

DOORAL ROUNDUP



AUGUST 2024

Official Publication of the Dural Chamber of Commerce
www.duralchamber.com.au



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Gremmo Homes

Creating dream homes for your lifestyle

Gremmo Homes is owned and operated by four brothers who are all involved in the building process.

The company has been established for over 25 years, building homes throughout the Sydney metropolitan area. Gremmo Homes have award winning, proven results in delivering homes which are as remarkable as they are unique, with a team that can facilitate all of the design, statutory and building requirements for your home, including your interior design, landscaping and pool construction.

The Gremmo Homes design team provides the inspiration for homes which are unique, functional and catered to your individual requirements. An in-house Interior Designer works with you to create a home that reflects your personality and lifestyle while ensuring a seamless integration between your home and its pool and gardens, while an internal Planning Consultant ensures that your home progresses efficiently through the statutory approval process.

A recently completed project in Kenthurst is a perfect example of how the Gremmo Homes team work to create a home that provides all of the modern living

requirements whilst blending in seamlessly with its surrounding environment.

The outdoor kitchen and al-fresco of this property functions as an extension of the internal living areas of the home. The BBQ takes centre stage alongside a chilled beer fridge, everything that you require for effortless entertaining. Overhead ceiling fans work to cool the space during Sydney's warm summer evenings, while the built-in fireplace ensures the party can continue into the cooler months. The stone detailing featured on the front façade of the home is reprised here, creating further cohesion.

The alfresco looks over the stunning pool, offering a picturesque backdrop to the leafy backdrop beyond. Of course, a home of this calibre is not without its modern comforts such as automation, security systems, a ducted vacuum and video intercom. Photovoltaic panels, a Tesla battery and rainwater harvesting also help to limit the environmental impact of the home.

This fusion of modern contemporary design located in a bushland setting ensures that this home is a true statement piece, a luxurious sanctuary to sit back and enjoy the leafy surrounds.



GremmoHomes.com.au



Racing towards the future

BY MARK COUPAR

I recently attended an enlightening presentation on Artificial Intelligence (AI) for small and medium-sized businesses, presented by Howard Bowland. Here are some key takeaways to help you understand and leverage AI in your operations if you are a small/medium business or someone who wants to get a brief overview of AI.

1. Why AI Matters for SMBs:

- Provides a competitive edge against larger companies,
- Improves efficiency and reduces costs,
- Enables data-driven decision making.

2. Understanding Generative AI:

- Creates new content based on patterns learned from existing data,

- Can generate text, images, music, and code,
- Works by filling in gaps and applying learned patterns.

3. Practical Applications for Your Business:

- Automating HR tasks (recruiting, performance reviews),
- Summarizing documents (contracts, tenders),
- Generating and refining correspondence and marketing materials,
- Enhancing product descriptions,
- Assisting with legal and contract work.

4. Getting Started with AI:

- Choose a free AI tool (e.g., ChatGPT, Copilot, Gemini, see below),
- Start with familiar business areas,
- Experiment within your business or yourself,
- Focus on automating or accelerating laborious tasks,
- Consider taking a short course or recruiting AI-knowledgeable staff.



5. Popular AI Tools that have a powerful free version to get started with (and a paid version ~\$30/mth):

- ChatGPT (Free / Plus version available)
- Microsoft Copilot (Free / Pro version available)
- Google Gemini (Free / Advanced version available)
- Claude Sonnet 3.5 (Free / Advanced version available)

I hope this information helps you navigate the world of AI for your business. If you have any questions or need further assistance, please don't hesitate to reach out.

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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.

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Mortgage Advice Bureau



Ben Odell is a Mortgage Broker at Mortgage Advice Bureau based in Annangrove. With over 25 years' experience in financial services, Ben helps his clients get the best loan for their needs through a panel of over 40 lenders. Ben's broad experience across various roles in financial services allows him to bring a multitude of perspectives to each customer's situation.

Having been a Home Loan Manager and led teams of Lending Managers for major banks, he knows what it takes to understand a customer's needs, and has the knowledge and expertise to get the right outcome for his customer every time.

Ben lives in Annangrove with his wife and two teenage children, and is passionate about the area and supporting the people in it. So if you need a loan to buy a home or investment property or just looking to refinance for a better deal you should see Ben at the Annangrove shops at 169 Annangrove Rd, Annangrove."



Soroptimist International Hornsby celebrates 45 years of community service!

At the Soroptimist International Region Meeting of New South Wales held at Pennant Hills Bowling Club on 22nd June, SI Hornsby club members celebrated 45 years of serving their community and being a member of Soroptimist International.

Founded in 1921, Soroptimist International is a global volunteer movement with a network of 65,000 club members in 118 countries. Advocating for human rights and gender equality, our membership work on grassroots projects that help women and girls achieve their individual and collective potential, realise aspirations and have an equal voice in communities worldwide.

The Region Meeting brought together members of clubs throughout New South Wales and the guest speaker was Nalini de Silva, a documentary photographer and civil engineer who inspired delegates with her talk on Networks of Circular Economy Villages. Visit polisplan.com.au for more information.



For more information on SI Hornsby's activities contact Pam on 0425 229 615 or email sihornsby@siswp.org

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Jersey Day for Organ and Tissue Donation

Friday August 30th, 2024 is Jersey Day. Have a conversation with your loved ones about becoming an Organ and Tissue Donor.

Nathan Gremmo's donation story

In May 2015 the Gremmo family's life changed forever when their eldest child, Nathan, was critically injured in an accident at age 13.

Nathan's family chose to give the gift of life to others to honour Nathan's generous personality. This amazing gift saved the lives of six people – including five young adults and a baby. Hours prior to his accident, Nathan wrote on his Instagram account, *"You only live once, but if you do it right once is enough"*.

Wise beyond his years, he definitely was an extraordinary young man. Nathan is described by his father Michael, mother Kylie and sisters Ashley and Annaliese as "a boy with a unique sense of humour, a love for animals and an insatiable energy for life."

Said Nathan's sister Annaliese on jerseyday.com.au:

"Through Nathan's legacy, our family has established Jersey Day. Each Jersey Day we are simply asking everybody to wear a Jersey to school or work, and most importantly have a conversation with their friends and family about Organ and Tissue Donation. Our family has endured the cruelest possible circumstances. I can only think that if our circumstances were reversed and Nathan was desperate for an Organ Donation we would move heaven and Earth to save my brother; However, the reality is that we would be waiting for a generous organ donor family to save Nathan's life."



This campaign is all about raising awareness - there is no requirement to raise funds. Simply post your pics and vids to social media and tag them:

AT JERSEY DAY A U (@jerseydayau)

Jersey Day is fun, it is free, and by registering to become an Organ and Tissue Donor you could one day be helping to save a life.

We are looking forward to seeing you all in your favourite sporting Jerseys on **Friday, August 30th – JERSEY DAY!**

- Even if you're registered as a donor, your family will still be asked to give consent should the worst come to the worst. That is why it is so important to have a chat with your loved ones about Organ and Tissue Donation.
- 8 out of 10 families gave consent to donation when their family member was a registered donor.
- You can register your Organ and Tissue Donation wishes at donatelife.gov.au
- Did you know that around 1,800 Australians are waiting on a life-saving Organ or Tissue Donation RIGHT NOW.
- IN 2023, more than 4,360 Australians benefited from eye and tissue transplants.
- All major religions in Australia support Organ and Tissue donation.
- Australia is a world leader for successful transplants. In 2023, 1,396 lives were saved through organ donation

Visit jerseyday.com.au to find out more or check it out on socials – @jerseydayau



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When was your last pumpout??

We recommend a pumpout every 3-5 years depending on how many people reside there.

Computer Generation Gap



There may be many Gen Xs who know how to use their phones and tablets for basic operations but are not making full use of all the features on their devices. Some have phones that cost hundreds of dollars that are only used to make calls or send text messages. On the other hand, I am sure there are many who are extremely "device literate" and who have the knowledge and skills to teach others.

At Computer Pals the Hills, we are inviting Gen Xs (as well as other Seniors) to come along to our Open Day on **17th September** at the Old Caretaker's Cottage in Castle Hill Showground. New members are always welcome, be they beginners or those with more knowledge. We are always interested in people who might be attracted to joining our team of trainers and maintenance crew.

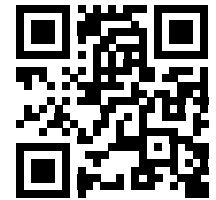
We have two fully equipped classrooms with approximately 20 computers, projection facilities and screens. Our aim is to provide low-cost tuition for Seniors in a friendly and comfortable atmosphere, enabling them to become proficient in the many facets

of computing and Tablets/ Smartphone technology. Courses are conducted either in a classroom setting or, one-on-one training. All courses have a small fee to cover the cost of materials which includes a course-specific manual, other incidental items and a small contribution to overhead costs. We also provide follow up support to help members develop their skills through additional tutorials, courses and workshops. Informal discussion groups provide opportunities for exchange of ideas and socialising. The Club also runs a HELP DESK where members can seek solutions to their computer and technology issues.

Computer Pals the Hills meets at the Old Caretaker's Cottage in Castle Hill Showground.

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/



Read this month's "What's On" online at dooralroundup.com.au



PREMIERE HANDS OF CARE EMPOWERING CARE AND COMPASSION

Premiere Hands of Care is a leading provider of comprehensive social and aged care services dedicated to improving the lives of individuals and families in our community. Our team is passionate about making a positive impact and providing exceptional care to those in need.

- We are committed to promoting each individual's right to choice and independence, assisting them to live their best life safely and comfortably.
- We recognize the importance of our staff in delivering exceptional care.
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Borrow Book Week Costumes from Middle Dural Toy Library

As Book Week celebrations approach, Middle Dural Toy Library invites local families to explore its huge collection of costumes, making it the go-to destination for children eager to dress as their favourite literary characters. Located at 1 Sunnyvale Rd, Middle Dural, the library features a wide range of dress-ups that perfectly capture the spirit of Book Week, encouraging children to delve deeper into the magic of storytelling.

"Costumes are a wonderful way for kids to engage with their favourite characters and stories any day of the year," says Emily Kothe, President of the Middle Dural Toy Library. "Whether it's transforming into a fairy tale princess during playtime, becoming a pirate for a themed party, or dressing up as a beloved book character for Book Week, our library helps fuel young imaginations."

The Middle Dural Toy Library's costumes are an affordable and sustainable alternative to buying new outfits for each occasion. By borrowing from the library, families can enjoy a variety of dress-up options without the expense or waste of purchasing new costumes. Some costumes are specially designed for kids in wheelchairs.

Membership to the toy library starts at just \$50 per year, allowing families to borrow costumes along with over 1300 toys,



puzzles, and games. This membership provides significant savings while reducing clutter and supporting environmental sustainability.

For more information about the Middle Dural Toy Library, to explore the library's costume collection, or to find out more about becoming a member, please visit <http://middleduraltoylibrary.org> or drop by the library on Saturdays between 10am and 12pm to see what's in store for your child's next great adventure. Middle Dural Toy Library is located at 1 Sunnyvale Rd, Middle Dural.

Open Homes & Making Offers

**PROPERTY & YOU –
BY PAUL MCKENZIE, ABS CONVEYANCING**

As the weather warms up from August to November, the spring months tend to be the busiest time for residential selling and open homes. Be prepared with your deposit and have your loan pre-approved. Plan ahead by writing a checklist of what you want in your new property.

Websites like realestate.com.au and domain.com.au are great places to start looking for suitable properties and scheduling the open home dates.

At the open home inspections, take your time to check the lighting/electricals, plumbing, kitchen, bathroom and

outdoor features. Speak to any of the neighbours in the street about the property and the neighbourhood, to get a better insight. When making offers, consider comparable sales in the local area, especially when you are getting a loan to buy the property. Websites like realestate.com.au and domain.com.au contain useful statistics including past local sales.

Either prior to auction, or signing a contract during cooling off, it's important you have formal loan approval, building/pest inspection report, strata inspection report (if a strata property, apartment or townhouse), and for your solicitor/conveyancer to review the contract.

**I'd be happy to speak if you have any questions.
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With over 200 years of combined industry experience, we consider our water management team as part of our family and encourage professional development to ensure you receive the most up-to-date product information and support possible. We maintain ongoing industry training with our preferred suppliers and keep up to date with current industry news and events.

maintained preferred supplier relationships. Our workshop is fully equipped to service pumps of all shapes and sizes and our staff have hands-on experience in troubleshooting and problem-solving pump issues. See you soon!



When it comes to pumps we stock a range of systems and accessories from high-quality brands including Grundfos and Davey. Our staff are continually trained and have extensive product knowledge thanks to our successfully



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SCHOOL LEAVERS WANTED Let's save the planet!

Local company, Australian Pump Industries, is looking for school leavers who are interested in a career in the water industry. Working as interns, in various departments through the company, gives young people the opportunity to learn how a successful business operates and prospers.

"We need to take in a fresh intake of interns to continue to grow this exciting business", said Aussie Pumps John Hales.

The company is an innovative manufacturer of pump products used extensively to combat the challenges of climate change whether it's floods, droughts or fires!

"We know that climate change is not going away and that communities need to adapt! Everything we do in this company is about helping people in trouble. It's a terrific opportunity for bright



young people to not only start a great career but gain real satisfaction at the same time", said Hales

Interns, working with the marketing department and product managers, learn about the water industry and the issues facing our farmers

and primary producers. They will see how the team take ideas from customers to develop products to further advance this iconic Australian manufacturer.

"It's a great environment where young people can contribute something meaningful to help us all to a more sustainable world, using water in the most positive and effective way", said Hales.

Check out aussiepumps.com.au/careers or contact Linda-Sue Karkowski at careers@aussiepumps.com.au (02) 8865 3500.

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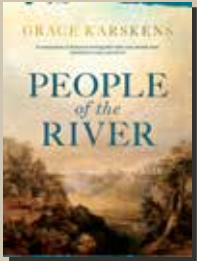
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Dural & District Historical Society Inc.

Acclaimed author comes to Galston

Every year the society holds its June Roughley Memorial Lecture, a special event named after our founder. For this year we are delighted to host an esteemed speaker, Dr Grace Karskens, Emeritus Professor of History at the University of NSW.



Grace's book *People of the River – Lost Worlds of Early Australia*, a history of the Aboriginal people and settlers who lived on Dyarrubin, the indigenous name for the Hawkesbury and Nepean Rivers, won the 2021 NSW Premier's History Prize and the 2021 Prime Minister's Literary Award. Grace will tell us about how, in 2017, she came across a list of 178 Aboriginal names for places on the rivers and how she has worked with Darug and other researchers to identify these locations.

Grace's talk will be held at the Galston Uniting Church, 11 School Road Galston on **Saturday 10th August** at 2pm.

Free entry, all welcome and a gold coin donation for afternoon tea.

Our July talk with Mal Johnston, Kenthurst historian, about his journeys along Cattai Creek, was enjoyed by 80+ people. Thanks Mal. We are proud that our society is able to bring so many local stories to our ever-growing and enthusiastic audiences. We are particularly grateful to the congregation of Galston Uniting Church for sharing their wonderful facilities. Come and join us – it's an entertaining and inspiring afternoon.

DR GRACE KARSKENS

THE REAL SECRET RIVER – DYARUBBIN

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Around the World with Galston Concerts

On 25th August, the Galston Concerts return to Galston Uniting Church on School Rd, with international pianist Glenn Amer performing 'Around the World', his all-new program of popular 'Classics & Contrasts'.

From Puccini (his Madama Butterfly) and Debussy (of Clair de Lune fame) Glenn will perform songs from sunny Naples and the cafes of Paris, then travel to the Orient as imagined



in Cyril Scott's Lotus Land. Film music is included too, with Love is a Many Splendored Thing, and more.

Glenn's talents as virtuoso pianist ('piano wizardry' say the reviews) are complemented by gentle humour as a raconteur when he recalls travels and triumphs in over 70 countries, and on the high seas as headline entertainer for the world's most prestigious cruise lines.

The Galston Uniting Church concert grand piano will be matched by Glenn's further skills on the church's Forster & Andrews pipe organ - more in Wurlitzer theatre organ than Classical style. Glenn's welcome return to Galston 'by public demand' reflects audience delight in Glenn's multi talents.

Following a pre-concert talk at 1:40pm, the performance starts at 2:00pm, followed by a 'meet the musos' afternoon tea at 3:15pm. Tickets can be purchased at the church in the hour prior to the concert (cash sales only, please) while advanced bookings are available on trybooking.com (search Galston 25 August).

Castle Hill Art Society

Art Demonstration "Watercolour techniques and skills"

Joachim Lai will be demonstrating various watercolour techniques and skills covering: wet-on-wet way of painting stormy skies; scraping with a plastic card to create rocks; using masking tape to paint gum trees with light trunks; spraying water for texture.



Visitors are welcome to join with the Castle Hill Art Society 7.30pm 4th September 2024 at Castle Glen Community Centre, 157 Ridgecrop Drive, Castle Hill.



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Kenthurst Rotary

At our Change Over Dinner on Friday 21st June, the Rotary Club of Kenthurst celebrated the outgoing presidency of Chris Gaskin and welcomed in our 2024-2025 President, Kathy Bray.

Chris has been instrumental in leading the club through many projects and events during his two years as President. He was awarded with the Paul Harris Fellowship pin as a result. Also receiving the award was a very humble Ray Hancock (Biggles) for his unwavering support of the club and his community.

The new board was introduced with a few changes in portfolios for directors. Raffles were drawn and auction items won. All in all, a fabulous night of celebration for those that attended.

Congratulations to Kathy. Let the new year begin!

Call for nominations:

Our "Pride of Workmanship Awards" are a Rotary Vocational Service Project. The objectives of the programme are:

- to promote vocational service,
- to encourage pride of workmanship in all vocations,
- to provide employers an opportunity to recognise employees who display qualities which are worthy of an award,
- to encourage favourable employer/employee relationships and a sense of community pride in individual achievement,
- to provide an opportunity for Rotary to be involved in the business community.



Do you have an outstanding employee you would like to nominate for an award? If so, please contact the club: rotaryclubkenthurst@hotmail.com

Call for participants:

We are seeking entertainers and parade participants for our main fund raiser, the fabulous Kenthurst Fair on **Sunday 8th September**, as part of Hills Shire Orange Blossom Festival.

- Can you sing, dance or entertain a crowd?
- Do you have a vintage or retro vehicle?
- Are you a club that would like to participate in the parade?

Please contact us on rotaryclubkenthurst@hotmail.com

Rotary Club of West Pennant Hills and Cherrybrook

On 29th June members of our Club attended the changing of the Board at District level held at Wentworthville Leagues Club. Our Club was honoured with the 'District Governor's Shield for Large Clubs' for outstanding achievement across the five Avenues of Service by a large club. These services were Community, Club, Vocational, Youth and International. We were very proud to receive this award in acknowledgement of many years of hard work by members of our Club.

At the same time, Janelle Craig of our Club was presented with a 'District Service to Rotary Award' for her contribution to District and Club.

On 6th July we held a successful BBQ and cake stall at Bunnings Castle Hill with proceeds going to Domestic and Family Violence Charities and other Rotary charities.

Upcoming Events

The Club will be running a BBQ at Bunnings Castle Hill on Saturday 24th July.



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, Web page: <http://www.wphcrotary.org/>



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A warm welcome at Probus Club of Glenhaven

When I was contemplating retirement, I wondered what on earth I would do with myself, with all that time on my hands. I was never a hobby type person; I wasn't a golfer or a lawn bowler. Chatting with a friend one day, she suggested that I join her Probus Club, The Probus Club of Glenhaven. I mulled it over and when retirement rolled around, as it does eventually for all of us, I bit the bullet and joined...best decision I ever made. I was immediately welcomed by the members, but even so, it took a little while for me to find my feet, to feel comfortable with all these

new faces. The breakthrough came when I signed up for a five-day trip to Broken Hill with the group. I set off with 23 strangers and without doubt, came back with 23 friends. From that point I never looked back...

I've participated in so many activities over the last few years from Caravan and Camping (in cabins!), lunches and dinners, overseas travel, walking tours, Opal days, Bridge, Canasta and Five Hundred, movies and to theatre... and these are just the tip of the iceberg!

I now participate at an executive level and we have recently opened up opportunities for others to come and join in the fun. Glenhaven Probus is a mixed club for retired



couples and/or singles. We meet at Castle Hill Bowling Club on the **2nd Tuesday of each month** and you would be very welcome to come and join us as a visitor, to dabble your toes in, before taking the plunge to full membership. Check out our details on: <https://www.probusouthpacific.org/microsites/glenhaven>

Carolyn Blaschke (Immediate past President)
carol_db@hotmail.com

Combined Probus Club of Castle Hill celebrates 20 Years

The Combined Probus Club of Castle Hill enjoyed a wonderful celebration for its 20th anniversary on Tuesday 16th July. Established on 20th July 2004 with 102 Foundation Members, our Club has flourished with a warmly welcoming and friendly membership. We provide an attractive and varied programme activities, lunches and dinners in a variety of restaurants and locations, wine and cheese nights, day trips, tours and special events that cater for a diverse membership and a wide variety of interests.

A special celebratory lunch at the Baulkham Hills Sports Club was held to honour almost 40 Foundation Members who continue to support and enjoy an active engagement with our Club.

All members enjoyed a convivial celebration of the Club's 20th anniversary at the July General Meeting followed by lunch at the West Pennant Hills Sports Club.



The Club's Foundation Members

Our Club would be delighted to welcome new members who would enjoy the friendship and fun that comes by participating in the social activities of a vibrant community of Probus Club members.

The Combined Probus Club of Castle Hill meets on the third Tuesday of each month from 10am – 12 noon at the Cherrybrook Community Centre, 31 Shepherds Drive, Cherrybrook.
<https://probustcastlehill.org.au>



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Christmas double dipping, double fun at Cherrybrook Probus

Christmas in July proved a highlight among many events for the Combined Probus Club of Cherrybrook.

A visit to Camden Valley Inn provided an opportunity to observe the historic sights of Camden on route to a sumptuous Christmas lunch and merry frolics with 'Elvis'. Dining Out this month sampled Lebanese cuisine and our cultural appetite was satisfied with a trip to 'Chicago', providing a wonderful afternoon's entertainment. We left tapping our toes and in awe of the fabulous talent in our city.

However, life is not all about food, drink and dancing with members participating in a great local walk through the Cumberland State Forest. Our next walk takes us further afield involving ferry travel and lunch at Abbotsford. Cold but dry weather has allowed the return of golf and bowls and garden lovers to enjoy a sunny day at Darling Harbour in the Chinese Gardens. The Money Matters group covered the important topics of Scam awareness and AI and the creative pursuits at craft and book club continued.

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 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 Lynn on 0414 848 413. We look forward to warmly welcoming you to our Probus Club to share the good times.



Kenthurst Probus News

Kenthurst Probus Club held its monthly meeting on Monday the 11th of June. The Club met as usual at the Kenthurst Uniting Church building on the corner of Junes Road, Kenthurst.

The Club was addressed by Darien Tomassello, an executive of Careflight, which he explained is a Not-for Profit Registered Charity which provides professional aerial transport for persons in need of medical assistance, in New South Wales and the Northern Territory: a worthy cause always in need of support. His talk was very well received.

In keeping with an aerial theme, the Club's next meeting will welcome

David Short to talk on the Royal Flying Doctor Service.

Our Club keeps active with regular walks, movie days, town hall concerts, and theatre parties. Members will shortly visit the Sydney Art Gallery to see the Archibald Prize Exhibition, and a tour to the Central West has been booked for the spring.

Our Club was pleased to welcome several guests for their second visit: there is a permanent open invitation for anyone to come along and experience the hospitality.

Anyone interested is invited to contact Membership Director Burt Stuuat on 0424 247 003, or just turn up on the third Monday of any month (except December) at 9.30 AM.

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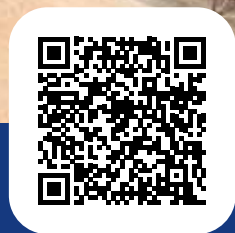
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CGI renders shown are for illustration purposes only

Latest News



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



from the Mayor's Desk

Last month, you may have read in the news that the NSW Government has launched the exhibition of its Transport Orientation Development (TOD) Program. Whilst we are pleased that the proposal endorses our existing Hornsby Town Centre Masterplan, which identifies opportunities for over 4,900 new dwellings supported by open spaces, a new multi-purpose community facility, pedestrian, cycling networks and enhanced public transport and road access, what is not clear is how the government intends to support the delivery of these necessary upgrades.

We expressed to the NSW Government from the outset that funding and infrastructure to support councils would be required to ensure the current and future community experiences a liveable and sustainable environment.

I encourage you to have your voice heard on this important issue to ensure that these plans are delivered appropriately and with the necessary support by reading the exhibition materials and making a submission by Friday 9 August. You can find more information about the Hornsby Town Centre Masterplan, and links to the NSW Government's Hornsby TOD proposal at yoursay.hornsby.nsw.gov.au. Across NSW, we mark Local Government Week from 29 July – 4 August. I would like to take the opportunity to recognise the many committed Council staff who serve the community, helping make Hornsby Shire the unique and wonderful place it is.

As we approach the end of another term of Council, I would also like to thank my fellow Councillors for their dedication and their many services for the community. I thank you for the opportunity to serve you as your Mayor – it has been an honour.

Philip Ruddock AO
Mayor, Hornsby Shire Council

What's on



SAVE OUR SPORT

Pledge your support for Westleigh Park

#StandYourGrounds

hornsby.nsw.gov.au/soswestleigh



FREE

NATIVE PLANT GIVEAWAYS

Friday 16 and Saturday 17 August
Collect your 4 FREE native plants
Bookings essential for plant collection time.
hornsby.nsw.gov.au/plants

YOUR SAY HORNSBY
JOIN THE CONVERSATION

Heritage Community Engagement Strategic Action Plan
Comments close: Saturday 31 August

Greenway Park Cherrybrook Small Dog Park Trial
Comments close: Tuesday 29 October

yoursay.hornsby.nsw.gov.au

Waste and Sustainability Workshops

Clothing Swap

Saturday 17 August, 9.30am-11am
Thornleigh Community Centre

Chipping for Mulch

Sunday 18 August, 7.30am-12.30pm
5 Beaumont Road, Mt Kuring-gai



Comfortable Homes in Summer and Winter

Thursday 22 August, 7pm-8pm
Free online webinar

Meal Planning

Wednesday 28 August, 10.30am-12.30pm
Hornsby Library

hornsby.nsw.gov.au/waste



Free Guided Bushwalks

Join one of Council's free guided bushwalks this winter. Whether you prefer an easy stroll, a challenging hike, something with the kids or even your four-legged friend, there's bound to be a bushwalk for you.

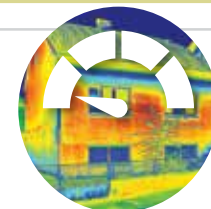
hornsby.nsw.gov.au/bushwalks



Save the date

NSW Local Government Elections are taking place on Saturday 14 September 2024. Voting is compulsory.

For more information and key dates visit hornsby.nsw.gov.au/local-government-elections



SAVE POWER KITS

Help reduce your electricity bill by borrowing a Save Power Kit from the library. Kits include a thermal camera and energy meters. Reservations can be made online or in person.

hornsby.nsw.gov.au/library



Next Council meeting Wednesday 14 August, 6.30pm

hornsby.nsw.gov.au

Do Your Ears Feel Blocked?

AN ARTICLE FROM THE TEAM AT EAR STUDIO

Imagine you're walking through a serene forest, the sounds of nature surrounding you, but suddenly everything feels muffled, as if you've been plunged underwater. This unsettling sensation is what it feels like when your ears are blocked. Let's delve into why this can happen and what you can do about it.

This sensation can occur when the eustachian tube is not functioning well or it becomes obstructed. The eustachian tube is a small channel that connects the middle ear to the nose and sinuses. This tube equalises the pressure in your middle ear, behind the ear drum. There are tests used to check that the pressure behind your eardrum is equal to the pressure in the atmosphere, outside of your ear. This test is called tympanometry. When this measurement shows that the pressure in the ear is too positive or too negative, this can be a sign that the eustachian tube is not working, or it is blocked. When the eustachian tube is not functioning well, you may experience fullness or pressure in your head.

Common Causes of Blocked Ears

Our ears can feel blocked for several reasons such as excessive ear wax, fluid build-up

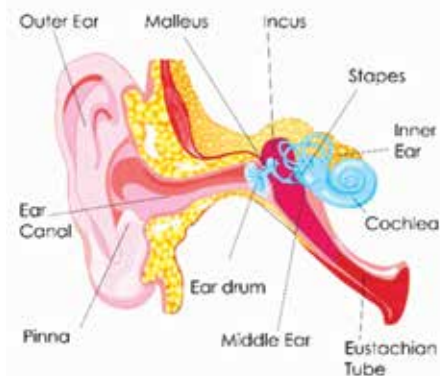
behind the eardrum, something stuck in the ear such as a cotton-bud or earphone tip or sudden hearing loss. Unfortunately, many people adopt a "wait and see" approach, hoping their ears will unblock on their own. It is very important to investigate the cause of the blockage as soon as you can. Hearing care providers, such as audiometrists and audiologists, can perform several tests to identify what is causing the symptoms. It is also a good idea to see your doctor if you are experiencing fever or cold and flu with your ear-related symptoms.

Blocked Eustachian Tubes and their Causes

Blocked eustachian tubes can be caused by allergies, sinus infections, or swelling from a recent cold. These conditions can lead to fluid collecting in the middle ear, causing pain, muffled hearing, ringing or popping noises, and dizziness. This sensation is particularly common in children, whose eustachian tubes are shorter, narrower, and more horizontal, it is easier for fluid to build up and become blocked.

The Impact of Flying

It's important that blocked ears are managed before getting on an aeroplane. When you are on a plane the pressure is, especially in descent,



changing rapidly in the cabin. This puts stress on the eardrum, particularly if the middle ear does not equalise appropriately. Flying with blocked ears can be very uncomfortable or at times, painful. In extreme cases, when there is continual or increased pressure on the eardrum, it can burst, leading to further complications.

What to Do if Your Ears are Blocked

If your ears are feeling blocked, it is important to see a local hearing care provider, such as Ear Studio. At Ear Studio, we can complete several tests to identify what is causing the blocked sensation in your ears. If eustachian tube dysfunction is the cause for the blocked feeling you are experiencing, a nasal decongestant or nasal spray is often recommended. At Ear Studio, we can test your hearing, remove ear wax build-up, or refer you to the right specialists to get you on the path to clearing the blocked feeling from your ears! Call Ear Studio on (02) 9159 6122 or visit our website www.earstudio.com.au to make an appointment today.

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Dural Bowling Club News

The wet weather has affected all outdoor activities this winter. The bowlers at Dural have not been spared which had caused for local social games to be cancelled and the postponement of regional competitions.

The regional Pennant competition started on July 3rd and will run for six weeks. Three teams of triples and pairs are representing Dural at the competition. Most games have been played at Dural, Castle Hill and Merrylands which have pleased the bowlers as they have not had to travel too far.

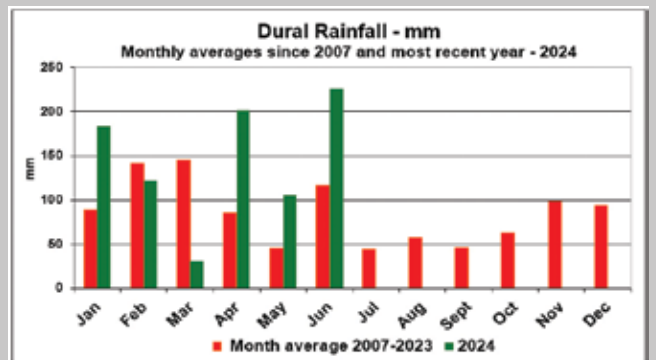
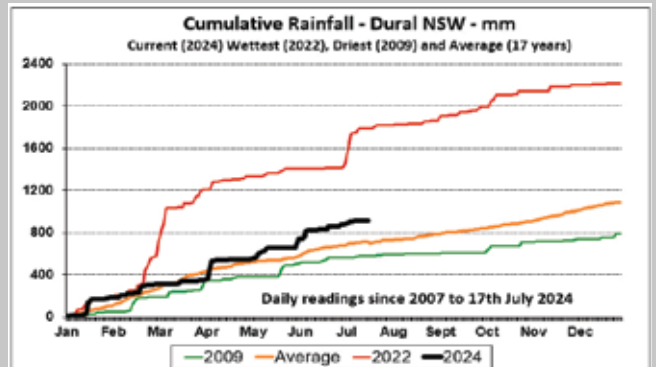
On a sad note, the Dural Bowling Club lost one of the longstanding member Keith McGill. He was farewellled on Friday 31st May 2024 at Allan Drew Funerals.



Anyone interested in playing bowls please contact Robert on 0411 375 580.

Dural Rainfall Charts

BY HANS KUNNEN



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Dural Public School Music Camp



The children at Dural Public School recently spent three amazing days of intensive learning on their annual Music Camp situated on the site of the beautiful Galston Gorge Cru Camp.

The camp provides the children with a term's worth of learning to explore and develop their musical skills alongside their peers of varying levels of experience. Specialised tutors join the students on camp, working with specific instrument sections of the bands. In addition to Band itself, the children will tell you "the food is the best," but they also learn concepts such as teamwork, self-discipline, responsibility, personal growth, and of course have lots of fun!



The camp concluded with a wonderful showcase concert, allowing all students to perform and share what they learnt during the camp.

Pacific Hills Christian School Embracing a New Term with Enthusiasm



As Pacific Hills Christian School begins a new Term, we reflect with thankfulness to God for past Terms in 2024 and eagerly anticipate the Term ahead.

Starting something new can be daunting, challenging, exciting, and sometimes all of these at once. As our students settle into Term 3 we are reminded of the famous passage in the Bible

(Philippians 4:13) which states "I can do all things through Christ who strengthens me". As a School community consisting of students, parents, families and staff, we partner together in Christ to accomplish goals, tackle challenges and spur each other on in fellowship as the School Term progresses. We extend a warm welcome to all our students, staff and families as we begin this Term and look forward to all that we will accomplish together!

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Mark Hodges

MEMBER FOR CASTLE HILL

Petition for a New School in Castle Hill

Following the Government's recent second Budget, I am deeply concerned about its failure to fund crucial infrastructure, which will significantly impact Castle Hill residents. The Budget projects revenue to be \$118.5 billion for 2024-25. Despite the projected revenue, the Budget has significant shortcomings: inadequate infrastructure, lack of cost-of-living support, economic risks, and increased debt.

The Budget has failed the Castle Hill electorate. The question most members of our community are asking is why the government has not funded a new school within the Castle Hill Showground Precinct. Last year, the Government increased the maximum number of dwellings in the Precinct to allow for an additional 9,500 dwellings. Based on one child per dwelling, there will be an additional 9,500 school-aged children living in the Castle Hill Showground Precinct. Parents are asking when the Government will commit funding to build the much-needed schools for our community.

As your representative in New South Wales Parliament, I will continue to advocate for funding infrastructure projects including schools, roads, hospitals, and police stations; provide cost-of-living relief to all community members; promote energy policies in the community's interest; and uphold our community's core values.

I am working with members of the local community to petition the Government to build a new school for our electorate. Scan the QR code to add your support to this petition and let's make Castle Hill an even better place!



Julian Leeser

MEMBER FOR BEROWRA

Have you thought about taking a tech detox?

For a while now my wife Joanna has been telling me that I'm on my phone too much and that it's a bad influence on our kids. I've recently done some reflection and I think that Joanna might be right.

From the outset, I think most people would agree that advances in technologies like the internet, smart phones and social media have been a good thing. Being able to connect with distant friends and family on FaceTime or Facebook has been revolutionary, as has being able to access news from right across the world 24/7. It's shaping the way more and more young people communicate too.

As your local Member of Parliament, I've had to maintain a focus on new tech and ways of staying connected, to let people know about things happening in our area. A smart phone is another tool I use to understand the issues that people want me to focus on, get the most up to date local and national news and to connect with constituents. But I wonder, when is it too much of a good thing?

I've been wondering how reducing the amount of time spent looking at my phone would impact my work and my ability to connect, if at all. So, I'm in the process of finding out.

Early in July I began a 'tech-detox'. I'm using an old school flip-phone that can make and receive calls and text messages – but no emails, Facebook, WhatsApps or endless scrolling news websites. I'm still able to work on the computer but I'm not carrying my work around with me and I'm not jumping to respond each time my phone buzzes.

So far, I'm surviving! I've been able to work, respond to emails, and focus on local issues. My staff have also been able to keep me up to date with the world of social media. In my personal life, I've discovered I've got more time to read books, and as a husband and father I feel a lot more present and engaged with the family when I'm at home.

I don't know how the rest of the month of my tech-detox will go (there's a bet going that I won't make it!) but I'm determined to try. Maybe I'll take some lessons away from it!

I'd like to know what you think. Do you think we're too reliant on smartphones and being connected all the time? Have you done a similar thing?

If you have some thoughts, please email my office via julian.leeser.mp@aph.gov.au or call 9980 1822. I'll keep you updated.



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.



• Suite 1A, 19-21 Terminus Street, Castle Hill NSW 2154
 • 9686 3110
 • castlehill@parliament.nsw.gov.au

As your Federal Member, I am here to:

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

Please contact my office if I can be of assistance.



JULIAN LEESER MP
 FEDERAL MEMBER FOR BEROWRA



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

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



Clr Mitchell Blue

DEPUTY MAYOR – THE HILLS SHIRE COUNCIL
COUNCILLOR – NORTH WARD

If you hadn't realised, I'm pretty passionate about community engagement! It is so important for a Councillor. To be able to represent your community, you need to hear from them and work with them to achieve results.

I regularly attend the Annangrove, Glenhaven, Box Hill, Glenorie, and Lower Portland Sackville North Progress Association meetings. Some meet monthly, some every second month, some quarterly and some when there are growing issues. However there has not been a formal community meeting in the Maroota and South Maroota areas for some time.

Recently there have been a number of growing issues raised in the Glenorie, Cattai, Maroota and South Maroota areas. These needed to be addressed and the community needed an opportunity to be heard. So, I decided to host a community meeting at South Maroota Hall.

Over sixty concerned locals participated in constructive conversation. Issues raised included maintenance of Old Northern and Wisemans Ferry Roads, vegetation management, drainage and flood issues, signage, truck movements, speeding and wildlife.

A number of these shouldn't take too much to resolve, others are more complex and will take some time. But we have to start somewhere. Many of these are State Government department issues but as a Councillor I feel it is my role to advocate on behalf of our residents no matter who is responsible, and that is what I will do.

Eastbend Rural Communications and Lower Portland Sackville North Progress Association also attended and provided their perspective on the issues raised with their respective groups.

Thank you to The Hills Shire Council staff, Hawkesbury MP Robyn Preston, Mayor Peter Gangemi and Hornsby Councillor Warren Waddell for your attendance and input.

I will now work with our council staff, state government departments, and Robyn Preston MP on resolutions and will look to host another meeting in a few months to report back.

It was also great to have representatives from the local rural fire brigades who were able to tell the crowd what they have been up to of late.

Given the genuine interest in those that attended, it is hoped to hold more meetings like this in this area and spread the word. You can follow me on Facebook to find out more as we progress through these issues.

Mobile 0400 449 324 | clr.blue@thehills.nsw.gov.au

DURAL & DISTRICT PROSTATE CANCER SUPPORT GROUP



**SUPPORT GROUP
MEETINGS ARE HELD
3rd MONDAY EVENING
OF THE MONTH**

7:00pm for 7:15pm

The Blue Gum Centre
Glenhaven Green
607 Old Northern Road, Glenhaven

CONTACT: GRAHAM STAGGS
Ph: 8677 7896 or 0402 421 062
Email: gstaggs@accsoft.com.au

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Rural Roundup Update

CLR WARREN WADDELL

During the July meeting, (2nd last for this term), Council resolved to progress a number of initiatives in the rural area:

- To proceed to the next stage of the Fagan Park off leash dog facility, with further consideration to suggestions flagged by the community.
- Progress to the next stage of the Galston Village Public Domain plan.
- To continue to put pressure on the State Government to prioritise the completion of New Line Rd and associated infrastructure.

In other news;

- The Wiseman's Ferry Community Resilience Plan has been developed. The working group which includes community members, RFS, SES, Peppercorn, NSW Police, NSW Construction Authority and four Councils, has identified priority actions that will help in being better prepared for disasters. These include First Aid courses, education material, emergency kits with the possibility of a solar radio being included.
- At a joint meeting I attended with Hills Council representatives and State MP Robyn Preston, several issues concerning our shared boundary were highlighted. From Glenorie to Wiseman's Ferry, residents raised concerns over driver conduct, State Rd maintenance, illegal dumping, wildlife awareness and the impacts of overgrown verges. I will continue to work collaboratively to address and hopefully improve on the present situation.
- In July I was also privileged to be invited to the Hornsby Gang Show. The Scouts and Guides that participated in the musical variety production, "Tumble Through Time", excelled in demonstrating their wide range of talent and skills. I am now looking forward to seeing the students at Galston High School perform in their latest production, "The Addams Family".



- Lastly, Hornsby Shire Council will once again run a plant giveaway programme from our community nursery in Pennant Hills. On **Friday 16th** and **Saturday 17th August** residents can select from a range of plants propagated by our nursery staff and volunteers.

As always, happy to assist with any issues by contacting me on the following: wwaddell@hornsby.nsw.gov.au Ph: 0499 004 861.

The Hornsby Gang Show: an upbeat successful ‘Tumble through Time’ experience

BY CLR DR VERITY GREENWOOD, HORNSBY SHIRE COUNCIL

On a Sunday afternoon in July this year, I was privileged to attend the Hornsby Gang Show 2024 ‘Tumble Through Time.’ I became quickly transfixed by the energy, excitement and passion of the music, dancing, lights and brilliant cast. The programme incorporated stories, songs and music which were skilfully complemented by fantastic costumes, beautiful sets, and props. The orchestra was outstanding, and the audience certainly showed their appreciation.

There were approximately 130 members in the cast of performers and over 250 ‘behind the scenes’ workers supporting the Hornsby Gang Show. Sets changed seamlessly, costumes and make-up were perfect, and lighting provided a great impact in each section of the Show.

The Hornsby Gang Show provides an avenue for Scouts and Guides to audition and be trained as performers and also develop skills in lighting, sound and sets. Importantly, the Hornsby Gang Show opens the doorway for young people from Sydney North Region Scouts, Venturers, Rovers, Leaders and Northern Sydney Region Girl Guides to enjoy new and various experiences and provides the platform for growth of friendships, teamwork, development of new skills, confidence and self-esteem.



The next Hornsby gang Show will be held in July, 2025. Auditions for the Hornsby Gang Show will re-open in December for 2025. For more information see www.gangshow.com

If you have any concerns or issues where I may assist, please do not hesitate to contact me at vgreenwood@hornsby.nsw.gov.au

Hornsby Shire Council – Off-Leash Dog Park Strategy

BY NATHAN TILBURY –
DEPUTY MAYOR, HORNSBY SHIRE COUNCIL

With council’s recent resolution to start construction on the new and highly anticipated large new dog park in Fagan Park, I have had a lot of questions regarding council’s off-leash dog park strategy.

In 2021 Hornsby Council adopted a new off-leash dog park strategy with a view to delivering more off-leash dog parks and improving existing ones across the Shire.

Prior to the strategy Council already had the following standalone off-leash dog parks;

- Asquith Park, Asquith
- Crossroads Reserve, Berowra Heights
- Rofe Park, Galston Rd, Hornsby Heights
- Ruddock Park, Eucalyptus Drive, Westleigh
- Dawson Avenue Parkland, Dawson Ave, Thornleigh
- Greenway Park, Shepherds Drive, Cherrybrook
- Lyne Rd Reserve, Cheltenham (unfenced)

As part of the community consultation, more than 170 submissions were received on the draft strategy, that sets out Council’s recommendations for managing off-leash dog parks for now and into the future.



When Council adopted the strategy the new off-leash dog sites that Council resolved to proceed with were;

- Hunt Reserve, Mt Colah – delivered in 2023
- Brickpit Park, Thornleigh – currently under construction
- Fagan Park, Galston (large area fully fenced) – currently under construction
- Wisemans Ferry

As part of the strategy council also resolved to expand existing off-leash dog parks at;

- Greenway Park, Cherrybrook expansion (this is currently a big dog/little dog test site)
- Rofe Park, Hornsby Heights expansion

Anyone that experiences an incident at a dog park, or in the street that involves a dog, should immediately report it to Council so it can be investigated.

If you have any questions or need further information you can contact me on ntilbury@hornsby.nsw.gov.au or 0403 227 560.

Hidden In The Hills Heath Banksia

BY LACHLAN TURNER

As you might expect during winter months, there are not as many wildflowers in bloom in our bushland reserves. However, there is a particular Banksia that displays its brilliant colour alongside some of the region's walking tracks during this time of the year.

The Heath Banksia (*Banksia ericifolia*) can grow to around 5m tall. Its dramatic, bright orange, almost red coloured, flower spikes can grow up to 200mm in length and up to 60mm wide when mature. They are quite visible against the bright green/grey foliage of this bushy shrub.

In its early stages the flower is a much paler yellowish colour. Like other Banksias the spent flowers will develop into wood-like cones in which is contained the fruit and seeds.

This plant grows best in fairly open woodland and heath where there are sandy soils on the ridge lines and plateaux. It is prominent around Sydney favouring adjacent Hawkesbury sandstone regions.

The flowers produce an abundance of nectar that is attractive to bees and numerous honeyeaters. This sweet tasting liquid was used by local aboriginal people to mix with water as a tasty drink.



Touching the mature flowers will deposit some of this quite sticky nectar on your hands.

Like its relative the Hairpin Banksia, this plant is popular in household gardens as it adjusts well to the more open home garden environment.

Propagation can easily be achieved from seed rather than by cuttings. If a more compact bushy appearance is desired the plant may be tip pruned to remove any straggly growth.

Looking closely into the flowers of this Banksia, the observer can only be amazed at the structure of its intricate form and beauty.

Free Native Plants for Hornsby Shire Residents

Hornsby Shire Council's Native Plant Giveaways take place at the Warada Ngurang Community Nursery, located at 28 Britannia Street, Pennant Hills. Each residence in Hornsby Shire is entitled to collect four free native plants per calendar year. Bookings are essential and will open at 9am on Friday 19th July.

To book your plant collection appointment, or for more info please visit: <https://www.hornsby.nsw.gov.au/plants>



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Bromeliad Society of Australia News

The next meeting of the Bromeliad Society of Australia will be held at the Federation Pavilion, Castle Hill Showground, Castle Hill on Saturday, 10th August with sales to the public from 10am and the meeting commencing at 12 noon.

Our guest speaker will be Anna Ernst whose passion for bromeliads commenced 25 years ago when she realised these plants were low maintenance and added vibrant colour in a variety of stripes, spots and dots to her garden throughout all the Seasons.

Anna's collection expanded further when she joined the BSA six years ago.

Once all the ground space in her garden was completely filled she started experimenting with mounting bromeliads on cut off branches and old fence palings.

"Putting together lovely contrasting colours and complementary forms of bromeliads is so satisfying and lots of fun. For me, it is relaxing to create a piece of art that I can enjoy and watch while it changes and grows over the seasons."

Anna will demonstrate the methods she and her husband Peter have used to attach logs onto sturdy bases for free standing pieces, making wall mounted timber pieces, and the different techniques she has experimented with for attaching bromeliads onto round, flat and weirdly shaped wood.

There will be our usual 'Show, Tell and Ask' session and the very popular plant raffle.



For further details please contact Ian Hook, President BSA on mobile 0408 202 269, email ianhook1@bigpond.com or refer to www.bromeliad.org.au for the latest updates.



BROMELIAD SOCIETY OF AUSTRALIA INC

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Sunday 29th Sept 10am - 3pm

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For further information please contact Ian Hook, President
Mobile 0408 202 269



 Bromeliad Society of Australia

www.bromeliad.org.au

Glenhaven Rural Fire Brigade

Frosty Fires: Staying Toasty and Safe this Winter

Recently, Glenhaven Rural Fire Brigade has been actively engaged in the local community, honing our skills through intensive training exercises.



Our latest session, held at Living Choice Glenhaven, featured simulations of structure fires. These drills encompassed evacuations, effective communications, first aid protocols, and public liaison efforts. By prioritizing thorough training, we ensure that our members, leaders, and community are well-prepared for any emergency situation.

Winter is now in full swing, and it's the perfect time to ensure your home and surroundings are fire-safe during these cooler months. Every year there are more than 1,100 home fires across NSW, which is definitely a statistic you don't want to be a part of!

To safeguard yourself, loved ones and pets against fires:

- Check your smoke alarms are in proper working order. If not, replace the batteries or replace the alarm.
- Make sure fireplaces and chimneys are clean, barricaded by a gate and that no matches, lighters or fire starters are left haphazardly around.
- Ensure that heaters are kept at least 1 metre away from anything else, and that they are turned off when not in use.
- Have a detailed escape plan ready for if the worst does happen and make sure everyone knows and understands what to do in the event of a fire.

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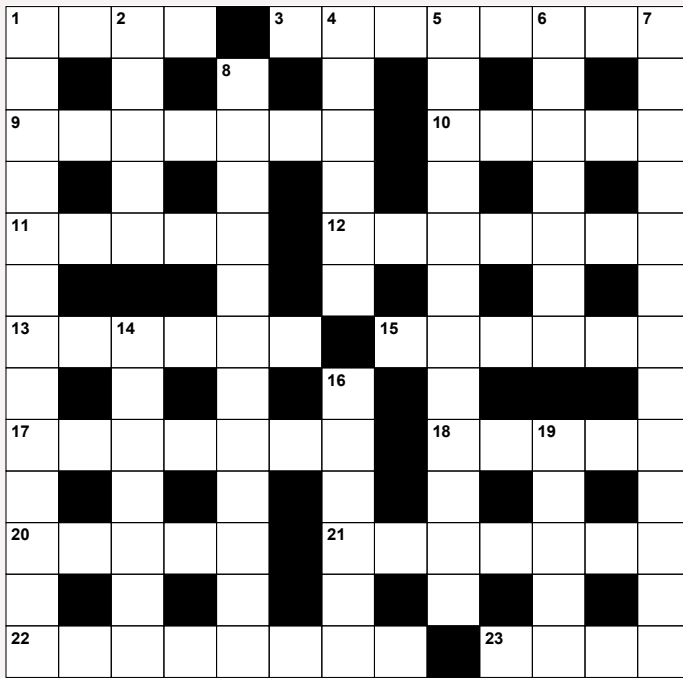
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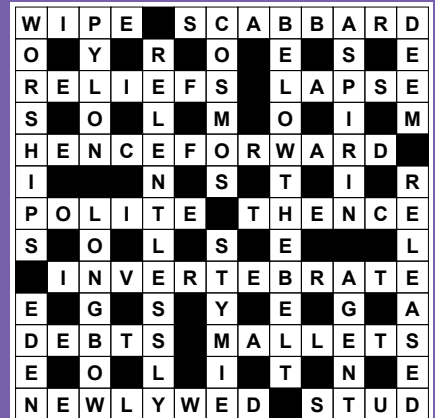
DOWN

- 01 Disreputable (13)
- 02 Shouts orders (5)
- 04 Countenance (6)
- 05 Consequence of an event (12)
- 06 Take out (7)
- 07 Amusement park ride (6,7)
- 08 Modestly (12)
- 14 Totals up (7)
- 16 Go out of a place (6)
- 19 Reclining (5)

ACROSS

- 01 Money that is owed (4)
- 03 Supervisor (8)
- 09 Part of an orchestra (7)
- 10 Floral leaf (5)
- 11 Takes a break (5)
- 12 Rubbish (7)
- 13 Routed (anag) (6)
- 15 Simple; unrefined (6)
- 17 Leaning at an angle (7)
- 18 Latin American dance (5)
- 20 Existing (5)
- 21 Selfish person (7)
- 22 Writer of literary works (8)
- 23 Gelatinous substance (4)

ANSWER FROM JULY ISSUE



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