcadia Bush Fire

9655 1656

Arcadia Fire Captain

Peter Jacobs

0415 369 683

Galston Bush Fire Captain

Peter Griffiths

0404 085 145

Glenorie Bush Fire

9652 2017

Middle Dural Bush Fire Captain

Len Best

0408 220 705

Hills Rural Fire Service

District Office

9654 1244

Hornsby Fire Svcs HQ

9883 2000

Telstra Faults

13 22 03

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Ph 9653 1321 Fax 9652 1147

PO Box 211 Galston NSW 2159

Advertising Vicki 0412 271 800

advertising@galstoncommunity.com.au

Editorial Diana 02 9653 1321

editorial@galstoncommunity.com.au

Ads/Artwork/Design 02 9653 1321

info@galstoncommunity.com.au

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The Hills Rural Business Chamber - Correspondence to: PO Box 29 Galston NSW 2159 or email

President@hillsrural.com.au

**LOCAL JP's** Michael Bell, Arcadia - 9653 1365

Bernie Triebe & Kerron May, Bendigo Bank Galston - 9653 2227

Cathy Vipond, Hills Accounting, Glenorie - 9652 2400

Cherrybrook Shopping Village, Shepherds Drive, every Saturday morning 10am to noon.

There will be JP at Dural Library Wednesdays between 1pm and 3pm. Hornsby Branch of the NSW Justices Association meets monthly at the Asquith Leagues Club opposite Waitara rail station.. All JP members and potential members welcome.

Enquiries to Gavin Moehead JP 9489 4662 or 0407 229 203.





# ***BARE ROOT TREE SALE***

# **30% off**



**Hargraves Nursery**

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**9651 1833**

[www.hargravesnursery.com.au](http://www.hargravesnursery.com.au)