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Galston, Glenorie & Hills Rural COMMUNITY NEWS

March 2018

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Hills Opens its First Womens Shed

The Hills Women's Shed was launched on 22nd February and is a great product of collaboration between several Hills organisations.

There was a waiting list of people wanting to join the 120 guests at the launch at Castle Hill RSL on Thursday.

The Hills Women's Shed was the dream of Dr Padmini Howpage, founder of the Positive Vibes Foundation which has joined with the Community Migrant Resource Centre (CMRC) to provide a space for women to meet, connect and learn new skills.



Thevan Krishna, Uma Menon (CMRC) Padmini and Daya Howpage (Positive Vibes Foundation) Hills Shire Mayor Michelle Byrne, Carmen Lalezari (CMRC) and MP Mark Taylor

continued on page 16



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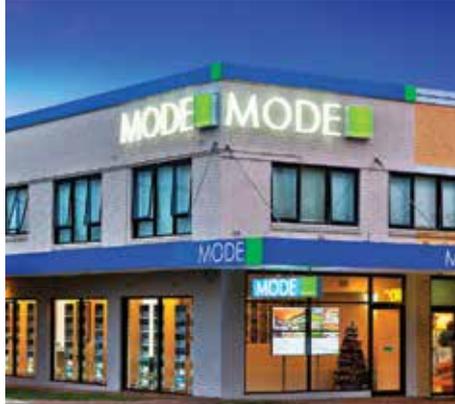
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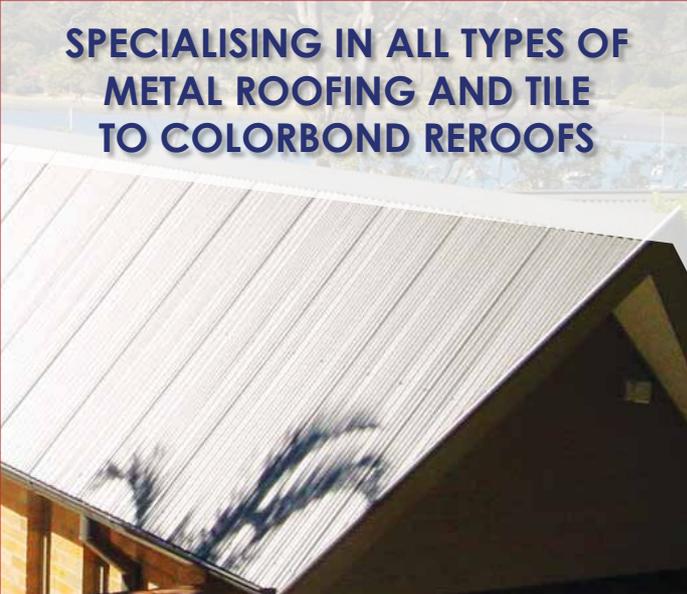
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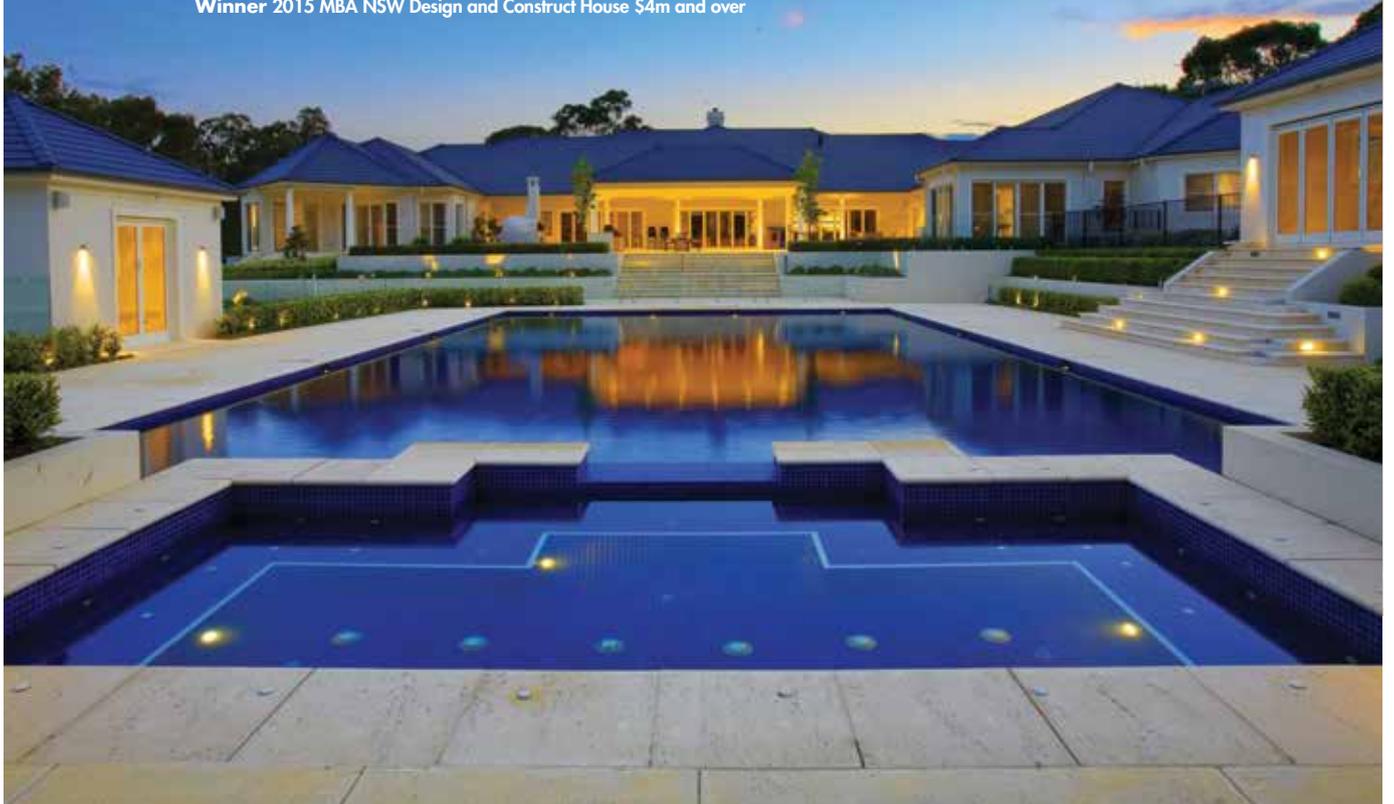
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Sportsperson of the Year Award

A special evening was held recently at the Dural Country Club when the Club's winner of their Sportsperson of the Year for 2017 was announced.

The Dural Country Club has various interclubs being Men's and Women's Lawn Bowls, Indoor Bowls, Men's and Ladies Bocce and Fishing and each interclub nominates a member to participate in the Sportsperson of the Year Award. The winner was selected by a panel of independent judges, namely Shane Armstrong, CEO of Dural Country Club, Cameron Bezel, Club Manager of Dural Country Club and Joan Forno, Manager of Women's 7 Rugby.

Congratulations Giuseppe! The members of the Fishing Club were thrilled when, once again, one of their members, this year being Giuseppe Militello of Glenorie, was declared the winner for 2018. Giuseppe is a passionate fisherman and has been named as the Fishing Club's Champion of Champions for three years in a row. He has participated in Charter Fishing throughout the year and some of his outstanding catches have been Mah Mah (Dolphin Fish) 1.168kg, King Fish 3.700kg and Flathead 1.00kg.



George Truelove, Sports Director; Cameron Bezel and Giuseppe Militello receiving his trophy.

Galston Girl Guide Hall – a Community Hall Available to Hire



Galston Girl Guide hall is hidden away at 414 Galston Road, Galston.

Galston Guides recently received a grant from Bendigo Bank and were able to replace all the kitchen units, sink and flooring. Hirers have access to hot water, electric oven, microwave, kettle, fridge/freezer, crockery and cutlery in the kitchen and plenty of chairs and tables in the main hall. There are ceiling fans and wall-mounted heaters. The bathroom area has two separate toilets and wash-basins. Outside is an enclosed grass area, safe for children to play.

The Galston Guide hall is a community resource and is available to hire for birthday parties, exercise classes, drama groups, playgroups and more. Please contact our Booking Officer, Amanda, on 0413 059542.



Junior Guides (aged 6-9) meet Thursdays 4.30-6pm and Guides (aged 10-14) meet 5.30-7.30pm also on Thursdays. Please contact Mary 0423 353644 to find out more about your daughter's free visits.

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Bowler of the Year

Local resident

Natham Constable

On **Sunday 18th February 2018**, Natham Constable was presented with the award of Bowler of the Year by the NSW TenPin Bowling Association (TBA) under the category of 2017 NSW State Award for An Athlete With A Disability.



Natham had just completed his second weekend of bowling at Campbelltown City Bowl at the NSW State Championships (Able Bodied) when he was presented with this award.

Natham is a young gentleman who assists in everything and anything to do with tenpin bowling – a sport he absolutely loves and the challenges that come with it.

He bowls at Hornsby and assists his fellow bowlers anyway he can. He is "chief computer man" for his club and collects and enters data and assists with the Hornsby Rockets Invitational Competition where he produces all the statistics which are then entered on their Blogspot. He voluntarily produces a monthly Newsletter which informs the members of upcoming events, news and special achievements.

Natham has been on the NSW Disability State Team (Cole Cup) for 5 years, bowling in ACT, Queensland, Victoria, NSW and this year in South Australia.

Another of Natham's achievements, he was the Disabled NSW State Champion Masters Restricted Winner at Lidcombe and he received the Restricted Team Challenge Chairpersons Award.

Recently Natham came 3rd in the Disabled State Championship Restricted Masters at Illawarra and he WON the National Disability Restricted Masters Championship at Rooty Hill.

He has been on the Hornsby Rockets Committee as a bowler representative for 6 years and has WON the Clark Award (most pins bowled over average) for the past 3 years.

Natham was recently presented with the Rotary Club Quiet Achievers Award for services to the Sport of TenPin Bowling.

Well Done Natham.

Free Native Plants!

Once again, a generous donor has enabled Landcare to offer free local native plants to landowners who live in Hornsby Council's rural area, or Hills Shire along Old Northern Road. We want the plants to go to people who are clearing privet or lantana or other weeds and who wish to revegetate with native plants. Also those who want to revegetate their roadside nature strip, or create a wildlife corridor or a similar activity.

If that sounds like you, contact Barry Lees on 9653 3691. I will help you work out what plants would suit your property from those available at either of 2 Nurseries. I will then advise the nursery to expect a call from you to pick up your plants. For Hornsby Shire residents, the plants will come from the Community Nursery at Pennant Hills. For Hills Shire residents, the plants will come from the Community Nursery at Baulkham Hills. The minimum number of plants will be 1 tray of 40 tubes. Plants can include trees, shrubs or groundcovers. Trays and tubes are to be returned to the Nurseries or to me when you have finished with them. You cannot buy local native plants from retail nurseries, so this is a special opportunity. The plants are top quality. I look forward to hearing from you.

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Pilates - no pain / no gain

By Director Karine Gouriou



Let's clarify some myths about having to be sore to get a good workout, or the 'No Pain No Gain' myth.

Pilates is not a gym exercise workout.

Pilates is not just about working the abdominals. And just because you don't feel

sore the day after a Pilates session doesn't mean the workout hasn't been effective.

So, what is Pilates?

Pilates is an exercise system that sits in the middle of the gym workout and a rehabilitation program. It is an exercise program that works the whole body to rebalance it. This means it will strengthen the weak muscles and stretch / lengthen the tight muscles on your body- so the workout is about what your body needs and this varies for each individual.

The fact that you may not feel sore after a Pilates class does not mean you haven't worked hard enough. Actually it can mean the opposite as you have targeted weaker muscles which will reach fatigue faster. The weaker the muscle, the harder it is to activate and this needs concentration and focus. Otherwise the body goes back to what it knows and the muscle targeted in the exercise

is overtaken by the tight, strong muscle of the area. This is what Pilates is about! Working on what your body needs and not making tight muscles tighter.

In pilates we focus on quality, precision and lower number of repetitions rather than quantity. High numbers of repetitions will not activate the weak muscles which need to get stronger in order to rebalance the tighter ones. In a high repetitions scenario, the weak targeted muscle usually reaches fatigue quickly (because it is weak) and compensation kick in. Once compensation is established, it implements a faulty movement pattern which must be undone in order to prevent (or manage) injuries. The longer the faulty pattern has been established and ingrained, the more difficult and the longer it will take to undo.

Fit 2 Ride Pilates, Fitness and Yoga has relocated to a larger premise at the Dural Squash and Fitness. We are a fully equipped studio where we run Studio Pilates classes with a maximum of 4 clients per class. We also offer circuit classes which will target weight management for clients with injuries and conditions.

We have recently added 2 new pieces of equipment to the studio: a magnetic cardio rower which enhances the cardio component of the workout for weight loss and management; and a back inverter table (Teeter model EP 970) which can lengthen and decompress your spine.

If you have injuries and conditions, this does not mean that you cannot exercise. A Pilates exercise program suited to your needs will help manage the conditions and help you continue doing the activities, exercises and sports you love by re-balancing your body.

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Last Warning for Illegal Dumpers (Too Late for This Guy)



Hornsby Shire Council's enhanced campaign against illegal dumping is already achieving results – and nobody knows it better than this criminal who received a \$4,000 fine for his recent efforts at Cowan.

He was caught dumping broken tiles and other rubbish thanks to

one of the 17 new cameras that are hidden throughout the Shire.

“The message to illegal dumpers is clear: we are watching and we will catch you,” Hornsby Shire Mayor Philip Ruddock said.

“The new cameras are much smaller and easier to camouflage, so there is no chance of them being spotted by illegal dumpers, and they deliver far clearer images than those we previously used.

“The cameras are monitored by a person who learned the trade spying on dangerous criminal gangs for law enforcement agencies, so catching illegal dumpers is a walk in the park for him.”

The photographed incident occurred on 29 January. We have cropped the image to conceal the identity of the offender.

“It is now harder than ever to get away with illegal dumping and we are sending this message as a final warning to anybody considering it,” Mayor Ruddock said.

“Illegal dumping is not only an ugly blight on our landscape, it is also a significant threat to the native wildlife that makes our Bushland Shire so special.

“Council has no tolerance for people who show such disrespect for our community.”

Salvation Army

This month we are saying goodbye to a much valued member of the Volunteer team in the Dural store.

When Norma retired from the workforce in her late 60's and experienced that “empty nest” feeling, she decided to put something back into the community, and thus began a weekly contribution of time with the Salvos.

“I have enjoyed every minute of my time there,” Norma said. “I have loved meeting like-minded people, enjoyed many smiles and laughs over a morning cuppa, and have always gone home feeling rewarded and appreciated for my efforts.”

“One of the many advantages of being a volunteer after retiring from paid employment is being able to work at your own pace and become involved in areas of your choice,” she added.

The Salvos is a happy positive environment where lifelong friendships can be made with like minded people. At our Dural and Glenorie stores we sort, price and shelve a huge variety of items, everything from cotton reels to refrigerators!! We rely on people donating not only goods, but also their time and energy to enable us to support needy members in our community.

Management, staff and fellow volunteers wish Norma God's blessings and every success in the new chapter of her life.

Our big sales day this month will be **Thursday 29 March** with **everything in both stores marked down to half price!!**

🕒 For Easter Service times and details, please refer to the Salvation Army Facebook page. We hope to see you as we celebrate the resurrection of Christ over this holy period.



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Friends of Fagan Park

Our Australia Day Open day was well supported by our volunteers, and special mention to our two blacksmiths and assistants who put on displays of their artistry. It was pretty hot day, so the public in the park tended to stay in their shady spots rather than venture up to see the Museums. Just the same, there was a good level of interest by those who did. Our next Open day will be ANZAC Day.

In addition to our working displays, a number of our volunteers brought their vintage cars, including Morris, Austin, Hillman Hunter, Buick Electra, 2 Mercedes, a Morgan, and a Leyland Force 7. This last car is a frequent visitor to the Park, and is one of just a handful in existence.

Our current Farmall F14 tractor restoration project is causing us some grief, as the engine that was running a couple of months ago now refuses to cooperate. It's not that far off completion once we get over this glitch. This tractor has a spectacular history, but you'll have to come to the Museum to find out what makes it so special. We have an exciting new project waiting in the wings, and we will reveal more of this later.

The Friends of Fagan Park are always on the lookout for new volunteers, whether interested in the homestead, or in gardening, or cataloguing the collection, for example. You do not need to have specific skills – current Friends have backgrounds in banking, electronics and aviation to name a few - and you do not need to be truly locals, but within reasonable travelling distance of course.

Ian Browning, Honorary Curator, 0419 435 475.



Leyland Force 7

Eastbend Report

First, apologies for the report that appeared in the February edition of this newsletter, I inadvertently sent one that was a year old. Here is the correct version – At the Eastbend Rural Communications AGM in November 2017 the following new Committee was elected:

President:	Ray Whiteman
Vice President:	Vicki Brownless
Public Officer:	Ray Whiteman
Secretary:	Vicki Brownless
Assistant Secretary:	Liz Wilkinson
Treasurer:	Carole Sweeney
Publicity Officer:	Tessa Corkill
Ordinary Committee members:	Pat Schwartz, Bev Tollman

During 2017 Living Heritage continued to be successful in its mission of keeping the community informed about local matters every month; many thanks to Editor Carole Sweeney and her helpers.

If you have any local items you would like to discuss or have help with please contact Pat Schwartz, at deblacko7@hotmail.com or 9652-1276, or Tessa Corkill, at 2archaeics@gmail.com or 9652-1470.

Boongala Native Gardens & Rainforest Open Days

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Parents Forum

Parents needing help understanding their teenager's challenging behaviour can get advice at a free forum at Castle Hill on **Wednesday March 14**.

The forum will cover a range of topics including healthy relationships with your teenager, warning signs and legal ramifications plus positive strategies to resolving issues.

Professional advice will be available to help parents resolve conflict in the family dynamics.

This free forum has been developed by the Hills Domestic Violence Prevention Network and will be held on **Wednesday March 14, 6.30pm to 9pm** at Castle Hill High School's auditorium, 76-100 Castle St, Castle Hill.

MC for the night Carol Harding from HDVFN said it would be the fourth forum for parents of teenagers.

More than 100 people attended last year's event.

"It's about helping parents understand how they can help their kids before things escalate," she said.

"There are more than 50 high schools in the district and this is open to all parents.

"The feedback from previous events has been very positive."

Although the forum is free, bookings are a must for catering purposes to book parentforum2018.eventbrite.com.au.

Speakers for the evening

- Colleen Hirst is an experienced counsellor with expertise in a wide range of issues including depression, anxiety, panic disorders, domestic violence, addictions, sexual abuse, grief, parenting issues and relationship issues.



2018 Parent Forum organisers from the Hills Domestic Violence Prevention Network: Donna Fraser, Karen Haga, Uma Menon, Faye Hansen and Linda Lemon

- Senior Constable Rob Paterson has been the Youth Liaison Officer at The Hills for 10 years, working closely with 65 schools in the area.
- Brett Murray, co-founder and CEO of Make Bullying History Foundation, has been delivering anti-bullying educational programs to students, parents, and professional educators for 15 years.

📞 For further information call 0408 705 848 or email hillsparentforum@gmail.com



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St Benedict's Fete – Sunday 11th March

Don't forget to come along to the St Benedict's fete from 10 am on the morning of Sunday 14th March. This fete has a great reputation in the district for its fruit and veg, cakes, flowers, chocolate wheel, barbecue, food, kids' fun and everything else that one would associate with a traditional country fair. We look forward to seeing you all there. Picture shows everyone enjoying an earlier fete in the grounds of St Benedict's (corner of Arcadia & Fagan's Road, with heaps of parking).

Easter celebrations

Easter is early this year with Good Friday falling on Friday 30 March. Services and special commemorations will be held at St Benedict's right through the Easter period. To check for particulars and times, visit the parish website www.arcadia.dbb.org.au and click on the News-Events button.

In the Lenten period leading up to Easter St Benedict's

parishioners have held weekly Lenten Group meetings in three locations throughout the district. These have been wonderful opportunities for the participants to discuss aspects of their faith and the true meaning of Easter.

Also throughout the Lenten period the parish has taken part in 'The Light Is On' initiative where the church is lit and open on Friday evening until 23 March between 7 and 8pm. Anyone is welcome to drop into St Benedict's on these evenings to take advantage of this opportunity to take time out for quiet reflection on faith and life.

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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Turn On	Vegetables	00:00:20:00	21-Sept17 6.00am	00:00:00:00
Turn On	Walkway lights	00:04:00:00	21-Sept17 6.00pm	00:00:00:00
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68km Sunday Road Ride

It's not how you start, it's how you finish...

By Susanna Mills



Another beautiful morning for a bike ride through Forest Glen.

The March road ride has exquisite views, long stretches of road that are like cycling on a black silk ribbon and many kilometres of safe road shoulders where cyclists can get out of the traffic lane and enjoy a stress-free ride as the miles fly by under their wheels.

The ride begins easily enough from Galston Village down Mid-Dural Road. It only takes an hour to cycle the 25km along Old

Northern Road to the turn off onto Wiseman's Road at Maroota Public School. Beware of overdoing it on the wicked pinch climb just before the school though, as you still have 40km to go from here and it's easy to feel 'gung-ho' at this point.

Wiseman's Ferry Road is breathtakingly beautiful and mostly downhill with smooth road shoulders, gentle bends and big sky views of the Blue Mountains and Hawkesbury River Valley. It is not uncommon to average a speed of 30-40km/h if bunch-riding along this immaculate 18km stretch of road. Back off from your friends' wheels when descending to the S-bends past Riverside Oaks Golf

Resort, where your bike can reach speeds exceeding 70km/h.

Head for home along Halcrows Road via a gentle, scenic 7km climb up to Cattai Ridge Road.

Although much of this ride follows the three ridgelines and appears to be a cruise...it's not! The return back UP to Old Northern along Cattai Ridge Road, and then UP again to Galston Village via either Wylds or Mid-Dural Roads make it challenging! Cycling these roads in an easterly direction is a relentless series of climbs at the end of a long ride -which can really hurt when you already have 60km+ in your legs. So it's not how you start, it's how you finish...

Make doing this particular ride a must in 2018, because our area is changing fast! Monday to Saturday, bicycling paradise is compromised by heavy truck traffic all along Old Northern and Wisemans Road where, every five minutes, a large and noisy construction vehicle thunders through Glenorie and Maroota. This is because there are numerous quarries in the general direction of Wisemans, the Western Sydney construction boom and numerous large new homes sprouting up like magic mushrooms all along Old Northern, Wisemans and Halcrows Roads... and all require construction materials and equipment.

It is therefore recommended that cycling this particular route solo or with friends, early on a Sunday morning, is the best time to appreciate the natural environments and lovely scenery we still have out here.



Galston Village is beginning to look like a bicycle demo day on weekend mornings! Nice to see local businesses being supported by riders.

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FACT FILE

DISTANCE: 68km

TIME: Novices who would like to test their limits. (allow 3 hours) Intermediate or Experienced cyclists. (allow 2-2.5 hours)

CARRY: Two water bottles and some food. Eat something before you leave. In summer pre-hydrate yourself and mix an isotonic into drink bottles.

MAPS: Follow the author, Susanna Mills, on Strava, or study Google Maps.

FACILITIES: Toilets, coffee or water at Stonehouse Café. Open from about 8am on a Sunday.



After we blitzed the first 27km in an hour, Steve Rawnsley and Tony Connorton kindly waited for me to get over the nasty pinch climb near this intersection!

Aussie Export Success

Australia has a hard-earned reputation for top quality produce, achieved through conquering the challenges of our harsh, arid continent. One local company, Australian Pump, is using their experience in the domestic water industry to break into new export markets with great success.



The company not only supplies pumps throughout Australia, but also into the South Pacific, Middle East, South East Asia, Africa and even Europe. The team at Aussie Pumps believe that national and international users deserve the best! This means top quality products and top quality support and service from a dedicated team.

Based in the Hills district the company is currently seeking to strengthen its sales team with enthusiastic people who want to be part of a dynamic and innovative company.

“Our philosophy of functional innovation has led to the development of a world class range of pumps,” said Aussie’s Product Manager, Brad Farrugia. “We’re looking to expand our sales team with recruits that are committed to customer service and providing users with the best quality products on the market”.

Further information on employment opportunities is available by contacting Australian Pump Industries.

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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		

Hills Opens its first Womens Shed

By Bev Jordan

continued from page 1

The Women's Shed and the CMRC Hills office will operate from At The Corner, 16 Arthur St, Baulkham Hills.

There are already a series of courses planned including a 10-week TAFE accredited course in personal development for community work course which starts on March 6.

Other workshops include Women With Wheels, a practical car maintenance workshop starting on March 8, Succulent Gardens workshop on March 29 and a social media workshop also on **March 29.**

The concept was given a huge pat on the back by Federal MP for Mitchell Alex Hawke who said, "The work you do here is vital."

Hills Shire Mayor Michelle Byrne thanked the CMRC and Positive Vibes for "their vision".

"There is a need for this Women's Shed in the Hills, there are women here who are socially isolated."

For more information pop into At The Corner at 16 Arthur St or visit the Hills Women's Shed Facebook page or call 0448 436 176.



Hills LAC Commander Supt Rob Critchlow, Hills Councillor Reena Jethi, CMRC CEO Melissa Monteiro, Snr Constable Jason Roughley, Nola Randall and Aurelia Rahman.



Melissa Monteiro CEO Community Migrant Resource Centre chats with Hills Shire Mayor Michelle Byrne.

Australia Day Thanks

By Pauline Henebery

The Lions Club of Hornsby would like to extend our deep gratitude to the Hornsby Council, 100.1FM, St John's First Aid and the Hornsby Community, for making such a wonderful Australia Day celebration.

Lions were able to raise \$1800 from the BBQ, face painting, clapper sales and donations from our generous community. This money will support children with Cerebral Palsy; and counselling services for Hornsby Connect.

Children loved the Aussie tattoos, face painting, rides and talent show. The multicultural performers were fantastic, some with voices so beautiful. The Signing choir was awesome, seeing how they use actions to enhance the words of the song.

The spirit of togetherness was evident, and the day was enjoyed by many, including our Mayor Philip Ruddock, and local MPs Matt Kean, Julian Leeser and Paul Fletcher, who willingly and heartily showed their support in the event.

Thank you to all the volunteers that made it happen. Hornsby is a great place because of you all.

**Interested in joining our exciting Lions Club and join in serving your community?
Phone Ted Henebery 0414 806 840**



Third Birthday Celebrates New Achievements

President and 2018 Hornsby Woman of the Year, Sallianne McClelland joined with newly appointed Shelter Manager, Hylette Evans today in celebrating the Hornsby Ku-ring-gai Women's Shelter's third birthday and the latest remarkable achievements of Hornsby Ku-ring-gai's only women's shelter.

Opened in February 2015, Hornsby Ku-ring-gai Women's Shelter has in three years safely housed 231 women with 82.4% of clients successfully housed in sustainable accommodation after their stay. 72% of clients needed the shelter's help due to domestic violence while 23% were homeless. Within 72 hours of arrival, 97% of clients had a tailored case plan prepared by dedicated, professional caseworkers employed around the clock by the shelter and committed to turning each client's life around.

Unfortunately during the same period, 721 women were turned away due to lack of beds. From July 2016 to June 2017 there were 263 domestic violence assaults in the Hornsby Ku-ring-gai Council areas, with an average increase of over 10% per year. Domestic violence assaults are the fastest growing violent crime statistics. In Australia, an average of one woman every week is murdered by her current or former partner.

"The Hornsby Ku-ring-gai Women's Shelter was set-up by our local community in a grassroots response to the desperate need for this

vital community service," comments President, Sallianne McClelland.

"As a true local charity, our dedicated community has taken us into their hearts and everyday we are overwhelmed by the support from local families, businesses, schools, churches, sporting clubs, community groups, businesses and shops throughout the area who ensure we keep our doors open."

Newly appointed Shelter Manager, Hylette Evans, is a Hornsby local since the age of 2 and was a Shelter Caseworker on the very first shift back in February 2015. With multiple tertiary qualifications in Nursing, Counselling and Social Welfare, Hylette has excelled in her role earning her the recent promotion.

In the short time since her appointment, Hylette has already overseen the set-up of:

- **A transitional house:** to ease the stress of finding accommodation for shelter clients as their maximum three month shelter stay draws to a close
- **An outreach program:** to support former clients, helping to constantly keep them on track towards achievement of individual case plans and life goals
- **Hornsby Court Support:** a HKWS caseworker attends Hornsby Court every Tuesday to support women in the community in Domestic Violence cases. None of these women are shelter clients

Photo: Hylette Evans (left), newly appointed Shelter Manager and Sallianne McClelland (right), HKWS President and 2018 Hornsby Woman of the Year, celebrate Hornsby Ku-ring-gai Women's Shelter's third birthday.



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Seniors WEEK

There's an APP for that...

Seniors Week *By Debbie Does*



With Seniors week coming up in April, I thought we should have a look at some of the useful Apps for Seniors. Not a Senior? Read on. I think you will find these suggestions very useful.

If you have an iPad wifi+cellular it will also have a GPS receiver in it. Using the native GPS function along with various other tools to improve speed a location fix can be obtained. As long as you have the maps downloaded, the iPad will be able to position you on the map. Even if you have no wifi or cellular signal. This was recently very useful when we were travelling to Longreach in Qld. I downloaded the Hema App which is definitely not a \$2.00 App but perfect if you're planning to travel around Australia.

Whilst you're travelling maybe check out some of the Facebook Groups. I am a member of Country Pub Camping which has over

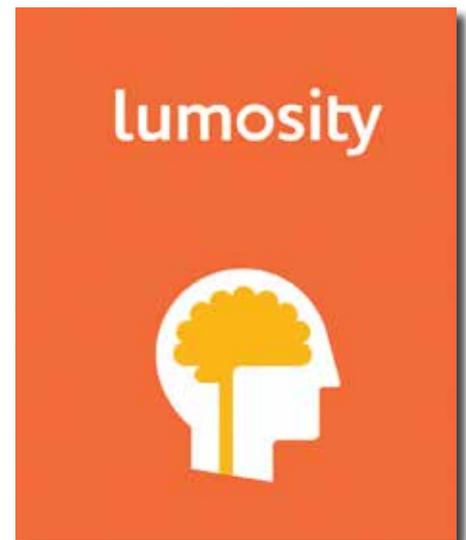


38,000 members. It's a great way to find out about alternative places to stay.

Research shows that it is important we do some regular brain training as we get older. Although by learning how to use your device you are brain training, there are also specific Apps just for this purpose. Lumosity is one of them. It is designed to give you different activities to help stimulate your brain and monitors your improvement. If nothing else it can be a lot of fun but be aware there is a cost involved.

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

If you are struggling to understand your Apple device please call me at 0418 296 217 and we can discuss One to One classes. This is individual tuition where I come to you.



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*Conditions apply, May include demo models, while stock lasts, some images are for references only, not applicable to trade customers.

Hearing Aids Could Help Reduce the Risk of Dementia

With the approach of **Hearing Awareness Week**, which begins on 25 February in Australia, hearing loss is brought to the forefront of many people's minds once again.

There are many facets of hearing loss, and Katie Rahman, Audiometrist and owner of Hear Clear Australia in Dural, would like to draw attention to one that's perhaps lesser known - how untreated hearing loss can affect long-term health.

"Many people don't realise what an impact hearing loss can have on their overall health," Katie Rahman says. "I believe that Australians should be considering hearing care as a vital part of their healthcare."

Untreated hearing loss can put such a huge load on the brain in challenging environments that it can have adverse effects on long-term health, such as stress and mental fatigue. Hearing loss can lead to disengagement in conversation and interaction, which can result in social withdrawal, isolation and depression, and has even been linked with the acceleration of cognitive decline. Hearing loss was recently reported as the number one modifiable risk factor contributing to dementia in a study authored by the Lancet commissions on Dementia Prevention, Intervention, and Care*.

"When you struggle to hear what is happening, during a noisy family dinner or out for a coffee with friends, you not only get extremely tired trying to keep up, but many also tend to simply stop going out or socialising altogether. The good news is that wearing hearing aids could help," Ms Rahman says. "One particular hearing aid is especially helpful in social situations. The Oticon Opn™ allows the wearer to hear in 360 degrees, helping them to cope with multiple speakers and switch focus whenever they want."

Oticon Opn has been proven to increase understanding by 30 per cent, compared to Oticon's previous generation of hearing aid technology, with wearers also experiencing 20 per cent less listening effort when trying to understand speech**. This enables the wearer to get back into the activities they had been avoiding because of their hearing loss.

"The Oticon Opn rechargeable hearing aids are available now from my clinic in Dural," says Katie Rahman. "I'm offering a complimentary hearing aid charger for anyone who purchases the Oticon Opn miniRITE hearing aids between now and **31 of March**. **Simply call me on 02 9651 7379 to make an appointment.**"

* Livingstone et al, 2017

** Le Goff et al, 2016

Keep Training Our Brains

Regularly we read articles about how important it is to keep training our brains as we get older. Debbie believes this is true, not only for herself, but the lovely clients she works with on a weekly basis helping them understand their Apple devices. Miriam who is 91 has been having



One on One classes with Debbie for over 6 months. She is now able to communicate with her family members who live in country NSW, as well as Canada. Miriam also enjoys playing educational games. As Debbie says, we always think of personal training for our body but this is personal training for our brain which is just as important.

Miriam's comment: "Debbie has been a wonderful teacher, helping me out no end of times. Nothing is ever a trouble for her."

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Untreated Hearing loss

Treated Hearing loss

Using hearing aids could help reduce the risk of dementia

Long-term research has concluded that untreated hearing loss may lead to accelerated mental decline and an increased risk of dementia.



A recent study shows that using hearing aids and being socially active can attenuate this mental decline.* Oticon Opn™ hearing aids with BrainHearing™ technology are designed to support the way your brain makes sense of sound, so you can hear with less effort and use your energy to live your life. **Don't let hearing loss get the better of you.**

HEARING AWARENESS WEEK SPECIAL OFFER:

Complimentary charging stand and rechargeable batteries with any purchase of Oticon Opn™ miniRITE hearing aids. Offer ends 31 March 2018.

Call 9651 7379

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Main clinic: Shop 16, The Village Green 22-24 Kenthurst Rd, Dural
Also clinics in Norwest, Galston & Penrith

* Sources: Amieva et al. 2015. Lin et al. 2011



Council Protects the Future of Our Trees

There was rousing applause in the chamber last night when Hornsby Shire Council significantly strengthened tree protections, vastly increasing the number of tree species that cannot be removed without Council approval.

"This is great news for everybody who values our title as the Bushland Shire and wants to see our impressive tree canopy preserved," Hornsby Shire Mayor Philip Ruddock said.

Previously the protections only applied to a list of tree species that were native to Hornsby Shire, but we've flipped the rules around. Now all trees are protected, except for a limited list of species that are considered to be weeds or a hazard.

During the exhibition period 132 submissions were received from the public, of which 120 were in support of the increased tree protections – an approval rating of more than 90 percent.

The general rules for tree protection remain the same and the only significant change is that the rules now apply to far more species of tree. Penalties apply for removing or damaging trees that are protected by the Tree and Vegetation Preservation Controls.

If you are thinking of removing a tree on your property, it is now safest to assume it is protected and contact Council.



Dharug and Lower Hawkesbury Historical Society

The Dharug and Lower Hawkesbury Historical Society Annual General Meeting on **Saturday, 24th March 2018** followed by an afternoon with our Special Guest Speaker Gil Jones - **conspiracy of silence: The story of John Henry Fleming, leader of the Myall Creek Massacre.**

The AGM is to take place at the Chapel at 11.45 am on **Saturday, 24th March** before adjourning for a delicious lunch. All members are encouraged to attend. An invitation extends to the general public to join us for lunch.

After lunch the Dharug and Lower Hawkesbury Historical Society are delighted to welcome our guest speaker Gil Jones, a geologist & historian, who has lived in the Macdonald Valley for over 30 years. Please join us as we listen to Gil speak about the last chapter of his most recent book, "Bulga Bala Boree" which explores how the leader of the Myall Creek Massacre could return to a normal existence in the Hawkesbury area and lead a full life with no repercussions, while there was a fifty pound reward offered for his capture.

Gil will talk of the Conspiracy of Silence that allowed John Henry Fleming to continue his life without ever facing a judge and jury.

"Wasteland Wilderness Wonderland" an exploration of Sydney's sandstone country & "Bulga Bala Boree" an exploration of Darkinyung country & culture, pastoral invasion and dispossession are Gil's two books that will be on available for purchase on the day.

Cost: Free for Members. Non-Members \$20. All welcome.

📞 Bookings essential: enquiries@dlhhs.org.au or 0405 321 478 (leave a message) by Wednesday 21st March. Come and be entranced with our historical past.



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Dural's Bowling Year

It was a big win to start dural's bowling year when Robin Davidson, Diana Sweeney, Eileen Bromley and Elizabeth Whelan won the District Senior Fours in their new bowls district, Mitchell. They went through all rounds with decisive wins. It was the first time they had played together under lights as the matches were played in the twilight due to the hot conditions but they handled it like veterans.



L-R: Davidson, D. Sweeney, E. Bromley, E. Whelan



L-R: P. Gaul, S. Yeend, S. Lee, P. Bonvino

Not to be outdone, the following week they split into two pairs and each pair reached the final of Dural's Pairs Championship when they played each other in an exciting game with Elizabeth and Diana emerging victorious. They are hoping to continue on their winning way as they are all in Dural's Grade One Pennant team for the competition which starts early to avoid any clash with the Commonwealth Games.

The men not to be outdone also played the final of their Pairs Championship when Paddy Gaul and Stuart Yeend defeated Sean Lee and Phil Bonvino.

Free coaching is available to anyone wishing to join the bowlers at Dural. (Ring 0432 181 635 and 0411 375 580)

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You can help us now by dropping off your donated books, sheet music, jigsaws, CDs, DVDs and records at:
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The Book Fair is Galston Rotary's major fundraiser. We give to local community needs as well as National and International projects and disaster relief.

Ass. of Independent Retirees

Our first meeting for 2018 was held on Friday 2nd February. It was gratifying to see so many, in attendance. It was encouraging to see renewal of friendships and especially to welcome new members and visitors to our meeting.

Members and visitors were provided with very interesting speakers on the progress of the North Connex by the Project Manager and the Public Relations Officer. The speakers provided members and visitors with a greater understanding, on the many questions surrounding the whole North Connex Project.



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Lebanese Cooking Classes



Our love and passion of Lebanese food and cooking is contagious at Flame N Chooks, Dural. Since taking over the business four years ago we wanted our customers to identify our food with the Lebanese culture, hospitality, family, and friends.

We have established loyal customers that enjoy and appreciate our love of food and have decided to share it with you. Our Lebanese cooking classes will commence in March. They will cover a wide range of Lebanese cooking including vegetarian, vegan, gluten free, dairy free, and family meals.

The Lebanese cuisine includes an abundance of whole grains, fruits, vegetables, starches, fresh fish and seafood, fruit, vegetables, rice, poultry, and lamb. We will use a lavish amounts of garlic and olive oil, often seasoning with lemon juice, and a vast range of beans and legumes including chickpeas, and lentils.

An introduction to the herbs and spices that are used frequently which include mint, parsley, oregano, garlic, allspice, nutmeg, and cinnamon. Like most Mediterranean countries, much of what the Lebanese eat is dictated by the seasons and what is available. Therefore our cooking classes will be tailored around the season and what local produce is available.

In Lebanon entertaining and celebrations includes food and plenty of it. A popular way of serving food is mezze, an array of small dishes creating an assortment of colors, flavors, textures and aromas. Our cooking classes will cover many of the dishes that are offered in mezze. Family cuisine offers a range of dishes and we will cook many of these dishes in our classes and explore

the exquisite food of the Lebanese cuisine which is both generous and abundant.

Sahteyn is a word you will often hear in a Lebanese home which means "to your good health", a welcome to join a family and share delicious food.

So we invite you to join our cooking classes where we will share our cuisine, culture and love of food. Contact us at Flame and Chooks 9651 7996 or contact us @Facebook FLAME N CHOOKS for further details and to book a spot in our next cooking class.

The Rotary Club of West Pennant Hills and Cherrybrook



Giant Book Sale

Held at Uniting Church 134 New Line Road, Cherrybrook

Friday 16th March - 9am to 5pm
Saturday 17th March - 9am to 5pm
Sunday 18th March - 11am to 2pm - CLEARANCE SALE

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 We really appreciate all the support that you give us with these donations. Thank you!

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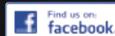
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Wiseman's Colonial Weekend

The township of Wisemans Ferry will be filled with a host of historical entertainments this coming May for the inaugural Wiseman's Colonial Weekend. Solomon Wiseman himself welcomes colonial theatre, street entertainment, period buskers, artisan stalls, indigenous ceremony and classic colonial bush dance to the town along with the premiere of another two brand new 'Theatre in the Wild' productions from the Convict Footprints team over the weekend.



Cast from Convict Footprints Productions along with Liz and Anthony, organisers of the inaugural Wiseman's Colonial Weekend.

Image Credits Melinda Arnold for Convict Footprints Productions Inc.

Partnering with the Wisemans Ferry Forgotten Valley Association and local sponsors including major sponsor Wisemans Ferry Real Estate Agents, Convict Footprints brings their unique brand of living history immersive entertainment to the picturesque riverside town with a day of roving street theatre culminating in the first premiere of the weekend as they launch a brand new production on the Saturday evening at the Wisemans Ferry Inn. The show includes a delicious Australian Spit Roast dinner and will be followed by a free fireworks display. The night continues on with classic colonial bush dance provided by the much celebrated Ozimaid Bush Band, with a prize for the best dressed gent and lady in colonial costume.

The fun continues Sunday as another brand new Convict Footprints show premieres at the amazing Tobruk Station with shows morning & afternoon - join them up the hill above the town for a bawdy historical romp through our country's farming history as actors, stockmen, Jillaroos, sheep, dogs, horses, actors dressed as sheep... all come together in a wonderfully chaotic entertainment which includes a classic Australian bush BBQ lunch.

Bring the whole family on a trip back through time to Wiseman's Colonial Weekend, 19th/20th May 2018 - a destination of historical events for all the family that's sure to entertain as well as educate on a little of the area's local history.

Free entry to township/day events/stalls etc and fireworks. Tickets for either of the Convict Footprints shows/meals available online from www.tickets.convictfootprints.com.au

There are a wide variety of accommodation options available in the Wisemans Ferry area from the recently restored colonial quarters at the Wisemans Ferry Inn to family camping and cabins at Del Rio, and everything in between. See the Wisemans Ferry website or Facebook pages for more information.

For further information please contact: Liz Templeton 0429 017 000 and Jerry Retford 0458 473 444. Visit www.wffv.org.au



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Artist impression of Proposed New Build at 19 Wyoming Rd Dural. DA approved 2nd home, council contributions have been paid along with the certifier. The potential here is two homes on the one 6 acre block of level land in Dural. Proposed 2nd homes is 110sqm approx., Build your dream home here.

For further plans and information please contact Sue on 0415 421 848

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Where: TAFE NSW Baulkham Hills College

Cost: Fully subsidised



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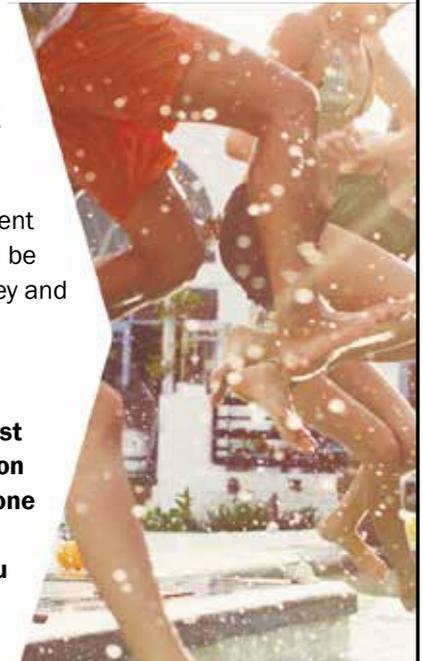
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A Penny for your Thoughts

The word wealth at one time referred to obtaining overall wellbeing. Now we see it as just referring to financial matters. True wealth however includes personal life satisfaction in all its forms and sometimes we can lose sight of what really matters to us. On average, we spend approximately 50% of our waking hours thinking and worrying about money and this can lead us to behave in ways that don't add to our overall happiness. As money is often an emotional topic for us to discuss with family and friends, it is often best to talk to an impartial person to find the best approach for your situation.

Understanding what's really important to you, what you value in life, along with your needs, wants and desires is crucial in successfully navigating a successful path to true wellbeing and life satisfaction. Often, we fall into the trap of working harder, not smarter when it comes to money, forgetting what is really important to us. By managing money more efficiently, automating for success, investing wisely and protecting what you have, better outcomes can often be achieved.

As a local Financial Adviser, Helen Savage from Flourish Wealth Solutions can help you achieve your goals. Identifying your life priorities and provide holistic advice on a strategy and investment framework that can help improve your financial situation, bringing peace of mind.

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Helen is passionate about providing ethical, value for money financial advice and coaching. Combining strategy with a focus

on minimising fees, she is always looking for ways to save clients money; improve cashflow; minimise taxes; manage income needs or creating solutions to maximise benefits so her clients ultimately thrive and flourish.

📞 For a FREE Financial Health Check meeting with Helen to discuss your unique situation please call 0403 995 372 or visit www.flourishtowealth.com.au



Thoughts from a Concerned Resident

- 1 – AA batteries & similar can be disposed of at ALDI's collection bin.
- 2 – A motorised ESKY with a male rider driving past the shops on Galston Road, was pulled over by a highway patrol vehicle.
- 3 – Galston footpath clean-up is on Monday 12th March.
- 4 – There is some concern over several food outlets having to give customers a key to access toilets. People have questioned this practice. The village area needs proper toilet facilities for all shoppers and visitors.
- 5 – We require a 50 kph speed limit on Galston Road, between the 2 roundabouts. Kenthurst Road, Round Corner has this.
- 6 – Crosslands Road has recently been blocked again. Areas east of Bevans Road had no access in or out of the area. This affects any emergency, fire, ambulance etc. Fishburns Road used to link with Crosslands Road. What is required now is a re-opening of this access with a locked fire trail gate, only to be used in an emergency situation
- 7 – We need a bypass from Annangrove Road to Old Northern Road to bypass Round Corner at the area between Dural Public School and Hargraves Nursery, don't wait 20 years like Castle Hill.



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FREE NATIVE PLANT GIVEAWAY



**Sunday 11 March, 10am-12pm,
Hornsby Community Nursery,
28-30 Britannia Street, Pennant Hills**

Native Plant Giveaway now open to all ratepayers from any Hornsby Shire Council suburb.



SAFER DRIVERS ROAD SAFETY PRESENTATION



**Tuesday 10 April, 10am-12pm,
Hornsby Shire Council Chambers**

An informative session on road rules, safety and driving tips. Best of all its free. Bookings are essential.

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

THIS MONTH IN THE LIBRARY



TANYA BREThERTON

Author of *The Suitcase Baby*

Wednesday 14 March, 6.30pm, Hornsby Library, \$5.00

Sociologist Tanya Bretherton tells the engrossing and moving story of the crime that put a mother and her baby at the centre of a social tragedy that still resonates today.

INTRODUCTION TO SOLAR



**Saturday 17 March, 10am-12pm,
Hornsby Shire Council Chambers**

Come along to this free workshop and find out how getting solar panels will save you money on your electricity bills.

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

WAR ON WASTE - SELL YOUR UNWANTED STUFF ON GUMTREE

Wednesday 14 March, 6.30pm, Hornsby Library, \$5.00

Learn how to reduce landfill by selling locally, and getting rid of your unwanted items quickly.

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

FROM THE MAYOR'S DESK



There was a touching moment at our most recent meeting when the chamber burst into rousing applause to celebrate Hornsby Shire Council's unanimous vote to greatly strengthen the protections for our trees.

Previously the protections only applied to a list of tree species that were native to Hornsby Shire, but we've flipped the rules around. Now it is an offence to remove any tree without Council approval, except for a limited list of species that are considered to be weeds or a hazard.

This is great news for everybody who values our title as the Bushland Shire and wants to see our impressive tree canopy preserved.

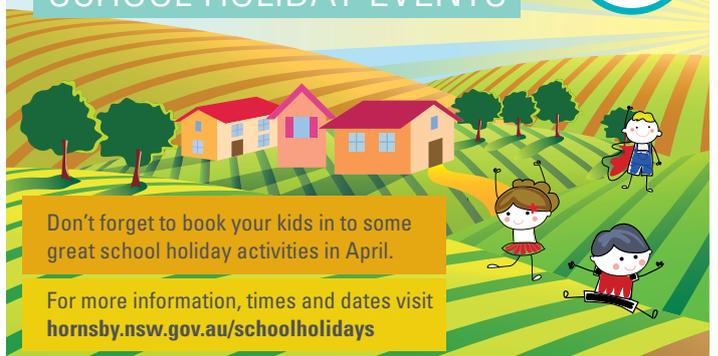
And there are clearly many people who feel that way. I would like to personally thank everybody who wrote a submission to Council regarding this matter.

More than 90 percent of the submissions were in favour of the increased tree protections, which is an extraordinary result and demonstrates how strongly the community cares about our natural heritage.

Hornsby Shire has long been known as the Bushland Shire and these measures will help to ensure it retains that title.

Philip Ruddock
Mayor
Hornsby Shire Council

APRIL SCHOOL HOLIDAY EVENTS



Don't forget to book your kids in to some great school holiday activities in April.

For more information, times and dates visit hornsby.nsw.gov.au/schoolholidays

CHIPPING FOR MULCH



**Sunday 25 March, 7.30am-12.30pm,
The Old Dog Pound, Westleigh**

Bring your garden prunings and branches that don't fit in your green lid green waste bin and have them chipped into mulch.

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

Dural and District Historical Society

By Michael Bell, President.

Our first meeting for 2018, on the 10th February, kicked off with an almost full house. It was excellent to see many new faces which was a worthy way to support our guest speaker, Garry Smith, researcher and historian who spoke of the difficulties and strange laws affecting women in Colonial times.

Mr Smith used case studies from his research of his own families, who were early residents of Dural and the Colonial country towns. The strange reasons for granting divorce, the property rights of husbands and lack thereof for women, left many in the audience shaking their heads, or gasping in incredulity, when compared with the social attitudes of today. We have come a long way since then but with more to be done in the future.

At our meeting on the 10th March our guest speaker will be Ms Rhonda Davis, Head Curator of the of the Macquarie University Art Gallery. Her talk will be on Margaret Preston 1875-1963, the nationally renowned artist, whose work is readily recognised by most Australians. Mrs Preston, a resident of Berowra, was a leader in her field and her story will be of interest to all.

Some members made their first tour of the year when they accepted the invitation of the Dharug and Lower Hawkesbury History Society to take part in their tour of Brisbane Waters on the 25th February. The tour, by ferry, was quickly booked out but our members look forward to taking part in some of the tours arranged



by nearby Historical Societies. These are in addition to our own tours, the first of which will be a "get to know your local history" on Sunday the **18th March**. The bus, with a seating capacity of 21, will visit localities, homes and buildings that shaped the history of our community, one that is unique to us. All are welcome but bookings are necessary so contact Michael Bell on 96531365 for further details.

For the diary: 14th April The History of North Head. **22nd May** the Quarantine Cemetery and the Manly area.

What is this Object: The Society has a number of objects that will intrigue readers. A clue, it was used in the construction of a Sydney icon.

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Gravely Speaking – The Philosophy of Gravestone Epitaphs

By Kerron May

While visiting departed loved ones in the local cemetery recently I was taken by the epitaphs and epithets on memorial headstones describing or alluding respectively to the deceased's personality, lifestyle or departure. There is a philosophy in the words and phrases we use to farewell and memorialise our dearly departed loved ones which tells us not so much about them but a lot about how us and how we choose to describe them. It may also become a symbol or reminder of our mortality or indeed immortality.

These days you read of wishes for the departed being 'forever in our hearts', 'always remembered' or 'gone but not forgotten' establishing a bond between the living and the dead. 'Rest in peace' always makes me think the departed had a restless life and needs peace and quiet in the hereafter. While some epitaphs are sentimental, I came across one dedicated to 'Bubbles at Midnight' featuring a raised glass and popped champagne bottle commemorating the vivacious and lively personality for a woman who died too soon but obviously enjoyed life to the fullest as suggested by her epitaph. Raise a glass toast and her memory.

Indeed memorials to the departed these days are very prosaic being conventional and straightforward. The fact that a loved one has died is a sad occasion and they are sure be missed but it is how they lived their life that should be commemorated and memorialised with an epitaph celebrating the essence of who they were together with any quirky nicknames or habits. For example a memorial to a gardener might suggest he or she is 'living on in all things green and



gardens everywhere'. 'Peace, perfect peace' makes me want to sigh 'Aah' in satisfaction and anticipation of a well deserved rest. A woman described in her epitaph as a 'blythe spirit' must have bounded through a happy and carefree life touching all her loved and knew her with her outgoing personality and joy of life.

These epitaphs provide an insight into the persons who died by associating them with their profession as a gardener, a happy, carefree personality with a disposition to match or a mother lovingly described by her family has having 'grace and dignity'. Indeed these epitaphs indicate the level of high esteem these people were held in and the emotion contained in a few words more than adequately describes their lives and their influence on others around them.

Perhaps the most poignant epitaph of all is contained in one word only: 'Remembered'. This simple word conveys our ability to bring to mind an awareness of someone from the past. It is something we can do anytime, anywhere to recall the particular quirks and humanity that made them who they were and why we loved them now and always. There is an old Jewish tradition that when you utter a dead person's name you are perpetuating their memory, bringing it to life so they are 'always remembered, never forgotten'.

The act of remembering is personal and unique to each one of us so it is important to consider an inscription will last a long time. The simplest headstone epitaphs therefore are the most profound: sweet are the memories that never fade.

URGENT SALE

Business for Sale

Andy's Cafe and Takeaway
91 Arcadia Rd Arcadia

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

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

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

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Free Flu Injections

Hon Matt Kean MP

Last year Hornsby was particularly hard hit by the flu. No one wants to get sick and we particularly don't want the littlest members of our community to fall ill.

That is why I am so pleased that all children aged between 6 months and 5 years will be able to access free flu injections this winter. The NSW State Government's \$3.5 million influenza vaccination program will help stop the flu from striking the younger members of the community.

400,000 children across the State will be eligible to receive the injection for free from April. As parents know, younger kids are also more likely to spread the flu. Stopping them from getting sick, will stop the spread to other family members and the local community.

Currently vaccination rates in NSW have increased by 6.3% since 2010 to 93.9% in 2017.

So this is just one step further in the protection of NSW children.

If your child has not had a flu vaccination they will need two doses, one month apart. The vaccine will cover four strains of influenza virus, two A strains and two B strains, likely to be circulating this winter.



Dr Jenny Kendrick, Stephanie Bultitude and her 2 year old son Samuel Bultitude and Matt Kean MP

Last year there were more than 12,000 confirmed cases of influenza in children under five, with many more likely not to have been tested.

For more information, see www.health.nsw.gov.au/immunisation

New interns welcomed at Hornsby Hospital

Hornsby Hospital has received an injection of new talent with 16 junior doctors joining the ranks, Member for Hornsby Matt Kean said today.

Mr Kean welcomed the doctors to the shire at the start of their medical career, saying their drive and commitment would improve the lives of thousands of people.

"It's an honour to have these dedicated professionals at Hornsby Hospital to start their long careers," Mr Kean said.

The new recruits include 24-year-old Noni Chan, of Beecroft, and aspiring ophthalmologist James Jiang, 25, of Killara.

Noni, a former Abbotsleigh student, and James, who attended Killara High, are University of Sydney graduates who said Hornsby Hospital already had a fond place in their hearts.

"We were here together on our first day of medical school so it's like we have come full circle," Noni said.

James said: "It's good to be back – it's a great hospital."

As well as working at Hornsby, the new doctors will rotate through other hospitals including Mona Vale, Manly and the SAN.



Matt Kean MP

Member for Hornsby
Minister for Innovation and Better Regulation

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Contact Matt

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



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Thursday 29th March

Easter eggs, seafood trays, chicken, meat and fruit & vegetables

Tickets on sale from 6.30pm

For members chance to win a free easter egg hamper swipe your card at the foyer kiosk for the month of march and place entry in the barrel.

Be there for a chance to win



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"> Rump night \$14 with a schooner of coopers or a glass of Chain of Fire or Schooner of Soft drink \$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 Wednesday Night with Kids Eat Free (with any main meal purchase) 	<ul style="list-style-type: none"> Schnitzel Night \$14 with the drink special \$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"> Pasta Night \$14 with the drink special \$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

Vehicle fires



Galston FRB firefighters were quick to respond to two separate vehicle fires recently. The first being a car fire on Galston road, where they promptly extinguished the blaze and worked quickly to re-open the road. The second being a motorcycle fire at the top of the Gorge on the Hornsby side. Unfortunately, there wasn't much left of the bike after they extinguished it.

Tree down in Gorge



While we've been relatively lucky with needing to deal with trees on fire so far this season, we did need to deal with trees on the road recently. Galston frbies worked effectively to remove a tree that came down onto the Galston Gorge roadway the other weekend. While also providing contraflow for traffic until all lanes could be reopened.

1 We're still in the fire season so you should always think about being fire ready. Visit the RFS website: www.rfs.nsw.gov.au or call the Bush Fire Information Line - 1800 NSW RFS (1800 679 737) for more information.

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

Middle Dural Brigade News



Fire conditions continue to be high in our area, with very little rain and parched vegetation. Most of you understand that a permit is required from your local Brigade captain (Middle Dural: Len Best 0408 220 705) if you wish to do any pile burning. However, in these extreme and very dry conditions, a permit is unlikely to be granted. Permits are not just a matter of the captain's judgement but also at the discretion of the RFS District Headquarters.

In spite of these extreme conditions, Middle Dural has fortunately not experienced any fires this month.

In February, a group of us visited the RAAF air base at Richmond for a tour of the RFS Aviation section. We were shown around the NSW Rural Fire Service DC-10 (Very Large Air Tanker or VLAT) water bombing aircraft, named 'Nancy Bird' in honour of Nancy-Bird Walton, Australia's first woman to obtain a commercial pilot's licence. This plane and smaller LAT are on contract from the USA for our fire season, with an American crew that move around the world, fire fighting. It was a huge thrill to have a guided tour by the captain (centre of picture below, together with Brigade members Wolf Hofbrucker and Paul Eltakchi).

The crew have stripped all possible weight from Nancy Bird's interior, providing a very interesting insight into the skeleton of a large aircraft.

Large lead weights have been bolted to the floor of the aircraft to assist in maintaining a safe centre of gravity.

The captain described the adrenalin rush as they fly only 100m above the tree line, guided by RFS experts in a leading plane, or "bird dog". Apart from the inherent danger of flying so low, the other major challenge is in controlling the aircraft when its centre of gravity moves dramatically as the water load is released from the huge tanks suspended under the plane.

The VLAT carries 43,900L of water, generally fire retardant. Australian crews prepare the fire retardant on the ground and have to be ready at a moment's notice to fill or refill the VLAT. The plumbing that enables the filling in less than a quarter of an hour was very impressive.



Arcadia Rural Fire Brigade



As the year gets up and running, we thought we would take a moment and reflect on some of our highlights from the end of 2017.

The end of 2017 sure was busy for Arcadia, and whilst it didn't slow down we made sure to celebrate in tremendous style. The brigade's Christmas party was a huge hit at Geranium Cottage. Fantastic food, a lot of belly laughs, and horrendous Christmas cracker jokes was a recipe for a great evening.

Looking back over 2017 the brigade grew with new recruits, who have now been joining us on the fire ground after passing their basic firefighter course. We have also seen our female crew members grow. At the beginning of 2017 we saw our first all-female crew, we'll soon have 2 crews!

In December we had the opportunity to visit Richmond RAAF base to talk to the crews of the DC-10 Air Tanker affectionately known as Nancy Bird, and the Hercules aircraft called Thor, both of which are part of NSW RFS arsenal for fighting fires. Our members were not only offered a tour of the planes but were given insight into the operation of these aircrafts, including the operations of the aviation ground teams to obtaining the lifesaving results. This was also an opportunity to say thanks to the crews who we only see working above us.

As we enter March our brigade has been preparing itself for the year ahead, with many of our members continuing their learning by undertaking varying courses. Two of our members gained the opportunity to attend the Careflight Trauma Workshop that was held mid February at Careflight's Education Centre based in Westmead. This workshop looked at how first responders can help sustain life, especially in remote areas. It covered a number of topics and then put into practice with varying scenarios, they also included sound effects.

Arcadia recently assisted Dural Rural Fire Brigade with the start of their Hazard Reduction (HR) preparation, we too have started work on our local area. It is safe to say we have a lot to do. Amongst this we have been attending fire calls, notably a single motor vehicle accident in Arcadia. It serves as a stark reminder to respect the road rules and road conditions whether you are familiar with the area or not. Luckily the persons involved only sustained minor injuries. But the prize for the most unique call we've attended in 2018 thus far has to be awarded to an unruly parrot who decided to tour the Arcadian skies at sunrise. We couldn't help but agree with the bird that that particular morning was stunning, but the bird was safely returned to a very appreciative owner after its escapades.

Glenorie Rural Fire Brigade News

The Fire Season is not over until we get significant rain

Over the past few months it has been significantly dry. As a matter of fact we have only received 8ml of rain in January and 8ml of rain in February at the time of writing this article. With this in mind make sure your property will be ready in the case of a bush fire and also that you have your Bush Fire Survival Plan up to date. We also recommend downloading the Fires Near Me app to keep you informed if there is a fire in your area.

Glenorie Fire Brigade Needs You

Glenorie Fire Brigade are looking for new members. If you are interested in being part of a great team and a valuable part of the community then we would love to hear from you. Feel free to come along and see what we get up to. The station is open from 2pm every Saturday and 8pm every Monday. There is something for everyone and it would be great to welcome you to our team.

First Aid training

During February Glenorie Members conducted their first aid training and recertification. This is conducted annually to ensure we are up to scratch with all the latest first aid techniques to help better serve our community. As part of the course members are put through a number of scenarios including a staged Motor Vehicle Accident with a number of different challenges.

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

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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
- Sunday Sessions -** every Sunday live acoustic
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HELD AT GLENORIE RSL CLUB MARCH 25TH

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](mailto:Mary.advertising@galstoncommunity.com.au)

Still going strong at 90

Congratulations to Mrs Antoinette Nati who celebrated her 90th birthday with family and friends at the Galston Club on the 2nd February 2018.

Antoinette has lived in Middle Dural on the family property, now Nati Bros Roses, since 1964, raising 6 children, 15 grand children and 21 great grand children, most of which came together to celebrate this wonderful milestone.

Suffering from ill health over the last few months, her eldest grandchild, Judy Lagudi said, "We were all very thankful that she was out of hospital and well enough to enjoy this special night. She is an extremely loved and cherished mother, grandmother and great grandmother." Judy Lagudi (grand daughter)



We are very happy to include in this edition 2 more images of Bernadette's (from Scissor and Comb's) marriage to Alex.



From the archives of the 'one who makes life interesting'

Following on from the money making venture of last month I thought I would share another treasured memory. Although 'Titanic' was probably not the top pick for a 14 year old boy we had little choice because our free tickets were due to expire that day. We arrived early to an almost vacant cinema with only one couple seated. Roly (oops I used his name), eager to find the best position to view the film, proceeded to try out almost all the seats in the cinema. He eventually found his best viewing spot but unfortunately the only other two people in the cinema were seated right in front of the seat he had chosen. As he was not fully formed at this point he was a little short and the couple's heads actually were masking his view. Not to be discouraged or disappointed, to my horror, he tapped the couple on the shoulder and politely (at least he got this part right) asked them if they could please move so that his view would not be impaired. How audacious.... I hope the couple saw the funny side. and yes he moved.

Baby for Brittney and Nathan Mills

Many will know Brittney and Nathan from Agrepair in Middle Dural and be pleased to know that after a 36 hour labour Tony Nathan Mills (at a whopping 4kg) was delivered naturally into the waiting arms of his father Nathan. Being her first baby Brittney was concerned that TJ would arrive on Christmas Day however he wasn't in that much of a hurry and arrived exactly one month later on the 25th of January.

Baby Tony was named after Brittney's stepfather, Tony and is now known as TJ as in Tony Jnr. TJ is the first grandchild of Kerrie and Tony Garay and Marie and Raymond Mills. Everyone is thrilled and already TJ and his parents have settled in to a regular routine where everyone gets some sleep.



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

Engagement

Recently engaged, Adair Moar from Swan Hill and Ian Garemyn of Galston met five years ago at the annual Yellow Box Billy Cart Derby held in the hills behind Sofala. In January, while on holidays at Adair's father's farm in Swan Hill, Ian proposed to Adair presenting her with an sapphire engagement ring which belonged to his cherished Grandmother Ruth Chiswell.

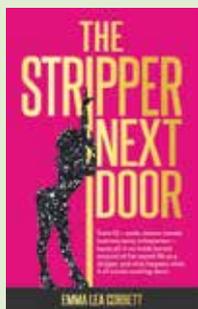


Already it has been a huge year for Adair, engaged in January, admitted as a lawyer to the Supreme Court of NSW and soon to be married and for Ian having the his dream girl say yes.

Family history and roots made it easy for Adair and Ian to choose Corowa in NSW as the location for their wedding. The ceremony will be held at St Mary's Church with festivities and celebrations to follow at 'The Chocolate and Whiskey Factory'. We look forward to seeing the pictures from this April 7th wedding. I hope the sun shines brightly on you both.

The Stripper Next Door ... book releasee

While performing as an exotic dancer, Emma began her Communications degree at university, thus beginning her double life as a university student by day and stripper by night. Despite completing her degree she chose to turn her passion for pole dancing into a career – learning not only about the business of getting naked for money but the importance of following your heart, even if society (or your parents) don't approve.



Emma Lea aka Emma Lea Corbett, and also known by her stage name, Suzie Q, is a former Galston High student and Galston resident who has just released her first book based on her experiences as a stripper. The second chapter of her book was recently featured in the Lifestyle pages of The Sydney Morning Herald and a few days later a warming and insightful interview was broadcast on channel 7's, Morning Show. It is hard to believe this fresh faced, pretty, articulate, and poised girl is a savvy businesswoman at the head of a successful business empire.

'When 17-year-old Emma Lee Corbett auditioned as a stripper, she never dreamed where this exotic world would take her' Look out for her book 'The Stripper Next Door' published by New Holland Publishers which is in print now. You can learn more about Emma and her amazing story in a piece she has written for The Dooral Roundup March Edition.

The Fascination of Frogs

If you ever wonder if frogs live in semi-arid areas, the answer is yes! I have been lucky enough to complete my PhD on the frog communities in the Lachlan Catchment of NSW between 2012-2016. From growing up around the bushy areas of Galston and Glenhaven, it was quite a change. But the flat landscape of the Hay Plains has



its own stunning, beauty. I am now based in Wodonga, Victoria. But I still work with frogs, and other wetland animals, within the Murrumbidgee and Lachlan Catchments. Last year, I was lucky enough to be awarded the Rod Kafer Young Diabetes Ambassador Award. This award recognises young type 1 diabetics for their life achievements, and I was honoured to be considered, and then receive, this award. I am now working with the DANII foundation on trying to raise awareness of continuous glucose monitors within the regional area that I now live. These days I spend a lot of my time in regional towns throughout NSW, but my family still roots me back in Galston and I treasure my visits home. I consider myself lucky to be able to see so much of our beautiful country.

Carmen Amos

World Thinking Day 2018

The Hills Trefoil Guide had a ceremony for World Thinking Day 2018 at the Guide Hall in Castle Hill. Each member was given a hand



made card displaying either a country or a message.

Members took it in turn to read out their card before joining it to the next person's card with ribbon thus forming a chain.

We wore Trefoil scarves from around the world and our Moring tea included English and New Zealand recipes.

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Lining Up for Another Great Year at Arcadia Pony Club

Arcadia Pony Club welcomed back both old members and new at our 2018 registration and rally day on Sunday 4th February. It was great to catch up with friends and ponies after the Christmas break – and it was clear from their bellies that some ponies definitely needed to get back into pony club after some good Christmas grass!

A big thank you to our returning and new Committee members for 2018 Committee, especially to our new president, Julie Parker. Our committee and instructor panel certainly have an exciting year planned at Arcadia Pony Club.

We hold our regular rally days on the first, third and fifth Sunday of each month. Rally days are otherwise known as “training days” where all of our members have the opportunity to train across dressage, jumping (showjumping and jumping equitation), cross country, sporting, mounted games, show riding, eventing and others.

We hold our “closed competitions” throughout the year which are open to our members only – these will be held in the second half of the year to allow our members plenty of time to train. These competitions include combined training/one day events, show riding, dressage, show jumping and sporting.

There are also our Zone level competitions, some of which are hosted by Arcadia Pony Club at our wonderful grounds at the Rural Sports Facility in Galston. These include show jumping, equitation, show riding, one day event, mounted games and team sporting and dressage. And of course we can't wait for our Zone 23 end of year Jamboree in November!

In addition to our training and competitions, our members also appreciate the horsemanship and educational aspects of learning at Arcadia Pony Club. We assist our members in completing their PCA NSW certificate work from our youngest



Knowledge sharing during the lunch break

riders to our senior riders. And we will also be focused on providing an increased number of information talks this year from both instructors and external speakers to provide members and parents with riding and horse care tips and learning opportunities.

Join us in 2018 for fun, friendship and competitions

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

📍 Arcadia Pony meets the first, third and fifth Sunday every month at the Rural Sports Facility in Galston. To find out more about Arcadia Pony Club and to see our instructor profiles, please visit <http://www.arcadiaponyclub.org>



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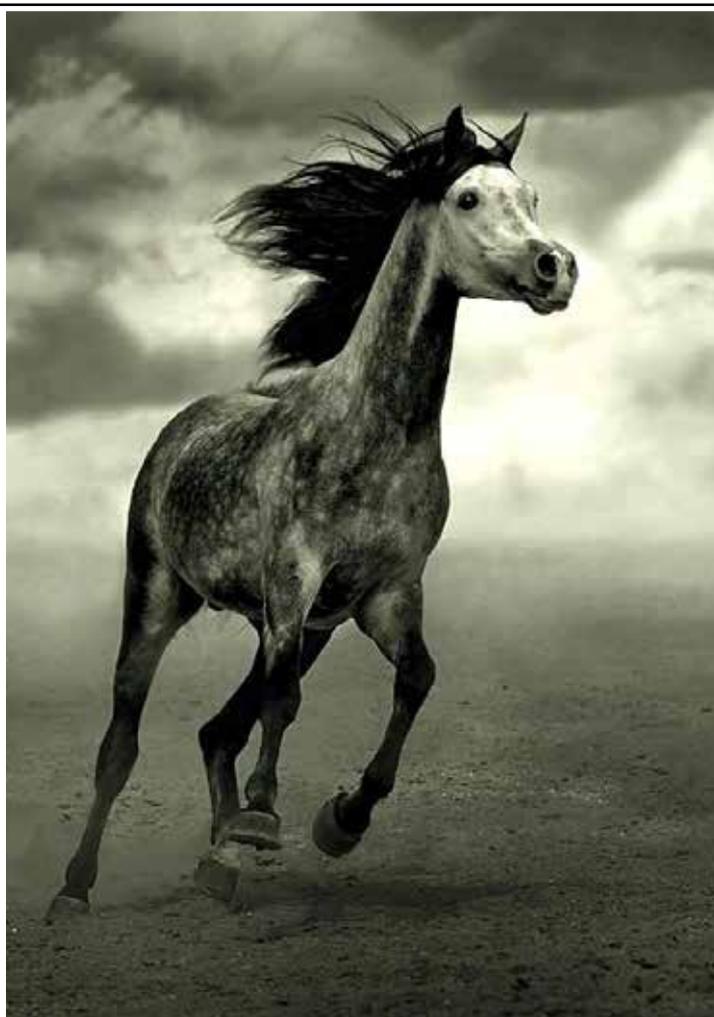
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Galston Equestrian Club - Off to a Great Start!



Riders having fun!

We have started off our very busy year, which will be jam-packed with many varied equine activities, including opportunities to improve our skills and have a lot of enjoyable events to

share with our horses and fellow members!

We had a lovely cool morning for our first event ...A general riding day and Car Boot Sale. There were 30 riders, including lots of brand new members getting their horses used to the grounds and surrounds and they all passed with flying colours - not one spook! Thank you to those who helped put out and pack-up equipment. The car boot sale was a roaring success with many happy shoppers and requests for another car boot sale in winter.

Our first competition for the year is the Members Only Dressage day on **25th February**. We are pleased to announce that our wonderful sponsors Horseland and Coprice NutriRice Feeds are continuing their sponsorship of GEC this year. They will be giving us great prizes once again! Penny Pronin of Equine Euphoria Massage Therapy is sponsoring the Prep classes with an initial consultation prize for each winner, and the rider with the highest point score across the prelim to medium classes, wins an initial consult and follow-up massage. What a great prize to win!

We have many more great events coming up - details on our website...here is a taste.....



A very busy car boot sale!

Upcoming events :

- 6 March** – Midweek Training - Caroline Hooper – flatwork, and Sandy Lucas - Show Jumping
- 11 March** – Training Day – cavaletti with Anne- Katrin Liebe, and flatwork with Celeste Amezeroz.
- 20 March** – Horsemanship with Barbara Anderson
- 25 March** – Working Equitation with Kim Peterson
- 3 April** – Training Day – Flatwork work with Caroline Hooper and Show Jumping with Sandy Lucas
- 8 April** – Dressage and Flatwork training
- 17 April** – Horsemanship with Barbara Anderson

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

Cumberland Plain Landcare Program

Mitchell Park, Cattai and Scheyville National Park Wild Weeding Weekends - March 10 & 11, April 14 & 15

Hawkesbury Landcare Network is partnering with the National Parks and Wildlife Service's Bushcare Program and, Conservation Volunteers Australia for a fun-filled adventure conservation weekend in Mitchell Park, Cattai and Scheyville National Park, Scheyville. These Parks represent lovely aspects of sandstone and clay vegetation, similar to those that can be found across greater Sydney.

The weekend of 10 & 11 March / 14 & 15 April is open to anyone with an interest in the environment, who feels like a FREE weekend away, relatively close to Sydney city. The weekend will be made up of bush regeneration on each Parks most problematic weeds, namely Cats Claw Creeper and African Olive.

But it's not all hard work... we want you to experience the Wild beauty in these Parks too. A guided bush walk will be carried out in the afternoon of the 10th (Mitchell Park), followed by a fully catered dinner and, a spotlight for people to see a Threatened Yellow bellied Glider (photo above), found in the old growth trees of Mitchell Park.

You must be able to attend the entire weekend. Transport is available to and from the nearest train station at the start and end of the weekend. Times for Saturday pickup will be approximately 8am from Windsor Station. The weekend will finish after lunch on the Sunday, so people who need transport will be taken back to the station by 2pm that day.

This weekend is the first of four throughout the months of March, April, May and June 2018 - so if you can't make this

weekend, consider reserving an alternative month. Or, if you enjoy the March weekend so much, come again another month!

This event is facilitated by the Hawkesbury Landcare Network, with support from Greater Sydney Local Land Services and financial assistance by the Federal Government.

For more information, please contact the Hawkesbury Landcare Network's Local Landcare Coordinator Xuela Sledge at landcare@hrcc.nsw.gov.au or Mobile: 0410 616 139. Bookings are essential, as there are limited spots. Register here: <https://bookings.conservationvolunteers.org/project/life-on-the-river-weekend-in-western-sydney>



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Temperatures are high and so is the comfort level of every student at Arcadia Public School. Thanks to our fantastic P&C, every classroom is air conditioned to ensure an optimum learning environment. We are very grateful for the generous funding grant received through Federal member, Mr Julian Leiser MP in Term 4 2017. This has seen the upgrade of classroom roller blinds and the installation of external fixed shade awnings, further allowing us to regulate and enjoy comfortable room temperatures.

2018 is set to be another fabulous year of learning at Arcadia Public School. After the excellent results our students achieved in the Australasian Problem Solving Mathematical Olympiads last year they're looking forward to getting stuck into this year's challenges. The Year 3 and Year 4 robotics program is well underway with construction, collaboration, programming and design high on the agenda.

It is a real pleasure to introduce and congratulate Sophie and Louie, our 2018 School Captains and Jala and William, Vice Captains. They have been sharing their experiences of leadership camp where they participated in leadership training through problem solving and group challenges. Student leadership is a key



APS Captains

attribute of our small school, in a culture where responsibility and personal best are expectations.

Discover Arcadia is your opportunity to see first-hand what makes our unique school an incredible place to learn and thrive. Come along on Tuesday, April 3 at 10am to tour the school and meet Principal, Mrs Sharon O'Brien, students and teachers.

A graphic advertisement for Knox Grammar School bus travel. It features a blue and white bus with a large white cross on its side, parked on a road. In the background, there are trees and a house. In the foreground, three people in school uniforms are walking. The Knox Grammar School logo is in the top left corner.

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Northholm Community Service Project

In December 2017, a group of Northholm students (Years 8-12) and three teachers took part in a Central Australia Community Service Project. This seven day immersion program is designed by Remote Tours and aimed at students looking to make a difference in the local Indigenous community of Lilla.

Students were introduced to the stunning landscape of central Australia and were able to visit significant geological and cultural sites such as Uluru, Kata Tjuta, Kings Canyon, Alice Springs and the Western MacDonnell Ranges.

Students were fascinated by the sheer size, beautiful rock formations and changing colours of these areas, and also learned the important significance these places held for the Aboriginal people.

During this trip, students had an opportunity to develop their understanding and appreciation of our unique Indigenous people and their relationship to the land through participation



in a community service project in Lilla, which is located in the Watarrka National Park. In the native tongue of the Luritja country, Lilla means 'sweet water'. Over several days, Northholm students helped out the local primary school by fixing the outside grounds as well as the interior of the school. It was hot and heavy work, however students persevered through it and gained the opportunity of a lifetime as they had the chance to form relationships with the community, and learn about traditional customs from Keith who was one of the elders of the group. Additionally, students increased their understanding of team work and leadership, improved their cultural awareness and gained a greater understanding of nature and the local community.

Northholm is proud of these students for being part of this

Community Service Project and know they found it rewarding. The School extends a big thank you to teachers, Philip Waldron, Greg Kinch and Jen Woods for attending and helping out on this expedition, as it could not have been done without their assistance. We look forward to taking many more students on trips to Lilla in the future. If anyone would like to donate to the community please visit The Lilla Foundation at www.lillafoundation.org.au.

Galston Public School

By Carole Weiss

The two kindergarten classes of K/1W and KB are settling into school very nicely. They are making a smooth transition into 'BIG' school and many have already made new friends.

An SRC Induction Assembly will be held shortly for the 2018 Student Representative Council leaders who were recently elected. These representatives are keenly looking forward to representing their respective class and also enthusiastically organising many fundraising ventures for this year.

Library Monitors for 2018 have also been chosen. Throughout the year these monitors will undertake a variety of responsible library duties such as caring for library resources and ably assisting our school librarian.

Our School Captains and Vice Captains attended a Hornsby and Dural Network Leadership Camp at Vision Valley. Whilst there they participated in teamwork activities, gained some insights into public speaking and met other student leaders from nearby schools. Overall they had a great time and are looking

forward to drawing on their experiences and knowledge from the camp to assist them in their roles this year.

Positions for Sport House Captains and Vice Captains were keenly applied for and at the annual swimming carnival enthusiastic competitors demonstrated true Galston Public School spirited competition and exemplary sportsmanship. A courageous and determined team will now go to compete at the Beecroft Zone PSSA Swimming Carnival which will be held at Sydney Olympic Park Aquatic Centre, Homebush.



🔗 If you would like to know more about our awesome school please contact the school office (9653 2062) and all your questions will be happily answered.

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News from Galston High School

Welcome to Year 7 BBQ

The Galston High School P&C held their annual Welcome to Year 7 BBQ on the first day of school. Audrey and Miranda were just two of our new students who were excited and nervous to begin the next phase of their education. Friends and siblings from Galston Public School were happy to help them enjoy their first day. The next day they were off on a three day camp!



High Achievers' Assembly



A number of our outstanding Year 12 students from 2017 returned to attend our High Achievers' Assembly so that the school community could celebrate how they were able to 'Achieve Excellence and Inspire Success'. Three students, Chloe Skewes-Weir, Chloe Morrisby and Kianna Munro, then addressed the assembly in relation to how they achieved their outstanding results and how they had all approached

their study their 'own way'. For a copy of their speeches and study hints, please see our newsletter on our webpage.

Year 12 raise money for charity on Valentine's Day

Year 12 enjoyed wooing students on Valentine's Day to raise money for their charity, Royal Rehab in North Ryde. Songs were sung, roses delivered and hearts were fluttering for most of the morning. Congratulations to the students involved who raised nearly four hundred dollars.





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KU Galston Preschool

Welcome back to preschool for 2018! All of the children have settled in well and are enjoying their new preschool routines. It has been lovely to see all of the children so engaged in their play developing relationships with their peers whilst exploring our preschool environment. There has been a keen



interest in gardening with the children helping to compost and plant new seedlings into our vegetable garden, we have planted carrots, cos lettuce and sugar snap peas. The children have been tending to the garden daily, watering and adding worm wee from our worm farm for fertiliser watching it grow daily with warmer weather.

This week we celebrated "Pancake Day" mixing and cooking delicious pancakes and topping them with strawberries and maple syrup-yum! The children helped to measure, mix, chop, cook and serve the pancakes developing mathematic skills, co-operation and self-help using tongs whilst they wait ever so patiently for their turn.

Next term we look forward to welcoming back the local playgroup for our "Stay and Play" sessions where the local playgroups are invited to spend the morning at preschool. Last year this was an enormous success, helping those too young to commence preschool to spend time getting to know our preschool environment and routines. This helped to make their transition to preschool an easy one.

📍 If you would like further information about our community preschool please visit or contact our director Rebecca Onslow on 9653-2252 or at ku.galston@ku.com.au.

Arcadia Playgroup



Arcadia Playgroup commenced 2018 with a crafty celebration of the Chinese New Year using red cups, straws, string and trusty crepe paper to make Red Dragon Puppets which swung in the breeze on tree branches beautifully! At Arcadia Playgroup, we celebrate cultural diversity, and are very lucky to have been able to provide an environment where mutually beneficial relationships form between a diverse range of families within our local community. Of course, our playgroup calendar also has a strong focus on Australian cultural traditions with ANZAC Day, NAIDOC week and other annual activities and events featuring in our crafty creations!

📍 For more information on Arcadia Playgroup, contact Dale Carn on 0410532562.

[A parent forum]

Managing challenging behaviours with teens in the family



Wednesday, 14 March 2018 | 6:30–9pm
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Developed and presented by the Hills Domestic Violence Network
Further Information: 0408 705 848 | hillsparentforum@gmail.com



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Register online hillsgrammar.nsw.edu.au/openday

News from UnitingCare Galston Early Learning Centre



February has been an inspiring, productive and motivating month for the team here at Galston Early Learning! We have had great opportunities to connect with our outer community through many different events including a Grandparent reading

session, a working bee with our families and an excursion to the local vet.

On the 1st of February, Galston Early Learning Centre invited our grandparents to come in and read their favourite children stories to their grandchildren. The children and educators all had a fun morning connecting with the grandparents and listening to wide range of children stories. On behalf of all the staff here at Galston, we would like to say a big thank you to all our grandparents that came and shared their stories with us and we hope to re-connect with you all in the near future!

Later on in the month we organised a working bee to work on our physical environment. We had so many families and educators who gave up their Saturday morning to help us with the renewing of the sand for our sandpit, weeding/mulching the gardens and sorting out our library. Thank you to all the families and educators who came to help and I would like to make a special mention to 'Langlands Landscape Supplies' for providing their trucks to use and for 'Belle Property' for the catering on the day!

Finally the children were very excited to take our pet guineapigs Honey and Peppa to Galston Vet Clinic to have their nails trimmed. We were greeted by our bus driver Paul Udy and after boarding the bus and choosing our seats we made sure that we all had our seat belts buckled. When we arrived at the clinic we met Sandy who is the vet, Amy the vet nurse and Rocky the helper dog. Sandy showed us the proper way to hold guineapigs so that they are safe. Sandy explained that guineapigs need to get their nails trimmed when they are too long and that she would clip of the little white tip on the top of their nails which will stop them from scratching. This excursion was a lovely



way to connect with our outer community and on behalf of Galston Early Learning Centre we would like to thank the Galston Vet Clinic for taking some time to show us around their clinic.

Over the upcoming months we would like to continue to build these partnerships with our local community, to further develop the children's sense of identity.

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

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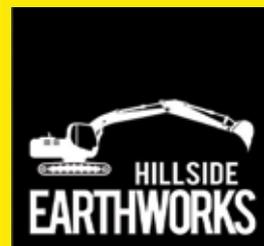


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Warrah Special School's New Sensory Playground Stimulates the Senses

Over the school summer holidays a wonderful new nature-based sensory playground has been built in the grounds of Warrah Special School.

Principal Jan Fowler said the sensory playground "provides a place that stimulates and promotes activity and socialisation for our students with special needs".

Designed by Edible Kids Gardens, the new playground features a boulder-lined creek as its centrepiece, a sandpit surrounded by natural sandstone, stepping stone paths and a wheelchair accessible boardwalk with an overhead tunnel-trellis, which leads to a hand pump for splashing water down the creek.

"The space has been filled with over 100 native sensory trees, shrubs and grasses which change through the seasons," said Steve Webb from Edible Kids' Gardens.

The playground stimulates the five senses and facilitates sensory integration, which is especially important for children with autism and other special needs. It can also calm children by helping them work through anxiety and frustration and provides them with safe and natural space to be with themselves if needed.



Warrah students enjoying the new sensory playground

Ms Fowler explained that the new playground will provide an engaging and hands on learning and recreational space for students to explore and stimulate their imagination and build core strength.

The idea for the playground was put forward by a school family, who had their backyard transformed by Edible Kids' Gardens for their autistic son, who has been attending Warrah's Special School since he was 6 years old. Seeing the benefits for their son and his brothers led them to generously donate a significant sum to spearhead the project. This has been supplemented by funds raised through our Christmas Appeal.

Ms Fowler said she is delighted with the positive feedback from students and parents, and is looking forward to seeing the garden flourish and enhancing the playground with more sensory elements over time.

For a tour of the school please contact Jan Fowler (Principal) on 0419 166 050.

About Warrah Special School

Warrah Special School, founded in 1969, is a co-educational and non-denominational school based at Dural. As a registered Special School, Warrah offers high quality, individualised education for students with intellectual or developmental disability, from Kindergarten to Year 12. The school is located on a campus of 12 hectares in a beautiful bushland setting and offers Life Skills, Farming and Gardening to complement the academic work in the 6 Key Learning Areas.

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Stay Tuned Sings Oz Favourites

By Liz Pellinkhof

Local Dural Choir, Stay Tuned, selected a great set of tunes for the Australia Day celebrations at Bella Vista Farm this year. Dressed in their traditional greens



with a splash of gold for the big day, the crowd enjoyed rocking along to the strains of *Steer* by Missy Higgins, *Throw Your Arms* by Hunters and Collectors and *Love is in the Air* in honour of legendary Aussie songwriter George Young who passed away this year.

The choir also added honorary Aussies, Crowded House to the collection with the all-time favourite *Weather with You*.

Choir leader, Suze Pratten commented, 'We really enjoyed singing these songs at Bella Vista on Australia Day - it was great to have a chance to celebrate Australian music in this way. Now in its fifth year our friendly and fun-loving choir welcomes anyone who loves to sing.'

Stay Tuned Choir meets in Dural on every Tuesday during the school term - no audition necessary, all welcome. Come and join in the fun!

Contact: suzepratten@gmail.com

Making Art From Trash Will Win You Cash

Hornsby Shire Council's much-loved Re-magine competition is on again, with \$10,000 in prize money on offer to people who turn everyday items into works of art.

"The purpose of Re-magine is to prove that there is far more to recycling than putting your rubbish in the correct bin," Hornsby Shire Mayor Philip Ruddock said.

"Every year it's fascinating to see beautiful works of art created from items that were otherwise destined for landfill."

Artists have until Monday 9 April to submit their entry, which must be made from recovered waste products and materials.

Categories include:

- 3D Sculpture Art
- Mixed Media Art
- Wearable/Functional Art
- Young Creatives (people up to 24 years old)
- Junior Creatives (people up to 12 years old)



Last year's winning entry by Sandra Wilson: Key to Knowledge.

Re-magine is possible thanks to the support of Cleanaway and Hornsby Art Society.

Visit hornsby.nsw.gov.au/remagine for more information.



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The Galston Concerts

Following The Galston Concerts series curtain raiser on 25 February, we offer a special bonus concert starting **2pm Sunday 8 April**, Galston Uniting Church, 11 School Road, Galston, featuring prize-winning **Young Performers** – organist, cellist and (in a Galston ‘first’) saxophonist plus likely other ‘colours’ new to our concerts - music of the great J S Bach and Telemann from the Baroque, some Australian contrasts and a few surprises.

This is a free concert to subscription series ticket holders. Tickets to this single 8 April concert will also be available at the discount rate of \$25 Adult, \$20 Senior, Free HS/Uni Free, Free 0-12 Children – on www.trybooking.com (search Galston) and at the Church on the day.

Should you require further information, please do not hesitate to contact Helen Jordan, Promotions Coordinator for The Galston Concerts Management Team, on 9653 2079 or 0425 339 841.

Pigment Lab — An introduction to new brands of paints - Wednesday 4th April

Pigment Lab will be demonstrating the latest in watercolour, acrylic and oil paints that have just hit the market, some of which are not available elsewhere in Australia. They sell high quality paints that are often not as expensive as other well-known brands, along with a full range of artists’ needs.

Join us at Castle Hill Art Society’s monthly meetings 7.30pm at Castle Glen Community Centre, 155 Ridgeway Drive, Castle Hill – visitors welcome. Enquiries 9899 3179 | www.castlehillartsociety.org.au

Choices! Choices!

Every day we are confronted by activities and situations requiring us to make a choice.

Do you stand in front of the refrigerator at the supermarket, staring at all the different kinds of milk on the shelves? Do you pause, thinking ‘Maybe I should try almond milk? Mmm... then there’s soy, coconut, full cream, light, skim, A2???’ The list is endless!



Some choices affect our daily lives while others can affect us for many years; for example, complicated choices - like where to live or which job to take.

God speaks to us about our choices too. He tells us in the bible in John 3:16-17 “For God so loved the world (us) that He gave His only Son, that whoever believes in Him will not perish but have eternal life. For God did not send His Son to condemn the world (us) but that we would be saved through Him.”

Everyone makes mistakes, called sin and Jesus asks us to choose God’s way of living our lives. His way brings hope, peace and eternal life.

Can your choice echo what Joshua said in the bible, “As for me and my house, we will serve the Lord.”

God bless.

Pr. Alex and Dee Valich

Glenorie Community Church

www.glenoriecommunitychurch.com.au

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Glenorie Mission Church

Are you happy to accept again that Easter is no more than an occasion to give the kids chocolate eggs and wish one another, 'Happy Easter'? That's it, nothing more, easy to deal with, nothing too difficult to think about, even a little time off work, everyone's happy. It's all a little warm and fuzzy, just enough to put us to sleep, just enough to deflect a question from an enquiring child. What's the harm? You say!

Let us wake up and start telling our children what Easter is really about. Let's start looking at the hard questions. Who was Jesus Christ? What was his life all about? What was his message? Why did he have to die the way he did? What is Christianity all about? Let's start asking ourselves where we stand. Let's pause and reflect on the real meaning of Easter, the life, death and resurrection of Jesus Christ.

Jesus was crucified by the Romans on a hill outside the city of Jerusalem a little over 2000 years ago. He was beaten and whipped until he was close to death. He had a crown of thorns placed upon his head. The soldiers and the people mocked him and spat on him. They nailed his hands and feet to a crude wooden cross and lifted him up to slowly die. We remember Jesus Christ's death on Easter Friday.

Jesus died and his tortured body was placed in a tomb. His followers were dispersed and confused. On the third day he overcame death and rose again. There were many witnesses to this fact! On Easter Sunday we remember and give thanks for his resurrection.

Why is this all so important? Jesus, God's only Son, was perfect, without sin. At the cross God placed mankind's sin and the punishment which that sin deserved upon Him. Yes, the punishment our sin deserves was taken by Jesus Christ. Through Him we can obtain forgiveness, be cleansed and reconciled to God.

"For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish but have everlasting life." John 3:16.

Join us at Glenorie Mission Church, 1409 Old Northern Rd, Glenorie:

Good Friday's Service	9 a.m
Sunday Service	10 am
Bible Study	7 pm (light meal included) Tuesdays

When Things are Not as They Seem

The battle of Waterloo in 1815 ended in one of the most decisive victories in history and signalled the end of the military career of the brilliant French leader Napoleon Bonaparte, but the outcome was in doubt right up to the last moments of the battle. The British commander of the victorious multinational army, the Duke of Wellington, described the outcome as "the nearest-run thing you ever saw in your life".

After his close-run and hard-fought victory, Wellington made arrangements for the news of Napoleon's defeat to be conveyed to his political masters in London. A series of stations, one within sight of the next, was set up to send a coded message back to England.

The first part of the message – 'Wellington defeated' – got through. But then the fog came down and the signallers at the stations could not see each other. And so for a few hours all that the British government heard and knew was the terrible news that Wellington had been defeated by Napoleon at Waterloo.

After a few hours, however, the fog lifted and the rest of the message got through: 'Wellington defeated Napoleon at Waterloo'.

Things are not always the way they appear to be. When Jesus died the horrible death of crucifixion on a hill outside Jerusalem nearly 2,000 years ago, he seemed to be a broken and beaten figure. When he cried out, "It is finished!" (John 19:30), just before he died, it looked as if he had lost. That is how things seemed, but the reality was actually very different. On Good Friday the news headline appeared to be 'Christ defeated!', but then the darkness cleared and the whole message got through on the morning of Easter Sunday: 'Christ defeated the Devil at Calvary!'.

That is the wonderful message of Easter. Jesus did not die as a pathetic victim but as a powerful victor. He rose from the dead and He lives today, and each one of us can enjoy and receive

continue on page 49

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- Romans 15:13*

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Why I hate religion

By Corri Bryne, Pastor

In January at Hillslife Church we tried to shake it up a bit ... look at what we are doing and why.

Ever considered what church was like, before there was church. After all, Jesus wasn't a Christian! He was Jewish, he attended synagogue.

So why do we get so caught up in the rituals, routines and rules of religion; when Jesus didn't even attend church (though he did attend synagogue every Saturday).

For me, religion is blindly following the rules and routines as if we were singing karaoke. Arrive, shake greeters hand, follow the words on screen while we sing a few songs, listen to prayers, listen to bible readings and message, might sing again and finish with tea and coffee ... wait a week then repeat.

If that sounds like church to you ... then you've got it all wrong!

“Woe to you, scribes and Pharisees, hypocrites! For you shut the kingdom of heaven in people’s faces. For you neither enter yourselves nor allow those who would enter to go in.”

Matthew 23:13-14

If your view of Christianity has been tainted by church ... I'm sorry. If your view of God has been obscured by rituals and routines ... I'm sorry. If your faith is measured by your actions and what you can do or give ... I'm sorry.

I'm sorry if you have been led astray by false teaching or a lack of knowledge.

For God is love. The gospel is good news ... and when you enter into a real relationship with Jesus, with the Father and with the Holy Spirit, then you are promised the fruits of that relationship.

You will be filled with love, joy and peace, with patience, kindness and goodness, and gentleness, faithfulness and self-control.

You can have a true experience of deep love, real joy and inner peace here and now when you encounter God the Father.

It's not church, it's not religion, it's not how many scriptures you quote or how much you can give.

It is simply entering a relationship with the creator. He so desires to connect with you and share His love and His gifts – yet is humble enough to allow it to be your choice.

Don't settle for karaoke, faith without power, a religious life full of rituals and routines. Rather seek a relationship with Jesus and the joy it brings.



continued from page 48

the blessings and assurance of his victory. Jesus is alive today, and all of us can experience a personal friendship with Him. As the writer of Hebrews puts it, “Therefore He is able to save completely those who come to God through Him, because He always lives to intercede for them” (Hebrews 7:25). His death and resurrection give us purpose for today and hope for tomorrow, and that is good news indeed.

May you enjoy a blessed Easter, and may you experience the wonder of knowing the risen Jesus as your Saviour and Friend.

*Pastor David McKibben
Galston Seventh-day Adventist Church*

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The pleasure of wildlife

By Barry Lees

My wife and I live on 5 acres with a lot of bush. We

regularly see wallabies, goannas, skinks, water dragons, diamond pythons, possums, bandicoots, many small birds, brown doves, wonga pigeons, peaceful doves, king parrots, crimson rosellas, yellow tail black cockatoos, glossy black cockatoos, occasional echidnas. We don't see any noisy miners or India mynas. We have a few ponds with dragon flies and many bugs in and on the water. On some nights, the frog noise is deafening.

We love all this wildlife and the entertainment it provides. There are continual surprises. We saw a mother wallaby with a tiny head looking out of her pouch. We saw it later, with more fur. Mum was eating leaves from a shrub while bub leaned out and nibbled on the lower leaves. A month on, we saw bub on the ground, all legs and tail, wobbling along trying to control these long appendages. When they saw us, bub leapt into mum's pouch, leaving bits sticking out. As bub grew, they ate together, bub never more than a metre from mum. Last week, we saw bub alone, now about 40cm high, exploring the bush, nibbling everything.

We saw a big goanna climbing a tree, probably looking for eggs in a nest. A white cockatoo attacked the goanna,



screeching loudly, to stop it climbing. It hung on upside-down, trying to bite the goanna's head. In reply, the goanna tried to grab the cockatoo in its mouth. The cockatoo then flew underneath and tried to bite its tail. The goanna swung its tail violently, to swat the cockatoo. The noise and action went for half an hour, when the goanna came down the tree and the cockatoo flew away.

I backed down the drive recently, towards a water dragon, standing dead still, looking at my approaching car. I slowed, then stopped when the rear tyre was 50cm away. I got out slowly and quietly explained the consequences if he did not move. He listened intently, with small movements of his head. As I stood up there was a blur and he was off through the bush at high speed. I like to think it was a lizard playing chicken, with his mates looking on seeing who would win the bet.

Many people clear the shrubs from their land, and then spend many hours mowing the grass. That's their choice, but it creates a biological desert. With the joy, entertainment and endless learning on offer from wildlife, I struggle to understand why they would choose the ride-on mower.

📞 If you would like to know more, contact us at Still Creek Landcare on www.stillcreeklandcare.com.au

Bromeliad Society of Australia

Guest Speaker For March - Cancer Council NSW - Malcolm Smith Volunteer

At the next meeting of the Bromeliad Society of Australia being held on Saturday, 17 March at the George Bell Pavilion, Castle Hill Showground, Castle Hill the guest speaker will be Malcolm Smith, Volunteer with the Cancer Council of NSW - GWS.

Sale of plants from 11am with the meeting commencing at 12noon and everyone is welcome.

Mal has a background in education, National Service and the pharmaceutical industry and with a number of friends and relatives including his wife impacted by cancer he is keen to communicate his knowledge about how to prevent cancers and how the Cancer Council can assist the community.

📞 Contact Ian Hook - mobile 0408202269, email: ianhook1@bigpond.com Website: www.bromeliad.org.au

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Galston Garden Club



Our first night back was a night of cheers as well as tears, as we held our AGM & then General meeting. We are immensely proud of our Patron & club member Judy Horton who was awarded an OAM for her contribution to gardening. To an enthusiastic round of applause Judy was presented with a lovely bunch of flowers by outgoing President Mark Sutherland-Harris. We also warmly thanked & farewelled our President Mark as he stepped down as President. Our constitution only allows Executive members to serve in a position for a maximum of three years. Mark has been a popular, hardworking & dedicated president & while we are sad to see him step aside, we also warmly welcomed Sue Montgomery as our new President.

It was also a night tinged with sadness as we farewelled one of the original members of the Galston Garden Club. Barbie & Geoff have been members of the club since its inception in 1983, as well as holding almost every executive position; they have been enthusiastic members throughout their time with us. However coastal life & Narrabeen beckons, we presented a tearful Barbie with a large bunch of flowers and we wished them well in their new home.

And soon matters turned to business as we welcomed new members & visitors, introduced the new look Executive & Social Committee. Our guest speaker for the evening was our Patron Judy Horton and she took us on a pictorial tour around Tasmania. As a Guide for Botanica Tours, Judy had many tales to tell of these stunning homes & gardens, many that have had continuous family occupation or association. Tasmania is such a beautiful place to visit & travel through & Judy whetted our appetite.

The Open Gardens committee is already starting to make preliminary preparations for this years Open Gardens Weekend, so save the dates of 19th, 20th & 21st October. Are you a garden owner who would like to be a part of the Open Gardens weekend or do you know someone that has a garden & might be interested in being part of our Open Gardens weekend? The Garden Committee is always looking for new gardens to maintain the variety of differently styled gardens on the weekend. All money raised on the day goes towards a number of charities and in 2017 we were able to assist 31 charities with donations. Please contact Bill Fleming our Open Gardens Convenor on 96532394 or email: wfleming@primusonline.com.au if you would like to be a part of this wonderful event.

We hope to see you at one of our club meetings & to join us for another happy gardening year.

📍 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



Barbie with her farewell floral arrangement

Rainfall Chart



Rainfall recorded period
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- * Lucerne Mulch
- * Sandstone flagging
- * Sandstone ballast
- * 2nd hand Common bricks
- * Extruded bricks

Renovation Records Due to Skyrocket

Are lifestyle television shows now part of our reality? With so many reality tv programs circulating showing us how to rebuild, redesign, retille, repaint and regrow; it's any wonder that homeowners are set to spend an unprecedented amount on renovating their Australian dream.

Many of the homes in the local area are about to mark a 30-35 year milestone and this vast number of ageing detached homes are therefore in need of a makeover. According to a local real estate agent, "this accounts for the surge in renovation activity and homeowners requesting advice on timeless spruce ups which are cost effective and expected to yield a good return when the time comes to sell the home. A surge in renovations will see local trades in our area picking up local renovation projects. Our area has so many tradespeople therefore keeping these renovation jobs in our local community is hugely beneficial.



Kitchen Before



Kitchen After



Veranda Before



Veranda After

"A surge in renovations and will see local trades in our area picking up local renovation projects. Our area has so many tradespeople therefore keeping these renovation jobs in our local community is hugely beneficial," a local real estate agent stated.

Consistent with these DIY observations is the forecast from the Master Builder Association (MBA) expecting a boom in the sector to create a \$44 billion industry by 2023. This is broken down to

an annual \$8.8billion annually for the next five years, up from last year's decade high record of \$8.3billion.

With the renovation hype about to take hold, it is crucial to remember if the budget is limited, not only do bathrooms and kitchens sell homes, but so do neutral tones and timeless designs. The key to renovating is to seek advice from a trusted professional prior to undertaking the project and make sure you do not overcapitalise and your renovation doesn't outdo the market value of the home.



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The Sydney Hills Branch of the Association of Independent Retirees

Friday 2nd March, 2018 at 10.45 am

Beecroft Presbyterian Church Hall, Welham Street Beecroft

Considering retirement, in the near future, COME ALONG & Make New Friends!

We welcome early retirees and Baby Boomers, who are looking to become involved in new interests. While keeping abreast of the changes which are likely to affect you and your income in the future. We need to work together for a better future in retirement.

Speaker: From H&R Block, Baulkham Hills

Contact: Lauris Rennie 9634 1186

Red Cross, Castle Hill Branch

Friday, 9th March at 9.30a.m.

Room 1, Castle Glen, 157 Ridgescrop Drive, Knightsbridge, Castle Hill

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

Red Cross, Castle Hill members will be collecting for "Red Cross Calling" during the month of March at the following Centres - Winston Hills Mall, Dural Mall, Bunning's, Castle Hill, and Bunning's, Dural. Please support our Voluntary Collectors, who will be pleased to supply a receipt for your Donation.

Contact: 8850 7056

Probus Club of Round Corner

Monday 12th March at 9.30 for 10am

Galston Club, 21-25 Arcadia Road, Galston 2159

Following our meeting at 10am we will hold our AGM from 11.15am. There will be no speaker this month.

Contact: Secretary 0439 072 218 / PO Box 822 Round Corner 2158

Jazz at Pines

18th March at 12.30pm to 4pm

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

Feature Greg Poppleton & the Bakelite Broadcasters. Tables can be booked for groups and individuals or simply turn up on the day with your chair, picnic rug and eskie, there is plenty of room.

Cost: Tickets \$20 adults and \$15 concessions.

Book online at www.jazzatthepines.org.au or email info@jazzatthepines.org.au

Dural Galston Probus Club

Thursday of every month at 10am

The Galston Club, 21-25 Arcadia Road, Galston

The AGM is on 15th March and will be followed by lunch at Galston Club. 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

Galston VIEW Club

Wednesday 28th March, 2018 at 11am

Dural Country Club

The Galston VIEW Club which raises money to support The Smith Family's Learning for Life program will celebrate its 26th birthday with a Gala Luncheon. The colour theme for the day will be green and gold. Vocalist Lisa Budin will entertain with great music. Visitors are always welcome.

Contact: Bookings Vivien 98941189

Bushwalk

Walk & discover The Hills

These FREE walks are suitable for all ages.

They require participants to be able to walk for two hours and negotiate uneven bush tracks.

There are usually no toilet facilities on the walks.

Breakfast with the Birds

Fred Cateson Reserve, Castle Hill

Sunday 11 March | 8am—10.30am

Bookings required before Thursday 8 March, to assist with catering.

The old scribbly gums and dense under storey plants in Fred Cateson Reserve provide homes for many birds which are seen in our local gardens. Such a variety of habitats in a small area ensures that we will see many bird species on this early morning walk. Enjoy a hearty country breakfast after the walk.

Note: this walk is not suitable for children under 12.

Darling Mills Creek Waterfall Walk

Richard Webb and Bidjigal Reserves, West Pennant Hills

Saturday 17 March | 10.00am—Midday

Explore one of the most important tributaries of the Parramatta River. This rugged and beautiful walk will take you through a Blue Gum High Forest, a sandstone gully and ridge.

Note: this walk includes a steep ascent and descent.

Night Walk Small's Creek

Kellyville

Friday 23 March | 7.30pm—9.30pm

Experience the sights and sounds of the bush after dark along one of Kellyville's bushland corridors. Gliders and possums live in this valley and we may be lucky enough to see some on this walk. This walk is on paved paths with an easy gradient.

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Email: boronia.jf@gmail.com

Meeting

The exact meeting place will be advised at the time of booking.

Wear

Wear comfortable shoes, a hat, sunglasses and sunscreen.

For night time walks wear warm clothes and mosquito repellent.

Bring

Bring a drink. For night time walks bring a torch and for bird watching walks bring binoculars. Always bring your camera.

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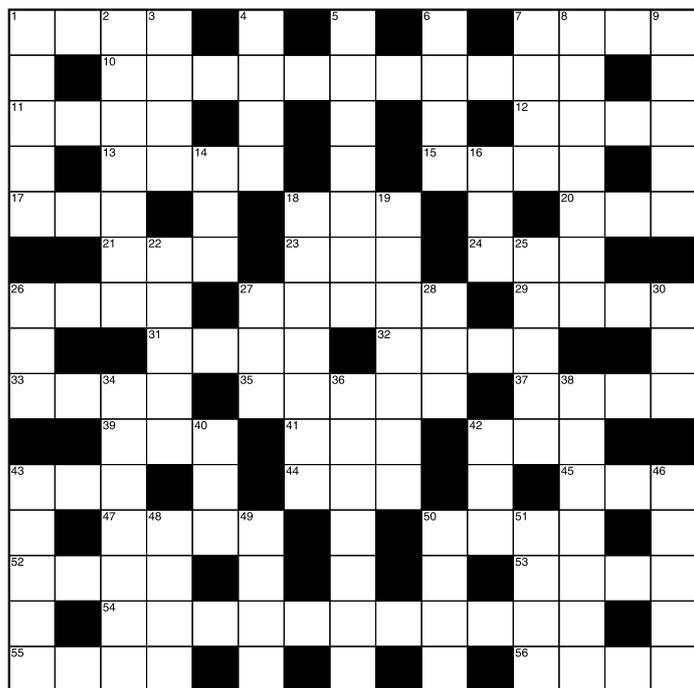
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Puzzles



ACROSS

- Listen to
- Hair-wave treatment
- Stealthy thieves (3,8)
- Damage
- Europe's tallest volcano
- Elects
- Eyelid inflammation
- Crowd
- Head of wheat
- CD brand (1,1,1)
- Battery size (1,1,1)
- One-spot card
- Author, ... Clancy
- Vehicle
- Baker's stock-in-trade
- Italian sparkling wine
- Actor, ... O'Neal
- Pucker
- Dagger handle
- Take (test) again
- Hindu sect, ... Krishna
- Ooh & ...
- Father's boy
- Computer key
- U-boat
- Yank
- Olympic Games body (1,1,1)
- Plough animals
- Former US president, Gerald ...
- Gloomy
- Screens on TV
- X-ray specialist
- Chuck
- Overblown publicity

DOWN

- Boring (2-3)
- Circus tumbler
- Sloped walkway
- Curved-bill wading bird
- Prelude
- Sadly
- Intended victim
- Values highly
- Florida resort
- Liqueur, ... Maria
- Explosive compound (1,1,1)
- Sincere
- Gathering (crops)
- Major blood vessel
- Vows
- Cigar dust
- Sandy ridge across estuary
- Mark, polka ...
- I have (1'2)
- Toils
- French egg dish
- Sourness
- Fuss, ... & cry
- Self-image
- Love at first ...
- Indian social order
- Yuletide
- Fix with hammer
- Seedy fruit
- Spate (of)

Answer from February Issue



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

GLENORIE

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

ARCADIA

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

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

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

DURAL/GALSTON

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

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

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

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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:

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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	
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There will be a JP at Dural Library Wednesdays between 1pm and 3pm.

Community Contacts

Avicultural Society of NSW Inc. Welcomes persons interested in Aviculture (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. Inquiries Denis 9629 2645 or Maurice 9654 2138.

Dural and Districts Senior Citizens' Club Come along on any Wednesday at 11.00am to Dural Country Club to enjoy good fellowship with other senior citizens. Some play indoor bowls - beginners included - while others play Bingo and enjoy the prizes. Stay for lunch! For further information please call on 0417 99 5507 after hours.

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

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

Dural Mens Shed meets at Dural Sport and Leisure Centre corner Pellitt Lane and Kenthurst Rd each Thursday and Saturday from 9am. Woodwork and Metalwork/Welding facilities. Enquiries Chris Thomas 0402478498. www.duralmensshed.org

Friends of Fagan Park Volunteer group actively preserving the remarkable rural history of Hornsby Shire. The Friends meet every Tuesday from 9am to 4pm maintaining historic Netherby Cottage and its garden and also restoring farm machinery and implements to working order. Members of the public and new friends are always welcome! Open days are the 2nd Sunday of each month, 1.30pm to 4.00pm, and other special occasions. Contact Ian Browning, M: 0419 435 475 E: 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.glenories.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 oriented 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 Carlingsford Court Shopping Centre on Tuesdays from 1100 am to 0100 pm, JPs are also at Hornsby, Pennant Hills, and Epping Libraries on some days. Check with Library before attending.

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

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

Pennant Hills Photographic Club meets on the 1st, 3rd, and 5th Mondays each month at 8pm in the Uniting Church Hall cnr Boundary Rd and Bellamy St, Pennant Hills. www.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 1.00pm. OVER 55's for seniors 2nd Monday of each month from 10am to 12noon. Other groups of interest:- Men's Choir, Ladies Choir. For all enquiries, please call the church office on 9653 2039. 11 School Road Galston or visit www.galstonunitingchurch.com

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

Glenorie Community Church Pentecostal and Evangelical - meets every Sunday at 10.00am. Ladies meeting at 10.30am last Tuesday of every month. All welcome. 1507 Old Northern Road, Glenorie. Pr Valich - Phone 0420 603 989 Church 9652 0577.

Glenorie Mission Church Sunday Service 10 am. 1409 Old Northern Road (Cnr Muscios Rd), Glenorie. Enquiries 9652 1203 / 0404 144 612.

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

St. Benedict's Catholic Church Arcadia Mass at the Monastery, 121 Arcadia Rd, Arcadia, at 7am every morning. Mass at the Parish Centre, Ph. 9653-2312. Corner Fagans Rd and Arcadia Rd. 7pm Saturday, 9am Sunday Parish Priest: Fr Bernard 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. Jukes Anglican Service Times: 8am Traditional; 10am Contemporary with Sunday Kids & Yr 5-9 Teen group; 6pm Evening church for youth & parents. 'Epic' kids club and Youth Group - Fridays (see website for details). Galston & Old Northern Roads, Dural. Phone: 9651-1119

St Madeleine's Catholic Church 28 Annangrove rd, Kenthurst. Mass times Mon-Fri 9.15am Sat 5.30pm Sun 8am, 10am and 5.30pm

LOCAL SPORTS ASSOCIATIONS

Dural Country Club Bowling Clubs New members are welcome. Free lessons are available to men and women wishing to learn lawn bowls and meet a new social network. Ring 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 BBQs. 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://dural.rugby.net.com.au.

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

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

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

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

Galston Netball Club All enquiries to secretary galstonnetballclub@hotmail.com or visit the website www.galstonnsw.netball.com.au

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

Hills AUSSI Masters Swimming Club meets at Galston Aquatic Centre on Galston Road on Tuesdays at 7.30pm. Whether you want to swim laps, compete in competitions, or just have fun, fitness and friendship Ring Di on 9652 1215.

Hills Hawks Soccer Club For season details and registrations call Michael Rosier on 0418 676 768 or agmsnsw@bigpond.com.

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

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

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

Tennis / Squash Social Group looking for new players. Call Karen 0412 485 411 or email tennisandsquash@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 hillsladies.tennis.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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