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# Galston, Glenorie & Hills Rural COMMUNITY NEWS

July 2019

The Original Community Magazine since 1971.



## DURAL VILLAGE SHOPS NEW MIXED USE DEVELOPMENT

A DA has been submitted for an upgrade of the Dural Village Shops at 644 Old Northern Road. This is currently the Dural IGA, Liquorland, Dural Compound Pharmacy premises.

—See story on page 4



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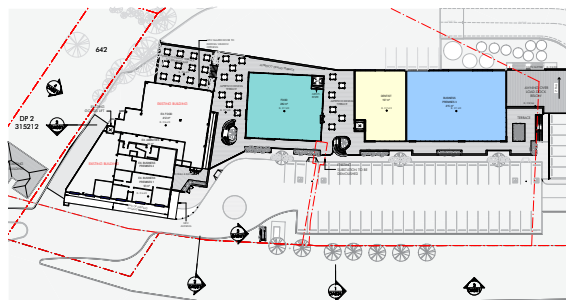
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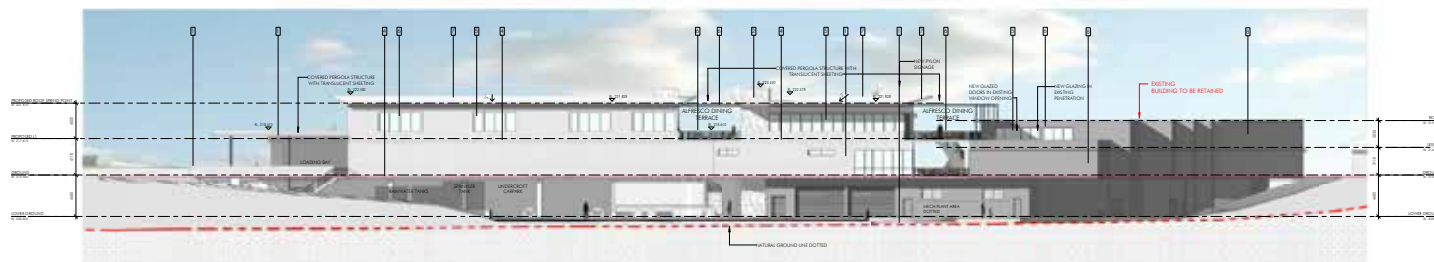


# DURAL VILLAGE

Dural Village Site Plan



Dural Village Elevations



A DA has been submitted for an upgrade of the Dural Village Shops at 644 Old Northern Road. This is currently the Dural IGA, Liquorland, Dural Compound Pharmacy premises).

The development application states:

- Partial demolition of the existing shopping centre;
- 1,872m<sup>2</sup> additional GLFA (net increase) including demolition and additions to the existing shopping centre to accommodate the following land uses:
  - IGA supermarket
  - Specialty Retail
  - Medical centre
  - Dentist
  - Liquor store
  - Restaurants/cafes
  - Pharmacy
  - Newsagency
  - Australia Post
  - Dry Cleaner
  - Tenant storage
- Extension of the ground floor level to the north of the existing site;
- The addition of another level across the existing ground floor and part of the new ground floor extension;
- The addition of a new car parking area to the north of the site and upgrades to the

- existing car park along the eastern and northern portion of the site;
- Upgrading of the existing ramp on the lower level of the site;
- Upgrading of the car park area around the lower ground floor level of the site;
- Construction of a new entry and exit vehicular access point from Old Northern Road;
- Proposed hours of operation for the centre are 7am to 8pm Monday to Friday with the exception of restaurants and cafes which will trade from 7am to 11pm seven days a week. The medical centre will operate from 8am to 6pm (Monday to Friday) and 8am to 1pm (Saturday).
- Landscaping works including tree removal and subsequent replacement planting; and,
- Associated infrastructure works, including sewage treatment facilities and effluent re-use field.

The full details of the application can be found at <https://www.thehills.nsw.gov.au/Building/Development-Approvals/DA-Tracking>. Then search for 1369/2019/HA



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PAULLINA SIMONS IS COMING TO THE HILLS

# AN EVENING WITH PAULLINA SIMONS

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Monday 5 August | 7pm-8pm | \$15PP

Join Paullina Simons, international best-selling author of novels such as *Tully*, *Tatiana and Alexander* and *The Bronze Horseman* as she tours Australia to celebrate the release of her new trilogy. An unforgettable, sweeping saga from a master storyteller, *The End of Forever Saga* will take readers from the dizzying heights of joy, to the depths of despair and back again.

The evening will conclude with book sales and signing conducted by Dymocks Rouse Hill, cash and card accepted.

Suitable for adults \$15 PP | To purchase tickets <https://www.eventbrite.com.au/e/an-evening-with-paullina-simons-tickets-63322006827>



## CWANews

When the temperature drops there's nothing quite as comforting as a good old-fashioned apple pie. This simple apple pie recipe is from *Calendar of Puddings*, by the Country Women's Association of NSW. One of a series of very successful cookbooks produced by the CWA in the 1930s that took the form of a recipe-a-day calendar, each contributed by individual CWA members. The tried-and-true recipes still hold great appeal for today's home cook and can be made with basic pantry staples.

## APPLE PIE

by MISS A. TRAVIS, GILGANDRA BRANCH

2 oz. sugar, 4 oz. butter, 8 oz. self raising flour, 1 egg, 3 large apples. Beat the sugar, butter and egg together, then add the flour. The dough is very short. Divide into 2 parts, and, placing one half on a slightly buttered tart dish, press out into round shape with the hand. Take 3 apples and put them through the mincer, sprinkle with sugar and place in the dish. Press out the other piece of dough and cover the apples. Bake in an oven that is not too hot. \*

\*Hints and tips:

- For a handy imperial (ounce) to metric (gram) conversion chart visit <https://www.facebook.com/CWAGalston/>
- "Short" in a baking context means that there is a high proportion of butter to flour which will make the dough rich, crumbly and melt-in-your-mouth, however this can make it a little difficult to roll out in a warm kitchen, refrigerating the dough prior to rolling may be helpful.
- No mincer? No problems! Thinly sliced apples will work just as well. A sprinkle of cinnamon wouldn't go astray either.
- Go for a moderate oven at about 180°C. Bake for approximately 40 minutes checking and tenting the edges with foil after 20 minutes if needed. Allow to rest before slicing.



Our next meeting is **Wednesday 10th July from 10am** at the Galston Health and Resource Centre. Please join us for morning tea and/or a yummy lunch prepared by the CWA ladies. For further information visit our Facebook page [www.facebook.com/CWAGalston](https://www.facebook.com/CWAGalston) or call us on 0439 222 217 (Jann) / 9653 1036 (Pam).

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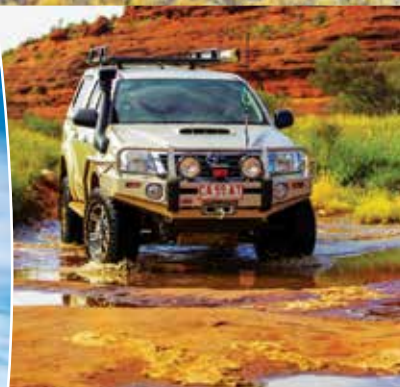
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# BENDIGO BANK SUPPORTS LOCALS STUDENT WITH LEADERSHIP TRAINING

4 local students have attended leadership courses sponsored by Bendigo Bank Galston. The leadership camps are run by Max Potential at Castle Hill and Magic Moments at Collaroy.

Here are the successful students:

**MAX POTENTIAL:**

**William Eisenhuth** from Oakill College (pictured with Diana Paton, Volunteer Director Bendigo Bank Galston and Gary Mangan, Manager, Bendigo Bank Galston).

**MAGIC MOMENTS**

Girls are **Gypsy Sumner-Murphy** from Galston High School, **Ella Cotrona** from Northholm Grammar School and **Sienna Marshall** from Cherrybrook Technology High School pictured right with Bendigo Bank Manager, Gary Mangan

# BANK SPONSORS 2 LOCAL COUNSELLORS

Congratulations to Andrea Pateman (right) and Lucy Falvet (left) on receiving scholarships from Bendigo Bank to complete their Counselling Courses with Pathways Psychology Institute. Once they have completed their training they will be working in the Galston area to assist local residents.



Our philosophy is to make everyone feel beautiful

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# TOBRUK SHEEP STATION

## *Celebrating 30 Years*

BY KELLIE M DAVIES

**R**EMEMBER THE TRUE-BLUE AUSTRALIAN FARM experience you had when you were a kid? Sitting around the campfire, swinging the billy tea and making damper?

You can relive those days at Tobruk Sheep Station. Less than 15 minutes from Glenorie, Tobruk has been transporting locals and tourists alike to a time when bushlife was the norm. Set against a dazzling Blue Mountains backdrop, the resplendent fifty-two acre farm has long been a popular location for film and television – with the likes of Masterchef and The Biggest Loser in it's saddle bag.

From whip-cracking to sheep shearing, Jackeroo, manager and all-round showman Nick Greene uses a humorous mix of knowledge and audience participation to deliver an engaging and fun Outback program, with content and length suitable for all ages. The operational station employs several Stockmen and Jillaroos to run the shows 7 days a week, each providing their audience with hands-on farm life demonstrations. From boomerang throwing to sheep mustering, in-depth sheep and wool handling displays ... and don't forget crowd favourites, the working dogs, there's plenty to keep the family entertained. Farm chefs Maria and Mick fill the bellies of hungry hordes with a delicious variety of salads and BBQ meats topped off perfectly with an Aussie icon – the Lammington.

Named for it's historic connection to the 'Rats of Tobruk', the station caters for numerous functions – corporate and private events, group bookings, educational programs, bush dances and mobile shows ... you can even stay the night or several in one of the country-themed cabins, listening to the music of the Australian bush.

And if you liked it, put a ring on it! A conversation with Tobruk's Wedding Co-ordinator Robyn Mansfield is a must for your future school formal, engagement or wedding plans. Thanks to years of experience, the spectacular location and unique event offering, Tobruk stars as Western Sydney Wedding's #1 Winner in the Brides Choice Awards.

Drop by soon ... the Australian outback is waiting to put on a show for you.

Winter/Spring Special – 2 adults and 2 children can attend the Economy Package show for \$100 (RRP \$175). Bookings essential. [www.tobruksydney.com.au](http://www.tobruksydney.com.au) - 5050 Old Northern Rd, Maroota NSW 2756 - +61 2 4566 8223

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# The Hills Annual Charity GALA BALL

By Biviano's

**Proudly supporting Foster Care Angels**

**Thursday  
15th  
August 2019**  
6:00pm for  
7:00pm start



Join us as we work together to raise **\$35,000** to assist with the core operations of **Foster Care Angels** as they provide essential support programs to foster children and their families

**\$130.00 per person**

**Dress code: Black and white ball**

- Sparkling wine and canapés on arrival
- 3-course menu
- Red & White wine
- Live entertainment
- DJ & Dancing
- Raffle & Auctions
- A great night supporting Foster Care Angels
- The chance to win a \$5,000 spending spree at



**ROBERT CLIFF**  
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Show your support and **BOOK NOW** a seat or VIP table of 10!

Foster Care Angels was founded by Kelly Doyle in 2011 to provide essential support and advocate against trauma, discrimination and disadvantage to children and their carers in the foster care system and to enhance corporate and community awareness.

**Supported by**



**The Hon Ray Williams**  
MP Member for Castle



**Cllr Dr Michelle Byrne**  
The Hills Mayor



**Dr Jim Taggart OAM**  
MC and Auctioneer

- Mrs Erica Westbury, Foster Care Angels Chairperson of the Board
- Alicia and Chris Vrsalijo, Foster Care Angels Ambassadors Carer



# HORNSBY SHIRE THE NATION'S TOP PHONE RECYCLER

The residents of Hornsby Shire have been named Australia's top mobile phone recyclers, depositing 578 kilograms to the national MobileMuster in the past 12 months.

Hornsby Shire Mayor Philip Ruddock was thrilled by the result.

"This is a great example of our community's commitment to the environment and its willingness to take positive steps that benefit all of us," Mayor Ruddock said.

"I would like to personally thank everybody who took part in this valuable initiative."

MobileMuster manager Spyro Kalos congratulated Hornsby Shire on its achievement.

"We are proud to partner with councils like Hornsby Shire Council, who represent a community driven to create a vibrant sustainable environment for themselves and future generations to live and work," he said.

"MobileMuster partners with nearly 400 councils around Australia, reaching 18 million residents who help to recycle tonnes of non-renewable and valuable resources each year."

The phones were collected at Hornsby Shire Council's Community Recycling Centre in



Mr Kalos, Mayor Ruddock and Hornsby MP Matt Kean at the Community Recycling Centre.

Thornleigh, which assists 17,000 residents with waste issues and gathers around 120 tonnes of electronic waste each year.

MobileMuster is a government-accredited program, with 3,500 drop off points across the country.

The program recovers 99 percent of the material from old phones and accessories, which are then used in manufacturing of new products, reducing the need for virgin materials such as aluminium, copper, gold, silver, cobalt and lithium.

"All the metal, glass and plastic in your mobile phone can be used again," Mayor Ruddock said.

"I urge all residents to have a look through their forgotten drawers to give their old phones a new life.

"We also want to make sure we retain our position as the nation's champion mobile phone recycler."

Australia's top mobile phone recyclers were announced today at the Australian Local Government Association (ALGA) National General Assembly in Canberra.

To find your nearest MobileMuster collection point, visit [mobilemuster.com.au](http://mobilemuster.com.au).

## HORNSBY POOL TO CLOSE FOR MAINTENANCE

The 50-metre pool at Hornsby Aquatic and Leisure Centre will be closing from **Monday July 8 to Sunday, August 4**, for scheduled maintenance.

According to council, maintenance will include replacement of cracked tiles, checking the silicon and acid washing the floor.

Hornsby Shire Mayor Cr Philip Ruddock, maintenance was scheduled in the middle of winter when demand is lowest to have as little impact as possible.

"We never like doing this, but it is essential to make sure our pool remains at the highest possible standard," he said.

There will be increased availability for lap swimming in the 25-metre pool, with some of the learn-to-swim classes moving to the leisure pool.

Aqua classes will run to an alternate timetable, with extra classes at Galston Aquatic Centre to cater for this change.

There will be no squads running during the closure of the 50-metre pool.

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

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# THE HILLS ANNUAL CHARITY GALA BALL WILL SUPPORT A FOSTER CARE CHARITY

Some of the 20,000 foster children across NSW are struggling to live a safe life, sometimes due to domestic violence, drugs, and neglect.

Award-winning restaurant Biviano's Dural, recognised this issue and will raise more than \$35,000 for non-for-profit organisation Foster Care Angels at the coming "The Hills Annual Charity Gala Ball" on **Thursday, August 15, 2019**.

Foster Care Angels advocates for disadvantaged foster children who are victims of trauma or are struggling within the foster care system. Services include providing therapy dogs, counselling and foster family training.

"We do not receive any recurrent funding, so we rely on the support of our community and generous businesses to continue to deliver our unique support programs" founder Kelly Doyle said.

FCA has a yearly goal is to provide 3,500 care packages for 0 to 17-year-olds.

"On their 18th birthday, a time that should be celebrated, it is often met with fear and uncertainty, with little or no familial support, it is incredibly difficult for this cohort to adjust to adulthood", she said.

Mrs Doyle and co-founder Glen Gillman will speak at the gala ball.

Foster Care Angels chair, Erica Westbury will also speak, along with ambassadors, Alicia and Chris Vrasaljko.

Biviano's marketing manager, Mag, said the charity's prioritisation of foster children's welfare empowered him to contact the charity and learn more about what they do.

"What resonated at Biviano's is FCA's focus on the relationship between the foster parents, foster children and family's children" Mag said.

Bivianos is the fine dining jewel of The Hills, and the dress code for the gala ball will be black and white. The cost is \$130 per person. The event will begin at 6pm for a 7pm start for a fun night to support FCA.

To book tickets visit [www.trybooking.com/BCQRD](http://www.trybooking.com/BCQRD), [www.bivianosdural.com](http://www.bivianosdural.com) for more information on Foster Care Angels contact [info@fostercareangels.org.au](mailto:info@fostercareangels.org.au).



CO-FOUNDER KELLY DOYLE



## *The ultimate fine dining experience*

Biviano's Italian and Seafood restaurant in Dural is the fine dining jewel of The Hills and surrounds. Celebrating 19 years in 2019, Biviano's continues to exceed expectations with landscaped gardens, private parking, beautiful scenery and surrounds, private dining facilities and an impeccably designed building and interiors.

Dining at Biviano's is an indulgence of the senses. Guests are treated to dishes that are planned and prepared with meticulous care and passion.



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## DURAL BOWLS



**T**HE FINAL of the Major singles for 2019 has been played between Christine Fitzgerald and Leone Lesslie and Dural has a new Champion in Christine after a fittingly tough match. It is Christine's first singles win to go with a number of team events both at home and in the district events. She is looking forward to meeting the champions from other NSW clubs in the *Champion of Club Champions* to be played in a few weeks.

The ladies joined the men running the sausage sizzle at Bunnings to raise some funds to enhance the clubs facilities. It was a busy time but a good opportunity to put the sport of bowls on show in the community.

The ladies who went to the State carnival up on the mid north coast had an enjoyable time meeting teams from across the state and the strong metropolitan clubs.

The play starts at 10 during the winter so it is a good time to actually start the lessons available at the club ready for spring. Contact Rob or Judith on 0411 375 580 (men) or 0421 315 074 (women).



## CASTLE HILL WOMEN'S BOWLING CLUB

**C**ONGRATULATIONS to Castle Hill Women's Bowling Club for winning three of the four Pennant flags in the Mitchell District Pennants, defeating Dural, West Pennant Hills, The Hills, Northmead, Blacktown Workers, Wentworthville Leagues and Toongabbie Bowling Clubs over the competition. The three teams of eight ladies in each team went on to play the Regional PlayOffs held at Carlingford and each team won their game to continue onto the State Playoffs from 14th August to be held at Kingscliff northern NSW. We wish them all good bowling!



GRADE 2 - (L- R). Joy Loh, Shylie Little, Hazel Turner, Lan Lim, Benita Woods, Marion Binet, Florence Lee, Pam Lowe



GRADE 3 - Rowena Coode, Lynne Graham, Jenny Mann, Belen Avanzado, Anne Gilbert, Theresa Holt, Wendy Bell, Chris Oznobyshyn



GRADE 4 - Jan Leonard, Leonie McAulay, Laura Pickering, Rosemary Menere, Judy Day, Margaret Ras, Theresa Potter, Maggie Rowe.



Looking for information on retirement living? Visit the

## Hills Retirement Village Expo

*Incorporating Resort Living for the Over 50's*

**Sunday 28th & Monday 29th July**

**Castle Hill RSL 77 Castle Street, Castle Hill**  
10am – 3pm both days

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

**FREE ADMISSION**

[www.retirementexpo.com.au](http://www.retirementexpo.com.au)





## EVERYTHING YOU NEED TO KNOW ABOUT RETIREMENT LIVING

After a lifetime of hard work, many of us look forward to a relaxing retirement, often in a retirement village or resort. But selling the family home and relocating is a major financial decision that should not be taken lightly.

It is vital that you research your options thoroughly to find the right situation for your circumstances. Doing your homework can lead to years of happiness enjoying the rewards of a low-maintenance lifestyle in a like-minded community.

The perfect place to start is the **Hills District Retirement Village Expo, July 28-29,**

For more details about the Hills District Retirement Village Expo, contact Dorothy Willoughby on 0412 233 742 or go to [www.retirementexpo.com.au](http://www.retirementexpo.com.au).

at Castle Hill RSL Club. See everything on offer from established villages and lifestyle resorts to brand new luxury developments, in Sydney and throughout Australia — all under one roof.

Visitors are encouraged to take their time and explore the Expo at their own pace. With hundreds of retirement communities represented, you can discover everything you need to know about retirement living.

The Expo is open from 10am – 3pm both days. The Club offers free car parking to members and guests. Admission is Free.

## RETIREMENT COMMUNITIES OFFER HEALTH BENEFITS

**Living in a retirement village or resort promotes better health and greater independence.**

That's the finding from research conducted by consulting company Grant Thornton in 2014, which calculated that retirement village residents visit their GP less often and spend fewer days in hospital than their peers in the general community.

They also enter aged care up to five years later on average — at 84 as opposed to the national average of 79.

Along with age-appropriate design, retirement communities support better health by facilitating an active lifestyle. On-site facilities like swimming pools, gyms and bowling greens make exercising easy and convenient.

Organised activities such as tai chi, yoga and excursions also help to promote fitness and wellbeing.

"What we can see from the research is that retirement villages can extend the independence and quality of life of their residents," says Ken Morrison, Chief Executive of the Property Council of Australia.

The Australian Productivity Commission echoes that view saying retirement villages, "can have a positive effect on the health and quality of life of older Australians".



Twins Olivia and Maximilian in the new book nook with grandmother Angela and Hills Shire Mayor Michelle Byrne

## LIBRARY'S NEW CHAPTER

A funky new book nook is just one of the great new features that has transformed Dural Library.

The updated library has just re-opened after a six-week refurbishment thanks to \$160,000 from Hills Shire Council plus a \$93,240 grant from the NSW Government and The Library Council of NSW.

Hills Shire Mayor Dr Michelle Byrne officially reopened Dural Library, together with State Member for Castle Hill MP Ray Williams and Cameron Morley, Manager of Public Library Services at the State Library of NSW. Mr Morley congratulated the State Government on the huge increase in funding for public libraries, equalling \$60m over four years, the biggest increase since 1939.

"A small suburban library can make a big difference to a community," he said.

Mayor Byrne called it a new chapter for Dural Library. "We've created a more modern and user-friendly community space where people can learn and collaborate together"

She thanked both the State Library and The Library Council of NSW for their "generous contribution".

Mr Williams said: "This funding has assisted Council in making this much-loved local library advance and evolve to meet our community's needs."

In the ultimate act of recycling members of the Rotary Club of Hills-Kellyville took the library's old shelving and installed it at a Secondary School, in Vanuatu.

Members of the Club have been working with the school on the island of Vanua Lavasince 2005.

Treasurer of the Hills-Kellyville Club, Keith

Stapley said: "It's great to see Council donating items like the library shelving to charities and clubs like Rotary, so that we can make best use of them rather than having them thrown out or stored away."

"The library shelving is being repurposed and the school kids will get a lot of value out of it, especially when it comes to storing their books and keeping them safe from damage, like moisture."

The Mayor, congratulated the club on finding a way to reuse the shelving so quickly.

"It's great to see Dural Library's shelving going to a good home and will be used to change the lives of children."

"Education is incredibly important, especially to young and growing minds. It has the means to transform lives, create opportunities, and open the doors locally and to the rest of the world."

In the past 10 years Dural Library has:

- Made more than 694, 849 loans
- Welcomed 490139 visitors
- Delivered story time to more than 5,889 children



Brenda Barrett, Manager Library Services with Ray Williams, Mayor Michelle Byrne and Cameron Morley.





BY IAN BROWNING

# NEWS FROM THE FRIENDS OF FAGAN PARK

It appears I am getting prone to slip-ups! Following the success last year holding it on the October long weekend, we had decided to hold our future Spring Open days on the Sunday of the long weekend, so it will be on **October 6th** this year. Our website is: <https://friendsoffaganpark.weebly.com>, also see us on Facebook.

We recently hosted a large cohort of Year 2 children, teachers and parents from a local school. The children were very inquisitive and asked many questions, and we are sure they had a positive learning experience. Of course old typewriters, telephones etc were the focus of their curiosity in the Homestead where I was on duty.

Work on the 1918 International truck restoration progresses steadily on a number of fronts. We have now delivered the wheels to the wheelwright near

Bungendore (see photo), and the rims for re-rubbing to Moss Vale. The wheels will have all new wood in American hickory. Refurbishment of the steering is nearing completion with good prospects of a sound result. A design to enable modern bearings to be used in the rear wheel hubs has also been developed - the original bearings were very badly worn and no longer available. With the gearbox, we had a setback in losing some new bearings, and there were no more available locally. They have now been sourced from the Netherlands, so we will be assembling the gearbox very soon. Another challenge on the horizon are the brakes, with some parts rather badly corroded. Lots of challenges!

The Fagan Park museums and Netherby Homestead are open every Tuesday, our volunteering day, and we open the museums on the second Sunday each month during the afternoon. All visitors are welcome.

We would especially like to encourage people to join our group, and ladies are most welcome. Contact me at the park on a Tuesday or phone anytime. Ian Browning, Honorary Curator, 0419 435 475.



## Fitters/assemblers

Australian Pump is seeking full time production fitters/assemblers to join our dedicated team.

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# SCUBA DIVING

BY CAMERON MCARTHUR

On the 21st of May I went to Frog Dive Sydney in Willoughby on a scuba diving trip with my scouting troop First Dural. Upon arriving we were shown an instructional video teaching us the basics (hand signals, descending etc.) and then we were off. After putting on some well-fitting gear, we made our way into the pool, and I was pleasantly surprised to find it wasn't cold at all. Our helpful instructor John showed us where all our equipment was located and what it did, and we were soon in the deep end.

Three metres is a lot deeper when you're descending in full diving gear. Both times I've done this my ears haven't adjusted well, but I've still been able to get to the bottom (eventually). Our plan was to present a 'green cord' to one of our Scouts underwater, and although we couldn't hear each other it went better than expected.

Overall the experience was great. Everything is different when you're underwater as you can ascend and descend at will, and that makes diving a unique experience that everyone should at least try and I am grateful that being a scout gave me the opportunity.



## COMMUNITY TREE PLANTING DAY FAGAN PARK

JULY 28 @ 10:00 AM - 1:00 PM  
FAGAN PARK, 38-48 ARCADIA RD, GALSTON

Celebrate National Tree Day and help us keep the Bushland Shire green!

All plants and shovels are supplied by Hornsby Shire Council's Community Nursery.

Participants need to wear their own gloves, long sleeve shirt, hat, long pants, sturdy enclosed shoes, sunscreen and bring a water bottle.

## FREE FLU SHOTS AT GALSTON FAMILY PRACTICE

### COME AND MEET OUR LOVELY NEW DOCTORS

**Dr Lisa Liu** has recently joined our team. Dr Lisa has a particular interest in women's and children health.

**Dr Peng Wang** our male doctor remains with us and is enjoying getting to know the local community, and helping them to remain healthy and active.

In early May we are extending our hours ring the practice on **02 9653 1395** or go online with **Health Engine** to make an appointment.

### BULK BILLING

 **Galston  
Family Practice**

### Services Available

- ◆ **Clinical labs Pathology**
- ◆ **Audiology Clinic**
- ◆ **Podiatrist**
- ◆ **Baby Clinic - Mondays**  
Immunisations, weight and growth check, mother well being

**Also available:** Mental health,  
Chronic disease management,  
Implanon insertion and removal and  
Womens health

**Book online via health  
engine or call to make an  
appointment**

**9653 1395**

# SALVATION ARMY

BY CATHERINE JOSCELYNE

**J**ULY is a very significant month for the Salvation Army as members world-wide celebrate the vision and initiative of an English Methodist husband and wife team, William and Catherine Booth.

Recognising the poverty and destitution of many people in the East End of London, this couple held a meeting on 2nd July 1865 to see how they could offer help and Christian guidance to people in need. Within 13 years of its inception, a newspaper drafted an article mentioning the "army of volunteers" who were now involved, and the name SALVATION ARMY was born.

This army of willing helpers soon spread throughout Britain, and in 1881 the first meeting was held here in Australia. Today, the organisation is held in high esteem and loved for its non-judgemental presence in all walks of life across all cultures, races and religions. During both World Wars their presence generated the widely heard saying "Thank God for the Salvos" as they offered hope and solace to soldiers and displaced people.

Today, the Salvos in Australia care for 2000 people every night, offering food, lodging and hope to those less fortunate than ourselves.

The cold weather has now descended in the Hills District with the occasional frost on the ground and the smell of wood fires wafting on the breeze. If you are feeling the winter chill, come into our Dural Store on Quarry Road, curl up in the Community Corner with a complimentary tea or coffee and then browse through the thousands of quality-checked items waiting for a new home. Clothes, shoes, china, books, toys, games, sports equipment, furniture, bric a brac, electrical items, collectables: it is all here at bargain prices for you to enjoy. And get ready for our end of month Storewide Half Price Day which will be held on **Wed 31 July** in both stores.

Our Manager, Juanita, can be contacted for confidential advice and referral if you wish to discuss a personal issue. Just ring the Dural Store on 9651 4504 to see when she is available to meet you.

## AUSSIE PUMPS TO PROTECT PARKS

**A**USTRALIAN PUMP INDUSTRIES has announced their success with a contract to supply 280 diesel drive Aussie Fire Chief pumps for the National Parks and Wildlife Service (NPWS) mobile firefighting unit. The prestigious contract for the building of replacement vehicles was won by Blayney based ICR Engineering. It is a multi-million-dollar contract that will do wonders for the rural community and create new jobs in the area.

Australian Pump has worked closely with National Parks over the last 25 years in supplying a specially configured version of their Aussie Fire Chief high pressure pump. The Fire Chief is arguably the world's finest lightweight portable firefighting pump. It is claimed to deliver more water at pressure than competitors.

"To drive the pump, we use a Yanmar 4.8 hp Model L48 single cylinder diesel engine and close couple the pumps. This makes it a very compact unit, important as space is at a premium on the back of the Land Cruiser ute" said Aussie Pump's Chief Engineer, John Hales. "National Parks would not compromise on the pump. They know using the Aussie Fire Chief over the years has given great results" he said.

Further information on the Aussie Fire Chief is available from ICR, all Aussie Pump Distributors or online at [aussiepumps.com.au](http://aussiepumps.com.au).



Australian pump specialise on engine drive pumps for fire fighting, water transfer and trash handling. The company is a leader in the development of this equipment. The photograph shows aussie pump staff assembling these special configuration pumps



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

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### INTRODUCING

#### SAMBUCOL THROAT POPS FOR KIDS 2 YEARS +

Sambucol black elderberry soothing throat pops contain delicious unique black elderberries, which are which in antioxidants and bursting with flavour that your kids will love. They are blended with the natural soothing comfort of honey, to coat the throat and help you child at ease.



# DEALING WITH ARTHRITIS THIS WINTER

**A** RTHRITIS is Australia's major cause of disability and pain. Winter is a time when sufferers of arthritis face the most challenge. Every simple task looks daunting. Independence comes with mobility and our ability to conduct our daily chores with least dependence on others. Simple solutions like a pick-up-reacher, a key turner, a jar opener or a tap turner can make a huge difference. The enhanced independence feeds our self worth and self-esteem.

It may be worth considering options in addition to medication to alleviate the inconveniences or sheer pain inflicted by Arthritis during this winter. There are many natural remedies and exercises. Dr Paul Lam, Director, Tai Chi for Health Institute speaks about how Tai Chi can help to deal with Arthritis.

Arthritis gloves of various types can be a great relief during this season. It is good to know that there is a range of cutlery that can assist a person who is experiencing difficulties at the dining table. Likewise, there are pressure care products like the simple seat cushion, seat wedge or a back support.

For more information on this and other helpful topics visit [www.comfortdiscovered.com](http://www.comfortdiscovered.com)



## THERE'S AN APP FOR THAT... LET'S COLOUR-IN WITHOUT THE SHARPENER!

BY DEBORAH AMOS



There is however, a number of apps that give you the option of colouring without the pencils or paper and with, as much enjoyment. I am not particularly creative so I am currently really enjoying the app Happy Color. Best used on your Tablet or iPad this app presents you with beautiful drawings that you then colour by number.

The colour with numbers are listed at the bottom. Very easy to do and relaxing. You tap on a number and colour, and the spots are highlighted on the picture.

There are also apps which are great for children and educational at the same time.

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

If you are struggling to understand your Apple device, please give me a call and we can discuss One on One sessions. Debbie on Mob: 0418 296 217 or email: [info@debbiedoesit.com.au](mailto:info@debbiedoesit.com.au)



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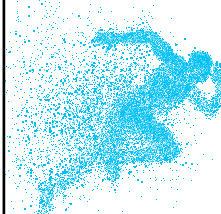
- Makes learning personal because no two minds are alike, and we all learn differently.
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- Tutors are thoroughly vetted, and, only the best will do!
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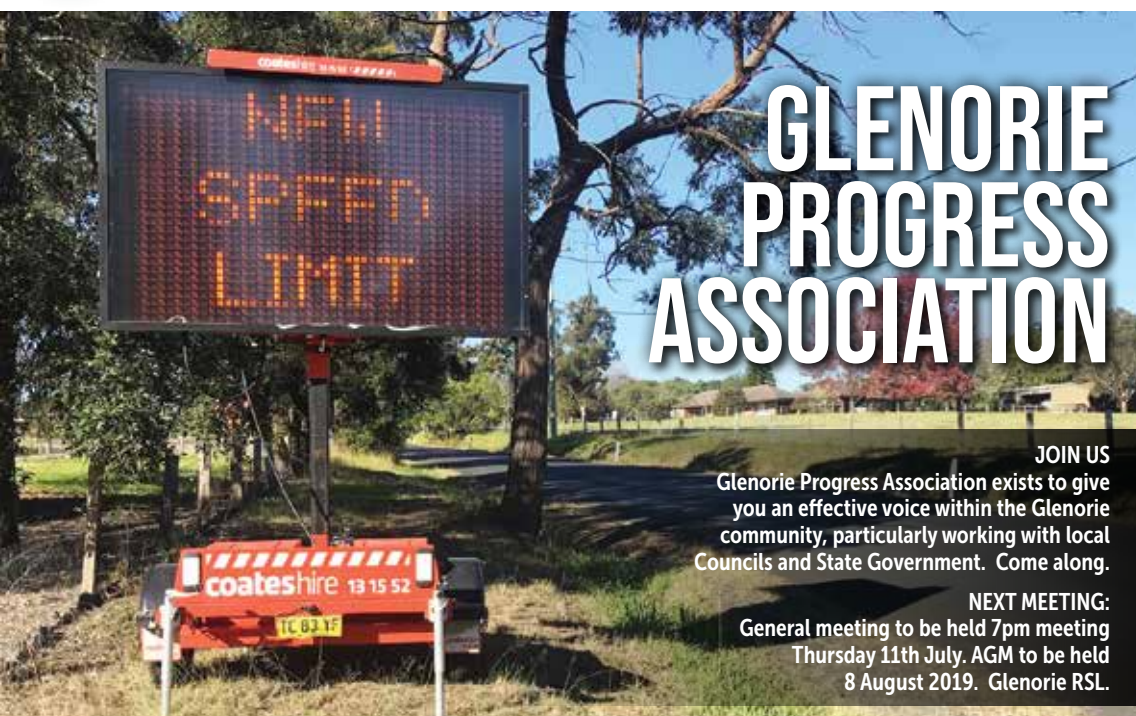
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We are located on the western side of the Galston Shopping Village near Chizzo's Pizzeria. Health fund rebates may apply.





# GLENORIE PROGRESS ASSOCIATION

## JOIN US

Glenorie Progress Association exists to give you an effective voice within the Glenorie community, particularly working with local Councils and State Government. Come along.

## NEXT MEETING:

General meeting to be held 7pm meeting  
Thursday 11th July. AGM to be held  
8 August 2019. Glenorie RSL.

**G**LENORIE PROGRESS ASSOCIATION'S (GPA) engagement with Councillors and Members of Parliament has been paying off. GPA members raised the speed limit of Whites Road with Member for Hawkesbury Robyn Preston MP. Very quickly after that meeting Robyn released the announcement:

"Safety will be improved for motorists at Glenorie with changes to speed limits along Whites Road and Boronia Road at Glenorie from late June.

Member for Hawkesbury Robyn Preston MP said Roads and Maritime Services carried out a speed zone review after requests from the community to reduce speed limits on these roads.

"Roads and Maritime will be installing a 60 km/h speed limit along Whites Road and Boronia Road to provide more consistent journeys for all motorists," Ms Preston said.

Thank you, Robyn Preston, for the quick action and GPA members for keeping safety a priority.

The planning committee of the GPA has also been meeting with great results. The objective has been to provide town planners at both Hills and Hornsby Shire Councils with widely consulted guidance on development, if there were to be any development in Glenorie. Again, the objective is that if there is be development in Glenorie in the future, then it should be

community led development rather than being dictated to by developers who don't live in the community.

A summary of the objectives:

Maintain the village of Glenorie. That is, a village surrounded by larger properties with green space.

Any development should release publicly accessible and connected green space or parklands.

Connectivity: walking and bike paths throughout any new development.

Infrastructure before development: roads improvements and transport services to support any increase in population. Even items like the capacity of the preschool should be considered.

A mix in uses. More commercial, retail and industrial opportunities in a planned manner as well as a mix of housing.

Sustainability: sewage processing, solar power and water use should be considered and incorporated.

We are working with councils to develop some draft plans for Glenorie. Hills Shire Councillor Dr Peter Gangemi, promptly organised a planning session with Hills Shire Planners and that will be held in July. We are hoping to be able to revert to the community with some visualisations of options for development that the community can give their opinion. Again it is important to note, that we are not pushing for development, but

rather being pre-emptive about where and how development is done in Glenorie if it is to occur.

The KOALAS IN THEIR ENVIRONMENT DAY on Saturday 18 May was a successful community event coordinated by the Glenorie Progress Association and Environment Centre, Cattai Hills Environment Network and Dr Michelle Ryan and Serene White from Western Sydney University. The day was held to educate and involve the community in the Koala Project being run by the University in the Glenorie/Maroota/Cattai areas to assess koala populations. Michelle gave talks on the project and Koalas in general. The information was well received, and many people put their names down to be included in the project as required later in the year.

An application for My Community Project, MCP19-04473: Glenorie Memorial Cenotaph safety barrier and landscaping has been lodged to ensure that the barriers around the Glenorie Memorial Cenotaph are adequate for ANZAC day services. We are hoping this grant will be awarded later in the year.

What initiatives would you like to see actioned in Glenorie. Have your say.

You can make a meaningful contribution to the progress of Glenorie. What do you think of: Netball Courts at Les Shore Reserve, or maybe a skate park? Do we need a path from the village to the oval? Does Ted Schwebel Park need toilets and shade? Whatever the idea or need, Hornsby and Hills Councils as well as State and Federal Governments appreciate the input of Glenorie Progress Association to assist in their planning and expenditure.

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## HORNSBY SHIRE CLIMATE ACTION GROUP LETTER TO THE EDITOR

Dear Editor,  
Our group has written an open letter to Hon. Julian Leeser, MP.

\*\*\*\*\*

### THE HON. JULIAN LEESER, MEMBER FOR BEROWRA,

We wish to congratulate you on your re-election to parliament as the representative of Berowra. You have worked hard for the electorate and clearly enjoy the support of the community.

Hornsby Shire Climate Action was formed by a group of local residents who are concerned about the impact of climate change, which will have an adverse effect on our beautiful bushland shire and the health of the people who live here. Our aim is to promote action in our local area which will assist in the decarbonisation of our economy promote the transition to clean energy and transport.

The science on the issue is very clear and is saying we only have a few years to achieve climate stability for future generations.

We are currently campaigning to have Council divest from fossil fuels and invest with financial institutions that support the transition to renewable energy and a low carbon economy. Whilst much of our focus is on local action, we recognise that all tiers of government have a role to play and we urge you to be a strong voice in the new parliament for action. A number of your colleagues have said that the Government's commitment to achieve the Paris targets is a genuine one. We hope that you will strongly advocate for a national framework that will see a transition to 100% clean energy and end subsidies for fossil fuels.

Yours faithfully,

*Hornsby Shire Climate Action Group | Justine Smillie, Galston | Estelle Dollfus-Gates, Hornsby  
Sarah Caruna, Pennant Hills | Phil Newman, Westleigh | Katie Shammas, Thornleigh  
Peter and Anne Youll, North Epping | Sandra Ackling, Pennant Hills | Barbara Davis, Cheltenham  
Cassie and Andrew Handel, Hornsby | Dr Cat Dorey, Hornsby*

IN CONJUNCTION WITH GALSTON,  
GLENORIE NEWS AND GALSTON HIGH SCHOOL  
present

# COLOUR RUN AND FOAM FESTIVAL

SAVE THE DATE: 11TH AUGUST, 2019

Where: Galston Recreational Reserve  
Galston Road, Galston  
(Opposite Galston High School)  
Time: 10.30am until 1.30pm

Come and enjoy a 3km walk or run with your mates or family for a fun filled day of colour where you will be sprayed with non toxic coloured powder at each kilometre.

Don't forget to bring some extra money as there will be lots of market stalls on the day!

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

.....

To book go into <https://www.trybooking.com/book/sessions?eid=479014&ses=1427515>

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## HILLS BRANCH WERE WELL REPRESENTED AT THIS YEARS 2019 NATIONAL BUDGERIGAR CHAMPIONSHIP HELD IN BRISBANE.

After a hectic few weeks of preparation of the individual birds of respective breeders, followed by selection process at club level, then Selection Trials at State level; selection in the State Team was awarded to the following Hills Members namely;

- **MYLES HENKE** – Lacewing and Clearbody Varieties,
- **PETER DODD** – Blackeye Self and Clearwing ( 2 Birds) Varieties,
- **RAY GALBRAITH** – Albino Variety,
- **CRAIG BUCKINGHAM** – Opaline, Fallow and White Cap Varieties,

**RESULTING FROM THE NATIONAL CHAMPIONSHIPS, PETER DODD WAS AWARDED A NATIONAL LOGUE IN THE CLEARWING VARIETY.**

Myles Henke gained 3rd in the Lacewing Variety, Craig Buckingham was placed 2nd in both the Opaline and Fallow Varieties plus 3rd in the White Cap Variety. Peter Dodd also gained 3<sup>rd</sup> place in the Blackeye Self Variety. The other birds selected within the N.S.W. Team were awarded lesser placings.

**FOOTNOTE:** Within the May Edition of this Magazine, this article outlined the achievement of Andre Ozoux in gaining the Grand Champion and Reserve Grand Champion at this year Royal Easter Show with two outstanding birds; Well, both these birds dropped their tails, thus rendering them unable to compete for Club and State Selection. There always the 2020 Nationals, which will be held in Bendigo, Victoria.

Now that the National selection process and the National Championships are over for another year; most breeders will be getting down to breeding, endeavouring to produce next year birds in the hope of gaining selection in the State Team and gaining a trip to the Bendigo Nationals.

Care to be part of a hobby that can be enjoyed by an individual, partnership or family, then contact should be made with Ray Galbraith, by telephoning 9653-1538 or e-mail boxer7@bigpond.net.au



## CCCA NATIONAL CAT SHOW 2019

Come and meet a Sphynx at the National Cat Show only on Saturday 20 July. You can meet a Sphynx and find out more about the breed at our breed presentation and pat-a-cat sessions; **10.30am, 12 noon, 2pm and 3.00pm**

Esteemed Senior Judge Rhondra Watson will be there to talk about different breeds, answer your questions about breeds, responsible cat ownership and animal behaviour. Stalls have donated lots of goodies as free giveaways at these sessions for the public.

Join us at the Hills Sports Stadium Fred Caterson Reserve Caterson Drive, Castle Hill, NSW.



## NSW GREENSHIELD KIDS TOURNAMENT

**Held over 3 days 14th, 15th, and 16th June 2019 at Dural Squash and Fitness**

With well over 100 children participating from all over NSW it was a huge success. They stayed in accommodation throughout the north west culminating in a grand final on Sunday afternoon with trophy presentations.

Many had not been to our beautiful Hills District before and were very impressed.

Dural Squash runs a coaching clinic and round robin for children on a Thursday (school term) between 4pm and 6pm for \$10.00.



Last photo of Sydney Metropolitan Division GRAND FINAL WINNERS



## BENDIGO BANK HELPS FOOD DRIVE AGAIN

Our Galston and District Community Bank has been contributing each year to the Anglicare Food Drive. The hundreds of dollars given are spent on food and household items in local supermarkets, enabling Anglicare to help communities in need, outside our community. Thank-you Bendigo Bank from Dural, Kenthurst and Arcadia Anglican churches.



# HILLS WINTER SLEEP OUT

The winter has finally arrived and it's now time to register for this year's Hills Winter Sleep Out!

This year's event will take place on **17 August** at Bella Vista Farm from 6pm. You can register to sleep under the stars or you can pay extra for a roof over your head. Encourage your friends, family and work mates to sponsor you to rough it for the night with nothing but a piece of card board to sleep on. Better still encourage your friends to join us for a night in the cold to raise awareness of homelessness and it's causes in the Hills.

Go to the [the-hills-winter-sleep-out.raisely.com/](http://the-hills-winter-sleep-out.raisely.com/) and sign up. All donations/sponsorship are TAX DEDUCTIBLE and all funds raised will go to Hills Community Aid to run their homelessness prevention initiative that helps those who are homeless or at risk of becoming homeless in our community.



## GLENORIE PIZZA WAS ESTABLISHED IN 1986

In 2015 Jemma and Lang bought Glenorie Pizzeria which was situated in the Glenorie Village shopping centre however due to the development they set their sights on a new shop opposite the Public School. This opportunity provided the means to offer a wider range of food including made to order pastas, desserts, coffee and also to open for lunch time trade. To do this, a full renovation and fit out was required so in April 2018 Jemma and Lang went into partnership with Laura and Erin opening new premises at 940 Old Northern Rd.

Being local girls, Jemma and Laura run the day to day business where they love seeing friendly faces and being able to offer employment for locals of all ages. Currently the team has over 25 staff and we pride ourselves on providing the best pizza in the area.

- \$13 Tuesday's from 5pm
- \$10 lunch Tuesday-Friday 11am-3pm
- \*NEW\* Thursday \$40 feast from 5pm



## NOW OPEN FOR LUNCH

**Tuesday - Friday 11am - 3pm**

### \$10 Lunch Specials

**9" Pizzas  
Pasta  
Salad**

**Includes a drink**

**Add  
Garlic Bread  
\$2**

**\$13  
Tuesday's  
from 5pm  
Select LARGE  
Pizzas!**

### \*NEW\*

**Thursday  
\$40 feast  
from 5pm**

**9652 1753**

**Shop 1, 940 Old Northern Rd, Glenorie**



# RADIO CONTROLLED FLYING HAVE YOU TRIED IT?

**H**ORNSBY ELECTRIC MODEL FLYING CLUB (HEMFC) is located inside the eastern boundary of Fagan Park, near Galston. The club has lived here for more than 20 years with thanks to the Hornsby council for allowing us to occupy this corner of Fagan Park.

The club has a 1.28km boundary encompassing 10.7 hectares of beautiful Fagan Park with a few dams and many trees. The pits area is wonderfully shaded, by a copse of trees, for vehicles, people and planes. We have a 148m runway that is 50m wide and all mown lawn.

The club functions very much like a men's shed, providing a great, stress free atmosphere resulting in much, friendly banter. We schedule no competitions, again resulting in a very peaceful environment.

In providing assistance for newer fliers, many topics of the hobby are covered, like scratch building of your favourite scale plane, model assembly, electric setup, flight setup and well qualified buddy flight training. Buddy flying means you learn faster and your plane survives the flights!

All ages and genders are welcome, from teenagers up to the more stately amongst us! We do have a couple of 80+ members!

As the name suggests, the club is for electric flying only. Everything from the smallest trainer up to 3m gliders, 2m sport, aerobatic and scale planes are flown. We have a few quadcopter and helicopter fliers. Our instructors can help you with all aspects of flying from getting your new plane into the air through to advanced flying techniques.



As a new attendee, you will be offered a few buddy flights by our qualified instructors. Buddy flying ensures the highest level of safety for your plane (and the public). If you persist and become a member, insurance then included, an instructor will train you until you're considered a safe flier. We also place great importance on adherence to our club rules and safety procedures.

The field is available and attended every day weather permitting. So, what are you waiting for? Come and give it a go...

## THE HEMFC COMMITTEE:

IAN FRIERY	President	0417 665 115
ROD NORDSVAN	Vice President	0419 143 569
LOUIS ABDILLA	Secretary	0402 141 151
JOHN PELLICANO	Treasurer	0418 451 156



## HAVE YOU CONSIDERED TRYING RADIO CONTROLLED FLYING?

### You may have some questions...

**Where?** Fagan Park, Galston, an MAAA accredited flying club called Hornsby Electric Model Flying Club.

**What?** Gliders (easiest & longest flight time), Scale or Sport planes initially provided by the club.

**Safety?** Fly under the very close supervision of a qualified instructor. We employ a buddy system to minimize mishaps!

**Want to know more?** Text Ed on 0414 701 078 or Text Rod on 0419 143 569



KIDS HELPING KIDS!



**SCARE CANCER**

**THIS OCTOBER FOR HALLOWEEN TO HELP SICK KIDS!**

**JOIN OUR NATIONAL CAMPAIGN**

**OCTOBER 1ST - 31ST**

To get involved host your own "SCARY" event, get your workmates in the office to dress up or wear orange and black, have a neighbourhood party, and office BBQ.

**OUR PROMISE IS THAT ALL DIRECT DONATIONS WILL GO 100% TO SICK KIDS AND THEIR FAMILIES.**




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or pay us a visit at  
[www.kidswithcancer.org.au](http://www.kidswithcancer.org.au)





## ANNE FROM GLENORIE ASKS

*"Why do I need to set a goal when I just want to keep fit"*

No matter whether you are just training for fun, fitness or a competition setting goals to help you achieve what you want to achieve is a great way to get there and keep you motivated and accountable. Whether it's to set a goal to go for a walk 3 x week, go to yoga class, run a fun run, lose weight, increase lean muscle, get healthy; you need to set a goal!

A great way to set goals is to use SMART system.

- S** specific
- M** measurable
- A** attainable
- R** relevant
- T** timely

**SPECIFIC** Goals are clear and detailed. What do I want to achieve? Why? When?

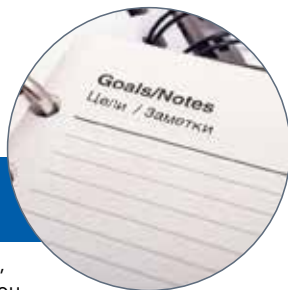
**MEASURABLE** means you need to be able to measure your goal some how.

For example: weight loss, has the number on the scales changed, have my measurements changed? Can I walk 5km in 1 hr now instead of 3km. I consistently do 1 yoga class per week. Am I feeling better? Do I eat more nutritious meals.

**ATTAINABLE** means the goal needs to be within reach, but not something you may have done before. It can be outside the box. Remember you can achieve anything you set your mind to. For example: increasing your walk / run from 3km to 3.5km the next week to 4kmtwo weeks after to get to walk / run 5km within a month.

**RELEVANT** means it needs to be meaningful and support you as a person with what you are wanting to achieve. Why do I want to achieve this goal.

**TIMELY** means you need to set a time frame for the steps you need to achieve your goal. Work towards a deadline. For example: I want to lose 2kg in 1 month for that holiday I'm going on. A little each day will go a long way.



# HORNSBY GANG SHOW 2019



**A talented cast of young people from the Sydney North Region Scouts and Guides are about to present the 2019 Hornsby Gang Show - Tune IN 201.9**

Gang Show is variety show performed by Scouts and Guides, with the aim of developing the performing arts in the Region. Gang Show provides quality, diverse opportunities for youth in all aspects of stagecraft, acting, dancing, singing, orchestra, as well as behind the scenes roles (such as lighting, sound, prop building, and many more).

Gang Show is suitable for all ages, and is a wonderful, affordable school holiday activity running from **6-13 July 2019**.

The young people performing in Gang Show come from all over the Sydney North region, including the North Shore, Hills, Epping, Northern Beaches, and Hornsby districts. Everyone has been hard at work with the aim of bringing a fun, fresh, and exciting show to our audiences.



**TICKETS AT GANGSHOW.COM**

**5th - 13th JULY SCHOOL HOLIDAYS 2019**

Presented by Sydney North Region Scouts & Guides

**AN ON-STAGE VARIETY SHOW FOR THE WHOLE FAMILY**

## Galston 500

A Collection of 5" Scale Model Locomotive teams attempting to complete a combined total of 500 laps of the 1km track at the Galston Valley Railway, to raise money for **Kiss Goodbye To MS**.

**Galston Valley Railway**  
29 Mid Dural Rd  
Galston, NSW



WITH PLENTY OF ENTERTAINMENT PLANNED FOR THE DAY, BOTH ON AND OFF THE TRACK, BRING YOUR COINS AND COME ALONG TO JOIN US AS THE CHALLENGE UNFOLDS!

MORE INFORMATION AT  
[WWW.GALSTON500.COM](http://WWW.GALSTON500.COM)

ENTRY INTO THE RAILWAY BY GOLD COIN DONATION.  
**RIDES \$2.50 EACH**



OPEN TO THE PUBLIC BETWEEN 10AM AND 3PM! COME ALONG AND GET A RIDE BEHIND SOME OF THE PARTICIPATING LOCOMOTIVES.

**Sunday 21st July 2019**

OPEN FROM 10AM



HOSTED BY HORNSBY MODEL ENGINEERS CO-OP LTD  
RAISING FUNDS FOR MS RESEARCH

## TUNE IN HGS 201.9



Hornsby Gang Show: 120 local Scouts and Guides on stage in a musical variety show!

Barker College, Leslie Theatre: 91 Pacific Hwy, Hornsby

**Tickets:** Adult \$25, Child (under 16years) \$15, Concession \$20, Family (2 adult & 2 children) \$70  
Plus booking fee

### SHOW DATES 2019

5	July	Friday	8pm
6	July	Saturday	2pm & 8pm
7	July	Sunday	3pm
10	July	Wednesday	8pm
12	July	Friday	8pm
13	July	Saturday	2pm & 8pm



**BOOKINGS: [WWW.GANGSHOW.COM](http://WWW.GANGSHOW.COM)**

# CELEBRATING 50 YEARS OF THE HILLS HAWKS, 1969 - 2019!



There are many dates to look forward to at the start of each new season: the first-round games, the finals series, presentation day, Purple Socks Campaign, our famous Minis Gala Day and this year our 50th Dinner Anniversary, which will take place on **Saturday 27th of July** at Springfield House!

Hills Hawks Football Club is a community focused club that has been part of the Galston community since February 1969, when the minutes of the Hills District Memorial Club Sports Council recorded that the HDMC Sports Council entered teams in the local soccer competition; at which point the history of Hills Hawks Football Club began!

The fantastic grounds and facilities we have today, which started as a rough oval with a trotting track around it in 1969, Hills Hawks FC has been steadily growing through the years, both on and off the field. Numerous teams have been champions in the past 50 years, including mini soccer teams having made their way through to Premier League, our wonderful clubhouse built in 2012, 500 registered players and this year, 49 teams. Our club keeps welcoming new and old players, boys and girls, junior, senior and premier league players as well as men's and ladies' social competitions.

From its inception in 1969 and through to the present day, the Hills Hawks Football Club is

more than a football club: we bring together and support families in the local community to become one larger, single family. There are families who have been involved in the local soccer community now for four generations. The Hills Hawks Football Club has been an instrumental part in the sporting and social development of the Galston, Arcadia, Dural and Glenorie communities.

The Club wouldn't be where it is today without the support of the local community, the numerous volunteers and the dedicated committee members, along with all its sponsors including the Glenorie RSL Club, Bendigo Galston Community Bank Branch, Hills District Machinery, ClearState Property Group, Hills Self Storage, CVW Engineering, Turrell Building, Chizzo's Pizzeria, Coppernest Property Group and IGA Galston.

The strong ties of friendships developed, and the sense of community built through the Hills Hawks FC has been profound, creating a sense we are one big family. We wish to thank everyone who has ever been and continues to be a part of our wonderful football community and look forward to the celebration event on **27 July**.

## HAPPY 50TH ANNIVERSARY! GO THE HAWKIES!!!



### THANK YOU FROM ANGLICARE FOOD DRIVE

#### A BIG THANK-YOU FROM ANGLICARE

Last month's Food Drive was again an amazing success. The generosity of residents in our district, for families doing it tough this winter, was overwhelming.

You contributed enough food and household items, so that Angli care can help families in need throughout Sydney, for 3 months!

Whether you contributed at the super market, at school, at your door or at church, Dural, Kenthurst, Arcadia, Glenhaven and Cherrybrook Anglican Churches would like to offer a sincere thank you.



## Park Lane PROPERTY GROUP

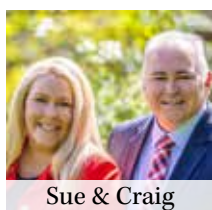
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NSW - Senior State Titles Opens Championship									
TEAM	P	W	L	D	F	A	Pts	%	
Newcastle	18	18	0	0	565	264	36	11.89	
Manly Warringah	18	16	1	1	514	212	33	13.47	
Randwick	18	16	1	1	520	243	33	11.89	
Hills District	18	15	3	0	497	334	30	8.27	
Campbelltown District	18	14	4	0	395	286	28	7.67	

Baulkham Hills from 6<sup>th</sup> to 8<sup>th</sup> July. The Galston players representing the Hills District in the juniors are Sophie Hamilton-James in the U13's, and Amelia Ho, Charli Davis, Chelsie Stollery and Sienna Cooper-Durant all in the U12's.

Galston Netball Club fields teams aged 6 years to adult in the Hills District Netball Association winter competition and runs clinics for our younger players throughout the year. For further information please contact secretary. [galstonnetballclub@gmail.com](mailto:galstonnetballclub@gmail.com)

**THE QUEEN'S BIRTHDAY LONG WEEKEND** saw a fantastic feast of sporting action as the Netball NSW family came out in force in Campbelltown for the HART Senior State Titles. Galston Netball Club were very proud to have three senior players; Isabelle Barker, Ashleigh Gammie and Ciara Kennedy represent the Hills District Netball Association in the Opens Team. Competition was fierce with their team placing in a highly commendable 4th in the State with an impressive 497 goals for and 334 against.

All 3 girls play in our A1 team who, as we approach the mid-point of the 2019 season, currently sit in first place on the ladder. Congratulations to all 3 girls on a fantastic effort.

A special mention as well to the coach of our U13 Division 1 team, Olivia Charlton, who also represented the Hills District at Campbelltown. Despite breaking her finger during one game, on her birthday no less, Olivia had a great tournament.

Coming up next up it is the turn of our junior players. We would like to wish our girls every success in the Junior State Titles being held at



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# DEVELOPMENT REFUSED

The Hills Shire Council Planning Panel has refused an application from the land owners of 584, 586, 590, 600, 602, 606, 618 and 626 Old Northern Road and 7, 11, 21 and 27 Derriwong Road, Dural to rezone 21 hectares of land within the Dural locality from RU6 Transition to R2 Low Density Residential, in order to facilitate approximately 181 new residential lots.

The original DA was submitted to Hills Shire Council in 2016, but was held in abeyance subject to the outcome of the Urban Capacity and Capability Assessment for the Dural locality. This report, published in March 2019, concluded that while some land is environmentally capable of accommodating development, there is insufficient infrastructure capacity to facilitate development uplift in the Dural locality at this time. A point (item 3) was also made in the assessment that:

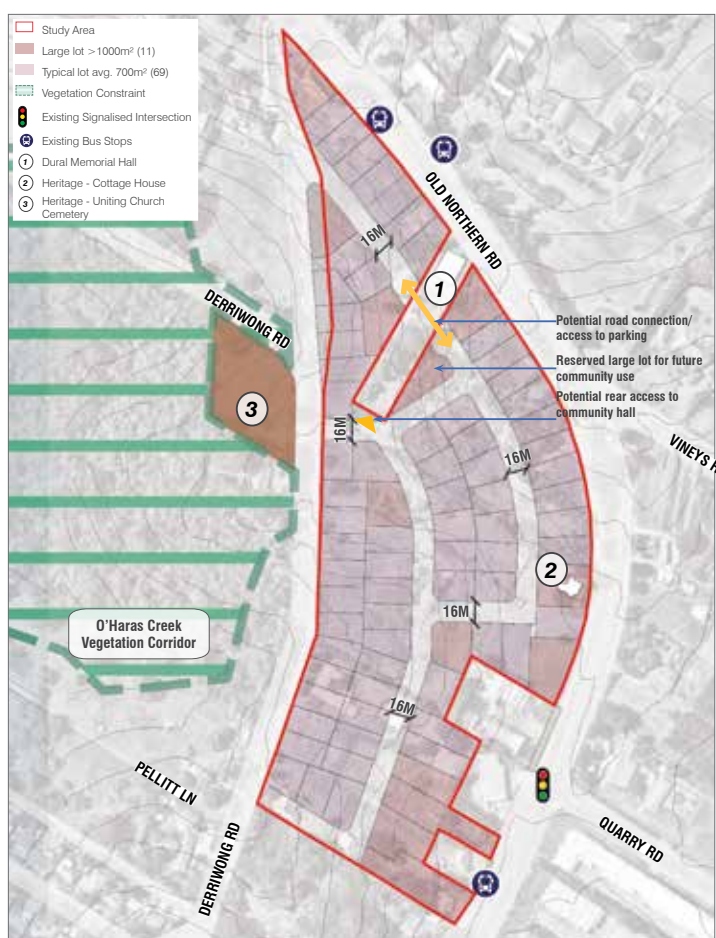
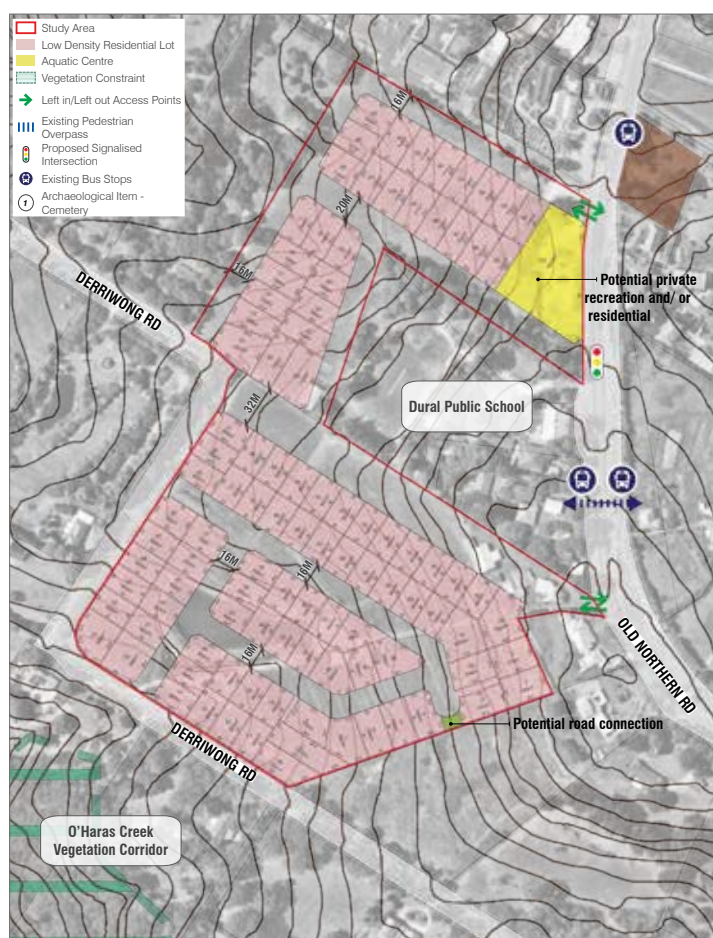
3) If the proponent of any future planning proposal to rezone land within the Dural locality is able to demonstrate that they can deliver the required local and regional infrastructure upgrades at no cost to Council, Council consider such a planning proposal and review its position with respect to rezoning within the Dural locality at that time;

The applicants put forward their application on the basis of point 3 above. They also provided a road corridor from Derriwong Road through to Old Northern Road. This was to address the potential 'by pass' of Round Corner from residents coming from the new land release area/as in Box Hill.

However there was a unanimous vote that the Planning Proposal NOT proceed to Gateway Determination. (See reasons.)

## REASONS:

1. The proposal does not demonstrate strategic merit.
2. The proposal is not consistent with the Greater Sydney Commission Central Sydney City Plan, specifically planning priority C18 "Better Managing Rural Areas".
3. The proposal is not consistent with Section 9.1 Ministerial Direction 1.2 Rural Zones.
4. The proposal is not consistent with Council's Rural Lands Strategy.
5. The proposal has the potential to generate conflict with the RU2 zoned land in the Hornsby Local Government Area.
6. The proposal will have an adverse impact on the character of the Dural Precinct.



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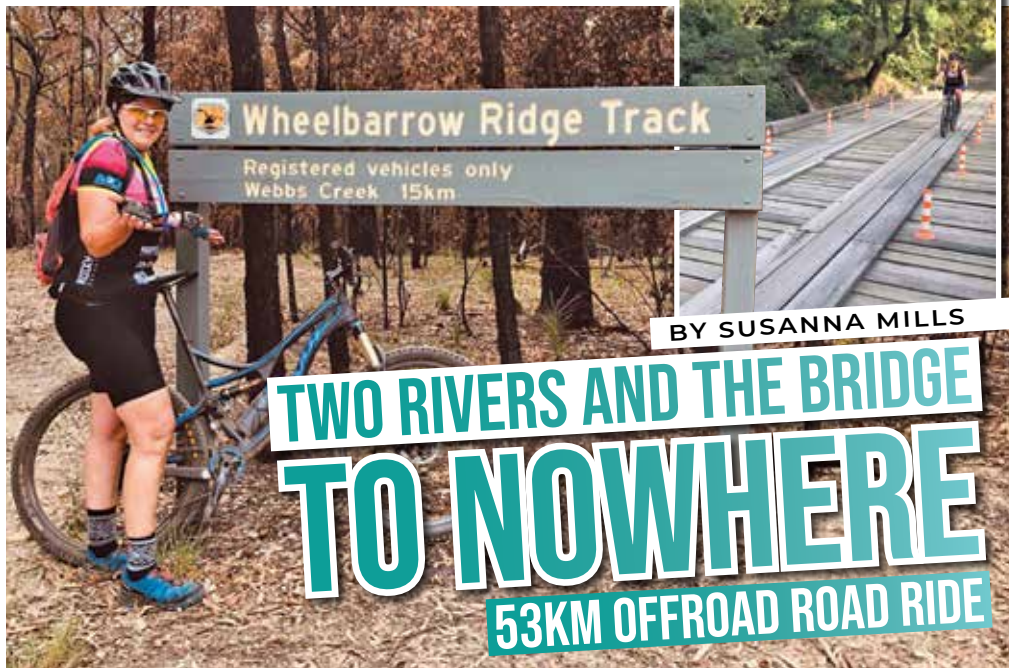
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BY SUSANNA MILLS

## TWO RIVERS AND THE BRIDGE TO NOWHERE

### 53KM OFFROAD ROAD RIDE

**T**HE NAME 'MOUNTAIN BIKING' can conjure up terrifying visions of ten foot drop-offs, relentless rutted climbs or generally being faced with riding terrain that is beyond 85% of most cyclist's skills and fitness levels. However, road cycling around Sydney can also usher in sleepless nights! So, if you just want to ride your bicycle to get in some peaceful long endurance miles, socialise, de-stress and engage with the natural environment, what is one to do? Well, the good news is that there's a huge slice of remote cycling heaven in the heart of the Hawkesbury...an entire 53 or 63km loop in fact, with dollops of everything any cyclist of any level or discipline- could possibly want!

Starting from the Colo/Hawkesbury River confluence, turn left up Portland Road away from the bridge and climb about 3km on tar until you turn right into Lower Colo Road. A very fast, hardpack descent will take you back down into the Lower Colo River Valley and it's a serpentine, 10km cruisy dirt track until you reach Colo Park and ride under the elevated Putty Road bridge across the river. Continue straight ahead for 13km. Back on the tarmac, enjoy more cruisy river valley riding. Somerset Outdoor Learning Centre seems to dominate the Upper Colo River property market- giving much of the scenery the look of well-groomed private parklands. But as soon as your wheels kiss the dirt again you are soon to turn right and cross the river via a very unique, low level plank bridge.

Take time to admire the beauty of the riverbed stretched out either side of you to an infinity point

between thickly-wooded hills. Have a bite to eat then shift to granny gear, because from here it's a winding 6km grind up Colo Heights Road to Putty Road. (There's fabulous scenery and amazing rock formations to mitigate any suffering.) About two thirds of the way up, regroup at a lookout on the left about 1.5km past the small quarry. At the intersection, turn right onto Putty Road and after 1km you'll be glad to exit left off this busy arterial road into Wheelbarrow Ridge Road.

Bored mountain bikers won't resist a random little singletrack running parallel to the tar on the right, and riders who haven't been putting in the miles will be getting rather tired by now... The 20km Wheelbarrow Ridge Road may be mostly downhill, but it still requires turning those cranks! Tar soon changes to smooth, wide dirt road and glimpses through the trees of the Hawkesbury hills or Parr State Conservation area may be seen.

Lengthen this ride by another 17km via Wheelbarrow Ridge track to the right. But if you've had enough, continue straight, 6km down the road to Greens Road intersection. Turn left and ride over 'The Bridge to Nowhere' and you're finally back where you started- 53km later!

Wheelbarrow Ridge Track is a rough, much more technical 9km rollercoaster ride all the way down to Greens Road, with an occasional short pinch climb. The reward is majestic views, and tight switchback descents when you turn right onto Greens Road. You'll ride the last 5km with the Hawkesbury River serenely lapping at parts of the road you are on.



## FACTBOX:

### START and FINISH:

'Bridge to Nowhere' aka Confluence of the Colo and Hawkesbury Rivers. Park at either Skeleton Rocks Reserve, or near the RFS on Portland Ferry access road.

### ROUTE MAP:

See author's Strava profile activities. All roads and tracks are signposted for navigation.

### WHAT BIKE?

Cyclo-Cross bike, or a hardtail mountain bike, Hybrid/Commuter bike. A dual suspension mountain bike is overkill- either leave it at home, or lock out all its suspension for this ride.

### BRING:

Fully charged mobile phone, (not much reception out here though) 2 litres of water, energy gels, snack food, basic bicycle repair stuff. Eat something before you leave home. I favour a boiled egg, or a bowl of oats. NOTE: In summer you must put electrolytes or some salt in your fluids, and start riding very early in the morning !

### WATCH:

Excessive heat in summer. Flooding, road and ferry closures after heavy rains. Next to no vehicular traffic, but road rules still apply. These roads are remote so if riding alone, be self-sufficient and have a back up plan. The planking on the narrow bridge across Colo River can be intimidating- keep eyes ahead and don't hit this bridge too fast! Some Wheelbarrow Ridge Track descents are steep, rough and challenging to ride- especially when you have already put 50km into your legs.

### TIME:

Race Fit, experienced Cyclists: 2.5 to 3 hours. Intermediate to novice riders: 3 to 5 hours. Allow one hour to drive here from Galston.





## MUSIC & ARTS

# OPERA AND SONG FOR GALSTON CONCERTS

The Galston Concerts will offer opera, song and instrumental colours in their next program - SUNDAY 28 JULY.



Korean soprano Megan Kim

**SYDNEY-RESIDENT ARCH TRIO** – Christina Wilson, mezzo-soprano; her husband Alan Hicks, piano and Robert Harris, viola – themselves recent travellers to concerts in Europe and soon in the USA - will be joined by Korean soprano Megan Kim, plus a cameo from Robert's double-bassist wife Dorit Herskovits.

The program takes G for Galston as its musical theme – Germanic songs by Brahms from Hamburg and Schubert from Vienna plus contrasts by popular Classical composers Gershwin, Grainger, Granados, Grieg plus John Greaves' clever musical depictions of garden weeds.

Young Performer Megan Kim will perform opera arias on the theme of love by Mozart, Donizetti (from his hilarious *Don Pasquale*) and the popular *O My Beloved Father* by Puccini (made famous in the film *A Room with a View*).

Mentor-teacher Christina and protégé Megan will offer the famous *Flower Duet* from *Lakme* by Delibes (made famous by British Airways television ads).

The music for a rich mix of voices, piano and bowed strings will span four centuries and four continents – time travel from Ireland and Italy to India, Austria via America to Australia with added sounds of Spain and Scandinavia.

All concerts start 2pm in Galston Uniting with [trybooking.com](http://trybooking.com) (search Galston) and Promotions Coordinator Helen Jordan on 0425 339 841 being best options for enquiries and advanced bookings.



Robert Harris, Christina Wilson and Alan Hicks

AUGUST 7:

## TRICIA TAYLOR “PASTEL PORTRAIT OR FIGURES”

Master Pastellist Tricia Taylor is from Sydney and has had 20 years of experience with pastels. Her work is recognised for capturing light in her impressionistic style of realism.

Although painting portraits and figures in pastel can be daunting Tricia will show simple methods of layering to achieve amazing colour control. She will focus on how to mix colour in pastel including skin colour and colours in warm light.

Visitors are welcome to join with the Castle Hill Art Society 7.30pm at Castle Glen Community Centre, 157 Ridgeway Drive, Castle Hill. Enquiries 9899 3179 | [www.castlehillartsociety.org.au](http://www.castlehillartsociety.org.au)



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# Latest News



## from the Mayor's Desk

Hornsby Shire Council has approved its budget for the 2019/20 financial year, with a surplus of \$4.3 million. This is great news, as it demonstrates that we are still in a strong financial position despite the difficulties caused by the amalgamation process. Our focus this financial year is on liveability. We are providing better amenity and quality infrastructure across the Shire, especially in our town centres and recreational facilities.

Significant projects in the budget include \$4.5 million for public domain improvements in town centres; \$2.7 million for a refurbishment of Hornsby Library; \$2.5 million for the completion of the upgrade of Storey Park Community Facility; \$2 million to upgrade various other parks and sporting facilities; \$2.9 million for local road improvements; \$1.7 million for footpath upgrades; and \$1.5 million to help meet our goal of planting 25,000 trees by 2020.

I would like to thank the residents of Hornsby Shire for the trust they have placed in us. It is a privilege to work on behalf of the community to deliver the services and infrastructure that directly benefit the people of our Bushland Shire.

**Philip Ruddock**  
Mayor  
Hornsby Shire Council

## WHAT'S ON

JULY

### SCHOOL HOLIDAY EVENTS

Join in the fun these school holidays – from Pokémon drawing classes through to magic shows and more. There is something for everyone.

Visit [hornsby.nsw.gov.au/schoolholidays](https://hornsby.nsw.gov.au/schoolholidays)

### Fagan Park Tree Planting

**Sunday 28 July, 10am-1pm**  
**Fagan Park, Galston**

Celebrate National Tree Day and help us keep the Bushland Shire green! All plants and shovels are supplied by Hornsby Shire Council's Community Nursery.

For more information visit [hornsby.nsw.gov.au/events](https://hornsby.nsw.gov.au/events)

### Annual Knit In 2019

Save the date

**Friday 16 August, 9am-12pm**  
**Hornsby Library**

Get your needles into gear and start preparing now for this vibrant, fun and colourful event.

Join us on the day, a stunning exhibition of completed wraps is a highlight. All ages, all groups welcome. No booking required. Light refreshments provided.

For more information visit [hornsby.nsw.gov.au/events](https://hornsby.nsw.gov.au/events)

### Hornsby Art Prize

Entries are now open

The Hornsby Art Prize is an annual art competition and exhibition promoting and celebrating outstanding local artists. Artists are invited to submit works in the following categories: painting, printmaking, drawing and 3D works.

For more information and how to enter visit [hornsby.nsw.gov.au/art-prize](https://hornsby.nsw.gov.au/art-prize)



## Thornleigh Community Recycling Centre

### Waste matters

**Drop off your household problem waste for recycling**

[hornsby.nsw.gov.au/crc](https://hornsby.nsw.gov.au/crc)



**NEXT COUNCIL MEETING WEDNESDAY 24 JULY, 6.30PM**



[hornsby.nsw.gov.au](https://hornsby.nsw.gov.au)

## SUNDAY SESSIONS

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*12-2.30pm*

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**HANNAH TANNOUS**

July 7th



**RUBY FRENCH**

June 14th



**LIZE AND DAN**

June 21st



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# Heartbeats

By Mary Ord

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

**Contributions please send to [advertising@galstoncommunity.com.au](mailto:advertising@galstoncommunity.com.au)**



## Mammoth Morning Tea

Another successful annual Australia's Biggest Morning Tea held at the Galston Village Pharmacy on the 22nd May 2019, it was a fun morning with lots of great food and games. In total we raised \$2297.35. I want to extend a big thank you to all the volunteers who helped sell raffle tickets, made cups of tea and coffee and all who baked goodies for the day, also a big thank you to all the local businesses, club and nurseries who donated vouchers and prizes for the day.

Much appreciated to our major sponsors for our major raffle The Bendigo Bank Galston, The Galston Club and Hills District farm Equipment, also a special mention to Scissor and Comb and the Arcadian Quilters who held their own morning tea's and contributed their funds to the day. We could not put this worthwhile event on without all our community support.

Thank you

Kerrie Mead | Retail manager  
Galston Village Pharmacy

## Annual Alpaca Open Day

The annual Open Day at Gunnamatta Stud Alpacas in Galston proved again to be a great success. Thanks largely to the fine weather and curiosity, the public came in droves.

We opened our gates at 10am and the first visitors arrived five minutes later. This was the scene throughout the day, with our last visitors leaving us at a little after 4pm. With such a constant stream it was difficult to keep an accurate account of the numbers of visitors, but over one hundred groups would not be out of the question. We always try to ask visitors where they found out about our Open Day and this year almost all mentioned the articles and advertisements that appeared in the local magazines.

With our friend Jackie doing spinning demonstrations, a display showing the process from raw wool to finished product, lots of animals and information and the option to "walk an alpaca", there was something for everyone – but without doubt the highlight of the day were the two 3-day old babies, contributed owner Sue Maynard.



## My Thanks – I'm sad to say I'm leaving my job with the community news.

I would like to take this opportunity to say thank you to all those who have contributed to these pages over the past couple of years, while my hope is that Heartbeats will continue it will be doing so without the tales of my life. I will be moving on to find new adventures and stories. My light needs rekindling and I truly look forward to seeing what life has in store for me next.

I would sincerely like to thank Christine Stockman for her encouragement, enthusiasm and contributions. Christine's support of the Heartbeats pages has been most welcomed and appreciated.

Mostly I would like to thank all the readers of Heartbeats. I know I have possibly over shared at times but you have had a little snap shot into my life over the past years, the birth of my grandchildren, the shenanigans of my children, life's little hiccups along with my personal projects and reflections. I hope I brought a little sunshine to your life. Thank you all again....onward and upward and may everyone continue to be inspired by the little things.



2





### This month's slice of magic

When I first started Heartbeats I was hoping to find little slices of wonder and tales of surprising delight. This month has revealed for me something quite unexpected and remarkable, my own slice of magic.

I attended Willoughby Girls High and it is frightening to think that it was over 40 years ago. It is interesting to reflect on those days and to be able to review, with clarity details of teachers, friends, rooms, my education, the food presented in the canteen and even conversations. I have always found it curious that schools hold reunions but I guess it is because a group of individuals share experiences and these experiences can determine your course in life and bond you together like no other group. Anyway, I had a best friend in high school who moved out of area and consequently out of my life. It was really tricky in those times to be able to continue friendships once distance became a reality. Recently I was thinking about my friend and was wondering about how life had treated her so I looked her up on Facebook. Oh, there she was

and fortunately she had not changed her surname (unlike me who has a trail of former names). She didn't seem to be an active member but I messaged her anyway. Several days later she replied saying that she was travelling and would be returning soon and we should meet. After a stream of messaging back and forth I asked where she lived. Please remember that over 40 years have passed and as you would expect we have both moved away from Lower North Shore where we spent our teenage years.....She now lives 3.4 km from me. Crazy.....!! When she returns home I am sure that we will not lose each other again.

This picture is of me at school, I have included it mainly for her benefit so that when she receives her copy of The Galston News she will be transported back to another time and place.

### Our Community Does Care

Last month I wrote of the Galston Rd /Mid Dural Rd Roundabout and in response to that I have had a few say to me that they recall how it looked and/or they remember waving to or saying "Hi" to those working on the site. Actually my father was one of those workers in Hi-Vis clothes. He not only enjoyed the camaraderie of gardening with others but also the friendliness of "passers by".

Just the other day I spoke to a lady who said that when the Agapanthus finished flowering last season ( and also the year before ), she had cut off all the dead flowers. I was thrilled to hear this.

So why do I care for this Roundabout ?

Well, it's not only because my Father did, or that I live in Galston, but because it is in a prominent location when entering Galston. I also believe the other two Galston Roundabouts are in important feature positions

and set a tone when entering and moving through our enchanting village. By the way, in years past the one near Arcadia Rd was also tended by two Galston Garden Club members. Unfortunately the one near the entry to Galston Gorge looks very sad and unloved at present.

Wouldn't it be lovely to have all of these 3 roundabouts looking better but it is encouraging to hear stories of care taken in one's own community!

*by Christine Stockman*



### Doll Found

This hazel-eyed beauty was found browsing in our book corner some time between Friday 14/6 and Saturday 15/6. We've given her a cosy spot by our aromatic diffuser, and a hot cup of cocoa (which she politely declined) to get through this cold weekend alone.

If this is yours, please drop by during business hours to claim her!

All Smiles Dentist at Glenorie Mall 9477 1191

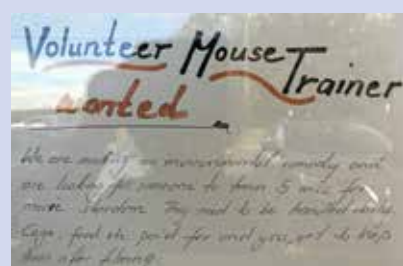
### Squeaky Tales

Spied in the window of The Galston Village Pharmacy and reads;

#### VOLUNTEER MOUSE TRAINER WANTED

We are making an environmental comedy and are looking for someone to train 5 mice for movie stardom. They need to be handled daily. Cage, food etc paid for and you get to keep the mice after filming.

If you have the right skill set to achieve this task then check out the notice ....good luck to the one who takes on this mission as we will expect great things from you.



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



## HORSE & PONY CLUB NEWS

## GALSTON EQUESTRIAN CLUB

# SOMETHING FOR EVERYONE. POSITIVE PARTNERSHIP PROGRAM

**G**ALSTON EQUESTRIAN CLUB has implemented a calendar this year, which incorporates such a wide range of horse activities that it will appeal to every different type of horse enthusiast.

Apart from the mainstream Dressage and Showjumping training and events we also offer some more diverse equestrian activities that will appeal to a broader spectrum of horse owners, whether they are riders or not. One such of these days is the Positive Partnership program offered on the second Tuesday of every month.

Positive Partnership is a casual and friendly group training day where the focus is on training using Positive Reinforcement. There are four main quadrants/types of Behavioral Modification Training. They all work, to a greater or lesser extent, however, Positive Reinforcement is proven to be the most effective and fastest way to achieve the result that you are after. But apart from being purely an effectual means to an end in terms of training there are other side effect benefits that are picked up along the way. It is the kindest and nicest way to train. The horse

loves it. It follows then that the horse learns to love spending time with you, and you feel good because what you're doing is nice, and when you do nice things you feel good about yourself.

As a result of the horses active and voluntary role in the training (remember he wants to do it because he's enjoying it) he becomes so focused on what he's doing he can switch off to external stimulus that would normally distract him and potentially make him anxious. It increases dopamine in his brain, which is a neurotransmitter. It makes the horse feel good, strengthening the pathway in the brain making him want to do that activity again.

The things that normally make your horse nervous/ tense cease to be a problem. With Positive Reinforcement you can help your horse overcome almost anything. This type of training can be applied over all walks of equestrian activities, from Dressage Riding to Agility from the ground. These days are open to Members only.

If you're interested in learning more about these days please consult the website [www.galstonequestrianclub.org.au](http://www.galstonequestrianclub.org.au).



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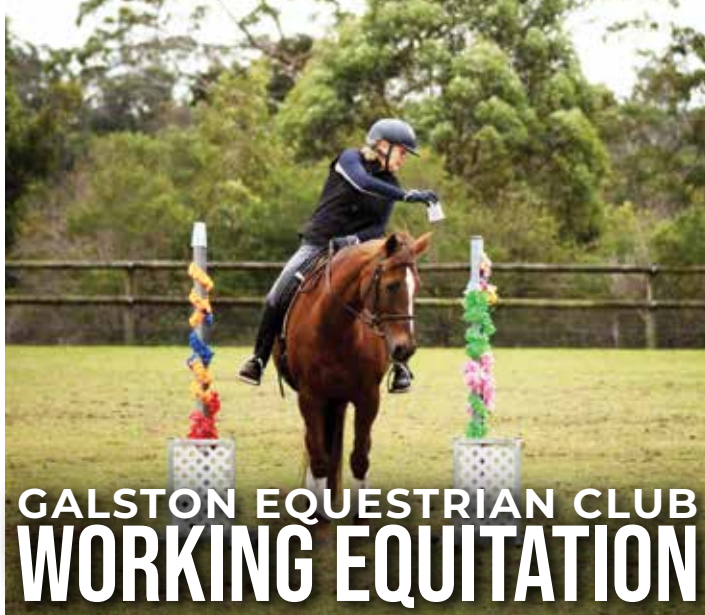
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## GALSTON EQUESTRIAN CLUB WORKING EQUITATION

**G**ALSTON EQUESTRIAN CLUB (GEC) has a diverse range of horse and rider activities. A fairly new horse sport that is growing in popularity is Working Equitation.

Working Equitation is a sport that combines traditional styles of riding from various countries with an obstacle course as well as working with cattle. Working Equitation competition is conducted at all levels of riding. It involves riding a dressage test, undertaking an Ease of Handling course, a speed course as well as a cattle phase. The cattle phase requires the availability of suitable equipment and cattle!

The committee of GEC has undertaken to develop the equipment and opportunities for members to learn the range of skills required to undertake ease of handling within the set regulations of the sport. This involves having fun and developing the horses' confidence and the riders' skills with the obstacles!

GEC is a Working Equitation weekend 22 and 23 June 2019 which was very successful. For further information about GEC please go to our website or Facebook page.



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**AARON'S WISH**

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# ELECTRONIC SIGN FOR ARCADIA PUBLIC SCHOOL

BY MATT KEAN

**I am pleased to help Arcadia Public School purchase a new electronic sign thanks to a grant of \$17,500**

**A**RCADIA PUBLIC SCHOOL P&C applied to my office through the Community Building Partnership program to allow the school to install the much needed sign.

The new sign will allow them to display messages not only for parents and students but the entire community. To be able to assist schools in this way frees up funds to be spent in other much needed areas like equipment for classrooms.

I would like to take this opportunity to thank the hard working members of the P&C

Association along with the teachers and Principal Sharon O'Brien for their work at the school.

I also attended the schools Walk to Safely to School Day – which was a fantastic morning. Walking to school with the students, numerous pets, horses and Rolfe on the bagpipes is always a great way to spend a morning. Thank you for letting me join you for a second year.

The Community Building Partnership grants will open again later in the year and for more information you can contact my office at [hornsby@parliament.nsw.gov.au](mailto:hornsby@parliament.nsw.gov.au).



## RURAL ROUND UP

BY COUNCILOR WARREN WADDELL

**T**he efforts of Council staff are not always formally recognised, so it is with great pleasure that I announce our team recently received a High Commendation for work performed on the Carr's Bush Playground located within Fagan's Park. Congratulations to all of them. Meanwhile, I'd also like to congratulate our residents on making Hornsby Shire the nation's top recycler of mobile phones. Our Community Recycling Centre collected more than half a tonne of phones last year in the MobileMuster and received a special award for the achievement. Well done.

The combined impact of both our internal design team and our current Play Plan consultation process, gives me considerable confidence that children and families will enjoy first class facilities well into the future.

The June Council meeting also saw the endorsement of Council's current delivery program. Among many other items slated for our Ward, a push to secure a footpath budget almost four times the previous value has been successful. Footpaths

are essential for ensuring safe, continuous access to a range of amenities by a wide range of users. It is often difficult to fund extensive footpath connectivity within the rural area, given the distances involved. However, the improved funding levels will see further improvements filter through.

The coming months will also produce a more concerted approach to improving gateway vegetation. Many of the approaches to the rural area of Hornsby Shire are marred by neglected vegetation. This has resulted in poor and unsafe pedestrian access, poor presentation, impeded visibility and restricted service access. It is important that these entry points receive the attention they deserve and that a more positive first impression results for both residents and visitors alike.

Finally, a number of rural roads have been identified that display unsatisfactory levels of break down and fatigue. I will be working hard to ensure that these roads are not overlooked in future maintenance scheduling



### 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](mailto:julian.leeser.mp@aph.gov.au) [julianleeser.com.au](http://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.



**Matt Kean MP**

Member for Hornsby  
Minister for Energy and Environment



### Keen to Help you by

- Representing you in the NSW Parliament
- Assisting you to access State services
- Communicating your issues to the relevant Ministers
- Organising Justice of the Peace applications
- Recognising State achievements

Contact  
Matt

(02) 9476 3411 [hornsby@parliament.nsw.gov.au](mailto:hornsby@parliament.nsw.gov.au)  
 PO Box 1687, Hornsby Westfield NSW 1635





# NORTHHOLM HSC VISUAL ARTS WORKSHOP

VISIT BY ARTIST ABDUL ABDULLAH

**A**s an art practice, Abdul Abdullah works across painting, photography, video, installation and performance, exhibiting in many solo and group exhibitions across Australia and internationally. He has entered paintings and been painted for the Archibold and Sulman Prize. Abdul's works can be found in collections across Australia including the Gallery of NSW, Bendigo Gallery, Museum of Contemporary Art and The National Gallery of Australia. Throughout his work Abdul explores the experiences of 'others' in society, often using his artworks to engage the audience with a visual conversation on marginalized minority groups; specifically, his personal response as a young Muslim in a multicultural Australian context.

The day began with Abdul discussing the evolution of his art practice, from an art school student to his current works in progress. Throughout his presentation Abdul discussed the transition from a personal painting practice to a practice with a more socially conscious connection.

Abdul's visit was extraordinary. Not only is he an amazing artist, but he is also an amazing person to learn from and about!

*-Jacob Whicker Y12*

Students then engaged in an intensive painting workshop where Abdul demonstrated his unique style of pigment mixing and painting. Each student painted their own portrait, or someone close to them. Throughout the workshop Abdul spent one on one time with each student to discuss techniques and offer art making advice. Throughout the afternoon students took the opportunity to talk to Abdul about their HSC Bodies of Work or their practice as young photographers and painters.

The artist visit by Abdul Abdullah was both culturally and artistically enriching. His cultural perspective combined with artistic talent was highly beneficial to our own individual art practices. He personally gave me very helpful advice on elements of my major work that I was struggling with. It was an overall great day. *-Anna Ignatovich Y12*

This experience was one of high reward for students, both as a visual arts student, but also young artists. Thank you to Abdul Abdullah for sharing his story and his powerful art practice with us!



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# ARCADIA PUBLIC SCHOOL

**A**RCADIA PUBLIC SCHOOL's most recent Market Day, held on Saturday 4th May, was recognised by the National Trust as an Australian Heritage Festival event! Arcadia's Heritage Market Day commemorated Arcadia Public School's 125th Anniversary, with current and past students, parents and teachers all eagerly awaiting and participating in the opening of the Arcadia Public School Time Capsule that had been locked away since its creation in 1994!

It was a wonderful insight into the life of the Arcadia Public School students in 1994, with letters the students wrote to their future selves and examples of school life with newsletters, awards and interesting paraphernalia of the day! The Time Capsule Opening Ceremony was a

heart-warming example of the spirit that defines Arcadia Public School and the local community. The ceremony included performances by the Arcadia School Band, the Arcadia School Choir and Miss Lucia Beninati's School of Ballet. It was a wonderful display of colour and movement, sight and sound, talent and discipline. The event provided a unique leadership opportunity for our 4 school captains who hosted this large public event. What a fantastic experience for our student leaders! Just one example of the many ways that small schools really do provide big opportunities for our students.

Arcadia is a school that is both steeped in heritage and looking to the future. Arcadian students have a strong sense of belonging, and

experiencing the 1994 Time Capsule opening has allowed them to see, touch and be a part of Arcadian history, as they now plan how to commemorate the present, (their own future's history), by filling their very own 2019 Time Capsule!

For those who were unable to attend the Time Capsule opening but are keen to view the contents, we will be have a private viewing of the items later this term for interested people who are connected to the school. If you are interested in this low key viewing event, please email the school on [arcadia-p.school@det.nsw.edu.au](mailto:arcadia-p.school@det.nsw.edu.au). We will also arrange copies of letters for students of 1994 - if you haven't already left your email address with the school please email the school.



## 40 YEARS OF GOD'S GOODNESS

BY CRAIG HINGSTON

**P**ACIFIC HILLS CHRISTIAN SCHOOL is in celebration mode as it looks back on 40 years of providing education and character development to many thousands of local students.

The school began with eight students and one teacher in 1979 in a rented room at Pennant Hills and made the move to Dural in 1986.

What started off as an old house and demountable classrooms on paddocks is now a busy site accommodating more than 1400 students and 150 staff. It features a large Multi-Purpose Centre, 472 seat Performing Arts Centre, the One Maker Academy which teaches dance-drama-music to the wider community, as well as the New Hope School for students with a moderate level of intellectual delay or who have an Autism Spectrum Disorder.

Pacific Hills hosted a series of special events including afternoon teas, a thanksgiving service and a dinner which were attended by past and present students, parents and staff. Some travelled from overseas and interstate to be there. Guests included the Member for Berowra, the Honourable Julian Leeser MP, the Member for Hornsby, the Honourable Matt Kean MP and the Mayor of the Hornsby Shire, the Honourable Philip Ruddock. Also in attendance were the principals from the schools located across New South Wales which belong to the Pacific Group of Schools.

The 40th anniversary has been a special moment for two of the school's longest serving staff members: Executive Principal, Dr Ted Boyce, joined the school in 1985 and the Director of the One Maker Academy, Annette Cadwallader, arrived the year before.

The school will continue the celebrations throughout 2019 and will finish off the year by publishing a book containing memoirs from past students. Alumni who would like to be included are asked to contact the Marketing department on 9651 0700.

### OPEN DAY

9-11am, Wednesday 14th August

Christ-centred caring community  
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# GALSTON PUBLIC SCHOOL

BY CAROLE WEISS

**STUDENTS AND TEACHERS** are thoroughly enjoying their ScopeIT sessions. Each class is participating in a 40 minute lesson every week throughout this term. During these lessons, students are instructed by a team of 'Scopers' who are fully trained and professional instructors. The teachers and students have access to the latest hardware, software and lesson plans. Kindergarten students are working with a 3D design tool which introduces students to the mouse and works to increase their abilities with a mouse. In Years 1-6 the basic elements of computer science and coding are being introduced. Students are working together to solve computational problems. These problems draw on and extend students' knowledge about two-dimensional shapes, angles and position. The students are able to access platforms from home.

For some Library News. One of the recent LLTC'S (Library Lunch Time Challenges) has been the school Chess Tournament. The tournament was approached very professionally by all participants showing varying levels of skill. The final games of the tournament were played with Nicholas P and Elijah D competing for the championship. After a stressful, but quick battle Nicholas took the

first place spot. Congratulations Nicholas and to the 2nd and 3rd place champions, Elijah and Braeden C, well done for playing such competitive and strategic games.

Stage 1 Excursion at the Hornsby Shire Historical Museum was a wonderful educational experience day for Year 1 and Year 2 students. They were commended for their respectful and responsible behaviour throughout the visit. A highlight of the day was visiting the old classroom and washing socks on the old washing boards.

Congratulations to all participants for their efforts and enthusiasm while competing in the recently held annual Athletics Track Carnival, Athletics Field Events Carnival and K-2 Athletics Fun Day. Thank you to all our parent helpers and supporters. We couldn't do without you.

On sport again, congratulations to the school Netball Knockout team. Against strong opposition they played in Round 2 and despite not winning they were without doubt, gracious in defeat. Our team showed impressive sportsmanship with their effort, determination and perseverance as they faced strong competition.

Kindergarten Enrolments for 2020 are now being taken. If you have a child who will be enrolling next year, please assist us by completing an enrolment form, available



from the office. Please bring your child's birth certificate/passport and immunisation documents with you. Your assistance in this matter helps our planning for next year. If you are aware of a family in the area with a child who will be enrolling in Kindergarten next year, please ask them to contact the school office.

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

## A JOURNEY THROUGH THE ALPHABET AT LORIEN NOVALIS SCHOOL IN DURAL

**HOLISTIC LEARNING AT LORIEN NOVALIS SCHOOL** is the foundation to imagination, creativity and academia, and is based on the developmental stages of the child. Hands-on and making it 'real' are the fundamentals of Steiner education for the early learner.

Literacy, encompassing all its components – listening, speaking, writing and reading – is a keynote. In the early years, following a Kindergarten year of play-based learning, the alphabet is introduced through story-telling and artistic imagery - building the groundwork of literacy. A typical unit of English to start the Class 1 year includes a continuing story which introduces a letter or two each lesson. Within these lessons will be expressive rich language of story-telling and recall, alliterative verses, singing, movement, brilliant colourful drawing and writing. Other activities include sculpting and shaping letters out of soft beeswax and bread dough, using wool and rope and bodily form to shape the letters, and bush walking to find the letter shapes in nature. The experiences of multi-learning opportunities, while allowing the child's natural imagination to remain active, creates a strong connection to each learning activity, and hence the seed for a love of learning is sown.

As with all lessons in Steiner education, inspiring elements bring interest and enthusiasm to the learner. With their varied activities that embed content and knowledge through the three interrelated faculties of intellect, artistry and practical application, students make connections to learning in ways that address varied learning styles, and create deep learning opportunities.

This year, to highlight what the children learned in class, they went on an outing to Newport Beach where they frolicked and played and looked for the **Watery Waves (W)** they had drawn in their books. With hands and feet, they wrote large letters in the sand. They also found many **Clickety Claw Crabs (C)**. A day in such nature brought a wonderful conclusion for Class 1 students to the introductory theme of the alphabet, in readiness for a life of writing and reading.

If you would like to find out more about the integrated and rich curriculum of Lorien Novalis School for Steiner Education, please see our website [www.lorien.nsw.edu.au](http://www.lorien.nsw.edu.au), come along to one of our Insight Day (held every term) on the **10<sup>th</sup> August**, or contact the school on 9658 0700.





## HILLS GRAMMARS NEWS

BY ERINNE DRAGOSETTI



### ANOTHER FESTIVAL OF FUN AT HILLS GRAMMAR

**H**ILLS GRAMMAR didn't miss a beat with their latest festival that celebrated fun, wellbeing and community. The School enjoyed a number of events, all aimed at providing methods to aide in physical and mental health. They opened the event to the greater community with a campus tour with Principal Mr Smith, who strived towards 10,000 steps while showing off the grounds. There was also nutritional talks, mindfulness talks, open classrooms and fitness classes held for parents, both past and present.

Meanwhile, students were able to enjoy a range of events, including a HealthBeat Showcase, and mindfulness exercises. Even the youngest Hills Grammar students in the Early Childhood Education Centre got into a positive headspace with the assistance of students from the Junior School. Then there was 'Healthy Careers' which welcomed back alumni to discuss their careers in health to the Senior School, while the Parents and Friends Association hosted Australia's Biggest Morning Tea.

The festival finished with a school wide choreographed dance that lead into a silent disco. What a positive way to help young minds grow and provide assistance for their futures, outside school life.

## A DRAMATIC DATE WITH REALITY AT HILLS GRAMMAR

**D**RAMA STUDENTS from Hills Grammar recently attended the Sharp Short Theatre at Riverside Theatre, Parramatta. The event welcomed schools from across Sydney, and its greater regions to participate in a student lead performance.

Each group of students was required to direct and write the plays themselves, with no genre off limits. Hills Grammar students created a dramatic play titled 'A Date with Reality', and the entry was submitted by the Head of Drama, Stephen Clarke, who encouraged them along the way.

Brayden, Kristy, Alp, Emma and Jimmy delivered outstanding performances and did extremely well to reach the Grand Final, with judges describing the finale as being the strongest they've seen in years.

Despite the tough competition, Brayden was still to walk away from the evening with the 'Best Director' award.



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# GALSTON HIGH SCHOOL

BY LUKE COSGROVE

## MAGIC IN THE MAKING!

**Galston High School students have been hard at work rehearsing for the upcoming musical, The Wizard of Oz, with tickets now on sale!**

**W**ith an all-singing, all-dancing cast, the students are putting the final polish on their parts. A set that transforms the school hall into the land of Oz is receiving its final licks of paint. Lighting and sound are being put in place, ready to bring this family favourite musical to life. Most importantly, the students are having an incredible experience!

*"I am very proud to be a part of the the school musical, it is really exciting to see it all come together as we get closer to opening night. Its a really fun and positive environment. Everyone is so talented and I can't wait for the the rush of performing with this big musical family."*

- Toby Rowe, "The Lion"

*"I play the Tinman in the musical and really enjoy the experience. Seeing everyone working so hard to make this musical happen - whether it be the actors, directors or the set builders - is amazing. I love acting and expressing myself through it. I'm looking forward to the performances."*

- Emilia Ward, "The Tinman"

*"I am absolutely loving being a part of the musical! It has been so fun and as a whole group we are really coming along. Playing Dorothy in the musical has been so fun working with everyone and doing different things with them. We are moving so fast as a whole and it's coming along really well. I love being in the musical doing singing, acting and dancing. The Wizard of Oz is such a fun musical and it has really brought everyone together as a big family."*

- Jacqueline Attard, "Dorothy"

### PERFORMANCE DATES:

**Tuesday 30th July | 10:00am** - Limited spaces available

**Wednesday 31st July | 10:00am** - Limited spaces available

**Thursday 1st August | 7:00pm**

**Friday 2nd August | 7:00pm**

**Saturday 3rd August | 7:00pm**

**Sunday 4th August | 2:00pm**

### BOOKINGS:

For performances on the **2nd, 3rd and 4th of August** visit [www.flexischools.com.au](http://www.flexischools.com.au)

For performances on the **30th and 31st July and 1st August** tickets will be available from the GHS finance office or on 9651 2222 ext. 134.

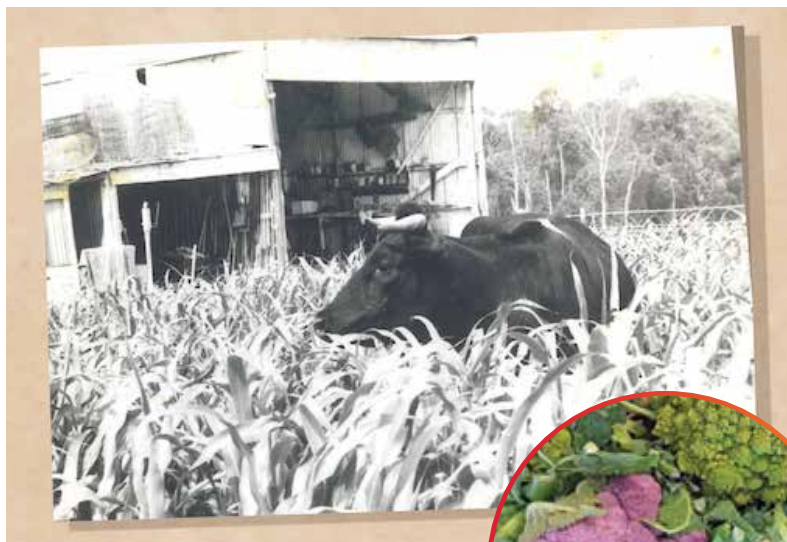


## WARRAH LIVING LEARNING GROWING 50 YEARS 1969-2019

**W**e are still enjoying looking back over the past 50 years of our history here at Warrah Society. Pictured above is one of our Farm cows from 1979! Cows with horns like this are a common site on biodynamic properties like Warrah Farm at Harris Road in Dural. Everyone probably knows that cows play an important role in providing nutrient rich manure as they graze the fallow paddocks. But their horns are also extremely important in the biodynamic approach to organic farming. They are used in the preparation of Horn Manure (500). This preparation is produced during the winter months to use in spring as a fertilising spray. Fresh biodynamic cow manure is pushed into old cow horns and buried in rich topsoil for 4-6 months over the winter. Come spring, the horns are dug up and this beautifully fermented, nutrient dense compost is collected and used to enhance and rejuvenate the soil.

As far as the rest of the Farm goes, moving into colder times is great for our citrus trees. We have had a couple of light frosts which have really sweetened our navel, and our pink grapefruit are pretty close to harvest too. Now is also the time for picking our leeks just in time for getting cosy on wintery soup days.

We continue to plant salad greens, rocket, radish, pak choi throughout the winter in fortnightly cycles. The growth is much



slower but because they have a short cycle from planting to harvest, we still keep them ticking over so there are always fresh greens in our Farm Shop.

We are harvesting regularly throughout the week to supply the Farm Shop and our co-ops with fresh produce. We are currently harvesting salad mix, silverbeet, parsley, coriander, black kale, curly kale, rocket, radish, beetroot, leeks, oranges, grapefruit, lemons, strawberries and lettuce.

This is undoubtedly the season of the brassica family - broccoli, Romanesco, cauliflower, cabbage, pak choi and kale. The beautiful Farm Shop display of bright green Romanesco and even green, yellow and purple cauliflowers have been a delight for customers.



## GARDENING

# STILL CREEK LANDCARE

**CORRIDORS SUPPORTING DIVERSITY: PLANTS, WILDLIFE AND PEOPLE.**

**W**e've heard the alarms sounding about the loss of biodiversity, accelerating our plant and animal species toward extinction. We also hear of plants and animals making comebacks, like the evidence of Koalas returning to Maroota and Marramara. We have hope and we have strategies to boost and support the Biodiversity we have left.

Native Plant and Wildlife Corridors are the new arteries for the survival of native plants and animals, linking small isolated communities and allowing an opportunity to thrive and spread.

To be effective and meaningfully help, we need to understand the things that make a good corridor and the practices that maintain them.

### The things that make good corridors locally and why:

- Native grasslands provide habitat and pasture, good for both Livestock and Wildlife.
- Roadside and fence line plantings to link core habitats and form a weed barrier for your property.
- Native trees in paddocks as stepping stones linking core habitats give shade to your livestock and retain groundwater.
- Native plants in Parks and Gardens as habitat for wildlife, birds are great for controlling insect pests.
- Large patches of native vegetation left to provide core habitat, a safeguard for future generations.
- Buffers around larger patches of native land, protecting it from weed invasion and external threats
- Corridors that link together to support long distance migratory species.



### Land management practices that help wildlife corridors:

- Restore degraded land with local native species, especially where near core native habitats.
- Local governments having 'connectivity conservation' in land planning and management
- Landholders creating biodiverse gardens friendly to wildlife
- Assist landholders to manage habitat threats with Grants for Natural resource management.
- State and Local Government plan and manage Roadside vegetation to connect core habitats.
- Look at your land holistically, see where it sits in the landscape and plan accordingly.
- Plant to support the Biodiversity and contribute to long-term carbon stores
- Plant Paddock trees or Paddock islands to shade livestock, retain groundwater and to protect and help natural regeneration
- Watch and act on invasive species to keep landscapes healthy and safe

If you would like help or more information on caring for your land contact Nick on 9653 2056 or visit Still Creek Landcare at <http://www.stillcreeklandcare.com.au> or on Facebook.

## THE BENEFITS AND FEATURES OF LEAF STOPPER

The Leafscreener system has been installed on houses around the world since its invention in 1989. It's inventor, Michael Sichel, won the Australian Design Award for his product in 1991.

Leafscreener changed the concept of gutter protection forever. Unlike other forms of gutter protection that were pushed into the gutters, forming a barrier and causing a build-up of leaves, leafscreener allowed the leaves to continue their journey to the ground.

Now, the next generation of gutter protection is here! Like leafscreener, Leaf Stopper allows the leaves to flow off the roof. However, Leaf Stopper is different in as much as it is made from a non-rust metal and is, therefore, fireproof. Leaf Stopper has been tested by the CSIRO and has a fire rating of '0' - the highest rating given by the organisation.

Leaf Stopper will, not only, help protect your home but will also help you harvest clean, potable water into your water storage tanks.

No more climbing ladders or clambering over roofs, no more breaking tiles or buckling metal roofs, it eliminates the need for regular gutter cleaning while saving you money. Leaf Stopper also greatly reduces maintenance, aids purer rainwater harvesting and while it prevents birds from nesting also denies access to vermin.

One of the key benefits of Leaf Stopper is that it helps protect the house against bushfires. Ultimately, Leaf Stopper extends the life of your gutters. It comes with a 15-year mesh guarantee, is available in a wide range of colours to match your roof, has the highest-possible fire-rating from the CSIRO and fits to all roofs and roofing profiles.

GardenCo guarantees that, once fitted by our authorised installers, no leaves, twigs or gum nuts will penetrate the mesh to, in any way, impede the drainage system of your gutters, valleys or downpipes. This guarantee is enforced for the life-time of the mesh on the condition that the mesh has not been damaged in anyway or from human error or any other natural or unnatural occurrence.

For further information contact GardenCo on **0481 818 636** or visit [www.gardenco.com.au](http://www.gardenco.com.au).





# GALSTON GARDEN CLUB



**G**ARDEN CLUB MEMBERS were out and about again, this time they rugged up and headed down to the Bowral Plant Fair and Open Gardens in the southern Highlands in May. The Bowral Plant Fair is always such a temptation with so many of the growers there with a wide variety of plants for sale. Then it was time to ramble around some of the beautiful cool climate gardens that were also open. There was plenty of inspiration and new ideas. It was the perfect opportunity to check out how the acorn tree we donated to the Southern Highlands Botanical Gardens a few years ago was doing and I might say it is doing quite well, growing strongly and producing acorns.

Our guest speaker for May was David Banks and he spoke on the colourful and bizarre world of Orchids. It was certainly a very scientific, yet extremely interesting, evening. David explained and stressed how important it was to use the correct scientific name to correctly identify plants, so that when you purchase a plant you know, with certainty, you are going home with the correct plant, so many have generic names or the same name for a number of different plants. A tip from David.... try to find the elevation where your orchid originates from, the elevation indicates the weather conditions of where the orchid grows, then try to mimic these conditions for greater success in growing your orchid when you get it home.

It was then off for another ramble as 30 gardening enthusiasts strolled around Alan Beard's amazing

bromeliads, with such a variety of colour...decisions, decisions, which one to buy? Then it was on to Carmine Camilleri's fuchsia Nursery where Carmine gave a talk on the care and attention required for these beautiful plants. After being let loose in her shade house there were many treasures added to the already full car boots!

Our guest speaker for June was Donna Fitton from Hornsby Council who spoke on Councils 20,000 trees for 2020. Council is planning to increase its green canopy by the end of 2020, by planting 20,000 trees in recreation areas, roadside and encouraging property owners to plant more trees, by offering free native trees. It was an interesting and lively discussion as there were many questions about tree management, trimming/removing dangerous trees and the destruction of tree canopy by electricity companies.

**OPEN GARDENS WEEKEND:** there are 9 gorgeous gardens being prepared for the Galston Open Gardens weekend. We are pleased that four of the gardens will be open for the first time, as well a couple of favourites that haven't been open for a few years. So mark **Fri 18th – Sun 20th October** in your diaries and get your cameras ready!

Please note new start time of 7.30pm! **The Galston Garden Club meets on the 2nd Weds of the month at the Galston Community Centre 37 Arcadia Rd., Galston 7.30pm, new members and visitors are warmly welcomed, as well there is a lovely supper provided.** For more information, visit our website: [www.galstongardenclub.com.au](http://www.galstongardenclub.com.au)



The Leafscreener system has been installed on houses around the world since its invention in 1989.

Unlike other forms of gutter protection on the market made from plastic, Leaf Stopper is made from non-rust metal and is, therefore, fire-resistant. Leaf Stopper has been tested by the CSIRO and has a fire rating of '0' - the highest rating given by the organisation.

## BENEFITS

- No more climbing ladders or clambering over roofs
- No more breaking tiles or buckling metal roofs
- Eliminates the need for regular gutter cleaning, saving you money
- Greatly reduces maintenance
- Excellent rainwater harvesting
- Prevents birds from nesting
- Denies access to vermin
- Helps protect the house against bush-fires
- Ultimately- extends the life of your gutters



## FEATURES

- 15-year mesh guarantee
- Available in a wide range of colours to match your roof
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BROMELIAD SOCIETY OF AUSTRALIA

# IAN BARNETT

## THE IMPORTANCE OF COMMUNITY GARDENS IN RETIREMENT VILLAGE

The Bromeliad Society of Australia will hold their next meeting at Federation Pavilion, Castle Hill Showground on Saturday, 13 July with plant sales commencing at 11am followed by the meeting at 12noon. Access is via the Showground entrance off Showground Road into Doran Drive, Castle Hill, with plenty of parking on site.

**GUEST SPEAKER IAN BARNETT** a graduate of Hawkesbury Ag College, an Agronomist for many years, then a Agricultural Chemicals Consultant. On retirement he started a garden maintenance business in Port Stephens and in 2014 was awarded the Port Stephens medal for service to the community.

Finally moving to the Anglicare Retirement Village, Castle Hill he has continued to have immense interest in ecology and his surroundings and current involvement at the Westside Garden Club at the village.

Ian's presentation will include the importance of community gardens within retirement villages and opportunities that the gardens create for sharing knowledge, life-time experiences and gardening skills.

The community gardens are also a way of connecting the village, not to mention the health benefits of growing and sharing your own fruit and vegetables, and the fresh air and exercise that gardening provides.

Visitors are most welcome to attend this meeting.

Meetings include plant sales, club news, raffles and competitions as well as providing an opportunity to meet with like-minded people in a friendly and inviting environment. Contact Ian Hook - mobile 0408 202 269, email: [ianhook1@bigpond.com](mailto:ianhook1@bigpond.com) website: [www.bromeliad.org.au](http://www.bromeliad.org.au)



## WALKS AND TALKS AT KU-RING-GAI WILDFLOWER GARDEN

The third term of the **Monday Walks and Talks Programme at the Ku-Ring-Gai Wildflower Garden**, 420 Mona Vale Road, St Ives commences on **July 1st** for the topic of Gum Trees - Eucalypts, Angophoras, Corymbias, **July 22nd** for Grevilleas, Hakeas and on **July 29th** for the Monocotyledons. Visitors welcome, booking not necessary. Cost \$5 covers notes. Meet at the Caley Centre at 9-45 am, wear suitable shoes and hat, bring water.

Following sessions will cover rainforest. More information at [www.austplants.com.au/North-Shore](http://www.austplants.com.au/North-Shore) or <https://www.facebook.com/APSNSG> or phone 9417 5217

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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





# SUNDAYS KIDS TAKE THE LEAD!

*"Thank you, God, for new technologies which will help quadriplegics and paraplegics to walk for the very first time".*



This was one of the opening prayers from one of our Primary-school children who was out the front, leading our 10 am Church Service over the June long weekend. What a privilege to be given the chance to hear about the issues that fill the minds of our youngest generation! (*What do we say 'Thanks' for I wonder?*)

The team of kids did a great job praying, reading from the Bible, presenting a Readers Theatre, and sharing their thoughts about how we know God still works powerfully in people's lives today. They also formed a band to lead the whole congregation in worship. It was exciting to see everyone, from the youngest toddlers upwards, enjoying spending time with each other to learn about God.

We know the children love heading out to Sunday's Kids each week for their own time of games, singing, activities, and to talk about God. But we are

really looking forward to the next time they help to transform our 10 am Church service by challenging all of us to reflect upon new issues in different ways. Thanks kids!

Sundays Kids meet each Sunday at 10 am and of course, all children are welcome.

## SAVE THE DATE:

### RURAL Fire Service dedication

**Sunday 11 August, 10 am,**

Galston Uniting Church.

Minister Rev Geoff Smith

11 School Road, Galston 2159

Phone 9653 2039

[www.galstonunitingchurch.com](http://www.galstonunitingchurch.com)

## HOW TO HAVE NOTHING AND STILL BE HAPPY

(A MESSAGE BY REV. ED. LONG)

*How much does it take to make you happy?*

*What does it take to make you happy?*

*Does money make people happy?*

*Are rich people happier than poor people?*

**P**AUL has a lot to say to us all in the last few verses of his thankyou letter to the church at Philippi (*Philippians 4:10-23*). One very important lesson for us is found in verses 11-12.

Paul says 'I have learned to be content in whatever place and under

whatever conditions God allows. There have been times when I have had absolutely nothing in my pockets and I have accepted it as from the Lord. Sometimes I have had plenty and have taken that as from the Lord too and been careful how I spent what I had'.

That is not an easy lesson to learn. It seems natural just to want 'things'. There are many things of course which we need to enable us to live our ordinary lives. But the spirit of the world around us is to put 'things' above everything else and to think that happiness comes when we are able to get every thing we want.

Our Lord Jesus had a lot to say about this. Turn to Matthew 6 and read verses 25 to 33. Christ said, 'Don't be anxious about food, clothing, or money. Your Father knows what you need and will provide it. But you put Christ first and find your happiness in him and

all the other things you need for this life will be supplied by your loving heavenly Father.'

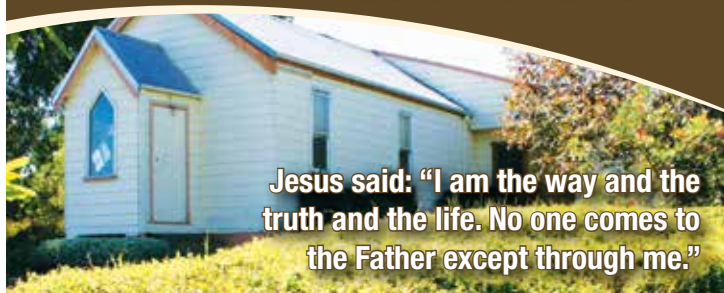
Paul had learned the truth of Christ's words in his own life. He was able to say, 'I am perfectly content with what I have and where I am – in jail. I am here because God wants me here and when he wants me to be free, he will set me free'. Isn't that a wonderful attitude? Would we be able to start learning that lesson in God's school today? Paul says we can.

Read the secret in verse 13, 'I can do all things through Christ who strengthens me'.

## COME AND FIND OUT MORE AT :

Glenorie Mission Church, 1409 Old Northern Rd. Glenorie.  
Sunday Service 10.00 am. Bible Study Tuesday 7.30 pm.

## GLENORIE MISSION CHURCH



Jesus said: "I am the way and the truth and the life. No one comes to the Father except through me."

Sunday Service and Sunday School 10:00am

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## 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  
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# THE MAN WHO LIVED UP TO HIS NAME

*"Pleasant words are a honeycomb, sweet to the soul and healing to the bones."  
(Proverbs 16:24)*

A timely word of appreciation has a powerful influence. There are few things more helpful than a word of encouragement. It gives us fresh strength and spirit to keep going when we are experiencing difficult times. The great car manufacturer Henry Ford regarded the ability to encourage others as one of the greatest assets a person could possess, and he could speak from personal experience.

Ford's early work received much criticism and even ridicule. The mechanical experts of his day believed that the car did not have a viable future, which goes to show how wrong the so-called experts can be sometimes!

One evening Henry Ford was invited to a dinner which was also attended by the famous inventor, Thomas Edison. During the meal, Ford was asked by other guests at his table how his latest engine worked. As the conversation unfolded, it became

increasingly clear that Edison, who was seated at the next table, was interested in what Ford was saying. Finally he got up from his place and asked the young inventor to produce a drawing of his engine. Ford obliged with a rough sketch, and for the next few minutes Edison studied it intently.

Then he suddenly banged his fist on the table and exclaimed "Young man, you've got it! You have it!" Years later Henry Ford recalled that the thump of Edison's fist on the table meant the world to him. That simple gesture of encouragement gave him the spirit to keep going when he felt like giving up.

One Biblical character who possessed the ability to encourage was Barnabas; indeed, he was known as the "son of encouragement" (Acts 4:36), and he lived up to his name in different ways.

- He encouraged and energized the early Christian community in Jerusalem by a tremendous act of generosity (Acts 4:36-37).

- He extended the hand of friendship to Paul, the former persecutor of the church (Acts 9:26-28).
- He got Paul involved in evangelism in Antioch (Acts 11:25-26).
- He encouraged John Mark after the latter's desertion during the first missionary journey (Acts 15:36-41).

The lasting legacy of Barnabas was his investment in people and his ability to encourage the faith and work of others.

Everyone needs a word of encouragement, and this is a work in which we can all be involved. Encouragement is important in every aspect of life and in all our relationships, whether it is home, work, school or church, so let us all be encouragers in our circle of influence and in all our varied relationships.

## HILLSLIFE CHURCH

BY CORRI BRYNE

# BEEN TOYING WITH A FEW IDEAS OF LATE AROUND EQUALITY

Increasingly we hear about rights; human rights, gender equality, gay rights, even animal rights. So many causes, so many injustices, so many gaps in what's right and wrong.

At least as we perceive it.

But if I were to say women don't deserve rights it would cause an uproar.

Or maybe that I insist that white Anglo-Saxons deserve more than those of a darker skin. Again the absurdity.

So what underpins these rights? Why do we believe "all men are created equal"? Or that we deserve human rights?

The United Nations Universal Declaration of Human Rights states "we are all born free and equal". Says who? Why?

If we reverse a few centuries this was not self-evident. This was not the accepted norm.

In fact, women and children were property of the male patriarch. Some people born a certain race were enslaved and seen as inferior. This isn't even that many years ago – and incidentally in many parts of the world is still the case.

So what sets us apart? Why in the West are we so concerned with the unalienable right of a human?

Well, it stems from what many in the West are now trying to rip apart. Its roots are found in our Christian heritage. Not our church heritage nor our religious heritage but our Christian worldview.

Underpinning the Western principles are the Christian worldview that helped shape our society. Equal rights, children's rights, gender rights, slave rights, education rights,

are all founded on Christian principals, dating back 2000 years ago where a "radical Rabbi" questioned the status quo.

Jesus turned the world of antiquity on its head. He challenged the men to treat their wives as equals. He praised children and spoke of their value. He welcomed the isolated, the sick, the widows, the orphaned and instructed the community to look after them.

As we systematically chip away at the foundations of faith, claiming as Nietzsche did, that God is dead (or never existed), I can't help wonder what new foundations we are forming. What systems of government, what policies of support, what moral compass is now being elevated?

If we are to embrace that all people are created equal, that we deserve a "fair go", seeking human rights, gender rights, racial rights, then maybe it is also time to consider where those rights emanate from. What worldview is set at the foundation of such a view.

For equal rights, human rights, gender rights are not something that should be taken for granted. Nor are always experienced, even today, in various parts of the world.

Maybe it's time to acknowledge that these rights find their root back in the sacrifice of Jesus ... who changed the course of the whole world!



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## GLENORIE COMMUNITY CHURCH

BY PR. ALEX and DEE VALICH

# DO YOU FOLLOW A TEAM?

The footie season is in full swing! Do you follow a team?? If you do, then you can keep up to date with every game, every player and every interaction. Through radio, talk back, television, newspapers and magazines, you will be given every detail so that following your team is easy!

If not football, what do you follow? A television show or series? Facebook? Instagram?

We all have gifts and talents given to us by God - and hobbies are a great way for us to relax. Our interests and talents

guide us in what we follow. For example, if we like cooking then 'Masterchef' might be a helpful program to follow.

Utube clips can provide us with a step by step process to complete a project that we have an interest in.

Even in our workplace, we can become better skilled or more informed in our job by following a certain line of thinking.

Leaders and followers are part of life. Jesus was the greatest leader who ever lived and He followed in the footsteps of His Father, God. He said, "Come follow Me". Why? Because He



has the answers to life. One of Jesus' disciples exclaimed, "Lord, to whom shall we go? You have the words of eternal life." (John 6:68) Jesus added, "The enemy only comes to kill, rob and destroy. I came that you would have life and live it abundantly." (John 10:10)

***Following Jesus, the Way Maker,  
is the best decision any one of us can make.***

## NEWS FROM ST BENEDICT

### NEW SACRAMENTAL PROGRAM

The celebration of First Communion was held on Sunday 23 June and we congratulate all the young parishioners who took part in this special ceremony. But almost straight away we move into a new program with a new group. A parent information night will be held on **Monday 29 July at 7pm**. This will be followed by four weekly sessions leading to Confirmation on Saturday 31 August. For information contact the Parish Office 96532312 or email [arcadia.parish@bigpond.com](mailto:arcadia.parish@bigpond.com).

### ALPHA

Our parish Alpha program finished with a spiritual retreat at St Anthony's Terrey Hills on Saturday 22 June. The Alpha program explores the questions of life and those from the parish who took part all said how much they had enjoyed it and how the program had helped them find deeper meaning in their Christianity.

### NEW WEBSITE

Don't forget to visit our new website: [www.bbcatholic.org.au/arcadia](http://www.bbcatholic.org.au/arcadia). Here you can find the parish bulletins and news, and information about any special parish events.

### WEEKEND MASS TIMES

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



### ST VINCENT DE PAUL WINTER APPEAL

'If you've ever felt lonely you know the pain of Ruby's poverty'. This was the message on the poster and envelopes associated with the Vinnies winter appeal that was held on the weekend of 14 and 15 June. Representatives of our local Vinnies group spoke at all the weekend masses and explained why this message was the focus of this year's appeal. 'Ruby' is a representative of people in our community who are particularly in need: people who have not had the opportunity to buy their own home, are no longer able to find paid work because of 'ageism', and who face the ever-growing costs of food, electricity and rent. Pictured are Karen De Souza and Kath Moran, two members of our tiny and very hardworking Vinnies group, with the poster drawing our attention to the 'Rubies' in our neighbourhood.

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## HISTORY

THE DHARUG AND LOWER HAWKESBURY HISTORICAL SOCIETY

# INVITE YOU TO "PIONEERS OF GREENGROVE" AN AFTERNOON WITH OUR SPECIAL GUEST

## SPEAKER MARILYN WOOD

**P**lease join us at the Chapel on **Saturday, July 27th** where we are delighted to welcome Marilyn Wood our esteemed local historian living in Greengrove.

Marilyn has been interested in researching the pioneers in this district, the many families now living in the Mangrove Mountain and Spencer areas whose origins were from Greengrove, and the general history and significance of this forgotten part of the Lower Hawkesbury region.

The initial period of occupation of the Lower Hawkesbury including along the Mangrove and Popran Creeks occurred from 1820 to 1840s. Even though this area was isolated the settlers nevertheless were able to move with ease along the waterways that crisscrossed their area. Facilities catering for them also emerged often created by their own efforts, all accessible by boat, rather than by road. In the 1830s, St Peter's Anglican Church was built at Greengrove, Mangrove Creek by James Everingham. It was

replaced in 1910 by a new weatherboard building but today only St. Peter's cemetery still exists.

This cemetery has historic and social significance as an early burial site for the pioneer settlers of the Mangrove Creek area such as Matthew Pemberton and other prominent local families including the Atkins, Crafts, Coxes, Donovans, Ellems, Hibbs, Starkeys and Woodburys. The cemetery has aesthetic and scientific significance not only for it's potential for research but also as a group of funeral monuments representative of the development of the area, showing a wide variety of styles indicative of each period.

The Greengrove Wharf was an important early stone government wharf located at the mouth of the Bedlam Creek associated with access to markets for produce or to collect goods despatched to the early farming communities of Mangrove Creek and Mangrove Mountain. It is representative of the fact that water transport was easier than taking produce east by road.

We will meet at the Chapel at 12.00pm for lunch at 12.30 pm.

Come and listen to Marilyn's rollicking tales about the old days. Marilyn will commence her talk at the Wesleyan Chapel, 6445 Wisemans Ferry Road, Gunderman after lunch.

**COST:** Members \$15/  
Non-Members \$20.

**BOOKINGS ESSENTIAL:**  
enquiries@dlhhs.org.au or  
0404 272 969 (leave a  
message) by Monday, 22nd  
July for DLHHS Members and  
by Wednesday, 24th July for  
Non-Members. All welcome.

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The brigade recently held its AGM for 2019. Our senior captain, Shannon, recently stepped down and Ian Furnass has stepped into the role. We wish to congratulate all the position holders, and here is to a successful 2019/2020.

On the 29th of May multiple crews from Hornsby and The Hills were called to a structure alight at Berowra Waters. Unfortunately a fire burnt 2 houses whilst damaging a third. Firefighters from NSW RFS and FRNSW were on scene to extinguish the fire. Access to these properties was difficult and required transportation via RFS boat. Over the long weekend in June, crews were called to an incident alongside FRNSW, NSW ambulance and NSW Police, at Marramarra National Park. A young child had respiratory trouble, which saw the Toll Ambulance helicopter assist in transporting the child to hospital. We were assured later that day that the child recovered well and the family were in good spirits. Crews have also been busy assisting at local hazard reductions. Arcadia attended the Hillside HR in the Hills District.

Throughout winter many people enjoy camping, especially



# ARCADIA RURAL FIRE SERVICE

BY PETA CORMLY

over the school holidays. Local national parks, including Marramarra, are popular destinations for these short getaways. Even though the cooler weather has set in, the risk of bush fire has not diminished. It is important to plan your campsite before heading off. A couple of points to consider include good access and escape routes, a nearby safe location to go to in case of fire, be familiar with the parks local evacuation plan, and know if you are within mobile phone reception or if you need a satellite phone. If the weather permits and there are no fire bans, a camp fire is always enjoyable, but remember to put the fire out completely with water before departing! You can find out more information on camping bush fire safety from the NSW RFS website.

Many members have been busy attending a number of courses to further their knowledge and skills. We have members currently on the Advanced Firefighter course and the Breathing Apparatus Operator course.

If you have ever considered joining, send us an email at [enquiries@arcadiarfs.org.au](mailto:enquiries@arcadiarfs.org.au)



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# GALSTON RURAL FIRE BRIGADE NEWS

BY KARA DUBOIS

**BRIGADE  
CONTACT DETAILS**

DUTY MOBILE:  
**0491 119 152**

EMAIL:  
**info@galstonrfb.org.au**



## HORSE RESCUE

Galston RFS assisted with a night-time horse rescue. The animal fell down an embankment in the bush and was lucky to land on a small ledge before a further large drop. Thanks to all involved, the animal was able to be rescued successfully.



## TRAINING EXERCISE

Galston RFS was one of 16 NSW Rural Fire Service brigades who participated in the Hornsby/ Ku-ring-gai District Exercise recently. It is a series of simulated emergencies and core skills sessions staged throughout a day. The teams demonstrated their skills and knowledge as they faced numerous challenges.



## WATERFRONT HOUSE FIRE

Galston RFS assisted other RFS brigades and NSW Fire and Rescue to fight a waterfront structure fire at Berowra Waters last month. Unfortunately, one house was completely lost, with neighbouring homes sustaining some fire damage. Everyone worked well in a challenging environment.



## CHECK YOUR ELECTRIC BLANKETS

### HOME FIRE SAFETY YOU NEED TO KNOW

As the cooler weather settles in there's an observable increase in preventable house fires. Bedrooms and sleeping areas are the leading location where civilian fire fatalities occurred in residential buildings.

While heaters and smoking materials are a high risk for fires within the bedroom, electric blankets are also a known fire hazard.

- Before you place your electric blanket on your bed check it for damage, such as anything unusual like exposed wiring, scorched fabric, or the connector not well secured to the fabric.
- You should never leave an electric blanket unattended when it's switched on and remember to turn it off when you go to sleep.
- It's important to consider other hazards in your sleeping area including microwavable heat pads. Last month a 90-year-old Hobart woman tragically lost her life in a house fire caused by a microwaveable wheat bag.
- NSW firefighters have responded to numerous residential fires that have occurred due to wheat bags overheating in the microwave oven or wheat bags being used to warm bedding materials.
- Ensure the wheat bag you purchase comes with instructions and follow them carefully, especially when heating.



# MIDDLE DURAL RURAL FIRE BRIGADE NEWS

We welcomed one new recruit last month and straightaway involved him in pumping training at Sallaway Creek, as you can see. Pumping from fire vehicles, dams and other water sources is a vital skill for firefighters and we devote a significant amount of time to ensuring that we can do this quickly, efficiently and safely.

In addition, our Brigade spent a training evening with the Communications Brigade at District Office. We all found it very interesting and informative, and thank those members of Comms who gave up their Monday evening so that we could be better informed.

Following basic firefighting training, one of our members has recently passed the Village Firefighting course. Congratulation, Jon!

Some of our senior members are trainers for next level of expertise, the Advanced Firefighter qualification, which focuses on an understanding of hydraulics and

the theory of pumping. They were busy this weekend with a large bunch of enthusiastic volunteers from all around The Hills Shire, including one of our members. They learned the capabilities of The Hills bulk water carrier which holds 12,500L of water and is a valuable part of our firefighting capacity. Driving it requires a heavy vehicle drivers licence - another skill obtained by your hard-working volunteer firefighters

They also learned how to use the complex plumbing in front of public buildings such as shopping centres, retirement villages and schools. There they learned how to boost the mains pressure to provide water in high rise buildings, or to draw water from them. A full day assessment and written exam was to follow, so our best wishes go to all of them. Training is an ongoing activity at our District Office, and we acknowledge a debt of gratitude to the volunteers who give up so much of their free time to train the newer members.



# GLENORIE RURAL FIRE BRIGADE NEWS

BY JAMES WICKING

## FIRE PLACE SAFETY

During June Glenorie and Hillside Fire Brigades were called to a Structure Fire in Hillside. Upon arrival of the first appliance crews were faced with a structure well alight. The fire appears to be caused by debris close to the chimney in the roof. This is a great reminder of the danger of an unsafe fire place. We urge residents to make sure chimneys, fire places and areas

surrounding fire place components are cleaned regularly, preferably by a professional. When using heaters and fire places always remember the rule to keep all items **"a meter from the heater"**. It is also recommended to keep a fire extinguisher close to the fire and have a fire place safety gate around the it. For more excellent tips just Google "fire place safety".

## FIRES NEAR ME APP

Want to keep up to date with fires in your area? We recommend downloading the Fires Near Me NSW smartphone app from the app store on your iOS or android mobile. This will keep you up to date with all hazard reductions, bush fires, structure fires and major pile burns in your area. If you already have this app make sure you update it to the most recent edition as NSW Rural Fire Service have added some new features to the app. See below.

# NEW FEATURES OF FIRES NEAR ME NSW TO BENEFIT THE HILLS RESIDENTS

**T**HE FIRES NEAR ME NSW mobile application has been upgraded, with users now able to receive notifications about fires and other important safety information in the The Hills Shire area.

NSW Rural Fire Service (NSW RFS) Superintendent Mathew Smith said this is a significant step forward in communicating important bush and grass fire information to the community.

"Fires Near Me NSW gives users the ability to identify the location and size of bush fire activity in areas of

concern for them," Superintendent Smith said.

"We've been listening to what residents have been asking for and the app now provides the ability for users to receive notifications applicable to our Local Government Area, or set up 'watch zones' to keep updated on specific areas of NSW.

"The new update now allows residents to receive push notifications for areas of interest, whether it be their home location, family properties or relatives far away.

"In a few short steps, users can set up Watch Zones for more specific information on areas they'd like to keep an eye on."

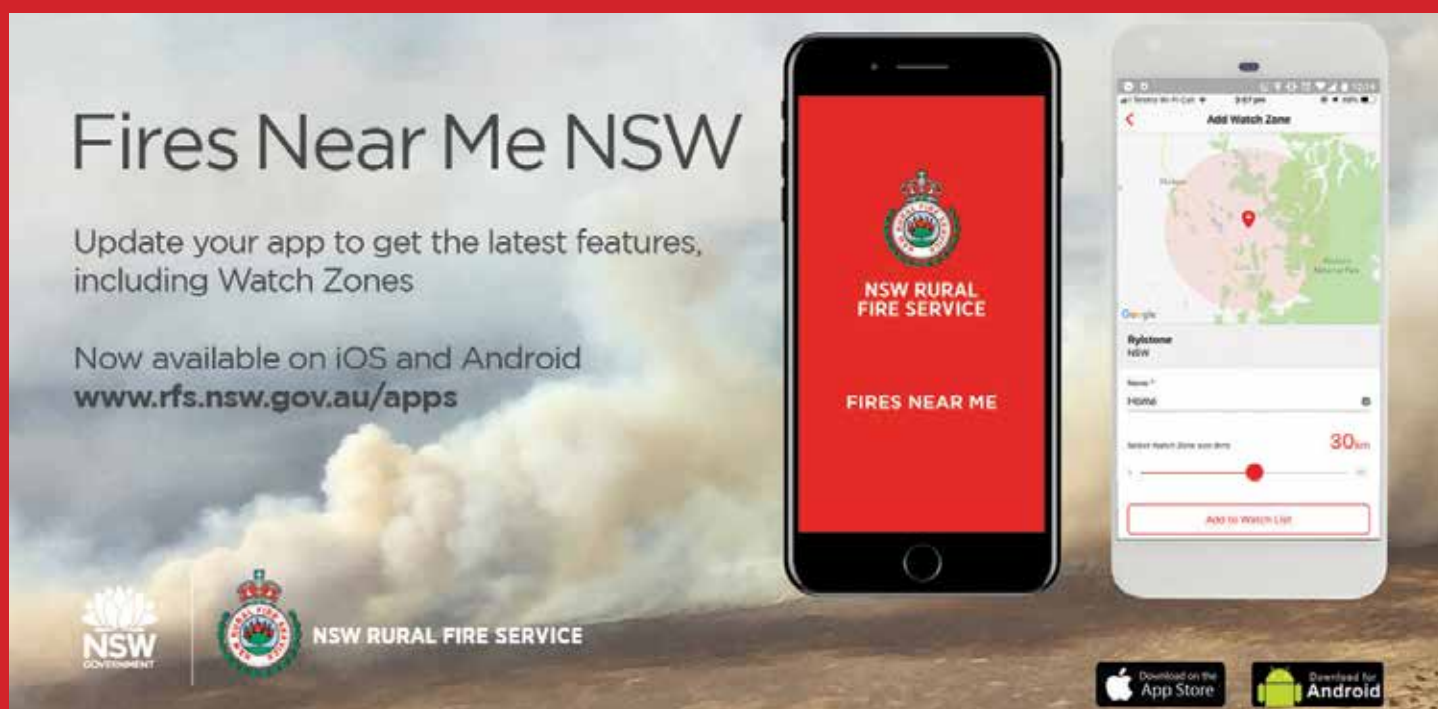
Superintendent Smith said this new functionality is an incredibly valuable tool when it comes to preparing for bush or grass fires and being aware of current incidents.

"With more and more people relying on their mobile phones for information, it's important that users download the latest version of the app, available on both Android and iOS devices," Superintendent Smith said.

"Fires near Me complements the suite of information tools already available to the public, including the NSW RFS website and 1800 Bush Fire Information Line."

Users can search for the Fires Near Me NSW app in the AppStore or Google Play. There is also a national version, Fires Near Me Australia, which provides basic information from participating fire agencies interstate.

For more information and 'how-to' guides on setting up watch zones and other new functions of Fires Near Me NSW, visit [www.rfs.nsw.gov.au/apps](http://www.rfs.nsw.gov.au/apps)



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NSW RURAL FIRE SERVICE

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## MONDAY 1ST - THURSDAY 4TH JULY 8:00AM - 5:30PM

### JYC Conference 2019

JYC 2019 is a life changing event that seeks to reconnect the new generation to an eternal relationship with Jesus. We challenge you to take on this journey with us!

Venue: Crossland Youth Convention Centre,  
100 Crosslands Rd, Galston, NSW  
Contact: Auel Malibiran | 8807 0911  
email: jyc@oneinchristchurch.com  
Visit: jyc.oneinchristchurch.com

## THURSDAY 4TH JULY | 10:30AM - 11:30AM

### Baulkham Hills Book Club - Baulkham Hills Library

Join us the 1st Monday of the month to share your love of reading and discuss a wide range of books

Venue: Baulkham Hills Library,  
1 Railway Street, Baulkham Hills 2153  
Visit: www.thehills.nsw.gov.au

## SATURDAY 6TH JULY | 8:30PM - 11:30PM

### MeatLoaf - Bat out of Hell

Join us for this amazing night of great music. Doors open at 8pm show starts at 8.30pm. Tickets \$25. Support Band The Vegans

Venue: The Galston Club,  
21 - 25 Arcadia Road, Galston  
Phone: 9653 2017  
email: reception@galstonclub.com.au  
Visit: www.galstonclub.com.au

## SATURDAY 6TH JULY | 1:00PM - 3:00PM

### The Hills Women's Shed - Creative Hub

Come along to the second of our Creative Hub gatherings. This is not a tutored workshop, its women inspiring each other with our own creative projects we bring on the day.

Venue: The Hills Women's Shed - Building 32,  
Balcombe Heights Estate, 92 Seven Hills Road,  
Baulkham Hills 2153  
Contact: The Hills Women's Shed  
Phone: 0408 549 530  
email: anita.fisher@yahoo.com  
Visit www.thehills.nsw.gov.au

## SUNDAY 7TH JULY | 9:00AM - 2:00PM

### Bella Vista Farm Open Day and Free Spirit Markets

What are you doing on Sunday? Interested in having a look around Bella Vista Farm?

Venue: Bella Vista Farm Park, Elizabeth MacArthur Drive, Bella Vista 2153  
Contact: Free Spirit Markets  
Phone: 0419 262 850  
email: meegen@freespiritmarkets.com  
Visit www.freespiritmarkets.com

## MONDAY 8TH JULY | 6:00PM - 7:30PM

### Hills Short Story Writers Group

Are you a storyteller? Don't know where to start? Awaken your creativity and turn your thoughts into words. Come along to a new Writers Group at Baulkham Hills Library. Suitable for participants over 18 years.

Venue: Baulkham Hills Library, Railway Street,  
Baulkham Hills 2153  
Visit www.thehills.nsw.gov.au

## TUESDAY 9TH JULY 10:00AM - 11:00AM AND 11:30AM - 12:30PM

### Amusing Illustrations with Oliver Phommavanh

Learn unique ways to enhance your stories with illustrations, comics and graphics. Author Oliver Phommavanh will bring his hilarious presentation style, complete with jokes, stories and drawing demonstrations to show children that anyone can draw with a little practice.

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

## WEDNESDAY 10TH JULY | 11:00AM - 12:00PM

### Raft Craft

Row row row your boat, see if you can make it float! Get creative as you construct your own miniature raft followed by a boat race. All materials are provided.

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

## FRIDAY 12TH JULY | 10:30AM - 11:30AM

### Winter Scrapbooking

It's cold outside so join us to create and decorate your very own mini scrapbook to take home. Please bring along some photos to use.

Venue: Vinegar Hill Memorial Library,  
29 Main Street, Rouse Hill 2155  
Visit www.thehills.nsw.gov.au

## SUNDAY 14TH JULY | 9:00AM - 2:00PM

### The Growers' Markets - Dural Country Club

Grab a fresh coffee or enjoy a cold beer in the Presidential Gardens while you feast from a selection of yummy pop up restaurants including Sri Lankan cuisine, Gozleme, Chorizos burgers, egg and bacon rolls, wood fire pizza and Empinadas to name a few. For those with a sweet tooth we have a beautiful range of gourmet cakes and tarts and melt in your mouth Biscotti.

662A Old Northern Rd, Dural NSW 2158  
Contact: 417 227 748  
email: info@glenoriegrowersmarket.com.au  
Visit glenoriegrowersmarket.com.au

## TUESDAY 16TH JULY | 2:30PM - 3:30PM

### Coding with Cubetto

Learn the exciting fundamentals of coding through adventure and hands-on play using Cubetto, a friendly wooden robot. Program Cubetto to navigate maps using coding blocks and no screens. It's the fun, easy way to bring coding to life for young learners.

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

## THURSDAY 18TH JULY | 1:30PM - 3:00PM

### Claymation Animation Workshop

Become your own filmmaker as you learn stop motion animation tricks and techniques in this hands-on workshop. Design and sculpt your characters from clay, then work as a group using ipads to bring them to life in fun, short movies.

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

## SATURDAY 20TH - SUNDAY 21ST JULY 10:00AM - 4:00PM

### 2019 CCCA National Cat Show

Largest Cat Show in Australia in 2019. Parking available. Bookings not required. Ticket Sales at the door.

Venue: Hills Sports Stadium - Fred Caterson Reserve,  
Caterson Drive, Castle Hill 2154  
Contact: 2019 CCCA NATIONAL CAT SHOW  
409 123 906 | jaygee.jo@gmail.com  
Visit www.thehills.nsw.gov.au

## SUNDAY 21ST JULY | 10:00AM - 6:00PM

### Galston500 2019

Following the success of last years Galston500, We are excited to announce the date of the 2019 Galston500.

Venue: Hornsby Model Engineers Co-Op Ltd,  
29 Mid Dural Rd, Galston, NSW  
Contact: 9653 1630 | info@hme.org.au  
Visit www.hme.org.au

## MONDAY 22ND - FRIDAY 26TH JULY 11:00AM - 1:00PM

### The Spirit of the Living God

It's coming...Christian Union's MID YEAR CONFERENCE (MYC) for 2019! Many people describe themselves as spiritual but not religious.

Venue: Crusaders Galston Gorge Conference and Recreation Centre, 8 Crusader Rd Galston, NSW, 2159  
email: mqchristianunion@gmail.com  
Visit www.christianunion.org.au

## THURSDAY 25TH JULY | 10:30AM - 11:30AM

### Let's Talk About Stroke - Causes, Symptoms and Prevention

Join a representative from the Stroke Foundation to learn how to recognise the signs of stroke, what to do if someone is having a stroke and how to prevent a stroke.

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

## THURSDAY 25TH JULY | 11:00AM - 12:00PM

### Urban Cooks Collective: Delicious Desserts

Join this new group designed for people who love talking all things food and sharing recipes. We will provide you with a taster of a delicious dessert prepared by Chapters Cafe. This month is delicious desserts to devour, anything from cakes to pies or tarts to little jars of decadence!

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

## FRIDAY 26TH JULY | 10:00AM - 11:00AM

### English Conversation Group - Vinegar Hill Memorial Library

Join a casual conversation group to help you with everyday communication in an open and friendly environment. Each group will run for 2 terms.

Venue: Vinegar Hill Memorial Library,  
29 Main Street, Rouse Hill 2155  
Visit www.thehills.nsw.gov.au

## FRIDAY 26TH JULY | 5:30PM

### Women's Centre High Tea

Help us celebrate the first year of the ONE80TC Women's Centre that has already witnessed remarkable stories of turnaround and restoration. A residential centre offering rehabilitation and an opportunity to completely turn their lives around. Join us as we enjoy good food, good company for a great cause.

Venue: Glenorie Bakery, Shop 4 930 Old Northern Rd,  
Glenorie, NSW  
Contact: 1800 679 657 | events@one80tc.org  
Visit one80tc.org

## SUNDAY 28TH JULY | 9:00AM - 1:00PM

### The Growers Market - Glenorie

Our growers markets offer a large range of local and fresh award winning produce, cuisine, craft beverage, arts and crafts and artisan stalls. There is something for everyone with a jumping castle, entertainment and cool chill out music under the trees.

Venue: 2658 Old Northern Road Glenorie  
0417 227 748 | info@glenoriegrowersmarket.com.au  
Visit glenoriegrowersmarket.com.au





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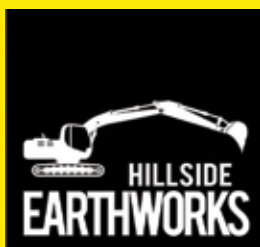
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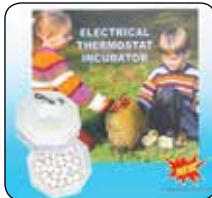
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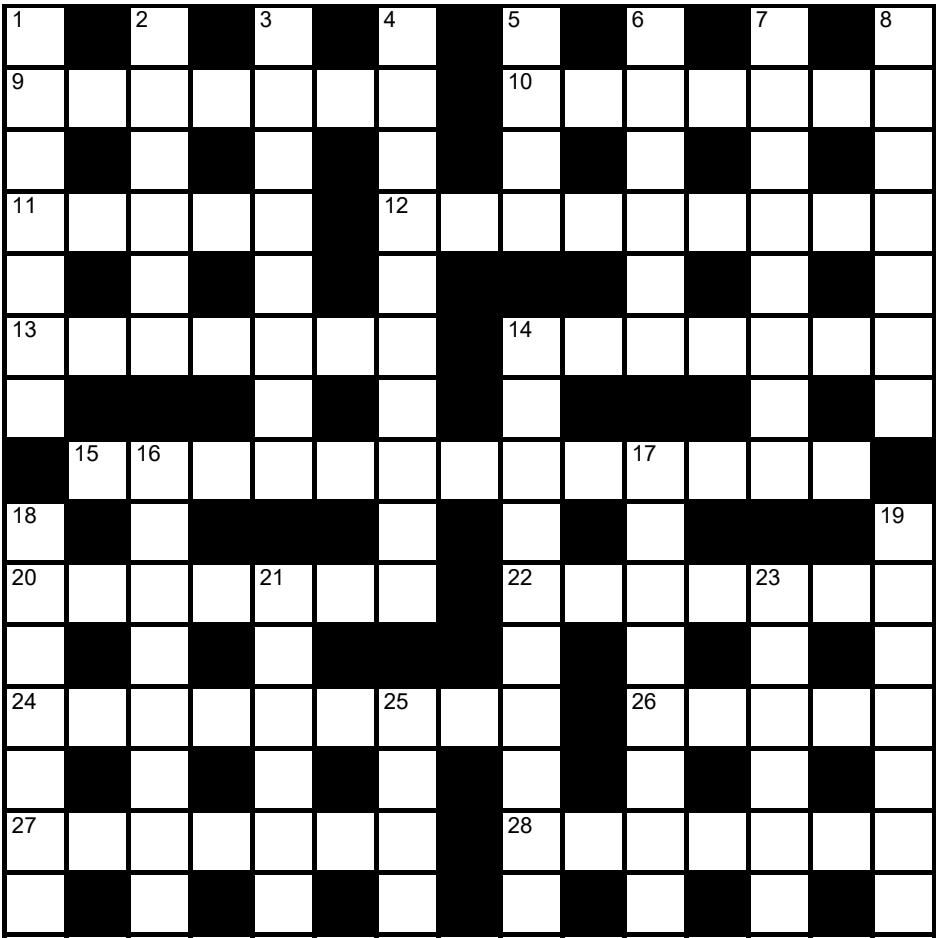
## PUZZLE

### ACROSS

- |                                       |   |
|---------------------------------------|---|
| 09. Fit                               | 20. At the start (5, 2)   |
| 10. Small long-tailed bird (3-4)      | 22. Flat-bottomed canal or harbour barge                                      |
| 11. Claire Hooper, for example        | 24. Coiner of "Those who cannot remember the past are condemned to repeat it" |
| 12. Misnamed fruit bat (6, 3)         | 26. Register  |
| 13. Utopian                           | 27. Mocked  |
| 14. Some arts                         | 28. Developed over time   |
| 15. Sydney-born country singer (7, 6) |   |

### DOWN

- |   |                                      |
|---|--------------------------------------|
| 01. Clairvoyant                                   | 14. Popular NSW National Park (5, 5) |
| 02. Consternation                                 | 16. Bombastic monologue              |
| 03. Powerful                                      | 17. Enlisted (6, 2)                  |
| 04. Enforce pit discipline to achieve improvement | 18. Mass-to-volume ratio             |
| 05. 180-degree turn                               | 19. Musical introduction             |
| 06. Disposable mobile phone                       | 21. Like fresh bread                 |
| 07. Some wall art                                 | 23. Prosper                          |
| 08. Banished (2, 5)                               | 25. Chucks in                        |



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# COMMUNITY CONTACTS

**Avicultural Society of NSW Inc.**  
Welcomes persons interested in Avicultural (bird keeping). The society holds monthly meetings which include presentations and talks on all aspects of bird keeping and breeding. For further information contact Paul Henry 9872464 or 0408 617686

**ACACIA (Living Life)**  
Exercise programme for over 65's. FREE. Every Tuesday 9.30 to 10.30 am Galston Uniting Church 11 School Road - Galston. Enquiries Melanie 9456 7103

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

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

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

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

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

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

**Association of Independent Retirees (AIR) Ltd**  
Meetings are held on the first Friday of each month at 10 am. Meetings are at Yarrara Rd Pennant Hills. Contact John Guthrie on 9654 6727.

**Castle Hill Art Society**  
Monthly Meetings and Art Demonstrations are held at Castle Hill Art Society - 155 Ridgeway Drive, Castle Hill on the first Wednesday of each month at 7.30 pm. Enquiries Ph. 98993179

**Circular Keys Chorus**  
Are always seeking would-be Divas. De-stress as you learn to sing acappella 4 part harmony with passionate CKC singers. Rehearsals in Castle Hill Wednesdays 7.30-10.10pm. Contact Janet 9653 2959, email info@circularkeys.org or visit www.circularkeys.org

**Dural and District Historical Society Inc**  
holds its lecture meetings on the 2nd Saturday of each month at 2pm at History Cottage, 412 Galston Rd Galston. The Cottage is also open to the public from 10am to 4pm on Wed and Sundays. Enquiries to Michael Bell 9653 1365.

**Dural and District Prostate Cancer Support Group**  
holds its meetings on the third Monday of each month at 7pm at Anglian Retirement Village, Glenhaven Green, 599-607 Old Northern Rd, Glenhaven on Blue Gum Centre. Inquiries Denis 9629 2645 or Maurice 9654 2138.

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

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

**Dural Galston Probud Club**  
We meet on the third Thursday of each month at 10am at the Galston Club 21-25 Arcadia Road, Galston. Probud is a mixed club for retired and semi retired people who enjoy friendship, good speakers and occasional outings. Visitors are always welcome. Come along or contact Anne. 9653 1004.

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

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

**Friends of Fagan Park**  
Volunteer group actively preserving the remarkable rural history of Hornsby Shire. The Friends meet every Tuesday from 9am to 4pm maintaining historic Netherby Cottage and its garden and also restoring farm machinery and implements to working order. Members of the public and new friends are always welcome! Open days are the 2nd Sunday of each month, 1.30pm to 4.00pm, and other special occasions. Contact Ian Browning. M. 0419 455 475 E. isandian@tpg.com.au

**Ferry Artists Gallery**  
Old Northern Road, Wisemans Ferry 2775. ph: 02 4566 4385, for info on workshops and membership see www.ferryartists.org

**Galston Area Residents' Association Inc**  
Meets at the Galston Primary School Library, School Road, Galston on the 3rd Thursday of the month at 8pm (during school terms). Enquiries 0403076175. New members always welcome.

**Galston Branch CWA**  
Meets on the second Wednesday of each month at the Galston Community Health Centre. New members are sure of a friendly welcome. Enquiries to Pam 9653 1036 or Jann 0439 222 217.

**Galston Community Hall**  
37 Arcadia Rd, Galston available for functions, air-conditioned, inspections welcome. Bookings call 9847 6050.

**Galston Community Health Centre**  
This centre is an outreach of Hornsby and Ku-ring-gai Health Service and is situated at 17 Arcadia Road, Galston (cnr of The Glade). Enq. 9653 2235.

**Galston Garden Club**  
New members are always welcome. Meetings held at 8pm on the second Wednesday of every month at the Galston Community Centre. For further information contact Bill Fleming on 9653 2394.

**Galston View Club**  
will be holding its monthly Luncheon meetings at The Galston Club, 21-25 Arcadia Road Galston, on the 4th Wednesday of each month. Visitors will be very welcome. Bookings Vivien 98941189.

**Girl Guides**  
is an exciting opportunity for girls to learn and develop life skills, meet new friends, enjoy the outdoors, make their own challenges, express their creativity and much more. Junior Guides (age 6-9) meet Thursdays 4.30-6pm and Guides (age 10-14) meet Tuesdays 6-8pm at Galston Guide Hall, 414 Galston Road, Galston. Contact admin@galstongirlguides.com for hall hire or enquiries about Girl Guides.

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

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

**Glenorie Progress Association**  
Meets 2nd Thursday of each month at 7.45pm at Glenorie RSL Club. Contact secretary@glenorieprogress.org.au or 0418 432 587

**Glenorie RSL Club**  
Glenorie RSL Sub-Branch meets on 2nd Tuesday of the month commencing at 7.00pm, at the Glenorie RSL Club. Enquiries to Graham Bruce, 0432 391 811

**Hills Budgerigar Club**  
Meet on the 4th Friday of each month, except December at the North Rocks Community Hall. Everyone welcome. Enquiries to Peter on 9888 5631.

**Hills Community Aid No Interest Loans up to \$1,000**  
for whitegoods, furniture, computers, essential repairs etc. Contact Hills Community Aid 9639 8620, enq@hca.org.au or www.hca.org.au.

**Hills Farmers' and Gourmet Food Mkt**  
2nd Saturday of the month, 8am-12pm, Castle Hill Showground. www.hawkesburyharvest.com.au

**Hills Shire Garden Club**  
Meetings held on 3rd Monday of the month at 1.00 p.m. at Barton Hall, David Rd, Castle Hill. Enquiries 9624-5034.

**Hills RSL Sub Branch**  
Monthly meetings held at The Galston Club, 2pm on the last Tuesday of each month. Enquiries 9653 2565.

**Hornsby Ku-ring-gai Four Wheel Drive Club**  
is a family orientated club that meets on the second Tuesday of the month at 8.00pm at Hornsby Heights Community Centre, Galston Road, Hornsby Heights. www.hk4wd.com.au

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

**The NSW Justices Association Hornsby Branch**  
meets monthly (except January and June) on the 2nd Monday evening at 0700 pm, at MAGPIES WAITARA, formerly "Asquith Rugby League Club" opposite Waitara rail station. JP's welcome to attend. Varied programme. Enquiries John Tibbitts 9875 1585 or 0408 491 252.

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

**Pennant Hills Photographic Club**  
meets on the 1st, 3rd, and 5th Mondays each month at 8pm in the Uniting Church Hall cnr Boundary Rd and Bellamy St, Pennant Hills. www.phpc.org.au.

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

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

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

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

**Social Dance Workshops**  
Pennant Hills Community Centre, Yarrara Road. \$7. Contact Felicity 9456 2860, 0434 527 522. Old time contemporary, set and couple dances. Specialising in Australian, Irish and Scottish Folk Dance. Beginners and experienced dancers.

**The Hills District Pipe Band**  
We practice at Harvey Lowe Pavilion, CH every Tues 7.30-9pm. Welcomes new members and gig enquiries. Follow us on facebook or www.hillsdistrictpipeband.com.au

**Still Creek Landcare Group**  
Have a say and help in the future of our catchments in Galston, Arcadia and Berrilee. We meet at 7.30pm on the 2nd Thursday of each month. For more information Visit www.StillCreekLandcare.com.au or e-mail StillCreekLandcare@inet.net.au or Contact Nick on 9653 2056.

## CHURCHES

**Christ Church**  
An Anglican church located at 26 Pitt Town Road, Kenthurst, has a service at 9.30 a.m. every Sunday morning. You are most welcome to join us. Phone: 96541627 or 88517428.

**Galston Uniting Church**  
Service times 10.00am. Children's programmes KUCA for children K-6, each Friday of the school term 5.00 to 6.30pm. \*ThePower (Youth Group) for those in high school. Fridays of the school term 7.00pm to 8.30pm. CRAFT group Thursday evenings of the school term from 7.00 to 1.0.00pm. OVER 55's for seniors 2nd Monday of each month from 10am to 12noon. Other groups of interest - Men's Choir, Ladies Choir. For all enquiries, please call the church office on 9653 2039. 11 School Road Galston or visit www.galstonunitingchurch.com

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

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

## The Hills Trefoil Guild (Guides NSW)

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

**Glenorie Mission Church**  
Sunday Service 10.00 am. 1409 Old Northern Road (Cnr Muscos Rd), Glenorie. Enquiries 0414 584 303 or 0411 422 236.

**Hillside Church**  
Meets 10.00am every Sunday at Galston Public School. Pastor Corri Byrne Ph: 0416 233 629. For more info go to www.hillside.com

**St. Columb's Anglican Church**  
Sundays at 9.30 am. Coffee n' craft group meets on Fridays at 9.30 am - enquiries Beverley 9653 1790.

**St Benedict's Catholic Parish**  
Mass at the Monastery, 121 Arcadia Road, Arcadia at 7am every morning. Mass at the Parish Church, Cnr Fagans Rd and Arcadia Rd 7pm Saturday and 9am Sunday. Ph 9653 2312. Parish Priest Fr Bernard McGrath 0416 032 497

**St Judes Anglican**  
Service Times: 8am Traditional; 10am Contemporary with Sunday Kids and Yr 5-9 Teen group; 6pm Evening church for youth and parents. Epic's Kids club and Youth Group - Fridays (see website for details). Galston and Old Northern Roads, Dural. Phone: 9651-1119

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

## LOCAL SPORTS ASSOCIATIONS

**Dural Country Club Bowling Clubs**  
New members are welcome. Free lessons are available to men and women wishing to learn lawn bowls and meet a new social network. Ring 0421 315 074 and 0411 375 580 to speak to one of our trained coaches.

**Dural Country Club**  
Fishing Club meet at Dural Country Club on the 4th Tuesday of the month at 7.30pm. Activities include a monthly offshore charter, estuary and open fishing, organised short stay holidays and great social BBQ's. New members welcome. Contact Murray on 0407 950 939 or Bruce on 0428 970 439.

**Dural Rugby Club**  
Enquiries, please contact the registrar Eric Flanagan, email erf86029@bigpond.net.au or phone 0412 230 328 or visit our website http://dural.rugbynet.com.au

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

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

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

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

**Galston Netball Club**  
All enquiries to secretary. galstonnetballclub@gmail.com or visit the website www.galstonnc.nsw.netball.com.au

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

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

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

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

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

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

**Tennis / Squash Social Group**  
Looking for new players. Call 9847 6050 or email tennisandsquash@live.com.au

**Tennis Court for Hire Galston**  
At rear of Galston Community Hall. Available Day or Night. Mobile Jane on 9847 6050.

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

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

**Thursday Ladies Tennis Competition in the Hills District**  
Players of all standards are welcome. For more details and contacts please see our website at hillsladiestennis.org

# LOCAL PLAYGROUPS

## GALSTON

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

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

## GLENORIE

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

## ARCADIA

Located at Arcadia Public School, 140 Arcadia 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.

## Arcadia

Every Monday from 10am to 12noon during school terms. St Benedict's Parish, Cnr Fagans and Arcadia Roads, Arcadia. All children and their carers welcome!

## DURAL/GALSTON

St Jude's Kids Crew. A playgroup for 0-5 year olds and their carers.

We meet Fridays 10am to 11:30am during term time for a great morning of play, crafts, fun activities, story time and singing. Free but please bring a piece of fruit to share.

Located at St Jude's Anglican Church, 965 Old Northern Rd Dural (plenty of on site parking).

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

### LOCAL RURAL FIRE SERVICES

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

Hills Rural Fire Service District Office	<b>9654 1244</b>
Hornsby Rural Fire Service District Office	<b>9883 2000</b>
Arcadia Rural Fire Service Fire Captain DAVID BYRNE	<b>9655 1656</b>
Galston Rural Fire Service Fire Captain ROB SYMONS	<b>0409 470 205</b>
Glenorie Rural Fire Service Fire Captain GLYNN LLOYD	<b>9652 2017</b>
Hillside Rural Fire Service Fire Captain ANDREW BAILDON	<b>9652 2245</b>
Middle Dural Rural Fire Service Fire Captain LEN BEST	<b>0408 220 705</b>

### LOCAL JP's Bendigo Bank Galston - 9653 2227,

Geoff Lynch Galston Newsagency,  
Cathy Vipond Hills Accounting, Glenorie - 9652 2400  
Diana Paton - 0408 011 193,  
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](mailto:editorial@galstoncommunity.com.au)



**GALSTON, GLENORIE & HILLS RURAL  
COMMUNITY NEWS**

PO BOX 211 GALSTON NSW 2159

### ADVERTISING

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

### EDITORIAL

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### ACCOUNTS

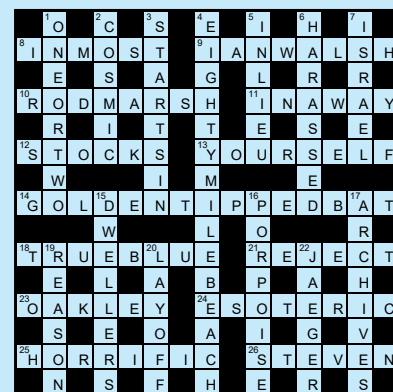
**Kai** | 0459 303 600  
[accounts@galstoncommunity.com.au](mailto:accounts@galstoncommunity.com.au)



## Deadline for August 2019 Edition

18th July | 7000 COPIES DISTRIBUTED

### Answers from June Issue=



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The Galston, Glenorie and Hills Rural Community News is published by Adelphi Printing Pty Ltd Magazine Design and Print by Adelphi Design and Print [www.adelphi.net.au](http://www.adelphi.net.au) Enquiries to [quotes@adelphi.net.au](mailto:quotes@adelphi.net.au)



# THE RBA INTEREST RATE CUT AND WHAT IT MEANS FOR THE PROPERTY MARKET

The Reserve Bank of Australia (RBA) recently announced an interest rate cut to a record low of 1.25 per cent, which comes as a relief to many property owners as it has been three years since the RBA has made a move on interest rates, with some analysts expecting more cuts between August and October. But what does this mean for you? The ABC reported that the big four banks – Commonwealth Bank, ANZ, Westpac and NAB – will pass on some, if not all, of the rate cuts from June.

## Here's what was stated:

- Commonwealth Bank will pass on the full 0.25 per cent to its variable home loan customers from June 25.
- ANZ will reduce its variable home loan rate for customers by 0.18 per cent from June 14.
- NAB will pass on the full 0.25 per cent to its variable home loan customers from June 14.
- Westpac will pass on 20 basis point rate cut for most variable home loans, and 35 basis points for interest-only property investors from June 18. Westpac is also offering a 3.49 per cent five-year fixed rate for new first home buyers.

However, according to comparison site, Canstar, the smaller lenders are offering the best variable home loan rates on the market. Lenders such as Athena, RACQ, and Reduce Home Loans will be passing on the rate cut in full.

## WHAT DOES THIS MEAN IF YOU'RE A HOMEOWNER?

With these changes, Belle Property Head of Sales and Business Development, Nick Boyd says, it's a good time to shop around for



a better deal. "We've entered into a historically low-interest rate environment. If your home loan is with a lender that is passing on the interest rate cut, you are in a great position to get ahead on your repayments," says Nick. "If you're not, now is the time to be shopping around for a better deal."

## WHAT DOES IT MEAN IF YOU'RE LOOKING TO BUY?

Economists claim that if the interest rates are too high, house prices tend to be lower because people cannot afford to service their loan. With RBA's recent rate cut, property prices should stabilise, allowing people to borrow more, plus, boosting consumer confidence, which may stimulate more homes on the market. "The great news for first home buyers is that they will be able to borrow more and there may be more to choose from as people gain more confidence in the market and list their homes for sale. The downside for them is that property prices won't drop any further, but they won't go up either; they will just stabilise."



**FOR SALE**  
10 Bannerman Rd  
Kenthurst



**FOR SALE**  
34 Cockatoo Pl  
Glenorie



**FOR SALE**  
850 Old Northern Rd, Middle Dural



**FOR SALE**  
7 Timaru Street  
Glenorie



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## Members Badge Draw

**NOW on Wednesday & Friday nights between 6:30pm and 9:30pm**  
**Jackpots \$300 per week**



**Meat Loaf**  
**BAT OUT OF HELL**  
**6TH JULY**

Show starts at 8:30pm

**TICKET PRICES**  
**\$25**

PLEASE SEE RECEPTION FOR TICKETS  
 Supporting Act - The Vegas

**Fizzics Education**  
 Interactive Science Shows & Workshops  
**SCIENCE SHOW**

Where: The Galston Club  
 Date: 9th July  
 Time: 10:30 - 12:30  
 Cost: \$10  
 (Includes packet of chips and a juice popper)

All children must be supervised by a parent or guardian  
 Please phone Enquiries for bookings 9653 2017

**THE GALSTON CLUB**

**13TH OF JULY**  
 FROM 7:30PM  
**THE LOUNGE PHONICS**  
 AT THE GALSTON CLUB  
**Free Show**

**DANNY ELLIOTT PRESENTS**  
**A SALUTE TO ELTON JOHN**  
 UP CLOSE AND PERSONAL

**27TH JULY**

**TICKET PRICES**  
 \$20 - Pre Purchase  
 \$25 - Door

**8PM - 11PM**

THE GALSTON CLUB  
 PRESENT

**NEW CATERERS**

Starting from Dinner 26th June  
**2019**

**Lunch specials**

**Monday to Saturday**

Members \$9.90  
 Visitors \$11.90

10% Public Holiday surcharge applies

**All day specials**

**Monday to Saturday**

Members \$14.90  
 Visitors \$16.90

Includes a Schooner of Coopers or Glass of Chain of Fire Wine or Soft Drink

10% Public Holiday surcharge applies

**Members Happy Hour**

**Monday to Friday**  
**4pm-5pm**

Excludes Public Holiday

TUESDAY	THURSDAY
<ul style="list-style-type: none"> <li>Tuesday nights Poker \$20 buy in rego starts at 7pm</li> </ul>	<ul style="list-style-type: none"> <li>APL Poker Free Roll plus Jackpot*</li> <li>Pool Competition Max Prize \$200*</li> </ul>
WEDNESDAY	FRIDAY
<ul style="list-style-type: none"> <li>Bingo - ticket sales from 10am. Jackpot prize \$2000*</li> <li>Game prizes - club cash &amp; wishcards totalling \$200 in value</li> <li>Trivia 8pm</li> <li>Raffle tickets on sale 7pm</li> <li>Total Value of raffles \$500</li> <li>Joker Jackpot \$5200*</li> </ul>	<ul style="list-style-type: none"> <li>Monster raffle, 40 prizes to be won, tickets on sale 7pm</li> <li>Total value of Raffles \$1500</li> <li>Spin n Win</li> </ul>
	SUNDAY
	<ul style="list-style-type: none"> <li>Kids eat Free (1 x kid eat free/minimum spend per adult \$16.90)</li> <li>10% Public Holiday surcharge applies</li> </ul>

\* 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/18/29513 information for members & their guests.

ADDRESS: 21-25 Arcadia Road, Galston, 2159 PHONE: 9653 2017 WEBSITE: [www.galstonclub.com.au](http://www.galstonclub.com.au)