

# GALSTON, GLENORIE & HILLS RURAL COMMUNITY NEWS

September 2014

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## Galston Public School's Storybook Garden

Inspired by a visit to the Hunter Valley Gardens, a group of school mums began work in November 2013 to create a fantasy space at the school for all the children to enjoy. We are very fortunate to have two very talented artist/parents at the school who willingly shared their knowledge and time to help create the amazing artwork that has now been installed. Susie Mills and Venessa Harris, along with several other ladies, met each Tuesday for nine months down at Hills Storage to work in a makeshift studio/storage unit which was kindly donated by Gavin Koorey of Hills Self Storage. Geraldine from Bunnings, Dural, donated all the timber and materials needed for Neil Wailes from The Dural Men's Shed to construct our beautiful oversized 'Alice in Wonderland' Big Red Chair!



On Tuesday 5<sup>th</sup> August, on a bright sunny day, with all the children and teachers dressed in their most creative book character costumes, the Storybook Garden was officially opened. There was much excitement amongst the children as they were finally able to engage with the artwork, walk through the garden or just look up into the trees and find hidden ornaments and owls perched under the cover of leaves.



After the opening of the garden, the children were able to parade in their costumes before enjoying a picnic lunch with their families.

The team of volunteers who worked tirelessly on the artwork for many months were thrilled to be able to gift such a beautiful and timeless enchanted garden to all the staff, children and families who attend Galston Public School. This space will be enjoyed for many years to come.



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## Pool Inspections to Keep Children Safe

Hornsby Council has emailed all registered pool owners in the Shire, informing them their pool will be inspected in line with NSW Government legislation.

Pool owners can have their pool inspected by a private company or Council will do it for the Government-imposed fee of \$150 – a significant discount on the actual cost of performing the service.

“There has been some concern expressed that this is a money-making venture, but that could not be further from the truth,” Hornsby Shire Mayor Steve Russell said.

“The annual income from the inspections is \$145,000 while the annual cost is \$297,000, leaving the Shire’s ratepayers significantly out of pocket.

“However, it is a price that’s well worth paying if it helps to keep our children safe from drowning in backyard pools.

“When preparing this legislation the NSW Government found that up to 80 percent of backyard pools are not adequately fenced, placing young lives at risk.

“The Government has made councils across the state responsible for reducing that risk and Hornsby Shire Council takes the responsibility seriously.”

## Rainfall Chart



Rainfall recorded Galston period  
17/07/14 to 16/08/14 is 15mm

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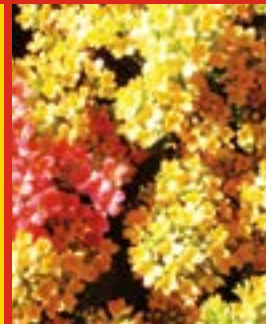
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## Hoon Driver Forced to Pay for Damage

A vandal who drove their vehicle on Dural Park and Hayes Oval in March has been ordered to pay the \$3,000 it cost Council to repair the damage.

They were also given a 12-month good behaviour bond when the judge handed down his sentence yesterday.

"This is a very good result, meaning the Shire's ratepayers do not have to pay for the criminal foolishness of one individual," Hornsby Shire Mayor Steve Russell said.

"It also sets a good example, proving that Council will not tolerate this kind of behaviour and will do everything possible to bring offenders to justice."

The worst damage occurred at Dural Park, which the offender accessed by cutting the chain on a locked gate.

The ground had to be closed, with cricket games and rugby training cancelled for a number of weeks.



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## Fitting Tribute to Neil Maitland

Saturday 19<sup>th</sup> July 2014 saw members of the Galston Community come together for the 'unveiling' of a Memorial Seat and Pillar in tribute to a wonderful community member – Neil Maitland.

During a Galston Community Hall Association Committee Meeting, in which Neil was a long serving member, the subject was raised that it would be fitting to erect a memorial in memory of Neil's contribution to the local community. There was an initial suggestion of erecting a plaque, however in Rolfe Chrystal's words "Neil wasn't a plaque man, he was a tree & seat man." From this the concept grew and the end result was a beautifully handcrafted seat & pillar as well as the planting of a Magnolia "black tulip" tree.

Neil was also a life time member of the Galston Rural Fire Brigade. For those that were lucky enough to know and spend time with Neil there is a shared understanding that his focus was to protect the community and its members, preserve the natural beauty of the area and enhance the infrastructure to make Galston what it is today.

This memorial would not have been possible if not for the generous sponsorship from the Galston Community Bendigo Bank to the value of \$2,650.00 and the following people;

- Andrew Smith – Timber Creations – 0414 334404  
Made & installed the timber seat.
- Ian Furnass – Furnass Landscapes – 0428 233944  
Supplied and delivered sandstone, bricks and pillar
- Fiona Robbé Landscape Architects – 9653 1045  
Selected, purchased and carried out planting with committee members
- Rolfe Chrystal – Architect

Together with Fiona designed the installation, prepared drawings and budget costings. Submitted an application to Bendigo Bank for the grant. Co-ordinated, directed and carried out construction with committee members.



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12.30 - 2.00pm

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Wednesday - Stamp 'n' Colour  
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Friday - Paint on canvas

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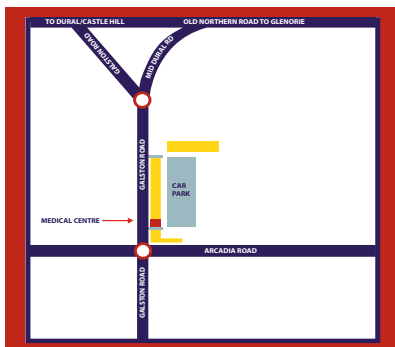
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## Fishing Trip To Tiwi Islands

By Bob Murray

Six members of the Dural Country Club Fishing Club enjoyed a wonderful week at the Tiwi Islands. Our two guides Scotty and Johnno were at the 'airport' to meet us.

Breakfast was served at 6.30am, bacon and eggs (the norm). It is opportune to mention our very adaptable guides, it being difficult to ascertain if they were two cooks with fishing experience or two guides with cooking experience.

Fish spots were somewhat complex and hard to describe suffice to say that most were productive comprising barramundi, threadfin salmon, Queensland cod, fingermark bream etc. etc.

Our fishing boats were aluminium, close to 6 metres, powered by 150hp Johnsons, four to a boat including the guide. Lunch was always on board at some remote destination. Lots of cold water and soft drink readily available.

Other than the first couple of trips when the larder was bare, it was catch and release. The normal numbers caught each day by the six of us was 50/70 fish all on lure. The size obviously varied, barramundi and threadfin up to a metre in length and rarely was a fish caught that was not Sydney legal.

The club is currently searching for its next port of call.

The Dural Fishing Club meet at the Dural Country Club at 7:30pm on the 4<sup>th</sup> Tuesday of the month and new members are always welcome. ENQUIRIES please phone President Vivienne Truelove on 0409 512 257



Dr. Ian Kalnins, who lives at Galston, a new member of the Club

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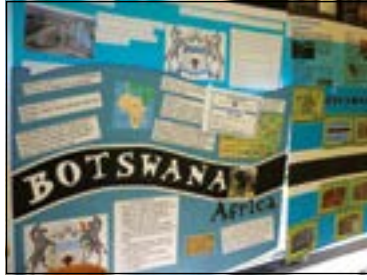
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## Galston CWA News

At our August meeting we celebrated our International Day. Around 100 students from Arcadia and Galston Public Schools created posters on Botswana. All the posters were colourful, interesting and informative, and judging was difficult. We welcomed the prize winning students, and some of their teachers and families to our meeting. Our guest speaker was one of our members, Pam Watson, who gave a screen presentation on Botswana, especially the animals she saw on her travels.



We would like to thank all those who attended, and especially the students for their beautiful work. Winning posters have been sent on to be judged at CWA Nepean Group level.

Visiting members from some local CWA branches then enjoyed a lunch together, and their coin donations will be given to the ACWW (Associated Country Women of the World) for use overseas.

Our next meeting will be on Wednesday 10<sup>th</sup> September. We will have a craft morning starting at 10am. After a bring-a-plate lunch we will hold our business meeting.

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

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

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

## Dural Men's Lawn Bowls Club

### Men's Minor Singles Final.

In a match that was fitting of a championship decider, Peda Richey skipped away to an early lead of 11-5 after 12 ends. Kevin Keene and Peda then went shot for shot for the next 5 ends with Peda still ahead 17-9. Kevin managed to find his length and rhythm and almost held Peda scoreless for the next 8 ends at which point Kevin was ahead 22-17. In the next 2 ends Peda managed to level the scores but found it hard to haul in Kevin after dropping 5 on the next 2 end and with Kevin having numbers around the jack meant Peda was constantly under pressure. Kevin eventually ran out victorious 31-25.



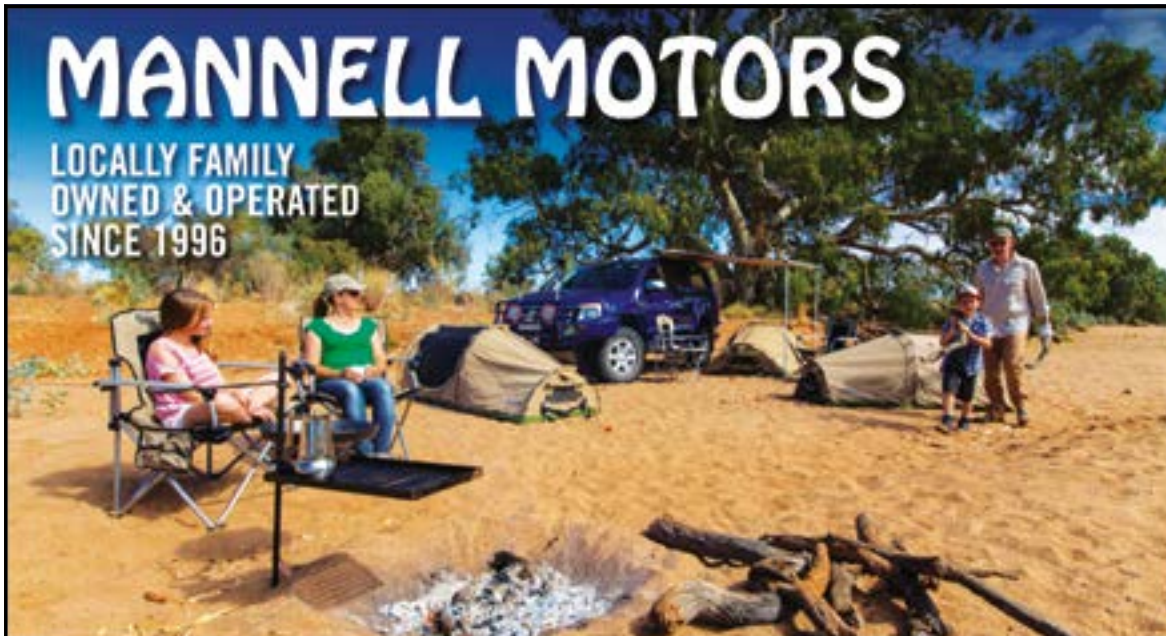
Anyone who witnessed the match would agree that the level of bowls that Kevin and Peda were playing would have been enough to take out anyone else at any level.

Peda said he couldn't do much else to day, "Kevin played really well, he's a great player. Kevin just played that little bit better for the last half of the match and that's all that was in that match. Full credit to Kevin he's played really well in this tournament and deserved to win. I now have to play Kevin next week in the first round of the Major Singles and let's hope I can reverse the result. "

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

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## Letter to the Editor

September 9<sup>th</sup>, the ninth day of the ninth month, is World FASD Day.

Fetal Alcohol Spectrum Disorder (FASD) is an irreversible and lifelong disorder resulting from exposure to alcohol in the womb. **FASD is the largest cause of non-genetic, at-birth brain damage in Australia. It is a completely preventable condition but there is no cure.**

- It can result in learning difficulties, a reduced capacity to remember tasks from day to day, anger management and behaviour issues, impaired speech and muscle coordination, and physical abnormalities in the heart, lung and other organs. The effects can range from mild impairment to serious disability. It is primarily the result of impairment of the brain's 'executive functions', so affected children might be regarded as being wilful or undisciplined when in fact they have little control over their behaviour.
- **There is no safe level or safe time during pregnancy for women to drink. Consequently, the National Health and Medical Research Council (NHMRC) recommends that pregnant and breast-feeding women should avoid alcohol.**
- Despite recommendations that FASD warnings should be on all alcoholic drinks, only 38% of products carry the warning and, in a recent survey, less than 5% of those who are planning a pregnancy, pregnant, or mothers of infants, recalled seeing a warning.
- Surveys show that between 50% and 80% of women continue to drink during their pregnancy, thus putting their baby at risk of being born with some symptoms of FASD.

**A House of Representatives Standing Committee Report, November 2012, "FASD: The Hidden Harm"**, recommended that labels consisting of text and a symbol warning that women who are planning a pregnancy or are pregnant should not to drink alcohol, be **mandated on all alcoholic beverages** and should be accompanied by a vigorous education campaign.

This was to have been implemented by January 2014 but it has not happened and ineffective labelling has remained in the hands of the alcohol industry.

**We therefore call for the Federal Health Minister, Hon. Peter Dutton, to immediately implement the recommendations of this 2012 report in order to prevent more babies being born with this lifelong disorder.**

Anne Bergen  
President, WCTU Australia  
PO Box 7612  
Dandenong, Vic. 3175

## Hornsby Art Prize Entries Now Open

Get out your paintbrushes and easels because the Hornsby Art Prize 2014 is now open for entries.

The Hornsby Art Prize is an annual award and exhibition, sponsored by Hornsby Shire Council and delivered in partnership with Hornsby Art Society.

Artists have until **Friday 3 October** to enter their submissions, with categories including painting, printmaking, drawing and sculpture.

Entrants have the chance to win from a prize pool of more than \$13,000, with the major prize valued at \$6,055.

Finalists will have their work displayed at Wallarobba Arts and Cultural Centre from Thursday 20 November until Sunday 30 November.

To enter or get more information visit [hornsby.nsw.gov.au/artprize](http://hornsby.nsw.gov.au/artprize)

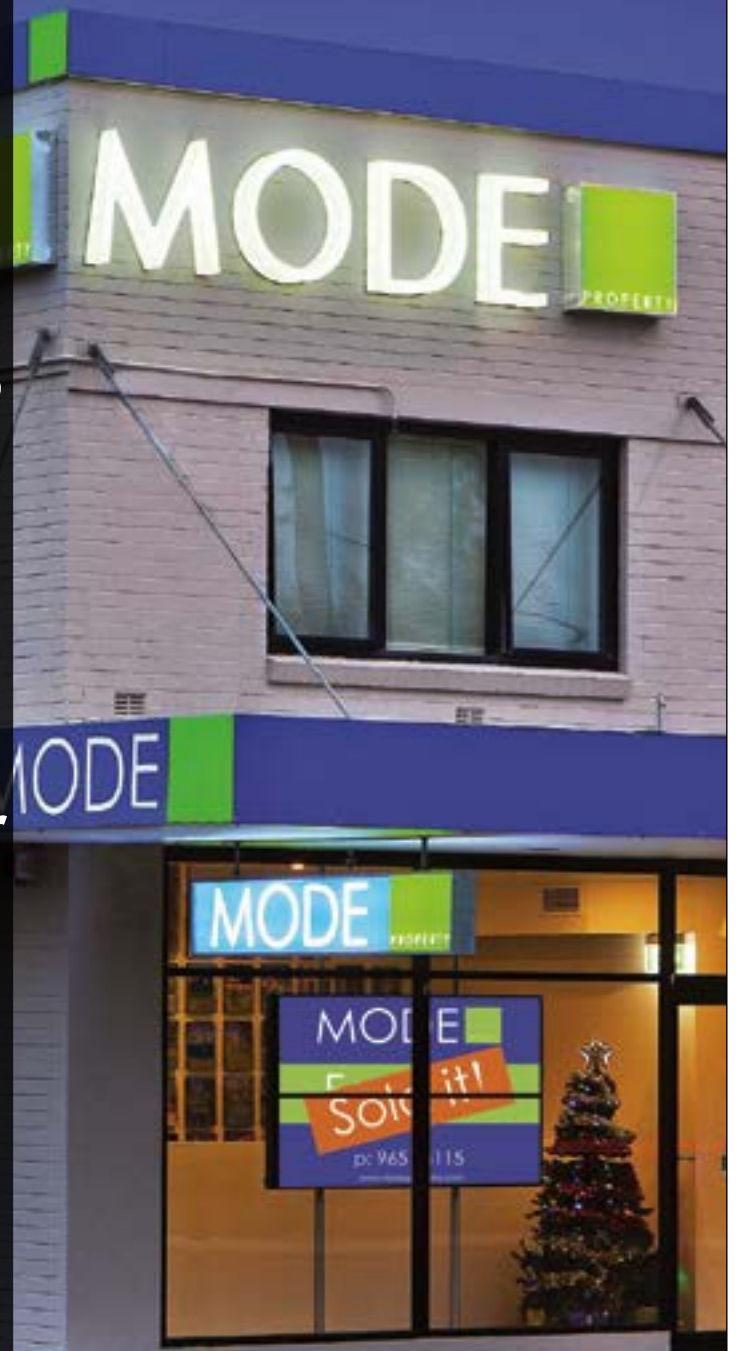


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## Warrah's Inaugural Community Open Day - Saturday 13th September

On **Saturday 13th September** from 10am-3pm Warrah in Dural is opening the doors for its first Community Open Day. Everyone is invited to come and see what makes Warrah so unique. With so much on offer throughout the whole day, for both adults and kids we'll give you a run down so you don't miss out!

Warrah Farm tours at 10:30am and 2pm; where visitors will be guided by our Farmer, Rob, to see how Sydney's ONLY certified biodynamic farm operates and search for eggs freshly laid by Warrah's organic free-range chickens, a task usually off limits to visitors. There will also be spring planting of potatoes 2:30pm in the afternoon, with both adults & children welcome to participate.



Courtesy of Good Organic Gardening

Warrah Special School will host a talk & tour at 11:30am. Families will get the chance to speak directly to the principal AND teachers as well as see and learn first-hand about Warrah's unique approach to education for children with disabilities.

Visitors will be treated to music performances from 1pm, with the Jacaranda Bush Band kicking off the Bush Dance commencing at 1:30pm to celebrate Spring Festival!



Courtesy of Good Organic Gardening

In between times there will be plenty to do. Boutique

market stalls running all day featuring homewares, gifts, jewellery, children's fashion, organic & homemade skincare products, art, specialty food and drink plus our own biodynamic produce.

Activities for the kids include a jumping castle, face painting, art & craft activities as well prize giveaways throughout the day. There is plenty of fun for the whole family.

A key goal of the Community Open Day is to engage with more people in our local community. "Warrah has been here in Dural since the late 60's but many people do not know we are here, and once they do know about us, say that we are the best kept secret. We want to share that secret and give people the opportunity to visit" says CEO, Georgina Michaelis.

Warrah is a Rudolf Steiner organisation providing services to adults and children with disabilities with our main campus in Dural set on 30 acres, an environmental haven. Our services include residential and day services for people with intellectual and other disabilities, and Warrah Special School, for children ages 5-18. Warrah's main campus includes a biodynamic farm. Individuals with & without disabilities learn about biodynamic farming through visits, courses and volunteering.

Warrah's Community Open Day is on at 20 Harris Road Dural on **Saturday 13th September** from 10am-3pm.

For more information visit [www.warrah.org](http://www.warrah.org) or contact Christine on 9651 2411 or [cchiarella@warrah.org](mailto:cchiarella@warrah.org)

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## Fagan Park, Galston. Sunday 28 September 2014.

### Rural Museums and Netherby Homestead Open Day.

On **Sunday 28 September** at Fagan Park, Galston the Heritage Area of Netherby Homestead and Rural Museums in Fagan Park will be open between 10am and 4pm.

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



A parade around the park of the trucks and tractors will start at midday.

The blacksmith will be working throughout the day.

Explore Netherby Cottage and the magnificent gardens. There is always

something new and a lot to see and do for the whole family.

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

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

Entry to the Park and Museum Area is free.

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

Contact Ian Browning

**M:** 0419 435 475 | **E:** isandian@tpg.com.au

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## Arcadian Artists Inc.

The Galston District Community Bank Branch of the Bendigo Bank has once again endorsed its support of the community's artistic talents with its generous donation to the Arcadian Artists Art Trail and Exhibition.

This is the Arcadian Artists' 24<sup>th</sup> year and as always the trail will be open over both days of the second weekend of November - 8/9th November.

The Arcadian Artists art trail is not only a wonderful showcase of the local area's artistic talent, but an important community event. The hundreds of visitors who attend the exhibition every year is testament to the fact that this is really a most enjoyable cultural event in our community. As visitors come from all over the country to follow this wonderful art trail linked by a leisurely drive, we can showcase our beautiful area as well as our talented artisans.

What started out as a small group of local artists opening their studios to the local community has expanded to include a vast array of talented artists now taking part in the exhibition. This year we will have about 50 artists exhibiting at 8 venues in the Dural, Galston and Arcadia areas.

The array of artworks is bound to be eclectic with artists ranging from sculptors to jewellers, screen printers to potters, painters to woodworkers.

Part of the Arcadian Artists' charter is to support and inspire local artistic potential and to this end, a grant to a local young artist is made every year through Galston High School.

An information centre will be set up over the weekend of November 8<sup>th</sup> and 9<sup>th</sup> outside our sponsor, the Bendigo Bank of Galston where visitors can pick up maps and artists' profiles.

*Arcadian Artists*

## New Jazz Event Wisemans Ferry

Event: COME FOR LUNCH, STAY FOR THE JAZZ  
featuring Peter Locke - Nat King Cole Trio

Date: **Sunday 21 September 2014**

Where: Riverbend Restaurant, 5564 Old Northern Road,  
Wisemans Ferry NSW 2775

Cost: \$49 per person includes two course lunch plus 3 hours of Jazz

### COME FOR LUNCH, STAY FOR THE JAZZ

For just \$49 per person, enjoy a delightful two course lunch and 3 hours of quality jazz from the Peter Locke Trio during our September Jazz@The Retreat event at the Riverbend Restaurant, The Australis Retreat at Wisemans.

Peter Locke grew up listening to early swing recordings, and by the time he was ten he fell in love with Bunny Berigan's trumpet. He grew up to become a piano player, and there are few musicians today who can move so seamlessly from interpretations of the works of Bix Beiderbecke and Duke Ellington to Be-Bop and beyond.

The trio of Peter Locke, John Blenkhorn & Alex Boneham will pay tribute to Nat King Cole on his 92<sup>nd</sup> birthday with an afternoon of his songs from the 40s and 50s.

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





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## Glenorie Rural Fire Brigade News

By Elizabeth Whiteman

### RFS Blessing Service

Members from Middle Dural and Glenorie brigades joined with Galston, Arcadia and Hornsby Support at Galston Uniting Church on Sunday 10 August, for the annual Blessing Service. Steve Mansfield from Galston brigade gave a great summary of "why we do what we do" and the Hornsby District RFS Chaplain, Christopher Pears, shared an encouraging word. Thank you to the congregations of Galston Uniting and Hills Life Church for hosting the event and putting on a great feed for us all.

### Prescribed Fuel Management Burns (Controlled Bush



Member representatives of the local brigades at Galston Uniting Church.

### Fire Hazard Reduction)

What is a prescribed fuel management burn?

A prescribed burn is a low to medium intensity burn aimed to provide reduced fuels across an area to slow the spread of a larger wildfire. The burn should provide strategic advantage to nearby properties and other assets for a few years if done well and to a prescription.

Glenorie, Hillside and Middle Dural brigades continue to complete as many of these planned burns as weather and resourcing allow. The mid August rain gave brigades a weekend off burning, however if weather permits more burns will be completed before this goes to print.

**Reminder:** Burns are good *but* the best form of defence is still a well maintained and prepared property.

### Training

Congratulations to our 3 latest trainees, Chloe Paton, Hamish Tait and James Carpenter who have now completed their Bush Fire training. Also, congratulations to Craig Whiteman for completing his Advanced Fire Firefighter and to our Captain, Matt Lloyd, for completing his Prescribed Burn Supervisor. In addition to formal training the brigade is involved in regular training keeping skills honed and ready for the fire season.

We also encourage inter-brigade training and skills sharing. Our Training Officer, Adam Davenport organised members of our brigade to go to Glenhaven station to do specialist Breathing Apparatus support training.

### Pumps and Pumping at Glenorie School Fair

If you have a large accessible water storage source on your property, a **fire pump** is a very desirable piece of fire protection equipment. Glenorie brigade will be conducting pumps demonstrations at the Glenorie School Fair on **Sunday 14 September**. At 10am 11.30am and 1.30pm, members will be on hand to answer any questions you may have and to assist you in this or any other area of fire preparation and protection.

**For more information** about joining the brigade and other fire related information please don't hesitate to call the station 9652 2017, leave a message and someone will get back to you. Visit the brigade stand at the Glenorie Growers Market, 4<sup>th</sup> 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](http://www.rfs.nsw.gov.au).



## Compass Travel & Cruising in Galston Village is "All At Sea"

September 1<sup>st</sup> to 8<sup>th</sup> is National Cruise Week, with over 30 Cruise Lines all committed to bringing the best possible value and spectacular savings from South Pacific Ocean Cruising, to European River Cruising - this one great week, will bring you some of the best deals available for 2015. By booking a cruise during National Cruise week, Australian Travellers will have the opportunity to share in prizes worth over \$100,000.

Compass Travel & Cruising are joining in the celebration, with great savings to be had, and fantastic offers to their clients booking during this week with even further savings, extra on board credit, reduced deposits on selected cruise lines, and some super special air, land, and cruise packages.

Compass Travel & Cruising has been in Galston Village for 29 years, Lynn holds a Master Cruise Consultant Accreditation, with Cruising being a particular focus and passion with all of the Team. CLIA (Cruise Lines International Association Australasia) grants this accreditation and is the world's largest cruise association and is dedicated to the promotion and growth of the cruise industry worldwide. Cruising is the fastest growing sector of the Travel Industry today, with Australia being the 5<sup>th</sup> largest cruise market in the world, statistics state that 21.7 million people are expected to take a cruise during 2014. Cruising is fashionable, there is something for everyone, families, couples, retirees, those seeking Adventure or Expedition, to the Ultimate Luxury - At Compass Travel & Cruising we strive to find the Right Brand for the Right Guest at the Right Price, and the best value. Visit our office during Cruise Week, experience the friendly service and expert knowledge. For our client's convenience, we will be open extended hours on Saturday 6<sup>th</sup> September to celebrate this year's CLIA National Cruise Week 2014 with everything at sea.



### Dural & District Prostate Cancer Support Group

## Health Matters - Prostate Cancer Awareness

On Friday August 22<sup>nd</sup>, over 100 men and their partners attended an outstanding presentation by Associate Professor Phillip Stricker on the latest developments in the treatment of prostate cancer.

Associate Professor Stricker is a pioneer of robotic surgery & other innovative procedures for Prostate Cancer. He is Chairman of the Dept. of Urology at St. Vincent's Private Hospital and Director of St. Vincent's Prostate Cancer Centre.

The interesting and thought provoking presentation was sponsored by the Dural & District Prostate Cancer Support Group and it was held in the Bluegum community centre at ARV Glenhaven Green, Old Northern Road, Glenhaven.

Over the years, Professor Stricker has commented favourably on the high value of support groups and what they offer to the community at large.

Dural & District Prostate Cancer Support Group is affiliated with the Prostate Cancer Foundation of Australia and meets at 7pm on the third Monday of each month at Dural Country Club. Membership is free and we welcome any men and their partners who wish to come along and develop a broader understanding of the disease or share their experience with like-minded group members.

For further information:  
Col Norris  
M: 0428 789 663



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## Cancer the Dragon and You



Brother Ian recently had a skin melanoma removed and was worried if it might spread in the future and asked for advice. When he expressed his concerns to my sister Lorraine her reaction was "Well you have to die of something some time!" My reaction was "If it spreads we have some great new cancer treatments becoming available". The reaction of other people might be to offer sympathy or change the subject. As individuals we all react to the news of Cancer very differently.

When we search for and develop new treatments for cancer I am reminded that people can be classified into three broad groups .....*Those who make it happen, ...Those who watch it happen ... and ... Those who say "what happened ??"*

Recently a number of people have commented that we are becoming a less caring society with increasing demands that our elected government should solve all our problems.

Has the pioneering spirit gone? In the past we assumed more individual responsibility and offered a hand to our less fortunate.

As a former long time blood donor I was reminded by a recent news item that the number of blood donors is in decline even as the blood required for cancer patients increases.

There a many ways we might all help in the fight against cancer.



*If it is to be it is up to me .*

Every little helps, become a doer and not a watcher.

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

## The Hills District VIEW Club

The Hills District VIEW Club will be holding a get together with "High Tea" at Bivianos on **Tuesday 9<sup>th</sup> September 2014** - Cost \$36

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

The Hills District VIEW Club will hold its monthly meeting on **Tuesday 23<sup>rd</sup> September** at the Galston Club - 11am for a 11.30 start - Cost \$22

The speaker will be Linda Brown from TJ Andrews who will speak on The Unknown Soldier returned to Australia.

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



## Our oldest Member, Nancy Smith, 102.

Nancy Smith has been a member of our Society for many years, and now she is a resident of Mark Donaldson V.C. House, within the Rowland Village.

Val Newin, who also lives at Mark Donaldson V.C. House, has written up the story of Nancy's life in the Village Newsletter, so we asked her permission to re tell it here.

"We are very proud of Nancy, our centenarian, who was born in Mosman on 10<sup>th</sup> March, 1912, and is such a sweet, gentle lady.

Nancy was born into good circumstances, her father being the Managing Director of Cumberland Paper Mills. Nancy and her two sisters were sent to "Wenona" private school in North Sydney as boarders, but they had to leave when the Great Depression came and circumstances changed.

Nancy told me her mother had the desire and ability to become a doctor, but her father wouldn't have any of it. When her mother was 21 she announced she intended to study nursing at Sydney hospital and her father did give her some support. Her mother's training enabled her to establish a private hospital at Pennant Hills, with the help of two doctors. *(The building is still in use as a private residence, on the corner of Beecroft and Pennant Hills Rd, opposite Observatory Park)*

Nancy had to leave school in only her second year at high

school and so then she helped her mother in the hospital. She can remember standing on a box and holding a 100 watt globe over a patient for a doctor to operate.

Nancy's aunt had a dairy farm at Dapto, down the South Coast and needed help, so Nancy offered to go. There she met her husband, Len, and they eventually had their own dairy farm at Dapto. It was hard and constant work, particularly when the War came, and with very little labour available, because all the young men went off to enlist in the Services.



Nancy and Len had 4 children, 3 boys and 1 girl. When they decided to retire all the children were married, so they made their home at Wolli, on the coast near Grafton, and later on at Bateau Bay. When Len passed away Nancy came down to Sydney and chose

a unit at The Court at Rowland Village, where she lived for many years before coming to Mark Donaldson V.C. House."

Nancy's memory is still very sharp and we had a happy time remembering old times with the help of a marvellous album of photos that her daughter, Rona, has put together. It was a delight to visit her.

At Our next meeting on Saturday, September 13th at 2 pm the guest speaker will be Mr. Paul Storm, who will talk about "Stories of Annie Henning- Family History & the SS. Great Britain 1853.

All Welcome

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(\*Aqua Pass only valid whilst gym membership is current.)

## 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 5<sup>th</sup> September, 2014. Meeting commences at the new time of 10.30 am. The guest speaker will be Amber Muir from North Connex.

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

## Learn How to Teach Learners

Parents and carers can learn how to teach safe skills to learner drivers with Hornsby Shire Council's free workshop.

The workshop will offer practical advice to help you teach learner drivers to become safe and confident on the road.

**WHEN: Tuesday 9 September, 6.30pm-8.30pm**

**WHERE:** Hornsby Shire Council Chambers building

**COST:** Free

**BOOKINGS ESSENTIAL:** Call 9847 6856 to book

## Composting and Worm Farm Workshop

Learn how to recycle your kitchen waste and improve your garden at our free compost and worm farming workshop.

Participants will be taught how to compost to improve garden soil quality, save space in bins and reduce household costs.

The workshop, led by Council's waste education team, will also teach you how to set up a worm farm.

**WHEN: Wednesday 3 September, 9am-12.30pm**

**WHERE:** Wallarobba Garden, 25 Edgeworth David Avenue, Hornsby

**COST:** Free

**BOOKINGS ESSENTIAL:** Book online at [hornsby.nsw.gov.au/whatson](http://hornsby.nsw.gov.au/whatson) or call 9847 4856

## Experience Our Bushcare Program

Hornsby Shire Council runs one of the biggest, most successful Bushcare programs in the state and now the community has the chance to experience it for a day.

Bushcare's Major Day Out will be held on Saturday 6 September, with participants able to meet volunteers and get a taste of the work they do to preserve Hornsby Shire's beautiful bushland.

Activities on the day include weed blitzing in the morning, a site tour of the Bambara Bushcare sites and native plant identification.

There will also be a morning tea and sausage sizzle lunch, making it a great day out for families to have fun and contribute to the local environment.

For more information, visit [hornsby.nsw.gov.au/majordayout](http://hornsby.nsw.gov.au/majordayout)

**WHEN: Saturday 6 September, 8.30am onwards**

**WHERE:** Roselea Scout Hall, Plympton Road, Beecroft

**COST:** Free

**BOOKINGS:** Sign up by emailing [bushcare@hornsby.nsw.gov.au](mailto:bushcare@hornsby.nsw.gov.au)



## Spring Promises

By Mary at Heritage Haven

Myrtle waits at the gate, her damp, black nose quivering with anticipation. I am wearing my garden shoes ... ones that smell of dirt and the great outdoors. I pat my leg and

Myrtle bounds through the open gateway, heading for the herb garden, where there is the joyful sound of birds and rustles of life in the undergrowth.

Leafy scents of lavender, artemesia and rosemary are significant in the winter garden. Rosemary plants have retained their flowers and it is delightful to savour the flavor of a delicate blossom or two in passing ; they are reputed to improve memory ... an option never to be passed by. Calendulas are massed alongside the verandah, turning to follow the sun and also welcoming the return of the blue wrens for spring nesting.

A viburnum burkwoodii stands leafless, on the cusp of bursting into bud, near the front verandah. Will the English blackbirds return to build another nest within its twiggy wilderness this year? Nearby, autumn's compost heap lies secreted beneath a sparkling blanket of furred borage leaves; a seedy present deposited by passing birds last summer. How exciting to discover this grey-leafed mound sparkling beneath the morning's dew. In a few weeks it will erupt to reveal a plethora of blue, or, perhaps white, starry borage flowers ... much loved by visiting bees and birds.

Clumps of creamy freesias and self-pollinating sweet violets have emerged in crevices near the archway. I should remove the plethora of weeds and frost-bitten, tangled remnants of winter, but instead, I gather Spring between my fingers by plucking several small, sweet violets (*V. odorata*) loosely encircling them with a ring of heart-shaped leaves and binding them with a weedy wisp of grass. I love the scent and taste of violets. Blossoms and also leaves contain vitamin A and are very high in vitamin C ... much higher than any other green vegetable used in my kitchen. Perhaps this is the year that I will plant a skirt of violets at the base of the archway of lemon backhousia roses. Violets grow well in sun or shade, and have been my favourite flower for as long as I can remember. Perhaps this will be the year to celebrate Spring with the French custom of candied violets.

## Solar Panels for Hornsby and Epping Libraries

Hornsby Shire Council will install solar panels at Hornsby and Epping libraries, using a \$250,000 grant from the NSW Government.

"This is a significant step forward that limits Council's impact on the environment and reduces the cost to ratepayers of providing these services," Hornsby Shire Mayor Steve Russell said.

"These are our biggest libraries, operating every day of the week, and it will make a big difference if they are less reliant on power from the grid."

The grant was provided under the NSW Government's Waste and Sustainability Improvement Program.

A 79.75kW photovoltaic system will be installed at Hornsby Library, where there are already some solar panels in place, while a 20 kW photovoltaic system will be installed at Epping Library.

The panels are expected to save almost \$30,000 each year on Council's electricity bill.

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

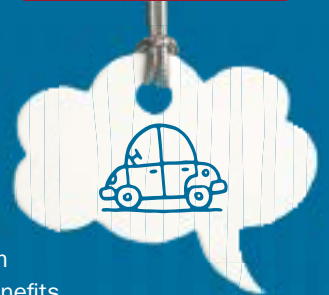
The 'I Want' Personal Loan from Bendigo Bank is loaded with benefits and tailored to suit your needs.

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



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## Mobility Scooter Tips

A mobility scooter user is deemed to be a pedestrian under the NSW Road Rules. Most mobility scooters are safe if used appropriately. A very recent survey jointly conducted by ACCC, NRMA, Choice, EnableNSW and others found that about 95% of trips on a mobility scooter involve no injury or damage of any kind. This might be a comforting discovery for many of us who either postpone or avoid the use of a scooter for the fear of potential accident or injury. It is further reassuring to learn from the same survey that 93% of the users have chosen to use a mobility scooter for better ability to maintain independence. So if you value your independence and are able to use a scooter, do not put off that decision. Comfort Discovered, 511 Pacific Highway, Mt Colah (Ph 9987 4500) has a special promotion on mobility scooters. They have a range of scooters to suit every need in their new and spacious show room which is now open 7 days.

It is important that you buy the scooter from someone who has the experience and knowledge. In the "Guide to using Motorised wheel chair" RTA provides several safety tips.

- Take extra care when leaving the kerb to cross the road.
- Attach a safety flag and at night use light and reflectors to improve the visibility.
- Avoid highways, major roads and other areas used by heavy vehicles. Always be prepared to stop.
- Like every thing else in life, use a lot of common sense and prepare in advance for your trip. If you are in doubt about a route, do not forget to contact the local council's Access Committee. They may be able to provide information to plan a safer trip.

In the meantime if you think you want to test drive a scooter and see what difference does it make for you, before you even consider owning one, please do not hesitate to contact the friendly team at Comfort Discovered, Mt Colah.



## Dharug & Lower Hawkesbury Historical Society - September Meeting

### The Vikings are coming!

The Huscarls are a Living History group who re-enact the life and times of western Europe from the late Dark Ages (also known as the Viking Age, or Early Medieval), approximately 800AD to 1070AD.

They aim to faithfully and accurately recreate life from a thousand years ago in what is now Scandinavia, Britain, France, Germany, the Czech Republic and Baltic region. Through extensive and ongoing research, the Huscarls are about a hands-on approach to learning about a vanished age, demystifying the period and bringing light to the Dark Ages.

Come and learn more about this time in history when some of the local Huscarls visit us to share their insights about this fascinating era.

The Huscarls are a member group of the Australian Living History Federation.

**When:** Saturday 27 September at 12 midday to be followed by lunch.

**Where:** Lower Hawkesbury Wesleyan Chapel, 6445 Wisemans Ferry Road, Gunderman.

**RSVP:** Essential to 0404 272 969 or enquiries@dlhhs.org.au by 24 September.

**Cost:** \$15 members/\$20 non-members

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## “Information Sign”

While driving back home on Wednesday the 6<sup>th</sup> I noticed the illuminated sign on Arcadia Road near the local school flashing a message. The thing that came to my attention that it was stating that Bay road was closed from 10 till 3. My thoughts were straight away thinking, is it closed now, so just watch out ahead while driving home to our home on Bay Road.

Well I made it home without any concern. Then I received a phone call by someone who had seen the sign and asked if I knew what was happening on Bay Road for the closure. I was also asked if I could find out what was to be happening as it was next Tuesday the 12<sup>th</sup> of August. I rang the RMS to find out if they knew why the road was to be closed and they said that Bay Road was the responsibility of Hornsby Shire Council. My next phone call was to Council and after some checking with Councils officers the statement was that they were not aware of any closure along Bay Road.

Thinking about the local area had me thinking of the Berowra Waters Ferry, the ferry has its normal maintenance done on the 2<sup>nd</sup> Tuesday of the month 10-2. Who knows? Is the sign worded wrongly and causing confusion? Another local suggested that the sign may have been tampered with by some idiot to confuse everyone? Who controls what the sign states?

Well the time has come and the sign has changed to state “Ferry Closed till 2.30”. I drove down to the ferry to find out what was happening and there is a section of road closed for 150 metres from the ferry to the restaurant for the installation of a new power pole. So much for telling people that Bay Road was closed, how many may have cancelled their fishing day out because of poor information by the sign?

*Norm Sumner*



## Plans Announced for New Hornsby Footbridge

The deteriorated footbridge at Hornsby Station will soon be replaced, with the New South Wales Government announcing today they will help Hornsby Shire Council construct the new bridge.



The project is now fully funded, with the Government promising to give Council up to two thirds of the estimated \$7 million the project will cost.

“This is a huge win for the local community and we’re very grateful to the Government for the assistance they have provided,” Hornsby Shire Mayor Steve Russell said.

“We’re particularly grateful to Hornsby MP Matt Kean, who has been a strong advocate for the new bridge.

“This bridge does not simply provide access to Hornsby Station, it connects the two sides of Hornsby and is used by around 15,000 people every day.

“Whenever we consult with the community, a new footbridge appears at the top of the list of priorities and we’re thrilled that it is now moving forward.”

The new bridge will be significantly wider and will include two lifts to provide access for those with mobility issues.

The project will also include significant improvements to the Florence Street Mall.

Construction is expected to begin in the middle of next year and take around 12 months.

Throughout construction the existing bridge will remain open, providing ongoing access to pedestrians.

“The Mayor and I worked closely together to deliver this much-needed outcome for our community,” Mr Kean said.

“The new bridge will vastly improve transport access and also improve the amenity of our area.”

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# WHAT'S ON

DON'T MISS A THING



**FRIDAY & SATURDAY**  
**RAFFLES**  
FRIDAY NIGHT  
**MONSTER RAFFLES**

**GLENORIE GROWERS' MARKET**  
**28<sup>TH</sup> SEPT**  
8:00am to 1:00pm  
Glenorie RSL



**BADGE DRAW!**  
**WEDNESDAY AND SATURDAY**  
win up to  
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\$20 Club Cash given to number  
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**GOLF CLUB RAFFLE**  
**WEDNESDAY NIGHTS**





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3 Post Office Rd Glenorie, (behind Woolworths), 9652 1183, [www.glenoriesl.com.au](http://www.glenoriesl.com.au)

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14 MARRA AVE., CANOELANDS

**SOLD**



11 TECOMA DR, GLENORIE

**SOLD**

## A few words from Karen Allmark.....

Welcome to Spring! Over the next few weeks we'll see daylight hours get longer and on Oct 5<sup>th</sup> daylight savings kicks in – This is significant as it means buyers can get home from work and still have 'daylight' time to view property, which in turn means more opportunity for agents to conduct more viewings. Of course, Spring is also the time of years that gardens begin to flourish, and lots of homeowners decide to list / sell. We're expecting Springtime this year to be a very strong season for vendors. The market continues to run hot, with buyers committing early and vendors achieving some great results. I thought it would be useful to give you a quick overview of buyer demand for various property types and price points. Here's what we're seeing:-

Residential Land	Vacant Acres	Residential Homes
There is HUGE interest for residential land at the moment. Why? Stock levels are virtually nil and many buyers looking for residential homes are finding it tough to compete with rising home prices. Many first home buyers are hoping to buy land and build a new home – often this will allow them to 'stay on-budget' and end up with a brand new home on a smaller block.	Demand for vacant acres is also very strong. We have a number of market gardeners on our wait lists looking for land that's suitable for their ventures. Access to town water or a good supply of in-ground water (bore or dam) is highly desirable for these buyers. We also have a wait list of buyers that have a particular home design in mind and they're looking for a pretty block to build on.	This is a fantastic time to be selling - The residential market is flying! Again we have buyers calling us on a weekly basis – "is anything coming up soon" and when a new property hits the market we're seeing strong competition. This is the strongest demand we've seen in our 9 years of operation and local residents have achieved fantastic results in both Galston and Glenorie.
Entry level acres (\$1M - \$1.2M)	Mid priced Acres (\$1.2M - \$1.6M)	Prestige Homes/Acres (\$1.6M+)
Entry level acres are always popular, but especially now – Many urban suburbs such as Castle Hill, Kellyville, Cherrybrook etc. have witnessed huge growth over the past year or so. The \$ gap between residential and acreage property has narrowed, and now we're hearing that many residential sellers finally have the opportunity to move onto acres. Older homes on acres are an obvious target as buyers can renovate and add value to their homes over time.	Properties in the \$1.2M - \$1.6M range are also proving very popular. There are plenty of buyers cashed up and ready to pounce when they find 'the right property'. Vendors in this price range can expect much shorter time on market than has been the case over the past few years, and again, fantastic results are being achieved!	After many years of low demand, we're finally seeing the high end properties being snapped up. Astute buyers sense that 'now's the time to strike' and are committing much earlier for prestige homes.

As well as the above market segments, we've also had several meetings with homeowners that are interested in cluster subdivision, and want to get a better understanding of what cluster subdivision means to them. If you're considering cluster subdivision and would like to talk through the options – We'd love to speak with you! We have practical knowledge of what's involved in the DA process and can talk you through various options for maximizing the value of your asset!

And finally, **A TIP FOR HOME BUYERS!** If you're a ready-to-go buyer and you're watching the websites on a daily basis you're probably not doing enough! In today's market you need to be registering your interests with your local agent(s) – Properties coming onto the market can be snapped up before even hitting the web – so let us know what you're looking for and we'll give you early notice of properties coming up that may suit you!

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

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

**If you're planning a renovation, then we're happy to give advice on areas to focus on to maximise buyer appeal, and minimize cost!**

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# Feature Properties

Recent sales...Recent sales...Recent sales...Recent sales...Recent sales...



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7 CALDERWOOD RD, GALSTON

**SOLD**

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SOLD Sign  
on  
Your Home .....**

**Call Karen Allmark  
TODAY!**



6-8 BLOODWOOD RD, FIDDLTOWN

GORGEOUS HOME, GORGEOUS ACRES!

Possessing a wonderful ambience both inside and outside, this pretty single level home boasts:

Large open plan timber kitchen • Light-filled family meals room with French doors • Formal lounge with full working fire and gorgeous floor to ceiling windows showcasing picturesque views • Formal dining room • Four double size bedrooms • Walkway to spacious three car garage with workshop area/office • Large shed + undercover entertaining area at poolside.

The grounds are simply stunning! 5 acres, level land – almost all arable. If you are searching for a quality setting with a stylish home - this is a Must See!



12 GALLAGHERS RD, SOUTH MAROOTA

STUNNING HORSE PROPERTY!

Prepare to be wooed by this stunning 13 acre property. On offer:-

Luxuriously appointed designer Fairlight home • 4 King size beds and 3 bathrooms • Quality formal and informal living areas • Large fully fenced horse paddocks • Olympic size dressage arena with concrete curved edging • Jumps paddocks • Huge color-bond shed • Bore water and 2 large dams • Property irrigated throughout • Double road frontage.

This property is simply amazing, with no expense spared to deliver a truly special rural estate of distinction and class!



1 BLACK BITTERN WAY, CATTAI

BEAUTIFUL CONTEMPORARY HOME!

This bright and modern home is a treat for those yearning for spacious living. The home offers:-

Large formal lounge with stunning balcony for alfresco dining • Spacious open plan meals area and dining room • Modern Chef's kitchen • Lower level with 4 king size bedrooms • Pretty gardens with charming patio area • Other features include ducted air, solar panels, alarm and double garage.

Situated in the Riverside Oaks complex – this is the perfect 'get away'!

Over the past few months or so you'll have heard, on an almost daily basis, how strong the real estate market is. As you drive to schools, shops and work, you'll pass more "Sold" signs than "For Sale", and most residents understand that we've moved from a fairly stagnant market to a very active one. However, most residents are not really sure *what impact this activity actually has on them, and how it affects the price of their home.*

Many people are curious to know what their property is worth in today's market but feel a bit awkward about contacting an agent if they have no plans to sell or are perhaps worried that there is a cost involved.

I'm inviting local homeowners to make contact with us! We meet with many local residents on a weekly basis. Of course, lots of these meetings are with residents that are thinking of selling soon, but we also meet with a large number of people that have no immediate plans to sell – for example:-

1. "I'm thinking of refinancing, and would like to get a feel for the value of my home"
2. "I'm planning a renovation and would like to get your opinion on where best to spend dollars"
3. "We're getting a bit older now and the property maintenance takes so much of our time. I love the area, but think, in the next couple of years I'd like to downsize – can we have a chat to see how we might actually make this a reality?"

I'd like to reassure you that there's no cost involved, and helping people make sense of the market and property decisions is part of our job!

So, whether you're thinking of selling, or not – if you have any questions that relate to your property or the local market – give me a call. I'd love to hear from you!

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

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

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## Time for a spring clean?



## Fergies Tree Works

Spring is a great time to give your trees a clean up or if needed remove them to reduce danger and tidy up your property. Fergies Tree Works has over 12 years experience in pruning, removals and stump grinding. We respect your property and always clean up after ourselves.

Give Glen or Ange a call to arrange a free quote –

**0414 428 707 or 0425 312 493**

### Be Prepared for the Allergy Season

## Hay Fever

Hay fever, or allergic rhinitis, is usually caused by inhaling Pollens that are present in the air during certain times of the year.

However, some people have symptoms of allergic Rhinitis all year round, caused by inhaling allergens such as animal dander, mould spores and house dust mites.

#### Signs & Symptoms

Symptoms of hay fever/ allergic rhinitis include:

- Sneezing
- Running Nose
- Nasal congestion (blocked or stuffy nose)
- Puffy, itchy, watery & red eyes
- Itchy nose, ears, mouth & throat
- Postnasal drip (mucous in throat), causing a cough
- Decreased sense of smell & taste
- Feeling tired, run-down, irritable
- Dark circles & bags under eyes



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## Warning Bells

### 10 signs a senior needs help

**1. Unpaid bills piling up** - Seniors can feel overwhelmed by the simple task of opening and responding to daily mail, particularly if their eye sight is deteriorating or if this was once the responsibility of a now deceased spouse. This can result in overdue bills, bounced cheques and potential utility disconnection due to lack of payment and other creditor issues.

**2. Reluctance to leave the house** - Rather than ask for help, seniors who are having trouble, e.g. walking, remembering directions, seeing or hearing, will slowly pull away from their community and friends and isolate themselves. If left unresolved, this isolation can lead to loneliness and depression, as well as malnutrition and other health issues.

**3. Losing interest in preparing or eating meals** - Seniors who suddenly find themselves alone, who have become lonely over time or are easily overwhelmed by cooking, tend not to eat properly. Signs that poor eating habits are forming include: improper selection of food in the house (not well-balanced), expired or rotten food in the refrigerator or signs of excessive weight loss (clothes much looser). An ageing person may eat enough calories to get by, but may suffer nutritionally, including increased cholesterol and low vitamin intake.

**4. Declining personal hygiene** - Changes in appearance are the most obvious sign that some assistance is needed. These signs can range from unkempt hair and body odour, to unshaven faces, wearing clothes that are dirty, unchanged for days or inappropriate for the weather. These changes may occur because doing the laundry or getting in and out of the shower has become too physically challenging. Many who live alone also fear slipping and falling in a shower or bath with no one to help him or her get up.

**5. Declining driving skills** - Look for evidence of parking or speeding tickets, dents and scratches on the senior's car - these may be signs of deteriorating driving skills. Decreased ability to see, poor sense of direction, inability to merge in traffic, driving way under the speed limit and very slow reaction times may indicate help is needed.

**6. Signs of burnt pots and pans** - This may be a sign of short-term memory loss or even the onset of Alzheimer's disease, as pots used in cooking are forgotten on the stove and burn. Besides the danger of falls, fire is probably one of the greatest safety concerns families of older relatives face.

**7. Symptoms of depression** - Depression causes marked changes in behaviour and one's daily routine over time. Many seniors feel isolated, or like prisoners in their own home, particularly if a health condition or the deaths of friends or family members keeps them from going to the places they once enjoyed. Feelings of hopelessness or despair, increased listlessness, and not wanting to get dressed can call be indications of a problem. Other signs include decreased visits with family members and friends, change in sleeping patterns (sleeping for long periods or not sleeping at all) and lack of interest in usual hobbies and activities.

**8. Missed doctors' appointments and social engagements** - While this can be a symptom of increased forgetfulness, it is often simply a result of not having transportation and not knowing how to access transportation options on their own.

**9. Untidy house** - Changes in housekeeping may occur simply because it is too difficult or tiring. This is especially troubling if a parent used to keep the house neat and orderly or if a now-deceased spouse was responsible for these duties. From dirty laundry to dirty dishes, these everyday tasks

*continued on next page* ►





On **Sunday 14 September 2014** I am holding a 'Crackin' Cancer Ute & Car Picnic at 5 Towner Road, Galston (off Crosslands) to raise the much needed funds for the Charlie Teo Cure Brain Cancer Foundation. Anything on wheels is welcome!! There will be Leigh Warren the country singer for entertainment, a jumping castle for the under 15's, coffee van, BBQ, hot dogs and a raffle. If you have anything you would like to donate for the raffle, it would be much appreciated. All proceeds from the 'Picnic' will go to the Foundation. 10.30 am – 3.00 pm. \$15.00 per vehicle as a donation. So if you have nothing scheduled on that day, please turn up for a bit of entertainment and a great picnic. Bring your blanket, bring your chair.... and bring your smiles.

For enquiries or to book your vehicle spot, please contact Lynne Livingstone 0418 412 859, [lynnie.16@hotmail.com](mailto:lynnie.16@hotmail.com) .

**Warning Bells ....continued**

become too much to handle on their own.

**10. Losing track of medications** - Missed doses and medication mistakes (overdosing and running out of pills before the next prescription can be refilled) can lead to serious medical complications. Some seniors take multiple prescriptions, which can be overwhelming without assistance and reminders.

Information supplied by -  
**Home Instead Senior Care**  
**phone: 9980 2226**



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**MENS FATHERS DAY STALL & TRIVIA**  
**Wednesday 3<sup>rd</sup> September**  
**10am-12pm**  
**In the small meeting room at Rowland Village**  
**Prizes to be won**  
**Come join us for some morning tea!**

**FREE HEARING CLINIC**  
**Tuesday 16<sup>th</sup> September**  
**10am-12pm**  
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or go to: [www.SydneyAntiqueMachineryClub.com](http://www.SydneyAntiqueMachineryClub.com)

## Galston Rural Fire Brigade News

### New “10/50 Code” takes effect...but what does it mean?

The *10/50 Vegetation Clearing Code of Practice for NSW* (10/50 Code) permits the owners of land within the “10/50 vegetation clearing entitlement area” to carry out the following vegetation clearing:

- the removal, destruction (by means other than fire) or pruning of any vegetation (including trees) within 10 metres; and
- the removal, destruction (by means other than fire) or pruning of any vegetation (except for trees) within 50 metres of an external wall of a building with habitable rooms that comprise or is part of residential accommodation (or a high risk facility).

The “10/50 vegetation clearing entitlement area” has been determined by the Commissioner of the NSW RFS. A map is available on the RFS website, best accessed via a desktop browser.



*Proud unveiling of Neil Maitland's memorial chair and post at Galston Community Centre.*

Some important points to note:

- Only the land owner can permit clearing. If you lease/rent the property, you **MUST** get permission from the owner before conducting any clearing.
- This code **does not** apply to outbuildings e.g. sheds, detached garages or non-habitable structures.
- This code **does not** apply to structures for which Development Consent has not been obtained.
- You cannot use fire to clear your vegetation, nor as a means to dispose of your cuttings/cleared waste.
- You cannot disturb the soil in the clearing process (no ploughing, grading or dozing).
- If your property is subject to protection from another planning instrument (e.g. Prescribed Stream, Aboriginal Heritage, etc) you cannot apply the 10/50 Code. If in doubt, check with the appropriate Authorities.

Tree removal is a specialist exercise. Please ensure that you utilise the services of a suitably qualified contractor for the safe removal of any trees.

This information is offered as a general summary. Before you undertake any vegetation clearing, please visit [www.rfs.nsw.gov.au](http://www.rfs.nsw.gov.au) to confirm that your property lies within the determined area. You should also download and read a full copy of the *10/50 Code of Practice* to ensure that you fully understand the definitions, guidelines and your obligations. Hard copies are available from the local NSW RFS District Office.

### Farewell Dear Friend

Two (2) years ago our brigade and community lost a dear friend. Neil Maitland joined Galston Rural Fire Brigade on 17 January 1991. He was very active in the brigade, becoming Deputy Captain in 1994. In 2006 he became Senior Deputy Captain and served in that position until 2012. Neil received his 10 and 20 year Long Service Awards and his 15 year National Medal for outstanding community service. Neil was a passionate driver of brigade training, fire mitigation and responsible form many building projects, including the addition of the station engine bays and the updating of our meeting/training facilities.

On the 19 July, the second anniversary of his passing, the Galston Community honoured Neil and his outstanding community involvement with the unveiling of his memorial chair and post at the Galston Community Centre Hall. This will serve as a fitting reminder of the extraordinary man that he was.



## Free Barbecue Trailer for your Next Community Event

Do you have a charity, community group or not-for-profit organisation that would benefit from a fundraising event?

Take advantage of Hornsby Shire Council's brand new resource – a specially created community trailer complete with audio-visual system and in-built barbecue.

The trailer is available free of charge to the local community. All you need is a vehicle that can tow 1400 kilograms and a \$200 security deposit that is fully refundable.

Looking for a venue? Council would be happy to reserve you a spot in Hornsby Mall, allowing you to take advantage of this vibrant public space that is filled with local shoppers.

Looking for further assistance? Two local businesses that have generously offered to help, Laing + Simmons Hornsby and Tender Value Meats.

Laing + Simmons Hornsby are offering each event 20 loaves of bread, one litre of tomato sauce and 200 napkins. They're also happy to let community groups use their marquee for the event and may even be able to lend you staff to help out.

Tender Value Meats will provide sausages and sliced onion at a reduced rate, as well as a free meat tray worth \$50 with every order of more than 200 sausages or \$30 with every order of less than 200 sausages.

Click here to book the trailer and take advantage of these generous offers: <http://bit.ly/freebarbecue>



Hornsby PCYC using the trailer in Hornsby Mall.

## Learn About Parkinson's Disease

To acknowledge Parkinson's Awareness Week, Hornsby Library will host a talk that discusses the insidious effect of the disease.

Toastmaster members Judy Recher and Gloria Carter, who are both Hornsby Shire residents, will each present their own experiences with Parkinson's Disease.

Gloria has an intimate knowledge of what it is like to live with Parkinson's, after her husband was diagnosed with the disease in 2004 and had a successful deep brain stimulation operation in 2011.

Her co-speaker Judy will give her personal viewpoint on some of the challenges she faces, having been diagnosed with Parkinson's in 2005.

**WHEN: Friday 5 September, 10.30am**

**WHERE:** Hornsby Library

**COST:** Free

**BOOKINGS ESSENTIAL:** Book online at [hornsby.nsw.gov.au/library](http://hornsby.nsw.gov.au/library) or at any Hornsby Shire Library branch



## PROPAGATION MANAGER

Arborglen Nursery is currently looking for an experienced Propagation Manager to consolidate and expand our current internal Propagation department.

You must have practical production nursery propagation experience and the ability to demonstrate 'hands on' efficient plant propagation methods, post propagation after care, maintenance and watering etc.

Your skill set must have a passion for plants and strong communication and planning skills to train and motivate your team to achieve optimum success rates to produce plants on schedule to meet production targets.

You will work closely with the Production Manager on all aspects of plant production and be part of the management team at Arborglen. You will oversee and participate in the day-to-day operations for their section, in line with our annual production targets.

Previous production of perennials is essential.

In order to be considered, you must have:

- A Certificate III in Horticulture or equivalent, with a minimum 5 years in the horticultural industry
- Experience meeting production targets
- Exceptional knowledge of a broad range of perennial species
- Solid background in staff management in a nursery environment
- Irrigation management experience
- Pest, disease and weed identification and application experience
- Excellent communication skills, the ability to work with and motivate diverse groups and engage with individuals at all levels within the company
- Highly motivated and proactive

**We employ many people from our local community, whether skilled in Horticulture or looking for a career change, we may have a position for you. If you are interested in working close to home in a fast paced team environment please send your enquiry to the address below.**

Please email your resume to [d.beveridge@flowerpower.com.au](mailto:d.beveridge@flowerpower.com.au)



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## Budgerigar Society of N.S.W. Inc. Hills Branch – R Galbraith.

The little Aussie bird continues to provide enjoyment to both the young and older persons within our community and Hills Branch without limiting its activities to the exhibition of the Budgerigar; provides assistance to various groups and individuals. The dedication provided by **Mr Des Boweitich as the Volunteer Caretaker for the Westmead Children Hospital Bird Aviary has to be applauded.** Whilst undertaking regular day employment, Des, over the last eleven years, still finds time to visit the aviary, to ensure the aviary management runs smoothly, hygiene and maintenance are maintained, birds are fed and watered, ensuring that the small parrot collection are displayed appropriately.



The Aviary provides a change of environment for the young people in care at the hospital along with their parents, to come and sit on the bench seats within the garden and playground surrounding the Aviary, which is situated adjacent Ronald McDonald House. At present, Hills Branch are providing assistance to Mowell Retirement Village located at Castle Hill, in establishing an Aviary within the gardens for the enjoyment of the older residents; thus allowing them to observe the various coloured / variety budgerigars in a colony environment, together with the pleasant chatter of the birds. The location and dates for the 2015 Budgerigar National Titles have been announced as the 18<sup>th</sup> to the 23<sup>rd</sup> June 2015 and are to be held at Mandurah (Margaret River Wine Country) in Western Australia.

The August Meeting allowed for the commencement of the 2014/15 Monthly Table Show Competition with members bring along their new young birds for judging as a commencement for the various Annual Shows to follow, throughout the NSW. Seeking information about Budgerigars or Interested in joining the Hills Branch, then contact should be made with Peter Dodd by telephoning 9888-5631 or [peter\\_dodd@primus.com.au](mailto:peter_dodd@primus.com.au)

## Arcadia Pony Club

**Arcadia Pony Club combined training competition good preparation for Zone event**



Combined training sounds simple enough but is just what its name suggests. Similar to a biathlon (for humans), combined training requires the horse and rider to compete in two different competitive areas – dressage and show jumping.



Ryan Haste on Chief Bearhawk over the "T" jump

"We use our combined training competition each year as preparation for the Zone One Day Event (ODE), which is a very popular Zone event both within our Club and our neighboring Clubs in the Sydney area" says Leanne Davies, Senior Instructor, Arcadia Pony Club. "As our pony club grounds don't have a permanent cross country course, we use the showjumping phase of the combined training discipline to create more of a Derby course with some of the same technical challenges you could be faced with out on the cross country course.

This means adding in our portable x-country fences and spooky fences such as walls, straw bales, water trays, gates, tyres, barrels and pipes to the show jumping. Our riders then need to

*continued on page 34* ▶

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- Raffle tickets on sale 7.00pm

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#### FRIDAYS

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# Galston Medical Centre

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**Dr Joyce Beardsell**

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**Dr Anju Pandey**

**Dr Bronwyn Edwards**

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## Arcadia Pony Club ....continued

be accurate, to ride to time and also understand the technical nature of the jumps. This is all excellent practice for the Zone ODE” said Leanne.

“This year our course designer put in the ‘T’ jump which separated the accurate technical rider from the balance of the class”, said Leanne. “Overall, it was jumped well “ said Paul Cairns, Course Designer for the event, “and most riders gave it respect it deserved, executing flawlessly, such as Ryan Haste on Chief Bearhawk in B grade.”

“And, we also have a separate combined training competition for the led and ungraded riders. Instead of a jumping course they have an obstacle course where control and execution of various tasks such as bending through poles, trotting over trot poles, moving a flag or a mug are all part of the course. This builds confidence and control whilst they are having fun”, said Leanne.

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>



Melia Bloch on Domino navigates the obstacle course

## Galston High School 40<sup>th</sup> Anniversary Celebrations



Galston High School is very excited to be celebrating 40 years of achieving excellence and inspiring success in our local community. Since the school site opened in 1974, thousands of students have taken advantage of the quality education that they have received and many are planning to return to celebrate ‘the best years of their lives’.



and see why so many are so proud to call Galston High School their alma mater.

Tickets are now on sale for the dinner. Just ring 9651 2222.

Please refer to our facebook page ([www.facebook.com/ghs40](http://www.facebook.com/ghs40)) and web page (<http://www.galston-h.schools.nsw.edu.au/>) for further details.

The celebrations begin on Saturday 18<sup>th</sup> October with a dinner to be held in the school hall. On Sunday we will then be having an Open Day with a variety of activities planned including school tours, decade displays, guest lectures, football matches and musical items. Food will also be available. Come along and take a trip back through memory lane or just visit



## What a “Bald” Achievement!

Northholm Grammar School's Annual Trivia Night, held in July this year, was an outstanding success. Thanks to all of the 240 members from our community who attended the evening and the wonderful organisation and creative fund raising of two senior school students, Amelia Lee and Georgia Parry, the event raised over \$20,000 for the Leukaemia Foundation.

Amelia and Georgia, along with fellow Year Eleven students ran the games on the night ably assisted by teachers, Mr Turbott and Mr Cusack, who did a marvellous job on the microphone.



The theme of the evening was 'duo and trios' so guests were in for a thrill when characters from Star Wars got chatting to the many Super Heroes and other characters; all to be outdone by the winning duo of Cath & Kim (Ann-Marie and John) and trio of the Powder Puffs Girls (Annabelle, Ashley & Sarah). Trivia winners on the night went to the teachers table.

We were especially lucky to have “House of Fraser” from Castle Hill on-site with their beautiful “Hearts on Fire” diamonds on display. We thank them for donating a \$1,800 diamond pendant necklace which was won by a very happy and deserving parent.

The girls, as part of their leadership program, set out to raise funds for the Leukaemia Foundation by joining the foundation's World's Greatest Shave to honour and remember a fellow classmate, Liam, who lost his fight with Leukaemia in 2010.

Following the games, Amelia and Georgia took the stage to have their 20 plaits cut off, all of which had been previously sold for \$20 each. They simultaneously cut each other's first plait, followed by family and friends. As the plaits began falling, tears were shed, not from Amelia and Georgia but from the families. Liam's mum, Kathy, came up on to the stage and presented the girls with a beanie each that she had knitted as a thank you for their effort and sacrifice. It was wonderful to see Liam's parents on the night and know they felt the love and support from the entire school community.

In thanking all the helpers and guests on the evening, Georgia commented “in today's press we are bombarded with negativity and this evening was full of fun, laughs and a true community spirit of giving and positivity. It is very important to come together and realise that there is good out there.”

Commenting on her daughter's efforts Mrs Parry said “I am very proud of Georgia of course but Ms Guthridge and Mrs Pluss played a huge role in evenings' success and as always the school stood out as a supportive student powerhouse. Words cannot relate how beneficial this experience has been for Georgia.”

We are certain that the funds raised will greatly assist the Leukaemia Foundation. The girls have also donated their hair to Ascot Wigmakers for wigs made for Leukaemia sufferers.



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**Dural Students Enjoy for  
Commonwealth Success**



Students at Dural Public School celebrated Australia's success in Glasgow recently, by hosting their own Commonwealth Games.

The school oval was turned into a scene just like any Olympic Stadium complete with athletes from varying countries and the corresponding country flags. Even a queen's baton relay and official opening ceremony were conducted!!!



Students then competed for their chosen country in fun and unique games organised by Sports in Schools. These included things such as Tug-O-War, Jellyfish dodge, soccer shootout, footy relays and accuracy throws.



"Junior students really enjoyed the jellyfish dodge game", said Ms Stone, school principal. "There was constant laughter and giggles from the students as they tried to escape the actually jelly fish toys that rolled across their path. The aim was to avoid getting touched by a jelly fish, and it was definitely popular with kindergarten"

Older children battled it out for their country with Tug-O-War and various ball games, concentrating on skill and accuracy.

At the conclusion of a great day an official medal ceremony was held where the top teams (worked out by a points system) were awarded the honour of Commonwealth Champions! The official closing ceremony concluded the fantastic day which also gave students an insight into what it was like for our Australian Athletes at Glasgow!!!!

**Open Day at Dural Public School**

To celebrate Education Week, Dural Public School opened its doors to families and friends so they could marvel at the amazing artworks, dancing abilities and bookwork's of its students together with and all the other things that make Dural Public School such a special place for its students.

Principal Milly Stone advised "The theme for this year was 'Lighting the way to make a better World'. This year also marks the 60<sup>th</sup> anniversary of the first Education Week. The tagline in 1954 was 'Lighting the way to a better World' and it has been adopted for this anniversary celebration. It's a wonderful time to stop and think about your own primary school days and school today. Things have certainly changed and I often hear from parents 'I would love to be in primary school today and be able to experience all the wonderful opportunities that our children have today'."

Parents and guests were treated to a spectacle of talent by each of the school's classes as they performed various musical numbers and dance routines to music, some even complete with props! The school's art room complete with kiln displayed all the works students had completed in their weekly art lessons for the year.

"The talent of the student's artwork was unbelievable and a real credit to the school's fantastic art program and teacher", commented one parent.

Of the success of the day Ms Stone said "It was great to see so many visitors at our school. What a brilliant display from all the students and staff to showcase our fantastic school"



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## Galston Long Day Centre

### It's a carrot

One morning in August, Dani and Jess encouraged the children to help prepare our vegetable garden for re-planting. There were still some vegetables to harvest before we could loosen the soil. Cooper asked his teacher if he could pull out the left over vegetables for the children to taste. Everyone agreed this was a great idea. As Cooper pulled out the carrot plant he started to laugh. "What is so funny?" asked Cooper's friend. "Look it's a funny looking carrot!" he responded as showed his friends the deformed carrot. "That's not a funny carrot!" Bianca said and then Cooper responded "Yeah it is. Can we taste it?"



We took the carrot inside where all the children had a turn washing the carrot while we talked about the reasons for washing it. "It's very dirty!" Ella stated as she started to scrub the carrot. Once the carrot was clean we decided to cut it up so we could all have a taste of this interesting looking carrot. All the children had a taste and Oliver said in a surprised voice "Dani, I think it is a carrot!"

After tasting the carrot we discussed the other vegetables that we like to eat. From this we wrote a list of vegetables that we could re-plant in the garden once it was ready.

These garden experiences provide great opportunities for the children as they learn how to look after their environment, understand where some of our food comes from, explore our senses, work with one another to achieve similar goals and using the produce in cooking experiences with our cook.

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

## Glenorie Public School

Year 5 and 6 students are back from the Great Aussie Bush camp and have already dived straight back into learning. All students arrived home safely, but very, very tired! Mrs Black, Mrs Bellamy & Miss Pavett all attended the camp and loved it! All the students had a go and many conquered their fears. What a great week for stage 3 students!

The dads from the Kokoda Track are at it again! This time they are tackling the 100km walk from Brooklyn to Mosman. The dads will be setting off on the morning of Friday 22<sup>nd</sup> August and hoping to finish the track sometime Saturday night. This 100km walk is all for Oxfam. Along with the Oxfam walk, Glenorie School is also participating by having a Mufti Day where students bring in a gold coin donation for Oxfam.

The disco was a blast; most students from K-6 danced from 5:30-7:30 and were exhausted for PSSA the next day! DJ Andy kept the students dancing with all of the newest songs, he kept them all singing, laughing, and it was a great night for all of the students that attended the school disco.

Zone Field events were held on the 20<sup>th</sup> of August, at Cherrybrook Oval. 23 students were part of the team. Students competed in shot-put, long-jump, high-jump and 800m heats. Then, on the 27<sup>th</sup>

*continued on page 38* ▶



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## Galston Public School

by Carole Weiss

Galston Public School students are having a very busy Term 3 indeed. Beginning with the annual Athletics Carnival, Kindergarten to Year 6 students were outstanding with their exemplary displays of sportsmanship and behaviour. They ran their hearts out and used enthusiastic voices to support their respective sport houses. A magnificent day was organised by a very hard working teacher, Miss Payne. A rural atmosphere prevailed with many parents, as always, assisting with the setting-up and dismantling of equipment, working in the canteen and behind the barbecue cooking delicious sausage sizzle rolls. The carnival couldn't do without them. A courageous and spirited team has since competed at the Beecroft Zone Carnival. Their efforts are to be highly commended.



Congratulations to the drama groups of 4/5F and the combined Kindergarten drama group KE and KA who performed in the prestigious ArtsNorth Drama Festival at NIDA. Their matinee and evening performances in front of large audiences were extremely impressive. The Kindergarten drama group is very fortunate indeed, to have been prepared by their very creative and talented teachers, Mrs Eaton and Miss Clements and the Senior group by Mrs Franks.

A very special event of the official opening of the newly created Storybook Garden took place under a perfectly ordered Winter sky. After many months of preparation by a team of dedicated and exceptionally creative parents the official Open Day culminated with a Storybook Parade with students dressed as their favourite storybook character. This unique garden is a testimony of the generosity of the parents and community and will be a timeless legacy for years to come.

The Galston Public School Senior Choir, under the tutelage

*continued on next page* ▶

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### Glenorie Public School ....continued

of Augusts, 32 students attended the track events carnival, also held at Cherrybrook oval. The 800m final, 100m heats and finals, 200m finals, Senior and Junior relays were all held that day. Every student competed to the best of their ability and as always, with Glenorie sportsmanship. Congratulations to all of the students that participated and to the students that made it to the next level!

The Glenorie Senior Choir went to the Town Hall in Sydney on Tuesday 19<sup>th</sup> August and performed in the Arts North Choral Festival. Along with many other schools, we sang multiple songs that had been practiced over and over until they were perfect. A few of these songs included: My Island Home, Go for Broke and Soldier that was specially written for the performance. It was a successful night and every enjoyed the Choral Festival.

21 students participated in a debating day held by Mrs Pardington. All students learnt to better their debating skills throughout the day, participating in games such as, Hot Air Balloon, Taboo and mock debates. All students had a progressive day and have improved their ability. Thank you to Mrs Pardington for running the great day.

Prepare for the **Country Fair! On the 14<sup>th</sup> September**, Glenorie will hold their bi-annual Country Fair with the Super Slide, Dragon Roller Coaster, and Lasseter's Lost Gold Mine jumping castle, Cannon Ball Swing, K-2/Preschool Jumping Castle. All classes will run a stall, like the magic sand art and lolly box stall. If you would like to purchase an all-day wristband, they are \$25 from the school office before the day. On the day the wristbands will be \$30, so get in quick to receive the discount!



## KU Galston Preschool

What a busy time at KU Galston Preschool! Recently, the children have thoroughly enjoyed playing on the big foam gym shapes. With the support of educators they have been practising lining up to wait for a turn and being respectful of the rights of others to have turns too. They have then had lots of time to explore a range of gross motor movements to climb, bounce, roll, jump, run, somersault etc over and down the foam shapes. With lots of turns the children had the opportunity to learn to explore their own ideas and those of others. As they played, the children were developing their balance, coordination, muscle strength, control and above all, their confidence and enjoyment of challenging physical experiences and the development of their abilities to make safe, calculated risks.



The children have immersed themselves in play exploring their ideas about pirates. Along with stories and suggestions from educators, the children demonstrated their resourcefulness in their abilities to create props and use available materials to develop their games.....

- using collage materials to create treasure boxes and valuable contents.
- making pirate hats refining cutting and drawing techniques.
- drawing and reading treasure maps to find treasure hidden in the playground and working collaboratively with others to hide and find the treasure.
- constructing with waffle blocks to make a pirate ship with lots of variations using some detailed plans for ideas for the construction. Chairs, flags, oars and steering wheels were added for the captains, crew, dogs and cats and there was lots of respectful negotiation to establish the changing roles in the game.
- exploring games "Walking the plank" with big jumps into shark infested waters!

The ideas and collaboration continued with quieter games reading pirate stories, pirate puzzles and a board game. We also enjoyed revisiting one of our favourite music experiences, the Pirate dance!

We are currently enrolling for 2015. Please feel free to visit the preschool or contact our Director Rebecca Onslow on 9653-2252 or email ku.galston@ku.com.au for further information.

## Galston Public School ....continued

of Mrs Bolger were the beneficiaries of a musical workshop by the esteemed composer Paul Jarman who was commissioned to write a song about peace entitled, 'The Soldier'. The senior choir along with a combined choir will perform this song as part of a challenging repertoire of songs at the ArtsNorth Choral Concert.

Congratulations to another fine group of students who were awarded prizes in the annual CWA Project Competition for their wonderful projects about Botswana.

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

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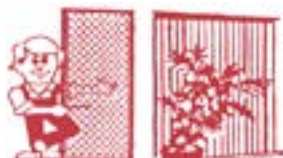
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## Middle Dural Public School

By Kate Welsbman

### It's official!

It's been a long time coming, but now it's official. The 'new' principal of Middle Dural Public School is....not Jake from *Adventure Time*, but Mrs Ann Mills, who has been serving in the role of relieving principal for several years now. Mrs Mills's appointment has been received with delight and relief by students, staff and parents alike. She has been teaching at the school for more than 20 years, and is an extremely popular, hardworking and competent educator. When her appointment was announced, Mrs Mills said it was 'an absolute honour'.



### Superhero day

To raise money for Bear Cottage, the only children's hospice in NSW, our students participated in 'superhero day'. There were many funny and clever outfits on display, and more catwomen than you could swipe a claw at. The students also appreciated the serious side of the day. They learned that some children's lives are much too short, and that their families need our support.

### Aaron Blabey visit

Last month our students were excited to attend a visit by author and artist, Aaron Blabey. Mr Blabey revealed where he gets his ideas from and even showed the children how to draw some of the characters from his books.

### Welcome back, McArthurs!

What a nice surprise it was to see Chloe, Cameron, Jackie and Ian McArthur back at Middle Dural on the first day of term! For the last few years they've been living in Singapore for Jackie's amazing career.

### Seeking enrolments

Looking for big opportunities at a small, intimate school? Our principal, Ann Mills, would love to speak to you: 9651 1761.

## Galston High School



At the recent NSW All Schools Swimming Championships in May this year Kaea achieved some great results placing 3<sup>rd</sup> in NSW in the 14yr boys 50m Freestyle and 50m Backstroke. This outstanding effort meant Kaea was selected to be in the NSW Team to compete at the School National Championships to be held in Melbourne from 20-26 July.



Kaea was selected to compete not only in his individual events of 50m Freestyle and 50m Backstroke but also to compete in the 4x50m Medley relay, 4x50m Freestyle relay and the captains choice 10x50m Mixed freestyle relay.

Kaea had an amazing week in Melbourne, achieving some great results and many personal bests. Kaea received a silver medal for the 50m Backstroke and placed 4th in the 50m freestyle. He also received a silver medal in the 4x50m Freestyle relay, a silver medal in the mixed 10x50m freestyle relay and a bronze medal in the 4x50m Medley relay.

It was a very successful week and a great experience for Kaea and also for the NSW team, coming second in the point score behind the Queenslanders. Congratulations Kaea!



## News from St Benedicts



Parishioners were saddened in August by the death of Father John Messore, the original Parish Priest who founded our parish. A member of the Benedictine monastic community of Arcadia for 63 years, Father John came forward to take over the task of establishing a parish in 1970, a commitment we're sure he'd never envisaged undertaking when he became a monk. But he was a very special man who set us on the path to becoming the successful parish of today. Fortunately Father John's two brothers were able to travel from his native Italy to be with him for his last weeks and for the well attended Burial Mass that was held at the Parish Centre on 12th August. God bless you, Father John, you will always be with us and Arcadia Parish will be your lasting legacy.

Don't forget the annual St Benedict's Parish fete will be held on **Sunday 21<sup>st</sup> September**. This will be a great day out for young and old. We are still seeking donations for the chocolate wheel, hoopla etc. Craft items are welcome, too, and we are also looking for unwanted baskets. So if you are able to help in any way, please contact the parish office.

A very happy event occurred on Saturday 9<sup>th</sup> August with more than 20 young people being presented for confirmation. Next morning, at the 9am Mass, they were given their certificates and congratulated by the general parish. In the preceding weeks pictures of the candidates for confirmation had been posted on the walls of the parish centre and many parishioners signed these (pictured), pledging to keep the candidates in their prayers as they approached this special day.

The 9am Mass on the first Sunday of each month is a favourite as it's a regular celebration of children's mass, which is followed by a delicious barbecue breakfast.

Don't forget to visit our parish website [www.arcadia.dbb.org.au](http://www.arcadia.dbb.org.au) where you can keep up with parish news.

Or, to find out anything more about parish activities call the Parish Office on 96532312. The office is open on Mondays from 10am - 4pm and Fridays from 10am - 5pm.

### Weekend Mass Times

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

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

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# Galston Uniting Church

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Sunday Family Service 10 am



Well, hasn't it been lovely to get a little rain... Galston Uniting Church held our annual Rural Fire Service Blessing Service last month, during which we were all reminded both of the potential devastation of bushfire but, more importantly, of the extraordinary women & men of our Rural Fire Service. We had reps from Mid Dural, Galston, Glenorie, Arcadia, Maroota & support services in attendance, as well as our friends for the Hillslife Church – it was a great service followed a blessing of the fleet & workers, then a yummy lunch & a yarn. A brilliant morning – thanks to all who were able to join us. Particular thanks also to Rev Christopher Pears (RFS Chaplain) for his wise words for us on the day!



How lucky are we to have such amazing people to look after us!!

We also recently held our first ever classic films night. It was fun to see & remember Chaplin, Laurel & Hardy & the 3 stooges as well as to join others in a meal & to eat some Jaffa's!

I haven't laughed so much in ages... fortunately I wasn't the only one ☺  
As we all thaw out after winter there's plenty of activities planned for us. Why don't you check us out online or drop by sometime???

Happy Springtime everyone!

## Australian Plants Society-North Shore Group

**Subject: Australian Plants Society meeting September 12th.**

The Australian Plants Society-North Shore Group will meet at 8 pm on **September 12th** in the Willow Park Community hall, 25 Edgeworth David Avenue, Hornsby.

The guest speaker Sven Mogenson will discuss "Management of Trees in Suburbia". All welcome. Native plants for sale.

Further information at [www.blandfordia.org.au](http://www.blandfordia.org.au)

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## Glenorie Pony Club

It's been a busy month again for Glenorie Pony Club. With full attendance from members the Fiona Hughes and Lucas Hurps training day went off without a hitch. Fiona started the day with jumping giving one on one advice and training to help prepare the kids for the Glenorie Pony Club One Day Event the following week.



Lucas Hurps was fantastic giving his tips to improve on their dressage tests. Both instructors were able to impart their knowledge so that riders of all ages and abilities were able to benefit from their instruction. It was a brilliant day with the rain just holding out.

At Glenorie Pony Club we aim to provide the best trainers and clinics for the kids and with a large number of young riders coming through the results are showing. Congratulations to Annalise Gasparre who recently represented Australia at the Mounted Games in America. A trip that many could only dream of and very well earned.

Glenorie took out 2nd and 3rd place in the U/17 and 3rd and 4th place in the U/12 at the Zone 26 mounted games at Woodlands Park. Zone 26 ODE at Vines Glenorie had some outstanding results - Sarah Pernice won Champion in D Grade, Ginger Soames won Reserve Champion in D grade and Ollie Conn won Reserve Champion for E Grade. Meghan Hanna received Reserve Champion in the B Grade Associates. The club ran second overall.

## Cumberland Orchid Circle Inc.

The next meeting of the Cumberland Orchid Circle will be on Wednesday 24<sup>th</sup> September 2014 in Barton Hall, which is situated in Gough Drive (off David Road), Castle Hill. The meeting will start at 8.00pm and will last approx 2.0 hrs. At the meeting, orchids in bloom will be benched for a monthly point score competition. Our speaker for September will be Graham Scott-Harden who will talk about his orchid trip to Perth.



*Masdevallia Mary Staal 'Laurie Jeannie' - awarded grand champion in the Circle Winter Show in July*

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

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

\*\*\*\*\*

### Spring Orchid Show at Winston Hills Mall – Caroline Chisholm Drive, Winston Hills

**Wednesday 3<sup>rd</sup> – Saturday 6<sup>th</sup> September**

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

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

### Bushwalk for Threatened Species

Discover your local endangered wildlife on a free guided bushwalk on Threatened Species Day.

Threatened Species Day is a national event held on 7 September every year to commemorate the death of the last remaining Tasmanian Tiger in 1936.

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## What is Landcare?

By Barry Lees

As a Minister for Conservation in 1985, Joan Kirner came to learn quickly that there was a pressing need to develop a program that would reverse the degradation of farmland, public land and our waterways.

Landcare groups have formed all across the state, around Australia and in over 20 countries around the world. The keystones of Landcare are that it is community owned and driven.

Landcare is a grassroots movement that harnesses individuals and groups to protect, restore and sustainably manage Australia's natural environment and its productivity. It had its genesis in initiatives to improve agricultural productivity through sustainable land management.

With over 6000 Landcare and Coastcare groups nationwide there is likely to be a group near you, possibly working on a project right under your nose. Volunteers range from kids to retirees, surfers to farmers and CEO's to students.

The success of the Landcare model is due in part to its bottom up philosophy. A Landcare group usually starts when community members with common objectives connect over their observations of a local environmental issue. Groups may apply for funding from a variety of different sources to support their work including local, state, federal government and Landcare Australia.

Generally, small group committees oversee operations, apply for project funding and organise communal activities like community workshops or tree planting.

The success of the Landcare bottom up model can be attributed to the inspiring contributions made by the passionate individuals who make up Australia's Landcare movement. Their sense of stewardship, enduring commitment and deep appreciation for our natural environment is why Landcare exists today. Its people are its greatest asset.

*continued* ►



## Galston Garden Club

We are featuring the first four of our eight gardens in this years 'Galston Open Gardens'.

They are encompassing everything from park like, native, formal and topiarised gardens.

This venture will be held from Friday the 17<sup>th</sup> to Sunday the 19<sup>th</sup> October, from 9.30am to 4.30pm. Morning and Afternoon teas can be purchased at gardens No 1 and No 6. A number of options for eateries are listed on our Brochure for lunch, or bring your own to have in one of the gardens. As all funds raised go to charitable organisations, your continued support would be greatly appreciated.



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**Garden 2 Willow Glen**  
2 Marrakesh Place  
Arcadia



**Garden 3 Guestlands**  
10 Blacks Road Arcadia



**Garden 4 Saramanda Folly**  
8 Glenroy Place Middle  
Dural

If you have any queries please contact Bill Fleming on 9653 2394.

### What is Landcare? ....continued

In the tradition of good Landcare, we'd like to hear from you about the things you've done to improve or protect your land and water quality. Have you worked with a neighbour on a shared project? Tell us all about it. We're looking to share ideas and recognise those who have applied them. So contact us with your story and be in the running for our own local Landcare Awards.

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www.adelphi.net.au. Enquiries to diana@adelphi.net.au  
The Hills Rural Business Chamber - Correspondence to: PO Box  
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**Important Local Information**

**HELP & INFORMATION SERVICES**

General Emergencies 000  
Energy Australia Emgy  
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Hornsby Hospital  
9477 9123  
Hills Shire Council  
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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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# COMMUNITY CONTACTS

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

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

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

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

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

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

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

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

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

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

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

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

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

**Dural & Hills District Garden Club** - Meetings at 8pm on 1<sup>st</sup> 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 (M) 9622 2251 or (H) 9652 1713.

**Friends of Fagan Park** - Volunteer group actively preserving the remarkable rural history of Hornsby Shire. The Friends meet every Tuesday from 9am to 4pm maintaining historic Netherby Cottage and its garden and also restoring farm machinery and implements to working order. Members of the public and new friends are always welcome! Open days are the 2<sup>nd</sup> 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 2<sup>nd</sup> 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 September Luncheon

Meeting at Dural Country Club, Dural, commencing at 11.am on Wednesday 24<sup>th</sup> September 2014, with guest speaker for the day being Ellen Wilton who will speak about her life living in Alexandria, Egypt. Visitors are welcome. Inquiries Vivien 9894-1189

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

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

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

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

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

**Hills Farmers' & Gourmet Food Mkt** - 2<sup>nd</sup> 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 1<sup>st</sup>, 3<sup>rd</sup>, and 5<sup>th</sup> Mondays each month at 8pm in the Uniting Church Hall cnr Boundary Rd and Bellamy 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 petainiscow@gmail.com

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

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

**Shakespeare Group** - meets monthly at Galston on the 2<sup>nd</sup> Thursday morning, 9am to 12.30. No cost to belong, just a delight in reading great Bard's 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 2<sup>nd</sup> Thursday of each month at The Galston Club Committee Room. For more information Visit www.StillCreekLandcare.com.au or e-mail StillCreekLandcare@iinet.net.au or Contact Nick on 9653 2056.

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

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 2<sup>nd</sup> Monday of each month from 10am to 12noon. Other groups of interest- Men's Choir, Ladies Choir. For all enquiries, please call the church office on 9653 2039. 11 School Road Galston or visit www.galstonunitingchurch.com

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

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

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

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

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

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

## LOCAL SPORTS ASSOCIATIONS

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

**Dural Country Club Fishing Club** meet at Dural Country Club on the 4<sup>th</sup> 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 efi86029@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 1<sup>st</sup> Wednesday of each month. The meeting has a raffle at 7pm with lots of prizes and every meeting has a guest speaker. Enquiries call Lachlan on 0438 801 170 or Warren on 0416 061 428.

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

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

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

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

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

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

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

**Hills Pumas Football Club** - For information including registrations, call Sarah Sumskas 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.

## CHURCHES

**Galston Uniting Church** - Service times 10.00am. Children's programmes KUCA for children K-6, each Friday of the school term



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