

Galston, Glenorie & Hills Rural COMMUNITY NEWS

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AUGUST 2017

Citizen science in action in our community

Citizen Science has been alive and well in Glenorie for many years. One of the really valuable tools for this has been Streamwatch run by Sydney Water. This has enabled school children and community through the Glenorie Environment Centre to work together using credible, objective scientific methods to identify water quality issues and, with the help of Council, to find solutions. The great result of this collaboration has been an amazing improvement in water quality over the years in Glenorie Creek.

Streamwatch involvement has encouraged children and adults to develop curiosity about their environment and to stimulate an interest in Science. Some of these young scientists are pictured with Hornsby Shire Deputy Mayor, Councillor Michael Hutchence, on the banks of Glenorie Creek.

The management of Streamwatch has now moved from Sydney Water to the Australian Museum and although this opens up more exciting opportunities for Streamwatch it also means that only adults 18 and over can be part of the program. If you want more information on the programs available you can view at streamwatch.org.au (the Australian Museum) or telephone 9320 6422. Councillor Hutchence is interested in

Streamwatchers with Councillor Hutchence at Glenorie Creek.
Back left to right: Lilia, Alexandra, Brooklyn, Etna, Eddie, Claudia, The Deputy Mayor, Hornsby Shire Council, Councillor Michael Hutchence
Front left to right: Noah, Lenny



encouraging school children to be involved in stimulating and interesting citizen science programs, some of which the Glenorie Environment Centre is developing at present.

For more information please contact www.glenorieprogress.org.au



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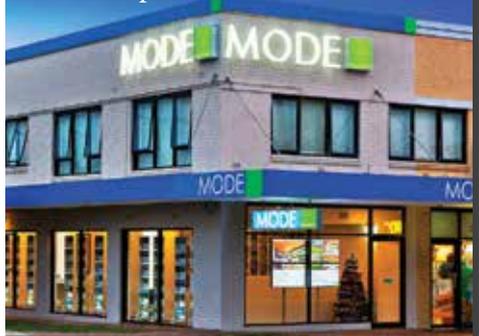
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Rotary Club of Dural Celebrated its 50th Anniversary

by Barry Chain, Communications Director - Dural Rotary Club

The Rotary Club of Dural celebrated its 50th Anniversary on Friday 23rd June at Dural Country Club. Guest of honour was Ben Swane AM, who was the foundation President of Dural Rotary in 1967. Ben spoke about the history and formation of Dural Rotary Club, its longevity over its 50 years of service to the community and the clubs charitable fundraisers over that period of time, which were outstanding.

Along with current members and former members with representatives from Kenthurst Rotary, Castle Hill, Waitara, Ryde and Galston Rotary Clubs, all attended the historic night with 112 guests and visitors led by the President of Dural Rotary, Allan Forno.

Allan reported on many of the organizations that were recipients of Dural Rotary Club's support including funds that were raised through many BBQs and sausage sandwiches. These included research grants into various Medical PHD candidates such as Pancreatic Cancer, Parkinsons, Motor Neuron etc. Funds raised over 50 years amounted to in excess of \$2 million dollars. Local recipients included RYLA and the Dural Men's Shed. International efforts included support for an orphanage in Thailand for more than 20 years, a school in Africa started by two young people from within our local area. There is not enough room here to list all those that the club has supported over the years.

What Dural did achieve was all down to members, sometimes



volunteers from the community in giving us a helping hand and our motto 'Service Above Self' was always on display.

Other dignitaries who attended and took part in the presentations were: The District Governor of District 9685. Bruce Larkin; the District Governor Elect, Peter Ward; Ray Williams. Honary member of Dural Rotary and MP for Castle Hill, who presented to the Club a commendation from the NSW Government on its 50th Anniversary.

A presentation to all past Presidents of Dural Rotary was made by President Allan Forno, each Past President, receiving a plaque in recognition of their service..

Many former Rotarians and visitors travelled great distances to celebrate the 50th Anniversary.

A wonderful night of camaraderie, many memories and an outstanding venue decorated in Rotary regalia, made the night so successful.

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Arcadia Rural Fire Brigade News

by Peta Gormly

It has been an exciting year so far for Arcadia Rural Fire Brigade!

The brigades 76-year history has seen the brigades foundations being created and with 2017 being no different.

At our recent AGM, we saw a mixture of new and existing members take up vital positions that will see the brigade strengthen and grow to continue to support the many local communities with the service we provide. We are always looking for new members, old and young for active and administrative positions, we can offer something for everyone.

In Arcadia's 76-year history, we can proudly say that we have the brigades 1st all women crew. It is an inclusive environment which has seen our female membership steadily increasing.

Arcadia brigade is always standing alongside community, supporting the many activities such as the Arcadia School market day and the walk to school day that starts from the station, Bunnings BBQ days, and another event is Redfield college's, schools community service program, where we are lucky to have 10, year 8 students get hands on and not only give back, but are able to experience what it takes to keep the station ready to go.

During June, Fiddletown played host to the annual Hornsby Ku-Ring-Gai District's training exercise, which saw all 18 brigades compete in varying scenarios and a navigation exercise in Marramarra National Park.

We would like to graciously thank the members of the community that allowed us to use their properties for varying

exercises. This district event was not only a competition between brigades, but an excellent way to hone our skills and work cohesively as a crew in all different scenarios we are faced with.

📞 If you wish to join Arcadia Rural Fire Brigade, or find out how we can help you with the tools to stay prepared, please contact us through enquiries@arcadiarfs.org.au or on our website arcadiarfs.org.au



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Join us on:

Barakee Pottery Open Studio Weekend, Glenorie

19th and 20th of August 2017

As part of the annual Australian Ceramics Open Studio Weekend, Barakee Pottery studio is opening its doors once again this year. Situated amongst extensive cottage gardens on a



beautiful property surrounded by bush, you will find local potter Ruth Fugar's Studio brimming with unique, handmade pottery available for purchase.

Ruth is a ceramic artis/potter who creates rustic tableware, garden art and functional pottery pieces. There will also be a free beginners yoga class in the garden at 10am on Sunday the 20th with Bryony of Lemon Tree Yoga.

Barakee Studio is located at 135 Miller Road Glenorie and will be open from 10am to 5pm on both Saturday the 19th and Sunday the 20th of August.

📍 To see more of Ruth's pottery look up her Instagram page @ barakeepottery. Ruth can also be contacted on 0425358348 or emailed at barakeepottery@gmail.com.

Regional Strategic Weed Management Plans Launched

Eleven regional strategic weed management plans were launched to safeguard the state against the threat of weeds.

The plans were developed using a tenure neutral approach to weed management by 11 Regional Weed Committees to support implementation of the weeds components of the Biosecurity Act 2015. The Regional Weed Committees comprised government agencies, local control authorities, public and private landholders and community members. This process drew on the experience and knowledge of people involved with existing local control authorities. Strategic and coordinated regional weed management is critical to building the sustainability of the primary industries, natural environments and local communities throughout the state. The plans contain established strategies and actions to achieve goals that focus on shared responsibility for weed management, sustainable landscapes and collaborative leadership and innovation.

The Biosecurity Act 2015 adopts the concept of a general biosecurity duty, which means that anyone who is aware of a potential risk should take all reasonable and practical measures to minimise or eliminate that risk. For the first time in NSW, there are a set of agreed priorities and actions which apply across both public and private land.

Increased collaboration in the management of weeds will improve biosecurity outcomes and increase agricultural productivity.

To find out more about weed management in NSW and download a copy of your regional plan visit: www.lls.nsw.gov.au/biosecurity/weed-control/nsw-weed-reforms

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Bloodwood-Peebles: Road Ride

This out and back route is one of the best road rides in the area. Start from Galston Village, or Andy's Cafe on Arcadia Road. What makes this ride so good, is that once you have ridden up Cobah Road to Northholm Grammar, (1km climb) both Bloodwood and Peebles Roads follow ridgelines and are gently undulating, so one can truly enjoy being in the moment.

Bloodwood Road is actually quite remote, and but for a few secretive driveways to hidden acreages, one feels a million miles away from Sydney. Peebles Road has exceptional, big sky views of the Blue Mountains. Both roads are quiet, with little or zero motor vehicles on them, so this is a safe and stress-free ride to do with novice cyclists, to socialise with friends, pedal together as a family, or push yourself to the max if training. Landowners have planted many beautiful trees along both routes, which burst into a visual feast of splendid autumn colours as the weather gets cooler, or verdant tunnels of green in spring.

If you feel the need for additional distance, turn left onto Arcadia Road, and ride out and back to Chilcott Road in Berrilee. (+13km).

FAST FACTS

GRADE: Easy. Suitable for casual cyclists and serious cyclists.

TIME and DISTANCE: 1.5hours, 35km

NOTES: Avoid doing this ride during school drop off and pick up times. Watch for unconfined dogs and potholes on Peebles Road. Although there is very little traffic, keep to your side of the road and be vigilant around driveways, blind corners and rises. Stay focused

Welcome to our new Cycling Series
by Susanna Mills

when descending Cobah Road- particularly the sharp, blind bend at the end of the descent.

FACILITIES: Coffee, meals, water and toilets at Andy's Cafe.

RIDE MAP: Follow the author, Susanna Mills, on Strava, or plan your ride using Google Maps.



A garland of bicycles consistently festoons Andy's Cafe. Even that of one Tony Abbott, it is rumoured...

Local cyclists Ingrid Hobson, Rick McDonald and the author, have spent many pleasant hours together on this route and look forward to seeing you appreciating it astride a bicycle too!



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ARB THORNLEIGH GRAND OPENING



If you're a 4wd enthusiast, mark Saturday the 26th of August in your calendar. Why? It is ARB Thornleigh's Grand Opening day and a chance to talk a range of 4WD industry specialists and the ARB Thornleigh team.

ARB Thornleigh, formerly Mannell Motors is a family owned and operated business, who has been providing specialist mechanical servicing to all vehicle types for over 21 years. Specialising in setting up 4WD vehicles for touring and towing, the experienced team can advise the right product for your needs.

"There is a huge range of 4WD accessories on the market. We can help you set up your dream touring vehicle or make sure your everyday SUV is ready for a day out in the bush", owner Nick Mannell says, "We pride ourselves on getting it right for you, every time. With a lot of cheap imitation products on

the market, it is important you get the right advice from experts. Our staff are experienced four wheel drivers and know the products they sell are reliable and work".

Experts from the following companies will be on hand to demonstrate their latest products and answer any questions you have. Products on display include ARB 4x4 Accessories, Kaymar Rear bars, Rhino Roof Racks, Thule roof systems, Redarc Electronics, Old Man Emu suspension, All Air Suspension, Hema maps, Cooper Tires, Recaro Seats, GME UHF radios, Steinbauer Diesel Performance modules, Diesel Care filters, Australian 4X4 Driver Training and many more. A sausage sizzle on the day will be manned by Barker College Football club, with all the funds going to the club. It's the friendly Mannell Team at ARB Thornleigh and they are ready to make all your 4WD requirements a reality.

With open day specials, giving you heaps of savings and decades of 4WD knowledge at hand, you won't find a better way to get all of your 4WD questions answered in one spot. You could also walk away with a lucky door price on the day. ARB Thornleigh are giving away an ARB Fridge Freezer worth \$1249, a \$880 voucher for Australian 4x4 driver training & many other great prizes totalling over \$5000

The open day is from 9am til 3pm on Saturday 26th August at ARB Thornleigh 15 Sefton Rd, Thornleigh. Come and visit the brand new state of the art facility for NEVER to be repeated specials. Call 9980 8855 for more details. It's for one day only so make sure you don't miss out!

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Berowra Creek Pollution

by Berowra & District Community Association Inc

The BDCA have been working with key stakeholders such as our local Members of Parliament, Hornsby Shire Council, Sydney Water, EPA and National Parks to improve water quality in Berowra Creek and to inform users of the risk when polluted. The BDCA commissioned an independent report that showed significant pollution issues in Berowra Creek, some of which were coming from the Sewerage treatment plant as well as other sources. This report was validated by other reports including the Council's own website which shows Berowra Creek probably polluted and recommends no swimming or contact with the water most of the time.

However the sign at Crosslands and other entry points are totally inadequate and in fact may be misleading. People are advised there is only a danger three days after rainfall (what ever that is) when the Council website shows it's probably polluted most of the time. Crosslands is deemed to have been safe to swim in, 1% of the time in the last year. With ongoing pollution and summer algae blooms this body of water in a National Park needs to be cleaned up. This pollution problem will be further exacerbated by large increases in population due to apartment building in the catchment area.

The effluent treatment plants need to be upgraded and the population needs to be warned of the dangers as well as the ongoing work done by HSC from funding via the environmental levy. The BDCA believe the first step should be to inform the public of the problem and give them contact

details to insure their health and safety needs are met. HSC should install warning signs in all entry points of Berowra Creek such as Crosslands and Berowra Waters with an example below:

Health Warning

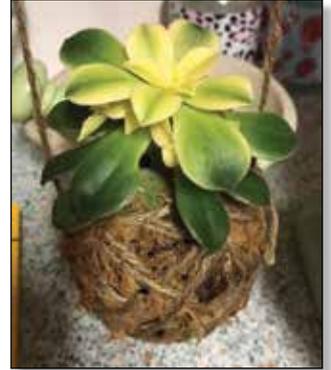
As the water in Berowra Creek is likely to be polluted
 please check the Hornsby Council Website
<http://new.mhl.nsw.gov.au/users/HSC/>
 or phone 9847 6666
 Before any contact with the Water.

Galston CWA News

Thank you to all those who participated in our Kokedama workshop- Kokedama translated from Japanese means "moss ball", it is a form of bonsai. We will be selling some of our work at the elections being held on September 9th at Galston Public School.

We currently have some trauma teddies for hospitals that are knitted but need finishing off with sewing, stuffing and faces.

Please contact Melissa if interested in lending a hand in finishing these bears. Workshop will be held during our September meeting.



continued next page



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CWA New Continued

Next meeting will be our International Day. This year we have been studying NEPAL. Our primary school projects will be judged and those winning will go onto group level. Good luck to our entrants. If you would like more information please contact us. All primary students aged 8+ are welcome to enter.



We welcome our newest members Eliza and Tiffany. They are junior members, receiving the membership as a thank you for entering in the junior cooking competition this year. Eliza was able to get to State level with her

ANZAC biscuits. Congratulations. Our general members range in age from 30 years to 90+. We are currently looking for new members with an evening group once every quarter being considered for those who are unable to attend during the day.

Our next meeting will be on Wednesday August 9th for International Day, starting at 10:30a.m.

We meet at the Galston Health and 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- 9653 1268

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The Flavour of Winter

Written by Mary Hackett

In winter, my tastebuds gravitate to the rich, comforting flavours that emerge from foods enriched with herbs from the garden.

Few can resist a simmering stew enlivened by a few scrubby sprigs of thyme, or, golden pumpkin roasted with the sweet spiciness of fresh bay leaves. Enhance your winter fare today with the magic of those herbs made popular in that song of the sixties, called "Scarborough Fair" and relish the flavours of "...parsley, sage, rosemary and thyme ..."

SAMPLE PARSLEY

Keep a supply of parsley on hand at all times, so it can be enjoyed growing fresh in the garden! Try adding its leaves and juicy stems, finely-chopped, to sandwiches and egg dishes, or, simply stirred through mashed potatoes and stir-fried veges. Full of vitamin C, iron and minerals, a discreet sprinkle of parsley's emerald tips will enhance the flavor of most foods and especially other herbs.

HAUNTING SAGE

Have you tried plump sage leaves, flash-fried in hot olive oil or butter, for about twelve seconds? They make a crunchy snack or salad garnish, and are delicious stirred through pasta. Stir the fragrant, crispy leaves amongst a bowl of warm asparagus spears and enjoy the compliments!

UNFORGETTABLE ROSEMARY

Rosemary is unforgettable when paired with roast lamb and baked vegetables. For an aromatic treat at a barbeque, try using straight stems of rosemary as skewers for cubes of beef, chicken or other meats. Even better, is to bind some stems together into a piney clump, to dip into olive oil, for brushing over a hot grill.

A SCARBOROUGH FAIR BRUSH

Make a great Scarborough Fair Brush when barbequing! Simply tie together sprigs of parsley, sage, rosemary and thyme. Dip your herbal brush into a bowl of olive oil and baste your meat with it. A simple but delightful brush with flavorsome herbs!

Have a Happy Herbal Winter.



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Three Winter Essentials

Submitted by Comfort Discovered

This is the time to review your comfort in and around home. Here are our Three Great Winter Essentials

1. Have a good look at your bed and pillow. Are they providing you the support and comfort that you deserve during this season? If you do not like the idea of an electric bed, have you considered just replacing your existing mattress with an electric mattress?
2. The second winter essential is a rise recliner or a lift chair. It is important to know what to look for while selecting a Rise Recliner.



3. Nothing can be more natural than an Australian Medical Grade sheep skin to keep you warm and cosy this winter.



📍 For more information visit **Comfort Discovered, 511 Pacific Highway, Mt Colah, Open 7 Days, Tel 99874500** www.comfortdiscovered.com.au

Arcadian Quilters Inc news

Written by Jill McGuinness, Treasurer Arcadian Quilters Inc.

Over the last few news issues we have been showing photos of quilts donated to the Aussie Hero coordinator for distribution to service men and women. So far nearly 8,000 (yes eight thousand) quilts have been given made by Quilters from all over Australia. Also some 14,000 laundry bags have been made by groups country wide for distribution. One of the quilts made was all in white. A colour not very serviceable for the military's use. It found a home finally with the family of a Hero who had died in action.

The photo is a "rescue" quilt found partially completed in a local op shop. It was taken home by a member of our group, who replaced the border fabric and finished it. This the end result.



Our biennial show is the 9 and 10 /September (at the Galston Community Hall) and this quilt will be displayed along with over 100 others.

📞 For further information please ring **Carole, President Arcadian Quilters 9894 7749**

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Your Vote Counts



Council Chambers

Hornsby Shire Council will be holding elections on Saturday 9 September. This will be the first time since 2012 that all residents in the Shire will have the opportunity to vote.

In 2016 the NSW Government's local reform impacted the three-ward structure that has been used in previous elections. In May 2016, the M2 Motorway was transferred to the City of Parramatta which has provided new boundaries.

Voting will be for a popularly elected Mayor and three Councillors elected from each of the three Wards within the new boundaries.

Voting is compulsory for all those enrolled in the council area, so now is the time to check that all your enrolment details are up to date. Fines will be issued if you are enrolled and do not vote.

If you are unable to attend a polling place on Election Day, residents may be eligible to vote early via Pre-Poll or Postal Vote. Online voting and telephone voting are not available at this local council election.

Braille ballot papers will also be available for this election and you will need to make a verbal declaration that you are eligible for Braille voting by phoning the NSW Electoral Commission.

Residents also have the opportunity to work at the council election. Working at the election is a great way to earn money, learn new skills and be involved in the community.

Nominations for candidates at the Council election will be open from Monday 31 July until Thursday 10 August. All candidates and groups running for council must also register before they accept political donations or make electoral expenditure, as well as being nominated to be included on the ballot paper.

1 The NSW Electoral Commission will be managing the election. To check your enrolment details and for everything you need to know about the election visit the NSW Electoral Commission website www.votensw.info or call 1300 135 736.

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Laura Jane Hair prides itself on offering you the highest quality service within a relaxed and modern setting. We have just finished our recent renovation and have created a very warm and luxurious space which adds to the pampering experience.

This month we have the beautiful Bree Harvey joining our team and we can't wait to see her journey with us unfold.

To celebrate we have something really special to share with you. In August, we want to save you TIME and MONEY!!!

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time	monday	tuesday	wednesday	thursday	friday	saturday
6:00am		Personal Training	Mat Pilates 60 mins	Personal Training	Heated Flow Yoga 60 mins	
7:15am		Personal Training	Personal Training	Personal Training 60 mins	Mat Pilates 60 mins	
7:30am		Personal Training	Personal Training	Personal Training		AntiGravity Pilates 60 mins
9:00am		Personal Training	Personal Training	Personal Training		AntiGravity Suspension Fitness 60mins
9:30am	Yoga Flow 60mins	Personal Training	Personal Training	Personal Training	Flow Yoga 60mins	
10:00am		Personal Training	Mat Pilates 60mins	Personal Training		
10:30am		Personal Training		Personal Training		
4:30pm	Yoga Fundamentals 60mins					Workshop
5:30pm						Workshop
6:00pm	Heated Flow Yoga 60mins	AntiGravity Pilates 60mins	AntiGravity Yoga 60mins		AntiGravity Restorative 75mins	Workshop
6:30pm				Heat Flow Yoga 75 mins		
7:15pm	Yin Yoga 60mins	AntiGravity Suspension Fitness 60mins	AntiGravity Suspension Fitness 60mins			
7:45pm						

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Yoga offers many physical, mental and spiritual benefits. Our modern twists on this ancient practice will offer you much more!

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Playing with animals helps to raise your serotonin and dopamine levels while decreasing your cortisol (stress levels). There are many other benefits to like helping with ADHD and autism.

Great Yoga will help you learn the art of "letting go" being present and concentration, all while you have baby goats jumping around you.

For enquiries and class time or to organise a corporate class contact:

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Andrew McLean Content Consultant & Video Producer

By Andrew McLean



I've always had a deep love for telling stories. During my years at Northholm Grammar in Arcadia I was always involved in music and the arts. When I did my first degree I was only interested in projects that contained visual media and after my first show with Dural Musical Society back in

2005 I knew that I had to continue creating. So I guess you could say that telling stories is in my blood.

After gaining formal qualifications in filmmaking I went on to work alongside some of the best marketers, agencies, directors and film crew in the country. I've held positions as an editor, producer, director, creative producer, senior producer and executive producer over the past decade, and created everything from training videos for Aldi through to national TV commercials for brands like Sir Walter and Kambrook.

During this period my wife and I also decided to set up home and raise our young family in beautiful Glenorie. To say we're in love with this area is probably an understatement, so working locally for me is a dream come true.

So today I find myself in the lucky position of doing what I'm passionate about every day. Currently my focus is very much on

video for social media – and I spend a lot of my time creating videos and content for my client's social channels, which I absolutely love.

As a content consultant and producer I'm currently working with a range of businesses to help them plan, produce and implement great video and other creative content into their marketing strategies. I get to understand my client's businesses, work with them to develop strategies and creative concepts that will help tell their stories and ultimately engage their customers. The Hills District has always given so much to me, and now I'm excited to be able to help the local community.

If you're looking for new ways to grow your business online, or have any questions in general about how video can work for business I'd love to help.

www.amcleanconsultant.com

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Image of Husqvarna video



Andrew conducting interview

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Help Your Body Work Smarter Not Harder

Starting any new business takes tenacity and a passionate belief in the product and this is exactly what Bing brings to her business Hypoxi Studio Hornsby.

Bing, a mother of three, who has worked in the beauty industry for many years found that after the birth of her children her body shape and skin tone had altered and she no longer had the body confidence which she once had. Working in the industry she became aware of the world wide franchise of Hypoxi, a body shaping method. Bing committed herself to the treatment and her confidence in herself and her image were soon restored.

Bing, a local to Hornsby, was so impressed with the system that she was determined to share it with others and has now launched her Hypoxi Studio in Florence St, Hornsby.

In the mid 90's Austrian scientist Dr. Norbert Egger noticed that many women at his fitness studios were unable to shift their problem areas even with intensive exercise or diet changes. He knew that fat is burned by movement in areas where tissue was best supplied with blood. Together with a team of scientists and engineers they developed a training device which combines pressure therapy and exercise and undertook a landmark study on 5300 women. The results were so profound that Hypoxi was launched into production that same year. To see more please visit www.hypoxi.com.au/how_it_works

The Hypoxi Method combines low impact exercise with vacuum and compression technology and healthy nutrition to supercharge your body's natural fat burning system. Hypoxi helps your body work smarter not harder.

Mary's experience: Bing kindly offered me a free trial and with an excess of stubborn deposits to experiment with, I eagerly accepted. I found the whole experience transformational. I can't say that I noticed results but I truly felt that the system did agitate fatty deposits at a basal level. Apart from what I believed it was doing I loved the feeling of being tightly swaddled. I liken the feeling to having your blood pressure taken except it was targeting my torso and upper thighs. The pressure was released then thousands of fingers pulsed over me and so the cycle was repeated many times. It was better than any massage I have ever had.

Eastbend Notice of Meeting, August 2017

The next Eastbend Rural Communications meeting will be held at 1.30pm on Monday 21st August at the Resource Centre, Maroota Public School, 4540 Old Northern Road, Maroota.

One item on the agenda will be the renegotiation of co-operation between Living Heritage and Forgotten Valley Views.

If you have any local matters you would like to discuss or have help with please come to the meeting. If you can't come on the day, feel free to 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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Visits to this studio are not an inconvenience, they're your opportunity to start to look your best.

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You're welcome to call in and see the studio at Shop 10 on the first floor of 'The Piazza' building. 25 - 31 Florence Street. (directly above Java Lava Café)



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Contact **Bing** to arrange an appointment for your **FREE TRIAL** by calling **9477 3322** or **0415 111 333**. Plan your start, we look forward to your call.

The Dharug and Lower Hawkesbury Historical Society

Invite you to

MR SHARPE'S TRACK IN WISEMANS FERRY

The Dharug and Lower Hawkesbury Historical Society would like to extend the invitation to the general public to join us in our walk along Mr Sharpe's Track.

The Reverend Thomas Sharpe an Anglican Minister was appointed minister in the late 1830's for the Lower Hawkesbury and lived in a small cottage on the banks of the Hawkesbury.

Most of Sharpe's work was among the people of the river via a small boat and the boating skills were provided by his assigned convict servants. Sharpe would visit several churches along the Lower Hawkesbury River, Macdonald River and Mangrove Creek.

Back in the day to get to Sharpe's modest house, visitors had to take a convict built side-road marked "Pathway to Mr Sharpe's" leaving the Great North Road near what is now Tobruk Sheep Station.

Date: Saturday, 26th August 2017

Time: 9.30am

Location: To meet in the park at Wisemans Ferry

We will carpool, leaving some cars in River Road and the other cars proceeding to Tobruk Sheep Station where we have permission to park. We will have morning tea here prior to the walk.

The walk whilst not hard is over a dirt track and through parts of a couple of private properties and should only take about 2 hours. We have obtained permission to walk through these private properties.

Bookings are essential: enquiries@dlhhs.org.au or 0405 321 478 (leave a message) by Wednesday, 23rd August.

Lunch: We suggest lunch at Wisemans Ferry Hotel as a fitting way to finish the walk.

Wear suitable walking attire. Please provide contact phone numbers in case of inclement weather.

For further information please contact us on enquiries@dlhhs.org.au or 0405 321 478. All welcome.



ANNUAL FUNDRAISER

Galston Christian Education Association Spring Dinner
Will be held this year on Saturday 2nd September 6pm at the Galston Club

Tickets are \$60/adult and \$50/concession
Include a delicious 2 course meal, tea/coffee
Live music, guest speakers and silent auction

The past 2 years have been sold out so grab some friends and book your tickets early so you don't miss out!!

Dress – Smart Casual

Book now at springdinner@gcea.org.au reserve your place or
See the website www.gcea.org.au

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Super Saver Scheme for First Home Buyers

From 1 July 2017, the Government will introduce a "First Home Super Saver Scheme". The Scheme is designed to enable people to make voluntary contributions to their superannuation account (which will be taxed at a rate of 15%). Subject to a number of conditions, those contributions may be withdrawn for payment of a deposit on a first home purchase.

No doubt this will encourage many employees to "salary sacrifice" their earnings to increase their chances of owning their own home.

The Scheme is expected to be administered by the Australian Taxation Office who will be responsible for determining:

1. the amounts to be released and reporting those amounts to the applicable superannuation fund;
2. the eligibility of applicants wanting to benefit under the Scheme by withdrawing from their superannuation fund; and
3. the nature of the compliance mechanisms that will be established to ensure that applicants under the Scheme purchase their first home after the funds are released from their superannuation funds.

There is a limit to how much one can voluntarily deposit, and the combination of both voluntary contributions and compulsory employer contributions must not exceed \$25,000.00 for the 2017-2018 financial year. People will be able to make withdrawals from their superannuation account in respect of the Scheme from 1 July 2018. The withdrawals will be taxed at the applicable marginal tax rate, less a 30% offset.

We think a lot of first home buyers will take advantage of this Scheme- so make sure you get across all the details and diarise 1 July 2018!

The information provided is general in nature and is not legal advice. Please seek specific legal advice from our office in relation to your particular circumstances.

If you or someone you know requires any further information in relation to these matter, please contact our team on 9653 9466 or email info@andersonboemi.com.au to discuss.

Shared Equity Scheme

Have you heard about the Shared Equity Scheme?

From 1 July 2017 home buyers who are unable to afford their home on their own are able to purchase a property with the help of an Approved Equity Partner. Guidelines are being developed to assist in the operation of the Scheme.

Approved Equity Partners

- NSW Land and Housing Corporation
- A registered community housing provider within the meaning of the Community Housing Providers (Adoption of National Law) Act 2012
- Approved persons (Guidelines will be produced)

The information provided is general in nature and is not legal advice. Please seek specific legal advice from our office in relation to your particular circumstances.

⚡ If you or someone you know requires any further information in relation to these matter, please contact our team on 9653 9466 or email info@andersonboemi.com.au to discuss.

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Paul and Raj from Andy's Cafe in Arcadia would like to thank their loyal customers for their support and custom over the past 10 years.

Having dedicated themselves to the business Raj and Paul have now decided to create change and spend more time with the family.

**If you are interested in learning
more please call
Paul on 9653 2525**

Triples Champions at Dural Country Club

The good times keep rolling for Diana Sweeney, Sue Vindin and Elizabeth Whelan as they defeated, Robin Davidson, Eileen Bromley and Kath Sach in an exciting match. Consistency won the day as Robin's team picked some big ends but the constant winning of smaller ends was able to run down their total. Again there were some excellent bowls played by both teams.

Not to be outdone, the men now have two players off to the STATE finals in October. Two of the young men in the club, Ben Nahirney and Richard Thorp won the zone play-off in the State President's Reserve Pairs. Both are successful members of the club so it is good to see them competing successfully



Ben Nahirney & Richard Thorp



on the wider stage.

The social bowlers have been enjoying the recent good weather and peeping at the champions playing on the next rink. The mens and ladies coaches look forward to newcomers looking to play lawn bowls in the spring. Ring 0432 181 635 or 0411 375 580

Winners: E. Whelan, S. Vindin, D. Sweeney

Golf Fundraising Event

By Neil Turrell

Galston Public School is having its 5th annual Golf fundraising event to be held on Sunday 10th September 2017, at Riverside Oaks, Cattai.

Galston Public School Combined Parents Association is raising funds to supply the school with much needed equipment and the school's growing needs. Contributions to the school are fully tax-deductible.

We are seeking your support as a hole sponsor or a prize donation for this event. By being a donor in this event you will be promoting your company to our school, the local community as well as the hundred plus people attending the event. Companies like yours make available the resources that enrich our children's education and for that we are grateful.

We are anticipating a highly successful and well-attended outing as with all the previous years. Show Galston Public School families, friends, and community your commitment to quality education by participating in this fun day.

We thank you in advance for your support once again.

When: Sunday, 10th September 2017

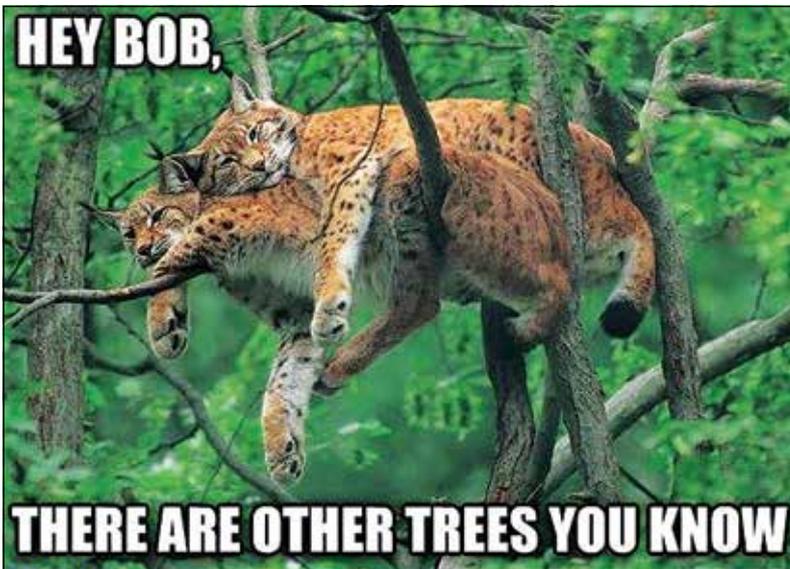
7am registration. 8.30am Tee Off.

Cost: \$800 sponsorship Or \$ 140.00 per person

Contact: Ph (02) 4560 3200

Visit: <http://www.galston-p.schools.nsw.edu.au>

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Castle Hill
Hornsby
Hunter St Hornsby

Park Lane Property Group



Craig and Sue

My wife Sue and I have lived in the Hills district all of our adult lives. We have grown up in the area, and I, in particular, represent the 3rd generation of proud Real Estate Professionals. We intrinsically know what makes the local area tick, and strive to know what Buyers and Sellers want, in the local market.

The market in the Hills district is diverse and over the last 20 years it has been one of the most active in the Sydney Metropolitan area. There has been significant investment in local infrastructure and substantial development in many of the areas we service and this has played a key role in meeting Sydney's ever-growing housing demand. Many of the areas Park Lane Property Group service are some of Sydney's most prestigious rural areas and as such we are perfectly placed to represent our sellers and work with our buyers so all sides of a property purchase are happy.

Service. This is a reality that is increasingly hard to come by, particularly in the prestige rural markets, such as Dural, Kenthurst, Annangrove and Glenorie etc. This is the primary vision for Park Lane Property Group. We believe all property sales deserve a degree of service which does justice to the pride our Sellers have in their properties, thus achieving the best sale price.

Service can be as simple as returning a phone call promptly, or providing accurate current information promptly and professionally. It also means providing thorough and accurate feedback to our vendors to ensure they are up to date with the progress of their Marketing Campaign so correct decisions can be made regarding the sale of their home.

The numbers regarding the sale of property in Sydney have become increasingly large in recent years and when negotiating on the sale of your property, significant amounts can seem relatively small, but all of us at Park Lane Property Group, will fight for every dollar you are entitled to, as if it was our own, to ensure you have no regrets, and can move on to your next purchase with a smile on your face.

We look forward to working with you to make the whole process less daunting and much more rewarding.



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Get Ready for Eight Rate Hikes

By Sandra Dignam

Home loan lender ME Bank is “urging” borrowers to brace themselves for eight rate hikes in the near future, following the release of minutes from this month’s RBA meeting.

In the minutes of the Reserve Bank of Australia’s last meeting on July 4th, the RBA’s estimation of the ‘neutral real interest rate’ is 3.5 per cent.

Therefore, the rate at which output growth is at potential and inflation is stable is 2% higher than the current level of 1.50 per cent.

Monetary policy has been expansionary for the previous five years or so, and the cash rate has been at its record low level of 1.50% for almost a year.

ME Bank has warned that this could soon lead to the Reserve Bank hiking the cash rate.

It argued that an increase to 3.5 per cent would boost average mortgage rate from 5.3 per cent to more than 7 per cent, adding \$520 per month to a loan average of \$400,000.

When banks assess a loan application they use an assessment rate of 7.25% - 7.5% so that there is the ability to pay the loan repayments when rates rise so there is a buffer but the default rate has been very high and has only recently stabilised.

Mortgage rates could rise much further and fast. Banks have already started increasing rates because of pressure from regulators especially for investor loans and Interest Only loans. APRA has required increased capital holdings from all deposit-taking institutions to establish a banking system that can readily withstand periods of adversity.

Obviously if the banks are required to hold more money, it increases their cost of funds and so they could compensate by increasing rates, fees and charges to all borrowers including businesses.

I would say if you haven’t refinanced recently then now would be a good time to lock in a fixed rate for the next 2-3 years. Who know how high it will go or how fast.



Give Every Loan a call on 96532034 to discuss what you can do with your rates, or for any other finance need.



Rainfall Chart

Rainfall recorded Galston period
13/06/2017 to 17/07/2017 is 6.0 mm

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Galston Girl Guides Aim High at The Edge



To end an enjoyable term, Galston Guides enjoyed the challenges of rock climbing, belaying and bouldering at The Edge Rock Climbing Centre in Castle Hill. The girls worked together to reach new heights!

📌 If you are interested in pursuing your dreams, working with friends and developing new skills and gaining confidence, then please come and visit us at 414 Galston Road, Galston or contact Mary 0423 353644 for further information.



The Menswear Shop You've All Been Waiting For...

North & Co is a boutique menswear store newly established in the Hills District. In freshly appointed premises on Kenthurst Road, near Westpac in Round Corner, the owners, Carol and Mario, are ready to serve. Both Mario and Carol have been in the menswear industry for the past thirty years and have a passion for dressing men of all ages.

As locals to the Hills District, Mario and Carol recognised a need for a menswear store in our locality and, because of their years of experience in this industry, they felt they had the drive, determination and desire to bring sophisticated formal and casual fashion to men in this district. Their goal is to have all men who come into their store leave feeling their absolute best.

What they really want to offer is an experience which can't be found in large chains - a focus on a customer centric experience and good tailoring. "We understand that you can't just take a suit off the rack and expect it to fit, you need to tailor it properly. Even the smallest adjustment can make the world of difference and that's what we love doing" said Mario.

Throughout their many years in the industry the pair have found their expertise in fitting bridal parties, corporate groups and individuals who have a special event that they want to look and feel their best for. North & Co stocks a wide range of hand selected labels. From trendy causal brands like Ben Sherman and shoes by Florsheim shoes to more formal brands like Cambridge and Gibson suiting. Apparel, shoes, accessories, and even jewellery, are items which you can expect to find at North & Co. They stock clothes for young men through to the dapper gentlemen and everyone in between. "We can't wait to get to know our new customers!" said Carol.

Aussie Pumps

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Dural Scout Group



Recently Lily, Sophie and Henry were invested into Dural Scouts.

Due to Lily's younger brother Elijah being a Cub, Lily had attended a family camp in February and she loved every minute of it, canoeing, giant slip and slide, hiking etc. Lily told her friend Sophie all about the adventures and they joined together.

Henry was keen to get involved in the outdoor adventures and to spend time with his mates.

Wonderful food and company was celebrated at our festive 'Christmas in July' at Canoelands with our family and friends, rock climbing, fire skills, camp cooking, craft, sled racing (no snow), community work and amazing fire building skills are just a few activities we have enjoyed and achieved badges within the last few cooler months.

If your child is interested in learning, helping others, having fun and getting outdoors, Dural Scouts has some vacancies in the 'Joeys' section for 6 to 8 year old girls and boys.

Joeys; Thursday night

Cubs; Wednesday night

Scouts; Tuesday night

**All enquiries to Warwick Mills
0417 689 571. Email
warwickm42@gmail.com**



Budgerigar Society of NSW Inc.

Hills Branch – Ray Galbraith

Hill Branch members attended the NSW Annual Show on Sunday 16th July 2017 at Seven Hills, where our members were prominent amongst the exhibitors. Along with our exhibitors, two of the judges for the show were also members of Hills Branch, namely, Mrs Kathy Manton and Mr Andre Ozoux.

Mr Daniel Childs was awarded:

- **Champion Young Bird – Novice Exhibitor,**
- **Champion Juvenile Bird – Novice Exhibitor**
- **Best of Variety - Opaline Award,**

whilst **Ray Galbraith was awarded the Best of Variety – Dilute Award.**

The July meeting of the branch allowed for the AGM to be held, where members had the opportunity to be elected to the committee, to steer the branch during the next twelve months. Also held on the night was a sale night of surplus birds by the various members; this night provides fellow members with the opportunity to acquire birds to enhance their breeding programs. Birds having features similar to the photograph above, were eagerly sought after. During the next month the general public will have the opportunity to visit Annual Shows: Newcastle 13th August 2017 and Northside Annual Show 10th September 2017 at St Ives Showground.



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



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Cafe Sasanqua is set amongst the beauty of the camellias at Camellia Grove Nursery which creates a tranquil escape to enjoy breakfast, lunch or afternoon tea.

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MARRAMARRA BUSHCARE WALK
Saturday 19 August, 9am -12pm

NATURE PHOTOGRAPHY BUSHWALK
Sunday 20 August 9am-12.30pm

APPLETREE BAY BUSHWALK
Saturday 26 August, 9am-12pm

For more information and bookings: hornsby.nsw.gov.au/bushwalks

COMPOST AND WORM FARMING WORKSHOP



Tuesday 29 August, 9.30am, Wallarobba Garden,
25 Edgeworth David Avenue Hornsby

Composting is a fun and easy way to recycle your garden and kitchen waste. Compost improves your garden soil, saves space in your red or green bin and saves you money.

Free. Bookings essential, spaces are limited.

For more information and to book visit hornsby.nsw.gov.au/events

AGED PENSION: YOUR CHOICE



Thursday 17 August, 6.30pm, Hornsby Library

An information session presented by Centrelink Financial Services that will cover how to claim the age pension, explain income and asset tests, deeming investments and concessions.

For more information and to book visit hornsby.nsw.gov.au/library

UNIVERSITY OF NEWCASTLE



The University of Newcastle intends to provide high quality programs that serve the community's and student's needs.

For more information visit sydney.newcastle.edu.au/hornsby

RECYCLING TOUR



Wednesday 23 August, 9am-1pm

Ever wondered what happens to the mix of materials in your yellow bin? Come on a tour of the Materials Recycling Facility and find out how your paper is separated from your plastic containers.

The bus will depart from Hornsby Park bus stop.

For more information and to book visit hornsby.nsw.gov.au/events

CHILDREN'S BOOK WEEK



Thursday 24 August, 5.30pm -6.30pm, Hornsby Library

Come and join us as we celebrate the importance of reading with the FREE children's performance "Super Duper" relating to the theme "Escape to Everywhere".

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

ELECTIONS



Hornsby Shire Council Elections are on **Saturday 9 September**. Voting is compulsory.

To check your enrollment details are up to date visit votensw.info

SEE WHAT'S PLANNED NEAR YOU FOR 2017/2018



Visit hornsby.nsw.gov.au/capitalworks to find out how we are building a better Shire.

Where the Chickens Come First



What came first the chicken or the egg? It doesn't really matter, because here at Leah's Chook Shed, we sell both.

We have been selling fertile eggs for almost five years now. Whether you choose to enjoy hatching your own chicks from our fertile egg range or whether you choose chicks from our day olds through to 8 weeks. At 8 weeks, the chicks are fully feathered, no longer requiring heat and can go straight outside once you take them home. We are very passionate about providing you with beautiful healthy chickens that have been bred to the Australian Poultry Standards. All our chicks have also been professionally sexed, vaccinated and come with a guarantee that should one turn out to be a rooster, we will happily exchange or refund.

Heritage breed chickens come in many shapes and colours and some even lay different coloured eggs and will continue to lay up to 5 and 6 years of age.

Whether you have or haven't had chickens before, we will happily work with you to assess which breeds and ages will work best for you. Whether you want great egg layers, breeds that are good with children, want that colourful egg basket or just want beautiful and stunning chickens in your backyard, we are here to help.

With more and more families wanting to know where their food comes from, planting their own veggie patches and wanting to encourage their children

to spend more time outdoors, what better way to encourage this, than with some of our beautiful Heritage chooks. Chickens are not only great for their beautiful fresh tasty eggs, they are also great at pest control and give plenty of free manure for your garden. It doesn't get much better than that.

📍 We are located in Galston and are by appointment only. Please feel free to take a look at our Facebook page; Leahs Chook Shed or for pictures and information of our beautiful breeds visit our webpage www.leahschookshed.com. If you have any questions, please feel free to call us on 0404 499 616.





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20 Years Hard Labour

Aussie Pumps Distributor Manager, Bradley Farrugia recently celebrated his 20th year with Australian Pump Industries!

He joined the company as an 18 year old looking for a career that would give him a challenge and an opportunity! He started shortly after the company moved into the 2½ acre site at 7 Gladstone Road, Castle Hill. At that stage it was only a few years old and in its formative stage.

Since then Bradley has travelled the world, set up a national distributor network that is second to none, and been involved in product development of the world's leading range of self-priming pumps and high pressure water blasters.

"It's been a roller coaster ride with every day bringing something new! I've made friends all over the world and had the benefit of working with a cross section of users from farmers, miners, construction companies and professional firefighting bodies," said Brad Farrugia.

Congratulations Bradley, you've come a long way!



Warwick Lorenz (left), Australian Pumps Managing Director, awards Bradley Farrugia the 20 year Order of Merit certificate.

🔗 For further information on opportunities for bright young cadets to carve out a career at Aussie Pumps contact Melinda Jansen at Aussie Pumps.

Anglicare Food Drive Says a Big "Thank You !"

Dural, Kenthurst, Arcadia, Cherrybrook and Glenhaven Anglican Churches would like to thank you all for your amazing response to the Food Drive. Again you contributed more than 30,000 items to families in Sydney, who find themselves in need of some assistance this winter.

Anglicare have been able to help many families already because of your generosity. Thank you once again. See you next year!



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Blow Away the Blues!

By Katy Joscelyne

To combat the natural signs of aging, our health providers recommend a nutritious diet, plenty of rest, regular exercise and social interaction.

It's a well-known fact that our cognition, too, may be somewhat compromised and this may lead to loss of co-ordination, eyesight, hearing and memory.

Scientific research has linked the process of learning to play a musical instrument to real-time stimulation of specific areas in the brain.

Here are some results of extensive studies showing how playing an instrument helps to stimulate our body into producing a hormone that plays an essential role in slowing the aging process. This not only helps to keep a sharp memory, but can have positive impacts on preventing diseases such as Alzheimer's, as well as fending off some forms of dementia.

Improves Performance on Cognitive Tasks - in people over the age of 65, after 4 months of playing a musical instrument for an hour a week, there were strong changes in the brain, especially in the parts that control hearing, memory and hand activity. The effects are long-lasting too, resulting in better performance in tests of word recall and nonverbal memory.

Refines your Time Management and Organisational Skills - to progress quickly in the learning process, you will learn to use your time efficiently and plan different challenges to work on. This continuing improvement results in greater motivation.

Enhanced Co-ordination - learning to play an instrument means that the parts of your brain that control motor skills actually grow and become more active, and your hand-eye co-ordination is improved.

Fosters Self-Expression - as your skill level improves, so the opportunity to play a wider range of music, and the ability to use music as an outlet for your emotions. Playing an instrument will not only help you to relax, but can help build confidence and give you a sense of achievement. Music can also provide a sense of independence and individuality which, in turn, contributes to one's own self-discovery and sense of identity.

Provides Tangible Health Benefits - it's no secret that playing music acts as a form of therapy, having calming effects on the mind and body. In particular, this has a positive impact by reducing blood pressure levels and is beneficial in stabilising mood disorders and alleviating depression. The exercise of playing an instrument actually helps to release endorphins in your body, the 'feel good' hormones which result in reduced levels of stress.

Once you've decided to enrich your life with music, the next decision is which instrument to choose. For sheer practicality and ease of use, you can't go past a recorder with which to start your musical adventure. It requires minimal financial outlay, lends itself to many different styles of music, is lightweight and packs easily into a bag when travelling.

Now for your tuition. Conservatorium-trained musician Katy Joscelyne is a Glenorie local who specialises in teaching recorder to students aged 60+. With the help of step-by-step books and CDs, Katy will gently guide you through the initial steps of learning notes and familiarising yourself with the language and mysteries of written music. It won't be long before you'll be heading down a new pathway of enjoyment and self-fulfilment.

Contact Katy on 0497 202 020 to discuss tuition options (either private classes, or bring a friend to learn with you).

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SAT AUG 26TH	Neil Diamond: The Man the Music
SAT SEPT 23RD	The Rolling Stoned Show
SAT NOV 25TH	Ashes to Ziggy: A David Bowie Tribute

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

NEIL DIAMOND THE MAN - THE MUSIC TRIBUTE SHOW

SATURDAY 26TH AUGUST - 8PM
Pre-Sale \$15 On the Door \$25



SUNDAY, AUGUST 27TH
MAYWEATHER MCGREGOR
See website for further details.

Just Breathe Saturday 16th Sept

Supported by Jimothy Andrews Wolves in Fashion From 8pm Free Show



MONDAYS	TUESDAYS
<ul style="list-style-type: none"> \$14 Rump which includes a free schooner of beer or glass of wine \$12.00 Lunch specials Bingo 7pm – Wish Card Prizes totalling \$450 in value 	<ul style="list-style-type: none"> \$14 Curry with a free schooner of beer or glass of wine \$12.00 Lunch specials
WEDNESDAYS	THURSDAYS
<ul style="list-style-type: none"> Kids eat free, with any adult main meal purchase \$12.00 Lunch specials Bingo – Ticket Sales from 10am. Jackpot Prize \$1300* Game Prizes – Cash & Wishcards totalling \$300 in value Trivia 8.00pm Raffle tickets on sale 7.00pm Total Value of Raffles \$500 Spin N Win Wood Fire Pizza Available (Dinner Wed + Sat only) Members Happy Hour Mon – Fri 4-5pm 	<ul style="list-style-type: none"> \$14 Schnitzel with a free schooner of beer or glass of wine \$12.00 Lunch specials APL Poker \$20 Buy In Cash Prize \$180 Plus Jackpot* Pool Competition Max Prize \$200*
FRIDAYS	SATURDAYS
<ul style="list-style-type: none"> \$12.00 Lunch specials Monster raffle, 40 prizes to be won, tickets on sale 7.00pm Total Value of Raffles \$1500 Spin N Win Roast Dinner Special Available 	<ul style="list-style-type: none"> \$12.00 Lunch specials Wood Fire Pizza Available (Dinner Wed + Sat only)
SUNDAYS	
<ul style="list-style-type: none"> Joker Jackpot Raffles – Tickets on Sale 5pm. Total Value of Raffles \$400 Roast Lunch + Dinner Available 	

* Depending on the number of participants

WHAT'S ON

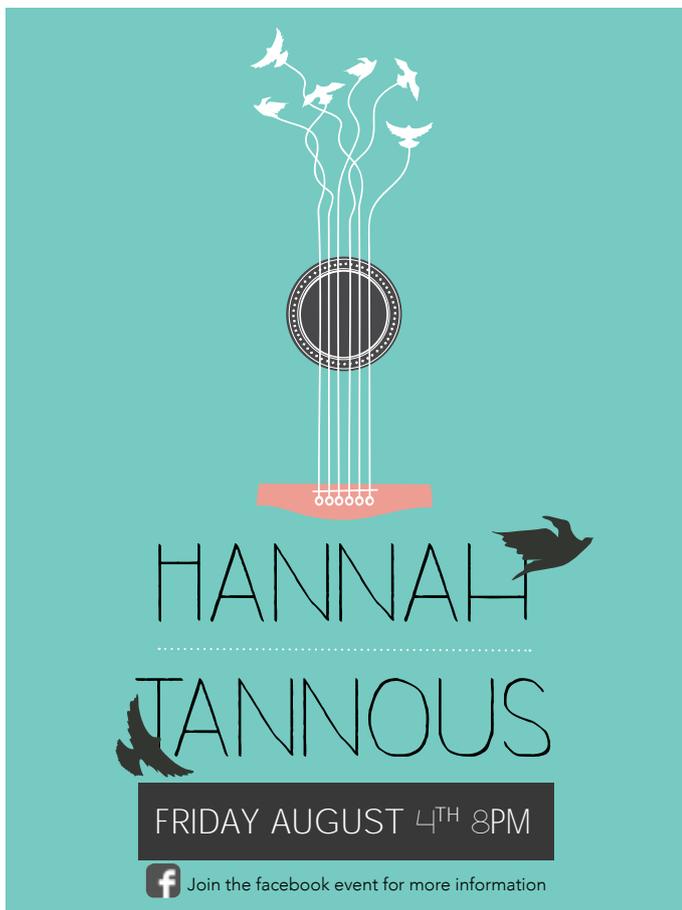
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Octavian

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1ST SEPTEMBER 8PM | GLENORIE RSL CLUB



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Hornsby Ku-ring-gai Women's Shelter

Only Domestic Violence Charity in City2Surf

Want to support our local community, get fit and support your local women's shelter at the same time? Hornsby Ku-ring-gai Women's Shelter is the only local and only domestic violence/homelessness charity partner in this year's City2Surf on Sunday 13 August. Participate and you can improve your health – and help empower local women in crisis to create a better future!

It's easy to support the Hornsby Ku-ring-gai Women's Shelter (HKWS) and be part of the world's largest fun run. Register now and follow the simple links to nominate the HKWS as your City2Surf charity. Run as an individual or join the HKWS team – the choice is yours! There's no minimum donation and lots of fun, tips and support by HKWS to help you train and cross the finish line. Already registered? Why not encourage friends or family to join in, get fit and support HKWS as well?

"Amazingly, last year was the first time we were involved in the City2Surf and we raised nearly \$23,000," comments Sallianne McClelland, President of the Hornsby Ku-ring-gai Women's Shelter. "We'd love to raise even more this year so we can fund more beds in the future."

To find out more, simply follow this link to get started: www.hkws.org.au/city2surf

The Hornsby Ku-ring-gai Women's Shelter is community funded and run – without any direct government assistance. Close to half a million dollars is needed each year to keep our doors open. The shelter provides around the clock caseworkers, food and accommodation plus a team of volunteers work tirelessly without

taking a cent to provide everything else needed to keep the shelters running.

"After staying with us, 85% of our clients are able to turn their lives around but it's heartbreaking we need to turn away on average 5 women a week due to our limited resources," said Sallianne.

For more information on Hornsby Ku-ring-gai Women's Shelter please visit: www.hkws.org.au



HKWS 2017 City2Surf team members in training, including Matt Kean MP (far right) and Karen Hardy, Board Director (next to Matt)

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Glenorie Progress Association

The GPA continues to address the interests of residents for development in Glenorie and surrounds. To achieve this we have formed a Planning Sub-Committee. In this magazine you will find a flyer to invite YOU to have your say. Please take this opportunity to be a force in the future of Glenorie, a community we all love to live in. Let's embrace change rather than fighting it. Help us develop a plan to take to the two Councils and be part of the progress of the area.

Sooo... don't throw away the flyer, email or mail us with your planning ideas and suggestions.

Even better still, join the Association and be privy to all the developments as they happen, read the minutes and reports of meetings and be an integral part of our community.

The GPA will hold a Community Information meeting about development in Glenorie on Tuesday, 12 September 2017. Come along with all your friends and neighbours. See you there!

GPA holds a general meeting every month at the Glenorie RSL downstairs Function Room at which all members are welcome. Next meeting Tuesday 8 August. We held our AGM on 11 July and our Committee is enthusiastic about the future. Exciting developments are also happening at the Glenorie Hall with regard to the Environment Centre. This is in cooperation with Councillors from Hornsby and The Hills Councils.

Don't forget you can still pick up and fill in our survey to place in the red box at the Glenorie RSL. Or go to www.glenorieprogress.org.au and have your say or contact us at secretary@glenorieprogress.org.au.

Record Number of Blood Pressure Checks

Stroke Foundation Chief Executive Officer Sharon McGowan

I would sincerely like to thank all the local residents who took part in Australia's Biggest Blood Pressure Check this May and June, making it a huge success. During the campaign a record 63,211 checks were delivered by Stroke Foundation in partnership with Pharmacies across the country. With your support, we far exceeded last year's tally of 56,000 health checks.

Disturbingly, one in three participants was found to have high blood pressure, which is a key risk factor for stroke.

The results came as a wake-up call to many, as high blood pressure often has no symptoms. Those found to have high blood pressure and an increased stroke risk were referred onto their doctor for advice on lowering their blood pressure, reducing their risk of stroke and improving their overall health.

Stroke kills more women than breast cancer, more men than prostate cancer and leaves thousands with an ongoing disability. Stroke attacks the brain, the human control centre, impacting both physical and mental abilities. It happens in an instant, changing the lives of the survivor and their loved ones forever.

There is one stroke in Australia every nine minutes. However it doesn't have to be this way, stroke is largely preventable.

There are many things we can all do to help protect ourselves from stroke, like managing our blood pressure, getting more active, maintaining a healthy diet, stopping smoking and reducing our alcohol consumption. Take the opportunity to see what you can do to help today by visiting www.strokefoundation.org.au

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Heartbeats

By Mary Ord

Heartbeats is about recognising the good news stories which are happening in our community.

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

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

A Stunning Hello

Penelope Letty Gorman was eager to meet her parents, Rob and Rochelle Gorman from Glenorie. 2am on the 13th July, fifteen days before her due date, Rochelle was woken when her waters broke. They hurriedly exited their home and arrived at Hornsby hospital at about 3.30am only to be sent away to wait in the comfort of their home for the action to begin in earnest. At 9 am the real action did happen when Penny made a hasty entry into the world. Rochelle was ably assisted by a stunned Rob who managed to catch Penny as she took her first breathes. Rochelle's sister, Courtney who was also assisting during the excitement was able to contact 000 who dispatched the ambulance. Both Rochelle and Rob are very grateful that their experience, which could have been fraught with drama, delivered them a gorgeous little girl. An ambulance arrived 20 minutes after the birth to transport Rochelle and Penny to the hospital.



First time grandparents Gaynor and Rod Derriman from Glenorie and Chris and Steve Gorman from Kenthurst are thrilled, delighted and ready to spoil their new granddaughter.

Just a tumble

They say that the brain functions quicker when it's falling. Like thousands and thousands of thoughts in a fraction of a second.

I had a fall recently and I can attest to this. I was gardening next to the pool, when, for what ever reason, I tripped and fell into the pool, brrrrrr. It wasn't a fall from a great height but still I remember a frame by frame experience and my mind swirling with one thought only... 'my phone'. I had been listening to a podcast through ear phones and had my phone in my pocket. I clambered out of the pool to dry my phone in the sunshine. This is where my small miracle for this month happened, my phone worked (hallelujah) with the exception of it being able to ring. As it turns out this was problematic and finally after 6 weeks of inconveniencing everyone I decided to take a visit to Apple to replace the phone. The night before this visit I thought it prudent to visit Google to see what remedial suggestions they might have to make the phone ring. "Check that the button on the side of the phone is not switched to silent" I did check, it was on silent, flicked the switch and it worked.....what a clown!!! To celebrate I bought a ring tone 'Happy' by Pharrell Williams and every time it rings I rejoice along with Pharrell.

Right Place

My husband was on his servicing rounds doing his regular visits to properties, when he saw an elderly gentleman parking his vintage tractor in the garage. He then heard troubling noises coming from the garage. Tentatively he approached and found the gentleman, who was 93 years, had experienced a fall. Pete attended to his needs before alerting his wife. An ambulance was called and Pete stayed until it came. I know that many would be helpful and caring and would do the same but it still makes me proud that the man I have chosen to share my days and nights with is caring and thoughtful and openly demonstrates this. The gentleman is fine and is now at home being cared for by his every day and every night wife.

The Circular Keys Chorus based in Norwest are champions of Acapella.

Laugh! Sing! Shine! was the theme for the Sweet Adelines Australia 2017 Convention, held in Perth in May 2017. SHINE is exactly what the members of Circular Keys Chorus did on the stage, with their performance seeing them become the 2017 1st Place Division A Chorus.



As a result, Circular Keys Chorus will represent Australia at the Sweet Adelines International, Harmony Classic competition being held in St. Louis, USA in 2018, which they will go into ranked third. You go girls and we look forward to an update on your return. Keep shining and strutting your delicious style of singing.

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

Cody Love

'Cody' our 12-week-old chocolate Labrador is making a full recovery after being accidentally run over in the family's driveway in June.

Georgia Milburn and Matt Mullins purchased Cody after losing their dog Barney at Easter in a road accident in Dural.

Matt said "It all happened so quickly", like children you have to have eyes in the back of your head, Cody ran in front of the car and Matt accidentally ran over Cody.

He was taken to the emergency vets in Baulkham Hills where he underwent emergency surgery. The next day he was taken to our vets at Dural Veterinary clinic who expertly looked after our precious boy.

Ben, Steve and the team at the clinic, were outstanding in offering expert care. Cody underwent an operation to remove a part of his tail, received numerous stitches and weekly wound care.

We're very pleased to announce he is making a full recovery and is chewing his way through the garden as all good Labrador's do.

Contributed by Sue Gartlacher from Park Lane Property Group



Lions Youth of the Year

Rae Borton, daughter of Luke and Angelique Borton from Newline Fencing, is an exceptional young woman. Rae, a year 12 student at Galston High School was nominated for a National award by her English teacher, Mr Cosgrove, who wanted to acknowledge Rae's efforts both in the classroom and the community. Believing her to be the perfect candidate he nominated Rae for the Lion's Youth of the Year award. Although she didn't win Rae found the challenging interview process helped develop her confidence along with her public speaking and communication skills. Rae was thrilled to be nominated by her school for such a prestigious award and she would like to thank Mr Cosgrove and the Lion's Club for giving her such a wonderful opportunity to meet other like minded students and to broaden her experiences. Rae leads a well rounded life, not only is she a conscientious student but she is completing her Gold Duke of Edinburgh Award and is an active member of the Glenorie RFS.



Success for Local Business Women

Kate Lumby from Lumby Hampson has, for the second year in a row, won the prestigious Auctioneer of the Year Award. This is a national award and Kate was the only female out of the 12 finalists. Kate is a local of Dural along with her husband Will, their two children and Kate's parents, Jan and Barry Lumby.

Kate started in the real estate business working with her parents from an early age and now has 25 years of experience in the industry. This award recognises Kate's dedication, persistence and passion for working with and helping people.



Wedding at Dural Country Club

In the gardens of the Dural Country Club on the frostiest morning this winter I married Castle Hill couple, John and Natalia May. Despite the heavy frost the morning was perfect, without a whisper of wind and the sun shining brightly. Cold weather is something Natalia, a native of Russia, is familiar with and a fur wrap added to her classic look. After a world hopping courtship Natalia, John and Natalia's daughter, Veronika were the picture of a perfect family who are finally united. Great things are happening in their lives but that deserves a later post.



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Julian Leeser MP - Member For Berowra

New Mobile Phone Tower Coming to Sackville North

Federal Member for Berowra, Julian Leeser MP has welcomed approval for the construction of a new mobile phone tower at Sackville North. Construction is expected to commence in coming months.

Mr Leeser said he understands the need for a mobile phone tower in the area, particularly after his two recent visits to the Sackville North Rural Fire Brigade.

"I know how important mobile phones are, particularly in the more rural parts of the electorate. For everyday communications, conducting business and emergency services, especially in the event of a bushfire."

"Residents in towns including Sackville North, South Maroota, Maraylya and Forest Glen live in one of the most beautiful parts of our electorate, but the topography of the area also presents telecommunications challenges."

A new mobile phone tower for Sackville North was funded through the Federal Government's Mobile Black Spot Program. In the Parliament last month, Mr Leeser asked the Minister for Urban Infrastructure, the Hon Paul Fletcher MP, when local residents could expect the tower to be delivered.

"Construction of the Sackville North tower is expected to commence in the third quarter of 2017 and, subject to planning approval from council, to be online by Christmas," Minister Fletcher said.

"Once constructed, this tower will deliver better mobile coverage and improved safety for local residents," Mr Leeser said.



Sackville North Mobile Tower

Dural and Districts Historical Society

The Arcadia Juice Factory

By Margaret McKinley

On the corner of Arcadia Road and Fagan Road, Arcadia, there is a factory shaped building. What is the story behind this place? This part of Arcadia Road had originally been called Two Rod Road, and ran from this corner up to Arcadia School. The Bennet family owned the large citrus orchard on the southern side of this road, opposite to where the Benedictine Monastery is now.

Frank Wangman bought this orchard from Hilton Bennett in 1942, and just after the war built this factory on two acres. During the war there was a Government requirement that fruit growers had to supply 13% of their crop to the war effort towards feeding the Fighting Forces.

Wangman owned and operated the factory, employing about 8 or 9 locals, mostly woman. They extracted the juice from the Valencia oranges to make cordial and "fizzy" drink, and then cut up the rind to make preserved peel. John Ross worked there for one week and was paid £1-16-0! Mr Rest was the cooper employed to make and repair the barrels used in the factory. He had come from Germany and lived at the end of Smalls Road. Michael Bell remembers visiting him one morning at breakfast time. Mr. Rest had one dozen eggs in the frying pan!

The name over the main door proclaims "Arcadia Products" and is still visible. There was a good market for this product and they displayed their goods at the Royal Easter show for many years, and won prizes.

Researching the "Juice Factory" has been difficult. If you have any old photos, old bottles or labels or anything to add to this story—or any other stories of our district please connect the Dural Historical Society. We are open on Wednesdays, from 1-4 pm, or Sundays from 10 am to 4 pm.

If you ask any of the long-term residents if they have any memories of the Juice Factory, they will all say "we remember the terrible stink in the creek!". Yes, the effluent from the factory had caused pollution in the creek that runs down the back of where Cameron's Nursery is now, and goes under Arcadia Road just near Ross Common Rd. The factory closed in about 1968-9, not only because of the pollution, but citrus orchards in the district were being pulled out, as the growing of citrus was not profitable once

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Authorised by Julian Leeser MP, Level 11, 423 Pennant Hills Road, Pennant Hills NSW 2120.

History



the Murrumbidgee Irrigation Area could produce good quality fruit cheaper.

Noel Russell bought the factory and operated Arcadia Automotive with the help of a mechanic, and then started Arcadia Tyres in 1978. He died in 1982, but the building has been used for Automotive and Arcadia Smash Repairs ever since then .

This year the June Roughley Memorial Lecture will be given by Prof. Garry Tromph, and his subject will be “Aboriginal Spirituality in the Worlds History of Religions “ and will be held in the Arcadia Community Hall, next to Arcadia School, at 2pm on Saturday, 19th August. Free entry and everybody is welcome.



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NSW RURAL FIRE SERVICE REPORTS

Galston Rural Fire Brigade News

By Kara Dubois

Pile burn assist

Recently Galston RFB was asked to assist Arcadia RFB with a large pile burn in the local area. This was an example of a pile burn done right. It was a great collaboration between the two brigades and served as a valuable training exercise for some of the newer recruits.



Pile burns are helpful for property maintenance and to reduce bush fire fuels ahead of the official fire season in October. However, permits for pile burns are required all year-round. Please make sure you contact your appropriate council for advice on a permit. NSW RFS Fire Control and your neighbours must also be notified, and piles must adhere to the approved standards.

Also be aware that during the fire season (usually October - March) you will also be required to obtain a fire safety permit from the NSW RFS.

Preventable fire warning

There are hundreds of preventable fires in Sydney each year that originate in the kitchen. Across NSW, kitchen fires were the largest single cause of house fires last year, representing 45 per cent of all residential fires and 34 per cent of injuries. It can take just three minutes for a fire to take hold, but seconds to prevent one.

To avoid kitchen fire tragedies, we're urging people to 'keep looking when cooking':

- Never leave cooking unattended
- Don't put anything metallic in the microwave
- Keep fabrics and tea towels away from the stove
- Don't use LPG cylinders for cooking indoors
- Make sure you have a working smoke alarm.

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.

August member profile:

Greg Langdon

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

13 Years

What is your role there? Deputy Captain, currently looking after Membership Services and New Member Induction

When you're not at the brigade, what do you do for a living? Control Centre Officer for NSW Ambulance

What made you join the RFS? Both my parents were heavily involved in the brigade so I grew up around it. When I was old enough I followed their lead and never looked back.

Have you learnt skills in the RFS that you've used elsewhere? The RFS gives you unique opportunities around Incident Management and coordination which drove me towards my current career

What makes the RFS family so unique? The common passion for serving the community. Regardless of each person's background, skills or interests, we are all there for the same reason.

What is a fond memory you have of your time at the brigade? Too many to mention! Probably the one that sticks out the most is the Maroota fires in 2006. We were tasked to protect a property on the top of a ridge as the fire was running towards the house. This was my first experience at front line firefighting at a major fire and was the most daunting yet enthralling experience I have had in the service.

How is being in the RFS rewarding? The biggest reward is definitely the experiences you have and the friendships you build. I have had the pleasure of meeting some incredible people and working with them in some amazing and sometimes challenging situations that you would not come across anywhere else.



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Glenorie Rural Fire Brigade News

By Chloe Paton and James Wicking

Glenorie Fire Station OPEN DAY

Make sure on Sunday 17th September you put a note in your calendar to come in to Glenorie Fire Station and see how everything works. At the same time, you can ask our members any questions that you may have and learn knowledge on how you can get ready for the bush fire season, have a look at all our appliances (the kids can even get in the Fire Truck!) and if you are interested, even speak to us about joining! We will be there from 10am – 2pm and hope to see you all there!

Call to Air Conditioning Fire

On a quiet Sunday afternoon during the month the pagers went off. The members drove to the station and had to respond to reports of an air conditioning fire in a residence in Glenorie. RFS members put on their breathing apparatus gear and responded to the location of the call. Upon arrival, the fire had already been extinguished thanks to the quick-thinking resident. Luckily the resident had previously purchased a Fire Extinguisher and managed to stop the fire from spreading to the rest of the house. It is a timely reminder that we urge all residents to ensure they have a



Fire Extinguisher and Fire Blanket. You may need it when you least expect.

Nothing closer than a metre to the heater

Yes, it is cold and yes, it is hard to dry the clothes and keep warm. It is still very important to remember that heaters can be very dangerous. At all times make sure any heating appliance is kept out in the open, away from walls and not covered by clothes etc. The safest way to remember how close things can be from the heater is to remember **nothing closer than a metre to the heater.**

📍 For further information go to www.rfs.nsw.gov.au or contact the Brigade: Station Phone: 9652 2017 (leave a message and someone will get back to you) or talk to a real person, James: 0422 168 914. Visit the brigade stand at the Glenorie Growers Market on the fourth Sunday of the month in the grounds of Glenorie RSL. Facebook: Glenorie Rural Fire Brigade. Email: glenorierfs@outlook.com



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Music and Arts

Castle Hill Art Society

Julie Simmons – Oil Demonstration - Wednesday 6th September 7.30pm

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

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

Circular Keys Chorus Vocal Workshop - Sharing the Well-Being Factor of Singing

Do you love to sing and perform?

The positive health and psychological effects of singing are well documented. The ladies at Circular Keys Chorus invite you to come to their six week vocal workshop, starting in August, to find out.

The chorus sings in four parts, so if you sing high, if you sing low, or if you sing in between, there's a place just for you.

You do not need to read music and will be guided through the fundamentals by the chorus's Musical Director, and sought-after musical educator, Vicki Dwyer.

The chorus is currently the Sweet Adelines Australia Champion Small Chorus. In 2018, members are looking forward to travelling to St. Louis to represent Australia, for the third time, at the SAI international competition.

For more information and to register for the vocal workshop – circularkeys.org/vocalworkshop

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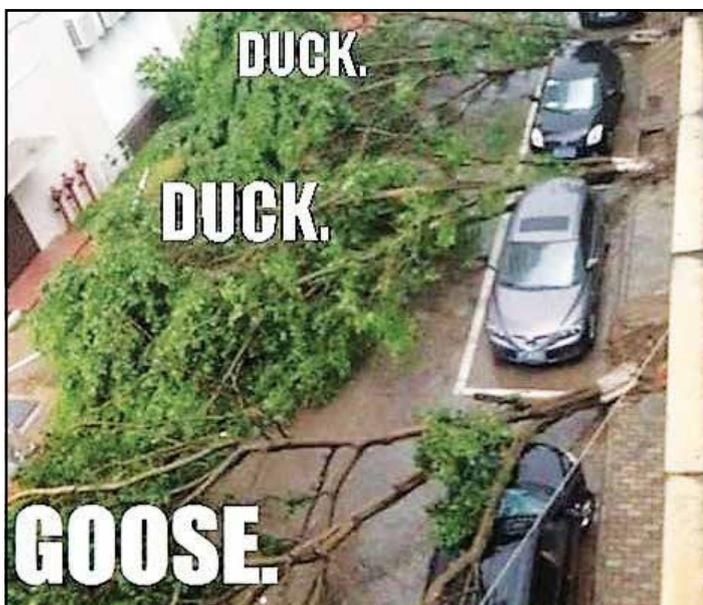
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From Russia ... with Prizes!

The Galston Concert on Sunday 17 September offers stars of two generations.

Young talent will shine when prize-winning pianists Joshua Zhi and Leroy Ma will perform following their recent success

at the Steps to Mastery piano competitions in St Petersburg, Russia, in June.

“Save for a dates clash, Joshua, Leroy and other young Sydney pianists who competed in Russia, would have entered our very own Mid-Year Mozart piano competitions in Galston” says concerts director Robert Harris.

“So it will be a special treat to hear them perform following their successes on the international stage.”

“Their teacher Dr Paul Rickard-Ford at Sydney Conservatorium is especially pleased that they’ll showcase their triumph for a local audience so soon after their return.”

Joshua will combine his youthful skills with professional players when he plays Haydn’s D major piano concerto with members of the Lurline Chamber Orchestra.

Leroy will offer a dazzling solo in a virtuoso work by Australian piano luminary Michael Kieran-Harvey.

The Lurliners offer their own array of youthful talents now further progressed through careers which have included membership of the Australian Chamber Orchestra, the Sydney Symphony and collective world-wide plaudits.

Their Galston program offers music linked to the theme of youth – a Sonata composed by Rossini while still a schoolboy, a folk-style Suite by Holst composed for a school and a ‘concerto’ by the child prodigy Bizet who died tragically young.

Maria Lindsay, founder and leader of the Lurline, herself a past member of the Vienna Chamber Orchestra, will offer the Carmen Fantasy by Spanish virtuoso violinist Pablo de Sarasate, based on favourite tunes from Bizet’s great opera.

The Galston performance starts at 2pm in Galston Uniting Church.

While tickets will be available ‘at the door’ bookings are advised through trybooking.com (search Galston).



Gear Check And Troop Drill – How We Start Each Rally Day At Arcadia Pony Club

At the start of each rally day, it is standard procedure for all riding members of Arcadia Pony Club participate in gear check and troop drill.

Once riders are saddled up, they are gear checked by qualified instructors or parent volunteers that have completed the PCA NSW Gear Check Certificate. Gear check is a safety check where both the rider’s equipment (helmet, boots and clothing) and horse equipment – in particular the girth, bridle and bit are all checked to ensure they are in line with the PCA NSW guidelines. Whilst tightening a girth can be fairly straightforward, “bit checking” can be more complex with not only the position of the bit in the horse’s mouth being checked but also the type of bit and it’s appropriateness for the particular riding activity the rider will be undertaking. PCA NSW has a Bit Dictionary for referencing that explains the purpose of the numerous bits, bridles and spurs that are appropriate for the various PCA NSW riding disciplines.

Once each rider is gear checked, they are able to join the riders in in our large and fully fenced warm-up arena. Whilst the remaining riders are being gear checked, the riders already in the arena are under the guidance of the senior instructor and might start in single file and end in pairs with riders generally matched on the horses stride – this does mean our shorter legged ponies tend to be on the inside!

Riders then participate in “troop drill”. Troop drill provides a safe method of moving large groups of riders from one point to another. Furthermore, it is an effective method of warming up horses before more concentrated work is commenced. A pair of



riders is appointed as lead riders and the instructor provides them with directions which can range from following the fence outside the arena to diagonally crossing over the arena and turning down the center line. The riders following must ensure they maintain the track behind the leaders. Riders can also be moved into a team of four line which requires a lot of focus at turns to maintain the line with the inside horse required to take smaller steps and the outside horse to take larger steps! This has the added benefit of socialising all horses in a group in preparation for the riding sessions run throughout the day.

At the end of troop drill, all riders “line up” facing the senior instructor for the count off – each rider needs to call out their number and it needs to be loud enough for everyone to hear it! Attendance for the day is recorded and the riders are then split into their riding groups based on rider ability, age and friendships. It’s a safe and engaging way to start each rally day.

Arcadia Pony Club has a “come and try” programme for riders aged between 4 – 25 years with their own horses or ponies where you can come along to a Rally Day and gain some riding instruction, meet new friends and have a lot of fun.

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

📍 Arcadia Pony meets the first, third and fifth Sunday of each month at the Rural Sports Facility in Galston. Want to find out more? Visit us at www.arcadiaponyclub.org

📞 Enquiries to Helen Jordan, Promotions Coordinator for the concerts team, on 0425 339 841.



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Galston Equestrian Club

A Jam-Packed June And July!

After a cancelled start due to a wet long weekend, we had brilliant sunshine on 24th June for our first Agility Day of the year. We had 20 participants who took their horses through, over and around tarps, shower curtains, barrels, gates and witches hats. Two even rode the course bareback! Everyone increased their skill levels and their horses became more confident and relaxed. During lunch, Suzanne Bellette of Natural Equestrian, did a beautiful liberty demonstration with her four horses and explained how she worked with herd dynamics to get her horses to move as one. What a perfect way to spend a perfect winter's day!

On 25th June, we ran two events - we had the pleasure of Anne-Katrin Liebe providing dressage training using cavalettis. Anne-Katrin is a German International Equestrian Coach Level 2, FN German Equestrian Coach Level B - Competitive Sport and EA NCAS Equestrian Coach Level 2 General. She provided lessons at the level of each horse and rider, and they all left the arena with smiles and more relaxed horses, as the work helped each horse and rider combination with balance, adjust the length of stride and loosen and strengthen muscles in the horse.

GEC also hosted a Working Equitation (WEQ) clinic with National and International Working Equitation Competitor, Trainer and Judge, the accomplished Kim Peterson. Riders learned about the WEQ obstacles, their purpose, the training technique and then practised together. Everyone had an enjoyable and informative day and all are looking forward to our next day with Kim on September 10. In 2018 Kim will also be back to do a 2 day clinic with a training day, and then an in-house GEC WEQ competition!

Six riders attended the mid-week training day with Rebecca Ashton on Wednesday 28 June. It was a great day, though a little wet. Rebecca worked with riders on their body position to help them sit straighter in the saddle with more even weight distribution, thereby helping their horse's movement. All riders who participated were excited to put into practice at home what they had learned on the day.

On a bright sunny Saturday 8th July, 18 riders set about trying to get the highest score to win in the show jumping competition of Gambler's Stakes. Rosettes were awarded from 1st to 3rd, with ponies and horses competing separately. With some riders having multiple horses and most having a go twice, we all had a fun day. Wonderful volunteers and full tummies from the canteen made the day a great success. Smiles on faces of riders was all we needed to know we had run another fabulous show jump day at GEC.



Picnic Day attendees

GEC has now run 3 days of classical dressage training using the method "Ecole de Légèreté" (Légèreté Method). Our last clinic was on 8 July 2017, and there is one more training day in November 2017. The Légèreté Method clinics have been full since day one and interest is growing. The Légèreté Method is taught to train horses of any confirmation and temperament to their full potential ultimately to lengthen their working and competing life. We are lucky to have our very own trainer, Paul Cairns, here in Galston.

Sunday 9th July was our inaugural Fun and Picnic Day. Nineteen enthusiastic riders and handlers enjoyed building trust with their horses while having fun trying out the large array of obstacles and toys. The bunch of balloons and the hanging pool noodles were a challenge! We then played some games like riding a pattern holding a full cup of water, riding in pairs holding a crepe paper ribbon, etc., but the football game produced the most cheers! After a picnic lunch in the sunshine, we had our competition – the longest tail, the biggest feet, the hairiest ears, etc.! Everyone went home with a ribbon and lots of lucky people took home lovely prizes, kindly donated by Horseland Dural. I think all riders and horses slept well that night, having had a splendid relaxing day out with friends!

Upcoming events :

- 9 August – Peter Haynes show jumping lessons
- 13 August – Show jump Training and Horsemanship Practice Day
- 22 August – Heather le Provost will give a talk on weeds and their control at the Galston Club
- 27 August – Show Jumping Competition

📌 As usual, please check our Facebook page and our website for up to date information on all our events.
<http://www.galstonequestrianclub.org.au/>

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Northholm's Inaugural STEM Day



First day of Term Three at Northholm Grammar School is historically dedicated to commemorating the School's Foundation, nearly 35 years ago. This year, however, as part of its Foundation Day activities, Northholm celebrated its ongoing commitment to academic excellence and futures thinking with an inaugural STEM Day.

This new initiative, sponsored by the Northholm Association (P&C) involved all students, from Kindergarten to Year Twelve, participating in projects based around Science, Technology, Engineering and Mathematics (STEM) throughout the day.

These projects required students to demonstrate leadership, team work and problem solving skills in their investigation of a high order question from a diverse range of projects in Sports Science, Aerodynamics and Hydrodynamics, Photography and Video, Physics and Chemistry.

Students gathered in the courtyard at lunchtime to listen to two of the School's local disc jockeys, Mitchel and Sol, pumping out music while enjoying a delicious 'burger' provided by a dedicated team of parent volunteers

The day culminated with each team presenting their final project to their peers and staff for judging and the honour of being awarded the STEM Cup. Despite the final outcome however, it was clear that everyone who participated in the day considered themselves a winner.

"It was such a fun way to start the school term. Working with my friends on a project together was really interesting," said one student who summed up the day for everyone

Arcadia Public School

Fantastic Fun Fridays

Students at Arcadia Public School and their special guests experienced a unique Open Day on Friday May 19. For the second year, agriculture was the theme, with students learning about wool craft, animal husbandry, care of chickens and sheep shearing and as an extra special treat they were entertained by stockman Greg Glasgow. It was literally jaw dropping stuff as Greg rode his horse with incredible skill, cracking his whip and inspiring our equestrian students with his talent. It was a real pleasure to welcome Dani and the children from the Galston Early Learning Centre to enjoy the day with us. They must think 'big school' is a pretty exciting place!

We celebrated "Walk to School Day" the following Friday May 26, in true Arcadian style with families and pets, led by Rolf Crystal playing the bagpipes. Some say that this is their favourite school activity of the year with a BBQ breakfast and a catch up. The road safety messages are of course the most important aspect, keeping our students safe.

Into June and the following Friday saw a very civilised picnic lunch hosted by Kindergarten. They invited their big buddies and were thrilled to sit on picnic blankets near the chook shed, just hanging out and spending special time together.

On that very Friday, Year 6 were fortunate enough to hear ex – Socceroo Captain, Paul Wade, speak. Kobi summed up his message... 'He told us not to give up on hard things and to keep on trying... because transitioning to high school is a quick thing and you need to get used to it speedily ...'You can't control the wind but you can turn the sails'.

Contact the school office on 9653 1207 or visit www.arcadiaschool.com.au to find out more about our wonderful school where great things happen every day – not just Fridays!



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UnitingCare Galston Early Learning Centre



Galston Early Learning Centre were lucky enough to have a visit from the Arcadia Public School Band on Thursday the 29th of June. The band showed off their musical skills as they prepared and performed a repertoire of songs to our preschool children.

We were able to hear a wide array of songs performed including the Sesame Street theme song, Queen's "We will rock you", as well as the Star Wars theme song. During their performance the students showed off their talents as they played individual solos. In turn the students were able to showcase their particular instrument that they were playing. This allowed the audience to notice a wide range of musical instruments and they were able to label some that they knew.

After thanking the band for coming, the preschool children went back to the centre and discussed their experience. Some of the children expressed that when they go to big school, they would like to join the school band. Others re-enacted playing musical instruments and pretended to perform their very own concert.

Connecting with the local surrounding schools has had many positive outcomes for the children, as it allows them to build confidence, awareness and understanding for their transition into the school environment. We would like to thank Arcadia Public School for their visit and we look forward to continuing this partnership in the near future.

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

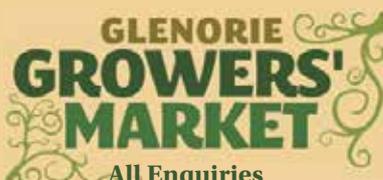
Glenorie Public School Science Spectacular Holly & Skye

On Tuesday 13th June, Glenorie Public School was lucky enough to have the GWS Giants come in to present us with a Fizzics Education Program. It extended our learning but we also had lots and lots of fun throughout the whole session. Stage 1 learnt all about how objects move and stage 2 and 3 learnt all about electricity. The most favourite object was the smoke bin. Holly filled the bin with smoke and hit the end of the bin, that created a replicating vortex. Overall, this incursion was an enjoyable day for all students. Thank you to the GWS Giants and Fizzics Education for this amazing experience.

Our stage 3 students were given this wonderful opportunity to attend the special primary schools matinee performance of the popular musical 'Grease', performed by the students at Galston High School on Tuesday 25th July. Every student in stage 3 thought this was an amazing performance and can't wait for the next one. Thank you Galston High School for giving stage 3 this exciting opportunity.

We thoroughly enjoyed our athletics carnival and were impressed by the amazing talent of all our students. Congratulations to those students who made it to the next round in both track and field. A huge achievement!



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Celebrating NAIDOC Week at Glenorie Pre-School

NAIDOC week or 'National Aboriginal and Islanders Day of Observance Committee' is celebrated during the first week of July. It's a week when Australia



celebrates Aboriginal and Torres Strait Islander peoples, cultures and communities and recognises the valuable contributions that Aboriginal and Torres Strait Islander people make to our country.

Glenorie Pre-Schoolers took time to reflect on what life might look for people in other cultures with a close look at Aboriginal Culture. Initially it was hard for the children to comprehend that others may have a different way of living to them after all they are people just like them.

The children experienced dot art, making their own paint mud paint, involving in a yarning circle, listening to dreamtime stories and manipulating playdough with gumnuts, sticks and small stones.

📍 If you are interested in enrolling your child at Glenorie Pre-School for 2018 then please contact our Director Belinda on 9652 2259 or pop in for a tour.

KU Galston Preschool

I would like to thank our preschool community for all of their input into our recent "Bake Sale" which was held at the front of the Bendigo Bank last month. Thank you to all of our wonderful families and extended families that baked yummy goods for us to sell and those that also came to buy goods. We were genuinely amazed at the generosity of our families, fantastically we raised over \$1000 which we have used to purchase new toys and equipment for our pre-schoolers. Thank you also to Bendigo Bank who allow us to hold the sale on their doorstep- a fantastic result!



On Monday 31 st July we will be welcoming the local playgroup who will be visiting our preschool to see what preschool is all about. If you too would like to visit please telephone or email to let us know that you too would like to attend. The session will run from 9.30am.

This term we will be commencing our enrolment process for 2018, please feel free to call in to our beautiful preschool to collect a waiting list application if your child is turning 3 and would like to attend our preschool next year. We are a community based preschool that caters for up to 30 preschool aged children 3 to 5 years from 8.00am-3.30pm.

📞 Please contact our director Rebecca Onslow on 9653-2252 or email ku.galston@ku.com.au. We look forward to hearing from you soon!







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Psychkwondo

The Psychkwondo Club in Galston, Riverstone, Cherrybrook, Glenhaven and Dural was founded by Amy Bodziony and Simon Taite. Both are experienced instructors and internationally recognised 6th Dan black belts and Amy is a US Open Championship gold medallist and a Commonwealth Championship bronze medallist. Both are passionate about helping kids enjoy the fitness and character benefits that come with Tae Kwon Do which is the world's most popular martial art with over 60 million practitioners world-wide.

Research shows Psychkwondo can improve your child's concentration and focus at school by flooding their brain with oxygen, relieving stress and boosting dopamine levels. Psychkwondo also teaches your child realistic skills to defend themselves, guided by highly experienced teachers.

Psychkwondo offers your child a structured exercise program combining the physical activity of Tae Kwon Do with innovative drills that make exercising fun.

Your child will develop a competitive edge in sports performance through improved balance, agility, strength, speed and flexibility. More importantly, they will learn the benefits of exercise at an early age and lay the foundation for fitness later in life.

Through this discipline children will also develop conflict resolution and social skills which they need to make good choices and avoid conflict.

Along with the physical and academic benefits of martial arts, your child will also enjoy positive interactions with classmates and peers.

By learning Tae Kwon Do, your child will be empowered with a sense of achievement and self discipline.

Ella wrote about her experience, "You have both taught me so much and changed my life for the better. Not only teaching me how to kick and punch and execute patterns but also how to live a happier, healthier, stronger lifestyle and enjoy the world in which we live in. You have taught me how to keep going when times are hard and to overcome any obstacle. You have both helped me and still help me to grow as a person and achieve my goals. You have helped me to become more confident in myself and you both always continue to inspire me."

With a number of centres throughout the Hills district you are sure to find a venue which is local to you.

Please refer to their website for locations and timetables www.psychkwondo.com

Middle Dural Public School

The creative masterminds at Middle Dural school designed and built amazing items for our design task for 2017. The objective of this project was to build and create something that explained a particular type of motion. Some examples included rotary motion, linear motion and reciprocating motion. Each child presented and explained their project with confidence and enthusiasm. We all learnt so much!

Don't forget our Kindergarten Orientation is Thursday 7th September at school.

Don't miss out on a great morning full of information about our school.

Contact 9651 1761 for more details.

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The Psychkwondo Club is in Galston, Riverstone, Cherrybrook, Glenhaven and Dural please refer to the website for exact location and timetables www.psychkwondo.com

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9.30 - 11.30am

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Book online at northholm.nsw.edu.au or call **02 9656 2000**

Hills Grammar News

New Student Think Tank in the Hills

The last day of term saw the very first Hills District Think Tank workshop 'kick off' at Hills Grammar; Sports Science-Behind the Scenes of Our Elite Athletes.

The Hills District 'Think Tank' network is a collaboration of seven local independent schools (Australian International Academy, Hills Adventist College, Hills Grammar, Pacific Hills Christian School, Rouse Hill Anglican College, Tangara, William Clarke College), working together to broaden opportunities for high ability students to engage in enriched learning across a wide-range of subject areas.

This workshop was led by Hills Grammar Junior School teacher, Alyssa McMurray, an elite sportswoman in Netball, European Handball and Touch Football.

Twenty-eight talented sports students in years 5 and 6 from across the seven member schools gathered at Hills Grammar where they were randomly grouped and examined the components which optimise the performance of an elite athlete; diet, strength and conditioning, fitness, technique and skill. The workshop mixed practical sessions and theory with the students using the Hudl app to compare their technique with the elite athlete of their choice.

They logged their results on ipads and created a training regime to follow as they work on improving technique and fitness in their chosen sport.

Deborah Wightley, Hills Grammar Gifted and Talented Co-ordinator K-6 is very excited about the fledgling organisation and

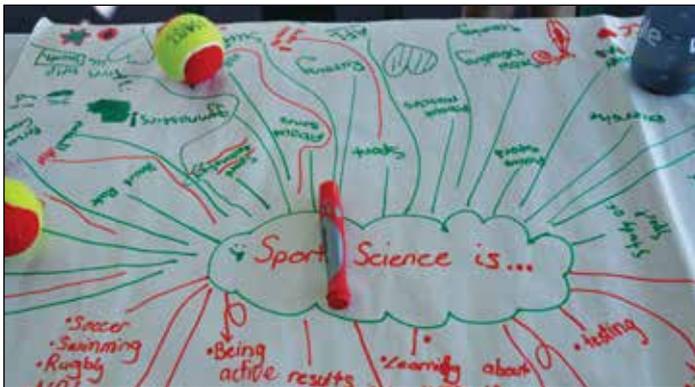


Hills Grammar students, Emma Romeo, Harry O'Neill, Emily Farrell and Joshua Hill with workshop leader Alyssa McMurray

the opportunities that this new network brings for students in The Hills District.

Mr Mark Yeowell, Head of Junior School at Hills Grammar commented, 'The establishment of this network highlights our commitment to foster a love of learning in our students and provide additional challenge and enrichment in their area of strength and ability. We are enthusiastically working with the other independent schools on this initiative'.

For further information please feel free to contact Mrs Wightley at deborah.wightley@hillsgrammar.nsw.edu.au



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An Attitude of Gratitude

Martin Rinkart was a Lutheran pastor in the German province of Saxony in the first half of the 17th century. His ministry took place during the Thirty Years' War which devastated large parts of central Europe, notably many of the German provinces. During the height of this dreadful conflict, he conducted as many as 40 funerals a day, and altogether he presided over 4,000 funerals during his ministry. Yet against this background of sorrow and human brutality, he wrote a table grace for children which has become one of the great hymns of the Christian faith:

Now thank we all our God,
With heart and hands and voices,
Who wondrous things hath done,
In whom His world rejoices!

Thanksgiving has little to do with outward advantages; it has everything to do with inner attitudes. The thankful person is blessed in many ways.

First of all, the thankful person is invariably a contented individual. Discontent makes us strive after the bigger house, the more expensive car and the more exotic holiday. A spirit of gratitude encourages us to appreciate what we have. Rather than always dreaming of the more idyllic future, an attitude of thanksgiving helps us to enjoy the blessings of the present, which is one of the keys to a happy lifestyle.

Thanksgiving also makes us aware of the efforts of others. If we appreciate what others do, we become more aware of the challenges they face. An attitude of gratitude lifts us out of ourselves and helps us become more sensitive and understanding towards others.

And this attitude not only benefits others, but also ourselves. A spirit of gratitude helps to promote a more positive outlook on life. We have so much to be thankful for – food, clothing, friendship, health, to name but a few – and this thankful attitude can carry through to the smaller aspects of life, such as watching a sunset or finding a parking space at a busy shopping centre. Being thankful can transform the way we look at life.

So let us strive to be thankful people. Not only will we be blessed, but we can enrich the lives of others as well. "Give thanks in all circumstances, for this is God's will for you in Christ Jesus." (1 Thessalonians 5:18)

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Glenorie Mission Church

The Bible says, "To all who receive Him (Jesus Christ), to those who believe in His name, he gives the right to become children of God, (John 1:12) and there are many more blessings that are yours when you become a real Christian.

Now it's over to you. If you have never accepted the Lord Jesus Christ as your personal Saviour, why not do it right now? It's not enough just to know how to become a real Christian, we have to act on that knowledge.

JESUSMy personal Saviour.

If God has been speaking to you as you have read through these messages, and if you now want to become a real Christian, then follow these few simple steps and you can accept Jesus as your personal saviour and benefit from the many blessings God wants to give you.

Confess - tell God in your own words that you are a sinner needing a saviour, (read Romans 3.23 again).

Accept- tell God that you realise Jesus Christ died for you and you accept Him as your Saviour. (Read Romans 6 : 23.)

Believe – that Jesus Christ has accepted you and saved you because you asked Him to do so. (Read Romans 10:13). His written Word, the Bible, gives assurance that God has done what you asked Him to do.

Believe that the Holy Spirit has now been given to you to stay with you and help you live a true Christian life. Read Romans 8:9 and 16.

Don't worry if you don't happen to feel any different after following the steps outlined above. You may or may not do so. But if you have sincerely committed your life to Jesus Christ, he has accepted you.

After you make this decision, it's a good idea tell someone today what you have done. You will need to find and join a church where God's word is taught and where you can have fellowship with other Christians.

It may help to sign your name on the front page of your Bible as a record and future reminder of when you made the decision to become a real Christian.

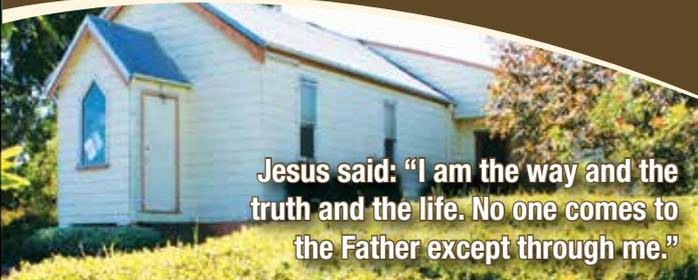
Here is what you are saying:

Today I acknowledge Jesus Christ as my Saviour and I thank Him for saving me!

(by Rev E.C. Long).

Dr Cedric Gibbs will be speaking on Sunday 13th, 20th, and 27th August. Come and find out more on Sundays at 10:15 a.m. Glenorie Mission Church 1409 Old Northern Rd Glenorie.

GLENORIE MISSION CHURCH



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St Benedict's News

2017/2018 Sacramental Program

The thirty-five young people from the parish who made their First Holy Communion on Sunday 18th June were congratulated by all present and a special welcome was extended to the family members and friends who had come to support them on this special occasion. The parish extended a big thank you to everyone who helped throughout the sacramental program. It's a huge job to make sure everything runs smoothly and we're extremely grateful for everyone's time and commitment.



The new 2017/2018 sacramental program started almost straight away and confirmation for this new group will be take place on 5th August. Congratulations to all involved.

Special collections

Over recent weeks parishioners have donated to two very special appeals. First was the 2017 Peter's Pence Collection that provides funds for charitable works around the world identified by the Pope. This year these include diverse projects such as supporting poor and hearing-impaired children in Rwanda, scholarships and schooling for refugee children displaced from Syria and Iraq and humanitarian aid for victims of famine, terrorist attacks, wars and natural disasters.

The second appeal was much closer to home, but just as important. Our local St Vincent de Paul group launched its winter appeal for families in need in our immediate area. The theme of this year's appeal is 'Together We Can Do Heroic Things'. Anyone who would like to donate is welcome to contact the parish office 96532312 on any Friday. Members of the local St Vincent de Paul group are also looking for new members to help with their wonderful local work.

New Parish Secretary

After more than ten years as our Parish Secretary Theresa Neely is leaving to take up a fulltime teaching position at St Lucy's School in Wahroonga. While we will miss Theresa in her role as secretary, she will still be very much involved in the parish and we know her caring nature and commitment will be welcomed at St Lucy's, which is a school for children with special needs. Thanks Theresa for all your good work.

We welcome our new Parish Secretary Sandra De Nardi (pictured), who replaced Theresa and started in the role in July. Sandra is a local who is well qualified for the position and we know we are all going to enjoy working with her.

Weekend Mass Times

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



By Corri Byrne, Pastor

The book of Malachi is the last of the Old Testament and signals the start of a four hundred year drought.

For 400 years the nation of Israel were without a prophet, without a spokesperson of God to enlighten, to guide or even rebuke.

In this period, Israel were forcibly occupied by the Roman Empire, leaving the once fiercely independent nation now subject to Roman rule, culture and an alternate religion.

Against this backdrop, a yearning for the Messiah was heard in the heavens, there rose an eager desire for the one prophesied about in Malachi 3:1 "I will send my messenger, who will prepare the way before me. Then suddenly the Lord you are seeking will come to his temple; the messenger of the covenant, whom you desire, will come," says the Lord Almighty."

God heard the call and so in John 3:16, "For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life."

In the five stages of revelation, here is the next leap of faith.

Last month we explored the first stage, believing in God, the Father, a higher power, the creator, acknowledging something greater that reveals there is more, that we do have a purpose, a meaning. This first stage is shared by all, though the depth of revelation may differ.

The month we move to the second stage, the revelation that God so loves us that He sent His Son.

Moving from a knowledge of faith to a living faith requires revelation of scripture.

Knowing that Jesus lived, reading the stories in the Bible and hearing of his life is fascinating – he healed the sick, the blind, the lame, he rose people from the dead! He changed water to wine, he withered a fig tree through a word. He knew the plans his Father had for him and prophesied. Amazing signs and wonders, better than any Harry Potter book!

Yet, if these scriptures are revealed then these writings take on a whole new dimension. Just as last month we discovered that the Father has a plan for us, personally. This month, the revelation, is that Jesus descended to live, to heal, to restore, to offer a message of hope to me, personally.

The fact that Jesus lived, if this becomes revealed, signals an acknowledgement that the Father cares for us so deeply he offered His own Son to stand in our stead. That Jesus cares intimately for us and seeks to shine a light, a beacon of hope, of love.

As we will discover next month, Jesus was so desiring to reach us, so intent on revealing His deep love and concern for us, he not only lived for us, but also died for us.

Jesus lived so that He could show the way, the truth and the life (John 14:6). A way of life that allows us to overcome the worries, the burdens, the stresses and the fears that inhibit so many of our daily walks.

Jesus cares and wants you to live an explosively joyful life.

If you want to know more start with prayer, that God will reveal a word to you, that the right people will come into your life and that you can experience His love and begin to see signs of this promised hope.

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Still Creek Landcare Making a Difference Locally

By Chris Noon

Crofton Weed is about to shed its seeds again

Last month, we talked about how to go about improving an area of land full of weeds: clearing privet by taking it in small steps. Our Landcare group did something similar in 2012 on a weedy horse paddock.

We made a difference by taking relatively small steps: we can see in the photo that we have trees up to 8 metres high in less than 5 years. We now have a small native plant corridor partially linking two good areas of native bush. This is how we did it:



- Fenced off an area 110m by 11m and cleared some of the weeds with Landcare volunteers
- Planted with community volunteers, 200 trees and shrubs donated by Hornsby Shire Council
- With Landcare volunteers, we watered and cleared weeds as the trees grew
- Occasionally weeded and checked fencing

Does help now exist locally for us on our blocks of land? Yes:

- Still Creek Landcare can advise on what to do about weeds and what to plant
- We can provide native plants thanks to a donation by a member of the local community for people with suitable land and motivation
- We have working bees when we help fellow members weed and plant

**Interested? If so contact Barry on 9653 3691
www.stillcreeklandcare.com.au or Facebook**

Bromeliad Society of Australia



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

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

At this meeting the President, Ian Hook together with experienced growers will provide practical demonstrations on dividing bromeliads, removing the pups and potting up the new plants. The type of potting mix that is best for bromeliads and whether to fertilize or not. The secrets on getting great colour on you bromeliads and the best location to grow your bromeliads in your garden.



The demonstration will also include how to grow bromeliads from seed and information of the Bromeliad Society of Australia's seed bank. One of the members will also demonstrate how to create a beautiful arrangement for your home using bromeliad flower spikes and foliage.

Show and Tell will also provide an opportunity for members and guests to have their bromeliads identified.

BSA meetings include plant sales, club news, raffles and competitions as well as providing an opportunity to meet with like-minded people in a friendly and inviting environment. Contact Ian Hook - mobile 0408202269, email: ianhook1@bigpond.com Website: www.bromeliad.org.au

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Galston Garden Club



What better way to spend time on a brisk winter's morning, than to ramble around fellow garden club members gardens. This is precisely what we did twice in the last month. Our first ramble was to two very different gardens, the first garden, which included a much needed and warming morning tea saw us ramble through Pam and Alan's garden, that allowed us to see so many different varieties of camellias. Pam has been a collector of camellias and member of the Camellia Society for many many years even sourcing camellias from far off Asian countries. As well as camellias the grounds were awash with early flowering bulbs in bright yellow and cream. Then on to Pamela's garden that has been lovingly created in only a few years, with its park like acres and lovely plantings with formal and informal areas it was a treat and pretty as a picture. As always there were plenty of ideas here to take back to our own gardens and create a very peaceful and serene garden. Then as all good rambles should it was off to warm up with lunch at the Galston Club.

Our second ramble a couple of weeks later saw us on another cold but sunny day heading off to Maurice and Sharyn's garden. This garden is set in the bush with a very steep aspect; however the careful planting with wandering paths gave us lots to look at, good ideas and a good work out! There was quite a lot of winter colour to show that gardens do not have to dull at this time of the year. We were quite ready for our very sumptuous morning tea and enjoyed the lovely view from the balcony in the warm sun. Then it was onto Liz's garden where her artists' eye could be seen here, coloured foliage as well as flowering plants and fruit trees made for a lovely



display. Incredibly Liz does all the work herself, the amount of hedging and clipping done I think made us all go home and bring our own shrubs under control. This time we finished at Allegro for our Yuletide in July, with a champagne starter, everyone was in high spirits and



Members enjoying Yuletide @ Allegro Kenthurst

thoroughly enjoyed each other's company.

Our social secretary has also planned other events in the coming months, if you love gardens, shopping and music then the upcoming trip to Morpeth may spark your interest. Have you heard of the country town of Rydal? It is a mass of daffodils in the spring and as far as you can see are daffodils as this country town celebrates the Rydal Daffodil Festival. If you would like to join us, come along to garden club, become a member and you will enjoy these trips and events in the company of a very friendly group of people.

Galston Open Gardens Weekend: Fri 20th, Sat 21st and Sun 22nd October 2017. Save the date as Galston Garden Club presents eight beautiful gardens. To whet your anticipation, three of the gardens have either not been open before or have not been open for many years. More information will be available about all the gardens over the coming months.

It was great to see such a good number turn out not only on a cold night, but also the State of Origin decider, given the score I think listening to our guest speaker this month Ingrid Nemetz from Helleboreusdownunder was the better decision! As a specialist of these lovely plants that often flower in winter, Ingrid introduced us to different species, colours and common misconceptions. We came away with a better understanding of how to grow Hellebores, divide them and how to prune and fertilize them for a good flower show. Our Guest Speaker for August will be Ross Campbell from Camellia Grove Nursery, Glenorie.

📍 Garden Club meets on the 2nd Weds of the month at the Galston Community Centre 37 Arcadia Rd., Galston 8.00pm. New members welcomed. www.galstongardenclub.com.au

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WHAT'S ON

CLUB MEETINGS AND EVENTS

The Australian Plants Society-North Shore Group

Friday August 11th, 7-45 pm

Willow Park Community Hall, 25 Edgeworth David Avenue, Hornsby.

Guest Speaker: Frank Koelher - "Native Snails and Slugs."
Visitors welcome. Native plants for sale. Check out our extensive library then join us for supper.
For more information visit www.blandfordia.org.au

Cattai Creek

Saturday, 12 August, 10am-12:30pm

Knightsbridge Shops to Fred Caterson, Reserve

The Hills District has many significant wildlife corridors. This walk will explore the corridor which follows the valley of Cattai Creek and the Knightsbridge ridge. See the difference in vegetation between the valleys and the ridges and enjoy the Spring wildflowers. This walk is longer than most walks in this program (5 km) but the grades are easy.

Darling Mills Creek Walks

Sunday, 20 August, 1:30pm-4pm

Richard Webb and Bidjigal Reserves, West Pennant Hills

Explore one of the most important tributaries of the Parramatta River. This rugged and beautiful walk will take you through a Blue Gum High Forest, sandstone gullies and ridges and across two creeks on stepping stones. Note this walk includes a steep ascent and descent.

Dural Prostate Cancer Support Group

Monday 21st August, 7:00 pm for 7:15 pm start

BLUE GUM CENTRE, ARV - Glenhaven Green, 599-607 Old Northern Rd, Glenhaven

Guest Speaker: Nina Singh - Manager Clinical Trial Unit - San Hospital

Contact: Denis - 9629-2645 or Maurice - 9654-2138

Galston VIEW Club

Wednesday 23rd August, 2017

Dural Country Club

Guest Speakers: Margaret Baltis, who achieved her childhood dream of learning to fly an aeroplane with the Royal Aero Club at Bankstown. Visitors are always welcome.

Contact: Vivian 98941189

Burruga Walk

Saturday, 2 September, 10am-12:30pm

Bidjigal Reserve, West Pennant Hills

Enjoy a longer walk in the heart of Bidjigal Reserve. We will explore sandstone gullies, rainforest and sandstone heath. Highlights include a spectacular view into the valley of Darling Mills Creek and an impressive habitation shelter. This walk is rugged and steep in some places and requires several creek crossings on stepping stones.

St. Albans Writers' Festival

8-10 September 2017

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Quilt Show

9th and 10th September, 9.00am-3.30pm

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🌐 www.hillsrotaract.org.au

Meetings:

First Thursday of the Month - Business Breakfast

Third Thursday of the Month - Online Meeting

Last Sunday of the Month - Coffee Catch Up

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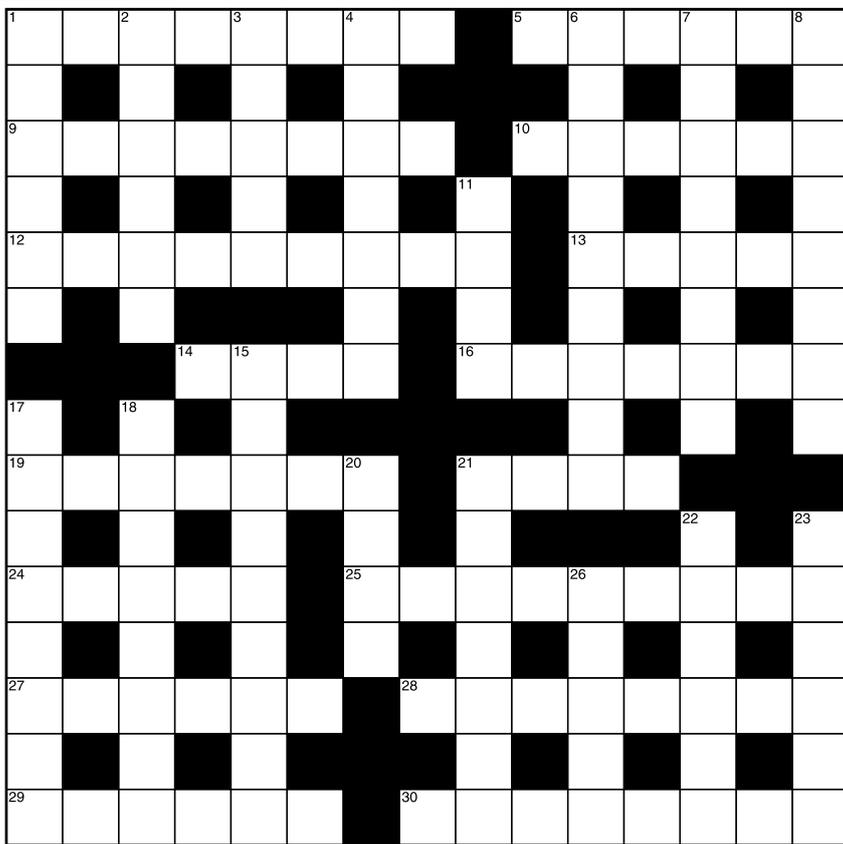
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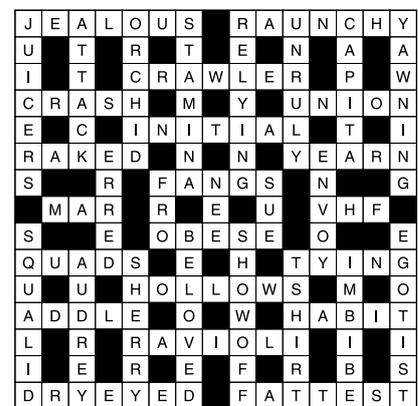
ACROSS

- 1. Pacifies
- 5. Dessert, ... split
- 9. Monogram letters
- 10. Entertained
- 12. Interwar years
- 13. Boo-boo
- 14. Corporals (1,1,2)
- 16. Put into bondage
- 19. Played the fool
- 21. Teddy bears, soft ...
- 24. Elude (capture)
- 25. Pretended (4-5)
- 27. Managed (4,2)
- 28. Step up
- 29. Legendary kingdom, El ...
- 30. Evident

DOWN

- 1. Preens
- 2. Creature
- 3. In existence
- 4. Choux pastries
- 6. Without purpose
- 7. From Vienna or Salzburg
- 8. Senior councillors
- 11. Heredity unit
- 15. Debated
- 17. Howled
- 18. Strainer
- 20. Hummus & guacamole
- 21. Joins forces (5,2)
- 22. Not relaxed, ill ... (2,4)
- 23. Most lazy
- 26. Ethiopia's Addis ...

Answer from July Issue



Riddle:

There is a certain crime, that if it is attempted, is punishable, but if it is committed, is not punishable.

What is the crime?

Answer next month.....

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

GLENORIE

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

ARCADIA

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

Our playgroup has a very relaxed format. There is usually a craft activity, however, some kids choose not to participate in craft as they are having too much fun in the enormous sandpit. Our toys and resources cater for all ages. We have playmats and toys for babies, musical/percussion instruments, water play and more. We request

a gold coin donation when attending. All of our regular attendees become members of Playgroup NSW.

DURAL/GALSTON

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

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

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

KENTHURST

Thursday's, during school terms, 9.30am til 11.30 am at the Literary Institute 131-135 Kenthurst Rd, Kenthurst.

CALLING ALL PLAYGROUPS

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

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

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



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Middle Dural Rural Fire Service Fire Captain Len Best	9651 2805

LOCAL JP's Bendigo Bank Galston - 9653 2227, Geoff Lynch Galston Newsagency, Cathy Vipond Hills Accounting, Glenorie - 9652 2400
Mary Ord - 0400 363 563, 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.

Community Contacts

Avicultural Society of NSW Inc. Welcomes persons interested in Avicultural (bird keeping). The society holds monthly meetings which include presentations and talks on all aspects of bird keeping and breeding. For further information contact Paul Henry 9872464 or 0408 617686
ACACIA (Living Life) Exercise programme for over 65's. FREE. Every Tuesday 9.30 to 10.30 am Galston Uniting Church 11 School Road - Galston. Enquiries Melanie 9456 7103

Aglow Australia Pennant Hills A network of caring women, meeting on the 4th Thursday at 10am-12.30pm. Excellent speakers, child minding and morning tea. Contact Glens on 0401 770 859. Venue Thornleigh Community Centre, Cnr 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 Rd, Arcadia. ArcadiaMarkets.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.

Bella Vista Farm Open Day & Markets 1st Sunday Each Month (except January). Explore the farm, browse the stalls, discover something wonderful. www.bellavistafarm.com.au. New stallholders always welcome. Contact Meegen 0419 262 850

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. Enquiries Ph. 98993179

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

Dural 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. Enquiries Denis 9629 2645 or Maurice 9654 2138.

Dural and Districts Senior Citizens' Club Come along on any Wednesday at 11.00am 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. Stay for lunch! For further information please call on 0417 99 5507 after hours.

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

Dural Mens Shed meets at Dural Sport and Leisure Centre corner Pellitt Lane and 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 remarkable rural history of Hornsby Shire. The Friends meet every Tuesday from 9am to 4pm maintaining historic Netherby Cottage and its garden and also restoring farm machinery and implements to working order. Members of the public and new friends are always welcome! Open days are the 2nd Sunday of each month, 1.30pm to 4.00pm, and other special occasions. Contact Ian Browning, M: 0419 435 475 E: isandian@tpg.com.au

Ferry Artists Gallery Old Northern Road Wisemans Ferry 2775. ph: 02 4566 4385. for info on workshops and membership see www.ferryartists.org
Arcadia 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 Melissa 0408626978.

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). Enq. 9653 2235.

Galston Garden Club New members are always welcome. Meetings held at 8pm on the second Wednesday of every month at the Galston Community Centre. For further information contact Bill Fleming on 9653 2394.

Galston View Club will be Wednesday 24th May, 2017, at 11am. The speaker will be Merinda Air - W.I.R.E.S. NSW Wildlife, Rescue and Education Service. For more information, please ring Vivien on 9894 1819

Girl Guides Girls Age 6-12 meet on Thursdays 5-6.30pm at Galston Guide Hall, 414 Galston Rd, 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@dhpnc.com.au

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

Glenorie RSL Club 3 Post Office Rd, Glenorie (behind Woolworths). The New Hills Hotspot. For bistro bookings call 9652 1199, all other enquiries and bookings 9652 1183. www.glenoriesrsl.com.au

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

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

Hills Farmers' 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, 3rd, and 5th Mondays each month at 8pm in the Uniting Church Hall cnr Boundary Rd and Bellamy St, Pennant Hills. www.phpc.org.au

Rotary Club of Galston meets every Tuesday at The Galston Club at 6.30 for 7pm. New members welcomed. Contact Peter 0419 011 750 peteaincscow@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, S7. 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.

Stay Tuned Choir We are a non-auditioned community choir which meets on a Tuesday night in Dural. We welcome new singers throughout the year and guarantee beautiful music-making, fun folk and great performance opportunities. Contact Suzie Pratten: suziepratten@gmail.com, 0438 723 822

Still Creek Landcare Group Have a say and help in the future of our catchments in Galston, Arcadia and Berrilee. We meet at 7:30pm on the 2nd Thursday of each month. For more information Visit www.StillCreekLandcare.com.au or e-mail StillCreekLandcare@inet.net.au 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 7.00pm to 8.30pm. CRAFT group Thursday evenings of

the school term from 7.00 to 10.00pm. 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 4.30pm. 1409 Old Northern Road (Cnr Muscius Rd), Glenorie. Enquiries 9652 1203 / 0404 144 612.

Hillside Church Meets 10.00am every Sunday at Galston Public School. Pastor Corri Byrne Ph: 0416 233 629. For more info go to www.hillside.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 McGrath 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. Judes 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). 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 ef86029@bigpond.net.au or phone 0412 230 328 or visit our website <http://duralrugby.net.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. gccc.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.galstonnsw.netball.com.au

Glenorie Social Golf Club Plays monthly, visit www.glenoriesl.com.au under 'Branch' for round dates and courses. Contact Stephen Osborne 0416 546 789

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 agminulations@bigpond.com.

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

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

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

Tennis / Squash Social Group looking for new players. Call Karen 0412 485 411 or email tennissandsquash@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 hillsladiesstennis.org



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