

# DOORAL ROUNDUP



OCTOBER 2023

Official Publication of the Dural Chamber of Commerce  
[www.duralchamber.com.au](http://www.duralchamber.com.au)



## Plant parenting: Tips for the novice gardener.

See page 4

**SYDNEY'S  
PLANT  
MARKET**



Business of the Year 2023

# SPRING SAVINGS AT SYDNEY'S PLANT MARKET



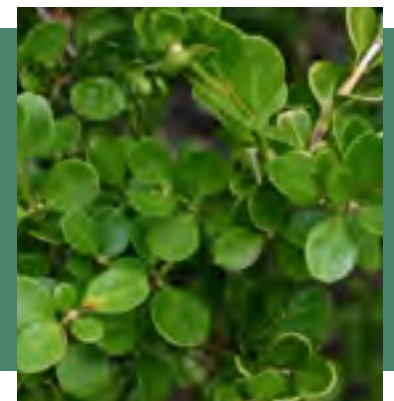
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**The Dooral Roundup loves to receive contributions from our community!**

Guidelines for contributors:

- Please send stories in editable text, eg Word or email (no PDFs), maximum 250 words.
- Please email pictures as separate files (not embedded into Word document).
- Deadline for community stories: 15th of the month.
- Deadline for advertisers providing your own art: 22nd of the month.
- The paper is distributed in the first few days of the new month.

**Our beloved "FREE" paper is paid for by our loyal advertisers.**

**Support our advertisers and their local businesses by buying their products and services!**

**If you are promoting an event with paid ticket sales, consider taking out an advertisement, however small.**

Not for profit events can have a 30 word listing in "What's On."

# HOME SAFETY THIS SUMMER

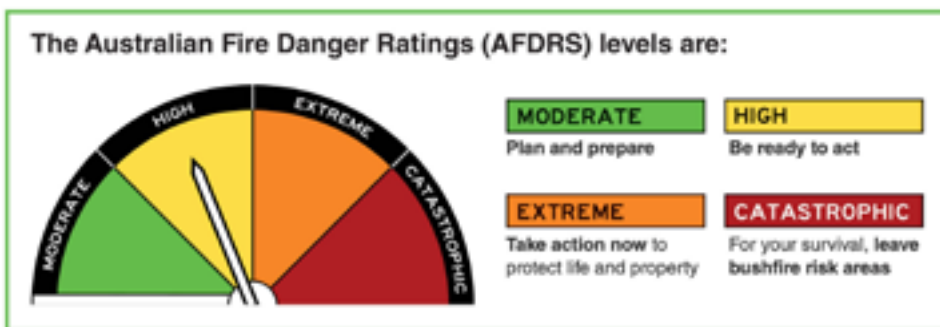
BY MARK COUPAR

It's that time of the year when we turn our mind to the hotter days and a long summer enjoying our wonderful outdoors.

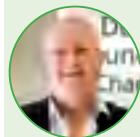
One of the advantages of living in our area is the abundance of beautiful bush land and natural fauna. There are a few things that can be done around your home and property pretty easily, which are raking up all dead leaves and sticks around your garden especially in your gutters, as embers can travel as much as 40km floating through the air and set fire to your house.

Check your front door welcome mat is fireproof and not a brush type mat fibre that could be flammable. Keep a fireproof, bushfire emergency bag that contains all your valuable information and documents that you can grab in a hurry.

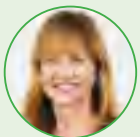
Gas bottles need to be stored safely and not sit outside as they can explode in extreme fires. Keep an eye on the Australian Fire Danger Ratings levels, and stay safe.



## Dural Chamber and Dooral Roundup Contacts



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Editor  
✉ editor@dooralroundup.com.au

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# PLANT PARENTING: TIPS FOR THE NOVICE GARDENER



Are you a novice gardener starting your gardening journey? Exciting times lie ahead. Sydney's Plant Market offers insights to help novice gardeners navigate common pitfalls and set their plants up for success.

### Common Mistakes and How to Avoid Them:

- 1. Over-crowding:** when plants are placed too closely together, they compete for essential resources like light, water, and nutrients. Know the mature size of each plant and leave ample space between each.
- 2. Over-watering:** this is the top misstep among new gardeners. Avoid watering on a strict schedule. Instead, check the soil's moisture. A quick finger test can reveal if your garden needs water or not. The soil should be wet several inches down.
- 3. Too much sun (or too little):** not every plant craves continuous sunlight. Research or consult our in-store experts to determine your plant's light requirements. Adjust its location accordingly.
- 4. Neglecting drainage:** prolonged exposure to stagnant water can cause root rot. Always ensure your garden beds or pots promote adequate drainage.
- 5. Poor soil selection:** plants are picky about their soil. The wrong mix can affect growth and health. Use the recommended soil type for each plant.
- 6. Ignoring pests & diseases:** new gardeners might not recognise the early symptoms until it's too late. You should regularly inspect your plants including the undersides of leaves. Look for tiny bugs, discoloration, or unusual spots. If you find any issues, discuss with a professional how to treat them.
- 7. The wrong pot:** the right pot is essential. Choose one roughly 2 inches larger than the plant's root ball. Always opt for one with drainage holes and select a material that complements your plant's moisture preferences.

Happy Gardening!

**Armed with knowledge, you're ready to thrive in plant parenting. For any questions or concerns, the team at Sydney's Plant Market are ready to assist. Open 7 days, 7am-5pm, 184 Annangrove Rd, Annangrove or visit [www.sydneyplantmarket.com.au](http://www.sydneyplantmarket.com.au)**



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Check our website-What's On for more details & Cup Lunch /Drinks menu

(02) 9651 2022 | [www.bivianosdural.com](http://www.bivianosdural.com) | 628 Old Northern Road, Dural NSW | Open 7 days |  



# THE HILLS ANNUAL CHARITY GALA BALL BY BIVIANO'S

It was a night to remember when 200 plus of the Who's Who of the Hills gathered at Biviano's Dural for The Hills Annual Charity Gala Ball.

It was the eighth year the popular dining and events venue has hosted a charity gala and this year it was fundraising money for the Positive Vibes Foundation for its work in the area of mental health wellbeing.

The event raised over \$31,000 for Positive Programs including its work with aged care residents through companion dog visits, educational forums for high school students and the Hills Women's Shed programs.



Rahul Jethi, Matt Kean MP, Reena Jethi: Hills Ctr Mitchell Blue"; Deputy Hills Mayor



Rahul Jethi, Mark Hodges MP and Raj Kumar

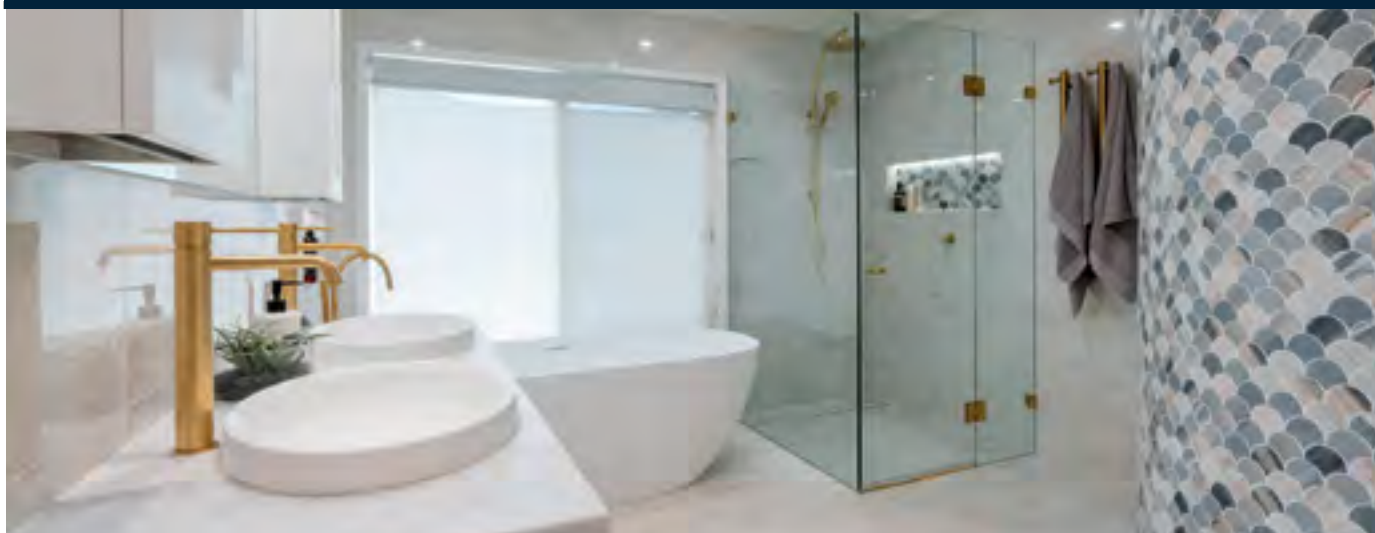


Terese Wilson, Michelle Byrne and Karin Murton at the Bivianos Gala Ball



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# DURAL CROQUET CHAMPION

Congratulations to Dural resident David Capple, the winner of the 2023 Golf Croquet Open Championship at Cheltenham Recreation Club.

David and several other residents of Dural and Glenorie are members of the Cheltenham Recreation Club Golf Croquet section, opposite Cheltenham railway station. As well as croquet the club hosts Lawn Bowls and Tennis. We also have Molly's Pavillion Cafe which is open for breakfast, lunch and dinner on Friday and Saturday. It is also available for private parties and functions.

Croquet is not a well known sport. It's a wonderful game, not physically demanding, yet tactical and so great for the brain.

David has played a lot of snooker in his time so is good at knowing at which angle to hit the ball. This is also a great game for people who can no longer play tennis or golf but would still like to play an outdoor competitive sport. It is also wonderful for anyone who would like to meet new people and enjoy a beautiful environment.

**If you're interested in learning to play croquet, the club offers an introductory course of 2 lessons for 2 hours @ \$10.00 each and then come along and play 3 times at \$10.00 each (this is for lawn fees). Contact Ann Woods: 0439 470 789 or Cheryl Fell: 0408 233 002. All equipment is supplied.**



## ADVERTORIAL

# MAKE YOUR POOL SPARKLE THIS SUMMER

With the warm weather approaching, temperatures are going to steadily increase and we want to make sure your pool is not only sparkling and inviting but ready to jump into as well.

Here are Dural Pool "Shop's" preseason tips to ensure that you and your pool have a smooth and trouble free transition into summer!

**1. Preseason water test** - there is a big difference in the balance of chemicals when the sun starts introducing heat into your pool. By getting a water test before the heat begins we can ensure that the balance between chlorine and acid which is what is going to ensure your pool stays blue is at its optimal levels. Add a stabiliser into that dynamic duo and have peace of mind your chlorine isn't evaporating too quickly.

**2. Checking your equipment** - through winter we talk about minimising run time of your pump and filter, with spring and summer kicking in now's the time to up that run time from 4-6 hours up to 8-10 hours depending on the size of your pool. Be sure to check for anything unusual or irregular when it comes to your pump, filter and sanitising system, we want to ensure your pool stays blue and not give algae a reason to call your pool home.

**3. Making sure your pool is safe and secure** - Ensuring the safety and security of everyone is easily achieved by thoroughly inspecting all gate hinges, latches, and fencing. Additionally, Make sure that a visible and up to date CPR sign is in place.

Dural Pool Shop 9651 4799 | [www.duralpoolshop.com.au](http://www.duralpoolshop.com.au)

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# Latest News



To lodge, view and track the latest Development Applications in your area please visit: [hornsby.nsw.gov.au/property](https://hornsby.nsw.gov.au/property)



## from the Mayor's Desk

As a council, we are passionate about developing arts and culture in the Shire and strive to support local artists, while providing cultural opportunities for our residents. We are fortunate to have the wonderful Wallarobba Arts and Cultural Centre in Hornsby which hosts exhibitions, print making, workshops and more. This month, the centre will be filled with 85 exceptional contemporary artworks when the Hornsby Art Prize exhibition returns from 20 October – 5 November.

Hosted in partnership with the Hornsby Art Society, the national art prize has attracted over 600 entries from around Australia. The quality of this year's entries was particularly impressive, and I encourage you all to visit the exhibition to experience the fabulous Painting, Drawing, Printmaking, Digital Art Stills and Sculpture works. For more information, visit [hornsby.nsw.gov.au/artprize](https://hornsby.nsw.gov.au/artprize).

With the wonderful spring weather, it's a great time to get out and about and enjoy a range of other activities this month in the Shire. Collect your free native plant at our spring giveaways at the Warada Ngunrang Community Nursery on 14, 18 and 21 October or go on a guided bushwalk. Take a dip in the heated pool at the Hornsby Aquatic and Leisure Centre or book the kids in to learn to swim. Grab a bargain and support the circular economy at the Berowra Car Boot Market at Berowra Community Centre on 29 October or attend one of our sustainability workshops. And if you're planning to have a spring clear out at home, please consider donating unwanted items to a charity shop, giving them to someone who can use them, or bringing them to the Community Recycling Centre in Thornleigh. For more details visit [hornsby.nsw.gov.au](https://hornsby.nsw.gov.au).

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

## What's on

**HORNSBY ART PRIZE 2023**  
**EXHIBITION 20 OCTOBER - 5 NOVEMBER**  
Wallarobba Arts and Cultural Centre. 25 Edgeworth David Avenue, Hornsby  
[hornsby.nsw.gov.au/artprize](https://hornsby.nsw.gov.au/artprize)

**WASTE WORKSHOPS**  
Learn something new this October. For details and bookings visit: [hornsby.nsw.gov.au/waste](https://hornsby.nsw.gov.au/waste)

- Compost and Worm Farm Workshop**  
Thursday 19 October, 10am–12pm  
Thornleigh Community Recycling Centre
- Kimbriki Eco House & Garden Tour**  
Thursday 26 October, 9am–2pm
- Repair Café - Electronics and Furniture**  
Saturday 28 October, multiple sessions between 10am–4pm  
Storey Park Community Centre
- Hand Sewing and Mending Workshop**  
Saturday 28 October, 10.30am–12.30pm  
Hornsby Library
- Chipping for Mulch Mt Kuring-gai**  
Sunday 29 October, 7.30am–12.30pm  
Council Depot, 5 Beaumont Road, Mt Kuring-gai

**YOUR SAY HORNSBY**  
JOIN THE CONVERSATION

**Planning Proposal and Planning Agreement**  
7 City View Road, Hornsby  
Submissions close: Friday 20 October

**Planning Proposal and Hornsby Development Control Plan amendment. Rural Land Study**  
Submissions close: Friday 20 October

**Arts and Cultural Plan**  
Survey closes: Sunday 22 October

**Planning Proposal**  
1 and 3 Johnson Road, Galston  
Comments close: Sunday 22 October

To have your say and sign up to alerts visit [yoursay.hornsby.nsw.gov.au](https://yoursay.hornsby.nsw.gov.au)

**Reusable Sanitary Product and Nappy Rebate**  
Receive a rebate for purchasing eco-friendly reusable sanitary products or nappies.  
For details visit the website [hornsby.nsw.gov.au/reusablerebate](https://hornsby.nsw.gov.au/reusablerebate)

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visit: [hornsby.nsw.gov.au/plants](https://hornsby.nsw.gov.au/plants)  
\*Conditions apply, available on the website

**Hello HORNSBY**

**Carer's Week Comedy Show and Lunch**  
Tuesday 17 October, 10.30am–1pm. Hornsby RSL

**Celebrate Grandparents Day 2023**  
Sunday 29 October, entry between 9am & 11am  
Koala Park, West Pennant Hills. Free, bookings essential

**ARE YOU POOL SAFE AND SUMMER READY?**

**LEARN TO SWIM CLASSES NOW ON HORNSBY AQUATIC & LEISURE CENTRE**

Book now: [hornsby.nsw.gov.au/halc](https://hornsby.nsw.gov.au/halc)

**Second Hand HORNSBY**

**Car Boot Market**  
SUNDAY 29 OCTOBER, 9AM–1PM, BEROWRA COMMUNITY CENTRE  
Over 50 stall holders:  
Coffee van | BBQ | Music | Compost and Worm Farm demonstration

For more details visit: [hornsby.nsw.gov.au/carbootsale](https://hornsby.nsw.gov.au/carbootsale)

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Next Council meeting Wednesday 11 October, 6.30pm

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# What's On

## IN AND AROUND DURAL



### Sea Bees Fishing Club "Gone Fishing Day"

Sun 8th Oct 10am -2pm, Berowra Waters, 129X Bay Rd (grassed picnic area near the boat ramp). Competitions, giveaways, prizes, free BBQ lunch. [www.seabeesfishingclub.com/](http://www.seabeesfishingclub.com/)

### Busy Izzy and Friends meet the Three Little Pigs Musical

At the Castle Hill RSL, Sun 8th Oct. Tickets \$20 at <https://chrg.sales.ticketsearch.com/sales/salesevent/10845>  
The show embraces emotional and educational development drivers including kindness and empathy.

### Rotary WPH/Cherrybrook BBQs: "Referendum BBQ"

14th Oct at West Pennant Hills Public School, "Bunnings BBQ"  
28th Oct at Bunnings Castle Hill. [wphcrotary.org/](http://wphcrotary.org/)

### Inala Fair

99 Franklin Road, Cherrybrook, Sun 22th Oct 9am - 3pm.  
[www.inala.org.au](http://www.inala.org.au)

### Second Hand Hornsby presents "Berowra Car Boot Market"

Sunday 29th October 9am-1pm at the Berowra Community Centre.  
For more details and to register visit [hornsby.nsw.gov.au/carbootmarket](http://hornsby.nsw.gov.au/carbootmarket)

### REGULAR MEETINGS:

#### Combined Probus Club of Cherrybrook

Meets 1st Thurs of month at Cherrybrook Community and Cultural Centre. Ross 0411 104 863. We warmly welcome you to our Probus Club to share the good times!

#### Probus Club of the Hills

Welcome you to our meetings! 2nd Wednesday of the month (except Jan), Galston Club 10am. Bob Heyward 0427 360 389 or Ken Smith 0413 309 573.

#### Dural & District Prostate Cancer Support Group

Meets 3rd Monday / month 7:00 pm Blue Gum Centre, Glenhaven Green, 607 Old Northern Road, Glenhaven.  
Call Graham 8677 7896 or 0402 421 062.

#### Kenthurst Probus

Meets 3rd Monday of every month (except Dec) 9.30am Kenthurst Uniting Church. Membership Director Burt Stuu 9652 1239. Guests are always welcome! Just turn up on the day!

#### Coonara Cherrybrook Combined Probus Group

Is a friendly group that meets at Castle Hill Bowling Club on the 3rd Tuesday of the month at 10.00am. Come and join in the many activities if you enjoy fun and fellowship.

The Dooral Roundup has so many stories, we can't print them all!

Scan to go straight to our Latest News page at [dooralroundup.com.au/latest-news/](http://dooralroundup.com.au/latest-news/)



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# PRIORITISE YOUR HEALTH AND TRANSFORM YOUR FITNESS: F45 WESTLEIGH'S SPRING SPECIAL

In a fast-paced world where time seems to fly, taking care of our health often takes the backseat. However, it is essential to remember that investing in our well-being is an investment in our future. With that in mind, here's a health tip for you: make fitness a priority in your life. Exercise not only enhances physical strength and endurance but also cultivates mental resilience and overall well-being.

In pursuit of a healthier lifestyle, F45 Westleigh is excited to present its exclusive Spring Special offer: 30 days of training at half the price. This exceptional opportunity allows you to experience the transformative power of F45's innovative training methods.

F45 Westleigh stands apart from conventional gyms, offering a unique and dynamic approach to fitness. Their immersive and high-intensity workouts are designed to maximize results, catering to people of all fitness levels. Whether you're a beginner or a seasoned

athlete, F45's expert trainers will guide and motivate you every step of the way.

What sets F45 apart is its community-driven atmosphere. With like-minded individuals supporting and encouraging one another, your fitness journey becomes not only fun but also inspiring. The camaraderie you'll find at F45 Westleigh will keep you motivated, ensuring you stay consistent and achieve your fitness goals.

During these 30 days, you'll have the opportunity to try a variety of workouts that target different muscle groups, enhance cardiovascular endurance, and improve overall functional fitness. F45's workouts are constantly evolving, keeping your body challenged and preventing plateauing.

So why wait? Take advantage of this incredible Spring Special and embark on a journey of self-transformation. Prioritise your health, embrace an active lifestyle, and experience the incredible benefits that F45 Westleigh has to offer. Invest in yourself today and reap the rewards for a lifetime. Your body and mind will thank you.

Remember, this offer is for the month of October only, so seize the opportunity to join



F45 Westleigh's fitness revolution call 0426 644 444. Get ready to unlock your full potential and spring into a fitter, healthier you.

**F45 located at Westleigh Village - upstairs  
4/8 Eucalyptus Drive, Westleigh.  
[www.westleighvillage.com.au](http://www.westleighvillage.com.au)**

*Westleigh Village*

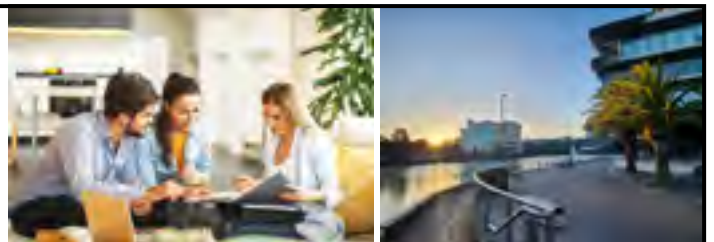
## PROPERTY & YOU – BY PAUL MCKENZIE, ABS CONVEYANCING PROPERTY BUYING & INSPECTION REPORTS

Buying an existing residential property is a big investment, either to buy as owner occupier, or buy as a rental investment. Property inspection reports, building/pest and strata are optional, but it's very risky/crazy, if you don't order and obtain them, prior to exchange, or during cooling off. Saving a few hundred dollars, but not getting the inspection reports, can end up costly you very dearly in time, money and stress, when nasty surprises come out, subsequent to your purchase.

For building / pest reports, very important to order and obtain them, to make sure, no serious issues, such as water leaks

and termites. One client we acted for, did not bother about a building/pest report, then ended up with a \$35,000 water leak problem, after property purchase.

For strata property, strata inspection report, very important to order and obtain them, to make sure, no serious issues, such as special levies, new or proposed by-laws, repairs/maintenance issues, structural problems, court or tribunal action. One client we acted for, did not bother about a strata inspection, report, ended up with the strata scheme, having a structural problem, with the client ended up with \$14,500 in special levies, after property purchase.



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# The Village

GLENORIE

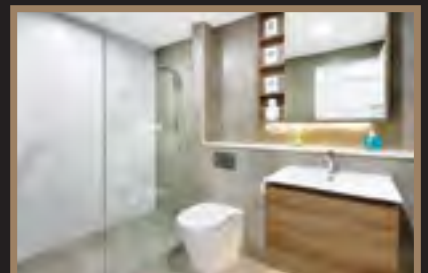


## The Village Glenorie is NOW OPEN.

The Village Glenorie construction has now been completed and is open for business. Support local by visiting the existing and new retailers at The Village Glenorie, located on the corner of Old Northern Road and Post Office Road.

- 2157 Fine Gifts & Homewares
- All Smiles Dentist
- Best Cuts Barber
- Glenorie Bakery
- Glenorie Newsagency
- Glenorie Post Office
- Glenorie Village Medical Practice
- Little Blossom Childcare (*opening soon*)
- Platform Fitness
- Rose Furniture
- Shear Envy Hair by Christine
- Smart Start Financial Services
- Stone Real Estate
- The Beauty Clinic
- The Hills Book Keeper
- Village Thai Restaurant

A small number of retail tenancies and 2-bedroom residential apartments also remain for lease. Contact Azure Property Agents to learn more about these exciting opportunities.



Please contact Azure Property Agents,  
Alicia Ghilardi on 0422 365 858 or  
Carla McLenaghan on 0424 024 427 or view  
[thevillageglenorie.com.au](http://thevillageglenorie.com.au) for further information.

  
Property Agents

# OVER SEVEN TROLLEY LOADS AND COUNTING

Thank you to our amazing Westleigh community for your very generous support, donating non-perishable food items and toiletries to our charity food drive at Westleigh Village over 2 weeks in September for The Dish.



The Dish provide meals for up to 40 people two nights per week all year-round, they also deliver food hampers once a week to local families who have fallen on hard times and our local homeless community.

Leisa Liddelow Operations Coordinator at the Dish of St Johns said *'We would like to thank the Westleigh community for their very generous support. With the cost of living going up these products will help people who can't afford groceries and keep our Community Pantry well stocked.'*

Although the collection has finished at Westleigh Village, you can still support the Dish



by donating financially or by donating non-perishable food for the Community pantry.

Items can be dropped off between 9am-3pm Mondays and 5pm-7pm Tuesday and Fridays at 207 Peats Ferry Rd, Hornsby.

To donate financially, simply go to their website <https://thedish.uca.org.au/>

The Dish does not receive any government support. All donations to The Dish over \$2 are tax-deductible.

Thank you again to our wonderful local community, from Westleigh Village!



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# MINNS RIDES ROUGHSHOD OVER HILLS COMMUNITY

A cap on the number of dwellings at the Hills Showground Precinct has been scrapped by the Minns government before a promised site for a new school has been identified.

Mayor of The Hills Shire, Dr Peter Gangemi said the decision showed absolute disdain for the people of The Hills Shire, which is already buckling under the pressure of an infrastructure shortfall.

"In our conversations with the NSW Government, we were told that the number of homes in the Hills Showground would be restricted to 5,000 until a new school site had been identified and funded," Mayor Gangemi said.

"Now the Minns government has discarded that, paving the way for almost double the number of homes without the schools so desperately needed by families within The Hills.

"This shows that the Minns government is prepared to ride roughshod over the Hills community and cram in as many homes as possible without securing the required infrastructure."

State Member for Castle Hill and Hills Shire Councillor Mark Hodges said public schools were bursting at the seams in The Hills Shire.

"Our population is booming, and our classrooms are full, yet we have no commitment from the NSW Government to upgrade our

established schools or build more schools across the wider Hills community," Cllr Hodges said.

"The recent funding announcement for schools by the Minns government did not include any new school funding within The Hills, despite the Department of Education raising the need for a school to be located in a priority precinct, such as the Showground.

"By 2036, we will have more than 90,000 new residents living across The Hills; of that number, 20,000 will call the Showground Precinct home. This community has every right to feel concerned about what the Minns government is inflicting on our Shire."

The NSW Government rezoned the Showground Precinct for medium-to-high-density development in 2017 as part of its Planned Precinct Program along the Sydney Metro Northwest.

The precinct will have 9,500 dwellings at total capacity, of which over 3,500 have already been approved. The number of homes was limited to 5,000 until the NSW Government provided the necessary infrastructure.

The decision to scrap the cap follows a series of moves by the Minns government towards facilitating overdevelopment in The Hills without appropriate increases in infrastructure.

Before the state election, the NSW Planning Minister Paul Scully identified the Cherrybrook Precinct as "ripe" for additional development, despite the Place Strategy limiting the precinct to 3,200 new homes in buildings of three to five storeys.

The NSW Department of Planning and Environment also wrote to Council, confirming that changes may be made to the Cherrybrook Precinct.

In June, the State Government unveiled an initiative allowing developers to increase the height and density of their projects by an extra 30 per cent over local controls if they allocate at least 15 per cent of their development to affordable housing for 15 years.

Mayor Gangemi said The Hills already felt the impacts of the Minns government's decisions.

"A planning proposal for a spot rezoning on Seven Hills Road was progressed to Gateway Determination by the Sydney Central City Planning Panel in July, overruling Council's decision not to proceed. This decision seemed inconsistent with a previous proposal, also located in Baulkham Hills Town Centre, but was rejected by this panel just before the state election."

"I believe the family-friendly character of The Hills is under assault due to the collective changes imposed by the Minns government," he said.



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# COUNCIL RENAMES ROSE GARDEN IN HONOUR OF QUEEN ELIZABETH II

Roxborough Park Rose Garden, located within Alfred Henry Whaling Memorial Reserve, in Baulkham Hills, will now be called Queen Elizabeth II Memorial Rose Garden in dedication to Her Late Majesty Queen Elizabeth II, who died in September 2022 after reigning for 70 years.


The decision to rename the rose garden follows a Mayoral Minute in September 2022 by the Mayor of The Hills Shire, Dr Peter Gangemi, to rename a Hills Shire park, building or significant place in her honour.



“The late Queen exemplified her commitment in various ways, whether as a mechanic during World War II, championing numerous environmental causes, supporting charities, or connecting with individuals across the globe. Her essence was always rooted in selfless service,” Mayor Gangemi said.

“Naming this garden in her honour is a fitting testament to her extraordinary dedication to our nation and the world. This special place will undoubtedly inspire the residents of The Hills, both now and in the years to come.”

The rose garden has been a favourite amongst residents and visitors since its establishment in 1972.



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# CHANGING LIVES AT RDA

BY JOSH KERWICK

Nicole King was only 12 years old when she first started volunteering at Riding for the Disabled NSW in Ryde. "I was a horse mad kid!" Nicole says. "I learnt a lot of skills through great mentors and other volunteers at the centre." Thirty years later, she's the Head Coach at RDA's Tall Timbers Centre in the Gables. "It was an opportunity not to be missed – there's a reason you get offered opportunities to do things," Nicole adds. So you might as well jump at it and see where it goes."

The Riding for the Disabled Association NSW was founded in 1972 by Pearl Batchelor OAM after she visited the RDA in England in the early 1970s. The first lessons were held at Pearl's Tall Timbers property, originally in West Pennant Hills, where the first participants in the program came from Northcott Society and Crowle Home.

Since then, there have been many changes at the Tall Timbers Centre, including two changes of location to Kellyville in 1976, and to the current Gables

site in 1999. Now located near the border of the Hills Shire and Hawkesbury Council areas, participants come to RDA from all over both regions and beyond.

For Nicole, there's no such thing as a 'typical day' at Tall Timbers. Each participant has a personalised program designed to be engaging, therapeutic and fun. "Participants are able to learn skills on the ground working with horses that will translate back into life or work skills," Nicole explains.

Not only are the programs hand-picked for each participant; the horses are too. "All the horses have their own story, their own likes and dislikes," Nicole says. "We match our riders with our horses and our volunteers to make sure it's a happy combination."

That connection with the horses and the use of riding as a therapeutic activity has seen many success stories come out of the RDA Tall Timbers Centre. From young people whose favourite time of the week is with their horse, to the adults with acquired disabilities who have needed a reason to do an activity outside of their home, RDA participants can enrol for any number of reasons and find themselves enriched.

Nicole recalls one particularly touching story: "One participant had their first words on the program. His parent come one day to watch, and said 'I don't hear him talk at



home.' And we thought 'He talks to us no worries!' Everyone has a reason for being here, and needs to be here. Seeing them transition is really rewarding. We love seeing the participants thrive in this environment, and that's the role of the organisation; it's why we love it."

RDA Tall Timbers Centre is funded by donations and fundraisers. Upcoming events from the Centre include their Charity Race Day at Hawkesbury Race Club on the **8th of October**, which will support five other RDA centres, as well as Bunnings BBQs on the 23rd and 24th of September.

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**Make a donation or find out how you can get involved with the Tall Timbers Centre at <https://rdanswtalltimbers.org.au> and keep up to date with the latest events at <https://www.facebook.com/RDATallTimbers>**

## SENIORS PLAY COMPETITION OPENS FOR ENTRIES

# "SCENES FROM THE SAGE AGE" TO SHOWCASE OLDER WRITERS

A new playwriting competition - exclusively for Australians aged 60 and older - has announced it is open for entries.

*Scenes from the Sage Age* is a not-for-profit project of Scene Theatre Sydney.

The brainchild of prolific septuagenarian Sydney writer Carol Dance, the competition seeks new short plays for showcasing the creativity of people in their senior years. Shortlisted pieces will be presented at a soiree-style reading, accompanied by pianist and composer Philip Eames with a new work created for this event - at a prestigious Walsh Bay venue!

Dance has written and directed more than a dozen short and full-length plays – many under the banner of her own production company Scene Theatre Sydney.

Her work has been produced at various Australian theatres and in festivals such

as Short+Sweet, both here and overseas. To be considered, plays submitted must be 15-20 minutes in length but can be on any topic. They could be "about international affairs, dating, shoehorns, bagpipes... or anything!" according to Carol.

"Comedy is always good, but serious or controversial plays that can also raise a laugh are better than merely hilarious skits. Good short plays – like long ones – have a beginning, a middle and an end. Plus characters we care about.

"But above all, I say: have a go... even if you've never written anything before!"

Assessing the entries are renowned Australian playwrights Stephen Sewell, Justin Fleming and Catherine Zimdahl.

True to its aim of unearthing new talent of the 'sage age', the competition is only open to non-professional writers, actors or directors and entries close on **December 15**. Writers must be Australian citizens, permanent residents or Aussies living abroad. They must be 60 at the date of entry, but their plays may have been written before or after turning 60.

A play reading of selected scripts will also be uploaded to Scene Theatre's YouTube channel.

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**Details and entry form: [www.scenetheatresydney.net.au](http://www.scenetheatresydney.net.au)**







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# \$75.5 MILLION BOUNDARY ROAD UPGRADE TO PROGRESS TO DESIGN PHASE

A crucial rural road in The Hills Shire's north-west is a step closer to receiving a major upgrade.

Hills Shire Councillors unanimously voted to commence the detailed design phase for the \$75.5 million transformation of Boundary Road at the Council meeting on Tuesday 12 September.

The project will see the rural thoroughfare, which is located on the border of The Hills Shire and Hawkesbury LGAs, upgraded to a major collector road. As part of the works, Boundary Road will be converted to four lanes between Windsor and Old Pitt Town Roads with a roundabout or traffic signals to be constructed at four key intersections.

The Hills Shire Council will commit to 70 per cent in design costs with Hawkesbury City Council contributing to the remaining 30 per cent, which was decided as part of discussions in the Boundary Road Technical Working Group, chaired by the Department of Planning and Environment's Planning Delivery Unit (PDU).

Mayor of The Hills Shire, Dr Peter Gangemi said he was looking forward to the completion of the project.

"Boundary Road connects our two great communities, and the roadway will further grow in importance as more families choose to live in the area," Mayor Gangemi said

"This is an essential upgrade that will service our existing and future population.

"It's vital that our infrastructure caters for our population growth in Box Hill and Gables and enables safe travel for commuters."

Mayor of Hawkesbury City Council Sarah McMahon said reliable roads were one of the top priorities for local residents.

"We are proud to partner with The Hills Shire to deliver this critical upgrade to Boundary Road," Mayor McMahon said.

"Both councils are committed to getting on with the job of delivering a robust road network for our communities and Boundary Road will serve as a perfect example of how great outcomes are achieved when we work together.

"Boundary Road is an important link for thousands of residents across both local government areas, and its role will only grow in the coming years."

## DETAILED DESIGN WILL INCLUDE PLANS FOR:

- the upgrade of Boundary Road to four lanes between Windsor Road and Old Pitt Town Road
- the construction of the Boundary Road bridge over the Killarney Chain of Ponds



Mayor of The Hills Shire Dr Peter Gangemi pictured with Mayor of Hawkesbury City Council Sarah McMahon at the intersection of Boundary Road and Brocklebank Street, Box Hill

- traffic signals at the intersection of Boundary Road, Commercial Road and Brocklebank Street
- construction of a roundabout at the intersection of Boundary Road, Harkness Road and Brahman Road
- traffic signals at the intersection of Boundary Road, Menin Road and George Street and
- traffic signals at the intersection of Boundary Road and Old Pitt Town Road.

The total project cost will be partially funded using the combined \$9.2 million both councils received under the NSW Government's Accelerated Infrastructure Fund (AIF).

The AIF funding will be used to bring forward the first stage of construction, which includes new traffic lights at the intersection of Commercial Road, Brocklebank Street and Boundary Road and the Boundary Road bridge over Killarney Chain of Ponds Creek.

"I want to thank Hawkesbury City Council and the NSW Government for their ongoing support in fast-tracking the upgrade of Boundary Road" Mayor Gangemi added.

**For more information on the Boundary Road project, visit The Hills Shire Council's website, [www.thehills.nsw.gov.au](http://www.thehills.nsw.gov.au)**



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# HORNSBY SHIRE REMAINS NATION'S TOP MOBILE PHONE RECYCLER

Hornsby Shire residents have been crowned the top mobile phone recycler in Australia for a fifth consecutive year, claiming MobileMuster's Top Collector Award for 2023.

The MobileMuster awards acknowledge the local councils that have collected the most mobile phone components for recycling between 1 April 2022 and 31 March 2023.

Residents of Hornsby Shire deposited 759kgs of unwanted mobile phones, chargers and accessories to the national MobileMuster recycling drive over the 12-month. This was:

- an increase of 13% on the previous year
- 48% higher than the next council and represented
- 12% of total council collections from all across Australia.

At Council's Community Recycling Centre in Thornleigh, residents recycled the equivalent of 6,272 handsets and batteries, conserving 3.2 tonnes of mineral resources through the recycling process of these devices.

The environmental benefits of recycling all these unwanted mobiles and batteries are equivalent to planting 35 trees with avoided CO2 emissions equating to 2.28 tonnes.

Hornsby Shire Mayor, Philip Ruddock said he is delighted that Hornsby has once again taken out the top recycling prize.

"To claim this national award for a fifth straight year, it is a testament to our community's commitment to caring for the environment for future generations. We are proud of our residents for taking steps that will benefit all of us," said Mayor Ruddock.

"Local government plays a crucial role in educating the community on the best ways to recycle. I thank our Waste team for their work in sharing this important message, and everyone who has supported this valuable initiative to help us lead the charge as the nation's top mobile phone recycler."

MobileMuster is the product stewardship program of the telecommunications industry. The program recovers more than 95 per cent of the material from old phones and accessories through recycling, which are used in manufacturing new products, reducing the need for virgin materials such as aluminium, copper, gold, silver, cobalt and lithium.



Louise Hyland, CEO of the Australian Mobile Telecommunications Association (AMTA) congratulated Hornsby Shire on its achievement and thanked residents for their recycling efforts.

"We applaud Hornsby Shire's ongoing commitment and success in recycling old and broken mobile phones and their accessories. Educating and encouraging residents, and making recycling easy and accessible, are important ways to keep up these high collection volumes and help the environment for future generations. Well done," Louise said.

**To find more information or your closest local drop-off point in the Shire, visit [www.mobilemuster.com.au/recycle-a-mobile](http://www.mobilemuster.com.au/recycle-a-mobile)**

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2. Our financial discussion group will learn about Fixed Interest Income from Mortgage based investments with Warren McGregor from Carousel Financial and Chris Board from Leftfield Investments. Visitors Welcome

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# CHERRYBROOK PROBUS PONDERINGS – INTO THE OUTDOORS

With the arrival of the warm weather outdoor activities have come to the fore at the Combined Probus Club of Cherrybrook. Tennis, bowls, golf, walks and garden visits have all featured in our calendar.

Members enjoyed a wonderful visit in magic weather to Fagan Park, a true local gem. The lovely playground area even managed to bring out the inner child in some. The walkers crossed the harbour to the Shire, walking from Oatley Station to the Como Pleasure Grounds via the picturesque heritage trail, culminating in lunch, complete with wonderful views from the historic Como Hotel.

Evening Dining Out remains a firm favourite with a visit to restaurant, Full Moon Thai for fun and no washing up!

At the meeting, accomplished speaker, Graham Sims enlightened us about 'The Golden Years of Wireless' – very nostalgic!

Our interest groups continue to cater for the varied passions of members including craft, book and money matters groups, cards and games, Ten Pin bowling and theatre parties most recently to Miss Saigon.

If you are an able bodied, semi-retired or retired couple and have promised yourselves to get out, meet new people and have new experiences the Combined Probus Club of Cherrybrook could also be for you.



Our meetings are held at the Cherrybrook Community and Cultural Centre on the **first Thursday of each month**.

**For information please contact Ross on 0411 104 863. We look forward to warmly welcoming you to our Probus Club to share the good times.**

## THE PROBUS CLUB OF THE HILLS INC

Our guest speaker for August was Peter Kahn who Guided us through the history of trams in Sydney. His film brought back many memories from yesteryear.

The walkers completed a guided tour of the Female Orphan School and associated historic buildings which concluded with lunch at the Boiler House.

Then we travelled by coach to Clarence to join the Zig Zag Railway for a nostalgic trip to Lithgow and return. Then reboarding the coach for our luncheon stop at Leura. It was a wonderful day.

Our activity groups continue to be well patronised especially the bare foot bowls.

Our club would be happy to welcome you to one of our meetings which are held at the Galston Club on the second Wednesday of each month (except January) at 10am for 10.30 am.

Enquiries Bob Heyward 0427 360 389 or Ken Smith 0413 309 573.



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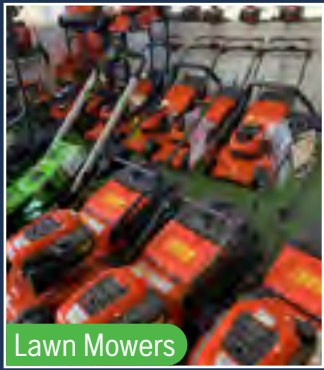
challenge and at this point... enter 'the Quilting Machine' and the clever, talented men and women who know just how to make these wondrous machines create the subtle flowing designs which are seen as the perfect way to complete 'the beautiful quilts' we know, love and admire!

Arcadian Quilters meet at the Galston Community Centre, The Glade, Galston on the **1st, 3rd and 5th Wednesday of each month** at 9.30am. For further information please call Carole on 9894 7749.





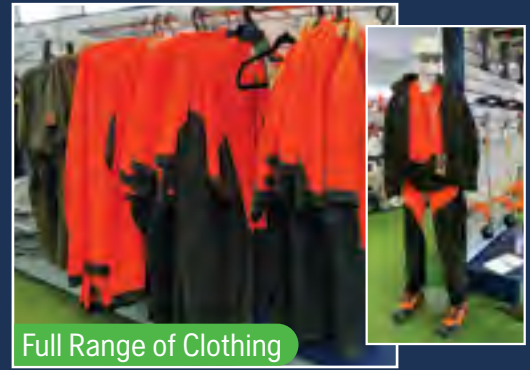
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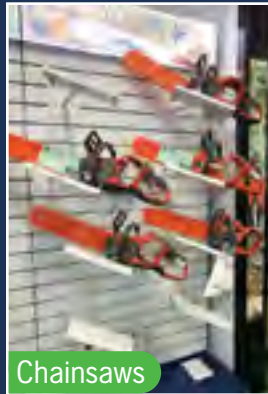
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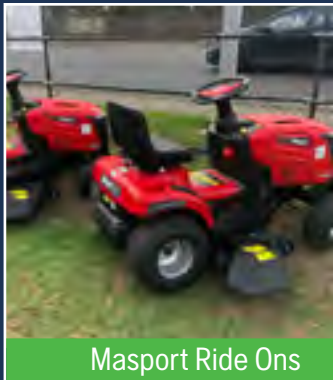
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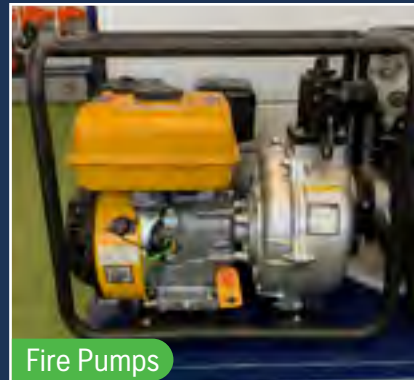
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# KENTHURST COMBINED PROBUS CLUB



Guest Speaker Scott Patterson

Kenthurst Probus members met this month on Monday September the 18th, when three new members were inducted and all those present were treated to an address by film maker Scott Patterson.

Scott spoke on the exploits of Australian servicemen and women still in Europe in the aftermath of the First World War.

While awaiting repatriation, some engaged in organized sporting activities, cricket, rugby and rowing. In the sport of rowing, the Australians eight won the Kings Cup at the British Henley Regatta against teams from other nations: Scott told their story eloquently and with audio visual aids.

After the meeting, some Probianas travelled to the City to enjoy a concert at the Town Hall, featuring Mark Tedeschi and Bernard Walz on two grand pianos with the Concert Orchestra.

On Tuesday 19th September a group of Kenthurst Probus members are travelling to Canberra for a four day bus excursion.

Guests are always welcome at Kenthurst Probus: we meet on the **third Monday of every month (except December)** at 9.30 AM in the Kenthurst Uniting Church.

**Persons interested can contact Membership Director Burt Stuit on 9652 1239 in advance, or just turn up on the day.**

## 237 NEW CITIZENS WELCOMED TO THE HILLS SHIRE

237 people took the final step in their journey to becoming Australian citizens at a ceremony at The Hills Shire Council on Sunday, 17 September.

The ceremony was held on Australian Citizenship Day, making the day even more special for the Hills Shire's newest citizens.

First established in 2001, Australian Citizenship Day allows all Australians to consider the meaning of Australian citizenship and their responsibilities and privileges as citizens.

Mayor of The Hills Shire, Dr Peter Gangemi reflected on the day's significance.

"It was particularly special to welcome The Hills Shire's newest citizens, who have come from all corners of the world on this meaningful day, which unites all Australians," Mayor Gangemi said.

"I would like to congratulate our newest citizens and thank you for choosing The Hills Shire as your home.

"The Hills is a blessed community and one of our greatest strengths is our diverse multicultural population. I would like to thank each of our newest citizens for making our wonderful region even greater."



Mr Tushar Bind and family

The newest Australian citizens in The Hills came from 36 countries throughout the world including India, China, Iran, Pakistan, South Africa, Egypt and the United Kingdom.

Mr Tushar Bind and his family were one of the families who became citizens over the weekend.

"We chose to become Australian citizens because we have seen and experienced that Australia truly lives to its values of helpfulness, freedom, respect and fairness," Mr Bind said.

## A RENAMING AT BROOKLYN

On the 27th of August, on the former site of his ancestors' farm, once a tip, once a dairy, once just a local cricket ground owned by Hornsby Council, a renaming took place before a largish crowd and became, The Tom Richmond OAM Oval.

The first balls were bowled on the new oval, some hit some not, speeches were made, many reminisced about their contact with a dear friend, family member, teacher, cricketer, historian, behind the scenes or vocal opponent of wrong and a beloved member of the Brooklyn community. It was a moving time for all.

Our picture shows some Mr Richmond's family at the unveiling of one of several plaques at the site.





# ANOTHER PEAK AWARD AT DURAL SCOUT GROUP

Scouting is all about education for life, and 1st Dural's Kristina Taylor has certainly learnt many valuable skills during her time in Scouting. Since 2016 she has achieved Peak Awards in both Joeys and Cubs and recently achieved her Peak Award in Scouts – the Australian Scout Award.

Kristina joined the Galston Rural Fire Service as a Junior member and recently organised the local Scouts Clean Up Australia Day event. She also took on the role of Assistant Scout Hall Trustee for the 1st Dural Group as part of her project-based badge work. Such leadership and life skills have not only helped Kristina in her own personal development but have also been appreciated by the whole Scout Group.

In working towards the Australian Scout Award, Kristina also faced challenges in building her skills in bushcraft, camping, canoeing, and bushwalking. She led an Adventurous Journey that saw her step out of her comfort zone undertaking a three-day hike enjoying the spectacular scenery of the Marramorra National Park.

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



Dural Scout Group has vacancies for Girls and Boys from 5 to 25 years. Joeys (5yo), Cubs (8yo), Scouts (12yo) and Venturers (16yo).

**Please contact Phirooza: 0411 731 976 or [phirooza@bigpond.net.au](mailto:phirooza@bigpond.net.au) or Simon: [thewolf\\_1stdural@bigpond.com](mailto:thewolf_1stdural@bigpond.com)**

## MEN'S SHEDS 30 YEARS IN AUSTRALIA

The Dural Men's Shed celebrated recently the 30th birthday of the MEN'S SHED movement in Australia. Whilst, by comparison, the Dural shed is just a youngster, having been started 12 years ago by the BAPTIST CHURCH at THE CENTRE in Dural, and has grown to a membership of 140.

Men's Shed members never need much of an excuse for a BBQ! The shed movement is highly regarded throughout Australia, promoting the wellbeing of men, and giving purpose in retirement and ill health.

The sheds also serve their communities who want some woodwork or metalwork, or general work done.

Men's sheds provide safe places to socialize and build community, and with the mental health issues affecting men of all ages it is correct to say that the sheds are literally saving lives.

The Dural Shed BBQ event was attended by local State members, Ray Williams and Mark Hodges, as well as members of the business community who have been a big support over the years.

**The shed can be contacted by email on [duralmensshed@gmail.com](mailto:duralmensshed@gmail.com) or on the website [www.duralmensshed.org](http://www.duralmensshed.org) and by phone on 8989 0000.**



## FAREWELL TO THE CHRISTMAS BUS LADY

My name is Helen Flory and I am a bus driver for Hillsbus at Dural. I have been there for 10 years and this year I plan on moving to Tasmania. I just want to wish all my passengers a big hug and goodbye. They will know me as the Christmas Bus Lady. I decorate a bus for Christmas every year. I started off this when I worked for State Transit.

I hope this photo makes you smile, and wishing you a very Merry Christmas in 2023, ~Helen



# ARCADIAN QUILTING NEWS



We chose Seasonal Colours as our theme for a Saturday workshop.

Charity quilts can be great fun to make, especially when the group can work together; come and join us, see what we do, join in the fun!

We meet on the 1st, 3rd and 5th Wednesday of every month at 9.30am at the Community Health Centre, the Glade, Galston.

For further information about our group please call Carole on 9894 7749.

# BENDIGO BANK GALSTON SPONSORS KENTHURST AND DISTRICT FOOTBALL CLUB

Kenthurst and District Football Club (KDFC) would like to announce an exciting new partnership with Bendigo Bank at Galston for the next 4 years.

This deal sees the Bank providing \$10,000 per year to the club which will provide invaluable financial support, resources and expertise that will enable to club to enhance our programmes, facilities, and opportunities for our players.

Their involvement will help us continue to grow and thrive as a football club, ensuring that the next generation of players has the best possible environment to develop their skills and passion for the game.

As part of this partnership KDFC will have Bendigo Bank's logo on all their playing shirts as well as signage around the grounds at Kenthurst Park.

We would like to extend our sincere gratitude to Bendigo Bank Galston for their commitment to our club and the community. Together, we look forward to achieving great success on and off the field.

Be sure to go and see the team at Bendigo Bank Galston for all your banking needs.



Alex Torville – Bendigo Director, Savio Pereira – Bendigo Branch Manager, Mevan Fernando – Bendigo Senior Mobile Lender and Sue Torville – President Kenthurst & District Football Club

## Home and contents insurance

Through Bendigo Bank, you'll have home and contents insurance you can rely on.

Visit us in branch or at [bendigobank.com.au/homeinsurance](https://www.bendigobank.com.au/homeinsurance) to get a quote.

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# ROTARY CLUB OF WEST PENNANT HILLS AND CHERRYBROOK

The Club held its annual Trivia Night on Saturday 26 August at the Cherrybrook Community Centre, Shepherds Drive, Cherrybrook.

This is one of our biggest fundraisers each year and was a very successful night. Tables were fully booked with 211 participants from West Pennant Hills and Cherrybrook Lions, several Probus clubs, fellow Rotary clubs, Blue Wren House from Camden and members, partners and friends from our Club.

The theme for the night was the prevention of Domestic and Family Violence and everyone was asked to wear a touch of purple.

Nearly \$7,000 was raised which will go towards various Rotary charities and, in particular, Blue Wren House, a domestic violence shelter. We thank all our sponsors and donors of raffle prizes.

**If you would like to know more about Rotary, be involved or join us for dinner please call 0412 064 336.**  
**Rotary Club of West Pennant Hills and Cherrybrook [wphcrotary.org/](http://wphcrotary.org/)**

Join us to celebrate 700 women and children supported to safe lives away from violence since 2016, and help us to support 700 more at our **Soirée Gala**

WITH TRACEY SPICER AM & JELENA ĐOKIĆ  
 Entertainment by Lara Parker-Kent

TICKETS:  
 \$250 PER PERSON, OR  
 \$2300 PER TABLE OF 10

**Soirée**  
 THE SANCTUARY  
 2023 GALA

7pm, Saturday  
 November 4, 2023  
**The Pavilion Marquee**  
 Springfield House  
 245 New Line Rd,  
 Dural NSW 2158  
[www.tinyurl.com/SanctuaryGala](http://www.tinyurl.com/SanctuaryGala)



# ROTARY CLUB OF KENTHURST



## BUNNINGS BBQ



Marie Beck, Jeff Fellows, David Beck

The Rotary Club of Kenthurst held a very successful BBQ at Bunnings Dural on Sunday 27th August. Our next cook up of the best sausages sandwiches in The Hills, will be at same venue on Saturday 30th September. Come along and give them a go!

A wide variety of market and food stalls, rides and entertainment meant there was something for everyone. There were so many smiling faces, which was wonderful to see.

Our Rotarians were very tired by the end of a long day, but it was truly worth it to provide such a fabulous day for our local community. Thanks to all that came along. Spread the word for next year.

The next major function for the club will be Carols in the Park early December. More details available soon.



President Chris Gaskin receiving donation from Rance staff

## KENTHURST ROTARY SPONSORS

As a not-for-profit organisation, The Rotary Club of Kenthurst relies on donations to help fund our community functions and John Benyon Rotary Park. Without sponsors, none of the hard work carried out by Rotarians would be possible. Our club would like to thank our many sponsors for their continued support. A special shout out to our major sponsor, Rance Property who presented our president with a generous donation to assist with the Kenthurst Fair.

## SEPIK RIVER, DENTAL CLINIC PROJECT – SPREAD SMILES IN PNG

The Rotary Club of Kenthurst international project - the Sepik Dental Clinic in Korogu Village, PNG needs funding and the support of dentists from across the world to provide life-changing services.

Korogu Village is in a remote region with a subsistence economy, limited medical facilities and no access to dental services. The clinic will serve an estimated 100,000 people living inland and along the Sepik River, and once established, will rely on volunteer dentists working in association with the project partner, NGO Project Sepik, to provide dental treatment and education on dental hygiene.

As the Clinic is due for completion next year, we invite you to help make this a reality by donating funds via our GoFundMe page: <https://gofund.me/e49f7fbc>

## KENTHURST COMMUNITY FAIR – THE BEST EVER!

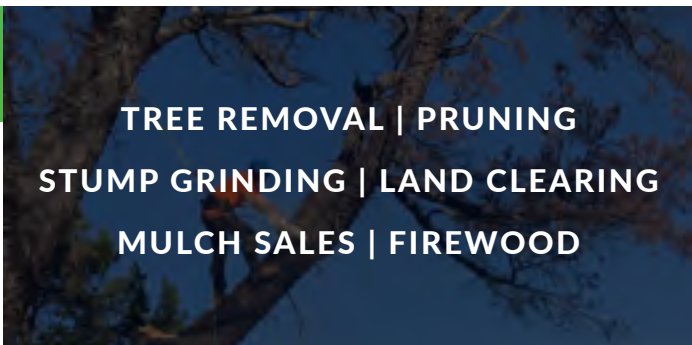
The KENTHURST FAMILY FAIR, as part of the Hills Shire Council Orange Blossom Festival was held on Sunday 10th September. This is the major fundraiser for Kenthurst Rotary each year, and this one did not disappoint.

An estimated 5,000 people attended throughout the day, taking advantage of the perfect weather. The crowd was enthusiastic, and the parade was a smash hit with onlookers.

## SOCIAL MEDIA – KEEP UP TO DATE WITH OUR CLUB

You can keep up to date with all the happenings of our club by following us on social media. Facebook, Instagram and Website: [Rotary Club of Kenthurst](https://www.rotaryclubofkenthurst.com.au)

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Spring

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# YOU RAIZED ME UP



## REJIMON PUNCHAYIL

Falls are common as people get older. We can implement a falls prevention strategy. But what if we did have a fall? There are several techniques that can be applied by a person who had a fall to get up on their own, provided there is no injury or no medical attention is required.

Your Occupational Therapist would provide a technique that is personally suitable to you. It is important to consult your GP to understand and attend to the root cause for a fall.

In many situations at home, in a retirement village or in an aged care facility, it would be challenging and most times unsafe, for a single person to assist. Raizer Lifter Chair comes handy in a situation, if no medical attention is required.

Raizer is a battery-operated mobile lifting chair that helps a fallen person up to almost standing position within a few minutes. Raizer can, with ease, be assembled and operated by only one person and does not require any physical effort, besides a supportive hand.

It's easy to transport in two light bags, assembles quickly and the safe working load is 150kgs.

This protects caregivers from serious injury. This sleek, innovative chair enables one person to safely raise a large adult to a sitting or standing position in just a few minutes.

Safer for caregivers, one person can easily perform the lift with virtually no physical effort besides a supportive hand.

For more information on this and other solutions, please head to [comfortdiscovered.com](http://comfortdiscovered.com)

Assistive Technology Specialists



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**Under Cover Parking Level Parking**

To access our under cover street level car park, you MUST turn into Jersey St NORTH from Bridge Road, then left into the Car Park entrance at the end of our building



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# FALLS RISK PREVENTION STARTS HERE



BY DANIEL FECHNER

**In the 2018 Australian Health Report it was revealed that falls are the leading cause of injuries resulting in death. Overall, falls were accounting for 37% of all deaths in Australia.**

According to the World Health Organisation (WHO) a fall is "an event which results in a person coming to rest inadvertently on the ground or floor or other lower level".

Over 70% of falls occur in a person's residential environment. There are many different causes for a fall, but ultimately it comes down to the fact a person is losing their balance to a point where they cannot recover their footing. Gravity takes care of the rest, resulting in a fall.

The human body operates a very complex and sophisticated system to keep us in balance. This allows us to ride a bike, balance on a ledge, get out of bed and walk through the bathroom at night, even with the lights off.

The brain takes information from the feet, ankles, knees, hips and spine which then combines the information together with what the eyes see and what the inner ear senses (the balance organ). There are over 20 separate 'sensors' which help the brain to maintain balance.

Multiple things can affect one or more sensors of this system and the body has difficulty maintaining balance. The most common contributors include the use of some specific medications or using

several at once, losing parts of our hearing (and with that also parts of the Vestibular System – the balance organ), vision impairment, muscular-skeletal issues such as strength and flexibility and other diseases, for example Diabetes.

Falls prevention is especially important to us at Ear Studio, because our founder Daniel lost his own grandfather due to a fall. In our view the first step to reducing the risk of falling is knowledge. Knowing which factors influence your balance is a great starting point. Based on the NSW Health system we have put together a comprehensive falls-risk assessment that incorporates general questions about your health as well as high-tech measurements of your balance functions. With this we can guide you in the right direction and together with your GP, work on improving your balance and thereby reduce your risk of falls.

If you think you or a loved one may be showing signs of being unbalanced/unsteady on their feet or signs of being hard of hearing, perhaps it's time to book an appointment with us at Ear Studio, early intervention is key to alleviate the risk of falls.

We are a small independent Audiology Clinic who are a passionate and dedicated team. We compassionately guide our patients through their concerns. From the moment you call us, walk through the door and spend time in your appointment, our aim is to help you feel welcome and at ease. Our highly educated and trained clinicians endeavour to reach the best possible outcome for your personal situation and needs. We look forward to welcoming you to the Ear Studio family.

**To learn more or book your appointment please visit [www.earstudio.com.au](http://www.earstudio.com.au) and go to Falls Risk Assessment or call us on 02 9159 6122.**

**Take control  
of your balance...**

**EAR STUDIO**  
*Passion for Hearing*

For more about our  
**Falls Risk Assessment**  
contact us **02 9159 6122**  
or to book online simply  
scan the QR code

Located inside Lawton House  
Suite 9-10 / 60 Cecil Ave, Castle Hill NSW 2154

[www.earstudio.com.au](http://www.earstudio.com.au)

# CASTLE HILL ART SOCIETY WORKSHOP



## PAINT YOUR PET WITH JEANETTE STARR SUNDAY 15TH OCTOBER

Join Jeanette for a fun day of drawing and painting. Suitable for students of all levels. Materials not included, please bring your own, either oils, acrylics, pastels or charcoal. Bring along images of animals you want to work on or use our images. The fee is \$90.

Phone Luce Lopez on 0419 496 621 to register your interest.

## CREATIVITY ABOUNDS! ARCADIAN ARTISTS TRAIL 2023

Where do artists get their inspiration and what drives them to create? A sneak peek into the lives of over 35 Artists will be available 11 and 12 November when 6 rural studios open their doors and display the talents of many wonderful artisans. All are remarkable individuals whose enthusiasm and passion have set the Arcadian Artists apart for many years. Among them are glass artists, jewellers, painters, sculptors, felt artists, printmakers, wire sculptors and textile artists.

The rural properties on the trail are in Dural, Galston and Arcadia on the edge of Sydney, and are a delight to investigate. All Studios vary in their approach and expression and are well worth a visit. There is plenty of time for visitors to ask questions and talk with the creators. Why not buy a Christmas present for someone special.

Many of our venues will have food and beverage trucks available. Some property owners are even encouraging their visitors to bring a picnic lunch and blanket to use on their lawns. Bring your glass of bubbly and rest while you take in the delights of the country and purchase unique and quality artworks. The local cafes also provide delicious treats.

November 11-12  
9.00am – 5.00pm Saturday and Sunday  
Admission is FREE  
Come and enjoy!  
[www.arcadianartists.net.au](http://www.arcadianartists.net.au)

We thank Bendigo Bank for their generous support of this community event.

# HORNSBY ART PRIZE RETURNS



85 artworks have been shortlisted for Hornsby Shire Council's 2023 Hornsby Art Prize, comprising Painting, Drawing, Printmaking, Digital Art Stills and Sculpture.

Hosted in partnership with the Hornsby Art Society, the Hornsby Art Prize is a national art competition and exhibition celebrating Australian artists. This year, the competition has a total

prize pool of \$23,000, with the major prize \$10,000.

Winners of the Hornsby Art Prize, including the Hornsby Shire Local Artist Award, will be announced at an award ceremony on **Friday 20 October**. The Hornsby Art Prize Finalists' Exhibition will be held at Wallarobba Arts and Cultural Centre from **20 October** until **5 November**, Tuesday-Sunday, 10am-4pm.

For more information go to [hornsby.nsw.gov.au/artprize](http://hornsby.nsw.gov.au/artprize)





# DURAL AND DISTRICT HISTORICAL SOCIETY INC.

## NEWS FROM HISTORY COTTAGE

History Cottage was pleased to welcome guest speaker, Dr Lesley Harbon. She spoke of six women associated with the Roughley Family who, over six generations, played a part in the social history of the interlocking families who farmed our district.

In the audience were those whose names are on the family tree, along with many others who are part of the story and who still live in it. An interesting and enjoyable afternoon.

As usual animated recollections and questions followed over tea. It is gratifying to see how popular the Society talks on local history have become.

On the 29th September a group of members will take part in a tour of the western half of Sydney Harbour, conducted by the Navy Historical Society. Tours for 2024 are now being planned with a one day in Parramatta and two days in Lithgow. The Society's Annual General Meeting will be held in the Uniting Church, Galston, on **Saturday the 10th October** at 2.00pm.

A enjoyable part of the afternoon is a Show and Tell. Here members and visitors bring an object, of any nature, and give a short explanation of why it is of special significance to them. This is always a demonstration of the wide interests people have and a chance to share knowledge.

The photograph shows Len Best with ancestor's bayonet and branding iron.

The Society would welcome help in its work within community. The last meeting for the year will be on the **11th November** at



2.00pm in the Uniting Church, Galston. The guest speaker will be Dr Don. Napper and his topic is Francis Greenway. Dr Napper has spoken to our society on several occasions and members look forward to his return.

**Enquiries: Michael Bell 9653 1365.**



**School Readiness & Preparatory Sessions**

Term 4 Timetable



Tuesday: 9.30am-11.30am



Wednesday: 10.00am-12.00pm



Thursday: 9.30am- 11.30am







**Book now:** [prepforschool.com.au](http://prepforschool.com.au)  
[brooke@prepforschool.com.au](mailto:brooke@prepforschool.com.au)



# DURAL COUNTRY FAIR

**SUNDAY 22 OCT**

**10AM - 4PM**

Major Sponsors




Platinum Sponsors





Gold Sponsors







Rides, market stalls, food stalls, Golden Ridge Animal Farm, local performers, raffle, silent auction and much more.  
 Held on School Grounds of Dural Public School.

📍 622 Old Northern Rd, Dural

# DURAL BOWLING CLUB NEWS

Both Men and Ladies Major singles (Dural Competition) have been completed with Phil Laing (left in the picture) winning the Men Title and Mike Keane as the runner up. Robyn Scoble (left in picture) won the Ladies Title with Elizabeth Goode as the runner up. Congratulations to Phil and Robyn as Club champions.



Phil Laing left and Mike Keane right



Robyn Scoble left and Elizabeth Goode right



Dural Ladies Mitchell Plate winners

Dural won the Mitchell Plate for the Ladies competition on Wednesday 13th September. Dural secured the championship with some close wins (Photo top). It is very exciting for the Dural Bowling Club as the Mitchell Plate will be replaced next year in a revamped competition by Bowls NSW.

**Anyone interested in playing bowls or having a Barefoot Bowls Party please contact Robert on 0411 375 580.**

 The advertisement features a group of students in school uniforms walking on a path. The text includes:
 

- 40 Years 1983 - 2023
- Northholm Grammar
- Open Day
- Sunday 15 October | 10.30am to 12.30pm
- Book now [northholm.nsw.edu.au](http://northholm.nsw.edu.au)



# GIRLS' FUTSAL IN DURAL

The amazing performance of the Matildas recently inspired girls across Australia to play soccer.

Futsal is an incredibly fun and fast-paced sport, perfect for building soccer skills quickly. The smaller court size and low team numbers offers lots of time on the ball, promoting development of precise footwork, speed and agility.

The Dural Warriors is a girl's comp based at The Centre.

The Junior Summer competitions kick off in Term 4 on the **9th October**, so now is the time to get your young lady signed up and ready to play! Games are played indoors so never rained out, and on weeknights to keep your weekends free!

[thecentredural.org.au/sports-competitions](http://thecentredural.org.au/sports-competitions)



# PACIFIC HILLS TO REPRESENT NSW AT SCIENCE NATIONALS



A group of Year 9 and 10 students from Pacific Hills Christian School have won their way into the National Finals of the prestigious Science and Engineering Challenge which is operated by the University of Newcastle.

Over the past three years the School has won the Sydney round of the Challenge to compete at the State Finals and this year on their fourth appearance in Newcastle they made it to the top level of the competition.

The acclaimed STEM competition introduces students to Science projects not usually seen in the classroom. They form into teams and through that process the students learn about teamwork and communication as well as solving complex science and engineering challenges.

The Head of the Science Faculty, Erin Waterhouse, said, "The whole team showed determination, courage and beautiful character through their teamwork skills and it paid off. They will be one of three NSW representative teams competing at the Nationals. What an honour."

## KINDY IS COMING IN 2024

New Hope is the most modern purpose-built school in the Hills for children with mild to moderate intellectual delay or Autism Spectrum Disorder. Years K-12.



New Hope Christian School is an independent school trading under the Pacific Group of Christian Schools ABN 11 001 832 828



[enrolments@newhope.nsw.edu.au](mailto:enrolments@newhope.nsw.edu.au)

[www.newhope.nsw.edu.au](http://www.newhope.nsw.edu.au)



# RURAL ROUNDUP

CLR WARREN WADDELL

It is very disappointing that the State Government has elected to defer the upgrade works to New Line Rd identified in the previous budget.

This decision puts in doubt any timeline that may have provided any form of commuter relief. Residents and businesses in the rural area that have little choice but to rely on this dysfunctional piece of State infrastructure, will continue to experience anxiety, frustration, and loss of productivity for many years to come.

We do, however, have capacity to make the most of the resources we do control.

In August, the Arcadia Galston Residents Association, (AGRA,) hosted an information session on projects that seek community input.

- The first is a proposal to replan and make better use of the Council operational land in Johnston Rd Galston. An opportunity exists to improve the onsite RFS facilities, improve the presentation and safety of Johnston Rd, protect and enhance on site

vegetation, provide for potential recreation and to accommodate the future service needs of the Council and the community. I encourage residents to go to the Council website and click on "Have Your Say", Johnston Rd. Or use the following link: <https://yoursay.hornsby.nsw.gov.au/planning-proposal-1-3-johnson-road-galston>

- In addition, residents were introduced to the Galston Village Public Domain project that seeks to enhance the presentation and functionality of Galston Village. The plan is not on exhibition just yet, but Council will be seeking community input into issues such as, safety, parking, way signage, curb and guttering, bus stops, street furniture and landscaping.

On that note, I have also been advised that the recent change in management of the Aldi complex has resulted in toilets becoming available during the day at the eastern end of Galston village.



## OTHER INFO...

- Three dates will be available in October for free native plant giveaways from our Pennant Hills nursery. Refer website for more details.
- Be prepared! It's going to be hot one! Contact Council or your local RFS fire shed for tips on being prepared this Summer.

As always, happy to be contacted in regard to any issues. [wwaddell@hornsby.nsw.gov.au](mailto:wwaddell@hornsby.nsw.gov.au)  
Ph: 0499 004 861.



# THANK YOU TO OUR RFS VOLUNTEERS AND PREPARING FOR THE UPCOMING BUSHFIRE SEASON

MEMBER FOR BEROWRA

As we approach the official start of the fire season, I want to acknowledge our remarkable Rural Fire Service volunteers. Across Berowra there are over 1,500 local volunteers across 27 brigades who do a remarkable job. They're an extraordinary group of men and women.

They volunteer all year round. In autumn and winter they undertake drills and hazard reductions and prepare. Over the past year brigades across the two local districts have responded to over 700 incident calls. Floods, storms, multiple-vehicle accidents—no matter what the disaster, they're always there to lend a hand.

But, of course, the role the RFS volunteers play in our fire safety is their most significant contribution. Berowra is a beautiful bushland electorate. But it means we're also a bushfire prone electorate. Every year, our RFS volunteers stand ready to defend properties and

lives during the fire season. Many residents will not have lived through the terrible bushfires that ripped through our area in 2002. Those who did will remember how ferocious and devastating they were.

That is why it is so important to start getting your property ready now, in case we face similar conditions this fire season.

Make sure your bushfire survival plan is up to date and that you undertake important preventative work, like clearing out gutters or keeping your yard free of combustible material.

As part of that bushfire survival plan, you should think about which valuables you need to pack up – so if you need to go, you can before it's too late.

If you've got a pool, I would also encourage you to get a static water supply (SWS) sign at your property entrance. That water might save your own home, or your neighbour's.

Thanks again to the wonderful RFS for all the work they do for our community and for all Australians.

## BUILDING DESIGN & DRAFTING STUDIO

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RSDNC

**As your Federal Member, I am here to:**

- Assist with accessing Federal Government services
- Attend your local community event
- Arrange congratulatory messages

Please contact my office if I can be of assistance.

**JULIAN LEESER MP**  
FEDERAL MEMBER FOR BEROWRA

📍 Level 11, 423 Pennant Hills Road, Pennant Hills NSW 2120    ☎ 02 9980 1822

✉ [julian.leeser.mp@aph.gov.au](mailto:julian.leeser.mp@aph.gov.au)    🌐 [julianleeser.com.au](http://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.





# RUN FOR THE HILLS EVENT AND FIRE READY INFORMATION

MEMBER FOR CASTLE HILL

## RUN FOR THE HILLS

The greatest community fun run, 'Run for the Hills' was held over the second weekend of September in association with the Orange Blossom Festival. Formally known as the Cross-Country Challenge, the fun run was held at a scenic location, the historic Bella Vista Farm. There were three courses offered, the 11.1 km expert, the 7.4 km intermediate, and the 3.7 km family fun run. I joined the community and completed the 7.4-kilometre course around the Farm. The event would not have been possible without the commitment and service of the Castle Hill Rotary Club. Run for the Hills raises much needed funds for three great charities, the Positive Vibes Foundation, Youth Insearch, and Youth Off the Streets. Well done to everyone who participated this year.

## BE FIRE READY

With the weather heating up recently the Rural Fire Service recommends some simple steps you can take to prepare your home for the upcoming bushfire season:

1. Trim overhanging trees and shrubs. This can stop the fire spreading to your home.
2. Mow grass and remove cuttings. Have a cleared area around your home.
3. Remove material that can burn around your home (e.g., Door mats, wood piles, mulch, leaves, paint, outdoor furniture).



4. Clear and remove all the debris and leaves from the gutters surrounding your home. Burning embers can set your home on fire.
5. Prepare a sturdy hose or hoses that will reach all around your home. Make sure you've got a reliable source of water.



## FROM THE DESK OF MATT KEAN

MEMBER FOR HORNSBY

It is so disappointing to see that the NSW Government's recently released budget provides no new money for essential services and infrastructure in our area. The residents of Hornsby don't deserve to be punished by this Labor government because of where they live. This is a stark reminder that we have returned to the bad old days of Labor, where nothing gets built.

On a more positive note, I would like to recognize the Glenorie Progress Association for being proactive for their community. They recently hosted representatives from the Hills Rural Fire Service who gave a presentation to residents about preparing for the Bush Fire Season. If you need any information about how you should prepare your property or formulate your personal plan in the event of a dangerous bushfire, I encourage you to contact your local RFS brigade today.

Finally, I was so pleased to support a donation of a large stack of local history books to the Galston High School library from the collection of the late Tom Richmond OAM, who was a former history teacher at the school from when it opened in 1974 until 1981. After the school's library was destroyed by fire in 2014, the facility was rebuilt in 2016. Now the school has been provided with these wonderful resources on the district's history under Tom's name.



**Matt Kean MP**

Member for Hornsby

### Keen to Help you by

- Representing you in the NSW Parliament
- Assisting you to access State services
- Communicating your issues to the relevant Ministers
- Organising Justice of the Peace applications
- Recognising State achievements



Contact  
Matt

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

Authorised by Matt Kean MP. Funded using parliamentary entitlements.



**MARK HODGES MP**

MEMBER FOR CASTLE HILL

### AS YOUR STATE MP, I AM HERE TO:

- Help you with any State Government matters.
- Assist in accessing NSW Government services, assistance or grants.
- Provide Justice of the Peace services.
- Arrange congratulatory messages.



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# HILLS COUNCIL NEWS UPDATE

CLR MITCHELL BLUE

**Well spring is certainly here and at times, it has felt like summer!**

Earlier this month, I presented at the Glenorie Progress Association meeting on Bushfire Preparedness and in particular the role that The Hills Shire Council plays.

As the Chair of The Hills Bushfire Management Committee and a local volunteer firefighter, I am so passionate about bushfire safety and preparedness.

Thank you to Glenorie Progress Association for hosting this meeting and to Glenorie RSL Club for the space. I was joined by The Hills NSW Rural Fire Service staff along with members of Glenorie Rural Fire Brigade, Maroota Rural Fire Brigade and Hillside Rural Fire Brigade. It was fantastic to see many Glenorie locals and surrounding residents attend this presentation.

Before the presentation, it was interesting to see how many residents chose to 'stay and defend' in the event of a bushfire and then the number that decided afterward that it was best for them to 'leave early'.

This is a key consideration when developing a Bushfire Survival Plan. A well prepared home is more likely to survive a bush fire. Even if your plan is to leave early, the more you prepare your home, the more likely it will survive a bush fire or ember attack.

A well prepared home can also be easier for you or firefighters to defend, and is less likely to put your neighbours' homes at risk. A well prepared home will also give you more protection if a fire threatens suddenly and you cannot leave.

With hot and drier conditions expected this summer, you may be at higher than normal risk of bush and grass fire. Know your risk

this bush fire season and prepare well ahead. Now is the time to get ready. I recently visited Box Hill Nelson and Sackville North Rural Fire Brigades for their Get Ready Weekend events.

Well done to all our RFS brigades here in The Hills for these informative and important community bush fire preparedness events. For more information visit [rfs.nsw.gov.au](http://rfs.nsw.gov.au) or contact your local RFS brigade. I'm ready, and I'd like you to be too.

Over the past month, a significant number of pavement rectification works have been undertaken of roads in North Ward as part of the Regional and Local Road Repair Program.

As part of the ongoing flood repair program, further works have recently been undertaken on Pages Wharf Rd at Sackville North. Major pavement stabilisation and two coat sealing has also been undertaken to River Rd between Lower Portland and Wisemans Ferry following damage from the floods of the past few years.

There is still plenty of work required on River Rd, which will take some time, but I am glad that works have commenced. I endeavour to keep the community updated on these works.

For those members of the community in Lower Portland and Sackville North area, your new Progress Association will be meeting on **Thursday 19th October** from 7pm at the Sackville North School of Arts. I will be there, and I look forward to meeting you.

Until next month.

---

**For more information on the happenings here in The Hills and North Ward, follow me on Facebook.**

**Councillor Mitchell Blue – The Hills Shire Council.**



## FOR ANIMALS KEPT IN PADDOCKS WITHOUT SHADE; SUMMER ISN'T JUST HOT, IT'S HELL

CLR TANIA SALITRA



**Farm animals typically feel heat stress at 25°C. As the temperature and humidity rises, so does their suffering. A 40°C day can result in organ failure and death. Heat stress also affects weight gain, milk yield and fertility.**

The most effective prevention of suffering for animals on a hot day is access to tree shade, as the majority of Hornsby Shire residents provide. But many animals across NSW are not so lucky; stranded in paddocks with no respite from extreme temperatures.

That's because of a loophole in animal welfare legislation, standards and guidelines; saying shade and shelter 'should' be provided, instead of 'must'. This makes it impossible to enforce the provision of shade.

I've asked Hornsby Shire Council to advocate for mandatory shade at our LGNSW Conference in November; where councillors from across NSW vote on policy positions. Disappointingly, not all councillors agreed animal welfare was important.

---

**If you'd like to comment, please email me at:**  
[tsalitra@hornsby.nsw.gov.au](mailto:tsalitra@hornsby.nsw.gov.au)



# THE BEGINNING OF THE DAY

The book of Genesis says, "Evening came, then morning – that was the first day." (Genesis 1:5)

The Jews make the evening the beginning of the day while we usually think the beginning of the day is to be the morning. Unless we wake up at least 1-2 hours before the time we should start our day's work in the morning, for many people it may be challenging to have a quality of time to reflect on our day and life.

When we wake up in the morning, the fatigue of a day's labour is not fully recovered, the body is heavy, the mind is busy with the work that needs to be done, our mind is stressed as there are lots of things to take care of. That's why the Bible doesn't start the day with busy morning, but when we come home from a busy day, when we have rest, when we meet our loved ones at home, when we share meals with our loved ones, when we talk about the whole day, when we wash and go to bed, that's the beginning of the day.

Thus, for those whose morning is the beginning of the day, life may be full of hard labour, busy schedules, and complicated engagements, while for those whose evening is the beginning of the day, there is tranquility, rest, warm conversation, sharing with intimate and beloved family, washing clean, and resting. I pray those who read my words today and tonight to find good rest and peace.

## I want to pray with you tonight.

*"Thank you, Lord God, for the beautiful sunset. The Lord called a long ago evening the beginning of the day. God told us that the beginning of the day is not when the mind and body are busy thinking about the things that need to be done, but when everyone finds peace and rest.*



*Thank you, Lord. I can see the people I love with a relaxed mind. I'm grateful to be able to listen to their stories. I'm thankful to be able to face myself alone to comfort and encourage. Thank you, Lord, for coming to my side. Please remember my works, and if I have a worry that I can't let go of, please let the Lord relieve of it, and grant me peace. Please stay with me always. In the name of Jesus Christ, I pray. Amen."*

**- REV PETER CHUNG,  
CHERRYBROOK UNITING CHURCH**

# FOOD DRIVE 2023 - THANK YOU



The people of Dural Anglican Church are so very grateful for the generosity of our district. Your ongoing support of the Anglicare Food Drive has been extraordinary.

All of us are feeling the pinch of rising costs for groceries, petrol, interest rates and more... and everyday living has become especially hard for people living in some of Sydney's most disadvantaged suburbs. Your practical support through our annual food drive has made a huge difference.

Many of the supplies you provided will be distributed to needy people through Anglicare's mobile pantry initiative. In partnership with Sydney Anglican Churches, these mobile "supermarkets" make basic food items and personal hygiene products available to people in need.

Though you're unlikely to meet those who benefit, please be assured that your generosity has made a practical difference in someone's life.

Why do we do this? Motivated by the love we've received from Jesus, the people of Dural Anglican are committed to doing what we can to share Jesus' love with others

If you want to find out more, please join us. Dural Anglican is an active local church. Our Sunday services are – 8am, 10am and 6pm at St Jude's Dural and 9:30am at Christ Church Kenthurst.

In addition, we host a K-5 kids' program on Friday afternoons plus a youth group for years 6-12 on Friday nights during term time. We'd love to welcome you.

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# Hidden In The Hills

## BIRDS

BY LACHLAN TURNER

When walking through bushland reserves it is possible to encounter many birds as they search for food either on the ground, through the undergrowth or in the treetops.

Larger birds, because they are more easily seen appear to be fairly common. However, it can be the smaller birds which tend to captivate a bird watching enthusiast.

It is a very fortunate occurrence to see a bird building its nest, or feeding its demanding juvenile.



To successfully observe most birdlife in bushland forests it is important to remember that humans are intruders in their environment. Most small birds will keep their distance as you walk along a bush track. Wear bush-coloured clothing, move slowly and speak softly.

Don't make sudden movements, like pointing your arm or camera to where you have just spotted a bird. For best results when capturing images of small birds in particular, a telephoto or zoom lens is essential.

Birds are most active searching for food in the early parts of the day.

This year the "Aussie Backyard Bird Count" will be held during Bird Week from **Monday October 16 to Sunday October 22**.

Lachlan will hold a "**Do You Know That Bird**" Workshop on **Thursday October 19** at 10.00am at the Community Environment Centre in Currie Avenue, Annangrove.

**This workshop is free, but bookings are essential through Eventbrite at the Hills Shire Council web site.**

**<https://www.eventbrite.com/cc/community-centre-workshops-404489>**

# BROMELIAD SOCIETY OF AUSTRALIA CELEBRATES ITS 60TH

At the next meeting on Saturday, 14th October the Bromeliad Society of Australia will celebrate its sixtieth birthday at the Federation Pavilion, Castle Hill Showground, Castle Hill with Bromeliad sales to the public from 10am with the meeting commencing at 12 noon.

The inaugural meeting took place in 1962, 36 people attended and a decision was made to form a Society. The Australian Bromeliad Society was formed in 1963, the first general meeting was held on 6th July at the Y.M.C.A. in Pitt Street, Sydney and attracted 45 members and today the BSA has 140 members.

The first issue of Bromeletter was published in 1969 and the first public display of Bromeliads was held at the Royal Agricultural Society's Easter Show in the same year.

"Each and every position is vital to the smooth running of our society. Two of our life members who are still actively involved with the BSA are Carolyn Bunnell who joined in 1982 and Allan Beard in 1987." said Ian Hook, President.

National conferences were organised in 1983, 1991 and the highly successful "Bromsmatta"2015.

However, the major achievement which put our Society on the World Stage was the publication in 1988 of our Book "Growing Bromeliads". It was the first of its kind outside the USA and European countries.

The book was compiled by 13 members of the Society, each writing on the genera of Bromeliads in which they specialised. It was written in simple terms for the novice growers to understand. The book has been updated and is still selling well today.



**For further information please contact Ian Hook, President of BSA on mobile 0408 202 269, email: [ianhook1@bigpond.com](mailto:ianhook1@bigpond.com) or refer to [www.bromeliad.org.au](http://www.bromeliad.org.au) for the latest updates.**



# HORNSBY SHIRE COUNCIL'S NATIVE PLANT GIVEAWAY PROGRAM BLOOMS AGAIN



Hornsby Shire residents are invited to collect four free native plants, including native trees, shrubs, edible and flowering plants – many of which are locally indigenous.

The plants are grown by staff and volunteers at Council's Warada Ngarang Community Plant Nursery in Pennant Hills.

During the previous Native Plant Giveaways held in Autumn 2023, the program saw residents from 921 households attend, collecting a total of 4,571 native plants.

"This program is a great way to further that and to sow the seeds for future generations in the Bushland Shire," said Mayor Ruddock.

## NATIVE PLANT GIVEAWAY DAYS ARE SCHEDULED:

- Saturday, 14 October 9am – 2pm
- Wednesday, 18 October 9am – 12pm
- Saturday, 21 October 9am – 12pm

For additional information about the Native Plant Giveaway Program and to book your plant collection appointment, please visit: [hornsby.nsw.gov.au/plants](https://hornsby.nsw.gov.au/plants)

# AN EREMOPHILA FOR EVERY GARDEN

The speaker on 25 November at the meeting of the Parramatta and Hills Group of the Australian Plants Society will be Lyndal Thorburn, and she will be speaking about "An Eremophila for every garden".

Although Eremophilas (Umu Bushes) grow naturally in the dryer parts of Australia, they can make stunning additions to your garden.

Lyndal will provide tips on growing and caring for Eremophilas, particularly in the wetter Sydney region. Lyndal Thorburn has been leader of the Eremophila Study Group since 2015.

A scientist by training but not by profession, she has kept her interest in biology alive through long term involvement with the Australian Plants Society Canberra and participation in many Citizen Science groups.

She has grown over 100 varieties of Eremophilas in her rather shady Queanbeyan garden and has been delighted to discover that many in the genus are frost hardy and don't need sun all day.



Eremophila conglomerata

## MEETING DETAILS:

**Australian Plants Society-Parramatta/Hills Branch**

When: 2 pm, Saturday 25 November 2023

Where: Gumnut Hall, Gumnut Place, Cherrybrook.

Afternoon tea will be served. Visitors will be very welcome!

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# HILLS MOWERS PREPARES FOR FIRE

There's a frenzy of activity in the Dural area as families heed the RFS's warnings to prepare their homes against the threat of bushfire.

Joe Fahim at Hills Mowers and Irrigation in Dural is primed to assist. He has seen a lot of interest in fire pumps from local families alarmed that their homes, properties and livestock are at risk this summer.

Hills Mowers and Irrigation is well stocked with Aussie Fire pumps, and Joe is on deck to advise choosing the right pump for your property and situation.

The fire pump is critical to any fire protection plan. Hills Mowers and Irrigation stocks the world's best portable fire pump, the Aussie Fire Chief. Developed specifically for Australian bushfire fighting, the pump will deliver a maximum head of 75 metres (vertical lift) and will prime from depths as low as 7.6 metres.

"That's very handy if you're pulling water out of a dam or swimming pool," said Joe.

The Fire Chief is popular because of its efficiency and the top quality Honda petrol engine. The secret of the Fire Chief's performance is a big 7" diameter impeller. That provides a velocity to throw a jet that will put out fires even in treetops.

To help residents with choosing a pump and setting up their bushfire protection system, Aussie Pump has created the Aussie Bushfire Survival Guide. It has loads of information on preparing for a fire emergency. Aussie prints and gives away thousands of the Guides each year.

"The Aussie Bushfire Survival Guide explains how to protect your home, property, even livestock from fire. It provides



Joe at Hills Mowers and Irrigation

professional advice but with a sober warning that homeowners need to know when to leave or when to stay and fight," said Joe.

Pick up your FREE copy of the Aussie Bushfire Survival Guide from Joe at Hills Mowers and Irrigation, 598 Old Northern Rd Dural 02 9651 6616.

**For more information, contact Aussie Pumps on +612 8865 3500 or visit [aussiepumps.com.au](http://aussiepumps.com.au)**



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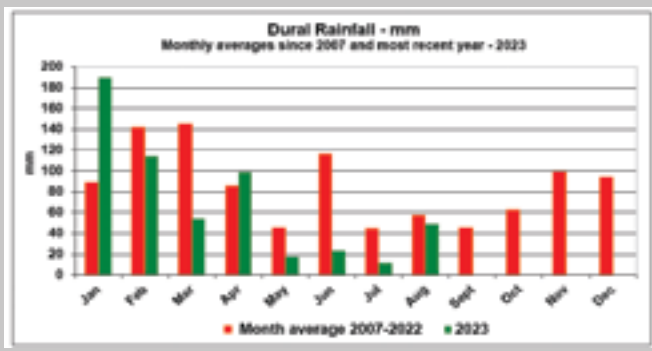
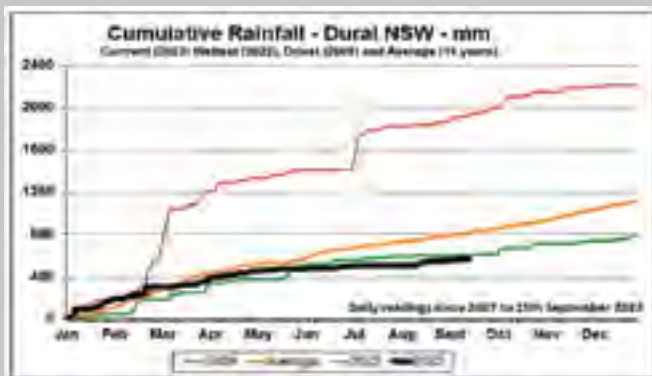
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## DURAL RAINFALL CHARTS

BY HANS KUNNEN





# DURAL RURAL FIRE BRIGADE

## PACIFIC HILLS FAIR

As part of the RFS Get Ready Weekend campaign, Dural Brigade had a crew at the Pacific Hills Christian School fete. It was a successful day of helping people plan for the upcoming fire season, providing advice about the best way to prepare their homes, and showing the next generation of firefighters around our trucks. We'll next be at the Dural Public School Country Fair on **Sunday the 22nd of October**. Come and say to our firefighters, let the kids look around the truck and discuss your bushfire survival plan.

## HAZARD REDUCTIONS

Dural Brigade has been part of a number of successful hazard reduction burns in the last month. Along with our own local burn on Quarry Rd, we have assisted other brigades with burns in their area, most significantly the Charlton creek burn in Galston. These hazard reduction burns are vital in reducing the bushfire risk in The Hills and Hornsby. As the bushfire season approaches, the RFS will be continuing efforts to reduce bushfire risk across the state.

## STAY CONNECTED!

Whilst many of you are familiar with our Dural Rural Fire Brigade Facebook page, in order to reach our wider community, we are excited to have a new Instagram page. Follow our new Instagram page at [@duralrfb](#) and our Facebook page 'Dural Rural Fire Brigade' to stay up to date.

## WOULD YOU LIKE TO JOIN US?

DURAL RFS IS RECRUITING – ARE YOU READY TO MAKE A DIFFERENCE AS A NSW RFS VOLUNTEER?



There are many reasons to join the NSW RFS. You may want to protect your families, friends and community or you may want to meet a like-minded group of people. No matter the reason, if you would like to join or find out more, please refer to the RFS website or send us a message on our social media pages.

<https://www.rfs.nsw.gov.au/volunteer/join-the-nsw-rfs>

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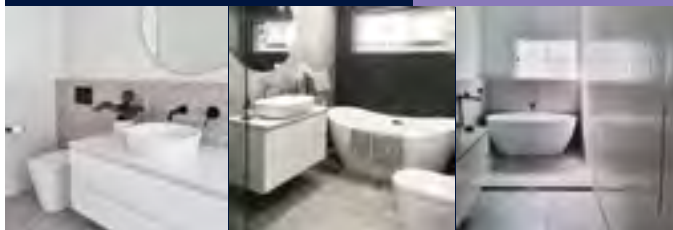
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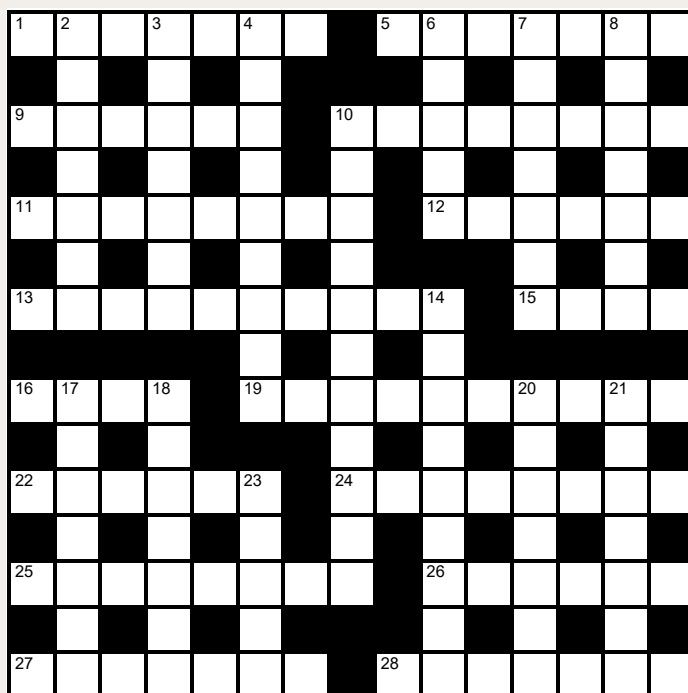
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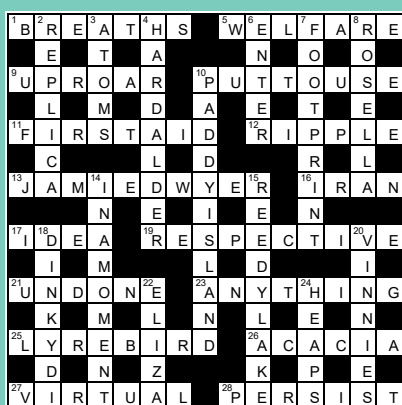
# CROSSWORD PUZZLE

## ACROSS

- 01 Incident (7)
- 05 Arts hub reinvigorated common shrub (3,4)
- 09 Printers' or Tasmanian (6)
- 10 Fire-resistant tree (8)
- 11 Take it easy! (4,4)
- 12 Large beer bottle (6)
- 13 Scissors grinder (10)
- 15 Repose (4)
- 16 Global airline body (1,1,1,1)
- 19 Reliance (10)
- 22 Part of a car's steering system (3,3)
- 24 On the books (8)
- 25 Sydney surfing beach (4,4)
- 26 Pro bono (6)
- 27 If you're doing it, you're on this (3,4)
- 28 Unfavourable (7)



## ANSWER FROM SEPTEMBER ISSUE



## DOWN

- 02 Triumph (7)
- 03 Earth-shaking (7)
- 04 Twisted out of shape (9)
- 06 "The game's ---!" (Shakespeare - and Conan Doyle) (5)
- 07 Chatterbox (7)
- 08 Beach habitués (7)
- 10 Former national cricket captain (3,8)
- 14 Evasion (9)
- 17 Horizontal bearing (7)
- 18 Popular type of paint for artists (7)
- 20 Overshadow (7)
- 21 Closing items, usually, on TV screens (7)
- 23 Just what the doctor ordered (5)





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