

NEIGHBOURHOOD WATCH

Following community requests, a local Neighbourhood Watch group has been set up with representatives from Glenorie Progress Association, Arcadia Galston Residents Association and other local volunteers. If you are on facebook please like (and follow) our page www.facebook. com/NHWGGAD.

The purpose of this public facebook page, which anyone can like or follow, is to promote crime prevention, safety and security. The administrators will share posts from local emergency services to



Neighbourhood watch



Contact Peter for prompt attention to give your system a health check

0417 047 757 www.pureawts.com.au f Pure Water Solutions AWTS alert residents of events/scams, and share crime statistics as they become available.

In order for residents to share more personal experiences, the Administrators have set up a closed group attached to the Neighbourhood Watch public page. You will need to request to join this page, and the Administrators will try to ensure only geniune residents join the group. In this group you can be more open about your experiences, share photos, ideas on security options and the like.

The Police would like ALL crime or suspicious activity reported. If you fear someone is ON/IN your property, you should call Triple 000.

All other crime, regardless of how insignificant you think it is , can be reported to Crime Stoppers 1800 333 000 Calls to Crime Stoppers can be made anonymously. Report suspicious activity or non urgent minor crimes as soon as possible by ringing the Police Assistance Line (PAL) on 131 444. The types of crime you can report to the Police Assistance Line (131 444) include: break and enter, motor vehicle/vessel theft, stealing, malicious damage, including graffiti, lost property and fraud.

By phoning the Police Assistance Line (131 444), rather than your local police station, you are freeing up Police Officers who could otherwise be on the street actively preventing and investigating crime in your community.

Lets work together to combat this recent rise in crime in our area. Join the Neighbourhood Watch on facebook page. If you are not on facebook, an emailed newsletter will be offered plus a report each month in this community newspaper.







Specialising in Residential and Rural Sales For a FREE Market Appraisal and advice on how best to prepare your home for sale **CALL TODAY!**





Alcorn Mews by BINET HOMES

12 House and Land Packages on lifestyle blocks

DISPLAY HOME 24 Wells Street Pitt Town INSPECT Wed 11am - 12pm Sat & Sun 11am - 4pm



The fully landscaped streetscape and character of this development will be second to none with wide street frontages. It's not hard to see why these house and land packages set on 2000+sqm blocks are in demand, with room for kids to be kids and plenty of privacy for adults too. The homes in Alcorn Mews will be perfect for those who are looking to settle away from high-density city living, for those downsizing off acreage but still want to take advantage of all the city has to offer and with plenty of space, as these house and land packages are a reasonable drive from Sydney CBD. Start dreaming of your new home as it soon could be your reality. Blocks to suit: Granny Flats, Barns, Motor Home-Garaging, Swimming Pools, and Tennis Courts fully serviced executive lots. Located with close proximity to Pitt Town boat ramp, Lynwood Country Club, Pitt Town Childcare Centre, Pitt Town Public School, Arndell Anglican College (K-12) and Windsor High School are all within a 10 minute drive.

9868 3222 | binethomes.com.au



SEPTIC SMART AUSTRALIA

Building your New Home, a Secondary Dwelling, a Commercial Complex or do you need an Existing System Upgrade? Please call us on 9460 2020 or 0408 676 104 and speak to our senior assessor for:-

- Onsite Wastewater Management Reports for your DA;
- Council Approved Aerated Systems;
- Concrete Water Tanks, Septic Tanks , Sub-SurfaceTrenches; Installations in the Hills/Hornsby Shires since the 1980's.
 EXCLUSIVE SUPPLIERS TO HAMIK LUXURY HOMES OF KENTHURST

ABN 22496754564

awms@bigpond.net.au



GET THE POWER OF AUSTRALIA'S BIGGEST INDEPENDENT

ALL MAJOR TYRE BRANDS INCLUDING 4WD BRAKE, SUSPENSION & STEERING REPAIRS

BATTERIES

MAG WHEELS

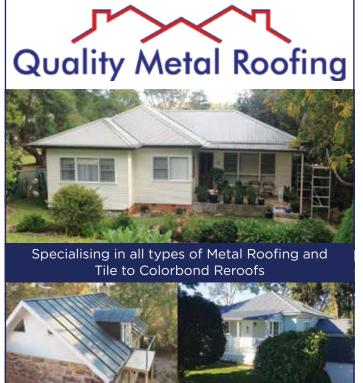
TYRES AND REPAIRS FOR CARS, TRUCKS, MOWERS, TRACTORS, FORKLIFTS, BOBCATS & EARTHMOVERS

ROAD AND FARM SERVICE ON SITE



Dural Tyrepower 236a Newline Rd, Dural Ph: 9651 4000 E-mail: dural@tyrepower.com.au www.tyrepower.com.au





Based in Arcadia and covering the Hills District and Upper North Shore

> Call Simon on O408 865 799 www.gualitymetalroofing.com.au

www.qualitymetairooning.com



NEWS By Nicci Chaney

ith over 1500 babies being admitted to the Neonatal Intensive Care Unit (NICU) in Westmead each year from the local health district as well as country areas of NSW, many families will have spent this Easter in hospital with their tiny miracles. The Galston CWA ladies are making sure that the babies are a little cosier this season with blankets and pouches especially made for the unit.

Westmead NICU is the largest in NSW, caring for premature and critically ill babies. CWA of NSW - Galston is supporting Westmead NICU as it is a cause close to our hearts. A few members have had babies in their family go through the unit. We had the pleasure of a visit by Rosemary from Westmead NICU at our last meeting. She just happened to have personally cared for a baby related to one of our members.

Galston CWA is providing every NICU humidicrib at Westmead with blankets which are placed over the incubator to protect babies from light and noise, and fabric pouches which are used to cover IV fluid bags to make them more comfortable for baby when in the crib. These are all handmade with love by our best sewers at our little branch in Galston.

Our CWA sewers and crafters work entirely from donations. The latest batch of blankets and



pouches were made from fabric that was destined for landfill but thankfully diverted to us by an admirable local residents. If you would like to make a donation of fabrics, yarns and craft supplies to help us continue to do wonderful projects like this one, please drop them off to the Galston Health ϑ Resource Centre.

Our next meeting is Wednesday 15th May from 10am. Please join us for morning tea and/or a yummy lunch prepared by the CWA ladies.

Save the date – CWA Charity Fashion Parade Tuesday 4th June, 10:30am The Galston Club

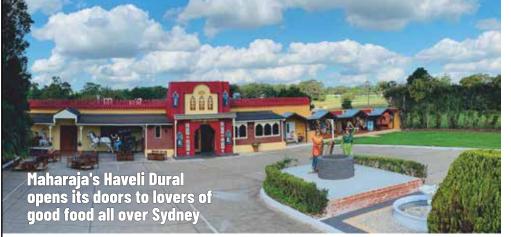
Tickets \$25 includes morning tea and lunch For further information visit our Facebook page www.facebook.com/CWAGalston or call us on 0439 222 217 (Jann) /

9653 1036 (Pam).



TEA ROOMS SENIORS DAY AT ROYAL EASTER SHOW

n April, 6 members from the CWA Hornsby and District branch volunteered to work in the CWA Tea Rooms at the Royal Easter Show on Seniors Day. Over 400 CWA members volunteered from NSW to work in the CWA Tea Rooms. We baked close to 4,000 scones that day. Many happy visitors said it was on their 'To Do List', to enjoy tea and scones at the Show. This event was our largest fund raiser for the year and all funds raised went directly to the CWA of NSW Disaster Relief Fund. So far over \$11M has been raised and disbursed to over 6,000 farmers..



THERE'S NO BETTER ΙΝΠΙΔΝ **EXPERIENCE**

Maharaja's Haveli is much more than a restaurant. Our clients call it 'a little India in our neighbourhood'. When you dine at Maharaja's Haveli in Dural, you get transported to a typical Indian village environment. Enjoy looking at our beautiful statues, artifacts and settings which capture the charm of Indian rural life.

While you feast your eyes, get ready to pamper your taste buds too. Our menu offers all the favourite Indian curries as well many truly unique recipes too. Our brand new menu is packed with delightful options.

Maharaja's Haveli has special areas for parties and celebrations with complete arrangement for outdoor catering as well.

If it's an unbeatable Indian experience you're looking for, look no further than Maharaja's Haveli in Dural.





1237 Old Northern Road, Dural NSW

maharajahaveli.com.au

Phone: 96516555

Tuesday to Friday : 5.00 pm - 10.00 pm (Monday closed) Saturday to Sunday : 12.00 pm - 10.00 pm

Find us on:

facebook

THE INLAND NAVIGATORS FOR DROUGHT RELIEF

By Liz Pellinkhof



he Inland Navigators Bush Band was formed around 40 years ago during Dural Musical Society's production of Reedy River. Two of the original members, Eric Pellinkhof and Greg Wilson, are still singing and playing traditional and contemporary Aussie ballads with the band at a huge variety of private, corporate and festival gigs. Lead singer and 'lagophonist', Eric explains, "In this anniversary year for the band, we decided to raise some much needed funds for drought relief. We also wanted to take the concert west, to hopefully bring some joy and good times to communities doing it tough. The launch of the tour was held in our shed. Friends and family enjoyed a history of Australia in song and generously donated \$2500 to Rural Aid's Buy a Bale."

BENDIGO BANK SPONSORS ARCADIAN ARTISTS EXHIBITION & ART TRAIL 2019 By Julia Elsey

The Arcadian Artists & Artisans Inc. wishes to extend a huge thank you to the Galston & District Community Bank Branch of the Bendigo Bank for its ongoing & generous support. The Sponsorship funds will greatly assist the Arcadian Artists in achieving its goal of fostering an appreciation of the arts amongst the local community & beyond.

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

The all-important dates to remember this year are the 9th & 10th November 2019 so be sure to block out that weekend in your diary now! It is an event not to be missed



with over 50 Artists coming together to display an eclectic array of artworks to inspire everyone who embarks on this extraordinary Art Trail. Everyone is welcome so invite friends & family to come along & explore this stunning region & meet the Artists behind the Artworks. Demonstrations are conducted throughout the weekend & details will be available on the Arcadian Artists website www. arcadianartists.com.au as well as in the event brochure closer to the weekend.

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

Once again our gratitude and thanks extend to our remarkable local Bank, the Galston & District Community Bank Branch of the Bendigo Bank whose incredible support helps to make this much anticipated annual event possible. (Sandra Vumbaca on behalf of the Arcadian Artists & Artisans Inc.)



DURAL COUNTRY CLUB BOWLS

The pennant season has finished and it is back to usual business at the club. The prestigious Major Singles under way and some excellent bowls have been played. Leone Lesslie will play Christine Fitzgerald in the final.

Recently Ruth Keene, Diane Trovato and Chris Fitzgerald won the Western Suburbs Saturday Triples Competition. This was a good win as a number of the top bowlers from a wide area competed. Marilyn Bonvino, Leone Lesslie, Kath Sach and David Lesslie have each been in the winners' circle at various events.

The Competition for the Ladies not playing in the pennant team was a tight battle with Dawn Downie emerging victorious to receive her prize from President Robyn Scoble.

The State carnival, a week-long event, comes up at the end of May and the keen Dural ladies are off up the coast. There are two matches each day in Round-Robin format and then the top 16 play-off, so the teams are hoping to reach the play-





offs. A peek at the draw indicates the presence of some state teams so it will be a good experience win, or lose.

ANZAC Day was celebrated with a game of mixed bowls and a brief remembrance service.

New members are always welcome. Come and try bowls.

1ST DURAL SCOUT GROUP By Warren Payne

st Dural Scout Group recently held its their Annual Reporting night and at the conclusion it was announced that they had three new Queen's Scouts. The Queen's Scout Award aims to widen the interests and knowledge of Venturer Scouts and encourage them to 'look wide'. To achieve this prestigious award a Venturer Scout must be able to set a goal; plan progress towards that goal; organise him or herself and others; and maintain the determination to overcome difficulties and complete the task.

The Queen's Scout Award is the highest award in the Venturer Scout section and carries an outstanding reputation within Scouting and the Community world-wide.

Lucy, Amy and Chloe were announced as recipients of the Queen's Scout award by the Regional Commissioner for Venturer Scouts. Each year only a few Venturer Scouts achieve



Caption: Amy Mutton receives her QS plaque from Philip Ruddock

this prestigious award, which is presented by the Governor and Chief Scout of New South Wales, as a representative of the Queen, at Government House. Lucy, Amy and Chloe will join the list of 37 Queen's Scout recipients at 1st Dural since 1963.

After the announcement, the Mayor of Hornsby, the Hon. Philip Ruddock, addressed the Group and presented QS plaques to the new Queen's Scouts.

1st Dural Group has vacancies for Girls and Boys from 6 to 18 yo. If you're interested contact Lukas at lukasaviani@hotmail.com



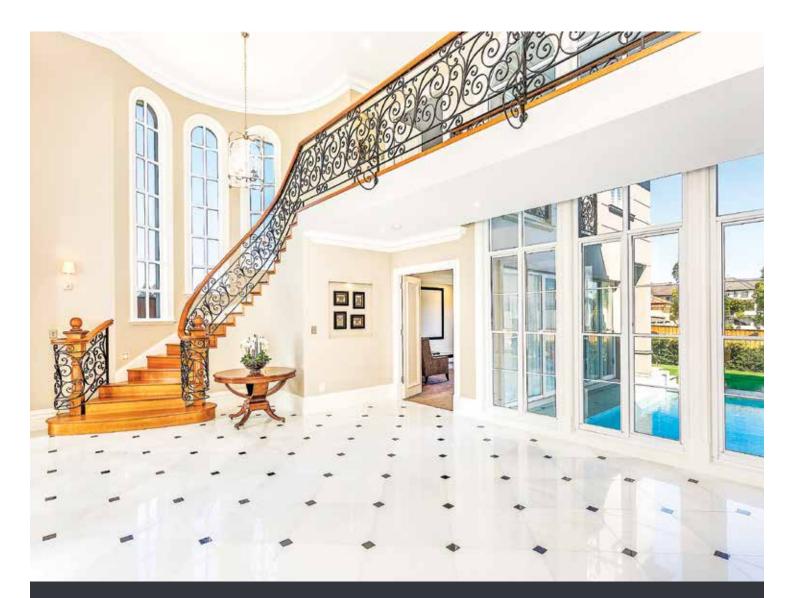
- Makes learning personal because no two minds are alike, and we all learn differently.
- We carefully assess the needs of the student so we can find the best matching tutor That's our promise!.
- Tutors are thoroughly vetted, and, only the best will do!
- Our mission is to unlock the potential and empower every student to change the trajectory of their life!



SO CALL TODAY TO SEE HOW TUTOR DOCTOR CAN HELP.

We may not be actual doctors, but we do make house calls!!

P: 0413 183 169 W: tutordoctorhornsby.com.au



BALMORAL HOMES



CUSTOM DESIGNED LUXURY HOMES

k www.balmoralhomes.com.au
 𝔅 +61 2 9651 6290
 𝖆 +61 2 9651 6291

Unit 13, 276-278 New Line Road Dural NSW 2158



Building and designing in the Hills District and North Shore for over 20 years

Quality Extensions/Renovations

(02) 9653 1003

- Entertaining Areas/Decks and Pergolas
- Follow our social media and stay up to date with what we are doing and our current running projects
- New Homes

find us on: houzz

Shop 3, 362 Galston Road, Galston NSW 2159

In House Designer and Documentation Service Available

Instagram

Find us on Facebook





www.turrell.com.au





NEWS FROM THE FRIENDS OF FAGAN PARK By lan Browning

Perfect weather, excellent numbers of visitors to the Park, and we thoroughly enjoyed ourselves showing off our treasures. One of our tractors played up at the close, could not be re-started, and had to be pushed back into the shed. Clearly it needs a bit more attention! We hosted "Puff the Tragic Dragon", the Blitz fire appliance lovingly restored by Hornsby Shire RFS volunteers.

The next Open Day will be Sunday, 29 September, so put it in your diary and come and have a picnic in the Park and pay us a visit.

Some will have spotted my slip-up in the last issue – it was a repeat of last year's - my apologies. The feature photo last month was an example of the 1918 International truck we are working on that I photographed at a winery at Rutherglen, Victoria, whilst down there in March. That one is the closest known to us, so every chance has to be taken to guide our approach to its restoration. Work continues on its chassis is being prepared for some welding and repairs, and then painting. We have agreed on a colour scheme, and the chassis will be "International Red", the same as that used on one of our McCormick-Deering tractors. Many other aspects are being worked on too, with focus continuing on the engine. One thing is certain; the donated truck had had a hard life lots of swapping parts around to use the best available! We have found a Facebook group that is providing a useful opportunity to exchange information.

The 3-wheeled motorised "Pyramid" trolley featured last month has inspired our small engine specialist to get started on it. It is early days yet, but it looks a promising project, with its engine restored to running condition already.



One of our recently joined members not only has a strong interest in lawn mowers, but also in bush regeneration and gardening generally. He has tackled an infestation of Madeira vine in the Netherby gardens, and reports he is winning the fight.

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.

lan Browning, Honorary Curator, 0419 435 475.



oger Wheelahan is an authorised representative of Chaucer Group, ASIC Rep No 250443 | Wheelahan Services Pty Ltd T/A Smart Start Financial Services is a corporate representative of Chaucer Group Pty Ltd ASFL 480318 | ABN 88 607 427 261 | Wheelahan Services Pty Ltd T/A Smart Start Financial Services is a corporate representative Australian Finance Group Ltd Australian Credit License 389087

CWA GALSTON CHARITY FASHION PARADE

Please join CWA of NSW – Galston Branch for a charity fashion parade on Tuesday 4th June at The Galston Club, showcasing beautiful ensembles by Donna Lou Fashions. All funds raised will go towards supporting charities in the local community and beyond.

Tickets are \$25, including morning tea and lunch. There will be lucky door prizes on the day, and a beautiful 175cm handmade quilt will be raffled. Bookings are essential. Direct Deposit bank details are available upon request. For further information visit our Facebook page - www. facebook.com/CWAGalston or give us a call: Merran 0412 287 749 or Pam 02 9653 1036 Tuesday 4th June 2019 10:30am. The Galston Club 21 Arcadia Rd, Galston



NEW SEASON

OUR WINTER STOCK HAS ARRIVED IN STORE. EXCITING NEW STYLES OF KNITWEAR, SUITING, SPORTS COATS, SHOES, ACCESSORIES & MORE.



WWW.NORTHCOMENSWEAR.COM.AU - 8 KENTHURST ROAD DURAL - NORTHANDCOMENSWEAR@GMAIL.COM





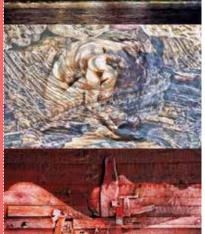
Don't miss this opportunity.

We are making room for our new creations, clearing our older Art Up to 50% of most items.

Original Framed art photography, Paintings, Canvas Prints and Posters. Framed Fine Art Nudes. Readymade Frames.

Sale starts on the 1st June, Meet the artist Saturday the 8th 9am to 4.30pm Sale ends on the 15th June.

www.ubartshack.com.au





Ulla Bjorn's

Art Shack

Shop I3A

Glenorie Shopping Village

930 Old Northern Road

Glenorie.

Ulla and Bjorn 04l9242844

Email bjorn@bjorn.com.au

NEWS FROM THE SAVLOS and for groups of students to participate

inter has blown in across the Hills District with bare trees, and gardens lying low for the colder months ahead. For those who are not enamoured of frost on the lawn and tingly fingers, there is always a warm welcome at our stores in Glenorie and Dural. We have a Community Corner in Dural where you are welcome to pop in for a cuppa and a chat: the jug is always on the boil.

June is a special month with our Winter Fashion Parade scheduled to take place on Sat 22 June to raise money for the homeless in our community. Entry at 4.30 pm is free and a gold coin will buy you a tea or coffee before the Parade begins at 5 o'clock.

Be on the lookout for BIG NAMES such as RM Williams, Sportscraft, Tommy Hilfiger, Gap, Liz Jordan, Hoity Toity, Coogee, Fossil, and lots more. We have been busy saving a vast array of quality garments, shoes and handbags for you to view. At the end of the Parade, all items will be available for purchase.

The Salvos are proud to be in alignment with local schools, offering opportunities for Duke of Edinburgh students to come in after school hours,

and for groups of students to participate in Community days. These offer our young people wonderful opportunities to build confidence and self esteem, develop networks with fellow students. staff and volunteers at the store, acquire new skills, think about work ethics and have a worthwhile and enriching break from the classroom. Feedback from those who have joined us on these days has been very positive, and we look forward to welcoming each new group during the year. Please contact Juanita at the Dural store on 9651 4504 or Major Karen on 9651 3456 for any further information and date availabilities.

We are opening the Glenorie store on the last Saturday of the month on a trial basis.

We need volunteers if we are to continue to do this. As a volunteer you can expect to be warmly welcomed, and your time and effort will be recognised and greatly appreciated. The Salvos help over one million Australian people every year. By donating just a few hours each week you will be part of this movement.

Our STORE WIDE HALF PRICE DAY for June will run on Saturday 29th with both stores participating. Come and meet us and enjoy the bargains.

COMMUNITY NOTICE FOR WEDNESDAY 26th June

The Galston View Club raises money to support The Smith Family Learning for Life program will hold its Monthly meeting on Wednesday **26th June 2019 at The Galston Club**.

21-25 Arcadia Road Galston, at 11am Visitors are always Welcome..... Bookings Phone Vivien 9894 1189..

AUSTRALIAN PLANTS SOCIETY JUNE 2019 MEETING

The Colong Foundation and the Gardens of Stone

Join guest speaker Keith Muir - Executive Director of the Colong Foundation. He will talk about preserving larger areas for national park west of the Blue Mountains. This area contains rock pagoda formations amongst rugged hills and deep valleys. The Gardens of Stone National Park is only part of a wider area that needs to be conserved.

Australian Plants Society NSW-Parramatta/Hills Group. Saturday 22nd. June 2019. 2-00pm - 4-00pm. Gumnut Community Centre Gumnut Place, Cherrybrook, 2126. Afternoon Tea Provided.



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!

CONVENIENT & SAFE UNDER COVER PARKING

BELOW ALDI

WINTER IS ON THE WAY SO STOCK UP ON THESE ITEMS AND BE PREPARED

BIOCIEUTICALS ARMAFORCE

- The ultimate immune booster with a blend of powerful herbs & nutrients to target symptoms of the common cold and mid upper respiratory tract infections.
- Available in 30, 60 and 120 tablets also available Armaforce cough relief 200ml & herbal complex for chesty coughs and congestion

PapayaGold

PAWPAW I OTION

A high strength paw paw extract enriched with Bio Active Manuka Honey 20+ Papaya Gold unique high strength , non- greasy, absorbs fast to penetrate Dry, sensitive and irritated skin.

\$9.95 100ml

It's not too late to come in and get your Flu vaccination administered by our Qualified pharmacist No appointment necessary

No appointment necessary Private consultation room

Shop 2A/346 Galston Road, Galston 2159

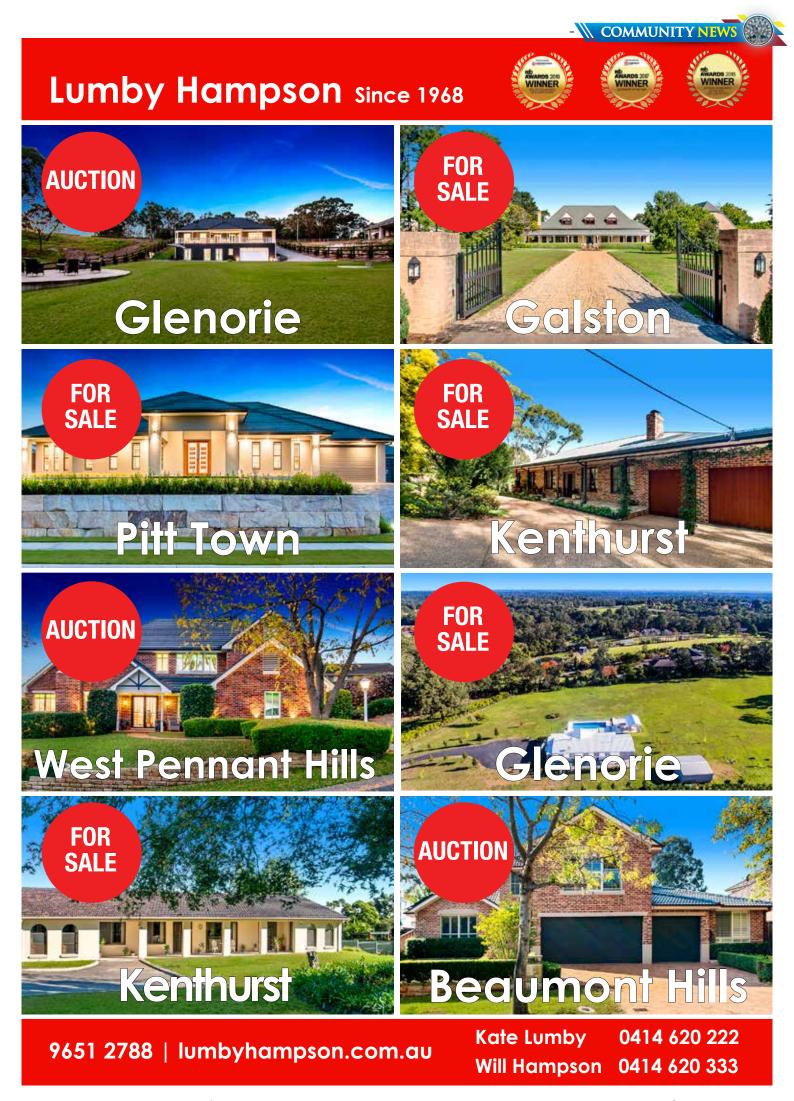
159 Ph 9653 1146 Fax 9653 2825



PAV

.

BAXX







ARCADIA & GALSTON RESIDENT'S ASSOCIATION 16TH MAY MEETING REPORT

Ur May meeting saw over 100 people attend after we had invited Senior Constable Colin Mitchell and Detective Chief Inspector Neil Higgins to attend regarding concerns from the local community about the increase of crimes in our area. Senior Constable Colin Mitchell had a presentation with the statistics of our area and both gentlemen answered the numerous questions from the floor. The message from the Hornsby Kuring gai Police is: -

DON'T WASTE TIME – REPORT THE CRIME

A reminder to everyone: please report CRIME at the time or as close to the incident as possible. This gives police the best opportunity to attend in a timely manner and the best chance to catch those who are up to badness.

SUSPICIOUS ACTIVITY – REPORT IT QUICKLY

Also, report SUSPICIOUS ACTIVITY at the time or as close to the suspicious incident as possible, this gives police the best chance to at least speak with the suspicious person/s and determine if their intentions are honest or not.

We receive phone calls from well-intentioned members of our community reporting suspicious behaviour, incidents, persons or vehicles in their area. We encourage this. We want this to happen, but we get frustrated when the caller indicates the incident occurred a few hours or even days prior to the call to us. When asked why they didn't call sooner, the answer often is "I didn't know if it was worth reporting" or "I've spoken to some friends and they suggested I call and report it", or "I didn't want to waste your time". Well it IS worth reporting and it IS a concern when suspicious behaviour is occurring in your street – **WE NEED TO KNOW ABOUT IT,** and in a timely manner if possible. If we don't know till well after the fact, our influence in the outcome drastically diminishes. You are our eyes and ears out

You are our eyes and ears out there – please tell us quickly or as soon as practicably possible. AND REMEMBER, PLEASE NEVER APPROACH OR ENGAGE THE SUSPICIOUS PERSON YOURSELF -THAT'S OUR JOB!

Ways of reporting suspicious activities, vehicles and persons are:

- (000) Triple Zero for emergency or life-threatening situations
- 131 444 Police Assistance Line (PAL) for non-emergencies
- 1800 333 000 Crimestoppers (to provide crime information)
- Or your local police station Hornsby Station 9476 9799. Councillor Warren Waddell also

updated the meeting on Hornsby Council matters and Jill Gleave from the Berowra Water s Resident's association presented on the affects our area has on their local waterways.

Our next meeting is the AGM is being held on the 25TH July, 7pm at the Galston Club

Crime rate by category

Crin

- Break and enter Dwelling
- Break and Enter Non dwelling
- Steal from dwelling
- Steal from motor vehicle



Galston Medical Centre since 1980 Fully Accredited Practice

Dr Graham Campbell Dr Joyce Beardsell Dr Elizabeth Rayment Dr. Mohammed Ansary

By Appointment 9653 2133 31 Arcadia Road, Galston, NSW 2159 (next to the Galston Club)

HealthEngine Online Appointments



14 June 2019 | Galston Community News





#hghealthbeat

CENTENNIA

By Liz Pellinkhof

019 marks 200 years since Thomas Best (1799-1874, son of emancipist 7 George Best) and his wife Mary Becket (1800-1857) settled in Middle Dural. They are reportedly the first family to farm in Middle Dural and Tangmangaroo, Yass District. Descendants of Thomas will be holding a celebration in Middle Dural in early September. They would love to hear from fellow descendants and extend the invitation to them. If you are interested in this celebration and/or have family history records or information pertaining to Thomas and Mary, please email johambrett@gmail.com

THERE'S AN APP FOR FIND THOSE ABBS AND ANOTHER GOOGLE APP!

know you are looking at this image and thinking that is SO NOT ME. Well, I tell you now, it is not me either especially as I am a female to start with. But this month I have started using this app which is call Six Pack in 30 Days. I have started on the Lose Belly Fat level, and I am hoping for an improvement of some sort. I am also hoping that by improving my core strength, my back won't hurt as much. Each day you are given a small series of exercises which last for around 15 minutes. So far, so good, although you need to be careful if you have back issues by making sure you do the exercises properly. Always check with a health professional if you are concerned. The App is free, although it comes with a tonne of ads which are a bit of a nuisance.

Quite a few of my clients are two finger typists which can make creating a document a very slow process especially if you are suffering from arthritis as well. Being able to use Voice Recognition to dictate a letter is an extremely useful tool. I have been using Google Docs which has an easy way of accessing voice recognition software so that you can dictate. The document is then saved to your Google Drive so you can access it from multiple devices. You will need to create a Google Account and on a computer you



will need to download Chrome (browser). On your devices you just need to download the App. This is free so a great way to start your adventure into voice recognition.

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: 0418296217 or email: info@debbiedoesit.com.au



AVALON'S TRIVIA NIGHT FUNDRAISER

By Mary Ord

any of you in our wonderful community will already know our daughter Avalon. For those of you who don't, Avalon is 8 years old and lives with a permanent disability called Cerebral Palsy. She was born 10 weeks premature and as a result suffered a brain injury. She is



a happy girl who takes life in her stride as she whizzes around in her hot pink wheelchair.

Since her diagnosis, we have sought out the best treatments and interventions available worldwide. As a result, we have travelled to all corners of the globe and have had incredible results at each destination. Just over 18 months ago, we took Avalon to St Louis in the USA for an operation that has relieved her body of the muscle's tightness that Cerebral Palsy causes, giving her an incredible chance at being able to walk. Last month we were again in the USA at the only clinic of its kind in the world, to help us locate the muscles that Avalon has never been able to use, and then show them how to work.

Since last month's visit, Avalon has been able to progress significantly. She will still require years of therapy, but she will now be able to become independent over time. As a family, we are ecstatic that she has been able to access these opportunities. We do rely on fundraising to help fund some of the costs, as we are not able to cover them all ourselves. Avalon's average annual therapy and equipment costs are easily more than \$60,000.



On 3rd August we are having a Trivia Night fundraiser, at The Galston Club, to help fund the next 2 years of therapy and would love to see you all there. If you would like to contribute as a business, we have a tax deductible option, or maybe you might have a prize that you can donate for our silent auction and raffles. We have always been so grateful to be able to live in such a supportive community and want to thank you for taking the time to read our story.

Contact Kristie: 0459 933 954 or Email: avalonjadesjourney@gmail.com

CLINICAL NATUROPATHY TON Complementary health care for the whole family. • Skin Conditions: acne, eczema, psoriasis Hormonal Imbalances: female and male reproductive, BPH, menopause. • Digestive disorders: indigestion, acid reflux, IBS, IBD. • Allergies: environmental and food. • Mood: anxiety and depression. • Urinary: recurrent UTIs, cystitis. • Viruses: prevention, recovery and post-viral syndrome. • Respiratory disorders: hayfever, sinus, chronic coughs. • Pain Management Pathology testing available. Call today for an appointment. 0419 611 638 https://galston-naturopathic-medicine.business.site/ **BUSINESS ACCOUNTING SERVICES** IPA INSTITUTE OF PUBLIC ACCOUNTANTS Registered BAS agent ASIC registered agent A cost effective way to bring professional financial controller skills to your **business** More info - visit us on www.kmassociates.com.au **Telephone:**

KEITH McKNIGHT & ASSOCIATES

0412 484 267

GALSTON HealthSense PHARMACY Kakada Tham B.Pharm. M.P.S. 354 Galston Road, Galston Ph: 9653 1104 Fax: 9653 1016



Galston healthsense Pharmacy Team is caring and friendly We will listen and provide you with the most appropriate healthcare advice Just call in and experience our special caring service Phone 9653 1104

Open 7 days a week

Stockists of Natio, Blackmores and Bullivant Vitamins





Biviano's, where fine dining has no limits

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. Biviano's offers an intimate and contemporary atmosphere with precise and welcoming service, ensuring every customer has a grand and memorable experience where hospitality is at the center.

Biviano's is located 44 minutes (M2), from Sydney CBD and 15 minutes from Castle Hill. Taking pride in offering the ultimate dining experience, Biviano's 2013 relocation signaled the beginning of a new era in a bespoke venue with polished service, elegant tableware and a celebration of food melding the classic with the contemporary.

UPCOMING EVENTS AT BIVIANO'S



MODEL ENGINEERS HORNSBY



Trains are more than just transportation. To some they are fascinating marvels of engineering which represent the dedication of the world's most brilliant and creative minds. On Sunday the 14th of April, I had the privilege of visiting the Hornsby Model Engineers open day, and it was quite an interesting experience, due in part to the treasurer Allie who hosted our visit, and her husband Evan who drove the train.

We first saw a display featuring three working steam engine models

made by Barry Webster, which were very detailed and rich with history. We then saw some of the larger train models driving around on the tracks, and were fascinated by their detail. Soon we rode on one ourselves, and I personally found it relaxing. There was no doubt why kids loved coming to this event. Halfway through our ride we were stopped by a train in front that had unexpectedly failed. However we were soon past that, and at our ride's conclusion we spent a small



amount of time controlling a much smaller Garden Class locomotive.

With 150 members and anywhere between 250-400 visitors on a public day, you'd think it wouldn't be hard to find someone you know there. However, upon returning home I realised that the whole time I hadn't seen a single person I recognised, despite living very close. This shows both that the community of Galston is surprisingly large, and that there are lots of people willing to travel any distance to pursue a passion. Hornsby Model Engineers run open days like this on the first Sunday of each month. This lets their members put their models in action, and attracts more people into the hobby, including many excited children. Separate from this event, they also run the Galston 500, where the trains must complete 500 laps around the kilometre-long track to raise money for multiple sclerosis research. This year it is being held on the 21st of July, and considering the fun I had at the open day, I may just come along myself.



Park Lane PROPERTY GROUP

Park Lane Property Group offers our clients property styling packages to suit your induvial needs





 Craig: 0410 284 180
 Sue: 0415 421 848 info@parklanepropertygroup.com.au
 www.parklanepropertygroup.com.au

18 June 2019 | Galston Community News

SPORTS NEWS

A ONCE IN A LIFETIME OPPORTUNITY FOR GALSTON NETBALL CLUB'S NETSETGO PLAYERS

By Simon

ost Sydney netball supporters were looking forward to Sunday 28th April as it was the Round 1 Derby between the two rival NSW Suncorp Super Netball teams, the Giants and the NSW Swifts. However, a small group of 8 & 9 year-old NetSetGO players from Galston Netball Club were more excited than most, not only were they attending the game, but had also been selected to play in a demo game at the halftime break.

The girls were full of energy in the lead up to the big day and even had an extra training session with their NSG Coach, Jo and Club Registrar, Kate to ensure they were on their game.

When game day arrived, the nerves were starting to show, however these nerves were soon replaced by excitement when the



NSW Swifts team high fived them all as they swapped places on court. Playing in front of over 8,000 netball fans is no mean feat, certainly more than the usual turnout supporting them at Pennant Hills on Friday nights, but the girls kicked into action with the first blow of the whistle and the six minutes of game



time flew by. The crowd cheered with each goal and all the girls had an amazing time, asking afterwards if they could do it again!

Galston Netball Club would like to thank Netball NSW for this wonderful opportunity. Such experiences can only encourage our players' love of netball. Galston Netball Club is running 7-week NetSetGO clinics for girls and boys aged from 5-10 who are keen to give netball a try and learn the foundation skills. Please contact our NSG Registrar at nsg.galstonnetballclub@gmail.com if you would like more information.

AUSSIE'S GROWING



GREAT NEW JOBS

Great local company offers great opportunities to grow, learn and prosper.

CUSTOMER SERVICE

Like people? Help our customers get the products they need!



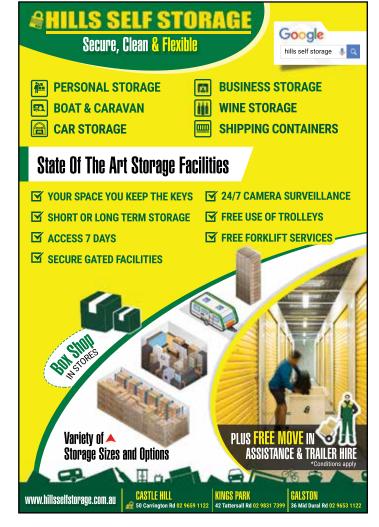
OFFICE JUNIOR

Immediate start, admin position, learn and earn, full time job.

JOIN THE TEAM

Send your resume to Melinda Jansen TODAY!

careers@aussiepumps.com.au





Positions Available We have 2 openings 1: Customer Service Position in Shop Full time 2: On Road Service Position, Full or Part time Must be keen & able to lift 20kg with comfort

Only at

Dural Poolsmart and Unit 2 827a Old Northern Road DURAL 2158 P 9651 4133 P 9651 1373 E info@poolsmart.com.au Next to KFC & Reece Plumbing



📾 Poolside 🗭

SHOWS STARTS AT 8.30PM 6TH OF JULY AT THE GALSTON CLUB

t's the signature sound that most of the world first heard in 1977, with the release of "Bat Out Of Hell", Meat Loaf's operatic collaboration with songwriter Jim Steinman.

Bat Out Of Hell – the Ultimate Meat Loaf Tribute, takes you on an epic Rock'n'Roll journey of Meat Loaf's greatest hits, from the heart wrenching "Two Out Of Three Ain't Bad", the classic "You Took The Words Right Out Of My Mouth", the legendary anthem "I Would Do Anything For Love", and the worldwide smash hit "Bat Out Of Hell".

"Bat Out Of Hell" is one of the best selling albums of all time with sales over 40 million. The album is still selling consistently over 25 years later and the songs are loved by 3 generations of Meat Loaf fans. "Bat Out Of Hell II" was also a multi-million-selling album and re-established Meat Loaf as one of the most successful artists of the 20th and 21st century.

"Bat Out Of Hell – The Ultimate Meatloaf Tribute" features a 9 piece band plus a stunning audio-visual and lighting display that delivers the full rock concert experience!

Bat Out Of Fell



"Ace Award" Nominee – Best **Tribute Show**

SONG LIST

Bat Out Of Hell, Two Out Of Three Ain't Bad, All Reved Up With No Place To Go, Paradise By The Dashboard Light, Heaven Can Wait, You Took The Words Right Out Of My Mouth (Hot Summer Night), Everything Louder Than Everything Else, I'd Do Anything For Love (But I Won't Do That), Couldn't Have Said It Better, Dead Ringer For Love, Out Of The Frying Pan (And Into The Fire), Rock & Roll Dreams Come Through, Hot Patootie, Time Warp, For Crying Out Loud, It's All Coming Back To Me Now, Objects In The Rear View Mirror

Website - http://batoutofhell.com.au/ Facebook - https://www.facebook. com/batoutofhell/ and many more.

AUSSIE PUMPS EXPORT ACTION

By Helen Mahoney

ustralian Pump recently had the opportunity to address The Hills Business Forum on Export Activities from the district. Because they ship their Aussie designed and built products all over the world, they were able to explain the fundamentals of what makes their export programme successful.

Aussie Pumps Managing Director, Warwick Lorenz, explained that the fundamentals of the business are simple. Australian Pump staff are fanatical about analysing customer application needs and then developing products that meet those requirements. "If it will work in Australia's outback, in mine, and on farms or even construction sites, it will work anywhere in the world" Lorenz said.

The company's focus is always on understanding how users use the products, (pressure cleaners and pumps) for professional applications. The company's staff seek to understand the circumstances and



real requirements. That involves safety and efficiency. Efficiency means the effective use of time and that's what the users are always keeping an eye on.

Australian Pump operates from a 2.1/2 acre factory complex in Sydney's Norwest business district. The company is only 25 years old but is revolutionary in its approach and ships its advanced design products to all corners of the globe.

The company studies market trends and the political and economic background of the countries they work in. "If you know your market and your competition before you start you can project your advantages. If your product or service doesn't have advantages then don't start in the first place", said Lorenz.

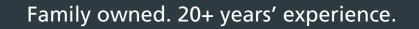
For further information on tips on export are freely available from Australian Pumps export department Valerie Kudzielko



NJK PROPERTY GROUP pty 1td

O416 113 285 | mick@njk.com.au | mww.njk.com.au
As seen on Channel 7 (BEST HOUSES AUSTRALIA) https://vimeo.com/143214002

BUILDERS OF LUXURY HOMES



14



KOALAS IN THEIR ENVIRONMENT DAY

The roar of koalas was heard in Glenorie Memorial Hall last Saturday 18th May in an afternoon that was all about koalas. It was a great community event and was the result of local community organisations and a team from Western Sydney University working together.

Our unique and special forests of the Hills and Hornsby Shires appear to be home to Koalas again. As a result of many reported sightings over the last few years Dr Michelle Ryan and science student Serene White from Western Sydney University are conducting a project on Koalas in the Maroota, Glenorie and Cattai areas. The research associated with this project will consist of using sound recording equipment to detect the roar of male Koalas and cameras to film koalas that may be in the locality. The project will also include interested community members who

will be able to play a role looking for koala scats and claw marks on trees.

Michelle and Serene gave a fascinating and informative presentation on Koalas and about their Project. The event was well attended by a group of interested community members, who keen to participate in the project left, their names and details with Dr Ryan for follow up at a later date.

Sadly, the koala population of Maroota disappeared after the terrible wildfire of 2002. The fact that there have been sightings of Koalas in recent years is very significant. This event was hosted by The Cattai Hills Environment Network and The Glenorie Progress Association incorporating The Glenorie Environment Centre. The Koala Project will be on going until the end of the year.

For those interested in the Project please contact Dr Ryan on m.ryan@ westernsydney.edu.au

ART DEMONSTRATIONS



JULY 3: DIANNE DELANDRO "TECHNIQUES WITH COLOURED PENCILS"

Dianne is a local artist who, after many years of being an acrylic abstract artist, is now specialising in coloured pencil work. She will explain what art supplies she uses and why, the dos and don'ts of working with coloured pencils, as well as short cuts and handy hints. Visitors are welcome to join with the Castle Hill Art Society 7.30pm at

JUNE 5: JAN CRISTAUDO "ABSTRACTION"

Jan Cristaudo lives on Sydney's northern beaches which provides endless inspiration for her paintings. "Colour has always fascinated me. It is the first thing I see, then comes shape and form." Jan has a distinctive style using oils on canvas to interpret the subject.



Castle Glen Community Centre, 157 Ridgecrop Drive, Castle Hill. Enquiries 9899 3179 www. castlehillartsociety.org.au





Alicia Ghilardi • 0422 365 858 • www.azurepropertyagents.com.au

GALSTON ROTARY CLUB'S GIANT BOOK FAIR

Galston Community Centre 37 Arcadia Road, Galston 21st 22nd and 23rd June 2019 | 8.30am until 5pm

Priced Book Section

Once again the Book Fair priced books section provides a large selection of "as new books" in all categories. They are all very competently priced. In addition to these we have a selection of special interest books and rare collectable books which we have collected during the year. A small selection of these books is listed below.

- Chronicles of Crime By Pelham Vol I & Vol II 1886 /7 rich leather bound set
- Alan Carter Price guide to antiques & collectables 2009 gold edition
- Here Far Away Photographs from the years1964-2011 By Pentti Sammallahti
- True Blue 75 Years of Ford in Australia by Bill Tuckey. Book is in excellent condition
- The Minstrel or The progress of Genius By James Beattie 1808
- Encountering Terra Australis The Australian Voyages of Nicholas Baudin and Matthew Flinders by Jean Fornasiero, Peter Monteath and John West-Sooby
- Gourmet Pilgrim Germany Australia 2012 1st Edition in a tin presentation box
- Architecture by Gladys Wynne 1913

- **Post Impressions** 370 stunning images celebrating a century of news coverage in Hong Kong from the South China Morning Post
- The Folio Society Book of the 100 greatest photographs
- Australian Rain-Forest Trees by W D Francis
- Gold The fossickers Field Guide NSW Edition by Peter E Hindrup and Grant Thompson
- The War of the Nations A Pictorial Portfolio of World War I
- The History of World War II by Lt-Colonel E Bauer
- Soth Anniversary Commemorative Edition World
 War II by Ivor Matanle
- Book set of 5 books beautifully bound in Italian leather and gold embossed. Jane Austen, Pride and Prejudiced; Charles Dickens, Oliver Twist; Emily Bronte, Wuthering Heights; Charlotte Bronte, Jane Eyre; Thomas Hardy, Tess of the D'Urbervilles. 1986
- Enjoy our Rotary BBQ, drinks and our café will be open throughout the trading period. There is also plenty of off street parking available
- Come in and visit twice -First to pick up those special books you are looking for and after 1pm on Sunday for the clearance sale bargains.
- All proceeds from the Book Fair go to local, national and international projects and disaster relief.
- Further information please contact Ted on email tedshade42@gmail.com

LETTER TO EDITOR

COMMUNITY NEWS

Neighbourhood Watch originally started in our Area in May 1986 and has been quietly in operation and is now a stronger presence.

Meet your neighbours both sides and exchange contact details, phone numbers both home and mobile (handy in an emergency).

Valuable items like jewellery, paintings, TVs, computers, make a note of model and serial numbers, engrave your licence number if possible and take photos of each item. This helps the Police identify your stolen items easily for recovery.

Look out for one another, take note of any odd vehicles or activities out of place and notify the police immediately with your concerns.

House numbers – Make sure yours are clearly marked and are 10cm in height and a contrasting colour to the mounting surface. This helps all emergency services to locate your property quickly.

Paul Concerned Resident.



GALSTON ROTARY CLUB'S GIANT BOOK FAIR GALSTON COMMUNITY CENTRE

GALSTON COMMONITY CENTRE 37 ARCADIA RD, GALSTON



22ND, 23RD AND 24TH JUNE 2018

Our book collection will finish on 10th June from The Galston Club and Century 21 Once again we have a large range of Collectable books some rare, many 1st edition books some signed and a selection of as new books. Our main hall is stocked with thousands of books covering most categories and all books competitively priced.

We have dedicated areas for children's books, vinyl records, CD's, DVD's, puzzles and games. Enjoy our Rotary BBQ, drinks and our cafe will be open throughout the trading period. Off street parking is also available.

Trading hours: Friday, Saturday and Sunday 8.30 am to 5pm

Come and visit twice -First to pick up those special books you are looking for and after 1pm on Sunday for the clearance sale bargains.

All proceeds from the Book Fair go to local, national and international projects and disaster relief Further Information contact Ted on email tedshade42@gmail.com

Reliable Flyer Delivery Service

- Acreage Delivery \$120 per thousand plus GST
- Residential Delivery Hornsby Shire -\$88 per thousand plus GST

Call Diana on 0408 011 193

or email diana@adelphi.net.au for more details

We also provide printing services should you require your flyers printed too.



lenorie Progress Association (GPA) had the privilege of welcoming The Hills Shire Councillors Dr Peter Gangemi, Brooke Collins OAM and recently elected State MP for Hawkesbury and former Hills Deputy Mayor, Robyn Preston, to the GPA Committee meeting. Many local issues and initiatives were raised and discussed. The members present were buoyed not only by the interest and engagement from the Hills Councillors, but also encouraged by the commitments made to improving facilities and infrastructure in our community. We thanked the councillors for recent improvement to the playground at Les Shore Oval. Of particular note in relation to The Hills Shire were the following:

No Subdivision on Glenorie Rural Land

State MP Robyn Preston stated that she and council were committed to no sub-division on Rural Lands, and that there are dwindling opportunities for further cluster subdivisions. For those in our community who would like the rural

GLENORIE PROGRESS ASSOCIATION By Callum H

Great news if you want to keep your family on your property in Glenorie. Bad news for people land banking in Glenorie expecting subdivision.

and natural surrounds of Glenorie Village to be preserved as well as their property values, this is great news. There are several properties in the vicinity of the Glenorie Village which appear to be being "banked" and left to rack and ruin. In light of council's position, the "banking" land holders may want to consider getting a return and releasing the land to families who will occupy and restore them.

In the near future, Glenorie land holders may be able to have secondary dwellings

of 110 sqm with addition parking. Your parents or children may be able to affordably stay on the property.

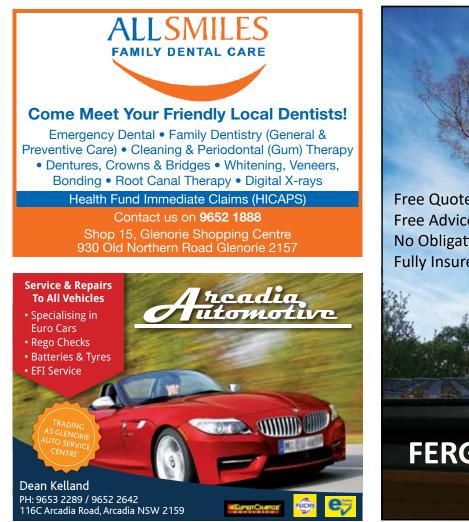
Secondary dwellings or 'granny flats' allow a greater mix and choice of housing. They can provide an income stream for some households, choices in living accommodation for the property owner and a housing affordability option for lower income households. Council's LEP allows secondary dwellings in both residential and rural zones and limits the size in all locations to 60m2 or 20% of the total floor area of the principal dwelling, excluding parking. In our opinion, 60 sqm is simply not large enough for the purpose. It's a very cramped way to live.

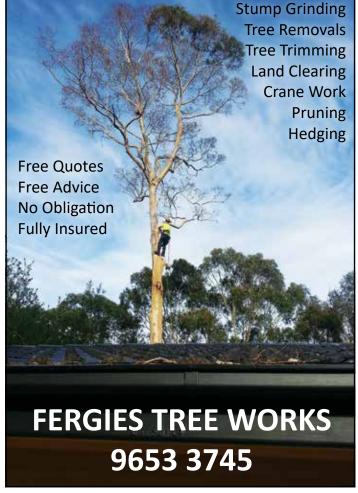
Our councillors have proposed a simpler approach: to restrict the size of a secondary dwelling in rural zones to a maximum floor space. A floor area of around 110m2 plus parking 20m2 would provide for a two bedroom dwelling.

You can find out more about this exciting proposal at The Hills Shire website. This change will positively impact residents who want to keep their family close, or derive an income from their property.

Road Planning required between Newline Road and Glenorie

Federal MP Julian Lesser has secured \$10 million from the Federal Budget to plan improvements to New Line Road thoroughly. The GPA congratulates our member on this much needed investment. We will be urging that a portion of, or extension







to, the budget is made to plan solutions to the root cause of some of this congestion as well as some future proofing. A comprehensive plan is required to address the cause of congestion at Dural round about and the school zones on main roads, Round Corner and the Galston Road intersection. This plan should extend to Glenorie and we will be raising this matter with Julian. We congratulate Julian on his recent election win.

Koalas In their Environment ARE THEY BACK?

A topical subject if you have been following the media stories announcing that koalas are to be declared functionally extinct! At the very successful KITE Day on 18 May, Dr Michelle Ryan advised us that only 80,000 koalas exist in Australia, mainly on the east coast and 35,000 are in NSW. Their habitat is threatened by US mainly through deforestation of their habitat and killing them on our roads. It is therefore up to US to convince our local, State and Federal members to help stop this from happening. SO the GPA is doing just that. We need to put up signs to alert road users of the presence of koalas crossing Old Northern Road and other roads in Glenorie district. PLUS we plan to put up a KOALA TREE. We need your donations of toy koalas to put on our "TREE". See our members at the Glenorie Growers Market and drop off your koala or contact us via secretary@glenorieprogress.org.au

Speaking of trees, you can do your bit on your property by planting koala food trees. We have a list of trees that you can plant. Dr Ryan's team is monitoring for signs of koalas in our area and you can get on board by reporting sightings, bellowing or scratchings to m.ryan@westernsydney.edu.au

Let's save our National icon in Glenorie.

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 The Hills Councils as well as State and Federal Governments appreciate the input of Glenorie Progress Association to assist in their planning and expenditure. Come and see us at the Glenorie Growers Market and let us know your views.

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 to our next meeting (note earlier starting time) 7:00pm, Thursday 13 June 2019 in the downstairs function room, Glenorie RSL.



SATURDAY 15th JUNE 6.30pm FOR A 7.00pm START

In the amenities room of RDA Tall Timbers 125 Old Pitt Town Road, Box Hill

LOTS OF GREAT PRIZES. NO CASH PRIZES

\$5 entry includes light refreshments. Children free entry. Tickets \$5 per book for 15 tickets.

BRING YOUR FRIENDS, FAMILY FRIENDLY BUY AS MANY BOOKS AS YOU WANT

PROCEEDS FOR RIDING FOR THE DISABLED TALL TIMBERS CENTRE

PLEASE SUPPORT THIS FUN EVENT PLACES ARE LIMITED

BOOK NOW ON 9679 1246



Follow us on www.facebook.com/galstonnews



ornsby Council is to be highly commended for their efforts in being one of the few Sydney Metro Councils to custom build, mark and maintain new bush trails which encourage a variety of outdoor activities- thereby facilitating the appreciation of, and engagement with, our exquisite natural environments.

In 2018 council began work on the Galston Nature Trail, and it was completed in the first quarter of 2019. It's a short, but rather lovely little educational nature trail, which skirts the perimeters of the soccer fields and more- either starting or finishing at Hayes Oval netball courts, depending on where you pick up the trail markers. The trail has been designed for education and leisure so it's perfect for school groups and young families. It is wellmarked, with six beautifully designed information plaques that educate us about the many interesting natural features of Galston Recreation Reserve.

Galston Recreation Reserve and the bushland behind are Crown Land and Hornsby Shire Council has care and control over both. Unfortunately the reserve is, in a sense, "land-locked" by private property, with a small section adjoining land owned by Electricity Transmission Ministerial Holding Corp. who built the concrete footbridge over Colah Creek to carry power cables.

There is potential for a much larger loop trail within Galston Recreation Reserve itself. Council has assessed this, due to the large amount of existing





fire trail, but is currently not proceeding with it. No other future plans have been made for this area, but there are potential opportunities: A thin strip of non-private land follows the creek downstream to Mid-Dural Road and onto Fosters Reserve and the historic swimming hole, with a branch heading off to Sunnyvale Road. However, a needs and risk analysis is required prior to embarking on such projects.

The Galston Nature Trail only covers a tiny fraction of a far bigger- and in many ways, forgotten- natural resource.

More new (walking, cycling, horse riding) trails would provide our community with valuable off road access links between Old Northern Road, Galston Road and Galston High School. A 'Colah Creek nature trail', could be part of a bigger Galston nature trails network which could include both Fagan Park and the village. The reserve has unique rock features, forests, ridgelines, a beautiful waterway, informal foot paths, and abundant indigenous flora and fauna supported by these features. There are excellent scenic views of Galston from the power sub-station boundaries to be enjoyed and extensive, cleared areas under the powerlines for the creation of even more excellent bush trails... power company permitting, of course!

Apart from the economic, physical and mental benefits to the community, facilitating frequent activity in this specific pocket of bushland by building more trails could discourage criminal elements from targeting our sports facilities, high school, car park and skate park areas. The mountain bicycle trails that Hornsby Council built at OMV are a perfect example of this outcome.

In the words of Prof. Catherine Pickering of Griffith University "If we don't have kids experience nature, in 20 years we're not going to have a generation of people supporting conservation." So the Galston Nature Trail is, in fact, a small but highly significant step in the right direction for and by, 'The Bushland Shire.'

anglands LANDSCAPE SUPPLIES Firewood sold at Langlands

Family Business Ready to Help You **Quality Bulk Landscape & Building Materials** Sands, Soils, Gravel, Metal, Mulches, Fertilisers



Open 6 days Leon & Katrina Milne

Ph/Fax: 9651 2102 Mobile: 0416 175 466 Email: katrina@langlands.com.au www.langlands.com.au 474 Galston Road, Dural 2158

We supply everything for both tradesman & DIY gardeners including:

- Gardenmix
- **Top Dressing**
- Vegi Mix Mushroom compost
- Cow manure
- Potting Mix
- Leafmulch
- Euci Mulch
- Woodchip Cyprus Mulch
- Cow/Leaf Mulch
- 10mil & 15mil Pinebark
- * Firewood
- 20mil & 10mil
- Recycled Aggy Metal Recycled Road Base
- Crusher Dust (enviro sand)
- 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 Grave**
- 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**

CYCLING SE

SNOWBIRDS 'BALI' ROAD RIDE By By Susanna Mills

33KM OR MORE IN OAKVILLE AND BEYOND!



n the western side of Cattai Creek lies Bali Gardens. Although Pitt Town and Oakville are on another continent to the actual Bali, the start and finish for this lovely local road cycling area is from the rainbow flags at the garden's entrance.

Cycle west along Cattai Ridge Road for 500m turning right into St. John's Road, which has a lovely country feel to it. Turn left into Reedy Road, descending to Fisher Road (just before the dip) on the right. It's a gentle 2km climb back up to Cattai Ridge Road, but now you are nicely warmed up! Turn right at the T junction, then left into Scheyville Road. This road is fairly busy, but to the left and right of it there are kilometres of guiet, tarred roads that link not only local acreages, but entire areas together: ie Kenthurst, Cattai, Freeman's Reach, Windsor, Maraylya, Rouse Hill, Box Hill, or Annangrove. Enjoy riding any combination of them in any direction of the compass that suits you.

Saunder's Road is a recommended east to west choice, as it takes you directly to either Pitt Town Road, or to the lesser-known Pitt Town Bottoms Road where you can enjoy big open spaces with the whole road to yourself, on the east bank of the Hawkesbury River. 'The Bottoms' will take you back up onto the ridgeline historic Pitt Town is built upon. Take some time to admire the lovely 1858 sandstone Anglican Church complex framed by purple Jacaranda trees every summer. This is the heart of the village- and you might want to stop here for a coffee at either the church or the Vintage Pantry Café

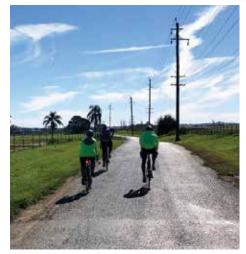
For a quick return to Bali from Pitt Town, ride past the church and turn left into Bootles Lane which becomes Redfern and then Mitchell Road. Here, you will pass a mixed parade of grand new modern homes and old school 1950's fibreboard or red brick homes. Cross Cattai Road onto Pitt Town Dural Road with great care, as it is an arterial road with multiple

quarry trucks thundering along it in both directions on a daily basis. The gently ascending Pitt Town Dural Road is quiet, however, bordered by Scheyville National Park on the right, and pretty acreages to the left. In just 3.5km you'll be back at the intersection with Scheyville Road, but you'll continue straight for another 2.5km to Bali Gardens.

Slow down a bit just before St. John's Road, where an idyllic paddock and terraced farm dams frame the most beautiful, expansive views of the Hawkesbury River Valley and the Blue Mountains transitioning to sky. Finish refreshed, inspired, and ready to explore another ride option here soon!

CYCLING GROUPS WHO RIDE HERE WEEKDAYS:

Snowbirds: Social women riders: 18km/h avg speed from 8.30am, Bali Gardens (connect via Facebook)



Dreamloop Bunch: Tuesdays & Thursdays Elite & Advanced cyclists only: 35-45km/h avg speed ?! 06H30 sharp from 'The Cows' Cnr. Sunnyholt Road opposite Parklea Markets.

WEEKENDS:

Lifestyle & Leisure Bunches: Novice. Intermediate & advanced bunch rides: 18, 25 or 30km/h avg. speeds 06H30 Saturday Mornings from L&L Shop in Vineyard. If you are new, please RSVP to Sam or Cain Norquay (or connect via Facebook)

RACING:

Parramatta Cycle Club: Oakville scratch racing circuits, monthly meeting at Oakville Public School, on Saturdays 1.30 entry/sign-on for 2pm start.

8 June: PCC Club Champs, 22 June: monthly scratch race. (connect via Facebook)

CYCLE HERE ASAP BECAUSE...

Major housing developments going ahead between Maguires Road, and all along Pitt Town Road to Box Hill- with associated increase in traffic, and only token improvement of existing roads infrastructure. Go and ride in this area now before it disappears forever into bland, project home suburbia. Recommended roads for scenic beauty, little or no traffic and good distances are: Midson Road, Maguires Road, Pitt Town Road, Old Stock Route Road, Pebbly Hill Road, Pitt Town Bottoms Road, Pitt Town Dural Road, Oakville Road.





By David Farley

n June this year, Hills Harmony

Chorus is opening its doors to the

public with "a cappella for fellas",

a "learn to sing" program designed

to help men learn to sing or to

improve their singing enjoyment.

HILLS HARMONY CHORUS



It doesn't matter if you've never had any previous singing experience or training or whether your perfect singing spot is in the bathroom (who doesn't love singing in the shower!) If your family or friends are always saying to you "go on, you love singing, go and join a choir or something", or, if you'd simply love to give singing a go, then.... Hills Harmony is absolutely the place for you.

"A cappella for fellas" is to be held each Thursday night from 7:30 PM over 5 successive weeks commencing June 6 in the gym of





the Kellyville Anglican Church, 45 President Road Kellyville. The last and 5th week of the program will be a concert for your family members and any friends you may like to invite where they will see you will share the stage with Hills Harmony.

The learn to sing program will offer interesting and informative evenings in which participants will learn a new song and experience the joy and fun of singing 4 part harmony in a choir of 20+ male voices.

Register your interest now at http://www.hillsharmony.com.au The underlying theme of the Chorus is that singing is a hobby and that it should be fun. While maintaining that spirit, the Chorus nevertheless has a healthy focus on quality and encourages its members with music and vocal education.

Hills Harmony sings in the barbershop style of close harmony and is an all-male chorus and a member of the Australian Barbershop Harmony Association.

Go on, do it! Register now at http://www.hillsharmony.com.au



3.99% p.a.* Equipment Finance – limited offer!



Big, small, established or new, if you need equipment finance we have a range of business solutions to suit your needs.

Drop into your nearest branch at 348 Galston Road, Galston or phone 9653 2227.

bendigobank.com.au/equiploan

8 Bendigo Bank

* Terms, conditions, fees, charges and lending criteria apply, All information is correct as at 8 April 2019 and is subject to charge. Individual circumstances may vary. This offer is only available to Business customers for business purposes leans and only for selected new vehicles and equipment (Demonstrators accepted). Not available in conjunction with any other discounts or package offers. Only available for transactions that settle prior to 30 June 2019. Bendigo and Adelaide Bank Limited, ABN 11 068 049 178 AFSL / Australian Credit Licence 237879. 1295145-1295143 (483845_v1) (17/05/2019)

0408 600 422

Latest News







from the **Mayor's Desk**

I would like to use this week's mayoral column to focus on some of the extraordinary people who make up our local community. One of them is Bill Bradley, a highly-respected resident and a regular feature at community events, who is about to embark on a remarkable journey. On 25 May he will make the twokilometre trek to Jerusalem Bay for the first time since 1947, a significant undertaking when he is confined to a wheelchair. He will be helped by Bill's Bucket List Babes, a group of local women who are avid bushwalkers and have committed to get him there. They include Jo Hayman, Robyn Carmichael, Karen Tippett, Leisa O'Connor and Caroline Cipolat. Other residents, including local firefighters, have also volunteered to help. I wish them all the best in their inspirational endeavour. which showcases the best of our community spirit.

I'd also like to draw attention to local butcher Adam Stratton, who has given Hornsby Shire yet another significant claim to fame - home to the world's best sausage. Adam led an Australian team that took out the top prize at the prestigious World Butchers Challenge in Belfast, winning for their Pork Truffle and Provolone Cheese sausage. Congratulations - and thanks - to Adam and his team

Philip Ruddock Mayor

Hornsby Shire Council

WHAT'S ON

Understanding **Retirement Income Streams**

Thursday 13 June, 6.30pm - 8.30pm **Hornsby Library**

Presented by Centrelink Financial Information Service.

٩

്ല്

Topics include:

- Income streams defined
- How they work and options available
- Social security and tax assessment
- Choices and consequences

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

Community Forums

Saturday 15 June, 1.30pm-3.30pm **Cherrybrook Community Centre**

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

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

Creative Writing Workshop



()

Saturday 15 June, 10am **Hornsby Library**

Have you always wanted to write a story but don't know what should be included and what can be left out or unsure where to start? If so, then this workshop is for you.

Aimed at young and old, the workshop offers invaluable advice to develop story ideas into stories through a series of Creative Writing Exercises

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

Native Plant Giveaway

Sunday 30 June, 10am - 12pm, Council's Community Nursery, 28 Britannia Street, Pennant Hills

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

For ratepayers only from: Ward B Residents (Hornsby, Normanhurst, Pennant Hills, Thornleigh, Wahroonga, Waitara, Westleigh).

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





WHAT'S ON DON'T MISS A THING



WIN A \$3,000 TRAVEL VOUCHER

16 PASSPORTS TO BE WON

SWIPE YOUR MEMBER CARD IN THE FOYER TO ENTER

BE HERE ON WEDNESDAY NIGHT FOR YOUR CHANCE TO WIN

Promotion runs from May 2nd - June 26th. 2 Passports won every Wednesday night. Final Draw June 26th. Terms and conditions apply. LTPS/19/34311

IN PARTNERSHIP WITH FLIGHT CENTRE CHERRYBROOK



3 POST 6FFICE RD GLENORIE, (BEHIND WOOLWORTHS), 9652 183, WWW.GLENORIERSL.COM AU



FRIDAY JUNE 21ST 8.30PM

PARODIES, MASHUPS, AND COVERS FROM ALL YOUR FAVOURITES: KINGS OF LEON, GREENDAY, MATCHBOX 20, COLD CHISEL, MEN AT WORK, PEARL JAM, INXS, DARYL BRAITHWAITE, U2, OASIS, HUNTERS AND COLLECTORS, JASON MRAZ, CROWDED HOUSE, THE BEATLES, PAUL KELLY AND MANY MORE

By Mary Ord

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

cant

Contributions please send to advertising@galstoncommunity.com.au

Snowbirds Bike Buddies

Statistically, women are outnumbered ten to one on average when it comes to cycling, but that's not the case with the Snowbirds! This lovely, supportive group of women riders from Galston, Glenorie, Kenthurst and beyond consistently cycle together every week (usually after school traffic has been and gone) They ramble far and wide along local roads both well and less travelled using trusty human-powered steeds. The Snowbird's token male rider Jimmy Hugo, is now in his deep 70's and if you think you are riding strong, Jimmy will 'see ye right.' He was a pro rider during the 60's in Scotland before embarking upon a new life in Australia, but Jim never ever stopped cycling ...

The group has been evolving since 2005, but it was Rowena Coleman's purchase of her beloved 'Snowbird' (a Specialized Dolce Elite touring road bike) which formalised things around 2008. "Even if there is just one buddy riding with me, I'd rather be spending three hours outdoors socialising on my bicycle, than sat in front of the telly or hitting the vino on a girl's night out!" says Rowena.

One of the group's favourite rides is 'Bali'- so named because the start/finish meet up point is outside Bali Gardens on the west side of Cattai Creek. "Let's



ride Bali' can either mean 60km+ which takes the group into the 'Grassfarms' area between Richmond and Windsor in a very social 3-4 hours including coffee/ brunch in Windsor, or a shorter loop of about 35km with coffee at Vintage Pantry in Pittown. The return ride for both distances is always a Tour de Velo of the (rapidly disappearing) rural scenery of Oakville via the labyrinthine, quiet roads connecting all the acreages and Scheyville National Park.

Nobody gets dropped, faster riders circle back and fetch slower riders and it's never about how fast- but how far will be fun for us to ride today?

For more info, contact Rowena Coleman via www.facebook.com/groups/ snowbirdsbikebuddies *Contributed by Susanna Mills*

All packed with no where to go

On the 22nd of April I was all packed and ready to take leave for 2 weeks. I had been planning an adventure with my friend, when 30 minutes before I was due to leave for the airport I was advised by the tour company that they had decided to cancel the trip. I was heading for Sri Lanka and this decision was made 12 hours

after the horrific attack in Columbo. My heart went out to the Sri Lankan people as it was vicious and unprovoked. I rescheduled my trip for September but it was an extremely unsettling experience in many ways.

THIS PAGE IS SPONSORED BY COMPASS TRAVEL & CRUISING

Phone: 9653 2028 Shop 8, 354 Galston Rd Galston NSW 2159 Email: holiday@compasstravel.com.au www.compasstravel.com.au ATAS Accredited Agency A10640

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

ompas

YOUR NEXT ADVENTURE BEGINS HERE

HEARTBEATS

From the archives - Galston Roundabout

Whilst sorting through some old Galston Garden Club papers, I found this photo from 2003 and an article from 2007.

I wonder if many people remember when this roundabout at the intersection of Galston and Mid Dural Roads looked like this with the beautifu

colourful Geraniums around its border. I thought this image may be of interest to locals who may remember seeing Galston Garden Club members tending to this plot. The Garden Club cared for this roundabout for many years and we so appreciated their efforts The Plane Tree and Liriope plants still look good, but it would be amazing to have the garden feeling the love and devotion of being cared for again, as it did in years past.

By Christine Stockman

GALSTON ROUNDABOUT RENOVATION



Hill Costin and Max Wirth have been at work reflationing the ivey geranization and intopen in the noundabout at the intersection of Galatton and Mild Dural Roads. Some of the geraniums had regimed due to the drought and several of the intopen had been removed by dependition to the several

Galiton Garden Club members have maintained the plants in the roundabout since it was built. The plane tree has developed a pleasing shape after it received a very severe pruning in its infancy by an errant motor car.



Enduring service

Recently Lisa celebrated 17 years' service with the Bendigo Bank at Galston. Congratulations on this milestone from the staff and board of directors.



Cafe Sasanqua Wins

I am very proud to advise that our little cafe was awarded the Most Outstanding Cafe award at this year's Sydney Hills Local Business Awards.

With over 10,000 entries across 30 categories and 15 Finalists in the Cafe category, the competition was tough.

We are just under 2 years in business so this recognition is humbling, overwhelming and inspiring.

Our heartfelt thanks are extended to our loyal customers, suppliers and staff for your ongoing support. *Sonya Best*



Ysanne and Troys Special Day

It arrived, the big day, the culmination of months of frenzied preparation. Unfortunately so did the long awaited rain, amazingly this did not faze the bridal couple one bit. Despite a number of small bumps along the way the Wedding Day itself was a day of pure joy for the happy couple.

The bride, Ysanne was breathtakingly radiant and Troy, the groom looked dapper and chuffed. Nothing could wipe the smiles from their faces. Ysanne Jones (ECT and Educational Leader at Dooral Early Learning Centre) and Troy McArdle (a 4th generation



Supervising Arborist with McArdle Tree Services) exchanged vows at St Paul's Anglican Church, Carlingford and celebrated as husband and wife at Gledswood Homestead and Winery on Friday 3rd May. The atmosphere was a perfect blend of enthusiastic camaraderie, familial pride, love and laughter.

All their hard work and attention to detail had paid off. The day was a wonderful celebration of two people whose love and commitment for each other simply shone through. Congratulations!

Follow us on www.facebook.com/galstonnews



EC held one of its Official Competitive & Participation Dressage Competitions on 28th April 2019. The day dawned very pleasant and sunny, and riders enjoyed the atmosphere, camaraderie and excellent BBQ skills of some of the husbands. There were both participation classes and official competition classes, something for all riders whether they were trying a participation preparatory class or an official elementary class. Riders appeared to be confident riding the new EA tests which came into effect this year. Our thanks as always to our committee and volunteers who worked very hard to make this event a success.

The regular midweek show jumping clinic with Sandy Lucas, held on 7 May, continues to attract more participants each month. We are very lucky to have Sandy running

SHOW JUMPING AND DRESSAGE HIGHLIGHTS **AT GALSTON EQUESTRIAN CLUB**

these sessions as she is a very popular coach with riders at all levels. This month classes ranged from poles on the ground to 1m+ for the more ambitious participants.

A Jump Fun Day was also held on Mothers Day (12 May) which comprised six exercises which were



specially designed to help riders improve their horse's balance, concentration, bending and stride length, useful skills not only for



jumping but for all disciplines. Exercises could be done over poles on the ground or small jumps, with options to increase the height of jumps if desired. Feedback from participants was enthusiastic

and positive - we'll aim to repeat the event later in the year.

GEC is a friendly and welcoming club which caters for riders of all abilities and there really is something for every rider in our calendar. We have many exciting clinics, training days and competitions coming up so please visit our website at www. galstonequestrianclub.com.au or our Facebook page to view our calendar and see what's on next. Memberships are open throughout the year. We hope to see you soon.



THE FERRY ARTISTS GALLERY CALLS FOR COMMUNITY SUPPORT!

By Cheers Carol

The Ferry Artists, a not for profit community Gallery, has been bringing the work of talented local artists and artisans to the Wisemans Ferry and Forgotten Valley community for close to 20 years.

Recently, we have had to accept an increase in rent to continue to remain in our premises of nearly 15 years. This is a hardship for our volunteer run and member-based organisation, but we are determined to continue to provide a venue for emerging and established artists within our local community. Many of these artists are not in the position to show their work widely and the Ferry Artists Gallery provides an outlet for their creative endeavour which has positive affects upon their artistic development and welfare. In doing so the Gallery has now become a cultural hub in Wisemans Ferry.

To continue this work, The Ferry Artists has recently set up a Sponsorship Survival Plan, whereby, members of the community can contact us and donate to assist the running of the Gallery.

Our upcoming exhibition "Winter Sunshine" showcases the works of established Hawkesbury Artist Mellissa Read-Devine, who is currently being featured in Country Style magazine and who has generously offered the Invitation painting to be raffled for this event. The winning ticket will be drawn at the opening, so come down to the Gallery and buy your tickets @ \$5 or 3 for \$10.

Following our opening, we will have a Fundraising Dinner at our local Busby's Restaurant with a delicious meal and glass of wine for \$40 a head with 50% of the proceeds going to the Gallery. Thank you to Busby's and Mellissa!

Please join us for the opening of "Winter Sunshine", 22nd June 4-6pm and our Fundraising Dinner, where you can meet our Artists and friends!



Opening followed by fundraising dinner at Busby's Restaurant \$40 p/p 50% proceeds to Gallery

Raffle of invitation artwork by Mellissa Read-Devine to be drawn on the night!

FERRY ARTISTS GALLERY WISEMANS FERRY CENTRAL PH: 45664385 www.ferryartists.org OPEN 10-4 CLOSED TUESDAYS



Move well.

Stay well



DYNAMIC MOTION PHYSIOTHERAPY GALSTON

At Dynamic Motion, we are all about holistic health and wellness. We believe the key to feeling well is having an active body and mind.

Our experienced health team have all the tools to help you move at your best, feel your best and stay at your best.

Services include:

- Physiotherapy
- Exercise Physiology
- Physio Classes -pilates based
- Seniors exercise classes
- Sports performance screening
- Conditioning programs
- Onsite gym facilities

Book an appointment online or over the phone today!

✤ 6/362 Galston Road, Galston 2159 ✤ 9653 3123 ♀ dmphysio.com.au

We are located on the western side of the Galston Shopping Village near Chizzo's Pizzeria. Health fund rebates may apply.



ulian Leeser MP has announced that there will be a new Small Cell in Arcadia that will improve mobile phone coverage.

"The community and I have fought hard for better mobile coverage in Arcadia and I am pleased to announce our government is investing in the Arcadia community," Julian Leeser MP said.

"Residents in Arcadia and the surrounding suburbs struggle on a daily basis with poor mobile phone coverage.

"This small cell is badly needed and will make a big difference to the lives of residents by delivering better mobile phone coverage."

The new Telstra Small Cell will be delivered as part of the Liberal and Nationals Round 3 Mobile Black Spot Program that has seen more than 696 active mobile stations

JULIAN LEESER DELIVERS IMPROVED MOBILE PHONE COVERAGE TO ARCADIA



established to improve mobile phone coverage to people living, working, and travelling in regional and remote parts of the country.

Bridget McKenzie, Minister for Regional Services, Local Government and Decentralisation, said that reliable and effective mobile communications are a key driver of the enormous contribution that our regions make to Australia's economic growth.

"Greater access to mobile services in regional Australia improve the ability to keep in contact with family and friends; allow better access by farmers to online services and help local businesses grow by making these areas more attractive to tourists," Minister McKenzie said.

"Investing in mobile technology needs to be seen as just as critical as investing in traditional infrastructure like roads, rail and bridges.

"By paying down debt and growing the economy, we can afford to deliver priorities for local communities."

RURAL ROUNDUP

By Warren Waddell

The public domain strategy for Galston village has progressed to a point where initial concept plans are emerging. Hornsby Shire Council would like to thank all those who have participated to date. We should see something concrete appear in another month or so.

SGS Economics and Planning is the consultancy team that has been

chosen to run our Rural Lands Study. Submissions made to Council, both in the past and during the future community engagement phase, will be provided to SGS.

The Economic and Tourism consultation continues, with key members of the Council, community and business invited to participate in workshops later this month. It is a widely held view that the rural area, with its unique environmental and enterprise features, would benefit greatly from a cohesive cross-boundary approach to tourism.

The recent spike in rural theft has galvanised our communities, as we come together and work with the local police in combating this recent spate of crime. Community meetings assembled at both Glenorie and Galston, attended by police representatives, have clearly demonstrated the impact on community and our desire to do as much as possible to protect our property. The key message from authorities is always to report an incident.

It was particularly good to see the new starting blocks installed at the Galston Aquatic and Leisure Centre. This upgrade has been a long time coming and represents the combined effort of the Galston Swim Club, State MP Matt Kean, Federal MP Julian Leeser and Hornsby Shire Council. It is a clear demonstration of all levels of government working closely with the community to achieve a positive outcome.





Your local independent

As your MP, I am here to:

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

Please contact my office if I can be of assistance.

JULIAN LEESER MP

Federal Member for Berowra

🔂 Level 11, 423 Pennant Hills Road, Pennant Hills NSW 2120 🕿 9980 1822 @ julian.leeser.mp@aph.gov.au 🗈 julianleeser.com.au 子 julianleesermp



school to high school is a dramatic time of change for most students which is why Middle School is so important.

Mr Gavin Neale is the Head of Middle School at Pacific Hills Christian School, at Dural, and said the goal of Middle School is to make this time as smooth as possible,

"Students go from having had one main teacher each year who knew their personality and idiosyncrasies, such as how fast they learnt in the classroom, to as many as 10 specialist teachers. There is also a definite change to the curriculum between Years 6 and 7 with the types of subjects being taught and how they are delivered."

"This change occurs at the same time as students are going through puberty. They are navigating

MIDDLE SCHOOL SMOOTHING OUT THE BUMPS

physical and emotional changes and trying to develop their own identities. Social changes take place such as connecting more with peers and social media and relying less on their parents."

Mr Neale is a passionate proponent of starting children in Year 5.

"Changing from primary to high school and adjusting to new systems, new teachers, new subjects and making new friends can be daunting for children. Coming in at Year 5 allows students to ease in at their own pace and we find it is especially beneficial for students who need some extra assistance in the classroom. They cope much better than if they arrived in Year 7."

"At our school we have home rooms for each grade where a dedicated teacher gets to know them. We have a culture of pastoral care meaning teachers are not only interested in education but also the personal lives of each student.



Knowing how well they are coping. Identifying certain talents which can be developed. Helping them though challenging times."

Mr Neale says the home room teacher forms a vital connection between the school, the students and their parents.

"We know that Middle School works because our parents are all onboard. They tell us that they like the process and it makes sense to them. We also know by watching the

Join us in 2019 for ou

progress of our students that they appreciate."

Mr Neale began his teaching career in 1996 and joined the team at Pacific Hills Christian School in 2003. He has also been a school principal overseas. His four children attend the school and three of them have completed Middle School.

Pacific Hills Christian School has vacancies for Year 5 in 2019 and 2020 and for more information contact the Registrar on 96510700.

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



(02) 9476 3411 hornsby@parliament.nsw.gov.au PO Box 1687, Hornsby Westfield NSW 1635 Experience the extraordinary

 Join the Pacific Hills Community

 ACADEMICS | MISSION TRIPS | SPORT | CREATIVE ARTS | SCHOOL CAMPS

 Prep to Year 12 | 9651 0700 | Quarry Rd Dural | www.pacifichills.net

 Image: Prep to Year 12 | 9651 0700 | Quarry Rd Dural | www.pacifichills.net

 Image: Prep to Year 12 | 9651 0700 | Quarry Rd Dural | www.pacifichills.net

 Image: Prep to Year 12 | 9651 0700 | Quarry Rd Dural | www.pacifichills.net

 Image: Prep to Year 12 | 9651 0700 | Quarry Rd Dural | www.pacifichills.net



Learn how to create a small glass on glass mosaic- using the translucent beauty of stained glass at Susie's Studio next door to Galston Village. Shop for materials, or continue with your own project. Meet new friends & learn new skills with artistic mentoring by mosaicoholic, Susanna Mills.

3 Week Mosaic Course From June 11th

Tuesday or Weds. AM or Weds. PM classes Book now! Only <u>6 places</u> per class in Term 2

.com/susiestudio

Contact

Matt



NORTHHOLM STUDENT HELPING OVERSEAS

i, my name is Lauren Ivory and I am in Year 11 at Northholm Grammar School. During the last school holidays, I was very blessed to have the opportunity to spend 10 days in India with the charity 'Project Help India'. During my time in India we travelled to Bijnor, Delhi and Kotdwara.

In the beautiful rural village known as Kotdwara, we prepared for the two day women's conference that is held every year by 'Project Help India' with over 600 women from all across India and 200 young school girls from Kotdwara.

At the conference we delivered a number of talks to empower women to live with value and purpose. One of the many talks consisted of a hygiene message delivered by my friend Maisy and me to teach women the importance of washing their hands, cleaning their clothes and eating nutritious meals. Within these messages I also had the chance to teach over 600 women to do the Nutbush, Macarena and Cha Cha Slide and by the end of both conferences we had nearly all women dancing along with us! I must add that doing the Nutbush in a sari isn't as easy as it sounds...

We spent the rest of our time in Kotdwara visiting five of the schools that are run by 'Project Help India' in areas such as the Kotdwara slums and the jungle mountains where education is often neglected. Visiting the slums was a heartbreaking moment of the trip as I met many of the locals and saw their harsh living conditions. 'Project Help India' provides education and support to these slum areas and has also set up a leprosy house where I was

able to meet the inspirational family that lives there. I also had the chance to help at the disability education centre run by 'Project Help India' and met some inspiring children who were so happy and joyful.

India is such a colourful country full of beautiful people, places and (of course) food. What inspired me most was to see the happy disposition of teachers, students, young girls and women. It showed me how lucky I am to receive such a wonderful education and how 'Project Help India' has a significant impact on the rural areas within India. Already we are off to such a great start with our fundraising from the Easter raffle and selling of hot cross buns. When I told all the women that Northholm Grammar School back in Australia is raising money for 'Project Help India' they were all so happy and grateful to hear that people in Australia are giving their support.

Cassie Plenge (another Y11 student) and I are so excited and looking forward to a great year ahead, full of events such as the Trivia Night on Friday, August 16 at school to fundraise for such an important cause. We hope to see you there!

Create Your Escape 34 LANDSCAPE CONSTRUCTION & DESIGN	
All your Landscaping needs.	
Our Landscape team eager to transform your property.	
Qualified, licenced & insured, we will construct, create or renovate all that you desire.	
 Retaining walls – timber, block, brick, stone etc. Paving – driveways, pathways, pools. Stonework – walls, pillars, pathways etc. Soft scaping – garden prep & renovation, planting, turfing, mulching etc. 	
 Design – from ideas to plans No job is too small. 	
0410 336 929 www.createyourescape.com.au	

NORTHHOLM GRAMMAR SCHOOL asquerade harity Dinner

Date: 22nd June 2019 Venue: The Galston Club 21-25 Arcadia Rd, Galston NSW

Time: 6.30pm for 7pm seating Dress: After five dress Ticket: \$40 Adult or \$35 concession/ student www.ticketebo.com.au/northholm Price includes dinner. Beverages available to purchase

Special Guest: The Hon. Matthew Kean MP There will be entertainment, raffles, auctions, dancing and lots of fun



Read online at www.galstoncommunity.com.au

GALSTON PUBLIC SCHOOL

By Carole Weiss

o commemorate Anzac Day our students in the last week of term contributed to the making of beautiful wreaths. Led by our School Captains and Vice Captains Milla, Rhys, Amber and Braeden a very moving ANZAC service and address by Lieutenant Colonel Greg Colton DSM was then held in the school hall.

Also held at the end of the term in the school grounds was the annual Cross Country carnival which involved all students from Kindergarten to Year 6. They participated with great energy and sportsmanship. Students ran their hearts out and used enthusiastic voices to cheer for their respective sport houses. As always, our carnivals are supported by an amazing team of teachers and wonderful parents who assisted as course marshals and also provided the canteen lunches. Staff and students couldn't do without them!

Students at Galston Public School are now once again on their way to enjoying an exciting and busy Term 2.

Well done to our Stage 3 students who were wonderful ambassadors for their school during their camp to Point Wolstoncroft Sport and Recreation Centre. It was an action-packed three days where they displayed excellent behaviour.



Everyone, including the teachers, came home tired but exhilarated after experiencing this awesome camp.

The talented team of Belinda Nadwie and Elizabeth Eren has been working on the very latest mural, a world map on the Library wall. It is truly AMAZING! On either side of the mural are the four sports houses of Banksia, Boronia, Waratah



and Wattle with an accompanying painting of the native flowers for each house.

Thank you to Mrs Crofts, Mrs Taylor and Mrs Turrell for tidying and replanting Chloe's garden and also to the P&C for their donation which enabled the purchase of plants and edging. This garden is precious to many and the combination of the beautiful artwork on the walls, the fresh plants and new mulch make Chole's memorial garden an inviting space created in her memory.

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.





GALSTON HIGH SCHOOL AUTHORS TEACH STUDENTS THE VALUE OF A GOOD BOOK

By Luke Cosgrove

School had the chance to chat with authors behind the scenes at the Sydney Writers Festival in Parramatta. On Thursday 1 May, four students interviewed New York Times bestselling authors Dhonielle Clayton and Neal Shusterman as well as home-grown talent Ambelin Kwaymullina and Will Kostakis.

Talking to Year 9 student Sarah Goodall, Ms Kwaymullina highlighted the importance of seeing diversity in books. "It was very hard to find books about Aboriginal people ... about really all marginalised people when I was a teenager," she said. "I read all sorts of books, but I think my problem was – and I think it's a problem echoed by a lot of marginalised writers of my generation – that we never saw ourselves in them. "When we got older we started to write stories we wish we had back then." Jade Arnold, teacher-librarian at Galston High, said the experience gave her students "a deeper understanding of what inspires the books" they were reading.

"Reading is such an important part of students' lives, and everyone's lives," Miss Arnold said. "They're all fangirling and fanboying a little bit, but as a teacher-librarian, I think one of the really valuable things this experience is giving them is seeing that books are a product of authors. "They'll understand where a lot of that inspiration came from, and perhaps be inspired to try writing themselves one day."

For author Will Kostakis it was authors such as Enid Blyton and Morris Gleitzman who had a lasting impact. "Barry Jonsberg was



Galston High School student Sarah Goodall with author Ambelin Kwaymulling

[another] huge influence. I remember reading him in the middle of high school and thinking 'that's the kind of author I want to be'," he said.

Year 10 student Bonni Lloyd, who interviewed Mr Kostakis, said she would be "taking on the more personal notes he shared" when next reading his books. The interviews will be released online as part of the NSW Premier's Reading Challenge 2019 author and illustrator showcase.

The Premier's Reading Challenge is an annual program that encourages students across the state to develop a love of reading, with the 2019 challenge open until August 30. Mr Kostakis, who is a Premier's Reading Challenge ambassador, reflected on his experiences of completing the program as a student. "It was never a chore. The list is always filled with engaging novels that inspire readers," he said.

In 2018 more than 2,500 NSW schools stepped up to the challenge, reading a combined total of more than 8.3 million books. The 2019 Premier's Reading Challenge media partner is NewsLocal and the supporting partner is Dymocks Children's Charities.

SCIENTIFICALLY SPEAKING



t's always a great pleasure to see past students of Hills Grammar returning to the School. Recently we welcomed back scientist Stuart Kumar-Terry, class of 2007, who was excited to have an open conversation with the next generation of budding scientists.

The author of The Science That Changed the World, answered questions from our Junior School's High Potential Learners Program. The questions related to the nature of atoms, black holes, evolution, antibiotics and other 'big' issues.

One student from Year 4 gave a glowing review about what the discussion meant to her: "Now I know a lot more than before. Mr Kumar-Terry made everything interesting and answered the deep (scientific) questions and I hung on to his every word. My knowledge doubled then tripled; he just filled the gaps."

The young minds flourished with Stuart's guidance, and his informative conversation with the students transpired to a deeper curiosity about science in general.

PIC: Hills Grammar Junior School Student Ryder Gunnel, Hills Grammar High Potential Learners listening to Stuart Kumar Terry <section-header><section-header><section-header><section-header><text><text>

4572 3077 www.hamishrogersrealty.com.au 85 Bathurst St Pitt Town sales@hamishrogersrealty.com.au





elcome back to term 2! In week One we received fantastic news.... Our preschool has been rated as Exceeding the National Quality Standard across all 7 Quality Areas!

The National Quality Standard (NQS) sets a high national benchmark for early childhood education and care services in Australia. The NQS includes 7 quality areas that are important outcomes for children. Services are assessed and rated by their regulatory authority against the NQS, and given a rating for each of the 7 quality areas and an overall rating based on these results.

THE 7 QUALITY AREAS ARE:

- 1. EDUCATIONAL PROGRAM AND PRACTICE Your child is supported to participate in play and learning
- CHILDREN'S HEALTH AND SAFETY Your child is protected from illness and hazards
 PHYSICAL ENVIRONMENT
 - Your child plays in a safe and well maintained environment

- 4. STAFFING ARRANGEMENTS There are enough qualified staff to give your
- child the attention he or she need **RELATIONSHIPS WITH CHILDREN** Your child is made to feel supported and
- welcomed
 COLLABORATIVE PARTNERSHIPS WITH FAMILIES AND COMMUNITIES Local community involvement and respect for
- the beliefs and values of families
 GOVERNANCE AND LEADERSHIP
 Your child is cared for in a positive and well
 managed environment

We have also joined the ECO Smart Pilot program where we are committed to supporting the children and families to live more sustainably. We have embedded a number of sustainable practices here at preschool such as our native bees, compost bin, worm farm, vegetable garden, recycling our waste, reducing plastics to name a few.

The Big Ideas we will explore with children.

- There is only one Earth which is our home that we share with many.
- Many species live on this planet Earth
- Our Earth provides for us all to live
- How do we protect our Earth

We look forward to working with the children ϑ families on sustainability.

We will soon be enrolling for 2020, please contact our Director Rebecca Onslow if you would like further information or to visit on 9653-2252 or at ku.galston@ku.com.au.



Are You Hungry? Anglicare Annual Winter Food Drive | 15-16 June

Unfortunately this winter families in Sydney will be hungry. Rent stress, is only one of the issues some families have to deal with. Anglicare find each winter there is an increased demand for their services, especially food.

For fifteen years our community has donated thousands of food and household items to help others in need.

Dural, Arcadia, Kenthurst, Chearybrook and Glenhaven Anglican churches collect items in supermarkets, schools, retirement villages and at your front door.

When you go shopping please buy an extra can of baked beans, tuna, long life milk, cereal, pasta, toilet paper and donate them to someone you don't know.

We look forward to seeing you in local supermarkets or at your front door.



NOW ACCEPTING 2019 ENROLMENTS



Dooral Early Learning Centre

is conveniently on Old Northern Rd in Middle Dural

6 Weeks - 6 Years Long Day Care & Vacation Care Opening Hours: 7.00am - 6.00pm

- Comprehensive school readiness program
- **I** Healthy meals prepared in the centre's kitchen
- Hat and nappies provided
- Highly qualified educators
- Matural play based educational programs

774 OLD NORTHERN ROAD MIDDLE DURAL NSW 2158

☎9653 9966
 ☐ 0404 223 060
 ➢ hello@dooralelc.com.au

f @DooralEarlyLearningCentre www.dooralelc.com.au



his term we are fortunate to have students from Galston High School coaching all of our students in a variety of sports. Netball, volleyball, cricket and touch football are the sports being taught to our students. It is wonderful watching the enjoyment on our students' faces when being encouraged and praised by the high school students. We are delighted to help the high school students learn the valuable coaching skills as a mandatory element of their Physical Activity and Sports Studies.

At Hillside the students are fortunate to be involved in many outstanding learning

experiences. Our vegetable garden and small orchard are crucial in our outdoor learning environment. Our families have enjoyed the bountiful harvest of zucchinis, rocket, tomatoes and capsicum. The highlight has been the harvest of our corn crop. Every student was able to take home a cob of corn to enjoy for dinner. The harvest of corn was the culmination of the science unit 'Growth and Change' for our Stage 1 students. At the beginning of the year the students germinated corn seeds, and with the help of their older buddies planted the seedlings in the vegetable garden. After 12 weeks watching their corn plants growing taller and taller the students were able to harvest their corn. A wonderful learning experience for our students.

All students participate in French lessons which incorporate a variety of teaching strategies. Whether it is through song, games, interactive online programs or formal lessons the students thoroughly enjoy the opportunity to learn another language.

Music has always been a strong feature of the diversified curriculum at Hillside. Students have the opportunity to learn a variety of instruments from percussion, recorder, drums or keyboard. The students are taught how to read scores to well-known tunes and songs. They enjoying the challenge of collaborating with peers to write their own melodies when working with percussion instruments.

Last year our Touch Football Team finished fourth in the NSW PSSA Small Schools Knockout competition. Our students are looking forward to participating in the competition again this year. The first round will be held at Hillside early next team against our peers from Maroota Public School. The Small Schools competition enables schools to enjoy the challenge of participating against other schools. Our primary students learn new skills and promotes healthy exercise.

If you are looking for a school where every child is an individual and is allowed to develop at his or her own speed, then Hillside is your school. Please call the school office for more information. Every day is Open Day at Hillside 9652 1459



TIGHT ACCCESS ALL ROCK EXCAVATION EXCAVATORS FROM TIPPER HIRE MM WIDE DRIVEWAYS SIZE EXCAVATORS POST & PIER HOLES 'H ALL ATTACHMENTS FAMILY BUSINESS EST 1989 - SERVICING THE HILLS DISTRICT AND ALL AREAS CALL - ANTHONY 0417 424 350 | RYAN 0400 148 062 EMAIL - info@hillsexcavations.com.au ABING TUN PLANT Thank you for your Votes & Support 2017 Homsby Local Business Awards The Plunctual Plumber

Read online at www.galstoncommunity.com.au

WWW.PUREPLUMBINGPROS.COM.AU



GALSTON UNITING CHURCH KUCAS JUST KEEPS GETTING BETTER AND BETTER!



- he KUCAs program for Term 2 is just out and it's looking really good. Here are some of the highlights for June:
- June 7 BIG GAMES NIGHT
- June 14 SILLY SOCKS NIGHT
- June 21 BON FIRE NIGHT
- June 28 DRIVE-IN MOVIE NIGHT

KUCAs is open to all children from Kindergarten to Year 6 and all are welcome! KUCAs is a great place for kids to come and have fun while enjoying the company of others, and hear a short bible story, in a safe and caring environment.

Each night dinner is served and \$5 is requested to cover costs.

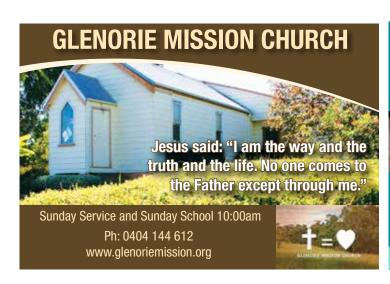


Galston Men's Choir

The Choir has been in fine voice recently and the men always have a great time together. Once a month we enjoy an early Saturday breakfast before adjourning to sing under the direction of our conductor, Janet Hatfield. There are no auditions when joining and it's a real credit to Janet that she is able to extract the raw material she has to work with. (New "raw melodies material" is always welcome. Just phone Elizabeth at the church office for details).

Recent renditions have included "Take Me Home" for the Mothers Day Sunday service at Galston Uniting, and for our annual pilgrimage to Rathmines for the Anzac Day service we sang "Long White Sails" and "Eagles Wings". Both were great occasions and it was good to receive so many very positive comments. Minister Rev Geoff Smith 11 School Road, Galston 2159 Phone 9653 2039 www.galstonunitingchurch.com





HILLS LIFE C H U R C H May the God of hope fill you with all joy and peace as yo

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

Service: Sunday mornings at 10:00am Galston Public School Ph: 0416 233 629 Visit our Facebook page and see latest updates.

www.hillslife.com



NEWS FROM ST BENEDICT

Judy Horton

2019 Sacramental Program

The group of children from the parish who are completing their sacramental program will celebrate their First Communion during the 9am Mass on Sunday 23 June. The children have been well supported during this journey by parishioners and their families. Picture shows one of the children, Jacob Appino of Dural, with his grandmother Colleen who is assisting with the program.

St Benedict's Youth Group

The youth of St Benedict's aged 12-17 and their friends are invited to join the new St Benedict's Youth Group. This will be a great opportunity to meet people, learn more about your faith and have fun with like-minded friends. The group will meet once a month during the school term and will be following the Chosen program. The next meeting (with pizza!) will be on Friday 14 June from 5 – 7:30pm. For more information email Nerida nerida. woodbury@gmail.com.

New Parish Council

On 4 June our new Parish Council will meet for the first time. Special thanks to those members who are retiring from the previous council. It's wonderful that parishioners are prepared to take part in planning for the future of the parish, whether it be in broadening its vision or helping to deal with practical matters such as maintaining the building.



Volunteers meeting

On Sunday 19 May all the volunteers who help with the running of the parish, whether in a large or small role, got together to discuss their rights and responsibilities. As well as covering issues such as health and safety and emergency procedures, this was a great opportunity to emphasise the contribution so many people make to the parish in a wide variety of ways.

New website

St Benedict's Parish has a smartlooking new website. Check it out: www.bbcatholic.org.au/arcadia

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 ϑ Arcadia Rd 7pm Saturday, 9am Sunday.

JESUS TALKS ABOUT HIS FATHER

(a message by Rev Ed. Long)

Some of the loveliest words of Christ were spoken when he was talking about his Father. (John 5:19-29). There is a bond of love between them that is just like Christs love for us. What did he say?

'As the Father has loved me, so have I loved you.'

Here we see the Father and the Son working together. When one speaks, the other speaks. When you accept Jesus Christ you accept the Father and He is accepting you. You can believe the words of the Son in the same way as you believe the words of the F ather. For example verse 24 tells us that if you hear Christ's word

For example verse 24 tells us that if you hear Christ's word and believe in him and in the Father, you are saved now and for all eternity.

Look at each part of the verse and what it promises. If you have believed in Christ, then three things have happened:

- 1. You have a new possession-- everlasting life. You have it now. You don't have to wait till you get to heaven to receive it. It is yours now. Do you believe that?
- 2. You have a new provision made for you. You will never be called to stand before God as your judge. Your debt of sin has been paid for ever, by Jesus Christ. Do you believe that?
- 3. You have a new position—you have passed from spiritual death into spiritual life. To be spiritually dead is to be separated from God by sin. To be spiritually alive is to be linked with God as his child forever, because of Jesus Christ. Do you believe that?

When you believe what God has said, there comes peace into your mind and heart. Your salvation is settled and you don't need to doubt or question it any more. It is yours forever. Do you believe that?

REMEMBER:

God's Word believed means Christ's salvation received.

Come and find out more at :-

Glenorie Mission Church, 1409 Old Northern Rd. Glenorie. Sunday Service 10.00 a.m. Bible Study, Tuesday 7.30 p.m.

HILLS LIFE CHURCH

remember growing up as a kid we used to actually laugh out loud. We really did wave. We really did like. We even actually spoke to each other face to face.

I'm not trying to share stories of the good ole times, or start off with the "in my day" stuff.

Just reflecting on some of the social changes that may not be overwhelmingly evident to some growing up today.

Possibly the one thing that gets me most now is the idea of selfies.

To confess, not that long ago I handed my phone to my daughter and asked her to take a selfie of me – which OBVS was not a selfie, but an old fashioned photo.

When I look up the definition of selfie it states that it is a self-portrait

type image, typically taken with a smartphone that may be held in the hand or supported by a selfie stick!

A selfie stick! We even have an apparatus to enable us to take selfies that look like well photos. As if someone

like ... well, photos. As if someone else ACTUALLY took it. It's this practice of selfies, and

attention to self, that strikes me strange.

An incredible focus purely on self. In fact, we are encouraged to become self-assured, selfconfident, ensure we self-help, seek to be self-guided, and apply self-care.

Unfortunately, this increasing demand of self is leading to us being self-centred, even self-ish. We are losing the art of

By Corri Byrne, Hillslife Church

community, communication, common good, because we just want to ensure that I am in control, that I am happy, that I am looked after.

Yet in 2 Timothy 3 it says: But mark this: There will be terrible times in the last days. People will be lovers of themselves, lovers of money, boastful, proud, abusive, disobedient to their parents, ungrateful, unholy, without love, unforgiving, slanderous, without self-control, brutal, not lovers of the good, treacherous, rash, conceited, lovers of pleasure rather than lovers of God — having a form of godliness but denying its power.

While seeking to improve oneself is admirable, continuous learning, living healthy, and looking after yourself is good. It is not if it is at the expense of everyone else.

As Christians we are called to love our neighbours as ourselves. (Even this gets skewed into focusing more on self first!) That we should put others first, that we should be on the lookout for our community, our family, friends and even beyond.

Can I offer a challenge to those desperately looking into self-help books ... rather than focus purely on the improvement of you, look to work within the community and seek that those around you are happy, are joyous, are looked after. It has a remarkably strange way of achieving what most self-help books can only promise.

CHURCH NEWS

HAVE FAITH

4.4 For a very ou ever read the Bible right through, from cover to cover?" a minister asked the young man he was visiting in hospital. "Nup- I don't believe in God."

"Then, do you have a faith to help you through this difficult time?" The minister looked at the young man kindly.

"I don't know what faith is," he replied. The famous evangelist Billy Graham explained that "Faith simply means believing that something is true and committing your life to it."

We need faith to live our everyday lives: for example-

* We need oxygen to breathe and have faith for every breath even though we might not be scientific enough to truly understand how it works.

Pr. Alex & Dee Valich Glenorie Community Church

* We definitely need faith when we board an aeroplane, believing it will fly through the air and deposit us safely at our destination.

* Every time we step into a lift at the mall or at a high - rise apartment building we trust that it will go up and down without stopping and leaving us stranded between floors!

- Another word for faith, then, is trust. The bible explains it in the book of Hebrews, chapter 11, verse 1: "Faith (or trusting) is being confident of what we hope for, convinced about things we do not see."

"No one has ever seen God but the only and unique Son who is identical with God and is at the Father's side - He has made Him known."(John 1:18)

ENORIE DISTRICT CHRISTIAN ASSEMBL FAITH HAVE FAITH-BOOK NOT FACE BOOK SUNDAY - 10AM ALL WELCOME

The best way to truly know whether to believe in God or not is to read His "Faith book", the Bible- for "whoever seeks Him will find Him."

THE MAKING OF A PRIME MINISTER "But He knows the way that I take; when He has tested me,

I shall come forth as gold." (Job 23:10)

A swe look at the political landscape around the world there seems to be a crisis of leadership. The leaders of major countries like France, Germany and the United Kingdom are all struggling – not to mention the numerous leadership spills in Australia over the last decade – and the question is often asked: Where have all the great leaders gone? This ongoing debate about the quality of leadership raises another important question: What is involved in the making of a leader, a Prime Minister?

The term 'prime minister' is not found in the Bible, but it is a description that fits the Old Testament character, Joseph. Joseph effectively served as Prime Minister of Egypt during a time of crisis when the nation's existence was threatened by a terrible famine, so what equipped him for this major role?

It was not a sophisticated party organisation that propelled him to greatness, but rather the lessons he learnt from painful and disappointing experiences in his life. Joseph grew up in a dysfunctional family. His mother died when he was a little boy, and because his father treated him as the favourite son, Joseph was intensely disliked by his jealous brothers. When he was just seventeen, Joseph was sold into slavery in Egypt by his brothers, but the pain did not stop there. He spent over a decade in prison for a crime he didn't commit. As he languished in his prison during those long and lonely years, Joseph must often have felt angry, frustrated and abandoned.

But difficulties, hardship and setbacks can often teach us lessons which ease and good times cannot. The following poem expresses this point well.

> I walked a mile with Pleasure She chattered all the way But left me none the wiser For all she had to say ...

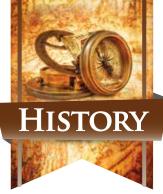
I walked a mile with Sorrow And not a word said she; But oh, the things I learned from her, When Sorrow walked with me!

Joseph's time in prison made him resourceful, resilient and tough, qualities which he needed for the challenges ahead. His arrogance was stripped away and he became more sensitive towards others. Instead of embracing a victim mentality and dwelling on his bad circumstances, he was faithful in small things and refused to become bitter and twisted. Joseph's pain prepared him for leadership.

Disappointments and pain are not pleasant experiences. In such situations we like a way out and a quick fix, but if these experiences are properly handled, they can shape our lives for service and fulfilment. That can be true for all of us and not just potential prime ministers!

Pastor David McKibben Galston Seventh-day Adventist Church





istory is a strange thing. Back then the people didn't think about becoming history. Even nowadays we don't think we're going to be history, yet sometime in the relatively near future people will look back on us the same way. And on top of that, the things we currently consider to be regular everyday tools may well become expensive historical artefacts later on.

Yeah, history's odd. That doesn't mean it's not interesting.

Last Sunday the 12th of May (which happened to fall on Mother's Day) I visited Fagan Park to see the historical buildings once a month (Thanks to Vern Sotter for being a good guide). There are a lot (which are opened) of interesting artifacts possum traps to tractors to construction tools. There was also Netherby homestead built by Sam Fagan in 1900, featuring things like a record player and radio, a tall windmill standing in the centre of the 'museum', and a blacksmith shop, complete with a forge, a couple of anvils and metalworking gear. However, this isn't just history. It's local history. Everything they display has some significance to the local area, and that's one of the largest appeals.

FAGAN PARK

The collection is managed by Friends of Fagan Park, a dedicated

but tiny group of volunteers. They open every Tuesday and on the second Sunday of each month, and three times a year they hold special open days (These days are Australia Day, ANZAC Day and Sunday of the October Long Weekend). I am personally intrigued by the history of our local area, and assure you that if you ever find yourself at the park's museum, you will find something you enjoy.





4 GENERATIONS OF TREE EXPERTS -OVER 60 YEARS IN THE INDUSTRY. KNOWLEDGE AND EXPERTISE YOU CAN TRUST.

TREE REMOVAL

Pruning
Stump Grinding
Land Clearing
Mulch Sales
Firewood Sales

M: 0414 635 650/ T: 9653 2205

info@mcardletrees.com.au

WARRAH BIODYNAMIC FARM WARRAH FARM SHOP

Fresh Produce, Groceries, Dairy, Meat and Poultry.

All certified Organic and/or Biodynamic.

Monday to Friday: 9am - 5pm Saturday 9am - 3pm

20 Harris Road, Dural 2158

Call 9651 3869

All profits go towards Warrah's services for people with disability.

www.warrah.org

HISTORY

EXPLORING UPPER HALF MOON Reach on the hawkesbury river

The Dharug and Lower Hawkesbury Historical Society would like to extend an invitation to the general public to join us as we gain a history of the land and its people who lived at Upper Half Moon Reach on the Hawkesbury.

Learn about the original grant of 80 acres on the Upper Half Moon Reach to Private Feen Adlam (who had been discharged from the New South Wales Corps) in 1804 which was signed by Governor Phillip Gidley King and the subsequent history of this farm where Adlam and his servants were inhumanely murdered a year later by aborigines led by the notorious "Branch Jack". John Pendergast (a convict who had arrived on the Minerva in 1800 & had finished serving his sentence) later acquired the land.

Part of the property was cleared for farming, growing wheat & maize, some of the land was also used for the grazing of hogs & cattle. The land was also utilised for religious purposes as the Pendergast family were Catholic and were closely involved with the establishment of the Catholic Church in the colony. It was the chapel known as the Catholic church St. Rose or St. Rose of Lima that operated here from 1840. The small cemetery still in existence bears testimony to the diverse use the land has experienced.Some of the graves date from 30 years before the Church was built and there are about 18 headstones still surviving.

Hear about the people some of whom may have been the so called "wild geese" from Ireland. We are indeed fortunate to have permission from the Hawkesbury Council to enter onto the site.

DATE: Saturday, 29th June 2019 TIME:- 10.15am for morning tea LOCATION:- We will meet at the car park at Wisemans Ferry and then carpool to the site as the road to the site is unsealed and parking is a bit restricted.

We will inspect the remains of the graveyard and the site. **LUNCH:-** Bring along your lunch to have at this site and return to Wisema

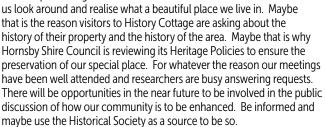
have at this site and return to Wisemans mid afternoon. **COST:-** \$5

Bookings and contact details in case of rain to 0405 321 478 (leave a message) for DLHHS members by Monday, 24th June and for non-members by Wednesday, 26th June.

Bring along snacks, water, sunhat, sunscreen ϑ sturdy shoes. For futher information please contact us on enquiries@dlhhs.org.au or 0405 321 478.

NEWS FROM HISTORY Cottage

aybe it is the beautiful weather we are experiencing that makes



The proposed speaker for our May meeting was not able to attend and our member, Judy Horton, stepped into the breach with a most interesting talk on the history of the plant foods we eat. We benefit from our present diet which is vastly different to that of our grandparents, thanks to recent migration. The diet of our ancestors four hundred years ago makes us wonder how they survived. Judy's talk gave us food for thought and much research to chew on.

Within our community are many who go about doing wonderful community work for the love of doing it. Last month the Society presented June Smith, of Mark Donaldson VC, with a certificate of Life Membership. June has lead an interesting and varied life, a country childhood, a performing swimmer, wartime nurse in New Guinea, mother and then much community involvement in our community.

Our next meeting is on the 8th June at 2.00pm in History Cottage. Max Roughley will tell the story of the group of orphan girls who came to Australia as a result of the Irish Potato Famine. Maybe there is an orphan girl among your ancestors?

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



GARDENING



O ne Million Species will become extinct soon, according to a UN report just out. Local residents who have lived here for decades will confirm many have gone already. Luckily the news isn't all bleak with reports of Koalas returning to the district but what about all the other creatures that are disappearing?

The main reason for loss of species is loss the habitat and being made worse by unsupervised pets that predate on the remaining wildlife.

On many properties we cut out the "scrub", leaving selected trees and mow what's left. We might think it looks neat, but what we are creating almost amounts to an ecological desert.

With a little information and forethought we can achieve a property that is neat, safe and friendlier to our environment and everything living in it.

STILL CREEK LANDCARE

By Chris Noon

Try to: Leave some areas of midstorey native shrubs, ground covers and grasses amongst your tress

Leave branches and leaf litter to lie and make dead trees safe rather than removing them..

The idea behind this approach is to reflect on the 3 layers found in nature, Ground covers, Shrubs, and Trees. These layers work together, providing feed and shelter for the animals, protecting the soil and improving water retention. The approach is less labor intensive that mowing and allows plants to regenerate naturally. To find out more, see: http://www.habitatnetwork.org/ Linear%20corridors%20poster%20 2019%20A3.pdf

If you live on a smaller holding you may think you can't effectively improve the habitat. However, if you work and plan with your neighbours you can make a huge impact. For hints on how to plant a small bird habitat on a suburban block: http://www.habitatnetwork. org/IEWF%20home%20garden%20 2017%20A3.pdf

Our attempts to have our gardens look neat and manicured are killing native species, animal and plant.

We might be neat, but nature is not. I'm sure we can find a happy compromise.

For more information contact Nick on 9653 2056 or visit Still Creek Landcare at http://www. stillcreeklandcare.com.au or on Facebook.

BROMELIAD SOCIETY OF AUSTRALIA — JUNE MEETING By Dianne J Tulloch

The Bromeliad Society of Australia will hold their next meeting at Federation Pavilion, Castle Hill Showground on Saturday, 8 June 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. There is plenty of parking on site.



As there isn't a guest speaker planned for this meeting the Committee will provide an opportunity for members to learn how to identify the different genus. There are approximately 70 different genera within Bromeliaceae species from the Acanthostachys through to the Zizkaea.

There will be various samples of the bromeliads on display for members to learn how to compare varieties and to assist them with future identification of each genus.

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





50 June 2019 | Galston Community News



inter has made its mark and is definitely here for 2019. This serves as a timely reminder to ensure your home is safe as we look forward to using fireplaces and heaters to stay cosy, and a way to dry clothes when the laundry pile builds up. Everyone loves the ambience of a crackling fire place, but have you made sure your flues are clean? Chimney fires can happen quickly and occur due to the build up of residual creosote from unburned gases. This can appear as sooty powder, gummy residue, or a hard glaze. A chimney sweep will be able to help you clean your flue. If you've got an open fire place, keep a screen in front of it to reduce the risk of being burnt, especially if you've got children or pets around while ensuring that embers don't roll out. It is important to keep all materials, be it curtains, bedding, clothing, wet or dry, a minimum of 1 metre from the heater.

Winter is also the time of year you will see many of your neighbours conducting pile burns. We would like to remind all residents to obtain the appropriate permit from council and adhere to the pile burn guidelines. It is important that you inform your fire control centre

ARCADIA RURAL FIRE SERVICE



(Hornsby 9883 2000) that you're lighting your pile and to also inform your neighbours. If we receive a triple zero (000) call, we will need to inspect it. Hornsby shire residents can apply of a pile burn permit online via the council website. Even though the temperatures are considerably lower compared to summer, you still need to ensure that it is safe before lighting that pile. Those gusty winds we experienced last year in August are one example why you need to stay vigilant. You must also have an adequate supply of water on hand, to ensure the pile is controlled and can put out any embers. These cooler months are also an excellent time to prepare your property prior to the 2019/2020 fire season.

Through the power of social media, the brigade was made aware of felled trees blocking access to a fire trail in Arcadia. Members were out there promptly to remove the tree and regain access. It is vital these trails remain clear to allow access in case of any emergency. If you see any trails blocked by trees or other obstructions, please report these to Hornsby Fire Control Centre immediately on 9883 2000

In early May, the brigade attended the Arcadia Market day. This was a particularly special market day as it commemorated 125 years of Arcadia. The primary school opened up a 25-year-old time capsule, which included old editions of the community news and letters from previous students. We had both our trucks and PC there, but we also had a special guest, Puff the Tragic Wagon, and her crew.Puff is a 1942 blitz wagon that was once Arcadia's, in 1959, before going to 'The Gorge' brigade in 1966. The Gorge brigade is now known as Hornsby Heights. We took this opportunity to

showcase our history, but also learn more about where our brigade has come from. Arcadia was originally part of the 'Outer Sydney Bush Fire Brigade' in 1941. It was formed after terrible fires destroyed a number of orchids in 1939. In 1952 the brigade branched out into the respective Galston and Arcadia-Berrilee Volunteer Bush Fire Brigades, and in 1966 the fire station was opened at Arcadia Park. After many years of growth, and 13 years of fundraising, the current station's grand reopening was in 2007. The brigade has been a part of Arcadia's history for many decades and will continue to be a part of the community. Arcadia will be celebrating 80 years in 2021. More of Arcadia's history can be found on the Arcadia History website. If you have any photos, stories, or history surrounding Arcadia's fire brigade, please send them into us at enquiries@arcadiarfs. org.au

Arcadia History - www. arcadiahistory.com.au If you'd like to learn more about Puff and their future events, you can visit their Facebook page https://www.facebook.com/ PuffTheTragicWagon/ Further information on wood fires and chimney fires - http://www. environment.gov.au/resource/ woodheaters-and-woodsmoke Looking for a pile permit? https:// www.hornsby.nsw.gov.au/ environment/flora-and-fauna/ fire-management2/fire-permitapplication More home safety facts and tips can be found on the NSW RFS

More home safety facts and tips can be found on the NSW RFS websitehttps://www.rfs.nsw.gov.au/ plan-and-prepare/home-fire-safety





GALSTON RURAL FIRE BRIGADE NEWS BY Kara Dubois





WINTER HOME AND FIREPLACE SAFETY

The arrival of the cooler months also means an increased risk of preventable house fires. Winter causes people to plug in their heaters, pull out the electric blankets and light up their fireplaces – all of which pose potential fire risks. There are some simple checklist items you should tick off each winter to make sure you're keeping warm safely.

Particularly important in our neck of the woods is fireplace maintenance. If you have a fireplace in your home make sure the chimney or flue is clean, its properly ventilated, and always place a screen in front of it when in use. A common issue many residents find when first using the fireplace after the warmer months is the issue of smoke filling up the roof cavity or the living area in the house itself. This may be due to a build-up of deposits within the chimney restricting airflow and creating a potential fire risk. Depending on usage, it is preferable to inspect and clean your fireplace around every 1 to 2 years.

Go through this checklist to be fire safe during the colder months:

- Have an adequate number of suitable smoke alarms installed throughout the house.
- Test smoke alarms and change the battery at least once every 12 months.
- A fire extinguisher and fire blanket kept in the kitchen near the exit.
- All items one metre away from heaters.
- Ensure power points aren't overloaded.
- Household appliances switched off at power point when not in use.
- Electric blanket stored safely roll don't fold.
- Electric blankets checked for damage or frayed cords before placing on the bed.
- Lint filter cleaned before each use.
- Have a written home escape plan in case of fire (with two ways out of each room) and practice it regularly.



HAZARD REDUCTIONS

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

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

You can get updated information on where and when hazard reduction burns will be taking place by going to www.rfs.nsw.gov.au and selecting the 'Fire Information' tab. Here are some tips to stay safe during hazard reduction burning:

- Keep doors and windows closed to prevent smoke from entering your home.
- Remove washing from clotheslines.
- Ensure pets have a protected area.
- If you're driving through a smoky area, slow down, keep your windows up and turn your headlights on.
- Don't call Triple Zero just to report that it's smoky. Save Triple Zero for emergencies.

EASTBEND POSTPONEMENT OF MAY MEETING

Due to non-availability of key members the meeting of Eastbend Rural Communications at the Resource Centre, Maroota Public School, on Monday May 13th 2019 was postponed to a date yet to be chosen. We apologise to anyone who wasn't notified and turned up on the day. If you have any local issues you would

like to discuss or have help with before the next meeting please contact the Secretary Vicki Brownless on livingheritage6@gmail.com or Tessa Corkill, at 2archaeics@gmail.com or 9652-1470.

MIDDLE DURAL RURAL FIRE BRIGADE NEWS

By Iona Cameron

attended the ANZAC Day ceremony at the Glenorie RSL ANZAC Day. Some of us marched, and we also assisted Glenorie Rural Fire Brigade in blocking off roads to allow marchers and the community to enjoy the day with minimal obtrusive security. Thanks to the hard-working people of the RSL who provided finger food and drinks.

Many of the community, and of our Brigade, would have been remembering their own fathers, grandfathers and uncles who had fought in the two world wars, and more recent conflicts that involved their female relatives as well. I recalled my cousin showing me a canon outside Ludlow Castle and saying "Our grandfather captured that at Sevastopol".

There was a strong sense of camaraderie and good will as the crowd listened to speeches and considered the sacrifices made on our behalf, and fervently hoped for peace from future conflict.

On the fire front, it has been



fairly quiet, however we have had several calls due to residents not telling their neighbours or Fire Control Centre that they were planning to burn a pile. Please tell your neighbours when you plan to burn, and save us from being called out unnecessarily. Those of you in The Hill District, ring our Fire Control Centre in Annangrove Road on 96541244. There was a sad report recently of a child taken to hospital with third degree burns after a pile burn was helped along with petrol. Petrol should never be used; it is too volatile and unpredictable. Ask for help from your local Brigade, if you're unsure.

The NSW RFS relies on a team of dedicated women and men who fulfil a range of important roles including: Firefighting, Administration, Communications, Catering, Community Education, Community Engagement, Training, Operational Logistics Support, Welfare Support, Equipment Maintenance and Youth Development. No matter what your experience, there's a role for nearly everyone as a volunteer or indeed, as a paid professional in the RFS.



GLENORIE FIRE STATION HAS A NEW CAPTAIN

Recently we held our Annual General Meeting. At the meeting we elected officers to fill various positions within the brigade. We would like to congratulate Glynn Lloyd on becoming Glenorie Fire Brigades new Captain. Glynn was Senior Deputy Captain which means that we also like to congratulate Rod Derriman on becoming Glenorie Fire Brigades new Senior Deputy Captain. Also, thanks to Sean Obrien, our previous Captain and his family for all the hard work and dedication he has put in to the brigade over the last two years. It has been a busy couple of years and we have seen some great things happening around the station to make it the great place it is today! Here's a photo of Glynn proudly wearing his Captains stripes.

GLENORIE RURAL FIRE BRIGADE NEWS by James Wicking

HAZARD REDUCTION BURNS

Each year, only a small window of opportunity exists where weather conditions are favourable to conduct controlled burns. At the time of writing this a number of hazard reduction burns are scheduled for areas around Sydney and other parts of the state over the coming weeks.

Hazard reduction is just one way of preparing for bush fires – it doesn't remove the threat of fire, and it doesn't remove the need for you and your family to be prepared.

You can see a list of the planned hazard reduction burns by visiting www.rfs.nsw.gov.au/hr

This list may change at short notice depending on the weather at the time.

MORE SKILLS FOR GLENORIE MEMBERS

One of our Deputy Captains, Matthew Lloyd attended an Aviation Communication and Evaluation (ACE) course in Wollongong in May. It was an impressive course, with attendees gaining skills in communicating with and directing aircraft on the fireground. There were two helicopters and two fixed wing aircraft involved in the course. Big thanks to RFS Aviation for putting the course on. Come and Join Us!

If you're interested in joining us, we would love to have a chat with you. There are a number of different roles in the RFS from Fire Fighting to Communications to Catering and lots in between. You will learn some great skills, meet some life long friends and be able to assist in protecting your local community by becoming a member with us. If you would like to be a part of our excellent team or if you have any questions, feel free to give our recruitment coordinator James a call on 0422 168 914. Alternatively, you can swing by the station on Monday nights after 8pm or Sunday afternoons between 2pm and 4pm.

For further information go to www.rfs. nsw.gov.au or contact the Brigade: Station Phone: 9652 2017 (leave a message and someone will get back to you) or call James on 0422 168 914. Facebook: Glenorie Rural Fire Brigade Email: glenorierfs@outlook.com

WHAT'S ON AROUND THE COMMUNITY

MONDAY 3RD JUNE | 10:00AM - 12:00PM

Tech Savvy Seniors - Introduction to Social Media - In Mandarin

Learn all about Facebook, Skype, Twitter and Flickr. This session demonstrates how they work, so you can see what's happening in the lives of friends and family. Venue: Castle Hill Library, 14 Pennant Street, Castle Hill 2154

Visit: www.thehills.nsw.gov.au

THURSDAY 6TH JUNE | 10:00AM - 1:30PM

Living Sustainably Walks & Workshops -Feathery Threads

Create a functional and funky tote bag. Explore and share great design ideas and the creative use of materials in a relaxed class.

Venue: Community Environment Centre -Annangrove Park, Currie Ave, Annangrove 2156 Contact: The Hills Shire Council | 02 9843 0555 www.thehills.nsw.gov.au

FRIDAY 7TH, 14TH, 21ST, 28TH JUNE 10:00AM - 12:00PM

Gameplay at Castle Hill Library

Ready to take up a new pastime? Enjoy socialising and relaxing while playing board games with like-minds. Bring along your favourite board game to share. Venue: Castle Hill Library, Castle and Pennant Street, Castle Hill 2154

Visit: www.thehills.nsw.gov.au

FRIDAY 7TH JUNE | 9:45AM - 12:00PM

Be Connected:Thrive in a Digital World Online Family History Resources

Explore your family history and discover your ancestry. Find out if you have relatives across Australia or the World. Please bring your own device, otherwise one will be supplied for you. Suitable for adults aged 50+ Venue: Castle Hill Library, 14 Pennant Street, Castle Hill 2154

Visit: www.thehills.nsw.gov.au

SATURDAY 8TH, 22ND JUNE 8:00AM - 12:00PM

The Hawkesbury Harvest Farmers & Fine Food Markets

Run on the 2nd and 4th Saturdays of the month at Castle Hill Showground, Castle Hill. Venue: Castle Hill Showground, Off Showground Road, Castle Hill 2154 Contacts: Farmers & Fine Food Markets Enquiries Phone: 0406 237 877 Email: markets@hawkesburyharvest.com.au Visit: www.harvesttrailsandmarkets.com.au

TUES 11TH, WED 12TH, TUES 18TH, WED 19TH, TUES 25TH, WED 26TH JUNE 9:30AM - 6:30PM

Glass on Glass Mosaic Course

Enhance your skill set and learn more about mosaicing using the transparent beauty of glass as you create a GOG mosaic during this 3-week short course by Susie's Studio during Term 2. Venue: Galston Village, Galston, NSW Phone: 9653 3564 Email: susanna_mills@yahoo.com Visit: www.susies-studio.com

WEDNESDAY 12TH JUNE | 7:00AM - 8:30AM

Business Breakfast

Venue: Castle Hill RSL, Sovereign Room 77, Castle Street, Castle Hill, NSW, 2154 and Bella Vista Hotel, 13 - 15 Lexington Drive, Bella Vista, 2153 Contact: Amanda Primrose Email: admin@sydneyhillsbusiness.com.au Visit: www.sydneyhillsbusiness.com.au

THURS 13TH, 20TH JUNE | 10:00AM - 10:45AM

Library Tour

Enjoy an informative tour of Castle Hill Library to help you find your way around the Library and give you an introduction to the services we offer. Venue: Castle Hill Library, 14 Pennant Street, Castle Hill 2154 Visit: www.thehills.nsw.gov.au

FRIDAY 14TH JUNE | 9:45AM - 12:00PM

Be Connected: Thrive in a Digital World -Brain Training Apps

Learn some fun and challenging games to help you work on your memory. Please bring your own device, otherwise one will be supplied for you. Suitable for adults aged 50+ Venue: Castle Hill Library , 14 Pennant Street, Castle Hill 2154 Visit: www.thehills.nsw.gov.au

FRIDAY 14TH JUNE | 10:30AM - 11:30AM

Musical Memories

Spot On Productions will once again be producing a morning concert series.

Venue: The Pioneer Theatre, Cnr Pennant & Castle St, Castle Hill 2154 | Phone: 1300 426 654 Email: pioneertheatre@thehills.nsw.gov.au Visit: www.pioneertheatre.com.au

MONDAY 17TH JUNE | 10:00AM - 12:00PM

Tech Savvy Seniors - Intro to the Internet Part 2 -In Mandarin

This session expands on what was covered in part 1, it introduces some features of your web browser which can make navigating the web much easier, how to view videos and music online, get you started on using some of the popular sites and tips for keeping yourself safe online. Venue: Castle Hill Library, 14 Pennant Street Visit: www.thehills.nsw.gov.au

TUESDAY 18TH JUNE | 10:00AM - 12:30PM

Learning Difficulties Coalition - Autism: myths and facts Seminar

This seminar is for parents, teachers and health professionals and will be presented by Rebecca Sutherland (Senior Speech Pathologist, Child Development Unit, Children's Hospital at Westmead). Venue: Castle Hill RSL, 77 Castle Street, Castle Hill 2154 Contact: Learning Difficulties Coalition | 9806 9960 Email: info@ldc.org.au | Visit: www.thehills.nsw.gov.au

WEDNESDAY 19TH JUNE | 10:00AM - 11:00PM

Yarn on a stick or two - Dural Library Knitting is the new Yoga! Come along and join a friendly, informal group and learn a new craft. Bring along 4mm needles and wool. Venue: Dural Library, Pellitt Lane, Dural 2158 Visit: www.thehills.nsw.gov.au

THURSDAY 20TH JUNE | 6:30PM - 7:30PM

Novels at Night - Castle Hill Book Club Castle Hill Library's newest book club! Join an informal group who will gather every 3rd Thursday of the month to discuss their latest read. Venue: Castle Hill Library, 14 Pennant Street Contact: Castle Hill Library | 9761 4510 Visit: www.thehills.nsw.gov.au

FRIDAY 21ST JUNE | 10:00AM - 12:00PM

Bushland Photography for Beginners Discover the kaleidoscope of images to be taken in our local bushland. In partnership with Environment and Planning, Lachlan Turner will present this introductory workshop that will help budding photographers achieve that professional bushland shot. Venue: Castle Hill Library , 14 Pennant Street Visit: www.thehills.nsw.gov.au

SATURDAY 22ND JUNE | 10:00AM - 1:00PM

Self-Publishing Essentials Workshop

Inject enthusiasm, passion and commitment into your writing project. Get business savvy and marketing aware in this inspiring session with author Sue Liu.

Venue: Castle Hill Library , 14 Pennant Street, Castle Hill 2154

Visit: www.thehills.nsw.gov.au

SUNDAY 23RD JUNE | 9:00AM - 1:00PM

The Growers Market - Glenorie

With over 50 amazing pop up stalls and a jumping castle, we have loads of fun available for the family at GGM! We have a large selection of fresh food stalls available to munch on from Good Earth Kitchen, Herft Creations, Gozleme, Bel's Churros & Chorizos, Six Spicy Spoons, Little Tilleys Coffee & Gelato, & From the farmer's friend. Venue: 2658 Old Northern Road Glenorie Email: info@glenoriegrowersmarket.com.au Visit: glenoriegrowersmarket.com.au

SUNDAY 26TH JUNE | 5:30PM - 7:30PM

Business After Five

Grow your business and enjoy an evening of networking with the Hills leading businesses. Venue: Castle HIII RSL 77 Castle Street Castle Hill NSW 2154 | Contact: Amanda Primrose Email: admin@sydneyhillsbusiness.com.au Visit: www.sydneyhillsbusiness.com.au

THURSDAY 27TH JUNE | 11:00AM - 12:00PM

Urban Cooks Collective: One Pot Winter Warmers and School Lunches

Join this new group which will be the perfect atmosphere to relax, converse and enjoy a hearty stew prepared by Chapters Cafe. Venue: Castle Hill Library, 14 Pennant Street, Castle Hill 2154

Visit: www.thehills.nsw.gov.au

FRIDAY 28TH JUNE | 10:00AM - 12:00PM

Beyond Words Book & Movie Group Dural Library

Looking for a new book club with a twist? Try Beyond Words Book and Movie Group. Never judge a book by its movie. No bookings required Venue: Dural Library, Pellitt Lane, Dural 2158 Visit: www.thehills.nsw.gov.au

THURSDAY 27TH JUNE | 11:00AM - 12:00PM

Urban Cooks Collective: One Pot Winter Warmers and School Lunches

Join this new group which will be the perfect atmosphere to relax, converse and enjoy a hearty stew prepared by Chapters Cafe. Venue: Castle Hill Library, 14 Pennant Street Visit: www.thehills.nsw.gov.au

FRIDAY 28TH JUNE | 10:00AM - 12:00PM

Bird Identification Techniques workshop

Birds of a feather do flock together and they can be recognised in a number of ways. In partnership with Environment and Planning, Lachlan Turner will present this workshop about discovering, identifying and photographing native birds. Venue: Castle Hill Library, 14 Pennant Street Visit: www.thehills.nsw.gov.au

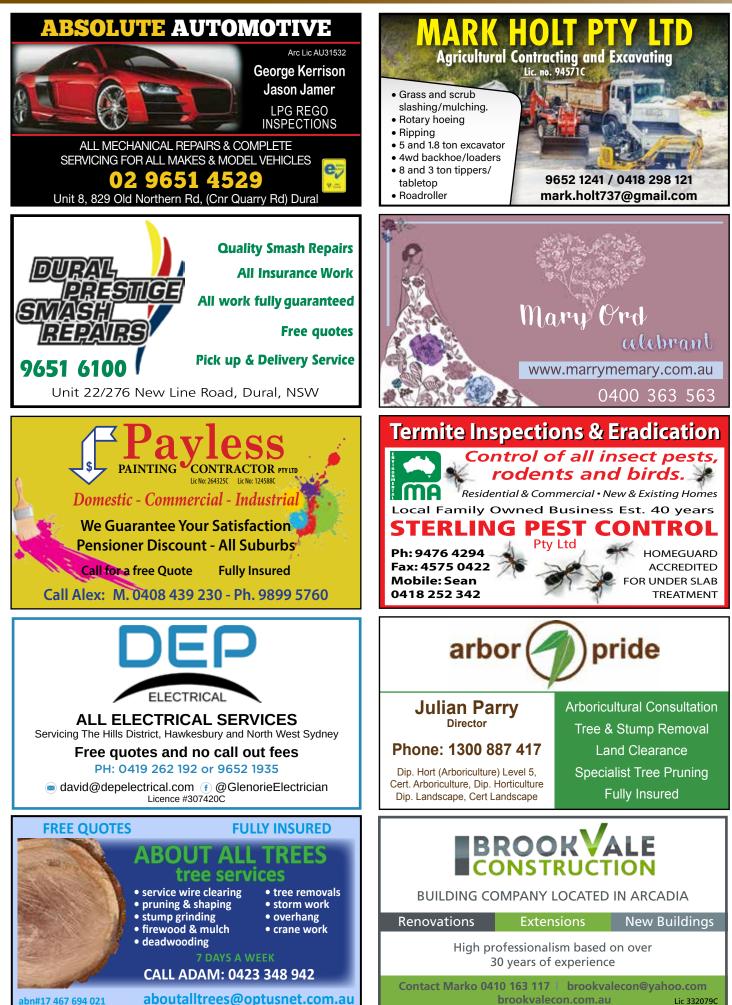
SATURDAY 29TH JUNE | 8:00AM - 4:00PM

Day Ride

Glenorie Bakery via Berowra Waters Ferry, returning via Wiseman's Ferry. I know we've recently already done that one but it bears repeating cos' it was so good. Venue: Glenorie Bakery, Shop 4 930 Old Northern Rd, Glenorie, NSW Visit: www.facebook.com/events/2041283342652777

LOCAL BUSINESS DIRECTORY





Follow us on www.facebook.com/galstonnews









hfeventservices

Sound and Lighting Vision and Screens Staging and Theming Also Catering and Fireworks

SPECIAL DISCOUNTS FOR COMMUNITY EVENTS

Tel: 9651 7555 / 0417 407 219 Web: hfeventservices.com.au

ANDREW M^cMILLAN ELECTRICAL







WORKING WITH TIMBER, STONE & STEEL

CORMERSTONE

Please contact us for a free, no obligation quote. 0418 424 031 www.cornerstoneruralfencing.com.au





- Traditional Post and Rail Counter sunk fastenings if required
 Round Post and Round Rails Ideal for animals and safety
 - Wire and Mesh Fencing
- Timber Gates Built to size

CALL LUKE 9653 1266 Koppers guarantee on all treated pine products

Pure Water Solutions AWTS

Does your Envirocycle require servicing?

- Independent operator servicing the Hills area Dural to Wisemans Ferry, Kenthurst to Cattai.
- Reliable, prompt and courteous service.
- For piece of mind, our fee for this service is \$75 with reports sent to council on your behalf.
- We communicate promptly and turn up on time.
- VO contracts pay as you go



- Call Peter on 0417 047 757
- peter@pureawts.com.au

www.pureawts.com.au

Follow us on www.facebook.com/galstonnews

Galston Community News | June 2019 57





TRADES AND SERVICES



For as little as \$42.50 per month

INTERESTED IN ADVERTISING?

Call Mary on 0400 363 563 or email advertising@galstoncommunity.com.au

COMMUNITY MARKETPLACE



TUITION

GUITAR TUITION - ALL STYLES

Private teacher. Available for home tuition in guitar up to AMEB. Ages 5yrs and up including adults welcome. Please phone Keir on 0413 652 551

ITEMS FOR SALE

NEW CORRUGATED ROOFING SHEETS

3 m sheets = \$23 4 m sheets = \$31 5.8 m sheets = \$45 Brand new. Variety of colours.

Discounted \$80 delivery or pick up

from Glenorie.

Please call Steve 0410 552 125

WANTED TO BUY

Old Records, Sound Systems and CDS

Please call Ron 9875 1767

WANTED TO BUY

Old Tools, Fishing Gear, Books and Shed Items

Please call 0402 889 061

Electric Egg Hatcher, 60 hen egg capacity, can also do duck and geese eggs. **New in box \$60**



New Citronella collar, small dog size. Extra refills at no charge. **\$90**

Please phone 0497 202 020

ADVERTISING SALESPERSON WANTED

The Galston, Glenorie & Hills Rural News is looking for a new salesperson to assist us with our Advertising sales. • Part Time Role

- Can fit around school hours

Ideally we are looking for someone with some sales experience as there will be some cold calling and dropping in to see businesses. We do not 'hard sell' to our customers but prefer to develop long term relationships to help them promote their business.

Great support and training provided by our existing sales team. Laptop and phone provided. Must have own car.

If you are interested, please send your resume to diana@ adelphi.net.au

STAFF WANTED

STAFF WANTED

Waitstaff required for new fine dining restaurant in Middle Dural partime casual or full time will train call PAUL on **0422078082** or email your details on **Sbenepal@hotmail.com**

CASUAL SENIOR HAIRDRESSER

Casual Senior Hairdresser required to work 1 to 2 days a week. Located in Galston, Hills District area. Must be capable to cover all aspects of hairdressing. Hours are flexible, Though must be able to work Fridays. Located in Galston Village with a great clientele. This position is ideal for someone who is confident and passionate in their work and likes working in a professional clean and tidy environment.

Please Email resumes or enquiries to marialia@ bigpond.net.au Or call Maria 9653 2629 or 0419 653 262

FOR LEASE

ROOMS FOR LEASE

Looking for professionals to join a busy pharmacy and podiatry in Galston. eg: General Practitioner, Dietician, Remedial massage, Speech Pathologist, Physiotherapist, Psychologist. **Please ring Vy on 96531146**

PET CARE

PET MINDING IN YOUR HOME

Vet Nursing Student Available for areas: Arcadia, Glenorie, Middle Dural and Galston. *Free meet and greet *\$15 per 30 minute visit, plus travel time. *\$65 per night to stay, negotiable by what needs to be done. *Services include; Feeding, giving fresh water, exercising, giving lots of pats and cuddles, putting on and taking off horse rugs, watering gardens and collecting mail.

Please call or text on: 0435427853

STORE WIDE SALE!!

On Sat 29th June, the Salvos will be running a massive sale at both their Dural and Glenorie shops.

EVERYTHING IN BOTH SHOPS WILL BE HALF PRICE!

Clothing, china, books, electrical items, shoes, toys, linen: EVERYTHING WILL BE MARKED DOWN BY 50%.

Doors open at 9 am, and we close at 12.30.

Can you donate 4 hours of your time once a month? Help sort donations, enjoy a cuppa, meet new like-minded people and form ongoing friendships. The Salvos will welcome you with open arms at their Dural and Glenorie stores.

> Please phone Juanita on 9651 4504 if you would like to join us.



CROSS	WORD		1	2	3	4	5	6	7	
						9				
	PUZZLE	- 1								
ACROSS		10					11			
09. Former St. George Dragons pro rugby hooker and national captain (3, 5)	 Rare Queensland spider-eating flying mammal (6-6, 3) Patriotic (4, 4) Refuse to accept 	12				13				
		12				10				
 "Iron Gloves", Test wicketkeeper (3, 5) Sort of (2, 1, 3) Gun butts 	 Deadeye Annie For the few Ghastly SA leader 	14		15			16		17	
3. What you usually see in a mirror	Marshall									
DOWN		• 18	19		20		21	22		
 Not too many (3, 2, 3) Vast Gets cracking (6, 2) 	 Inhabitants Playful dolphin relative 	23				24				
 Gets clacking (0, 2) Long NW Australian coastal strip Instead (2, 4) 	 Place for old documents Grounds 									
 Worried East Mediterranean democracy 	20. Give the pink slip (3, 3)22. Bullying seabird	25					26			
·										

ADVANCED SECURITY & ALARM PRODUCTS 🕮

Aaster Lic.: 40552839

- Automated Slide & Swing Gates
- Boom Gates
- Burglar Alarms
- Access Control
- Remotes
- Video & Audio Intercoms
- CCTV Camera Surveillance

Glenn Marks 🕓 0414 642 515 🖾 glenn@asapautogates.com

- Car Licence
- Reversing Camera

TRUC

HIRE

- Hydraulic Tail Lift
- Free Use of Blankets **Ropes and Trolley**
- Automatic

• 36 Mid Dural Rd, Galston 9653 1122 www.hillsselfstorage.com.au

SEPTIC TANK CLEANOUT SPECIALISTS



Staples Waste / Premier Pumpouts Septic Tank & Envirocycle Cleanouts For a competitive price and prompt service CALL 9457-8777

COMMUNITY CONTACTS

Avicultural Society of NSW Inc. Welcomes persons interested in Avicultural

(bird keeping). The society holds monthly meetings which include presentations and talks on all aspects of bird keeping an breeding. For further information contact Paul Henry 9872464 or 0408 617686

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

Aglow Australia Pennant Hills

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

ALANON Family Group

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

APEX Australia

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

Arcadia Community Hall

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

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

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

Association of Independent **Retirees**(AIR)Ltd

Meetings are held on the first Friday of each month at 10 am. Meetings are at Yarrara Rd Pennant Hills. Contact John Guthrie on 9634 6727

Castle Hill Art Society

Monthly Meetings and Art Demonstrations are held at Castle Hill Art Society - 155 Ridgecorp Drive Castle Hill on the first Wednesday of each month at 7.30 p.m. Enquires Ph. 98993179

Circular Keys Chorus

Are always seeking would-be Divas. De-stress as you learn to sing acappella 4 part harmony with passionate CKC singers. Rehearsals in Castle Hill Wednesdays 7.30-10.pm. Contact Janet 9653 2959 email info@circularkeys.org or visit www circularkeys.org

Dural and District Historical Society Inc

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

Dural and District Prostate

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

Dural and Districts Senior Citizens' Club

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

Dural and Hills District Garden Club

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

Follow us on www.facebook.com/galstonnews

Dural Galston Probus Club

We meet on the third Thursday of each month at 10am at the Galston Club 21-25 Arcadia Road, Galston. Probus 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

Joevs (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 ake new friends, have fun! Contact Warren Pavne 0419 280 967.

Dural Mens Shed

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

Friends of Fagan Park

Volunteer group actively preserving the remarkable rural history of Hornsby Shire The Friends meet every Tuesday from 9am to 4pm maintaining historic Netherby Cottage and its garden and also restoring farm machinery and implements to working order. Members of the public and new friends are always welcome! Open days are the 2nd Sunday of each month, 1.30pm to 4.00pm, and other special occasions. Contact Ian Browning. M: 0419 435 475 E: isandian@tpg.com.au

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 8 pm (during school terms). Enquiries 0403076175. New members always welcome.

Galston Branch CWA

Meets on the second Wednesday of each month at the Galston Community Health Centre. New members are sure of a friendly welcome. Enquiries to Janet 9653 2402 orMelissa 0408626978.

Galston Community Hall

37 Arcadia Rd, Galston available for functions, air-conditioned, inspections welcome Bookings call Jane on 0481 900 151.

Galston Community Health Centre

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

Galston Garden Club

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

Galston View Club

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

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

Glenorie Maroota Bioregional Forum

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

Glenorie Memorial Hall

Available for Hire. Seats up to 120 people Tables and chairs available. Small kitchen/ 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, eng@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

IP SERVICES

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

The NSW Justices Association Hornsby Branch

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

Living Life Without Children

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

Pennant Hills Photographic Club

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

Rotary Club of Galston

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

Probus Club of Round Corner

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

Rowland Village Workshop Club

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

Soroptimist International of The Hills District Inc

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

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

The Hills District Pipe Band

We practice at Harvey Lowe Pavillion, CH every Tues 7.30-9pm. Welcomes new members and gig enquiries. Follow us on facebook or www.hillsdistrictpipebank 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@iinet net au or Contact Nick on 9653 2056

CHURCHES

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

Glenorie Mission Church

0414 584 303 or 0411 422 236

Hillslife Church

www.hillslife.com

Beverley 9653.1790.

St Judes Anglican

and 5.30pm

LOCAL SPORTS ASSOCIATIONS

Sunday Service 10:00 am. 1409 Old Northern Road (Cnr Muscios Rd), Glenorie. Enquiries

Meets 10:00am every Sunday at Galston Public School. Pastor Corri Byrne

St. Columb's Anglican Church Sundays at 9.30 am. Coffee n' craft group

meets on Fridays at 9.30 am - enquiries

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

Service Times: 8am Traditional; 10am Contemporary with Sunday Kids & Yr 5-9

Teen group; 6pm Evening church for youth

& parents. 'Epic' kids club and Youth Group -

Fridays (see website for details). Galston & Old Northern Roads, Dural. Phone: 9651-1119

St Madeleine's Catholic Church

Mon-Fri 9.15am Sat 5.30pm Sun 8am,10am

Plays monthly, visit www.glenoriersl.com.au

under 'Branch' for round dates and courses.

Hills AUSSI Masters Swimming Club

Adults 18 years to 80 + are welcome to swim

with us every Tuesday at 7pm at Galston Aquatic Centre. Whether you want to swim laps for competition, fitness, or simply fun &

friendship, ring Di on 0418 432 587

Hills Hawks Soccer Club

agminsulations@bigpond.com

For season details and registrations

call Michael Rosier on 0418 676 768 or

Hills Hawks Softball Club Our competition is held during the summer

season (September to March, excluding school

holidays) at Haves Park. Galston. We welcome

new members! For enquiries please contact our

registrar Hazel Postill on 0414 474 461 or visit

For information including registrations, call Sarah Sumskas on 0430883385 or email

Tennis / Squash Social Group looking for new players. Call Karen 0412 485

411 or email tennisandsquash@live.com.au

Tennis Court for Hire Galston

At rear of Galston Community Hall. Available Day or Night, Mobile Jane on

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

court for a minimal fee. 12 month membership

Competition in the Hills District

Players of all standards are welcome. For

more details and contacts please see our website at hillsladiestennis.org

\$50 per family or \$8 per hour. Please contact

members of the public to hire their tennis

Hillside Public School on 9652 1459

Thursday Ladies Tennis

Galston Community News | June 2019 61

9847 6050.

our website: http://hillshawks.softball.org.au.

Hills Pumas Football Club

registrar@hillspumasfc.com.au

Kenthurst Netball Club

0407942986 mitre@tpg.com.au

Registrations. Contact Sally Coppini

Contact Stephen Osborne 0416 546 789

28 Annangrove rd. Kenthurst. Mass times

Glenorie Social Golf Club

Ph: 0416 233 629. For more info go to

on 02 9634 4987

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

Every Saturday 9.30am to 10.45am Bible Study, 11am to 12noon Church Service at

49 Arcadia Rd Galston, Contact Minister Pr.

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

Dural Country Club Bowling

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.

Enquiries, please contact the registrar Eric

Flanagan, email efl86029@bigpond.net.au or phone 0412 230 328 or visit our website

Dural Rugby Club

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

speaker. Enquiries call Lachlan on 0438 801

Galston Glenorie Cricket Club

grades and registration, please contact

0404 600 460. ggcc.nsw.cricket.com.au

Plays Monthly – Variety of courses. Contact - James Roberts 9653 2017 / gm@

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.

galstoneguestrianclub.org.au.

Galston Netball Club

netball.com.au

All enquiries to secretary. galstonnetballclub@gmail.com or

visit the website www.galstonnc.nsw

For further details regarding season events

prizes and every meeting has a guest

170 or Warren on 0416 061 428.

Galston Club Golf Club

Galston Equestrian Club

New Members are always welcome

galstonclub.com.au

Clubs

Glenorie Community Church

Galston Seventh Dav Adventist Church

David McKibben 0474 493 793.

LOCAL PLAYGROUPS

GALSTON

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

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

GLENORIE

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

ARCADIA

Located at Arcadia Public School, 140 Arcadia Rd. Every 2nd Thursday 9.30 to 11am. Contact Dale 0410 532 562

Parking in Community Centre next door. Our playgroup has a very relaxed format. There is usually a craft activity, however, some kids choose not to participate in craft as they are having too much fun in the enormous sandpit. Our toys and resources cater for all ages. We have playmats and toys for babies, musical/percussion instruments, water play and more. We request a gold coin donation when attending. All of our regular attendees become members of Playgroup NSW.

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

LOCAL RURAL FIRE SERVICES

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

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

LOCAL JP's Bendigo Bank Galston - 9653 2227, Geoff Lynch Galston Newsagency, Cathy Vipond Hills Accounting, Glenorie - 9652 2400 Mary Ord - 0400 363 563, Vicki Brownless - 0423 727 826 (South Maroota area), Ray Whiteman, Glenorie - 9652 2454 / 0400 008 083 Cherrybrook Shopping Village, Shepherds Drive, every Saturday morning 10:00 AM to noon. There will be a JP at Dural Library Wednesdays between 1:00 PM and 3:00 PM.



ADVERTISING Mary Ord | 0400 363 563

Mary Ord | 0400 363 563 advertising@galstoncommunity.com.au

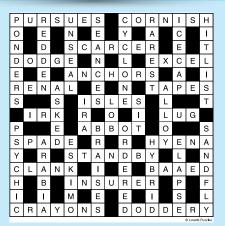
EDITORIAL Diana Paton | 0408 011 193 editorial@galstoncommunity.com.au

ADS/ARTWORK/DESIGN info@galstoncommunity.com.au

ACCOUNTS Kai | 0459 303 600 accounts@galstoncommunity.com.au I CHILD PROOFED MY HOUSE BUT THE KIDS STILL GET IN

Deadline for July 2019 Edition 18th June | 7000 COPIES DISTRIBUTED

Answers from May Issue



Material appearing in this magazine is subject to copyright and may not be reproduced without the written consent of the publisher. Every effort is made to ensure accuracy of all information in this publication however no responsibility is accepted by the publisher for the content of offers made by advertisers or editorial comment. The publisher reserves the right to alter, omit or change editorials and advertisements.

The Galston, Glenorie and Hills Rural Community News is a published by Adelphi Printing Pty Ltd Magazine Design and Print by Adelphi Design and Print www.adelphi.net.au Enquiries to quotes@adelphi.net.au

CHECKLIST FOR GETTING YOUR FINANCES IN ORDER

There are a lot of boxes to tick when buying a home for the first time, especially when it comes to getting your finances in order. Across Australia, banks are tightening their lending policies and are being more scrupulous when looking at people's ability to service a loan long-term. What that means for you is, you need to present your finances at their best when you sit down with a mortgage broker or lender.



To do this, give your finances an overhaul with our checklist for getting your finances in order.

SAVE FOR A DEPOSIT

Saving for a deposit takes time and can require a lot of discipline in your day-to-day spending. Here are some ways the Australian Securities & Investments Commission suggest to expedite your savings;

- Develop a savings plan
- Cut back on the extra expenses
- Get a high-interest saving account
- Move back into the family home
- Automate your savings
- Consider investing in shares or managed funds

Set up a high-interest savings account and put a portion of your pay into it every time you get paid, with the goal to save up to 20 per cent. But saving 20 per cent of a home loan is not always realistic. You can secure a home loan with as little as a 5 or 10 per cent deposit. The catch here is, if you obtain a home loan with less than 20 per cent deposit, you will be required to take out Lender Mortgage Insurance, which protects the lender if you default on the loan. You can pay this as a one-off payment upfront, or it can roll into your loan repayments.

CLEAR YOUR DEBTS

Increase your borrowing capacity by clearing all your debts. This includes paying off your credit cards, store cards, personal loans and student loan. To do this, the Australian Securities & Investments Commission recommend you;

- Tally up your debts so that you can get a clear picture of where you stand
- If needed, seek professional help tackling the debt
- Set a budget, one that is realistic and that you will stick with. If you can afford to, put more towards extra repayments
- Prioritise your debts. This can be either paying off the debt with the highest amount of interest or paying off the smaller debt first which will give you a sense of achievement
- Make your repayments automatic

If you would like to discuss how to form your checklist further or how to prepare you property for sale; do not hesitate to call Carolyn Wheatley – 0407 120 483 – for an obligation free chat today!



IF YOU ARE SELLING YOUR HOME,... Want the highest price? A trustworthy agent? The best advice & local experience?

CALL CAROLYN WHEATLEY 0407 120 483 | carolyn.wheatley@belleproperty.com SOLD 11 HANSEN AVENUE, GALSTON



Meet Bob and Margaret. Today they put the famous Belle green SOLD across their property. Whilst a lot of people are focused on the market downturn, Bob and Margaret focused on buying and selling in the same market to make the process all relative

YOU COULD WIN UP TO \$10000.00*

Members Badge Draw

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





MONDAYS

- Surf n Turf on a Rump or Chicken Schnitzel \$17 with a Schooner of Coopers, or Glass of Chain of Fire wine
 Dinner only
- \$12.00 Lunch specials (Members Price)

TUESDAYS

- Burger & Beer \$14 with a glass of Coopers, or Glass of Chain of Fire wine - Dinner only
- \$12.00 Lunch specials (Members Price)
- Tuesday nights Poker \$20 buy in rego starts at 7pm

WEDNESDAYS

- Monthly Special of the Chefs Choice -Dinner only
- \$12.00 Lunch specials (Members Price)
- Bingo Ticket Sales from 10am. Jackpot Prize \$2000* Game Prizes – Cash & Wishcards totalling \$100 in value
- Trivia 8.00pm
- Raffle tickets on sale 7.00pm
- Total Value of Raffles \$500
- Joker Jackpot \$5200*
- Members Happy Hour Mon – Fri 4-5pm

THURSDAYS

- Chicken Schnitzel \$14 with a topper \$19 with a glass of Coopers, or Glass of Chain of Fire wine - Dinner only
- \$12.00 Lunch specials (Members Price)
- APL Poker Free Roll plus Jackpot*
- Pool Competition Max Prize \$200*

FRIDAYS

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

SATURDAYS

 Kids Eat Free (1 childs meal for every main meal purchased - Dinner only)

SUNDAYS

Roast \$18 Lunch and Dinner

* 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