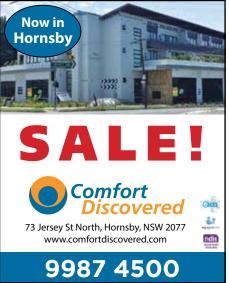


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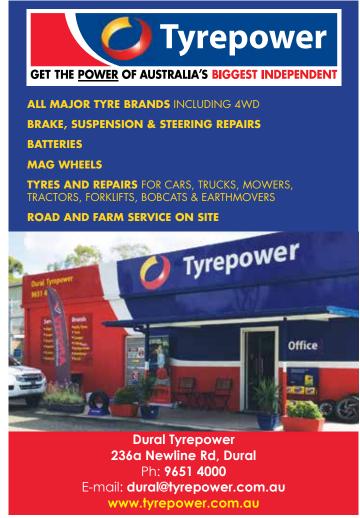
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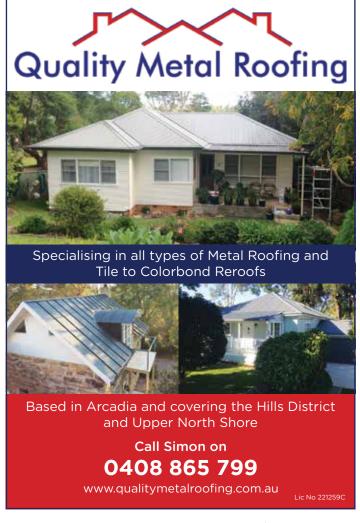
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GALSTON'S COLOUR AND FOAM RUN FESTIVAL

REGISTRATIONS OPEN
EVENT STARTS 10.30AM ON SUNDAY 11TH AUGUST 2019
GALSTON RECREATION RESERVE.



Following a successful and colourful run last year, Galston Rotary with help from Galston High School and our own Galston, Glenorie and Hills Rural News, will be running the festival again this year. Plans are afoot to include a slide, a water' feature, and other interesting obstacles. As with last year, there will be a short course available for younger children and those with disabilities.

Tickets can be purchased via Trybooking - follow the link from the Colour and Foam Run Festival's facebook page https://www.facebook.com/Galston-Colour-and-Foam-Run-Festival or search the Trybooking.com website for 'Foam and Colour Run Festival'.

Tickets: Team of 4 - \$50, 6-18 year \$20, Adults \$25, Special Needs/Disability \$15. Children under 6 years free. T-Shirts are also available for purchase online.

We advise locals to book early. Last year ticket sales closed prior to the event due to high numbers. Food stalls will also be available if you want to stay after the event for lunch.



DURING RENOVATIONS



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Neighborhood Watch



Please join our Neighbourhood Watch Facebook group, www.facebook.com/ NHWGGAD. You can post to this group using the visitors post option.

This month has unfortunately seen another spike in crime activity in the area. Suspicious activity reports from residents (via facebook) this month are as follows:

CATTAI RIDGE ROAD. **GLENORIE**

JULY 12, 2019

2.45am resident woken by barking dogs. Looked out of window to see strange car in driveway outside window. Property is located down a long driveway and on 5 acres. Some residents approached driver who said he was Uber and maybe he had the wrong address (he had passenger in back). Police informed

UPDATE FROM HORNSBY POLICE

JULY 16, 2019

Over the last 2 weeks, (1st July to 15th July), 5 reported incidents in Galston, Arcadia and Glenorie suburbs with regard to break enter with intent to steal, malicious damage to property, stealing from a retail store and a stolen vehicle.

There have been sightings of a drone in the area. If you see one, please report to police as soon as possible

WHAT CAN WE GLEAN FROM ABOVE:

- Let's not become complacent
- · Let's keep being vigilant
- Let's keep reporting crime/suspicious activity as soon as possible
- Keep being on the lookout for yourselves and your neighbours
- Triple 000 for emergencies, or life threatening situations
- The Police Assistance Line 131444 for non emergencies
- Crime Stoppers 1800 333 000 to provide crime information.

NOLLANDS RD ARCADIA

JULY 18, 2019

Resident cleaning paddock and had left the back of her car open. She saw a ute pull in behind her car. Driver got out and started looking in her boot. When she approached him, he took off. He was driving a white ute with silver tray. Police informed.

TOWNER RD GALSTON

JULY 24, 2019

At about 3.50ish today I saw a silver hilux with a dented left side tub casing Towner road, Galston when I was standing inside my closed gates talking on the phone after getting my bins in. Dead end road. When they came slowly back they stopped just short of my gate and were looking in. They pulled forward and looked down the opposite driveway whose gates were open. I think you should keep your gates closed. Resident was advised to report to police. Reported late yesterday.

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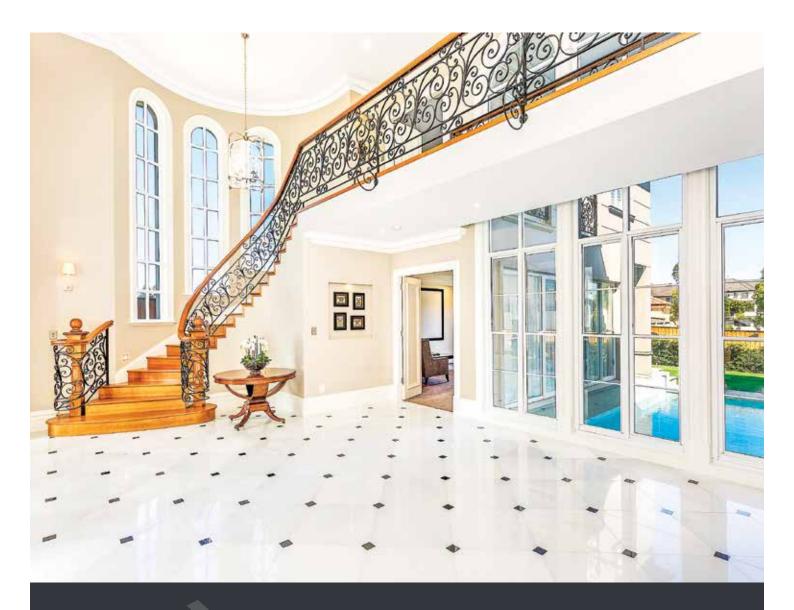




Receive OLAPLEX in colour free (up to 4 shots only) with a colour service booked with Alana to the value of \$65.

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Not available with any other offers or discounts and not available when booked online. For the month of August or until quantities are exhausted.





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SALVATION A RIVER SALVATION A

We are asked many questions by our Salvos Family Store customers and visitors.

Do you accept electrical items? Yes, we do, and every device put out for sale in our shop has been safety tested and tagged by our qualified volunteer, Rob. Our range extends from popcorn poppers right through to refrigerators.

If an electrical item is not working, do you have someone who can fix it for sale? No, these items have to be taken away at our expense.

Can an incomplete dinner set be sold? Yes, we will endeavour to group like components, for example, cups and saucers, or dinner plates, in mini sets. Odd left overs also often find a home.

Is there a market for second hand shoes?

As long as the soles are in good repair, straps are unbroken and embellishments in place many people shop regularly with us for baby, toddler, children's and adults boots, shoes and sandals.

My books are old and well read: can you sell them? Apart from the Childrens section, our books now range from \$1 upwards. Our quide " is this book worth \$1 or more?" will

help you decide what to donate and what to recycle at home.

Do you sell underwear? On health grounds, we only offer new underpants and bras, and preferably still packaged. We do sell swimwear and endeavour to check each item carefully for quality and cleanliness.

What about towels and blankets? If these items are in good condition, they are offered for sale. Stained or thin items often go to Dog Rescue Organisations and to the AWL for distribution to shelters and other pet-loving members of the community.

Do you accept furniture? Yes, we do, and it sells well! It is always helpful if you can let us know in advance what you wish to donate so we can budget floor space for these items. A pick up can be arranged by phoning us.

Do you throw out all the clothing that doesn't sell? No, our team puts the best out in the shop. Out of season and old fashioned garments are bagged up and delivered to

HALF PRICE DAY AT THE SALVOS STORES ON SAT 31ST AUGUST

Both Dural and Glenorie stores will be discounting everything store-wide by 50%. From books to boots, radios to records, toys to teacups, furniture to frisbees: **EVERYTHING WILL BE HALF PRICE!!!**

another organisation that sends them overseas to Third World Countries. We try to rehome every garment one way or another to look after the environment and save the burden on landfill. And, of course, to offer you, our customers, good quality clothes at very reasonable prices.

What are some of the more unusual donations that you have received? Old 78 gramophone needles, a wooden Balinese frog, a taxidermed crocodile, a puzzle jewellery box that no-one could open, bunches of old keys, leather moccasins, a talking cookie jar, stock saddle, wheelchair, wigs, a Victorian button hook, and a human skeleton! And yes! They all went off to new owners! Even the crocodile!!

There is an old saying: As the days get longer, the cold gets stronger. For a warm welcome and a cup of tea or coffee in our Community Corner, come and visit us at our Quarry Road Store in Dural, or on Wednesday to Friday at Glenorie.

Come in out of the cold and enjoy the warmth of the team spirit at the Salvos Family Stores in Dural and Glenorie. **VOLUNTEERS URGENTLY NEEDED to help us help others.** Just a few hours per month will make all the difference. Please register your interest by phoning 9651 4504



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Proudly supporting Foster Care Angels



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

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

\$130.00 per person

Dress code: Black and white ball

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

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

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

Supportedy by



The Hon Ray Williams MP Member for Castle



The Hills Mayor



Clr Dr Michelle Byrne Dr Jim Taggart OAM MC and Auctioneer

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

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SYDNEY METRO RAVE

Many locals are now using the Sydney Metro trains and bus, traffic and parking is now settling down. Here are some tips on using the Metro:

DRIVING

Parking at Cherrybrook and Castle Hill Showground car parks are normally full by 7-715am. Signs often say 22 parking spaces free, but these signs are often incorrect and also include disabled parking bays. Parking in surrounding streets is limited and parking restrictions are in place. We understand Bella Vista has more parking available after 7am. Due to people on shift work there are often spots that's become available after 2pm at most stations.

BUSES (FROM 28TH JULY)

637 Buses leave from Glenorie Shops at 6.49, 7.15am and 7.49am and its a 33 minute trip to Castle Hill Station. After 7.49 buses are every hour to Castle Hill station up to 7.30pm then the last bus is 9.30pm. There is one exception between 12 and 3pm when there is only one bus at 1pm. All buses go via Galston with the exception of the peak hours (6.30am-7.15am and 16.23-17.34pm) where additional services are covered by the 638 which runs from Berowra Waters to Pennant Hills Station via Castle Hill station.



On the return - buses from Castle Hill Station to Glenorie pretty much hourly from 7.05am to 21.55pm

Saturday bus services are now every 2 hours throughout the day from 7.05am to 19.05pm from Glenorie to Castle Hill Station and 8.30am to 20.30pm from Castle Hill Station to Glenorie. Not that late if you are coming home from an event, which is disappointing. Uber/Taxi might be the only option if you don't want to drive. All buses go via Galston.

Sunday services are still limited with only 4 buses running the whole day. The last from Castle Hill station at 5.30pm.

CYCLING

All station have ample cycle racks which are not being used to their fullest capacity. Its a great option if you are fit.

SHOPPING

One thing to remember if you like shopping is the metro has connected all the shopping centres. For example, if you park at Castle Towers and can't find what you are looking for, its only a 12 minute train ride to Rouse Hill Shopping Centre, or in the other direction 12 minutes to Macquarie or 20 minutes to Chatswood.

Great option also for expanding your restaurant choices if you want to try other places.

Even if you don't have anywhere particular to go, just go for a ride. Its fun and interesting and the driverless trains actually go quite fast!

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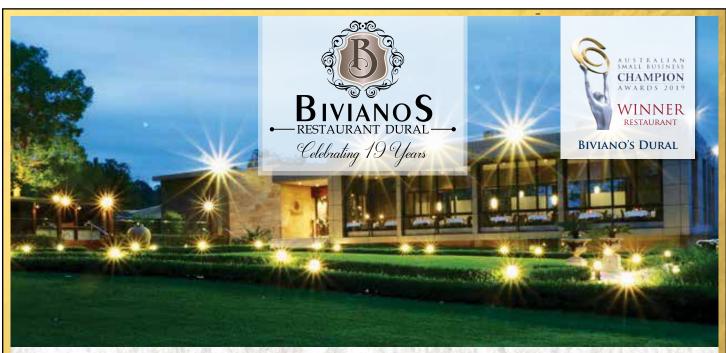
If you have your own gold

- whether to save or sentimental we can reuse
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Opening Times (approx.) Monday to Friday: 9:30am to 5:15pm Saturday: 10am to 3pm Out of hours by appointment

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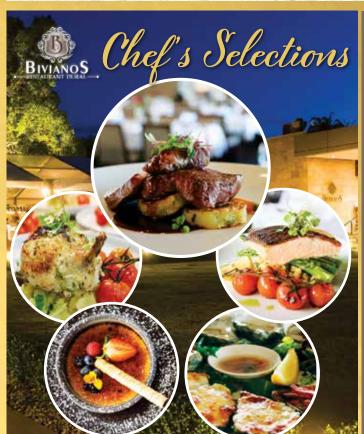


The ultimate fine dining experience

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

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





Book Now 02 9651 2022 • www.bivianosdural.com • 628 Old Northern Rd Dural NSW 2158



GLENORIE PROGRESS ASSOCIATION

IT DOESN'T FEEL **LIKE PROGRESS**

Last year we reported that the famous Nicolson Fruits orchard in Forest Glen closed its doors. If you drive past the orchard now vou will notice that all the fruit trees have been removed. This was one of the most significant stone fruit orchards in the area. We have now been made aware that Ray Christie's orchard in Canoelands has also ceased operations and all the stone fruit trees have also been cleared. This leaves very few productive stone fruit orchards (maybe less than 3) in the district. We would encourage everyone to get behind Canoelands Orchard and any other primary producers in the area. It appears that due to strict regulation on sprays, market control by large supermarkets and with the challenges of water and weather it is simply too tough for these well-established once profitable businesses to stay viable.

At the Glenorie Progress Association (GPA) we are all about progress, not regression. For Glenorie to progress it needs viable businesses that provide local employment and local services and goods which in turn benefit the community. It is with great concern that we note another valued small business at risk and under threat. The famous Conn's Glenorie Butchery is finding it hard to make ends meet. We talked with Felicity Conn, the owner / manager and she reported that there have been several recent impacts that have led

to this once viable butcher that the community loves, to be in a tough financial situation:

- 1. The drought has caused base price for some meats to double, raising prices and reducing profits.
- 2. Since construction started around the butcher, parking space has decreased as has foot traffic and dwell time. While this impact should exist only for the construction period it is significantly affecting the business.
- **3.** Trevor cannot work at full capacity due to health circumstances.

For those who love the convenience and speciality meats of their local butcher, please make a special effort to purchase your meat "across the road". We love the convenience of Woolies but we also value our local retailers and need to do what we can to keep them viable as well.

Things that are progressing:

We note the commencement of the build of "The Village" by Tazcol with rapid progress of the civil works. In line with the GPA objectives we look forward to new, affordable opportunities for retailers and services in Glenorie when the development is complete. You can find out more at www.thevillageglenorie.com.au.

Look out, Koalas about.

You may have noticed "koalas" in the trees around Woolworths. The toy koalas are part of an awareness campaign as there have been increased "sightings" and "hearings" of koalas in the district. We are all very excited about their return but drivers

in particular need to be aware that koalas may be trying to cross local roads and therefore need to keep an eye out. If you are able to make your property available for monitoring of koalas please contact Dr Michelle Ryan on M.Ryan@ westernsydney.edu.au.

Streamwatch

The Glenorie Environment Centre is also active in Streamwatch which monitors the quality of local creeks. Streamwatch are keen for new members, if you are interested please message or call Pat on 0419321276

Free native plants for residents

By the time this edition goes to print. The Hills Shire Council will have distributed free trees for residents at the Glenorie Growers Markets. If you still would like to plant trees and you reside on the Hornsby side, you can obtain http://trees.hornsby.nsw.gov. au/request/. Please also support the Glenorie Growers Market's held once a month at Les Shore Oval https://www.facebook.com/ Glenoriegrowersmarket/.

The Glenorie Development Plan.

At the GPA we are not pushing for development, but rather being pre-emptive about where and how development is undertaken in Glenorie if it is to occur. To that end we have a planning committee which is engaging with The Hills and Hornsby Shire Councils to draft plans for the Glenorie Village that are sustainable and feasible. These plans may influence zoning and may affect you. By the time this article is printed, a community meeting will have been held with The Hills Forward Planning Team at Glenorie RSL. If you missed the meeting (promoted on facebook and the community notice board) you still have the chance to put your view forward to the team at https:// www.thehills.nsw.gov.au/News-Publications/Have-vour-sav-on-thefuture-of-The-Hills or you can attend the GPA to make your views known as we continue to provide feedback to the planners of both councils.

The Hills Shire Council's Draft 2036 Local Strategic Planning

Statement (LSPS) is on exhibition till 9th August. It provides a vision and strategy about the future of The Hills Shire that will guide growth and development through to 2036. The GPA would like to thank The Hills Shire Forward Planning Team and Hills Shire Councillor Dr Peter Gangemi for being so accommodating and organising the meetings.

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

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

GPA Annual General Meeting will be held on Thursday 8 August at 7pm at Glenorie RSL, you need to be an approved member to vote, so join or renew now.

You can find out more or join or renew at www.glenorieprogress.org









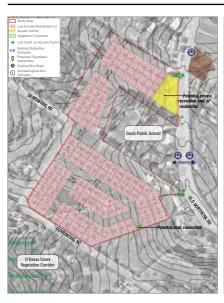
ESIDENTS might have noticed some construction work happening behind Arcadia Rural Fire Station. These workers are from NBN Co, and are erecting an NBN Fixed Wireless Tower which should be operational by September this year.

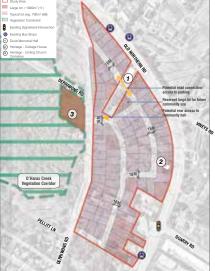
The Fixed Wireless connection utilises data transmitted over radio signals to connect your premises to the nbn™ broadband access network. Data can travel from this transmission tower as far as 14 kilometres to an NBN outdoor antenna that has been fitted to the premises.

From the information supplied by NBN Co, it appears that your outdoor antenna must have 'line of sight' to the NBN Fixed Wireless tower to gain a good broadband access. It has been reported from online groups using Fixed Wireless connections that speeds can fluctuate due to distance from the tower and congestion on individual cells. The latter is particularly relevant during peak useage hours.

As we get closer to September, residents are advised to seek prices from the many providers as plans and prices will vary. Beware of scam callers who are currently calling residents to sell ficticious plans







DURAL DEVELOPMENT APPROVED BY HILLS SHIRE COUNCIL

The development application for 181 houses along Old Northern Road and Derriwong Road, reported last month as being refused by the Hills Planning Panel, was then approved at the Hills Shire Council Meeting in July. This was an unexpected outcome for many locals, but something the landholders and developers had worked hard to achieve.

As the application is contrary to existing use, the application now has to be assessed by NSW Planning, called Gateway Approval. The application will be put on public exhibition during this process which will allow locals to make a submission if they wish.

THE SYDNEY HILLS BRANCH OF THE ASSOCIATION OF **INDEPENDENT RETIREES**

Will be holding their next meeting on Friday 2nd August, 2019 at Beecroft Presbyterian Church Hall, Welham Street Beecroft.

Meeting commences at 10.45am. We have an interesting line up of speakers, future topics will be Health, Centrelink, Retirement, Technology Safety and others. Are you looking for information and keeping up to date with all the Government's Changes related to Retirement and Superannuation. We Welcome Visitors and New Members, Come Along! Make New Friends We all need to work together for a better future in RETIREMENT!

FREE PELVIC FLOOR HEALTH TALK

This session is for all women who want to know how to fix bladder control issues, manage their prolapse or prevent future issues.

This talk is facilitated by Kathi Janssens, exercise therapist. Saturday, August 24, 1pm at Hills Yoga. Reserve your spot via discreetlyfit.com.au, 0406 501 509.



HILLS FUTURE 2036 PLANNING MEETING

The Glenorie Progress Association organised a special presentation by the Hills Shire Planning Team to provide Glenorie residents with an idea of the planning future of Glenorie Village and outer lying areas. Whilst there are always questions regarding subdivision, the planners provided some interesting information:

- Glenorie can (and they recommended should) develop concept plans of how we want the village to look. What services and amenities we would like and what type and mix of housing. It is possible for this to be developed into a Glenorie Village Plan and a character overlay and place statement which would set the framework for any development.
- 2. They showed a slide with a 1 km radius from Glenorie Village centre and indicated that more density of housing in those areas would maintain a village atomosphere and encourage walking to the village and parks etc.
- 3. A slide was also presented showing that agricultural businesses in our area are actually
- increasing. Hills Planner, Stuart Seale, cited 3 businesses that he was personally aware of. These businesses were using more intensive farming methods and embracing technology advances. (See Hills Shire Review of Industrial and Employment Activities 2019)
- 4. Sydney Water limitations for sewage treatment was a hurdle for future development around the village, but examples were given of areas who had overcome this.
- 5. Callum Hoogesteger (Secretary of GPA) highlighted the need for Council to allow existing businesses in the rural areas to continue. We want to encourage locals to work locally.



This is just a brief synopsis of all the things presented and discussed. Copies of reports presented can be found on our website, or on the Glenorie Progress Association (GPA) Website, www.glenorieprogress.org. If you want to be kept up to date with information, consider joing the GPA. Its only \$15 per year and you can join online.

LOCAL RESIDENT LARISSA TAKCHI CROWNED MASTERCHEF AUSTRALIA WINNER 2019

Local Dural resident and Wild Pear Cafe manager, Larissa Takchi, has become the youngest winner in MasterChef Australia history, crowned victorious at just 22 years old with a huge score of 85/90 following the Grand Finale of the competition.

Larissa takes home not only the MasterChef Australia title and trophy, but a cash prize of \$250,000 to kick-start her food dream, a monthly column in Australia's leading premium food magazine, Delicious, and a top of the range Holden Equinox.

Thrilled to be sharing this moment with her family and fellow contestants, Larissa said: "MasterChef isn't just a cooking show, it's a lifestyle change. To think that I was just an ordinary girl living an ordinary life in a small town, and now when I look into the mirror, I almost can't recognise myself.

"When I applied for MasterChef, never in a million years did I think I would grow so much. The Grand Finale was the biggest test in the competition so far, but with the support of my family, Shannon Bennett and the judges, I honestly feel like I could conquer anything. I'm so excited to see what lies ahead."

On behalf of the judges, Gary Mehigan said Larissa was a deserved winner, showing determination, inventiveness and maturity. "She thinks differently to the other contestants, and she loves a laugh and has a great sense of humour. For somebody that was so young and predominantly focused on the sweet side of creativity, I expected her to falter towards the end of the competition. In fact, the penny dropped, and everything started to come together and she improved in leaps and bounds and put up some of the best dishes that we have seen in MasterChef. We are all convinced that she will do brilliantly well and can't wait to see what she does next," he said.

This area seems to have a great history of MasterChef winners, with Galston High School Teacher, Elena Duggan winning MasterChef in 2016.

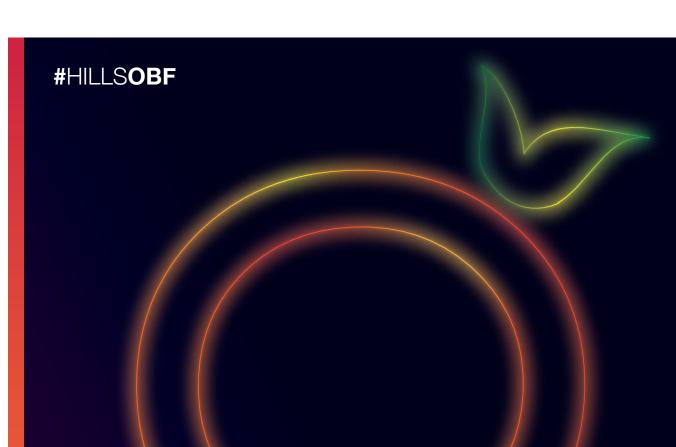


A BIT ABOUT LARISSA

LARISSA TAKCHI lives in Dural and is part of a big Lebanese family. Larissa says weekends with her family have always revolved around food. With her dad one of nine children, Larissa and her three siblings spent their Sundays with all her cousins enjoying big lunches and dinners. Everyone would bring plates of food, and her fondest memories are of her aunties in the kitchen preparing generous plates.

Larissa attended Hillside Public School, then High School at Mount St Benedict College, finishing in 2014. Larissa earnt a spot at Macquarie University, where she is now studying a Bachelor of Business Administration. Her Mum owns Wild Pear Café at Dural, and it is there Larissa works as a Restaurant Manager. With her Mum a chef, there's strong argument Larissa had an ace in her pocket this competition, and she admits while she's mostly self-taught, Mum has always been there along the way to help out.

Finally we would like to congratulate Larissa on her recent engagement to fiance Luke. We wish you all the happiness for your future together. What a year!!



ORANGE BLOSSOM FESTIVAL

LIGHT

14 SEPTEMBER | 4-9PM | CASTLE HILL SHOWGROUND

THE ATMOSPHERE WILL BE **ELECTRIC** & FACES WILL **LIGHT-UP** WITH THE 2019 INSTALMENT OF ORANGE BLOSSOM FESTIVAL

Jam with Jon Stevens, Reece Mastin, Lah-Lah's Big Live Band, Dauntless Movement Crew & more.

Satisfy your food cravings with fantastic food trucks and enjoy interactive stalls, roving entertainment, games, amusement rides as well as putt-putt and a roller-skating rink. Immerse yourself in light with interactive light installations, glow-in-the-dark face painting, fire twirlers & the iconic Orange Blossom Festival fireworks display to conclude the evening.



WWW.ORANGEBLOSSOMFESTIVAL.COM.AU



MORE SUCCESS FOR DURAL BOWLERS

OME OF THE DURAL **BOWLERS** entered various events with considerable success. Two pairs entered, Ruth Keene with Diane Trovato and Sue Vindin with Christine Fitzgerald. Ruth and Diane reached the final only to be narrowly defeated by Wentworthville Leagues' top team of Lee Benson and Jilly Bird who had also beaten Sue and Christine earlier.

Christine also entered the Champion of Club Champions when most of the Club winners from around the state converged on Asquith for the playoffs. Christine played well to win her first game and trouble her opponent in Round 2.

Some Dural members enjoyed the chance to see the Dural Champs in action as well as some of the best bowlers in the state in action even though they found it very cold by the time the day's matches ended. Congratulations to Asquith for running such a large event.

It is interesting to note that with a new format of the game, "Jack Attack" more schools around Australia are offering bowls as a school sport. It's exciting, physical, mentally challenging and safe, everything a school sport should be.

Dural welcomed some new members this month. If any reader would like to learn, trained men and women coaches are available to give free lessons. Phone 0421 315 074 or 0411 375 580



Dural first lineup

t occurred to me the other day that it had been years since I had actually been able to relax on a Queen's birthday long weekend, as I had always chosen to go to the Greater Western Sydney Jamborette with my troop 1st Dural Scouts instead. It also occurred to me that even though that put me a bit behind on assignments, I still didn't regret that decision.

The Jamborette is a three-night annual Scout camp in which the Scouts can participate in activities, ranging from rock climbing and flying fox, to nerf wars and mini golf. It is a smaller version of the triennial Jamboree which lasts ten days. Each Jamborette has a theme, this year's being 'a day in the life of, and it was interesting to see each activity work around it. Personally, I find each Jamborette to be lots of fun with its own unique challenges. Last year the bad weather stopped us from setting up properly, and the camp got a poor reputation because of bad weather.

But this time around the weather was clear, and everything seemed to go straightforward. It was a bit too easy! And then I found my challenge: I was now the patrol leader of my group. So for those few days, I was managing my small group of Scouts, and believe

me, it got tough sometimes. Every troop also needs to build a gateway, and we built an electric fence, which gave anyone entering a bit of a 'shock'!

Breakfast

The place is full of activities run by venturers and leaders, but even apart from the activities it's a great opportunity to learn other skills, such as setting up a tent, making a fire and cooking your own food. So, I lived, and overall I'd still say it was a fun experience.



IUSEPPE MILITELLO of Glenorie, a member of the Dural Country Club Fishing Club was thrilled with his recent catch of a 10kg Mulloway caught off the coast at Terrigal whilst on a charter boat "Sea Runner". There will be many a feast for his family from this fish!

Dural Country Club Fishing Club Inc. 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, organized short stay holidays and great social BBQs. Enquiries please phone Ron Denyer on 0427 413 794.



LEADING INTERNATIONAL QUARTET STAR

The local barbershop chorus **SYDNEY** HARMONY will celebrate our 20Th Anniversary with a gala concert at Hornsby RSL on Saturday August 10, presenting a repertoire that extends through Elvis, The Beatles and George Michael, in thrilling barbershop harmony.

Our special guests are THE NEW FANGLED FOUR, a superbly talented young quartet from Los Angeles that last week

placed 6th in the world at barbershop's international convention in Salt Lake City.

We will also be joined by our sister chorus CIRCULAR KEYS, who will present some of their favourite songs, from Ella Fitzgerald to Adele.

. Tickets are available from hornsbyrsl. com.au. For further information contact Jerry Harris at jerryharris@bigpond.com or call 0413 080 999





NE OF OUR PRIZED EXHIBITS is the 1927 Chevrolet truck owned by the Somerville family. It is featured in the late Hedley Sommerville's book "A Taste of Ginger" on the history of the family in Hornsby. Family Matriarch Del Somerville explains the occasion in her message, "Many thanks to the Friends of Fagan Park who made it possible on Sunday 14th July for a most enjoyable day celebrating a family Gender Reveal. It was most appreciated having the Somerville truck Annie Lorry put on

display for family and friends to see." By the way – it is going to be a boy!

The 1918 International truck restoration progresses steadily. The re-rubbering of the wheels has now been done down in Moss Vale, and they are to be delivered to the wheelwright near Bungendore for completion of new wooden centres. In the meantime, work continues on many fronts, with the steering box completed, awaiting delivery of piston rings which have had to be made to order, and chassis being sandblasted. This is such a messy and

difficult job – any volunteers out there to help out? Attention is now focussed on getting rear axle, springs and associated fittings restored in readiness for when they can be refitted to the chassis.

The engine of the Ba-Vu orchard sprayer that destroyed itself a few months ago has been rebuilt and successfully started. We were so lucky to have purchased a second one, which has given us the necessary parts. Hopefully we can complete this project soon without further mishap and display it in October.

We are heartened by the number of visitors who comment that they have been following progress at Fagan Park through this publication. Please keep the feedback coming, and especially let us know if you would like more or perhaps less detail.

A reminder to all that our next full-day open day is Sunday of the October long weekend, 6th October. Come for a picnic in the park and pay us a visit!

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.





Fitters/assemblers

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

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We wish to send out a big thank you to everyone who has supported CWA of NSW – Galston Branch fundraising efforts over the past year, in particular the local businesses and individuals that made donations and attended our Charity Fashion Parade held in June.



Your continued support has enabled us to make charitable contributions to a variety of organizations which help our local community with matters such as domestic violence, homelessness, medical aid, and wildlife rescue to name a few.



After the formalities of our July meeting we enjoyed an afternoon of Show and Tell where Galston CWA makers showcased some amazing handmade creations, amoung them were exquisite guilts, heirloom dresses, delicate dolls, and a plethora of knitted beauties. Just as amazing as the creations themselves were the stories behind them.

Our next meeting is on Wednesday 14th August from 10am at the Galston Health and Resource Centre, followed by lunch and a crochet lesson. If you don't know how to crochet, we'll teach you! Bookings are not required, please feel free to join us.

Enquiries: Jann - 0439 222 217 | Pam - 9653 1036 www.facebook.com/CWAGalston



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RISE AND SHINE!

Winter presents us an opportunity to rest longer on our bed, rise recliners or on our favorite chairs. It is a challenge for some of us to get out of bed in the morning. It's hard to move ourselves despite our best efforts. While we can continue to blame our body, its aches and pains or its age, there is definitely something we can do to improve the situation.

o discuss this with your GP or the Occupational Therapist. One simple strategy is to review the height of your bed and the height of your chair. A minor increase in their height can make a major difference in your ability to get out of a bed or a chair.

Another simple solution is to use a bed rail to assist you get out of the bed. If that is not enough for you, I suggest that you invest in an electric bed and a good mattress. If you have been procrastinating on those decisions, you are missing out on the indisputable benefits of a good night's rest. Most of the good quality electric beds will make it easy to get out of bed by doing a combination of things: adjusting the height to the optimum, bending the back and sometimes using the Trendelenburg tilt function. Don't fall for an electric bed, just by its name. Make sure that your electric bed has all the necessary functions: height adjustment,

back bend, knee bend, Trendelenburg tilt, reverse Trendelenburg tilt, good quality castors and a good long 10 year warranty. A 24 hours battery back-up would be an essential feature. It will come to your aid in case if the power fails. There are wonderful looking electric bed to suit your taste and style.

Independence comes with our ability to conduct our daily chores with least dependence on others. This winter make sure that you rise and shine with ease and grace using a bed rail or an electric home care bed.

For more helpful solutions visit www.comfortdiscovered.com





DARREN AND JULIA, the owners of Elude Escape Rooms

situated in Galston, have just returned to Sydney after completing a 500km charity bike ride through Thailand. They discovered the bike ride through their Business Blueprint group, one of Australia's leading business education

programs that has been actively supporting the charity Hands Across the Water for many years.

Hands Across the Water is a charity based in Australia, New Zealand and Thailand that was founded by former police forensic specialist Peter Baines to aid at-risk Thai children. Peter Baines started the charity after seeing with his own eyes the number of children that were left severely affected by the Boxing Day Tsunami that devastated Thailand in 2004. Hands Across the Water provides fundraisers with the opportunity to understand and experience first-hand the impact that their support has on Thai children and their communities.

The Elude team was able to raise an astonishing \$10,000 for this great cause thanks to the support of friends, family and local businesses. All riders fund their own travelling and there are no

administration fees resulting in 100% of donations reaching the orphanages. With funds raised the next step was to complete what they labelled as a gruelling yet extremely rewarding experience.

Their adventure started in the city of Pak Khat in the north-east and from there they rode alongside the awe-inspiring Mekong River, before heading west and venturing through some of Thailand's more remote villages and communities. Some of their highlights of the ride included visiting the Bridge on the River Kwai, Hellfire Pass and Death Valley Railway. After 500km over five humid days with temperatures reaching over 46°, Darren and Julia, along with 63 other riders finished at Duang Prateep, one of seven orphanages supported by the charity. There they were welcomed and celebrated by the children who's lives would be impacted by this amazing journey. The total raised was almost \$400,000.

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AUSTRALIAN PLANTS SOCIETY NSW PARRAMATTA/HILLS GROUP **AUGUST 2019 MEETING**

Saturday 24th August 2019 2.00 - 4.00pm. Gumnut Community Centre Gumnut Place, Cherrybrook 2126.

Jennifer Farrer, local tour guide and APS member, will discuss the medicinal properties and uses of the many endemic species to Australia.

Some of the earliest applications by the white settlers were Sydney Peppermint (Eucalyptus piperita) and Eucalyptus Oil used for its disinfectant and healing properties.

These initial results ushered in a search for other naturally occurring products with their hidden benefits.

> For more info email Ben Turco on b.turco@optusnet.com.au

BEGONIA SOCIETY

meets on 3rd Sunday at 1.30P.M. at Bloomin Greenery 226 Annangrove Rd Annangrove **Enquiries 9679-1386** All Welcome

HERE'S AN APP FOR THAT...

It's amazing how technology has helped those individuals who have life threatening conditions and had to deal with it on a daily basis. In our family we have two members with Type 1 diabetes. Even if you are a Type 2, you may still understand the daily grind of testing your sugar levels to adjust the insulin you are required to take.

Many of you who are in this situation would have heard of one of the glucose monitors that is now available, FreeStyle Libre. These monitors attach to your arm and can then be swiped either by a reader or phone to get a reading. For the diabetic this means less little pricks to test your sugars and so you are more likely to test to make sure your sugar levels are okay. Many of you may have seen the photos of Theresa May wearing her monitor. Considering all the stress she was going through, I am sure she was quite happy she could test her levels conveniently and regularly.

How can a phone read this small device? A "Near Field Connection" is created between your phone and your device. Not all phones have this ability but a device is available which does the same job.

These devices are extremely useful, however, to use them isn't cheap so many people are still using the prick method which eventually can cause callouses on their fingers. There are also continuous glucose monitors (CGMs) available. These directly link with your phone and send an alarm when glucose levels are going too high or low.

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.



3

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





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ARCADIA **BIENNIAL SHOW**

"With Spring around the corner, the ladies at the Arcadian Quilters' Group are working hard to complete their creations for their Biennial Quilt Show, which will be held at the Galston Community Hall in Arcadia Road at Galston.

The show really is an amazing exhibition, and testament to the commitment of this group of women to produce quilts, large and small, both for the pleasure of sharing their expertise, and for contributing to their community. They play an important role in the local community, making and supplying quilts to nursing homes, Riding for the Disabled and other local charities, as well as members who make guilts for Aussie Heroes, where quilts are supplied to our serving men and women in the armed forces.

The creativity of our members is inspiring. We have workshops to learn new techniques in a happy, communal atmosphere. We are happy to share our knowledge with others, and for that reason we always encourage new members. So if you have a yearning to explore the beauty of



creating a quilt, a cushion, a bag or perhaps a table runner, please come along and speak to one of the ladies at the show. She will be glad to give you all the information you need, both about the exhibition and, if you are interested, about our meetings as well. There will be over 100 guilts on show, as well as trade tables, with refreshments available as well. Or just come along and enjoy the show and buy a ticket in our Raffle Quilt, a fine example of a Baltimore style bed quilt. A wonderful prize to win. Our Quilt Show is generously sponsored by Bendigo Bank.

The show will be held in the Community Hall at 37 Arcadia Road, Galston, on Saturday, 7th and Sunday 8th September 2019 from 9am until 4pm both days. Cost for adults is \$5 and children are free.

We look forward to seeing you there."

PASSIONATE ABOUT A CAUSE?

Why not work with Galston Rotary to achieve it

To find out more, join us at our 7pm open meetings at the Galston Club on the first and third Tuesday of each month.

Or ring Tom: 0418 762575.

EASTBEND ——NOTICE OF——UPCOMING MEETING

The next Eastbend Rural Communications meeting will be held at the Resource Centre, Maroota Public School, 4540 Old Northern Road, Maroota at 1.30pm on Monday August 12th 2019. Following the cancellation of the May meeting we are likely to have many things to talk about, including the problem of ongoing finances. If you have any local issues you would like to discuss or have help with in the meantime please contact the Secretary Vicki Brownless on livingheritage6@gmail.com or Tessa Corkill, at 2archaeics@gmail.com or 9652-1470.

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

FREEFUSIO

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.

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- Missing something in your life?
- Beach swimming a bit dangerous and cold at the moment?
- Wondering if you can ever complete 100metres butterfly without stopping?
- Do you dream of the perfect tumbleturn?
- Want to keep fit but don't like pounding the pavement?

If the answer is yes to any or all of these questions then membership of Hills AUSSI Masters is for you. If you are over 18 and of any swimming ability, you are more than welcome to join us. We swim on Tuesday nights at Galston Aquatic Centre from 7.00pm to 8pm with a professional, qualified

coach for 3 of every 4 weeks. We have an enjoyable endurance event to 8:30pm once per month and club races where your PB's are created and sometimes smashed. We have the occasional social event and host a swim meet ideally once every year. Members are encouraged to attend other club meets throughout the year.

Galston Aquatic Centre has a heated learn to swim pool so we have space for our lap swimming so would welcome new members to swim with us on Tuesdays or train at Galston at other times. To join our great team, contact Tony on 0418 207 476 or Philip on 0409 654 974 or Di on 418 432 587 if you would like further information.

REWARD

FOR RETURN OF LOST **LAPTOP BACKPACK** "BUSBY" BRAND

Mon 1st July - Tues 2nd July in Hills area

Leather covered and made for Laptop Personal and sentimental items, several which were birthday gifts. Including: Wedding and Family photos and Media on Digital storage, course files and car keys.

SREWARD OFFERED

for return with contents. Contact: ASSISTANCE LINE 131444 FACEBOOK: Look up owner name inside Contact: Post Office Manager, Dulwich Hill, refer Post Office Box on letter inside backpack. Get instructions required for return. Email: findmyblackbackpack@gmail.com Provide your name and phone number to call

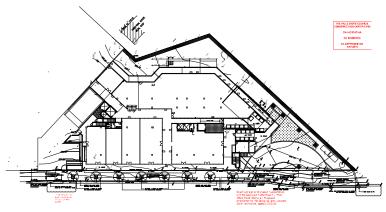
PUBLIC DOMAIN WORK APPROVAL GLENORIE SHOPPING CENTRE

COUNCIL WORKS ON POST OFFICE ROAD

Public domain work associated with the Glenorie Shopping Centre improvements will commence shortly on Post Office Road.

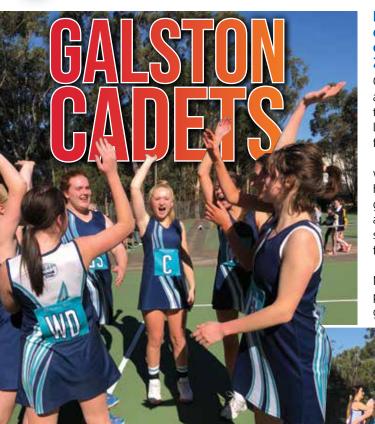
These works include a new footpath, street trees, modification to vehicle access points and stormwater upgrade along the Post Office Road frontage. A plan is attached. The aerial photo was taken 19 July 2019 showing that demolition and ground work has recently commenced.











Netball cadets are a steppingstone from the junior grades based on age to the open age adult competition. Girls aged 15 to 18 can compete in cadets and Galston is proud to be represented by 2 great teams this year.

Our division 2 cadet team is currently flying high, with 8 very versatile players. It has always easy to organise positions and field a strong team. Just past the mid-point of the season the team has produced some excellent results and is currently 1st on the ladder. The team is really hoping this fine form continues and can't wait to see how far team members can go in the com petition!

Our division 3 team has been having a fun season. The competition has been very tight with teams all evenly matchs. Whilst at the mid-point of the season the girls had only won 2 out of 8 games they have been fighting to the end in a lot if close games. Many of the girls have been playing in the same team for several years now and play so well together, they play hard each week and walk off the courts with a smile. It's not the winning, it's the working as a team, having fun and getting some fitness for these girls that makes the netball so enjoyable.

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





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These FREE workshops are available to all residents of The Hills. Places are limited and bookings are essential, visit: www.thehillsenvironment.eventbrite.com.au

NATURAL BEE KEEPING

Thursday, 1 August | 10am-1pm

Learn the basics of honey bee keeping and how to sustain healthy bee practices in terms of sourcing bees, locating hives, preventing disease and honey extraction.

ENERGY SAVING

Tuesday, 6 August | 11.30am-12.30pm

Learn how to understand your energy bills and how to monitor and manage your household energy use. Practical advice will be provided on reducing energy costs.

NATURAL DYES

Thursday, 8 August | 10am-11.30am

Learn how to use the local trees and plants in your garden to produce rich, vibrant and permanent

colours on protein based animal fibres such as wool, mohair or alpaca.

ORGANIC GARDENING

Thursday, 15 August | 10am-1pm

Find out how to nurture the soil, use companion planting, crop rotation, natural pest and disease control to create an abundant garden without using chemicals.

KEEPING CHICKENS

Thursday, 22 August | 10am-1pm

The chicken is a composter, weed and pest controller, natural fertiliser and food producer all in one. Learn about chicken breeds, housing, handling and health care.

HILLSIDE, BIDGIGAL **RESERVE WALK**

Saturday, 24 August | 10am-Midday

Take a bushwalk through a variety of vegetation communities. View tall Blue Gums, Sydney Sandstone Ridgetop Woodland, Sydney Sandstone Gully Forest, a waterfall and Spring wildflowers. Medium 3km walk.

CATTAI CREEK WALK

Saturday, 31 August | 10am—Midday

Cattai Creek is a tributary of the Hawkesbury River. Stroll through Peppermint Gum woodland and Shale Sandstone Transition Forest, past local wildflowers to Castle Hill Beach a pretty waterhole. Easy 2.3km walk.

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COMMUNITY BUSH DANCE

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STRIKE A LIGHT BUSH BAND



Glenorie Memorial Hall Saturday 24th August, 5.30 pm Adults: \$20, Children under 15: \$10, Under 5: free. Includes dinner & soft drinks. Please note, alcohol is not permitted in the hall. RSVP Mark Holt 0418 298121 by 18 August.

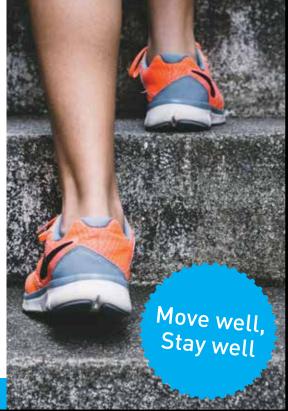


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We are located on the western side of the Galston Shopping Village near Chizzo's Pizzeria. Health fund rebates may apply.



LOCAL TRAVEL AGENCY COMPASS TRAVEL AND CRUISING CELEBRATES NATIONAL AWARD

Compass Travel & Cruising always knew it was part of Australia's finest travel group, now it's official. The Galston Village agency is a proud member of the elite Travellers Choice network which has just been named Australia's Best Agency Group at the prestigious 2019 National Travel Industry Awards (NTIA).

Owner Lynn Bradley says the award – presented on 20 July at Sydney's International Convention Centre – is the Australian retail travel industry's ultimate accolade.

"There is no higher honour than to be recognised as the best by your peers," says Lynn.

"This award acknowledges the unrivalled commitment Travellers Choice and its members have to delivering personalised service, expert advice and outstanding value to their customers.

"We are immensely proud to be part of a national group that brings together and supports Australia's leading independent travel agencies."

Established more than 40 years ago, the Travellers Choice network includes more than 150 of Australia's most talented and professional travel agencies, distributed across every state and territory.

As independent travel agencies, Travellers Choice members tailor their products and services to meet the specific needs of their clients, while enjoying access to the great support and deals that come from being part of a powerful national travel group.

Compass Travel & Cruising is celebrating 33 years of trading in Galston Village and has earned a reputation for delivering their valued Customers high quality, individually tailored travel experiences. Visit Compass Travel & Cruising Shop 8 - Galston Village phone 96532028 or email to holiday@ compasstravel.com.au Your Next Adventure Begins Here!

INVITATION TO THE LIBERTY RETREAT AND FARM STAY EVENT

Please join us for our GRAND OPENING and media event on the 3rd August 2019 to celebrate our new business venture.

Liberty Retreat and Farm Stay is a family run business that will be offering unique 'Tiny Home' accommodation for people to get away from a busy life style and experience what Canoelands and surrounding suburbs has to offer. We are dog and horse friendly.

What can you expect from this event? We want you to come and see our wonderful cabins, meet the animals and walk our bush trails, together with enjoying a live 5 piece band, dancing, eating and drinking. Our mission is for you to leave with a wonderful impression so you can help spread the word and encourage people to come and stay with us so they can see and support other local businesses.

Agenda for this event:

- 12pm 12:30pm: Arrive and park your car, drinks served as quests arrive
- **12:30 1pm:** Cabin Tours
- 1pm: Short announcement about Liberty Retreat and Farm Stay
- 1:15pm 3pm: Live band, dancing, food and drinks
- 1:30pm: Cabin Tours
- **2pm:** Bush trail tours
- **3pm:** Event ends

This event requires an RSVP: Please text 'yes and names of guests' if coming Or: 'No and names of guests' if you can't attend' Address: 20 Marra Ave Canoelands, 2157 Attire: Smart casual with sensible footwear My family and I really hope to see you at this event. Michele Olivier 0422 151 678

LOCALS FOR LOCALS AWARDS NOW OPE

Nominations are now open for The Hills Shire Council's annual Locals for Locals Awards - 2019 Sydney Hills Awards For Community Contribution.

The awards recognise individuals, community groups and organisations for their contributions to local business, community service, sports and recreation, arts and culture, environment and sustainability and education.

"The Local for Locals Awards are an opportunity to nominate someone you know who has made a positive contribution to The Hills community," Mayor of The Hills Shire, Dr Michelle Byrne said.

"Help us to recognise these amazing people and groups who go above and beyond the call of duty and nominate them for a Locals for Locals Award," Mayor Byrne added.

Nominations for the awards close 5pm Friday, August 2, with award winners being announced during a special presentation on Friday, August 30.

The presentation will also launch Council's annual Orange Blossom Festival and the start of a month full of exciting and fun community events to take place this September.

Hills locals are encouraged to take the time to nominate their peers in this year's Awards and help them receive the recognition they deserve.

If there's someone you wish to nominate, visit The Hills Shire Council website (www.thehills.nsw.gov.au) and search for "2019 Sydney Hills Awards For Community Contribution Local For Locals".

There you'll find a link to the application form.





BEST SISTERS RESTORE ANCESTORS GRAVES

2019 marks 200 years since Thomas Best (1799-1874), son of emancipist 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. Whilst Thomas lies buried in Tangmangaroo, his eldest son Thomas Samuel and wife Mary Anne, another son William Alfred and his wife Christina and Thomas Samuel's son James Frederick and wife Edith Elizabeth are buried in St Jude's Anglican Cemetery, Dural. These three graves have suffered from neglect and the elements over the years,

making it difficult to read the inscriptions and control the invasive weeds. Until now! Great, great grandchildren of Thomas Best and daughters of the late Fred and Ness Best, Shirley Clark and Barbara Churchill decided that the restoration of these marble and sandstone graves would be a practical way to pay homage to the pioneering Best Family of Middle Dural.

To mark this milestone 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



FROM HISTORY COTTAGE

DISCOVERING AN ILLUSTRIOUS ANCESTOR

At our well-attended July meeting members once again had the pleasure of learning more about the local history of our district. Well known historian, Malcolm Johnson of Kenthurst, took us down the length of Cattai Creek. Malcolm told of the families and locations along the creek between its source at Castle Hill show ground and its junction with the Hawkesbury river at Caddie Park. These are the places and events that set us apart from everyone else and the preservation of the knowledge associated with them is of importance to all.

August will be busy for members. On the 10th of June Roughly Memorial Lecture will be held in the Arcadia Hall, 136 Arcadia Road Arcadia, starting at 2.00. The speaker, Brett Sowerby, will tell the story he uncovered in 53 boxes of papers in the Natural History Museum, London. They concerned his ancestor, James Sowerby, a publisher of natural history, who began by publishing the illustrations of Sir Joseph Banks made during his journey with Capt James Cook. The talk will be of interest to historians of art, publishing, botany and rare books and made all the more pleasurable by Brett's lively and entertaining presentation. Afternoon tea is provided and entry is free.

On the 20th members will tour The Oaks and Warragamba. There will be a guided visit of the museum then a guided tour of the district. Readers will remember the stories of the escaped cattle that helped save the early colony and of Fisher's Ghost. See it before the area changes under the development of the second airport.

"Discovering an

Illustrious Ancestor"

Speaker: Brett Sowerby

@ Arcadia Community

Hall, 2.00pm Saturday 10 August



2019 June Roughley Memorial Lecture

Tea, coffee, nibbles Free Entry

President: 9653 1365 email: historycottage412x@gmail.com Website duralhistoricalsociety.org.au post: PO Box 3218 Dural 2158

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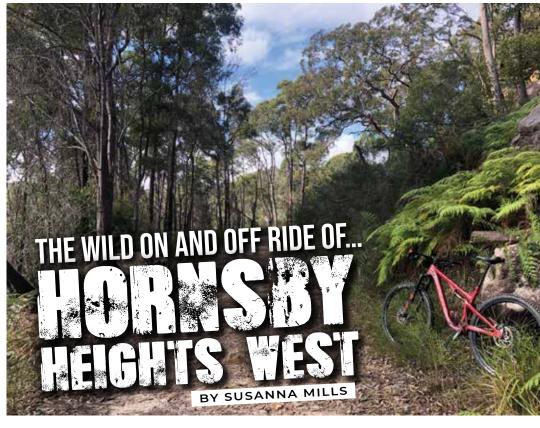












This is a 15km hop on, hop off ride, including as much or as little of OMV as you want. To cover a longer distance, it follows the western fire trail contours of Hornsby Heights, which intersect with deep little creeks that channel run off from Hornsby Heights to feed Berowra Creek, far below.

The Simon and Ulolo firetrails (5.5km) are part of Berowra Valley National Park. You'll want to hop on your bike for the ripper downhills and you'll love all the gorgeous views across Berowra Creek to Galston as you pedal along all the lovely fern-lined level-ish bits. However, every downhill on this route has a savage uphill, so just ride as far up them as you can and then hop off and push your bike up these pinch climbs. Try not to get discouraged- I often am during this wild on/off ride! Mental attitude can really make or break your experience of it... Unless A) you have attained that magical ratio of cycling physics- namely a lightweight body with powerful legs... or B) you are the proud owner of an e-bike!

Park along Quarry Road. Enjoy the rollicking downhill trail head of OMV and follow Turkey Run through the jump spot, dropping in under the conveyor belt bridge to Lava Flow.

Ride up the dirt ramp to Hornsby Park, turning left onto Peat's Ferry Road. Cross Bridge Street turning left onto the short footpath then right into Roper Lane and a very rare piece of vintage Hornsby laneway. Turn right into Silvia Street, left into Carrington, right into Rosamond, and finally left down Clarinda Street to the Simon Trail head and bicycle unfriendly BVNP gate. Everything is rideable for the first 2km...

Say goodbye to all the nice, flowy bits as you go through the access road tunnel. Ride up this singletrack as far as you can then push your bike up the many technical rocky climbs below the TAFE. (Determined riders can bust a lung to wrangle themselves and their bikes up all of this, however.)

The concreted fire trail climb is so steep it's like a wall. At the end of the concrete there is a sneaky bit of singletrack to the left. (It's actually Strava segment!) Riding it makes you think how amazing BVNP could be if new singletrack trails for cycling were created to access and experience more than just a tiny fraction of our newest National Park on a bicycle.

From here all (but one) fire trail climbs are rideable, but it is a steady ascent from 'The Outlook' up to the end of Ulolo trail, then downhill via the telegraph poles cutting to a gate near the cameras at the western beginning (or end) of Galston Gorge. Ulolo trail has the best scenery on this ride, with views right

across Galston Gorge to the Crosslands Road paddocks!

Ride the excellent 3km cycle lane along Galston Road west to Thompson's Corner where it inexplicably ends. To return to OMV, there's unfortunately no option but to ride in the busy traffic lanes of Peats Ferry Road. Before Service NSW, use your speed to merge into the middle (straight through) lane because all traffic in the right lane has to turn right into Bridge Road. Thankfully, the speed limit is 40 through 'Old Hornsby.' If not doing coffee there, cross safely at the TAFE pedestrian crossing, returning to Quarry Road via the Hornsby Park OMV trail access ramp from which, you can enjoy riding any of the custom-built OMV mtb trails back.



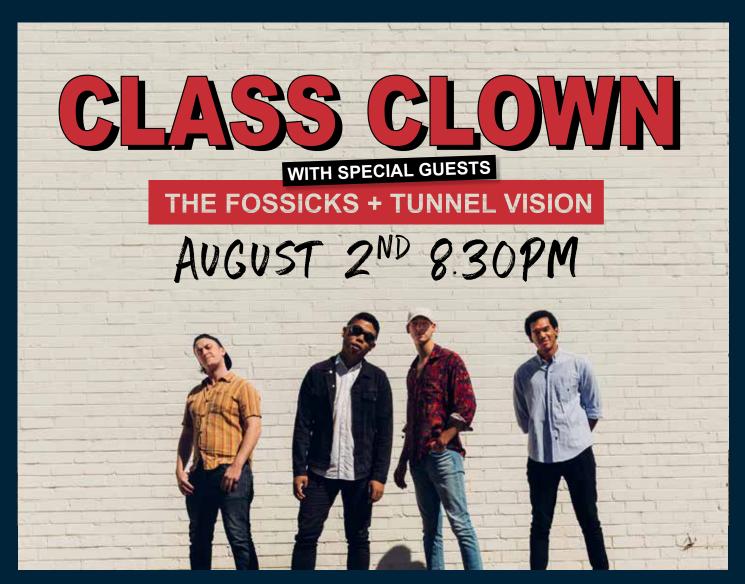
WHAT'S ON

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ENTERTAINED FOR HOURS





DAVID EL-MELKY "HYPER-REALISM"

SEPTEMBER 4, 2019



AVID studied a Fine Arts degree and has worked as a graphic artist, fashion designer, photographer and art tutor. Painting has been his life's passion.

He challenges himself with hyper-realism and surrealist paintings. We are lucky to have the opportunity to be given an insight into David's process so come along and learn!

Visitors are welcome to join with the Castle Hill Art Society 7.30pm at Castle Glen Community Centre, 157 Ridgecrop Drive, Castle Hill.

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



UPCOMING AUTHOR TALKS

AT CASTLE HILL AND DURAL LIBRARIES

Join bestselling writers Sarah Bailey and Nicole Alexander for an author talk this August. Dates for your diary are:

SARAH BAILEY

Thursday 8 August 2019 | 6.30pm - 7.30pm **CASTLE HILL LIBRARY** \$7.50pp | Bookings essential online

Join Sarah Bailey as she discusses her bestselling thrillers, The Dark Lake, Into the Night and her latest, Where the Dead Go. Sarah is known for her taut and suspenseful storytelling, winning both the Ned Kelly Award and the Sisters in Crime Davitt Award for a debut crime novel.

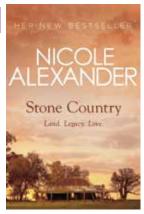


NICOLE ALEXANDER

Thursday 15 August 2019 | 10.30 - 11.30am **DURAL LIBRARY** \$7.50pp | Bookings essential online

Join bestselling author Nicole Alexander for an in conversation discussion of her latest book Stone Country. With her ninth novel, Nicole has once again penned a sweeping historical novel that captures the Australian spirit - one of desire, adventure and determination. Her writing is at the very heart of Australian storytelling.

If you would like to organise an interview with either Sarah or Nicole, or both, please give me a call on (02) 9843 0158 or send me an email.





BEECROFT BUSH/FOLK DANCE SATURDAY 3 AUGUST 2019

The returning and experienced Carrawong Bush Band with awardwinning dance writer/caller from last year, will be warmly danced to on Saturday 3 August 2019 from 7.30 – 11.30 pm, on the floor-boards of the 'period' Beecroft Community Centre, Beecroft Road. (opp fire station, public school; near rail station and free parking).

All warming dances are walked and called for beginners to experienced singles, couples, families and includes light supper and local businesses donated spot-prizes. Neat casual attire. Council venue/ smoke and alcohol free area.

> Entry: \$19; \$17; concessions; \$14 members; \$39 family. Join BMC at door and save! Enquiries: www.bushmusic.org.au; Sigrid (02) 9980 7077; Wilma 0413 673 339.

Bush Music Club Inc, is a long established not for profit club run entirely by volunteers, with much of its past and current history held in National Archives.

Latest News





from the **Mayor's Desk**

One of Council's most significant environmental initiatives goes largely unnoticed by the public, as much of the work happens in remote locations and the final product is often buried. Since 1994, the Catchments Remediation Program has built more than 400 large devices to remove pollutants from stormwater, vastly improving the quality of local creeks and rivers. A range of carefullydesigned devices are able to remove litter, sediments, nutrients and heavy metals from our waterways. In the last financial year alone they extracted more than 1,000 cubic metres of material that otherwise would have been a threat to our environment.

The most recent project was the construction of a stormwater harvesting system, incorporating a gross pollutant trap and biofilter, at Orara Park in Waitara. As well as removing unwanted contaminants from the stormwater, it collects treated water in a 100,000 kilolitre tank and then pumps it to Mark Taylor Oval. One of the great benefits of the project is that it reduces the amount of drinkable water needed to keep our playing fields green. The project is funded by the Catchments Remediation Rate, a levy paid by all property owners. It's yet another great example of what Council does for our community.

Philip Ruddock

Mayor Hornsby Shire Council

WHAT'S ON

HELP US REACH OUR TARGET TO PLANT 25,000 TREES ACROSS HORNSBY **SHIRE BY 2020.**

To find out more visit trees.hornsby.nsw.gov.au



We Are Going Online!

Good news, we are saving you a trip to the letterbox. You can now receive your rates notice online.

To register visit

hornsby.nsw.gov.au/rates

Community **Forum**



Tuesday 13 August, 6.30pm - 8.30pm Magpies Waitara

A valuable opportunity for local residents to raise issues and gain feedback from their local Councillors.

To register visit

hornsby.nsw.gov.au/communityforums

Berowra Woodchop Festival



Berowra Village Tavern

There will be stalls, fun fair rides, a climbing wall, live entertainment, 9D cinema, food and taking centre stage world-class competitive wood-chopping!

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

Annual Knit In 2019 Save the date



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

Get your needles into gear and start preparing now for this vibrant, fun and colourful event. Join us on the day, a stunning exhibition of completed wraps is a highlight. All ages, all groups welcome. No booking required. Light refreshments provided.

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



Congratulations Hornsby Shire



The Nation's Top Phone Recycler

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

NEXT COUNCIL MEETING WEDNESDAY 14 AUGUST, 6.30PM







hornsby.nsw.gov.au

By Mary Ord

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

Contributions please send to advertising@galstoncommunity.com.au

A new bench for Galston

I wonder who recalls from a few years ago, the wooden bench that was located in Mid Dural Road near the "walk through" to Hakea Crescent. That bench was vandalised and later removed, leaving only the cement slab. The bench had been used as a resting place



for many walkers in Galston, including my neighbour. Carol.

Well, this year Carol (and maybe others also) made many requests to Hornsby Council to replace it with a new bench. To her surprise and joy, a few weeks ago, she saw this new metal bench. So delighted was she that she even took a box of chocolates to Council to thank them.

From myself and the many others who appreciate the bench, I also say thank you to Hornsby Council.

- Christine Stockman.



'Roundabout' articles

Christine, thank you for bringing up the issue regarding our roundabouts in Galston.

I agree whole heartily with you, our roundabouts use to be presented so well.

The one outside the gorge is disgraceful, such a shame when people are visiting our area for stunning open gardens, leafy parks etc.

This roundabout at Old Castle Hill Rd and Tuckwell Road in Castle Hill is very attractive and simple, it would be lovely to see something like it achieved outside The Gorge.

- Belinda Crofts

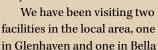
Oh what a night

Unlike the song, it was actually early July back in 2019 when those who gathered to support the Relay for Life Retro dance party did experience (and danced to) 'oh what a night' The dancing spirit of all those dressed in the theme of the 70's and 80's was fantastic and it was remarkable that we all remembered the steps and moves to our favourite hits from way back when. Galston Zumba teacher, Nina was leading many of the dances with her unstoppable energy and fluid moves.....every function should have a Nina to kick start the frivolities. Congratulations and thanks to the committee for organising such a great night and as this is an annual event I expect to see you all there next year...maybe you can take my crown of 'best female dancer' from me...haha!



Therapy Group

Can you think of a better way to brighten someone's day than a visit from a furry friend? Merlin, my 4 year old black cavoodle has been 'working' for a local pets as therapy group, Hills Pet Buddies, for the past few months and he clearly loves his job!





Vista and have made so many new friends. A smile and a chat are always welcomed by the residents but it's the animals who truly bring them joy. These aged care residents are only too happy to share stories of their beloved pets and I love to try and guess what type of dog they once had in their lives. Sometimes I can even guess the names! Merlin and all the therapy dogs are very in-tune with each resident and seem to know exactly what they need, whether it just a hug, a scratch, a brush or a big wet kiss. Sometimes it's just to be looked at and admired, and that's ok too. We just love seeing those smiles. contributed by Debbie Whittle

Interested in volunteering? Like to organise a visit? Contact Sandra Merhi 0417 675 220 or email hillspetbuddies2016@ gmail.com.



Praise and thanks

I would like to take this opportunity to thank Bruce and staff at Glenorie for their caring expertise and genuine concern for all my animals in all the years I have dealt with them.

I have been very fortunate indeed to have Bruce attend my Horses, Old English Sheepdogs, American Cocker Spaniels and Boston Terrier.

You will be sorely missed Bruce but I would like to wish you well in your new role in retirement.

From the bottom of my heart ... thank you.

- Gail C Lovett

Learn to listen to achieve a great success in your life

Many people neglect this most important communication skill. Do you know that we spend the greater part of our waking day communicating? Of this communication time, 9% is spent writing, 16% reading, 30% talking and 45% listening.

Immediately after hearing something, most of us can recall only 50% of what we hear. Within two to eight weeks, we can recall only 25% or less of the original message. Our mental attitudes reduce our ability to retain what we hear.

Here are some suggestions to being a good listener First of all stop talking - you can't listen while you are talking.

Ask questions - when you don't understand, when you need further clarification, when you want to show that you are

Don't interrupt – give them time to say what they have to say. Concentrate on what they are saying - actively focus your attention on their words, their ideas and their feelings as they relate to the subject.

Look at the person - by looking, it him or her them confidence that you are, in fact, listening. It helps you to concentrate too.

Leave your emotions behind – try to forget your own worries and problems. They will prevent you from listening well.

Understand the main points - concentrate on the main ideas.

Don't argue mentally - when you are trying to understand other people, it is a handicap to argue with them mentally as they are speaking. This only sets up a barrier between yourself and the speaker.

Use the difference in rate - you can listen faster than you can talk. So use this rate difference to your advantage by staying on the right track, anticipating what they are going to say, thinking back over what they have just said and evaluating the development of their argument. You speak at about 100 to 150 words per minutes, but you think at 250 to 500.

Trouble Brewing

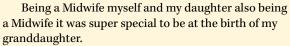
My friends and I were gathered around a table recently and as I watched I saw my friend stirring her tea with a knife. Round and round she went and while mesmerising me I did remember a superstitious quote. I said to my pals seated next to me, 'I am getting agitated as I watch that tea being stirred with a knife as the saying goes...stir with a knife, stir up strife', moments after espousing this comment the cup of very hot tea was knocked all over the stirrer and the table. Spooky but true.

Joy

It is with great excitement we welcomed into the world our new and first granddaughter Adelaide Grace Townsend Born 18/06/2019, weighing 3.2kg and 51cms long.

It has been a long and sometimes sad and stressful journey for both her parents Ashlyn and William who are now overjoyed and

fully head over heels in love with their little girl.



May her life be filled with love, health and happiness always.

Love Marnie and Pa Wilford.

A special birthday

Margaret Thew from Glenorie celebrated a special '0' birthday this week and some of her pals gathered at Berowra Cafe, to recognise and give tribute to this caring, gentle, loving and sassy gal. Even



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



PONY CLUB RING

Glenorie Horse and Pony Club riders made up an "ALL GLENORIE" Zone 26 Team of 4 at Sydney Royal Easter Show this year.



UCINDA O'BRIEN, Arabella Heming, Aurora Cape and Ella Stringer, along with reserves Matilda Phillips and Sarah Brown looked absolutely immaculate and their training and hard work paid off in spades when they won this prestigious class at Sydney. Special thanks to all the parents for their hard work and dedication and most importantly, to Hayley Hogan for her passion and dedication as the team coach.

Seven riders from our Zone competed at the Pony Club State Show Jumping and One Day Event Championships this month including 3 from Glenorie Pony Club. Chelsea Keary, Lateisha Hutchings and Gabby Delic all made the trip to Denman Pony Club as part of the Zone team at the State Championships.

Chelsea and Lateisha both rode in the C Grade (75-90cm) show

jumping competition against a very strong field of 36 riders from across New South Wales, and some from Queensland.

Chelsea and her horse Yarandoo Royale had an excellent result for their first ever State campaign. Chelsea finished 2nd, 1st and 2nd in the first 3 rounds and went into the final round leading the championship by 10 points. A knocked rail in the final round wasn't enough to knock her out of first place and Chelsea came away as C Grade Champion for their age

Gabby Delic rode her pony Dreamer in the D Grade One Day Event and also achieved an excellent result. She started with a beautiful dressage test and followed up with solid show jumping and cross country rounds, finishing in 6th place.

Lateisha and her horse Little Blue consistently placed in the top 10, which was a great achievement. Lateisha also rode in the One Day Event, but unfortunately due to timing/judging problems, results were not released.



he Zone 26 State Show Jumping team, ateisha 3rd from right and Chelsea 2nd from right.



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A huge congratulations to all 3 girls and their horses on such outstanding results at a state level!

Also during the holidays, we had a number of riders successfully represent Glenorie at the Hawkesbury Winter Show. Matilda and Charlotte Phillips, Aurora Cape, Alexa Garcia, Brooke and Laura Parker, Ruby Ventham, Emma Chisholm and Olivia Williamson all looked stunning and rode their horses beautifully at the event. Congratulations to the following riders on their results at the Hawkesbury Show:

PONY CLUB RING

Champion Rider under 13 yrs: AURORA CAPE Reserve Champion Rider under 13 yrs: MATILDA PHILLIPS Champion Pony - HUNTER (LAURA PARKER) Reserve Champion Pony: KOORANA TAYLOR MADE (MATILDA PHILIPS)



PONY CLUB BEGINNERS RING

Many 1st place wins for Charlotte Phillips, Ruby Ventham, Alexa Garcia and Olivia Williamson.

Ella Stringer, Maeve Koomen and Fleur Koomen also completed in open classes on the day with many successes.

Congratulations to all our riders, making us so proud and having fun on their horses. We're looking forward to another exciting and busy term of pony club!

GALSTON EQUESTRIAN CLUB

WORKING EQUITATION

Galston Equestrian Club (GEC) has a diverse range of horse and rider activities. A fairly new horse sport that is growing in popularity is Working Equitation.

Working Equitation combines any traditional style of riding across flatwork (a dressage test) with an obstacle course and cattle work.

The committee of GEC has undertaken to develop the equipment and opportunities for members to learn the range of skills required to undertake ease of handling within the set

regulations of the sport. This involves having fun and developing the horses' confidence and the riders' skills with the obstacles!

GEC ran a Working Equitation weekend 22 and 23 June 2019 with international competitor and judge Kim Peterson and competitor and judge Cody Wilson. The introduction to working equitation offered by GEC is for anyone looking to have a go at a new sport and apply their skills. There will be more introductory and more advanced events in the coming year.





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HORNSBY PICKS LOCAL PROJECTS TO RECEIVE NSW GOVERNMENT FUNDING

BY MATT KEAN

ow is the time for Hornsby residents to consider which projects will provide the most benefit to their local area and choose what they would like funded as part of the NSW Government's My Community Project program.

Member for Hornsby Matt Kean MP said voting in Hornsby opened on Monday 15 July 2019, giving local residents the green light to cast an online vote for between three and five of 20 nominated projects.

Project ideas include improved access for Vinnie's at Hornsby, a playground for Hornsby Heights Public School, art projects for Hornsby Girls High School and a permaculture garden for Brooklyn Public School.

The Galston and Arcadia Residents
Association have been shortlisted for their
submission for a community hub at Arcadia
Park. The project, worth \$185,000, would see
play and exercise equipment, BBQs, ovens,
along with picnic facilities build at the park.

"This is an innovative and exciting program that is putting decision making back in the hands of community members to weigh in on their top picks for projects in the region," Mr Kean said.

"It's very east to vote, all you need is your Medicare card and a free MyServiceNSW account, which also provides quick access to a wide range of NSW Government services, such as the CTP Green Slip refund for eliqible policyholders.

"You can also pop down to the local Service NSW centre at 324 Peats Ferry Road Hornsby where friendly staff can help residents cast their vote."

Treasurer Dominic Perrottet said My Community Project is a fantastic opportunity for residents to have a direct say about which projects should be delivered in their local community.

"My Community Project is a great example of real grassroots democracy in action, it asked people to think about things their community needs, develop those ideas with a sponsor and tell us how funding could turn that concept into reality," Mr Perrottet said.

"The great news is that from Monday 15 July 2019, residents in all electorates across the State will get their chance to vote for their favourite projects in each electorate."

Residents in the Hornsby electorate can view eligible projects and vote online at



mycommunityproject.service.nsw.gov.au or by visiting their Service NSW centre.

Voting concludes on 15 August 2019 with successful projects to be announced from September 2019.

A total of \$24.4 million is available for eligible projects, with between \$20,000 and \$200,000 available for each project.

For further information about My Community Project and program guidelines, go to www.nsw. gov.au/mycommunityproject

My Community Project is made possible by the NSW Generations Fund.

RURAL ROUND UP



BY COUNCILOR WARREN WADDELL

his month I thought we should pause to take stock of what has been done so far and what we still need to do. Many doors have been opened encouraging broader community input into a wide range of Council services.

My time spent on the waste management committee has highlighted not only the technology and services available to Council but also the importance of bringing community representatives on board. We will now be better prepared to meet constituent expectations whilst also adhering to sensible targets into the future.

Dissatisfaction with rural communication options available to Council has seen a full review of our communication policy and practices. I have passed on many resident concerns already but I welcome further input.

The elevation of public domain improvement strategies has been critical in ensuring our rural villages receive the attention that they deserve. Community engagement has been excellent to date but the process continues.

Almost every component of our Land and Environment Plan (under review) has advanced

to public exhibition already or will do so in the near future. This includes the Rural Lands review and affordable housing discussions. Issues that will have a fundamental impact on how we define rural lands and utilise them into the future.

As the Councillor for A ward I encourage all residents to participate actively in the many collaborative processes that we open up for community input. I am personally your conduit to the Council administration and therefore always happy to present views as and when they are brought before me.







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NORTHHOLM STUDENTS RAISE OVER \$29,000 FOR DESTINY RESCUE

ongratulations to Northholm Grammar School Year 11 Students (Ella Cotrona, Emma Mercieca, Ciaran Dyson and Denigue Shai-Hee) who raised \$29,200 for Destiny Rescue.

Northholm coordinates a Year 11 Leadership Program that seeks to develop the important skills of self-awareness, communication, influence and learning agility. Part of the program is providing students with the opportunity to work collaboratively in developing a Leadership Project that will make a difference within the community. For this project, our students have worked tirelessly in raising awareness and money in addressing human trafficking and slavery.

The Masguerade Dinner held on Saturday 22 June concluded the project and was an outstanding success. The event was extremely well supported by the wonderful Northholm Community including students, staff, parents and Alumni. Special thanks to Matt Kean MP and Jim Taggart for their amazing support on the evening.

Principal, Mr Chris Bradbury commented that "the purpose of education is about the holistic development

of our young men and women. Academic excellence (scholarship) is an important component of this narrative, however it must be strongly connected to the social, emotional, physical and spiritual development (Excellence and Character) of each person". He went on to say how proud he was that "our students are committed to helping others through their generosity, integrity and respect".











We would love to see you

OPEN MORNINGS

Thu 1 Aug 10.30am **Thu 17 Sep** 10.30am

PRINCIPALS TOURS

Fri 13 Aug 9.30am Mon 19 Aug 9.30am **Thu 5 Sep** 9.30am

Book your tour by visiting northholm.nsw.edu.au/school-tours or call our Registrar on 02 9656 2000





ills Grammar hosted it's annual Music Showcase on the 20th of June, with some of it's finest musical talents on display. Students from the Junior School right through to the Senior School all showcased their musicality in the choir, string ensembles, melody makers, campanella's, sinfoni's and band groups.

It was a fantastic turn-out at the School's RJ Phipps Performance Centre, with so many proud family members in

The concert was split into two time frames to ensure each ensemble was able to showcase their pieces appropriately.

Each group delivered an outstanding performance, which was a true testament to how hard both the music department, and students have worked towards the night's event.

We look forward to more musical events later this year, with the HICES Music Festival in August.



OPEN DAY

9-11am, Wednesday 14th August

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HILLSIDE STUDENTS CONTINUE TO EXCEL!

hat an exciting term 2 our students had. We finished the term with a mufti day celebrating 100 Days of learning at school this year. Students were involved in a variety of individual and small group STEAM activities. It was a wonderful way to celebrate a successful semester.

On the sporting field our students have achieved outstanding results. Hillside was once again champion school on handicap, at the Beecroft Zone Cross Country. Our touch football team won its first round game against Maroota and is now looking forward to travelling to Lithgow to play the second round game against Ilford.

We were very fortunate to have the Year 9 students from Galston High School coach our students in a variety of sports. It was a great opportunity for our students to learn skills in a greater variety of sports. Thank you to Galston HS for enabling our students to participate in such a worthwhile program.

Through the Sporting Schools Grant the students were able to participate in an 8 week



program where they learnt the skills needed to play hockey. The students thoroughly enjoyed the fast paced and energetic sessions.

The Science unit of study for the K to 2 students included the study of sea creatures. The highlight and culmination of the unit was an excursion to the Sydney Aquarium at Darling Harbour. The students in Years 3 to 6 were fortunate to accompany the

younger students on the excursion. The behaviour of all the students was exemplary.

Two of our Year 6 students were given the opportunity to participate in an enrichment program for stage 3 students at Long Neck Lagoon Environmental Study Centre. There they learnt how to read topographic maps and how to use a GPS. A wonderful opportunity for our students.

As you drive by the school you will be able to see our new electronic sign which we were able to obtain through a grant from the State Government. This will be an extremely useful resource for the school and the local community.

We are currently accepting enrolments for Kindergarten 2020 and other grades as well. If you want a school where your child is not lost in a large class and is not treated as a number, come to Hillside. We will consider out of area enrolments.

Please contact the school office on 9652 1459.

Small Schools are Great Schools!

PACIFIC HILLS SHOWCASES ITS CREATIVE ARTS

ince the Nineties, Pacific Hills Christian School has been wowing the Dural community every two years with a musical extravaganza...and the most recent production was another sell-out event.

Mary Poppins featured a cast of 117 students from the Dural campus, with the music provided by a 14-member live orchestra. Behind the scenes there were another 70 staff members, students and parents looking after stage managing, choreography, making costumes, building the sets, and doing makeup and hair. They worked on the musical for many months.

Making sure everything ran like clockwork were the Executive Producer Belinda Nunn. Creative Director Lauren Petschack, Associate Director Justin Cox and Musical Director Ben Yabsley-Bell. Mary Poppins was Belinda's seventh production. Lauren, a former student of Pacific Hills, has the distinction of being involved in all of the musicals as either a performer, director or assistant. Since graduating from Pacific Hills she has sung on

stages all over the world including Disneyland. One very satisfied member of the Mary Poppins audience was the Mayor of Hornsby



Shire, Philip Ruddock, "I must say, the show was outstanding! The lead artists in my view should be in Hollywood! The School performance was the very best I have seen, and I've seen a few shows in my time!"







STILL CREEK LANDCARE CAN YOUR GARDEN HELP?

(Photo courtesy of Dean Ingwersen)

had an idea recently on how our gardens can do more, a lot more, while giving you more pleasure, increasing your knowledge and at the same time helping to save Threatened Species in our area.

After reading an Article 'Why You Should Let Nature Take Over Your Lawn' from Popular Mechanics I realized how much more we could get from our gardens if we thought more about what we want the garden to do. You get more satisfaction from your garden when the garden is designed to do more than just be a garden for plants, people and pets.

With focus on endangered species, both plant and animal, here is how your garden can help.

- Look up what animals or plants are endangered and may fit well with your property.
- Learn as much about the Animals and Plants that your land could support.

- 3. Look at your property in relation to the surrounding land. Is there bush nearby, a water course or plant corridors used as the paths of smaller birds and animals.
- With the knowledge gained visualize what you think you can achieve, decide on the plantings and proceed with a bit more excitement and confidence.

I've chosen to focus on the Regent Honeyeater as it's recently been added the Critically Endangered list and I remember seeing it in my garden. When I next plant I'm simply going for plants that will grow in my gardens conditions and are known as a food source for the honeyeater. Who Knows, maybe I'll see a pair in the not too distant future.

Do yourself a favor and do some research. You may be surprised by what species fit your property and pips your interest. Maybe some Glossy Black

Cockatoos for your trees, a Spiny Crayfish for your creek or a Shrub for the garden?

As a first stop for endangered species try the local council. If you're more adventurous try www.environment.nsw.gov.au and research for yourself, it's a great resource on the needs and habits of the species. The more information you gather, the more it helps guide your decisions.

If you do decide to proceed in supporting Endangered Species and you live in the Hornsby Council's rural area, or Hills Shire along Old Northern Road why don't you apply for Free Plants from Still Creek Landcare's 'Trees for Weeds' program.

If you would like help or further information on caring for your land contact Nick on 9653 2056, via email StillCreekLandcare@iinet.net. au or visit Still Creek Landcare at http://www. stillcreeklandcare.com.au and on Facebook.



WARRAH FARM SHOP

'FERVENT ENTHUSIASM' is probably a good way to describe the mood of the past month here at Warrah Farm. We have begun our transition to the preparation phase for Spring, which included welcoming new faces to the team. Young farmers with a great passion for organic and biodynamic market gardening, Cameron and Steve are excited to take over the farming reigns. Rob, our Farm Manager of the past 6 years, is now able to focus his attention on building greater opportunities for our clients, residents and school children living with disabilities to have increased engagement with the farm and the nursery. Our vision is to optimise the opportunities for them to experience the therapeutic benefits of gardening and farming.

Our modern lifestyles take us further away from nature and food production than we should be. Therapeutic gardening and farming

not only builds self-esteem by teaching invaluable life skills, it creates meaning and structure, and imparts a sense of belonging to a productive community. Contact with the soil and soil bacteria releases serotonin, with its many health and wellbeing benefits. And then there is the dopamine high that comes with the harvest.

Currently, the last of the Warrah citrus is being harvested, with delicious and juicy oranges still for sale in the Farm Shop. We are harvesting leeks, kale, salad greens and chard, while also getting the ground ready for the spring planting. We are definitely keen to say goodbye to the cooler months, and embrace the warmth. Spring is a great time for all the new life we get to observe and enjoy on the farm: insects, bird life, different veggies and wonderful flowers.

Our Farm Shop is open to the public six days a week with a full range of organic and biodynamic fruit and vegetables, as well as groceries, sourdough bread and fresh meat.

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nce again, a generous donor has enabled Still Creek Landcare to offer free local native plants to landowners who live in Hornsby Council's rural area, or Hills Shire along Old Northern Road. We want the plants to go to people who are clearing privet or lantana or other weeds and who wish to revegetate with native plants. Also those who want to revegetate their roadside nature strip, or create a wildlife corridor or a similar activity.

If that sounds like you, contact Nick Chartorisky on 9653 2056. We will help you work out what plants would suit your property from the varieties available at the Nurseries we source from.

We will then deliver the plants as well as provide advice on how to plant and care for them. In addition to the free plants we can provide Organic Soil conditioners for each plant that will help in its early development.

The minimum number of plants will be 1 tray of 40 tubes. Plants can include trees, shrubs or groundcovers. Trays and tubes are to be returned Still Creek Landcare when you have finished with them.

You cannot buy local native plants from retail nurseries, so this is a special opportunity. The plants are top quality. I look forward to hearing from you.

For more information about Landcare, go to stillcreeklandcare.com. au or Facebook.



The Bromeliad Society of Australia will hold a very special event at the Federation Pavilion, Castle Hill Showground on Saturday, 10 August commencing at 9am until 3pm.

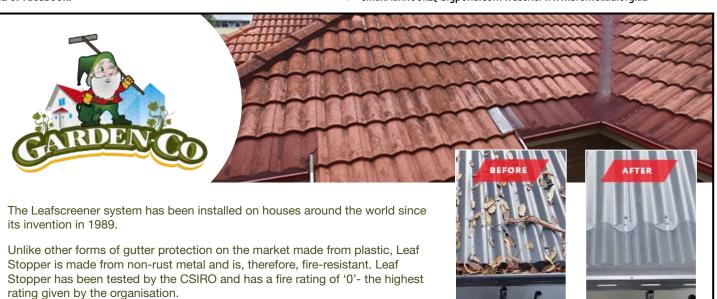
A Mini Fair featuring rare and interesting bromeliads from Peter Tristram, Forest Drive Nursery at Repton, NSW and recognised as a guru in the Bromeliad world. A great collector and grower, he will discuss his trips to Costa Rica, Peru, Panama, Colombia, Brazil and Europe and his pursuit of unique plants growing in their natural habitat. There will also be a variety of bromeliads available for sale from our local growers.

Peter is also known throughout Sydney for his huge annual Bromeliad Fair held in Concord. Due to ongoing venue issues the Bromeliad Society of Australia has invited him to share his knowledge and plants at this very special event that is open to the general public.

Peter will give three talks during the day at 11am, 12pm and 1pm and during these times sale tables will be closed for 1/2 hour. This is a free event with plenty of parking on site.

But be early to get those very special Tristram bromeliads. Access is via the Showground entrance off Showground Road into Doran Drive, Castle Hill.

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



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hile most of the State was engrossed with cockroaches and cane toads and which one would win the State of Origin (yay NSW!), at the July meeting of the Galston Garden Club, members were given hints and tips to encourage bird life into their gardens. Our guest speaker was Cathy Goswell from the Cumberland Bird Observers Club, a self-confessed, enthusiastic amateur, she was knowledgeable and brought many interesting facts.

Cathy spoke on her favourite subject Native birds and urban habitats, the statistics amazed us, out of the 10,000 bird species globally 8,908 can be seen in Australia with 300 species that can be seen in our local area. We are certainly blessed with what we have. As Cathy brought up pictures of various birds, and explained their habitat and feeding needs, their calls filled the hall and there were many that we instantly recognised as ones we had heard before and could now picture in our minds. She stressed the importance of

creating space for birds by first deciding what type of bird you wanted to attract – honey eaters, owls, parrots, insectivores etc and then provide the setting to encourage them in.

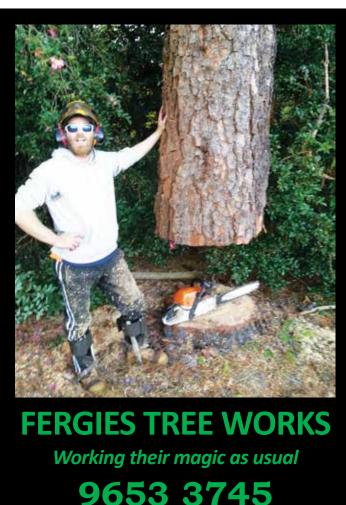
Two great websites she recommended were www.birdsinbackyards.net and www.birdlife.org.au, she encouraged all of us to get out and become familiar with the birds in our local area and to take part in the Birds in Backyards program to survey and observe the birds in your backyard which is done quarterly.

This year's Open Gardens Weekend will be on Fri 18th – Sun 20th October: The Open Gardens Committee are now well and truly busy organising this wonderful annual event. We will be presenting three new gardens that have not been open before, as well as three gardens that have continued to be developed and have not been open for a few years, plus a couple of familiar favourites. This year Northholm Grammar School will also be opening in conjunction with the Galston Open Gardens to showcase their aquaponics gardens, if you haven't seen how beautifully this system works it will be well worth a look. An inclusive ticket is \$25 per person and gives entrance to all the gardens (valid for three days), OR entrance to a single garden is \$5 per person with children under 18 admitted free.











GALSTON UNITING CHURCH

TWO SPECIAL SUNDAYS IN THE LAST MONTH OF JUNE

1. COMMISSIONING OF ELDERS AND **CHURCH COUNCILLORS.** Held on 23 June, this was a very special event in the life of the church, because following elections, this illustrious group of people will be the leaders of the church for the next year. At the Commissioning service, they pledge themselves to serve God in their roles.

In the Uniting Church, Elders are responsible for the spiritual health of the congregation and so includes the provision of pastoral care for those in need in the church and the community. The Church Council makes decisions concerning the day-to-day life of the church as well as the direction in which the church is heading. So we very much hold our

leaders and their responsibilities in our prayers.

2. FUNDRAISER LUNCH. At Galston Uniting Church, "Fun" and "Fundraising" are two words that are frequently found in the same sentence. This was certainly the case on Sunday 30th June for our fundraiser lunch after church. Although billed as a simple meal of soup and bread, this description did not do it justice. The soups were of "cordon bleu" standard and were followed by the most delightful cup-cakes to have with our coffee. Home made items were contributed for sale including jams, lime butter and bags of oranges from the Udy's trees. Our thanks go to Rika Whitlock and her friends who did such wonderful catering as well as to all who contributed to make this a great church event.



BY JOHN ILLIDGE

REMINDER:

RURAL FIRE SERVICE BLESSING SERVICE Sunday 11 August, 10 am,

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

A STORY OF WHAT GOD CAN DO

(A MESSAGE BY REV. ED. LONG)

Reading the book of Acts can be wonderfully encouraging. It is a story of what God can do in just one generation (30 to 40 years). If God could do so much then, remember he is still the same today, and can do it all again.

Reading the book of Acts can be wonderfully encouraging. It is a story of what God can do in just one generation (30 to 40 years). If God could do so much then, remember he is still the same today, and can do it all again.

This is the second book written by Luke. The first one is the Gospel of Luke. In both books we have the same

writer, the same reader (Theophilus) and the same subject, Jesus Christ.

In the first book, Jesus comes down to earth to work and to die here. In the second book, he goes back into heaven but continues his work on earth through the Holy Spirit and the church.

The ascension of Christ is mentioned four times in chapter 1, in verses 2,9,11 and 22. He was 'taken up' in his physical body and has that body in heaven now. It is his resurrected glorified body of course, but still bears the marks and scars of Calvary. It is possible that the only body which will have scars in heaven is his body. Did you ever think of that?

In the six weeks before he went back to heaven, Christ gave to his disciples his program and told them what he wanted them to do after he was gone. He emphasised two facts:

1. The disciples would be his witnesses

2. This would not be in their own power, but that of the Holy Spirit. The Holy Spirit came on the day

of Pentecost and what a wonderful difference his coming made in the disciples. There is no other way to explain the marvellous results of the apostles' preaching. It was the power of the Holy Spirit working through them.

And that is what the world saw the Holy Spirit giving them strength, power and courage and perhaps most of all love. Can the world see anything like that in our church or in our lives today?

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HILLSLIFE CHURCH

THE TIGHTROPE

"Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. But small is the gate and narrow the road that leads to life, and only a few find it."

The narrow road that leads to life ... what a picture. Another way of visualising this is walking a tightrope.

When it comes to walking a tightrope it requires great balance and focus.

Life often throws curveballs and distractions, sometimes opportunities and unexpected surprises, some appear positive, some appear negative. Yet without focus how do we measure? Without balance how do we weigh up?

One of the recommendations offered by the "online help" videos in learning how to walk a tightrope is "don't look down". This is partly because when you look down you lose focus, but also because you then lose momentum.

As we walk through the tightrope of life, the same advice holds true.

If we look down and get caught just in the current situation then we can get bogged down in the negative. Whether that's the naysayers around us, the stress of a given situation, the seemingly impossible task that still lies before us.

We look down and stagnate. We lose momentum.

Life really does throw some terrible situations at us - some may be in one right now. It's at these times you need to rebalance. Get back on the tightrope and move forward. Slowly, steadily, but move. Don't get caught in the moment and lose hope of the future.

Hey, that's easy to say while you are on the tightrope ... right?

Of course not, all of us face tough seasons, situations, circumstances ... some beyond our control, some we may have influence on. But unless we can rebalance then we can't get back our focus.

Which is the second piece of advice given to tightrope walkers. Ensure you focus forwards. Know your destination, where you are headed.

Whether we look at the whole season of life, or just the next few weeks, do you have a focal point? Where you are heading?

Again, this may seem easy to write ... but I am not trying to be flippant. In fact, as I write this, I reflect on many situations where I've lost focus on what's important and got caught up in the negative and lost my ability to move on.

Jesus says "Come to me, all you who are weary and burdened, and I will give you rest." (Matthew 11:28)

While I don't wish to trivialise any circumstance or life event, there is hope. So too, love, joy and peace.

These are the fruits of the Spirit and can be sustained even while walking the tightrope of life.

So if you're facing a tough season, caught in a seemingly unrelenting storm, if life seems to just be weighing you down, why not rebalance? Change the focus? Check out a local church, have a chat with the people there ... hear their stories, and their outcomes. Join others who recognise that the burdens of life are too hard to handle alone and sharing with others and with God eases the load.

There are answers, there is support, there is a hope and a future - reach out and see what God has in store.

GALSTON SEVENTH-DAY ADVENTIST CHURCH

the objective enables us to keep going when we feel like giving up.

The year was 1968; the venue was the Olympic Stadium in Mexico City; the event was the most gruelling of athletic events, the marathon. Out of the cold darkness at the far end of the stadium came one of the competitors, John Stephen Akhwari from the African nation of Tanzania. He was clearly in distress; pain accompanied his every step and one of his legs was bloody and bandaged.

The winner of the marathon had broken the finishing tape over an hour earlier, and now only a few spectators remained in the vast arena. But the lone runner pressed on. and as he crossed the finishing line, the small crowd roared out its appreciation.

Afterwards, Akhwari was asked why he had not retired from the race, since everyone else had completed the course. The African

"It is the final struggle which decides the conflict."

BY PASTOR DAVID MCKIBBEN

athlete seemed confused by the question, and the reporter repeated it several times. Finally, Akhwari answered, "My country did not send me to Mexico City to start the race. They sent me to finish."

God wants us to run the race of life with purpose and conviction and to finish well. Furthermore, he promises His power and His presence to enable us to finish the course. The apostle Paul shared these words of encouragement: "Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus." (Philippians 1:6; New International Version) So don't give up when things are tough, but rather keep going and finish well.

That principle was taught by lecturers in oratory in ancient Greece. It expressed their conviction that the most important part of a speech was its conclusion; how a speech ended determined its effectiveness.

That principle is also important in everyday life. It is not easy to finish well. In life there are far more starters than finishers, but it is important to keep going and finish well. So what can help us to complete what we have started?

It is important to remember that we are not alone when we face obstacles and problems. We can draw inspiration from the examples of others who have overcome difficulties to achieve their goals, and the support of family and friends can also help us to keep going in tough times.

It is also vital not to lose sight of the goal we are working towards. A sense of purpose and a clear vision provide tremendous strength and encouragement when we face setbacks and experience frustrations. Keeping our eyes on



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GLENORIE COMMUNITY CHURCH

WHERE AND IN WHAT DO WE PLACE OUR SECURITY?

Each of us has an inbuilt, inherent need to feel secure because security helps us to feel safe and gives us a sense of belonging.

The question then is: where and in what do we place our security?

Our homes provide a place of safety and security, with our possessions around us and a comfortable 'nest' for us to relax in.

Being able to drive a car from place to place gives us confidence and independence which makes us feel secure.

Emotional security can be found through insurance policies (even though they might cost us quite a bit), where we know that personal belongings and items we hold dear are looked after. We can't replace the actual items if they are stolen but we can use the insurance money to buy something as a reminder. Thankfully, our memories can never be stolen!

You may remember the movie, "Tarzan", telling the fictional story of a small orphan boy who was raised in the jungle by an ape named Kala. He believed that these apes were his family but later realised that he was a human. As the story unfolds, Tarzan must decide who he belongs to and where his security lies.



My husband wrote a song a few years ago when he realised that his security was bound up in his relationship with Jesus Christ:

The verse says:

'I have a destiny Jesus is His Name. Long life security He's the One who came. He filled me with His love The Holy One Poured blessings from above Jesus, God's Son.'

Psalm 16:8 tells us, "I have set the Lord always before me; because He is at my right hand, I will not be shaken." This bible verse tells us that if we look to God as our source of security, we will not be shaken. Events in this world we live in might shake us; problems, illness and accidents might shake us; the disappointments of life might shake us - but when we put our hope and trust in God and His Son Jesus Christ, we have an anchor for our souls, a strong security that gives us hope for each circumstance and for life eternal after this life is over.

NEWS FROM ST BENEDICT'S

ST VINCENT DE PAUL WINTER APPEAL

We were thrilled with the response to the SVDP Winter Appeal, which included many smaller and one large individual donation. This will enable our hardworking group to help a number of people in our area. Thanks to all.

2019 - 2020 SACRAMENTAL PROGRAM

During August we will have lessons leading up to Confirmation on Saturday 31 August. Details of the sacramental program for 2019 – 2020 can be found on the parish website: www.bbcatholic.org.au/arcadia.

ATSIC SUNDAY

On Sunday 7 July the parish celebrated ATSIC Sunday to give thanks to all that our First Peoples bring to the church and our community. This year's theme was 'Peace to this house and all who dwell within'. Each week we acknowledge the Darug and Guringai people, the traditional owners who have walked upon and cared for this land for thousands of years. We acknowledge the continued deep spiritual attachment and relationship of Aboriginal and Torres Strait Islander people to this country.

WEEKEND MASS TIMES

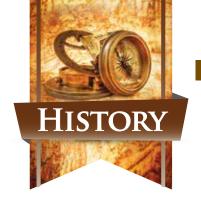
St. Benedict's Catholic Church Arcadia; Mass at the Monastery, 121 Arcadia Rd, Arcadia, at 7am every morning. Mass at the Parish Centre, Corner Fagans Rd and Arcadia Rd 7pm Saturday, 9am Sunday.

Sung Latin Mass at 4.30pm every Sunday in the Parish Church. St Benedict's Arcadia



ST BENEDICT'S YOUTH GROUP

The youth group has had three successful meetings and many new friendships have been formed on these evenings. The picture shows the happy young people proudly holding the Chosen books that form the basis of their learnings. Young people aged 12-17 are invited to come along and become part of this growing group. For more information about the next meeting email Nerida nerida.woodbury@gmail.com.



THE DHARUG AND LOWER HAWKESBURY HISTORICAL SOCIETY

EXPLORING OLD SINGLETO MILL ON THE HAWKESBURY

HE DHARUG AND LOWER HAWKESBURY **HISTORICAL SOCIETY** would like to extend an invitation to the general public to join us as we explore the Old Singleton's Mill located 15 klms downriver from Wisemans Ferry on the Hawkesbury River. It was only after Phillip's tenure as governor that the rich soils of the Hawkesbury area became a

major food source for the colony. Mills were built to grind grain before it was transported along the river and then down to Sydney.

James and Benjamin Singleton (the town Singleton was named after) applied for land on the Hawkesbury to set up a tidal mill, prior to 1820. The mill did very well; by 1834 James had built a larger mill down stream on the southern side near Laybury's Creek. The water driven wheel which was 5 metres in diameter and the grinding stones weighed one ton each and were referred to in the Australian Town and Country Journal as, 'one of the lions of the Hawkesbury'.

Date: Saturday, 31st August 2019

Time: 10.00am.

Location: To meet in the park at Wisemans Ferry Kiosk.

We will have a guick morning tea and if numbers warrant it we will carpool. Then we will drive along Singleton Road down as far as Laybury's Creek. Whilst there are no ruins we can access the area

to see where the mill was sited. From there we will retrace our steps back along Singleton Road to One Tree Reach a 50 hectare wetland established by Hornsby Council in the 1990's. There is an area where we stop for a picnic lunch (it might be advisable to bring a chair or rug to seat on) and there are a couple of walks along established boardwalks which we can avail a visit.

Following lunch we will call into the Watkins Orchard (TBC). The Watkins Family were members of the Society for many years. Their orchard has been in operation in this area since 1901.

We will then wind our way to the Wisemans Ferry Cemetery for a visit. It has been several years since we have been there and Hornsby Council have done restoration work on the graves. Then finally back to Wisemans Ferry to collect cars.

Bookings and contact details in case of rain to 0405 321 478 (leave a message) by Tuesday, 27th August.

Bring along lunch, snacks, water, sunhat, sunscreen and repellent. Sturdy shoes are suggested.



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Throughout June and July the brigade has been busy with training. In June, Arcadia participated in the Hornsby/Ku-Ring-Gai district's annual District Exercise. The exercise is comprised of a number of different scenarios that encompass the incidents and skills the RFS attend and use. This year there were scenarios for gas cylinders, lightning strikes, and an MVA scenario including hazardous material. These scenarios are designed to not only test and challenge crews, but to also provide an opportunity to learn. There is also a navigation aspect to the District Exercise, where crews are required to navigate through the bush to find points of interest. The feedback was unanimous, that the crew had a great day!

The community may have seen a number of fire trucks at Galston High school one weekend in July, but don't be alarmed! For a number of months Arcadia has been working on a training exercise, which saw neighbouring brigades from the Hornsby district, and The Hills, come together alongside Fire and Rescue to train at Galston High School. The aim of the exercise was to allow brigades to train within the grounds, challenge their skills, further familiarise themselves with the asset, and take the opportunity to train together. It allowed many



personnel to train in a variety of roles, from operational firefighting duties to communication operations.

Our fire trucks get us to all sorts of places in many types of terrain, and they're guite big. If we get a call to your property, will we be able to enter and fit down your driveway? A number of driveways are quite narrow. have over grown trees, or even decorative driveway entrances. We get called to a variety of incidents, from bush and structure fires, to assisting an ambulance. Our big trucks, a Cat 1 tanker, are 2.4 metres wide and 7.5 metres long. We can fit through gateways that allow 4 metres height clearance and 3.5 metres width is preferred. These trucks also have a large turning circle, which makes small, tight corners very difficult. A few more points when thinking about how accessible your property is in case of an emergency include the visibility and location of the street number, do you have a stored water source and is it easily accessible, and is there a visible hydrant outside your property, that has not been overgrown by weeds, the nature strip, or just hidden from dirt and debris. If you do have a hydrant that could use some TLC, ensure you practise safety around it as

other creatures like to make their homes in it. You can assist us by removing vegetation from the hydrant so we can locate it quickly.

Arcadia is always looking for new, enthusiastic members to join us. We will be holding an open day at our Get Ready Weekend, which will at our station 127x Arcadia rd, Arcadia on the 14th of September. We encourage all residents of the utopia community to come visit! We'd love to hear what preparations to your property you have done. With the dry conditions and water restrictions, it is vital that we all have our summer preparations underway. Preparing your property does not need to be a strenuous task, start small. Mowing lawns, trimming vegetation, clean gutters, and removing rubbish to create a safe APZ is a great way to start. The more you prepare your home, the safer it will be

For more great tips on how to prepare your home for the fire season, visit the NSW RFS website https://www. rfs.nsw.gov.au/plan-and-prepare/prepare-your-property

More information on hydrants can be found on the Fire and Rescue NSW website https://www.fire.nsw.gov. au/page.php?id=9257





GALSTON RURAL FIRE BRIGADE NEWS BYKARA DUBOIS

DUTY MOBILE: 0491 119 152 EMAIL: info@galstonrfb.org.au





GALSTON HIGH SCHOOL MULTI-DISTRICT EXERCISE

Recently Galston RFB took part in an extensive training exercise at Galston High School focusing on structure fires. Numerous brigades from several districts and agencies attended the event which included breathing apparatus drills, leadership training, and communication exercises. Part of the event included search and rescue of the school buildings and classrooms, and full decontamination procedures.

GALSTON500 AND KISS GOODBYE TO MS

The Galston Firies attended the Galston500 at the Galston Valley Railway for a fundraising event for Multiple Sclerosis research. The event was hosted by the Hornsby Model Engineers Co-Op, which consisted of 5" Scale Model Locomotive teams attempting a combined total of 500 laps of the 1km track to help raise funds for MS research. By the end of the day they managed to raise over \$5500. Galston's primary structure firetruck was there with interactive hose drills for the kids and also to help answer any questions from the public.







NO PERMIT PILE BURN

Galston assisted Dural RFB with a recent pile burn that was burning without a permit. Pile burns are helpful for property maintenance and to reduce bush fire fuels ahead of the official fire season in October. However, permits for pile burns are required all year-round. Please make sure you contact your appropriate council for advice on a permit. NSW RFS Fire Control and your neighbours must also be notified, and piles must adhere to the approved standards.





MIDDLE DURAL RURAL FIRE BRIGADE NEWS

In May Middle Dural Brigade assisted Hillside Brigade with a large 150 hectare burn that provided protection to a number or properties and reduced potential fire run into the Glenorie Village area. With the attendance of over 200 fire fighters, this hazard reduction provided a number of Brigades with an opportunity to work together to achieve a great result. This was an experience that I'm sure will be translated to a real fire emergency. The job was made easier by the use of RFS Helicopters undertaking aerial incendiary into the deeper gullies after RFS crews on the ground had established fire breaks by burning at the top, between houses and paddocks and gardens and

the bush. Unfortunately now though as a result of heavy rain in June several other hazard reductions planned for the Hills Shire LGA have been postponed until conditions dry out.

Over the last month Middle Dural Brigade has continued to assist residents with pile burns. It should be noted that burning small piles in accordance with the NSW RFS Pile Burn Standards and the Hills Shire Notice of Approval for Pile Burns for Bushfire Fuel Management can be achieved by residents without seeking assistance from the Brigade. If you need help however, or fire-related advice, please ring the Captain of Middle Dural Len (0408 220 705) or Senior Deputy Ken Middleton (0417 203 088).

Read online at www.galstoncommunity.com.au





A NEW TRUCK FOR GLENORIE STATION

During July Glenorie Brigade were lucky to receive a new Heavy Tanker. The new unit is a specially built "Village" Category 1 Appliance which was previously operated by Kellyville Fire Brigade. Members worked hard to get everything set up so it could start service as soon as possible. The new tanker has a larger amount of locker space giving volunteers easier access to items that we commonly need at village incidents. This Tanker is replacing our older Village truck which will become the district spare.

BREATHING APPARATUS TRAINING AT GALSTON HIGH SCHOOL

Members attended a multi-agency breathing apparatus training exercise organised by Arcadia Fire Brigade. Fire Fighters wearing Breathing Apparatus Equipment had to complete different training scenarios such as search and rescue of classrooms and identifying hazards. It was a great exercise for members to gain more knowledge of not so common incidents, to work with neighbouring brigades and Castle Hill FRNSW.

KEEPING UP WITH TECHNOLOGY

Glenorie Fire Brigade received a generous gift from The Village, Glenorie which is an iPad to go in to one of our Fire Trucks. This will be a great tool to use to see member statuses when responding to incidents, organising Hazard Reductions, using maps and a range of other applications. Members will be getting familiar with the range of uses and ways it can help us before the Fire Season. We would like to thank The Village, Glenorie for such a thoughtful donation.

GET READY BEFORE FIRE SEASON

Even though we are in Winter we have been seeing Dire Danger Readings of High. Conditions have been dry, windy and unusually warm. It's certainly a reminder that the fire season is just around the corner. Now is the time to get on with property preparation before the Fire Season. Make sure you also update your Bush Fire Survival Plan and make sure everyone in your household knows what the plan is. For useful tips on property preparation you can visit The NSW Rural Fire Service Website.

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.



1ST AUGUST | THURSDAY 3:30PM - 4:30PM

FROGGIE FUN WITH FRIENDS

Hop on in for an afternoon of froggie stories, games and crafts at Dural Library. Not a Year One Reading Club member? Join for free on the day. Bring a Year One friend along and receive a special sticker for your Year One Reading Club Log. Venue: Dural Library, Pellitt Lane, Dural 2158 Visit: www.thehills.nsw.gov.au

5TH AUGUST | MONDAY 10:30AM - 11:00AM

PRESCHOOL STORYTIME - DURAL LIBRARY

Stories both new and old, songs, rhymes, fun, educational and interactive activities. Designed for 2-5 year olds, the aim of storytime is to encourage a love of stories, books and libraries as well as develop listening, language and social skills. Venue: Dural Library, Pellitt Lane, Dural 2158 Visit: www.thehills.nsw.gov.au

5TH - 26TH AUGUST (EACH MONDAY OF THIS MONTH) 4:00PM - 5:00PM

SPECTACULAR SCIENTISTS STORYTIME **AND CRAFT SERIES**

Encourage your child's love of learning with our fun-filled, new STEAM based storytime and craft series. Experiments are included to encourage scientific discovery and most importantly fun! Venue: Castle Hill Library, 14 Pennant Street, Castle Hill Visit: www.thehills.nsw.gov.au

5TH AUGUST | MONDAY 7:00PM - 8:00PM

AN EVENING WITH PAULLINA SIMONS

Join Paullina Simons, international best-selling author of novels such as Tully, Tatiana and Alexander and The Bronze Horseman as she tours Australia to celebrate the release of her new trilogy. Venue: The Pioneer Theatre,

Cnr Pennant and Castle St, Castle Hill 2154 Visit: www.pioneertheatre.com.au

7TH AUGUST | WEDNESDAY 6:45PM - 9:00PM

IBN EVENING WORKSHOP: **HOW TO INCREASE BUSINESS VISIBILITY**

Cynthia Painter - Create Action Now presents: How does visibility impact business growth? Venue: Castle Grand Function and Cultural Centre -Tribute Room, 14 Pennant St, Castle Hill 2154 Contact: Julie Warner | Phone: 0414 210 979 email: iulie@independentbusinessnetworkinc.com Visit: www.thehills.nsw.gov.au

10TH, 24TH AUGUST | SATURDAY 8:00AM - 12:00PM

THE HAWKESBURY HARVEST **FARMERS and FINE FOOD MARKETS**

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

Venue: Castle Hill Showground.

Off Showground Road, Castle Hill 2154 Contact: Farmers and Fine Food Markets Enquiries

Phone:0406 237 877

email: markets@hawkesburvharvest.com.au Visit: www.harvesttrailsandmarkets.com.au

11TH AUGUST | SUNDAY 10:30AM - 2:00PM

THE ALAN CLARKSON COLOUR AND **FOAM FESTIVAL**

Come and enjoy a 3km walk or run with your family or mates for a fun filled day of colour, foam and large obstacles where you will be sprayed with non toxic coloured powder!

Venue: Galston Recreation Reserve, Galston Road, Galston 2159 Contact: The Rotary Club of Galston email: legenddairyÓ1@optusnet.com.au Visit: www.thehills.nsw.gov.au

11TH AUGUST | SUNDAY 9:00AM - 2:00 PM

THE GROWERS' MARKETS **DURAL COUNTRY CLUB**

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

Venue: 662A Old Northern Rd, Dural NSW 2158 Phone:417 227 748

email: info@glenoriegrowersmarket.com.au Visit: glenoriegrowersmarket.com.au

13TH AUGUST | TUESDAY 6:30PM - 7:30PM

NATIONAL SCIENCE WEEK - EXPLORING MEDICAL BRAIN RESEARCH

Join Dr Lindsay Parker, a researcher at Macquarie University, as she discusses how she is trying to create better medicines for Alzheimer's, chronic pain and brain cancer, by only targeting the unhealthy cells in the brain.

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

14TH AUGUST | WEDNESDAY 10:00AM - 12:00PM

KNIT IN AT DURAL LIBRARY

Are you a keen knitter? Join us at Dural Library in our annual support of "Wrap with Love", a registered charity that distributes warm blankets to the needy.

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

15TH AUGUST | THURSDAY

DURAL GALSTON PROBUS CLUB MEETING

Our speaker will be John Ebbott from "Careflight". We are a mixed club for retired and semi retired people who enjoy friendship, good speakers, outings and holidays. Visitors are always welcome. Location: The Galston Club.

21-25 Arcadia Road, Galston. contact: Anne | 9653 1004.

15TH AUGUST | THURSDAY 4:30PM - 5:30PM

BOOK WEEK SUPER HERO STORYTIME - CASTLE HILL

Reading is my secret power!! Celebrate your child's love of reading at our special Book Week storytime at Castle Hill Library. Each child will create their own super hero alter-ego and mask to take home.

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

16TH AUGUST | FRIDAY 10:00AM - 1:00PM

KNIT IN AT CASTLE HILL LIBRARY

Are you a keen knitter? Join The Friends of The Hills Library in their annual support of "Wrap with Love", a registered charity that distributes warm blankets to the needy.

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

18TH AUGUST | SUNDAY 9:30AM - 3:30PM

DOGS IN THE PARK NSW - CASTLE HILL

The event will be based on our drawcard attractions where locals can participate in all activities such as Dog Competitions and Dog Races and Pet Adoption Day. Venue: Castle Hill Showground, Showground Road,

Castle Hill 2154

Contact: Dogs in the park NSW - The Hills | 043 116 7327 email: dogsintheparknsw@gmail.com Visit: www.thehills.nsw.gov.au

19TH AUGUST | MONDAY 1 PM

HILLS SHIRE GARDEN CLUB MEETING

Guest Speaker will be Robyn Bible on Geraniums

Location: Barton Hall, 178 David Rd Castle Hill Phone: 9624 5034

19TH AUGUST | MONDAY 7:00 PM FOR 7:15 PM START

DURAL & DISTRICT PROSTATE CANCER SUPPORT GROUP

Speaker: Lauren Reeves - Advanced Diploma of Nutritional Medicine and special guest Professor Jeff Dunn - New CEO of the Prostate Foundation of Australia. Light refreshments provided

Location: Blue Gum Centre, ARV Glenhaven Green 599-607 Old Northern Road, Glenhaven Contact: Denis 9629-2645 | Maurice 9654-2138

22TH AUGUST | THURSDAY 10:30AM - 12:00PM

LET'S TALK ABOUT ESTATE PLANNING

Do you need advice and information about Estate Planning? Come along to Dural Library to hear from a local solicitor as they discuss Wills, Power of Attorney, Enduring Guardianship Venue: Dural Library , Pellitt Lane, Dural 2158 Visit: www.thehills.nsw.gov.au

27TH AUGUST | TUESDAY 6:30PM - 7:30PM

IMPERFECT: HOW OUR BODIES SHAPE THE PEOPLE WE BECOME

In a captivating mix of memoir and cultural critique, Dr Lee Kofman casts a questioning eye on the myths surrounding our conception of physical perfection Venue: Castle Hill Library, 14 Pennant Street, Castle Hill Visit: www.thehills.nsw.gov.au

28TH AUGUST 2019 | WEDNESDAY

THE GALSTON VIEW CLUB RAISES MONEY TO SUPPORT THE SMITH FAMILY LEARNING FOR LIFE PROGRAM WILL HOLD ITS MONTHLY/LUNCHEON MEETING

Guest Speaker Jennifer Philps, Community Relations Manager, Children's Medical Research Institute, Westmead...Visitors are always welcome...

Location: Galston Club, 21-25 Arcadia Road Galston Contact: Merle | 9634 2378

Helen | 9614 1512 or 0415 461 811.

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Please call or text on: 0435427853

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Areas: Arcadia, Glenorie, Middle Dural, Galston and Dural.

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, putting on and taking off horse rugs, watering gardens and collecting mail.

Please call or text on: 0435427853

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

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- Physically fit and enjoy working in an outdoor environment in all weather conditions. Some heavy lifting will be involved.
- Must have own transport
- Be computer literate

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CROSSWORD

ACROSS

- 01. Hire
- 04. Tourist spot south of Denmark (5, 5)
- 09. Establishes (4, 2)
- 10. Dinner site
- 11. Atherton Tableland pine (10, 5)
- 12. "Know thyself" philosopher
- 15. Profane expression
- 18. Spot
- 19. Lineage
- 21. Rat only found way up North (4, 4, 7)
- 25. Desert runner --- Gash
- 26. Bread
- 27. Abandoned (4, 6)
- 28. Barbie staples

DOWN

- 02. They obey one's will
- 03. Preference
- 04. Pope is to upset another performer
- 05. Beyond what is usual
- 06. Unimportant person
- 07. They're uplifting
- 08. Church singers
- 13. Former Richmond centre half-forward (5, 4)
- 14. Vast amount
- 16. Rugby's "The Back-up man" (5, 4)
- 17. Yelled
- 20. Footwarmer
- 22. Up
- 23. Dull yellowish brown
- 24. Scent

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COMMUNITY CONTACTS

Avicultural Society of NSW Inc. Welcomes persons interested in Avicultural (bird keeping). The society holds monthly meetings which include presentations and talks on all aspects of bird keeping 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 APEXO 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 QuiltersMeetings 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

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

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Dural and District Historical

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 Gur 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

Dural and Hills District Garden Club

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

Dural 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

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

Dural Mens Shed

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

Friends of Fagan Park

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

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 Pam 9653 1036 or Jann 0439 222 217

Galston Community Hall
37 Arcadia Rd, Galston available for functions,

air-conditioned, inspections welcome Bookings call 9847 6050.

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

Galston Garden Club

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

Galston View Club

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

Girl Guides

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

Glenorie Maroota **Bioregional Forum**

Meets at 7.30pm on the first Wednesday of each month at Glenorie Community Hall. Let us know of your local environment and heritage concerns. Contact Carolyn Hall on carolyn@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 AssociationMeets 2nd Thursday of each month at 7:45pm at Glenorie RSL Club. Contact secretary@ glenorieprogress.org.au or 0418 432 587

Glenorie RSL Sub-Branch meets on 2nd Tuesday of the month commencing at 7:00pm, at the Glenorie RSL Club. Enquiries to Graham Bruce, 0432 391 811

Hills Budgerigar Club

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

Hills Community Aid No Interest Loans up to \$1,000 for whitegoods, furniture, computers,

essential repairs etc. Contact Hills Community Aid 9639 8620, enq@hca.org au or www.hca.org.au.

Hills Farmers' and Gourmet Food Mkt

2nd Saturday of the month, 8am-12pm, Castle Hill Showground. www. hawkesburyharvest.com.au

Hills Shire Garden Club

Meetings held on 3rd Monday of the month at 1.00 p.m. at Barton Hall, David Rd, Castle Hill. Enquiries 9624-5034 Hills RSL Sub Branch

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

Hornsby Ku-ring-gai

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

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@ amail.com

Probus Club of Round Corner

NOW has vacancies for new members Join our club and enjoy new friendships, interesting meetings and a large variety of activities e.g. Walking Group; Mah-Jong Group; Theatre Group; Tennis Group; plus overseas and extended local tours and local day trips. We meet on the 2nd Monday of the month at 9 30am for 10am at The Galston Club 19 Arcadia Road, Galston. We look forward to you joining with us. All enquiries to: The Secretary, PO Box 822, Round Corner. 2158 or come one month

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.

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 StillCreekl andcare com.au or e-mail StillCreekLandcare@iinet net au or Contact Nick on 9653 2056

The Hills Trefoil Guild (Guides NSW)
The Trefoil Guild is the adult section of

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

CHURCHES

Christ Church

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

Galston Uniting Church
Service times 10.00am. Children's programmes KUCA for children K-6, each Friday of the school term 5.00 to 6.30pm. #ThePower (Youth Group) for those in high school. Fridays of the school term 7.00pm to 8.30pm. CRAFT group Thursday evenings of the school term from 7.00 to 1 0.00pm. OVER 55's for seniors 2nd Monday of each month from 10am to 12noon. Other groups of interest: - Men's Choir, Ladies Choir. For all enquiries, please call the church office on 9653 2039. 11 School Road Galston or visit www.galstonunitingchurch.com

Galston Seventh Day **Adventist Church**

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

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

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

Hillslife Church

Meets 10:00am every Sunday at Galston Public School. Pastor Corri Byrne Ph: 0416 233 629. For more info go to www.hillslife.com

St. Columb's Anglican Church Sundays at 9.30 am. Coffee n' craft group meets on Fridays at 9.30 am - enquiries Beverley 9653.1790.

St Benedict's Catholic Parish Mass at the Monastery, 121 Arcadia Road, Arcadia at 7am every morning. Mass at the Parish Church, Cnr Fagans Rd and Arcadia Rd 7pm Saturday and 9am Sunday. Ph 9653 2312.

Parish Priest Fr Bernard McGrath 0416 032 497

St Judes Anglican

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

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

LOCAL SPORTS ASSOCIATIONS

Dural Country Club Bowling Clubs

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

Dural Country Club

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

Dural Rugby Club

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

Galston Glenorie Amateur Fishing Club
Meets at 7.30pm at The Galston Club on

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

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

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

galstonclub.com.au **Galston Equestrian Club**

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

Galston Netball Club

All enquiries to secretary.
galstonnetballclub@gmail.com or visit the website www.galstonnc.nsw

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

Hills AUSSI Masters

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

Hills Hawks Soccer Club For season details and registrations

call Michael Rosier on 0418 676 768 or agminsulations@bigpond.com. Hills Hawks Softball Club

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

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

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

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

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

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

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

Hillside Public School on 9652 1459 Thursday Ladies Tennis Competition in the Hills District

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

LOCAL PLAYGROUPS

GALSTON

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

New members are very welcome to drop in; the first two visits are free. Email galstonkidsplaygroup@gmail.com 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
Diana Paton - 0408 011 193,
Vicki Brownless - 0423 727 826 (South Maroota area),
Ray Whiteman, Glenorie - 9652 2454 / 0400 008 083 Cherrybrook Shopping Village, Shepherds Drive, every Saturday morning 10:00 AM to noon.

There will be a JP at Dural Library Wednesdays between 1:00 PM and 3:00 PM.



ADVERTISING

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



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Answers from July Issue =

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Buying Before You Sell

iming your purchase with your sale can be complicated, and it can be challenging to know whether to sell or buy first. Here's what to consider. Choosing whether to buy or to sell first is not as simple as it seems. There are a lot of variables, and there are pros and cons to both. As with all things real estate, do your homework. Are you staying in the same area or moving away? Are you upsizing or downsizing? Will you be taking on a smaller or bigger mortgage? There are plenty of questions to ask, but here's where to start.

Get Clear On Your Finances

According to Finder, the number one consideration on whether to buy before you sell is your finances. If you are flexible and comfortable in your finances, then it makes more sense to find your dream home before putting your house on the market. With this approach, you don't have the pressure of having to choose from what's available at the time you have sold your property. However, if your finances are

tight, it might add stress during the purchasing process. For example, if you have already purchased a home and then it takes longer than expected to sell your current property. In this case, Canstar says you can access a bridging loan for when and if you need finance to purchase a second property with the intention of selling your current one. Typically, bridging loans are interest only payments and have limited terms so can be a good option if you get stuck.

Consider The Area In Which You Are Selling

Carolyn Wheatley, Belle Property's Rural Hills District Agent, says your next consideration needs to be the location in which you're selling your property. "When deciding if you should buy before you sell you should understand what is happening in the area you are selling in. Get a realistic estimate of how long it might take you to finalise a sale. Do your research on the area and its recent sales. Consult local real estate agents as they will be able to advise on the average days on the market," says Carolyn.

Understand The State Of The Property Market

"The state of a housing market will also affect your ability to negotiate for the sale of your new home," adds Carolyn. "In a buyer's market, when house sales have slowed down, you will have a greater ability to negotiate the terms of the contract settlement. In many cases, the buyer can choose whether to settle in 30, 60 or 90 days. You might be able to extend this if you find your dream home but need more time to sell your place. "However, if the housing market is moving fast, it can work in your favour for private sales if you can settle in a shorter period, such as 30 days. This is another factor to keep in mind as it could improve your bargaining power if you've already sold your home and you're ready to sign. "The most important thing is not to extend yourself or put yourself under additional stress. Speak to the experts and ensure you do your research before you make your decision," advises Carolyn.

For more information, please don't hesitate to contact Carolyn Wheatley – 0407 120 483 or carolynwheatley@belleproperty.com



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AUCTION: AUGUST 24, 2019





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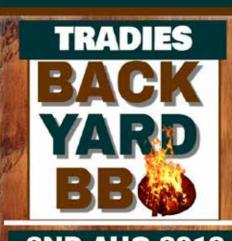
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NOW on Wednesday & Friday nights between 6:30pm and 9:30pm Jackpots \$300 per week















Lunch Specials

Monday to Saturday

Members \$9.90 Visitors \$11.90

10% Public Holiday surcharge applies All day
specials
Monday to

Saturday Members \$14.90 Visitors \$16.90

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

> 10% Public Holiday surcharge applies

Members Happy Hour

Monday to Friday 4pm-5pm

Excludes Public Holidav

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY	
ľ	Tuesday nights Poker	Bingo – ticket sales from 10am. Jackpot prize \$2000*	APL Poker Free Roll	Monster raffle, 40	Kids eat Free (1 x kid	l
	\$20 buy in rego starts	• Game prizes – club cash & wishcards totalling \$200 in value	plus Jackpot*	prizes to be won,	eat free/minimum	
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		Raffle tickets on sale 7pm	Prize \$200*	 Total value of Raffles 	\$16.90)	î
П		Total Value of raffles \$500		\$1500	 10% Public Holiday 	
ľ		Joker Jackpot \$5200*		Spin n Win	surcharge applies	

* 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.