

Galston, Glenorie & Hills Rural COMMUNITY NEWS

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JUNE 2017

New Bar Proposed at Round Corner



The Colosmo family, who run the Australian Hotel and Brewery, Hillside Hotel, and the Bella Vista Hotel, have submitted plans for a new pub called The Hop House. The property is located at 1 Kenthurst Road, which is just behind the Caltex Service Station at Round Corner.

The application is for a single story building housing a maximum of 150 patrons and 19 car spaces. The plans show a dining area,

gaming room, bar area and courtyard. The kitchen holds a smoke house where onsite smoke meats will be produced. The proposed trading hours are 7am to midnight Monday to Saturday and 7am to 10pm on Sundays.

The application is being determined by Hills Shire Council. Application No. 1441/2017/HA. Due to concerns raised by residents, a conciliation meeting will be held at Hills Shire Council chambers.



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Local Team to take on the inaugural 60km Sunshine Coastrek in aid of the Fred Hollows Foundation

Dural and Glenorie residents (pictured right) Cathy Rawnsley, Mel Luksich, Paul Payton and Caroline Payton will attempt to hike the first Sunshine Coastrek from Caloundra to Noosa on the 28th July in an effort to raise money to give the gift of sight to the needlessly blind. It's a grueling 60km, much of it walking for long periods along soft sand beaches, and it will start and finish in the dark. They expect it to take them at least 14 hours to complete, though that depends on how many stops they need to change socks and dress blisters!



Every team taking part in Coastrek pledges to raise money for the Fred Hollows Foundation, so Team Thermatech has organized a fantastic raffle. First prize is a \$600 Voucher from **Compass Travel Galston** donated by **The Bendigo Bank Galston**. Other prizes include a 6 months Gym Membership at **Resolution Fitness for Life** in Dural, an iPad, a Thermatech Soft Shell Jacket, Eddy Finn Ukulele packs and Mumm champagne.

Anyone wishing to help their efforts and make a donation can do so on-line by going to Sunshine.Coastrek.com.au and searching for Team Thermatech. Or if you'd like to purchase raffle tickets, please go to eventbrite.com.au and search Team Thermatech Sunshine Coastrek Raffle. \$25 can restore someone's sight.

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Local P Plate Driver Faces Court

A P-plate driver will face court next month on drink driving and dangerous driving charges after an incident in Galston. Just before 1am on Saturday 13 May 2017, emergency services were called to The Galston Club, Arcadia Road, Galston, following reports a man had become trapped under a car. Initial inquiries suggest a 26-year-old man jumped onto the bonnet of the car, which was being driven by a 23-year-old man, before sliding off and becoming stuck under the vehicle. The 26-year-old man was treated at for a broken leg at the scene, before being taken to Westmead Hospital in a stable condition.

Officers attached to Kuring Gai Local Area Command, spoke to the p-plate driver of the car. He was subjected to a breath analysis, which returned a positive reading. A subsequent breath analysis returned an alleged reading of 0.152 The 23-year-old man was arrested and taken to Hornsby Police Station where he was charged with aggravated dangerous driving occasioning grievous bodily harm, driving with a high range PCA and dangerous driving occasioning grievous bodily whilst under the influence.

He was granted conditional bail to appear at Hornsby Local Court on 8 June 2017. Crash Investigation Unit is continuing to investigate the circumstances surrounding the incident, and further charges are expected to be laid.

Rainfall Chart



Rainfall recorded Galston period
17/04/2017 to 15/05/2017 is 41.5mm

Letter to the Editor

Thank you for supporting World's Greatest Shave

On behalf of the Leukaemia Foundation, I would like to say a big thank you to readers for their incredible support of World's Greatest Shave this year.

The extraordinary people who shaved or coloured and their generous sponsors have now raised an incredible \$4,920,000 in NSW alone, helping to fund projects that will make a genuine difference to local families facing blood cancer.

The money will now be used to provide safe and comfortable accommodation in the city for families living in regional NSW so they can more easily access life-saving treatment.

It also means we can offer free transport, counselling, information and practical support to the 60,000 Australians living with a blood cancer.

Meanwhile, researchers funded by our supporters are working tirelessly to discover safer and more effective treatments. Although their critical research is improving survival rates, sadly an Australian still loses their life to blood cancer every two hours.

But thanks to those taking part in World's Greatest Shave, we are well on our way to reaching our goal of \$5.6 million in NSW. There is still time for people to sign up or make a donation at www.worldsgreatestshave.com.au. Thanks to you, the Leukaemia Foundation will be able to help more Australians with leukaemia, lymphoma, myeloma and related disorders survive and live a better quality of life.

Yours sincerely,
Bill Petch
CEO - Leukaemia Foundation

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DanZiNina fitness

Nina de la Cruz fell in love with Zumba dance fitness back in 2010 and decided right away she wanted to spread her passion to as many people as possible.

In the 7 years, she has been an active ZIN (Zumba Instructor Network – official membership program of the Zumba Headquarters in Florida, USA) where she gets monthly tools and support to continue as a successful instructor.

She has seen so many wonderful benefits this program has on people of all ages and abilities, and some of these include:

- Better mental health – dancing makes you happy!
- Decreased risk of dementia – there are lots of studies that prove this.
- A more active lifestyle overall – you get fitter, walk faster, get stronger
- Alleviate symptoms of serious diseases such as Parkinsons Disease and heart disease

Aside from her regular Zumba classes, she has also trained and regularly conduct classes in Zumba specialties such as:

- Zumba® Gold – modified steps to suit the older active adult or for those just starting their fitness journeys.
- Zumba® Kids Jr (4-6 years) and Zumba® Kids (7-11 years)
- Zumba Toning, Zumba Sentao, Zumba in the Circuit



Her bookings include schools and organisations for kids and adults with special needs/disabilities, community events, corporate team building days, hen's nights or anyone who wants a fun Zumba session to liven up any event. She has been involved in several fundraisers where Zumba draws huge crowds (e.g. annual Hills Relay for Life for the Cancer Council)

She has regular Zumba classes 3 nights of the week in Kellyville and Rouse Hill, and has recently added new Zumba Gold classes at the Galston Community Hall. She likes to create a party-like atmosphere while burning calories with the interval-style, full body workout moves with lots of variety to keep it fun...it's truly exercise in disguise!

Don't feel intimidated, no matter what your dance ability is. As long as you're moving, you're doing it right. Wear comfy workout clothes and sports shoes and bring your bottle of water and sense of fun!

Current Class Schedule:

MONDAYS and WEDNESDAYS

- 7:15pm Sherwood Ridge Public School, 34 Rosebery Rd, Kellyville

TUESDAYS

- 7:15pm Coolroom nightclub at Australian Brewery - 350 Annangrove Rd, Rouse Hill

*ZUMBA GOLD classes from April 24, 2017

- Mondays and Fridays 10:00 - 11:00 am (until 30th of June 2017)
 - Wednesdays and Fridays 10:00 - 11:00 am (from 5th of July, 2017)
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 37 Arcadia Road, Galston NSW

PRICES: \$15 casual, \$100 for 10 (11th class is FREE), \$60 for 5

WEBSITE: www.moninadelacruz.zumba.com

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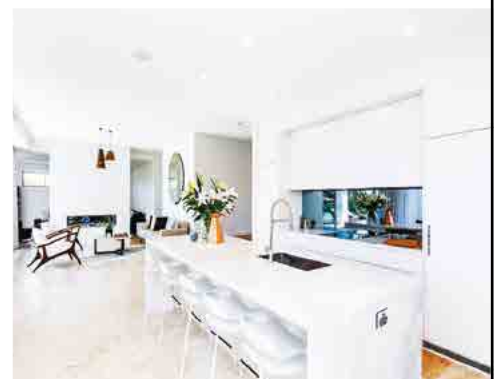
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Australia farewells cucumber pioneer

14.05.2017 | Source: Rijk Zwaan Australia

On Sunday 7th May William Elazzi of Glenorie, NSW passed away at home. William was one of the first growers of Lebanese cucumbers in Australia and can be called the father of the Lebanese cucumber industry.



William was a man of many "firsts"; the first to switch to hydroponics; the first to grow beefsteak tomatoes and, when he reduced his growing activities in Glenorie, the first to set up hydroponic lettuce production in Lebanon allowing him to enjoy two summers per year.

William was not just an innovator, but someone who will be remembered mostly for being a community leader who was always willing to share his knowledge and contacts with others so that they too could prosper. With the influx of migrants from strife torn Lebanon in the eighties, the developing Sydney greenhouse industry played an important role in providing income opportunities for the thousands of migrants. It also provided a lasting legacy on Australian dinner plates.

William's and his wife Amal's hospitality was legendary and their house was open to people from all nationalities and walks of life.

William's friends in the growing industry farewelled him at Our Lady of Lebanon church, Parramatta remembering his contribution to the industry and the friendship that endured the decades.

Dural Bowlers Win Second District Event in 2017

Leone Lesslie and her team mates, Barbara Wood and Ruth Keene, took out the Northern Suburbs District Triples championship. After four days' play they met West Pennant Hills in the final. During the week there had been some spectacular bowls keeping the onlookers glued to their seats. As the skip said, it was a team effort with all the girls putting in some great bowls. They will now join the Fours in the regional play-off later in the year, hoping to get to the state finals on the mid north coast.

The club members were very proud and gave a good round of applause at bowls on Tuesday. To anyone looking to play bowls Dural offer free lessons from trained coaches. Contact 9489 3739.



L-R: B. Wood, L. Lesslie, R. Keene back at Dural.

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Glenorie Mission Church

The Bible tells us that God once said, "Men judge by outward appearance, but I look at a man's thought and intentions." 1 Samuel 16:7 (Living Bible). We are all sinners in God's sight; in fact the Bible also says, "All have sinned and come short of the Glory of God." Romans 3:23. So the first step in becoming a real Christian is to acknowledge you aren't one! We have to agree with God that we are all sinners in His sight and that sin separates us from Him.

Thankfully the Bible also has some good news for us. It tells us that God loves us and wants to become our friend. He wants us to know him personally and have a lasting relationship with Him. God wants us to belong to His family. The Bible says, "God showed His great love for us by sending Christ (His son) to die for us while we were still sinners". Romans 5:8.

The Next Step

The next thing God wants from us is to be sorry for our sin. The Bible calls this 'repentance'.

While this isn't a word that is common in our vocabulary, it means being so sorry for our sin that we are prepared to do something about it.

God looks for genuine repentance in the heart of anyone wanting to come to Him. It is our first step on the road to restoring our broken relationship with Him. In the words of the apostle Paul, "God commands everyone to repent". Acts 17:30.

God is so patient, so loving. To prove how much He wants you to come to Him, He continually shows His love in every way He can. Why? Paul's words in the Bible give us the answer: "God's kindness toward you is to lead you to repentance." Romans 2:4.

When you are ready to say, "God I know I am a sinner in your sight and am sorry for my sin." then, He is ready to accept you. "But", you might say, "How can He do this? Didn't He say in the Bible the one who sins is the one to die, Ezekiel 18:20, how can He help me?"

What God Did

Nearly 2000 years ago, when we could do nothing about our sin and the barrier it created between us and God, He provided a substitute to pay the death penalty for our sin. That substitute had to be without sin. Who could be that person? Only God's son, Jesus Christ, could meet that requirement. So God asked His only son, Jesus, to come into our world and pay the death penalty for our sin. 1 Timothy 1:15 Jesus died so that we might live!

by Rev.E.C.Long. (to be continued).

**📍 Come and find out more on Sundays at 10:15 am
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NSW and Queensland Bakers Bake for a Cause

Pie of Origin is a competition that runs alongside State of Origin. Bakers from New South Wales and Queensland bake for a cause. The aim of this competition is for representative bakeries of each state to bake and sell pies whilst raising funds for children's hospitals within each state.

Since the start of the Pie of Origin in 2012 the event has raised over \$61,000 supporting victims of the Queensland floods, and more recently supporting The Children's Hospital at Westmead and the Children's Hospital Foundation (Brisbane).

The Pie of Origin is even more important to the Glenorie Bakery team this year. Unfortunately, Rob Pirina recently lost his nephew Charlie, who passed away from a rare degenerative disorder known as GM1 Gangliosidosis, that affects less than 1% of children. Although his life was short, The Children's Hospital at Westmead played a big part in giving Charlie and his family comfort and support.

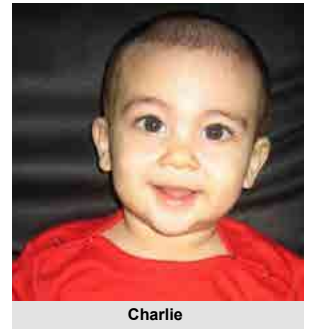
This year Glenorie Bakery has decided to bake again for The

Children's Hospital at Westmead focusing on raising funds for the palliative care team and are looking to raise \$10,000.

"Buy any pie from Glenorie Bakery this Pie of Origin series and we will donate \$1 from each sale directly to the Children's Hospital at Westmead."

Glenorie Bakery is currently looking for a Queensland baker who is ready for the challenge in the 2017 Pie of Origin.

To support this great cause, pop into Glenorie Bakery and buy a Pie of Origin. Go the Blues!



Charlie



Total Pie of Origin Funds Raised

2012	\$11,000
2013	\$4,000
2014	\$10,000
2015	\$13,517
2016	\$22,898
Total Raised: \$61,415	

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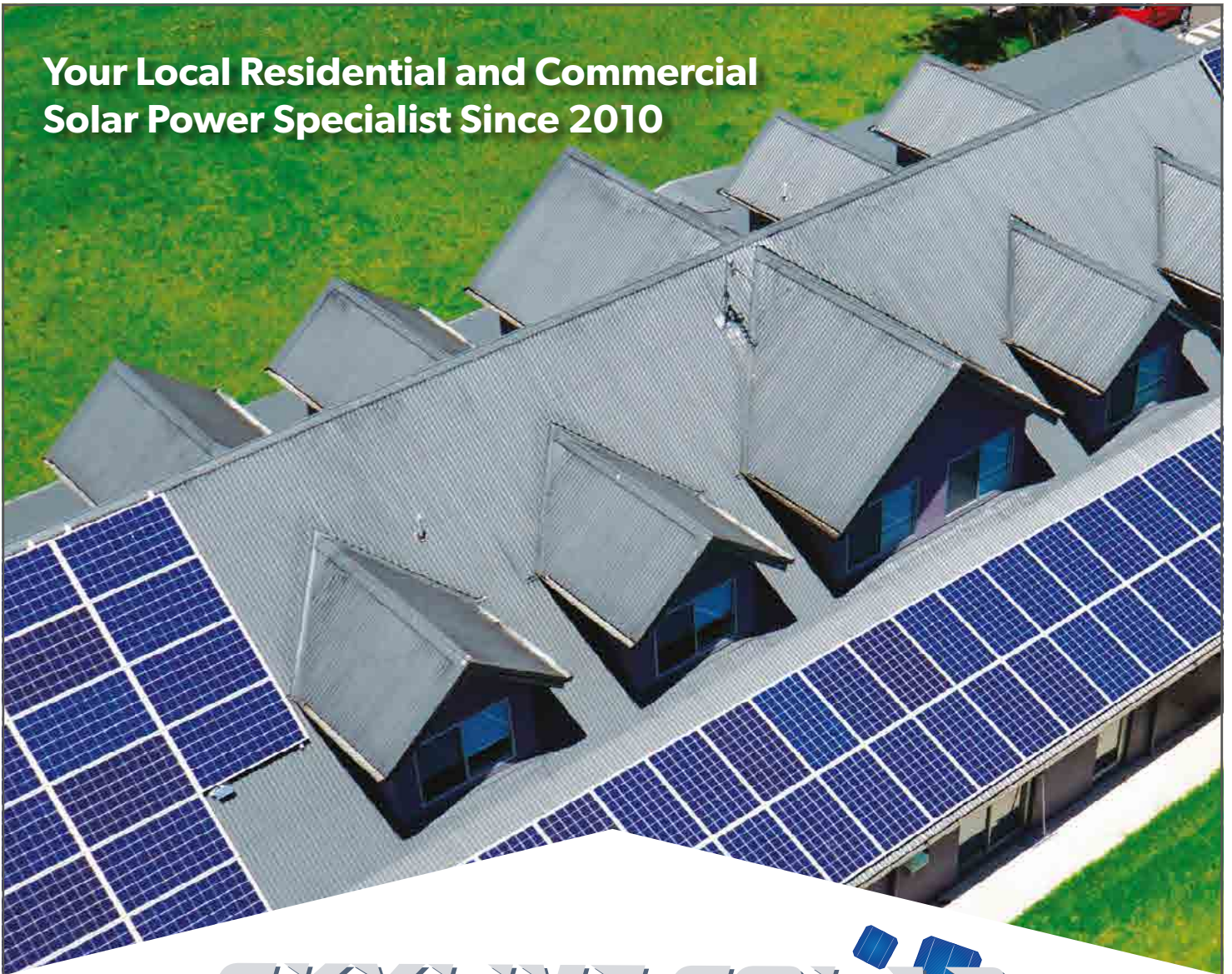


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About The Budget

By Sandra Dignam from Every Loan



A brief comment about proposals of the 2017 Federal Government Budget.

The focus is on Home owners and investors in property.

First Home Buyers

First Home Buyers will be able to salary sacrifice \$15,000 per year from July 1st 2017 up to a maximum of \$30,000, to deposit into their Super Fund as savings toward

a deposit for their first home. These pre-tax deposits, as well as deemed earnings on the deposits will be taxed at 15%.

Withdrawals can be made from 1st July 2018 and will be taxed at marginal tax rates, less a 30% offset. The overall benefit could be as high as a 30% increase in savings.

First Home Buyers still need a plan to save outside this arrangement and I am more than happy to help point you in the right direction.

Negative Gearing

From 1 July 2017 deductions for plant and equipment items such as washing machines etc. will only be allowed if the investor purchased them independently from the property purchase. Existing investments will be treated under the existing rules.

From 1st July 2017 investors will not be able to claim tax deductions for travel expenses "related to inspecting, maintaining or collecting rent for a residential rental property".

Negative Gearing implies you are planning to lose money on your investment. Check with Sandra before buying a negatively geared property whatever your income.

Empty Houses

From 7.30pm on budget night 2017, foreign owners will be charged an annual vacancy charge for properties not occupied for six months each year.

Retirees

From 1st July 2018 people aged 65 and older will be able to make a non-taxed contribution of up to \$300,000 to their Superannuation after selling their home.

There are other options for the retiree to obtain cash out of their home equity without selling. This cash can be used for expenses, health costs, travel and lifestyle, with **no repayments made** until last owner passes or moves into full time care. Please

call me on 9653 2034 if you want information or help with this option.

Affordable Housing

The Capital Gains Tax discount will increase from 50 per cent to 60 per cent for qualifying affordable housing with rent charged below the private rental market rate, and managed through a registered community housing provider. The investment must be held for a minimum period of three years.

Bank Tax

By now we have all heard about the tax on the 5 largest banks and we all know ultimately either the shareholders including Superannuation Funds, and Mortgage holders are the ones who will ultimately pay this tax in reduced dividends or increased fees and interest charges.

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Parents Please Read

Please be aware that another attempt at abducting a child has happened in our area. A 12 year old boy had a black vehicle pull up beside him one afternoon in mid May whilst he was walking at Round Corner Dural. He was asked to get in the vehicle and when he didn't they tried to grab him. He ran to the local shops and reported the incident. The police were called and have interviewed the boy.

Parents are advised to have the 'stranger danger' discussion with their children to keep them alert.

Galston Medical Centre

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Combined High Schools Sailing Championships 2017

Aimee Gallaway Year 9 Asquith Girls High School

During the duration of Easter holidays I competed on Lake Macquarie, Belmont, Newcastle at Belmont 16s in the Combined High Schools Sailing Championships in my flying 11, with my crew Jamie Dobinson. With over 120 boats entered, we had no idea what to expect. The scoring is based off who is the fastest boat to sail the course. Over a week of intense, hard core, tactical sailing we managed to pull off the lowest overall score of the whole regatta, which meant we had sailed ourselves to victory. We won the title of Australian All Schools and NSW Champions. We also had a close racing fleet for Division four, slower mono-hulls, which we also finished on top. We had a clean sweep by also winning NSW and Australian Flying 11 championships. This was a massive achievement for me as I am the youngest and first girl to ever win this regatta out of the 51 years this competition been sailed. The week was tough, with hard shifty breeze and tide. The conditions helped us learn new things and definitely tested my skills. Overall it was a fabulous week, and I would like to thank Asquith Girls for allowing me to compete.



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Tucked away in a tranquil bush setting, Susanne offers complementary health care for a wide range of health concerns for the whole family. Susanne specialises in skin disorders such as acne and eczema.

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One of the most common conditions I see is acid reflux or commonly called heartburn. Most commonly people with acid reflux suffer from regurgitation of acid back into the throat, bitter taste in the mouth, burping, nausea, bloating or fullness of the stomach, and upper abdominal pain and discomfort. I recently

treated a woman who had tried all the conventional treatments for this condition, initially medication had helped but after several months it was no longer effective. After looking at her diet and lifestyle, I ordered a functional pathology test for food intolerances. Problematic foods were eliminated and with the help of complementary medicine, after 4-6 weeks she was symptom free.

Whether you have a chronic health issue or simply want to stay healthy during the cold and flu season call today to make an appointment.

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Sub-Division 377-389 Galston Rd

Hornsby Council is considering a Development Application at 377-389 Galston Road - DA/1342/2016. Locals will know this property well as it is the fruit shed and land known as Waddells.

The land totals approximately 14 hectares and has road frontages on Galston Road and Belbowie Close. The proposed sub-division will create 4 lots, 3 which will enter via Belbowie Close and one which be on Galston Road.

No DA's have been submitted for any additional buildings on the sub-divided land.



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Come and Try Night at Galston Girl Guides

Thursday 8th June

- Junior Guides, Age 6-9 meet: Thursdays 4.30-6pm
- Guides, Age 10-14 meet: Thursdays 6.15-8pm



GIRL GUIDES AUSTRALIA NSW & ACT

For more information please contact: Mary 0423 353644. Galston Guide Hall, 414 Galston Road, Galston.



Anglicare Winter Food Drive – Dural, Cherrybrook and Glenhaven Anglican Churches

June 17th and 18th

As the weather cools down we seem to feel a bit hungrier. Imagine if you hadn't enough money to buy food for your family to alleviate this hunger.

Many Sydney families are faced with this dilemma, especially in Winter, when extra money is needed for electricity and gas.

It is for this reason, for the past fourteen years, our communities have supported the Dural District, Glenhaven and Cherrybrook Anglican Churches Anglicare Winter Food Drive.

Anglicare has come to rely on the 30,000 plus items supplied each year to help families that find themselves in difficulties over Winter.

So when a member of these Churches comes calling, or you see them in your local supermarket, please donate cans of tuna, baked beans, soup or cereal, toilet paper, pasta and rice.

All our local schools also participate in this amazing initiative.

For more details please go to our website www.ddac.org.au. Hope to see you at your door, or in the supermarket.

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The Galston Concerts

The only thing missing from the latest production in The Galston Concert series on Sunday, 30th April, was the backdrop of the Opera House with its lavish set designs. Otherwise, if you closed your eyes, you could have sworn you were there.

Singers from Pacific Opera - the promising tenor Joshua Oxley and soprano Livia Brash, who was a semi-finalist in this year's prestigious IFAC Handa Australian Singing Competition - thrilled the audience of just under 200 people at Galston Uniting Church. Brash, in particular, impressed with the clarity, purity and range of her voice. You might also be interested to know that, since the Concert, Livia has won the Opera Foundation AIMS Graz Award. As such she will be heading to Graz in Austria to participate in a six weeks intensive study programme with world-class instruction (Deborah Voight and Barbara Bonney are guest tutors this year).

Ably accompanied by Zsuzsanna Giczy, who performed technically difficult reductions of opera scores on the church grand piano, Oxley



Livia, Joshua and Zsuzsanna

and Brash sang selections from a number of classic operas, including Una Furtiva Lagrima from The Elixir of Love, a solo and duet from La Boheme, and my personal favourite, Love Unspoken from the final scene of The Merry Widow. The Merry Widow is both an opera and a ballet and as they sang, I could picture the wealthy widow Hannah Glawari and Pontevedrian diplomat, Count Danilo, reunite and dance together.



Joshua, Livia and Ben

Young Artist guitarist Ben Secrett was also a featured performer. He delighted the audience with the arrangements he performed of several popular songs, such as the Beatles tunes Michelle and Yesterday, and the film classic, Somewhere Over The Rainbow. Murmurs of approval could be heard from the audience as he finished each piece. Secrett told the audience that he had performed in this very venue six years ago for his higher school certificate music exam, while a student at Galston High School, and that it was a pleasure to return under less strenuous circumstances.

The next offering in the Galston Concert Series on 30th July will feature French organist Pastor de Lasala playing the Galston Uniting Church historic organ, leading brass Principals from the Opera Australia Orchestra plus a return by Ben Secrett with vocalist Zara Stanton.

Should you require further information, please do not hesitate to contact Helen Jordan, Promotions Coordinator, The Galston Concerts – 9653 2079.

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Galston CWA News

Thank you to the Hills District RSL for inviting us to the local ANZAC service. It was an honor to be a part of this service.

Recent cooking and handicraft competitions have seen two of our craft entries and our youngest cookery entrant reach State level. These will be judged within the next few weeks and we look forward to hearing the results. Good luck everyone.

During our July meeting (12/7) we will be attempting to hold a Kokodama workshop. These small bundled plants are currently in vogue, and anyone wishing to join or contribute their skills, please feel free to contact us. Donations of plants and material also welcome.

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

We are currently looking for information about our country of study, Nepal. If you have any information you would like to contribute, please contact our group.

Our next meeting will be on Wednesday 14th June at 10:30am. We usually meet at the Galston Health and Community Centre, cnr Glade and 17 Arcadia Road, Galston. **HOWEVER** this next month we will be meeting at a private residence to observe our item of produce for this year, the native fingerlime. If you would like to attend please contact us via the numbers below or Facebook page. Visitors are most welcome to attend.

📌 Please visit our facebook page for details of specific items. www.facebook.com/CWAGalston. For more details please contact Melissa 0408626978 or Janet-9653 2402



Melissa Morrison and daughter Miranda (our junior member) at the ANZAC ceremony.



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Wisemans Ferry Community Men's Shed

We are certainly ramped up now! Our two legend companies Bonser Concrete and PF Formation have completed the ramp up to our shed, making wheelchair access if needed. What a terrific job! Thank you again Wayne and Josh for your dedication to our project.

The weather in Wisemans Ferry put on another spectacular show for the Easter Markets, drawing in a good crowd. Thank you to all who attended and also to our stoic members who held the fort at our stall in the absence of a couple of us due to unexpected commitments. We didn't have as many items for sale this time as we have been so busy with the shed construction that not much other building is currently being done.



This year is certainly flying. We are just about half-way through



it already. It will soon be the long weekend in June which is a great time to visit Wisemans Ferry. The Sunshine Club will be holding its annual Gala Fete fundraiser at Casserly Cottage (opposite the pub). There will be over 20 stalls there, The Men's Shed is one of them, so come on down and say good-day and grab yourself a bargain or two.

By the time this goes to print, we will have held our Bunnings BBQ on Mother's Day at McGraths Hill. Thank you to Jacqui and the team at Bunnings for your support and the opportunity to fund-raise there.

Would you like to become a member of the Men's Shed? Why not pop on down to the shed at the Wisemans Ferry Bowling Club any Tuesday between 9.30am and 3.30pm and have a cuppa and a chat? We would love to meet you.

Contact for the Men's Shed can be made through Adrian on 0448 833 781 or wfcms2775@gmail.com.



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Art Demonstration – Castle Hill Art Society

Melissa Read-Devine and Patricia - Wednesday 7th June

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

Watch these demonstrations at Castle Hill Art Society's monthly meetings 7.30pm at CASTLE GLEN COMMUNITY CENTRE, 155 Ridgescrop Drive, Castle Hill – visitors welcome.

📍 Enquiries 9899 3179 www.castlehillartsociety.org.au



Galston Community Health Centre

Calling All Seniors . . . come along and meet new friends, have some fun and laughter with others, enjoy some good conversation whilst enjoying a nice relaxing morning tea or lunch. Our groups meet every Monday, Tuesday and Friday. If you require help to get to the groups, we may be able to provide transport through KNC Galston for a small charge. To find out more call Linda Wake on 9653 2235

KNC – Galston work from the Community Health Centre and are part of the Ku-ring-gai Neighbourhood Centre based in St Ives. We have a wonderful team of volunteer drivers that help our aged community get to their hospital and medical appointments, drive them to the shops and help them with transport to other essential appointments.

New clients need to live independently and be over 65, be unable to use regular transport and they need to be registered with My Aged Care. Our volunteers give their time freely, and we ask a contribution is made to help cover their vehicle costs.

Call Linda Wake on 9653 2235 for more information and Linda can also help you to register with My Aged Care.

Community Groups

The following Community Groups meet on a regular bases:

- **AA** meet Fridays nights 8 - 9:30am
- **Al-Anon** contact 9653 2235
- **Arcadian Quilters** meet 1st and 3rd Wednesday 10 - 2pm
- **CWA** meet 2nd Wednesday 10 - 2pm
- **Galston Playgroup** Email: galstonkidsplaygroup@gmail.com
- **AA Steps** meet Sundays 6:30 - 8pm

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National Best in Dural

Local Law firm Anderson Boemi Lawyers was one of the many contenders in the Australian Small Business Champion Awards for 2017 which was held in the Ballroom of the Westin Hotel in Sydney. Attended by over one thousand guests, it was a prestigious evening with forty five categories, with finalists attending from each State.

Sue Chizzoniti (pictured) attended on behalf of the firm and received the prestigious award for National Best Legal Services. Anderson Boemi Lawyers (ABL) was established eleven years ago in response to the growing need for affordable and professional legal services in Sydney's Hills District. ABL is in the heart of Dural and provide an essential service to our community.

Their business allows people to access quality legal services without having the stress of travelling into the Sydney CBD and paying city firm rates. Their strong client focus has seen the business grow annually, necessitating the employment of additional staff and the need for larger premises

Anderson Boemi Lawyers celebrate their 11th year in business and operate from their offices in Round Corner Dural.

The principals and owners of the firm are Warwick Anderson and Marissa Boemi, who, together with their staff, consisting of six solicitors and six ancillary staff, practice a wide range of law which includes Conveyancing, Leasing, Business and Commercial Law, Wills, Power of Attorneys and Enduring Guardianships, Estate matter, Family Law (including ADVO matters), Police and Traffic Offences, Drug related matters and general legal services.

In 2016 Anderson Boemi Lawyers also won the Hills Small Business Awards. Their motto '**real people...real solutions**' is what is strived for, giving clients realistic outcomes and solutions to real problems.



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Arcadian Quilters Inc

We are still doing quilts for Aussie Heroes. This photo shows a special order for an Army Commando serving overseas. This is one of five quilts done over the ANZAC Day period, featuring red poppies, with Spider-Man and Batman as a touch of lightheartedness.

Our biennial quilt show is coming up early September and it is promising to be a good show. An exhibition of members quilts plus over 60 quilts of various sizes will be for sale. We are very pleased to be sponsored by the Bendigo Bank in Galston. Their sponsorship will be put towards the rent of the Galston Community Hall.



Ultra Tune Dural

Ultra Tune Dural has been operating in Dural now for over the past 9 years

Franchisee Allan Gray says the store is servicing a large percentage of the Dural and Cherrybrook area and is actively supporting the local community with numerous school and charity events

“I feel it is very important to try and give back to the locals that support our business, I have 3 other Ultra Tune franchise stores and I know that local community support is the key to growing a small business especially in such a small community based area like Dural. We have lots of very loyal customers and without these people we would not have a business” says franchisee Allan Gray.

The Ultra Tune store, located behind McDonalds and KFC, is servicing approximately 100 cars per month and can cover pretty much everything you need relating to your car needs.

Ultra Tune Dural can service your new car while it is still under the new car statutory warranty, can service and carry out repairs on your older cars, take care of your rego checks including Blue Slips for unregistered and interstate vehicles as well as a range of services like tyres, brakes, steering and suspension repairs. Ultra Tune Dural really is your one stop service centre

🔧 With the financial year coming to an end it is a good time to get your fleet vehicles serviced and up to date to take advantage of the tax benefits. So anything you need relating to your car please give the guys at Ultra Tune Dural a call on 9653 9295



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Dural Lawn Bowls

Wednesday 26th April started out as a perfect day, 26 deg. and no wind. This was ideal for the final of the Men's drawn pairs competition. Then towards the end of the match, a hail storm came in and temperatures dropped by 10degs. The match was played between the teams of Kevin Keene and Hein Sinteur, subbing for David Smith, versus Richard Thorp and Sean Lee.

Kevin had a fairly easy run into the finals, winning all previous games by big margins, whereas Richard struggled in every game, winning by 1 shot in the quarter finals and having to play an extra end in the semi-final as the score was even at the end of 21st end.

The game was tight throughout, even though Richard managed to get a good lead of 9 shots midway through the match. Kevin never thought he was in trouble and, together with Hein, they managed to bridge the gap and take the lead 19-17 on the 19th end. At the start of



Kevin and Hein congratulating each other on a fine win



Bowling green covered in hail

the 20th end Sean played a couple of superb bowls to hold 2 shots, then the hail, rain and wind came and the match was stopped for 45 minutes. On resumption, the 20th end had to be replayed, and Hein was the one to come to grips with the much slower green first, resulting in Hein and Kevin scoring 2 shots to hold a 4 shot lead going into the final end. Richard and Sean tried hard but were unable to win the last end and Kevin and Hein ran out winners 23-17.

📞 If you are interested in playing Lawn Bowls contact Eileen 0432 181 635 or Robert 0411 375 580. Free coaching and come and try days available.

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we've been
around for
so long*



Vale David Moss

written by Any and Steven Moss

We were so lucky to grow up in the house that Dad built. The house with the little love hearts marked in sandstone. It's a house that sprawls out over the

landscape. He extended it as he saw fit to accommodate his growing family and his grand vision, stone by stone, to create the little kingdom we know as Talai Estate. David came up with the name 'Talai' after a small fish in New Guinea because he said that's how he and his wife Eleanor felt coming back to Australia, like small fish in a big pond. Through hard work and sheer grit, they forged lives worth living.

David was the epitome of a jack-of-all-trades. He knew how to make anything and if he didn't, he gave it a crack anyway. He has five children, but was a father figure and mentor to countless others. He had seemingly endless patience and energy and persisted with people, particularly if they had lost their way in life.

He enjoyed hard, physical work and he could never sit still. He really set high expectations for us because we saw buildings go up, walls come down and whole landscapes change in such short time frames that we assumed that's how everyone did it. After receiving a voucher for a joy flight from Eleanor for his 40th birthday. David ended up attaining his private pilot's licence and became Director of Schofields Flying Club for a time. He was a compassionate and generous man. He enjoyed helping people through his volunteer work with Eleanor at St Vincent De Paul

It was David's vision to create the massive cellar, buried underground and encroaching into solid sandstone, is remarkable. In its construction, a huge slab of sandstone was removed, cracked down the fault line and was left in the paddock behind the winery.

Driving his tractor, with the sun low in the sky, Dad noticed long shadows cast along the rock. He saw what no one else had, the indentations were fossilised footprints. The Australian Museum identified them as footprints from the Triassic Period, set in the sandstone over 200 million years ago. The name of the ancient creature? Coincidentally, Paracyclotusaurus Davidi.



His vineyard and cellar door became one of his biggest achievements. He loved nothing more than welcoming friends and strangers onto the property and he astounded people with his generosity and hospitality. He swung open the cellar door and did what he did best, mingling with and entertaining locals and travellers at his monthly Pizza and Pub nights.

He put up a brave fight and a long fight. Many people would have given up after suffering so many blows, but he dusted himself off each time and got on with business after seven major cancer surgeries over seven years.

He wanted us to remember him when he was well. So we will remember him for his generosity and kindness, his intelligence, wit and love of life. We will remember him for the way he loved Eleanor fiercely. We will remember him as Patriarch of the Moss family, local icon and immovable pillar of his community. We will hang on to the image of him happy and contented, dressed in his old clothes, looking out over his day's work, glass of red in hand and setting sun on his face. David has left an indelible mark on all of our hearts. While we mourn his loss, we celebrate his life. We look around this house that Dad built and revel in how lucky we have been to know and love him.

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Galston Swimming Club – Oozing talent!!

The Galston Swim Club recently took a team of 10 talented young swimmers to Brisbane to compete at the 2017 Australian Age Championships. Held over a gruelling 6 days of competition, the National Championships pit the top swimmers from over 300 clubs across Australia and, this year, 13 other countries, against one another.

This year's team, which was triple the size that went to last year's nationals, competed in 13 individual events and 2 club relays. The team put in an extremely credible performance, punching well above its weight, with 5 top 15 results and 12 personal best times (PBs). Our relay teams also performed well, improving both their overall times and national rankings.

Special mention to Laura Boll who came 6th in the 15 year old girls 100m Backstroke final in a sizzling time of 1.05.57, a 1.27 second PB. Other top 15 performances included:

- **Sam Loria**, 11th in the 14 y boys 50m Free,
- **Jack Charlton**, 13th in the 16 y boys 100m Breast and 14th in the 200m Breast, and
- **Jye McLachlan**, 15th in the 13 y boys 200m Breast with a huge 4 second PB.

Congratulations to all these swimmers. To be ranked in the top 15 swimmers in Australia is a remarkable achievement. Congratulations also to the other team members; Olivia Charlton, Jarrod Dearden, Nick Godbille, Hunter and Morgan McEnnally and



Daniel Steer. Competing at the highest level is no easy task and is to be commended.

The team's excellent results are not only testament to the hard work and commitment of the swimmers but also our esteemed head coach, Stacy Harding. Special thanks also go to our many sponsors, the committee - for their hard work and to the many parents who provide such wonderful support.

🔗 The Galston Swim Club is a vibrant, family oriented and growing club. If you would like your children to get involved, either to compete or just share in the fun and great camaraderie, please contact Nicole McLachlan at registrar@galstonswimclub.com.au.

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Cafe Sasanqua Opens

Café Sasanqua is located within the beautiful surrounds of Camellia Grove Nursery in Glenorie and will be open from Friday 2nd June. The regular hours will be Wednesday to Sunday from 8am to 4.30pm. Early birds will be pleased to know they can pick up a takeaway coffee and bacon egg roll from 7am.

They will offer an all day breakfast menu which includes eggs benedict, baked eggs with chorizo, smashed avocado, house made granola, acai with fresh fruit, pancakes and, of course, a big breakfast – The Glenorie. Lunch is introduced from 11.30am offering sliders, quesadillas, salads, pastas and new and different specials regularly. There are also lighter menu options, for kids or anyone that prefers a smaller meal.

The selection of cakes and sweets are mostly home made and include gluten, dairy and nut free options. Art Caffe coffee and a great selection of teas from Jane's Tea will complement your visit and are available to take away.

Where possible, ingredients are locally sourced to ensure optimum freshness and support our local growers. Local artists are invited to showcase their works and display individual pieces regularly.

Café Sasanqua has been created and is owned and managed by Sonja Best, a Glenorie local for more than 35 years. Sonja has an extensive background in business management, marketing, communications, human resources and finance in a variety of industries. But her real passion is in providing outstanding customer experiences and being able to combine that with her other loves of cooking and baking. She has created what she feels is a venue that you will love visiting as much as she loves being there.



Sonja calls the Café her “tree change” and is very happy to now be able to spend her days in the gorgeous environment of the nursery and still be so close to home.

With a talented and energetic team joining Sonja, we are set to see a great variety of fresh, healthy (and maybe a little indulgent) meals and treats, and receive good old fashioned, personable customer service.

Partnering with Ross Campbell of Camellia Grove Nursery, Café Sasanqua are very excited to have this new destination for Hills residents and visitors and look forward to welcoming you soon.

It certainly is Camellia season and wow are they spectacular this year! Come in, see the range and talk to our experts about the right choice for your garden

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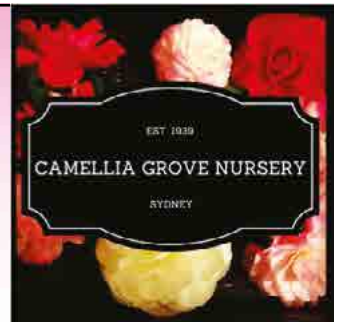
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Thre3 Brothers Fresh

Food with Passion

Gus, Gina and their three sons Carlo, Anthony and David have recently opened their new store Thre3 Brothers Fresh in Dural Mall, Following their Successful retail experience of 30 years, they have now located in their own local area. They are extremely excited about offering quality produce and continental goods which are very much part of their everyday lifestyle.

Freshness and the quality of the produce is their speciality. Their passion is bringing the freshest produce available to customers and promoting the benefits of a healthy lifestyle.

Gus, Gina and the boys would also like to take this opportunity to thank the community for all its warm supportive welcome, and they look forward to further offering you an exciting selection of goods for your enjoyment towards a healthy lifestyle!



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www.thre3brothersfresh.com.au

Oliver Musical Review

written by Diana Paton

Tickets sold out for a local show is a great indication that the organisers are doing something right.

For those of us lucky enough to secure tickets, we weren't disappointed. It was my first time at a show by the Dural Musical Society. I had been to theatrical shows in other country towns, so I wasn't expecting too much.

It was a simple stage set up, but boy did the actors just surpass everything I expected. The children (so many were local families whom I recognised), were just fantastic. They looked like they were having a ball. They sang their hearts out - and in tune! The adult

actors, again many locals, had just amazing voices and everything seemed to run perfectly. They had clearly perfected their art through hours of rehearsals.

It did make me think why I travel all the way to Sydney to see a show, when there is such talent locally. I am not surprised the show was a sell out.

📍 Their next show is the Addams Family in October 2017. Auditions 19th and 21st June. For more details, go to <http://www.duralmusicalsociety.org/2017-october-addams-family/>



(L-R): Jimmy Chapman, Flynn Koorey, Chase Koorey, Saxon Koorey, Eddie Bruce, Dylan Freeman, Toby Rowe.



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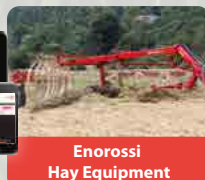


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For more information visit hornsby.nsw.gov.au/wed

FROM THE MAYOR'S DESK



Last Month, the Westside Vibe was another huge success and it was great to see so many people there. This year's venue was much bigger than previously, offering more room for the entertainment, the food vendors and the crowds eager to get a nice taste of each. It's always lovely when we have to make changes to adjust to the success of an event. Westside Vibe is now in its third year and is quickly becoming one of the Shire's iconic annual institutions.

The festival is just one of the many elements to Hornsby Shire Council's ongoing campaign to rejuvenate the west side of Hornsby. Another is the brilliant

mural that has been painted in Dural Lane by talented artist Hugues Sineux, which everybody at the Vibe got to appreciate up close. For everybody who is looking for more art in our streets, stay tuned. It is not the last time we will see artistic paint brushes touch our walls and arrangements are currently taking place for another mural. If all goes well we will be able to give you the full details of this latest project in the coming weeks.

Steve Russell
Mayor
Hornsby Shire Council



NEXT COUNCIL MEETING WEDNESDAY 14 JUNE, 6.30PM

YOUNG INVESTIGATORS CLUB

Ages 9-12. \$60.00 per child.

Session 1: Microscopic and Marvellous, Thursday 1 June, 4.30pm-5.30pm

Session 2: Kitchen Chemistry, Thursday 8 June, 4.30pm-5.30pm

Session 3: Awesome Astronomy, Thursday 15 June, 4.30pm-5.30pm

Session 4: Tricks of the Eye, Thursday 22 June, 4.30pm-5.30pm

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

ENERGY MADE EASY

Monday 5 June, 10am, Hornsby Shire Council Chambers

Join us to become more aware of what you are paying each quarter on your electricity bill.

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



MEET THE AUTHOR

SIMON GILLARD

Thursday 29 June, 6.30pm, Hornsby Library

Life Sentence: A Police Officer's Battle with PTSD. As the cases mounted, so did the pressure, and over time Simon made four separate attempts on his own life.

MONICA MCINERNEY

Monday 3 July, 6.30pm, Hornsby Library

The Trip of a Lifetime is a rich and rewarding story about family, love, lies and the true meaning of home.

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



hornsby.nsw.gov.au

Changing people's lives - one pair of shoes at a time

By Jenny Barlass

Viv Kartsounis may have thousands of shoes at her Waitara home - but she'll never wear them - and she has nowhere to put them.

Viv is the woman behind the remarkable local charity Shoes for Planet Earth. It has put sports shoes on the feet of over 51,000 disadvantaged and homeless kids and adults in 20 countries around the world from Rwanda and Papua New Guinea to right here in Sydney.

But her home looks more like a shoe shop with all the donations she receives - and she's calling on the local community to find her a place to store the thousands of pre-loved donated runners that clog every inch of her home.

"I need free storage anywhere between Hornsby and Turrumurra," said the mother of two and engineering draughtsperson, for whom the Shoes for Planet Earth is her real passion. "Then I can have my house back."

First steps

It was while Viv was running for Australia in the 100km World Cup competitions in a running career spanning 30 years, that she first matched sports shoes with people in need.

"The Shoes for Planet Earth idea started in 2009 after a visit to South Africa to run the Comrades Marathon, a 92km race between two cities. My partner Nick and I both completed the event and it



Viv with some of the thousands of shoes in her Waitara home

was en route that we noticed the poverty. So many people are barefoot - I've seen people wearing plastic bags tied to their feet as they couldn't afford shoes.

"Back in Australia I decided that one way I could make a difference was to send running shoes to these people.

"As a South African by birth, I have the contacts to distribute the shoes and as a runner, I have access to many pairs of shoes from running contacts and friends. Running has been so good to me, and it seemed a natural connection.

"I collected, washed and mailed the first box of 13 pairs only to realise that we couldn't afford to send shoes internationally on a regular basis. I tried washing them in a cement mixer to save my washing machine, but that didn't work, so now we always ask that people only send clean ones so I'm not washing thousands of shoes."

So Viv decided to look locally - only to realise that there's also a huge need all over Australia for trainers. Now she's known in running circles as the 'Shoe Fairy', with donations flooding in from shoes stores, gyms, podiatrists and clubs, as well as company and school drives.

Stories of the differences the shoes have made are many, with the links with shoes and fitness finely interwoven.

"A contact in the Northern Territory told me it was the happiest day in the lives of the indigenous kids who received the runners we'd



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sent them. They'd never had shoes - now they get up early before school and put on these shoes and go for a run, so excited!

"In Africa a man will spend his whole month's salary on a pair of shoes as it's a status symbol. When you have no shoes people think you're poor. People will walk nine kilometres in the freezing cold early morning to work, in thongs or shoes fashioned from old tyres. We sent a container to a church in South Africa and we heard how it changed lives, because it enabled people to get out and get jobs."

Closer to home

Back in Sydney Viv runs a weekly walking group for the inner city homeless, turning up at a food truck weekly, armed with sack loads of runners, encouraging the homeless eating there to come for a walk in the new shoes. "One guy got so involved he lost 19 kilograms.

"Then it went a step further and we trained some of these homeless guys living in shelters to enter the Santa Fun Run and the City to Surf. They won medals for taking part, but then didn't have a wall to hang their medals on.

"A number of these people are still my friends and when I see them in the city I get the biggest, and warmest hug."

Other recipients close to home include include Dress for Success helping women return to the workplace, and flood victims in Moree and Queensland. Dozens of The Big Issue vendors wear Viv's runners, also using them to play soccer when not selling the magazine.

Want to help? Here's how it works

There are 90 permanent collection points around Australia - see the website for where they are. "So you drop your used or nearly new trainers at one of these points like sports shoes shops and podiatrists, and when we have enough pairs, I call a local agency. It might be for the homeless, a women's shelter, a drug and alcohol

rehab place, an indigenous organisation, refugee group or Heart Foundation walking group - and they come and collect them.

"That way we keep it local and sustainable so the shoes aren't clocking up air miles. Sometimes it's like moving chess pieces on a board, matching shoes with local groups and moving them about."

Started with a cash grant and stack of free air miles from Jetstar, today the charity - a modest affair with just two volunteer staff and advisory board of three - runs out of Viv's home quite literally, on a shoestring.

"We get very few financial donations and to help fund the charity we built a cabin in the bush between Lithgow and Mudgee, in the Capertee Valley, the widest canyon in the world. It's on Airbnb and the rent pays for the running the charity."

When they're needed internationally, a worldwide network of roving friends, and even air hostesses do their bit: "I have an air hostess who flies to the Philippines who's a member of a sports club there. When she flies, she distributes our shoes amongst other hostesses and they all put them in their luggage and take them back."


Viv also needs volunteers once she has the free storage, to help her sort the mountain of brightly coloured trainers of all shapes and sizes piling up in her hallway, kitchen, living room and back verandah.

"The storage needs to be close to my house in Waitara so I can meet donors or couriers there or get there soon after, so I can lock them away. Anywhere from Hornsby to Turrumurra, preferably in an industrial estate with good access for delivery trucks."

Perhaps the last word should go to another recipient, Andrew Bagnall, a teacher in the Northern Territory, who says in a heartfelt thank-you email to Viv: "I'm lucky enough to see the impact it has on children every day, and when I was walking down the street this morning, I could see children in their shoes, lifting their feet up to show me!"

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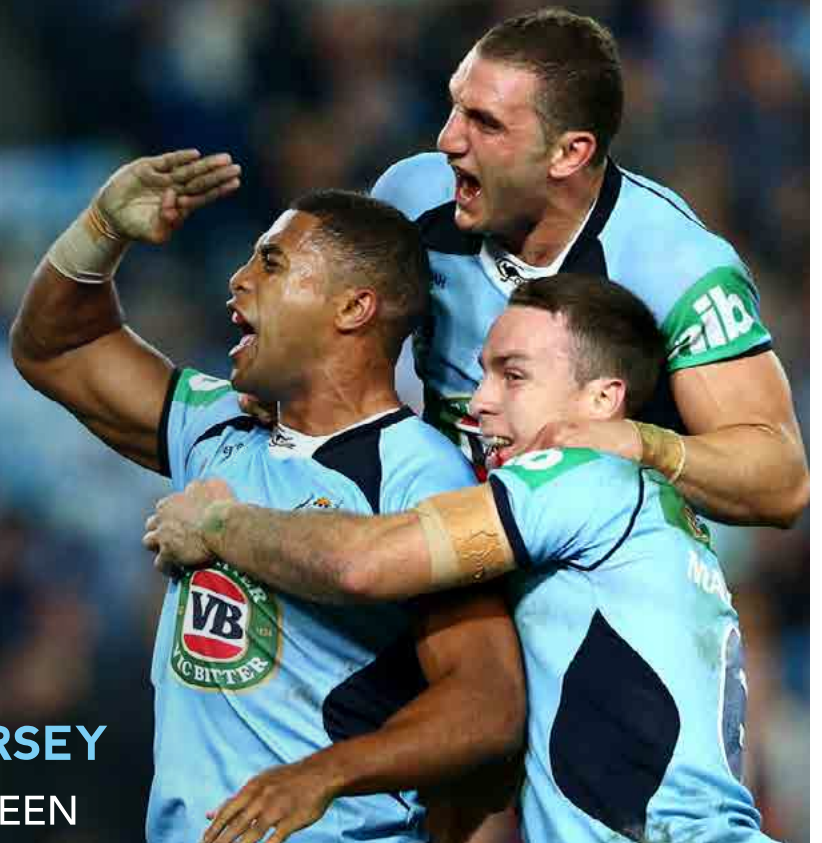


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Wild Walks

By Matt McLelland

Mt Ku-ring-gai to Cowan, via Berowra Waters

17.2 km, 8 hour hard walk

This bushwalk explores some of the most spectacular scenery in the Hornsby area, featuring big views with big hills, so it's really for the regular walker and reasonably fit. Start with a coffee at Mt Ku-ring-gai, then explore the sandstone caves and waterfalls as you wander down Lyrebird Gully to the lovely open salt marsh near Calna Creek Bridge.

Wander alongside Berowra Creek before climbing the infamous Sam's Creek Hill, before enjoying the spectacular views from Naa Badu Lookout. Continue along the Great North Walk enjoying the cliff and



water views before a good, solid lunch at Berowra Waters.

After refuelling there's another hill - I did warn you about the hills! But it's worth it as at the top, you reclaim the picturesque views of Berowra Waters. Continue through the remote area, crossing a few lovely creeks and finishing the walk at Cowan Station.



It's a stunning day out for those who are fit and up for an adventure, especially if you enjoy a cafe lunch. You can make this walk a bit easier by skipping Lyrebird Gully and starting from Berowra Station. A great way to enjoy the truly wild parts of Sydney on public transport, or by car.

If using public transport: start the walk by catching the train to Mt Kuring-gai Station. Once you leave the platform, turn right at the bottom of the station stairs to follow the Great North Walk sign over the highway, past the shops to the signposted track head at Glenview Rd. There is also free on-street parking in Glenview Rd. The walk finishes at Cowan Station where you can catch the train back home or back to the start of the walk.

📄 For free printable notes and maps visit wildwalks.com here <http://wild.tl/mktcbw>

*Happy walking,
Matt*

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* Depending on the number of participants



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Aussie Feeds the Machine

Australian Pump's surging high pressure water blaster production has suppliers scrambling to keep up. The company is Australia's leading producer of professional high pressure cleaners with a product range that extends from 100 Bar (1,400 psi) all the way through to 500 Bar (7,300 psi).

The products are used in a wide range of commercial and industrial applications. They are sold worldwide by a distribution network that provides specialised advice and aftermarket support.

Australian Pump began building pressure cleaners 22 years ago.

"The product was born out of a realisation that heavy duty machines designed for serious applications and at reasonable prices were simply not available," said Operations Manager, Hamish Lorenz. "Once we took the decision to fill this gap in the market we sought the advice of key users in construction, mining and agriculture."

Australian Pump's new comprehensive selection guide, "Blaster Blitz 4" is now out and available on the web or free of charge in hard copy from any Aussie Pump Distributor.

The document makes it easy for users in all market areas to select machines that suit their purposes from 2,000 psi to 7,000 psi! The company makes pressure cleaners with electric motors, petrol or diesel engines and even hydraulic drive. Australian Pump is an ISO9001 quality assured company and has won awards for innovation.

➊ Further information on the Aussie Pump pressure cleaner range is readily available from Australian Pump Industries or Aussie Pump Distributors throughout Australia or www.aussiepumps.com.au.

Just a Bit of Fun!

Community News Treasure Hunt, look for the answers and win.

So all the answers are contained in this issue, you just need to find them. The first to respond with all correct answers will win a **large scented candle** courtesy of Luxe elicious Galston, Shop 3 Galston Village 358-360 Galston Road Galston 9653 2187

Please submit your answers to advertising@galstoncommunity.com.au (or if you don't have email, call Mary on 0400 363 563)

1. Who organised the Mother's Day stall at Glenorie Public School?
2. What plant is pictured in the article, 'Some weeds have nice flowers'?
3. What is the name of Sonya Best's new cafe?
4. Who wrote the piece 'In Praise of Fagan Park'?
5. What's was on Tuesday the 9th of May?
6. What can you count on Kylie for?
7. What is Bill Petch thanking readers for?
8. Name one benefit of Zumba?
9. Buy one get what free?
10. Who won the 'National Best Legal Service Award'?
11. Galston Community News is the original community magazine since when?
12. How many personal bests were achieved at this year's National Swimming Championships?

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5 tips to keep your hearing aids working

You know how frustrating it is when your hearing aid doesn't work, especially when you need it most. The really good news is Hear Clear Australia has some simple tips for you.

1 Clean them often

Wax is nature's way of removing debris from your ear, but it clogs up the hearing aid's mechanisms. At least once a week, gently remove wax from the ear piece with your hearing aid's cleaning brush.

2 Change the battery

The one thing hearing aid users always remember to do is change the battery. Keep a supply handy for when you need them. If this doesn't work, try cleaning it again.

3 Turn them off and store them safely

You would be amazed how many hearing aids have been accidentally damaged by pets and young children. An unattended whistling hearing aid attracts the inquisitive. Open the battery compartment to turn the aid off and store out of reach.

4 Keep them away from water

Our hearing aids are so comfortable, people sometimes forget to take them out before plunging into the pool or stepping into the shower. If you do get them wet, dry them with a soft towel and bring them to the clinic as soon as possible. Do not put them in the oven or microwave.

5 Be wary of cosmetics and hair products

Looking good can have its downside for hearing aid wearers. Always apply hairspray and face powder before putting on your aids, as the fine particles can disrupt the workings.

If your aids are still not working, bring them to the clinic. Don't be an amateur technician, best to leave it to the professionals.

Contact Hear-Clear Australia

**Dural: Shop 16, Village Green, 22-24 Kenthurst Road,
Ph: 9651 7379**

**Galston: Galston Family Practice, Shop 4, 350-352 Galston Rd.
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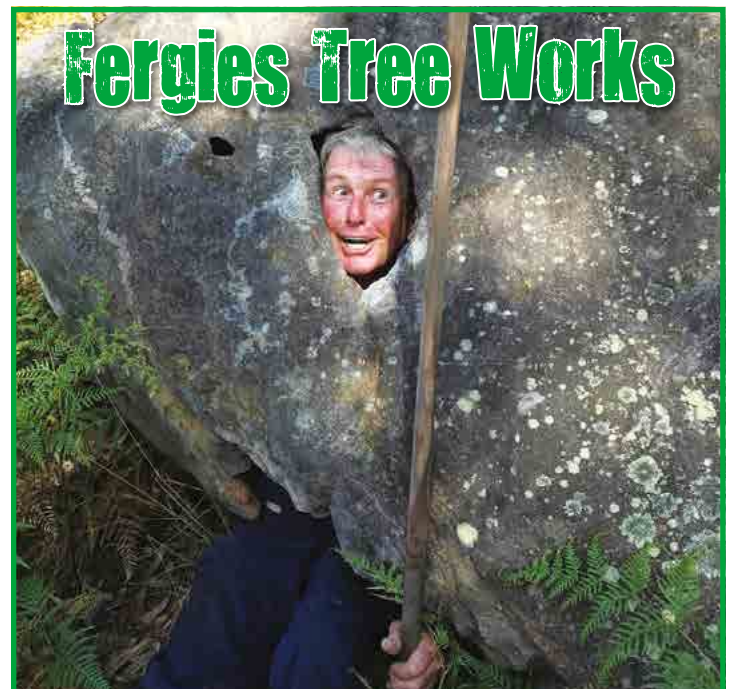
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Heartbeats

By Mary Ord

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

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

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

My mother's day experience

I hope all the mothers in our community enjoyed their dedicated day and that some surprises and delights came your way.

I have four boys and one girl (she lives in Kenya), so when it comes to Mother's Day it is up to the boys to be resourceful. My boys range in age from 32 to 25 years and haven't ever shown much initiative about making me feel extra special on Mother's Day. Generally it is the bouquet of Chrysanthemums from the local flower stall. But this year they planned the whole day, which involved them coming together with a planned menu and cooking me a feast. I felt that all those years of showing them how, finally paid off and I couldn't have been more chuffed.

Thank you my lovely boys.

In Praise of Fagan Park

Since moving to Galston nearly three years ago I have had the great pleasure of walking in the park nearly every evening with our dog. It is such a beautiful park, so well cared for and such a lovely place to be.



Whatever the weather it is beautiful - the flowers, trees, birds give constant pleasure. I usually go in the evenings and on the weekdays often have the park to myself which is such a privilege. At weekends and holidays it is a delight to see the park full of people really enjoying it - friends and families with children, on their bikes or scooters, playing games, barbecuing and picnicking - just enjoying being together in a lovely place.

Thank you Bruce Fagan for donating the park and to Hornsby Council and the rangers for keeping it so beautifully maintained.

If Mr Fagan was looking down this Easter, I am sure he would be very happy to see so many people enjoying what was their lovely home and farm and having such a wonderful time!

Val Wright

Birth Announcement

Alice and Charlie Herbert are happy to announce the birth of their new son, Thomas Graham Herbert. Weighing in at an enormous weight of 4,060gms and measuring 51cms. After a really long day, Thomas arrived on 19th April 2017.

Thomas has four brothers and a big sister. His brothers are Alex, Rob, Ben and Geoffrey and his sister is Elizabeth.

He is the 11th grandchild of Helen and Graham Bell of Galston and 12th grandchild of Caroline Herbert of Kinds Creek, formerly Annangrove. The lucky little boy also has 2 great grandmothers. Granny White (Beryl) of Sydney and Granny Bell of Guildford.

Alice, Charlie and the rest of the family are all enjoying the new arrival.

Zumba

For eight years the ladies of Galston and surrounds have been Jazzercising to keep fit. The retirement of our most energetic and amazing instructor left 30 women with no one to keep them in shape in the way they enjoyed best.... exercising through dance.

Our long search was rewarded when we found Nina, a Zumba instructor from Glenhaven. We are all once again stamping our feet, shaking our booty, twisting and shouting to music from around the world and we couldn't be more engaged than we are by Nina, who is forever smiling, encouraging and overflowing with joy and enthusiasm. Thank you Nina. Come join us at the Galston Community Hall in Galston. Wednesday and Friday at 10am to 11am. Always coffee and a chat to follow. Come dance and be merry with us.



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

Sally Stokes

Local artist Sally Stokes has been invited to hold an exhibition at Annandale Galleries 6th June - 8th July, 2017. Sally is an award winning artist who has lived most of her life in the rural Hills District. Sally has travelled widely throughout Australia and captures, with intense and rich colour the vast array of beauty our landscape has to offer.



Cafe Sasanqua

Sonya Best is taking a tree change from her corporate life to provide our community with a new cafe. Once Sonya found the space, a lovely building set in the grounds of Camellia Grove Nursery on Cattai Ridge Road, Glenorie, the decision came easily as she has always had a love of cooking, mixing with people and serving the community. I am looking forward to soaking up the ambience of this space and sharing time with friends as I enjoy a delicious cup of coffee and homemade food..... Sonya we know that your efforts will be rewarded. See you all there!



'She Brews It'

Glenorie girls, Samantha Wilson and Penny Catt are two entrepreneurial sisters who are following their dream. Both Sam and Penny gave up their jobs in the beauty industry to wake up with the sun, spreading their form of happiness one cup at a time.



Sam says, "They see us rolling, They Chase us!"
Two sisters brewing up a storm in our Cute little van. 'She Brews It' proudly serves 'the Little Marionette' coffee, along with yummy treats to all the crazy coffee lovers out there., Catch us at markets, festivals, private/corporate functions and events. We love getting up early to bring some sunshine to your day."
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The things people do

Eight years ago 47-year-old Richard Wilford from Glenorie was walking in the Blue Mountains when he came across runners participating in the hundred kilometre Ultra marathon race. From that moment on he decided to train up and complete one for himself. Last weekend, in the beautiful Blue Mountains, with more than 1400 starters, he successfully completed his eighth Ultra trail marathon in 18 hours and 37 minutes. This run is not a flat hundred kilometres, rather the course climbs up and down over 4400 metres of fire trail and walking tracks. Richard received his sixth bronze belt buckle which is given to contestants who complete the course in under 20hrs. Congratulations Richard.



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NSW RURAL FIRE SERVICE REPORT

Glenorie Rural Fire Brigade News

By Chloe Paton and James Wicking

Winter Is Upon Us

The weather is starting to get colder and it is important that you clean your chimney every year. Soot can build up in the flue and cause a fire in the chimney itself. Remember in case of fire, call Triple Zero "000".

Planned Fuel Management Burns

Each year, only a small window of opportunity exists where weather conditions are favourable to conduct controlled burns. We have now reached that time, and aim to complete several burns across Glenorie and the surrounding areas prior to the next Bush Fire Season.

These burns are designed to help reduce the intensity of fire and will hopefully help to protect homes and property in our area, but do not mean there will be no fires.

For further information on Fuel Management Burning occurring throughout the area, please visit the RFS web site: www.rfs.nsw.gov.au

CSF Course

With a new Community Engagement team coming on board, our three new team members attended the Community Safety



Facilitator (CSF) course at the end of April. We learnt new skills to facilitate community engagement events.

Wear a bicycle helmet

In May, we were called to a road accident. A cyclist had come off his push bike and injured himself. While he had some cuts and bruises, thanks to his helmet he has no serious injuries. Wearing a helmet when cycling is for your own safety, so please ensure you and your family always wear a bike helmet and follow the road rules.

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

Galston Rural Fire Brigade News

By Kara Dubois

Man trapped under car

The Galston RFB crew attended an early morning call near the Galston Club on Arcadia Road recently. They assisted other emergency services free a man trapped under a car after he had allegedly jumped onto the bonnet of the car. He sustained a broken leg from the incident.

Hazard Reduction Season

The cooler weather provides better conditions to perform hazard reductions. A hazard reduction may use a controlled burn as one way of preparing for future bush fires.

While hazard reduction burning is strategically planned to minimise the potential impact of smoke on public health however, some members of the community may need to take action to mitigate the risks of smoke from hazard reduction burning by planning ahead.

You can get updated information on where and when hazard reduction burns will be taking place by going to www.rfs.nsw.gov.au and selecting the 'Fire Information' tab.

Galston member profile

Each month this year the Galston Rural Fire Brigade will feature a short interview with one of our members. It is a great way to discover just how diverse your local fire brigade can be.

June member profile:

Kat Dunlop

How long have you been a part of the Galston Rural Fire Brigade? 8 years

What is your role there? I am currently a Deputy Captain and the President of the Brigade

When you're not at the brigade, what do you do for a living? I am a Technical Training Officer for the Department of Agriculture, and mum to a 3 year old and 1 1/2 year old.

What made you join the RFS? I had friends in the RFS who encouraged me to join as they said it was very rewarding and you learn so much. They weren't wrong!

What makes being part of the RFS so unique? The mateship, encouragement and support from fellow members is exceptional. The Brigade 'family' is like none other and is very welcoming of new members.

What is a fond memory you have of your time at the brigade? When a young boy said to me at a community education event 'you're a girl, I thought fire fighters were meant to be tough?' the Senior Deputy Captain Brad Farkens over heard and replied to the boy 'women are some of the best fire fighters out there'. Which the boy replied 'oh, ok', smiled and went and told his family.

What advice would you give someone thinking of joining? Don't hesitate, come and join, you will not regret it. We welcome people from all different backgrounds and experience levels. We have Brigade training on the first Saturday of the month between 1pm to 4pm so feel free to come and say hello, have a tour of the station and equipment and speak to members.



BRIGADE CONTACT DETAILS:

Duty mobile: 0491 119 152

Email: info@galstonrfb.org.au

Dural and Districts Historical Society

The Government Experimental Farm

By Margaret McKinley

Way back in 1907, when our district was the most important area for the growing of Citrus and many other varieties of fruit, the Department of Agriculture purchased 40 acres of an old run down orchard in Galston Road, Dural, to be used as an experimental property for research into fruit disease and good orchard practice. The farm was situated where Uralla Road is now, with the main headquarters house about half way down that road. Mr Archer was the Manager. At the Galston Road entrance there were sandstone columns on either side. When Uralla Rd was declared a Public road in the 1950's, the stone was used at the entrance to one of the properties in the road.

The Experimental Farm was used as a training scheme for boys selected in Great Britain needing agriculture experience. They were called the Dreadnaught Boys, because they were financed by money originally raised in England for the purchase of a Dreadnaught Battleship in 1909. 21 boys were selected and sent out to Dural for training. When W.W.I was declared some of them were old enough to enlist. One of these was George Rook. Several years ago his daughter, Mrs. Patricia de Groot, gave some photos, which had been taken by George in 1914, to our Historical Society.

There was also an advertised scheme for the training of young woman in suitable agricultural interests "suited to the physique and temperament of women", such as beekeeping , dairying, pig raising, and poultry farming, but it is not known if anybody applied.

An interesting point is that the old pioneers knew where to find underground water. There are several wells, with water only 2 or 3 metres below the surface, along the top of the hill in Uralla Rd and in San Remo Pl., but most of them have been filled in. Connection to the main water supply happened after about 1937 when the Water tower in Galston Road was built. It was the last project to be completed under the Depression Relief Scheme.

📍 At the next meeting of the Dural Historical Society on Saturday, 10th June, at 2pm the Guest speaker will be Ian Hoskins who will speak about "The Spirituality of the Aborigines in the World History of Religion". All welcome



George Rook milking a cow. And some of the orchard.

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Matt Kean MP

I was pleased to see the final roadheader Dahlia has been delivered to the NorthConnex project. Named after the Tunnel Manager Ian Webb's daughter this makes 19 roadheaders working on the \$3 billion project.

It is a tradition that the last roadheader is named after the tunnel manager's wife or daughter. While other roadheaders Petra and Meehan Demon have been named by local schools.

The NorthConnex tunnel will connect the Hills M2 Motorway at Pennant Hills with the M1 Pacific Motorway at Wahroonga. Once completed it will save motorists 15 minutes of travel time and 21 sets of traffic lights. If you have ever been stuck on Pennant Hills Road during peak hour, you will know how much we need this piece of infrastructure.

The NorthConnex tunnel will be one of the deepest roads reaching up to 90 metres below the ground. The tunneling is currently being carried out by the roadheader machines which can cut through 5 metres of rock per day, which is incredible. More than 3kms has already been dug and I look forward to watching this project progress.

In more good news for motorists changes have been made to Peats Ferry Road. New 'no-parking' zones will mean there will be two lanes in peak directions between Bridge and Galston roads. The east side will be in operation between 6am and 10am while the west side will be between 3pm and 7pm.

This will ease congestion for motorists travelling to work and home along this road.



Reverse with Ease

Reverse with Ease is a small business that aims to cater for the needs of everyone; whether you are a beginner who wants to learn to reverse a boat trailer, horse float or caravan with confidence or someone who may need a little help in enhancing



current reversing skills, this business is for you. As there is nothing worse than reversing when there is a lot of people around and you are under pressure to get it right, and not hold up other people trying to do the same. Our aim is to alleviate this stress and ensure reversing any trailer is no longer a difficult or pressuring situation, rather a task that can be performed easily with confidence.

The business all started with my neighbour whom had a new pony, horse float and four-wheel drive. But the only problem was, she couldn't reverse it - sound familiar?

With over thirty years of experience of reversing any type of trailer, I had no hesitation in teaching her the fundamentals of mirror use when reversing, without having to open the door or twisting over the shoulder. Within a few short lessons, my neighbour was able to reverse that new horse float with confidence, as if it was second nature.

Using your own car and trailer, in the comfort of your location of choice or even your own backyard, we look forward to growing and refining the skills necessary to reverse without a hassle. We are a business that wants to teach all members of the community, whether they are young teenagers wanting to reverse a boat trailer, parents who dedicate their weekends taking themselves or their children to pony

club, or an individual or couple wanting to cruise around the country, one caravan park at a time.



⚡ So if you would like some help learning to reverse your trailer, call Scott – we are more than happy to help.



Matt Kean MP

Member for Hornsby
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“Arcadia Pony Club - Mother’s Day at Zone Show Riding was not for the faint hearted!”

Whilst some mothers woke late on Sunday 14th May to be spoilt by breakfast in bed and a day of relaxation and pampering, not so for the mothers of members of Arcadia Pony Club that participated in the Zone 23 Show Riding hosted by Forest Hills Pony Club.

An early start with preparing ponies and riders and to make the hour long drive to Terry Hills meant a sleep in wasn’t an option.

And whilst it is expected to be a busy day helping one or two of your children ride, what was not expected were the ominous black clouds that moved closer and closer until the heavens opened to allow for nearly 35ml of rain, with some hail, to fall in the space of just over an hour!

Parents kept children and ponies alike sheltered with rugs, on horse floats and under canopies. And a testament to the dedication of the competitors (and their mums!) only a small number of competitors departed with the skies finally clearing and the sun making a much welcomed comeback.

The members from Arcadia Pony Club performed very strongly with the following results:

Beginner

Reserve Champion - Alyssa Cepak



Tiarna riding Maverick – it’s never too wet to ride!



Our Champions and Reserve Champions from Zone 23 Show Riding

Novice

Champion – Laura Parker

Reserve Champion – Jessica Cepak

Aged 9 and under 11

Champion – Rosie Kenny

Reserve Champion – Madeleine Breatnach

Aged 11 and under 13

Reserve Champion – Brooke Parker

Associates

Reserve Champion – Tiarna Davies

Congratulations to all of our riders who participated on the day and represented our club.

Arcadia Pony Club would like to thank Forest Hills Pony Club and everyone associated with the event for a wonderful day. And of course – we hope all of our “mums” enjoyed Mother’s Day as well.

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

Arcadia Pony meets the first, third and fifth Sunday every month at the Rural Sports Facility in Galston. We’d love to see you there!

To find out more about Arcadia Pony Club please check out our new website at www.arcadiaponyclub.org.

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Galston Equestrian Club – Lots of lovely dressage!

We held a Dressage Protocol Day on 23rd April, with B Grade judge Vicki Newham and D Grade judge Sue Birch each judging and teaching a full day of enthusiastic students. We started with a record time of setting up 2 arenas in Saturday afternoon – 45 minutes, and finished with an even better time of 25 minutes for packing them away after the last test on Sunday afternoon. Many helping hands and a good system works a treat...Thanks to the volunteers. Vicki and Sue kindly helped riders from Prep C to Elementary improve their future marks with excellent advice and tips, and all riders were thrilled with the results.

Jenny Merity delivered her talk on 27th April, on the responsibility of gear stewards and competitors at a dressage competition, in a friendly and casual manner, and happily answered questions as she went along. Thank you for giving us your time and the benefit of your experience, Jenny, it was much appreciated!

Our first Official Dressage Competition of the year held on Saturday 13th May was a resounding success! Thanks to a huge effort by the committee and volunteers, we had a smoothly run but very busy day. The 69 riders rode 123 tests, from Prep to Elementary, and were judged by 5 excellent judges (Vicki Newham, Julie Jones, Kay Barney, Rachelle Evans and Marilyn Betty). We were happy to give 3 other judges (Gail Kroon, Ann Messenger and Sandy Woods) an opportunity to increase their knowledge and skills by shadow-judging. There was a very foggy start to the day, but soon the sun came out and the weather was perfect. Watching beautifully groomed and plaited horses with their smartly jacketed riders dancing in the 3 white edged arenas on the emerald green grass was a joy to behold! The canteen and BBQ were kept busy all day keeping everyone fed, and our many generous volunteers gave their time to ensure the day ran without a hitch, from arena set-up on Friday to the final arena pack-up on Saturday afternoon, including all the jobs



Jaime Erol with Impression and judge Sue Birch at the Protocol day

in-between! Feedback from our non-member competitors was very positive and all are looking forward to our next Official Comp. in September. Horseland Dural and Coprice/ Nutrice once again generously sponsored the prizes – thank you very much! GEC has such a friendly, positive, welcoming and supportive atmosphere, no wonder riders enjoy coming to our events!

We have now run 3 of our Peter Haynes clinics, which are held on the 2nd Wednesday of each month. Members and non-members are welcome to the showjumping clinic, where Peter runs small groups so he can concentrate on each individual rider's needs.

Two interesting talks will be coming up in July and August, to be held at the Galston Club in the evening. Everyone will be welcome. Sophie Fletcher of Integrated Equine Nutrition will give a talk on

equine nutrition and hair analysis on 25 July. Heather le Provost will be giving a talk on weeds and weed control in paddocks on 22 August. I am sure both will be very interesting and helpful to us all!

Upcoming events :

- 25 June** Working Equitation with Kim Peterson
Dressage Training Day
- 8 July** Showjumping Fun Day
Legetete with Paul Cairns
- 9 July** Georgia Bruce Clicker Training Day
- 23 July** Members Only Dressage Competition
- 25 July** Sophie of Integrated Equine Nutrition will give a talk on equine nutrition and hair analysis.

As usual, please check our Facebook page and our website for up to date information on all our events.

<http://www.galstonequestrianclub.org.au/>



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Galston Public School

By Carole Weiss

In the last week of term all students contributed to the making of beautiful wreaths to commemorate the Anniversary of the landing at Anzac Cove in Gallipoli. A very moving ANZAC service was then held in the school hall. Students at Galston Public School are now once again on their way to enjoying an exciting and busy Term 2.

Well done to our Stage 3 students who were wonderful ambassadors for their school during their camp at Point Wolstoncroft. They displayed excellent behaviour while having a go, challenging themselves and learning new skills with all of the different activities. Everyone, including the teachers, came home tired but exhilarated after having three days at this awesome camp.

The annual Cross Country carnival which was held in the school grounds involved all students from Kindergarten to Year 6. They participated with great energy and sportsmanship. Students ran their hearts out and used enthusiastic voices to cheer for their respective sport houses. As always, our carnivals are supported by an amazing team of teachers and wonderful parents who assisted as course marshals and also provided a special lunch menu. Staff and students couldn't do without them! A courageous and determined team will now go to compete at the Beecroft Zone PSSA Carnival.



Stage 2 students had a fantastic day when they experienced 'stepping back in time' during the Colonisation of Australia from 1788-1809. With authentic equipment, real-life anecdotes, songs and events from the past, the Colonial Show was an engaging and interactive experience for students to learn about Australian history.

Students are enthusiastically participating in the Fit Futures

program which commenced this term. The focus of this program is the development of correct running techniques and skills for athletics in a fun and engaging format.

Kindergarten Enrolments for 2018 are now being taken. If you have a child who will be enrolling next year, please assist us by completing an enrolment form, available from the office. Please bring your child's birth certificate/passport and immunisation documents with you. Your assistance in this matter helps our planning for next year. If you are aware of a family in the area with a child who will be enrolling in Kindergarten next year, please ask them to contact the school office.

📞 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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Glenorie Pre-School

Celebrating Glenorie's Mums

The children of Glenorie Pre-School were very excited to treat their mums and grandmothers to a special morning tea and lots of fun activities. Mums got to have their nails done, thread straw necklaces with their children, create masterpieces at the paint easel, and have a bit of fun posing for pictures in the photo booth. Afterwards everyone shared a yummy morning tea of cupcakes and fruit salad. Thanks to everyone who came. Our children really value your involvement and having such close connections with their local community.

⚡ If you have a Pre-Schooler and would like to look at enrolling them for 2018 please do not hesitate to contact our Director Belinda on 9652 2259 or pop in for a visit anytime.



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KU Galston Preschool

What a busy start to the term. It has been delightful to return to preschool to participate in the Hatch n Grow program where we were the lucky recipients of duck eggs to watch 9 gorgeous little ducklings hatch from their shell. We all have thoroughly enjoyed looking after our little treasures watching them grow and develop and caring for them, they have had lots of love and cuddles and have enjoyed swimming in our dry creek bed.

Last week we had all of the mum's visit preschool for Mother's Day. We celebrated with a concert of our favourite songs and dances and then treated our mum's to an afternoon tea of scones, Anzac biscuits and shortbread all prepared lovingly by the children.

Our main focus this term is on healthy eating, we are introducing slinky apple Monday to encourage the children to make healthy food choices and making fruit kebabs for morning tea. We are learning about which foods to fuel our bodies.

📍 We still have vacancies on some days, if you would like more information or a tour of our beautiful preschool please contact our Director Rebecca Onslow on 9653 2252 or ku.galston@ku.com.au.



Our AMAZING Mums at Middle Dural Public School



We would like to thank all the amazing and wonderful mums at Middle Dural Public School. Our school is so grateful for the love, support and encouragement from all our mums. Education and great encouragement is a top recipe for the success of our next generations. That's why we love this school - because of the people! The staff, the kids and the parents! Have a fabulous week everyone!

**📍 Principal: Ann Mills
School Office: 9651 1761**

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Hillside Public School

It has been a very busy start to Term 2 with all children participating in many activities.

Hillside travelled to Middle Dural Public School to join them and Annangrove for the Annual Cross Country. Every child participated in the races, each trying their very best. Congratulations to Harry M, Arabella, Joshua, Sam, Madi, Aaleyah, Antonia and Izak. We look forward to hearing of your results in next week's Zone Cross Country. Congratulations too and a very big Thank You to Middle Dural for hosting such a wonderful day.

Congratulations too, for this month's Aussie of the Month Award Joshua and the Kindness Award winner, Harrison B. Both worthy recipients of these awards. Arabella is to be congratulated for being selected as a member of the Beecroft Zone Girls Touch Football Team.



Children are enjoying their lessons with Cool Kids Music where musical talents are being discovered and nurtured. Hillside might just have the next The Voice.

Our Mother's Day Afternoon was a great success. Our lovely mums and grandmas came to Hillside for an afternoon Zumba, Yoga and portrait

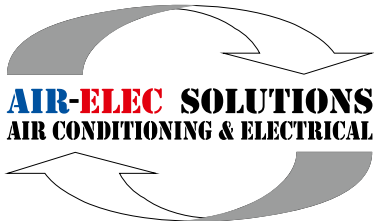


drawing, culminating in a Devonshire Tea served by the children. Happy Mother's Day!

Through the 7 Steps of Writing program, children are discovering how to write fantastic narratives. Years 3-6 have already discovered the secret to a Sizzling Start and are immersed now in how to Tighten the Tension in their writing. Fantastic writing all of you!

Children have just completed a 5 week Aerobics program run by Build a Body. The trainers certainly had the children moving and grooving on a fantastic circuit.

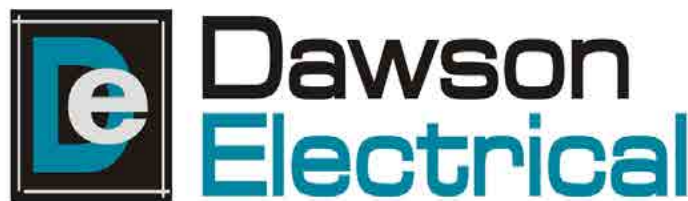
🔗 If you are looking for a small school where each student's needs are catered for in a positive learning environment, please come and visit Hillside or phone the office on 9652 1459.



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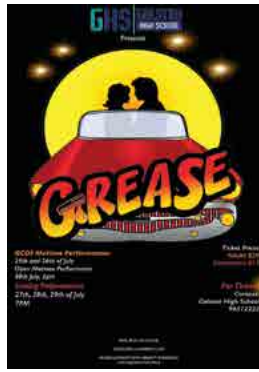
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Galston High School News

Grease is the word!

Rehearsals are in full swing ready for our biennial musical production. This year we are very excited to be presenting the ever-popular 'Grease'.

In May students travelled to Vision Valley Recreation Centre for our Musical Camp. The students worked incredibly hard across the two days and the music, acting and choreography is sounding and looking great. We are very excited to share the performances with the school community next term. The students would like to thank ex-students Natasha Schuddeboom and Annabelle Pearce for their amazing work with the choreography and Eliza Florian for her expertise in acting and vocal training with our leads.



Year 11 Crossroads Camp

Year 11 have recently returned from the Snowy Mountains where they completed the Crossroads program. The camp began with the Driver Education RYDA program that is kindly sponsored by Rotary. We then journeyed to Berridale where, over the next three days we were challenged with a number of activities including climbing Mt Kosciuszko, raft building, canoeing, the assault course, manoeuvres and personal development programs. Thank you to Mrs Searle for all the organisation and for once again tackling the mountain, even if she needed a walking stick which she insisted was a trekking pole!



Both Pictures:
Year 11 camp at Crosslands



Northholm Junior Debating Kicks Off

Northholm's Years Five/Six debating team have begun the IPSHA Friday Afternoon Competition for 2017 with their first round against Abbotsleigh. The debate 'That schools should teach current affairs instead of History' was contested by both schools with an Affirmative and Negative team. For most of Northholm's teams, this was their first public debate however nerves were overcome as students delivered impactful ideas in their speeches, and rebutted the opposing team's points with growing confidence. The Affirmative Team comprising of John Awakian, Eveline Cooper, Kieran Coleman and Emma Wildes argued the topic very well with the debate going by a narrow margin to Abbotsleigh. The Northholm Negative team's win has given Declan Gunther, Hannah Wildes, Noah Elsley and Caitlin Bastian a great start.

"It's good to see so many of the new members of the team learning from and being encouraged by students who have returned from last year" said Jenny Scotney, Head of English "I wish both teams luck in the following rounds".



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Newly Renovated Playgroup Opening

Arcadia Playgroup recently welcomed local federal MP, Julian Leeser, to officially open their newly renovated Playgroup Shed. Playgroup Coordinators, Dale Carn, Farah Miles and Jo Dawson, welcomed Julian, alongside Arcadia School Principal, Sharon O'Brien, and Arcadia P&C President, Pete Jones, who also participated in the proceedings.

The crowd of onlookers heard about the history of Arcadia Playgroup from its inception in 2013 and the previous challenges faced with regard to inadequate storage space and facilities. Arcadia Playgroup took the opportunity to thank the generous funders of the recent renovation project – the Arcadia Public School P&C Association and the Australian Government's Volunteer Grant Scheme. After failing to secure a local funding source, the Arcadia P&C Association generously covered the vast majority of costs for the project.

Work was completed in January 2017 by a number of local trade businesses including Empire Bathrooms, Dawson Electrical, Arcadia Painting and Abood Excavators. The



Playgroup Coordinators then arranged the internal fitout in April.

Prior to the renovation, the playgroup shed was little more than a dirty tin shed with no internal walls, constant water damage, cracks and holes leaving toys open to the elements and a range of creepy crawlies and no power. It has now been beautifully transformed into a functional storage and play space. Features include freshly painted gyprock walls, modern stencilled concrete floor, a new front patio, storage racks and tubs for all playgroup toys and craft supplies, power, including downlights and power points, guttering, drainage work and repair work to the external structure, blackboard paint on the front door and tea/coffee making facilities. A new chair for breastfeeding mums has also been purchased as well as other

essentials such as a First Aid kit. The federal MP has even offered to personally donate a heater for the Winter months!

Local Arcadian parents, and their babies and toddlers, now have somewhere very special to come together, to enjoy each other's company, to give and receive support when needed and to provide opportunities for their pre-schoolers to socialise with other local kids. The Arcadia Playgroup setting has always been very special, with fabulous outdoor spaces to explore, but now the group has the facilities and shelter needed to grow from strength to strength.

📍 Arcadia Playgroup meets fortnightly during school term, Thursday 9.30-11am. Check the Arcadia Public School website for details or call Playgroup Coordinator – Dale Carn – on 0410 532 562 for more details.



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Arcadia PUBLIC School

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Arcadia Public School pays its respects on ANZAC day

On a clear, crisp morning, the students of Arcadia Public school participated in a moving service to commemorate the Australian service men and women who have fought and died for their country.

Year 5 and 6 students with invited guests Major General Breraton, Flight Lieutenant Thomas Hofbrucker, a former student of Arcadia PS, and Able Seaman Liam O'Brien.



School captain Rose and Vice captains Jack and Koda proudly led the service with our other captain Matthew pictured here. Matthew is a talented musician. He once again played The Last Post and Reveille.



Sharing some family history and learning about grandad and great grandad's medals.



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GLENORIE



Glenorie Public School

Welcome back everyone to school. After a relaxing two and a half weeks of holidays, we are eager to learn. Heading towards the middle of the year, Term 2 is starting to be a very busy term indeed!

We spoiled our mums and nannas with gifts from our Mothers day stall. The stall was held in the school hall on Wednesday, 10th May 2017. We had some super gifts. Thank you to all the mums who helped run the store and Kerry for organising it. We hope that all the mothers enjoyed their gifts.

After training very hard, Glenorie students participated in our Cross Country on 5th May. We ran around the school and Glenorie park. We all enjoyed the day, pushing ourselves to the limit and testing our stamina. The event each child entered was determined



by the age they are turning this year. Congratulations to everyone who participated in the event and a huge thank you to Mr Gornalle for organised such a wonderful day. 40 students will now go on to the zone carnival on the 9th June.

To fundraise for the Year 6 farewell, we held a Mother's Day Raffle! We had some wonderful prizes including first prize, which was a 115L bar Fridge filled with six Bottles of champagne. Thank you to Nati Bros Roses, 2157 Fine Gifts, Blush Skin and Beauty, Laura Jane Hair and Sweet Pea Boutique for the wonderful prizes that you donated. We're sure that everyone enjoyed your amazing gifts thoroughly.

Congratulations Year 3 and 5 on the completion of the NAPLAN tests. They all did their best to achieve the highest result possible, and we wish them all good luck when their results come out.

🔗 We are all looking forward to more exciting events to come!

Middle Dural Public School

ANZAC DAY 2017

Middle Dural was proud to march this year for the ANZAC Day ceremony, held at Glenorie. We had such a wonderful turnout to represent our school and to pay respect to our soldiers. Mrs Mills was so proud of her students and school captains Deanna and Nick who lead their school well.

It's fantastic for the students to participate in so many diverse activities within our wonderful community. Our school is all about creating many positive memories for the children. Childhood is precious and we value that.

🔗 For further information about our school and all that it offers, please feel free to drop in or call the office. Mrs Moss would love to show you around. Everyone is always welcome. Principal: Ann Mills. School Office: 9651 1761





By Corri Byrne, Pastor

Who has time to watch grass grow?

In this increasingly frantic world of total connectedness, seriously who has time for boredom?

In fact, I have noticed with my children that boredom is something that seems completely alien to them. Rather than find themselves with time to sit and be bored, they are connected to a device or a screen and being entertained.

Surely this has an adverse effect on the minds of our young people.

Surely this connectivity has an adverse effect on the minds of our older people.

Recently I made time to sit and watch the grass grow ... ok I didn't really sit for that long, but I did get the chance to sit for around 6 – 7 hours.

This time was spent in prayer and reflection, seeking a time with God. It was a time for recharging. I found new energy and a calmness that had been absent due to a frenetic lifestyle.

While I pondered and meditated on God's word the question came to me ... who likes to watch the grass grow? Or another way of putting it, who enjoys watching the process of time working its magic through the minutes, hours, days, months and years.

Obviously I don't! Who has time for that? I'm busy. I have things to do, projects to complete, goals to achieve. Take time out to watch the grass grow! Come on.

Well, the answer is ... God does. God enjoys watching the miracle of gradual transformation.

All too often we look for the miraculous in the immediate, rather than appreciating the miracle of time.

God says with the faith of a mustard seed you can move mountains. Well a seed takes time, it is planted, it takes root, and gradually grows to a sapling, and then, over time, grows into a great tree (Matthew 13:32).

I think as Christians we need to learn to appreciate the miracle of time and the gift of patience. Our mustard seed prayers will grow into great trees if we allow God's timing to work.

Find time to disconnect, to slow down, to watch time take its course and enjoy the opportunities to watch grass grow whenever they arise!

St Benedict's News

Sacramental program for 2017/18

Parish First Communion this year will be held on Sunday 18th June. Then Confirmation for a new group will take place on 5th August, leading up to next year's First Communion program. Enrolment forms are now available so please contact the Parish Office on 96532312 for more details. The office is open from 10 am to 5 pm Monday and Friday.

100th Anniversary of Fatima

This year marks the centenary of the appearance of Our Lady in the Portuguese village of Fatima, and St Benedict's parishioners held a special celebration at the church in May in honour of this special anniversary.

Fatima, the small town where Our Lady appeared to three shepherd children in 1917, has since become a much-visited shrine. To mark this 100th anniversary, Pope Francis declared at Fatima, in the presence of 500,000 worshippers, that two of the three children - Jacinta and Francisco Marto - who sadly died in the 1918-1919 flu epidemic, were to be made saints. The third child, their cousin Lucia dos Santos who lived until 2005, is already on the way to sainthood.

Together for Humanity

A small group from the parish went to the *Together for Humanity* lunch held in the city in mid-May. *Together for Humanity* is a multi-faith, not-for-profit organisation that brings people from varied backgrounds together to promote understanding. The president of the group is a Muslim, the chairman is Christian, the national director is Jewish and the patron is an atheist. *Together for Humanity* aims to reflect our diverse society.

New defibrillator

The picture shows Parish Priest Father Bernard with the new defibrillator that the parish has acquired so that we can be prepared in the event of an occurrence of sudden cardiac arrest. A number of parishioners will also study the training videos so that they'll know how to make the most of this potentially life-saving equipment.

Weekend Mass Times

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



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Some weeds have nice flowers, but.....

By Barry Lees



I spend a lot of time pulling out weeds on my own property, at Bushcare, Landcare working bees, in National parks and other bush areas. It is surprising

how the same weeds pop up in all these places. I got to thinking – if the people who have these plants could stop them spreading into the bush, how good would that be! I would rather we did not grow these plants at all, but if we want to, here is what needs to be done to stop them spreading:

Cassia (*Senna pendula*). The seed pods look like beans. When they turn brown, they split and release up to 50 seeds with a long life. To stop spread, remove all the seed pods. If you can't reach them, prune the plant until you can.

Ochna (Mickey Mouse plant) has yellow flowers, then red with black seeds. We have an ongoing battle with these plants in Carrs Bush. Remove all the seeds before they go black.

Passionfruit seedlings grow in bushland everywhere. Don't let seeds be spread by people, animals or birds.



Seaside daisy spreads quickly and needs multiple visits to remove it. Seeds are spread by wind. Cut all dead flowers off before they go to seed.

Japanese honeysuckle is a real nuisance. Remove the black seeds before birds can spread them. Prune the plant so you can reach them all.

Formosan lily. Cut the flowers off as soon as they are finished to prevent the seed capsules growing.

Agapanthus. This popular plant is becoming weedy and is forecast to be a major problem. Cut the flower heads off as soon as they are finished to prevent many black seeds forming.

There are many other introduced plants that invade the bush, like Jacaranda, Camphor laurel, Lantana, Privet, Crofton weed, Whisky grass, Mothvine, Arum lily, Mother of millions, Fishbone fern, Trad, Bridal creeper, Fireweed, Blackberry, Farmers friend. If we all controlled these plants on our own properties and nature strips, far fewer of them would end up in the bush. I realise this is a big ask, but it would help enormously.

📍 Landcare members can help identify weeds and give advice on how to remove them. For contact details, see www.stillcreeklandcare.org.au

Bromeliad Society of Australia

The Bromeliad Society of Australia will hold their next meeting at Federation Pavilion, Castle Hill Showground on Saturday, 10 June commencing at 11am with plant sales, prior to the meeting at 12 noon.

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

"Guest speakers will be Maureen Johns an expert on scale insects on bromeliads. Scale on any plant can be destructive but on bromeliads it can compromise the vigour of the plant drastically as well as being very unsightly. said Ian Hook, President - Bromeliad Society of Australia.

Two types of scale are partially nasty pests, common scale and the much harder to eradicate, fly speck scale. Maureen will discuss how to identify these pests as well as the means with which we can deal with them" he said

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



Monday Walks and Talks at Ku-Ring-Gai Wildflower Garden

Term Two of the Monday Walks and Talks at Ku-Ring-Gai Wildflower Garden, 420 Mona Vale Road, St Ives continues with a variety of topics including Rainforests, Eucalyptus, Angophoras and Corymbias.

Meet 9-45 am at Caley's Pavilion, wear suitable shoes and a hat, bring water. Cost \$5, includes notes, with a discount for APS members. More information at www.blandfordia.org.au



Australian Plants Society

The Australian Plants Society-North Shore Group will meet 7-30 pm on June 12th in the Willow Park Community Hall, 25 Edgeworth David Avenue, Hornsby.

Guest speaker Rachel Thomas will present "Wetlands of Western NSW." Visitors welcome. Native plants for sale. More information at www.blandfordia.org.au



Galston Garden Club



A beautiful garden, music and lunch at the grand old Carrington Hotel Katoomba was the outing in April. Garden members started early for a full day heading to Bebeah at Mt Wilson where there was a guided tour of this lovely old garden. Bebeah is one of the original large garden estates of Mt Wilson, having been built by Edward Cox in 1880. Today, this garden has been completely rejuvenated, restored and reshaped under the caring hand of Barry Byrne, the current owner. There was plenty of time for some personal wandering around to be inspired and then it was back on the bus to The Carrington where members lunched while being entertained by a musical recital. Everyone came back tired, well fed, full of garden ideas and the music ringing in their ears.

What a night, what a delight is the only way to describe our Q and A meeting. Our panel of Elizabeth Swane, Judy Horton and Sue Montgomery were informative, funny, knowledgeable and enthusiastic as they answered members and guests questions. Members were delighted with the opportunity of having their queries and questions answered; from identifying plants and trees, to growing tips, weed control, to where to find peanuts to grow in your garden and suggestions of the best type of plant to put into a particular spot, these three ladies gave us a great night! The hall looked amazing as people brought in their plants and the question they had about it. Then there were a huge number of plants brought for Show and Tell – this is a favourite spot for members to show us



L-R Elizabeth Swane, Judy Horton and Sue Montgomery

an unusual plant they have or when they finally got that plant to flower or fruit! Or just to show us what is in flower in their garden at the moment. Truly a fun night and packed with members and guests.

Save the date for the Galston Open Gardens Weekend Friday 20th, Saturday 21st and Sunday 22nd October 2017.

📍 Garden Club meets on the 2nd Weds of the month at the Galston Community Centre 37 Arcadia Rd., Galston 8.00pm, new members are warmly welcomed. For other information, visit our website: www.galstongardenclub.com.au. Our guest speaker next month is Brent Tallis from Overland Nursery.



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Friday 2nd June, 10.45am

Beecroft Presbyterian Church Hall, Welham Street
Beecroft

We are very excited with our line up of guest speakers for 2017. COME ALONG and Make New Friends!

We welcome recently retired citizens and Baby Boomers, who are, looking for new interests.

Keep abreast of the changes which are likely to affect you and your income in the future.

We need to work together for a better future in retirement.

Contact: 9634 1186

Red Cross, Castle Hill Branch

9th June, 9am

Room 1, Castle Glen, 157 Ridgescrop Drive,
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Parking - at lower end of Knightsbridge Shopping Centre
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Fri. 9th June and Fri. 30th June at Winston Hills Mall.

Contact: 8850 7056.

Dural Galston Probus Club

Thursday 15th June, 10am

The Galston Club, 21-25 Arcadia Road, Galston

Guest Speaker: Caitlin Comensoli "Planning for Ageing"

Contact: Anne 9653 1004

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Let's Talk About Poetry with David Adés

Tuesday 20 June, 10.30am - 11.30 am

Dural Library

Join David as he reads selection of poems followed with an open discussion to answer questions about his experiences as a poet to help you develop your own poetry writing

Dural and District Prostate Cancer Support Group

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

BLUE GUM CENTRE

ARV - Glenhaven Green, 599-607 Old Northern Road
Glenhaven

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

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

Galston VIEW Club

Wednesday 28th June, 2017

Dural Country Club

Guest Speakers: Gary Cook from The State Library of N.S.W. which has a history dating back to 1826 and is renowned for its historical and contemporary collections. Visitors are always welcome.

Contact: Vivian 98941189

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The Dooral Roundup is the official publication of the Dural & Round Corner Chamber of Commerce. It is a monthly magazine. Adelphi Printing Pty Ltd, the publisher of the magazine, is looking for an experienced Advertising Sales Consultant. The successful candidate will also fulfil the role of Chamber Membership Consultant on behalf of the Dural & Round Corner Chamber of Commerce.

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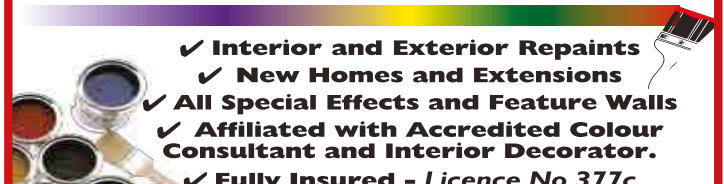
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Tree Services

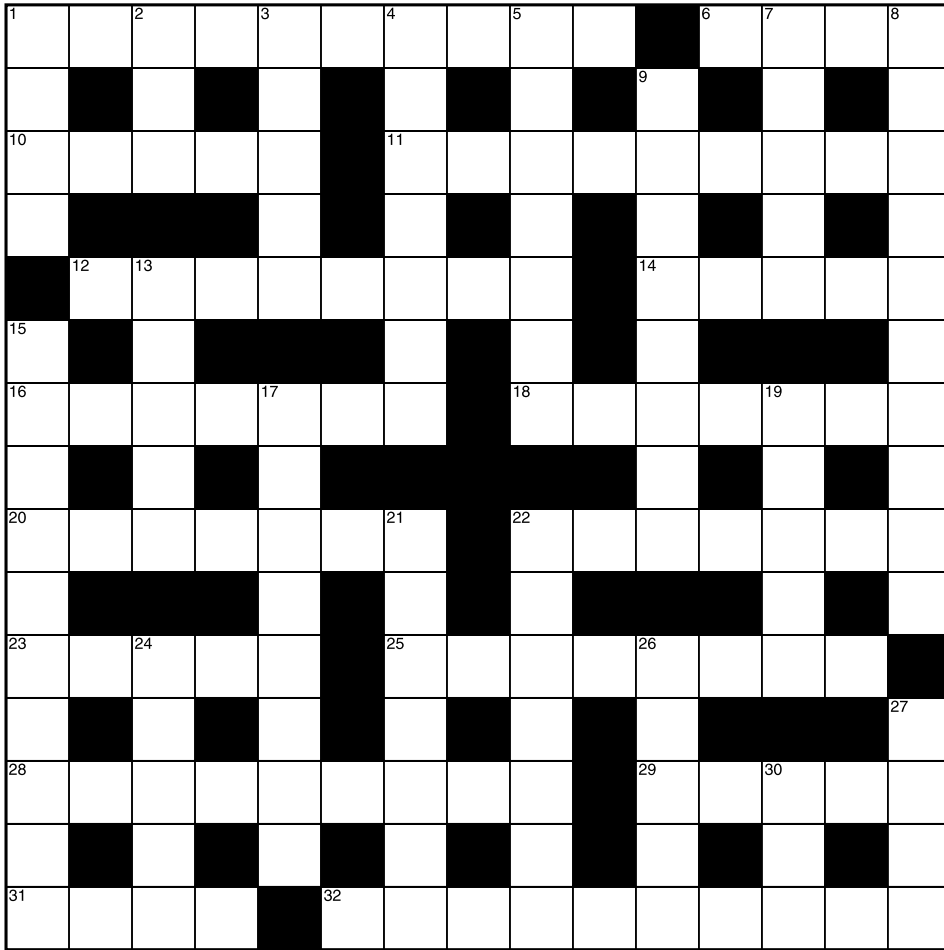
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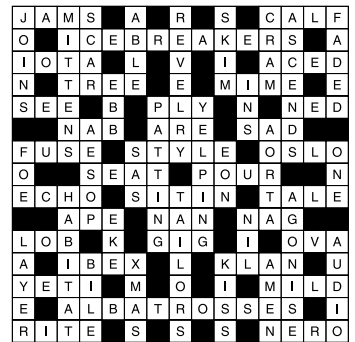
ACROSS

- 1. Inexactness
- 6. Handle
- 10. EU currency units
- 11. Snow slippage
- 12. Escorting
- 14. Lingered (on)
- 16. Continually (2,3,2)
- 18. Measure of loudness
- 20. Within house
- 22. Shows up
- 23. Asian narcotic
- 25. Prisoner's shackles (3,5)
- 28. Weakness
- 29. Beef dish, steak...
- 31. Coat with gold
- 32. Re-evaluated

DOWN

- 1. Decorates (cake)
- 2. Wealthy LA suburb, Bel...
- 3. Indian social system
- 4. Reconfigure
- 5. Rushed headlong
- 7. Recess
- 8. Short-winded
- 9. Disadvantage
- 13. Newspaper rack
- 15. Keeping track of
- 17. Threshold rugs
- 19. Physical strength
- 21. Hushed stillness
- 22. Fishermen
- 24. Incite to action
- 26. Roof junction
- 27. Invasive plant

Answer from June 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.

CALLING ALL PLAYGROUPS

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

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

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



Deadline for July 2017 Edition 15th June

7000 copies distributed

The Galston, Glenorie and Hills Rural Community News

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PO Box 211 Galston NSW 2159

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The Galston, Glenorie and tHills Rural Community News is a published by Adelphi Printing Pty Ltd Magazine Design and Print by Adelphi Design and Print
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Important Local Information

HELP and INFORMATION SERVICES

General Emergencies	000
Energy Australia Emgy	13 13 88
Hornsby Hospital 9477 9123	
Hills Shire Council	9843 0555
Hornsby Shire Council	9847 6666
Integral Energy	13 10 03
Lifeline (24 hours)	13 11 14
Poisons Information Line	13 11 26
Police - Hornsby 9476 9799	
Police - Castle Hill	9680 5399
Sydney Water	13 20 90
Telstra Faults	13 22 03

LOCAL BUSHFIRE SERVICES

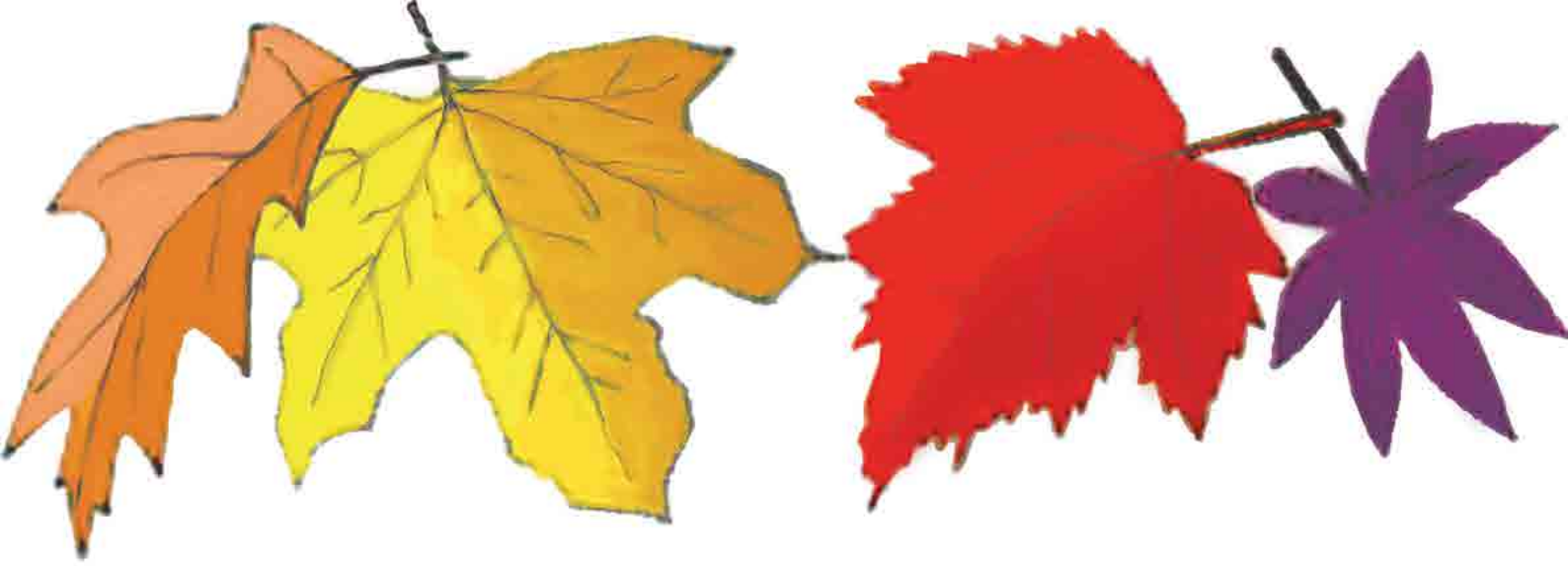
(Station phones are unmanned and will operate answer phone services only. Call 000 for Emergencies)

Arcadia Rural Fire Brigade	9655 1656
Fire Captain David Byrne	
Galston Rural Fire Brigade	0409 470 205
Fire Captain Rob Symons	
Glenorie Rural Fire Brigade	9652 2017
Fire Captain Shaun O'Brien	
Hillside Rural Fire Brigade	9652 2245
Fire Captain Andrew Baildon	
Middle Dural Rural Fire Brigade	9651 2805
Fire Captain Len Best	

LOCAL JP's Bendigo Bank Galston - 9653 2227

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

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



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