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It introduces a larger water capacity, better crew comfort and ergonomics, greatly improved turnover protection, more locker space, new hi-vis reflective striping and brighter LED flashing lights, rear and front cameras and a six speed

automatic transmission. It's a fantastic addition to the brigades fleet, and will be a great asset for the Glenorie community. The Brigade would like to thank The Hills RFS district office for providing the new truck.



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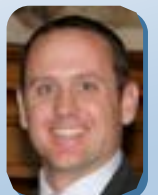
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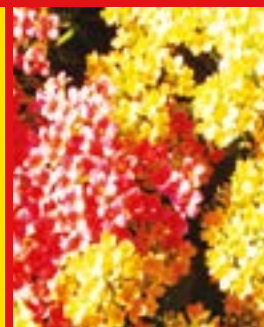
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The much-loved Glenorie Bakery opened in 1994 has recently undergone a transformation bringing a slice of baking and local history to Glenorie.

Rob Pirina and his team over the past seven months have been hard at work creating a home for the country's largest collection of bakery antiques with a centerpiece being the resurrection of a slab hut that has been part of the community landscape since the late 1880's.

The slab hut which is now standing tall within the bakery was once the home of the Newland's family who have family relations tracing back to the Waddell family, an early pioneering family of the district. Though ownership of the land has changed many times over the years the slab hut remained on the property. Over the years however nature and time had taken its toll on the hut, it eventually collapsed some years ago during a violent storm. In recent times the property came under the ownership of the Floriano family who discovered the fallen remains and kindly donated the hut to the bakery museum.

When asked why was it important to preserve the hut Mr Pirina commented "I strongly believe in the preservation of our local community history and sharing it with generations to come".

Recently Rob and team proudly unveiled their latest addition the Glenorie Bakery. Inspired by the traditional German cuckoo

clocks and Rob's love of baking. Bobby Bakehouse as he is affectionately known as is the little baker who can make everyone smile when they meet him with his daily appearances at 10am, 12pm and 2pm.

In addition to the recent renovations, the launch of a new made to order café menu has added a new level of flavour to compliment the famous pies, pastries, breads and sweets.

With all the recent changes at the Glenorie Bakery there's even more reasons to come rediscover this much loved local institution.

The Glenorie Bakery is currently attempting to locate descendants of the original Newland family from this hut. If anyone is able to assist with information please contact info@glenoriebakery.com.au



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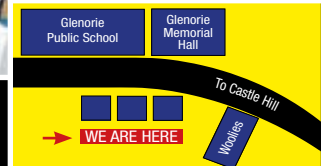
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Dharug & Lower Hawkesbury Historical Society

The Dharug & Lower Hawkesbury Historical Society is celebrating the 160th anniversary of the Wesleyan Chapel at Gunderman. This heritage listed building is the Society's headquarters and was for many years the centre of Wesleyanism on the Hawkesbury.

To celebrate the anniversary we are pleased to announce that Warren Fahey (pictured above) will be performing songs, poetry and yarns after which we will enjoy an afternoon tea in grand style.

Date: Saturday 26 September 2015

Time: 2 p.m. (performance) followed by afternoon tea

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

Cost: Members/Children \$15, Non-members \$20. All Welcome!


Bookings: Essential 0405 321 478 or enquiries@dlhhs.org.au by Wednesday 23 September 2015. Numbers are limited.

About Warren Fahey

Founder of Larrikin Records, Folkways Music and the band The Larrikins, Warren Fahey is a folklore collector, cultural historian, author, broadcaster, record and concert producer, songwriter and performer of Australian traditional and related historical music.



Warren is currently touring with Max Cullen in their show "Dead Men Talking", a stage show celebrating Australia's two great story tellers: Henry Lawson and Banjo Patterson



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Essex Boutique Furniture & Gifts in Glenorie has developed its own unique way to offer not only advice but also provide quality products at an affordable price.

They call it the Essex Idea and it's an approach to interior design, service and shopping that is unique. Rather than ordering large volumes of stock, the system they have relies on low levels of stock which are rotated regularly. The store's owner, Lindsey Atkinson, says this is key to the store's popularity.

"The stock is continually changing and the aim is for the shop to look different each time you come in. We want to physically show customers different ways to furnish their home. We believe there is an interior designer in every customer," she says.



The other secret to the store's popularity is the unique items on offer. The furniture is sourced from all over the world and there are pieces that are not available anywhere else.

But it's not just home furnishings that have had the Essex Idea applied to it. The store is also a great place to shop for jewellery, clothing and general gifts. All are rotated regularly so there are different ideas every time you go there.

You can find them on Facebook at Essex Boutique Furniture & Gifts and also on Instagram at [essex_glenorie](#) where there are plenty of examples of the stock currently on offer.

Looking for a fabulous Fathers Day gift - come and see our wonderful collection for ideas.

Essex Boutique Furniture & Gifts, is located at 940 Old Northern Road, just past Woolworths as you head toward Wisemans Ferry.

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Our bodies are meant to move, they actually crave exercise, so why is it so hard to keep exercising regularly and why is it the first thing to go when other things crop up?

Why? You haven't found the right exercise program for you - one that holds your interest, one that you look forward to rather than get through and one where you feel "just right".

Tried them all? Have you tried Jazzercise?

What!! My mother did that! Is that still around? Oh, that is so old fashioned. I wouldn't be seen dead at Jazzercise.

Hmmmm! Let's dispel some myths about Jazzercise.

• *It's still around?*

Jazzercise is an international exercise program that is still growing and expanding. You bet it is still around, stronger than ever.

• *My mother did it. It's only for old people.*

Check out the web site, jazzercise.com.au. See what is really happening.

Jazzercise has been successful for so long, that those who started young are still there. Its class formats cater for everyone. Says a lot for the program, don't you think?

• *I don't like jazz.*

The "Jazz" in Jazzercise comes from jazz dance, not jazz music. Every routine is choreographed with simple dance moves to a current pop song such as Bad Blood (Taylor Swift) and Not Myself Tonight (Christina Aguilera).

• *I'm not co-ordinated.*

All the more reason to challenge yourself and improve. The first few classes might be more fun than exercise but you quickly get used to the movements and the combinations. Then you are really ready to give it your best shot.

• *It will get boring too.*

Jazzercise is constantly changing the music, the types of class formats and the combinations of dance and strength moves so you never get bored. The music is the motivation to move. Forget your troubles; lose yourself in the music for an hour.

• *Everyone will laugh at me.*

Jazzercise is a supportive, non-intimidating environment. You will be with likeminded women who care about you, not what you wear or how you dance.

• *It's not up to date with the latest fitness trends.*

The best exercise programmes aren't looking for trends, the best exercise programmes set the trends.

In an attempt to rid Jazzercise of any ties to headbands, leotards, legwarmers and grannies, it has a fresh new look.

Jazzercise' new identity reinforces a workout that's edgy, hard-hitting and modern, with a fresh new logo. It has always been a programme to be taken seriously in the fitness world, promising to whip the world in shape one song at a time.

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The tick poison causes paralysis of skeletal muscles, the heart and the oesophagus. Symptoms can include lethargy, difficulty or inability to walk, breathing difficulty and regurgitation. If no symptoms are present when you find a tick on your pet remove the tick immediately and keep them quiet and confined for the next 24 hours. Once symptoms are present prompt veterinary treatment is necessary to avoid complications developing.

Whats New in Prevention of Tick Paralysis in Your Pets

- There are two new tablets treatments available for dogs. Both of these are very effective in killing ticks and also are effective against fleas. One of these tablets gives four months excellent control of ticks.
- For cats there are only a few safe products for tick control. For more information please contact us
- As always daily searching is the most important preventative. Check under the collar!!
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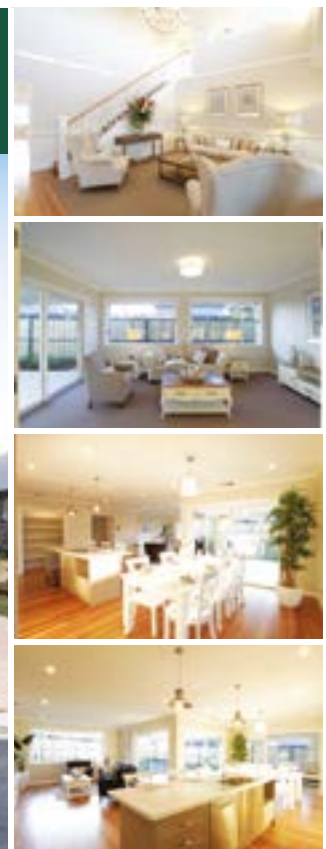
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News From Wisemans Ferry Men's Shed

Spring is in the air and it is good to leave that cold winter behind us. Things are warming up at the Men's Shed too. We have put the finishing touches to our DA and it is now ready to submit to council. Thank you Peter for your assistance with this, it is greatly appreciated. It is quite exciting to think we are moving closer to having our own shed. By the time you are reading this article, the DA should be in the hands of the Council and we will be waiting anxiously for a positive result.

The shedders have been so busy wood turning, sawing and nailing, sanding, oiling or painting items for the Maroota Muster. This too will have been and gone by the time this goes to press, so I hope the weather was good to us all and the crowds big. We will report on this in the next edition, hopefully bragging about a successful stall.



We already have booked for another two stalls this year, one in October at the Bowling Club grounds again and another at the 150 year Anniversary of Wisemans Ferry School on 14 November. These both will be great days to attend with lots to see and do. The last Bowling Club Markets were a fantastic day with such a variety of food and wares to purchase. This next one will be just as good.



We are quite excited about the celebrations for Wisemans Ferry School and I know Liz and her team are working together tremendously to gather the history of the school and showcase it to you at its best. Make sure you put the

14 November in your calendar and come and see us at our stall. There will be more about this shortly.

We have been most fortunate to have been contacted by the Hon. Philip Ruddock MP, advising us that we have been successful in a government grant for more much needed tools and equipment. This is so important for the continued growth of the Men's Shed so we are very grateful for the opportunity to apply for and be granted this funding.

So there is a lot of exciting things ahead for us and we are once again reminded of why we love living in this community with all its support and everything it has to offer.

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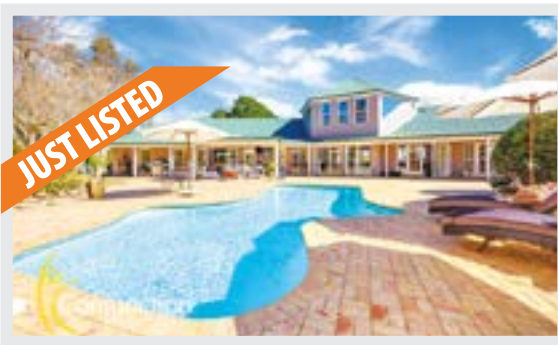
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Blak Markets

submitted by Anita Horan

The Blak markets on Bare Island, La Perouse on Sunday September 6. They are a great way to enjoy Aboriginal culture.

This Blak market provides the opportunity to be part of the learning with a traditional smoking ceremony and Aboriginal dance performances along with spearmaking, catch n cook and plant and artefact workshops.

The Blak markets is a showcase of Aboriginal and Torres Strait Island culture with products from La Perouse to the Torres Strait. Learn how to throw a boomerang from the grandson of the great Joe Timbery who threw his boomerangs around the Eiffel Tower or buy some beautiful gumnut jewellery.

The beauty of the Blak markets is it is a social enterprise and simply by paying to do a workshop and learn about Aboriginal culture, you will be enabling a young Aboriginal person to be learning essential things about their own culture to increase their life resilience.



There's plenty of bush tucker food as well as plant and artefact talks with tastings where you can find out how native plants were used traditionally and then taste them.

Entry price onto Bare Island, which is usually only open for tours, is \$2.50 per person with children under 5 free.

Open from 9:30am until 4pm the Blak markets take place within the Kamay-Botany Bay National Park with the support of the NSW Parks and Wildlife Service

Sydney Hills Branch of the Association of Independent Retirees

Presentation By: Fixed Income Investment Group

A keenly interested group of members of the Sydney Hills District Branch of the Association of Independent Retirees attended a presentation by Elizabeth Moran from Fixed Income Investments at the Pennant Hills Bowling Club on Friday August 7th.

The group, whose membership is comprised of self funded and partially self funded retirees, was presented with options for conservative investors seeking to maximise the return on their savings without incurring unforeseen risks to their financial security.

Elizabeth, who is an expert investment analyst and Director of Education with Fixed Income Investments, with the help of her colleagues, spoke about and demonstrated the features of various investment classes available which can be tailored to the needs of individual investors.

With the steady decline in interest rates over so many years, retirees have faced an increasing challenge in maintaining their standard of living without putting their savings into investments which incur an uncomfortable degree of risk.

AIR is an information sharing organisation and also plays an advocacy role in advising government on the impact of a changing investment environment, and its effect on retirees wishing to maintain their independence.

Retirees who feel they would benefit from involvement with AIR should contact: Lauris Rennie on 9634 1186 or go to the National website: www.independentretirees.com



From left: Nevin Ahluwalia (FIIG), Wayne Strandquist (AIR) Elizabeth Moran (FIIG), Justin Hill (FIIG)



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Dural and District Historical Society

How trees formed our District

Margaret McKinley



Photo: Michael Bell

Bus Stop Corner, Galston. Herigate Angophora since removed
DDHS # 128

If there was one word that described the history of our district it would be **TREES**.

Way back in the very early 1800's, explorers and surveyors who came to this area reported an "inexhaustible supply of timber" and for that reason Governor King proclaimed 34,000 acres, stretching North from about the newly established Government Farm at Castle Hill to about Maroota, as Crown Land.

In 1819 some of this area was released and the first grants were made to settlers who got busy clearing their land, selling timber, cutting shingles and building their homes. By 1850's citrus orchards were being established on the higher areas where there was good soil (Wianamatta Shale), and water from springs. By the turn of the century this became the biggest citrus growing area in Australia, until the M.I.A. (Murrumbidgee Irrigation Area) was established in the early 1950's. Their production costs were lower than the Hills district, and soon the old orchards were pulled out. The orchardists wondered what to do with their land, and decided to subdivide into 5 acre lots. This brought many new comers into the district. They wanted 'privacy' and planted many exotic trees to shut themselves off from their neighbours. New Line Road was upgraded from a dusty track to take the newcomers to their jobs in the city.

In 1955, if you stood on high ground, such as Uralla Rd, you could see for miles and miles. The only trees visible were the few pine trees planted as 'boundary markers'. So nearly all the trees around Dural are less than 60 years old. Now this area is the 'Lungs' of Sydney, absorbing the Co2 and producing life giving Oxygen.

There are still some old 'historic' trees about the district. The Hoop Pine and a Morton Bay Fig at Arcadia school were planted on 14th August 1897, which was Arbor Day. The Principal, Mr Knight, had arranged the delivery of these trees from the Botanic Gardens in Sydney. The Hoop Pine has been used by the RAAF as a landmark when approaching Richmond from the east. From its top you can see the CBD in Sydney and all the surrounding countryside. There was a famous old Angophora at Bus Stables Corner until it was removed several years ago to make way for the roundabout. It was used like a notice board for every organisation to advertise meetings, special functions and anything for sale.

The large Camphor Laurel trees around the district may have a special origin when we realize that such trees were planted to commemorate First World War servicemen. If anyone has a large old Camphor Laurel on their property they might like to do a little research at History Cottage and the Galston Cenotaph to see if there is a connection.

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Fri 25 th	Paint on canvas	Copic character art Ceramics*

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continued over →

The Annual General Meeting of the Dural & District Historical Society will be held at 2pm on Saturday, 12th September at 2pm. at History Cottage. At the close of the meeting members are invited to a 'Show and Tell' when objects of historical interest are displayed and spoken about.

Ross Grieve's Story

Ross Grieve, who has lived all his life in the district tells this story. His father bought 25 acres from a Mr Stintson in Middle Dural along Old Northern Road in the late 1920's. His father told Ross this story. A ship's Captain by the name of John Foster sailed to Sydney in the early days and noted that the citizens seem to have plenty of money and nothing to spend it on. Returning to England he bought a sailing ship and stocked it with all sorts of goods. Sailing back to Sydney he sold the goods at a huge profit and then sold the ship.

Foster approached the Governor and was granted land that had a 2 and a half mile frontage to the east side of Old Northern Rd. in what we now know as Middle Dural. He cleared the land and planted about 300 pine trees all along his frontage and the long drive to his house, which was a 'Mansion'. This house was later used as a T.B. convalescent home for patients from Sydney, run by Mr. Stintson. John Foster eventually lost everything because of a gambling debt, and died a pauper in a slab hut on the other side of the road. The original pine trees were dead or dying when my dad bought the land, and he got a local saw miller (Black Jack Saunders) from Glenorie to fell the trees and take them away.

Ross can remember living in the mansion as a small child, but the white ants and dry rot eventually destroyed the house and Mr Grieve built a new house on his property for his family



Julie Simmons – Wednesday 7th October 7.30pm

Watercolour – Still Life on Canvas

Julie initially trained as a commercial artist and paints in oils, pastels and mixed media however watercolour is her favourite medium. She also paints plein air and is an exhibiting member of the Royal Art Society.

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



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2157 Fine Gifts & Homewares

Since opening in 2011, '2157' Fine Gifts & Homewares has doubled in size and are excited to celebrate their 4th birthday.

Trish & Richard, the owners, run the gorgeous shop which is located in Glenorie Shopping Village. Filled with colour and texture, there is a large variety of delightful goodies that you would love to give and love to receive.

They have a beautiful range of candles, jewellers, handbags, women's fashion and so many lovely things for your home. The children's corner is a must see if you are expecting, have little ones or are looking for the perfect gift.

To celebrate their upcoming 4th birthday they are giving one lucky customer the chance to win a \$1,000 voucher to spend in store. Just spend \$100 or more in a single transaction during the months of August & September to go into the draw to win.



Winner will be announced on their 4th Birthday, Saturday 3rd October 2015 at midday.

Enjoy shopping for some of the most unique homewares, clothing and gifts setting them apart from others.



North Rocks Parramatta Lantern Club Hi Tea

The North Rocks Parramatta Lantern Club is holding a High Tea on Saturday 12th September 1.30 for 2pm at the Dorothy Paul Centre, the Royal Institute for Deaf and Blind Children North Rocks opposite Westfield. All proceeds to benefit RIDBC. Cost is \$25.

RSVP: 1st September- Ph. Elaine 9639 6159 or Joan 9871 6128

Glenorie Community Centre Annual General Meeting

7pm at Glenorie Memorial Hall
Tuesday 8th September 2015 - All Welcome.

Thank You Note

Carol left her handbag in the trolley at Glenorie Woolworths Saturday 18th July. She would like to say a BIG thank you to the lady who found her bag and handed back to her when she came looking for it. And happy there are still good decent honest people around.

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We can also offer fertilising to promote growth and general poisoning of fence lines.

If you have horses on your property, please read below the benefits of spraying written by local Doctor of Veterinary Medicine Gillian Burns.

Fireweed and Horses

Fireweed is a poisonous weed that grows well in the Hills District. It contains pyrrolizidine alkaloids, which can cause liver damage in horses when eaten. Most horses will avoid eating fireweed if they have access to good pasture but young stock or horses not exposed to fireweed previously may ingest it. Fireweed grows best when pastures are stressed and overgrazed. Horses on such pastures are more likely to eat fireweed when other forage becomes scarce. All parts of the plant are toxic.

Because fireweed causes liver damage, its effects are cumulative and it is possible for damage done early on in the horse's life to cause serious illness and death much later. I have treated horses with this condition and it is a sad and frustrating illness.

Some early signs are sensitivity to the sun, weight loss and weakness. The signs then progress to diarrhoea, head pressing or circling. The condition can be fatal. Protect your horse – control your fireweed and keep your pastures, and your horses, healthy.

Gillian Burns,
Doctor of Veterinary Medicine

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Gillian Burns,

Doctor of Veterinary Medicine

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Stacy Harding New Head Coach at Galston Swim Club

The swimmers at Galston Swim club welcomed new head coach Stacy Harding to their pool during July. Stacy is a silver level coach, and comes from her last full time swimming position at Cherrybrook Carlile. When she was swimming Stacy was an Australian Age Championship finalist in backstroke.

Stacy's mantra for the club is simple, "The goal of the Galston Squad program is to allow all members to reach their full potential, whatever that may be".

When asked about her training methods, Stacy responded, "Training should be a mix of both hard work and enjoyment. Swimmers will always get out of swimming exactly what they put in. If the kids have a goal, it is my job to show them how to achieve it. This will mean different programs for different kids".

Stacy wants to create and nurture a team culture that will get Galston back to the great heights it reached in the mid 90's, when Australian swimmers such as Elli Overton and Zane King led the way.

Stacy is coaching 10 sessions a week at Galston, and with plenty of lane space, is keen for new swimmers to come and have a go. Who will be the next Galston Olympian?



Dural Championships Played

Diana Sweeney's stellar season continued when her teams won both the Dural Ladies' Fours and Triples titles which were played between her matches in the Regional Play-offs for Singles, and Pairs with Elizabeth Whelan.



Denise Looever and Marilyn Bonvino

Adding Sue Vindin to their pair's combination they proved just too good for Ruth Keene, Diane Trovato and Judith Harris who took them to 21 all but could not conquer the champs. For the Fours, Ruth Keene joined Diana's team and Marilyn Bonvino and Denise Looever joined Judith and Diane but again the hotshots were too good. The runners-up, although vanquished, were not disheartened having done better than expected against such great teams and were so pleased to get to both finals!



Sue Vindin, Diana Sweeney, and Liz Whelan

In the Regional Play-offs it took a former member of the state squad, Shirley de la Harpe, to knock Diana Sweeney out of the singles and a top pair from The Hills BC to beat Dural's girls in the pairs. After all this, Diana fronted up with a mixed team of Elizabeth Whelan and Geoff Berry for the Dural Men's Super 6 Carnival (Six shorter games on the one day) and again was on the podium. You don't have to be that good or "fit" but Dural always has room for more bowlers and free lessons are available by contacting the Country Club or 9489 3739, 9653 1250.

Glenorie Rural Fire Brigade News

By Elizabeth Whiteman



Congratulations Stuart

Stuart Unsworth is our latest member to complete his BF (Bush Fire) Fighter training. He was presented with his certificate at the August monthly meeting and before the evening was done attended his first fire call! The brigade was called to assist Middle Dural and NSW Fire & Rescue at a structure fire on Cranstons road. We can't guarantee all new trainees get a call so quickly but it is surprising just how often it happens.



Photo by Stuart Unsworth

HR (Hazard Reduction) Season

There is smoke in the air! As we go to print our first Fuel Management Burn (commonly called HR) north of Glenorie Station has been completed, the brigade along with brigades from The Hills and neighbouring shires are heavily committed to a large burn in South Maroota for the coming weekend and a second burn is planned for Glenorie the following weekend.

We apologize for any inconvenience during this busy time but hopefully these burns will help protect homes and property in our area.

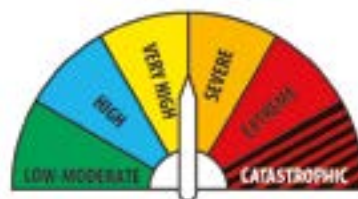
Reminder: These burns are designed to lessen the impact of fire but do not mean there will be no fires. It is still very important to keep your property well maintained and take the time to prepare your household by completing your Bush Fire Survival Plan.

How prepared is your home?

If you would like to talk to brigade members about bush fire preparation for your home or property, please contact the brigade (details below) a member will get back to you ASAP. **Now is the time to prepare for the coming bush fire season.**

Stay up to Date and Stay Safe!

- Download the RFS 'Fires near me' app if you have a smart phone. It is easy, doesn't take long and helps keep you informed.
- Keep track of the Fire Danger Indicators (FDI sign) BEWARE don't wait for a catastrophic day to act – The day the Glenorie Fires of 2002 started the FDI was High.
- Learn the Bush fire Alerts



For more information

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

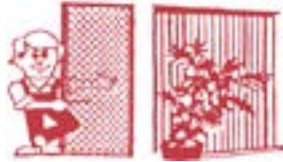
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Galston Rural Fire Brigade News



Fire Safety

The recent bushfires in the Blue Mountains remind us that even in the cooler months it pays to be fire safe. Make or update your bush fire survival plan today and ensure that your family and home are kept safe. Useful information on making a bush fire survival plan can be found at <http://www.rfs.nsw.gov.au/resources/bush-fire-survival-plan>.

Pile Burning

The cooler months are also a good time to get pile burning done. If you do want to undertake a pile burn, a council permit is required. Pile Burn enquiries can be directed to Hornsby Shire Council on 9847 6853. Useful information can also be found by following the link to: <http://www.hornsby.nsw.gov.au/media/documents/environment-and-waste/bushland-and-biodiversity/bushfire/Requirements-for-pile-burning-in-Hornsby-Shire.pdf>

If you require assistance or are concerned about safety in conducting a pile burn please don't hesitate to call the Brigade Duty Officer on 0491 119 152.

New Members Required

We would like to remind our community that we are always looking for additional members at the brigade.

If you know someone that may be interested or you think you would like to serve your community in an active way please come and have a discussion with current members and see if this is something that might suit you. We would welcome you to the station and give you an introduction to being a member. It is a great way to give something back to your community, make new friends, and it can be a very rewarding experience.

Please call our Duty Officer on - 0491 119 152, or email captain@galstonrfb.org.au

Facebook Page

Please be aware that the brigade does maintain a Facebook page that can be accessed by searching for "Galston Rural Fire Brigade". This page contains useful information and also provides updates on ongoing situations.

The Sydney Hills Branch of the Association of Independent Retirees.

IMPORTANT! CHANGE OF VENUE AND TIME.

The Sydney Hills Branch of the Association of Independent Retirees will be meeting in the Presbyterian Church Hall Welham Street Beecroft on Friday 4th September, 2015 at 11.15 am

The guest speaker will be from 'The Hills Community Care' providing information on the services they provide.

This will be very interesting to see how Government changes impact on services 1st July 2015

We welcome recently retired citizens and Baby Boomers, who are, looking for new interests. Why not come along be informed and by working together we can make a difference.

President: Lauris Rennie Phone: 9634 1186

Dural Galston Probus Club

will hold it's next meeting at 10am on Thursday 17th September, 2015 at The Galston Club, 21-25 Arcadia Road, Galston. Our speaker will be Wendy Bull, Marriage Celebrant. Probus is a mixed club with interesting speakers, friendship, occasional outings and holidays. Come along or phone Anne 9653 1004



20 Years of Innovation in Design and Construction



Established 20 years ago, Turrell Building Services has grown into a significant contributor to housing design and construction in the Hills and Sydney districts.

Initially specialising in outdoor entertaining areas, Turrell Building and Landscaping Services now builds innovative and quality new homes, extensions, renovations, entertainment areas, decks, pergolas, landscaping, pools and spas, and has continued to create innovative and exceptional indoor and outdoor living spaces. Managing Director and Creative Designer Neil Turrell, together with his dedicated team of project managers, colour consultant, landscapers and support staff, share in a vision and passion of building lifestyle dreams through excellence in design, development, construction and management from concept to completion. Turrell Building Services' entire culture and philosophy is built around the company's founding principles of excellence in quality workmanship and good old-fashioned service. Rich in experience, honesty and integrity, the Turrell team pride themselves on 20 years locally building peoples dreams. Numerous references and testimonials confirm the company's ultimate commitment to excellence and customer satisfaction.

This philosophy enables Turrell Building Services to maintain leadership in the residential building market, and the company has won multiple awards in the HIA Housing Awards and the Hills Design and Building Awards for its quality designs, constructions and workmanship. The Company has been involved in numerous charity projects and activities including the Heidi Edwards renovation, Audrey's Wish and the Hannah Family which aired on *A Current Affair*, Channel 9 and most recently the Daniel Clarke renovation.

In 2011 Neil and his wife Leisa established Buildbits Pty Ltd, a concept which has revolutionised the building industry. Based on a website and simple-to-use phone app, builders, tradesmen and renovators are able to buy and sell excess or unwanted stock over the internet for free. Buildbits is now a national operation supported by many of Australia's market leaders in the building and housing industries.

During his time expanding and developing Turrell Building Services, Neil has been actively involved in the local community with his involvement in local bodies such as the Bendigo Bank Board, Dural Chamber of Commerce, Inala Fund Raising Board and started the Galston Primary School Golf Day.

Turrell Building Services is committed to creating the lifestyle of your dreams to be as individual as you. We believe original and modern designs will not only add an exciting new dimension to your home and increase property value, but importantly bring many years of enjoyment for your family and friends.

For more information phone 9653 1003 or www.turrell.com.au

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September 20 –
George Washingmachine Trio
12 to 3pm

Singing and fiddling aside, George is a multi-instrumentalist – proficient on double bass, guitar or anything with strings! George is also a sought after MC – and has hosted Jazz in the Domain several times, as well as The Darling Harbour Jazz Festival and presented concerts at The Thredbo Jazz Festival and the Taronga Park Zoo New Year's Eve Party. George has also worked in TV and radio. You may have heard George as the voice behind the recent Banana Boat campaign, or his fiddle playing & scatting on the Uncle Toby's campaign. George is also a composer in his own right.

He recently composed the music for the Qantas Business Class Lounge commercial and has written everything from Rock and Roll Nursery rhymes for Mr Squiggle to music for the Bell Shakespeare Company. To top it all off, George can also bring years of acting experience to your event. George's acting gigs include guest roles on TV shows like Chances and A Country Practice. He also worked in theatre, playing Guildenstern in Neil Armfield's production of Hamlet – where he shared the stage with Richard Roxborough, Geoffrey Rush, David Wenham, Jacqueline McKenzie, and a host of other acting luminaries. He will be ably supported by Arthur Washington on guitar and Stan Valacos on bass.

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The Riverbend Restaurant is open for dinner every evening and lunch on Sundays

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Sydney Antique Machinery Club Inc. hosts the

2015 Clarendon Classic Machinery Rally

September 19 & 20 at Hawkesbury Showground
Racetrack Rd, near Clarendon Station, opp Richmond RAAF Base.

Three features for 2015 are:

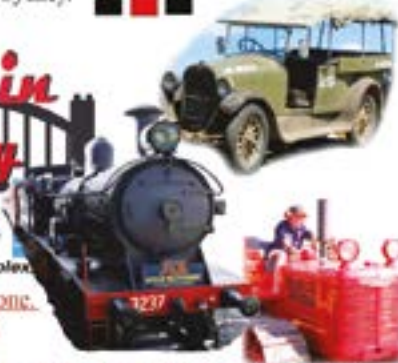
1. Anything from International Harvester (IHC). Trucks, Tractors, Stationary engines, etc.
2. Anything manufactured in Sydney.
3. The Centenary of WW1.



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See Website: www.SydneyAntiqueMachineryClub.com/rally
Call Steve 0418 453 203 for further info.



Spring Fever

By Mary at Heritage Haven

Mild morning frosts glisten over the paddocks, and spiders' webs sag and wrinkle from window crevices. In the garden, the maple's branches are etched bare against a bright, blue sky and it is not surprising to see the pathway to the aviary shivering with fairy grass and morning dew. As I blink upwards through the bare branches, the day seems to be bursting with colour and a movement of breath: I feel like Mole from "The Wind in the Willows" is peering at me gleefully from the shadows, whispering "Spring Fever...!" with breathless enthusiasm.

Wild, native poppies are rippling their fragile blooms along the pathway to the aviary, and the birds are calling as the wind whispers through their feathers. I quickly gather a handful of fresh millet to scatter for the wild finches, and a tennis ball to throw for Myrtle ... perhaps they too hear spring whispering to them.

Three old pine trees ... bare relics of a past century at least ... rear their bare stumps towards the sky in a forgotten corner of the yard. Today, Spring has discovered them in their overlooked corner and robed them with shawls of flowering Jasmine.

Exuding an intoxicating fragrance, and the excited hum of intoxicated bees, smothered almost by innumerable, attendant bees ... enjoying a fever of sweet activity, here is a Spring to remember.



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Jumping castle, face painting and MORE for all the family.

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Dog Show for Children -
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SATURDAY 26TH - 8AM
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ROTARY CLUB OF WEST PENNANT HILLS & CHERRYBROOK Inc
Web: www.wphcrotary.org Email: wphc.rotary@gmail.com

Trivia Night

12th September

The Galston Club
Arcadia Road, Galston

Lots of Fun - Great Prizes

\$15 per person

Make up table of 8 or join another

To book: Phone RDA Tall Timbers
on 9679 1246

or email talltimbers@rdansw.org.au
by 4th September

Time: doors open at 6pm

Bistro meals available to purchase

Trivia starts 7.30pm

(drinks and nibbles available to purchase,
sorry no BYO food)

All proceeds to benefit

RDA Tall Timbers.

The Friends of Fagan Park Open Day Fagan Park, Galston. Sunday 27 September 2015.

On Sunday 27 September at Fagan Park, Galston, the Heritage Area of Netherby Homestead and Rural Museums in Fagan Park will be open between 9am 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, soft drinks and cakes 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

W: <http://friendsoffaganpark.weebly.com/special-events.html>

F: <https://www.facebook.com/events/1420597618267851/>

Galston Rotary News

Book sale - Our recent book sale was again an outstanding success; the Club would like to thank the community for your support; our thanks also to all those non-Rotarians and friends (too many to name and you know who you are who helped pack, sort, and sell books and helped with the hall). The proceeds go straight back to the community and overseas programs as follows. The Club will start packing and sorting books later in the year and if you'd like to help on a Tuesday night as much or as little as you like please see our website below.

2014/2015 \$27000 Donations - We gave donations to the following:- *Arcadia fire Brigade, Glenorie fire Brigade, Galston Fire Brigade, Riding for the Disabled, Technical Aid for the Disabled, Prostate Support group, Christmas Seniors Dinner for Rowland Village and the Community centre, reconstructive surgery in Australia and Asia,, the Exodus Foundation, Galston High School Agricultural trip to Quirindi, disaster relief funds for Nepal and the Phillipines, sustainability program in Cambodia, Rotary Youth Leadership program and computers and books for the Anata Amunga Indigenous school in South Australia. Galston Rotary also supported Tara Anglican School for Girls with the Duke of Edinburgh.*

Galston High School - Quirindi Agriculture Trip - The Galston Rotary Club has sponsored this Field trip for over 30 years; the busload of year 9 students spend 3 days going to a variety of agricultural activities ranging from Arrowfield Stud to a kikuyu growing farm and lucerne and broadacre farms on the Liverpool plain; they see at first hand the mining/ farming problems that are well known. Recently we hosted the Principal of Galston High Jillian Turlas and her Deputy Julia Petrulis and heard from four students Amanda Todman, Anthony Stebbings, Sam Fuller and TJ Prevett about their experiences on the field trip. They all enjoyed themselves especially sleeping out at the Qirindi Showground and want to go again as mentors.

WHY JOIN ROTARY?

- Help your local and international community by fundraising for worthy causes.
- Volunteer for fun events such as the Annual Book Fair!
- Make great friends and connections and help each other grow professionally and personally.



Senior's Dinner



Shelter Boxes



Book Fair



For more info email Kathryn Dickinson info@galstonrotary.org.au or phone 0410 530 691

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Mobility Scooter Safety Tips

Mobility scooters usually have three or four wheels attached to a frame supporting a chair and a steering wheel. People who are mobile enough to operate mobility scooters but are challenged when walking distances generally use these products. 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 to celebrate 30 years of service in the local community. 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 to guide you not only on the most appropriate equipment for you, but who can assess whether the potential user is capable enough to manage and use the scooter safely for the user and for the community. 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 can make for you, before you consider owning one, please do not hesitate to contact the friendly team at Comfort Discovered, Mt Colah.



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MEMORIES

with Ivor Jones & Friends



Whilst out driving in the car, my wife and I were reminiscing recently, about fashion.

We have an 18 year old boy (rather I should say young man) at home, who is very fashion conscious, and we started to discuss how we were in our teens.

Fashion deals with not only clothing but also other parts of one's personal appearance such as hairstyle, cosmetics and not forgetting the music of the day, which has also greatly influenced how we dressed.

Can you recall the Beatniks? Generally they were viewed as intellectuals who wore berets, skivvies and frequented coffee shops where they would recite poetry or sing folk or protest songs.

Also in Australia we had the bodgies and widgeys (in the UK they were generally referred to as Rockers- Australia had a rocker culture also which came a little later). The early bodgies who were males (widgeys were the female equivalent) would dress similar to the late James Dean. Satin shirts, slicked back hair etc. The slicked back hair saw products such as Brylcreem, Spruso and Atkinson's California Poppy sales climb astronomically. I can still remember the old Brylcreem song which was aired on radio and TV in commercials of the day.

*"Brylcreem a little dab would do you
Brylcreem, you'll look so debonair
Brylcreem, the girls would pursue you
Simply rub a little in your hair."*

Now back in the 1960s, whilst I was working as a DJ at a teenage dance on weekends and as a guy of 16+ during that period naturally I was fashion conscious also. When the Beatles hit the pop scene I just had to have a Beatle jacket. I didn't go for those plastic Beatle wigs though. During the surf music craze (remember The Atlantics, The Rebels, Jan & Dean and not forgetting the Beach Boys) blonde hair was all the rage amongst many, particularly using peroxide to lighten the hair,

Mind you, it wasn't only the guys who were fashion conscious, the girls were also. Can you remember the beehive hair styles that many wore back in the day? Or what about the styles made popular by Dinah Lee or that 'blonde headed stompy wumpy real gone surfer girl' Little Pattie.

Guys who previously would have considered wearing after shave as being girly, started applying "Old Spice" so that they would appeal to the girls. Although recently a number of women have said to me that they hated the smell of "Old Spice". So did it actually achieve what the guys wanted, I wonder?

During the 60s also came the Paisley fashion. I had paisley shirts I would wear to the teenage dance where I DJ'd and on other occasions. Floral and paisley styles became very popular with the Hippie generation or Flower people. There were also the bell-bottomed trousers. What of the girls in their Go-Go outfits or wearing muu-muu's. My wife wore Hipster shorts and dresses at the time and, talking about shorts, can you remember the Culottes and the Hot Pants? Who can forget the ruckus caused when Jean Shrimpton (aka The Shrimp) wore a mini to the 1965 Derby Day races at Flemington, Victoria? Much of the older generation were outraged, whilst the younger generation thought it was so liberating. Talking about liberating clothes, topless dresses were also introduced during the late 60s or early 70s but they just didn't take off.

In the seventies, a popular fashion amongst men of the day was the Safari Suit. I had one that I wore out and also to work. You could also get a safari suit with shorts rather than long trousers.

Other fashions that I recall during my younger days include the rope petticoats that my sisters wore, bobby-sox, pony skirts and gingham dresses. I recall guys wearing floral shirts, cowboy string ties and when cuffless trousers became more popular than those with cuffs.

Now how about you?

If you have some great memories, or perhaps you belong to a local community organisation and would like to share your experiences with us, then feel free to share your memories or experiences by writing to PO Box 1278, Baulkham Hills, NSW 1755 or email to metropoll@optusnet.com.au. You can also share memories on any of my facebook memories groups including Hills District Memories which you will find here <https://www.facebook.com/groups/Hills.memories/>

You can write about childhood memories of where you may have grown up. Tell us about your school days. Where you worked, played or went on holidays. Your first car or your first date. This page is about memories so tell us yours.



Spruso for the hair



Hippie fashion back in the 60s



Jean Shrimpton in her mini at the 1965 Derby Day at Flemington Racecourse, Melbourne Vic. Heavens above!!! Actually showing her knees.



A Beatle jacket similar to one I wore in the 1960s

Best-Selling Author Kate Forsyth to Visit Hornsby Library

Best-selling novelist Kate Forsyth will visit Hornsby Library to talk to fans about her latest fairytale-inspired story, *The Beast's Garden*.

Kate will come to Hornsby on Wednesday 9 September, and will be delivering an author talk as well as signing copies of her books for audience members.

The Beast's Garden is Kate's re-telling of the classic Grimm tale *Beauty and the Beast*, set against the dramatic backdrop of World War II.



Kate is an internationally best-selling author, who has written more than 20 books, and had her writing published in 14 different countries.

When: Wednesday 9 September, 6.30pm

Where: Hornsby Library

Cost: \$5.00 with light refreshments

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

Arcadia Pony Club

Members of Arcadia Pony Club have been recognised by Pony Club NSW for their commitment and dedication to the core values of Pony Club.

Janet and Denis Barr, whose grandchildren are riding members of Arcadia Pony Club, were nominated and awarded the prestigious 'Volunteer of the Year Award' from the Pony Club Association of NSW. Launched in 2010, the Volunteer of the Year award acknowledges the hard work and dedication of Pony Club volunteers.

Denis and Janet are familiar faces to everyone at Arcadia Pony Club. They have generously donated their time to run the barbeque and help in the canteen at both rally days rally days and competitions at Arcadia Pony Club for over four years!

Gillian Burns, President of Arcadia Pony Club said "Volunteers such as Janet and Denis are the backbone of clubs like ours. They are there every rally day helping out and it's wonderful that they can be recognised for the dedication and the valuable assistance they provide."

Sixteen year old Sarah Harris was also awarded the 'Pony Club of NSW Junior Service Award'. The Junior Service Award was introduced in 2013 and acknowledges the service of junior members of pony club. Sarah has been a member of Arcadia Pony Club for over 4 years.

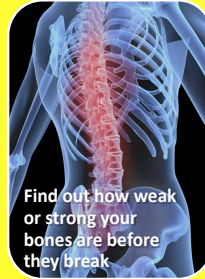
Leanne Davies, Senior Instructor of Arcadia Pony Club said "Sarah is a lovely young lady who always displays a positive



Sarah Harris – Awarded Junior Service Award

continued on page 30 ►

Bone Density Testing soon at Customcare Compounding Pharmacy



Find out how weak or strong your bones are before they break



You Can't Feel Your Bones Getting Thinner

Knowing Your Risk is the First Step in Fighting Osteoporosis

Osteoporosis (thin fragile bones) does not happen suddenly at age 70.

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Cost \$35 (usually \$55) Ultrasound is safe, reliable and results are immediately available

Bone density assessments provide information to help people of all ages keep bones as strong as possible for the rest of their lives. Consultations include guidelines for calcium, vitamin D and physical activity, and explanation of modifiable, non-modifiable and medical conditions that affect bones.

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School Leaders Visit to Parliament

Students from 22 local primary schools joined Hornsby State Liberal MP Matt Kean for a Student Leaders visit to Parliament on Wednesday.

The group of 88 pupils toured the Legislative Assembly and Legislative Council before joining Mr Kean for a special visit from NSW Treasurer Gladys Berejiklian and sporting stars Nathan Hindmarsh (Former NRL player), Mo'onia Gerrard (Australian netballer) and Andrew Kellaway (NSW Waratahs).

Mr Kean and the special guests spoke to the students about the importance of good education and the crucial role they can play in their school communities as leaders.

"This was great opportunity for the school leaders to absorb leadership experience from our State's first female Treasurer and some of our representative best sport stars," Mr Kean said.

"I'm thrilled to have the school leaders visit Parliament to better learn how our State Parliament works and what I do in my role as their local MP."

In a question and answer session, students asked a range of questions to Mr Kean and the special guests. Some of those included who were the four speaker's role models growing up, tips on leadership styles and how they started their careers.

Mr Kean said he was impressed with the students enthusiasm and interest in furthering their leadership skills and knowledge of Parliament.



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Budgerigar Society of N. S. W.

Hills Branch - Ray Galbraith.

With the arrival of Spring and the increase of noise within the various aviaries of Hills Branch members, they are establishing their breeding pairs after having researched the genetics of the individual birds in preparation for the breeding of next year youngsters; hoping for that future champion and a team of young birds that will be competitive on the show bench. Most breeders provide separate breeding cabinets for each pair of birds, distinct from the normal environment of the aviary.



July Meeting saw a good roll-up of members for the A G M of the Branch, along with a change of personnel in some positions. After all positions had been finalised, **Mr Santo Calabreze and Mr Cliff Spare, were elected as President and Secretary respectively.**



The August Meeting provided an opportunity for the members to enjoy a visual presentation of the 2015 National Title birds, presented by Nola and Bruce Bradford. This now annual event, is eagerly anticipated by the members, for it provides an insight in to the standard of birds that need to be bred to compete at the highest level.

Table Show competitions which are held each meeting between members and visitors, have been finalised for the past year and the new competitions will commence at the September Meeting. These competitions allow an appreciation and evaluation of the youngsters being bred by the members, prior to being exhibited at the various annual shows throughout the coming year.

Interested in joining an enjoyable hobby for all ages and families, along with various social functions, then contact should be made with Peter Dodd on Ph 9888 5631 or peter_dodd@primus.com.au.

Arcadia Pony Club.....continued

attitude and a warm smile. She is encouraging and consistently helping out other members of the Club, especially the younger riders. She is also always on hand to assist at rally day set up". She has a really positive outlook and is always there to offer assistance with setting up for rally days.



Denis and Janet Barr – Awarded Volunteer of the Year Award

Sarah enjoys the friendships she has developed through Arcadia Pony Club, along with learning new skills and representing Arcadia Pony Club at different events. She's been riding for nearly five years and the advice she offers the younger members of the Club is "to listen and learn from the instructors and remember to enjoy your riding."

Both the Barr family and Sarah receive acknowledgement on the Pony Club of NSW website honour role, a certificate and a prize pack including items from Mitavite, Australia's HorseWise magazine and SunSense.

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>



WISEMANS FERRY
COMMUNITY MARKET DAY

WISEMANS FERRY BOWLING CLUB
MONDAY 5TH OCTOBER
10AM - 4PM



- ▶ Market Stalls ▶ Dance & Sword Play
- ▶ Live Entertainment ▶ Community Groups
- ▶ Barefoot Bowls

Enquiries to Vicki 0423 727 826

Lorien Novalis School

Local Community and Lorien Novalis School working together to bring native wildlife into schools

Lorien Novalis submitted to the Bird of Schools a yearlong program to develop an action plan to build awareness between people and birds. In 2014 Lorien Novalis was one of only 20 schools fortunate enough to participate in this rich, informative programme, and was allotted a funding grant which helps with two key planting/landscaping projects within the school.



This month, students were busy planting Australian Native gardens to support bird diversity on the school grounds. The final planting day was a culmination of a year's learning with students in the school, which involved observing, collecting data and gaining knowledge and know-how towards improving, creating and caring for our increasingly fragile bird habitat. Upper primary students participated in a citizen-science-based environmental studies project offered through Birds Australia and its school outreach educational programme, Birds in Schools. The school was determined that they could improve Lorien Novalis's Birdlife through the planting of additional native gardens which invited and sustained a greater diversity of birds, particularly small bird varieties.

This month Lorien Novalis moved forward with two unique gardens, a 50 metre bird friendly hedge near the upper primary classrooms, and a small bird sanctuary situated closer to the native bushland. On planting day everyone had a part. High School students helped dig and weed, and younger children planted and watered. It was a great day enjoyed by all. The new gardens are already attracting many birds.

As a final perfect note...on planting day one Birds in Schools volunteer, Mark Fuller, discovered a pair of Spotted Pardalotes. He responded to their calls, which resulted in them coming to perch in a nearby tree.

You can visit the Small Bird Sanctuary during the 'Lorien Novalis Fair' on the 5th September. Wander down toward the Performance Hall and look for the white-tipped twigs that form a temporary boundary for the new plants. Enjoy the birds and know that their presence is the single most important indicator of a healthy, sustainable habitat.

Lorien Novalis is grateful to Birds in Schools and Birds Australia for their contributions and support, and also to Malcolm Johnson, of Boongala Native Gardens on Pitt Town Road, Kenthurst, for his valuable consultation with our planning, and also for the provision of a large portion of the native plants.



Hillside Family Fun Day!



Hey everyone!

My name is Rayna. I am the current president of the P&C Association at Hillside Public School on Cattai Ridge Road at Glenorie.

When I started writing this article it was purely to promote our up and coming Family Fun Day at our little school on Sunday 13th of September this year as this is a really important day for us.

I have been working hard on securing lots of amazing prizes for our Chocolate Wheel & Monster Raffle to be drawn on day of the event!

As usual my heart is warmed by the beautiful Glenorie, Galston and Hills communities continuing support with their amazing generosity!

Then I had a lovely conversation with Gary who is our local Bendigo Bank Manager at Galston, that sent me in another direction.

Bendigo Bank does not just support our little school but is a huge supporter of our local community in general with contributions to schools, nursing homes, sporting organizations and local business etc.

It is a "Not for Profit" community minded bank, yet competitive in what it has to offer its customers!

It got me thinking?? Whilst we are happy to take and are very grateful for the donations from our donors/sponsors such as Bendigo Bank, local clubs, butchers and various other small businesses, is it ever in the forefront of our minds what we can give back to support them? And what does it really mean to that business to continue to donate to what they consider "worthy causes"? ... Us!

Sometimes these businesses get very little support in return but are so community minded and big hearted they continue to give, year after year. For us though, without them, our goals would be unachievable!

As Gary said to me "The community's needs grow more and more each year but If people in the community don't support them back, how can Bendigo Bank continue to support the community?"

I would just like to ask everyone reading this that the next time they walk past the local butcher, gift shop or independent supermarket etc and go on to shop at the big supermarket, be mindful of who really continually supports our beautiful little community.

Go in and talk to Gary at Bendigo and let him do a free "Loan Health Check". Call in to Glenorie Butchery and talk to Trevor and Felicity, their friendly service and meat is of the most amazing quality.

Check out what our local businesses have to offer. You might just be surprised!

Or just go in and say hi and ... thank you.

Oh and don't forget on Sunday the **13th September** come and have some fun at our little schools Family Fun Day and share in the amazing prizes that have been generously donated by our wonderful community and beyond!!

WHAT'S ON

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\$10,000

7PM - 9PM

LTPS/15/05663



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MONSTER FRIDAY NIGHTS

SATURDAY NIGHTS

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FRIDAY OCTOBER 23RD



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HALLOWEEN DISCO

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WHEN: 5pm Saturday Oct' 31st

ENTRY: \$5 per child

R.S.V.P: Friday Oct' 23rd



3 POST OFFICE RD GLENORIE, (BEHIND WOOLWORTHS), 9652 1183, WWW.GLENORIERSL.COM.AU

Hillside Public School



This term has flown by and it is hard to believe that it is the middle of August already.

Hillside was proud to host a lunch for Macquarie Towns Motorcycle Restoration and Preservation Club which held their annual rally on Saturday 25th July. After riding through the district the 160 bikers and partners parked their beautiful vintage motorbikes here at school and enjoyed a wonderful 3 course lunch provided by the Hillside P&C.

Our Soccer team headed to Lithgow in freezing conditions to play in the 2nd round of the Small Schools Knockout Soccer Competition. Our team bravely played in temperatures below 3 degrees but were unfortunately beaten by O'Connell, a small school near Bathurst. The score was 2-nil.

On Monday 27th July, there was much excitement at Hillside as we took delivery of hen eggs which we carefully placed in the incubator.

Over the next couple of days, the children were amazed and delighted to watch these eggs hatch into chickens. These chickens stayed with us for a fortnight, moving up into a brooder and growing very quickly! The children were delighted to look after and care for the chickens – giving them many cuddles each day.

Hillside was very excited to join Annangrove Public School and Middle Dural Public School for our combined Athletics Carnival held at Annangrove Park. There were many races, ball games and relays where all children from the three schools showed good sportsmanship. Thank you Annangrove Public School for organising this fantastic day.

Super hero Day was held during Education Week. The children and staff dressed up as their favourite Super Hero. \$200 was raised for Bear Cottage, a facility at Manly where children with cancer can go for a holiday with their families. Parents and friends joined the children for morning tea, super hero mask making and a trivia quiz. A great day was had by all.

Everyone here at Hillside was blown away watching the Galston High School musical, "That 80s Musical". The show certainly showcased the enormous talent of students at Galston High.

The whole school is looking forward to our bushwalk through the bush in Neich Road tomorrow. The bush flowers are spectacular!

Hillside is pleased to offer Dancing Classes on Wednesday afternoon. The instructor is Mel Bevan. Juniors start at 3.30 and Intermediates at 4.30. Classes are held in the Library. Please phone Mel – 0433524106.

Kindergarten enrolments are being taken now for 2016. Please contact the school office – 96521459 for more information.

Hillside play group is held on Tuesday mornings in the school library.

Commencing at 9am concludes at 11am.

All welcome come along and bring a friend.

Rainfall Chart

Rainfall recorded Galston period
17/07/15 to 14/08/15 is 23mm

KU Galston Preschool

The children have had a fantastic time this month exploring woodwork. Each day the children have had the opportunity to explore and experiment with hammers and nails to adhere materials to pieces of wood and the more they experimented, the more they discovered the potential of this experience. As the week has gone by, we have seen wood nailed together to construct a plane and materials used to create patterns and pictures. The children have used the tools safely and respectfully and we will certainly be exploring woodwork again in the near future.

Last week some of the children enjoyed hours of fun and discovery creating a marble maze outside with a wooden track pieces and pipes. Big marbles and golf balls were perfect and there was lots of problem solving, collaboration and negotiation for the construction, the use of slopes and the turn taking of the maze. We always find the ideas of the children amazing... These wooden pieces were going to be used for woodwork but the children discovered a much better use for them. So, woodwork was this week instead with other pieces of wood and we are keeping these track pieces for maze construction.



To extend the children's thinking skills and interest in maze exploration, the marble maze construction inside provided the opportunity to collaborate to build a smaller maze and solve problems to create slopes and holes for marbles to follow a run. Not easy, but the children persevered, worked together, asked for help and felt a sense of accomplishment with their constructed maze. Well done!

Next month KU is celebrating 120 years. KU Galston Preschool will be holding birthday celebrations on Wednesday 9th September here at our preschool from 2-4pm. We will be celebrating with afternoon tea and a visit from Golden Ridge Animal farm. We would like to invite all past, present and future families to come in and say hi, we hope to see you!

We are currently enrolling for 2016, if you have a child aged 3 to 5 years and are interested in preschool please feel free to visit our preschool or contact our director Rebecca Onslow ku.galston@ku.com.au or 96532252.

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Have you met Mrs Crouch?

Natalie Crouch is Arcadia Public School's wonderful Kindergarten teacher and she has been very busy in our community lately. You may have met her on her visits to our local preschools? Perhaps you have seen her presentations about school readiness to the parents and grandparents at Arcadia playgroup? Or perhaps at her excellent open classroom at Arcadia Markets?

Mrs Crouch has expert knowledge and understanding of children's development. She readily shares her knowledge and expertise with parents, whom she regards as partners in their children's school life. We all value Mrs Crouch's commitment to nurturing, inspiring and challenging her students to achieve their academic best and to discover joy in learning.

One of the key advantages of our relatively smaller school environment is that each individual child is known and understood – resulting in a much more tailored learning program. Students at Arcadia Public School learn through participation in a community that matters to them, where a deep sense of belonging is the 'Arcadian Way'.

It's not too late to come and meet Mrs Crouch and to see what Arcadia Public School has to offer your child as they begin their educational journey. Please phone our friendly office staff on 9653-1207 for a personal tour or any further information.

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 demonstrated outstanding resilience due to the inclement weather which prevailed until finally the carnival was finally held. Exemplary displays of sportsmanship and behaviour were displayed throughout the K-2 Fun Day and the Yrs2-6 Athletics Day. Students ran their hearts out and used enthusiastic voices to support their respective sport houses during the Fun Day, and the actual Athletics Day. A magnificent carnival was organised by a very hard working teacher, Miss Payne. A huge thank you to the many parents who assisted 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.

continued on page 36 ►



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News from Galston High School

Galston High receives World's Greatest Shave Award

This year the Galston High School Shave Team was ranked the 29th highest fundraiser in NSW and the ACT, which is a huge achievement for the school and our community. Isaak Koorey of Year 7 and Alana Perrett of Year 12 recently had the privilege of attending the awards ceremony at Government House for the top 30 World's Greatest Shave fundraisers in NSW and the ACT. They were excited to represent the brave shavers and hair dyers from Galston High at this prestigious event. On behalf of the SRC we would like to thank everyone who shaved their head or beard and dyed their hair for this worthy cause and everyone who donated to the Leukaemia foundation. Alana and Isaak were presented with a trophy by His Excellency General The Honourable David Hurley AC DSC (Ret'd), Governor of New South Wales.



Alana and Isaak at Government House

2016 Prefect Induction

Many opportunities exist for students to develop their leadership skills at Galston High School including through the Student Representative Council and House leader program. These two groups are joined by our 2016 Prefect Leadership Team who were inducted at a formal assembly recently. This team consists of the captains, vice captains, senior prefects and school prefects. Congratulations to our 2016 team and thank you to our outgoing 2015 team who exemplified our motto of achieving excellence and inspiring success.



The Prefect Induction Ceremony: (left to right) Annabelle, Harry, Alyssa, Geoffrey, Ruby, Tom, Shivana, Cameron and Sarina. Absent with a broken leg was Sean.

Galston Public Schoolcontinued

Congratulations to the drama group who performed in the prestigious Arts Alive Festival of Drama at NIDA. Their matinee and evening performances in front of large audiences were extremely impressive. The drama group is very fortunate indeed, to have been prepared by their very creative and talented teacher, Mrs Franks.

The Galston Public School Senior Choir, under the tutelage of Mrs Bolger along with a combined choir performed a challenging repertoire of songs at the Arts Alive Choral Concert.

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

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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Glenorie Public School

Mid-term for Glenorie Public School and all of our students are working exceptionally well. We have lots on our plate but we are sure ready for it!!!

Last Wednesday was our annual athletics carnival and all students put all of their effort and tried their hardest. Luckily, 30 of our students succeeded into the track events and 21 students succeeded in the field events. They all will now proceed into next category of competition where they will be competing against 20 other schools at Cherrybrook oval.

On Thursday, we held a Winter Wonderland themed disco in our school hall for the years K-6. They had a blast! We would like to thank all the parents and teachers who volunteered to help for the evening and hope the kids had a wonderful time.



From the 18th to the 22nd of July, our equestrian riders Tahlia Cowan and Jessica Galea competed at Sydney International Equestrian Centre. Tahlia won the combined training as well as the champion primary school and the champion rider. Jessica

placed 3rd in the combined training as well as reserve champion in the 80cm show jumping division.

Our school captains met our Galston High School Senior Prefect and School Captain at the Galston High Prefect Induction last week. Ruby Pye-Fayle is an ex-student from Glenorie.

Keep up the good work Glenorie!!

St Madeleines News

Year 3 & 4 Soccer Gala

It had been a wet week and Thursday morning was no different, the rain was pouring down. The news came through that the gala day was going ahead so we headed for Penrith.

Along the way the rain stopped and by the time we reached the fields the sky had opened up and the sun shone down. All the girls and boys played with passion and skill but most importantly great fair play. Thanks to all the parents who were coaches and managers on the day as well as being a great cheer squad.



Athletics Carnival

The weather is always on our side, the warm, balmy weather and only the slightest of breezes created an enthusiastic spirit to our carnival this year. The carnival ran like clockwork, starting at 8am with the 800 metre race. Each colour house participated with great energy and sportsmanship. Well done on a fantastic carnival.



continued on page 38 ►



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Middle Dural PS

By Ian McArthur and Deidre Grofski

Education Week

During the last week of July, Middle Dural PS celebrated Education Week with a special Assembly and a dinner/movie night at the school.

At the special Assembly, Middle Dural Principal, Ann Mills, explained the school's new approach to student-centred learning in Visual Arts. The students are shown examples of high quality art and work in groups to interpret the subject in their own way. They are even involved in assessment with the teacher providing guidance rather than direction. Mrs Mills explained that the teachers are planning to introduce this concept to Science teaching during Term 4. Several examples of students' Art work were on display in our newly re-vamped library.

Middle Dural students also displayed their major science assignment, which involved the design of a zoo enclosure for animals. The students researched the needs of the animals and made a model of the enclosure.

On Friday July 31, Middle Dural School celebrated Yuletide in July with a gathering of almost 70 adults and children at the school. Adults were treated to a traditional Lebanese buffet dinner, while the children were entertained by the movie Paper Planes and treated to a pasta dinner with popcorn and drinks.

Athletics Carnival

Middle Dural attended the annual Small Schools Athletics Carnival at Annangrove Park. Hosted this year by Annangrove PS and also attended by Hillside PS, the day went off with perfect weather despite an ordinary forecast. Thanks to Annangrove PS for organising the event.



Back to the Eighties

Congratulations to Galston HS for its excellent Musical, back to the Eighties. Middle Dural Students attended on July 23 and thoroughly enjoyed it.

Our New Entrance

Thank you to parent AJ Cannon and friend Matt for the building of our beautiful new arbour. And to Levi Grofski for painting it.

St Madeleines News....continued

Author Visit

Ken Harris came to visit us last week and spoke about how we can write great stories. He spoke about how the ability to read and write is a special gift that humans have and how important our imagination is. We had a great stimulus, an old boot, and we thought about all the great adventures the boot may have been on. Thank you Ken.

Sr Anna Conway's Farewell

On the 26th July over 300 hundred people came together to celebrate the gift of Sr Anna Conway. After a thanksgiving Eucharist all 350 people were served a delicious luncheon. There were heartfelt speeches farewelling Anna as well as appreciating the wonderful work she has done for our community. Sr Anna is a Sister of Mercy and has been part of St Madeleine's since it began and has carefully and lovingly guided it in the company of Priests, religious and other committed lay people. She is an integral part of the Parish of St Madeleine's and is definitely a pillar of our community. She is retiring after her 29 years of dedicated service with the feeling of 'having done what Jesus has asked me to do'. God bless and thank you Sr Anna.

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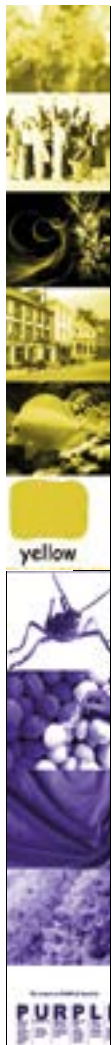
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Northholm Grammar School MUSIC NEWS

Our Northholm bands had a great day at the NSW State Band Championships held on Sunday 23 August at the Joan Sutherland Performing Arts Centre in Penrith. Both Symphonic Wind Ensemble and Concert Band gained second place in their respective divisions.

Northholm Concert Band (our junior group) has not gained a place before in a competition, so this is a particularly exciting result for them. What is even more impressive is that our bands were the two smallest in number, but were able to produce a remarkable balance and sound for their size.

Of course we were also competing against much larger schools – so our students can be extremely proud of their continued success and growth as young musicians.



Glenorie Vacation Care Program

****Expressions of Interest****

At Glenorie OOSH we are seeking interest from the community if a vacation care program can be offered from our Glenorie OOSH service. If you think you would be interested in using this service next school holidays in September, please contact Glenorie OOSH on 9652 0074 or via email glenorieoosh@bigpond.com so that we can ascertain the possibility of running this service next School Holidays. Outlined below is a sample of the program that will be offered to the children attending. Cost is estimated at \$50 per day and each family will get applicable childcare rebate discount. A decision to run the program will be determined based on the number of interested families.

Week 1

Monday  Masterchef! Cooking, Baking and Creating yummy treats	Tuesday Arts and Crafts Day 	Wednesday  Excursion to Glenorie Bakery	 Thursday Mini Sports Day and Yoga with Lloyd	Friday Pyjama Party and Movie  Marathon Day
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Week 2

Monday Wacky Science Day 	Tuesday  Excursion: Glenorie Veterinary Clinic Visit	Wednesday Wet and Wild Water Play 	 Thursday Bikes, Wheels and  BBQ Day	Friday Treasure Hunt  and Party Day
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This material has been produced by Philip Ruddock MP using his printing & communications entitlement.

Baulkham Hills Art Society Inc.

Baulkham Hills Art Society is looking for all local artists to enter the 2015 Orange Blossom Festival Art Awards. They are holding their Annual Art Show at the Castle Hill Community Centre from 20 to 27 September. Many prizes to be won.

Sections include: Oils, Acrylics, Watercolour, pastel and mixed medium. **Entry forms must be submitted by Monday 14 September**, paintings to be delivered between 10.00 am and 12.00am on Sunday 20th September. Further details and entry forms from Lorraine Bermingham – 9674 1240

Glenis the Money Making Cow

We didn't buy a Jeep, we bought a cow instead.

Glenhaven Rotary Club has a history of support for a young Australian TAFE teacher Anna Papoutsakis, Anna dedicates every opportunity she can to help two orphanages and many disadvantaged families in Vietnam.



'Glenis' the cow was purchased by the Glenhaven Rotary Club and is providing much needed financial assistance to a single father who is battling to raise three young children.

Glenis has already had one calf and is pregnant again, the family sell the calves to provide income, selling one offspring can be the equivalent of 6-8 months income.

Galston Uniting Church

Minister Rev Geoff Smith
11 School Road Galston 2159
Phone 9653 2039
www.galstonunitingchurch.com
Sunday Family Service 10 am



Last month we promoted it – now it's happened! A huge thank you to all RFS members who helped to make the annual Rural Fire Service celebration and blessing service a very special day.

Special thanks, in particular, to Sally for giving us some insight into the life of a local firefighter as well as to Rev Dr Stephen Robinson, the Uniting Churches National Disaster Recovery Chaplain and former minister at Galston, who brought us a message on the importance and contribution of volunteers.

We finished the celebration with a 'blessing of the fleet' followed by a big, shared lunch.

And suddenly it's spring... time to open up the house, get out into the garden and enjoy the sunshine – it's also a very popular time for weddings.

If you are getting married or if you know of someone planning to, come along to the Galston Bridal Fair on Saturday 5th September from 10.00am to 3.00pm at the Galston Community Centre. There will be photographers, event coordinators, celebrants, caterers, fashion designers, hair stylists, beauty therapists, travel consultants, invitation designers, florist and more. Pretty much all your wedding needs. There'll even be a fashion parade!

Finally, if you're looking for something 'a bit different' on a Sunday morning... then come along to church on September 13 when our morning worship will be led by our kids. It'll be fun, I promise you that!

As ever, there's lots going on at Galston Uniting Church. Don't hesitate to drop us a line or even drop by to learn more.

See you next month, take care, Geoff

GCEA Update

The Galston Christian Education Association (GCEA) is celebrating its 33rd year and are holding our annual Spring Dinner at the Galston Club, Galston Road, Galston on Saturday, September 5th.

This year we will welcome back Lachlan Gage to give an update on the successes of our SRE program. We will also hear from Galston High School Principal, Jill Tourlos.

Tickets are \$50 per person and include a 2-course meal with tea and coffee included. Concession tickets are available at \$40 per person (please email Amanda springdinner@gcea.org.au for details).

Get in quick, last year was a sell out and we had to turn a number of guests away.

A special thanks to The Galston Club for once again hosting this annual event. Also to our major sponsor, Bendigo Bank, for their ongoing support.



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Glenorie Mission Church

Christianity is much simpler than many believe and can be summed up in a few straightforward steps....

1. God loves you

"For God so loved the world that he gave his only begotten Son that whosoever believeth in Him should not perish but have everlasting life." John 3:16

"But God demonstrates his own love towards us, in that while we were still sinners, Christ died for us." Romans 5:8

2. All are sinners

"For all have sinned and fallen short of the glory of God." Romans 3:23

"As it is written: 'There is none righteous, no, not one.'" Romans 3:10

3. God's remedy for sin

"For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord." Romans 6:23

"But as many as received Him, to them He gave the right to become children of God, even to those who believe in His name." John 1:12

"Christ died for our sins according to the Scriptures, and that He was buried, and that He rose again the third day according to the Scriptures." 1 Corinthians 15:3-4

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By Corri Byrne, Pastor

In a time of division, strife and confusion, now more than ever before, it is important for our churches to stand together as one.

Sure there are differences in the way we celebrate, worship, pray, or serve. Sure there are differences in theology, with varying focus on different aspects of the teaching of Jesus.

But how magnificent is it when churches come together. When the body of Christ put aside any of our earthly differences and join as one to sing, to pray, to worship our one true Father.

Galatians 3:28-29 says "There is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all one in Christ Jesus. If you belong to Christ, then you are Abraham's seed, and heirs according to the promise."

This past month three of our district churches celebrated that unity. Galston Uniting, Dural Salvation Army and Hillslife Church came together as one body to celebrate and worship Jesus.

Would like to thank the Uniting Church for hosting our unity service, it was great to catch up with so many other faithful believers. So too the Dural Salvation Army.

Also would like to thank Chrissie Pearce and her team for travelling down from Newcastle to lead us in worship.

My prayer is that this unity, this oneness, can be expanded on and that we can continue to serve the one Father as one body and enjoy our common purpose rather than see our Earthly differences.

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News From St Benedicts

St Benedicts Fete – Sunday 30th August

This year's fete was another great success – we'll have more details next month.



Changes at the Parish

Father Bernard is settling in as the new parish priest and we have been delighted to welcome him into this new role. But balancing some of the new demands on his time with his other duties can be a challenge, he tells us. For example, he recently had to rush straight from feeding the monastery cattle to conducting Sunday mass, which certainly illustrates the double meaning of the term 'pastoral care'. Father Bernard is shown in the picture chatting with parishioners after 9 am Sunday mass.

The parish has also been pleased to welcome a number of new members to the Parish Pastoral Council and the Finance Committee. The parish can't run without the hard work put in by so many, and we are grateful to the retiring members and to those who have taken up new positions on these committees.

In September we'll be trying out a new seating layout for the parish church. This is an experiment to see if the sound system can be more effective and if we can maximise the use of our space. Come along to check it out and give us your opinion.

Sacramental Program 2015 - 2016

A new group of children have begun preparing for Confirmation, Holy Communion and Reconciliation. Confirmation will be celebrated on Sunday 18th October, with the other sacraments to take place in 2016. Special thanks to the team who are helping the children with their preparation.

World Youth Day Krakow Poland, July 2016

The parish is looking for young people who might like to join an enthusiastic group planning to travel to Poland next year for World Youth Day. This is an unforgettable opportunity so if any young person is interested, please contact the parish office or Father Bernard. Any support for the young people who are undertaking this journey would, of course, be warmly welcomed.

Glenorie Mission Church....continued

4. All may be saved now

"Behold, I stand at the door and knock. If anyone hears my voice and opens the door, I will come in to him and dine with him, and he with Me." Revelations 3:20

"For whoever calls on the name of the Lord shall be saved." Romans 10: 13

5. Assurance as a believer

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

"Most assuredly, I say to you, he who hears My word and believes in Him who sent Me has everlasting life, and shall not come into judgement, but has passed from death into life." John 5:24

6. My decision to receive Christ as my Saviour:

"Confessing to God that I am a sinner, and believing that the Lord Jesus Christ died for my sins on the cross and was raised for my justification, I do now receive and confess Him as my personal Saviour."

Hallelujah! Come and join us at Glenorie Mission Church, 10.15am Sunday mornings to worship a risen Lord and give thanks for so great a Salvation.

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

Wednesday 2nd September – Saturday 5th September

From Wednesday 2nd September till Saturday 5th 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 president on 9659 3779 or secretary on 9622 7953.

Galston Medical Centre

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Dr Elizabeth Rayment

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Dural Prostate Cancer Support Group

The next meeting of the Dural & District Prostate Cancer Support Group will be held on Monday 21st September at 7pm at Dural Country Club. Our guest speaker this month is Susie Mee who is an Acupuncturist.

All welcome. For further information please contact Graham on 8677 7896

Glenorie Community Hall Safe! (for 3 years)

Thank you to all residents who responded to the "Save Glenorie Memorial Hall" campaign. Due to your actions the recommendation to "dispose" of Glenorie memorial Hall has been changed.

In summary a total of 470 submissions were received on the Community and Cultural Facilities Strategic Plan following the exhibition of the draft Plan. 176 submission were received about Glenorie memorial Hall. 104 of these were on the post cards with written messages and the petition with over 500 signatures.

The recommendation has been changed to:

- Work with the Glenorie community to investigate an alternative management model for the Glenorie Community Centre.
- It should include responsibilities for reactive and planned maintenance, as well as financial and other reporting and compliance with work health and safety and other legal requirements.
- Review the strategic direction for the centre in three years' time, taking into account its operating and financial performance and other performance measures agreed with the Glenorie community.

The new recommendation does recommend review of the strategic direction in 3 years time, Please if you value the Hall use the Hall. Do become involved in the Glenorie Memorial Hall Committee. Why not attend the AGM on 7th September at 7pm.

Special thanks to all those who assisted in the campaign, thank you to those who made it to the afternoon tea, a special thank you to Dane Maurer who created the facebook page, to Glenorie RSL for hosting the petition, to Galston Glenorie & Hills Rural News and to the Glenorie Memorial Hall Committee.

Convict MTB event, St Albans

The Convict 100 is one of Australia's most challenging MTB marathon races following the historic Convict Trail through the Dharug and Yengo National Parks. There are 3 distances 44km, 68km and 100km.

The new 68km event proved a big hit with the riders, the course taking in all the best features of the 100km route including the gruelling rocky section along the Old Great North Rd built by convicts in the late 1800's which gives the event it's name. Brad Hamblett dominated the Men's field, hitting the front early and never relinquishing the lead while **Allana Mackertich from Galston** (grand master's category) showed the benefits of experience by posting the quickest time of the day by a woman- completing the race in an exceptional 3H49:58. Mountain bicycle races are won and lost on the hills, and Galston has no shortage of them- the difficulty for local cyclists is being able to find an EASY ride around here! Allana did much of her training up and down the notoriously long and difficult Quarry Road firetrail, practising her skills doing laps on the technical and intense OMV mtb trails. *Well done to Allana!*

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Buddhist Garden at Galston Open

Galston Garden Club is pleased to announce that the Golden Wheel Buddhist Retreat at 405 Galston Road (near Galston High School) will be open on Saturday September 12th and Sunday 13th. Anyone who has driven past in Spring will have been amazed by the outstanding display of blossom trees, but there is a great deal more to see! As well as the wonderful display of 80 + blossom trees there are beautifully landscaped grounds with a wide range of citrus, camellias, conifers and other interesting plants, including a great collection of cacti and succulents and beautiful Bonsai specimens. There is a large pond with 60 huge koi and the stunning main Buddhist Shrine will be open for inspection.



Do not miss this opportunity to view one of Sydney's best gardens which is open from 9.30 am to 4.30 pm on both days with the entry fee of \$5 going to charity.

Cumberland Orchid Circle Inc.



Flying Duck Orchid

The next meeting of the Cumberland Orchid Circle will be on Wednesday 23rd September 2015 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. At this month's meeting Circle members Yin and Sau-wan Chan will talk about their search for the Flying Duck Orchid (*Caleana major*). Their journey ended in an essay which won them first prize in 2014 Australian Orchid Foundation Essay Competition.

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 Publicity Officer on 9481 8895.

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Crofton Weed is About to Shed its Seed Again

By Chris Noon

Crofton is a highly invasive weed: each plant can produce up to 100,000 seeds. It's in this area and has been declared a noxious weed by councils. It can grow up to 1 to 2 metres, see our website for photos and the brochure.



Horses suffer respiratory disease if they eat it, sometimes with fatal results.

What can we do?

Buds begin to form in august and September, so now is the time to act. We can stop the spread by clipping the flower heads and bagging them. Better than this is to remove the whole plant by the roots by hand or trowel.

Herbicide can be used but usually needs a respray after three months.

What is science doing to help?



The CSIRO has developed and released this year a new Crofton Weed Rust Fungus which infects young leaves and stems. It won't eradicate the weed but is expected to help control growth. They have used up supplies this year and will be releasing more in 2016. Let us know if you wish to participate next year. See their website:

<http://www.csiro.au/en/Research/Farming-food/Invasive-pests/>

Biological-control-of-weeds/Managing-Crofton-Weed

Contacts: www.stillcreeklandcare.com.au email Stillcreeklandcare@inet.net.au or Nick Chartorisky 9653 2056

NSW Begonia Society Monthly Meeting

Sunday 20th September, 2015 at 2:00pm.

226 Annangrove Road ANNANGROVE. NSW 2156

This month we are conducting a Propagation Day. Bring your secateurs, gloves and cuttings and learn the correct way to propagate Begonias.

Visitors Welcome.

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2015 Central Coast Plant Lovers Fair



"Now in its third year, Plant Lovers Fair, the Central Coast's Premier Garden Show, is a firm

fixture for Sydney and Central Coast garden lovers", said Stephen Goodwin, event director. "It provides plant lovers with a unique opportunity to buy unusual and interesting plants mostly not seen in retail nurseries. It is the best way to start Spring gardening.

"We are happy to be holding it again in the grounds of Kariong Mountains High School on Saturday 26 September and Sunday 27 September. This is a great location to hold an event of this kind."

Headed by well known ABC TV gardening presenter Angus Stewart as the Special Ambassador. Angus will be present on Saturday afternoon and all day Sunday at his 'Gardening With Angus' stand. He is also one of the feature speakers as well as contributing to gardening advice in the marquee.

As we count down to the 2015 Plant Lovers Fair we've made it even easier to find out what's on at the Fair, with the launch of our redesigned website (www.plantloversfair.com.au) and facebook page. "Regular postings on facebook will highlight our exhibitors" Dr Goodwin said.



gardening and horticultural books, native bees and a well known garden tour company headed by gardening expert Judy Horton.

There will be four free talks and a new segment of short gardening advice and demonstrations in the Gardening Advice Marquee.

New also this year is a children's gardening activity Plant and Learn (PAL) designed to attract children and parents together. Children will be able to design their own plant container, discover how to plant their own seeds and care for them at home.

46 Exhibitors from around Australia have been invited to bring a wonderful range of interesting and rare plants for all garden interests in warm temperate to cool, frosty conditions, plus quality garden tools, locally made garden-themed pottery,

Australian Plants Society Meeting Friday September 11th

The Australian Plants Society-North Shore Group will meet at 7-45 pm on Friday September 11th at the Willow Park Community Hall, 25 Edgeworth David Avenue, Hornsby. Pur speaker will be Paul Gibson-Roy. He will talk about creating grassy understories. Dr Paul Gibson-Roy is a restoration ecologist specializing in the conservation, reconstruction and/or maintenance of species-rich grasslands and grassy woodlands. Visitors welcome.

For more information visit www.blandfordia.org.au



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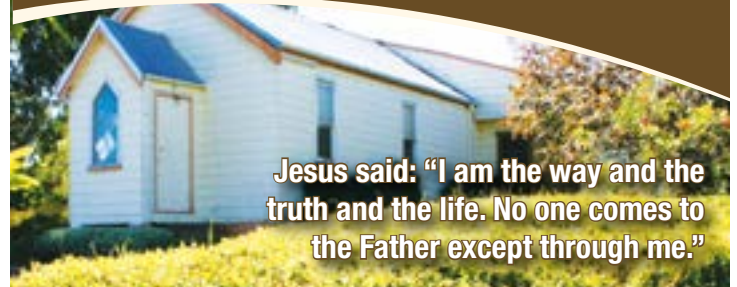
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Galston Garden Club

The **Golden Wheel Buddhist Retreat** near Galston High School will be open on Saturday 12th and Sunday the 13th of September from 9.30am to 4.30pm. Admission \$5. The main Open Gardens event is in October – 16th, 17th, 18th, when nine (9) outstanding gardens will be open. Five of the gardens are listed below. For full details and map go to galstongardenclub.com.au Our monthly meeting is on the 9th September at 8.00pm at Galston Community Centre, 37 Arcadia Rd, Galston, when Elizabeth Swane will be holding a cuttings and seedlings workshop. So come along and bring any queries with you – all visitors are welcome.



Garden 1 - Crundale, 14 Odette Road, Dural

This garden has been developed as a haven for wildlife and features extensive plantings of bird attracting native plants.



Garden 2 - Holme Lacey 479 Galston Road, Dural

A beautifully designed and maintained smaller garden featuring terraced levels with brick retaining walls. An outstanding example of maximising available space and using different levels in a garden.

Garden 3 - Kailynd 20 Cotswold Road, Dural

A long tree-lined driveway leads up to beautifully landscaped lake ringed with rocks and extensive plantings, and with a bridge leading to an island.



Enter through rear of Garden No 3 Garden 3A -

Open for the first time this 5 acre garden has a country-style house surrounded by informal plantings. There are lots of natives and a range of other trees and a collection of bromeliads, orchids and other interesting plants.



Garden 4 - Burnt Rails 28 Glen Street, Galston

This green oasis is an excellent example of what can be fitted into a small shaded garden. It contains hundreds of rainforest plants. Can drop off at top of hill. Not suitable for wheelchairs.



New Bridge Reconnects Iconic Bushland Track in Berowra Valley National Park



Hornsby State Liberal MP Matt Kean and NSW Environment Minister Mark Speakman officially opened the newly constructed Calna Creek Bridge on Friday to reconnect two

sections of the Great North Walk.

The new bridge in the Berowra Valley National Park exceeds the former bridge in weight limits, aesthetics and accessibility. It replaces the demolished former bridge which was removed after collapsing in 2013.

Mr Kean said that an estimated 40,000 people utilise the popular Great North Walk each year, and the installation of this bridge replaces the alternate creek crossing that had been in use since the collapse of the old bridge more than two years ago.

“The installation of a the bridge will mean bushwalkers, Duke of Edinburgh participants and school groups can now again enjoy the historic Great North Walk without having to walk across the creek and get wet,” Mr Kean said.

“The construction of this bridge will help lots of people get out here and enjoy this amazing place whilst also protecting a nearby endangered ecosystem.”

“Berowra Valley National Park is one of the most spectacular natural places in Sydney. There are not many places in the world

where you can get off a train and walk along natural waterways, through deep gorges and through native forests like this. It’s a place that every Sydneysider should visit for themselves.”

Minister Speakman agreed saying the Berowra Valley National Park is part of a vital ecological corridor linking extensive and rugged bushland to the north and the urban fringed bushland corridors to the south.

“The park is one of those special places within Sydney that is well known and well-loved for its incredible natural beauty, cultural heritage importance and recreational opportunities.

“The new Calna Creek Bridge is a significant connection, providing a safe creek crossing on one of NSW’s most iconic bushwalks. I encourage the community to visit Berowra Valley National Park, and the Great North Walk, including the new creek crossing.”

Approximately 21-kilometres of the 250-kilometre walk from Sydney to Newcastle are located within Berowra Valley National Park.

A significant planning design process was behind the construction of the new Calna Creek Bridge to ensure that works caused as little impact as possible on the surrounding park.

Construction of the new Calna Creek crossing cost \$270,000, with every care taken to preserve the intricate local ecosystem, despite issues with access to the remote site.





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Boongala Native Gardens and Rainforest

Wahroonga Waterways Landcare

Time to go bushwalking



With summer well on the way, now is a great time to go bushwalking before the weather becomes too hot. Wahroonga Waterways Landcare looks after a 34ha E2 Environmental Conservation Zone in Wahroonga between Pennant Hills Road and the Comenarra Parkway, following Coups

Creek. This secret valley is full of character, containing some excellent examples of remnant Sydney Turpentine Ironbark Forest and Blue Gum High Forest, as well as riparian Coachwood habitat. Walking trails crisscross the valley, taking walkers past ephemeral native orchids, swathes of Grass Trigger Plant, and under flocks of rainbow lorikeets, king parrots, crimson rosellas and the occasional watchful eyes of tawny frogmouths and powerful owls. Coups Creek itself is busy with the calls of frogs and the chak-chak of a Satin Bowerbird who holds court at the north-eastern end. Although the land is privately owned, members of public are welcome to walk along tracks, provided they do not disturb the natural habitat and take all rubbish with them. Guided tours and maps are available.

Wahroonga Waterways Landcare is always looking for passionate volunteers to help out not only with weeding, watering, planting and other manual tasks, but also administration and marketing.

For more information, or if you are interested in volunteering, contact the group at: 0406 934 792 or look us up on Facebook: www.facebook.com/WahroongaEECZ.

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13 13 88

Hornsby Hospital
9477 9123

Hills Shire Council
9843 0555

Hornsby Shire Council
9847 6666

Integral Energy
13 10 03

Lifeline (24 hours)
13 11 14

Poisons Information Line
13 11 26

Police - Hornsby
9476 9799

Police - Castle Hill
9680 5399

Sydney Water
13 20 90

LOCAL BUSHFIRE SERVICES

Arcadia Bush Fire
9655 1656

Arcadia Fire Captain
Peter Jacobs
0415 369 683

Galston Rural Fire Brigade
Brigade Contact
0491 119 152

Glenorie Bush Fire
9652 2017

Middle Dural Bush Fire Captain
Len Best
0408 220 705

Hills Rural Fire Service
District Office
9654 1244

Hornsby Fire Svcs HQ
9883 2000

Telstra Faults
13 22 03

LOCAL JP's Michael Bell, Arcadia - 9653 1365

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 a 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

Avicultural Society of NSW Inc. Welcomes persons interested in Avicultural (bird keeping). The society holds monthly meetings which include presentations and talks on all aspects of bird keeping and breeding. For further information contact Paul Henry 9872464 or 0408 617686

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 Glensy 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 Galston Community Health & Resources Centre, 1st, 3rd & 5th Wednesdays at 9.30am (day group) and on the 2nd & 4th Monday at 7.30pm (evening group). For further information contact Carole on 9894 7749.

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

Castle Hill Art Society - Monthly Meetings and Art Demonstrations are held at Castle Hill Art Society - 155 Ridgeway 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 Country Club Lifestyle Markets - 2nd Sunday each month 9am-3pm. New stallholders always welcome. Visit: www.FreeSpiritMarkets.com or www.DuralCountryClub.com.au. Phone: 0419 262 850

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

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

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

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

Dural-Glenorie Scouts - Joys (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 0419 280 967.

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

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

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

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

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

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

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

Galston Garden Club - New members are always welcome. Meetings

held at 8pm on the second Wednesday of every month at the Galston Community Centre. For further information contact Bill Fleming on 9653 2394.

Galston View Club - will be holding its September luncheon meeting at Dural Country Club commencing at 11am on 23rd September 2015. Our guest speaker for the day will be Faye Yarroll, who will, give a presentation on Cochlear Implants and Lions Hearing Dogs. Visitors welcome. Inquiries Vivien 9894-1189

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

Glenorie Maroota Bioregional Forum - Meets at 7.30pm on the first Wednesday of each month at Glenorie Community Hall. Let us know of your local environmental 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 Budgeter's Club Meet on the 4th Friday of each month, except December at the North Rocks Community Hall. Everyone welcome. Enquiries to Peter on 9888 5631.

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

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

Hills Shire Garden Club - Meetings held on 3rd Monday of the month at 1.00 pm. 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 Saturdays from 1000 am to 12 noon (from 10 January); and at Carlingford Court Shopping Centre on Tuesdays from 1100 am to 0100 pm (commencing 13 January).

JP's are also at Hornsby, Pennant Hills, and Epping Libraries on some days. Check with Library before attending.

The NSW Justices Association Hornsby Branch meets monthly (except January and June) on the 2nd Monday evening at 0700 pm, at Asquith Rugby League Club opposite Waitara rail station. JP's welcome to attend. Varied programme. Enquiries John Tibbitts 9484 8507 or 0408 491 232.

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

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

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

Probus Club of Round Corner - NOW has vacancies for new members. Join our club and enjoy new friendships, interesting meetings and a large variety of activities e.g. Walking Group; Mah-Jong Group; Theatre Group; Tennis Group and the Caravan and Cabin Group; plus overseas and extended local tours and local day trips. We meet on the 2nd Monday of the month at 9.30am for 10am at: The Galston Club, 19 Arcadia Road, Galston. We look forward to you joining with us. All enquiries to: The Secretary, PO Box 822, Round Corner. 2158 or come one month as a visitor.

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

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

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

The Hills Motor Scooter Group - Meets on the second Tuesday morning of each month for rides into the wider Hills area and beyond for coffee and occasionally lunch. Would not suit scooters of less than 125cc. Enquiries - Kerry 8856 4794 or go to thehillsmotorscooterclub.blogspot.com

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

CHURCHES

Galston Uniting Church - Service times 10.00am. Children's programmes KUCA for children K-6, each Friday of the school term 5.00 to 6.30pm. #ThePower (Youth Group) for those in high school. Fridays of the school term 7.00pm to 8.30pm. CRAFT group Thursday evenings of the school term from 7.00 to 1.00.00pm. OVER 55's for seniors 2nd Monday of each month from 10am to 12noon. Other groups of interest: Men's Choir, Ladies Choir. For all enquiries, please call the church office on 9653 2039. 11 School Road Galston or visit www.galstonunitingchurch.com

Galston Seventh Day Adventist Church - Every Saturday 9.30am to 10.45am Bible Study, 11am to 12noon Church Service at 49 Arcadia Rd Galston. Contact Minister Pr. Chris Manthey 0404 292 645.

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 10:00am every Sunday at Galston Public School. Pastor Corri Byrne Ph: 0416 233 629. For more info 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.

St Madeleine's Catholic Church - 28 Annangrove rd. Kenthurst. Mass times Mon-Fri 9.15am Sat 5.30pm Sun 8am,10am & 5.30pm.

LOCAL SPORTS ASSOCIATIONS

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

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

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

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

Galston Glenorie Cricket Club - For further details regarding season events, grades and registration, please contact 0404 600 460. ggcc.nsw.cricket.com.au

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

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

Galston Netball Club All enquiries to secretary.galstonnetballclub@hotmail.com or visit the website www.galstonnc.nsw.netball.com.au

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

Hills Hawks Soccer Club. For season details & registrations call Michael Rosier on 0418 676 768 or agmsulations@bigpond.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

Kenthurst Netball Club - Registrations. Contact Sally Coppini 0407942986 mitre@tpg.com.au

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

Tennis / Squash Social Club - 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.

Thursday Ladies Tennis Competition in the Hills District - Players of all standards are welcome. For more details and contacts please see our website at hillsdiatennis.org

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