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Galston, Glenorie & Hills Rural COMMUNITY NEWS

September
2019

The Original Community Magazine since 1971.



LOCAL KOALA POPULATION GROWING

There have been at least two more reports from residents of Koala sightings. One on Bay Road Arcadia near Mulawa Horse Stud and the other along Moores Road in Glenorie.

The fact that these sightings have occurred, and from the noise recordings being undertaken by Western Sydney University, means we clearly have a growing population.

So as residents we need to educate ourselves about Koalas and how to keep them safe and help their colonies grow. Much was learnt at the recent Koala Community Day in May at Glenorie Memorial Hall, but here is some more information.

Breeding Season - September to February. Koalas live in complex social groups. The males have a home range of up to 1km x 1000-400m, and 43 hectares in area. During mating season residents may witness more sightings as the males move around to mate. A typical home range for each koala is pictured on page 4. The home range of each animal fits together like a jigsaw. This illustrates that the habitat supporting this Koala population is ideal for its survival. However, if the available habitat were to be reduced in any way, the potential for survival of each individual would also be reduced. So please be mindful if removing trees.

The story continues on page 4

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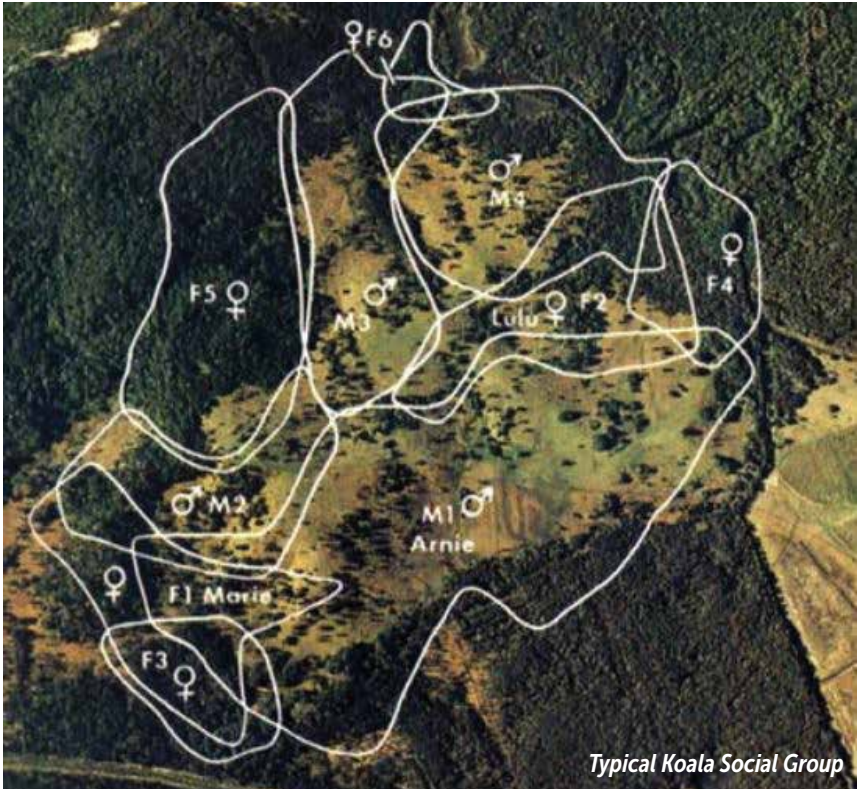
LOCAL KOALA

from page 1

Some Koalas have been found dead along Old Northern Road, having been hit by cars. Unfortunately they tend to be nocturnal and have no road sense. So when driving through Glenorie and towards Wisemans Ferry, please watch out for them crossing the road. The GPA is lobbying Council for some road signage.

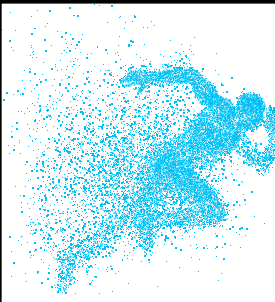
If you have dogs, please keep them fenced in at night. Dog bites can be fatal as even if the initial bite is only minor. Bacteria and infection from the bite can eventually kill the Koala.

If you see a Koala, please do not touch it, but if you have time please take a photo record it on the Ushahidi mobile app. Why not download this now, ready for your first sighting.



If you see an injured Koala please call Jo Hebden **0418 478 902** or Sydney Wildlife on **02 9413 4300**

Dr. Michelle Ryan from Western Sydney University is also looking for reports of Koalas, so you can also email her if you see any, hear any or see their scats (see image), Her email is m.ryan@westernsydney.edu.au



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Neighborhood Watch REPORT

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

For those residents not on facebook (or who have little time to check in), here is an update on what has been reported.

8TH AUGUST | Thursday

Suspicious man reported in Glenorie and surrounding areas. He was acting strangely and did enter a number of properties, which frightened those living there. After being approached by a number of concerned residents who tried to help him. It appeared that he was 'confused' and possibly suffering a mental illness. Police were called a number of times but unfortunately didn't have available staff to respond immediately.

14 – 15TH AUGUST

Wednesday – Thursday

Drone stopped over property around 8.30am in Maroota. Resident also spotted a black/charcoal Mazda 3. Shed had been broken into. Due to location, break in reported to Wisemans Ferry and Windsor Police. Police attended to fingerprint property.

15TH AUGUST | Thursday

Resident on Cliftonville Road, Maroota spotted a white Hilux on their property at 8am. By the time resident got outside, the car had driven off. Got a partial number plate and reported to police.

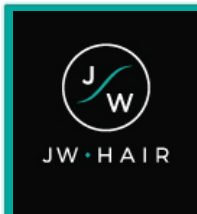
First 2 weeks of August, there was one reported break and enter at Galston Aquatic Centre with the male being caught arrested and charged. There was one break, enter and steal at Glenorie Public School where several laptops were stolen. Police are continuing to investigate this incident.

Bike stolen from Hornsby, it is very distinctive. Call owner Matt on 0409 796 955 if you see it anywhere.



How to report Crime:

Triple 000 for emergencies or life threatening situations. Police Assistance line **131 444** for non-emergencies. Crime Stoppers **1800 333 000** to provide crime information.



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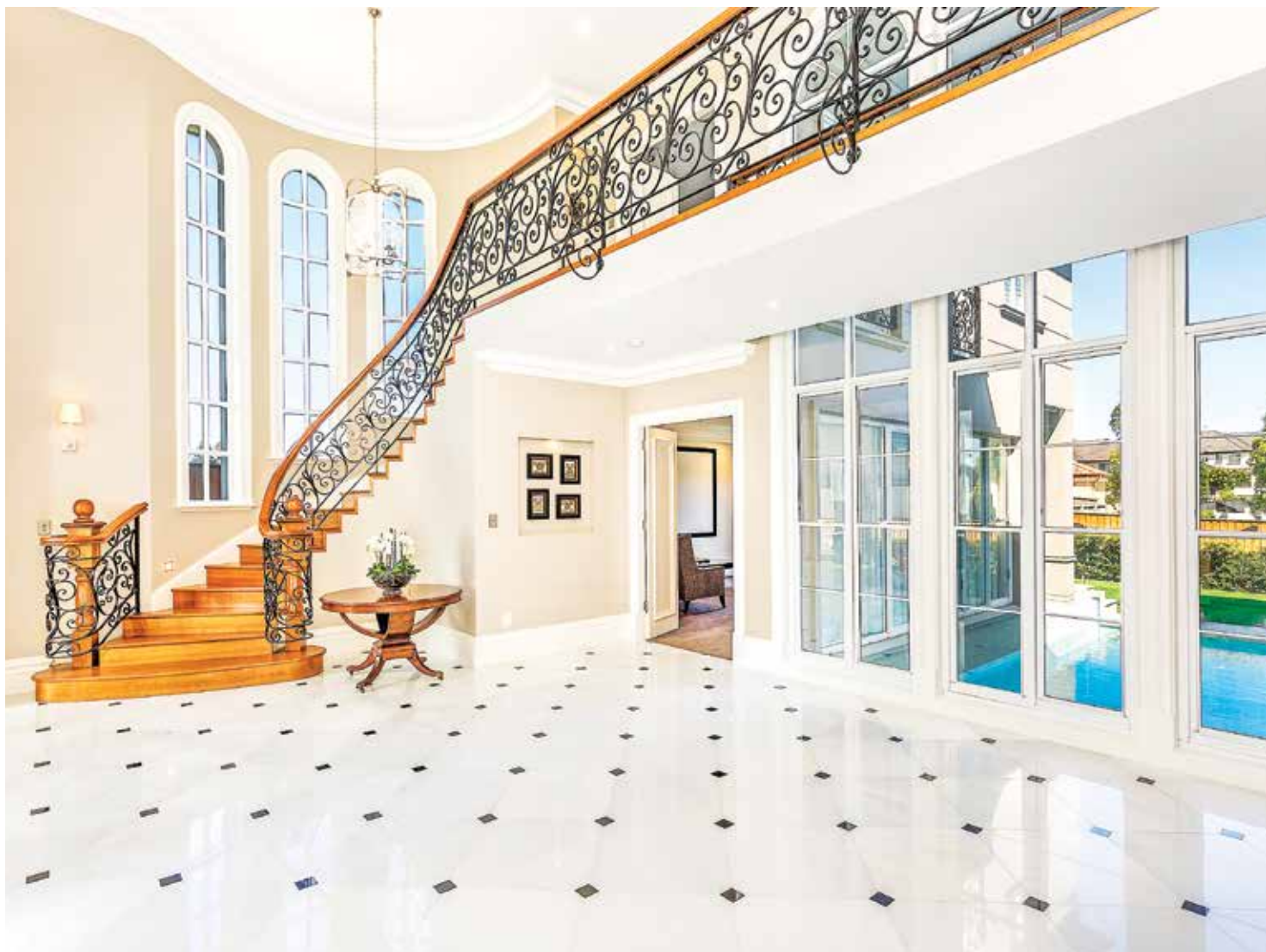
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SALVATION ARMY

BY KATY JOSCELYNE

As the cold winds and white frosts of August fade into the past for another year, the first signs of Spring are appearing along our roadside.

THE TREES of the few remaining stone fruit orchards in our area are in blossom, and the wattle trees are bursting with golden fluff-balls. Some of us are not Winter-lovers and we grumble about the cold, but would we really appreciate Spring if there were no winter with which to compare it? In God's plan, there is a reason for every season!

Our stores in Dural and Glenorie reflect the arrival of Spring with emerging changes across many departments. You will see fashion garments anticipating the warmer weather, with t-shirts, blouses, peddle pushers, shorts, beach ware and summer frocks on the racks. Sandals and strappy shoes will start replacing fleecy lined boots, and the electrical department will be testing and tagging more ice cream makers and room coolers. You will, however, still find winter themed articles in all departments in case you are planning a trip to the snow or to a cooler climate overseas.

Have you thought about volunteering with us? Volunteering underpins our society, and many wonderful organisations could not exist without the help, enthusiasm and skills of its volunteer team. The rewards are many: make new friends, learn new skills, chat about the news, be exposed to a range of opinions across a variety of topics over a cuppa, make a worthwhile use of your time, and give yourself an emotional boost.

In some countries volunteering is so highly regarded that people PAY to volunteer! Cambodia is one such country!

Come and have a cuppa in our Community Corner at Dural and welcome in Spring!

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!



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NEWS FROM THE FRIENDS OF FAGAN PARK

BY IAN BROWNING

We are certainly looking forward to our OPEN DAY on 6 October, when we will bring out many of our running exhibits, and have a mid-day parade through the park. Come and join us for a look around after your picnic lunch. In the meantime, it would be nice to have a bit of rain to freshen everything up.

ON SATURDAY 10 AUGUST we hosted the annual Velocette Day. It was not the best of days weather-wise, but even so, around 40 motorcycles turned up, more than half of them Velocettes. Velocette was an iconic British company, making many models, including the near silent water-cooled LE. It became the British Postie bike for a time. Most visitors took advantage of the refreshments and lunch provided. For those keen to have look, search for 'velocette day' in Facebook.

The 1918 International truck restoration recently reached a milestone – its chassis has been rebuilt out of two, both with their faults, and we now have the foundation on which to start putting it back together. That's a bit optimistic really, as there is so much work to do in every direction. The photo shows its delivery after the big welding job. Other recent achievements are reassembly of the differential, delivery of the re-rubbed rims to the wheelwright, arrival of the new piston rings, and so on. We are

working on the brakes – badly rusted – and we have been to a brake specialist who is sure the job can be done. One of the busiest members of our group of volunteers is our fitter and turner. There are so many tasks needing his services, as every single wearing part of the truck requires refurbishment. So much so that we have enlisted outside services to do a bit of this work, and many of us take bits home to work on. We recently welcomed a new member to our group. He has been baptised with a job on this project.

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

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



TRIVIA NIGHT

Great Prizes! Lots of Fun!



Funds raised will assist RDA Tall Timbers Centre to continue to provide therapeutic and recreational horse riding and life skills activities for people with disabilities.



Donations of prizes would also be greatly appreciated.

Saturday 21st September

The Vineyard Hotel
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Bistro meals available to purchase
Trivia starts at 7.30

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<https://www.talltimbers.rdns.org.au/Event/2019-trivia-night-fundraiser>

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GLENORIE PROGRESS ASSOCIATION

THE GLENORIE PROGRESS ASSOCIATION held its AGM on 8 August 2019. Firstly we acknowledged the passing of one of the finest Glenorians, Ray Whiteman. Ray was the mainstay of the GPA for almost two decades. Ray had a great sense of community and his passing will certainly affect the dynamic of Glenorie. We took a few moments to remember Ray.

We recapped our achievements over the last twelve months:

OUR SUCCESSES:

Major success: GPA has now established itself as a conduit for the residents in planning our village by The Hills Shire Council (THSC) and Hornsby Shire Council (HSC).

To date we have brainstormed a great length about the Glenorie Village Plan with the following agreed outputs:

- Contained village with limited development;
- No urban sprawl
- No more rural subdivision like the clusters already determined
- Public green space – possible village gardens and fruit trees
- Connectivity – walk cycle shared paths;
- Renewables as a covenant to all new development – solar power & water, inground water tanks, recycled water, double glazing, insulation etc.
- Roads, infrastructure to support current and future development.

Our draft strategic plan was submitted to The Hills Shire Council on 9 August and will continue to evolve and also become a submission to put to HSC in three months when they put their plans on public exhibition for comment.

The GPA continues the dialogue with Boral on their intended DA submission. We have made Boral representatives aware that the residents are totally opposed to the upgrade and the GPA will actively campaign against the upgrade. Locals continue to report breaches to The Hills Shire Council (THSC) of current consent hours and inappropriate truck movements. Recently we contacted Boral representative Paul Jackson to moot the idea of Boral relocating to a more suitable location in the Dural area in an established industrial centre.

However Boral advised that the DA will still be lodged. The GPA will continue to be vigilant for the residents.

ENVIRONMENT CENTRE:

- The Environment Centre conducts an annual search for Koalas during the Koala mating season (August to February). We organised a Lifestyle Workshop on "Koalas in Their Environment" at the Glenorie Hall on 18 May launching the Western Sydney University Koala Project. Contact Dr. Michelle Ryan if you have property where the University may be able to set up koala monitoring equipment.
- Water quality testing of Glenorie Creek has been continuing on a monthly basis over the past year.

- The Australian Museum handed over the hosting of the Streamwatch programme in June 2019 to the Greater Sydney Landcare Network. Pat invites residents including kids and grandkids, to assist with Streamwatch.

Another success has been the 'table' that we 'man' at the Glenorie Growers markets of the fourth Sunday of the month. The market has a "nice vibe to it" so all are encouraged to support these locals.

Shop Top housing in Glenorie works commenced in June 2019 as evidenced by the demolition of 5 shops. The GPA still looks forward to working with the community and Tazcol to see the erection of these buildings for the best outcome for the Glenorie community. We recognise the impost the noise, dust and lack of parking spaces is placing on the current shops particularly the Restaurant, Butcher, Beautician and Dentist and urge locals to still support these businesses.

Glenorie Community Hall is still under the control of Hornsby Shire Council and the Hall Committee has incorporated. The GPA is willing to continue to assist in keeping our Hall in the Glenorie community hands.

The Glenorie Bus Bay has been resurfaced and the gardens project is a work in progress as the budget has ballooned out to a major project now. This will hopefully be completed in the near future.

Thanks to:

Our honorary accountant, Cathy Vipond of Hills Accounting Solutions, who again reviewed the Association's books at the end of the financial year.

So, in summary, we want to see great progress in the future of Glenorie, and the GPA cannot achieve this as an Association without the support of the whole community. So we look forward to a year of continued successes with the backing of all so encourage everyone to become involved.

Join us at www.glenorieprogress.org or at meetings the 2nd Thursday on each month.



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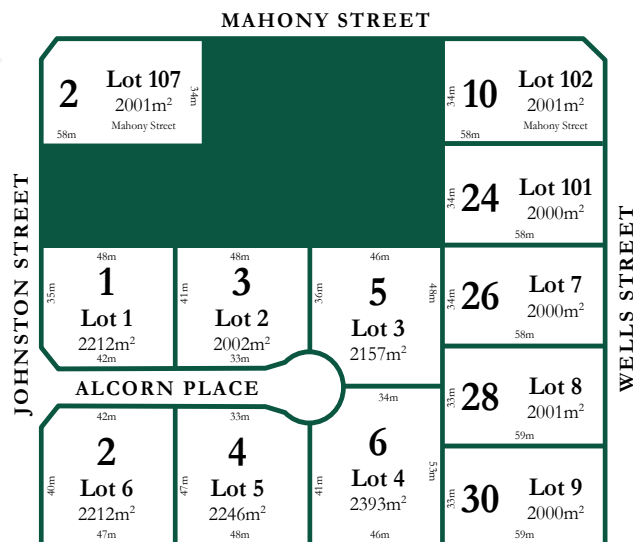
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GREY WOLVES AT DURAL

In December 1939, the Reverend Ronald O'Brien of Arcadia received his warrant to become a Cub Master for 1st Dural Cub Pack in the Parramatta District and this marked the beginning of the 1st Dural Scout Group.

On Saturday 6th July, the 1st Dural Scout Group came together to start its 80th Birthday celebrations and we took the opportunity to celebrate a few fabulous achievements of our youth members with our Scouting families. Despite the poor weather, we awarded three Cubs achieving their Grey Wolf Award (the highest award attainable in the Cub Scout Section)

Congratulations to Kristina Taylor, Lachlan Edwards and Emily Symons. Their respective families watched proudly as Honorary Commissioner Robin Garrett

presented the awards in the presence of a large assembly of 1st Dural members.

Scouting offers Australian youth a program that contributes to their personal growth, offers leadership development opportunities, develops resilience, and prepares them for the challenges and opportunities of a 21st century global community.

1st Dural Group has currently has vacancies for Girls and Boys from 6 to 18 yo. Interested families should contact Lukas at lukasaviani@hotmail.com



(Front) Kristina Taylor, Lachlan Edwards and Emily Symons(rear) Cub Scout Leader Mariell Taylor, Honorary Commissioner Garrett and Group Leader Simon Edwards

KENTHURST FAIR

All the nostalgia of a good Street Parade will burst into life at the Kenthurst Fair on Sunday, September 8.

The fun is between 9am and 3pm but the 35 year-old Kenthurst Street Parade steps into action at 11am when hundreds of people will make their way from Jones Road to John Benyon Rotary Park in Kenthurst Rd.

The colourful and noisy parade will feature marching bands, dance groups, local schools, the SES and RFS and clowns. There will be a huge range of stalls in the park as well as carnival rides, big slides and stage shows.

The event has been organised by The Rotary Club of Kenthurst. For details visit kenthurstrotaryclub.com.au



September is packed with events for the Orange Blossom Festival starting on Sunday September 1 with the Bella Vista farm Open Day and Lights, Beats and Eats will be at Castle Hill Showground on September 14 with food trucks and a Light show from 4pm ending with fireworks at 9pm. For a list of activities and features on the full program visit orangeblossomfestival.com.au

A FEAST ORANGE BLOSSOM FESTIVAL EVENTS

SEPTEMBER 1: Bella Vista Farm Open Day
9am to 2pm.

SEPTEMBER 2: Seniors Dance at Harvey Lowe Pavilion, Castle Hill Showground www.365care.com.au

SEPTEMBER 4 to 19: Hills Community Aid Workshops www.hca.org.au

SEPTEMBER 7 and 8: The Hills Schools Expo
at 10am to 4pm. Harvey Lowe Pavilion, Castle Hill Showground : www.schoolsexpo.com.au

SEPTEMBER 7: Ride IN2BMX – Come and Try with Castle Hill BMX Club at Fred Caterson Reserve BMX track 1pm to 3pm. bmxnsw.com.au/castlehill/clubhome.aspx

SEPTEMBER 8: Kenthurst Fair organised by The Rotary Club of Kenthurst at John Benyon Rotary Park, Kenthurst 9am to 3pm. www.kenthurstrotaryclub.com.au

SEPTEMBER 11: Computer Pals for Seniors Open Day from 10am to 1pm Harvey Lowe Pavilion, Castle Hill Showground www.cphills.org.au

SEPTEMBER 14: Lights, Beats and Eats Castle Hill Showground, 4pm to 9pm.

SEPTEMBER 16: Employment Workshop Rex Money Room, Vinegar Hill Library, Rouse Hill, 10am to 1pm www.olympus.org.au

SEPTEMBER 14 to 15 Australasian Native Orchid Spring Show at Kellyville Village by Australasian Native Orchid Society Sydney Group from 8.30am.

SEPTEMBER 14 to 28: Orange Blossom Festival Annual Art Awards, Castle Hill Art Society 10am to 4pm at : Castle Glen Community Centre, Ridgeway Drive, Castle Hill www.castlehillartsociety.org.au

SEPTEMBER 19: Western Sydney Symphony Orchestra (Sydney Contemporary Orchestra) concert at The Pioneer Theatre, Castle Hill from 7.30pm to 9.30pm www.wssso.com.au

SEPTEMBER 20 to 22 Bonsai Journey with Bonsai Society of Australia Inc from 10am at Harvey Lowe Pavilion, Castle Hill Showground bonsai.asn.au

SEPTEMBER 20: Hills Shire Symphony Orchestra Community Concert with The Hills Shire Symphony Orchestra, 7.30pm to 9.30pm at Pioneer Theatre, Castle Hill www.hillsshiresymphonyorchestra.org.au

SEPTEMBER 21: Hills District Light the Night for The Leukaemia Foundation, 4pm to 8.30pm at Bella Vista Farm www.lightthenight.org.au

SEPTEMBER 21: Celebrating Women Seminar, 2.30pm to 4.30pm at Aveo Bella Vista Soroptimist International of the Hills www.siswp.org

SEPTEMBER 22: Cross Country Challenge organised by The Rotary Club of Castle Hill 8am to 11am Bella Vista Farm www.crosscountrychallenge.com.au

SEPTEMBER 29: Pawstive Steps _ Mind, Doggy and Spirit Festival at Castle Hill Showground from 11am to 3pm <http://positivevibes.org.au>



EASTBEND — NOTICE OF — UPCOMING MEETING

A meeting of Eastbend Rural Communications was held at the Resource Centre, Maroota Public School, 4540 Old Northern Road, Maroota on Monday August 12th.

The assembled members expressed their deep sadness at the recent passing of Eastbend President, Ray Whiteman. Ray was a pillar of the local community in many, many ways and will be sorely missed. Until the Eastbend AGM in November the Vice-President, Vicki Brownless, will act in Ray's place.

Among items discussed at the meeting was the continuing backlog of payments due by a number of advertisers in *Living Heritage*. This is of concern as production of the magazine relies on payments from the various concerns involved. Various strategies were discussed and will be implemented expeditiously.

The next Eastbend Rural Communications meeting will be the AGM, to be held at 1.30pm on **Monday 11th November**. If you have any local matters you would like to discuss or have help with in the meantime, feel free to contact the Secretary, Vicki Brownless at livingheritage6@gmail.com, or Tessa Corkill, at 2archaeics@gmail.com or 9652-1470 at any time.

THERE'S AN APP FOR THAT... GOING POTTY

BY DEBORAH AMOS

It's amazing the different styles of Apps that are being created. I have recently found this particular App and those of you who are creative will love it! Even if you are not creative, you will have fun creating and decorating your own pottery. *"Let's create? Pottery"*. I purchased the HD version at a cost of \$7.99 and I think it is quite good value for money.

It is an easy App to navigate. When you tap on *create* you find your shapeless clay sitting on a turning potter's wheel. Then, using your imagination, you are able to create your own pot shape. The aim of the App is to decorate and auction your pots. You are able to purchase colours and different finishes to make your pots more and more detailed. All the buying and selling is fictional and makes the App a little more challenging as the more effort you put into creating your pot, the more it will sell for. There are lots of styles of brushes which give you different finishes from Egyptian, Greek, Celtic, Chinese and others.

This App really made me think about how detailed some Apps have become. Even when the pot is being fired it mimics the look and sounds of a kiln. When the pot has finished being fired, it has a very realistic look.

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

If you are struggling to understand your Apple device, please give me a call and we can discuss One on One sessions. Debbie on Mob: 0418296217 or email: info@debbiedoesit.com.au



WHOLLY CANNOLI PARK FEAST IS BACK...

With 30 of Sydney's #1 food trucks including WHOLLY CANNOLI serving up their famous Italian desserts!

PARK FEAST, the food truck festival will once again take over the Hills district on **Saturday 28th and Sunday 29th September** at Bella Vista Farm. **Opening 12pm until 9:30pm each day.**

Tantalise your tastebuds with a variety of delicious choices and menus, from fall-off-the-bone Smokey BBQ meats and burgers to mouth-watering desserts. In addition to the delicious foods and live music, there will be a great range of amusement rides including a giant size Ferris Wheel, a Roller Coaster and a Kids Zone full of activities. Did someone say, "Camel rides"? Yes, jump on a Camel ride in the Hills!

Bring your family and friends along and kick back and relax and enjoy the beautiful park surrounds whilst tasting your way around the best food Sydney has to offer. Don't forget your picnic blanket! Foodies, this is one feast you don't want to miss...

PARK FEAST at Bella Vista Farm, Elizabeth Macarthur Drive, Bella Vista. Free entry and plenty of on-site parking. For more information, visit www.parkfeast.com.au. Join the event on Facebook at <https://www.facebook.com/events/933066860376150/>





BENDIGO BANK KEEPS ON GIVING

Dural lady bowlers may have found a new bowler when Bendigo Bank staffer, Karen, came along to present a new set of bowls for the club's use with new bowlers.

AFTER PRESENTING THEM TO PRESIDENT ROBYN SCOBLE with coach Judith Harris, and after few minutes' instruction Karen took the new bowls to the green and was soon bowling along with a group of encouraging ladies. Apparently Karen and all the ladies on the rink had an enjoyable time and are looking forward to her return to continue the adventure. For all new bowlers, trained coaches are available to teach the basics of the game. (Contact 0421 315 074 or 0411 375 580 for the men's and women's coaches)

The final of the Triples Championship was played and won when Ruth Keene, Diane Trovato and Christine Fitzgerald defeated Marilyn Bonvino (sub. for Marelle Saunders), Elizabeth Whelan and Leone Lesslie. It was a fitting final and a send-off to Christine who has moved to Bribie Island in Queensland with husband Rob to continue chasing bowls glory. Many of the members stayed for lunch in Fedeles' fabulous restaurant on Chris's last day.



CWA GALSTON URGES COMMUNITY TO START A 'SCONVERSATION' ABOUT MENTAL HEALTH

The Country Women's Association (CWA) of NSW is launching its annual Awareness Week campaign, to be held from 1- 8 September 2019. This year, Galston CWA, along with the 400 other CWA branches across NSW, is focusing on mental health awareness and support services in our communities, and how all of us can help make a difference.

Statistics show one in six women in Australia will suffer from depression and one in three will experience anxiety during her lifetime.

CWA of NSW is using its traditional 'tea and scones' reputation for a campaign around starting a 'Sconversation', an informal catch-up with friends on a regular basis. One of the organisation's main messages this Awareness Week is the importance of a support network, the chance to talk about how you're feeling in a safe and supportive environment on a regular basis, and ask for assistance should you need it.

One of the strengths of the CWA is the supportive social network it offers women so our members understand the power of a Sconversation – boil the jug, sit down and have a chat over a cuppa and, if you're lucky, a scone too.

CWA Galston has chosen to highlight this year's Awareness Week message at our PNG International Day.

Where: Galston Health and Resource Centre, Cnr The Glade and 17 Arcadia Rd
Galston, New South Wales, Australia 2159

When: Wednesday 11th September 2019 at 10am

To support this mental health initiative, we will be offering a handy reference card to attendees, with our famous scone recipe on one side and support/assistance information on the other from our partner, the Rural Adversity Mental Health Program (RAMHP).

Maintaining strong mental health – and seeking support services – is challenging! It's never been more important to **Start a Sconversation** with your friends and make it a regular catch-up in your diary. Too many people are still suffering in silence, and that's something we can all start doing something about.

For further information please contact Jann - 0439 222 217 | Pam - 9653 1036
www.facebook.com/CWAGalston

LOCAL KNIT IN



This gathering of keen knitters from St. Judes, St Columbs Christ Church Kenhurst Rowland Village and Galston Aquatic Centre. Every 12 months we have a "Knit In" at St Judes for Wrap With Love who distribute knitted blankets through agencies and charities to those needing warmth and love.

During last year 26,718 blankets were distributed to 16 countries. This year our small group completed 29 blankets. Well done ladies!

SPRING IS IN THE AIR

WARRAH
LIVING LEARNING GROWING
50 YEARS 1969-2019

Spring is on our doorstep, and Warrah Biodynamic Farm has been a hive of activity, both for farmers and the clients we support through our various disability services. The soil is about to start warming up, so the winter lull is about to be whisked away by longer days of sunshine. We are preparing to take another growing season head on.

Our young adult clients have been busy building a chicken run as part of the TAFE life skills program currently running onsite here in Dural. It presents a great opportunity for them to develop building, painting, fencing and design skills. Once the project is complete, chickens will bring so much more than function to the Farm and pleasure to our Farm Shop customers. For the clients of our Residential and Day Services, and the students of our Specialist School the two-legged companions will bring many pleasures. Studies show the many benefits of chickens as a part of horticultural therapy go well beyond educational opportunities.

Warrah is in 20 Harris Road, Dural and the hours The Farm Shop is open: Monday - Friday 9.00am – 5.00pm Saturday 9.00am – 3.00pm. Closed on Sundays

Amongst many other perks, they are a catalyst for new friendships and undeniably relieve stress and anxiety.

Our farmers have been weeding, sowing, harvesting and are now busy preparing the soil for spring crops. The last of the citrus is being harvested, as well as chard, leeks and kale. Warmer months of course mean more salads, more family feasts and sharing refreshing drinks after hot days. This seasonal change in our behavior, also means a change in what we grow.

There will be cucumbers, zucchini, tomato, capsicum, eggplant, pumpkin and the usual salad mix picked fresh from the Farm and available in the Farm Shop. Last season was a tough one for growers near and far, and it is always important to support local producers and educate others about why fresher (and more local) is better. So drop by to see the changes on the Farm seasonally, and get behind the work of Warrah Society.

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When:

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N.B. If you can already play bridge and are looking for a club, see our website www.pennanthillsbridge.org.au or ring Elizabeth on 9630 4518 or 0407 007 945



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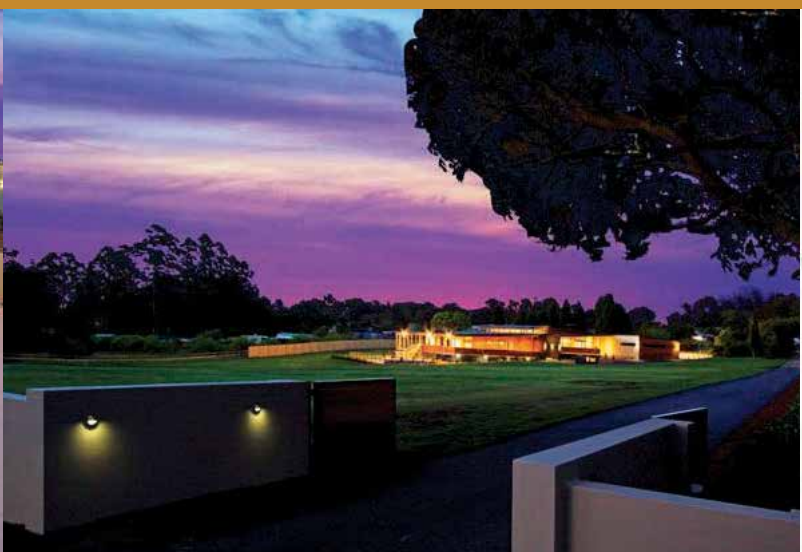
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THE STORY OF THE BLOCK

by Belinda Nadwie, local artist

On my way to meet friends and listen to Neale Whitaker talk interior trends at King Living, I got a call from Art Lovers Australia.

The Block contestants had chosen one of my paintings to be in their room! OMG? YAAAASSSS!!!! Excited to say the least.

Throughout Neale's talk, I was biting my nails thinking how ironic it was that he would be judging my painting on the weekend.

The painting had to be in St Kilda by Saturday, it was already Wednesday and the painting was huge. Not exactly the easiest

thing to ship quickly. I rang my hubby Michael and I said 'quickly go home and pack the painting ready for shipping PLEASE!' My regular courier company Allied Express PROMISED to get the painting there on time and they did.

For quite a few years a goal of mine was to get some artwork on The Block. Being part of such a phenomenon can really be



Jessie and Mel from The Block with Belinda

career changing for an artist and finally I had a chance to be showcased.

Mel explained that Jesse found my art on the Art Lovers Australia website. They were so excited to go shopping after winning the safe, but many of my paintings he liked, were already sold. They couldn't believe their luck when they found this unsold one (pictured left). It's such an honor that they love my work!

We ship paintings all around the world but showcasing my work on The Block was an opportunity we just could not miss. Belinda's work is available from Art Lovers Australia and The Block Shop



WARNING...

EARLY FIRE SEASON DECLARED

Following an unprecedented dry winter, the RFS has already declared that the bushfire season is underway. Extreme winds have fanned wildfires in Northern NSW leaving authorities battling to gain control.

Local Pump Company, Aussie Pumps, is warning Hills District home and business owners to review their bushfire plans and, if necessary, upgrade them.

"The dry winter has brought forward the real danger of extreme bushfires as scrub, trees and general vegetation has become tinder dry", said Aussie Pumps' Product Manager, Brad Farrugia. "This summer is the potential for an absolutely disastrous fire season that could see lives lost," he said.

The company is helping property owners be prepared with their Bushfire Survival Guide and range of top-quality firefighting pumps. These include Honda powered Aussie Fire Chief and the mighty "Mr T" twin impeller fire pump.

The Aussie Fire Chief is a robust, high performance, self-priming fire pump that outperforms and out-features others in its class. It boasts a 500 litre per minute maximum flow, and offers a maximum delivery head of 75 metres. That's over 100 p.s.i. pressure!

"Capability that is everything when it comes to fire protection," said Farrugia. "We want to encourage everyone to check out their equipment well beforehand and ensure it's up to the job," he said.

For applications requiring more pressure, Aussie's Mr T delivers heads to 95 metres.. It re lies on a Honda 9 or 13hp heavy duty industrial petrol engine and comes with a full roll frame.

Want to know more? Check online to find your local Aussie Pump distributor.

Steve Bonney checks out the performance of the Aussie Mr T Twin impeller fire pump at Fiddletown NSW



MAKE NEW FRIENDS. HELP THE COMMUNITY.

Join our Team

Would you like to be more involved with things in your local area?
Do you have some free time on your hands?
Would you like to meet some new people?

Here's a suggestion: why not join our team at Maroota? Who are we and what do we do? Eastbend Rural Communications is a local environmental and cultural organisation and produces the monthly magazine *Living Heritage*. A group of us meets each month to fold and organise the distribution of the magazine and every 3 months we meet to discuss current issues. One thing we need help with at present is archiving our past collections. Also, with the many new subdivisions in the local region, help is needed to distribute the magazine to these areas. Why not come along to our next *Living Heritage* folding day on **Monday 23rd September** at the Resource Centre, Maroota Public School, 4540 Old Northern Road, Maroota. Phone Editor Carole Sweeny on 0407 949 899 if you need more info or just turn up any time between 11am and 1pm. Hope to see you there!

DURAL GALSTON PROBUS CLUB

Dural Galston Probus Club will meet on Thursday 19th September at 10am at The Galston Club, 21-25 Arcadia Road, Galston.

We are a mixed club for retired and semi retired people who enjoy friendship, good speakers, outings and holidays. Visitors are always welcome. Come along or contact **Anne 9653 1004**.



WHAT ARE THE BENEFITS OF INTERVAL TRAINING

- **HELPS BUILD ENDURANCE:** High intensity training adapts to the cellular structure of muscles, which enables you to increase your endurance while doing any type of exercise.
- **BURNS CALORIES AND FAT IN A SHORTER PERIOD OF TIME:** HIIT is great if you have a limited amount of time to work out. Studies show that 15 minutes of high intensity interval training burns more calories than jogging on a treadmill for an hour.
- **EFFECTIVE ENERGY USE:** HIIT uses a system of work-hard-then-recovery intervals, alternating between high intensity workouts with short resting periods. Through interval training, your body learns how to efficiently use the energy that comes from your body's energy system. HIIT also helps remove toxic wastes from your muscles during the resting periods. Alternating between the exercises also helps you breathe effectively
- **BOOSTS METABOLISM:** The excess amount of oxygen consumed helps increase your rate of metabolism from about 90 minutes to 144 minutes after a session of interval training. Thus the increased metabolism helps burn more calories at a faster rate.
- **BURN CALORIES AND FAT** hours after you leave the gym
- **LOSE FAT AND NOT MUSCLE:** Steady cardio is often associated with losing muscle. HIIT workouts, however, combine weight training (the weight being your body) and effectively allows dieters to preserve their muscle gain while still shedding weight.
- **GOOD FOR HEART HEALTH:** They say that extreme training helps build extreme results. It's hard for most people to push themselves to an anaerobic zone where you lose your breath and feel your heart pounding faster and faster. With interval training it's easier to push yourself to that level because of the rest interval that comes right after you reach that point. This helps keep a healthy heart and helps blood flow effectively throughout your whole body.
- **CHALLENGING:** HIIT workouts offer seasoned workouts a new challenge and beginners a quicker way to see results. You are constantly pushing yourself out of your comfortzone therefore you can never get bored with your workout!



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JIM WALKER

HILLS #789493 |(REVIEWED 31/7/2019)

THE EARLY YEARS

I was born in Warwick Queensland in 1950. My father had a partnership with my uncle making farm machinery and my mother was a school teacher. Our phone number was 716 ... wind the handle and talk to the operator to make a call.

When I was very young I was afraid of the water and screamed when I was dragged into the surf – it was the WAVES. Somehow my mother taught me to swim and by the time I was 5 or 6 I had joined the swimming club and trained every day when the pool was open and had races on Friday night. I used to ride a bike to the races in the dark 2 or 3 miles on my own. The pool was unheated, 50 yards long, and was closed in Winter. When I went training early in the season there was frost on the ground at 6am when I was picked up.

In those days there was no butterfly, and no tumble turns – at least in amateur swimming. It cost 3d to get in the pool and 1 pound for a season ticket = 80 visits to break even.

I swam in school competitions and club competitions in Warwick till I was 13, and then in Gladstone until I finished high school. I recall swimming in Mt Morgan pool for a regional championship and my [blonde] hair turning bright green from the salts in the water.

THE MIDDLE YEARS

From age 16 to age 52 I did not swim in any organised way. From age 52 – 64 I trained in the Galston pool and gym, on my own, to maintain fitness and develop strength.

NOW

At age 64, I joined the Aussie Masters. This has been a great experience with new friends and some friendly competition. I compete in 3 or 4 meets a year and will increase this when I stop working full time. [I currently am Marketing Director of an industrial instrumentation company]

It is quite certain that I could fit into my wedding suit – from 46 years ago, and this is one very good reason the remain active. A group like the Masters give the structure and motivation to keep going, and provides role models to demonstrate what you could achieve in the next 10 years – whatever your age. If you are interested in swimming, as I am, the coaching is also a plus.

Why is it that there is someone in my age group who is 20% faster in his times?? That doesn't seem right???



Galston Family Practice **BULK BILLING**

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's 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.

Extended hours Monday, Wednesday, Friday - please phone to book on **02 9653 1395** or go online with **Health Engine** to make an appointment.

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CHERRYBROOK LITTLE ATHLETICS

Registration Days

CHERRYBROOK LITTLE ATHLETICS was established in 1994 to offer families in the Cherrybrook, West Pennant Hills, Dural and surrounding areas a Club that promoted personal and athletic growth in safe and positive environment. Our centre is operated entirely by passionate parents and family members on a voluntary basis.

Cherrybrook Little Athletics takes place on Friday nights from 5:45 to 8:30pm at Greenway Park Oval 2 (Shepherds Drive Cherrybrook). The Summer program operates on a rotating 3-week program from September to March (with a break in the December/ January school holidays). Our Club welcomes those aged 5-16 years of all abilities. Our Seniors Club also offers coaching and competition for Seniors (12 years+) and Masters (30 years+) as well as Para athletes.

For those who want to further pursue athletics at a competition level, Little Athletics also offers the opportunity to compete against other clubs at various events during the season. Our Club has qualified coaches for track and field events, for any athlete that wishes to train for better fitness, technique and results.

Online registrations are now open for our 2019/2020 season commencing in late August. Cherrybrook Senior and Little Athletics Centre Inc is a registered activity provider, which means that Active Kids vouchers can be used towards registration fees. For more information about the Club visit: www.cherrybrookathletics.org.au



Hills District Netball Association recently held its 'Crazy Hair and Sock' weekend. This is an annual fundraiser for The Kids Cancer Project. All member clubs are encouraged to get their players to wear colourful socks and create whatever hairstyles their imaginations can conjure up.

To encourage participation, Galston Netball Club awarded prizes to their best dressed individuals and the best dressed team. Congratulations to our two individual winners; Amelia and Bethany, and to the team winners; U11 division 2. Thanks to all our players who made the effort to dress up for the day, and to the parents and supporters who gave generously raising nearly \$1500 for a worthwhile cause.

The winter netball season is nearing its conclusion, with finals now being played. Thank you to all players who represented our club so well this year, and we wish all those teams competing in the finals the very best of luck.

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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Online Appointments





VALE RAYMOND (RAY) CHARLES WHITEMAN

On Friday 9th August three hundred plus past and present Glenorie residents gathered at the Glenorie Mission Church to remember and honour Ray Whiteman's life and service to the Glenorie community.

Ray was just ten years old when his family moved to Glenorie from Camden. He completed his primary schooling at Glenorie Public school. The family became part of the then Methodist Church where Ray's love for his Lord and the church was fostered.

At the young age of 20 he became the local Scoutmaster known as "Skip" to most of the boys in Glenorie. He worked tirelessly to build up the Glenorie Scouting facilities to be the envy of most.

Ray's commitment to Glenorie extended to being on too many committees to mention here. Most memorable would be the many years he spent as President of both the Glenorie Progress Association and the Glenorie Memorial Hall Committee where he has left a lasting legacy of a photographic history of Glenorie and hand painted the stained glass windows. He also held the role of Vice President of the Glenorie RSL Sub-branch. Ray's determination to hold the dawn service every Anzac Day, which attracted a record attendance this year, was legendary. Ray could so often be seen on hands and knees tending the gardens of Wal Buckingham Memorial Park and caring for the Cenotaph.



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Ray became affectionately known as the unofficial "Mayor of Glenorie" and will be missed around and about. However, there are many reminders of his love for and dedication to Glenorie such as the welcome signs as you approach the village and the avenue of Western Red flowering gums he fought hard to establish.

Ray passed peacefully in his sleep on the 1st August 2019. We know he truly does Rest in Peace.

Full Eulogy and more pictures available on our facebook and website.



GALSTON ROTARY HELPS SECURE LONG TERM FUNDING FOR YOUTH IN CRISIS

At a recent meeting of Galston Rotary, an officer from Youth Insearch, Jeremy Goff, expressed gratitude to Rotary for arranging a meeting between its CEO Heath Ducker and our local Federal Member Julian Leaser.

Last year, Galston Rotary brought Julian and Heath together as guest speakers on the vital topic of youths in crisis. The result was ongoing meetings that resulted in the government funding that will secure the invaluable work of Youth Insearch for the next three years.

Youth Insearch spokesman Jeremy Goff thanked Galston Rotary for its key support and said the funding will save and transform the lives of countless at risk youths while also saving the taxpayers the staggering amount of at least \$100 million annually.

Galston Rotary also presented Jeremy with a cheque for \$3000 raised from its Colour Fun Run two weeks ago. The Fun Run, organized by the club's Community Service Director Kathryn Dickenson, was a great success and an additional \$3000 raised there was donated to Galston High School. President Knox Geelan commented that this was an example of the fantastic things Rotary can achieve and he hoped it might inspire more local people to join the Galston Rotary.

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.

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DAMIAN SCOTT THURGOOD

AUGUST 26, 1974 – MAY 05, 2019

The tragic death of Damian Thurgood aged just 44yrs old, on the 4th May has left his family and friends devastated and heartbroken.

HE WAS THE ELDEST CHILD of Gordon and Annette Thurgood, and big brother to Natalie and Philip. The family came to live in Arcadia in 1980.

Damian was born at Auburn Hospital, starting his life with only one third of his blood. He overcame this to become a very active child.

Damian soon made friends at Arcadia Primary School and the Arcadia Uniting Church Sunday School. In those early years, he learnt to play the Violin and Tap danced. He joined the Boy Scouts, enjoying this very much. Growing up he was always active, playing sports, games, riding motorbikes, go karts and tormenting Natalie and Philip.

He attended Galston High School, where he met and started dating Jennifer Turnidge at the age of 16. He was a very keen sportsman, playing cricket and rugby league, continuing until 2004 so that he could play senior football with Philip, where they won the grand final together. Later he took up cycling where he enjoyed spending time with his mates.

After leaving school, he started an apprenticeship in fitting and turning at Alcan Aluminium, Granville. On completion of his apprenticeship he went to England for 3 months with a friend. On his return home he started to work with his father and resumed his studies in Electrical and Refrigeration so that he was qualified and could begin his own business. This was started in 1999 and known as Arctic Air Conditioning. He was a great tradesman, a natural.

Damian married Jennifer at Galston Uniting Church in October 1999, and they were later blessed with three sons, Zac 14 Kolby 12 and Logan 8.

Damian and Jennifer would have celebrated their 20 year wedding Anniversary in October. They were fortunate to have the opportunity to travel together to some amazing places and create many wonderful memories during the years in business. The boys and family meant everything to Damian who was such a wonderful, fun loving dad. Damian coached the boys Touch footy and Oz tag teams and was loved by all the boys' friends too. Damian enjoyed taking the boys camping and playing lots of sports with them.

Damian kept in close contact with all his high school mates and mates from sporting days, never losing contact, just collecting more mates as he went along. Damian was a renowned prankster who loved a laugh and a good time and was always the life of the party.

Everything simply became too much and that Saturday night in May he did not come home from the business warehouse.

On 17th May there was a very large funeral with well over 500 people at Galston Uniting Church. It was a great tribute to Damian and the outpouring of love for this exceptional young man was just enormous.

Family and friends will take great care looking out for his three sons. Damian will have a special place in our hearts forever. His infectious smile that hid all the pain will be greatly missed by all and never forgotten.



NATURE'S GENTLEMAN

It is with immense sadness that we share news of the passing of the much-loved President/Treasurer of Dural's Kangaroo Protection Co-operative (KPC), FRANK HICKEY.

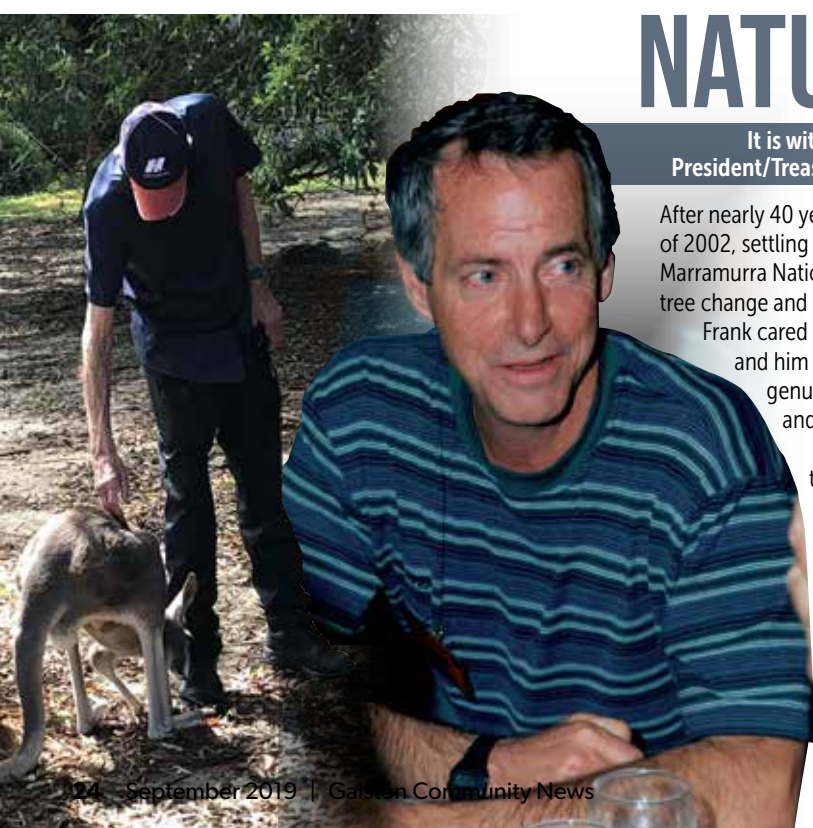
After nearly 40 years as teachers, Frank and his Welsh-born wife Heather retired at the end of 2002, settling first on a few acres in Kenthurst and later moving to Canoelands, backing Marramurra National Park. Together with their son Adam, Frank and Heather enjoyed their tree change and sharing their home with a vast array of local native fauna.

Frank cared passionately about the environment and locals will recall seeing Heather and him on their regular treks along Old Northern Road collecting rubbish. Frank genuinely appreciated all animals and would rescue abandoned joeys, goannas and turtles that were recklessly attempting to cross major roads.

In 2007, Frank's enthusiasm for native wildlife and life-long commitment to community service led to volunteering at the KPC, where his natural talent as a leader later saw him elected President/Treasurer.

Frank put in countless hours behind the scenes to ensure the smooth operations of the wildlife sanctuary, meeting and enlisting support from the sanctuary's major sponsor, Bendigo Bank Galston. Frank was also incredibly fit and physically active and rolled up his sleeves to help get the hard yard work done at the sanctuary's monthly working bees.

Frank touched the lives of so many people and was dedicated to making a positive difference to the planet. He left the world a better place. <https://www.kpcwildlifesanctuary.org.au>



NEWS FROM THE GALSTON COMMUNITY HEALTH CENTRE AND KNC – GALSTON

We wish to let you know the Galston Community Health Centre and KNC – Galston have a new telephone number 02 9485 7599

KNC – Galston work from the Community Health Centre and are part of KNC based in St Ives. We have a wonderful team of volunteer drivers who help our aged community get to their hospital and medical appointments, drive them to the shops and help them with transport to other essential appointments.

To access services new clients need to live independently and be over 65, be unable to use regular transport and need to be registered with My Aged Care.

Our volunteers give their time freely, and we ask a contribution is made to help cover their vehicle costs. Call Linda Wake on 9485

7599 for more information and Linda can also help you to register with My Aged care.

Galston Community Health Centre is a unit of Hornsby Ku-ring-gai Hospital, which offers Clinical services, activity groups and community support groups these include:

Community Groups

- AA
- Arcadian Quilters
- CWA
- Galston Kids Playgroup

Clinical services

- Child and Family Health
- Podiatry
- Physiotherapy

Activity Groups

- Monday Multicultural
- Tuesday Activity and Lunch Group
- Friday Lunch

Volunteer driving for KNC and volunteering for the Community Health Centre. We are currently looking for volunteer drivers and volunteers to help at the Centre. Can you spare one or two hours a month to help your neighbours? Helping need only take a little of your spare time, and to find out more please call Linda or Dean on 9485 7599 for more information.

THE SYDNEY HILLS BRANCH OF THE ASSOCIATION OF INDEPENDENT RETIREES

Will be holding their next meeting on Friday 6th September, 2019 at Beecroft Presbyterian Church Hall, Welham Street Beecroft.

Meeting commences at 10.45am.

Our guest speaker will be Belinda Woolrych her topic will be "Right Sizing" Belinda has written a book on the topic.

We also have an interesting line up of speakers, topics in relation to Travel, Health, Retirement, Technology Safety and others. Our meetings are followed by an Investors Group Meeting.

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!

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WAL BUCKINGHAM PARK

The park next to Glenorie Memorial Hall is called Wal Buckingham Park. With the passing of Ray Whiteman the Hall Committee thought, given the tireless work he did for the community, it would be fitting to name something in honour of his services. So we first looked at the park. Few of us knew who Wal Buckingham was but after some excellent digging from Councillor Warren Waddell we found out he was as dedicated to this community as Ray Whiteman.

Wal Buckingham served with the Merchant Navy during World War One. He gave a lot of time over a number of decades to the community in Glenorie, including the school, cenotaph and RSL Sub-Branch. He served in the administration of the Glenorie Memorial Hall and was its caretaker for 14 years. He died in 1983 at the age of 84 (which means he was just 15 when the war started).

It was felt that this garden area, in the centre of the community near the site of so much of his work, would be a fitting reminder of his services. The area surrounding the Cenotaph was cleaned up, re-grassed and named Wal Buckingham Memorial Garden. It was officially opened on ANZAC Day 1985 by Hornsby Shire Deputy President G. Provost.

The Advocate wrote about the opening and said, "The sub-branch plans to name the new war memorial reserve after Wal Buckingham, the longest surviving WW1 veteran at Glenorie." The article also mentioned that Buckingham was involved in many organisations, was chairman of the Glenorie Memorial Hall Trust and warden of St Jukes Church in Dural.

THE DHARUG AND LOWER HAWKESBURY RIVER HISTORICAL SOCIETY

INVITE YOU TO "Aboriginal Astronomy"

AN AFTERNOON WITH SPECIAL GUEST SPEAKER

ROBERT FULLER

Please join us at the Chapel on **Saturday September 28th** where we are pleased to welcome Robert Fuller who is an anthropologist/archaeologist. He did a research Masters degree at Macquarie University in indigenous astronomy, and published an article on the cultural astronomy of the Kamilaroi and Euahlayi peoples in New South Wales. Robert is currently in his fourth year of a PhD researching the cultural astronomy and songlines of the saltwater Aboriginal peoples of the Australian East Coast. Robert was the instigator of the successful documentary on Euahlayi astronomy **"Star Stories of the Dreaming."**

Robert will be giving a fascinating talk on how the Aboriginal peoples (who have lived for over 65,000 years) have created a cosmology to understand the Universe based on scientific observation and theory resulting in knowledge through stories. These stories were transmitted along with ceremony, trade, and resources over a vast network of travel routes, many of which encoded culture through songs, which we call songlines.

Robert will explain how the ancient Aboriginal 'star maps' have shaped many of our country roads. And like today, they turned to the skies to aid their navigation. Except instead of using a GPS network, they used the stars above to help guide their travels.

We will meet at the Chapel at 12.00pm for lunch at 12.30pm. Robert will commence his talk at the Wesleyan Chapel, 6445 Wisemans Ferry Road, Gunderman after lunch.

Cost:- Members \$15; Non-Member \$20.

Bookings essential:- enquiries@dlhhs.org.au or phone/text on 0404 272 969 by Monday, 23rd September for DLHHS Members and by Wednesday, 25th September for Non-Members.

The next time you're driving down a country road in outback Australia, consider there's a good chance that very route was originally mapped out by Aboriginal people perhaps thousands of years before Europeans came to Australia.

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RIVERS, RIDGES AND ROLLERCOASTERS

JACK'S TRACK AND WOMERAH RANGE 35KM

This circuit ride is a positive way to spend a social morning out on your mountain bikes. Because all of it is along a combination of dirt road, firetrail and paved road- it is suitable for a variety of mtb skills levels. The reward is magnificent views across the Macdonald River Valley, and deep into the hills of the Womerah Range (Parr State Conservation Area) which extend to an infinite horizon. However, for this visual reward, you first have to earn it by getting up onto that tantalizing ridgeline.



CHALLENGE
FOR A GREAT

FAST FACTS:

WHAT BIKES? Hardtail, Dual Sus, e-bike or a CX bike for the brave.

SKILL LEVEL: Novice, Intermediate, Expert. If you have an e-bike you will love this ride. Those riding 'old school' will need to pace themselves because of all the intense pinch climbs en route.

NAVIGATION: There are National parks signs at some junctions. Just keep turning left and you'll get back to St. Albans Road. Circuit described is clearly mapped online: browse Google, Nobmob, Convict 100, or Strava activities.

CONVICT 100 MTB EVENT: <https://convict100.com.au/> First weekend of May annually. Save the date! May2, 2020 enter the 44, 68 or 100km marathon mtb race courses. Camping available at the village for this classic offroad cycling event.

RISKS: Bushfires, seasonal flooding, extreme heat in summer- start cycling at sunrise. Patchy, or no mobile reception. Except for the Convict 100 weekend, firetrails are in remote conservation areas and are mostly unmarked for (cycle) navigation.

By Susanna Mills

Start at St. Albans village and cross over the lovely truss bridge, where you'll turn right onto dirt road. At about 2km ride round a hairpin bend, and it is here that you will see the sign and turn left onto Jack's Track. Right from the start you have the first of many steep, technical pinch climbs to ride up. (No problem if you have an e-bike on 'Boost' setting!) Pushing your bike up gives you time to appreciate the magical gulley features of this 1.7km uphill. You know you are near the crest when the incline becomes so steep it is concreted. Take a breather, then get ready to ride the rollercoaster!

Jack's Track bucks and weaves along the contours of the ridgeline for about 7km. At 7.5km, the Womerah Range Trail (originating at Putty Road, about 38km away) joins Jacks Track. Turn left at this junction. The fun really begins here as the bike rapidly picks up speed and the rider is just too focused on 'eyes ahead, head up' to notice much scenery as it speeds by. Keep some energy in reserve

because after every downhill there's an uphill and this trail will throw a couple more wicked vertical metre peaks in your way to ride up. When you see the powerlines at around 17km, the final descent is near.

What an awesome descent it is! There are some rocky, eroded hairpin bends, but a good dual sus. bike will eat all of them for breakfast. Lots of long straight sections too, where your bike takes off like a rocket- don't let gravity take control over you... At the trail gate, descend the last few technical, rocky meters of firetrail to Webbs Creek Mountain Road. Turn left again here and reign in your speed as the surface of this 1.5km hard pack dirt road down off the ridge is sketchy... and it is also shared with motor vehicles.

Turn left again onto St. Albans Road and enjoy a cruisy 15km ride* on the road next to the beautiful Mc Donald River. Back at St. Albans, enjoy a well-earned brew at the Settler's Arms Hotel; as have other weary travellers since 1836!

***Lengthen this 35km loop by an extra 23km!** Turn right onto St. Albans Road to go across the Hawkesbury River on Webbs Creek Ferry and then Wisemans Ferry. Turn left onto Settlers Road for 600m then ride 2km up Convict Trail (aka Devines Hill) At the top gate study the National Parks map and choose one of the two trail options for your quick ride down Shepherd's Gulley to rejoin Settler's Road back to St. Albans.

THE ROTARY CLUB OF CASTLE HILL is hosting the annual Cross Country Challenge as part of The Hills Shire Orange Blossom Festival, at Bella Vista Farm. Challenge distances include 3.7km 7.4km and 11.1km to suit fun-runners through to elite athletes. Register as an individual, bring the family along to enjoy the family fun run, or get your mates involved and register a team. It promises to be a sensational day out with cracking prizes on offer for fundraising champions, including a trip to Hamilton Island. This year funds raised from the Cross Country Challenge will be donated to Headspace - Australia's National Youth Mental Health Foundation in an effort to support their mission: to provide early intervention mental health services to 12-25 year olds. The course is set entirely on parkland with no traffic to contend with. Whether you're running for fitness, for fun or to support Headspace, we love that you're a part of our Hills community. Thanks to major sponsors Rotary Club of Castle Hill, Aveo Bella Vista, Orion Creative, Orange Blossom Festival and Medibank Private.

For more information and to register go to: <https://www.crosscountrychallenge.ocsdev.com.au/>



CROSS COUNTRY CHALLENGE

Sunday 22 September 2019
09:00 AM to 12:00 PM
Bella Vista Farm
Cnr Westwood Way and
Bella Vista Drive, Bella Vista

Heartbeats

By Mary Ord

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

Contributions please send to advertising@galstoncommunity.com.au



Letting Loose

A few Fridays ago, my sister, her friend and I all attended a Zumba class at the Galston Community Centre hosted by the wonderful Nina. She made us all laugh and best of all made the class fun. Not to mention the welcoming feeling made by all the other ladies who came! They were not afraid to potentially embarrass themselves, which encouraged all three of us to do the same. Nina welcomed people onto the stage at the front of the class to dance with her, I even gave it a go. All the dances we did were different, which stopped the class from becoming tedious. This class made us all let loose and just have an overall great time, which was needed. Nina learnt everyone's names, which made us all feel very welcome. I don't think there was a moment in her class where I wasn't smiling or laughing. The atmosphere lifted spirits and made the rest of the day great, even though it was the last day of holidays. I highly recommend it and I will definitely be back again, maybe with a few friends! It was a great way to start the day and end the school holidays.

contributed by Emma

New GHS bike racks

Galston High School has a newly-installed bike and scooter rack area. It is situated in a niche adjacent to Waddell Cottage, under the watchful windows of the school admin offices. There are enough racks to store and secure 40+ conveyances- anything from skinny, to fat tyre bikes or scooters. That will mean less motor vehicle traffic

around the school and 40 local high school scholars who will be self-sufficient, happier, fitter and much more engaged with their environment.... and it sure beats waiting for the bus or a busy parent pick up.

The racks were installed during winter school holidays and funded through the library rebuild.

By Susanna Mills



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Latest News



from the Mayor's Desk

Last month Council hosted a question and answer session on Facebook, regarding the transformation of Hornsby Quarry into 50 hectares of parkland. It was great to see the level of community engagement with this project, which is the most significant initiative Council has ever undertaken. It was also very heartening to see how much enthusiasm there is, not only among residents of Hornsby but throughout the entire region.

The hot topic of conversation is what exactly should be included in the new park. There were many great suggestions. Some would like to see the cliff walls used for rock climbing, while others want the natural basin that will be created turned into an amphitheatre for live performance. There is strong support for the mountain bike trails in the area to be extended through the park, as well as walking trails through the native bushland.

All of these are great ideas and we want to keep hearing them, along with the many other suggestions that have been put forward. There has already been extensive engagement with the community and there will be much more before we settle on final plans. This is going to be a park that is designed by the community.

Philip Ruddock
Mayor
Hornsby Shire Council

WHAT'S ON

Screen ON THE Green

FREE MOVIES HORNSBY PARK

20-21 SEPTEMBER

Free outdoor movie event over two nights.
Food trucks, free popcorn and fairy floss
and movies under the stars.

For more information visit:
hornsby.nsw.gov.au/movies

WHAT DOES THE FUTURE OF HORNSBY LOOK LIKE?

We are seeking community feedback on the Future of Hornsby Shire.

Help us to plan for the future by joining us at our community conversations.

For more information visit
future.hornsby.nsw.gov.au

COMMUNITY CONVERSATIONS

Location	Date	Time
Wise Monkey Cafe Berowra	Tuesday 10 September	11am - 1pm
Hornsby Park outside Hornsby Aquatic Centre	Tuesday 10 September	3.30pm - 5.30pm
Galston Shopping Village	Saturday 14 September	1pm - 3pm
Thornleigh Brickpit	Saturday 21 September	9am - 11am

Chipping for Mulch



Sunday 15 September, 7.30am - 12.30pm
The Old Dog Pound, next to 8 Warrigal Dr (RFS), Westleigh

Friday 20 September, 7.30am - 12.30pm
Council Depot, 5 Beaumont Road, Mt Kuring-gai

Bring your garden prunings and branches that don't fit in your green bin and have them chipped into mulch.

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

Meet the Author



Peter Phelps

Author of *The Bulldog Track*

Thursday 19 September, 6.30pm
Hornsby Library

Cost: \$5

A grandson's story of an ordinary man's war and survival on the 'other Kokoda trail.'

Award-winning actor and writer Peter Phelps, is sharing this inspiring tale of resilience and survival.

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



SHARON MORONEY

"CHARCOAL AND WATERCOLOUR DEMONSTRATION"

2nd OCTOBER - DEMONSTRATION



SHARON likes to cross boundaries between realism and impressionism working in any media. More recently, she has combined graphite, charcoal, watercolour and pastel. At present she is working on a series of endangered animals but also loves to paint and draw people – to try and capture the essence of the subject.

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

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



ORANGE BLOSSOM FESTIVAL ART SHOW

14TH – 22ND SEPTEMBER

Castle Hill Art Society has been part of the Orange Blossom Festival since the 1960's, and will be once again holding the Annual Art Awards and Sale from Saturday 14th to Sunday 22nd September, 9am – 4.00pm.

Visit us at Castle Glen Community Centre, Ridgescrop Drive, Castle Hill (behind Knightsbridge shops) and see wonderful artworks for sale.



GOLD STANDARD FOR GALSTON CONCERTS

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THE NEXT GALSTON CONCERT on 29 September offers a European holiday and a side trip to Hollywood with world-travelled quartet Paridoro (meaning 'equal of gold').

This Euro-origin now Brisbane-Sydney ensemble of clarinets and strings will be joined by pianist Erzsi Marosszeky in a Paridoro plus Piano program of music from great European cities –

Moscow, Leipzig, Dresden and Vienna – by Mozart, Mendelssohn and friends.

Lighter fare will include Paridoro's signature 'Pops' settings - a *Klezmer Karnival*, a touch of tango, Beatles favourites and music from the movies like *Puttin' On the Ritz* and *Friend Like Me* from *Aladdin*. The performance, in these concerts' customary relaxed conversational

style, starts at 2pm in Galston Uniting Church, to be followed by the concerts' now famous complimentary post-concert afternoon tea.

Bookings and details on-line can be made at trybooking.com (search Galston) or by phoning Kathleen Michael on 0412 037 069.



HISTORY

DURAL AND DISTRICT HISTORICAL SOCIETY INC.

NEWS FROM HISTORY COTTAGE

BRETT SOWERBY gave us a most enjoyable talk on the 10th August. Many questions followed and all were amazed at the amount of knowledge about James Sowerby, the topic of Brett's June Roughly Memorial Lecture. James's illustrations and publicity of the work of Sir Joseph Banks have given us a record of the first European contact with Australia by Capt James Cook. The display of rare books and illustrations engendered great interest. In the evening some members attended the Annual AGRA / Utopia Dinner and were most impressed by the interest shown in local history. The Society is ready to help with its extensive reference material.

On the **14th September** at History Cottage, Emerita Professor Donald Napper will talk to members about the work of the Colonial Architect, William Wardell, who designed many well known buildings, St Mary's Cathedral being his most famous. He was also a rather vocal commentator on society and was much concerned about the western facade of the GPO building. A quick look before the day will be rewarded.

On the 20th August members visited the museum of the Oaks Historical Society before a guided tour of the district. It was a chance to see this historic landscape before it is for ever changed by the new airport. The current work is enormous and graphically shows the loss of history and agricultural land.

Dates for the diary : AGM on Saturday the 12th October. Tour to Hartley on the **15th October** (possibly the 16th as well).

Our Society was sad to hear of the death of Ray Whiteman last month. Ray's interest in local history, especially the architecture of the early dwellings, is a valuable photographic record of our local history.



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Sept 8th



LIZE AND DAN

Sept 15th



CHELSEA WARNER

Sept 22nd



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STRONGER COMMUNITIES PROGRAMME

ROUND 5 EXPRESSIONS OF INTEREST OPEN

BY JULIAN LEESER MP

I am delighted to invite you to nominate for the Australian Government's Stronger Communities Programme. This programme funds small capital projects designed to deliver social benefits in our local community.

Between \$2,500 to \$20,000 in Commonwealth funding is available for each project. To be eligible:

- Your organisation must be a not for profit; local government agency or body; or a trustee on behalf of a property trust with responsibility for a community asset.
- You must have an ABN and be an incorporated entity.
 - If your organisation is not incorporated, you must find a parent organisation that is an incorporated entity, e.g. a local council, to apply on your behalf.
- Your project must deliver social benefits to our community and be scheduled to be completed by 30 June 2020.
- Grant funding will be up to 50 per cent of eligible project costs. Applicants must match funding for the project, in cash or in-kind.

Examples of eligible projects include upgrades or fit-outs of community centres; sporting facility upgrades; purchase of equipment for local SES; upgrade of park furniture; BBQs. Projects on school grounds or involving school property must deliver benefits to the broader community.

Further details on eligibility criteria and how to apply are available at www.business.gov.au/scp. If you have any questions please do not hesitate to contact my office on (02) 9980 1822 or email Daniel at daniel.dummer@aph.gov.au.

RURAL ROUND UP



BY COUNCILOR WARREN WADDELL

We need your feedback! The Hornsby Shire Council Local Strategic Planning Statement has gone out on exhibition.

This is a crucial document that will set the future course of planning and development in the Shire. Council is going out of its way to ensure that residents have as much input as possible.

There will be a number of pop-up stalls to enable community consultation, including one at Galston Village on Saturday 24 August between 9am and 11am. Go to future.hornsby.nsw.gov.au to find out more.

There will also be a consultation period for the rural land review, once the independent consultants have submitted their study. Stay tuned for more information on that.

Concept plans for Galston Village Main Street have been presented to councillors. The focus at this stage has clearly been on parking and traffic movements throughout the village. I would love to hear from village users how they feel about

90-degree parking, 45-degree nose-first parking and 45-degree reverse-in parking. I'd also like to hear from the community if you feel we need more public toilets and where you think they should be built.

The September budget review is another opportunity to secure funding for the Glenorie bus terminus upgrade and critical footpath work at the Dural end of Galston Road. I'll be lobbying for the inclusion of these items.

Congratulations to Galston Rotary Club and Galston High School for hosting another successful Colour Fun Run. All proceeds raised will go to Youth Insearch, to help troubled teens, and Galston High School projects.

Finally, do you think we should have Australia Day celebrations in Fagan's Park? Let me know! WWaddell@hornsby.nsw.gov.au



As your MP, I am here to:

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

Please contact my office if I can be of assistance.

JULIAN LEESER MP

Federal Member for Berowra



Level 11, 423 Pennant Hills Road, Pennant Hills NSW 2120 (02) 9980 1822
julian.leeser.mp@aph.gov.au julianleeser.com.au [julianleesermp](https://www.facebook.com/julianleesermp)

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



Matt Kean MP

Member for Hornsby
 Minister for Energy and Environment



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- Communicating your issues to the relevant Ministers
- Organising Justice of the Peace applications
- Recognising State achievements

Contact
 Matt

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



2019 COMMUNITY BUILDING PARTNERSHIPS PROGRAM NOW OPEN

BY MATT KEAN

Member for Hornsby Matt Kean MP today announced applications are now open for the 2019 Community Building Partnership Program, unlocking \$27.9 million for community infrastructure projects across NSW.

Mr Kean said \$300,000 is available for projects in each NSW electorate and urged local councils and not-for-profit groups to apply for the funds they need to deliver projects with social, environmental and recreational outcomes.

Local sports clubs, charities, schools and museums are just some of the groups that benefit from this program. If your organisation or club needs extra funding for infrastructure, such as playgrounds, accessible features, equipment or refurbishment, then you should apply.

Applications are open from Monday 2nd September and close at 5pm, Friday 27th September 2019. Applicants must read the program guidelines to ensure their club or organisation and proposed project are eligible.

For more information about the NSW Government's 2019 Community Building Partnership Program, visit: the www.nsw.gov.au/cbp

WALK AND DISCOVER THE HILLS

HILLS SHIRE WALKS PROGRAM FOR SPRING 2019

A program of walks designed to introduce residents to the flora and fauna of the bushland reserves of The Hills Shire. These walks are suitable for all ages. They require participants to be able to walk for two hours and to negotiate uneven bush tracks. There are usually no toilet facilities on the walks.

WATTLE DAY WALK

01 September, Sunday | 2.00 to 4.00 pm

Fred Catterson Reserve Castle Hill

Celebrate Australia's national flower. There are over 900 species of wattle in Australia and every month of the year there are wattles flowering. See the species native to North West Sydney which are flowering in September. Learn about wattles which were useful to Indigenous Australians and also to all Australians today.

BREAKFAST WITH THE BIRDS

08 September, Sunday | 8 am to 10.30 am

Fred Catterson Reserve Castle Hill

The old scribbly gums and dense under storey plants in Fred Catterson Reserve provide homes for many birds which are seen in our local gardens. Such a variety of habitats in a small area ensures that we will see many bird species on this early morning walk. Enjoy a hearty country breakfast after the walk. This walk is not suitable for children under 12. To assist with catering please book before Thursday 5 September.

NIGHT WALK

13 September, Friday | 6.30 pm to 8.30 pm

Scaly Bark Creek Kenthurst

Experience the sights and sounds of the bush after dark. This walk is along a creek valley where the swamp mahoganies provide ideal habitat for yellow bellied gliders. Sugar gliders and wallabies can be heard and sometimes seen. Note this walk includes a steep ascent and descent

ROUSE HILL WALK ALONG BUSHLAND CORRIDORS

22 September, Sunday | 10 am to 12 noon

Walk along some of the bushland corridors which have been retained in this well-planned suburb. Walk amongst tall trees along cool valleys and past lakes. Some of this new suburb's intriguing past will be revealed. We will see an old homestead, a mystery grave and remains of an early irrigation system.

NIGHT WALK

Friday 27 September 6.30 pm to 8.30 pm

Fred Catterson Reserve

Experience the sights and sounds of the bush after dark. The banks of Cattai Creek and the many scribbly gum trees with hollows are excellent habitat for possums and gliders. See if you can spot a rare Dural land snail or a red triangle slug.

COST: FREE

BOOKINGS: Numbers are limited so bookings are essential for all walks. Bookings open a month before the date of each walk. <http://hillsbushwalks.eventbrite.com>

ENQUIRIES: Boronia Tours | Mobile: 0407 456 577

Email: boronia.jf@gmail.com

WHERE TO MEET: The exact meeting place will be advised at the time of booking

WHAT TO BRING: Wear comfortable shoes, a hat, sunglasses and sunscreen.

For night time walks wear warm clothes and mosquito repellent. Bring a drink. For night time walks bring a torch and for bird watching walks bring binoculars. Always bring your camera.

ARCADIA PONY CLUB RIDES

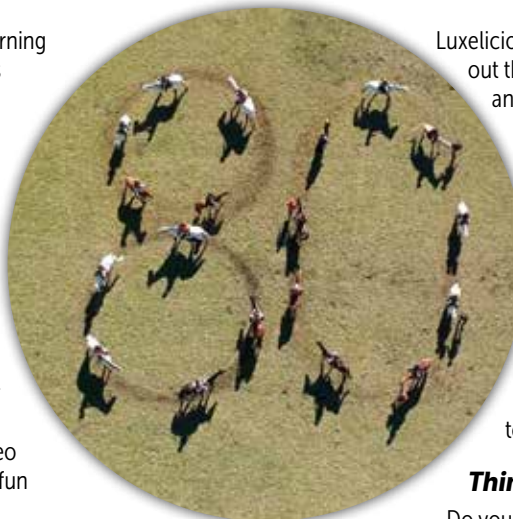
A CREATIVE TROOP DRILL IN HONOUR OF PONY CLUB AUSTRALIA CELEBRATING 80 YEARS

PONY CLUB AUSTRALIA is the national governing body of Pony Club in Australia. Its members are all of the state and territory Pony Club Associations. Pony Club Australia is flourishing - with over 850 active Clubs and over 40,000 members making Pony Club the largest equestrian organisation in Australia.

Pony Clubs across Australia have celebrated the 80th anniversary of Pony Club Australia (PCA) this year. And – of course, Arcadia Pony Club joined the celebrations by creating a troop drill of riders and ponies riding the shape of the number '80' which was filmed by a drone as their way of passing on a celebratory message to Pony Club Australia. The finished product is a short video with accompanying music that demonstrates the fun and skills of our riders and ponies!

Celine Buonbera, Arcadia Pony Club's Senior Instructor said "Our members thoroughly enjoyed making the video and although it took several takes, there was lots of laughter all round. We start each of our rally days with our gear check then troop drill; it is an excellent method of warming up horses before more concentrated work is commenced."

The celebrations also included cupcakes, fabulous raffle prizes from our wonderful sponsors including Horseland Dural, Saddleworld Dural and



Luxelicious Beauty and Homewares. Make sure you check out the Arcadia Pony Club Inc Facebook page the video and like and follow our page for updates on our exciting year!

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

Arcadia Pony Club has a "come and try" programme for riders aged between 4 – 25 years with their own horses or ponies where you can come along to a Rally Day and gain some riding instruction, meet new friends and have a lot of fun. Come yourself or bring your pony along too and try our friendly and fun club!

Thinking of instructing?

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

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

ANOTHER RECORD PRICE ACHIEVED IN 2019 CONSIDERING SELLING?

For the third consecutive year Beth O'Brien & Nikki Summerhayes of Willu Prestige Property have sold another record for Arcadia post code 2159 with a very happy vendor!

This property has presented a number of fresh new high-end buyers to the Hills Rural Market.



43-71 CALABASH RD ARCADIA

"Beth, worked relentless on selling my property, her loyalty and support was beyond the call of duty. Nikki and Beth are not the typical real estate agents, they are ethical, precise and knowledgeable, could not of done it without them!"

– Mr Eric Cooper

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GALSTON EQUESTRIAN CLUB

RIDING THROUGH WINTER!

Every month is a busy month at Galston Equestrian Club with events and riding opportunities for members. The cold, windy days we have recently experienced have not held us back at all!


On Sunday 28 July we held a Members Only Dressage Competition. There were classes on offer from Preparatory through to Elementary, and our riders dressed casually and did not have to plait their horses. The day ran very well and riders enjoyed a relaxed and friendly atmosphere. We successfully introduced electronic scoring, a faster system which does away with paper results. Thanks to all involved for embracing the new technology. Special thanks also go to our long term sponsors Horseland Dural and Coprice who provided amazing prizes for our winners and place getters.


August has been a big month for our show jumpers and our show jumping phase head has been very busy. The monthly Sandy Lucas Clinic was held on Tuesday 6 August, which was well attended. This was followed by the very popular Clear Rounds Show Jumping held on Sunday 11 August. Riders braved freezing and windy conditions and had a fabulous day. Classes were offered on two arenas and ran from cross rails right up to 110 cm for our bravest riders.

Positive Partnerships continues to have a strong following and riders enjoyed a fun morning in the milky sunshine on Tuesday 13 August. Riders were able to access a range of the GEC equipment and get their horses to try new things in a relaxed atmosphere.

GEC is a friendly and welcoming club which caters for riders of all abilities and there really is something for every rider in our calendar. Please visit our website at www.galstonequestrianclub.com.au or our Facebook page to see what's on next. Half yearly club membership is now available for \$65. This is the perfect way to get a feel for the club. Membership allows you to participate in club only events as well as our public events and offers a member discount to attend any of our paid events. You can access our membership form at <https://www.galstonequestrianclub.org.au/membership>





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NORTHHOLM GRAMMAR OUTSTANDING MUSIC



SUCCESS AT THE AUSTRALIAN SCHOOL BAND AND ORCHESTRA FESTIVAL AT SYDNEY CONSERVATORIUM

NORTHOLM GRAMMAR SCHOOL'S Symphonic Wind Ensemble and Concert Band performed exceptionally well at the Sydney Conservatorium of Music for the Australian School Band and Orchestra Festival on Sunday 28 July. Two of the featured pieces proudly performed by the bands were 'Side Show Alley' and 'A Story To Tell', both original compositions by their conductor, Mr Tim Ferrier.

In an event comprising bands from 20 different schools, Symphonic Wind Ensemble received a Silver Award. This was an exceptional result considering the outstanding musical talent on display and reflected the professionalism of the Northholm musical program.

Concert Band received a Gold Award, which was an outstanding result. In addition, the band received the Brolga Music Encouragement Award, which entitles them to choose a selection of arrangements from the Brolga Music library. The internationally renowned adjudicator Mr Monte Mumford, offered to give the band a special workshop which Northholm proudly accepted. Mr Mumford attended the band's next rehearsal and provided the young musicians with tips and strategies

on a range of topics to enhance their understanding of performance techniques and ensemble blend.

Northholm Grammar's extensive music program is focused on fostering a love and appreciation for music from the early Kindergarten years through to Year 12. For the young Kindergarten to Year 2 students, the program provides them with the opportunity to experience singing, recorder, percussion and violin. Year 3 to 6 students progress to flute, clarinet, saxophone, trumpet, trombone, French horn, tuba, drums and percussion making for a seamless transition to the Senior School music program.

Northholm offers a unique co-curricular music program whereby students from across different year groups come together to be part of the same band. In the case of Concert Band, this includes primary and secondary-aged students grouped together. This structure allows young musicians to progress through the band program based purely on musical aptitude rather than age or year group. Northholm Grammar is proud of its students for the commitment, passion and outstanding achievements in music.





GALSTON PUBLIC SCHOOL

E DUCATION WEEK OPEN DAY, saw students participating in a Book Character Parade where many bright, colourful and extremely clever 'Superheroes' costumes were on display. Congratulations to the Senior Band which gave an enjoyable performance and students who received an award at the Honour Assembly. A Book Fair was supported by families who generously donated new and engaging books to the Library, and Open Classrooms which offered a delightful time for parents and visitors alike to share their children's efforts. To conclude this wonderful day many families/parents and carers enjoyed a delicious morning tea and

lunch menu which was organised by the P&C Canteen and Fundraising committees.

As part of the Combined Primary Choir at the Arts Alive Choral Concert held at the Sydney Town Hall our students gave an outstanding performance. They experienced a wonderful opportunity that will form lasting memories.

In the last week of Term 3 the School Representative Council (SRC) raised \$268.00 to support the Australian Mitochondrial Disease Foundation's 'Stay in Bed' day with its Pyjama Day. This money raised will go towards assisting research into the diagnosis, treatment and cure of the debilitating mitochondrial disease.

Congratulations to our Stage 3 Debating team who currently stands undefeated! The team has successfully argued the affirmative side of the last two debates. A great effort.

Kindergarten Enrolments for 2020 are now being taken. If you have a child who will be enrolling next year, please assist us by completing an enrolment form, available from the office. Please bring your child's birth certificate/passport and immunisation documents with you. Your assistance in this matter helps our planning for next year. If you are aware of a family in the area with a child who will be enrolling in Kindergarten next year, please ask them to contact the school office.

If you would like to know more about our vibrant school, please contact the school office (9653 2062) and all your questions will be happily answered. Prospective families are most welcome to visit the school for a tour.



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CREATING FUTURE LEADERS AT GALSTON HIGH SCHOOL

BY LUKE COSGROVE, DEPUTY PRINCIPAL

GALSTON HIGH SCHOOL is dedicated to building leadership in youth. Bendigo Bank shares this passion for youth leadership and, as a long term supporter of Galston High School, recently sponsored a student to attend the 2019 Magic Moments Youth Leadership and Business Summit. Targeting 14-17 year olds, the Summit included inspirational speakers and coaches from a range of backgrounds, along with interactive sessions alongside other youth leaders, to create an experience that teaches youth to embrace their greatness.

Galston High School's Gypsy Sumner-Murphy of Year 9 was the student selected to attend and the lucky recipient of Bendigo Bank's generosity. Gypsy had the following to say about her time at the Summit:

"I was given the wonderful opportunity to attend the Magic Moments Youth Leadership and Business Summit last July. This was a five-day camp, which aims to build on the leadership skills of young adults. The program offered a wide variety of activities,

which helped me grow as a person and a leader. These activities were based around teamwork and taught us the importance of working together.

"I was put into a team with eight other participants from around Australia and the world. We started as a group of strangers but eventually grew into a family. I watched these people grow with me as we worked through the activities and challenges given to us.

A few days in and we were given a business plan, which we were to refine and present in a 'Shark Tank' style environment. Throughout this activity, we learned to listen to each other's ideas and how hard it truly is to start our own business. But this, just like the other events at the camp, helped to teach us that if you want to achieve a goal, you must give it your all, try again and again until you succeed and that it's okay if you have to lean on someone to achieve that goal, because that's what leadership is: helping others to be their best."

Galston High School thanks Bendigo Bank for its ongoing support and encouragement of our students.



GALSTON & DISTRICT COMMUNITY
Bendigo Bank

PRAISE FOR GALSTON HIGH SCHOOL'S "THE WIZARD OF OZ"

After months of rehearsals, costume creation, prop building and stage and lighting design, Galston High School performed its 2019 musical, the Wizard of Oz. The reviews are in and they are glowing: Galston High School's 2019 musical was a smash hit with all ages!

"The show was spectacular from start to finish. The performers were delightful and our children were thoroughly entertained

and engaged by the charming, energetic and charismatic leads, as well as the many talented students in the ensemble. I laughed. I cried. I clapped and cheered and I loved the way your students both inspired and entertained our children. We cannot wait for your next performance Galston High School!

"The performers were amazing! Their singing and perfect comedic timing was outstanding. Congratulations also to your very talented staff who built that amazing set."

"Congratulations on such a fabulous show. So well produced, so well put together and so much talent on display. What a great memory for all of the cast involved... So many great individual performances to single anyone out."

"Kenthurst Public School students and staff are in awe of these magnificent performers. Congratulations to all of the magnificent GHS staff for an amazing production. Brilliant!"

"Was such a great night. Well done to all the performers and crew. Such awesome talent and such dedication from Mrs Fuller."

"Hillside School attended today's matinee performance. It was amazing. Such a wonderful show. Well done to the whole cast and crew."

"Congratulations Galston High on an amazing performance. Saw the show last night and was blown away by the talent. Such an incredible night, the performance by the



students took my breath away. A few very funny moments as well, thanks for a great evening out and well done by all involved, it was just outstanding!"

"Fantastic show, loved every second of it!!!! Well done to everyone involved!!"

"It's wonderful!!!! So much talent at GHS and the teachers who put it all together - fabulous!!!"

"Saw it last night and I am amazed at the wonderful talent our high school has to offer. The students are amazing and a credit to the school."

"Congratulations cast and all involved in this production. It was a fantastic show and you should all be proud of all the hard work."

"Absolutely amazing! What talent and hard work has gone into the production !!!! **Congratulations!!**"

"Fantastic show, so much talent, congratulations to amazing students and teachers!"

HILLS TEENAGER PRESENTED WITH GOLD AWARD BY NSW GOVERNOR

A Hills teenager has had her years of community service and personal development recognised by the Governor of New South Wales at a special ceremony.

KATE MATHIESON, who graduated from Pacific Hills Christian School last year, was presented with her Gold Duke of Edinburgh International Award by Her Excellency the Honourable Margaret Beazley AO QC, after which she attended a private reception at Government House.

Kate spent several years completing her Bronze, Silver and Gold levels through the program that operates at Pacific Hills Christian School.

For her Gold International Award, Kate had to complete a variety of activities including canoeing the Myall Lakes, community service, singing and physical fitness.

Kate wrote a reflection about her achievement which was published in the official program - "The Award has built my character in ways that I never knew I could grow. I grew in my patience, resilience and general positive thinking, teaching me to look beyond myself and to look at the needs of others."

Duke of Edinburgh is the world's most high-profile youth development program and is celebrating its 60th anniversary.

When Prince Philip was Patron of the Duke of Edinburgh's International Award he said, "Gold Awards are not easily gained. Young people growing up in this modern complicated world have many difficulties to face and opportunities for personal development are often limited. I hope that all those who take part in this Award will find added purpose and pleasure in their lives."



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THE ARCADIA PUBLIC SCHOOL canteen is well known for producing 'home made' delights and specials that tantalise. Our canteen is a top-notch, first-rate facility - one that we are incredibly proud of, but of course, it's really the people who are the stars. We want to thank one particular star whose kindness in volunteering guarantees smiles on the children's faces every week (not to mention the mums and dads who don't have to pack a lunch).

We are so fortunate to have Heather Wright, a grandmother of four children at Arcadia PS as our number one canteen volunteer. Heather prepares a delicious fresh menu each week, knows every child and greets each with a warm smile. Thank you Heather, you are a true Proudly One Arcadian Star!

We would also like to highlight the recent appointment of Northwest Community Childcare, our new before and after school care providers. This is a perfect fit for Arcadia PS with over 20 years of experience and a strong community focus.

Enrolments are now open for Kindergarten 2020. Visit the website www.arcadiaschool.com.au and phone our friendly office staff on 9653-1207 to arrange a school tour.



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LATEST MESSAGE FROM HILLSIDE

BY JUDY EASTMAN, HILLSIDE PUBLIC SCHOOL PRINCIPAL

EXCITING THINGS have been happening at Hillside this term. The new LED sign is installed and operating, allowing the school to notify the community of events and the successes of the students. Thank you to the NSW Government for providing the grant for the purchase and installation of the sign.

Our touch team has progressed through to the finals of the NSW PSSA Small Schools Touch Football Knockout being held later this term. They convincingly won the second round against Ilford Public School in front of a very supportive home crowd. Well done to our team which comprises of students from Years 3 to 6.

We are currently accepting enrolments for Kindergarten 2020. Hillside is fortunate to be able to consider out of area enrolments, as we have not reached our ceiling. Children commencing school next year will be participating in our Early Bird Program over a number of weeks during Term 4. This program enables the children to become familiar with school routine, meet their buddy and the other students, so starting big school is not at all daunting.

Due to a growing need by our parents for before and after school care, the school has commenced the process to seek tenders for the establishment of a centre at Hillside. It will be a wonderful addition to the school and a huge service for the parents.

Planning is well underway for our major fundraiser for the year. On Saturday 2 November the P&C is holding a Trivia and Auction Night at Glenorie RSL. Please support our great school and come along for a night of fun and laughter. Contact the school office for more details.

Student leadership is a vital component of our Student Welfare Policy. All of our year 5 and 6 students participated in the Premier's Sporting Challenge 'Learn to Lead' program at Galston High School. The students were taught the skills needed to return to school and teach the younger students in four different sports. Students have so many more opportunities at Hillside to develop their leadership skills

because every Year 6 student is inducted as a School Leader. One of the many advantages of being a student at a small school.

Hillside is our community school, where every child is valued and treated as a person, not a number and the class sizes are small.

Enrolling Now! Enquire now and organise a time for a school tour. Phone: 96521459 Email: hillside.p-school@det.nsw.edu.au



HILLS GRAMMAR SCHOOL

STEAMING THROUGH STEM WEEK AT HILLS GRAMMAR

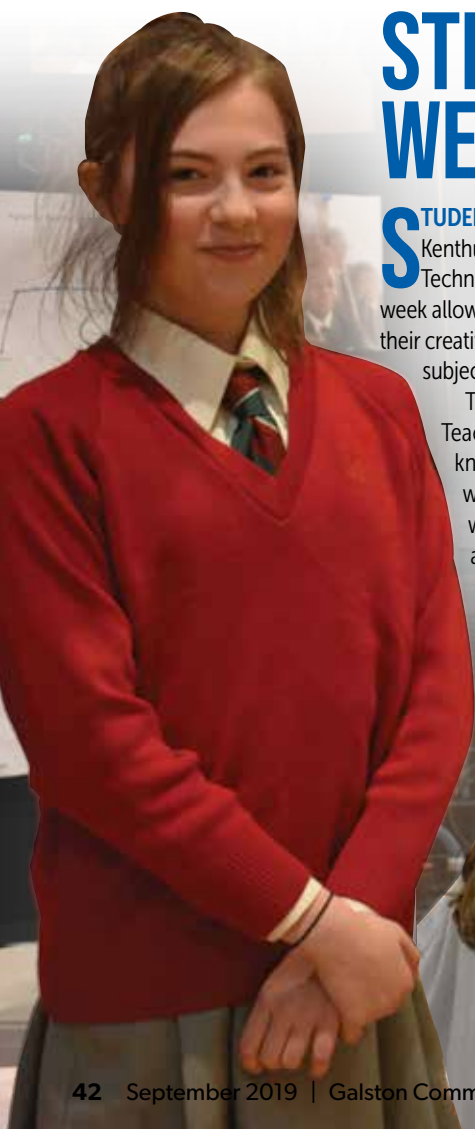
STUDENTS FROM THE HILLS GRAMMAR SCHOOL in Kenthurst have spent a week immersed in Science, Technology, Engineering and Maths (STEM). STEM week allowed students from the Senior School to exercise their creativity and explore different theories in the related subjects.

Teachers and the Director of Learning and Teaching encouraged the students to apply their knowledge and develop their own solar powered water heaters. Despite being one of the coldest weeks on record for 2019, the students persevered and delivered their projects and results. Their hard work was then displayed during a

showcase evening, where supporting teachers and staff allowed the individuals to present their findings.

When they weren't busy coming up with creative plans for their projects, teachers dedicated lessons to the subjects including understanding an electricity bill. There were more fun approaches as the students were also involved in challenges, such as a water challenge, and marshmallow challenge.

It was a great way to engage students in collaborative learning, and the Science, Technology, Engineering and Maths subjects.





ALICE THE MUSICAL

It was a very important date for Hills Grammar's Junior School as they enjoyed a performance of Alice the Musical from the students.

The younger grades were treated to a performance in the R J Phipps Performance centre, and was completed with costumes, music and set lighting.

Then the Performance Centre was opened up to parents and family wanting to attend, with a matinée and evening performance.

The students were diligent in learning their lines, and the accompanying songs of their favourite characters during their weekly creative arts lessons.

The play was an internal production with dedicated teachers and staff directing and aiding the students in their rehearsals.

With four performances in total, the students truly evoked the personalities of the quirky characters from the Lewis Carroll classic.



Parents! Looking for the right school? Don't miss the

HILLS SCHOOLS EXPO



Saturday 7th & Sunday 8th September

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GARDENING

GALSTON GARDEN CLUB

As the chill of winter continues to bite, it was lovely to see the large turnout of members for the August meeting to hear Peter Olde speak on Grevilleas. Peter was a reluctant gardener in the earlier years and when it was suggested he grow a native, take heart gardeners... it died! However, that all changed with Grevilleas. These hardy plants encourage the honey eaters into your garden, which he found a wonderful experience. From there Peter has co-authored, with Neil Marriott, the three volume "Grevillea Book", as well as a number of published papers on Grevillea Taxonomy. He encouraged us all to plant grevilleas which not only encourage native birds but native insects as well.

So... are we ready?? Excitement is building as this year's Open Gardens Weekend on **Fri 18th – Sun 20th Oct** is not far away. Time to start planning how you will visit the 8 gardens as well as Northholm Grammar School's aquaponics garden. Whether you have a few hours, a day or the whole weekend to devote, you will be spoilt for choice.

Just remember whatever you decide to do your ticket covers you for the whole weekend (one entrance each garden only though). To whet your appetite starting in the Dural area and if pretty is what you are after then the **Wallace's garden at 20 Uralla Rd** is sure to delight, with masses of Salvias and roses as well as bromeliads, there is colour wherever you look.

Tall Eucalypts, the lovely cool of the creek that you walk along and seeing how an older lovely garden is being cared for is found at the **Sutherland-Harris garden 39 Derriwong Rd**, then it's on to the Fergusson's garden 78 Quarry Rd, this is the first time it has been open and we are all looking forward to seeing this beautiful garden.

Time to head up towards Galston and where you come to the **Graham's garden at 10 Belbowrie Cl** which is filled with gorgeous garden beds – a very steep entrance but once in lots of garden ideas

that can be recreated in your own garden, then it's onto our second garden that has not opened before the **Wickham's at 4 Gribbenmount Rd**, this garden has been under restoration since the property was bought several years ago and it is exciting to see it being brought back to life.

These are 5 of the 9 gardens that will be open, keep a look out for next month's article to see the other gardens that can be explored over the weekend. Once again, we could not have an Open Gardens Weekend without the generosity of the garden owners and the hard work that goes into presenting the gardens, especially with these dry conditions.

The gardens are open from 9.30-4.30 tickets are \$25 which gives entrance to all gardens, or \$5 per garden, children under 18 free. Tickets can be purchased at each garden or from outside the Galston Club. For enquiries: Bill Fleming 9653 2394, check our website or email: galstongardenclub@gmail.com

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



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20 Uralla Road, Dural



39 Derriwong Road, Dural



78 Quarry Road, Dural

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BROMELIAD SOCIETY OF
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PATRICIA WALTERS

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The Bromeliad Society of Australia will hold their next meeting at George Bell Pavilion, Castle Hill Showground on Saturday, **14 September** with plant sales commencing at 11am followed by the meeting at 12noon. Access is via the Showground entrance off Showground Road into Doran Drive, Castle Hill, with plenty of parking on site.

Guest speaker - Patricia Walters, President, Ikebana International, Sydney Chapter will provide an overview on Ikebana - the Japanese art of floral arrangement with its history dating back to the 14th century and the philosophy and variety of techniques and styles.

Patricia will demonstrate Ikebana using bromeliad blooms supplied by members of the Bromeliad Society of Australia. Visitors are most welcome to come along to the presentation and learn about the art of Ikebana from our guest speaker.

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

SPRING CLIVIA SHOW

Show Chairman John Layton anticipates close to three hundred specimen plants will be on display including latest breeding results. These will include green, lime, lemon, pink, peach, variegated, stunning bronze as well as bi-colour and dwarf specimens. Featured this year will be stunning red-bronze specimens of 'Moonlight Bronze' as well as pink edged European peach.

Well known Horticulturist Judy Horton will officially open the display **11.00am Saturday 14th September** at Thornleigh Community Centre, Phyllis Avenue, Thornleigh. Visitors will have the opportunity to vote on both the 'People's Choice for Best on Show as well as the best First Flowering. There will be continuous demonstrations, videos, guest speakers providing education on Clivias, tips for gardeners on care and cultivation and of course, plant and seed sales. Up to twelve specialist Clivia growers will be on hand to answer questions and give guidance to visitors on matters Clivia.

New members are welcome and will be presented with a starter pack including sought after seedlings and seed together with 'How to Care' notes and recent Newsletter Publications. A spectacular display of stunning blooms, images and information not to be missed.



NOTICE: FREE NATIVE PLANTS!

We've had a great response to our plant giveaway but we'd like to remind you apply for this offer before the heat of the summer makes planting tough on you and the plants.

Our generous donor has enabled Still Creek Landcare to continue offering 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 plants. These 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.

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STILL CREEK LANDCARE SNACKING ON NATIVE PLANTS

BY JUTTA HAMILTON

I enjoy growing and harvesting my veggie garden and fruit trees. I also enjoy looking after the native plants, as they look beautiful, feed the native animals and look after their own needs. Some of the ones I grow near the house can be very pleasant to look at and they are great for a snack while walking past, while others can produce heavily.

Backhousia citriodora (Lemon-scented Myrtle) is a tall shady shrub and its crushed leaves have a strong lemon fragrance making it a favourite for flavouring dishes. Our neighbour Anne-Marie kindly provided the picture of her recent creation: **Lemon Myrtle Cheesecake with Macadamia nut crust.**

Some of the other tasty plants I have are:

- *Davidsonia pruriens* (Davidson's Plum), it looks great and the very tart fruit make great jams or sauces.
- *Acmena smithii* (Lilly Pilly), the fruit make a nice jelly.
- *Macadamia integrifolia* (Macadamia Nut Tree), everybody, even our pet dog rushes to get to those tasty nuts.
- *Citrus australasica* (Finger Lime), the pearly flesh looks great and explodes in your mouth and is great with fish.
- *Banksia ericifolia* (Heath Banksia), its nectar can be sucked as a small treat while gardening.
- *Lomandra longifolia*, have flowers that are said to taste like fresh green peas.
- *Austromyrtus dulcis* (Midgenberry), is the most delicious, sweet and tangy berry, bears in profusion and is yummy eaten fresh or in pies and preserves.



- *Billardiera scandens* (Apple berry), is a slender climber, with very tasty fruit when ripe and soft.
- *Eremophila debilis* (Winter Apple), this prostrate shrub produces edible fruit and makes a great groundcover.
- *Ficus coronata* and *Ficus rubiginosa* (Sandpaper Fig and Port Jackson Fig), their fruit have a nutty flavour and can be enjoyed when plump and soft, they rarely get to that stage as birds, bats and possum get to it first.

So when you next go to add to your garden, why not consider what more you can enjoy from your plants.

With regard to eating from any plants, there is a warning :

"never eat it unless you're certain you can identify it and know it is safe!"

If you would like help or further information, 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.





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THE ANNUAL RURAL FIRE SERVICE (RFS) BLESSING SERVICE

We thank God for the beautiful district in which we live, surrounded by bushland and our rural environment. However, it is an environment that is from time to time threatened by bushfires. It is at these times that we rely on the volunteers of the RFS to protect our lives and our properties.

At the start of the fire season, we at Galston Uniting Church, take the opportunity to express our thanks to them for the "mantle of safety" they provide to the community. At the same time, we pray for their safety in fulfilling their fire-fighting tasks.

This special service was a wonderful occasion with the church packed with fires in their yellow uniforms representing brigades from Galston, Arcadia, Glenorie, Middle Dural, Maroota and the Support Brigade. Glenorie Brigade Deputy Captain Craig Whiteman told us "why he does this" and the message was brought by brigade chaplain (and ex member of Arcadia Brigade) Rev. Nich Cole.

To conclude the service, we all gathered outside around the fire trucks where Nich was joined by Galston Uniting Church minister, Rev. Geoff Smith, to ask a blessing upon the RFS volunteers and pray for their safety during the coming fire season. Nich and Geoff then donned knapsack sprays for the traditional "blessing of the fleet" where it was not just the trucks that received a spray!

Our thanks, thoughts and prayers go with all our self-sacrificing RFS volunteers throughout the coming season.



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

HILLS LIFE CHURCH

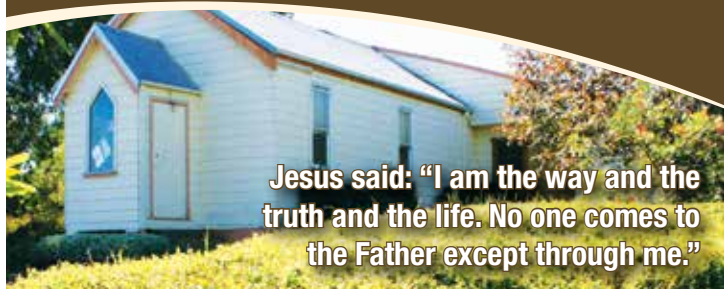
"May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."
— Romans 15:13

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HILLSLIFE CHURCH

BY CORRI BRYNE

Thought this month to do something different, as we at church explore questions wanted to share a few thoughts with our community.

SO MANY QUESTIONS

What's the meaning?	Why is there evil?
Is there a plan?	Why is their good?
Does God exist?	If there's a God
Does He know man?	Does He do as He should?

Why do bad things happen?	Is God just a crutch?
Is there a moral law?	A God of the gaps?
Do you believe in heaven?	Surely Big Bang was
Do believe there's more?	More than a thunder clap

Do I need to go to church?	Was there a beginning?
Why do people pray?	Is there an end?
To which God do they speak to?	A judgment to come?
Is there only one way?	To make amends

Did Jesus really walk the Earth?	What is this life?
Do all the things they claim?	What is man?
Did He die and rise again?	What is truth?
Aren't all religions the same?	Can we ever understand

WALKING AND PRAISING GOD

(A MESSAGE BY REV. ED. LONG)

Wouldn't it have been thrilling to see this man (read Acts 3,v 1-11) jumping around trying out the new strength in his feet and ankles and at the same time shouting hallelujah? No wonder a crowd gathered to see what it was all about (v.11). In Acts 4:22 we are told that the man who was healed was over forty years of age.

A miracle of healing like this is wonderful and would always attract attention. But the miracle of salvation which Peter went on to talk about (3:12-19) is even more wonderful.

Yet sometimes we do not realise that truth. Supposing in one of our church services a man was healed of a serious illness and another man gave his heart and life to Jesus Christ and was saved. Which man would people talk about the most as they went home? They would talk more about the man who was healed rather than the man who was saved, don't you think?

Yet what did Jesus say to the disciples in John 14:12? He promised that they would do even greater works than those which he had done. How? Because their work would be to bring men and women to the place of salvation and that is even greater than just healing their bodies.

Salvation lasts for ever and ever. Physical healing only lasts as long as we are here on earth. Salvation carries us on into heaven and eternity with Christ.

God doesn't give healing to everyone but he does give salvation to anyone who asks for it in the name of Jesus. Have you asked Jesus Christ to come into your heart and life and save you from being separated from God forever? Read Acts 4:12 and see for your self that there is no-one else who can save you, only Jesus Christ.

If you will do this just now, there will come happiness and peace into your life. It may not come immediately, but as you learn to trust God's word for yourself, that peace and joy will grow in your heart.

COME AND FIND OUT MORE AT :

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

GALSTON SEVENTH-DAY ADVENTIST CHURCH

BY PASTOR DAVID MCKIBBEN

A TRUSTWORTHY FRIEND

Last words are precious and poignant; a person facing imminent death usually does not waste words. The portion of the Bible known as 2 Timothy is sometimes referred to as Paul's last will and testament. The apostle wrote this letter during his final imprisonment in the certain knowledge that he would soon be executed for his faith in Jesus. What were the last words of counsel that Paul wanted to pass on to his faithful colleague Timothy?

First of all, Paul pointed Timothy to a person to believe in, namely the person of Jesus. As the apostle faced death, he was not ashamed of Jesus

because he had proved to be a faithful and trustworthy Saviour and Friend.

It is vital who you trust in.

Thomas Wentworth was one of the major figures in British history in the first half of the 17th century. He was an outstanding statesman and administrator, but he was extremely arrogant and made many enemies. However, he didn't care because he carried on his person a document signed by King Charles I that promised he would not 'suffer in life, honour and fortune'. But these years were a turbulent time in British history, and the king found himself at the mercy of his

opponents, who pressured him to execute Wentworth. Finally the king who promised Wentworth immunity from suffering became the king who signed his death warrant. As Wentworth was led to his execution he quoted the words of Psalm 118:9, "It is better to take refuge in the Lord than to trust in princes".

As Paul faced certain death, he urged Timothy to keep trusting in Jesus. He could testify that Jesus was a trustworthy and reliable friend for many reasons.

1. Jesus provided comfort, strength and support to Paul during the apostle's trials and difficulties. When Paul was imprisoned, many of his former associates either deserted or denounced him. At his first trial

before the Roman Emperor, he was all alone; not one person supported him or spoke on his behalf. But Jesus stood by him and supported him all the way (2 Timothy 4:16-18).

2. Jesus had given him a purpose for living. What he had counted important in the past was of no value compared to knowing Jesus as his Friend (Philippians 1:21; 2 Timothy 1:8-10).

3. Paul knew that Jesus would ensure that his efforts had not been in vain; he entrusted his life's work to Him (2 Timothy 1:12; 4:8).

*"What a friend we have in Jesus,
All our sins and griefs to bear;
What a privilege to carry
Everything to God in prayer!"*

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FORGIVENESS...

Many very important life lessons are learnt at Primary and Secondary school, both in the classroom and outside in the playground. One major lesson is about being willing to give and receive forgiveness for offences that happen as part of daily life.

One very wise school Principal used a playground example to teach his staff how to manage peer conflict between students.

He said, "Four primary - aged students were lined up in front of the teacher on duty at the end of recess. They had been fighting in the playground: name -calling turned into anger and suddenly punches were being thrown!

How did it start? What caused it all? Were all four students involved? These questions were uppermost in the teacher's mind as he asked each student in turn to explain what happened, in their own words, without any interruptions. It soon became clear that all four students had been involved in varying degrees and would need to apologise to each other.

'Sorry' one student quickly called out, looking at her shoes. Arms folded, a second boy looked stubbornly unrepentant!! The other two students stood silently, waiting to see what would happen next.

The teacher explained the two parts of forgiveness:

' Firstly, saying sorry means that you admit that you did something wrong, are sad about it and want to fix it. Secondly, asking 'will you forgive me?' restores the relationship between you and your friends- if they say yes and forgive you.' At the teacher's firm, fair words of encouragement, each student said,

'I'm sorry. Will you please forgive me?'

Giving and receiving forgiveness for offences isn't easy! Often we can feel justified when we've been wronged, that the other person should 'get their just desserts' and don't deserve our forgiveness. Or, when we've wronged others, we might bury our head in the sand and hope it all goes away so we don't have to face it - or face the person we've wronged!

The bible makes it clear in 1 John 1:9 that "if we confess our sins, God is faithful and just to forgive us our sins and cleanse us from ALL unrighteousness." This true forgiveness brings freedom from a guilty conscience and frees us to

trust God with the situation rather than holding onto guilt or seeking revenge. The bible warns us that taking revenge does not bring inner peace or freedom.

The highest and most pure example of giving forgiveness came at the Cross, where Jesus gave up His life for the sins of the world. He rose again, conquering sin so that we can be truly free to live a life where giving and receiving forgiveness towards others flows through our loving relationship with Him.

The first step is realising that we have made mistakes in our own lives, asking God to forgive us and asking for a relationship with His Son Jesus Christ. True forgiveness and true freedom then begins!!



NEWS FROM ST BENEDICT'S

RECOGNISING EILEEN O'CONNOR

You may not have heard of Eileen O'Connor (pictured) but her name is well on the way to becoming internationally recognised as Australia's second saint, following the canonisation of Saint Mary MacKillop by Pope Benedict XVI in 2010.

Like Mary, Eileen (1892-1921) was born in Melbourne but moved to Sydney with her family in 1902. After a fall from her pram at the age of three she was crippled for the rest of her life. Despite her physical limitations she devoted herself to helping others. In 1913, at a time when there was no government medical assistance, she set up a group of women who were committed to serving the poor and sick in the city's slums. In 1953 Our Lady's Nurses to the Poor was officially recognised as a congregation and their work continues today. www.ourladysnurses.org.au

Many St Benedict's parishioners watched a film about Eileen's life and planned a bus trip to the Eileen O'Connor Museum at Coogee in August. Being declared a saint is a long process that we will be following with interest.

GALSTON CHRISTIAN EDUCATION ASSOCIATION SPRING DINNER

A group from St Benedict's will be attending this dinner on 7th September. We are pleased to have been involved with this long-running Christian ministry at Galston High School. It should be a great night at the Galston Club.

2019 -2020 SACRAMENTAL PROGRAM

Confirmation was held on Saturday 31 August, the first step in our Sacramental Program for this year. Congratulations to all involved. More details can be found on the parish website: www.bbcatholic.org.au/arcadia.

WEEKEND MASS TIMES

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





ARCADIA RURAL FIRE SERVICE

BY PETA GORMLY

On the 14th of September between 10am and 2pm the station will be hosting its annual Get Ready event. It's a great opportunity to come up to the station and meet your local firefighters. It's also a great opportunity to get a better understanding of our role within the community and the risks Arcadia is exposed to. If you've got any questions we're more than happy to answer! We can all agree that Arcadia is a special part of the world that is surrounded by phenomenal views and bushland. We also have a number of families, and a large number of livestock that call this slice of utopia home. At this year's Get Ready Weekend we will be encouraging our community to do their bit to be prepared for the 2019/2020 fire season. Winter has been particularly dry, and NSW has already experienced a number of large bush fires that saw firefighters from the Hornsby district, and members from Arcadia, get deployed as part of a strike team to Northern NSW.

Preparing your family and property does not need to be a hard or intimidating task. Simple ways to start preparing your property is with general home maintenance. This includes clearing gutters, trimming hedges and trees, mowing lawns, and removing anything flammable away from your house i.e. firewood for next year's winter, fuel containers, BBQ gas cylinders. This reduces the fuel around your home, which is necessary to minimise the impact of an ember attack. Not all properties back onto the bushland, however, they can still be within the ember attack zone. Embers are small coals, which can carry a substantial amount of heat that can rekindle a fire. Embers can be so small that they can become airborne, and

lodge themselves in the eaves of a house or within the debris that wasn't removed from the roof gutters.

Make sure you sit down with your family and discuss what you will do in the event of a bush fire. Will you stay and defend or will you leave early? Do you have animals that need to be transported? These are some questions you need to consider when deciding what you want to do. It is also important to have back up plans. You can assess your risk using the bush fire household assessment on the NSW Rural Fire Service website, and learn more about the fire danger ratings and alert levels.

In other news, Arcadia has gained 3 new breathing apparatus operators (BAO), and our first 2 female BAO's. Our firefighters are equipped with the skills to carry out firefighting activities at structure fires and other incidents. Breathing apparatus requires the use of a self-contained compressed air breathing apparatus. We've also had members complete their Rural Fire Driving course to drive our Cat 1 tankers (the big red trucks). Other members have been methodically completing modules for Advanced Firefighter, Community Engagement Facilitator, and briefing and debriefing courses.



In mid August, Arcadia was invited to the Blessing of the Fleet service held by the Galston Uniting Church. This service is held annually prior to the upcoming fire season. As always it is a great event, allowing everyone to reflect upon why they volunteer, and it was unanimous that community was the key reason why. To top it off we were treated to a scrumptious lunch and caught up with friends.

Finally, a big thank you to the Proudly Arcadian team for inviting us to the annual community dinner, there is nothing quite like Arcadia. We'll be back next year to celebrate all things Proudly Arcadian!

Arcadia is running a members recruitment drive! We'd love to meet you, and there is always a role for everyone. Be sure to visit us on the 14th of September between 10am - 2pm to find out more about what's involved and how you can assist your community.

Visit www.myfireplan.com.au, www.rfs.nsw.gov.au or enquiries@arcadiarfs.org.au

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GALSTON RURAL FIRE BRIGADE NEWS

BY KARA DUBOIS

**BRIGADE
CONTACT DETAILS**

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info@galstonrfb.org.au



NORTHERN NSW BUSH FIRE STRIKE TEAMS

Recently Galston RFB joined Ku-ring-gai 1A on a composite strike team to assist with firefighting operations in the Kempsey area. The strike team also consisted of Hornsby 7 and crews from the Hills and Northern beaches.

For five days Galston firey, David Aslin, was deployed around Whiteman Creek in Clarence Valley, north of Coffs Harbour. After a quick recuperation break in Sydney, he made his way back to Kempsey with Berowra 7 on another composite strike team. He said despite the very hard workload he'd go again without hesitation.

"It was nice just to help out the farmers as best we could," says David.

Being part of these strike teams gives everyday Australians a chance to let their community spirit shine. David recalls the local residents on Baines Rd, near Grafton, set up a table providing food, hot and cold drinks, and even hugs to the firefighters. One resident, Kelly, would run inside and boil the kettle to bring out hot water for tea and coffee. She also had ice packs wrapped around milk and juice bottles to keep them cold. She'd then pop back inside and make amazing ham sandwiches on fresh bread for all the fireys. David said, "Kelly was the true hero".



THREE NEW BREATHING APPARATUS OPERATORS

Congratulations to Galston RFB firefighters Bill, Colin and Liam on passing the BAO course with flying colours. Galston is proud to add another three fully qualified and skilled Breathing Apparatus Operators to the ranks.



ARE YOU BUSH FIRE READY?

Sydney has had its third dry winter in a row and such conditions can mean a greater risk of a severe fire. The bush fire season traditionally starts statewide on October 1 each year but because of the dry conditions across the state some areas may start their bush fire danger period earlier. For bush fire-related information please visit the RFS website: www.rfs.nsw.gov.au or call the Bush Fire Information Line - 1800 NSW RFS (1800 679 737).

With such dry conditions across the Sydney basin, it's important to get bushfire ready now. Getting ready for a bush fire is easier than you think. By taking 20 minutes with your family discuss what you'll do during a fire, you could save their lives, as well as your home.

FOUR SIMPLE STEPS to get ready for a bush fire:

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

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

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

There are simple things you can do around your home to prepare it for

a bush fire, like keeping the grass low and having a cleared area around your home.

STEP 3 KNOW THE BUSH FIRE ALERT LEVELS: If there is a fire in your area you will find its alert level on the NSW RFS website and in the 'Fires Near Me' app. You need to keep track of the alert level so you know what you should do.

STEP 4 KEEP ALL THE BUSH FIRE INFORMATION NUMBERS, WEBSITES AND THE SMARTPHONE APP: In a bush fire, it's important that you stay up to date on conditions in your area.



GLENORIE RURAL FIRE BRIGADE NEWS

BY JAMES WICKING



Glenorie Rural Fire Service assisted other local brigades with a Hazard Reduction burn at Maroota. (see images)

Crews attended a fire in Venetta Road, Glenorie that was impacting on property. Additional

resources were bought in to assist from Rouse Hill and Hillside. The fire was contained and then successfully extinguished after several hours.

In light of Glenorie's bushfire, it's a strong reminder that conditions are extremely dry. We

would strongly recommend that you make sure your bushfire survival plan is up to date, and you have invested the time in preparing your property. We'd also recommend that you reconsider any pile burning you are planning on your property.



MIDDLE DURAL RURAL FIRE BRIGADE NEWS

Last month our Brigade participated in a hazard reduction (HR) in Glenhaven, off Glenhaven Road. Once again, quite a few Hills Fire teams joined together to burn the area behind properties and down through the gully up to Round Corner. Although this burn created some smoke, the resulting reduction of fuel will greatly reduce the likelihood of a destructive wild fire in the coming fire season. Expect to see more hazard reductions over the next couple of months, as the RFS takes advantage of this dry weather to reduce the threat of possible bushfire next summer.



This winter has been extraordinarily dry. Normally it's too wet for us to carry out HRs in July, but with the Bureau of Meteorology not being able to predict when we might next get significant rain, it's vital that we prepare for the coming summer as much as possible. Your opportunity to learn how safeguard your property will be given a boost on Saturday 14 September, when many Hills Brigades will be opening up their stations for Get Ready Day, an open day when we welcome a visit from all our residents and their children. Brigade members will be on hand to answer your questions, to provide useful pamphlets and show you around our station, and fire fighting vehicles. If you ever thought you would like to improve your understanding of the risk to your particular property, and how better to defend it, that will be the time to find out. Pencil the date in your diary!

On Sunday 11 July, Galston Uniting Church welcomed local brigades to the church for their annual Blessing of the Fleet. Unfortunately the Blessing generally conflicts with the City to Surf race, which cuts down on our numbers. However, this event is always enjoyed by all our participating members, who would like to thank the Church for their delicious morning tea. This year, one of our members was asked to read a lesson.

If you have any questions before Get Ready Day, contact our Captain, Len Best (0408 220 705) or Senior Deputy, Ken Middleton (0417 203 088)

EARLY START TO BUSH FIRE SEASON IN HORNSBY KU-RING-GAI AREA

The Hornsby Ku-ring-gai area will start the Bush Fire Danger Period (BFD) early this year due to ongoing warm and dry conditions.

While the bush fire season traditionally starts on 1 October each year, the Hornsby Ku-ring-gai area will begin the fire season on the 1st September 2019.

NSW RFS Superintendent Mark Sugden is urging residents to know the risks and take precautions now.

"We have experienced a long dry and warm spell, which is increasing the bush fire danger across the region," Superintendent Mark Sugden said.

"There are simple things you can do now to get ready for bush fire season – such as talking with your family about your bush fire survival plan, preparing your home or property, knowing the bush fire alert levels and making sure you know where to get information during a fire.

"The things you do now can make a big difference to your safety during a fire, and whether your home survives."

Landholders are also encouraged to use fire safely if conducting hazard reduction activities.

"Many people use fire to reduce the fire risk on their property – but if fire's not used properly, you can end up being the fire risk to your community.

"Permits are required during the bush fire danger period. They're free and easy to get by contacting your Fire Control Centre.

"Don't be the fire risk to your community. Use fire safely and only light up if conditions are safe."

"Never leave a fire unattended and if a fire does escape, it is essential to call Triple Zero (000) immediately so that emergency services can respond accordingly and minimise the damage," Superintendent Mark Sugden said.

For information on planning and preparing for fire, visit www.myfireplan.com.au.

Information on permits and total fire bans can be found at www.rfs.nsw.gov.au or by contacting the Hornsby Ku-ring-gai Fire Control Centre on 9883 2000.

**2ND, 9TH, 16TH, 23RD SEPTEMBER | MON
9:30AM-12:30PM**

GET CRAFTY - CASTLE HILL

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

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

**6TH-7TH SEPTEMBER | FRIDAY-SATURDAY
5:00PM-8:00PM AND 9:30AM-4:00PM**

THE FRIENDS OF HILLS LIBRARY POP-UP BOOK SALE

Pick up a bargain at The Friends of The Hills Library Pop-Up Book Sale. Items include Adult Fiction, Children's and Youth Fiction. Prices from \$1.00 - \$2.00. Cash only. No EFTPOS facilities available.

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

**7TH-8TH SEPTEMBER | SATURDAY- SUNDAY
9:00AM-4:00PM**

ARCADIAN QUILTERS 2019 QUILT SHOW

Display of Members' Quilts. Raffle Quilt. Trade tables. Quilts for Sale. Refreshments available. All proceeds go to local charities.

Venue: Galston Community Centre,
37 Arcadia Road, Galston
Contact: Arcadian Quilters Inc | 02 9652 1094
Email: sheila_hewett@yahoo.com.au
Visit www.thehills.nsw.gov.au

10:00AM-4:00PM

THE HILLS SCHOOLS EXPO

The Hills Schools Expo showcases Sydney's leading independent schools serving Sydney's north-west and Hills district.

Venue: Harvey Lowe Pavilion, Castle Hill Showground,
Doran Dr, Castle Hill 2154
Visit www.orangeblossomfestival.com.au

**7TH SEPTEMBER | SATURDAY
1:00PM-3:00PM**

RIDE IN2BMX - COME AND TRY

Experience the thrill of BMX racing in the upcoming Ride In2 BMX - Come and Try event, supported by BMX Australia.

Venue: Castle Hill BMX Track, Fred Caterson Reserve,
Caterson Dr, Castle Hill 2154
Visit www.orangeblossomfestival.com.au

**9TH SEPTEMBER | MONDAY
10:45AM-11:15AM**

BRIGHT START POSITIVE PARENTING DAY: POSITIVE BEHAVIOUR STRATEGIES

As part of our Bright Start Positive Parenting Day at Castle Hill Library early childhood educator and Centre Director, Dominique Baudet, will present a practical and informative talk on how to promote positive behaviour in young children.

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

12:15PM-12:45PM

BRIGHT START POSITIVE PARENT DAY: HEALTHY LUNCH BOXES

A healthy lunch keeps active kids alert and focused and gives them the nutrition they need every day. But no matter how healthy your child's lunch box is, it won't provide any nutritional value if it doesn't get eaten! Hear expert tips on how to make healthy food fun for your children and receive a free giveaway bag (while stocks last).

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

**10TH SEPTEMBER | TUESDAY
6:30PM-7:30PM**

MEMORABLE MOMENTS: CREATING THE WORLD OF A NOVEL WITH BELINDA ALEXANDRA

Join bestselling author Belinda Alexandra at the newly renovated Dural library. Belinda is known for her fiction novels set in exotic locations such as Paris, Shanghai, Barcelona, Florence and Moscow. Discover how she creates the immersive worlds of her novels and uses them to create memorable moments that take readers deep into other cultures and times.

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

**11TH SEPTEMBER | WEDNESDAY
10:00AM-1:00PM**

COMPUTER PALS FOR SENIORS OPEN DAY 2019

Join a free question and answer session on anything to do with the internet, computers, tablets and smartphones.

Venue: Harvey Lowe Pavilion, Castle Hill Showground,
Doran Dr, Castle Hill 2154
Visit www.thehills.nsw.gov.au

**12TH SEPTEMBER | THURSDAY
10:30AM - 11:30AM**

LET'S TALK ABOUT HEALTHY BRAIN AGEING

Your brain matters! Join a representative from the Health Promotion Service as we celebrate Library Health Month for a talk on dementia, symptoms and risk factors along with how the brain changes with age.

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

**14TH, 28TH SEPTEMBER | 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@hawkesburyharvest.com.au
Visit www.harvesttrailsandmarkets.com.au

10:00AM-4:00PM

ORANGE BLOSSOM FESTIVAL ANNUAL ART AWARDS

Castle Hill Art Society will celebrate local art with the Annual Art Awards for adults and children. This exhibition also provides a great opportunity to buy original art from local artists.

Venue: Castle Glen Community Centre,
Ridgecrop Drive, Castle Hill 2154
Visit www.orangeblossomfestival.com.au

**16TH SEPTEMBER | MONDAY
11:30AM - 12:15PM**

HEALTHY AND ACTIVE WORKSHOP

Staying physically active is the single most important thing you can do to stay fit and independent as you get older. Participate in a balance and strength exercise demonstration and pick up resources to help you keep active and healthy.

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

**19TH SEPTEMBER | THURSDAY
7:30PM**

GREAT CLASSICAL SYMPHONIES WESTERN SYDNEY SYMPHONY ORCHESTRA

The Western Sydney Symphony Orchestra is very proudly presenting it's second concert to the Western Sydney communities.

Venue: Pioneer Theatre - Castle Hill Cultural Centre
(Castle Grand), Cnr Pennant St and Castle St,
Castle Hill

Contact: Western Sydney Symphony Orchestra
Email: office@wsso.com.au
Visit www.orangeblossomfestival.com.au

7:30PM-9:30PM

WESTERN SYDNEY SYMPHONY ORCHESTRA (SYDNEY CONTEMPORARY ORCHESTRA)

Prepare yourself to be immersed, excited and inspired as The Western Sydney Symphony Orchestra takes to the stage and performs renowned orchestral hits.

Venue: Pioneer Theatre, 14 Pennant St, Castle Hill
Contact: Western Sydney Symphony Orchestra
Email: office@wsso.com.au
Visit www.orangeblossomfestival.com.au

**20TH SEPTEMBER | FRIDAY
7:30PM - 9:30PM**

HILLS SHIRE SYMPHONY ORCHESTRA COMMUNITY CONCERT

Hear classical music performed by The Hills Shire Symphony Orchestra - a local group which aims to bring classical music to the Hills Shire by trained musicians.

Venue: Pioneer Theatre, 14 Pennant St,
Castle Hill NSW 2154, Castle Hill
Visit www.orangeblossomfestival.com.au

**25TH SEPTEMBER | WEDNESDAY
10:30AM - 11:00AM**

HEALTHY LUNCH BOXES BAULKHAM HILLS LIBRARY

Are you looking for healthy lunch box inspiration? Join us at Baulkham Hills Library to learn more about how to pack healthy snacks and lunches for your children with a representative from The Healthy Children's Initiative.

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

**26TH SEPTEMBER | THURSDAY
4:00PM - 5:00PM**

SYDNEY THUNDER CRICKET AT STORYTIME

Get out and active with Sydney Thunder Cricket! Hit some runs with the players in the park as you practice your cricket skills then head into the library for some super sports stories

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

**29TH SEPTEMBER | SUNDAY
11:00AM-3:00PM**

PAWSITIVE STEPS MIND, DOGGY AND SPIRIT FESTIVAL

Join us on a fantastic day out for the whole family with your favourite four legged friend and help us raise awareness for mental health in the community.

Venue: Castle Hill Showground, Showground Road,
Castle Hill 2154
Contact: Positive Vibes Foundation
Phone: 04 5058 2080
Email: info@iconcorpevents.com
Visit www.thehills.nsw.gov.au



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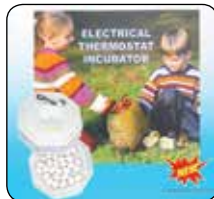
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10. Musical entertainment

11. Carried on

12. Elevate

13. Hero type (4, 5)

15. Storage centre

16. Controversial WA settlement between Lancelin and Cervantes (5, 6)
20. Person used as one's excuse

22. Institution for abandoned children

24. Prague resident

25. Asian _____, a shorebird seen in summer in the North

26. Energetic

27. Bigger than the rest

DOWN

01. Discriminating diner

02. _____ Murphy, radical judge

03. Swore

04. Nuclear point of detonation (6, 4)

05. Cricket World Cupper _____ Hogg

06. Beat the goalie

07. Bare

08. Canadian oil province
14. Olympic gold-winning Hockeyroo forward (4,6)

16. Undermine

17. Interconnecting devices

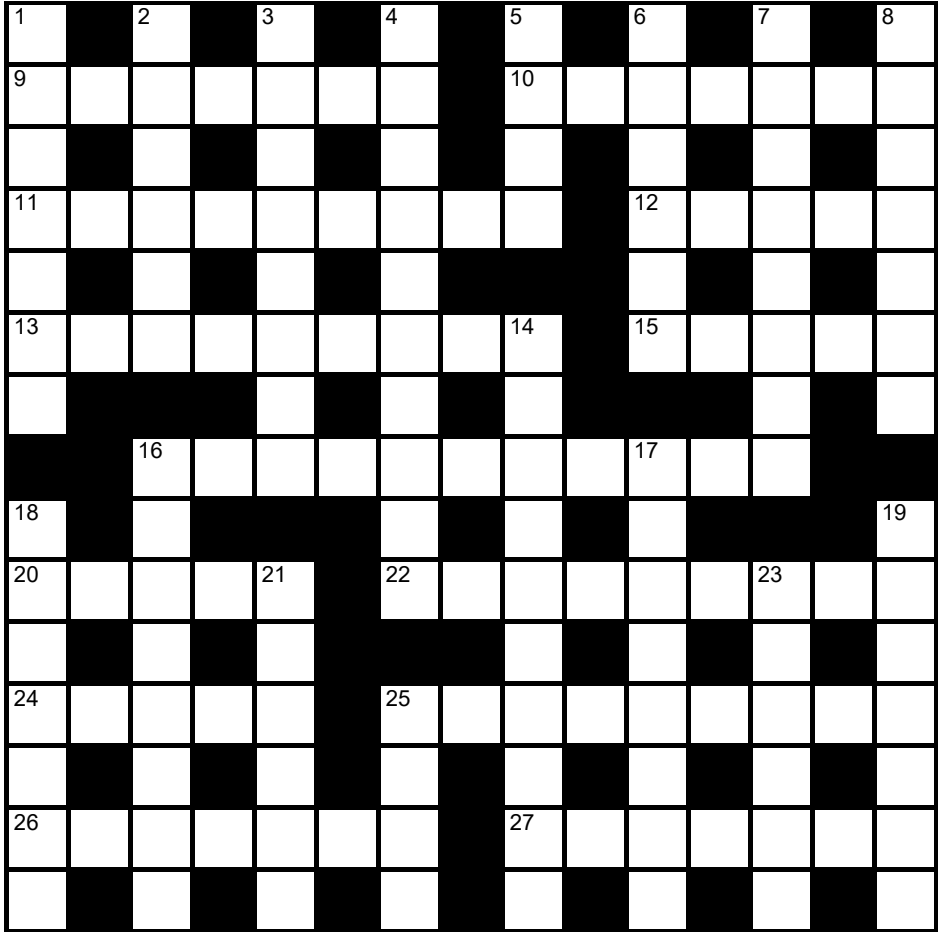
18. Series of waterfalls

19. Rues

21. Residence-based (2-4)

23. Former tennis Grand Slammer _____ John Cooper

25. Evade



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COMMUNITY CONTACTS



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

CHURCHES

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

Galston Uniting Church
Service times 10.00am. Children's programmes KUCA for children K-6, each Friday of the school term 5.00 to 6.30pm. ThePower (Youth Group) for those in high school. Fridays of the school term 7.00pm to 8.30pm. CRAFT group Thursday evenings of the school term from 12 noon to 4.00pm. OVER 55's for seniors 2nd Monday of each month from 10am to 12noon. Other groups of interest - Men's Choir, Ladies Choir. For all enquiries, please call the church office on 9653 2039. 11 School Road Galston or visit www.galstonunitingchurch.com

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

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

The Hills Trefoil Guild (Guides NSW)

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

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

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

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

St Benedict's Catholic Parish
Mass at the Monastery, 121 Arcadia Road, Arcadia at 7am every morning. Mass at the Parish Church, Cnr Fagns 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 Annagrove rd. Kenthurst. Mass times Mon-Fri 9.15am Sat 5.30pm Sun 8am, 10am and 5.30pm

LOCAL SPORTS ASSOCIATIONS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

LOCAL PLAYGROUPS

GALSTON

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

New members are very welcome to drop in; the first two visits are free. Email galstonkidsplaygroup@gmail.com 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.

CALLING ALL

Playgroups



If you are organising or running a playgroup in the local area, please let us know. We would like to help you promote your playgroup, and also let our new mums know what groups are open in the area.

Please send your Playgroup location and meeting days/hours to:
editorial@galstoncommunity.com.au



**GALSTON, GLENORIE & HILLS RURAL
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Diana Paton | 0408 011 193
editorial@galstoncommunity.com.au

ADS/ARTWORK/DESIGN

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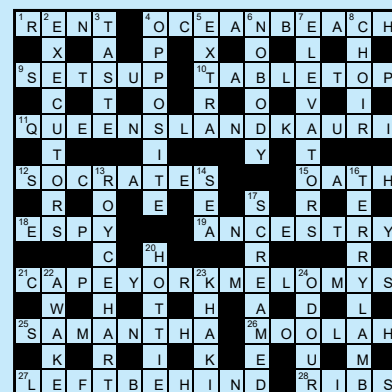
ACCOUNTS

Kai | 0459 303 600
accounts@galstoncommunity.com.au



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Answers from August Issue



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WHAT TO LOOK FOR AT OPEN FOR INSPECTIONS

If you are in the market for a new property, chances are you will be spending a lot of time at open for inspections, and with only 30-minutes on average to view the house; you want to make sure you are getting as much information as you can. But before the open home even begins, you can find out a lot about a property, so arrive early to get the lay of the land.



Before the open for inspection even begins, check out the neighbourhood

You are buying into the area as much as you are purchasing the property. Generally speaking, if there are issues with the property, you can fix it, but you can't change the location of the property. Research the neighbourhood, what external noises may affect your purchasing decision? Is there noise nearby or are you on a flight path? What is the parking situation? Visit the neighbourhood at different times of the day to help you gauge the traffic noise.

Drop into the local council and find out if there are any developments planned nearby? What are the zoning areas around the property and are there any plans for these to change? If you plan to renovate or do a knock-down rebuild, are there any council restrictions on what you can do.

What to look for at open for inspections

If you're not experienced in real estate, take someone with you who is. Have a checklist of all the things you need to look for handy and as a reference point for later. At the property, try not to get caught up in the aesthetics of

the home. Making superficial changes is easy. You want to focus on the home's overall structure and the rooms that are costly to renovate – the kitchen and bathroom. Look for signs of water damage, inside and out, and cracks in the wall – these can be very costly issues to fix.

Note what direction the property faces and how much natural light the property gets and in which rooms. How much storage is there throughout the home, and do all the windows open correctly? Externally, pay close attention to cracks on the walls, and whether the gutters and drain pipes are in good condition. Inside and out, look at how near the neighbours are and how their proximity may affect your privacy, whether it be in the yard or looking into particular rooms. Finally, does the property have off-street parking and if so, how accessible is it and for how many cars? If there is no off-street parking, what is the on-street parking like?

What to ask the Sales Agent at the open for inspection

Have a list of questions ready with everything you want to ask. Arrive a little early and leave later than everyone else, making yourself known to the sales agent. When the sales agent is engaging with other potential buyers, listen to the questions being asked and what their responses are as others may pick up on things that you may not of.

Ask the sales agent how long the property has been on the market, whether they have inspection reports available and has there been any offers made on the property. The reports will give you a good understanding of the current market condition and interest in the property. It's also worth finding out the history of the property, how long has the vendor owned the property and who owned it before them. If the property has a storied past, this is something many potential buyers would want to be aware of before purchasing the property.

Get as much information as you can from the sales agent and go back for as many open for inspections as you like, or request a private viewing. Don't feel hurried by the process, take your time and equip yourself with as much information as possible, after all, this is one of life's most significant investments. **For more information feel free to contact Carolyn Wheatley on 0407 120 483 – Belle Property's Rural Hills Specialist at anytime.**





850 Old Northern Road, Middle Dural



7 Timaru Street Glenorie



126 Kenthurst Road Kenthurst



9 Hansen Avenue Galston



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SATURDAY 21ST SEPT 2019
 TICKETS AVAILABLE FROM THE CLUB
 ON 02 9653 2017
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TICKETS AVAILABLE FROM VENUES AND EVENTBRITE
www.allthingsentertainment.com.au www.craigstewart.com.au

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LIVE ON THE BIG SCREEN

6th OCTOBER
 Happy Hour
 Kick off - End Of Game

Courtesy Bus running from 3:30PM

The Galston Club Practices A Responsible Service Of Alcohol.

Lunch Specials

Monday to Saturday

Members \$9.90
 Visitors \$11.90

10% Public Holiday surcharge applies

All day specials

Monday to Saturday

Members \$14.90
 Visitors \$16.90

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

10% Public Holiday surcharge applies

Members Happy Hour

Monday to Friday

4pm-5pm

Excludes Public Holiday

OCTOBER 26TH

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FREE ENTRY

HALLOWEEN
 COSTUME CONTEST
 GREAT PRIZES!
 RSVP 9653 2017
4-6PM AT THE GALSTON CLUB

THE GALSTON CLUB

MELBOURNE CUP *Buffet Lunch*

TUESDAY, NOVEMBER 5,
 TAB OPEN FROM 7:00AM
 Function Doors Open at 11am

TICKETS:
 \$50 Adult
 \$45 Senior

LIVE ENTERTAINMENT
 SWEEPS, FREE SPARKLING ON ARRIVAL.
 PRIZE FOR BEST DRESSED, RAFFLES.

WATCH THE RACE ON OUR BIG SCREEN
 CALL OR VISIT RECEPTION TO BOOK 9653 2017

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TUESDAY

- Tuesday nights Poker \$20 buy in rego starts at 7pm

WEDNESDAY

- Bingo – ticket sales from 10am. Jackpot prize \$2000*
- Game prizes – club cash & wishcards totalling \$200 in value
- Trivia 8pm
- Raffle tickets on sale 7pm
- Total Value of raffles \$500
- Joker Jackpot \$5200*

THURSDAY

- APL Poker Free Roll plus Jackpot*
- Pool Competition Max Prize \$200*

FRIDAY

- Monster raffle, 40 prizes to be won, tickets on sale 7pm
- Total value of Raffles \$1500
- Spin n Win

SUNDAY

- Kids eat Free (1 x kid eat free/minimum spend per adult \$16.90)
- 10% Public Holiday 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.

ADDRESS: 21-25 Arcadia Road, Galston, 2159 PHONE: 9653 2017 WEBSITE: www.galstonclub.com.au