Galston, Glenorie & Hills Rural

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February 2017



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Quick Thinking Shop Workers Save Mum's Life

Who would have thought a trip to the doctors to get a script, and taking your first tablet could be life threatening, but that's what happened to Kristie Cavaleri. Fortunately she took that first tablet in Galston Village and not at home alone with her 17 month old daughter, Chelsea.

Kristie had an infection and was prescribed antibiotics at the Galston Family Medical Centre. She had taken antibiotics before so she wasn't concerned. She filled the script at Galston Village Pharmacy and whilst she was there, stopped and chatted to Kerrie and Vy. She took her first tablet as soon as her script was filled. Then she popped into Aldi for some shopping. Kylie Pace from Galston Newsagency just happened to be in Aldi at the same time. At the checkout, Kristie was beginning to feel unwell, and decided to return to the Pharmacy to sit down for a while.

Both Kylie and Kristie walked to the Pharmacy. Kylie noticed Kristie was looking unwell and commented to the Pharmacy staff. It then became clear that Kristie was having an anaphylactic episode, with red hands and swelling of the throat and neck, so eveyone moved into action. Kristie was placed comfortably on the floor, an ambulance was called, Chelsea was moved away and cared for and the Pharmacy closed its doors, for privacy. Kylie comforted Kristie, letting her know that Chelsea was OK and that her husband had been notified and was on his way and not to worry as everything was under control. Vy used an Epi-pen to try to stabilise the episode whilst they waited for the Ambulance. Due to the severity of the episode a second dose was administered prior to the Ambulance arriving. Once the Ambulance arrived, Kristie was stabilised and taken to hospital for further observation and treatment.

We are pleased to report that Kristie has made a full recovery and is now aware she is very allergic to the antibiotic Amoxycillian.

Kristie would like to thank Kylie, Vy and Kerrie and all the staff from Galston Village who rallied around and assisted her that day - it really was a life and death situation. She is also thankful to live in such a caring community that helped her and Chelsea so much that day.

She is also glad that she took that first tablet at the Pharmacy and not at home alone with Chelsea, as the outcome could have been very different.



Pictured L-R Dr Iman Mashhadi, Kristie & Chelsea, Kerrie, Kylie Vy and Jenny. Picture David Swift, Hills Shire Times





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The Galston Club Car Promotion Winner!

The Galston Club would like to congratulate Ingrid Cattley for being the winner of a brand new Toyota Yaris.

The club ran a successful car promotion over 6 months from July and culminating with the final draw on Dec 10 2016.

We would like to thank Lander Toyota for their support in this promotion.



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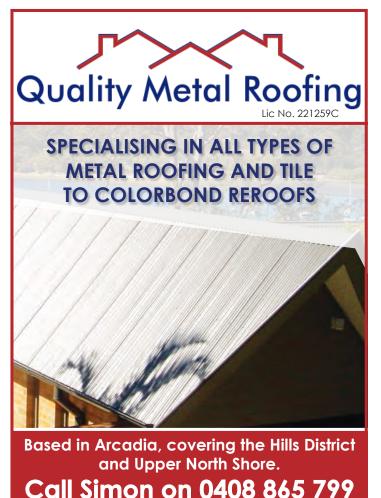
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Holistic Hydroponics is Planting Ideas on How to Grow

Alister, the owner of Holistic Hydroponics, is an inspired man and one with a wide reaching mission and clear vision.

He wants to encourage a love of gardening and to make it accessible to everyone regardless of their living space.

Holistic Hydroponics was established to not only help the commercial growers, who already know the benefits of growing using a hydroponic system but to introduce this method of growing to the balconies, porches, courtyards and backyards of anyone who would like the satisfaction of growing their own produce. This trouble free system takes the labour out of gardening and makes it fruitful and gratifying. What could be more satisfying than eating your own fresh harvest?

Alister can draw upon his 17 years of experience to give you all the advice you need on how to set up your own hydroponic system. From his recently established shop, in the industrial units at the end of Annangrove Rd (Windsor Rd end) he sells all the equipment, nutrients, growing media and substrates you will require to create your own urban oasis of colour, beauty and wholesome fresh produce.

If the "ready to go" setup doesn't suit your needs and you feel that you require a custom made hydroponic system then Alister is happy to visit the site to help inspire you with possibilities.

Why wait, see Alister today, plant tomorrow and in a few short weeks eat the rewards.

Alister lives by the motto of 'The Hemp, Health and Innovation Expo' whom Holistic Hydroponics are proud sponsors **'Planting Seeds and Growing Minds'**

If you would like to visit this years Expo it is being held at The Rosehill Gardens Exhibition Hall on the 27th -28th of May 2017.



Glenorie Environment Centre Looks for New Home

The Glenorie Environment and Creative Arts Centre has been asked by the school to vacate the current premises. After receiving the vacation notice a meeting between all community stakeholders was called to resolve the issues that have arisen. On the 14th January 2017, the 'moving on' meeting was held with the aim of determining how to move forward with the Environment Centre into the future.

The meeting was chaired by Councillor Michael Hutchence, deputy mayor of Hornsby Shire Council. Councillor Robyn Preston, deputy mayor of The Hills Shire Council was also in attendance.

The meeting was attended by approximately 50 community members. Volunteers were called for to help with documenting, packing and storing the contents of the Environment Centre for the move. As many specimens in the centre's collection were donated by community members in good faith, the move must be undertaken with great care.

It was clear at the meeting that the community values having an Environment Centre however a new location is the subject of ongoing discussions.

The Glenorie Environment and Creative Arts Centre was established in 1998 in what was the old fire brigade building which is located in the grounds of Glenorie Public School. The principal Col Westcott worked hard to retain this building for the School after the fire brigade had moved out because he felt that the involvement of school and community working together for the purpose of environmental and science education would be for the benefit of everyone. And it has been for the past 19 years.

The Streamwatch Program became the back bone of the Environment Centre. It has been a wonderful program opening up opportunities for school and community to interact with other schools and communities through mutual water testing meetings and events.

Whilst the Environment Centre has been very busy over the years with creek visitations throughout the entire district, wetland visits, many community events and hosting guest visits to the very special places in our amazing area there are some particular things we are especially proud of.

One of them is the work that has been done with the Hills Shire Council to identify Council, land owner and environmental requirements towards listing The Broadwater Wetland as a Wetland of International Importance under the RAMSAR convention (The listing has not happened because of a change of Government Policy).

Another program of a different nature was the Crofton weed eradication program which included Streamwatch water testing to check pollution levels with a process of weed removal. This program involved the whole catchment of Maroota Forest and numerous landowners. School children and community worked together to rid the Blue Gum wetland in Maroota Forest of the Crofton weed that was threatening the wetland.

The Environment Centre worked with Hornsby Council to improve the water quality in Glenorie Creek. When testing first began, there were hundreds of thousands of faecal coliform bacteria found in samples from this Creek. This level was reduced over the years through education and awareness programs, drain stencilling, dye testing by Hornsby Council and the construction of water retention pits.

The Environment Centre itself has become a natural history museum with a collection of objects that have been found in the unique natural environment surrounding Glenorie or given by people who generously wanted their specimens to be enjoyed by the wider community.

There was a small exhibition of photographs, awards and specimens from the Environment Centre on the day of the community meeting.

The Environment Centre must be vacated by the end of January however an extension until the end of February has been requested in light of the amount of work to be undertaken for the move.

An update on potential new locations will be published next month.



No More Constant Pain!

If you have an itch you can't scratch you may need Dr Craig to regain pain free flexibility.

Six months ago Dr Craig Hurter chose our community to start his own practice, 'Galston Health and Chiropractic' which is located above the Pharmacy near Aldi.

Craig believes he offers a unique and effective method of Chiropractic care where he focuses on finding the root cause then sets about fixing the problem for long term relief. To help achieve success he provides longer appointments, as this allows him to more deeply explore the problem at hand. By taking this extra time he is able treat the issue comprehensively and effectively.

Yvonne, a patient of Craig was so impressed that she wrote, 'Craig you are a legend. You are the only person who actually addressed and found the cause of the problem and then came up with a solution specific to the issues. I would highly recommend you as the unique and effective techniques you use really work, long term. Thank you for your great effort, advice and patience, you helped me get my life back!"

Craig holds a Master of Chiropractic degree as well as a Bachelor of Science in Anatomy & Physiology. The combination of these degrees has given him an in-depth knowledge of the human anatomy and its mechanical processes.

One of the unique services Craig offers is a home visit as he understands the nature of pain and how debilitating it can be. In order to help his patients achieve their goals he also provides rehabilitation and strengthening programs.

More information about the comprehensive service and ailments which which Craig treats can be found on his website.

Or just call into his clinic to meet the doctor who could be the answer to your chronic pain. (see contact details below).

Avalon's Comedy Fundraiser

On **Saturday 11th March 2017**, we are holding a fundraising **Comedy For a CauseNight** at The Galston Club to help fund Avalon's therapy costs and we would love to see everyone there!!!

Avalon is a five year old Galston girl who lives with Cerebral Palsy. Due to this condition she struggles to sit and cannot walk.

Every week she has to do hours of therapy to build her strength and balance

which will give her the best foundation to learn how to hopefully walk one day. The therapy is very successful, but along with the specialised equipment she needs, but it costs around \$50,000 each year.

The Galston Club have kindly offered to donate a room for the night, and we are appealing to businesses in the hope that you may be able to donate a gift or prize, which we can raffle or auction off at this fundraising event. If you are unable to do this, perhaps your business or organisation might like to make a donation at: www.avalonjadesjourney.com or a tax deductable donation at: http://www.sunshinebutterflies.com. au/2016/12/01/avalon-chamers-galston-nsw/

Tickets, which are \$35 pp, can be purchased at: **comedyforacause.net/AJ** Doors open 6.30pm Show starts 8pm.

It's going to be a super fun night, so come along and support our gorgeous girl in her journey to lead an independent life ©©© For further information, please contact Kristie on: 0459 933 954



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Glenorie Village Rural Roads Speed Limit??

A letter for all concerned residents of Glenorie

After well over 12months of contacting The Hills Council, RMS and Castle Hill Police voicing my concerns over speeding vehicles, in particular semi-trailers and B doubles on Whites Road, I was contacted by a representative from The Hills Council to inform me he had contacted RMS and was advised that any road around our village that is not signposted is 100kms/h. *I find this ludicrous*. I then thought back to the road rules where there is street lighting, so looked up the RMS website where it clearly states: **Default speed limits:** Where there is no posted speed limit sign, default speed limits apply.

In NSW there are two default speed limits, default urban speed limit for roads in built-up areas (ie where there are buildings next to the road or *where there is street lighting*) and a default speed limit for all other roads.

- Default urban speed limit is 50 km/h.
- Default speed limit for all other roads is 100 km/hr

I then rang council again, to tell said representative who tried to tell me that council don't usually light rural roads. I informed him that I have been a resident in this particular road since 1976 and it has always had street lighting, so he looked it up and conceded that yes, I was correct but it must have been some new rule. New - from at least 1976?! I also reminded him that from our previous discussions, the road had been signposted with a 50km sign but it had been removed. He will get back to RMS.

Unbelievable, in my eyes, that they not only won't listen to people who live here but are prepared to accept the 100km/hr where we have people who use these roads to walk as there are no footpaths, children who ride bikes and horse riders. Not just Whites Road but Boronia and Cairnes Roads, Sermelfi Drive and Harrison's Lane etc.

I urge residents to contact Council and the RMS to signpost these roads for the safety of our children, elderly and ourselves!

Name & Address supplied

Glenorie Progress Association Update

Glenorie Village Shopping Centre Development Update

Two members of the Glenorie Progress Association attended a Hills Shire Council Meeting in December. On the agenda was the reduction in building height to Shop Top Developments from 9m to 7m. This reduction in height was passed by Hills Shire Councillors, as they considered 9m too high for local shopping centre developments. (It now needs to be ratified by State Government).

As the above is not ratified yet, we understand it may not apply to the Glenorie Shopping Village DA. However amendments to plans have been made following the Community Consultation meeting. The most significant change is a reduction from 24 apartments to 20. Hills Shire Council have not approved, nor disapproved the DA, but due to time limits, we now understand the applicant, Tassie Pirina of Tazcol Pty Ltd, has taken the matter to the Land and Environment Court. We understand the matter should be heard in March 2017.

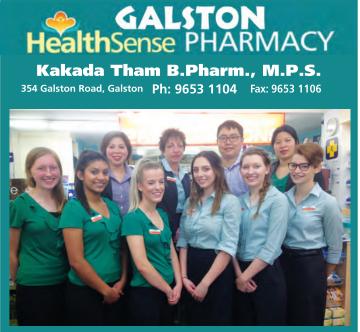
Look out for your Survey Form

The Glenorie Progress Association is canvassing views from the community as to what its priorities should be for the Glenorie District. Please look out for the forms, they are in many formats: paper; on our website; on facebook. We are YOUR association, please tell us your concerns.

Join Us - considering joining our association, its only \$10 per year. There will be a lot happening here over the coming year. You can join online at www.glenorieprogress.org.au, or you can just sign up for our newsletter, or simply read the minutes of our general meetings to keep up to date with what's happening. You can also follow us on facebook.com/glenorieprogressassociation

Our **next meeting will be Tuesday 14th February, 7.30pm** Glenorie RSL Club (downstairs function room).

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Galston Rural Fire Brigade News

By Kara Dubois

It has already been a busy start to the year for the Galston Rural Fire Brigade. Several crew members have been deployed in strike teams across NSW to assist in regional districts, we have had two members pass the heavy vehicle driving test, and we're focusing on training a further three members into crew leader roles.

We have also seen several total fire ban days already this fire season. A total fire ban means no fires out in the open. A total fire ban helps limit the potential of fires developing. During a Total Fire Ban you cannot light, maintain or use a fire in the open, or to carry out any activity in the open that causes, or is likely to cause, a fire.

February member profile: Brad Farckens

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

Brad: I joined the RFS in January 1994.

What is your role there?

Brad: I have held the positions as Equipment Officer, Vice President, Deputy Captain and currently hold the position as Senior Deputy Captain.

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

Brad: My fulltime job is subcontracting to Defence (Navy) as an electrical fitter.

It is also important to remember that ALL permits are suspended on total fire ban days. To learn more go to www.rfs.nsw.gov.au.

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.

> BRIGADE CONTACT DETAILS: Duty mobile: 0491 119 152 Email: info@galstonrfb.org.au

What made you join the RFS?

During the Christmas fires of 1993 my wife and I were stuck on the Pacific Highway for three days when we finally got back to Galston I went straight up to the local brigade and joined up.

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

Being part of the Emergency Services Parade down George St Sydney after the 2001 Christmas Fires, the public support was unbelievable.

What makes the RFS family so unique?

RFS members all have a common interest at heart, they are willing to give up their time for the good of the community, and always look out for each other.



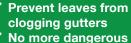
THE GALSTON CONCERTS 2017 SERIES Galston Uniting Church, 11 School Road, Galston Image: Ima

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The Galston Concerts - 2017 Series

Debbie Groarke/Helen Jordan

Normally if you want to see an international music act, you have to go into the city. But starting in February, world renowned musicians will be performing much closer to home, and at much less expensive prices.

The Galston Concerts will begin with Bernard Walz, an award winning international concert pianist. Bernard Walz is perhaps best known to local audiences as the director of the Good Old Days Concerts at the Sydney Town Hall, but he has also won three Mo awards (for Variety Instrumentalist of the Year) and given performances in New York, London and the Sydney Opera House. Walz also toured with the Phantom of the Opera production that starred Michael Crawford.

Mr Walz will launch the Galston Concert series on the grand piano at Galston Uniting Church, with the program expected to include Mozart, Debussy's Clare de Lune, a sprinkling of Gershwin and Rhapsody in Blue. He will be accompanied by Viola Plus on vocals.



The concert will begin at Galston Uniting Church at **2pm on the 19th February.**

Tickets cost \$40 each for adults, \$30 for seniors, and \$10 for high school and university students. Children under 12 have free entry if they are with an adult who has a ticket.

A subscription to all five performances in the Galston Concert Series costs \$170 for adults, \$130 for seniors, and \$50 for high school/university students.

Enquiries: Helen Jordan, 9653 2079 / 0425 339 841

Coming up in the Galston Concert Series: Sunday 30 April : Pacific Opera

Simon Kenway (pianist-conductor, Opera Australia) hosts Pacific Opera Young Artists singing favourites from opera, operetta, stage and screen. In Pacific Opera tradition the singers will likely become tomorrow's multi-national prize winners. A prelude to Pacific Opera's Opera by the Lake returning to Fagan Park in coming years, Galston guitarist Ben Secrett plays variations on vocal themes : Mozart's Magic Flute, Over the Rainbow, Beatles and more.

Sunday 30 July : Organ & Brass

Galston Uniting's historic organ welcomes the return of Pastor de Lasala prior to his annual recitals in France; trumpeter Bruce Hellmers returned from concerto performances in Rome, Venice, Salzburg, Vienna and Prague in late 2016; plus AOBO Principal Trombonist-composer Greg van der Struik. Music from J.S Bach through Classical and Romantic plus a fun Galston Galop world premiere to close! Rumours of Galston Young Performer contrast 'colours' too!

17 September : Lurline Chamber Orchestra

Past member of the Vienna Chamber Orchestra and of the ACO, Maria Lindsay of Duo Vermilion (Galston Concerts mid-2015 and early 2016) brings her Lurline Chamber Orchestra colleagues to Galston after their exciting Arcadia local debut in September 2016. Music for strings both Classical and popular: Mozart, Rossini, Schubert, Britten and added Gypsy flair with Monti's Czardas, plus concerto soloist prize winners from Galston's Mid-Year Mozart piano competitions.

22 October : The Galston Gala

Our finale previewing our 2018 series will feature music for voice, piano, organ, flute, strings, guitar. Friends returning pianist Tonya Lemoh, Viola Plus, Duo Vermilion, flautist James Kortum; friends new - mezzo-soprano Christina Wilson (after London and Paris concerts) with pianist husband Alan Hicks; and likely organist and guitarist Young Performers as prelude to our March 2018 Bach contests for strings!

Dural Fishing Club 2016 Awards

Once again the Dural Country Club Fishing Club Inc. members enjoyed another delicious Christmas lunch at the Dural Country Club. During the afternoon there was a presentation made to the winners of the 2016 Annual Awards, as follows:

Champion of Champions Estuary Champion Open Champion Charter Champion

Giuseppe Militello Bruce O'Toole **Giuseppe Militello** Udo Hoppe

The Tony Hudson Award was presented by John Pulio, President of the Dural Country Club, to Giuseppe Militello for the heaviest fish of the year being a 2.192kg Kingfish.

Various activities are enjoyed during the year including a monthly offshore charter, estuary and open fishing as well as organised fishing short stay holidays and social BBQs. Meetings are held at the Dural Country Club at 7:30pm on the fourth Tuesday of the month. Visitors and new members are always welcome to the meetings.

ENQUIRIES please phone President Vivienne Truelove on 0409 512 257



Bruce O'Toole, Gordon Lindsey, Ron Denyer, Ian Kalnins, Giuseppe Militello, Neville Chie and Udo Hoppe



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Round Corner Dental

In October of last year, well-known dental surgeon Dr Roy Robertson closed his doors at Number 12 Kenthurst Rd, and began an exciting new venture with Dr. Olivia Ignatiou at Round Corner Shopping Village.



However, it's not the first time Roy and Olivia have been working side by side!

Dr. Robertson originally set up practice in 1981, and for the last 35 years he has been providing top quality dental expertise and a friendly smile to families of the local community. Many of his long-time patients who began their dental care with Roy as children, are now bringing their own children to see him years later.

In the late 1990s, Roy employed a talented and intelligent young woman, Olivia, as a dental nurse. At the time, Olivia was searching for a career to dedicate herself to. She spent the year of 1998 developing a passion for dentistry and learning from Roy. She went on to study dentistry at the University of Sydney, graduating with Honours in 2003. She has now accumulated 13 years of experience, working in private practice both in Sydney and on the Central Coast.

Olivia and her husband Bruce, who also works locally as a real estate agent, live in Glenhaven with their four young

children.



Earlier last year, an opportunity came up at Round Corner for premises that would suit a new dental practice. Olivia has always stayed in touch with Roy, who inspired her career choice many years ago, and the timing

felt right. They had spoken many times over the years about working together. She has now returned and taken over Dr. Roy Robertson's practice. Roy is not retiring, and is working full time at the new premises with Olivia. They are looking forward to caring for the community together, and treat their patients like family.

The new premises is only 100m from the previous surgery, still in the Round Corner shopping village. For easy access, it is located at street level behind the NAB bank, next door to Jean Elle's shoe boutique and directly underneath the Tandoori Sizzler restaurant.

A detailed map can be found on the new practice website: www.roundcornerdental.com.au





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Go Vita Dural

Go Vita is Australia's largest health food coop, made up of over 150 independently owned and operated Go Vita Retail health shops across Australia. Go Vita Dural is at Shop 21/22-24 Kenthurst Rd Dural - Round Corner. This family run business is owned by mother Amanda and two daughters Holly and Stacey who are passionate about health. Go Vita Dural is so much more than just your standard health food shop! This health conscious team are creating a truly unique



experience for fellow health advocates! There will be bulk foods, healthy snacks, supplements, eco-friendly products and a clinic room within the store. Health practitioners Holly and Stacey are keen and eager to look after all your health needs!

Holly is a qualified Naturopath and Kinesoliogist and offers consultations. Stacey is a qualified Beauty Therapist, Personal Trainer and NLP Practitioner and offers advice in store.

Offering personalised, honest health advice and exceptional customer service in a relaxed environment is the girl's vision for this business.

You will find an incredible range of products at Go Vita



Dural from bulk foods, to foods suitable for paleo, gluten-free, vegan and vegetarian. There is a herbal dispensary, along with a wide range of health supplements, homeopathic remedies, sports nutrition, natural skin and hair care, baby foods and products for children's health, raw cakes and healthy snacks, natural ice cream and a range of health books.

If you are after personalised health advice, then Holly and Stacey are well qualified to help you. Holly holds a Diploma in Kinesiology and Advanced Diploma in Naturopathy and is also a yoga and meditation teacher. Her current interests are

in working with emotional health and wellbeing, and lifestyle choices and habits. Holly is especially interested in, "Learning how to decrease stress in our lives and understand ourselves more deeply as to why we react or make certain choices, I love to explore the subconscious mind and tap into this part of ourselves so we can create health and happiness in our everyday life. I have a strong passion for nutrition and food and I continually see the massive impact that food has on the way we act and feel."

Stacey is a beauty therapist of 17 years and also has continued to study in the areas of Ayurvedic treatments, Massage and Makeup artistry. Stacey says, "In 2000 I worked at the Sydney Olympic Games providing facial and massage treatments for the athletes and media professionals." Stacey is also a Certified Master Personal trainer, with additional training in Pilates, Nutrition, Neuro-linguistic programming, Hypnotherapy, Emotional freedom techniques, Transformative meditation, Reiki and Level 1 touch for health.

Why not pop into the shop to see the range of products and servies they provide. For more information contact: Stacey 0407 449 863



Would you like to have fun & make new friends whilst helping our local community??

Then Why not Join us at: **Galston Rotary Club**



As part of Rotary International, Galston Rotary has enjoyed a very close relationship within the Galston community for almost 40 years, and is highly respected for its long standing contribution to areas of need and assistance locally, as well as both nationally and internationally.

We meet at The Galston Club on a fortnightly basis on Tuesday evenings from 7.00 to around 8.30 pm to plan and coordinate projects and programs to assist the local and wider community, and to also socialize among like- minded men and women in a friendly and camaraderie environment. In addition, we enjoy a program of interesting guest speakers on a variety of topics.

We warmly welcome visitors and guests to attend our 'special' or guest speaker evenings in the New Year......without further obligation or involvement. Our forthcoming program of speakers will include:

- 7th February. Robyn Wait from the Hills Women's Refuge about their activities
- 21st February. Lynda Ben-Menashe from the Jewish Board of Deputies; activities in Israel, Syria & region.
- 7th March 2017. Julian Leeser MP Federal Member for Berowra

Please contact one of our Rotarians below to find out more: Rog Hilton (9653 2980) Richard Young (0414 366665) Kaye Fitzpatrick (9652 0685



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estephanrealty – 73 Cattai Ridge Road, Glenorie

Michael Estephan

estephanrealty.com.au

The Galston Club Presents: Bad Love: The Eric Clapton Story

The Galston Club is proud to announce the ultimate entertainment to kick off the New Year with - BAD LOVE: THE ERIC CLAPTON STORY.

A celebration of the genius guitarist and songwriter Eric Clapton through a full live band Clapton experience, BAD LOVE is a dream come true for music lovers. The show not only boasts 26 of Clapton's biggest hits, but also takes the audience on a journey through his life with dialogue and engaging story telling.

A great venue for meeting friends and family to celebrate those special occasions, The Galston Club was opened in 1968 and has remained one of the Hills District's most-loved venues; offering a relaxing environment in which to grab a fantastic meal and enjoy top-class entertainment with loved ones, without having to drive into the city.

Bad Love is the first in a monthly series of shows that the club has confirmed for the rest of the year and kicks off the series with a bang.

When: Saturday 25 February -

Show starts at 8pm, Bistro open at 5.30pm Where: The Galston, 21-25 Arcadia Road, Galston, Tickets priced at \$15 p-early bird, \$20 pre-sale and \$25 at the door.

www.galstonclub.com reception@galstonclub.com

Bookings essential through venue or Eventbrite Table reservations through venue only call: 9653 2017



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Dural and District Historical Society Galston Recreation Ground

Margaret McKinley, with references from Les Geelan's ""Memories of Value, 1819-1986"

"The Lands Department exercised sound judgement when surveying and selling Crown land of North Colah in the 1880's period. They set aside an area for a Recreation Ground and an adjoining block designated as a Water Reserve. These areas are now Galston Park and Sports Oval.



Pioneer Families' Tree Planting Ceremony at Centenary Celebrations. Hon. Alan Cadman, Bert Roughley & Mayor Mick Gallagher.

Early in the 1890's a group of

trustees was appointed to develop the Recreation Ground for public uses. An area of about two acres on the road frontage was cleared and levelled. Along the front a row of ornamental trees was planted and a circular graded bike track provided. An attractive weatherboard pavilion with stepped seating was built. The Trustees some of whom were John Waddell, Albert Thomas, Sam Geelan and Walter Hayes, worked hard to maintain and improve the Grounds. The spectator pavilion was burnt down by a bush fire in 1911, and was replaced, only to be demolished by a severe cyclone just after the Council had acquired the property from the Trustees. The Council reerected the building which lasted for many years

The Galston Annual Show of 1894 was staged in the newly completed Galston Recreation Ground, and from then annually until 1938. It was a very successful event, drawing such large attendances that it became the State's leading citrus Continue on next page

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exhibition. Spacious pavilions were built, mostly by volunteer labour, to house the large number of show entries The main features were champion wood chopping events, bike



races and horsemanship events.

Empire Day (24th May) Annual Sports were held here, including Maypole Dancing for the school children. Galston District Cricket Club was formed in August, 1896, and the Trustees laid a concrete pitch in the middle of the ground for them"

Hornsby Shire Council opened the heated swimming pool in October, 1969, and more recently added the skateboard rink, which has proved a great success. The covered area with seats and tables on the far side is used regularly for parties and gatherings. In 1994, the centenary of the park, trees were planted to commemorate some of the early settlers

The Cenotaph, erected in about 1920 to commemorate 60 local men who went to WW1, is in the north-east corner of the park. A cottage was built in about 1946 for the caretaker of the Recreation grounds and Sports field and his family. Mr. and Mrs Blaxland and their children were the first occupants. Mrs Blaxland served "afternoon teas" and was famous for her scones. Later others ran "The Galston Tea Rooms" until the Dural Historical Society, under the leadership of June Roughley, took over the lease. "History Cottage" is open for your enquiries on Wednesdays, from 1pm to 4pm and on Sundays, 10am to 4pm. **The first monthly meeting for this year will be held on Sat. 11th February, at 2pm. All welcome**





Same **reliable** owner, same **excellent** customer service, same **strong** local knowledge, same **convenient** location, same **honest** approach.

To celebrate, we are offering **FREE** advertising for any new Residential or Commercial Sales listing in February. **CALL US TODAY ON 9651 1109**

Glenorie Rural Fire Brigade News

Welcome to our first newsletter for 2017

Christmas 2016 was quiet on the fire front. Although Brigade Santa did have a few visits around Glenorie to keep us busy. A very big thank you to Glenorie Woolworths for their generous support of our Christmas Eve Santa run. And thank you too, to everyone who came out to share the fun.

Glenorie Woolworths

Manager, Brian is presented with a certificate of appreciation by the Brigade Captain Matt Lloyd accompanied by Colvin Ellis and James Wicking.



Total Fire Ban

January shaped up to be one of our hottest on record and with it we have had several Total Fire Bans. Heavy penalties apply to breaking the rules –

Do you know the rules? Here's a few common questions:



What is a TOTAL FIRE BAN?

A Total Fire Ban means no fires out in the open. A Total Fire Ban helps limit the potential of fires developing.

- During a Total Fire Ban you cannot light, maintain or use a fire in the open, or to carry out any activity in the open that causes, or is likely to cause, a fire.
- No general purpose hot works, such as welding or gas cutting can be done in the open.

What penalties are there for lighting a fire during a Total Fire Ban?

• Lighting a fire on a day of Total Fire Ban attracts an on the spot fine of \$2200. If the matter goes to court, you could

www.wisehealth.com.au

be subject to a fine of up to \$5500 and/or 12 months imprisonment.

Can I use an electric barbeque?

You can use an electric barbeque for cooking as long as:

- It is under the direct control of a responsible adult, who is present at all times while it is operating; and
- No combustible material is allowed within two metres at any time it is operating.

Can I use a gas barbeque?

You can use a gas barbeque under the following conditions: As above plus:

- you have an immediate and continuous supply of water;
- the BBQ is within 20 metres of a permanent private dwelling such as a home; or
- The BBQ is within a designated picnic area and the appliance is approved by Council, National Parks or State Forest.

Can I light a fire during a Total Fire Ban if I have a fire permit?

All permits are suspended on days of VERY HIGH FIRE DANGER and TOTAL FIRE BAN days. Permits may resume after the total fire ban is lifted, as long as the permit hasn't expired.

How do I know if it is a Total Fire Ban?

A Total Fire Ban is usually announced the previous day so check out the Fire Danger sign in front of Glenorie Woolworths, listen to the radio or watch the news for announcements..

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, 4th Sunday of the month in the grounds of Glenorie RSL. Facebook: Glenorie Rural Fire Brigade



Unit 7 346 Galston Rd Galston Lena Madry Adv Dip Nat, Dip Rem Mass

We All Deserve A Little "Me Time"

Luxe Elicious Beauty & Homewares is a new beauty salon that has opened in the Galston Village. Run by Liz Fox who has been a beauty therapist and part owner of Astro Soul Beauty & Body in Hornsby for over ten years. Liz has decided to open a new shop in Galston to be closer to her family and friends.

Liz offers a wide range of beauty services including Microdermabrasion, Skinstitut facials and products, all waxing, pedicures, manicures and spray tanning. Liz is here to help you to look and feel your best, while also revitalizing your mind, body and soul. She prides herself on attention to detail with all of her services.

Liz also hand makes a large range of beautiful 100% soy wax wood wick candles. Candles are one of the most enjoyable and affordable luxury items available to everyone

With Valentine's Day coming up, a candle or a gift voucher is a beautiful way to spoil that someone special in your life.

As a past resident of Galston, and now living in Glenorie Liz is looking forward to working in and supporting her local community.

Visit or call Liz for an appointment - 9653 2187.

luxe elicious BEAUTY & HOMEWARE

Stop the Stink

"If you don't eat, you don't poo and if you don't poo then you die"....true but what happens to all that poo?

Those living in the city or built up areas have the convenience of waste being flushed into a central system but for those in outlying areas installation of an Aerated Waste Treatment System is essential. Some properties still function on a trench system but this approach is being gradually replaced as they are problematic to our waterways.



Peter Ord

Generically known as envirocycles , all new builds are required by council to install an Aerated Wastewater Treatment System.

Councils have a strict code regarding installation and upkeep of these systems and once operational they require that the property owner arrange quarterly inspections and servicing from a qualified service technician.

Regular servicing of the aerated septic systems ensures optimal operation with no smells, no floods and aids the irrigation of gardens. If you feed them right and service them regularly aerated septic treatment systems will reward you and your garden with clear clean odourless water.

If you would like the benefit of a well maintained system and are not currently having regular services or if you are discontent with your current service schedule, then Peter will be happy assist.

You can be assured of a reliable, trustworthy and courteous service.

For my information on how the aerated system works please visit my website www.pureawts.com.au



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Men's Over 35 Social Football Competition

For the 2017 Winter Football season, Hills Hawks FC are delighted to announce that they will be running a Men's Over 35 Social Football Competition at Hayes Oval. Please pass this information on to any husbands, fathers, brothers, friends and family etc you know, who may be interested in taking part this year.

Hills Hawks are excited to be able to offer local men, the opportunity to play regular football in a social community setting. The aim of the competition is to engage as many local men as possible, some who may not have played recently, or ever, (for a variety of reasons) in our football community. The emphasis of the competition is on participation and enjoyment for all involved.

Over the last nine years the Hills Hawks Women's Competition has engaged mothers, sisters and friends of our male players in a highly successful social competition that continues to grow and prosper. We hope the Hills Hawks Men's Over 35 Social Football Competition will do the same for our local men.

The matches will take place on Hayes 4 on Saturday afternoons, and will run throughout the 2017 Winter GHFA season. It will be a 6-a-side format with matches being 20 minutes each way in duration. Ideally, we would like to run an 8 team competition with matches beginning around 1:30pm. We would envisage that 9-10 players is a good size for a squad for the season.The registration fee for Over 35s is \$195.00 before applying any discounts for family, earlybird etc. Please note that players registering in 11-a-side teams for 2017 are not eligible to play in this competition.

We would also welcome interest from anyone interested in refereeing all or some of the matches each weekend.

If you are interested in nominating a team, or as an individual player without a team, or would like to know more details, please contact Doug Fraser on 0423 030 677 or at jodidoug@gmail.com



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Wisemans Ferry Community Men's Shed

Happy New Year from all at the Men's Shed! We trust you all had a wonderful Christmas break and that 2017 showers us with good health and prosperity.

Our members have also had a good break and are now stuck back into completing our shed. We have almost completed the flooring and hope to have the roof on (weather permitting) very soon. Thank you to everyone



who has dropped in to give us a hand, you are amazing. We have worked through some very hot temperatures the last few weeks and there is still a lot to do but it is all worth it and we are excited to be getting closer to moving in. So not much else to report at the moment but there will be lots happening for next month.

Meanwhile if you are interested in joining or have enquiries, please contact Adrian on 0448 833 781.

Jazz at the Pines

The next Jazz at the Pines is on **Sunday 19th February** and features the popular 'Greg Poppleton and the Bakelite Broadcasters', starting at 12.30pm.

Location is Roughley House, 656 Old Northern Road, Dural. Tickets \$20 adults and \$15 concessions. Book online at www.jazzatthepines.org.au or phone 9651 4411. Tables can be booked for groups and individuals or simply turn up on the day with your chair, picnic rug and esky, there is plenty of room.



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HILLS HAWKS FOOTBALL CLUB 2017 SEASON

CLUE

U/6's – Over 45's, Ladles Full Field & Ladles & Mens Social Comp.

ALL REGISTRATIONS ONLINE VIA WEBSITE

REGISTRATIONS STILL AVAILABLE

EARLY BIRD DISCOUNTS FOR ALL REGISTRATIONS & PAYMENT RECEIVED PRIOR TO 5TH FEBRUARY 2017

GRADING DAY U8-18'S SUNDAY 5TH FEBRUARY. SEASON STARTS EARLY APRIL

New "Kickstart" Coaching & development program for U6 - U14

Ex-Socceroo Paul Wade returns as Technical Director for U15 - 045's All NEW U6 players will receive a free starters kit (ball, socks, shorts, kit bag)

For further details contact: Carolyn Dawson on 0412 996 779 or hhfcregistrar@gmail.com

www.hillshawksfc.com





WHAT'S ON DON'T MISS A THING



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SIGN UP AT THE BAR

The Dural Lady Bowlers

The Dural Lady Bowlers started 2017 as they finished 2016, with serious bowls in heatwave conditions. The final of the Drawn Fours was played and won by Dinie Smith, Christine Fitzgerald, Margaret Yeend and Judith Harris who outlasted Gwen Scott, Pam Hilder, Diane Trovato and Terri Hezlett. The match was completed in time to receive the President's Fours Trophy at the Presentation Night which was held jointly with the men's club in the Country Club Auditorium where the families shared a delicious meal and good company.



Left to right, J. Harris, M. Yeend, C. Fitzgerald, D. Smith, G. Scott, P. Hilder, D. Trovato, T. Hezlett

The Dural Lady Bowlers are looking forward to hosting their Summer Carnival on February 27, when teams of four from far and wide come for the prize money provided by TJ Andrews and Living Choice Retirement village. There are still some vacancies for teams who may have not yet entered.

Rainfall Chart

Rainfall recorded Galston period 17/10/2016 to 16/11/2016 is 34mm

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FE As your MP, I am here to help in any way I can. Please contact my office if I can be of assistance.

🕋 Level 11, 423 Pennant Hills Road, Pennant Hills NSW 2120 🕋 (02) 9980 1822 🞯 julian.leeser.mp@aph.gov.au 💿 julianleeser.com.au 🕤 julianleesermp Authorised by Julian Leeser MP, level 11, 423 Pennant Hills Road, Pennant Hills NSW 2120.

The Sydney Hills Branch of the Association of Independent Retirees

The Sydney Hills Branch of the Association of Independent Retirees will commence their year with an interesting line up of speakers.

Our next meeting will be held on Friday 3rd February, 2017. Beecroft Presbyterian Church Hall, Welham Street Beecroft. Meeting will commence at 10.30 am.

We are very excited with our line up of guest speakers for 2017. COME ALONG & 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.

President: Lauris Rennie Phone: 9634 1186





Asian Buffet Night! Every Thursday



Enjoy a variety of Chef's selected Asian dishes.

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- \$25 per adult
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Want to play soccer?

You are invited to join the Hills Pumas Football Club

Under 6 to All Age teams. Playing in the Hills Association. Club coaching for all junior players!

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Hills Hawks FC Coaching 2017

This year HHFC will be expanding on the minis coaching programme. We have engaged Soccer Kickstart to run a Cooperative Training Model for our Under 6 – Under 9 kids on a Tuesday night. This will be complimented by additional training opportunities for our U10 – U14's also on a Tuesday Night.

The Cooperative Training Model is a concept created by Soccer Kickstart and it has been successfully delivered for the past 10 years to over 20 Clubs in 4 different associations across Sydney. The concept is based on educating club coaches to deliver best practice, providing a professional and structured training environment in order to maximise results and overall enjoyment for all involved. The program is aligned with the FFA curriculum.

What is Cooperative Coaching/Training?

- A Soccer Kickstart Coach Development Officer will deliver a fun packed in service to all club coaches involved in the program, setting them up with the right tools to understand all exercises and objectives as well as dealing with challenging situations that may arise.
- Teams of similar age train in the one time slot allocated by the club
- A Kickstart Head Coach (KHC) pre-sets all the equipment for training
- A simple/objective Program is emailed weekly to managers/coaches
- Each team is accompanied by their coach
- The coach and their helpers complete the variety of stations set up by the KHC working towards a session 'theme' based on a core skill.
- The KHC will inform the teams when to rotate and will help groups attain a higher level of training by developing the coaches.
- The program is highly structured with core skill development and game training understanding. The KHC will follow this program.
- A conditioned World Cup is held every 4 weeks which is completely run by the Kickstart Head Coach with the training coaches support.

This session is designed to focus on game play specific improvement areas, that are identified by team coaches and communicated to the cooperative lead coach.



Paul Wade will once again be looking after sessions on a Wednesday night for all those interested from U15 to AA and O45. More detail to follow soon.

Eastbend News

At the Eastbend Rural Communications AGM in November last year the same Committee was returned. Earlier in the year, a new computer and accessories were purchased, partly funded by a donation from Bendigo Bank. A certificate of thanks was presented to the bank with a copy included in Living Heritage.

On **Monday February 20th** there will be a quarterly meeting at the Resource Centre, Maroota Public School. Among items to be discussed will be the ongoing co-operation between Living Heritage and Forgotten Valley Views, which has been well received since its incorporation last year.

We will also be addressing issues concerning local applications for Rural Cluster Subdivision.

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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3 FEBRUARY

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Aleisha McDonald Local talent from the singer songwriter who has been wow-ing audiences.

10 FEBRUARY

Froyo A fun-toting pop act with a taste for the 80s. LC Beats

Christo Jones One man multi-instrumentalist performing beautifully twisted symphonic-pop tunes.

17 FEBRUARY

Le Pie Pop music that is as vulnerable and dark, as it is uplifting and gorgeous.

David Sharp From the soul singing swinging sixties to present day popular music, Sharp's style is the product of musical evolution.

24 FEBRUARY

BUOY

Striking vocals amidst a haunting instrumental

Bow and Arrow Bow and Arrow are an eccentric husband and wife duo thatperform electro-soul.

For more information visit hornsby.nsw.gov.au/sunset #sunsethby







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Recycle your mobile with MobileMuster in January or February and OzHarvest will deliver a meal to an Australian in need.

Go to our website to see how to help: hornsby.nsw.gov.au/mobileforameal



CHARITIES RELY ON **DONATIONS NOT RUBBISH**

To find out how to best dispose of your items visit hornsby.nsw.gov.au/waste or phone Council's Waste Hotline on 9847 4856.



Community Recycling Centre

A new Community Recycling Centre will be opening in 2017 at Sefton Road, Thornleigh. To keep up to date and more information visit hornsby.nsw.gov.au/crc

MAYOR'S MESSAGE

Hornsby Shire Council is about to embark on the largest and most exciting project in its history - the rehabilitation of Hornsby Quarry and the creation of a massive new park that will become our chief landmark for future generations.

That's where you come in. We want to hear your ideas about what should be included in the new parkland. What are the activities and features that get you excited? What would you like to place in this new park that you're helping us design from the ground up?

The public consultation will begin soon, so visit hornsbypark.com.au to have your say.

Steve Russell Mayor Hornsby Shire Council

f

D

You





27

For more information visit

Budgerigar Society of NSW Inc. Hills Branch – Ray Galbraith.

With the 2016 breeding season generally at an end, most breeder/ exhibitors will endeavour to miss the worse of the hot conditions over the summer months. As part of the preparation associated with showing is the regular spraying of the birds, to improve the birds' condition and general good health. Over recent weeks the



extreme heat being experienced has seen the spraying also serving to improve the aviary environment for the birds, whilst also providing an enjoyable interest for the birds.

The average budgerigar kept as a pet should have the spraying of cool fresh clean water as a regular event during the hot weather. Use of a hand held non-pressurised spray bottle is ideal. On completion of the spraying, the bird should be kept clear of drafts and air-conditioning / fan appliances.

The Royal Agricultural Society has announced a Caged Birds closing date of the 22nd February 2017, with the show being conducted during the 6th and 7th of April 2017.

This year 2017 Caged Birds Show as part of the Royal Easter Show experience will be held in the new location at the Pet Pavilion in Hall 3 on Riverina Avenue. The hall will be open to the public between the hours of 9-30am to 8-30pm on the above dates. In conjunction with Caged Bird Exhibition, a number of trade stands will be available for the general public along with a pet related entertainment arena. February is a busy month for shows, with the following branches holding their Annual Show namely; Illawarra 5th, Shoalhaven 12th, Northern NSW 18th, St George 19th , Canberra 26th, and Newcastle 26th also. Hills Branch will hold its Annual Show on the 5th March at the Don Moore Community Centre at North Rocks Road, North Rocks. and will be open to the general public from 12 noon, with free admission.

Like to be part of a hobby which caters for all age groups, individuals , family groups or partnerships then contact should be made with Peter Dodd, by telephoning 9888-5631 or peter_dodd@primus.com.au

Team TRIUMPHant Walkabout 200 teams, 3,800kms,7 days tin the outback in Shitbox Rally

PICTURE THIS!!! You buy a car for under \$1,000, decorate it in an outrageous fashion and join 200 like-minded teams from around Australia. Now to be eligible you need to raise \$4,000 as a donation for the Cancer Council. Next you drive the car through outback Australia from Adelaide via Roxby Downs, the Oodnadatta Track, Alice Springs, the Plenty Highway, Mt Isa, Normanton, Einasleigh and on to Cairns, over \$3,800 klms in 7 days. There the car is auctioned off and the proceeds also go to the Cancer Council.

Meet Glenorie team - Lorraine Mooring and her daughter Kerrie as co-driver. Kerrie is a busy mother of 3. The children will be looked after by hubby Dave, Pastor of the Penrith Church of Christ, for the duration of the rally.

As a retiree, Lorraine has more time for leisure pursuits with the Triumph Sports Owners Association, Hills Masters Swimming and her new venture with the Rural Fire Service.

Having a family member suffer from Non Hodgkins Lymphoma they wanted to help raise funds for research into finding a cure for all types of cancer. To help them raise money, **please donate to** TRIUMPHant Walkabout at www. shitboxrallyau-2017.everydayhero.com/au/triumphantwalkabout





Members Badge Draw NOW on Wednesday & Friday nights between 6:30pm and 9:30pm

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Amount may vary at time of draw. Actual amount shown may have already been claimed at time of publication. LTPS/13/06263

information for members & their guests. ADDRESS: 21-25 Arcadia Road, Galston, 2159 PHONE: 9653 2017 WEBSITE: www.galstonclub.com.au

	SPARE FLIGED
MONDAYS	TUESDAYS
 \$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 	 \$14 Curry with a free schooner of beer or glass of wine \$12.00 Lunch specials
WEDNESDAYS	THURSDAYS
 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 7.30pm Raffle tickets on sale 7.00pm Total Value of Raffles \$500 Members Happy Hour Mon – Fri 4-5pm 	 \$14 Schnitzel with a free schooner of beer or glass of wine \$12.00 Lunch specials APL Poker Cash Prize \$180 Plus Jackpot* Pool Competition Max Prize \$200*
FRIDAYS	SATURDAYS
 \$12.00 Lunch specials Monster raffle, 50 prizes to be won, tickets on sale 7.00pm Total Value of Raffles \$1500 	 \$12.00 Lunch specials
* Depending on the number of participants	

FRIDAY MORNING



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SAT MARCH 18	Remembering the Carpenters (Presented by Lisa Budin)
SAT APRIL 8	The Blues Brothers
SAT MAY 27	The Lifestory of Elvis Presley (Presented by Allen McDonald)
SAT JUNE 24	Let Me Be Frank: A Frank Sinatra Tribute
SAT JULY 29	Wired for Sound: A Tribute to Sir Cliff Richard and the Shadows

THE GALSTON CLUB. 8PM. BISTRO OPENS AT 5:30PM. TICKETS AT VENUE OR EVENTBRITE TICKETS \$15 EARLY BIRD, \$20 PRE-SALE, \$25 AT THE DOOR

FOOTY TIPPING 2017 Register Now for the 2017 Footy Tipping Competition \$50 Entry Club will add \$1000 to Pool STARTS THURS 2ND MARCH

Wanted ... 6 Good Men

An ambitious and progressive, local manufacturing company is recruiting, as part of its 2017 expansion program. Australian Pump Industries, based in Gladstone Road, Castle Hill, is one of Australia's leading pump manufacturers and suppliers. The company supplies not only right throughout Australia and the South Pacific, but into the Middle East, South East Asia and even Africa and Europe.

"Our recruitment program, called "Wanted ... Six Good Men" is all about building an elite team that will take Aussie Pump into its next level of development." said Aussie Pumps Brad Farrugia.

Australian Pump is deeply involved in the "drought proofing of Australia". Providing sufficient water is vital for the country to be able to expand the agriculture, mining and construction industries. "No matter how you look at it, the conservation, harvesting and enlarging of water resources are absolutely essential matters that should concern all citizens". said Barnaby Joyce, our Deputy Prime Minister.

The new jobs are being created include clerical staff, preferably with some international expertise or understanding, sales and marketing interns, an additional mechanical engineer and even a media manager to handle both domestic and international communications.

Aussie Pumps is a particularly innovative Australian business that can provide worthwhile employment opportunities for the right people! The company has an extensive training program and a policy of continuous staff development to help people grow!

Further information on Australian Pump Industries is available from the website, check out the latest employment opportunities on www.aussiepumps.com.au



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- 5. Media manager
- [Literate? Creative? this could be you!]

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Galston CWA News

This new year we will be conducting a cooking competition on the **23rd February**. Details will be announced at our February meeting. Everyone, not just members are welcome to enter. Some of the items for judging are Bhubarb and Ginger Iam. Coconut Cake and



welcome to enter. Some of the items for judging are Rhubarb and Ginger Jam, Coconut Cake and also a Children's Section- Anzac Biscuits. Recipes and rules are available from our group and will be published on our Facebook page closer to the date.

We are always looking for new members if you are interested please drop by. Our general members range in age from 30 years to 90+. Junior members also welcome. If you are interested in joining please contact the numbers below.

Our next meeting will be on **Wednesday February 8th.** Craft/ Activities from 10am with lunch and meeting to follow.

We meet at the Galston Health & Community Centre, cnr Glade and 17 Arcadia Road, Galston. Visitors are most welcome to attend.

Donations of material and other items also welcome. Please visit our facebook page for details of specific items. www.facebook.com/CWAGalston. For more details please contact; Janet-9653 2402 or Melissa 0408626978

Heidi Edwards Family Fund - AGM

The AGM for the Fund will be held on **Wednesday 15th February 2017** at the Galston Club. The meeting will open at 7.30pm



FOR MORE INFORMATION PLEASE VISIT

www.galstonnc.nsw.netball.com.au

Galston Equestrian Club - Lucky members have access to a variety of opportunities!

Our membership registration day is Saturday 4th February at the RSF grounds (cnr Bayfield and Mansfield Roads, Galston) from 10.00am to 12.00 noon. You can also join online...see our website for details. Only \$100.00 for new members and \$70.00 for returning members - this will be the best value for money you will spend this year!

We have another very busy year planned for our members ... apart from the dressage and show jumping training days and competitions, we have horsemanship fun days, agility days, interesting talks on a Thursday evening at the Galston Club which are open to the general public, working equitation, dressage protocol and training days, combined training, légèreté (more explanation of that later) and clicker training

using positive reinforcement with Georgia Bruce, plus more! There is something for everyone!

We start the year with a show jumping clinic with NCAS Level 1 coach Keira Byrnes on 12th February. Keira competes several horses at various levels in both show-jumping and eventing and has completed 4* in Adelaide on her special horse, Fox Hill, four years running. She owns 10 horses and has some potential 3 and 4 star horses coming along. She also trains horses for other riders. See the website for details.

The Galston Equestrian Club has introduced a new phase of "Classical Dressage" known as the Ecole de Légèreté (School of Lightness or "Légèreté School"). The Légèreté School is an



James Roberts with Certificate of Appreciation join our friendly team and have some fun.

James Roberts, the manager of the

Galston Club, accepted our Certificate of Appreciation, for their generous donation which we used to purchase a new blue and white jump for the club, which delighted the show jumping members. Thank you for your support.

Upcoming events:

12th March - Horsemanship fun day and dressage training day 26th March - Members Only Dressage Competition 9th April - Show Jumping Competition AM7

Check our Facebook and our website for up to date information. http://www.galstonequestrianclub.org.au/

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efficient training concept fully respecting the nature of the horse, developed by the French riding master Philippe Karl, former Ecuyer (rider) of the Cadre Noir in Saumur, France. We will be starting classes on 12th February - the flyer with more information will be available soon. Come and give it a try!

Sunday 26th February will see one of our popular clear round show jumping days. It is not a competition as such, but ribbons will be awarded for every clear round jumped. It is intended to be a fun and encouraging day, with classes starting at cross rails, and going up to 1 metre. It is open to all members and EA members. Entry is on the day and we hope you will

News from Galston High School

Outstanding HSC Results

Congratulations to our Galston High School 2016 HSC students who have achieved outstanding results.

We congratulate Dean Wunder who achieved an ATAR of 97.45, making him the 2016 Dux of Galston High School. Seven other students also gained an ATAR above 90 and are recognised for their Distinguished All Round Academic Achievement:

Lucy Anderson Sean McCauley Shivan Mudalier Annabelle Pearce





Phoebe Scutts Geoffrey Sutherland

Sarina Randoja

Sarina Randoja

Galston High School has placed in the top 200 schools at 187 - a remarkable achievement for a fully comprehensive coeducational high school, and placed 42nd out of all government comprehensive high schools across the state. 25% of our students scored at least one Band 6 (mark of 90 or higher) placing them on the BOSTES Distinguished Achievers List. 17% of students gained a Band 6 in two or more subjects. 73% of students scored at least one subject above 80 marks (Band 5 or higher). Year 12 achieved 31 Band 6/E4 results and 110 Band 5 results.

Galston High School congratulates all Year 12 students on these impressive results and wish them well in their futures. We will be acknowledging these fine results at the High Achievers Assembly on Tuesday 7th February 2017.

Hills Shire Autumn Walks Program

Friday 24 February 8.00 pm to 10 00 pm Night Walk Scaly Bark Creek Kenthurst. Experience the sights and sounds of the bush after dark. This walk is along a creek valley where the swamp mahoganies provide ideal habitat for yellow bellied gliders. Sugar gliders and wallabies can be heard and sometimes seen. Note this walk includes a steep ascent and descent More details Jennifer 0407 456 577



On a high note

Learning music sets children up for success in all sorts of ways, academically and socially and the music program at Arcadia Public School is grooving along from strength to strength. Our fabulous band program continues to expand with students from Years 3 to 6 choosing to learn a wide range of instruments from the drums to the trombone. 2017 is the third year of the Olivia Carter band scholarship. This generous scholarship encourages and nurtures a love of music and performance



in our students and to date has funded instrument hire and repair, music tuition, as well as, attendance at band camp for a number of our students. Keep an ear out for the Arcadia Public School band as they perform at school functions, local preschools and Rowland Village throughout the year. The photo shows Ashley in Year 3 performing a solo piece at a recent musical showcase at our beautiful school.

The Galston Branch of the Bendigo Bank has once again shown the value they place in supporting quality educational initiatives. At the end of 2016 they donated \$3000 to our school for the purchase of the Macquarie University Macqlit reading resource. Thank you for your generosity Bendigo Bank. You make a real difference in the community!

Visit our website www.arcadiaschool.com or phone the school on 96531207 to learn more about the quality programs offered at Arcadia Public School.

Dural Prostate

Date of next meeting: 20th February, 2017 Venue: Dural Country Club, 662A Old Northern Rd Dural. **Time:** 7:00 pm for 7:15 pm Men with prostate cancer and their carers/families invited to meet new friends and speak to health professionals. Speaker: Lauren Reeves - Nutritionist For further information call Denis 9629-2645 or Maurice 9654-2138

Galston Medical Centre

Dr Graham Campbell Dr Elizabeth Rayment

Dr Joyce Beardsell

Dr. Mohammed Ansary

By Appointment 9653 2133

31 Arcadia Road, Galston, NSW 2159





Annangrove Preschool Kindergarten

Cuddly guinea pigs:

The children in the preschool room take pride in caring for our 3 guinea pigs. In this hot weather we have been discussing the importance of keeping fresh water available. Through our research with the children we also learnt that it is important for guinea pigs to eat foods such as oranges for vitamin C.

Plant smiles, grow laughter and harvest love:

The flowers of tomorrow are the seeds of today. So it is time to get gardening! The children have noticed that while we have been away on summer holidays the garden has been busy growing. We have come back to tall corn, bushy parsley and yummy capsicums. While tending to our mature plants we also planted some new seeds. It was decided to plant more colourful flowers in the garden in the hope of attracting butterflies. Luckily we have plenty of watering cans to share around as all the children are eager to help care for the garden.

Rainbow Fish:

Welcoming new and familiar faces into the preschool room during our first week of January brought about many discussions surrounding friendship. The Rainbow Fish story provides the perfect introduction to exploring ideas and thoughts surrounding how to be kind to others. The children contributed their own suggestions on how we can be kind such as sharing turns on the slide, helping a friend who is sad and listening to other's feelings. Following our discussions the children enthusiastically headed to the tables to create their own colourful and individual rainbow fish.

Children feel safe, secure and supported:

Furthermore to our investigation into friendships we have used the

interactive whiteboard to research songs and stories. This lead us to find information on 'What makes a good friend' the children were pleased to find they share many traits as displayed in the story. As a group the children also reflected that they appreciate other children's effort to be kind and caring. Continuing to the tables the children drew pictures



of themselves with their friends, contributed their fingerprints to our friendship tree and handprints to our wreath.

Red Cross, Castle Hill Branch

Red Cross, Castle Hill Branch will hold it's next meeting at a new temporary address for the year, at **9a.m. on 10th February 2017**:

Room 1, Castle Glen, 157 Ridgecrop Drive, Knightsbridge, Castle Hill. Parking - at lower end of Knightsbridge Shopping Centre and local Bus routes available. We hope to see you there. For details and Branch Enquiries 8850.7056.

Galston VIEW Club

Galston VIEW Club, a part of The Smith Family, meet every fourth Wednesday of the month, at the Dural Country Club.

The Ladies enjoy a lovely lunch, followed by a speaker, their overall aim is to promote friendship, and also raise money to help The Smith Family in their Learning for Life program. We currently sponsor five of these disadvantaged Australian children whose family are unable to provide them with uniforms, books, also money for School outings.

Our next meeting will be **Wednesday, 22nd February 2017,** at 11am. The speaker will be Deryl Mason, speaking about the Botanic Gardens. For more information, please ring Vivien on 98941189.



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Hills Grammar's Top Girls

It was smiles all round at the Hills Grammar HSC Afternoon Tea as the staff and students celebrated the results of their hard work and dedication. Out of the School's 77 candidates, 21 boys and 14 girls were named as Distinguished Achievers (scoring over 90% in at least one subject).

Top honours went to Anna Coote with an ATAR of 99.85 and Rose Fuggle - both placing in the top 20 in the State for Business Studies and General Mathematics 2. The creative and performing arts recognised the talents of three young ladies nominated for HSC Showcases; Rose Fuggle for OnStage (Drama), Georgia Croft for Callback (Dance) and Kyna Diancin for ENCORE (Music).

Sharing Dux of the School honours, Anna and Rose are both studying law degrees; Anna at ANU with a double degree in Politics, Philosophy and Economics and Rose at the University of Sydney with International and Global Studies, placing her for a year in Padova, Italy.

"I believe my success was largely due to my mantra 'wherever you are, be all there' which helped me separate home and school, study and leisure," Rose commented.

Anna agreed, "Focussing from day one on every task at hand, having teachers who were committed to supporting your goals and being surrounded by peers with a similar mind-set created an atmosphere for success."

Georgia Croft's dance was selected for the Callback HSC Showcase and she faced a different challenge, "I was accepted into my chosen dance course before the HSC commenced so it was really important to maintain the motivation and focus to achieving the marks I had set as my goal."

Newly appointed Principal Michael Smith commented, "Hills Grammar's 2016 HSC cohort had every reason to be proud as they displayed what can be achieved with sustained effort, a supportive learning environment and a genuine passion for learning."

The School was placed 71st in the SMH Top 100 schools and 4th in the 'Movers and Shakers', denoting a great improvement in ranking from 2015 to 2016. "However, HSC statistics



HSC Showcase nominees Rose Fuggle, Georgia Croft and Kyna Diancin

only tell part of the educational journey that Hills Grammar graduates experience whilst students at the School; it is also the development of character, citizenship, creative thinking and confidence which distinguishes our graduates as future leaders and contributors to the communities they will enter and serve. I have no doubt we will be hearing of the achievements and successes, academic and otherwise, of the Class of 2016, well into their promising futures".

Glenorie Mssion Church

"In the beginning God created the heavens and the earth." Genesis 1:1

Here we are at the beginning of a new year, freshly equipped with New Year's resolutions, ambitions and good intentions for the year ahead. It's great to make a fresh start, wipe the slate clean and try to improve our situation and our lives. Usually however we run out of steam, things don't quite go as planned or we fall back into old habits. We strive for perfection in a less than perfect world. It's impossible to get it right especially if we rely on our own abilities, but it wasn't always like that

Continue on next page



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In the beginning God created the heavens and the earth. God said, "Let there be light." and there was light. He separated the light from darkness. The light He called day and the darkness He called night, and there was evening and morning - the first day. God set in place the sky, the oceans and the dry land. God said, "Let the land produce vegetation, seed bearing plants and trees." and it was so. God made the stars, the sun and the moon. God made the creatures of the oceans and filled the sky with birds. God made all the animals. Finally, God made man. God saw all that he had made and it was very good.

That means it was perfect. God's creation including mankind, in the beginning was perfect, without flaw. God and man were in harmony and enjoyed a close personal relationship. How far have we fallen, now because of our sin, our wickedness, there is a great divide between man and God. Mankind has substituted greed, violence, sickness, misery and death for perfection.

But there is hope, all is not lost, God has thrown mankind a lifeline, a thin shimmering life line that is offered freely to all of us, ready to pull us from the abyss. Jesus Christ is that lifeline, our only hope. If you're looking to put things right this year make finding out about Jesus Christ your priority. Join us at Glenorie Mission Church at 10.15 am Sunday mornings and we'll do our best to point you in the right direction.

"If you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved." Romans10:9

To hear more come and visit us on Sundays at 10:15 am.

The speakers for this month are:-5th Feb. Dr Cedric Gibbs, 12th Feb. Rev. Ray Evans, 19th Feb. Rev. Gerald Beckett, 25th Feb. Mr Alan Nicolson.

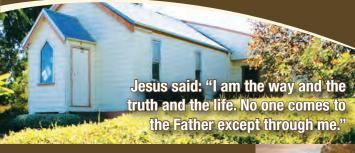
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Sunday Service and Sunday School 10:15am Girls' Brigade, Tuesdays 6.30pm www.glenoriemission.org

St Madeleine's Parish

Only a few short weeks ago, St Madeleine's Parish came together at the family Christmas Eve mass with over 2000 people to celebrate the birth of Jesus. Our celebration started with a humorous pageant about Joseph and Mary's journey to Bethlehem and the trouble they had getting a place to stay. During the Mass the singing was joyful and happy and we saw the story of Jesus and His family acted out again as Fr. Vincent read from the Gospel. The children who participated were fantastic and as the picture shows it was a wonderful way to start the Christmas season. A happy and safe new year to all.



The First Annual Begonia and Frangipani Weekend

25th & 26th February 2017 Saturday 10-4 Sunday 10-3p.m. 226 Annangrove Rd Annangrove (02) 9679 1386 Displays, demonstrations & talks. Plants for sale. Light refreshments. Gold coin donation. begoniansw.com.au

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News from St Benedict's

St Benedict's Christmas Celebrations

We had many wonderful celebrations over the Christmas period and anyone who thinks that the true meaning of Christmas has been swamped by modern life should check out St Benedict's. Particularly our 'Spirit of Giving' Christmas Dinner on Christmas night, a get together to which those on their own are specially invited, was a great success with all present enjoying lots of yummy food and joining in with the carol singing.

Our newly re-convened local St Vincent De Paul Society Conference collected and distributed Christmas hampers to local families in need, once again sharing and demonstrating the true meaning of Christmas.



Bishop Peter's visit

On the weekend of 10th and 11th December we welcomed Bishop Peter Comensoli to our parish. On the Saturday afternoon the bishop was taken on a driving tour of the district and, as a result, he commented on how fortunate we are to live in such a beautiful area. He made a special request to visit Rowland Village, where he joined in a happy afternoon tea hosted by some of the parishioners who live at the village.

Bishop Peter then officiated at the Saturday evening and Sunday morning Masses, where he met with as many parishioners as possible. After the Sunday morning Mass, the bishop chaired a more formal gathering where he canvassed parishioners' views on the future of the parish.

At the 9am Sunday Mass, the bishop presented five of our catechists, the people who take the word of God into our local schools, with certificates recognising their years of service in the classroom. Picture shows Margaret Florian, Gebran Azzi, Nancy Kazzi, Lisa Welsman and Karen Brown with their certificates, accompanied by Bishop Peter and Parish Priest Father Bernard.

At the same Sunday morning Mass we also acknowledged the Year 6 children from the parish who are graduating from primary school and wished them all the best for their entry into high school.

In a subsequent thank you letter to Parish Priest Father Bernard, Bishop Peter wrote "It was a joy for me to be amongst the faithful and witness a spirit-filled neighbourhood of grace."

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.





There's a great line in the Shawshank Redemption, "get busy living or get busy dying".

It raises the question, do you truly live? I mean live now.

However absurd that question may sound at first, it is legitimate. Living now is incredibly difficult to do.

How many of us really live in the present? This very moment, this second, this hour, even this day?

Do you live without regret? Guilt? Shame? Do you live renewed each day? Refreshed and ready to live joyfully

Or are you burdened with time past? The weight of history on your shoulders. Past sins, shames, past loss, past memories that shackle your joy today.

Many of us live with baggage that burdens our love of life today. Rather than enjoy the present we are locked into our past it defines our choices, decisions and outcomes. Worse, if we can't let go it will be like an anchor on our lives stealing the joy.

Maybe, you have accepted the past but belong to the future. Driven by ambition, security, a sacrifice now believing for a better tomorrow philosophy.

Forever chasing the wind, living in the mirage of promise but never present.

The best years are spent living under KPI's and managemeet targets. Living the if only life ... if only I could make this position, or title, or this much money, or win this medal then happiness will endure.

Please don't misunderstand me, there is nothing wrong with memories. Nothing wrong learning from experience. Nor with setting goals, laying plans and being wise or prudent.

But if either of these rob you of your present then do you truly live?

There really can be a joyful life in the present, and I believe happiness is only achieved in those moments where you are living.

So as Philippians 4:6 says, Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

Determine in 2017 to truly live and find joy in the present. First, by not being anchored to your past. Nor living only for the future.



Bromeliad Society of Australia

If joining a local gardening club or refurbishing your existing garden is on your New Year's resolution list why not consider joining the Bromeliad Society of Australia now located in Castle Hill?

"Bromeliads are colourful, vary in texture, drought tolerant and very low maintenance with wonderful and unusual flower spikes. They are perfect to grow under trees where grass won't grow" said Ian Hook, President, Bromeliad Society of Australia

The Bromeliad Society of Australia will hold their next meeting for 2017 at the Federation Pavilion, Castle Hill Showground on Saturday, 11 February with plant sales commencing at 11am prior to the meeting.

Access is via the new Showground entrance off Showground Road into Doran Drive, Castle Hill with plenty of parking on site.

"Membership to the Bromeliad Society of Australia is just \$30 for the first year than \$25 annually. If you would like to



arrange a membership please contact the membership secretary on email: MembSec@bromeliad.org. au or just come along to a couple of meetings to see if this is what you are looking for - I'm sure you won't be

disappointed" said Ian Hook

BSA meetings include interesting guest speakers, plant sales, club news, raffles and competitions as well as providing an opportunity to meet with like-minded people in a friendly and inviting environment. Contact Ian Hook - mobile 0408 202 269, email: ianhook1@bigpond.com Website: www.bromeliad.org.au

Galston Garden Club

Christmas seems so long ago already and Club members celebrated together at the lovely Savannah in Mid Dural. Tables were beautifully decorated by our resident florist Gillian & committee members. Underneath twinkling lights in the trees it was a beautiful scene in which to reminisce over the past year while sharing a meal together provided by all members of the club. Wow! Can these people cook as well as garden! It was a delightful evening enjoyed by all and a fitting end to the year.

Garden Club is in recess for January and given the heat, our time will be needed to look after our own gardens, mulching, watering & watering. Hasn't it been hot!

Our first meeting for 2017



will be on Wednesday 8th February; this will also be our AGM. We would love to see new members and don't worry, you won't be roped in for a job, all Executive positions have now been filled and only need to be voted on. Club meetings give you the opportunity to improve your gardening knowledge and our Social Secretary is again organising some terrific guest speakers and excursions for this year. Of course there is also a wealth of knowledge that you will gain from our friendly members who are only too happy to share their gardening tips. We also have an extensive library that members may borrow from, which has been ably manned by June and Pam for the last few years .

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.galstongardenclub.com.au

96% of Aussie Gardeners have given it a 5 star review!

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NGINA 2017 Award Winners - Local Businesses take out awards!

The Nursery and Garden community's top organisations and outstanding individuals gathered together at Hawkesbury racecourse Friday night the 25th November to celebrate the annual NGINA (Nursery and Garden Industry NSW & ACT) Awards.



Environment Award Hall of Fame -CameronsNurserv



Production Nursery of the Year -More1.5M - OverlandNurseries



Production Nursery of the Year -Less1.5M - Honeysuckle Park Dural

The awards consisted of a range of awards from the NGINA Awards of Honour, the NGI Industry awards for best businesses based on the National Awards criteria and finally our popular Members Choice Awards. With a record number of nominations for the Members Choice Awards the winners were voted on from a competitive field of entrants, all of whom demonstrate that they run excellent businesses.

Popular radio presenter, Phil Dudman, hosted the event, which took place at the Ted McCabe function centre at Hawkesbury Racecourse at Clarendon. The ceremony was filled with figureheads from the nursery industry, who joined the awards finalists to celebrate outstanding success across 24 award categories. In a race themed evening the ladies were elegant in their

fascinators and the awards night ran true to form and was always a photo finish!

A highlight was the recognition given to Cameron's Nursery, Arcadia for their outstanding achievement in obtaining a Hall of Fame award for winning for 3 consecutive years the Environment Award.

These awards are based on the criteria for the National awards and are run every two years at a National level. The

state winners then are judged against businesses from every State of Australia. In the "off cycle" years we continue to run these awards as it is about businesses striving for excellence in all facets of their operations. The Hills District Nursery winners is evidence of the importance of Horticulture in our area:-

- NSW/ACT Production Nursery of the Year 2017 (turnover \$0-\$1.5 Million) Honeysuckle Park, Dural presented Peter, Tom & Jack Thorburn
- NSW/ACT Production Nursery of the Year 2017 (turnover \$1.5 Million +) Overland Nurseries, Arcadia presented to Melissa, Brent, Scott & Karen Tallis
- NSW/ACT Environment Award for the Year 2017 Cameron's Nursery presented to Sonja & Andy Cameron

Thank you to our Partners - Garden City Plastics, Suttons Trucks, Prime Super, Tower Systems, Yates, Commonwealth Bank and Brunnings Gardman. Congratulations to all winners and thank you to everyone who entered .

Cumberland Orchid Circle inc.

The next meeting of the Cumberland Orchid Circle will be on Wednesday 22nd February 2017 in Barton Hall, which is situated in Gough Drive (off David Road), Castle Hill. The meeting will start at 8.00pm and will last approx 2.0 hrs. At



the meeting, orchids in bloom will be benched for a monthly point score competition. The guest speaker for February Bill Dobson will talk demonstrate the repotting of Dendrobium speciosum, the Rock Lily.

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

Visitors & new members are always welcome. For more information, contact the Circle's Publicity Officer on 9481 8895.

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How Important is our Water?

By Chris Noon

Humans need 1 to 7 litres per day to survive, the most immediate need after oxygen. We all know it's important and some of us pay 200 to 2000 times the tap water price to get water in plastic bottles. Plastic bottle production requires twice the amount of water a bottle contains. Less than 0.5% of the

worlds water is fresh and in lakes and rivers. 20% of this is in one place: Lake Baikal in Russia.

Civilisation began in Mesopotamia and on the Indus and Nile rivers. What have we done with water since? In the developed world we don't have rivers catching fire as happened in Gary, Indiana. But in many developing countries the rivers are used as garbage dumps and sewers. The good news is that 40 years



ago 3 in 10 people had access to drinkable water, 10 years ago it was 8 in 10. In many countries Fluoride is added to tap water resulting in better teeth.The bad news is we still have 1.4 million children dying each year of diarrhoea due to poor water.



Our local Landcare group does physical, chemical and biological testing on creeks in the area. Did

you know that some locals still use creek water for household needs? Test results are quite good and are available on our website. If you wish to see how the testing is done or to learn how to do it, please contact us. Also on the website are suggestions about what we all can do to keep our waterways clean. The photo is of the waterfall on Still Creek.

Contacts: www.stillcreeklandcare. com.au or Facebook

Local Business Directory

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STAFF WANTED

POSITION VACANT

Casual warehouse person required for company located in Dural. The position is 4 days per week and must include Fridays, averaging 16 hours per week. The flexibility to work longer hours during busy periods is required. Applicants must be reliable and willing to make a long term commitment. Lifting is required, must be computer literate and have excellent attention to detail.

Please phone 02 96517900 Business hours

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Help enhance the independence and dignity of our wonderful senior citizens!

Retail Sales Position: Part time,

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Both positions require sound knowledge of computers, willingness to work independently and with initiative.

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Call Rej 0421 430746 or email rejimon@comfortdiscovered.com.au

WAREHOUSE FOREMAN WANTED

Event Services International requires a mature minded warehouse foreman to look after the day-to-day running of our warehouse located in Galston. A valid Forklift and Drivers Licence is essential. Truck Licence (MR) as well as previous warehouse or logistics experience is preferred. This position will suit a reliable individual with good communication skills, a flexible attitude and the ability to work unsupervised or part of a small team.

To apply email your resume to info@eventservicesinternational.com.au

TEMP POSITION APPROXIMATELY 16 HRS / WEEK 2 MONTH ASSIGNMENT Admin / Production Assistant Events

Audio Visual Event Production Company located in Dural requires an admin / production coordinator to assist with sourcing and booking subcontractors, event scheduling, logistics, client liaison, be deadline oriented, ability to prioritise, have an understanding of budgets.

2 – 3 years administrative experience essential. Mac computer experience including excel required. **Email: info@hfeventservices.com.au or call 9651 7555**

FIRST YEAR APPRENTICE PASTRY CHEF WANTED

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EVENT CREW WANTED

Event Services International is currently recruiting casual event crew to join our team and contribute to some of Sydney's premier events. This is a hands-on role assisting in the construction, dismantling and removal of event equipment. Previous experience in labouring, farm work or an outdoor hands-on role essential. WHS white card and drivers licence preferred. Full training provided. **To apply email your resume to**

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LOOKING TO LEASE

Looking to lease a few acres of land suitable for growing flowers and veggies preferably with a dam, in the Glenorie area.

Call 0455 951 034

LOCAL PLAYGROUPS

GALSTON

Our playgroup has vacancies on Monday, Tuesday and Thursday. Sessions all start at 9.30am except Fridays which start at 10:30am. Sessions go for 1-2 hours and are very casual, you can come and go whenever. You don't need to bring anything.

We are located underneath the Community Centre. The first two sessions are free and after this fees are \$2.50 a session. All groups have children of mixed ages from babies to preschoolers. Feel free to try a couple of groups to see what suits you best as they all run differently.

Please feel free to contact galstonkidsplaygroup@gmail.com if you have any other questions.

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

Read this magazine online at www.galstoncommunity.com.au or follow us on www.facebook.com/galstonnews

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The Galston, Glenorie & Hills Rural Community News

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Important Local Information

HELP and INFORMATION SERVICES	
General Emergencies	000
Energy Australia Emgy	13 13 88
Hornsby Hospital	9477 9123
Hills Shire Council	9843 0555
Hornsby Shire Council	9847 6666
Integral Energy	13 10 03
Lifeline (24 hours)	13 11 14
Poisons Information Line	13 11 26
Police - Hornsby	9476 9799
Police - Castle Hill	9680 5399
Sydney Water	13 20 90
Telstra Faults	13 22 03
LOCAL BUSHFIRE SERVICES	
Arcadia Bush Fire	9655 1656
Arcadia Fire Captain	
Peter Jacobs	0415 369 683
Galston Rural Fire Brigade	
Brigade Contact	0491 119 152
Glenorie Bush Fire	9652 2017
Kenthurst (Hills Fire Control Centre)	9654 1244
Middle Dural Bush Fire Captain	
Len Best	0408 220 705
Hills Rural Fire Service District Office	9654 1244
Hornsby Fire Svcs HQ	9883 2000

LOCAL JP's Bendigo Bank Galston - 9653 2227 Cathy Vipond, Hills Accounting, Glenorie - 9652 2400 Vicki Brownless - 0423 727 826 (South Maroota area) Ray Whiteman, Glenorie - 9652 2454 / 0400 008 083 Cherrybrook Shopping Village, Shepherds Drive, every Saturday morning 10am to noon.

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

Community Contacts

Avicultural Society of NSW Inc. Welcomes persons interested in Avicultural (bird keeping). The society holds monthly meetings which include presentations and talks on all aspects of bird keeping an breeding. For further information contact Paul Henry 9872464 or 0408 617686 ACACIA (Living Life) Exercise programme for over 65's. FREE. Every Tuesday 9.30 to 10.30 am Galston Uniting Church 11 School Road

Galston. Enquiries Melanie 9456 7103 Aglow Australia Pennant Hills - A network of caring women, meeting on the 4th Thursday at 10am-12.30pm. Excellent speakers, child minding and morning tea. Contact Glenys on 0401 770 859. Venue Thornleigh Community Centre, Crr Phyllis and Central Avenue Thornleigh.

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

APEX Australia is a service organisation that is about making friends, helping others and having fun, open to anyone 18-45. Further info. Please contact Sydney D.G 0412 400 452, National Office 18000 APEX0 or website. "Heart of a Community, Hope of a Nation".

Arcadia Community Hall - 136 Arcadia Road, Arcadia. Available for functions. Inspections welcome. Bookings call 9847 6504 Arcadia Markets - May and November at Arcadia Public School, 140

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

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

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

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

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

Dural Country Club Lifestyle Markets - 2nd Sunday each

month 9am-3pm. New stallholders always welcome. Visit: www. FreeSpiritMarkets.com or www.DuralCountryClub.com.au. Phone: 0419 262 850

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

Dural and District Prostate Cancer Support Group holds its meetings on the third Monday of each month at 7pm at Dural Country Club. Inquiries Denis 9629 2645 or Maurice 9654 2138.

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

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

Dural-Glenorie Scouts - Joeys (aged 6–7 years), Cubs (aged 8–10 years) and Scouts (aged 11–15 years) meet weekly at the Scout Hall in Galston Road, Galston. Learn new skills, challenge yourself, experience outdoor activities, make new friends, have fun! Contact Warren Payne 0419 280 967.

Dural Mens Shed meets at Dural Sport and Leisure Centre corner Pellitt Lane and Kenthurst Rd each Thursday and Saturday from 9am. Woodwork and Metalwork/Welding facilities. Enquiries Chris Thomas 0402478498. www.duralmensshed.org Friends of Fagan Park - Volunteer group actively preserving the

Friends of Fagan Park - Volunteer group actively preserving the remarkable rural history of Hornsby Shire. The Friends meet every Tuesday from 9am to 4pm maintaining historic Netherby Cottage and its garden and also restoring farm machinery and implements to working order. Members of the public and new friends are always welcome! Open days are the 2nd Sunday of each month, 1.30pm to 4.00pm, and other special occasions. Contact lan Browning. M: 0419 435 475 E: isandian@tpg.com.au Ferry Artists Gallery – Old Northern Road, Wisemans Ferry 2775. ph: 02 4566 4385, for info on workshops and membership see www. ferryatists.org

Galston Area Residents' Association Inc meets at the Galston Primary School Library, School Road, Galston on the 3rd Thursday of the month at 8 pm (during school terms). Enquiries 0403076175. New members always welcome.

Galston Branch CWA meets on the second Wednesday of each month at the Galston Community Health Centre. New members are sure of a friendly welcome. Enquiries to Janet 9653 2402 or Val 9653 1774... Galston Community Hall - 37 Arcadia Road, Galston available for functions, air-conditioned, inspections welcome. Bookings call Robyn on 0414 647 638.

Galston Community Health Centre - This centre is an outreach of Hornsby and Ku-ring-gai Health Service and is situated at 17 Arcadia Road, Galston (cnr of The Glade). Eng. 9653 2235. Galston Garden Club - New members are always welcome. Meetings held at 8pm on the second Wednesday of every month at the Galston Community Centre. For further information contact Bill Fleming on 9653 2394.

Galston View Club - will be Wednesday, 22nd February 2017, at 11am. The speaker will be Deryl Mason, speaking about the Botanic Gardens. For more information, please ring Vivien on 98941189

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

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

Glenorie Progress Club - Hold its meetings monthly at 7:30pm in the Memorial Hall. All Welcome 9652 2454.

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

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

Hills Farmers' and Gourmet Food Mkt - 2nd Saturday of the month, 8am-12pm, Castle Hill Showground. www.hawkesburyharvest.com.au Hills Shire Garden Club - Meetings held on 3rd Monday of the month at

1.00 p.m. at Barton Hall, David Rd, Castle Hill. Enquiries 9624-5034. **Hills RSL Sub Branch** - Monthly meetings held at The Galston Club, 2pm on the last Tuesday of each month. Enquiries 9653-2565

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

JP SERVICES are available at Cherrybrook Shopping Village on Saturdays from 1000 am to 12 noon; and at Carlingford Court Shopping Centre on Tuesdays from 1100 am to 0100 pm. JP's are also at Hornsby, Pennant Hills, and Epping Libraries on some days. Check with Library before attending.

The NSW Justices Association Hornsby Branch meets monthly (except January and June) on the 2nd Monday evening at 0700 pm, at MAGPIES WAITARA, formerly "Asquith Rugby League Club" opposite Waitara rail station. JP's welcome to attend Varied programme. Enquiries John Tibbitts 9875 1383 or 0408 491 232.

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

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

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

Probus Club of Round Corner - NOW has vacancies for new members. Join our club and enjoy new friendships, interesting meetings and a large variety of activities e.g. Walking Group; Mah-Jong Group; Theatre Group; Tennis Group and the Caravan and Cabin Group; plus overseas and extended local tours and local day trips. We meet on the 2nd Monday of the month at 9.30am for 10am at:

The Galston Club, 19 Arcadia Road, Galston. We look forward to you joining with us. All enquiries to: The Secretary, PO Box 822, Round Corner. 2158 or come one month as a visitor.

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

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

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

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

The Hills Trefoil Guild (Guides NSW) - The Trefoil Guild is the adult section of Guiding which links Members, former Members; female Members of the Scout Association; and women who have not been Guides but are prepared to make the Guide Promise. Our meetings are held on the 3rd Friday of the month commencing at 10am, concluding approx 12.45pm at the Guide Hall, Bounty Ave, Castle Hill. For further information please contact Evelyn on 02 9634 4987.

CHURCHES

Galston Uniting Church - Service times 10.00am. Children's programmes KUCA for children K-6, each Friday of the school term 5.00 to 6.30pm. #ThePower (Youth Group) for those in high school. Fridays of the school term from 7.00pm to 830pm. CRAFT group Thursday evenings of the school term from 7.00 to 1 0.00pm. OVER 55's for seniors 2nd Monday of each month from 10am to 12noon. Other groups of interest- Men's Choir, Ladies Choir. For all enquiries, please call the church office on 9653 2039. 11 School Road Galston or visit www.galstonunitingchurch.com

Galston Seventh Day Adventist Church - Every Saturday 9.30am to 10.45am Bible Study, 11am to 12noon Church Service at 49 Arcadia Rd Galston. Contact Minister Pr. David McKibben 0474 493 793.

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

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

Hillslife Church - Meets 10:00am every Sunday at Galston Public School. Pastor Corri Byrne Ph: 0416 233 629. For more info go to www. hillslife.com

St. Benedict's Catholic Church Arcadia Mass at the Monastery, 121 Arcadia Rd, Arcadia, at 7am every morning. Mass at the Parish Centre, Ph. 9653-2312. Corner Fagans Rd and Arcadia Rd. 7pm Saturday, 9am Sunday Parish Priest; Fr Bernard MGrath 0416032497.

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

St Judés Anglican – Service Times: 8am Traditional; 10am Contemporary with Sunday Kids & Yr 5-9 Teen group; 6pm Evening church for youth & parents. 'Epic' kids club and Youth Group – Fridays (see website for details). Senior Minister – Reverend Adam Lamb. Cnr. Galston & Old Northern Roads, Dural. Phone: 9651-1119 St Madeleine's Catholic Church - 28 Annangrove rd. Kenthurst. Mass times

Mon-Fri 9.15am Sat 5.30pm Sun 8am,10am and 5.30pm

LOCAL SPORTS ASSOCIATIONS

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

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

Dural Rugby Club - Enquiries, please contact the registrar Eric Flanagan, email ef186029@bigpond.net.au or phone 0412 230 328 or visit our website http://dural.rugbynet.com.au.

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

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

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

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

Galston Netball Club All enquiries to secretary galstonnetballclub@ hotmail.com or visit the website www.galstonnc.nsw.netball.com.au Hills AUSSI Masters Swimming Club meets at Galston Aquatic Centre on Galston Road on Tuesdays at 7:30pm. Whether you want to swim laps, compete in competitions, or just have fun, fitness and friendship Ring Di on 9652 1215.

Hills Hawks Soccer Club. For season details and registrations call Michael Rosier on 0418 676 768 or agminsulations(abigpond.com. Hills Hawks Softball Club. Our competition is held during the summer season (September to March, excluding school holidays) at Hayes Park, Galston. We welcome new members! For enquiries please contact our registrar Hazel Postill on 0414 474 461 or visit our website: http://hillshawks.softball.org.au.

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

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

Tennis / Squash Social Group - looking for new players. Call Karen 0412 485 411 or email tennisandsquash@live.com.au Tennis Court for Hire Galston - At rear of Galston Community Hall.

Available Day or Night, Mobile 0414 647 638. Tennis Court for Hire Glenorie - Les Shore Reserve. Available Day

or Night. Phone 0404 600 460. Tennis Court for Hire Hillside Public School on Cattai Ridge Rd

is offering members of the public to hire their tennis court for a minimal fee. 12 month membership \$50 per family or \$8 per hour. Please contact Hillside Public School on 9652 1459.

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

