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March 2014

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Glenorie Public School Given the Gift of Learning by Woolworth's Customers

Local students will be receiving essential new learning equipment for the year ahead thanks to the generous support of Woolworth's customers who participated in the Woolworth's Earn & Learn program. A special presentation of the Woolworths Earn & Learn equipment redeemed through the program took place in a ceremony at the school last week.

"We are thrilled to be able to make this special delivery thanks to the ongoing support of our customers. Woolworths is committed to giving back to local communities and supporting the next generation and we have no doubt that these educational resources will be put to great use by the students," said Tjeerd Jegan, Woolworths Managing Director of Australian Supermarkets and Petrol.

"We are extremely proud of Woolworths Earn & Learn, and with over 13,000 registrations in 2013, it is clear how valuable the program is to the schools involved. From resources for maths and science, to art and craft materials, to sports equipment, the program delivers vital resources tailored to the individual needs of the school."

Last year was the biggest Woolworths Earn & Learn program to date, benefitting more than 2.7 million students nationwide. As a result of the 2013 program, 13,148 school groups will be rewarded and over 400,000 educational items will be distributed to schools across Australia this year.



Principal Mrs Pearce (centre back) with Woolworths Manager Evan Wilson (left) and Josh Wilson, Customer Service Manager (right)



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Replacement of Pitt Town Rd Bridges Running on Schedule

The replacement of two old timber bridges on Pitt Town Rd is running on schedule and beginning to take shape.

Concrete girders have been installed at the Cataract Creek Bridge (pictured) and are expected to be installed at the Cattai Creek Bridge over the coming week.

The new bridges will be higher and less prone to flooding than the old timber bridges.

The road is expected to be re-opened by the end of March as planned, provided the weather is favourable.

Motorists driving light vehicles can use a detour along Maguires Rd and McClymonts Rd, however this detour is not suitable for heavy vehicles. Truck drivers should consider alternate routes.

Residents are thanked for their patience throughout the construction period.



Galston CWA News

In February we heard details about eHealth – the new National electronic health record database. Janet Shearer demonstrated making cards using Paper Quilling, and we tried our hand at cards decorated with quilled paper petals, leaves and candles.



Our next meeting will be held on Wednesday 12th March at 10am. We will bring along coloured brochures and magazines, and after morning tea we will create scrapbooks for Mercy Ships Australia and other charitable organisations to distribute to children.

This will be followed by a bring-a-plate lunch, and then our business meeting.

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

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.

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

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



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Dural Rotary Needs Your Help



The Rotary Club of Dural wishes to support the ongoing care and treatment of Avalon Jade Chambers, who lives in Glenorie.

Avalon was born prematurely via an emergency caesarean operation. She suffered damage to the white matter in her brain which is known as Periventricular Leukomalacia (PVL) and Cerebral Palsy.

Currently there is no known cure for PVL.

A very bleak future for Avalon.

She will need much care and ongoing treatment. This will include physiotherapy, occupational therapy, vojta therapy, together with annual three week visits to Neurological and Physical Abilitation Centre (NAPA) for treatment in Los Angeles USA. This would be followed by two intensive vojta therapy (vojta therapy activates inborn automatic movement) sessions annually in Brisbane.

For Avalon to have the best chance of having an independent life and a chance of ever walking, these treatments would be needed to provide her with a fighting chance to give her the opportunities to grow and achieve the normal things available to the average child.

Overall treatment costs and associated expenses will be in excess of \$50,000 per annum. The family has limited resources with only one income earner. The parents have had to sell their home to provide treatment for Avalon.

Over the next two months, Dural Rotary members will approach the majority of business houses in the Glenorie, Dural, Kenthurst and Annangrove areas to request them to donate to this worthwhile cause. All money raised will be deposited in an account- namely Avalon Jade's Journey Inc.



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Galston Village Pharmacy Weight Loss Club Group discussion Friday 7th March 10:30am-11.30am here at the Pharmacy
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TV Reception in the Galston Area

I'm looking for people who are suffering bad digital TV reception (i.e. whole sets of channels vanishing or glitching for no apparent reason under certain weather conditions is a classic) to contact me describing what happened, when (hour), where (road) and what the weather was. It is possible that if there is enough cases of bad reception, that show a pattern, that we can get the transmission coverage modified to improve reception...

Please email keith@aykira.com.au with your horrid tails of digital TV woe - thanks!

International Performer to Sing in Arcadia

On Sunday the 16th March, soprano Melinda Parsons will perform in the first of this year's Arcadia Musical Recitals, five concert series. She will be accompanied by organist, Peter Kneeshaw.

Ms Parsons is the principal soprano with the Berlin Radio Choir. Her wide and varied repertoire of traditional, classical and popular songs, is very much in demand throughout Europe. Arcadia Musical Recitals patrons were fortunate to engage such a busy and outstanding performer.

Once again St Benedict's Monastery, Arcadia, has kindly given their permission for the concerts to be held in their chapel. The acoustics and setting are outstanding. The intimacy of the smaller audience will give a rare experience for all who attend. There will be afternoon tea at the conclusion of the performance.

The other concerts in the series are by "Pastance" in September. In October soprano, counter tenor, organ and trumpet will perform, followed by The Australian Brandenburg Orchestra soloists in November. The final concert, in December, will be by "Sydney Brass" giving a Christmas flavour to their ten-member brass ensemble.

Contact Michael Bell on 96531365 or Margaret McKinley on 96511495 for information and bookings.

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Berowra Community Markets
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BEROWRA COMMUNITY MARKETS are now in their seventh year and have donated over \$30000 to charities and non-profit organizations during that time. The markets are run on the 1st Saturday of each month (except January) from 8am to 1pm at Berowra Uniting Church 4-6 Alan Road Berowra Heights 2082.

We would love to have fresh produce growers sell their products at our markets including but not limited to fruit & vegetables, breads, eggs & honey.

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Farewell, Jessica - 25/12/1998 - 22/1/2014

It with great sadness we report the passing of Jessica Barbara, youngest daughter of Robin Barbara. Robin is known to many residents as the previous editor of the Galston News and more recently the friendly face of Goodies Bakery.

Jessica was born with Smith-Lemli-Opitz syndrome, a rare genetic condition of which only 48 other cases are known to exist. Throughout Jessica's life Robin fought hard to ensure her life could be as normal as possible. She attended Karonga House Special School at Epping from age 4 to 18. At 18 she left with her HSC Certificate where she came top of the class of children with special needs. Once Jessica reached 18 she moved to Minimbah Day placement.

Jessica, despite her disabilities, was a happy child. She would only get irritable when the discomfort of her condition flared up. Like any mother, Robin was always there to look after Jessica's needs and she inately understood what she wanted, despite Jessica's inability to talk. Caring for a disabled child is a 24 hour, 7 days a week, 365 days a year commitment and Robin was a fantastic, caring and courageous mother, campaigning where it was necessary to get the help and support her daughter needed. In the later years she did this single handedly as her marriage broke down due to the stresses and strains on the family. Her oldest daughter Carla, was always there to help. To Robin and Carla, Jessica was their daughter and sister, no different to any other family, they just had to adjust to a "different" way of living.

Robin and Carla would like to express their sincere thanks to everyone who has helped them over the years. The community support has been just amazing. Special thanks also to Bendigo Bank for their assistance with Jessica and her special needs schools.



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Galston Heights or Arcadia...



Arcadia PS 1896 first class room



Arcadia PS location of the first school at Mrs Norquay's

Lucky for us living in Arcadia, Mr John B Shearston had travelled to Arcadia in Southern Greece in the early 1890's and felt the local area, what was known as Galston Heights, to be equally idyllic. Hence the name Arcadia was accepted in a public meeting on October 28th 1895, after the local public school had been operating for a year under Galston Heights Public School. And so as we enter 2014, Arcadia Public School will celebrate 120 years in the district with amazing stories during its rich history.

Arcadia Public School P&C won a federal grant last year to research, preserve and interpret the school's history in various ways. All of which will be launched at the school's Celebration Picnic on 17th May 2014 within the school grounds. More on this event will be forthcoming in future editions of the Galston News and on the schools Facebook Page www.facebook.com/ArcadiaSchool. However here is a sneak peak of some of the events that made this area and the school what it is today.

- Application was first made in 1891 for the establishment of a school at Galston Heights (now Arcadia). The proposed location was originally opposite Calabash Road and was designed around the access for the children of 'school age'.
- In 1893, Mr David Hall donated half an acre of land on the corner of Geelans Rd and Arcadia Rd for a building to be erected. By January 1894 a weatherboard Hall was erected and this became Arcadia's first public building which would be known as The Union Hall was used by many local groups including local churches.
- The first school for the area was a house-to-house school taught by Mr Edward Aubrey from the 28th May 1894 with 25 children. Mrs Norquay's house was the first station, the Dowdling's house (near Calabash Rd) was the second and Pocock's house at Calabash Creek was the third.
- Galston Heights residents were initially given permission from the Department of Education to establish its own full-time school on the 20th August 1894, three years after the initial application. The first Headmaster was Mr David Johnston from November 1894 till April 1897 with 35 pupils and used the Union Hall for classes.
- The name Arcadia was adopted in 1895 by the local residents under the recommendation of Mr John B Shearston, following the establishment of the local school.
- The parcel of land which Arcadia Public School is located was purchased on 13th March 1896 from the sisters Henrietta Best and Eveline May Wells for £44.0.0 plus £6.0.11 interest.

Many of you have your own memories of Arcadia Public School and we ask you to share them on the school's Facebook Page or direct with the Committee (email: lori@lorickmanagement.com.au) so that they may archive them for future generations to enjoy. The committee's 120th Celebration Book will be compiled and printed before the Celebration Picnic in May and available for purchase from the school. They hope to see many past students and parents at their celebrations commemorating what really was the start of the Arcadia Community!

Westpac Hills & Western Sydney Making a Difference at Warrah

With a heritage dating back 130 years, the Westpac Foundation invests time and money in innovative approaches to addressing social need and providing support to not-for-profit organisations.



Warrah is very proud of its beautiful 30 acre main campus in Harris Road, Dural. It provides access to a unique natural environment, including a certified biodynamic/organic farm, to people with disability. However, maintaining the campus grounds and buildings always stretches resources.

The Westpac Foundation has been providing assistance to Warrah. For one of the Warrah initiatives 12 Hills Westpac Financial Planners spent a recent Friday at Warrah. Two projects were undertaken: assisting Farmer Rob Greatholder on Warrah's biodynamic farm, and beautifying Warrah's very special Spiral Garden. Putting in a day of hard physical work, the team achieved a great result!

Gary Allen, Westpac Regional Manager, said: "The objective of our volunteering was to quite simply make a difference, given the limited resources available at Warrah. They have a unique and innovative approach to supporting the needs and aspirations of children and adults with intellectual disability and I know the team and I really embraced the experience. We felt great satisfaction in providing a helping hand."

At Warrah we are most appreciative of the efforts of local businesses and residents contributing to our work through volunteering. We welcome volunteers - interested people can call Birgit Eaton on 96512411.

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Letter to the Editor

from a concerned mother

I'm sure most mums (and perhaps dads, grandmas and grandpas) will agree, shopping with small children can be challenging. I have 3 boys - a 4 year old and twins aged 17 months. As you can imagine, doing my weekly grocery shopping can be tricky - the first thing I have to do is to go searching for a twin trolley upon arrival and if one isn't available, I have to get my stroller out, load my boys into it, then juggle a trolley and my stroller down the aisles. Perhaps that should be an Olympic sport!

Well, today I was lucky enough to have my mum with me who was able to push the trolley while I pushed the stroller with the twins in it and my oldest son sitting on the front. They were happy, and when they're happy they sometimes squeal with delight and its probably a little mischievous too. I asked them to settle down as I am aware that not everyone likes to hear the sound of children playing. I was not prepared for what would happen next.

While standing ordering some meat at the deli in Woolworths, Glenorie, a large, imposing "gentleman" stood over my children in their stroller and yelled at them at the top of his voice: "WILL YOU SHUT UP - I DON'T WANT TO HEAR ANOTHER WORD FROM YOU - SHUT UP". It was loud enough for people to hear at the front of the store. I'm sure we've all seen and heard about the bullies who intimidate others in their class at school, or those who bully their colleagues at work. Have you ever seen a grown adult, who's large in stature, stand over 3 little boys (remembering the twins are only 1 and my oldest is only 4) and frighten them in such a way to almost have them all in tears? It was terrifying!

continued next page

As I write this, I'm still shaking. I am not normally a person who is lost for words, however, in this case I was absolutely rendered speechless, as was my mother. A time when I should have protected my children from such a monster and such a bully, I was so scared myself, I stood and said nothing. Moments later, I was in tears.

I am writing to share this experience with the hope of creating some understanding. I am not trying to impose my children on anyone else - I raise them with good values and good manners, but yes, they are still children. Yes, they will still do things that may not be to everyone's liking, but yes, I still need to buy groceries. If they have done something inappropriate, I will apologise, however, in this case they were being playful children - they weren't running around, they weren't being rude or disrespectful, and they weren't being naughty - they were being the young children they are and being as patient as they could whilst I was doing my shopping. If anyone had a problem, I would have expected them to come and talk to me - not stand over my children and intimidate my children as only a bully knows how. If this "gentleman" is reading this - yes, sir - you are a bully.

I would like to end this on a positive note and thank the kind staff at Woolworths Glenorie for their support and kind words - from the Branch Manager, the Deli Manager to the girls at the front checkouts - I really appreciated you all caring enough to ask me if I was ok, and to talk to the "gentleman" about his behaviour. A big thank you to the other mums in the store that also offered their support to me. Without knowing it, you all made the situation so much better than it could have otherwise been.

For those that are wondering, the "gentleman" did not apologise... but bullies probably never do!

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Take Back Control of Your Life By Elly Hurley



Are you often feeling fed up, stuck in a rut? When you look around, is all you see what has to be done? Are you constantly being bombarded with demands from everyone - your boss, your kids, your partner. And to top it off are you feeling sluggish, unhappy with your weight, shape and how you look? This isn't how life was meant to be!

No it isn't and the great news is you can change it. Imagine for a moment your life is a car, and you get to choose where to sit. You can choose to be the driver and have control or your destination and how you get there, or a passenger where you can see where you're headed but someone else is driving your car, or the bug on the bonnet hanging on for dear life praying for the car to stop.

Take Sue for example, she's a busy working Mum and she was hanging on for dear life. She had tried every diet there was and just couldn't lose the weight. She was lucky, she always knew what she wanted and how she wanted to be, but she was missing the key ingredient. Sue hadn't mapped out her plan of attack.

To be successful at anything you set out to achieve, you need a plan. When you travel somewhere for the first time you don't just jump in the car and start driving randomly, you enter the address in your GPS and it shows you **how** to get there.

Taking back control of your life, losing weight or changing your job is no different. To be successful you need a plan and to know how.

Here are 4 Simple Steps you can take right now.

- 1. Think about what you want** - Get really clear on your goal. Where are you now? What do you want to achieve, when do you want to have it by and how will you know when you've achieved it?

- 2. Map out your plan** - What do you need to do to get from point A to point B. Accept it's not going to be a straight line to avoid any disappointment and be ready to overcome the hurdles.
- 3. Take Action now** - Don't put it off. Once you've got your plan get started. Begin with small steps, celebrate the wins and learn from the setbacks. Before you know it you will be galloping towards your outcome.
- 4. Review** - No plan is 100% perfection. All plans need to be reviewed as some things work better than others. Review your progress, be honest and ask for help.

Take back control of your life, give Elly from B Inspired 2 a call now on 0448 242 242 and book your free 30 minute consultation. Experience the power of hypnotherapy and jump back in the driver's seat of your life.

FED UP?
Take Back Control of Your Life

Sue did and she **lost** 14 kilos in 4 months
How? Sue did 4 simple things....

- ✓ Sue sought Help
- ✓ She wanted Change
- ✓ She gained Clarity
- ✓ Sue took Control

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STORY by Anita Horan - Glenorie Resident

"Mum, can I go to the shark cull protest?"

Not a question I thought I'd encounter when I planned to have children. However, I am partly, well mostly to blame, along with my husband. From our children's infancy we have inculcated in them a love of nature. From taking them camping when they were newborns, snorkelling from the age of six and showing them beautiful wildlife documentaries and books. More recently we attended some events; a marine mammal seminar, an IMAX film about Great Whites and a talk by a local shark expert who described the horror of finning sharks for shark fin soup.



From this point on my twelve year old, Aleesha was fueled with a desire to learn more about sharks and she voluntarily spent many hours during the school holidays looking up shark facts and pictures with the intermittent "Mum, come and look at this" to which I was shown yet another spectacular image of a White Pointer midair above the water or bearing its' teeth near a cage diver. These dramatic images would often be juxtaposed with one that showed someone engaging peacefully with a large shark, sometimes even serenely holding onto the dorsal fin. She is very shy by nature, but when she gets going about sharks the passion bubbles forth.

Her research found; **A shark is killed every three seconds.** Two-three people are killed by sharks annually in Australia while in the same time 12-18 children are run over by four wheel drives.

The recent fatalities in Western Australia have been distressing and as a mother I find myself fearing sharks and wonder if a cull

would help keep my children safe when they go snorkelling. Yet, on the other hand, I feel passion for this creature which deserves immense respect. The ocean is their domain, which we temporarily inhabit when we enter the water. If we were to go into the outback and see a brown snake or hear of someone dying from a snake bite, would we promote going out of our way to find and kill snakes? We are entering their world; we know we need to respect the wildlife there, as it can be dangerous.

Being an ocean lover, I feel passionately about the plight of whales and after swimming with Humpbacks myself, I would certainly attend a protest against whaling. How can I say I would support the anti-whaling movement but she cannot support the anti-shark cull movement? I am torn between wanting my children to be safe in the ocean (which a cull doesn't guarantee) and wanting magnificent sharks protected. I cannot say I am for or against the cull.

My daughter, on the other hand, has a very strong opinion. She has developed such a love, awe and respect for sharks, that when the West Australian cull was announced, she was very upset, so when an Anti-Shark Cull protest was announced for Manly, she was almost bouncing when she asked if she could go. How could I say no? How could I stand in the way of a youth full of passion about protecting the ocean? I helped make her what she is, someone who appreciates and respects our vast planet and is willing to stand up and say so.

Then a second question swam my way from my child "Can I have a sheet?"

So what do you do when your twelve year old asks to attend the Anti-Shark Cull protest and to have a sheet to make into a "STOP THE CULL. SAVE THE SHARK" banner? You say "Of course".

So how do I feel to have my child ask to go to the Anti-Shark Cull protest?

I have never been so proud.

Dharug & Lower Hawkesbury Historical Society - March Meeting

Please join us to hear our guest speaker Shirley Seale whose presentation will be 'View Halloo' - early hunting in the colony? The Sydney Hunt left from Rouse Hill House and ran through the Hawkesbury area. Breaker Morant and Banjo Paterson were members.

Shirley is a retired schoolteacher who has worked as a Museum Guide at Rouse Hill House for some years. Shirley currently works as a volunteer guide at the Norman Lindsay Gallery for the National Trust. Last October she graduated from the University of New England with an Advanced Diploma in Local, Family and Applied History. Also a member of the Riverstone Historical Society, Shirley has just completed a book with two other members, about Riverstone in World War I and the 22 young soldiers who were killed in that war and whose names are on the Riverstone Cenotaph.

Date: Saturday 29 March

Time: Midday (AGM will be held at 12.15 p.m. before lunch)

Location: Lower Hawkesbury Wesleyan Chapel, 6445

Wisemans Ferry Road, Gunderman

Lunch will be free to members. Non-members cost will be \$20.

Bookings: Essential to 0404 272 969 or enquiries@dlhhs.org.au by Monday 24 March 2014.

Soroptimist International

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Saturday 8th March, 7.30 for 8am

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Dural and District Historical Society
Fagan Park, Galston

Fagan Park was established on 55 hectares of rich land that was once part of the original land grant of 600 acres to George Hall in 1819.

The Park can trace its origins back to an Irish immigrant from Londonderry known as William Fagan (1823-1896) He arrived in Australia as a free settler in the late 1840's and worked for a short time in Sydney. He married Ann Waddell, daughter of James Waddell. They bought 70 acres of land at Arcadia, (Fagan Road) which they cleared and established a citrus orchard. Eventually they had four daughters and three sons.



"Netherby" Fagan Park, Arcadia Road, Galston May 2007

William Fagan 11 (b.1860) teamed up with his younger brother Sam (1862-1948) to create what was reputed to be the largest citrus orcharding operation in the Southern Hemisphere, with orchards in Dural (corner of Galston Rd. and Carters Rd), Arcadia and Galston.



"Fagan Park" Arcadia Road, Galston - May 2007. Single Furrow Plough

stands today as a beautiful example of fine craftsmanship of the time, lovingly restored by volunteers in association with Council.

When Sam died in 1948, his youngest son Bruce Fagan decided to increase the family's Jersey dairy cattle herd as the big orchard operation began to wind down, following the development of the Murrumbidgee Irrigation Area. Bruce, who never married, and his sister Ida, lived in the Netherby homestead, and they were committed to seeing the past retained for future generations, for historical, educational, recreational and agricultural purposes. In the late 1970's they decided to donate the property to the State Government, under Hornsby Shire Council's care.

Hornsby Council decided to make the development of the property a Bicentennial project, and it was opened by the N.S.W. Premier, Mr. Nick Greiner, on Saturday, November 5th 1988.

At the next meeting of the Dural Historical society on Saturday, 8th March, at 2 pm, the guest speaker will be John Brock, to talk about "Hawkesbury Ho! James Meehan and Surveying the Hawkesbury". All welcome.

And don't forget about our BOOKS AND BRIC-A-BRAC sale on Saturday 29th March. 9 am to 4 pm at History Cottage, 412 Galston Rd, near the Cenotaph. Donations welcome.

Sam built Netherby Homestead in the early 1900's with bricks that were fired on site. The bricks for the Galston School of Arts (now the Galston community centre) were also made in this kiln. The homestead

The Rotary Club of Galston Presents the Annual Community Awards

The Rotary Club of Galston has great pleasure in hosting the Annual Rotary Community Awards. These awards recognize those who serve the community in Business, Apprentices and Community members throughout Galston, Glenorie and the surrounding area.

The awards provide an excellent opportunity to honour those who have shown outstanding commitment to their industry both in developing their trade and academic skills to become exceptional. The awards also honour those who are quiet achievers in our community and have gone above and beyond to help others. The awards are an excellent opportunity for employers to honour the efforts of their outstanding staff and to recognize the effort community members for their dedication and valuable contribution.

If you have a person who you would like to nominate for one of the following awards please contact the Community Services director Gaye Wheatley on 0408 006072 or e:primepropertygaye@century21.com.au

THE ROTARY CLUB OF GALSTON



2014 COMMUNITY AWARDS Nominations

Nominations are invited in the following categories for both business and individuals working or living in the area (postcodes Berowra Waters, Berrilee, Arcadia, Fiddletown, Galston, Middle Dural, Glenorie, Hillside, Forest Glen, Canoelands. Awardees will be taken from the quality of the nominations.

The Rotary Club require the following details:

- The full name, address, telephone number and email of the person you are nominating.
- Why have you nominated this person or this business for an award?
- How have they improved their business?
- Why is their customer service so good?
- How long have they been involved in community or charity work?
- What is the type of community or charity work?
- Tell us why and how these people stand out from others in their field

Award categories are:

SMALL BUSINESS AWARD

- for outstanding businesses or employees

PRIDE OF WORKMANSHIP AWARD

- for excellence in workmanship

COMMUNITY SERVICE AWARD

- for outstanding personal achievement

YOUTH AWARD

- for outstanding personal achievement

QUIET ACHIEVER AWARD

- Doing their best without expecting a reward

APPRENTICE/TRAINEE AWARD

1. The most improved in 2013
2. Outstanding Personal Achievement
3. Community Service

Closing date for nominations is Friday 14th March 2014.

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Cancer the Dragon and You

Last month there was published in the British Medical Journal a Canadian Breast Cancer Study over 25 years involving 90,000 women aged 45 to 59 which concluded that Mammography made no difference to breast cancer deaths compared with a physical examination. This supported an earlier report based on a study in Denmark. Australia experts were quick to defend their existing recommendations for regular Mammograms.



We have a similar situation in Australia with PSA testing for prostate cancer, where routine testing is recommended as opposed to the USA where it is not.

The benefits of both these early detection methods are outweighed by the added risk factors including up to 25% over-diagnosis .

All cancer over-diagnosis results in unnecessary surgery, unnecessary chemotherapy, unnecessary radiotherapy and unnecessary hormonal therapy.”

“To change current practices is not an easy task, because governments, research funders, scientists, and medical practitioners may have vested interests in continuing activities that are well-established,” one editorial concluded.

There is general agreement that high risk groups such as those with a family history of aggressive cancer diseases can benefit from more regular testing.

Once again we see the lack of co operation and rationale debate holding back progress in cancer treatments at the expense of patient welfare and survival.

Better education of patients will also go a long way towards reducing the fear provoked by the word **“Cancer”** and reduce the risks of overtreatment.

Hills Cancer Support Group
834 Old Northern Road Middle Dural
Contact Details:
Phone 9652-1977
Email : johnahackett@yahoo.com.au

Secret Women’s Business

First Step

So you are thinking about making some changes? Firstly, you should identify what you want to achieve. Let’s look at getting in shape as an example. Make a list of the jobs you have to do in each day. The times you need to be in each place and how long you need. Make sure you prioritise. Once you have done this you will be able to identify any free time you may have. It may only be one hour 2/3 times per week. This is time for you . . . decide what you would like to do for yourself . . . anything . . . just for you.

Once you have done this and made some time for yourself . . . keep this up for a couple of weeks and make a routine of it.

Once you can say you have consistently done this for more than 2 weeks, you have achieved a great result . . . Congratulate yourself . . . you will have completed your first personal training session all on your own!

This is conditioning you for what is to come . . . Small changes are more beneficial than no changes at all, we must all take baby steps to make our long term goal achievable.

Good Luck with your First Step.

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Rainfall Chart

Rainfall recorded Galston period
17/01/2014 to 14/02/2014 is 30 mm



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Kenthurst Galleries

During March and April, Kenthurst Galleries will be exhibiting a mixed show featuring paintings from established and emerging artists including Archibald Winner Garry Shead (pictured The Visitors from his acclaimed D H Lawrence series) and Autumn Whispers by Xantha Witherow. One of Australia's largest commercial galleries, they are celebrating 28 years since inception. Often remarked upon is the uniqueness of



Kenthurst Galleries having a greater variety of paintings under the one roof than perhaps any other commercial gallery within Australia.

Check it out at 39 Kenthurst Road, Kenthurst, 2156. Parking is easy and there is no admission fee. Gallery Hours are Saturday and Sunday 11 - 4pm. www.kenthurstgalleries.com and T 9654 2258 or M 0407 428 301

The opening of the Miss Lucia Beninati Ballet studio in Glenorie and the examination results for 2013 ballet students.

Miss Lucia Beninati, a long-time resident of Glenorie, fulfilled a lifelong dream of opening her own ballet studio in Harrison's Road, Glenorie on Sunday 9 February. Ballet students, families and friends joined together for an afternoon tea to celebrate the opening and also for the presentation of examination results for the 2013 ballet students.

Miss Lucia has spent over 60 years studying in classical ballet and has also been teaching ballet for 55 years. She began her career as a young teacher in Beecroft where her father built her a studio. From there Miss Lucia married and her growing school took her to Castle Hill.

"My wonderful husband Luigi convinced me that teaching ballet in the Hills District would be a fantastic opportunity to reach out to the many talented children in the Galston and Glenorie district" said Miss Lucia.

"It has been a lifelong dream of mine to one day open my own studio, a dream that has now been fulfilled. Like all dreams, they take time, hard work and dedication to realise. This dream could not have been realised without the help of her my husband Luigi and family and friends" she said.

One person in particular inspired Miss Lucia her entire teaching career, Miss Isobel Anderson, who officially opened the studio on Sunday.

Miss Isobel Anderson is a well-known Royal Academy of Dance examiner who in 1985 received the Fellowship of the RAD (Royal Academy of Dance). She has examined for a number of ballet teachers, including Miss Lucia. Miss Anderson will celebrate her 100th birthday in April this year.

Miss Lucia said "We were very fortunate to have Miss Isobel Anderson to officially open the studio. She has watched my ballet school grow and encouraged many talented children to pursue their career in dance."

The 2013 ballet examination certificates were also presented and all of Miss Lucia's ballet students passed their exams with distinction or merits. The Miss Lucia Beninati Ballet school conducts classes in classical ballet, jazz, and contemporary, along with pilates, in Glenorie and Galston. Girls and boys of all ages are welcome.

Please contact Miss Lucia with any enquiries on 0418 264 708.

The Hills District VIEW Club 11th and 25th March 2014

Notice for 11th March 2014

The Hills District VIEW Club's next social function will be at on Tuesday 11th March. Come and join us for a fun day cruising on the Hawkesbury with The Riverboat Postman.

Please contact Suzette on 9680 4257 for bookings and more details.

Notice for 25th March 2014

On Tuesday 25th March the Hills District VIEW Club will meet at 10am at the Dural Country Club for our monthly meeting. Cost is \$6 which includes morning tea; following the meeting, lunch is available at your own cost.

Our guest speaker will be Shen Yun Performing Arts - a presentation about traditional Chinese culture.

Please contact Denise on 8824 4830 for bookings and more details - Bookings are essential.



Miss Isobel Anderson presented with flowers by Miss Lucia Beninati at the opening of the Miss Lucia Beninati Ballet Studio in Glenorie. (Photo: Sharon Giuffrè)

Presentation on Travelling Con Men by David Rosenberg

David Rosenberg from the Department of Fair Trading addressed the Probus Club of Round Corner Dural recently on "Travelling Con Men".

David Rosenberg said, "Con men are at work in all areas of NSW including the Hills District. They are usually itinerant workers who travel from town to town offering home building work such as bitumen driveways, roof restoration and driveway line marking. They often target the elderly, people with dementia or an intellectual disability to scam them into giving money for building work that is invariably not to tradesman standards. Most are not licensed to do the work they charge for, and are often not able to be contacted by consumers if the work is defective."

"These men offer cheap deals 'for today only' and ask for cash up front. They even offer to take you to the bank. They make you feel pressured to take the offer and usually disappear and leave the job unfinished or of poor standard."

David advised to not be tempted by unexpected cheap deals. "If it sounds too good to be true, it usually is. It is important to shop around and use licensed tradespeople who provide written quotes."

Graham Ascough, Club President said "A lively discussion followed as some Probus members had had some experience with these con men. Members were informed about what to do if approached by one of these operators. "Say no, record as much information about them such as their name and vehicle registration and report them the Travelling Conmen hotline on 1300 133 408."



From left, Graham Ascough, President, David Rosenberg, Clarrie Nolland, Vice President.

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Asquith Public School New School Parliament

Asquith Public School welcomed in a new school parliament for 2014 on Friday.

Students spoke about what each Minister would be responsible for during the year and what they hope to achieve for the school.

Some of the school parliament's recent achievements include; organising a weekly school clean-up of the playground, fundraising for various charities, installing coloured signs of the school's motto and obtaining new seats for the school hall.

Hornsby State Liberal MP Matt Kean was given the honour of opening this year's school parliament whereby a new ministry was formed.

Mr Kean spoke to the students about his role in politics and how he represents the people of Hornsby in State Parliament.

In a question and answer session Mr Kean fielded questions about what he has achieved for the Hornsby electorate, what his plans were for Hornsby in the future and his political tips for the school's new parliament.

"I think it's great to see the students taking such an active role in learning about politics," Mr Kean said.

"Asquith's students have put down their textbooks and are learning all about our democracy in a fun and interactive way," Mr Kean said.

"I'd like to praise Asquith Public School principal, Rita Trovato, and her hard-working staff for all their efforts in this school initiative."

At the conclusion of school parliament Mr Kean presented Asquith Public's new Student Representative Council members and house captains with their new badges.

"I wish each student the best of luck and hope they do well with their new roles," Mr Kean said.

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 7th March 2014. Meeting commences at 10am.

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

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A Mint to Remember

By Mary at Heritage Haven

Summer has not yet passed. In my herb garden the lemon verbena sprawls across the garden gate, its leaves fragrant with the scent of lemon, and delicate sprays of its tiny, white flowers are receiving attentions from the bees. Nearby, perennial basil raises its flowering head to tempt the bees as they meander past. A nibble of basil's sweet, spicy leaves would surely capture the taste of summer on my tongue.

Beyond the garlic chives with their white-starred flowers, stands a collection of potted rosemaries, whose rugged growth is covered in tiny, blue flowers and tufts of pungent green needles. I cannot resist placing a couple of delicate rosemary blossoms on my tongue and inhaling their delicate fragrance ...perhaps my memory has improved a little too.

Few references exist to the history of the next herb in my garden. It is a perennial of the mint family, named Anise hyssop. It looks like a miniature tree with aromatic, oval, mid-green toothed leaves.

Common in North American herb gardens, it is valued for its long spikes of startling purplish-blue flowers and its fruity scent. Its foliage is favoured by bees and butterflies, but its tender, maroon-tinged leaf tips taste of mint and anise. Such vibrant flavour makes the leaves a natural partner for summer fruits and salads.

Today my delightful plant will be cut back by half its height to encourage a second, later season's blooming and a re-flowering before winter. With luck and a steady hand, this trim will result in a lovely multiplication of Anise Hyssops.

Free Plants - Community Nursery Plant Giveaway Day

Bidjiwong Community Nursery will be hosting a Native Plant Giveaway Day for Hills residents on Saturday March 29.

Council's friendly Nursery staff will be on hand to offer tips and advice on which plants will suit your garden.

Castle Hill Lions Club will also be on site cooking a delicious barbecue brunch.

Simply arrive with either a rates notice or proof of address and a bag or box to take your plants home in.

Bidjiwong Community Nursery is managed by The Hills Shire Council and produces native plants for re-vegetation projects in The Shire's parks and reserves. It is also a place where volunteers can learn about native flora, participate in propagating native plants and attend environmental workshops.

When: 9am - 1pm, Saturday 29 March, 2014. Nursery will be open whether it's rain, hail or shine.

Where: Bidjiwong Community Nursery, Ted Horwood Reserve. Off Renown Rd, Baulkham Hills

Did you know that each year, Bidjiwong Community Nursery offers residents four free plants - native to The Hills Shire - for their yards? To collect your free plants, or find out about volunteering, simply call into the nursery on Saturday mornings between 9am and 1pm. We can also be contacted on 9686 4842 or find us on Council's website www.thehills.nsw.gov.au under the 'Environment' tab.

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7pm \$300 pot

WED **\$19 1/2 Lobster Mornay** **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**

Friday & Saturday RAFFLES



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Recent sales...Recent sales...Recent sales...Recent sales...



5 SUGAR GLIDER DR, CATTAI

SOLD



35-37 BAY RD, BERRILEE

SOLD



63 CATTAI RIDGE RD, GLENORIE

SOLD

Recent sales...Recent sales...Recent sales...Recent sales...Recent sales...



12 MEGAN RD, GALSTON

SOLD



4 BEVANS RD, GALSTON

SOLD



98 ARCADIA RD, ARCADIA

SOLD

We have a very strong wait list of residential buyers for Galston and Glenorie – to mid-\$800s'

Affordability constraints has created a very strong wait list of buyers looking for residential LAND!

Buyer looking for pristine 5 acres in a quiet location – elevated spot preferred – price flexible – 2159/2158/2156

Continued demand for entry level acres with 'do-er upper' home – around \$1M

Also many families looking for comfy home on acres (part bush OK) up to \$1.2M Galston / Arcadia / Glenorie

Tradesman wants property with good shedding (or accessible flat land to build shedding) – to \$1.5M

Family & couple looking for 4 bed home + paddocks for horses Glenorie/Arcadia/Galston in the 1.2's

Quality home + Quality land in Glenorie / Galston / Arcadia up to \$1.45M

3 Prestige buyers looking for quality home, nice acres in Dural / Middle Dural - around \$1.7M

Overseas family looking for large acres (minimum 10) with two homes – to \$1.6M flexible with location



9 COTSWOLD RD, DURAL

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44 SERMELFI DR, GLENORIE

STYLISH HOME ON 5 STUNNING ACRES!

Surrounded by large paddocks, gorgeous gardens and park-like lawns, this elegant country home will suit those with a discerning taste. The home offers:

Spacious family area flowing to renovated Caesar stone kitchen • Open plan entertainment room • Formal lounge and dining rooms • 4 spacious bedrooms - Master with deluxe en-suite • Huge open plan area on the second level, perfect for home theatre/home office. Characterised by soaring ceilings and light filled rooms, this is a quality home for those seeking style and space.
5 lovely acres + large shed with independent access - a perfect addition for the tradesperson/ business operator. A "Must See" property!



10 MUSCIOS RD, GLENORIE

SUBSTANTIAL FAMILY HOME + IN-LAW WING ON PRISTINE ACRES

This substantial country homestead features gorgeous wrap-around verandahs, 6 bedrooms, numerous formal and informal living areas, 4 bathrooms and an independent in-law area making it ideal for extended family living.

Set on 8 beautiful acres with a mix of bush + wide, expansive paddocks and gardens. Highlights include: deluxe resort-style pool, floodlit tennis court, ample 7-car parking, fully fenced dam and mezzanine room in garage – ideal for artists!

Prestigious setting, surrounded by other quality homes, this property will suit large families and those looking for dual living.



125 ARCADIA RD, ARCADIA

IF YOU'RE LOOKING FOR THAT ELUSIVE ONE ACRE BLOCK....

One of the most beautiful smaller acreage blocks on the market today – (approx) 1.3 acres with a mix of lush lawns, pretty paddocks and stunning gardens. Bursting with an array of flowers, beautiful hedging plants and vibrant fruit and veg. gardens – This is a garden lover's paradise!

The neatly presented 3 bedroom home sits proudly within this oasis of lushness!

Competitively priced - This is a property full of potential!



124 GALLAGHERS RD, SOUTH MAROOTA

SPACIOUS HOME, PRIVATELY POSITIONED ON 25 ACRES!

Positioned at the end of a long driveway sits this attractive and spacious 5 bedroom home. Offering contemporary kitchen, enormous open plan family room, 5 King-sized bedrooms and undercover wraparound verandahs.

The large acreage (approx. 25) is ideal for those seeking privacy as the home is positioned away from neighbours. The land is predominantly low-maintenance bush and houses a large shed with solar, a bore + a secondary older style dwelling that may serve as guest quarters (STCA). For dog lovers, there are kennels and dog runs.
Superb value!



2 SHORT ST, FOREST GLEN

VACANT ACRES - LOVELY ELEVATED LAND WITH GORGEOUS VIEWS!

This is a gorgeous block of over 5 acres, predominantly arable with a choice of potential build sites (STCA) that take advantage of the amazing vistas and unique setting.

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Call to organise your private inspection!

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Matt Kean MP

Five Hornsby schools have undergone facelifts before the start of the school year.

Hornsby State Liberal MP Matt Kean said that he was delighted to see the essential works carried out over the summer holiday period which has added up to \$236,000.

Galston Public School, Cherrybrook Technology High School, Hornsby South Public School, Mount Colah Public School and Mout Kuring-gai Public School all had improvement works carried out.

"In 2013/14, \$420 million of capital funding is being invested in NSW public schools," Mr Kean said.

"The NSW Government is committed to providing the best education for our children and ensuring that facilities are properly upgraded and maintained.

The improvement works included; concreting and ground works at Galston Public and Mount Kuring-gai, maintenance works at Cherrybrook Technology, the installation of a security fence at Hornsby South, wall coverings and painting at Mount Colah.

Mr Kean said the investment was a big win for the local school community who will greatly benefit from the improved works.

In 2013, four schools in the Hornsby electorate also benefited from the NSW Government's Community Building Partnerships including; Asquith Public School, Normanhurst West Public School, Cowan Public School and Clarke Road School.

Jacob Makes a Splash with Sydney Water's Graduate Program

Member for Hornsby Matt Kean has congratulated Cherrybrook resident Jacob Craig, who's secured a coveted position in Sydney Water's 2014 Graduate Program.

Jacob is one of only twelve graduates from over 1500 applicants who qualified for the Sydney Water graduates program this year.

The 22 year old, who has a Bachelor of Civil Engineering from the University of Technology Sydney, said: "I wanted to explore what the water field could offer a civil engineer with its importance in society and Sydney Water had the best reputation in this area".

Jacob is currently engaged in stormwater investigations and systems design.

Mr Kean said the award winning program employs graduates in a range of fields including engineering, science, commerce and communications.

"The graduate program offers on the job experience and high quality training to university leavers, including a two week induction period to ease the adjustment from university to full time work," Mr Kean said.

"Sydney Water's graduates will have two to three rotations during the three year program, giving them experience in a number of different areas within their field of expertise."

Sydney Water's graduate program also provides a variety of career development opportunities to help graduates enhance their careers and accomplish their goals.

"The graduate program brings a flow of new employees into the organisation, whose ideas, ambition and skills help meet Sydney Water's future staffing requirements", said Karen Greenwood, the Entry Level Programs Coordinator at Sydney Water.

Jacob's interests of snowboarding, surfing, wakeboarding, skating, water polo, AFL and travelling will provide him with the energy to take on his new role.

Applications for Sydney Water's 2015 Graduate Program open on 3 March 2014 and close on the 16 April.

Further details are available on Sydney Water's website www.sydneywater.com.au at "Careers with Us - Graduate Program".

News from Galston Rural Fire Brigade



Like us!

Galston Rural Fire Brigade has launched its facebook page with an aim of communicating events and other interesting activities our members are engaged with. Some of the topics will include local hazard reductions, community safety activities, training, incidents attended as well as sharing images of over 70 years of community service.



For up to date bushfire information it is always best to view the NSW Rural Fire Service website, twitter or facebook sites.

Hazard Reductions

Several hazard reductions are ready to be conducted in the local area once weather conditions stabilise. The aim of a hazard reduction is to remove the fine ground fuels which generate much of the heat and the speed which a fire will spread in the burnt area in the coming years.

Hazard reductions are very weather dependant with detailed plans specifying ranges of temperature, humidity and winds acceptable to delivering results whilst minimising environment and possible property damage. As a result false starts and delays are a common occurrence because of weather.

To find out what hazard reduction burns are planned in the coming week for your local area and where you may be travelling, the NSW RFS website has a section which registers all planned hazard reductions.

There are many ways to reduce your local fuel load which don't include burning off and your local brigade provide advice and managing fuel loads, burning off and safety equipment.

We Need More Static Water Supplies

Static Water Supplies (SWS) are reliable sources of water which we can access during bushfires and other incidents. They are commonly pools, dams and large tanks which can be access by equipment from portable pumps to helicopters.

The brigade undertakes a site survey to confirm access and suitability before placing a small SWS sign near the roadside so incoming fire appliance are aware the presence of a SWS.

During bushfires water supplies are placed under great strain as many appliances try to access water at once and SWS relieve some of the pressure.

Teddy Bear Picnic in Hornsby's Secret Garden

Hornsby Shire's Teddy Bear Picnic is on again in the beautiful Lisgar Gardens.

Bring along your family, including teddy bears, for a great day of free entertainment and activities.

The music will include The Giggles as well as bands from Hornsby North School and Hornsby South School.

There will also be a balloon bop, egg and spoon races, paper plane competition, face painting, balloon twisting, story telling and much more.

The inclinator will be in operation to assist entry to the gardens.

When: Sunday 9 March, 11am-3pm

Where: Lisgar Gardens, Lisgar Road, Hornsby

Cost: Free!

In the event of rain the picnic will be cancelled, so fingers crossed for a sunny day!

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What's on

Join us for our very first meeting of our

Garden Club

2nd Saturday of each month at 11.30am

Commencing

Saturday 8th March

LAWN CARE & MAINTENANCE

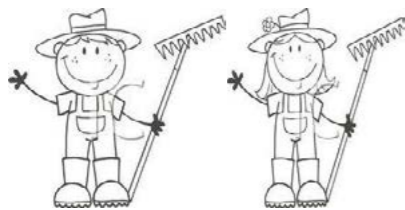
Why green is good!

No need to book, just come along & join us

We will have guest speakers & topics will be seasonal & of interest to our local community



Next Workshop
Saturday 12th April



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Community Events

Bunnings Supports Donate Life

From Monday 24th February until Sunday 2nd March Bunnings Dural will be supporting the "Donate Life" initiative promoted by the Australian Government to inform people about organ & tissue donation, discover the facts – amongst others why organ donation is important?, how to register your decision with the Australian Organ Donor Register? & why it is important to discuss your decision with family members. Bunnings Dural will have an awareness table in-store from Monday 24th February with information about this topic and the options available so if you have ever or never given organ donation a thought please help yourself to the material on the awareness table when you are in the warehouse – better informed means better choices. Also on the weekend of March 1st & 2nd The Lions Clubs in the district will be hosting the fundraiser sausage sizzles with a proportion of their sales going to the Donate Life Initiative. – look out for the pink caps on the BBQ and show your support by purchasing a delicious sausage sandwich.

March Garden Club

Yeah it's back! The popular Garden Club workshops will return to Bunnings Dural for 2014 on the 2nd Saturday of each month at 11:30am. All are welcome, we are a fun, informal group that enjoys gardening. No need to book just turn up on the day.

Our first meeting for 2014 will be held on Saturday March 8th and our topic is Lawn Care & Maintenance – Greenline Turf Supplies will be giving away tips & tricks to have your lawn being the envy of your neighbours. The trend for 2014 is to create tranquil spaces to relax & enjoy some peace in an otherwise hectic life – grass is a living entity with more pizzazz than

Happenings at Riding for the Disabled Tall Timbers Centre, Box Hill

RDA NSW Tall Timbers Centre 2014 programs will include riding, life skills and carriage driving. Volunteers will be needed for all aspects of the Centre as well as for help with fundraising activities and property maintenance. So if you're looking for something to occupy your time, as well as helping people with disabilities, please contact the Centre.

To raise funds for the program Tall Timbers is holding a Bingo Night on Friday 4th April in the amenities room of the Centre at Box Hill. It's a great nights out with lots of prizes. Bookings essential.

If you would like any further information or can assist the Centre in any way, now or in 2014, please call us on 9679 1246 or email talltimbers@rdansw.org.au. You can also have a look at our website www.talltimbers.rdansw.org.au



pavers – perfect to create that restful space. As March 8th is also International Women's Day there will be a purple theme to the meeting so if you have something purple please wear it to our meeting. There will be prizes & giveaways and a special treat for International Women's Day.

Beginners & experienced gardeners alike are welcome.

International Women's Day Diy Workshop

International Women's Day falls on Saturday 8th March this year so our 12.30pm DIY Workshop will be dedicated to teaching women DIY skills. So what tools have you found intimidating? Our Workshop will give you the opportunity to get up close & personal with some of your husband's favourite toys and discover what magic the devices hold – you may even find you have an affinity with that power tool that you thought was reserved for your favourite coffee.

There will be dedicated team members on-hand to provide advice and direction but we encourage you to seize the opportunity to pick up a new skill or develop the confidence to try out a project at home that you have always wanted to do.

Bookings are recommended 9653 7561 or duralao@bunnings.com.au

Red Cross Door Mobile

The Red Cross Mobile Blood Service Unit will be visiting Bunnings Dural on Friday 7th March & Saturday 8th March 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 for appointments.

Roll up your sleeves & give blood you could save a life www.donateblood.com.au

BINGO NIGHT

FRIDAY 4th April 7pm for a 7.30 Start
in the amenities room of RDA Tall Timbers
125 Old Pitt Town Road, Box Hill

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\$5 entry includes light refreshments
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Community Foundation of North Western Sydney

The Community Foundation of North Western Sydney (CFNWS) is an independent, not for profit, charitable organisation.



Our mission is to assist those **disadvantaged or isolated** in the North Western region of Sydney. At CFNWS, **100%** of all money donated is used to meet our mission – we are an entirely volunteer organisation and we do not take any administration fees out of the trust.

CFNWS is a registered Public Benevolent Institution and has Tax Deductibility Status with the Taxation Office so that donors receive tax deductible receipts.

CFNWS has the primary function of raising funds and does not provide any direct services, what we do is assist other community organisations by providing funding to support programs that meet our mission outcomes, on the basis that applicants have first exhausted all other available funding (i.e. we are a **Funder of Last Resort**).

CFNWS also provides capital funding to the **No Interest Loans Scheme (NILS)** for families that qualify in the local community. We also provide funds to the **Bridging the Gap program**, which consists of two elements. One is Essential Equipment and Services grants and the other is Sport and Recreation grants. These grants help people who can't afford these services themselves, and where there are no other avenues to source those essential services of life. The sports and recreation grants helps kids who may otherwise be socially and physically isolated.

In Summary:

- 100% of all donations goes to those disadvantaged or isolated in the local community
- No Admin Fees
- Donations over \$2 are tax deductible
- Provide capital funding for No Interest Loans for those most in need in the community
- Bridging the Gap funding for low income earners or disadvantaged people in the local community

If you or your company feel called to help people in your local community, where your donation will make a huge difference to those who are disadvantaged or isolated, please contact us via:

CFNWS Office Phone: 02 9680 3825 or Greg Dixon 0417 254 371
Email: presidentcfnws@gmail.com
Mail: PO Box 1204, Baulkham Hills, NSW 1755.
Website: www.cfnws.org.au



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Arcadia Pony Club wins Horseland Club of the Month

In December we were very excited to hear that Arcadia Pony Club was awarded the Horseland Club of the Month by the Pony Club Association of NSW." says Tony Fox, President of Arcadia Pony Club.



Jessica, Montana, Sarah, Sarah and James from Arcadia Pony Club showcase the prizes donated by Horseland with Beck from Horseland Dural.

"This is the first time Arcadia Pony Club has won this award and we are very appreciative of the prizes from Horseland, Mitavite and Australian Show

Ribbons. These will be used for raffles and as prizes at our Club competitions throughout 2014."

The Club of the Month submission highlighted what makes Arcadia Pony Club such a great club.

"We have a very large club with over 50 riding members aged between 4-25 which means each member has their own peer group within their own age group and competency, this makes the culture of 'fun and friendship' an easy one to uphold.

Our high quality instructors means we also have a high level of coaching with a structured approach to rally days ensuring every rider is exposed to four different sessions across areas such as jumping, flatwork, horsemanship, sporting and certificate work. Fun activities including horse soccer or polocrosse are also included."

"2013 was a very successful year for Arcadia Pony Club overall with record membership, record results at Zone events and record State NSW representation", said Tony. "We have a wonderful club with well qualified instructors and we're looking forward to another great year with some great competitions and lots of fun."

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

Budgerigar Society of N.S.W. Inc.

Hills Branch - Ray Galbraith.

The Hills Branch Annual Show was held on Sunday 2nd March 2014 at the Don Moore Community Centre, located at North Rocks and was well attended by exhibitors and visitors from country areas of Orange, Dubbo, Newcastle, Taree, Central Coast, Illawarra and the Sydney metropolitan branches of the Society. On the Saturday night prior to the show, a social night was held at Eastwood, for all exhibitors and Hills Branch members, along with their partners.



Interest from the general public during the show kept officials busy answering the many questions about the birds, show rules and the judging process being undertaken. Results of the show will be published on the Hills Branch web at www.hillsbranch@bigpond.com. Again this year, the Hills Branch Show proved to be one of the premier shows on the 2014 Show Calendar. Birds on display will be seeking to gain selection within the Hills Team as part of the New South Wales State Challenge, held later in the year and subsequent selection as part of the N S W Team to compete at the National Titles, that are to be held in Adelaide between the 19th to 25th June 2014.

continue on page 34



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- \$12.00 Lunch specials
- Bingo 10.30am
- Trivia 7.30pm
- Raffle tickets on sale 7.00pm

THURSDAYS

- \$14 Schnitzel with a free schooner of beer or glass of wine
- \$12.00 Lunch specials
- Pool Comp 7.00pm, prize \$200

FRIDAYS

- \$12.00 Lunch specials
- Monster raffle, 50 prizes to be won, tickets on sale 7.00pm
- Poker 9.00pm, prize pool dependant on number of players

SATURDAYS

- \$12.00 Lunch specials

Matt Kean MP

MEMBER FOR HORNSBY



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Federal Member for Berowra



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- Arrange Congratulatory Messages for 50th and 60th wedding anniversaries, plus 90th and 100th birthday celebrations.
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Zone Dressage at Glenorie Pony Club on the 9th March

With Christmas & the holidays over we are now back into the swing of Pony Club. We have lots of enthusiastic riders and parents, with many new members and, of course, all of our returning members. This year promises to be action packed year with members getting right into competitions very early.

The major event that Glenorie is holding will be Zone Dressage on the 9th of March. This will be a great event for all Pony Club riders from any club to participate and show of their flat work skills by riding a pre-set pattern or Dressage Test. We have a group of lovely judges that are very supportive and encouraging. There will be plenty of food of offer for the whole day starting from breakfast till late in the afternoon. The ladies in the canteen go to a great effort to cater for everyone's needs with ice blocks for kids, vegetarian dishes and bacon & eggs, so come and practice your flat work and enjoy some great food. Entries are being taken online through Global Online entries (http://www.globalentriesonline.com.au/equestrian_pony_club). Entries are open till the 1st March so see you all there.

On Sunday 9th February, the Smith & Coleiro families went to Area 1 Triathlon where they had to run, swim & show jump. They all were very successful coming home with ribbons. WELL DONE girls.

Special mention of the month is one little girl 'Bella' who has learnt to canter this month in a controlled circle and transition down which is a very big achievement. Such a great improvement in such a short time. We will all have to look out for her as she will now be chasing the older riders at our events.

Events coming....

Zone sporting which is for everyone at all levels so we are hoping to carry on the same success that we achieved at the end of the year.

State Sporting & Zone Show jumping all coming next month

Many thanks to our major sponsor, Glenorie RSL, you help to make this happen for all of our kids.

Budgerigar Society of N.S.W. Inc....continued

The 2014 Royal Easter Show is fast approaching and the competitions and displays for Caged Birds will be held between the 10th and 11th April. This year the feature variety will be Budgerigars and this is a great opportunity for the general public to view the various types of budgerigars that will be on display. Again this year, there will be competitions for Junior Exhibitors. Birds similar to the attached picture will be competing for the coveted Grand Champion Award.

Interested persons seeking to enquire about Hills Branch can access the web site at www.hillsbranch@bigpond.com or alternatively contact Peter Dodd by telephoning 9888 5631 or Peter Dodd @primus.com.au.



Welcome to Hills Grammar

Senior Japanese language students at Hills Grammar hosted 40 students and staff from the Takeda High School in Japan. It was a lovely 'reunion' as the Year 11 and 12 students visited their school last year on their biennial Japan tour. The day was filled with Australiana! After a welcome and exchange of gifts between Principal Rob Phipps and Vice Principal Yamasaki Sensei, the 'Hills' students proudly showed the guests around their campus. They were in awe of the extensive grounds, the natural beauty (including the plethora of native wildlife) and the facilities. Throughout the day, activities such as pavlova making, vegemite tasting, Australian fauna identification, AFL lessons on the oval all proved to be a hit with the visitors. And the best way to finish a day of Aussie culture? with a BBQ of course.



Takeda High students from Japan and their Aussie experience at Hills Grammar

Before leaving the school the visitors gathered in the Performance Centre to lead the language students in a traditional Japanese dance "yosakoi".

The partnership between Hills Grammar and Takeda High will strengthen as regular language interactions through technology, student exchanges and future visits are planned.

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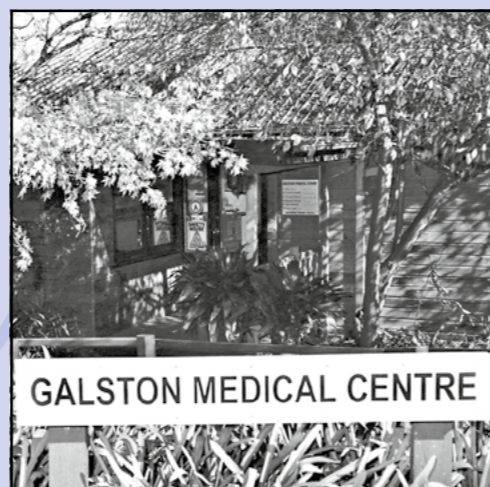
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Galston Long Day Care



Fun with Goop

In the Nursery, the Grass-hopper group have been exploring some sensory motor experiences. They have had fun playing with finger paint, goop, bubbles, play dough and slime.

All these experiences have encouraged the children to either express different emotions with one another and the older children are able to verbally explain what each sensory experience felt like.

Under the Sea

On the Wednesday 12th February Preschool went on an adventure Under the Sea.

We had such a fun time; we each had the opportunity to use props and costumes to develop our imagination and dramatic skills through this Drama Workshop.

This was also a test for our patience and turn taking skills as we had to wait our turn and allow our peers to have turns as well.

School Readiness

Our School Readiness program is underway for the preschoolers. The children are provided with activities and experiences that develop certain skills that are required in Kindergarten.

At the moment we are focusing on colour and shape recognition as well as turn taking and team work skills. This is done through cooperative play with the Duplo, games of dominoes, memory games, Colour and Shape bingo and more.

Upcoming Events:

27th March Thursday 10.30am - Jannawi - Aboriginal performers - a program of traditional and contemporary dance, story, culture and artifacts.

25th June Wednesday 10.30am - Catrina's Carnival - a colourful trip around the world visiting some of the best and lesser known festivals.

5th August Tuesday 10.30am - Drum Beat - Music performance by Mark Stewart.

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Galston Public School

by Carole Weiss

2014 has seen Galston Public School students experience a wonderful and productive start to the year. The two kindergarten classes of KE and KC made a smooth transition to 'big school' and many have made new friends already. All other classes are also engaging in many challenging and interesting class activities.



Students enjoyed a 'Try Something New Day' recently in preparation for Crunch and Sip breaks which have just begun. These breaks will be happening daily so that students can refuel their nutritional intake with fresh fruit and vegetables and be rehydrated with water.

Positions for Sport House Captains and Vice Captains were keenly applied for and at the annual swimming carnival enthusiastic competitors demonstrated true Galston Public School spirited competition and exemplary sportsmanship. A courageous and determined team will now go to compete at the Beecroft Zone PSSA Swimming Carnival which will be held at Sydney Olympic Park Aquatic Centre, Homebush.

The Student Representative Council leaders have also been elected. These representatives are keenly looking forward to representing their respective class and also enthusiastically organising many fundraising ventures for this year.

The very important positions of Library Monitors has also been decided. Throughout the year these monitors will undertake many responsible library duties such as caring for library resources and ably assisting librarian Mrs Saxby.

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.

Middle Dural Public School Leadership Camp

By Madeleine Reimers

One word, AMAZING! That's how I'd describe leadership camp at Vision Valley that the my co-captain, Caleb, and I, as well as other school captains in Sydney North public schools, attended last Wednesday-Friday. We learned a lot of skills from other captains, visitors and teachers. We had to fight some tough challenges, such as making a 60cm bridge out of newspaper and masking tape that could hold an adult, and make a marble go into a cup with some paper, books, playdough, a paperclip, an elastic band, and a ruler! We might have had some problems, but it was good to do it in a team. Our awesome visitors, Marcelle Bernerd, who taught us to fight the fear of public speaking, and Lauren, who taught us to never give up no matter what. To round up the last night in a fun way, there was an epic disco. That disco was a BLAST! I bet everyone there enjoyed the camp. The last day was tiring for everyone packing their things and going home. I would love to go again!



Another school leader, Mahalah, and I have taken over the Girls' Club at school. During lunch on Thursdays we play games and everyone gets a chance to talk. Jossie and Deanna, who are new to the club, are settling in really well.

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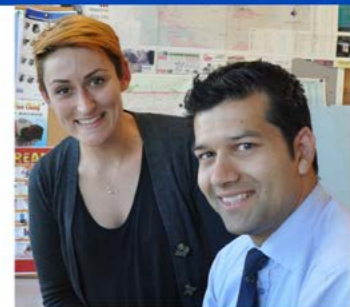
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Arcadia Public School began 2014 with a splash! Congratulations to all of our students who displayed such great sportsmanship when competing in our annual swimming carnival at Galston Aquatic centre and particularly those whose skill in the pool saw them progress to the 2014 Beecroft Primary School Sports Association Zone Carnival. Well done.



Introducing Arcadia PS 2014 captains - Tahlia and Nathan, and vice-captains Willow and Scott. Our student leadership team play a vital role in the school, not least of which is that of role models for the 'Arcadian Way' - Respect, Responsibility and Personal Best.

Years 3 to 6 enjoyed an outstanding history excursion in February which immersed them in the difficult and rugged experiences of Australia's early settlers and convicts. They traversed a section of the Great North Road known as the convict trail, while actors portraying surveyors, convicts and soldiers brought the interactive experience to life. All agreed that life in an iron gang was a brutal part of Australia's history.

We would like to offer you the opportunity to tour our beautiful school, meet the Principal and students and find out why Arcadia PS is such a great place to learn. Discover Arcadia is on Thursday 20th March at 10am. Please visit arcadiaschool.com.au or call 96531207 for further information.



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Hillside Public School News

Student Leaders by Student Reporters Abby & Eva

At Hillside Public School responsibility means pitching in and doing your bit, especially if you're in Year 6. We have some big responsibilities; at Hillside every Year 6 student becomes a Student Leader, as well as a Library Monitor. We run school assemblies, help with fundraising, do jobs around the school and more.

To become a responsible role model takes time and we are lucky that we have the opportunity to develop our leadership skills over many years. For example, four times a week at Hillside older students work with the younger students in peer support-style activities and reading. In Year 5 we get to prepare for our leadership by doing school jobs.

Another way we get to develop our leadership skills is through the Regional Leadership Camp at Vision Valley, which two of us recently attended. We worked with other student leaders from many different schools. Soon, all of our Year 6 students will be attending a Leadership Day with the students from seven other small schools at Gibberagong Environmental Education Centre - we can't wait!

We know that we need to set a good example to everyone in the school, the same way that past Student Leaders have done for us. At our Leader Induction Assembly recently, we all repeated our leadership pledge and proudly received our badges from our parents. We love that every Year 6 student becomes a leader at Hillside.



Galston High School News

Galston High School student Callum Trethowan has been training for many years at the Abbotsleigh Swim Club.

Having a grandfather who always loved the open water, Callum was also encouraged by an old friend and coach to try some competition in the open water. He started training at Forster Lakes because he loves the challenge of swimming against currents. In December 2013 he followed the advice given and entered the NSW State Open Water Championships where he won a gold medal. This gave Callum a qualifying time for the Australian Nationals. The Nationals were held on Friday 14th February 2014 in Victoria where Callum was required to swim 5km - a physical, tactical and mental challenge. In this event Callum competed against champions from around the country and came in 6th place. This is a wonderful effort from a very competitive and highly talented sportsman. Callum has certainly applied one of Galston High School's core principles of achieving his personal best!



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Join The Galston Gut Buster

Are you ready to challenge yourself while experiencing some of the best scenery in the Bushland Shire? Registrations are now open for the inaugural Galston Gut Buster on Sunday March 30, a run that will take you through the stunning Berowra Valley National Park on the edge of Hornsby. There are two routes on offer, the 20-kilometre Gut Buster and the eight-kilometre Steele Resolve.

"Council is delighted to have this event here, as it will bring people into the local area and give them the opportunity to enjoy Hornsby's magnificent bushland," Hornsby Mayor Steve Russell says. "I wish all the participants good luck – I've run a few City to Surf races in my day, but 20 kilometres is far beyond me.

"We're especially pleased the event takes in the Heritage Steps on the west side of Hornsby, which were built during the Great Depression.

"Council has already restored significant portions of the steps and that restoration will continue this year with assistance from a Metropolitan Greenspace Grant."

The Gut Buster will coincide with Hornsby Shire Council's Harmony Day Street Festival, allowing participants and spectators to sample a variety of international foods a short walk from the finish line.

To register for the event, click here: <http://bit.ly/1fmow8m>



Picture: Council staff members Barry Dewar, Sandy Lam and Kelly Mapleston training on Hornsby's Heritage Steps.

Glenorie Public School

I would like to congratulate all of the students and staff members for making the start of the 2014 school year go so well. The students have all started working and are firmly engaged in teaching and learning programs. Thanks to you, our parents and caregivers, for supporting your child's start to school. Our school is a terrific place for children.

Our goal is for all students to be happy, active learners and caring citizens: our parents help us realise our common goal.

Our swim teams were well prepared to win for their house in our recent swimming carnival, which was our first big event for the term on Tuesday 11th February at Galston Pool. Everyone had a wonderful day and many of our swimmers broke old records and swam their personal best times. Outstanding effort by those swimmers.

We have once again this year implemented the 'Best Start' program for our Kindergarten students. This enables our Kindergarten teachers to assess each student as they enter school and cater for their learning needs. This year, every Year 6 student has a kindergarten buddy. The Year 6 students love their buddies and think they are extremely cute! They started working with them the year before in Term 4 so when they start school it's like they've been here forever. The whole school is pleased to see how well our new Kindies have settled in and are very proud of them.

We have implemented our phonics program K – 6 and continue Italian, band, dance group, Streamwatch, chess and computer club. Our students are so lucky to have so many activities in which they can be involved.

We hope to have a fantastic year...enjoying learning.

Lyn Pearce
Principal
Old Northern Rd,
Glenorie 2157
Email: glenorie-p.school@det.nsw.edu.au



News from St Benedicts

One of our most popular annual happenings is the Country Fair that will be held at the Benedictine Monastery, 121 Arcadia Road, Arcadia, on Sunday 9th March. This event has a reputation for delicious cakes, exciting raffles, a mouth-watering barbecue and intriguing finds that can be unearthed on the Trash & Treasure stall. Funds raised support the work of Benedictine monks overseas, especially in Third World countries. Everyone is welcome to come along to join in 'all the fun of the fair'.

In January our Parish Priest, Father David, was heavily involved in the organisation of a liturgical conference in Wollongong that marked the 50th anniversary of the changes brought about as a result of Vatican 2. Vatican 2 was the international church council instigated in the 1960s by Pope John 23rd. One notable result of the council was the introduction of the use of local languages, rather than Latin, in regular church services. A book about the changes resulting from Vatican 2 was co-edited by Father David and released at the conference. Local parishioners Melanie and Ray Hume represented St Benedicts at the conference and both described their experiences as inspirational and uplifting. Picture shows Melanie Hume, in her role as facilitator, thanking one of the conference keynote speakers.

On Friday 21st February the Monastery played host to an exciting evening, with Tim Fischer AC and our own Father Michael Kelly, who is now based in Rome as Abbot General of the Monks' Benedictine order, guest speakers at a dinner event to mark the launch of BenedictUs Australia. The slogan of BenedictUs is 'Benefit Educate Develop'. Parishioners are pleased about this new organisation and look forward to getting to know more about it.

The Parish catechists are all back in the local schools and this wonderful team of volunteers will be welcomed, thanked and commissioned on Sunday 2nd March.

First Holy Communion and Confirmation will take place on Sunday 22nd June and Saturday 9th August respectively. A parent information evening about these sacraments will be held on Monday 10 March at 7:30pm. For more information ring the Parish office – 96542312 – on Monday or Friday.

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



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Glenorie Mission Church



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Glenorie Mission Church

We all know the story of Noah, a man who found favor in God's sight. Noah lived in a world which had become so corrupt that it grieved God that He had made mankind. God saw how great man's wickedness on the earth had become, and that every inclination of man's heart was only evil all the time.

God gave Noah instructions to build a huge wooden ark which would house Noah, his family and provide shelter for pairs of every kind of living creature. God told Noah because of man's wickedness, He intended to bring floodwaters on the earth to destroy all life under the heavens.

Noah obeyed God and began a task which would take him and his sons 120 years to complete. The ark was 450 feet long, 75 feet wide and 45 feet high, a huge structure with an upper, middle and lower deck, made from cypress wood and coated with pitch. When the time came God called the animals to the ark. We can imagine them all filing in, two by two, after being summoned by their Creator. When everyone was in their place, God shut the door and sealed them in.

All the springs of the great deep were burst forth and the floodgates of the heavens were opened. And rain fell upon the earth for forty days and forty nights. The waters rose and lifted the ark which floated upon the surface of the waters. The high mountains were covered and every thing that moved upon the earth perished. Only Noah was left and those with him in the ark.

Christians look forward to a time, fast approaching, when Jesus Christ will return and call them to be with him.

"As it was in the days of Noah, so it will be at the coming of the Son of Man. For in the days before the flood, people were eating, drinking, marrying and giving in marriage, up to the day Noah entered the ark, and they knew nothing about what would happen until the flood came and took them all away. That is how it will be at the coming of the Son of Man." (Matt 24:36-39)

Our world today is full of violence, just as it was in the days of Noah. Jesus Christ is reaching out to you, take his hand while there is still time, before the door of the ark is shut fast, and the opportunity for Salvation is no more.

The Australian Plants Society-North Shore Group

The Australian Plants Society-North Shore Group will meet in the Willow Park Community Hall, 25 Edgeworth David Avenue, Hornsby at 8 pm on March 14th.

Jessica Mowle will speak about "Microbes and the Wollemi Pine." Visitors welcome. Native plants for sale.

For further details visit www.blandfordia.org.au

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

Australia Day is past and gone and soon Easter will be here with us again. 2014 seems to be going full steam ahead. I arrived at Galston during the latter part of 2013 as a Uniting Church in Australia minister in training assigned to Galston Uniting Church from the United Theological College at North Parramatta. My first impression was the serenity and beauty of the small community compared to the hustle and bustle of the greater northern western suburbs bordering the two Windsor Roads.

Coming from a non white background I was wondering how it will be like learning from a predominantly white community and of course too in the congregation I had been assigned to.

My first meeting with Geoff Smith, the minister, and Elizabeth, the secretary, was indescribable to say the least. It seemed like I had been part of their congregation and they had known me for a fairly long time. In short I felt at home and chastised myself for all the questions and fears I had in my heart and mind. What a welcome for me and my family, my wife and three children, at my commissioning service. It was both moving and very special beyond words. Did I weep? Yes I did. I felt at home and thought wow, what an amazing representative for the whole of Galston and the surrounding communities.

I have not had the opportunity to meet many of the general community members but I guess the contacts I have had have been great and off good report. Firstly, I have been to the news agency a couple of times and was assured that there were no difference to the welcome I had in church to what I received there. The couple of staff at the newsagency did not just sell, they were an absolute pleasure and delight to talk to. And what about the strawberry man opposite the shops? It was pleasant to have bought his sweet and ever fresh fruit.

My children arrived home after the commissioning service content and peaceful in their hearts that dad had been given the opportunity to study and learn from Galston Uniting Church. They asked me; "Dad will this be your home church now?" Alas no, I have to move on though reluctantly, I replied. If you are looking for a church, in my experience Galston Uniting Church is a friendly and welcoming place. I am sure you too would be very welcome.

Walks and talks at Ku-ring-gai wildflower Garden

March 3rd

Leader: Robert Failes

Topic: 'Introductory Talk and Walk at Ku-ring-gai Wildflower Garden'

March 10th

Leader: Alec Fisher

Topic: 'The Plant Kingdom'

March 17th

Leader: Sue Bowen

Topic: 'Parts of the Plant - Flowers'

March 24th

Leader: Alec Fisher

Topic: 'Parts of the Plant - Leaves and Stems'

March 31st

Leader: Helen Theile

Topic: 'Banksias (Proteaceae)'

April 7th

Leader: Wendy Grimm

Topic: Longer Walk Eastern Mueller Track (10 am to 2:30 pm)

For further information visit www.blandfordia.org.au or phone Bill 9498 6052.

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This entire garden has been created and cared for by the garden owners, the Guests. Be sure to speak to them for tips about planning and growing your own garden.

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ABC Local Radio

Enjoying Microbats on your property.

by Julia Hamilton

Recently I was fortunate enough to participate in a Microbat information evening led by Microbat expert Dr Brad Law (NSW DPI) and Mark Chidel (The Hills Shire Council) and hosted by the Greater Sydney Local Land Service and Hawkesbury City Council.

It was a fabulous evening, and we learned that Microbats are a protected species and that it is a real bonus to have them roosting in tree hollows on your property or even in your roof.

Microbats play a vital role in the health of ecosystems. They eat a wide range of insects, including mosquitoes, moths, beetles and bugs, helping to keep their numbers in check. Good foraging areas for Microbats include over water or around trees-especially big trees. You can often see Microbats at dusk, patrolling along tree lined corridors like roads or tracks like a silent flash.

More importantly we also learned simple ways how we can create ideal habitat for these gorgeous little creatures on our own land. Most Microbats rely on shelter like tree hollows in large, old trees, dead trees and dead limbs on live trees. The number of hollow-bearing trees is declining as more and more large old live and dead trees are being removed. As the number of roost sites decreases, bat populations will decline. Without adequate numbers of roost sites for shelter, bats are vulnerable to predators and less able to successfully rear their young.

If you want to enjoy Microbats in your neighbourhood, retain large trees as it takes decades to create suitable nesting hollows. Rather than felling a tree, ask an arborist for advice on safe pruning. If you want to provide sites for Microbats, consider mounting nesting boxes and plant locally native tree species.

Contact us: StillCreekLandcare@iinet.net.au, ph: 9653 2056. Look us up on Facebook or StillCreekLandcare.com.au.



Cumberland Orchid Circle Inc.

The next meeting of the Cumberland Orchid Circle will be on Wednesday 26th March 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 speakers for March will be Circle members Yin and Sau-wan Chan speaking about their orchid journey to Cairns area.

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.



Slc. Wendy's Redstone 'Carmela'

Creating an Australian Garden - NSW Seniors Week Event

Wednesday 19 March 2014 - 10am - 12:30pm

At the Ku-ring-gai Wildflower Garden, 420 Mona Vale Rd St Ives

The event is free and will have capacity for up to 50 pre-registered participants.

Bookings: Call the Wildflower Garden Office on 9424 0353 or email kwg@kmc.nsw.gov.au

Join celebrity garden guru Angus Stewart for a celebration of native plants and gardens! The Ku-ring-gai Wildflower Garden is home to over 500 species of native plants and a diversity of fauna. Learn about the unique Sydney Sandstone habitat and get expert advice on how to create or improve a native garden on your property. A complimentary morning tea will be served.

The participants will have an opportunity to direct their native gardening questions to gardening expert Angus Stewart. Our rangers will showcase some of the different walks and trails through the garden, explain their grading and

suggesting walks suited to different abilities for future visits. Angus will demonstrate some practical gardening tips like how to prune a native grevillea. Each participant will be sent home with a native plant to encourage them to get outdoors, plant and care for a seedling in their own garden (plants will also be suitable for pot / patio cultivation). The two community groups active in the garden (Bushcare and APS) will have a suitable forum to showcase their activities and welcome new members.

In addition, the event will showcase the newly renovated Bushland Education Centre garden which Angus Stewart has agreed to co-design. There will be a ribbon cutting ceremony and tours of the garden.



Dural Galston Probus Club

Dural Galston Probus Club will hold its AGM at 10am on Thursday March 20th, at The Galston Club, 21-25 Arcadia Road, Galston. The AGM will be followed by lunch at the Galston Club to welcome the new committee. Contact Anne 9653 1004.



Galston Garden Club News

In February Galston Garden Club held its AGM and first meeting for 2014. We farewelled our past-president Bill Fleming, and welcomed our new president Liz Muller. Our guest speaker was our Patron, local gardening media identity Judy Horton. Judy showed a fabulous video presentation of a recent autumn trip to the gardens and mansions of the east coast of America. The brilliant 'fall' colours of the trees, lovely historic properties, and the expansive gardens and mansions of the super rich du Ponts and Vanderbilts were wonderful to see.

Our next meeting will be held on Wednesday 12th March at 8pm at the Galston Community Centre, 37 Arcadia Road, Galston. Members will enjoy listening to an interesting guest speaker, buying plants from our trading table, and borrowing books from our library. Visitors are very welcome to attend.

Events planned include visits to two local gardens, and a café for lunch, on Wednesday 26th March. A coach trip is planned to the Southern Highlands Autumn Spectacular for 25-27th April.

Dates for everyone's diary include local gardens open in 'Open Gardens' Australia. 'Guestlands' in Blacks Rd, Arcadia will be open on 8-9th March. On 5-6th April 'Birchgrove' and 'Elegans' in Fishburns Rd, Galston will both be open.

It is not too early to note the dates for our 2014 Open Gardens -



Judy Horton, Bill Fleming and Rhonda McElnea at the February meeting

Friday 17th to Sunday 19th October. If anyone is interested in opening their garden, contact Bill Fleming on 9653 2394.

For information on any of our activities, contact Margaret on 9651 2475, check out our website www.galstongardenclub.com.au, or email us at galstongarden@hotmail.com.

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