

GALSTON, GLENORIE & HILLS RURAL COMMUNITY NEWS

April 2014

FREE
PLEASE
TAKE A
COPY

The Original Community Magazine Since 1971 With Profits Supporting Business & Community

SCOOTERS

Power Chairs & Scooters

TEST DRIVE ONE TODAY FOR FREE!



OPEN 7 DAYS



Phone 9987 4500

511 Pacific Hwy, Mt Colah
(next door to McDonalds. Easy parking)

Comfort
Discovered www.comfordiscovered.com.au

10 Years and \$45,000 Raised - Well Done!

Think of a footy final crowd in Australia of about 100,000. That's the likely number of families in Australia carrying or affected by an intellectually disabling genetic condition, Fragile X Syndrome...and most people don't know anything about it.

Every week in Australia one child is born with Fragile X and 20 children are born who are carriers with the potential to pass to later generations.

More than 10 years ago, local woman, Trish Piper's great nephew was diagnosed with the little known syndrome. *Trish and her long-term friend Barbie* decided they wanted to do something to help the Fragile X Association to achieve its goals of raising awareness and supporting families with Fragile X. They decided to organise a local fundraiser, a *Mixed Card Day*, for friends and other locals in the Galston and Dural area.

The first couple of card days were run in the home of Trish and her husband Graham. The event became a big success and outgrew their home. Over recent years, with the kind support of both the Galston Community Bank Branch of the Bendigo Bank and the Dural Country Club, the event has gone from strength to strength, raising around \$45,000 for the Fragile X Association of Australia over 10 years.

This year around 80 ladies gathered for the **10th Anniversary Card Day**, at the Dural Country Club, playing bridge, canasta, five hundred, euchre or mahjong.

Supporters including Waterford Wedgwood Royal Doulton, Corban & Blair, and Bunnings in Dural donated generously for the annual raffle. Mrs Ruth Shirriff, an award winning quilter, donated a magnificent bed quilt.

Guest speakers included Mr Bernie Triebe, Manager of the Bendigo Bank Galston Community Branch, and Robyn Iredale, President of the Fragile X Association of Australia. For More information on Fragile X syndrome :

www.fragilex.org.au



Our 100% satisfaction guarantee:
You only pay when both you AND your neighbours are happy with our job.

Ph 0402 039 310

CBD • MOSMAN • HILLS DISTRICT • NORTHERN BEACHES
PARRAMATTA • NORTH SHORE • EPPING

www.mattstreeservices.com.au



www.sydneypaddockslashing.com.au

0457 095 039

Tractor Slashing

Lawn Mowing



Specialising in Residential
and Rural Sales
For a FREE Market Appraisal
and advice on how best
to prepare
your home for sale
CALL TODAY!

02 9653 1555



WORKING WITH HILLS FAMILIES
WITH THEIR SALE AND
PURCHASE OF PROPERTY -
RESIDENTIAL & RURAL

AFTER HOURS APPOINTMENTS AVAILABLE

Licence No.
1009595

02 9875 5577
www.vjtait.com.au

COMPUTROL

PC/IT SOLUTIONS & SUPPORT

COMPUTER PROBLEMS?

RESOLVED:

- telephone
- remote connection
- on-site
- workshop



All Microsoft support for Windows XP and Office 2013 ends on April 8th

Serving the Galston/Dural area and surrounds
Call Bob Spence on 9656 1611
15 Peebles Road Arcadia 2159

The Rotary Club of Dural

The Rotary Club of Dural and The Dural Chamber of Commerce met at The Allure Restaurant on Tuesday 25th February, for a combined meeting for the distribution of \$16000 which was raised at Dural Classic Golf Tournament at Riverside Oaks Golf Club in October 2013. This was Dural Rotary and the Dural Chamber of Commerce's major fund raiser of the year.

Four local charities each received a cheque for \$4000. Rotary President John Leeds and Dural Chamber of Commerce, past President Peter Dawson presided in presenting cheques to the following charities.

1. Pyjama Foundation: Cheque for \$4000.00 Accepted by Andrew Steer.
2. Giant Steps: Cheque for \$4000 plus a further \$1000 donated by Jamie and Megan Hudson on behalf of The Hudson Family. Accepted by Kerry Nelson
3. Operation Hope: Vision Valley, Cheque for \$4000. Accepted by Jessica Triebe
4. The Australian Rotary Health fund received a cheque for \$4000 for Motor Neurone Research which was raised by Dural Rotary and was accepted by past President Cliff Hoare, Cliff responded to the meeting advising that Dural Rotary Club is the largest contributor of funds given to ARH in Australia.



Youth Week 2014

This year's Youth Week is just around the corner, with a range of activities occurring across Hornsby Shire.

"This is a great event that is organised by young people and for young people," Hornsby Mayor Steve Russell says.

"In fact, Youth Week is so big that it couldn't be contained within a single week and actually runs for 10 days. Last year more than 200,000 young people took part across Australia."

The program of events includes:

- Thursday 3 April, 3pm-5pm – Youth Zone in Hornsby Mall, with music, dance, art and a free sausage sizzle.
- Saturday 5 April, 10am-5pm – Shorefest, a free all-ages music festival at St Leonards Park in North Sydney.
- Sunday 6 April, 10am-3pm – Skate Boarding Trick Competition and Demo at Berowra Skate Park, with prizes to skaters who perform the best tricks on the day.
- Wednesday 9 April, 8.45am-3.15pm – Hornsby Kuring-Gai Youth Forum 2014 at Wahroonga's Knox Grammar School, discussing leading youth issues with a focus on positive mental health.
- Thursday 10 April, 5pm-6.30pm – Live in Hornsby Mall, with local young people performing music and dance.
- Sunday 13 April, 12.30pm-3.30pm – Designer Decks Skateboard Painting Workshop at Hornsby's Beatrice Taylor Hall, where you get the chance to customise your skateboard and make it an artwork.

For more information on any of these events visit www.hornsby.nsw.gov.au/whatson or call 9847 6547.



Tyrepower

GET THE POWER OF AUSTRALIA'S BIGGEST INDEPENDENT

ALL MAJOR TYRE BRANDS INCLUDING 4WD
BRAKE, SUSPENSION & STEERING REPAIRS
BATTERIES
MAG WHEELS

TYRES AND REPAIRS FOR CARS, TRUCKS, MOWERS,
TRACTORS, FORKLIFTS, BOBCATS & EARTHMOVERS

ROAD AND FARM SERVICE ON SITE



Dural Tyrepower
236a Newline Rd, Dural
Ph: 9651 4000
E-mail: dural@tyrepower.com.au
www.tyrepower.com.au

SYDNEY'S PLANT MARKET

AUTUMN CLEARANCE NOW ON - HURRY IN FOR 100'S OF GREAT SPECIALS

GIFT VOUCHERS AVAILABLE

OPEN 7 DAYS 8AM - 5PM

BUY DIRECT & SAVE

STANDARD ROSES

INC. ICEBURG

ONLY

\$20 EA

200mm pot

BUY DIRECT & SAVE

JAPANESE BUXUS

GREAT FOR HEDGING

ONLY

\$4 EA

140mm pot

BUY DIRECT & SAVE

COW MANURE

3 BAGS FOR

\$20

25 litre bag

BUY DIRECT & SAVE

NEW GUINEA
IMPATIENS IN FULL
FLOWER

4 POTS FOR

\$20

125mm pot

BUY DIRECT & SAVE

CYCLAMEN IN FULL
FLOWER

4 POTS FOR

\$20

125mm pot

BUY DIRECT & SAVE

POTTED COLOUR

ONLY

\$1 EA

PANSY, VIOLA &
MANY MORE
100mm pot

184 Annangrove Rd
ANNANGROVE

BUY DIRECT
AND SAVE

9679 2606
WE DELIVER TO ALL AREAS

Newline carpets

Carpet & Vinyl

OPEN 6 DAYS

Visit our showroom &
experience the difference

Q North Business Centre
1/829 Old Northern Rd, Dural
(cnr Quarry Road)

Ph: 9651 2646

GALSTON ROAD GARAGE

Rear No. 8 Galston Road, Hornsby

We are a modern and professional
Service Centre equipped with the latest
technology and expertise to service
and maintain your vehicle.
Complimentary station drop.

Phone 9477 3782
INDEPENDENT DEALER ALTERNATIVE
www.euroserve.com.au



we clean, detail and sanitise ovens, grills, cooktops, rangehoods and BBQs

“the chore you deplore”



BEFORE



AFTER

**free quotes
0421 408 983**



ask about our full range of kitchen and outdoor cooking appliance valet services

www.ovenvalets.com.au

Community Gallery Celebrates Convict History

At the end of February The Ferry Artists hosted a productive art workshop for 15 aspiring and talented painters at the beautiful Wisemans Australis Retreat facilitated by the it's generous owner, Barry Topple.

The workshop was instructed by local Wollombi Artist Hadyn Wilson and was based around the Great North Road and the convict past inherent in that area.

The weekend was enjoyed by all and produced a wonderful set of artworks which will be on the Gallery walls for an opening on Saturday April 5th.

This exhibition 'Celebrating Our Artistic History' coincides with the first weekend of the both entertaining and highly informative Convict Footprints play showing on The Great North Road across the river from the Gallery and the paintings reflect the road, its beauty and its history.

Everyone welcome for a 2pm opening on Saturday 5th April at 5557 Old Northern Road Wisemans Ferry.

Elaine Foulsham's 'The Passage Of Time'



*The Ferry Artists invite you to the opening of
A group exhibition of artworks*

'CELEBRATING OUR ARTISTIC HISTORY'

*Exhibition opens Saturday 5th April 2014
2.00pm*

*@ Ferry Artists Gallery
Shops 1 & 2 5557 Old Northern Road Wisemans Ferry*

www.ferryartists.org

P: (02) 45664385 Open 10am-4pm Thurs/Fri/Sat/Sun/Mon
5th April-28th April 2014

'The Passage of Time' Acrylic on Canvas Elaine Foulsham



BALMORAL HOMES delivers architectural diversity and uniqueness which is unsurpassed. At Balmoral, our focus is integrity, attention to detail and impeccable workmanship to ensure your total peace of mind.

Custom Designed Luxury Homes



13/276-278 New Line Road, Dural NSW Phone: (02) 9651 6290
www.balmoralhomes.com.au

TECTUM HYDRAULIC SERVICES PTY LTD

Lic #136486C

DRAINAGE SPECIALISTS

- New Work
- Repairs
- Emergencies 24/7
- CCTV Inspections

0466 358 668

10% Discount to Senior Citizens
All Major Cards Accepted

BULK BILLING MEDICAL PRACTICE

Specialising in Preventive Health



Annangrove Family Practice

Services

- Female & Male GP's
- Psychiatrist
- Paediatrician
- Audiology
- Ultrasound
- Weight Management Clinic (Dietitian Available)
- Pathology Collection on Site

9679 1100

SHOP 5, 169 ANNANGROVE RD
Annangrove NSW 2156

Monday - Friday
8.30am - 6pm
Saturday
8.30am - 2pm



ALSO NOW CONSULTING
Obstetrician, Gynaecologist, Psychologist,
Physiotherapist, Dietitian.

Dr. Jawahar K. Thomas MB, BS, ECFMG, FRACGP
Dr. Mahishi Nanayakkara MB, BS, FRACGP
Dr. Shervin Amirmalek MB, BS, FRACP

.... MANUFACTURERS SPA POOL

SALE

**BIG SPA POOL SAVINGS
AT MANUFACTURER CLEARANCE PRICES!**

There's never been a better time to relax in the world's No.1 selling spa pool.

Now you can afford the **World's No.1 Selling Spa Pool**



spa pools from under **\$6000**

save up to **\$7000** on premium models

up to **50% OFF** accessories

SYDNEY SHOWROOM
Unit 2/7 Hoyle Ave,
Castle Hill



Call 02 8824 3992 or visit www.hotspring.com.au

Defibrillator Stolen from Hayes Park

Recently the canteen at Hayes Park, Galston Oval, home of Hills Hawks FCC was broken into. Amongst the things stolen was a recently donated AED - a defibrillator (donated by Bendigo Bank, Galston). It's value is around \$2,000, but it's value to someone in a cardiac arrest is priceless.

Should you be offered a "cheap" AED with a barcode and numbers: 1120117295, could you please notify your local police. *We would request residents to share this notice on your facebook page.* It would be a great help in trying to track down the stolen AED, and hopefully deter thieves from stealing these very important machines.

Another Tree Nearly Misses Traffic

Yet another very large tree has fallen across the road, this time in Post Office Road, Glenorie.

It happened at approximately noon and its so lucky that no traffic was passing at the time. This tree fell from a privately owned property and emphasises the need for all residents to check trees both inside their properties and on their boundaries.



CINNAMON BOUTIQUE

WINTER! COMING FAST!

COATS, PANTS, BLOUSES, JUMPERS AND MUCH MORE FOR THE CHILLY WINTER MONTHS JUST AROUND THE CORNER!

BRIGHT COLOURS TO INCORPORATE CLASSIC BLACK DON'T MISS OUT ON ALL THESE DIFFERENT STYLES AND LOOKS TO ENHANCE YOUR WARDROBE!

SEE YOU AT CINNAMON!



WE WOULD LIKE TO THANK OUR CUSTOMERS FOR RECOGNISING US IN THE LOCAL BUSINESS AWARDS



SHOP 3, ROUND CORNER PLAZA, 524 OLD NORTHERN ROAD, DURAL
MONDAY TO FRIDAY: 9AM — 5.30PM SATURDAY: 9AM — 4PM SUNDAY CLOSED
T: 9651 1285



Is your rental property performing as it should?

DPW are your local rental property specialists – we know the local rental market better than anyone. Let us help turn your property's performance around.

Switching to DPW is easy!

- Already have an agent? Don't worry, we notify the current agent and take care of all transfer formalities for you.
- Currently leased? We organise for the tenant to be notified and a property inspection completed. There is no interruption to the current lease.

Ask us about the new planning regulations regarding granny flats. Phone us now on 9653 2999 for more details.



thebizzydog 0435 575 937

DPW REALTY

T 9653 2999

E rentals@dpw.com.au

www.dpw.com.au

MANNELL MOTORS

LOCALLY FAMILY OWNED & OPERATED SINCE 1996



WE STOCK THE FULL ARB 4X4 RANGE INCLUDING:

- ARB Protection Equipment
- ARB & IPF Driving Lights
- ARB Recovery Equipment
- Old Man Emu Suspension
- ARB Air Lockers
- ARB Air Compressors
- ARB Canopies
- Safari Snorkels
- Hayman Reese Tow Bars
- ARB Fridge Freezers



RHINO-RACK

OFFER Mention this ad & receive a **FREE** set of **tie down straps** with any Rhino-Rack roof rack purchase!

MANNELL MOTORS 5 PIONEER AVENUE, THORNLEIGH TEL: 9980 8855



Call JOHN
0418 263 676
johngadaleta@hotmail.com



John Gadaleta
Painter & Decorator

For all your Painting Needs.
Domestic & Commercial

Lic No. 211414C
ABN. 33 139 322 948

www.jgpd.com.au

Hornsby Mountain Bike Trail – Stage Two

Construction of Stage Two at Hornsby Shire's Mountain Bike Trail is charging forward, adding an extra 2.5 kilometres of white knuckle action to the trail.

Simon French (pictured) from Dirt Art has been on the job for four weeks and says the new sections of trail will perfectly complement those that already exist.

"This is going to be a lot more fast-flowing and a bit less technical than the first stage," Simon says.

"Stage Two is going to be all about letting go of the brakes and having some fast-paced fun."

There will be a number of jumps and berms included in the new trail, aided by the type of soil they are working with.

"There's a lot more clay-based soil than Stage One, which lets us be more creative because the clay is more stable and we're not as constrained by the fragile sandy soils you find elsewhere," Simon says.

"This trail is fairly unique for Sydney because most of the other trails are sandstone-based."

Simon says the work has been made easier by the nature of the local mountain bike riding community.

"The local riders are all really keen and very supportive of what's going on here," he says.

"There's a great community of riders in this area who are very appreciative of what Council is doing for them."

Hornsby Trailcare holds volunteer days on the first Saturday of each month, meeting at 2pm at the Quarry Road trail head, and extra volunteers are always welcome.

Progress on Stage Two is very dependent on the weather, but it is expected to open by May.




Supply and Installation
All Electrical Work
Split & Ducted Systems
Prompt and reliable service

Andy Barkas
M. 0400 804 239
E. andy@arbar.com.au
Licence No: 257807C
AU No. 12045



OPEN

LUNCH Tues - Fri 11.30am - 2.30pm
DINNER Tues - Sun 5.00pm - 9.00pm
Open Fri & Sat nights til 9.30pm
Open Public Holidays - Dinner only

Galston Shopping Village,
Shop 1/362 Galston Road, Galston

TAKEAWAY & HOME DELIVERY
tel: (02) 9653 3333 or (02) 9653 1988

FINANCE NOW AT A NICE, ROUND FIGURE.

0% P.A.*
COMPARISON RATE.



HILLS DISTRICT FARM EQUIPMENT PTY LTD
598 Old Northern Rd, DURAL NSW 2158
PH: 02 9651 1896

HILLS DISTRICT FARM EQUIPMENT
Ph: 9651 1896

Kubota
kubota.com.au

*0% p.a. Comparison rate based on a \$10,000 secured loan with 36 monthly repayments. For Consumer borrowers only. Credit criteria applies, including a minimum 20% deposit, minimum financed amount of \$4,000 and no lump sum final payment. No upfront or account keeping fees, other than any applicable stamp duty in NSW. However, some fees may become payable, depending how the loan is conducted. Credit provided by Kubota Tractor Australia Pty Ltd ABN 72 005 300 621, Australian Credit Licence Number 442007. *WARNING* This comparison rate is true only for the examples given and may not include all fees and charges. Different terms, fees and other loan amounts may result in a different comparison rate. Offer expires on the basis delivery must occur on or before 31/03/2014.

We love our 'For Sale' signs but we love our 'Sold it!' signs more.

Thinking of selling? Get sold sooner & choose the agent with the 'Sold it!' signs.

Interested in finding out what your property is currently worth?

Call the team at Mode Property on 9651 5115



25 & 26 Mansfield Road Galston
Sold by Mode Property





Thai Style

Trading Hours: Tuesday - Sunday
Lunch: 11.30am - 2.30pm (Tue - Fri)
Dinner: 5.00pm - 9.00pm (Tue - Sun)
Home Delivery (starts from 6.00pm)

Tel: 9652 2788 / 9652 2755

Glenorie Shopping Village,
14/930 Old Norrother Road,
Glenorie NSW 2157

"PLEASE TRY US"

ANZAC Day
Friday 25 April 2014. Fagan Park, Galston.
Rural Museums and Netherby Homestead Open Day.

Commemorate ANZAC Day on Friday 25 April at Fagan Park, Galston. The Heritage Area of Netherby Homestead and Rural Museums in Fagan Park will be open between 10am and 4pm.

Following our hugely successful open day on Australia Day in January, The Friends of Fagan Park will again open doors to the past and a look at the future.

Australia Day 2014 included a display of some very rare and unusual motor vehicles, the Leyland Force 7V was featured. The Force 7V was built at Zetland, Sydney, in 1974.

Fagan Park provides an insight into the remarkable rural history of Hornsby Shire. There will be a display of Trucks, Tractors, and Stationary Engines including a Steam Engine, a working Hot Air Engine, a Road Roller, Horse-drawn Sulkies, a display of Hand Tools, and restored Farm Machinery to see.

Explore Netherby Cottage and the magnificent gardens. There is always something new and a lot to see and do for the whole family.

Tea, coffee and soft drinks will be available provided by the Friends of Fagan Park at a modest charge. All the park facilities such as Picnic Areas, Barbecues, Children's Playground, Walking Trails and the stunning Gardens of Many Nations will be open.

Fagan Park is located 1km North of Galston Village on Arcadia Road.

Entry to the Park and Museum Area is free.

Entry to Fagan Park car park is \$5.00 per car.

Contact Ian Browning **M:** 0419 435 475 **E:** isandian@tpg.com.au

Thai Changes Name and Style.

The first Thai restaurant in Dural has had a name change from Thai Hot Corner and is now called Thai eXcite. The new owner Nang Pasothakang, while appreciating the long history of Thai Hot Corner in Dural felt that a name change would help to emphasise a new dimension that she is bringing to Thai dining in Dural.

Nang has more than 15 years cooking in the Hills since establishing Thai Esarn in Baulkham Hills in 1997 and then Thai Spy in Kellyville. Now as a local resident of Dural she has been tempted out of early retirement with a new and extensive menu that keeps the favourites that people have come to love and adds some new and exciting new dishes.

'Its hard to single out favourites but I know we have a very good reputation throughout the hills for our version of massaman curry and our satay sauce is so good that people want to buy it on its own to take home. We have even had previous customers travelling from the other side of the hills when they heard we had opened' Nang said.



new to Dural

Thai eXcite Restaurant

Come and eXcite your senses to the aromas, tastes and textures of our blend of modern and traditional Thai cuisine

PHONE 9651 3933

www.thaiexcite.com.au

Address: 2 / 506 Old Northern Road, Round Corner Dural (next to Gloria Jeans Coffee)
Open 7 days: 5.00 pm to 10.00pm (last orders 9.30)
Home Delivery: Friday and Saturday and other days on request if available

Functions and catering available Previously Thai Hot Corner

THE HILLS PERSONAL TRAINING

One on one personal training in a private studio conveniently located in Quarry Rd Dural!

Personal Training is for anyone who:

- has failed in the past to lose weight or improve their health
- has spent thousands of dollars on expensive exercise equipment or gym memberships and got little or no results
- is unhappy with their current body shape, weight, fitness or health
- wants to become more active and have more energy

If you want results and you are not getting them on your own, then it's time to consider a personal trainer

Call Zara for a consultation on 0404 414 000



Book Collection

Please keep aside your preloved books for our Annual Book Sale in May. Money raised will be used to purchase resources for all 5 libraries in the Hills Shire.

Collection Dates: Saturday 10 & 17 May from 10 am - 1 pm each day

Venue: Sonya Phillips Room, Castle Hill Library

Please note: We cannot take text books, computer books, encyclopaedias, magazines, videos or books in poor condition.

Enquiries Castle Hill Library: 9761 4510



Indoor Winter Touch Football
Dural Sport and Leisure Centre

Mixed indoor competitions for 13 weeks plus finals and presentation week, during Winter NSW Touch Football referees and Player Insurance

Starting 20th May

U12s Tuesday Afternoon \$600 for the team
U15s and U18s Thursday Afternoon \$600 for the team
Open Grade on Thursday Night \$660 for the team

Touch & Chips
Each team will receive a large bowl of chips each week after the game
The cafe and kiosk will be open

Get your team together or call for more details

Contact: Rob Hercus Centre Manager rob@dslc.com.au
Dural Sport and Leisure Centre a ministry of Dural Baptist Church Cnr Pellitt Lane and Kenthurst Rd, Dural
Ph: 9651 2777 www.dslc.com.au



AUSSIE OUTDOOR LIVING
Building you a better lifestyle...

YOUR LOCAL OUTDOOR LIVING SPECIALIST

SPECIALISING IN: PATIOS | PERGOLAS | CARPORTS | DECKS

CALL US NOW FOR A FREE EXPERT DESIGN AND QUOTE 1300 789 169

ABN: 74 114 215 799 | LIC: 251315c | Email: sales@aussieoutdoorliving.com.au
Web: www.aussieoutdoorliving.com.au | Office: 5/276 New Line Road, Dural 2158





Need HELP ?

BANNERS
A- FRAMES **T-Shirts**
Car Magnets **Coreflute Signs**
Posters **Flags**
NOVELTY CHEQUES **STICKERS**
Pull Up Signs **Vinyl Lettering**



thinkingsigns@bigpond.com
4575 4204
 www.thinkingsigns.com.au

Dural Music Centre

Staff from Dural Music Centre will be getting together once again for an annual fundraising event for Variety, The Children's Charity on April 22.



Variety, The Children's Charity is a national not for profit organisation that provides equipment and programs to sick, disadvantaged and special needs children in Australia.

Each year, the charity host their Variety Bash event, which is a 5 day drive involving entrants travelling through different parts of NSW to raise money to purchase special needs equipment.

For his fifth year, Dural Music's Steven Lavis will take part in the bash driving with the Car 56 'Nanny Ruth' team. Steven has helped to raise close to \$60 000 over the past five years with the help of his fellow staff and students at Dural Music. As part of an initiative to raise funds for the bash, teachers and staff will donate their time to carry out a full day of music lessons during the school holidays. Anyone who would like a lesson just needs to donate \$35 or more to Variety, The Childrens Charity. Organisers hope to beat last year's amount raised of \$2200 with every dollar received going directly to the charity.

All lessons must be booked prior to the day through the staff at Dural Music Centre; donations can be made in person on the day or on the web at the following address <https://2014nswnewcastlebash.everydayhero.com/au/car-56-nanny-ruth>

Steven, who while on the bash also visits schools in rural areas to donate music lessons and instruments to the kids, will leave for the 5 day adventure in a few weeks said, "I want to thank Dural Music for their support as well as all the parents, teachers and students who can help to raise money for this cause on the day."

You can support Steven by visiting www.facebook.com/au/Car56NannyRuth to see some of what Car 56 gets up to on the Bash and leave a message of support.

For more information or to book a lesson, call Dural Music Centre on 9651 7333 or email toniann@duralmusic.com.au

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. The guest speaker for April will be Inspector Lyn Kaesler from Parramatta Police.

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 4th April, 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



Foray Quintet performs Fauré's Piano Quintets

Friday 25th April, 7-8.30 pm @ GUC

Enjoy a relaxing evening soiree at Galston Uniting Church! A vibrant group of musicians, the foray quintet, will perform both of Gabriel Fauré's rarely-heard and exquisitely beautiful Piano Quintets.

The newly-formed foray quintet is a dynamic group of young professional players from Canberra and Melbourne: Elyane de Fontenay, Felicité Heine (violins), Sarina van Walter (viola), Anneliese McGee-Collett (cello) and Kimberley Steele (piano). They will be touring these quintets regionally in 2014 and will introduce each piece briefly before its performance. Evening nibbles will also be provided and a special discount for church members.

Adults \$20, Concession/Students/Church Members \$10

HILLS LASER CENTRE
 FACE & BODY CLINIC

GIFT VOUCHERS AVAILABLE

www.hillslasercentre.com.au
 539 Galston Rd Dural 2158
 Ph 9651 3800

LASER HAIR REMOVAL

WAXING

SKIN REJUVENATION

FACIALS

CELLULITE REDUCTION

FAT REDUCTION

WRINKLE REDUCTION

dural music CENTRE
www.duralmusic.com.au

INSTRUMENT SALES

HIRE

SERVICE AND REPAIR

SHEET MUSIC SPECIALISTS

PRIVATE TUITION

32/286 New Line Road Dural
(Behind McDonalds)
9651 7333

MUMS WILL LOVE A GIFT VOUCHER FOR MOTHERS DAY

RELAXED FAMILY PHOTOGRAPHY IN OUR EXCLUSIVE GARDEN STUDIO LOCATION

WWW.FAMILYIMAGE.COM.AU

660 Old Northern Rd, Dural (Next door to Dural Country Club)

Gift Vouchers on website

9629 8886

BEAT RISING ENERGY COSTS WITH A SOLAHART SOLAR WATER HEATER



Call your local Solahart expert for your free in home solar suitability consultation.



9656 1675

solahart.com.au

Rotarians are so Close to Ending Polio Worldwide

The Rotary Club of Galston had the privilege of listening to Rob Bryne at their recent meeting. Rob has been a tireless campaigner to assist in Rotary's initiative to End Polio Worldwide. "This is by far the biggest public health program ever undertaken," Mr Bryne said, adding that it was also Rotary International's biggest project, with \$1 billion being donated so far.

Early in 2011, Bill and Melinda Gates Foundation contributed \$355 million in an effort to eliminate the remaining rates of polio, and have challenged Rotarians all over the world to raise another \$200m. Rob has cycled the East coast of Australia visiting Rotary Clubs and raising awareness of polio.

Rob has cycled the east coast of Australia creating awareness of the fight to end polio.

"A lot of the clubs are doing some really good fundraising for it," Mr Bryne said, Starting from Grafton in northern NSW, Mr Bryne then cycled to Cairns in Far North Queensland ending his ride in Victoria.

"The reason why I did this is that we're really so close to getting rid of the disease worldwide. The key thing making the difference is funding," Mr Bryne said.

"I remember polio because I grew up around it. When I was at school almost every classroom had someone with polio and if we don't win the fight it will come back."

Working closely with such organisations as the World Health Organisation, Mr Bryne said that it was an achievable goal to eliminate polio worldwide.

To make a donation to the End Polio Now campaign visit www.rotary.org and click the 'End Polio Now' button at the bottom of the page. You can also visit our website www.galstonrotary.org.au or call Rod Taylor 0417 653479 regarding membership.



Medicare Offices Closing on Saturdays

If you are planning to visit your local Medicare office on a Saturday morning, best to check before doing so, says local MP Philip Ruddock.

'Saturday morning trading at Medicare shop fronts is being gradually phased out from 29th March until 10th May 2014 due to a continuing lack of demand'.

Mr Ruddock said Berowra electorate residents mostly visited Medicare offices located at Hornsby, Castle Hill and North Ryde, 'but less and less on a Saturday morning.'

With demand dropping by 60% to even 90% for some locations over the past two years, the continued phasing out of Saturday trading is continuing action commenced by the former Government.

'The removal of cash payments in 2012, coupled with the increasing number of GPs offering electronic claiming and improvements to online self-service options, means many customers no longer choose to visit the actual offices.'

'At the end of last year, 65% of all Medicare claims were processed electronically at the doctor's surgery.'

Mr Ruddock said staff numbers would not be affected by the Saturday closure, and the usual range of services would remain available face-to-face on weekdays.

Rainfall Chart

Rainfall recorded Galston period 15/02/14 to 15/03/14 is 145 mm



INSIDE OUTSIDE Wall Art



Sale on Now

9651 5758

UNIT 15 'THE HUB'
252 NEW LINE RD DURAL 2158

- HOME & GARDEN WALL ART - DECOR
- MIRRORS - CLOCKS - METAL - HOMEWARES & GIFTS

shop online www.inoutwallart.com.au
FOLLOW US ON FACEBOOK

Quality Metal Roofing Lic-L12082

Specialising in all types of metal roofing, architectural cladding and re-roofs.



Based in Arcadia, covering the Hills District and Upper North Shore.

Call Simon on 0408 865 799

FLAME N CHOOKS Lebanese Cuisine

OPEN 7 DAYS
7.00AM - 8.00PM

Let us cater for your functions, our range includes -

- a variety of salads
- dips
- pastries
- chicken
- skewers including lamb, chicken, kafta

We use local growers and suppliers offering free range meats to create our dishes including a range vegetarian of meals.

BYO facilities

Home made cakes & biscuits including Gluten free

SERVING COFFEE & BREAKFAST FROM 7:00AM DAILY

(Round Corner Shopping Village)
Shop 11/22-24 Kenthurst Road
Dural 2158



PHONE ORDERS WELCOME

PHONE: 9651 7996

DESIGNATED DRIVING SERVICES



When you ask the question Who's Driving?
The answer is easy - We Will!!!

- Designated Driving Service
- Day Surgery / Medical Treatment
- Corporate Services
- Larger Bus Available (subject to availability)

Have a safe and happy Easter



DRIVERS WANTED

visit our website for more info on the criteria required

0499 990 055
info@whosdriving.com.au
whosdriving.com.au

WE DRIVE YOU IN YOUR CAR

Galston CWA News

In March we had a wonderful video presentation from Tahlia, a nurse who will be part of the crew of Mercy Ships Australia next month in the Congo. She showed how surgical operations, considered routine in Australia, such as cleft palate surgery, can change lives in this part of Africa. We then spent some time cutting and pasting coloured pictures into scrapbooks for Mercy Ships Australia and other charitable organisations to distribute to children.



Our next meeting will be held on **Wednesday 9th April** at 10am. Following morning tea, we will have fun with crafts using old buttons, such as making jewellery. 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.

We are always happy to receive wool and fabrics for charity sewing and knitting. Also, coloured brochures and calendars with pictures suitable for children's scrapbooks, such as animals and tractors, would be much appreciated.

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

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

Dural and District Historical Society.

The Arcadia Juice Factory

Margaret McKinley.

On the corner of Arcadia Road and Fagan's Road, Arcadia, there is a factory shaped building. What is the story behind this place? This part of Arcadia Road had originally been called Two Rod Road, and ran from this corner up to Arcadia School. The Bennet family owned the large citrus orchard on the southern side of this road, opposite to where the Benedictine Monastery is now.



Frank Wangman bought this orchard from the Hilton Bennett in 1942, and just after the war built this factory on two acres. During the war there was a Government requirement that fruit growers had to supply 13% of their crop to the war effort towards feeding the fighting forces.

Wangman owned and operated the factory, employing about 8 or 9 locals, mainly women. They extracted the juice from the Valencia oranges to make cordial and "fizzy" drinks, and then cut up the rind to make preserved peel. John Ross worked there for one week and was paid £1-16-0! Mr. Rest was the cooper employed to make and repair the barrels used in the factory. He had come from Germany and lived at the end of Smalls Road. Michael Bell remembers visiting him one morning at breakfast time. Mr. Rest had one dozen eggs in the frying pan!



The name over the main door proclaims Arcadia Products, and is still visible. There was a good market for this product and they displayed their goods at the Royal Easter Show for many years.

It has been very difficult to research the "Juice Factory". If you have any old photos, old bottles and labels or anything to add or to correct in this story please contact the Dural Historical society

If you ask any of the long-time residents if they have memories of the Juice Factory, they all say "we remember the terrible stink in the creek!" Yes, the effluent from the factory had caused pollution in the creek that runs down the back of where Cameron's Nursery is now and goes under Arcadia Road just near Ross Common Rd. The factory closed in about 1968-9, not only because of the pollution, but citrus orchards in the district were being pulled out as the growing of citrus was not profitable once the Murrumbidgee Irrigation Area could produce good quality fruit cheaper.

Noel Russell bought the factory and operated Arcadia Automotive with the help of a mechanic, and then started Arcadia Tyres in 1978 He died in 1982, but the building has been used for Automotive and Arcadia Smash Repairs ever since.

At the next meeting of the Dural Historical Society on **Saturday, April 12th at 2 pm**, the guest speaker will be **Emeritus Professor Don Napper**, who will talk on "The introduction of Gas Warfare on the Western Front- One Nobel Prizewinner's Shame". All welcome



FARM QUAD BIKES

FROM \$3290.00



FARM UTV'S

FROM \$3790.00

- Delivery thru out NSW
- Fully backed with service and spares

Ph: 0448 053 001
Unit 13/16 Loyalty Rd, North Rocks NSW 2151
www.thewrightbikes.com.au

ALEXANDRIA PROFESSIONAL

Advantages of Alexandria Professional Sugaring exclusively using the Kennedy Technique™ which removes hair in the direction of it's growth

	Alexandria Professional Sugaring	Waxing and other methods
• Hair removal intervals are extended	YES	definitely not
• Hair removed as short as 1.5mm	YES	definitely not
• Effective as little as 2 days after shaving	YES	definitely not
• Removal discomfort is significantly reduced	YES	definitely not
• 'Ingrowns' from shaving/waxing are removed	YES	definitely not
• 'Ingrowns' are virtually eliminated	YES	definitely not
• 100% eco friendly (you can eat it)	YES	definitely not
• 100% bacteria free (sugar is antibacterial)	YES	definitely not
• 100% FREE from cross contamination	YES	definitely not
• 100% dissolvable (no accidental spills)	YES	definitely not
• 100% hair removal achievable with treatment	YES	definitely not
• 100% free of artificial fragrances and colours	YES	definitely not
• Natural ingredients vs. chemical based	YES	definitely not
• Won't burn or sensitise the skin	YES	definitely not
• Won't cause unnecessary skin cell removal	YES	definitely not
• Safe on varicose and spider veins	YES	definitely not
• Safe on dry, itchy, psoriasis or eczema skin	YES	definitely not
• Penetrates to lift debris/dead cells, unclogs pores	YES	definitely not
• Doesn't need wasteful cartridges, rollers, etc	YES	definitely not
• Leaves no sticky residue	YES	definitely not

Just good sense and good skin management that delivers hair free, good skin!
No wonder it's called

the new smooth

ALEXANDRIA PROFESSIONAL
body sugaring

Consumers first choice to a natural, safe & effective treatment to eliminate unwanted hair.

Have You Been Sugared Yet?

Now available at Sweet Pea Beauty

MENTION THIS AD FOR 25% OFF YOUR FIRST SUGARING TREATMENT



www.sweetpealon.com.au info@sweetpealon.com.au Shop 18 / 930 Old Northern Road Glenorie P: (02) 9652 0072

CHRISTMAS PARTIES
MELBOURNE CUP
BIRTHDAYS



ALLEGRO
FUNCTION CENTRE

1 porters rd kenthurst 9654 1443

Prepare yourself for the winter season and feel great

10% off

Blackmores Winter Vitamins

while stocks last



CUSTOMCARE Compounding Pharmacy

Dural Village Shopping Centre
644 Old Northern Rd, Dural
cnr of Galston Road and Old Northern Rd
Toll free: (p) 1300 725 868 (f) 1300 726 858
www.customcarepharmacy.com.au
Monday to Friday 8am-8pm
Sat 8am-7pm and Sunday 9am-6.30pm

Letter to the Editor

Dear John, I have just received a copy of the March edition of the Galston, Glenorie and Hills Rural Community News and read your "opinion piece - Cancer the Dragon". While it expresses your point of view it fails to represent the views of many professionals, including doctors, radiographers, nurses and support staff who work with breast cancer patients and whose view differs from yours. As one who has worked as a pathologist in the diagnosis and management of breast cancer patients for more than 30 years I can tell you that there are strong and informed views that the Canadian study had many flaws.

It is true that breast screening itself cannot detect those breast cancers that are less aggressive from those that are likely to have a poor prognosis, but current assessment, diagnostic and management strategies allow for this variation in prognosis providing a range of treatment options. To state that the PSA screening situation is similar to that of mammographic breast screening is inaccurate and misleading to say the least.

I, like many of my colleagues working for patients with breast cancer, have no "vested interests" in maintaining current practices. We believe that the evidence to discontinue the current national breast screening program and confine it to those identified as "high risk" will require far stronger evidence than that supplied in the reference you quote. There are many thousands of women who are alive today as a result of early detection of their breast cancer through attendance at a Mammographic Screening Centre. As for your reference to screening only for high risk groups and those with a "family history of aggressive cancer diseases" I have no idea what that means or who it refers to. Do you?

There is already co-operation and rationale (sic) debate, and progress in breast cancer diagnosis and treatment is constantly under review by those working in the field. At no point does this happen "at the expense of any patient's welfare and survival."

I have addressed many gatherings, clubs etc., in an attempt to clarify what Cancer is to the community. Your opinion piece in my view is not actually likely to contribute to a reduction in fear but merely provoke anxiety and concern about the true value of early detection of breast cancer as found in a number of other published studies.



Rotary Club of Galston

THE ORIGINAL GIANT BOOK FAIR
GALSTON COMMUNITY CENTRE
37 ARCADIA RD, GALSTON
BIGGER, BRIGHTER AND BETTER VENUE

This is our major fundraiser for the assistance we give to local community needs as well as national & international projects & disasters.

BOOKS REQUIRED

We are looking for donations of books, sheet music, Jigsaws, CDs, DVDs.

We have three easy drop off areas. The Metro Service Station, Corner of Galston Road and Pacific Highway, 21 Talisman Ave, Castle Hill, Century 21, Dural and also 35A Halls Road, Arcadia

Please contact **Kathryn Dickinson** on 0410 530 691 or email **newhamh@iprimus.com.au**

We really appreciate all the support that you give us with these donations.

Cancer the Dragon and You

Early this year we saw in the press that Ian Ross, the retired news reader, was diagnosed with pancreatic cancer for which there is no effective current treatment. Another person in the Hills has been recently diagnosed with metastatic melanoma. Both have declined current toxic chemotherapy treatments which are known to be ineffective at this stage.



Most clinical trials with new molecule experimental therapies will exclude advanced cancer patients from participation. These patients often turn to Naturopaths or other alternate practitioners for help. Some elect to go overseas to one of the many cancer clinics in the USA, Mexico or Germany which offer alternate treatments.

The realities however are that these alternate treatments lack any rigid scientific basis or record of success for the treatment of cancers. Patients however think "what have they got to lose except money when nothing else is on offer".

The high toxicity of many current chemotherapies limits their use and the search is on for low toxicity agents which can be effective for advanced cancer patient. One such low toxicity formulation GP8843 designed for advanced cancer patients is based on the common diabetes compound Metformin. We might see some clinical trials of this in Australia within the next six months as funding becomes available.

Continue to look for new developments and ask your Oncologist to keep abreast of clinical trials which may be suitable for you.

Hills Cancer Support Group Phone 9652-1977
Email : johnahackett@yahoo.com.au

CHIZZO'S

Pizzeria GALSTON

9653 3223

2/362 Galston rd, Galston NSW

Open Tues - Wed 5-8.30
Thurs - Sun 5-9

Pick up and home delivery available
PIZZAS PASTAS SALADS AND RIBS



facebook.com/chizzospizza
instagram.com/chizzospizzeria

See our full menu at www.chizzospizzeria.com

DURAL

STOCKFEEDS



- Equine Supplies
- Electric Fencing

- Stock, Poultry & Pet Supplies
- Fertilizers & Garden Supplies
- Pool Chemicals



86 Kenthurst Rd, NSW 2158

P 9654 0287 E feed@duralstockfeeds.com.au

www.duralstockfeeds.com.au



Register your business for FREE today on the Hills Hub App.



For the price of a cup of coffee per day, you could have your own App created and launched on the iTunes App Store. We create Apps for all types of businesses including shopping carts with secure check out directly linked to your account, all managed from your own secure account page. Call us for more information or visit our web site and let us help your business reach the next level.

8005 5733 www.hillshub.com

Apps • Web Sites • Digital Media

Supporting your local community

Available on the iPhone
App Store

hills hub

New Convict Trail Map Available

On Tuesday 11 March, the Convict Trail Project hosted a field trip for NSW local government employees to Wollombi to share in the launch of the brand new Cartoscope Great North Road Map and to sample some of the best practice for heritage conservation and interpretation. Claimed as a great opportunity for many of the state's councils to experience our backyard, it also provided 100,000 copies of the map that are now available to the public to experience the historic Great North Road.



The convict trail starts in Five Dock and ends in the Hunter Valley, passing through Wisemans Ferry. The road, originally built between 1826-1836 by convict labour, is now a fabulous scenic journey and the map is a great tool to help anyone explore the trail. Cartoscope maps can be found at visitor information centres, including our very own at Dural in the grounds of the Pines and Roughley House.

This map is the first of its kind for Cartoscope as QR codes at various locations on the map lead visitors to short

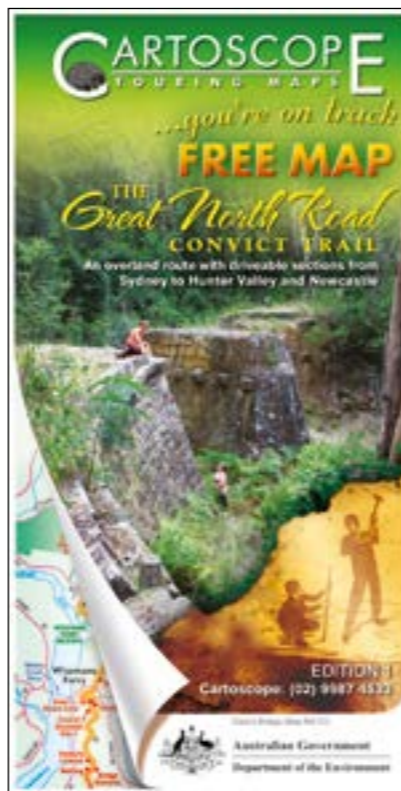
videos on the web that help in interpreting the history of the road, communities and landmarks.

"This project would not have been possible without the assistance from the Department of Environment in Canberra and Lori Modde, CEO of the Convict Trail Project. I must also thank our community supporters in Wisemans Ferry and Wollombi as well for seeing this map as something to be engaged with and increasing its ability to be sustainable long term" said Lea Turner, Marketing & Sales Manager at Cartoscope Maps.

There has been a consolidated plan to make more people aware of the heritage on our door step and the fabulous asset that is World Heritage Listed. In conjunction with National Parks & Wildlife Service, the convict trail has been host to 5 local schools in recent weeks, and the public will also get the chance to experience what the kids did on the 5/6 April and 12/13 April with live performances of Convict Footprints. You will not be disappointed if you purchase your own ticket to see this performance, it's truly engaging and gives you an incredible insight into the history of the early 1800s. Go to www.facebook.com/convictfootprints for more information or to purchase your ticket.

The Glenorie RSL has supported this education of our backyard history by bringing out a Convict Trail edition of Shiraz in honour of those who started our community. The wine is now available for sale at the Club with its own Convict Trail label. It's not 1830 vintage, it's 2005, but nevertheless a great drop.

For more information on the Convict Trail go to www.greatnorthroad.com.au



Need Help with Style



Mary Ord's mantra in her capacity as a Marriage Celebrant is 'happiness is found when you believe in the power of love' from love all things flourish including hope, joy and deep connections.

This she personally applies to her own relationships but what drives her is the belief that great opportunities can and do happen, if you believe in the power of possibility.

Mary is not only a Marriage Celebrant but she is a style adviser at 'Circus Boutique' in Round Corner, Dural so when she found a course advertised on Facebook which encapsulated many of her passions; style, colour, clothing, design and the understanding of energy she immediately immersed herself in learning as much as she could about this programme. The



programme is called 'Dressing Your Truth' and was devised by an Energy Therapist in America. This course is reaching across the world to ladies (and men) who are yearning for some guide to help them make the right choices about what to wear. Carol Tuttle, the course creator, identifies four different energy types of women. Once a women's primary type is identified advise is then offered on what colours, fabrication, styles, textures, hair etc they should be wearing in order to honour their authentic self. The premise is that when you dress according to your energy type you will be more confident, alert, present and high functioning. As the course gives clarity to all energy types the information received is not only useful in dressing your truth but it is also a valuable and useful tool to understanding your relationships and what drives people.

A captivated Mary completed the programme and absorbed all learning offered so when Dressing Your Truth notified the worldwide DYT community that they were running a competition she initiated her mantra 'anything is possible'.

From 1500 entries Mary was chosen as one of a handful of finalist who would be flown to Utah to participate in their new marketing campaign. Although Mary didn't make the final cut she was thrilled that she had risen above so many applicants from across the world. Mary said of her experience, "It was inspiring to think that potential still waits for you no matter your age."

Mary has lived in Glenorie for 22 years with her husband Peter, she is immensely proud of her 5 children and she is a busy Marriage Celebrant who describes herself as joyous and loving. If you would like to discuss the 'Dressing Your Truth' programme Mary can be found at 'Circus Boutique' Round Corner on Mondays and Tuesdays. For more information about her Celebrancy business please visit www.marrymemory.com.au or email, mmm@marrymemory.com.au

Blush Skin & Beauty

Here at Blush Skin and Beauty, we would like to introduce Shona, our new Professional Nail Artist who has just joined the Blush team.

Shona specialises in Acrylic Nails, Gel Nails, Shellac, Manicures and Pedicures and is taking appointments now.

Circus Boutique



Shop 2, 7 Ward Place, Round Corner Dural. 2158.

Mobile: 0414 334 208

shop@circusleura.com.au

www.circusleura.com.au

Ladies Fashion from Australia & Europe
Come in & see our friendly staff & our gorgeous array of
Autumn Winter Fashion now in store

Just beautiful...



NYRANIE CONSULTING

provides the following services

- On-site Wastewater Management Reports
- Bushfire Risk Assessment Reports
- Landscape Plans
- Vegetation Management Plans

Often required in Development Applications to Councils for single dwellings, infill development to become subdivision or cluster development.

Phone Anne Vella on
9652 1242 / 0417 461 170
www.nyranie.com.au
annevella@nyranie.com.au

Rated PG – Professional & Guaranteed

- New Antenna Installs & Repairs
- Local Technicians
- 5 year Warranty
- Same Day Service

FREE QUOTES

1300 841 840

www.nationwideantennas.com.au **nationwideantennas**
THE TRUE PROFESSIONALS



NEW STALL HOLDERS WELCOME!

Passionate about creativity, talent, beauty & taste? It's all here!

Arcadia Markets

Saturday 3 May 9am - 3pm

Ideal for Mother's Day Gifts!

140 Arcadia Road, Arcadia

www.arcadiamarket.com.au






Multi-Active Range
Getting healthy, radiant skin just got easy!

Shop 2/926 Old Northern Rd Glenorie
Ph: 9652 2910

Like us on facebook for further special offers



- Microdermabrasion
- Facials
- Waxing
- Tinting
- Manicures
- Pedicures
- Spray Tans
- Eyelash Extensions
- Makeup
- Gel Nails
- Acrylic Nails
- Shellac

Poolside SPA & BBQ
DURAL POOLSMART barn

Hot prices on all floor stock spas
All spas must go to update stock

Arizona II
40% off RRP

Monsoon

Breeze
45% off RRP

V-Stream Swim Spa

Unit 2 827a Old Northern Road DURAL

Change Your Smoke Alarm Batteries

NSW Rural Fire Services volunteer firefighters from Galston fire brigade are urging residents to change their smoke alarm batteries when they change their clocks on 6 April.

As part of the Duracell led "change your clock, change your smoke alarm battery campaign", firefighters encourage those most at risk in the community – those aged over 65 – to contact their local fire station if they need help changing their smoke alarm battery.

If you cannot climb a ladder and have no family, friends or neighbours to help you, we will come out and replace seniors' smoke alarm batteries.

A fifth of all house fires involve seniors. So far in 2014, four people have died in house fires and all have been over 65.

The most important thing those over 65 can do to reduce their risk of fires in the home is to have a working smoke alarm.

A fire can take hold in just three minutes, filling your home with deadly smoke.

A working smoke alarm gives you vital seconds to get out before you're overcome.

When Daylight Saving ends on 6 April and you change your clock, why not change your smoke alarm battery too."

Past Connections – Share your Stories

The Galston Rural Fire Brigade has hit the social seen with our own Facebook page aimed at engaging the local community. With nearly 200 followers we are keen to share our history as well as current events.

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

Below is a great example of such a photo dating back a couple of decades demonstrating members practising a stall recovery at 4WD training course.



Galston Garden Club News

The March meeting welcomed our guest speaker Bruce Robinson from Dural Irrigation. His talk was based around specific questions from members and covered areas such as the features and benefits for sites suitable for sprinkler heads, drip line options, filters, pressure reduction valves, air release and flush valves products, water tanks and pumps etc. Anyone requiring his advice on setting up a watering system, just drop in at their premises in New Line Rd, Dural.

Just a reminder that local gardens open in 'Open Gardens Australia' on the 5th & 6th April are "Birchgrove" at 16 Fishburn Rd, Galston and "Elegans" 21 Fishburn Rd, Galston. Proceeds from your entry fees go to charity.

Galston Open Gardens weekend on Friday 17th to Sunday 19th October needs residents willing to open their gardens. Proceeds from this event also go to a number of community organisations and charities. If you are interested please contact Bill Fleming on 9653 2394.

Event planned for the 25th – 27th April is a coach trip, firstly to Mt Annan Botanic Gardens, then Red Cow Farm and an exclusive tour of the Southern Highlands Botanic Gardens, followed on Saturday and Sunday by eight beautiful gardens in the Southern Highlands Autumn Spectacular.

Our next meeting will be held on Wednesday, 9th April at 8pm at the Galston Community Centre, 37 Arcadia Rd, Galston, where members will be entertained by Bruce Skeen on the subject of "Amazing Chrysanthemums". There is also a trading table with a variety of plants for sale, and a large selection of books that can be borrowed from our library. **Visitors are always welcome.** For information on any of our activities contact Margaret Dunn on 9651 2475 or check out our website - www.galstongardenclub.com.au, or email galstongarden@hotmail.com



Elegans, 21 Fishburn Road, Galston

OPEN GARDEN SCHEME

OPEN LAST TIME!

Autumn
at
Birchgrove
16 Fishburn Rd
Sat. 5th Sun. 6th
April 10^{am}-4:30^{pm}
ALSO open: 'Elegans' 21 Fishburn Rd Galston

Your Body Wellness
strength for living

**YOGA
PILATES
BOOTYBARRE**

Introductory offer
5 classes for \$50

Dural Squash Courts
Galston Community Hall
0433 878 082
www.yourbodywellness.com.au

DURAL POOL SHOP

Onsite Service - Pool Chemicals
Pumps, Filters & Chlorinators
Parts & Accessories - Open 7 Days

270 New Line Road Dural NSW 2158 E alanb@duralpoolshop.com.au
P 02 9651 4799 F 02 9651 2638 W www.duralpoolshop.com.au

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

You don't need a NEW YEAR to make a change...

All you need is a MONDAY!

See the difference
Feel the difference
EXPERIENCE RESULTS!

garage Fitness

Call GARAGE FITNESS on 0408205748 or 0416102982 and book in for a complimentary personal training session



We specialise in the **cleaning & maintenance** of both **slow combustion and open style fireplaces** to ensure the safe & efficient operation.

Over 20 years experience in the wood heating industry.

Call Chris Bycroft on **0416 214 857**

PO Box 1003, Hornsby NSW 1630
www.chimneysweep.net.au



FIREWOOD

**Split / Dry and delivered
Tipped or Stacked
Prices from \$110
Per cubic metre**

**CALL NATHAN
0438 161 357**

Wisemans Ferry Golf Club

Make a day of it or come and stay



Open to The Public

**Green Fees
(18 Holes)**
Weekdays \$10
Weekends \$20
Juniors 1/2 Price

5 & 7 Day
Memberships
Available

Call: 45 600 500

Par 65 - 9 Holes - 18 Tees

Can be enjoyed by all
standard of golfers.

Tobruk Sheep Station Celebrates Silver Jubilee



Tobruk Sheep Station is turning 25! In line with this auspicious occasion Tobruk has announced a new event program that will be released to the public on 1 April 2014 including their new Outback BBQ and an amazing new Duck Mustering Show.

A number of exciting events will be staged throughout 2014 to celebrate the first 25 years of Tobruk's operation. The station opened its doors in September 1989 to provide a unique showcase of Australia's rural heritage and provide guests with a real working example of rural and outback Australia in an authentic, entertaining and relaxed environment that is located only 70 minutes from Sydney's CBD.

Rod Cowdroy, Managing Director of Tobruk said "Valuable customer feedback has created the opportunity to experience our unique Outback BBQ in the authentic Drovers Camp set amongst the beautiful natural surroundings of our farm. Guests will experience the taste, smell and sights of the fire and BBQ while life on the station continues around them."

Tobruk's informative, entertaining and often hilarious program including billy tea and damper, sheep mustering, horses, working dogs, sheep shearing, whip cracking and boomerang throwing has also been enhanced with an amazing new duck show and optional tractor-trailer rides. Their talented working dogs not only move sheep but now keep a watchful eye on their Indian Runner Ducks and bring them up close and personal for your entertainment.

"Our lookout provides magnificent views of the property and the Blue Mountains. Visitors will have fantastic photo opportunities whilst listening to entertaining commentary on our brand new tractor-trailer ride," Mr Cowdroy said.

Weddings, functions, conferences, evening meals and other events can be held in Tobruk's 200 seat licensed restaurant that has been enhanced to cater for growing demand. Their new wedding packages have been well received with many bookings already secured for 2014 and beyond.

Social media and Tobruk's online presence has also been enhanced to enable guests to see booking date availability and secure reservations online with secure payment via Paypal.

The management and staff at Tobruk are looking forward to continuing to provide this magnificent experience for guests of all ages, nationality, shape and size. Visit their new web site at www.tobruksheepstation.com.au for more details.



Saucy Sauce Day – A Saucy Sold Out Success

The annual Saucy Sauce Day was held on Saturday the 15th of March to roaring success with a sold out class of 50 apprentices during the day and the Channel 9 joining in on the activities.

The event kicked off just after 8am with M.C Sheldon Ross welcoming the audience and introducing maestro Rob Pirina – instructor, business owner and creator of the annual event. The piazza area outside the Glenorie Bakery was decorated into a small piece of Italy with neighbouring shops jumping in on the activities and decorating their shop windows with Italian themes. The piazza was transformed with flags, balloons, ivy and red, green and white ribbons flying under the magnolia tree. Specially created work benches covered the hedges. Freshly baked breads and cheeses were displayed for taste testing. Beautiful Sicilian folk music wafted gently over the area and giant bunches of freshly picked basil spread their aromatic scent around. The apprentices donned their Saucy Sauce Day aprons, took their instructions from Rob and get set on the taste of creating sauce.

1 tonne of tomatoes – or approximately 6000 freshly picked Roma tomatoes were used during the day. Throughout the

morning the apprentices and audience were thrilled by the traditional accordion sounds of Ross Maio and the voice of Giselle.

After preparation, apprentices were delighted with a yummy afternoon pasta lunch and red wine to celebrate their creations.

Apprentices had come from as far as Wollongong and even South Africa to be part of the day and received their attendance certificates with wide smiles and happy cheering.

Saucy Sauce day was filmed by Channel 9 and will be broadcast in the coming weeks. Local media in attendance were treated to a wide host of senses – colours, smells, the sounds of laughter.

For more information on the Saucy Sauce Day 2014 or to make enquiries for 2015, please visit www.glenoriebakery.com.au or contact Louise on 0401652474.



Vicky Penny Debbie Aaron Kerrie George Vy Cassandra Carol

Come in and see our friendly staff at Galston Village Pharmacy for a professional and caring attitude toward your health. We will be happy to advise you on appropriate treatment for your medical conditions and general wellbeing!

CONVENIENT & SAFE UNDER COVER PARKING AVAILABLE

FREE MINI MAKEOVER DAY FOR OUR LOVELY LADIES

Tuesday 6th May 9.30am – 3.00pm

Book now so you don't miss out!!

Morning tea provided

COLOURING IN COMPETITION

WIN A LOVELY MOTHER'S DAY HAMPER FOR MUM!

Come in and collect your colouring in competition to enter

EASTER RAFFLE

Drawn 17th April

Come in and get your raffle tickets for your chance to Win a lovely basket of Easter goodies!

All proceeds go to Galston Community Health Centre



**Australia's Biggest Morning Tea
Sleep Disorder Clinic in June**

Check out our Facebook Page for updates!

Shop 5, 346 Galston Road, Galston 2159

Ph 9653 1146 Fax 9653 2825

Open 7 Days





'What's On'

BADGE DRAW!
WEDNESDAY AND SATURDAY
 win up to
\$10,000
 \$20 Club Cash given to number
 either side of number drawn.
7:00PM-9:00PM
LTPS 14/01058



ANZAC DAY

6am Dawn Service Old Northern rd memorial
 3:15pm Service Glenorie RSL Memorial

Hills Pipe Band
 Light Horse brigade
 Two Up
 Jumping Castle
LIVE ENTERTAINMENT
 'Minus Three'



Friday & Saturday
RAFFLES



FRIDAY NIGHT
MONSTER RAFFLES
 OVER \$1,500 IN PRIZES TO BE WON

Lunch
Specials



12 MEALS
\$12 EACH

WHAT'S ON WEEKLY

- MON** **\$12 Schnitzel**
Chicken, Veal, Pork
- TUE** **\$12 T-bone** **\$12 Fish 'N' Chips** **SUPER LEAGUE POKER**
7pm \$300 pot
- WED** **\$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**

GLENORIE GROWERS' MARKET

27TH APRIL
 8:00 am to 1:00pm
 Held at
 Glenorie RSL



GOLF CLUB RAFFLE
WEDNESDAY NIGHTS




MOTHERS DAY

FREE GLASS OF
 CHAMPAGNE
 TO ALL MUMS*

SUNDAY 11TH MAY

*CONDITIONS APPLY




3 Post Office Rd Glenorie, (behind Woolworths)

Happy Easter from Fergies Tree Works



Hmmm – should the Easter Bunny be healthy and stick to carrots – or have an Easter Egg?

Fergies Tree Works hope you all have a healthy and safe Easter and if you would like a quote to give your trees a prune to make them healthy and safe, give us a call on 0414 428 707 – Glen or 0425 312 493 – Ange. We can also quote on removal and stump grinding.

Free Meditation Classes coming to Wisemans Ferry in March



Alexander Nilsen pictured above, meditating in Wisemans Ferry (left).

Local resident Alexander Nilsen will be teaching free Falun Gong meditation classes in Wisemans Ferry, which started on 25th of March.

[Alexander Nilsen]: “I love Wisemans Ferry; I’ve been living and working out here for almost 6 months now, it’s one of the most beautiful places I’ve seen in Australia and the locals are really friendly.”

Alexander has been practicing Falun Gong for 7 years, and is passionate about introducing the health benefits of it to the public. He is going to hold weekly classes starting on Tuesday 25th of March at the Wisemans Ferry Community centre from 7.00pm-8.30pm.

[Alexander Nilsen]: “I really look forward to teaching people in the region, it’s a unique opportunity to introduce something new to the community.”

Falun Gong is an ancient Chinese spiritual discipline. Pronounced “Fahloon Gong,” it consists of moral teachings, a meditation, and five gentle exercises that offer a unique and effective way to improve your health and energy levels.

[Alexander Nilsen]: “I’ve always been interested in meditation & exercise; after trying a few different things I found Falun Gong to be the most beneficial. I feel very balanced now, both mentally and physically, many of my former ailments have disappeared.”

Falun Gong founder, Mr Li Hongzhi introduced the practice to the Chinese public in 1992. News of its health benefits spread very quickly. Within seven years up to 100 million people were practicing. In July of 1999 the Chinese Communist Party led by Jiang Zemin illegally banned the practice. The brutal crackdown and systematic persecution of adherents that followed is outlined on the Falun Dafa Information Centre website: www.faluninfo.net

[Alexander Nilsen]: “Human rights abuse in China is rampant, I hope people can spread the word and tell their family and friends about what’s going on, you don’t have to dig far on the internet to find out more.”

In his spare time, Alexander does volunteer work to raise public awareness about the continuing persecution of Falun Gong practitioners in China; where hundreds of thousands are still imprisoned, tortured and killed for their beliefs. He’s looking forward to meeting the locals and sharing the practice with them.

Alexander is originally from Norway and came to Australia 4 years ago. About 6 years earlier (2003) he bought a sailboat in Florida, US and set out to sail around the world. But before he got to circumnavigate the world he met his wife in Wellington, New Zealand and settled there. They now have a 5 year old son and both work in the TV production industry in the Sydney region.

For further information

Contact: Alexander Nilsen 0432 717 073

Email: alexander.nilsen@ntdtv.com



Autumn Canopy

By Mary at Heritage Haven

Few gardens would have survived summer’s intensity unscathed this year. Tacoma is a very resilient plant however. It was discovered by early British settlers travelling to Australia via Africa’s Cape of Good Hope, more than two hundred years ago. Today, remnants of early gardens grown around old pioneer settlements often still display Tacoma, known also as Cape Honeysuckle.

Our farm, Heritage Haven, has stood beside the Old Northern Road since pioneer times. Here, Tacoma formed a remarkable hedge along two sides of the old farmhouse. When we considered making our home here more than twenty years ago, the only entrance was via a hole in the hedge, a clamber over two fallen pine trees and a wilderness path that led to the back door. As we retraced our steps after that first challenging inspection, I paused beside the rambling Tacoma and discovered a nest secreted within its dense foliage: it contained an amazing gathering of three, orange-rimed, gaping beaks, demanding a feed ... English blackbirds! Perhaps it was that safe nest hidden amongst the wilderness of the Tacoma that persuaded me that this was a secure place in which to raise our own three “chicks”!

This year, summer was so intense that many plants discarded their leaves. Eventually the leaves of the Tacoma hedges carpeted the ground and the blue sky became visible through the sparse canopy of interwoven branches. Birds were silenced by the intense heat until one day, clouds clustered in the sky and rain fell ceaselessly for four days. Immediately, the Tacoma was invaded by sprightly wattlebirds, flashing their white-streaked plumage of grey-brown feathers. As our gardens sprang to renewed life, Eastern Spinebills frolicked with red-browed firetail finches amongst clusters of sprouting grass seeds and waving strands of native fairy grass. Today, the Tacoma hedge displays a brilliant canopy of orange flowers and a surfeit of bees forage excitedly amongst the flowering trumpets.

The Hills District VIEW Club

Notice for 8th April 2014

The Hills District VIEW Club’s next social function will be a set menu lunch at Rosie’s Cafe, 344 Galston Road Galston, on Tuesday 8th April. Arrive at 12 noon. Cost is \$25 including a set menu lunch with tea and coffee.

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

Notice for 22nd April 2014

On Tuesday 22nd April 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 Donna Hendry who will speak about Macular Degeneration disease.

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

McArdle & Sons

GARDEN MULCH

100% organic

Free delivery local.

www.mcardleandsons.com.au 9653 2630

Berowra Community Markets

“The small market with the big heart”

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.

If you would like more information or book a stall please phone Lesley Johnson on 9456 6312

GALSTON HealthSense PHARMACY

Kakada Tham B.Pharm., M.P.S.

354 Galston Road, Galston Ph: 9653 1104 Fax: 9653 1106



Galston healthsense Pharmacy Team is caring and friendly

We will listen and provide you with the most appropriate healthcare advice
Just call in and experience our special caring service Phone 9653 1104

Open 7 days a week

Stockists of Revlon, Blackmores and Bullivant Vitamins

THE ‘I WANT’ PERSONAL LOAN

 **Bendigo Bank**
banking

Dreaming of a new car or overseas holiday?

Are you ready for home improvements or going back to study?

The ‘I Want’ Personal Loan from Bendigo Bank is loaded with benefits and tailored to suit your needs.

Applying is fast, simple and no fuss.

If you know what you want, but need help to get it:

Drop into your nearest branch at 348 Galston Road, Galston or phone 9653 2227.

Terms, conditions, fees and charges apply. All loans subject to the bank’s normal lending criteria. Bendigo and Adelaide Bank Limited ABN 11 068 049 178 AFSL/Australian Credit Licence 237879. PL9 (187390_v1) (30/05/2013)

Galston & District **Community Bank**® Branch

SO MANY PROJECTS SO LITTLE TIME

install the skylight
mend the fence!!!
re-vamp the bathroom
fix & oil the back deck
patch wall in bedroom

We have the **tools, skills and time** for all those jobs that you've been planning to do!!!!

Builders Lic No. 116569c



"No job too big or small"

members
best in the business

GLENDALE CONSTRUCTIONS BUILDERS PTY LTD

Adam: 0410 644 503
www.glendaleconstructions.com.au

All your excavation needs including Bobcat and tipper hire.



- All drilling • Drainage and Trenches • Rubbish Removal
- Driveways • Land Clearing
- Rock Retaining Walls
- Rock Hammer • All Horse Arena Work & Restoration

Adam Devaney

Call: 0415 676 210
adamdevaney@bigpond.com.au

FIREWOOD

Cut & Ready to Use for:

- Open Fires
- Slow Combustion Fires
- Grates, BBQ's etc

Call James A. McArdle



Wood you can burn!

9653 1505 or 0420 514 804

Medical Emergency in Galston

On Thursday 20th March while shopping in IGA at Galston, I came across an elderly man who had collapsed in the aisle in the middle of the shop. When I crouched down I realised that he needed an ambulance urgently. While I made him comfortable, I could see my husband at the front of the store and yelled for him to get an ambulance. We both knew that every moment was critical as an ambulance would take some time to get to Galston. My husband called 000, while on the phone he ran next door to the chemist and asked if they had any medical equipment and to call the doctors from Galston Medical Centre for assistance. While this was unfolding we were giving the gentleman CPR and it was then the 000 operator advised us that the closest ambulance was at least 20 minutes away and we needed to continue CPR until they arrived. While my husband and I were dealing with this medical emergency it was obvious to us we needed help to continue this exhausting CPR, but no one stopped to offer. People just continued to shop around us. The local doctor and nurse arrived with bags full of medical equipment and we were most relieved. They quickly assisted us still with the ambulance updated time of arrival still 15 minutes away. Unfortunately, despite all our efforts, the gentleman passed away.

I would like to thank Monica from HealthSense Pharmacy, Dr Karen Bartley and Vicki, the nurse from the Galston Medical Centre for their help that afternoon. Our sadness is felt for the family, we all gave our best efforts and we hope they have some peace knowing that he was not alone in his time of need.

My message to you from our experience on Thursday:-

1. Display the number of your home or business, you know where you are but in the case of an emergency others need to be able to find this information quickly.
2. Have a list of important phone numbers on display at home or work and in your mobile phone.
3. In a business, have a procedure and train your staff so they understand what to do in an emergency. At home, go over what to do with your family.
4. Know basic first aid/CPR, the 000 operators are excellent and can assist you through the process. Give updates to the 000 operator on what you are doing so they can continue to help you make the right choices.
5. Look around you, who can help. Think on your feet so you are not alone dealing with an emergency and keep calm.
6. If it crosses your mind that you think someone needs help, they probably do, so stop and ask. You could save a life.

While we all enjoy living in this area, we are a long way from help. Our closest Ambulance service is at Castle Hill with only two vehicles, the next closest is Wahroonga with two vehicles and Riverstone with one. If these ambulance officers are busy with patients or responding to other emergencies the wait is much longer. While we can rely on our local medical centres during opening times, what happens outside those hours? Perhaps its timely we had an ambulance station based at Dural. This station could cover Cherrybrook, Glenhaven plus the suburbs surrounding Dural out to Kenthurst, Glenorie and Galston areas for our growing population of 86,000.

Sonja and Andy Cameron

New App Connects Seniors with Discounts

Hornsby State Liberal MP Matt Kean has welcomed the NSW Government's launch of the free NSW Seniors Card app – giving tech savvy seniors instant access to discounts from more than 3,500 stores state wide.

"Seniors will now be able to use their smart phones or mobile devices to access savings on the go," Mr Kean said.

"The new app is free, available at the Apple App Store and Google Play Store and connects seniors with special offers available at nearby retailers, tradespeople and other service providers.

"The app maps out discounts, gives a description of the retailer, provides directions and a photo of the street view to ensure seniors can locate stores and businesses.

"Seniors need not worry if they cannot access the directory through their phone, as they can obtain a copy by calling 13 77 88, or by heading online to www.seniorscard.nsw.gov.au.

"The directory and new app are part of the NSW Government's ongoing commitment to improve the way it delivers information to more than one million members of the NSW Seniors Card program." Mr Kean said the NSW Seniors Card app was developed as part of the Apps4NSW initiative.

"For a number of years NSW has been at the forefront of app development," Mr Kean said.

"The initiative, which is part of the NSW Government's ICT Strategy, has proved to be very successful, and many of the apps developed as part of the initiative have been downloaded tens of thousands of times.

"The next Apps4NSW Challenge is now open and developers are invited to use data and information to develop apps for Department of Education and Communities and for the Office of Environment and Heritage.

"Interested developers will have an opportunity to pitch their ideas to a judging panel in April. Successful entrants will then be required to develop and launch an app for iOS and/or Android."

For more information or to enter the latest Apps4NSW Challenge visit www.data.nsw.gov.au/apps4nsw

Talai Estate Winery
Pizza and Pub night

Friday the 11th of April, 6:30pm - 12:00pm
Unlimited gourmet wood fired pizzas \$25 per head
Beer/ wine/spirits/soft drinks available at bar prices
Espresso coffee also available
No BYO, No Eftpos (cash only)

Please book early as numbers are strictly limited.
Call: 45 728 598 or email joroughley@bigpond.com

Due to licensing laws you must be over 18 to attend this venue.

Talai Estate, 748 Wisemans Ferry Rd, South Maroota.



Hills
IT Solutions

Come and visit us or we can come to you!

Computer Repairs • User Training
Network Setup • IT Consultation
Software and Hardware Suppliers

We sell New Computers and Laptops
Great Service & Friendly Advice

The best value in the Hills

Open:

Monday to Thursday: 9:00 am - 6:00 pm

Friday: 9:00 am - 10:00 pm

Saturday: 12:00 pm - 10:00 pm

Sunday: Closed

Call: 9653 1100

Shop 11/ 354 Galston Rd
Galston Village (across from the Post Office)

www.hillsitsolutions.com.au

Anthony's Gourmet Meat & Spit Roast



Lamb Chump Chops	\$14.99 kg
Legs of Lamb	\$9.99 kg
Whole T-Bones	\$19.99 kg
Whole Yearling Scotch Fillet	\$29.99 kg

Ph: 9651 2383

Shop 20, Dural Mall
Dural NSW 2158

www.anthonysgourmetmeatsdural.com.au EFTPOS Available

DEADLINE

For May Edition is 15th April 2014

DISTRIBUTED DOOR TO DOOR

throughout Galston, Arcadia, Fiddletown, Berrilee, Glenorie, Middle Dural & Dural (total of 3500 houses).

125 Bulk distribution points

from Glenorie to Wisemans Ferry, Cattai, Kenthurst, Annangrove, Maraylya, Round Corner, Dural, Hornsby Heights & Berowra Heights & Berowra Waters.

For Advertising - Call Vicki 0412 271 800

Circulation - 8,500 copies



Ray Williams MP

State Member for Hawkesbury

As your local State MP I can:

- Represent you in Parliament
- Take your problem to the appropriate Minister or Department to get action
- Put you in touch with a service that can help you
- Arrange Congratulatory Messages for 50th and 60th Wedding Anniversaries and 90th and 100th Birthdays
- Assist with Justice of the Peace and Senior's Card applications
- A Justice of the Peace is available in my office



Serving the Hawkesbury

Phone: 8882 9555 Fax: 8882 9411

Email: hawkesbury@parliament.nsw.gov.au

Web: www.raywilliams.com.au



Vandal Damages Dural Oval

Hornsby Shire Mayor Steve Russell has slammed the actions of a driver who broke into Dural Park Oval last weekend and caused significant damage driving on the playing field. The driver accessed the field by cutting the chain on a locked gate.

"It's simply horrendous that somebody could have such little regard for the community," Mayor Russell said. "These fields belong to all of us and it's very hard to stomach when somebody goes out of their way to cause this kind of damage."

The ground has been closed as a result of the damage, with cricket games cancelled and Dural Rugby Club forced to find another location to train. Council workers are currently on site, stomping down the grass by foot to limit the amount of damage when the ground dries, while full-scale repairs are scheduled to begin the week of March 17. The repairs are expected to cost up to \$2,500.

"This stupid action has cost the amount of a new footpath somewhere in the Shire," Mayor Russell said. "I'm sure the residents would prefer a new footpath instead of subsidising some hoon's warped sense of fun."

There was a similar incident at Hayes Oval the same weekend, when two padlocks were cut and a vehicle drove on the playing surface.

The damage was less severe than at Dural Oval and Hayes Oval has not been closed.

"Police are investigating both incidents and I urge anybody with information about these crimes to get in touch with them," Mayor Russell said.

"Council spends a lot of time and money – money that has been earned by the ratepayers of this Shire – making sure there are top quality playing fields and this type of vandalism will not be tolerated."



Members Badge Draw

NOW on Wednesday & Friday nights between

6:30pm and 9:30pm

UP TO \$10,000 JACKPOT



WIN A \$2000* JACKPOT

*Badge draw times correct at time of printing but may change in future. Actual amount shown may have already been claimed at time of publication. LTPS/13/06263

Massive Easter Raffle & Members Swipe Promotion

Saturday 5th April

Your chance to win a Gazmate Waverly BBQ, Coopers Fire Pit, Hark Charcoal Mini Spit, Glassware and Hamper.

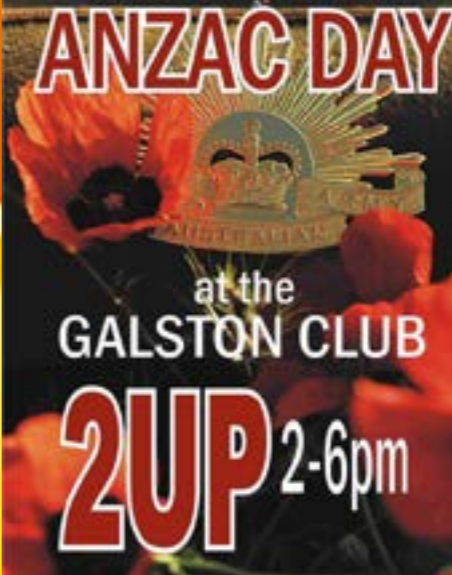
Swipe your members card and place the ticket in the barrel.

Tickets for Raffle on Sale from 6.30pm



Be here for your chance to win

Commemorate ANZAC DAY



at the GALSTON CLUB
2UP 2-6pm

JOIN US FOR...

MONDAYS

- \$14 Rump which includes a free schooner of beer or glass of wine
- \$12.00 Lunch specials

TUESDAYS

- \$12 pasta with a free schooner of beer or glass of wine
- \$12.00 Lunch specials

WEDNESDAYS

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

THURSDAYS

- \$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

BUSINESS ACCOUNTING SERVICES



Registered BAS agent

ASIC registered agent

A cost effective way to bring professional financial controller skills to your business

More info - visit us on www.kmassociates.com.au



Telephone:

0412 484 267

Philip Ruddock MP Federal Member for Berowra



As your Federal representative, I would be pleased to –

- Assist with personal representations to Federal Government Ministers, Departments and Agencies regarding such subjects as Centrelink or Child Support Agency issues, Foreign Affairs, Defence, Immigration and Taxation; Passports, Employment & Training, Medicare, Health, Higher Education, Communications or any other area of Federal responsibility.
- Arrange Congratulatory Messages for 50th and 60th wedding anniversaries, plus 90th and 100th birthday celebrations.
- Actively participate with local organisations, schools and community events; as well as meet with constituents on local Federal issues and concerns. Please do not hesitate to contact me at my Electorate Office.

Level 7, 423 Pennant Hills Rd, Pennant Hills NSW 2120
Telephone 02 9980 1822 Facsimile 02 9980 1833
www.ruddockmp.com.au

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

JOIN US
THE #1
GET TOGETHER
VER 3.0
SAT 31ST MAY
6PM - FREE ENTRY
A GREAT MIX
OF MUSIC

CASH
HOUSEIE
CLUB BINGO/CASH HOUSEIE
WEDNESDAYS 10.30am
15 Club games, 5 Cash games, 1 Jackpot sheet
Prizes include
Wish Cards & Cash!
All ages welcome!
Children need a guardian present

JACKPOT \$500

Members & Guests Welcome

GLENORIE MOWERS PTY LTD

64 CATTAI RIDGE RD, GLENORIE



WE SERVICE & SELL

Aussie Made Cox Mowers,
Bushhog, Grasshopper Zero Turn,
Brushcutters, Chainsaws,
Blowers, Pumps & More



Mob: 0418 166 928 Tel: 9652 2709 Fax: 9652 2807



Prompt and Reliable Service

Family Business Est 30 Years Lic. No 151540C

9651 2730 0418 239 124

20 Gilligans Road, Dural 2158

Local Flyer / Leaflet Delivery

Door to door deliveries to acreage properties.

Delivered First week of each month
Call 9653 1321 for bookings



Classes offered in North Richmond:

- Beginners course
- Advanced classes
- Evening classes
- Workshops

Collectible artist teddy bears made and sold
Recycled vintage fur coats turned into family heirlooms.

Mobile: 043 801 6714

E-mail: susan@bearleighbears.com • www.bearleighbears.com

Arcadia Pony Club

Arcadia Pony Club hosted a very successful Zone 23 Sporting event on Sunday 16th February notwithstanding very trying weather conditions.

"Despite the weather developing into quite heavy rain into the afternoon, it was a very well attended event with a total of 75 competitors from Zone 23 Clubs including Arcadia, Dural and Forest Hills along with Glenorie and Megalong Valley from Zone 26" said Tony Fox, President of Arcadia Pony Club.

"The events catered for the led and beginner groups through to over 17 and Associates with the classes including barrels, bending, 3 mug, 5 flag, keyhole bounce, diamond flag and bonfield bounce."

We had some lovely feedback from the other Clubs, acknowledging the event was very well run and both "fun and friendly".

"Running such a large and successful event was only made possible with lots of planning and hard work." said Tony.

"We would like to especially recognise our Zone representative Catherine Egan who coordinated the fantastic event. Catherine's dedication and attention to detail was what made such a large event so successful. We would also like to recognise the efforts of Leanne Davies as our technical delegate, along with Michael Syme and Lee Ann Swan, Zone 23 President and Chief Instructor for all their assistance both leading up to the event and on the day.

"And, the day would not have been possible without the assistance of all the volunteers from Arcadia Pony Club and the other clubs. It is a huge effort to host these Zone events and a big day for all our volunteers, from members and parents helping with everything from running the classes, time keepers, line marshals and of course, the canteen. We would like to thank everyone that contributed to the day" said Tony.

Thank you as well to Arcadia Pony Club's major sponsor, Bendigo Bank, for the generous loan of their marquee for the event.

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



Grace Reen of Arcadia Pony Club on Buttons -
Champion 9 and Under 11 years



Jamie Burns of Arcadia Pony Club on
Barney - competing in barrels

The results of the Zone Sporting were as follows:

Novice:

Champion Tom Hankins (Dural)

Under 9 yrs:

Champion Out of Zone Eloise Clare (Glenorie)
Champion Zone 23 Nicola Gee (Forest Hills)
Reserve Champion Emily Hill (Dural)

9 & Under 11yrs:

Champion Grace Reen (Arcadia)
Reserve Champion Jasmine Minness (Forest Hills)

11 & Under 13yrs:

Champion Out of Zone Tom Clare (Glenorie)
Champion Zone 23 Lucinda McKee (Dural)
Reserve Champion Zenne Manger (Forest Hills)

13 & Under 15 yrs:

Champion Eloise Bacon (Forest Hills)
Reserve Champion Ella Pearse (Forest Hills)

15 & Under 17 yrs:

Champion Rachel Temm (Forest Hills)
Reserve Champion Chloe Pearse (Forest Hills)
- On countback

Associates:

Champion Christopher Syme (Forest Hills)
Reserve Champion Catherine Syme (Forest Hills)

Budgerigar Society of N. S. W. Inc.

Hills Branch - Ray Galbraith

With only days to go until **the Avian Show begins at the 2014 Royal Easter Show, on the 10th and 11th April**, Budgerigars are being prepared by the various exhibitors across New South Wales in readiness for judging by the 2014 appointed Senior Judges, Mrs Kathy Manton of Marsden Park and Mr Alan Reid of Pennant Hills. The birds will have been regularly sprayed with clean water during the past few weeks (to bring out the natural sheen of the birds), washed where appropriate and manicured. Exhibition cages paintwork (Black external with White interior) would have been appraised to ensure an acceptable standard of finish, then have been cleaned, drinkers in place and sufficient approved seed in the bottom of the cage for the duration of the show; in readiness for the birds.

During the show, an Avian Veterinarian is on duty and attendants ensure the needs of the birds are attended too, which included supplementary seed sprays and fresh water etc. Should an incident happen with a bird and it is deemed in the best interest of the bird, it is removed from the show. Similar to most other animal competitions at the show, a great deal of preparation goes into the exhibiting of the Exhibition Budgerigar. Again this year the Bush Budgerigar will be on display.

The general public who attend the 2014 Royal Easter Show will have opportunity to view some of the best prepared and exhibited Exhibition Budgerigars, marvel at the different varieties and colours, whilst discussing the birds with the attendants on duty. Brochures will be available with information about the Budgerigar and if you are young or just young at heart; come away from the show wearing a Budgie Stamp.

Hills District residents will have another opportunity to view the Budgerigar when **the 2014 New South Wales Show will be held on Sunday 6th April at the Burnie Mullane Centre at Rouse Hill**, where the birds will be competing for the various Variety Awards and the coveted New South Wales Grand Champion Award. The 2013 Grand Champion was awarded to Hills Branch member Mr Craig Buckingham.

continued on page 36

Dural Pet SUPERSTORE

BIGGEST Range of Pet Accessories!

NOW OPEN

We Are Fully Stocked With All Your
Favourite Brands
Great Opening Specials.

DURAL PET SUPERSTORE



Unit 7, 829 Old Northern Road, (Corner Quarry Road)
Plenty of Parking

Phone 9651 6666

Galston Medical Centre

Dr Diana Moes

Dr Joyce Beardsell

Dr Graham Campbell

Dr Anju Pandey

Dr Bronwyn Edwards

Dr Karen Bartley

By Appointment **9653 2133**

31 Arcadia Road, Galston, NSW 2159



continued on next page



KING EQUESTRIAN ACADEMY



◆◆ RIDING SCHOOL ◆◆

KING EQUESTRIAN ACADEMY is a unique riding school run by Specialist coaches. Students are shown the value of good horsemanship and given correct schooling from the beginning of their horse careers. King Equestrian Academy is the only riding School of its kind. We provide retired champion show horses as mounts for our pupils and trainers that are competing at top level to mentor the students.

Come and have fun at King Equestrian Academy!

0425807792

79 Sargents Road Ebenezer 2756
www.kingequestrianacademy.com.au



LICENSED PLUMBER, DRAINER, GASFITTER & LPG
ALL MAINTENANCE, WATER LEAKS & BLOCKED DRAINS
HOT WATER SYSTEMS & BACKFLOW PREVENTION

0410 568 704
pikesplumbing@optusnet.com.au

DEADLINE

For May Edition is 15th April 2014

DISTRIBUTED DOOR TO DOOR

throughout Galston, Arcadia, Fiddletown, Berrilee, Glenorie, Middle Dural & Dural (total of 3500 houses).

125 Bulk distribution points

from Glenorie to Wisemans Ferry, Cattai, Kenthurst, Annangrove, Maraylya, Round Corner, Dural, Hornsby Heights & Berowra Heights & Berowra Waters.

For Advertising - Call Vicki 0412 271 800

Circulation - 8,500 copies

Glenorie Public School

First term has come and nearly gone, and as usual, we have been very busy at Glenorie Public School.

In the first week of March our representative swimmers swam at Homebush Sydney Olympic Park Aquatic Centre. Our school ran/organised the WHOLE Carnival. Mrs Black, Mrs Perry, Mrs Rose and I supported our carnival as officials on the day. Mrs Johnson was our team manager in charge of our swimmers. What a great day!

Our Glenorie results were:

- Tane – 1st 9 yrs 50m freestyle (record broken), 1st Junior 50m backstroke (record broken)
- Jye – 2nd junior boys 4x50 medley, 4th 10 yr boys 50m freestyle, 2nd junior boys 50m breaststroke, 3rd junior boys 50m butterfly
- Aaron – 2nd 11yr boys 50m freestyle, 4th 11yr boys backstroke, 4th 11yr boys 50m butterfly
- Junior Boys 4x50m relay – Ayden, Jye, Nick & Tane

These swimmers will be representing the Beecroft team at the Sydney North Primary Swimming Carnival at Homebush Sydney Olympic Park Aquatic Centre on Tuesday 25th March. Good Luck!



This day was a huge success for our school. There was lots of positive feedback from many schools and officials as to how Glenorie has performed and how expertly organised we were.

We celebrated Harmony day on 20th March with all of the staff and students dressing in orange. The choir sang "One World" and three of our students delivered their multicultural speeches to our parent audience. The students all enjoyed an orange morning tea that day, with apricots, oranges, carrot sticks and all sorts of orange food, as orange is the colour for Harmony.

The Senior Choir has again been fortunate to be accepted as part of the Arts North Combined Choir and will perform at the Sydney Town Hall in August. Preparation for this exciting event will include rehearsal excursions to Chatswood High School and to the Sydney Town Hall. The Senior Choir is open to all our Year 4, 5 and 6 students who are interested in singing.

The Glee-norie Drama Club is off to a great start with some very talented students taking up the opportunity to be more involved with drama and music in a fun way. The Glee-norie Drama Club is open to all Year 3 – 6 students. The students are working on skills they will use in our major performance to be held in Term 3.

Glenorie will be visited by the Easter Bunny on 11th April. He delivers eggs to all our students who wear amazing Easter bonnets and also decorated eggs for a great display in our library on the day. Years 5 & 6 do a 'Big Egg Drop', stretching their imaginations on how to drop an egg from the roof without a crack. Our playground will be full of families finishing off the term with a picnic lunch with their children.

Whilst the big things we celebrate make us all feel great, the day-to-day aspects of school life are just as important. The teacher who stops to tie a kinder child's shoelaces, the parent who writes a thank you letter to his/her child's teacher, the student who offers to play with another child feeling lonely. Our school is about supporting people, acknowledging effort and striving for excellence (no matter how big or small). Thanks to our parents and teachers for recognising all aspects of school life...every little bit counts!

Cultural Arcadia

Culture and arts showcased at Arcadia Public School in the month of March. Our students celebrated Harmony Day with Mr Les McLeod from NSW National Parks and Wildlife. They were immersed in learning about traditional Aboriginal artefacts, cooking and remedies. Les is a really engaging character and with his whole head and face painted in white clay and his nostrils pierced with an echidna spike, he certainly held the children's attention. Harmony Day, celebrating cultural respect and acceptance of others is an important event on our school calendar as it reflects closely the Arcadian school community values. In early March our Year 6 students and parents hosted a fabulous bush dance and family fun night to welcome our Kindergarten families. It was a great success with much laughter and the refrain of bingo!

Year 6 from 2013 have to be acknowledged, not just as outstanding public speakers and the winners of the inaugural GHS Debating competition, but also as talented artists. You'll see pictured here the fabulous sculptures which they created as a farewell gift to their school – clay totem poles which depict memories of their school life at Arcadia. Take a close look at them at our next Arcadia Markets on May 3rd. These markets have become renowned as the place to find that special unique mother's day gift and lots more so mark the day on your calendar.

Congratulations to Lang, Kyah, Aimee, Tahlia, Jack, Archer and Scott, our 2014 Zone swimming team. They each represented their school with pride and speed in the pool. Well done.

Playgroup is now an established event at Arcadia Public School. The children adore feeding the chickens and creating in the sandpit while the mums and dads enjoy a coffee and chat. They meet on the 2nd and 4th Thursday of the month from 9.30am until 11am. It's an incredibly welcoming group – for more information go to www.arcadiaschool.com.au

And a big reminder for past students, families and our larger community that our 120th celebrations will kick off on the 17th May 2014 with our Celebration Picnic. This will be a community day where you are invited to take part in fun and games while enjoying the school surroundings with your own picnic and blanket. This is exactly how they celebrating the opening of the school in 1894 and we will be continuing that tradition. So please join us to celebrate not only the birth of Arcadia School but the birth of the Arcadian community! For more information go to www.arcadiaschool.info

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

At recent shows, Hills Branch member **Mr Craig Sutherland** has been awarded **Grand Champion at the St George Annual Show**, along with Champion Intermediate Award and has since been awarded the Reserve Champion and Champion Intermediate Awards at the recent Hills Branch Annual Show. **The 2014 Hills Branch Grand Champion was awarded to Mr Ray Welshman**, also a Hills Branch member.

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.



MORE THAN SQUARE SPACES!



HILLS SELF STORAGE

GALSTON 9653 1122 : **CASTLE HILL 9659 1122**
36 Mid Dural Road : 50 Carrington Road

www.hillsstorage.com.au

Galston Dry Cleaners

MADE TO MEASURE BUSINESS SHIRTS



Local Flyer / Leaflet Delivery

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



CHOOSE A PRODUCT THAT SIMPLY MAKES MORE SENSE

PVC Post & Rail Fencing:

- Never Require Painting
- Look great from the moment they're installed
- Don't warp, rot, discolour or weather
- Are cheaper to supply and install than timber post and rail
- Are safer for livestock
- Are available in a variety of styles
- Are available in a variety of colours including custom colours
- Come with a 20 year warranty

Proudly installed & distributed throughout the Hills area by:

STEVE'S PROPERTY SOLUTIONS

- Fencing • PVC • Timber • Electric Fencing • Pool Fencing
- Acreage Additions • Arenas • Yards • Shelters
- Pressure Cleaning & Slashing Service • Property Repair & Maintenance

0411 550 826

stevespropertiesolutions@gmail.com • stevesruralrepairs@gmail.com

The Hills Grammar School

The Orange Haze of Harmony

Hills Grammar Junior School students celebrated Harmony Day with a burst of orange warmth to remind everyone about the importance of respect and understanding for everyone who shares their classroom, state, country and world. "The children have been incredibly motivated to highlight the joy of harmonious living and lead the Junior School Assembly with pride and confidence," commented Coordinator of the schools V Team (Volunteer Team), Jeanette Kowald. "The celebration of Harmony Day is a great fit with the school's core values and rich multi-cultural character."

Role Models in our Hills Community

It's not every day that eight year olds get to meet a Melbourne Cup winning jockey, an Australasian Power lifting Champion and a Pharmacist turned writer..... all before lunch! The Year 4 Peer Conference completed the International Baccalaureate unit of inquiry with the central idea involving the choices of role models people make and why they make them. Hills Grammar is an International Baccalaureate World School offering the Primary Years Program and this fascinating look at role models and how they motivate and shape you, was a highlight for the classes. Each child dressed in the fashion of his or her role model while they listened to the experiences of Jim Cassidy, professional jockey and twice Melbourne Cup winner; Zohra Aly, pharmacist and free-lance writer and Deborah Groves, Year 2 Hills Grammar teacher and International Power lifter. "The students were enthralled by their stories and even more so as they were all members of our Hills Community," commented Year Four teacher Alison Star. "What was so special about this conclusion to the unit of inquiry were the inspirational choices students had made as role models, among them Edgar Allan Poe, Roger Federer, Hilary Clinton and one armed surfer Bethany Hamilton."



V Team enthusiasts
Kristy Hampson and Alp Dogramaci



Piper Cassidy with her dad and champion jockey Jim Cassidy



Zohra Aly, pharmacist and leader of Creators of Peace with Bailey Leach



Year 2 teacher and Champion Powerlifter, Deborah Groves

Hillside Public School News

Music at Hillside by Student Reporters Angus and Zac

Hillside has recently added to its music program by starting some great lessons with the Music Bus. Every Tuesday Lisa, the music teacher, drives the bright yellow Music Bus to our school and parks it in the car park. She teaches four different musical workshops: guitar, drums, keyboard and singing. She is great and really makes learning an instrument fun.

Harry, in Year 2, is learning the drums. He said, "I like the Music Bus because it has given me a chance to play the drums and Lisa said I am doing really well."

"It's good because you get to learn with other people, which gives you other opinions and answers to questions I'd never think of asking," commented Abby, Year 6, when asked about her singing lessons.

Madison from Kindergarten, who is learning keyboards, said, "I like the Music Bus because the teacher is really nice and is very helpful."

"I think the Music Bus is cool because the teacher is so good. I've learnt four songs in three lessons!" said Jayden from Year 5, who is learning the guitar.

We already have a school band and our teachers do recorder and percussion groups. The Music Bus is a great addition to our school and gives us more choice in the instrument that we want to learn.



Student Representative Council (SRC) Induction

Galston High School recently inducted their Student Representative Council (SRC) for 2014. These students were elected by their peers to represent the student body in a variety of ways to enhance the Galston High School Community, focusing on the needs of the student body. This year, five teams have been developed within the council, each responsible for different areas. They are the Executive Team, the Communication Team, the Finance Team, the Service Team and the Social Team. These outstanding young leaders will work together to solve real problems and make real decisions by sharing with the school executive, teachers and the school community in the decision making. The 2014 SRC are part of the essential fabric of Galston High School and are instrumental in promoting our core values of respect, responsibility and personal best.



Condor Glass & Aluminium Pty. Ltd.

Your Local Tradesman
50 years experience

- Glass Replacement
- Quality Shower Screens
- Glass Cut to Size
- Dressage Arena Mirrors
- Frameless Pool Fencing

ph: 9651 3129

Eftpos, Mastercard, Visa Card Welcome
786 Old Northern Road Middle Dural

HORSE FLOAT AND TRAILER REPAIRS
128 CATTAI RIDGE RD GLENORIE

GENERAL WELDING ALL AREAS FREE QUOTES

PHIL WENBAN
PHONE : 0409861607
EMAIL : wenban1@bigpond.com

Classy homes & cabins
A division of Steel House Frames NSW Pty Ltd ABN 81 148 613 416

Quality transportable homes at affordable prices

Built to order in 6 weeks

Our range includes 1 to 4 bedroom homes, cabins and granny flats, or we'll build to your plans

Visit our Display Homes in Glenorie

p | 9652 2013
m | 0418 229 560
e | kate@classycabins.com.au
w | www.classycabins.com.au

• Pick up & Delivery
• 24hour Vet on Call
• Lots of Cuddles
• Family run Business
• Inspections Welcome

EXCLUSIVELY CAT BOARDING ONLY

1403 Old Northern Road Glenorie NSW 2157
Ph 02 9652 1162
Hours 8am - 11am Mon-Sat
www.contentedcatinn.com.au
Email info@contentedcatinn.com.au

DEADLINE
for our May Edition is
15th April 2014

DISTRIBUTED DOOR TO DOOR

throughout Galston, Arcadia, Fiddletown, Berrilee, Glenorie, Middle Dural & Dural (total of 3500 houses).

125 Bulk distribution points
For Advertising - Call Vicki
0412 271 800
Circulation - 8,500 copies

BACK ON TRACK Chiropractic

We specialise in the treatment & diagnosis of :-

- Back Pain
- Headaches
- Allergy and food intolerance testing
- Hormone imbalances
- Nutrition imbalances
- Applied Kinesiology
- Fatigue
- Sciatica
- Sinus problems
- Neck pain
- Jaw Problems
- Sports injuries
- Sacro Occipital technique and low or no force techniques to name a few methods we practice at Back on Track Chiropractic in a friendly, safe and personal environment.

Back on Track Chiropractic
Shop 1A, 930 Old Northern Rd, Glenorie 2157
ph. 9652 1381

SEPTIC TANK CLEANOUT SPECIALISTS

Staples Waste / Premier Pumpouts
Septic Tank & Envirocycle Cleanouts

For a competitive price and prompt service
CALL 9457-8777

"All Aspects of Landscaping"

We are a small, growing landscape team eager to transform your property.

Qualified, licenced & insured, we will construct, create or renovate all that you desire.

- Retaining walls – timber, block, brick, stone etc.
- Paving – driveways, pathways etc.
- Stonework – walls, pillars, pathways etc.
- Soft scaping – garden prep & renovation, planting, turfing, mulching etc.
- Design – from ideas to plans
- Maintenance – weeding, hedging, pruning, mowing, spraying etc.

Equipped to perform acreage mowing & maintenance.
No job is too small.

Call Leon for a free quote

0410336929

www.createyourscape.com.au

Arcadia Automotive
Service & Repairs To All Vehicles
• Specialising in Euro Cars • Rego Checks • Batteries & Tyres
• EFI Service

Trading as
Glenorie Auto Service Centre
DEAN KELLAND 110C Arcadia Road, ARCADIA NSW 2103 Ph: 9653 2289

DEADLINE

For May Edition is 15th April 2014

DISTRIBUTED DOOR TO DOOR

throughout Galston, Arcadia, Fiddletown, Berrilee, Glenorie, Middle Dural & Dural (total of 3500 houses).

125 Bulk distribution points

from Glenorie to Wisemans Ferry, Cattai, Kenthurst, Annangrove, Maraylya, Round Corner, Dural, Hornsby Heights & Berowra Heights & Berowra Waters.

For Advertising - Call Vicki 0412 271 800

Circulation - 8,500 copies

St Madeleine News

Grand Opening

On Friday 14th March Fr Vincent opened the new Friendship Garden. Children, staff and parents wore green to celebrate the opening of this special part of our school. The area is beautifully paved with decks and seats all covered by shade sails. Surrounding this peaceful retreat are gardens filled with Australian natives. The ceremony was concluded with Year 1 and Kinder sending bubbles into the air.



Social Justice

At St Madeleine's Primary, Kenthurst we are very aware of those less fortunate than us. Each year we not only raise funds for both local and overseas charities, but we also educate our students about Jesus' Mission to care for others. We are very proud to announce our Social Justice Crew for 2014. Ella, Ellyse, Nicola, Lilly and Jasmine. These young ladies have big plans for this year and we wish them well with their fund raising goals.

Year 6 Cybermart Cyber Bullying Hero Challenge

On the 5th March the St Madeleine's Kenthurst Year 6 students took part in Cybermart Cyber Bullying Hero Challenge. Cybersmart Hero is an innovative online activity for upper primary students that addresses the issue of cyber bullying and, through role-play, shows the effect bystanders can have on this issue. Students worked through the interactive activity in teams of three and were supported by four cyber guides who responded to their questions in real time. The engaging activity proved to be the ideal introduction into the school's 'Bring Your Own Designated Device' iPad program.



Year 6 Egg Drop Experiment

On the 6th March the St Madeleine's Kenthurst Year 6 students participated in the Egg Drop Experiment. The experiment was the culmination of weeks of designing, planning and constructing of a container that will keep a raw egg from cracking when dropped from ever-increasing elevations.



The students were engaged in the hands on science activity and rose to the challenge with a 70% plus success rate.

Year 1 Incursion

Josh and Laura visited Year 1 to show us some of the creatures we may find in our backyard. This was part of our Science unit on Schoolyard Safari. We saw a Giant Burrowing Cockroach, a Spiny Leaf Insect, a bearded dragon and our favourite a python snake. We got to see them up close and touch them too. We had a great time!

Northholm Grammar School – Tapping into our Talent

Co-curricular music is a vital part of life at Northholm and students are actively encouraged to participate in the extensive music program. The current participation of more than a quarter of the school in music ensembles demonstrates an extraordinarily high level of involvement and allows the school to offer a diverse range of musical activities.



Alfie with Neil Finn

So it was very exciting when Northholm Grammar School's Junior Choir were used late last year as featured singers on the single 'Together' by House DJ's Feenix Pawl, who previously won an Aria Award in 2012 for best dance track with 'In My Mind'.

Not to be outdone, one of our young drummers, Alfie Stratton, currently in Year Nine, was selected by Neil Finn to play drum kit in his video for 'Dizzy Heights'.

Alfie was chosen after sending in a video of his playing at school. "I didn't know who Neil Finn was so I had to look him up on the internet and found out that he sang *Song of the Lonely Mountain*, which is one of my favourite songs from *The Hobbit*" Alfie said. "It was really fun and a great experience as a musician. I got to meet and work with Neil who was amazing and it was filmed on Cockatoo Island where they filmed part of *Wolverine* so that was cool too."

Alfie and the Junior Choir enjoyed being minor celebrities at school for a while and have now settled back into the routine at Northholm.



Learn About Grasses

As a community service, Still Creek Landcare, with support from Hornsby Council, will run a short course on grasses on the morning of 4th May in Arcadia. The course will take the form of a walk along roadsides and paddocks, identifying grasses as we come to them, and discussing their uses and value, and how to obtain seed. All grasses will be covered, especially native grasses. The course will be free.



This will be helpful to those who have done the "Management of Small Horse Properties" course, but also to anyone who just wants to learn about grasses. It will be run by the very knowledgeable Ross Rapmund, manager of Hornsby Council's Community Nursery.

Booking is essential and numbers are limited. For further information see our website www.stillcreeklandcare.com.au or contact Barry Lees on 9653 3691.

ALLSMILES
FAMILY DENTAL CARE

Come Meet Your Friendly Local Dentists!

Emergency Dental • Family Dentistry (General & Preventive Care) • Cleaning & Periodontal (Gum) Therapy
• Dentures, Crowns & Bridges • Whitening, Veneers, Bonding • Root Canal Therapy • Digital X-rays

Health Fund Immediate Claims (HICAPS)

Contact us on 9652 1888

Shop 15, Glenorie Shopping Centre
930 Old Northern Road Glenorie 2157

BEROWRA BLINDS & SCREENS

Security Grills
Cedar Venetians
Venetian Blinds
Security Doors
Fabric/Aluminium Awnings

Holland Blinds
Vertical Drapes
Roman Blinds
Insect Screens

Tel. 9456 2233
Derick 0417 442 805



Business Cards

From \$85 per 1000

A4 fold to DL Flyers

1000 from \$350

Carbonless Docket Books

10 A4 books from \$260

More Prices Online



9652 1193

diana@adelphi.net.au
www.adelphi.net.au

Galston Public School

by Carole Weiss



As Term 1 draws towards to an end culminating with a colourful Easter hat parade, a visit from a very happy 'Easter Bunny' and a delicious morning tea of hot cross buns under the school's beautiful leafy trees, Galston Public School students have much to be proud of. Their efforts have ensured a wonderful and productive start to the year.

The two kindergarten classes KE and KC have settled in very well to their class routines with lots of smiles and many have made new friends already. All other classes are also engaging in many challenging and interesting class activities.

School Captains Katherine Kassapakis, Isaac Koorey, Isabelle Barker and Logan Trethowan are setting an excellent standard by showing outstanding leadership. They along with the SRC are presently organising a Purple Day which is intended to promote epilepsy awareness around the world.



The results of the gold coin fund-raising will be donated to The Epilepsy Association. Many other exciting activities are being planned for the coming year.

A courageous and determined team competed at the Beecroft Zone PSSA Swimming Carnival which was held at Sydney Olympic Park Aquatic Centre, Homebush recently. The day was a great experience for the team, with some competitors receiving a place in their heat. The competition was tough and tiresome, however all the students swam competitively and proudly represented their school.

Despite inclement weather and at the eleventh hour the location being moved from the school to the nearby Uniting Church Hall a very successful movie night was organised by the fantastic parents of the P & C. Everyone enjoyed eating a delicious variety of yummy food and drinks while having lots of fun watching a very popular movie.

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

By Kate Welshman

Little fish in a big pond

Middle Dural, Hillside and Annangrove Public Schools met last month to race at our small schools swimming carnival at Galston Aquatic Centre. The carnival was impeccably run, with high participation rates throughout the grades. It was a great day, and I must mention the efforts of the unbelievably fit Mrs Silk, who cut a dashing figure as the carnival 'lifesaver', diving into the pool with the agility of a seal to help kindies who were not confident, or swimming confidently in the wrong direction, for hours on end. Congratulations, teachers and parents, on such a successful carnival.



Helping hands morning tea

What was behind the unusually high turnout at last month's 'helping hands' morning tea in our library? It could only have been the promise of 'Millsy muffins' – though when Mrs Mills first mentioned them, I wondered exactly what was on offer. Thank you to the parents who attended and helped Mrs Urio cover stacks of library books. It seems that many helping hands make light work, particularly when they're fuelled by Millsy muffins.

Year 6 leaders

Our Year 6 leaders have hit the ground running this year, attending a leadership camp last month, as well as high school open days. Our Year 6 girls, Mahalah, Madeleine and Teigan, have also taken over leadership of 'girls' club', which meets every Thursday to do... well...girly stuff. Last month the club organised a successful cupcake fundraiser to raise money for their activities.

Glenorie Mission Church

Are you happy to accept that Easter is no more than an occasion to give the kids chocolate eggs and wish one another, 'Happy Easter'? That's it, nothing more, easy to deal with, nothing too difficult to think about, even a little time off work, everyone's happy. It's all a little warm and fuzzy, just enough to put us to sleep, just enough to deflect a question from an enquiring child. What's the harm?

Wake up!!!, let's start telling our children what Easter is really about. Let's start looking at the hard questions. Who was Jesus Christ? What was his life all about? What was his message? Why did he have to die the way he did? What is Christianity all about? Let's start asking ourselves where we stand. Let's pause and reflect on the real meaning of Easter, the life, death and resurrection of Jesus Christ.

Jesus was crucified by the Romans on a hill outside the city of Jerusalem a little over 2000 years ago. He was beaten and whipped until he was close to death. He had a crown of thorns placed upon his head. The soldiers and the people mocked him and spat on him. They nailed his hands and feet to a crude wooden cross and lifted him up to slowly die. We remember Jesus Christ's death on Easter Friday.

Jesus died and his tortured body was placed in a tomb. His followers were dispersed and confused. After three days he overcame death and rose again. On Easter Sunday we remember and give thanks for his resurrection.

Why is this all so important? Jesus, God's only Son, was perfect, without sin. At the cross God placed mankind's sin and the punishment which that sin deserved upon Him. Yes, the punishment our sin deserves was taken by Jesus Christ. Through Him we can obtain forgiveness, be cleansed and reconciled to God.

"For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish but have everlasting life." John 3:16.

The Australian Plants Society-North Shore Group

The Australian Plants Society-North Shore Group will meet 8 pm on Friday April 11th at the Willow Park Community Hall, 25 Edgeworth David Avenue, Hornsby. Trevor Wilson will speak about "Mint Bushes and Lamiaceae".

Visitors welcome. Native plants for sale. Join us for a chat over a "cuppa". For more information visit www.blandfordia.org.au

Glenorie Mission Church



Jesus said: "I am the way and the truth and the life. No one comes to the Father except through me."

Sunday Service 10.15am
Girls' Brigade, Tuesday 6.30pm
1409 Old Northern Road, (Cnr Muscios Rd),
Glenorie. Enquiries: 9652 1203

Local Flyer / Leaflet Delivery

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

FAST FRIENDLY & RELIABLE SERVICE

Craig Allsop
0405 194 872
mr.mend@bigpond.com

MR MEND MAINTENANCE

GYPROCK • RENDERING • CORNICE • ROOF REPAIRS • GUTTERS/CLEANING
PAINTING • TILING • CARPENTRY • MOWING & GARDENING

DEADLINE

for May Edition is 15th April 2014

DISTRIBUTED DOOR TO DOOR

throughout Galston, Arcadia, Fiddletown, Berrilee, Glenorie,
Middle Dural & Dural (total of 3500 houses).

125 Bulk distribution points
from Glenorie to Wisemans Ferry, Cattai, Kenthurst, Annangrove, Maraylya,
Round Corner, Dural, Hornsby Heights & Berowra Heights & Berowra
Waters.

For Advertising - Call Vicki 0412 271 800
Circulation - 8,500 copies

BUY DIRECT FROM THE QUARRY

**HANDSPLIT
FLAGGING**

\$55m²

Delivery available

**ROUGH SQUARED
BLOCK PALLETS**

\$330 each

Contains 4m² per pallet

Sandstone Sales
9652-1783

113 Smallwood Road (off Halcrows Rd) Glenorie NSW 2157

www.sandstonesales.com.au



Suppliers of quality
bulk landscape &
building materials

Delivery over
Sydney

Soils & Garden Mixes
Sand & Cement
Gravels
Potting Mixes
Compost & Mulches

Small family
business

Open 6 days

Langlands
Landscape Supplies

Leon & Katrina Milne

Ph/Fax: 9651 2102

Mobile: 0416 175 466

Email: klanglands@bigpond.com

www.langlands.com.au

474 Galston Road, Dural 2158

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

Easter is almost upon us! Here at Galston Uniting Church we have a huge Easter Programme happening. You are welcome to come to any or all of our activities and services.

Sunday 30 th March	Communion Service	10.00 am
Sunday 6 th April	Messy Church	10.00 am
Sunday 13 th April	Palm Sunday	10.00 am
Thursday 17 th April	Tenebrae Service	7.00 pm
Friday 18 th April	Good Friday Service	9.00 am
Sunday 20 th April	Sunrise Service	6.00am
	Breakfast to follow (BYO to share!)	
Sunday 20 th April	Easter Morning Service	10.00 am

If you come along to the Sunrise service, please bring some food to share and stay for breakfast.

Have you ever been apple picking at Bilpin? Sounds a strange thing to do – especially for any of you brought up on or near local orchards! Well, a bunch of us went had did just that May last year... had such a great time that, by the time you've read this, we'll have gone again. Did a bit of picking, had a picnic and enjoyed our afternoon together in the beautiful Blue Mountains – who could ask for better!

Well, after all that info, best sign off until next month.
 Cheers, Geoff

2014 Bowelcare Program

The 2014 Bowelcare Program, organised in this District by The Rotary Club of Galston, starts in mid April and runs for about five weeks. Participants include Galston HealthSense Pharmacy, Galston Village Pharmacy and the Glenorie Pharmacy.

An article in a recent edition of the Sydney Morning Herald Good Weekend magazine reported that about 14,000 Australians are diagnosed with bowel cancer each year and more than 4,000 die, which almost three times the national road toll. Patients and survivors are not inclined to speak up for themselves. "We have our own hurdle – it is the yuck factor" says Julien Wiggins, chief executive of Bowel Cancer Australia. "It is our second biggest cancer killer after lung cancer. But unfortunately, it is a disease that no one likes to talk about"

Australia has the world's highest incidence of bowel cancer – 1 in 12, both men and women, will be diagnosed with it by the age of 85. Age is an important factor. The risk begins at 40, doubling every 5 years and more rapidly as the person gets older.

Statistics show 90% of bowel cancers can be successfully treated if detected at an early stage. It is strongly recommended that ALL men and women over the age of 40 have a bowel care test every year. Residents are encouraged to take the test.

The test kits only cost \$10 which covers pathology which is sponsored by Laverty Pathology. We are very grateful for the help of the pharmacies which provide the service free of charge.

Galston Gourmet Deli - Break Enter & Steal. Between 9.30pm Monday 3rd and 5am Tuesday 4th March, Person/s unknown have cut the power to the business before forcing the lock of a rear door. A first aid kit valued at \$1,100 was stolen. If you have any information, please call Crime Stoppers on 1800 333 000

Too Many Bellbirds!

In a previous article I explained how large numbers of bellbirds at a property in Blacks Road Arcadia are causing huge damage to gum trees in the area. Some are dead and others are losing their leaves and look sick. The block was covered in dense privet and bellbirds were nesting in the privet and using it as cover to attack other birds. The process, called Bell Miner Associated Dieback, has killed hundreds of thousands of eucalypts in NSW.

The local Landcare Group obtained funding from the Government and a substantial donation from the Landowner. With the money, we engaged contractors to clear the privet and spray Trad (Wandering Jew). This long and tedious process was completed in January. Since then a follow-up spray of privet seedlings has been done. Residents will have noticed a big change in the look of the property.

We plan to do more weeding until September this year. Then we will plant 800 trees and shrubs. These are being grown by volunteers at the Council Community Nursery. There may be some regeneration of natives as well. In March 2015, we will sow native grass seed. The whole idea is to create open bushland that is less attractive to bellbirds.

My concern is that after all our work so far, there are still too many bellbirds. Substantial numbers of privets remain on the block, along the road sides and on some private properties towards Galston. These need to be removed and if nearby landowners could help, it would make a big difference. On roadsides, only remove privet and only if it can be done safely.



Before clearing



After clearing

Dural Galston Probus Club

Dural Galston Probus Club will hold its next meeting at 10am on Thursday 17th April, at The Galston Club, 21-25 Arcadia Road, Galston. The meeting will be followed by BBQ lunch at Fagan Park. Visitors welcome. Contact Anne 9653 1004.



GLENORIE GROWERS' MARKET
 All Enquiries
 0423 727 826
 glenoriegrowers@gmail.com

2014
 April
 Sunday 27th
 May
 Sunday 25th



Cumberland Orchid Circle Inc.

The next meeting of the Cumberland Orchid Circle will be on Wednesday 23rd April 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. This month's meeting is a Cultural Night and members who are having problems with any plant or have a question about anything associated with orchids are encouraged to bring it up at the meeting, where other members can offer advice about the problem. If you are bringing along a plant for advice, please let an experienced member see the plant before you bring it into the hall as we do not want a diseased plant in the hall which is liable to infect other plant in the hall.

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.



Dendrobium bigibbum var compactum

LOCAL BUSINESS DIRECTORY

Automotive Services

ABSOLUTE AUTOMOTIVE

George Kerrison
 Jason Jamer

LPG REGO
 INSPECTIONS

ALL MECHANICAL REPAIRS & COMPLETE SERVICING FOR ALL MAKE & MODEL VEHICLES

Unit 8, 829 Old Northern Road, Dural
Ph (02) 9651 4529

We Have Moved!

C&A Smash Repairs Pty Ltd

- All Insurance Work
- Private Work
- Free Quotes
- Paintless Dent Removal
- Restoration
- Car Detailing

Rear, 3 Kenthurst Road (Round Corner) Dural NSW 2158
 Ph/Fx: 9651 2119
 candasmashrepairs@bigpond.com

DURAL PRESTIGE SMASH REPAIRS

Quality Smash Repairs
 All Insurance Work
 All work fully guaranteed
 Free quotes
 Pick up & Delivery Service

9651 6100
 We have moved to:
 Unit 22/276 New Line Road, Dural, NSW

Bobcat, Excavator Hire & Property Maintenance

FLECK SAPSO PTY LTD T/A

EARTHMOVING, DEMOLITIONS & PLANT HIRE
 TIP TRUCKS - BOBCATS - EXCAVATORS - ROCK BREAKERS - POSI TRACKS - FLAIL MOWER
 LAND CLEARING - DEMOLITIONS - RUBBISH REMOVAL - EXCAVATIONS - POOLS

MOBILE: 0418 643 601
 FAX: (02) 9653 1400 AH: (02) 9653 2828
 admin@fleckearthmoving.com.au

ALL AREAS

GARAGE DOOR SALES & REPAIRS PTY LTD

Automatic Openers **Fr. \$550.00**
FULL 5 YEAR WARRANTY

DEAN

FREE MEASURE & QUOTE 9894 1233

HILLS EXCAVATIONS
 SERVICING THE HILLS FOR OVER 20 YEARS

- Earthmoving & Excavations
- Rubbish removals
- Post and pier holes
- Rock breaking etc.
- Land clearing

0417 424 350 9656 1200

Bobcat, Excavator Hire & Property Maintenance



Contact
0439 508 352
9651 7556

- Driveways of distinction. & renovations.
- Horse arena construction & stabilisation
- Vegetation clearing & management.
- Landscape construction.
- Retaining solutions.
- All aspects of drainage.
- All excavation requirements.

www.kpmaearthmoving.com.au

Locally owned and operated family business.

Cleaning Services

SQUEEGEE PETE

WINDOW CLEANING
0416 179 213

FULLY INSURED • COMPETITIVE RATES • PROMPT QUOTES
SATURDAYS OK • CALL PETER ON MOB. OR 9987 2659

P.R. WINDOW CLEANING SERVICES

- Commercial, Residential, Strata & Builders Window Cleaning
- Graffiti Removal
- Gutter Cleaning
- Pressure Cleaning



Paul Read
paul.read.69@hotmail.com

Mobile: 0429 514 778

Computer Services



SMALL BUSINESS PC SPECIALIST

- ✓ All Microsoft® Operating Systems support
- ✓ At the forefront of technology since 1970
- ✓ Professional advice and personalised service
- ✓ Complete communications solutions, including LAN/WAN
- ✓ Systems troubleshooting, optimization, data recovery
- ✓ System, peripheral, and upgrade sales and installation
- ✓ Fast IT support solutions and problem solving
- ✓ Flexible hours

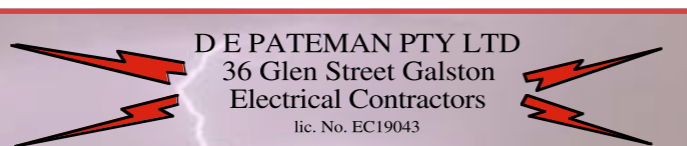
Call Bob Spence 9656 1611 / 0412 206 890
15 Peebles Road Arcadia 2159

Decorating and Painting

Arcadia Painting

- ✓ Interior and Exterior Repaints
 - ✓ New Homes and Extensions
 - ✓ All Special Effects and Feature Walls
 - ✓ Affiliated with Accredited Colour Consultant and Interior Decorator.
 - ✓ Fully Insured - Licence No 377c
- For Free Quotes & Advice call Geoff on
9653 1418 or 0408 600 422

Electricians



D E PATEMAN PTY LTD
36 Glen Street Galston
Electrical Contractors
lic. No. EC19043

**For all electrical installations,
repairs and maintenance.**

We also specialize in Clipsal home automation / energy management systems.

For prompt service call Derrell on 0418 279 830.

Proudly servicing the local community since 1972



Specialising in Commercial Industrial and Domestic Installations and Repairs

Unit 28, 288 Old Northern Road Dural
behind McDonalds

ph 9653 9072

Dural Delivery Centre PO Box 6220 Dural 2158

Matt Cannon

Lic No 161897c

Licensed Electrical Contractors

- Domestic & Commercial
- 24 Hour Emergency Service
- Installation & Maintenance
- Austel Licence



m: 0419 628 493
p: 02 9653 3107

w: www.mdcelectrical.com.au
e: info@mdcelectrical.com.au

Electronic and TV Repairs

LIGHTNING ELECTRONIC REPAIRS
ARE YOU DIGITAL READY?
TV | DVD | COMPUTER | MICROWAVE
REPAIRS, SETUP & INSTALLATIONS
IF IT PLUGS IN IT'S LIKELY WE CAN FIX IT!
Phone Ben on Mobile 0414 796 108
PO Box 6030 Dural NSW 2158 Phone (02) 9651 1859

Farrier Services

THE BAREFOOT BLOKE

Barefoot Trimming and Boot Fitting
for the Overall Long-Term
Well-Being of your Horse

Call Dave Leigh (E.P.T.)

M: 0457 275 463

thebarefootbloke@bigpond.com

www.thebarefootblokeaustralia.com

Member of AAEP (Australian Association of Equine Podiotherapists)



Fencing & Farm Services

NEW LIVE FENCING RURAL FENCING

- **Traditional Post and Rail**
Counter sunk fastenings if required
- **Round Post and Round Rails**
Ideal for animals and safety
- **Wire and Mesh Fencing**
- **Timber Gates** - Built to size

CALL LUKE 9653 1266
Koppers guarantee on all treated pine products

Traditional Post & Rail Fencing

All types of Rural Fencing
Specialising in hardwood post & rail
wood fencing

Call ADAM 0418 424 031

Glass and Aluminium

Condor Glass & Aluminium

Your Local Tradesman
50 years experience
Pty. Ltd.



- Glass Replacement • Quality Shower Screens
- Glass Cut to Size • Dressage Arena Mirrors
- Frameless Pool Fencing

ph: 9651 3129

Etpos, Mastercard, Visa Card Welcome

786 Old Northern Road Middle Dural

Landscape Services and Supplies

EMERALD

LAWN & LANDSCAPE CARE

- Lawn Care Programs including Fertilisation, weed and insect control
- Ongoing full service Lawn and Garden Maintenance
- All mowing, general gardening, hedging, trimming, weeding, etc
- Landscape improvements and one-off garden tidy-ups

Please call 9624 8144
www.emeraldawnlandscape.com.au



MARTINS

Open 6 Days
Building & Landscape Supplies

SAND - CEMENT - METAL - LIME
Soil • Leaf Mulch • Bush Rock • Pine Bark • Pavers
Sleepers • Organic Soil Mixes • Potting Mixes

9651 1055

Servicing the Hills & surrounding districts

272-274 New Line Road Dural
www.martinsbuildingsupplies.com.au

Plumbers, Gasfitters & Hot Water Systems

Fox Plumbing & Roofing

ABN 33 609 287 012

Plumbing, Gasfitting & Roofing Specialist

Tony Fox

0427 939 577

Lic. 12483c

www.foxplumbingroofing.com.au

Glenn Truelove

PLUMBER • ROOF PLUMBER • DRAINER
GASFITTER • LP GASFITTER
WASTEWATER TREATMENTS SERVICES
LICENCE No. 135755C

MOBILE 0400 804 211

HOME/FAX: 9652 1635

Email gatruelove@bigpond.com



Greg Reid Plumbing Services

License No. 112899c

- Plumber/Drainer • Gas Fitter • LPG
- Hot Water • Blocked Drains Cleared
- Bathroom Renovations
- Over 30 Years Experience
- No Job Too Small

0407 944 190

www.gregreidplumbing.com.au

Local Flyer / Leaflet Delivery

Door to door deliveries to acreage properties.

Delivered First week of each month

Call 9653 1321 for bookings

Plumbers, Gasfitters & Hot Water Systems

HILLS FIRE PROTECTION

Bushfire Sprinklers, Hydrants, Hose Reels, Tanks and Pumps

0425 625 969 Lic # 251307c

MATT ETHERINGTON

Plumber, Drainer & Gasfitter

Electrical Eel Drain Clearing
Sydney Water certification for Backflow Prevention and
Thermostatic Mixing Valves
Lic no. 13697

Mobile: 0418 445 919

IAN COLLEY Plumbing Service

Lic. No. 59155C

Plumber • Drainer • Gasfitter

Mob: 0421 351 435
Fax: 9653 3070
Email: ianplumb@tpg.com.au



PETER BROWN PLUMBING SERVICES PTY LTD

BLOCKED DRAINES

- Latest high flow, high pressure jet blasting equipment.
- CCTV pipe inspection equipment.
- Pipe and Cable location.
- Backflow prevention.

Mobile 0410 485 007
pbsplumbing@optusnet.com.au

Lic No 143284c
ABN 27 099 649 813

Pest Control

Termite Inspections & Eradication

Control of all insect pests, rodents and birds.

Residential & Commercial • New & Existing Homes
Local Family Owned Business Est. 40 years

STERLING PEST CONTROL Pty Ltd

Ph: 9476 4294
Fax: 4575 0422
Mobile: Sean 0418 252 342
HOMEGUARD ACCREDITED FOR UNDER SLAB TREATMENT

Pools, Spas and Barbecues

All you need to think about is enjoying the perfect pool



Call us now on
0412 504 240
(02) 9653 2222

www.primepoolcare.com.au
aaron@primepoolcare.com.au
accounts@primepoolcare.com.au

Prime Pool Care
We make good pools great!

Tree Services

ABOVE ALL Tree Services

- ✓ Tree Removal ✓ Stump Grinding
 - ✓ Pruning to Australian Standards
 - ✓ Tree Health Assessment, Reports and Advice
 - ✓ Small Jobs – No Problem
- 0412 708 072**
Phone Wayne or Jacqui **02 9792 5726**
Safety and Customer Satisfaction are our Priorities



Julian Parry
Director

Phone: 1300 887 417

Dip. Hort (Arboriculture) Level 5,
Cert. Arboriculture, Dip. Horticulture
Dip. Landscape, Cert Landscape

Arboricultural Consultation
Tree & Stump Removal
Land Clearance
Specialist Tree Pruning
Fully Insured

www.mcardleandsons.com.au
McArdle & Sons
PRO TREE SERVICES
SINCE 1956

TREE REMOVALS & TRIMS, QUALIFIED ARBORIST
STUMP GRINDER, WOOD CHIPPING, CONSULTING

Ring Dan 9653 2630
Fully Insured - All types of land clearing

Tuition

GUITAR TUITION

Learn to play guitar with an experienced Guitar Teacher
All popular styles
Beginners to advanced
All ages welcome

\$25 for half an hour
\$175 for 8 lesson package

Phone 9651 2958 Mob 0413 652 551
keir.needham@ozemail.com.au



Audio Visual • Lighting • Staging

Your Local Special Events Supplier

Gala Functions and Celebrations
Awards Ceremonies and Conferences
School Musicals, Design & Installation

For free advice call **9651 7555**
info@hfevents.com.au
www.hfevents.com.au

RIDE ON LAWN MOWING

Gutter cleaning, pressure washing
and all other garden maintenance

Karl Samer 0477 207 649



Peter's BARBER SHOP
Galston
9653 2782

OZROADS PAVING

• Asphalt • Spray Seal Bitumen

0406 733 298

FROM \$12 M

FREE QUOTES

www.ozroadspaving.com

OPPORTUNITY TO MAKE EXTRA INCOME

German all natural health products
new to Australia
Variety of Products at realistic prices

CALL 0478 774 585

DEADLINE
for our May Edition is
15th April 2014

DISTRIBUTED DOOR TO DOOR

throughout Galston, Arcadia,
Fiddletown, Berrilee, Glenorie,
Middle Dural & Dural
(total of 3500 houses).
125 Bulk distribution points
For Advertising - Call Vicki
0412 271 800
Circulation - 8,500 copies

Deadline for May Edition
15th April
8500 copies distributed

The Galston & Glenorie Community News & Hills Rural News

Ph 9653 1321 Fax 9652 1147
PO Box 211 Galston NSW 2159

Advertising Vicki 0412 271 800
advertising@galstoncommunity.com.au
Editorial Diana 02 9653 1321
editorial@galstoncommunity.com.au
Ads/Artwork/Design 02 9653 1321
info@galstoncommunity.com.au

Material appearing in this magazine is subject to copyright and may not be reproduced without the written consent of the publisher. Every effort is made to ensure accuracy of all information in this publication however no responsibility is accepted by the publisher for the content of offers made by advertisers or editorial comment. The publisher reserves the right to alter, omit or change editorials and advertisements.

The Galston & Glenorie Community News & the Hills Rural Community News is a joint venture between Adelphi Design & Print and The Hills Rural Business Chamber.
Magazine Design & Print by Adelphi Design & Print
Phone 9652 1193
www.adelphi.net.au. Enquiries to diana@adelphi.net.au
The Hills Rural Business Chamber - Correspondence to: PO Box 29 Galston NSW 2159 or email
President@hillsrural.com.au



Asphalt Paving
Bitumen Spray Sealing
Driveways, Car Parks & Roads
tel. 1300 537 042
www.kenco.net.au

THE CLOCK CLINIC

Repairs & Restorations to all antique & mechanical clocks - all brands considered.
PROMPT PICK UP & DELIVERY
Phone Rod Mob: 0408 410 555 or **9836 5864**



TAP Carpentry

All aspects of
Framing • Fixouts • Renovations
New Houses • Decks/Pergolas
Also 1 metre wide Excavator for tight access areas and 2 tonne tipper.
No job too Small

Troy mobile 0418 970 444 Licence No 126122C

PRESSURE CLEANING

Residential / commercial building washing, including driveways, pool surrounds, paving and hard surface tennis courts. Graffiti removal, brick cleaning, wet sand blasting and pool restoration. Fully Insured.



Ph: **0402 332 123** or **9654 3582**
www.hydroclean.com.au service@hydroclean.com.au

Ellis Building Service

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

Building in the Hills
34 yrs

Call Brian
M: 0418 474592
Bus: 9654 2828

Building Contractors
naillt@bigpond.com
Lic no 9095c

www.ellisbuildingcontractors.com.au



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

TEL: 9838 0444 or book online at:
www.unitedhomeservices.com.au



Local Flyer / Leaflet Delivery

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

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

\$15 FOR 3 MONTHS!

Ads can be submitted by email, fax or post.

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

PO Box 211, Galston 2159

Ads must be received by 15th of each month.

TORO GREENS MASTER

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

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



Ride on Mower

Honda Harmony
2113 Hydro • 13 HP OHV Engine
Served & new blades • A1 Condition!
Pick up Arcadia NSW 2159
Call Cath 0409 409 260



\$750

Garden Vacuum Mulcher

Parklander - 6.5 Horse Power.
Hardly used.

Call Garry on 0418 676 662



\$450 O.N.O

TENNIS PLAYER WANTED

A senior male tennis player is wanted to join an all mens group playing early on Sunday mornings in Arcadia.
Please call Alan 9653 3062

SPIN Club

Table Tennis every Friday at Glenorie.
*Junior development programs
*Coaching - individual & small groups
*All age social play
All enquiries please contact
Chris on 0468 300 822 or spindub@bigpond.com
(NCAS Level 1 - AAASC - WWCC - Senior First Aid accredited - Member TTNSW)

FOR SALE

Country Kitchen Solid Limewashed Tasmanian Oak
2 Granite Islands, Pull Out Pantry
Stainless Steel lined Doors
Twin Sinks, Integrated Dishwasher
Double Oven and Glass hotplate
Lighting to upper cupboards
Excellent Condition
PRICE: \$23,000
CONTACT FOR INSPECTION:
0411 042 314

WANTED

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

Contact for details:
0411 390 927

ROLL TOP DESK

Solid Hardwood
Inlaid leather desktop
4 drawers
2 Filing Cabinets
Excellent Condition
PRICE: \$1450
CONTACT FOR INSPECTION:
0411 042 314

WANT TO LEARN TO PAINT?

Try my NO FAIL system, anyone can learn to paint, even if you don't have a creative bone in your body, individual attention is given to each Student, your first lesson is free all materials supplied.
Phone Heidi 9875 2204



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

Parents will find us in the Pirate Ship sandpit.

Thursdays from 9.30am to 11am.

Enquiries 9653 1207

FOR SALE

Rose Quartz Garden feature

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



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

Call Mark 0412460921
or Lisa 0404088260

FOR SALE MOBILITY SCOOTER

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

Phone : 0418 416 244



Important Local Information

HELP & INFORMATION SERVICES

General Emergencies 000
Energy Australia Emgy 13 13 88
Hornsby Hospital 9477 9123
Hills Shire Council 9843 0555
Hornsby Shire Council 9847 6666
Integral Energy 13 10 03
Lifeline (24 hours) 13 11 14
Poisons Information Line 13 11 26
Police - Hornsby 9476 9799
Police - Castle Hill 9680 5399
Sydney Water 13 20 90

LOCAL BUSHFIRE SERVICES

Arcadia Bush Fire 9655 1656
Arcadia Fire Captain Peter Jacobs 0415 369 683
Galston Bush Fire Captain Peter Griffiths 0404 085 145
Glenorie Bush Fire 9652 2017
Middle Dural Bush Fire Captain Len Best 0408 220 705
Hills Rural Fire Service District Office 9654 1244
Hornsby Fire Svcs HQ 9883 2000
Telstra Faults 13 22 03

LOCAL JP's Michael Bell, Arcadia - 9653 1365
Bernie Triebe & Kerron May, Bendigo Bank Galston - 9653 2227
Cathy Vipond, Hills Accounting, Glenorie - 9652 2400
Cherrybrook Shopping Village, Shepherds Drive, every Saturday morning 10am to noon.
There will be JP at Dural Library Wednesdays between 1pm and 3pm.
Hornsby Branch of the NSW Justices Association meets monthly at the Asquith Leagues Club opposite Waitara rail station.. All JP members and potential members welcome.
Enquiries to Gavin Moehead JP 9489 4662 or 0407 229 203.

ACACIA (Living Life) Exercise programme for over 65's. FREE. Every Tuesday 9.30 to 10.30 am Galston Uniting Church 11 School Road - Galston. Enquiries Melanie 9456 7103

Aglow Australia Pennant Hills - A network of caring women, meeting on the 4th Thursday at 10am-12.30pm. Excellent speakers, child minding and morning tea. Contact Glenys on 0401 770 859. Venue Thornleigh Community Centre, Cnr Phyllis & Central Avenue Thornleigh.

ALANON Family Group meets 8pm each Friday at the Galston Community Health Centre. For more details call 9264 9255. Trying to live with someone who has a drinking problem? Come along to these meetings.

APEX Australia is a service organisation that is about making friends, helping others and having fun, open to anyone 18-45. Further info. Please contact Sydney D.G 0412 400 452, National Office 18000 APEXO or website. "Heart of a Community, Hope of a Nation".

Arcadia Community Hall - 136 Arcadia Road, Arcadia. Available for functions. Inspections welcome. Bookings call 9847 6504

Arcadia Markets - May & November at Arcadia Public School, 140 Arcadia Rd, Arcadia. www.arcadiaschool.com.au Enquiries: Meegen 0419 262 850 New Stallholders always welcome.

Arcadian Quilters Meetings held at the Galston Community Health Centre on the 1st, 3rd & 5th Wednesday at 9.30am (day group) and 2nd & 4th Monday at 7.30pm (evening group). Phone Medley on 9894-7749.

Association of Independent Retirees (AIR) Ltd. Meetings are held on the first Friday of each month at 10 am. Meetings are at Yarrara Rd Pennant Hills. Contact John Guthrie on 9634 6727.

Castle Hill Art Society - Monthly Meetings and Art Demonstrations are held at Castle Hill Art Society - 155 Ridgecorp Drive, Castle Hill on the first Wednesday of each month at 7.30 p.m. Enquiries Ph. 98993179

Circular Keys Chorus are always seeking would-be Divas. De-stress as you learn to sing acappella 4 part harmony with passionate CKC singers. Rehearsals in Castle Hill Wednesdays 7.30-10 pm. Contact Janet 9653 2959, email info@circularkeys.org or visit www.circularkeys.org

Dural & District Historical Society Inc holds its lecture meetings on the 2nd Saturday of each month at 2pm at History Cottage, 412 Galston Rd Galston. The Cottage is also open to the public from 10am to 4pm on Wed & Sundays. Enquiries to Michael Bell 9653 1365.

Dural & District Prostate Cancer Support Group holds its meetings on the third Monday of each month at 7pm at Dural Country Club. Inquiries Roger 9653 2980 or Col 9651 1242.

Dural & Districts Senior Citizens' Club Come along on any Wednesday at 9.30am to Dural Country Club to enjoy good fellowship with other senior citizens. Some play indoor bowls (beginners included) while others play Bingo or enjoy the prizes. We also enjoy periodic outing to places of interest. For further information please call Helen on 9654 3790, A/H.

Dural & Hills District Garden Club - Meetings at 8pm on 1st Wednesday of each month at Mid Dural Fire Station, 57 Mid Dural Road. Further information contact Di Glasgow 0409 909 161 or email duralgardenclub@yahoo.com.au

Dural-Glenorie Scouts - Joeys (aged 6-7 years), Cubs (aged 8-10 years) and Scouts (aged 11-15 years) meet weekly at the Scout Hall in Galston Road, Galston. Learn new skills, challenge yourself, experience outdoor activities, make new friends, have fun! Contact Warren Payne (W) 9622 2251 or (H) 9652 1713.

Embroiderers' Guild NSW Inc. - Come and get inspired at the OPEN DAY of the Embroiderers' Guild NSW Inc. 76 Queen Street, Concord West, accessible via train, bus or car SUNDAY 18th MAY 2014 10.00a.m. to 2.00p.m. Everyone Welcome! Come and enjoy yourself, meet kindred people, see demonstrations, view the monthly exhibits, browse through the extensive library, see the Guild Collection of antique and modern treasures. www.embroiderersguildnsw.org.au or chris@embroiderersguildnsw.org.au Tel.: 9743 2501

Friends of Fagan Park - Volunteer group actively preserving the remarkable rural history of Hornsby Shire. The Friends meet every Tuesday from 9am to 4pm maintaining historic Netherby Cottage and its garden and also restoring farm machinery and implements to working order. Members of the public and new friends are always welcome! Open days are the 2nd Sunday of each month, 1.30pm to 4.00pm, and other special occasions. Contact Ian Browning. M: 0419 435 475 E: isandian@tpg.com.au

Ferry Artists Gallery - Old Northern Road, Wisemans Ferry 2775. ph: 02 4566 4385, for info on workshops and membership see www.ferryartists.org

Galston Area Residents' Association Inc meets at the Galston Primary School Library, School Road, Galston on the 2nd Thursday of the month at 8pm. Enquiries to 0403 076 175. New members always welcome.

Galston Branch CWA meets on the second Wednesday of each month at the Galston Community Health Centre. New members are sure of a friendly welcome. Enquiries to Janet 9653 2402 or Val 9653 1774.

Galston Carers Group - Meets 3rd Monday of the month from 3.00-4.30 pm at Galston Community Health Centre, 17 Arcadia Road [cnr of The Glade], Galston. All carers welcome. Next meeting 15th October. Tel 9477 9817 or 9653 2235.

Galston Community Hall - 37 Arcadia Road, Galston available for functions, air-conditioned, inspections welcome. Bookings call Robyn on 0414 647 638.

Galston Community Health Centre - This centre is an outreach of Hornsby & Ku-ring-gai Health Service and is situated at 17 Arcadia Road, Galston (cnr of The Glade). Enq. 9653 2235.

Galston Computer Pals for Seniors Club - Would you like some Computer Lessons? Joining Fee \$20. Plus \$50 for Twenty lessons, or \$80 for Forty Lessons. Phone: Rosemary Ansley (9651 2175) or John Eland (9651 2940).

Galston Garden Club - New members are always welcome. Meetings held at 8pm on the second Wednesday of every month at the Galston Community Centre. For further information contact Bill Fleming on 9653 2394.

Galston VIEW Club - will be holding its April Luncheon Meeting at Dural Country Club, Dural, commencing at 11.am on Wednesday 23rd April 2014, with guest speaker for the day being Barbara Roberts, who will speak on "My Life in Burma". Visitors are welcome. Inquiries Vivien 9894-1189

Girl Guides - Girls 9-14 meet on Mondays at 7pm, contact Sarah 0433 125 873. Meet at Galston Guide Hall, Galston Road, Galston. You will take part in great activities by helping organise exciting events, learning new life skills, being part of the outdoors, expressing your creativity and much more.

Glenorie Maroota Bioregional Forum - Meets at 7.30pm on the first Wednesday of each month at Glenorie Community Hall. Let us know of your local environment and heritage concerns. Contact Carolyn Hall on carolyn@dhpnc.com.au

Glenorie Progress Association Holds its meetings on the 2nd Thursday of each month 7.30pm in the Palms Room, Glenorie RSL. All Welcome. Ph 9652 2454.

Hills Budgerigal Club Meet on the 4th Friday of each month, except December at the North Rocks Community Hall. Everyone welcome. Enquiries to Peter on 9888 5631.

Hills Community Aid No Interest Loans up to \$1,000 - for whitegoods, furniture, computers, essential repairs etc. Contact Hills Community Aid 9639 8620, enq@hca.org.au or www.hca.org.au.

Hills Farmers' & Gourmet Food Mkt - 2nd Saturday of the month, 8am-12pm, Castle Hill Showground. www.hawkesburyharvest.com.au

Hills Shire Garden Club - Meetings held on 3rd Monday of the month at 1.00 p.m. at Barton Hall, David Rd, Castle Hill. Enquiries 9624-5034.

Hills RSL Sub Branch - Monthly meetings held at The Galston Club, 2pm on the last Tuesday of each month. Enquiries 9653 2565.

Hills Evening View Club holds their dinner meetings at the Dural Country Club on the first Wednesday of every month, at 7.00pm. VIEW is seen as a voice for all women. Share a meal, make new friends and support The Smith Family. New members especially welcomed. Enquiries Eva 0412 447 746 / 9634 5741 AH

Hornsby Ku-ring-gai Four Wheel Drive Club is a family orientated club that meets on the second Tuesday of the month at 8.00pm at Hornsby Heights Community Centre, Galston Road, Hornsby Heights. www.hk4wd.com.au

JP SERVICES are available at Cherrybrook Shopping Village on Saturday mornings from 1000 am to 12 noon; and at Carlingford Court Shopping Centre on Tuesdays from 1100 am to 0100 pm. JP's are also at Hornsby, Pennant Hills, and Epping Libraries on some days. Check with Library for times before attending. Enquiries Brian Heasman JP 0412 885 525, or Gavin Moehead JP 0407 289 203 or 94894662.

The NSW Justices Association Hornsby Branch meets each month on the 2nd Monday evening at 0700 pm, at Asquith Rugby League Club opposite Waitara rail station. All JP's welcome to attend.

Living Life Without Children - Support Group meets once a month for childless couples, now in their 40s and 50s, finding it difficult or lonely living life without children. Contact Carol. email: feather@iprimus.com.au

Pennant Hills Photographic Club meets on the 1st, 3rd, and 5th Mondays each month at 8pm in the Uniting Church Hall cnr Boundary Rd and Bellamy St, Pennant Hills. www.phpc.org.au

Probus Club of Dural Galston - will hold it's next meeting at 10am on Thursday 16th May at The Galston Club in Arcadia Road. The speaker will be Jack McBurney "History of the Storekeepers of Sydney". Visitors welcome. Contact Anne 9653 1004.

Rotary Club of Galston meets every Tuesday at The Galston Club at 6.30 for 7pm. New members welcomed. Contact Peter 0419 011 750 peteaincove@gmail.com

Rowland Village Workshop Club invites enquiries about the Club from members of the wider community who are 55 and over years of age. Contact Michael Bell on 96531365.

Soroptimist International of The Hills District Inc meets at 7pm 3rd Monday of the month St Joseph's Convention Centre Baulkham Hills.Details:0407 665 874

Shakespeare Group - meets monthly at Galston on the 2nd Thursday morning, 9am to 12.30. No cost to belong, just a delight in reading great Bards words. Further information call Isabelle 9679 1338.

Social Dance Workshops - Pennant Hills Community Centre, Yarrara Road. \$7. Contact Felicity 9456 2860, 0434 437 522. Old time contemporary, set & couple dances. Specialising in Australian, Irish & Scottish Folk Dance. Beginners & experienced dancers.

Still Creek Landcare Group - Have a say and help in the future of our catchments in Galston, Arcadia and Berrie. We meet at 7:30pm on the 2nd Thursday of each month at The Galston Club Committee Room. For more information Visit www.stillcreeklandcare.com.au or e-mail StillCreekLandcare@inet.net.au or Contact Nick on 9653 2056.

The Hills Trefoil Guild (Guides NSW) - meet at 10 am on the third Friday of each month in the Guide Hall in Bounty Avenue, Castle Hill. Any lady prepared to make the Guide Promise may become a member, past involvement is not necessary. Enquiries to Helen on 9654 3790 A/H.

CHURCHES

Galston Uniting Church - Service times 10.00am. Children's programmes KUCA for children K-6, each Friday of the school term 4.30 to 6.00pm. #ThePower (Youth Group) for those in high school. Fridays of the school term 6.15 to 8.30pm. CRAFT group Thursday evenings of the school term from 7.00 to 1 0.00pm. OVER 55's for seniors 2nd Monday of each month from 10am to 12noon. Other groups of interest- Men's Choir, Ladies Choir. For all enquiries, please call the church office on 9653 2039. 11 School Road Galston or visit www.galstonunitingchurch.com.au

Galston Seventh Day Adventist Church - Every Saturday 9.30am to 10.45am Bible Study, 11am to 12noon Church Service at 49 Arcadia Rd Galston. Every Wednesday 7.30pm Prayer Group. Contact Minister Andrew Russell 0403 840 348.

Glenorie Community Church - Pentecostal and Evangelical - meets every Sunday at 10.00am. Healing Service at 6.30pm last Sunday of every month. Ladies meeting at 10.30am first Tuesday of every month. All welcome. 1507 Old Northern Road, Glenorie. Pastor A.Valich - Phone 9634 3505, Church 9652 0577.

Glenorie Mission Church - Sunday Service 10.15am, Girls Brigade Tuesdays at 6.30pm. 1409 Old Northern Road (Cnr Muscios Rd), Glenorie. Enquiries 9652 1203.

Hillslife Church - Meets every Sunday at Galston Public School. Pastors Leigh and Heidi Davy. Ph: 02 9653 2807. For more details go to www.hillslife.com

St. Benedict's Catholic Church Arcadia Mass at the Monastery, 121 Arcadia Rd, Arcadia, at 7am every morning. Mass at the Parish Centre, Ph. 9653-2312. Corner Fagans Rd & Arcadia Rd. 7pm Saturday, 9am Sunday Parish Priest; Fr. David Orr OSB 0400-371-260.

St. Columb's Anglican Church, Arcadia - Sundays at 9.30 am. Coffee n' craft group meets on Fridays at 9.30 am - enquiries Beverley 9653.1790.

LOCAL SPORTS ASSOCIATIONS

Dural Country Club Bowling Clubs - New members are welcome. Free lessons are available to men and women wishing to learn lawn bowls and meet a new social network. Ring 9653 1250 or 9489 3739 to speak to one of our trained coaches.

Dural Country Club Fishing Club meet at Dural Country Club on the 4th Tuesday of the month at 7:30pm. Activities include a monthly offshore charter, estuary and open fishing, organised short stay holidays and great social BBQ's. New members welcome. Contact Murray on 0407 950 939 or Bruce on 0428 970 439.

Dural Rugby Club - Enquiries, please contact the registrar Eric Flanagan, email efl86029@bigpond.net.au or phone 0412 230 328 or visit our website <http://dural.rugby.net.au>.

Galston Glenorie Amateur Fishing Club Meets at 7.30pm at The Galston Club on the 1st Wednesday of each month. The meeting has a raffle at 7pm with lots of prizes and every meeting has a guest speaker. Enquiries call Lachlan on 0438 801 170 or Warren on 0416 061 428.

Galston Glenorie Cricket Club - For further details regarding season events, grades and registration, please contact 0400 747 767.

Galston Golf Club - Plays Monthly - Variety of courses. Contact - James Roberts 9653 2017 / gm@galstonclub.com.au

Galston Equestrian Club - New Members are always welcome. Training/Competition days held on the 2nd and 4th Sunday of each month at the Rural Sports Facility Centre off Mansfield Road. Enquiries can be made to Liz on 0409 992 920 or to go to the Galston Equestrian Club's website at www.galstonequestrianclub.org.au.

Galston Netball Club All enquiries to galstonnetballclub@gmail.com or visit the website www.galston.netball.asn.au

Hills AUSSI Masters Swimming Club meets at Galston Aquatic Centre on Galston Road on Tuesdays at 7:30pm. Whether you want to swim laps, compete in competitions, or just have fun, fitness and friendship Ring Di on 9652 1215.

Hills Hawks Soccer Club. For season details & registrations call Vivian Mepstead on 0432 333 091 or vivmep@gmail.com.

Hills Hawks Softball Club. Our competition is held during the summer season (September to March, excluding school holidays) at Hayes Park, Galston. We welcome new members! For enquiries please contact our registrar Hazel Postill on 0414 474 461 or visit our website: <http://hillshawks softball.org.au>.

Tennis / Squash Social Group - looking for new players. Call Karen 0412 485 411 or email tennisandsquash@live.com.au

Tennis Court for Hire Galston - At rear of Galston Community Hall. Available Day or Night, Mobile 0414 918 467.

Tennis Court for Hire Hillside Public School on Cattai Ridge Rd is offering members of the public to hire their tennis court for a minimal fee. 12 month membership \$50 per family or \$8

AUTUMN SALE



50% off deciduous trees, lilly pilly

Check out our website

www.hargravesnursery.com.au