

GALSTON, GLENORIE & HILLS RURAL COMMUNITY NEWS

SEPTEMBER 2018

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SAVE THE DATE THE HILLS SHIRE ORANGE BLOSSOM FESTIVAL IS JUICIER THAN EVER!

The Hills Shire will be treated to a month-long celebration of food, markets, art shows, exhibitions, live music and acts when The Hills Shire Orange Blossom Festival returns in September.

The community favourite, now in its 49th year, boasts a line-up of events and activities bigger than ever before, keeping locals and visitors entertained week after week with rich and vibrant stories of cultural heritage, local achievement and diversity in The Hills.

This year's Council Community Fun Day will be held on Sunday, September 16 at the historic Bella Vista Farm and will be accompanied by an array of community events held over the full



STORY CONTINUES ON PAGE 4

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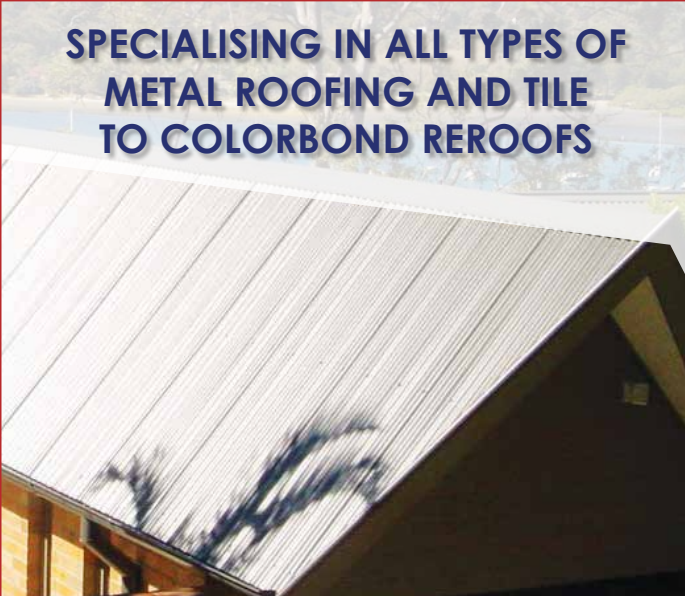
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SAVE THE DATE **THE HILLS SHIRE**
ORANGE BLOSSOM FESTIVAL
IS JUICER THAN EVER! **CONTINUED**



“What a fantastic way to celebrate the end of winter and the start of spring than by attending one of the great events that we have on offer as part of The Hills Shire’s Orange Blossom Festival,” Mayor Byrne said.

“The month long celebration is an opportunity for our friends, family and fellow neighbours to come together and enjoy all that our region has to offer with food demonstrations, children’s activities, community festivals, music events and so much more. Attendees (literally) get a taste of what’s great about The Hills and what they can experience during the year, including participating in extracurricular activities, joining sporting or volunteer

groups and enjoying our main attractions.

“I look forward to this year’s Festival and I hope to see you at one of these great events – making unforgettable memories in the process,” Mayor Byrne added.

Council’s Community Fun Day at The Farm will include eight zones which attendees can explore. Each zone promotes activity and play, and allows visitors on the day to meet like-minded people, groups and learn about their local community and how they can get more involved.

The crowd-pleasing food trucks return to the community fun day to tantalise the tastebuds, while the best of Hills local talent will be performing live on the Local Blooms Stage.

To keep the younger kids entertained, Council has made sure the day will be non-stop fun with a range of activities, including ball pits, activity gardens, slides, games, tunnels, face painting

and special performances by Splash Dance, The Aston Martinis and Sydney Swing Katz.

Older kids will be excited to hear there is an entire zone dedicated to them with thrilling amusement rides and activities, which span from breakdancing to rock climbing and a silent disco.

Green thumbs and garden enthusiasts can learn more about conservation, and children can get their hands dirty by taking part in an edible garden workshop, planting their own seeds and getting creative with nature play.

Hype Band returns to the Sydney Hills with another exciting catalogue of rock/pop acoustic renditions, and sports enthusiasts have an opportunity to show off their skills in AFL, cricket, basketball, netball, soccer and so much more.

And finally, a fireworks display will light up the sky and wrap up the day’s festivities.

WHAT

THE HILLS SHIRE
ORANGE BLOSSOM
FESTIVAL

WHEN

SEPTEMBER 1 – 30

WHERE

At various locations in
THE HILLS SHIRE

VISIT

www.orangeblossomfestival.com.au

month, including Jazz at The Pines, Seniors’ Dance, Bella Vista Farm Open Day, Pawsitive Steps Towards Mental Health and Wellbeing Expo, The Orange Blossom Festival Annual Art Awards, Park Feast, The Art of Bonsai and many more.

Mayor of The Hills Shire, Dr Michelle Byrne, said The Hills Shire Orange Blossom Festival program continued to grow and flourish, and 2018 would be no different.

We are holding an information morning at Rowland Village on Diabetes.

TUESDAY 4TH SEPTEMBER 2018

An educator will be present to answer any questions and provide additional information.

We are also offering a FREE upgrade for your blood glucose meter, so bring your old meter along!



Venue: Rowland Village small meeting room

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RON BURTON

Friends and family gathered on Saturday (July 28) to remember Dural resident Ron Burton who died in a tragic boating accident.



The keen sailor had been on his sailing boat on Friday, June 20, and was heading to shore at Hunter's Hill in a dinghy when it overturned and he hit his head on rocks. He was unable to be revived.

His wife of 48 years, former Hills Shire councillor Barbara Burton, said her husband had loved boats all his life and had bought "the love of his life" Mistral II, a classic wooden two-masted schooner, in January 1969.

Mistral II was built in 1922 in North Sydney by W Ford for the then Commodore of a Sydney Yacht Club and sailed in several early Sydney Hobart yacht races

"We sailed Mistral II in

Sydney Harbour, Pittwater and up the coast to Cairns and back," she said.

Ron was a builder who built the family's home in Dural in 1970. He started building at the age of 19 for his uncle and aunt and, at the age of 23, formed his own company, Shereline Homes.

It is believed he designed and built the first red brick veneer triple front house in Sydney in the 1950s and went on to build about 3000 more project homes in Sydney Newcastle, Wollongong and Blue Mountains

An avid reader and follower of current affairs, he joined the Australian Labor

Party in 1990s and was a committed supporter. He was a keen cross-country skier and was a member of Kosciusko Alpine Club for many years.

The Burtons have three children, eight grandchildren and two great grandchildren.

Barbra Burton said: "He was 84 and thought he was 16. He had boundless energy and enthusiasm."

"Ron adored his family and treasured every moment he could spend with his young grandchildren and great grandchildren," she said.

"He will be remembered by his family for his love and support and his desire to look after us all."

MADGE ROUGHLEY



26TH MAY 1925 TO 31ST JULY 2018

Late of Arcadia, Berrilee, Hornsby, Galston, Dural, Port Macquarie, Launceston, Chatswood, Northbridge and Mosman.

Madge Roughley was born at Inchnuek Private Hospital in Parramatta in 1925. Madge was the eldest daughter of Elizabeth (Lil) and Eric Carlson from Arcadia. Elizabeth Sidney Waddell Norquay had married Eric "Jack" Waldemar Carlson in 1923 and their first daughter, Madge, arrived two years later. At the time of Madge's birth, Elizabeth's occupation was listed as 'home duties' and Eric's as 'orchardist'. Madge and her younger sister Shirley Carlson were not given middle names as their mother disliked having too many middle names, and she did not want to burden her two girls with the same.

Throughout her life, at places she worked, in community groups and churches she attended, Madge made friends, cared for people, and was well loved. She had enjoyed large 80th and 90th birthday celebrations with family and friends in 2005 and 2015. Madge lived with Lesley, Paul and her granddaughters for 22 years, and kept good health until the final year of her life, moving to nursing home care in Mosman in mid 2017. Madge died peacefully surrounded by family on 31st July 2018, in her 93rd year.

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GALSTON CWA NEWS

CWA Galston celebrated their International Day at their August meeting. This year the country of study was Poland. Mrs Marianna Lacek and her husband, both from Poland, joined us. Marianna was a High School teacher in Sydney and showed photos and told us many interesting things about Poland and its people. We also welcomed guests, including the CWA Nepean Group International Officer.

We then enjoyed an absolutely delicious 'Polish inspired' lunch. Soups, a selection of main courses and some wonderful desserts including a platter of small pastries filled with apple which Marianna had brought along. Coin donations from members and visitors will be given to the ACWW (Associated Country Women of the World) for use overseas.

Our next meeting will be on Wednesday **12th September, 2018 - 10am** for a cuppa. Bring your craft or knitting. Our Handicraft Officer will be bringing knitting patterns for a multi-patterned blanket. Come along and learn to knit or improve your skills. This month please bring your own sandwich/salad for lunch, as our Cookery Officer will be away. Lunch will be followed by our business meeting.

We meet at the Galston Health and Resource Centre, cnr The Glade and 17 Arcadia Road, Galston. Visitors are most welcome to attend. We also welcome donations of fabrics, yarns and craft items. The Country Women's Association is the largest women's organization in Australia, and works for the welfare of women, families and communities, especially in country areas.

For more details please contact Val 9653 1774 or Pam 9653 1036. Visit our facebook page - www.facebook.com/CWAGalston

HEARTFELT STORY

By Sharni Stacey



Eight year old Emika recently cut her hair off to donate to Variety, and raised just over \$2400 in the process! Her hair will be made into wigs for children who have lost their hair due to illness.

After visiting Westmead Children's Hospital on a few occasions, Emika was inspired by kids she met who had lost their hair during treatment for cancer. When Emika learnt that wigs could be made to help these kids, she straight away said she wanted to give her hair. Emika had 38cm of her hair cut off in August - it was her first real haircut. Thank you to KJR Productions for Emika's pre-haircut photo shoot and Laura Jane Hair for doing the big chop. Massive thanks also to the generous locals that donated to Emika's fundraiser. Such a great reminder of what an amazing community we live in, supported by wonderful people and businesses.

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RUSH OF NEW BOWLERS

AT DURAL COUNTRY CLUB

Four new ladies are about to embark on a bowling career having taken advantage of the free lessons at the club. They are realising what a challenging game it is and are already enjoying the social side of bowling.

Recent events finalised are the ladies' triples and



the mixed pairs. The ladies' triples was a win for Kath Sach, Eileen Bromley and Robin Davidson who needed

all their experience to defeat Ruth Keene, Diane Trovato and Christine Fitzgerald.

A new pair of Christine Fitzgerald and Stuart (rt) Yeend played flawless bowls to defeat Nick Sheerin and Judith Harris, who although playing good bowls, had no answer except to make them play at their best right to the end. They all participated in the Triples Carnival on the following Monday when teams came from far and wide to enjoy four short games and lunch at Fedele's.



BOWLS CARNIVAL AT DURAL COUNTRY CLUB

A good crowd of men and women took advantage of a beautiful winter day to play in the Gala Triples carnival sponsored by Living Choice and TJ Andrews. The teams could be three men, three women or a combination. Only two teams won all four games. It was won by a team from Pennant Hills with a Dural team of Carl Thompson, Keith McGill and Paul Race second. The Dural team was a great example of overcoming handicaps as Carl plays from a wheelchair and Paul uses a bowlers' arm to overcome a physical problem. All the seven prizes were well distributed among the clubs attending. Everyone enjoyed the lunch provided by Fedele's restaurant at the end of the games and many went home with a raffle prize.



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SPRING RIDE (WITH A TOUCH OF DIRT)

Every now and then, I yearn for adventure. Indulging that impulse, I decided to investigate rumours that similar souls have cycled up and down the MacDonald River from Wisemans Ferry, via St. Albans... on a road bike!

By Susanna Mills



I have ridden the hills and valleys of this pristine and remote riverine area on our doorstep for the last decade- but always on a bicycle with fat tyres, flat bars and a very generous granny gear. On the road, I ride a luscious red Trek Domane SL, which has an ISO Speed suspension tech OCLV frame to smooth road rumble transferred through the bicycle to your body. I wonder if I am going to make it to St. Albans without damage to my precious road bike, or perhaps get a puncture? As I exit the ferry left (onto Settlers' Road) and fly mostly downhill past residences scattered along the MacDonald River and the steep-sided ridgeline thumb of land extending out from Devine's Hill, anxiety fades and I am on my way!

Near the 7km mark, I hit the dirt and immediately have to slow right down to negotiate the next 9km of dirt safely. Patches of stutter bumps in the road are annoying, but my mountain bike skills have me choosing all the smoothest lines by default. I encounter

only four cars while riding the entire 22km road. In the vicinity of the old Settlers' Cemetery, I am flying along the tar again, all the way into St. Albans.

Spare some time to admire the 1902 St. Albans Bridge,



an early example of a DeBurgh timber truss road bridge. Turn left onto Webbs Creek Road; it is here where you can truly relax as the road lazily unwinds beneath your wheels and you are completely surrounded by natural beauty. This road, in some parts, is literally right on the river's edge. You can pick up a really good pace while admiring homesteads, paddocks, rock formations and verdant flora, because you have the entire road to yourself and there are only three very short pinch climbs to get over enroute. I had to stop several times- not only to savour lovely views- but to admire the occasional splash of boronia flowers in the dry bush and a few wild roadside peach trees just unfurling their pink buds in anticipation of spring.

It's all too soon that the valley opens up and I see the confluence of two rivers again. Reflecting on my ride while crossing the Hawkesbury again on the Webbs Creek Ferry, I feel elated and refreshed- my abilities reasserted. I saw 'new' features I have always missed, being inside a car. The Trek Domane performed faultlessly on both road and dirt.

The saying, 'No Risk, No Reward' is on repeat in my dreams that night...

SPRING RIDE FACT BOX

DIRT & TAR:

Settlers Road: 9km Dirt Road, 12km Tar (1hr 30, no stops)

Webbs Creek Road: 20km tar. (1hr, no stops)

Road bikes: Let a bit of air out your tyres for more cushioning and better bike handling on the dirt ie: I usually ride on the road inflated to 120psi. For this ride, my tyres were 100psi

Pre-Ride prep: Ensure your chain is well-lubed, or else dust and grit on Settlers' Road will quickly dry out your chain.

SAFETY:

Dirt Road: If you are riding on slick, skinny tyres, be aware that you cannot suddenly change lines to get out the way of motor vehicles like you can with knobby tyres. Listen carefully for approaching vehicles and either pull over, or adjust the line you're cycling in advance.

Troubleshooting: Essential to carry a pump, spare tube, puncture repair items, a chain breaker tool. Next to no mobile reception around here!

BEST TIMES:

Weekdays: Ride between 09H30 to 15H30 to avoid commuter traffic.

Weekends: Ride from 05H30 to 10H30 to avoid tourist traffic.

Weather & Access: Beware of extreme heat here in summer: carry sufficient water with hydration salts. Access to the MacDonald River Valley can be temporarily closed due to bushfires, flooding, or major Hawkesbury River events.

FACILITIES

Two free ferry transits across the Hawkesbury River.

St. Albans: Water and public toilets at St. Albans, Beer or coffee at historic Settlers' Inn or Fickle Wombat.

Wisemans: Water and public toilets at the East Bank Ferry Park. Ferry Artists' Gallery has beautiful work by local artists and Busby's Café next door has coffee, cake and more.



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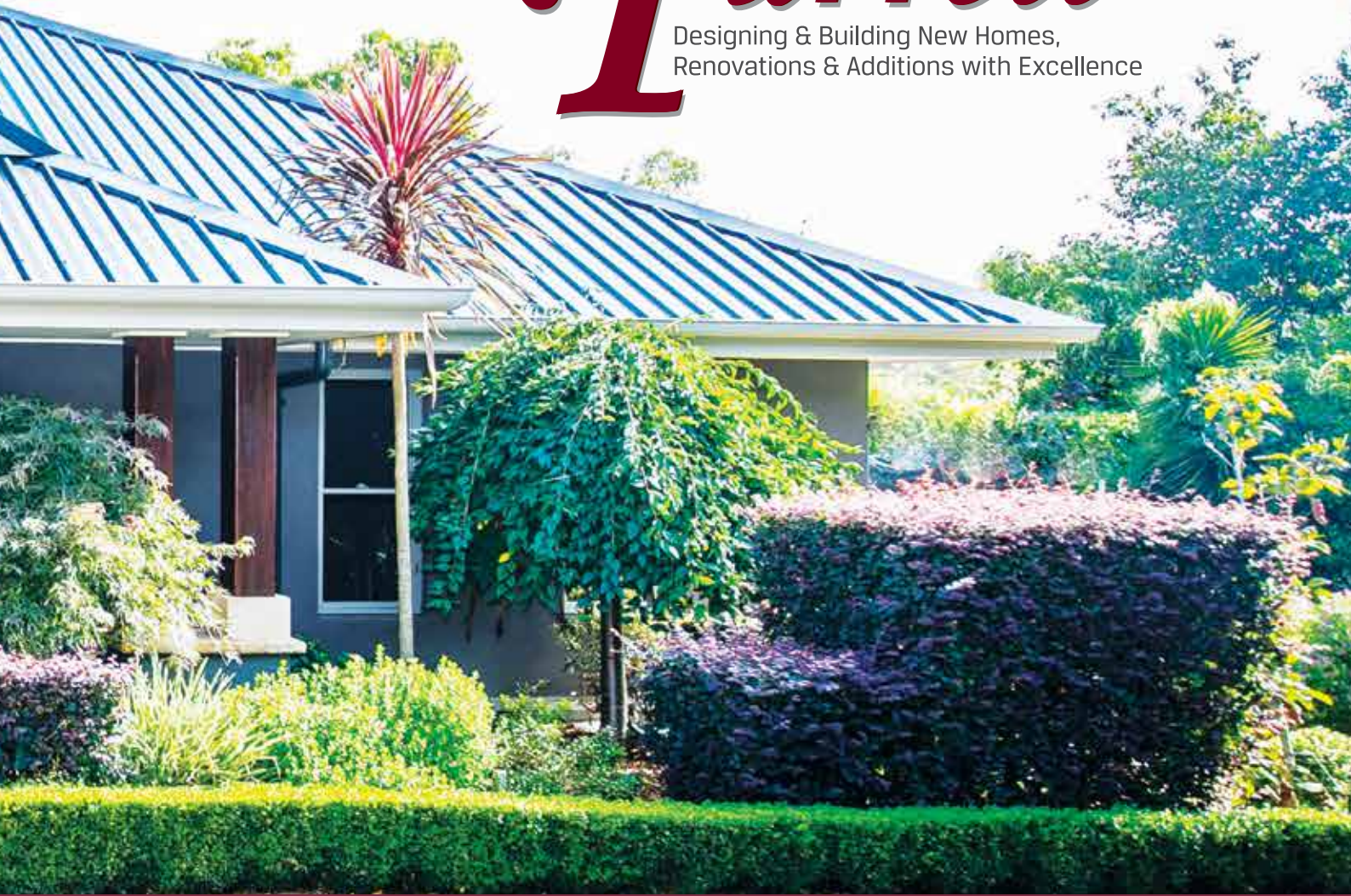


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NEED FOR FEED

by Shane Brownless

The Rotary Club of Dural as part of their fortnightly BBQ outside Woolworths at Glenorie held a 'Buy a Bale' campaign and are delighted to announce that over 3 weekends, the local community donated a total of \$6,000. This was topped up by a donation from Glenorie RSL for \$5,000, giving a total of \$11,000 raised.

The Rotary Club of Dural worked with Rotary Clubs within the drought affected areas to ensure the money is spent 100% on the farmers in need.



NEED FOR CAKE

by Ros Hopwood

CWA HORNSBY BRANCH.

are holding a Street Stall at the Westfield Mall, near the Water fountain on

Friday 7th Sept from 10am – 1pm.

NSW Drought Fund Raising stall ' Baking for our Farmers'

We will bake CWA and Mums recipes for sale to raise funds for our Country Cousins .

Also hand made craft.

Please come and visit us, as it could be a WIN /WIN situation, you enjoying the cooking and assisting our farmers who are 'Doing It Tuff'.

SALVATION ARMY

By Katy Joscelyne

Behind the public facade of its many Salvos Family stores there exists a network of services that reaches out into many corners of our community. Recognising that people's needs often extend far beyond that of the financial arena, trained counsellors are available to help and advise you on spiritual, emotional and lifestyle issues, as well as on how to budget to make those dollars stretch further.

If you would like to speak in confidence to someone in our area, please phone the Dural store on 9651 4504 and ask to speak to the Manager, Juanita. She is a trained and compassionate counsellor and will know how to advise you.

Were you aware that the Salvos run regular WILLS DAYS throughout Sydney? A dedicated team of highly trained legal advisors donate their time to support this initiative. A

lawyer will advise and guide you through the drawing up of a simple will for about 25% of the regular cost. For further information and to make an appointment please phone 1800 337 082 or visit the Salvation Army website.

The store focus this month is on the electrical section. Every item placed for sale in our Dural and Glenorie premises has been double- checked for reliability

and safety. Craig does the initial test and this is followed up by our qualified volunteer, Rob. Rob holds a certificate in Test and Tag, a course run and approved for Australian Standards by highly trained electricians and lecturers. All items on display are fully checked, cleaned and tagged ready for sale. The range varies from day to day, and may include mix masters, blenders, popcorn makers, jaffle irons, coffee

grinders, radios, CD players, lamps, and hi fi equipment. Please note that, by law, we are unable to rehome electric blankets and plastic heaters, so please dispose of these in your own waste collection.

We are welcoming Spring with our popular HALF PRICE STOREWIDE DAY on **Saturday 29 Sept.** We look forward to seeing you and, as always, you are assured of a warm welcome.

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support organisation for young people living with cancer.

Prime Pool Care are still maintaining the pools of some of their very first customers from 1998. Rightly so, they are extremely proud of their success and the great team they have built up.

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Aaron and Alison Hansen



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CIRCULAR KEYS CHORUS

CKC is a non-profit chorus, part of the Sweet Adelines group. Our aim is to spread the love of the barbershop form of a cappella singing & share this love of performing with our communities.

We support ourselves by fundraising in many different forms - shows, concerts, cake stalls, sausage sizzles, singing for various community organisations like Kenthurst Rotary, The Hills & Parramatta Councils and church groups.

We perform for various charities like Kids with Cancer and at many local nursing homes, community centres and retirement villages and regularly sing on special occasions like Australia Day, International Peace Day, citizenship ceremonies, and the Orange Blossom festival.

Most of our members come from the Hills district, but some drive down for our weekly rehearsals from the Central Coast! They come from all walks of life, all ages, some working full or part-time, some retired but doing voluntary work.

We currently have around 50 members, 40 of whom are preparing for our journey to St Louis to compete on the international stage! We're very excited - and will be performing a 15 minute package to thousands of people in the huge convention centre - taking a taste of Australia to them and hoping they'll come for a visit!

1 Please visit our website www.circularkeys.org we hope to see you at our show on the 9th September at Hornsby R.S.L.

We welcome new members, we rehearse at St Joseph's Centre 33 Barina Downs Drive Baulkham Hills



ST. LOUIS, HERE WE COME

2017 saw Circular Keys Chorus named Australia's champion small chorus at the Sweet Adelines Australia Convention in Perth, which earned us the right to travel to St. Louis, Missouri in October to compete in the Sweet Adelines International Harmony Classic competition.

The Harmony Classic competition is made up of the top scoring small choruses and midsize choruses worldwide (from the Regional Contests held the previous year). Circular Keys Chorus will be competing in the small chorus division, with 40 members on stage.

Before we jet off to the States, we will be performing our contest package in a

farewell show at Hornsby RSL on 8th September, along with numbers from our diverse repertoire.

We will be joined by Alouette Quartet and Sydney Harmony.

We would love to see you at Hornsby RSL for an evening of a cappella magic and entertainment.

St. Louis will be Circular Keys Chorus' third time on the international stage at the

Sweet Adelines International Convention.

It will be our first time competing in the Harmony Classic competition which will see us put on stage a 15-minute entertainment package.

We have worked hard this year and had lots of fun fine-tuning our contest package with many great coaches, along with fundraising activities and performances.

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THERE'S AN APP FOR THAT...

GETTING THE MESSAGE ACROSS...

By *Debbie Amos*

Being able to message people is one of the quickest and effective ways of communicating with family and friends. The problem is, which App to use. I used to really over think this dilemma but have now come to the conclusion that the most effective way is to use multiple Apps. Let's look at some of the different methods that I use:



Apple iMessage would probably be my most common go to method for sending messages. This is more because I use Apple devices and I can use it on my iPad as well as my iPhone, which also syncs with my computer. If I send a message to someone with an android device it will be sent as a traditional SMS (using cellular data and the message is green) instead of using iMessage (using your data allowance and is blue). I swim with a lovely bunch of ladies in Manly and we communicate regularly as a group called "Swimming Buddies" using iMessage.

As they are all Apple device uses, it works very well.



WhatsApp is also a very popular messenger App. Like Facebook Messenger, it has over a billion users. It is also owned by Facebook which might surprise some of you. It has the facility for individual chatting or group chatting and with Facebook Messenger and WhatsApp you are also able to video call.

When I talk to clients about what App to use I tell them to look at what your friends and family use and let that guide your decision. If you need to use more than one App accept that as you will find once you have an idea about how to use one of the Apps you will pick up the other quickly.

Over the past year I have found more and more that my job entails guiding people with "Technology for day to day living". If you are struggling with online shopping, setting up direct debits, working out how to set up your internet at home or just wondering what device you should buy please give me a call and organise a One on One session.



Facebook Messenger app is also one of my often used messenger Apps. My extended family has a shared group which includes family overseas, who are iPhone and Android uses. You don't have to have Facebook to download this App as your phone number can be used for identification.

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CONNECTING PEOPLE BY CELEBRATING HISTORY AND HERITAGE



(L-R) Cessnock City Council Clr Darrin Gray and Mayor Bob Pynsent, Hornsby Shire Council Clr Nathan Tilbury, Convict Trail Project Director Glynn Jacobs and the cast from Convict Footprints Productions who added some convict mayhem to the days proceedings to the enjoyment of all who attended.

The Convict Trail Project joined in the festivities of the Wollombi Colonial and Indigenous Fair launching their new website convicttrail.com.au and the update of the Cartoscope Great North Road – Convict Trail Map. The new website makes the wealth of information held within the site just one easy search away for visitors. The

new Itinerary pages will help to highlight key heritage features of significance along the convict Trail. The map was designed to encourage more people to visit the 240km stretch of the Great North Roadshowing places they could visit along this amazing slice of nationally significant road. The maps can be found at Visitor Information outlets


sites and historic societies along the length of the road. The Convict Trail Project also gratefully acknowledges assistance from Yancoal and the Mount Thorley Warkworth Great North Road Conservation Fund, who provide resourcing for the Convict Trail Project. For more information to www.convicttrail.com.au

LOCAL UPDATE AND TIPS FOR HOUSEHOLDERS

1. At last, a stop sign has been fitted to Bevans Road, joining Crossland Road.
2. Crosslands Road, dirt section is now fully sealed.
3. Make sure your letter box is clearly numbered, this helps emergency services find you easily when you need them..
4. Fire season – Locate the blue road marker or yellow H (hydrant markers), clear around so RFS can use it quickly if your house/property is threatened by fire.
5. Make sure your driveway is kept clear so fire tankers have easy access.
6. Remember, Your red otto bin is first in line, so driver can see it, with the lid opening to face the road.
7. Do not park in the truck measuring bay.

Paul Browning
Concerned resident,
RFS.






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GALSTON Playgroups

Galston playgroup are starting a new THURSDAY session.

This playgroup has a fully equipped playroom, stocked craft cupboards, baby area, kitchen, microwave, fridge, toaster and the all important coffee maker.

First two visits are free then it's just \$2.50 per week. Come and give us a try.

We are located on the corner of Arcadia road and the glade, Galston.

All ages welcome.

📍 If interested please call Natalie on 0468 403 771.



GLENORIE GROWERS MARKET IMPORTANT UPDATE

I am delighted to announce that the market now has a clear pathway into the future.

After some weeks of uncertainty, negotiations and discussions have now been completed and, starting in **September (23rd)**, the market will move to Les Shore Reserve and will be owned and operated by Skye and Brad Browne.

For those of you unfamiliar with the locale, Les Shore Reserve is just a few hundred metres north of Woolworths on Old Northern Road, right next to Glenorie Fire Station, and the market will be clearly visible from the road. There is plenty of parking, a delightful new playground and, if required, access to the pavilion.

Skye and Brad have been stallholders for the past year, and have demonstrated such passion and enthusiasm in keeping the community spirit alive, and the desire to expand the reach of the market, that I have no doubt they will do a sterling job.

I wish to thank all of you for your continued patronage, encouragement and support.

Kind regards
Vicki Brownless



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PVF MASQUERADE BALL

Positive Vibes Foundation proudly presents the Windsor Road Private Clinic Moonlight Masquerade Ball

Positive Vibes Foundation aims to remove the stigma of mental illness by changing attitudes in the Community, making Connections with like-minded organisations, and through Conversations with individuals and groups. Our Masquerade Ball is an entertaining evening that brings together the Hills community to increase awareness of mental health

Our Masquerade Ball is an annual event held in October, in the Mental Health Month. This year it will be on **12 October 2018** at the beautiful garden side venue **Biviano's** (628

Old Northern Road Dural), from 6.30 – 11.30 pm.

At each Masquerade Ball, we invite a prominent person in society who has overcome, or has had experience in dealing with mental illness, to be our keynote speaker. Their talk is inspirational and gives us an opportunity to hear their story. Past speakers have included Associate Professor Munjed Al Muderis (orthopaedic surgeon and human rights activist) and Deng T Adut (child soldier from Sudan to refugee lawyer).

Come hear and meet our keynote

speaker for this year – Jake Edwards, an ex-AFL player and son of football legend Allan "Butch" Edwards, who was diagnosed with depression at the age of 19 while on an AFL list. When his career ended, he spent 4 years escaping his pain through drink, drugs and attempted suicide.

This will be a great event. Don't miss out! Tickets are \$150 per person. Book your place early on www.trybooking.com/

For more information, contact us at info@positivevibes.org.au or call Mario on 0414 747 603.



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GALSTON GIRL GUIDES CLIMB HIGH!

At the end of Term 2, both Junior Guides and Guides visited The Edge Rock Climbing Centre in Castle Hill to develop their social skills and achieve personal challenges. At the end of the evening, three girls made their Guide Promise, receiving a certificate and their long-awaited badge sash. The Guides recently enjoyed an evening outdoors, working towards their environment badge by going on a treasure hunt and solving clues in their local environment.

 Please contact admin@galstongirlguides.com for hall hire or enquiries about Girl Guides.

THE SYDNEY HILLS BRANCH OF THE ASSOCIATION OF INDEPENDENT RETIREES

The Sydney Hills Branch of the Association of Independent Retirees Meetings have commenced for 2018. We have some very interesting speakers lined up. Our next meeting will be held on **Friday 7th September, 2018**. At the Beecroft Presbyterian Church Hall, Welham Street Beecroft. Meeting will commence at 10.45 AM. The guest speaker will be Judy Christian Physiologist. Her topic is "Retirement" If you are considering retirement in the near future come along and make new friends! We welcome early retirees and Baby Boomers, who are looking to become involved in new interests. While keeping abreast of the changes which are likely to affect you and your income in the future. We need to work together for a better future in retirement.

For more info, call President Lauris Rennie on 9634 1186.

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NEWS FROM **THE FRIENDS OF FAGAN PARK**

All the furnishings, curtains, paintings, lampshades and small items were returned to Netherby Homestead by late July, and it is once again open to the public. Thanks to all our volunteers who assisted – it was a big job washing and ironing all the bedding, tablecloths, and the large number of doilies. It certainly looks its sparkling best now.

Work has continued on the International truck project, and one of our members has almost completed a laminated timber rim for the steering wheel. We have found, however, that the steering wheel centre that we have (the metal part known as a 'spider'), is in fact from a Model T Ford. Although quite usable, we will try to find a correct one. We are also well


advanced in refurbishing the water pump that we were so lucky to obtain.

Did you know that the windmill in the heritage area has been standing there since the 1930's? It was delivered new to Sam Fagan C/O Hornsby Railway Station (you can still see this written in crayon on some steelwork from all those years ago), and erected over the well upon which it still stands (see photo). It is "Coo-ee" brand, made by John Danks & Sons, and was returned to full functionality by us about 10 years ago. The well itself is at least 8m deep - that was the length of the pipe we had to raise to replace the foot-valve, about 3m diameter, and lined with stone. Just consider how much work it would have been digging

such a big hole by hand back then! It receives rainwater from adjacent roofs.

We will be hosting an "Open Day" on Sunday, September 30 – the Sunday of the long weekend. This will be an opportunity to bring out some of our stationary engines and run them, place the trucks and tractors on display, and take them for a run around the Park. All of the museums and the homestead will be open, with our members on hand to answer questions. The Friends also offer light refreshments on the day. So make a picnic day of it and pay us a visit.

The Friends of Fagan Park are on deck every Tuesday, our volunteering day. Anyone is welcome to call in to check us out.





 Ian Browning, Honorary Curator, 0419 435 475



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GRAVELY SUPERSTITIOUS

By Kerron May

A Cemetery Corpse Road

Superstitions are actually beliefs we hold without any true or rational basis; beliefs that may be exaggerated or quite simply false. Of course superstitions exist for all aspects of life – love, luck, weddings money, theatre, weather and particularly, death. They are passed on from person to person, generation or generation. Call them old wives tales, folklore or prophesy, superstitions foretell or fore sway future events.

Cemeteries, as we know, are the last resting places of the dead and the word *cemetery* actually derives from the Greek meaning “sleeping place”. Because of their association with the dead, cemeteries are the subject of considerable superstition; notably in how to appease the dead and prevent them from returning.

The service road into and around the cemetery also carries superstition about it. These roads, usually wind in and around the cemetery leading to the chapel of rest, crematorium, crypts and columbarium. They were traditionally known as *corpse roads* and their initial

purpose was to confuse the spirits of the dead so they could not find their way back home.

Cemeteries follow a prescribed layout catering to traditional beliefs and well held superstitions. For example, Christian graves must face east as that is the direction from which Jesus will return as the rising sun, even though there is no specific biblical direction in this regard. This custom is still observed in cemetery planning today although this directional bias is being phased out as cemeteries become more crowded, making it now a question of catering for additional internments rather than observing tradition.

In Judaism, it is customary for Stones of Remembrance to be placed on gravestones by family and friends visiting the departed. This is done as a show of respect because, as a general rule, flowers are not placed at Jewish graves. Flowers are fleeting: the symbology inherent in the use of a stone is to show that the love, honour, memories and soul of the loved one are eternal.

A few other superstitions to ponder: never take flowers from a grave or point at a funeral procession as these actions are harbingers of bad luck. Do not leave the grave side before the casket is lowered as this portends

another death and rain on an open grave indicates bad luck will befall the deceased’s family. Finally, never visit a cemetery at midnight as you might come across the guardian spirit, the Devil or the local youth contingent drinking red wine and reading either Edgar Allan Poe short stories or Stephen King novels.

Cemeteries are both fascinating monuments to social history and eerie cities of the silent populated by the dead where the superstitions surrounding them may be the best way to maintain cautionary commonsense practices to avoid one’s own early grave.

EPITAPH OF THE MONTH

Truth to your own spirit.

(Jim Morrison)



Tomb of Jim Morrison Pere LeChaise Cemetery, Paris



Jewish gravestone with stones of remembrance



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GRAVELY INTRODUCING ...

KERRON MAY

Hi, my name is Kerron May and I am your tombstone tourist or a "taphophile" being someone interested in cemeteries and collecting epitaphs.

Over the past few months I have brought you pieces concerning cemeteries, their traditions, rites and usage as a vehicle for remembrance. I have always been intrigued by the demographic cemeteries present in providing a social snapshot of the people and families who lived in the district, using them to share the dynamic which makes these places special in

bringing a community history back to life.

You may remember me – I worked at the local Bendigo and Adelaide Bank Limited Community Branch® in Galston for 14 years before retiring in 2015, ending my long career with banking spanning more years than I care to remember. My time with the Community Bank® was enjoyable, and I shared wonderful times with extraordinary people.

I enjoy travel, gardening, reading and early morning walks in/around and through

Fagan Park and environs with my faithful dog. As a long term resident of the area, I enjoy all it has to offer and live happily with my partner Ralph, two dogs and two horses in the Galston area.

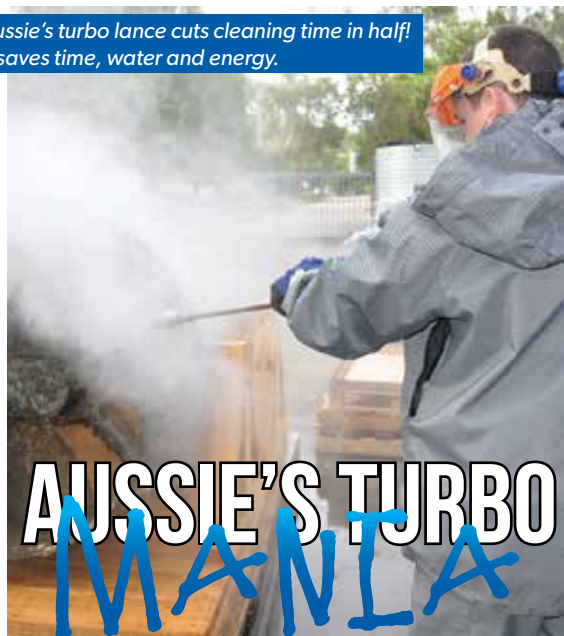
I have completed a Bachelor of Arts degree through Macquarie University majoring in Philosophy with minor degrees in Sociology and Culture Studies. As a member of the Nina de la Cruz's ZumbaNina's Crew I enjoy meeting for regular workouts with like-minded ladies at the Community

Centre where to quote Nina "we never miss a chance to dance". We Zumba off after dance sessions to one of the fabulous cafes situated within Galston and its environs for cake, coffee and a chat.

I hope you have found my articles interesting and entertaining. I have a few more insights to present about the cemetery customs we use as aides memoire to recall our departed loved ones. It is all part of the art of *Remembrance*.



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Aussie Pumps' 'Turbo Mania' catalogue, illustrating how turbos work, their advantage for professional users and how to select the right nozzle size for specific machines is readily available from Australian Pump Industries. "Anybody who buys a professional pressure cleaner without a turbo to suit

GALSTON VIEW CLUB

The Galston VIEW Club which raises money to support The Smith Family's Learning for Life program will hold its monthly Luncheon Meeting on **Wednesday 26th September, 2018** at The Galston Club, 21-25 Arcadia Road Galston, at 11am. The guest speaker will be Julian Leeser, Federal Member for Berowra. The Galston Branch Manager of Bendigo Bank, Gary Mangan, will also be our guest.

Visitors are always welcome.
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NEWS FROM GLENORIE PROGRESS ASSOCIATION

Annual General Meeting

GPA held its AGM on 14 August and after an interesting evening of voting for all positions, all incumbents have been returned to the Executive plus one addition to the Ordinary Members of the Committee. We also have a new Secretary, welcome Callum, and our association looks forward to an exciting new team. All are welcome to engage with us, we welcome new members and you can now join or rejoin online at www.glenorieprogress.org.au

Glenorie Bakery

The Association wants you all to be privy to all the developments as they happen and, to that end, we have been active in appraising all 'stakeholders' of the application for extended hours for the

Glenorie Bakery. We hope for a compromise in these hours. Also the Shop Top housing DA has changed slightly to allow for current market trends. You can go to The Hills Council Tracking Applications page to keep aware of all DA lodgements and progress.

Boral DA

Speaking of DAs, Boral Concrete is still silent on the proposed upgrade of the Schwebel Lane batching plant. Get ready to make your submission to THSC if and when 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.

William Wines

Sad to see that Williams Wines has moved out of Glenorie. We wish them

the all the best in their new location.

Glenorie Markets

The Glenorie Growers Market held its' last market Day at the RSL grounds and is moving to the Les Shore Oval with the new owners demonstrating passion and enthusiasm in keeping the community spirit alive, and the desire to expand the reach of the market. Well done owner operator Vicki Brownless for your commitment over the past seven years.

Environment Centre

The Environment Centre suggested we run another Fire Awareness Day but the fire season is already upon us (started 1 September). We are relying on our wonderful RFS brigades from Glenorie, Hillside, Maroota, Mid Dural, South Maroota and Arcadia to raise awareness of the



Image from the 2002 Fires in Glenorie

necessity for all residents to prepare for bushfires. Be aware that you can't expect a fire truck on your doorstep if there is a bush fire – that's a lot of area to cover for six brigades. Glenorie Brigade will be at the Glenorie School Fair on Sunday 23 September and there you will be able to see displays and DVDs of the 2002 fires which impacted our area. We can help to develop your own household Bush Fire

Survival Plan to keep your family safe. Other brigades will have activities on the Get Ready weekend of the 22-23 September.

More Information

Go to www.glenorieprogress.org.au and have your say or contact us at secretary@glenorieprogress.org.au or ring Di on 0418 432 587. Our snail mail address is P O Box 240 Glenorie NSW 2157

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The themes for 2018 are:

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John Deere



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Please see the website for more info, and to register now, or call Steve Muscat on 0418 453 203.

www.SydneyAntiqueMachineryClub.com

Heartbeats

By Mary Ord

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

North & Co celebrate their 1st anniversary

On the 1st August, 2018 owners of North & Co. Menswear in Dural celebrated the completion of their inaugural year in their new Dural business venture.

“We love feedback from our clientele, it allows us to cater for exactly what our customers want” explained Carol, co owner. Upon walking into North & Co Menswear you can tell that this is exactly what the pair have accomplished during the store’s first year of trade, while still maintaining their core value of quality and comfort.

“We’re so thankful for the local community that contributed to our success this year”, says owner and owner, Mario Grixti.



Our backyard

This is a beautiful shot captured by my husband, Peter. It is always a magical and enchanting experience to be visited by flocks of birds.

If you have a great local photo please email me and I will share it with our community.



A cautionary tale

Those regular readers of Heartbeats will have noticed my absence last month and will also be aware that my daughter, who lives in Nairobi recently returned to Australia to have a baby. The reason for last month’s disappearance of Heartbeats was because I travelled with my daughter and her two sons back to Kenya.

Given that my daughter had been here for 3 months and that she had the paraphernalia associated with young children we had a mountain of luggage. Crib, cot, car seat, car capsule, pram, toys and then the clothing. As we had an evening flight we spent the whole day packing. Exhausted, but with a sense of accomplishment, we loaded the 2 vehicles necessary to transport us to the airport. We felt that we had made sure that we would arrive 3 hours early just to make sure that there would be no problems with all the luggage. My daughter is a well seasoned traveller so there was never any question that she was confident about our travel times; although all concerned found it intriguing that we were booked on such a late flight, 10.55pm flight. We arrived at the airport at 7.55pm to be told that the gates had

closed. It was then that we realised that the 20.55 flight actually meant 8.55pm not 10.55pm which my daughter had interpreted. Oh dear, here we were, exhausted with all this ‘stuff’ and two tired babies. We returned home, rebooked the flight for the following evening, paid the extra \$2000, kept the cars packed and returned the next day to the airport at 5.55pm.

A traveller’s nightmare. My advise is to always run a second eye over flight times especially if they are in 24 hour time.

image is of me with my grandson in a wild life sanctuary in Natasha, Kenya...I am telling him to watch the hind legs of the Giraffe, that is how close we were.



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

A Case of Missing Oranges

We had been watching the trees at the bottom of the garden as they were full of almost ripe fruit.

This year they were smaller than ever before and we put it down to the drought, which seemed harsher and longer than we could ever remember.

Anyhow, they were almost ready and at last one day my husband said he would take some buckets down and visit the tiny orchard and then our neighbours.

He had gotten into the habit of going for a rare visit to those next door and those who were at the top of our long battle-axe driveway, to give them a small gift of the

golden juicy fruit and of course to enjoy a friendly chat.

Afterwards he would bring them home for us to share and to hope it would be one of those rare occasions when I actually made some marmalade..filling a number of odd sized glass jars with the sticky, bubbling orange jam. Then he would give some away at the club and pretend we were real farmers with bountiful crops to share.

The little orchard was at the bottom or top of our garden, depending on which way you looked at it....down the creek or up the drive. Before long, in fact much sooner than I had expected him, I heard the heavy tread of his old work boots on the gravel and then up the verandah steps.

“Oh, you didn’t pick any” was the surprised greeting he received.

“There weren’t any to pick” was the dispirited answer.

“Possums or those wallabies that have been hanging around... maybe birds?”

“No...they would have left a few hanging as well as scraps on the ground.”

There was only one species who would have crept in and stolen every single orange from the trees. Far more than a family could eat.

Would they choke with every bite of the juicy fruit? I hope at least that they were in desperate need of them.

It left a horrid taste in our mouths.

Drought hits home!

Last week I caught up with an old friend in Forest Glen, and it is here that I am shocked to see the reality of how bad the drought is in NSW. Their enormous water tank is now empty. A feature lake near the house is a shrinking puddle. My friend is having to adjust an already tight budget to pay for water to be trucked in to keep their home functional. She gathers drinking water or enjoys an indulgent shower at friends ‘in town’ when she does a grocery shop. Our acreage neighbours are doing it tough- but spare a thought and extend a helping hand to our farmers (and their animals) who are bearing the brunt of this drought.



Words and illustration by Susanna Mills

Thanks to Glenorie playgroup mums

At our home we have built accommodation for guests and travellers who need to be housed for short or long stays. Last week we had a couple and their 2 year old daughter who had journeyed from Salt Lake City. They arrived on Monday morning, and left, to return home the following Saturday. Despite it being their first trip to Australia, they seemed very content just to explore our local area. They were a lovely couple, but it bewildered me that they were not more adventurous of spirit, deciding to spend a lot of time bunkered down in our guest house. I suggested that we take their 2 years old daughter to the playgroup at the top of our road so that she could have a play date with other children. I want to thank the mothers at the group for making the young mother and her child welcome and embracing them into their fold. I am grateful that they were able to widened their circle just a little with the help of the Glenorie Playgroup.

Open Studio

Over the weekend, four local ceramic artists opened the doors of their studios to the public for the first time as part of the Australian Ceramics Open Studio weekend.

Janine Schenkel, Rona Sissons, Jen Lyall and her daughter Emily Byrne spent the weekend in their studios at Berrilee and Glenorie, where all were welcome to learn about their local artists, the ceramic process and purchase unique work.

Neighbours, friends, pottery students, colleagues, artists and members of the community were free to explore each workspace, have a cuppa, eat some biscuits, and take



their favourite pieces home. It was fantastic to see the studios filled with both familiar and unfamiliar faces - including those from the Anglicare Retirement Village Pottery Group Castle Hill, who chartered a bus and made a day of it.

Thank you so much to everyone who visited. we’ll see you all again next year!

20 years in business

This year marks 20 years since Aaron and Alison Hansen started Prime Pool Care.

“We wanted to go out by ourselves” say’s Aaron. “We chose the pool industry as it would suit our needs. We had started a family and wanted the sort of business that was flexible to suit as our family grew.”

It was a humble start. With Alison at home looking after their first child and doing the book work, Aaron started to build the business - one customer at a time with leaflet dropping and door to door greetings.

“We would like to thank all our great clients for their continued support in helping us to get to where we are and look forward to many more years of keeping them happy!” Sincerely, Aaron and Alison Hansen.

DURAL AND DISTRICT HISTORICAL SOCIETY INC.

THE JUNE ROUGHLEY MEMORIAL LECTURE - UPDATE

By President Michael Bell

On Saturday the 11th August our annual June Roughley Memorial Lecture was given by Darren Hopkins, in the Arcadia Community Hall.

Here was an excellent example of the work of the historical researcher. It is his or her function to study every document for relevant information on the chosen topic. It is exhausting and intense work. It involves endless hours in libraries, museums and like place. From this, hopefully, will come a body of work, similar to an encyclopaedia, on one subject. This becomes the material used

by historians to prepare family histories, local historical societies to assemble their references and to better understand where a community is placed in the overall story of a country. Such was what we heard from Darren after more than two years of research, triggered by the finding of the

Arcadia Still on the land once owned by William Fagan in Arcadia. This body of work, Irish Distillers in Colonial Times, will be used by the Society and others, to give long overdue recognition of the Hall Family in our district. It will give us a full Fagan Family story and it will give historians the material to better understand distilling in Australian history.

The market value of alcohol, in early Colonial times, was so high it forced the government to enact severe laws in an attempt to prevent its illegal distillation. Darren selected to give us the stories of how leading citizens could not resist the opportunity to make fortunes. They employed others to take the great risks. They protected their interests, when acting as magistrates or law officers, to remove the

opposition by sentencing them to far places of punishment. They protected their own illegal workers with light sentences or outlandish judgments or actions.

Some of the distillers were able to avoid discovery and they prospered. One such person was William Fagan. So successful was he that he was able to buy large landholdings. He was hard working and an astute businessman and he used his new wealth wisely. The Fagan Family story gave this district the fruit industry that became the largest in the British Empire. Their community contribution still benefits us and the family name is on our cenotaph.

All of Darren's research is now available at History Cottage and researchers are welcome.



For further information please contact us on enquiries@dlhs.org.au or 0405 321 478.

THE SORRY STORY OF LITTLE PEAT (EERIE) ISLAND

By Robyn Downham

The Dharug and Lower Hawkesbury Historical Society invites you to *The Sorry Story of Little Peat (Eerie) Island* afternoon with our Special Guest Speaker Adrian Mitchell.

The Dharug and Lower Hawkesbury Historical Society is pleased to welcome author Adrian Mitchell on Saturday, 29th September, who set out to write more than an institutional history of Peat Island originally named Rabbit Island but renamed in 1926 in recognition of a local pioneer

and boatbuilder George Peat who had built early roads and established the first ferry service in 1844 operating between Mooney Mooney and Kangaroo Point on the Hawkesbury River.

Adrian started with the river and it's natural environment and it's importance to the Darkinjung people, the original custodians who were scattered brutally and effectively, not one of the NSW Government's finest accomplishment.

Please join us as we listen to Adrian speak about

his recently published book *Peat Island Dreaming and Desecration*. In his talk, Adrian will discuss a history that outlines the prevailing attitudes to the treatment of mental illness throughout the 20th century, with the impact of the budgetary priorities of Government and how the island became a bureaucratic nightmare and a political football.

For just over 100 years, an institution for the mentally ill has stood on little Peat Island

on the lower Hawkesbury River. It was decommissioned in 2010; quite empty now, it remains a locked facility just as it had always been. And eerie. The island is still in the news as we await the Central Coast Council's plan for the land.

Adrian will commence his talk at the Wesleyan Chapel, 6445 Wisemans Ferry Road, Gunderman at 1.30pm after a scrumptious lunch at midday.

If the walls of the abandoned "lunatic asylum"

on Peat Island could speak they would tell of the horrors experienced by patients, including children, on a site plagued by death and despair.

Cost: Members \$ 15/ Non-Members \$20.

All welcome.

Bookings essential: enquiries@dlhs.org.au or 0404 272 969 (leave a message) by Wednesday, 26th September.

Latest News



from the Mayor's Desk

Libraries and book lending have always been a core part of Hornsby Shire Council's services and now we are taking it to the streets.

A number of community-minded people have been setting up street libraries throughout the Shire, a practice that Council fully supports and wishes to assist. A street library is essentially a small structure, sometimes just a sheltered box on a pole, where people can find something to read using the "take a book/leave a book" system. They're a great community-building device and we would love to see many more of them throughout the Shire.

Council is in the process of adopting a new policy that extends public liability coverage for the placement of street libraries on public land. Our first preference is that they be placed on private property, but if that is not practical the policy will allow them to be placed on Council land.

The conditions for this are not onerous and it only requires a self-assessed checklist. The most important conditions are that it not be hazardous or obstructive. If you would like to comment on this draft policy or learn more about it, visit hornsby.nsw.gov.au/streetlibraries

Philip Ruddock
Mayor
Hornsby Shire Council

SIGN UP SEPTEMBER!

Use your library card this September and go into the draw to win amazing prizes like an iPad and Westfield gift vouchers.

If you aren't already a library member, now is the perfect time to join.

Visit: hornsby.nsw.gov.au/library



WHAT'S ON

Have your say Hornsby Shire Sportsground Strategy



Council would like your comments on the draft Sportsground strategy which covers a diverse range of sportsgrounds, fitness groups and facilities.

Help us make better decisions on what you would like to see in the Shire.

Visit: hornsby.nsw.gov.au/sportsgroundstrategy

Street Libraries



Hornsby Shire Council is paving the way to encourage more street libraries in our shire. Council has adopted a draft policy that, for the first time, will allow street libraries to be placed on public land.

The draft 'Street Library on Public Land Policy' is currently on exhibition.

Visit: hornsby.nsw.gov.au/streetlibraries



**Funding for
NSW public libraries
is at crisis point!**

Sign up to renew NSW libraries

Visit hornsby.nsw.gov.au/library



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Keeping our Bushland Shire green

Hornsby Shire Council is committed to investing in the environmental future of our shire.

You can get involved by taking part in our tree planting events or picking up a free tree at Council's Native Plant Giveaway.

Visit: trees.hornsby.nsw.gov.au





BIG CHANGES AT HORNSBY HOSPITAL



I am proud to have turned the first sod to mark the official start of the \$200 million Stage 2 redevelopment at Hornsby Hospital. I was pleased to share this occasion with the wonderful staff from the Hospital, who do an amazing job looking after our community.

The redevelopment is about providing a better experience for patients, carers, staff and visitors to Hornsby Ku-ring-gai in a purpose-built facility that meets the needs of the community well into the future.

The \$200 million redevelopment will deliver a refurbished and expanded Emergency Department. While the new Clinical Services Building will accommodate a wide variety of specialities including

a combined Intensive Care and High Dependency Unit, combined Respiratory/Cardiac and Coronary Care beds, Ambulatory Care Centre, Medical Imaging and Paediatrics just

to name a few. This will become a one stop shop making it easier for patients visiting the hospital.

This is in addition to the \$19.8 million multi-storey car park which

is due to be completed at the end of this year and open to staff, visitors and the public in early 2019.

The Stage 2 redevelopment is expected to be completed in 2021.

RURAL ROUND UP

For too long now residents of Hornsby Shire's rural area have endured delayed traffic movement, business disruption and compromised pedestrian safety along the incomplete New Line Road. This month Hornsby MP Matt Kean, Epping MP Damien Tudehope and Berowra MP Julian Leeser met with Minister for Roads Melinda Pavey to make our case for the completion of this critical gateway to our community. They have heard our communities concerns, especially in regards to

increased traffic movements from neighbouring shires, and will seek the necessary funding to relieve the congestion. Watch this space...

Hornsby Shire Council has endorsed the Public Domain Strategy. I pushed for the inclusion of Galston as a priority recipient of this strategy and I have been successful. Galston will now receive the benefits of a Public Domain Plan, which will deliver improvements to parking, pedestrian access, footpaths, traffic flow, landscaping, street furniture



COUNCILOR WARREN WADDELL

and better integration of both public and privately owned property. This will coincide with the further identification of Galston as the rural library and information hub within our Community Strategic Plan. I will continue to seek community input into how we may better improve all the villages within the ward.

State funding has also been secured to facilitate a revision of our planning documents. This work will be completed over the next two years and will modernise our policy and planning instruments for

the future. Your Councillors have ensured that the vision for the rural area has been included and assigned an appropriate allocation of this funding. This is a clear opportunity for me to present desirable outcomes as they are put to me by the community.

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

 **Matt Kean MP**
Member for Hornsby
Minister for Innovation and Better Regulation

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- Recognising State achievements

Contact Matt

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[matt_keanmp](https://www.facebook.com/mattkeanmp) [facebook.com/mattkeanmp](https://www.facebook.com/mattkeanmp)

As your MP, I am here to:

- ➔ Assist with accessing federal government services
- ➔ Attend your local community event
- ➔ Arrange congratulatory messages

Please contact my office if I can be of assistance.

JULIAN LEESER MP
Federal Member for Berowra



📍 Level 11, 423 Pennant Hills Road, Pennant Hills NSW 2120 ☎ 9980 1822
📧 julian.leeser.mp@aph.gov.au 🌐 julianleeser.com.au 📘 [julianleesermp](https://www.facebook.com/julianleesermp)

Authorised by Julian Leeser MP Liberal Party of Australia, Level 11, 423 Pennant Hills Road, Pennant Hills NSW 2120.



MORE THAN 100 LOCAL BEROWRA GROUPS UNITE FOR A 'SUICIDE SAFE' COMMUNITY

On 31 July, Julian Leeser MP, federal Member for Berowra, hosted a Lifeline training session for community leaders from across his electorate in Northern Sydney. More than 170 people participated, representing around 100 local community organisations. Participants included representatives from local sports clubs, churches, schools, Parents and Citizens groups, Rotary, Lions, Toastmasters, the Scouts and other civic groups in the area. The session was held at the Hornsby RSL.

"Since I was elected in 2016, I have placed suicide prevention at the front and centre of what I hope to achieve as a Parliamentarian," said Mr Leeser, who lost his own father to suicide.

"In the past decade, 109 people in Berowra have died by suicide. Building close-knit, resilient local communities is a critical response to this crisis."

"My goal is to make Berowra a 'suicide-safe' community. My first step is to partner with local community groups and to build up the skills of recognising when people are in crisis and how we, as individuals, can help them."

Mr Leeser directly challenged participants to undertake Lifeline's Accidental

Counsellor Program within their organisations. More than 15 organisations took a pledge to do so on the night, with many more expressing an interest.

"I am immensely buoyed by our community's support for taking decisive action on suicide prevention," said Mr Leeser.

"Berowra is leading the country on suicide prevention. I intend to challenge my parliamentary colleagues to mobilise their electorates to undertake a similar program. Together, we can make a difference."

Ms Wendy Carver, CEO of Lifeline Hills to Hawkesbury, said that she was excited by the innovation of Mr Leeser's community forum.

"I am moved by the amazing groundswell of community support and interest in tackling the challenge of suicide that this forum has generated. Bringing together all these groups has never been done before. I want to thank Julian for this trailblazing initiative that we think will have important ramifications. We at Lifeline feel very fortunate to have his support and enthusiasm."

Mr Ted Nabung, Principal of Hornsby Ku-Ring-Gai Community College, said that he was struck by how

confronting asking friends and family about suicide could be.

"The program tonight really hit home with me," said Mr Nabung.

"When we dare to ask someone if he or she is contemplating suicide, we're faced with the problem of being awkward or even the question of compromising your friendship. This is a risk, but what I got out of the night is that this is a risk worth taking."

Ms Cutty Felton from Lifeline delivered Lifeline's *Dare to Ask* program. Participants learned:

- How to recognise potential signs that another might be thinking about taking his or her life
- How to ask about the question and respond to someone's answer using the skills of empathy
- That we are never responsible for the decisions that others might make, but we can make a significant difference by having the courage to start the conversation and the knowledge of where to access help
- The necessity to prioritise self-care as Daring to Ask another who is struggling can be highly confronting.



Julian Leeser, federal Member for Berowra, addressing the crowd on his vision for a "suicide-safe" community.



Julian Leeser, federal Member for Berowra, with the three speakers (left to right) Daniel Merzrani who spoke about his lived experience; Wendy Carver, CEO of Lifeline Harbour to Hawkesbury; and Cutty Felton, Lifeline trainer.



Wendy Carver, CEO of Lifeline Harbour to Hawkesbury addresses the crowd.

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WHAT'S ON
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Sunday Sessions

LIVE MUSIC EVERY SUNDAY
in our beer garden
12-2.30pm

Listen to live music, enjoy a drink and meal with friends and soak up the sun



RUBY FRENCH
Sept 9th



BAKERS LANE
Sept 16th



AMY SALMON
Sept 23rd



ABBEY GARDNER
Sept 30th



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BOP TILL YOU DROP!

WHERE: Glenorie RSL Club
WHEN: 5pm Wednesday Oct' 31st
ENTRY: \$5 per child
R.S.V.P: Monday Oct' 29th

OXFORD POET

with special guests

SOUTHSCOPE | WARWICK KENNEDY



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With special guests

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DOUBLE VISION

FRIDAY OCT 19TH

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GALSTON RURAL FIRE BRIGADE NEWS

By Kara Dubois

Recruitment Drive: Join Your Galston RFB now!



Volunteer fire fighting has been part of the Australian community for 160 years. Whilst the methods, equipment and technology behind fighting fires has changed over the years, the

one thing that hasn't changed is the sense of 'family' you get by being part of a local fire brigade.

The Galston Rural Fire Brigade is currently looking for more passionate members of the community to join our family.

If you have ever thought about joining the RFS now is the perfect time to do so. Galston will be holding a recruitment and information day on **Saturday the 8th September**.

Women and men of all ages and all walks of life are welcome to become part of the RFS family. Firefighters are more than just the stereotypical icon.

We're even encouraging whole family units to join up at the same time. We have many members of Galston who are from the same family...including wives and husbands, parents and their children, and siblings.

If you're interested in joining or want more information, pop into the station on recruitment day or get in contact with us using the brigade contact information below or even send us a message on our Facebook page.

Recruitment Day Details:

Date: Saturday 8th September 2018

Time: 12pm-4pm

Where: The Galston Rural Fire Brigade Station, The corner of Johnson Rd & Mid Dural Rd, Galston

Are you BUSH FIRE READY?

Getting ready for a bush fire is easier than you think. By taking 20 minutes with your family to discuss what you'll do during a fire, you could save their lives, as well as your home.

FOUR SIMPLE STEPS to get ready for a bush fire:

STEP 1 - DISCUSS WHAT TO DO IF A BUSH FIRE THREATENS YOUR HOME

Many households find that having a discussion over dinner works best as everybody is together and focussed.

STEP 2 - PREPARE YOUR HOME AND GET IT READY FOR BUSH FIRE SEASON

There are simple things you can do around your home to prepare it for a bush fire, like keeping the grass low and having a cleared area around your home.

STEP 3 - KNOW THE BUSH FIRE ALERT LEVELS

If there is a fire in your area you will find its alert level on the NSW RFS website and in the 'Fires Near Me' app. You need to keep track of the alert level so you know what you should do.

STEP 4 - KEEP ALL THE BUSH FIRE INFORMATION NUMBERS, WEBSITES AND THE SMARTPHONE APP

In a bush fire, it's important that you stay up to date on conditions in your area.

For more bush fire related information please visit the RFS website: www.rfs.nsw.gov.au or call the Bush Fire Information Line - 1800 NSW RFS (1800 679 737)

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

GLENORIE RFS NEWS

Incidents

The Brigade has attended a number of incidents, including a fire on council land next to our station. With the current weather conditions, multiple Brigades are being dispatched to each call to ensure there are sufficient resources available to deal with the incident.

Have fire, will travel

Deputy Captain Craig Whiteman volunteered to join a Remote Area Firefighting Team (RAFT) deployment to the Bega area to assist with a fire burning in difficult terrain. While fires of this nature are not typical of this time of year, the snow that occurred at the end of the deployment was not.

Fire Danger Period and Fire Permits

Much of eastern NSW will have an early start for the Bush Fire Danger Period, now commencing on **1st September**. During this period a Fire Permit is required for fires other than cooking fires that are in a permanently constructed fireplace; surrounded by ground that is cleared of

all combustible materials for a distance of at least two metres all around. All permits have standard conditions that the permit holder must remain on site until the fire is extinguished and adjoining neighbours and the RFS offices at **Hornsby (9883-2000) or The Hills (9654-1244)** must be notified at least 24 hours (unless specified otherwise) prior to the fire being lit. Do not ring the station. Permits may be varied, cancelled or suspended, depending on weather conditions.

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 Facebook page [Glenorie Rural Fire Brigade @glenorierfs](https://www.facebook.com/GlenorieRFB)
Email: glenorierfs@outlook.com

Residents should call Triple Zero if they see an unattended fire.



COME AND GET READY WITH ARCADIA

Peta Gormly &
Michael Elvidge

On Saturday the **22nd September** from **11am – 3pm** the station will be open for the Get Ready Weekend. This initiative aims to prepare you, your family, and your community for the upcoming fire season. Arcadia has been busy, planning away, to offer you an informative and inclusive event. Come for a BBQ, and have a chat to our friendly fires about the risks specific to the Arcadia area. If you've got a portable pump then bring that along too if you need a hand with it. We will have sessions on how to best protect your home, the past history of fires in our area, and what to do with your animals. Bring the kids too!

Station opens **11am**, come grab some lunch at our BBQ!
12 pm – Preparing you home tips and tricks + local bushfire history
1 pm – Pumps session – When did you last test yours?
2 pm – Kitchen fire demonstration

Preparing your animals for incidents, kids activities, and registering your property for bush fire inspection will run from 11am – 3pm.

With the fire season nearly upon us and the unrelenting dry autumn

and winter we've experienced, we must push this message of preparing for survival. Our last major fires in this area was in 2002, we must not become complacent. Further to this message of planning and preparing, whilst undertaking pile burns to reduce your own bushfire hazards, please ensure that adequate water is at all times accessible, and that the pile burn is constantly monitored. Over the past month there have been numerous preventable fires that started as escaped pile burns. Don't be the risk to your neighbours and wider community.

In August Arcadia, alongside Galston and Dural RFB, Fire & Rescue Castle Hill, Police, and NSW Ambulance, we assisted an injured bushwalker from an arduous trail. We had a great outcome, and it was an excellent demonstration of interagency cooperation and cohesion. This work we do with other agencies is something we continuously work towards improving. Whilst we continue keeping up with Arcadia, just under 12 months ago the Arcadia brigade started a long-term plan to ensure that we were fully prepared when on the many and varied incidents we work



with our friends and colleagues at Fire & Rescue Castle Hill. This has involved joint exercises at both the Castle Hill and Arcadia stations, and orchestrating a large-scale training exercise at Vision Valley in Arcadia. This training event involved 6 RFS brigades, from the Hornsby/Ku-Ring-Gai and Hills districts, and Fire & Rescue A Platoon. This multifaceted training scenario was focused on dealing with a very large structure fire with people reported being missing inside the building, while also testing the fireground management, breathing apparatus, communications and first aid.

From the fantastic feedback from all involved, it was agreed that we need to continue to do this joint training, which we did. Both Arcadia and Castle Hill's A Platoon developed the next steps of the training program, which was focussed on using Fire & Rescue's computer-based scenario training system. From the initial success of this we opened this up to other RFS brigades, Galston, Dural, and the Hills district. While we train we continue to build on the already great relationship we have with Fire Rescue, this ensures that we have a cohesive teamwork and approach while we are working together.

OFFICIAL START TO BUSH FIRE SEASON BROUGHT FORWARD

NSW Rural Fire Service (NSW RFS) advises the statutory Bush Fire Danger Period has been brought forward and will commence on 1st September 2018, one month ahead of the usual commencement date.

Inspector Rolf Poole, Acting District Manager said, "The early start to the Bush Fire Danger Period is a result of the current drought conditions and elevated fire risk being experienced across the state and in the local government areas."

"This action to bring forward the official Bush Fire Danger Period is being taken to better manage the fires being lit in the open, for legitimate reasons, and to mitigate

potential fire escapes."

The Bush Fire Danger Period will run from 1st September 2018 to 31st March 2019 and fire safety permits are required for open burning activities including pile burning, hazard reduction burning activities, during this period.

A Fire Safety Permit can be obtained free of charge by contacting the local Fire Brigade or Fire Control Centre and is an additional requirement to environmental approvals that are required all year round.

"Significant penalties apply to those who light fires in the open without a permit, without

providing the mandatory notice or for allowing a fire to escape your property", Inspector Poole said.

Offences under the *Rural Fires Act 1997* include fines in excess of \$1,100 for failing to notify authorities prior to lighting, or lighting fires that are dangerous to buildings. Unlawfully leaving a fire unattended before being extinguished, attracts a fine of \$2,200.

"Whilst this is not the first time the Bush Fire Danger Period has been brought forward due to the current conditions, it is a bit of a wake-up call for authorities and the greater community to be cautious

and prepared during the bush fire season."

Further information regarding Fire Permits can be obtained from www.rfs.nsw.gov.au



MIDDLE DURAL RURAL FIRE BRIGADE NEWS

By Jo Cameron

We have had a run of glorious weather, but dry and very windy, so once again, the fire season is here. Our Brigade went to several fires in winter, one a pile burn that got away. We also finished off the Wyoming Road hazard reduction, next to Langford Road. Many thanks to members of other Brigades that took part in this burn: Annangrove, Glenhaven, Glenorie, Maroota, Round Corner and North Rocks. Thanks Guys, you're Legends! Many of the properties have fences going to the edge of the gully so access was sometimes challenging.

Fire has a nasty habit of getting into tree roots, under green grass,

or into peaty matter, in a silent and potentially devastating manner. Our picture shows the base of a beautiful, apparently healthy, Sydney red gum, ten days after a hazard reduction this year. There was no indication of fire anywhere in this tree until three days afterwards when smoke was sighted coming out the leaf canopy. Was it an ember, or fire travelling underground invisibly along a root? We don't know, but, importantly, you should be aware of the potential for this to happen when you light a fire.

From the day the fire season is declared, you must not burn any pile or any bush. If you have a compelling need to burn a pile, you must obtain a permit from your local fire brigade

(Middle Dural Senior Deputy Ken Middleton 0417 205 088). You may have a barbecue if the fire is in a permanently constructed fireplace; at a site surrounded by ground that is cleared of all combustible materials for a distance of at least two metres all around; and if the fire is completely extinguished before you leave it.

Check with The Hills District Office (9654 1244), if you have any doubts.

Training is ongoing. Some of our



members attended a Refresher course on the use of fire-fighting foam, which acts as a fire retardant and holds water where it's wanted.

The members of Middle Dural Brigade wish all our residents a wonderful, but safe and fire-free summer.

2018 INALA FAIR

Date: SUNDAY 16TH SEPTEMBER 2018 | Time: 9:00 AM – 3:00 PM

Where: Cnr Castle Hill & Franklin Rds Cherrybrook.

Entry from Franklin Road.

In 2018, Inala is celebrating our 60th Anniversary and we encourage the community to join us at our annual Inala Fair, an event renowned throughout the Hills District. Held on Inala's magnificent grounds in Cherrybrook, the Inala Fair is a fun day for the whole family! This year the fair will feature:

- Pony rides, Jumping castle, Animal Farm and face painting for the kids
- Christmas shopping can be completed easily by simply visiting our hand made, high quality craft stalls, which sell unique and beautiful gifts
- Visit the ever popular clothing boutique featuring new and pre loved clothes, shoes & accessories

- Book lovers can easily spend an hour at our enormous book stall, and new mums and dads can purchase beautiful, hand knitted and home made babies and children's clothing at the children's stall in our hall.
- Try your luck at the chocolate wheel, and hunt for treasures at the white elephant
- Stay for lunch and enjoy the delicious food including gourmet food stalls, homemade cakes, pies and other tasty treats.

The Inala Fair is a fun family day out with great prizes and attractions. Enjoy live entertainment featuring the Hills District Pipe Band, Nova Studios, Cherrybrook Technology High School Big

Band, the Special Olympics Performance Group and more.

We'd love you to get involved! Come along on the day or if you wish, you can assist us in a number of ways:

- Purchase a Raffle Ticket online www.inala.org.au/raffle-fair
- Sell a book of Raffle Tickets to your family, friends or in your workplace
- Print the Fair promotional Flyer and it put it on your office noticeboard. Download at www.inala.org.au/inala-fair-flyer-2018
- Volunteer to help out on the day (help also needed on Saturday 15th and Monday 17th September)
- Donate a prize



For more information about getting involved, please contact our Events Manager, Georgie O'Reilly by emailing events@inala.org.au or call 02 9680 1000.

All proceeds raised will help Inala provide opportunities for individuals with disability to create, connect and grow.

Founded in 1958, Inala is committed to providing the highest quality support to individuals living with disability through a range of flexible Accommodation, Day and community supports. We are proud of our reputation for excellence, warmth, and care given to individuals and their families.

For further information, enquiries or specific stories please contact: Lucy Regan, Communications and Engagement Manager, Inala M 0425 285 707
E lregan@inala.org.au. Visit www.inala.org.au/events

3-9 SEPTEMBER 2018

NATIONAL STROKE WEEK

Every step counts towards a healthy life

This National Stroke Week (**September 3-9**) the Stroke Foundation is spreading the word that 80 percent of strokes can be prevented by living a healthy lifestyle.

Given there will be more than 56,000 strokes in 2018 alone, now is the perfect time for Australians of all ages to make small steps to improve their health and reduce their stroke risk.

Steps include increasing physical activity, eating a balanced diet, moderating alcohol consumption, avoiding smoking and managing blood pressure and cholesterol.

More than 2300 community activities will be held across the country during National Stroke Week. Activities range from free health checks, to morning teas, information stalls, talks from stroke survivors and personal or team fundraising challenges.

Why should you care?

- Stroke can impact anyone of any age.
- There is currently one stroke every nine minutes and that is on track to reach one every four minutes by 2050.
- The burden of stroke in Australia has risen quickly in the past two decades, not only impacting individuals, but those who love them most and the health system.

Ensure you know the FAST signs

- F - Facial drooping
- A - Arm weakness
- S - Speech difficulties
- T - Time. If you notice any of the above symptoms, time is of the essence. Call the emergency services or go to the hospital.

For more information, go to www.strokensw.org.au

ARCADIA PONY CLUB PCA NSW AWARDS

Two members of Arcadia Pony Club have been recognised by the Pony Club Association of NSW in their annual awards.

Paul Cairns, an instructor and also Arcadia Pony Club's instructor's "mentor" has been recognised as the 2018 Volunteer of the Year for Zone 23. Paul first joined Arcadia Pony Club in 2006 (over 12 years ago) and has served as an instructor for a number of years from 2006 to present. He has also served on the Committee in a variety of roles and most recently as Vice President in 2016.

Fifteen year old Virag Toth (pic below) was also recognised by PCA NSW as the 2018 Junior Service Award recipient for Zone 23. Virag has attended Arcadia Pony Club for nearly 3 years and has a consistently high attendance record. She always assists with set up for rally days and for all Zone events and is always smiling and has words of encouragement for everyone at the Club. She also takes a special interest in engaging and encouraging with the younger members.



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

Cattai Creek Walk

Kellyville

Sunday, 30 September | 10am – Midday

Walk amongst the tall timbers in the valley of Cattai Creek, Kellyville. Then climb up to the sandstone ridge heath above the valley where there should be wildflowers at this time of the year. This is a rugged walk on mainly unformed bush tracks.

Distance: 4.5km | **Grade:** Moderate

Bush Treasure Hunt School Holiday Walk

Fred Caterson Reserve | Castle Hill

Thursday, 4 October | 9.30am – 11.30am

A walk for children ages 8-13 and their carers. Come and find bush tucker plants, which were used by the early settlers and animal homes on this easy walk.

Walk & Discover The Hills

Walks are free and 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 walk.

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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



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HORSE & PONY CLUB NEWS

ARCADIA PONY CLUB – FUN AND FRIENDSHIP WITH GLENORIE PONY CLUB!

On Sunday, 15th September Arcadia Pony Club invited their friends from nearby Glenorie Pony Club to be a specially planned rally day. With the school holidays on there was a great turn out from both Clubs.

The instructors from Arcadia did a wonderful job of planning and delivering a variety of activities including a full show jump course catering to all levels (from led upwards), a rider-in – action course and a range of mounted games sessions.

The members from each club were organised into riding levels and it was wonderful to see the riders from the two different clubs having so much fun together.

And the day didn't stop at lunch with delicious food from the canteen – it ended with the very competitive "unmounted games". With ponies all fed, watered and enjoying a break in the yards,

two teams were formed with each team made up of members from both pony clubs. There was lots of laughter and enjoyment with the two relays of a different type of water balloons and apple bobbing with the winners ultimately being the ponies that ended up with the left over apples!

A huge thank you to the Arcadia Pony Club instructors for their planning, coordination and efforts on the day. Arcadia Pony Club would also like to thank the Glenorie Pony Committee for supporting the day, especially Club Secretary Paige Cape for all her help with organising the day along with the Rider-In-

Action session on the day.

The values of Pony Club are about fun and friendship and enjoying all facets of horse riding. These joint rally days exemplify these values.

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

Arcadia Pony Club has a "come and try" programme for riders aged between 4 – 25 years with their own horses or ponies where you can come along to a



Members from Arcadia and Glenorie Pony Club with their rainbow ribbons!

Rally Day and gain some riding instruction, meet new friends and have a lot of fun.

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

Thinking of instructing?

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

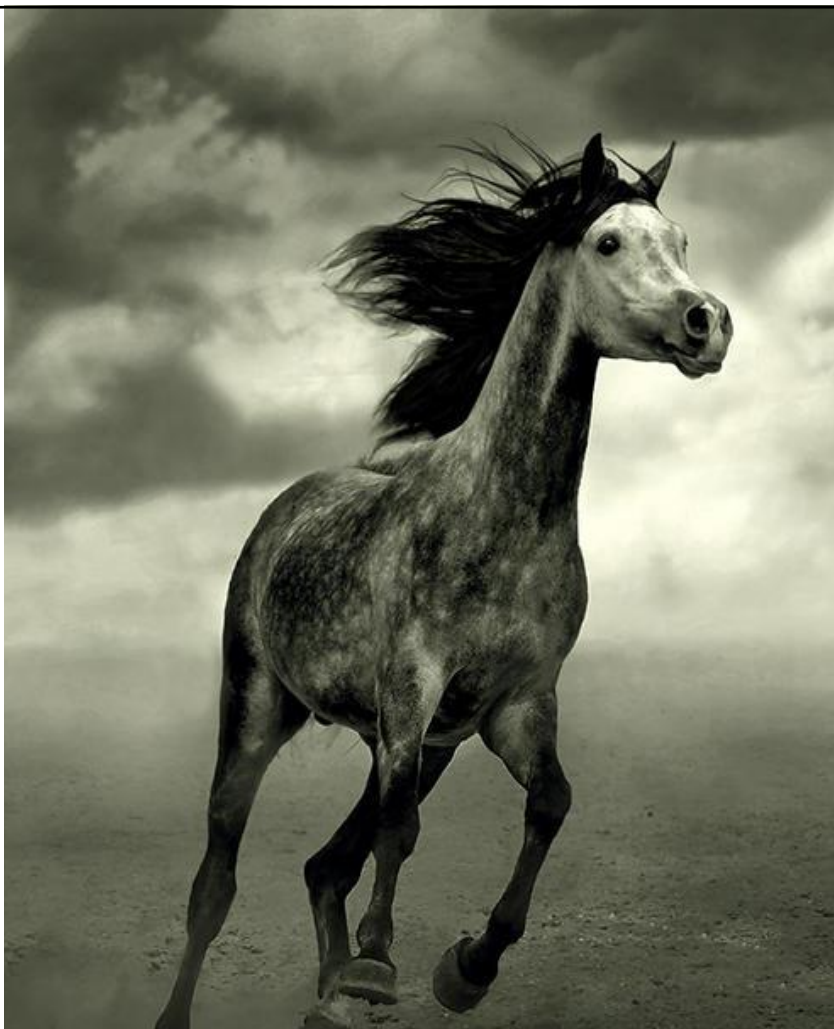


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GALSTON EQUESTRIAN CLUB - SUCH A BUSY CLUB, GIVING MEMBERS SO MUCH FUN!

On the 17th July GEC held another Horsemanship Day with Suzi Deryk of Crackerjack Horsemanship. Members had a fun day following up on last month and had their questions answered about how to keep their horses' mind on them and to focus on the activity at hand. It was a lovely friendly and social opportunity for people to learn more about ground work and taking these skills to the saddle.

We had a small and very relaxed members Dressage day on 22 July. It was a great opportunity for first timers to do their first Dressage test and for seasoned campaigners to try the next level up. It was great to see all riders had their own cheer squad! Thank you to our lovely judges – Pam Dalrymple, Sue Birch, and Tori McBeath for judging and their encouraging positive comments. Special thanks to our regular sponsors Coprice feeds and Horseland Dural for their usual generous prizes. Special mention to our second place sponsor Spiritual Athletica Yoga & Pilates Boutique Studio at Dural who gave starter packs of yoga and reformer classes. This is a local business run by GEC Member Amanda Burke. Amanda can keep riders as balanced and supple as their Dressage horses.

What a very busy weekend GEC had on the 11th and 12th August! On Saturday we started with our popular Car Boot Sale,

and many happy customers went home with excellent bargains, while enjoying coffee and cake in the sunny weather. At the same time, we ran another successful show jumping clinic. Nineteen riders participated in small group classes ranging from 40cm to 1m and as usual, many found Keira's encouraging manner combined with practical tips to improve the balance of both horse and rider very helpful. The Club's policy of investing each year in one or two new jumps means that riders had the chance to practise over a good variety of poles and fills. Thank you, Keira, for your boundless energy, enthusiasm and your passion for getting riders to stretch themselves just that little bit further."

On Sunday, we had our Horse's Birthday Party and Fun Day, and Paul Cairns training Légèreté (French Classical Dressage) running in another arena. There have been two Club Légèreté days since my last entry. There is growing interest which is great for the health of our horses.

We are showing the world how to get to high school or advanced movements or even just balance between jumps while maintaining respect for our horses. This is training which does not need side reins or tight nosebands. Come and see for yourself... our next event is on **Sunday 28 October**.

GEC celebrated the horse's birthday in style this year. We had a day of games (bending, apple-bobbing, polo goals, egg and spoon, etc. – such fun) and an obstacle course, with two teams competing, so there was lots of cheering, clapping, encouragement and laughter - with lots of interesting reactions to our famous "bull" (thank you, Kim Milne, for making Ferdinand!) and the Liverpool jump, complete with 12 little plastic yellow ducks (I am sorry Quizzzy tried to eat one!). We all had a memorable day and enjoyed the carrot cake (of course!), and prizes and party bags with thanks to donations by Horseland Dural and Leonie Warner (Joint Performance). Thanks

also to Robyn Finfer, Sue Southey and Jan Tribe for helping with the planning and smooth execution of the day.

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 :


- 9 September Working Equitation with Kim Peterson
- 18 September Horsemanship
- 22 September Dressage Protocol Day (with A and B grade judges! Learn from the best!)
- 23 September Official Dressage Competition
- 2 October Training day with Caroline Hooper - Flat work and Sandy Lucas - Showjumping
- 14 October Agility with Suzanne Bellette
- 16 October Horsemanship



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Arcadia Public School is a unique learning environment, because of its size and beautiful grounds but mostly because of the people and the culture that embraces each of our students. The theme for Education Week 2018 was 'Today's schools – creating tomorrow's world'. "Tomorrow for our students is built on who and what surrounds them today and the role models who excel,



not because someone is watching but because of a sense of responsibility and the pride they take in a job well done." This absolutely describes Diane Jamieson, our fabulous school cleaner. Students, families and community members had the great pleasure and privilege of celebrating Diane at a special assembly on August 17. Diane has been a dedicated and meticulous

cleaner at Arcadia Public for 40 Years! We say thank you and congratulations to an amazing woman we can claim as our own and who is Proudly Arcadian in every way!

Visit our website www.arcadiaschool.com.au or phone the school on 96531207 to learn more about what makes Arcadia Public School such a great place to learn.

HILLSIDE PUBLIC SCHOOL STUDENTS EXCELLING

Once again Hillside students have excelled on the sporting field. The Touch Football Team is undefeated and has progressed through to the final knockout rounds later this term. A wonderful performance. Our athletics team has represented the school with pride at the Beecroft Zone Athletics Carnival. A number of our students and the mixed relay team have made it through to the Sydney North Carnival at Homebush. Outstanding performance by the whole team.

All students have a personal learning plan to ensure they are provided with every opportunity

to reach their full potential. Teachers work collaboratively to devise activities to cater for the differing learning styles and abilities of each student. Whether it is one-on-one support for reading or the challenge of the Maths Olympiad Competition there are appropriate programs for every student. The small class sizes also make sure the students do not 'fall through the cracks', which sometimes can happen in schools with larger class sizes.

All of our Year 6 students have the responsibility of being school leaders. They organise and run assemblies, greet and give vote of thanks

to all visitors, are the library monitors and regularly assist the teachers and staff. Every day you will find our Year 6 students ensuring the younger students are happy and have someone to play with during break times. Our students excel once in high school because of the tolerance, empathy and leadership skills they learn whilst at Hillside.

If you are looking for a school where your child is



nurtured and given every opportunity to reach their full potential, then Hillside is your school. We are now enrolling for 2019.

If you would like to know more about our awesome school, please contact the school office on 9652 1459.




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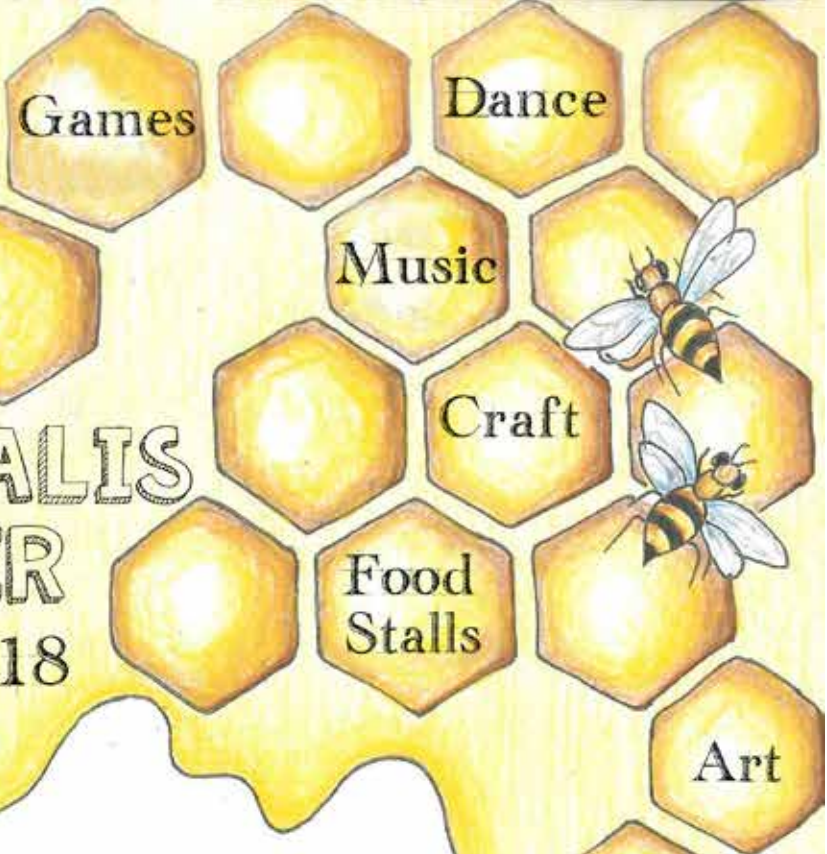
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GALSTON PUBLIC SCHOOL

By Carole Weiss

Education Week Open Day, saw students participating in a Book Character Parade, and an Honour Assembly where the Senior Band and the Dance Group both gave superb performances. A Book Fair was supported by parents who generously donated new and engaging books to the Library and Open Classrooms which offered a delightful time for parents and visitors alike to share their children's efforts. Finally a picnic lunch



was enjoyed by many families to conclude this wonderful day.

Year 6 Peer Support Leaders recently completed a Training Day. This valuable training day was in readiness for this year's Peer Support program which will run for eight sessions on 'Living Positively' – a module which focuses on optimism. The module will support students to develop the skills, knowledge and attitudes necessary to identify their individual strengths and maintain a positive outlook on life. Students will be involved in activities to help them develop skills such as resilience, coping, critical thinking and planning. Peer leaders have planned each session using the material from Peer Support Australia. Congratulations to the leaders for the commendable skills they displayed in running their first lesson and also to the K-5 students who showed respect and consideration by working so well in their peer groups.

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

SAVE THE DATE

Glenorie Public School



23rd September 2018
10am to 3pm
School Ground

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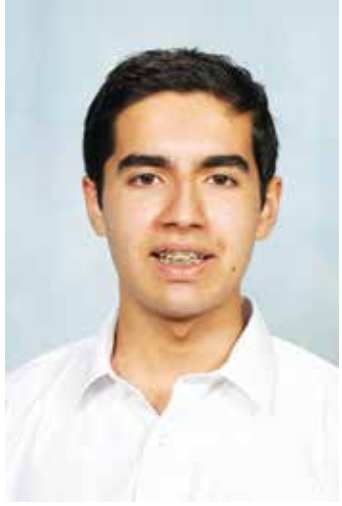
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Yummy Food	Taekwondo Exhibition	Face Painting
Market Stalls	Kids Fun Zone	Much more!

NEWS FROM GALSTON HIGH SCHOOL

Galston High School student, Ethan Marlow, selected to attend prestigious UBS Finance Academy



Ethan Marlow is one of 40 year 11 school students from across NSW who recently attended a week long, fully subsidised residential course designed for attendees to gain a

first-hand insight into financial markets and the many career paths open to them. Ethan was chosen after a rigorous application process that outlined just how outstanding this young man is. As dux of Year 9 & 10, Ethan has consistently been ranked first or second in his subjects. His passion in Mathematics has meant that he currently is accelerated in 2 Unit and Extension 1 Mathematics and will sit the Higher School Certificate this year. Ethan loved learning about the corporate environment. As he says, 'I particularly found the lectures by the equities managers especially insightful. I also enjoyed meeting so many interesting students from all over NSW who I still keep in contact with'. Congratulations, Ethan. A well-deserved reward for all your dedication and hard-work.

Galston Colour Run

Galston High School students were very excited to be involved with



Rotary Galston and the Galston and Glenorie News in the Alan Clarkson Colour Run Festival held recently at the Galston Recreational Reserve. Congratulations to all the organisers for putting the time and effort into providing such a fun community event for everyone to enjoy. Thank you



also to the continued support of the Galston Branch of the Bendigo Bank.



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NORTHHOLM STUDENTS SUPPORTING OUR FARMERS

Inspired by the "Five for a Farmer" campaign, Junior School Captain, Rosie Kenny (Year Six) led our Junior School in working towards supporting farmers on **Monday 13 September 2018**.

"The whole Junior School came dressed as farmers and we raised over \$900 to help drought stricken farmers" said Rosie. "It was wonderful to see everyone get involved and I was proud to be part of it".

Rosie had heard about the "Five for a Farmer" campaign at the same time she was listening to one of her teachers talk. "Miss Barlow told us that her parents, who are farmers, have never seen it so dry for so long so I asked her if we could do something to help. When I suggested we join in

the 'Five for Farmer' she happily agreed."

Year Three Teacher, Mr Milner, then set up a lesson and FaceTimed his brother, Matt, who is a farm manager of a cotton farm and was able to talk to the students and show them the effects the drought is having. Students came to the lesson with questions prepared to ask Matt. One student asked how the drought has affected his passion for farming, to which Matt replied "if anything it has made my passion stronger and has pulled the farming community together." One parent commented "What an awesome learning experience! My children couldn't talk about anything else last night."

Year Eleven student, Chantal Parle, also has been

working on ways to help our farmers.

"Farming is far more important to Australia than many people realise and, as part of my involvement in the Leadership Program, my intention is to try to make a difference and support our farmers" says Chantal. "The new Northholm Coffee Cart, currently coordinated by the Agriculture Department, is now selling coffees to members of Staff and Year Eleven and Twelve students each morning from 7.45am to 8.20am. Sales profits will go directly to 'adopting a cow' and help a farmer keep his cattle alive during this crisis".

Year Eleven Agriculture Students also took Year Four and Year Two students to the School's working farm to help feed the cows and sheep. Students were excited to be part of the farming experience, while gaining a better understanding of how important farming is to our society.



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MUSIC & ARTS



PIANO PICTURES FOR GALSTON CONCERTS

International pianist Tonya Lemoh brings her *Piano Pictures* program to The Galston Concerts on **Sunday 16 September**.

Featured will be the tuneful, virtuosic and ever-popular *Pictures* at an Exhibition by Russian composer Mussorgsky, with its famous *Great Gate of Kiev* finale.

The *Pictures* also portray other paintings by artist Victor Hartmann – children's games, a ballet of half-hatched chickens, a busy marketplace, mythological

creatures and more – inviting audience imagination.

Maintaining the visual theme will be selections from *Watercolours* by Tan Dun (of *Crouching Tiger, Hidden Dragon* film score fame) and pictorial music by French composer Debussy in his centenary year.

Classical greats Beethoven and Liszt are also rumored to be making an appearance in the musical exhibition.

Tonya's annual European successes include recent concerts in Scandinavia and a CD launch with her Copenhagen Piano Duo.

A busy Australian career as performer,

teacher and examiner from Tonya's family base in Hornsby Shire makes her very much an international 'local'.

The Galston Concerts, starting at 2pm in Galston Uniting Church, 11 School Road, Galston, are fast approaching 'house full' capacity.



Advanced bookings can be made online: www.trybooking.com (search Galston) while phone requests and enquiries about tickets 'on the day' should contact 0412 037 069.

Castle Hill Art Society Inc.

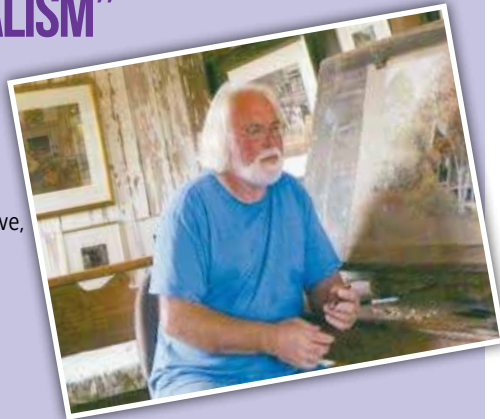
GREG HANSELL

PASTEL DEMONSTRATION ... "TRADITIONAL REALISM"

Wednesday 3rd October 7.30pm

Visitors are welcome to join us for these demonstrations at Castle Glen Community Centre, 155 Ridgescrop Drive, Castle Hill.

Enquiries 9899 3179.
Visit www.castlehillartsociety.org.au



ORANGE BLOSSOM FESTIVAL ANNUAL ART AWARDS

presented by Castle Hill Art Society

Castle Hill Art Society will be holding the Orange Blossom Festival Annual Art Awards from **Friday 21st to Sunday 23rd September, 9am – 4.30pm**.

Visit us at Castle Glen Community Centre, Ridgescrop Drive, Castle Hill (behind Knightsbridge shops) and see wonderful artworks for sale. Opening night **20th September 7pm**.

Be sure to stop at our stall at the OBF Community Fun Day at Bella Vista Farm on Sunday 16th September and add your artistic touch to the community canvas and chat about art.



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GALSTON UNITING CHURCH



CHURCH

RURAL FIRE SERVICE — BLESSING SERVICE

As residents of The Hills surrounded by bushland, I'm sure that we are all too well aware of the debt of thanks that we owe to our "firies". These volunteers are prepared to put themselves in harm's way for us and give their time and energy to protect us from fire. This is especially so during our hot summer bushfire season.

It is therefore only fitting that we hold them in our prayers and ask for God's protection of them before the fire season commences. Thus, for several years now, Galston Uniting Church has held an annual RFS Blessing Service for local RFS Brigades, with the purpose of asking God's protection

for our volunteers and the "Blessing of the Fleet".

This year's blessing service was held on Sunday 19th August. Imagine the church, a sea of yellow uniforms with some in more formal "administrative" attire, and the church driveway full of red fire engines. Despite an extremely early start to the bushfire season, the

local brigades were well represented. In fact, some of the Arcadia brigade had been on an all-night call-out but still managed to attend. Unfortunately, some other brigades such as Glenorie, were well and truly on duty! But our thoughts and prayers go with them.

The main speaker on this occasion was Rev. Nich Cole. Nich is a former member of Galston Uniting Church and also a former member of the Arcadia RFS Brigade and is currently an RFS chaplain and minister at Mt. Colah Uniting Church.

At the conclusion of the service, the "firies" and the fleet of fire engines received a "spray" from our minister Rev Geoff



Smith and Rev Nich Cole, using backpack sprays followed by a "blessing of the fleet" prayer. Of course, the children and those not-so young enjoyed the opportunity to inspect the fire engines at close quarters and to chat with our local heroes over lunch.



NEWS FROM ST BENEDICT'S CHURCH

Celebrating confirmation at St Benedict's

Thirty-plus young people from the parish were confirmed at St Benedicts on Saturday 4 August. Because we don't have a local bishop at the moment, with Bishop Peter Comensoli having left to take up the role of

Archbishop of Melbourne, confirmation was presided over by our own Parish Priest Father Bernard. What a happy day it was for the young people who received the sacrament, and for their families. Special thanks to Father Bernard and all those who worked to make the

celebration such a success, and congratulations to all.

Our new administrator

While the diocese waits for Pope Francis to appoint a new bishop, we have been pleased to welcome Reverend Doctor David Ranson as the administrator of the Broken Bay Diocese to which our parish belongs.

St Benedict's Feast Day

Because we've had rather a busy time in recent

weeks, we'd had trouble finding a date to mark St Benedicts Feast Day in July. But as St Benedict, patron saint of our parish and monastic community, was born almost 1500 years ago, a few weeks of delay are probably of little significance. We made up for the delay on Sunday 5 August with a celebratory party after 9am Mass. Picture shows young Joshua Azzi from Dural

in the foreground very capably in charge of the barbecue with a backdrop of children making the most of the very popular jumping castle.

Weekend Mass Times

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

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WHAT IT IS TO BE A CHRISTIAN

By Corri Bryne, Pastor

HillsLife Church has been exploring what it is to be a Christian; as the word seems to have been diluted in its power, its weight.

Last month we looked at the clothing label Christians, those who lean in (put on more clothes) when times are tough, but when life is smooth – well who needs prayer, Church, God?

Another group wears its Christianity like make up. Unfortunately far too many people outside the church meet this type of Christian.

Make up is a concealer, it smoothes out the wrinkles, it

enhances our better features and hides the parts we would rather not highlight.

How often as Christians are we quick to highlight another's weakness or sin, and yet happily conceal our own?

Far too often we in the Church are quick to judge a non believer's behaviour and yet ignore our own actions. Or we highlight a specific area while ignoring another.

Are you in danger of being a Christian like make up? Quick to jump on another's sin but not acknowledging how broken we are?

Romans 3:23 reminds us, "for all have sinned and fall short of the glory of God".

Our Christian faith is not about removing our blemishes, our weaknesses, rather we should highlight them!

2 Corinthians 12:9 says, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me."

As a Church, as a Christian, I encourage you to remove your make up. To stop concealing our

true selves and acknowledge that we are made perfect through Christ.

By our own strength we too remain as broken, as hopeless, as wanting as everyone else in the world.

Yet when we embrace grace we inherit the freedom and perfection offered through Jesus' perfect life.

Let us not wear our faith like make up – a mask that shields our true selves.

Rather be a light of the love found in Jesus and the fruits of Holy Spirit shine through us most likely in our areas of weakness!

By Pastor David McKibben
Galston Seventh-day Adventist Church

reward for all my labour. Yet when I surveyed all that my hands had done, and what I toiled to achieve, everything was meaningless, a chasing after the wind; nothing was gained under the sun."

Finally, after much reflection, he discovered some of the principles that make for a happy life, and I would like to share those observations with you over the next few months.

Solomon's first piece of advice is simple but profound: Enjoy the present. Because he was always looking for great answers and supreme meaning, Solomon missed out on the blessing and importance of the small actions and events of everyday life. He focussed so much on the destination that he forgot to enjoy the journey. It is an easy mistake to make, but a preoccupation

with the future can rob us of present joy and contentment. We can concentrate so much on where we want to be that we fail to enjoy what we have now.

Life is a gift to be enjoyed in the present. Past memories and future goals enrich our lives, but we need to appreciate and enjoy life in the here and now. This is what Solomon discovered. **"I know that there is nothing better for men than to be happy and do good while they live. That everyone may eat and drink, and find satisfaction in his toil – this is the gift of God"** (Ecclesiastes 3:12-13).

Yesterday is history, tomorrow is a mystery, but today is a gift - that is why we call it the present. Let us seize each day and make the most of our current opportunities and experiences. Enjoy the present.

SMELLING THE ROSES

If you were to ask people what they wanted out of life, most would probably reply, "All I want is to be happy." Most people just want to be happy, and they work extremely hard to achieve that goal. They choose different avenues – self-help books, a change of occupation or lifestyle, for example – in an attempt to find that elusive quality of happiness.

However, the experience of many indicates that people do not become happy simply by pursuing happiness. The Irish playwright George Bernard Shaw put it this way,

"The surest way to be miserable is to have the leisure to wonder whether or not you are happy."

How King Solomon would have agreed with that observation! He had all the resources that the world could offer and he was determined to get the most out of life, but he only encountered disappointment. The outcome of his search for happiness is recorded in Ecclesiastes 2:10-11: **"I denied myself nothing my eyes desired; I refused my heart no pleasure. My heart took delight in all my work, and this was the**

HILLS LIFE CHURCH

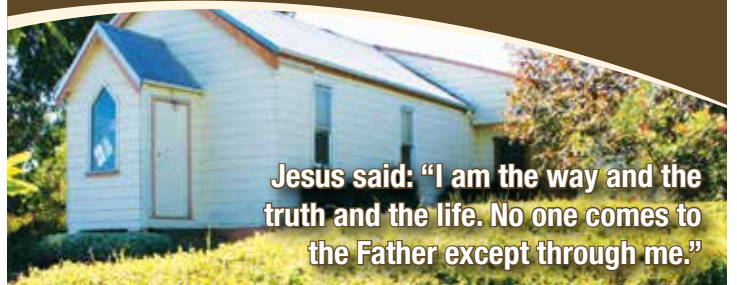
"May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."
– Romans 15:13

Service: Sunday mornings at 10:00am
Galston Public School
Ph: 0416 233 629

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www.hillslife.com

GLENORIE MISSION CHURCH



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GLENORIE COMMUNITY CHURCH

Pr. Alex & Dee Valich

Have you ever read the transcript of a radio conversation between a U.S. naval ship and Canadian authorities off the coast of Newfoundland in October 1995? It goes like this:

“ U.S. ship: Please divert your course 0.5 degrees to the south to avoid a collision.

CND reply: Recommend you divert your course 15 degrees to the south to avoid a collision.

U.S. ship: This is the captain of a U.S. navy ship. I say again, divert your course.

CND reply: No, I say again, you divert YOUR course.

U. S. ship: THIS IS THE AIRCRAFT CARRIER USS CORAL SEA. WE ARE A LARGE WARSHIP OF THE U.S. NAVY. DIVERT YOUR COURSE NOW.

CND reply: This is a lighthouse. Your call.”

Although this joke has been told as if it was an event that really took place, it never actually happened. It truly is a joke!

However, a lighthouse is a very important structure, used for two main purposes- to serve as a navigational aid and to warn boats of dangerous areas. It is said to be “like a traffic sign on the sea.”

A researcher I read about, explained the symbolic meaning of a



lighthouse: “Lighthouses symbolise the WAY forward and help in navigating our WAY through rough waters, whether they be financial, personal, business or spiritual in nature.”

For thousands of years, the Bible has shown individuals, people groups and nations the WAY to live. Proverbs 3:5-6 says, “Trust in the Lord with all your heart & lean not on

your own understanding. In all your ways acknowledge Him & He will direct your path.”

Jesus Christ, God’s Son, tells us in John 14:1 & 6: “Do not let your hearts be troubled. Trust in God and trust also in Me...I AM the WAY, the Truth & the Life. No one can come to the Father except through Me.”

Jesus IS the Way, the best lighthouse of all!

WHAT ABOUT GRIEVING THE HOLY SPIRIT?

Rev Ed Long

Here is another command to each believer: ‘Do not grieve the Holy Spirit of God’. (Ephesians 4:30). Do you know what this means? The word ‘grieve’ means to cause sorrow of heart. Dr G. Campbell Morgan said, ‘There is no word in the New Testament which more clearly and beautifully reveals the tenderness of the heart of God’.

God uses this word to teach us that it is possible for a child of His, indwelt by the Holy Spirit, to cause sorrow to His heart. How? By preventing Him, or hindering Him, from doing the work He wants to do in our hearts.

We are often stubborn and unyielding. We are sinful and wilful. His heart is grieved as He sees us living on a spiritual level far below that which He has planned and to which He wants to lift us. He has planned for us a life of victory. We grieve Him when we live in defeat. He has planned a life of service and witnessing. We grieve Him when we turn aside. Anything short of the Spirit’s plan is a grief to Him.

The Holy Spirit seeks to lead us on, but because the pathway of devotion and consecration is always the path of the Cross, we draw back. That would mean the giving up of our own will.

But while ‘self’ is on the throne of our heart, Christ is not! When Christ is on the throne, ‘self’ is on the Cross. This is what the Holy Spirit wants to make real to us every day!

How do we know that He is grieved? It will not be difficult. Our whole life will be affected. Our sense of fellowship and communion with the Lord will be lost.

The reason will not be hard to find. The Holy Spirit will have to stop His work of developing the character of Christ in us and go back to His first work again, that of convicting us of sin. As some one has said, ‘He stops revealing Christ and instead concentrates on revealing sin to the heart until repentance is produced’.

When the Spirit is grieved the Bible will lose it’s freshness and prayer will lose it’s joy. We

are dependent on the Spirit for illumination in study, for inspiration in prayer. When we grieve Him, He is compelled to stop those ministries.

Victory over sin becomes less and less frequent. The reality of Christ fades. Assurance is replaced by doubt. Power in service is absent.

We will know when we grieve the Spirit, because He wants us to know it. He also wants us to know that through repentance His fellowship can be

What shall we do?

If we have grieved Him, what then? ‘If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness’ (1 John 1:9). Remember the Holy Spirit is never grieved AWAY. He remains in hope of the cloud being rolled away.

If we really want His fullness, here is where we must begin! First repentance, then the complete surrender and yielding of our wills to the Holy Spirit so that He can continue His mighty work in us and through us.

- Come and find out more at Bible study at 7.30pm on Tuesdays.
- Sunday Service at 10am at Glenorie Mission Church 1409 Old Northern Rd.



GARDENING

WARRAH SPRING FAIR

Saturday 8th September 2018

With the last frost gone and the nursery full of spring sowings of basil, cucumber, zucchini, tomatoes and more, we look forward to a change in the rhythm and colour of the farm. We will be applying our biodynamic preparations prior to tilling the land and getting our first sector of beds ready to receive a good helping of compost prior to planting.

This is an exciting time of year for the

farm, coming out of a slumber as the soil begins to warm we are able to grow a much wider variety of crops and flowers. This year we will also have many more strawberries. We will avoid the temptation of picking our recently planted asparagus crowns and let them establish themselves for next year.

Recently we took part in a six-week work experience program for

several of our clients with disabilities. The clients, supported by volunteers from overseas, spent two days per week involved with various aspects of the farm. Activities ranged from preparing ground, planting, weeding, propagation and general maintenance.

We are currently harvesting beetroot, carrot, chard, coriander, fennel, grapefruit, kale, leeks, lettuce, orange,

pak choi, parsley, radish, rocket and salad mix.

Do not forget to come along to the farm tour at 11am on the day of the Spring Fair (8 September) for a wander around the garden and a chat about our ethos, growing methods and the tools we use. You will also be able to see our revamped farm shop with its extended range of organic and biodynamic produce and groceries.



NOW CARRS BUSH IS EVEN BETTER!

Carrs Bush is an area of glorious bushland in the bottom corner of Fagan Park. At least most is glorious – a small section near Bayfield Road is badly affected by nasty weeds like privet, blackberry and bridal creeper.

By Chris Noon

Three years ago Still Creek Landcare got a \$40,000 grant to attack some of these weeds. We hired contractors and did lots of voluntary work as well. We have now finished this project and the results are excellent – blackberries and bridal creeper are gone. At Council's request,

we left some privet as small bird habitat, but most is gone. There will be lots of follow-up maintenance because privet has an annoying habit of sending up new seedlings when the parent trees are removed.

So take a stroll through this area and

admire our hard work, but be careful not tread on any of the new native plants that are coming up, like wattles, peas, ferns and native grasses. Some rain would help enormously!

Some Landcare members also work in the Bushcare group in this area. It gives us a real buzz when we see the improvements we have made over time. You

might like to join us and share those feelings. For more information about local Landcare our website is <http://www.stillcreeklandcare.com.au/> or on Facebook or phone us on 9653 2056.

The picture shows a patch of maroonhood orchids (*Pterostylus pedunculata*) in Carrs bush.



Bonsai Society of Australia Inc

invites you to their annual show

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By Kim Peterson

GALSTON GARDEN CLUB



Burnt Rails



Dural Gardens

On a crisp and chilly day a number of club members rugged up and readied themselves for a guided walk through the St Ives Native Flower Nursery and surrounding bushland. We started with a bracing hot cup of tea or coffee and homemade slice, and then we were off. At first we couldn't "see" the flowers that were all around us, only the bush, but as our guide pointed out the small and large flowering natives we soon became more aware of the variety of plants that were in flower. Natives, we were informed, are great winter flowering plants and everyone took the opportunity to purchase some in the nursery afterward.

Many of us have a very natural wariness when bees come buzzing around us, however what do you do when

they are swarming in your backyard, on your car, in your letterbox or on a pot plant? You contact Norm Webb, our guest speaker for August an amateur apiarist with over 80 hives. Norm and many bee keepers are more than happy to come and remove a swarm and rehome them into hives. Norm explained the many reasons bees swarm and why, to us, they select some very inappropriate places, as far as we are concerned! They are looking to replicate a natural environment in which to make a hive and in the bush that would be a tree hollow, so it is natural they will look for somewhere there is an opening. The two things you *do not do* is spray them with insecticide (kills them) or a hose (drowns them), instead contact a local Bee Keeping Club who will safely remove the bees. Our

bee numbers are reducing and without bees it is not just honey that we will lose it is our entire food supply. Bees play one of the most important roles in pollinating plants so that they will produce fruit, flowers and vegetables.

Preparations are well under way now for the October Open Gardens weekend with brochures being distributed by members. So come along now and take a peek at five of the nine gardens that will be open rain, hail or shine on **19th, 20th and 21st October**. Starting at "Dural Gardens" 24 Sagar Rd Dural, this formal style garden features beautiful garden beds with 100's of roses and an Avenue of Chanticleer pears, come across now to "Palarang" in 7 Hunt Ave Dural, where this country style garden also features 100's of bush and



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climbing roses, pergola, rose arbour and other garden structures. Not every garden is on acres and at "Burnt Rails" in 28 Glen St is an excellent example of what can be fitted into a small shaded garden, including small water features. Then pop around to the ever favourite "Elegans" at 21 Fishburns Rd Galston, a collector's garden based on coloured foliage effects as well as four ponds that incorporates many bridges and arches, a wonderful place to wander and lose yourself in the tranquillity and beauty of flowering camellias and many other specimen plants. Then you come to "Brackenridge" at 11 Ballandra Pl Dural. This steep block has magnificent rock outcrops, this older garden is being lovingly restored by the new owners and we're looking forward to seeing how this garden

reveals itself in coming years. There are still four more gardens that we will explore in the next issue, so hopefully we have whetted your appetite and look forward to seeing you on the weekend. Tickets are available on the day outside the Galston Club 21 Galston Rd Galston. Ticket prices are \$5 per garden or \$20 for entry to all gardens over the 3 day weekend. Gardens are open from 9.30-4.30.

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



Palarang

BROMELIAD SOCIETY OF AUSTRALIA

GUEST SPEAKER - ROSS BOLWELL - BEGONIAS



The Bromeliad Society of Australia will hold their next meeting at the Federation Pavilion, Castle Hill Showground on Saturday, 8 September with plant sales commencing at 11am prior to the meeting.

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

Guest speaker will be Ross Bolwell owner with wife Christine of Bloomin' Greenery Nursery, 226 Annangrove Road, Annangrove. They are growers of a wide range of tropical shade tolerant plants featuring Begonias. As Begonia breeders they have introduced several hundred new cultivars.

Ross trained for 6 years in horticulture at Ryde TAFE and was then Head Teacher of Horticulture at Ryde TAFE for 15 years.

He is founding member of the NSW Begonia Society Inc, newsletter

editor for the NSW Begonia Society Inc, President of the Association of Australian Begonia Societies Inc, Past President and member of the NSW Nursery Industry Association Ltd and professional nurseryman for the past 38 years.

Ross's talk will include all the different types of Begonias and the most suitable varieties for our climate. He will also discuss the uses we can put begonias to as well as their culture, from their shade requirements to how they handle and adapt to local conditions.

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

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- * Road Base
- * 10mil Blue Metal
- * Ash
- * Yellow Bricky Sand
- * White Bricky Sand
- * Paving Sand
- * Arena Sand
- * Sydney Sand
- * Filling Sand
- * Tennis court Loam
- * 10mil, 20mil & 40mil Round River Gravel
- * Lucky Stones
- * Cement
- * Rapid Set
- * Concrete mix
- * Lime
- * Aggy Pipe
- * Geotextile Fabric
- * Bagged Fertilizers
- * Sugar Cane Mulch
- * Lucerne Mulch
- * Sandstone flagging
- * Sandstone ballast
- * 2nd hand Common bricks
- * Extruded bricks

PARK FEAST IS BACK...

With more than 30 of Sydney's #1 food trucks including My Kitchen Rules past contestants Josh & Nic, owners of the hugely popular Italian street food truck - Fritto & Co.

Park Feast, the food truck festival will once again take over the Hills district on **Saturday 8th & Sunday 9th September** at Bella Vista Farm. Opening 12pm until 9pm each day.

Tantalise your tastebuds with a variety of delicious choices and menus. From fall-off-the-bone smokey BBQ meats and burgers to mouth-watering desserts.

In addition, there will be a great range of amusement rides including roller coasters and dodgem cars, pony rides and more to entertain the kids as well as a fantastic line up of talent playing live music all day and night. Bring your family and friends along and kick back and relax and enjoy the beautiful park surrounds whilst tasting your way around the best food Sydney has to offer. Don't forget your picnic blanket! Foodies, this is one feast you don't want to miss...

PARK FEAST at Bella Vista Farm, Elizabeth Macarthur Drive, Bella Vista. Free entry and free on-site parking.

For more information, visit www.parkfeast.com.au

Join the event on Facebook at <https://www.facebook.com/events/179852669349005/>



GREAT NEWS!

A resident just notified us that a koala with two babies was seen crossing Old Northern Rd just north of Forest Glen and heading into Maroota Forest. This is such heartening news, maybe a population is building up again.

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

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Mobile 0408 202 269



**MONDAY 3RD SEPTEMBER -
9:30AM - 12:30PM**

Get Crafty - Castle Hill

If you're interested in anything craft related, beginner or expert, come along and meet people with similar interests. The Get Crafty group meets weekly on Mondays 9.30am-12.30pm (except school holidays). Please bring own materials.

Venue: Castle Hill Library, 14 Pennant Street, Castle Hill
Call 2154 9761 4510.
Visit www.thehills.nsw.gov.au

MONDAY 3RD SEPTEMBER - 11AM - 4PM

Seniors Dance

Show off your best dance moves at The Seniors Dance event. The dance event is for older people with a passion in new vogue, ballroom or line dancing. This social event encourages people to be engaged and active as they age.

Venue: Harvey Lowe Pavilion - Castle Hill Showground, Showground Road, Castle Hill
Call 1300 365 248
Visit www.365care.com.au

**WEDNESDAY 5TH SEPTEMBER -
12:30PM - 1:15PM**

Stay Healthy and Active Presentation

Join us during health month and be encouraged to keep active, independent, stay well and improve balance and strength.

Venue: Castle Hill Library, Cnr Pennant & Castle St, Castle Hill
Call 9843 0555
Visit www.thehills.nsw.gov.au

**THURSDAY 6TH SEPTEMBER -
6:30PM - 7:30PM**

Makers & Bakers

Join this new group designed for people who love talking all things food, sharing recipes and enjoy making handmade crafts.

Venue: Castle Hill Library, 14 Pennant Street, Castle Hill
Visit www.thehills.nsw.gov.au

**FRIDAY 7TH SEPTEMBER -
10:00AM - 11:00AM**

Dural Book Club

A love of reading brings this group together. They select, read and discuss a wide range of books over a nice morning tea.

Venue: Dural Library, Pellitt Lane, Dural 2158
Call 9761 5756
Visit www.thehills.nsw.gov.au

**SATURDAY 8TH SEPTEMBER -
10.00AM - 3.00PM**

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. Funds raised from the Warrah Spring Fair benefit people with a disability through Warrah's innovative projects.

Venue: 20 Harris Road, Dural NSW 2158
Call 9651 2411
Visit www.warrah.org

**WEDNESDAY 12TH SEPTEMBER -
10:00AM - 12:30PM**

Computer Pals for Seniors the Hills Open Day

Join a free question and answer session on anything to do with internet, computers, tablets and smartphones. Information will also be provided on the many courses Computer Pals for Seniors offers all seniors and retirees.

Venue: Harvey Lowe Pavilion - Castle Hill Showground, Showground Road, Castle Hill
Call 02 9899 9131
Visit www.cphills.org.au

**WEDNESDAY 12TH SEPTEMBER -
10:00AM - 12:30PM**

Communicating Doors, Preview Theatre Production

This special preview performance will be held as part of Orange Blossom Festival. Communicating Doors will run from 21 September through until 13 October, 2018.

Venue: Pavilion Theatre - Castle Hill Showground, Showground Road, Castle Hill
Call 02 9634 2929
Visit www.paviliontheatre.org.au

1-30 SEPTEMBER 2018

The Hills Shire Orange Blossom Festival

Sunday, 02 September - Bella Vista Farm Open Day

Monday, 03 September - Employability Workshop

Thursday, 06 September - Spring Wildflower Walk

Friday, 07 September - Be Retirement Ready - Understanding Your Pension

Saturday, 08 September - Park Feast

Sunday, 09 September - Kenthurst Fair

Thursday, 13 September - Organic Gardening Workshop

Friday, 14 September - The Art of Bonsai

Friday, 14 September 2018 - Celebrating Women In The Hills Expo

Saturday, 15 September - The Hills Schools Expo

Sunday, 16 September - The Hills Council Community Fun Day

Sunday, 16 September - Jazz At The Pines

Wednesday, 19 September - Nature Storytime

Wednesday, 19 September - Communicating Doors, Preview Theatre Production

Friday, 21 September - Orange Blossom Festival Annual Art Awards - Castle Hill Art Society

Friday 21 September - The Sydney Hills Garden Competition & Presentation Evening

Saturday, 22 September - Blossom Walk

Saturday, 22 September - Hills District Light The Night

For more info, visit:
orangeblossomfestival.com.au/Events-Activities

**FRIDAY 21ST SEPTEMBER -
7:00PM - 10:00PM**

The Sydney Hills Garden Competition & Presentation Evening

The Hills Garden Competition recognises excellent gardens in The Hills District, while fostering a sense of pride in the community.

Venue: Harvey Lowe Pavilion - Castle Hill Showground, Showground Road, Castle Hill 2154
Visit www.hillsgardencomp.org.au

**SUNDAY 23RD SEPTEMBER -
8:00AM - 10:30AM**

Bushwalks Program - Breakfast with the Birds

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.

Venue: Fred Caterson Reserve, Exact meeting place will be advised at the time of booking, Castle Hill 2154
Call 0407 456 577
Visit www.thehills.nsw.gov.au





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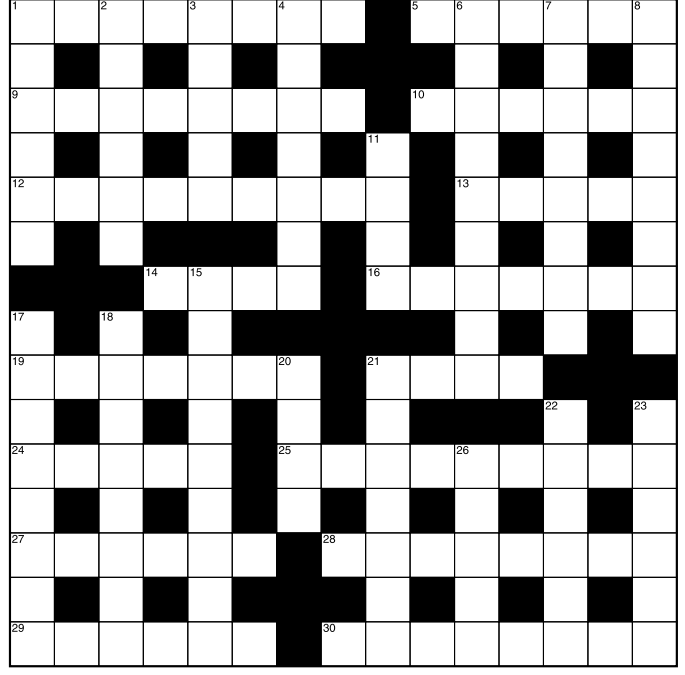
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ACROSS

- 1. Forefather
- 5. Madman
- 9. Exterior
- 10. Two-piece swimsuit
- 12. London's ... Square
- 13. Store away greedily
- 14. Not as much
- 16. Inheritress
- 19. Skies
- 21. Uses spade
- 24. Period of darkness
- 25. Woven roofing
- 27. Polar covering
- 28. Grow
- 29. Sifted
- 30. Counsellors

DOWN

- 1. Salesmen
- 2. Airline, ... Pacific
- 3. Middle Eastern country
- 4. Navels & Seviles
- 6. Descending (from train)
- 7. Mimicked
- 8. Juvenile
- 11. Curved entrance
- 15. Enssue
- 17. Neighs
- 18. Tissue rot
- 20. Solidifies
- 21. Sapped
- 22. Heat illusion
- 23. Conkurs
- 26. Royal dog



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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 Rd. 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.

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)

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Hornsby Rural Fire Service District Office	9883 2000
Arcadia Rural Fire Service Fire Captain DAVID BYRNE	9655 1656
Galston Rural Fire Service Fire Captain ROB SYMONS	0409 470 205
Glenorie Rural Fire Service Fire Captain SHAUN O'BRIEN	9652 2017
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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 10:00 AM to noon.
There will be a JP at Dural Library Wednesdays
between 1:00 PM and 3:00 PM.

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



GALSTON, GLENORIE & HILLS RURAL COMMUNITY NEWS

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Answers from August Issue

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EFFECTIVE WAYS TO ADD VALUE TO YOUR PROPERTY

Belle Property Local Area Specialist Carolyn Wheatley says If you're looking to add value to your home but don't want to go down the track of costly renovations, there's a few things you can do to help increase your property's sale price.

• **First impressions count**

The entrance of your property needs to make a strong first impression. Update exteriors with a lick of paint and ensure everything looks fresh, clean and inviting. Make sure grass is trimmed and consider adding small touches, such as potted plants or an outdoor chair to give the entrance a warm and welcoming feel.

• **Let there be light**

Good lighting can really open up a space and help to make it appear bigger than it is. Make sure all your light fittings are in good working order and install additional lamps and new globes where necessary. If natural light is abundant, make the most of it by dressing windows and ensuring the glass is glistening clean.

• **Clear out clutter**

Remove any unnecessary items and furniture to create a blank canvas for potential buyers, which will help them to visualise the space as their own. Avoid cramming everything into cupboards as visitors will want to have a look at any storage options. Add a few well-placed mirrors to create the illusion of space.



• **Make it modern**

One of the best ways to add value to a home is by updating your kitchen and bathroom. Stop by a few open homes in your area and get an understanding of what buyers are looking for and what you are competing against. Make the necessary changes – new countertops and modern appliances, replace cabinets or broken tiles – and make sure everything is structurally sound and in good working order.

• **Deep clean**

A good, thorough clean and tidy will get rid of any lingering odours and show off your property at its best. Pay attention to bathrooms and kitchens, replacing any tile grout, cleaning out extractor fans and fixing up any chips in the bath or sink.

If you are looking to prepare your home for sale and need advice about how to add value to your home contact Carolyn today!

Results which speak for themselves



21 PARKVIEW AVENUE, GLENORIE - VENDOR REVIEW

Carolyn was an absolute pleasure to deal with. From the very beginning Carolyn was a wealth of knowledge and very proactive. Her professionalism and energy throughout the entire process, along her can do attitude, made the sale of our property stress free. We would highly recommend both Carolyn and Michael to anyone looking to sell their property. We could not be happier!



5 CAIRNES ROAD, GLENORIE - VENDOR REVIEW

2 Months before we put our property on the market my wife had decided who we were going to use to sell our home after going to every open house or auction in the area just to get an idea of what went for what. Carolyn had gained our confidence with the way she responded to our questions and took a genuine interest in our situation well before we had decided to sell without applying any pressure. Leading up to placing our home on the market Carolyn helped us with what should be moved, painted, left or renovated, her advice was invaluable and as usual without any pressure. When we finally decided to list of course we chose Carolyn who guided us again through a shifting market with expert advice and with a professional team i, it was a team effort. We sold our property within our contract time for the figure we were happy with, it was a very pleasant outcome. We can recommend Carolyn and her team very highly with her local knowledge and professional manner an asset that cannot be equalled



**YOUR LOCAL
AREA SPECIALIST**

WITH
CAROLYN WHEATLEY
0407 120 483



If you are selling your home...

Want the highest price? A trust worthy agent?

The best advice & local experience?

Call Carolyn Wheatley

0407 120 483

carolyn.wheatley@belleproperty.com

YOU COULD WIN UP TO \$10000.00*



Members Badge Draw

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

Stay for a second chance draw for half the jackpot amount



CELEBRATE FATHERS DAY AT THE GALSTON CLUB 2ND SEPTEMBER 2018

HAPPY Father's Day!

Kids FREE Face Painting during the day

Buffet Breakfast 8am to 10.30am \$25 per adult \$12.50 kids under 12 Bookings essential

Book now for Lunch or Dinner Every Dad receives a schooner of Tap Beer or a glass of Chain of Fire wine with main meal purchase

Total Mind Control with Hypnotist WAYNE DONNELLY!

A TWO HOUR HYPNOSIS SHOW EXPLORING CONSPIRACY/MURDER/MYSTERY

Saturday October 13th 8pm - 10pm

Will hypnosis take control of your mind! **TRY to resist! TRY in vain!**

Tickets \$20 prepaid. OR \$25 at the door

BISTRO UNDER NEW MANAGEMENT

OPEN 7 DAYS A WEEK

LUNCH 12 TO 2.30PM DINNER 5.30PM TO 9PM

EXPERIENCE THE DIFFERENCE

MONDAYS
<ul style="list-style-type: none"> Rump night \$14 with a schooner of coopers or a glass of Chain of Fire or Schooner of Soft drink \$12.00 Lunch specials (Members Price)
TUESDAYS
<ul style="list-style-type: none"> Pasta Night \$14 with the drink special \$12.00 Lunch specials (Members Price)
WEDNESDAYS
<ul style="list-style-type: none"> \$12.00 Lunch specials (Members Price) Bingo – Ticket Sales from 10am. Jackpot Prize \$2000* Game Prizes – Cash & Wishcards totalling \$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
<ul style="list-style-type: none"> Schnitzel Night \$14 with the drink special \$12.00 Lunch specials (Members Price) APL Poker Free Roll plus Jackpot* Pool Competition Max Prize \$200*
FRIDAYS
<ul style="list-style-type: none"> \$12.00 Lunch specials (Members Price) Monster raffle, 40 prizes to be won, tickets on sale 7.00pm Total Value of Raffles \$1500 Spin N Win Roast Dinner Special Available
SATURDAYS
<ul style="list-style-type: none"> \$12.00 Lunch specials (Members Price)
SUNDAYS
<ul style="list-style-type: none"> Roast Lunch + Dinner Available

* Amount may vary at time of draw. Actual amount shown may have already been claimed at time of publication.

Badge draw LTPS/18/25700 and Spin n Win LTPS/18/25848 information for members & their guests.

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