



Galston, Glenorie & Hills Rural

COMMUNITY NEWS

February 2018

Photo: Howard Neely

The Original Community Magazine since 1971. With profits supporting Business & Community

Local High School Teacher named Australia's Local Hero for 2018.

Innovative public high school teacher, Mr Eddie Woo, who teaches mathematics at Cherrybrook Technology High School, has been named as Australia's Local Hero in the 2018 Australia Day Awards.

In 2012, Mr Woo started posting videos online for a student who was sick with cancer and missing a lot of school. Before long, his videos found an audience across the country and beyond. Wootube now boasts more than 100,000 subscribers and has attracted more than nine million views worldwide – and counting. Mr Woo's unique and caring approach to teaching is breaking the misconception that mathematics is an inaccessible and difficult subject.

Outside his high school classroom, Mr Woo is a proud father of three and a volunteer facilitator with the University of Sydney's Widening Participation and Outreach program, where he has personally guided and motivated more than 1,400 students from disadvantaged backgrounds.

Mr Woo gave a passionate thank you speech at the Awards. This can be read in full online, but below is his reference to education:

"Let's learn to truly value our schools and our teachers. Education has been one of Australia's greatest assets, but things won't stay that way unless we give educators the cultural and capital support that they need to do their jobs. For instance, that shortage of mathematics

teachers I was telling you about has only become more severe since my university days. As a field, education struggles to attract the students with a lifelong passion to change the world for good - and it's even

more of a challenge to keep them there, with almost half of our early career teachers leaving the profession in their first five years. They want a job with better work-life balance and much more respect from society, and who can blame them? Australian teachers are undervalued and overworked, so only those who are willing to make the sacrifices stay. That needs to change. Valuing education isn't about awards and accolades. It's much more about trust and respect. Parents, politicians, managers and the media - we all must do our part in honouring our schools and those who work in them. Our children are depending on it.

Full transcript at <https://www.australiaday.com.au/events/australia-day-address/2018-speaker-eddie-woo/>



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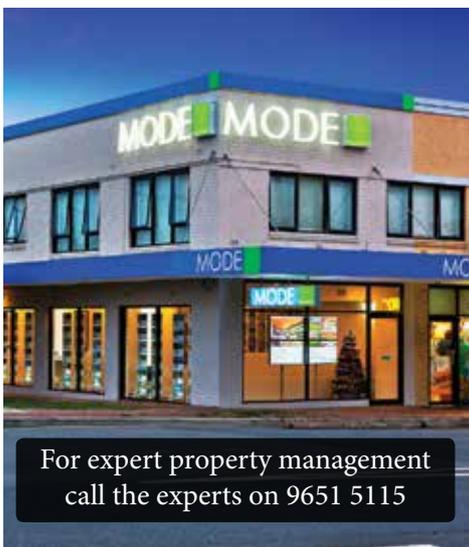


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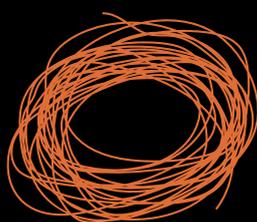
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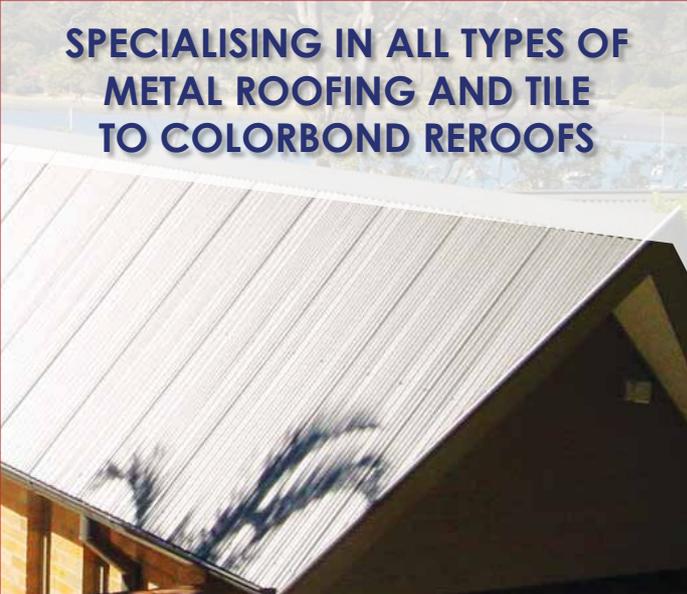
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News from the Friends of Fagan Park



Australia Day, 2017

After a short recess for the Festive Season, we, the volunteers, are back into our regular Tuesday working days. When you read this, our Australia Day Open Day will have passed, and we can look forward to the next major event on ANZAC Day. In between times, the public can visit the museums on Tuesdays, or on the afternoons of each second Sunday in each month.

The major open days are our way of showcasing to the public the fruits of our restoration projects, when as many as possible are brought out of the Museums and placed on display in the open, and the tractors and trucks given a run through the Park to let people know we are open.

We have new projects under way at all times, with recent completions being a very unusual style of Lister stationary engine, and several motorised and push-style lawn mowers. The major current projects include significant repairs to the McDonald diesel

road roller, a 1938 International Farmall model F14 row-crop tractor nearing completion, and an orchard sprayer just started.

The Friends of Fagan Park are dedicated to the museum complex surrounding Netherby Homestead, and we are always on the lookout for new volunteers, whether interested in the homestead itself and its history so bound up in the fabric of the early days of the district, or in farming and historical artefacts in general, or indeed in gardening, as we maintain the Netherby gardens.

Contact Ian Browning, Honorary Curator, 0419 435 475.



The Rotary Club of Galston

Giant Book Fair

Held at Galston Community Centre

NEW DATES FOR THE BOOK FAIR
22nd, 23rd and 24th JUNE, 2018

Books Wanted Now

You can help us now by dropping off your donated books, sheet music, Jigsaws, cds, dvds and records at:

**The Galston Club, Arcadia Rd, Galston or
Century 21 at Round Corner**

If you need books picked up, please contact
**Ted Shade on 9653 1539 or 0418 499 562 or
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Galston Girl Guides in the local community

Christmas was a busy time for Galston Girl Guides. We sang Christmas carols to the residents at Mark Donaldson VC House, Rowland Village, Galston and also sang carols outside Bendigo Bank.

At the end of term the girls enjoyed Ten Pin Bowling in Castle Hill.



GUIDES AUSTRALIA NSW & ACT

Christmas Carols at Rowland Village



📍 We start back on Thursday 8th February. If your daughter is interested in community service, learning outdoors, caring for the environment and making new friends then please come and visit us at 414 Galston Road, Galston or contact Mary 0423 353644 for further information.

Public Notice for the 2018 AGM for the Heidi Edwards Family Fund

The Annual General Meeting will be held on:
Wednesday 21st February 2018
At 7.30pm
The meeting will be held in the Boardroom at The Galston Club.

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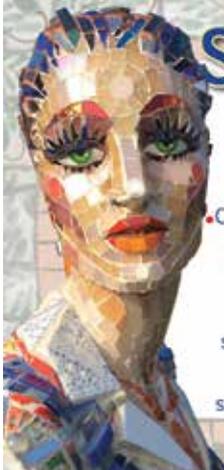


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Wisemans Ferry Community Men's Shed Inc

Commencing 16th January, 2018 the Men's Shed will be open from 9.30am Tuesday and Saturday for members to come and hang out, drink tea, chat and banter, drink more tea and maybe do some shed activities. Activities like woodwork, metalwork, model making, repairs, photography or work on the internet (training will start in new year).

Some health and fitness programs are being investigated to start in the new year with a wish to improve the health and well-being of our community members. The idea of the Men's Shed is that it is a meeting place for members and guests with no pressure or commitment but we do urge all interested and regular visitors to become fully paid-up members so that materials and equipment can be purchased and replaced.

We would also like to bring to everyone's attention that we have a selection of books from Windsor Library for community members to borrow. These will be swapped over every 2 months to ensure variety.

If anybody has any surplus machinery or tools they no longer require and would like to donate these to the Men's Shed we would be more than happy to pick these up.

🔗 For details of membership please contact President Alan Hunt on 4566 4626 or email wfcms2775@gmail.com. Check us out on Facebook or contact co-ordinators Alan 4566 4626 or Adrian 0448 833 781. Membership is now open!

LIVING HERITAGE

Including *Forgotten Valley Views*

"COMMUNITY VOLUNTEERS IN ACTION"

Eastbend – Update and Notice of Upcoming Meeting

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

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

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

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

We look forward to seeing you there.

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Dural Bowlers

The men and women joined for a Trophy Day when all those who won, or were runners-up in, events in 2017 received their trophies. Led by President Rob Whiddon the men all arrived in very bright/Christmassy shirts which were almost matched by the ladies. A number of repeat winners wore a track to the dais as a reward for their consistent play over the year.

Doug Farlow was awarded the Dural Men's Bowler of the year and Christine Fitzgerald received, among many awards, the most improved lady.

Between the prize giving and a happy game of bowls, members enjoyed a lunch provided by the club's new restaurant *Fedele's at Dural*.

The final women's event, the President's Drawn Fours, was won by Eileen Bromley's team of Marilyn Bonvino, Margaret Yeend, and Christine Fitzgerald. Leone Lesslie subbed as skip in the final. The runners-up were Brenda Palmer, Kay Turrell, Barbara Wood and Suzanne Vindin.

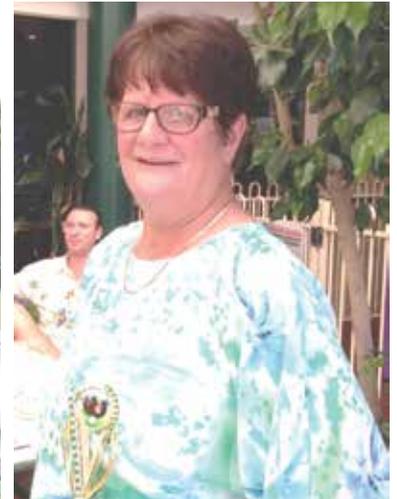
📞 Contact Eileen or Rob on 0432 181 635 or 0411 375 580 if you would like to start bowling!



Doug Farlow



Rear L-R: L Lesslie, S. Vindin, M. Bonvino, C. Fitzgerald
Front: B. Wood, M. Yeend, B. Palmer, K. Turrell



Christine Fitzgerald



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Theft Over the Holidays at St. Columbs Arcadia

By Kathryn Fehon

Sometime between Christmas Day and New Year's Day a picture (framed copy of The Last Supper) over the altar and an old wooden cross kept in the centre of the altar were stolen. These items have been in the church for many, many decades.

The local congregation are very saddened by the theft. On Sunday, 31 December, it was reported to the police who visited and gathered forensic evidence on the Sunday afternoon.

They are not worth anything in dollar terms but are of great sentimental value.

If anyone does find the items or has any information they can contact Hornsby Police.



Billi & Gus

With the opening of Billi & Gus, Round Corner's newest retail business, its owners have achieved a long held ambition and they couldn't be happier with the response they have had from the local community.

For some time, Gillian O'Rourke, with the invaluable assistance of her sister who works in the homewares industry, has harboured a desire to create a shopping destination providing quality, unique gifts and homewares to the market.

As a local, having lived in Maraylya for 34 years, Gillian is very familiar with her local shopping centre and its customers. Originally a primary school teacher, working at both Kenthurst and Rouse Hill, Gillian then found job satisfaction in a sales position in the tourism industry. Her ability to provide a high level of customer service gave her the skills needed to move into the retail sector with positions in Maggie T in Castle Hill and even a short period where she worked at Jean Elle's Shoes in Round Corner.

On offer at Billi and Gus is a large array of giftware to suit any occasion or for that special someone. They also stock homewares which will add a unique flair to brighten up any space.

The shop will be open weekdays from 9am -5pm and 10am-4pm on Saturday.

So make sure you find some time to pop into this bright open and welcoming space to check out the fabulous array of stock available. Visit regularly as the stock will be constantly changing to reflect the seasons.

Shop 3, Round Corner Plaza – opposite Jean Elle's Shoes.

THE GALSTON CONCERTS



February 25	The New England Ensemble
June 03	A Man & a Baby Grand ... Encore! (Bernard Walz)
July 29	Sydney Symphony Orchestra Fellows
September 16	Pictures at an Exhibition (Tonya Lemoh)
November 18	The Galston Gala ... a Beehive! Bach, Baroque, Bernstein, Broadway, etc

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Winners are Grinners

Members of the Dural Country Club Fishing Club enjoyed a wonderful Christmas/Awards Presentation afternoon in the Garden of the Dural Country Club. A delicious lunch was prepared by the recently opened restaurant at the Club, "Fedele's @ Dural" followed by the Annual Awards Presentation. This year the main awards were presented to:



Ron Denyer, Guiseppe Militello & Udo Hoppe

- | | |
|--------------------------------------|--------------------------------|
| Club Champion | Guiseppe Militello of Glenorie |
| Open Champion | Guiseppe Militello |
| Charter Champion | Ian Kalnins of Galston |
| Estuary Champion | Ron Denyer of Cherrybrook |
| Tony Hudson Shield for Heaviest Fish | Udo Hoppe of Dural |

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

ENQUIRIES please phone President Ron Denyer on 98755617 or Bruce O'Toole on 96531380.

Note: There is a fish called a grinner which always looks like it is smiling. It grows to about 22cm and can be eaten but it is usually used for trolling or bait.

Arcadian Quilters Inc

By Jill McGuinness, Treasurer, Arcadian Quilters Inc.

Our Christmas party lunch was held December 6 at Galston with our special guests from the Riding for the Disabled at Box Hill.



We were told of the new activities, new sensory gardens, treasure trails and also the ability to photograph the property with dams, water lilies and resident pets.

One very interesting comment told was taking a group of children into a paddock and asking their interpretation on why one horse was all alone in one corner and two or three horses were together in another one. This gave the staff information on what the children imagined, thought and felt about the horses feelings and the staff could gauge and interpret the feelings of those children. It was a educational experience for us all. Unless you have the opportunity to visit Tall Timbers as we have done, the compassionate presentations provided by the volunteers, this is an amazing place.

We gave them two quilts for fundraising. One a little quilt suitable for a horse crazy child, the other large one made by a member of ours, also past volunteer from the RDA plus a generous cheque which will provide a year's feed for one horse.

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“Do You Have Solar On Your House?”



Is a question I get asked all too often.

I was one of the early adopters of solar in my previous house in Rouse Hill. In 2010 we had installed a 4kw system to take advantage of the generous government feed in tariff of 60c.

In 2015 we sold our house, bought land and rented a house while we waited on our land to register to build our house for the next stage of our lives. This process, as some will know, took around 2 yrs and all the while we were paying for power. This was something which I found hard to do since our previous bills were in credit every quarter.

Since moving into the new home in late 2017 I planned on installing a battery system for maximum gain of solar power and wanted to beat the bills and go back to not paying for power once again. Toward the end of last year the industry was really busy which meant that there was no time to install our system,,, until now.

So what system did I choose for my own home you ask....?

Well to me there is really only one option and that is the SolarEdge system that is optimised on every panel so I know exactly what every panel is producing and have the security



of knowing that, in the event of a warranty claim, I can get all panel data to speed up the process and would still have a system performing to almost full specs in the meantime.

The inverter has 12yrs warranty, which is the longest out of box warranty available, connects up with the device called an OPTIMISER which attaches to every panel and enhances the capability of every panel. These devices have 25 yr warranties.

The panels we choose are the SUNTECH 300watt Mono panels with black frames and black racking system to ensure the system was aesthetically pleasing and subdued against the dark roof. SUNTECH is one of the best panels in the world and has been manufactured for over 20yrs. They are one of the few brands that offer the 12yr manufacturers warranty as well as the 25yr performance warranty.

And then there is the Battery.....

Even though I am a huge fan of the Tesla Powerwall2 I am also a big fan of the LG Chem Energy storage system.

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Our Paint Club customer loyalty card has the benefit of getting 5% off paint and 10% off accessories, conditions apply. Once you become a member it will store your project colours for use at a later date, so if

you can’t remember the colour you used, well now you don’t have to because as a Paint Club member it will be remembered for you.

An extra service to our customers, at Inspirations Paint Dural, is our FREE in store Colour Consultant Anna, who is here every other Wednesday. Anna will be in store on Wednesday the 7th February 2018 and Wednesday 21st February 2018 from 9am until 1pm. Please call (9651 7200) to book in advance so you don’t miss out then she can provide you with the time you need to explain your project and the look which you hope to create.

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With over 35 years' experience in IT and trained as an electronic engineer, Michael Porter, CEO of Easy Automation Pty Ltd, decided to vastly improve on the archaic and unfriendly technology of conventional irrigation control systems. Having enjoyed family involvement in award winning gardens

and in the nursery industry, Michael saw the opportunity to use his experience and skills for the betterment of home gardeners, installers, property managers, landscapers and professional growers.

For many years, irrigation control systems have consisted of 'controllers' with confusing knobs and dials of limited functionality that needed multiple wires laid from the controller all the way to each irrigation solenoid. Expansion is difficult, if not impossible, without buying additional controllers and/or laying more cabling often necessitating expensive re-digging.

Michael thought, "the answer is a user-friendly screen based system with proven industry standard 'powerline' technology (already in over 35 million homes worldwide) enabling a single cable to control one to dozens of zones".

Easy Automation Pty Ltd, a wholly owned Australian company, was founded and after five years of development and testing, supported with Australian government assistance, a

vastly superior and ultimately cheaper, resource efficient system has now been brought to market.

With superior multi-user

remote control (using most common devices such as PCs, laptops, smartphones), advanced scheduling (including using sunrise/sunset) and many optional features, the system greatly improves landscape management. Any number of pumps can be automatically activated (if needed), and lights can be controlled as well as mains powered devices. Users can start with one zone and expand easily to dozens.

New installations and retrofitting conventional systems (especially replacing the old knobs and dials with simple touch screen control) opens significant new opportunities for professional installers and a very welcome improvement for end users. Old systems can be expanded (even using the existing cabling) enabling many new zones for irrigation and/or lighting control; all with better and easier control and scheduling. Home and professional growers benefit from cheaper expansion and maintenance, better plant care and superior resource/watering management.

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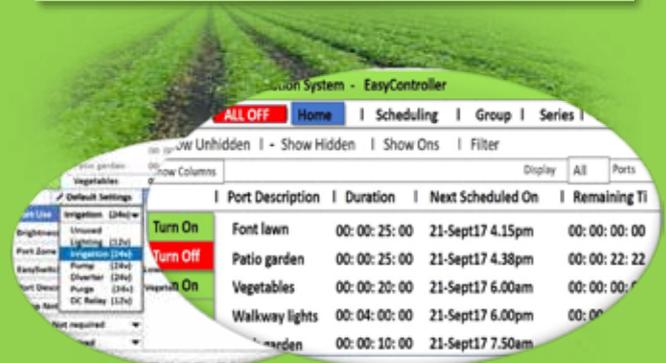
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A Modern Society Syndrome: Back Pain

Back problems are a common condition. It is estimated that 70-90% of people will suffer from lower back pain in some form at some point in their lives," according to the Australian Bureau of Statistics from 2014-2015 National Health Survey.

Unfortunately, back pain has become a 'standard syndrome'. Most everyday activities put strain on our bodies (causing many forward bending movements). Added to this, sitting and ageing inevitably compress the spine. If nothing is done to rebalance the body into a straighter posture, the consequences on the back and spine will be inevitable, causing :

- wear and tear on the spine,
- pain in, around the back and neck area,
- headaches.

One physiotherapist told me one day "if you bend forward 100 times a day, ideally you need to do the counter movement 100 times a day as well (in this case, bend backward) in order to re-balance the spine." This makes sense.

In many cases, back pain can be prevented and / or managed by undertaking a gentle exercise program suited to your needs. This combined with core and back strengthening exercises, as well as spine stretching (elongation), IS actually Pilates. It will :

- Support the area while increasing the space between the discs, hence relieving the pain.



- Activate the multifidus muscle through spinal elongation. This small muscle acts as a spinal stabiliser. It keeps the discs separated, hence avoiding spinal compression and reducing the risks of wear and tear.
- Prevent injuries. The strong muscles in the back, abdominals and around the spine will act as a 'wrap' and as a shock absorber in case of an incident such as a fall.

It is critical to train with a diploma qualified teacher who teaches in small group classes in order to feel the real benefits of pilates. This is necessary so the teacher can keep modifying and changing the exercises, depending on what YOUR body needs.

Fit 2 Ride Fitness, Pilates and Yoga Studio has relocated to Dural Squash and Fitness into larger premises where we can provide a better service

to our clients. Our studio is now equipped with the latest Teeter model of Back Inverter table (EP 970), which will stretch your spine. It also works by acupressure points, which will leave you feel rejuvenated and peaceful.

We have also added to the studio some cardio equipment (a new magnetic resistance rower), which, combined with the pilates apparatus and the spin bike, will allow us to run weight loss classes.

For enquiries and bookings, please contact Karine on 0415 258 944, or visit www.fit2ride.net.au

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HEALTH-WISE



Eliit's Boutique Studio

At Eliit's boutique studio we pride ourselves on our unique and comprehensive range of services and classes to meet your needs no two classes will be the same. Eliit Studio also offers one on one classes designed to help nurture and guide you through your practice and help you achieve your individual goals.

With over 50 year's experience between our instructors, their passion, knowledge, background and skills will be sure to inspire and support you through your health and wellness journey.

Whether you are working towards; improving your strength, increasing joint range of motion and flexibility, losing weight, improving your fitness or if you are looking for a boutique space to create stillness in your mind, our services and classes can address your needs. All fitness levels welcome and classes will be adjusted to meet the needs of the students.

With the start of the new year we have so much to offer, and I'm sure you will find something to suit your needs.

We have two new lovely instructors who have joined the team Green Park and Michelle Chan. Michelle is also a trained acupuncturist and will be available for appointments.



During the month of February, you can bring a friend in and both of you will get a complimentary class of your choice, to use within 2 weeks.

- **Summer Yoga Workshop with Dominic Lo** - Saturday 3rd February 10:30am - 3pm
- **Goat Yoga** - Saturday 24th February - 8am
- **Parents and Kids** class starting Tuesday 6th / Wednesday 7th February - 4pm and running for 8 weeks. Register Now.
- **Yoga Flow Master Class** with Inge Sildnik - Saturday March 24th - 2-4pm
- **Fitbit Challenge** - Starting March 5th and running for 10 weeks, taking registration now.

(All inclusive members receive 10% discount on workshops and retail)

All the workshop information is up in the studio, and for more information please email info@eliit.com.au or phone 0455 455 398. Please let any family or friends know about these sessions especially if you feel they may be interested or can benefit from.

We have a lovely team here at Eliit with much knowledge, experience and diversity. If there is any thing we can assist you with please do not hesitate to speak to one of the instructors.

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time	monday	tuesday	wednesday	thursday	friday	saturday
6:00am	Personal Training	Personal Training	AntiGravity Pilates 60 mins	Personal Training	Personal Training	
7:15am			Personal Training			
7:30am						AntiGravity Intermediate 60mins
9:00am						AntiGravity Beginners 60mins
9:30am	Yoga 60mins				Flow Yoga 60mins	
10:00am			Mat Pilates 60mins		Personal Training	
4pm		Parents & Kids school term 60min	Parents & Kids school term 60min			Workshop
4:30pm	Yoga Fundamentals 60mins					Workshop
5:30pm						Workshop
6:00pm	Flow Yoga 60mins	AntiGravity Beginners 60mins	AntiGravity Yoga 60mins		AntiGravity Restorative 75mins	Workshop
6:30pm				Heated Flow Yoga 75mins		
7:15pm	Yin Yoga 60mins	AntiGravity Intermediate 60mins	AntiGravity Suspension Fitness 60mins			
7:45pm				Guided Meditation 30mins		

Stroke doesn't take a holiday

The Stroke Foundation has issued a warning not to become complacent about the signs of stroke, with one stroke every nine minutes in Australia.

Stroke Foundation Chief Executive Officer Sharon McGowan said if you suspect somebody is having a stroke, call triple zero (000) straight away.

Stroke happens without warning, interrupting blood flow to the brain, killing up to 1.9 million brain cells each minute. The sooner treatment is sought, the better the chance of recovery.

A great gift you can give your family and friends is to teach them how to

recognise the signs of stroke. Think F.A.S.T and act FAST.

The FAST test involves asking these questions.

FACE – Check their face. Has their mouth drooped?

ARMS – Can they lift both arms?

SPEECH – Is their speech slurred? Do they understand you?

TIME – Time is critical. If you see any of these signs, call 000 straight away

A person is likely to show at least one of these signs when having a stroke, although symptoms may only appear for a short time.

Boost Your Children's Diet With Wholesome Food

Parents will have the opportunity to meet author and paediatric nutritionist, Mandy Sacher at Hornsby Library. Mandy will be visiting on **Saturday 10 February** to discuss her latest book *The Wholesome Child*. The book is based on Mandy's experiences of feeding her children, aided by her 22 years of experience in the health and wellness industry.

The Wholesome Child is packed with 140 simple and nutritional recipes that the whole family can enjoy, along with tips for fussy eaters and children with allergies. Mandy uses eight easy-to-follow steps to provide advice and simple substitutions to boost a family's nutrition.

The plan is not a diet, but rather a lifestyle choice that will help parents support their family's health journey and ensure optimal development in children.

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

When: Sat 10 February

Time: 11am

Venue: Hornsby Library

Cost: Free

Recognise STROKE Think F.A.S.T.

F Has their **FACE** drooped?

A Can they lift both **ARMS**?

S Is their **SPEECH** slurred and do they understand you?

T Call 000, **TIME** is critical.

Stroke FOUNDATION

If you see any of these symptoms **Act FAST call 000**



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Get rid of the post-holiday bloat

By Narelle Cooke, Clinical Naturopath and Nutritionist
BHSc(Nat). BAgSc(hons). AD Nat. AD Nut. AD WHM. MATMS

Our digestive system holds the key to optimal health. Excessive sugar, alcohol and fat from holiday celebrations take a huge toll on our gut, so it's no surprise that we feel bloated, sluggish and fatigued come January. If you'd like to get your digestion back on track, donate the leftover mince pies to your neighbour and make the following changes.

To feel better faster - drink more water. Water supports metabolism, liver and kidney function and can curb your appetite. Drinking water flushes out excess sodium to help you de-bloat, and it can get things moving if constipation is an issue. If plain water is a struggle, try adding a squeeze of lemon juice, or drink herbal teas such as chamomile, peppermint, and dandelion root.

Cut back on gut-irritants such as alcohol and caffeine. To maximise results, try eliminating them completely for 1 month. If that sounds like an impossible dream, at least reduce how much you are consuming and have days that are caffeine and alcohol-free.

It may be tempting to drastically cut back on how much you're eating, but starving yourself always backfires. To feel full, satisfied and primed with energy, it's more important to avoid sugary and highly processed foods that are nutrient poor and put a strain on our digestion. Eating evenly spaced meals that contain fresh fruits and vegetables, complex carbohydrates, good fats and some protein will help to regulate your blood sugar and insulin levels, boost your metabolism and reduce cravings.

We all overdo it sometimes, but our bodies have an amazing capacity to heal. With some basic TLC, you'll be amazed at how good your body can feel.

Other topic ideas:

- Are probiotics really that important?
- Foods to prevent inflammation.
- Nutrition for beautiful skin.
- The benefits of deep breathing.
- Aging and nutrition and many more.

Visit <http://naturalhealthandnutrition.com.au>

Stories of Sydney Harbour

Former journalist and broadcaster Scott Bevan will be visiting Hornsby Library on **Thursday 8 February** to discuss his new book *The Harbour*. Like so many Australians, Scott commuted to work day after day admiring Sydney Harbour from a distance.

The Harbour goes beyond what you thought you knew about Sydney Harbour and lets you delve into a world that captures the past and present stories that grasp a city's heart and a country's soul.

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

Venue: Hornsby Library

When: Thursday 8 February

Time: 6.30pm

Cost: \$5.00 includes light refreshments



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Local Wildlife Warrior Saving Our Oceans... One Wave at a Time



Clear tides is a non for profit organisation that was established by Jessica Brading late last year. Jess is a local Kenthurst resident, graduating from Cherrybrook technology high school in 2012 and is currently in the final year of her marine Biology Degree.

Clear Tides is dedicated to educating society on how to reduce human impact on our environment, as well as advocating for habitat protection and the restoration of ocean abundance to conserve our beautiful marine ecosystem.

Overall she aims to spread love and respect for the ocean and the environment, to encourage global conservation and protection of this beautiful part of our world!

Follow clear tides on:

Facebook: [clear.tides.org](https://www.facebook.com/cleartides.org)

Instagram: [clear.tides](https://www.instagram.com/clear.tides)

Website: www.cleartides.org

To see how you can make a difference, and stay tuned for upcoming events.

Let's support our local youth as they embark on a mission to protect our oceans.

📍 If you would like to donate, buy merchandise or sponsor clear tides - email: info@cleartides.org

Glenorie Progress Association

The GPA has been quiet over the festive season and we hope to come back in 2018 with renewed energy.

However our Planning Subcommittee has been active in the planning for the future of our area. In March we plan to have a community meeting where all residents will have a chance to view and comment on the plans devised by this sub-committee. This will be a repeated invitation to all residents to have a say in the 'vision' for Glenorie district.

Boral concrete upgrade proposal:

An advertisement was placed in the December Glenorie Galston Community News asking for feedback so everyone was invited to submit their concerns and spread the word to ALL who may be affected by the upgrade and take advantage of this opportunity to have input into a DA PRIOR to its submission.

Re the Notice of Intention to apply for a PSA licence for Glenorie Bakery – we need to keep abreast of when the application is made so we can send our submission directly to NSW Liquor and Gaming.

The GPA is a part of RIPA the Residents Infrastructure Planning Alliance and we have attended meetings and had conversations about

- formation of a Sydney wide alliance to fight over-development and Priority Precincts
- Hornsby Shire Council draft amendments to its Development Control Plan (DCP) to strengthen Hornsby Council's tree preservation and to comply with the new State biodiversity conservation laws
- Opposition to the housing development on the former IBM site at West Pennant Hills.

The next meeting of the GPA Committee will be held at Glenorie RSL on the second **Tuesday (13th) February, 2018**. Come along and add your voice. Everyone is welcome.



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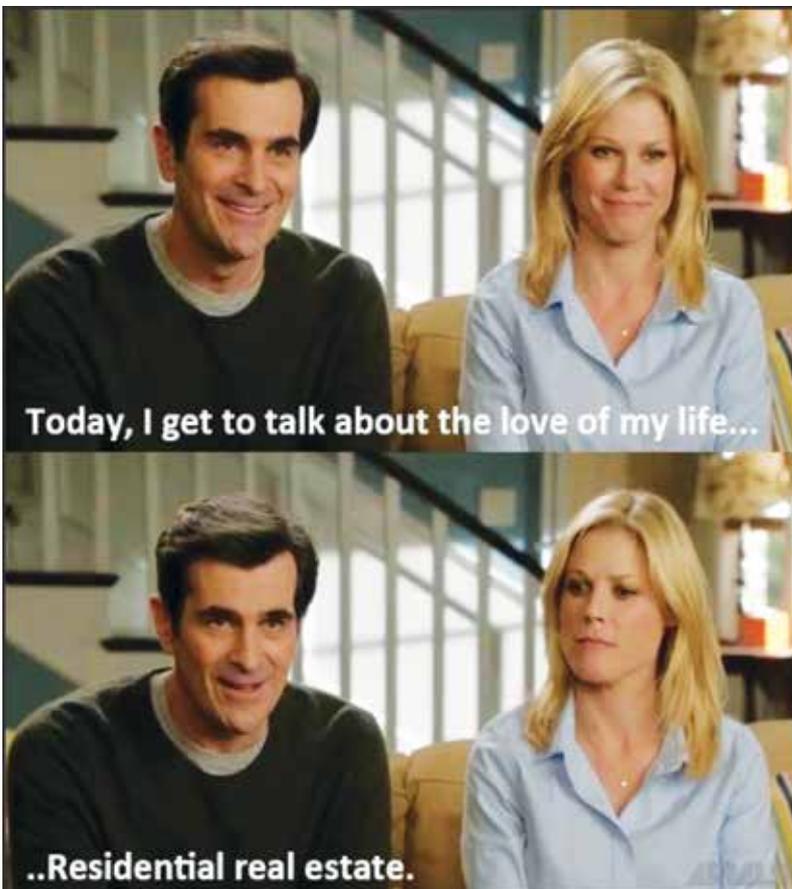
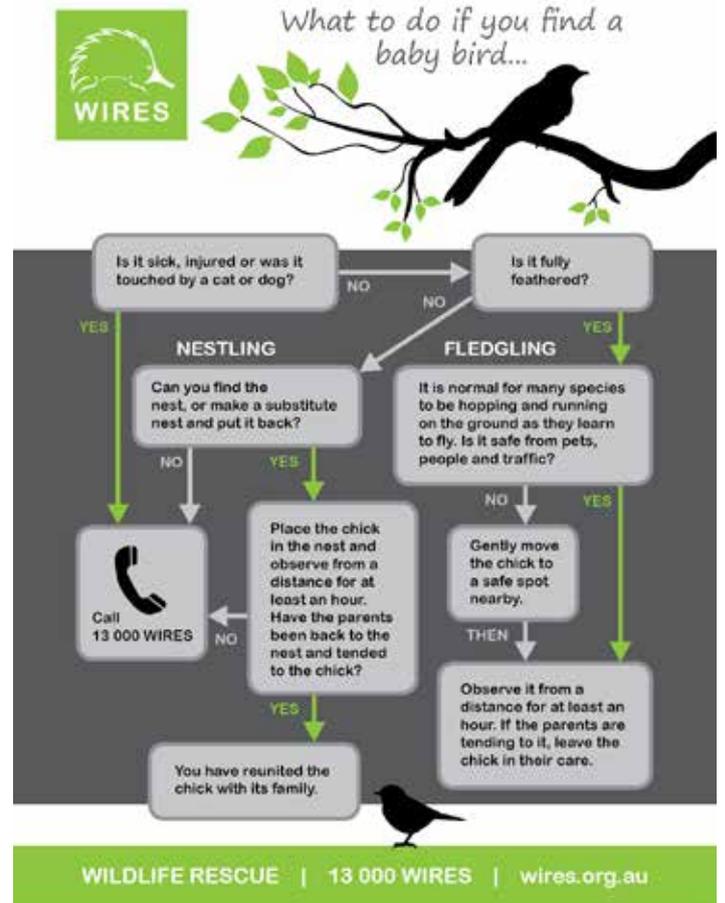
WIRES



Kookaburra baby

Spring and summer are busy times for wildlife carers with many calls for help with baby birds. It is gratifying to receive calls from caring people but in many incidences the baby birds are doing everything right. They just need to be left alone to get on with learning to fly, eat by themselves and get used to the big, wild world. In some cases, however, they may need to be moved to a safer place or an injury assessed and treated. The flowchart is a guide as to actions to take if you come across a baby bird in an unsafe place or just looking not quite right.

🔗 If you would like to know more about WIRES and how you can help, go to the website, wires.org.au.



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The Greenway/Macquarie Wharf, Windsor *By Pat Schwartz*

Did you know that next to the present bridge (downstream side), beneath the noxious weeds proscribed by the DPI and gabions placed there by the Council in the 1990s, are the remains of what is probably the **oldest existing wharf in Australia?** Further, that wharf was commissioned by **Lachlan Macquarie**, **designed by Francis Greenway**, **built by John Howe** (Howe's house) and **James McGrath** (McGrath's Hill). Did you know that it **predates** Port Arthur (a gazetted heritage site) by 30 years and was built in the same year as the oldest surviving house in Sydney, Cadman's Cottage? How would you feel if other Greenway designed structures were to be destroyed without attempts at salvation or preservation??

The Windsor Bridge Replacement Project will see much of the construction infrastructure located exactly where the surviving archaeological remains currently exist. The remains are probably of the oldest **surviving evidence of the importance of the maritime trade in European Australia in general, and more specifically, evidence of the importance of the river trade in the Hawkesbury District, supplying food stuffs to the starving colony** until passable roads could be constructed.

As late as the 1920s the Fruit growers Association petitioned Council to improve the wharf so that their produce could be transported to Sydney more quickly. They were prepared to pay wharfage fess or support some of the costs. The Council voted against the motion.

The Early History

In the earliest days of the Green Hills settlement, there was a sandy beach near the present bridge, onto which boats from Sydney

were pulled ashore. Soon a wharf was built (1795) to allow boats to tie up and unload their cargo without the inconvenience of having to be beached. The construction of this first allowed for supplies to be unloaded safely at the early store and military garrison, while allowing for farm crops to be exported out. This was known as the Green Hills Wharf. However, this early wharf was ultimately washed away by floods (1799). The presence of a wharf at Windsor was an important infrastructure development that was part of the early settlement and development of the township.

Governor Macquarie instigated tenders for a Government contract to construct a better wharf on the exact same site. The wharf ran parallel to the bank, rather than a pier (which would have extended finger- like into the river). It was designed to allow large cargo vessels (up to 100 tons) to pull alongside, from which drays would take their cargo up the Punt road to Thompson Square and beyond or in reverse, goods could be loaded from the Hawkesbury farmers to take to the Sydney settlement. The construction this more substantial wharf in ca.1814-1820 was part of the formalisation and development of the Macquarie town. The early wharves evidence the importance of river transport and trade both to the Green Hills settlement's survival and the survival of the settlement at Farm Cove, both from the time before viable roads provided land links and later, up until the time of the 1867-1870s floods, when the river silted up to the extent that large draught ships were no longer viable.

The wharf was an integral part of the Windsor township until the expansion of rail to Windsor and larger maritime infrastructure at Brooklyn on the Hawkesbury River meant the use of the wharf was likely limited to public recreational uses. However, the wharf remained of local significance until the 1950s. Windsor prospered



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as a busy port for small river craft. Goods were unloaded at the wharf where most of the produce was to be transported by rail from Windsor to Sydney. Cargoes included maize, poultry, watermelons, fruit, eggs, bark and gourds. Windsor also developed a boatbuilding industry, as did Richmond and Pitt Town. The Hawkesbury boats were smaller craft than those being built in Sydney, most being less than 50 tons, but they were suited to the river trade.

Early References

Returns of the Public Works undertaken in Windsor state that: **“A wharf was constructed there in 1815** for the sum of one thousand, one hundred and seventy nine pounds and 10 shillings.” Construction for this new wharf began in 1814 and was nearly completed by 1815. **The fact that the first government contract from 1814 survives, is a very significant fact in itself.**



Governor Lachlan Macquarie described this new structure as: “ a large substantial wooden wharf or quay constructed in the centre of town on the right bank of the Hawkesbury River for the convenience of vessels and boats, trading to Windsor, at

which quay vessels of 100 ton burthen can load their cargoes. A very convenient ferry has been established from the same wharf to the north bank of the river by a large punt”.

The contract was undertaken by John Howe and James McGrath, both local residents who were involved in a number of other construction works. They were able to purchase 5,000 five inch iron spikes from the stores.



The original construction of the design of the wharf from the contract states: “The front of the Square to be piled with sound piles from 16 to 18 inchesthick to be from three to four feet apart in the (illegible) to be three feet above the

Water Mark at Spring Tides (but in a line with it). Well capped and Secured by Land Ties to extend from side line to side line of the Square to be planked on the Inside of the Piles and then filled up to the top. “The Wharf to Commence from the Upper Side Line of



continued on next page



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Square to Extend Eighteen feet from the above row of Piles which will be in deep water to extend fifty feet in length to be planked on the inside and filled up unless it should be thought best to

plank the top and in that Case the same is to be planked and not filled up, the whole to be Capped and well secured by Land Ties as also to the Row of Piles in the Front of the Square”

On 14th November 1816, Macquarie wrote that a good part of the partially constructed wharf was carried away by a June flood (again!) So he commissioned the govt. civil architect, Francis Greenway: “to draw up a new plan for the contractors to follow and allowing them iron and spike nails as can be spared from the stores, plus the assistance of some carpenters”. Howe and McGrath were paid an additional sum of 220 pounds sterling to assist them to pay for additional iron spikes and nails as could be spared from the stores, plus an extra carpenter and 2 sawyers to enable the wharf to be completed in 8 months. They were somewhat disgruntled that the new structure was more grand than the original contract, yet they were not given an extension of funds to meet their additional costs!

The wharf was completed by 1820, if not before.

The archaeologist Higginbotham (1986) concluded about the remains evident today: “the timbers are secured by hand made bolts and spikes which definitely date to 19th century and

probably to the wharf built by Howe and McGrath to the Greenway plan between 1816-1820”.

The Importance

The remains provide a rare example of early methods of wharf construction still evident. There may be quite significant construction evidence further into the river bank behind the wharf, currently hidden from view by the gabions installed in the 1990s. There may also be archaeological remnants from the 1795; evidencing even earlier construction methods within 7 years of settlement, when tools, resources, skilled people were very rare. Archaeological potential relating to the construction and use of both the 1795 and ca. 1814-1820 wharf probably exist on site. Physical evidence that has survived in the archaeological record has the potential to provide new information relating to construction techniques and material that were used, specifically in relation to types of wood used, fastenings, bracing and pile information as well as quality of workmanship and materials. Information relating to repair work to the wharf can also be determined from the remains in the archaeological record on wharf sites, such as from the driving in of repair “sister” piles or the addition of extra bracing or fastenings. Artefacts discarded, accidentally or deliberately, from the wharf and vessels moored alongside can contribute towards knowledge of the variety of traffic and goods that passed between Windsor and Sydney over time and has the potential to contribute to a greater understanding of settlement before and during the Macquarie era.

At low tide, some of the timbers can be seen from the opposite river bank. They should not fall victim to the infrastructure planned for the construction site of “Option One”.

The Windsor Macquarie/Greenway Wharf should not be yet another victim of heritage vandalism.

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Feel the Charge and Help Cancer Council Move Towards a Cancer-Free Future

Cancer Council NSW is encouraging Greater Western Sydney residents to set a walking or running challenge and feel the charge while fundraising for cancer.

Funds raised from The March Charge supports Cancer Council's ground-breaking research across all cancers.



Money raised helps provide practical and emotional support and information for anyone affected by cancer, as

well as run prevention programs to reduce cancer in the community.

People can charge as an individual or join other chargers and compete as a team. By participating in The March Charge, Greater Western Sydney residents will aid thousands of people diagnosed with cancer each year while reducing their own cancer risk.

Roughly 37,000 Australian cancer cases – or one in three cancers – could be avoided each year through lifestyle changes such as regular physical exercise, maintaining a healthy body weight and enjoying a healthy diet.

📍 To find out more about The March Charge visit www.themarchcharge.com.au

There's an APP for that...

Post Christmas Recovery

Well, the damage has been done and now we are into our new year recovery mode. There are so many apps to help keep us on track. I, personally, use my **Apple Health App** that is linked to my new Apple 3 watch, one of the many devices available to help monitor exercise. The Apple Health App offers a feature called Medical ID which allows Emergency Services personnel immediate access to my medical information via a locked phone. This is invaluable information during an emergency. **MyFitnessPal** is also, a great app for recording food intake and includes a bar code reader to take the guess work out of nutritional information provided on food packaging. Strava is another extremely popular app, especially for those keen athletes as it allows them to keep exercise stats, compete against others and map their progress and performance.

For those of you with kids at school make sure you download the **Australian School Holiday app**. It will update your phone's calendar with current school terms and public holidays. Even if you don't have kids at school it's always nice to know when traffic will be lighter!

There are over 2 million apps available. These are just a few that I have found over the years of helping people with their Apple devices and computers.

In 2018, I have organised some interesting workshops including "Photo to Frame" using your iPad/iPhone as well as a Getting Started workshops.

📍 Please check out my website for details: www.debbiedoesit.com.au



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Summer warning

Hon Matt Kean MP

I spent much of December last year travelling to schools around the Hornsby community to attend speech days and celebrate their achievements in 2017. I would like to wish all the teachers, staff and Principals at Dural Public School, Galston High School, Galston Public School, Arcadia Public School, Middle Dural Public School, Pacific Hills Christian School and Redfield College all the best as students return for 2018. You are all doing amazing job, inspiring and teaching the next generation, and I thank you for all your hard work.

I am so proud to have the best schools in the State right here in Hornsby, and I hope students and staff had a chance to re-charge over the holidays.

I wanted to remind the local community with summer upon us we must remain vigilant when firing up their barbecues.

It is important you regularly check the connection point at the gas bottle. If you find a leak or smell gas, immediately turn off the gas at the bottle and discontinue use. Fittings and hoses should be checked frequently for wear and tear, and replaced as needed.

It is also important never to use a gas bottle that is more than 10 years old and, avoid using barbecues indoors or in any confined space as they present a fire and health hazard.

A good way to ensure your gas products are safe is to make sure they have safety compliance stickers. These stickers are mandatory on all gas appliances and show the item has been approved for use, and meets all safety requirements. If a gas bottle doesn't have a sticker, it can't legally be filled in NSW.

Leeser Presents New Flag to RSL Lifecare Galston Retirement Village Ahead of Australia Day



Julian Leeser MP, Federal Member for Berowra, has presented RSL LifeCare Rowland Village in Galston with a new Australian flag ahead of Australia Day.

Bob McKew, Vice Chairman of the Residents' Facility at Rowland Village, wrote to Mr Leeser requesting a new flag to fly in the village due to the wear and tear of the previous flag.

Ahead of Australia Day this week, Mr Leeser visited Mr McKew and the other residents in Galston to personally deliver the flag.

"The Australian flag is a proud symbol of our great nation, and is especially significant to the men and women of Rowland Village who have served Australia throughout their lives," Mr Leeser said.

"At the heart of Australia Day is a community celebration that acknowledges Australia is a country strengthened by the contribution of its citizens. I can think of no finer example of such service than that done by the men and women here in Galston."

Mr McKew, who has a length family military history and a current son in the military, thanked Mr Leeser for the presentation.

"It's great to have a new Australian flag to replace the old one, especially at this time of year," Mr McKew said.

 <p>GLENORIE GROWERS' MARKET</p> <p>All Enquiries 0423 727 826 glenoriegrowers@gmail.com</p>	<p>2018 Sunday 25th February</p> <p>Sunday 25th March</p>
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Mobile Black Spot Breakthrough For Sackville North

Federal Member for Berowra Julian Leeser MP has welcomed the launch of a new Telstra mobile tower in Sackville North as part of the Turnbull Government's Mobile Black Spot Program.

The Federal Government's Mobile Black Spot Program is one of the largest ever expansions of mobile coverage in previously underserved areas in Australia.

The new tower came online in late December 2017, providing comprehensive mobile phone coverage for residents in Sackville North, South Maroota, Maraylya and Forest Glen.

Mr Leeser says the better mobile reception will significantly improve residents' lives in the area.

"Residents in towns including Sackville North, South Maroota, Maraylya and Forest Glen live in one of the most beautiful parts of Berowra, but the topography of the area presents telecommunications challenges. Now their businesses and ability to stay in touch with family and friends will benefit," he said.

"Addressing their mobile black spot issues was one of my key election commitments, and I'm proud to we've delivered the project as promised." Mr Leeser heard first-hand about the need for emergency communications in the event of a bushfire during his visits to Sackville North Rural Fire Brigade. "I know how important mobile phones are, particularly in the more rural parts of the electorate. This Black Spot breakthrough will help both residents and the Rural Fire Brigade better communicate in the event of a bushfire."

Sackville North Rural Fire Brigade Captain John Turnbull reported the tower had already had an immediate impact.

"Residents are already receiving better mobile coverage, allowing them to better communicate with each other and emergency services should they need to," Mr Turnbull said.

Crosslands Reserve, Brooklyn and Dangar Island have been identified as the next priority locations in the electorate of Berowra that will see coverage improvements thanks to the Mobile Black Spot Program.

The Federal Government has committed \$220 million to its Black Spot Program, with more than 312 new or improved mobile base stations already being delivered.



The Centre Celebrates Government Grant

Federal Member for Berowra Julian Leeser MP has presented The Centre, Dural with a \$14,000 Stronger Communities grant for the renovation of their kitchen.

Mr Leeser said the money would benefit many in the Hills community who use The Centre's facilities every week.

"The Centre is a fantastic community asset, welcoming thousands each week to their futsal pitch, netball court, church, Men's Shed, playgroup and youth group," Mr Leeser said.

"I'm thrilled to provide The Centre with \$14,000 in funding so they can upgrade their kitchen and better cater for the community."

General Manager of The Centre Craig Glasby thanked Mr Leeser for his contribution, explaining how the kitchen renovations will allow them to respond to the upsurge in demand for their facilities.

"We've got a very old hot plate coming up to almost 50 years old, so we're going to replace that. We're also replacing the oven, fridge, freezer and dishwasher," Mr Glasby said.

"More and more people in the community are using The Centre as Dural grows, so we're very grateful to Julian for the \$14,000. It will go a long way."

The Centre is currently in the process of procuring new appliances and Mr Leeser said that he looks forward to returning for a sausage sizzle once the kitchen renovations are complete.

The \$14,000 grant was provided by Mr Leeser as part of the Federal Government's Stronger Communities Program, which allocates \$150,000 to each electorate for projects that create vibrant and viable communities.



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MEET THE AUTHORS



SCOTT BEVAN

Author of *The Harbour*

Scott Bevan has gathered Sydney Harbour's stories, past and present. The ultimate story of a city's heart and a country's soul.

Thursday 8 February, 6.30pm, Hornsby Library, \$5.00

MANDY SACHER

Author of *Wholesome Child*

Nutritionist Mandy Sacher shares her tips and techniques to encourage even the fussiest young eaters to try new foods.

Saturday 10 February, 11am, Hornsby Library, Free

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

FROM THE MAYOR'S DESK



I am thrilled to announce that 'Sunset Sessions' is back for its third year at Hornsby Mall. The event will be held every Friday night in February. The night will begin at 5.30pm and conclude at 8.30pm.

Sunset Sessions will feature renowned food trucks including Chur Burger and El Taco Loco who will be cooking up a storm. Scrumptious desserts will also be on offer to satisfy your sugar cravings.

Come along and enjoy a refreshing drink from the pop up bar and listen to some of Sydney's best performers. This year's performers will use Lolo the Gypsy Caravan Stage. The stage has been a special guest at several events and venues across Australia including the Sydney

Opera House 40th Anniversary Forecourt Concert, The Rugby World Cup and State of Origin.

Each week will feature a different genre of music including tropical, Latin, folk, Jazz, Balkan, gypsy and Caribbean.

Be sure to bring your family, friends and wear your Hawaiian shirt to enjoy the final moments of summer.

For full details about food trucks and performers, visit sunsetsessionshornsby.nsw.gov.au

I look forward to seeing you there.

Philip Ruddock
Mayor,
Hornsby Shire Council

FINANCIAL INFORMATION SERVICES



UNDERSTANDING SUPERANNUATION

Thursday 15 February, 6.30pm, Hornsby Library, Free

Topics include: how superannuation works, superannuation myths, making contributions, accessing superannuation, and tax and social security.

UNDERSTANDING YOUR PENSION – PENNANT HILLS

Friday 16 February, 1pm, Pennant Hills Library, Free

Topics include: how your pension is calculated, assessment of income and assets, rights and obligations, and taxation and concessions.

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

HORNSBY SHIRE RECOLLECTS



Unsure what to do with old photos, documents and newspaper clippings? Over 3,000 items have been uploaded onto the Hornsby Shire Recollects database.

To upload your items visit hornsbyshirerecollects.com.au

New Aussie Fire Sled Mobile Fire-Fighting Kit

Australian Pump has launched a new and unique sled mounted fire kit that turns any twin cab four wheel drive into a mobile fire protection unit.

Called the Aussie Fire Sled, the compact and inexpensive fire-fighting system includes a Rapid 400L poly tank. The unit is mounted on a galvanised steel sled and includes a poly reel, high pressure firefighting hose and spray nozzle.

The heart of the system is an Aussie Fire Chief pump. It offers 100psi pressure (that's 75m head), with flows of in excess of 400 LPM.

The fire sled also features a heavy duty poly Rapid hose reel supplied with 36m of 19mm AS1221 rated fire hose. All of the above is mounted on a hot dip galvanised steel sled arrangement that slides easily on and off the back of twin cab utility vehicles.

Further information is available from Dural Bike & Power or from Australian Pump Industries on (02) 8865 3500.



Alexander Heiden checks out the new Aussie Fire Sled that turns a twin cab ute into a mobile fire protection unit.

Hills Hawks Softball Club

Hills Hawks Softball Club has had a fantastic start to the 2017/18 season. Our teams are having a great season, with all teams currently sitting in the top four in their competitions, ready to take on the finals after Christmas.

Hills Hawks has had success on a representative level with 28 players representing Hornsby District Softball Association at the NSW State Championships, ranging from Tee-ball to the Open age groups.

We have also had a number of players represent Sports Academy, State and National teams. Pitcher Jorja Barrett represented South West Academy of Sport and was selected in the NSW All Schools Softball Team – securing a spot in the All Australia team after winning the Pacific School Games in Adelaide.

Kandra Lamb also represented the NSW All Schools Softball Team, and will join Jorja in the All Australian Team. A grade pitcher Kandra was also selected in the Under 19s Australian Team for the 2017 World Championship, who played in Florida, USA earlier this year. 17-year-old Callista Gatt, who plays in our division 1 and A Grade teams, was awarded the Western Sydney Academy of Sport Softball Athlete of the Year Award.

We would also like to take the opportunity to thank our sponsor Bendigo Bank Galston Community Bank Branch for their continued support and sponsorship of our club. Bendigo Bank has been a major supporter of the club for many years and their generous sponsorship goes towards new equipment for the club, which our players and officials greatly appreciate.



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50th Anniversary Celebration

- The Hills District Memorial Club now known as The Galston Club will celebrate 50 years of operation on **Friday 16th March 2018** with an open morning tea from 10.30am.
- To help with catering if you would like to attend it would be great if you could RSVP by phoning 9653 2017 by **8th March 2018**.
- The club was originally opened on 2 Dec 1967 with the original board holding the Official Opening Day on March 16th 1968.

MONDAYS	WEDNESDAYS	THURSDAYS	SATURDAYS
<ul style="list-style-type: none"> • \$14 Rump (Members price). Dinner only • \$12.00 Lunch specials (Members Price) • Bingo 7pm – Wish Card Prizes totalling \$450 in value 	<ul style="list-style-type: none"> • \$12.00 Lunch specials (Members Price) • Bingo – Ticket Sales from 10am. Jackpot Prize \$2000* • Game Prizes – Cash & Wishcards totalling \$300 in value • Trivia 8.00pm • Raffle tickets on sale 7.00pm • Total Value of Raffles \$500 • Joker Jackpot \$5200* • Wood Fire Pizza Available (Dinner Wed + Sat only) • Members Happy Hour Mon – Fri 4-5pm 	<ul style="list-style-type: none"> • \$14 Chicken Schnitzel (Members Price). Dinner only • \$12.00 Lunch specials (Members Price) • APL Poker Free Roll plus Jackpot* • Pool Competition Max Prize \$200* 	<ul style="list-style-type: none"> • \$12.00 Lunch specials (Members Price) • Wood Fire Pizza Available (Dinner Wed + Sat only)
TUESDAYS		FRIDAYS	SUNDAYS
<ul style="list-style-type: none"> • \$14 Pasta (Members Price). Dinner only • \$12.00 Lunch specials (Members Price) 		<ul style="list-style-type: none"> • \$12.00 Lunch specials (Members Price) • 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"> • Roast Lunch + Dinner Available

* Amount may vary at time of draw. Actual amount shown may have already been claimed at time of publication. LTPS/13/06263
 information for members & their guests. ADDRESS: 21-25 Arcadia Road, Galston, 2159 PHONE: 9653 2017 WEBSITE: www.galstonclub.com.au



Galston Rural Fire Brigade News

By Kara Dubois

Boat Fire



Lucky Galston Firies keep in shipshape! We were called to a boat fire at Dural recently. A resident was working on their boat using a grinder when the vessel caught alight. Galston assisted Middle Dural RFB with Breathing Apparatus Operators and a thermal imaging camera. They discovered several hot spots and promptly extinguished them. A great team effort from everyone involved!

Dob in a cigarette tosser



Throwing a lit cigarette butt from a vehicle at any time of year is not only littering and bad for the environment, but it is completely irresponsible.

Furthermore, in the summer fire season, it is incredibly dangerous as it can start grass and bush fires, placing people's lives and property at risk.

There are heavy penalties for people caught throwing lit cigarette butts from vehicles, especially during the Bush Fire Danger Period and days of Total Fire Ban.

Do your bit by reporting people who throw lit cigarette butts from vehicles.

Some of the information we will need includes location, date and time, vehicle registration plate details and description of the vehicle. We will also need your contact details as anonymous reports are not accepted.

To report a cigarette tosser visit the RFS website: www.rfs.nsw.gov.au to fill in an online form, or call the Bush Fire Information Line - 1800 NSW RFS (1800 679 737) and leave a message and an officer will be in contact.

Brigade Contact Details:

Duty mobile: 0491 119 152 Email: info@galstonrfb.org.au

Middle Dural Fire Brigade News

Middle Dural Fire Brigade wishes all local residents a very prosperous and peaceful New Year. Thanks to your good sense in observing summer fire restrictions, we volunteer fire fighters have had a fairly peaceful time ourselves. Remember that you require a permit from your fire captain if you wish to burn during the fire season (Middle Dural: Len Best 0408 220 705). Heavy fines apply otherwise!

The Middle Dural Christmas party at our fire station in Mid Dural Road was a very special event this year. Several of our members received long service awards, in particular, our longest serving member, John Mutch, who joined in 1954. John was presented with a sixth bar to his long service medal, marking 60 years of ongoing service to this Brigade. John's skills and expertise in the electrical industry benefitted Middle Dural Brigade initially but were then taken up state-wide. One such was the invention of a charging system in the station such that the batteries in the fire vehicles never run flat; also his ingenious array for charging batteries of the hand-held radios. Such devices, now essential elements of state-wide RFS station equipment were John's brain children.

As acknowledged, Hills and Hornsby residents are contributing to our fire safety in no small part by obeying current fire restrictions.

However, all power tools should be used with extreme caution since many can produce sparks that cause fires. This recently burnt boat was destroyed while the resident was using an angle grinder on it.



Arcadia Rural Fire Brigade

High Fire Danger and Storms

With a brief, but appreciated quiet period over Christmas and New Year's, the brigade got a chance to relax and recharge, however, we were still quietly working away in the background. Members were up at the station ensuring our equipment and trucks were in good working order, general maintenance of the station and grounds, inspecting surrounding bushland, and even some new driver training!



We've had a number of fire calls in the local area, including power lines arcing on a Total Fire Ban day in Galston Village, which set fire to the nature strip. Arcadia and Galston responded swiftly and had promptly extinguished the fire before it got any bigger. We also had a call to an over-turned light rigid truck in Arcadia, which saw Arcadia, Galston, and Dural attend to manage any fire risk, manage traffic and clean up the diesel spill. The occupants of the vehicle were uninjured, and the cleanup was minimal.

In December we experienced a number of dry lightning storms, this resulted in the brigade being called to four different lightning strike fires. These storms have come back again in January, and as Arcadia backs onto Marramarra National Park, you may see us out patrolling the area after lightning has come through, to check for any smoke. If we see any fires started by lightning during our patrols, it gives us the opportunity to act quickly rather, than waiting for the fire to grow, and become a fire that will threaten our community on the hot windy days.

During these hot windy Total Fire Ban Days, the brigade has crews on standby, usually within 20 minutes of the station. These crews will be rapidly activated if a large fire was to start anywhere within 2 hours of Sydney to help other communities with their Bushfire Emergencies.

Rest assured we always have enough resources here back in our own brigade areas to support any incident that may arise.

With the high temperatures and minimal, inconsistent rainfall we have experienced, the bushland, but also the grass in our backyards has been exceptionally dry. Along with these hot days we've seen many Total Fire Ban (TOBAN) days that continue to raise the Fire Danger Index (FDI).

Understanding the Fire Danger Ratings

You will have heard many of the terminology used by the RFS and media, but what does this mean for you?

You will have seen the Fire Danger Index (FDI) signs in our area, usually near fire stations, as we have to change these every time the rating changes. These signs give the community an indication as to the consequences of what would happen if a fire started. There are a number of factors that are considered when determining the FDI, which include the temperature, humidity, wind, and overall dryness of the landscape. This is why the FDI can vary from day to day, and some days are TOBAN's, others have suspended permits, and the next day is mild. It is important to understand what each of the ratings mean.

Low moderate to high indicates that conditions should be monitored, and you stay informed and ready to act if required. VERY HIGH??? It is a perfect time to review your plans and continue to prepare your property. Severe indicates that homes that are well prepared and are actively defended can provide

safety, however, leaving early is the safest option for your survival. Following that is extreme, properties are required to have high level of preparation and has been designed to withstand fire. Again, the safest option is to leave early for survival. The highest FDI rating is catastrophic, a rating we don't want to see. Leaving early is the ONLY OPTION as no property can withstand these conditions. Whilst the risk of bush fire is a real threat in our rural areas, understanding the FDI ratings, alongside reviewing and improving your bush fire survival plan, you will be better equipped if such a time requires you to actively defend or leave early.

Further information can always be found on the NSW RFS website regarding the FDI rating, bush fire survival plans, and TOBAN's www.rfs.nsw.gov.au/plan-and-prepare/fire-danger-ratings

Glenorie Rural Fire Brigade News

Glenorie Fire Brigade Visit Richmond RAAF Base

Brigade Members were lucky enough to visit Richmond RAAF Base in January. They were given a tour of the RFS Aviation Section and were lucky enough to get up very close with the VLAT (Very Large Air Tanker), "Nancy Bird". They also got to see how the retardant is made up and how it is delivered to the Air Tanker. Nancy Bird can hold up to 44,000 litres of water and is filled in fewer than 10 and a half minutes. Our members then went to the RAAF Base Fire Station for a tour of the Station and Vehicles. The vehicles are very large and can hold 8,000 Litres of water which can be emptied in less than 1 and a half minutes. We had a great day. Thank you to all the staff at the RAAF Base for showing us around, a great day was had by all.



December Santa Run

Once again, it was great to get out and see all the smiling faces as we chauffeured Santa around Glenorie Village. All of this couldn't have happened without the amazing support of Glenorie Woolworths. Thank you very much to the team at Glenorie Woolworths for your support of our Santa Run and all the other support you gave us throughout the year.

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TIME TO RENEW



UPCOMING BANDS

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- Mar 2 - Oxford Poet w/ Just Breathe + Southscope**
- Apr 6 - The Hype Duo**
- May 4 - Megan and the Vegans w/ Dizzies + Kyoshi**
- Jun 1 - Mumbofish w/ Just Breathe + The Fossicks**



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GLENORIE GROWERS MARKET
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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

I love my job....

The beautiful thing about selling property in the Hills Rural district is no one property is the same and more importantly neither are the property owners. The people I have met and the lives I have been able to help through understanding their family needs has been extremely rewarding.

This community is strong and the history is fascinating, it's the basis on which this rural community thrives. I have been honoured to meet the beautiful Sylvia Braham who has lived in the area over 50 years, what an inspiration and now a dear friend. I have had the

chance to learn about where I grew up with Paul and Celia Van Tilburg over 35 yrs in the district and learn about the local wildlife over a cuppa. I have had the chance to sell and buy for members of the local Pony Club and secure amazing horse properties they never would have considered.

Recently I attended a fund raiser with Gary Mangan the Manager from our Local Galston Bendigo Bank, he said 'the Community spirit is like no other' and I responded 'Yes, the willingness to be genuinely helpful is real and that's what I want to be known for in my community'.

Beth O'Brien - Local Property Expert

For all those Yes voters.

To all those 'yes' voters I want to say a big thank you because I have been able to witness first hand the joy and relief which is felt by same sex



couples choosing to marry. Within 3 days, and only 10 days after it became legal, I married two sets of couples. Two girls followed by two men. The absolute joy which exuded from them was palpable and I was totally overwhelmed with pride to be able to make their desire to wed a reality. How lucky am I to have this authority to marry couples but especially at this time which now includes same sex couples. It will soon become the norm but at the moment I am riding high on the support of those who voted yes.

Marriage of Louise and Chris

On the 30th of December, at the Glenorie RSL, I married Louise Colbourne to Christopher Rogers. Louise, the daughter and step daughter of Margaret and Alan Thew from Glenorie, met Chris in a most unusual way. As Chris lived in England he and Louise formed a bond through writing emails and chatting through the internet. Neither started this friendship with any expectation but it was love which they both found. They both now live in England but travelled to Australia to be wed. Chris had a small entourage of family to embrace the experience with him. It was a lovely scene at the back of the club, overlooking the mountains and all, including myself had a wonderful time.



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

Sad but happy



This is a little bit of a sad story, but happy too. We are big animal lovers here at Round Corner Dental. Between us we could fill a small zoo with all our furry/feathery friends - dogs, cats, birds, guinea pigs and even at one stage a mouse. Although it regrettably (or fortunately, depending on who you ask) it got a taste of adventure and hasn't been seen in some time...

Sadly, I had to say goodbye to my Jack Russell Terrier, Rosie. She was 19 years old, and absolutely the best friend I ever had. I'm 26 now, so she had been with me the majority of my life and certainly some of the hardest parts of it thus far. She was a complete rascal, and maintained remarkably good health up until the last 6 months of her life so she still had plenty of energy to make a nuisance of herself. I've heard Jack Russell's are particularly well known for their 'selective hearing' - somehow, she would never hear us scolding her for barking at possums but could hear the opening of a tin of food from miles away. She always knew when my sister or I were upset about something and would come and sit with her head on our lap until we felt better. She tolerated countless games of 'dress-up' and at one stage wandered around quite happily in a hot-dog outfit for months - a point of great amusement for all. I know many of the readers out there are dog-lovers and will understand - she really was part of the family. We miss her every day and the house is very quiet, but I'm certain she's in doggy heaven with a tennis ball in her mouth and a BBQ chicken on her mind! Dogs really are man's best friend.

Miranda, Round Corner Dental

Little entrepreneurs

Toni Liddle from Arcadia, wants to give a huge shout out to her local postman in Arcadia. During the holidays her children, along with the neighbours children, decided that they were going to try and sell their old teddies out the front of their house. Bargain, \$2 each. All parents suspected that it would probably be a fruitless exercise but supported their children's entrepreneurial spirit. Great delight, the local postie drove past and gave the kids \$10 and didn't even take a teddy...what an awesome guy. It absolutely made everyone's day, especially the kids. It just proves that doesn't cost a fortune to spread happiness....by you reading this, the happiness continues.



Weddings

Congratulations to Bernardette Makhraz from Scissor and Comb Connection hair salon in Galston, who married Alexander Dakhoul on Saturday 30th December 2017.

The couple were married at St George Maronite Church in Thornleigh, followed by huge celebrations with lots of family and friends at Le Montage Reception venue in Lilyfield.

Bernie and Alex enjoyed their honeymoon in Phuket Thailand.

We wish them both every happiness and joy in their future lives together.



My little entrepreneur

This story reminds me of an incident when my children were young. Because I had 5 children in 7 years I was either pregnant or caring for an infant, plus toddlers for a hectic 10 years. During this time when I probably had 4 children, with my eldest about 6, they had found my camera (the old fashioned type with film...remember??) Playing around with the camera they used up the whole roll. Me, not happy, banished them to their rooms. Despite it being 25 years ago I still see this so scenario clearly... while peeling apples, even with the children relegated to their rooms, I recognised that the house was way too quiet. Investigating, I found no children in the house.

Our home was situated at the top of a very steep hill on a narrow road and while it was a quiet street there was through traffic. I found my children standing beside the road with a very long branch with my eldest (who continues to this day to make life interesting for himself and those who surround him) using it as a boom gate to stop traffic. Once a car stopped he then demanded a toll. His intention was to make back the money to pay for the film he had used. Oh dear....so funny but even funnier that there were some generous neighbours who supported his pursuit and he made 80cents. Might not seem like a fortune now but at the time that was a spectacular result.

Dural and District Historical Society History Cottage Early Settlers Grove

By Michael Bell, President.

The Society has a busy year planned. Over the ten meetings, held on the second Saturday of each month in History Cottage beside the Cenotaph in Galston, members and visitors will hear nine guest speakers, take part in fascinating tours and present the annual June Roughley Memorial Lecture in the Arcadia Community Hall and access the history of your property. It will mount the regular ANZAC display, respond to your research enquiries and show visitors through our photograph and map collections. Readers of the local newspapers will enjoy the historical articles prepared by researchers.

As can be imagined all this requires quite a bit of behind the scenes work. Like all community volunteer organizations the number of members available is falling. The Management Committee knows, through feedback, the community values the Society and its work.



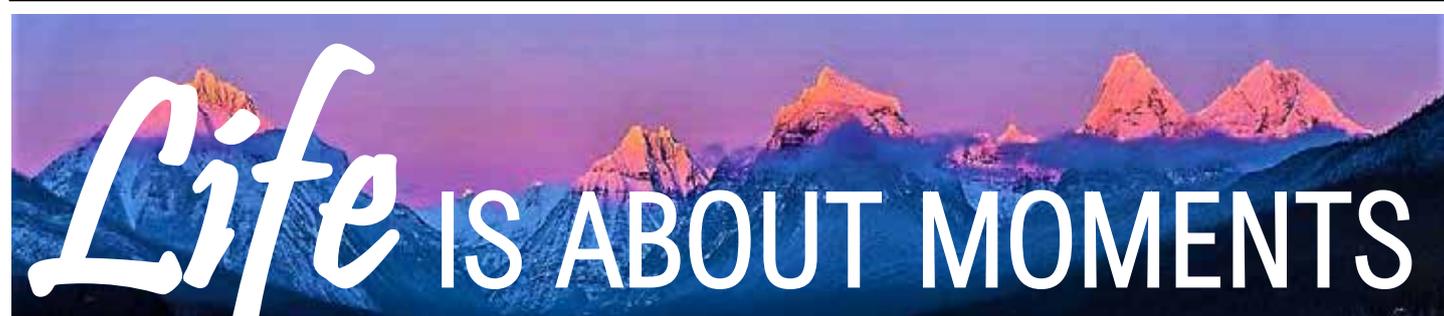
The greatest assistance the Society can receive, from the community, is an increase in active membership. Our guest speakers deserve to have a larger audience and enthusiastic researchers, of land and family history, would be of great value.

We know there are greater pressures on people's time but maybe there is space, in a busy schedule, for a new interest in our local history.

Give Michael Bell a ring on 9653 1365 if you would like

more information. Better still come to the first meeting for 2018 on **Saturday the 10th February at 2.00pm** in History Cottage. Learn more about the speakers and tours planned for the year and hear Garry Smith's talk "PROMISE OF BETTER HUSBANDS TO COME" on the insecure place of women in the early Twentieth Century. Stay for a coffee and a chat.

Further information is on the Society's web site.



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Waddell Cottage By Margaret McKinley

with help from Irene Rogers and Neil Chippendale at Hornsby Library

In our December story about Horse Troughs, a stray photo was, by mistake, sent to the Galston Paper. The Dooral Round-up got the right picture, the one of the trough, which is now in the grounds of Galston High School. The "stray" photo is of Denise Rogers with a very rough sign which is hard to decipher. It says "KEEP OUT" and was attached to the fence around what we now call "Waddell Cottage". The photo was taken at least 50 years ago.

As Shakespeare said, "THEREBY HANGS A TALE"

Old Jim Waddell had lived all his long life in the Cottage, which his father had built in about 1866. He never married. Irene Rogers wrote "The cottage was built in the typical colonial style, with two rooms up and two down, a dormer window in the roof and the kitchen separate from the main structure. Old Jim still collected his fresh water from a well behind the Cottage. He could be seen at least once a week, neatly and correctly dressed with hat, walking stick and suitcase, on his way to Hornsby to shop. Many times I picked him in my car and if he didn't get a lift, he would plod on to do his shopping. Once I picked him up on Christmas day, and I had great difficulty in explaining to him that all the shops would be closed. Sometimes he rode his horse, and in later years, caught the bus.

He was plagued at times by vandals when he was absent from his home so he devised a quaint sign in an endeavour to protect his property. In later years he would climb the stairs to the upper part of his cottage, where he would sit at the open window playing a tin whistle for hours".

No Council rates had been paid on the property since 1936, so when Old Jim died in 1969, the NSW Government resumed the 20 acre (9 hectares) property). It was then decided that this was an ideal site to build Galston High School. The old Cottage was in a deplorable state and was due for demolition. But a local identity, Betty Archdale, formed a Committee to raise funds for its restoration. The shingle roof had to be replaced and lots of other repairs made. So now it is a great resource for the school, particularly the History Department, and for our wider community.

Come and visit History Cottage, which is open every Sunday from 10 am to 4pm. It is the home of the Dural and District Historical Society.

For enquiries phone 9651-3118 or 9653-1365. The first meeting of Dural Historical Society for this year will be held on Saturday, 10th February, at 2 pm. The guest speaker will be Garry Smith. All welcome.

Working Equitation with SWEQ

Have you tried Working Equitation yet? Working Equitation is the fastest growing equine sport in Australia and is a fun way to train your horse and build communication and confidence with your horse. This sport is open to any breed of horse and any style of riding (English, Stock or Western). The best way to train is to start slow and introduce your horse to the obstacles and then build up speed between the obstacles. The final aim is to reach advanced level and do the obstacle course one handed in collected canter.

Sydney Working Equitation Club (SWEQ) is now in its fourth year. We meet every fourth Sunday at the beautiful "Evans Park" located at 56 Godalla Rd, Freemans Reach. Our days start at 8:30am with everyone helping to set up the obstacle course and then we start training. Depending on numbers we divide into small groups with dressage training in the indoor arena and obstacle training on the grass arena. Training is taken at each individual rider's pace depending on their level of riding experience and confidence. Our trainers are extremely experienced and dedicated horsewomen who believe slow and right is better than fast and wrong. The aim of the day is to build both horse and rider confidence while having fun. Our days finish at 2pm with everyone helping to pack up. During the year we will hold practice competition days and later in the year run a full competition for those who wish to challenge themselves.

This summer we will be hosting a twilight training day on 25th February starting with set up at 3pm in the afternoon and finishing by 8pm. So why not come along and give this a go!

The cost to attend a training day is \$50 for non-members (and \$25 for SWEQ members). In January we will open our half year membership for \$60 (details will be on Nominat).

Working Equitation also has a cattle penning phase. For those willing to try something very different there will be cattle clinics on 29th April and 29th July. The cattle clinics will be run as half days with Introductory in the morning (for horses and humans who have never seen or worked with a cow before) and more Advanced in the afternoon for those who have worked with cattle before. The venue and cost will be advised.

Check out our Facebook page Sydney Working Equitation for more info on upcoming events. In 2018 the Committee of SWEQ look forward to welcoming back our regular attendees and introducing new riders to the fun of Working Equitation.



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Willu Prestige Property Launches in the Hills to Deliver on Amazing Capital Growth

The Australian Financial Review, published in December 2017 Australia's most expensive suburbs, Point Piper posted a 176 per cent increase in prices, while other strong performing suburbs in Sydney include **Galston and Kenthurst in the northwest.**

The amazing growth of property values in the Hills Districts, means people are making big financial decisions when it comes to Real Estate.

Willu Prestige Property is founded by Beth O'Brien, former Principal of Hamish Rogers Arcadia, is passionate about Real Estate and fundamentally believes that selling your property should be an informed and collaborative sales process with a trusted and experienced professional. "We have delivered sensational results for clients in 2017 and very excited to continue providing an extraordinary level of expertise, care, and consideration for all of client's real estate requirements under the new brand".

The team are accomplished real estate professionals with broad industry experience, international reach with local knowledge, and personalised attention to your unique property requirements. The team are all local ladies raised on the land and dedicated to servicing the communities real estate needs individually. From city apartments to rural retreats, exceptional homes deserve specialised personal attention and expertise.

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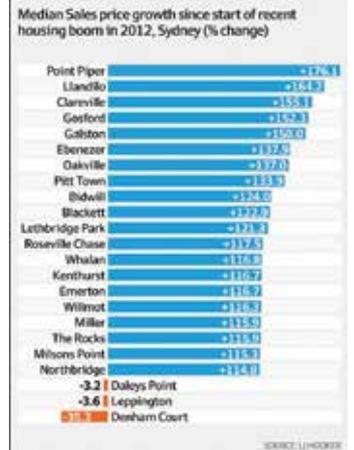
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Helen "You are amazing the effort, professionalism and hard work you have displayed is exceptional. The result achieved was fantastic and record for Galston"

Terrance "Just a note to acknowledge your great work on the Arcadia sale. In this somewhat urgent commercial world, I was most impressed with your people skills. Considering the protracted nature of the sales effort, I particularly appreciated your professionalism, offer in hand, and achieving the best possible result. *My thanks again.*"

We look forward to continuing to deliver great Real Estate services to the Hills District. We are based in Arcadia, working out of historical Arcadian Fruit packing shed which has been converted to 'The Stables', we would love to hear from you, contact the office and book in an private consultation about property needs in 2018.

Source: Read more: <http://www.afr.com/real-estate/nearly-every-sydney-suburb-had-a-50pc-growth-in-house-prices-in-recent-boom-20171222-h097t2?btis#ixzz54Pg8f3Io>



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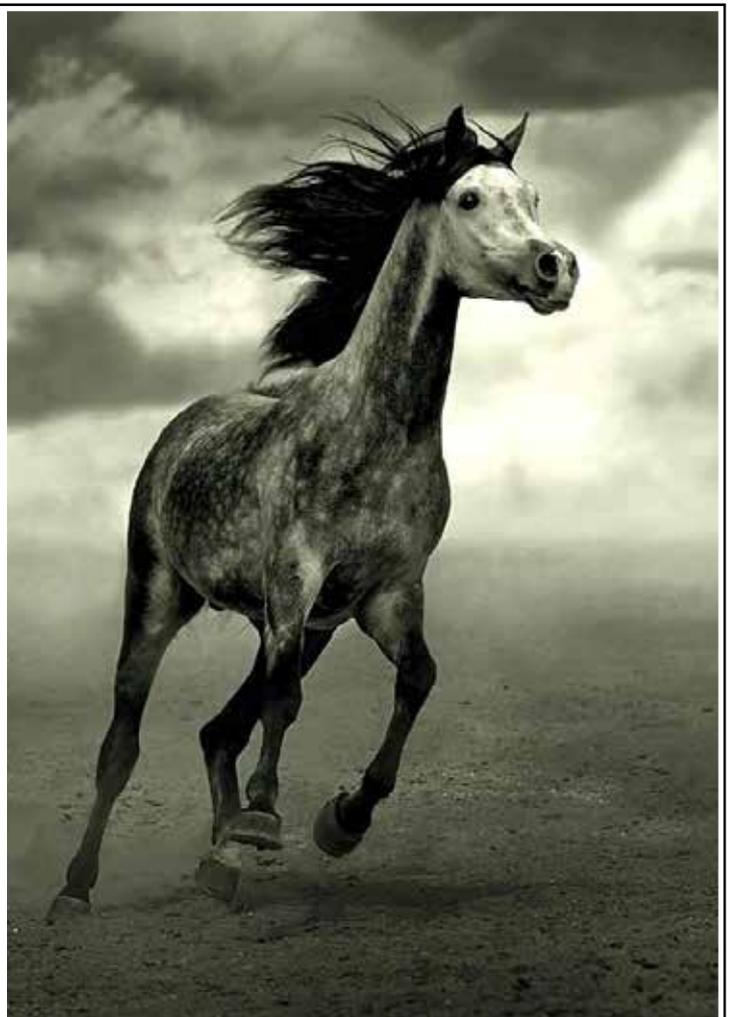
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Galston Equestrian Club - Looking forward to a fabulous year!

The Funkhana on 26th November was a lovely sunny day so was enjoyed by the members who attended. Judge Jessica Beckingham did a sterling job of judging the hacking classes.

Scot Mitchell, a research scientist at Sydney University, gave a very interesting talk at the Galston Club on 30th November on "Healthy Hindgut Healthy Horse". You may have heard about the human gut micro-biome and how it affects your health. Research has now started into the horse's micro-biome but researchers need the help of horse owners. Scot is researching horse micro-biome. But they need data first which is how we horse owners can help by collecting poo samples and paying to get them analysed. To learn more about this exciting new frontier in equine research, contact equiGI@quantalbioscience.com.

The AGM held at the Galston Club on the evening of 4th December was very well attended, and it was good to see many new faces. Liz Jones (president) reflected on the successful past year of events, thanked the outgoing committee and sponsors, before a new committee were voted in. While many of the 2017 committee members remain, we are delighted to welcome new members and look forward to their ideas for the club. After a Christmas break, we will be ready to plan a year of events to try to please as many members as possible to enjoy their equines. In spite of 6 events being cancelled due to wet weather early in the year, we still ran 29 horse events, 8 evening information sessions, 1 rider fall clinic (without horses!) and even a social afternoon of painting for something different, all of which were very well attended.

Our Christmas party and awards presentation on 10th December was a resounding success! A spectacular spread was organised by Jill Baker and her band of helpers, and there was a very



Judge Jessica Beckingham and hacking winners

happy atmosphere and lots of Christmas cheer! Many prizes were given out and congratulations to all the winners.

Dressage Highest Point Scores

Lisa Ciappara and Bamborough Razz for Preparatory Tests

Lesley Saxton and Galileo for Preliminary Tests

Linda Elkins and Don Delano Novice Tests

Jan Tribe and Ego Conquistador for Elementary Tests

Showjumping Greatest Progress

Alison Cairns

Showjumping Participant

Celin Buonerba

Dressage Participant Award

Jamie Erol

Upcoming events :

25 February – Restricted Members Only dressage competition
More as soon as they are confirmed!

🔗 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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Glenorie Pony Club Achieves Highest Point Score at Zone 26 Jamboree 2017

2017 was a wonderful year for the Glenorie Pony Club achieving outstanding results at the most recent Zone 26 end of year Jamboree. We want to thank all our amazing parents that support the talented riders, without them the Jamboree competition could not have taken place.

We were very proud of our beginner's ring led by two great Glenorie Mums, Jill Hutchings and Cate Heming. The beginners ring was run with passion and diligence so that every child who participated at a beginners level across the Zone, walked away with ribbons and huge smiles on their faces.



Beginners Hayley and Daisy on their beautiful ponies Jamboree 2017

The best part of Jamboree is not just the calibre of riding across many disciplines, but the comradery between all the Pony Clubs within Zone 26. That makes it a great fun weekend for riders and parents.

The Glenorie Pony Club has had a terrific 2017, winning the NSW 2017 Pony Club of the year and reaching record rider membership and

parent participation. We also hosted a very successful fund-raising cocktail Gatsby party at Glenorie RSL in late October. This raised funds to complete the BBQ area of the new club house, which was kindly donated by Mayor Dr Michelle Bryne from Hills Shire Council.

The support for the community and local businesses for fund raising, working bees and general rally day support has been sensational. Again, we are very thankful to the local businesses and the local families for their much-valued contributions.

The year ended with a very relaxed end of year presentation at sunset on the verandah of the club house where our top riders

were presented with annual trophies based on performance. The wonderful committee were thanked for their tireless efforts. We also farewelled one of our very loved Associated riders Tiffany Bignold, who has been with the club for over a decade. She has achieved the highest level of PCA National Championships. We know the strength of our club and the great riding experience we deliver to our members as when they leave they still come back to help. We are very pleased that Tiffany will be assisting our Chief Instructor in 2018.



Tiffany Bignold riding at PCA National Championships level



Bob Riely and Paige Cape presenting Courtney Bowd the 'In memory of Glenorie Pony Club parent, Sherryl Riley'. This is awarded to a riding member who has displayed the best and fairest attitude towards the enjoyment of their riding.

We look forward to a huge year ahead and the competition starts very early in the year with NSW State Show Riding and State Dressage in late January, followed by Canberra Royal and Sydney Royal where many our riders are competing for the club/zone.

We wish all our riders a wonderful and safe summer break with lots of special riding time.

See you at the next Rally day on 4th February Sunday 8.30am.

*By Beth O'Brien
President Glenorie Pony Club*



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Arcadia Playgroup – Bigger & Better!

Arcadia Playgroup enjoyed a wonderful year of improvement and growth in 2017. Following a generous renovation approval from the Arcadia Public School P&C in late 2016, the Arcadia Playgroup Shed – located on the grounds of Arcadia Public School – was given a full renovation including the addition of electricity, adequate drainage, gyprock walls and ceiling, new concrete slab with stencilled finish and lots of behind the scenes extras. The playgroup also benefited from a \$2000 Australian Government Volunteers Grant which provided a number of items including a much needed shade umbrella for the picnic table, tea and coffee making facilities, first aid kit and storage for the toys and craft supplies.

A grand opening of the improvements was conducted in May 2017 by local federal MP – Julian Leaser – who has continued to personally support the playgroup by donating his own heater to keep the kiddies warm in the shed in the winter months! To top things off, we were named “Playgroup of the Month” by Playgroup NSW in July 2017!



While these improvements have been very exciting for the playgroup coordinators and made a huge difference to the comfort and enjoyment of the parents, the kids have continued their usual fun routines of varied craft activities, roller coaster rides, sand and water play, story-time and parachute play, none the wiser that their parents can now easily make themselves a tea or coffee and sit in the shade at the picnic table, while having peace of mind regarding the secure and clean storage of the toys.

Our numbers are growing, but as the only truly outdoor playgroup on Playgroup NSW’s books, we have plenty of room for more! Arcadia Playgroup has enjoyed fantastic support from Arcadia Public School, and is the perfect place to ensure the transition to “Big School” is smooth with a familiar environment. With many new families moving to the area, we are very well resourced and ready to grow!

Arcadia Playgroup meets fortnightly on Thursdays during school terms, from 9.30-11am. Bring a snack and gold coin donation.

We are a member of Playgroup NSW – all ongoing attendees are required to become a member of Playgroup NSW however half of the fee is reimbursed via a gift card funded by Arcadia P&C.

For more information, please contact Dale Carn on 0410532562.

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Northholm Grammar School Congratulate Year 12, 2017



The School is delighted with the Class of 2017's HSC results. In addition to leading the school through their service and leadership roles and actively participating in the school's co-curricular program, Year Twelve 2017, helped greatly by their teachers and families, worked diligently to maximise their results and were well rewarded with excellent marks in their HSC studies. Their achievements have resulted in the School being ranked 87 in the Sydney Morning Herald's ranking of NSW Schools for 2017.

- 45% of students achieved at least one Band 6 result (top band)
- 76% achieved at least one Band 5 result
- 18% achieve ATAR of 90+
- 100% of Drama students achieved a Band 6 result

Carina Sirolli is to be congratulated on being recognised in the All-Round Achievers list which celebrates students who scored 90 or above in 10 or more units in the HSC. Carina achieved an ATAR of 99.0 along with fellow students, Jordan Borg, Madeleine Brown, Marco Carpino, Macy Reen, Conor Reynolds, and Charlotte Scholey who all achieved an ATAR above 90.

The Class of 2017 now look forward to making their own mark in the world as they demonstrate what it means to Learn with Purpose and Live with Passion. We wish them the very best in their future pursuits.

Budgerigar Society of NSW Inc.

Hills Branch – Ray Galbraith.



With Christmas and the Holiday Period completed for another year, the next feature event for budgerigar exhibitors is the **2018 Royal Easter Show**, to be held between the **23rd March and the 4th April 2018**. The general public will be able to view the Budgerigar Display and the results of the competitions on the 26th and 27th March, within the Domestic Animal Pavilion.

Budgerigar Judges for this years' show are Mr James Baker, of Moorebank and Mr Andre Ozoux, of Gladesville. Entries for this year Avain Competitions closes on the 7th February 2018, and again this year; Junior Exhibitors are Free.

NB. Budgerigars similar to that shown within this article, will be on display.

Arrangements are well underway for the 2018 National Budgerigar Championships, to be held at the Penrith Panthers League Complex, within the Events Marquee, between the 25th to the 30th May 2018. This competition and associated functions attract exhibitors and the general public from all parts of Australia, New Zealand and overseas.

Prior to the National Championships, each State will select a team of the best Budgerigars in each of the twenty eight varieties that will represent each of the respective States. New South Wales will select their team on Sunday the 20th May. This Selection Process titled the "State Team Challenge", will be held at the Castle Hill Basketball Stadium and will be available for viewing by the general public from late morning.

During February a number of Annual Shows will be held around the Metropolitan and Country Regions, namely: 4th - Illawarra, 11th – Shoalhaven, 17th – New England, 18th St George, 25th – Canberra, 25th – Newcastle. Details of all these shows are available on the Budgerigar Society Web – Site, within the Whats-On Section.

Hills Branch will be holding our Annual Show on the **4th March 2018 at the Don Moore Community Centre, at North Rocks.**

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



CONGRATULATIONS YEAR 12, 2017

In addition to leading the school through their service and leadership roles and actively participating in the school's co-curricular program, Year Twelve 2017 worked diligently to maximise their results and were well rewarded with excellent marks in their HSC studies.

RANKED IN TOP 100 HSC SCHOOLS LIST

- 45% of students achieved at least one Band 6 result
- 76% achieved at least one Band 5 result
- 18% achieved an ATAR of 90+
- 100% of Drama students achieved a Band 6 result

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www.hillshawksfc.com



Another Hills Grammar Original

There was a buzz of excitement and anticipation at the School's Annual Presentation of Awards last December. Who was going to be this year's recipient of the Hills Grammar Original Alumni Award?

The award was introduced in 2015 to recognise the achievements of a Hills Grammar graduate and celebrate the individual's sustained excellence in her or his field of endeavour.

The inaugural award was presented to Mr Joel Edgerton (Class of 1989) for his work in the film and television industries and in 2016 the award went to Mr Robert Ovardia (Class of 1990), a dual Walkley award winning journalist.

In 2017 Hills Grammar honoured singer, songwriter, actor and TV personality Ms Delta Goodrem (Class of 2002). The awardee's identity is kept a secret until the ceremony and in this case, it was probable that she would not be in the country so a video was prepared. Only days before the event the school heard the good news that Ms Goodrem would be there in person to collect the award.

Delta has achieved world acclaim and made recording history in Australia; her first album 'Innocent Eyes' was one of the highest-selling debut albums in Australian history. It spent a record-breaking 29 weeks at #1 in Australia, and topped the Australian Albums Charts and reached 15x platinum in sales.



She became the first-ever artist to have five #1 singles on the Australian charts from a debut album and was awarded the ARIA Albums Artist of the Decade in 2010.

Since then, Delta has recorded 17 Top-10 hits, four #1 albums, and over 8 million records sold worldwide. Her latest album Wings of the Wild debuted at #1 and her tour broke records as Delta became the highest-selling Australian touring artist in 2016.

It was a huge surprise for students, staff and parents that Delta could collect her award in person and Year 8 students Melanie Dobson and Brayden Sim were incredibly excited to introduce and award her on the day.

Delta was very humbled by the award and addressed the 2000 strong audience with much joy and emotion, "I'm a very proud Hills Grammar girl. When I think of my time at Hills Grammar, I loved school so much. I loved the mix, surrounded by nature, being inspired in the arts and loving sport. I made wonderful friends who continue to be my very best friends today." Delta continued to encourage the students to be kind to one another and support each other to find their passion. "I was given the space to find that light in me - to develop my passion while still being a part of the Hills community."

Visit the school's website for information on tours and 2018 Open Day www.hillsgrammar.nsw.edu.au

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News from Galston High School

OUTSTANDING HSC RESULTS

Galston High School congratulates Year 12 for their remarkable results in the 2017 HSC. We are immensely proud of the achievements of each and every Year 12 student and wish them all well in their future endeavours.

A few of the 2017 HSC highlights include:

- DUX - Bo Reynolds ATAR 96.3
- Kianna Munro named on the All Rounders List gaining a Band 6 in at least 10 units.
- Chloe Skewes-Weir achieved a perfect score in English Extension 2 ranking her amongst the top 20 students in the state.
- In the Advanced, Extension 1 and Extension 2 English courses Galston High ranked 11th in the state and is the top performing non-selective comprehensive, coeducational high school.
- 13 students named on the Distinguished Achievers List for gaining a Band 6 in at least one subject.
- Galston High ranked 174th in the state.
- Galston High ranked 17th in the state for all public comprehensive co-educational high schools.
- **Galston High named by the Sydney Morning Herald in the top ten "Biggest Improvers in the HSC" for two consecutive years.**

Thank you to our incredible families and our wider community for supporting our students and teachers in their preparations for this year's Higher School Certificate.



Chloe Skewes-Weir



Reynolds Bo



Munro Kianna



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The Galston Concert

The popular Galston Concerts return for 2018 with a series curtain-raiser on **Sunday 25 February**. The world-travelled New England Ensemble will perform a program of music for piano and strings, starting at **2pm in the Galston Uniting Church, 11 School Road, Galston**.

The Ensemble's forty-plus years of international success in over thirty countries has been balanced by tours through all Australian states and a benchmark commitment to serving regional centres and festivals. Their global success – performances described as “worthy of masterpieces” by London's Daily Telegraph, “superbly coordinated” in Berlin, “magnificently impressive” in Hong Kong – was balanced by dedicated service to country districts from their base at the University of New England in Armidale – described as “a golden age” for music in northern NSW.

The Ensemble was judged “amongst our top groups” by the Sydney Morning Herald and in Australia's “Top Five” by the then National Times. They now maintain annual concerts in their home cities – Canberra, Sydney and Adelaide - and especially rural NSW between busy individual careers.



The New England Ensemble

Their program in Galston will feature the passionate Piano Quartet by Dvorak, who composed the ‘New World’ Symphony. The European flavour of the program will also include a ‘Cooks Tour’ array of duos, trios and quartets from Scandinavia to Spain, England to Russia, Hungary and Austria.

While tickets will be available at the Church just prior to the concert, bookings for this concert and the five-concert series can be secured on www.trybooking.com - search Galston. There is also a link to bookings and our Facebook page in the electronic signature below.

Later concerts in the series will include pianist Bernard Walz with a guest cabaret vocalist, the Sydney Symphony Orchestra Fellows ensemble, pianist Tonya Lemoh performing ‘Pictures at an Exhibition’ and an end-of-year Gala featuring young performers.

Subscribers to the series achieve a five concerts for the price of four advantage with a further bonus Bach concert in April as a subscriber benefit.

Further enquiries can be made to Helen Jordan, Promotions Coordinator for the concerts, on 0425 339 841 or Robert Harris on 0428 248 348.



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New Chill Art Sessions in Hornsby to Help Improve Wellbeing of People Affected by Life's Hurdles

Local Chill Art sessions have enabled participants from Hornsby, Ku-ring-gai and Ryde affected by a range of life set-backs, to focus on something positive and meaningful; to create beautiful artworks, and to begin reconnecting with their community and social networks.



Janetta Robards Chill Art participant

Over 100 of their mixed media artworks were shown at the first-ever This is Us exhibition at the Wallarobba Arts and Cultural Centre in Hornsby in December.

New Chill Art sessions for 2018 have now been released and interested community members are encouraged to contact organiser, Primary and Community Care Services (PCCS), for details on how to register.

PCCS Chill Art coordinator, Justin Denes, has seen real benefits in participants' sense of wellbeing as they develop skills and explore interests in art. According to Justin, "The group has been a source of support, enjoyment, and connection for participants with a shared appreciation for being creative and doing something different." Chill Art is one of several social groups provided by PCCS' Well Together program.

"The Chill Art sessions are led by a team of professionals and provide opportunities to try different art materials and explore their uses. They're a wonderful outlet to build skills for expressing yourself through art by using different techniques, colours and subjects," said Justin.

Recent Chill Art participant, Janetta Robards, appreciated being able to create and connect through the art sessions, after a debilitating back injury sustained at work in May.

"Making art has been very important to me as a place to hold my pain and suffering during this time and try to bring beauty and meaning out of it. Many of my subjects are ones that bring me comfort and hope."

Chill Art sessions will start from February 2, running weekly every Friday from 1.30pm – 3.30pm in Hornsby.

News from St Benedict's

St Benedict's Fete – Sunday 11 March

Our much-anticipated St Benedict's Fete will be on Sunday 11 March. In the past this fete has traditionally been a spring event but it has now been moved to autumn, a much better time for most. Please mark the date in your diary now. The fete will be held - rain or shine – at the St Benedict's Parish Centre on the corner of Arcadia and Fagans Road Arcadia. There'll be plenty of parking.

Changed office times

New opening hours for the parish office are Thursday and Friday 10am to 2pm. For parish enquiries please telephone 96532312 during those hours or, at other times, leave a message.

Information evening for 2018 Sacramental Programme

Our Sacramental Programme continues this year. For families who wish to know more about future plans for the sacraments of Reconciliation and First Eucharist, a Parent Information Evening will be held on Monday 19 February at 7:30pm. For information about this year's programme please telephone the parish office (96532312).

Congratulations to our catechists

Late last year four of the catechists who teach in our local schools were presented with long service awards by Bishop Peter Comensoli at a Diocesan Mass in Waitara. Then, at the December Childrens Mass in St Benedicts, all of our catechists were acknowledged and the parish passed on best wishes to our



Leonie Miller and Delel Touma

local Year Six children for their move into high school. At this mass the catechist service terms of Leonie Miller (50 years), Lyla Abood (40 years), Delel Touma (35 years), Therese Jasser and Josephine Letteri (15 years), Paul and Paula El Chaar (10 years) and Pauline Honor and Anthony Jasprizza (5 years) were recognised. We are grateful to these and all the other catechists who teach 230 children in our local schools. Picture shows Leonie Miller and Delel Touma with their 'long service' certificates.

Weekend Mass Times

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

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Glenorie Mission Church

(a continuation of the message by Rev Ed. Long)

A long list could be made of all that takes place when Christ is invited into a heart.

In John 3:3-8, the Lord Jesus was speaking concerning being born again or born from above.

When we turn to Jesus Christ, the Holy Spirit comes down upon us as well as into our hearts and we are born again, regenerated, or born from above. We are also accepted into the family of God and are given new life in Christ. All that is the work of the Holy Spirit. In that instant, as we have said, He takes up His permanent abode in our hearts.

This is the beginning of His indwelling and He remains in our hearts until He takes us home to Heaven. Even though we may grieve Him or disobey Him, the Holy Spirit never leaves a heart once He has entered.

Jesus Christ said that 'The Holy Spirit is the Spirit of Truth ... to abide with you forever'. This truth is repeatedly taught throughout the New Testament, yet we are slow to understand it.

The Holy Spirit lives in every heart that has accepted Jesus Christ as Saviour, 1 John 4:13 reads: 'we know that we live in Him and He in us, because he has given us His Spirit.'

There are many other aspects of the Holy Spirit's work which can be included as part of His initial 'crisis' ministry.

Every newly born believer is baptised by the Spirit into the

Body of Christ, 1 Corinthians 12:13 says: 'For we were all baptised by one Spirit into one body'. The Holy Spirit takes every new convert and puts each one into the Body of Christ in such a deep and eternal way that the only term which can be used to describe such action is the word 'baptise' or 'immerse'. To put it simply, the Holy Spirit entered my body at the time of my conversion and I entered the Body of Christ. This latter action is clearly shown from 1 Corinthians 12:13 to be the baptism of or by the Spirit.

(to be continued)

There are lots of ideas out there about who God is or what Christianity is all about.

Let us invite you for a meal, a short video presentation where we are introduced to the God of the Bible and an informal discussion afterwards where you get to have your input. This course is run on Thursday nights over 7 weeks at Glenorie RSL Club 7- 9.30pm. You can try out the introductory night on February 8th and continue on if you find it interesting. Contact Mark Holt 0418 298 121 for details and to book by 5th February.

Come and find out more at Bible study 7.00 pm, (light meal included) Tuesdays. Sunday Service 10 am at Glenorie Mission Church, 1409 Old Northern Rd. Glenorie.

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Hills Life Church



by Corri Bryne, Pastor

As we hit the new year and launch into 2018, like many, I had the opportunity to have some time off.

While I won't bore you with the many hours of holiday stories, I would like to reflect on the last day before I returned to work.

It was my daughter's birthday, and we finished off the day by going to the movies to watch *The Greatest Showman*. What a movie. So thoroughly entertaining, absorbing, mesmerising. Highly recommended.

Though, I took something away from that movie that I found quite challenging.

As P.T. Barnum achieves success, he constantly hungers for more. Never quite receiving what he deeply desires, the approval of the upper class that always eluded him. He was born in the working class ... and so eagerly desired what he cannot have.

His journey takes him full circle, discovering that his true happiness, his real hunger is satisfied in what he already has available – the love of family and friends.

How often do we chase after worldly success only to find it empty? Or lose sight of what is truly important chasing after a mirage? Whether that mirage is wealth, possessions, status or position ... only to find that when we arrive we've lost all we hold dear.

So as we walk through 2018 the encouragement is to learn from Ecclesiastes, a book written by Solomon – the man who had it all, overflowing in wealth, power, position and status and yet wrote in Ecclesiastes 3:12-13:

"I know that there is nothing better for people than to be happy and to do good while they live. That each of them may eat and drink, and find satisfaction in all their toil – this is the gift of God."

May we too find peace and contentment in what is in our hands, with the friends and family that surround us and let go of the belief that happiness can be so much greater if only we were able to attain the illusory mirage.

May we embrace the wisdom of Ecclesiastes and seek happiness in the gifts God has already given us.

Every Day is New Year's Day

One of the deepest longings in the human heart is the desire to start again, to make a fresh beginning. Such longings are particularly strong as one year gives way to another, but such desires can be experienced at any time.

In our human frailty, we look back on missed opportunities and things left unsaid and undone. We reflect on projects half completed or never even attempted, and we wish that it could be different. We long to make a fresh start, but often people and circumstances can make it difficult to forget the failings of the past and to start again.

In 1810 Governor Lachlan Macquarie of the fledgling colony in New South Wales invited four men to dinner at Government House in Sydney. The four guests were the principal surgeon, D'Arcy Wentworth, and his assistant, William Redfern, Andrew Thompson, a prosperous farmer, and Simeon Lord, a wealthy merchant. The invitation of these men to the Governor's residence was significant because they had all been transported to Australia as convicts, but they had subsequently been granted a full pardon. In extending this invitation, Governor Macquarie wanted to show that these men were not only pardoned, but that they also enjoyed full rights as citizens.

But not everyone supported the Governor's policy. One of his most vocal opponents was the Rev. Samuel Marsden, who is known in Australian history as 'The Flogging Parson'. He believed that the convict stain could never be wiped away and that convicts should never be allowed full civil rights.

The story of Macquarie's invitation is a beautiful illustration of what God has done for us. His grace not only offers us forgiveness but also the freedom and privileges of being sons and daughters of God. He offers us the potential of a fresh start every day.

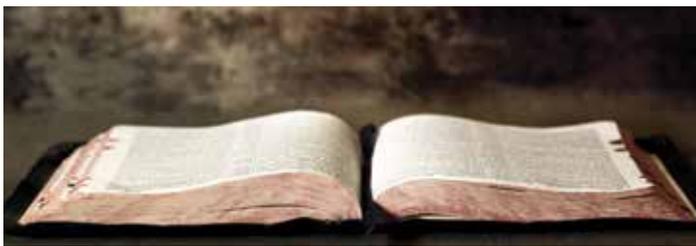
The Christian life is a series of new beginnings because God is the God of new beginnings; with Him there is always the chance to start again. That is true because of his character of forgiveness and longsuffering (**Micah 7:18-19**). It is true also because of his provision and promises, thoughts which are expressed powerfully in a well-known hymn:

*"Pardon for sin and a peace that endureth,
Thy own dear presence to cheer and to guide;
Strength for today and bright hope for tomorrow,
Blessings all mine, with ten thousand beside."*

With God no failure is permanent nor is any mistake beyond remedy. We can start again at any time. Because of God's grace every day can be New Year's Day.

Pastor David McKibben

Galston Seventh-day Adventist Church



HILLS LIFE

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"May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."
– Romans 15:13

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Gardening

Galston Garden Club



GGC Christmas Party 2017

The plum pud and ham have been eaten, decorations are down and Christmas seems so long ago already. Once again club members celebrated Christmas together at the lovely Savannah in Mid Dural. Beneath twinkling lights in the trees, tables beautifully decorated by our resident florist Gillian and the gorgeous pianola playing in the background; it was a beautiful scene in which to reminisce over the past year while sharing a meal together provided by all members of the club. It was a delightful evening enjoyed by all and a fitting end to the year.

The New Year has been celebrated and we now turn our attention to 2018. Garden Club was in recess for January and given the heat, our time was needed to look after our own gardens; mulching, weeding, watering and watering. Hasn't it been hot!

Our first meeting for 2018 will be on **Wednesday 14th February**; this will also be our AGM. We would love to see new members and don't worry, you won't be roped in for a job, Executive positions only need to be voted on. Club

meetings give you the opportunity to improve your gardening knowledge and our Social Committee is again organising some terrific guest speakers and excursions for this year. Of course there is also a wealth of knowledge that you will gain from our friendly members who are only too happy to share their gardening tips. We have an extensive library that members may borrow from, which is ably manned by Pam. Christine, who organises our trading table is always busy and our supper co-ordinator Greta always provides a yummy supper.

Garden Club meets on the 2nd Weds of the month at the Galston Community Centre 37 Arcadia Rd., Galston 8.00pm, new members are warmly welcomed. For other information, visit our website: www.galstongardenclub.com.au

Australian Plants Society

Australian Plants Society (Parra-Hills) welcomes horticulturalist and garden designer Narelle Happ to speak about edible native plants. Information on what to grow in Sydney and how to use in the kitchen.

Sat. 24 Feb., 2-4pm. Gumnut Community Centre, Gumnut Pl., Cherrybrook.

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Bromeliad Society of Australia – Meeting In February

The Bromeliad Society of Australia will hold their next meeting at the Federation Pavilion, Castle Hill Showground on Saturday, 10 February with plant sales commencing at 11am prior to the meeting.

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

“Guest speaker, Werner Raff a long-time experienced bromeliad and succulent grower, will provide information on growing bromeliads for the home gardener, planting in full sun or shade, how to fertilize, when to remove the pups from the mother plant, how to mount bromeliads on timber for display purposes and choosing the most suitable variety for your garden.

Werner’s talks are specifically put together to assist those who are new to bromeliads and don’t want too much technical information. Other topics covered will include - when to water and how often, the best potting mixture, how often do they flower and what to do when a bromeliad is dying.”

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

“Membership to the Bromeliad Society of Australia is just \$30 for the first year than \$25 annually. If you would like to arrange a membership please contact the membership secretary on email: MembSec@bromeliad.org.au or just come along to a couple of meetings to see if this is what you are looking for – I’m sure you won’t be disappointed” said Ian Hook.

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



Rainfall Chart



Rainfall recorded period
17/12/2017 To 17/01/2018 is
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**Happy
New Year**

**WELCOME
2018**

Australian Plants Society - North Shore Group

The Australian Plants Society – North Shore Group is part of a nation wide organisation which promotes the appreciation and growing of Australian native plants.

The local group meets on the second Friday of the month at 8 pm in the Willow Park Community Centre, 25 Edgeworth David Avenue, Hornsby. We have speakers on a wide variety of native plant related topics. The dates of meetings and other information can be found at www.blandfordia.org.au The meeting ends with a friendly chat over supper.

The group also runs a Monday Walks and Talks programme at the Ku-ring-gai Wildflower Garden at 420 Mona Vale Rd, St Ives. The programme is divided into four terms commencing on February 28th. Speakers cover specific plants or geology related to plant groups, and then the group is taken on an easy walk to see what has been spoken about. Participants meet at 9.45 a.m. at Caley's Pavilion, formerly known as the Bushland Education Centre and should wear suitable shoes, bring water and a hat. The session usually ends at 12 noon. Other activities at the Wildflower Garden include plant propagation and bush regeneration.

Visitors to our activities are always welcome and no particular knowledge is required, merely an interest in native plants. Age is not a barrier.

Members usually enjoy a walk each month or a native garden visit and once a year some members and partners have a weekend away at interesting places, such as last year's



Tegan Burton



Zieria involucreta

trip to Nelson's Bay. At times members open their native gardens for viewing or have a hands on workshop.

Each spring the group, in conjunction with Ku-ring-gai Council runs a Wildflower Festival at the Wildflower Garden at St Ives and this is always popular.

Those with a more advanced interest may be interested in the Hornsby Online Herbarium which is an on going project managed by a small group of dedicated native plant hunters.

Other activities include an annual plant identification course, and the provision of an annual scholarship to a suitably qualified researcher.

So you can see that there is something of interest to everyone and you will not be pressured to be involved in more than you want to be.

The Australian Plants Society-North Shore Group will meet at 7-45 pm on February 9th in the Willow Park Community Hall, (behind Wallarobba Art Gallery) 25 Edgeworth David Avenue, Hornsby. NPWS Ranger Tegan Burton will speak about her role in protecting native flora in our National Parks. Visitors welcome.

📍 Further information at www.blandfordia.org.au or call Rae 94562111.

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The Sydney Hills Branch of the Association of Independent Retirees

Friday 2nd February, 2018 at 10.45 am

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Mixed Media and Print Making Demo by Marian Blakeney-McMahon

Wednesday 7th February

Marian will demonstrate printmaking techniques and mixed media at our next monthly meeting. She is a Sydney based artist who sells her works locally and internationally, including numerous commissions in the corporate world. Join us at 7.30pm, CASTLE GLEN COMMUNITY CENTRE, 155 Ridgeway Drive, Castle Hill – visitors welcome.

Enquiries 9899 3179 www.castlehillartsociety.org.au

Red Cross, Castle Hill Branch

Friday, 9th February at 9.00a.m. for 9.30a.m.

Room 1, Castle Glen, 157 Ridgeway Drive, Knightsbridge, Castle Hill (temporary address)

Parking - at lower end of Shopping Centre and local Bus routes available.

Contact: 8850 7056

Probus Club of Round Corner

Monday 12th February at 9.30am for 10am

Galston Club, 21-25 Arcadia Road, Galston 2159

Speaker: NRMA discussing what happens when we turn 75

Contact: Secretary 0439 072 218

Sunset Session is Back

Every Friday night in February

Hornsby Mall

Bring your friends, family and your favourite Hawaiian shirt to enjoy the last moments of summer throughout February.

Contact:

hornsby.nsw.gov.au/sunsetsessions



Dural Galston Probus Club

Thursday of every month at 10am

The Galston Club, 21-25 Arcadia Road, Galston

Probus is a mixed club for retired and semi retired people who enjoy friendship, good speakers and occasional outings. Visitors are always welcome.

Contact: Anne 9653 1004

Public Notice for the 2018 AGM for the Heidi Edwards Family Fund

Wednesday 21st February 2018 at 7.30pm

Boardroom at The Galston Club.

Galston VIEW Club

Wednesday 28th February, 2018 at 11am

Dural Country Club

Speaker: Lois Pembroke, author of historical novels including "Children of the Anzacs"

Visitors are always welcome.

Contact: Bookings Vivien 98941189

New Art Group Commencing

Members of Castle Hill Art Society are welcome to join a new painting group to be held Mondays 9am – 1pm. If you love to paint this is a self-help group painting in all media. If you are not a member of CHAS

yet, join up now and come along! , Castle Glen Community Centre, 155 Ridgeway Drive, Castle Hill – visitors welcome.

Enquiries 9899 3179 www.castlehillartsociety.org.au

Yupo Paper by Sue Jokinen

Wednesday 7th March

Sue Jokinen is passionate about vibrant French Inks (i.e. water based acrylics) and Yupo paper, and produces the most amazing results. No need for drawing talent – let the Inks do the work! Sue works in layers letting one dry before adding the next to the painting.

Join us at 7.30pm, CASTLE GLEN COMMUNITY CENTRE, 155 Ridgeway Drive, Castle Hill – visitors welcome.

Enquiries 9899 3179 www.castlehillartsociety.org.au

Galston Concerts 2018

Starting at 2pm in the Galston Uniting Church, 11 School Road, Galston.

25 February: The New England Ensemble

3 June: A Man & a Baby Grand ... Encore! (Bernard Walz)

29 July: Sydney Symphony Orchestra Fellows

16 September: Pictures at an Exhibition (Tonya Lemoh)

18 November: The Galston Gala ... a Beehive!

5-Concert Series \$160 Adult; \$120 Senior; \$40 Uni/High School, 12 and under Free

Single Concerts \$40 Adult; \$30 Senior; \$10 Uni/High School; 12 and under Free

Enquiries Helen Jordan, Promotions Coordinator for the concerts, on 0425 339 841 or Robert Harris on 0428 248 348.

St Benedict's Catholic Parish

Cnr Fagans and Arcadia Roads Arcadia.

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THE HILLS LIBRARIES

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Do you need help downloading our ebooks, audiobooks and emagazines? Or perhaps some assistance using the Library catalogue, Ancestry or Find My Past? Our friendly staff are ready to help, book in to start exploring Digital Dural!

Let's Talk About Healthy brain ageing - Feb 14

10:30—11:30am | Baulkham Hills Library | FREE

Your brain matters! Come and find out about your grey matter and how to reduce the risk of developing dementia with advice from the Alzheimer's Australia brain health program.

We Love Our Pets - Storytime with RSPCA - Feb 19

4:30—5:30pm | Baulkham Hills Library | FREE

Do you have a pet or just love animals? Join us for stories about pets and learn tips on how to look after your special friend.

Under The Sea Storytime - Feb 21

4—5pm | DURAL LIBRARY | FREE

Under the sea everything is wetter and better! Come join us for a storytime to celebrate everything under the sea. There will be awesome stories with games and a craft- feel free to dress up!

Talking Tweens Junior Book Club - Feb 5-26

Dural Library Tuesday | 3.30-4.30pm | FREE

6 February then the 1st Tuesday of every month

Vinegar Hill Memorial Library | 4—5pm | FREE

7 and 21 February

Get talking with Talking Tweens book club. We want to know what you've been reading and maybe you'll hear about a great book too.

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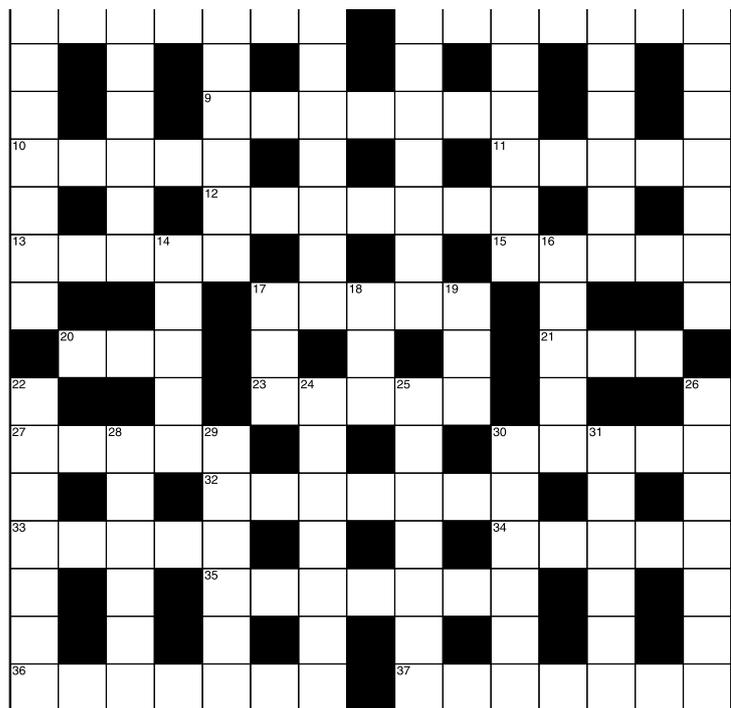
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Puzzles



ACROSS

- Issue (from)
- Travel cheats, fare ...
- More inventively humorous
- Aircraft
- Female hormone organ
- Casual shoes
- Register for membership
- Soft shine
- Body fluid lumps
- Mock playfully
- Ignited
- Mummy & ...
- Origins
- Intestine
- Involve deeply
- Hillock
- Gives green light to
- Type of lamp
- Deprives of guns
- Rectified (text)

DOWN

- Slipped by
- Romantic fling
- Also (2,4)
- Ocean/river region
- Illustrious
- From one side to the other
- Enclose
- Slaughtering
- Circle (Earth)
- Greeting word
- Cash on delivery (1,1,1)
- Section of grass & soil
- Asian sauce
- Trudged
- Pure white animals
- Bishop's district
- Sparkled
- Smells
- Vendor
- Golden-haired lady
- Took (baby) off bottle

Answer from December Issue



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The new year has commenced and the Dural and Glenorie Salvation Army stores have opened their doors to invite you to browse at leisure through thousands of items for sale.

If you are looking for books, crockery, cutlery, bric a brac, clothing, electrical items, camping requirements, collectables, clothing, fancy dress, shoes, linen: come and see us!!

Both stores are looking for volunteers to spend a few happy hours each week helping us sort, price and shelve donations. We pride ourselves on having a happy, all-inclusive team at both stores and you will be made to feel welcome and appreciated.

We have 2 special events coming up in February: for the entire week beginning Monday 5 Feb our books will be \$2 PER BAG!! Fill a bag for the children and pop a new book on their pillow each night! Seek out your favourite authors and treat yourself to some great reads as well.

On the last day of the month, 28 February, both shops will be running a store-wide HALF PRICE DAY, so be early! The Dural store opens at 9am, and Glenorie at 9.30am.

The Salvation Army wishes you a happy, healthy and God-inspired 2018.

Local Playgroups

GALSTON

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

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

GLENORIE

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

ARCADIA

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

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

babies, musical/percussion instruments, water play and more. We request a gold coin donation when attending. All of our regular attendees become members of Playgroup NSW.

DURAL/GALSTON

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

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

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

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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18th February
7000 copies distributed

The Galston, Glenorie and Hills Rural Community News

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Important Local Information

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Energy Australia Emgy	13 13 88
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Hornsby Shire Council	9847 6666
Integral Energy	13 10 03
Lifeline (24 hours)	13 11 14
Poisons Information Line	13 11 26
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Police - Castle Hill	9680 5399
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Telstra Faults	13 22 03

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(Station phones are unmanned and will operate answer phone services only. Call 000 for Emergencies)

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Hornsby Rural Fire Service District Office	9883 2000
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Galston Rural Fire Service	0409 470 205
Fire Captain Rob Symons	
Glenorie Rural Fire Service	9652 2017
Fire Captain Shaun O'Brien	
Hillsdale Rural Fire Service	9652 2245
Fire Captain Andrew Baildon	
Middle Dural Rural Fire Service	0408 220 705
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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 Glensy 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.

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 acappella 4 part harmony with passionate CKC singers. Rehearsals in Castle Hill Wednesdays 7.30-10pm. Contact Janet 9653 2959, email info@circularkeys.org or visit www.circularkeys.org

Dural 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 Anglican Retirement Village, Glenhaven Green, 599-607 Old Northern Rd, Glenhaven on Blue Gum Centre. 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 Kenhurst Rd each Thursday and Saturday from 9am. Woodwork and Metalwork/Welding facilities. Enquiries Chris Thomas 0402478498. www.duralmensshed.org

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

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

Galston Area Residents' Association Inc meets at the Galston Primary School Library, School Road, Galston on the 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 Rd, Galston available for functions, air-conditioned, inspections welcome. Bookings call Jane on 0481 900 151.

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 which raises money to support The Smith Family's Learning for Life program will be celebrating Christmas at our last luncheon meeting for this year on Wednesday 22nd November, 2017 at Dural Country Club at 11am. Joanna Capetanakis will entertain us with great music and singing. Visitors will be very welcome. Bookings Vivien 98941189.

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

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

Glenorie Memorial Hall Available for Hire. Seats up to 120 people. Tables and chairs available. Small kitchen/servery. To hire, call Ray Whiteman Phone: 9652 2454 or Mobile 0400 008 083

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.glenoriesl.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 last 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.php.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 petainscow@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; 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 Baukhams 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 Suze Pratten: suzepratten@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@iinet.net.au or Contact Nick on 9653 2056.

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

the school term 7.00pm to 8.30pm. CRAFT group Thursday evenings of the school term from 7.00 to 10.00pm. OVER 55s 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 am, Girls Brigade Tuesdays at 4 pm. 1409 Old Northern Road (Cnr Muscios 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. 9633-2312. 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, Kenhurst. 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 0420 399 452 or 0432 181 635 to speak to one of our trained coaches.

Dural Country Club Fishing Club meet at Dural Country Club on the 4th Tuesday of the month at 7.30pm. Activities include a monthly offshore charter, estuary and open fishing, organised short stay holidays and great social BBQ's. New members welcome. Contact Murray on 0407 950 939 or Bruce on 0428 970 439.

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

Kenhurst 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 Jane on 0481 900 151.

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

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

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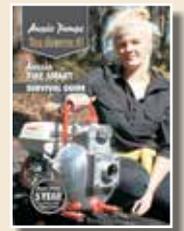


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