

Galston, Glenorie & Hills Rural COMMUNITY NEWS

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MAY 2017

Locals Win at Royal Easter Show

Galston Sisters and Grandfather win awards in the caged birds classes

Congratulations to sisters Kimberly Oldham, 11 from Galston Primary School and Jade Oldham, 13, from Galston High School for their wins in the junior caged birds categories at the Royal Easter Show.

They have both been inspired by their grandfather, Ray Galbraith. Ray, 71, from Galston also topped ten categories at this year's show. He won awards for his clearwings, pairs, albinos and lutinos. Ray is a regular contributor to our magazine.

Ray has been a keen bird breeder all his life, starting in Balmain as a child, and continuing that love of birds when he moved to Galston.

Jade and Kimberly started to compete with the grandfather about three years ago. They both love helping to look after the birds and have learned a great deal from the wealth of knowledge of their grandfather. Both girls go with their grandfather to the local and national shows. It's only in recent years that the Royal Easter Show has introduced junior categories, which has meant the girls can compete.

The next show the family are hoping to get to is the Australian National Budgerigar Council Championship Show in Mackay Entertainment-Convention Centre, in, Queensland.



Photo: Peter Kelly, Hills Shire Times

It's lovely to see the girls having such a great time with their grandfather.

Well done to Ray, Kimberly and Jade.

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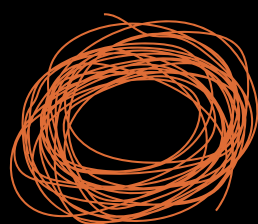
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Local Breeders open their Alpaca Studs



The month of May has been designated as Australian Alpaca Month for the Australian Alpaca Association and its members. To celebrate, two local alpaca breeders will open their doors to the public and invite anyone interested in alpacas to come and learn about these fascinating creatures and how they are managed on small acreage. Gunnamatta Stud (open May 13 and 14) and Woolpaca Farm (open Sat May 13 only) are just a 10 minute drive from each other and close to the beautiful villages of Galston and Glenorie. Both studs are members of the Hawkesbury-Blue Mountains region of the Australian Alpaca Association.

Alpacas are recognised as all-round environmentally acceptable livestock. With their soft-padded feet, they are very kind to our fragile Australian soils as well as being adaptable to most conditions. Alpacas are easy to manage and, in addition, produce a soft-handling fleece in a range of colours, they are also extremely appealing animals to own. Most people who start out with a couple of alpacas, even as grass-eaters, are soon on the lookout for a few more to complement their herd. The fibre is in high demand overseas and is also very popular with hand spinners.

The great range of natural colours means that dyeing is unnecessary, leaving the fibre with its original silky handle.

Anyone interested in visiting farms in the Hills and Hawkesbury areas during the month of May will receive more information during the Hawkesbury Show on the weekend of May 5-7, where alpaca judging will take place on Saturday May 6th. Alpaca displays and activities will also take place at the Hawkesbury Show on Sunday May 7th. You can also visit the Region's web site www.hbmalpaca.com.au for more details of the participating farms.

In addition to the open farm days in May, the Alpaca Association is conducting a "Getting Started with Alpacas" seminar on Sat May 20th. The topics cover a wide range of subjects and are presented by experienced farmers from the region and include "hands on" experience with alpacas. You will receive advice on how to choose your farm, what you need to farm alpacas, how to select alpacas, how to look after them, when to shear your alpacas, breeding assistance and what to do with the fleece. This seminar is always well-received and includes lots of practical information.

More information on alpacas and the Australian Alpaca Association can be found at www.alpaca.asn.au or by just coming along to the Open Days in May.

For phone enquires please contact AAA – HBM secretary Sue Maynard on 02 9653 2277



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Woolpaca Farm Alpacas
111 Cattai Ridge Road Glenorie 0402 317 622
rurallandscapes@hotmail.com
Sat May 13 (only), 10am to 4pm

Be *SepticSmart* when building your rural home or upgrading your septic system

We cannot control what Nature does to us, but, if the recent downpours are any indication, the traditional winter rains which will shortly be upon us could present a few problems for some homes with Septic tanks and trenches.

Not much can go wrong structurally with a well-built Septic Tank... it is the Soil Absorption System or trenches that simply wear out with age. It's only natural, and a failed or failing system is a normal event.

Ordinarily, effluent seeps through an archway, or a pipe, in a trench to be absorbed by the surrounding soils which treat the effluent naturally so as to reduce pollutants and pathogens.

However, the formation of a Bio-Mat along the bottom and sidewalls of a trench reduces the seepage of wastewater into the soils and, over time, the rate of seepage falls to unacceptable levels.

Subsequently, wastewater will either back up into your home or rise to the soil surface.

Typical outcomes of failed absorption trenches are:-

- A soggy, smelly, densely grassed exposed area which provides ideal conditions for insects and vermin. By itself, this surface ponding of effluent is a potential health hazard to your family and pets, and, the sight of the disposal area can adversely affect the value of your property.
- During heavy rain periods, overland flows can spread the problem to your neighbours or onto public property, as well as cause pollution of our waterways.

We strongly recommend that you give some consideration to the condition of your Septic Tank System and, if need be, contact the company with the expertise to offer a One-Stop-Shop for all matters wastewater.



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Galston Community News | May 2017 **5**

What on is going on with interest rates lately?

By Sandra Dignam

Rates are on the rise, but not because The Reserve Bank has increased the cash rate which has been at a low of 1.5% since last August.

Some owner occupier loan rates have increased a little, but it is the investor who is really being targeted. At first the rates were increased by small amounts around 0.10% to 0.15% but the latest increases have been more like 0.22% to 0.25%.

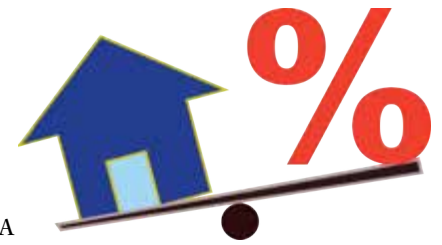
The banks are claiming the cost of borrowing new funds has gone up to them, but then one would assume the increases would only apply to new loans. In fact, it seems that the new loans have the best rates and the loans already settled are the loans that are targeted with hefty increases.

The banks don't look after their existing customers!

We need to realize that their job is to increase profits, so they ratchet up the rates of their existing customers' loans over time and make a wind fall profit.

So what is happening. The Reserve Bank is leaving rates on hold, fearing a further drop in interest rates will further stimulate the Sydney and Melbourne markets. ASIC, the Australian Securities and Investments Commission, along with APRA, The Australian Prudential Regulatory Authority, are forcing lenders to limit investor lending. This applies Australia wide and not just to the inflated markets of Sydney and Melbourne,

Investors are targeted. At the end of 2014 lenders were instructed to limit the dollar increase of investor loans to a maximum of 10% over their previous year's investor loans. Some lenders stopped lending to investors for a time as they had already grown more than 10%. Others raised interest rates to limit the loans they would attract and approve.



These measures have failed to curb investor interest in property, so APRA recently introduced a further restriction on lenders, limiting the total dollar value of interest-only loans to 30% of total new residential mortgages.

Now different rates are offered for different loan types.

There are different prices for Owner Occupied interest only, owner occupied principle and interest, investor interest only and investor principle and interest as well as rates based on loan amount and LVR (loan to value ratio).

It can be quite confusing to have so many different criteria determining what interest rate will be offered to a customer. For this reason, everyone who has one or more mortgages should develop a good working relationship with a finance broker who can navigate this maze and make sure the best outcome is secured initially, and that ongoing scrutiny of rate changes ensures your interests are being protected over your borrowing life.

To have your current borrowing assessed and options outlined please call Sandra Dignam from Every Loan on 9653 2034.



GIVEAWAY! We have 10 books on becoming mortgage free to give away this month, so put your name in the hat to receive one by calling 9653 2034 or emailing sd@everyloan.com.au with your name, address and phone number.

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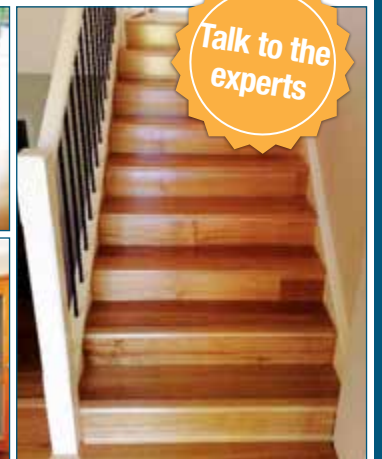
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Dural Squash and Fitness



Dural Squash and Fitness opened its doors on the 2nd May 1977; 40 years this May!

The Proprietors, Ian and Roslyn Bell, have lived in the area during this time. Their two boys, Adam and Kevin, were involved in the running of the centre and the eldest still plays squash. There were no indoor sporting facilities at the time and the area was quite rural.

Squash became extremely popular during the eighties at the 12 court centre, with inhouse and external competitions, junior club, casual bookings and a very successful social club.

During the day, the schools would use the facilities for sporting activities.

Over the years, Dural Squash has provided the local community with a much-needed sporting facility. Juniors became adults and now their children are playing here as adults!

The popularity of squash has declined over the years, but the courts have 3 fitness rooms downstairs where, self-defence, yoga/pilates, ballet and dance classes are held during the day and evening.

In June 2017, the weekend of the 24th and 25th Dural Squash will be hosting the NSW Masters tournament. (See Ad below for specials)

Warrah Farm: Even Better!

We are thrilled to bring you some great news from Warrah Farm.....

New Faces in May

From Monday 1st May, local organic trader Common2Us will cease trading and its founder Borja Valls will join the Warrah Biodynamic Farm team in a newly created role as Enterprise Manager.

Borja will bring his knowledge and experience of the organic/biodynamic industry to benefit Warrah Farm's trading, and will support the work of Warrah Farm Manager, Rob Greatholder. We believe this complimentary alignment of skills will greatly benefit the quality of our products and services for all those who seek high quality organic and biodynamic produce.

Warrah Farm Shop – Saturday Trading At Last!

We have had approval from Hornsby Council for Warrah Farm



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MONDAY, TUESDAY, WEDNESDAY, FRIDAY 9.00am – 5.00pm
THURSDAY 9.00am – 6.00pm
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Grand Opening: Saturday 6th May

To welcome Borja to the farm team and launch our Saturday trading, we invite you to come and celebrate with us on our first Saturday: 6 May. We will have a day of food, fun and fanfare....

- Shop Opening from 9am – 3pm
- Warrah Farm Tours & Talks: 10.30am & 1.30pm
- Organic BBQ & Paella: 10am–2pm
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**Warrah Farm Market Stall –
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Warrah will have fresh biodynamic and organic produce available at our new market stall at Fox Studios on WEDNESDAY & SATURDAY 8am – 2pm starting in May. This gives you an extra location for your Warrah organic produce. There is plenty of free parking, located conveniently to the Market.

Co-op and Restaurant Supply

Warrah will supply a number of restaurants and co-op's across Sydney with organic and biodynamic produce. If you are looking for

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Why Biodynamic?

The biodynamic approach to agriculture has been developing for more than 90 years and has its origin in the work of Rudolf Steiner in the 1920's. It is a system designed to create sustainable agriculture, that produces food for the body, soul and spirit. Soil fertility and plant health are enhanced by using naturally produced and subtly effective preparations made from cow manure, medicinal plants and minerals. The Biodynamic Farmer seeks to develop the farm as a whole, living organism, working out of a deep respect for the processes of life, the natural forces of growth, soil vitality and the holistic nature of plants & animals.

Originally established in 1969, Warrah Biodynamic Farm gained biodynamic certification in 1993, and we have maintained certification continuously since that time.

Warrah Biodynamic Farm
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Putting your foot down on diabetes

The simple act of walking down stairs could help prevent diabetes, and the key could be something known as eccentric exercise.

With more than one million Australians currently living with diabetes and the number expected to rise to three million in 20 years, new research findings have the potential to significantly reduce the burden of this disease.

Pushing down the risk of diabetes

Researchers from Edith Cowan University's School of Medical and Health Sciences recruited 30 obese elderly women and put them on an exercise program, with half walking upstairs and the others walking downstairs.

Lead researcher Professor Ken Nosaka said that at the end of the 12-week program, the women who walked down the stairs showed improvements on several physiological measures.

"They had significantly lower levels of resting glucose, insulin and haemoglobin 1AC, improved oral glucose tolerance test, and decreased triglycerides and cholesterol together with an increase of good cholesterol (HDL cholesterol) in their blood," he said. "All of these changes will have lowered their risk of developing diabetes."

"While both groups recorded an improvement, it was significantly greater in the down stairs group,"

Eccentric exercise is key

The difference in group performance was attributed to what's called eccentric exercise "which doesn't mean going for a run in a silly costume" said Professor Nosaka.

"Eccentric exercise is where load is placed on the muscle while it's lengthening, rather than shortening. For example, walking



down stairs is eccentric exercise because your front thigh muscles are lengthening when they're placed under load, as opposed to walking up stairs in which the muscles are shortening, performing mainly concentric contractions."

Additional benefits

As well as protecting against metabolic syndrome and diabetes, the researchers also found that the down stairs group's physical function such as walking ability, balance, bone mineral density, resting heart rate and blood pressure all improved significantly more than the

up stairs group.

"This is yet more evidence that not all exercise is created equal in terms of its health benefits," Professor Nosaka said.

Anyone can be eccentric

There are lots of ways to incorporate eccentric exercise into your life to enjoy the health benefits. Here are Professor Nosaka's tips:

1. If you work in a tall building, try taking the lift up to work, but then walk down the stairs when you go home or head out for your lunch break.
2. Whether at work or home, every time you need the stairs, go down twice, for double the benefit.
3. If you're using weights at home or the gym, concentrate on the lowering the weights slowly, because the lowering action causes your muscles to perform eccentric exercise.
4. Even sitting down in your chair slowly, makes your leg muscles contract eccentrically so by sitting down slowly you can get a bit of eccentric exercise.

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Dural Country Club Bowls

DURAL COUNTRY CLUB women have kept on bowling through most of the weather challenges from February to April. The main competition for bowlers is the State pennants and this year three rounds were completely washed out. The various grades pressed on and while some are finished Grade 2, which had a greater number of entries continues with the rained off days to be played.

At home, the Mixed Triples also had trouble finding a day with playable conditions but finally Doug Farlow, Sean Lee and Christine Fitzgerald had a win over Ruth and Kevin Keene and Geoff Berry. One of the best features of Lawn Bowls is that it is a game where families can play together in competitions, or sometimes, against each other.

Both the men and ladies have qualified coaches to introduce new players to the game so they start playing with a good grounding in the basics. Contact 0411375580 or 0432181635 for details.



Winners: D. Farlow, S. Lee, C. Fitzgerald.



Runners-up: K. Keene, R. Keene, G. Berry

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Arcadian Artists

Arcadian Artists Inc.

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

This is the Arcadian Artists' 27th year and, as always, the trail will be open over both days of the second weekend of November, Saturday 11th and Sunday 12th.

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

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

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

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

A visit to the very detailed website at www.arcadianartists.com.au shows the extent of the artistic talent and the beauty of the rural settings of our studios. Brochures with maps details about artists will be available throughout the community closer to this wonderful event.



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Galston Guides Enjoy Science in the Garden

Some of our girls recently enjoyed a Science day at the Australian Botanic Garden at Mount Annan, along with many other Guides from NSW and ACT. They had fun carrying out science experiments such as: moving a paper car with the force of a marble, looking at the affect of oil spills on bird feathers and making dry ice rockets. The girls loved being outdoors and were able to take part in canoeing, laser skirmish and rock climbing.

To find out more about Galston Girl Guides please contact Mary on 0423 353644.



Aussie Hero Quilts Arcadian Quilters

by Jill McGuinness , Arcadian Quilters Inc

Special requests come into the coordinator for Aussie Heroes for quilts of a favourite and certain theme. This one depicts the Geelong Cats sporting team along with the appliqué featuring their emblem. The quilt is in all shades of blue and different printed fabrics.

The quilt on the floor was another special request for a soldier who wanted one showing the marine life on the Great Barrier Reef.

These specially made quilts are labelled by the coordinator with the soldier's name, rank and regiment and then dispatched. The quilts have to fit a specification to be all the one size so they can be packed into uniform size boxes for dispatch.

Arcadian Quilters Inc meet every first and third Wednesday of the month at the Galston Health Centre, corner of the Glen and Arcadia Rd, Galston. Morning teas are always good so come and meet us. Further information ring Carole 02 9894 7749



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Pictured: Mcgraths Hill Vet. 30kw System

Dural Musical Society's Production of OLIVER! Book, Music and Lyrics by Lionel Bart

Orchestral arrangements by William David Brohn
By arrangement with Hal Leonard Australia Pty. Ltd, exclusive representative of Cameron Mackintosh and the Southbrook Group

Everyone loves a good story performed at the theatre... add some incredible music and amazing choreography and you've got the ingredients for a sure winner. What if it starts with an orphan struggling to survive in a Workhouse? Surely your heart will melt when you see what this little guy has to put up with. Follow his struggle through his time as an undertaker's assistant, his escape and short trip to the heart of London where our little guy joins Fagin's gang of thieves. People of all shapes, sizes and all manner of ideals affect this young fellow's life.

If you're keen to find out just what this is all about, 'consider yourself' invited to the latest production by Dural Musical Society. The opening night of the musical 'Oliver!' is just around the corner, and we can guarantee you won't be disappointed.

Director Julian Floriano is no stranger to the DMS stage and its audiences, but for this show, rather than perform, he jumped at the chance of directing the production. This is a special show for Julian - the first time he performed at DMS was in their 2004 production of 'Oliver!' when he was a young schoolboy. We look forward to seeing Julian's directing talents come to fruition alongside those of Chrissy O'Neill's delightful choreography, and the musical magic of Hugh Humphreys. After some time away from DMS while he organized his career, and got married, we welcome Hugh back to the role of



Jimmy Chapman, Flynn Koorey, Chase Koorey, Saxon Koorey, Eddie Bruce, Dylan Freeman, Toby Rowe.

Musical Director. This relatively young, but experienced production team, is strongly supported by Laura Murdoch, Millie Reid-Alvarez and Stephanie

Quaglia. Dural Musical Society is very excited to be able to bring you a talented cast of young and not-so-young performers for three weekends of song, dance and all round fun.

Book your tickets now as they are selling quickly - this is a show that the whole family can enjoy. You do not want to miss the opportunity to support the hard work of the cast and crew who can't wait to bring you down the road to London for 'Oliver!' Why not arrange a group of friends (your own special 'gang') to come along to an evening performance, or perhaps a Saturday or Sunday matinee.

Performance Details

Dural Soldiers Memorial Hall, 604 Old Northern Rd, Dural (opposite Redfield College)

Evening Performance Dates: 12, 13, 19, 20, 26, 27 May at 8.00 p.m.

Matinee Performance Dates: 14, 20, 21, 27 May at 2.00 p.m.

Adults: \$25 **Children/Concessions:** \$15

Bookings through our website: www.duralmusicalsociety.org



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- eLearning Solutions

Director and Founder Jarrod Anderson is a lifelong Hills District resident, and founded SME Services Group after holding management positions across both Small & Medium businesses, as well as Multinational firms.

Jarrod's mission statement in founding SME Services Group was to provide a 'one stop shop' for business advice and services, and offer this to clients in a holistic and integrated way to deliver maximum value – both in strategy and cost.

As a local business, SME Services Group is proud work extensively with iconic local businesses within the Hills District, as well as a greater client base spanning the East Coast of Australia. SME Services Group also proudly employs local staff for all positions, with no work being outsourced overseas.

Jarrod and the team at SME Services Group pride themselves on delivering quality and cost effective solutions on time and in full, and provide a completely obligation and cost free initial consultations and proposals.



CHILDREN'S MEDICAL RESEARCH INSTITUTE

Mixed card day

The President and members of the Beecroft Committee of Children's Medical Research Institute invites you to our Mixed Card Day (Ladies and Gentlemen) to play your favourite game of Bridge, Canasta, Five Hundred or Mahjong on **Wednesday 24th May 2017, 10:30 am** at Castle Pines Club House 3 Spurway Drive, Castle Hill. Cost: \$35.00 (includes morning tea, luncheon and a glass of wine).



A voucher for Compass Travel & Cruising, Galston to the value of \$1,000 kindly donated by the Bendigo Bank, Galston will be drawn at the card day.

This is a charity event to aid the ongoing research of Children's Medical Research Institute.

Contacts: Mary Howell 8850 1271 Pam McAuliffe 9872 2517 Jean Wall 9869 7131. Bookings essential, RSVP Wednesday 10th May.



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Dural and District Historical Society

Who was Rowland?

By Margaret McKinley



image Wikipedia

Rowland Village is very much part of the history of the Galston/Dural area. About 200 people live there independently in the Village part, and in the Aged Care Facility, which is called Mark Donaldson V.C House. It is all owned by RSL Life Care.

But who was Rowland? Some research finds that James Anthony Rowland was

born on a property near Armidale in northern NSW, the eldest of 4 boys, in November, 1922. His early education was by correspondence school, before attending Cranbrook School in Sydney. He studied Aeronautical Engineering at Sydney Uni, but his studies were interrupted in 1942 by the Second World War, when he joined the Air Force. He became a master bomber pilot over Germany, crashed near Frankfurt and was taken prisoner by the Gestapo in early 1945. After the war, he completed his University studies and re-joined the Air Force and became a Test Pilot.

In 1972, Rowland was promoted to Air Vice Marshall, and was knighted in 1977. He retired from the Air Force and was appointed the 33rd Governor of New South Wales in January 1981, which post he held till 1989 until he died.

The RSL had bought 15 Acres of land at Galston for a retirement village in 1988, and it seemed appropriate to call it "Rowland Village"

Mark Donaldson was born in April, 1979 at Waratah, near Newcastle., and then grew up at Dorrigo, where he attended Dorrigo High School. He enlisted in the Australian Army in 2002, and became very efficient in shooting and all physical fitness. He has served in Timor, Iran and Afghanistan, where, on 2nd September, 2008 while patrolling, they were ambushed by the Taliban. There were many casualties. Donaldson realised there was a wounded Afghani interpreter that had been wounded, and he deliberately exposed himself to rescue the interpreter and carried him 80 metres to safety and gave him first aid.

Donaldson was awarded the Victoria Cross, which is the highest honour for gallantry. He was presented with it by the Governor General in January 2009.

At the next meeting of the Dural Historical Society on Saturday, 14th May, the guest speaker will be Murray Radcliffe. The title of his talk will be "The French are Coming".

All welcome



Galston Medical Centre

Dr Graham Campbell

Dr Joyce Beardsell

Dr Elizabeth Rayment

Dr. Mohammed Ansary

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Budgerigar Society of NSW Inc

Hills Branch – Ray Galbraith.

The Royal Easter Show was well attended by avian exhibitors from all parts of the state, with the number of birds being exhibited in Finch, Parrot, Peach Face, Canary and Budgerigars on the increase. It was pleasing to see the number of Junior Exhibitors within all bird types attending this year's show. Champion Junior Budgerigar was awarded to Miss Kimberley Oldham a Hills Area resident. The Grand Champion Budgerigar and Reserve Champion was awarded to Mr James Matthews of Penrith.

Hills Branch members Ande Ozoux, Ray Galbraith and Emily Molenaar featured amongst the Variety Awards winners. This year show was held within the new Pet Pavilion, which allowed for an integrated viewing by visitors of all aspects related to various Pets, namely; products, exhibitions and tutorial. Also located within this pavilion were face painting (Cat faces were popular) and food outlets. A number of animal rescue groups were well represented. Country Women scones, jam and cream, with a cuppa never stopped all day.

The 26th May 2017 will herald the commencement of the 2017 National Budgerigar Titles, being held in Mackay, North Queensland. The week long list of activities will see exhibitors converge on Mackay from all states of Australia, along with local, inter-state and overseas visitors. A number of Hills Branch members are making the trip north for the event.

Prior to the National Titles, the State Selection Trials will be held at the Bulli Show Ground on Saturday 20th May 2017, to select the team of birds to represent New South Wales. NB. Birds similar to that shown as part of this article will be competing for selection.

General Public are welcome, and entry is free.

With most exhibitors concentrating on preparing their birds for the State Selection Trials, the only Annual Show being held during May is the Macarthur Branch Show being held at Camden, on the 7th of May 2017.

To be part of a hobby that can be enjoyed by an individual, partnership or family, contact should be made with Peter Dodd by telephoning 9888-5631 or peter_dodd@primus.com.au



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Anzac Day Reporting: support for veterans

Anzac Day can be a deeply emotional time for Australia's veterans and their families and some may find this time of year difficult.

As you cover stories and run programs about Australia's military history, and its impact on Australians who have served in the Australian Defence Force (ADF), the Department of Veterans' Affairs requests you include, where appropriate, contact details for specialised counselling services and online resources for veterans.

- **Call 1800 011 046 (24/7)** for free and confidential counselling for veterans and their families delivered by the Veterans and Veterans Families Counselling Service (VVCS) – www.vvcs.gov.au
- Veterans, their families and health care professionals can also visit at-ease.dva.gov.au for information about support available and online self-help tools including:
 - High Res – an eToolbox with resources to help serving and ex-serving ADF personnel and their families to manage stress and build resilience.
 - PTSD Coach – strategies to assist self-management of Posttraumatic Stress Disorder (PTSD) symptoms and treatment schedules.
 - On Track with the Right Mix – strategies for finding the right balance of diet, alcohol and exercise.
 - Operation Life – information and resources on how to assist those at risk of suicide.

Art demonstrations – Castle Hill Art Society

Melissa Read-Devine and Patricia - Wednesday 7th June

Melissa will narrate as her mother Patricia shows her own art produced from found objects.

Watch these demonstrations at Castle Hill Art Society's monthly meetings 7.30pm at CASTLE GLEN COMMUNITY CENTRE, 155 Ridgeway Drive, Castle Hill – visitors welcome. Enquiries 9899 3179 www.castlehillartsociety.org.au



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Galston Spotlight on Rising Stars

The Galston Concerts turn the spotlight to rising stars in June with their inaugural mid-year Mozart Young Performer Competitions for piano.

Prizes totalling \$2000 will include the chance for winners to perform with a professional orchestra.

Details and entry forms are available by contacting Artistic Co-Director Robert Harris on 0428 248 348 or email robdorit@netspace.net.au.

Applications will close Friday 26th May.

Three sections for solo pianists at various levels of experience up to age 20 will be presented starting 1pm on the **Sunday afternoons 18th and 25th June** in the Galston Uniting Church.

A further section in mid July offers prizewinners a rare opportunity for pianists up to age 24 to play a Mozart piano concerto with the Lurline Chamber Orchestra at The Galston Concert of 17th September.

The Mozart theme invites young pianists to play music by not only the young Wolfgang Amadeus or his Classical friends but also by an Australian composer.

"I like the 'then and now' balance of music composed around the time of Captain Cook or the First Fleet - Mozart died in 1791 - and music of today" says Robert Harris.

"The concerto with orchestra is the jewel in the crown of these competitions but also honours Mozart who was the great young pianist of his time."



Wolfgang Amadeus Mozart

Eastbend notice of meeting

The next Eastbend Rural Communications meeting will be held on Monday 15th May at the Resource Centre, Maroota Public School, 4540 Old Northern Road, Maroota.

Among items for discussion is renegotiation of co-operation between Living Heritage and Forgotten Valley Views.

If you have any local matters you would like to discuss or have help with please come to the meeting. If you can't come yourself, please contact the Secretary, Pat Schwartz, at deblacko7@hotmail.com or 9652-1276, or Tessa Corkill, at 2archaeics@gmail.com or 9652-1470. As always, from 1pm there will be a light lunch and time for a chat before the meeting starts. We look forward to seeing you there!

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Sherpa Warehouse Sale

Thursday, May 25th to Saturday May 27th

Sherpa is a locally owned Dural based wholesaler of clothing for the outdoors & active sports. Sherpa supplies the Sherpa and ThermaTech brands to retailers all around Australia and, since mid 2016, direct to the public via its website www.sherpa.com.au.

Each year at the start of winter Sherpa has a warehouse sale giving local people the opportunity to buy products at wholesale prices and sometimes a lot less. This year's sale will be from **Thursday, May 25th to Saturday May 27th**. Opening hours will be from 8am to 5pm on the Thursday and Friday and on Saturday from 9am to 3pm. The warehouse is at 28/280 New Line Road which is down behind the Get Stuffed cafe next to the bus depot on the corner with Old Northern Road.

Products available will include sportswear, rainwear, baselayers (thermals), fleece tops and pants, merino outer layers, socks, and a large range of accessories including gloves, scarfs, beanies, etc. If you have any questions or wholesale enquiries, please call Steve on 9651 7822 or email sales@sherpa.com.au



Roadside Hero

Whilst most ladies are perfectly able to change the tyres on their car if they have a flat, it's always great to have someone stop to assist you.

One local resident would like to thank Jzawo English, a Glenorie resident and local photographer, who stopped to help a lady in distress when her tyre blew.

Well done Jzawo.



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Thurs 25th & Fri 26th May 8am - 5pm
Sat 27th May 9am - 3pm

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Rowland Village

Located at Galston with park and bushland views, Rowland Village is situated on over 20 hectares (55 acres) in a lovely rural setting – all this and yet just a short drive to the Hills District or the North Shore.

Rowland Village offers a tremendous variety of accommodation (from bedsitters to 3 bedroom homes) to suit the needs of everyone. All accommodation can access the wonderful village life, natural bushland setting and active bird-life. With 135 apartments in total, Rowland Village has 200 independent residents maintaining an active lifestyle. Currently available are some one bedroom homes priced from \$195,000 and some spacious two bedroom/two bathrooms homes priced at \$360,000. Ring Village Manager, Murray McDermott, on 9653.4920 or 0414 011 379, for more information or to organise an inspection of the village. A display home is open daily Monday to Friday from 9.00am to 3.00pm. Please feel free to pop in – we would welcome your visit.

Rowland Village offers a wealth of activities and services including 24/7 care staff and emergency call service, restaurant, hair and beauty salon, auditorium, heated swimming pool and spa,



Hall and Chess

craft room, woodwork room, 3-hole golf course, vegetable gardens, billiards, indoor bowls and outdoor chess set. There is also our comprehensive recreation and activities program including morning teas, walking club, movie matinees, and much more. All residents

have access to our excellent bus service with frequent trips to shops and local points of interest as well as regular social outings. Parking is also available on site for residents' caravans.

For residents who may need a higher level of care in future, Mark Donaldson VC House, our residential aged care facility, is on site. This is staffed around-the-clock by registered nurses and care assistants. The home is designed for people who need medical/rehabilitative and restorative care.



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Local aussie to the rescue

Local company Australian Pump has been scrambling to respond to the demand for pumps and pressure cleaners in the after-math of Cyclone Debbie. The storms may be over but the clean-up tasks will take weeks, even months.



Truck being loaded up with Aussie products for urgent overnight delivery to Lismore.

“Our machines are leaders in their field and are in high demand as a result of the floods.

They are made right here at our Castle Hill factory,” said Hamish Lorenz, Operations Manager at Aussie Pumps. “We want to hire more locals to join our dedicated production team. Right now we need experienced fitters and assemblers to help us meet ambitious production targets,” he said.

Aussie Pumps has been running a ‘Six Good Men’ campaign that has successfully filled a number of positions at the company. With the drive on to increase efficiency and push up production, the team needs to expand further.

The company is based at a 2 ½ acre site in Norwest’s boutique business centre in the Hills district. It was established over 20 twenty years ago, and builds a full range of high quality pressure cleaners and engine drive pumps for contractor and agricultural markets. The site includes the R&D facility, national sales and administration offices as well as the dedicated production area and warehouse complex.

Contact Aussie Pumps for more details on the career opportunities available in production, engineering and in the admin department. (02 8865 3500)

Keep an eye out for tossers

Seen someone throwing a cigarette butt or sweet wrapper from their car? Now you can do something about other people’s antisocial habits.

The Environmental Protection Authority’s ‘Hey Tosser’ campaign which is on at the moment, is encouraging the public to report litter thrown from vehicles onto local streets. “We want to inspire everyone to put their rubbish in a bin or take it with them,” said a spokesman.

As part of the Hey Tosser Campaign, Ku-ring-gai Council is encouraging local residents to use the Report to EPA system to report littering from vehicles, such as cigarette ends.

Over 26,000 people across NSW have used the EPA reporting system to report incidents of littering from vehicles in the last two years. And, says the EPA, having local residents notify them about litterbugs “sends a strong message that littering isn’t tolerated and if you litter, you’ll get caught.”

To report littering from a vehicle you need to:

- have actually seen the litter being thrown from the vehicle
- be able to provide the vehicle registration details and the location where the littering happened
- report the incident within 14 days
- make your report on the EPA website
- be willing to attend court as a witness if required.
- If you see a rubbish tosser, report the a littering incident at: www.epa.nsw.gov.au/reporttoepa.



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Australian Government Highlights Locals in Ad Campaign

The Australian Government have a new ad campaign targeting Small Business. Have you noticed some very familiar faces on these ads on SBS TV, and as 'sponsored' ads in your facebook feed?

Did you spot Philips Stock Feeds in Arcadia, Overland Nursery in Arcadia, Galston Chicken Shop and Arcadia Automotive?



Anzac Service at Galston

The Anzac Day Service at Galston was well attended by locals, our local State and Federal Members and representatives from Galston High School.

Local residents Madge Roughley and Shirley Clark attended to pay tribute not only to all the fallen soldiers but to members of their family who are honoured the the Galsotn Cenotaph roll.



Left to right: Matt Kean MP, State Member for Hornsby; Madge Roughley; Cr Michael Hutchence, Deputy Mayor of Hornsby Shire Council; Julian Leeser MP, Federal Member for Berowra; Shirley Clark, Cr Yvonne Keane, Mayor of the Hills Shire Council; Bill Rosier, President of the Hills District RSL Sub-branch.

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LET'S TALK.



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



Galston Public School Fundraising Golf Day

The keenly anticipated fifth Galston Public School Fundraising Golf Day will be held on Sunday 10th September at Riverside Oaks Golf Course. It is a fun day of golf played in an Ambrose format and a great fundraiser for the school. Teams are made up of four members. Each team member tees off, the best tee shot is selected and the other team members play on from there, again selecting the best of the four shots until you sink the putt. This format caters for players of all abilities (you don't need to be a pro golfer!) and makes for an enjoyable team atmosphere AND PLENTY OF LAUGHS.

Riverside Oaks is consistently rated in the top 100 Public Access Golf Courses in Australia. Its expansive greens and excellent facilities make it one of Sydney's finest resort courses. You can sign up a complete team of four, or register yourself and/or a friend to be a part of a team to be grouped with other players on the day. Don't miss out, register now as spots will fill quickly for this popular and enjoyable day.

If you are interested in either joining in the fun on the day as a player, or sponsoring a hole, or if you would like to donate a prize, please contact event organiser Neil Turrell at neil@turrell.com.au. We look forward to seeing you on the tee.



Riverside Oaks Golf Resort



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Riverside Oaks Club House



DURAL POOLSMART



Stocktake Sale

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Bobbin Head Cycle Classic a Success

It is wonderful when all the elements of a much-anticipated, big event align and combine to create a simply perfect day.

Such was the Bobbin Head Cycle Classic on Sunday, March 26 when, in the middle of weeks of wet weather, the sun shone, the rain stayed away and 2480 cyclists from around Sydney gathered at Turramurra to ride the spectacular course through Ku-ring- gai National Park, Bobbin Head and, for the really energetic, West Head.

It was a day that brought smiles to the faces of all who took part and much gratitude from the charities that will benefit from this logistically-challenging fundraising event, which raised an amazing \$200,000.

Lifeline Harbour to Hawkesbury is the major beneficiary and event partner with the Rotary clubs of Turramurra, Ku-ring- gai, Wahroonga and St Ives. Their enthusiasm in founding the event - and planning the four rides with differing degrees of difficulty - was supported by the indispensable services of police, who facilitated road closures and redirected traffic, as well as the SES and ambulance who were on hand in case of any incidents. I'm delighted to report there was only one minor incident and that did not require ambulance intervention.

The Bobbin Head Cycle Classic is now in its sixth year and has



Lifeline CEO Wendy Carver (1st on left, back row) with her grandchildren Amy and Isobel, Hornsby MP Matt Kean (2nd on left) and fellow Bobbo cyclists

become a community event that generates bountiful goodwill from small businesses and residents en route, from cyclists, fundraisers, volunteers in abundance (400 of them) and our generous sponsors.

We can't thank you enough. As a result, we're already looking forward to our seventh "Bobbo". We hope you are too.

Wendy Carver, CEO, Lifeline Harbour to Hawkesbury

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Australian Plants Society North Shore Group

The next meeting of the Australian Plants Society-North Shore Group will be held at **7-30 pm on Friday May 12th** in the Willow Park Community Hall, 25 Edgeworth David Avenue, Hornsby. The guest speaker is Tom Szymanski and his topic is "Bush Tucker."

Tom grew up in Poland then became a chef in London and later Australia, always with an interest in home grown food. He changed his career to working with NPWS for the last fifteen years and grows a variety of native food plants.

Visitors welcome. Join us for a cuppa afterwards.

More information at www.blandfordia.org.au



Monday Walks and Talks Ku-Ring-Gai Wildflower Garden, St Ives

The second term of the Monday Walks and Talks at Ku-Ring-gai Wildflower Garden, 420 Mona Vale Road, St Ives commences on 1st May at 9-45 am at Caley's Pavilion. The first topic is Fruit, and other topics include Fungi, Ferns, Leaves, and Rainforests. Wear suitable shoes and hat, bring water.

Cost \$5, includes notes, discount for APS members.

Visitors welcome. Native plants for sale at the Visitors Centre. Further details at www.blandfordia.org.au



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and a bunch of
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Does domestic violence only happen to women?

Social awareness around domestic and family violence, and action to counter it, is thankfully starting to progress. The Federal Government has committed \$100,000,000 to combat the issue and programs have been developed in order to help male perpetrators, and several private shelters have started to open, in order to house women and children escaping a violent home life. Did you know, however, that men also suffer domestic violence? Did you know that one female is killed each week in a domestic violence situation, and one male is killed every 10 days? To date, there are virtually no support pathways for men and fathers to escape abuse and violence, nor are there any male-specific emergency or transitional housing.

Domestic violence occurs when someone with whom you are in a close personal relationship makes you feel afraid, unsafe or powerless. Domestic violence comes in seven different forms:

- Physical threat, such as harm to you or a pet;
- emotional and psychological, such as manipulation or crazy-making;
- verbal, such as humiliation or put-downs (either publicly and/or privately);
- financial constraints and control tactics;
- social (isolating from family and friends or controlling where you go);
- technological (such as stalking by GPS tracking on a smart device);
- sexual abuse and rape.

Any of these forms of violence are unacceptable; everyone has a human right to live freely without fear. The effects of domestic violence can be debilitating, far-reaching and long-lasting for both victims, and their children.

by Hills Complete Counselling



At Hills Complete Counselling, we assist both men and women who are currently, or who have in the past, been experiencing domestic violence, as we believe in a non-gendered approach. We offer a safe and strictly confidential environment to assist clients to discuss and work through the issues affecting them.

www.oneinthree.org.au for further information

Rainfall Chart



Rainfall recorded Galston period
15/03/2017 to 17/03/2017 is 262mm

TAKE TIME TO CARE FOR YOUR MENTAL AND EMOTIONAL WELL-BEING.

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Bridgestone Select Dural

Back in September last year Bridgestone Select was opened at 827 Old Northern Road. Owner Damon Purkiss is new to the automotive industry, having worked in financial services for the last 15 years. Damon and his young family are looking for the best of both worlds – a “semi-tree change” – a move to the edge of Sydney to escape the hustle and bustle of the city but still be close enough to enjoy the city advantages when needed.

Not satisfied with selling tyres and mechanical services, Damon has also teamed up with Ironman 4X4 to provide the north-west region with a comprehensive four wheel drive and camping service centre. The Ironman range includes everything from bull bars, suspension and driving lights right through to rooftop tents, collapsible buckets and even cartridge toilets!

“I was looking to get out of corporate life and have my own business, but starting something from scratch and with no support was a little daunting. The Bridgestone franchise model provided great support, and the product is so well known it nearly sells itself. The addition of the Ironman four wheel drive range has certainly created a lot of interest from people in the community, and we are starting to give some really good looking vehicles back to customers. It’s great to see the reaction of people when we have had their car for a few days and transform it into a really individual vehicle customised for the owner”.

One thing that Damon and the team are fastidious about is great customer service. “I aim to have everyone leave the store with a smile on their face,

whether it be because we have been able to fix a puncture in a tyre quickly so that someone isn’t too late for work, all the way to a big four wheel drive fit-out that a customer is really happy with. I want us to be known as the team that will go above and beyond to satisfy and delight our customers”.

If the growing number of bull bars in the area with little green Ironman logos is anything to go by, it appears Damon’s customer focus is working.

Why not call in for a chat with Damon at Unit 1, 827 Old Northern Road, Dural (just near McDonalds).





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THE WESTSIDE VIBE

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FROM THE MAYOR'S DESK



Every month I have the pleasure of conducting Citizenship Ceremonies at the Council Chambers, on average there are over 30 different nationalities represented at each ceremony. This makes me realise that in Hornsby Shire, we live in a very diverse and cosmopolitan community.

Hornsby Shire is particularly culturally diverse, with over a third (35%) of the Hornsby Shire population born overseas. More than a half of Hornsby Shire residents have at least one parent who was born overseas compared to 46% of Australians nationally.

What makes this place so special is the tremendous level of community connectedness – nearly 90% of residents talk to their neighbours regularly.

This cultural diversity in areas such as Hornsby Shire has paved the way for Australia to become a regional hub across Asia and is in its own right a globally connected, business influencer, cultural exporter and regional leader.

My long term vision, with your help, is to continue making Hornsby Shire a great place to live – with great public spaces; vibrant, urban centres and further education opportunities. In short, an even better place to live, work and play.

Steve Russell
Mayor
Hornsby Shire Council



NEXT COUNCIL MEETING WEDNESDAY 10 MAY, 6.30 PM

AUSTRALIA'S BIGGEST MORNING TEA



Monday 22 May, 10am-12pm

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MAKE A DIFFERENCE

Tuesday 30 May, 11am, Hornsby Mall

Meet and work with like-minded people and help our community by volunteering.

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

DISABILITY INCLUSION ACTION PLAN

The Disability Inclusion Action Plan is now on exhibition for comment.

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

Heartbeats

By Mary Ord

Heartbeats is about recognising the 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.

If you would like to contribute to this page please contact Mary advertising@galston community.com.au

May celebrates mothers and their contribution to the life and nurture of children.

It is not always an easy path and the whole experience offers the highs and lows of life.

In the end, most mother's will confess that they did their best with the overwhelming responsibility of guiding a child to find their wings. If a child feels important, loved and valued then they have the best support system to help them navigate life and all its challenges.

I am a daughter to an ageing mother, a mother of five children, step-mother of two and a grandmother to a one year old. I am also a professional ceremony designer, creating ceremonies for hatching, matching and dispatching and because of all these things I am totally immersed in the joys of life.

Yesterday, as I watched my convalescing mother take tentative steps along my verandah, it reminded me of the same trepidation, which I experienced recently as I watched my grandson tenaciously grab his freedom and dash along the same path my mother was now taking. Two stages of life, one with L plates bravely facing the world, the other, in the slow lane approaching each step with caution.

As mother's we shouldn't live vicariously through our children, but every joy and accomplishment achieved by children is a reward for a life long investment of unconditional love.

In this month's Heartbeats page, I am honouring some of the moments which have made local mothers hearts sing.

All these sons and daughters have been raised and educated in our community.

I will start with my eldest son, Roly Stokes. Roly studied Engineering and Physics and, while on a mission to design a medical instrument for a surgeon, he was invited into Theatre to witness an operation. It was at this moment that he realised his true vocation. He decided to retrain and has just graduated from medicine. I admire his bravery to change direction and follow his heart and I feel very grateful that we now have a doctor in the family,,,a handy resource indeed.



Step children count too

Natalie came into my life when she was 16 years old and a rebellious wild child. I have had the awesome privilege to witness her evolve into a self assured, confident and talented woman. I don't take credit for any of it but I do remember telling her that it was absolutely ok to follow her dream, to give up a solid job working in river management to pursue her desire to start her own business as a photographer. Being a creative has it's challenges, but Natalie has managed to forge a successful business and is continuing to leap great hurdles with her work, winning many major awards along the way. Her most recent accolade was as a finalist in the National Photographic Portrait prize. While she didn't win, she was featured on the front page of the catalogue, a great achievement for her first entry into this prestigious competition.



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Maryanne Wilford is thrilled for her son Connor O'Hagan and his new career. Connor, a qualified builder, has always enjoyed performance as from the age six, he was an Irish dancer. He thrives on being physical and adventurous, so combining all his loves, talents and desires he finally found his dream job as a stunt man at Mirage Studios in Tianjin in China. His abilities are being tested and developed

by being blown out of cannons, being set on fire, high diving and general stunts which would make the average person recoil with fear. Maryanne's advice (as a Midwife and Tresillian Nurse), "I say to all you new Mums enjoy them now, while you can. Wrap them up cuddle them and put them in a cot and know they are safe because the day will come when you can no longer protect them. Try hard not to stress now because there will come a time that you must let go and follow their dreams and her message to Connor is, "Good luck Connor. Enjoy and stay safe and don't forget to be awesome."



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

When our children are small they are such characters and as mothers we wonder if we have bought them up well. When they start to stand on their own two feet and you see them volunteer their services in community organisations and always offer to help when someone calls, you know you have children to be proud of. Caring, giving, happy and resilient. I'm very proud of my kids.

Diana Paton



I guess I shouldn't be surprised at the life/career pathway you chose to pursue. From very, very early in your life, your fascination in all aspects of nature, the universe, and technology was evident, and I'll never forget the stream of questions you asked and I could never answer – about the stars, the sky, the habits of ants and insects, how the television worked.



With the mentorship of some wonderful teachers, you seized every opportunity to learn, fobbing off taunts and teasing while your mates went off to party in the lead-up to exams and assessment deadlines.

I have always been in awe of your resilience, focus, and commitment to study and work. And though you had to battle some very debilitating health problems, you chose to undertake what must be one of the loneliest journeys of all, that of completing a doctoral thesis.

And I know that when you are granted your degree of Doctor of Philosophy, my heart will, once again, swell with pride. My son, my hero.

Vicki Brownless

On Sunday 23rd of April, we watched our 10 year old son march to the 'Galston Anzac Service along side his leaders and friends from 1st Dural Scouts.

Sam marched and lay the laurel wreath on behalf of 1st Dural Scouts. He was honoured to be part of this special moment, representing the Scouts and also his great grandfather 'Jack Trimmingham' who served in the Second World War.



His grandparents, Jack and Marie have just moved into Rowland Village but unfortunately could not attend the service that beautiful afternoon.

Sam is busy working towards his 'Grey Wolf Award' through Cubs... we are extremely proud of him.

Contributed by Bindi Crofts

The word "proud" doesn't seem to cut it. "Absolutely bursting with pride", now that's more like it!

For the last 3 years my son, James, has served at ANZAC Day ceremonies with his Army Cadet Unit. This year he formed part of the Catafalque Party at our local service. I could've just about exploded with pride seeing him stand there strong and true! (He was just stoked he got to hold a rifle!).



If the future of our country's safety is to be in his hands and those like him, I feel very safe and incredibly proud!

Kellie Marsden.

Anzac Day commemorations do not have to be a big production and, in fact, they can be highly personal, as shown by the residents of Upper Cairnes Road Glenorie. Every year, rallied by Jeanette Divine, the street comes together to hold their own service. For the past two years Matt Hobson has played the Last Post on his trumpet and Ingrid, his mother, says that it is a very proud moment for her especially as she can't even play a note. Matt works and studies the art of Stone Masonry and originally learnt how to play the trumpet when at Glenorie Public School. Ingrid would like to let Matt know how much she loves him and that he always makes her proud.



Ingrid Hobson

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Mother's Day

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SUNDAY MAY 14TH
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STATE OF ORIGIN

GAME 1
MAY 31ST

Game 2 June 21st Game 3 July 12th

GIANT WALL SCREEN



DOUBLE VISION

FRIDAY JUNE 2ND

COVERS FROM: GREENDAY, FOO FIGHTERS, 3 DOORS DOWN, PEARL JAM, BON JOVI, U2, GUNS N ROSES, EAGLES, PETE MURRAY, ERIC CLAPTON, HUNTERS & COLLECTORS, POWDERFINGER, DIRE STRAITS, AUSTRALIAN CRAWL, MEN AT WORK, MATCHBOX TWENTY, MENTAL AS ANYTHING, CROWDED HOUSE, THE ROLLING STONES, AND MANY MORE



ROMISOUNDS

ONE MAN BAND

8:30PM FRIDAY MAY 5TH

COVERS FROM: The Lumineers, Train, Coldplay, Jack Johnson, Fatboy Slim, Mumford and Sons, Nirvana, Matt Corby, Vance Joy 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 28TH MAY

Heavy Metal Truants V

**Riding to Raise funds for Children's Charities.
London to Download Festival - 7-9th June 275kms.**

I wonder how many residents realise we have an Australian Heavy Metal Music promoter in our midst. If you have ever visited Divine Infusions at Round Corner, or Glenorie Growers Market, you have probably seen Xina and her husband Chris. Chris and Xina have been residents in Dural for around 5 years. Chris seems so placid and quiet in the shop, but I bet that changes on tour.....

Chris Maric works with, and represents, some of the biggest metal and rock labels and promoters in the world, including EVP, Metal Blade, Season Of Mist, Napalm Records Relapse, UDR, Live Nation, Destroy All Lines, Direct Touring, Wild Thing Presents and many more and also looks after a string of local Aussie bands from King Parrot to newly formed bands just starting out.

In June, Chris will return to Europe for the summer festival season, attending Download in the UK, Hellfest in France and Copenhell in Denmark where many of the acts he reps will be performing.

Chris is cycling with Carl Neumann. Carl is the Owner and Editor of Australia's leading heavy music publication Heavy Magazine. Carl will be covering Download and Hellfest with Australian exclusive specials in the magazine and online.

About heavy metal truants

Heavy Metal Truants is the world's first Heavy Metal Charity Bicycle Ride, The brain child of former Metal Hammer editor-in-chief Alexander Milas and Iron Maiden manager Rod Smallwood. It's three days, 275 kms from London to Castle Donington & The Download Festival



Chris Maric and Rod Smallwood after completing Heavy Metal Truants 2016

In short, it's about the brother and sisterhood of Metal uniting around some very worthy causes - in this case, Nordoff Robbins, Teenage Cancer Trust, and Childline - to raise money for children who need it most.

HELP CHRIS RAISE MUCH NEEDED DONATIONS

Day 1 of the ride will be Chris's 40th Birthday, so consider a donation as like buying him a couple of beers to sink at the end of that long day!

Each rider has pledged to raise \$2,200, so their target is \$4,400.

Please consider supporting them by going to www.justgiving.com/australiantruants and pledging your support

You can follow the journey on facebook at <https://www.facebook.com/MaricMedia/>

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\$40 ENTRY or PLAY 5 GAMES*
@ GALSTON CLUB FOR FREE ENTRY
 1.00PM REGO | 2.00 PM START

MONDAYS	TUESDAYS
<ul style="list-style-type: none"> \$14 Rump which includes a free schooner of beer or glass of wine \$12.00 Lunch specials Bingo 7pm – Wish Card Prizes totalling \$450 in value 	<ul style="list-style-type: none"> \$14 Curry with a free schooner of beer or glass of wine \$12.00 Lunch specials
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*
FRIDAYS	SATURDAYS
<ul style="list-style-type: none"> Bingo 11am. Prizes totalling \$350+ \$12.00 Lunch specials Monster raffle, 40 prizes to be won, tickets on sale 7.00pm Total Value of Raffles \$1500 Spin N Win Roast Dinner Special Available 	<ul style="list-style-type: none"> \$12.00 Lunch specials Wood Fire Pizza Available (Dinner Wed + Sat only)
SUNDAYS	
<ul style="list-style-type: none"> Joker Jackpot Raffles – Tickets on Sale 5pm. Total Value of Raffles \$400 Roast Lunch + Dinner Available 	

* Depending on the number of participants

Mother's Day LUNCH

SUNDAY 14TH MAY

Bookings Essential
Glass of Bubbles for Mum's & Raffle.

JUST BREATHE

20TH MAY

with special guests
PAPAYA TREE & THE HIDEAWAYS

STATE OF ORIGIN ON THE BIG SCREEN

WEDNESDAY 31ST MAY
WEDNESDAY 21ST JUNE
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Glenorie Rural Fire Brigade News

By Chloe Paton & James Wicking

Smoke alarms

Did you remember to change your smoke alarm batteries when you changed the time on your clock? With the winter months now upon us we would once again like to remind everyone of the importance of ensuring that you have working smoke alarms fitted. We suggest that you test and change the batteries in all smoke alarms so that you stay safe.

Hard Wired Smoke alarms still need a battery change

Don't forget that even if your smoke alarm is hard wired to your home, it still has a battery that requires changing twice a year. During a blackout or if fire damages electric wiring to your house, your smoke alarm will rely on the back up battery.

Storm Damage

Over the last month, we experienced a high volume of rain in Glenorie that resulted in a number of callouts to assist with storm damage. We were called out to multiple trees down across communication lines and blocking roads. We were also called in the early hours of the morning to assist a resident with an overflowing storm water drain. Our members turned up just in time, the water

was only moments away from entering the house. Members set up a portable pump and managed to remove most the water from the yard.

New Pile Burn Guidelines

With the fire season now over, there are many residents who wish to carry out pile burns on their properties. For those residents in the Hills Council area, the regulations have been updated since the start of the bushfire season. One of the new rules states that there must be an approved dwelling on the allotment if you wish to burn. If you do not comply with these conditions you are not permitted to burn, and this may result in the RFS having to extinguish a non-compliant fire, or possible action from the council.

For full guidelines please visit the Hills Council's website:

<http://www.thehills.nsw.gov.au/Services/Environmental-Management/Pollution-Monitoring/Burning-Regulations-Pile-Burns-for-Bushfire-Fuel-Management>

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

Galston Rural Fire Brigade News

By Kara Dubois

AGM and awards

Galston RFB members gathered for their Annual General Meeting recently. It is always an important time for the brigade to come together, share updates from the previous 12-months, vote on administrative and operational roles, and have a general catch-up with everyone involved in the brigade.



It is also a great time to commend the extra effort many of our firies put in every week. The Herb Knight Award represents excellence and quality contribution to the Galston brigade, and it was awarded this year to David Aslin, who joined in 2015. David has really gone the extra mile, putting in hours of hard work and dedication to the station. It is a well-deserved award – congratulations David.

Hosting the Village Firefighter course

Galston RFB recently played host to the latest District Village Firefighter (VF) course at the station and the surrounding local Galston area. The VF course is one of the next steps a crew member may take after completing their initial Bush Firefighter course. VF teaches skills relating to incidents such as motor vehicle accidents, structure fires and car fires. Two Galston members also completed their VF qualification during this course.

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.

May member profile:

Freya Shearer

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

18 years.

What is your role there?

At the moment I am a role free crew member but I was the first aid officer for many years.

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

I work for disability services.

What made you join the RFS?

My father had a name tag printed for me.

What makes being part of the RFS so unique?

It is a way to help the community that is really tangible and can be wide reaching.

What is a fond memory you have of your time at the brigade?

Having a family crew, the friendships that get made and the 2001 emergency services parade was pretty special!



TRIUMPHant Walkabout update

By Lorraine & Kerrie

One nanna, two parents, three grandchildren, umpteen cans of spray paint and the beast is partially decorated with footprints, still another 50 to go on.

On 25th May we depart Sydney for Adelaide and the start of our 3,800 klm trip to Cairns via as many dirt roads as the organisers could find. With 200 teams, all with similar cars, an array of support vehicles and media personnel we will make a formidable sight advancing on country towns during our journey.

In each town we pitch our tent and celebrate getting our vehicles there in one piece. Once in Cairns the cars are auctioned off with proceeds to the Cancer Council.

Thanks to all who have contributed to the team we have raised the amazing amount of over \$7,000. So far the total for the entire group has surpassed the \$1 million mark. An amazing effort.

Our heartfelt thanks to everyone for making this event such a success. Follow the event on the Box Rallies website from 27th May.



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Local MP rings changes to racial discrimination laws

By Jenny Barlass

The tricky balancing act of the right to freedom of speech and preventing racial abuse through inflammatory language, has been a personal crusade for Berowra MP Julian Leeser.

In what has been an intractable political issue for six years, the MP and member of the Parliamentary Joint Committee on Human Rights has described the Committee's recently completed Report and resultant changes to the Racial Discrimination Act as "an historic breakthrough".

Mr Leeser was a driving force behind the recommendations to fix the complaints handling process relating to Section 18C of the Act.

Under existing legislation, interpretation of the Act enabled the Australian Human Right Commission (HRC) to interpret laws too broadly, the bipartisan Committee felt. The recent cases of the students at Queensland University of Technology, and the complaint against the late cartoonist Bill Leak, brought the issue to prominence.

Recommended changes to 18C of the Act proposed a tightening up of the way racial abuse complaints are handled, as well as assessing if a complaint is lawful or not - a weeding out process of sorts.

In late March the Senate and House of Representatives passed the Bill in an amended form, though the proposals for RDA language changes were not included.

These new RDA changes include lawyers being fined for taking on racial abuse cases with little chance of success, and giving the HRC more power to terminate a complaint in the complaints assessing process, saving everyone concerned time and money.

Leeser, who sat on the inquiry into Freedom of Speech, said: "I was disgusted by the treatment of the QUT Students and Bill Leak.

"We heard from them at the inquiry and it was impossible not to be moved by their ordeal.

"This legislation will return section 18C to its intended function as an important but limited protection against the worst kind of racial abuse. It will also make it more difficult to bring spurious complaints."



Julian Leeser played a significant role in changes to the Racial Discrimination Act

Blitz on illegal 'no refund' signs

The local shop that says 'no' to your request for a refund is breaking the law, according to Hornsby MP and Minister for Innovation and Better Regulation Matt Kean.

Yet 20% of businesses across the state visited by inspectors are doing just that, a recent blitz on illegal 'no refund' signs found, when 12 consumer protection officers visited 561 retailers at 52 locations across NSW.

Retailers aren't allowed to put up 'no refund' signs in their shops or print similar messages on receipts or invoices under consumer laws, as the signs imply a refund isn't possible even when a product is defective.

"Consumers aren't always entitled to a refund," said Mr Kean, "such as if they have just changed their mind. However, they certainly do have the right to a refund if there's a problem with a product, and to suggest otherwise is illegal," Mr Kean said.

In the swoop 120 businesses – or about one in five – had illegal

messaging about refunds on signs, invoices or receipts. The area with the highest rate of non-compliance was Fairfield, where all 15 traders visited had illegal information about refunds. Clothes shops were the worst offenders, with non-compliance detected in more than half the premises visited.

Offending traders were educated about the law, had the unlawful signs removed and provided with alternate signs with legal wording.

"Most of the offending retailers visited during Operation Refund claimed to be unaware of the law, or the fact that they could be penalised up to \$11,000 if prosecuted."

These businesses will get repeat inspections to ensure they're complying with legislation.



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Community shows its support of Anzac Day

Local communities came together on Anzac Day to honour those who fought for freedom. The local turnouts to these appear to be ever increasing. Below are some images from the events. It was great to see our local buglers too. Issak Koorey, Matt Hobson, and Blake Prentice.



Above images - Glenorie RSL Service

Berowra - Anzac Dawn Service

Blake Prentice again played the last post, rouse and national anthem.

A big thank you to Graham and Mick for organising the service and Greg for bringing his army Jeep.



Pictured Tony from Berowra Fire Brigade, Blake Prentice, Graham Powell and Mick Calleja, Greg Stephenson.

Glenorie - Anzac Dawn Service

It was touch and go whether the Glenorie Dawn Service was going to happen, but following some great community spirit, hurdles were overcome and the Service went ahead. Over 200 people attended, and the new lights around the Cenotaph were installed just in time.



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Ways to recycle at work

Carol Warwick from Planet Ark

Over 75% of businesses believe that reducing waste is part of being a sustainable and ethical business, new Planet Ark and Environmental Protection Agency research reveals.

But there's also the perception that they're doing all they can to manage their waste, that there may be little benefit in doing more, or that they don't have the knowledge to improve their waste and recycling practices.

Not true! Here are some simple tips on how to get business recycling sorted in your workplace, and what can be recycled responsibly.

1 Start small and easy

Change can be challenging, but research shows if people are willing to commit to a small, easy change, they're more likely to come on board with bigger changes later.

Try simple things like encouraging colleagues to switch off their computer at night, collect cardboard for recycling, or bring reusable coffee cups to work.

2 Use the group

Humans are social creatures so our behaviour is influenced by our friends, family, and co-workers. So when encouraging colleagues to adopt new recycling practices, highlight that the desired behaviour (e.g. reading from the screen rather than printing) is a common one that everyone else is doing.

Positive reinforcement helps, so a message like 'Thanks to everyone for recycling' will be more effective than 'Everyone keeps putting the wrong things in the recycling bin.'

3 Hit 'em where it hurts

In business nobody likes losing money, and research shows the human brain feels the pain of current loss more than the joy of future change, so loss aversion can be a good strategy.

Telling a CEO: "We're wasting \$300 a week on skip bin collections," is much more powerful than 'We could save \$300 a week by changing our bin collection', because it emphasises a cost the organisation could avoid.

4 Send the right signs

Clear communication is crucial when introducing any new recycling process to a workplace. Workers need to understand what's changing, how it affects them, and what's expected of them. Concise and informative signage is one of the strongest tools you have to encourage appropriate recycling behaviour.

More help is at hand

The Business Case for Less Waste is a new Planet Ark resource which explains the savings to be made from improved recycling practices at work, and provides step-by-step tips for introducing a business recycling strategy to a workplace.

BusinessRecycling.com.au provides online and phone information and service listings to help businesses reduce waste, and includes details on where specific material types can be recycled across Australia.

Bin Trim is a free Excel tool developed by the NSW EPA for SMEs to measure their waste and provides tailored information to help reduce, reuse and recycle materials.

Businesses can find out about eligibility for various environmental grants at: www.business.gov.au/assistance.



It's just gotta go!

Paper: paper in landfill creates the greenhouse gas methane. Some local councils provide paper recycling services for local business, and if not available in your area, commercial recyclers also provide this service. Also purchase paper that has high recycled content, such as Planet Ark's 100% recycled paper, which is Forest Stewardship Council-certified and carbon neutral.

Cardboard: some businesses may find investing in a cardboard baler an effective way to reduce waste collections whilst creating more space at work, with the added bonus of saving money with fewer pick-ups.

Printer cartridges: if your workplace uses more than three inkjet, toner cartridges or toner bottles in a month you may be eligible for a free 'Cartridges 4 Planet Ark' collection box, which can be collected. For fewer than three items in a month, take your used cartridges and bottles to participating Officeworks, Australia Post, The Good Guys, JB Hi-Fi, Harvey Norman, Office National and Office Products Depot outlets. Visit www.Cartridges.PlanetArk.org for more.

Mobile phones: over 95% of the materials in mobile phones can be recycled. MobileMuster is the official recycling program of the mobile phone industry in Australia. It's a not-for-profit program, funded by members who pay a levy on every handset imported into Australia. Workplaces can register for a collection bin through www.MobileMuster.com.au

Redundant electronic equipment like the old fridge in the office kitchen: electronic goods such as TVs, computers, printers, and accessories can be recycled by TechCollect www.TechCollection.com.au or search www.BusinessRecycling.com.au for more recyclers in your local area. A number of commercial recyclers and scrap metal yards will accept white goods for recycling, and there are organisations and second-hand dealers who will accept white goods for refurbishing.

Bottles, plastic containers from lunches and plastic milk cartons from tea making: while some councils provide a business recycling service, most commercial recyclers also provide co-mingled recycling bins for plastic, paper, glass, aluminium and cartons. Visit BusinessRecycling.com.au to find out about services in your area.

Green waste like apple cores and salad scraps: consider keeping a workplace worm farm, compost bin, or a Bokashi bucket. Or what about a food dehydrator to reduce the volume or weight of food scraps needing to be processed? Also some recycling companies will collect coffee grounds, cooking oil, food scraps, and donations of food. Visit www.BusinessRecycling.com.au for find your nearest recycling service.

Wild Walks



By Matt McLelland

Flint and Steel track

1hr, 2.1 km return, grade 3
(moderate) walk

Do you like quiet, secluded beaches nestled in beautiful bushland? This walk follows a scenic track down to the gorgeous Flint and Steel Beach, which provides views across the Hawkesbury River to landmarks such as Lion Island, Patonga and Box Head.

The walk passes through palm, acacia and grass tree forests. There is a great diversity of flora and some fantastic sandstone rock formations along the way, and you may even see a goanna or echidna beside the track. The track is well marked and ends on the beautiful sandy beach.

The walk starts from the signposted 'Flint and Steel track walk' car park about 2km before the end of West Head Rd. Start from the carpark by following the signposted track for just shy of 350m to come to a three-way intersection. Here you veer right to follow the 'Flint and Steel Beach 700m' sign down to the beach. It is always a good idea to turn around when you find a beach to make a mental note as to where the track enters the beach, to make it easier to spot on your way out.

When you finish enjoying the beach, retrace your steps back up.



Whilst you're in the area, there's an optional side trip to the smaller White Horse Beach. Also make sure you check out the lookout at the end of West Head Rd, and enjoy the nearby picnic area. There's a National Park fee to drive to the start of this walk and the gates are locked overnight. If you have not explored West Head you really should, and even just the drive is special.

For a free map and track notes, visit wildwalks at <http://wild.tl/fasbw>

Happy walking,
Matt

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Wallpaper revival

Just about anything goes when it comes to embracing the current trends for papering your walls!

By Jenny Barlass

Wallpaper is enjoying something of a renaissance at the moment, in line with the current home design trend to mix it up, keep it eclectic and not too matchy matchy in your look.

So that means you're not committing a design crime if you put flowers with stripes, or spots with geometrics. It's about what works for you and makes you love your home.

That said there are a few rules when using wallpaper. Often, less is more, so start with just one or two walls in a room, painting the remaining walls in a colour that works in with the tones in your wallpaper.

In the larger open plan spaces so typical of many Australian homes where kitchen and living areas are one giant space, define one area of the space with paper and keep the rest of the walls plain. It's even OK to stop the wallpaper half way along the wall if that's all the space you want to define.

And, says Porter's Paint's Sarah Geha, it's important to determine which mood you want to set when selecting a wallpaper. Cosy and warm, or bright and light? And how much lighting does the room have? These factors will steer you in the direction of colour and style. Take into account the room's size - horizontal stripes will widen a room whilst vertical stripes and shapes will add volume to a room.

"There currently is a strong movement of texture and depth in interiors and this lends itself beautifully to the use of wallpaper," Sarah said. "Porter's Paints has a beautiful range of Grasscloth Wallpaper and also many designs which will give an extra dimension to a space."

Remember though, that the palm trees or pale blue cloud paper you fell in love with on a hot Sydney day also needs to work on cold wintery mornings so ensure your choice works all year round, on both bright and dull days. Sample books brought home from the shop or posted to you from the supplier, and stuck to walls for a few weeks prior to buying, will prove invaluable in this decision making process.

Functionality will also determine if wallpaper is suitable and if so which colour - wallpaper in a busy hallway won't cope with schoolbags, muddy wellies and greasy fingers being slung at it, whereas a bedroom won't see all that wear and tear.

Some people are put off by worries wallpaper is high maintenance - but the care is relatively simple. Most wallpapers are finished with a clear low lustre varnish to give a general form of protection, but when marks appear, use a clean, lint-free cloth slightly dampened with warm, slightly soapy water and lightly wipe - no scrubbing.

It's always advisable too, to keep a roll or two back after the papering is done, for accidents when the paper will need to be replaced.



Porter's Grasscloth in Navy



Porter's Quill in Ebony



Collette Dinnigan for Porter's Paisley in Balaton

Hamish Rogers Realty goes from strength to strength

Announcing the opening of the Arcadia Office

Hamish Rogers Realty is proud to announce the launch of its new office in Arcadia to bring the focus and dedication to the local areas of Dural, Kenthurst, Galston, Arcadia, Berrilee, Glenorie and Cattai.

Hamish Rogers has been listing and selling the finest homes and properties in the Hills and Hawkesbury Districts since early 1992. Celebrating over 25 years of Real Estate experience, it was the perfect time to grow the business and partner with Beth O'Brien to open the Arcadia Branch office.

The Arcadia offices Principal is Beth O'Brien, and the results speak for themselves and the testimonials are a credit to the team "Thank you, Beth, for your endless patience and perseverance and being transparent and authentic, these are the things we value above all".

With over \$1,650,000,000 in sales, Hamish Rogers Realty has broken many selling records and achieved record prices in the Hills to the Hawkesbury. The Arcadia office, in less than 3 months of opening, has sold over \$12m+ in property and record sales achieved in Galston, Arcadia and Glenorie.

Hamish and Beth have shared interests other than just real-estate, both share the love of horses. Hamish is interested in racing thoroughbreds and dressage, where he is a nationally accredited advanced judge. Judging takes him all over the countryside. Beth is the President of the local. Glenorie Pony Club, where both her young children ride and most recently her daughter, Lucinda, placed 6th in the under 11's rider class at the Sydney Royal Easter Show.



Lucinda & Beth O'Brien

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Dural Pony Club

The wet weather doesn't bother Dural Pony Club, because we just have a wet weather rally day instead!

During the torrential rains in March and early April, we were forced to have two wet weather rally days. This is where the kids come, without their horses but have the opportunity to learn so much more about the mount they bring to Pony Club. We have sessions where they work through their certificate book and on completion of these books patches are awarded.

More recently we had a Specialist Nurse come to the Club to give us all a talk and some practical work on First Aid and Resuscitation techniques, which both parents and kids found interesting. We had a show rider come and give us many tips on how to present your horse for a show and we also had a session where the kids were learning how to tie many different types of useful knots.

Thank you to all our Volunteers and Parents involved in Dural Pony Club we are very fortunate to have great resources so readily



available to Dural Pony Club.

Thank you to our consistent sponsors Saddle world, Horseland & Bendigo Bank we appreciate your ongoing support.

Please email for further information - duralponyclub@hotmail.com



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Arcadia Pony Club hosts successful Zone Show Jumping competition

Arcadia Pony Club hosted the Zone 23 Show Jumping competition at their wonderful grounds at the Rural Sports Facility on Sunday 2nd April. With over 50 competitors the day was a huge success with the event generously sponsored by Horseland Dural. The results for the day were as follows:

A Grade

Champion - Rachel Temm (Forest Hills)
Reserve Champion – Sarah Wilton (Dural)

B Grade

Champion - Courtney Williams (Dural)
Reserve Champion – Lucy Fretus (Arcadia)

C Grade

Champion - Brooke Chapman (Avondale)
Reserve Champion - Sarah Harris (Arcadia)

D Grade

Champion - Sarah Cairns (Arcadia)
Reserve Champion - Emily Horbach (Arcadia)

E Grade

Champion – Rosie Kenny (Arcadia)
Reserve Champion - Maddison Edmondson (Dural)

F Grade

Champion - Scarlett Burns (Arcadia)
Reserve Champion - Bridget Lethlean (Arcadia)

Congratulations to all the competitors and a big thank you to the event organisers and to all the parents that helped throughout the day with gear check, stewarding, marshalling, judging and of course all of our canteen team.



Some of the Champions and Reserve Champions from Zone Show Jumping event, sponsored by Horseland Dural

We would also like to thank Horseland Dural as our event sponsor who donated a range of wonderful prizes for our event raffle. Thank you also to the other local business that generously donated goods and services for the raffle.

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 check out our new website at www.arcadiaponyclub.org.

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Galston Equestrian Club – our new jumps had a good work out!

Judy Brightman of “Mindful Horse Mindful Leader” gave a very interesting talk on Thursday 16 March about Eponaquest, which was well attended and well received. She covered the topics of Leadership: developing skills in assertiveness, team building, emotional fitness, nonverbal communication, innovation, conflict resolution, and leadership presence. Personal Development: developing skills in relationship, emotional fitness, mindfulness, personal empowerment, energy healing and biofeedback, authentic community building, intuition, interspecies communication. Equestrian Skills: developing a deeper connection with your horse, exploring new ways of being with your horse, of training and playing!

On 1st April the rain finally abated long enough for the Club to finally run their postponed show jumping clinic with Keira Byrnes, local 4* eventer and jumping coach. Twenty riders participated, allocated to five classes at different heights, starting with X-rails for horses and/or riders new to jumping through to 90cm for those with more experience. Keira is always a popular coach at GEC, seeming to have the uncanny knack of coaching each participant individually despite managing a class of four riders. Observers noted some real improvements in technique and confidence in many riders over the course of each lesson. GEC will be scheduling another clinic by Keira later in the year.

The clouds finally parted and allowed the sun to dry out the grounds, which allowed us to go ahead with a show jumping competition on Sunday 9th April. Judge Jenny Neil did a great job, and there were many smiles on faces throughout the day as we ran rounds from tiny X rails up to 1 metre in height. Record attendance at this event shows how our well-run events are appreciated, with all riders are made to feel welcome. Our wonderful sponsor Coprice/Nutrifice provided us with bags of feed for the first place-getters,



Donna Dorahy and Archer at the Keira Burns clinic



Happy winners at the showjumping day

and our other wonderful sponsor Horseland Dural provided us with goodie bags for second and third placings. Many volunteers pitched in to set up and pack up and the canteen was run ragged ensuring everyone was fed! A huge thank you to our sponsors who help us keep our equipment looking great. The riders are now all looking forward to our next jumping event on 8th July.

Georgia Bruce, dual medallist dressage Paralympian, representative of Australia 12 times in dressage, author of horse training books and DVDs, and expert in positive reinforcement will be having a clicker training day at GEC on 9th July. Georgia has trained horses for tricks, liberty, western, trail, cutting, reining and jumping, as well as helping problem horses and training elite performance horses. We are very lucky to have Georgia come to our club to explain the benefits of positive reinforcement as a way of training your horse. Her many students around Australia will attest to the fact that their horses respond exceptionally well to this method and learn very quickly and happily, and that a special trusting bond can be formed with your equine friend.

Upcoming events :

- 11 June - Agility with Suzanne Bellette
- 25 June - Working Equitation with Kim Peterson
Dressage Training Day
- 8 July - Showjumping Fun Day
Legerete with Paul Cairns
- 9 July - Georgia Bruce Clicker Training Day
- 23 July - Members Only Dressage Competition

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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Authorized by Julian Leeser MP, level 11, 423 Pennant Hills Road, Pennant Hills NSW 2120.

Takeda High visits Hills Grammar

Hills Grammar recently welcomed thirty two students from Takeda High, East Hiroshima. Over the past eight years the two schools have fostered a relationship which is mutually beneficial in developing the students' international perspectives and language skills. It is not all hard work as the visitors also enjoy a very



The Takeda High students treated Hills Grammar Japanese language students to a spectacular farewell concert in traditional style



Australian social and creative arts program to complement their class work. Forty-three Hills Grammar Japanese language students from Year 8-11 will be visiting Takeda High in July this year in the School's fifth biennial visit to Japan. Head of Languages, Belinda Gerometta explains, "There is enormous value in cultivating a sister school relationship such as ours; in addition to the language immersion programs, the invaluable cultural experiences, friendships forged and exchange of ideas inspires our students to view the world from a more global perspective."

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News from UnitingCare Galston Early Learning Centre

The educators at Galston Early Learning Centre have had a reflective and inspiring month after attending the Uniting conference for 2017. The conference offered the opportunity for us to engage with many early childhood professionals from all around Australia. The educators were able to feel a sense of unity within the Uniting organisation as we work together to provide high quality early education and care.



On the day we had the opportunity to listen to Catharine Hydon who gave her perspective on 'Child rights and agency', as well as Dr Louise Porter who provided a presentation on 'Guiding children's behaviour'. These two keynote speakers encouraged us to open up our minds and be more intuitive - keeping children's voices in the forefront of our day to day practises.

We left the conference feeling motivated to focus on two particular quotes that ran true with our shared values and beliefs.

"A child's voice needs to be heard in every decision making process."

"Our role is to coach children in making good choices."

These two bold statements remind us about the importance of making good choices and knowing that your input is valued in all decision making processes. Over the next few months the educators will be working on coaching the children to use their problem solving skills while making choices or decisions and then reflecting upon them afterwards.

On behalf of all the educators at UnitingCare Galston Early Learning Centre we would like to thank Uniting for organising the conference and we are looking forward to using our gained knowledge throughout the upcoming months.

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.

Arcadia PUBLIC School

Be Outstanding, Be Inspired

Arcadia Public School Before and After School care centre has been growing and going from strength to strength since it was established in 2011. It's true that Arcadia PS has a fabulous family feel to it and the Before and After School care centre is no different. The children are greeted with a welcoming smile each morning and afternoon by Aisha, our talented and experienced educator. Aisha provides high quality programs focused on the children's interests, strengths and individual needs. Her happy, calm personality, love of art and craft, nature and cooking ensure fun and varied activities for the children in a secure and happy environment.



Harmony day is an important occasion across Australian schools as we celebrate our multicultural society and build understanding of diversity, acceptance and belonging. On March 21 our Mandarin language teacher, Miss Goh, planned a great variety of interesting experiences to engage our students and immerse them in Chinese culture. Thank you also to the kind and talented parents who cooked us a delicious Chinese meal to enjoy on the day. That week Year 6 hosted a fabulous Harmony Day dance to welcome our Kindergarten students and their families. There was pizza, music, friends and ice cream. Life's hard at Arcadia PS!

Have you bought the perfect present for Mum yet? It's not too late - come along to Arcadia Markets on Saturday May 6. You'll find unique ideas and stalls, all set in our beautiful school grounds.

Mark Friday May 19 in your diary. Pre - school children and their families are warmly invited to a morning of fun and learning at Arcadia Public School's Agriculture Adventure Day. Please call the school office on 96531207 to register your interest.



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News from Galston High School

Sports Leadership Day

Chloe Anjou of Year 9 reports on the Sports Leadership Day held recently at Galston High School:

Recently a group of students from the Year 9 and 10 PASS classes, coached primary school students in a range of different sports. Hillside, Kenthurst, Glenorie, Galston and Dural primary schools all participated in this program, playing soccer, AFL, basketball, and initiative games throughout the day. It was a great experience for all of the high school leaders as well as the students from the primary schools. We learnt great leadership skills and how to coach appropriately, for the style of the student. The younger students were split into 4 groups, with each group rotating around all four sports throughout the day. Overall it was a very worthwhile experience and a lot of fun for everyone.

Waddell Café Program

The café is off to a great start this year operating Tuesday and Wednesday each week. There are several dedicated teams of students who, under the guidance of Mrs Fraietta, are rapidly building their skills in Barista and Hospitality services. Not only are they catering for the senior students and school staff but have also been handling large and smaller functions for groups within the school and the broader community. Recently they hosted the International Women's Day luncheon and on other occasions community groups have booked luncheons or stopped in for a coffee and signature chocolate brownie. It is wonderful to watch the students grow in confidence as they are given opportunities to shine in this learning setting. Preparations are being made to have the students complete their Barista Certificates in term 2. All community members are invited to the Waddell Café which is open on Tuesday and Wednesday from 10.00am until 2.00pm.



Our recently elected president and vice presidents of our wonderful P&C enjoy a coffee in the Waddell Café.



Grace and Logan develop their leadership skills while working with our community of schools.

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Glenorie Public School

By Holly Harmon & Skye Stephenson

Term one is nearly over with many things going on in the last few weeks. It has been a very busy and interesting term, so now we'd like to share that with you!

On Friday 7th April, we celebrated Easter by holding our annual Easter hat parade. K-2 made their eggceptional Easter hats and paraded around the basketball court! We eggcitedly watched Mr Gary Mangan from Galston Bendigo Bank drop the stage three students' egg protecting contraptions from the roof. Luckily most eggs survived the drop but there were many close calls! Next we went into the library to see all of the eggstravagansas that were on display. We all meet in the hall to have our Easter egg raffle. The first prize winner certainly didn't need the Easter bunny to come to them this year! It was an eggcellent day!

Well done to Chloe, Eloise, Tahlia and Zoe for representing Glenorie Public School in the 2017 Area swimming carnival. Our students did very well coming 10th in the senior relay. A big congratulation to Chloe who participated in 6 events coming 10th in 50m freestyle and 11th in 50m breaststroke. She did very well in 4 other events. The senior relay and Chloe's 50m Free made it to the finals and well done to Chloe who was also runner up Age



Champion at the Zone Swimming Carnival. Congratulations girls!

On Tuesday 28th March, Glenorie Preschool visited the Kindergarten classrooms at Glenorie Public School. They took part in the spelling lesson. The kindergartens were learning about the letter 'N' they made naughty and nice ninja turtles. The pre-schoolers handled the glue and scissors well with help from the kindergartens. The pre-schoolers enjoyed their time learning in 'Big School'.

As is tradition each year, our school will be commemorating ANZAC Day. This year our school-based service will be held next term, on Wednesday 26th April (Week1) at 10:45 am. The school captains will hold an assembly to remember the soldiers who fought in the war. Some students will bring flowers on the first school day in order for us to construct wreaths. The school will also participate in the Glenorie ANZAC ceremony at 3:00pm on 25th April. A very touching day to commemorate the celebrations of Gallipoli. Lest we Forget.

What a busy few weeks it's been. We can't wait for more of these exciting weeks at Glenorie Public School!



Galston Public School's Indoor Movie Night



Despite the soggy weather leading up to the event, Galston Public School's Outdoor Movie Night went ahead... as an Indoor Movie Night. Our very special thanks are extended to Galston High School for offering their hall and associated facilities to enable this fund raiser to go ahead on the scheduled date.

And so movie goers came in their hundreds, with blankets, pillows, beanbags and chairs. We had SandArt to entertain the children before the movie

and hot food, hot and cold drinks, popcorn and choc tops available to satisfy any hunger, Zootopia was projected onto the giant inflatable screen which almost reached the ceiling of the hall.

Overall the event was a fantastic success, thanks to our great organising team and the event sponsors, particularly the many local businesses who generously supported the school. These businesses are listed below. Please help us to thank them by using or supporting their businesses whenever you can. Thanks to everyone who attended in support of our lovely school.

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Hillside Public School

The end of term has come around very quickly, with the students engaged and busy in all their learning.

During the Environmentors visit, the children learnt all about the terrible effects that littering causes to our environment.

Last week, gymnastics was held every morning here at Hillside. The program was terrific. What a fantastic time the children had learning and developing their skills – handstands, cartwheels, forward and backward rolls, bar work and much much more! Thank you Louise for a superb program.

Congratulations to Blake and Arabella both in Year 6 who received the Aussie of the Month Award and the Kindness Award, respectively, at last week's assembly. It is wonderful to see our Year 6 leaders are such Respectful, Responsible Learners.

Our relay swimming team – Arabella, Joshua, Lucas and Blake swam at the State carnival today at Homebush. Even though they swam their very best, they did not progress past their heat. Congratulations to the team.

Yesterday years 3- 6 tried their hand at tie-dye and were amazed as they undid the elastic bands on the bags today – some beautiful patterns were created.

Today Easter was all round at Hillside. The whole school joined and were involved in many Easter activities – cooking nests for the Easter eggs, making Easter wreaths, bilby mask making and pizza making for lunch. A fantastic day was had by all.

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



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Church News

News from St Benedict's

Sacramental program for 2017

In what has become a St Benedict's tradition, during a special Mass the children taking part in the sacramental program leading to confirmation and first communion hand out prayer cards to parishioners to ask for their prayers. This is a lovely ceremony, with children approaching parishioners they may not always know, but who are invariably pleased and honoured to be chosen as prayer supporters. Picture shows Chloe and Oliver Pratt from Glenorie handing their cards to Trish and Jim Shipley.



Oliver and Chloe Pratt

Easter celebrations

What a sad and joyous time of year Easter is. St Benedict's was packed for the Easter services which ran from Holy Thursday, where we commemorated Jesus's Last Supper, through the sorrow of Good Friday and then the happiness of Easter Sunday with its celebration of the risen Lord.

Catechist News

We're so grateful to the dedicated group of parishioners who take the Word of God to the children in our local schools. Each month they organise a Children's Mass where many of the important

roles are filled by the children themselves. The children in the schools finished off Term One with a DVD or Easter play that reflected on the true meaning of Easter.

Project Compassion

Each year during Lent, the six-week period leading up to Easter, parishioners from St Benedict's join in support of Project Compassion. At the beginning of Lent families take home small collection boxes. Family members try to not only put donations into the box during the Lenten period but also to think about the many people

throughout the world who are in need. Project Compassion is run by Caritas Australia and this year Caritas focused on stories from people in the Philippines, Timor Leste, Indigenous Australia, Vietnam and Fiji. In 2016 Project Compassion throughout Australia raised more than \$11 million for the world's poorest communities. Let's hope we can raise this national total in 2017!

Weekend Mass Times

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

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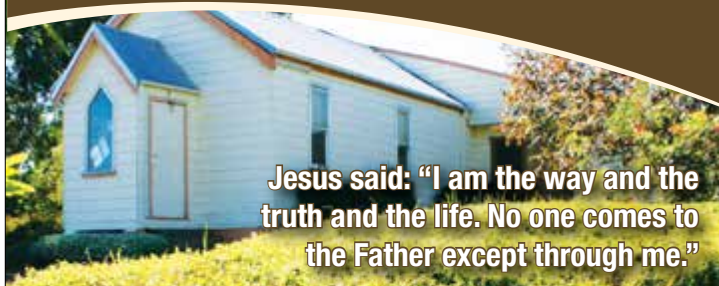
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By Corri Byrne, Pastor

With our recent Easter break I have been reflecting on the narrative of the final week of Jesus. Known as the passion, these tumultuous few days changed the world.

There are two accounts of betrayal during the week of Easter. Both widely known, yet with wildly different outcomes.

The first is a story of betrayal. Judas Isacariot, one of the twelve disciples, who had spent virtually the entire three year ministry with Jesus increasingly became incensed with his ways to the point of betraying his trust to the leaders who were intent on killing him. Judas was chosen by Jesus, was known to Jesus, and Jesus was more than aware of his impending betrayal. Yet Jesus treated him equally when washing each of the disciples feet.

The second story is a story of denial. Simon Peter, the leader of the twelve disciples, the first to acknowledge Jesus as the Messiah, refuted the claim that he would ever deny him. While in Gethsemane, Peter was the first to draw a sword to protect Jesus – and yet Jesus did not wish that sort of protection. Confused, bewildered, shocked, Peter followed Jesus into the courtyard to be as close as possible and there three times denied ever knowing Jesus ... and then the cock crowed.

Judas the betrayer – betrayed Jesus once. Though upon arrest had a revelation of what he had done. Judas filled with remorse recognised his sin and was so overwhelmed he took his own life (Mt 27:3-4). His act of betrayal went on to define his life course, his life choice.

Peter the denier – denied Jesus not once, but three times. He too was filled with remorse for denying Jesus, worse Jesus looked him direct in the eye while the prophesied cock crowed. Peter went out and wept bitterly.

Judas saw no option but to take his own life. Peter lived long enough to be forgiven and elevated to the head of the new gathering.

Judas was defined by his action, but Peter was refined.

How have past regrets, actions, decisions played out in your life? Do they define you? Are have they refined you?

We all fall short of God's glory, we all fail and sin ... but how we deal with these is key to how we live the rest of our lives.

Don't be defined by your past. Don't let it rule you out of a magnificent future. Don't allow the joy to be stolen due to your history.

Make the decision to be refined. To be transformed. To take your weaknesses, errors, regrets, worries, woes and all that has shaped you to date and allow God to shape that into something glorious, something joyful, something that you can stand proud of.

Seek his forgiveness and accept his grace.

Glenorie Mission Church

You have probably noticed that we don't have to teach children to do wrong. They do it because it is natural for them to do so and need to be taught to do right. This is because our human nature has that twist to it, a sinful twist.

Have you ever driven a car with faulty steering? It keeps pulling to the left or to the right instead of going straight. Some shopping trolleys do the same thing and seem to have a mind of their own; they want to go in any direction but the right one.

That is an illustration of what sin does in the human heart. Our natural tendency is to turn away from God instead of towards Him. We choose to run our life the way we want to, leaving God out of it. We may do many good things in life, but if we don't include God in our life and have a relationship with Him, we will be separated from God for ever.

This means separation from God, both in this life and after we die.

Facing Hard Facts

We ourselves can't remove the barrier of inherited sin between us and God. The first thing to do towards becoming a real Christian is to recognize and acknowledge this, then we are in a position to accept what God has done for us. The Bible shows us that this involves admitting that we are sinners, not the perfect people we may like to think we are, It may be easy for us to classify people involved in criminal or immoral activity as sinners.

How often have you heard good living people say, "I'm a good person, don't call me a Sinner, I've never done anything really bad."

But God looks at our heart, our inner life, our tendency to turn away from Him instead of towards Him, and this is what sin really is. *(by Rev E.C. Long.) to be continued.*

Come and find out more at Glenorie Mission Church
409 Old Northern Rd. Glenorie.

Sundays at 10.15 am

Dr Gibbs will be speaking on Sunday May 7th and again on Sunday May 14th.

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Carrs bush restoration

By Chris Noon



Carrs Bush is a valuable 6 Hectares of native bushland within Fagan Park, along Carrs Rd. It contains one of the best remaining examples of the endangered Sydney Turpentine Ironbark Forest.

About 4 Ha is in good condition and 1 Ha in reasonable condition, maintained by bush contractors paid by Hornsby Shire Council

and by a volunteer Bushcare group. The remaining 1.2Ha was in poor condition; invaded by weeds such as privet, blackberry, honeysuckle and ochna. In July 2015 the local Landcare group was successful in obtaining \$40k of support to restore 0.8Ha over three years through Greater Sydney Local Land Services via funding from the Australian Government's National Landcare Programme.

We are now half way through the work which is being done by contractors and Landcare volunteers. This has already made a huge difference with many large privet trees removed. See the photo of the conquerors with their pile of dead privet. However years of dropping seeds results in needing to continually pull out the new privets coming up. The good news is that other native plants are also coming up in some areas from seeds waiting in the soil, so we won't need to do as much replanting.

There is still a big task ahead of us. Would you like to help make a difference to Carrs Bush by beating the privet? If so you could volunteer with Bushcare to work in the better areas, or Landcare for



the rougher areas. You will make new friends and learn a lot about the bush. If you are not sure, you could come for a trial to see what it's like. For more information, please go to www.stillcreeklandcare.com.au or Facebook or phone 9653 2056.

Bromeliad Society of Australia Autumn Show Includes Local and Interstate Growers

Exquisite and rare bromeliads from local, interstate growers and collectors will be on display and for sale to the public during the Bromeliad Society of Australia's Autumn Show being held in May.

Including a grower from Queensland with specifically flowering bromeliads that would make wonderful Mother's Day gifts and a Victorian Tillandsia expert with rare and unusual plants.

The Autumn Show will be held at the Federation Pavilion, Castle Hill Showground on Saturday, 13 May between 10-4pm and Sunday, 14 May between 10-3pm.

"This show is not to be missed if you're a bromeliad enthusiast or looking for plants that are colourful, drought tolerant and very low maintenance, not to mention their wonderful flower spikes" said Ian Hook, President, BSA.

"There will be a huge bromeliad display, over 20 plant sale tables that are continually restocked, competitions, books, pots, information and free advice available by experienced growers" he said "There is plenty of parking on site and admission is free to the show" said Ian Hook.

For further information call Ian Hook on mobile 0408 202 269 email: ianhook1@bigpond.com or check out the website <http://www.bromeliad.org.au>



Galston Garden Club



There were plants galore on our trading table this month. One of the benefits of being a garden club member is being able to purchase, at a greatly reduced price, plants from our Trading Table. The plants are either donated by generous club members or potted surplus from garden owners. There is always such a variety & it is a great way to inexpensively expand your garden. There are plant varieties that are not often found in nurseries any more as well as old favourites. With bulb planting time just around the corner, there is always a good supply as owners thin out their own patch.

Our guest speaker this month was Tony Matson from Cut Above at Seven Hills who spoke to us about the importance of caring for your existing gardening tools and selecting the right tool for the right job.

We all had a different answer when Tony posed the question "What is the most important tool you have in your Garden"? Some cited their shears whilst others mentioned their wheelbarrow or secateurs, when in fact it is the gardener themselves. Each person is different and needs tools to suit their hand size and ability to lift weight. We all gained an insight in how to make our tasks easier and more enjoyable. Various tools were circulated to make a comparison and note the difference. It is much more comfortable to hold the right size secateurs for your hand and the difference between loppers that weighed 1kg and another 2kg was apparent. Finding the one that suits you best would certainly decrease the time it takes to get a



job done and increase pleasure in the task.

Tony spoke about the variety of materials that tools come in and the differences in materials such as steel, stainless steel and Teflon coated. Each one has different features and benefits.

On the topic of tool maintenance Tony shared his advice on how



to easily sharpen tools, make a simple cleaning mix and oil our tools to extend their life.

Many of us will be going home to evaluate our tools and give them some additional care.

Next month we are having a garden clinic where a panel consisting of Elizabeth Swane, Judy Horton and Sue Montgomery will be available to answer your questions about plants, flowers and pesky bugs. Each of them has their own specialty and they bring a wealth of knowledge to the club. Come and get that unidentified plant's name, find out how to rid your garden of those bugs and especially fungal diseases after all the rain and humidity. That flowering plant not flowering? Then ask one of our panel, it will be an interesting night.

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 8.00pm, new members are warmly welcomed. For other information, visit our website: www.galstongarden.com.au

The Rose Society of NSW Upper North Shore and Hills Region

We invite you to join us at the inaugural meeting of the Rose Society of NSW, Upper North Shore and Hills Region. We are meeting on 3rd Saturday month at "Birchgrove" 16 Fishburn Rd, Galston, 2 pm (Autumn and Winter), 4 pm (Spring and Summer) For inquiries email rsnswrosesecretary@gmail.com or call us to 9653 2202

Inaugural Meeting: Sunday 21st May 2017, 2pm (Registration 1.30pm) RSVP essential by 15th May



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WHAT'S ON

The Sydney Hills Branch of the Association of Independent Retirees

Friday 5th May, 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: Mark Young

Contact: 9634 1186

Bird Attracting Garden

Tuesday 9th May 10.00am to 11.30am

Annangrove Environment Centre

Create a diverse and attractive garden while at the same time establishing an important habitat for our threatened smaller birds and other small native animals. Dural Library.

Bookings Essential:

www.thehillsevenvironment.eventbrite.com.au

Contact: 9843 0555

Compost Enhancement

Thursday 11th May 10.00am to 11.30am

Annangrove Environment Centre

Discover ways to make your compost work more efficiently and effectively for you. Different methods to construct and keep a healthy, productive compost pile and bin included.

Bookings Essential:

www.thehillsevenvironment.eventbrite.com.au

Contact: 9843 0555

Red Cross, Castle Hill Branch

12th May, 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.

Habitat Walk, Fred Caterson Reserve

Saturday 13th May 10.00 to 12 Noon

Annangrove Environment Centre

Learn about the diversity of plants which provide food and shelter for local wildlife. Join in this easy stroll through the lower end of the rejuvenated Fred Caterson Reserve.

Bookings Essential:

www.thehillsevenvironment.eventbrite.com.au

Contact: 9843 0555

DURAL & DISTRICT PROSTATE CANCER SUPPORT GROUP

(Notice of New Venue)

15th May

BLUE GUM CENTRE

ARV - Glenhaven Green

599-607 Old Northern Road

Glenhaven

Dural Galston Probus Club

Thursday 18th May, 10am

The Galston Club, 21-25 Arcadia Road, Galston

Guest Speaker: Tom Ware "Stories of the Story Teller"

Contact: Anne 9653 1004

Mushroom Growing

Thursday 18th May 10.00am to 1.00pm

Annangrove Environment Centre

Discover all about growing your own gourmet mushrooms at home. Learn the basics of growing mushrooms in bags, logs and in the ground with very minimal outlay.

Bookings Essential:

www.thehillsevenvironment.eventbrite.com.au

Contact: 9843 0555

Galston VIEW Club

Wednesday 24th May, 2017

Dural Country Club

Guest Speakers: Merinda Air -- W.I.R.E.S. NSW Wildlife, Rescue and Education Service

Visitors are welcome.

Contact: Vivian 98941189

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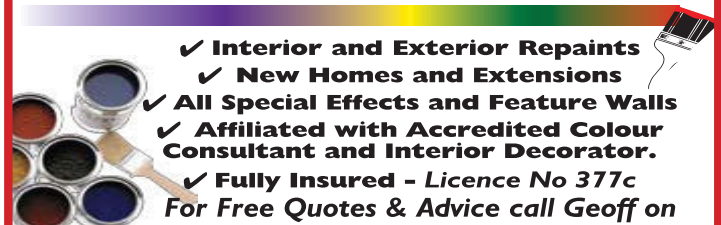
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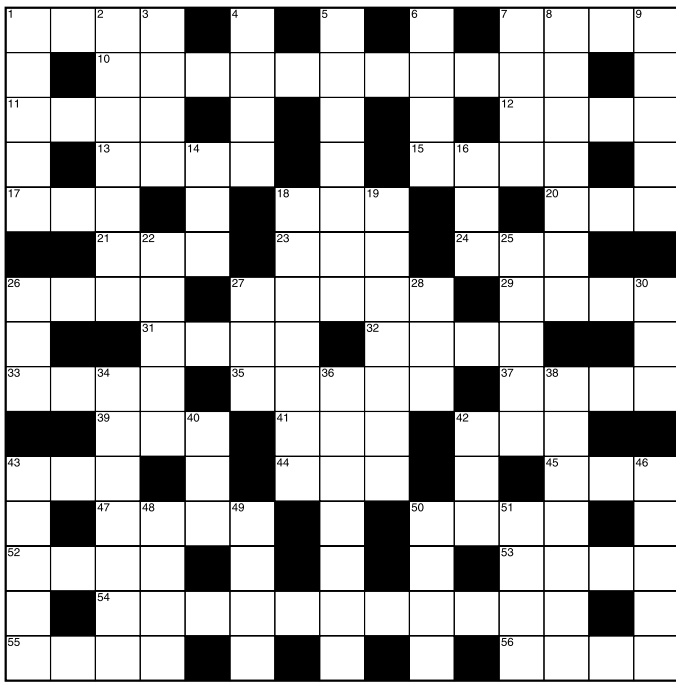
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ACROSS

- 1. Boiled fruit conserves
- 7. Bovine baby
- 10. Polar vessels
- 11. Minuscule amount
- 12. Beaten by tennis serve
- 13. Maple or poplar
- 15. Wordless play
- 17. Behold

- 18. Wood thickness
- 20. Bushranger, ... Kelly
- 21. Capture (criminal)
- 23. I am, we ...
- 24. Doleful
- 26. Blend
- 27. Fashion
- 29. Peace Prize city
- 31. MP's electorate
- 32. Bucket down

- 33. Repeat
- 35. Obstructive protest (3-2)
- 37. Story
- 39. Imitate
- 41. Gran
- 42. Niggle
- 43. Fling
- 44. Pop concert
- 45. Reproductive cells

- 47. Mountain goat
- 50. Racist group, Ku Klux ...
- 52. Snow monster
- 53. Mellow
- 54. Large-wingspan birds
- 55. Ritual
- 56. Cruel Roman emperor

DOWN

- 1. Fastens
- 2. Fingerless gloves
- 3. Wound blemish
- 4. Gifted
- 5. New Years Eve conviviality
- 6. Scud (of clouds)
- 7. Stuff
- 8. Rises
- 9. Paled
- 14. Dwindle
- 16. ... & outs
- 18. Stroking (dog)
- 19. Crying in pain
- 22. Greek fable writer
- 25. Main artery
- 26. Adversary
- 27. Crack task force (1,1,1)

- 28. Two or more eras
- 30. A solitary
- 34. Environment
- 36. Cuts to fit
- 38. Mentally anguish (over)
- 40. Make last, ... out
- 42. Nothing
- 43. Veneer
- 46. Of hearing
- 48. Digestive fluid
- 49. Yuletide
- 50. Snog
- 51. Prayer ending

Answer from April Issue



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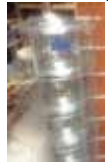
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GALSTON

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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The Galston, Glenorie and Hills Rural Community News

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Hornsby Shire Council	9847 6666
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Police - Castle Hill	9680 5399
Sydney Water	13 20 90
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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

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Cathy Vipond, Hills Accounting, Glenorie - 9652 2400
Vicki Brownless - 0423 727 826 (South Maroota area)
Ray Whiteman, Glenorie - 9652 2454 / 0400 008 083
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There will be a JP at Dural Library Wednesdays between 1pm and 3pm.
Hornsby Branch of the NSW Justices Association meets monthly at the
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