

# Galston, Glenorie & Hills Rural COMMUNITY NEWS

July  
2020

The Original Community Magazine since 1971.

## GLENORIE PONY CLUB: CELEBRATING 50 YEARS OF HORSEING AROUND

June 2020, Glenorie Pony Club celebrates its 50th birthday, a milestone Club members, past and present, are incredibly proud of.

The club was started by Barbara Cummins on private land. As the club began to grow Barbara asked Local Council member, Les Shore, if there might be a suitable site for the Pony club to relocate to within the electorate. Thirty acres of Crown land in Schwebel Lane, Glenorie was suggested and is now known as 'Dilkera Reserve'.

Over the ensuing years, membership of the club has grown considerably. Still, the founding spirit of Glenorie Pony Club has been retained, fostering an atmosphere of fun and enjoyment, while encouraging the more ambitious riders to strive for success. In 2020, the club boasts a staggering eight second

generation families as well as an abundance of new and long standing family members.

In December 2003, bush fires swept through the area, destroying the cross country course and trails, as well as the sheds and all the club equipment. Shortly after the fires, in true club spirit, the members rallied together and raised funds to rebuild the facilities that were lost in the fire, restoring them to the high standard they are today.

In 2016 the club, along with support from the Hills Shire Council, built a new clubhouse to replace the initial dwelling. The grand opening was celebrated by members past and

present, including many former committee members and presidents.

The club's success in becoming a huge part of the Glenorie community is due to all the dedication of the club's wonderful families, especially our life members, Mrs Barbara Cummins, Mr Ian James, Mr Bill Catt and Mr Wayne and Mrs Lynda Pernice.

As we reflect on the history of the club, the committee would like to take this opportunity to thank the wider Glenorie community as well as the Hills Shire Council for your ongoing support. We would also like to extend our thanks to past and present members. The sense of community created from those frosty Sunday mornings and dusty, hot jamborees has forged lifelong friendships. It will continue to do so for many generations to come.



**Matt Kean MP**

Member for Hornsby  
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## July Rent Review: When you don't see eye to eye...

As I get older, I realise that not everyone will judge the perfect sunrise as perfect and sometimes, no matter how hard we try, there are times when landlords and tenants won't see eye to eye. Sometimes the issues that are only minor to one person can have a major impact on the other. For instance, I'm not a great cook, therefore it wouldn't really worry me if my oven didn't maintain heat at the perfect temperature required to bake a great cake, but to a tenant who loves to spend the time baking, having a perfectly functioning oven is an absolute imperative to them.

I spent a great part of my early real estate career focused on sales, because I enjoyed helping people sell their home and move on in their life, as well as a great deal of pleasure from the negotiations around sale price, settlement dates and inclusions in the sale. But, as I started to take a greater interest in the property management side of business, I realised that there was an equal amount of negotiation skill required when it came to resolving issues between landlords and tenants.

Because we all have a different levels of expectation and we can all look at the same thing very differently. This business can be more about people management than property management and, no matter how hard we try to get two sides to agree on a mutually beneficial outcome, sometimes the only alternative can be a hearing at the tribunal.

In years gone by, the word tribunal (NSW Civil & Administrative Tribunal or NCAT for short) would send shivers down the spine of any experienced property manager and that wasn't only because it meant hours of file preparation, email compilation and double checking that the T's are crossed and dotting the I's, it was because in days gone by it appeared that the tribunal often made decisions that seemed to favour the tenant over the landlord, regardless of the application of common sense.

Thankfully (from experience) I can report those days are gone and, although we will still try our best to negotiate a satisfactory outcome for all parties in a dispute, tribunal is no longer the domain of victorious tenants. In our experience, sitting members at NCAT now look at each case on its merits, and use an enormous amount of common sense when interpreting the relevant legislation, and how their orders will impact both landlord and tenant.

A wise saying worth remembering -  
"The court makes an amazing amount of decisions that ought to be made by people"

Neil Clark  
Principal- Mode



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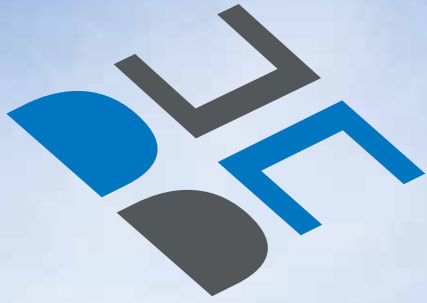
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# LOCAL RESIDENTS RECOGNISED IN THE RECENT QUEEN'S BIRTHDAY HONOURS

**Professor Simon Finfer - Galston - OFFICER (AO) of the ORDER of AUSTRALIA**



Professor Simon Finfer's career has prepared him for a front line role in Australia's fight against the coronavirus pandemic.

Professor Finfer's research focuses on sepsis – a condition in which the body's immune response to infection starts to damage tissues and organs. Without fast treatment, it can lead to death or ongoing health issues.

"People who are dying of coronavirus disease in intensive care units are dying of sepsis," he said. "The coronavirus infects the lungs, and in severe cases, leads to sepsis resulting in kidney, liver and other organs failing."

Professor Finfer is a Critical care physician who has been working with The George Institute for 20 years and during that time has led transformational studies in critically ill patients to reduce mortality and shed light on one of the world's most serious silent killers – sepsis. His 2003 study of the epidemiology of sepsis in Australia and New Zealand showed that this life-threatening condition was one of the major issues that needed to be tackled if ICU mortality rates were to be reduced. So began his special interest in not only reducing mortality from sepsis but also raising awareness of the condition both in our region and on the global stage.

His work has been instrumental in demonstrating that really robust, high-quality randomised controlled trials could be done in the critical care population and lead to improved mortality.

credit; The George Institute for Global Health and The Sydney Morning Herald

**Morgan James Cook - Galston - PUBLIC SERVICE MEDAL (PSM)**



Morgan became a firefighter with Fire and Rescue NSW in 1990 and since that time has served in a range of operational and specialist positions.

He is an active firefighter having been involved in strike teams during numerous bushfire seasons as well as many large scale industrial and structural fire incidents.

Since 2012 he has been the Team Leader Fire Research within FRNSW's

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Fire Investigation and Research Unit (FIRU), a position which has state-wide responsibility for the organisation's critical efforts in fire safety and prevention research through the investigation of fires and emerging risks.

As well as initiating significant improvements in FRNSW's capability, policy and procedures, he represented FRNSW with distinction on numerous multi-agency committees and work groups nationally.

He has been responsible for numerous initiatives that have enhanced public safety, often in close collaboration with other emergency services, peak industry bodies, universities and other tertiary institutions.

These initiatives have included the change of the National Construction Code for apartment building fire sprinklers, and to legislative change to fit sprinklers in all residential aged care facilities. He has also contributed to the development of the FIRU Research Facility for undertaking live fire burns/fire scenario reconstructions/fire investigation training and gas monitoring systems.

Morgan is one of FRNSW's pre-eminent experts in fire investigation and research and his commitment to the organisation, and to the improved safety of the NSW community, for over 30 years has been exemplary.

**Thank you Simon and Morgan for your outstanding service and commitment to your work. We as a community are proud of everything you have accomplished and achieved and congratulations on this well deserved honour.**

## KNC GALSTON BASED AT THE GALSTON COMMUNITY HEALTH CENTRE DCAF GALSTON

Each Monday, from 10am-12pm, the DCAF welcomes people with dementia and a family member/carer to a delightful morning of friendship and activities.

Zoom meetings have been held since the introduction of COVID-19 restrictions, which are accessible via a computer or most mobiles.

Last Monday, two games of Bingo were played with a yummy box of chocolates awarded to the winner. Activities usually include exercises (with the guidance of a specially trained Exercise Physiologist), art classes, knitting, music and singing led by our very talented Galston resident Max Cowdroy. Guest speakers which include members of the group talking

about their hobbies and life stories, a visit by Zoe the beautiful white Labrador with her owner Val, and of course morning tea. Friendships grow and information and resources are shared.

DCAF is held at the Galston Community Health Centre, 17 Arcadia Road, Galston and is a joint program with KNC and Rotary Club.

KNC Community Care provides social support for older Australians and is a Commonwealth Home Support Program (CHSP) funded by the Department of Health through My Aged Care.

The KNC Community Care Program offers assistance with shopping and transport to essential medical and other appointments for older residents of Sydney North who are unable to manage regular transport.

For more details regarding these services and eligibility, please contact Linda Wake, the KNC Volunteer and Transport Coordinator at the Galston Community Health Centre on 9485 7599 - she would welcome an opportunity to discuss your particular needs.





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The couples brief was to create a large Georgian style home, over three levels, that took full advantage of sites topography and orientation. Interiors were to be classical in styling, with modern features such as smart wiring and an internal lift. The room arrangements and orientation were to follow the Indian principles of Vastu/Feng Shui.

Chateau worked through various design options until a plan was developed that matched both the brief and budget. The team included architects, designers,



quantity surveyors and master builders, with each discipline involved from the outset, allowing an accurate fixed price to be determined. Using a separate architect and builder can be difficult to manage, whereas this integrated process gave the client one contact point for the whole build and greater peace of mind.

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## SYDNEY HILLS DISTRICT BRANCH OF THE ASSOCIATION OF INDEPENDENT RETIREES

The Committee has been working to bring ZOOM MEETINGS to our members.

To stay connected and to encourage new members during the current Corona virus and Financial Crisis.

Our next Monthly Meeting will be held on **Friday 3rd July, 2020**.

Meeting will commence at 10.45am.

Our Guest Speaker will be Sharon Clifford her presentation will cover their "Honey Farm and how the Bush Fires Impacted Kangaroo Island".

Sharon will be presenting via ZOOM from Kangaroo Island.

For more information please contact: Mal Steel: [airsydneyhills@gmail.com](mailto:airsydneyhills@gmail.com)



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# GLENORIE PROGRESS ASSOCIATION

The GPA continues to operate as usual through this period. Our meetings continue to be conducted via Zoom, very successfully. That means it is even easier for you to join us at our next meeting from the comfort of your home.

## The Hills Shire Council continues to push for an increase in allowance for Secondary Dwellings

We reported last year that The Hills Shire Council was pushing the state government to increase the allowed size of secondary dwellings on rural land. This increase would be great news for so many families in the area as they would be able to accommodate their own family adequately, or derive a small income from their property. Robyn Preston, in particular, has been pushing for this improvement, and I enclose her update to the GPA on this matter: "As Councillor - Secondary Dwellings in Rural Zones - I received a phone call from the Premier's office this evening advising that The Hills Shire Council's Gateway Determination Review Request in relation to Secondary Dwellings on Rural Lands has been upheld. The details will come to Council shortly but in essence, this will change the rules for secondary dwellings on rural lands. The new rules mean that those with acreage in rural zones can build a second dwelling on their land to a maximum of 110 square metres of living space plus another 20 square metres of garage; a total maximum of 130 square metres for a secondary dwelling. Subdivision is NOT permissible and was never a desired feature of this change." Please note, this does require legislative change and is not effective immediately.

## Ray Whiteman Heritage Fence

The Ray Whiteman Heritage Fence in the Wal Buckingham Gardens next to the Memorial is progressing. The GPA Fence Committee have met with the Hornsby Shire Council to work on the plan, the meeting facilitated by Councillor Warren Waddell. Elizabeth Whiteman (leading the committee) reports that the meetings have been extremely positive working closely with Zoe Cook and David De-Fina, Landscape Co-ordinator at Hornsby Shire Council, to develop a cohesive plan to link the cenotaph to the Glenorie Memorial Hall via the new heritage fence and one flowing design. The fact that the project has experts doing the design and will address the entire space is very encouraging. As a community, being able to better utilise the space would be fantastic. More parking spaces for the hall so it can be better utilised, addressing the void behind the hall, respecting the sacred area for ANZAC, beautifying the landscape and, of course, paying tribute to Ray and the heritage of our area through the fence, will all be of benefit to our community.

Again, Robyn Preston, in her capacity as our State MP, has gone above and beyond and

secured a further \$10,000 to contribute to the project, directly from the Premier in the form of a discretionary grant. This is on top of the \$20,000 provided in the Community Building Partnership Grant towards the fence.

## Whites Road, Post Office Road Walking Loop

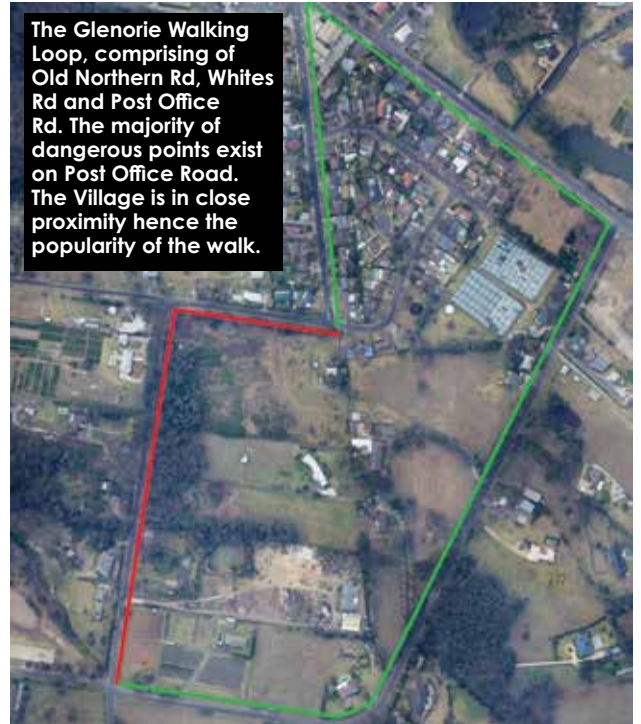
The walking loop from the Glenorie Village of Old Northern Road, Whites Road and Post Office Road has always been a popular walk for residents and visitors alike. It is a comfortable 2.5 ~ 3 km loop accessible from the village with minimal road crossings. It is possible to complete the loop without crossing a road which makes it a safer option than many roads in our area. The Old Northern Road portion of the walk is entirely paved. During COVID19 lock down the numbers of walkers has easily doubled. It is envisaged that the number of people taking advantage of the loop would increase even more if the dangers of the current walk were addressed. Currently it is not possible to complete the walk without being forced onto the road, particularly along Whites and Post Office Roads which happen to be at summits in the road, further adding to the danger. The GPA intends to work with The Hills Shire Council to incrementally address the dangerous spots, as well as the overall usability of the walk. We have already has a very positive engagement with the Council's General Manager, Michael Edgar and the North Ward Councillors.

Our proposal does not require a footpath, but rather use of recycled road base or recycled concrete aggregate to stabilise boggy areas, a light dressing of the path and, in the areas where pedestrians are forced onto the road, some levelling of the nature strip. These improvements will bring a lot of benefit to the existing walkers, as well as broaden the age range that would be able to safely traverse the path.

## Expansion of Glenorie Village possible

At the GPA meeting Councillor Brooke Collins OAM provided an excerpt from the Local Strategic Planning Statement 2019 for The Hills that: "As the population grows and changes, we will protect the role and function of rural villages and provide opportunities for limited expansion to meet the needs of the rural community. Any investigations will consider existing

The Glenorie Walking Loop, comprising of Old Northern Rd, Whites Rd and Post Office Rd. The majority of dangerous points exist on Post Office Road. The Village is in close proximity hence the popularity of the walk.



constraints and balanced growth, in line with criteria detailed in the Rural Strategy 2019." (p56 LSPS)

Glenorie Village is identified in the Rural Strategy as a preliminary investigation area, which would benefit from a modest amount of residential and commercial growth. This is inline with the feedback from the community in the sessions that were held with the Hills SC Planners at the Glenorie RSL.

The Rural Strategy also mentions that a local character statement will be developed for the RU6 Transition Zone, in consultation with the community. This consultation will also inform the place-based planning that will be carried out for the growth of Glenorie and other rural villages. The timeline identified for this work is June 2023.

The GPA would remind planners and all concerned that one of the key mandates for endorsement of expansion of the village from the community was: through development, the ability to open up connected green spaces that allow the village population to traverse in a safe and natural environment, not simply more urbanisation.

We are thankful to the planners for incorporating the community feedback.

## Membership

New members continue to sign up to the GPA. We are growing. You can have your input on these matters by becoming a member and attending the GPA meetings.

Next meeting **Thursday 9th July**, 7pm online <https://zoom.us/j/666073316>

You can find out more or join or renew at [www.glenorieprogress.org](http://www.glenorieprogress.org)





# GALSTON NATUROPATHIC MEDICINE

## CASE STUDY

Eczema is a condition where the skin becomes rough, inflamed, dry and itchy, and can consist of oozing lesions which can become hard and crusted. It is also known as atopic dermatitis.

Recently, I saw a child with eczema. The boy had suffered on and off for many months, and the prescribed corticosteroid creams were becoming less effective over time. After commencement of complementary medicines, within 2-3 weeks inflammation had greatly reduced and itchiness had gone. After 6-8 weeks, redness had gone and no patches remained.

Whether you have a health issue or simply want to stay healthy this Winter, call or book online today.



# SALVOS

By Katy Joscelyne

Growing up in Melbourne, we used to chant an old rhyme around about this time of year:

*“As the days get longer,  
The cold gets stronger.”*

Despite the chill in the air, rest assured: you will always have a warm welcome when you visit us!

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Are you planning or attending a Christmas In July function this year? There is nowhere better to buy your Kris Kringle gifts than with us!

We will be running our popular Half Price Storewide Sale on Friday 31st July. At the time of writing and going to Press, we are still mindful of social distancing, and of limiting the number of customers in our shop. We appreciate your thoughtfulness in helping everyone to stay safe and healthy.



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# HISTORY OF GLENORIE DISTRICT MEDICAL CENTRE

In 1984 the original Glenorie Medical Centre was opened by Dr Molly Hyslop and Dr Pip Gibian at 6 Post Office Road, Glenorie. For the two of us, this was a big challenge. We both had families with our youngest both six years old. After failing to find suitable rental premises in the area, we bought this house. Money was tight. We repainted it ourselves



Glenorie Medical Centre, 6 Post Office Road, Glenorie 2157, now known as Glenorie District Medical Centre, 920b Old Northern Road, Glenorie 2157

and renewed the garden. We retained the previous owner's carpet and curtains for quite some years. The office furniture was mostly second-hand, as was some of the medical equipment. At that time Glenorie was very rural, surrounded by working farms and everyone knew each other. Many farms were owned by Italian migrants from the 1960s who grew vegetables and fruit but, above all, flowers. Their chrysanthemums and roses were legendary. Mostly it was young married couples who populated the two quarter-acre residential areas. Housing in Glenorie was a little cheaper than other local suburban areas, allowing them to invest in their own homes.

We had investigated the area and thought there was some need for more medical services in Glenorie. This was an underestimation. The practice grew rapidly, along with the local birth rate. In those days, it seemed

a very long way to the nearest hospital and dedicated after hours medical services did not exist. We shared night and weekend calls with Galston Medical Centre, with the doctor-on-call looking after both practices. The home visit area ranged from Dural and Galston to Maroota. We ran Saturday and Sunday morning surgeries. Farm accidents and emergency medicine were not rare. Fortunately, we were able to employ some part-time assistants. Over the years, we acquired great receptionists, some outstanding nurses, and above all, many wonderful patients. The practice continued to grow. It started as a little ladies practice as one observer dubbed it, and became a thriving family practice known for high quality, caring medical care.

In 2007 we sold the practice to Dr Clare Donnelly, who had worked with us for quite some years. She changed the business name to Glenorie District Medical



Centre and built an excellent, purpose-built surgery at 920B Old Northern Road. We both continued to work at the practice for many more years. Glenorie has changed a great deal since 1984, and the practice has modernised in tune with the times.

Drs Belinda and Sheila Lorenzo now own the business. Now the practice is much larger, has more doctors, more nurses, pathology services and other medical services, but continues to be a real family general practice, as it always was. The Glenorie Medical Centre of old lives on in good hands.

Pip Gibian and Molly Hyslop



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# ARCADIAN QUILTER'S NEWS



As you can see we hardly Arcadian Quilters are about to enjoy the second of our planned meetings in the Park. The day was not the best weather wise but not to be deterred we began our meeting with the usual Show and Tell.

We did each other proud this time with an excellent selection of completed work, some headed for Charity Quilts while others fall into the category of Aussie Hero Quilts and this on it's own is a most interesting collective programme.

From a single request some time ago for a hospitalised soldier to have a bed quilt whilst recovering from injury, this has grown into an amazing world wide movement.

One of our members who works tirelessly for this movement always has wonderfully coloured and

often themed quilts to show us, this work is truly inspirational.

These requests come from men and women in the overseas forces, many of whom have been away for long, extended periods of time.

A chosen themed Aussie quilt must indeed feel like a hug-from-home when it finally arrives!

Our quilting group hopes to be back at the Galston Community Health Centre quite soon where we meet — **1st and 3rd Wednesdays each month at 9.30am** and the evening group meets **2nd and 4th Mondays at 7.30pm**.

Please feel free to pop in and say "hello" ... and new members are always welcome, for further information regarding the return to our favourite venue please call **Carole on 9894 7749**.

# THREE TREATS FOR THIS WINTER



This is no ordinary winter. This is a Covid-19 era winter. Make this memorable for some good reasons other than the gloom and doom. Let this be the year in which you chose the most comfortable Rise Recliner. Something that matches your unique taste, functionality and design. Something that will make you feel good. Beat this winter in the comfort of your home relaxing in your favorite chair. You can use the USB charger on the recliner to power up your iPad, laptop or your smart phone.

Winter is a time when sufferers of arthritis is confronted with the greatest of challenges. Every simple task looks daunting. Equip yourself with creative yet inexpensive solutions like Arthritis Gloves, Jar opener, pick-up-reacher or just a bio-freeze! Return On Investment in these is much more than your financial planner can ever explain.

If you are going to spend longer time on your bed, please ensure

that you have a good mattress. Did you know that mattress have life too? When was the last time you changed your mattress? An electric bed will not only elevate your sleeping quality, but it will enhance the way you get out of bed every morning. Without having to think about the aches and pain that stops us from doing the things we love most. If you do not warm up to the idea of an electric bed, how about an electric mattress?

We are getting familiar with a new way of life: social distancing, excellent hand hygiene, and fewer cases of flu. As a nation and as a race, we will overcome this with a vaccine or until that happens with our new way of life. Treat yourself this winter for being so brave in the face of this unseen enemy. For this and other useful information head to **www.comfortdiscovered.com** or visit their spacious new showroom.

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# Property of the Month

By Agents LumbyHampson



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# CWA NEWS

## THE ULTIMATE WINTER COMFORT FOOD - CHICKEN & LEEK PIE

Is it just me or is everyone baking pies at the moment? Puff pastry is hard to come by these days!

But here is a recipe you'll definitely want to make if you've managed to bag some puff or are clever enough to make your own. Makes for pretty amazing winter comfort food.

I've been making my aunt's Chicken & Leek pie since I was a teenager and whilst the splattered and crumpled photocopy of the original recipe is long gone, hopefully I've managed to do it justice here.

For more details about our meetings or fundraising please contact **Jann 0439 222 217** or **Val 02 9653 1774**.  
[www.facebook.com/CWAGalston](https://www.facebook.com/CWAGalston)  
[galston.cwa@gmail.com](mailto:galston.cwa@gmail.com)

### INGREDIENTS

- 1 tablespoon olive oil
- 40g butter
- 2 carrots, thinly sliced
- 1 leek, thinly sliced
- 200 grams button mushrooms, sliced
- 2 tablespoons cornflour diluted in a little cold water
- 1/3 cup (80ml) double cream
- 1 poached or roast whole chicken, skin removed & shredded
- 2 cups (250ml) poaching liquid or chicken stock
- 4 sheets ready-rolled puff pastry
- 1 egg, lightly beaten

### METHOD

Preheat oven to 200°C/180°C fan-forced.

Heat oil and butter in a large pan; sauté leek, carrot, and mushroom stirring until leek softens. Add shredded chicken. Gradually stir in reserved poaching liquid or stock, followed by the diluted cornflour, cook, stirring, until mixture boils and thickens. Reduce heat, stir in cream, and season to taste. Cool 10 minutes.

Line base and side of a large pie dish with pastry, trim to fit; prick well all over with a fork. Bake 10 minutes or until lightly golden. Cool 5 minutes. Spoon chicken mixture into pastry case; place puff pastry over filling, trim to fit dish. Brush pastry with egg wash and cut two small slits in the top of the pastry. Bake 25 minutes or until golden brown.

Serve with mushy peas and mashed potatoes or a green salad.



### Tip

While the original recipe called for poaching the whole bird and using the poaching liquid, leftover roast chicken and store-bought chicken stock works just as well! Just halve all the other ingredients if using half a roast.

We hope to resume our monthly meetings very soon. You may be lucky enough to sample some of this pie should you come along next time.



## NEW TRADING HOURS

**TUESDAY-THURSDAY 11AM – 9PM**

**FRIDAY 11AM – 10PM**

**SATURDAY 5PM – 10PM**

**SUNDAY 5PM – 9PM**

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# NEWS FROM THE FRIENDS OF FAGAN PARK

We have now returned to our Tuesday volunteering duties, restarting on **2nd June**, when the restrictions were eased, allowing 10 persons. It has taken quite an effort to pick up where we left off. We also opened the museums to the public on Sunday afternoon, 14th June, when there were large numbers of visitors making the most of recent relaxation in activities.

On **Tuesday 9th June**, I realised a conspiracy was evolving when a number of our ex-members and friends appeared at morning tea time, when a cake was unveiled in honour of the three recent significant birthdays amongst us. The cake decoration read "The Three Zeros" with a single candle, "0". Reaching the milestones 80, 90 and 80 respectively, were Ian Browning, Allan Foy, and Rob Dewey, Allan also reaching his

25th year of volunteering with the Friends of Fagan Park. It was a very enjoyable occasion, and special mention is made of Max Smith, 94, who was brought out for the occasion.

I know that many readers follow our 1918 International truck restoration with interest, and I can report that good progress is being made with rebuilding of the engine. It uses 'splash' lubrication, meaning that the rotation of the engine simply splashes oil around inside, and hopefully enough reaches where it is needed. This is one reason engines of the era were quite short-lived, generally speaking. From the 1930's, virtually all car engines used pressure fed lubrication, and combined with better oils and the use of filters, leads to the long life that can be expected of modern-day



**The Three Zeros**  
(Please forgive us for lack of social isolation)

engines. We are working on many aspects of the project at the one time, and will report any significant milestones.

As you can see, once hooked as a volunteer at Fagan Park, you are likely to stay committed. We are the custodians of a wonderful collection and its history. So why don't you contact us and come and see what we are about. We are a convivial and caring bunch.

If you would like to contact us, call **Ian 0419 435 475**, or **Vern 0405 703 413**.

## GERANIUM COTTAGE TAKEAWAY FROZEN MEAL MENU

<b>NEW</b> Hot Chips available	\$5
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<b>Traditional Bangers &amp; Mash (GF)</b> <i>Grilled Beef sausages with mashed potato, seasonal vegetables &amp; gravy.</i>	\$9.50
<b>Chef's Fabulous Beef Lasagna</b> <i>Beef in a Bolognese sauce with pasta.</i>	\$10.00
<b>Chilli Con Carne with Basmati Rice (GF, DF)</b> <i>Beef &amp; Beans in a rich sauce with a dash of chilli. Served with rice.</i>	\$9.90
<b>Curried Chicken (GF, DF)</b> <i>Chunky pieces of chicken in a delicious mild curry &amp; coconut sauce with rice.</i>	\$10.00
<b>Braised Beef Brisket (GF, DF)</b> <i>Tender Beef with chargrilled vegetables, baked potatoes &amp; gravy.</i>	\$12.00
<b>Slow Cooked Beef (GF)</b> <i>Beef slow cooked in a rich red wine sauce with mashed potatoes &amp; seasonal vegetables.</i>	\$12.00
<b>Fettuccine Bosciola</b> <i>Fettuccine with a white wine, ham, mushrooms, cream sauce topped with parmesan.</i>	\$9.00
<b>Cottage Pie (GF)</b> <i>Beef, onions, carrots, celery, cooked in a rich gravy topped with mashed potato.</i>	\$10.00
<b>Chicken &amp; Mushroom Casserole (GF)</b> <i>Chicken &amp; Mushroom slow cooked in a tarragon &amp; white wine sauce with Basmati rice.</i>	\$10.00
<b>Roast Vegetarian Quiche (V)</b> <i>Roasted Vegetables, eggs, cream &amp; pastry.</i>	\$8.50
<b>Ham &amp; Spinach Quiche</b> <i>Ham, spinach, eggs, cream &amp; pastry.</i>	\$8.50

<b>Crumbed Salmon Fish Cakes</b> <i>Red Salmon fish cakes, with mash &amp; steamed vegetables.</i>	\$12.00
<b>Roast Pork Belly (GF, DF)</b> <i>Roast pork belly, roast potatoes, vegetables &amp; gravy.</i>	\$15.00
<b>DESSERT</b>	
<b>Sticky Date Pudding</b> <i>Traditional date cake with Butterscotch sauce. Serve hot.</i>	\$7.50
<b>Apple Crumble</b> <i>Poached apple &amp; cinnamon with a golden-brown crumble. Serve hot.</i>	\$7.50
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<b>Meringues with cream (GF)</b> <i>2 Crunchy meringues with cream.</i>	\$7.50
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## from the Mayor's Desk

If you own or manage a business in Hornsby Shire we are inviting you to join us in an exciting new initiative that is designed to help you while strengthening our local economy. Localised is a free online platform that gives you an opportunity to advertise your products and services, along with much more. This is not just a local directory. Its key goal is to let you connect with other businesses, allowing you to make greater use of the excellent opportunities in our local area and for them to do the same with your services. It also gives you access to a range of local events and professional development opportunities for you and your staff. In a world that has been significantly affected by COVID-19, opportunities like this are more important than ever and I urge you to join in. The more businesses that sign up, the more powerful it will be as a tool to make our local economy stronger than ever. You can sign up to Localised for free, then create a profile to advertise your services and connect with other businesses. Register your business details today at [hornsby.localised.com.au](https://hornsby.localised.com.au). This initiative would not be possible without the support of the Hornsby Chamber of Commerce and the Dural and Round Corner Chamber of Commerce. We thank them for their assistance.

**Philip Ruddock AO**  
Mayor, Hornsby Shire Council

## What's on

### WASTE MATTERS @HOME VIDEO COMPETITION

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For full details visit: [hornsby.nsw.gov.au/wastemattersathome](https://hornsby.nsw.gov.au/wastemattersathome)

### Hornsby Localised



Connect with Council as well as other local businesses. Hornsby Localised is our new local business finder and digital networking platform. If you are a local business, sign up today and register for free.

For more information visit:  
[hornsby.localised.com.au](https://hornsby.localised.com.au)

### Order your compost bin and worm farm online



Composting bins and worm farms can now be pre-ordered online and picked up from the Community Recycling Centre in Thornleigh, **Tuesday to Friday, 8.30am-4pm and Saturday, 8.30am-12pm.**

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

### Congratulations Hornsby Shire Residents



Government accredited mobile phone recycling program – MobileMusters – has awarded Hornsby Shire Council as the top collecting council within the country.

This year local councils have contributed 5.5 tonnes of mobile phone components for recycling. A tremendous achievement!

# My Street

We are starting a regular feature on local streets and would love to hear about your street. To kick things off I felt it only fair that I offer my contribution. I have enjoyed reflecting on my experience so I hope I have inspired you to do like wise...I would love to share your street stories so please email me [editorial@galstoncommunity.com.au](mailto:editorial@galstoncommunity.com.au)

Pinus Ave has been my home for 28 years. The date is always easy for me to remember, the 7th of January 1992 as it was exactly one month prior to my fifth child's birth. As you can imagine, it was a major relocation for the family. For several years, we had looked for a suitable house to raise our large family. Once we found our home, I knew instantly that it was the home I had literally dreamt about. The house offered the perfect accommodation for us, and the location was perfect as, when driving past, I had always admired the views and scenery down Pinus Ave. I often remarked that the people living down that street were so lucky. Who knew that I too would shortly be one of the 'lucky ones'?

Pinus Ave has a reputation and locals often laughingly refer to it by another name. Six weeks after my baby was born, journalists from a Parramatta paper walked down my drive. They inquired if I was aware that there had been an application lodged with the council to change the name of the street. The reason for the request was that some

residents objected to the embarrassment of living on 'P\*nis Ave'. My response was one of total amusement, saying that I lived at number sex. I felt it was helpful to have such a memorable address. I went on to explain that interestingly I had 5 children with names which accidentally fitted with the theme.; Morgan the organ, in like Flin, randy Miranda and so on. The editor of the paper loved the story so much we became the front full-colour page feature. As a knock on from this article, A Current Affair filmed us along with The Sydney Morning Herald including a piece in a Saturday edition.

Pinus Ave was named after the proliferation of Pinus Radiata trees which once dominated the streetscape. According to Wikipedia Pinus Radiata is a species of pine native to the Central Coast of



California and Mexico and is the leading introduced tree in Australia. Sadly, only a few trees still remain in our street. Although our street was recently given a much needed resurface, nothing much has changed over the period I have been here. Even the residents have bunkered in, with only a handful of houses

selling over the 28 years. There have been a few new builds, but they are hidden from the street view.

A giant gum tree at the top of our street was a local landmark; however, it was posing a hazard. Its recent removal caused a major traffic hold up while massive cranes were engaged to cut it down.

The street is so hidden and narrow that first time and infrequent visitors often miss the street. Although Pinus Ave is a no through road, large trucks are frequently directed by their GPS down our street as there is a ghost road

connecting it to Cattai Ridge Road. This is extremely problematic as the drivers have to reverse their vehicles up almost 3/4 of a kilometre hilly incline and then get back onto Old Northern Road. The exit from Pinus Ave is difficult enough for cars trying to exit so these drivers will not make that mistake again. Because of the skill needed, learner drivers, ready to take their test, will often practice hill starts at the entrance to the street.

**Now that you are aware of the challenges exiting our street, it would be appreciated if those travelling past Pinus Ave show consideration and stay alert to cars exiting the street.**

Because of its gradient, scenic view of the mountains and low traffic, our street is a popular walking route for locals.

With encouragement from my first husband, I came to live here 28 years ago. With encouragement from my 2nd husband I seem destined to remain...fortunately for me, it is a beautiful and tranquil place. I am one of 'the lucky ones' *Mary Ord (editor)*

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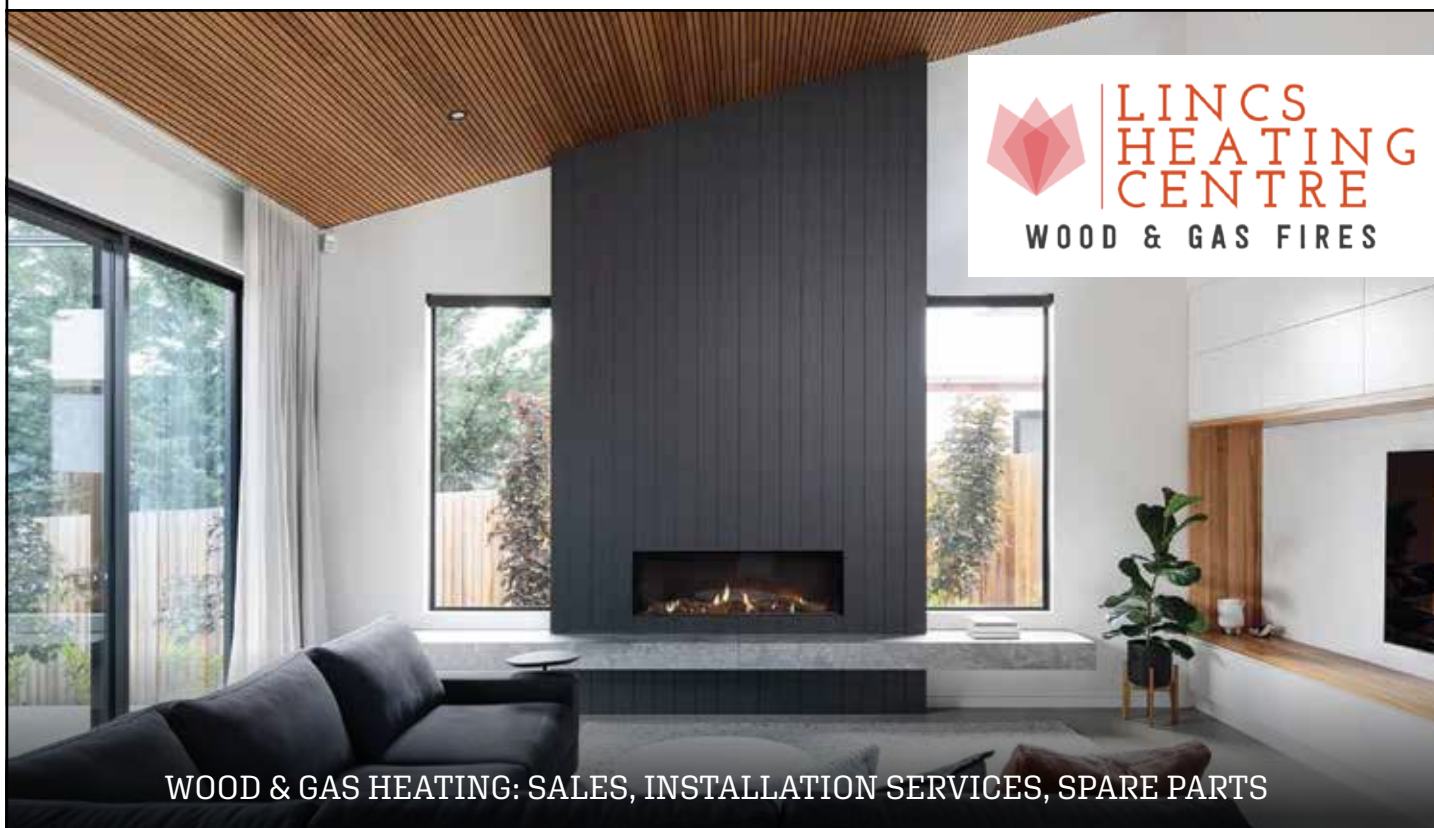
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# TRENDING STYLES: SCANDINAVIAN INFLUENCE STYLE HOMES

By Fyffe Design



Here at Fyffe Design, we are more frequently being asked to design Scandinavian Themed Homes.

Renowned for their simplicity, utility and beauty, Scandinavian

Homes centre around warm functionality, clean lines, understated elegance with a focus on flawless craftsmanship.

The key design is to maximise light at every turn with large

flooring spaces free of clutter and ornamentation. The addition of raked ceilings and floor to wall windows makes any small area feel bright, airy and spacious.

The Swedish originally designed their homes to be very Eco Friendly, with high performance glazing, proper insulation for ceilings and walls and underfloor heating. In the harsh Australian climate these styles of homes work amazingly well.

Another feature which is complementary to the Australian lifestyle is a connection with the outdoors so often you will find a balcony or terrace which are made from timber decking, used for entertaining and BBQs.

Cluttered spaces are a big no-no in a Scandinavian home. Keeping things organised and clutter-free is essential to creating an ambience of simplicity and a visually relaxing environment. To achieve a streamlined look, creative and clever solutions for storage is the key factor.

So next time you are wandering around Ikea and dreaming about your perfect home to put your Scandinavian furniture in, call Fyffe Design.

**Fyffe Design**  
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**fyffedesign.com.au**

## YOUR GUIDE TO PURCHASING A FIXER-UPPER

By Carolyn Wheatley



Whether you're an investor, first home buyer or looking for your next renovation challenge, purchasing a fixer-upper can be the perfect way to snag a well-priced property in a dream location, while also allowing you, to put your style and stamp during a home renovation.

### HomeBuilder scheme

The Morrison Government has recently launched the HomeBuilder initiative in a bid to stimulate the residential construction industry and help soften the economic downturn from COVID-19.

The scheme offers eligible applicants a \$25,000 tax-free grant towards either a new build or a renovation.

"With the HomeBuilder scheme in place, now is the perfect time for those who were considering buying or renovating a property to hit the market and get started. This tax-free grant could mean the difference between a new kitchen or bathroom," said Belle Property's, Carolyn Wheatley.

### Finding the perfect combination

Ever heard of the phrase 'buying the worst house on the best street'?

This is definitely the case when hunting for the perfect fixer-upper.

"When looking for a fixer-upper, look for the winning combination; lower price, prime location, good layout and positive property condition report," says Carolyn.

"Remember that the lower the price you pay for the property, the more money you have to spend when it comes time to renovate."

### Getting started on renovations

Starting a property renovation can seem daunting, but in reality, with planning, research and budget in check, you will be in for an exciting and profitable renovation experience.

We have pulled together our top tips on how to get started.

### • Wants and needs list

Start your planning by creating a list of everything you would like to achieve in your renovation. It is important to remember that everything you write down might not be achievable within budget and timeframes, but this is an important step in the renovating process.

Prioritise and plan.

### • Planning and research

Research how you can turn your goals into a renovation roadmap.

This may include tasks like prioritising maintenance, setting out timelines, design ideas and deciding whether you will tackle the renovation yourself or have a contractor manage the process.

### • Cost estimates and budgeting

Get cost estimates which will be used to inform your overall budget.

By doing online research, asking friends and family about their experiences, and shopping around for trades and materials, you will be ahead of the game and avoid being disappointed if your renovation and design plans cannot be executed.

"Another tip is to consider the price of the property and what the return on investment is on the property once renovated," says Carolyn.

"Look at the purchase price, compare to new homes in the area and get advice from the experts if you are thinking of selling post-renovation."

**Belle Property | 0407 120 483**  
**carolyn.wheatley@**  
**belproperty.com**





# SEE MORE WITH SKYLIGHTS

By Neil Turrell



With all the dramatic weather we have been experiencing lately, it made me think of ways to further incorporate nature into my home, and what better way to watch the sky than by installing skylights.

Skylights are literally windows for the roof. So think of the possibilities; to stare up at a dark

starry night, or watch a summer storm roll on by, all within the comfort of your home, through your very own roof.

Not only do skylights add scenery, but they also offer the ability to access natural warmth and light into your home, and another means of ventilation, which isn't only a great relief

on the environment but also on your wallet.

When installing skylights, be careful about where you position them as this will allow you to control the heat and light that the window will provide.

Just like windows, skylights come in a variety of designs. You have the choice of whether you want the skylight to provide ventilation or to be a sealed fixture.

With such innovation becoming abundant in the building industry, we are no longer limited to rectangular skylights. Skylights are available in a variety of designs including circular, diamond, triangular and multi-sided configurations, which will allow the skylight to adapt to any home style and design.

Along with the innovation in design has also come innovation with insulation and energy efficiency. Today, manufacturers of skylights have developed

ways to add heat in winter and reduce unwanted heat through the skylight in summer. Skylights are often designed with multiple layers of glazing and covered with low-emissivity films to help block solar heat gain and reduce heat loss in winter. Although you should expect to pay a little more for these products, think of the long term cuts on your energy bills and the reduced impact your home will have on the environment.

So if you are thinking of building or renovating your home, consider installing a skylight. Not only do they add great character to your home, but they are also an excellent source of natural insulation and lighting, which will help both your finances and our environment.

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# NEW FRANCHISE TO SAVE HOMEOWNERS THOUSANDS OF DOLLARS ON PIPE REPAIRS

Homeowners in Blacktown and Hornsby can potentially save thousands of dollars when it comes to blocked, leaking or damaged pipes with the opening of a Nuflow franchise.

Nuflow has developed a unique system of relining pipes from the inside, meaning no digging or excavation is required, with the work guaranteed for up to 50 years.

Franchise owner Dane Hutchens says the technology is a real game changer when it comes to plumbing repair work.

"You'll never know if you've got blocked, leaking or damaged pipes until the problem literally surfaces, and in most cases it's too late," Hutchens says.

"Nuflow helps in two ways, firstly to fix the problem without ever having to dig the pipes up, which can be an expensive exercise and cause all sorts of inconvenience.



Ed Ahern – managing director Nuflow, Josh Swinnerton – Head Reline Technician Nuflow Northwest Sydney, James Tighe – General Manager Nuflow, Dane Hutchens – Owner Nuflow Northwest Sydney

"More importantly we provide pre-house purchase and home renovation inspections to ensure you don't end up in an emergency situation."

Nuflow's technology is at times only a fraction of the cost of digging, and can fix even the trickiest of problems usually within a day.

"Using the latest CCTV camera equipment we pinpoint the exact location of blocked or damaged pipes, clear them then use our innovative equipment and products to fix it from the inside," Hutchens says.

"Relining can be carried out on all kinds of pipes, including clay pipes that are clogged by tree roots.

"Our process makes them stronger than they were before and we can even address difficult joins, bends and dead ends."

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# WARRAH

Winter is here, and we're happy things on the farm have slowed down a little bit. But not too much, because winter in the garden is time to plan for spring. We are whipping things back into shape after the abundance of growth during summer, and planning for improvements on the season past.

The farm currently has kale, silverbeet, coriander, parsley, salad mix, rocket, fennel, navel oranges and grapefruit. We have leeks, cabbage and broccoli that should be ready for spring if the ducks don't eat everything first!

This month, we want to acknowledge how much we appreciate the work Warrah resident Chris does with us at Warrah Farm. Chris has volunteered on the farm from the time he helped establish it with others 50 years ago. Chris is the type of guy you can ask to do something and he'll complete the task no matter how big or small, with incredible workmanship and integrity. And he has the energy to go all day.



Chris has been farming at Warrah for over 50 years.

The farm team is grateful for the value and wisdom Chris brings to the group, and can't imagine how many 10s or even 100s of thousands of seedlings and seeds he must have planted to feed his community over the years. This is something to be proud of, and an inspiration to the younger members of our farm community.

In other Warrah Farm news, amazing work is being done with our school students and young adult discovery group on the sensory spiral garden, which will be accessible for people with mobility issues, a common

Braydon making mud bricks.



problem in some traditional garden designs. There is mud brick building, lots of weeding, planting, and team work. Seeing the Warrah participants on the farm, or in the garden is what Warrah Society is all about.

Horticultural therapy can play an enormously beneficial role in all our lives, as having responsibility for caring for a garden or plant gives you a sense of purpose. Reconnecting with soil and plants can help improve motor skills, mood, social interactions and provide a chance to be outside more.

## GALSTON VIEW CLUB

The Galston View Club raises money to support The Smith family Learning for Life program will hold its 1st Luncheon/meeting on Wednesday 22nd July 2020 after the shut down of the Coronavirus in early March, the Galston Club has given the View club the go ahead to start holding its monthly meetings.

The Galston club, 21-25 Arcadia road Galston..11am..

Bookings Helen 96141512. Visitors are most welcome.

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## WELCOME BACK

**We are so excited to announce as of 1st July Glenorie RSL Club will be welcoming back its members!**

It's been a long time coming but boy, are we relieved! Although we have been shut to the outside, our team of wonderful employees and directors have been busy on the inside, taking this time to rejuvenate your favourite Club. Apart from some mandatory changes required to the operations within the club, you will also notice some changes to the inside. We have been busy painting, deep cleaning, landscaping and renovating. With the help from some local professionals we have made some changes to 'The Backyard' (formerly known as The Beer Garden). On top of this we have undergone some essential and long over-due, re-branding which we believe, fits perfectly with our Australian values of community, friends and family and we hope you love it as much as we do! Part of this involves a brand spanking new website, carefully curated names for the different areas of our club, new signage and a new functions booklet. More information on all of this coming very soon, but for now head to our website on **[www.glenoriesl.com.au](http://www.glenoriesl.com.au)** to grab a taste.

Now to the more serious matters, although we are opening our doors, at this point in time all access will be restricted to members only. If you are not currently a member you can renew or join at the entrance upon arrival. We ask that you keep a safe social distance at all times within the venue and if you feel unwell or have been in contact with someone who has been unwell please stay at home until you have received medical clearance. As our capacity is severely limited, we encourage you to call and book for lunch and dinner reservations to avoid any disappointment. At this point in time all promotions, specials and entertainment are on hold to remain within strict restrictions and guidelines. Unfortunately, The Backyard and Playground will be closed. We have come to this decision so we can provide the best possible service to our customers at this stage in time. Don't worry, it will be opening again soon enough but for now we ask for your patience. For all other information head to our COVID-19 page on our website.

*This is all uncharted territory for us and the small changes we have made now, may need adjusting once operational. As such, we will be reviewing things daily to make sure we are providing you, our members, with the safest and best quality service possible. We will make sure we keep you in the loop.*



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Some of our recent sales in Galston Village are listed below:

We have a shout-out to Glenorie too!! We have many current requests from buyers wanting to get into Glenorie – If you are thinking of selling please call us so that we can help you to achieve strong sales outcomes. Results Matter!!!!

### SOME OF OUR RECENT SALES RESULTS AND TIME ON MARKET FOR GALSTON RESIDENTIAL.

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**Sold \$1,304,000**

#### 33 HANSEN AVENUE GALSTON



- 8** DAYS ON THE MARKET
- 8** BUYER INSPECTIONS
- 4** PARTIES SUBMITTING OFFERS...

**Sold \$1,350,000**

#### 25 NANCY PLACE GALSTON



- 7** DAYS ON THE MARKET
- 16** BUYER INSPECTIONS
- 5** PARTIES SUBMITTING OFFERS...

**Sold result: \$1,436,000**

For a free market appraisal and advice on how to prepare your home for sale please call Karen Allmark – Licensee: In Conjunction Real Estate

For advice on subdivisions please call David Allmark 0407 930 005



# Feature Properties

## RECENT PRESTIGE SALE - 33 CARTERS ROAD, DURAL



### A few words from Karen Allmark.....

April 2020 is a personal milestone for us as it marks In Conjunction Real Estate's 15 year anniversary! I would love to say a huge THANK YOU to local residents who have trusted us to help them with the sale of their homes and local residents who have bought through us.

Over the years, we have negotiated hundreds of millions of dollars-worth of sales and welcomed hundreds of families into our community.

Referrals and repeat business are well and truly the engine for our continued growth and we look forward to continue to serve our ever growing customer base.

There are probably a lot of families out there at the moment a little unsure of the future and where things are heading. With regards to our local market, I would like to say a few things. Anyone listening to media reports with regards to the property market would come to the conclusion that the floor is dropping out of the local real estate market with some doomsayers stating

that the market may drop by as much 30%. However what we are seeing at the present time is not a reflection of this at all. We are seeing strong demand in the area, now that COVID restrictions for open homes have eased and we are getting back to relative "normality" we are seeing very strong attendance at open homes (with social distancing in place), strong buyer enquiry and genuine buyers on a wait list for properties in our area of the Hills and Hawkesbury regions. Both residential and acreage in demand!

So if you are sitting on the fence and wondering if it is a good time to sell. We are seeing strong momentum with buyers wanting to purchase now and with stock levels currently quite low there is a genuine demand and good outcome.

If you would like to talk to us about selling your property please do not hesitate to contact Karen Allmark or drop into our Galston Office 02 9653 1555/0413 187 660.

**Serving the local community.**



# UPBEATS

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

Please send contributions to [editorial@galstoncommunity.com.au](mailto:editorial@galstoncommunity.com.au)

## Refreshing



So, what activity is refreshing for you? Is it reading, writing, cooking, being creative with craft, or tinkering with cars or miniature steam trains (like @ Galston Railway Station).

I am a gardener, but for me the most (spiritually) refreshing activity is potting up plants. I've done it and loved it since "forever" it seems. My Dad was a nurseryman and would bring home old, sickly or sad plants from his garden centre, and we together would bring them back to health. We also grew many plants from cuttings. Whatever needed potting, we enjoyed doing it together. I still feel he's with me when I'm out in his and Mum's home nursery. For me, pottering with plants is relaxing and truly helpful (some might say "therapeutic" even). I do it now for gifts for friends, or the Garden Club, or for an occasional stall on the roadside.

So, as I first asked, "What's your favourite REFRESHING activity?" Maybe, we all should do that more often, at least when we have spare time.

By Christine Stockman

## To the Editor

Thanks very much for the great magazine, notice your editorial content and advertising seem to be as normal despite the coronavirus, unlike my favourite paper the Sydney Morning Herald, which is now so thin I can hardly light the fire with it the next day. I can understand their advertising might be down, but the editorial content?? Keep up the good work!!

Lynne

## Gang Gangs



Our regular visitors... Gang Gangs now feeling safe enough to eat from the hand.



Inspired by our morning visitors

## Feelings for Felt

These are what I made with some scraps of felt during isolation, My Felt Creations! hair clips, bookmarks, finger puppets etc. My first attempt at embroidery, now off to classes!

Contributed by Necia



## Gabriel's Castle

I would like to share the model-building my son Gabriel has been doing over the last month or so... he's been inspired by "Warhammer" medieval-style buildings. These he carves out of chunks of polystyrene with a craft knife, so he now has the nickname "The Snowman", as the playroom floor looks like a good season at Thredbo. Contributed by Lynne



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## Roundabout

While cleaning, weeding and trimming it's amazing the things you can find in a community garden.

The roundabout at Arcadia and Galston Rds, has been abandon by Hornsby Council and NSW Road & Maritime Services. (but that's another story).

It has been 9 months since I worked on the site, because no Gov Dept. wants to know about it.

In the 9 months there has been a tomato plant with fruit, 2 Strawberry plants, a Japanese Maple, a fruit tree, may be a Peach, many cans and plastic bottles, every weed known to man, except, surprisingly Lantana. The piece de resistance was, 'a black and white sports bra.' There must be a good story there or maybe one of our many joggers got caught in one of those wind storms early in the year, and it just blew off!

**Contributed by Neville O'Connor A1 Gardening & Home Services**

## A Love of Knitting

Recently I spied that a local knitter was selling some of her handy work. I have always appreciated the skill, patience and creativity of knitters, and while I would like to possess this ability, sadly I do not. I do however greatly admire handcrafted, knitted pieces and will always willing to make the trade...sell and buy. And so it was that I meet Heather, her spirit so lively that I wasn't surprised by her stack of finished items. My eyes boggled with the variety, colour combinations and skill which she used to create a host of knitted articles. Let's just say that, with Heather's generosity and my love for the knit I couldn't help myself and now I can rest peacefully knowing that my four grandchildren are safely tucked snuggly in their woollen knits protecting them from the chilly days and nights in Hillend.

**Contributed by Mary (the editor)**



## 60 years married

Andrew and Renata Pellizzer from Glenorie have recently celebrated their 60th wedding anniversary.



Along with their 2 children, Diana and Stephen, their spouses Rick and Linda and their children and grandchildren they celebrated at an Italian restaurant in Kurmond. An appropriate choice considering their Italian heritage.

Andrew and Renata were married on the 18th of June 1960 at St Agathas Catholic Church in Pennant Hills. They started their married life farming a plot in Cairnes Road, moving then to Stevens Road before finally settling in Pinus Ave, where they have been for 50 years. During this period, while raising their children, they farmed and developed an impressive flower growing business. Andrew is a local identity who currently holds the position of Vice President of Glenorie RSL and President of of The Glenorie RSL sub-branch.

Congratulations to Andrew and Renata for achieving such a significant anniversary, may you continue to find happiness together and with your growing family.

## A not so big but big celebration

A double celebration. With birth dates just one day apart Adelaide turned one and her Grandmother, Maryanne Wilford, 60. While restrictions limited the number who could share in the celebrations Maryanne felt extremely lucky and thankful that she could celebrate with some. She was particularly grateful that her daughter, Ashlyn was able to travel, with Adelaide to share in this blissful occasion. A magnificent high tea was provided by Maryanne's resourceful, creative and generous friend Sheree, with whom she had shared a 40 year friendship. The glorious warm and sunny day capped off a joyous reunion of friends.



Interesting Maryanne had been adopted as a baby so every birthday she felt she could never fully celebrate as, with a tinge of sadness, she always reflected on her birth parents experience of giving up a child. Maryanne devoted herself to a career bringing babies into the world as a Midwife and the care of babies as a Tresillian nurse; this experience

exacerbated her sadness when she thought of her birth parents. With every baby born, while she rejoiced with the couple, she also imaged the heartbreak for parents who have to make that heartbreaking decision to give up a baby. Through DNA and Ancestry records, she recently found half-siblings on both sides and also learnt of the passing of both of her biological parents. While saddened Maryanne now feels free to celebrate each birthday in the knowledge that her birth parents are not here to feel the loss of giving up a child. Lovingly, on her birthday Maryanne received a beautiful bouquet from her newly found siblings, recognising not only her birthday but also her place in the family.

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# DIVISIVE OR INCLUSIVE? By Justine Smillie and Mariko Smith

The Hills Shire Council made national news recently after North Ward Councillor Brooke Collins suggested that the Acknowledgement of Country (which is common practice at many different meeting settings, including in Federal and State Governments) "divides us more" as a nation. The comments were made in response to a local resident's communication with Councillors during this year's National Reconciliation Week, asking why an Acknowledgement of Country, which is a mention of respect to the local Aboriginal group, in this case the Darug people, isn't included at the start of each Council meeting. The Hills is now reportedly the only Council in Sydney which fails to acknowledge and show their respect to the Traditional Owners and Custodians of the local area. The claim that an Acknowledgement of Country is divisive crops up periodically across Australia. Gamilaroi man Luke Pearson, the founder and CEO of the IndigenousX media company wrote in a blog article

back in 2016 that "Divisive is one of those words that some politician used once to justify their racism, sexism, and/or homophobia and everyone else has just kinda jumped on the bandwagon". He added that "never mind that you are using the word 'divisive' to describe being inclusive of Aboriginal people" or other minority groups, "acknowledging that any of those groups exist makes you feel threatened and challenges the status-quo, and is therefore 'divisive'". Acknowledging the simple fact that Aboriginal people have been on this land before Europeans arrived should not be turned into a zero-sum game. Rather, together we all have much to gain from learning about the Indigenous connections to Country, in understanding the land that we all now call home. The heritage of the Hills is a rich, diverse tapestry of many cultures contributing to the character of the area: from Indigenous, European, to many others from all over the world.

There is already precedent at Council level to celebrate diversity of cultures, which allows plenty of room for Indigenous acknowledgement too. In February 2014, the Hills Shire Council held its first ever Lunar New Year celebrations. In Council's own media release on its website (dated 24 January 2014), Mayor Dr Michelle Byrne said that "We're lucky to live in such a multicultural country where we're exposed to all these different cultures, forms of art, cuisine and films. I'm really looking forward to celebrating Lunar New Year for the first time." She added that "This is an event that will celebrate Asian culture but I really think this is an event the entire community should share in." The same logic can be readily applied to the inclusion of an Acknowledgement of Country. Therefore, the ongoing refusal by a majority of the Hills Councillors to make a short statement that acknowledges the presence of the local Aboriginal people may well amount to a conscious act of denialism. To be so selective of the facts teaches people that it is OK to be ignorant of the full history of this country and to not acknowledge members of our community. Who would dare make a similar case for refusing to respect the playing of "The Last Post", for instance? The "divisive" argument could also technically be applied to other practices, such as the Christian prayer said at the start of each meeting, since Australia doesn't actually have an established official religion, and according to the 2016 National Census, 39% of the population in the Hills do not list Christianity as their religion (and there is a sizeable segment who are not religious at all).

The Acknowledgement of Country issue is not a recent one for the Hills Shire Council. Councillor Ryan Tracey says that he and other Labor Councillors have moved motions to include an Acknowledgement of Country six times in recent years. As recently as early June 2020, an attempt was made to amend the Mayoral Minute to include an Acknowledgement of Country at the start of each Council meeting. The amendment was supported by the two current Labor Councillors but rejected by the Liberal Councillors who currently hold the majority. Councillor Tracey has again expressed his disappointment, saying that he thought the broad community support for the inclusion of an acknowledgement would have swayed some of the Councillors. Councillor Tracey said an online petition attracted over 25,000 signatures in the past week. There is an opportunity to now embrace change, in a new spirit of inclusiveness. North Queensland Aboriginal man Noel Pearson perhaps articulates most clearly how Australia could complete itself as a unique commonwealth in three parts: "There is our ancient heritage, written on the continent and the original culture painted on its land and seascapes. There is its British inheritance, the structures of government and society transported from the UK fixing its foundations in the ancient soil. There is its multicultural achievement: a triumph of immigration that brought together the gifts of people and cultures from all over the globe - forming one indissoluble commonwealth".



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Cats are not harmed physically or behaviourally by keeping them inside.

If you have an outdoor cat, the best thing you can do for her is to bring her inside, and make her an indoor cat.

### Seven steps to having a happy house cat.

#### 1. Super dooper pooper trays -

The rule is one box for each cat, plus one extra. The tray must be kept clean and placed in a quiet, accessible, feel safe place for the cat. The best location is where the cat uses it.

**2. Bring joy with toys -** There is a myriad of cat toys available from cheap paper bags and rolled up balls of paper to

motorized "mice", pole toys and laser pointers. Cats like short bursts of intense physical play alternating with long periods of sleep. A lack of staying power is not a sign of boredom.

**3. Scratch that itch -** Cats love to scratch. Provide lots of "approved" places to scratch such as cat "trees", posts and cardboard scratching boxes.

**4. Provide a room with a view -** Windows are cat TV—a birdbath or feeder placed near a window can provide hours of entertainment. (Tuck the cords of blinds up and out of the way so that legs and other body parts don't get entangled in them.)

**5. Porches bring purrs -** A screened-in porch or an enclosure accessible through a window is a great way for your cat to experience the outdoors safely. Cats love sunny spots to lie in. There

is a great variety available online.

**6. Strut their stuff -** Cats can be taught to walk on a leash—just be sure to use an ultra-lightweight, retractable leash that's attached to a harness, not a collar.

**7. Pots of health and happiness -** Pick a sunny spot in your house or cat enclosure and place a few pots of your cat's favourite and safe plants. They look good, smell good and are good for both you and your cat's health. Plant them in pots shallow enough for your cat to reach the foliage. Try catnip, mint, wheat or oat grass.

So if your cat wants to go outside, make inside just that much more appealing.



## BUDGERIGAR SOCIETY OF NSW INC.

Hills Branch – Ray Galbraith

Enjoyment gained from maintaining an aviary of budgerigars is a hobby that provides endless hours of satisfaction to many people of all ages. Like all hobbies, there is a feature that attracts the individual to participate; whether it be the ability to create, compete, grow and develop or just the inherent beauty etc. The budgerigar hobby provides all of the above features, but the initial attraction to the budgerigar is the beauty of the bird.

Without expanding into the other aspects of the bird, which commenced initially from the Bush Budgie to the well identified budgerigar of today; the attached photographs say it all.

Care to be part of a hobby that can be enjoyed by an individual, partnership or family; then contact should be made with Ray Galbraith by telephoning 9653-1538 or e-mail [boxer73@bigpond.net.au](mailto:boxer73@bigpond.net.au)



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– Catrina & David, Halls Road Arcadia



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By Susanna Mills

Introducing a mini Le Tour De Glenorie, of only 11km (or 8km) If you are just getting into cycling, it's the perfect route to get a feel for your new bicycle and the local built environment along some quiet, rural back roads.

It's important to consistently practise your bike-handling skills, learn bicycle road safety awareness and gradually build up your cycling fitness level if you are new to road cycling. Because this is a loop, as you get fitter and more confident you might enjoy riding it so much you'll want to repeat it twice...or thrice... and you can pull the plug at several points if you've had enough or hear a coffee calling. Change it up to suit yourself.

To add extra distance and a tiny warm up hill, ride along Old Northern through Glenorie Village past Glenorie Public school, turning right down

Timaru Street then right again onto Tecoma Drive; a lovely wide suburban street behind the primary school. Leave suburbia behind by turning left into Cairnes Road, where wide turns to country road narrow and scenic acreages stretch out on either side in a visual feast.

At the fork in the road you'll bear right onto Moores Road, then right again to enjoy a fast roller coaster ride framed by magnificent big trees.\* All too soon it's time to turn right again onto Munros Lane which is a gentle, but long ascent back up to the Old Northern Road Ridgeline. On the corner you will find a bountifully-stocked example of our area's beloved roadside farm stalls. Take some time to browse our fresh, local produce and why not purchase some on your way home?

Here you'll turn left and ride



along Old Northern road s houlder for 1km. It's a busy road, with fast-moving traffic so beware,\* particularly when you are merging traffic lanes to turn right into Cattai Ridge Road. This is a fast descent with an S bend to get through the creek. Cattai Ridge Road has intermittent road shoulders, and there are none here so you have to descend in the actual traffic lane. Keep your bicycle under control, because it will take off like a rocket down here and you could be riding in excess of 55km/h unawares- and then you have those S-bends to navigate safely too. As you exit from the creek, there is some road shoulder to ride on until turning right into Post Office Road. There is virtually no traffic here, but the road surface is quite rough. You'll soon forget this rolling resistance inconvenience when you are faced with the wicked pinch climb into Glenorie Village to complete the loop... or ride it again!

### FACTBOX:

#### \*\*Alternative 8km loop:

Avoid the traffic stress of busy ONR and Cattai Ridge Roads by instead riding Harrison's Lane from Munroe Road, turning left (at the Veterinary Clinic) into ONR, then immediately right into Whites Road which has lovely views of the distant hills of the Hawkesbury, delivering you quickly and safely to Post Office Road.

#### Coffee & Camellias:

Avoid the traffic and coffee ques at Glenorie Village, and consider starting and finishing this loop ride amongst the flowers at tranquil Camellia Grove Nursery, 8 Cattai Ridge Road. Café Sasanqua at the grove has an excellent gourmet menu, a book lovers nook and great coffee for that relaxing Apres bike ride reward! <https://www.facebook.com/CamelliaGroveNursery>.

## Stop the spread

### Practice good hygiene



**Wash your hands regularly**  
Spend 20 seconds washing with soap and water or use hand sanitiser



**Cover your nose and mouth**  
Cough and sneeze into your elbow



**Avoid close contact**  
Keep your distance from those with cold or flu-like symptoms



**Stay home if you are sick**



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## Politics



# HELPING SMALL BUSINESS INTO THE RECOVERY PHASE

By Julian Leeser

Our local businesses have experienced a really difficult couple of months. They have been asked to adapt quickly to restrictions, many have faced significant losses of income and now they are working out what the future looks like.

The Government's economic support package has provided timely support for so many of our businesses and their employees, keeping businesses open and Australians in work.

This package has set the foundation for the recovery. The support available to our local businesses throughout the recovery includes:

**JobKeeper:** helping businesses significantly impacted by the Coronavirus cover the costs of their employees' wages, to keep Australians in jobs. A fortnightly payment of \$1,500 per eligible employee has been paid to businesses since 4 May 2020. This payment is keeping 3.5 million Australians in work.

**Supporting apprentices and trainees:** a wage subsidy of 50 per cent of the apprentice or trainee wages is available to employers until 30 September 2020. This measure is supporting around 70,000 small businesses and 117,000 apprentices.

**Cash flow boost:** available to small and medium businesses

and not for profit organisations that employ staff. Tax-free amounts of between \$20,000 and \$100,000, are being provided to eligible businesses through credits in the activity statement system.

**SME guaranteed loan:** a guarantee of 50 per cent is being provided by the Government to small and medium business lenders to support new short-term unsecured loans to SMEs. This is helping small businesses get access to credit quickly and efficiently to meet existing obligations.

**Instant asset write-off:** the threshold was increased from \$30,000 to \$150,000 and the timeframe has been extended from 30 June 2020 until 31 December 2020. This allows businesses to invest in assets they need and bring forward tax deductions for eligible expenditure. Businesses can immediately write-off multiple assets provided each costs less than \$150,000.

**Accelerated depreciation:** enabling businesses to deduct 50 per cent of the cost of an eligible asset on installation. This measure will further support business investment and cash flow, lowering taxes paid so they can continue to provide jobs to workers.



Accelerated depreciation will remain in place through to 30 June 2021.

Thank you to all of our local business owners and their employees. What you do to keep our communities up and running doesn't go unnoticed

and we will continue to back you.

For more information on the Federal Government's economic response to coronavirus and how to access these supports, visit <https://treasury.gov.au/coronavirus>

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**As your Federal Member, 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](mailto:julian.leeser.mp@aph.gov.au)
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Authorised by Julian Leeser MP, Liberal Party of Australia, Level 11, 423 Pennant Hills Road, Pennant Hills NSW 2120.



# RURAL ROUND UP

By Councilor Warren Waddell

One of the few upsides resulting from the COVID-19 pandemic is that councils have turned their attention to how best they can promote economic recovery. With NSW Government assistance and the early release of developer contributions, projects in the long-term plan may be brought forward to help stimulate the local economy. I will certainly push for the inclusion of A-ward projects already in the pipeline if it means an earlier completion date.

In the meantime, we can look forward to a new roof being completed on Galston Park picnic shed. A couple more weeks should see this project completed. The RMS upgrade to the Mid Dural Rd roundabout should also come to completion by the end of the month. The final footpath link

to this project won't come to fruition until the Marston Aged Care development on Galston Rd is completed, but it is a step closer to a safer network of paved walkways. The Marston development is expected to resume within the next two months as a consequence of an agreed site rehabilitation plan. Draft plans for continued staged improvements along Arcadia Rd to Thomas Rd have been exhibited, along with the first draft of the Galston Village public domain improvement plan.

Residents would have seen an increase in tree planting throughout the village areas, as homeowners choose to be part of the tree planting initiative. While we welcome new trees into our local community, we must also balance this with the assessment and removal

of unsafe vegetation. I have highlighted a number of unsafe trees requiring attention throughout the rural area when residents have brought them to my attention. Don't forget that it is also now possible to secure pile burn permits online through the Council website.

I am also pleased to highlight a return to some scheduled rural maintenance. I have long advocated for road verges and drainage in particular to receive scheduled attention, as opposed to reactive arrangements where it is often



too late. Verge slashing in a range of rural locations will now be scheduled, while there will be a revised approach to stormwater drain construction and maintenance.

As always I'm happy to be contacted in regards to any issues **Ph: 0499 004 861, WWaddell@hornsby.nsw.gov.au**



## \$10,000 GRANT HELPS PATHWAYS COMMUNITY COUNSELLING CLINIC MAINTAIN HIGH STANDARDS OFFERING COUNSELLING SESSIONS TO LOCAL COMMUNITY MEMBERS

By Matt Kean

Member for Hornsby Matt Kean was thrilled to deliver a cheque for \$10,000 to Pathways Community Counselling clinic. This counselling clinic provides counselling services at low cost to any and all community members. It was begun by Pathways Psychology Institute, and their graduates and advanced students offer confidential counselling to those in need of a place to talk through difficult issues. These funds will support the counsellors to have quality supervision and ongoing professional development, maintaining an excellent counselling service available to everyone in the local Hills community.

Both the training institute ([www.pathwayspsychology.com.au](http://www.pathwayspsychology.com.au)) and the Counselling clinic are located in Galston. At the training institute students can study a Diploma of Counselling or a Graduate

Diploma of Trauma-Informed Processwork Psychotherapy. This Graduate Diploma is the first Government accredited training program of its kind in Australia.

Pathways offers students the opportunity to learn both the best known mainstream models, as well as learning the latest developments in Trauma therapy, Processwork psychotherapy and other holistic methodologies. Class numbers are kept small to allow students to receive personalised supervision and guidance as they develop their growing skills.

"It is so important we are able to help schools like Pathways continue to do the great work they do in our community," Mr Kean said.

Owner Yelena Udy has worked hard to ensure that students who leave the school are



compassionate professional counsellors who have the best skills they need to change lives.

Yelena Udy explained that "as students go through our courses, they are learning practical skills to help others, but it is also a special personal journey of growth and of deepening their awareness on so many levels.

For more information on clinic services please see our website **[www.pathwayscounselling.org.au](http://www.pathwayscounselling.org.au)**; call 0434 293 116 or email us at **[pathwayscommunitycounselling@gmail.com](mailto:pathwayscommunitycounselling@gmail.com)**

For information on Counsellor training courses please email us at **[info@pathwayspsychology.com.au](mailto:info@pathwayspsychology.com.au)** or phone us on 9653 2228.



## History

# DURAL AND DISTRICT HISTORICAL SOCIETY INC. NEWS FROM HISTORY COTTAGE

By Michael Bell

During his survey of the district in 1817, James Meehan made the comment that the forests of Dural were so thick that one could hear the men working long before they were seen and the trees would never be cleared. Unfortunately, for the areas on the good soil along the ridges and in the alluvial valleys, time has shown his comments to be wrong. Fortunately, in isolated pockets the once great indigenous trees of the Wianamatta and Hawkesbury soils can still be seen.

It is a fraught debate between loss and gain. From a positive aspect clearing of the forests did give Sydney and our community much of its history and that which we now value. From our forests came the huge Iron Bark beams essential in buildings

such as the Hyde Park Barracks and the wool stores, while the Turpentine trees gave the wharf piers of the Harbour. The Casuarina shingles roofed the cottages. The orchards and their later removal gave us income and later the rural character we enjoy.

Some of those trees became part of our own local history. Who can forget the huge Angophora at Bus Stables Corner at the junction of Middle Dural and Galston Roads? It was the community notice board for every event, sale or election. The number of nails in its trunk made it difficult to find a spot for the next person to install their effort. The tall stump on Old Northern Road that still showed the way in which the timber cutter had climbed to a better height to cut down the log he wanted. Less

well known was the Apple Gum just past the last bend of the Gorge on the Hornsby side. A lower branch had been cut off to provide a handy throw-over for the reins of the carts. While the drivers gave the horses a spell they had time for a smoke and a chat before the last long climb up the often slippery Red Hill. "Meet you at the Apple Gum" was a common call for the slow moving trip into Hornsby.

And so it is with sadness that we report on the loss of one of the great survivors. In the last heavy storms the top was taken out of an enormous Turpentine in Arcadia. It must be at least four or five hundred years old. A large section of bark had been removed to provide shelter or transport by much earlier residents. Over the centuries it had developed into the habitat for every conceivable animal, no matter what size. There was no part of even the smallest of hollow branch that was not lived in. It was a the animal Australia Square of Arcadia. It must have survived the harvesting of wharf piers because its trunk, at quite a height, was already too far gone and open enough to allow a child to walk through.

The remnants of those forests still play an important role. As living trees they are the seed source for regeneration and our own good health. The dead ones have an even greater function and they are the most at risk. In



our attempt to make things safe and tidy or to provide fire wood they are cut down. Their removal means that, like the tree in Arcadia, the habitat of countless animals is further reduced.

It takes a long time for old trees to reach that special stage in their life. They become part of the history of a family, a community and even a nation. As their beneficiaries we should protect and respect them. They are our local history too. Do readers have one they remember?

*Regretfully the June Roughly Memorial Lecture, scheduled for August, has been deferred till August 2021*

## Arcadia Painting

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## Music & Arts

Bad news first: The Galston Concert scheduled for **26 July** in Galston Uniting Church has been postponed due to health restrictions and possible 'crowd caution' of the Galston audience.

"After that it's all Good News!" say Robert Harris and Dorit Herskovits, musical co-founders and concerts team members.

"We're not cancelling anything. All advertised performers will return, whether later this year or in our 2021 series."

"Monthly e-bulletins are providing our audience with music news and links to video performances."

"The late-June bulletin linked to World Music Day, to the Sydney Eisteddfod's Stage at Home videos initiative and included a you-tube mini-concert from our Young Musician of the Year, Jack Theakston."

"As special treats our I. T. High Teas will happen near the dates of postponed concerts as a gratis compensation for our audience."

"As with most community organisations it's a voluntary team effort which makes our concerts and these adjustments happen smoothly, so our thanks to the Minister, Rev. Geoff Smith, Office Manager Elizabeth Garlick and Treasurer Kathleen Michael



at Galston Uniting for adding the concerts to their other duties in these strange times."

Those who subscribed or pre-booked for the 2020 concerts can arrange for refunds or transferring their tickets to the

2021 series by phoning Elizabeth or Kathleen on **9653 2039**.

Any wanting to join the concerts database to receive e-bulletins should contact Robert and Dorit, co-directors of the series, on **0428 248 348**.

## TECHNOLOGY

# THERE'S AN APP FOR THAT... MEDITATION...

If you are feeling a little stressed or finding it hard to sleep this App may be the solution for you. Insight timer - Meditation App. As an App of the Year Winner - (TIME magazine and Women's Health) this app provides up to 40,000 free meditation and music tracks. There is also the option to pay a subscription for Meditation plus tracks.

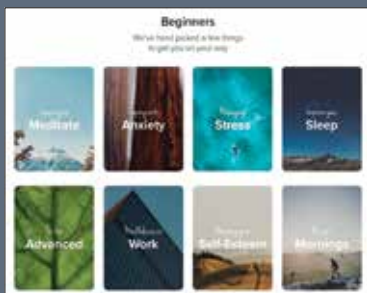
With so many options, the App gives a variety of ways to meditate. You can choose whether you want help with anxiety, stress, sleep or something similar. You can also set the time and change the interval, ambient and ending bell sound for the meditation session. For those of you with young children there is even a section for parents who would like to practise with their children to help ease their nerves and

increase their self confidence.

It has been quite a stressful time for many of us. I have never been one to meditate but this was recommended to me by a friend and I thought it would be an interesting thing to start or at least investigate and it is perfect to be able to do this in the privacy of your own home.

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

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



# FERRY ARTISTS RETURN TO TRADING WITH A NEW EXHIBITION

The Ferry Artists are celebrating the return to "new normal" with their upcoming exhibition "Rejuvenate" on Saturday July 25th 4-6pm. Please join us at the Gallery in Wisemans Ferry to feast your eyes on what our artists have been creating during the last 6 months of fire, flood and pandemic!

We do ask you to observe social distancing and hygiene protocols in our gallery, to maintain the health and safety of our valued customers and members.

We look forward to welcoming you to our not for profit community gallery.

**Ph: 4566 4385**  
**[www.ferryartists.org](http://www.ferryartists.org)**



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## School

# ART APPRECIATION AT HILLS GRAMMAR

Local resident, Jenny Carden, is inspiring Hills Grammar parents with her 'Art Appreciation' addition to the School's Learning Lounge program.

Jenny, who has taught at the School for over 20 years, currently works with Junior students as a specialist Art teacher. Often working out of the Yurt, a unique building nestled in the bush and designed to inspire creativity, Jenny enjoys seeing the imaginations of children flourish.

In line with the School's Graduate aim, the Learning Lounge program is curated to foster critical and creative thinking and promote a life-long learning journey for parents.

This particular series focuses on the acquired artworks on display in the Nexus building, which was formerly the School's library.

During the walkthrough, Jenny points out various pieces on display in the building, including artwork created by young students which were selected by Operation Art.

One piece, created by a Kindergarten student, became part of the Westmead Children's Hospital permanent collection, which the School is lucky to be "borrowing for a little while."

Next in the collection is a piece by Melbourne-based artist Jacqui Stockdale, called 'The Rider', which was purchased at the School's Art Show a number of years ago. Jenny notes that she can see elements that are seemingly inspired by Australian artist, Margaret



Olley, in particular that "there's lots of symbolism in here about woman's role in society."

Jenny's extraordinary passion for art is reflected every day in

her teaching, from encouraging students to step outside and observe the natural world, to engaging school parents via the Learning Lounge program.



## Kindergarten enrolling now for 2021



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# 'LEARNING THROUGH SCHOLARSHIP' AT NORTHHOLM GRAMMAR



At the heart of every great school is a culture that promotes learning.

Cultivating a powerful culture of learning that encourages intellectual rigour, independent thinking and places high value

on both academic study and achievement is central to a high performing school. We want our students to be challenged and to develop a love of learning so they can harness intellectual habits that will encourage them to be independent and confident. 'Learning through Scholarship' seeks to create an environment where every learner is valued so that each student can reach their full potential in pursuing their passions and interests.

We know that education is more than grades. One's influence on the world, the willingness and ability to learn, to lead, and to serve are what enable a life to be both well-lived and

worthwhile. In achieving a culture of scholarship, our staff have embraced a framework on 'Responsive Teaching' that highlights the key features of classroom practice that have been linked to improved student outcomes.

## This includes professional practice that:

- Is fundamentally based on promoting high expectations of intellectual rigour.
- Is soundly based on explicit teaching, creating a quality learning environment.
- Is informed by data through a coherent structure of formative assessment and deliberate practice.

- Provides effective feedback for continuous improvement.
- Allows teachers to build strong, positive relationships with students.

Northholm is driven by a deep belief that every student is capable of successful learning. A high priority is given to building and maintaining positive and caring relationships between staff, students and parents. There is a strong collegial culture of mutual trust and support among teachers and school leaders. The School strives to maintain a learning environment that is safe, respectful, tolerant, inclusive and that promotes intellectual rigour. This is at the heart of our focus on scholarship.

# PACIFIC HILLS CHRISTIAN SCHOOL FROM DURAL TO THE WORLD STAGE

By Craig Hingston

Pacific Hills Christian School student, Tahlia Geelan, has achieved a rare feat for a person of her age. The 12 year old has represented Australia in international sport and stood on the winner's dais.

Tahlia competed at the FIG Trampoline Gymnastics World Age Group Competitions in Tokyo and despite badly injuring her foot before leaving Australia, and having disruptions to her regular training schedule, she still managed to finish in second place! Her other major achievements have included taking out two national titles and winning the Under 13 category - despite only being 10 at the time! Tahlia trains for 10 hours a week but she still finds the time to do athletics, cross country, bike riding, soccer and swimming. She is one of many Pacific Hills students who are performing well in sport.

At just 11 years of age, Ryan Kwok is proving a formidable opponent on the tennis court and is currently the number one ranked CIS (Combined Independent Schools) player in New South Wales for his age group! Ryan trains weekly at the Tennis

Australia National Academy and his biggest accomplishment to date was being one of only four children selected by Tennis NSW to attend the Australian Open for the Super 10's National Camp. Ryan continued his momentum by making it into the CIS trials where he won all seven of his matches! This achievement was made even more special because he is the first ever one-handed backhand player to make it into the CIS team.

"I'd like to be one of those well-known players like Roger Federer and get world grand slams."

Ryan Chai is a Year 5 student at Pacific Hills and, although he has only been swimming competitively since he was six years old, he has become Age Champion of the Christian Schools Sports Association Zone Swimming. His dedication to the sport is obvious in that he trains four days a week.

Nathaniel Baker graduated from New Hope School (which is on the same site as Pacific Hills at Dural and caters for students with a moderate level of intellectual delay or who have an Autism Spectrum Disorder) at the end of last year and he was well known for his sporting

prowess on the field and in the pool. His multiple achievements have been formally recognised by Combined Independent Schools which presented him with their Outstanding Secondary Contribution Award.

Nathaniel is one of only five individuals who have received the Award. Others include Australian cricketers Ellyse Perry and Alyssa Healy. Nathaniel is a remarkable athlete who first competed in the CIS Athletics Championships in 2009 before going on to swimming and cross country. He has amassed a total of 29 championship titles!



PACIFIC HILLS CHRISTIAN SCHOOL  
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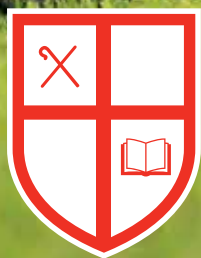


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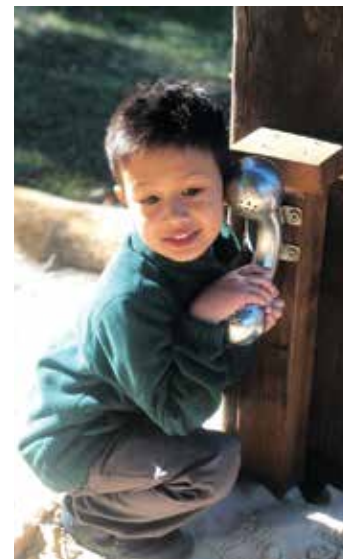
**[northholm.nsw.edu.au/scholarships](http://northholm.nsw.edu.au/scholarships)**

# ARCADIA PUBLIC SCHOOL EXCELS IN CULTURE AND WELLBEING!

Life's good at Arcadia Public School, especially when you can balance, build, create, problem solve, socialise and generally have huge amounts of fun in our spectacular new sandpit playground! The incredible creative design skills of Fiona and Matt at Architects of Arcadia and the talented 'artisans' from Furnass Landscaping have combined to produce this one of a kind playground in our beautiful school. The sandpit playground has come about because of the initiative and efforts our fabulous P&C, the outstanding support of the Galston Branch of the Bendigo

Bank and generous funding from Federal Local Schools and Community grants – thank you very much Mr Leeser MP, we are incredibly grateful. The sandpit playground features beautiful sandstone pieces, over one hundred years old, donated by Mr Bob Burgess – very Arcadian! Congratulations to Ella in Year 6. Her fabulous artwork was recently selected from over 5,000 entries to be awarded as a finalist in the Interrelate 2020 'Say No to Bullying' poster competition. Ella's success fits in beautifully with our whole school philosophy. At Arcadia PS there is a collective

responsibility for student wellbeing shared by staff, students and parents to ensure optimum conditions for student learning across the whole school. This was highlighted in the NSW Department of Education external validation process in June with Arcadia PS positioned as Excelling in both Learning Culture and Wellbeing. An outstanding achievement! Please phone the school on 9653-1207, visit Facebook page and view our website [www.arcadiaschool.com.au](http://www.arcadiaschool.com.au) for enrolment information to discover more about Arcadia Public School.



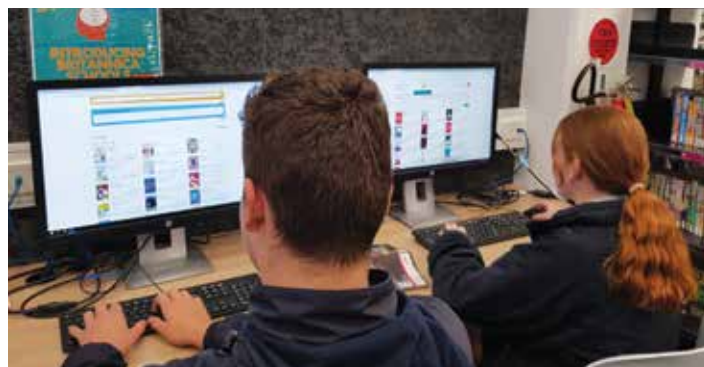
## CHALLENGE ACCEPTED! GALSTON HIGH SCHOOL PILES UP THE BOOKS

By Luke Cosgrove

Galston High School students' love of reading is always evident during the NSW Premier's Reading Challenge (PRC). The Challenge runs from March to August each year. It aims to encourage in students a love of reading for leisure and pleasure, and to enable students to experience quality literature. It is not a competition but a challenge to each student to read, to read more and to read more widely.

With the 2020 PRC well underway, Galston High School students were keen to access as many books as possible through the school library's free postal delivery service and digital library during the learning from home period, as well as devouring books at home. Regular wide reading back in the classroom has had students working hard to read and log 20 books by the end of August to complete the PRC successfully.

Last year saw record levels of participation in the Premier's Reading Challenge at Galston High School, with 143 students successfully



completing the challenge. Most notably, four students were awarded the prestigious PRC Medal, which recognises the completion of the challenge every year since Year 3.

2020 looks set to be another record year at Galston High School, with students from Years 7-9 diving into and logging their books online.

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# SOME TIPS TO CONSIDER WHEN CHOOSING THE RIGHT CHILDCARE

Understanding Child Care and choosing the best one for you can be a challenging task. Below are questions to help you when considering...

1. Does your research from either [childcarefinder.gov.au](http://childcarefinder.gov.au), internet, Facebook, Google, friends positively review your child care centre.
2. Did it feel safe and did the educators provide activities that engaged and stimulate your child's interest?
3. Do the children at the centre look like they are having fun whilst learning?
4. Were the educators qualified, passionate and genuinely had the children's interest as their priority?
5. Did the centre have short notice periods - no more than 2 weeks if you wanted change?
6. Was there a school readiness program that could be easily explained and prepared your child for the future.
7. Did you feel a positive connection with the educators?
8. Does your gut instinct tell you that it is the best choice?



## NEW RECOVERY GRANTS TO HELP SMALL BUSINESS REOPEN IN A POST COVID WORLD

- The Small Business Recovery Grant can only be used for expenses from July 01- August 16- Expenses include advertising/marketing, fit out changes and training staff on how to work safely under the current health conditions
- Up to \$3K
- Small businesses can also get advice from business connect advisors to help them innovate, or take advantage of opportunities in the marketplace
- NSW Service will launch the Grant online on July 01 and will accept applications until August 16.
- More information will be made available On the NSW Service website closer to the launch date



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# BACK TO THE ART CLASS ROOM..YAY!

By Maree at Dural Art Studio

We are back in studio with classes for adults and children and our shop is open. Numbers are limited and social distancing applies.

We have been in zoom for the past And while this is still available we are enjoying being back in studio.

It's been a challenge, but good to do. Teaching art on-screen demands quite a lot of concentration and constant multitasking with iPhones, sending texts and photos. The devices did prove helpful as it was possible to get in close and demonstrate some techniques from the easel. It was fun seeing how everyone set themselves up. Special thanks to trusted assistant Brigid who

managed to help many of the adult students connect with the technology.

This time has also taught us the way of an artist... the ability to work on your own, set up a personal workspace and commit to a time to spend on your artwork. Keeping together online was a way to keep in touch with others and to provide direction and help where and when needed, just like in the classroom... well almost!

Classes help you learn new techniques. They also help by exploring new subjects, techniques and mediums with the hope of mastery. Classes give insight into basics such as choosing the right brush or colour. Through discussions and analysis of art, a deeper understanding of your own artwork will develop. Classes also offer encouragement, troubleshoot issues and promote creativity.

A big congratulations to all who continued their art on and offline. To those who have taken this opportunity to start, well done.

Let's keep it going!

Holiday classes and online classes including materials are available using the creative voucher. We have our June/July sale on now.




For further information regarding Adult Art classes, Kreative kids art classes and the School Holiday programs, please contact the Dural Art Studio.

## WINTER SCHOOL HOLIDAY PROGRAM


### IN-STUDIO AND ONLINE

**TUES 7<sup>th</sup> – THURS 16<sup>th</sup> JULY**

Time Ages	10.30 -12 6 yrs & over	12.30-2 9yrs & over
Tues 7 <sup>th</sup>	Claywork	Ceramics*
Wed 8 <sup>th</sup>	Fabric pen & paint*	Impasto painting*
Thurs 9 <sup>th</sup>	Drawing	Marker art* 
Tues 14 <sup>th</sup>	Paint on canvas	Pouring Medium*
Wed 15 <sup>th</sup>	Claywork	Marker Art/Drawing
Thurs 16 <sup>th</sup>	Ink pen & painting	Ceramics*

Cost \$33 & \*\$35 includes materials, extra material costs may apply for at home lessons.  
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– Glenorie Post Office – for your convenience.





# GALSTON DISTRICT GARDEN CLUB

By Greta Wickham

With the shorter days and chilly mornings there is no denying that winter is with us. With the long, hot days of summer now in distant memory, you might be surprised how some of those gardening jobs that seem like a chore in summer can be actually enjoyable in winter.

We assume that our gardens lie dormant during the cooler months, it is important to remember there are a number of jobs that need to be done in winter to help our garden rest and rejuvenate.

Think winter is not the right time for planting? Think again! At this time of year there are many plants available that you won't see at other times of year, e.g. an enormous number of rose varieties, deciduous fruit trees, nut and ornamental trees not to mention the gorgeous spring flowering trees. The plants are sold soil-less or in special bags and are often cheaper than regular potted plants too so you can get planting without busting the budget. Much of the seasonal rose activity, especially pruning and planting, should take place in winter.

Many weeds are annuals and just like the lovely bloomers you plant in your garden or pots they make merry for a short time. As your lawn is near dormant these fast growing weeds can leave you with dead spots come spring through cutting off sunlight that is already in short supply in winter. As the weeds will be obvious chances are they will be looking lush and green and be standing taller than your lawn, the manual removal with a weeding tool is actually an easy and effective option. If you decide to take a chemical approach, the first trick is to identify the weeds so you can decide on the best treatment. Just bear in mind that even quality selective herbicides appropriately applied can cause your lawn a lot of stress in winter so use herbicides as a last resort. While your lawn will not need mowing as often in winter, it still needs weeding and feeding!

If you did the right thing and fed your lawn in early autumn then it should be tolerating the cold conditions well right now. Whether you fed or not you can still help it, not by feeding your lawn, but your soil. Keeping soil micro-organisms nourished can improve your lawns resilience so apply a product such as a hose-on seaweed or organically fortified product.

Across the cooler months, it is best to mow with your catcher on, rather than mulch mowing. This is because the mulched material can be too slow to break down in the cold weather and can give rise to fungal problems. It is important to mow occasionally in winter. This is not just to trim the grass but also to pick up all the bits and pieces such as twigs and leaves that can be reducing the all-important sunlight.



You do not need proof of a green thumb, or some kind of external validation to be a gardener. Gardening is a lifelong learning process – you never know everything it's so complex and detailed. However, if you love it, and care for your plants, if you are engaged, then you are a gardener. Gardening is really just about showing care. We all kill things, we all have disasters and successes. That is part of the process. Come and visit our club as Hornsby Council has given permission for the meetings to resume under strict COVID19 restrictions and the size of the gathering. The Galston District Garden Club usually meets on the 2nd Wednesday of the month at the Galston Community Centre, 37 Arcadia Rd, Galston, 7.00 pm. For more information, visit our website: [www.galstongardenclub.com.au](http://www.galstongardenclub.com.au)

## *So how do you stack your firewood?*



### **Winter is now here !!!**

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# STILL CREEK LANDCARE OUR INVITATION TO OUR COMMUNITY

By Chris Noon

**Have weeds you want to get rid of?**

**Want to know your weeds and how best to destroy them?**

**Want to know which weeds are the biggest worry?**

**Want to know the best natives to plant at your place to replace weeds?**

Your local landcare group has been running working bees at our properties for some years now. This is usually to remove weeds or plant natives where the weeds have been removed.

Now we invite residents to join us on these working bees. It happens once a month on a Saturday or Sunday morning for 2 hours.

We have been inactive during the COVID-19 lockdown but as the restrictions ease we will be restarting shortly. We will follow all the rules and protocols required to keep us safe.

**This is how it works.**

- Each month we work on someone's property
- We do this for a couple of hours
- Then finish with morning tea
- When we have done everyone's property, we start the cycle again



**Would you like to join us? Feel welcome and contact us via:**

Phone: Nick 9653 2056 Website: [stillcreeklandcare.com.au](http://stillcreeklandcare.com.au)

Email: [StillCreekLandcare@iinet.net.au](mailto:StillCreekLandcare@iinet.net.au)

## ENVIRONMENT

# HIDDEN IN THE HILLS CLIMBERS AND SCRAMBLERS

By Lachlan Turner

There are a number of scramblers or climbers that twine and climb their way up and over other shrubs and bushes.

One such climbing plant is Apple Berry Dumpling (*Billardiera scandens*). Not uncommon, but not easily identified as it twines its way around its supporting plant which grows in the understorey. Its branches have been recorded at almost 3 metres in length.

The small bell shaped flowers mature into small elongated cylindrical fruits which hang unobtrusively from the ends of branchlets. Flowering occurs between September and December, the fruits being edible when ripened.

Because this plant is able to grow in almost any environment and soil type in the local bushland, its habitat is quite extensive.

Another climbing plant that can easily go un-noticed is one named Love Creeper (*Comesperma volubile*). It is a delicate plant with smooth shiny stems that usually grow to about 1 metre in length. Its name is derived from its ability to tie itself in knots around its supporting plant.

The Love Creeper favours moist open forest but can survive in protected locations in heathland. Flowering period is from July to December.

Yet another, but one that is more obvious when in flower, is the Dusky Coral Pea (*Kennedia rubicunda*). Its bright red flowers and large green leaves are most visible from July to November.

It is a much more vigorous plant which will climb its way over its supporting host to the point that it may weigh that plant down.

Also there is the vigorous climber *Hardenbergia violacea* (Purple twining pea), that was the subject of the December 2019 edition of this column. It can be found in flower from late July to early October.



*Comesperma volubile* Love Creeper



*Kennedia rubicunda* Dusky Coral Pea



*Billardiera scandens* Apple-berry Dumpling flower





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# GALSTON UNITING CHURCH BEING CHURCH DURING COVID-19 - THE ENGINE ROOM



Of course, significant as they are, church is far more than the worship services that we have been live-streaming since the Covid-19 lockdown began. The business of the church goes on, to provide ways of keeping church members and the wider community in touch with each other and the minister, to provide for planning of future events and to take care of business and clerical matters.

The people who oversee and perform these tasks are the people in the church office, "the engine room", who keep the wheels of the church turning even during these times of lockdown.

Although referred to as "the engine room" because it is the centre of virtually all church activities, it is in fact a very feminine domain. Upon opening the office door, a visitor immediately encounters the fragrances emanating from the lighted candle and the vase of freshly picked flowers from the church garden in a vase on the desk. The office space is colour-coded; Pink for Elizabeth and all things administrative; Purple for Kathleen, the Treasurers space; and Red and White for Geoff's office (for his beloved Swannies!)

Our church's Office Manager is Elizabeth. On church matters, she is the go-to person. When

asked about her role, Elizabeth replied immediately; "to talk": to people who come to the door and to people on the phone. Many of these involve church business while others are just for a chat. Some of these conversations involve people wishing to share their concerns with someone who will lend a sympathetic listening ear.

One of Elizabeth's main duties is the administration of the church's cemetery. At such times she is often discussing sensitive matters with vulnerable people, as befits her role as a Church Elder.

At other times Elizabeth may be found doing battle with the computer; making up rosters, doing Orders of Service for Elders to distribute, typing minutes, sending emails or compiling and printing the church's monthly newspaper, "Out of School Road". Elizabeth is responsible for keeping the Church Calendar, which is essential for planning events. She is also on the Galston Concerts Committee for which she does much of the administrative work.

In the purple room is Kathleen our Treasurer. This is a voluntary position, which Kathleen has performed for six years, for which we are extremely grateful. During this Covid-19 time, there have been considerable



Kathleen

changes in the role to keep on top of changing requirements from the government such as "Jobkeeper", the Tax Office and Uniting Church Financial Services. This comes on top of banking receipts, reconciling bank statements, and preparing budgets.

All in all, there are many mountains to climb. Kathleen is also on the Galston Concerts Committee and is responsible for issuing tickets, taking money and staying on top of Trybooking.com, the online ticketing service.

Although Elizabeth and Kathleen have their own roles, they often share tasks and so work closely together.

There is no doubt that the church could not function



Elizabeth

properly without them, especially during this Covid-19 time when the church still (mid-June) cannot open.

Ladies, we thank you for your untiring efforts.

You can still find our live-streaming of Sunday morning worship at Galston Uniting Church on Facebook (don't forget to 'like' us) or "Google" Galston Uniting Church Facebook posts.

If you or someone you know needs assistance or just someone to chat to, please do not hesitate to get in touch. The church office is open on Tuesdays and Fridays.

Minister Rev Geoff Smith  
11 School Road, Galston  
Phone 9653 2039  
[elizabeth.guc@westnet.com.au](mailto:elizabeth.guc@westnet.com.au)

## HILLS LIFE

### C H U R C H

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

Sunday Service and Sunday School 10:00am  
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[www.glenoriemission.org](http://www.glenoriemission.org)

# WHO'S BUILDING YOUR HOME?

Pr. Alex and Dee Valich - Glenorie Community Church

Have you ever raced homing pigeons? Recently my husband and I were reflecting on our childhood and he began to explain about the years he spent racing ' homing'pigeons. As I listened, many parallels about our life here on earth came to mind.

A pigeon's place of security is its loft. When I understood that race distances in Australia can be in excess of 800 kms, I immediately wondered how many pigeons returned to their owners and to their loft? Also, how do they know their way home? My husband assured me that most of his pigeons came home again after long flights.

Some say that pigeons have a retentive memory about their loft (home).

God says to those who love Him and believe in His Son Jesus Christ- "You will feel secure because there is hope; you will look around and take your rest in security." (Job 11:18).

What I now also understand about pigeons is that they

are trained to "home" to a loft through recognising their particular owner or caller.

Techniques such as a voice call, bell or whistle are used and pigeons know that sound.

God's children know and understand His voice through reading and meditating on His words in the bible, as well as through times of prayer. He says, "Call to Me and I will answer you and will tell you great and hidden things that you have not known." ( Jeremiah 33:3) and Romans 10:27 reminds us that " faith comes from hearing and hearing through the Word of God."

The calling techniques I've mentioned and the feeding of pigeons go together. Every time the pigeon hears the caller, whether the bird is in the loft or in the air, it knows that it is feed time.

Likewise, God's children "feed" on His Word in the Bible. Hebrews 5:14 explains, "Solid food is for the mature, who by constant use have trained



themselves to distinguish good from evil."

Finally I have learnt that pigeons are very loyal to their lofts and can often find their way home many weeks after their race flight commenced.

A well- known adage says that " home is where the heart is."

Having a heart relationship with Jesus Christ always keeps us at home with Him.

*God bless  
Pr. Alex and Dee Valich*

Glenorie Community Church  
[www.glenoriecommunitychurch.com.au](http://www.glenoriecommunitychurch.com.au)

# GALSTON SEVENTH-DAY ADVENTIST CHURCH

By Arthur Hudson

"Lost Boy Found" made headlines today. Not too many people would have given a young Victorian boy a chance, unprepared for overnight lows in the high-country. But survive he did—and quite well—asking only for an order of his favourite takeaway food! Certainly a source of joy for his family and all those engaged in the rescue effort.

In anticipation of the further relaxation of restrictions, Galston Adventist Church is holding a musical event for one and all on **July 18**—For the sheer joy of it! To provide opportunity for a community release for all those who have been "holding their breath" over the last few months. We're hoping for permission to allow 100 attenders by this date. Done safely, for sure, but done also to uplift and encourage. Local and Sydney-wide musicians and singers will provide joy in a number of styles! (Please see advertising for "Sunset Melodies" elsewhere in the magazine) Come and be part of the joy!







# HAPPY 50TH BIRTHDAY ST BENEDICT'S!

Our parish celebrates its 50th birthday in **July 2020**. We were intending to have a celebratory dinner and join in many other 50th anniversary activities but COVID-19 put paid to those plans. But we still want to share in the joy and memories of what we have achieved in those 50 years.

We must be one of the luckiest parishes around because, when the parish was formed in 1970, the monks at the local Benedictine Monastery, which had been established at Arcadia in 1962, agreed to take over the care of the parish. This was incredibly generous of them because entering a monastery usually means that one has plenty of time to meditate and pray away from the everyday world. This is the antithesis of the day-to-day housekeeping involved with the running of a busy parish. We parishioners will be forever grateful to the monks for what they have done for us since 1970.

Our first parish priest Father John Messore set a standard of care that has been followed by the many priests from the monastery who have succeeded him. One of the earliest challenges was establishing a home

for the parish. For the first years we celebrated mass and services at the Glenorie Community Centre hall or in the Monastery Chapel. We first planned to build a parish centre in Glenorie but, after meeting some difficulties, we accepted the offer from the Monastery to build on part of their beautiful site on the corner of Fagans and Arcadia Roads. The centre (pictured) opened in 1982 and has since become the focus of parish activities. Masses, weddings, baptisms, dinners, parties, dances, classes, sacraments, playgroup, fetes have all been held over the years and will continue well into the future.

We're sorry we can't all join to share in a grand 50th birthday party for the parish but the important thing is that we can all mark 50 wonderful years of love and sharing in Arcadia.

## Parish activities and services

Please check our website for happenings and information [www.bbcatholic.org.au/arcadia](http://www.bbcatholic.org.au/arcadia). Click on the News and Events tab to find the weekly Parish Bulletin that will keep you up to date.



# BELIEVING GOD'S WORD

(a message by the late Rev Ed. Long)

How can we have continuing assurance? By believing God's word. When you came to Christ you believed that Christ could save you. Now you believe He has saved you. The danger is in thinking 'I did my part, but God hasn't done His.' What does Romans 10:3 say? 'Everyone who calls on the name of the Lord will be saved.' Did you in all sincerity call on Christ to save you? Then what does this verse say? If you called, Christ saved you. That one verse can be like a spiritual birth certificate for you.

Put another way. If you were presented with an account which you knew you had already paid, what would you do? You would look for the receipt, the written proof that you had paid the account. Remember the Bible is God's written proof to you that you have been saved.

Then there is God's witness within our hearts by the Holy Spirit. The Bible is God's witness to us. The Holy Spirit is God's witness within us Romans 8:16 says, 'The Spirit Himself testifies with our Spirit that we are God's children.' He authenticates our new life. He does this in various ways. He helps us understand God's word. He applies it to our lives. For example, a believer is often troubled about something they have done or been tempted to do. If they stopped to think, that before they were saved, this problem never bothered them. Now that the Spirit is living within, He has spoken to them about it.

This leads on to the evidence of their life being changed 2 Corinthians 5:17 is well known. 'If anyone is in Christ he/she is a new person.' For some people it is a dramatic change, for others it is progressive, but others notice the change. It can be seen in the change in our desires - we feel at home in a prayer meeting where we never would have thought of going before.

**Our assurance comes from believing God's Word from the witness of the Spirit and the evidence of a changed life. Isn't that enough?**

Glenorie Mission Church  
1409 Old Northern Rd, Glenorie 2157  
Sunday service: 10 a.m.

For more information [www.glenoriemission.org](http://www.glenoriemission.org)

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# GALSTON RURAL FIRE BRIGADE NEWS

By Kara Dubois



## Wheat Bag Safety

Wheat bags are great for soothing aches and pains but should never be used in bedding materials. Wheat bags can ignite and shouldn't be used to warm beds while you're sleeping. Firefighters have responded to numerous residential fires that have occurred due to wheat bags overheating in the microwave oven or wheat bags being used to warm beds.

### Tips for using wheat bags

- Regularly check your wheat bag for signs of wear and tear or scorching. With age the fillings dry out and become combustible.
- Don't overheat the wheat bag by placing it in the microwave longer than specified by the manufacturer.
- Don't leave the wheat bag unsupervised in the microwave.
- Don't let anyone, particularly children or the elderly sleep with a wheat bag.

- Don't use the wheat bag to warm your bed up, as it may spontaneously ignite.
- Don't reheat the wheat bag before it has properly cooled.
- A wheat bag should be cooled down on a non-combustible surface before storing.
- Only use wheat bags for direct application to body aches and pains.

If your wheat bag begins to smoulder or catches fire ring Triple Zero Immediately.

For more fire safety tips visit [www.fire.nsw.gov.au/winter](http://www.fire.nsw.gov.au/winter)

## Galston Fires in Focus:

Each month this year the Galston Rural Fire Brigade will feature a short interview with one of our members. It is a great way to discover just how diverse your local fire brigade can be.

### Greg Milne

#### How long have you been a part of Galston Rural Fire Brigade?

» Coming up on two years

#### What is your role there?

» Firefighter and Brigade President

#### When you're not at the brigade, what do you do for a living?

» After 45 years as a senior executive running large Australian and international retailers I have semi-retired but continue to work as a non-executive director and board

advisor to large retail chains on strategic retail management.

#### What made you join the RFS?

» My career involved extensive travel both in Australia and overseas (living in the US for five years) and very long hours. In 2004 we moved to Galston and when I finally managed to retire I felt it was time to give back, get to know this fantastic community, and make some friends in the process.

#### Have you learnt skills in the RFS that you've used elsewhere?

» Yes. The RFS offers an enormous number of fantastic training opportunities be it in front-line firefighting, leadership, first aid, support, community engagement or even more technical roles such as aviation – the challenge is to fit them all in!

#### What makes the RFS family unique?

» Everyone I have met be it in training, on the fire ground, at an incident or socially, all demonstrate a selfless, dedicated commitment to the job at hand and the support and safety of their colleagues. A unique camaraderie, high standard of professionalism and a family like culture, are the keys to Galston brigade's success.

#### What is a fond memory you have of your time at the brigade?

» I have so many it is hard to pick. Ranging from the warm welcome when I first joined from all the officers and members, their tolerance and



coaching as I gained experience to the interaction with the local community during events like the annual Santa Run and Galston Club raffles.

#### How is being in the RFS rewarding?

» Every call-out, every incident is different. There is always something new to learn from new experiences - that is reward in itself. From helping to save property during last season's Bilpin fires, the long days and late nights on strike teams, assisting with storm damage in the area to being on out of area deployment, all are hard work and all are rewarding as you can see what you have achieved – just what I joined up for.

#### BRIGADE CONTACT DETAILS:

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# GLENORIE RURAL FIRE BRIGADE

By Heather Seacy

The crisp starry nights have been good weather for a fire pit in the back yard. Some good friends, good food and a warm fire can make for an entertaining evening outdoors, however it remains important to be aware of your council regulations regarding outdoor burns.

Hornsby council does not permit any bonfires for recreational purposes, but recreational fires for the purpose of cooking are allowed and should be contained within an appropriate structure such as a bar-be-que. More information is available on the Hornsby Council website, always be sure to check before you light anything.

The Hills council area, recreational and cooking fires are permitted outside Total Fire Ban periods. A campfire or barbecue may be lit for cooking or warmth providing the fire is in a permanently constructed fire place with at least two metres

cleared of any combustible material, or it is at a site with at least three metres cleared of any combustible material, an adult is in attendance at all times, and the fire is completely extinguished before leaving. Again, checking your council website is important to be sure you comply with the regulations for your area.

If you wish to pile burn in The Hills area, read the council requirements, complete an Application for Approval to Burn Dead and Dry Vegetation online, and be sure to provide your contact phone number and email address for return notification. It is as simple as that.

Washed-out Fire trails. Recent reconnaissance checks in the area have revealed works and maintenance needed to some trails. The Idlewild trail has had the road damaged and washed-out in some areas. The Brigade



will continue to schedule and send out teams to check on these vital corridors for future access and community safety.

Eight new Firefighter recruits recently undertook successful assessment and joined our ranks of community friends, there is always room for more. If you have been thinking this is something that interests you, come into Glenorie Fire Station Saturday and have a look.



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# AUSSIE PUMPS FIRE PREVENTION ... SAVING THE URBAN INTERFACE

With one million plus homes in the urban interface around Australia's major capital cities, it's critical that we start acting now to get prepared for the coming summer. Lessons of last year teach us that a combination of global warming and consistently higher temperatures mean we can reasonably expect another catastrophic fire season from hell.

Australian Pump Industries is preparing to double its production of high pressure fire pumps and to send out tens of thousands of fire survival guides early this year.

"We know that the volunteer brigades are doing the best they can all around the country", said Aussie Pumps; Product Manager, Brad Farrugia. "There's no way they can contain or even backburn the huge amount of fuel that survived last year's fires. That fuel load is now bigger than ever, thanks to the recent rain", he said.



The winter months are ideal to prepare now for the next fire season. Aussie's Bush-fire Survival Guide is full of crucial information to keep your property safe.

The fire survival guide is continuously updated by Australian Pump based on the feedback from fire authorities and users. It shows how to prepare house, farm, outbuildings and even deals with crop and stock protection.

Properties around powerlines are particularly susceptible and Ausgrid's Chief Operating Officer, Trevor Armstrong

said that this year's bushfire safety program has more importance than ever. Ausgrid are already using two helicopters to patrol powerlines as one of the most efficient ways to take preventative action against powerline generated fires.

Living on the outskirts of the big cities and towns, amongst the trees is a wonderful environment except when the fires come.

Further information on the Aussie Fire Chief and the Aussie Survival Guide range from their website Australian Pump Industries (02) 8865 3500 or <https://aussiepumps.com.au>

## WHERE IN OUR WORLD IS THIS?

A visual quiz to see how observant you are, take the challenge to see how many places you can identify and then check the answers on p. 61



1



2



3



4



5



6



7



8

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15/05/2020 to  
15/06/2020 is

**80.5mm**



# Crossword

## PUZZLE

### ACROSS

1. Facial blemish (4)
3. Ruler (8)
9. Climbing tools (7)
10. Short and sweet (5)
11. Religious doctrine (5)
12. Let out (7)
13. First born (6)
15. Reach a destination (6)
17. Fit in place (7)
18. Unsuitable (5)
20. Suffuse with colour (5)
21. Type of diving (4,3)
22. Final teenage year (8)
23. Publicise in an exaggerated manner (4)

### DOWN

1. Judgement that is not unanimous (5,8)
2. \_\_\_\_ days: long ago (5)
4. Sacristy (6)
5. Troublemaker (6-6)
6. Japanese art of paper folding (7)
7. Distinguish between (13)
8. Second part of the Bible (3,9)
14. Refuse container (7)
16. Thick wet mud (6)
19. Dubious (5)

### ANSWERS FROM JUNE ISSUE

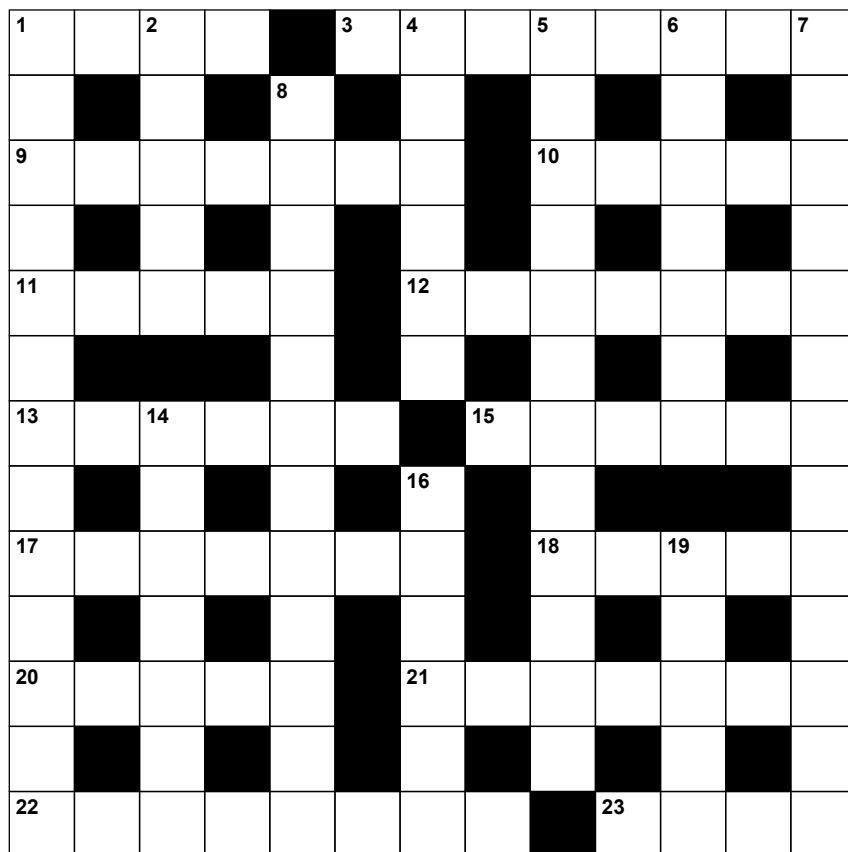
U	T	A	H	C	H	E	C	K	I	N	G
N	V	N	O	A	N	O					
C	A	E	S	U	R	A	R	A	T	I	O
O	R	R	R	T	E	D					
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D	E	E	G	I	A						
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N	A	N	C	Y	U	P	E	N	D	E	D
A	E	M	S	R	G	L					
L	E	S	S	E	N	E	D	D	E	N	Y

6	2	7	8	9	3	4	5	1
4	9	5	7	1	2	3	8	6
8	3	1	5	4	6	9	2	7
7	5	6	9	8	4	1	3	2
1	4	2	3	6	5	8	7	9
9	8	3	1	2	7	6	4	5
3	7	9	6	5	8	2	1	4
5	6	4	2	3	1	7	9	8
2	1	8	4	7	9	5	6	3

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### ANSWERS FROM PAGE 56

1. Totem pole bottom playground Fagan Park
2. Japanese Garden Fagan Park
3. Top of Mid Dural Rd opposite the School
4. Roundabout Galston Rd an Mid Dural Rd
5. Old Northern Rd Glenorie before the Village on the right
6. Linga Longa Wylds Rd
7. Arcadia Rd.
8. Phillips Feed Wylds Rd



## SUDOKU

Fill the grid so that every column, every row and every 3x3 box contains the numbers 1 to 9.

Rating: ★ ★ ★ ★ ☆

				9				
3			4				9	7
			6		7		1	
6	7				8		2	
8		2				9		6
	4		2				3	5
	9		5		4			
4	1				9			3
				8				

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# COMMUNITY CONTACTS



**Avicultural Society of NSW Inc.**  
Welcomes persons interested in Aviculture (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 9872 464 or 0408 617 686.

**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 DG 0412 400 452, National Office 18000 APEX0 or website. "Heart of a Community, Hope of a Nation".

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

**Arcadia Galston Residents' Association (AGRA2159)**  
Membership is open to all adult residents/ratepayers of postcode 2159. Further details: www.AGRA2159.com.au

**Arcadia Markets**  
Each November at Arcadia Public School, 140 Arcadia Rd, Arcadia. www.ArcadiaMarkets.com.au Enquiries: Meegen 0419 262 850 New stallholders welcome.

**Arcadian Quilters**  
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**Association of Independent Retirees (AIR) Ltd**  
Meetings are held on the first Friday of each month at 10 am. Meetings are at Yarrara Rd Pennant Hills. Contact John Guthrie on 9634 6727.

**Castle Hill Art Society**  
Monthly Meetings and Art Demonstrations are held at Castle Hill Art Society - 155 Ridgecorp Drive, Castle Hill on the first Wednesday of each month at 7.30 pm. Enquiries Ph. 9899 3179

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**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 995 507 after hours.

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

**Dural Galston Probus Club**  
We meet on the third Thursday of each month at 10am at the Galston Club 21-25 Arcadia Road, Galston. Probus is a mixed club for retired and semi retired people who enjoy friendship, good speakers and occasional outings. Visitors are always welcome. For further information contact Tiina on 0428 888 411.

**Dural-Glenorie Scouts**  
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**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 0402 478 498. www.duralmensshed.org

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

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

**Galston Area Residents' Association Inc**  
Meets at the Galston Primary School Library, School Road, Galston on the 3rd Thursday of the month at 8 pm (during school terms). Enquiries 0403 076 175. 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 9894 1189.

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

**Glenorie Maroota Bioregional Forum**  
Meets at 7.30pm on the first Wednesday of each month at Glenorie Community Hall. Let us know of your local environment

and heritage concerns. Contact Carolyn Hall on carolyn@dhphc.com.au

**Glenorie Memorial Hall**  
Available for Hire. Seats up to 120 people. Tables and chairs available. Small kitchen/servery. To hire, call Pat Schwartz 0419 321 276

**Glenorie Progress Association**  
Meets 2nd Thursday of each month at 7:00pm 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**  
Meets 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 pm. 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

**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 Lydia 0417 628 873.

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

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

**Probus Club of Round Corner**  
NOW has vacancies for new members. Join our club and enjoy new friendships, 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 9653 1365.

**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 Wilma 0413 673 339. 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](http://www.StillCreekLandcare.com.au) or e-mail [StillCreekLandcare@inet.net.au](mailto: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 9.30am. every Sunday morning. You are most welcome to join us. Phone. 9654 1627 or 8851 7428.

**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](http://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. Arthur Hudson 0415 400 798.

**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.

## 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 0428 970 439.

**Dural Rugby Club**  
Enquiries, please contact the registrar Eric Flanagan, email [ef86029@bigpond.net.au](mailto:ef86029@bigpond.net.au) or phone 0412 320 328 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, contact 0404 600 460. [gccc.nsw.cricket.com.au](http://gccc.nsw.cricket.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](http://www.galstonequestrianclub.org.au).

**Galston Netball Club**  
All enquiries to secretary, [galstonnetballclub@gmail.com](mailto:galstonnetballclub@gmail.com) or visit the website [www.galstonnsw.netball.com.au](http://www.galstonnsw.netball.com.au)

**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.

**Hillslife Church**  
Meets 10:00am every Sunday at Galston Public School. Pastor Corri Byrne. Ph: 0416 233 629. For more info go to [www.hillslife.com](http://www.hillslife.com)

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

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

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

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

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

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

**Hills Hawks Soccer Club**  
For season details and registrations call Michael Rosier on 0418 676 768 or [agmsulations@bigpond.com](mailto:agmsulations@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: [hillshawks softball.org.au](http://hillshawks softball.org.au).

**Hills Pumas Football Club**  
For information including registrations, call Sarah Sumskas on 0430 883 385 or email [registrar@hillspumasfc.com.au](mailto:registrar@hillspumasfc.com.au)

**Kenthurst Netball Club**  
Registrations. Contact Sally Coppini 0407 942 986 [mitre@tpg.com.au](mailto:mitre@tpg.com.au)

**Tennis / Squash Social Group**  
Looking for new players. Call 9847 6050 or email [tennisandsquash@live.com.au](mailto:tennisandsquash@live.com.au)

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

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



# 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.

## SMILE DIAL ART PLAYGROUP

Tuesday morning 10.30am to 12.30pm, includes a light lunch for all. 49 Arcadia Road, Galston

## LEARNING BLOCKS

Dural, Level 1, 242 New Line Rd Dural at Learning Blocks Dural.

It is open to the public free of charge.

Hills PlayGroup takes place every Mondays restarting from July 6 between 10am-12pm. It's fun, informal and a great way to socialise.

## 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
Endeavour Energy (Outages)	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 DAVID SIMPSON	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,  
Cathy Vipond Hills Accounting, Glenorie - 9652 2400  
Vicki Brownless - 0423 727 826 (South Maroota area),  
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**



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22 Cockatoo Place, Glenorie



24 Nancy Place, Galston



948 Old Northern Road, Glenorie



5 Hakea Cres, Galston



4 Devon Place, Galston



3261 Old Northern Road, Forest Glen

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