



Galston, Glenorie & Hills Rural COMMUNITY NEWS

August
2020

The Original Community Magazine since 1971.

50 YEARS OF SERVICE

In July, Father Michael Kelly celebrated the 50th anniversary of his ordination as a priest.

Father Michael grew up in Parramatta, where he was educated at St Monica's Primary School in North Parramatta and Marist Brothers Parramatta. At the age of 18, he entered the relatively new St Benedict's Monastery at Arcadia and, over many ensuing years, continued his tertiary education at St Columban's College, the University of New England and in Rome.

In 1970, he was ordained as a priest, and it is this anniversary we are celebrating this year. Sadly, like our parish's 50th birthday, we were unable to have the grand party we would have preferred, but we did join in congratulating him at a special mass in the

parish church in July (appropriately socially distanced, of course).

Father Michael has served as Parish Priest at Arcadia, led the St Benedict's Arcadia Monastery for many years, lectured in meditation (including on two visits to Timor Leste), and authored a number of articles. He is particularly interested in desert spirituality as he feels that, in the desert, where we are stripped of our worldly trappings and have no human support systems to fall back on, we must confront ourselves before God. He is committed to the revitalisation and positivity of monastic life, monastic spirituality and the humble Benedictine devotion to prayer and work.

In 2007, Father Michael was elected for his first six-year term as the 115th Abbot



General of the world-wide Sylvestrine Benedictines. He moved to live and work in Rome in the historic monastery of St Stefano del Cacco, which dates back to about the beginning of the 9th century. He was re-elected in 2013 and finally came home in 2019. How proud our parish is of his wonderful work in Australia and around the world. Congratulations Father Michael.

Picture shows Father Michael at his celebratory mass together with his cousin Liz. It's been an amazing life's journey for this boy from Parramatta.

ST BENEDICT'S PARISH ACTIVITIES AND SERVICES

Due to the uncertainty of Covid restrictions, please check our website for events and information 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.



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AN INCREASED DEMAND FOR LOCAL PROPERTY

There's been a fair bit of publicity on the news lately that rental prices and demand are both down. However, that's not what we are experiencing in this area.

And with an increased talk of a potential second wave, we have found an increased demand for property in our area, due to the local environment.

Acreage and village properties are in particular demand with a steady stream of inner city tenants looking to improve their lifestyle, by moving to a semi rural area where they can enjoy the weekends at home with space around them. And when you combine the effects of an unstable sales market and our open houses are full of people moving from the inner city and owners who have just sold and only want to rent!

Neil Clark
Principal- Mode



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

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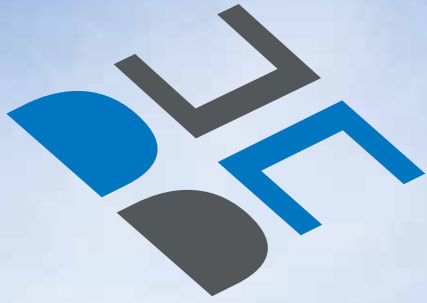


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GLENORIE PROGRESS ASSOCIATION

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. See the Zoom details at the end of this article.

Membership renewals are due, and you can renew online at www.glenorieprogress.org/membership

Hornsby Shire Residents wait with bated breath for the release of the Rural Lands Study

We are advised that the Hornsby Shire Rural Lands Study, which was due in March, is in its final stages and will be released soon. Many of you would have attended the feedback sessions run by the consultant, SGS. Some of the key issues that we noted were raised in the meetings were: no wholesale sub-division, anomalies in

zoning, better and more options for use of rural land are required and, especially in Glenorie, the issue of decent sized secondary dwellings plus The Hills and Hornsby Councils working cohesively on a Village plan. This will be an important report and we will be sure to promote it for your feedback as soon as it is available. Hopefully it will address our community concerns.

The Hills Local Environmental Plan 2020 impact on Glenorie

It was great to see Glenorie addressed in the Hills LEP and your feedback incorporated, specifically that The Hills will start collaborating with Hornsby when considering the Glenorie Village. For residents who may be affected we note a Preliminary Investigation Area for potential expansion which extends from Schwebel Lane, past Pertaringa Way and into the block that is encompassed

by Post Office and Whites Road. Again, the GPA would stress that, to be sustainable, any development needs to open up green traversable spaces. The LEP is available on the council website and if you want to provide feedback, submissions close **7 Aug 2020**.

Koalas in Glenorie

Pat Schwartz and her environmental team continue to monitor water quality in the creeks around Glenorie (all A OK) and monitor the return of koalas to the region. Three koalas were detected in our area in July. Calls were recorded at Broadwater and Glenorie and koala scat was found at Garmeyn Lane, Dural.

Proposed mobile phone tower in Glenorie

Julian Leeser MP has been running a strong campaign to improve Telstra coverage in our area. At the same time Optus has applied to place a mobile phone

Figure 28: Preliminary investigation area – Glenorie village



tower at the intersection of Post Office and Cattai Ridge Roads on the site of the Endeavour Energy Substation. One would argue that the site that already contains utilities would be the best, however for residents that live adjacent, it may impact their view. We would urge that if another tower is being added

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to the area it should support all providers (Vodafone and Telstra) so that there is less duplication of towers in the future, when the equipment can coexist at the same site. Coverage does remain an issue in our area. You can view the DA or provide feedback on The Hills DA Tracker - DA Number: 1616/2020/HA <https://epathway.thehills.nsw.gov.au/ePathway/Production/Web/GeneralEnquiry/EnquirySearch.aspx>

Endeavour Energy made a great effort to ensure the substation was sympathetic to its surrounds and landscaped the area. The Optus cabin will remove some of that landscaping. Should the tower be camouflaged, should the landscaping be extended around the base? Have your say to council.

Glenorie RSL and improvements

The new outdoor space at Glenorie RSL is really coming along. It is called The Backyard. Get down to the RSL for a drink and a meal, support your local club and check out the improvements. At the time of writing, Glenorie still has had no Covid-19 cases (thank God) and Glenorie RSL are maintaining a very strict safety regime.

Bakery Bus

It has been great to see the progress of the instalment of the Glenorie Bakery Bus, in Rob's usual style, at Hardware and General,

Dural. For residents whose tastes have grown for a bakery coffee and/or pie, you will soon be able to get your supplies on the way to town.

GPA AGM

GPA Members will be able to attend the AGM 7pm, **13 August, 2020**. If you would like to attend please inform President Di Coxon-Ellis secretary@glenorieprogress.org.au. You must be a member to vote.



Letter to the Editor

By Galston Resident

The family enjoyed a lovely day with the grandchildren at Fagan Park (following all Covid 19 guidelines) until it was time to go home. We had taken two cars, one with the Council Parking Permit was parked in the car park and the second was angle parked outside the entrance in Carrs Rd. Two other cars were angle parked beside us.

Locals have always angle parked in this spot because more

cars can fit and it is further away from the road for unloading dogs and children safely.

Not any more. This is now parallel parking only and we received a parking infringement!

There is no signage to inform people of the changes or to state the type of parking now allowed. Shame on Council for the irresponsible way in which they have done this sneaky change. Be warned!



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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 encourage new members, during the current Corona virus and Financial Crisis.

Our next Monthly Meeting will be held on Friday 7th August, 2020.

Meeting will commence at 10.45am.

Members and visitors will be provided with an interesting ZOOM MEETING!

Mal Steel:
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Dr. Samreen Kaur has been practising dentistry since she graduated with a Bachelor Degree in Dental Surgery in 2008. She is a member of the Australian Dental Council. She

often participates in professional development courses to broaden her knowledge and keep up to date with the latest developments in dentistry. Samreen is known for her enthusiastic and easy-going nature.

Dr. Raman Aulakh has been practising as a dentist for over 10 years and is the Managing Director of Winning Smiles. He completed his Bachelor of Dental Surgery in 2008 and then spent some time practising dentistry abroad. Dr. Aulakh strives to lead by example and continuously offers training to his staff to ensure that the Winning Smiles team provides the highest quality care.

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SALVOS

By Katy Joscelyne

Have you ever wondered how the dollars you spend at the Salvos Family Stores in Dural and Glenorie are allocated? In simple terms, the money raised in these stores all helps to keep the presence of the Salvation Army local in our community. The funds keep the 2 stores operating, maintain the grounds of the church and its lovely outdoor play centre on the corner of New Line and Old Northern Roads, and support people in our area with welfare, crisis and financial assistance.

You, our customers, keep this amazing organisation vital and alive in the Hills District.

Every Wednesday, the Salvos run a special care day group called MAINLY MUSIC. This is targeted at children aged 0- 5 years who may attend with one or both parents to have fun with musical instruments, and fun moving to music. If you have any pre-loved musical instruments such as triangles, bongos, maracas

etc, please deliver them to our Family Store on Quarry Road and ask that they be directed to the Church for the Wednesday music group. For more information, ring the Salvos on 9651 4504.

International Youth Day on **Wednesday 12 August** will be recognised in the Dural Store with a big promotion on chapter books for young readers. A huge selection will be available at the bargain price of 5 for \$1! Signs will be displayed in store on the Young Readers shelving, and there will also be a large section at the front door as you enter.

The last day of **August, Monday 31st**, will get the week off to a great start with a store wide **HALF PRICE SALE**.

We hope everyone is keeping safe and adhering, as much as possible, to social distancing. We appreciate your patience and consideration as we all pull together to come through this difficult time.

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MAYOR RUDDOCK NAMED IN QUEENS BIRTHDAY HONOURS

Hornsby Shire Council congratulates Mayor Philip Ruddock, who was appointed an Officer of the Order of Australia (AO) in the Queen's Birthday Honours.

"It is an honour and a privilege to have such a recognised person leading our Shire," General Manager Steven Head said.

"We all know that he does an excellent job as Mayor, but of course this honour goes far beyond his considerable service for Hornsby Shire.

"Ever since he was first elected to Federal Parliament, way back in 1973 when safari suits were still in fashion, he has dedicated his life to the local community.

"He has served the people with selfless dedication and picked up many accolades along the way, including becoming the second longest serving member of parliament in Australian history.

"Of particular note was his service as a minister in the Howard Government, in the portfolios of immigration and multicultural affairs, reconciliation and indigenous affairs, and as Attorney General.

"He is best remembered for his work in immigration and he remains very highly regarded by the various ethnic groups within our community.

"If we need him at an event we have to book far in advance, as his diary quickly fills with the many culturally diverse dinners and functions he is always being invited to.



"Since leaving parliament, he has not slowed down in his public service, such as when he recently chaired an investigation into reforming our national religious freedom laws.

"But of course, the most significant service to our Shire has been the way he has taken on the role of Mayor.

"He is committed to good local government, with a special focus on listening to the voices of the people affected by Council's decisions.

"He is especially passionate about the environment, and has overseen a range of reforms to help strengthen the green canopy of the Bushland Shire, most notably Council's tree planting initiative, with more than 17,000 trees planted so far.

"Mayor Ruddock has not done all of this alone and his wife Heather is also deserving of special recognition.

"The pair have been a formidable team since the very beginning and both are highly valued members of our community."

NEWS FROM THE FRIENDS OF FAGAN PARK

Well, our return to activities was unfortunately short lived, as our masters decreed we should cease until they had developed a Covid-19 safety plan for the Netherby precinct. Needless to say, the wheels of bureaucracy turn slowly, and as I write this, we have no indication of the nature of the plan nor any restrictions it may involve. This is disappointing, to say the least, as we had just begun to pick up the pieces where we had left off when we closed down originally in late March.

During our brief return, we did however follow up on the offer and collected from a local family a new machine, a Howard Hauler. This is another 3-wheeled utility vehicle similar to the Pyramid Auto Truck which we have restored and featured in these pages. It was manufactured at Northmead by Howards of rotary hoe fame, and is said to have been originally

used at Central Railway Station, Sydney, to transport passengers' luggage along the platforms in the steam era. It was retired to an orchard at Arcadia and lay derelict for many years before we rescued it. We intend to restore it too, aided by the fact we have a spare engine of the correct type. Howard products have a strong following in collectors circles, and we are assured of help and some replacement parts.

Not much to report on the International truck project, with efforts mostly directed at assembly of the engine. One minor milestone was the reuniting of the gearbox into its proper place in the chassis, which allows work on the missing tail-shaft to proceed.

Hopefully our next report will be more positive, as long as events in Victoria do not put another spanner in the works.

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



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HILLS VOICES IN THE TIME OF COVID-19

The Hills Shire Library Service is documenting experiences of life in The Hills Shire during the COVID-19 pandemic and associated restrictions to maintain a record for researchers and future generations.

They are calling on Hills residents to share their experiences from the past few months.

Mayor of The Hills Shire, Dr Michelle Byrne, said she encourages The Hills community to submit their stories of life during this unprecedented period of time.

"With many people working from and spending more time at home over the last few months, what we consider normal has changed drastically," Mayor Byrne said.

"Everything from daily routines, how we stay in contact with friends and family, our leisure time and more has been impacted by COVID-19.

"We want to keep a record of these changes to inform future generations and document the experience of living through a global pandemic," Mayor Byrne added.

Submissions can consist of written pieces, photos or video.

Selected submissions will be shared on The Hills Shire Library website and across social media.

For more information and to submit your experience, visit www.thehills.nsw.gov.au/Library/Hills-Voices-In-the-Time-of-COVID-19.

WHAT DOES TELEHEALTH WITH YOUR GP MEAN!

Telehealth is a **Video or Phone Consultation** which provides a safe and convenient way to stay in touch with your GP, during the COVID-19 pandemic.

After the onset of COVID-19, it has been particularly important for the elderly and vulnerable to stay safe and isolated to avoid exposure to the virus, some have been reluctant to attend their doctor's surgery as a result.

Telehealth can now allow you to contact your GP for any concerns from home – keeping yourself, health care workers and the community safe.

You can choose between a video consultation or a telephone consultation.

If you have good internet signal, laptop or computer with access to camera and audio, video

consultation is the GP's preferred way of providing health care so we can see you during the consult.

If you are unfamiliar with this option, our receptionists can guide you through the instructions provided on our website www.glenoriemedical.com.au

If you have no access to internet or still finding video access difficult, we invite you to book a telephone consultation with your GP at any time convenient.

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CAREGIVING FOR HOME INSTEAD CHANGED MY LIFE



Lena joined the Home Instead CAREGiver team located at Hornsby and Hills about a year ago. Even though she loves cooking, she was looking for a job that involved helping people in the community, and making a difference to their lives. She found Home Instead from a friend's recommendation. Lena is a CAREGiver for seniors, at home. Lena has found exactly what she was looking for. It has given meaning and purpose to her life. During

the day she meets incredibly interesting people, promotes independence, and develops relationships, to Lena working with seniors, in their own home is more than just a job, it's a wonderful experience.

"Our clients have nothing but praise for Lena and her warm and caring style" says Sue McGarry, Owner of Home Instead Hornsby & Hills. Sue goes on to say that "Lena brings a sense of joy and comfort to all of the seniors that she supports each week".

We are very happy that she found us.

If you are interested in training to become a CAREGiver, please call us to find out more.

Get to know us on
HomeInstead.com Careers in CAREgiving page

WINTER 5 TIPS TO TAKE CARE OF YOURSELF DURING THE WINTER MONTHS

- 1. Keep warm**
It is important that you get outdoors for some natural light for at least 10 minutes a day, so rug up and keep warm. Make the effort to go for a short walk, when the sun is peeking out!
 - 2. Get more rest**
We need to get 7 - 8 hours sleep a night, so have an early night and snuggle up in bed. There's nothing wrong with a short daytime nap in front of fire either!
 - 3. Good nutrition**
Use Grandma's Chicken Soup recipe and make a big pot. Add lots of vegies to get needed vitamins and minerals. Enjoy the vegetables and fruits that are in season. Make sure you keep up your water intake, and your skin will thank you!
 - 4. Exercise your mind**
Winter is a great time, when we are indoors more, to learn a new skill, take up a hobby, reading, playing board games with friends, learn new computer skills, have some 'me-time', challenge yourself with new recipes, plan a holiday, learn to knit.... the possibilities are endless!
 - 5. Go somewhere warm and sunny!**
Longing for a holiday in the sun? Make a corner of your garden into a 'retreat'. Choose a sunny spot that is sheltered from the wind, a comfy chair, a hot cup of tea and a good book - you will feel like you have been away!
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ARCADIAN QUILTERS' NEWS

Another of our July meetings found we quilters at Heritage Park again. This time, however, we were cracking hardy as the day became colder and the hours slipped into the PM all too quickly.

The bright cheery colours of this quilt brought comments of "oh, I remember that fabric" or "that was a dress fabric design from ages ago".

Yes, this was an old quilt brought out of the bottom drawer and finally finished !!! We all have UFOs (unfinished offerings) in our cupboards and what better time than NOW to get these projects completed.

This little number too came out into the light of day and has indeed been transformed into a striking, beautiful blue quilt, I think a most unusual design.

Our Charity Quilt collection grows as these COVID-19 weeks move slowly through our year.

We have passed the shortest day in June and we have seen the financial year end, the winter bulbs have been planted and the sewing drawers are tidy!!

Time now to look about for that new project ... something different from the usual ... looking at a recent family photograph (taken at a mealtime) I see that the smallest grandchild is missing a "knitted egg cosy" from Grandma ... no need to guess what I have to do NEXT !!!!!

For further information, future meeting times etc ... make contact via **Carole on 9894 7749.**

Be well, stay safe and do keep smiling.



DO YOU HAVE A SORE THUMB?

Do you have thumb osteoarthritis or thumb instability? Unfortunately, this can cause a lot of problems in daily life. Activities such as writing, opening jars and turning keys can be painful

Arthritis is a disorder in which the cartilage of the joints becomes worn or inflamed. In a healthy joint, the ends of the bones are covered with cartilage. This allows the bones to move smoothly and painlessly over each other. In osteoarthritis the cartilage wears away and the bones rub against each other. Movement or pressure, for example pinching, then becomes painful. In the hand,

osteoarthritis often develops in the basal joint of the thumb (the carpometacarpal joint). The cmc-1 joint is very mobile and makes it possible to grasp things with your thumb and forefinger. The thumb controls an estimated 40% of hand function, so osteoarthritis of the cmc joint can result in major hand use limitations. Cmc-1 osteoarthritis, often in combination with softening of the ligaments, leads to functional instability. This causes symptoms such as pain, impaired hand function, loss of strength and stiffness.

Heavy stress on the thumb and changes in weather (temperature

or humidity) can provoke pain.

As the osteoarthritis gets worse, the slightest movement becomes painful when this occurs, you need firm support to keep up your day to day activities. The PUSH Ortho Thumb Brace CMC provides just the support you need.

It is a slim, attractive and low-profile support. It is comfortable and easy to wear, during virtually any activity. The brace holds the thumb in a functional position and offers support where and when it is needed, yet allows full freedom of motion. So, if you have a sore thumb and want to find a solution head to **www.comfortdiscovered.com**



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As another financial year draws to a close, we are delighted that Galston Community bank has remained open for business as usual. We have been providing banking services for our community since we opened our doors in March 2002.

The decision to open a Community Bank was formed when the existing bank decided to close its doors on the Galston community in 2001. A steering committee was formed and gathered support by raising funds from issuing shares to form the

Galston Community bank. It's mission; to grow and support our local communities by providing full banking services for residents and businesses. Profits are then re-invested back into the community.

18 years on, we believe we have delivered on our commitment, and continue to do so. During this time, we have been able to give back \$2.7million into our local communities by way of sponsorships and grants. Over 50% of these grants have gone to support our local schools, ensuring our students are given every opportunity.

We thank our shareholders who had confidence to back this new way of banking through a franchise arrangement with Bendigo Bank. This has been mutually beneficial, delivering an additional \$1.4M in dividends over this time.

None of this would have happened without our

customers and shareholders who, by choosing to bank locally, make this possible. In return, we deliver everything the other banks can offer in way of services and products. Our point of difference being we know our customers, who can pop in or call the branch directly and speak with our Manager Gary or our team of friendly staff. We pride ourselves on good old-fashioned customer service.

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from the Mayor's Desk

Hornsby Shire Council is working on a new Community Strategic Plan and to assist with this we conducted an independent community survey in March. Its results are very revealing and well worth sharing. Much of it is pleasing, including that 92 per cent of people are satisfied with Council overall (an increase from 87 per cent in 2017) and that 80 per cent of residents rate their overall quality of life as very good or excellent (stable from 2017). Other good results are that 91 per cent have access to bushland areas, parks and green spaces; 78 per cent are able to access a range of community facilities to meet their needs; and 95 per cent feel safe walking around their local area during the day.

While the pat on the back is nice, the real purpose of the survey is to find the areas where residents feel we could be doing better. There were a number of issues identified as needing further improvement. Of those surveyed, 27 per cent felt the road network provides for efficient traffic flows; 37 per cent felt there are adequate parking facilities in public areas; and 31 per cent felt the community is encouraged to participate in Council's decision-making. The results will also inform an 'End of Term' report which will be produced at the end of the political term (September 2021) to show our progress towards the community outcomes and overall vision identified in the current Community Strategic Plan. For more information and to view all the results please visit: hornsby.nsw.gov.au/csp2020

Philip Ruddock AO
Mayor
Hornsby Shire Council

What's on



ARE YOU RECYCLING RIGHT?

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Chipping for Mulch



Sunday 23 August, 7.30am - 12.30pm
Council Depot, 5 Beaumont Road, Mount Kuring-gai

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

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

Community Research Results



What have we been doing well and what do we need to improve on – here's a snapshot of the results. For full details visit: hornsby.nsw.gov.au/csp2020



92% Satisfaction with Council overall
(increase from 2017 @ 87%)



80% Residents rate their overall quality of life as very good or excellent
(stable from 2017 to 2020)



More than two-thirds of quality of life measures showed improvements on 2017

WARRAH

Here at Warrah Biodynamic Farm the past month has been spent fencing, mulching, pruning and making some changes so that the coming season has a better flow.

We're planning to improve on last season's results, while also building the scope for contributions from participants in our Warrah Society programs. The farm produces a lot of food for the community, but the core purpose of what we do is to hold the space for enriching lives and developing skills.

The produce is growing at a snail's pace in the cold weather, giving the farmers time to reflect and prepare for spring, which will be here before we know it. We are now down to mainly leafy crops like kale, silverbeet, salad mix and the occasional cut of rocket. The citrus trees are still being harvested, but quality has been affected by the drought conditions experienced in Summer. Pictured here is Warrah resident and farmer, Chris, with a rather lovely looking haul of pumpkins from the paddock near the shop.

We harvested the last of the chillies - the last remaining summer crop - recently



and started bringing in the first of the leeks. Cabbage and broccoli will be ready by Spring, which is when we will go from growing less than 10 varieties to just over 20!

Participants in our Social Therapeutic Horticulture Programs have continued work on the spiral garden, made preparations for a new bee hive and worked in the nursery which supplies the seedlings for the farm and the shop. The nursery will soon be planting seedlings for our upcoming Backyard Veg Workshop Series. Be sure to visit our website for details if you are interested in learning all the practical skills you need from an experienced local organic and biodynamic farmer.

GALSTON VIEW CLUB

The Galston View Club raises money to support The Smith Family Learning for Life program will hold its next Luncheon/Meeting on **Wednesday 26th August 2020** at The Galston Club, 21-25 Arcadia Road Galston. 11am...Guest Speaker Mr Graham Sims.... Bookings are essential...Helen 9614 1512... Visitors are most welcome..

DURAL GALSTON PROBUS CLUB

We meet on the **third Thursday** of every month at 10am at the Galston Club 20-25 Arcadia Road Galston. We are a mixed club for retired and semi-retired people who enjoy friendship, interesting speakers, outings and occasional holidays. Visitors are always welcome.

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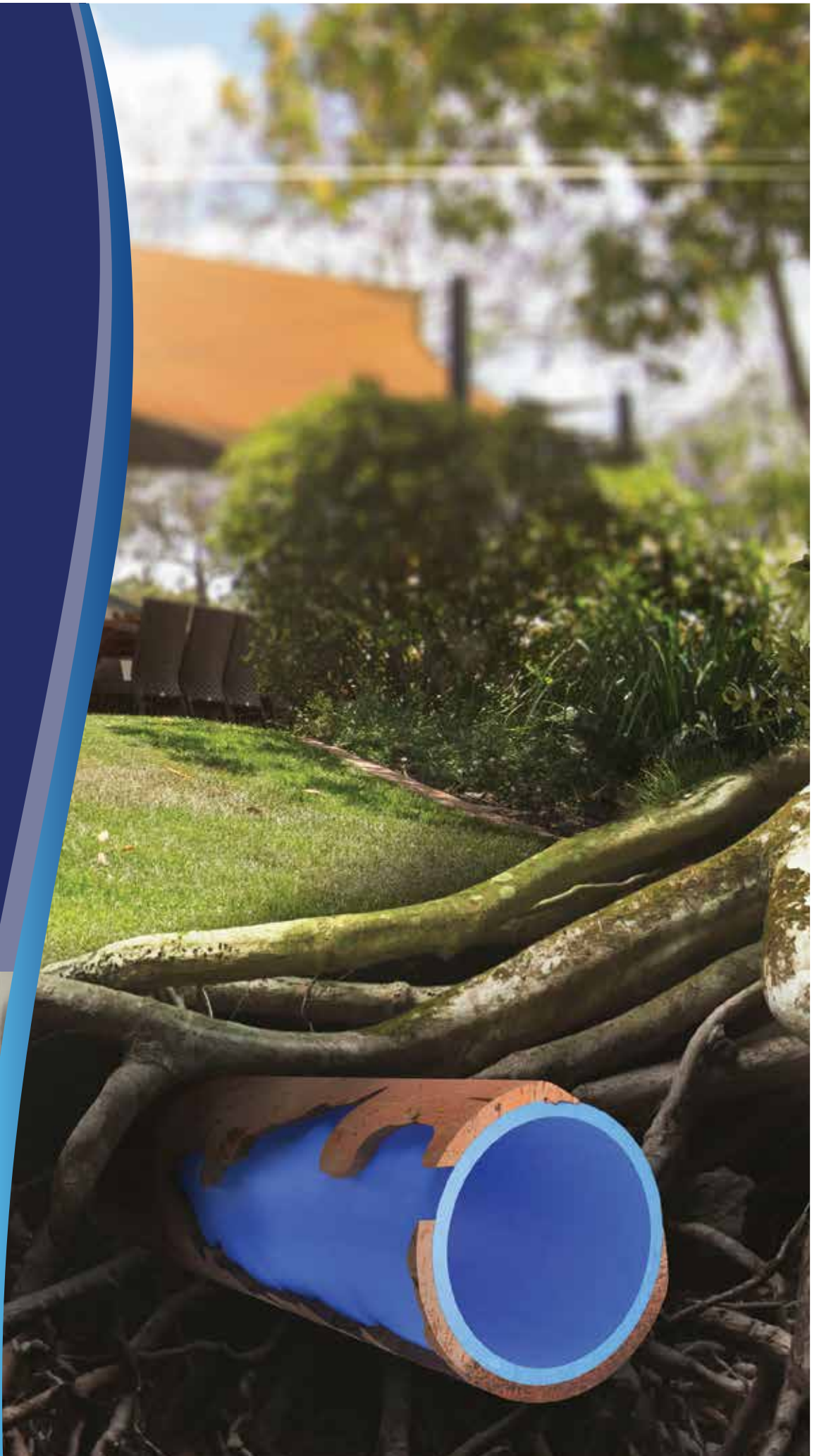
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ZUMBA NINA'S 10TH ANNIVERSARY

Love At First Dance

10 years ago, I lost my job and was going through anxiety and depression from my circumstances at that time. Someone told me about the latest fitness craze called Zumba, because they knew I have always loved dancing. So I dragged my sad self to my first class and literally fell in love right away!

I made up my mind right then and there to enrol in the training to become an official Zumba instructor. The first opportunity I got was on the 24th of July in 2010, ran by the amazing Maria Teresa Stone. She was the first Zumba Education Specialist to introduce the fitness program in New Zealand and Australia.

As soon as I completed my training, I worked hard to set up the business straight away. I knew I didn't want to work for someone else in gyms. I wanted to be my own boss and run my classes my own way. So glad I

did, because I wanted it to be much more than a place where you arrive, do your workout and leave. It was about women (and a few men from time to time) taking that step to get dressed in their active wear, arrange to leave their children, spouses, aged parents, pets - or anyone else they usually look after, for that one hour to get the "ME" time we all deserve. We have built a sense of community, support network and valuable friendships by sharing the joy of moving together in that happy hour.

Through my 10 years, my passion for the program has not waned, despite the many ups and downs. There have been people who come and go, at least 20 who I have mentored and encouraged to become instructors themselves. Most I don't hear from anymore, but I still wish them well and have no regrets. Sharing this



passion of mine gives me so much joy - whether you just want to dance with me or teach it yourself. It all comes back in many other ways - I have been blessed a hundredfold. The best example is where I'm at in this challenging time where a pandemic has swept the world. I had my share of feeling defeated and lost...yet my loyal supporters were still there.

I ran virtual classes from the living room, they didn't let me dance alone. As soon as the restrictions eased and our hall reopened this month, my biggest problem has been letting people know they have to go on the waiting list because the classes are always at full capacity, due to the new maximum number allowed per class. I am so grateful for all your support!

To my beloved "Zeeps (aka Zumba peeps): you keep me going. Feeling your energy and enthusiasm at my classes give me the fuel to continue doing more of what I love.

You all know my second love is to organise special events for every Zumba anniversary. Alas, everything is on hold while the world is healing. I know we will find a way to celebrate this milestone somehow. Just you showing up with a smile and joy in your hearts when we dance together tells me I made the right career change 10 years ago.

My heart is full, thanks to all of you. Cheers to one decade of happy dancing...and here's to many, many more!

Amor, amore, pag-ibig, love
Nina

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Property of the Month

by Agents LumbyHampson



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5 ACRE ESTATE ON PREMIUM LAND

This impressive holding set in a prime location has a massive 171.6m frontage with dual street access.

The spacious 5 bed room ensuite family home is well set back down a long driveway from private gates and offers generous living areas, picturesque gardens and a beautiful new magnesium swimming pool with waterfall feature.

A new modern (Dan) designed kitchen is central to the home that compliments the soaring high ceilings, marble tiling throughout, a large rumpus and stylish main bathroom.

The home has covered outdoor entertaining facilities providing peace and quiet for family and friends to enjoy.

- Spacious 5 bedroom family residence
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- Large triple bay barn shed
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BUILDING A WINE CELLAR

By Neil Turrell

With the cold winter weather upon us, there is nothing quite like a cosy fire, hot meal and a nice glass of wine which brings me to this month's topic.

For the wine enthusiast, having your own cellar is a must!

Building a wine cellar is not challenging or expensive however there are a few points you need to consider when designing the cellar.

Location - These days cellars are such features and not tucked away under the house like they used to be.

The search for a location usually involves an unused area like under the stairs, part of the laundry, corner of an used area or some other type of cubby hole. Many people are now incorporating a wine cellar in their house design. These are usually designed with a glass door or wall so the wine can be visible from a room. If it is under the house, you can



do a feature glass floor to view the cellar. You can now also buy free standing wine cellars which come in small and large sizes and can design them into kitchen/ scullery spaces.

Temperature - This is certainly the greatest concern when cellaring wine, especially if you want to (lay them down) for many years. Today's modern homes are not at all conducive to wine storage. Room temperatures are usually in excess of 20 degrees

which is great for humans but lethal for wine. The ideal temperature for wine to be stored is 15-20 degrees, what ever the temperature is, it is consistency that is the key. You want to be sure your cellar is well insulated. Some people install a high grade wine cooler to keep the room chilled properly. Do not use an air conditioner as these take moisture from the air and will draw the wine through the cork over a long period of time when laying down wines for an extended period of time.

Light & Vibration - Darkness is ideal for a cellar as ultraviolet light destroys wine which is one of the reasons wines are traditionally bottled in coloured glass. Consequently it makes sense to store wine away for potentially damaging effects of light exposure.

As wine needs to sleep, and frequent disturbance of wine will agitate it. Try and build your cellar where it will not suffer the effects of vibrations and I suggest it has no direct light, just nice feature LED lighting if it is a feature.

So if wine is your passion and you are looking at starting a collection, installing a wine cellar is not only functional but also a feature! And lots of fun!!!

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WINTER STYLING FOR YOUR OPEN FOR INSPECTION

By Carolyn Wheatley

The advantages of styling a property for sale are well known. First and foremost, according to Open Agent, while styling doesn't always promise a return on investment, on average, you can expect to see a 7.5 to 12.5 per cent increase on your final sale price.

Winter styling becomes even more important, as without warmer weather and longer days of lighting to bring out the property's best features, styling can help to ensure your property stands out from the crowd at open for inspections.

Winter open for inspection styling:

where to start - If you're setting up for an open for inspection, the first thing to remember is the temperature in the house says Belle Property's local agent Carolyn Wheatley. "If you're selling in Winter, there is no way of getting around it, it is cold outside. Make an easy and instant first impression by cranking up the heating so that when people enter the house to view it, they are greeted with a sense of welcome by a warmer temperature."

Consider the lighting - Winter lighting is significantly darker than spring, so make sure you have styled the home with lighting in mind. "If your home is north facing, and gets tonnes of light, make sure you have cleaned your windows so the light shining through is really putting on a show," says Carolyn.

"If you're not lucky enough to get a lot of natural light in the home, you really don't want it to appear dark as it can be a major turn off for buyers. So look at the lighting in the house carefully and consider where you could bring in a few additional lamps, or even candles - which can create a more natural lighting look."

Play on cosy - Everybody loves cuddling up and getting cosy in Winter and you can play on this in your winter open for inspection.

The best way to create a sense of cosiness in an open for inspection is to layer textures and fabrics that will help trap in any heat, like plush rugs, wool or faux fur throws placed around the living areas and bedrooms.

"It's also a good idea to consider Winter colours in your styling design. Choose warm tones for any additional throws, cushions or general décor you are bringing into the home," Carolyn adds.

Don't forget the outdoors - According to Domain, improving your property's exterior is the number one way you can add value to your home on sale day. Another tip is to consider setting up outdoor entertaining areas as if it were a winter occasion. "If you have an outdoor entertaining area, you can apply some of the techniques you have used to style the home inside, outside, such as adding throws or



cushions to firepits to give the appeal of a cosy area," Carolyn explains.

Bring some greenery in - Greenery, such as fresh flowers, still extremely important in an open for inspection, even in winter. "It's a simple trick, but fresh flowers are great during an open home as they look and smell fantastic. Just make sure you're sticking with your overall theme. Use flowers, plants or succulents that add to the winter, warming vibe you're creating in the home."

Call in the experts - If you're selling during Winter and the thought of styling for your open for inspection overwhelms you, the experts are there to help.

"We can recommend a stylist who will be able to bring the features of your property to life. You can either leave them to their own devices to create what they think will work for the space or work closely with them to ensure you have a hand in the final look and feel. Prices for styling range, so it's best to get our recommendations first," Carolyn adds.

Belle Property | 0407 120 483
carolyn.wheatley@belleproperty.com



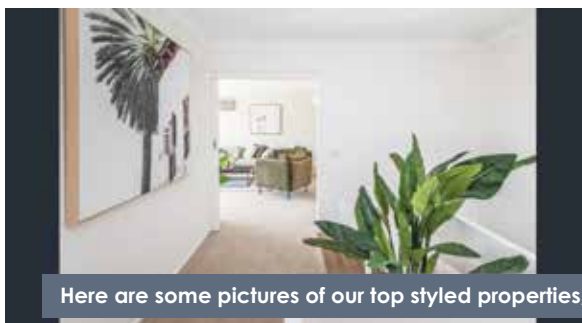
A POWERFUL FIRST IMPRESSION IS THE KEY TO A SUCCESSFUL PROPERTY SALE!

By Sue Gartlacher

When styling a home for pre-sale, there's a few critical factors to take into account, as it's so much more than scatter cushions and aromatherapy candles. Here's a few tips to consider.

The colour palette of the home is paramount. When we select furniture and soft furnishings for properties, we want to work with neutral soft colours, as this emphasises the size of the rooms and can make rooms look bigger. We always recommend a fresh coat of paint prior to your home being styled, preferably in neutral tones.

When styling to sell we take into account the age and aspect of your property. We like to work with the natural surroundings of the home and make these features stand out. For example, the use of natural timbers and



Here are some pictures of our top styled properties, which all Sold for suburb records.



olive greens when styling in the Hills and Northern districts. Styling to appeal to the prevailing demographics of the area are all important factors to consider when styling a home for sale.

Lighting is a huge factor. It's often overlooked, but like good artwork, lighting and or floor lamps can transform a space into something special, often adding natural character with very little financial outlay.

We often hear owners say they don't want to style the spare bedroom, as it's small. We disagree, as styling even a small bedroom can add extra

dollars to the sale price. Bedrooms look bigger styled even when they're small.

Statistics constantly show that buyers spend longer in open homes when they've been styled. Buyers need to see themselves in the space we have created, as a warm and inviting area they can see themselves living in.

Floorboards are great and most buyers love them, but softening with beautiful floor rugs can transform a room from dreary to fabulous. Again, a huge impact for a very small outlay.

On trend at the moment are natural timbers, mustards, and olive greens, and beautiful bedrooms that look warm and inviting.



Before



After



We understand that selling a home is an important decision and we aim to make the process as simple and stress free as possible, in order to help you achieve the best possible result.

Book a free consultation with one of our senior stylist who will determine how your home can be best presented

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CALL TODAY TO BOOK AN APPOINTMENT

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

HALLS RD



How do you capture the essence of your street in words?

As I was writing this piece, I realised it is so much more than a physical description. For me, it is a combination of nostalgia, natural beauty and people who have made me love my street.

Halls Rd bears the name of George Hall who was granted 600 acres by Governor Lachlan Macquarie in 1819. It was the Western boundary of that original land grant. Like most of the area, our street was originally used for timber getting, then citrus and stone fruit. Now it is mainly "lifestyle" acreage and what a lifestyle that has given my family!

When my husband and I stumbled upon Halls Rd in Arcadia over 25 years ago, we were drawn to its feeling of peace and safety. It felt like finding the final piece of a jigsaw. We were looking for a place with some land to raise children and animals so our grassy block with an old house seemed perfect.

Halls Rd is still a very quiet, narrow, tree-lined road with a steep, winding bend through the middle which our family refers to as "the cutting." Our street has something for everyone. There are bush blocks with mountain views and beautiful horse properties with arable acreage.

However, the memories of my children growing up, the things we loved to do and beautiful neighbours have made Halls Rd special to us.

From the time my children were born we would walk down the road to Knox's egg farm at the Wylds Rd end. First with prams, then with bikes and dogs, it became a weekly ritual to get the freshest and cheapest eggs around. We would often pick up a jar of Edna's delicious preserves as well. We really missed that ritual when Knox retired a few years ago.

Then there were the animal encounters!

The six tame chickens that would cross the road every day to fossic in our garden and let my toddler pat them.

A stray cow that my city mother tried to shoo away from our back verandah with a broom!

The echidna in our hedge.

Various reptiles in the cutting – both venomous and benign.

An assortment of beautiful waterbirds on our dam, including two pelicans who stopped by many years ago.

The lorikeets that make sure we never get an apple from our tree.



The brushtail who lived in the roller door of our old garage.

The kookaburra who caught his neck in our picket gate – more than once – successfully rescued.

A dozen duckings trapped in our pool and us building a ramp before school to help them get out.

Our family has been very lucky to live on Halls Rd for so long. Our son now lives interstate but on his regular visits home, he never fails to comment on how easy it is to take our street for granted – until you move away!

Contributed by Y.S Arcadia

My Street – On the street where I live.

By Kerron May

I have lived in Carrs Road for over 20 years. Carrs Road forms the northern boundary of Fagan Park, however, not much is known about it. Originally it was a dead end ending two thirds of the way down where the present gate entrance to Fagan Park is located. It then petered out into a rough track leading to Bayfield Road. As a dirt track it was finally connected to Bayfield Road in the early 1970's and eventually top sealed in the 1980's.

Travelling down Carrs Road towards Bayfield Road, Fagan Park is on the right hand side incorporating the Still Creek flora/fauna precinct and Berowra Creek catchment. It was an integral part of the Sam and Emma Fagan holding from 1900 until the last members of the Fagan family, Bruce and his sister Ida, graciously donated to Hornsby Council for the 'benefit of the people' in 1980. It was opened as a dedicated public park in 1988. The Fagans were very generous and caring people to make such a great and philanthropic donation to the amenity of the area.

The cultivated sides of Carrs Road were dedicated to peach growing and mixed citrus orchards and there are those of us who still remember the scatter 'canons' being fired at night during the fruit season to deter the possums and fruit bats from eating the fruit. Needless to say these canons did not work and only succeeded in keeping everyone awake at night!

Carrs Road intersects with Arcadia Road and again this area was also the site of small market garden holdings, notably strawberries and vegetables, and other small agricultural ventures such as horse and goat studs.

A couple of interesting fun facts about Carrs Road: the full moon in August shines straight down the road, illuminating it from end to end, turning it into a ribbon of silver in the predawn hours.

Second interesting fact: there are no street lights!

Third fun fact: It is dead straight!





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UPBEATS

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

Please send contributions to editorial@galstoncommunity.com.au

Taking time to chat

My husband and I decided to have lunch at Swane's Nursery Cafe a few weeks ago, when you could still sit and eat out.

When the food arrived my husband had a phone call, a tradesman needed him to come home immediately, so he left.

After eating alone I noticed an elderly man sitting on his own and wondered if he would like some company - he said yes.

It took an hour for my husband to return so the gentleman told me all about his life.

He had lost his wife 8 months ago, was 91 and still driving, used to have a pilot's license and was an active trumpet player in a band.

He said I was the first person in 8 months to talk to him! There is quite a lot I could write but may I encourage readers to look out for the elderly, especially if they seem to be on their own, may make their day or week.

Contributed by *Carol Adriaansen*

Looking for some books?

Cafe Sasanqua have created a little book lovers nook. Sit a while or swap and go. Pop into Grab a coffee or lunch whilst you browse.

All books cleaned and COVID safe.



Heartfelt Memories

Recently I had the most lovely and heart warming comment that reminded me exactly why I love what I do and that genuine relationships and kindness really are valued. A small group of friends sadly lost one of their group this week. He so loved to visit and dine with us that following the funeral they came in for lunch. They let me know that it meant so much to him that his friend even mentioned us in the eulogy. My heart melted.

Our deepest sympathies are with you all for your loss. We know you have beautiful fond memories to keep close xxx

Sonja, Cafe Sasanqua



Waratah



*Spring is revealing
itself with wild
flowers starting to
bloom.*

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'Sharing On' is Better Than Wasting

In June 2018, I wrote a story for the Community News titled 'Freely Given'. It was inspired by having seen near a home in Galston a bucket of flowers with a sign, 'Free Flowers. Happy Mothers Day'. Recently, I've noticed other free offerings on our roadsides. They've included chokos, lemons, Agapanthus plants, firewood and a box of Rosemary pieces and bright pink Pelargonium cuttings. It delights me when people do this! I myself have, at times, put out free potted plants on the roadside and someone always takes them.



Thinking on this topic, we all should see that it's good to 'Share On' our excess, or abundance to others and not just waste it. It is great that many give their no longer wanted, good, second-hand clothes to the Salvation Army, St Vinnies, the Op Shop, Clothing Bins or books to the Rotary Book Fair, but really more should consider the excess fruit that there is at this time of year. I've recently seen 2 lemon trees with fallen fruit all around them. It saddened and even annoyed me to see waste like this. Now is the time for lemons, mandarins, grapefruit and oranges and many people locally have these trees in their gardens. In past winters, (when we had meetings) our garden club members brought their spare fruit for our Club Trading Table and we often had an abundance to share on, which was great!

Really, when we take the time to think further, there's always more we can do to 'Do the right thing', 'Not be a tosser' and 'Clean up Australia'. Following through on ideas like these declutter our homes and gardens and 'Reduces, Reuses and Recycles' wisely, and it also shows we care for others in our community.

Contributed by *Christine Stockman*

Waiting for Bliss



Recently I was sent this image of birds sheltering from the wind outside Bliss Hair and Beauty in Galston. I asked the group of followers to give me a suitable caption to use. The contributions are too good not to share. I wonder what you, the readers could come up with???

'Queuing on a rainy day for a blow dry'. What the flock are we doing here?' 'It's so long since I had my colours done With all this Covid 19 around! "Birds of a feather colour together' 'Out of the wind and rain is Bliss' 'What time is your appointment!' This social distancing is for the birds' 'Its freezing out here!

Let us in!' 'Just going to hang around see if I can get an appointment' 'Buddies are Bliss!' 'No fly away hair here it's Bliss sweetheart'

Nina Zumba 10 years anniversary



Nina loves a party and delights in designing themed events. Our Galston Zumba group have relished these occasions as they are always packed with sparkle and fun. This month, 10 years ago, Nina was officially registered as a Zumba instructor. This milestone was the best excuse yet to recognise her longevity as an instructor. Given the current conditions, all plans are on hold, but Nina's indomitable spirit is not defeated, it just means she has a little longer to plan.

Our class is thrilled to be back in the Community Hall at Galston, and in some respects, each class is a party; music, dance, high spirits and sharing with others. On behalf of all our class members, I would like to thank Nina for bringing light, joy, movement, dance and her high energetic enthusiasm into our lives. Soon enough, all your fans will gather together to recognise the gift of who you are and what you bring to our lives.....now that will be something to look forward to.



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THE ORIGINS OF OUR *Suburbs' Names*

ARCADIA – means a pastoral retreat.

The grant to George Hall of 600 acres, on Marramarra Ridge, was given the name 'Arcadia', from the mythology of a rural utopia, in Greek legend. At the head of Calabash Creek, Arcadia was a pastoral area of farmlets and orchards. Arcadia was also known as Galston Heights in 1886, and another local theory suggests that the current name was adopted in 1894 when the public school opened. The name was suggested by G. Shearston, a retired Royal Navy Officer and resident. Shearston had visited Arcadia in Greece and he was reminded of Greece in the local area countryside. The name derives from a mountainous region in the Peloponnese which the ancient Greeks associated with the ideal rural life.



on Peat's Ferry Road took its name from that. The road from the railway station to Berowra Waters was completed in 1902, which was when Jack Smith began to operate a ferry. Before that Berowra was only known as Dusthole Bay. Berowra is believed to be derived from 'Perrara' to which the earliest known reference occurs in the Sydney Gazette. "Last week 8 very fine pheasants were shot at Perrara ... south branch of the River Hawkesbury ... by one of our most experienced foresters." The pheasants were in fact lyrebirds.

BERRILEE – The Aborigines here used to refer to the sows and pigs of the white settlers as 'birra birra', and from this the name of the settlement, Berrilee, grew. In the early 1900s Berrilee was known as Calabash, which means a gourd, or the dried, hollow shell of the calabash (tree), used as a vessel.

DURAL – Dural was thought to come from "dooral" meaning a hollow tree on fire at the bottom, with "dooral dooral"

being plural for many hollow trees on fire. Aborigines used to smoke possums out of trees by lighting a fire at the bottom. Surveyor James Meehan used the name Doorall Doorall for the area when surveying the Great North Road in 1817 (now Old Northern Road). However, Reverend Clarke's 1840 diary entry showing Doorall gulley, and an 1805 reference to the valley of Dorell at the Northern Rocks have indicated that "dooral" may have two meanings, or a broader meaning of valley or gully with many trees on fire.

FIDDELTOWN – In the 1890s William Small and Horace and Fred Henstock were granted land in the area subject to the residence clause, that is, they had to spend at least one night per week on the property. To liven up their evenings they learnt to play the fiddle and played at local dances in the Galston area, and hence the name.

BEROWRA – said to be Aboriginal for 'place of many winds'. The parish was originally named Berowra, and the town established

GALSTON – name taken from Galston Creek which joins Berowra Creek at Galston Gorge.

RESULTS SPEAK VOLUMES, CLIENT TESTIMONIALS SPEAK LOUDER.

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– Catrina & David, Halls Road Arcadia



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The name Galston was suggested by Alexander Hutchison who came from a village of that name in Scotland. The name was officially adopted in 1887. A track through the gorge had existed since the opening of the railway line in the 1880s but it was very steep and difficult to negotiate. The road through Galston Gorge was constructed between 1891-1893 using men left unemployed as a result of the 1890s depression. Surveyor Ebsworth surveyed the route and put in seven hairpin bends on the steep eastern side of the gorge. The two wooden McDonald Truss bridges were built from materials that had been man-handled down the cliffs with ropes and pulleys.



GLENORIE

- Glenorie was originally known as North Dural. The first land grants were made in the



1820s. In April 1894 local residents offered the Colony's Postmaster General two names: Hazeldene and Glenorie. The name Glenorie was accepted because it had the support of the local progress association. Glenorie was named after a town in Scotland.

MIDDLE DURAL - This suburb is located between Dural, Kenthurst (previously Little Dural) and Glenorie (previously Upper Dural). In 1819 Thomas Best was the first person to settle in the area and from 1828 until 1836 he operated an inn on Old Northern Road for travellers on their way to and from Wisemans Ferry.



MAROOKA - According to Ruby Ramm, in her recollections 'Life at Lansdale', it is an Aboriginal name meaning 'much water'. It was first mentioned in 1827. There are a multitude of springs in the area, the largest of which was estimated in 1970 to make 90 million gallons of clear water each year.

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18KM (2.5HOURS) INTERMEDIATE/EXPERT GROSE HEAD SOUTH LOOKOUT, SPRINGWOOD RIDGE

By Susanna Mills



This month's mountain bicycle ride includes a pleasant, scenic one hour drive from Galston or Glenorie to the Blue Mountains foothills. We drive via Cattai Road and take the A9 out of Windsor to Bligh Park and then 'The Driftway' straight through to Castlereagh Road, deftly avoiding all Richmond traffic woes! We then follow the Nepean River along Springwood Road, navigating the switchbacks up Hawkesbury Heights (the steep hills fringing Yellomundee Regional Park). At the top, we stop to stretch our legs at the fabulous Hawkesbury look out, where one can see western Sydney laid out like patchwork with the high rise clusters of Sydney CBD on the distant horizon.

Park and ride from the Winmalee Village Mall, turning left into

White Cross Road to find the Blue Gum Swamp Track gate. About 150 metres past the gate you have several route choices:

1. **Shaw's Ridge Trail> UP Bees Nest Hill>Lookout (7km)**
2. **Blue Gum Swamp Track> UP Bee's Nest Hill>Lookout (5km)**
3. **Springwood Ridge Trail> Lookout> DOWN Bees Nest Hill (12km)**

Ruth and I feel like option three, (aka doing Bees Nest as a downhill !) so we bear right and bounce down the twisty Blue Gum Swamp track. Keep your speed under firm control, as this track is shared with many walkers. Just before crossing the creek we turn left- away from 'the crowds' and onto the quiet Springwood Ridge Trail. Initially, it can be annoyingly overgrown

and muddy. Persevere and look out for the little access track to the blessed Catholic 'Grotto' nestled amongst the ferns along the rock faces to your right.

Continue along Springwood track. Thick swamp vegetation soon thins out as the track ascends suddenly and steeply up onto the ridgeline. You'll have to dismount and push your bike all the way up, but it isn't very far. At the top you'll see sneaky singletracks off to the left, which are community built and unsanctioned but wow, are they awesome to ride! Keep this little network in mind for another visit as it connects Springwood Ridge trail back to Hawkesbury Road.

Ruth and I continue right, straight along the firetrail, skirting the boundary of St. Columba's Catholic College until we reach the signposted, official gate of Springwood Ridge Trail proper. From here, it is 7.5km of sheer Blue Mountains bliss, as the firetrail rocks and rolls along Springwood Ridge, without demanding too much of your power to weight ratio or technical skills. It's lovely, pure riding- the opening act to the main gig!

6.5km from St. Columba, Bees Nest trail merges in from the right. (Take careful note of this intersection because it is your only way back down to Blue

Gum swamp and coffee!) Ride on for another 1km to marvel at the main act of this ride: the mind blowing Grose Head South Lookout. The rock sheets fall dramatically down to the confluence of Springwood Creek with the rushing waters of the Grose River far below. The curved mountain amphitheatre embracing you, points toward Bowen Mountain, Kurrajong and Womerah Ranges in the blue distance.

Our return ride begins with the fast, steep descent down Bees Nest- a sanitized kitty litter, carelessly bulldozed dirt 'highway.' Consequently, the steep, switchback sections are loose and badly eroded, so descend at a speed pursuant to your level of cycling ability. We regroup at Blue Gum Swamp track junction and turn right. The 3km ride back is flat and fabulous- far from being a swamp, this track is a verdant, botanical profusion of flowers, ferns and birds. Ruth and I simply have to stop to admire an entire 'field' of scarlet Warratahs ! We're doing a recreational activity with the word 'mountain' in it, so when we pass the Springwood/Grotto track, we both find ourselves alternating between walking and riding up the fairly stiff little 1km climb to get back to White Cross Road... and that steaming coffee!

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BUSHWALKING

By Lachlan Turner

Bushwalking means different things to different people. Some are quite dedicated to the challenge of a long and varied walk, whilst others may engage in just a short walk on a regular basis. Others may only enter bushland reserves on a casual basis.

Nevertheless, all who spend time in the bush express similar feelings about having been there. There is a personal sense of freedom and relaxation as each individual enjoys an ever changing environmental scene. Not all tracks are smoothly graded and easily traversed. Therefore bushwalking is not without unexpected challenges

such as steep climbs, rocky terrain, wet areas such as creek crossings and clambering over logs.

Adequate clothing and footwear are essential. Due to the high level of effort that can be required it is a good idea to take a supply of water and maybe a snack bar or two. A light back pack is most useful in which to carry personal items securely. Some bushwalkers also take a small first aid kit.

Looking at this week's photos will give you an idea of how experienced bushwalkers prepare for their excursion into the natural world. Most are wearing a hat; some wear



sunglasses; several have equipped themselves with a walking pole; all have substantial footwear for the occasion. Temperatures in bushland environments can be variable, so it is advisable to dress appropriately.

Take your time, looking at everything around and above

you. Also look upwards - look to your left - look to your right - even look downwards. You may be pleasantly surprised, even amazed, at what you may see around you.

**Leave nothing but
footprints -
take nothing but photos**

LOCAL BUSHWALKS

location: Berrilee | length: 8km | time: 2 hours | rating of ease: 2 out of 5 (1 being easy)

By Maryanne Wilford, Glenorie



Since Covid and during lockdown, my husband and I, along with some close friends have been regularly doing walks early on a Sunday morning.

Always making sure the Saturday night before we had been mindful that over eating and drinking would not be advised, due to our newfound exercise regime.

We have done some beautiful and sometimes strenuous walks, but last week goes down as my all-time favourite.

The hike begins at the end of McCallum Road Berrilee. The start is a fire trail locked

by gates. A wide track with beautiful glimpses of the valley and houses in the distance.

The walk is a pleasant one and, because we started early, there was dew on the leaves and cobwebs that were lit up by the morning sun.

The trail is mainly flat with a few undulations. There are two steep but very short sections, one with the ruins of a dumped car from before the gates went in, as the car looks very old.

2.5 km in the views open up and you can see across the valley. Continuing on, you see the water of Berowra creek through

the trees. As you reach along the end of the track some 3.8 km you will come across some large sandstone ruins. One is a small outhouse and the other is the Fretus Hotel.

The hotel is named after John Fretus, and was built around the 1900s. It stands high on the hill overlooking Calabash Bay.

The story goes that the hotel was abandoned in the 1920s after a planned link across the river from Berowra was

changed. A gamble that did not pay off.

As you stand in the ruins and look out over Calabash Bay you would be excused for thinking that you were the only one here. But as you walk to the edge and look down you will see the homes of the small community of Berowra Creek and Calabash Point.

I couldn't help but think how lucky they all are to live in such a slice of heaven.

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DISCOUNT ON SENIOR PETS FOR SENIORS IN HORNSBY

By Matt Kean

NSW Seniors looking for a canine companion or feline friend can take advantage of a 50 per cent discount on adoption fees for senior pets at RSPCA NSW shelters.

Member for Hornsby Matt Kean MP said the offer is open to NSW Seniors Card and Senior Savers Card holders in Hornsby.

"We know there are so many Seniors in our community who would benefit from the company of a devoted dog or a cuddly cat," Mr Kean said.

"This new partnership with RSPCA NSW is a great deal for Seniors as well as providing a loving home for an older animal."

Seniors who take up this offer will also receive a 10 per cent discount on veterinary treatment at RSPCA NSW hospitals.

Acting Minister for Seniors Geoff Lee said free delivery of the new pet can be arranged for seniors living within 45 minutes of an RSPCA shelter.

"This is the perfect partnership between pets and people," Mr Lee said.

"Our furry friends improve health and wellbeing by reducing the feelings of social isolation and loneliness often experienced by Seniors,"

A senior pet is classified as eight years or older.

If a Senior is no longer able to look after their pet, the animal can be returned to the RSPCA NSW or re-fostered under the free Home Ever After (HEA) program.

The RSPCA 50% discount is one of many new offers released to NSW Seniors Card and Senior Savers Card holders in July.

Savings can also be made at Pets Palace with 12.5% off all items, 10% off short courses at Sydney University, a \$40 seniors fresh vegetable and poultry box from Hillview farms with free delivery and discounts of up to 35% off lenses at Vision Direct.

For a full list of all the new discounts in Hornsby go to: www.seniorscard.nsw.gov.au/



TELECOMMUNICATIONS UPDATE

By Julian Leeser



I've been campaigning for better telecommunications for our electorate since I was elected.

But in May this year, frustrated by the lack of action, I upped the campaign and asked you to tell me your stories and your issues so I could take them to Telstra and the other telecommunications companies.

I heard extraordinary stories from our community like a woman in Glenhaven who

couldn't call an ambulance when she was having a stroke or a neurosurgeon in Dural who was on call who couldn't receive a call to tell him that he needed to go see patients.

These are the sorts of issues that the people in the Berowra electorate live with every day.

Since that time I have had three meetings with Telstra's CEO Andy Penn and I'm pleased to report that we've got action.

Firstly, Telstra has agreed to improve their infrastructure so in areas that were badly affected by those February storms and went for months without telecommunications, Telstra is promising to improve the infrastructure.

Secondly, Telstra has promised to build two towers in our community that will cover Dural, Middle Dural and Glenhaven.

Thirdly, I've extracted a promise from Andy Penn to come to our electorate so that he can see first-hand that despite the fact that Telstra's coverage maps say that we have coverage in certain areas, the truth for

some communities is that that coverage actually doesn't exist.

I've also made a submission to the mobile black spot discussion paper to ensure that we have the right in our community, which is bush fire affected and an outer metropolitan area of Sydney, to access more mobile towers as part of the black spot campaign. Previously, most of those black spot opportunities have gone to rural and regional Australia.

Telecommunications should be like electricity and water; it is absurd that people living 40 minutes from the Sydney CBD can't get mobile coverage.

I'm now receiving regular updates from Telstra and from the other telecommunications companies. So if you have an issue, always feel free to reach out to me.

I'll continue to fight until we've got the telecommunications in our community that we deserve.

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 julianleeser.com.au [julianleesermp](https://www.facebook.com/julianleesermp)

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



RURAL ROUND UP

By Councilor Warren Waddell

The COVID-19 restrictions delayed a number of scheduled Council briefings. I'm pleased to announce that many of these important presentations are back on track.

The Rural Lands Review is in its final weeks of preparation for public exhibition. Planning control updates, lot size review, expanded land use and village enhancement are just some of the issues expected to be included in the recommendations.

In addition, councillors have heard back from consultants responsible for economic development and tourism initiatives. This work is currently being processed and recommendations will also be made shortly.

We are still waiting on our Employment Lands Review, Playground Strategy and a range of environmental recommendations to be brought before us. We are getting there slowly.

In the meantime Council has launched Hornsby Localised, a free initiative designed

to promote business-to-business networking during this challenging economic environment. If you own a local business, make sure you sign up today at hornsby.localised.com.au.

In addition to the new roof on the Galston Reserve picnic shed, I am also pleased to highlight plans to install outdoor exercise equipment around the park to create an exercise circuit. This project is generously sponsored by The Rotary Club of Galston and Bendigo Bank.

The Wal Buckingham Park upgrade in Glenorie remains on track as it enters the design phase. The initial focus is on the Ray Whiteman Memorial Fence. This project has attracted broad community support as a fitting memorial to Ray's contribution to the community.

We have a long way to go, but if we continue to support each other and to support our local businesses and organisations



we will gradually come out stronger as a community.

As always, I'm happy to be contacted in regards to any issues. Please phone me on **0499 004 861** or email WWaddell@hornsby.nsw.gov.au

HELPING SMALL BUSINESS LOWER POWER BILLS

By Julian Leeser

From 6 July, small businesses across Australia can apply for a share in \$9 million of grants under the Government's Energy Efficient Communities Program.

Up to \$20,000 will be available to small businesses with an annual turnover of less than \$10 million to upgrade equipment to reduce energy consumption, invest in monitoring systems to better manage energy use and conduct energy audits

to investigate other opportunities for efficiency.

Minister for Energy and Emissions Reduction Angus Taylor said the grants will help small businesses reduce their power bills, which will ease financial pressure during these tough economic times.

"As small businesses come out of COVID-19 hibernation, we want to help them lower their power bills so they can spend money

on more important aspects of their business, or expand and employ more people," Minister Taylor said.

Julian Leeser, Federal Member for Berowra said small businesses are key to getting the economy back on track as Australia responds to the impact of COVID-19.

"Small businesses across Berowra are the lifeblood of our community and the backbone of the Australian economy. Providing support to save money on energy costs help build the resilience of these businesses," Mr Leeser said.

To ensure an equitable distribution of funding across Australia, up to three grants per electorate will be awarded to eligible small businesses.

Small business owners who wish to apply for a grant can access the guidelines and application forms at business.gov.au, or by telephone on **13 28 46**.

The Government is also offering free advice to help small businesses and their representatives get better energy deals and increase their energy efficiency through the Business Energy Advice Program (BEAP).

Further information on BEAP and the Energy Efficient Communities Program is available at energy.gov.au.



DURAL AND DISTRICT HISTORICAL SOCIETY INC.

NEWS FROM HISTORY COTTAGE

This is the time of the year to drive through "Our Gorge". The clearer than normal air of a Winter morning and the mist filled gullies, make it a uplifting start to the day. The water fall and the MacDonald bridge are familiar to all but what of the other items we miss because the traffic makes it almost impossible to stop. These are the record of our local history.

There is no time to inspect the seven water troughs that provided water for the horses, the two sets of graffiti recording the military and picnic groups, the aboriginal ochre quarry, the coach lay-bye and the access to the stone cottage on the Galston side. This last mentioned item is connected to a controversial Sydney identity who was probably the basis for Hurtle Duffield, the leading character in Patrick White's book, "The Vivisector".

George Adolphus Thomas, born in 1864, acquired 106 acres of land in Galston Gulley in 1890 and built a stone cottage as a retreat from where he lived in North Sydney. He was a noted watercolour artist, painting scenes of Sydney and surrounds and held exhibitions of his works. He was traditional in style and

taught at North Sydney Technical College. He was a fierce critic of the Impressionists; writing many florid letters to the newspapers expressing his disgust at what was being exhibited by them.

As a highly respected authority on Ancient Egypt and the Coptics, having studied in London and Paris, he assembled a dictionary of hieroglyphics and grammar and the four volumes are in the NSW State library. In 1928 he became the honorary archaeologist of the Australian Museum. He was a founding member of the Theosophy Society in Australia.

As a frequent ferry traveller between North Sydney and the City he became aware that not enough life jackets were carried and he campaigned for safer Harbour travel. That section of the Harbour was extremely dangerous because it crossed the busy shipping lanes. His letters pressing for a Harbour bridge were 20 years before time.

The cottage was damaged in a fire in 1910 and a later fire removed much of the rebuilt structure. In 1940 the land was sold. The fence opening was closed to prevent access but the track can still be seen if you are quick.



TECHNOLOGY

THERE'S AN APP FOR THAT... LET'S GO CASHLESS

More than ever the option to pay for purchases without using cash has become important in our lives. COVID has meant that the less amount of touching of money the happier for everyone. This is where Apple Pay and Google Pay come into their own. Yes, you can pull out the credit card from your wallet but if you have your phone handy or even your Apple Watch, the process of paying becomes a lot quicker.



With facial and fingerprint recognition there is absolutely no need to type in passwords (NB: depends on the limits set by the retailers) so making the whole transaction possibly safer and maybe healthier.

As a regular ocean swimmer, I find that I can go to the beach, record my swim and pay for my coffee without needing to have my wallet in my bag. This has to be the safer option. It is also great that my licence is also recorded on my App through Services NSW.

Up until now not all Australian banks have been accepting of the payment systems offered by Apple and Google. Over time

this has changed and now most of the major Australian banks accept these payment systems.

If you go to Apple Wallet and Google Pay the instructions are fairly straight forward and it only takes a short time to set up your credit cards on your phone.

More and more using our electronic devices is becoming the norm and so is definitely worth while investigating.

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

GLOBAL LOCALS IN GALSTON CONCERTS

By Robert Harris

The Galston Concerts in Galston Uniting Church continue to find musical gold in the Hills and Hornsby districts. While live face-to-face events are postponed the concerts team are sending virtual concerts to their socially distanced audience.

Robert Harris and Dorit Herskovits, globe-trotting musos and co-founders of the concerts, themselves Galston-resident, are discovering many musical talents who call northwest Sydney home.

"Our first on-line I. T. High Tea video featured clarinetist Deborah de Graaff, who lives in Berowra, with pianist Tonya Lemoh, who lives in Normanhurst. Their international studies and professional successes were reflected in their program of music from Germany, Sweden, Spain and Argentina."

"Our next on-line High Tea will showcase solo pianist Samuel Dharma,

who directs his piano studio in Cherrybrook."

"Sam's overseas successes, which have had a USA focus, are also reflected in his program of music from Vienna, Paris and Indonesia."

"And let's not forget that our Young Musician for 2020-21, Jack Theakston, who lives with his family in Kenthurst, certainly has a potential for global musical travels. Jack will return in more cello, organ and piano videos later this year."

The Galston audience receive monthly Newsletters with links to other on-line performances plus music news, including a decision in late August whether the next live concert in the series can proceed as advertised on 20 September.

Any wanting to join the concerts database should contact Robert and Dorit on 0428 248 348.



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PLAY NETBALL AND FUTSAL AT THE CENTRE

Sport is back at The Centre and everyone is hard at work ramping up for the Netball and Futsal Summer Competitions, kicking off in September (Register online now).

Futsal is a fast paced, dynamic 5-a-side version of football (soccer) for both male and female players of all ages. Playing Futsal helps develop technical ball skills, speed and agility. With smaller court size and fewer players than outdoor football, all players are constantly involved, defence transforms to attack in a split second so there is never a dull moment!

Outdoor players love to come and play at The Centre during the summer off-season to build technical skills and maintain fitness till the winter season starts again. The Centre is planning to accept late registrations throughout the month of October as outdoor winter comps are running later due to COVID-19, but if you want to join late contact the Centre now and secure a spot!

Netball at The Centre is 7-a-side with outdoor rules on full-size netball courts, so you can play "outdoor" netball, indoors, all year round!

A different format of two 20 minute halves aims to jointly maximise a longer game time with optimum court usage.

Wednesday mornings at The Centre are popular with mums and kids. The all age Netball competitions are a great opportunity for fitness and socialising while kids are taken care of in the free creche.

The café is also testing out a new menu on Wednesdays, so you can grab a bite to eat after your game and enjoy the newly refurbished indoor space and outdoor terrace with beautiful bush views.

More than ever there is a variety of activities for kids at The Centre with the new Action Kidz program, a multi-sports movement program for 2-4 year olds and Future Starz, Futsal and Netball clinics for 5-10 year olds starting up this term.

We look forward to welcoming you at the Centre!

P 8989 0030
1 Pellitt Lane, Dural NSW 2158
www.thecentredural.org.au
sports@thecentredural.org.au



THE BOWLERS ARE BACK IN TOWN!

Since being allowed to resume bowls, Dural Country Club women bowlers have really enjoyed three weeks of fun and friendship, with pleasing attendances after so long in isolation. All are being very careful about distancing and cleaning. The bowls have never looked so good! Entries for the Pairs Championship have now

closed, the draw has been done and Round 1 will be played on Tuesday 21st July. The Men's and Women's Clubs are heading towards unification/ amalgamation in the near future. Watch this space! If you'd like to join our happy crowd call 0421 315 074 or 0411 375 580 for free bowling lessons. New players are always most welcome!



PLAY FUTSAL & NETBALL



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DOORAL EARLY LEARNING CENTRE



Camp Out for the Pyjama Foundation

On Friday 17th July 2020, the educators and children at Dooror Early Learning Centre wore pyjamas to help raise vital funds for the Pyjama Foundation.

This foundation helps to support some of Australia's most disadvantaged children, by providing each foster child with a 'Pyjama Angel'.

With our 'Camp Out' in the backyard, we roasted marshmallow, hotdogs, corn and sweet potato.

The big Dooror family successfully raised \$550 for the Pyjama Foundation!

We would like to say THANK YOU to all the families who have supported this experience in many different ways. Thanks also go to all our lovely, creative,

passionate and responsible educators.

Making 'Risk' Safe

Camping helps children to develop a sense of adventure. Camping gives children the freedom to explore, boosting creativity and brings children closer to nature. It has been so lovely to see Dooror children discuss, explore, and to have so much fun with camping out in our backyard.

While a fire pit is something you wouldn't normally expect to find in an early childhood centre, lots of new Australian researchers suggest that children should be exposed to different 'risks' within child care, including open flames, hammers and saws. This will result in children developing more confidence, safety awareness and better risk assessment skills.



Fire pit at pyjama party DELC

Dooror educators have been trying every effort to let the children experience the 'Risks' and ensure they are safe and well supervised in the meantime. We believe these experiences will help the children develop their own risk assessment skills as they engaged in risky play. The educators' 'Intentional teaching' not only involves

giving physical and verbal support to the children but also engages children in co-problem solving and higher-level involvement in making decisions themselves. We hope all these risk play experiences help the children to make their own safety judgments and develop competence when approaching risk.



Fundraiser at DELC



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PACIFIC HILLS CHRISTIAN SCHOOL

DANI RECEIVES NATIONAL AWARD FOR VOLUNTEERING

By Craig Hingston



To say that Pacific Hills Christian School student Dani Chivers likes cricket is a huge understatement. Since discovering the sport at the age of six, she has enthusiastically thrown herself into it and her years of dedication have been recognised at a national level.

Cricket Australia has named Dani the recipient of their prestigious Young Community Leader of the Year Award. This is on top of Cricket NSW presenting her with their Young Community Leader of the Year Award.

Such is her love for cricket that Dani has ventured from batting and bowling to captaining sides to coaching. She likes to bowl. Fast. Her personal best is five wickets for 18 runs against a boy's rep team. Her best 'knock with the bat' is 31 not out.

At the age of 14, Dani was already captaining an U18 women's grade team in which she was the youngest player. From that age, she has also captained a rep side, and she has led teams at state carnivals in which she is the only female.

Dani progressed to rep cricket and is now playing in women's grade cricket. She is in second grade and is targeting a spot in the first-grade competition. Dani trains twice a week with adult players from the WBBL and when you add up her playing and coaching activities she is using a bat or ball six days a week.

"I've never been bored with it, there is always something new to learn."

Dani's coaching career started when she was in Year 3 at Primary School. Her father was running clinics at a primary school during the holidays and Dani decided to help out with the Kindy kids. From then through to now she is busy during her holiday breaks coaching at five local schools. Three years ago, Milo Cricket needed a coach for their Saturday program and Dani's name was put forward. She was selected and added that to her list of weekly responsibilities. The Hornsby Kuringai District Cricket Association invited Dani to become a part of their coaching clinics team and they responded to her enthusiastic input by

presenting her with their Rookie Coach of the Year Award.

Friday nights, before youth group, are occupied with Blowfly Cricket. This is a program for children with special needs.

"I find it rewarding to see them having so much fun, and we're giving the carers a break."

"I fell in love with cricket from the start. I love the team spirit. You have to have a good relationship with your team mates every weekend. When you're involved in the game you have to be concentrating on every ball. You can't switch off, you're always changing something - moving a fielder, changing a bowler. My dream is to play for Australia."



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a purposeful learning culture and balanced Kindergarten curriculum, both inside and outside of the classroom.

Perceptual, language and literacy development builds a solid foundation of all perceptual developmental skills including visual and auditory perception and fine and gross motor skills. Key to all Kindergarten activities is the development of language as a vehicle for thought, memory, reasoning, expression and communication.

Mathematical understanding is developed through the appropriate use and demonstration of maths vocabulary and the exploration of concepts using mathematical apparatus.

Creative development with our specialist art teachers allows students to explore creative thought, sensory exploration and aesthetic sensitivity. Patterning introduces students to the basic concepts required to understand information technology coding processes while Lego programs using cogs, pulleys and levers help students discover the fundamental principles of simple and complex machines.

Physical development and sports programs focus on the development of fine and large muscles through control of movement and develop concepts of the body in space.

Music, taught by a specialist music teacher, includes opportunities for appreciation, memorisation, creativity, self-expression

and communication, as well as perceptual and physical development. Dramatic expression encourages self-confidence and enthusiasm for performance.

Co-curricular programs are aimed at enriching, supporting and developing students' holistic, emotional, social and physical growth. Northholm offers many co-curricular programs and clubs to encourage students to discover their skills and talents.

From Kindergarten to Year 12, our ethos allows students to grow as individuals and find their passions so they can become confident and compassionate students who go on to lead a well-rounded life, contributing to a thriving society as responsible citizens. 'The Northholm Way' is characterised by excellence in all academic, co-curricular, sport and service programs. Northholm Grammar is ready to welcome and get to know your child at the start of their learning journey.

GALSTON HIGH SCHOOL INDIA RECEIVES PRESTIGIOUS SCHOLARSHIP

By Luke Cosgrove

Each year, the Premier's Anzac Memorial Scholarship funds an international study tour for a group of Year 10-11 students to learn about the causes and effects of world conflicts and visit the battlefields where Anzacs have fought, to learn about and commemorate their service. The scholarship directly supports the NSW curriculum for students studying Modern History in their senior years.

For 2020, Year 10 student India Dalton of Galston High School has been awarded one of these highly sought-after scholarships. Writing to confirm India's receipt of the scholarship, Caroline Mackaness, Director Veterans Affairs, noted "both [India's] submission and interview

impressed us and demonstrated she will make an excellent scholar". Galston High school is one of only 20 schools in the state to have a student receive this unique and exciting scholarship.

Whilst the current COVID-19 pandemic has meant that the 2020 tour has had to be postponed, the NSW Office for Veterans Affairs (OVA), the body responsible for administering the scholarship, is now working towards the tour going ahead in 2021. This will be dependent upon health advice and the destination will depend on all international travel restrictions having been lifted.

Nonetheless, India's scholarship and the experience of a lifetime will be waiting for her!



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MEET HAROLD KUAN MEMBER OF THE BROMELIAD SOCIETY OF AUSTRALIA



Harold became interested in plants when he began collecting tropical indoor plants to spruce up his room.

During one of his online searches he came across a Tillandsia Ionantha and was immediately impressed that it

didn't require soil to thrive. So began his interest in bromeliads predominantly Tillandsias but also anything that is slightly unusual or spiky.

Currently he estimates Tillandsias make up 80% of his collection, but he also likes Billbergias, Dykias, Neoregelias, Aechmeas - really any bromeliad with colour, sculpture or unusual form.

These days he obtains new bromeliads from the Bromeliad Society of Australia shows and meetings, as well as bromeliad experts Chris Larson and Peter Tristram.

Harold has a pergola area to house his plants, 95% of which are undercover. He states they are easy to maintain this way as they don't get too wet and rot.

Once Harold joined BSA, 2 years ago, he found that his Tillandsias needed a stand for showing in the competitions and this pushed him to make the wire stands his entries are displayed on in Bromeliad competitions.

With no previous training in metal work, he just figured out how to make them as he went along. Harold obtains the mesh from Bunnings, which he cuts with bolt cutters and then bends. For wood mounts he finds branches and large pieces on walks around his neighbourhood but purchases cork from an orchid supplier.

Harold prefers to mount his Tillandsias individually by species or hybrid. After he joined the BSA, his mum Janet also became enthusiastic



about bromeliads, especially the artistic arrangements and his dad is a great support and sounding board.

Harold says he learnt a lot especially about growing and taking care of Tillandsias from BSA members, particularly Terry Davis.

For further information regarding the Bromeliad Society of Australia please contact Ian Hook, President on mobile 0408 202 269, email: ianhook1@bigpond.com



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GALSTON DISTRICT GARDEN CLUB

By Greta Wickham

Unfortunately our Club meetings are still suspended while the COVID19 restrictions on members being able to attend. The restriction being 'one person per four square metre rule for indoor gatherings'. Meanwhile our members are enjoying the rain and jobs in the garden, lots of pruning and dead heading. We love the Wattles, Camellias, Rhododendrons and colourful perennials flowering throughout the suburbs.

I picked up the NRMA Open Road Magazine and read an article from the Group CEO Rohan Lund which stated "We hear a lot of talk about the 'new normal' going forward. I hope a new normal means we keep spending time in our neighbourhoods, getting to know our neighbours and visiting local cafes and butchers".

I do not know about you, but I am itching to go get out and enjoy our local neighbourhood, staying safe, taking the thermos



and picnic lunch to explore those gardens that are not too far from our doorstep. Just to name a few gardens that you may have visited in the past, but gardens are forever changing and they will be well worth a second or third visit now or in early spring.

- Lex and Ruby Graham Gardens – Sydney's first 'guerrilla garden' started in 1959 by a couple living adjacent to what was steep, weed-infested wasteland. Walk along the foreshore path from east side Cremorne Point Reserve, Cremorne Point.
- Wendy Whiteley's Secret Garden – steep hillside 'guerrilla garden' created by cultural icon Wendy Whiteley OAM, on vacant railway land in Lavender Bay. Now preserved under a 30-year lease. Access through Clark Park off Lavender crescent, Lavender Bay.
- Lilian Fraser Gardens, Cnr. Bellamy and Laurence Streets Pennant Hills – a large, traditional woodland garden open every day from sunrise to sunset, free entry, contains many unusual plants.
- Lisgar Gardens, Lisgar Rd, Hornsby – 2.6 hectare traditional woodland garden cascading down a steep hill to lawn areas and fish ponds below, open M–F 8am–3.30pm, Sat and Sun 10am–4pm. Closed public holidays
- Fagan Park – 38/48 Arcadia Rd, Galston – 10 hectares of 'Gardens of Many Nations', including Japanese, Dutch, Chinese and Mediterranean gardens, plus the Eco Garden. Open 7am–5.30 every day except Christmas Day.
- Swain Garden 77 Stanhope Rd Killara – 3.4 hectares of rambling traditional English gardens and natural bush. Sunrise to sunset every day, free entry.
- Ku-ring-gai Wildflower Garden, 410 Mona Vale Rd, St Ives – native gardens and natural bush. 8am–5pm every day except Christmas and Easter public holidays.
- Stony Range Regional Botanic Garden, 810 Pittwater Rd, Dee Why – an oasis of 3.3 hectares of Australian native plants located at Dee Why in the heart of the northern beaches. It is famous for its spring floral displays and is the perfect place for a walk or picnic.



Every year it hosts a Spring Festival. Open every day 8am – 5pm

- A little further afield is Mt Penang Gardens at Kariong – a modern-design Australian native plant garden covering 8 hectares and featuring 12 separate garden rooms, a large collection of sandstone sculptures, water cascades and an aquatic garden with an adjacent café. Open 9.30 to 4.30 each day (except major public holidays) Free entry.

When our meeting do resume, we are taking it month by month, visitors and new members are welcome. We usually meet on the second Wednesday of the month at 7.00 pm at the Galston Community Centre, 37 Arcadia Rd, Galston.

For further information, visit our website: www.galstongardenclub.com.au. Email: galstongardenclub@gmail.com

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GALSTON UNITING CHURCH BEING CHURCH DURING COVID-19



Even though we still can't meet together in church, the life of the church continues in other ways. For example ...

SUNDAY'S KIDS

Sunday's Kids is a group for Primary and early High School aged children who would normally meet each Sunday during the morning Church Service. However, this has not been possible since March

when worship services ceased. Nevertheless, our kids have not been forgotten, thanks to the tireless efforts of their regular teacher and mentor, Mrs. Katherine Willems. Each week Kath has faithfully prepared and emailed a Sunday's Kids lesson for the children to do at home to make sure they can keep learning about God.

The lessons are interactive and fun for the broad range of ages

in the Sunday's Kids group. Each week the same themes and stories are focused on as in the regular 10:00 am Worship Service, but the activities are designed especially for the children. As well as reading the Bible, every week all the activities combine to tell the story with links to animations, interactive information, prayers, and some great music videos. There is also a range of enjoyable and easy crafts, which the kids can complete using things found around their home.

"It's like a mini-church service each week," explained Kath, "but delivered to your email!" It can be hard for families to know where to start when it comes to teaching their children Bible stories and about God. Sometimes we are worried we won't know the right answers, or we may feel awkward talking about spiritual things. Kath hopes this online version of Sunday's Kids has given the children and their families a

fun and easy way to enjoy some church time together.

Like most of us, Kath is really looking forward to catching up with the kids in person. She says: "Usually my favourite part of Sunday's Kids is finding out how everyone's week has been. It's those conversations and friendships that are so important. Completing the lesson activities is really only a very small part of what we do each week."

We thank Kath for the many hours she puts in to make this happen for our kids. It speaks of her love for children and her love for the God she serves.

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

GOING THROUGH A STORM?

(a message by the late Rev. Ed Long)

This is the occasion when Peter walked on the water to go to Christ. (see Matthew 14:28-31).

There were at least three miracles on Lake Galilee; Christ walking on water, Peter walking on water, the stilling of the storm and possibly (John 6:31), the boat getting to land immediately.

Think first of the men in the storm. They had been wonderfully used by the Lord in front of a big crowd (the 5,000 fed). The crowd wanted to make Christ king, but He wouldn't let them. Imagine the

disappointment of the disciples. Now they were in darkness out on the lake in a storm and Christ wasn't with them. Have you ever been down in the dumps' after a wonderful day of blessing? Was that how the disciples felt?

What was the meaning of the storm? There were natural reasons for it. Winds often came up suddenly on the lake (v18). Perhaps Satan was behind this storm, too. But remember this, Christ knew the storm was coming when He sent them out on to the water in their boat. What a lesson for us! When

we are being tested, let us remember, Christ knows about the test. He knows about the storm before it comes to us, yet He still allows us to go through it. Why? To show His power and to increase our faith.

Then came the Master of the storm. He came in a most unexpected way, walking on the waves which were troubling them. The storm makes no difference to Him. Then He spoke. How wonderful it must have been to hear Him say, 'It is I'. Have you ever been lost in the dark and suddenly heard someone calling your name?

The other gospels tell us the wind went away as soon as Jesus came. Doesn't His presence make a marvellous difference? He is Master of everything and He is with you today.

Read:
1 Corinthians 10:13 and believe every word it says.

Glenorie Mission Church.
Sunday service time: 10.00 am
(Covid-19 instructions apply)

Check out
www.glenoriemission.org



TOGETHER AGAIN ON SUNDAYS

Pr. Alex and Dee Valich - Glenorie Community Church

As you can see, from the sign on our noticeboard, Glenorie Community Church is open again for Sunday worship, from 26th July! We are excited and very grateful to our God! We have missed seeing each other in the usual way, supporting one another as we love and serve Jesus Christ.

In our country and in the world, it's certainly been a very different season for all of us - a long 4 months that isn't over just yet.

So many conversations have taken place everywhere during this time; emotions have been running high and low; confusion has caused anxieties - and each one of us is certainly "out of our comfort zone."!!

A word that has been resonating with me during this unusual season of the COVID 19 pandemic is the word 'stretched' - we have been and are being stretched, like an elastic band being pulled over a parcel!

For people who regularly engage in sport, physical stretching is a necessary and natural part of

their daily workout, usually at the beginning of every practice session and/ or every game.

In the same way, our Christian faith and spiritual life needs stretching too.

I like the way it is explained in the bible:

"For bodily exercise profits a little, but Godliness is profitable for all things, having promise of the life that now is and of that which is to come." (1 Timothy 4:8)

Stretching tests our faith in God and helps us grow closer to Him. We become more God - conscious in our daily lives, through all the circumstances that life throws at us - learning to "trust in Him with all our heart, lean not on our own understanding; in all our ways to acknowledge Him" then wait for His promise, that "He will lead us and make our path straight." (Proverbs 3:5-6.)

In our church community we have certainly experienced uncharted waters! We have never put together an online



recorded service before. Closer relationships between our ministry team were built through this new learning experience, complete with frustrations and setbacks as well as success when another service was up and running. We'd say "that's a wrap" and sigh with relief, thanking the Holy Spirit for His very evident inspiration and leading.

God will never allow us to be stretched beyond what we are capable of in HIS strength, not ours. When we recognise His love and faithfulness towards us in the midst of the stretching season, our relationship with Him will grow and we will walk in deeper peace.

God bless,
Pr. Alex and Dee Valich

GALSTON ADVENTIST CHURCH

By Arthur Hudson

It's not over! The problem of COVID-19 lingers and even strengthens. It looked like it was over—and then we hit a roadblock—literally. Victoria is shutting up as I write and the questioning begins again: "Could it really get to us here at Galston?" "How could this happen when we've been so good here in NSW?" It's not over!

It's a bit like death. I have just had a cousin pass away from cancer after a long struggle—and in—New Zealand. Not a chance of getting

to the funeral; the best might be to a memorial service in a year's time. And for many—this is it—"Life over." But as a Christian I know it's not and I take heart from the hope expressed in my favourite book and found in 1 Thess 4:13-14. Death is referred to as a sleep followed by waking up to a new and better life. No COVID, no sadness and no aches and pains in the morning. Now who wouldn't want that?

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— Romans 15:13

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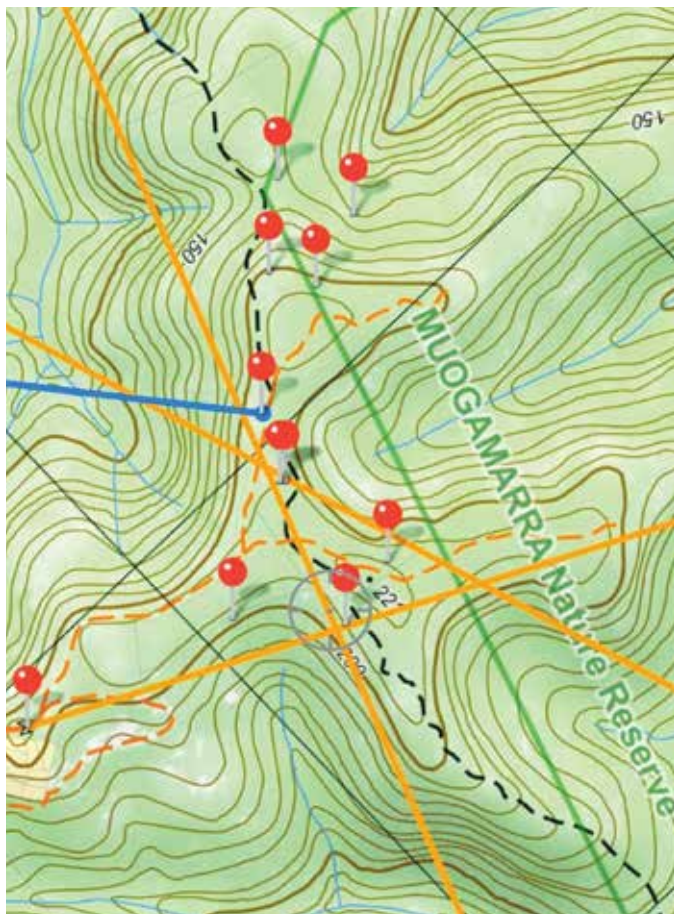
Jesus said: "I am the way and the truth and the life. No one comes to the Father except through me."

Sunday Service and Sunday School 10:00am
Ph: 0404 144 612
www.glenoriemission.org



GALSTON RURAL FIRE BRIGADE NEWS

By Kara Dubois



District Exercise

Galston RFB recently took part in an extensive training exercise in the Hornsby area. Numerous brigades from our district were involved in the event, which comprised of eight different scenarios, including navigation, practical and community engagement exercises. A great emphasis was put on COVID-19 awareness with teams limited to four people per truck and the use of appropriate health and safety precautions in all scenarios.

Following on from the devastating 2019-2020 bushfire season, teams were also exposed to an important community engagement scenario, enacting an imminent bushfire

threat. Thanks to all the brigades who took part in the running of the exercise.

Electric Blanket Safety

We'd like to remind people about winter home fire safety after a recent Sydney house fire was caused by a faulty electric blanket. Remember, electric blankets are not designed to be used while sleeping.

Using your electric blanket: Test it before use – look and feel for any abnormalities or damage to the internal wires. Inspect cords and the controls for damage. Turn it on for 5 minutes and feel for any uneven hot spots. If you notice any of the above the electric blanket should be replaced.

Storing your electric blanket: Always roll your blanket when in storage. Never fold it, this can cause damage.

For more fire safety tips visit www.fire.nsw.gov.au/winter

BRIGADE CONTACT DETAILS:

Duty mobile: 0491 119 152

Email: info@galstonrfb.org.au

GLENORIE RURAL FIRE BRIGADE

By Heather Seacy

Preventing Chimney House Fires

The nights can be long and cold in winter and a warm fire is the perfect remedy. Follow these precautions to enjoy trouble free benefits of the fireplace.

1. Be sure that the flue to your wood stove or fireplace is clear, as the build-up of creosote, which is the leading cause of chimney fires, can easily accumulate and cause problems.
2. To reduce this hazard, only burn seasoned firewood that has dried for 6 to 12 months,
3. Ensure your fire has sufficient air flow, and
4. build hot fires that burn efficiently instead of slow-burning, smouldering fires.
5. Clean the inside of the flue of your wood burning stove or fireplace every year or hire a professional chimney sweep. They may not dance and sing across your rooftop like Burt in Mary Poppins, but they will ensure your chimney is clean, safe, and functioning efficiently.

Pile burns on your property are best carried out in these

cool winter months if you plan to burn do not delay seeking permission to do so. The cooler air and increased ground dampness of winter provides much safer conditions for pile burning. In greater Sydney's Hills District very warm and dry conditions often arrive suddenly with the closing weeks of winter and could mean an early start to the Bush Fire Danger period. This happened just last year as drought conditions and early heat quickly increased fire danger, resulting in the fire danger period being brought forward into September. These earlier September restrictions

may happen again, so if you have plans to burn, now would be the time organise, check with your local council for guidelines.

2020 Six-week "Get Ready" Challenge. This is throwing down the gauntlet to get ready for the coming fire season, for details check out the Katoomba/Leura Rural Fire Brigade on Facebook where they have set up the challenge that anyone can join and is free. We are a bit more than a stone's throw from the Blue Mountains, but as they indicate on their site, 'the Challenge is relevant no matter where you live.'



ARCADIA RURAL FIRE BRIGADE

By Peta Gormly

While COVID has dominated much of what has been happening in the past months, this has also been true for the brigade. We have continued to provide the essential emergency response to incidents while practicing social distancing and cleaning of all equipment once we have finished.

In June, two courses have been successfully completed for our firefighters. The Crew Leader assessment consisted of a theory and practical assessment, which tested candidates thoroughly of their knowledge on bush fires, structure fires, and leading crews. The assessment was held in Arcadia, you may have seen some activity around the station and Calabash road. The district also completed the Bush Firefighter assessment for new firefighters. This course is the first qualification firefighters must complete

when they join the organisation. Congratulations to Grant Paisley and Tahlia Powell. During these current challenges with COVID you continued to be involved and your patience has not gone unnoticed, nor has your dedication to the brigade.

The official Bush Fire Danger Period is due to commence on the 1st October 2020, and whilst winter has been cool, the fire risk within our area does disappear. Now is the time to continue maintaining your properties and continue improving fire plans. There are a number of things you can do to prepare your property, this includes keeping grass low by mowing or slashing, moving flammable objects away from buildings, cleaning gutters, checking your hoses for leaks and replacing them. The brigade is a great resource for you to use, talk to us on how you can prepare your property and what



the regulations are to ensure that you are supported in what it is you want to achieve.

Please visit us at the station on Saturday afternoons or send us an email at enquiries@arcadiarfs.org.au

During July we are very excited to have received a new vehicle

a category 9 vehicle, which is a small and very versatile truck that will complement the existing vehicles and will provide much needed support for our community in the many varied incidents we attend and also provide additional access to properties and fire trails quickly.

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AUSSIE STILL NEEDS MORE FITTERS

Local company, Australian Pump Industries, is still keen to hire more fitters and assemblers to strengthen their team at the Castle Hill factory. The huge increase in demand for their industrial pressure cleaners has the company is pushing ahead with ambitious plans to double production this financial year.

“Sales of our industrial blasters are out-stripping our ability to build at the moment so we’re looking for more qualified fitters fast,” said Aussie’s Hamish Lorenz. “Come and join our dedicated team and be part of our success,” he said.

Australian Pump leads the field in pressure cleaner development with innovative, class leading designs and improvements in safety. The production team play a key role in driving efficiency in assembly with a constant push to improve the way in which machines are built.

The company has always had a strong belief in employing staff from the local community. Qualified fitters and assemblers with a strong mechanical aptitude are urged to apply directly to Hamish Lorenz at Australian Pump Industries.



Michael Moran wiring a new Vanguard Aussie Jetter, just part of a huge run last month in response to demand from plumbers.

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Rainfall

Rainfall recorded period
15/06/20 to
15/07/20 is

40mm

Crossword

PUZZLE

ACROSS

1. Madness (8)
5. Effervescence (4)
8. Lowest point (5)
9. Spiny anteater (7)
10. Wavering vocal quality (7)
12. Suppose to be true (7)
14. Chiefly (7)
16. Assistant (7)
18. Affluent (7)
19. Recommended strongly (5)
20. Legendary creature (4)
21. Begin (8)

DOWN

1. Pubs (4)
2. Seat on the back of a horse (6)
3. Anxiously (9)
4. Number of Apostles (6)
6. Eg from New Delhi (6)
7. Fanaticism (8)
11. Secondary result (2-7)
12. Method and practice of teaching (8)
13. Migratory grasshopper (6)
14. Subatomic particle (6)
15. Complex problem (6)
17. Verge (4)

ANSWERS FROM JULY ISSUE

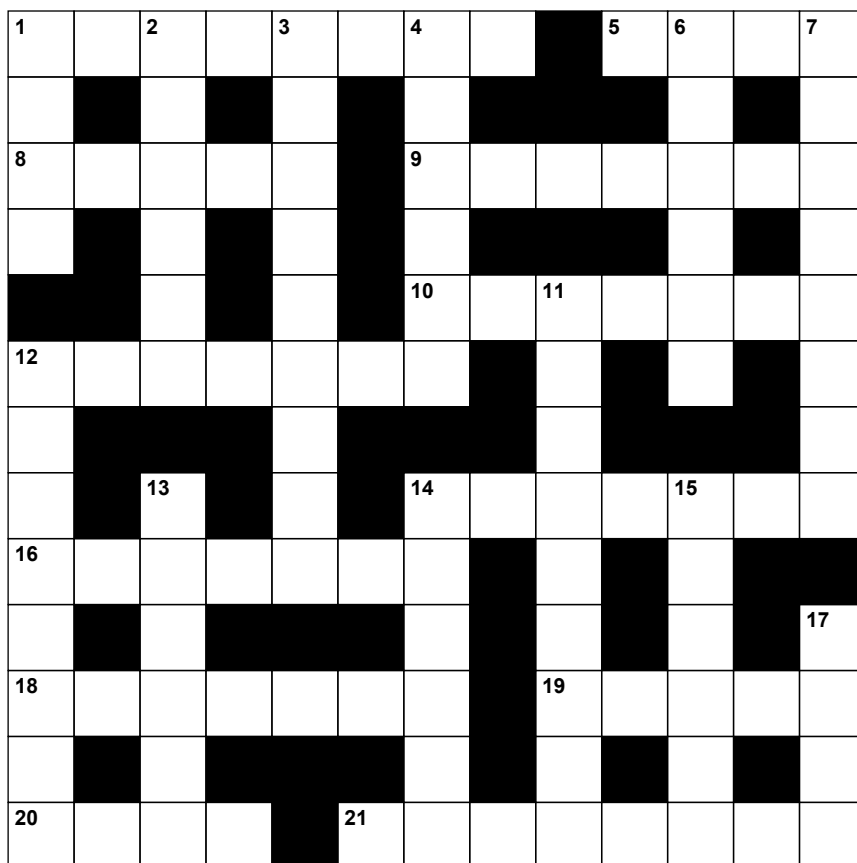
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2	9	3	5	6	4	7	8	1
4	1	8	7	2	9	6	5	3
5	6	7	3	8	1	2	4	9

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ANSWERS FROM PAGE 2

1. Old Northern Rd going south out of Glenorie
2. Arcadia Road
3. Stall Arcadia Rd
4. Galston Library
5. Contented Cat Inn ONR Glenorie
6. Les Shore Oval Glenorie



SUDOKU

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

Rating: ★ ★ ★ ★ ☆

	6				5			3
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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 1800 APEX or website. "Heart of a Community, Hope of a Nation".

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

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

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

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

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

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

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

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

further information please call on 0417 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
Joey's (aged 6-7 years), Cubs (aged 8-10 years) and Scouts (aged 11-15 years) meet weekly at the Scout Hall in Galston Road, Galston. Learn new skills, challenge yourself, experience outdoor activities, make new friends, have fun! Contact Warren Payne 0419 280 967.

Dural Mens Shed
Meets at Dural Sport and Leisure Centre corner Pellitt Lane and Kenthurst Rd each Thursday and Saturday from 9am. Woodwork and Metalwork/Welding facilities. Enquiries Chris Thomas 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 or e-mail StillCreekLandcare@inet.net.au or Contact Nick on 9653 2056.

CHURCHES

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

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 efl86029@bigpond.net.au or phone 0412 320 328 or visit our website http://dural.rugbynet.com.au.

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

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

Galston Netball Club
All enquiries to secretary, galstonnetballclub@gmail.com or visit the website 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

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 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 agms@hillshawks.net.au

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: hillshawkssoftball.org.au.

Hills Pumas Football Club
For information including registrations, call Sarah Sumskas on 0430 883 385 or email registrar@hillspumasfc.com.au

Kenthurst Netball Club
Registrations. Contact Sally Coppini 0407 942 986 mitre@tpg.com.au

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

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

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

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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MORE PROPERTIES NEEDED! CALL NOW!



34 Cockatoo
Place, Glenorie



34 Glen Street,
Galston



6/5 Arcadia
Road, Galston



5 Hakea Crescent,
Galston



2 Dobbie Place,
Glenorie



3261 Old Northern
Road, Glenorie

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