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November 2014

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Arcadian Artists Exhibition & Art Trail

8th-9th November



If you haven't already set aside the weekend of the 8th-9th November don't delay! Invite a friend or two, or share this wonderful experience with the whole family, there's something to charm everyone who explores the Arcadian Artists Exhibition & Art Trail, & this year is no exception.

Eight private studios will open their doors to the public for this special once a year event from 9am-5pm. The inspirational work of around fifty local and visiting artists will be showcased.

Collect a brochure (including a map & artist profiles) from the Galston Village Shops, the Arcadian Artists Information Stand outside the Galston Branch of the Bendigo Bank (on the weekend of the exhibition), or the Tourist Information Centre on Old Northern Road, Dural. Participating venues will be clearly identified throughout the district.

continued on page 15



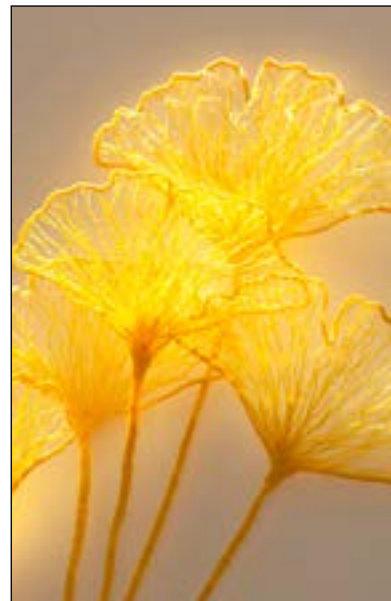
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Kate and Ian Hinton Wedding

On Saturday 4th of October amongst the glorious setting of 'Banksia', capturing some of the most wonderful attributes that make Galston such a great place to live, local girl Kate Niccol from Crosslands Road married Ian Hinton in a picture perfect setting, finished with many detailed touches by the bride.

Guest shared a magnificent afternoon, with the most glorious early summer weather as Kate and Ian committed their life together.

This wedding was photographed by local Photographer Gillian Keough (www.gilliankeoughphotography.com)



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Happy 73rd Wedding Anniversary

Douglas and Effie Chivers formally of Dural and Salamander Bay celebrated their 73rd wedding anniversary with family in Glenorie over the Oct long weekend. It was a progressive event with family coming and going all weekend. The weekend was also a time to celebrate Effie's 92nd birthday.

They met and married in the turbulent world war II years, built a 10sq post war home in what was then "country" Dundas. They had 5 children of their own, then opened their home and hearts to a foster daughter, before moving to a rural property in Dural where they were actively involved in the local community - Dural Methodist Church, Middle Dural School and Fire Brigade and Glenorie Hockey Club and Brownies.



Douglas and Effie spent their retirement years in Salamander Bay and have now moved back into Glenorie with family.

What makes a marriage work all those years? This little quote probably says it best:

Recipe for Life

- 1 pinch of **PATIENCE**
- 2 dash of **KINDNESS'**
- 4 dash of **FORGIVENESS**
- 1 spoonful of **RESPECT**
- 2 spoonful of **LAUGHTER**
- 1 heap of **LOVE**



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Dural Art Studio & Supplies

Kreative Kids Saturdays

Every Saturday from now through to the 29th November the Studio will be open for sessions in Drawing, Painting, Clay, Ceramics and Stamp'n'colour art. Fully supervised sessions for ages 6 years and over with qualified teachers and experts in these mediums.

Bookings are essential, limited spaces, see website for session details

Date: Sat 25th Oct - Sat 29th November
Times: 10.30am, 12midday, 1.30pm, 3pm
Costs: \$27.50 each session/sibling discount available
Contact: Maree
Phone: 96513546
www.duralartstudio.com.au

Art Action Workshops

2 day workshop strictly for adults in drawing and painting, beginning with basic sketch work of a selected subject and developing through the art process to completing your own work in acrylics on a stretched canvas.

Exploring a variety of mediums and their application.
Costs: approx \$150 tbc includes a \$50 in store voucher
Date: 8th & 9th November (must attend both sessions)
Times: 1pm-4pm
Contact: Maree
96513546
www.duralartstudio.com.au

Copic Marker Art Super Draw & Colour

14 years & over can enjoy creating their favourite characters using the famous Copic marker system including pen and airbrushing techniques for blending. Dress up as your favourite character if you wish!! Suitable for all levels with expert guidance and tuition available.

Date: Saturday 15th November
Time: 2pm-5pm
Cost: \$50 (receive \$30 instore voucher), limited spaces
booking essential
Contact: Maree
96513546
www.duralartstudio.com.au

Product Workshop Open Weekend

Come in to the studio and shop to explore some amazing products from leading brands such as Liquitex, Winsor & Newton, Derwent, Schmincke, Canson, Arches, Chroma, Matisse, Pan pastels, Conte and more. Free hands on workshops will be available but numbers are limited and can only be registered on the day at the studio. More details available on the website.

Dates: Saturday 22nd and Sunday 23rd November
Times: 11am - 6pm, Sunday 1-4
Contact: Maree
96513546
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Rainfall Chart



Rainfall recorded Galston period
17/09/14 is 59mm



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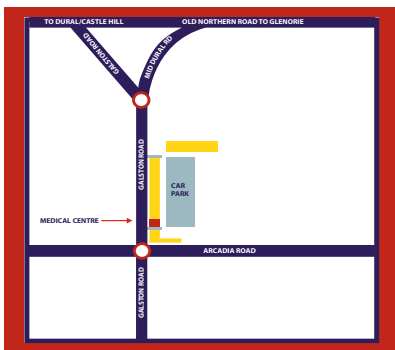
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Mannell Motors - Open Day

If you're a 4WD enthusiast, mark Saturday the 15th of November in your calendar. Why? It is Mannell Motors open day and a chance to talk a range of 4WD industry specialists and the Mannell Motors team.

Mannell Motors is a family owned and operated business, who has been providing specialist mechanical servicing to all vehicle types for over 18 years. Specialising in setting up 4WD vehicles for touring and towing, the experienced team can advise the right product for your needs.

"There is a huge range of 4WD accessories on the market. We can help you set up your dream touring vehicle or make sure your everyday SUV is ready for a day out in the bush", owner Nick Mannell says, "We pride ourselves on getting it right for you, every time. With a lot of cheap imitation products on the market, it is important you get the right advice from experts. Our staff are experienced four wheel drivers and know the products they sell are reliable and work".

Experts from the following companies will be on hand to demonstrate their latest products and answer any questions you have. Products on display include ARB, Kaymar, Rhino Roof Racks, Redarc, Old Man Emu, Piranha Offroad, All Air Suspension, Hema maps, Cooper Tires, Recaro, Lightforce, Hayman Reece, GME, Coupler Tec, Australian 4X4 Driver Training and many more. A sausage sizzle on the day will be manned by a charity, with all the funds going to the charity. The friendly Mannell Team are ready to make all your 4WD requirements a reality.

With open day specials, giving you heaps of savings and decades of 4WD knowledge at hand, you won't find a better way to get all of you 4WD questions answered in one spot. You could also walk away with a lucky door price on the day. Mannell Motors are giving away an ARB Fridge Freezer worth up to \$199, a \$660 voucher for Australian 4x4 driver training & many other great prizes.

The open day is from 9am til 3pm on Saturday 15th November at Mannell Motors, 5 Pioneer Avenue, Thornleigh. Call 9980 8855 for more details. It's for one day only so make sure you don't miss out!

Learn How to Write Blockbusters

Aspiring authors can learn tricks of the trade when four accomplished writers talk about their work at Hornsby Library.

Writing Blockbusters: What's the Secret? will feature authors Greg Barron, Scott Baker, Chris Allen and Tony Park discussing their views on how to write a great blockbuster book.

It follows on from a similar sold-out event held as part of the Sydney Writers Festival.

The authors who are speaking have all written blockbusters themselves - Greg Barron wrote acclaimed thrillers Rotten Gods and Savage Tide, Scott Baker wrote The Rule of Knowledge, Chris Allen released the eBook sensation Hunter and Tony Park penned Far Horizon.

As well as talking about writing, the authors will also be signing copies of their books, which will be available for purchase on the evening.

When: Thursday 6 November, 6.30pm

Where: Hornsby Library

Cost: \$5.00 with light refreshments

Bookings Essential: Book online at hornsby.nsw.gov.au/ library or at any Hornsby Shire Library branch



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Mannell Motors

OPEN DAY

18th Birthday!

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Have You Ever Experienced Lower Back Pain?

If so, you are not alone... Lower back pain is a common problem for Australians. A National Health Survey undertaken in 2011-2012 (Australian Bureau of Statistics) has estimated that 70 to 90 % of Australians suffer from lower back pain. About 3 Million Australians (13.6% of the population) have back problem. Various conditions can cause lower back pain however the most common are:



- Back injury such as disc injuries
- Wear and tear causing degeneration of the spine
- Poor posture causing stiffness / pain in the neck
- Scoliosis

If you suffer from sore lower back or a spine condition, it is critical that you do regular exercises which stretch and lengthen your spine as well as building muscle strength in the abdominal muscles. This is necessary in order to avoid more pressure on the discs and to off load the pressure around the lower back area.

As the body gets older and stiffer, keeping it moving and flexible is a priority as well as building up muscle strengths around the joints. The body is meant to keep moving or it loses slowly its ability to do so.

Doing functional exercises does not only contribute to weight loss to acquire a more beautiful body, it also provides multiple benefits including:

- Increasing muscle support in a balance way around the joints,
- Avoiding and delaying the signs of arthritis and;
- Preventing joint injuries.

Equipment pilates can certainly help you by:

- Increasing flexibility,
- Building up core strength to reduce and /or remove back pain and;
- Providing muscle support around all joints in the body.

I regularly come across people saying "My back pain has now disappeared, my body is getting much more flexible".

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Police News

Incident: Motor bike and car crash
Time/Date: About 5pm Sunday 28th
Place: Moores road, Glenorie
Vehicle 1: Commodore
Driver 1: 18 year old male
Vehicle 2: Yamaha R1
Driver 2: 37 year old male

Details: The Commodore was travelling north bound on Moores road, it had just commenced turning right into a driveway. At this time a Yamaha R1 was travelling south bound with the Commodore partially in the driveway but is alleged to be still partially in the south bound lane. The bike rider tried to avoid the Commodore however collided with it. The bike rider came off the bike and was thrown to the roadway. Ambulance officers attended and took the rider to Westmead hospital with deep lacerations and a suspected fractured vertebra. Police are yet to get a version from the bike rider and will also wait the results of blood tests prior to proceeding further with this matter.

What are you doing this

Christmas?

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Letters to the Editor:

I must agree with those who took the time to write to your paper regarding the erection of a horrible fence between the two properties at Glenorie Shops. I too visit Lisa at Blush, along with the Chemist, Newsagency, Butcher, Hairdresser and Post Office and I nearly always park in front of the the building where Blush Skin and Beauty is. Now we are faced with a horrible black fence - Why?? It doesn't appear to be there to keep out intruders as the fence does not continue around the entire centre (heaven forbid!), it is certainly not there to enhance the centre. In my opinion it appears to be there to divide and inconvenience the people who come to shop. I really cannot understand WHY??

I also agree that the owners should reconsider this decision - why not put a nice garden between the two buildings? with a small path?

Yours sincerely (name and address supplied)

.....
The great Glenorie Divide...

I write in amazement after seeing the erection of an ugly wire fence between properties in the Village area of Glenorie. The buildings that started their life as the Glenorie RSL, a history that locals remember fondly, have been 'cut off' from the more recent Village shopping centre. It begs the question...Why? I feel this act can only hurt all the businesses in the area by creating a division between shops, discouraging customers from going from one to the other of the car parks. Surely the idea is to embrace competition and encourage visitors to the area to enjoy all that Glenorie offers. Another puzzling feature is that the fence meant to divide has a gate in it. Where is the sense in that?

I would also say that I don't I particularly like the large pie on the corner of Old Northern Road and Post Office Road. Primarily it is advertising only one business in the area and secondly I think it detracts from the lovely Glenorie rural appeal. Even one notable radio gardening show has mentioned the beautiful flowering gums of Glenorie. Do we want to become the BIG PIE village or be noted for our trees and foliage?

Personally I would like to see both the pie and the fence removed. I would encourage the owners of both the village shops to canvas local opinion.

Name and address supplied

Lorien Novalis Christmas Market – Supporting Local Community and Sustainable Values

Saturday, 15 November 2014 10am - 4pm
456 Old Northern Road, Dural

Catch up with friends and family – enjoy Turkish coffee, chai and cakes at the Gypsy Cafe, or enjoy a delicious wholesome lunch at the Rainbow Café. Be mesmerized by unique live music by local talent. Explore the treasures at the Bazaar. There is face-painting and craft for children, with stalls providing local natural honey, organic produce, jewellery, hemp products, Steiner inspired toys, crystals, minerals and fossils, home-made crafts, soy candles, incense, baby wear, exquisite felt and silk, plants, second hand clothing and books, and a unique array of global goods. Market is on rain or shine. Supporting Local Community and Sustainable Values.

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

For the love of ballet - Miss Lucia Beninati's School of Ballet students recognised by the Royal Academy of Dance

A number of students from The Lucia Beninati School of Ballet in Glenorie were recently awarded Distinctions and Merits in the Royal Academy of Dance Examinations held in June 2014.

Miss Lucia would like to congratulate these students for their hard work and dedication. All of the students are very pleased with their results and are looking forward to another year of dance.



Miss Lucia Beninati and her 2014 Royal Academy of Dance examinations students

Intermediate
Inter-Foundation

Sophia Wall
Michaela Beardsell
Teresa Catania
Nellie Crouch
Gigi Giuffré
Mia Rowe
Lyla Baird
Grace Dickinson
Sophia Zouein
Ineker Eisermann
Sophia Zouein

Grade 5

Grade 2

Miss Lucia has spent over 60 years studying in classical ballet and has also been teaching ballet for 55 years. The Miss Lucia Beninati School of Ballet conducts classes in classical ballet, jazz, and contemporary, along with pilates, in Glenorie and Galston. Girls and boys of all ages are welcome.

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



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Greenhouse Gallery Margaret Story

When Margaret strolled into **Greenhouse Gallery Galston** her eyes lit up with delight. She was looking at a beautiful canvas by local photographer **Anita Horan**, of a cockatoo landing on a sunflower.



"I have to have it!" she said, "it reminds me of my flying days."

In Margaret's youth, she had always had a yearning to take to the skies. So she summoned up her courage and started flying training with The Royal Aero Club and obtained her license.

Margaret said, "When I flew those many, many years ago, in my Tiger Moth, I was in a very different world to the daily buzz and activity of living which I grew up in.



Galston CWA News

Our committee for 2015 was elected at our Annual General Meeting in October. Val Garner is President, Pam Andrich is Treasurer and Janet Shearer is Secretary, so we all look forward to another successful year.

Our next meeting will be held on Wednesday 12th November at 10am for morning tea. We have had requests for Crochet lessons so we will holding these this morning. Please join us if you would like to learn to crochet. Crochet hooks and yarn for practicing will be supplied if you do not have them. If you have a pattern you would like to make, or are having problems with a pattern, please bring them along for some help.

We welcomed a new member, Melissa Morrison, who has had experience in teaching people to Crochet, so Melissa will be passing on some crocheting skills.

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

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

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

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



Maureen Debrincat, Nepean Group Treasurer, and Pam Andrich, Galston Branch Treasurer

To leave what airmen describe as “the surly bonds of earth” is a REAL feeling and as such I did feel I was entering what heaven must be like. Peace, freedom and a thrill of achievement to be actually able to hop into the cockpit, take off, fly around and land.

I'm proud I had the guts to do it. Learning to fly, I know now, is the most enduring personal achievement in my life, I did it all myself. The joy still carrying me into heights of sheer personal pride.

Greenhouse Gallery, located in the grounds of Greenshades Cafe at Galston, opened its door to the public in mid July. The gallery is a combination of many styles of art from painting and screen prints to jewellery, ceramics, glassware and more. All the works in the Gallery are original and Australian made.

The inspiration for Greenhouse Gallery is to support the local artists, giving them a place to display their works all year around and also an opportunity to introduce some works from artist all around Australia.

Curators of the Gallery, Helen Reynolds and Ruth Leonard, from Arcadia and Dural, had been frustrated by the lack of a venue in our local area where you could buy original artworks for yourself or a unique gift for someone special. The location, the greenhouse inside the grounds of Greenshades Cafe, gives the Gallery a beautiful, natural environment for people to browse. “There has been a very positive response from people visiting the Gallery” said Helen. “Our customers have commented on how beautiful the Gallery is and also how much they appreciate being able to buy something made by local artists.”

Greenhouse Gallery is opened Thursday to Sunday from 10am till 3pm.

Greenhouse

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Greenhouse Gallery proudly sells all original, all Australian work, many from local artists. Great for gifts and unique house décor.

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10am – 3pm

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Greg Poppleton is an entertainer, film actor (Chronicles of Narnia, Moulin Rouge, Footy Legends and many others), TV actor (Underbelly, Cops LAC and more.) and multi-award-winning national jazz broadcaster. He has sung for the Bledisloe Cup Ball, Out And About, Sydney Festival, First Sydney Artists' Ball, Aroma Festival and hundreds of other prestige events. Teamed up with the Bakelite Broadcasters, it will be a vintage swing and jazz fest!

Bookings essential - please call (02) 4566 4422 or retreat@wisemans.com.au

Dural 1st Scouting group 75th Anniversary

This year marks the 75th year of scouting in Dural. There is a dinner being held at Dural Country club on November 15th. Tickets are \$65. there is also a logo and colouring competition. Contact Mark Gibson 0403 061 276 or mark@sonmar.com.au for details.

Reunion for Arv Ex Philip Lodge Staff.

A Reunion for Ex Philip Lodge staff is planned for Saturday 29th November, 2014. At the Coffee Club, Norwest, Commencing at 5pm.

For bookings please RSVP 1st November.

By Contacting Jan (9680 3723) or Pam (9899 7996).

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Continued from Front Page: Arcadian Artist Art Trail

So whether you decide to begin your journey at Kathleen Berney's fabulous Studio in Arcadia or at the amazing Eastbourne Art in Berrilee, or at the prolific Shyhli or Dural Mosaic Studio in Dural you are assured an artistic adventure like no other. And the eclectic treasures that abound the studios in between such as Sandra's Ceramics Studio, Briarley Cottage, Arcadian Arthouse & Ulric Steiner Studio are guaranteed not to disappoint. Whatever you do don't miss out on attending this extraordinary event!

The Arcadian Artists Exhibition & Art Trail is proudly sponsored by the Galston & District Community Bank Branch of the Bendigo Bank.

Further information can be obtained from visiting the Arcadian Artists Facebook page or Website at www.arcadianartists.com.au



Intersection Improvement Work Continues on New Line Road at Dural

Major intersection improvement work is progressing at the intersection of New Line Road and Sebastian Drive at Dural.

Hornsby State Liberal MP Matt Kean said the NSW Government is continuing work on the \$3 million project which aims to improve road safety and access for all road users.

"The first stage of work completed included removing vegetation, relocating utilities and building road crossings where new traffic lights will be installed," Mr Kean said.

"We will now carry out work to install the traffic lights and widen the road to provide an additional northbound through lane. The southbound left turn lane will be removed to allow for two southbound through lanes at the intersection.

"Road widening and major work is scheduled to be completed by late December and will be carried out between 7am and 6pm on weekdays and Saturday, weather permitting.

Some night work will also be carried out between 9pm and 5am for worker safety and to minimise traffic disruptions.

Mr Kean said work will be suspended during Christmas and New Year and finishing work and final landscaping will resume early next year.

"Every effort will be made to minimise any impact associated with this work and thanks motorists for their patience while this important work is carried out," Mr Kean said.

For more information about the intersection upgrade visit the Roads and Maritime website at www.rms.nsw.gov.au

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Art Demonstration - Portraits in Watercolour

Gwendolin Lewis - Wednesday 5th November 7.30pm

Pastel Demonstration

Gwendolin is an award-winning artist and teacher who began her art career in the graphic art industry in Melbourne. She now lives near Newcastle Harbour, which gives her inspiration to paint the coal ships and the ever-changing scenes around the harbour and wind-swept beaches. She enjoys painting with oils and soft pastels, and subjects also include landscapes and flowers.

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



Galston Rural Fire Brigade News

Make a Bush Fire Survival Plan

Does your family have a Bush Fire Survival Plan? If not, now is the time. There is great information to help you on the Rural Fire Service website www.rfs.nsw.gov.au. You can also download the myfireplan App to help with the process.

Having a plan allows you to consider your decisions with the luxury of time. In the heat of a fire, you may not make the most sensible decisions about when to leave or how to manage your animals. Many people die in fires when they leave their decision making until the last minute.

How do you know if you need a Bush Fire Survival Plan? If you answer 'yes' to any of the following questions, then you need to make a plan:

- Do you live within a few streets of the bush?
- Does your area have a history of bush fires?
- Do you have many trees or shrubs around your home?
- If you need to leave your home, would you need to travel through bushland?
- Is your Bush Fire Survival Plan more than one year old?

Once you've made your plan, make sure that every member of your family knows what to do if a fire occurs.

Hazard Reduction Burns

Hazard Reduction burning is one way of preparing for bush fires by reducing the amount of fire fuel on the ground. They do not, however, remove the threat of fire, nor do they remove the need for you and your family to prepare your home and property.

There is a list detailing all planned Hazard Reduction burns on the Rural Fire Service website (www.rfs.nsw.gov.au). Please note that this list is subject to amendment at any time, depending on weather conditions at the time. If you happen to see a fire and cannot confirm that it is a controlled Hazard Reduction burn, please phone 000 and report the incident.

Now, please go and prepare your Bush Fire Survival Plan...



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Dural Galston Probus Club

Dural Galston Probus Club will hold its next meeting at 10am on Thursday 20th November, at The Galston Club, 21-25 Arcadia Road, Galston. Linda Brown will speak about "The Return of the Unknown Australian Soldier. Visitors welcome. Come along or contact Anne 9653 1004.



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Saturday 15 November 2014 8am - 3pm

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Arcadia Public School
140 Arcadia Rd Arcadia
15 November 2014 8AM-2PM



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- All cars welcome entry is free
- Bring along your street machine, rat/hot rod, modified beast or bike
- All cars will be judged on the day with great prizes to be won
- 1st and 2nd prize will go to the best participating cars and owners
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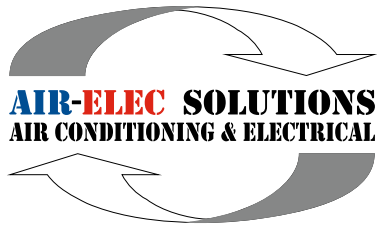
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Cancer the Dragon and You



Living with cancer as a chronic disease is possible if the cancer growth rate is slowed down or halted. We often hear that people die with cancer but not of cancer.

The question is what drives mutated cancerous cells to accelerate their growth rate and become highly invasive with time? How do we put the brakes on the cancer growth rate?

The pioneer Oncologist Professor Lucas Salus has developed a list of measures as a guide to putting the brakes on cancer growth. Working with patients it is possible to formulate a personalised approach. Current traditional cancer therapies may have time limitations due to serious side effects.

A chronic disease approach typically requires long term daily treatment.

This necessitates a mix of low toxicity regimes.

The search for the ultimate cancer "cure" is difficult as there is no single cancer but a mixture of mutated cell types with uncontrolled growth rates. We treat some medical conditions as chronic if there is no clear cure. A chronic treatment approach for cancer would appear to be more achievable but requires supervision and patient adherence.

The American Cancer Society agrees

"it is important to know that even those who are not cured of cancer may go on living for months or years, even though there may be changes in their lives. And though it can be hard to do, many families adjust to this kind of treatment schedule. For people with controllable cancer, it can be something like diabetes or heart disease – a chronic illness that is mostly controlled with treatment."

But unlike Professor Lucas Salus they do not go far enough and suggest only continuation of current therapies which are limited by their toxicities.

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

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North Rocks Parramatta Lantern Club Community Event

Stafford Fashions are presenting a Fashion Parade for the North Rocks Parramatta Lantern Club at the Royal Institute for Deaf and Blind Children (Dorothy Paul Centre) 361-365 North Rocks Rd. opposite Westfield North Rocks on Saturday 22nd November 1.30 for 2pm Parade. Cost \$15 and includes afternoon tea. All proceeds support RIDBC. RSVP. Thelma 9639 7708 or Elaine 9639 6159

The Hills District VIEW Club

The Hills District VIEW Club will have a Sausage Sizzle at Glenhaven on Tuesday 11th NOVEMBER 2014 - Cost \$15
 Bookings are essential so please ring 9680 4440 for further information.

The Hills District VIEW Club will be holding its Annual Christmas Celebrations on Tuesday 25th November at the Galston Club - 11am for a 11.30 start - Cost \$32 including a delicious lunch.

Please come along and have a great day with Reimer Schmidt who will entertain on his piano accordion.

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

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Get the Dirt on Composting and Worm Farming

Learn how to compost at Council's free workshop, which will give tips on this fun, easy way to recycle garden and kitchen waste.

Compost improves your garden soil, saves space in your red or green bin and saves money.

The workshop will be held in the beautiful Wallarobba Garden, and will also feature information on worm farming.

When: Friday 7 November, 9.30am

Where: Wallarobba Garden, Edgeworth David Avenue, Hornsby

Cost: Free

Bookings Essential: Hornsby Shire residents only. Book online at www.trybooking.com/71803 or call the Waste Hotline on 9847 4856.

MacBUILT Homes Celebrate at HIA-CSR NSW Housing Awards

Maluna Joinery celebrated their success at the 2014 HIA-CSR NSW Housing and Kitchen & Bathroom Awards on Saturday night.

The Galston based company won the HIA NSW Cabinetmaker/ Kitchen Manufacturer partnered by HIA Telecommunications for their project at Mosman.

Judges said, "The overall craftsmanship of this kitchen was exceptional. The integration of materials such as stainless steel, veneer, was executed seamlessly. The judges were delighted to award this category to such a deserving winner."

Congratulating Maluna Joinery on such an outstanding achievement, HIA's NSW Executive Director, David Bare, said the awards were a tremendous display of the housing industry's capacity and innovation.

"It is encouraging to see that HIA's builders and designers have maintained their commitment to excellence. The high standard of entries shows that support for these awards has yet again been remarkable. Each year the bar is raised higher making the judging process all the more difficult."

"Major winners tonight can look forward to progressing to HIA's national awards next year and we wish them every success."

The awards were held in front of a sell-out audience at The Star.

Special guests included HIA's National Treasurer, Terry Jenkins and HIA's NSW Vice President, Cathy Inglis.

The MC for the evening was comedian, writer, television presenter and actor Julia Zemiro. The Association's showcase awards night recognise excellence in housing innovation, material selection, design, construction and services to the NSW residential building industry.

The Housing Industry Association (HIA) is the leading industry association in the Australian residential building sector, supporting the businesses and interests of builders, contractors, manufacturers, suppliers, building professionals and business partners.

For further information contact:

David Bare, HIA Executive Director, NSW-0418 924 127

Lisa Harris HIA Communications Executive-9978 3326

Courage and Good Cheer

By Mary at Heritage Haven

When we moved to the farm thirty years ago, a sprawling excuse for a hibiscus emerged beside the old well. We cleared around the old well, covered it with a gazebo, and graciously allowed our old hibiscus to remain and continue to produce its annual display of crumpled-white, wilderness flowers each spring. As years rambled by, my herb gardens spread and the little hibiscus meekly sheltered passing birds or hid the occasional spotted pardalote who loved to nestle in the hibiscus's subterranean, dome-shaped chamber, snug amongst the hibiscus roots. Then, audaciously, other birds in transit from visiting the borage that sprawled on the hill, took a rest, and left "unsolicited calling cards", by sowing a miniature forest of borage beside the old hibiscus.



Now borage is a plant known since ancient times, where its flowers were recommended in drinks to instill good cheer and courage. In the garden, borage's star-shaped flowers will appear, clear azure blue in colour,

contrasting in clusters against its huge gray-green bristly leaves. The flowers of borage are invaluable as a garnish, although there is a special delight to gather those first sky-blue flowers to enhance a cucumber-flavoured salad, or to preserve their delicate shape in ice. In ages past, borage-flavoured wine was heartily dispersed amongst men going into battle to increase courage, or to help drive away melancholy. I love to press borage's starry, silken flowers between the pages of my garden diary, but this year, the mild, cucumber-flavoured floral stars have been preserved frozen in ice cubes to create an uplifting garden drink.

Historical Novelist Isolde Martyn Visits Hornsby Library

Step back into medieval England when historical novelist Isolde Martyn visits Hornsby Library to talk about her book.

Isolde is an award-winning author who recently released *The Golden Widows*, a novel set in 1461 within the turbulent surroundings of the English royal court.

England has a new king on the throne – the young, daring and handsome Edward IV of the House of York.

His fate intertwines with that of Elysabeth Woodville, who has found herself in trouble as she is widowed and declared a traitor.

Penniless and friendless, Elysabeth must throw herself at the mercy of the new King of England, but can love heal wounds and reunite families?

Isolde will discuss *The Golden Widows* and will also sign copies of the book, which will be available for purchase on the evening.

When: Friday 7 November, 6.30pm

Where: Hornsby Library

Cost: Free

Bookings Essential: Book online at hornsby.nsw.gov.au/ library or at any Hornsby Shire Library branch

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Nothing is All One Thing

Written by Anita Horan

I have been writing short stories that have appeared in this paper for the past three years. You may have noticed that for about twelve months, I disappeared. I have a little secret...I have been writing a book. It has actually been three years in the making and is almost complete, thus I have popped my head up again, to say hello to you all, with my recent round of stories, which I hope you have enjoyed. If you are a regular reader, you will have noticed my themes tend to be uplifting and feel good that put a spring in your step. Well, let me show you my other side. I have been tackling very heavy issues in my book and want to give you a little taste of what I have been working on, in silence for many, many months. This is not a direct excerpt, but is one of the topics I cover; that of bullying.

Society has recently acknowledged bullying among school students and has put strict policies in place to protect youths from bullying and to give them a lifeline if they are targeted by bullies. (Another major issue that comes hand in hand with bullying is isolation - which can also be immensely harmful).

When we hear about bullying, we often think it only happens to adolescents. But what about when we enter adulthood and we are faced with bullying in pretty much the same manner as youths dish out? Sometimes it's more subtle; women ostracising other women or more aggressive, like the time a man screamed into my face when I confronted him about the bucket of home grown mandarins he was about to abscond with.

As adults, how do we handle bullying? Are we expected to "Suck it up, toughen up" or "Get over it" because we are now mature? There is a major flaw in this argument; if people are gentle and sensitive when they are young, they will likely be gentle and sensitive adults. Ok, I will put it out there; I am one. I am mature, intelligent, can talk the leg off chair, will cook for an entire community for free, (if they would just let me) but I am an inherently sensitive person. I actually have immense admiration for tough people, but I was born this way; being sensitive is not a choice.

One unexpected issue with being kind and sensitive is that aggressive people can spot sensitivity a mile away and they may interpret this quality as weakness, and it can actually trigger aggressive people to target you for bullying (or ostracism) - you see, a bully likes a soft target - someone they know they can beat in a fight.

One day when I entered into a club, I walked by a woman and smiled and said "Thanks" as I skirted past her, through a gap between the tables to reach the counter. The woman was furious at my kind manner and tried to start a fight with me, she seemed even more furious when I refused to raise my fists.

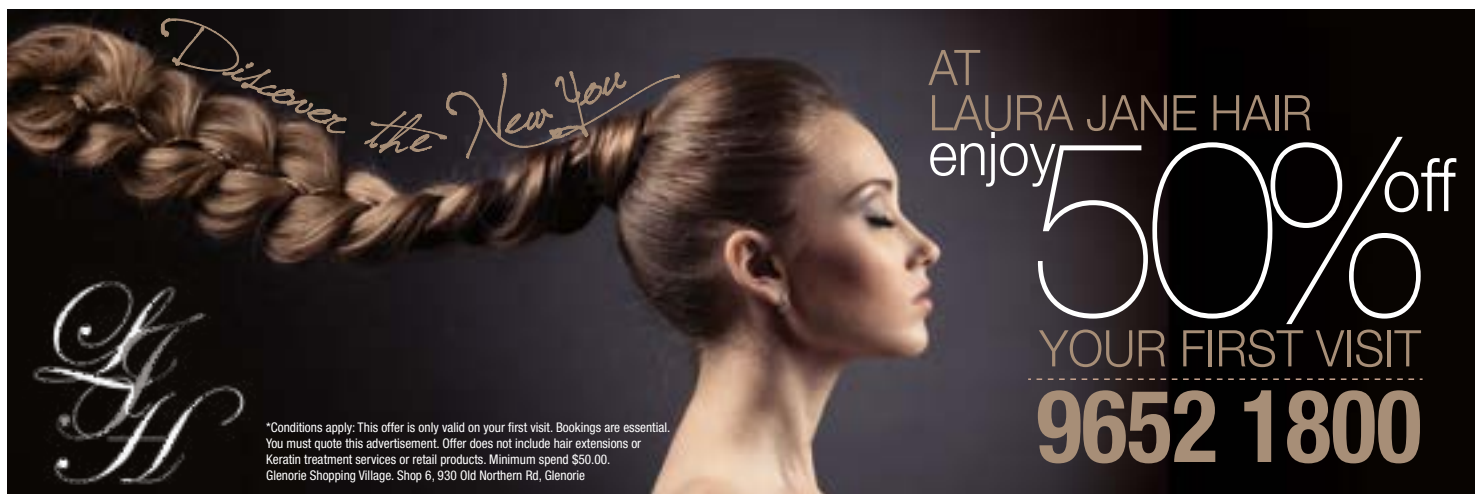
A close relative of mine is a kind man and became a fireman in Newcastle. He was targeted because he was not arrogant or aggressive (two qualities which are inherent in bullies) and was harassed by his colleagues; the more he put up with it, the more intense the bullying became. Once they confirm you are a soft target, they go on an all-out attack, knowing that a victory is certain and that this will make them look strong in front of their peers.

To be fair and I do like to be fair; there are always two sides to a story. Just as a genuinely kind person can at times snap and be unkind, so to, a bully will be capable of kindness. Hitler was a vegetarian. He was the facilitator of genocide, but he sure treated his dog well. I know many people who were bullied or are 'anti-bullying' but they themselves end up engaging in bullying behaviour and often the motive is a genuine one; "If I expose them to poor treatment, they will toughen up, and it'll be good for them". (A study of psychology and the social pecking order explains this phenomenon and also how this approach can lead to trauma rather than resilience).

I have been interviewing bully victims from around Sydney, for my book. Bullies, in general, are presented as being strong and uncaring. They are powerful (and have major control issues), but what I now believe, is they're actually very sensitive and they are afraid...they are afraid of losing something; losing money, losing power, losing control, losing their social stature, losing their dignity or losing the freedom to do whatever the hell they want. The lady in the club wanted to beat me up for my rainbows and unicorns demeanor, she had puffed herself up like she was ready for a round in the ring. How on earth had she felt threatened by me??? If you take one step back, it becomes very clear the only reason why people would be so reactive, is because they are highly sensitive and afraid. Perhaps the woman was afraid of losing her dignity. Bullies don't want you to know they are afraid, so they project their fear outward, in the form of intense aggression and intimidation.

Bullying is very common; most people I know have had an encounter with bullying in some form. It is terrifying to be targeted by a bully, so how do we as adults handle being bullied and/or ostracised? From my observation - not very well. Depression, breakdowns and anti-depressants seem to be how the stories proceed, while the intimidating bully often gets away with it...but not always...You see; we have a choice. We might not be able to choose our emotional responses, but we can choose our actions. It can be very hard to stand up to bullies, especially if you are in your yard with a male psychopath screaming into your face, and it can be equally as hard if you have to work with a horde of men (or women) who gang up against you or if you are a woman selected for social isolation by the local lassies...

So what can a victim do and what can the average person do if they witness bullying?



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In my opinion, we have four choices:

1. We can try to be resilient and just get on with our life, in spite of the bully.
2. We can stand up to the bully, in which case, if we do it alone, we are often chewed up and spat out as they are inherently more aggressive than we.
3. We can gather support to confront the aggressor and say "This isn't on" (but being aware that this act can lead into reciprocal bullying, where you actually turn into a bully. You want the bullying to stop; you do not want to escalate it into war).
4. We can perform the immensely powerful act of 'walking away'. For some people and in some situations, this can protect us and empower us, more than any other action. We might be sensitive and shake if we have to stand up for ourselves and we might view walking away as a hostile act and we pride ourselves on avoiding hostility; we might have to dig deep and find our courage to turn our back toward the bully and walk away. It may be our last resort and you can be sure they will 'tut' and call you weak as they scoff at you, one last time. But walking away is powerful and clearly says "I am not going to take it anymore". And to me, it shows that sensitive people have immense inner strength, because they are facing their fears. Isn't that the real indicator of true inner strength?

We do have a choice. We do not have to stand there and take it. We do not have to turn the other cheek to a bully. There is the tradeoff of course. There is always a tradeoff. The bully might well intensify their bullying against you as you have directly challenged their power and they might even rally their friends to turn against you. Also, the bully might have something you want and you no longer have access to it. But what you will have - is your pride and your dignity.

The fireman I mentioned was emotionally broken by the bullies, but he went to his superior and the powers-that-be intervened.

Interestingly, one year after my shaky encounter at the club, I took my children there for the Australia Day celebrations. I was at the same counter, about to order the same drink when a woman in the queue started chatting to me. When I went to pay for my drinks; she stopped me and insisted she pay. A complete stranger shouted me and my kids our lemonades. A part of me wonders if it was actually the same lady from the previous year, I do not know. But it made me realize that no community or individual is all bad or even all good. Nothing is all one thing and we all have a choice.

* I am now looking for a publisher, if you have any contacts in the publishing industry, please send them my way: photos@capturedemotion.com

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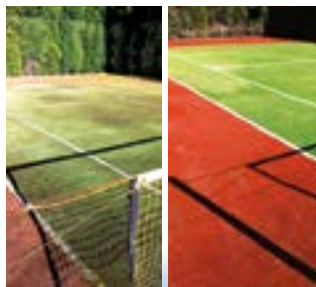
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Conservation Explored in Art

With beautiful photographs and amazing drawings of wildlife, the Art for Parks exhibition captures nature in all its glory and provokes thought about conservation.

The exhibition, which will be displayed at Wallarobba Arts and Cultural Centre as part of the Festival of the Arts, features nature-themed artworks that aim to raise awareness of the environment.

"The idea behind the Art for Parks exhibition is about connecting people to the conservation of our wild places through art," organiser and artist Celine Khaw said.

"As a child my formative love of nature began with a love of drawing animals and this developed into an appreciation for the natural environment that supported the animals that I loved to draw."

Celine and her fellow artists were inspired to choose the theme of conservation two years ago when it was announced that Sydney would be the host of the IUCN World Parks Congress in November 2014.

Art for Parks features works from emerging and established artists, with a wide range of ages and experience levels.

Some participants include Berri Berriman, Ian Brown, John Crawford, Johanna Hildebrandt, Leila Jeffreys, Angus Fisher, Pamela Griffith, Stephen Hall, Celine Khaw, Greg Hansell and Marianne Vidal Potts.

The artworks cover an eclectic mix of subject matter including birdlife, big cats, local wildlife, magnificent trees and landscapes while diverse mediums such as photography, painting, printmaking, drawing, bronze sculpture and ceramics are used.

"There should be something for everyone to engage with and enjoy," Celine said.

"Our hope is that this exhibition plants a seed and inspires the community to get involved with conservation."

When: Tuesday 4 November to Saturday 15 November, 10am-5pm daily

Where: Wallarobba Arts and Cultural Centre

Cost: Free



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Galston Gals Win Drawn Triples at Dural Country Club.

In an event which has randomly draws teams of three, Denise Looveer, Terri Hezlett and Judith Harris, all from Galston, won an exciting final by one shot. It was a particularly sweet victory as Denise is the newest member of the club and was having about her seventh game, not that spectators would have known that. Forced to play good bowls by runners up, Marilyn Bonvino, Robyn Cook and Dulcie Pekas, the Galston three had a good lead which was gradually whittled away to two with one end to play. Fortunately they were able to keep the opposition to one and were excited winners. Marilyn and Denise head the crop of new bowlers which have recently started bowling at Dural and for them both to be in the final was very satisfying for their coaches.

Free lessons are available, contact the club or 9489 3739



Left to right: Denise Looveer, Terri Hezlett, Judith Harris

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Cracking Down on Recklessness During Total Fire Bans

Hornsby State Liberal MP Matt Kean has welcomed tough new penalties which will empower the New South Wales Police Force and the NSW Rural Fires Service (RFS) to bring those who deliberately and recklessly disrespect Total Fire Ban warnings before the courts after NSW Parliament passed the *Rural Fires Amendment Bill 2014*.

Under these strong new measures, offenders can be prosecuted under a new offence and face a fine of up to \$132,000 and/or seven years jail time if they deliberately light or allow a fire to escape their property on a Total Fire Ban day.

In what is predicted to be a difficult bushfire season ahead, Mr Kean said the NSW Liberals & Nationals Government has responded by targeting those who blatantly ignore the Total Fire Bans and the safety of others.

A jury can still find someone guilty of the existing offence which carries serious penalties of up to \$110,000 and up to five years jail time, if they think the person did not have enough warning that a Total Fire Ban was in place.

Other changes allow NSW Police and RFS to penalise less serious offenders with fines up to \$2,200 effectively covering off on penalties for would-be firebugs as we move into bushfire season.

Other amendments to the *Rural Fires Act 1997* will streamline fire permit requirements and ensure those who throw lit cigarettes, matches or other “fire objects” from a vehicle will be held accountable, not just the registered owner.

“Those idiots who throw lit cigarettes or matches from cars during a Total Fire Ban can already be hit with double the penalty, but will now be unable to blame it on someone else,” Mr Kean said.

“These tough changes aim to not only deter, but put an end to such reckless behaviour.”



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Printmaking Inspired By Nature

The Pressgang Community Printmakers will explore conservation, threatened species and the natural world in their exhibition 'Sanctuaries – Protecting and nurturing while nature waits'.

The exhibition will be shown at Hornsby Library during opening hours from Friday 31 October til Sunday 16 November, with a representative from the printmakers' group attending on certain days to give visitors information about the works.

Member John Crawford said that the theme of conservation was chosen to link in with the World Parks Congress event in Sydney and the Art for Parks exhibition, which is also a part of Festival of the Arts.

"Our particular group all tend to link flora and fauna as a subject matter for printing; most of the images are of animals and plants related to a national park or that are under threat," John said.

The group, which has been running for about three and a half years, works out of a printing studio at Wallarobba Arts and Cultural Centre.

"This is our third major exhibition, we've had one each year, and each time we manage to get a good turnout of people interested," John said.

Most of the artists are based in Hornsby Shire, although some do travel from other areas including the Central Coast and Sutherland Shire to use the printmaking facilities at Wallarobba.

"It's a unique printing set up at Wallarobba, there's nothing like it in Sydney... there are no formal lessons, it's really just artists developing among themselves as a group," John said.

When: Friday 31 October to Sunday 16 November, library opening hours (check website for details)

Opening event: Saturday 1 November, 2.30pm

Where: Hornsby Library, 28-44 George Street, Hornsby

Cost: Free

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In Conjunction Real Estate



A few words from Karen Allmark.....

MARKET APPRAISALS

WHAT IS A MARKET APPRAISAL?

A market appraisal is designed to tell you what your property is worth in today's market and are used as an estimate of price. These appraisals are carried out utilizing knowledge of the local area and recent sale prices and take into account many different factors about the property, some of these being:

- Location/aspect
- Home: size, condition, age, degree of modernization and presentation.
- Special features of the home.
- Land size. If acreage, the amount of cleared land/bush-land, if undulating or flat, position and presentation. If residential, the block size and presentation.
- Any encumbrances and easements; power line easements for example
- Additional assets; swimming pools, large sheds, stables, tennis courts, dressage arenas, fencing, established gardens etc.

WHAT IS THE DIFFERENCE BETWEEN A MARKET APPRAISAL AND A VALUATION?

Market appraisals are carried out by real estate agents to give an estimate of price based on knowledge of the local area and sales results and are usually carried out when vendors are intending to sell their homes.

A formal valuation can only be conducted by a qualified valuer who is registered as a valuer by virtue of training to attain these qualifications. A valuation may be required in situations where a definitive value is needed for example: In obtaining finance from a lending institution or for establishing the value of a deceased estate or in a situation where the court may order that a valuation be obtained as part of the process of resolving a dispute, or again where a vendor is intending to sell their property.

WHY DO I NEED A MARKET APPRAISAL?

If you are planning to sell your home or investment property, an appraisal can provide you with an indication of what your property is likely to sell for. It is advisable to approach an agent who is familiar with your suburb – a local agent. A real estate who usually works in a different area may not know the local micro-market as closely and therefore may give you an appraisal that is much higher or lower than the market can realistically support. A good local agent is familiar with all recent sales in the area and will have an in-depth knowledge of these properties.

WHAT HAPPENS DURING THE APPRAISAL?

The market appraisal generally takes about an hour or slightly longer for acreage properties. During this time the agent will talk to you about your home and take notes and make suggestions about the home in preparation for the sale. The agent will also talk to you about comparable sales and how the market is currently performing with regards to the assessment of value of your own home.

I AM PLANNING ON SELLING ALMOST IMMEDIATELY

In Conjunction Real Estate can book a market appraisal with you within 24 hours and will have the result back to you next business day.

I AM PLANNING ON SELLING IN 3 MONTHS

It is a good idea to get an appraisal now due to the fact that we make suggestions to you on how to best prepare your home for sale. This gives you time to prepare your home optimally for when it goes onto the market.

I AM PLANNING ON SELLING IN 6 MONTHS

Again it is still a very good idea to get a market appraisal now for the reasons stated above – preparation for the sale and this also enables you to forward plan knowing what your home is worth. Just a note on this, due to the fact that the market is very dynamic at the present time, if you are thinking of a 6 month plan, it would be beneficial to get a more up-to-date appraisal just before you put the property on the market as the market may have changed in that time period. This also keeps you up to date with the more recent sales comparables.

I AM NOT PLANNING TO SELL NOW/AT ALL, CAN I STILL GET A MARKET APPRAISAL?

Absolutely, we are more than happy to give you a market appraisal even if you are not planning on selling. This is a free service and you may be just interested to find out the value of your home, you may be looking at your financial situation and may find this service helpful to get an idea for your future plans. This is fine and we are only too happy to assist.

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| • 8 Campbell Road | Kenthurst | • 10 Arrunga Road | Arcadia |

**To book a free market appraisal,
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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...

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Glenorie Rural Fire Brigade News

By Elizabeth Whiteman

"Hey Mum! hey Dad! What are we going to do,
if bushfire comes our way?
Do we have a plan to remind us what to do
on that terrible day?"



(Extract from the 'Smoke is in the Air Song' copyright 2014 Patrick Smith and Elizabeth Whiteman – Used with permission)



The Brigade Kids: (Alphabetically) Jordan Crocker, Kaegan Hugo, Kalhoun Hugo, Toby Rowe, Felicity Whiteman, Rowan Whiteman, Jack Yard, Crystal Yard.

That's the question the Brigade Kids, by way of an "action song", asked at the Glenorie Public School end-of-term assembly. The message was reinforced along with other fire safety activities at the "Firewise for Kids" program at Glenorie and Hillside Fire stations when the respective schools visited last week of 3rd term.

Bush Fire Season from Oct 1.

Oct 1 marked the beginning of bush fire season and 14 years since the fires of December 2002 blazed through Glenorie into Arcadia and Berowra. The yearly rainfall to date is the driest in many years. Many very experienced fire fighters are saying it is not a question of "if" but more "when" fire will once again impact our district.

Are you and your family prepared? Do you have a **Bush Fire Survival Plan**? Have you got a "plan B", if for some reason you cannot implement your first plan eg: the car is in for a service that day?

Bush fires are a part of living in these bushland shires. However, they needn't be devastating. A well-prepared property can survive and a well-organised family can get out with more than the clothes on their backs. If you haven't done so already, please take time to prepare your home and family now before it is too late to do so.

Reminder:

- You need a **PERMIT** to burn on your property. Contact your local brigade.
- The **FIRE DANGER INDICATOR (FDI) SIGN** becomes active. It is there for your benefit. Checking the sign regularly helps you become more aware of the current bush fire risk. When the needle reaches "Very High" you should be ready to implement your Bush Fire Survival Plan should there be fire in your area.

Fergies Tree Works



Have you checked if your home is covered by the new Rural Fire Services 10/50 rule? The RFS website has an online tool to check if your home is in the Vegetation Clearing Entitlement Area – if so, you no longer need council permission to clear trees within 10m of your home. Fergies Tree Works can help you with your bushfire season preparation with professional pruning, tree removal and stump grinding. Give Glen a call on 0414 428 707 or Ange 0425 312 493.

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- Trans Fats- Mainly in commercially baked products pastries, cakes made with hydrogenated vegetable fats and oils.

"Self Care"

- Eat less saturated and trans fats
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Glenorie Rural Fire Brigade Newscontinued

- In a **TOTAL FIRE BAN**
 - o No fires can be lit in the open
 - o All permits are suspended
 - o No general purpose welding, grinding, soldering or gas cutting can be done in the open.

Heavy fines can apply, if you don't comply.

Bush Fire ALERTS

- **ADVICE** – A fire has started – no immediate danger – stay up to date
- **WATCH and ACT** – Heightened level of threat – Conditions are changing – you need to start taking action now.
- **EMERGENCY WARNING** – Highest level of Bush Fire Alert – You may be in danger and need to take action immediately.

The **FIRES NEAR ME App** is a great tool to assist you to keep up to date with the current fire situation.

For more information please don't hesitate to call the station 9652 2017, leave a message and someone will get back to you. Visit the brigade stand at the Glenorie Growers Market, 4th Sunday of the month in the grounds of Glenorie RSL. You can also call your local RFS District office: The Hills 9654 1244, Hornsby 9883 2000 or check the RFS website www.rfs.nsw.gov.au. You can keep up to date with brigade activities on our facebook page.



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Ladies Unleashed

The Galston Club, 21-25 Arcadia Road, Galston
Saturday 22 Nov 14

Ladies Unleashed – A Girls Night Out for a Good Cause



Announcing the launch of the Ladies Unleashed party night, kicking off at The Galston Club, on Saturday the 22nd of November, supporting good old fashioned fun and beyondblue.

Ladies Unleashed is a ladies night created for ladies by ladies. A little risqué, a little empowering, a lot of fun and all for a good cause. In addition to having a great night out, a portion of the proceeds of each Ladies Unleashed event will be donated to beyondblue.

Our evening starts off with champagne and truffles served by our gorgeous handpicked Six Pack Crew. Complementary shoulder massages on request. We continue the night with a series of activities including pole dancing lessons, live art drawing, photo booth, silent auctions, a truth and dare competition and the crowning of Miss Unleashed. More we cannot say as part of our Subrosa Pledge – everything under the rose remains a secret!

continued on next page ▶

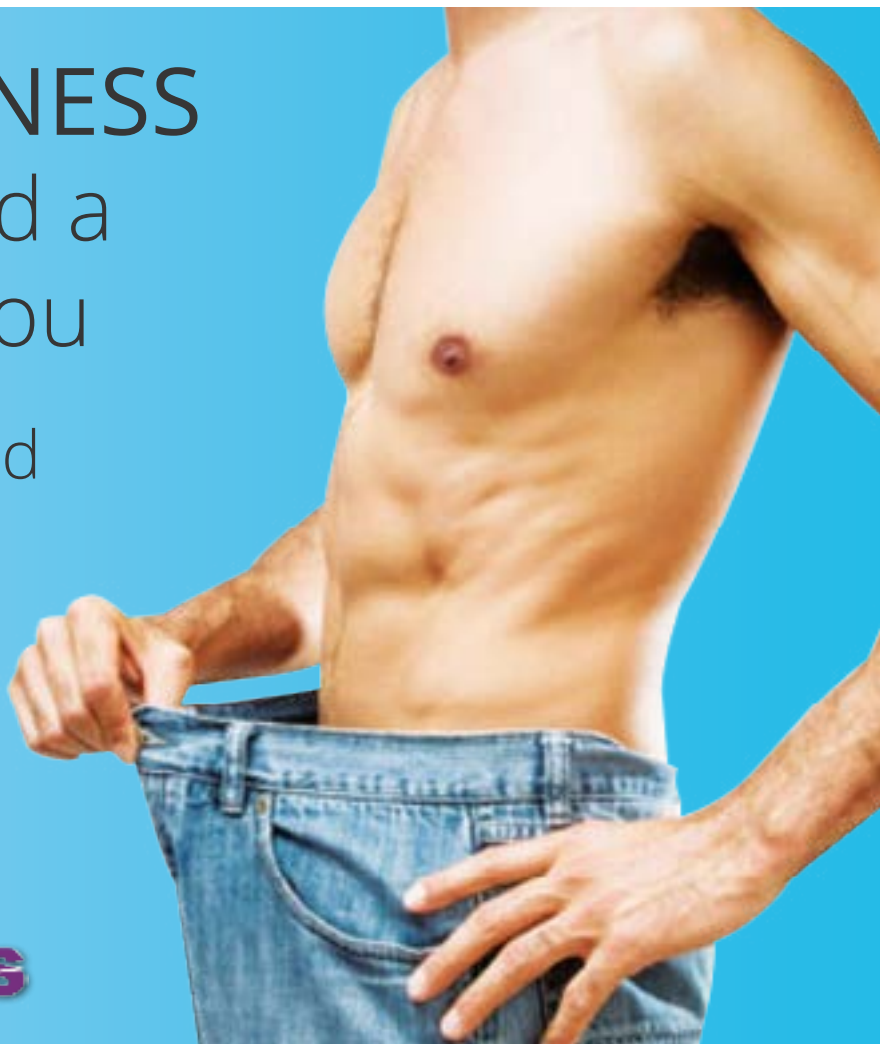
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We have great competitions and prizes throughout the night and will end off dancing the night away!

Local businesses wanting to support the event with prizes, donations, competitions or demonstrations, please contact nancy@allthingsentertainment.com.au

Miss Fit Dance Studio – the leading pole dancing studio in Sydney's greater west, will be showing the girls how to tap into their inner divas. There will be pole performances and the opportunity for the guests to learn some sexy moves on the pole. Let's see if we can get the topless waiters up on stage too! One lucky guest will also win a free term of fitness classes at Miss Fits' famous Big Top studio at Castle Hill.

Cecilia and her team has more than 20 years of experience in photography, and has just recently started her own event photography group where she attends events and provides excellent mementos of the evening. Photo sizes are 5" x 7" in folder - \$15.00 and A4 in folder \$25.00. (Other sizes can be made available by prior arrangement) plus proceeds come back to the organisation – so you can get your memories and donate to a good cause at the same time!

All Ladies Unleashed shows support the beyondblue charity. beyondblue is about increasing awareness of depression and anxiety, reducing stigma and discrimination, improving help seeking and ultimately reducing the impact, disability and mortality of depression.

Tickets are available from Sticky Tickets at just \$20 pre-sale or book a table through The Galston Club at just \$25. If there are any tickets available on the night - \$25. Bulk bookings are available through Sticky tickets.

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Warrah's Community Education Courses

With term 4 now underway Warrah's exciting Community Education Courses are back!

These 10 week courses are tailored to meet the needs of people with disabilities and are open to people with disabilities in the local community.

Enrolments are limited to maximise engagement and each subject has a practical focus. Course presenters are all specialists in their field and are trained to deliver content that provides a wide range of skills, recreation and new learning, as well as being fun!

If you are quick there is still some availability in our Term 4 classes:

- Tai Chi: Traditional Chinese Exercise that promotes health through improvements in balance, concentration, strength and relaxation
- Landscape Painting: Conducted outdoors using a variety of picturesque local scenery
- Multicultural Cooking: Indian – This course is now full

With Term 1 2015 commencing on the 7th January enrolments are open for:

- Field to Fork: Direct hands-on experience in growing vegetables, fruits, herbs and mushrooms and then cooking with the produce
- Clay Work: Developing fundamental techniques of manipulating clay by hand
- Aqua Aerobics: Impact free exercise tailored for all age and fitness levels in a heated pool

Courses are all based on Warrah's beautiful main campus at 20 Harris Road Dural. A 2014 course brochure can be downloaded from www.warrah.org and the 2015 brochure will be available in November. To enrol or to find out more please contact David Forfar on 9651 2411.

Warrah Raffle

There is still time to purchase your tickets in the Warrah Raffle for 2014, with all proceeds going towards the heating of Warrah Pool so we can provide essential therapies to people with disabilities.

To purchase your tickets simply visit Warrah's Farm Shop or Reception at 20 Harris Road Dural or call us on 9651 2411.

Tickets are \$5 each or 3 for \$10 with fabulous prizes on offer.

- 1st Prize: \$500 Holiday Package Credit with Flight Centre World Square
(Credit must be used towards a package holiday - a package holiday is flights & accommodation)
- 2nd Prize: Starshots photography session – value \$295
- 3rd Prize: Pennant Hills Golf Club voucher value \$200 each (2 to giveaway)
- 4th prize: Warrah Farm produce – value \$150
- 5th Prize: Voucher – dinner for two at Allure Restaurant value \$50
- 6th prize: 3 x family fun passes to laser skirmish (value \$55 each)
- 7th prize: Safety check from Dural Mechanics (value of \$37.50)
- 8th prize: 3x signed "The Circle of Six: Emily's Quest" children's novel (value \$25 each)

To be drawn on Sunday 16th November 2014 at 2pm at 20 Harris Road Dural



(L-R) Jamyma, Monica and Nicole enjoying Warrah's Tai Chi Community Education Course



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Dural Country Club - Lawn Bowls Mixed Pairs

The final of the club mixed pairs was played on Saturday 4 October, between Terri Hezlett/ Doug Farlow and Leone and David Lesslie. It was played in ideal conditions, both weather wise and with a fast green running at 17seconds.

Terri and Doug took an early lead by scoring 5 shots on the third end. However on the fourth end Leone and David scored 6 shots and 3 shots on the fifth end for a lead of 11-6. Terri and Doug won the next 6 ends with superb draw shots to take a 19-11 lead. The run of play changed on the twelve end when down a shot (toucher on the jack) and with his last bowl David touched the shot bowl and sent the jack sideways to 5 of his teams bowls to make the score 19-16 in Terri and Doug's favour.

The next 4 ends saw each team score 2 single shots. Over the last 5 ends Leone and David scored 7 shots to Terri and Doug's 2 shots, to run out winners 25-23.

It was a keenly contested match with great draw shots from all players. A match that could have been won by either pair. A great final!

Dural Bowls play twilight mufti bowls on Friday nights from 5pm to 7pm. If anyone would like to try bowls please phone 9651-4093 by 4-30 on Fridays, All bowls supplied

If anyone is interested in playing bowls we offer free tuition. Interested people can contact Gordon 9639-2742 or Robin 9836-0831.



David Leone Terri Doug
Lesslie Lesslie Hazlett Farlow

The Sydney Hills Branch of the Association of Independent Retirees

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

Our meetings are held the first Friday of each month at Pennant Hills Bowling Club Yarrara Road, Pennant Hills our next meeting will be held on Friday 7th November, 2014. Meeting commences at the new time of 10.30 am. The guest speaker will be from Odyssey Travel.

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

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



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Top Honours Awarded to Avid Child Protection Campaigner

TIRELESS child protection campaigner and Bravehearts volunteer Karen Lindley has been recognised for her outstanding contribution to the community, after taking out top honours at the 2014 Sydney City/East Volunteer of the Year Awards.

The Arcadia local has been an invaluable supporter and volunteer of Bravehearts for more than seven years, advocating on behalf of adult survivors of child sexual assault in NSW and is on the Bravehearts' NSW Committee.



Overwhelmed by the acknowledgment, she says it's a 'win for survivors of child sexual assault'.

"I did not expect this at all, but it gives me a great feeling of satisfaction. I accept this on behalf of the entire Bravehearts team. I just open doors for people," she said.

Bravehearts Founder and CEO Hetty Johnston AM noted Ms Lindley's selfless dedication and commitment to child protection.

"Karen is one of the most caring, selfless, compassionate people I know, often putting her clients needs before her own – all at her own expense, all on her own time, often at nights and weekends available to them whenever needed. Her determination and strength makes her so successful in helping clients navigate their way through challenges and obstacles," she said.

"For so long, many of the adult survivors of child sexual assault in NSW had no one to fight for them, but due to the amazing determination and volunteering of her time and personal resources, Karen has provided this specialised help within the community over the last seven years."

"Her acts of service going above and beyond to ensure that survivors receive the best possible care, support and have a strong voice in all systems and processes are testament to her character. She has tirelessly assisted them during reporting processes to authorities, court support and emotional and practical support."

The accolades poured in with The Hon Anthony Roberts MP, Minister for Resources and Energy, also singing her praises.

"As a proud supporter of the work performed by Bravehearts, and as a foundation member of the Bravehearts New South Wales Advisory Board, I am a strong advocate for the protection of children from child sexual assault. As such, I appreciate the valuable role that volunteers play in supporting victims through this traumatic time in their lives," he said.

"Ms Lindley has volunteered hundreds of hours of her time for more than a decade assisting the victims of child sexual assault. It takes a remarkable person to dedicate their time to assist those who have been sexually assaulted – Ms Lindley is such a person."

"Bravehearts' vision is to make Australia the safest place in the world to raise a child by 2020. It is without a doubt the work of compassionate volunteers, such as Karen Lindley, who have gone a large way to ensuring that this vision will be realised."

The volunteers representing Potts Point and Sydney CBD received top honours were announced at The Woollahra Golf Club.

Chief executive at The Centre for Volunteering Gemma Rygate, says the annual awards were the State's way of recognising the outstanding work of volunteers in our community.

"Volunteers make a huge contribution to our community without seeking anything in return," she said.

"These awards highlight some of the 2.4 million volunteers in NSW and the selfless work they do. Volunteers fill the gaps in communities - they see a local need and generously step in to help others."



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Hills Homes Eligible For Free Loose-Fill Asbestos Check Up

Hills residents living in homes built prior to 1980 are now eligible for a free safety check-up from a qualified licensed asbestos assessor if they suspect their home may contain loose-fill asbestos.

The Heads of Asbestos Coordination Authorities' (HACA) independent investigation into homes affected by loose-fill asbestos has identified records for asbestos ceiling insulation from the early 1980s for a house located at Carlingford. It has since been removed.

Loose-fill asbestos is insulation made from raw asbestos that was crushed into a fine state and sold as ceiling insulation throughout the 1960s and 1970s.

Hills Shire Mayor Clr Andrew Jefferies has encouraged residents to enquire about the free inspection.

"Like many Hills residents, I live in a home that was built prior to 1980, and as we know there are materials that were used back then that are now considered unsafe," Mayor Jefferies said.

"It's always better to be safe than sorry and I encourage residents to safeguard the health of themselves and their family by getting their home checked."

Council's Group Manager of Environment and Planning Cameron McKenzie said that Council was working with HACA to ensure that suspected homes are identified and checked.

"HACA are co-ordinating this investigation across the state and we are working with them to make sure that Hills residents are living in a safe environment," Mr McKenzie said.

continued on page 40 ►

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Dural and District Historical Society Hawkers and Caravaners

Reprint of story written by Rev .Ken Roughley in about 1997

Among a variety of enamelled notices available from hardware shops and stores, were two widely used in bygone days. They said BEWARE OF THE DOG and HAWKERS AND CARAVANERS NEED NOT CALL. Numbers of residents attached one or other of these notices to their front gate to ward off unwanted callers.

Quite often occupants of houses displaying BEWARE OF THE DOG never had the job of separating unwanted callers from a ferocious dog, simply because they didn't have a ferocious dog! The notice was a bluff that usually had the desired effect and, apart from anything else, it was much cheaper than having to feed a watch dog.

A high percentage of Hawklers and Caravaners were charlatans. They travelled widely throughout the country, thus avoiding second encounters with deceived and irate customers. One such Hawker specialised in exclusive dress materials. An unsuspecting woman would purchase a dress length on the assurance that it was 'the only one of its kind', only to see a neighbour, dressed in the same material sitting in front of her at church a week or so later

Perhaps the best known Caravan of the 1920's was operated by Dural residents, Mr and Mrs. Bishop. Their home was the first house from Viney's Lane (as it was called in those days), on the right hand side of Old Northern Road.

The Bishop's drab, battle-ship grey vehicle was in striking contrast to the great assortment of colourful articles which were revealed when the sides and tail-board of the van were lowered to form the equivalent of shop counters. The interior of the van was fitted with display racks from which hung various articles of clothing; cabinets of drawers containing ribbons, elastic, tape of various widths, buttons for dresses, trousers and ladies shoe buttons, shoe laces, shoe horns, hair pins and pins and sewing needles. In fact any item needed by their patrons on their regular visits. It was fascinating to watch Mr. Bishop turn a dingy van into an attractive haberdashery shop in a few minutes

The Dural Historical Society will be holding a special Christmas Lunch at the History Cottage on Saturday 15th November at 12 noon. The lunch will include a selection of cold meats, various salads and desert and entertainment. All this for \$25 p.p. All members and friends are invited. Please let Michael Bell (9653-1365) or Pauline Corthorn (9484-6827) know if you can be with us

Hills Homes Eligible For Free Loose-Fill Asbestos Check Upcontinued

HACA advise residents with concerns about loose fill insulation to not enter their roof space, but access the free sampling service where a qualified licensed asbestos assessor will safely provide the service.

Hills residents can seek further information about loose-fill asbestos insulation and to enquire about the free testing service by calling 131050 or visiting <http://www.workcover.nsw.gov.au/formspublications/publications/Pages/loose-fill-asbestos-investigation.aspx>

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The sun shines for a successful day of show riding at Arcadia Pony Club



Arcadia Pony Club held their Closed Show Riding competition on Sunday 21 September.

The event was well attended and whilst the day started out overcast with a few rain showers, the hours spent preparing horses and ponies for the day wasn't wasted with the sun shining from mid-morning onwards.



Arcadia Pony Club members enjoying the sun

"Show riding is an event where horse and rider demonstrate their skills on the flat. The horse is judged on confirmation, paces and manners, whilst riders are judged on their riding ability" said Leanne Davies, Senior Instructor at Arcadia Pony Club.

"Show riding requires patience and concentration as the horse needs to be shown at its best, performing various moves in a workout given by the judge. The 'in-hand' or lead work is also good for riders and horses for manners and even our littlest members do a lead workout with their ponies" said Leanne.

"Congratulations to all of our members for a wonderful day."

The results of the Closed Show Riding competition were as follows:

Novice

- Champion – Anne Bellamy
- Reserve Champion – Aria Miltiades

Under 9

- Champion – Anneliese Hughes

11 – 13 years

- Champion – Alexandra Langthorne
- Reserve Champion – Emily Horbech

13 – 15 years

- Champion – Michaela Beardsell

15 – 17 years

- Champion – Tiarna Davies
- Reserve Champion – Pippa Casey

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

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St Madeleine News

Year 1 Adventures

This term Year 1 are learning about how important certain people are in our community. When they visited Westmead Children's Hospital they met many workers that are very important to our community especially children. They realised that what these workers do help make the lives of many children a little easier during a time of sickness. They also had a visit from our own Rural Fire Brigade which plays an integral part of our community especially during summer. The children were able to touch and experience a lot of the equipment on the fire trucks.

Year 6 Happenings

In Term 3, Year 6 had a great time discovering Australia's gold rush history and how the gold shaped Australia today. In particular, the students looked at how the Eureka Stockade shaped our democracy system and how 'people power' can make a difference. They produced a variety of museum type exhibits to tell younger students how important this events was in the shaping of Australia. All their hard work of the term resulted in a fun 'Gold Day' on the school grounds. We had lots of fun making damper, building our own tents and digging for gold. Once the students found some gold, they were able to 'buy' supplies to help them in their gold digging efforts such as shovels, pans and gloves. On this day the students realised how hard life in the goldfields was, between not finding gold quickly and frequent 'licence checks' by the quite corrupt law enforcement, the students began to appreciate how harsh life was for the prospectors. Our students ended up dirty and dusty but with a great appreciation of an important part of Australia's history.

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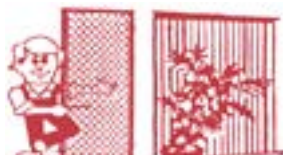
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Arcadia Public School

Be Outstanding, Be Inspired

Arcadia Playgroup is enjoying the lovely Spring conditions! We currently have a fun cardboard cubby with windows and doors to use in our COLA covered sandpit. The children suggested painting the cubby so out came the paints to tidy up the back wall! Toddlers and older all got involved and no one wanted to leave but midday sleeps came calling!

Arcadia Playgroup follows the Early Years Learning Framework principals resulting in the children having many positive experiences & outcomes as a group and or through individual play. Play & creative time for little people is conducive to becoming a considerate, confident, resourceful & independent person and we offer different activities based on their interests, each fortnight to help facilitate this. Being held on the beautiful grounds of Arcadia Public school we welcome babies, toddlers & preschoolers, to come and enjoy what we have to offer. For enquiries please call 9653 1207 or Karen 0414 476 241. We look forward to seeing you.



Galston Public School

by Carole Weiss

What a busy Term 4, Galston Public School students are presently experiencing. Students in Years 3 and 4 have just had an exhilarating and adventurous two day, one night sleep-over camp at the Crusaders Summit Educational Camp in Galston. These students enjoyed problem-solving activities, climbed to the highest levels of the Rock Climbing Wall and worked cooperatively in teams to conquer the balancing feats of the Low Ropes. What an amazing experience these students had. They were the most FANTASTIC ambassadors for Galston Public School. They displayed sportsmanship, kindness, good humour and consideration during the whole camp.



One of the many forthcoming events which students will be participating in this term is the Life Education program. The focus of these lessons is the prevention of drug misuse and students are encouraged to learn about the wonders of the human body, how it functions and the importance of a healthy lifestyle. Emphasis is placed on building confidence in their individuality, thus providing a foundation to resist peer pressure. As well, Stage 2 students will engage with a program entitled bCyberwise which focuses on safe and respectful behaviour online, strategies for keeping personal information safe online and strategies to deal with face to face and cyberbullying.

After many months of planning and preparation Year 6 students presented their original handicrafts and creative masterpieces at their annual Major Works night to an enthralled audience. The unique presentation ensured a happy and successful evening. Parents and visitors alike marvelled at the efforts and ingenuity of these senior students.

Kindergarten 2015 preparations have begun with pre-schoolers already enjoying three 'visits' to school. They enthusiastically participated in activities in the school Library, the Computer Room, had fun in PE lessons, viewed a great performance entitled, 'A Very Hungry Caterpillar', by the current kindergarten children and had recess with them in the beautiful leafy school grounds. These pre-schoolers are now looking forward to 'BIG' school after the Summer holidays. Kindergarten Orientation Day was an enjoyable morning with many parents attending to find out about the wonderful programs planned for next year.

If you would like to know more about our vibrant school, please contact the school office (9653 2062) and any questions you have, will be happily answered.

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Glenorie Public School

By Imogen and Mariné

The last term of school at Glenorie Public School is already in full swing. With a busy term ahead of us, students have gone straight back to working and learning.

On Friday, 17th of October, the school held a Performance Night to showcase all the wonderful extra-curricular activities that the students have participated in. The first performance was the Band. They played three songs; Star Wars, What Makes You Beautiful and Band Room Boogie. The Junior Choir sang a beautiful Polynesian Welcome Song called Epo, followed by the Senior Dance Group who performed to Summertime Sadness. The Junior Dance Group then gave a roaring performance to Roar. Next came the Senior Choir who sang two items from their performance repertoire, Go for Broke and My Island Home. The night concluded with the Drama Group who performed their play, My Planet Rules. It was an intriguing performance and was a good way to end the night. What talented students in the Arts attend our school!



The 22nd of October proved to be a big day for the children who participated in the NRL Gala Day. The students played their very best and the outcome of the day was exceptional! Everyone had a great day and enjoyed playing NRL.

The students at Glenorie Public School are very excited for the upcoming Talent Quest. Children are busy preparing acts, dances, jokes and much, much more for this very special day. The event is being organised by Ms. Beson. Students cannot wait for this fun day of performances.

Good luck to Neo who is going to the State carnival for running. We are all very proud of you.

The preparations for the year 6 Formal are well underway. The theme this year is 'Glenorie's Chocolate Factory.' All of the Stage 3 students are very excited and cannot wait for the day.

It is going to be a very busy last term as well as a great end to the long year of learning.

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KU Galston Preschool

At KU Galston Preschool this month we have celebrated Father's Day through inviting all of our Father's, Grandfather's and special male role models to preschool for a delicious pancake and fruit breakfast. It was wonderful to see so many Dad's take time out in their busy lives to chat and play with their preschooler.



As part of our program we have been encouraging the children to think about their Dads as one of the very special people in their lives and to think about why Dad is so special, what does he like to do, what do the children like to do with Dad and why do they love him so much. Some really beautiful and thoughtful ideas have come out of these experiences. From this our discussions have explored ways the children could make Father's Day a very special day for Dad.

Our silkworms have hatched and we have been busy exploring the lifecycle of the silkworm. We look forward to watching them gobble up the mulberry leaves as they grow bigger and bigger!

We are currently enrolling for 2015, we have limited vacancies. Please telephone 9653 2252 or email ku.galston@ku.com.au our director Rebecca for more information or to visit the preschool.

Glenorie Mission Church

"Jesus wept."

The shortest verse in the bible describes Jesus reaction to the grief of his friends surrounding the death of Lazarus.

God the Son, all powerful, all knowing wept.

Here we see something spontaneous, unplanned. We glimpse something of Jesus overflowing compassion and love. We see in the one event both His divinity and His humanity. Jesus raised Lazarus from the dead, and He wept. He did not merely cure people's suffering, He, personally and intimately, shared in that suffering with them. That is made all the more amazing when we recognize who it was that wept. God in human form, the Messiah, the Christ, the Lamb of God, the Savior, suffered with us, for us, and later at the cross, suffered instead of us.

Mankind has been the source of much pain to our loving Creator. We have failed to respond to His guidance, to His calamity when the flood cleansed the earth, or to His prophets who brought rebuke. Finally there was no other choice left but to send His one and only Son, Jesus. There has been no greater expression of love.

Yet, Jesus was rejected and despised by men. He was mocked and beaten. He had a crown of thorns placed upon His head and He was crucified. His humanity was revealed in His suffering and death. He was in anguish, He felt pain, He bled and He died.

Jesus Christ is our only hope. He suffered so that through Him, you and I can find peace and be reconciled to God.

Want to find out more? Join us at Glenorie Mission Church at 10.15 am Sunday mornings and we'll do our best to point you in the right direction.



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What's your normal week look like?

I remember that in my childhood we were constantly being told how much easier life was going to be in the future... in the 1970's & 80's that meant robots, hoverboards, rockets, paper less offices, self-repairing body parts, time travel - the list seemed endless. I remember watching an interview (I can't remember with who!) in the 1980's where the 'expert' confidently predicted that the biggest dilemma of the next millennium would be what to do with all the free/leisure time that we would have.

Funny how things work out, isn't it? I don't know about you - but my world certainly doesn't look like I'd been led to believe!

Not that I'm complaining, in many ways my life is more than my grandparents & other forebears could ever have imagined. However, one thing that my grandparents understood better than me (I think), was the value of time. I see time more in terms of 'how much can I squeeze into the time I have available?' They saw it in terms of 'how can I get what I have to do done, so that I can spoil my grandkids some more?'

With the benefit of a bit of hindsight - I think that they were much smarter than me.

So, I'm going to try to be better with time, making space for who and what's important. What about you?

And, if you've got some time to spare, check us out online or like us on facebook, we're up and about and have plenty of activities to join.

See you next month, cheers, Geoff

Galston Garden Club

Our October meeting welcomed our quest speaker Sonja Cameron from Cameron's Nursery in Arcadia - a specialist perennial wholesale nursery. Sonja spoke about new releases and flowering perennials for the season and to everyone's delight offered her demonstration plants to members.



Sonja with some of our members

On Saturday the 11th of October many club members also enjoyed a tour of the gardens that were presented at our open gardens weekend. Although a very hectic day we managed to view them all and how beautiful they were. Many many thanks must go to their owners for allowing us to showcase their beautiful premises. An exhausting but wonderful day was had by all.



Member in the Pipers garden 'L'hirondelle' at Glenorie.

Next month I look forward to letting you know how much the Open Gardens Weekend made for distribution to charity.

Our next meeting will be held on Wednesday the 12th of November at 8pm at the Galston Community Centre, 37 Arcadia Rd, Galston where visitors are always made welcome.

Enquiries please ring Liz Muller on 9651 4405 or Pam Watson on 9653 1036.

Cumberland Orchid Circle Inc.

The next meeting of the Cumberland Orchid Circle will be on Wednesday 26th November 2014 in Barton Hall, which is situated in Gough Drive (off David Road), Castle Hill. As our November meeting will be the last meeting for the year it will be our Annual Point Score winner's presentation night and Christmas Party. The Committee has invited representatives from other Orchid Societies, Judges from our Shows & Display, Guest Speakers we have enjoyed during the year and people who have helped us during the past year to come and celebrate with us. We also hope to have a representative from the Westmead Hospital Medical Research Foundation present to which we would donate the proceeds of the raffles held during

Slc. Wendy's Redstone 'Carmela'.



continued on next page ▶

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Oh What a Wonderful Feeling...

by Barry Lees

Planting trees gives me a great feeling of satisfaction, and a secret smile for a week after. It seems this feeling was shared by volunteers who turned up in September to plant trees and shrubs on a property in Blacks Road Arcadia.

Landcare contractors had cleared 3 acres of dense privet, as part of a strategy to reduce bellbird numbers. This clearing let the sunshine in, and thousands of privets and other weeds sprang from the ground. We cleared many of these with more to go. Some natives also came up, each one welcomed with a smile. Meanwhile the volunteers at Hornsby Council Community Nursery were growing hundreds of native trees and shrubs for us.



We planned two planting days. Holes were dug and materials laid out. The call went out for volunteers to help and on 21st September an amazing 48 people arrived, aged 5 to 75. After explanations of why and how, we planted 565 shrubs and trees, complete with mats, plastic sleeves and water, and that's before morning tea! As the organiser, I was very happy! We finished off with fresh scones, jam, cream and other delights. Many promised to return the following week for more punishment.

On September 28th, 33 people returned to plant 200 grasses and sedges in quick time. At the back of the property we turned around, picked up buckets and watered everything planted the previous week, arriving at the front fence with time remaining. So we turned around and headed back pulling out hundreds of privet seedlings before the morning tea bell rang out. Yes, you guessed it, more delicious scones, jam and cream.

The place is now a sea of plastic sleeves among the big trees. The landowner's task is to keep them alive through summer, then they can fend for themselves. Of course, the weeds are still coming....

I want to thank the landowner and his family, Landcare members, the various contractors involved, the Community Nursery and most of all, the volunteers who arrived not quite knowing what they were in for. You've all done very well!

For more information, contact Landcare on www.stillcreeklandcare.com.au or facebook.

Cumberland Orchid Circle Inc.continued

our shows & display. The committee would like to extend an invitation to not only our Members but also their partners, family and friends to join us on Wednesday, 26th November 2014 for this festive occasion. The young children or grandchildren of our members are very welcome at this party.

It is intended to have a short meeting starting at 8.00pm to commence the evening, and then break for our party. The Annual Point Score presentation will be performed at an appropriate time during the evening.

There will be no point score competition this night. Instead Members are asked to bring 1 or 2, at the most, plants to bench for a popular vote prize. There will be no open, or novice sections. There will also be a lucky door prize for one lady and one gentleman present.



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Energy Australia Emgy
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Hornsby Hospital
9477 9123

Hills Shire Council
9843 0555

Hornsby Shire Council
9847 6666

Integral Energy
13 10 03

Lifeline (24 hours)
13 11 14

Poisons Information Line
13 11 26

Police - Hornsby
9476 9799

Police - Castle Hill
9680 5399

Sydney Water
13 20 90

LOCAL BUSHFIRE SERVICES

Arcadia Bush Fire
9655 1656

Arcadia Fire Captain
Peter Jacobs
0415 369 683

Galston Bush Fire Captain
Peter Griffiths
0404 085 145

Glenorie Bush Fire
9652 2017

Middle Dural Bush Fire Captain
Len Best
0408 220 705

Hills Rural Fire Service
District Office
9654 1244

Hornsby Fire Svcs HQ
9883 2000

Telstra Faults
13 22 03

LOCAL JP's Michael Bell, Arcadia - 9653 1365

Bernie Triebe & Kerron May, Bendigo Bank Galston - 9653 2227

Cathy Vipond, Hills Accounting, Glenorie - 9652 2400

Ray Whiteman, Glenorie - 9652 2454 / 0400 008 083

Cherrybrook Shopping Village, Shepherds Drive, every Saturday morning
10am to noon.

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



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15th November

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COMMUNITY CONTACTS

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

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

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

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

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

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

Arcadian Quilters - Meetings held at Galston Community Health & Resources Centre, 1st, 3rd & 5th Wednesdays at 9.30am (day group) and on the 2nd & 4th Monday at 7.30pm (evening group). For further information contact Carole 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 7.30-10pm. Contact Janet 9653 2959, email info@circularkeys.org or visit www.circularkeys.org

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

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

Dural & Districts Senior Citizens' Club Come along on any Wednesday at 9.30am to Dural Country Club to enjoy good fellowship with other senior citizens. Some play indoor bowls (beginners included) while others play Bingo or enjoy the prizes. We also enjoy periodic outing to places of interest. For further information please call Helen on 8850 7845, A/H.

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

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

Dural Mens Shed meets at Dural Sport and Leisure Centre corner Pellitt Lane and Kenhurst Rd each Thursday and Saturday from 9am. Woodwork and Metalwork/Welding facilities. Enquiries Chris Thomas 0402478498 . www.duralmensshed.org

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

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

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

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

Galston 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 Christmas luncheon meeting at Dural Country Club commencing at 11am on 26th November, 2014, with entertainment. Visitors are welcome. Inquiries Vvian 9894-1189

Girl Guides - Girls Age 6-12 meet on Thursdays 5-6.30pm at Galston Guide Hall, 414 Galston Road, Galston. This is an exciting opportunity for girls to learn and develop life skills, meet new friends, enjoy the outdoors, make their own challenges, express their creativity and much more. Contact Mary 0423 353644 or Amy 0415 438210.

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

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

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

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

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

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

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

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

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

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

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

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

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 Baukham 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@inet.net.au or Contact Nick on 9653 2056.

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

CHURCHES

Galston Uniting Church - Service times 10.00am. Children's programmes KUCA for children K-6, each Friday of the school term 4.30 to 6.00pm. #ThePower (Youth Group) for those in high school. Fridays of the school term 6.15 to 8.30pm. CRAFT group Thursday evenings of the school term from 7.00 to 1.0.00pm. OVER 55's for seniors 2nd Monday of each month from 10am to 12noon. Other groups of interest- Men's Choir, Ladies Choir. For all enquiries, please call the church office on 9653 2039. 11 School Road Galston or visit www.galstonunitingchurch.com

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

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

Glenorie Mission Church - Sunday Service 10.15am, Girls Brigade Tuesdays at 6.30pm. 1409 Old Northern Road (Cnr Muscos 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 ef186029@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 secretary.galstonnetballclub@hotmail.com or visit the website www.galstonnc.nsw.netball.com.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.

Hills Pumas Football Club - For information including registrations, call Sarah Sumska on 0430883385 or email registrar@hillspumasfc.com.au

Table Tennis - Junior & Adult Coaching & Social play, Dural & Glenorie Ph Chris 0468300822 or spinclub@bigpond.com

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

Tennis Court for Hire Galston - At rear of Galston Community Hall. Available Day or Night, Mobile 0414 647 638.

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.



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