



# Galston, Glenorie & Hills Rural COMMUNITY NEWS

photo by UB Art Shack

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JUNE 2018

## Galston Goes National

Galston Swimming Club recently sent their biggest team in recent years to the Australian Age Swimming Championships, held this year in the exotic location of Homebush, Sydney. Our six individual and six relay swimmers performed amazingly well for such a small club. Laura Boll finished 12th in both the 100 and 200 back, Sam Loria finished 17th in the 50 free, whilst Olivia Charlton, Jack Charlton, Jake Marsden and Daniel Steer all had top 30 finishes. To put that into some sort of perspective, they were all in the top 30 swimmers in the entire country...not bad for a little club like ours. Head Coach Stacy Harding was impressed, but already has plans for an even bigger 2019. If you want to take your swimming to the next level, why not come aboard for the ride...it's going to be hair-raising.

Many thanks to Active Body Physiotherapy in Castle Hill for their kind sponsorship of the team, and once again thank you to the Galston Bendigo bank, which supports the whole club with an annual grant. Galston IGA continues to support the club on a weekly basis, supplying all the produce at no charge for our fund raising BBQ's.



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## Galston CWA News

Next month Galston CWA will be celebrating their 60th Anniversary with a high tea. Anyone interested in attending please contact us.

Thank you to all who helped at the Royal Easter Show. We could not do it without all the volunteers. Even if you are not a member, you are most welcome to help out in place of those who are less able bodied.

Chocolate was the item of the day at our last meeting, definitely enjoyable!! Thank you to Robyn for indulging us.

The CWA's AGM was recently held in Armidale. Many items were discussed, cakes and presentations judged and outcomes received. Much work (and fun) was had. The CWA has many discussions about issues facing women and the general public. We are also this year focusing our funding to Endometriosis, a condition that affects many women. I hope you can attend our fundraising and help us support research into this condition. We are not just about tea and scones.

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

Donations of material and other items also welcome. Please visit our facebook page for details of specific items. [www.facebook.com/CWAGalston](http://www.facebook.com/CWAGalston)

We are always looking for new members if you are interested please drop by. Our general members range in age from 30 years to 90+. Junior members also welcome. If you are interested in joining please contact the numbers below. We only need 1 MORE MEMBER to make it to 20 before our anniversary.

**1 For more details please contact; Janet-9653 2402 or Melissa 0408626978**

*Sixty*

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THE 60<sup>TH</sup> ANNIVERSARY OF  
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\*Conditions apply: Prices are per person twin share ex SYD in AUD unless otherwise specified. Prices are correct as at 01 May 18 & are subject to change without notice & availability at time of booking. Seasonal surcharges & single supplements may apply, & prices may vary due to currency fluctuations & changes to taxes & surcharges. Offer valid until 30 Jun18, unless sold out prior. Valid for new bookings only & not combinable with any other offers. Valid for travel on selected dates until 16 Nov 18. Full payment is required at the time of booking due to this offer being heavily discounted & available for a limited time only. Further conditions may apply. Booking, credit card & cancellation fees may apply. ATAS No. A10640.

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## Salvation Army Australia

By Catherine Joscelyne

To keep our stores ticking away smoothly, we are blessed with groups of volunteers who come in on their chosen day to help sort and shelve donations.

Our focus team for this month is in Linen. The Manchester Maidens: Mary, Sue, Earlene and Ros spend countless hours every week going through all the donations, and putting out the very best for sale. Items include sheets, blankets, pillow cases, doona covers, quilts, towels, table cloths, cushions and olde worlde fancy lacework and d'oylies.

Please note that, by law, we cannot sell pillows, mattresses or electric blankets. Stained or torn items have to be discarded, so please be mindful of our disposal costs, and place these articles in your own bin.

We do accept sub standard towels and blankets, as these go into a large tub marked PETS, and are sold for a nominal amount.

**As a thank you to the valued customers in both our stores, we will again be running a STOREWIDE HALF PRICE DAY on Thursday 29 th June. Shoes, clothes, crockery, picture frames, sportswear, electrical, toys, linen, toys: everything will be half price. Our Dural store will open at 9am, and the Glenorie store at 9.30 am. We look forward to seeing you!**

## 1st Dural Awards



On Friday 11th May the 1st Dural Scout Group held their Annual General Meeting and Awards Night. The Group reflected on another fun-filled year of camping, bushcraft, outdoor activities, community work and exciting challenges and games. Nine of the youth members across Cubs (8 - 11 years), Scouts (11 - 15 years) and Venturers (15 - 18 years) received awards for their efforts to live by the Scout Laws relating to respect, doing the right thing and developing a strong sense of self belief. Congratulations goes to: Vincent Acosta, Kristina Taylor and Lachlan Edwards for their Cub level awards, Hunter McGhie, Tegan Edwards and Alexis Taylor for their Scout level awards and Jack Rose, Natalie Walsh and Chloe Lawler for their Venturer level awards.

We are looking forward to another fabulous year of scouting.

**If you would like to join 1st Dural Scout Group, call Warren Payne 0419 280 967 or email [sydbp@bigpond.com](mailto:sydbp@bigpond.com)**

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# Glenorie Progress Association News

By Di Coxon-Ellis

**Boral concrete** Glenorie batching plant upgrade is continuing to be the hot topic and to date the DA has not yet been lodged with The Hills Shire Council. Residents are advised to make a submission to THSC as soon as the DA is lodged. (Keep an eye on our facebook page.) However, some residents have advised Council of breaches of the current consents of operating hours plus Boral concrete trucks over the weight limit using Post Office Road. The GPA is taking a stronger stand against this upgrade so as to prevent the batching plant being a thorn in the side of any future vision we may have for our semi-rural village. Letterbox drops are being carried out with a **“Say NO to Boral”** message outlining the contentious issues of dust emissions, increased truck traffic affecting not only our and our children’s health and lifestyle, but also our livelihood. Rural businesses near the Schwebel Lane plant are concerned at the devastating effect the upgrade could have on their plants, crops and resulting in their businesses being non-operational. The environmental effect could also be felt further away, with run off into our creeks and resulting in the Hawkesbury system being affected.

If YOU are able to help spread the message, please ring Di on **0418 432 587** or email us at [secretary@glenorieprogress.org.au](mailto:secretary@glenorieprogress.org.au). If you join the association you will be sent the updates directly. We now have a very healthy membership of 65 members.



Koala asleep

The **Planning Sub-Committee** has met with Hornsby Councillors *Michael Hutchence* and *Warren Waddell* in attendance with the SC members, and there was a healthy exchange of opinions. We agree that we need to come to a compromise, ranging from the overriding utopian vision of a **model eco-village** that could be regarded as a pipe dream, to the comparatively smaller issues like the Boral upgrade that we will face on a day to day basis. Whatever happy medium is reached, it needs the community on board with our “vision” to make it work, so spread the word so we can have as much input to make it all work, and soon!

**Environment Centre - Pat Schwartz** reported a highly successful Solar Info Day on 22 April at the Glenorie Hall. Koala calls are being listened for and a Koala Day to be held at Kurrajong in July.

**Glenorie Bus bay** – Promises have been made that the gardens and tarmac repairs will happen!

**Woolworths’** Glenorie manager Greg has advised that he has sent our request for an Associations dedicated noticeboard to the Woolworths hierarchy. Keep watching this space and the space on the Woolies wall.

**Join us at our next meeting at 7:45pm at the Glenorie RSL on Tuesday 12 June.**

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## Quiet Time For Dural Bowlers?

With no club competitions underway at present at the club, a quiet time was anticipated, but the top bowlers had other ideas and entered the district pairs competitions, both the open and the senior sections in Mitchell District. On day 1 in the Senior competition, Di Sweeney with Liz Whelan won both their matches but were eliminated the next day. In the Open section, Robin Davidson with Eileen Bromley and Sue Vindin with Christine played superb bowls, winning both their matches. Sue and Chris kept up their great bowls and reached the final, going down by a shot, 12-13 to a highly regarded team from The Hills. Naturally the club is very proud of these achievements specially as there were members of the state squad playing.

Back at Dural, the ladies played a *Trophy Days* competition when random teams were pitted against each other over two days with the player with the highest total number of shots winning.

The winner was Margaret Yeend. Kath Sach and Leone Lesslie shared second place and Barbara Roberts fourth. Congratulations, as to gain top points over two days is very difficult.

Twelve members are heading south to Bomaderry for the annual State Carnival where they will play two games each day for three days with the sixteen top-scoring teams playing off on the Thursday and Friday. One team is hoping to improve on their previous section wins and the others will be looking to emulate them.



## GALSTON ROTARY CLUB'S GIANT BOOK FAIR

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Two years after opening Dynamic Motion Physiotherapy Asquith, practice owner and senior physiotherapist Simone Szabo is expanding her business to the Galston community. Colleague and senior physiotherapist, Darren Pivetta, is her business partner in the venture.

Simone and Darren are passionate about health and wellness, "...having both been involved in local sporting competitions and community activities, we are keen to support the Galston community by improving access to physiotherapy services locally."

Dynamic Motion believes in a holistic treatment. Looking after the individual as a whole, they tailor their therapy around each client's goals. The Dynamic Motion team aim to help people move at their best, so they can function at their best.

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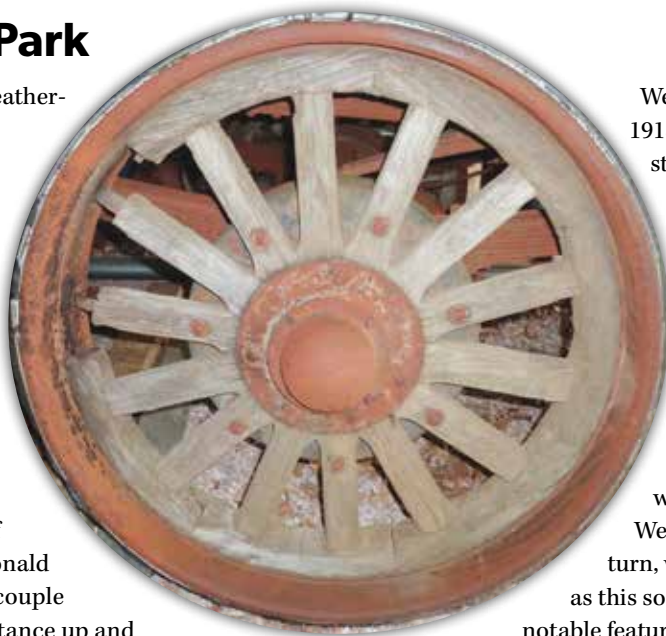
# Friends of Fagan Park

ANZAC Day was a perfect day weather-wise, drawing large crowds to Fagan Park and many of them visiting the Museum precinct. We took our vehicles for a parade through the park, including the newly completed Farmall F14 tractor. A couple of small issues arose as you might expect on its maiden run, and these will not be difficult to fix. Our tea and coffee was popular and we actually sold out of the home-made ANZAC biscuits.

Mention was made previously of the recent resurrection of our McDonald diesel roller, and this was started a couple of times and even driven a short distance up and down to show off the rumbling behemoth that it is. After ANZAC Day we were able to put it back in its shed after nearly 12 months.

Netherby Homestead will be closed for all of May for ceiling replacement and a complete repaint.

One of our members is close to completing the restoration of a Ba-vu pumping unit. These comprise an integrated 2-stroke engine and high pressure pump all of their own design, and were used for orchard spraying, sheep delousing (an alternative to dipping) and so on. They were manufactured in Victoria and are quite uncommon in NSW. As donated, ours was missing a few items, but we were able to acquire another to complete it.



We have just commenced work on the 1918 International Model K truck, at this stage dismantling the donor chassis.

The wheels will be a particular challenge, being solid rubber on wooden-spoked wheels (known as artillery wheels). There are few remaining people capable of re-spoking and re-rubbing these types of wheels, even though they were once common. See the attached photo of one of the rear wheels – it certainly needs some work!

We really expect challenges at every turn, which is what makes a project such as this so interesting and rewarding. One notable feature however – it is 100 years old and has been stored in the open for goodness knows how long, yet there is minimal rust, and every nut and bolt has loosened with little difficulty, a testament to the quality of materials used back then. The climate out West would also have helped of course.

The Friends of Fagan Park are on deck every Tuesday, which is our volunteering day. The museums are open to all on these days, and on the second Sunday of each month (afternoon only). We encourage visitors to ask about our projects, as well as about any of the artefacts on display. Who knows – you may become interested in joining us!

**Call Ian Browning, Honorary Curator, 0419 435 475.**

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## Hills Hawks Football Club

Hills Hawks Football Club is a community focused club that has been part of the Galston community for 49 years. President of the Club, Ian Robertson, says he is very proud to be associated with such a Club. "Hills Hawks is more than a football club. It's an organisation that links everyone in the community together. Players and parents are provided with a way to connect together and meet others from the community."

The fact that the club now has over 500 registered players, including our first Under 5 team, is testament to this community need.

Hills Hawks FC relies heavily on the support of both volunteers and sponsors to help it continue to provide this community service. Many thanks must go to the continuing major sponsorship of the Glenorie RSL Club as well as the support from Bendigo Bank. This year, Hills Hawks were delighted to have Dean Willemsen, the grandson of one of our founding and life members Harry Willemsen, provide sponsorship through his company Clearstate. The Club is proud to have Dean on board as he continues the family involvement and support to the club.

The Club is thankful to its other long term sponsors Hills District Farm Equipment and Hills Storage. Other sponsors include CVW Engineering, Turrell Building, Spa and BBQ Barn, Chizzos Pizzeria and Coppernest.

This sponsorship money helps keep down the cost of registrations and is used to provide support to both players and coaches. The Club provides players with professional training through its successful Kickstart Programme. It also has Paul Wade, ex Captain of the Socceroos, provide teams with individual training to improve their game. All of these programmes are geared towards improving the skills of our players.

This development of our players means that our senior players are able to play in the Premier League competition. This is the highest level of competition in the Gladesville Hornsby Football Association in which we play. Club's are only invited to play at this level upon successfully winning All Age and Super League competitions. These games bring an exciting element to Hayes Park on home games.

After 10 years of successfully running an in-house ladies social 6 a-side competition on Saturday afternoon at Hayes Park, Hills Hawks FC has commenced its first O35 Men's 6-aside competition. After a couple of years in the planning, the Men's O35 Social Competition has finally kicked off and is flourishing. This has proven to be a very successful competition, giving local men the chance to continue playing soccer in a competitive but fun environment. No doubt this competition will continue to grow each year and be as successful as our Ladies social competition.

Every year, Hills Hawks FC holds a Mini's Gala day which is run by our Vice President-Mini's, Peter Grocott. This year we had 58 teams register with some teams as far away as the Central Coast region, North Shore and South-Western Sydney. It is the biggest day on the Club calendar and a big thanks to everyone who helped out.

Hills Hawks FC upcoming events include the participation in the Purple Socks Campaign in support of Pancreatic Cancer. On 23rd June, participating players will wear purple socks in a bid to raise necessary research funds as well as bring awareness to the community. For those that have not purchased socks, donations will be able to be made on the day.

*continued on page 20*

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# The Convict Trails Rock! (and roll)...

By Susanna Mills

It is a privilege to experience the historic Convict Trail on a bicycle. The range of distances and terrain that a mountain bicycle can cover extremely efficiently, means that you get to see much more of this fascinating trail than on foot.

Wisemans Ferry is easily accessible from any suburb North West of Galston Gorge- either via Old Northern Road, or the slow, narrow and winding River Road which hugs the course of the Hawkesbury River. Either route is a lovely drive.

On negotiating the very steep descent into the village, drive down to the river past the golf course and get ready to ride from the park next to the ferries. In 1826, Soloman Wiseman was granted the rights to operate a punt for travellers and goods travelling via Castle Hill to St. Albans, Hunter Valley and Newcastle. In 2018 it is no different- the need is the same, but the conveyances have morphed into to a weekend parade of shiny motorcars, fabulous motor bikes, and marvellous mountain bikes! So an integral part of walking or cycling this trail, is the journey to arrive the trail head, namely the foot of Devine's Hill. You turn left along Settler's Road, and it's just 600m away, on the right.

**DEVINES HILL:** (1.8km) Cycling visitors have not been considered in the design of this gate, so you have to dismount, hoist

the bike up above your head and wrangle your way through the pedestrian access point walls. Devine's Hill is a 1.8km 'warm up' climb, on a wide, hardpack dirt road with exquisite views over the MacDonald River. You are now cycling on the actual road that the Convicts built from 1826-36. All along this road there are remnants of their endeavours, with modern sculptures and information plaques to take one's attention away from burning legs and lungs. A temporary reprieve at the top of the hill (where Shepherd's Gully merges with Devine's Hill) comes with yet another cycle unfriendly National Parks Gate to hoist your bicycle over.

**SHEPHERD'S GULLY TO FERRY:** (11km) If you are new to offroad cycling, or riding here with children of 12 and under, at the top of Devine's Hill turn left down the 2km Shepherd's Gully descent. Take time to admire the verdant, fern-lined gully and some little-known Convict era-culverts and a small bridge. At Settlers' Road, turn sharp left and ride the 9km dirt and tarred road, back to the ferry.

**DEVINES HILL TO W. COMMISSION TRACK:** (10km) If you are an experienced mountain biker, you are in for 10km of rocky, very technical riding, when you turn right at the top of Devine's Hill. Bear left past the Finch's Line turn off. This section of the trail is notorious amongst all those who brave the annual Convict 100 Mtb Marathon, but riding it recreationally is an absolute pleasure! Expect to ride up and down a series of rock steps, with intermittent sections of ridgeline singletrack. 5% of this trail is so technical, that you will have to carry your bike up or down it. 95% is rideable- particularly if you have a dual suspension bike with 27.5" or 29" wheels attached and, of course, mtb skills and fitness that are on



## LOCAL PRACTICE RECEIVES THE MARK OF QUALITY AS AN ACCREDITED PRACTICE

Achieving accreditation is a major achievement and a clear demonstration that Glenorie District Medical Centre is striving to improve their level of care to both patients and the community.

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Glenorie District Medical Centre is located at 920b Old Northern Rd, Glenorie and offers a range of services including Pathology, Physiotherapy, Podiatry and Psychology

OPENING HOURS:  
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Contact: 9652 1663



## FACT BOX

**THUMBS DOWN:** Squadrons of mosquitoes at the parking area !

NP gates make cycle access difficult.

It is a shared trail, so after riding 20, 40, 70km- cyclists returning via the Convict Trail are mandated to walk their bikes 2km DOWN Devine's Hill. There is no alternative descending bike trail to the ferry, other than the circuitous 11km loop via Shepherd's Gully, or the extreme Finches Line trail. Route directions as described in the article are recommended.

**THUMBS UP:** Clean, well-maintained public toilets at the East Bank Park.

Great little canteen next to the ferries that serves the best hot chips in town!

Fascinating indigenous plants and rock-formations along this trail. It is a Garden of Eden.

Excellent community support for the annual Convict 100 MTB Marathon, with its unique canoe bridge over the MacDonald River and friendly local volunteers manning the 44, 68 & 100km marathon routes.

**HINTS & TIPS:** Do not start your ride after 10am during summer. It gets extremely hot here.

Carry at least 2-3 litres of water, plus food if you think your ride here may be more than 2.5hours (30km)

Do not ride down to Ten Mile Hollow and beyond alone, without tools, pump, a GPS (or an unerring sense of direction). There is no mobile reception, no water and no residences. These are very remote bushland trails and if you get into difficulties you will be at serious risk.

Roads, ferries and trails in this area may be closed due to maintenance, flooding or bushfire activity, so research your trip to cycle from Wisemans Ferry accordingly.



point! Just when you are starting to wonder how long this hammering will go on for, the trail mercifully levels out and intersects with Western Commission Trail.

**WESTERN COMMISSION TRACK TO FERRY:**

(16km) The intersection is a good point to stop and recover. Commissioners' may be a nice dirt road, but it packs a mean punch to tired legs with six pinch climbs that you must ride before the final downhill to Wiseman's Ferry Road. It's not difficult to reach speeds of up to 70km/h, but please remember there is the occasional car coming up to the Buddhist Retreat near Ten Mile Hollow! Watch out for the third, and final bike-unfriendly gate. It is difficult to see, being at the end of a long, steep and shady section of downhill, making it a formidable hazard to the gung-ho. Rather take your time and savour the panoramic views of the Hawkesbury River Valley stretching out into blue horizons on either side of your handlebars.

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Pictured: Mcgraths Hill Vet. 30kw System



## Hornsby Art Prize Entries Now Open

Pencil, paint, clay, ink or digital - whatever tickles your muse, now is the time to get creative as the Hornsby Art Prize is open for submissions.

The Hornsby Art Prize is an annual art competition and exhibition promoting and celebrating outstanding local artists.

This year the competition has a total prize pool valued at over \$23,000, with the major prize worth \$10,000.

Artists are invited to submit works in the following categories: painting, printmaking, drawing and 3D works.

For the first time the Hornsby Art Prize will also include digital art stills.

Entries are open until **31 July 2018** and submissions are to be made online. Entry costs \$40.

The non-acquisitive prize, organised and sponsored by Hornsby Shire Council and delivered in partnership with the Hornsby Art Society, is open to all Australian residents aged 18 years and over.

Eligible entrants will also be considered for the Hornsby Shire Emerging Artist and the Wallarobba Outstanding Local Artist Awards.

The Hornsby Art Prize Finalists' Exhibition will be held at Wallarobba Arts and Cultural Centre in October, as part of the annual Hornsby Shire Festival of the Arts.

**📍 For more information about the Hornsby Art Prize, or to enter, visit [hornsby.nsw.gov.au/artprize](http://hornsby.nsw.gov.au/artprize)**



Last year's Hornsby Art Prize winner, *Asquith Postcards* by Lyndall Beck.

## Bingo Night

**Date:** Saturday 2nd June 6.30pm for a 7.00 start

**Venue:** in the amenities room of RDA Tall Timbers  
125 Old Pitt Town Road, Box Hill

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## Galston Medical Centre

**Dr Graham Campbell**

**Dr Joyce Beardsell**

**Dr Elizabeth Rayment**

**Dr. Mohammed Ansary**

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# 90 Year Olds' Amazing Swim!



James (Jim) Short

Last month we told you about James Short attempting to swim a 1500 metre freestyle at the Hills Masters Long Distance Swim meet at Galston Aquatic Centre. Well he did it!

Nonagenarian James (Jim) Short set a State record in the 1500metres freestyle, 90-94 age group, swimming under an hour at 48:58.68. Jim bettered his previous record last year in the 85-89 age group in November 2017 at Knox Grammar Pool of 50:22.67, proving that, like a good wine, we get better with age! Jim's split times show how he just got faster as he swam...

2017 -	200m 7:19.59	400m 14:03.23	800m 29.19.37
2018 -	200m 6:49.63	400m 13:39.30	800m 26:58.34

Jim only joined masters swimming last year (Bushrangers Masters Club) specifically to set the record in the previous age group. Now he is going on to bigger and better things. Jim says "Everyone is so nice!" at Masters Swimming. Jim relishes the opportunity to swim at meets like the Hills Masters Club conducted on 6 May at Galston. He stated after his record swim "I would like to thank all the officials who make these carnivals possible. They not only make it enjoyable but also healthy for everyone. And you can quote me on that!"

Thank for your thanks Jim. We loved having you there and your support crew of five great grandchildren who are very proud of their great grandfather and admit that they have a hard act to follow.

There were over 70 swimmers from all over NSW and ACT at the Hills Long Distance meet and ten other amazing swimmers broke 7 National and 18 State records (provisionally). But it is not just about the records – as Jim Short stated, it is all the other swimmers who do it for their health's sake resulting from the fun, fitness and friendship that Masters Swimming brings. The meet would not have been possible without the assistance of all the volunteers - members, visiting officials, Galston Swim Club plus Galston Aquatic Centre Management and staff and our wonderful sponsors, Glenorie RSL Club plus the four Woolworths stores in our area, Cherrybrook, Dural, Glenorie and Kellyville. What an individual and corporate team!

**🔗 If you are interested in becoming part of this swimming fraternity you can join a local club, not necessarily to compete, contact Di at Hills Masters on 0418 432 587.**



Jim's support crew

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The last social event on the 2018 Calendar is our Comedy Night. In order to promote Club spirit, Hills Hawks is hosting a Comedy Night on 28th July at the Glenorie RSL Club. Tickets will be available soon to purchase for only \$20 per ticket. With only limited seating capacity, be sure to get in quick if you wish to purchase tickets.

Hills Hawks FC continues to be a successful football club thanks to its many volunteers and sponsors. We thank everyone who has been and continues to be part of the football community. We can't wait until next year when we celebrate our 50th Anniversary!

"Go the Hawkies..."

## Galston Girl Guides Join in With Anzac Marches



The Galston Guides were honoured to be asked to participate in local Anzac marches at Galston and Kenthurst.



Thanks to parent fundraising we have been able to install a new sign to advertise our hall on Galston Road.

Please contact [admin@galstongirlguides.com](mailto:admin@galstongirlguides.com) for hall hire or enquiries about Girl Guides.

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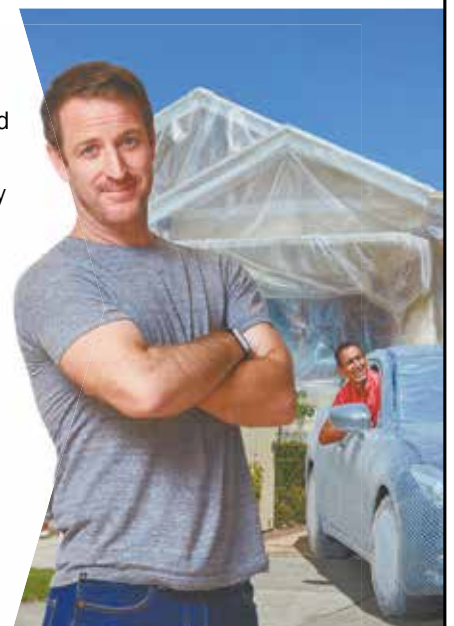
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## Fast Aussie Clean-Up



Faster, smarter, safer cleaning using the Aussie Pocket Rocket and its accessories.

Nobody wants to waste their precious weekends pressure washing. We all love the look of a pristine drive or outdoor area but would rather be relaxing and enjoying it.

Local Hills based company, Aussie Pumps has developed a pressure cleaner that speeds up cleaning. Nicknamed the 'Pocket Rocket', the Aussie AB30 blaster delivers is up to 4,785 psi when used with a turbulance. That means faster, more effective cleaning.

The machine is fitted with a Honda 6.5HP petrol engine is mounted in a trolley frame, complete with four big flat free tyres. That makes it easy to around a property without the restrictions of a power cable.

When combined with a 15" semi-pro flat surface cleaner, large driveways can be cleaned in half the time.

"Using the Aussie 'Pocket Rocket' you'll be the envy of every neighbour," said Aussie's Mal Patel. "We have a saying ... never lend an Aussie pressure washer ...you may not get it back!"

**1** Check the Aussie website for your local distributor [www.aussiepumps.com.au](http://www.aussiepumps.com.au).

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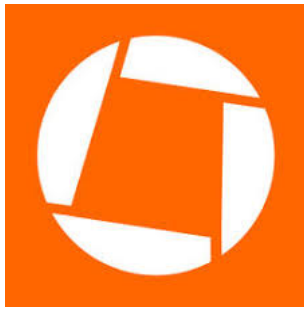
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# There's an APP for that...

## Scanning made easy



Scanning has been made easier with the improvement of cameras on our phones. So now for our convenience we have scanning apps, which is like having a scanner in our pocket. The one I like to use is **Genius Scan**. You can scan individual or multiple documents and export them as JPEG or multipage pdf files. So useful when you need

to send multiple documents to your accountant if you use one at Tax time. The magic feature actually works out the edges of the document making it even to easier to scan. Note: Adobe have a scanning app as well.

Another app I have had a lot of fun with recently is **Procreate**. Definitely an interesting name but if you like creating artwork and can't afford the cost of the more expensive programs this is the app for you. At a cost of \$14.99 and a pen tool you can have so much fun. You will need to make sure your iPad is suitable as well. I had a great lesson with one of the Creatives at the Apple Store, Castle



Towers which had me up and running in no time at all.

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

If you are struggling to understand your Apple device, please give me a call and we can discuss One on One classes. Or perhaps you have a group of friends who would like to learn how to use their iPhone camera? How about a three hour **Photo to Frame** or maybe a **Getting Started or Travel** workshop!



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Seven years ago Kurt Seifert moved his jewellery manufacturing business from the city to Hornsby with his son Daniel. While in the city Kurt and Daniel established themselves as a creative craftsman and despite moving out of the city many of their former clients still seek and appreciate their personalised creations and service. Moving to Hornsby was a leap of faith as they had no established clientele in the area. Kurt and Daniel Seifert Jewellers in Hornsby quickly established a loyal and happy customer base within the Hornsby and surrounding areas with many recommendations from happy customers.

Kurt and Daniel Seifert jewellers offers a full range of specialty services; new creations, repair of worn pieces, restyling of outdated jewellery and resizing of rings. Pre-loved jewellery can be remodelled to create something which reflects your style. If it is



a new creation you are after then Kurt and Daniel will work with your vision, offering free advice and suggestions to help design your treasured piece. Kurt and Daniel pride themselves on high quality pieces, with solidly handmade gold jewellery that can be worn for many years without breaking apart. Kurt and Daniel like to design and produce exciting and unique jewellery of quality, with their years of experience they can comfortably handling jewellery most jewellers won't touch or have the qualifications to do so.

Kurt and Daniel Seifert Jewellers are family owned now with Kurt's grandson a 3rd generation fully qualified jeweller provides an old fashioned service at a price which reflects care, attention and expertise. If you have any questions or concerns about your jewellery please visit to discuss your needs.

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# Galston & District News celebrates



## Galston & District News

VOL. 1. No. 1

JUNE, 1971

FREE

### CENOTAPH RENOVATED

#### Out of the Mouths of Babes

Last Saturday morning I was plucking two fowls, depositing the feathers in our garden compost pit when my daughter, Ruth, two years old last January, toddled up to watch

"What are you doing, Daddy?"

"Just plucking a couple of chooks".

"Can I help you pull their leaves off, please?"

The following morning my wife had just finished feeding the baby,

On Anzac Day an impressive service was held in Galston. In attendance were: Lt. Com. Jim Lawes, Rev. John Atkinson, Ctr. Charles Rogers and his wife, representatives from Western Metropolitan Districts Council of R.S.L.

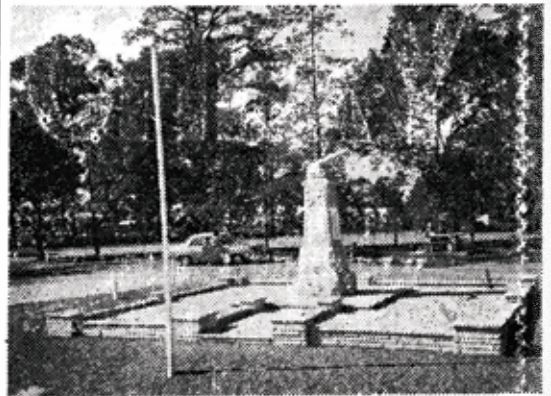
Scouts, guides, local school children, Red Cross and C.W.A. and many ex-servicemen al-

so attended.

Mr. Harry Dunn thanked Cr. Rogers for his efforts in allocating \$1,000 for the Cenotaph renovations, and the council staff for working long hours in an effort to complete the renovations before Anzac Day.

Doug Derbyshire and Lou Heather have been made custodians of the memorial.

and had put her down on the floor for a kick in the sun. As babies sometimes do, she brought up part of the meal, and Ruth, who was watching, called out, "Mummy, Robin's just spilt her drink".



PICTURE shows recently renovated Galston Cenotaph in picturesque setting.

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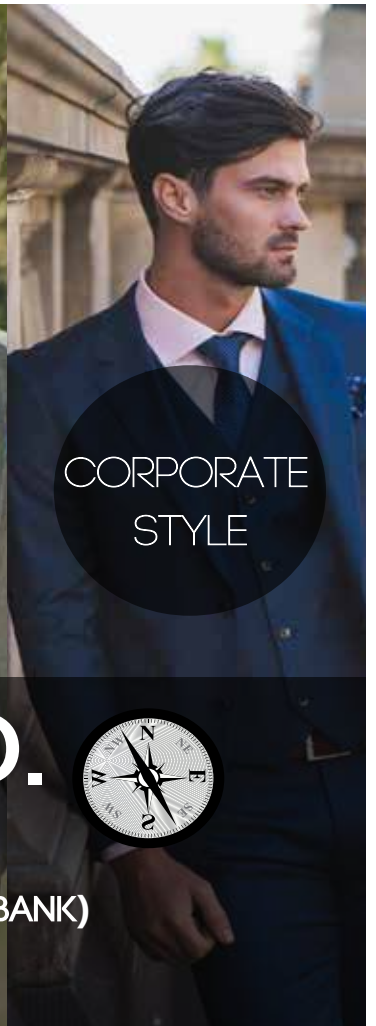
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## Dural And District Historical Society Inc.

The recent Council cleanup started an interesting story. Ever ready to save an historic item from the tip, Norm Sumner gathered up a brass vase inscribed "In Memory of Bill Campbell". Long story short, the Society handed the vase back to the grandson of two men with connections, one being Bill Campbell. History is so easily lost. Don't forget the next meeting on the Greek milk bars and cafes.

**Did you find out that the last mystery (see below) was a Mancour spring balance? Well done if you did. Come to History Cottage and prepare for the next item.**



## Gravely Speaking May – Which Way?

By Kerron May

The following verse is a very common epitaph reminding the living that death is the ultimate and inevitable end awaiting us all.

*Come blooming youths, as you pass by  
And on these lines do cast an eye.  
As you are now, so once was I;  
As I am now, so must you be;  
Prepare for death and follow me.*

However on a gravestone in a Maryland's, USA cemetery some wag has added:

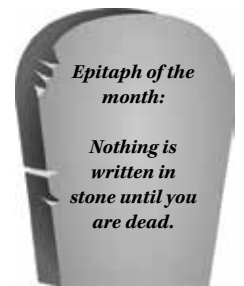
*To follow you I am not content, How do I know  
which way you went.*


The additional verse asks for directional advice of some sort from the dead. How often when we go to visit our loved ones in the cemetery do we engage in a one-sided conversation with them? To seek advice from the dead or information from past events and histories is a kind of haunting, which according to Freud, society is founded on "the voice of the dead father". In other words we are seeking fulfilment of a specific cultural moment or experience from a source which

no longer exists but which we are content in believing can provide answers to the questions we ask. French phenomenologist and philosopher Jacques Derrida called this phenomenon 'hauntology' when he argued Marxism would haunt Western society from beyond the grave in his 1993 critique Spectres of Marx. In contemporary times this concept of advice from the beyond the grave has been expanded into many forms and may be evident on gravestones where a question is posed or a comment is made which makes you think.

It becomes a priority of being and presence where the ghost is neither present nor absent, dead nor alive. This concept cannot really be explained: it just is – a 'haunting' in other words.

Haunting gives voice to the departed as a way of maintaining contact we innately seek to satisfy our inner insecurities. But is it the ghost drifting about or our deep inner psyche looking for answers? Perhaps it is a disembodied manifestation of what we really want to know and hear.






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## Dural and Districts Historical Society Who was Betty Archdale?

By Margaret McKinley. Photo by Irene Rogers

Betty Archdale was quite an influence on many aspects of our local community. She first came to Australia as the Captain of the English Women's Cricket team in 1932. The team beat the Aussies in every match! After returning home to England and gaining degrees at University, she came back to Australia and was appointed headmistress of Abbotsleigh School. Later she and her brother Alex, built a mud brick house in Crosslands Rd. It took a long time but they eventually lived there.

Betty was always involved in community activities. She called a meeting to create our own local Neighbour Aid in February 1971. Over a hundred people, mostly woman, turned up to volunteer to help people in our community with transport to appointments and shopping, and to do housework etc. It took quite a while to find a "home" for our organisation. Eventually a house was acquired in the "Glade" at Galston. After alterations and additions it has now become the Community Health and Resource Centre, including a Playgroup area

When Galston High School was being built, the old Waddell Cottage was in a deplorable state and was to be demolished. Betty saw the building as a valuable historical resource, and formed a committee to raise money for its restoration, including a new timber shingled roof. Betty will always be remembered as a dynamic person who made a significant contribution to the establishment of the local Neighbour Aid and the preservation of Waddell Cottage. She died in January 2000.

At our next monthly meeting on **Saturday, 9th June at 2pm** the guest speaker will be Leonard Janiszewski, who will Talk about "The Greek Café." All welcome.



Betty Archdale

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### NATIVE PLANT GIVEAWAY



**Sunday 3 June, 10am-12pm,  
Council's Community Nursery, 28 Britannia Street, Pennant Hills**

Come and collect 4 free native plants.  
Our plants are native to Hornsby Shire and require low maintenance.

For ratepayers only from: Asquith, Berowra, Berowra Heights,  
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Mount Colah, Mount Kuring-gai.

For more information visit [hornsby.nsw.gov.au/whatson](http://hornsby.nsw.gov.au/whatson)

### CHILDREN'S VOICES FOR RECONCILIATION



**Friday 1 June, 10am-12pm, Hornsby Mall**

Free concert celebrating National Reconciliation Week. Students expressing their understanding of reconciliation through story, song, dance, speech and display of artwork.

For more information visit [hornsby.nsw.gov.au/whatson](http://hornsby.nsw.gov.au/whatson)

### WHAT'S ON IN THE LIBRARY



**MEET THE AUTHOR: PETER COCHRANE**

Author of *The Making of Martin Sparrow*

**Thursday 7 June, 6.30pm, Hornsby Library**

Rich, raw, strangely beautiful and utterly convincing, this book reveals Peter Cochrane – already one of our leading historians – as one of our most compelling novelists.

For more information and to book visit [hornsby.nsw.gov.au/library](http://hornsby.nsw.gov.au/library)

### FROM THE MAYOR'S DESK



Recycling in Australia is facing an uncertain future and there is a lot of anxiety in the community, heightened by the recent decision by one Queensland council (since reversed) to send all waste to landfill. I want to begin by assuring everybody that this is not an option Hornsby Shire Council is considering.

Our residents have worked too hard and are too committed to the recycling cause to turn our backs on it, while Council has put too much effort into our various recycling initiatives to simply shut it all down. The root cause of the difficulty is the Chinese Government's National Sword policy, which has led to a vast reduction in the amount of recyclable material they are prepared to accept from other countries.

This has had a ripple effect through the international recycling community and Australia is not immune. It's possible that Council will have to make some difficult decisions regarding recycling in the near future, but for now all is well and we urge residents to continue your excellent recycling efforts as you have been.

Council is monitoring the situation closely and will let you know if anything changes. In the meantime, rest assured that we remain fully committed to continuing recycling

**Philip Ruddock**  
Mayor  
Hornsby Shire Council

### NATIONAL TREE DAY



**Sunday 29 July, 10am-12pm  
Rofe Park, Galston Road, Hornsby**

Bring the family, enjoy the outdoors and plant a forest.  
All plants are supplied by Hornsby Shire Council's Community Nursery.

For more information visit [hornsby.nsw.gov.au/whatson](http://hornsby.nsw.gov.au/whatson)

### HORNSBY ART PRIZE



**CALL FOR ENTRIES UNTIL 31 JULY**

The Hornsby Art Prize is aimed at encouraging the creative talents of people and providing a showcase for their works. The prize is open to artists from across Australia.

For more information visit [hornsby.nsw.gov.au/artprizes](http://hornsby.nsw.gov.au/artprizes)

## Play equipment for New Hope School

Hon Matt Kean MP



Member for Hornsby Matt Kean MP was pleased to provide New Hope School with the funds for new play equipment thanks to a Community Building Partnership grant of \$30,000.

The program assists community groups to make upgrades to their facilities, purchase equipment or provide essential repairs. New Hope School is one of 15 community groups who will benefit from Community Building Partnership grants from Mr Kean.

“It is with great pride that I am able to assist New Hope School to build new play equipment for the students,” Mr Kean said.

“The NSW State Government is committed to providing funds to community groups for large scale projects like this upgrade at the school,” he said.

New Hope School is within Pacific Hills Christian School and caters for students with a moderate level of Intellectual delay or who have an Autism Spectrum Disorder.

The new play equipment will replace the veggie and herb garden which will be moved to another location within the school.

Mr Kean recently visited New Hope with Principal Dr Boyce to speak to the students about the new equipment.

“I met with Finlay and she is happy to hear there will be new play equipment for her and her friends to enjoy every lunchtime,” Mr Kean said.

## Parents Urged to Get Active With Kids For Better Family Health

Parents are being called on to get active to set an example and help turn around the poor health outcomes of the nation’s children by leading researcher, Dr Natasha Schranz, of the University of SA.



Less than one in five Australian children is meeting the national recommendation of 60 minutes of huff and puff activity every day, despite an increase in the numbers playing sport.

Dr Schranz is the co-chair of Active Healthy Kids Australia which produces a biennial Report Card on children’s physical activity levels and has twice assigned a D- rating. Their next report is due later this year.

She said children needed daily activity to reduce the risk of health conditions such as obesity and Type II diabetes.

Dr Schranz is among a national group of experts, led by the Australian Health Policy Collaboration, behind a new report, Active Travel: Pathways to a Healthy Future, which recommends “active travel” for school children as an urgent priority.

The report calls for government action to help communities, schools and parents support their children in active travel such as walking or riding a bike or scooter to school.

Harold Scruby, chairman and CEO of the Pedestrian Council of Australia, said: “Physical inactivity is a major risk factor for so many chronic diseases that can affect our kids at different stages of their life, including mental illness, cardiovascular disease and cancer. You have to invest in regular physical activity in order to get a dividend. It’s never free.”

“We really need teachers, parents, carers and the community at large to get behind this event and its objectives. The best exercise for all of us is regular walking, because you can build it into your daily routine.”

## Matt Kean MP

Member for Hornsby  
Minister for Innovation and Better Regulation

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8PM

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  - Bingo 7pm – Wish Card Prizes totalling \$450 in value

- TUESDAYS**
- Pasta Night \$14 with the drink special
  - \$12.00 Lunch specials (Members Price)

- WEDNESDAYS**
- \$12.00 Lunch specials (Members Price)
  - Bingo – Ticket Sales from 10am. Jackpot Prize \$2000\*  
Game Prizes – Cash & Wishcards totalling \$300 in value
  - Trivia 8.00pm
  - Raffle tickets on sale 7.00pm
  - Total Value of Raffles \$500
  - Joker Jackpot \$5200\*
  - Members Happy Hour Mon – Fri 4-5pm
  - Wednesday Night with Kids Eat Free (with any main meal purchase)

- THURSDAYS**
- Schnitzel Night \$14 with the drink special
  - \$12.00 Lunch specials (Members Price)
  - APL Poker Free Roll plus Jackpot\*
  - Pool Competition Max Prize \$200\*

- FRIDAYS**
- \$12.00 Lunch specials (Members Price)
  - Monster raffle, 40 prizes to be won, tickets on sale 7.00pm
  - Total Value of Raffles \$1500
  - Spin N Win
  - Roast Dinner Special Available

- SATURDAYS**
- \$12.00 Lunch specials (Members Price)

- SUNDAYS**
- Roast Lunch + Dinner Available

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THURSDAY 21ST JUNE, 10PM  
AUS V'S DENMARK

TUESDAY 26TH JUNE, 12AM  
AUS V'S PERU

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

# WHAT'S ON

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<b>GAME 1</b> 6 <sup>TH</sup> JUNE	<b>GAME 2</b> 24 <sup>TH</sup> JUNE	<b>GAME 3</b> 11 <sup>TH</sup> JULY
---------------------------------------	--	--

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FOR YOUR CHANCE TO WIN \$50 CLUB CASH

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**15TH**

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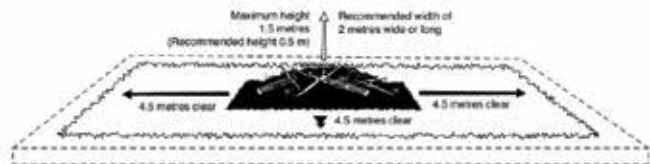


# NSW RURAL FIRE SERVICE REPORTS

## Galston Rural Fire Brigade News

By Kara Dubois

### Pile burns



If you are planning a pile burn soon and are unsure over the rules, as a reminder permits for pile burns are required ALL year-round.

Please make sure you contact your appropriate council for advice on a permit. NSW RFS Fire Control and your neighbours must also be notified, and piles must adhere to the approved standards.

Also, note that during the 'Bush fire Danger Period' your local Rural Fire Brigade may also need to inspect the pile before a permit is issued.

Hills residents need to contact The Hills District Rural Fire Service directly on 9654 1244 for information on how to obtain a fire permit.

Hornsby residents can contact Hornsby Council on 9847 6853 for information, advice, and to apply for a permit. The council will help guide you through the process of approval and liaise with the Rural Fire Service on your behalf.

### 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, 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](http://www.rfs.nsw.gov.au) and selecting the 'Fire Information' tab.

#### Brigade Contact Details:

Duty mobile: 0491 119 152

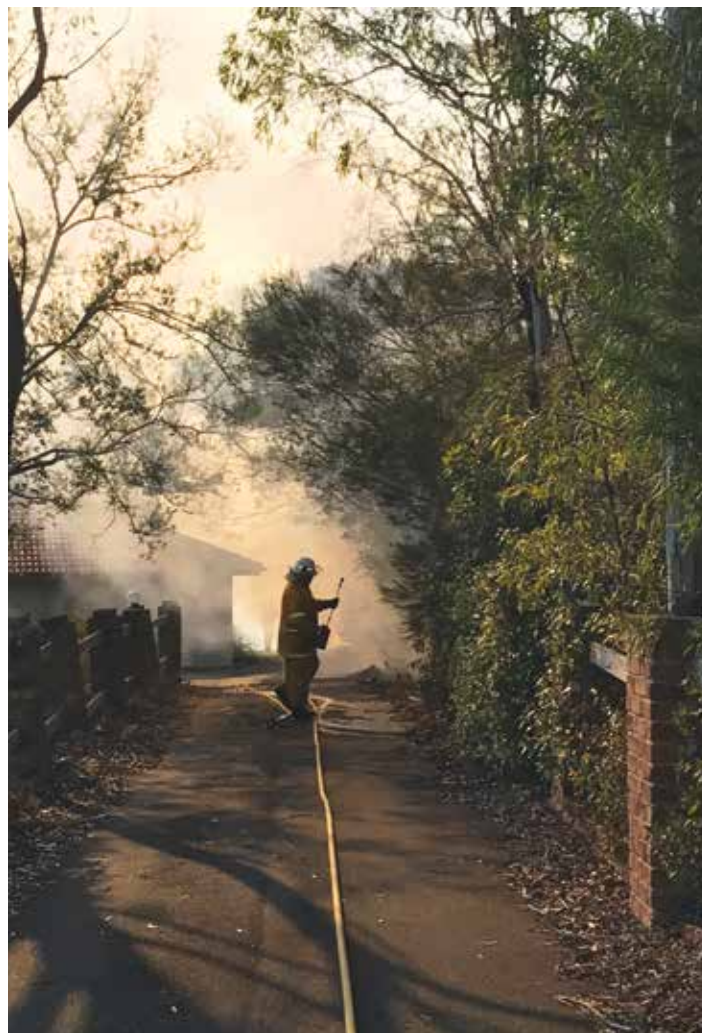
Email: [info@galstonrfb.org.au](mailto:info@galstonrfb.org.au)

## Middle Dural Rural Fire Brigade News

By Jo Cameron



Members of our Brigade are currently busy almost every weekend with hazard reductions. Although the smokey air is unpleasant, burning the bush to reduce the fuel load is the most efficient way of reducing the risk of future bushfires. The RFS employs strategies to minimise harm, opting to carry out low, medium or high intensity burns by modulating flame heights. Sometimes we aim to only burn the dead ground level material. In addition, hazard reductions are carried out in a mosaic pattern so that wild life can move to unburnt areas for food and shelter. This smoke was from our Wildthorn Avenue HR on Wednesday 16th.





## Hornsby Shire Recollects

Hornsby Shire Recollects is the interactive database for the Hornsby Shire Library Local History Collection, historical material belonging to community organisations such as the Dural and District Historical Society and local history enthusiasts. It provides easy online access to a rich store of heritage material relating to Hornsby Shire, its people, and events.

By registering as a member (all that's required is an email address or Facebook account) you are also able to contribute your own knowledge and memories about the holdings, as well as create personal collections of your own.

The Hornsby Shire invites all local families to submit their historical photos, diaries and personal records to build up this database of what it was like living in this district in the early days.

The website can be found at <http://hornsbyshirerecollects.com.au/>

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

June 16th & 17th



It's that time of year again – the time the communities of Dural, Arcadia, Glenorie, Cherrybrook, Kenthurst and Glenhaven give generously to the Anglican Food Drive.

Because of the huge amount of food and toiletries collected by our communities Anglicare have come to rely on us for a big part of their winter demand, which is their busiest time of the year.

Thank you in advance for the thousands of items that are collected in schools, supermarkets or at your door. Whether you give baked beans, pasta or toilet paper it will make a difference to families who find themselves in difficulties, especially in Winter.

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

## Best Brew

Sammy Wilson (Catt) from "She Brews It" coffee van is excited to announce the arrival of their newest bean, "Benji Thomas Wilson". Born 20th April, Sam and new dad Brian are overjoyed and thrilled that he has finally arrived.



Sam and sister Penny, who are partners in 'She Brews It' are regulars at many local business' each day and can't wait to introduce Benji to all their customers.

He's there best Brew yet!

## We love a celebration

We love a celebration at Cafe Sasanqua and what a variety we've had this past month.

From a large high tea to celebrate Adele's 21st to a more intimate high tea for 8 to mark a 50th wedding anniversary, from a 7th birthday for Ella to a 70th birthday for Maarten - we're honoured to have been part of them. Best wishes to you all.

This month is our turn to celebrate as we reach our first birthday.

So many thanks are due to our staff (past and present), our wonderful customers and importantly to my family and friends for their amazing support.



## Freely Given

On Friday 4th May, whilst delivering the Community newspaper, I came across something so beautiful I was inspired to write and share it on these pages.

I enjoy delivering these papers in the Galston Village area, at the beginning of each month as I have the opportunity to see how gardens are going, often speak to people and get exercise whilst doing it .

On this day, I was surprised! Near a letterbox on Galston Rd there was a bucket full of white (yellow centred) Chrysanthemums with a sign on the bucket:

*"Free Flowers  
Happy Mothers  
Day"*



I straight away thought "How lovely is this and how my Mum would love these". When I was growing up, White Chrysanthemums were known as "The Flower for Mothers Day". I did take a bunch and did give them to my Mum, who loved them ( they are still beautiful now - over a week later).

Later that day, I returned with a thank you note to place in the letterbox beside the remaining flowers.

How kind was this of these Galston residents! Thank you so much!

Hope all Mums in our district had a very Happy Mothers Day.

*Christine Stockman*

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

**A Fond Farewell**



Chris Compton from Compton Media group will be known to many as the editor of The Hills to Hawkesbury, another of our publications. For an extended period, Chris is travelling to live and work in England. Chris arranged a farewell celebration which I was excited to be included in. The first half of the evening was spent at Elude Escape Rooms, newly established on Mid Dural Road in Galston. Escape rooms are designed for teams of people to work through the mysteries and puzzles of the room in order to escape from the space. I decided to wear some pants which I hadn't worn since last winter. I was horrified

when they just didn't seem to fit, (I really didn't think that I had put on an enormous amount of weight), I pulled, I yanked, I shimmed up and down trying to get them to fit as they should. Finally I decided to just take them off. This is when I realised that I had them on back to front. I was about to go to an escape room to exercise my mind and I couldn't even get my pants on the right way. I was relieved to know, however that I had not put on weight but was rather, just a little mad.....mmmm which would I prefer?

I really wish Chris and Chloe (with whom he is reuniting in England) a wonderful and rich experience and I hope all their experiences exceed all expectations.



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## Arcadia Pony Club success at Zone 23 Showriding Championships

A large contingent of riders from Arcadia Pony Club attended the Zone 23 Showriding Championships hosted by Forest Hills Pony Club on Sunday 29th April. Zone 23 competitors includes riders from Arcadia, Avondale, Dural, and of course Forest Hills.

With a fresh start to the day and black clouds looming, competitors were a little concerned that the event would be a repeat of the 2017 event whereby the heavens opened and the rain poured down. It was, fortunately, not to be the case, with the sun finally making an appearance.

The members from Arcadia Pony Club performed very strongly, winning Champion in five of the eight categories on the day and with Rosie Kenny also winning well deserved Supreme Champion.

**Beginner - Champion - Alyssa Cepak**

**Novice - Champion - Rosie Coachman**

**Aged 9 and under 11 - Champion - Laura Parker**

**Aged 11 and under 13 - Champion - Rosie Kenny**

**Aged 15 and under 17 - Alexandra Langthorne**



Supreme Champion – Rosie Kenny, Arcadia Pony Club



Our Champions from Zone 23 Show Riding

Congratulations to all of our riders who participated on the day, cheered each other on and represented our club so well. Arcadia Pony Club would also like to thank Forest Hills Pony Club and everyone associated with the event for a wonderful day.

***Come ride with us - join us for fun, friendship and competitions.***

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

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

### **Thinking of instructing?**

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.



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# Galston Equestrian Club - definitely something for everyone!

GEC held our second Horsemanship Practice Day for 2018 on Tuesday 17th April. The day was well attended and members and visitors had an opportunity to have some fun with their horses. The planned activities included horses squeezing through, over and around obstacles while 'online' or 'in hand'. Members had the opportunity to develop their horse human communication utilising the Seven Games developed and taught by Pat Parelli. (parelli.com) The games and activities helped build confidence in the horses to be around man-made obstacles that are not in a horse's natural environment. Safety is the number one priority for a horse! Our horsemanship activities are designed to help horses feel safer in a human environment.

The Reiki information evening with Linda McGregor at the Galston Club on 19 April was most interesting, and the attendees found it fascinating to learn about the Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive.

On Saturday 21 April, popular local 4\* eventer, show jumper and coach, Keira Byrnes, ran another very successful show jumping clinic for the Club. Twenty-five participants booked in for small group lessons at heights ranging from X-rails to 1m. Lots of happy faces and positive feedback showed that Keira had helped many of the participants acquire some new skills and techniques to get their horses to jump more accurately and/or more confidently. The Club hopes to run another clinic with Keira later in the year.

Classical Dressage is alive and well at the Galston Equestrian Club thanks to Paul Cairns who we have invited to teach us the

theory and practice. We have just completed 2 sessions (21 April and 13 May) and have 4 more to go this year with new riders trying out ancient techniques on a regular basis. Most riders catch on quickly to the fact that often you have to leave old habits behind to gain the full benefit of the new tools we are all learning. Search for "Légèreté" on the Galston Equestrian Club website to find out more!

Following a very successful show jumping clinic on the Saturday, the show jumping team put on a day of show jumping on 22 April. The Rural Sports Facility was looking fabulous as usual, the weather was gorgeous, and a whole lot of riders had a great time jumping for the day. The idea of a clear round show jumping day is to let riders have a go, even if their horse isn't going so well. Lots of riders bring their young horses to give them a chance to jump, and other riders try jumping a bit higher than they otherwise would. A great day for confidence for both horses and riders. A large number of volunteers are always required for these days, so a huge thank you to all those that helped.

### Upcoming events :

- 27 May – Official Dressage Competition – entry on Nominate
- 28 May – Legerete, and Poles and Grids with Tana Subotic
- 5 June – Training Day – Flatwork with Caroline Hooper and Show Jumping with Sandy Lucas
- 10 June – Working Equitation with Kim Peterson
- 19 June – Horsemanship

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



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Small schools are fabulous, unique learning environments. Every student is known and appreciated and opportunities for social and emotional growth, relationship building, with high expectations both in and out

of the classroom abound. The Small School's Learning Alliance - Annangrove Public School, Arcadia Public School, Hillside Public School and Middle Dural Public School are excited to announce a fantastic combined school event – an ObstAcool Fun Day on Tuesday, 26 June. Middle

Dural Public School will host the event on their beautiful grounds where students will enjoy a day of fitness, fun and friendship, crawling through tunnels, climbing commando nets and jumping through large inflatables.



WTS Fire Brigade

Recently Arcadia Public School Year 6 student, Maddie, was awarded the title of Junior Highest Point Score in the Interschool Challenge at the Snowy Mountains Equestrian Competition. Congratulations Maddie! What an amazing achievement!

Walk to school day is a community event promoting road safety, health, public transport and the environment. Is there any other place in Australia where it is celebrated quite like Arcadia? We think not! With Arcadia Rural Fire Brigade, ponies, pets, bagpipes and drums and an amazing BBQ to finish the walk, we are truly

a special community school. We welcomed Mr Matt Kean MP, State Minister for Innovation and Better Regulation who walked with the students and reinforced the important message of road safety.

## Galston Public School

By Carole Weiss

To commemorate the Anniversary of the landing at Anzac Cove in Gallipoli, our students in the last week of term contributed to the making of beautiful wreaths. A very moving ANZAC service was then held in the school hall.

Also held at the end of the term in the school grounds was the annual Cross Country carnival which 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 the canteen lunches. Staff and students couldn't do without them!

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 to Canberra and Mogo. It was an action-packed three days where they displayed excellent behaviour. Everyone, including the teachers, came home tired but exhilarated after experiencing having this awesome camp.

Students have begun participating in the Mindfulness in Action sessions. Through this series of interactive and progressive lessons, students will have the opportunity to develop their self-awareness and increase impulse control, focus and empathy.



Kindergarten Enrolments for 2019 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.**



# News from Galston High School

## Year 11 Crossroads Camp

The annual Year 11 Crossroads camp was held recently in the Snowy Mountains. Crossroads is a mandatory personal development and health education program for senior students and a highlight of the senior school. Students completed the RYDA road safety course before they journeyed south to Berridale. With recent snow falls, the more challenging aspects of the camp were guaranteed to be chilly; climbing Mt Kosciuszko, raft building in the Snowy River and attacking the assault course at Cooba being just a few. Once again, thank you to Mrs Searle for her organisation, and for coping with Ms Price's joy at completing the assault course.

## Visit from Chendu No 7 Middle School

Galston High has recently hosted 16 students and their teachers from Chendu in China. The students stayed for 2 weeks, accommodated in homestays and attending classes and activities with their Year 7 & 8 buddies. They experienced a taste of Australian life with visits to a number of iconic Sydney locations including the Opera House, a ride on the Manly ferry, a visit to the beach, patting a kangaroo, a number of BBQs and even our school athletics carnival. Thank you to our host families and we hope our visitors enjoyed being part of the Galston High community.



Chendu visits Featherdale



Crossroads 2018 Mt Kosciuszko



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## KU Galston Preschool



This month we celebrated Mother's Day with a special concert for all of our Mums & Grandmas which was followed by an afternoon tea of cake and Anzac biscuits lovingly prepared by the children.

The Galston RFS visited recently to teach us about fire safety and what to do in an emergency. We all had a good look around the fire engine and were able to use the fire hose to put out a mock fire. We would like to thank Simon and his team for giving up their time to visit our preschool. Now back at preschool we are busy learning our addresses incase of an emergency and we know what to do if there is smoke in the house or if our clothes are on fire.

Over the next 2 weeks we have the *Hatch n Grow* program where we get the amazing opportunity of watching 10 eggs hatch into ducklings and grow. We have had 2 ducklings hatch so far and are like expectant parents waiting for the other eggs to hatch.

On Saturday 26th May we are holding a KU Galston Preschool Bake Sale out the front of the Galston Bendigo Bank. Please come down and say hello and support our preschool by buying a baked good or sweet for morning tea, we will be there from 8am until 11am. Thank you for your support.

**📍 If you would like more information or a tour of our preschool please contact our director Rebecca on 96532252 or email [ku.galston@ku.com.au](mailto:ku.galston@ku.com.au) for further information.**

## Andrew Hansen visits Hills Grammar



There was no hint of political satire when comedian, musician, author and Hills Grammar alumnus Andrew Hansen and his partner (and illustrator)

Jessica Roberts launched their new book *Bab Sharkey and the Animal Mummies: The Weird Beard* to an appreciative audience of Year 5 and 6 Hills Grammar students. Teachers and students were captivated as Andrew and Jessica read excerpts from their book (complete with funny voices), performed some songs and shared their experience of the creative process involved in creating their children's book.

Nexus Co-ordinator, Robyn Evans said, "I think they were amazing. They were very entertaining as they read, sang and interacted with the students. It was exciting to have Andrew return to the school after being School Captain of the class of 1992."

Students Ramya and Sarah found the visit very exciting. "It was cool to see two famous authors coming to visit us at our school. The way they read the chapters really made me want to buy the book. We liked how they included music in their book. It was interesting how they were able to stick Egyptian beliefs and the afterlife into their book which was the most appealing feature of the book."

10 Year old Joel was so enthralled by the book, he couldn't wait to get through his school readers and dive back into the world of Bab Sharkey "...it grabs you between the eyes and doesn't let go". He finished the book within a couple of days and is eagerly waiting for the next book due in November.

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## Glenorie Before & After School Care and Vacation Care Educators Required

Glenorie Public School P&C operates a small non-for-profit Out of School Hours (OOSH) Centre to support families and children attending Glenorie Public School and other small public schools within the region.

We are seeking enthusiastic applicants to join our dynamic team in our Out of School Hours Centre. The successful applicants must be committed to creating a safe, welcoming and stimulating environment for primary school aged children who is an outgoing, reliable person who shows initiative.

The role is to assist the educators within the Before & After School and Vacation Care Centre, supervise the children aged 5-12 years and report directly to the Coordinator and the Parent and Citizens Management Committee.

This opportunity is for a casual position and shifts will be available between the hours of 7.00-10.00am and 2.00-6.30pm. Longer days available in the School Vacation Care program.

### Mandatory Requirements

- Current Working with Children Check
- Current First Aid, CPR and Asthma and Anaphylaxis Qualification
- Accredited Child Protection Certificate
- Childcare Qualification or working towards would be desirable
- Have experience of working with children
- Show a genuine interest in working within a childcare environment
- Excellent verbal and written communication skills
- Two working references
- Commitment to providing high quality care
- Ability to function effectively as a team member

**📍 If you would like further information please contact Courtney on 9652 0074 or email [glenorieoosh@bigpond.com](mailto:glenorieoosh@bigpond.com)**

## Vacation Care - 2 IC/ Educator Required

Glenorie Public School P&C operates a growing non-for-profit Out of School Hours (OOSH) Centre to support families and children attending Glenorie Public School and other small public schools within the region.

We are seeking an enthusiastic applicant to join our dynamic team in our Out of School Hours Centre. The successful applicant must be committed to creating a safe, welcoming and stimulating environment for primary school aged children who is an outgoing, reliable person who shows initiative.

In this role you will be able to support our dedicated educational leaders in coordinating activities and programs to create a stimulating learning environment for our developing children. Your exceptional communicational and team skills will enable you to efficiently interact with the children, parents and staff.

This opportunity is for a permanent part time position and shifts will be available between the hours of 7.00-10.00am and 2.00-6.30pm. Longer days in our School Vacation Care program.

### Mandatory Requirements

- Current Working with Children Check
- Current First Aid, CPR and Asthma and Anaphylaxis Qualification
- Accredited Child Protection Certificate
- Childcare Qualification or working towards would be desirable
- Have experience of working with children
- Show a genuine interest in working within a childcare environment
- Excellent verbal and written communication skills
- Two working references
- Commitment to providing high quality care
- Ability to function effectively as a team member
- Be available to work 3-4 days a week (Monday-Friday)

**📍 If you would like further information please contact Courtney on 9652 0074 or email [glenorieoosh@bigpond.com](mailto:glenorieoosh@bigpond.com)**

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Northholm Bronze Duke of Edinburgh participants

## Duke of Edinburgh Award - A Passion At Northholm

This year, the Duke of Edinburgh Award opened the Bronze Award to students who are 13 years of age. This change meant that younger students could join their peers and within days of the announcement, Northholm had 28 students join at the Bronze level; becoming one of the largest intakes we have had for the program. This is wonderful to see as the Scheme helps students to build skills that will equip them for life.

In May, 17 new participants had an opportunity to experience the different challenges of the Award by taking part on an overnight Adventurous Journey kayaking on the Colo River. The first of three Bronze camps, participants experienced cooking out in the wilderness, how to navigate river valleys in an unfamiliar environment and more. Students should be proud of their accomplishments and are congratulated for their efforts in this challenging program.

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## Bendigo Bank Supports Local Exhibition & Art Trail

It is with great warmth and appreciation that the Arcadian Artists & Artisans Inc. extends an enormous thank you to the Galston & District Community Bank Branch of the Bendigo Bank for its ongoing and generous Sponsorship. The Sponsorship funds will help the Arcadian Artists continue to achieve its aim of fostering an appreciation of the arts amongst the local community and beyond.

The Arcadian Artists Exhibition & Art Trail held on the second weekend in November every year provides a unique platform for many local and some visiting Artists to showcase their talent. What began as a small group of local artists opening their studios to the community has expanded to include eight picturesque venues linked by a scenic country drive throughout Dural, Galston, Arcadia and Berrilee.

On the 10th and 11th November 2018 over 50 Artists will display an eclectic array of artworks to inspire everyone who embarks on this extraordinary Art Trail. So don't miss out on this much anticipated event, and set aside the dates in your diaries. Invite friends and family to come along and explore this stunning region and meet the artists behind the artworks. Demonstrations are conducted throughout the weekend and details will be available on the Arcadian Artists website [www.arcadianartists.com.au](http://www.arcadianartists.com.au) as well as in the event brochure closer to the weekend.

An information centre will be set up outside the Bendigo Bank on the weekend of the Arcadian Artists Exhibition & Art Trail to assist with directions and enquiries.

Once again our gratitude and thanks extend to our remarkable local Bank, the Galston & District Community Bank Branch of the Bendigo Bank whose incredible support helps to make this event possible.

Sandra Vumbaca on behalf of the Arcadian Artists & Artisans Inc.

## Castle Hill Art Society

### Demonstration

- 🎨 "Landscape in Pastel" by Desley Stewart
- 🎨 Wednesday June 6 - 7.30pm

Desley will show us how to produce a beautiful landscape using the pastel underpainting technique. Desley is a very accomplished artist as can be seen from her website and she is one of the Arcadian Artists.

**Visitors are welcome to join with the Castle Hill Art Society 7.30pm at Castle Glen Community Centre, 155 Ridgescrop Drive, Castle Hill. Enquiries 9899 3179 [www.castlehillartsociety.org.au](http://www.castlehillartsociety.org.au)**



### WORKSHOP

- 🎨 Jeanette Prout "Collage and Mixed Media"
- 🎨 Sunday June 17

In this workshop Jeanette will be covering *Figures in a Landscape, Landscapes* and *Still Life*.

Students will explore colour, composition, drawing and collage and will produce two artworks.

**Please phone Gayl Finocchiaro on 0409 321 588 for further details and a list of items to bring along to this great workshop.**



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### Galston Uniting Men's Choir to Rathmines

Rev. Richard (Dick) Udy is a retired Uniting Church minister and a member of Galston Uniting Church Men's Choir. During WW2 he was a wireless operator on board Catalina flying boats which were based at Rathmines on Lake Macquarie. Known as "the Black Cats" they were responsible for air-sea rescue, reconnaissance and mine laying in enemy held ports. Now in his nineties, Dick is one of a handful of survivors of his Squadron.

Through this association, the choir has been privileged to travel to Rathmines to sing at the Anzac Day ceremony

for the last ten years. Under the leadership of Galston High School music teacher Janet Hatfield, with Helen Johnson on the keyboard, the choir sang two songs and Rev. (Flight Lieutenant) Udy led the prayers before a fly past of a modern P8 reconnaissance jet from No.11 Squadron, the one surviving Catalina Squadron. This was a dramatic climax to a moving and memorable Anzac Day Service. Finally, all adjourned to the Rathmines Bowling Club (formerly the Officers Mess) for lunch and fellowship.



Galston Uniting Church Men's Choir



Dick with the Catalina Squadron Banner



Rev Udy leading the prayers



P8 reconnaissance jet flying over the Rathmines Cenotaph

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## News from St Benedict's Catholic Church

### Alpha program starts

The parish began its series of Alpha meetings in May and these will continue through until the first week in July. Meetings, which take place over a shared meal on Monday evenings between 6:30 – 8:30, give participants the opportunity to explore the Christian faith in a friendly environment. Alpha also allows those taking part the chance to think and talk about the big things of life. This program is open to anyone so if you would like to know more, please contact parish priest Father Bernard (0416032497) or parish secretary Sandra (0410587735) or email [arcadia.pariah@bigpond.com](mailto:arcadia.pariah@bigpond.com). Picture shows attendees enjoying a shared meal at an Alpha get together. Go to [www.australia.alpha.org](http://www.australia.alpha.org) to find out more about Alpha.



Alpha dinner

### New Sacramental program

A series of sessions for young people continuing the sacramental program leading to the celebration of First Communion have been held during May. First Communion will take

place on **Sunday 3 June**, which is also the Feast of Corpus Christi. This will make it a very special day for the parish.

The next Sacramental Program will begin in June, starting with a Parent Information Night on **Monday 11 June**. Confirmation will be held on **Saturday 4 August**.

### Census Time

We've been doing some counting in the St Benedict's parish with a census form being distributed at the weekend masses. The aim of having these filled in is to ensure our records are kept up to date as people move in and out of the parish. In May, too, we took part in the Diocesan head count. It's no mean feat to try and count all those bobbing heads in the church!

### 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.

## Galston Uniting Church

### Sunday Family Service 10 am

### CPR/First Aid Training

Wayne Martin, a CPR/First Aid trainer from Camden, donated his time to give a very informative and interesting presentation to a group of 25 members of the church. His message was that "early, high-quality CPR saves lives and that it really is not a complicated procedure". We were able to practise the correct method of CPR on adult, child and baby sized manikins and also the basics of first aid in a variety of emergency situations.



Although the group hopes that they will not need to use these techniques in real life, everyone went away from the presentation very confident in their newly acquired skills and their ability to deliver CPR or first aid.



### Apple Picking

In April we took advantage of the mild Autumn weather with a trip to Shields Orchard at Bilpin. After a picnic lunch we took a stroll through the rows of

apples and came back laden with fragrant Pink Ladies and crisp Granny Smiths. Hopefully, many apple treats have since been enjoyed with families and friends from that beautiful, fresh produce!

### 30th Anniversary - SAVE THE DATES

Planning has begun for the Church's 30th Anniversary. All those with a connection to GUC or who would like to be involved are invited to save the dates **26-28 October 2018** in their diaries.

Cheers, from all at GUC.

**1 Minister Rev Geoff Smith | 11 School Road Galston 2159 | Phone 9653 2039 | [www.galstonunitingchurch.com](http://www.galstonunitingchurch.com)**

## Glenorie Mission Church

*(a continuation of the messages by Rev.Ed Long)*

**5. The fruit of the Spirit's work in developing the character of Christ in lives is to produce fruit which actually are the characteristics of Christ Himself. Paul calls these the 'fruit of the Spirit'. They are not natural for us. Only the Spirit of God can produce them in our lives.**

In nature some fruits take a long time to form and ripen. Others may grow quickly. That may be true spiritually also, depending on our allowing the Spirit to do His work.

Each of the nine characteristics listed in Galatians 5 deserves our careful study. The first three refer to our inner life. The second three are linked to our outward conduct. The final three refer to our continuing attitude.

These characteristics of Christ will grow in our lives as we allow the Holy Spirit to produce them. It may take time, but growth is an essential part of Christian experience.

*continued on page 48*

# Glenorie Community Church

Pr. Alex & Dee Valich

On our regular drives to our church in Glenorie, we pass “The Contented Cat Inn” and remember how our little Burmese cat, Toots, used to stay there sometimes when we were going on holidays. Toots seemed very contented when we picked her up to go home again and, while we were away, we felt assured that she was safe, well-fed and looked after. That gave us peace of mind. Toots was contented and so were we!

One dictionary defines contentment’ as ‘a state of happiness and satisfaction, with ease of mind.’ When we think about this, how many of us can

truly say that we LIVE in a state of contentment? Surely feelings of happiness and satisfaction are deeper, more lasting emotions than the way we often speak about them?

- ‘I’m happy that you came today.’
- ‘My new car makes me happy.’
- ‘I’m satisfied with that HSC mark.’
- ‘What a delicious, satisfying meal.’

The bible has a great deal to say about true contentment. The apostle Paul was a man who often suffered and went without the comforts of life, more than most people can imagine. **(read 2 Corinthians 11:23-28)**. Yet he knew the secret of contentment.



He wrote: “I have learned to be content whatever the circumstances. I know what it is to be in need and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through Him who gives me strength.”

That brings us to the beginning of our quote: “Godliness with contentment is great gain.” **Psalm 73:26** tells us that, “My health may fail and my spirit may grow weak but God remains the strength of my heart. He is mine forever.”

Godliness, then, means living our life with God, His way-through a relationship with His Son Jesus Christ, who came into this world for us, so that we “will know the truth and the truth will set us FREE.” **(John 8:32)**.

Surely, this relationship of truth and freedom in Jesus Christ will bring us contentment and therefore great gain.”

God bless!

*continued from page 47*

## The clear command of God: Be filled with the Spirit.

Every believer is indwelt by the Holy Spirit (**1 Corinthians 12:13**). Every believer is sealed by the Holy Spirit (**Ephesians 4:30**). But what is most needed is that every believer should be filled by the Holy Spirit (**Ephesians 5:18**).

This is not only the personal need of our heart (if we are honest),but is the command of God. **Ephesians 5:18** contains two commands: ‘Do not get drunk on wine, ...Instead be filled with Spirit’. We are horrified by the possibility of the first part- that we should ever become drunk. Are we as horrified by the possibility of our not fulfilling the second part?

The fullness of the Holy Spirit is full control by the Spirit. It is allowing the Spirit to exercise His authority and power in every part of our lives. It will mean Christ being glorified in every area and in every act of service. It is the answer to our need and the fulfilment of God’s purpose in us.

*(to be continued)*

**📍 Come and find out more at Bible study on Tuesdays 7.30 p.m. Sunday Service, 10:00 a.m. all at 1409 Old Northern Rd Glenorie**

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## The Power Source

By Corri Bryne, Pastor

As our homes are increasingly becoming smart homes, we have phones that control our lights, our power, can turn on alarms, tv's or the oven. We can play music through speakers throughout our house. We can open and close doors and gates. We can even walk into our temperature controlled environment as we get home from work.

Wow. Isn't it incredible. Are you not blown away by the advances of technology.

Yet, with all this incredible futuristic living it still relies on one source to drive it all - power.

Without power what use is a mobile phone? Or a television? Even a fridge becomes no more than a cupboard.

Without power many of our smart appliances are rendered useless or unfit to fulfill their purpose.

Isn't that also true of us?

Smart people walking around with gifts, talents and capabilities but rendered virtually useless because we are not plugged in.

"But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth." - **Acts 1:8**

All of us are given special gifts and talents, yet not all of us have plugged in to use them.

Do we charge up in the Holy Spirit? Do we plug into the Word? Do we connect in prayer, worship and fellowship?

"For I know the plans I have for you, declares the Lord, plans to prosper you, to give you hope and a future".

- **Jeremiah 29:11**

Yet we can't operate on no power, or even efficiently on half power.

A torch almost out of battery is of little use when suddenly found in the dark. The purpose of a torch only comes to the fore when it's called upon in the dark.

So if during it's hour of need it offers at best a slight glimmer it hasn't fulfilled its purpose. It should shine bright!

When a Christian is called on the hour of need, will you be ready? Will you shine bright or be a mere reflection of what could be?

"You are the light of the world". Yet how can we fulfill that light if we are not plugged in. If we are not connected.

Recharge in the Word, in prayer, in the Spirit, recharge in worship and fellowship. Connect into the Father and you will receive power enabling you to fulfill the plans and purpose God has for you.

## A Realistic Hope

Last month I talked about hope being an essential ingredient of a meaningful life, and over the next few months I want to look at three vital questions relating to the nature of hope.

The first important question is this: Is our hope realistic?

This month the biggest sporting event of the year will begin in Russia. The 2018 World Cup soccer tournament will feature 32 international soccer teams representing all the continents of the world. Each country including Australia will enter this competition with high hopes of glory and success. For some countries, there will be the expectation to win the World Cup trophy; for others, there will be the hope that they produce respectable performances.

In 1978 Scotland qualified for the World Cup in Argentina. At the time the Scots had a skilful and talented team, and they were expected to do well. However, expectations were whipped up to such an extent that many supporters believed that they could actually win the trophy.

What happened? The record books show that Scotland were knocked out in the first round and finished bottom of their group. If that wasn't bad enough, the team went home in disgrace

because one of the players failed a drugs test. The Scottish hopes of national glory turned into a bitter disappointment.

Why did things go so badly wrong? There were many factors at work, but with hindsight we can see that Scotland's hopes were unrealistic. They were a good team, but not as gifted as they thought.

When it comes to hope, we need to ask whether our hopes are realistic. We need to dream, but our hopes need to be grounded in reality if they are to be fulfilled. If not, we are going to experience many disappointments. In life, limitless expectations will usually lead to endless frustrations.

The hope of Christianity is realistic because it depends on Jesus, not us. The hope of life beyond death is realistic because Jesus is the Resurrection and the Life (John 11:25, 26). He defeated death and has power over the grave (Revelation 1:17, 18). The hope of heaven and a brand new world is realistic because Jesus has promised to return and establish a new heavens and a new earth, and He wants us to be there with Him (**John 14:1-3; Revelation 21:1-5**).

The Christian hope is realistic because it depends upon the person, power and promises of Jesus.

*Pastor David McKibben, Galston Seventh-day Adventist Church*

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## Galston Garden Club

Well it was a very grey day as a large number of members set out for a ramble last Saturday. Our first stop was to Stuart Weir's workshop at Pitt Town Bottoms. Stuart is a stonemason and garden artist who also works with metal. His metal pears are gorgeous and the sandstone candle holders proved very popular and quite a few purchases were made. From there we went to the Secret Garden Nursery at the Richmond WS University, where many plants were purchased and we wandered around the markets that were there fundraising for Norwest Disability Services, who also benefit from money raised at our Open Garden Weekend. Despite the showers of rain, it was a great turn out and a great day – especially the Devonshire tea – Yum!

There is a definite chill in the air now, and it has started to feel like autumn at last. Although it was quite a cold night for our May meeting, it was good to see so many members come along and almost fill the community hall room. Begonias – we see them everywhere in gardens, a little bedding plant that we don't really think about much, but know they are there and give a great display of colour. But like many plants that have been around for what seems forever, there is more to this humble plant than we could imagine. Ross Bolwell from Bloomin' Greenery Nursery on Annangrove Rd showed us the many varieties of begonias that are available, many that have been developed here in Australia. There seems to be a begonia for every climate and they range in size from the small bedding

begonia to the taller varieties, as well as trailing ones that do well in pots to even smaller ground covers. Their uses range from being a beautiful feature plant, great fill in plants among trees and shrubs. The "Undulata" varieties make a good hedge, they will take being planted around pools, the sheltered areas around the house and of course in pots. Begonias hate the frost and wet roots, being a more tropical plant they do well when the temperature is around a constant 12-30 degrees Celsius, and can be planted in full shade to full sun (as long as they are in afternoon shade).

Our guest speaker on the 12th June will be Stellina Trestrail, the Agriculture and Primary Industries Coordinator from Northholm Grammar School and she will be speaking on Aquaponics. We hope to see you at our club meeting and to join us for another happy gardening year. Garden Club meets on the 2nd Weds of the month at the Galston Community Centre 37 Arcadia Rd., Galston 8.00pm and new members are warmly welcomed.

For other information, visit our website: [www.galstongardenclub.com.au](http://www.galstongardenclub.com.au)

**Remember...save the date for our Open Gardens Weekend 19th, 20th and 21st October. If you would like to be a part of this wonderful weekend by opening your garden, or you know a garden and owner we could approach, please contact our Open Gardens Convenor Bill Fleming on 96532394 or email: [wffleming@primusonline.com.au](mailto:wffleming@primusonline.com.au)**



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## Don't eat this turkey rhubarb!

By Barry Lees

Last month I was digging up turkey rhubarb (*Acetosa sagittata*) on my place. It is an evil vine that can cover your whole garden, including trees, if allowed to spread. To remove it, you need to follow the roots and remove the underground tubers. These can be about the size of a ping pong ball, or slightly bigger. I'd been doing it all morning and was getting bored.

Then came a surprise! Several roots gathered together and went down deep. I dug, and dug, and dug, and pulled up this deformed

monster of a tuber shown in the picture. I washed it, cut off the straggly bits and weighed it – 530 grams.

Not wanting to waste an opportunity, Landcare now issues the great **Tuber Challenge**. We will donate an outstanding trophy to anyone who personally digs up a heavier tuber. You must pass the trophy to anyone who beats your tuber.

My cunning plan is that this will help remove this nasty weed

from the District. So please, if you have it on your place, start digging.

📍 For more information, see [www.stillcreeklandcare.com.au](http://www.stillcreeklandcare.com.au) or Facebook.



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**Open for just 6 weekends per year, 11 August to 16 September 2018.**

Bookings for guided walks are essential, prior to arriving on the day. Mark your calendar now, and don't miss out when tours go on sale in June 2018.

📍 See <http://www.nationalparks.nsw.gov.au/visit-a-park/parks/muogamarra-nature-reserve> for information and bookings.



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## Bromeliad Society of Australia

by Judy Horton - History of the Australian Backyard



The Bromeliad Society of Australia will hold their next meeting at the Federation Pavilion, Castle Hill Showground on Saturday, 9 June with plant sales commencing at 11am prior to the meeting.

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

Guest speaker, Judy Horton OAM is a horticulturist and garden adviser who spent 22 years with Yates. Since her retirement she has taken on a role as a botanical guide

for travel company Botanica World Discoveries, a freelance contributor to Gardening Australia magazine and editor of Our Gardens, the Clubs of Australia quarterly magazine. For more than 20 years Judy has also been a regular on ABC radio gardening programs.

One of Judy's responsibilities at Yates was to look after the company archives. They provided a wonderful overview of gardening in Australia, particularly during the 20th century. Judy's talk draws on these archives and other resources to outline the trends, world events and social changes that have affected our gardens in that time, with particular emphasis on the ubiquitous quarter-acre Aussie backyard.

This will be a fun talk that will have everyone recognising something they remember from past gardens. Visitors are most welcome to attend this meeting to hear Judy Horton's interesting talk.

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



## Biodynamic Farm at Warrah Society

Warrah Biodynamic Farm recently hosted Warrah's annual Harvest Festival. About 80 guests, including Warrah's clients, School students, staff and visitors, gathered in the autumn sun for musical performances and hearty organic soup.

On the Farm we welcome the cooler weather and a decent drop of rain, finally! Crops in the ground include beetroot, broad beans, cabbage, carrot, chard, coriander, fennel, kale, leeks, lettuce, pak choi, peas, radish, rocket and snow peas. Our winter green manure of vetch, oats, peas, lupins and rye will be going in soon too. Those visiting may notice the netting on our leafy greens. This keeps the ducks, eager for a biodynamic feast, at bay.

We recently planted 20 citrus trees - late navels, mandarins, limes and lemons. Unfortunately our existing orange trees are very low on fruit this year. In fact, they have now flowered 3 times - most recently just last month - so everything has been thrown out by the long hot summer.

Our farm shop stocks our produce grown here in Dural, but we supplement it with Australian grown biodynamic and organic fruit and veg. The sweet potatoes, kiwi fruit, pumpkins, cucumbers we have on our shelves currently are from within NSW, while the best broccoli, cauliflower and cabbage are coming to us from Queensland.

Mondays and Thursdays are abuzz as we harvest produce, receive deliveries and pack orders for various destinations - co-ops, box scheme customers, restaurants, and our own Warrah client houses, both on and off site.

Our range of groceries is increasing as we commence a shop expansion. The hottest trend in organic and natural right now has to be hemp - flour and seeds are making their way into all manner of items.

**Planning has started for Warrah's fabulous Annual Spring Fair to be held on Saturday, 8 September. Interested stallholders are welcome to call for more information. Visit [www.warrah.org](http://www.warrah.org)**



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### The Sydney Hills Branch of the Association of Independent Retirees.

The Sydney Hills Branch of the Association of Independent Retirees Meetings have commenced for 2018. We have some very interesting speakers lined up. Our next guest speaker will be Ron Ray from the Maritime Museum "Bass and Flinders the Explorers" Friday 1st June, 2018 at the Beecroft Presbyterian Church Hall, Welham Street Beecroft. Meeting will commence at 10.45 am.

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

**Contact:** President Lauris Rennie 9634 1186



### Talking Tweens Junior Book Club - Dural Library

Tuesday, 3:30pm - 4:30pm

**Venue:** Dural Library, Pellitt Lane, Dural 2158

Got something to say? Get talking with Talking Tweens book club. We want to know what you've been reading and maybe you'll hear about a great book too. Visit [www.thehills.nsw.gov.au](http://www.thehills.nsw.gov.au)



### Volunteer Training - Senior First Aid

Tuesday, 9:00am - 5:30pm

**Venue:** Annangrove Hall, Currie Avenue, Annangrove 2156

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### Let's Talk About Wills & Power of Attorney

Tuesday, 10:30am - 11:30am

**Venue:** Dural Library, Pellitt Lane, Dural 2158

Need advice about making your will? Want to know more about power of attorney? Come along to Dural Library and learn more about planning your future with a local solicitor. Suitable for adults. **Visit** [www.thehills.nsw.gov.au](http://www.thehills.nsw.gov.au)



### Pyjama Storytime

Wednesday, 5:00pm - 6:00pm

**Venue:** Dural Library, Pellitt Lane, Dural 2158

Put on your PJ's, grab your teddy and join us at Dural Library for a special PJ storytime. There will be stories, songs and craft. Suitable for school aged children K-2.

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### Dural Galston Probus Club

Dural Galston Probus Club hold their meetings on the third Thursday of every month at 10am at The Galston Club, 21-25 Arcadia Road, Galston. Our next meeting is on 21st June. Ron

Ray will speak about when "The Japanese Midget Submarine attacked Sydney Harbour". Probus is a mixed club for retired and semi retired people who enjoy friendship, good speakers and occasional outings. Visitors are always welcome.

**Contact:** Anne 9653 1004



### Beyond Words Book & Movie Group - Dural Library

Friday, 10:00am - 12:00pm

**Venue:** Dural Lane, Hornsby, Dural Lane and William Street Car Park, Hornsby

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**Contact:** 9761 5755 **Visit** [www.thehills.nsw.gov.au](http://www.thehills.nsw.gov.au)



### Talk by Michael Batley

Saturday, 23 June 2-4pm

Native Bees and Other Pollinators

Afternoon Tea Provided.

**Venue:** Australian Plants Society (Parra-Hills) Gumnut Community Centre Gumnut Pl., Cherrybrook.

**Email:** Ben Turco at [b.turco@optusnet.com.au](mailto:b.turco@optusnet.com.au)



### Galston VIEW Club

The Galston VIEW Club which raises money to support The Smith Family's Learning for Life program will hold its monthly Luncheon meeting on Wednesday 27th June, 2018 at The Galston Club, 21-25 Arcadia Road Galston, at 11am. The guest speaker will be Graham Sims, topic "THE BUNYIP". Visitors are always welcome. **Contact:** Vivien 98941189



### Meet the Author: Hugh Mackay

Thursday, 6:30pm

**Venue:** Hornsby Library, 28-44 George Street, Hornsby

Your opportunity to meet Hugh Mackay, author of Australia Reimagined: Towards A More Compassionate, Less Anxious Society. **Contact:** 9848 6614. **Visit** [www.hornsby.nsw.gov.au](http://www.hornsby.nsw.gov.au)



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# Rainfall Chart

Rainfall recorded period  
17/04/18 to 15/05/18  
is 22mm.



# arbor pride

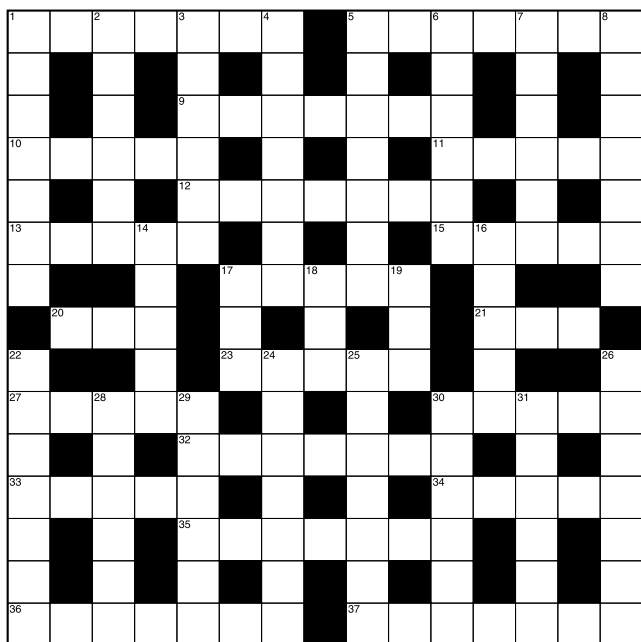
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# Puzzles



## ACROSS

1. Seasoning from the ocean (3,4)
5. Mopped
9. Rarer
10. Move sideways
11. Dull (food)
12. Thai
13. Fumes
15. River-mouth triangle
17. Nairobi's republic
20. ... chi (1'2)
21. Actor, ... Brynner
23. Broad valleys
27. Velvety flower
30. Wanderlust, ... feet
32. Alfresco (4-3)
33. Surpass
34. Of past times
35. Texan city
36. Absorb
37. Noisy insects

## DOWN

1. Frankfurter
2. Houses
3. Estimate (damages)
4. Sweet bun
5. Community
6. Inflatable mattress (3,3)
7. Lament
8. Poker-faced
14. Prepares (manuscript)
16. Cleopatra's land
17. US outlaw, Billy the ...
18. No score
19. Beast of burden
22. Splotch
24. Boulevards
25. Stretchy tape
26. Young swans
28. Aromatic spice
29. Hello-o-o! (3-3)
30. Sardonic
31. Obtained by begging

SUDOKU Answer from April Issue

Answers from May Issue

F	O	R	T	I	S	T	H	R	E	T	A	R	D	E	L	E	M	E	N	T	A	R	Y	A	X	E	D			
R	E	D	E	L	D	E	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C				
Y	E	A	R	L	I	N	G	D	E	M	A	N	D	C	Y	C	L	E	T	R	A	D	E	N	A	M	E			
P	L	E	S	A	G	P	U	H	I	N	T	C	R	Y	S	A	L	L	E	R	G	I	E	S	A	Z	T	E	C	
N	Y	O	I	N	O	T	E	N	W	I	S	S	P	E	N	T	C	O	S	T	S	E	N	R	E	H	A	M	E	
U	B	R	A	N	S	E	T	F	R	E	E	L	E	A	D	E	R	S	D	E	A	D	S	E	A	R	E	A	M	
P	I	L	L	A	G	E	B	U	I	S	D	E	L	A	N	D	L	A	T	R	I	N	E	P	R	K	E	R	E	
S	E	S	N	L	L	S	U	P	C	E	L	A	N	D	L	A	T	R	I	N	E	P	R	K	E	R	E	E	R	
T	R	A	M	S	C	R	A	N	G	U	T	A	N	T	O	R	P	M	E	A	T	B	A	L	L	E	T	E	R	
R	C	U	S	Z	H	E	S	I	N	T	E	L	E	F	I	L	E	F	I	L	E	F	I	L	E	F	I	L	E	
E	X	H	O	R	N	S	E	P	A	R	A	T	E	C	A	T	H	E	D	R	A	L	T	E	R	R	A	T	E	
M	O	D	E	S	T	A	S	S	A	S	S	I	N	L	O	N	E	S	T	A	T	I	S	T	I	C	S	L	O	N

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# Community Marketplace

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**Enquires: 0418 471 114**

### NURSERY HAND AND PROPAGATOR

Casual positions available at Oakville nursery for a nursery hand or propagator.

Hours are flexible but 4 to 5 days per week required.

Award wages paid experience preferred but not essential training will be provided.

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## ITEMS FOR SALE

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## PET CARE

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# Local Playgroups

## GALSTON

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

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

## GLENORIE

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

## ARCADIA

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

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

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

## DURAL/GALSTON

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

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

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

## KENTHURST

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

## CALLING ALL PLAYGROUPS

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

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

Please send your Playgroup location and meeting days/hours to:  
[editorial@galstoncommunity.com.au](mailto:editorial@galstoncommunity.com.au)



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**18th June**  
**7000 copies distributed**

## The Galston, Glenorie and Hills Rural Community News

PO Box 211 Galston NSW 2159

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

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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 RURAL FIRE SERVICES

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

Hills Rural Fire Service District Office	9654 1244
Hornsby Rural Fire Service District Office	9883 2000
Arcadia Rural Fire Service	9655 1656
Fire Captain David Byrne	
Galston Rural Fire Service	0409 470 205
Fire Captain Rob Symons	
Glenorie Rural Fire Service	9652 2017
Fire Captain Shaun O'Brien	
Hillsdale Rural Fire Service	9652 2245
Fire Captain Andrew Baildon	
Middle Dural Rural Fire Service	0408 220 705
Fire Captain Len Best	

**LOCAL JP's** Bendigo Bank Galston - 9653 2227, Geoff Lynch Galston Newsagency, Cathy Vipond Hills Accounting, Glenorie - 9652 2400  
Mary Ord - 0400 363 563, Vicki Brownless - 0423 727 826 (South Maroota area), Ray Whiteman, Glenorie - 9652 2454 / 0400 008 083  
Cherrybrook Shopping Village, Shepherds Drive,  
every Saturday morning 10am to noon.

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





## OFF MARKET SALES



When it comes to selling, there is one thing that nearly every homeowner will wish for: a quick and painless transaction. The trend that is gaining popularity with many owners is the off-market sale. This is when a

home is listed without a public campaign – no marketing, no open homes inspection, no auction. And while it might seem counterintuitive to sell a home without publicly promoting it, there are a few key benefits.

### **Speed and Privacy**

An off-market campaign allows a seller to test the market without committing to the expense of a full-blown marketing

campaign. Allows the owner to gauge whether is the right time to sell.

### **Serious Qualified Buyers Only**

The people who tend to sign up for off-market alerts are generally serious buyers and are as eager for a fast transaction as the property owner.

When a buyer subscribes to receive off-market opportunities, they can get very specific about their property needs and budget so an agent can easily target the buyers that they know are looking for a certain type of property. This means more of the right people are seeing more of the rights homes, and are more likely to make an offer.

If off-market sounds like the right type of sales method for you, call your local agent.

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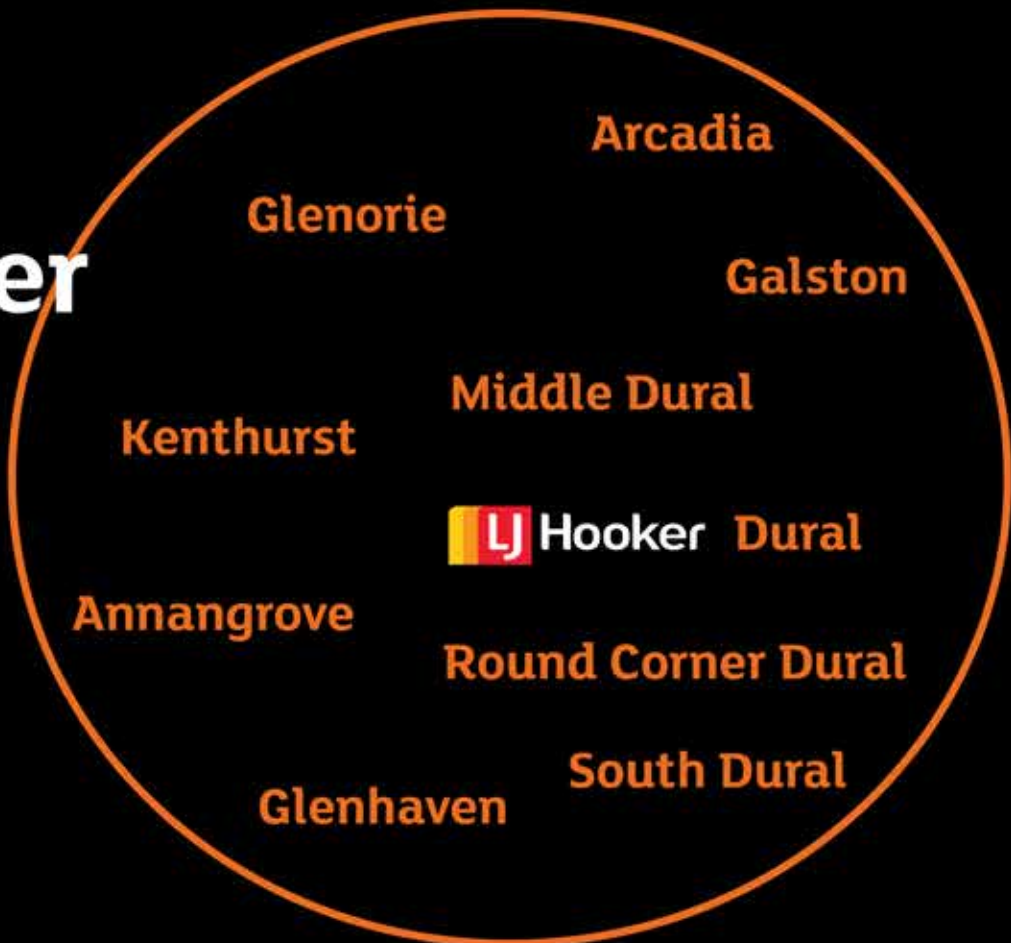
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