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Glenorie Bakery Pie Goes to State of Origin

A giant meat pie, weighing half a ton and spewing hot meaty steam toured the streets of Sydney prior to the last State of Origin Game. The giant **Pie of Origin** is the brainchild of footy-mad baker Rob Pirina from Glenorie Bakery. Money raised by the "Pie of Origin" is being donated to Westmead Children's Hospital for the research of childhood diseases.

It is estimated that 1 in 20 Australian children are born with a genetic illness and Pirina's pie has been dedicated to help fund research of these diseases at the new Kids Research Centre at Westmead. "It's a brand new initiative and they need money now," Rob explains. "I'm doing this out of my love for footy, and my love for the kids of Australia".

Standing 1.5 metres tall and 2.5 metres wide, the Pie of Origin obviously takes some filling however the exact contents remain a mystery. Asked about the flavour of this enormous pastry, Pirina simply winks and says "Dunno. But there's been a lot of smashed cane-toads around lately". And as for the State of Origin? "This is the year for NSW!" Pirina announced proudly.

You can follow the "pie" on facebook/Pie-of-Origin

Photos courtesy Nina Matthews









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Local Arborist Injured

A local arborist from Glenorie, was badly injured on $13^{\rm th}$ June at Kenthurst when a large section of a tree fell on his leg. His son, who was working with him, called the emergency services.

The incident happend at Binalong Rd Kenthurst. The gentleman suffered serious fractures to his leg. CareFlight was notified of the accident by the Ambulance Service at 10.19 am and the helicopter landed with the CareFlight trauma team at the scene at 10.30 AM. The CareFlight Doctor joined with Ambulance NSW paramedics to treat the patient at the scene. He underwent a lengthy surgery at Westmead Hospital to save his leg.

Pictured: Patient being prepared for air transport to Westmead hospital.



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Bendigo Community Bank Welcomes New Bank Manager

As the saying goes, all good things must come to an end, and it's with sadness we report that our Community Bank Manager, Bernie Triebe, has decided to retire. Bernie has been the Branch Manager for the past 10 years and during that time the business has grown by approximately \$100m which has generated good returns to the local shareholders of Galston Financial Services Limited (the Franchisee). The branch has also returned over \$1.5m back to our local Community in the form of donations and sponsorships. Bernie has overseen the provision of a friendly and efficient banking service to our local community over the time he has been at the branch. We truly thank him for his great contribution and wish him all the best in his retirement.

So, it's with great excitement, we welcome Gary Mangan, our new Community Bank Manager. Gary was employed with NAB for 28 years leaving in 2003. His role commenced at grass roots finishing as Senior Commercial Manager at Marrickville. During his period of employment with NAB he managed branches throughout the metropolitan area as well as working as a Relationship Manager in commercial centres. For the last 11 years Gary operated as a Finance Broker servicing a group of accountants' clients in the Hills



district. He lives at Castle Hill and has been married for 38 years with two grown up children and two grandchildren.

Please feel free to pop into the branch and meet our new Bank Manager.



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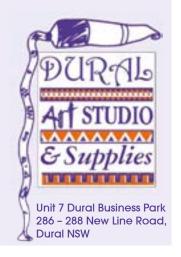
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Dural Art Studio are holding workshops for the July School Holidays... $\,$

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Mt Colah Families Moscow Mission of Hope

Aaron and Samantha O'Halloran certainly didn't imagine they would be closing their local business, quitting their jobs, applying for assistance with modifying their home, getting mobility aids and Government benefits at just 40 years of age. With a young family and what looked like a bright future, the furthest thing from their imagination was that they would be seeking out a controversial treatment in Russia to halt the progressive Multiple Sclerosis (MS) that steam-rolled into the family's lives in 2012.

Progressive MS is an unpredictable, often debilitating and devastating illness. There is currently no cure and many of the current Disease Modifying Drugs available are only suitable for relapsing MS, they also come with serious side effects of their own. In many cases like Aaron's, MS can progress quickly with the loss of mobility, coordination and control, and an inability to draw on cognitive skills required for everyday tasks that we take for granted, all while their family watch on helplessly.

Aaron knows his family deserve better and that he is the luckiest man alive to have Samantha and Jacob by his side. He wants to encourage men to be more forthcoming with how they are feeling. Aaron knows that by compensating and hiding



his symptoms for many years has meant his MS has progressed past the point of medications being able to help him. This is not something Aaron wants to see others go through.

Samantha doesn't believe that you have to just stand back and watch a life of dreams slip away at the hands of a chronic disease like MS and she is prepared to fight back to help her husband and Jake's dad get his life back.

With the support of family and friends Samantha has undertaken the massive task of raising \$70,000 to fund sending Aaron to Russia for Hematopoietic stem cell transplantation – a procedure not currently available to people with MS in Australia. HSCT is proven to halt relapsing and progressive MS.

The family's major fundraiser is taking place at Hornsby RSL on Friday August 1st and they are inviting you to join them. (see ad on page 16). It is promising to be a 'Black & White' fun filled night with Entertainment, Auctions, Raffles and Games all to assist this young local family with their fundraising mission.

To read more about the O'Halloran's journey with MS, to learn more about HSCT, and to help them in their battle to get Aaron's life back please visit – **www.aaronattacksms.com**.

Every \$1 donated WILL help them reach their goal!

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An Open Letter

In your last addition you enclosed an open letter from Mr Dennis Merchant where he made certain unsubstantiated claims which I refute. He claims that I tried to obtain approval for a two story development on Galston Road where all I did was to stand up for the applicants right to a fair assessment of their DA, nothing more nothing less. In this country, unless I've missed something, everyone is equal no matter their wealth and the landowners in this case happened to be Mr Merchants neighbours. He's entitled to oppose and speak up but they are equally entitled to a fair hearing.

The latest issue to annoy Mr Merchant is that as popularly elected Mayor I listen to the residents not just a narrow interest group, there are many people in the rural area who feel subtle change is needed on a number of issues. Therefore this Council unanimously voted for community consultation which should take place over the next month. What could be fairer than this, to allow the residents in the privacy of their own homes to have a say. It is over 20 years since the rural area was consulted, housing needs and choices are changing, Mr Merchant will have a vote as will all residents in the rural area. The only view I'm pushing is for the community to be consulted, I'll leave your readers to adjudge the rest.

Regards,
Steve Russell
Mayor | Hornsby Shire Council

Another 'Feel Good' Glenorie Story

Recently a good friend of mine went to Woollies at Glenorie to buy an essential item before visiting friends. When she went to pay she discovered there was no money in her purse. She was quite upset until a nearby very kind person she had never seen before said "let me buy it for you" which she did and she didn't want to be reimbursed.

Judy Shore



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Galson Christian Education Association

Spring Dinner 2014

When: Saturday, 30th August 2014

6.30pm (for 7pm start)

Where: The Galston Club
How much: \$30 per head

Special Guest Speaker: Dr Jim Taggart

RSVP: info@gcea.org.au

Further information about the Spring Dinner and other GCEA activities can be found on their website at www.gcea.org.au

The Sydney Hills Branch of the Association of Independent Retirees

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

Our meetings are held the first Friday of each month at Pennant Hills Bowling Club Yarrara Road, Pennant Hills our next meeting will be held on Friday 4th July 2014. Meeting commences at the new time of 10.30 am. The guest speaker will be from TARS.

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

For more information contact: President: Lauris Rennie. 9634 -1186



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Bendigo Bank Supports Hornsby Hospital

Below is a photograph showing the new manager of the Community Bank, Gary Mangan performing his first official duty. The photo shows him with our local member Matt Kean and the operating theatre staff accepting a cheque for \$18,990-which allowed the Hospital to purchase a "Flexible Ureteroscope" which will allow much less invasive procedures to be performed by the surgeons working at the hospital.



Rainfall Chart

Rainfall recorded Galston period 17/05/14 to 16/06/14 is 36 mm





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Local Girls Go Bald

Two Northholm Grammar School students, Georgia Parry, ex Glenorie Public School, and Amelia Lee, ex Galston Public School, are bravely going bald.

These two girls have set out to raise \$12,000 for the Leukaemia Foundation's World's Greatest Shave. It is part of their leadership program at Northholm Grammar School, and very close to their hearts after the girls lost a fellow



classmate in 2010 from Leukaemia. Liam (12 years - pictured above) was incredibly brave in his fight. His legacy continues as part of the Northholm Community particularly to the Year Eleven year group, for his kindness and positive attitude.



To reach the impressive \$12,000 goal, the girls have been working tirelessly to raise money. To date they have raised over \$3800 through various initiatives and will continue to do so throughout Term Three.

One such fundraiser

involves two senior male students from Northholm waxing their legs on last day of Term Two. Not to be outdone, the school's Drama teacher, Mr Turbott, will be auctioning off waxing strips to remove the hair from his legs as well – Ouch!

All their efforts will culminate at the Trivia and Games night to be held at Northholm Grammar School on **Friday 18th July**. The night is themed "Duos and Trios" and augers to be a fantastic night, filled with games, raffles and the final act of the girls shaving their hair to donate for wigs.

Everyone in the community is welcome to attend - tickets can be purchased by visiting www.trybooking.com/FBMS

When asked how they feel about going bald, Georgia said "I have been asked this by so many people. I feel very excited and a bit nervous. Whenever I feel nervous I think about the person or people who will benefit from the money and my hair for a wig. As this disease has personally touched our school community it makes it feel so worthwhile".

Amelia said "This is something Georgia and I have been planning for over a year now, so I'm quite used to the thought of being bald. I might feel differently when the clippers come out, but shaving seems such a small sacrifice when I think about how the money we raise could change someone's life for the better."

As these girls are known within the Glenorie/Dural/Galston/Arcadia community some people may like to make a donation to show their support. This can be done via their World's Greatest Shave page https://secure.leukaemiafoundation.org.au/registrant/TeamFundraisingPage.aspx?TeamID=83369#&panel1-3

Dural Galston Probus Club

Dural Galston Probus Club will hold it's next meeting at 10am on Thursday 17th July, at The Galston Club, 21-25 Arcadia Road, Galston.Tom Crow will be speaking on "Stroke Recovery".Visitors welcome. Come along or contact Anne 9653 1004.



The Riverbend Restaurant -The Retreat, Wisemans Ferry

by Vicki Kenned

What a great dining experience my husband and I had at The Riverbend Restaurant. After being met at reception by our friendly waitress, Kathy, showed us to our table. All the dining tables had fresh flowers and there was lovely piped music playing. I knew that this would be a most enjoyable evening.

Our choice from the menu consisted of 6 entrees, 6 mains and 7 desserts - there were also side dishes to choose from.

We enjoyed and shared Singapore Chilli Prawns with Coconut and Wild Rice and Moroccan Spiced Lamb Rack with Pear couscous for an entree - both delicious. The serving of prawns was generous and they were exceptionally fresh. The lamb was served rare with wonderful Moroccan flavours.

This was followed by Grain Fed Eye Fillet with baby vegetables, mustard butter & Jus and Beer Battered Dory Fillet with Orange & Radish Salad, once again absolutely delightful. The fish was served with sweet potato fries which we hadn't had before.

We didn't really have room but dessert however, we made some! Dark Chocolate & Honeycomb Mousse with Baileys Ice Cream and Affogato Frangelico Expresso & Vanilla Bean Ice Cream. No complaints from us!! Most enjoyable.

It was the Autumn menu which was created by their talented new chef Luke Shaw who changes his culinary delights each

The Riverbend Restaurant was once again confirmed as a 4 Star Property and we were not surprised by the overwhelming hospitality offered by the friendly staff and management not to mention the fine food, delightful atmosphere at this beautiful resort overlooking the Hawkesbury River at Wisemans Ferry. The drive was well worth it and I am sure we will be going back there real soon.

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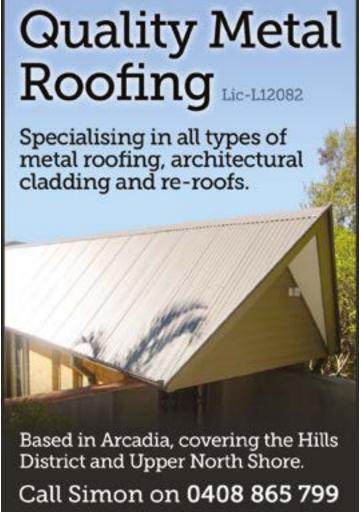
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Queen's Honours List - Didn't We do Well!

Congratulations to our local recipients:

Michael Bell: Former Hornsby deputy mayor Michael Bell, of Arcadia, receives a Medal of the Order of Australia for service to the community of Hornsby. Services include: President, Dural and District Historical Society, since 2010; Vice-President; Treasurer. Founding Chairman, Arcadia Galston Residents Association; Member, since 1980. President, Rowland Village Workshop Club; Secretary; Teacher (Men's Shed). One-time Secretary and Chairman, Arcadian Parents and Citizens Association. Firefighter, Arcadia Volunteer Bushfire Brigade, for 40 years; Honorary Auditor, for 35 years. Deputy Mayor, Hornsby Shire Council, 1994; Councillor, 1991-1995. Founding Chairman, Hornsby Arts Council, 2003; Co-Chair, Hornsby Westside Committee. Producer and Co-Founder, Arcadian Musical Recitals, since 2002. Teacher, Galston Public School, 1981-1993. Primary School Teacher, Parklea Public School, 1979-1981. Justice of the Peace. Awards/recognition include: Citizen of the Year, Hornsby Shire Council, 2008.

Harold Benyon: of Kenthurst, receives a Medal of the Order of Australia for service to the community of Kenthurst. Services include: member of the Rotary Club of Kenthurst since 1975 and even has a park named after him: John Benyon Rotary Park (formerly Kenthurst Rotary Park). He was The Hills Council Citizen of the Year in 2006.

Olive Black: of Dural, receives a Medal of the Order of Australia for service to dog show judging, standards, education and dog welfare. The author of History of Fox Terriers in Australia (Terrier Magazine, 2009), she is the first point of contact for NSW council pounds in regards to pure bred Fox Terriers.

Katherine Georgouras: Professor Katherine Georgouras, of Kenthurst, receives a Medal of the Order of Australia for service to medicine in the field of dermatology. Services include: She was the founder and director of the Dermatology Centre in Lidcombe Hospital (1987-1994) where she established a range of dermatological services, including the Melanoma Prevention Clinic. She was also a foundation fellow of the Australasian College of Dermatologists (1966).

Is Aldi Coming to Galston?

Residents may have noticed that some of the retail shops at Galston are displaying an "application for a Liquor Licence" from Aldi Stores. Aldi are requesting a licence to sell liquor within a supermarket.

Aldi Head Office would not confirm that a store was opening in Galston and suggested we write to them to request further information, so we will keep you informed of what we hear.

Eco Garden Kids Activities

10th July - Join us in the Eco Garden for an hour of outdoor activities that include a story, a garden themed treasure hunt as well as some do it yourself fun! Each hour has a theme and is aimed at primary school aged children..

Venue: Eco Garden Gazebo, Fagan Park, Arcadia Road, Galston, Time: 11am and 1pm. Cost: Free

Bookings Essential Phone: 9847 4856

Wine Tasting High Tea

The Parramatta **North Rocks** Lantern Club will hold a wine-tasting evening presented by wine expert Peter Bourne on Wednesday July 30th at 6.30 for 7.00pm at the Renwick Centre at the Royal Institute for Deaf and Blind Children North Rocks.

Cost is \$25 and finger food is provided. RSVP: $20^{\rm th}$ July and bookings are essential.

Phone Elaine 9639 6159 or Joan 9871 6128

Barefoot Bowls at Dural Country Club.

The fit young landscapers from *Landart Landscapes* had time off for a team building activity recently and booked in for barefoot bowls at the Dural Country Club. Much to the envy of the regular bowlers who were on hand to assist, they quickly mastered enough skills to enjoy themselves. Soon they were not only getting close to the "jack", but driving like Mark Webber! The skills used in their work were very useful in various aspects of the science of lawn bowls.

As they worked up an appetite they enthusiastically enjoyed the fabulous food laid on by the Club's new chef Gerhard Wayd, and hurried back to their rinks. There may be some doubt as to whether the competition actually built up the teamwork at **Landart** as they were all very competitive on the green.









Winter Special Details * Weekend photo sessions normally \$150 - reduced to \$75. Weekdays normally \$95 - reduced to \$47.50. Covers 90 minute photo session with photographer and assistants in the studio gardens at Dural. Wall portraits purchased seperately. All Prices on website. Not to be used with any other offers. One session per family. July & Aug 2014 sessions only.

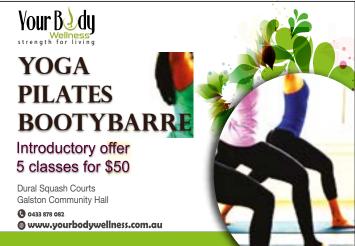
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Residents will be given additional powers to protect their homes from bushfires, with new laws being introduced into NSW Parliament today to make it easier to clear trees and vegetation from around a property.

Hornsby State Liberal MP Matt Kean welcomed the new measures alongside NSW Minister for Emergency Services, Stuart Ayres and NSW Rural Fire Service (RFS) Deputy Commissioner Rob Rogers.

"We saw last summer how devastating bushfires can be, which is why we are removing regulatory obstacles on homeowners who want to take sensible steps to protect their properties from bushfires," Mr Kean said.

"The new rules will ensure we cut green and red tape for residents whose homes are located in designated areas close to bushland, so they can clear trees and vegetation from their property.

"Under the proposed new laws people with homes in a bushfire zone will be able to clear trees within 10 metres of their

They will also be able to clear shrubs and other vegetation, except for trees, within 50 metres of their home.

We have worked closely with the RFS to develop these new rules which will empower landowners who are taking responsibility for minimising the fuel loads near their homes - a key fire prevention goal."

Mr Kean said the locations of the designated bushfire zone areas - known as a '10/50 vegetation clearing entitlement area' will be determined by the RFS.

"Last bushfire season more than 200 homes were destroyed by bushfires and more than 100 houses damaged," Mr Kean said.

"It is imperative that the NSW Government gives landowners the powers they need to protect their properties from the risk of bushfires, while balancing legitimate environmental objectives.

"The RFS Commissioner will determine where the 10/50 vegetation clearing entitlement areas are and these areas will be shown on a map published on the RFS website.

I also encourage all homeowners to complete a Bush Fire Survival Plan, which can be downloaded from the RFS website".

Mr Kean said the new rules will also apply to non-residential buildings in designated bushfire zones.

"The NSW Government is ensuring we provide additional protection to people in these designated areas, which is why these new laws will also apply to other facilities deemed high risk.

Under these changes staff at facilities including schools, child care centres and hospitals in designated zones will also be able to remove trees and vegetation that pose a bushfire risk from their property."

RFS Deputy Commissioner Rob Rogers has welcomed the new laws

"We need to ensure the community is as prepared as possible for bushfires and these changes will give residents the flexibility they need to clear their property from bushfire risk," said Mr Rogers.

"A well prepared property, along with a completed Bush Fire Survival Plan, can minimise the risk of loss of life and property."

A map of the 10/50 vegetation clearing entitlement areas will be published once the new laws come into force.

Rotary Club of Galston ORIGINAL GIANT BOOK FAIR 26TH-27TH JULY 2014 - 8.00am - 5pm

Galston Community Centre, 37 Arcadia Rd, Galston Café And BBQ Lunch Available

Galston Rotary Club's 16th annual Giant Book Fair attracts book buyers from all over Sydney and country NSW. This year we have over 55,000 books displayed in many categories to make it easy to find the book you want. We have the biggest ever range of collectable books (the majority being 1st editions) in various categories. Some books are signed by the author and most books are in excellent condition. We also have a number of book sets. in subjects such as literature, military, general knowledge, art, history and children's books.

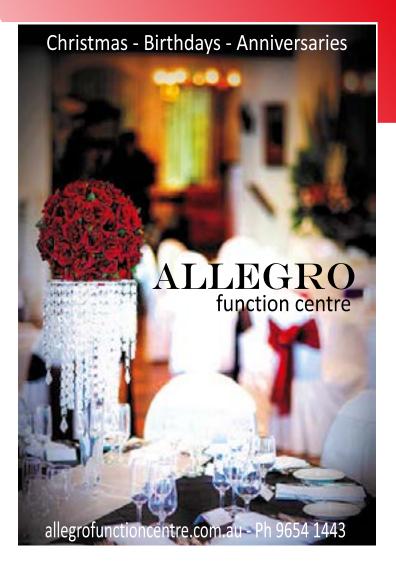
There are Enid Blyton books, Biggles, Harry Potter and other recognised children's books The collectors' corner includes hundreds of other books of special interest. There is a large range of new books in a wide range of categories at super special prices, and quality paper back and hard back fiction, nonfiction, biography and other categories

Children's books are now displayed on the stage where you browse at your leisure. There are lots of quality jigsaw puzzles as well as CDs, DVDs and vinyl records. Top Quality Books at **Bargain Prices**

Clearance sale from 3pm Sunday.

For further information contact: Kathryn Dickinson on 0410 530 691 or Harley Newham Email:newhamh@iprimus.com.au

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





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Galston CWA News

Our next meeting will be held on Wednesday 9^{th} July at 10am. At our last meeting, our cultural officer, Gai, told us about knitting for the native animal rescue organization WIRES. Gai has patterns for knitted pouches to be made in pure wool, and sewing patterns in flannelette. Contact Gai on 9653 2991 for patterns.



Knitted vegetables on display at the CWA State Conference in Griffith

We would like to give special thanks to local ladies who have donated yarns and fabrics. Some will be used at Galston, and other items have been passed on to other CWA branches who are members of Nepean Group.

A project of Nepean Group is 'HAWKESBURY HELPING HANDS'. This is a non-profit organization which helps feed, clothe and find emergency shelter for those in crisis in the Hawkesbury district. As Winter is here, donations of warm clothing, blankets, personal items and food are welcome. Contact Val on 9653 1774 for more details.

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

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

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

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



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MIXED

Nights-Tue, Thu, Fri



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Ask for detailed specification.

- House Area 320m² 34sq
- Land Area 550m²











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Ask for detailed specification.

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- Land Area 550m²



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Freshwater

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- Land Area 850sm





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The Hills District VIEW Club

The Hills District VIEW Club will hold "A soup and crusty" to be held at Living Choice, Glenhaven on **Tuesday 8th July - cost \$10.**

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

The Hills District VIEW Club will hold its monthly meeting on **Tuesday 22nd July at the Galston Club - 11am for a 11.30** start - cost \$22.

The speaker will be Dee Doughty who is an Ambassador for Motor Neurone Disease and will speak about this debilitating disease.

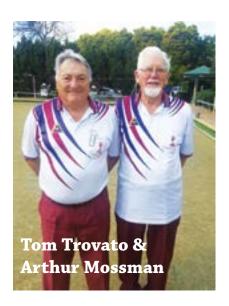
Bookings are essential so please ring 9680 4440 for further information.



Dural Country Club, Men's Bowling Club

The final of the drawn pairs was played on Wednesday 11th June between the teams of Tom Travato and Arthur Mossman and Keith Neale and Hans Moog. After both teams had very close semi final wins this final had all the hallmarks of a great game and it didn't disappoint. Keith and Hans got of to a good start and were leading 10-1 after 4 ends but with still 21 ends to go there was plenty of time for Tom and Arthur to catch up. Tom and Arthur eventually found their rhythm and managed to catch Keith and Hans on the 19th end and run out winners 26-24.

Dural bowls is now trialling **mixed bowls** on Saturday afternoons. Any women who would like to play please contact Robyn Cook 9836 0831 for free lessons.





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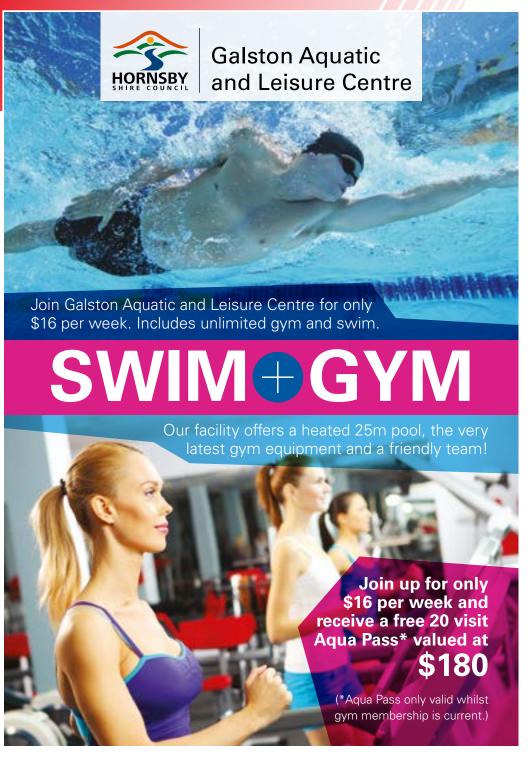
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Parramatta North Rocks

Parramatta North Rocks Lantern Club hosted a fund-raising High Tea to support the Royal Institute for Deaf and Blind Children at North Rocks. Lantern Club supporters turned up in force to support this worthy cause. It was attended by 125 people and we raised over \$3,400.00. The President of the Parramatta North Rocks Lantern Club Elaine Brock introduced the gold coin game to win a bottle of Chambord liqueur which raised \$130.00 alone. The sandwiches and cakes and slices were hand made by the Lantern Club members who also served the tea and coffee. As well as being a financial success a very enjoyable afternoon was had by everyone.

Of particular interest to all those who attended was a talk given by Community Relations Officer Jennifer Muir who represented RIDBC on the wonderful services provided by the institute.

RIDBC is Australia's largest provider of services for children with hearing and vision loss assisting thousands of children a year across Australia.

Anyone wishing to join the Lantern Club can call Elaine on 9639 6159.

Hornsby Rural Area Rezoning

Why Now?

Pru Goward – Minister for Planning – NSW Government, recently went public saying that Sydney needed to cater for over 600,000 new residences by the year 2030 and that any area surrounding a railway station would be subject to high rise development, no exceptions.

Councils are under immense pressure to accommodate new homes – quotas are allocated by State Government and the expectation is that they will be met.

Shortly we will have a railway station at Cherrybrook (10-15 minutes away from Galston/Glenorie and there are a number of SEPP-5 developments already approved around the Villages of Galston and Glenorie, both of whom will have sewerage next year.

The pressure to subdivide the Rural Area is starting in earnest, as evidenced by the planned South Dural subdivision and given the influencing factors, as just mentioned, there is no reason to expect that the pressure will diminish.

We have an historic opportunity to replan the Rural Area in such a way as to prevent wholesale subdivision and retain our Rural character

Say Yes – to protecting our Villages from SEPP-5 intense development by allowing 1 Acre rezoning around them. 1 acre lots make SEPP-5 applications impractical. It's too hard to put

together a 10 acre area for a Retirement Village development – not so with the current 5 acre lots.

Say Yes to allowing growth by rezoning 25 acre lots to 5 acres where appropriate. *Say Yes* to the concept of developing 20 homes on 25 acres with mandatory, park-like surrounds. *Say Yes* to dual dwellings on 5 acre lots. Let's grow but protect our Rural heritage for the next generation.

Fill out your Survey and give Council your authority to plan well and avoid mass subdivision.

We cannot put our heads in the sand and pretend that we can retain the area as is for much longer – the pressures are too great not to accommodate change.

Tony Jones Committee of Concerned Residents - Galston phone contact: 0458 700 150

Local Bush Band Supports Buy a Bale and VISE



Local Bush Band, the Inland Navigators, turned their annual 'shed party with muso mates' into a Day on the Green to raise much needed funds for the farming communities doing it tough in the drought.

"The five band members all play in different line-ups from time to time, so it wasn't hard to fill the three hour concert with a variety of quality music," explained lead singer Eric Pellinkhof. "I built a stage in our garden and we invited 60 of our mates to bring a picnic, enjoy the music and donate to causes close to our hearts."

The fundraiser was a perfect fit for the seasoned bush band which has been together since 1980 when they played in Dural Musical Society's production of Reedy River. "Passing the Akubra to raise over \$900 was a terrific outcome so we are considering making it an annual event."

Buy a Bale provides fodder for stock in drought stricken areas and VISE (Volunteers for Isolated Student Education) provides tutoring and home help for children learning via distance education. These families are most affected in drought times when the mother needs to get out of the school room and help on the farm.

"All credit to the Beatles Unplugged with strings attached, Martine Monroe, Dave Mason-Cox, Green Tea Serenade, Springtide, Stay Tuned Choir and Dural Stockfeeds fo providing the hay bales."

Ride to Conquer Cancer Ride -Chris O'Brien's Lifehouse

The ride is 100km per day for 2 days as we ride for Chris O'Brien's Lifehouse.

Like so many, I have had family and friends battle cancer, either with success and sadly sometimes without, so I have entered this ride not only to challenge myself, but to raise funds that go straight into work for Chris O'Brien's Lifehouse charity.

I have joined as part of 'Team Oakhill' which has become the largest team with the goal to raise \$250,000 to which we are nearly 20% there, however, I also want to ensure I do my bit, by raising at least \$2500 individually.

Each donation we raise goes directly to the charity for use today and of course, donations are tax deductable which is handy this time of year.

All you need to do is click on the link below which will take you directly to my donation page and you will be able to contribute very easily to support me as I test myself for a very worthy cause.

http://www.conquercancer.org.au/site/ TR?px=1431308&pg=personal&fr_id=1143&s_src=BF_ emailbadge2013

I appreciate your support for me and this worthy cause.

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Join in the fun at the Rouse Hill Billy Cart Derby & Family Festival

What's Happening?

Build your own push Billy Cart or borrow one of ours & race it as a team along the Billy Cart track at Rouse Hill Town Centre.

Great prizes, lots of carnival fun at the Family Festival.

To register for the race simply complete the entry form online at www.billycartderby.com.au, download your cart construction guidelines & start building your cart!



Arcadia Pony Club News

Arcadia Pony Club recently held a fundraising event with a BBQ at Bunning's Warehouse at Dural.

Tony Fox, President of Arcadia Pony Club said "Whilst the inclement weather was an initial concern, it proved to be a fantastic catalyst for buying sausage sandwiches. This was assisted by a very clever selling technique devised by some of our junior members – eating sausage sandwiches near the entrance to Bunning's which we are sure increased our sales for the day! It was a great technique and of course, there were no shortages of volunteers for the job!. I would like to say a big thank you not only to our riding members who were there all day, but of course to our fund raiser coordinator and all the other parents that assisted with everything from set up to cooking the sausages and to clean up for the day" said Tony. "We have a fantastic culture of volunteering in Arcadia Pony Club and this day was no exception".

"The day was a huge success and we would also like to recognise the invaluable assistance from our local supporters including Eric's Meats and IGA Galston, along with Bunning's Warehouse. The funds raised will be used for some much needed shelving in our shed" said Tony.

Arcadia Pony meets the first, third and fifth Sunday every month at the Rural Sports Facility in Galston. To find out more about Arcadia Pony Club please visit http://www.arcadiaponyclub.org.au



Photo: Members of Arcadia Pony Club and Bunning's team member Michael are all smiles for the sausage sizzle at the Bunning's BBQ.

Get the Dirt on Composting & Worm Farms

13th July - Composting is a fun and easy way to recycle your garden and kitchen waste. Compost improves your garden soil, saves space in your red or green bin and saves you money.

Time: 11am and 1pm.

Eco Gardening Basics

3rd August - Are you interested in making your garden more environmentally friendly and productive? Topics covered include no-dig gardening, companion planting, crop rotation and lots more. Time 10am to 12.30pm

Venue: Eco Garden Gazebo, Fagan Park, Arcadia Road, Galston, Cost: Free

Bookings Essential as places limited: Phone: 9847 4856



Cancer the Dragon and You

A recent article about exercise for Cancer Patients by David Kerr Professor of Cancer Medicine at the University of Oxford makes interesting reading as follows.

"I saw a young patient who has received adjuvant chemotherapy after resection of a colon cancer. He was in his late 30s and he had his family with him. I noticed that when he stooped to pick up his 3 year old daughter before coming into my office, he had real difficulty in doing so. It made me think about the very interesting link between muscle function and muscle mass...

Observational studies and some randomised trials are starting to suggest that patients who exercise more and gain more muscle mass have better survival outcomes. I have been in the habit of saying to patients that if they feel tired, to listen to their body. Your body is telling you something, so take a nap. It's not about giving into the cancer but listening to your body. I might start to reverse that blind advice and talk more seriously about exercise. Take the dog for a walk, making sure that you have 30 minutes of exercise every day. I might even consider rather more thoughtful exercise regimes, such as exercise programs that are tailored to the age category of patients that we are seeing. It's something to think about.

The American Cancer Society has a page on their web site "Physical Activity and the Cancer Patient "which is well worth reading.

Perhaps readers have some helpful advice or information about group exercises for Cancer patients in the Hills area.

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







What's Om?





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

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SPIN + WIN

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MONSTER
RAFFLES

SAT

MEAT + FRUIT RAFFLES **MEMBERS BADGE**

DRAW

7-9PM WIN UP TO \$10.000

Sun

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12 HANSEN AV, GALSTON

SOLD



6 TECOMA DR, GLENORIE

SOLD



3 WANAKA PL, GLENORIE

SOLD

A few words from Karen Allmark.....

We're mid way through the year and the local property market continues to perform very strongly. With Spring just around the corner we're hopeful that properties will continue to get snapped up! Many local homeowners will be planning a Spring campaign, so, with this in mind, I thought I'd re-issue a few of our 'home presentation tips' as a useful reminder of how you can help sell your home in the shortest possible time.

When prospective buyers are looking through your home, they need to feel that it could be their home; simple things can often make the difference between a great impression and a not-so-great one. So, here's our pick of the simple things you should be doing ahead of buyer inspections:

Dress up your home — The first impression is important. Ensure that each room looks its best. Be aware that a home full of personal knick-knacks may be perceived as clutter. They also tend to make rooms look smaller. If you can live clutter-free for a few weeks, then consider temporary storage.

Let in the Sunshine — Make the most of the Spring season! Ensure that you allow maximum sunlight to flood into your home — open all curtains and blinds. Where natural light is not possible, use interior / exterior lighting to show off your home.

Front door — The front door should look great, as should the entrance hallway. A fresh, expensive-looking doormat is a good idea as are freshly prepared hanging baskets and/or potted plants

The Kitchen — Always rates high on the priority list. Ensure that you are doing everything possible to show off its

features. Remove fridge magnates and clutter from the workspace, scrub floors, oven tops, microwaves, and all other kitchen appliances. If you have a walk-in pantry that's likely to be shown, make sure it's neat and tidy.

Bin the Bin — Keep bins clean, tidy and empty. Yesterday's dinner should be outside of the house.

The Bathroom — Whilst a bathroom is rarely the 'clincher' it can be the 'killer'. Ensure that your bathroom is sparkling. Keep a set of plush towels to one-side, as well as an unused, quality soap.

The Garden — OK....This is a bit harder! During springtime you need to be extra vigilant with the garden. Make the commitment to keep the garden tidy. Cut the lawns religiously and cut-back tired-looking foliage. The front lawn, usually, is the first thing buyers see — and the only thing that drive-by lookers get to see.

Kill the Closet Monsters — It's not uncommon for buyers to check cupboards and built-in wardrobe space. The last thing you want is for all of your 'stuff' to come tumbling out after cramming it in to keep a tidy appearance.

Again, the name of the game is space – store your excess elsewhere.

Pool and Spa — Regardless of the season, the pool & spa should be free of debris and the water should be crystal clear.

The garage and shed — These are high on the "needs" list for many buyers. Again cleanliness and space are the two key

factors. Make sure that the garage can be seen as a workspace, and not just a storage space. Clean up any oil spills.

Parking space — Keep parking as clear as possible. As well as providing easier access for your visitors, it gives a greater sense of space. If you have a trailer, horse box, or multiple cars try to keep them elsewhere (at least during visiting times).

Pets — Don't wait to find out whether your pets and your visitors will get along! Keep all pets safe and secured during inspections.

No Scent makes Sense! – Prospective buyers may react to the way a home smells. Try to eliminate smells from the home (though be aware that air-fresheners can be a turn-off) – ensure that rooms are well-aired. Big no-no's include cigarette and pet odours.

Plants and Flowers — try to arrange fresh flowers, and hide any plants that are in "intensive care"!

And finally......Make it safe — Remember, often parents are accompanied by their children. Make sure that there are no potential hazards for the little ones. Visitors may not be familiar with the electric fencing, nor will they naturally steer clear of the 2-foot hole that the dog dug last week. Make sure you've fixed any obvious problems and your home is safe. If a hazard can't be fixed, then ensure your agent is aware of it.

If you're thinking of selling, and would like some personalised tips on how best to present your home for sale, please call Karen Allmark on 9653 1555.

For a friendly and confidential chat, and a free Market Appraisal, call Karen Allmark

02 9653 1555

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SOLD



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TWO QUALITY HOMES IN QUALITY LOCATION!

This property presents a fantastic opportunity for large families (8 bed home!), or those looking for dual-occ. living. On offer are two beautifully renovated homes (connected) set on a gorgeous 5 acre block.

Home 1: 4 Beds + Study • Striking O/P granite kitchen • O/P family room with central feature fireplace • Stylish earthy colours throughout • Double stacker doors to rear • Extended verandah, with down lights & fans.

Home 2: Independent entry and driveway • 4 Beds + Study • Large lounge/ family room with cosy fireplace and doors leading to stylish entertaining area • Beautifully presented from top to toe!

The grounds are expansive and well established with fully fenced pool & plenty of space for the children.



10 ARRUNGA RD, ARCADIA

BEAUTIFULLY STYLISED HOME ON 5 QUALITY ACRES...

Accessed down a long private driveway with gated entry, this picturesque property showcases a canvas of colour and design with stunning park-like acres situated in the most serene and private location.

The beautiful grounds are interspersed with a choice selection of established trees, pretty cottage gardens and the most stunning dam, so striking in its position that you really could not ask for a more divine setting!

The home style and presentation reflects the quality of its surrounds. Beautifully appointed throughout featuring wide solid timber floors, soaring ceilings and lovely big windows that showcase the outstanding rural vistas.

A must see!



7 CALDERWOOD RD, GALSTON BEAUTIFUL HOME ON STUNNING, LARGE BLOCK!

This delightful family home is situated on a majestic block!

Approx. 7 acres, predominantly arable — perfect for horse enthusiasts and lifestyle seekers.

Gorgeous, light-filled 5 bedroom home • separate sandstone 'teenage retreat' / home office • Resort style in-ground pool • Full size tennis court • Independent 4 car garaging with workshop area • Picturesque dam • Double road frontage

Picturesque, private and conveniently located — Be quick!



1 BANKSIA RD, ARCADIA

HORSE PROPERTY ON LOVELY ACREAGE WITH PRETTY SINGLE LEVEL HOME

Ideal for the horse enthusiast with gorgeous fenced paddocks plus dressage Arena, stable and tack room —this is an ideal property for those seeking Lovely horse acres

Boasting a light filled single level 4 bedroom 2 bathroom home with multiple living areas and lovely established gardens surrounding the home.

This property also offers: 3 car garage/storage shed plus quiet private location. A must see!



11 TECOMA DR, GLENORIE

STUNNING SINGLE LEVEL HOME - IMMACULATELY PRESENTED THROUGHOUT.

Beautifully presented from top to toe! On offer:

Gorgeous open plan central area with tiled floors • Large formal lounge and dining room plus gorgeous open plan kitchen with quality stainless steel appliances • 4 bedrooms beautifully presented; some with quality French doors leading outdoors — Master with his/her walk-in robe plus en-suite.

Outdoors is a real treat with pretty gardens front and rear And striking under-cover gazebo — ideal for outdoor dining. There is also double side access plus little Workshop area - A true delight.



677 CLIFTONVILLE RD, LOWER PORTLAND

STUNNING VIEWS OVER THE HAWKESBURY RIVER

This has to be one of the most beautiful spots ever! The setting just takes your breath away! Situated up high with panoramic river views and expansive rural vistas stretching for miles, this is a magical spot to build that beautiful dream home (STCA) to showcase this breathtaking setting — the complete wow factor!

Boasting 33 acres; with a few acres cleared and the remainder beautiful native bush-land, tree studded with pretty rocky outcrops.

There is electricity already on site and, as a bonus, a large self-contained room with little kitchenette and power connected, plus a small verandah to while away the time - a temporary base/storage area.

RU2 Zoning - Anticipated to go quickly as this will be highly sought-after

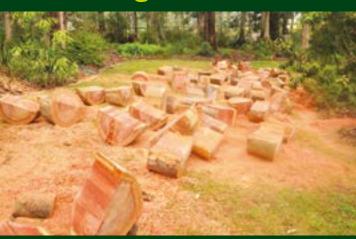
Please Note - We have obtained all information in this document from sources we believe to be reliable; however, we cannot guarantee its accuracy. Interested Parties are advised to carry out and rely on their own investigations . . . "

Information accurate at time of print, but is subject to change – For latest details, and new listings, visit our website

02 9653 1555



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Work Starts on Hornsby Home for People with Disability



Minister for Disability Services John Ajaka and Member for Hornsby Matt Kean today turned the first sod on the building site of a new group home for people with disability in Hornsby.

Mr Ajaka said the sod turning today meant residents were one step closer to moving into their purpose built home.

"The \$900,000 five-bedroom purpose-built house is funded by the NSW Government and will cater for adults with low to moderate support needs," Mr Ajaka said.

"The move will greatly improve the five new residents' lives, currently living in an older group home in Waitara.

"The property in Stephen Street is being designed in consultation with clients and their families to create a sense of personalisation and homeliness.

"Residents will have their own rooms with separate access, but will share dining, kitchen and lounge rooms so they can actively participate in the running of the household including cleaning, washing and cooking."

Mr Kean said this new home was good news for the Hornsby community and would provide quality local facilities for people with disability.

"The NSW government is investing in new homes so people with disabilities, like those moving into this Hornsby home, can live as independently as possible," Mr Kean said.

"The property will also be wheelchair accessible and have a private landscaped courtyard for recreational activities such as gardening.

"These properties offer more flexibility in daily living and greater opportunity for residents to participate in their local community.

"The Hornsby house is expected to be finished before the end of the year."

Repairs Keep Netherby Homestead in Top Shape

Hornsby Shire Council is currently carrying out repairs on Netherby Homestead at Fagan Park to ensure the iconic heritage building remains in top condition.

Building contractors are replacing the bullnose roofing over



the verandah, replacing the guttering on the entire building and repainting the rest of the roof.

Work is also being carried out within the ceiling area to prevent the build-up of moisture.

There will also be other repairs to buildings within the Netherby precinct, including replacement gutters on the museum building and repairs to the barn doors.

Meanwhile, don't miss Fagan Park's appearance on Gardening Australia, which is scheduled to air on Saturday July 12 at 6.30pm on the ABC.

Billets for International Volunteers – Can you help?

At Warrah we are receiving regular interest from both interstate and international volunteers and students who have a desire to learn and develop their skills in disability and community services and contribute to Warrah's



work with adults and children with disabilities. We are seeking expressions of interest from local families who may be willing to join a small register of people able to offer billeting for this purpose.

Volunteering at Warrah is very valuable, adding to what we are able to offer to the people with disabilities that we support. As a Rudolf Steiner organisation, there is also strong interest in Warrah's distinctive approach. We are seeking the support of local families who may be able to billet volunteers from 2 weeks to 3 months. All volunteers are screened and reference checked before being accepted.

Families billeting volunteers receive a modest board and lodgings fee to cover their costs. You need to have a spare room, and be willing to provide some level of support to volunteers. For more information, or to register your interest in billeting please contact Birgit Eaton on 9651 2411 or beaton@warrah.org

Volunteer profile: Warrah Welcomed Shigeko Okada from Japan in early June for two weeks. Shigeko experienced everything Warrah has to offer spending her two weeks working in our residential homes, assisting in our day services as well as on Warrah's biodynamic farm.



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Dural and District Historical Society

Pitt-town Road and Cattai Creek

Margaret McKinley

If you drive down the 12 Kms of Pitt Town Road from Kenthurst you will not come to Pitt Town! You will come to Maraylya, which, incidentally, boasts of one of the oldest schools in the State. The school was started in 1869, which is when Dural School moved to its present sight.

There are two other roads that will get you to Pitt Town, Pitt Town- Dural Rd, via Cattai Ridge road, and to the south, Old Pitt Town Road, via Nelson Rd and Windsor Rd.

Maraylya has been in the news lately because two new bridges have been built there to cross the Cattia and the Cataract Creeks, replacing two old single-lane wooden bridges.

These new bridges are a great improvement on the old ones because they are higher and in a flood the local inhabitants will not be cut off as often as they were before.

On the eastern end of the Cattai bridge some of the old timbers from the old bridge have been set in concrete as a memorial, along with a plaque stating that the bridge was opened by Clr. Dr. Michelle Byrne on 9th May 2014

Cattai Creek rises up near the Showground in Castle Hill and meanders its way down under the bridge in Showground road, under the bridge in Glenhaven Road, under the bridge in Annangrove Road, over the causeway in McClymonts road, under the new bridge in Pitt Town road, under the bridges at Cattai Ridge road and Cattai, and at last after 39 Kms of wandering spills into the Hawkesbury River.

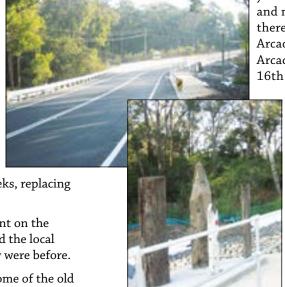
It is time again for the June Roughley Memorial Talk. Tom Richmond has kindly offered to tell us about Bar Island which

is an intriguing place. Over a hundred years ago there was a Church there and many notable people and buried there. Come and hear all about it at the Arcadia Community Hall (just near Arcadia School), on Saturday, August 16th at 2 pm.

Free entry and Refreshments, but bookings are advisable. Contact Margaret McKinley on 9651-1495

Congratulations to our Society's President, Michael Bell, who has been awarded with an A.O.M. in the recent Queen's Birthday Honours list. He has worked tirelessly for the promotion of the history of our area, and being a life-long citizen of Arcadia, he has a wealth of knowledge which he willingly

shares. He is also the instigator and organiser of the Arcadia Music Recitals for the last 12 years, and is a keen leader of the Men's Shed down at Rowland Village. Years ago Michael was a teacher at some of our local schools and served on Hornsby Council. We are indeed lucky to benefit from his expertise.



Hornsby's Pacific Highway Regains Original Name

The Pacific Highway through West Hornsby has reverted to its original name: Peats Ferry Road.

"The road's name was changed when it became the Pacific Highway, but since the Roads and Maritime Service has moved the highway to George Street and Jersey Road it is now a local road and can have its original name back," Hornsby Mayor Steve Russell said.

"A bonus is that it will reinforce the fact that traffic not going to West Hornsby should be using George Street, which will reduce the amount of traffic and improve the ambience for visitors and pedestrians."

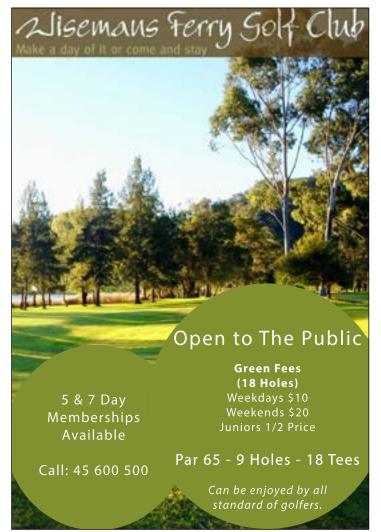
The change will affect the former Pacific Highway between George Street, Hornsby and Jersey Street North, Asquith.

Local residents, businesses, emergency services and Australia Post have been consulted at every step of the planning process, while street directory publishers and GPS software providers will be informed.

The street numbering will not change, only the road name – for example Council's offices at 296 Pacific Highway will become 296 Peats Ferry Road.

"For a year or so the two names will operate at the same time while everybody gets used to the change," Mayor Russell said.

"That means the road name on documents and stationery will only need to be updated when those documents are due for renewal."



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Well done Galston! \$3500.00 raised for "The Biggest Morning Tea"

Galston Healthsense Pharmacy hosted "The Biggest Morning Tea" on Friday 6th June 2014. A massive \$3500.00 was raised for the Cancer Council. Thank you to everyone who baked, bought raffle tickets, guessed jelly beans, Fred who made balloon animals and everyone who donated and came in to have a cup of tea with us. Special thanks to Goodies Bakery for baking our "Biggest Morning Tea" cake, Geranium Cottage and Galston Newsagent our major sponsors. Last but not least BIG thanks to Maureen Wilson who brought so much energy, laughter and razz ma tazz to the morning tea.

Excellent Effort Galston!!











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Galston Rural Fire Brigade

Winter Fires Alert

Galston Fire Brigade are urging everybody to be super vigilant this winter when using household heaters. It is that time of year when we all look to warm ourselves by the fire or the household heater. Unfortunately this can lead to serious fire incidents if heaters are not used properly or are left unattended.

Heaters should be placed away from flammable materials and should never be used to directly dry your clothes.

Unfortunately we have recently seen what can happen when children are left unattended for the smallest timeframe and place clothes or blankets over heaters. This led to a fire that could have had more serious consequences other than the loss of property.

So please stay warm and stay safe at the same time. Check the location of your heater to make sure it is away from curtains and lounges etc, do not use them to dry your clothes, and always be alert with small children around.

When using a dryer to dry your clothes please also be sure to check and remove any collected lint before use as this can also be a cause of house fires.

Congratulations

The Galston Rural Fire Brigade would like to congratulate a number of our members who have successfully completed a number of training courses recently. Continued training of our volunteer members is extremely important to the brigade and for the ongoing protection of our community.

Congratulations go to:

Andrew Abraham -Basic Firefighter and safety induction

Anthony Burley -First Aid (Recertification) Christopher Simpson - Advanced Firefighter Kat Stocks -Advanced Firefigher

We would also like to congratulate our Sarnia Rusbridge who took her equestrian skills to the recent 30th Police Games. Sarnia was one of three members who represented NSW RFS in dressage, hacking, show jumping, one day eventing and sporting, and proudly won 2 gold and one bronze medal.



Police Report

Incident: Break Enter & Steal

Time/Date: Between 6.30am Saturday 14th and 12.45am

Sunday 15th

Place: Old Northern Road, Middle Dural.

Details: Person/s unknown has forced the framework on a rear

> sliding aluminium door. The alarm siren to the home was also ripped off the exterior wall of the house. Watches and jewellery was stolen in the break in.

Incident: Break Enter & Steal

Between 12.30pm Friday 13^{th} and 5pm Sunday 15^{th} Time/Date:

Place: Coppabella road, Mid Dural

Details: Person/s unknown has turned the power off at

the meter box, then smashed a window on a rear door and entered the home. Several rooms were ransacked with an amount of jewellery being stolen.



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Horses' Birthday Charity Lunch

Celebrate the Horses' Birthday for Riding for the Disabled Tall Timbers Centre.

Gather a group of friends together to have a great lunch and celebrate the Horses' birthday while raising funds for

the program.

Yee's Palace Chinese Restaurant, Cnr Windsor Rd and Aberdour Ave, Rouse Hill

11.30am on Friday 1st August. \$35 per person for a set menu. Lucky door prizes, raffle & guessing competition.

Renee Smith, RDA rider, will tell us about the benefits of RDA and her inspirational story.

Booking and prepayment essential by 24th July. All welcome.

9679 1246 or email talltimbers@rdansw.org.au



Nicole King, RDA Coach with Kruger

Victory at Coonabarabran

Galston High School's amazing equestrian team achieved excellence and success at the annual Coonabarabran Expo. Five of our students recently journeyed into the north west of New South Wales to attend the five day event. There were over700competitors, with our team winning the Best Presented Small School in the Grand Parade which was judge by Jo Bailey, the well known celebrity hairdresser. Emily Lambert and Courtney Bowd were victorious in the Division 2 Polocrosse and the team of four, which consisted of Emily, Sarah Pernice and Isabella Cofrancesco, came third in the hacking section. Each individual also won a



number of awards. Congratulations Galston High equestrian team!

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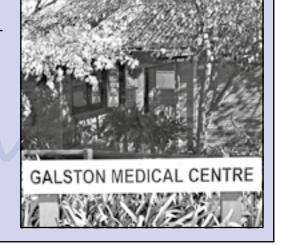
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Cherrybrook Athletes to Represent Australia

Former Cherrybrook Athletics Club members Michelle "Shelly" Jenneke and Jin Jung, have had their dreams come true, with their recent selection to represent Australia at the Commonwealth Games, which will be held in Glasgow from 23 July to 3 August.



Michelle, who still trains and coaches at Cherrybrook, will compete in the 100m hurdles, while Jin will compete in the 4x100m relav.

Both athletes won swags of medals at the Australian University Games in 2013 (see photos). During the season Michelle achieved three Commonwealth Games 'B' qualifiers and with a PB of 13.23 seconds she is now ranked 10th in the Australian All Time rankings. Michelle has competed for Australia previously, with a silver medal at the Youth Olympics in 2010 and a 5th place at World Juniors in 2012, but this will be her first time in an open-aged international competition.

Jin had a dynamite season and caught the attention of selectors when he achieved bronze in the open 100m at nationals in April. Jin has just returned from the inaugural World Relays in the Bahamas, where he made his international debut. His performance and slick baton changes secured him a spot in the Commonwealth Games team.

Shelly's post on Instagram on 5 June exclaimed: "Very excited to have been officially selected to represent Australia at the Commonwealth Games in July!!! #commonwealthgames #roadtoglasgow#Australia."

All the best to our local athletes, Shelly and Jin.

Budgerigar Society of N.S.W. Inc.

Hills Branch - R Galbraith.

Exhibitors along with the best budgerigars in New South Wales were in attendance at

the Dural Sports Centre on Saturday $14^{\rm th}$ June 2014, endeavouring to gain selection within the N S W Team that will compete at the



National Titles in Adelaide in the week of 20th to 24th June. Hills

Branch members; Craig Sutherland, Abi Haider, Craig Buckingham, John Barden, Peter Dodd in conjunction with Kathy and Ian Manton, all gained selection as part of the N.S.W. Team.

The selected birds will now be pampered during the forthcoming period prior to the National Titles in Adelaide, to ensure they are in peak condition and health, in readiness for the scrutiny of the National Judges. Other State Teams will be undertaking similar processes prior to sending their respective teams of budgerigars Adelaide, to compete for the coveted awards for the various varieties.

On completion of the judging, exhibitors along with members of the public were allowed to inspect the birds; with great interest being shown by the younger family members

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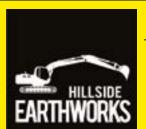
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Budgerigar Society of N.S.W. Inc.continued

captivated by the variety of colours and the size of the birds. The Violets, Lutino (Yellow) and Albino (White) appeared to attract a great deal of interest.

The State Team Challenge competition also conducted in conjunction with the above State Team selection, proved to be a close event with the Pied Society being awarded the title for 2014; with Hills Branch failing to be able to hold onto a lead midway through a competition, which also provided interest for the minor placings.

During the course of conducting the presentation and with a great number of exhibitors, and visitors in attendance, a special presentation was made to Mr Peter Dodd in recognition of his Diamond Jubilee after sixty (60) years of service to the Budgerigar Society of New South Wales. Peter who is a Hills Branch member, has held many positions within the society including that of; Life Member, N. S. W. and National Judge, President of Society, President of Hills Branch, Represented N.S.W. with birds at the National Titles on many occasions, whilst specialising in the Blackeyed Self Variety.

A welcome is extended to join the Hills Branch and enjoy a hobby that has interest for all ages and allows for family involvement. Contact can be made with Peter Dodd by telephoning 9888-5631 or Peter_Dodd@primus.com.au.



At Arcadia Public School we take great pride in providing outstanding opportunities for each of our



students. An exciting and diverse range of programs develop our student's individual interests and talents whilst building their confidence and self-esteem.

This term Years Five and Six keenly participated in a robotics program at Macquarie University ICT Innovations Centre where they experienced hands on programming, construction and problem solving. Years Three and Four are vying to see who will be the next David Attenborough as they study biodiversity and prepare to create their own documentaries using iPads. Every learning area in our school now has wireless access to the internet, supporting the outstanding teaching and learning which is a stand out feature of Arcadia PS.

Public speaking builds self – confidence and the ability to negotiate and communicate while enhancing skills in motivating and persuading others. We believe that learning effective communication skills helps our students navigate the world and build a strong foundation for their future. Every student in our school participates in an annual Public Speaking Competition. Congratulations to our 2014 finalists - Aurora in Kindergarten who presented a wonderful speech about her school, Amelie in Year one who talked about life on beautiful Berowra Creek and William in Year two who spoke with pride about what makes Australia such a wonderful country. One student from the older grades then represents their school in the DEC Multicultural Perspectives Public Speaking Competition at a District level. Well done Rose in Year 3, Jack in Year 4, Nicola in Year 5 and Ryan in Year 6. These talented (and brave) students presented their prepared speech as well as an impromptu speech with only 5 minutes preparation time!

We are now enrolling for Kindergarten 2015. Please contact our school on 96531207 or visit the website www.arcadiaschool. com.au for information or enquiries.

Galston Long Day Care Centre

In the Nursery

Over the past month the Nursery children have been practising their self-help skills throughout their time at centre. We have been working closely with the children who are moving up to the Preschool room and are working closely on extending their self-help skills to transition them into the Preschool room.

Dani and Jess noticed that the Nursery children at morning tea time were finding it hard to pick out their fruit from the fruit bowl while using the tongs. The tongs became too hard to use so they started using their hands instead. To extend and further encourage the children to use the tongs at morning tea time, Jess and Dani planned a group experience where the children were able to practise their fine motor and hand- eye coordination skills while they used the tongs to pick out different coloured teddy bears.

Dani asked one child at a time to pick out either a red, green, blue or yellow teddy bear with the tongs.

Illiana was asked pick out a yellow teddy bear and she was able to use the tongs with one hand and she picked out the yellow teddy.

Tiana then picked out the red teddy with her hand and said "Look Illiana this one is red!" Illiana passed the tongs over to her friend Tiana and Tiana then picked out the red teddy out of the container.

"Green is there!" said Luke as he pointed to the green teddy. When he had a go at using the tongs he was able to pick the green teddy out of the container.

While participating in this experience the children were able to work together to help each other find the correct colours. They showed great turn taking skills and patience as they waited for their peers to have a go and also knew to pass the tongs on to their peers after they had a turn. This experience provided them with the opportunity to practise using the tongs without feeling rushed. We then continued to plan other fine motor experiences to further develop their confidence in using the tongs throughout our meal times.

School Readiness

During School Readiness this term, the Preschool children are working on their group work skills. This involves exploring areas of interests through project work. The Preschool children have been focusing on dinosaurs as an interest and by exploring the dinosaurs we discovered that there were three classifications – Omnivores. Carnivores and Herbivores. A whole week of School Readiness was dedicated to the children learning about Herbivores and what made them unique.

On the Wednesday the children learnt about a herbivorous dinosaur called Corythosaurus. The children discovered what a great tool non-fiction books are, in finding out information about dinosaurs, especially because they lived such a long time ago. The children listened carefully to Nicole as she read some facts about the Corythosaurus and then we each took turns to use our memory recall skills to tell the group something we remembered. This experience allowed for the children to practice their listening skills and also encouraging them to participate in contributing their ideas and opinions to a mind map that they had created together.

Some of the contributions were as follows:

Ella – He eats grass Elyssa – He had a mouth like a duck Chloe - His crest made a noise like a horn Sabella - He had hundreds of teeth Ariana - He was so heavy Gemma - He was a fast runner **Cooper** – He had a big crest Justin – He lived in America **Hannah** – His hind legs are bigger than the front legs Paige - His tail was very stiff Ashton - He was really long and big **Emika** – He has small front legs **Lucas** – He is a herbivore.

If you would like to enrol your child at our friendly, community run centre please contact us on 02 9653 1475. http://galstonlongdaycare.com.au

Stay Tuned Entertains at Market Day

Dural Choir, Stay Tuned, joined in the festivities of the Lorien Novalis market day and entertained the crowd with a flash mob rendition of Let It Go followed by a set of a cappella songs or with drum and guitar.

Only one year old, Stay Tuned aims at a performance each term. The inspiring and vibrant choir leader Suze Pratten leads the choir in a range of songs from pop to gospel, folk to rock. New members are always welcomed any time throughout the term so if you love to sing and create great harmonies why not come along on a Tuesday night and join the fun at the Stay Tuned choir right here in Dural?

Choir member Amy Evans agrees," Tuesday nights have become the highlight of my week - life can get pretty full-on at times but having the chance to sing every week with Suze and the choir just makes life so much more joyful"

Stay Tuned choir meets every Tuesday night 7.30-9.30 during the school term at Lorien Novalis School, 456-458 Old Northern Rd, Dural. For more information, please contact Stuart Davis 0403 869 405 or email: singup@optusnet.com.au













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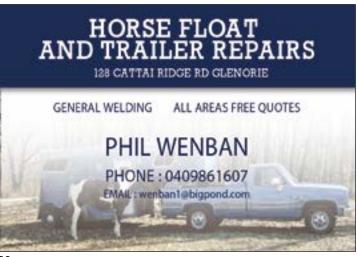
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KU Galston Preschool

It was so lovely to see so many Grandparents visit to be a part of our Grandparent/VIP week here at preschool. The children thoroughly enjoyed engaging with them and the Grandparents enjoyed seeing how preschool



has changed over the years since they were young.

Recently we have opened up our mud kitchen... an area of the playground where the children can use mud with natural materials and kitchen utensils. The children wear overalls and gumboots and wash their hands well after their play.

The idea for this learning space came from reading Jan White's "making a mud kitchen" where she says "Young children are endlessly interested in and are biologically programmed to explore the stuff of the earth, what materials behave and what they do". The EYLF-"learning environments" says "outdoor spaces are a feature of Australian learning environments. Play spaces in a natural environment include plants, trees, sand, rocks, water and other elements from nature. These spaces invite open ended interactions, spontaneity, risk taking, exploration, discovery and connection with nature. Children seem to be drawn to dirt and mud".

While using the mud kitchen the children are developing connections to the natural world while enjoying the benefits of shared play and learning to display awareness and respect for others. They are sharing both equipment and space and are interacting verbally and non verbally as they play. In addition to this as the children create their baking and other concoctions they are exploring scientific concepts, engaging in dramatic play and developing fine and gross motor skills. And the children love it!

We will be commencing our enrolment process for 2015. If you would like more information about our preschool or would like to visit please contact our Director Rebecca Onslow 9653-2252 or email ku.galston@ku.com.au.

Glenorie Public School

Holidays are fast approaching as the weeks at Glenorie Public School fly by. So many fun things have happened since the term began and they aren't stopping now.

On the 23rd of May the senior Streamwatch students had Bugcount. They went to a lot of

different dams including Hugo's Dam, Idlewild Trail (Little Cattai Creek) and Lots of Colour (thanks to the Chivers family). Many critters were found both big and small. Thank you to Mrs Derriman, Mrs Shwarts, Ms Hugo and Mark who took the children in their cars to all the locations.

Week 7 held a very busy day for the students of Glenorie attending the Cross Country Area in Gosford. This year we saw six students from Glenorie Public School race at this level and we couldn't be prouder. Well done to



Benjamin who came 4th and will be advancing to State level.

In week 8, Stage three had a very special visit from Chris Olsen. Mr Olsen is a professional Adventurer who has twice

Hillside Public School News

It has been a very busy Term 2 here at Hillside Public School.

We started the term with the annual small school Cross Country at Middle Dural PS. Annangrove PS joined us and the students enjoyed participating in the gruelling race, barbeque and well-earned play time. Thank you Middle Dural for hosting this terrific event.

Naplan was held in May and the students from Years 3 and 5 worked very hard when completing these tests.

In the first week of June, some very excited but nervous boys

and girls travelled all the way to Port Hacking to play Otford in the PSSA Small Schools Soccer knockout. The children all played very well, so well in fact, that we won the game 2-0! Jayden and Anthony the goal scorers.

Our Gymnastics programme is well under way and the students are amazing themselves with the new skills they are learning each week

The National Walk to School Day was held on 23.5.14 and many Hillsiders donned their gumboots and stomped through the wet grass on their way to school – great fun.

This week has seen years 5 and 6 enjoy a fantastic 3 days camping at the Sport and Rec camp at Point Wolstoncroft on the edge of Lake Macquarie. They spent their days on the giant swing, rope swinging, canoeing,

practising their archery skills and socialising with their friends from Annangrove, Middle Dural and Melrose Park.

Children, Mums and Dads, Grandmas and Aunties have been busy knitting every Wednesday morning. It's a great way to warm up cold fingers! We are knitting wraps to donate to Wrapt with Love.

Good luck to Gemma and Ella, who next week, will be competing in 2014 State Interschool Equestrian Championships at the Sydney International Equestrian Centre. They have entered the Eventing section and we wish them all the best of luck.

We are all looking forward to our Super Hero Day on Wednesday 25th June. Everyone is coming to school dressed as their favourite Super Hero and morning tea and cake stall will be held at recess. Everyone is welcome to attend morning tea, starting at 11.00. All money raised will go to the very worthy cause Bear Cottage.







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GLENORIE PRE SCHOOL is Celebrating 30 years as a formal Association. 80's THEME PARTY to embrace the era when the Pre School was founded. Opportunity to catch up with old friends and make new friends. When: 7pm Saturday, 30th August 2014 Ticket price: \$30, incl. entry, entertainment & canapés B.Y.O drinks Canapés provided by Chicken Fish Adults only event For more information or to purchase tickets please contact Glenorie Pre School on 9652 2259 or glenoriepreschool@bigpond.com Prizes & games including on the night, best dressed

Avenue Q at Hills Grammar

The cast and crew of Avenue Q – the School Edition, have enjoyed a terrific season with excellent audiences the School's Performance Centre.

This multi-Tony Award winning musical explores the relationships, personalities and



social issues of a group of young graduate New Yorkers.

A cast of large puppet and human actors deliver a contemporary and touching story with a staff and student band backing their every song. "We wanted a musical that suited a cast with strong acting and vocal skills and provided a challenge in terms of the themes and score. Avenue Q – School Edition suited our needs with an edgy and amusing storyline that would appeal to a high-school aged audience," explained Hills Grammar Head of Music, Owen Nelson. "It's been amazing to see how the puppet and actor, in each case, becomes a single entity. You might think it would be distracting, but it actually works very well."

Year 12 student, puppeteer and actor Nisha Labade loves an acting challenge, "I love this musical because, not only do the normal rules apply, but the puppets add a whole new element of excitement and interest for an audience. The songs are catchy and hilarious. The social themes within the play are written so well that it is clever, controversial and heart-warming all at once."

Year 6 Excursion Mary MacKillop Place

On Thursday 5th June 2014, the Year 6 classes of St Madeleine's Catholic Primary School Kenthurst had the privilege of visiting Mary MacKillop Place, North Sydney.

The excursion which complimented the grade's 'The Story of the Catholic



Church in Australia' Religious Education unit was a spiritually uplifting experience for the students, teachers and parent helpers.

Upon arrival, the two classes had recess in the courtyard of the Museum before being led on the tours by their inspirational guides. The students were treated to a range of hands on and digital experiences which combined to deepen the students' understanding of Australia's first saint.

The expert knowledge of the guides, the marvellous facilities and the sense of wonder that came from spending time in the place where Saint Mary of the Cross MacKillop spent her final years made the day an unforgettable experience for all.



Galston Public School

by Carole Weiss

Galston Public School students are currently enjoying a well deserved Term 2 break. Prior to this term vacation many engaging, busy, stimulating and enjoyable events occurred.



Our School Captains

and Vice Captains, Stephanie, Isaak, Isabelle and Logan attended the Hornsby Primary Student Leaders' Morning Tea at NSW State Parliament which was hosted by Mr Matt Kean MP for Hornsby. Following a visit to the public galleries of the Legislative Council and Legislative Assembly they enjoyed listening to the NSW Premier Mr Mike Beard, Mr Kean, Hornsby Mayor Mr Steve Russell and Australian rugby league legend Steve Menzies about their leadership experiences. They were excellent representatives of Galston Public School and from this visit gained a greater understanding of their roles as leaders of our school.

The SRC are presently organising a visit from the RSPCA (Royal Society for the Prevention of Cruelty to Animals). The purpose of this visit will be to present a dog safety program and responsible pet ownership program. The results of the fund-raising will be donated to this invaluable charity which endeavours to provide continuous care for all creatures great and small.

In the recently held PSSA State Knockout Netball Competitions the girls netball team showed great determination to do their personal best. They were able to make it through to the third round and competed right up to the final whistle. Their coach Miss Rogers was very proud of their efforts. What fine sporting ambassadors these girls were for their school.

Other sporting news included Logan T who competed at the NSWPSSA Boys Soccer State Carnival as a goal keeper. Isabelle B who competed in the Sydney North NSWPSSA Netball Trials representing both the school and Beecroft Zone. Isabell progressed to the final 30. Congratulations to Nick N. who was one of the youngest players at the Sydney North PSSA Golf Championships at Warringah Golf Club. Nick played courageously and shot a score of 111 with a net score of 79.

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.

Glenorie Public Schoolcontinued

travelled to Mawson's Hut in Antarctica. He took the students of Years 5 and 6 on "A Journey to Antarctica". The students learnt a lot from this intriguing incursion and they now have a better understanding of Antarctica, all the while having fun.

On Thursday $12^{\rm th}$ of June, the Glenorie debating team had a great debate against Normanhurst West. The topic was that we should ban advertising in TV shows that are aimed at school children. The affirmative team was Normanhurst West Supreme Speakers and Glenorie 2 as the negative team. Glenorie was unsuccessful in winning but it was a very tough debate.

Glenorie's Country Fair is almost here! With rides, stalls, a raffle, games and so much more. Keep the 14th of September open! Also, if there is anyone wanting to have a stall on the day, you are welcome to contact our office.

Imogen and Mariné

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



Thank You from Sydney's Needy.





The Hills District Annual Anglicare Food Drive was a huge success again.

Thank you to everyone who gave food, whether at the supermarket or at your home everyone was very generous.

A special thank you must go out to all our schools. Every school in our area really gets behind this initiative and the children remind parents constantly "I need some cans for the food drive".

Children, parents and teachers, Dural Anglican Churches and Anglicare say a big 'thank you' on behalf of all the families who this winter will benefit from your generosity and compassion.

Adam Lamb Senior Minister Dural Anglican Churches

News from St Benedicts

The Parish held its regular children's Mass on Sunday 1st June. The children took charge of the readings, prayers and organised many of the other rituals of the service. Congratulations to them all on doing such a great job. After Mass a friendly barbecue breakfast was enjoyed by both kids and adults (Mind you, it can be hard to concentrate on the final part of the Mass with all those delicious brekky smells wafting in



from outside!). Thanks to the cooks, some of whom are shown busy at work in the picture.

The youth of the parish weren't forgotten, either, with a special Youth Mass held later in the month on Saturday 28th June.

On Sunday 8th June the parish was visited by Ellen Borer, a university student who is a volunteer with Catholic Mission. Ellen talked about Rwanda, twenty years on from the genocide, and the continuing struggle for affected Rwandans to recover from those traumatic events. Ellen told us how Catholic Mission is providing practical, spiritual and emotional support to these people.

First Holy Communion was celebrated by a large number of children and their families on Sunday 22^{nd} June. We are now looking forward to Confirmation on Saturday 9TH August.

Parish favourite, Sister Clement, who is recovering from an operation, thanks everyone for their prayers and good wishes for her speedy recovery.

To find out anything about parish activities call the Parish Office on 96531231. 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

Glenorie Mission Church

"For since the creation of the world God's invisible qualities – His eternal power and divine nature - have been clearly seen, being understood from what has been made, so that men are without excuse." Romans 1: 20.

Man is very good at justifying his position. He frequently devises clever arguments to support his views. It's easy to take a standpoint on almost anything and everything. Have you ever met anyone who gets worked up about the absolute truth of their position while being totally convinced of the utter foolishness of those who disagree with them? Someone who takes an opposing view can be equally convincing but rarely are two opposite viewpoints both

Criminals usually have an excuse for their deeds, perhaps to gain a lighter sentence or possibly just to enable them to live with themselves. Either way, they are not dealing in truth.

Many of history's tyrants have managed to persuade large numbers of people to follow them even though they were wicked and self serving. Multitudes of seemingly rational people have been led into great folly by the influence of misguided leaders. Why? was the reality not obvious for all to see?

Why do we so readily listen to and follow falsehood? Is it that we listen to what we really want to hear, the easier option, or the most comfortable fit? Truth seems to be of secondary importance to those who do not want to hear.

Arguments about the origin of man, the creation of the world and the existence of God have occupied man for centuries. Clever, convincing arguments go round and round.

"I am the Alpha and the Omega says the Lord God, who is and who was, and who is to come, the Almighty" Rev 1:8

We are only chattering in the interim between first and last. We need to recognize our position and be silent. God's Word, the Bible, strips away our arguments and tells us that the evidence of God is all around us and is clearly seen, so that we are without excuse.

NSW Begonia Society Monthly Meeting.

Sunday 20th July 2014 at 1:30pm. Bloomin' Greenery Nursery 226 Annangrove Road ANNANGROVE. NSW 2156

This month's topics are "Where to plant Begonias in the Garden & Companion plants for Begonias".

Visitors Welcome.

Details Ross 02 9679 1386. Email info@begoniansw.com.au Website www. begoniansw.com.au

Glenorie Mission Church



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

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

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Galston Garden Club

The June meeting welcomed our guest speaker Nathan Wells from Overland Nursery, who has a degree in "Natural Enviorement and Wilderness Studies" and has received a Rotary Award. He presented an interesting power point presentation on nurseries and gardens of South Africa. In particular the Kirstenbosch National Botanic Gardens in Cape Town that showcases indigenous plants. A number of proteas were for sale at the conclusion.



Saturday the $14^{\rm th}$ June saw us enjoying an extremely pleasant morning tea in the home of Marilyn and Arthur Field, owners of Camellia Magic Nursery, which preceded a tour of the nursery and plant sale. Many thanks also Arthur for the beautiful mandarins. Hopefully next time we'll remember to bring a ladder.



The next meeting will be held on Wednesday, 9th July at 8pm at the Galston Community Centre, 37 Arcadia Rd, Galston. **Visitors are always welcome.** For information on any of our activities contact Liz Muller – President, on 9651 4405, or Margaret Dunn on 9651 2475, or check out our website www.galstongardenclub.com.au, or email galstongarden@hotmail.com



2014
July
Sunday 27th
August
Sunday 24th

Cumberland Orchid Circle inc.

The next meeting of the Cumberland Orchid Circle will be on Wednesday 23rd July 2014 in Barton Hall, which is situated in Gough Drive (off David Road), Castle Hill. The meeting will start at 8.00pm and will last approx 2.0 hrs. At the meeting, orchids in bloom will be benched for a monthly point score competition. This month's meeting is a Cultural Night and members who are having problems with any plant or have a question about anything associated with orchids are encouraged to bring it up at the meeting, where other members can offer advice about the problem. If you are bringing along a plant for advice, please let an experienced member see the plant before you bring it into the hall as we do not want a diseased plant in the hall which is liable to infect other plant in the hall.

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

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



Winter Orchid Show at Home Hub Hills – Castle Hill

Thursday 16th July - Sunday 20th July

From Thursday 16th
July till Sunday 20th
July, during shopping
hours, Home Hub
Hills, in the North
Tower at the top end
of Showground Rd,
Castle Hill, will host a
Winter 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.

Wildlife-Friendly Netting and Fencing

Barry Lees

Organisations like Sydney Wildlife, Wires and RSPCA say that lots of native birds and animals are killed or injured each year because of netting on fruit trees. Flying foxes, possums, microbats, birds, snakes and lizards can easily get caught in netting. They often panic and the net cuts deeply into their bodies,



cutting off blood supply and causing severe pain. They cannot free themselves and often starve to death. When a flying fox mother does not return to the nest, the baby will also starve.



The solution is to use **wildlife-friendly netting** over fruit trees and vines. Do not use bird netting. It should be white and have holes too small for a finger to poke through. It should preferably be fixed to a frame that holds the netting away from the tree. Failing this, it should be hung over the tree, gathered at the bottom and tied to the tree trunk. Check your nets each day to see if animals have been caught. Do not leave old netting hanging up or lying on the ground where they can still entangle wildlife.

Fencing can also be dangerous for wildlife. Barbed wire is a major hazard. Many animals face cruel injury or death from getting tangled in the barbs. Often they don't see the wire – particularly bats, gliders and owls flying at night. Water birds taking off from a dam sometimes run into an adjacent fence because they cannot clear it. Remedial options include replacing barbed with plain wire, covering with polypipe, or increasing its visibility by adding white tape or metal tags.

If you find injured wildlife, it's best to get help from a wildlife rescue service, since a stressed animal is likely to bite and will require specialist care. Contact Sydney Metropolitan Wildlife Service (02 9413 4300) or Wires (1300 094 737).

A message from Still Creek Landcare (www.stillcreeklandcare. com.au) or Facebook.

Hornsby Council Staff Walking for Oxfam

They help the community every day while working at Fagan Park, but now a team of Hornsby Shire Council staff are set to make a difference on a global level.



Hornsby Shire Council employees Scott
Forbes, Tanya Mein, Ryan Stewart and Tim
Armstrong have signed up to participate in Sydney's Oxfam
Trailwalker charity event.

The team, who have called themselves Lady and the Trampers, are aiming to raise \$3000 for Oxfam and have already passed the \$1000 mark.

Although Scott and his colleagues are excited to challenge themselves with the walk, their main purpose is to raise funds that will help the disadvantaged.

"To be doing something that makes a difference to the lives of people around the world, it's really motivating," Scott said.

"We just thought, instead of spending money on ourselves, wouldn't it be nice this year to make an effort to raise money for people who really need it."

The Oxfam Trailwalker will be held on Friday 22 August, with participants required to walk 100km from Brooklyn to Mosman within 48 hours.

After training for months, the Hornsby Council team hope to complete the walk within 32 hours and plan to only take short 20 minute breaks during the event.

Money raised will go towards Oxfam's projects, including providing water and supplies to communities in Africa.

To donate to the team, visit: http://bit.ly/1oil5SN





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Important Local Information

HELP & INFORMATION SERVICES

General Emergencies 000 Energy Australia Emgy

13 13 88 Hornsby Hospital

9477 9123 Hills Shire Council

9843 0555

Hornsby Shire Council 9847 6666

Integral Energy 13 10 03

Lifeline (24 hours) 13 11 14

Poisons Information Line 13 11 26

Police - Hornsby 9476 9799

Police - Castle Hill 9680 5399

Sydney Water 13 20 90

LOCAL BUSHFIRE SERVICES

Arcadia Bush Fire 9655 1656

Arcadia Fire Captain Peter Jacobs 0415 369 683

Galston Bush Fire Captain Peter Griffiths 0404 085 145

Glenorie Bush Fire 9652 2017

Middle Dural Bush Fire Captain Len Best

0408 220 705

Hills Rural Fire Service District Office 9654 1244

Hornsby Fire Svcs HQ 9883 2000

Telstra Faults 13 22 03

LOCAL JP's Michael Bell, Arcadia - 9653 1365 Bernie Triebe & Kerron May, Bendigo Bank Galston - 9653 2227 Cathy Vipond, Hills Accounting, Glenorie - 9652 2400 Ray Whiteman, Glenorie - 9652 2454 / 0400 008 083 Cherrybrook Shopping Village, Shepherds Drive, every Saturday morning 10am to noon.

There will be JP at Dural Library Wednesdays between 1pm and 3pm. Hornsby Branch of the NSW Justices Association meets monthly at the Asquith Leagues Club opposite Waitara rail station.. All JP members and potential members welcome. Enquiries to Gavin Moehead JP 9489 4662 or 0407 229 203.

COMMUNITY CONTACTS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Friends of Fagan Park - Volunteer group actively preserving the remarkable rural history of Hornsby Shire. The Friends meet every Tuesday from 9am to 4pm maintaining historic Netherby Cottage and its garden and also restoring farm machinery and implements to working order. Members of the public and new friends are always welcome! Open days are the 2nd Sunday of each month, 1.30pm to 4.00pm, and other special occasions. Contact lan Browning. M: 0419 435 475 E: isandian@tpg.com.au Ferry Artists Gallery − Old Northern Road, Wisemans Ferry 2775. ph: 02 4566 4385, for info on workshops and membership see www.ferryartists.org

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

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

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

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

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

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

Galston VIEW Club - will be holding its July Luncheon Meeting at Dural Country Club, Dural, commencing at 11.am on Wednesday 23rd July 2014, with guest speaker for the day being Patricia Skehan who will speak on "Bushells Tea and the history of the family". Visitors are welcome. Inquiries Vivien 9894-1189

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

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

Glenorie Progress Association Holds its meetings bi-monthly (August, October & December 2014) 7.30pm in the Palms Room, Glenorie RSL. All Welcome 9652 2454.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

The Hills Trefoil Guild (Guides NSW) - The Trefoil Guild is the adult section of Guiding which links Members, former Members; female Members of the Scout Association; and women who have not been Guides but are prepared to make the Guide Promise. Our meetings are held on the 3rd Friday of the month commencing at 10am, concluding approx 12.45pm at the Guide Hall, Bounty Ave, Castle Hill. For further information please contact Sandra on 9659 3770.

CHURCHES

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

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

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

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

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

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

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

LOCAL SPORTS ASSOCIATIONS

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

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

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

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

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

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

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

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

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

Hills Hawks Soccer Club. For season details & registrations call Vivian Mepstead on 0432 333 091 or vivmep@gmail.com. Hills Hawks Softball Club. Our competition is held during the summer season (September to March, excluding school holidays) at Hayes Park, Galston. We welcome new members! For enquiries please contact our registrar Hazel Postill on 0414 474

461 or visit our website: http://hillshawks.softball.org.au. **Table Tennis** – Junior & Adult Coaching & Social play, Dural & Glenorie Ph Chris 0468300822 or spinclub@bigpond.com

Tennis / Squash Social Group - looking for new players. Call Karen 0412 485 411 or email tennisandsquash@live.com.au Tennis Court for Hire Galston - At rear of Galston Community Hall. Available Day or Night, Mobile 0414 918 467.

Tennis Court for Hire Glenorie - Les Shore Reserve. Available Day or Night. Phone 0404 600 460.

Tennis Court for Hire Hillside Public School on Cattai Ridge Rd is offering members of the public to hire their tennis court for a minimal fee. 12 month membership \$50 per family or \$8 per hour. Please contact Hillside Public School on 9652 1459.



CLEARANCE SALE



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