

Galston, Glenorie & Hills Rural COMMUNITY NEWS

APRIL 2017

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Georgia Says Hello to Adele

Local resident Georgia Rughetta, age 8, from South Maroota was very excited when her family decided to go to the Adele concert. They were lucky enough to get tickets quite close to the front. Georgia had made a big sign saying 'I Love You Adele' and had decided to buy Adele's son, Angelo, a Smiggle voucher. She had used her birthday money to buy the voucher.

Georgia's mum, Nikki, was concerned the sign was too big and might block the view of those behind them, but Georgia was careful. When Adele walked off the main stage and down the walkways, Georgia started waving her sign, and called out "Adele, I have something for you". Amazingly in a crowd of 95,000 people making lots of noise, Adele heard Georgia's voice. She knelt down and asked Georgia what she had said, still struggling to hear above the noise, the security men allowed

and assisted Georgia onto stage. Wow! Georgia was awestruck. Here she was in front of her idol, on stage with a crowd of 95,000 looking on. Without thinking, she hugged Adele and told her she had bought a Smiggle voucher for her son. Adele was very excited about this, and thanked Georgia for her generosity. Adele asked Georgia a little bit about herself, then Georgia returned to her family - who were equally so excited for her.

Since her time on stage, Georgia has become known as 'the smiggle girl' in news reports and has been recognised a number of times when out. She has been interviewed on commercial TV channels. Smiggle contacted the Rughetta family to thank them for purchasing the

Continued on page 3



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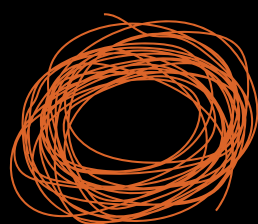
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Georgia Says Hello to Adele *continued from page 1*

Smiggle voucher. They invited Georgia to visit their Castle Hill store to give her a new voucher to replace the one she had given to Adele's son. Additionally, they gave her some money for a 'shopping spree' at the store. Always thinking of others, Georgia decided to donate that money, plus her mum Nikki, matched the amount, and together they bought items for the Ronald McDonald House. Smiggle also donated \$500 to Dural Public School where Georgia attends.

The Georgia and the Rughetta family have been overwhelmed by the response to Georgia's time on stage with Adele. Georgia has two siblings, twins Isabelle and Leanne, when we spoke to Isabelle and asked if she felt a little envious of all the attention on her sister, she said "No, she is so kind, it's time for her to shine"

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Arcadian Quilters Inc

Arcadian Quilters Inc have been involved in a quilting activity with the residents at Bupa Round Corner. Our aim was to promote hand work and enthusiasm to the Bupa group in making a quilt they could all share.

Quilting fabric was precut and given to those who wanted to join in on making a group quilt. The blocks are a basic nine patch and were hand sewn together by the residents at their leisure. The blocks were collected late last year and the photo below shows the finished quilt.

We presented the quilt complete with a hanging sleeve through which a piece of dowel was threaded. This enables the quilt to be hung on a wall for all to admire. The most rewarding part was asking those who made a block to identify it. There was some confusion to start with as they couldn't believe the end result. On their closer inspection blocks were soon recognised and identified causing much laughter.

Arcadian Quilters meet at the Galston Community and Health Centre, Corner of The Glade and 17 Arcadia Road, Galston. Visitors most welcome.

For further information please phone Carole 9894 7749



Galston VIEW Club celebrating their Club's 25th Birthday

at a Luncheon held recently at Dural Country Club.



L-R: Sheila Jackson, Nancy Sedger, Lyal Allen, Jane Haynes, Janet Miller, Hazel Grey, Fran Blackwell, Leny Willemsen



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Thurs 13	Ceramics*	Ceramics*
Tues 18	Ceramics*	Paint on canvas
Wed 19	Clay work	Copic marker sketch art
Thurs 20	Draw and colour	Clay work
Fri 21	Paint on canvas	Ceramics*

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What a Headache...

What can Chiropractic care do for headache sufferers?

by Kirsty Reynolds

A large portion of the population suffers from headaches to varying degrees, yet a lot of people are not aware that Chiropractic treatment can help to successfully manage headaches.

There are a number of different types of headaches from cluster headaches, migraines, tension headaches, to those associated with eye strain, hormones, sinus or impacted teeth to name a few. The most common types of headaches I see every day in my practice are tension headaches, sinus related headaches or hormone related headaches. No matter the cause, headaches can seriously impact your day-to-day life.

What Causes a Headache?

Even though headaches can feel like the brain itself is hurting, the brain does not have the ability to sense pain. It is actually a cling film-like tissue that wraps around the brain and spinal cord called the "dura" which perceives pain. The dura contains a large amount of blood vessels, and the most common cause of headaches is a change in blood flow to the brain and dura.

What causes pressure on the blood vessel?

There are numerous things that can induce a change in blood flow to the brain such as blood pressure issues, hormone changes (especially spikes in oestrogen) or physical pressure put on the blood vessels directly where they travel through the dura. The most common cause of physical pressure on blood vessels as they travel through the dura surrounding the brain and spinal cord arise from distortions in the position and motion of the bones that make up your skull, called cranial bones.

The skull is made up of 8 cranial bones which are interlocked together by fibrous extensions of the bones to form a suture. The cranial bones, although interlocked together still need to have some small degree of motion to pivot and flex, much like the plates of the earth. Sometimes the cranial bones can become jammed through things such as the birthing process, a bump to the head or jaw problems. When the cranial bones cannot flex and move normally, pressure is placed on the underlying dura that attaches to the cranial bones inside the skull. This in turn pulls on the blood vessels that travel through the dura altering blood flow to the brain, creating a headache.

What can I do about my headaches?

Chiropractic treatment can help relieve, monitor and effectively manage most of the causes of headaches mentioned above through hormone profiling, spinal adjustments to maintain good posture and subtle cranial adjustments for long term resolution of headaches and their associated symptoms.

Back on Track Chiropractic is open in the Glenorie Shopping Village to help you reach your optimum health so if you or someone you know suffers from headaches, come in and visit us at shop 19, 930 Old Northern Road, Glenorie or phone Kirsty on 9652 1381.

A Note of Thanks... Back on Track Chiropractic is coming up to its 7th Birthday. We would like to sincerely thank the community for supporting our business. We look forward to looking after the community's health for many years to come.





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Be Ecowise when building your rural property

By Jacinta Newman

When buying property, with a view to building in a rural area with townwater, many buyers are unaware that they will need a wastewater management plan, along with a wastewater treatment system, to process household wastewater, as townwater means that there is no connection to the Sydney Water metropolitan sewerage system.

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From solid waste matter it becomes clear odourless water by the end of the process for disbursement onto your lawn or non edible shrubs, making it an effective irrigation system and eco-friendly at the same time.

The positioning of irrigation sprinklers is critical, as its preferable not to let the wastewater enter natural waterways or dams, as it may upset the aquaculture.

Correct and regular servicing of your wastewater treatment

system is very important to its functionality, and technicians should not be taking short cuts with your servicing.

Quarterly servicing is a local council requirement, with field service reports required to be submitted to council on a quarterly basis, correct servicing requires specialised equipment, not just an empty spring water bottle and some chlorine tablets.

Servicing correctly also requires analysing, checking and recording of chemical, oxygen and ph levels.

Checking of irrigation pumps, aerator, control panel (including alarm), cleaning and checking also of baffles, outlet filter and aerator should also be performed.

Choosing a reputable and qualified wastewater service technician is also critical, as correct and regular servicing and monitoring of your system should prevent most breakdowns, as these can be costly and involve downtime waiting for parts and a technician to come out.

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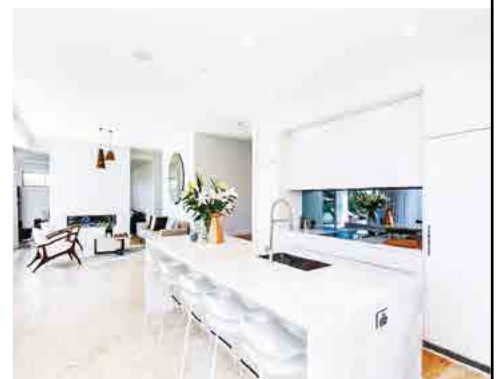
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Galston Honour Roll

There are 60 names engraved on the marble fixed to the imposing sandstone Cenotaph in Galston Recreation Reserve, a neat 15 on each side. The names represent men from the district whom voluntarily enlisted in the Australian Imperial Forces during the period 1914-1918. There were two referendums attempting to force national conscription but both were narrowly defeated. As the war progressed much effort had to be made to encourage enlistment as the number of casualties threatened to, and did exceed, the rate of recruitment. The 19 names of the local men who were killed in action, or died of wounds or disease, are identified on the Honour Roll by an asterisk.

At the end of the war the Government was strictly committed to returning all the survivors to Australia as soon as possible in comfortable accommodation on the available ships and the men agreed those who had enlisted earliest had priority. One man remained in France to run a grocery business. Many did not come home until late 1919. The majority were Australian born and the rest were from the U.K. Their ages ranged from a very young 16 to a mature 48 but most were about 24. A few men did not see military action, particularly those who enlisted in 1918 as the war ended in November.

A notable five men received awards for outstanding bravery. The recipients included, A G Newland (Military Medal and Distinguished Conduct Medal), L W Chadwick (MM and Military Cross), S J Calderwood (MC), and R Estell and H Fagan received the MM. The men who served in Gallipoli earned the 1914-15 Star medal, and the British Empire Medal if their service was deemed meritorious. The Anzacs who managed to survive to 1967 were awarded the Anzac Commemorative Medallion and they thought it was worth the 52 years wait. The rest had received the British War medal and the Victory Medal.

The Dural & District Historical Society has been unable to positively link service records with the Honor Roll names J Wilson and T Ward, and seeks community input to resolve the matter. (There are 3069 Wilson service records and many have the same

regimental number). The Society has determined there are additional men from the district who enlisted but are not remembered on the Honour Roll. Detailed records have been compiled using all the various sources to document where the men served and the particular actions where they were killed or wounded. These records are available to interested family descendants. Lest we forget.



The Dural & District Society's

Anzac display will open following the 2.30pm Galston RSL Sub Branch Service at the Cenotaph at Galston Recreation Reserve, 412 Galston Road on **Sunday 23 April, 2017**. The local community are welcome to visit nearby History Cottage on that day, or on the following Wednesday afternoons, or on Sundays.



Glenorie Anzac Day Service

Tuesday 25th April

Dawn Service 6am at Glenorie Memorial Cenotaph followed by morning tea in Glenorie Memorial Hall

Afternoon Service: 3.15pm Glenorie RSL Club Memorial



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Tuesday 25 April 2017. Fagan Park, Galston.**

Commemorate this ANZAC Day on Tuesday 25 April 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 remarkable rural history of the Hornsby Shire, including Galston, Glenorie, Dural and the Hills District. There will be a display of Trucks, Tractors, running Stationary Engines, 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.

The trucks and tractors will be paraded around the park at noon.

Explore Netherby Cottage and the magnificent gardens. There is always something new and a lot to see and do for the whole family.

Tea, coffee and soft drinks will be available provided by the Friends of Fagan Park at a modest charge. All the park facilities

such as Picnic Areas, Barbecues, Children's Playground, Walking Trails and the stunning Gardens of Many Nations will be open.

- Fagan Park is located 1km North of Galston Village on Arcadia Road.
- Entry to the Park and Museum Area is free.
- Entry to Fagan Park car park is \$5.00 per car (pay and display).

Contact: Ian Browning

M: 0419 435 475

E: isandian@tpg.com.au

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Shave for a Cure event at Rodney's Hairstylist Galston

On Saturday March 18th locals came together to support other locals in Shaving for a Cure. Torie originally approached Rodney's Hairdressing to ask if they would do her shave with a couple of friends in attendance, however, Cameron, Kylie and the rest of the team suggested making it a community event. Torie had initially targeted to raise \$1500, which she had just achieved prior to the event. In just over an hour and a half \$1800 was raised at the salon despite the wet weather. She more than doubled her target. Her inspiration is a good friend who has been diagnosed with Lymphoma and was in attendance at the event. An extra cash donation were offered by a friend to do the first shave.

When another young local heard of the shave, he also thought he'd join and shave as well. Zach, a Galston Public School student, had also neared his target and when mum Rebecca heard of the event at Rodney's she asked if



he could be involved in the event. Zach emphasizes the positives of the youth of today, with his attitude, selflessness to commit to the shave

Raffles, auction and lucky dips all helped to raise funds and awareness of blood cancers in the community and these types of events show what a great, supportive community we have at Galston.

The staff of Rodney's and Beauty by Grace donated not only their time and expertise but also prizes, food and beverages for the event.



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Sewage Pumping Issues at Glenorie and Galston

During the recent rain events, residents at Galston and Glenorie were awoken at 4am in the morning, but a number of pump alarms. Residents continued to experience pump alarm problems for several hours. Sydney Water were called and attended to site to try and resolve the issues. We also understand that some residents did experience 'back flow' issues with water rising from their toilets.

We contacted Sydney Water for an explanation of the issues residents faced. This was their response:

A Sydney Water spokesperson said:

"Due to the excessive rainfall in the early part of March, it is likely that a large amount of stormwater entered the Galston and Glenorie wastewater system. The extra stormwater flows in our system and the pressure sewerage equipment on each customer's property, caused the alarms to activate."

"When this occurs, customers are encouraged to call Sydney Water on our 24-hour emergency number, 13 20 90, so that we can send out a technician to investigate the issue."

"Sydney Water is undertaking further investigations to determine how stormwater is impacting our wastewater system and to implement measures to reduce the amount of rain water entering the system."

Background:

- Sydney Water provides wastewater services to about 630 properties in Galston and Glenorie. The villages are serviced by a pressure sewerage system, which collects wastewater in a small tank on each property connected to the system and pumps into Sydney Water's network.

- The equipment on each property includes an alarm to alert customers if there is an issue with the system. Alarms are used for all Sydney Water owned pressure sewerage system equipment across greater Sydney.
- Eligible properties that are connected to our pressure sewerage system were provided with a home owner's manual as part of their connection kit. The manual outlines how the pressure sewerage system works, how to use it safely and what to do in an emergency if the alarm activates.
- Stormwater is getting into Sydney Water's wastewater pipes in Galston and Glenorie during heavy rainfall. The information Sydney Water gathers from further investigations will help to improve the operation of the pressure sewerage system and reduce wastewater overflows on properties due to wet weather.
- The Galston and Glenorie Wastewater Scheme was designed to include the 24 strata units that will be connecting in Glenorie. The design also includes a **nominal allowance** for future development within each village. Any new development application for properties within the serviced area must be assessed through Sydney Water's E-Developer process.

Rainfall Chart

Rainfall recorded Galston period
17/01/2017 to 13/02/2017 is 136.5mm



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* We also have a backlog of buyers waiting for residential properties in Galston and Glenorie.*

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State-of-the-Art Hospital for Sydney's North

The northern Sydney community today gets its first look at the new design for the \$200 million Stage 2 redevelopment of Hornsby Ku-ring-gai Hospital featuring integrated, co-located health services.



Minister for Health, Brad Hazzard and Minister for Innovation and Better Regulation and Member for Hornsby, Matt Kean, released the designs to the public before touring the new hospital site with Northern Sydney Local Health District Acting Chief Executive Lee Gregory and local clinicians.

"The new facility will include a refurbished and expanded Emergency Department and a new multi-storey Clinical Services Building. We're investing in communities and their health, not just now but well into the future," Mr Kean said. The Clinical Services Building will accommodate a Medical Assessment Unit, combined Intensive Care and High Dependency Unit, combined Coronary Care and Cardiac Investigations Unit, Ambulatory Care Centre, Transit Lounge, Inpatient Units and combined education space with the University of Sydney and retail space.

The project complements the \$121 million Hornsby Ku-ring-gai Hospital Redevelopment Stage 1, which saw the construction of the STAR building. The STAR building (Surgery, Theatres, Anaesthetics and Recovery) includes eight new operating theatres, a central sterilising service, surgical in-patient units, pathology services, kitchens and improved health information services.

Also planned for the site is a multi-storey carpark.

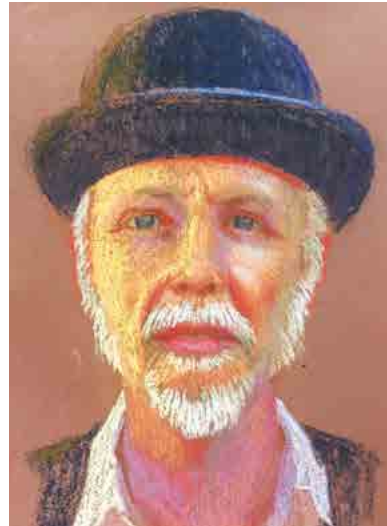
Pastel Demonstration by Thanh Tam Cao Wednesday 3rd May



Tam is primarily a portrait and landscape artist who enjoys working in the mediums of oil, pastel, gouache and watercolour.

Come and see him work his magic at Castle Hill Art Society's monthly meetings 7.30pm at CASTLE

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Power bill shock and what to do

Residents who had the 60c feed in tariff from the Government have had a pretty good run at not paying much or anything at all for their power bills over the last few years but now it's all come to a grinding halt!

If you are like me then you are dreading the next power bill especially with the summer we've had and the air conditioners that were blazing away just chewing through the power!!!

So what can you do to make the most out of your smaller systems that used to save you the bulk of the bill, that now just give you a tiny credit of 6c if at all. The first step would be to arrange to have the GROSS SOLAR meter replaced and a NET meter. Some people may have already had their energy retailers do this for them and some may be on the waiting list to have it done.

What this means is that with a net meter you will use the power you generate first and only pay the standard rate for anything over and above what you generate - that is an AVERAGE of 26-28c per kw. Skyline solar can arrange for NET meter to be installed from \$650.

Another option is to install a larger system to help offset the extra amount of power the existing system doesn't cover. This would be dependant on roof size and power bill sizes as to what would be the correct sized system for you.

With the net metering system you will be able to use the live power as it's generated throughout the day so it will involve changing habits to make the most of it's production. Skyline solar can set up monitoring devices that will enable you to see online what amounts of power you are using and when, as well as where the power is coming from, if its solar or network power, so you can better manage

this and maximize your production. This can also help show you where extra solar power and even energy systems can help cover your needs.

A majority of quality solar systems will come with online monitoring portals so you can see how your system is operating daily .

Our clients in Kurrajong recently installed a 15kw System with 3 power walls . With smart management of the capabilities of this system they will almost free of power bills.

If you are interested in discussing similar packages then contact the team that's been established since 2010 at

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Pictured: Mcgraths Hill Vet. 30kw System

Happy Birthday to Galston Community Bank - 15 years old

Congratulations to the Manager and staff of Galston and District Community Bank Branch of the Bendigo Bank. On 24th March they celebrated 15 years since they opened in Galston.

In that time the branch has given over \$2m in donations and sponsorships back to our community. This has been achieved through the support of our community who have opened over approx. 5,755 bank accounts and transferred over \$220 million in loans and deposits.

The branch has also returned over a \$1m in fully franked dividends to its community shareholders.

Quite an achievement! If you want to help the bank give back more money over the next 15 years, consider moving your bank accounts and loans to our branch. Every new piece of business received, helps them give back more.



LtoR Manager - Gary Mangan, Customer Relationship Manager - Debbie Bagshaw, Customer Service Officer - Karen Gardner, Customer Relationship Officer - Lisa Wakefield and Customer Service Officer Rosemary Beattie.



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www.galstonhealthandchiropractic.com.au

Searching for Edwards

Maxine Gardner is doing some family history research and is seeking any information on Lydia Frances Edwards and Edward John Edwards

Lydia is Maxine's great, great aunt. They were orchardists in the Dural area at the turn of the century.

If anyone can assist, please email Maxine at:
andmax2@internode.on.net

Searching for the Wrights

Shirley Stickland from Plymouth in the UK is searching for Val and David Wright. She lost contact with them sometime ago and thinks they may now live in Galston.

If you know of the whereabouts of Val and David Wright, Shirley would be pleased to hear from you.

You can email her at sastickland@gmail.com

Dural Book Club

Due to popular demand we now have a second book club at Dural, meeting on the 3rd Friday of the month.

For enquiries about titles to be discussed, phone Dural library on 9761 5755

Next meeting: Friday 21st April, 10am

Location: Dural Library, Pellitt Lane, Dural 2158

Dural Lawn Bowls

The keen ladies at Dural Country Club have had to fit their games around blistering heat and wet days but nothing dampened the excitement when Robin Davidson's team won the Northern Suburbs District Senior Fours! Elizabeth Whelan, as lead, set the team up, the second Eileen Bromley, third Diana Sweeney and skip Robin built on that foundation. They defeated some top teams early before meeting the Asquith team in the final.


Diana Sweeney also had the honour of being chosen as the Women's bowls candidate in the Country Club's Sports Person of the Year (2016) competing against representatives from the other sporting clubs. Diana has had a very successful period on the green but this award was also for contributions to the respective clubs. Vivienne Truelove from the Fishers' club was the winner chosen by an independent panel. Well done to all the nominees.

In between these events 112 players from as far as Merrylands and Lawson played in the Summer Carnival which was won by a Castle Hill team. Jan Hain, Chris Fitzgerald, Terri Hezlett and Sue Vindin won the afternoon prize.

The annual pennants are starting and free lessons are always available for any man or woman wishing to take up the bowling challenge. Ph: 0432 181 635 or 0427 478 564




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Opera and Icons for Galston



The Galston Concert of Sunday 30 April will present rising stars of opera and guitar.

“This concert links to three musical icons of Sydney - the Opera House, Conservatorium and the Sydney Eisteddfod - through the talents of fine musicians who just happen to be young” says Robert Harris, Artistic Director of The Galston Concerts.

“The program will include music that is familiar and popular including Classic 100 chart-toppers”.

Pacific Opera Young Artists will present favourites from opera, operetta, stage and screen.

Their visit to Galston revives memories of Pacific Opera’s ‘Opera by the Lake’ productions in Fagan Park in 2010 and 2011.

The 30 April performance, to start at 2pm in Galston Uniting Church, follows a sell-out Pacific Opera concert at the Sydney Opera House.

Two Conservatorium alumni, tenor Joshua Oxley, recently returned

from concerts in the United Kingdom after earlier successes in Italy, and soprano Livia Brash, after recent appearances in a more exotic India, will perform solo arias and duets. Livia and Joshua are both eisteddfod and competition winners.

Hungarian pianist Zsuzsanna Giczy, graduate of the Franz Liszt Academy in Budapest,



Joshua Oxley



Ben Secrett



Livia Brash

completes the Pacific Opera lineup.

Guitarist Ben Secrett, a Galston High alumnus, Honours graduate of the Sydney Conservatorium and Sydney Eisteddfod prize-winner, is a Young Artist of The Galston Concerts in 2017, following further successes in 2016 in London and the Cordoba Guitar Festival in Spain.

Ben will perform guitar solos of operatic and vocal theme – variations on Mozart’s ‘Magic Flute’, settings of songs of The Beatles and the ever-popular ‘Over the Rainbow’.

Bookings for 30 April are advised through trybooking.com (search Galston). Tickets available at the Church just prior to the concert can be confirmed by phoning Helen Jordan, Promotions Coordinator on 0425 339 841.



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BOOKINGS: Tickets at door or online – trybooking.com (search Galston)
Enquiries: Ring Helen Jordan on 96532079 or 0425 339 841

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Dr Joyce Beardsell

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Bakers & Brewers Bar Opens

With a long proud history of award winning food and design, Glenorie Bakery knows how to make not just Sydney, but the entire country take notice of this bakery in a small town.

Famous for their meat pies which are made fresh daily, the bakery prides itself on using the best quality ingredients in whatever they are making. With a wide range of cakes, eclairs, and breads the kitchen team know how to make products so good that it will leave you wanting to say goodbye to your diet and trainer.

This passion for quality show through in Glenorie Bakery's recently completed renovations, a multi-use space for 300 guests in a truly comfortable rustic Australian theme. Featuring Australia's largest collection of baking antiques and watched over by the bakery mascot 'Bobby Bakehouse' who appears at 10am, 12pm and 2pm daily.

Now, there is even more of an excited buzz at Glenorie Bakery with the opening of Bakers & Brewers bar. The next chapter in Glenorie Bakery has seen the introduction of a rustic bar serving your favourite beers, wines and spirits to be enjoyed with your favourite bakery product. "This is something the area needed, a local place that makes you feel like you are at home where people can come and relax with great food and drinks." said Rob when asked about the drive behind the bar. With a bar menu complimenting the already delicious bakery menu it is the perfect place to stop for an afternoon drink to unwind from the day. Since the launch the venue has been the go to destination event venue hosting events from birthday parties to engagements.

With live entertainment on weekends and a range of other local activities to enjoy on the way, there is no better time to gather everyone together and come try Australia's Best Bakery Experience.



COME AND DISCOVER AUSTRALIA'S GREATEST BAKERY EXPERIENCE

The team at the award winning Glenorie Bakery invite you to come and discover Australia's Greatest Bakery Experience. With the opening of the all new Bakers & Brewers bar along with Sydney's best meat pies, amazing cakes, pastries, cafe menu and delicious fresh coffee there is something for the entire family.

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Refinancing loans

By Sandra Dignam



10 Years ago, I met a most delightful woman when I provided her a Seniors Loan, otherwise called a Reverse Mortgage. She had the most adorable timber cottage that matched her bubbly personality and which she had designed herself. The cottage nestled into the vegetation and a floral trimmed timber deck and sunny sitting room overlooked a lush and fern filled gully. She had the whole house filled with quaint souvenirs from all over the world which were a tribute to her travels, and she had no desire to ever leave

her beautiful haven and the wonderful garden she had created. She wanted to take some of the equity from her home to add to her lifestyle and travels.

Recently she called me again as the 10-year loan term had passed and she now needed to renew her loan. She wanted to take out additional equity and do more traveling. The value of the home had increased and she was now 10 years older so her circumstances now qualified her to take a new Reverse Mortgage, a better loan with a specialist Seniors Loan provider at a lower interest rate and with no ongoing fees, and this new loan provided her with her updated needs.

Reason number one for refinancing is to bring your loans into line with your current position and current needs.


This week I met a lovely couple who have downsized into a peaceful modern garden complex. Like so many, they had found it harder and harder to keep up with paying the daily expenses on the pension. They had a Reverse Mortgage with a major bank and high interest credit cards with increasing balances. Refinancing their Reverse Mortgage with a specialist lender at a lower rate and no ongoing fees, as well as incorporating the credit card debt into the Reverse Mortgage, will save several thousand dollars in interest and fees in the first year - and ongoing every year. They will now be free of increasing credit card repayments and have enough savings to take a holiday, or renovate, or fulfil some wish from the bucket list.

The second reason to refinance is to consolidate debt, and make repayments easier, reduce interest and fees, and save considerable money.

It really is worth the effort of having your loans assessed by a qualified finance and mortgage broker who has access to a large spectrum of loans. Many brokers will provide this service at no charge and will be able to suggest better opportunities to save money if you refinance to a better loan.


For more information about an assessment of your loans, contact Sandra Dignam from Every Loan who will be happy to clarify your options in specific detail.





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Using technology to connect family and friends

IT 4 Retirees Pty Ltd is a local business providing tailored computer training and support for over 55's. Our mission is to empower mature aged people to confidently use technology to connect with family, friends and the wider community. Through a personalised service and easy to understand language, local Debbie Amos joined Christine David (founder) and her team to help people use devices such as mobile phones, iPads, tablets, computers, androids and the internet to connect with the wider world. We aim our services at those who may have the time but perhaps not the opportunity to learn how to use current technology.

Debbie has lived in the Galston area for over 12 years and has always enjoyed helping people discover the benefits of using technology. As Debbie's 92-year-old mother-in-law said, "you have opened my kitchen to the world". This was after showing her how to use an iPad and Facetime. Now there are weekly Facetime calls to family in England providing an opportunity to see the grandchildren grow.

Debbie has worked with computers and technology for over 30 years. Starting with the setting up of computer systems at her husband's company and recently having worked at the Castle Hill Apple store where her knowledge of Apple devices developed even further. The team at IT 4 Retirees uses personalised training methods allowing each client to learn at a pace that

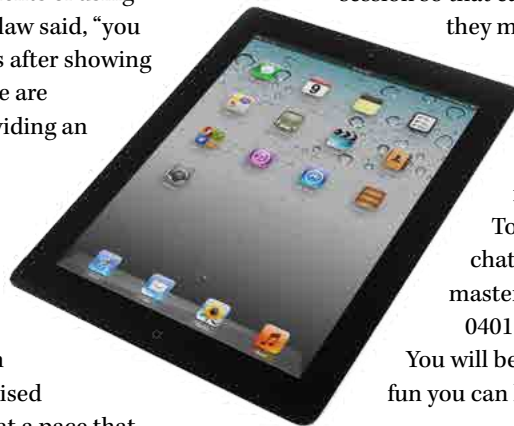


suits them.

As each person's learning needs differ, IT 4 Retirees provide classroom training, private one-on-one lessons in the comfort of your home, telephone support, larger print manuals, speaking engagements for local community groups, a buyer advocacy service to help choose and purchase the right device as well as hints and tips emailed and distributed through social media.

Commencing on the 2nd May 2017, "Getting the most out of your iPad and iPhone" classes are being run at the Galston Club on a Tuesday morning for 1 hour each week for an 8-week period. There will be 2 courses; one that starts at 10am and another at 11.30am. Classes are capped at 10 people per session so that each person receives the one-on-one attention they may need. The cost for an 8-week course is \$130 per person.

Whether you are a 'retiree' or someone who would just like to get more out of your device, Debbie would love to meet you and help expand your knowledge. To book into any of these classes or have a chat about how IT 4 Retirees can help you to master your devices, please call Christine David on 0401-017-459 or Debbie Amos on 0418-296-217. You will be surprised at how easy it is and how much fun you can have!



Computer Training

0401-017-459

IT 4 Retirees Pty Ltd



"Get the most out of your iPad and iPhone"

The Galston Club - Starting Tuesday 2nd May

Two sessions 10am and 11.30am

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Shang Yi Lin and Bei Lin are not only business partners but also siblings who are both highly qualified Acupuncturists and Master's in Chinese medicine.

After years of formal training in Sydney and clinical work in Korea, Shang Yi and Bei chose Round Corner Dural to join their talents and expertise to start their own clinic which specialises in Acupuncture, Chinese Herbal Medicine and Cupping Treatment.

While many will be familiar with Acupuncture as a drug free approach to pain management and chronic ailments, Cupping treatment may be a new concept to many.

Cupping helps to promote the circulation and elimination of toxins from the body. It is used when energy is blocked at certain points or when it needs to be drawn to the surface from deeper within. Cupping is commonly used in conjunction with an acupuncture treatment, although may be used alone for those with an aversion to needles.

Shang Yi and Bei also offer Herbal medicine prescriptions which are individualised for each client and their needs and cater for all health conditions. A typical formula or prescription is made up of 8 or more herbs that are specifically matched to treat the patient's individual health problems. Formulas are prescribed in such a way to eliminate any toxicity that many occur and to maximise treatment outcomes for patients.

Traditionally prescriptions are given to patients as raw herbs; this service is available to you if you would like to experience the "traditional" way of taking herbs, however if you are a busy person or dislike the taste of herbs, you may choose to have your prescription in granular form.

If you would like an alternate approach to managing your ailment or condition Zen Care Traditional Chinese Medicine Clinic in Round Corner, Dural could very well help to alleviate your symptoms while restoring you back to health.

Galston Girl Guides learn about Guiding around the world

The year has started with much excitement for Galston Guides. World Thinking Day was a perfect opportunity to learn about other cultures and Guiding across the world. We have had a promise ceremony for our newest Guide leader and our new guides will be making their promise soon. The



weather stayed warm and dry for our Games night on the Galston oval. The girls enjoyed the parachute games and team challenges.

Girl Guides meet on a Thursday. Junior Guides (aged 6-10) meet 4.30-6pm and Guides (aged 10-14) meet 6.15-8.00pm. Please contact Mary 0423 353644 for further information and to arrange your daughter's free visits.



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Glenorie Progress Association

This month the GPA have been reviewing our submission to the Greater Sydney Commission. We hope all residents have considered sending in their submissions too. It's never too late - google Greater Sydney Commission website, then look for 'Get Involved' and 'Have Your Say'. It's a simple question and answer format or you can write your submission in the free text box.

The Glenorie Environment and Creative Arts Centre (ECAC) have moved their collection and furniture from the Glenorie School Environment Centre. The ECAC committee are now pursuing government grants in order to take a permanent home in Glenorie Memorial Hall.

The Glenorie Progress Association stall outside Woolworths was very successful with a number of residents joining the Association.

Glenorie Shopping Centre Development - On 20th December the owners of the Glenorie Shopping Centre, Tazcol Pty Ltd, appealed to the Land and Environment Court against Council's deemed refusal of their development application. On 10th March the applicant was granted leave to amend the plans. Original objectors were notified that they could put in further submissions until 27th March. The proceedings are listed for hearing on 27th and 28th April. They will start on site on 27th April at 9.30am. Residents who wish to object to the development may have an opportunity to give evidence at this hearing. Those residents must be on site by 9am.

If you wish to give evidence you must register your interest by 7th April by calling Ms Corradini-Bird of Marsdens Law Group on (02) 4640 4380. (It should be noted this number is correct, the number noted on the Hills Shire Councils letter to the original objectors was incorrect).

estephanrealty

Michael Estephan is the Licensee and Director at estephanrealty and brings over 12 years of sales and marketing experience.

Michelle Estephan is the Office Manager at **estephanrealty** and has provided high level administration, business and office support to multiple partners, management and teams with an accounting background over the last 9 years.

Estephanrealty specialise in both residential and commercial rentals, sales and acreage whilst providing high level property management, strata management and appraisals.

Michael believes in looking after a property as if it were his own. Landlords need to be confident that when they rent their prize assets that the sales and property manager is the business owner. Michael and Michelle look after all the landlords and tenants personally which results in a more individual and open relationship. Essentially, the business owner could work with a landlord for 20 years!

Only a local agent can sell the true benefits of living in your suburb. There is no substitute for local knowledge. With this knowledge of the area and surroundings, **estephanrealty** are able to strengthen the value of the local real estate in the competitive Sydney market.

As the **estephanrealty** family reside in the area, the dynamic duo prides their business ethics built on the support given from family, friends, local shire businesses and residents. Their work ethic is second to none, approaching every campaign with passion, enthusiasm and confidence. With a fresh yet highly structured approach to the property industry and extensive experience in customer service, sales and negotiations, you can be assured that **estephanrealty** will be open with their communication right from day one.

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News From Wisemans Ferry Community Men's Shed

The fit-out for the shed continues with decking going down on the verandah, bathrooms and a kitchen appearing and walls being lined and insulated. Phil, Adrian and Alan continue to put in many hours to complete these tasks, along with many helpers from the Bowling Club and outside community. Wayne Bonser and Paul Vella have been back to complete the outside of the shed so thank you guys for dedicating more time to us.

We now have electricity connected, thanks to Bendigo Bank at Galston for sponsoring us for this. Garry and his wonderful staff have been so supportive of the Men's Shed. They are so community minded and deserve all our support. Please remember them for your banking needs. We still need to complete our electrical needs inside the shed with power points, lighting etc and Mark our electrician will soon be back to do that.

The plumbing will soon be connected when Malcolm can manage to squeeze us in. We can then install our toilets etc. It is such a busy time for all our local tradies so we appreciate the time they can spare us. There are still a lot of fiddly jobs to complete like building shelves for storage and assembling cupboards for the kitchen etc but we are getting there and moving closer to opening the Men's Shed ready for operation.

Meanwhile the ladies have been working on funding reports and



organising further fund raising and even assembling a cupboard or two. The Easter markets are coming up and we will once again have our stall there. This will be our first markets for the year so we hope you can join us.

Contacted for the Men's Shed can be made through Adrian on 0448 833 781 or wfcms2775@gmail.com.

<p>GLENORIE GROWERS' MARKET All Enquiries 0423 727 826 glenoriegrowers@gmail.com</p>	<p>2017 April Sunday 23rd</p>
	<p>May Sunday 28th</p>

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Days for Girls project: Castle Hill Team

Days for Girls is a non-profit project run by grass roots teams of women worldwide to provide feminine hygiene products to girls to allow them to stay at school all the school year. It has been initiated to create a more dignified, free and educated world through access to lasting feminine hygiene solutions. It survives by donation and volunteer help.

In Castle Hill a dedicated team of women (and some men) from many surrounding suburbs meet on a regular basis to pack, sew and overlock items to go in a pretty cotton bag to send to girls in various developing countries. People outside of this team contribute also by donating money, fabric, thread, underwear, soap and washers. Each item included in the bag requires several processes to complete it. Some volunteers are able to sew or overlock, but many are required to do the cutting, finishing and packing processes. Quality control is a vital part of the overall process to make sure the kit is robust enough to last 2-3 years.

The kits made by Australian women go to many Pacific Island and South East Asian developing countries. Castle Hill team has sent a delivery to Sri Lanka and is working on a large delivery to go shortly to the Solomon Islands and then another to Cambodia. Educated women who are Days for Girls Ambassadors accompany the kits. Each kit is calculated to cost approximately \$15.00 with volunteer help to make and pack them.



The team in Castle Hill would welcome:

- volunteers to help out at each monthly workshop,
- volunteers to work at home on the items
- donations to help provide supplies.

If you would like to help in any way please contact the Castle Hill Team Leader Cheryl Landon-Jones any time on phone 0433 445 339 or by email on castlehillnsw@daysforgirls.org.

You can see the work done by checking the website: www.daysforgirls.org/Australia

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*It's no accident, we've been
around for so long*



Two plucky local Mums brave the outback for charity

Lisa Johnson and Belinda Rowe, a.k.a the Buxom Motor Wenches, are tackling some of the most arduous driving conditions in Australia in a bid to raise much needed funds for cancer research.

“Our husbands walked the Kokoda track for charity a few years back and it’s now time for us girls to have an adventure of our own.” said Lisa “We get the opportunity to fundraise for a great charity, The Cancer Council, and have a little fun along the way too!”

The iconic Shitbox Rally, now in its 8th year, has become a major fund-raising challenge for the Cancer Council. This year 450 participants will attempt to drive 3,800 kilometres from Adelaide to Cairns on some of the toughest roads imaginable including the Oodnadatta Track and Plenty Highway. If that’s not challenge



enough, participants have to undertake the drive in a car worth less than \$1,000or in other words, a shitbox.

“We found our shitbox just last week” says Belinda “We’re working hard to get it roadworthy and registered in time for the rally, calling on favours from friends and family”

Lisa and Belinda have 8 kids between them and have told their husbands that they will need to be on babysitting

duties during Rally week from 27th May – 2nd June. Both Mums have lost someone close to them from cancer and are passionate about supporting the cause.

If you would like to make a donation to support these two gutsy mums as they attempt the Shitbox Rally check out their fundraising page at the following link: <https://shitboxrallyau-2017.everydayhero.com/au/buxom-motor-wenches-bmw#>

Also don’t forget to LIKE their Facebook page: Shitbox Rally 2017 Team Buxom Motor Wenches.



Note to Residents:

by Paul Browning.

- Footpath clean ups – you must stack all steel items separately from other items.
- Village shops – Please observe all timed parking signs and disabled marked areas.
- Do drive slowly within the shop areas, drive one way in past newsagent and exit past post office. This is safer and helps the flow of traffic. The shops on Galston Road, require 15min parking and reverse out and use roundabout at Arcadia Road to head West.
- 50 kph speed limit should be introduced on Galston Road between roundabouts. This is used in many other shopping village areas to help slow traffic.
- Remember, put your RED Otto bin first in line BEFORE the YELLOW bin. This helps the driver.

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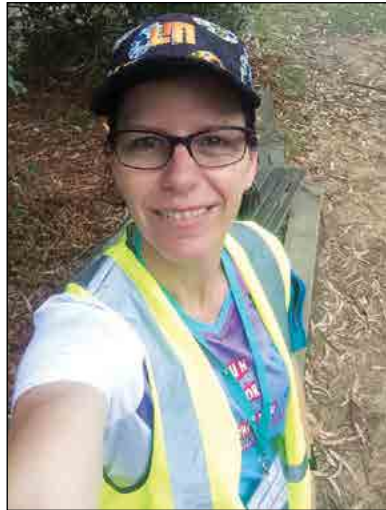
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Domestic Violence Inspires Hazel's Hornsby to Manly 'Run For Shelter'

From feeling helpless to empowered, Mt Colah local runner Hazel O'Halloran will run from **Hornsby to Manly on Sunday 23 April** to raise funds to support community women's shelters in both suburbs and highlight the desperate need for North Shore women's crisis care.

"Domestic violence affected people close to me and every day news reports feature terrible stories of violence against women," said Hazel. "Inspired by a good friend, I decided to make a difference. My idea was to do a run between two of the North Shore's key women's shelters at Hornsby and Manly to highlight the plight of women affected by domestic violence and the lack of local crisis accommodation."

"My 'Run to Shelter' fundraiser has been planned for well over a year and I am relishing the goal of running the challenging Hornsby to Manly 35km course. The last 10 kms from The Spit to Manly is really tough, especially given I'm recovering from injuries."



The Hornsby Ku-ring-gai and Manly Women's Shelters are community funded and run – without any government assistance. Close to a million dollars is needed each year to keep their doors open. While each shelter provides a 24/7 caseworker, food and accommodation, a team

of shelter volunteers work tirelessly without taking a cent to provide everything else needed to keep the shelters running.

"We aim to empower women in crisis to create a better future for themselves," comments Sallianne McClelland, President of the Hornsby Ku-ring-gai Women's Shelter. "After staying with us, 85% of our clients are able to turn their lives around but it's heartbreaking we need to turn away on average 5 women a week due to our limited resources."

It is easy for locals to support Hazel's run. Go to <https://give.everydayhero.com/au/team-run-for-shelter> to pledge a tax-deductible donation. You can even choose to support the shelter closest to your home.

"We are looking forward to celebrating with Hazel at the finish line on **Manly's Corso on Sunday 23 April**," says Julia Lever, President of Manly Women's Shelter. "She's going to receive an incredible welcome!"

One of the first donations received for Hazel's 'Run For Shelter' was from Hazel's employer Adams Pluck, Patent and Trademark Attorneys at Hornsby.



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The Hills Shire Council celebrates our youth

Young people in the Sydney Hills are invited to the Live It Up Festival, The Hills Shire Council's initiative as part of the National Youth Week program, which kicks off on March 31.

National Youth Week is the largest celebration of young people around the country between the ages of 12 and 25 and this year Council has teamed up with the Hills Youth Army to engage with residents through Live It Up - a program of events and activities which are aligned with this year's theme, 'Get Involved, Be Heard and Make a Difference'.

Mayor of The Hills Shire, Councillor Yvonne Keane said Youth Week is a time for young people to find out more about the opportunities they have to be more engaged with their community and do what they do best; get creative, imaginative and get involved.

Live It Up Festival

Date: Saturday, April 8

Time: 2pm-8pm

Location: Castle Hill Showground

Cost: Free entry, food and drinks available for purchase

The Live It Up Festival returns to Castle Hill Showground this April as part of national Youth Week celebrations.

As part of the event, young people will be able to enjoy music and dance performances, DJ, food trucks, Hills Daily Grind coffee, Short Film Festival, face-painting, henna, rock climbing, bubble soccer, Sydney Thunder Bus, wheelchair basketball, yoga and fitness, Western Sydney Wanderers, skate boarding and the chance to meet local youth services.

Entry to the festival is free with food and drinks available at a cost.

For more information: www.sydneyhillsevents.com.au/youth-week.

"We are lucky to have such a diverse, vibrant and inspiring young population here in The Hills," Mayor Keane said.

"Youth Week is an opportunity for them to come together, express their views and ideas, act on issues that affect their lives, and plan and enjoy the many events we have planned for Live It Up.

"It's also about creating opportunities for our young residents to have fun and make new connections in a safe and encouraging environment. We look forward to celebrating our local youth and all their great achievements, which is highlighted during National Youth Week," Mayor Keane added.

Activities include a coding workshop at Castle Hill Library, Talent Quest and the Short Film Festival which will conclude the week's festivities on Saturday, April 8 at Castle Hill Showground.

Coding workshop

Date: Saturday, April 8 **Time:** 10am-4pm

Location: Castle Hill Library **Cost:** \$20 per person

This one-day coding workshop is designed by CODE4FUN for high school students who have a passion for all things digital.

Open to 12-18 year olds.

To register, visit: www.thehills.nsw.gov.au/Upcoming-Events-Activities/Youth-Week-Code4Fun-Workshop-Castle-Hill-Library.

Talent Quest

Date: Saturday, April 8

Time: 2pm-4pm

Location: Castle Hill Showground

Local musicians, singers and dancers can register now to perform live at the Live It Up Festival on Saturday, April 8. Open to



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youth aged between 12-24 years, entrants simply need to upload their audition video (maximum three minutes) on YouTube and include the URL in their registration.

Entries close on March 31.

To enter, visit: www.sydneyhillsevents.com.au/youth-week.

Short Film Festival

Date: Saturday, April 8 **Time:** 6pm-8pm

Location: Castle Hill Showground

Aspiring directors and screenwriters will have the chance to showcase their skills with the Short Film Festival this youth week.

Youth are encouraged to stand up for something they're passionate about, tell their story or just have fun through a 2-5 minute short film that incorporates the 2017 theme "Get Involved, Be Heard, Make a Difference."

Entries will be judged by a panel of professional judges, with finalist entries to be screened on Saturday, 8 April at the Live It Festival. Winners will be announced on the night of The Festival.

Entries close on March 31

To enter, visit: www.sydneyhillsevents.com.au/youth-week.

Poster Design Competition

Budding graphic designers and artists have the chance to see their designs used as part of the 2017 Live It Up Marketing Campaign when they enter the Live It Up Poster Design Competition.

Entrants are encouraged to explore the issues and stories that resonate with them, centring their designs on the Youth Week theme of "Get Involved, Be Heard, Make a Difference."

Open to Year 3 – Year 7 students from schools based in The Hills LGA.

Entries close on March 31.

To enter, visit: www.sydneyhillsevents.com.au/youth-week.

A Noble Arborist

Andrew is a qualified arborist who grew up in the local area and has worked with various tree companies over the last 15 years. For the past 8 years he has provided services for these companies as a contract climber. Now with that accumulated experience and knowledge he is branching out with his own company "A Noble Arborist Pty Ltd", offering Sydney-wide tree contracting services. All aspects of tree work can be provided from dead-wooding and pruning to full land clearing, crane work and stump grinding. Customer satisfaction is a priority for Andrew, and free quotes are provided promptly with a friendly and honest approach.

As a 20 year old, Andrew started his first business providing lawn mowing and property maintenance services to residents of the local area. During winter when business was quieter, he began working as a "groundie" with contacts in the tree industry. After a few years he began climbing and soon realised his future was in cutting trees, not grass. Many years later that passion is still there, now backed by experience and confidence.

With all these years working with many professionals in the tree industry, you can rest assured there isn't much Andrew hasn't seen or experienced when it comes to tree work. So call today and enjoy the confidence of knowing you're dealing with a fully insured and qualified arborist, who will get the job done safely and efficiently.

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Truck Hire Now Available in Galston

Truck Hire is now available to the general public at Hills Self Storage facilities in Galston, Castle Hill and Kings Park. Gavin from Hills Self Storage said “Truck Hire seemed like a logical addition for us, it is already popular with our self-storage customers and now we can offer them to the general public as well. There are very limited options in the Hills area for Truck Hire and we have filled a gap and at the same time provided a good product”.

Their automatic trucks can be hired and driven with a car licence. Each of their trucks are also fitted with a reversing camera making manoeuvring of the vehicle so much safer.

Loading goods in and out of the trucks is made easy with a Hydraulic Tail Lift. As a free optional extra Hills Self Storage-Truck Hire also provides free of charge quilted removalist blankets and straps to secure and protect your goods during transport. A fridge trolley is also supplied to help with moving those heavy items safely.

The truck can be hired for 24 hours or more but they also have an option for business hours hire if you only have a quick move to do. Bookings can be made over the phone through any of their self-storage facilities or online at www.hillselfstorage.com.au.



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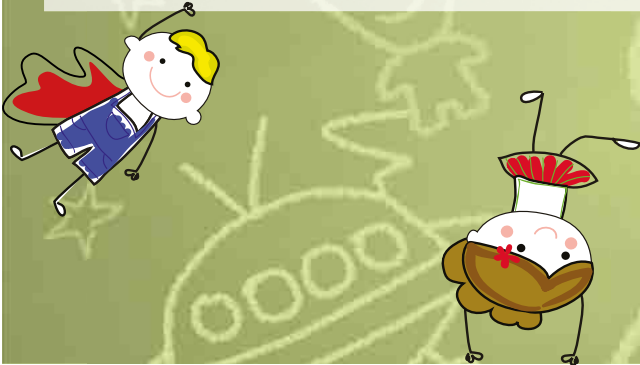
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For more information visit

hornsby.nsw.gov.au/schoolholidays



FROM THE MAYOR'S DESK



As I mentioned in my message a few weeks ago we were pleased that the Government is taking a strong stance on amalgamations. I remain convinced there will be significant benefits for ratepayers with an amalgamated council.

Hornsby Shire's councillors are seeking the best outcome for ratepayers, rather than themselves. I am willing to surrender my position for the greater good. The new amalgamated Council will not have a popularly elected Mayor, which I personally think is a retrograde step. It will have 15 Councillors who will elect the Mayor bi-annually.

Like my fellow Councillors I will need to be re-elected in order to play any part in the new Council.

Whilst my term as Mayor is uncertain and dependent upon the outcome of Ku-ring-gai Council's court proceedings I remain absolutely steadfast in supporting the reform process and look forward to being able to help in whatever way I can to see the amalgamation go ahead as smoothly as possible.

Steve Russell
Mayor
Hornsby Shire Council



NEXT COUNCIL MEETING WEDNESDAY 12 APRIL, 6.30 PM

YOUTH WEEK



YOUTH ZONE

Friday 7 April, 12pm-4pm

Come down to Hornsby Mall for some great tunes, delicious food and drinks from a selection of food stalls.

Best of all its free.

For more information visit hornsby.nsw.gov.au/youthweek

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We are on Facebook, Instagram, Twitter and YouTube.

Join the conversation at hornsby.nsw.gov/join

31k subscribed

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Heartbeats

Good news stories which are happening in our community

This page is all about sharing and acknowledging the wonderful events, surprises, joy and magic which weave in and out of our lives. Our aim is to make this a regular inclusion in our magazine and everyone is encouraged to contribute their stories....you are what make this community great so please share so that we can spread your news.

All brides have that special glow on their wedding day, which makes them beautiful but Alison Thomas who married Alex Morrisson at her families property in March was particularly radiant in her spectacular gown. Ali and Alex were married at the end of a very wet week and even on the day the rain was unrelenting. The Thomas family, who hosted the wedding on their property in Arcadia under the huge marque are to be congratulated for managing to create a stylish and romantic occasion despite the weather.



The rain couldn't dampen the high spirits of Alie and Alex (or as they liked to be called Al squared) because having been together for 5 years they both felt ready to take that great leap of faith,,,, to grow old holding hands.

When a family comes together after 27 years there will be overwhelming happiness and this is exactly what Maureen Black felt when her daughter Kim Hogan organised for her a 70th birthday celebration.

Maureen has lived in this area all her life and is associated with two well established families in the district, the Blacks and Waddells.

Through Facebook Kim was able to track down many cousins and relatives bringing them together, some reuniting after extended periods and others (the next generations) meeting for the first time.

High spirits, joy and love were all present at the Brewery where this happy occasion was held.

I spied a note on the front door of 'Twig and Twine' in Galston which apologised for not opening on Sunday the 12th of March. The reason was given that a very special birthday, ending in 0 was being celebrated by the owner, Jane Janday. So Jane well done for carrying yourself with grace and loveliness and may you continue to serve our community with your beautiful shop for at least another 0.

Avalon Jade is a champion fighter, being born 10 weeks early, weighing just 1kg and being diagnosed with moderate degree Cerebral Palsy she has proven that she has fortitude and endurance. With the devotion of her parents, who through their perseverance found the NAPA: Neurological And Physical Abilitation Center, based in Los Angeles (and now in Lane Cove), Avalon is reaching previously unexpected goals.



Because of the embrace and support which their whole family receives, Kristie, Avalon's mother, believes that we, here in The Hills are living in a very special haven as she constantly feels from blessings of our community.

Kristie would like to thank everyone for their wonderful support and especially the businesses in the district who have donated to the upcoming Fancy Dress Trivia night to be held in July at the Galston Club. The proceeds from the night will help with Avalon's \$50,000 a year therapy expenses.

If you would like to learn more please visit Avalon's website for more information. <http://www.avalonjadesjourney.com/home>

Along with 100 guests, Laura Kenny and Luke Esposito recently celebrated their engagement at the Bakers and Brewers bar in Glenorie. Laura and Luke are residence of the Hills district but both have ties to Glenorie and the Bakery. Laura's Grandfather, Alan Denney was a daily visitor to the bakery and established a strong connection with Rob, the owner. It was therefore a natural choice, when searching for a venue that the couple chose this newly created function space which offers the complete celebration package. Laura and Luke, who met in University 5 years ago, plan to marry in Spring next year.'



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Life is not measured by the number of breaths we take, but by the moments that take our breath away

Cash for your old fridge – and a chance at a prize

To celebrate the 10th Earth Hour Hornsby Shire Council is offering an extra incentive to get rid of your old second fridge or upright freezer – you'll go into the draw to win one of four Bunning Gift Cards worth \$50.

This is on top of the \$25 rebate you can already claim if the removal does not involve more than six steps, not to mention the money you will save through energy efficiency and that Fridge Buyback will pick it up for free.

"All around the world people are going to turn off their lights to mark Earth Hour," Hornsby Shire Mayor Steve Russell said.

"Why not make a more lasting contribution to our planet's health and get rid of your energy-guzzling second fridge or upright freezer?"

Your second fridge produces about a tonne of carbon pollution year and contain nasty refrigerant gases that are harmful if released into the atmosphere.

Fridge Buyback will collect your fridge or freezer for free, as long as it has a capacity of at least 200 litres, and a fee will only apply if your property has more than 20 steps.

Fridge Buyback will then dispose of it, ensuring the metals are recycled.

The competition is being run in partnership between Hornsby Shire Council and Fridge Buyback.

To enter bookings need to be made before 30 June, 2017. To make a booking phone 1800 708 401 or visit www.fridgebuyback.com.au.

Aussie's Recruitment Success

Aussie Pump started the year with an extensive recruitment drive in the Hills district. The aim was to find locals looking for a fulfilling career in an industry that is set to bloom as Australia turns itself into the food bowl of Asia.

The '6 good men' campaign has been a huge success with a number of locals joining the team. One is Andrea Chiplin, from Castle Hill. She is settling in as a senior secretary working closely with the general manager.

Returning to work after a career break for family reasons, Andrea applied because she was interested in working locally. "It's extremely stimulating working at Aussie Pumps as the team are full of enthusiasm and there's a real sense of purpose," Andrea said. "I find the people are honest and open. On the projects I work on, I get briefed on the big picture, and that means I feel involved and empowered. I feel I'm already making a difference here," she said.

Aussie Pumps provides full training and particularly wants to hear from young people seeking cadetships for an ongoing career in sales and marketing. Further information on Australian Pump Industries is available from the website, check out the latest employment opportunities on www.aussiepumps.com.au



Andrea Chiplin from Castle Hill is enjoying her new secretarial role at Aussie Pumps, where she feels she is really making a difference.



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ANZAC DAY

TUESDAY 25TH APRIL

2:45PM ASSEMBLE FOR AFTERNOON MARCH

3:15PM AFTERNOON SERVICE

GLENORIE RSL CLUB MEMORIAL

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DOUBLE VISION



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ONE MAN BAND

8:30PM SATURDAY MAY 5TH

COVERS FROM: The Lumineers, Train,
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Corby, Jack Johnson and many more

*The one man band sings and plays guitar,
harmonica, and drums from his well travelled
suitcase. He is a little bit indie, a little bit
folk and a whole lot of heartfelt acoustic.*



GLENORIE GROWERS MARKET

HELD AT THE REAR OF GLENORIE RSL CLUB 23RD APRIL

Flame n Chooks

We are so lucky that our community offers the flavours of many countries and if it is Lebanese food which you are seeking Flame N Chooks at Round Corner Dural will excite your palate with Mediterranean and Lebanese fresh fare. Owners Reem and George source all their ingredients from local suppliers and boast that all their food is handmade with care and attention.

Flame n Chooks, finalist for 2016 in the Small Business Awards, have been aptly recognised for their love of preparing delicious food and serving the community with a smile.

Always freshly prepared in the shop are flame grilled chickens, delicious salads, Lebanese pastries, slices, handmade confectionary and chocolates. With a large range of gluten free products available and an extensive menu for vegetarians and vegans everybody can be satisfied and well fed.

Flame N Chooks offers the multi award winning coffee,

Nerissimo, a five bean blend which excites your mouth and leaves you knowing that you have indeed had a special cup of coffee.

Reem and George cater for any function, small and large and are happy to work with customers to design their perfect menu. For any event two weeks notice is appreciated so that ordering and preparation can take place. The hardest thing you will need to do is decide on the menu and then collect on the day. This catering



menu is extensive and among other things customers can choose from lamb skewers, seafood, ribs and more.

Easter is the perfect time to relax with the family so you may consider organising a gathering catered for by Flame N Chooks. Even if you don't desire a feast at Easter it will be worth a visit to the shop to view the wonderful display of Lebanese Easter cakes, sweets and chocolate. Be warned you will be tempted but as Easter is really the only time in the yearly calendar when we give ourselves permission to eat chocolate, why not make it great chocolate.

And then there is Mother's Day ... go on ... give everyone a treat.

Seafood Buffet Lunch Sunday April 2 2017

- Lunch from 12 noon
- \$15 for children
- Bookings essential
- Introductory price \$49 per person
- Normally \$60!

Mother's Day Lunch! May 14 2017

Enjoy a 3 course lunch with a free glass of bubbly for Mum!

- Lunch from 12 noon
- Bookings essential
- \$65 per person
- \$20 for children

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Introducing our new **a la carte** menu

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WEDNESDAYS	THURSDAYS
<ul style="list-style-type: none"> Kids eat free, with any adult main meal purchase \$12.00 Lunch specials Bingo – Ticket Sales from 10am. Jackpot Prize \$1300* Game Prizes – Cash & Wishcards totalling \$300 in value Trivia 8.00pm Raffle tickets on sale 7.00pm Total Value of Raffles \$500 Spin N Win Wood Fire Pizza Available (Dinner Wed + Sat only) Members Happy Hour Mon – Fri 4-5pm 	<ul style="list-style-type: none"> \$14 Schnitzel with a free schooner of beer or glass of wine \$12.00 Lunch specials APL Poker \$20 Buy In Cash Prize \$180 Plus Jackpot* Pool Competition Max Prize \$200*
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SUNDAYS	
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information for members & their guests. ADDRESS: 21-25 Arcadia Road, Galston, 2159 PHONE: 9653 2017 WEBSITE: www.galstonclub.com.au



Glenorie Rural Fire Brigade News

By Elizabeth Whiteman

Bush Fire Season ends...HR season begins

31 March marks the end of the official bush fire season. Although we have had one of the hottest summers on record we are fortunate not to have had any major fires in our area. It is now time to get back into completing



Fuel Management/ Hazard Reduction (FM/HR) burns, weather permitting. You may see brigade members in uniform walking the burn areas on or near your property. Remember - although you no longer need a permit in The Hills Shire for pile burns on rural properties, you must comply with the regulations that still apply. For more info see contact details below.

Caravan loses a wheel

In February we were called to a caravan rollover. Although the van was quite new, the wheel nuts had worked loose so, result – wheel studs broke and one wheel came off. Thank you to Belinda from Glenorie Preschool who immediately helped out. The take-home lesson is: make sure you check your wheels regularly.

Introducing the new Glenorie Community Engagement Coordinator

I have thoroughly enjoyed my role as Community Engagement Coordinator with the brigade but the time has come to hand over the

baton. As of the April AGM James Wicking, assisted by Chloe Paton and Roger Fitzpatrick, will be heading up the team. They have been part of the team which has very actively supported me for years and will do a great job. So this is my last newsletter.

Introducing James

Glenorie Growers Market regulars will know James but for everyone else here's a quick profile:

When did you join the RFS?

I completed basic training in 2012 and have been furthering my training every year.

Occupation?

Business Development Manager with some mobile mechanics on weekends.

Marital status? Soon to be married 😊

Best part of being in the brigade?

I have to be honest - driving around in a big red fire truck!

Why do you do Community Engagement?

I love meeting people and helping them stay safe.

Please don't hesitate to stop by the market stand and say g'day to James and the team.



For further information go to www.rfs.nsw.gov.au or contact the

Brigade: Station **Phone:** 9652 2017 (leave a message and someone will get back to you) or talk to a real person, James: 0422 168 914.

Visit the brigade stand at the Glenorie Growers Market on the fourth Sunday of the month in the grounds of Glenorie RSL.

Facebook: Glenorie Rural Fire Brigade

Email: glenorierfs@outlook.com

Autumn an ideal season for recruiting

With the main threat of the bush fire season easing, local brigades from the NSW Rural Fire Service (NSWRFS) Hornsby Ku-ring-gai District will be recruiting for volunteer members.

“The cooler months are an ideal time to conduct recruiting and training programs so that our fire fighters are fully trained and equipped in time for the summer months said Inspector Rolf Poole form Hornsby Ku-ring-gai District Office.

“The NSWRFS is made up of dedicated men and women who also fill a variety of support and administrative roles, not just front line fire fighters. No matter your experience, there is a role for nearly everyone” Inspector Poole said.

Volunteers have been protecting local communities in the Hornsby Ku-ring-gai area from the threat of bush and grass fires for over 75 years. Today our volunteers attend a range of emergencies including bush fires, grass fires, house and structure fires, road accidents as well as providing assistance to other emergency services.

The entry level training can then lead to a vast array of other training opportunities. As a registered training organisation the NSWRFS offers nationally accredited qualifications, the individual

can take with them and utilise throughout their day to day life. Volunteering with NSWRFS offers the opportunity to develop skills, new friendships, to be part of a team and have a sense of camaraderie.

- The Hornsby Ku-ring-gai District is served by Rural Fire Brigades in Ku-ring-gai, Hornsby, Hornsby Heights, Westleigh, Cherrybrook, Dural, Galston, Arcadia, Mount Ku-ring-gai, Berowra, Berowra Waters, Muogamarra, Cowan, Brooklyn, Milsons Passage, Dangar Island, as well as Communications, Support and Catering.
- A free information session will be held at the District Fire Control Centre 1049 Pacific Hwy Cowan, on Saturday 18th March. This session provides details on the application process, training commitments and Q&A sessions.

Anyone interested in volunteering with NSWRFS should contact the District Office during normal office hours for a free information package on 9883 2000, or via email hornsby.fcc@rfs.nsw.gov.au

Or follow us on facebook: Hornsby Ku-ring-gai Rural Fire Service Media enquires: Contact the District Office 9883 2000

Galston Rural Fire Brigade News

By Kara Dubois

Gorge call out

Galston RFB recently assisted local brigades at an oil spill in Galston Gorge. On arrival it appeared to be a spill on the bridge. The initial spill caused a motorbike rider to fall resulting in minor injuries to the rider, and a cracked engine sump, which precipitated further oil on the bridge.

By the close of this incident the brigades had covered a spill of around 120 meters in the eastbound lane from one bridge to the other.

The brigade mobilised both heavy appliances and the PC, and consumed 16 bags of absorbent material to render the oil spill safe.

The area was handed to the NSW Police Force who were awaiting the arrival of the RMS for traffic signs.

Thank-you to the attending crews, they performed a great job in a tough work environment - especially at night.



New crew leaders

A big congratulations to our members Glenn Truelove, Tomlin Poynton and Kat Dunlop, for becoming the newest Crew Leaders in the best station in the District.

They put in hundreds of hours to get where they are today - a job well done. We also have three new trainees doing their Bush Firefighter course, and several more Galston members doing Village Firefighter training.

Galston member profile

Each month this year the Galston Rural Fire Brigade will feature a short interview with one of our members. It is a great way to discover just how diverse your local fire brigade can be.

April member profile:

Paul Stockman

How long have you been a part of the Galston Rural Fire Brigade?

Officially 19 years

What is your role there?

Deputy Captain and currently hold the role as call out officer

When you're not at the brigade, what do you do for a living?

Farm Manager for Mulawa Arabian Stud

What made you join the RFS?

My family as a whole has been part of the RFS for a long time so I guess it's been a bit of a tradition.

How do your RFS commitments balance with your work and social life?

Life is always busy but we all try to make time to get the job done. Some of my closest mates are also part of the service so this helps.

What is a treasured moment you have from your time at the brigade?

There's been lots of great moments, it's always nice completing the next course.

Overall I think it's the Comradery between all the members during large scale incidents, and the sense of achievement I find most rewarding.



Brigade Contact Details:

Duty mobile: 0491 119 152

Email: info@galstonrfb.org.au



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Galston Community Health Centre

CALLING ALL SENIORS. . . come along and meet new friends, have some fun and laughter with others, enjoy some good conversation whilst enjoying a nice relaxing morning tea or lunch. Our groups meet every Monday, Tuesday and Friday. If you require help to get to the groups, we may be able to provide transport through KNC Galston for a small charge. To find out more call Linda Wake on 9653 2235

KNC – Galston work from the Community Health Centre and are part of the Ku-ring-gai Neighbourhood Centre based in St Ives. We have a wonderful team of volunteer drivers that help our aged community get to their hospital and medical appointments, drive them to the shops and help them with transport to other essential appointments.

New clients need to live independently and be over 65, be unable to use regular transport and they need to be registered with My Aged Care. Our volunteers give their time freely, and we ask a contribution is made to help cover their vehicle costs.

Call Linda Wake on 9653 2235 for more information and Linda can also help you to register with My Aged Care.

Community Clinical Services

Galston Community Health Centre is a unit of Hornsby Hospital which provide Clinical Services to the local Community:

Physiotherapy service is provided with a referral from your Doctor and by calling 9477 9448 to make an appointment. Podiatry service is provided to eligible high risk residents that have a referral from your Doctor, to make an appointment call 9477 6116 Child and Family Health for children 0-5 with individual consultation and group programs to promote health and well-being of babies and parents. For appointments call ECH 9483 7999.

Community Groups

The following Community Groups meet on a regular bases:

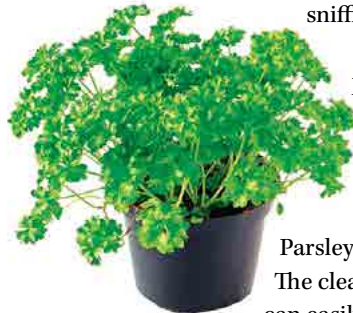
- **AA** meet Fridays nights 8-9:30
- **Al-Anon** contact 9653 2235
- **Arcadian Quilters** meet 1st and 3rd Wednesday 10-2pm
- **CWA** meet 2nd Wednesday 10-2pm
- **Galston Playgroup** Email: galstonkidsplaygroup@gmail.com
- **AA Steps** meet Sundays 6:30-8pm



Parsley and Sweet Peas

By Mary at Heritage Haven

Unbelievable downpours of rain have recently buffeted our little house on the hill. Gumboots have become essential wear for paddling across knee-high, grassy fields . These mornings begin for me with a quick paddle down to the chicken pen ... nibbling and sniffing herbs en route.



Recent rainy weather has produced a plethora of dark-green parsley rosettes and has surged ahead to “favourite herb” status. Parsley varieties, especially the flat Italian, or the mild, triple-curved Parsley, have self-sown indiscriminately. The cleansing taste of plain leaf parsley can easily become an essential start to each day ... simply, nibble as you go and delight in an enjoyable vitamin C lift and its remarkable flavour.

Curly parsley has a milder flavor and is a smaller plant ... but, both varieties of parsley are biennial and their mild stimulating taste provokes a wonderful addition...or is it addiction ... to my herb garden .

This morning, the Little Wattlebirds are swerving and twisting excitedly through the towering Ginkgo tree, whose leaves are shaped like delightfully enlarged “maidenhair fern” leaves. The birds noisily guard their feeding territory here today with harsh, raucous calls as they feast on the magnificent flush of orange Tacoma blossoms.

Our thoughts now turn to another garden chore. Traditionally St. Patrick’s Day, 17th March, is the time to plant sweet peas in a sunny plot of earth, however, dear Mollie, proclaims with some authority, that **Anzac Day, 25th April** is sometimes a better choice in Aussie Land. To prevent disagreement, Mollie always plants peas on both days to achieve a truly bountiful, sweet pea-filled, summer garden.





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- a stopwatch to measure how long you're in the shower and how much water you use
- a compass to see which direction your windows face so you can make the most of the sun in winter and use shading to best advantage in summer
- and a User Guide with worksheets and action plans.



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When did you last visit the Library?

Libraries have been transforming themselves to provide not only physical books, but e-books, audio books, e-magazines and so much more. If you don't have time to visit one, why not login to their websites to see what you can borrow from the comfort of your own home. Pictured below is the Hills Shire Council website at <http://www.thehills.nsw.gov.au/Library>

The screenshot shows the Hills Shire Library website with the following sections:

- Find Information:** Library Catalogue, eBooks & eAudio from Overdrive, eBooks & eAudio from BorrowBox, eMagazines from Zinio, Online Databases.
- My Library:** Login, Forgot Your PIN?, Join Online, My SavedList.
- About Us:** Locations & Hours, Contact Us, Like us on Facebook, Follow us on Twitter, Subscribe to our eNewsletter.
- Help:** Finding Information, FAQ, How To ...
- Search Explore Discover:** A banner image showing a hand whisking eggs in a bowl, with a bowl of eggs and a whisk nearby. The word "COOKING" is visible in the bottom right corner.
- New Titles:** A carousel of book covers including "Can you solve my problems?", "Secrets of the Lost Mode of...", "Digital sexual victims : pa...", "Overcoming distractions : L...", and "Double vision quilts : simp...".
- Staff Picks:** A carousel of book covers including "Songs of a war boy / Deng T...", "The sword and the scimitar ...", "Free-falling / Nicola Moria...", "A death in the family : boo...", and "Good people / Hannah Kent."
- What's New:** New Books, New Music, New DVDs.
- Twitter:** A feed of tweets from @HillsLibrary, including announcements about the 2017 Children's Book Council of Australia awards and April school holiday activities.

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Role models at Arcadia Pony Club – Our Associates

Pony club is all about providing young riders with the opportunity to learn the skills of riding and general horsemanship and compete at state, national and international events. Many people aren't aware that pony club is open to young adults up to the age of 25. Our 'associate' members are those aged from 17 to 25 and we have a number of them at our club.

The associates play a very important role in our club. Given their age and experience; they are the members that all the younger riders look up to and aspire to be like. They also encourage our younger members and really establish our club culture of "fun and friendship".

Let's meet our associates and ask them about their experiences and what they like best about Arcadia Pony Club.

Tiarna is aged 17 and has been riding since she was just two years old! She has been a member of Arcadia Pony Club for nearly 11 years.

"My horse's name is Maverick, he is a dark bay. He stands at 14.3 hands and he lives up to his name. Mav may only be a galloway but his attitude and performance make us for his size."

"I enjoy lessons from our wonderful instructors and I also like the social interaction given as my friends and I are able to ride together on every second Sunday."



Lucy

Tiarna says that her best memories of pony club are from the annual pony club camp. "Going away on camp with all members and horses is so much fun and then being able to jump cross countries jumps, go on trail rides and the best thing of all time swimming in the dam. Everyone trying to hang on while our horses swim was so funny to watch and the feeling of Maverick launching himself out of the water, swimming was both shocking and thrilling."

And as for advice for younger members of the club? Tiarna says to learn as much as possible from the instructors and your results as both will help you improve your riding ability. Tiarna is also working towards being a pony club instructor herself whilst completing Year 12.

Sarah is 17 years old and has been riding for nearly 6 years and been a member of Arcadia Pony Club for that entire time. She has a lovely bay quarter horse that she says is always willing to please, his name is Smoking Bow.

Sarah loves Arcadia Pony Club as she gets to ride regularly with her friends and also enjoys learning new things about horses and riding from our instructors. She is also enjoys representing Arcadia at competitions.

Continued on page 43

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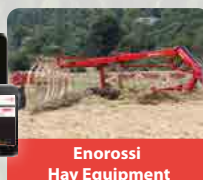


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Galston Equestrian Club – Amazing April!

Well, the weather has certainly been having a lovely time with our scheduled events! First the blistering heat forced us to postpone our show jumping clinic with Keira Burns to 4th March, along with most of our first Légèreté clinic. Then the rains came – much needed for our dry and cracking paddocks, thank goodness, but that unfortunately washed out Keira's rescheduled clinic so that will now be held on 1st April. The Légèreté clinic will continue on 28th May.

So, after extreme heat and flooding rains, GEC finally got to hold a Sunday event under beautiful sunny skies!

The very popular Lucas Hurps instructed a full day of individual flatwork lessons for riders on Sunday 12th March which was great success. Everyone learned so much and we thank Lucas for his encouraging and skilful instruction.

For the Horsemanship Practice Day, run by Barbara Anderson also on 12th March, we had 10 members take on a range of obstacles including tarps, a noodle shower, and barrels, both on the ground and then later when ridden. Members learned to get their horses relaxed and to go sideways and backwards over obstacles. When a horse can stand calmly with a cone under its stomach, it makes the horse a lot more confident, which was really noticed when the horse was ridden, rather than being led. It was



Lucas Hurps instructing Joy Chew and Bailey



Horsemanship fun day

a fun day and a great introduction to GEC for some of our new members, including a mother and her daughters and a member who travelled all the way from Ebenezer. We will run more of our popular Horsemanship Days

(which are free to attend for members) later in the year.

We are really pleased to see that about 50 of our entries for our Members Only Dressage competition on 26th May are new members, and a number of these are having a go at their first ever dressage test! This is one of the things that makes our club so popular – encouragement of everyone, regardless of their level of riding. We are all learning, no matter how long we have been riding and we never stop.

Don't miss our excellent Gear Check Info Evening with Jenny Merity at the Galston Club on 27th April, starting at 7.30pm. This is free to everyone. Jenny is an FEI Level 1 Eventing Steward and a National Dressage Steward. If you are a rider and would like to know more about the do's and don'ts of the warm up arena, or what gear is permitted or not on you or your horse, then this will be very informative. What an asset you will be to your club once you know all this! Come and join us for dinner beforehand and for a fun social evening. Meals and drinks can be purchased in the bistro and consumed in the Auditorium.

Upcoming events :

- 13 May – Official Dressage Competition
- 28 May – Legerete with Paul Cairns
Poles and Grids with Tana Subotic
- 11 June – Agility with Suzanne Bellette

As usual, please check our Facebook page and our website for up to date information on all our events.

<http://www.galstonequestrianclub.org.au/>



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Role models at Arcadia Pony Club – Our Associates *continued from 41*

Her most memorable moments at pony club are from pony club rally days and representing Arcadia Pony Club at competitions with my friends and with her horse Bro.

Sarah's piece of advice for younger members is to take the pony club opportunities and join in at everything from flat work to jumping to sporting and games and constantly learn new things and listen to the instructors that give good helpful advice. In future years she would also love to be a pony club instructor so I can help other riders learn more while having fun like I do at pony club.

Molly is 17 years of age and has been riding for 10 years, a member of Arcadia Pony Club for 7 years.

Her horse's name is Kahn, he is a thoroughbred and 16.3hh. Molly has owned him for almost a year. She said he has a very caring personality, and is always looking after her, especially on cross country courses.

Molly enjoys pony club for the friends and experiences it has allowed her to have, "I've met some of my closest friends through pony club. Pony club has also allowed me to take my riding further, travelling hours to compete in state competitions."

Her most memorable experience is competing at the Pony Club State Polocrosse championships when she was about 12. "My friends and I had never played before and it was exciting to try something different."

Molly's advice for younger members of



Molly



Sarah

the Club is to go to as many pony club competitions as you can as they give you so much experience for when you start to compete in open competitions. She would also consider becoming an instructor down the track.

Lucy has just turned 17 so is our newest associate. She has been riding for 10 years and been a member of Arcadia Pony Club for 8. Her horse is Max (External Influence) he is a 17.2 hand bay thoroughbred who Lucy says has a "beautiful and calm personality". Lucy enjoys riding with her friends at pony club with her fondest memories being competing at State dressage and representing Arcadia and Zone 23 - this involved camping with friends throughout the competition.

For younger members of the club, Lucy says it's important to learn as much as you can from your instructors.

Do you love horses, enjoy teaching children and think you may have an interest in becoming a pony club instructor? We would love to hear from you. We provide a safe and structured learning program in line with Pony Club NSW guidelines.

Arcadia Pony meets the first, third and fifth Sunday every month at the Rural Sports Facility in Galston. We'd love to see you there!

To find out more about Arcadia Pony Club please visit <http://www.arcadiaponyclub.org.au>

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Northholm's Agriculture Show Teams Expand!

This year, Northholm will be heading to the Castle Hill Show and Royal Easter Show with their new Dorper Show Team. Thanks to the generosity of Mr. Alan Waldon of Top Deck Dorpers, Northholm is the proud owner of two rams and two ewes. The Dorper is a South African breed of domestic sheep developed by crossing Dorset Horn and the Blackhead Persian sheep and this year they are the 'feature breed' at the Royal.



Mr. Waldon is not new to the School; having two grown up children who are ex-students of Northholm. It was while they were at Northholm that Mr. Waldon helped set up the first Cattle Club with Ms. Caiger, Head of Science, nearly ten years ago. The Cattle Club and Cattle Show Team are still extremely popular co-curricular activities within the School and every year a group of Senior School students (Year Nine to Year Twelve) attend the Royal with the Cattle Team. This year our Middle Years students (Year Seven and Year Eight) will also be able to attend with the Dorper Show Team.

The sheep are proving to be the perfect size animal for the younger students to gain skills in preparing animals for competition. It also gives them the experience and confidence they need to be able to manage the larger cattle later on. Learning to groom, handle, parade and present livestock for competition is also being taught in Junior School with Junior School Agriculture Show Team. This group comprises students in Year Three to Year Six and will train them in preparation of joining the Dorper Show Team in Senior School.



Team Marian Shaves Against Blood Cancer

On Friday 17 March, Marian Catholic College Kenthurst was brave and shaved – for the Leukaemia Foundation's "World's Greatest Shave" campaign.

Both staff and students were challenged to either shave or cut their hair to raise funds for the battle against blood cancer – and come shave day, there were sixteen students and two staff members in the team. With the team's goal starting at a modest \$2,000, they exceeded expectations with the current total sitting at \$7,800, and student cash donations still coming in.



"For me, my hair was my identity." It was Miss Dannie Ward's (Marian's Media, Events and Communications Coordinator) first time shaving. "I would dye it crazy colours as a form of self-expression. Shaving it all off was the most selfless thing I'd ever done."



"Everyone wanted to be involved," says Mrs Tammy Prestage, Assistant Principal at Marian. "We had a big turnout of students come to watch and support their friends, with members of the community willing to

donate their time (and hairdressing skills) to shave or cut hair."

George Gill (Year 12) was 2017's Team Marian captain, starting the event himself with a few other Year 12 event leaders. "The first time I [shaved], my mate had asked me to do it with him, and I figured my hair doesn't mean too much to me, but the money I raise could mean a lot to others." This was George's third year shaving, and it seems to have become an annual tradition for him to sacrifice his hair for charity.

Marian students are always on the look out to help others with any social justice related activities. Last year, they gathered over \$8,500 for Caritas' Project Compassion to build a well in Malawi as part of their many fundraising initiatives. Andrew Losurdo (Year 12) says "The World's Greatest Shave was an opportunity for me to help out so many people in need by doing something that was so small in comparison."

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Galston Public School

By Carole Weiss

A colourful Easter hat parade, a visit from a very happy and energetic 'Easter Bunny' and a delicious morning tea of hot cross buns under the school's beautiful leafy trees was an especially fitting end for Term 1. Galston Public School students have much to be proud of. Their efforts have ensured a wonderful and productive start to the year.

The two kindergarten classes KW and KB have settled in very well to their class routines. They are engaging and enjoying interesting class activities and almost too soon, it will be the end of their 'big' first school term.

As part of their History program students from Stage 1 have been learning about how people lived in the past. Classes 1P and 1/2W recently went on an excursion to the Hornsby Shire Historical Society Museum. It was amazing! It was also great fun to see a classroom from the olden days, although it was a bit scary because the teachers were very strict! Students were surprised to learn that people lived without washing machines, microwaves, fridges and most importantly computers. Children back then didn't even know what an iPad is!



School Captains Jesse and Madison, and Vice Captains Mannix and Emmi are setting an excellent standard by demonstrating responsible leadership with all their respective duties.

At the Beecroft Zone PSSA Swimming Carnival which was held at Sydney Olympic Park Aquatic Centre, Homebush recently, a courageous and determined Galston Public School team competed. The day was a great experience for the them. The competition was tough and tiresome, however all the students swam competitively and proudly represented their school.

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.

News from Galston High School

Galston High School Leadership Camp

This month the Galston High School leadership teams ventured to Vision Valley Recreation Centre for their annual leadership camp. For three days the Prefects, Student Representative Council and House Leaders worked together to develop their leadership skills, develop school and house spirit and plan events for 2017.



House leaders took part in the leadership camp, with the SRC and prefects

Lions Youth of the Year

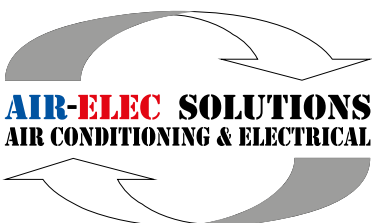
Congratulations to Rae Borton, for being nominated for the Lions "Youth of the Year" by Galston High School. She attended the competition at Carlingford Bowling Club. The contestants had to give a 5 min speech and two 2 minute impromptu speeches. Rae performed very well up against 2 students from James Ruse High School. It was a lovely night hosted by the Carlingford Lions Club and it was a pleasure to see students from both schools getting on so well and showing support for each other with humility and graciousness.



Lachlan O'Connell at camp



Rae Borton



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Off on a Bear Hunt with Glenorie Pre-School

*"We're going on a bear hunt,
We're going to catch a big one,
What a beautiful day,
We're not scared"*



The children of Glenorie Pre-School have shown a strong interest in the popular children's book "We're going on a bear hunt" retold by Michael Rosen. They have demonstrated their various learning styles by the way in which their interest shines through. A group of children drew their own maps then went on a hunt through the playground and had one of their peers hide in a self created cave, as a bear. Another group of children explored a small world set up of the bear hunt, this was a more sensory experience that got the



children talking about what happened in the book. The learning was extended with an excursion to the local park. The children learnt that we use maps to find a location and we looked for different signs

along the way. What an exciting month of learning!

If you have a 3- 5 year old child who would like to join the fun here at Glenorie Pre-School please give our Director Belinda a call on 9652 2259

The Kenthurst Country Fair
Sunday 7th May
28 Annangrove Road Kenthurst
9pm-4pm

Hillside Public School



At Hillside Public School, every Year 6 student is a school leader, which ensures our students are confident and well prepared for high school and beyond. Recently all our senior students enjoyed the experience of attending the Halogen Young Leaders Day at the new ICC at Darling Harbour. Here they were able to hear from a number of Australians who have achieved success in their particular area through perseverance and not giving up when things go wrong.

The primary students have been enjoying the STEM challenge activities they have been engaged in this term. These problem solving activities have seen the design and making of parachutes and boats for toy soldiers using limited resources. The testing of the parachutes and boats was a lot of fun and caused great hilarity at time. Throughout the school the 5C's of 21st Thinking are embedded in school programs. We are encouraging students' creativity and critical thinking in the classrooms and have the students developing their collaboration, cooperation and communication skills in all facets of school life.

Sport and student fitness are crucial for the well-being of all our students. After a very successful performance at the Zone Swimming Carnival, our relay team qualified to swim at the upcoming Sydney North Swimming Carnival at Homebush. All students are currently training for the School Cross Country being held early next term and are participating in weekly aerobic classes. Later this term they will be involved in 5 days of gymnastics lessons. The school has also entered in the Small Schools Soccer Knockout so the students are busy training for this as well.

Every day is open day at Hillside School, so please pop in and visit our amazing school. Phone 9652 1459.

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Setting up for Success

Our kindergarten teacher, Mrs Crouch is a familiar face at Galston KU and Galston Long Day Care Centre and a welcomed new visitor to Fit Kidz at Dural. She visited the centres in March, reading to the children, getting to know them and taking the opportunity to see the great early learning programs in action.

"The comprehensive transition to school program we implement at Arcadia PS ensures that coming to 'big school' is a comfortable, enjoyable experience." Mrs Crouch said, *"It's definitely a joint effort as we work closely with our local preschool educators, building relationships and ensuring that the children see school as an exciting and secure place. It is our aim to set each of them up for success from day one of their school career."*



It will be our turn to welcome the preschool children on May 19. All are invited as we once again host the fabulous Agricultural Adventure Day at Arcadia PS. Who doesn't enjoy milking a cow, creating artworks with alpaca wool and listening to speakers who know all the ins and outs about keeping chickens? Local families with preschool children are warmly invited to attend. Please visit

our website www.arcadiaschool.com.au for further information.

Arcadia Playgroup is located on Arcadia PS grounds and is another excellent opportunity for parents, preschool children and their younger siblings to see just what school is all about. Mrs Crouch is regularly invited to give talks about school readiness and what to expect as the children develop. Attending playgroup offers so many possibilities to socialise, experience play, learn and understand new things. The Arcadia PS P&C Association see it as an invaluable asset to their community. In January they generously funded the renovation of the playgroup headquarters. Keep your eye out for the official opening at Arcadia Markets on Saturday May 6 - another not to be missed event for the whole family. Playgroup operates from 9am until 11am every second Thursday. Please contact the APS P&C via their Facebook page

<https://www.facebook.com/ArcadiaSchool/> or contact the school on 96531207 for more information.



Congratulations to each of our students who represented their school last month at the Zone swimming carnival. A special mention to Sophie, Koda, Elijah and Zari, the winning team in the small school's relay. Well done!



Chippies for Charity

Valuable connections and friendships are being forged between Year 5 students at Hills Grammar and their new friends in the Solomon Islands. The SEAT project is one that will continue over a couple of years, yet already there's great excitement in the School's Centre of Innovation and Creativity. Last week boxes of books were sorted and packed up for the Lions Club Parramatta to collect and transport to a new community school in the Solomons. This week, the students started working collaboratively on building their special seats which will be the focus of the project which enables students to see first-hand that solutions and effective actions are possible; to feel a sense of optimism for the future.

The project fits in perfectly with the School's International Baccalaureate Primary Years Program and STEM teachings.



Ethan Drew, Charlie Black, Maka Mbakada



Beirui Baoli, Alex Karetsian, Samika Seepersad

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KU Galston Preschool

We have had a wonderful start to the year. Many families are making use of our new extended hours with the children enjoying their time at preschool. The children are all settled and new friendship groups are developing. Last week we were lucky enough to have Mrs Crouch the kindergarten teacher from Arcadia Public School visit to talk to the children about 'big' school, reading a story about their beautiful school and what it has to offer. The children were able to ask Mrs Crouch questions about big school, it was a wonderful opportunity to develop ties with our local community. We look forward to having their band play and having the year 5 buddies visit later in the year.

Last week the children enjoyed "Drum Beats" and interactive music session where the children were able to experiment with the drums exploring rhythm and beat. They also learnt a few new songs "hey mumbo jumbo" and the 'heartbeat song'. It was wonderful to see the children learning to interact with their peers with care, empathy and respect as they shared the drums.

We are all donning our dancing shoes and practicing our moves in preparation for our upcoming disco next Friday night. We have Bop til You Drop coming to entertain the children and will be having a sausage sizzle dinner as our first official preschool function- we cannot wait!

We still have a few vacancies on a Monday, Thursday or Friday. If you would like further information, please contact our director Rebecca Onslow on 9653 2252 or at ku.galston@ku.com.au



Uniting Care Galston Early Learning Centre

The month of March has been inspiring, productive and motivating for the team here at Galston Early Learning! We have had great opportunities to connect with our outer community through many different events including an excursion to the Fagan Park Eco Garden, a working bee with our families and a visit from Mrs Crouch from Arcadia Public School.

Our visit to Fagan Park was planned from the children's interest while they were working on our vegetable garden at our centre. Through their re-occurring discussions on our outdoor play space, we decided to plan a tour with Paul Udy at the Eco Garden at Fagan Park. This visit allowed the children to explore different parts of the garden and use some

aspects of the Eco Garden to inspire us to work on our own garden back at the centre. I would like to take this opportunity to thank Paul Udy for sharing his agricultural knowledge with the children and Rev. Geoff Smith for driving the bus to and from Fagan Park.

Later on in the month we organised a working bee to work on our physical environment. We had so many families and educators who gave up their Saturday morning to help us with the renewing of the sand for our sandpit, weeding the gardens, sorting out our library and fixing elements of our indoor environment. Thank you to all the families and educators who came to help and I would like to make a special



mention to 'Langlands Landscape Supplies' for providing us with one of their trucks to use as well as 'Eric Tender Meats' for donating the sausages for our sausage sizzle.

Last week Mrs Crouch the kindergarten teacher from Arcadia Public School came to visit our preschool children. She enjoyed meeting the children and shared some information in regards to the school environment. Mrs Crouch also read a story called "Annie's Chair" and then encouraged the children to participate in a colouring exercise that linked to the story. Thank you for the visit Mrs Crouch and we hope to continue to connect with Arcadia Public School in the upcoming months.

Collaborating with our local community has been a strong focus for the start of 2017. On behalf of all the team here at Galston we would like to thank all who have been involved in the growth of our centre and your time and efforts were greatly appreciated.

If you would like to come and have a look at the centre or ask any questions regarding our Educational Program please feel free to contact the Centre Director Daniela Balmer on 9653 1475.



Middle Dural Public School

Middle Dural Public school is having a fantastic start to 2017! We have had a visit from a Parramatta EELS player, we have started our music program, loads of amazing art work already up on our walls and we all had a FUN swimming carnival with great results! A number of children made it through to zone and the senior relay going onto Area. We are extremely proud of all our kids here at Middle Dural. New children are always welcomed.

Principal: Ann Mills
Office- 9651 -1761



Hillside Public School

It seems impossible that half the term has already flown by!

The students at Hillside have been very busy this term with many things happening.

Kindergarten have settled into big school and are busy learning their sounds, numbers and Magic Words- very clever!

All the children were great sports at the combined Small School Swimming Carnival. Hillside competed alongside Middle Dural and Annangrove and Hillside were proud to send Arabella, Lucas, Blake, Sienna and Sam to the zone. There, they swam the very best and now Arabella, Blake, Lucas and Josh are heading to Area to compete in the Small School Relay. We wish them the very best of luck.

Years 5 and 6 attended the National Young Leaders Day at the Convention Centre in Sydney on Friday 3rd March. They listened to an inspirational group of young

people who encouraged the students to aim high and follow their dreams.

We are looking forward to Environmentors visiting our school tomorrow.

If you are looking for a small school where each and every student's needs are catered for in a positive learning environment, please come and visit Hillside or phone the office on 96521459.



Glenorie Public School

On the 1st March some stage three students went and visited our local high school. Galston High School students and teachers helped us learn about their school. Our students had a wonderful time exploring the grounds and learning all about Galston High School.

Last week a number of our students went on to represent Glenorie Public School in the 2017 zone swimming carnival. They worked so very hard to gain their spot on our zone swimming team and all their hard work paid off with some outstanding results. Chloe, Zoe, Elouise, Tahlia will go onto the Sydney North Area Swimming Carnival in the Snr Relay. Chloe will represent Glenorie in five events on the day. Well done to all the students.

21st of March is Harmony Day. On this day will be about coming together and celebrating our cultures. Every student will come to school dressed in orange clothes and have ordered lunches from all our different cultures, which our mums have cooked. It will be a day of celebration and so yummy. We will all join together to have our international lunch under our COLA.

Student Reporter
Holly Harmon.



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News from St Benedict's

St Benedict's Monastery Country Fair

The 52nd annual country fair held on 12 March at St Benedict's Monastery in Arcadia was a great success. The weather was perfect and the day attracted visitors from far and wide. Thanks to all who donated and the workers on the day – many have been involved with the fete for a number of years. Funds raised will help some of the needy people supported by Benedictine Monasteries around the world.

Sacramental program for 2017

The annual sacramental program is in full swing. In March the children in the program handed out prayer cards to parishioners and asked for their prayers.

St Benedicts and community support for bushfire appeal

Parishioner Chelsea Bisoglio, who comes from the Dunedoo area, was the driving force behind a local collection of donations to help the people affected by bushfires in Dundedoo and the surrounding region. Chelsea and her husband Rino took a trailer full of goods and a monetary donation to the devastated district. As Chelsea tells it:

'Rino and I travelled up there with a great big trailer load full, (we had to borrow a bigger trailer) for the victims of the bushfires, from food, toiletries, pet food, clothing, tools, mops and buckets, cleaning products and over \$800 worth of gift vouchers for the women who have lost everything to buy new underwear. All the people have been emotionally affected, too, but in saying that they cannot believe how much people are supporting them and the generosity and kindness and love that they are feeling as well. I'd like to say a huge thank you to our St Benedicts parishioners for their support and generous

donations that went to Dunedoo CWA Sir Ivan Bushfire appeal.'

Chelsea described how everything in the surrounding area was blackened, with many houses, sheds and fences destroyed. Hundreds of dead livestock had already been buried.

If you go to the Sir Ivan – Dunedoo CWA Bushfire Appeal Facebook page you'll see the message: 'Thank you to the local communities of Dural, Kenthurst, Galston, Glenorie and Arcadia, the parish of St. Benedict's Arcadia, to Respond Electrical, and everyone who gave so generously. Your trailer filled with supplies arrived yesterday. Thank you for your support.'

Pictures show a typical post-bushfire scene of devastation, and Chelsea and Rino's full trailer.



Weekend Mass Times

St. Benedict's Catholic Church Arcadia; Mass at the Monastery, 121 Arcadia Rd, Arcadia, at 7 am every morning. Mass at the Parish Centre, Corner Fagans Rd and Arcadia Rd. 7 pm Saturday, 9 am Sunday.

A Broken Relationship

When God placed Adam and Eve in the Garden of Eden they enjoyed a harmonious and beautiful relationship with Him at first. God provided many different varieties of fruit trees in the garden for their enjoyment.

But He said to them, "you can eat of the fruit of every tree in the garden except the fruit from one tree – the tree of the knowledge of good and evil. If you eat the fruit from this tree you will die."

That sounds reasonable and we think that they should have been satisfied with all that they had. Unfortunately they failed the test.

(Genesis 26-17) Why? Because God's enemy, Satan, suggested to them that what God said was not true and they ought to be free to

Glenorie Mission Church

eat anything they wanted. It sounds like the kind of freedom some of us want to-day – freedom to do anything we want to do.

What was the result of listening to Satan instead of listening to God? Adam and Eve immediately knew they had done wrong and felt guilty. They knew that what they had done would hurt the intimate relationship they had with God and when He came to talk with them, they hid from Him.

A Sinful Twist

It would have been bad enough if our first parents, Adam and Eve, were the only ones to be affected by this disobedience, but the

Continued on page 51

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By Corri Byrne, Pastor

Who loves a thunderstorm? Claps of thunder, streaks of lightning, torrential rain.

Now I love a good storm, but only from the safety of home.

It's one thing to enjoy watching a storm, completely another to be caught in one.

Having travelled to the Phillipines numerous times, I witnessed a few storms that are much more precarious than just a lightning show. These are storms where you can sense, even in the safety of home, the danger, unease; an awareness of the ferocity of the event.

Similarly in life, we all get hit with storms, some that threaten to topple our very being. They are unavoidable, it could be financial, relationship, health issues, or work related. The reality is we all face seasons of joy and of sadness.

In Matthew 7:24-27 is the story of the wise and foolish builders, both have built a house, one on sand, one on rock. Both houses have to weather a storm, one house falls, one stands - albeit weather beaten, but still strong.

With so many builders in our area, it is no secret that foundations need to be strong. That the base needs to be sturdy to support that built atop.

Jesus teaches, "Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house, yet it did not fall". (Matthew 7:24-25)

Whatever season you are facing, you can stand strong if your foundations are secure. Jesus offers a rock on which any storm can be weathered, "Come to me, all you who are weary and burdened, and I will give you rest" (Matthew 11:28).

There is a way out of your stress, your burdens of health, relationship issues, financial difficulty, there is a way that leads to joy and peace. But it does take a decision, a life choice that will determine whether your foundations are on rock or sand.

Any storm can be weathered providing your foundations are strong. If you are facing a storm that has crashed your foundations, get in touch with your local church, and ask the leaders about how to build on foundations of rock.

Galston Uniting Church

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



Greetings from a very soggy office – boy, have we had some rain! I can almost literally watch the grass grow when the sun comes out. I hope that all of you with tank water and dams now have plenty in storage.

By the time you're reading this we're well into our Lent observances as we prepare for Easter. As ever, there is a series of activities that you would be very welcome to join us for any or all of. All activities will be held at Galston Uniting and include:

Sunday 9th April	Palm Sunday Messy Church	10.00am
Thursday 13th April	Tenebrae Service (including meal)	7.00 pm
Friday 14th April	Good Friday Service	9.00 am
Sunday 16th April	Dawn Service (bush chapel – weather permitting)	7.00am
	Breakfast to follow (BYO to share!)	
Sunday 16th April	Easter Sunday Celebration	10.00 am

If you come along to the Dawn service, please dress for the chill! Should you wish to join us, you would be most welcome stay afterwards and to join us for a BYO shared breakfast.

At the end of April, we'll also be hosting the next in the Galston concerts series – more information can be found elsewhere in the paper, or drop us a line.

And if that isn't enough for you – all our regular activities continue apace – there's programs for children and youth, choirs, craft, even coffee gatherings – there's always plenty going on ☺

See you next month. Cheers, Geoff

A Broken Relationship *continued from page 50*

whole human family has been spoiled by it. What Adam and Eve became, we are – separated from God. None of us is what we could or should be. Every child born since then has had a natural tendency towards wrong and that is the result of Adam and Eve's disobedience. *(by Rev. E.C.Long) (to be continued).*

Come and hear how this relationship can be restored by the Easter Message, at Glenorie Mission Church on **Easter Sunday 16th April at 9am.**

Regular Service times each Sunday at 10 a.m.

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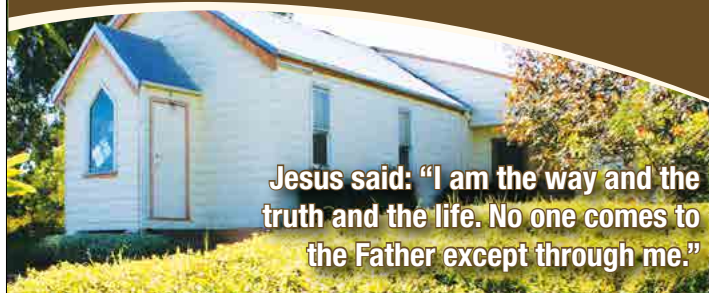


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Chanticleer Gardens Open Garden and Gallery Event on Easter Weekend

Many Sydney-siders use the Easter long weekend to take a lovely drive through the North-Western Hills district, and meander through the back roads of Arcadia, down to Berowra Waters. On the way there is Fagan Park, a delightful picnicing area to call into for lunch or fish and chips down at the Waters. There are many cafes open in the area for that flat white or latte or maybe a nice glass of wine as well.

What nicer way to spend the day, either before lunch or after lunch than to pop into Chanticleer Gardens and stroll around this delightful 3 acre English style cottage garden.

In Spring or Autumn this garden is a display of mass plantings of perennials, dahlias, sedums and roses, all planted within a formally structured garden. Entry through crafted wrought iron gates leads you up an avenue of plane trees, where an Australian colonial home sits on the crest of the rise. As you walk through a small parterre, the rear of the garden unfolds before you with a vista of colour. This is a garden of seasons and the autumn perennial season is one of loud bright colours, yellows, mauves blues and reds. It never fails to delight.

It's unusual to be able to grow cherry trees and the myriad of perennials and deciduous trees that Peter and Grada have planted within the temperate Sydney climate. This is possible because Arcadia is situated on the 2nd highest point above sea level for Sydney and this creates the cold climate garden needed to grow many of the plants found here. Winter temperatures will drop below zero.

Although the garden is only fifteen years old it looks more mature than that. Plans to create a large garden were made soon after the purchase of the property. Also a decision was made to engage landscape architect, Melinda Bargwanna to design their garden.

Within three months of having purchased the property, Grada and Peter were planting out as many advanced trees as could be

found with the help of an old Kubota tractor. The garden has been a work of love created by the owners and maintained with very little outside help.

The row of Chanticleer pear trees, *Pyrus "Glens Form"* planted in the formal courtyard have given the property its name.

At different times of the season people have commented that the garden is very similar to Monet's Garden.

ABC Gardening Australia ran a feature on the garden on May 7th 2016. It was titled "A Work Of Art" and shows the garden in late spring, with Grada painting one of her 'works of art'. abc.net.au/gardening/stories/s4457261.htm#ABC%20Gardening

A character feature is the avenue of Golden Elms leading to the French provincial style barn where Grada displays her work. Most of the paintings, either acrylic or silk are of the garden.

Poppies are painted in beautiful colours on silk, with larger acrylics painted on canvas using a palette knife to give an impressionist style to her work. She sells her works in various art shows around Sydney and also does commissions.

If you are a visitor to Sydney this is definitely a nice way to spend a day out of town without going too far..

- **Open; Saturday 15th, Sunday 16th, Monday 17th, 10am -4pm**
- Entrance fees are \$8 and children under 16 free
- If you are looking for a beautiful garden venue to hold a promotional event, wedding photography, small daytime wedding ceremony, or tours please contact Peter and Grada Shipway on 0433018806.
- The Art Gallery is open by appointment at other times.



Orphaned Possum Release

By Jutta Hamilton



Two juvenile Brushtail Possums came into my care in early December, but their rescue story began in late July. Both were orphaned in separate car accidents, they weight 80 and 90 grams, their eyes were still closed and they had no fur. At that weight they had a reasonable survival chance, if cared for by an experienced wildlife carer, kept warm and fed special milk formula 4 times a day, toileted and closely monitored.

After 5 month of caring and teaching them how to survive in the wild, they came to our bush property. I kept them inside a large aviary. I avoided all contact with them, and daily gave them a wide range of fresh greenery from native trees and shrubs that were good to eat for possums. Safe in their aviary, they also learned about the local powerful owl and other dangers that came to visit.

After 3 weeks, they were released together into a nesting box. To keep them in good condition I supplied additional food in containers hung in the tree close to their box. That worked very well and it was a delight to see the two climbing in the trees near their new home. One night I woke up and found one of them trying to force entry into our upstairs bedroom window. We put him back into his tree. Within the next month they both ventured further and further afield and found themselves a roomier place to stay: the shed. A trail of destruction, things falling out of shelves and other tell tale signs always led me to their new sleeping place in the shed. After a week or so they slowly made their way into the wild of the Still Creek Catchment.

Being two male possums, they have now gone separate ways, now and again I see them one at one time in the vicinity of our yard and hope they are both still about and have found a good home in the valley.

Organisations like Wires and Sydney Wildlife are voluntary organisations licensed by National Parks and Wildlife Service NSW to rescue, foster and rehabilitate native animals in the Sydney metropolitan area. In most instances, these organisations work to save wildlife that come into contact with our communities.

The main impact on wildlife in Sydney is from developing our natural landscapes. Native animals are affected by traffic, our domesticated cats and dogs, barb wire, fencing, and netting. All these changes are alien and dangerous to Native Fauna and cause injury or death to countless native species.

You can help native wildlife by locking cats and dogs in at night, add a bell to your cat's collars, plant locally native trees, shrubs and groundcovers and preserve natural habitat in your area and drive carefully.

Contacts: www.stillcreeklandcare.com.au or Facebook



Bromeliad Society of Australia AUTUMN SHOW

Sat 13th May 9am-4pm
Sun 14th May 10am-3pm

Federation Pavilion

Castle Hill Showground, new entrance off
Showground Road, into Doran Drive, Castle Hill

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- Competitions
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Galston local announced as prestigious Champions of the RAS recipient

The Royal Agricultural Society (RAS) of NSW will honour Galston local, Alex Ross with an esteemed Champions of the RAS Award to show recognition of their long-term support of the Sydney Royal Easter Show.

The Champions of the RAS Award aims to acknowledge and celebrate the recipient's valuable contribution to Sydney Royal competitions and the rural industries they serve.

All 18 recipients will be honoured at a private luncheon at **12.00pm, Tuesday 11 April 2017**, with RAS dignitaries and industry representatives joining to applaud their achievements.

The ceremony will also allow the RAS to formally recognise the hard work and many years of service these recipients have dedicated towards Australia's largest celebration of the country coming to the city.

Mr Ross has been a judge in the Sydney Royal Flower and Garden Show since 2000. He has judged dahlias and roses, as well as fruit and vegetables in the Sydney Royal Horticulture Judging Competition. He is a dedicated Showgoer having attended almost every year since 1950.

"My earliest recollection of the Show was when I was six years old, exhibiting a Shetland pony foal with my brother. I still have the photo," Mr Ross said.

"I enjoy coming back each year because of all the friends I've made over the years. Everyone there has the same interests as each other."

RAS President, Robert Ryan, said Mr Ross epitomised the true spirit of the Easter Show.

"Champions of the RAS Award is an excellent opportunity to showcase the achievements of individuals from a broad cross section

of communities from across NSW and their contribution to this city event that is founded on the rural industries" Mr Ryan said.

"It's vital that we recognise the hard work and commitment from Stewards, Judges and supporters. The ongoing success of the Easter Show is driven by those that volunteer their time, knowledge and passion to bring the Sydney Royal Competitions to life each year."

In 2017, 32,000 entrants will compete across 42 competitions and more than 5,500 competition classes, from livestock and domestic animals to arts and woodchop.

"All the selected Champions share the RAS vision. They're a community that understands and values sustainable Australian agriculture and award-winning produce," Mr Ryan said.

Tickets for the Show are now on sale at www.eastershow.com.au or at Woolworths supermarkets, and include same day public transport.

Families from Galston can make the most of a special Showlink family ticket for \$99.50, when you book online until 5 April (plus \$2.55 handling fee when purchased online).

Visit www.eastershow.com.au to make the most of the discounts and ticket packages on offer.

The Sydney Royal Easter Show runs from Thursday 6 April to Wednesday 19 April, 2017.



Bromeliad Society of Australia - Noxious Weeds in Nsw

The Bromeliad Society of Australia will hold their next meeting at Federation Pavilion, Castle Hill Showground on **Saturday, 8 April** commencing at 11am with plant sales, prior to the meeting at 12 noon.

Access is via the new Showground entrance off Showground Road into Doran Drive, Castle Hill.

Guest speakers will be Chris Sanders and Karen Jenkins, Noxious Weeds Inspectors for Hawkesbury River County Council, who will discuss the laws pertaining to landholders responsibilities in certain areas to control noxious weeds. How to identify a noxious weed and methods used for control.



They will also discuss the number of criteria that must be met before a plant is considered a noxious weed. Noxious weeds are rated Class 1 to 5 with Class 1 being the worst category. However there are many "bad" weeds that do not meet the criteria for declaration.

Sample noxious weeds will be on display to assist the members with identification.

BSA meetings include plant sales, club news, raffles and competitions as well as providing an

opportunity to meet with like-minded people in a friendly and inviting environment. Contact Ian Hook - mobile 0408202269, email: ianhook1@bigpond.com Website: www.bromeliad.org.au

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Galston Garden Club



Ahh.... It's Autumn and the pounding our gardens have taken over Summer with the 40 degree days and damaging hail is hopefully over. Lots of rain now though, so hopefully we will soon be able to get out and do those jobs that need to be done in the garden. Our March meeting saw a great turn out with quite a few new faces; it is always a pleasure to welcome new members, along with quite a few visitors.

Our guest speaker for this month was Bill Fleming, garden owner of "Elegans" in Galston. This beautiful garden, filled with an array of plants, wandering pathways and dams has been a labour of love since 1976. Bill's talk was on the History and Development of "Elegans". "Elegans" started as a blank canvas, a bare paddock, no plants, no paths, no dams and no house. Like any true gardener, Bill started on building the dams for irrigation and fire protection, as well as planting out the garden; the house was to come 10 years later! This lovely garden evolved and we were encouraged that sometimes even some of Bill's plants died, he was very practical about this. Bill also gave us some valuable tips and things he had learned from experimenting with plants in the garden. So from Bill – don't be afraid to experiment, it's your garden, no matter how large or small, so it should express you, obtain inspiration and ideas from books and other gardeners, water, feed and look at your soil and plant accordingly, use coloured foliage for year round colour, disasters happen and effort is rewarded. "Elegans" is open several times a year, it continues to change and evolve as all gardens should and if you have never been, you should try to visit when it is open - you are in for a treat.

Next month our speaker is Tony Matson from Cut Above on



How to Care for Pruning Tools. This is not one to miss as we often overlook the maintenance of our tools, which kept in good condition make gardening jobs easier. In coming months our social secretary has lined up a panel of garden experts to answer club members gardening questions, as a question and answer night, a speaker on the Nursery Industry, a night on Hellebores and that is just in the next few months. Come along, visit us and maybe stay and become a member.

Save the date for the Galston Open Gardens Weekend Fri 20th, Sat 21st and Sun 22nd October 2017. Garden Club meets on the 2nd Weds of the month at the Galston Community Centre 37 Arcadia Rd, Galston 8pm, new members are warmly welcomed. For other information, visit our website: www.galstongardenclub.com.au



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- * Sandstone ballast
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- * Extruded bricks

WHAT'S ON

Red Cross, Castle Hill Branch

7th April, 9am

Room 1, Castle Glen, 157 Ridgescrop Drive, Knightsbridge, Castle Hill. (Temporary Address)
Parking - at lower end of Knightsbridge Shopping Centre and local Bus. Routes available

Contact: 8850 7056.

The Sydney Hills Branch of the Association of Independent Retirees

Friday 7th April, 10.45am

Beecroft Presbyterian Church Hall, Welham Street Beecroft

We are very excited with our line up of guest speakers for 2017. COME ALONG and Make New Friends!

We welcome recently retired citizens and Baby Boomers, who are, looking for new interests.

Keep abreast of the changes which are likely to affect you and your income in the future.

We need to work together for a better future in retirement.

Guest Speaker: Chris Nothling an Aged Care Advisor

Contact: 9634 1186

Bromeliad Society of Australia

Saturday 8th April, 11am

Federation Pavilion, Castle Hill Showground

Guest speakers: Chris Sanders and Karen Jenkins

Contact: Ian Hook 0408202269

Dural Galston Probus Club

Thursday 20th April, 10am

The Galston Club, 21-25 Arcadia Road, Galston
After the meeting we will enjoy fish and chips at Berowra

Contact: Anne 9653 1004

Jazz at the Pines

Zenith Jazz Sextet

Sunday 23rd April

12.30pm-4pm

Roughley House at The Pines
656a Old Northern Rd, Dural

Tickets \$20 adults and \$15 concessions. Tables can be booked for groups and individuals or simply turn up on

the day with your chair, picnic rug and eskie, there is plenty of room.

Contact: 9651 4411

Galston VIEW Club

Wednesday 26th April, 11am

Dural Country Club

Guest Speakers: Jolyon Warwick James, Silver Consultant, Historian and Valuer

Visitors are welcome.

Contact: Vivian 98941189

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(Notice of New Venue)

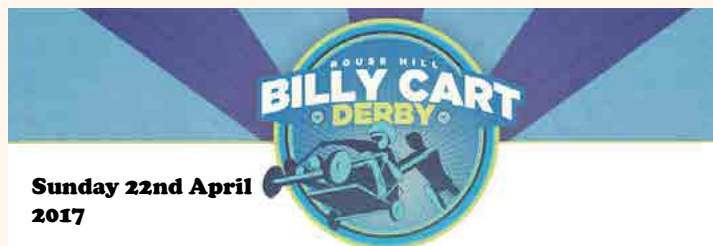
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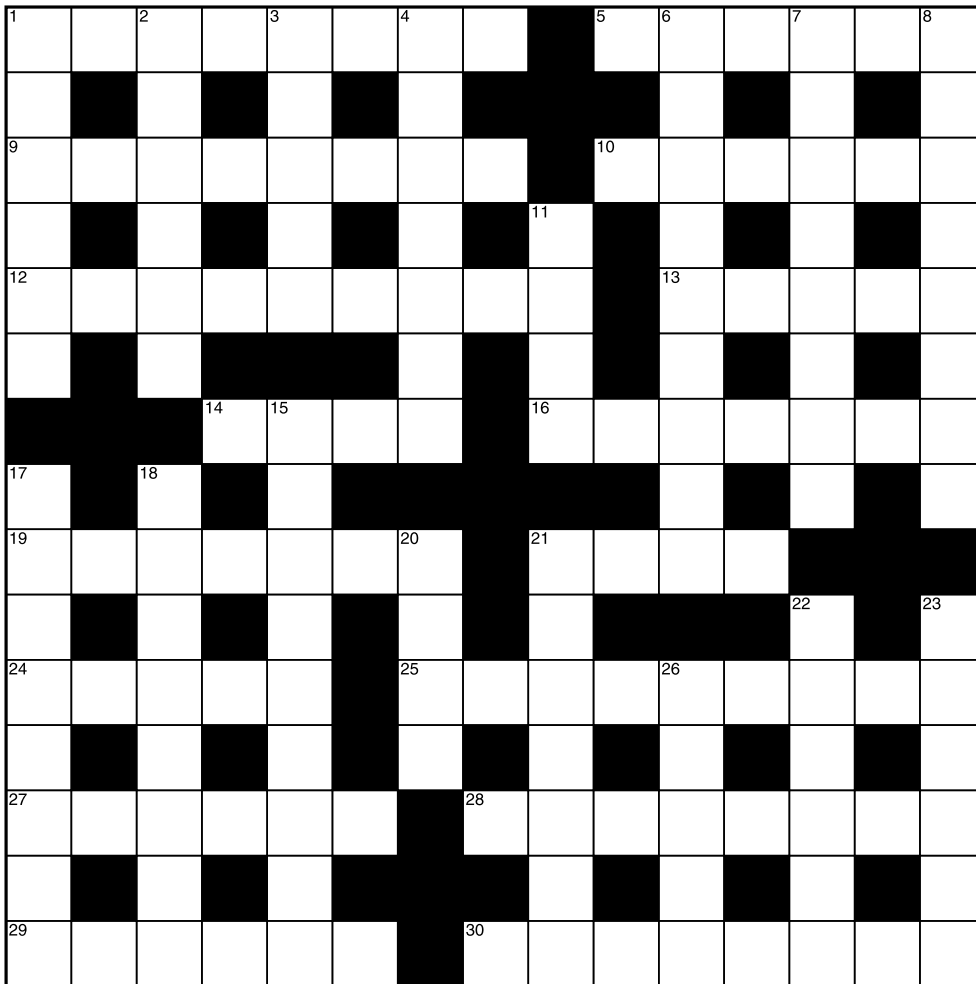


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- 5. Madman
- 9. Exterior
- 10. Two-piece swimsuit
- 12. London's ... Square
- 13. Store away greedily
- 14. Not as much
- 16. Inheritress
- 19. Skies
- 21. Uses spade
- 24. Period of darkness
- 25. Woven roofing
- 27. Polar covering
- 28. Grow
- 29. Sifted
- 30. Counsellors

DOWN

- 1. Salesmen
- 2. Airline, ... Pacific
- 3. Middle Eastern country
- 4. Navels & Sevilles
- 6. Descending (from train)
- 7. Mimicked
- 8. Juvenile
- 11. Curved entrance
- 15. Ensure
- 17. Neighs
- 18. Tissue rot
- 20. Solidifies
- 21. Sapped
- 22. Heat illusion
- 23. Concurs
- 26. Royal dog

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REPAIRS

PUMP REPAIRS

Fixing all types of water pumps, tank, irrigation, pool, Onsite Pump Repairs.

Contact: Terry 0455 289 591

LOCAL PLAYGROUPS

GALSTON

Galston Kids Playgroup is located in the lower room of the Galston Community Health Centre. We have a fully stocked indoor/ outdoor play area with sandpit, cubby, ride-on toys, craft supplies and more! Sessions span over a couple of hours and are unstructured, providing lots of time for kids to play while adults chat. Bring your own morning tea (nut-free).

New members are very welcome to drop in; the first two visits are free. Email galstonkidsplaygroup@gmail.com for info about current session times, or ask at the Galston Community Health Centre office.

GLENORIE

Glenorie Mission Church, Muscios Road, Glenorie
Every Thursday 9am-12pm - bring allergy friendly snacks

ARCADIA

Located at Arcadia Public School, 140 Arcadia Road
Every 2nd Thursday 9.30 to 11am. Contact Dale 0410 532 562
Parking in Community Centre next door.

Our playgroup has a very relaxed format. There is usually a craft activity, however, some kids choose not to participate in craft as they are having too much fun in the enormous sandpit. Our toys and resources cater for all ages. We have playmats and toys for babies, musical/percussion instruments, water play and more. We request a gold coin donation when attending. All of our regular attendees become members of Playgroup NSW.

DURAL/GALSTON

St Jude's Anglican Church, 965 Old Northern Rd Dural (Off Galston Rd for parking). Every Friday 9:30-11:30 am Aged 0-5 All welcome.

Come and join us every Friday (during school terms) for play, story, music, crafts and so much more!
It's free just bring a piece of fruit to share. We look forward to seeing you there!

Contact Gayoung 0448 770 722 if you have any other questions.

CALLING ALL PLAYGROUPS

If you are organising or running a playgroup in the local area, please let us know.

We would like to help you promote your playgroup, and also let our new mums know what groups are open in the area.

Please send your Playgroup location and meeting days/hours to:
editorial@galstoncommunity.com.au



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Ph 9652 1193
PO Box 211 Galston NSW 2159

Advertising

Mary Ord 0400 363 563
advertising@galstoncommunity.com.au

Editorial

Diana 02 9652 1193
editorial@galstoncommunity.com.au

Ads/Artwork/Design

02 9652 1193
info@galstoncommunity.com.au

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Important Local Information

HELP and INFORMATION SERVICES

General Emergencies	000
Energy Australia Emgy	13 13 88
Hornsby Hospital 9477 9123	
Hills Shire Council	9843 0555
Hornsby Shire Council	9847 6666
Integral Energy	13 10 03
Lifeline (24 hours)	13 11 14
Poisons Information Line	13 11 26
Police - Hornsby 9476 9799	
Police - Castle Hill	9680 5399
Sydney Water	13 20 90
Telstra Faults	13 22 03

LOCAL BUSHFIRE SERVICES

Arcadia Bush Fire	9655 1656
Arcadia Fire Captain Peter Jacobs	
Galston Rural Fire Brigade	
Brigade Contact	0491 119 152
Glenorie Bush Fire	9652 2017
Kenthurst (Hills Fire Control Centre)	9654 1244
Middle Dural Bush Fire Captain	
Len Best	0408 220 705
Hills Rural Fire Service District Office	9654 1244
Hornsby Fire Svcs HQ	9883 2000

LOCAL JP's Bendigo Bank Galston - 9653 2227

Cathy Vipond, Hills Accounting, Glenorie - 9652 2400
Vicki Brownless - 0423 727 826 (South Maroota area)
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 Magpies Club opposite Waitara rail station.

All JP members and potential members welcome.
Enquiries to Gavin Moehead JP 9489 4662 or 0407 229 203.

Autumn Sale



30% off Camellias, Lilly Pilly, Viburnum

20% off Indoor, Shade, Natives, Climbers, Roses

Check out our website for all our specials

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