

The Hills Vibe



FREE OCTOBER 2018



A Surprising
Cottage

Page 10

A CURTAIN RAISING FIRST SEASON

The Pioneer Theatre is Sydney's newest entertainment destination and it is right in the heart of Castle Hill. Be one of the first to experience the magic of the theatre so close to home. There's a variety of productions to enjoy throughout the first season—we hope you enjoy the show.

OCTOBER

- 10-13** Singin' in the Rain
Blackout Theatre
- 26-27** Keep the Home Fires
Burning—A WWI Concert
Operantics

NOVEMBER

- 4** Hills Harmony Showcase
Hills Harmony Chorus
- 8-11** Annie Jr
Spot on Productions
- 12-16** Fragments
Upper Crass Theatre
Company
- 20** The Beanies Christmas
Sing and Dance Show
The Beanies
- 23-24** The Pioneer Play Festival
Company of Rogues
- 25** A Celtic Affair—GMM Pipe
Band's 40th Anniversary
Celebratory Concert
Governor Macquarie
Memorial Pipe Band
- 30** Broadway Reimagined
Talent Development

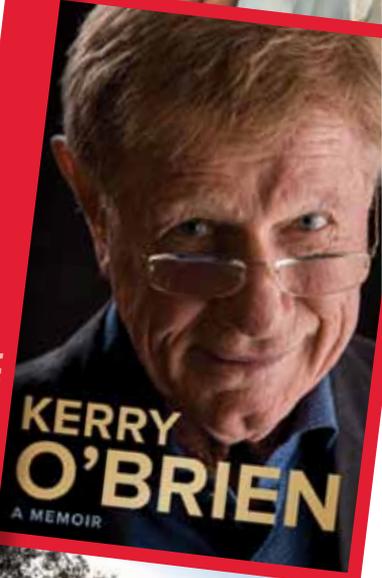
DECEMBER

- 1** Broadway Reimagined
Talent Development
- 2-5** A Letter From Santa
Australian Performing Arts
College
- 2-4** Finding Your Feet
Australian Performing Arts
College
- 5** An Evening with
Kerry O'Brien
A Memoir
- 9** Flights & Sounds
Entertain Sydney
- 15** The Women of Wisemans
Convict Footprints
- 21-23** Cairo Jim and the
Tomb of Martenarten
Bookcase Productions

THE BEANIES



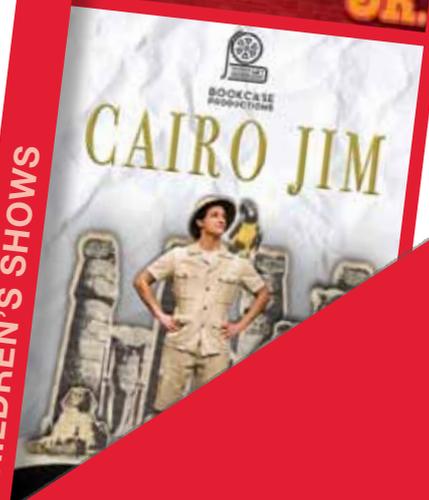
A MEMOIR



MUSICALS



CHILDREN'S SHOWS



www.pioneertheatre.com.au
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I'm Singin in the Rain

With Annemaree - Editor



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

The new season has offered some wonderful weather however it has been reassuring to receive good rain in recent times. Hopefully these falls have been helpful to some of our farmers who have suffered in recent times. For us in the Hills it's the perfect time to spruce up the garden.

This month's cover story features Herbs and Roses who, as the name suggests, have a massive display of herbs, roses and colour to refurbish you garden. But wait there's more! It is also the perfect spot for a relaxed coffee or tea (even a high tea) in tranquil surrounding in an original Dural cottage.

The Pioneer Theatre is now open with an exciting program scheduled for the new few months commencing with *Singin in the Rain*. The newly renovated theatre will be a popular venue for Hills residents and production houses; and is a wonderful addition to the Hills by Council. Local production house, Dural Musical Society, this month features Chicago, another classic musical. For this show the Society has introduced premium 'gold class' seating 'up close and personal' to the stage and includes a cheese platter. What a way to enjoy the show!



Congratulations to Alive 90.5, our local community station, celebrating 25 years of broadcasting in the Hills. Community radio plays an important role in our area and like the Hills Vibe is a regular source of local community activity and support for local business.

Always lots happening in the Hills. Have a lovely month ahead! I hope you enjoy this months read and I welcome your feedback and information on local activities.

annemaree@thehillsvibe.com.au
www.thehillsvibe.com.au 🐦



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weddings & events



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Councillor Alan Haselden announced as Deputy Mayor of The Hills Shire

Councillor Alan Haselden has been sworn in as Deputy Mayor of The Hills Shire at the September 25 Ordinary Meeting of Council.

Mayor of The Hills Shire, Dr Michelle Byrne congratulated Cllr Haselden on his new role. “Councillor Haselden is a semi-retired businessman and company director who has been involved in many campaigns aimed at bettering The Hills district for current and future residents, including the correct procedures for asbestos removal, retaining the character of the region, protecting the Parramatta River catchment and many more,” Mayor Byrne said. “He was first sworn into The Hills Shire Council in 2012 and is proud to represent the residents of East Ward. “I congratulate Councillor Haselden on his election to the position of Deputy Mayor and I look forward to working with him over the next 12 months to deliver meaningful and beneficial outcomes for our community.

“I also want to thank outgoing Deputy Mayor, Councillor Robyn Preston, on her valuable contribution to the role in 2017-2018. We’ve worked as a great team and you’ve provided me with incredible support, all the while working full-time. Thank you and well done,” Mayor Byrne added. Mayor Byrne also thanked her fellow Councillors, Council Officers and community members for the work that has been achieved so far.

“It has been a real team effort, and the outstanding work this Council has done during this term would not have been possible without our Councillors, Council Officers and residents working hand-in-hand for the betterment of the region,” Mayor Byrne said. 🐦



Hills Shire Council Gets Behind Garage Sale

Garage Sale Trail is back for another year and Mayor of The Hills Shire, Dr Michelle Byrne is encouraging Hills residents to get involved.

The nation-wide garage sale initiative, now in its eighth year, promotes community connectedness and provides a novel way for residents to declutter, reduce waste, make money and fundraise for a charity or organisation of their choice.

“Garage Sale Trail is a great way to grab a bargain, make some extra money or find that hidden gem, whilst making new friends, meeting your neighbours and perhaps raising money for local causes,” Mayor Byrne said. “This simple act helps to keep preloved items out of landfill, it helps to protect our natural environment and is part of a shift we’re seeing across so many areas of our lives. “The Hills Shire Council is pleased to once again be involved in Garage Sale Trail, which encourages people to rethink the idea of waste through reducing, reusing and recycling.” Mayor Byrne added.

Last year, more than 50 garage sales were held across the region and in 2018, Mayor Byrne is hoping more residents will sign-up for the initiative, which will be held on Saturday, October 20 and Sunday, October 21. The



award-winning sustainability and community campaign was founded in 2010 and has grown from one event in Sydney to a massive national program supported by more than 54 local NSW Councils.

To register or to find out more information, visit: www.garagesaletrail.com.au 🦜

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11:30AM TO 4PM

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Stage one of Caddies Creek Reserve Open

Stage One of Caddies Creek Reserve is now complete with a range of exciting play equipment and family-friendly facilities open for residents and visitors to enjoy.

A children's playground and more than two kilometres of shared pedestrian/cycle paths incorporating four new bridges was recently open by the Local Member for Castle Hill, Ray Williams MP, the Mayor of The Hills Shire, Dr Michelle Byrne and Grant May, the Property Portfolio Manager at Sydney Water on Monday, August 13.

Mayor Byrne, who joined her fellow Councillors, including Deputy Mayor Robyn Preston, Councillor Dr Peter Gangemi and Councillor Frank De Masi at the opening, said the new playground was essential for the growing needs of The Hills Shire community. "It's really satisfying to be able to provide these facilities for residents," Mayor Byrne said. "Once all stages have been completed, Caddies Creek Reserve will be one of the region's top parks and recreational destinations with exciting facilities for sporting clubs, families and for the broader community," Mayor Byrne added.

Mr May said Sydney Water was proud of the progress that had been made to transform the land into a recreational destination. "We are pleased to be partnering

with The Hills Shire Council to enable some exciting recreational opportunities for local residents," Mr May said. "While accommodating these new facilities the project also reflects Sydney Water's core responsibilities to protect people and property from flooding and to protect and improve the health of our local waterways."

Mr Williams said he was pleased with the work that had been done and looked forward to the new sporting fields coming to fruition. "It is vital our community has the necessary open space and playing fields so our young people can participate in healthy outdoor activities," Mr Williams said. "Playing sports is natural for children growing up in The Hills, not only does it promote healthy opportunities but brings the entire community together through volunteer participation with our many sporting clubs."

The new playground includes a play unit with a slippery dip, climbing equipment, giant swing, trampoline, carousel and shade sails which provide weather protection. A drinking fountain and a shelter with picnic table settings were also incorporated into the overall design.

Once completed, Caddies Creek Reserve will include four new sporting fields, two amenities buildings and abundant parkland. 🦋

Castle Hill Library Opens for HSC Students



Castle Hill Library will open its doors exclusively to HSC students on Sunday mornings until October 28 between 9.30am to 1pm.

During the study sessions, students will have access to Wi-Fi, computers, photocopying and printing facilities and staff will be available to help with any student enquires. “Making our libraries accessible during what can be a stressful time is one way Council is supporting our Year 12 students during their exams,” Mayor of The Hills Shire, Dr Michelle Byrne said. “Our positive and well-resourced space is perfect for students to study free from interruption,” Mayor Byrne added.

The HSC study session is a free event, however students must book online prior to attending the library

and bring their ticket and student ID on the day. Adding to the resources available for Year 12 students, the Hills Shire Libraries have subscribed to an online study companion, HSC Study Lab – Science.

The free online resource features video lessons, simulations, interactive activities to explain concepts and HSC-style practice questions for science based subjects. All content is based on the NSW syllabus and is produced by experienced Year 11 and 12 teachers and exam markers.

To book your free place at one of the student study sessions visit, thehills.nsw.gov.au/Upcoming-Events-Activities/HSC-Study-on-Sundays. To access the HSC Study Lab - Science go to, thehills.nsw.gov.au/Library/Library-e-Resources/HSC-Study-Lab-Science 

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Have your say?

Motorists and residents are invited to have their say on proposed traffic changes along Parsonage Road and Warwick Parade in Castle Hill.

The Hills is growing and with increased activity in and around Castle Hill CBD and the Showground Precinct, Council would like to hear from residents about a proposal to remove the four single lane raised threshold traffic devices that are located along Parsonage Road outside Nos. 3, 17, 41b and 55. These are the four traffic devices that allow only one car to pass at a time.

As part of the proposal, Council is also considering the reopening of Warwick Parade to through traffic, which will require adjustments to be made to the paved entry way between Warwick Parade and Verletta Avenue. Council recently conducted a review of road safety and traffic conditions along these well-used thoroughfares and found cars were queuing in peak times and some motorists' were putting themselves and others at risk when travelling through this busy section of road.

These traffic devices also create increased noise when a car drives over the top of them and also remove the opportunity for off-street parking. The review also found that current access restrictions into and out of Warwick Parade redirects traffic to other surrounding roads, including Whiting Avenue and sections of Parsonage Road. No other changes are proposed to the other existing traffic devices.

Council is now seeking feedback and wants to hear from you about this proposal via Council's website (www.thehills.nsw.gov.au) at the Have Your Say section or via letter addressed to:

Attention: General Manager
 PO Box 7064,
 Norwest 2153

Feedback cards will also be available and information on display at Castle Hill Library and Council's Administration Centre. Consultation will run until October 26 2018. 🦜



Dooral
EARLY LEARNING CENTRE

**Now Accepting
 2018 Enrolments**

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
- Before/after school care
- Vacation care
- Comprehensive school readiness program

**Enrol today online - www.dooralelc.com.au
 Call us on (02) 9653 9966**

SPECIAL OFFER:

~~\$55~~ registration fee waived for the month of October 2018.



Entertainment Plus for the Hills

The newly refurbished Pioneer Theatre officially open by Mayor of the Hills Shire, Dr Michelle Byrne.

The \$1.9 million upgrade includes major works which will transform the user experience in the much-loved venue.

The major works include:

- Installation of a new retractable tiered seating
- Providing new loose seating to be used during theatre productions
- Providing removable stage modules
- Installing new curtains and drapes for the stage area
- Installing new audio and visual equipment
- Refurbishment of the change rooms and foyer area
- Construction of a new box office and alterations to the customer service area.

Mayor of The Hills Shire, Dr Michelle Byrne said the transformation of the Pioneer Room into a theatre within Castle Grand was an incredibly exciting project. “The Pioneer Theatre will be a fantastic facility, supporting the performing arts industry and attracting quality performances to our Shire,” Mayor Byrne said.

The theatre can also be hired out to independent theatre groups, as well as provide a new entertainment facility where top-quality entertainment can be viewed and adds another entertainment option for people enjoying a great night out in The Hills. 🦜





The House of Herbs and Roses

The House of Herbs and Roses, a tiny little cottage in the heart of Dural with over 60 years of history!

Originally known as Somerset Cottage and owned by Rosemary and John Hemphill, the House of Herbs and Roses with its renowned “A” frame structure, is still synonymous with its history offering fresh herbs (potted and dried), although today - it is so much more than just a nursery.

The cottage is home to a quaint gift store filled with intricate gifts for your home or loved ones. As you wander through the original wooden shelves filled with homewares, you are able to enjoy the quality and affordable shopping experience in a pleasant and tranquil atmosphere.

The tea rooms are the pièce de résistance of the cottage. Chic French-inspired décor with signature black floor and fleur-de-lis lined walls. The House of Herbs and Roses specialises in loose leaf tea, offering over 30 different blends to satisfy any tea enthusiast. Tea is served how it should be, in delicate fine bone china cup and saucers which add to the charm. However, if coffee is more your style, the cottage also serves Allpress coffee and has arguably the best blend in the Hills district.

Perfect for morning or afternoon tea, along with the decadent cakes that are hard to resist, the Devonshire teas are the specialty of the house – buttery, fluffy homemade scones



baked fresh daily, served with delicious berry jam and freshly whipped Chantilly cream. If you need something to satisfy your hunger even further, there is an array of homestyle cooked meals on the breakfast and lunch menu, come and choose your favourite!

Looking for a location to hold that special event? Their delicious high teas are a treat for all and come highly recommended by many who have held their functions there. Whether it's a baby shower, bridal shower, children's birthday or even a flower arranging class, the lovely staff are more than happy to cater for your next event.



The House of Herbs and Roses have also played host to many a garden club, book club, probus group and retirement villages with luncheons and morning /afternoon teas - book your next outing now!

The lovely outdoor garden, whether bathing in the sunlight or enjoying the shade in the undercover area, is the perfect location to enjoy a weekend breakfast, a midweek lunch, a relaxing afternoon in an idyllic garden setting surrounded by herbs and roses.

Enjoy your next outing surrounded by the beauty of Mother Nature. 🦋





THE HILLS ANNUAL COMMUNITY GOLF CLASSIC

Riverside Oaks Golf Resort Tuesday 23th October 2018



HOLE IN ONE \$20,000

Golf Package only \$160 includes

- Breakfast Roll
- Sumptuous Hot Buffet Lunch
- Golf - an 18 hole 4 Ball Ambrose Event
- A shared Cart
- Lots of Prizes and Auction

All proceeds go toward Dural Rotary Projects including:

- Australian Rotary Health
- Local Charities
- The Pyjama Foundation

GOLD SPONSORS
Includes 4 players fees - \$1000

REGISTRATION
From 7.30 am
Shotgun Start 9 am

For further information contact:
Peter Dawson
Phone 0411 380 517
www.duralrotary.org.au/golf-day-2018



Invictus Pie Festival

A world first at Glenorie Bakery! Rob Pirina from Glenorie Bakery has been baking up a storm in Sydney's North West over the last month with the creation of the 'Invictus Pie'.

Glenorie Bakery is donating \$5 from every Invictus Pie sold to raise funds in aid of Invictus Games Sydney 2018, presented by Jaguar Land Rover. So far the team from Glenorie Bakery has raised over \$3,700, with a target of \$10,500.

Given the origins of the Invictus Games, our inspiration for the 'Invictus Pie' came from the traditional cottage pie and the white English rose. We also use only NSW grass fed Angus Beef raised on pasture and potatoes from the Hawkesbury Region, proudly supporting our local farmers.

Patrick Kidd OBE, CEO of Invictus Games Sydney 2018 says; "We are grateful to have the support of Glenorie Bakery on our journey to Invictus Games Sydney 2018. Not only is the Invictus Pie raising funds to directly support competitors, it is raising awareness in the Glenorie community, helping to spread the word on the healing power of sport."

We have been working alongside the official Invictus Games Sydney 2018 team for some time now, and have authority to fundraise for the Games. We are looking forward to our upcoming special community event, which we have named the 'Invictus Pie Festival'.

We would like to personally invite you to attend this event, which will be held at Glenorie Bakery, 4/930 Old Northern Rd, Glenorie NSW 2157 on Wednesday 3rd October at 11.30am.

The goal of the event is to have our local rural community rallying together to raise awareness and to raise as much money as we can in aid of the Games. There will be kids activities (including craft, face painting and junior bakers cooking classes), live entertainment and confirmed special guest Patrick Kidd OBE, CEO of Invictus Games Sydney 2018. The day will also have a special appearance by Cobber, the Invictus Games Sydney 2018 official mascot, and a visit from a past Invictus Games competitor. Mayor of The Hills Shire Council, Dr Michelle Byrne, will be attending the event as will our local school principal and local school students. We also have the support of our local MP's, local school, rotary club and RSL club.

We hope to see you at the 'Invictus Pie Festival' to help bring awareness and raise funds for Invictus Games Sydney 2018! 🦜



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Chicago

Dural Musical Society is bringing vaudeville to the Hills with the hit production Chicago.

Broadway's longest-running American musical Chicago, is a dazzling and satirical look at fame, justice, and the media machine. Set in Chicago in the 1920s, and based on real-life murders and trials, the show follows Roxie Hart, a wannabe vaudeville star who murders her lover. Despite her attempts to convince her pushover husband, Amos, to lie for her, Roxie is arrested. In the Cook County Jail, Roxie meets her hero, the famed double-murderess and nightclub performer Velma Kelly. When both acquire the same lawyer, the greedy and lustful superstar Billy Flynn, tensions come to a head.

Director Julian Floriano, who has been entertaining audiences both on stage and behind the scenes at DMS, has led a skillful and talented creative team to bring this timeless musical to the stage – a show that will have you laughing and tapping your feet. Christina O'Neill as Choreographer and Hugh Humphreys as Musical Director bring their skill and flair to this production.

The two leading ladies have both performed with DMS before; Regan Barber who portrays the energetic Roxie Hart and Lisa Musgrave who has starred in numerous productions and returns as Velma Kelly. This duo are strongly supported by four dynamic leads - with Daniel Taylor as Billy Flynn, Sarah Aylen as Mama Morton, Liam Daly as Amos Hart, and Scott Lawlor playing the role of Mary Sunshine. What makes this show really special is that it is an ensemble show, a show where each of the fifteen ensemble members have the



opportunity to display their artistry as they present multiple characters throughout the performance.

Tickets are on sale now and are selling fast. Do not miss the opportunity to delight in a night at a jazzy club in Chicago Illinois. For something special, why not book one of the limited Cabaret seats and enjoy the show munching on a few snacks provided by the Society.

PERFORMANCE DETAILS

Dural Soldiers Memorial Hall, 604 Old Northern Rd, Dural (opposite Redfield College)

Evening Performance Dates: 12, 13, 19, 20, 26, 27 Oct at 8pm

Matinee Performance Dates: 14, 21 Oct at 2pm

Limited Cabaret seating: \$35 Adults: \$25

Children/Concessions: \$15

Bookings through our website:

www.duralmusicalsociety.org 



SHBC October Events

With Leonie Seysan



The Sydney Hills Business Chamber has some excellent workshops and events on this month.

If you'd like to learn how to build a referral network, introduce your business confidently, learn more about HR issues, or just take in an evening of networking, there's something on the calendar for you.

NETWORKING FOR GROWTH & INTRODUCTIONS WITH IMPACT

These two workshops on 17 October can help you develop a strategic and confident approach and get results. Attend one or both – Networking for Growth runs from 9.30am – 11.30am, and Introductions with Impact from 12.00 – 2.00pm at the same venue.

PERFORMANCE, PEOPLE & PRODUCTIVITY

Need to know more about HR? This workshop covers workforce management, risks when hiring the wrong people, the rewards of well managed growth, compliance and legal issues, best practices and systems. The workshop runs from 3.00pm – 5.00pm on 17 October.

NETWORKING AT THE NOVOTEL

This month's networking event is on 24 October and hosted by Novotel Sydney Norwest. Expect an evening of fabulous food and entertainment, and plenty of networking opportunities. For those interested in becoming members of the Sydney Hills Business Chamber, there's an information session held just before this event.



31 OCTOBER WOMEN'S BOARDROOM LEADERSHIP LUNCH

This small but special event will be held in the Lander and Rogers Boardroom in the Sydney CBD. The limited number of tickets are likely to go quickly, so don't delay booking if you'd like to go.

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

SHBC UPCOMING EVENTS



Sydney Hills BUSINESS CHAMBER

The Sydney Hills Business Chamber has some great events coming up and encourage you to invite your business associates to experience the chamber through these events. As a guest, Non-Members can attend the Information Session for free which commences before the Business After 5 event.

Networking For Growth - Workshop

As a member of the chamber you have a wonderful opportunity to grow your business through growing your network.



Wednesday October 17 - 9:30 am - 11:30 am

Introductions with Impact Workshop

Have you ever been asked "So, what do you do?" In this practical, thought provoking, interactive and enjoyable workshop we will look at key tips, tools and techniques to help you answer this question.



Wednesday October 17 - 12:00 pm - 2:00 pm

Performance, Productivity and People

When, why and how to hire team or outsource tasks? Engaging additional skills, knowledge or capacity in your business can be a risk or a reward depending how, why and when you do it.



Wednesday October 17 - 3:00 pm - 5:00 pm

Information Session

Would you like to know more about the Sydney Hills Business Chamber and the many advantages of membership? This free information session is held just before our Business After 5 event.



Wednesday October 24 - 4:30 pm - 5:15 pm

Business After Five

Join business leaders in the Hills at our October Business After Five networking event, hosted by Novotel Sydney Norwest.



Wednesday October 24 - 5:30 pm - 7:30 pm

Google For Business Demystified

If you are wanting to attract new and better business leads that are looking for businesses like yours right now, then this workshop is going to be amongst the best investments of your time this year. At the end, you will clearly understand how you get found on Google and the simple steps you can easily action to be noticed and convert traffic to leads.



Thursday November 8 - 9:30 am - 11:30 am

Optimise Your Social Media Strategy

This is a content-rich and hands-on workshop where you will be able to set up - and understand how to properly manage the Social Media Accounts that you could use in your business.



Thursday November 8 - 12:00 pm - 2:00 pm

Sydney Hills Business Chamber

Suite 4.18 29 Lexington Drive

Bella Vista NSW 2153

02 9659 3366

membership@sydneyhillsbusiness.com.au

sydneyhillsbusiness.com.au



High quality preschools continue to spring up in the Hills District

A Dural preschool is the latest Hills District centre to offer high quality services and facilities.

The Dooral Early Learning Centre is opening after more than \$3 million investment, offering a state-of-the-art early learning hub with separate learning areas, large shaded outdoor play areas, and multilingual staff all aimed at providing meaningful learning experiences focusing on developing each child's interest. The centre also offers creche and dormitory facilities, as well as a kitchen that caters to children's special dietary.

The centre offers 50 places for newborns to six-year-olds at a daily cost of \$100-\$110.

Director Silvia Li said: "We recognised the need for an early learning centre with before and after school care in the Dural Area, providing an environment where children will feel safe, secure and accepted, and where we respect

each child's individuality."

She said parents, carers and children would get to know educators very well thanks to small class groups and pupils would benefit from the wide range of facilities at the centre.

They offer a broad curriculum, including creative programs, early years learning framework, healthy habits, physical activity, literacy, numeracy, science, maths, astronomy, visual and performing arts as well as a comprehensive school readiness program.

The centre is conveniently located for working families in Dural, Arcadia, Galston, Kenthurst, Glenorie, Maroota and Round Corner. The address is 774 Old Northern Road, just south of the junction with Mid Dural Road.

Centre tours are available on request. The centre can be contacted on (02) 9653 9966 or visit their website www.doralelc.com.au. 



25 Years of Local Support

Now in its 25th year, Alive 90.5 is well established in the Australian Broadcasting, registered as Cumberland Community Radio Inc., broadcasting to The Hills, Parramatta and the Cumberland.



In 1988 Baulkham Hills Council allocated the station a permanent home in the Balcombe Heights Estate and from there in December 1992 Cumberland Community Radio began transmission. Today Alive 90.5 is one of 450 Australian community radio stations which attract five million listeners per week.

Like most community radio stations, Alive 90.5 is run by volunteer broadcasters and support staff. Under the guidance of Chair, Gillian Schrickker, it transmits twenty four hours a day, seven days a week. The programs include breakfast and drive with regular news, weather, traffic and community updates. Morning magazine with news, special guests such as local politicians and personalities, plus a range of special interest segments. The stations announcers are diverse as the audience they represent so whatever your taste Alive 90.5's blend of contemporary and presenters' choice music is bound to get your toes tapping.

Gillian said, "Alive 90.5 FM has the vision to become more than just a great radio station. We want to become a creative hub, where we offer our studios to be utilised as an audio production suite – catering to podcast enthusiasts, voice over artists and record produces. We are planning to create two extra studios featuring green screens, professional lighting, video cameras and DSLR's"



"I am honoured to be leading the team, to oversee and help implement these changes and I personally invite you, the community to become a part of the change and check out the amazing work the station is doing" added Gillian.

Another way to get involved and support your local community radio is by sponsorship. On offer are an affordable range of sponsorship packages which can be tailored to any business needs.

Please contact us by email, Facebook, Instagram or twitter or call the office on 02 9686 3888. 🦜



A Gala Success

The Hills Annual Charity Gala Ball by Bivianos Restaurant was another memorable night and thanks to the support of the local community and guests, a runaway success.

Over 200 guests, including the Hon Ray Williams and Hills Mayor Clr Dr Michelle Byrne attended a fun filled night including entertainment, dancing and a very competitive charity auction ably conducted by Dr Jim Taggart OAM.

Over \$55,000 was raised on the evening for the nominated charity, Riding for the Disabled Box Hill, to provide therapeutic and associated activities for children and adults with intellectual, physical and acquired disabilities. 🦜



Safe Crossing Sought

With David Elliott - Member for Baulkham Hills



I have written to the Minister for Roads, The Hon. Melinda Pavey MP, to request for a crossing supervisor at Baulkham Hills North Public School.

I wish to thank the School's Principal, Graham Holmes, for initially writing to Roads and Maritime Services requesting for the installation of a crossing supervisor and keeping our youngest and brightest safe.

While an audit of the crossing by RMS found the request to be unsuccessful since it did not meet RMS' criteria, I have subsequently engaged the support of the Commander of The Hills Police Area Command, Superintendent Rob Critchlow, and the General Manager of The Hills Shire Council, Michael Edgar, to elaborate on and reiterate concerns of Principal Holmes.

I have been advised that the crossing has been a focus of traffic law enforcement for recent years. Since January 2016 there has been a major traffic collision, five traffic infringements and numerous parking infringements for no stopping offences relating to the school zone.

It is in this regard I wish to remind constituents to please consider safety over convenience. We must take extra care when driving and parking in school zones. If you disobey traffic rules in a school zone you are not only putting your life in danger, but putting children at risk as well.

If you are unsure about rules in school zones, please visit <https://www.ryde.nsw.gov.au/files/assets/public/community/road-and-community-safety/parking-and-traffic-rules-in-school-zones.pdf>

Community Events & Grants

With Julian Leeser - Member for Berowra



Recently I have attended a number of local community events.

The Proudly Arcadian annual UTOPIA Community Dinner was a great chance to celebrate Arcadia and surrounding communities and their history. Every year the community gathers in Arcadia Hall and enjoys each other's company, good food, and the best cheese platter this side of Paris. I commend Meegen Gamson, Sonja Cameron, Suellen Lister, Peter Jones and the other members of the Proudly Arcadian team for organising the event.

I also attended the Maroota Muster; a wonderful celebration of our local rural communities. There were activities and attractions on offer for all ages including: vintage machines and classic cars; woodchopping and woodturning; stalls run by the local RFS and Men's Sheds; carnival rides; face-painting; show bags; the ever popular cake stall; as well as fruit and vegie stores.



Congratulations to Kate McDonough, the president of the Maroota Public School P&C, and her fellow committee members Lisa Aylward, Kirsty Higson, Olivia Graham, Lucinda Harrex, Sharyn Davies, and Valerie Harper for organising the Muster and raising money for their school, as well as principal Deidre Dorbis who is doing a wonderful job. The Maroota Muster raised approximately \$21,000.

The Federal Government has a number of grants open for community organisations. If you have any questions about any of them, please contact my office on 9980 1822.

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.

Big changes at Hornsby Hospital

With Matt Kean - Member for Hornsby



I am proud to have turned the first sod to mark the official start of the \$200 million Stage 2 redevelopment at Hornsby Hospital. I was pleased to share this occasion with the wonderful staff from the Hospital, who do an amazing job looking after our community.

The redevelopment is about providing a better experience for patients, carers, staff and visitors to Hornsby Ku-ring-gai in a purpose-built facility that meets the needs of the community well into the future.

The \$200 million redevelopment will deliver a refurbished and expanded Emergency Department. While the new Clinical Services Building will accommodate



a wide variety of specialities including a combined Intensive Care and High Dependency Unit, combined Respiratory/Cardiac and Coronary Care beds, Ambulatory Care Centre, Medical Imaging and Paediatrics just to name a few. This will become a one stop shop making it easier for patients visiting the hospital.

This is in addition to the \$19.8 million multi-storey car park which is due to be completed at the end of this year and open to staff, visitors and the public in early 2019.

The Stage 2 redevelopment is expected to be completed in 2021. 🦜



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



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- 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

State's CTP Reforms

With Ray Williams - Member for Castle Hill



Almost half of all Sydney motorists are now paying less than \$500 for green slips - a stark contrast to early last year when every single person was paying more than that.

The first analysis of the state's CTP reforms has revealed the very impressive results. The figures show country motorists have also benefited, with 63 per cent now shelling out less than \$400 - only 25 per cent were paying this before the reforms were introduced last December.

The changes are just one of the NSW State Government's key reforms and alongside initiatives such as the Active Kids Vouchers, strategists believe the CTP price cuts are one of the strongest cost-of living measures the government has introduced.

NSW residents have saved around \$200 million this calendar year alone through the NSW Government's cost of living measures, and next year more will be saved through the \$100 Creative Kids voucher which can be used

towards school aged children's activities such as music lessons, drama or language classes.



Also, the new Cost of Living Service provided at Service NSW Centres, is giving residents access to the various rebates and savings offered by the NSW Government, from cheaper hospital parking, to energy rebates and cheaper Green Slips.

www.service.nsw.gov.au/transaction/cost-living 🦜



ELECTORAL OFFICE:
Suite 202, 10-14 Market Lane, Rouse Hill Town Centre NSW 2155
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E: castlehill@parliament.nsw.gov.au www.raywilliamsmp.com.au

Ray Williams MP

MEMBER FOR CASTLE HILL
MINISTER FOR MULTICULTURALISM AND
MINISTER FOR DISABILITY SERVICES



EVEN THROUGH THE DARK

Perhaps now more than ever, conversations around mental health and suicide prevention are becoming increasingly relevant. Writing honest words drawn from personal experience and from years of intense introspection, Richard Christopher Gatenby, a 26-year-old Dural local, set out to help break down the stigma surrounding these complex issues and to provide readers with a sense of newfound hope with his book *Even Through the Dark*. Richard takes the reader on a journey of his life and experiences with depression, exposing the shadows in a world far too many of us have come to recognise. The book sets out to remind us of one profound and powerful truth - you are not alone. *Even Through the Dark* was written as a not-for-profit endeavour and can be purchased for \$30 (including postage) from Richard's website. All proceeds go to beyondblue. <https://eventhroughthedark.com>

JAZZ AT THE PINES

The new season of *Jazz at the Pines* commenced September. This month features the popular 'Mike Hallam Hot Six', starting at 12.30pm. Location is Roughley House, 656 Old Northern Road, Dural. Tickets \$20 adults and \$15 concessions. Book online at www.jazzatthepines.org.au or email info@jazzatthepines.org.au Tables can be booked for groups and individuals or simply turn up on the day with your chair, picnic rug and eskie, there is plenty of room.



GALSTON GIRL GUIDES

Father's Day was an exciting time for the girls. Dads came along to Guides and played games at the oval. The parachute was a hit for girls and Dads alike!

NEED FOR FEED

The Lions Club of Hornsby would like to thank the Hornsby Community for their Generosity and Support on Saturday the 18 August 2018 at Hornsby Westfield, and the Hornsby Mall. The money raised for feeding livestock was \$5,357.25. The Farmers in Guerie and Gollan will receive donated non perishable foods. 901 farmers have been helped to date.

BUSH DANCE

Bush Music Club's 1st Saturday Monthly Dance is Celebrating 40 years at Beecroft's old School of Arts Hall. Help to celebrate by springing into dance-step from 7.30-11.30pm with all dances walked through and called. All aged beginners and experienced singles, couples and families are welcome. A light supper & local business's spot-prizes are available. Dress: Neat casual. Entry: \$19; \$17 conc; \$14 members; \$39 family. Join BMC at the door to save. For more contact Sigrid (02) 9980 7077 or Wilma (02) 9489 5594. www.bushmusic.org.au





DURAL LAWN BOWLS

In the recent Mixed Pairs the new players defeated former champs with a display of near perfect bowls. Chris Fitzgerald and Stuart Yeend beat Nick Sheerin and Judith Harris. In the Ladies Triples Robin Davidson, Eileen Bromley and Kath Sach reversed the trend and defeated the newer girls, Diane Trovato, Ruth Keene and Chris Fitzgerald. The successful mixed carnival run by the Dural men was won by a team from Pennant Hills who just defeated Dural's Paul Race, Keith McGill and Carl Thompson. People wishing to learn the game can contact Rob on 0411 375 580. 🦜

BIRD COUNT

This year the "Aussie Backyard Bird Count" will be held during Bird Week from Monday October 22 to Sunday October 28. The Community Environment Centre in Currie Avenue, Annangrove, will hold a "Do You Know That Bird" Workshop on Thursday October 25 at 10.00 am. The workshop is free, but bookings are essential through Eventbrite at the Hills Shire Council web site.

ARCADIAN QUILTERS

Meetings are held at the Galston Community Hall and Resources Centre on the 1st, 3rd and 5th Wednesdays of the month, commencing at 9.30am for the day group, and on the 2nd and 4th Mondays at 7.30pm for the evening group. The number for contact is Carole at 9894 7749.

THE GALSTON VIEW CLUB

Will hold it's The next monthly Luncheon Meeting on Wednesday 24th October, 2018 at The Galston Club. There will be a display of Tina's Jewellery. Visitors are always welcome. Bookings Vivien 98941189. Monies raised support The Smith Family's Learning for Life program.

CELEBRATING AT ST BENEDICT'S

Thirty-plus young people were recently confirmed at St Benedicts, presided Parish Priest Father Bernard. What a happy day it was for the young people who received the sacrament, and for their families.

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MANAGER



HILLS GRAMMAR SUPPORTING OUR FARMERS

The devastating effect of the drought has touched the hearts and minds of all Australians. Community groups, schools and individuals are supporting fundraising drives with love and conviction. Hills Grammar is no different. From the 3 year old to 18 year old students and their families, a raft of initiatives have gained momentum to help our farming community in NSW. A gold coin donation day (Pre-School to Year 12) started the ball rolling and staff joined in with the ‘paper variety’ donation at staff meetings. The ArtsBeat Aussie Bush Dance featuring Sydney’s premier bush band, the Inland Navigators, was the perfect forum to bring further awareness to this cause. The school community also donated over 40 formal dresses, suits, bags and shoes to the Canowindra community so that farming families could enjoy the traditions of a school formal without needless expense. We thank the Hills community for their generosity and care for a great cause.



GALSTON HIGH SCHOOL STUDENT, ETHAN MARLOW, SELECTED TO ATTEND PRESTIGIOUS UBS FINANCE ACADEMY

Ethan Marlow is one of 40 year 11 school students from across NSW who recently attended a week long, fully subsidised residential course designed for attendees to gain a first-hand insight into financial markets and the many career paths open to them. Ethan was chosen after a rigorous application process that outlined just how outstanding this young man is. As Dux of Year 9 and 10, Ethan has consistently been ranked first or second in his subjects. Ethan loved learning about the corporate environment. As he says, ‘I particularly found the lectures by the equities managers especially insightful. I also enjoyed meeting so many interesting students from all over NSW who I still keep in contact with’. Congratulations, Ethan. A well-deserved reward for all your dedication and hard-work.





CHALLENGE AT WILLIAM CLARKE

The Year 11 World Vision Team organised a week of wonderful activities that not only raised funds for the 40Hr Famine Backpack Challenge but also built community across the entire College. Their 'Mini Fete' was a huge success with each House group running fun and exciting activities for all including a bake sale and 'pin the tie on the teacher'. Students also participated in handball competitions, lolly guessing and

colouring activities – not to mention their Krispy Kreme stall that sold out in record time! Total sponsorship dollars have not yet been finalised however William Clarke are currently sitting at fourth nationally and Year 11 student Simeon Levine is sitting at an impressive 3rd place nationally for individual fundraising (<https://www.40hourfamine.com.au/leaderboard>).



LAW BREAKFAST AT OAKHILL COLLEGE

Oakhill College in partnership with Macquarie University, held its first Law Breakfast in the Centenary Sports Centre foyer. Over 65 students from Years 10, 11 and 12 interested in pursuing a career in law, attended this inspirational morning, along with several alumni lawyers. Students had the opportunity to listen to four very experienced and engaging guest speakers that shared their stories and knowledge and provided words of

wisdom to the audience. Principal, Br Steve Hogan said Oakhill was privileged to have such a diverse group of speakers at the event: “ We had a University Lecturer/ Barrister, a Parliamentarian, a Police Officer and a practicing solicitor!” The experience of hearing from the guest speakers provided students with an example of connecting the “real world” to the syllabus, as well as being inspired to aspire to greatness. 🦋



A Voice for Women in the Hills District of Sydney

The Lisa Harnum Foundation (LHF) was established in 2014 in response to assisting women and their children who were experiencing some form of domestic abuse in the Hills district. Unfortunately, at that time, services specialising in providing this type of support was practically non-existent in the Hills area.

Recognising the need to offer specialised support, Founder & Executive Director, Aileen Mountfield established the Lisa Harnum Foundation which is named after Canadian woman Lisa Harnum, who tragically lost her life in 2011 when her then fiancé pushed her over their fifteenth floor balcony in the city when she tried to escape. “I wanted to keep Lisa’s name alive as she represents so many women living in similar situations” said Aileen.

Aileen’s vision for the Lisa Harnum Foundation was to provide a safe haven for women in crisis situations.

“Domestic and Family violence related homelessness is an urgent and growing problem in Australia. DV is no respecter of post codes.” said Aileen. To this end the Lisa Harnum Foundation has recognised the need to provide transitional housing facilities in the Hills district for victims and families who are fleeing domestic violence in order to prevent women and children becoming homeless. The Foundation has offered this service since 2016 and has seen many women, mothers and children safely transit to new lives safely and comfortably. Transitional housing is a critical accommodation support for women in both

the long and short term.

Other services offered include the Safe Room which is located in the Castle Towers Shopping Centre. Women can access this service knowing that it is well hidden and free from public view providing safety for those who might be tracked by the perpetrator on their phone or in their car. Casework, Counselling, Child Therapy is available at this location. It is a free service.

The Foundation’s Board developed a three year strategic plan which involves a holistic approach to educate to prevent different types of abuse including coercive control, financial abuse, bullying, isolation, intimidation, stalking and sexual abuse from continuing its intergenerational hold. The plan is to reach out to community groups including children to provide programs and build advocacy campaigns on healthy respectful relationships, as well as offer outreach help and transitional housing for women in crisis seeking a safe refuge.

The Foundation, which is not funded by government, relies entirely on private and corporate donations to offer the vital service for domestic violence victims who seek our support in the local community. Although not funded by government, the local community has generously donated to support the Foundations work.

The Lisa Harnum Foundation is a registered not for profit charity. For more information on the Foundation’s services t: 1300732848 www.lisahf.org.au 



It's all about the flavours

Billy the Greek Restaurant is the creation of Billy Diacos and his wife Merrynne.

Billy's menu is comprised of his family's traditional recipes cooked with love and passion with Billy's flavours!

Billy was interested in cooking at a very young age. He was influenced by his mother and grandmother “(the two best Greek chefs in the world)” says Billy, to create delicious, flavoursome Greek cuisine. He started his career in food owning a Fish & Chip shop with his brother before he was 20. He went on to learn his skill in the family restaurant in Brisbane in the 80s. His cooking adventure continued to Far North Queensland working with his brother in Greek restaurants in Cairns and Port Douglas. This is when he met Merrynne, and together they headed back to Sydney to open their first restaurant together. After 4 years in Castle Hill they returned to Port Douglas and opened Zeus Restaurant and Billy's by the Sea for a further 8 years.

During this period Billy was inducted into the Gourmet Traveller cook book for his famous Lamb Cutlets!

Sydney beckoned after selling the restaurants in Port Douglas and Billy the Greek opened in April 2015.

Every morning you'll find Billy in the kitchen kneading his bread and preparing his sauces and marinades for the day's menu. Billy handmakes all his dips as well as his Greek desserts. When you open his menu, his selection of Greek and Mediterranean dishes are all made on the premises. “If I can't make it with my own hands, I don't put it on my menu”, Billy says. He insists on the freshest produce available with local produce being a huge part of the menu. Our seafood and lamb come from the best regions in Australia, showcasing his famous Prawn Saganki using North Queensland prawns, and the best lamb from Cowra for his Slow Cooked Lamb (Arni Yahni) and Lamb Cutlets.

Of course, any dining experience is more than just the food. Billy and Merrynne, with their team, offer a very relaxed, friendly ‘front of house’. The greatest compliment to them is that their guests feel like they have been invited to their house for dinner. During the evening expect a visit from Billy for a chat!



Billy the Greek Restaurant is open for Dinner Tuesday – Sunday evenings from 5.30pm. They are now also open for Lunch on Thursday, Friday and for that special occasion, Sunday lunch is available for table bookings of 20 or more. Billy has been asked by many customers for a Take Away Menu, which he now provides on Tuesday, Wednesday, Thursday and Sundays. A unique wine list is available and BYO Bottled Wine is accepted.

For more information check out Billy the Greek Website or Facebook. Bookings are essential.

Billy the Greek
2/506 Old Northern Rd, Dural Ph 9651 3933
www.billythegreek.com.au



Singing in the Rain

A classic that will delight audiences of all ages with dazzling choreography, iconic songs and memorable characters will feature at the newly renovated Pioneer Theatre.

Singin in the Rain has all the makings of a Tinseltown tabloid headline: the starlet, the leading man and a love affair that could change lives and make or break careers. Don Lockwood and Lina Lamont are a hot item but behind the scenes things are not all they appear. Lina's squeaky voice might be the end of her career in 'talking pictures' without the help of a talented young actress to do the singing and talking for her.

Produced by the Blackout Theatre Company which has been entertaining audiences for over two decades. The cast have been hard at work learning the intricate tap and classic Broadway jazz routines and with clever set designs, blending modern technology and traditional staging, plus a custom collection of tailored costumes this show will be visually spectacular!

With a 12 show season there is no excuse for missing this timeless production running from the 10th of October until 20th of October. Tickets available via www.blackouttheatre.com.au 🦋

HIDDEN IN THE HILLS Bird Nesting Hollows

By Lachlan Turner



Very old and large trees have the capacity to provide nesting hollows for all manner of Australian wildlife including mammals, reptiles and of course birds.

Not just any tree hollow will suit a particular bird. Factors such as the angle of entry access, as well as the size of that entry and the depth of the hollow, all have an influence on whether a particular bird species will feel adequately protected in order to successfully breed a new generation.



Trees which have been subject to a disease or insect attack, as well as having weather or fire related damage, are ideal for nature to help in the forming of suitable hollows. Approaching their breeding season birds can be seen "renovating" an existing hollow to better meet their specific needs.

In the absence of adequately formed natural hollows, artificial hollows or bird boxes, can be constructed from suitable weather proof materials to provide a source of accommodation to replace those hard to find naturally formed hollows.

The Kenthurst Mens Shed has a range of hand made boxes that have been designed to meet the needs of a variety of birds. 🦋

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Flourless Orange Cake

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INGREDIENTS

2 oranges
3 eggs
215g (1 cup) caster sugar
1 teaspoon gluten-free baking powder
300gm almond meal
Orange Syrup:
1 orange
155g (3/4 cup) caster sugar



METHOD

Preheat oven to 170°C. Brush a round 22cm spring form pan with melted butter to lightly grease. Line base with non-stick baking paper.

Place the oranges in a saucepan and cover with cold water. Bring to the boil over medium heat. Cook for 15 minutes or until tender. Drain. Return to pan and cover with cold water. Bring to the boil and cook for 15 minutes. Refresh under cold water. Drain. Coarsely chop oranges. Remove and discard any seeds.

Whisk the eggs and sugar in a bowl until thick and pale. Gently fold in orange, almond meal and baking powder. Pour into prepared pan. Bake for 1 hour or until a skewer inserted into the centre comes out clean.

Orange syrup: Remove the rind from the orange. Juice orange. Place rind in a saucepan of boiling water and cook for 5 minutes. Drain. Return to pan with orange juice and sugar. Place over low heat stirring until the sugar dissolves and the syrup thickens.

Turn cake onto a serving plate, spoon over syrup. 🌈

It's Rosé Season

Miles the Wine Man



I drink a lot of Rosé, especially at this time of year.

There's always a bottle or two in the fridge, and I'll often order a glass of pink wine when I'm out at a restaurant, especially if the company is sharing plates and we're eating anything from crisp salad to garlicky fish to slow-cooked ribs.

Neither red nor white, Rosé is essentially a pink wine made from red grapes, with minimal skin contact, in the style of a white wine. Like most white wines, Rosés are best served chilled and enjoyed soon after release. The popularity of Australian Rosé has been growing over recent years. It's not surprising, as this pink wine suits our warm climate and laid back lifestyle and it goes with a wide range of foods.

The high number of Rosé variations makes generalisations difficult. While styles vary, most Australian Rosés are made in a similar way, with the main differences being in the grape varieties used, the region of origin and residual sugar and alcohol levels.

Examples of this style have emerged from wineries across the country, made from an incredibly diverse array of grape varieties - from barely pink pinot gris to almost-red hot country grenache; from delicate pinot noir to savoury nebbiolo.

There's never been a better time to be an Australian rosé drinker.



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Reasons to Conduct Pest Inspections

With Neil Turrell



Buying a home or investment property is likely to be one of the biggest financial decision we ever make so it is important that when do, we make careful consideration on what we buy.

Too often I witness people majorly lose out on their investment by not conducting a simple pest inspection – both when buying and selling property.



Termites are nasty little pests that can carry on concealed for months or even years, ruining the foundations of your property without you knowing. The average repair cost for terminate damages is \$7,000. Similarly, structural issues can cause huge financial headaches – and building issues can be present in both new and old homes.

I highly recommend that you seek a licensed professional to conduct a pest inspection for you as they are trained to pin point issues if they are present. However, there are some signs that you can look for



when you are purchasing property or are due to conduct an inspection on your current property.



Any excavated wood you see around is a tell-tale sign of termite presence, so look

for hollowing as the insect likes to eat from the inside out. While looking for hollowed out wood, you should also keep an eye out for tree nests.

When inside the house, inspect the paint on wall and doors and specifically the architraves and skirting, as blistering and bulging paint is a key sign of termites.

Nothing beats a professional inspection, so when you do seek assistance ensure that the inspector is qualified, that they have a good reputation and check for any inspection guarantee offers. 🦋

Winter? What Winter?

With Alan Barnes



Our Sydney weather has been quite mild during the last few months. None of the rain storms and spates of high heat like we experienced last year!

If you own a pool, this period of stability with broadly stable water conditions has meant a delay in starting the traditional start up of the pool in readiness for summer use.



Over their years of ownership, many have taken the view they can let the pool “look after itself” for an extra couple of months. Indeed, a welcome break from the normal routine!! Now, with the first flush of Spring and the anticipation of Summer, it’s important to get everything in order for the kids and visitors!!

It’s a well tried and effective process of popping a fresh pool water sample in to your favourite Pool Shop for a comprehensive analysis and treatment suggestions. Remember, as the temperature of the pool water increases, so does the biological and algal activity.

Enjoy your pool with your family and friends. We look forward to being of service over the coming months.



DURAL POOL SHOP

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

Daylight Savings Body Clock Battle

The introduction of daylight saving can have an initial impact on our body clock.

We all feel the ebb and flow of daily life, the daily rhythms that shape our days. The most basic daily rhythm we live by is the sleep-wake cycle, which is generally and related to the cycle of the sun. It makes us feel sleepy as the evening hours wear on, and wakeful as the day begins. Sleep-wake and other daily patterns are part of our circadian rhythms, which are governed by the body's internal or biological clock, housed deep within the brain.

It's like you have this hangover of sleep that can take you a while to get going," says Victoria University sleep psychologist Associate Professor Gerard Kennedy. "It can last for anywhere from a few minutes to half an hour."



Lack of sleep is the number one culprit for sleep inertia, but if you're naturally wired to function better at night, you might find an earlier bedtime hard to lock in. "There is actually a genetic predisposition and an innate tendency to be either a night person or a morning person," says Dr Sarah Blunden, sleep research fellow at the University of South Australia.

The best way to reset our body clocks is via sunlight in the morning. When our retinas absorb light, our central nervous system receives the message that it's time to get up. Changing your meal and social routines can also alter your body clock.

Research has also found that the body's clock is responsible for more than just sleep and wakefulness. Other systems, like hunger, mental alertness, and mood, stress, heart function, and immunity also operate on a daily rhythm. 🦋

Personal Trainers How to Choose One

People use personal trainers to assist them reach their individual health and fitness goals.

A good personal trainer will tailor an exercise program to meet your goals and personal health needs, teach you the best way to exercise and motivate you. Good places to start looking for a personal trainer include local gyms, health centres or fitness centres. When you're at the gym, watch trainers with their clients and see how they interact. Make a note of trainers who get along with their clients and seem fully involved in their workouts. Ask friends and workmates for word of mouth recommendations or look in the telephone directory for personal trainers in your area.

Take your time before you make your final choice. Make sure your personal trainer is properly qualified before entering into any agreement. A personal trainer should have relevant qualifications and be registered with a reputable fitness organisation (Physical Activity Australia or Fitness Australia) However, while professional credentials and experience are vital, it helps to rate personality and communication high on your list of priorities as well. Consider some more personal aspects that relate to the relationship with your trainer. Trust your instincts about the impressions the trainer makes upon you.

Choosing a personal trainer requires some homework. Take your time before you make your final choice and ask questions about their experience and registration.

Make sure your personal trainer is properly qualified before entering into any agreement. You may be spending a lot of time with this person. 🦋



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