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August 2014

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Bruce is Back!

Well not Bruce Springsteen, but our local tree contractor Bruce Williams. Last month we ran a story about Bruce's terrible accident involving a tree he was working on. As we all know, tree contractors face a difficult and dangerous job, felling, pruning and dealing with the sometimes unpredictable nature of trees, particularly when they are diseased and decayed. Despite Bruce's 15 years of knowledge and his industry qualifications, sometimes the unexpected happens, and this was the case when a half fallen tree, decided to do the unexpected, when he was removing it from a driveway.

We are pleased to report that Bruce is well on the mend, and making a much faster progress than his doctors expected. He is now up and walking around on his crutches.

Since Bruce's injury, his son Jacob, has stepped up to the plate to take over the running of the business, with the help of his great team of employees. Bruce, however continues in the background, doing all the organising and paperwork. Bruce will be back out in the "truck" next September.

Bruce would like to thank all his family, friends and customers for the support since his injury, he was truly humbled by the phone calls and offers of assistance. It's great to live in such a caring community.

Additionally Bruce would like to remind readers of the dangers trees can pose. "This accident very nearly killed me, and I'm an experienced, qualified tree contractor". Bruce

urges people not to try to do tree work themselves. 20-30 accidents occur every year by people trying to trim/remove trees without using a qualified arborist. There are many qualified arborists locally, they are all there to help you.

If you are looking for a qualified tree contractor, Bruce would welcome the opportunity to quote.



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Meet Author Tim Hawkes at Hornsby Library

Learn what goes on in the mind of teenage boys at an author talk by local educator Dr Tim Hawkes.

Dr Hawkes will be speaking at Hornsby Library about his book *Ten Conversations You Must Have with Your Son*, which offers practical and accessible advice to parents.

The respected educator, who is currently headmaster at King's School in Parramatta, is an internationally recognised expert in the field of raising and educating boys.

Beyond his 35-year teaching career, Dr Hawkes is also in demand as a conference speaker and has written numerous other books about education.

When: Tuesday 5 August, 6.30pm

Where: Hornsby Library

Cost: \$5 with light refreshments

Bookings Essential: Visit www.hornsby.nsw.gov.au/library or drop in to any Hornsby Shire library branch.

For more information, contact Shannon Cochrane on 9847 6553.



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Rainfall Chart



Rainfall recorded Galston period
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Arcadia School Visits St Columbs

On June 11, Arcadia Public School visited St Columbs Church as a thank you service for being partners in the donations of food towards the Anglicare Yearly Food Drive. Our Senior Minister Adam Lamb officiated at the service, and again this year every child participated with great enthusiasm. We would like to thank the school for their partnership with us, collecting food for folk not as privileged as ourselves. Again Doreen Whithead cleverly decorated the church Altar, for the children to see the food being donated from them and our church family.



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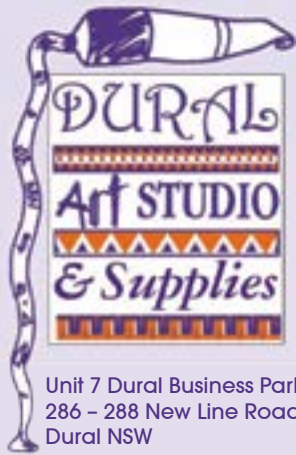
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Letter to the Editor

Traffic flow and parking at Galston Shops.

- 1 - Everyone, please park correctly and be considerate of other motorists.
- 2 - At Galston Village Shops, drive in towards the Post Office and out via Griffith Close (its safer).
- 3 - The shops in front Galston Road, require angle parking, front in, 15 minute parking, back out and use round about at Arcadia Road to return in a westerly direction.
- 4 - Directional arrows MUST be repainted to help with traffic flow.
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Proudly Supporting Australian Red Cross

Pedal for Humanity is a fund raising initiative created by Johl Storey from Galston. Pedal For Humanity is dedicated to supporting Australian Red Cross by raising much needed money for the numerous programs offered to assist vulnerable people within our community.

The first event, which is taking place between 25th September – 4th October this year is a 10-day solo bicycle ride around Tasmania. To complete this challenge Johl must ride 140-170kms per day over some of the highest peaks in the country, outside of the Australian Alps. On completion of the ride Johl would have ridden over 1600kms.

The journey begins in Tasmania's North West, in a little town called Marrawah before heading over the Tasmanian Mountains through Hobart and onto the Huon Valley. The adventure then heads north via Port Arthur, Bicheno, Scottsdale and onto the finish line at Devonport.

The drive to complete such a challenge comes from his family. Two and a half years ago Johl nearly lost his wife during childbirth due to a rare complication called Placenta Percreta, resulting in massive haemorrhaging. With the assistance of amazing medical teams and the blood kindly donated through Australian Red Cross his wife made a full recovery. Since that day Johl vowed do something to return the favour, and help others.

It is hoped by completing this challenge that Johl is able to raise much needed funds to assistance vulnerable people across Australia. Australian Red Cross runs numerous programs to assist vulnerable people in our community including blood donation services, Good Start Breakfast Clubs, Save-A-Mate (SAM) Program, and Emergency services in Australia to name a few.

If you would like to assist Johl in his adventure through donations please visit:

Everyday Hero page: <https://give.everydayhero.com/au/johl-1>

If you can provide sponsorship opportunities please contact Johl via:

Pedal For Humanity Facebook page:

<https://www.facebook.com/PedalForHumanity>

Email: Johl.storey4@det.nsw.edu.au

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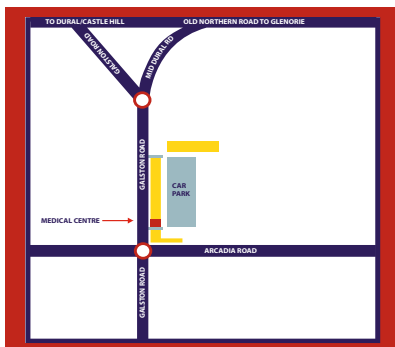
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New Local Graduate



Victoria Mciver graduated in July from Charles Sturt university in Wagga Wagga after 6 years of study with the degree of Bachelor of Veterinary Biology/Bachelor of Veterinary Science (with honours).

The Charles Sturt university veterinary course has a deliberate study bias towards large animals which ideally suited Victoria. Her dream from early childhood was to study for a career that involved working with horses.

With encouragement from the staff at the Glenorie Vet Clinic and members of the Glenorie Pony Club, Victoria applied for Charles Sturt University and was selected from 400 applicants as one of the 40 students in the annual intake.

During her course, Victoria has spent time at the Hong Kong Jockey Club, University College in Dublin and several Veterinary Clinics in New Zealand.

During the period of Victoria's study, her parents in Forest Glen calculate that have travelled a distance equal to at least the circumnavigation of Australia to visit Victoria in Wagga Wagga.

Victoria's honours project was on animal orthopaedics and after a year as an intern at an equine clinic, Victoria's ambition is to commence further study to specialise in equine surgery

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Glenorie Public School Memorial Ceremony for Giulia Lo Grasso



Hornsby MP Matt Kean joined teachers and students at Glenorie Public School for a memorial service to remember Giulia Lo Grasso.

Mrs Lo Grasso was a much loved teacher at Glenorie Public School for over 20 years before she was tragically killed in a car crash earlier this year.

The memorial service attended by over 100 people was a fitting tribute to Mrs Lo Grasso who served the school community in a number of roles as a multicultural leader and an Italian community languages teacher.

Mrs Lo Grasso was well known in the local Glenorie area and will be dearly missed by her husband son and many friends.

To honour her memory the students unveiled a plaque in honour of Mrs Lo Grasso's service to the school, while each class planted an olive tree along the school path.

Mrs Lo Grasso was previously appointed to Glenorie Public School in 1994, working on several different grades. In 2004 Mrs Lo Grasso retired only to take up the position of Italian teacher, which she has continued in for a further 10 years until 2014.



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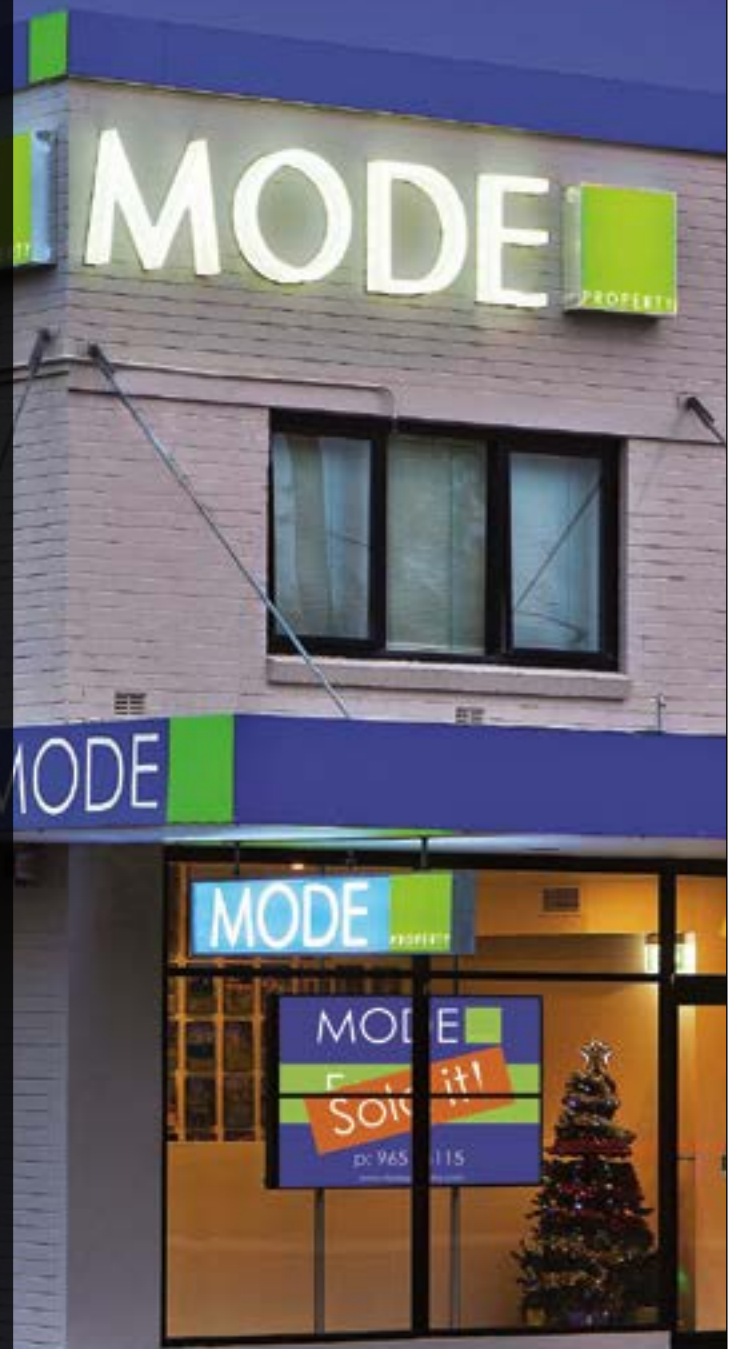


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Vale Larry Jacka

10 July 2014



It is with sadness that we report the passing recently of Larry Jacka. His funeral service was held on 10th July, 2014 at the Pine Grove Memorial Park Minchinbury, The Northern Chapel.

Rotarian's from the Rotary Club of West Pennant Hills and Cherrybrook Club formed a Guard of Honour at the chapel entry.

Larry was a well respected and long term member of the Club, he became a Rotarian just after its Charter in May 1987, he served well and loyally for 23 years.

The idea of Rotary as a conservative group of more elderly gentlemen as the mainstay of Rotary was forever changed by Larry and a few of his cohorts in the club at that time. His idea was that the club had to get things done in the community, but the members had to have fun doing them.

His deep sense of humour and mischief was always there and came through at every meeting, sometimes to the despair of the President or meeting Chairman. Larry was Rotary to his bootstraps but he would never be compliant to the specific 'Rotary way' of doing things. Larry had his own way of getting the job done.

After holding the position of the 4th President of the Club, Larry stood for District Governor in 1999 / 2000. Larry was never of the normal 'District Governor' mould, but delighted that he had the opportunity to take on the role and be a leader in an organisation that meant so much to him.

Larry went on his first Rotary International trip to Onamuga in the eastern highlands of Papua New Guinea in 1989. On that particular trip he and 4 others from the club help construct a 1st Aid station in an area where medical help was almost non-existent.

Following this contact with the villagers in Onamuga, the Club were informed that the young son of one of the team helpers had fallen into a fire and was badly burned. Mainly through Larry's efforts and the Rotary Club of West Pennant Hills and Cherrybrook, and those of the Salvation Army who were working in that area, Wesley Koni has been able to have numerous operations and lead a relatively normal life.

Later Larry was the instigator of the Rotary Club of West Pennant Hills and Cherrybrook setting up the Wesley Koni Trust to provide assistance for Wesley until he was 18 to help with his education, training and ongoing medical care in Australia. Larry maintained his ongoing involvement with RAWCS, with both he and his wife Miriam concentrating mainly on the Vanuatu area.

In this work teams of Rotarians carry out such works as repairing and painting dormitories at local schools and Larry's humour and sense of fun was always evident.

When not involved in his many ongoing duties with Rotary, Larry was also involved with Little Athletics and as a high level judge for athletic competition generally. He travelled Australia wide in this capacity.

Even though Larry was unwell he managed to make it to his club changeover of officers in late June and officiated with the response to the toast to Rotary International as a District Officer.

Larry's last act in Rotary was to present a Paul Harris Fellowship to the wife of a previous member. He did this personally out of his own accumulated donations to the Rotary Foundation.

Larry is survived by his wife Miriam and two children Nathan and Ashley.

Larry, your family miss you, your mates miss you, Rotary misses you.

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History was Made at Dural Country Club Bowling Club

Dural Men's Bowling club have moved into the 21st Century.

On the Saturday 21st of June 2014 history was made at Dural Country Club, Lawn Bowls Club when women and men played together for the first time on a Saturday and now play mixed uniform social bowls on Saturday afternoons. Saturday afternoon use to be the domain of men only and still is in most clubs. Whilst we were still getting a fair turn out of men bowlers on Saturdays the women numbers were dwindling due to more women working today than did 20 years ago and there were women who wanted to play lawn bowls but were unable to as no women bowls were played on Saturdays, it was decided after, much discussion, to let the women play with the men. Whilst it has been only going for a few weeks, 3 new women have joined up and enquires from more women are coming in. Also some of our previous players are coming back. The women bowlers have been well received by the men bowlers and no men bowlers have left because of it.

If any women would like to play on Saturdays or learn to play lawn bowls please contact Robyn Cook 9836 0831 for **free lessons**.



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Bendigo Bank Galston Donates \$40,000.00 to Hayes Park, Galston Lighting Upgrade

The Galston District Community Bank Branch of the Bendigo Bank has once again thrown some serious financial support back into the community. Driven by Hills Hawks Football Club and coordinated by Hornsby Council the field lighting at Hayes Park has just been



upgraded by the addition of two extra light poles and lights which has allowed for almost complete utilisation of the park at night. This has been enjoyed mostly by Hills Hawks Football Club at this stage who use it most week nights for training, but also other members of the community for various recreational purposes. This upgrade not only allows for more usable space but has also provides a greater sense of security for it users, especially at the



outer areas.

Because of the financial commitment from Bendigo Bank the lighting upgrade program by Hornsby Council was bought forward and the installation was just stage 1 of a 2 stage program. In addition to the light poles

recently installed Hornsby Council have committed to upgrading the existing old light poles in the 2015/16 financial Year. The new Bank Manager of Bendigo Bank Galston, Gary Mangan, was pleased to go down to Hayes Park and hand over a giant cheque for \$40,000.00 to Hornsby Shire Council Mayor Steve Russell and President of Hills Hawks Football Club Adam Smith.

The additional lighting has only added to the already great facility that Hayes Park is and Hills Hawks Football club along with Hornsby Softball look forward to using it to its full potential. Both these organisations and Council sincerely thank Bendigo Bank Galston for their support.

Art Demonstration - Acrylic Landscape

Joseph Bezzina (FRAS) will demonstrate acrylic landscape techniques at Castle Hill Art Society's next monthly meeting on **Wednesday 6th August**. Joe is a Sydney based multi awarded artist and is a teacher for the RAS Art School. His acrylic paintings capture the shape, colour and light of the landscape in all its glory.

Visitors are welcome to the meeting at 7.30 pm, Castle Glen Community Centre, 155-157 Ridgeway Drive, Castle Hill. Enquiries 9899 3179 (ans. mach.) or www.castlehillartsociety.org.au



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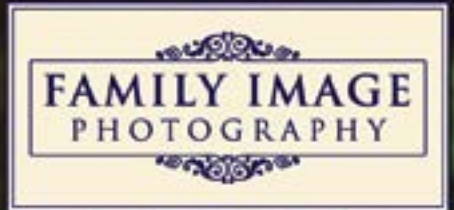
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Rev Bill Crews Comes to Galston

The Rotary Club of Galston are looking forward to the Reverend Bill Crews as their guest speaker on **Tuesday 5th August**.

This amazing man has been the founder of many charitable works for the underprivileged and homeless most notably the Exodus Foundation.

You are welcome to join the Galston Rotarians at the Galston Club on Tuesday evening at 6:30 for 7pm. Order your dinner at the grill beforehand (say you are visiting Rotary). Please RSVP to Gaye Wheatley by phone: 9651 5522 or e: century21dural@century21.com by 5pm Saturday 2nd August.

Sacred Music Event in September

If you love music but thought 'sacred music' was just for church services, then you're in for a pleasant surprise at St Benedict's Monastery Arcadia next month. Renowned for hosting the acclaimed Arcadia Music Recitals for more than a decade, the Monastery is the venue for a day of music and reflection presented by Australian Catholic University and the Sydney Sacred Music Festival. Event convenor, Professor Michael Griffith, says that 'the sacred' includes any form of expression that uplifts the human spirit. This encompasses many forms of music, dance, art and literature.



Headline artist on the day will be Maeve Heaney (pictured) from Ireland. She has achieved international recognition for her recordings of sacred music and also for her scholarly writings including her latest book *'Music as Theology: What Music Says About the Word'*. Maeve says that her driving passion is to bring together music, theology and spirituality and to share it with the world. Her new CD will be launched at the Arcadia event.



A famous 'local' who will be presenting his wonderful 'folky' music is Kevin Bates (pictured). For almost 40 years he has been a singer-songwriter and priest based in Sydney, but reaching way beyond even to Rome – one of his songs was used in the Beatification ceremony for Saint Mary MacKillop. A selection of his CDs will be available.

A truly inspiring presentation will be that by Sydney opera singer Joeline Griffith (pictured right), who will sing Alan Wilson's stunning *'Mass of Transfiguration'* first performed in London for the feast of the Transfiguration in 1992. Professor Griffith says "participants will be able to experience the link between spiritual practice and creative expression". Contact: michael.griffith@acu.edu.au)

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Galston CWA News

Our next meeting will be on **Wednesday 13th August**, when we will celebrate our International Day. The country of study for 2014 is Botswana. Students from Arcadia and Galston Public Schools have created colourful and interesting posters on Botswana.



These have been judged and the winners will attend our meeting to receive their prizes and listen to a guest speaker. Their teachers and families will also attend.

Prizewinning posters are sent to be judged with those from other CWA branches in the Nepean Group. We appreciate the work done by the students, teachers and parents, but also hope they enjoy learning about the different countries CWA study each year.

Coin donations received on the day go to ACWW – the Associated Country Women of the World. We are always happy to receive yarns and fabrics, and suitable cotton fabrics and sewing equipment are sent to ACWW for use in the South Pacific area.

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

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

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

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SACRED MUSIC DAY

'Sounding the Sacred'

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Presented by Australian Catholic University with the Sydney Sacred Music Festival

The program includes:

Maeve Heaney: International Recording Artist and Author

Gregoriana Arcadia – Gregorian Chant

The Gregorian Schola of Sydney – Various Chants

Joelene Griffith singing *Alan Wilson's 'Mass of Transfiguration'*

Kevin Bates: Priest, Singer, Songwriter

Anne Benjamin: Workshop on Tanka/Haiku and the Sacred



Saturday 13th September 9.30am-4.30pm
at St Benedict's Monastery, 121 Arcadia Road, Arcadia

Light lunch and refreshments provided

Registration from 8.30am; Entry by donation (recommended \$40)

Bookings Essential: michael.griffith@acu.edu.au or 02-9701 4292

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Wed 3rd, 7.30pm: Balancing the Acid/Alkaline Levels in the Body

Thur 4th, 7.30pm: The Colon: Simple Clues to Ensure Regular Activity

Fri 5th, 7.30pm: Heart Health & High Blood Pressure

Sat 6th, 11am: Rewiring the Brain

Cost: \$15/night, Friday and Saturday lectures are free! pensioners 1/2 price, children free and activities organised to keep them occupied!

Barbara O'Neill is a trained nurse and a qualified naturopath and nutritionist, who regularly lectures nationally and internationally. She has raised eight children and is a specialist in women's and children's health. She is also the health director of the successful Misty Mountain Health Retreat, located in the Macleay Valley. Barbara is passionate about good health and natural healing. She believes in giving the body optimum conditions in order for it to heal itself. She is a gifted public speaker who has an intimate knowledge of how the body works and is sure to please those looking for motivation to live a longer, healthier and happier life. Her ability to make complex health principles simple has helped thousands who have found freedom from chronic health complaints and experienced renewed vitality, weight loss, and exciting new taste sensations. This is a wonderful opportunity to come and hear these truly inspiring lectures! More info please contact Gael: 0408 208 705, email: gaelsum@gmail.com

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Warrah's New Community Education Courses

Term 3 sees the commencement of an exciting new initiative at Warrah. Community Education Courses will provide 10 week courses in a range of subjects, initially including cooking, horticulture, fine arts, handcrafts and exercise. Courses are tailored to meet the needs of people with disabilities and are open to people with disabilities in the local community. Enrolments are limited to maximise engagement and each subject has a practical focus. Course presenters are all specialists in their field and are trained to deliver content that provides a wide range of skills, recreation and new learning, as well as being fun!

With Term 4 commencing on the 7th October enrolments are open for:

- Multicultural Cooking: Indian
- Landscape Painting
- Tai Chi

Courses are all held on or close to Warrah's beautiful main campus at 20 Harris Road Dural. A course brochure can be downloaded from www.warrah.org. To enrol or to find out more please contact David Forfar on 9651 2411.

Thank you

Warrah would like to extend a thank you to all those in our local community who supported our Tax Appeal in 2014 to date we have raised almost \$25,000. Your donations are helping us to make a real difference in the lives of people with disabilities who depend on Warrah for support.

This year our Tax Appeal will fund the heating of Warrah pool so we can provide accessible hydrotherapy to adults and children with disabilities. Hydrotherapy provides many wonderful therapeutic benefits for people with disability. Improving mobility and agility, relieving stress, and providing healthy sensory stimulation are just a few of them!

Keep the date free!

And keep the date free – Warrah's inaugural Community Open Day is on Saturday 13th September from 10am-3pm – a great day to visit Warrah - more on this next month!



Marijke and John Paul felt making.

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Dural Galston Probus Club

Dural Galston Probus Club will hold it's next meeting at 10am on **Thursday 21st August**, at The Galston Club, 21-25 Arcadia Road, Galston. Our speaker will be Denise Clarke from Australian Hearing at Hornsby. Visitors welcome. Come along or contact Anne 9653 1004.



Hills Hawks FC News – Ex Socceroo Captain – Paul Wade – Coaching at Hills Hawks Football Club

With a new club house, new lights and plenty of enthusiasm in the lead up to and after the World Cup, Hills Hawks Football club is ramping up its development program for the youth of our area. Hills Hawks Football



club has put player development at the top of its list and the first step has been funding the services of **Paul Wade, Ex Socceroo player and captain** as our Technical Director for season 2014.

Every Tuesday night at Hayes Park Paul has been on hand to coaches and players to help wherever he can. This ranges from simple advice to coaches and players, demonstration of drills with individual teams and coordination of the occasional mini world cup night with all the younger teams. The kids are having an absolute ball and all think Paul is great. And for the coaches who are mostly parents with limited to no football background this has provided them with guidance and confidence to contribute to the kids development in a positive way. The club is now gathering feed back from all the coaches who have been involved with Paul so planning for 2015 can begin and continue our development program. Of course this would not be possible without our major sponsors **Bendigo Bank, Galston Community Bank Branch and Glenorie RSL** providing us with tremendous financial support on an annual basis.

As this season starts to wrap up we are looking forward to many teams competing in Finals Series and then start preparing for next season. For more information on Hills Hawks Football Club then go to our website –www.hillshawksfc.com.au

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The Sydney Hills Branch of the Association of Independent Retirees

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

Our meetings are held the first Friday of each month at Pennant Hills Bowling Club Yarrara Road, Pennant Hills, our next meeting will be held on **Friday 1st August, 2014**. Meeting commences at the new time of 10.30am. The guest speaker will be **Sadhana Kumar from Centrelink**.

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

Mayor's Winter Sleep Out at Bella Vista Farm

Help raise funds and awareness to support homeless people in The Hills

Where: Bella Vista Farm - Elizabeth Macarthur Drive, Bella Vista

When: 5pm Saturday 23 Aug 2014 to 9am Sunday 24 Aug 2014

Closing date: Friday 22 Aug 2014 12pm

Residents and business people from the Sydney Hills are invited to experience what it's like to sleep rough at the Mayor's Winter Sleep Out at Bella Vista Farm Park.

Mayor Byrne has backed the initiative of the Community Foundation of North Western Sydney (The Foundation) which is seeking to raise money and awareness to support homeless people in The Hills.

"Many residents are surprised to know that we do indeed have a problem with homelessness in the Sydney Hills," Mayor Byrne said. "It will certainly be a tough night for us out in the cold, but it's something I hope many people participate in."

The Foundation's President Gailsusan Clarke said that women and children seeking crisis accommodation were most in need.

"There are a lot of women and children that need accommodation as a result of domestic violence, often caused by drug and alcohol abuse," Ms Clarke said.

"The Mayor's Winter Sleep Out is all about helping as many people as we can through funds raised on the night."

One of the major drivers of the initiative, local businessman Jim Taggart, said that he was willing to have an uncomfortable evening for a good cause. "If I have to have a night of discomfort then it's a small price to pay to get the message out and to help people," Mr Taggart said. "I'm happy to be a part of this and I hope that the community really gets behind this and supports it by either coming on the night or making a donation."

There are two ways you can participate: You can sleep out in Bella Vista Farm's historic packing shed for a tax deductible \$200 donation – this offer is limited to the first 50 participants. To really rough it, you can sleep outside the shed for a tax deductible \$100 donation.





Winter Whispers

By Mary at Heritage Haven

Across today's cloudless expanse of sky a pair of wedge-tailed eagles dare to glide. Wing tips curved gently upwards, they drift on the air currents, scanning the ground for movement. Winter's presence whispers the importance of food for the hunter, and rabbit would be tasty prey for breakfast!

My garden shadows have shifted and chilled fingers have crept into garden areas that are rarely without sun. Soon morning frosts will crystallize the surrounding paddocks, and spider-webs will become mere wrinkled remnants to lace the garden or whisper of a spider's possible, hidden presence. Already the maple's branches stand bare, etched sharply against a bright, blue sky.

Wild, native poppies are abloom. Jauntily, the morning breeze ripples their fragile, pink petals as they dance beside the sun-drenched pathway. Well beyond Myrtle's doggy reach, a blazing hedge stands shoulder high nearby, crowned with yellow marigolds. The glow of flowers line the pathway for almost ten metres, and their cheerfulness is surpassed only by their incredible fragrance of passionfruit! This special herb is not for the faint-hearted gardener. Bees have emerged with the sunshine, and excitedly, they scramble amongst the marigolds enjoying the seductive platter of nectar.

Our most exciting whisper this winter, has been the gift of a rescued native beehive from our friendly, local honey supplier. The tiny bees are stingless and have settled in well at their new home, where they are quietly producing their delicate "sugarbag honey" while they share their almost invisible presence amongst my herbs and flowers.

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Galston Sewer Scheme Information

by Fox Plumbing

Getting connected to the new "Sewer Scheme" should be a relatively simple process, but only when managed properly by a competent and experienced plumber. There are critical steps that all plumbers must follow during the connection process, as required by Sydney Water and the Department of Fair Trading. The final commissioning of your sewer connection cannot be completed until all these critical steps have been finalised.

- Firstly ensure you are happy with the location of the collection tank and alarm unit, and that restoration of the surrounding area meets your satisfaction. If concrete or pavers need to be reinstated, you can request your plumber to do a "partial connection" and get enough sewer pipe installed so the restoration works won't have to be dug up again when it is time to connect. These partial works will of course need to be inspected by the Department of Fair Trading, as will the final connection.
- Check that your plumber has a valid trade licence (www.licence.nsw.gov.au/LicenceCheck), and has had experience with this type of connection. Whilst working with residents in the recently connected suburb of Cowan, I have heard horror stories of poorly managed connections, leaving people without a sewer service for days on end.
- Make sure your plumber has checked that ALL your plumbing gets connected - I have seen houses where the laundry, handbasins, and kitchens are not connected to the septic tank, and could easily be missed if you assume the existing sewer pipe connecting to the septic tank collects all your waste water.
- Do you have a grease trap? This will also need to be disconnected.
- Council needs to be contacted about the decommissioning and cleaning of your septic tank, and provided with proof of a de-sludge and pumpout from a suitably qualified contractor. Only then can the septic tank be filled and the lid demolished.

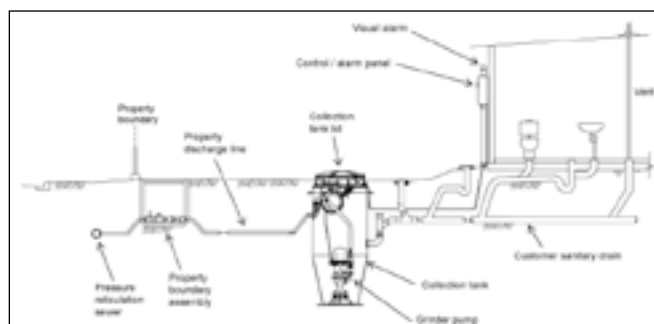
- Along with inspection fees being paid before the start of the job, make sure you receive a "Certificate of Compliance" from your plumber at the completion of the connection.

Read your quotes carefully, being sure there are no "hidden extras", and that the full scope of work is clearly outlined in the quote.

Items such as septic pump-out costs, rubbish removal, septic tank demolition, possible electrical disconnections for Aerated Water Treatment Systems (such as Envirocycle or Bioseptic), and restoration of turf or paths, etc, can be a costly addition to a quote that you first thought to be "cheap"...

As a local Galston plumber and resident, and with many of these connections already completed by me in Cowan, please do not hesitate to contact me if you need further advice or a quote.

Regards,
Tony Fox.
Fox Plumbing 0427 939 577



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Cancer the Dragon and You

At least three times a week we receive phone calls or see TV commercials asking for donations to various cancer research groups or organisations. There are many fund raising activities for cancer organisations or individuals. Where does the money go? Where are the cancer cures which should have resulted from massive cancer spending over the years? Part of the problem is that much of the cancer funding is directed towards fundamental studies and very little towards applied research and clinical trials.



The Three Bears Project for Children's Cancers has a very different approach.



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No lifelong adverse side effects for the children.*

A miracle approach? Not quite, just a systematic scientific approach based on lateral thinking and a reinterpretation of all the available cancer clinical data.

Funding of clinical trials to be conducted under the guidance of dedicated Pediatric Oncologists is next. This will be a major breakthrough in the treatment of Children's Cancers aiming is to save 150 children or about 6 Class Rooms of Children each year in Australia.

Hills Cancer Support Group
834 Old Northern Road Middle Dural

Contact Details:

Phone 9652-1977

Email: johnahackett@yahoo.com.au

The Hills District VIEW Club

The Hills District VIEW Club will be having Lunch at the Mooney Mooney Club on The Hawkesbury on **Tuesday 12th August.**

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

The Hills District VIEW Club will hold its monthly meeting on **Tuesday 26th August at the Galston Club - 11am for a 11.30 start - Cost \$22**

The speaker will be Mr. Ron Ray who will speak about the history of Bass and Flinders.

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

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New Menu Released for Winter at Riverbend Restaurant in Wisemans

...*“a little oasis on the banks of the Hawkesbury”*...

Chef Luke Shaw has released a new winter menu for the Riverbend Restaurant at The Retreat at Wisemans.

“With the Hawkesbury region traditionally known as the food basket of Sydney, we buy many of our ingredients from local suppliers to obtain the freshest and finest seasonal produce available” said Manager Barry Topple. “Our culinary locals also regularly bring us goodies from their wonderfully productive organic gardens, giving an extra edge to our menu”.

Located in the village of Wisemans Ferry, the Riverbend Restaurant offers an extensive menu matched with a wine list of quality Australia wines, making it the perfect dinner or Sunday lunch choice .

Here are just some of the tantalising dishes from the winter menu:

Entree

- Duck Liver Pate *with orange & semillon jelly & toasted crisp bread*
- Seafood Bisque *with house made prawn mousse tortellini & lemon myrtle oil*
- Singapore Chili Prawns *with coconut & wild rice*

Main

- Grain fed eye fillet *with baby vegetables, pomme puree, mustard butter & jus*
- Confit Duck Leg *with leek & potato gratin & candied cumquat jus*
- Veal Osso Bucco *with wilted kale, olives, chorizo & creamy polenta*

Desserts

- Chef's Own Traditional Sticky Date Pudding *with butterscotch sauce & vanilla bean ice cream*
- Port & Red Wine Poached Pear *with house made crumble & vanilla mascarpone with Baileys*

The Riverbend Restaurant is open for dinner each night from 6pm and lunch on Sunday from 12 noon. For bookings please call (02) 4566 4422 or retreat@wisemans.com.au

Galston “Girls Night In”

The seventh Galston “Girls Night In” raising funds for women’s cancers will be held at the Galston Club on **Saturday 18th October**. Second biggest event of its kind in NSW and with over 300 women attending last year raising over \$28,000 organizers are looking forward to another successful event in 2014.

Bendigo Bank, House of Fraser, Mercedes Benz of Hornsby, Wild Oats wines and the Galston Club are once again supporting this event. Tickets will be on sale soon. If you are interested in supporting this event with product or service please call Debbie Amos on mb: 0418 296 217 or email galstongni@icloud.com.

Eastbend Meeting August 2014

On Monday **August 17th at 1.30pm** there will be a quarterly meeting of Eastbend Rural Communications at the Resource Centre, Maroota Public School, 4540 Old Northern Road.

If you have any items or concerns of local interest that you would like to discuss or have help with please come to the meeting. If you can't come yourself, please contact the Secretary, Pat Schwartz, on deblacko7@hotmail.com or 9652-1276, or Tessa Corkill, on 2archaeics@gmail.com or 9652-1470. As always, from 1pm there will be a light lunch and time for a chat before the meeting starts. We look forward to seeing you there!

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“Summer is Just Around the Corner”



In 2013/14 Galston-Glenorie Cricket Club had one of its most successful seasons ever. GGCC won the Hornsby Ku-Ring-Gai & Hills District Club Championships a feat that has not been done in the clubs 120yrs. Last season GGCC Junior teams consisted of U8's, U11's, U13's and over 30 In2cricketers (aged 4-8yrs). GGCC Senior teams consisted of B Grade, B Reserve & D Reserve. All of our senior teams made the finals with our Mighty D Reserve team taking out their premiership.

With the 2014/15 season just around the corner GGCC is taking Registrations for all junior ages from U8's-16's. We also would like to Register 4 or more teams in the senior Competition. We welcome all levels of players from Beginners to A Grade.

We would like to take this opportunity to thank our Major sponsors for their ongoing support "Glenorie RSL, Bendigo Bank, Golden Ridge Animal Farm, Hills Storage, Glenorie Butchers, Parkers Camellias & T.Sakall & Sons Steel fabricators"

**GGCC are taking registrations on line at www.ggcc.org.au or for any
Junior enquiries please call Rod on 0400790777
Senior enquiries please call Glenn on 0404600460**

Our first Pre-season training is on the 17th August 9am-11am for juniors & 1pm onwards for seniors. Registrations are welcome on this day.

GGCC is a family orientated club that plays the game fairly with passion, integrity, and most of all with fun. We pride ourselves on being a club that goes that extra step to make all of our players feel wanted and needed. We look forward to having many new faces for the 2014/15 season.

**Many Thanks
Glenn Gittins
Club President**



'What's On'

Friday & Saturday RAFFLES



FRIDAY NIGHT
MONSTER RAFFLES



WHAT'S ON WEEKLY

MON

\$12 Schnitzel

Chicken, Veal, Pork

TUE

\$12 T-bone

\$12 Fish 'N' Chips

SUPER LEAGUE POKER
7pm
\$300 pot

WED

\$12 Blackboard Special

MEMBERS BADGE DRAW
7-9PM
WIN UP TO \$10,000

FRI

SPIN + WIN

FRIDAY NIGHT MONSTER RAFFLES

SAT

MEAT + FRUIT RAFFLES

MEMBERS BADGE DRAW
7-9PM
WIN UP TO \$10,000

SUN

\$15 Roast

BADGE DRAW!

WEDNESDAY AND SATURDAY

win up to

\$10,000

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

7:00PM-9:00PM

LTPS 14/01058



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WEDNESDAY NIGHTS



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HEALTHY Bones Action Week 3rd-10th August

OSTEOPOROSIS

Osteoporosis occurs when bones lose Calcium and other minerals, making them fragile and more likely to fracture. In Australia, osteoporosis affects 1.2 million people. The number is expected to increase as our population grows older.

Risk factors for osteoporosis:

Reducing the risk of osteoporosis is a lifetime process. While age, genetics and gender cannot be altered, the following behaviours can help lower the risk of osteoporosis.

- Consuming plenty of calcium-rich foods, such as milk, cheese and yoghurt, every day.
- Participating in regular exercise and physical activity
- Having regular and safe sun exposure for adequate Vitamin D production



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Hornsby Pool to Open on 11 August

Hornsby Shire Council is excited to announce that the new Hornsby Aquatic and Leisure Centre will open to the general public on **Monday 11 August**.

"This is very exciting, a huge amount of work has brought us to this point and we're delighted to see it all paying off," Hornsby Mayor Steve Russell said.

"We would also like to thank the community for their patience throughout this process, as we've moved carefully to make sure we deliver a facility that will serve the Shire for generations to come."

The construction of the centre is now in the final stages, with the current tasks including the painting of the building's outside, landscaping in the forecourt and installation of the Wi-Fi connection.

"The end is now tantalisingly close and we can't wait to get there," Mayor Russell said.

Those who are in the Learn To Swim program will be able to have an earlier dip, with children going to the centre a week before the general opening for their assessments.

Places for the Learn To Swim program for term three are still available, so email learntoswim@hornsby.nsw.gov.au as soon as possible if you would like to take part.

Key Features of the Hornsby Aquatic and Leisure Centre

- Heated eight-lane 50-metre outdoor pool;
- Outdoor seating for 500 spectators with a spectacular view of Old Mans Valley;
- A heated indoor pool for learn-to-swim activities;
- A state-of-the-art gymnasium;
- A heated leisure pool with zero-depth entry leading to a walking zone;
- The leisure pool also features fun water features for the children;
- A two-metre-high enclosed water slide for children;
- Multi-purpose rooms for club activities and dry recreation activities;
- Kiosk and café;
- Child minding service;
- Parking on-site for 100 vehicles;
- Lifts to all levels of the complex for people with access needs.

Asbestos Dumping Earns \$2000 Fine

A property owner in Mount Colah has been fined \$2,000 for dumping material containing asbestos and for lying to Council about it.

"Any illegal dumping is a serious matter, but when asbestos is involved it is particularly concerning," Hornsby Mayor Steve Russell said.

"By now everybody knows the dangers of asbestos and there is absolutely no excuse for this type of behaviour."

The person was fined \$1,500 for dumping the waste and a further \$500 for lying about it to the Council officer who investigated the matter.

"If you've been caught doing the wrong thing it's always best to be honest, or else it will cost you even more in the long run," Mayor Russell said.

"It's also worth noting that the waste was dumped outside Hornsby Shire, which proves there are no limits to our ability to catch those who do the wrong thing."

The property owner was served with a clean-up notice, which meant they had to hire an occupational hygienist to inspect the site and clean up any asbestos residue.

The Hills Bushland Walks Program

These walks are suitable for all ages. They require participants to be able to walk for two hours and to negotiate uneven bush tracks. There are usually no toilet facilities on the walks.

Saturday 16 August | 2—4pm | Porters Road Fire Trail

Take the opportunity to walk along a ridge of Sydney sandstone flora. Most of Sydney's sandstone ridges have been cleared for housing. This walk is a rare opportunity to explore the plants (some of them endangered) which grow in this nutrient poor environment. We will leave the ridge and walk down to a wonderful rock shelf with extensive valley views.

Saturday 30 August 10.00am to 12 noon Fred Catterson Reserve Habitat Walk

This walk will explore the variety of habitats in quite a small area. We will walk through casuarina woodland, sandstone ridge heath and sandstone gully woodland. Particular points of interest will be several endangered plants, the recent regeneration of the bushland beside Cattai Creek and the regrowth after a control burn in 2013. This walk is part of the Community Environment Centre Sustainability Program. Book online at www.thehillsshireenvironment.eventbrite.com.au or ring Gerard Nolan on 9843 0533.

Bookings for Walks: Numbers are limited so bookings are essential for all walks - Boronia Tours Phone +61 2 9634 3163 Mobile 0407 456 577 Email jennifer@boroniatours.com.

More information can be found on The Hills Shire Council Website www.thehills.nsw.gov.au/Tracks-and-Trails.html.

Apprenticeship And Traineeship Expo

Young people in Hornsby Shire contemplating their future career will get an extra boost of help with the Apprenticeship and Traineeship Expo.

The event will be held on **Wednesday 13 August**, and is an opportunity for young people and their parents or carers to learn more about career options. Training organisations and employers will be at the expo to answer questions about their industries, while attendees can also learn job application and interview tips. Organisations slated to attend include the Department of Education and Communities, NSW Police Force, the Australian Business Apprenticeship Centre, Housing Industry Association, The Northern Sydney Institute TAFE and many more. Attendees are advised to bring several copies of their resume and a pen.

Event: Wednesday 13 August, 4pm-7pm, Hornsby War Memorial Hall, 2 High Street, Hornsby, for Young people 15 years and older
COST: Free. More details Shannon Cochrane on 9847 6553

Jumble Sale/Car Boot Sale

Old fashion Jumble sale / Car boot sale. (if you have a boot load of treasures that you would like to sell come along and pay a small fee and sell with us.)

Where - Kenthurst Uniting Church Cnr. Kenthurst Rd and Jones Rd Kenthurst NSW

When - **23rd August, 2014 Time - 8am - 3pm**

For sale - Furniture, knick knacks, plants, cakes, sausage sizzle, devonshire tea and coffee. Contact - Chris 96791757



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Galston Rural Fire Brigade News



Winter Pile Burning

During these cooler months the idea of cleaning up our properties with a pile burn becomes popular. It is essential, however, to follow the rules: An EPA permit must be obtained from Council; neighbours must be given 24 hours' notice prior to your burn and you may only conduct your burn between the hours set out on the permit. RFS crews are also available to assist with your pile burn, with sufficient notice.

In recent weeks a number of brigade call outs have resulted from pile burns that 'got away'. You must be vigilant when undertaking a pile burn – during and after – and if we attend an illegal burn, we are required to extinguish it and fines may apply.

Woodfire Heater Warning

Two (2) recent brigade call outs resulted in bushland and property being damaged after discarded fireplace refuse re-ignited days after it had been dumped. Please ensure that any warm ash and coals are wet down and thoroughly extinguished when discarded.

Congratulations

Galston brigade takes pride in ensuring that members continue to learn new skills and also maintain existing qualifications. The following members have recently been successful in completing the following training courses:

Village Fire Fighter - Aditi Sharma, Tomlin Poynton, Amanda Truelove and Dennis Stephenson.

Rural Fire Driving - Anthony Burley, Tony Griffiths and Steve Mansfield



Galston local brigade undertaking regular training and community assistance.

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Hear the Story of our Unknown Soldier

Countless Australians have visited the Tomb of the Unknown Soldier to pay their respects and now you can learn the history behind the poignant tribute, as well as the local connection to its story.

Few people realise the tomb was empty until 1993, when local funeral directors TJ Andrews helped to bring Australia's unknown soldier home.

Come along to Hornsby Library to hear the full story.

When: **Friday 8 August, 10.30am**

Where: Hornsby Library

Cost: Free

Bookings Essential: Visit www.hornsby.nsw.gov.au/library or drop in to any Hornsby Shire library branch.

Does Your Home Need Modification?

Residents who are frail aged or living with a disability can keep their homes safe and accessible with Hornsby Shire Council's Home Modification and Maintenance Service.

The service has assisted the community for more than 20 years by performing work to improve safety in the homes of eligible residents.



Vince Slocombe in Hornsby Shire Council's home modification workshop.

"We're just here to help people stay in their homes and be safe for as long as possible, we do everything we can to suit the client's needs," carpentry supervisor Vince Slocombe said.

"We have regulated and licensed subcontractors perform our work, we buy high quality materials to Australian standards and are specialists in home safety so our clients know they can trust us.

"I would encourage everyone eligible to be proactive about their safety and contact us now rather than waiting for an accident to happen."

The service is available for the frail aged and people with a disability, as well as their carers, and modifications require a referral from an occupational therapist.

Costs vary, with the price of modifications based on the income of the client.

Work that might be performed in client's homes include hand rails, handheld showers, ramps and wedges along with minor electrical, plumbing and carpentry maintenance.

Anyone interested in the Home Modification and Maintenance Service can visit www.hornsby.nsw.gov.au/homemod or phone 9847 6503.

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For September Edition is 15th August 2014

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

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The Hills District View Club Birthday Celebrations

The Hills District VIEW Club celebrated its birthday at The Galston Club with a Gatsby Theme.

The ladies all got into the spirit and came along dressed in all their Gatsby finery with pink being the colour of the day! The *Viewettes* did a great job of entertaining with many different 'personalities' on stage. Pictured below right (L-R) there was Dame Edna Everitt (Betty Murray), Lorena Bobnitt (Trish Smith) with the biggest pair of scissors, A very fine Taxi Driver (Norma Hodge), a Lady Nurse (Lorraine Hosgood) with an oversized hyperdermic needle, a very sporty Tennis Player (Marilyn Purchase), and last but not at all least, a very talented Ballerina (Valerie Roy) with the reddest of hair. The Galston Club did a great job in providing a beautiful lunch which everyone really enjoyed.

Members of VIEW contribute significant fundraising support to help Australian needy children reach their potential through The Smith Family's Education Programs and if you would like to come along to our meetings, please contact Denise on 9680 4440 for further information.

We are a fun group of ladies who enjoy each other's company and have an outing on the 2nd Tuesday of the month and a regular meeting on the 4th Tuesday of the month.

So come along and have an enjoyable day.



Members of The Hills District VIEW Club: Annette Bachmanis, Robin Edwards, Trish Smith, Sandra Todd, Marilyn Purchase, Lorraine Hosgood, Judy Goldsmith

The VIEWETTES: (Left to right) Betty Murray, Trish Smith, Norma Hodge, Lorraine Hosgood, Marilyn Purchase, Valerie Roy.



Valery Roy, Dini Smith



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Police Report

Incident: Steal from motor vehicle
Time/Date: Between 8pm Sunday 13th and 6am, Thurs 17th July
Place: Reynolds place, Galston
Details: A ute parked at that location had tool boxes on the rear tray. Person/s unknown have forced the locks and removed numerous power tools, valued at an estimated \$10,000.

Incident: Break Enter & Steal
Time/Date: Between 6.10am and 5pm Friday 18th July
Place: Bayfield road, Galston.
Details: An unknown person has kicked in a front door to a house; several rooms were ransacked with an amount of jewellery and about \$1,000 in gold and silver coins from a money box.



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LTPS/13/06263

Galston Club Charity Golf Event
in support of Special Olympics Australia
When : Tuesday 19th August 2014
Where : Riverside Oaks Golf Resort
Time : 7.15am
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- \$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

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Waters.

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Dural and District Historical Society Early Settlers at Marra Marra

Susan Brandt with help from Dr Geoff Ford

Sarah Wallace, the daughter of a member of the family of the aboriginal, Bungaree (who travelled around Australia with Matthew Flinders) and an English seaman, settled on the lower reaches of Marra Marra Creek with her lifelong partner, a convict lime burner known at first as Lewis Ferdinand.

Ferdinand is known to have been a Hanoverian German who fought with the British forces in the Peninsular War. He was sentenced to life in NSW for desertion. By the 1830's he was working with lime burners, John Grace and John Hunter on the Hawkesbury.

Lime for making mortar to hold bricks together was in short supply in the early Colony, until deposits of limestone rock were discovered. Prior to that, the settlers recovered lime by burning the contents of Aboriginal middens of shellfish found along the Hawkesbury shores.

What the Aboriginal folk felt about this treatment of their middens is not known, but it supplied a practical living for people like Grace, Hunter and Ferdinand, and their families.



Fire Place on Bar Island

In the 1830's, after surveyors had been through the Marra Marra Creek area, the limeburners were able to buy title to the land areas they had been long settled on, at the mouth of the Creek near Bar Island. Since Ferdinand was still a convict, his wife Sarah obtained the title in her name.

Sometime later the couple dropped the use of the German surname Ferdinand and called themselves Sarah and John Lewis instead. This wiped out all memory of a convict past, as well as any German associations.

Their family became closely identified with the Anglican Church on Bar Island (now a ruin), and Sarah's memory, particularly, lived on in local popular tradition as "Granny Lewis".

If you want to find out more about Bar island and its history, Tom Richmond will be speaking about it at the June Roughley memorial Talk on **Saturday, 16th August at 2pm**, at the Arcadia Community Hall, just near Arcadia School. Afternoon tea will be served after the talk. Entry is free, but bookings are advisable through Margaret McKinley on 9651-1495



Graves at Bar Island

Galston Medical Centre

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Dr Joyce Beardsell

Dr Graham Campbell

Dr Anju Pandey

Dr Bronwyn Edwards

Dr Karen Bartley

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GALSTON MEDICAL CENTRE

Glenorie Rural Fire Brigade News

There was quite a smoke haze over Glenorie Village Saturday 31st May, when Glenorie brigade assisted by Round Corner, Arcadia, Westleigh, Kuringai, Mount Kuringai, Berowra, Dural, Dangar Island, Hornsby, Hills Group 4, Hornsby Group 2 and Hills Catering, completed stage one of the Glenorie Creek South burn. Many thanks to all the crews that helped.

And the residents of Short St north of Glenorie had a great day Sat 12th July, when we were able to do a winter HR – Shows just how dry it really is. To date this year we have had less than half the rainfall we'd had by this time 2013. A big thank you to everyone who assisted on the burn: Annangrove, Box Hill/Nelson, Glenhaven, Kellyville, Kenthurst, North Rocks, Round Corner, Wisemans Ferry, Hills Communications, Hills Catering, Hills Aviation support, Hills Group 8, the crew of Firebird 200 who gave great airborne support, staff from The Hills and Hornsby District Offices and our own Glenorie team for giving up their weekend to put in a successful burn that exceeded it's objectives. Great work everyone.



Sam Dench and acting crew leader Cheryl Watt mopping up after the Glenorie creek sth burn.



View of the Short St burn from Kurrajong lookout photo courtesy of Kim Tolmie.

It is always exciting when the planning and preparation for a prescribed burn (hazard reduction) pays off with a successful burn. The brigade has been planning and preparing these burns, along with several others, for over three years. There are many factors that need to come together to complete a burn, not the least of which is good weather on a weekend when resources are available to achieve the burn.

Many thanks to all the residents who have been patient and cooperative allowing the brigade to do their job and to all who assisted the brigade by preparing their own properties.

The local brigades will continue to plan and prepare the next burns hoping that the weather will cooperate and allow burning to be completed prior to the Bush Fire season. If you have questions about planned burns in your area please don't hesitate to stop by the brigade stand at Glenorie Markets or call your District Office (details below).

Now is a great time for you to be preparing your property for the next fire season. Remember, you still need permission to clear trees and shrubs from your property so please contact your local District Office for details.

September is looking to be a busy month for the brigade: Whilst still continuing the Fuel Management burn program we will be visiting the Glenorie School end of term assembly 12/09/2014, have a stand, smoke tent and pumps demonstration at the School Fair Sunday 14/09/2014 and conducting Firewise for Kids for the children from the school Tuesday 16//09/2014 at the station.

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

Knitters Wrapped with Love

The photo below shows just a fraction of the hundreds of wraps that have been knitted by residents throughout Hornsby Shire to be sent to needy families overseas through the organisation Wrap With Love.

Hundreds have already been created and even more will come together at the annual Knit-In that will be held next **Friday 1 August** at Hornsby Library.

Among those who will be there is Penny Plumbe from the Epping Library knitting group, which has around 35 members and meets weekly.

Penny said that the highly multicultural group was a great place for people to socialise, while also helping the less fortunate.

"What I enjoy, apart from the social aspect, is knowing that I'm giving something to others," she said.

"I've experienced loss myself and I like that we send something that's bright and colourful, it shows caring from the other side of the world."

Yvonne Lassak from the Hornsby Library knitting group said she liked seeing the results of her hard work and has received photos of young girls in an Ethiopian hospital wearing her group's knitted garments.

"It's very rewarding when you see photos from overseas with people wearing our wraps," she said.

Since the first Annual Knit-In in 2008, there have been a total of 3,928 wraps and 12,500 squares collected by Hornsby Library.

All community members are welcome to attend the Knit-In or leave wraps and squares at the library any time before the event.

When: Friday 1 August, 9am-1pm

Where: Hornsby Library

Cost: Free

Information: Phone 9847 6804



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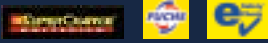
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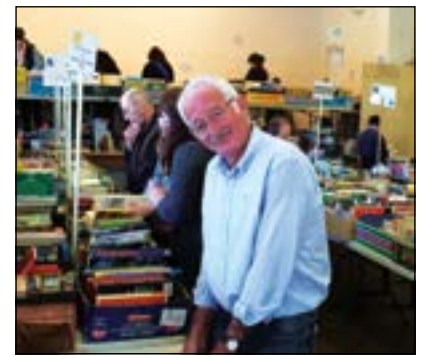
The 2014 Original Giant Book Fair heralded the biggest ever Giant Book Fair which was hosted by the Rotary Club of Galston. Happy book lovers were rewarded by the unique way in which the books were priced – by the inch! The books are laid flat and charged by the height- the Rotarians of Galston were the first to use this unique way of selling used books some years ago and have kept the popular way ever since.

The large range of books in a wide variety of categories at super special prices included quality paper back and hard back fiction, nonfiction, biography and other categories. There was also a fantastic selection of relatively new and collectable books. The DVD's, Cd's and records were also well sought after.

"The love of books is certainly alive with hundreds of people visiting the Giant Book Fair over the weekend" said President Peter Ainscow (pictured). The book fair is Galston Rotary's major fundraiser for the assistance we give to local community needs as well as national and international projects and disaster relief.



Alex at the Book Fair - a happy Book worm!



President Peter Ainscow sorting books



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Budgerigar Society of N.S.W. Inc.

Hills Branch - R Galbraith

After judging had been completed for 2014 National Titles recently held in Adelaide, congratulations were in order for two Hills Branch members, Craig Sutherland and John Barden after being awarded National Logues for the Spangle and Yellow Faced Blue varieties respectively.

The past month has also seen Hills Branch Members and New South Wales Senior Judges Panel members, Kathy Manton and Keith Nicholls invited to judge the New Zealand National Titles. These members were warmly welcomed and enjoyed various social activities, whilst also undertaking tutorial sessions for breeders/exhibitors.

July monthly meeting at Hills Branch will allow for the Annual General Meeting to be held, in preparation for the management structure of the branch to be formalised for 2014/15 and in readiness for commencement at the August meeting; of the new Table Show Competition, where members will commence exhibiting their new young birds.

A warm welcome is extended to anyone interested in Budgerigars, a hobby for all ages and allows for family involvement. Each meeting provided for social inter-action, lectures/discussion sessions and Table Show for the birds, where they can be viewed and discussed. Contact can be made with Peter Dodd by telephoning 9888-5631 or Peter_Dodd@primus.com.au.

Looking Up

Story and photos by Anita Horan

Glenorie resident and professional photographer

You may recall a few months back I wrote a story and with it was printed a photo of an owl I took in my front yard; the article ended by offering local galleries or gift shops to contact me regarding my nature photography. I was delighted to receive a phone call inviting me to provide my images to a new gallery opening on the grounds of



Black cocky near Post Office Road in Glenorie

Greenshades Café in Galston. The gallery owners, Ruth and Helen were of like mind and we all wanted to promote the uniqueness of our area and the hidden creative talent that lies within. We decided to start with a series of bird photos, so I unplugged myself from feeling 'too busy' (this surprisingly required considerable effort). I spent many hours over the past few months scouting our local area with eyes and ears open. Did you know we have a Buddhist meditation retreat, a lovely candle making shop and a large free range chicken farm, including some very cute friendly goats, in Arcadia?

With my newly opened ears, I have a new awareness of birds constantly singing and with eyes open; I am now addicted to 'looking up' and am absolutely staggered by the quantity and variety of birds in our area. I now regularly see wrens, finches, mynas, hawks, crows, pee wees, magpies, king parrots, lorikeets, rosellas, ibises, ducks, cockies, plovers, galahs, wattle birds, kookaburras, storks, pigeons, sparrows, eagles, robins, bulbuls, wagtails, starlings, egrets, silvereys, black birds, hummingbirds and have been treated with some rare sightings of bowerbirds, lyrebirds and huge black parrots.

The song of the belle and whipbird confirms I am out of the city, yet no matter how often I hear them, they remain elusive to me. They are in stark contrast to the family of noisy plovers who made their home in the gutter near the busy intersection in Glenorie, where Whites Road crosses Post Office Road. Plovers are known for nesting in ridiculous places, even atop poles in the water so when the chicks hatch they step out of the nest and immediately fall in the water! Plovers are also known for being fiercely protective parents who screech and swoop anyone that goes near their nest. I was hoping to get a photo of the adorable chicks I saw from my car. Donning my hooded jacket for protection; I took my camera for a walk and smiled, both in delight and concern when I saw the chicks were still where I had spotted them, but it was the darndest thing, when I got close, the chicks completely disappeared while the parents started swooping me. I kept walking and when I was far up the road, I turned around and the invisible chicks reappeared. I headed back down the street, but was given a bizarre repeat performance, the chicks vanished again and the adults swooped me a second time. Then again, when I was far away, the chicks reappeared. I decided to leave them alone but worried they would be run over. A few days later, I noticed they had moved, so I may have inadvertently encouraged them to relocate to a safer place. A friend soon informed me that plovers have a sharp hook on their wings and can slice open an animal. Checking the photos I took of the swooping plovers, there they were - a sharp hook on each wing. So watch out if there is a plover about!

After much work by all involved, Greenhouse Gallery is now open - Thursday and Friday 10 - 3, Saturday and Sunday 9.30 - 3.30. I am just one of many artists supplying a wonderful variety of custom made products. My local bird images can be purchased in the form of greeting cards for as little as a few dollars or as large canvases for the wall; a few canvases are on display or you can personally order your canvas to be made with your favourite bird photo from the selection provided.

We live in an amazing part of the world, if we can always make the time to look up, we won't be disappointed.

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Northholm Grammar School

Northholm Grammar School Student Leaders were invited to attend the Annual Secondary School



Leaders lunch with Matt Kean, Member for Hornsby, held at Parliament House on Thursday 29 May, 2014. School Captains, Morgan Kingham and Patrick Meyer, and Senior House Prefect, Laura Kiss, made their way into Parliament House where they were given a guided tour before sitting down to lunch in the Presidential Dining Room. During lunch, there was open discussion, with Matt and other schools' leaders about issues relevant to their generation and specific to our community. Following lunch the students has the opportunity to hear parliamentary Question Time.

"This was definitely worth the trip into the city" recalled Patrick "the building is very historical and seeing Parliament in action was quite eye opening".



School Captains, Patrick Meyer and Morgan Kingham, with Member for Hornsby, Matt Kean and Laura Kiss, Senior House Prefect outside Parliament House.

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Galston Long Day Care Centre

During July the children celebrated NAIDOC week, recognising the Aboriginal and Islander culture and communities.

On the 11th July we were very lucky to have a parent come in and talk to the children about her family's Aboriginal background. She shared some information about the culture and the children learned about the Nulla community.



The children were shown on a large map of Australia showing where her ancestors were from. The children were shown how the Aboriginal people communicate using sign language in the bush while hunting. A picture of an emu was shown to the children, explaining that in their language an emu is called a "gulliah" and that a goanna is called "bubin maroo".

The children learnt about foot prints and how Aboriginal people can use footprints to track animals for hunting.

We looked at a painting that a family member had painted using traditional dot painting. It was of a goanna. In the painting you could see the tracks of a goanna's footprints and a line in-between where the tail dragged. We also talked about snake tracks and what they would look like. The beautiful painting is now hanging in the Pre-school classroom.

We looked at the Aboriginal flag and were explained the meaning behind it:

Black – is for the Aboriginal people of Australia

continued on page 40 ►

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Glenorie Public School

With the holidays over, Glenorie is already back in full swing. The students began on Monday as the Staff Development Day will be held on the last day of term, which will be a pupil free day.

The school dance group has completed their dance and had their first performance on Grandparent's Day, which was Wednesday 30th July. Congratulations to all of the students that performed and did so well. Also a big thank you to Miss Pavett and Miss Phillips for running and choreographing the dance group.

Well done to Benjamin who competed in the State Cross Country carnival on Friday 18th July, after coming 4th in the Area carnival at Gosford racecourse. A super achievement as he was placed 15th overall in the 11yrs 3km race and was the 2nd runner for North Sydney! 3-6 students competed in the first round of PSSA for the term. We sent eight



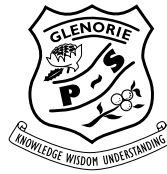
teams (2 senior and 2 junior of each sport). Students competed at the Galston High netball courts and oval and Hayes Park courts and oval. Thank you to the Galston High students for refereeing the games of league tag and netball games. All students from 3-6 that do not participate in netball or league tag walk down to Les Shore Oval and receive tennis coaching from Glenn Gittens. Thank you Glen for coaching our students.

Congratulations to all debaters. Glenorie team 1 put up a great argument against Dural. A few days later, both teams competed against Arcadia. All three of these debates were impromptu, which the debaters handled extremely well. Thank you, Ms Hugo for transporting and organising these events.

Congratulations to all students who strived to achieve their best at our recent Athletics Carnival. We would like to particularly acknowledge all of the parent volunteers for your support, all staff for ensuring the kids were well-prepared, Mrs Black for organising the entire day. We all look forward to next year's carnival!

The senior Choir's preparation for their Sydney Town Hall Concert is heating up. For the next few weeks there will be two rehearsal sessions a week. We are very excited about the performance night! Thank you, parents and care givers, for supporting this unique and fantastic opportunity for our talented students.

The Country Fair organisation is going "full steam ahead". Sunday 14th September is going to be the most exciting day that Glenorie has ever seen! Make sure you keep that day free! A big thank you to the parents that have donated gift vouchers from their businesses and the entire local community. We really appreciate your generosity. What a great day it will be with rides, show bags, plant stall, white elephant, book stall, petting zoo, cake stall, plaster fun and sand paintings, monster raffle and so much more. Don't miss out on the fun and if you would like a stall, wish to donate books or White Elephant items call the school on 9652 1237.



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Galston Public School

by Carole Weiss

Galston Public School students ended last term with two special events.

'Ice creams for Cambodia', was a fun way to raise awareness and money for our Cambodian friends at the BFT Centre, in Siem Reap. On the last Thursday of term 2, the children visited their Peer Group for their last session on 'resilience'. The children will meet again later in the year for special occasions. While eating, there were many smiling creamy faces enjoying their tasty ice creams. Thank you to all families who supported 'Ice creams for Cambodia' and a special thanks to the Year 5 and 6 families for supplying the ice creams, making this a successful event.



On the last day of Term 2, the SRC planned a visit from the RSPCA (Royal Society for the Prevention of Cruelty to Animals). The purpose of the visit was to present a dog safety program and responsible pet ownership program. Students came to school with their own soft toy animal and a gold coin donation for this invaluable charity which endeavours to provide continuous care for all creatures great and small. A total of \$234.00 was generously raised for this wonderful organisation.

Already Galston Public School students are having another busy Term, beginning with the senior choir which attended Chatswood High School recently to rehearse for the ArtsNorth Choral Concert. The students were excellently behaved and 'sang up a storm' during the rehearsal. Well done to their talented music teacher, Mrs Erin Bolger who prepared them superbly!

Congratulations also must go to the very talented students in KE, KA and 4/5F who were successful in gaining entry into the prestigious ArtsNorth Drama Festival at NIDA. Class 4/5F have been invited to present an evening and matinee performance at the festival.

What a fantastic time was had by Stage 1 students who went on an excursion in Week 1 to the Enmore Theatre to see a performance of Wombat Stew. This was an exciting way to end their literature unit on this wonderful book. It was an entertaining and engaging performance which the students thoroughly enjoyed. The students' behaviour was outstanding and they were superb representatives of Galston Public School.

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.

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Galston Long Day Care Centrecontinued

Yellow – is the sun, the giver and protector of life

Red – for the country and land.

The children also looked at some photos so we could see the land and the colour in it.

The group were then handed out some Aboriginal flags and the children each painted their own flag.

If you'd like to enrol your child or simply find out more about our friendly, community-run centre please contact us on 9653 1475.

<http://galstonlongdaycare.com.au>



Hillside Public School

Term Two flew by and Term 3 is shaping up to be a very busy time as well.

During the last week of Term 2, staff and students dressed up as Superheroes for a fundraiser for Bear Cottage – a palliative care facility in Manly for children with cancer and their families.

During the day, the children made superhero masks, participated in a trivia Contest and parents were invited to the school for Coffee and Cake. Everyone had great fun.

It was extremely pleasing that we were able to donate over \$1000 to this worthy cause.

Now in Term 3, the children are excited about the annual Athletics Carnival which is being held on Friday 8th August, as well as the beginning of PSSA which starts this Friday.

We have an author, Aaron Blabey visiting our school at the end of July and we are looking forward to hearing about his inspirations for his many picture books. Middle Dural will be joining us to hear Aaron speak.



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We are riding high at Arcadia Public School as our talented students are awarded overall 6th place in the 2014 NSW State equestrian interschool championships. This is a massive achievement, with fierce competition between 67 public and independent schools. Our star riders, Jessica in Year 5 and Tahlia in Year 6 achieved stunning results. Jessica, 8th overall in hacking, 3rd and 6th in dressage and 11th overall in training, showing, jump & dressage. Tahlia, 3rd overall in dressage, 4th overall in hacking and 1st in combined - training, showing, jump & dressage. Tahlia will represent her school and community at National level in Victoria later this year. Congratulations to Tahlia with Bamborough Fairy Tale and Jessica with Kirreway Your Colour!

Aurora, Amelie, William J, Rose, Jack, Nicola and Ryan, public speaking finalists from each grade, mastered their nerves as they presented their excellent speeches to our whole school at a special assembly in June. They entertained us, speaking with poise in a climate of respect and support. Rose, Jack, Nicola and Ryan then represented their school at the 2014 NSW Multicultural Public Speaking Competition District Finals. Our students' level of skill and confidence develops every year and we are incredibly proud of them.

There were smiles all round last term as the Arcadia Public School band entertained the ladies and gents at Rowland Village. A solo performance by Elise on her flute and a clarinet duet performed by Cassandra and Ashley were great hits. We love an appreciative audience!



Middle Dural Public School

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Established in 1891, Middle Dural Public School delivers a unique and quality educational experience. Set in rural surroundings with unrivalled outdoor facilities, including a grass oval, sporting courts and vegetable plots, the school provides an outstanding learning environment and works to meet every child's needs as an individual.

The school's diverse classroom programs are administered by longstanding, dedicated staff and supported by excellent technological resources, including a personal computer for every child. A strong commitment to the values of independence, innovation, inclusiveness and integrity gives students the confidence to be themselves.

To find out more about the big opportunities at our small school, please visit. Every day is open day and visitors are always welcome. An information pack can also be provided on request.



Relieving Principal:
Ms Ann Mills

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Arcadia Rural Fire Brigade

*Dave Byrne
Captain*



The Arcadia Fire Brigade has been busy over the last couple of months assisting with a number of Hazard Reduction burns, helping local residents with pile burns, attending numerous small scrub fires, motor vehicle accidents, automatic fire alarms and training hard for the local district field exercise which was held on Saturday 12th July.

In addition to this we welcome the following new trainee members to the brigade: Declan Reynolds, Andrew Dench, Ashley Shakespeare and Ryan Cross.

On Tuesday 8th July the Brigade had the pleasure of attending the Galston Rotary Club annual changeover dinner along with both Galston and Middle Dural Brigades and we sincerely thank the Rotary Club for their generous donation to each of the three brigades.

The Brigade is working hard on preparations for our Station Open Day on September 13th. We have a number of activities lined up for the day including a demonstration of ways in which you can deal with fires in the home as well as a talk about home fire safety including the safe use of fire blankets, kitchen fires, smoke alarms and ideas you can implement for property protection. We will have experts on hand to talk about the use and maintenance of fire pumps and what to do with your livestock in the event of fire impacting your property. Feel free to drop in and talk with us, check out our station, look at the trucks and even have a go at operating the fire hoses. The station will be open between the hours of 10.00am to 3.00pm and there will be a sausage sizzle happening for lunch.



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G'day friends,
hope you're all staying warm during the winter chill!

Got a couple of things to tell you about this month... hopefully you might have time to come and join us.



Firstly, on Sunday **10 August at 10am** we'll be having our Annual Service to acknowledge and recognize our local RFS teams. It's a great community celebration and people from all over the community come and join us as we say thanks. Rev Christopher Pears, RFS Chaplain will be joining us on the day – please feel welcome!!

Secondly, on the night before (**9 August from 6pm**) we'll be showing some classic movies from yesteryear – it'll be fun (and hopefully funny) as we revisit shows from the vault. Come along and join us. There'll be food and fun @ a very reasonable price ;)

Otherwise, all things are back in gear for another term. If you haven't looked us up before – why not now?

See you next month, cheers, Geoff

Glenorie Mission Church

Our world today is a volatile place. The share market, interest rates, house prices fluctuate and are uncertain. Food is becoming more expensive. The cost of living seems to be ever increasing. The things we relied on yesterday are not so certain today. We once were confident in our prosperity and our future seemed assured. What has happened? Why are the pursuit of wealth and the love of money no longer delivering the promised rewards? Economies are crumbling and even families in the lucky country are feeling the pinch. Most of us are unsure of what lies ahead.

Have you begun to wonder what it's all about? Have you started to re-evaluate your priorities or are you just ploughing ahead, hoping things will improve? How long can you last? Perhaps it's time to stop and take a breath. Lift your eyes from your troubles and uncertainty towards the heavens. Think on the words of the Lord Jesus Christ,

"Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where moth and rust do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also."

"No one can serve two masters. Either he will hate the one and love the other or he will be devoted to one and despise the other. You cannot serve both God and money. Therefore I tell you, do not worry about your life, what you will eat or drink, or about your body, what you will wear. Is not life more important than food and the body more important than clothes? Look at the birds of the air, they do not sow or reap or store away in barns and yet your heavenly father feeds them. Are you not much more valuable than they? Who of you by worrying can add a single hour to his life?" Matthew 6:19-21, 24-27.

Are these words a comfort to you? Does their divine authority cut through your concerns? Turn back then towards the Lord Jesus Christ, accept the forgiveness that God now offers through Him and lay hold of the promises in God's word.

"That if you confess with your mouth, "Jesus is Lord" and believe in your heart that God raised him from the dead, you will be saved."
Romans 10:9

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News from St Benedicts



The date has been set for the annual St Benedict's Parish fete so put **Sunday 21st September** into your diary now. The St Benedict's fete's renowned throughout the district for its cakes, chocolate wheel, barbecue, lucky draw, plants etc. It's a great day out for young and old. Anyone who is able to assist with donations for the raffle, chocolate wheel, hoopla or anything else is welcome to contact the parish office (96532312).

Last month we mentioned our successful First Holy Communion celebration that saw us congratulating a large group of young parishioners on this special occasion in their spiritual lives. A few weeks later, in early July, another three young people made their First Holy Communion at the 9am Mass. Tahlia and Elise Coleiro from Arcadia and Tane Bidois from Glenorie are pictured after receiving their First Communion certificates from Parish Priest, Father David.

On Sunday 13th July, after 9am Mass, we had another very successful barbecue to commemorate the feast of our parish patron saint, St Benedict. St Benedict, who lived in the 5th and 6th centuries AD in what is modern day Italy, established the Rule of St Benedict that continues to inspire people to this day. We are fortunate that, since the establishment of our parish in 1970, we have been supported by the monks from our local Benedictine Monastery at Arcadia.

Great news this month – our parish website is up and running. Visit www.arcadia.dbb.org.au to view parish pictures and news and to see the weekly bulletin.

To find out anything more about parish activities you can consult the website or call the Parish Office on 96532312. The office is open on Mondays from 10am – 4pm and Fridays from 10am – 5pm.

Weekend Mass Times

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

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

Galston Garden Club

Our winter get together saw almost 50 club members enjoy a garden ramble on a beautiful winter morning on Saturday 5th July, visiting two of our member's gardens. A delicious morning tea was provided in a lovely two year old garden at Round Corner followed by a trip to Acacia Gardens.

And what a surprise we found when we arrived at this amazing garden. An incredible number of interesting plants, all on a suburban block, which included many potted plants and bonsais.



Our ramble concluded with a deliciously tasty and leisurely lunch at Biviano's at Dural. A very enjoyable day was had by all.

Our next meeting is at 8pm on **Wednesday 13th August**, at the Galston Community Centre, 37 Arcadia Rd, Galston, when we will welcome guest speaker Adam Woodhams. The subject – sustainable gardening and how biofertilisers fit into the picture,

Visitors are always welcome. For information on any of our activities contact Bill Fleming on 9653 2394 or Margaret Dunn on 9651 2475 or check out our website www.galstongardenclub.com.au, or email galstongarden@hotmail.com

NSW Begonia Society Monthly Meeting

Sunday 17th August 2014 at 1:30pm.

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2014
August
Sunday 24th
September
Sunday 28th

Cumberland Orchid Circle Inc.

The next meeting of the Cumberland Orchid Circle will be on **Wednesday 27th August** 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. Circle member John Hestelow will talk about the culture of cymbidium orchids in this meeting.



Cymbidium Wallamurra 'Jupiter'

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.

Spring Orchid Show at Winston Hills Mall Caroline Chisholm Drive, Winston Hills Wednesday 3rd – Saturday 6th September

From Wednesday 3rd September till Saturday 6th September, during shopping hours, Winston Hills Mall, in Caroline Chisholm Drive, Winston Hills, will host a Spring Orchid Show by Cumberland Orchid Circle. On show will be many of the orchids in flower at this time of the year and there will be members of the Circle present at all times to discuss orchids and their culture as well as advise on any cultural problems that members of the public may have. The Circle will also maintain a sales table where orchids, many in bloom, may be purchased for very little cost and also conduct repotting demonstrations. Free cultural information leaflets will be available covering the cultivation of many specific orchid genera. There will also be a raffle where orchid plants can be won, the proceeds of this raffle being donated to the Westmead Hospital Medical Research Foundation.

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

Beware those Nice Yellow Flowers!

By Barry Lees

Have you noticed the yellow flowers along roadsides and in paddocks recently? They may look nice, but they have a dark side. They belong to a toxic plant called Fireweed and it is invading our area. In other places, it totally dominates roadsides and paddocks. Fortunately in our area, with some effort, we can still control it. It grows all year, but best in August and September.

We urge all residents to pull them out at every opportunity. When you walk the dog, take a shopping bag and pull it out as you go. If you walk without a dog, do likewise. Save on gym fees – pull fireweed instead! If you have it in your paddocks, collect at least a shopping bag full each day. Bribe the kids to do it, especially if they ride the horse that's in the paddock. Take it home and put it in the green bin. Try to stop the seeds escaping.

Fireweed is toxic to horses, cattle and native animals. It has an accumulative poison that damages the liver and can lead to loss of energy, retarded growth and even death. It has a bitter taste so animals will graze around it, but if food is scarce, or there are too many small fireweed plants, there is increased chance they will eat it. The plants grow to about 60cm tall and each plant can have up to 30,000 seeds. Seed is blown large distances by wind, and is spread along roadsides by movement of vehicles. Flowers left on the ground can still produce seed – that's why all plants removed should be bagged and disposed of. It is easy to pull out. Slashing or mowing before flowering is another way to control it.

So together, let's get rid of this nasty weed. There is some in my back paddock, so I will take my own advice – now where is that old shopping bag?

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