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Elouera Estate Residents Win

Residents (and their friends) of Elouera estate in Dural (next to Hungry Jacks) are relieved to finally see works commence at the intersection of New Line Rd and Sebastian Drive.

After many years of frustratingly long waits to turn right, works will be completed over the next 6 months. This intersection was first discussed at Council 17 years ago, and was a pre-election promise made by local member Matt Kean MP, so it is satisfying to finally see results of his, and residents' lobbying.

To minimise traffic disruptions, RMS will carry out this work from 7am to 6pm between Mondays and Fridays and on Saturdays from 8am to 1pm, except on Sundays and public holidays, weather permitting.



Hornsby State Liberal MP Matt Kean said the work will commence on Monday 14 April and will continue until October 2014. "This work will include; installing traffic lights, road widening, providing an additional northbound through lane, removing the southbound left turn lane to allow for two southbound through lanes at the intersections, relocating an existing retaining wall; installing a northbound bus stop, drainage, signage and landscaping," Mr Kean said.

RMS crews will also complete night works from 8pm to 5am between Monday 14 April and Thursday 17 April and between Tuesday 29 April and Saturday 3 May. The night work will include tree removal and installing barriers. Prior to these road improvement works, a temporary site compound will be set up near the intersection.

Minor delays are expected due to changed traffic conditions. There will be no lane closures, but concrete barriers will be installed to ensure safety of road users and workers. Road users are asked to follow the direction of traffic controllers and to adhere to reduced speed limits and follow traffic signs.

Up to date information, including any date changes and detours, will be displayed on electronic message signs along the road. For more information please contact Downer Mouchel on 1800 332 660 or email enquiries_nsw@downermouchel.com.





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Back Pain?

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8

78

to discomfort or pain. One easy step to prevent a potential problem is to use the correct back support or seating support in the vehicle or on the chair one is accustomed to use at work or leisure. In some cases, these back supports not only prevent, but, alleviate the pain associated with back pain.

Comfort Discovered, 511, Pacific Highway, Mt Colah, (Tel 9987 4500) has one of the largest ranges of back, neck, and seat supports in Sydney. Here, a customer is guided on the various options available, based on the knowledge and experience Comfort Discovered has gained over the past 30 years. What makes Comfort Discovered unique? Here, users can try various back or posture supports or cushions, in their own individualized situations and make a decision as to which is the right product for them. This is a place where you can take a test drive a back or seat support before you make a decision to choose the most appropriate one for you.

You do not have to live with some of the discomforts and pain that takes the joy out of day to day living. So, please do not put off that decision to look after your back. Please visit Comfort Discovered and see for yourself the wide range of back, neck and seating supports, arthritis products, mobility products, daily living aids, and a host of other solutions to make your daily life more independent, enjoyable, rewarding and above all a lot of fun!

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Do You Have Any ANZAC Photos?

Hornsby Shire hosted one of the very first ANZAC Day services in 1916, but unfortunately we have no photos of it.



Nor do we have any photos from the many

services that have happened since then, except for the most recent ceremonies.

That's why we need your help.

If you have any photos of ANZAC Day marches or ceremonies, please email ncook@hornsby.nsw.gov.au so we have a permanent record of these important historic events.

We'd especially like photos of the 1916 service, when Hornsby railway workers organised a trans-Tasman ceremony with members of the Petone railway workshop in New Zealand.

We have images of the Kiwi service (pictured), but none of its Aussie counterpart.

So if you have photos of an ANZAC march or ceremony in Hornsby Shire – whether they're from 1916 or 2006 or anywhere in between – email Nick Cook at Hornsby Shire Conci at

ncook@hornsby.nsw.gov.au



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Inaugural Galston Gut Buster a Success

A misty Sunday morning saw 159 runners gather for the inaugural Galston Gut Buster, at 6.30am before the sun had even risen over the picturesque Berowra Valley National Park.



There was a minor hiccup when the runners for the 20-kilometre race took off in the wrong direction, but that was soon corrected and both the 20-kilometre and eight-kilometre races went smoothly.

"There's nothing better than seeing an event Council has supported achieve such success in its first year," Hornsby Mayor Steve Russell said after presenting the winners of the 20-kilometre race.

"All the indications are that this will continue to grow into a very major event. "It's already attracting international athletes, such as American ultra runner Dakota Jones who stopped by on his way to Victoria and set a blistering pace.

The winners of the 20-kilometre race were:

- Men Dakota Jones (1:28:17)
- Women Suzi Heaton (1:52:20)
- Juniors Cameron Luksich (1:51:20)

The winners of the eight-kilometre race were:

- Men Andrew Tuckey (42:09)
- Women Jess Smillie (1:02:25)
- Juniors Harrison Wood (56:09)

The team categories were particularly hard fought, with the Berowra Bush Runners taking out the top prize in the 20-kilometre race thanks largely to the strategic selection of Eric Burgess who came third overall.

In the eight-kilometre race it was very close between the Guttered Busters and the Joyous Weasels of Death, with the Busters coming out on top.

Race directors Antony Bowesman and Greg Lees couldn't be happier with the way the event went off.

"There was a great vibe after the race with people comparing notes and cheering other runners across the line," Antony said.

"We'd like to thank all those who helped make the race a success and look forward to 2015, when we hope to build on this year's success and bring all the runners back to have another go in the second Galston Gut Buster."

Lorpen Lopers

"Lorpen Lopers", sponsored by local Dural business Sherpa, took part in the inaugural Galston Gut Buster trail run. Ten team members ran the 8km Steele Resolve track, while four completed the gruelling 20km Gut Buster.



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Hills Rotaract Club

by Chloe Paton

Have you just started university or work? Are looking for your own way to start changing the world? Then Rotaract is a great way to start! The Hills area is very fortunate to have its own club up and running!

This year Rotary and Rotaract members have something great to look forward to in the International Rotary Convention. This is one of the biggest events to hit Sydney this year. Past conventions have included such noted speakers as Bill Gates. Rotaract members also have the chance to be involved in some great pre-convention events.

The Hills Rotaract Club, formed last year, provides young adults in the 18-30 year-old bracket with a great avenue to participate in leadership activities and help the community through charity projects.

In August last year, the club celebrated its official club charter night at the Castle Hill Country Club. Club members were most fortunate to be joined by the Federal MP for Mitchell, Mr Alex Hawke, members from the Glenhaven, Hills-Kellyville, Rouse Hill, Kenthurst and Norwest-Sunrise Rotary clubs, and members from the Lower North Shore, Macquarie University, and Crosslands Rotaract clubs.

For those of you wondering, what is Rotaract, it is "a global organisation that empowers students and young professionals to create positive change in their local communities and around the world." "Rotaract provides unique opportunities that assist its members in becoming business and professional leaders of tomorrow. Sponsored by Rotary International, Rotaract Clubs across Australia are part of a worldwide organisation of 210,000 individuals in 9,100 clubs covering 170 countries."

Having a Rotaract club in the Hills area provides a great opportunity for youth in the area to take the initiative in continued

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Stepping On Falls Prevention Program,

commencing Tuesday 13th May 2014

Time: Tuesday's 10.30am – 12.30pm Venue: Grace Occupational Therapy, Dural Cost: Free Commencing: 13th May 2014 Bookings: 1300 760 779

Grace Occupational Therapy is working with NSW Health and Royal Rehabilitation Centre to bring an exciting, free falls prevention program for seniors called Stepping On. The program runs for 7 weeks, meeting 2 hours each week, and will provide you with information on how to reduce your risk of falling and maximise your independence at home.

The program is open to anyone who is 65 yrs or older, living at home, able to walk independently or with a stick, fearful of falling or has fallen recently. You will learn how to step outside your home with confidence as you become more aware of falls hazards. Areas covered include reducing home hazards, moving safely in the community, safe footwear, vision and nutrition, medication management, exercises to improve your strength and balance. Participation in the program provides the confidence to undertake daily activities more safely and independently and reduces the risk of falls. For more information and registration, contact Grace Occupational Therapy on 1300 760 779.

Continued from previous page.....helping others in their community. It is a great way to network and meet other likeminded, positive youngsters wanting to make a difference in the world! For further information contact hillsrotaract@gmail.com, or check out our website www.hillsrotaract.org. We will also be running a fundraiser with a cake stall on May 10th at the Castle Hill Bunnings store. Feel free to join us for a fun day!



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Galston Rotary Night of Nights

It was congratulations all round at the annual Rotary Club of Galston's 32nd Annual Community Awards. The evenings highlight was the honouring of Knox Geelan with the prestigious Paul Harris Fellow Sapphire Pin. The



Sapphire Pin which is testament to the support Knox has given the Club and the Rotary Foundation. The fund raised supports the Rotary Foundation to do even more good in the world with their projects.



The achievements of **Business and Community** members were celebrated through out the evening. There were eleven recipients of the awards. all of whom were delighted to be recognised by the Rotary Club. Club President Harley Newham presented the awards and

said that our community was the winner by having such wonderful people giving the best to benefit those around them. Gaye Wheatley, the Vocational Service Director, said that it is a pleasure to organise such a special evening which pays tribute to those in the community who give their best to their work or organisation.

Entertainment for the Gala evening was generously provided by George Vumbacca who sang great classics complementing the Hollywood theme! The Rotary Club of Galston meets every Tuesday evening at the Galston Club, 21 Arcadia Road Galston 6:30 – 7pm. Call Peter Ainscow 0419 011 750 if you would like to know more about the club.

The Hills Trefoil Guild [Girl Guides-NSW/ACT]

The Trefoil Guild is the adult section of Guiding which links Members and 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 approximately 12.45pm at the Guide Hall, Bounty Avenue, Castle Hill. For further information please contact Sandra on 9659 3770.



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Galston CWA News

Our next meeting will be held on Wednesday $14^{\rm th}$ May at 10am. We will be celebrating the CWA Primary Product for 2014 – Garlic.

All the dishes for our lunch will include Garlic. There are many recipes for pickles, dips, soups, salads and main courses which feature Garlic, but no-one has found one for a dessert!

Lunch will be followed by our business meeting.

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

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

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

The Hills District VIEW Club

Notice for 13th May 2014

The Hills District VIEW Club's next social function will be at on Tuesday $13^{\rm th}$ May. Join us for our Rainbow Fashions Show at the Galston Club, 21-25 Arcadia Road, Galston at 10.00 am.

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

Notice for 27th May 2014

On Tuesday 27th May the Hills District VIEW Club will meet at 10am at the Dural Country Club for our monthly meeting. Cost is \$6 which includes morning tea; following the meeting, lunch is available at your own cost.

Our guest speaker will be Sheila Brunn who will speak to us about her time spent in the Changi Prisoner of War camp.

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

Dharug & Lower Hawkesbury Historical Society - May Meeting

Please join us to hear our guest speaker Laurie Chater Forth who will speak about her book Margaret Catchpole? Her Life and Her Letters. Laurie's research into this intriguing Hawkesbury historical figure has led to a fascinating account of this remarkable convict woman's life.

An award winning author, Laurie is a member of The Hawkesbury Writers Group and writes romance, crime fiction and biography/history set in colonial Australia. In October 2012 Laurie won the Dr Rex Stubbs OAM Memorial Scholarship for research and interpretation of Hawkesbury Local History.

Date: Saturday 31 May

Time: Midday for Lunch followed by talk

Location: Lower Hawkesbury Wesleyan Chapel, 6445 Wisemans Ferry Road, Gunderman

Cost: \$15 for members, \$20 non-members.

Bookings: Essential to 0404 272 969 or enquiries@dlhhs.org. au by Wednesday 28 May 2014.

Dural Galston Probus Club

Dural Galston Probus Club will hold it's next meeting at 10am on Thursday 15th May, at The Galston Club, 21-25 Arcadia Road, Galston. Claude Bennie will tell us about the Story of Arnotts Biscuits. Visitors welcome. Contact Anne 9653 1004.



Red Shield Appeal

The Rotary Club of Galston has organised the Red Shield Appeal collection in the Galston and Arcadia area for over 25 years. This year the

Appeal is being held on Saturday24th May and Sunday 25th May. We can offer a number of opportunities to collect – soccer at The Galston Oval on the Saturday, both sides of the ferries at Berowra, Wisemans and Webbs Creek on both Saturday and Sunday and other locations where people gather, such as shopping centres, as well as the traditional door knocking.

We are looking for volunteers to spend two or three hours collecting to help the Salvos continue helping those in need in our community. Over the years we have been very grateful for the support given by students from the Galston High School, Northholm Grammer School and other high schools and drivers are needed transport them.

We are also very grateful to The Galston Club which has hosted the collectors for many years.

If you would like to help us, in any capacity, please call Roger Hilton on 9653 2980 or simply turn up at The Galston Club at 9am on Sunday 30th May.

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The Kindness of Strangers

By Anita Horan www.capturedemotion.com

I arrived home from my 20 minute outing wearing my tight gym leggings, 'I love peace' singlet top and carrying my camera plus a gorgeous bunch of flowers. My husband raised one eyebrow and asked where I got the flowers. "Oh you don't need to know", I teased. "Maria, an older Italian woman gave them to me



Maria's flowers

Italian woman gave them to me" to which he replied with a smirk "likely story".

To take you back a few steps, you may have read my stories over the past two years and know I am a Glenorie resident and a professional photographer. I have been photographing families for years but recently I have been working on a photographic essay on Glenorie. I am building a library of 'Gorgeous Glenorie' images. So far I have owls, kookaburras, cockatoos, sunsets, sunrises, autumn trees mushrooms and have just made my way onto flowers. How can you have a photo essay on Glenorie without flowers?



This owl visited my Glenorie home

I took my camera for a walk down my street and noticed some large pink flowers in someone's yard, so I knocked on the door and asked the owner, Maria if I could photograph them. She was happy to oblige and accompanied me as I documented her spectacular floral garden, the likes of which I have never seen before.

While I snapped a bee collecting pollen, Maria told me a little about her life as she cut some flower heads from the plants. As I finished, she gave me the most beautiful bouquet. I invited her for lunch and promised to give her some prints of her flowers. As I continued on my walk, I passed a neighbour's work shed and the strong smell of fermenting red grapes called me over. An older Italian man pulled heavily on a large lever to crush grapes, the juice would soon be poured into giant oversized wine bottles. I also managed to capture his image, with his permission of course. Then as I kept wandering I saw mushrooms growing and a mini moss covered waterfall, all in my street. I see beauty everywhere.

I am hoping that some of the businesses in the local area will contact me offering to sell my images through their stores; as prints, canvases or greeting cards. If you would like to preview a few of my 'Gorgeous Glenorie" photographs, please visit my Facebook page. I really think that my images will be a great keepsake for locals as well as the many tourists who come to visit our excellent markets and bakery.

I have lived in my street for three years and have never before crossed paths with Maria. What an inspiring interaction and the bouquet is a perfect reminder of the kindness of strangers.

Eastbend – Notice of Meeting

A quarterly meeting of Eastbend Rural Communications will be held at the Maroota Public School Resource Centre, 4540 Old Northern Road, at 1.30pm on Monday 19th May. If you have any items of local interest that you would like to discuss please come along to the meeting or contact the Secretary, Pat Schwartz, on deblacko7@hotmail.com or 9652-1276, or Tessa Corkill, on 2archaeics@gmail.com or 9652-1470. As always, from 1pm there will be a light lunch and time for a chat before the meeting starts. We look forward to seeing you there!

New Horizons for Warrah



The end of March 2014 saw Warrah Society in Dural enter a new era with the commencement of Fundraising and Marketing Manager, Christine Chiarella. This new dedicated role sees Christine bring 10 years' experience in fundraising and marketing to the great team at Warrah. Her priorities will be to bring more focus to Warrah's fundraising as well as addressing digital media for Warrah's future communications. In particular, Christine will be working to strengthen Warrah's connections to

the local community – and hopefully making lots of new friends!

Are you looking for a part time local volunteering role?

We are looking for a Volunteer Fundraising & Marketing Assistant to assist Christine one or two days per week, with hours to suit. The role would be ideally suited to a local person who knows the area well, and will give a broad exposure to many facets of fundraising and marketing including social media marketing, community grants, direct mail, community events and public relations. For more details on this volunteer position, please contact:

Christine Chiarella, Fundraising & Marketing Manager, Warrah Society, 9651 2411 or email cchiarella@warrah.org



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Cancer the Dragon and You

We see the ongoing pressure to balance the federal budget and may have cuts being made to health areas. We also find the major pharmaceutical companies using direct and indirect pressure to have their expensive cancer drugs listed on the PBS. These expensive drugs are often touted as "life saving" when in fact they offer some limited extension of survival time but



not a cure. The hard decision is always how to spend the health dollar to achieve the maximum benefit for society.

As an example for the same dollars spent we might save a young child's life or extend life by a few months for an older person? This might appear to be an easy decision but is clouded by the political pressure of lobby groups and the financial pressure of the major pharmaceutical companies intent on maximising profits.

Cancer is a very personal disease as the recent ABC Four Corners cancer program "Buying Time" highlighted. Some expensive PBS cancer medications on average may only extend survival for a few months but are welcomed by patients if the side effects are acceptable.

For those expensive cancer medications not PBS listed, patients may not be able to afford them. Some patients may receive free new medications for a limited time as part of a clinical trial or access new medications through the Therapeutic Goods Administration Special Access Scheme on Compassionate grounds.

In either case your oncologist may not be aware or have the time to acquaint himself with all of the options available in Australia or overseas for your particular cancer.

Patients are encouraged to get a second and third opinion as well as undertaking their own basic research.

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

Letter to the Editor

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All responses to the "Cancer the Dragon and You" column are most welcome including the response from Professor Michael Bilous to the March column about Breast and Prostate Cancer Screening which was printed in the April Edition. We exchanged quite a few emails subsequent to the one which was printed about the Canadian Breast Cancer Study. His sincerity and commitment in upholding the existing Mammogram Screening program is understandable.

The global debate about the benefits versus the risks associated with Mammogram Screening programs is ongoing with the more current independent publications not supporting Mammogram Screening.

As recently as April 2014 a further American Review paper was printed in the Journal of the American Medical Association (JAMA) "Stop- One- Size-Fits – All Mammography" by Lydia Pace, MD, MPH, and Nancy Keating, MD, MPH, both from Brigham and Women's Hospital in Boston. One conclusion was that that testing needed to be individualised .The pair evaluated nearly 450 scientific articles from 1960 to 2014 for evidence on the mortality benefit and chief harms of mammography screening. After pouring over clinical trials, systematic reviews, meta-analyses, and observational studies, they concluded **"that the mortality benefit of mammography is modest and the risks of harm from screening are significant. This mix means that clinicians must focus on promoting informed screening decisions."**

The debate will continue for some time but ultimately women need to be better informed about both sides of the Mammogram Screening debate.

Letter to the Editor

I was pleased to read in the April edition a comment on the regular "opinion piece" entitled Cancer the Dragon and You.

I have been seeing this column for many months now, and have always felt disquiet at the very negative picture it paints of diagnosis and treatment of cancers by our traditionally practising medical professionals. I have always felt it a shame to encourage mistrust, even paranoid attitudes, by implying that many doctors wilfully mislead their patients, holding "vested interests" which can lead to them keeping the best possible treatment from their patients.

My (fairly long) life's experience has shown me that doctors and scientists are by and large intelligent and well motivated people, possibly not perfect (who is?) but generally keen to keep abreast of current research, to ensure that our diagnoses, treatment and prognoses all continue to improve, as indeed they do John Hackett should direct our readers to look at the statistics.

I agree that these opinion pieces can only arouse "anxiety and concern".

Carole Stannard Glenorie

Rainfall Chart

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

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Dural Sport and Leisure Centre is commencing Mixed competitions on May 20th

The season is just 13 weeks long; enough to whet your appetite. We will have U12s on Tuesday afternoons, U15s and U18s on Thursday afternoons. A senior competition will commence on Thursday nights. Touch Football NSW is supplying referees and every player is covered by their player insurance.

After every game, every team will receive a complementary bowl of our great hot chips. Coffee and snacks are available at every session. 5 a side with all regular Touch Football rules; with a slight change to the try line, to keep it safe

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We are launching this new sport to develop a social atmosphere for the afternoons and evenings.

This is what the centre is about.

We are a not for profit business here to serve the community.

We look forward to this new sport and are confident it will take off. If you still have questions or do not have a team, call us and we will aim to help you or place you into a team.

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URGENT!!! DURAL IN DANGER!

Don't let Hornsby Council and the developers ruin South Dural.

Please sign this on-line petition, www.lala.asn.au.

Pass it on to your neighbours and friends so they can say **NO** to the subdivision of South Dural and join the many hundreds who have already signed.

More details overleaf....

Say 'NO' to this vandalism otherwise the developers win – and you lose.

It has now reached a point where Hornsby Council <u>without community consultation</u> has and in almost total secrecy **approved the progression of a proposal to rezone the 240 hectare South Dural rural site** bounded by Old Northern, New Line and Hastings Roads. The proposal seeks to subdivide this rural area into a **3,000 dwelling** development. The subdivision **includes 3 and 5 story multi-unit buildings.**

This latest attempt at rezoning of this rural land to urban has been rejected on many and every past occasion by both previous Hornsby Councils and the appropriate State Govt. authority at the time.

Your area could be next to fall to the greedy developers.

Whilst **Cherrybrook** residents would be most affected by the South Dural development, the effect on residents in **Pennant Hills, Round Corner Dural, Dural, Middle Dural, Galston, Arcadia, Glenorie, Fiddletown, Berrilee and even Hornsby Heights** cannot be understated with the additional traffic on New Line, Boundary and Hastings Roads creating an even bigger nightmare than that which currently exists. According to the RTA in 2007 this would equate to an additional 27000 vehicle movements per day on these roads.

Whose side is the Hornsby Council on? Yours or the developers?

The loss of South Dural to subdivision will be the beginning of the end of what is left of Sydney's rural lands. Hornsby Council is even considering the rezoning of lands to the North. **The beautiful landscape** that this area offers will be lost to the people of Sydney and future generations if this subdivision proceeds.

Your support for our petition is urgently sought and is vitally important if we have any hope at all in **defeating the ongoing goal of rapacious developers and speculators and a current Council which appears to support them.** This is without any prior consultation or communication with the thousands of Shire residents who will be adversely affected.

Our only chance of success is if we have sufficient numbers. Please sign the petition urgently otherwise it will be too late.

If you would like to have your say on this matter but do not have access to an on-line facility, please feel free to call on 9651 1117 or 0403 076175 and we will arrange to provide you and others in similar circumstances with a petition form, that we can relay to Hornsby Council and the State Department of Planning and Infrastructure.

All you need to provide on this petition form is your name, signature and postcode.

Dennis Merchant OAM, President, SARALPT c/- 6 San Remo Place, DURAL Dme39972@bigpond.net.au

Fords Farm Opening Day Pick Your Own Mandarins Open Day - Saturday 31st May, Sunday 1 June 2014

Fords Farm will be opening to the public for "Pick Your Own Mandarins" on Saturday 31 May and Sunday 1 June 2014. We invite visitors to come to the farm 12.75 km along Singleton Road from Wisemans Ferry where they can experience the taste of

fresh mandarins straight from the trees. We have several varieties to try, the most popular with the children being the Satsuma Mandarin, it has no seeds, is easy to peel and has loads of juice. The trees are low to the ground and they are easy for the children to reach and pick their own and are breaking under the weight of the fruit. We have several varieties which include Imperial, Emperor and Hickson Mandarins.

Other types of citrus available include Limes, Kaffir Limes, Lemons, Navel Oranges and Cumquats. Our shed is full of produce such as honey, jams, chutneys, condiments (lime salt, lime sugar etc) and infused oils and vinegars for cooking along with many other supplies.

We now sell espresso coffee, hot chocolate and freshly squeezed mandarin juice. There is no entry fee, you only pay for what you pick and we are the second farm along the road.

Open every weekend and public holiday from 10am to 4pm until all the fruit has been sold

School holidays and coaches by appointment only. Please check our website for more information or email/phone us.

Contact: Nicky Alexander • 1275 Singleton Rd, Laughtondale (via Wisemans Ferry) 2775 • www.fordsfarm.com.au • email: fordsfarm@harboursat.com.au • (02) 45663127



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Urinetown, The Musical

I think it was Shakespeare who penned the phrase "What's in a name?". Well, if he were alive today, he'd be rushing off to Dural Musical Society's production of "Urinetown: the Musical" to find the answer. Whilst the title of this three time Tony Award winning musical may be a little 'off-putting', you can guarantee that this show will deliver a night of good clean satirical fun and music you'll be humming as you leave the theatre.

At DMS, rehearsals are in full swing for their May production which is set in a futuristic city plagued by a 20-year drought, where water has become so scarce that private toilets have become outlawed. At the mercy of a single corporation who has a monopoly on the town's public amenities, citizens must pay extortionate fees to carry out their most private and basic of needs. "Urinetown: the Musical" sees us in one of the poorest neighbourhoods of town where, out of the poverty, a hero rises to lead his fellow citizens against the tyrannical regime.

With Direction by Eddie Bruce, Choreography by Kate O'Neill, and Musical Direction by Leo Dent, this 2001 Broadway musical hit from Greg Kotis and Mark Hollman is sure to have you tapping your feet. This production team has pulled together a cast which provides a great mix of old and new members of the Society. Our hero and heroine, Nicholas Gilbert and Stephanie Quaglia team with another well known regular in Brendon Dart who plays the corporate mogul whose only interest is the accumulation of money and more money. Look out for Cheralee Heynes in her first major role with DMS, and also the interesting duo of Andrew McLean and Reich Webber-Montenegro. Add to the mix a range of interesting cameos from Julian Floriano, Ben Freeman, Keira Glasgow-McLean, Laura Murdocca, Gus Lamas, Ian McLean, and Marvyn Lenders and you'll understand that it is a show "not to be missed".

Was it Shakespeare that also said "to pee, or not to pee, that is the question" - sounds like him doesn't it. If you'd like to find out the answer, get on to the DMS booking agency and reserve your seats for "Urinetown, the Musical" which runs from May 16th through to May 31st 2014. Ticket details and further information is available from our website, www.duralmusicalsociety.org.

Performance Details

DMS perform at the Dural Soldiers Memorial Hall, 604 Old Northern Rd, Dural (opposite Redfield College)

Evening Performance Dates: May 16th, 17th, 23rd, 24th, 30th & 31st @ 8pm

Matinee Performance Dates: May 18th & 25th @ 2pm Adults: \$25 Children/Concessions: \$15 A pre-show dining experience is available with 42 Bannermans Trattoria e Bar, Glenhaven, details via MCA ticketing



Hills Probus Friendship Day

Seventy five members representing 13 Probus Clubs attended a Friendship Day at Living Choice Retirement Village at Glenhaven, which was organised by the Round Corner Probus Club.

The retiring President Graham Ascough said, "The purpose of the Friendship Day was to look at ways to support groups in the Hills District and to share ideas."

The aim of Probus is to support seniors by offering friendship, social interaction, tours, special activities and a regular monthly meeting with stimulating speakers. The current membership in Australia is 183,000. For more details contact Graham Ascough on 9634 4029.





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Glenorie Markets Celebrates 4th Birthday!

On Sunday, 25th May, Glenorie Growers' Market will be celebrating its 4th birthday, and everyone is invited to join in the festivities. The market is located at Glenorie RSL Club, from 8am to 1pm.

From humble beginnings in May, 2010, the market has now grown into a monthly feature of the local calendar, and its appeal is growing as more Sydneysiders discover the beauty and charm of our district, the opportunity to buy locally grown and produced food and drink, and to spend time chatting to the friendly stallholders.

The market offers a huge range of goods to sample and buy, and also offers the local artists and crafters a venue to show off their skills and talents. There's definitely something for everyone!

The anniversary market will also showcase some excellent local musical talent, and the kids from SmartSteppers Dance Studio will be performing. Bring your family and friends, come and meet the growers and producers and have a great day out.



Learn The Basics Of Eco Gardening

Are you interested in making your garden more productive and environmentally friendly?

If so, come along to this free workshop on Eco-Gardening Basics.

Topics covered will include no-dig gardening, companion planting, crop rotation and lots more.

WHEN: Sunday 4 May, 2014, 10am-12.30pm

WHERE: Fagan Park Eco Garden, Arcadia Road, Galston

COST: Free

BOOKINGS ESSENTIAL: Phone 9847 4856 or email waste@ hornsby.nsw.gov.au

The Hills Shire Seniors Expo

Sydney Hills Branch of the Association of Independent Retirees, were part of The Hills Shire Seniors Expo held on Wednesday 19th March at Baulkham Heights.

The President Mrs. Lauris Rennie was assisted by two committee members on the Trade/



Information Table. To provide and distribute information as well, as answering question on the Association. The Branch provides a range of information by engaging guest speakers on topics related to retirement, finance, and other related subjects for self and part funded retirees.

Our Meetings are held the 1st Friday of each month commence at 10am, Pennant Hills Bowling Club, Yarrara Rd., Pennant Hills.

More information can be obtained by contacting Mrs. Lauris Rennie on 96341186

Galston VIEW Club 22nd Birthday

The Galston VIEW Club celebrated its 22nd birthday on the 23rd March at Dural Country Club. Our ladies were elegantly dressed in black and white, which was our theme for the day, and we were entertained by singer Kristy Lee.

It was a wonderful day to support the Smith Family and its Learning for Life program.



Cutting of the cake by National Zone Counsellor, Janette Cassidy and Zone Counsellor, Marion King.

The Sydney Hills Branch of the Association of Independent Retirees

The Sydney Hills Branch of the Association of Independent Retirees' committee is looking forward to provide members and especially new members with a variety of interesting guest speakers throughout the year. The guest speaker for May will be Michael Holmes from Patterson's Stock Brokers

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 2nd May, 2014. Meeting commences at 10am.

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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Karen has taken In Conjunction Real Estate from very small beginnings in 2005 to its current highly regarded and well recognized office in the heart of Galston. Her achievement is testament to Karen's continual hard work, commitment and drive.

Motivated by integrity, dedication and communication, Karen strives to provide outstanding personal service, ensuring her clients' experiences are positive ones. She has a particular passion for building strong relationships and bringing buyer and seller together in a successful transaction, skillfully negotiating and managing the sales process to achieve the best possible outcome for the vendor.

Karen revels in the fast pace and ever emerging challenges presented by today's industry yet also realizes the high importance of solid professional guidance based on traditional values.

To book an appointment with Karen Allmark please call In Conjunction Real Estate on 02 9653 1555

This is the busiest time we have seen in the market over the past 8 years!

If you are thinking of selling and are interested to find out what your property is worth today, call Karen!

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- GLENORIE

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Due to the location of our agency in Galston; we attract a large number of buyers from the North Shore areas that are currently agisting their horses in places like Terry Hills and Duffy's Forest. These buyers are eager to make the transition to owning their own horse properties.

As an avid and passionate horse-women herself, Karen Allmark is able to recognize the hard-work and expense that goes into each individual horse property and utilizes her skills to successfully guide and negotiate a sale so as to achieve the very best results for her vendors.

Also very high demand for acreage and residential properties in the Hills Area. FOR A FREE MARKET APPRAISAL AND FRIENDLY AND PROFESSIONAL GUIDANCE ON HOW BEST TO PREPARE YOUR PROPERTY FOR SALE, PLEASE CALL IN CONJUNCTION REAL ESTATE ON 9653 1555.

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Whether you're thinking of selling your property or are just curious to find out what you home may be worth in today's market, please feel free to call us.

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Below is a small selection of our new listings



20 URALLA RD, DURAL Executive Home on 5 arable acres. 5 bedrooms, manicured grounds plus separate cottage. Premier location.



2 BLACKS RD, ARCADIA Ideal for in-laws, 2 executive homes plus separate cottage on 5 stunning acres + pool and shed, landscaped grounds.



2 SHORT ST, FOREST GLEN Vacant land, just over 5 acres, elevated setting, quiet, private location.

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 **029653 1555**In Conjunction Real Estate Suite 3, 358–360 Galston Road, Galston



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Dural and District Historical Society. Foster's Waterhole, Galston.

Margaret McKinley.

Foster's Waterhole featured very highly in the social and recreational life of the district in previous years before swimming pools became common place. It is a very deep part of Colah Creek, situated at the end of Thomas Rd. Galston. It is also accessed from Edwards Rd. off Old Northern Rd, where there is a Public Dedicated **Recreational Reserve** adjacent to the creek.



There are records of a swimming club that operated there over a hundred and fifteen years ago. In

Large Angophra tree at Galston Aquatic Centre, wich has now been taken down for safty reasons

the "Cumberland Argus and Fruitgrowers Advocate" of March 1898, (via trove.nla.gov.au) there is a report from Galston; "On Saturday the last carnival of the season was held at Foster's waterhole, when some fairly good sport was enjoyed by a moderate crowd. Mr. Whewland proved an efficient starter, handicapper and general M.C.

Mr. W.H, Griffiths acted as Judge. The results were as follows; 120 yards, A.Trethowan 1, Henstock 2; 25 yards, boys L Griffiths 1,V. Flarey 2; 80 yards, E.Trethowan 1, W.Adams 2; 40 yards, E.Trethowan 1, A.Trethowan 2. Long Dive, V.Flarey 1, W. Flarey 2. The last item was a tug-of-war, after which prizes were distributed"

There is also another report in the same newspaper of December, 1904 "A swimming club has been formed here (*Galston*) which at present bids fair for a longer existence than the last, viz. the old Pioneer Swimming Club. The members held a half days sport last Saturday in what is known as Foster's Waterhole, a magnificent sheet of water well adapted for such purpose. The events comprised racing, diving, duck hunt, etc"

In the early 1960's Kenthurst Literary Institute put in a swimming pool on their land adjacent to their Hall. The late June Roughley (who was the founder of the Dural Historical Society) was instrumental in getting this project in operation for members. The Pool was also used in January for the "Learn to Swim" campaign, and many children took part in this. A few years later, the Harris family offered their pool at "Stonlea" (now the site of Mountain View Retirement Village) for the local children to "Learn to Swim"

Then in October, 1969, Hornsby Council opened the Galston Aquatic Centre, opposite to where the Galston High School is now, and all the swimmers of the district have every opportunity to swim all the round in the heated pool. A huge Angophra tree graced the lawn beside the pool, but it has now been taken down for safety reasons.

Our Historical Society is organising a Fund Raising Lunch for Saturday, 24th May, at History Cottage at 12 pm. All welcome. Tickets, \$30 each, available from Margaret McKinley at 9651-1495

Garden Harvest

By Mary at Heritage Haven

After a week of rainy squalls the sun is out and my senses are enticed by the damp earth to the herbal mingling of lavender flowers and the scent of nearby lemon eucalypts. Wrens are noisily exploring the rosemary bushes for breakfast. Insects are plentiful, but perhaps the small birds are also enjoying the delight of a mild breeze beneath their wings. Chirping voices echo their progress across the front garden to more flowering rosemary bushes. Food is definitely a high priority!

My fingers are distracted as I reach for a spray of rosemary, still damp from the morning rain, yet also tacky with its inherent fragrant oils. The decision is easy: tonight, there must be rosemary foccacia, served warm, straight from the oven ... brushed with olive oil and sprinkled with sea salt. Accompanied by a glowing, butternut pumpkin soup, dinner will be a golden harvest to remember.

My eyes drift down to avoid tripping over a terracotta bowl and discover a mound of Apple-scented geraniums. A cause for celebration ... the velvety leaves, petite and ruffled, have cascaded into the surrounding paving to form a delicate, mass of sturdy plantlings, laced with tiny, snowflake-white blooms. Potting up these cuttings into some "ready-to-go" peat pots and adding water will be an autumnal pleasure. In about four weeks time this overlooked garden of frilled petticoats should be rooted and serenely dancing on the window ledge. Such a delightful discovery and a wonderful excuse for me to dally further in the garden.

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Gain Support for your Community Organisation

Applications are currently open for the ClubGRANTS Donation Scheme, which ensures the larger registered clubs put something back into their local community.

Groups encouraged to apply include those involved in community welfare and social services, community development, community health services and employment assistance.

"This is a great program that offers support to groups on the frontline helping those people in our community who most need it," Hornsby Mayor Steve Russell said.

"If your organisation is supporting disadvantaged people in our community, I urge you to come forward to claim your share of this money."

The funding comes from five clubs within Hornsby Shire: Hornsby RSL, Asquith Leagues Club, West Pennant Hills Sports Club, Asquith Bowling Club and The Galston Club.

Its allocation is recommended by a committee made up of representatives from Hornsby Shire Council, Department of Family and Community Services, Council of Social Services NSW and each participating club.

Applications close 30 May, 2014.

Galston Village Pharmacy

Galston Village Pharmacy, held an Easter raffle to raise money for the Galston community health centre. Our raffle was well supported by our customers and the local community. We raised \$294.00 which the community centre will use for the upkeep of the community bus. Thanks to all who supported the cause.



FREE MINI MAKEOVER DAY FOR OUR LOVELY LADIES

Tuesday 6th May 9.30am – 3.00pm Book now so you don't miss out!! Morning tea provided



WIN A LOVELY MOTHER'S DAY HAMPER FOR MUM!

Come in and collect your colouring in competition to enter

Galston Village Pharmacy will be holding our annual Biggest Morning Tea to raise money for cancer research on Thursday 22nd May from 10.30am to 2.30pm. Lots of great prizes to be won!



Tickets can now be purchased at the Pharmacy for \$1 each or six for \$5 and drawn Friday 23rd May. Winners will be notified by phone.

Come and join us at the Pharmacy for cake and tea. Many more prizes to be won on the day!



Sleep Disorder Clinic in June Check out our Facebook Page for updates!

1.20

Vicky Penny Debbie Aaron Kerrie George Vy Cassandra Carol

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

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Glenorie Rural Fire Brigade

Glenorie Brigade has had a very busy month with fire calls, training and preparation for the Hazard Reduction season.

The brigade has attended several Motor Vehicle accidents du ring the last 2 months, a reminder that wet roads can be very

dangerous. We take this opportunity to pass on our condolences to the family and friends of Signora Lo Grasso and to the Glenorie school community. Signora taught many members of the brigade during their time at Glenorie public school. She was a much loved teacher who will be sadly missed by the Glenorie community.

We have also attended a few illegal pile burns. It is important to check the rules before you light that pile. Building materials and other general rubbish are not suitable to be burned as the smoke they produce can be very dangerous both to you and your neighbours. For detailed information on pile burns please come and chat to brigade members at the Glenorie Growers market, call the brigade or your local RFS district office or check the RFS website. (Details below)

It was a very special birthday this year for one of the brigade's favourite girls. Erin Lloyd celebrated turning 17 with her brigade family in April. Erin was at the opening of our 'new' station when she was just 3 weeks old and has been involved in brigade life all her life and continues as an active member having just completed her Village Firefighter training. Congratulations Erin and thank you for allowing us all to celebrate with you.

10 members of the brigade completed their Advanced resuscitation course at the station. Most members are First aid qualified but as we carry O2 and AEDs several members take the next step in first aid training to be qualified for their use.

3 new members have just completed their Bush Fire Fighter training and are now ready for their first fire call. Congratulations to Steve Rowe, Tyler Warren and Matthew McDowell (see photo). They are all now assisting the next round of recruits who will be doing their training in August.



All our additional events and training are catered for by the brigades own catering team. Many thanks to Gaynor Derriman and Alison Caruana who may not wish to be on the fire ground but 'do their bit' by making sure the crews are well fed, which is a reminder that there is something for everyone to do in the Rural Fire Brigade.

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

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Hornsby Police news

Incident:	High range drink driving charge	
Time/Date:	About 11.30pm Friday 11 th April	
Place:	Old Northern Road, Glenorie	
Vehicle 1:	Toyota 4x4	
Driver 1:	52 year old male	
Detailer The man had been to a next r and starts		

Details: The man had been to a party and started to moved his car, in the process he became bogged on the grass verge. Police have attended and a road side breath test gave an alleged positive result for alcohol. A subsequent test gave a result of .186. The man had his licence suspended by police and he was charged.

Court: The man is to face Hornsby Local court on the 1st of May charged with Driving with a High Range Prescribed Concentration of Alcohol.

Incident: Break Enter & Steal

Time/Date:Between 10am and 9.20pm Saturday 12th AprilPlace:Carters road, Dural.

Details: Person/s unknown have forced entry into the home, a large amount of jewellery was taken including a Rolex watch. A floor safe was ripped from its mountings and thrown into the rear yard. The alarm on the home had been tampered with.

Budgerigar Society of N. S. W. Inc.

Hills Branch – Ray Galbraith.

The 2014 Royal Easter Show brought both country and metropolitan exhibitors together to compete for the coveted **Grand Champion Trophy**, which was awarded to Hills Branch member James Mathews. James was also awarded the **Reserve Grand Champion** Award, with both birds being Grey Green Cinnamonwing Variety. (Photograph attached). Nearly three hundred budgerigars were exhibited, which kept officials busy answering the many enquiries, along with exhausting supplies of



Grand Champion Budgerigar owned by James Matthews.

printed material. This year coincided with the completion of the school term and official school excursions spent time at the avian exhibits which appeared to have a bird of interest for everyone.

Junior Exhibits increased this year, including budgerigars exhibited by Hills Area residents Jade and Kimberly Oldham, of Maroota.(Photograph attached).

During the time the avian exhibits were on display, official photographers from the Royal Agriculture Society and the Budgerigar Society of NSW were kept busy photographing the various aspects of the avian exhibitions; along with a large increase in photographic interest by the general public equipped with a range of cameras from the serious to the mobile phone.

April also has seen the **2014 New South Wales** Show undertaken at the Bernie Mullane Centre at Rouse Hill, where the **Grand Champion Budgerigar was awarded to Mr Ray Welshman of St Clair**, who exhibited a Grey Green Normal variety bird.(photopraph attached). Ray is also a member of Hills Branch, which has seen great success by various members since the commencement of this years show season.

Care to be part of an enjoyable hobby or seek information about Hills Branch, then contact should be made with Peter Dodd by telephoning 9888 5631.



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- Raffle tickets on sale 7.00pm

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- Pool Comp 7.00pm, prize \$200

FRIDAYS

- \$12.00 Lunch specials
- Monster raffle, 50 prizes to be won, tickets on sale 7.00pm
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The week of May $17^{\rm th}$ to $25^{\rm th}$ has been deemed "Australian Alpaca Week" in the Hawkesbury and Hills districts.

This is a great opportunity for anyone interested in alpacas to get up close and personal with these endearing creatures.

Over the week in May, eight farms in the area will be hosting Open Farm days and inviting all and sundry to come and see alpacas and their babies grazing in their paddocks, as well as being able to see them close up in a penned environment. Alpaca breeders love to talk about alpacas, so you are welcome to ask any questions and learn what is involved in raising and managing the animals, whether as pets or for breeding. Entry is free.

Alpacas are farmed primarily for their fleece and many farms will have raw fleece, spun wool for knitting and finished garments on display and for sale.

There is also an emerging meat market, which is starting to take off in various locations around the country.

For more information, contact the regional secretary on 9653 2277 or alpacas@tpg.com.au

First Official IHAC Competition Held in NSW a Success!

By Karri Nadazdy

On 29th March 2014, Dural Hoof Sports hosted the first Official International Horse Agility Club event in NSW, at Galston.

The heavy rain leading up to the event kept some competitors away, but the sun came out on the day, and the competition was of a very high



Rosemary Magro "Some of the

standard. Several open classes were held, offering something for everyone, including in hand, liberty, winners from the day" ridden and long reining classes. The judges were

Horse Agility Accredited Trainers Noeline Cassettari and Karri Nadazdy.

The liberty class, which permits no leadropes, sticks or physical contact with the horse at all, was especially enjoyable to watch. Some competitors had never tried liberty before, let alone in a competition, and were brave enough to give it a try, and it was wonderful to see the horses stayed with their handlers, and gave it their best.

The overall winner of the day was Yelena Udy, and her arab mare River, with Pam Pike and her Shetland pony Charlie winning runner up, with only 3 points separating them. Congratulations to everyone who took part!

The next Official IHAC Competition will be on Saturday, 21st June, 2014. Other upcoming events for Dural Hoof Sports include Equine Communication (Demonstrations, Displays and Talks) on Saturday, 10th May from 9am, followed by Come & Try Bitless in the afternoon, where riders and drivers can book in a session to try various bitless bridles on their own horse in a safe setting. Visit http://www.bitlessinc.org.au/duralhoofsports.php for the complete calendar and more information.

Galston Medical Centre

Dr Diana Moes

Dr Graham Campbell

Dr Bronwyn Edwards Dr Karen Bartley

Dr Joyce Beardsell

Dr Anju Pandey



31 Arcadia Road, Galston, NSW 2159





Arcadia Asks All to Celebrate

On Saturday 17th May 2014, Arcadia Public School is opening its gates to the public, inviting all to

partake in their birthday celebrations. Not only is Arcadia Public School turning **120 years old** but the suburb of Arcadia was gazetted at the same time as the opening of the school.

Arcadi

PUBLIC Sch

The day will commence at 10am, and official proceedings will occur at 11am with the opening of the Heritage Walkway. The Heritage Walkway exhibits the many families that have been part of the Arcadian Community over the years and as exhibited by the many second and now third generations that have attended this school, it showcases the love people have for this small community school.

All attendees are asked to bring a picnic basket and rug to have a good old-fashioned family day in the beautiful surroundings of Arcadia Public School. If you remember "jacks" or "elastics" or maybe even "marbles" these are only some of the activities you can engage in on the day and reminisce back to your own childhood. Additional activities include the Free Spirit markets which will be held in the Arcadia Community Hall and Arcadia Central where you can grab your own "proudly Arcadian" T-shirt, sticker or Apron.

If you have any contact to Arcadia Public School then don't miss out on the "120 years of Arcadia" book that will be available to pick up on the day but

that will be available to pick up on the day but must be pre-ordered through the website www. arcadiaschool.info



All are welcome for a great day at Arcadia Public School, Saturday 17th May 2014 from 10am – 3pm.

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Glenorie Public School

What a term for the students at Glenorie Public School! We now have all of our clubs and extra-curricular activities such as dance, choir, drama and chess (just a small number of the



We recently attended (and ran!) the Beecroft Zone Swimming Carnival.





It was a great day. The Junior Boys came home with a win in the relay and Tane Bidos celebrated his wins, in the Freestyle and Backstroke. All of these boys made it to Area. Tane came first in both the freestyle and backstroke, while the junior boys picked up 7th in the relay. Tane swam so well in the State Carnival, coming second in freestyle and first in the backstroke! He has lots to celebrate! Unfortunately he cannot move on to nations for freestyle, but you will see him there for backstroke!

Glenorie has lots of things to be grateful for- sport is definitely one! We definitely scored, when the NRL donated 18 awesome jerseys for the Gala Days that are coming up next term. We are all very pleased, also getting a presentation on bullying, and picking up some goodies on the way. It was a great assembly and we look forward to playing in our brand new jerseys next term.

On Friday, the 11th of April, we celebrated Easter by holding our annual Easter Hat Parade, preceded by our ANZAC Service. The School Captains held an assembly, and the SRC students laid wreaths. K-2 made their fancy Easter hats and paraded around the basketball court for all of the watching eyes of parents and students. Next we went into the library to see all of the eggstravaganzas, made by the stage 2 students. Our personal favourite was Milegg Cyrus, on her Wregging Ball, made by one of the year three students. Next we were off to Mrs Black's room, where we excitedly watched Mr Hugo drop the stage three student's egg protecting contraptions off the roof. There weren't too many cracked eggs but there were many close calls! If you thought the excitement was over after that-you thought wrong! Next we all meet in the hall to have our Easter Egg Raffle! We had over sixty baskets this year. The first prize winner certainly doesn't need the Easter Bunny to come this year! What a great day everyone had, we can't wait until next term!

It is with great sadness that we farewell our much loved Italian teacher, Signora Giulia Lo Grasso. She passed tragically in the car crash that happened on Wylds Road a few weeks ago. It has been a very traumatic time for us and we pray for her family, George and Samuel Lo Grasso. Her funeral, which all staff and some students attended, was held at St Benedict's Catholic Church. We want to pay our respect to her and her family. Arriverdeci Signora Lo Grasso.
The Hills Grammar School

Light It Up Blue was the theme for the seventh annual World Autism Awareness Day on April 2. At Hills Grammar, Rogan and Castle House leaders created awareness -raising activities during their House time. To celebrate and mark this important day,

students were asked to reflect on what they had learnt about the School's core value of acceptance through the House Program over the course of the term. Discussions were held and then in line with the theme of *Light It Up*



Founded 1982



Blue, Tutor Groups took part in the Big Blue Balloon Bash where misconceptions about the disorder were written on the balloons which were then burst as the students' understanding grew. Next term the House Leaders will continue to raise awareness about Autism Spectrum Disorders and build towards a finale involving a Senior School-wide game of Drawtism.

Galston Public School: Library Garden mosaic project

Since early November 2013, mums with children at Galston Public School have been creating a storybook garden installation under the art direction of local artist and MAANZ member, Susanna Mills. The project was inspired by a similar installation at the Hunter Gardens and motivated by Tanya Koorey of the P&C Gardens Committee.



Venessa's beautiful use of glowing colours and texture brings our Hippogriff character alive.

The installation consists of eight painted and airbrushed storybook characters on mosaic stands, depicting Narnia, Harry Potter, Dr. Seuss and The Very Hungry Caterpillar. Alice in Wonderland is represented by two giant mosaic tea cups and saucers, to match the centrepiece- an enormous red chair. A mosaic nursery rhyme book on the ground will be installed near the chair.



Another triumph by Galston artist Venessa Harris.

and preserve them. Artistic collaboration with Venessa Harris, an exceptional visual artist from Galston, has been invaluable in the production of these magnificent outdoor paintings. The boards, when mounted on the mosaic stands, will rotate so that high winds, common to Sydney, do not damage the paintings.

Mosaic has exceptional qualities of recycling and community participation. A call for unwanted crockery was made in the school newsletter and answered by an avalanche of plates and cups which continue on page 39

The most complicated

artworks are the doublesided book character boards. Created out of Wedi board. each one was cut out by hand and then given a ground of smooth white Keraflex CBA to paint & mosaic on. All will be UV clear coated and mosaiced on the profile in an attempt to weatherproof

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Upgrades Bring Rewards for Northholm Grammar School

Over the past 12 months Northholm has been busily upgrading its Agriculture facilities.



The school now has state of the art cattle yards, new troughs, a high tech clipping chute and a renovated shed dedicated to cattle show preparation. All this action has led to a large increase in



the number of students joining cattle club in 2014. This dedicated team of students meets twice a week to prepare our animals for agricultural shows and their efforts have been rewarded lately.

At the Castle Hill Show our team won one first, three seconds and a third place. This gave us a great launching pad to take the cattle to the Royal Easter Show. Three steers, four cows and 37 students headed off to spend over a week competing at the show. At the time of writing this report, spirits were high with our steers having placed 4th and 6th in heavy competition. Still to come is the cows and carcass judging.

Laughlin, a Year Twelve Agriculture and Primary Industries' student said "it's quite tiring and the days are long but it is so much fun". Fellow class mate Regan said "it's lots of work but worth every minute of it". Annalise, one of the school's Agriculture Prefects said "our teachers always go the extra mile for us and at the show they are so supportive and caring".

And teachers reported that they were, as usual, very proud of the way in which all students behaved, representing the school in a positive and involving way.

Middle Dural Public School

Farewell Mr Barnes!

By Kate Welshman

Last month we said goodbye to our principal,

Mr Gary Barnes, who retired from teaching after 39 years in the teaching profession, and 29 years as a school principal. At our final assembly for the term, Mr Barnes was presented with gifts from the school and the Department of Education in recognition of his achievements and contributions. We were then treated to a presentation from Mr Barnes, who talked about the highs and lows of teaching over the last four decades. The best part was making



a difference in children's lives and watching them develop. The worst part was the challenge of keeping up with rapidly changing classroom technologies. Bring back the blackboard, I say! Would you like some teacher with that chalk dust?

Mr Barnes is a keen international traveller and adventurer, and he intends to continue crossing the globe. We are sad to see him leave, but wish him all the best. My children cried in the car all the way home after that assembly.

Rochelle, Rochelle...

Welcome to the world, Rochelle. She's the Canons' new baby girl, sister to Kollah and Braeton. Does every woman feel as jealous as I do when another mum has a baby?

KU Galston Preschool

What a busy first term, with many exciting things taking place! There was much excitement when we were able to incubate and hatch our own eggs. We began with 12 eggs, 3 of which were incubated and hatched. Along the way the learnt how to candle eggs and the lifecycle of the chicken, but what came first, the chicken or the egg?

Our first family function was the disco. Bop til you drop came along and entertained the children whilst the Parent Advisory Committee were busy cooking a delicious sausage BBQ for dinner. Thank you to Goodies Bakery at Galston who donated the bread, it was greatly appreciated.

We have continued our investigations into sea creatures. The children have explored the resources from the Australian Museum to further their knowledge and understanding about sea life and their interest has scaffolded to literacy experiences exploring factual and fictional books, writing text and researching. The puppets have been used for imaginary play and our own sea creature resources have been used to further explore ideas to make meaning in dramatic play with friends.

One of the stories we have read is "One less fish" by Kim Toft and Allen Sheather. It evoked our thinking about the balanced ecosystem for plants and animals that live in the sea and the harmful effects that people can have on our waterways if we are not careful. The children's reactions to our discussions were full of concern and there were some insightful stories from them about their experiences from seeing rubbish at Berowra to seeing oil on birds and fish on TV and saving hats that blew into the water from the boat!

The children's developing awareness and understanding about the impact of human activity on the environment is the basis for our project for the Return to Glory Art Exhibition. This exhibition is organised by Hornsby Council in conjunction with Hornsby Art Society and Transpacific Cleanaway to celebrate the re-use and recycling of materials that would otherwise end up as landfill and has been recycled into art.

Last week we held a BLUE DAY to help increase awareness of Autism in our community. The children all wore blue and donated money towards the cause, we raised \$77. Thank you to everyone for their support.

We currently have limited vacancies, please telephone our Director Rebecca on 9653-2252 or email us at ku.galston@ku.com.au for further information.

Galston Public School: Library Garden mosaic projectcontinued

have been broken and mosaiced into many of the artworks. A beautiful selection of coloured glass Ezzari tiles, left over from swimming pool orders, were donated by Europe Imports for the project. (Talk about Mosaicoholic Dumpster Diving at its finest!) Dural Men's Shed are building the giant red wooden chair. Often three generations come together because of the project- preschoolers, mum and Nan busy mosaicing or painting at Unit 035, Hills Self Storage Galston, where a four hour workshop is held every Tuesday during school terms.

It is anticipated that this body of work will be completed by the end of Term 2, 2014- and further inspire the creation and addition of mosaic pavers, hanging artworks and more by new and existing members of the Galston Primary School Community.

DEADLINE for our June Edition is 15th May 2014

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Hillside Public School News

Stage 2 National Parks Excursion by Student Reporters Angus, Zac and Charbel



Year 3/4 have been studying State and

National Parks in HSIE. They recently went on an excursion with Field of Mars Environmental Education Centre to the Lane Cove National Park. They had a great day, trekking through the wetlands and mangroves beside the river. We interviewed a few students and asked



them what their favourite thing about the excursion was.

Gemma said, "My favourite part was when we went crab hunting. When it was over I had caught ten crabs."

"I really liked the art activity we did. We got a black piece of paper and scraped off the black stuff to make a line drawing of something we saw," said Arabella.

Eliza said, "My favourite bit was catching the tadpoles and we all got really wet. It was a lot of fun when we put them back."

As well as these fun things there was also mud painting, walking through the mangroves and dream time stories. They were all worn out at the end of the day because they were so busy. Mrs Fraser filmed the excursion on the iPad and Julie-Ann from Field of Mars created a fun multimodal text that the boys and girls all enjoyed watching.

K/1/2 'P' Day by Student Reporters Abby and Eva

Every year Mrs Bothamley's class have a special day called 'P' Day. On 'P' Day the boys and girls dress up in costumes that start with 'P' and bring in food that starts with P. We remember when we were in Mrs Bothamley's class and had 'P' Day; it was one



of our favourite days of the year.

This year, the costumes ranged from pirates to puppies, pigs to plastic surgeons, police officers to photographers, as well as pyjamas, princesses, pink people and pop stars! Even Mrs Bothamley dressed up in a panda onesie.

All the children brought in 'P' food, such as paddle pops, pancakes, party pies, popcorn, passion fruit and the list goes on and on. The day was non-stop fun, with boys and girls painting beautiful pink and purple art and making pandas, penguins and platypuses.

Aaleyah, from Kindergarten said, "I liked when I got to paint a picture of a pop star."

"My favourite part was eating all the different 'P' food," said Josephine, from Year 1.

Angelique in Year 2 said her favourite part of the day was everything! Overall everybody in K/1/2 thought 'P' Day 2 was... perfect!

Young Endeavour Youth Scheme 2014

Expand Your Horizons

During January of this year, two students from Galston High School enjoyed the experience of a lifetime upon the Young Endeavour. Courtney Pearce and Oliver Perrett were selected to



board the tall ship in Devonport Tasmania and set sail for Bass Strait and eventually Sydney.

Twenty five other students combined to make up the Youth Crew to learn how to sail the 'Endeavour' under the guidance of ten navy trained staff. On the first night they were required to climb the thirty eight metre mast - a challenging start to what lay beyond!

The next couple of days were spent learning how to set sail and getting the stomach used to the motion of the sea! The first anchorage point was the beautiful King Island. Exploration was the name of the game here, with journeys to the abandoned lighthouse, which to everybody's delight was surrounded by hundreds of little rock wallabies and beautiful birds.



The Youth Crew were rostered on to different areas to ensure competencies were learned in time for 'Command Day', where the young took over the entire running of the ship.

The next anchorage point was Jervis Bay on Australia Day. The crew had a well earned break and chilled out for the day listening to music, having a BBQ, playing games on the beach and swimming with dolphins

Now it was time for the Youth Crew to step up and take command of the ship for its final leg sailing into Sydney. Their main goal was to navigate the ship from Botany Bay to the heads of Sydney Harbour whilst completing approximately twenty two other tasks. The crew worked exceptionally well together and ensured a safe docking in Sydney Harbour.

The last night was spent anchored outside Taronga Zoo to enjoy their final, beautiful sunset over the Sydney skyline. The next morning the ship docked at Woolloomooloo with all the Youth Crew aloft the masts for a spectacular ending. Final goodbyes were said to newly made friends for life, and joyous reunions celebrated with families.

The skills that Courtney and Oliver learned are skills that will stay with them for life. The memories are etched in forever. This voyage pushed them to the limits and helped discover their inner strengths and opened up their eyes to what is possible in life.

A big thank you to Bendigo Bank, who, in conjunction with Galston High School provided the sponsorship that supported this wonderful venture. It was a life changing experience that will never be forgotten.





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Galston Uniting Church

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



Don't you hate it when you find out you missed out on something awesome??? Well, for those of you who missed our last 'Messy Church' – you missed out!

We completely rearranged our space to accommodate 150 people for a morning of activity, community and food. Our focus was on the preparation for Easter and how God can help us to become more than we can ever imagine ourselves to be. Using the idea of a caterpillar (named Claudia!) becoming a butterfly to help our kids to get the idea!

There were lots of fun activities involved... Making biscuits and making butterflies, planting seeds in eggshells, nailing crosses and decorating them, an Easter egg hunt and much more. We had the story of Claudia and how she turns from a caterpillar to a beautiful butterfly and finished with a great community, and delicious lunch.

That's the good news – now the sad... It is with sadness that we say goodbye to Michelle our Youth & Children's worker. Michelle started with us over 12 months ago and has done a brilliant job with our KUCA and youth groups. She's been innovative, energetic and engaging. Thanks Michelle, you will be much missed ⁽²⁾

However, the show must go on! Our KUCA and youth programs will recommence for second term on Friday 9th May. Planning's almost done and it looks fab [©]

Don't forget that there's lots more we're about and doing. Check out our website, or drop in and see us sometime.

Cheers, Geoff

PS Happy Mother's Day – hope all of the mum's reading this get properly spoilt!

Lorien Novalis Market Day Saturday, 31 May 2014 10am - 4pm 456 Old Northern Road, Dural

Supporting local community and sustainable values. Come and unwind in our relaxed and friendly festival atmosphere. Enjoy delicious food, live music and meet local crafts people and growers. Market is on rain or shine. https://www.facebook.com/LorienNovalisMarkets

News from St Benedicts



The St Benedicts Monastery Country Fair was once again a great success with myriads of visitors from the local area and much further afield. The major raffle prize was won by parishioner Joy Curran from Galston.

The members of the wonderful team of volunteers (pictured) who take the word of God into our local schools were acknowledged and commissioned at a special Mass in March. Fortunately this happened while Father Michael Kelly was visiting so he was able to officiate on the occasion. Father Michael, one of our local monks, is now the head of the order and is based in Rome, so it's always a delight to have him back taking part in parish activities.

Father David, our local Parish Priest, has been recovering from a major back operation for a number of weeks. We are all praying that he has a complete and healthy recovery.

Parishioner Greg Lucas led a renewed support drive for our friends in Brewarrina parish. This special appeal was for three aboriginal children who have had to be removed from a very difficult family situation and are now in foster care with Geraldine and Ron McHughes in Brewarrina. Geraldine and Ron have a long history of providing help for children in need in their community. St Benedicts Parish conducted a cash appeal to support these three innocent youngsters, who range in age from 15 weeks to 3 years. The special appeal finished on Easter Sunday but any assistance for our friends in Brewarrina is welcome at any time. Contact the Parish Office if you can help.

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



113 Smallwood Road (off Halcrows Rd) Glenorie NSW 2157

www.sandstonesales.com.au

Glenorie Mission Church

Theoretically the life of a Christian should be an example to the rest of society, their character beyond reproach and their countenance reflecting the love of Christ. For many this has been the case. Missionaries have faced the grimmest perils to spread the good news without thought of themselves. Just governments have been established on Christian principles. Throughout history there have been Christians who have quietly lived lives of self sacrifice and been used by God. The closer they have walked with their Lord the more like him they have become.

However many Christians struggle to be the people they know they should be. There is selfishness, anger, greed and evidence of sin amongst those in the Church.

To those who have been put off Christianity or prevented from exploring its true meaning by the less than perfect actions of someone claiming to be a Christian, stop, wait a moment, come back and have another look. What has been obstructing you? Have you let the imperfections in a person, a group, or a particular church stop you seeing the perfect, sinless Jesus Christ and God's love manifest in him? Perhaps you have let your own faults prevent you from drawing near, your own shortcomings, or your own failings. The Bible tells us there is no one righteous, no, not one. All our good deeds are as filthy rags before God. There is nothing we can do to make amends for our transgressions, no possible way in our own strength that we can get right with a Holy and perfect God.

We are all in the same predicament, Christians and non Christians alike. We are all flawed, selfish and sinful. We all suffer from the same frailties and weaknesses. The difference is that true Christians have accepted God's forgiveness through the death of His precious Son. We have been reconciled to God, not because we have deserved forgiveness but because we have by faith accepted his free gift.

"This righteousness from God comes through faith in Jesus Christ to all who believe. There is no difference, for all have sinned and fall short of the glory of God, and are justified freely by his grace through the redemption that came by Jesus Christ." Romans 3:22-24.

Parramatta North Rocks Lantern Club High Tea

The Parramatta North Rocks Lantern Club fundraise for the Royal Institute for Deaf and Blind Children.

We invite the community to a High Tea to be held Saturday 31st May at 'RIDBC Dorothy Paul Centre'. 361-365 North Rocks, North Rocks. 2-5pm. Cost: \$25 and gift vouchers are available also.

RIDBC is Australia's largest provider of services for children with vision and hearing loss as well and also provides training for professionals in the field of sensory disability.

R.S.V.P. 22nd May 2014. Contact nos. Eileen 9680 4956 or Joan 9871 6128

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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Leeches Everywhere

By Jutta Hamilton

Due to the prolonged moist and warm weather we've been experiencing, there have been quite a few occasions where we've picked up leeches on

our outings. Even our dog will come home with leeches attached between her toes.

Leeches cause unwarranted fear in many people. When they latch onto skin, their bite is almost undetectable and usually painless. They introduce an anticoagulant so that they can feed on the victim's blood. When the leech has engorged itself it falls off.

On rare occasions a leech bite may result in an infection or allergy and warrant medical attention. There is no evidence that jawed leeches transmit disease.

Removal of the leech:

Remain calm, a leech will usually fall off within 20 minutes of attachment without any treatment and is often recommended as it has the minimal chance for infection.

If you feel that you need to remove the leech, the application of salt, salt water or vinegar to the leech will cause it to fall off. A drawback from these approaches is that the leech may regurgitate and possibly lead to an infection.

DO NOT be tempted to pull the leech off as you may tear the skin and lead to ulceration or parts of the leech's jaw may remain embedded, increasing the chances of infection.

Applying heat to the leech (e.g. a hot coal or lit cigarette) is not recommended as it may result in unintentional burns to the patient.

Treatment:

- After the leech has detached, wash the area with soap and water
- Apply pressure if there is bleeding from the bite
- Do not be alarmed by bleeding as it is usually the result of the anti-coagulant
- Apply a cold pack if there is significant pain or swelling
- Resist the urge to scratch the bite, it can increase chance of infection and the size of the wound
- Seek medical attention if bleeding does not stop in a reasonable time or the area becomes infected or if a wound or ulcer develops.

What to watch out for:

Even if you have had leech bites in the past, watch for the following symptoms as they may indicate a serious allergic or anaphylactic reaction which will require urgent medical attention:

- Red blotches on the skin or an itchy rash over the body
- Swelling in parts of the body away from the bite area, especially the lips and around the eyes
- Feeling faint, light-headed or dizzy
- Breathing difficulties: wheeze, shortness of breath, chest tightness

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







Galston Garden Club



Nearly forty members and friends of Galston Garden Club enjoyed visiting two most interesting properties on Wednesday 26th March.

We met at 10am at the home of Ken and Jenny Bradley at Dural. Ken is President of the Garden Clubs of Australia. Jenny is the keen gardener, and Ken claims he married her for her gardening skills so he would have a lovely garden! Jenny's family grew citrus at Kulnura, so there were quite a few different citrus all heavily laden and looking healthy. Crown Land adjoins their property, so Ken is planting a back paddock with local native plants. We ended our 1st garden with a delicious morning tea.

Next stop was Warrah Farm at 20 Harris Road, Dural. The thirty acre property is a school and residence for over 100 intellectually disabled people, some of whom have lived there for over forty years. The farm area is run on bio-dynamic organic principles. Rob Greatholder showed us around the farm area, which is being upgraded. We admired the large vegetable and herb area, the hens, two cows and three alpacas. A tree new to most of us was the Ice Cream Bean Tree (Inga edulis). Warrah Farm has a farm shop open to the public Monday to Friday, so many of us bought fruit, vegetables and jams.

After such an interesting morning, it was definitely time for lunch at the Wild Pear Café. As always, it is wonderful to visit different gardens, so many thanks to Diana de Vries and the Social Committee.

The April meeting welcomed our guest speaker Bruce Skeen on the subject of 'Amazing Chrysanthemums'. He stressed that when purchasing check to see if there are any new shoots coming from the soil. If there aren't then the plant will probably kick the bucket after the current flowering season finishes. Unfortunately the large showy varieties we used to see years ago can no longer be imported into the eastern states due to government restrictions and now the can only be viewed at the chrysanthemum show in Perth.

Our next meeting will be held on Wednesday, 14th May at 8pm at the Galston Community Centre, 37 Arcadia Rd, Galston, where members will be entertained by Mickey Robertson, explaining how she set about making her lovely garden, including an amazing kitchen garden at Glenmore House in the foothills of the Razorback Range near Camden.

We also have a trading table with a variety of plants for sale, and a large selection of books that can be borrowed from our library. **Visitors are always welcome.** For information on any of our activities contact Kate Stanley on 9653 2202 or check out our website - www.galstongardenclub.com.au, or email galstongarden@hotmail.com

Hawkesbury Harvest

3 May 2014 - TomahROMA - food and wine fair

A celebration of nature's bounty set against the spectacular deciduous colours of our cool climate Garden.

10 May 2014 - Central Coast Tour

This is a great tour for only \$33.00. Check out the fantastic places for you to visit.

24 May 2014 - Hand Made and Home Grown in the

Hawkesbury

The Windsor Public School "Hand Made and Home Grown in the Hawkesbury" market day held is held annually to great success and support from the local community.

7 Jun 2014 - 9 Jun 2014 - Shoalhaven Coast Winter Wine Festival

Over three days visitors will be treated to a program featuring fine wine and fabulous food.

26 Jul 2014 - 27 Jul 2014 - Intensive cheesemaking course @ Windsor High School

This two day cheesemaking course is the most intensive cheesemaking course in Australia. It is 100% hands on, you will perform all of the cheesemaking, from measuring out the milk, adding the starter cultures and rennet to cutting, cooking and moulding the curds and so on. Graham has trained commercial cheesemakers for nearly 30 years and he uses this experience to pass on those techniques. This is a very busy cheesemaking course, there is no automation involved, everything aspect of each cheese

For more information go to www.hawkesburyharvest.com.au

Cumberland Orchid Circle Inc.



The next meeting of the Cumberland Orchid Circle will be on Wednesday 28th May 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.

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> **Please call Jim** 9873 3430



We are Arcadia Playgroup Located on the grounds of Arcadia Public School, 140 Arcadia Road, Arcadia. Parents will find us in the Pirate Ship sandpit.

Thursdays from 9.30am to 11am. Enquiries 9653 1207



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LOCAL BUSHFIRE SERVICES

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Middle Dural Bush Fire Captain Len Best

0408 220 705

Hills Rural Fire Service District Office 9654 1244

Hornsby Fire Svcs HQ 9883 2000

Telstra Faults 13 22 03

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

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

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 APEX0 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 2rd & 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 2rd 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 - Joeys (aged 6–7 years), Cubs (aged 8–10 years) and Scouts (aged 11–15 years) meet weekly at the Scout Hall in Galston Road, Galston. Learn new skills, challenge yourself, experience outdoor activities, make new friends, have fun! Contact Warren Payne (W) 9622 2251 or (H) 9652 1713.

fun! Contact Warren Payne (W) 9622 2251 or (H) 9652 1713. Embroiderers' Guild NSW Inc. - Come and get inspired at the OPEN DAY of the Embroiderers' Guild NSW Inc. 76 Queen Street, Concord West, accessible via train, bus or car SUNDAY 18th MAY 2014 10.00a.m. to 2.00p.m. Everyone Welcome! Come and enjoy yourself, meet kindred people, see demonstrations, view the monthly exhibits, browse through the extensive library, see the Guild Collection of antique and modern treasures. www.embroiderersguildnsw.org.au or chris@ embroiderersguildnsw.org.au Tel.: 9743 2501

Friends of Fagan Park - Volunteer group actively preserving the remarkable rural history of Hornsby Shire. The Friends meet every Tuesday from 9am to 4pm maintaining historic Netherby Cottage and its garden and also restoring farm machinery and implements to working order. Members of the public and new friends are always welcome! Open days are the 2nd Sunday of each month, 1.30pm to 4.00pm, and other special occasions. Contact 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 May Luncheon Meeting at Dural Country Club, Dural, commencing at 11.am on Wednesday 28th May 2014, with guest speaker for the day being Lee Downes who will speak on her "Interesting Life and Story". 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 on the 2nd Thursday of each month 7.30pm in the Palms Room, Glenorie RSL. All Welcome. Ph 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

Homsby 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 Homsby 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 2nd Thursday morning, 9am to 12.30. No cost to belong, just a delight in reading great Bards words. Further information call Isabelle 9679 1338.

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

Still Creek Landcare Group - Have a say and help in the future of our catchments in Galston, Arcadia and 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 2rd 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.

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. 51

AUTUMN SALE

20% off citrus, indoor, water plants 25% off natives, proteas, nandinas 30% off camellias, lavender, viburnum 50% off deciduous trees, lilly pilly Check out our website www.hargravesnursery.com.au