

The Hills

Vibe



FREE NOVEMBER 2018



**Lest We
Forget**

Page 4

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Lest we Forget

With Annemaree - Editor



Hello and welcome to the latest edition of the Hills Vibe, your local community and business magazine.

Recently I have been overwhelmed by the celebration and remembrance of the 100th anniversary of World War 1. I have been lucky enough to visit our war cemeteries in France and Belgium and often wonder how different Australia would be without the loss of so many wonderful young men during this horrific war. A highlight of my trip was the evening remembrance ceremony at the Ieper Menin Gate Memorial. Recently the Castle Hill RSL Piper Band toured the Western Front to pay tribute to local WW1 soldiers and preformed a Last Post Service at Menin Gate. I know the performance would have been very moving and unforgettable. Read the full story of the Band's tour on page 4.

This month the Hills Community is supporting White Ribbon Day with a march and a breakfast. Unfortunately, violence against women and children occurs in every society. This is our chance to stand together and let it be known that this form of violence is not acceptable in The Hills. Congratulations to Mayor Michelle for her support and direction on this important issue.

In case you had not noticed The Hills continues to grow and grow. Consequently, a new suburb and boundary alignments are proposed on the Rouse Hill and Box Hills regions. Plans are on display at the library and the Hills Council website. If you live in the area, make sure you have your say.

Lots happening in the Hills over the next few weeks. The Pioneer has some wonderful live theatre scheduled and have you checked out the new café at the Fidler? Fid and Co is the latest addition to casual dining in the Hills and is worth a visit. Good luck to all our Year 12 students with HSC results and farewell formals and parties.

Have a lovely month ahead! Remember Christmas is just around the corner! I hope you enjoy this months read and I welcome your feedback and information on local activities.

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Castle Hill RSL Pipe Band pays Tribute to Local WWI soldiers

Castle Hill RSL Pipe Band pays tribute to local WWI soldiers.

The musicians have returned home to Australia after touring the Western Front - one of the most important battlegrounds during WWI - as part of the Combined RSL Centenary of ANZAC Pipes and Drums Band. As part of the tour, the band performed a Last Post Service at the Menin Gate in Ieper, Belgium and held services at Tyne Cot Cemetery, also in Belgium, and High Tree Cemetery, in France. They also paid tribute to the Russell siblings', visiting their individual grave sites.

Chairman of the Combined RSL Centenary of ANZAC Pipes and Drums Band and Patron of the Castle Hill RSL Pipe Band, Dave Wood said the local band wanted to show their respects to the Russell brothers. "We found the grave of Arthur Russell, who after 95 years was found in a massed grave and after DNA testing, he was reinterred in the Pheasant Wood Cemetery [in Fromelles in France]," Mr Wood said.

"The members of Castle Hill RSL Pipe Band supported and paid homage. Piper Jodie Macgregor played the Lament and she was supported by John Tate, the drum sergeant and bass drummer Max Gribble. I read The Ode, and the wives and mothers of some of the band members placed the Australian flag on 10 graves, including Arthur Russell and nine other recently discovered and identified Australian soldiers," Mr Wood added. Days after paying their respects to Arthur, the band travelled to the Menin Gate to pay their respects to William.

"The Castle Hill RSL Band Members located Sergeant William Russell's name under the 54th Battalion AIF Missing in Action List and we held a



service and placed a poppy beside his name on the plaque," Mr Wood said. Mr Wood said the Russell brothers were enlisted in the 1st Battalion, 13th Reinforcement, and were sent to the Battle of Fromelles on 20 December 1915.

"Arthur died in Battle of Fromelles at the age of 20. However, his brother William was wounded and evacuated to England to recover," Mr Wood said. "He then re-joined his battalion in France in the Somme Valley. On the eve of the Battle of Polygon Wood in September 1917, William was killed in action."

In memory of the brothers, a local park in Rouse Hill, called Russell Reserve, was named in their honour. 🦋



Funding Boost for Local Men's Shed and National Suicide Prevention Projects

Federal Member for Berowra, Julian Leeser MP has welcomed the Coalition Government's \$3,000 grant to the Wisemans Ferry Men's Shed.

The grant will be used to boost the health and wellbeing of men in the Berowra community. Mr Leeser said the grant is part of the National Shed Development Program to help fund building and maintenance development which will support the Shed's health improvement activities for local men. "We know that deaths by suicide occur among males at a rate three times greater than that for females. We also know that social isolation is a contributor to poor mental health, particularly for men. That's why the Wisemans Ferry Men's Shed is so important. The Shed is run by an excellent group of volunteers who have created a welcoming atmosphere for men meet to connect with friends, be productive, contribute to the community and maintain an active body and mind," Mr Leeser said. "Recent projects undertaken by the Wiseman's Ferry Men's Shed, such as purchasing a community bus, have made a huge impact on their ability to reach out to isolated and lonely people in the local community."

This funding announcement coincides with

Men's Shed Week which this year celebrates the spirit of mateship. "The Wisemans Ferry Men's Shed wholeheartedly embodies the philosophy of friendship, loyalty and comradeship – I am delighted to continue to support this timely initiative," Mr Leeser said.

This announcement comes off the back of newly released preliminary data from the Australian Bureau of Statistics (ABS) showing that the national suicide rate increased by 9.1 per cent over 12 months exceeding the World Health Organisation's global average suicide mortality rate by 2.1 per cent. Mr Leeser expressed his concern for the increase in the number of deaths by suicide in Australia. "The increase in deaths by suicide is deeply alarming. The data shows that more needs to be done in suicide prevention in terms of raising awareness and ensuring that support services are adequately funded to help people experiencing person crisis and potentially contemplating suicide."

"For this reason, I am pleased with our Government's recent announcement to invest more than \$36 million in national suicide prevention projects to raise awareness of the impact of suicide and to support Australians who may be at risk," said Mr Leeser. 🦋

White Ribbon Accreditation

Hills Community Aid is proud to announce the organisation is working towards becoming a White Ribbon Accredited workplace.

Until now Castle Hill RSL has been the only accredited business in the Hills, but Hills Community Aid felt it was essential to become an integral part of the social change, leading by example taking on this process. Over the next 18 months Hills Community Aid will undertake the process to gain this accreditation - which will ensure they are providing the best response to people experiencing domestic violence both within the community and the organisation.

Hills Community Aid aim to whole heartedly serve in developing a safer and empowered community and taking on the White Ribbon Accreditation process helps to further solidify the work and conversations we are having within the community. Over the last few years Hills Community Aid has developed their White Ribbon Campaign and has provided more clients with assistance with Domestic Violence related issues through



our programs, workshops, financial support and referral pathways. The White Ribbon accreditation process is an 18 month workplace development evidence based program that focuses on 15 different criteria, which will be completed with the assistance of a volunteer advisory group and supported by a White Ribbon workplace programs adviser will ensure that all parts of the accreditation are completed to the best standard. Hills Community Aid acknowledge that the accreditation process is only one step in creating a social change around gender based violence and equality however we believe that as an organisation this is a key part of the process.

Hills Community Aid is a Not For Profit organisation that has been based in the Hills District for the last 50 years. They are a trusted and vital port of assistance to all people in need across the Hills District and Western Sydney. They believe in community connectivity; whilst empowering and inspiring a strong sense of belonging, proactive participation and a commitment to helping those unable to help themselves. You can find Hills Community Aid at 390 Windsor Rd, Baulkham Hills or at Learning in the Hills Balcombe heights estate.

If you are in danger call '000' or if you are experiencing Domestic Violence please call 1800RESPECT. 🌈



Our newest Australian Citizens

The Hills Shire recently welcomed 118 new Australian citizens.

Mayor of The Hills Shire, Dr Michelle Byrne attended the special citizenship ceremony, which is hosted by The Hills Shire Council for residents who have applied to become Australian citizens through the Department of Immigration.

“Becoming an Australian Citizen is a very special occasion,” Mayor Byrne said. “It’s an opportunity for all of

us to take a moment to think about the meaning and value of our own citizenship, and recognise how lucky we are to live in such an amazing country. “Congratulations to our newest Australian citizens and I wish you all the best on all your future endeavours,” Mayor Byrne added.

The ceremony included new citizens originating from South Korea, Malaysia, Sri Lanka, Ireland, Singapore, Switzerland, South Africa, Iran, Chile, Egypt and more. 🌈

Draft Proposal for a New Suburb and changes to Boundary Alignments

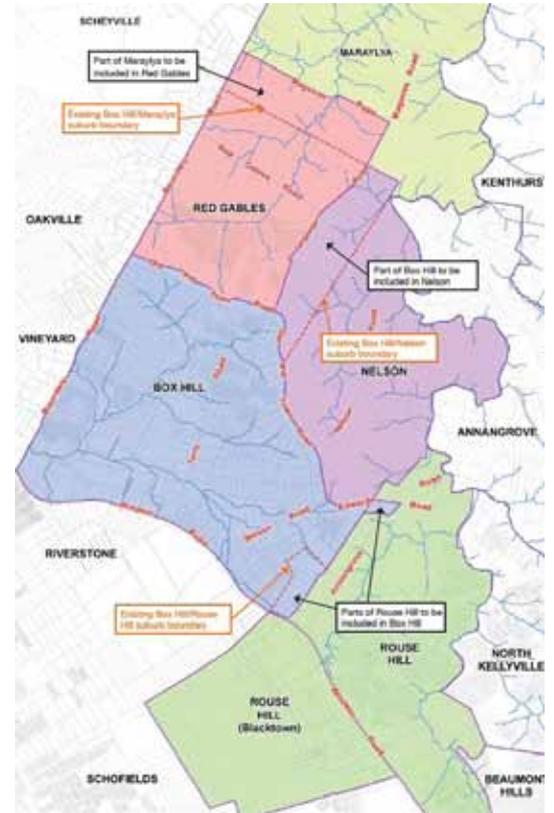
The Hills Shire Council is inviting residents to have their say on a new suburb and boundary realignments in the Rouse Hill and Box Hill region.

The proposal seeks to realign the boundary between Rouse Hill and Box Hill and to create a new suburb called Red Gables – situated between Box Hill and Maraylya. Red Gables is the name of the historic dairy farm on which the Box Hill North release area is located.

“With more houses being built, rapid population growth and construction of significant state infrastructure, including the Sydney Metro Northwest, Council is proposing to realign suburb boundaries and create a new suburb within the Box Hill North area,” Mayor of The Hills Shire, Dr Michelle Byrne said. “I believe it’s important that as this area develops and grows over time, we retain the connection to its history as a thriving agricultural community. “I look forward to hearing from residents on what they believe best represents The Hills’ newest suburb and the boundary realignments,” Mayor Byrne added.

Hills Shire residents can now view the draft plans for these changes at Council Chambers (Norwest), Castle Hill Library, Vinegar Hill Memorial Library or Baulkham Hills Library, as well as on the Council website (www.thehills.nsw.gov.au).

Plans will be on display until Monday 7 December 2018. 🦜



Nominations are now open for the 2019 Australia Day Awards

Categories include:

- Senior Citizen of the Year (over 65 years)
- Citizen of the Year (25—65 years)
- Young Citizen of the Year (24 and under)
- Community Group of the Year

Nominations close Friday 23 November 2018

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White Ribbon Day

In the last two years (1st August 2016 to 31st August 2018), Hills Shire Local Area Command (LAC) attended to 543 assault cases, with 368 resulting in legal action, including charges. Of those that were reported, many more went unreported.

This is why it is so important that we work hard at a local level to do all we can to prevent domestic and family violence, and the effect it has not only on families, but on whole communities. One way we can shine a light on this important issue is to support White Ribbon Day, said Mayor of The Hills Shire, Dr Michelle Byrne. White Ribbon Day is a chance to say “no” to violence against women and children. Violence against women

and children occurs in every society and in every culture around the world. That’s why we need to stand together, in solidarity, and spread the word that violence against women and children is not acceptable and it will not be tolerated here in The Hills.

“I will be throwing my support behind the White Ribbon March and Breakfast on Friday, November 23. The march will start at Main Street, Castle Hill and will end at Castle Hill RSL, followed by a breakfast after to mark the day.

Proceeds raised from this event will be donated to White Ribbon Australia – the world’s largest movement of men and boys working to end men’s violence against women and girls”, added the Mayor. 🦋

River Road temporary Closure

With the weather heating up and Hawkesbury River attracting more and more people to area these summer holidays, The Hills Shire Council is advising motorists to avoid using River Road as their preferred travel route.

Council has started river bank restoration works along River Road – near 1585 River Road, Lower Portland. “Temporary traffic measures have been put in place as embankment stabilisation repairs are undertaken across an 11-week period with weather permitting,” General Manager of The Hills Shire Council, Michael Edgar said. “Detour

routes will be in place between Monday to Saturday, from 7am - 5pm. After hours and on Sundays, a single access lane, controlled by temporary signalled lights, will be in effect. Council advises motorists to use alternative routes to reach their destination, including the recommended options of Old Northern Road, Cliftonville Road and Wisemans Ferry Road. Please give yourself plenty of travel time and take care while driving on our roads,” Mr Edgar added.

For further information on road works and closures, visit The Hills Shire Council website, www.thehills.nsw.gov.au and search for “temporary road closures”. 🦋



Tunnel Breakthrough for Hornsby Shire

Premier Gladys Berejiklian was on hand to witness the final breakthrough of the NorthConnex Tunnel that will bypass Pennant Hills Road.

The \$1.9 million upgrade includes major works which will tranThe tense anticipation among the crowd of hard-hatted politicians, media and construction workers was palpable as they listened to the giant tunnelling machine grind ever closer. There were cheers when the digger broke finally through, removing the last barrier to a tunnel that now directly links the freeways at either end of Hornsby Shire. Councillor Nathan Tilbury was there, representing Council, and said everybody was aware of the historic nature of the moment. “This is a very big deal because the people of Hornsby Shire have needed this tunnel for a long time,” Cr Tilbury said. “Pennant Hills Road is one of the most congested roads in Australia and we are extremely grateful to the NSW Government for investing so heavily in such an important piece of infrastructure. NorthConnex is the missing link in our national freeway network and once it is completed it will be possible to drive from Brisbane to Melbourne without passing a single traffic light.”

The removal of traffic from Pennant Hills Road is just one of the benefits Hornsby Shire receives from the NorthConnex project. Material excavated from the tunnel is being used to partially fill Hornsby Quarry, helping significantly with the rehabilitation of the site. “Close to a million cubic metres of fill is being placed in the quarry and it would have been much harder to return that site to the community without NorthConnex,” Hornsby Shire Mayor Philip Ruddock said. “This tunnel breakthrough marks a significant milestone in the quarry rehabilitation, as it means the movement of fill will now begin scaling back and should be finished within a few months.”

Council will resume control of the quarry in early 2019 and is already planning for the next stage of the rehabilitation project. “Our staff are currently preparing

a development application for the earthworks that will be required on the site,” Mayor Ruddock said. “We will also be seeking community input to allow us to refine the vision for the Park and identify the specific recreational activities the 50-hectare park should include.

“The community has been heavily involved in this project from the beginning and Council is determined to keep it that way. This will be a park that is designed by the community.” 🦜



The Dooral Early Learning Centre is opening soon!

Conveniently located on Old Northern Rd in Middle Dural, we are now accepting enrolments from families in Dural, Arcadia, Galston, Kenthurst, Glenorie, Maroota and Round Corner. Services provided include:

- Long day care service, 7:00am-6:00pm
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Julian Leeser MP Farewells the Duke and Duchess of Sussex

Julian Leeser MP, Federal Member for Berowra, represented the Prime Minister in farewelling the Duke and Duchess of Sussex as they departed Sydney at the conclusion of their first Australian Tour.

Mr Leeser discussed parenthood with the couple who are expecting their first child in spring 2019. “I told the Duke and Duchess of Sussex that we had a six-month-old boy, James, at home and we knew how exciting this time can be,” Mr Leeser said. “I wish the Duke and Duchess all the best for this life-changing next chapter”.

Mr Leeser also congratulated the Royals on the success of the Invictus Games helping wounded veterans overcome mental health challenges. Mr Leeser is the Chair of the Parliamentary Friends of Suicide Prevention Group and congratulated Prince Harry on his tremendous work in the area.

“I can’t think of anyone who has personally done as much as Prince Harry to support wounded veterans and draw attention to the challenges they face when returning

home from the battlefield. Prince Harry complimented Australia on having some of the best early-intervention programs in the world. It’s great to hear Australia has a reputation for being world-leaders in tackling mental health issues,” Mr Leeser said.

Building on the success of the Invictus Games, the Government announced the formation of the Australian Defence Force (ADF) Sports Cell, led by the Department of Defence with support from the Department of Veterans’ Affairs (DVA). It will channel serving and ex-serving members into national and international adaptive and non-adaptive sports programs, including the Invictus Games.

“Our Government is committed to helping ex-serving personnel transition into civilian life. Sports programs build community through physical activity and mateship.

This has been demonstrated to be an extremely effective tool in supporting their transition,” Mr Leeser said. 🌈



Ten New Street Libraries for Hornsby Shire

Hornsby Shire Council is welcoming and congratulating 10 new street library hosts, the winners of Council's street library give-away.

As many as 53 residents put up their hand willing to host a street library for their neighbourhood," Hornsby Shire Mayor Philip Ruddock said. This just confirms the great community spirit within our shire." Councillor Janelle McIntosh is pleased with the fantastic response to the street library give-away. "I am a big fan of both books and community run projects," Councillor McIntosh said. "So it's really no wonder that I was keen to support this initiative from the word go and I am looking forward to seeing the street library movement taking hold of our shire."

The budding librarians who won the council-sponsored street libraries were chosen based on their

application and location in the suburbs of Berowra Heights, Hornsby, Mt Kuring-gai, North Epping, Pennant Hills and Thornleigh. The initiative was organised in collaboration with Street Library Australia, and the exact library locations will be added to their street library map at <http://streetlibrary.org.au/find>

The first winners to have their new street library up and running are Pennant Hills locals Bernadette Whiting and her family. As a working mum Mrs Whiting understands how many others may struggle to find the time to connect with their neighbours. "I want to help promote the spirit of a community that looks after each other," Mrs Whiting said. "And I really enjoy seeing people stop by, contribute and form a connection with others they may not otherwise have. I hope that through our little library people can share - their love of reading, their books, their conversation, and get to know others who live in the area."

And, for the mother of three, one of the best things about their Blackbutt Street Library is seeing how proud her children are to have created something others can enjoy. "It's great that people can feel happy and come whenever they want, not have to worry about overdue books and it's free, too," James (8) and his brother Lewis (6) said.

"We tell everyone that we have made a street library," their sister Emily (4) said. You can come and borrow some books anytime because that's what friends are for." 🦜





Location, Location, Location

Just like when buying real estate, the most sought-after feature is the property's location, which impacts on capital growth more than any other aspect of a property.

Cutcliffe Properties identified the Dural First National office site on Old Northern Road, as far and away the premier spot in which to operate a real estate business. "You could safely say that more cars pass by that point than any other real estate office and the fact it is opposite both KFC and McDonalds, you could not wish for a better spot," said director Paul Cutcliffe, who has more than 30 years in the industry. The proof is in the pudding with favourable comments coming in on the changes we've made to the site. Those comments are only going to multiply given we are only part the way through completing the external face-lift," said Paul.

Cutcliffe Properties intend to take full advantage of

the prime location by showcasing selected properties on a rotational basis. "It will be exclusive to our vendors - a point of difference which can be the catalyst to capturing the attention of the eventual buyer of one of our vendor's properties," said Paul. The merger with Dural First National has been a seamless transition with all of the Dural staff remaining, including former principal Pauline O'Neill. "We are extremely delighted that Pauline is staying on. Pauline has an exceptional reputation in the Hills and her vast knowledge and expertise will be a major asset to our business," said Paul.

Paul said Kenthurst and Annangrove are among the favourite suburbs of the people of the Hawkesbury, where they have been market leaders for some two decades. "And vice-versa.

A number of buyers for our properties throughout the Hawkesbury have been ex-residents of Annangrove and Kenthurst - so it's a win-win for both." 



First Sod Turned at Excelsior Public School

Construction will now begin on Excelsior Public School's \$16.2 million upgrade, which is being funded by the NSW Government.

The expansion of the school will include 14 new classrooms, of which 12 will be located within a new three-storey classroom building, as well as a new library. The project will also deliver an additional administration area and a new school entrance. The upgraded school will have the capacity to accommodate 650 students. Work is scheduled for completion in late 2020.

Baulkham Hills State Liberal MP David Elliott welcomed the announcement, saying he was thrilled to see construction commence at the school. "I am delighted this much-needed expansion is now under way which will provide students in Baulkham Hills access to high-quality educational facilities," Mr Elliott said. "The school design has been developed to reflect the school's identity and to complement the existing learning environment at Excelsior Public School. It will be exciting to follow construction as it progresses."

This project is part of the NSW Government's record \$6 billion school building program over the next four years, which will deliver more than 170 new and upgraded schools to support communities throughout NSW.

This is the largest investment into public school infrastructure by any state government in Australian history. 🦋

WHATS ON IN THE HILLS

FRAGMENTS: Follow eight teens as they try to find hope and their sense of self in the face of adversity in the theatrical performance, Fragments, at the Pioneer Theatre from Wednesday, November 14 through to Saturday, November 17. Tickets cost: \$25 adult; \$20 concession; and \$15 student. Details: www.pioneertheatre.com.au.

CHEMICAL CLEANOUT: Residents can take their unwanted and hazardous waste to Castle Hill Showground on Saturday 17th and Sunday 18th November, between 9am and 3.30pm. Details: www.thehills.nsw.gov.au.

THE BEANIES: Children's entertainment group, The Beanies are bringing their egg-static Christmas show to the Pioneer Theatre on Tuesday, November 20. Tickets cost: \$23pp or \$80 for a family (two adults and two children). Details: www.pioneertheatre.com.au.

THE PIONEER PLAY FESTIVAL: The Pioneer Play Festival will bring together Sydney's theatre community, schools and residents for two days of new and pioneering Australian plays, workshops, discussion and activities celebrating the inaugural theme 'Australian Voices'. Tickets: \$25 to \$35. Details: www.pioneertheatre.com.au.

CELTIC AFFAIR: Enjoy an evening with the Governor Macquarie Memorial Pipe Band at their 40th Anniversary Celebratory Concert with special guest - singing sensation, violinist and guitarist - Eileen McCann. Tickets cost: \$35 adult; \$25 pensioner; and \$25 child. Details: pioneertheatre.com.au.

SHAKESPEARE IN THE PARK: Celebrate the 10th anniversary of Shakespeare in the Park at a performance of The Hollow Crown or The War of The Roses. Tickets cost: \$42 adult; \$32 concession; \$131.40 family. Details: www.sportforjove.com.au.

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Hills Shire Business Performance Sentiment Index

With Leonie Seysan



The results of the 2018 Hills Shire Business PSI have been completed.

This is the fourth consecutive PSI conducted within the Hills region and provides an ongoing measurement of current business performance, business conditions, as well as future business sentiment.

The 2018 PSI survey was completed by a broad range of business types, sizes and industry sectors representative of those located within the Hills region. The overall 2018 Hills Shire Business PSI score was -3, which was lower than the past previous years. This was primarily due to current regulatory settings, infrastructure and business expenses. Sentiment in relation to both economic outlook and growth forecasts continues to remain strong, scoring 21, with businesses in the Hills Region.

The 2018 PSI has once again highlighted that the Hills region is a great location for businesses and for business opportunities, especially with the current investment in infrastructure (road, rail, building and air) within the local and surrounding areas.

Thank you to the work and support from everyone involved in this year's PSI survey, from Sydney Hills Business Chamber, The Hills Shire Council and McCrindle Research, and to each of the participants who completed the survey.

To view the full results visit www.sydneyhillsbusiness.com.au



SHBC NOVEMBER EVENTS



There's a fabulous line up of events and workshops on the Chamber's November calendar. They're excellent value and designed to help you learn and network.

8 NOVEMBER WORKSHOPS

Take in one or both of these workshops to learn about digital marketing: Google for Business Demystified (9.30am – 11.30am) and Optimise your Social Media Strategy (12.00 – 2.00pm).

14 NOVEMBER - CELEBRATE WOMEN IN BUSINESS

Come and hear Anastasia Clarke (CFO of GPT Group) share her pathway to success. This event is for men and women!

16 NOVEMBER - CHAMBER CHALLENGE GOLF DAY

At \$99 per person, the Bring A Mate SHBC Chamber Challenge Golf Day is excellent value. It includes breakfast, tea and coffee, golf carts, 18 holes of golf, and lunch. And there's a \$10,000 hole-in-one prize.

21 NOVEMBER WORKSHOPS

Learn how to build a business referral network: The Networking for Growth workshop which runs from 9.30am – 11.30am.

Learn to confidently express what you do when asked about your business. The Introductions with Impact workshop runs from 12.00 – 2.00pm.

A third workshop, Building Leadership Presence – in Person and Online, runs from 3.00pm – 5.00pm.

Attend any one or all three workshops – they're at the same venue, with short breaks between workshops.

28 NOVEMBER - BUSINESS AFTER FIVE

This evening networking event will be at Ronald McDonald House. There's a Chamber membership information session just prior to the event and first-time session attendees receive free entry to the event.

To find out more or register for Chamber events and workshops, visit the event page on the Chamber website. www.sydneyhillsbusiness.com.au

Sydney Hills Business Chamber
Suite 4.18 29 Lexington Drive
Bella Vista NSW 2153
02 9659 3366

membership@sydneyhillsbusiness.com.au
sydneyhillsbusiness.com.au

Built On Experience

Home improvement in the Hills District requires a builder that understands the area. Construction Supervisor Jeff Vella and his team at R&J Building Contractors (RJBC) have been extending the living space for families in the area for the last 25 years.

This award winning building company has built an enviable reputation and specialises in ground floor extensions and first floor additions. They don't just build either, they can also design and submit plans to council on your behalf.

“Every situation is unique,” says Mr Vella. “There’s always more than one way to achieve the owner’s requirements.”

“What really motivates us is to assist our clients to spend wisely to achieve their desired outcomes.”

Of course, every build has its challenges, ranging from limited site sizes, building restrictions and very commonly, budget!

“Over the years we have met many building challenges, however, our experience enables us to think ahead and address issues before they become a problem.”

They believe that communication with clients is a key factor in customer satisfaction – letting them know every step taken, leading to full transparency. Some of



the awards RJBC has received include winning both the Commonwealth Bank and Master Builders Association Excellence in Housing.

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Cropley House restored to Former Glory

With a story that spans generations as a boarding school and community hub, Baulkham Hills' historic mansion Cropley House finally reopened.

The venue was unveiled as the area's most sought after weddings and corporate event venue, following a year of renovations to return the mansion to its former grandeur. Situated on five acres of green parkland, the two-story mansion is framed by a wisteria-lined balcony overlooking a stunning rose garden and gazebo, perfect for intimate wedding ceremonies. With two impressive rooms on the ground floor and four smaller separate rooms on the upper level, Cropley House is home to spaces suitable to all types of events, from large grand lunches to conferences with small breakout areas.

Entrenched in the Hills' community since the 1920s, Cropley House maintains an old-world charm that celebrates its history as one of the Hills' finest Georgian Revival mansions. Upstairs, the dormitories where the boarders once slept under the matron's watchful eye have been repurposed as stunning function rooms and breakout areas with sweeping views of the manicured gardens and lush grounds. Two statement ballrooms, each with independent personalities and catering for up to 150 guests, have been given a 'wow factor' by award-winning interior designer Angela Neylon from Joanne Green. Found

on either side of a sweeping staircase, the rooms feature high ceilings, impressive chandeliers and bespoke colour schemes perfect for weddings.

Commissioned by Christopher Drivas, Managing Director of leading events and hospitality firm Dockside Group, Cropley House re-opens with a bespoke functions menu from Group Executive Chef Adam Birtles. An onsite team of dedicated sales and event coordinating staff, bar and waitstaff, and a venue manager are on hand to make sure every event is a success. "With these renovations, we've brought Cropley House into the 21st century, while still maintaining its rich heritage," explains Drivas. "We're proud of how versatile Cropley House is as a venue, with each room creating an atmosphere perfect for any event. Its classic and elegant design will delight anyone from a bride on her big day to a conference attendee."

Bookings are now being accepted at Cropley House for weddings and ceremonies, corporate events and conferences, school events and formals, and all other events in between. Get in early and book your event today to secure your preferred date.

Cropley House
84 Watkins Road, Baulkham Hills
<http://www.cropleyhouse.com/>
(02) 9686 7775 🐦



Easing Energy Pressures

With David Elliott - Member for Baulkham Hills



The NSW Government understands rising energy costs are putting pressure on households and businesses.

This Government has increased all energy rebates by 20 percent in 2017-18. This will assist approximately 900,000 households who are finding the increases particularly tough. Under the package, the Low-Income Household Rebate, which is open to many concession card holders, has increased from \$235 to \$285 per year per household. The Family Energy Rebate has increased from \$150 to \$180 per year per household, and the Gas Rebate has increased from \$90 to \$110 per year per household.

To encourage consumers to save more, the Government is also offering discounts on new energy efficient fridges and TVs so households can replace their old inefficient models. For further information, please visit <https://energysaver.nsw.gov.au/household/rebates-anddiscounts/>.

Around 10,000 small businesses will also be able to access discounts to upgrade outdated inefficient equipment. For those who may be interested in finding new ways to save on electricity bills and lower energy consumption, I would strongly encourage contacting your energy retailer to see if you are on the best deal. Energy Consumers Australia can help with the type of questions to ask to get a better deal. Details can be found online via <http://energyconsumersaustralia.com.au/powercall/>

Compare offers and shop around for the best deal by visiting the independent Energy Made Easy website on <https://www.energymadeeasy.gov.au/>

Understanding Small Business

With Julian Leeser - Member for Berowra



Our Government understands the needs of small business.

That's why we have brought forward tax cuts to businesses with a turnover of less than \$50 million. This reduces the company tax rate for small and family business to 25 per cent five years earlier. This means small businesses can reinvest which will create more jobs, boost productivity and grow the economy for everyone.

ENERGY REFORM

I know many people are concerned about electricity prices and that's why in October we announced a package to reform the National Electricity Market. This will:

- Stop the price gouging by the big energy companies by banning late payment penalties.
- Create a price safety net to protect customers.
- Back investment in reliable generation.



NORTHCONNEX

I was very pleased to be present at the final breakthrough of the NorthConnex tunnelling on Monday, 8 October. NorthConnex will take 5000 trucks off Pennant Hill Road every day restoring the road to our community.

Our Government has invested \$412 billion in NorthConnex which will have a transformative effect on the local community.

David Elliott MP
State Member for Baulkham Hills

Please contact me if you have concerns or need help relating to:

- Hospitals and Health Services (except Medicare)
- Roads and Transport Services
- Education and School Facilities
- Crime and Safety Concerns
- Planning and Environment Issues

FOR ANY ENQUIRIES
Email Baulkhamhills@parliament.nsw.gov.au
Phone 9686 3110
Visit Suite 1, 25-33 Old Northern Road, Baulkham Hills

The electorate of Baulkham Hills includes Bella Vista and parts of Baulkham Hills, Carlingford, Castle Hill, Kellyville, North Rocks and West Pennant Hills.

As your MP, I am here to:

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

Please contact my office if I can be of assistance.

JULIAN LEESER MP
Federal Member for Berowra

Level 11, 423 Pennant Hills Road, Pennant Hills NSW 2120 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.

Sucess for Galston High

With Matt Kean - Member for Hornsby



I am proud to represent a number of wonderful schools in the Hornsby community.

Two special students from Galston High School have been acknowledge by the Minister for Education with the Award for Excellence in student achievement.

School Captains Chloe Lawler and Callum Trethowan have both been given this prestigious honour and are two of just 37 students in New South Wales awarded this year.

Chloe and Callum are both outstanding students who have excelled at Galston High School not only academically but also in their leadership roles as school



captains. Chloe has also been involved in the local Scouts groups for many years, giving back to the community.

Callum has had a tough start to the year, diagnosed with a giant cell tumour in his jaw. With a strong support network around him, Callum has been able to successfully complete Year 12 year despite the health challenges he faced. He has also already gained early acceptance for Human Science at Macquarie University.

Congratulations Chloe and Callum on this recognition of your amazing contribution to Galston High School. I would like to congratulate all Year 12 students who have recently completed their HSC and remember no matter what happens, there are many pathways to success in the future. 🦋

Matt Kean MP
Member for Hornsby
Minister for Innovation and Better Regulation

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
matt_keanmp facebook.com/mattkeanmp

Skills Boost

With Ray Williams - Member for Castle Hill



Local small businesses and their staff now have access to free business skills training thanks to a new \$30 million NSW Government initiative aimed at helping small businesses grow and thrive.

Skills for Business brings together TAFE NSW and other NSW Government business support services including Business Connect, to give small business owners and their staff a chance to undertake fully-subsidised training in courses including financial planning, taxation, risk management, legal decisions, using spreadsheets, social media tools, website creation and maintenance, creating an e-business, and cybersecurity.

Our economy is now the strongest in the nation, and as a government we want to be doing everything we can to support small business owners – the very people who take on great risks, to create job opportunities for others.

For more information visit: www.tafensw.edu.au/skillsforbusiness

OVER FORTY WAYS TO HELP YOU SAVE

There is a new Cost of Living Service provided at Service NSW Centres, giving residents access to the various rebates and savings offered by the NSW Government including energy and gas.

You can meet with a Cost of Living Specialist for a free one hour appointment to get help applying for savings.

With more than 40 rebates and savings available, booking an appointment will ensure you don't miss an opportunity to save.

For more information visit: www.service.nsw.gov.au/transaction/cost-living 🦋

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Rouse Hill Town Centre,
Rouse Hill NSW 2155
Phone: (02) 8882 9555
E: castlehill@parliament.nsw.gov.au
www.raywilliams.com.au

Ray Williams MP
MEMBER FOR CASTLE HILL
MINISTER FOR MULTICULTURALISM AND
MINISTER FOR DISABILITY SERVICES



MITCHELL YOUTH LEADERSHIP FORUM 2018

The Federal Member for Mitchell, the Hon Alex Hawke MP, together with Tristan Smith, Acting Chief Executive Officer, hosted 157 local students at the Mitchell Youth Leadership Forum at Vision Valley from the 18 – 20 October 2018. The Mitchell Youth Leadership Forum was an amazing success with 157 students from 15 local high schools involved – the Forum is a significant opportunity for the students to be inspired and encouraged for their future potential in the lead up to their final year of school.

SCHOOL MURAL OFFICIALLY OPENED

The murals at Galston Public School were officially “opened” with a smoking ceremony done by one of our local Aboriginal Elders “Lex”. The 18 metres of native birds was painted by a local Mum and professional artist Belinda Nadwie and the Aboriginal mural was painted by a fellow artists friend Luke Mallie from QLD. It is so wonderful to see the children enjoying the new brightened up play area.

GALSTON GIRL GUIDES END OF TERM FUN!

At the end of Term 3, the Junior Guides enjoyed a movie night and overnight camp in the Guide hall. They watched Rio 2 and decorated pillowcases with their favourite characters. The girls learnt how to pack for an overnight camp and demonstrated teamwork when preparing breakfast the next morning! After a busy term of badgework, nature art, campfires and team games, the older Guides enjoyed trampolining at Flip Out. Please contact admin@galstongirlguides.com for hall hire or enquiries about Girl Guides.





ROTARY HELPING KIDS & THEIR FAMILIES

The Rotary Club of The Hills-Kelville served breakfast to the many families at the new Ronald McDonald House at Westmead, and provided a specialized, state of the art Visionary SPECTRALIS OCT Diagnostic Eye Imaging equipment to the hospital. This ground-breaking technology now supports the only dedicated eye treatment clinic for children in NSW and allows Paediatric Ophthalmologists to provide the best medical care at The Children’s Hospital at Westmead. Funding to the tune of \$150,000 was needed for the Eye Imaging equipment project and this was made possible through generous financial support from Rotarians and Rotary Districts in Australia and India as a Global Grant project of The Rotary Foundation of Rotary International. To be part of an inspired group that are making a difference, contact the club though our website or our Facebook page.

BUSH MUSIC CLUB

Move into dance-step when < 20 experienced BMC Concert Party musicians play for their own Bush Music Club’s Beecroft Community Centre bush/folk/social, monthly family dance, on Saturday 1 December from 7.30-11-30pm.; located on Beecroft Road opposite the public school and fire station; near railway station and parking. Local business spot-prizes can be won; supper/refreshments are included for singles, couples, grandparents and families enjoyment. Details: www.bushmusic.org.au or Sigrid 9980 7077 or Wilma 9489 5594.

THE GALSTON VIEW CLUB

Celebrate Christmas at our last luncheon at our last luncheon meeting for this year on Wednesday 28th November, at The Galston Club, at 11am. Joanna Capetanakis will entertain us with great music and song. Visitors very welcome. Bookings Vivien 9894 1189.



THE SYDNEY HILLS BRANCH OF THE ASSOCIATION OF INDEPENDENT RETIREES

The last meeting of the year is Friday December 7 at the Presbyterian Church Hall Welhan Street, Beecroft. The meeting will commence at 10.45am, with very interesting speaker, from 3G PHONES. He will speak on any proposed changes and the Phone Company Providers. We would especially like to welcome, Baby Boomers and those who are retiring in the near future. President: Lauris Rennie Phone: 9634 1186. 🐦

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Rebecca Pinotti
MANAGER



STUDENTS GET AN INSIDE LOOK INTO STATE POLITICS

Member for Hornsby Matt Kean MP invited student leaders from local primary schools to Parliament House to see what a day in politics is like for our state representatives. 80 students attended the morning tea and tour along with parents, teachers and Principals. The students toured the Legislative Assembly and Legislative Council before joining Mr Kean for a

special guest visit from Manly Sea Eagles hooker Apisai Koroisau, Sydney Swifts Paige Hadley and Emily van Egmond from the Matildas. “Getting a chance to see first-hand how Parliament works and to provide feedback directly to the Premier on politics and government is hands on learning for these students,” Mr Kean said.



FAREWELL YEAR 12

At the end of term 3, six years of hard work culminated in a week of celebration and recognition of Year 12’s achievements at Galston High School. The staff vs student soccer match is a longstanding tradition where students try their best to dominate their teachers, and sadly for Year 12, staff were able to continue their dominance 2-1.

After breakfast with the teachers on Wednesday of Week 10, Year 12 were whisked away to a secret location for their picnic day. Bobbin Head proved to be a great place for Mr Cosgrove to reveal his super soakers and ensure that everyone became involved in his campaign. That evening, Year 12 returned to graduate, and while emotions were high, the real tears fell the following morning at the Farewell Assembly as Year 12 had their final opportunity to farewell their younger peers and have the roll marked one last time. This was followed by the formal, which was held at the opulent Oatlands House. Each and every student put their best-dressed foot forward and danced the night away to celebrate and unwind after a tough but rewarding year.



FAREWELL AND BEST WISHES

Hills Grammar farewelled their 2018 graduating class at the recent Graduation Assembly and Valedictory Dinner. Of the 84 graduates, more than 20 of them spent their entire schooling at Hills Grammar. School Captains, Julia Tan and Will Sampson spoke eloquently at the assembly reminiscing on their time at Hills Grammar. Hills Grammar wish all of the graduating class best wishes in their HSC exams. The School looks forward to hearing of, and celebrating, the numerous extraordinary pathways the Class of 2018 will no doubt travel.

OAKHILL STUDENTS EMBARK ON SERVICE TOURS

During the recent school holidays, 65 students from Year 11 at Oakhill College participated in the annual Lasallian Service Program to India and the Philippines. The Program, now in its tenth year, provides an opportunity for students to practice faith, service and community, and carry out Lasallian work to those less fortunate. Thirteen staff also volunteered their two-week holiday to guide and care for the students during the tour.



OAKHILL STUDENTS ON EXCHANGE

Students from Oakhill College together with students from La Salle College, Ashfield recently embarked on an inaugural 11-day exchange program to Hong Kong. This is the first trip of its kind at the College, the purpose being both educational and cultural. Students lived with a Hong Kong family and

experienced what life is like living and attending school in a large, densely populated, highly efficient Asian city. When not at school, the contingent of Australians travelled with their billets around the three main areas that form Hong Kong: Hong Kong Island, Kowloon and the New Territories. 🦋



A Love of Theatre

Emily Richardson has loved performing for as long as she can remember.

Her journey as a performer has brought her this year to the Seymour Centre stage, acting in two plays with Theatre Travels. The plays are *The Laramie Project* and *The Laramie Project: 10 Years Later*, detailing a community's reaction in the aftermath of a small town hate crime, focusing on universally important stories of acceptance, community, intolerance and legacy.

Having grown up in the Hills, Emily acted on the Pavilion Theatre stage with the Castle Hill Players in *Steel Magnolias* and *The Game's Afoot*. She says, "I love the freedom to be able to play and explore the lives of characters, and understand the psychology behind a character who may be totally different to myself." Since then, she has furthered her acting training, studying with the Actors Studio at NIDA throughout 2016. She has continued to act in theatre productions as well as on screen, featuring in a number of short films, web series and TV commercials, as well as in the CPX documentary "For the Love of God" that screened internationally earlier this year. Emily has been busy, doing all this whilst juggling a double degree of Law and Arts at Macquarie University.

But right now, Emily's focus is on bringing *The Laramie Project* and *The Laramie Project: 10 Years Later* to life.

She remarks, "it's been such a wonderful process so far. The whole cast and the creative team have an amazing rapport. We have lots of fun, but we also support each other as we work through the more difficult content in the play together, working to understand the people in this town and how they were just shattered by what happened to Matthew."

The plays were created when New York's Tectonic Theater Project went to Laramie, a small town in the US state of Wyoming, following the brutal murder of gay university student, Matthew Shepard in 1998. Emily explains, "All of the dialogue in the script is taken from actual conversations and interviews the theatre company had with people in Laramie. So all of the characters are real people with complex personalities and lives, some of the characters are really funny. *The Laramie Project: 10 Years Later* sees Laramie and its occupants ten years after Matthew's death and calls into question the issue of legacy and our innate desire to rewrite history. Emily says, "I think the productions will provoke discussion and I hope will encourage compassion for others in our communities today."

The shows will play a strictly limited run from November 28th – December 8th 2018 at the Seymour Centre, Sydney.

You can buy tickets at <https://www.seymourcentre.com/events/event/the-laramie-project/> or by calling the Seymour Centre box office on 02 9351 7940. 



Fid & Co Cafe Already Stealing Hearts

Coffee lovers rejoice, Fid & Co is here and the Hills locals are flocking to drink perfectly roasted Arabica coffee in the aesthetically stunning designed café.

From the team at The Fiddler and set to compliment the launch of the new Mercure Hotel Rouse Hill (set to open in early 2019), architecturally designed Fid & Co is the new neighbourhood gem complete with crush-worthy feature tiles - which will no doubt become the bucket-list Instagram backdrop for many breakfast dates. Fid & Co features alfresco seating, gold accents, and The Fiddler's signature greenery dotted strategically throughout the café.

The perfect space for catch up coffee dates and relaxed grazing, the Fid & Co menu doesn't disappoint with fresh baguettes and decadent tarts made fresh daily by the dedicated pastry chef. There is a selection of delicious



croissants, fresh grab-and-go salads, and a long list of liquids including the usual suspects like long blacks and lattes (made with 100% locally roasted, smooth Arabica coffee beans with a sweet floral aftertaste). If you're not a standard coffee lover, Fid & Co also house specialty drinks like dirty chai, Irish coffee, and a range of Temple Loose Leaf teapots.

Get ready to swoon. Grab your favourite brunching pals and settle in to the light and airy Fid & Co for a great coffee, in a great space, in this beloved Hills hotspot.



Fid & Co Café

The Fiddler, Rouse Hill

Open Monday-Thursday: 10am-9.30pm, Friday-Saturday: 10am-11pm, Sunday: 8am-9.30pm 🦋

Fragments

Fragments is a series of eight interrelated dramatic monologues on mental health issues performed by, and about, young people aged 15-25.

Although mental health issues are on rise, there remains a reluctance to speak openly without fear of stigma. Fragments aims to start a conversation, giving a sense of agency to young people, while reaching out to their peers, families and the community.

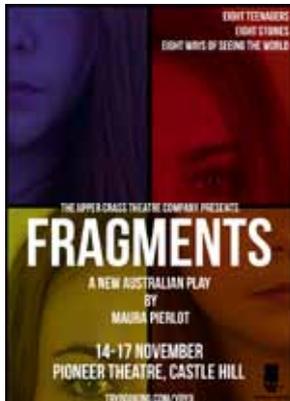
Maura is an author and playwright who hails from New York. She wrote the script for Fragments. Maura's short play Tapping Out won the SOLO Monologue Competition, Hothouse Theatre (2016) and three awards at Short+Sweet Sydney (2017).

Directed by James Hartley, an award winning director of theatre and film. "I was drawn to Fragments because it was all about hope without having to say it. You get hope from watching people on stage who are going through something you're going through". James won "Best Director" at Short+Sweet Sydney 2013, the largest short play festival in the world. His short films have been screened throughout the world with "Twisted" featuring as Vimeo's Short of the Week in 2015 and "First Love" winning the Audience Prize at the Festival international des Très Courts 2013

Sometimes the waters are so turbulent that people don't recognise themselves in each other, like the teens in Fragments.

Show times Nov 12 -16. For more information contact the Pioneer Theatre Castle Hill.

Phone: +61 2 9843 0586 or Email: pioneertheatre@thehills.nsw.gov.au



HIDDEN IN THE HILLS Bushwalking

By Lachlan Turner



Bushwalking means different things to different people.

Some are quite dedicated to the challenge of a long and varied walk, whilst others may engage in just a short walk along their favourite track on a regular basis. Others may only enter bushland reserves on a casual basis. Some prefer to attend guided bushwalks. There is a personal sense of freedom and relaxation as each individual enjoys an ever changing environmental scene as the seasons come and go.

Not all tracks are smoothly graded and easily traversed. Therefore, bushwalking is not without unexpected challenges such as steep climbs,



rocky terrain, wet areas such as creek crossings as well as clambering over the occasional fallen log.

Adequate clothing and footwear are essential. Temperatures in bushland environments can be variable, so it is advisable to dress appropriately.

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

Enjoy your outdoor experience, leave nothing but footprints - taking nothing but photos.



Easy Summer Dips

Quick and Easy dips for hot summer days.

CARROT, ORANGE & CUMIN DIP

3 small (about 500g) carrots, peeled, finely chopped
2 tablespoons extra virgin olive oil
1 brown onion, finely chopped
1 garlic clove, finely chopped
1 teaspoon ground cumin
60ml (1/4 cup) fresh orange juice
Salt & freshly ground black pepper



Steam carrots for 15-20 minutes or until tender. Heat the oil in a frying pan over medium heat. Add the onion, garlic and cumin and cook, stirring, for 5 minutes or until onion softens. Place carrot, onion mixture and orange juice in the jug of a blender and blend until smooth. Season with salt and pepper. Allow to cool.

BROAD BEAN & PARMESAN DIP

250g frozen broad beans, thawed, skins removed
60ml (1/4 cup) extra virgin olive oil
1 garlic clove, finely chopped
1 tablespoon fresh lemon juice
Salt & freshly ground black pepper
50g parmesan, finely grate



Cook the broad beans in salted boiling water for 3 minutes or until tender. Drain well. Place the broad beans, oil, garlic and lemon juice in the jug of a blender and blend until smooth. Season with salt and pepper. Transfer to a bowl. Add parmesan and stir to combine. Allow to cool.

Serve with bread. 🦋

Fresh, Fruit Driven, Wines

Miles the Wine Man



Western Australia perfect one day, even better the next. From beaches with crystal clear waters to the largest expanse of outback in the country - the state offers something for everyone.

One of the most biologically diverse regions in the world, it's no surprise that Western Australia produces such a profusion of fresh local flavours, succulent seafood, world-class wines and highly prized black truffles. But let's stick to the wine. One I have been lucky enough to try recently is the delicious St Johns Brook range from Latitude 34.



The St Johns Brook is a significant vineyard of 37 hectares located in the northern heartland of the Margaret River wine region. St Johns Brook is a mature vineyard established in 1998. Since 2013 management have employed no herbicide practice, used low chemical inputs where possible, and implemented a sustainable composting program. Varieties planted are all on original rootstock with the key French varieties of Cabernet Sauvignon, Shiraz, Chardonnay and Sauvignon Blanc providing the finest fruit for the Single Vineyard and Reserve range of wines.

These are fresh, fruit driven wines crafted into a consistent style highlighting the characteristics of each variety. This range offers wines that represent great value, complexity and rich flavours that can be perfectly matched to the meal of your choice.

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Stay Cool this Summer

With Neil Turrell



Timber decking is a marvellous way to enhance the aesthetic appeal of any home, garden or building.

Whether used for relaxing, entertaining, dining or as a play space for children, decks are greatly versatile and excellent extensions to the home. They create a transition area between your home and garden.

Timber decks are highly durable, but they need regular maintenance. Exposed timbers can suffer from weathering. There are however, a few simple ways to keep your outdoor timbers and decking well maintained and looking good.

To sustain your timber deck, ensure it is oiled every six to twelve months and follow these simple steps to maximise its longevity. Sweep the deck of large, visible debris and check carefully for loose boards and nails



that stick up; this will avoid any moisture from being stored and seeping into the timber which will cause discolouration.



If the deck has been neglected, you might need to sand the timber back before you reseal it. I suggest you use at least two coats of sealer or oil.

A good sealer will have UV protection, mould and mildew resistant and have a life of several years.

So, if you love the look of timber decking and want to upkeep its appearance than follow these simple steps to keep it looking beautiful. 



Robots in Backyards

With Alan Barnes



For as long as there have been swimming pools, there has been the chore of cleaning them of the dust, leaves and debris that seems to be attracted to them.

From the early introduction of the now world famous “Kreepy Krauly” suction cleaner to the advent of Jetvac and Polaris Pressure cleaners to the present day Robotic cleaners of all types, it’s no wonder the current pool owner can be overwhelmed by the choices they are presented with!

Its easy to be swept up with features and perceived benefits of the “Bells and Whistles” of the latest gizmo – look at how the rest of our lives are full of technology.

Each pool owner and pool have their own preferences and requirements. With the array of choices available, it sometimes takes quite a bit of discussion on the relative merits of each of the alternative before coming to an informed decision.

The more our staff know about your pool and your requirements, including your budget, we can assist in narrowing down the choices for you.

We have quite a few different types of cleaners on display, at various price points. All of them are from the best brands on the world market and will always represent solid value.

Our goal is to make sure our customers make the best choice for their pool equipment needs, so pop in and let’s see if we can help!



DURAL POOL SHOP

For solutions for your pool contact Dural Pool Shop, 270 New Line Road, Dural. Phone 9651 4799 

Prepare for Travel

People who travel overseas have up to a 50 per cent chance of suffering a travel-related illness.

While most travel-related illness is minor, some very serious infectious diseases are endemic in some parts of the world. All travellers should be prepared and be aware of health issues and measures to protect themselves from sickness.

There are many things you can do to prepare for a healthy holiday, including:

- Have a medical check-up. Make sure you are healthy before you travel.
- Update your vaccinations and ask about other immunisations. Some countries legally require travellers to have certain vaccinations. Your doctor will be able to advise which vaccines are suitable for you.
- Pack a medical kit for yourself and any children travelling with you. Make sure you pack enough of any medications you need, or take a prescription.
- Organise travel insurance, including cover if you need to be evacuated to a suitable hospital.
- Have a dental check-up.
- Have a vision check and pack a spare pair of glasses.

The most common travel-related sickness is gastrointestinal infection, which is picked up from poorly prepared food and untreated water so take care what you eat and drink.

For more information http://www.betterhealth.vic.gov.au/travel_health



Coffee or Tea?

Coffee and tea both have loads of redeemable qualities.

Both are high in antioxidants, good for protecting our cells from free radicals that may cause cancer and/or other problems. Both wake up the brain with stimulants, upping our energy levels and ability to focus and both can be preventive for type 2 diabetes and heart disease, as well as helpful in obesity issues.

Too much of either coffee or tea and things start to go downhill. Too much coffee may overstimulate our brains, causing tension rather than focus, and on an empty stomach, coffee throws our digestive system askew due to the production of hydrochloric acid and affects iron absorption in the stomach and kidneys. So, coffee is hard on those with ulcers and other stomach ailments.

Similar to coffee, tea is linked to digestive issues, as well as being a very powerful diuretic. The tea-based compound called oxalate can lead to kidney stones. Older tea leaves contain a little fluoride, which causes osteofluorosis, which can be linked to Alzheimer's and brain problems (We should note that these effects would require large quantities of tea.)

Tea and coffee both have good and bad qualities. Moderation is the key to good health. 🌿



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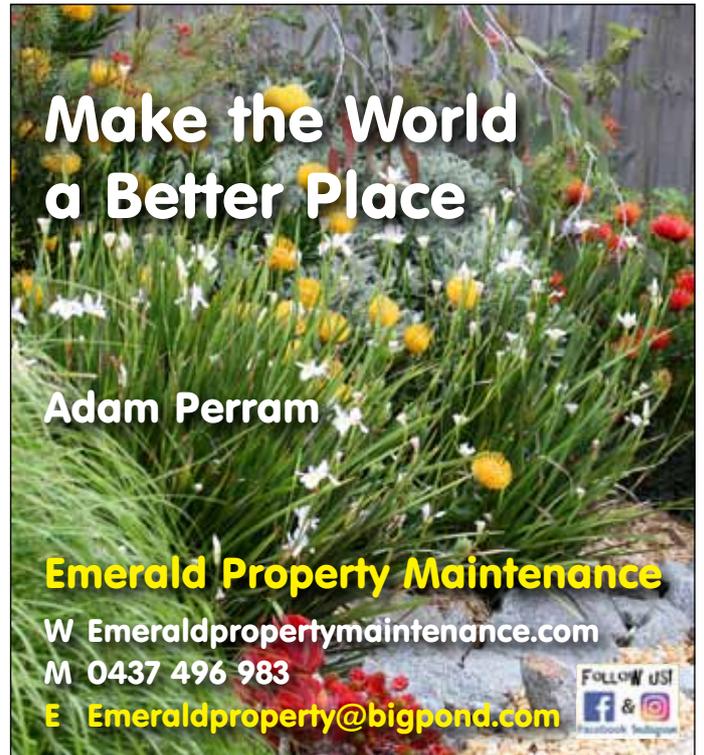
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