

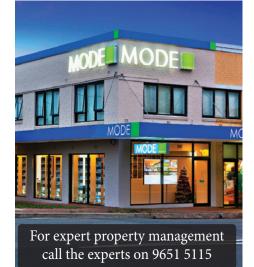
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- Enjoy a BBQ at the end provided by the Rotary Club of Galston
- And of course don't forget to wear your white
 T-shirt and sunglasses



All funds raised go to Youth InSearch (https://youthinsearch.org.au/) an organisation focussed on supporting young people from difficult and disadvantaged backgrounds with mental health get their lives focussed and on track.

SAVE THE DATE

AUGUST

10:30 AM

18

Where: Galston Recreational Reserve - Galston Road, Galston (Opposite Galston High School)

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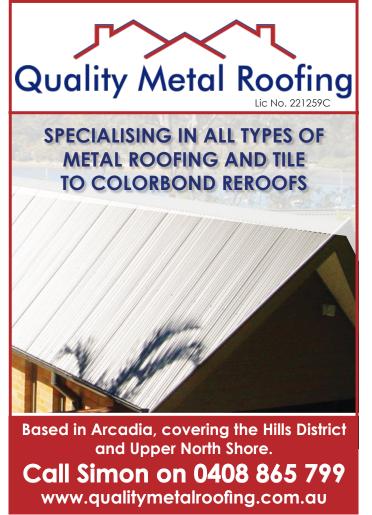
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COMMUNITY SUPPORT FOR ROAD SAFETY CRACKDOWN

The NSW Government has announced new road safety measures, including an increase in demerit points from four to five for illegal mobile phone use while driving.

HIS follows a commitment at the launch of the Road Safety Plan 2021 in February to review penalties, develop new road safety advertising and introduce safeguards to improve driver safety in relation to alcohol and drugs, including prescription drugs.

Member for Hornsby Matt Kean MP said higher demerit points for illegal phone use will help change the way drivers act on our roads.

"We know from a recent RMS survey that 74 per cent of the community support a crackdown to illegal phone use behind the wheel. We all see it and the community has had enough," Mr Kean said. "We have already introduced legislation to enable camera-based technology so it can be used to enforce mobile phone offences in the future, a world first."

Changes will also be made to reduce the risk of driving while impaired by prescription drugs, including clearer guidance on when doctors should report a patient to a Driver Licensing Authority if they have concerns.

Communications will also be enhanced so drivers are aware of the risks and are reminded that driving while impaired by medicines is a serious offence.



ROAD SAFETY PLAN Key points:

COMMUNITY NEWS

- Demerit point rise from four to five for illegal phone use behind the wheel
- It will have the toughest demerit point penalty for this offence in the country when changes come into effect in September 2018
- Road Safety Advertising develop a new strategy to drive campaigns, based on positive messaging
- Strengthen guidelines for the Opioid Treatment Program, new training for prescribers, new communication about rights and responsibilities for doctors and patients
 Change to the definition of 'drug' in the Road Safety Act to ensure offenders
- driving while impaired by a broad range of new and emerging drugs can be charged under the influence





Alf of all adults in Australia struggle with chronic health conditions including cancer, heart disease, stroke, diabetes, obesity, hypertension, Alzheimer's, arthritis and erectile dysfunction. Despite countless

dollars spent on medical research, new drugs and

innovative technology to improve our health, more people are becoming disabled and dying from chronic disease than ever before. Featuring leading medical experts and researchers, Eating You Alive takes a scientific look at the reasons we're so sick, who's responsible for feeding us the wrong information and how we can use nutrition to take control of our health one bite at a time.

With interviews with Samuel L Jackson and Penn Jillette (from Penn & Teller - Penn lost of 45kgs) it's a thought provoking documentary. Changing what you do is hard, and maybe lots of people prefer to rely on pills, but for those who want to be part of the solution to their health problems, this is a option with few side effects.

If you are interested in watching this movie, it costs only USD\$9.99 and can be digitally downloaded at https://www.eatingyoualive. com/buyfilm/

Disclaimer:

Seek your doctors advice before embarking on any major changes to your lifestyle.

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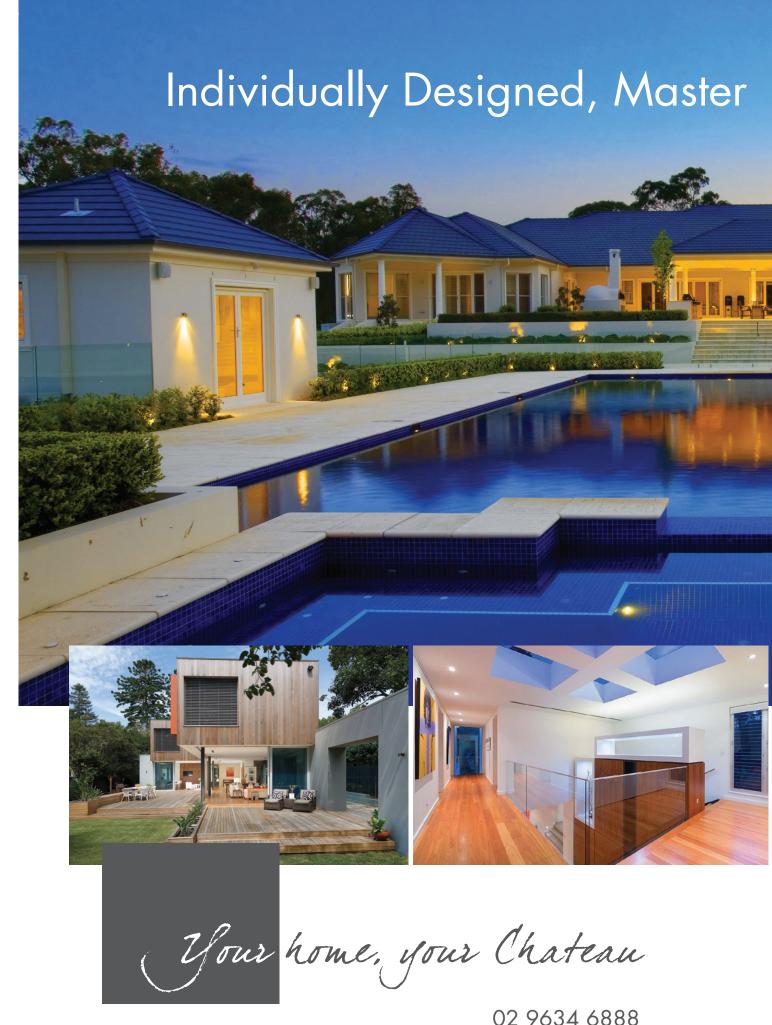






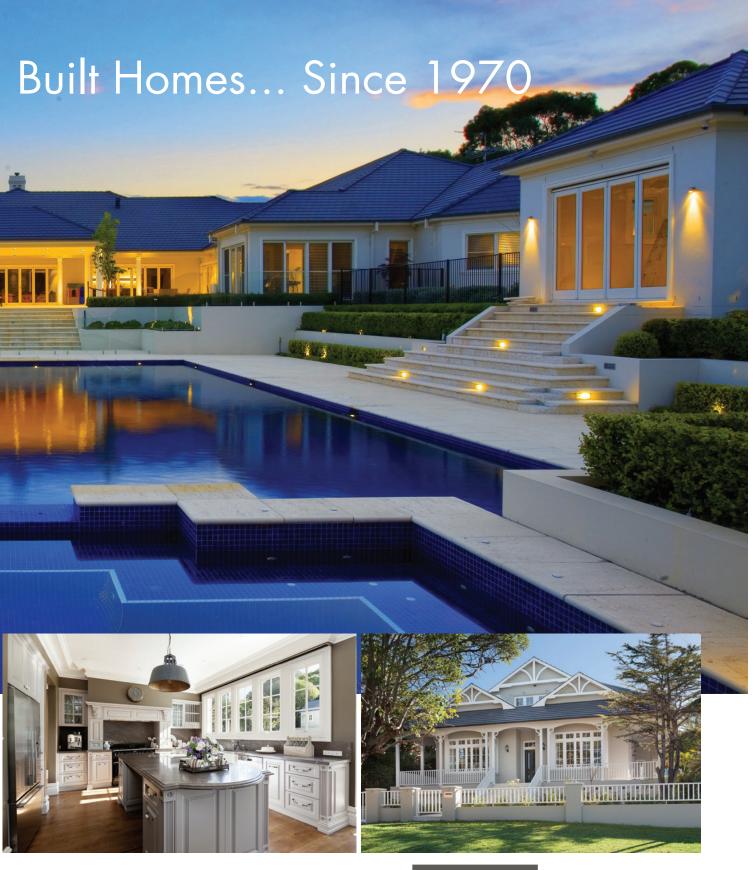
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ORNSBY Shire's tree canopy is about to get a major boost, with Council committing to plant 25,000 new trees by September 2020.

"This is a massive investment in our natural

environment that will further strengthen our reputation as the Bushland Shire," Hornsby Shire Mayor Philip Ruddock said.

The project is a significant step up from the 2,000 new trees that

Council currently plants each year.

These new trees will not just be placed in existing bushland but will be spread throughout the entire Shire, particularly the urban areas where some greenery is

Mayor Ruddock at Hornsby Shire Council's Community Nursery, with some of the new trees that will soon be planted.

> sorely needed. A number of streets have already been identified as top priority and will receive their new trees within coming months."

Those streets include Alma Court, Thornleigh; Burdett Street, Hornsby; Cobah Road, Arcadia; Geelans Road, Arcadia; Malton Road, Beecroft; Nursery Street, Hornsby; Old Northern Road, Dural; and Taylors Road, Dural.

A key source of the new trees will be Council's Community Nursery, where production is set to shift to a new level. Nursery coordinator Ross Rapmund is thrilled by the opportunity.

Mayor Ruddock emphasised the many

benefits that will come from an extra 25,000 trees in the Shire. "This is not just an aesthetic choice and our native wildlife will not be the only ones to benefit. Increased tree coverage brings a range of very real improvements to quality of life for our residents, including cleaner air and lower summer temperatures."

Mayor Ruddock also made it clear that Council will not be able to carry out this project on its own. These trees are very fragile when they are first planted and we will be calling on the community to help us nurture them as they grow. This will be something that we all achieve together.



THREE WINTER ESSENTIALS

This is the time to review your comfort in and around home as we tend to spend more time indoors. The following are considered to be the most essential items for you this winter.

Are they providing you the support and comfort that you deserve during this season? An electric bed with a suitable mattress will make a huge difference to the way you get in, stay and out of bed. There are electric beds that look elegant and can suit your taste and décor of your bed room. If you do not like the idea of an electric bed, have you considered just replacing your existing mattress with an electric mattress?

he second item is a Rise Recliner or a Lift Chair. It is important to know what to look for while selecting a Rise Recliner. For those who would like a comfortable place to sit and relax, to watch TV, use their lpad or just to snooze, there are a lot of options. Consider the type of material, number of motors, lumbar support, head rest etc. before finalising your selection. Do not forget to sit on one and try before you buy.



Nothing can be more naturally comfortable than an Australian Medical Grade sheep skin to keep you warm and cosy this winter. A sheep skin is good for all weathers, and they are the most natural pressure care solution.

For more information on any of these products, please visit the Comfort Discovered website at www.comfortdiscovered.com.au or visit their shop at 511 Pacific Highway, Mount Colah.





The next meeting of the Glenorie Progress Association will be the AGM on Tuesday 14th August. The AGM will be followed by a general meeting where we will continue addressing local issues that can impact on your life in the Glenorie District. These are some of the issues:

COMMUNITY NEWS

BORAL CONCRETE – DA for the upgrade of the Glenorie

batching plant has not yet been lodged (at the time of writing this report). At our last meeting a video was presented of the significant dust and noise factors from another batching plant unacceptable levels that such an upgrade would cause in our semi-rural environment. Get ready to make your submission to THSC as soon as the DA is lodged. Keep an eye on our facebook page or join our Association and we will keep you posted on our **Say NO to Boral** campaign.

GLENORIE BAKERY – A DA has been lodged for extended hours for the Bakery 6am to midnight Monday to Friday and 6am to 11pm on Sundays. In response to members concerns, the GPA has made a submission against the All residents are invited to join us at our Annual General Meeting at 7:45 PM at the Glenorie RSL on Tuesday 14 August. It is vitally important that we have all positions filled to make the Association a progressive force in our District.

this road. Fishtailing jokes

aside, we would all benefit

from road widening of our

The beautification

bay is continuing and the

repaired tarmac will mean

a much safer walking and driving surface in prettier

surroundings. Thank you

Hornsby Council! If you

wish to comment positively

on the good works to date,

please send to the Council.

The planners and workmen

would greatly appreciate it!!

process of the Glenorie Bus

access roads.

extended hours. Individual members have also made submissions. Compromises have been offered so that an additional evening venue can be available to residents but not at such extended weekday and Sunday hours.

NEW LINE ROAD – Contact Matt Kean our Hornsby State Minister for Innovation and Better Regulation to advise him if you are concerned about the gridlock you may experience when using

If **YOU** are interested in contributing your comments on any local issues, ring **Di** on **0418 432 587** or email us at **secretary@glenorieprogress**.org.au or better still, join us at our meetings in the downstairs function room of Glenorie RSL on the second Tuesday of every month.



Come in and see our friendly staff at Galston Village Pharmacy for a professional and caring attitude toward your health. We will be happy to advise you on appropriate treatment for your medical conditions and general wellbeing!

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COMMUNITY NEWS

1ST DURAL Scout group

Term 2 at 1st Dural Scout Group was action packed across all the sections.

The Joey mob had a "Space" theme during the term, which saw them launching rockets, making alien masks and enjoying a night at the Penrith Observatory.

The Cub pack was busily working on achieving various badges, resulting in many members receiving badges for individual achievement as well as group efforts. The highlight of the term was the Cub Spy Camp at Bundilla Camp, Winston Hills, along with a number of Cub Packs from across Sydney ranging from Blackheath, Balcombe Heights, Kellyville and Pennant Hills.

The Scout troop attended the 41st annual Jamborette and also held an intensive badge work day, where they cooked their meal and mastered tying some challenging knots, enabling many of them to complete their Camp Craft badge.



The Venturers also attended the Jamborette, assisting with many of the activities. They have also been tinkering with engines, playing bicycle polo and abseiling. Wow, what a term!

Our end of term group activity saw us heading out to Yarramundi Trees Adventure Park. All the kids, leaders and some thrill seeking parents, had a fantastic time climbing through the aerial challenges and flying on the multiple flying foxes.

We are definitely looking forward to a fun filled term 3!!

For all membership enquiries, please contact Warren on 0419 280 967 or sydbp@bigpond.com

\$4.6 MILLION UP FOR GRABS FOR LOCAL SPORTS GRANT

Local sports in Hornsby are being encouraged to apply for the latest round of funding under the NSW Government's Local Sport Grant Program.

Member for Hornsby, Matt Kean MP, said \$4.6 million was now available across the state for upgrading or creating new sports facilities, new sport programs, community events and projects that improve sports participation.

"Sport is a vital part of our community and I encourage all clubs and councils in Hornsby to apply," Mr Kean said.

"Thousands of local clubs can apply for up to \$25,000 to fund individual initiatives, with up to \$50,000 set aside for every state electorate."

Sports Minister Stuart Ayres said the Local Sport Grant Program is now in its fourth year.

"It is a key priority of the NSW Government that everyone has the opportunity to take part in local sport or has access to open space," Mr Ayres said.

"Already this year, the Local Sport Grant Program has allocated funding for sports clubs in 93 electorates across the state and we anticipate this next round of funding will help hundreds more community groups and councils.

"This announcement is in addition to the NSW Government's \$290 million Open Spaces and Green Sydney package, along with the Active Kids program announced earlier this year. It also comes on top of \$200 million that has been committed to improving sporting facilities in regional NSW."

The Local Sports Grant Program opens today and will accept applications until 24 August 2018.

For more information visit sport.nsw.gov.au/clubs/grants/localsport or phone 13 13 02.

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any readers would have seen the media reports about the murder of two children by their father in West Pennant Hills last month. It brings to light that domestic violence can happen in any area and in any socio economic group.

As a community we must look out for one another. The days of 'turning a blind eye' are over. It's not meddling if you ask a friend or neighbour if they are OK or if they need someone to talk to.

The Lisa Harnum Foundation was started by local resident, Aileen Mountfield. It supports people who are victims of Domestic Violence.

Domestic Violence describes a relationship where one partner tries to have power and control over the other. Below are SEVEN forms of abuse:

 PHYSICAL ABUSE: pushing, punching, slapping, throwing objects, harming pets.

- EMOTIONAL ABUSE: angry explosions, belittling, criticising, stonewalling
- SEXUAL ABUSE: sexual assault, rape, forcing the viewing of pornography
- FINANCIAL ABUSE: controlling money, depriving partner of money,
- SOCIAL ABUSE: isolating partner from family and friends, jealously, possessiveness
- VERBAL ABUSE: name calling, shouting, swearing, accusing, blaming
- SPRITUAL ABUSE: using religious doctrine to dominate and control, putting down partners faith.

If you, or someone you know, is in need of help please consider using The Safe Room or contact other DV support services such as 1800RESPECT and Lifeline.

The Safe Room is a place where women can confidently and safely access help. Too many women in the Hills district are struggling with issues such as emotional and financial abuse. Even if they (the women) don't want to pursue the next step at least they are able to download to a professional, such as a caseworker, who can assist women through the tangled mess of accessing help. The Lisa Harnum Foundation will guide, support and provide help through experienced professionals to assist in their own decision making. The Safe Room is located within the Castle Towers Shopping Centre. It is discreet, safe and confidentiality is a priority.

To make an appointment please call **1300 732 848**. Your call will go through to our caseworker. The service is free. **www.lisahf.org.au**





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¹⁴ August 2018 | Galston Community News





UNEARTH YOUR

For the first time two local ceramic artists will be joining hundreds of potters and ceramic artists across the nation and opening their studios to the public.

Hosted by the Australian Ceramics Association this is an annual event, and is an opportunity for the broader community to step inside the creative spaces of contemporary potters and ceramicists. It is a chance to experience the wonders of

working with clay and meet the local skilled artisans who have developed their unique voice within this ancient practice.

Visitors to Glenorie will see the studio of Jen Lyall where the majority of her work is fired in her wood kiln. Her work strongly reflects the unique connection between the maker, the material and the process. Jen's belief is that the handmade object has a unique quality that

Jen Lyall

brings infinite pleasure, connects us to others and enriches our lives.

Jen's talented daughter Emily Byrne will also be displaying her beautiful hand carved native plant based designs, donating some of the proceeds to a conservation charity.

Located in Berrilee, Janine Schenkel will open her

rustic rural studio to visitors. Janine creates wheelthrown and altered porcelaneous pieces for the garden and home. Her designs are inspired by the textures and patterns from nature and her rural surrounds, expressed in her application of decals and carved sgraffito on the clay surfaces.

Rona Sissons unique and quirky sculptures use clay to create the creatures of her imagination and Rona delights in expressing political commentary. Her work will be on display around Janine's garden.

Visitors to both studios will have the opportunity to tour the workshop, talk to the artists and purchase original handmade ceramics.

For more information and to discover more studios across the nation, visit: www.australianceramicscommunity.com and click on OPEN STUDIOS 2018. Entry to all studios is FREE. Enquiries call 1300 720 124. Follow the latest event updates at www.facebook.com/TheAustralainCeramicsAssociation and on Instagram @australianceramics









Lions Club of Hornsby 60TH ANNIVERSARY OF CHARTER 2 0 1 8 615 FOR 7:15 PM



President John Lockyer and members cordially invite Lions and friends to come along and celebrate this wonderful occasion

with special guests PIP Barry Palmer AO and his wife Anne.

Date: Tuesday 11th September, 2018. Time: 6:15 for 7:15pm

Where: Hornsby RSL Club Showroom

Dress: Black tie/After 5 (Very smart casual)

Cost: \$65pp for 2 course meal, tea/coffee with nice biscuits

Bar facilities - drinks available at your own own cost.

Please notify any special dietary requirements.

Payment with bookings: Direct debit or cheque to Lions Club of Hornsby Admin Westpac 032 084 Account No: 580116 (ref surname or club)

Please email Pauline Henebery: pauline@henebery.com.au Mobile 0416 226 781 or hornsby@lionsclubsydney.org.au

HAVE YOUR SAY ON THE FUTURE OF OUR SPORTSGROUNDS

Hornsby Shire Council is calling for feedback from the community on the draft Sportsground Strategy that is currently on exhibition.

"This is an important document that will set the direction for Council's efforts to meet the growing need for sporting facilities. This affects an enormous proportion of people within the Shire and we very much want to hear from those people before we decide on the final strategy." Hornsby Shire Mayor Philip Ruddock said

The draft strategy identifies current issues and demand, examines options for future provision of sportsgrounds and sets guiding principles for priorities.

"Hornsby Shire is in the highly enviable position right now of owning two major sites for future recreational facilities: Hornsby Quarry – including the neighbouring Old Mans Valley – and the former Sydney Water site at Westleigh," Mayor Ruddock said

"These will go a long way towards easing pressure on our existing sportsgrounds, but this significant investment makes it crucial that we get the strategy right."

The NSW Government recently gave Hornsby Shire Council \$90 million to go towards the Hornsby Quarry and Westleigh projects, the first instalment of compensation for financial difficulties caused by the redistribution of the Shire's southern border.

To see the strategy and have your say visit www.hornsby.nsw.gov.au/ sportsgroundstrategy.

Submissions will be accepted until the close of business on Friday 7 September.

Hornsby Shire's sportsgrounds at a glance:

• Council provides 43 sportsgrounds with a total playing surface area of 59 hectares

- In the winter season, 76 percent of Council's fields are allocated close to or over their adopted benchmark
- Football (soccer) is by far the largest user of sportsgrounds in the Shire, utilising 59 percent of the space. This is

followed by AFL (11 percent), rugby union (9 percent) and rugby league (9 percent)

- The current shortfall of playing surface area is 12.6 hectares
- By 2026 it is estimated there will be a shortfall of 19.9 hectares



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THAT MAKE YOU THINK By Debbie Amos

THERE'S AN APP FOR

3

Games on devices are not just the domain of children. There are many interesting and fun apps out there that are similar to your favourite card game or even you favourite TV quiz show.

Millionaire is very popular and is really good practice if you are a bit of a trivia buff. Even with the option of phone a friend and 50/50, this game can really test your knowledge. There are quite a few

MILLIONAIRE

q

6

5

4

versions of this game and I have even downloaded it on a computer for a client.

Another fun game that gives daily challenges is *Spider*. To be honest some people won't let me download it for them as they're so terrified of spiders! This game runs a little like solitaire where your goal is to place all the cards in each suit in stacks of descending suit sequence. If you have an older relative who is struggling with using the mouse on their computer this game certainly teaches them how to drag and drop.

It's important not to underestimate how useful games can be for hand movement and brain training as we get older. There are also many games that you can play with other people. *Scrabble* can be played against another opponent and they don't even have to be in the room. They



could be many miles away overseas. It's a great way to keep in touch with relatives and friends.

COMMUNITY NEWS

Many games may have in-app purchases. Be careful on how much you spend on some of these apps. Remember they are only games.

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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The mtb trails go around (and sometimes over) dumped remnants of the past.

FACT BOX Grading:

GREEN TRAILS: Perfect for kids and novice riders, judging by all the family groups encountered here. No descents or climbs- just pure, looping singletrack pleasure.

BLUE TRAILS: Slightly more demanding than the green trails, but good practise.

BLACK TRAILS: Suitable for experienced riders only. Rock drop-offs and challenging terrain make them a serious mental and physical work out.



GETTING THERE:

BY CAR: From Duffy Ave, turn right at the second traffic circle into Quarter Sessions Road. Parking is available at Ruddock Park. To keep these trails open, it is critical that visiting cyclists maintain a good relationship with the local community.

- 1. Keep your noise levels down.
- **2.** Avoid parking outside resident's homes.
- **3.** No Parking on, or in the vicinity of Warrigal Drive, as the RFS trains there and requires 24/7 access.

BY TRAIN: Westleigh has good bicycle lanes on all the main streets. From Thornleigh Station, turn right onto Esplanade Road, and ride up to Duffy Street. **BY BIKE:** From anywhere... Hills, hills, and more hills are what you will ride to get to Westleigh and back on a bicycle!

- **1. From OMV Mtb Trail:** Ride the 30 minute link between the two trails via Waitara & Larool Creeks. Walking path stairs or a firetrail will pop you out right next to the Fire Station and the H20 trail head. See author's Strava activities for a map.
- 2. From Cherrybrook: There are three trails you could try, but bicycle access along any of them is unclear. A good start to explore a link is Blackwattle Trail, behind Cherrybrook RFS. Your navigational goal should be the Bellamy Road Path which links to Quarter Sessions Road.

MORE INFO: Like and follow the Westleigh MTB Track page on Facebook for updates, maps and more.



"More high density housing we don't need- outdoor space to be active, healthy and engaged with each other and our natural environmentswe do need!" This message from community groups in Westleigh has been heard. However, recent news reports did not mention that the redundant waterworks sewage dump land at Westleigh has been home to the 'unofficial' communitybuilt H20 mountain bicycle trails for several years now.

Short, 3-5km lap trails for novice, intermediate and expert offroad cyclists have been painstakingly built and maintained by passionate volunteers. These trails flow and

loop around, through and over natural features, as well as utilising the occasional dumped industrial remnant for added interest or skills practise for the intrepid ! With a little more official will, and some investment from Hornsby Council's reported windfall, there is no reason why these mtb trails couldn't become world class works of environmental art. They could be, and should be linked with other trails leading to Cherrybrook, Dural and Hornsby CBD in addition to being developed and integrated with all the other sporting facilities planned for this highly valued slice of open land in the middle of suburbia.





In January of 2010, Vicki Brownless set out to explore the feasibility of bringing the delights and discoveries of the market world to the community of Glenorie. By May of that year, she was ready to launch her business, which also sought to bring together residents and visitors in a relaxed, friendly environment, and to showcase the delights of our district, our semi-rural haven. About 30 stallholders registered for the inaugural event, and the rest is history!

Unfortunately, the market now finds itself without a home. The growing popularity of the Glenorie RSL Club has brought with it an inherent problem; that of a shortage of parking. So, the market has been advised that it can no longer continue to trade at the club. The final market in the grounds of the Glenorie RSL Club will be held on the 26th August. Other local venues are being considered and are being investigated.

Over the past 8 years, many stallholders have come and gone, some utilising the venue as a launch pad for their enterprise, others finding that their dream of business independence was not what they had anticipated. On many occasions, over 50 different stalls have offered their wares; artisan breads, cakes and pastries, cheeses, olive oils and vinegars, fresh and smoked meats and seafood, jams, pickles and chutneys, wine, beer and cider, fresh fruits and organically grown vegetables, pottery and ceramics, jewellery, soy candles, alpaca fleece, napery, dog treats and grooming, herbs, plants and succulents, photography and artwork, and much more.

Many thousands of visitors have attended, many expressing their delight at discovering such an eclectic array of goods on offer, the beauty of the local area, and the warm hospitality extended by the community.

"My aim was to provide a platform for people who were passionate about their products, and who were willing to share ideas and information," Vicki said, "and I am proud of the high standard of products that we have been able to showcase, and of the opportunity to introduce consumers to some amazingly dedicated growers and producers. We have always endorsed the concept of minimum food miles, and much of the food sold at the market is locally grown and produced."

COMMUNITY NEWS

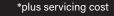
"The attendance of the Glenorie Rural Fire Service has brought an increased awareness of bush fire prevention and management to residents, especially those new to the district, and we have welcomed local political candidates, sporting clubs, community groups and charities that have come to promote their aims and objectives."

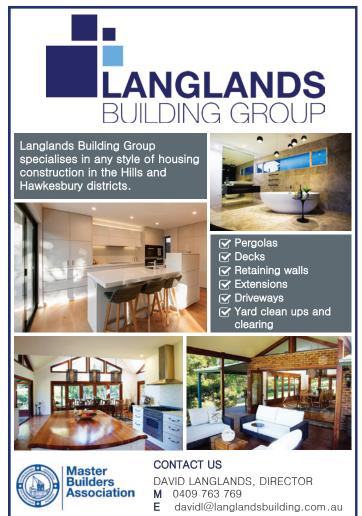
Vicki would like to say thank you to the local community for its loyalty and support over the past eight years.

Change is often a good time for renewal and so Vicki hopes a new location will bring positive changes and a fresh look to the market going forward.

Watch this space next month for an update, or come to the next market on 26th August to find out more.







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Mayor Byrne pictured with her daughers Maddison and Alexis at the new learn-to-ride at **Crestwood Reserve**

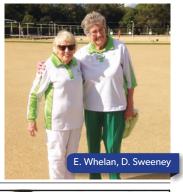


Dural's consistent Senior Fours team has advanced to the State Play-off to be held in September. In spite of their star third, Diana Sweeney, being unavailable, Elizabeth Whelan, Judith Harris, Eileen Bromley and Robin Davidson all played well and were able to defeat the four from Brush Park (Macguarie District) in a game where the score was no indication of the quality of the game. An indication of the standard was the fact that two of the opposing team won the Region Pairs the following day.

Not to be overshadowed. the Major Singles final, the most coveted event, was a high class game between two good mates

from the fours team, Elizabeth Whelan and Diana Sweeney. Elizabeth brought her "A" game and Diana could find no answer to many of the top shots played. Marker Ruth Keene considered it a privilege to watch such a good match.

E. Whelan, Bromley. J. Harris, Davidson



LEARN-TO-RIDE BIKE TRACKS Ready for use

The last two learn-to-ride bike tracks in The Hills have recently opened.

One track is located at Crestwood Reserve in Baulkham Hills and the other is based at Centenary of ANZAC Reserve in Castle Hill.

The tracks are designed to teach young riders road rules in a safe and fun environment.

Mayor of The Hills Shire, Dr Michelle Byrne said the tracks incorporate everything you would expect to see while riding your bike along local streets, including pedestrian crossings, stop signs and roundabouts.

"As a mother of two young kids who are learning how to ride their

own bikes, the new learn-to-ride tracks provide the perfect place to teach them how to ride their bikes safely," Mayor Byrne said.

"My daughters, Maddison and Alexis, just love the tracks and I'm so happy to see so many families making use of these wonderful community assets.

"I'm so proud of the work this Council is doing to provide familyfriendly facilities that can be used by all residents for generations to come," Mayor Byrne added.

The other two learn-to-ride tracks are located at Coolong Reserve in Castle Hill and Twickenham Avenue Reserve in North Kellyville.

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Bendigo and Adelaide Bank Limited, ABN 11 068 049 178 AFSL / Australian Credit Licence 237879, The Canstar 5 Star Rating for Outstanding Value Transaction Account was awarded to Bendigo Bank in April, 2018 for the Student Account in the Youth Transactor category. 1184860-1200505 (07/18) SALVATION ARMY

By Katy Joscelyne

Behind the public face of its many Family Stores, the Salvation Army provides a range of services to members of the community. In the 1860s the founder, William Booth originally just

provided help and spiritual guidance to homeless and addicted men in London. His aim was to help these individuals on a path of rehabilitation and to motivate them to pass this assistance on to another man in need.

Today, the Salvos, as they are affectionately known, work tirelessly to provide physical, emotional, spiritual and financial support to men, women and families who are doing it tough.

Their aim is to help these people gain greater independence in leading a more fulfilling and responsible life.

The Family stores, through your generous donations, contribute the money to underpin these aims.

This month, the focus of the Dural and Glenorie stores is on the big team of volunteers

who sort thousands of items of clothing and shoes.

Everything from scarves to skirts and skivvies, T- shirts and tops, dresses and dinner jackets: each item is checked for quality before being placed in the shop. Good quality surplus items are sent to a huge charity warehouse where they are shipped to Dubai, re-sorted and then sent to needy communities in North Africa.

Our range of shoes changes

Craig: 0410 284 180

info@parklanepropertygroup.com.au

Sue: 0415 421 848

Both stores will be running another Storewide Half Price Day on Friday 31 August. Come in and celebrate with us the wonderful work done by staff and Volunteers, and help us launch awareness of National Op Shop week which will commence soon after.

daily. We try to rehome everything

from steel capped boots to

ballerina's slip-ons. We are

warmer months with sandals

and strappies. Sadly, we have

shoes despite these turning up

on a regular basis! We also do

not offer for resale cardigans

jeans with broken zips, stained,

torn and threadbare garments.

minus buttons, jackets and

already preparing for the

been unable to sell single

EASTBEND **UPDATE AND NOTICE**

The next Eastbend Rural Communications meeting will be held at 1:30 PM on Monday 20th August at the Resource Centre, Maroota Public School, 4540 Old Northern Road, Maroota.

As always, from 1:00 PM there will be a light lunch and time for a chat before the meeting starts. We look forward to seeing you there!

If you have any local matters you would like to discuss or have

help with please come to the meeting. If you can't come on the day, feel free to contact the Secretary, Vicki Brownless at livingheritage6@gmail. com, or

Tessa Corkill, at 2archaeics@gmail. com or 9652-1470.



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COMMUNITY NEWS

COMMUNITY NEWS



The next AGRA meeting will be on

Wednesday 29th August 2018

7pm Galston Club

RSVPs essential to proudlyarcadian@arcadiahistory.com.au

AGRA has a new committee, great community spirit and welcomes new members.



Enquiries to Sonja Cameron 0407 214 413

LOCAL STAFF WANTED

Castle Hill based Aussie Pumps (Australian Pump Industries Pty Ltd) continues to grow and needs to build staff numbers fast! The company offer exciting careers in a wide range of roles from engineers to customer service, sales to admin!

This week the focus is on replacing the Managing Director's PA who is retiring after 35 years of service!

"It is exciting, fun and rewarding" said Valerie Kudzielko. "The job involves active communications with both international suppliers and customers. It's complex but interesting to see our Australian made products making their way into new markets and to watch the continuous stream of progress and evolution within the company" she said.

The senior secretarial role is a fast paced and pivotal to handling correspondence efficiently. "The



company's success can be put down to our tight knit team. We rely on each other for support," said Valerie. "Because we're friends working to a common goal it makes this an enjoyable and stimulating place to work," she said.

Aussie Pumps actively advertises in local media as part of its recruitment program. Working locally benefits staff with shorter commutes but more importantly nurtures connections within the Hills community.

WANT TO KNOW MORE? Check out our website www.aussiepumps.com.au under careers.

Looking for information on retirement living? Visit the

Hills District Retirement Village Expo

Incorporating Resort Living for the Over 55's

Sunday 29th & Monday 30th July

Castle Hills RSL - 77 Castle Street, Castle Hill 10am - 3pm both days

> On display will be the latest resort style developments as well as established villages from different organisations. All offering a wide range of services & facilities, sizes, prices and locations, all under one roof.

www.retirementexpo.com.au

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Entry

KOALA FEST

Patricia Schwatz

A Koala Fest is to be held on Saturday 15th September 2018 in Memorial Park, Kurrajong Village between 10am and 2pm.

A great day has been organized by many community groups working together to celebrate the koala population in the Hawkesbury and surrounding areas.

These iconic furry animals are out and about in our region so come along and learn all about them.

This will be a free community event with stalls, activities and information for all ages. Koala inspired specials will be available from coffee shops and other businesses.

The event is very important because we need to learn how to protect the koalas living in our bushland. For example, driving carefully to avoid hitting them on the road and keeping dogs under control are two important ways to prevent Koala deaths. Learn about koala habitat and collect a free koala feed tree.

This will be a family fun festival day with anything and everything about koalas. There will be face painting, children's play activities and native plant giveaways. Koala Sniffer Dogs will be coming to give demonstrations. These clever dogs find koala poo, which indicates the presence of koalas, and then let their handlers know. They are trained not to hurt koalas or any other animal.

> FOR MORE INFORMATION Contact: (02) 45604525 or email koalafest@hawkesbury.nsw.gov.au



COMMUNITY NEWS

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By Ian Browning, Honorary Curator

Replacement of the pressed metal ceilings in Netherby Homestead were completed during June, matching the original patterns, and walls and ceiling repainted. We are in the process of cleaning and polishing all furniture, rehanging curtains, and returning all the small items that were packed away for safe keeping. The homestead should be reopened by the end of July.

More work has been done on the 1918

International truck project, mainly continuing the dismantling of the Orange chassis – this is the name we have given to the donor chassis because that is where it came from. The chassis of the donated truck was heavily modified during its life, so we have no choice but to use the Orange chassis as the basis of the restoration. We expect to use the mechanical parts of the donated truck, however. One significant item missing

altogether was the water pump off the engine. We recently succeeded in locating one (not too common I can assure you!) after scouring the world, and it is now safely in our possession. Remember this is a 100-year-old machine, not that many survive, and certainly none within reasonable distance of Sydney to our knowledge.

A recent event was the hosting in Fagan Park of the National Motoring Heritage Day on 20 May, when various car clubs chose the park as its destination. About 50 historic vehicles assembled, one feature being the Sunbeam Club, which displayed various models of this well respected marque. Another repeat visitor was a Rolls Royce Silver Ghost, a magnificent car as can

POSTSCRIPT:

Ne are proud to announce that Netherby Homestead was reopened to the public on 17 July, resplendent with new ceilings and a coat of paint, and all the furnishings back in place.

We also announce we will conduct an Open Day on Sunday, 30 September, when all the vehicles and tractors will be driven around the park, and the museums open to all. More details on our website and on Facebook iust look for 'friends of fagan park'.

-lan Browning

be seen in the photo! This day was celebrated at many destinations throughout Australia, the purpose being to demonstrate the extensive interest that exists in motoring heritage. It is my sad duty to report the passing of Mavis Andrews (née Bennett) one of our longest serving volunteers, on 26 June. Mavis had served for nearly

20 years, and had only recently retired. Her special interests were the Netherby gardens and the history of the Fagan family, she being related to them and many other pioneering families of the district. Her knowledge of the family history will be

sorely missed.

The Friends of Fagan Park are on deck every Tuesday, our volunteering day. It is pleasing that many people seem to be reading these little reports, going by recent comments. We are happy to

down tools to talk to visitors

about the collection or the

are always on the lookout

for new members, offering

everything from gardening to

history of the place. We

blacksmithing.

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VALERIE SELFF

7th March 1940 to 13th June 2018 - Known to us as Naina Mum to Belinda Petith and David Selff

It is hard to put a life into words. Our mum and Naina put so much life and love into everyone she touched.

Val was born in Bankstown in 1940 to proud new parents of Marie and Roy Palmer. They moved from Bankstown to Baulkham Hills around 1945 where they had a poultry farm. They were happy times with Val's grandma also living with them in a wheel chair. Primary school was at Baulkham Hills with Bev Keene, who they holidayed with, and June and Melva, who are still best of friends to this day. Favourite cousin Julie has fond memories of her childhood growing up with Val, being lucky enough to have one of the first TV's in Baulkham Hills.

At age 16 Val met Bill at the local School of Arts where Bob, Arthur and Bill decided they should get dance lessons. Bill said it could only help. Val always loved dancing and was very good at it, so the dance lessons paid off. He got the girl he said was so pretty.

Val always wanted to be a nurse, so after leaving Home Science School at Parramatta it was off to Parramatta hospital to start her nursing career. This didn't last long as night duties were affecting her social life, which prompted the move to clerical work in the X-ray Department where Val worked for many years and made lifelong friends with Moira and Brenda.

During the courtship of Val and Bill they were given a block of land by Val's mum and dad in Keene Street Baulkham Hills and this was where they build a new home ready to move into when they married in 1962.

At this stage life was very busy helping run Bills engineering business at Riverstone which could never have worked without Val's help doing deliveries with a baby on board most of the time in the Austin Ute. Then it was back home to family duties and up to all hours of the night making sure all the bookwork was in order. They still always managed lots of social occasions with the neighbours. Holidays with "the crowd" this is a group of friends that started from school days. They had such a lot of fun with all the families motor bike riding and caravan trips with camp

fires including a great trip to Ayres Rock with the Gill family.

More space was needed and the move to South Maroota with the same view of the Blue Mountains was the best thing they ever did. Life was great with unlimited bike riding, farming, cows, driving of paddock bashers and even shooting rabbits which Val was a crack shot! The Whitehouse family introduced Val and Bill to the locals. This of course led to many many dinner parties and themed dress up nights with lots of dances at South Maroota Hall. Not that we ever saw Bill dance! Val would cut out a dress pattern and wear it the next day. Unfortunately this skill didn't seem to get passed down the line.

We were never hungry as sausage rolls, lamingtons, scones, meat pies and Christmas Puddings were in good supply. Bill said Val's record for making

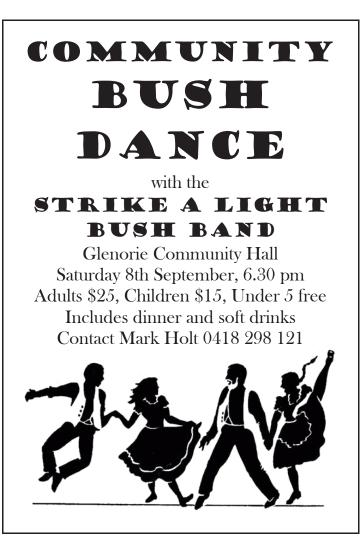
Christmas puddings in the cloth was 17 one year. I am sure lots of people would have tasted one or two. Val also enjoyed cooking cakes and slices for the Childrens Medical Research for their fundraising. After a serious Diabetic illness in 1992 we then had another bonus 26 years.

COMMUNITY NE

In this time Val helped raise grandkids Allis, Jack, Roy, Steven, Sara and James. Val was then known as Naina which is Welsh for Nanna. Sleep overs at Nainas were a little too much fun with just one of her sayings being "don't tell mum I gave you chewing gum". There was only one rule at Nainas and that was don't ever eat all her jelly beans on the kitchen bench because she needed them in case of a low blood sugar reading. Naina would say she was "Happy as the birds in May" when with the grandkids.

The last few years have been a bit of a battle for our Naina. Bill found extra strength each day to run the house and keep Naina at home as long as possible with the help of their wonderful carers.

Naina didn't have a mean bone in her body and just went with the flow. There are so many famous sayings, the one needed now is "lets pop the jug on and have a cup of tea".



COMMUNITY NEWS

LOCAL LIONS CLUB HELPS FIGHT CHILDREN'S CANCER

West Pennant Hills Cherrybrook Lions Club and The NSW Lions Public Health Foundation has donated a total of \$15,000 to enable the Westmead Children's Cancer Research Unit (CCRU) to upgrade equipment used to treat childhood cancer.

This project was jointly funded by The Club, \$10,000 and The Lions Health Foundation providing the balance of \$5,000 to complete the \$15,000 upgrade.

Lions International answered the Research

Unit's call to upgrade its existing Leica BOND RX thus providing research scientists with a powerful tool to benefit all cancer sufferers. This unit upgrades old equipment.

The Leica Bond RX is a specialised piece

of research equipment developed specifically to support scientists to improve cancer diagnostics, i.e. help speed-up the breakthrough of discoveries, and advance new cancer treatments.

Tissue based diagnostics play a crucial role in cancer

Behind every laboratory sample there are researchers, cancer patients and families in search of answers and solutions.

research. Behind every laboratory sample there are researchers, cancer patients and families in search of answers and solutions. Researchers need clear results to discover new treatments.

The Leica BOND RX is a fully automated assay platform and staining system for sophisticated immunohistochemistry (IHC), in situ hybridisation (ISH) and emerging cancer research tests. The Children's Cancer Research Unit uses this specialist instrument in a broad range of research projects assessing the significance of gene and protein expression changes within cancer tissues.

The Children's Hospital at Westmead cares for several hundred young cancer patients every year. Of these, more than half are enrolled in clinical trials that provide access to drugs that have been shown to work. This gives young children and their families new hope using the latest treatments.

The Lions Club's raises the funds to alleviate the scourge of cancer through its annual charity raffle, which is conducted at various local shopping centres. President Sunil Amaratunga, said that his Club is dependant upon the generosity and support of shopping mall centre managers and shoppers to continue the fight against cancer. Every dollar raised goes to a Lions project in full, i.e. there are no admin charges and members serve the community on a 100% voluntary basis.

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GRAVELY SPEAKING BY KERRON MAY COMMUNITY NEWS



According to archaeological evidence, flowers have played an important role in the traditions surrounding the death and funeral/burial rituals across numerous cultures for at least the past 11,700 years. Today not only does a floral tribute express, comfort and support, it also sends a message concerning hidden feelings, meanings and symbolism pertinent to both the departed and those remembering them.

Because of their array of colours, lovely fragrance and tendency to last for a long time, carnations often feature in expressions of sympathy. Like many flowers, the colour(s) can convey different meanings.

- **PINK:** remembrance
- **RED:** admiration, love, yearning
- WHITE: faithfulness, innocence, purity, sweetness, untainted love
- YELLOW: friendship (although it can also symbolize
- disappointment or rejection)

Chrysanthemums feature prominently as funeral flower but their symbolic meaning can vary widely according to each culture.

In Japan, for instance, they symbolize death and appear almost exclusively at funeral services, whereas other areas of Asia associate these flowers with rebirth. Their colours generally mean:

- RED: love
- WHITE: innocence, purity, truth

Derived from the Latin word for "sword," thus represent and regardless

of their colour, gladioli generally symbolize integrity, morality, sincerity, strong character, etc.

Lilies convey peace and symbolise purity, regaining innocence and rebirth of the soul. Two lily varieties the Stargazer and the Oriental additionally signify sympathy and eternal life respectively.

Gracefully elegant, orchids provide thoughtful and calming sympathy because of its long-lasting beauty. Generally orchids of any colour symbolize everlasting love but as a funeral floral remembrance pink and/ or white orchids convey sympathy.

Roses are the most 'go to' of flowers for all occasions. While typically associated with romantic love, roses can convey a wide variety of symbolic meaning depending on their colour:

- PINK: admiration, appreciation, elegance, grace, love (often used at the funerals of women or children)
- PURPLE: dignity, elegance (often chosen for the funeral services of grandparents)
- RED: courage, love, respect
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- RED, DARK: grief, love, sorrow
- WHITE: humility, innocence, purity, reverence, spirituality, youthfulness (often used at the funerals of children)
- YELLOW: devotion, friendship, loyalty

Flowers speak a universal language. Through their elegant simplicity they interpret and convey remembrance as well as providing comfort and solace.



From my body flowers shall grow. I am in them and that is eternity.

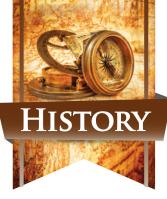


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o this end a quality, wellresearched, public lecture, presented by a professionally recognized historian, on a subject connected to our district, was deemed the best way. In the intervening years the audiences have heard presentations by a history teacher and University professors. Their subject have covered local government, historic sites, the identity of an early anonymous traveller through our district in the early 19th C and the influence of Aboriginal spirituality on world religion.

This year the subject is on a most important aspect of the Colonial economy, distilling. We have learnt about the Rum Corps, of alcohol as a means of exchange and a Rebellion. The

DURAL AND DISTRICT HISTORICAL SOCIETY INC. THE JUNE ROUGHLEY MEMORIAL LECTURE

By President Michael Bell

Six years ago the Society wanted to establish a suitable memorial to its founder and a patron, Mrs June Roughley. It was to be a recognition of her remarkable research skills and generosity.

presenter will be, Darren Hopkins, an historical researcher and publisher and his lecture will be, Irish distillers in Colonial Times. In his words, the ability to distill was a "license to print money", but there were risks and special knowledge was needed. The Irish settlers were special people, prepared to work hard and take a risk or two. Not all was bad though and the profits they made went back into the economy, to the benefits of the community and in the long term, to future generations and us.

Our district is rich in names and places associated with distilling and several recent archaeological discoveries have added to that record. One will be there to see on **Saturday the 11th**

August in Arcadia Community Hall at 2:00 PM.

I am sure that the audience will see that our lectures are a worthy recognition of our founder's dedication to history.

THE OLD GREAT NORTH ROAD

The Dharug and Lower Hawkesbury Historical Society would like to extend the invitation to the general public to join us as we explore the Old Great North Road which is 1 of 4 convict sites in NSW that, together with 7 other sites in Tasmania, Western Australia and Norfolk Island, make up the Australian Convict Sites World Heritage Property.

DATE: Saturday, 25th August TIME: 9:45 AM LOCATION:

To meet in the park at Wisemans Ferry Kiosk.

We will have a quick morning tea and then head over by ferry and along to the Old Great North Road. We will leave some cars at Devines Hill entrance and proceed to Shepherd's Gully Road. The National Parks and Wildlife have recently completed restoration work on the Road so more of the original road can be seen. A little way along we will see remains of a small bridge which signals Sternbeck's Gully road. Here more of the stonewalls can be seen. From here we will proceed up the hill to the locked gate and the descent down to Devines Hill. We will have lunch at the top and admire the panoramic views below. After lunch we will then walk back down Devines Hill taking note of the spectacular sandstone walls and interpretative panels along this section. We will exit out at of Devines Hill and re carpool to collect all the cars.

Bookings and contact details in case of rain to 0405 321 478 (leave a message) by Wednesday, 22nd August.

Bring along lunch, snacks, water, sunhat, sunscreen & repellent. Sturdy shoes are suggested. Whilst the walk is initially uphill it has moderate grades only and the road is in good condition.

For futher information please contact us on **enquiries@dlhhs.org.au** or **0405 321 478**.





A WELCOME FIRST STEP TOWARDS COMPENSATION

Hornsby Shire Council has welcomed the NSW Government's announcement of \$90 million for two major recreational projects. The funding will go towards the rehabilitation of the Hornsby Quarry into a 50-hectare park and the development of new sporting fields at Westleigh.

For more information visit **hornsby.nsw.gov.au/latestnews**



THINKING OF SOLAR PANELS?

Be part of Hornsby Shire's energy transition. Get a quote for solar power through ourenergyfuture.org.au 1300 339 915

FROM THE MAYOR'S DESK

By now you will hopefully have heard the good news that the NSW Government has offered \$90 million to go towards two of the most significant projects in Hornsby Shire Council's history: the restoration of Hornsby Quarry and the development of new sporting facilities at Westleigh. Both projects were under threat, due to the negative impact on our budget of the Government's decision to reduce the size of our Shire, so we are obviously very pleased by this result.

We regard this as a significant first step towards compensating our residents for the difficulties created by the amalgamation process. The loss of territory removed \$10 million from Council's annual bottom line and left our budget with a \$2 million deficit that caused the



cancellation of a number of infrastructure projects. The payment of \$90 million will not be enough to fully make up for that loss, but it is an important sign of good faith from the Government. It shows they intend to keep their promise that no resident of Hornsby Shire will be worse off.

We continue to negotiate with the Government to receive the remainder of the compensation and we will keep the public informed of the situation as it progresses.

Philip Ruddock Mayor

Hornsby Shire Council

COMMUNITY FORUMS



Community Forum Meetings are a valuable opportunity for local residents to raise issues and gain feedback from their local Councillors.

For more information and dates visit hornsby.nsw.gov.au/communityforums

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Thursday 16 August, 3.30pm-6.30pm, The Concourse - Civic Pavilion, 409 Victoria Avenue, Chatswood

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BEROWRA VILLAGE WOODCHOP FESTIVAL



Sunday 12 August, 10am-5pm, Berowra Village Tavern

Now in its 24th year, Woodchop is an old style "fair" attracting over 4,000 people to enjoy market stalls, amusement rides, food, live music and a world class round of the NSW Axemen competition.

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

ANNUAL KNIT IN

Friday 3 August, 9am-12pm, Hornsby Library

Hornsby library will once again host the free Annual Knit In event. All knitted wraps will be donated to Wrap with Love. For more information visit **hornsby.nsw.gov.au/library** HON. MATT KEAN MP

POLITICS

\$100 MILLION FOR HORNSBY RESIDENTS



Matt Kean MP at the Hornsby Quarry



Matt Kean MP, Hornsby Shire Mayor Philip Ruddock and Geoff Knowles, President of Thornleigh Thunder at the Westleigh waterboard site.

I am pleased to announce I have secured funding of \$100 million to start the process to compensate the Hornsby Shire for changed council boundaries. This is a massive win for the entire community and will see that no Hornsby resident is worse off due to failed council amalgamations.

The money will include \$50 million for the transformation of the Hornsby Quarry into the Centennial park of the north. It lowers council's contribution to the project and means that the cost will be borne by the State Government rather than Hornsby rate payers.

The money will also include \$40 million for the transformation of the Westleigh waterboard site into sporting and recreational facilities. This covers Councils cost of remediation and construction into new sports fields for our community to enjoy. I am proud to have stopped developers from turning this site into high rises. This now ensures this land belongs to the community forever.

RURAL ROUNDUP

The most dominant issue

on Council's agenda is still the

about by the loss of territory to

the City of Parramatta during the

amalgamation process. We have

had some good news recently

announcement of \$90 million

with the NSW Government's

in compensation, which will

go towards the rehabilitation

creation of sporting facilities at

Westleigh. However, this is only

a first step and it is not enough

of Hornsby Quarry and the

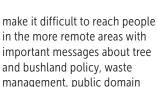
budget implications brought



COUNCILOR WARREN WADDELL

to redress the \$10 million per annum that Hornsby Shire has lost. Negotiations with the Government are continuing and we remain optimistic they will keep their promise that "no improvements, road works, village resident of Hornsby Shire will be master planning, traffic and many worse off". others. Also of concern to me,

particularly as a rural resident, is that Council struggles to communicate with everybody in the Shire. A fragmented print media, combined with the lack of any local broadcast media,



It is my aim to improve this

methods such as the community

forums Council is holding. One

another will be scheduled for

recently occurred in Berowra and

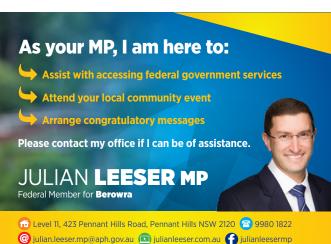
Galston in the near future. We are

scenario through a range of

also working on expanding our email database, expanding our input into print media, increasing Facebook activity and improving community notice boards. Of course, communication is a twoway street and we also want to hear from you.

If you have any thoughts or suggestions please contact me on 0499 004 861 or by emailing wwaddell@ hornsby.nsw.gov.au





GALSTON ROTARY BRINGS TOGETHER JULIAN LEESER AND YOUTH Insearch — Two Powerful Advocates for suicide prevention

On Tuesday July 17, Galston Rotary hosted a public meeting inviting our federal member Julian Leeser to talk on suicide prevention. In our community, Julian's electorate, over 109 people have committed suicide in recent years.

Julian's commitment to this cause is powerful, having lost his own father to suicide 20 years ago. He has been very energetic in making his fellow politicians aware of the problem, initiating and joining a range of prevention groups. He has forged close links with Lifeline which will be holding a major public rally on July 31 at Hornsby RSL. Called 'Dare to Ask' it is aimed at educating people on how to recognize symptoms of suicidal tendencies and how to respond appropriately.

Julian listed the enormous money the government has allocated to peak organizations like Lifeline and Beyondblue which has no doubt helped. However it was very interesting to also hear from a much smaller organization that works with those most susceptible to suicide, our traumatized youth. Heath Ducker, CEO of Youth Insearch, followed Julian with a brief video presentation of how his group has achieved stellar results helping young people who are suicidal as a result of abuse, neglect and bullying. As a result of peer group therapy at their intensive weekend camps and follow up counselling, 80% stop attempting suicide and 65% no longer feel suicidal.

The vast majority of these adolescents who attend the courses manage to turn their lives around and go on to lead productive lives. These outcomes are outstanding, especially for a fairly small operation in the youth crisis sector. In saving young lives, Youth Insearch is also saving the taxpayer tens of millions of dollars per annum in welfare and rehabilitation costs. Yet all they are asking is government assistance of \$400,000 p/a.

Julian was clearly impressed with Youth Insearch and will no

doubt do his best to ensure the government moves quickly to fulfil its moral and fiscal responsibilities in providing the miniscule funding for Youth Insearch to help our most vulnerable and desperate young people.









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GLENORIE GROWERS MARKET HELD AT GLENORIE RSL CLUB AUGUST 26TH



GALSTON RURAL FIRE BRIGADE NEWS





Horse rescue

Galston's finest firies were called to assist with the rescue of a horse trapped in a local creek. Galston RFB worked with FRNSW brigades from Castle Hill and Blacktown, and a Horse Rescue expert from Hawkesbury SES. We provided extra hands and assistance pumping water. The horse was eventually pulled to safety. Great work by all involved!

Perfectly controlled pile burn

Galston RFB members recently helped with a controlled local pile burn. It was a great example of a well planned and executed burn.

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



Two new Breathing Apparatus Operators

Congratulations to Galston RFB fire fighters Warren Ballinger and James Madry on passing the BAO course with flying colours. Galston is proud to add another two fully qualified and skilled Breathing Apparatus Operators to the ranks.



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

GLENORIE RURAL FIRE BRIGADE NEWS

By James Wicking

Recruitment

We are currently recruiting for new members to join the Brigade. With more people moving in to the area the needs of the community are increasing and we need members to be able to assist when we are called. We are especially interested in those people who are new to the area, as the Brigade offers the opportunity to meet new people, get to know the area, provide training and help the community. Minimum requirement after completing the basic training course (scheduled to commence late September) is 1 Monday evening and 1 Saturday afternoon per month for ongoing training, then incidents when available.

Always Improving

The Rural Fire Service provides many opportunities for members

to increase their skills and experience. We currently have 2 members on the Crew Leader Course. This course qualifies individuals to lead a team and manage an incident. We have another member on an Advanced Fire Fighting Course focused on navigation, pumping and fire behaviour. We have another member on the Community Safety Facilitator Course, which helps individuals and the Brigade better communicate with you in the community. Finally, we will have 3 members attending the Driving Course allowing our members to drive our vehicles in emergency situations under lights and sirens.

Declared Drought

99% of the state including the Sydney Metropolitan area is drought declared. With weather forecasts indicating a continued rainfall deficiency plus increased ARCADIA Is getting Ready

By Peta Gormly

The Get Ready Weekend is nearly upon us, and Arcadia has been busily planning an informative, inclusive, and exciting day for the residents of Arcadia and its surrounds. We will be opening up our station from 11am on September 22nd, where we will be engaging with our locals on the bush fire hazards and risks specific to Arcadia. This is an important weekend for us and you! Not only does it allow us to get to know our residents better, but it opens up the conversation in a way to discuss and understand how we can support each other in the event of such an incident to occur. Bring the kids along too! Children are an untapped resource, they provide a sense of calm and can aid adults in following their plan. Creating a family safe plan is vital, including all members of your family will help brainstorm alternative ideas, provide each member with a thorough understanding of the risks of where you live, and also how to survive. Everyone can learn about types of fire, behaviour of fire, how to prepare for fire, safe fire practices, how to call for help, and how communities can recover and develop resilience from bush fires.



The summer of 2002 was the last time fire threatened our utopia, but we cannot become complacent.

Arcadians have been taking advantage of these cooler months, and if we're not preparing for hazard reductions we've been assisting some of our locals with their property maintenance. Now is the perfect time to get that maintenance under control, before we opt for swimming over gardening and repair work in sweltering heat. We've been assisting elderly residents clean up their yards and get their piles burnt whilst the temperatures have been favourable. Keeping lawns manicured and trees trimmed is one of the easiest ways to minimise bush fire risks. By minimising the fuel load surrounding your home you're making the most of your asset protection zone. General repairs to your home and property

will further minimise the risk of fire; ensuring gutters are cleaned, roofs are in good order, and static water supplies and pumps are regularly tested will contribute to keeping your home safe. In Arcadia we are surrounded by many rural properties, and it will help up help you if we have easy access to your driveway and space to turn around. The dimensions of our heavy tankers are 2.4m wide, 3.1m high plus aerials, and 7.8m long.

However, making a plan and preparing your property is the most important thing you and your family can do. We cannot guarantee a truck will arrive at your home if a bush fire threatens Arcadia. Remember to always have the appropriate permits for pile burns, and notify your local Fire Control Centre before lighting the pile. Arcadia has not been confined to hazard reductions and property maintenance, we've been training and participating in the Hornsby/ Ku-Ring-Gai District Exercise. This event, held in the Mt Kur-Ring-Gai industrial area, saw 14 teams compete and showcase their skills in a variety of simulated incidents, ranging from first aid, to hazmat and motor vehicle accidents with numerous and at time uncooperative casualties, and a navigation exercise. A hearty congratulations to all the teams who made their brigades proud, successfully completing the day, and came home in good spirit. These exercises put our training into practice, so we are prepared to attend the call when it comes through.

NSW RFS REPO

Arcadia is an inclusive and friendly brigade. If you are interested in joining please email enquiries@arcadiarfs.org

temperatures, the time to start getting your property prepared and Bush Fire Survival Plan completed is now. We will be in significant Bush Fire risk in a matter of weeks; it is therefore essential you are prepared now. With this weather forecast in mind we urge residents to be extra vigilant when carrying out pile burns. Make sure the pile is well contained as fires can easily escape in the current dry conditions which may lead to damage of your property and surrounding properties. All pile

burns must have continuous supervision and be fully extinguished once completed.

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







By Jo Cameron

One of the Brigade's ongoing issues concerns pile burning.

Our members are happy to help residents with those piles, if they need assistance. However, their contents are frequently frustrating, particularly if a machine has been used to push the material together.

Not in The Hills Shire, not in Hornsby Shire, nowhere across this wide brown land, will soil, earth or dirt, burn. Some machine operators seem to think it will. Earth mixed in with tree stumps makes our job much tougher because earth does not burn and it hinders combustion of wood.

MIDDLE DURAL RURAL FIRE BRIGADE NEWS

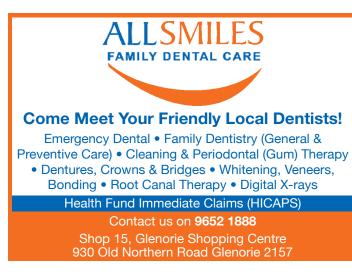
Some pile builders believe that star posts, chicken wire and assorted scrap metal will burn. Nope, sorry, it won't. You may have hidden it in your pile, but it's all exposed when the legal, permitted material has burned.

In addition, building materials, asbestos, old furniture and carpet are sometimes exposed. All these are illegal in your pile. In The Hills, we can only burn dried vegetation.

If you are unsure about the best way to build your pile or its permissible dimensions, a handy brochure is available from the District Office (9654 1244). You are welcome to pick one up from the District Office at the Kenthurst end of Annangrove Road. Many useful and informative pamphlets are available free of charge to help you and your animals live safely, free from the threat of unexpected fire.

As you know, before you light that pile, you have to give your neighbours and your Shire District Office 24 hours notice. This is so that your neighbours don't become alarmed and ring 000. In the fire season (1 October to 31 March) you also need a permit from your Brigade captain (Middle Dural, Len Best 0408220705). Further conditions apply if you live in Hornsby Shire. Pay expert rubbish removalists if you've got a fridge or other hazmat/whs risks in your pile. Working with fire poses enough challenge (physical and health and safety) for our volunteers. Please don't add potentially toxic or otherwise hazardous materials to your piles. If we identify these risks in a pile prior to or early in a burn when can be extinguished, you'll find you are paying for professional removal anyway. If you are unsure about what you can include in a pile burn, iust ask.

On a lighter note, Middle Dural Brigade welcomes new members, male and female. As you can see, we can man a totally female crew (oops, 'woman' a crew?)



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Walk & discover The Hills

These FREE walks are suitable for all ages. They require participants to be able to walk for two hours and negotiate uneven bush tracks. There are usually no toilet facilities on the walks.

Hillside Walk Kenthurst

Sunday, 19 August | 1.30pm – 3.30pm

Explore a trail on a south facing hillside in Kenthurst. Learn about the plants which enjoy the extra moisture and shade. This walk rewards with valley views as far as the Blue Mountains. Part of this walk is on unformed bush

tracks. Distance: 3.7km | Grade: Moderate

Burraga Walk

West Pennant Hills

Saturday, 25 August | 1.30pm-4pm

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

Distance: 5.2km | Grade: Moderate

Wattle Day Walk

Fred Caterson Reserve | Castle Hill

Saturday, 1 September | 1.30pm-3.30pm This is the day we celebrate our national floral emblem, the wattle. Acacias occur in every part of Australia. On this walk we will see some of the species which are native to The Hills District.

Distance: 3km | Grade: Easy

Night Walk

Smalls Creek | Kellyville

Friday, 14 September | 6.30pm - 8.30pm

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

Note: This walk is on paved paths with an easy grade.

Breakfast with the Birds Fred Caterson Reserve | Castle Hill

Sunday, 23 September | 8am-10.30 am

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

Note: This walk is not suitable for children under 12. To assist with catering please book before Thursday, 20 September

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Meeting

Exact meeting place will be advised at the time of booking.

Wear

Wear comfortable shoes, a hat, sunglasses and sunscreen. For night time walks wear warm clothes and mosquito repellent.

Bring

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



www.thehills.nsw.gov.au





Mel Parbury coaching

On Sunday 24th June, we ran our first show jumping competition for the year. The morning started out very chilly with frost on the ground, but turned into a beautiful winter's day. Forty one riders turned out to jump the course which was judged by Jenny Neil, a level 2 show jump judge who often judges for the club. A huge thank you to Jenny for her friendly and positive approach to our jumping days. These days are not just for our members, we invite EA members too, and on this day we saw about half of the riders being non-GEC members. Thank you to all the riders for their safe riding, it certainly looked like they all had a very enjoyable day. A massive thank you to the key organisers and all the volunteers that turned up to help. The committee can only run successful days like

this with lots of help from our members. These days are made all the more fun for the riders with the very generous prizes that are donated by our sponsors. Coprice/Nutririce who have been very long-term sponsors of our club, likewise Horseland Dural who continue to support our club at many of our events during the year, and to Leonie Warner for her prizes of Joint Performance.

The Galston Equestrian Club hosted another equine nutrition evening with Sophie Fletcher on 28 June 2018 with particular attention paid to feeding the laminitic horse. We were lucky also to be debriefed on the fabulous nutrition, low starch benefits of teff hay, and the most recent hype in the media on the topic. Sophie has a great deal of up-to-date sciencebased knowledge which benefits all the horses in our community. Thank you, Sophie, for an informative talk.

Sunday 8th July was very busy at GEC! We had an excellent line up of instructors helping our riders.

Paul Cairns was good enough to instruct GEC members at another Légèreté training day (French Classical Dressage) at the Galston Equestrian Club. Once again we have excellence in our very own back yard on display. French Classical Dressage is just a lighter softer way of training dressage and all horses benefit from the techniques Paul Cairns teaches. We have 2 more training days to do this year. Bring them on!

Tana Subotic ran the ever popular Poles and Grids. Both

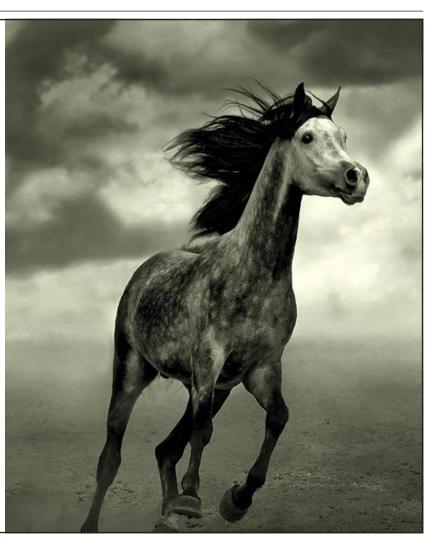


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horses and riders learnt confidence and technique over poles and small jumps which is a fantastic gymnastic workout. Everyone had fun as always and learnt so much. Thanks Tana, for your wonderful instructing.

We also had from the Southern Highlands (but originally from Arcadia), Mel Parbery giving flatwork lessons. It was great to see each student progress so well within the lesson. Mel is a very experienced instructor and both horses and riders gained valuable information, from their lessons, to take away and use. Thanks Mel, for travelling to us. Everyone had a great time and really appreciated your valuable input.

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

UPCOMING EVENTS :

11 August	Show jumping clinic with Keira Burns
12 August	Horses Birthday Challenge and Fun Day, and Legerete Training
21 August	Horsemanship
26 August	Show Jumping
4 September	Flat work with Caroline Hooper and Show Jumping with Sandy Lucas
9 September	Working Equitation with Kim Peterson
18 September	Horsemanship
22 September	Dressage Protocol Day (with international judge)
23 September	Official Dressage Competition

CHARITY LUNCH



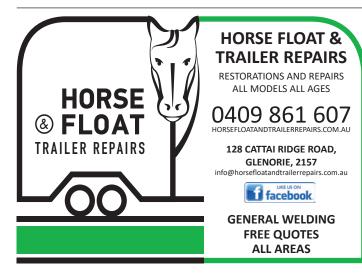
Celebrate the Horses' Birthday with RDA(NSW) TALL TIMBERS CENTRE

Gather a group of friends together to have a great lunch and celebrate the Horses' birthday while raising funds for RDA(NSW) Tall Timbers Centre.

Pitt Town & District Sports Club 139 Old Pitt Town Road, PITT TOWN 11.30am on Wednesday 1st August

\$40 per person for a delicious set menu, including dessert and tea/coffee Purchase your drinks. Lucky door prizes, raffle & guessing competition Individual or group bookings welcome.

Booking and prepayment essential by 22nd July All welcome 9679 1246 or email <u>talltimbers@rdansw.org.au</u>







Arcadia Public School students Sophie, Aurora, Noah and Amelie spoke out in July at the area final of the NSW Department of Education Multicultural Perspectives Public Speaking Competition with Amelie taking top place in the Year 5 and 6 final! Congratulations Amelie! She now moves to the Regional finals with the State competition well in her sights. Public speaking, debating and leadership are key aspects in our students' academic and extra - curricular life with opportunities for each to

AMELIE IS A PUBLIC SPEAKING WINNER!

develop into confident and engaging speakers. What a great role model you are, Amelie!

It wasn't the world cup, however there was a great sense of rivalry and fun as Arcadia Public School versed Bathurst's O'Connell Public School in the July small school soccer knockout. Congratulations to both teams on their sportsmanship – see you next year!

Well done to our talented equestrian students Toby and Daisy who won Reserve Champion and Champion at the June Northside Winter Hack Show.

Congratulations to the Small School's Learning Alliance - Annangrove Public School, Arcadia Public School, Hillside Public School and Middle Dural Public School for the fantastic combined school event, ObstAcool Fun Day held in June. The teachers, parents and students enjoyed a really successful day, sponsored by the Galston Branch of the Bendigo Bank. Once again, their generosity and community spirit has contributed to excellent opportunities and learning resources for our students.

Arcadia Public School is a great place to learn. Phone 9653 1207 or visit the school website today.



Arcadia

PUBLIC Schr

Be Outstanding, Be

NORTHHOLM JUNIOR SCHOOL'S ATHLETICS CARNIVAL

It is always exciting when our beautiful school community comes together and the Junior School's Athletic Carnival last term was one of those occasions. The new House tents, purchased from funds raised by students at the Fun Run component of the Cross Country Carnival, were fabulous and the atmosphere had a very positive vibe. We talked to the Junior School House Captains about what it means to then to be the leader of their Houses.

"Being Rowland's JS House Captain, means a lot to me. I need to set an example for other students in my House, stay positive and keep everyone revved up to sing the House cries." *Alahna Dimmock*

"I think it's much more important to encourage everyone in Capell to have a go and try every race you can. Don't worry about winning or not – just be proud to be part of the event." Emma Wildes

"I was so happy and surprised to become House

Captain for Lincoln. It's a great privilege and I'm very proud of it." *Alyssa Vlouhos*

"I was really overjoyed when I found out I was to be the Patteson House Captain.

2018 Student Leaders-Junior School House Captains

I have wanted this role since I started in Year Three. I feel so privileged." Sam Shepherd



SCHOOL NE

HILLSIDE PUBLIC SCHOOL OPEN DAY – LE CAFÉ



At Hillside, all students are able to reach their full potential. A wonderful opportunity to observe the rich variety of experiences available to the students, will be at our Open Day on Tuesday 7 August at 1:30pm. Our talented students, from Kindergarten to Year 6 will entertain the quests with a humorous French play, followed by the serving of petit fours for afternoon tea in Le Café. All students actively participate in weekly French lessons as part of the whole school program. Please contact the school office on 9652 1459 for more details.

Term 3 will see a focus on the further strengthening of students' literacy through a number of exciting programs. Following the completion of an exciting novel study, the whole school will be attending the stage performance of George's Marvellous Medicine at Glen Street Theatre. We will be combining with Annangrove Public School for a whole day of writing and drawing workshops with the author Dr Cameron Stelzer. Another exciting opportunity for our students.

Congratulations to all our students on their outstanding sportsmanship and results in the Small Schools Athletics Carnival at the end of last term. Many of our students will be representing the school at the Beecroft Zone Carnivals this term. Our Touch Football Team will be playing their second round of the Knockout Competition against Yanderra Public School in mid-August. All students benefitted from the weekly coaching sessions, with the Touch Football Associations, provided through the Sporting Schools Grant.

Hillside students take great pride in their school and it was wonderful to see every student roll up their sleeves and help improve the playground on the last day of Term 2. From painting old tractor tyres to make into a dinosaur garden, cleaning out the cubby house, washing all the play equipment, sorting out the sandpit toys, tidying the sports shed or painting the lattice work a bright new colour, every student and member of staff pitched in to make a difference. The older students guided and worked side by side with the younger students. Another advantage of a small school is the building of these cross grade relationships.

If you would like to know more about our outstanding school, please contact the school office on 9652 1459. Every day is open day at Hillside, so please come and visit our awesome school.

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News from Galston High School THE YOUNG ENDEAVOUR

Three students from Galston High School recently embarked on a life-changing voyage of the high seas as part of the Young Endeavour program. Students had to apply and then go through a rigorous interview process. These weren't the only skills that resulted from the experience, as they explain:

Keenan: The experience threw us straight into uncomfortable situations and forced us to interact with new people, pushing our selfconfidence. We were living with 26 strangers from ages 16 to 22 and from all around Australia. The eleven day trip was an amazing experience providing us with routine objectives each day. I was a part of white watch.



A watch was a period of time when your group was in charge of looking after the boat. These were often during the night meaning sleep was very precious. I was sick when we first went to sea and this lasted about two days. Overall, my favourite thing had to be climbing aloft. First entering the ship I was scared of heights; excited and scared about the fact I knew we had to climb the mast of the Young Endeavour. I no longer have a fear of heights, after multiple climbs I performed, either tying or releasing the sails, sunrise climbs or just climbing for fun.

Harrison: During the voyage there were lots of times where you had to show your grit and had to work hard and rely on your watch. My example of this is on one of the stormy nights my watch had to furl (roll up) the sail as the winds were too strong for it; I remember working together heaving in on the rope, after we did it we were all tired but we had a sense of accomplishment.

I have taken many things away from my time on board the Young Endeavour. I now have a greater sense of responsibility and understanding of how my role can affect others, I've learned how to work better as part of a team, I learnt what it's like working when you are tired and under pressure, which I



believe will help me in the future and in the workforce. During the voyage, communication is key. If one member doesn't know what to do it can cause problems for others, so being able to communicate clearly and effectively was a skill that was enhanced during the voyage.

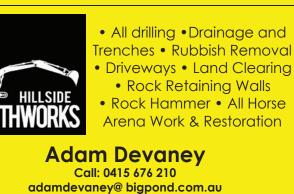
Paige: During the first 7 days we are taught everything in order to sail the ship on our own for 24 hours. These days were jam packed with amazing tasks, games, competitions and lots of laughs shared within our watches. This period is called Command Day, where I was privileged enough to be elected Sail Master, where I took on the responsibilities of running a tall ship in hand with the Captain. With Command Day falling on my birthday I was even lucky enough to have pancakes for breakfast.

For all three students, the highlight was sailing into Sydney Harbour. As Keenan explains, 'sailing back into Sydney Harbour, my group was on the Topgallant sail which is the top sail. Being this high was amazing and was the best view of Sydney Harbour no amount of money could buy. The experience of sailing under the Harbour Bridge while firing the cannons and singing songs with my new mates whilst the sun set around us, will never be forgotten'.

Thank you to Bendigo Bank who sponsored 2 of the 3 students who attended.



All your excavation needs including Bobcat and tipper hire.





News from GALSTON EARLY LEARNING CENTRE



Galston Early Learning has had an exciting past few weeks as we have had the opportunity to redesign part of our outdoor learning space. Last October the centre received a generous grant from 'Galston Bendigo Bank' to contribute to this project and we were then able to start planning.

Over the past several days we have welcomed Leon Milne and his landscaping team from 'Create

Your Escape', as they worked on transforming our backyard into a new open-ended learning space for the children here at Galston Early Learning Centre. Throughout the preparation process we were very focused on re-using the natural materials from our old space to then re-use in the new space. Some of the bush rocks that were found within our existing garden have now been used to



create a beautiful rustic table as well as a retaining wall and stairs that outline our garden bed. We have also added a board walk that connects our new area with our sand pit.



On the day of completion, our children were invited out to have a look at their brand new learning space. There was a lot excitement from our children, educators and families as they welcomed the change.

We would like to take this opportunity to thank 'Galston Bendigo Bank' for supporting us and contributing to the funding of this project. Finally but not least we would like to thank Leon Milne and his Landscaping team from 'Create Your Escape' as well as 'Langlands Landscaping Supplies' for all of their hard work in assisting us in redesigning our outdoor environment.

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



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The Galston Concerts SYDNEY SYMPHONY ORCHESTRA FELLOWS



MUSIC & ARTS

2pm Sunday 29 July 2018 Galston Uniting Church, 11 School Road, Galston

The pastoral serenity of a Brahms Serenade, the buoyant classicism of Mozart's oboe quartet and a chamber suite steeped in 1920s jazz by Schulhoff (a Ragtime, Shimmy, Tango ϑ a Boston Waltz).

This is a concert to leave you smiling on a Sunday afternoon. Music full of youthful spirit by composers in their 'twenties', performed by some of Australia's finest young orchestral talents. Adult \$40, Senior \$30, Uni/HS Student \$10, Children 12 & under free when with ticketed adult. Includes afternoon tea.

Bookings at www.trybooking.com (search Galston) Enquiries: to Kathleen Michael 0412 037 069 or Robert Harris 0428 248 348



rides - giant raffle - ponies - kid's craft - café hot food - plants - cupcake decorating - BBQ facepainting - cakes - entertainment fairy floss - showbags - white elephant – gift baskets & more!





Read online at www.galstoncommunity.com.au

Castle Hill Art Society

Paul According ACRYLIC DEMONSTRATION -"BASHING WITH A BRUSH"

Wednesday 5th September 7.30pm

Watch a frantic demo of chaos in action. Sure to be a lively splash of colour brought into order.

The Castle Hill Art Society's guest demonstrator will be Paul McCarthy. Paul has been painting and selling his work for over 30 years and has had numerous solo and joint exhibitions, including a joint exhibition in Soho New York in 2001. He is a sought after prize winning tutor who encourages individuality as well as developing design composition and colour skills.

WORKSHOP

Sunday 16th September - Mark Dober "En Plein Air Workshop – any medium"

We are lucky to snap up Mark for a workshop whilst he is in Sydney as artist in residence. In this workshop participants can paint in any medium but note that the demonstration will be in watercolour. The fee for this workshop is \$90.

C Ring Gayl on 0409 321 588 to register your interest.







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GALSTON UNITING CHURCH 🏵

In June, the Galston Uniting Church Craft Group held working bees to make quilts. Some of these will be available for sale and others donated to children at Westmead Children's Hospital, to brighten up their stay at the Hospital and then take home. The proceeds from the sales will go to the Church; National Cancer Foundation; Frontier Services and Parramatta Mission.



This year there are fifteen quilts in various stages of completion. Hopefully, they will be finished for the 'Hanging of the Quilts', part of our beautiful Creativity Church Service on 25 November. This Service also highlights a variety of arts and craft, is enjoyed by many and everyone is welcome.

If you would like to join the craft group it meets at the Galston Uniting Church, 11 School Road, Galston on Thursday nights at 7pm during school term.

For more information please ring Adriana on

9652-2132.

30th Anniversary Save the Dates

All those with a connection to GUC or who would like to be involved with its 30th Anniversary celebrations are invited to save the dates **26-28 October 2018** in their diaries.

Family Service Sundays 10am

Minister Rev Geoff Smith | 11 School Road, Galston 2159 | Phone 9653 2039 | www. galstonunitingchurch.com

THE CLEAR COMMAND OF GOD: BE FILLED WITH THE SPIRIT

Rev Ed Long

Every believer is indwelt by the Holy Spirit (1 Corinthians 6:19). Every believer is baptised 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 the 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.

How is it ours?

It is possible to be filled with the Spirit of God from the very first moment of conversion. That is God's plan. It is possible to be filled with the Holy Spirit after years of failure and defeat. It is possible to be filled again, after having lost the blessing. It is possible to be filled with the Spirit now.

How? First, there must be the *desire*: 'Blessed are those who hunger and thirst... for they will be filled'. How strong is our desire? Many Christians do not want more than they have now. Do we really want to be filled with the Spirit?

How does a man become a

drunk? By thirsting and drinking, drinking, drinking. Nothing else will satisfy him. How does a man become filled with the Holy Spirit? By thirsting! 'If any man thirst', Jesus said, let him come to me.... (John 7. 37-38).

Second, there must be a thorough *confession* of all known sin in accordance with 1 John 1:9, and a confession of your need of the Spirit's filling.

Third, *abandon* yourself to Christ. The will must be surrendered. The Spirit must be allowed to enthrone Christ and apply the Cross to the self life.

Fourth, ask and accept. Tell God you want the filling of the Holy Spirit, then believe He has been faithful and has done His part also. Trust Him even if you do not feel any difference. When we have fulfilled God's conditions, we may confidently expect God to fulfil His part.

How can we keep filled? Our responsibility is to abide, to

remain in fellowship with Christ and in obedience to His Word. The wonder is that the Spirit will do this in us if we only yield to Him.

Our yielding should be a daily act, a continuing act. Every morning, let us make ourselves available to Him in sincere surrender and He will maintain us and fill us that day for the glory and praise of Christ.

The Holy Spirit wants to fill us. He wants to take full and absolute control of our hearts. He wants to feel that every part of our lives belongs to Him, no matter what the cost, and that He can do what He wants and reproduce Jesus Christ in our hearts.

Come and find out more at Bible study at 7.30 pm Tuesdays.

Sunday Service: 10.00 am at Glenorie Mission Church 1409 Old Northern Rd.



CHRISTIAN BEING NOT DOING

By Corri Bryne, Pastor

I have been reflecting on what is a Christian. After all so many call themselves Christian, or at least associate with the term Christian ... but has the meaning changed since its first recorded use in Antioch? (Acts 11)

Is the word Christian any different in its modern use to the original intent?

What is a Christian?

The early Christian church exploded throughout the Middle

East and Europe in the first century. It offered a new way of thinking, of living, of communing. It was revolutionary, it was attractive, it stood out from the practices of the day.

Especially to the poor, the neglected, the underclass.

This behaviour was so apparent that Christians were easily identified in Antioch to the point where they earned their own name. Beyond just religious practices, rituals and routines, they actively sought to live out the Gospel. They lived as if the Gospel really was good news and their lifestyles reflected this - not just their Sunday mornings!

So is there a difference between Christians in Antioch and today? Does the word still reflect the lifestyles of believers? Or has it become a label that we wear when we want?

Are are we trying to do Christianity rather than be Christian? Like a clothing label, are we just wearing our Christianity when it suits or the weather calls for it. But find that our clothes change with our environment.

Our beliefs change with the season, when times are tough, oh we lean in to prayer, attend church, surround ourselves with believers. Then as seasons change, and we walk in the nice summer breeze well who needs church then!

Being Christian is much more than doing. To be is to live it, to do is to perform it.

By Pastor David McKibben Galston Seventh-day Adventist Church

Over the last few months we have been considering the subject of hope. Hope is an essential component of meaningful life, but it is important to ask questions about the nature of our hope. On previous occasions we noted that our hopes must be reliable and based on fact rather than fantasy, and they also need to be realistic to guard us against disappointment and frustration. Another pointer also needs to be established: Is our hope worthwhile?

What if our hopes were realized? If our dreams came to pass, would we be happy? Have you ever made an eagerly anticipated purchase that didn't turn out as you hoped, that caused you heartbreak rather than happiness? Perhaps you looked forward to a special holiday destination, but the experience left you flat and disappointed. It is important that our hopes relate to genuine happiness and fulfillment. As the Irish playwright George Bernard Shaw once put it: "There are two tragedies in life. One is not to get your heart's desire; the other is to get it."

Is the Christian hope worthwhile?

In the centre of the concentration camp at Dachau in Germany, the first one to be established by the Nazis, is a memorial to the thousands of victims who perished there. The memorial contains an inscription in five languages declaring the simple message 'Never again'. That simple message expresses the hope that never again would such atrocities occur in our world. However,

A WORTHWHILE

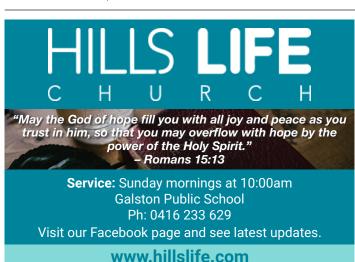
such instances of man's inhumanity to his fellow men have taken place in the decades since the end of the Second World War.

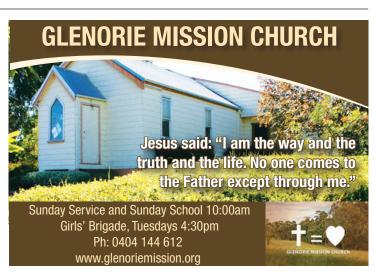
But it will be different with the realization of the Christian hope. The blessed hope of the Christian faith, the glorious return of Jesus, will usher in a kingdom of truth, justice and righteousness. Note these wonderful words of hope. "God will wipe away every tear from their eyes, and there will be no more death, sadness, crying or pain, because all the old ways are gone." (Revelation 21:4, New Century Version) "But in keeping with His promise we are looking forward to a new heaven and a new earth, where righteousness dwells." (2

h, Peter 3:13) Never again will there

Peter 5:15) Never again will there be injustice, violence, killing, abuse, and exploitation in human experience. What a worthwhile hope!

I look forward to the day when there will be no more heartache, pain and suffering, and I encourage you to embrace this wonderful hope as well. May the hope of the Christian faith based on Jesus and His promises strengthen, comfort and encourage you in your daily lives.





GLENORIE COMMUNITY CHURCH

Pr. Alex & Dee Valich

"Four students stand outside the Principal's office at the end of lunchtime. They know that they're in trouble because what happened in the playground was their fault! Their arguing and name- calling to each other has only made things worse. Now, each one stands ready to defend their own actions and blame everything on at least one other student! The Principal invites them into her office and the students all begin talking at once, eager to defend their own actions. The Principal calls for silence and calmly invites each student to give a full explanation of his or her actions. She gives each one time to say everything they want to say, without interruption.

Time passes, the students calm down and the Principal explains how she sees the situation. Each student needs to ask forgiveness for his or her part in the problem.

"Sorry," one student blurts out, not looking at anyone.



"There are two steps to forgiveness," the Principal explains. "Are you truly sorry for your actions or are you simply sorry for getting caught? If you are truly sorry and want to change your behaviour, you will be willing to say, 'I'm sorry. Will you please forgive me?"

Most of us know the words to the Lord's Prayer, spoken by Jesus in Matthew 6:9-14. This prayer covers many aspects about how we can talk to Him and what we can say. Verse 12 says, "Forgive us for the wrongs we have done as we ourselves release forgiveness to those who have wronged us."

True peace, freedom and hope comes when we realise that each of us makes mistakes and needs forgiveness. When we ask God to forgive us for our mistakes (sins) in Jesus' Name, then it becomes possible for us to forgive others."

News from ST BENEDICT'S CHURCH



St Vinnies to Brewarrina

As mentioned last month our local St Vincent De Paul group organised a collection of goods and donations to go to the people of Brewarrina. Like many country towns Brewarrina is suffering badly from the drought and the Barwon River is a mere trickle. A drought as bad as this affects everyone and you can imagine how depressing it is for the people of this small town. So it was a very happy occasion when our three vehicles full of goodies arrived just as winter was starting to bite. Karen De Souza from St Benedict's, who pulled her

horsefloat for the 1500 km round trip, said it was an incredibly rewarding experience. "Seeing all those smiling faces made the effort totally worthwhile," said Karen. "And I couldn't believe how much we could fit into one horse float." Picture shows Karen's float packed from floor to roof with donations.

We lose our bishop

Many might have heard on the news that our bishop, the Most Rev Peter Comensoli of the Broken Bay Diocese to which our parish belongs, has been appointed Archbishop of Melbourne. We are all very sad to lose him but know that he will do an outstanding job in this demanding role.

This means that we won't have the bishop presiding over our Confirmation ceremony on Saturday 4 August but we are thrilled that our parish priest, Fr Bernard, has agreed to take the bishop's place on this important occasion.

A farewell mass for the new Archbishop was held on Sunday 22 July at Our Lady of the Rosary Cathedral in Waitara. This was a wonderful opportunity for all of us to wish him well.

Galston Christian Education Association (GCEA)

St Benedict's was pleased to host a successful prayer breakfast in late June to promote the work of GCEA and the local churches in supporting Lachlan Gage and the ministry at Galston High School. It was wonderful to welcome so many from other churches on this occasion. The GCEA annual spring dinner will be held at the Galston Club on Saturday 1 September. It's always a joyful event.

Weekend Mass Times

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





Still Creek Landcare PLEASE DONT TAKE AWAY MY HOME

By Chris Noon

In the last 40 years, 75% of the world's flying insects and 81% of freshwater fish and water-based animals have disappeared. 99% of Australian oyster reefs are now dead. Shocking figures like these lead scientists to think we are in the 6th mass extinction in the last 500 million years. When the smaller species die, the larger ones are next: an Ibis eats 250 insects every day. This is partly due to loss of natural habitat, with clearing for houses, roads, cattle grazing etc. What can we do about it on our properties? Here are a few easy suggestions:

- Messy properties and farms are good for biodiversity, so we don't have to convert our places into a neat tidy lawn monoculture. Leave some areas with rotting logs and longer grasses for insects to live.
- Keep a **bushy mid-layer** of vegetation between grasses and trees to provide a home for small birds, safe from the large birds.
- Leave dead tree trunks in place for birds, bats and climbers, after cutting off branches that are likely to fall. Hollows form on the trunk over time to provide homes. Some of these last for a hundred years and it takes time to form the large

hollows, although cutting artificial holes can help. The vulnerable Powerful Owl nests in large holes in this area. We can do these while still keeping fences cleared and managing bushfire risk.

For more information about local Landcare our website is http:// www.stillcreeklandcare.com.au/ or on Facebook or phone us on 9653 2056.

NEWS FROM WARRAH BIODYNAMIC FARM

By Cindy Cunningham chard, kale, lettuce, radish,

For Warrah Society as whole, and especially for Warrah Biodynamic Farm, the Winter Solstice that has just passed provided the opportunity to reflect on the light and life that continues to thrive in the dead of winter. Biodynamic farming is done naturally without the use of herbicides, pesticides, fungicides or synthetic fertilisers. We work with the land holistically, observing nature and treating the farm as a living biological system that interacts with the natural environment and the wider cosmos.

The guiding principle for biodynamic farmers is to enliven and vitalise the soil. We do this through composting, the use of green manure crops, rotational grazing and the application of a variety of unique biodynamic preparations. Warrah Biodynamic Farm has been certified biodynamic and organic since 1993.

Winter plantings of strawberries are in the ground and the recent rainfall has given everything a really good soaking. The shortest day has been and gone and, believe it or not, we will soon be seeding for spring! Harvesting at the moment and upcoming includes salad mix, rocket, pak choi, parsley, coriander, cabbage, chard, kale, lettuce, radish, beetroot, leeks, fennel, carrots and the first of our navel oranges

The lovely seedlings photo was taken in a photo shoot for the cookbook 'Making Peace Before You Eat' by Love Life & Gluten Free. We cannot wait to share this treasure trove of delicious recipes with you in the coming months - not least of all because it includes photographs taken right here at our beautiful farm!

Along with the usual farming activity, the improvements to the Farm Shop are progressing steadily. We are almost ready to paint! You will see an expanded range of products, including fresh and fabulous organic meat. Don't miss Warrah's annual
 Spring Fair to be held on Saturday,
 8 September from 10.00am-

3.00pm. Save the date! Visit www.warrah.org







Help restore the bushland of The Hills Shire, learn about native plants and weeds, and make new friends. Become a Bushcare volunteer today!

Upcoming Bushcare meetings:

Saturday August 4

- Sophia Doyle Group, Wood Ridge Place, Baulkham Hills, 7.30am - 12pm
- Bidjiwong Community Nursery, Ted Horwood Reserve, 9am – 1pm
- Crane Rd Reserve Maybush Way, Castle Hill, 1pm - 4pm
- Rowanbrae Cres Reserve, Rowanbrae Crescent Bella Vista. 2pm - 4pm
- Blue Gum Creek Reserve, contact Bushcare Officer for meeting place, 2pm - 4pm

Sunday August 5

- Maria Iori Reserve, Mile End Rd Rouse Hill, 9am - 12pm
- Bellamy Farm Reserve, Isobell Ave, West Pennant Hills, 1pm - 4pm • Castle Glen Reserve, Ridgecrop
- Drive Castle hill near baseball fields, 10am - 1pm

Saturday August 11

- Sophia Doyle Group, Wood Ridge Place, Baulkham Hills, 7.30am – 12pm
- Bidjiwong Community Nursery, Ted Horwood Reserve, 9am – 1pm

Sunday August 12

- Annangrove Park, Currie Ave Annangrove at the Environment Centre, 9am – 12pm
- Sawmill, Annette Pl Baulkham Hills, 1pm - 4pm
- George Thornton Reserve, Coonara Ave West Pennant Hills, 8am - 11am
- The Bush Track Group, Cnr Linksley Ave and Timber Grove Glenhaven, 10am – 12pm

Saturday August 18

- Sophia Doyle Group, Wood Ridge Place, Baulkham Hills, 7.30am - 12pm
- Bidjiwong Community Nursery, Ted Horwood Reserve, 9am – 1pm
- Crestwood Reserve, Warumbui Ave, Baulkham Hills, 9am - 12pm
- Kenthurst Park, Roughley Road Kenthurst, 8am - 11am
- Connelly Way, bottom of Connelly Way Kellyville, 12pm - 3pm

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Sunday August 19

- Currawong Reserve, Bellamy Farm Road, West Pennant Hills, 8am – 11am
- Ellerman Park, Pellit Lane, Dural, 9am – 12pm
- Bella Vista Farm, Elizabeth Macarthur Drive Bella Vista, 9am – 12pm
- Stephensons Creek, Cook Street, Baulkham Hills, 1pm – 4pm
- Mill Drive, Off Mill Drive Fire Trail North Rocks, 1pm - 4pm

Saturday August 25

- Sophia Doyle Group, Wood Ridge Place, Baulkham Hills, 7.30am - 12pm
- Bidjiwong Community Nursery, Ted Horwood Reserve, 9am – 1pm
- Christmas Bush Creek, Cnr Cross Street, Cary Street Baulkham Hills 9am - 12pm

Sunday August 26

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Galston Garden Club

A cold July night.... State of Origin.... & where is everybody? Well at Garden Club of course having a hoot of a night at our July meeting! What a good number turned up to hear our guest speaker Brian Chapman of Power Planter, and did he keep members in stitches of laughter with his easy banter with his audience, I don't think any of us will forget the rapport between him & Luigi!

A natural & very humorous speaker Brian entertained us with his exploits of developing, designing & building his own garden, then moved on to his buying trips to America, where he let us in on the next new product he will be bringing into Australia & the many ideas he has sourced from his trip. Then there was the Power Planter, what a great tool for the gardener, easily breaking up the ground and making it so much easier to plant into the soil.

This tool makes planting bulbs a breeze, taking only seconds the hole is dug & the bulb goes in. Brian explained its versatility & ease of use. He also implored us to watch the tutorial, once purchased, so that the Power Planter was used to its full potential, as well as answering any questions you might have. With its life time guarantee it certainly is a handy addition to the gardener if the sales were anything to go by.

Our Social Committee has been very busy organising Guest Speakers of interest, day trips & a weekend away. Coming up is a visit to the St Ives Wildflower Garden in July, with a guided talk from the Ranger, a lunch at Mooney Mooney in August, a trip to the Illawarra Grevellia Gardens with lunch at the Buddhist Temple followed by an afternoon at Hans Van der Hum's garden where afternoon tea will be served by members of the local garden club. Then there is a weekend away planned for in September to the Hunter Valley Gardens & other places of interest. Available to members only we would love to see you come along & join us as a member.

Australian Plants Society-North Shore group



The monthly meeting of the Australian Plants Society- North Shore group will be held at 7-45 pm, August 10th in the Willow Park Community Hall, 25 Edgeworth David Avenue, Hornsby. The speaker is Barry Lees, APS president and leader of

the Hornsby Herbarium Group and his topic is "Hornsby Herbarium"

The Herbarium began in 1997 with specimens of native plants pressed by Jenifer Lewis, Life Member of APS. The online herbarium is now an ongoing project administered jointly by

Hornsby Council and the Australian Plants Society. Barry will explain how it works and how it benefits native plant enthusiasts and Hornsby Shire.

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• Visitors welcome. More information at www.austplants.com.au/North-Shore



Guest speaker Brian Chapman with the Power Planter.

Preparations are well under way now for the October Open Gardens weekend with brochures being distributed by members. Many thanks go to our major sponsor the Bendigo Bank who donated the money for the printing of the brochures. We will be presenting 9 gardens on 19th, 20th & 21st October. Come along & have a lovely time wandering around the different styles of gardens which will be open & at the same time help us raise much needed funds for the many charities we support, of which 100% of the funds raised are distributed. If you are

interested in becoming a sponsor or would like to donate to our mega raffle, please contact Open Gardens Convenor Bill Fleming on 96532394 or email: wfleming@ primusonline.com.au

• We hope to see you at our next club meeting & to join us for another happy gardening year. Garden Club meets on the 2nd Weds of the month at the Galston Community Centre 37 Arcadia Rd., Galston 8.00pm, new members are warmly welcomed. For other information, visit our website: www.galstongardenclub.com.au

Bonsai Society of Australia Inc

invites you to their annual show

DISPLAYS DEMONSTRATIONS SALES

The Harvey Lowe Pavillion Castle Hill Showground

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- Recycled Aggy Metal Recycled Road Base
- Crusher Dust (enviro sand)
- **Road Base**
- Ash
- Yellow Bricky Sand White Bricky Sand
- **10mil Blue Metal**
- Extruded bricks

COMMUNITY NEWS

Bromeliad Society of Australia HOW TO MOUNT BROMELIADS FOR DISPLAY

The Bromeliad Society of Australia will hold their next meeting at the Federation Pavilion, Castle Hill Showground on Saturday, 11 August 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.

At this meeting there will be a practical hands-on workshop where everyone

who wishes to learn how to mount small bromeliads will have an opportunity to do so. Executive members of the Bromeliad society will demonstrate how to mount mini neoregelias and tillandsias onto driftwood using the tools and equipment required to complete the task.

Following the demonstration members and guests will proceed to workstations where they can try for themselves.

The driftwood will be supplied plus some of the mini neoregelias and tillandsias for the practice session. However, if you have a favourite mini that you would like to mount or if you have any spare small plants to share please bring them along.



There are a limited number of drills, pliers, wire and glue so also bring along these items if you're willing to share, as it would be appreciated, so why not come along and have a go?

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 lan Hook – mobile 0408 202 269, email: ianhook1@bigpond.com. Visit www.bromeliad.org.au



Bromeliad Society of Australia SPRING SHOW

SAT 22 September 9am – 4pm SUN 23 September 10am – 3pm

Federation Pavilion

Castle Hill Showground, new entrance off Showground Road, into Doran Drive, Castle Hill

- Free admission
- 20+ Plant sale tables continuously restocked
- Bromeliad displays
- Competitions
- Lucky Barrel Draw
- Literature, information and advice
- Plenty of parking
- Please bring a box

www.bromeliad.org.au Mobile 0408 202 269





Talking Tweens Junior Book Club - Dural Library

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

VE

about a great book too. Venue: Dural Library, Pellitt Lane, Dural 2158 at 3:30pm - 4:30pm Visit: www.thehills.nsw.gov.au



Warrah Spring Fair

Join us for a day of food, fun and entertainment at the Warrah Spring Fair! The fun-filled family day will feature entertainment, boutique markets, fresh organic produce including an

organic BBQ, international food, white elephant and recycled fashion stalls, art and craft exhibition and more! There will be many attractions for children including craft activities, pony rides and a jumping castle. There will be a tour of Warrah's Biodynamic Farm and delicious food tastings at the Warrah Farm Shop. Venue: Warrah, 20 Harris Road, Dural 2158 at 10.00am-3.00pm. Visit: www.warrah.org



Best Selling Author Adrian D'hage

Join bestselling author, Adrian D'Hage, as he discusses his gripping new blockbuster "The Russian Affair". Drawing on his military service as inspiration, Adrian's action packed plots

have become a favourite amongst fans of adventure novels. Venue: Castle Hill Llbrary, 14 Pennant Street, Castle Hill 2154 at 6:30pm - 7:30pm Visit: www.thehills.nsw.gov.au



Probus Club Meetings

Kellyville & Hills Probus Club Meetings (the second Thursday of every Month). Venue: Castle Hill Tavern, 25 Victoria Avenue, Castle Hill 2154 at 10:00am - 12:00pm Call:

0401 247 730 Visit: jenkinst@bigpond.net.au /www. probussouthpacific.org



Sydney Science Festival - Homeward Bound

What do Antarctica, women in STEM and climate change have in common? In 2017, 80 women leaders from different science, technology, engineering and mathematics

(STEM) disciplines travelled to Antarctica for a symposium at sea about climate change, environmental stewardship, science policy and decision making. Venue: Castle Hill Library, 14 Pennant Street, Castle Hill 2154 at 6:30pm -7:30pm Visit: www.thehills.nsw.gov.au



- no PA system
 - microwave, crockery and cutlery
 - » General amenities: off-street parking, disability access
 - » Contact: Ray Whiteman Ph: 9652 2454 or Mob: 0400 008 083
 - » Email: jloiacono@hornsby.nsw.gov.au



The Hawkesbury Harvest Farmers & Fine Food Markets

The Hawkesbury Harvest Farmers and Fine Food Markets run on the 2nd and 4th Saturdays of the month from 8am - 12noon at Castle Hill

Showground, Castle Hill. Venue: Castle Hill Showground, Off Showground Road, Castle Hill 2154 at 8:00am - 12:00pm Call: 0406 237 877 Visit: markets@hawkesburyharvest.com.au / www.harvesttrailsandmarkets.com.au



June Roughley Memorial Lecture

Our district is rich in names that testify to the people who carried out this activity, think Smugglers Ridge and Still Creek. The distilling of alcohol was a "licence to print money" and

fortunes were made. Venue: Arcadia Community Hall, 136 Arcadia Road, Arcadia at 2:00pm - 4:00pm Call: Ken Bradley 0408 607 999 Visit: kbrad3829@gmail.com / www.hornsby.nsw.gov.au



Novels at Night - Castle Hill Book Club

Castle Hill Library's newest book club! Join an informal group who will gather every 3rd Thursday of the month to discuss their latest read. Venue: Castle Hill Library, 14 Pennant

Street, Castle Hill 2154 at 6:30pm - 7:30pm Call: Castle Hill Library 9761 4510 Visit: www.thehills.nsw.gov.au



Hills Grammar ArtsBeat

Kicking off with a concert by the distinguished ARCO Strings and culminating in an evening of art, drama, music and fireworks. Venue: Hills Grammar School, 43 Kenthurst Road,

Kenthurst 2156 at 12:00am Call: Hills Grammar 9654 5110 Visit: cate.redman@hillsgrammar.nsw.edu.au / http://artsbeat.myhills.net.au

Dural Book Club



Due to popular demand we now have a second book club at Dural, meeting the 3rd Friday of the month. Venue: Dural Library, Pellitt Lane, Dural 2158 at 10:00am

Visit: www.thehills.nsw.gov.au

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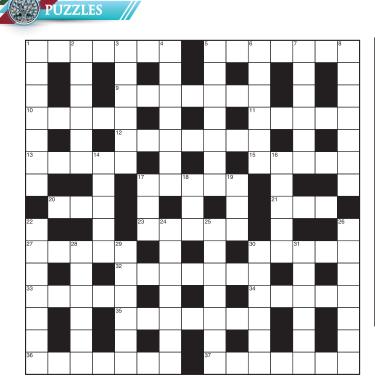
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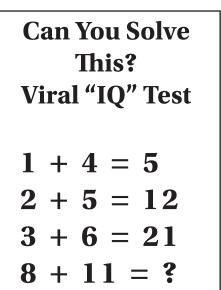


ACROSS

- 1. Grain store
- 5. Snatched
- 9. Curved fruit
- 10. Ocean surge, ... wave
- 11. Raise a glass to
- 12. Large building
- 13. Dashed
- 15. Of the nose
- 17. Stared lasciviously at
- 20. Olympic Games body (1,1,1)
- 21. Young society girl
- 23. Dependence on drugs
- 27. World-weary 30. Swerves
- 32. Wild marjoram
- 33. Stretch (neck)
- 34. Peruvian mammal
- 35. Dog, cocker ...
- 36. Award ribbon
- 37. Azure (3,4)

DOWN

- 1. Stocking bands
- 2. Sharp-tasting
- 4. Jerking
- 5. Non-Jewish person
- 6. Classic writer, Jane ...
- 7. Smashes 8. Makes (liquor)
- 14. Floor show host
- 16. Befuddle
- 17. Thrilled squeal 18. High tennis shot
- 19. Fleck
- 22. Pilot safety aid, ... seat
- 24. Par
- 25. Sloping letters
- 26. Prisoner on the loose
- 28. Draws up (legislation)
- 29. Fails to (5'1)
- 30. Salvo
- 31. Tooth material





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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.

Call Tony on 0416134779

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For local excavation company. Reliable - Self motivated - Hardworking Right person to be trained on excavator and bobcat ** WHITECARD ESSENTIAL ** CALL PETER on 0418 664 214

We are looking for a mature aged person, who can play either the keyboard or lead guitar to join a couple of retirees to have some fun, and maybe play at some of the Aged Care facilities in the Hills District.

Please phone 0497 20 20 20 if you would like to participate.

GLENORIE RSL - STAFF WANTED

Casual Bar and Gaming attendants wanted to join our team at Glenorie RSL Club. Previous experience is preferred and applicants must have current RSA & RCG.

Applicants should be willing to work nights and weekends.

Please email resume to donna@glenoriersl.com.au or call 9652 1183.

GLENORIE BAKERY

Currently seeking experienced shop staff and barista's with a love of coffee to join our team. We are famous for our pies but equally loved for our coffee.

You must be able to work 3-4 days a week minimum with weekends essential.

For more information or to send through your resume, **please email christine@glenoriebakery.com.au**

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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 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



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The Galston, Glenorie and Hills Rural Community News

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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)

, O ,	
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	
Hillside 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.

Community Contacts

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

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

ALANON Family Group meets 8pm each Friday at the Galston Community Health Centre. For more details call 9264 9255. Trying to live with someone who has a drinking problem? Come along to these meetings.

APEX Australia is a service organisation that is about making friends, helping others and having fun, open to anyone 18-45. Further info. Please contact Sydney D.G 0412 400 452, National Office 18000 APEX0 or website. "Heart of a Community, Hope of a Nation".

Arcadia Community Hall 136 Arcadia Road, Arcadia. Available for functions. Inspections welcome. Bookings call 9847 6504

Arcadia Markets May and November at Arcadia Public School, 140 Arcadia Rd, Arcadia. ArcadiaMarkets.com.au. Enquiries: Meegen 0419 262 850 New Stallholders always welcome.

Arcadian Quilters Meetings held at Galston Community Health and Resources Centre, 1st, 3rd and 5th Wednesdays at 9.30am (day group) and on the 2nd and 4th Monday at 7.30pm (evening group). For further information contact Carole on 9894 7749.

Association of Independent Retirees (AIR) Ltd Meetings are held on the first Friday of each month at 10 am. Meetings are at Yarrara Rd Pennant Hills. Contact John Guthrie on 9634 6727.

Castle Hill Art Society Monthly Meetings and Art Demonstrations are held at Castle Hill Art Society - 155 Ridgecorp Drive, Castle Hill on the first Wednesday of each month at 7.30 p.m. Enquires Ph. 98993179 Circular Keys Chorus are always seeking would-be Divas. De-stress as you learn to sing acappella 4 part harmony with passionate CKC singers. Rehearsals in Castle Hill Wednesdays 7.30-10.pm. Contact Janet 9653 2959, email info@circularkeys.org or visit www.circularkeys.org Dural and District Historical Society Inc holds its lecture meetings on the 2nd Saturday of each month at 2pm at History Cottage, 412 Galston Rd Galston. The Cottage is also open to the public from 10am to 4pm on Wed and Sundays. Enquiries to Michael Bell 9653 1365. Dural and District Prostate Cancer Support Group holds its meetings on the third Monday of each month at 7pm at Anglian Retirement Village, Glenhaven Green, 599-607 Old Northern Rd, Glenhaven on Blue Gum Centre. Inquiries Denis 9629 2645 or Maurice 9654 2138.

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

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

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

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

Friends of Fagan Park Volunteer group actively preserving the remarkable rural history of Hornsby Shire. The Friends meet every Tuesday from 9am to 4pm maintaining historic Netherby Cottage and its garden and also restoring farm machinery and implements to working order. Members of the public and new friends are always welcome! Open days are the 2nd Sunday of each month. 1.30pm to 4.00pm, and other special occasions. Contact Ian Browning. M: 0419 435 475 E: isandian@tpg.com.au FerryArtists Gallery Old Northern Road, Wisemans Ferry 2775. ph:02 4566 4385, for info on workshops and membership see www.ferryartists.org Galston Area Residents' Association Inc meets at the Galston Primary School Library, School Road, Galston on the 3rd Thursday of the month at 8 pm (during school terms). Enquiries 0403076175. New members always welcome.

Galston Branch CWA meets on the second Wednesday of each month at the Galston Community Health Centre. New members are sure of a friendly welcome. Enquiries to Janet 9653 2402 or Melissa 0408626978. Galston Community Hall 37 Arcadia Rd, Galston available for functions, air-conditioned, inspections welcome. Bookings call Jane on 0481 900 151. Galston Community Health Centre This centre is an outreach of Hornsby and Ku-ring-gai Health Service and is situated at 17 Arcadia Road, Galston (cnr of The Glade). Enq. 9653 2235.

Galston Garden Club New members are always welcome. Meetings held at 8pm on the second Wednesday of every month at the Galston Community Centre. For further information contact Bill Fleming on 9653 2394. Galston View Club will be holding its monthly Luncheon meetings at The Galston Club. 21-25 Arcadia Road Galston, on the 4th Wednesday of each month. Visitors will be very welcome. Bookings Vivien 98941189. Girl Guides is an exciting opportunity for girls to learn and develop life skills, meet new friends, enjoy the outdoors, make their own challenges, express their creativity and much more. Junior Guides (age 6-9) meet Thursdays 4.30-6pm and Guides (age 10-14) meet Tuesdays 6-8pm at Galston Guide Hall, 414 Galston Road, Galston. Contact admin@ galstongirlguides.com for hall hire or enquiries about Girl Guides.

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

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

Glenorie Progress Association meets 2nd Tuesday of each month at 7:45pm at Glenorie RSL Club. Contact secretary@ glenorieprogress.org.au or 0418 432 587

Glenorie RSL Club 3 Post Office Rd, Glenorie (behind Woolworths). The New Hills Hotspot. For bistro bookings call 9652 1199, all other enquiries and bookings 9652 1183, www.glenoriersl.com.au Hills Budgerigar Club Meet on the 4th Friday of each month, except December at the North Rocks Community Hall. Everyone welcome. Enquiries to Peter on 9888 5631.

Hills Community Aid No Interest Loans up to \$1,000 for whitegoods, furniture, computers, essential repairs etc. Contact Hills Community Aid 9639 8620, enq@hca.org.au or www.hca.org.au. Hills Farmers' and Gournet Food Mkt 2nd Saturday of the month, 8am-12pm, Castle Hill Showground, www.hawkesburyharvest.com.au Hills Shire Garden Club Meetings held on 3rd Monday of the month at 1.00 p.m. at Barton Hall, David Rd, Castle Hill. Enquiries 9624-5034. Hills RSL Sub Branch Monthly meetings held at The Galston Club, 2pm on the last Tuesday of each month. Enquiries 9653 2565. Hornsby Ku-ring-gai Four Wheel Drive Club is a family orientated club that meets on the second Tuesday of the month at 8.00pm at Hornsby Heights Community Centre, Galston Road, Hornsby Heiehts, www.hk4wdcom.au

JP SERVICES are available at Cherrybrook Shopping Village on Saturdays from 1000 am to 12 noon; and at Carlingford Court Shopping Centre on Tuesdays from 1100 am to 0100 pm. JP's are also at Hornsby, Pennant Hills, and Epping Libraries on some days. Check with Library before attending. The NSW Justices Association Hornsby Branch meets

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

Living Life Without Children Support Group meets once a month for childless couples, now in their 40s and 50s, finding it difficult or lonely living life without children. Contact Carol. email: feather@iprimus.com.au Pennant Hills Photographic Club meets on the 1st, 3rd, and 5th Mondays each month at 8pm in the Uniting Church Hall cnr Boundary Rd and Bellamy St, Pennant Hills. www.phpc.org.au.

Rotary Club of Galston meets every Tuesday at The Galston Club at 6.30 for 7pm. New members welcomed. Contact Peter 0419 011 750 peteainscow@gmail.com

Probus Club of Round Corner NOW has vacancies for new members. Join our club and enjoy new friendships, interesting meetings and a large variety of activities e.g. Walking Group; Mah-Jong Group; Theatre Group; Tennis Group; plus overseas and extended local tours and local day trips. We meet on the 2nd Monday of the month at 9.30am for 10am at The Galston Club 19 Arcadia Road, Galston. We look forward to you joining with us. All enquiries to: The Secretary. PO Box 822, Round Corner. 2158 or come one month as a visitor.

Rowland Village Workshop Club invites enquiries about the Club from members of the wider community who are 55 and over years of age. Contact Michael Bell on 96531365.

Soroptimist International of The Hills District Inc meets at 7pm 3rd Monday of the month St Joseph's Convention Centre Baulkham Hills.Details:0407 665 874

Social Dance Workshops Pennant Hills Community Centre, Yarrara Road. \$7. Contact Felicity 9456 2860, 0434 437 522. Old time contemporary, set and couple dances. Specialising in Australian, Irish and Scottish Folk Dance. Beginners and experienced dancers.

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

Still Creek Landcare Group Have a say and help in the future of our catchments in Galston, Arcadia and Berrilee. We meet at 7:30pm on the 2nd Thursday of each month. For more information Visit www. StillCreekLandcare.com.au or e-mail StillCreekLandcare@iinet.net.au or Contact Nick on 9653 2056.

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

CHURCHES

Galston Uniting Church Service times 10.00am. Children's programmes KUCA for children K-6, each Friday of the school term 5.00

to 6.30pm. #ThePower (Youth Group) for those in high school. Fridays of the school term 7.00pm to 8.30pm. CRAFT group Thursday evenings of the school term from 7.00 to 1 0.00pm. OVER 55's for seniors 2nd Monday of each month from 10am to 12noon. Other groups of interest:- Men's Choir, Ladies Choir. For all enquiries, please call the church office on 9653 2039. 11 School Road Galston or visit www.galstonunitingchurch.com **Galston Seventh Day Adventist Church** Every Saturday 9.30am

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

Glenorie Community Church Pentecostal and Evangelical – meets every Sunday at 10.00am. Ladies meeting at 10.30am last Tuesday of every month. All welcome. 1507 Old Northern Road, Glenorie. Pr Valich - Phone 0420 602 989 Church 9652 0577.

Glenorie Mission Church Sunday Service 10:00 am. 1409 Old Northern Road (Cnr Muscios Rd), Glenorie. Enquiries 0414 584 303 or 0411 422 236.

Hillslife Church Meets 10:00am every Sunday at Galston Public School. Pastor Corri Byrne Ph: 0416 233 629. For more info go to www.hillslife.com St. Benedict's Catholic Church Arcadia Mass at the Monastery, 121 Arcadia Rd, Arcadia, at 7am every morning. Mass at the Parish Centre, Ph. 9653-2312. Corner Fagans Rd and Arcadia Rd. 7pm Saturday, 9am Sunday Parish Priest; Fr Bernard MGrath 0416032497. St. Columb's Anglican Church, Arcadia Sundays at 9.30 am. Coffee n'craft group meets on Fridays at 9.30 am – enquiries Beverley 9653.1790. St Judes Anglican Service Times: 8am Traditional: 10am Contemporary with Sunday Kids & Yr 5-9 Teen group: 6pm Evening church for youth & parents. Epic kids club and Youth Group – Fridays (see website for details). Galston & Old Northern Roads, Dural. Phone: 9651-1119 St Madeleine s Catholic Church 28 Annangrove rd. Kenthurst. Mass times Mon-Fri 9.15am Sat 5.30pm Sun 8am,10am and 5.30pm

LOCAL SPORTS ASSOCIATIONS

Dural Country Club Bowling Clubs New members are welcome. Free lessons are available to men and women wishing to learn lawn bowls and meet a new social network. Ring 0420 399 452 or 0432 181 635 to speak to one of our trained coaches.

Dural Country Club Fishing Club meet at Dural Country Club on the 4th Tuesday of the month at 7:30pm. Activities include a monthly offshore charter, estuary and open fishing, organised short stay holidays and great social BBQ's. New members welcome. Contact Murray on 0407 950 939 or Bruce on 0428 970 439.

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

Galston Glenorie Amateur Fishing Club Meets at 7.30pm at The Galston Club on the 1st Wednesday of each month. The meeting has a raffle at 7pm with lots of prizes and every meeting has a guest speaker. Enquiries call Lachlan on 0438 801 170 or Warren on 0416 061 428. Galston Glenorie Cricket Club For further details regarding season events, grades and registration, please contact 0404 600 460. ggcc. nsw.cricket.com.au

Galston Club Golf Club Plays Monthly – Variety of courses. Contact - James Roberts 9653 2017 / gm@galstonclub.com.au Galston Equestrian Club New Members are always welcome. Training/Competition days held on the 2nd and 4th Sunday of each month at the Rural Sports Facility Centre off Mansfield Road. Enquiries can be made to Liz on 0409 992 920 or to go to the Galston Equestrian Club's website at www.galstonequestrianclub.org.au.

Galston Netball Club All enquiries to secretary galstonnetballclub@ hotmail.com or visit the website www.galstonnc.nsw.netball.com.au Glenorie Social Golf Club Plays monthly, visit www.glenoriersl. com.au under Branch for round dates and courses. Contact Stephen Osborne 0416 546 789

Hills AUSSI Masters Swimming Club Adults 18 years to 80 + are welcome to swim with us every Tuesday at 7pm at Galston Aquatic Centre. Whether you want to swim laps for competition, fitness, or simply fun & friendship, ring Di on 0418 432 587.

Hills Hawks Soccer Club For season details and registrations call Michael Rosier on 0418 676 768 or agminsulations@bigpond.com. Hills Hawks Softball Club Our competition is held during the summer season (September to March, excluding school holidays) at Hayes Park, Galston. We welcome new members! For enquiries please contact our registrar Hazel Postill on 0414 474 461 or visit our website: http://hillshawks.softball.org.au.

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

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

Tennis / Squash Social Group looking for new players. Call Karen 0412 485 411 or email tennisandsquash@live.com.au Tennis Court for Hire Galston At rear of Galston Community

Hall. Available Day or Night, Mobile Jane on 0481 900 151.

Tennis Court for Hire Glenorie Les Shore Reserve. Available Day or Night. Phone 0404 600 460.

Tennis Court for Hire Hillside Public School on Cattai Ridge Rd is offering members of the public to hire their tennis court for a minimal fee. 12 month membership \$50 per family or \$8 per hour. Please contact Hillside Public School on 9652 1459.

Thursday Ladies Tennis Competition in the Hills

District Players of all standards are welcome. For more details and contacts please see our website at hillsladiestennis.org



Should you buy before you sell?

Choosing to buy or sell first is not always as simple as it seems. There can be a lot of variables depending on your situation – knowing your reasons for buying and selling will affect your timing.

As with all things real estate, do your homework. Are you staying in the same area or moving away? Are you upsizing or downsizing? Will you be taking on a smaller or bigger mortgage? What is the level of demand for your type of property in your area? Knowing the answer to these questions will help you decide one way or the other.

Belle Property Local Area Specialist Carolyn Wheatley says that engaging a proactive agent will provide the best possible outcome.

"The ideal would be to buy and sell in the same market timeframe which alleviates the risks involved," CAROLYN WHEATLEY There are pros and cons. The benefit of buying before you sell is knowing that you will only be moving once and that you can spend time finding the right home. The pitfall is that you could be juggling two mortgages or find yourself in need of bridging finance. You also run the risk of not getting as much for your home as you anticipated.

Selling before you buy puts you in a position of knowing exactly where you stand financially, and you will not have to obtain bridging finance. In a rising market, you could achieve more on your current home giving you greater purchasing power. If there is a gap between when you sell and when you find your new home, you can rent or request that your contract be extended from the normal six weeks to 12 weeks. Having to move twice and requesting conditional offers can be less than optimal. For more advice regarding your individual circumstance, do not hesitate to contact Carolyn today!



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Members Badge Draw NOW on Wednesday & Friday nights between 6:30pm and 9:30pm

ABBALANCHE Saturday 4th August

GALS

Limited Seating Tickets: \$25 Member \$30 Visitor THE AUSTRALIAN ABBA TRIBUTE SHOW



TRADIES BBO FRIDAY AFTERNOON

Friday 10th Aug 4-6pm \$3.00 Schooners & Wine *Selected beverages only

MEMBERS REWARDS DRAW

SATURDAY 18TH AUGUST*

Outdoor Leisure Package Valued @ over \$3500



MONDAYS

- Rump night \$14 with a schooner of coopers or a glass of Chain of Fire or Schooner of Soft drink
- \$12.00 Lunch specials (Members Price)
- Bingo 7pm Wish Card Prizes totalling \$300 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 \$100 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

* 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