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THE HILLS
Sydney's Garden Shire

Merry Christmas

With Annemaree - Editor



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

The 'silly season' is well and truly in full swing! I do enjoy the lead up to Christmas with all the parties and festivities. Even the rush and drama of Christmas shopping, planning parties and Christmas dinner can be fun! Of course, it is always nice to catch with friends and colleagues during this joyous season.

The Mayors Christmas party was once again a huge success. Held at Croypley House, which is a beautiful event venue after recent renovations, it is the Mayors way of saying 'thank you' to staff and Council partners. All guests donate a present for the Mayor's Christmas Appeal which will make many families happy over Christmas.

The Hills Business Chamber Christmas party, at The Fiddler, was a lively and entertaining evening. Our local businesses sure know how to let their hair down and The Fiddler



sure knows how to throw a party! By the way have you visited Fid & Co. Great coffee and the pasties are to die for and all made in house. The homemade mince pie I enjoyed was the best mince pie ever!

Over the holiday season there are lots of activities planned for the Hills. This month we have Shakespeare In the Park at Bella Vista Farm, a variety of productions at the Pioneer Theatre and the massive free Australia Day celebration and fireworks. Not forgetting Bivano's New Year's Eve party!

I hope you, your family and friends enjoy a happy Christmas and a safe holiday. I am heading to Adelaide for Christmas with my younger sister and her family and I am ready for another party!

Merry Christmas and Happy New Year from all of us at the Hills Vibe.

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The Hills Shire's FREE family-friendly Australia Day Celebrations

Australia Day in The Hills is one of the highlights of the social calendar and The Hills Shire Council has made sure 2019 is unlike any other with an impressive list of Aussie acts, kids dedicated zones and Australiana themed entertainment to celebrate our nation's day.

Council's FREE celebration will return to the historic Bella Vista Farm on Saturday, January 26, from noon to 9pm.

Mayor of The Hills Shire, Dr Michelle Byrne said there is something for everyone at this year's Australia Day event.

"Australia Day is a time for us to reflect on our nation's strengths and identity, and on our own personal journey," Mayor Byrne said.

"It's also a time to celebrate everything that makes The Hills Shire a great place to live, grow and raise a family.

"One of my highlights of Australia Day is seeing the joy on the faces of our newest Australian citizens at our special Australia Day Citizenship Ceremony. I look forward to congratulating each of our new citizens, personally.

"I'm also looking forward to meeting the recipients of our Australia Day Awards. These dedicated community members continue to strive to create a beautiful, welcoming and inclusive environment, and I look forward to honouring them on the day.

"We have plenty on offer, and residents and visitors can look forward to a fantastic celebration filled with festive spirit, live music, activities for the kids, great food and so much more.

"I hope to see you all there," Mayor Byrne added.

The impressive list of acts set to wow crowds at Bella Vista Farm include children's entertainment group Hi-5, party group The High Rollers Big Band and The Voices Supergroup with Taxiride's Jason Singh, Boom Crash Opera's Dale Ryder, X Factor winner Recee Mastin and Choirboys' Mark Gable.

Attendees can also enjoy rides, street food, roving performers and Australiana displays including sheep shearing, blacksmithing, whip cracking and working dog demonstrations from Tobruk Sheep Station.

A sparkling fireworks display will wrap up the day's event.

For more information, visit The Hills Shire Council website, www.thehills.nsw.gov.au 





BIVIANOS
RESTAURANT DURAL

007

INVITATION

**NEW YEARS EVE
JAMES BOND**



Honour Board unveiling with Mayor Byrne, Pam Wilson, Don Tait, Alex Hawke MP and Bryan Mullan.

Hills pays Tribute to Boer War and WW1 Soldiers at Honour Boards Unveiling

Honour boards recognising Hills locals who served in the Boer War and World War One (WW1), were unveiled during a special ceremony at The Hills Shire Council.

Mayor of The Hills Shire, Dr Michelle Byrne said as “centenary commemorations of Australia’s involvement in WW1 are now drawing to an end, it’s fitting to remember the selfless contribution of our dedicated Hills residents to the war effort”. “It’s important that we remember the sacrifices that were made to protect our values, our freedom and our beliefs, and the legacy that these brave individuals left behind,” she said. “On the boards, there are 576 brave residents who have been listed and we’ve looked at our local population figures during the Boer War and WW1. In 1911, our population was at 3483 and in 1921 it stood at 5113 [according to Census data]. That’s about 10 per cent of our population that went to war; a massive amount when you think about it. “I want to thank Castle Hill RSL sub-Branch, The Hills District Historical Society and Special Minister of State and Federal Member for Mitchell, the Hon. Alex Hawke MP for all their hard work in making these honour boards come to fruition,” Mayor Byrne said.

Alex Hawke MP said the honour boards not only served as recognition of the sacrifices of Hills residents, but provided a personalised story behind each person who went to war.

“Each one of those names represents a great history of personal sacrifice and a lived experience that current and future generations can reflect upon,” Mr Hawke said.

President of the Centenary of ANZAC committee, retired Colonel Don Tait OAM echoed similar sentiments. “I would like to thank Bryan Mullan and several of the Castle Hill RSL sub-Branch ANZAC Ambassadors for proofing the initial work,” Mr Tait said. “Mr Bill Dokter for organising the manufacturing of the boards, and the Mayor and Council who provided incredible support throughout the project.

Two honour boards were unveiled during the ceremony. They list the names of 560 local servicemen of World War 1 and 16 local servicemen of the Boer War. 🦋



Minister Hawke and Mayor Byrne unveiling an honour board.

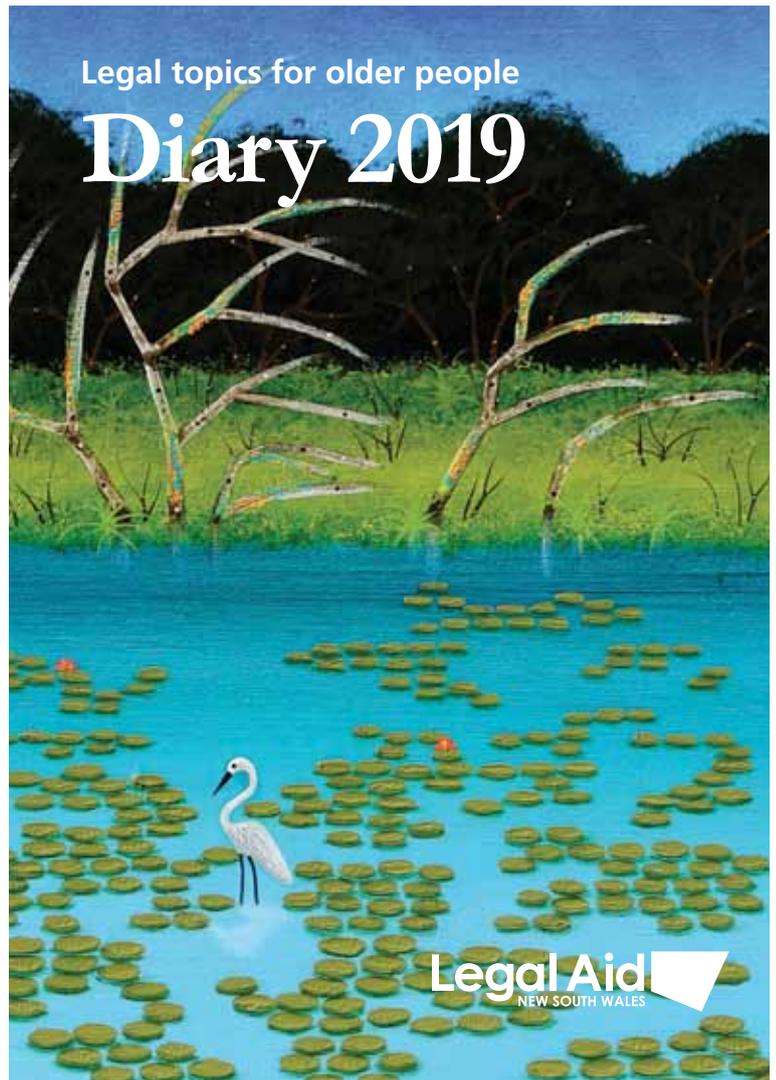
Free 2019 Diary informs Baulkham Hills Seniors

Seniors in Baulkham Hills can claim a free diary that alerts them of scams, elder abuse, funerals, pensions and more - but they'll have to be quick.

Baulkham Hills State Liberal MP, David Elliott says demand is always high for the Legal Topics for Older People diary that will be distributed from December 3. The diary provides information about seniors' rights, consumer law, aged care, community phone numbers and a list of agencies and services for older people. "Legal Aid NSW produces this informative and easy-to-read diary each year to help demystify legal issues that are of special interest to older people," Mr. Elliott said. "Since demand is always high, the print run has almost doubled this year to 80,000, but we are still expecting copies to go fast".

This handy diary brings together important phone numbers and information about everything from helping your family financially, to updating a will, and understanding your rights when moving into a retirement village. It also explains things like enduring power of attorney, advanced care directives and planning for children with a disability. You'll find tips to help you get the most from life, with information about Seniors Cards and allowances for which you may be eligible.

The diary will also keep you up to date with events like the NSW Seniors Festival, NSW Grandparents Day and 2019 school holiday periods.



To order your free copy of the 2019 Legal Topics for Older People Diary, please visit: www.legalaid.nsw.gov.au/publications/order-a-publication and search for 'Diary'.

You can also contact the Baulkham Hills electorate office on (02) 9686 3110 to reserve your copy. 



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GoGet delivers first Norwest community amenity to The Orchards



Thanks to a new partnership with GoGet, neighbours of The Orchards Masterplanned development in Norwest in Sydney's north-west now have easy and reduced-cost access to GoGet's onsite car sharing service.

GoGet has established an agreement with the developers of The Orchards, Sekisui House, to permanently base vehicles on-site. The first two vehicles (an SUV and a van) have been delivered to the Sekisui House display suite car park off Fairway Drive and residents and neighbours of The Orchards are invited to register for a special introductory offer to use the new service. GoGet and Sekisui House are extending one year's free membership on the Go Occasional plan to neighbours of The Orchards, saving \$169 per membership. Once the development is completed, GoGet will base at least six vehicles at The Orchards for use by residents and neighbours.

"Each GoGet shared car is the equivalent of removing up to 12 private cars from the road. Thirty-four members share one car which

saves emissions, traffic congestion and parking spaces. It costs around \$650 a month to own and run a private car, as compared to less than \$200 a month for a shared GoGet car, so it also makes economic sense," said Paul Wainwright, sales and marketing operations manager for the developer of The Orchards, Sekisui House Australia. "Sekisui is doing something really bold by ensuring that the entire community benefits from the development. We know from experience that opening up car share to neighbours of a development transforms the entire community, saving residents money, reducing congestion, increasing local commerce, and improving health," said Christopher Vanneste, Head of Locations and Partnerships for GoGet.

Norwest residents can access the exclusive free membership offer by applying in-person at The Orchards display suite, 30 Fairway Drive, Norwest. Once registered with GoGet, users are issued with a smart card that needs to be held against the reader on the wind-screen to unlock the doors.

All petrol, maintenance, parking, insurance and cleaning is included in the rental fee. 🌈



The Hon Melissa Price MP, Minister for Environment and Mr Julian Leeser MP, Federal Member for Berowra, discuss the Brooklyn Bushland Trails plan with Hornsby Council Officers.

Minister for the Environment visits Hawksbury Region

Federal Member for Berowra, Julian Leeser MP, brought Melissa Price MP, Minister for the Environment, to Cowan to show her some of the Berowra electorate's iconic bush trails.

Mr Leeser and Minister Price visited the section of the Great North Walk that extends from Cowan to Berowra. "The bushland setting of Northern Sydney is iconic", said Mr Leeser. "It is the distinguishing feature of our local area and one our local community works hard to nurture and protect." Mr Leeser said he was calling for Federal Government funding to upgrade sections of the Great North Walk that travel from Berowra to Cowan. "Bushwalking is one of the most popular activities among locals and demand is expected to grow over the next ten years", said Mr Leeser. "Access to well-maintained walking trails is extremely important to our community.

Melissa Price MP, Minister for the Environment, said she was greatly impressed by the commitment of the local community to the natural environment. "The natural beauty of the Hawkesbury and surrounding National Parks is an important part of our national environmental heritage", she said.

"Our Government is committed to protecting our natural environment and investing in projects that make a practical difference to environmental outcomes." 🌿

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CBAA Award

Congratulations to the 90.5 Alive Sunday Sports Round-Up team who won the Troy Garner Excellence in Sports Programming Award at the Community Broadcasting Association Of Australia (CBAA) Awards.

A few of the team members headed up to the Gold Coast last Saturday night for the gala dinner where the team was up against a show from regional Victoria and a program on Eastside Radio in Sydney. The team won a stylish award along with a product voucher presented by one of the sponsors. Well done to Tony Salerno, Dave McDonald, Mitchell Farrugia, Michael Allen, Rod Staples, Adam Staples, Shakti Gounden and Harry Purcell on their achievement.

This is the station's second CBAA award. Planet Country was also awarded 2 years ago. The Sunday Sports Round-Up will be celebrating 10 years on Monday February 4, 2019.

The day will feature a BBQ at the station and feature special segments mixing the older and younger presenters from eras across the 10 years. 🐦

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L to R: Hills Mayor Michelle Byrne, Geoff Grady CEO Aveo Group, Hon Alex Hawke MP and Angela Buckley Aveo Group.

First Stage of \$400M Retirement Community Officially Opens

Leading retirement provider Aveo Group recently officially opened the doors of its \$75M opening stage 'Waratah,' part of the broader \$400 million retirement community, Aveo Bella Vista.

Aveo Group CEO Geoff Grady, the Hon Alex Hawke MP, Member for Mitchell and The Mayor, Dr Michelle Byrne, Hills Shire Council officially opened the retirement community, located within Mulpha's \$3 billion Norwest project. The first stage which consists of 64 independent living apartments over nine levels boasts a range of one, two and three bedroom residences with penthouses available on Level 9.

Addressing the strong demand for premium retirement living and sophisticated aged care options in the sought-after hills district, Aveo Group is leading the charge in providing a world-class, lifestyle-led residential community amongst a revitalised precinct with innovative features including;

- Considered and custom design choices specifically for seniors
- Amenities comparable to that of a 5-star hotel, featuring a resident waterfront bistro and bar, snooker lounge and function areas, all accessed via a grand central hotel style lobby
- Part of the \$3 billion expansion of the 377-hectare Norwest smart city featuring a private hospital, metro rail and major revitalisations to the existing precinct. On site health and wellness suite which will include GP and allied health services such as podiatry, massage, physiotherapy and clinical care.

For more information on Aveo Bella Vista, visit www.aveo.com.au/bellavista or call 13 28 36. 🐦

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Experience ‘the Real Game of Thrones’

Ever wondered where the inspiration for TV’s Game of Thrones came from? If you thought it could be from Shakespeare, you’re right.

To celebrate 10 summers of outdoor theatre, Sport for Jove is staging their most immersive and ambitious season yet at Bella Vista Farm: Shakespeare’s Rose Riot.

Rose Riot is Artistic Director Damien Ryan’s new adaptation of Shakespeare’s extraordinary history cycle, covering a hundred years of humanity and some of the earth’s most remarkable political thinkers and drinkers, warriors and clowns, villains, heroines and despots. The Hollow Crown (Richard II, Henry IV, Henry V) and The Wars of the Roses (Henry VI, Richard III) will be presented as two distinct but linked productions – with audiences being able to enjoy either show as a stand-alone production or experience full the cycle by seeing both in one day.

Sport For Jove’s Artistic Director, Damien Ryan, encourages people to ‘come and see the real Game of Thrones as written by the real author’. “Rose Riot is our own adaptation – it’s all Shakespeare’s language, but it’s our own adaptation of one of Shakespeare’s most important achievements.” Ryan said. “He spent 10 years writing his history plays – he wrote an incredible almost mythological history of a particular nation at a particular time, but he wasn’t that interested in the facts and figures, he was interested in what makes that universal. It’s about any

nation at any time. This incredible story goes from Richard II, the very famous English King, right through the Henry IV plays which are some of his greatest plays, some of his funniest, bawdiest, rudest most wonderful plays, through to Henry V, through to Henry VI plays, which people might not realise are the inspiration for Game of Thrones. They are literally taken from that story. It ends with what some people say is Shakespeare’s most popular play Richard III – the great devil incarnate running amok in the world”.

“We’re telling that story, and we’ve cut it down into a thrilling fast-paced adventure and we take you on an epic journey through 100 years of history in some of his most incredible language with a pantheon of very famous characters. It’s the world’s greatest leadership spills told with knives and roses and thorns and full-blooded war,” said Ryan.

Details: www.sportforjove.com.au 



The Hollow Crown - The Hollow Crown spans the reign of the lavish and wasteful Richard II, torn from his perch by the brilliant and persuasive tongue of a true political animal, Henry IV.
December 8, 18, 19, 22, 27, 29 (at 6.30pm); and 14, 16, 23, 30 (at 2.30pm)

The Wars of the Roses - Shakespeare’s Wars of the Roses, the inspiration for television’s Game of Thrones, is all about glory – its splendour and its terrible price. Dec 14, 16, 23, 30 (at 7pm); and 15, 20, 21, 28 (at 6.30pm)

Tickets: Adult \$42, Concession \$32, Family bundle (2 Adult, 2 Concession) \$120, Children 9 and under are free. Come once or come see both shows and get an extra 20% discount off tickets on the second show. Free parking is available on-site.

Explore the Great Outdoors in the Hills

From cheeky cockatoos feasting on beautiful native blooms to vibrant Grevilleas and Water Gums adding pops of colour to the native scenery – there's plenty to see and do if you know where to look.

To help you discover these hidden local gems, The Hills Shire Council has released 12 bushwalks maps, which you can access online.

Mayor of The Hills Shire, Dr Michelle Byrne said the walks showcased The Hills' natural beauty.

“Living a happy and healthy life is so important, and it's a priority that this Council considers in everything that we do,” Mayor Byrne said.

THE WALKS INCLUDE:

1. Heritage trail (Baulkham Hills):

This walk goes through the Headwaters of Toongabbie Creek, which was the earliest settlement in Baulkham Hills.

2. Burruga Track (Bidjigal Reserve):

Water pools, flowing streams, sandstone gullies and woodland are just some of the great things you will see on the Burruga Track.

3. Heritage Park (Castle Hill):

Here you will explore the site of the former Convict Farm established in 1801 and scene of the Rebellion of 1804.

4. Wildflower Walk (Cranstons Road Middle Dural)

Expect to see district views, a variety of Sydney's distinctive wildflowers and if you are lucky - a glimpse of a swamp wallaby during the Wildflower Walk in Middle Dural.

5. Forest Walk (Cumberland State Forest):

Enjoy walking through Cumberland State Forest - the only urban forest in Australia. A feature of this walk is the tall native trees and Cabbage Tree Palms. As well as gullies and ferns, there is plenty of birdlife to also see in the forest.

6. Geebung Walk (Fred Catterson Reserve, Castle Hill):

There is a large variety of native plants growing in the reserve which means you will see plenty of wildflowers in most months of the year, as well as many species of birds which feed on them. Plus, you will have the opportunity to venture through Sydney Sandstone Transition Forest and the Sydney Sandstone Ridgetop Woodland.

7. Knightsbridge Circuit (via Fred Catterson Reserve):

This walk follows a route through the significant bushland corridor in Fred Catterson and Fullers Road Reserves between Castle Hill and Glenhaven. The area is rich in diverse local flora and birdlife.



Jennifer Farrer from Boronia Tours pictured with Mayor Byrne at the Geebung Walk in Fred Catterson Reserve.

8. O'Hara's Creek Walk (Kenthurst):

Enjoy a lovely walk along a sandstone ridge with significant sandstone ridge top vegetation and down into a valley of tall trees. You can also find a large variety of local wildflowers and you will have the opportunity to take in the district views.

9. Platypus Track (Eric Mobs Reserve/ Castle Hill):

This walk provides the opportunity to lap up views of the Coachwood and Excelsior Creeks and then a walk along the shady valleys of these creeks amongst ferns and Coachwood Trees.

10. Bushland Corridors at Rouse Hill:

An early farm house, original land grants, a mysterious grave, remnant bushland including Forest Red Gum Woodland and Heathland, waterways and water birds are just some of the things you will see while completing this walk through Rouse Hill.

11. Stevenson Creek (Excelsior Reserve/ Baulkham Hills):

This walk is one of the more challenging walks in The Hills Shire. Here you will see beautiful creek valleys, sandstone shelters and some sandstone heath land.

12. Waterfall Walk (West Pennant Hills/ Richard Web Reserve):

This walk follows Darling Mills Creek to the only waterfall in The Hills through pretty native scenery including tall Blue Gums, sandstone gullies and wildflowers.

Just visit The Hills Shire Council website, www.thehills.nsw.gov.au, and search for 'Bushwalks in The Hills'.

Time to Recharge

With Leonie Seysan



2018 has almost gone and business owners will soon be reflecting on the year that's passed and making dozens of mental notes on a 'things I must do better in 2019' list. As the New Year approaches, some will spend hours writing out detailed goals for the year ahead. Others will make quiet resolutions and decisions.

We'll have all the best intentions - to attend to the unattended, fill knowledge gaps we suspect are holding us back, do something that could take the business to a new level, or simply put more effort into something we find challenging.

Some common business-related New Year goals are:

- Improve/increase marketing efforts to increase revenue
- Find a good mentor or business strategist
- Improve financial management
- Develop or strengthen a referral network
- Attend or exhibit at industry expos
- Identify and explore more opportunities
- Master public speaking

Making goals is always easier than following through.

One way to keep yourself accountable for progress is to become part of a network of business owners like the Sydney Hills Business Chamber. There's nothing like seeing other business owners achieving their goals to keep your own motivation on high all year. Chambers also present opportunities to learn and improve - through workshops and through people you meet.

If you're not a member, add 'join chamber' to your to-do list - and make 2019 the year you meet people who can help you achieve your other goals.

www.sydneyhillsbusiness.com.au 



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

28 DECEMBER 2018 - AMBROSE CUP SOCIAL GOLF

Our quarterly golf events are designed to give you some YOU TIME + connect with other members in a very relaxed setting. The Golf events are a 2 person Ambrose event, which is open to ladies and gentlemen who are chamber members and their staff, clients & friends.

30 JANUARY 2019 - 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 so if you're keen to know more you can come along and then enjoy free attendance at the networking event that follows.

30 JANUARY 2019 - BUSINESS AFTER FIVE

Start your year with a Bang! Enjoy Business & Bollywood at our first event for 2019. Join the Chamber as we celebrate the start of 2019 with some Bollywood and Business with great food and entertainment from Kashi Indian.

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

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Local graduate Bernadette Watt with Head of Training Yelena Udy on Graduation Day.

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Pathways Psychology Institute is celebrating its 10th anniversary training students in the most effective counselling practices.

Now a Registered Training Organisation (RTO) endorsed by ASQA (Australian Skills Quality Authority), with a brand-new Diploma of Counselling CHC51015 being offered for their 2019 intake.

Yelena Udy, long time Galston resident, CEO and Head of Training, explained that, “The ASQA audit process has been an enormous challenge, but it now assures our graduates that studying the Diploma of Counselling training with us will allow them to both be recognised Australia-wide to get jobs and also have the skills to be truly effective in their counselling work.”

Pathways is committed to maintaining small classes with personalised supervision and coaching, creating the unique learning experience our students love. Yelena explained “Student feedback appreciates the effectiveness of the Processwork style of counselling we teach, both

in their work and the support for personal development brings deeper meaning and self-understanding into their daily lives. This method guides a student in how to choose the most appropriate approach with each unique individual client. The trauma-informed counselling techniques present both the latest insights in brain neurobiology and creative art therapies which access the deeper symbolic levels of the mind and nervous system.”

Courses are offered both for face-to-face (Galston campus) and at-a-distance attendance.

Currently Pathways is offering an early bird special discount of 10% off course fees if enrolled before December 25th. Also currently, Pathways is now taking applications for its scholarship program, offering scholarships for partial fee subsidies of 20%, 40% and 80% reduction on course fees.

For more information visit the website www.pathwayspsychology.com.au or call (02) 9653 2228 to speak to a friendly staff member to discuss your questions. 🦋



Mayor's Christmas Appeal off to a Great Start

More than 300 items, including non-perishable food, toys, clothing, toiletries and much more have been donated during the Mayor's Appeal and Library Fine Amnesty.

I would like to say a big thank you to all of the generous people who have already returned their books and those who have contributed to my Appeal and Library Fine Amnesty," Mayor Byrne said.

"After one week, we've collected a number of different items that will be distributed to Anglicare – a charity that provides a range of services that promotes safety, participation and wellbeing – and will make a number of people incredibly happy this holiday period.

"If you still have any overdue library books or want to donate to the Appeal, our four

library branches [Baulkham Hills, Castle Hill, Dural and Vinegar Hill] are collecting non-perishable food items until December 24. In exchange for a non-perishable food item, the Hills Shire Library Service will also waive any late fees.

"A list of acceptable donation items can be found at your local library or on The Hills Shire Library website, www.thehills.nsw.gov.au/Library.

"Thank you again for donating to my Christmas Appeal.

"From my family to yours, I would like to wish you a very Merry Christmas and a happy New Year," Mayor Byrne added.

The Mayor's Christmas Appeal and Library Fine Amnesty applies only to outstanding fees, not the replacement cost of lost items..

Details: www.thehills.nsw.gov.au/Library 



Sydney Hills Business Chamber Celebrations

Chamber members recently attended their AGM. Reports from the SHBC board gave insight into the growth and efficiencies achieved in 2018.

Further to the 2018 review a new Board was elected to continue to develop and enhance new and current support programs for Members. The party atmosphere continued as approximately 150 members and guests joined the Christmas party festivities to celebrate the end of the year with their business community over a fabulous buffet and drinks from The Fiddler Team.

Members of the Chamber can promote and develop their business through a range of services including business support and advice, promotional activities, and workshops and networking events offered by the Chamber. 🦋



NSW Energy Switch

With David Elliott - Member for Baulkham Hills



NSW Energy Switch is a game changer for households trying to reduce cost of living pressures.

There are a lot of Government price comparison websites – but this new initiative takes things to the next level.

In what will be a major shakeup in the electricity sector, NSW households can now quickly change electricity deals with Service NSW's free Energy Switch service, potentially saving individuals and families up to \$1000 a year on their bills.



The Berejiklian-Barilaro Government understands power prices are a pinch point for many households which is why this service has been established to provide much needed bill relief.

Research carried out by Service NSW found 70 per cent of NSW households pay too much for electricity, particularly customers who haven't switched for more than 12 months.

Energy Switch uses a customer's latest e-bill to scan the entire retail electricity market, giving them a list of the cheapest three electricity plans available based on their individual usage profile.

If a switch is requested, Service NSW will inform the energy provider, taking the leg work out of the process for the customer.

I encourage residents of Baulkham Hills to test out the NSW Liberal Government's new quick and easy price comparison and switching tool by visiting <https://energyswitch.service.nsw.gov.au/> or contacting Service NSW on 13 77 88. 🌈

A Stronger Economy. A Secure Future

With Julian Leeser – Member for Berowra



The Berowra electorate is the best place in the world to live, work and raise a family.

As we start 2019 it is good to reflect on the progress our Government has made in strengthening the Australian economy.

Australia's economy (GDP) is growing at 3.4 per cent - more strongly than at any time since 2012 which was during the height of the mining boom. We are on track for a budget surplus in 2019-20. Australia's unemployment rate has fallen to 5.0 per cent. In 2013 we promised to deliver one million new jobs. In 2019 we delivered this ahead of schedule. Last year, 100,200 jobs were created for young Australians – more than any year in history. The percentage of working age Australians on welfare has fallen to 15 per cent – the lowest rate of welfare dependency in over 25 years. Our Government is investing \$75 billion in congestion busting infrastructure including \$412.3 million for NorthConnex which will take 5000 trucks off Pennant Hills road. Our Government is investing in strengthen local communities including \$2.6 million for the Greenway Park upgrade in Cherrybrook.

OUR PLAN FOR A STRONGER ECONOMY IS:

- Tax relief to encourage and reward working Australians;
- Backing small businesses to create more jobs;
- Fixing the Budget;
- Guaranteeing funding for schools, hospitals and other essential services; and
- Keeping Australians safe. 🌈

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.

Playtime for Hornsby Hospital

With Matt Kean - Member for Hornsby



Sick children at Hornsby Hospital will benefit from a new and improved play area as part of a NSW State Government initiative to make hospital stays easier on the younger patients.

Member for Hornsby, Matt Kean MP said the funding will be used to make a hospital stay for children and their families a little less stressful.

“We know that a hospital environment plays an important role in the wellbeing of children and their families. We want to support families, especially in times of need and we hope this investment will help brighten the days of sick children and their families,” Mr Kean said.

“It’s also great for our clinical staff to share in planning for these new enhancements and working in an improved environment to deliver the very best healthcare to their young patients.



“Having children in hospital is a stressful time for families, and we want to make Hornsby Hospital as warm and welcoming as possible, while at the same time first class medical attention.”

Hornsby is one of eight NSW hospitals to share the \$2 million NSW Government funding.

Works are getting underway and will be completed in 2019.

As the year comes to a close I would like to take this opportunity to wish everyone a very Merry Christmas and a happy and safe New Year. 🦋

Stronger Sentences

With Ray Williams - Member for Castle Hill



Locally we have seen the devastation that bushfires can bring. Starting a bushfire deliberately is a senseless and selfish act that can have catastrophic consequences.



NSW Government is introducing tougher maximum sentences for the crime, increasing the maximum jail sentence from 14 years to 21 years.

These stronger laws align with community expectations to punish those selfish individuals who choose to do this, and act as a deterrent for those contemplating it.

CASTLE HILL RECEIVES \$80 MILLION FOR SCHOOLS

Since 2011, the NSW Government has been delivering our area a once-in-a-generation investment in school buildings, major upgrades, maintenance and recurrent funding to ensure every school-aged child in Castle Hill has access to high quality education at their local public school.

TIS THE SEASON

With the festive season just around the corner, I'd like to wish you all a very Merry Christmas and Happy New Year!

2019 is going to be a huge year for local residents as you will be able to catch a train every 4 minutes on the Sydney Metro Northwest, and when the NorthConnex tunnel opens you will never be stuck in holiday traffic from up the coast again! 🦋

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

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

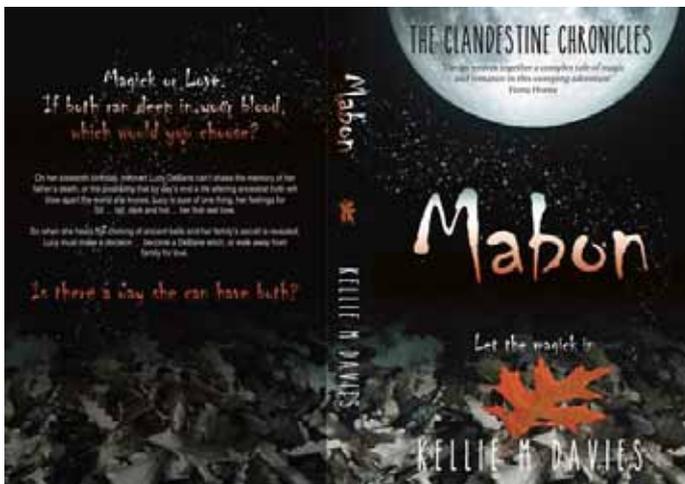
Ray Williams MP
MEMBER FOR CASTLE HILL
MINISTER FOR MULTICULTURALISM AND
MINISTER FOR DISABILITY SERVICES



GALSTON GIRL GUIDES

Galston Guides consists of two units – Junior Guides (aged 6-9) and Guides (aged 10-14). Both units welcome new members and offer a range of activities throughout the term, including games nights, badge work, outdoors activities, campfire cooking and playing with friends.

This year the girls have also been camping, ten pin bowling, rock climbing and they will be ending the year with an exciting visit to Treetops Adventure Park in West Pennant Hills. If your daughter would like to join Guides in 2019, please contact us at admin@galstongirlguides.com.



LOCAL AUTHOR RELEASES NEW SERIES

Kellie Davies, a local author recently debuted ‘Mabon’ Book 1 of the Young Adult fiction series ‘The Clandestine Chronicles’ at the Glenorie Bakery. *Mabon Book One of The Clandestine Chronicles* will throw readers into a world of romance, magic and dark family secrets. Lucy stumbles over witchcraft into love on her way to defending her loved ones from the grim reaches of her ancestry. It will cast its spell on readers from the first page, compelling them to follow Lucy across the four books of this series, as she battles to find place amongst her supernatural counterparts and saves the love of her life.

INCLUSIVE PROGRAM

Net-Able is an inclusive netball program for children with disabilities to get involved at a beginners level in a caring and supportive environment. The program focuses on encouraging support and teamwork within the community. Our aim is for the children to spend the day connecting and building new friendships whilst gaining new skills. For further information please contact Lauren Dallimer directly. @ lauren_dallimer@hotmail.com



FAMILY CHRISTMAS PARTY AT ST BENEDICT'S

A family Christmas was celebrated at the St Benedict's Parish Centre with dancing, prizes, food and festivities. Thank to organisers Paula and Sandra and all the kind people who helped with this successful and happy event. Christmas services begin with children's mass at 7pm on Christmas Eve and at 11:45pm, Christmas carols followed by Midnight Mass. Christmas Day masses will be at 7am in the Monastery Chapel and 9am in the Parish Centre.



CWA OF NSW

Galston Branch would like to thank all of the junior bakers who participated in The Land Cookery Competition on Thursday 8th November. Congratulations to the under 12's placegetters who presented the best Decorated Butter Biscuits, as decided by CWA and Sydney Royal Easter Show judge Robyn Kidd.



- 1st Place - Lachlan Edwards
- 2nd Place - Caitlin Ahmed
- 3rd Place - Cameron Truelove

Entries were judged on their taste, appearance, texture, presentation, and precision to the recipe. The kids did so well to put their creations out there and receive the feedback offered by Robyn. CWA Galston branch meets monthly at the Galston Health & Resource Centre. Visitors are most welcome. Contact Jann 0439 222 217 or Pam 9653 1036. Facebook page - www.facebook.com/CWAGalston



Galston View Club Christmas Party.



DURAL BOWLS

A few flowery hats attended social bowls on Melbourne Cup day although bowls shoes don't quite match the Melbourne dress code! Everyone enjoyed the relaxing bowls followed by lunch and a flutter on the cup.

The men and women are finalising their competitions for 2018. The ladies have the final of the drawn fours between Ann Wilson, Kay Turrell, Terri Hezlett and Chris Fitzgerald and Mairead Henson, Marilyn Bonvino, Barbara Wood and Margaret Yeend.

The Men have just wrapped up their drawn Triples and Pairs. Larry Gillespie (sub), Richard Thorpe, Stuart Yeend, and Kevin Keene, defeated Doug Farlow, David Pan and Gordon Scoble after a really tough game

Free coaching is available if readers wish to start bowls in 2019. Ring 0421 315 074 or 0411 375 580. 🐦

1st annual North Kellyville community picnic

Saturday 1-6pm
December 15, 2018
Oxlade Street Reserve

FREE face painting
sausage sizzle
cold drinks

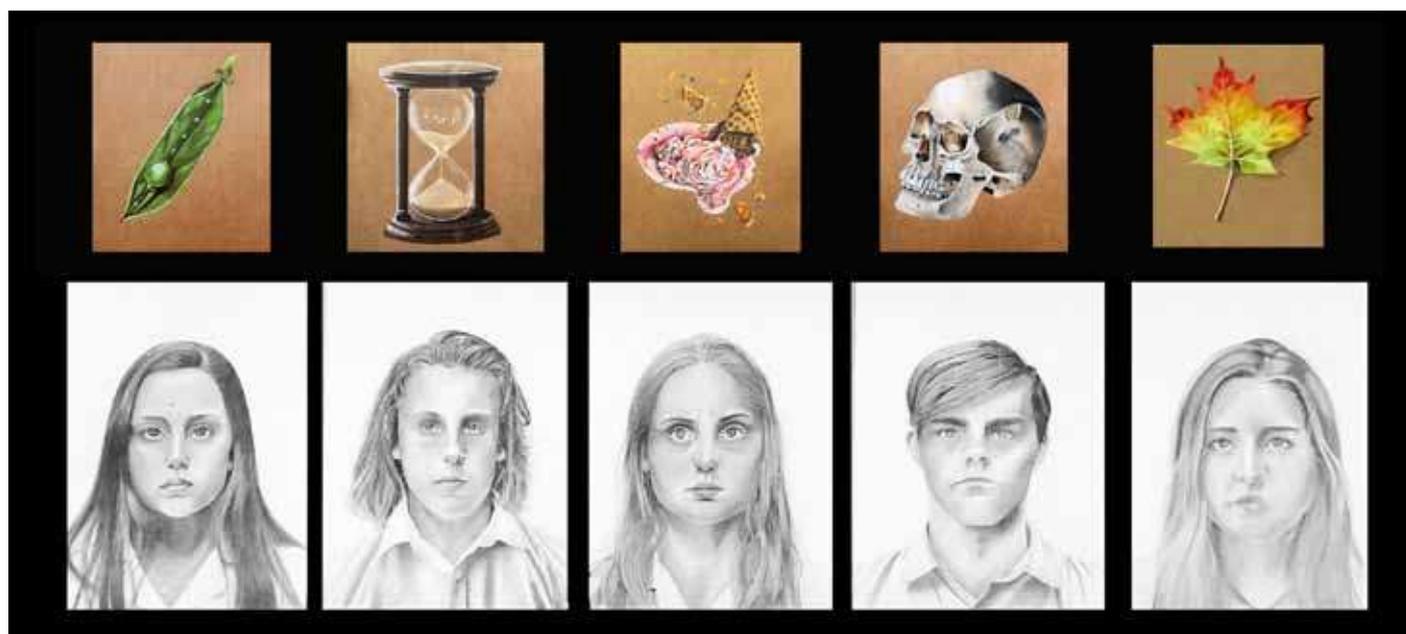
- > Give-away for the kids
- > Free seedlings from bush care group
- > Bring a bat/ball & frisbee
- > Don't forget your picnic rug, hat & sunscreen!

Visit from Santa!

Coms & meet:

- Hills Shire Mayor & North Ward Councillors
- Hills PAC in their community bus
- Kellyville RFS on their firefighting tanker
- Founder of Little Blue Dinosaur Foundation
- Principal & teachers from the soon to open NKPS
- Representatives of Hills Shire bush care group

proudly brought to you by **NKAG**
North Kellyville Aboriginal Group



HANNAH NOMINATED FOR ARTEXPRESS 2019

Congratulations to Galston High School's Hannah West and her achievement in being nominated for possible inclusion in ArtExpress 2019. Her work *The Fears That Control Us* has been put aside as an exemplar of high achievement in Visual Arts. It is a great achievement to be nominated for possible inclusion with the process

now requiring curators to select which works will hang in galleries across the state. Hannah's body of work is not only a representation of hours of work across year 12, but the years she has spent cultivating her drawing skills from an early age to ensure she would achieve her personal best. Good luck to Hannah for this next stage of selection.

OAKHILL COLLEGE STUDENT SERVING HIS COUNTRY THROUGH TENNIS

Dominic Fedele, a Year 8 student at Oakhill College recently received an opportunity he could not forgo. Dominic was one of 17 out of 170 applicants to be offered a position as a Ballkid at the Invictus Games held in Sydney during October.

Ballkids play an integral role in ensuring that tennis tournaments run smoothly. Throughout any major tournament, each Ballkid is a focal part of every game, be it at Rod Laver Arena in Melbourne or at the Brisbane International, or the Sydney International. Skills necessary for being a Ballkid include good movement on the court, quick reflexes, speed and a good attitude. Dominic surpassed supervisors' expectations and was selected as part of the Invictus Games Ballkid team.

Held over a two-week period, the Invictus Games is an international sporting event for wounded, injured and ill veteran and service personnel. The Games highlight the power of sport to inspire recovery, support rehabilitation, and generate a wider understanding of and respect for those who serve their country.

"It was an opportunity I couldn't knock back" said Dominic. "I saw people that have fought for their country and I feel passionate about doing everything I can to help them in their recovery."

As well as being a Ballkid, Dominic would like to one day play tennis for Australia. "It would be great to play professionally and travel the world."



2018 BAULKHAM HILLS CHRISTMAS CARD WINNER ANNOUNCED

Baulkham Hills State Liberal MP David Elliott offered an early dose of Christmas cheer yesterday by surprising the winner of his eighth annual Christmas Card Competition. Lily Grant, of Year 6B at Baulkham Hills North Public School, was confirmed as the winner of Mr Elliott's Christmas Card Competition and awarded a \$100 Castle Towers Gift Card at the school's assembly after judging by Mr Elliott's wife, Nicole. Mr Elliott said that all entries would be on display in his office until the New Year, and Lily's design would be printed on his official Parliamentary Christmas Cards this year. "While our community will enjoy seeing Lily's beautiful design on my Christmas cards this year, I will be sharing the rest of these magnificent and festive designs from our local students for all our community to view in fascination"



FABULOUS RESULTS IN ACADEMIC COMPETITIONS

Every year, as part of Galston High School's Gifted and Talented program, students enter a variety of academic competitions that focus on assessing their ability to use higher-order thinking and problem solving skills. Students enter the Mathematics, Science, English, History, Geography and Digital Technologies competitions. This allows them to challenge themselves and compete against others throughout the state or nation. Students have achieved some outstanding results this year. Special mention must be made of Alyssa Collins' effort in the nation-wide Geography Competition organised by the Australian Geography Teachers Association. Alyssa scored in the top 1% of the candidature, of which there were over 70,000 participants from government and non-government schools. Congratulations, Alyssa, on such a fabulous result. 🦋



Northholm Grammar School New Principal Announced

Northholm's School Council is delighted to announce the appointment of Mr Christopher Bradbury as the new Principal of Northholm Grammar School commencing early January 2019.

Mr Bradbury joins Northholm from The King's School in North Parramatta where he is Director of Teaching and Learning.

Mr Bradbury is a highly qualified and experienced educational leader. He has been awarded a NSW Quality Teaching Excellence Award in recognition of outstanding teaching practice by the NSW State Government and was a recipient of both the Gandel Holocaust Studies Program for Australian Educators Scholarship and the NSW Premiers Westfield's History Teacher's Scholarship. In 2018, he has been selected to participate in the NSW AIS Leadership Centre Flagship Program which is a rigorous, holistic program

for experienced school leaders in schools. He holds a Bachelor and Master's degree in Education from the University of Sydney and a Graduate Certificate in Advanced Educational Leadership from Harvard University.

Since joining The King's School he has held a number of senior roles including Head of History and Legal Studies. He has co-authored Year 11 and 12 History texts, been awarded a number of teaching awards and scholarships, and outside of school has been a junior development coach for both Parramatta Eels and West Tigers rugby league clubs.

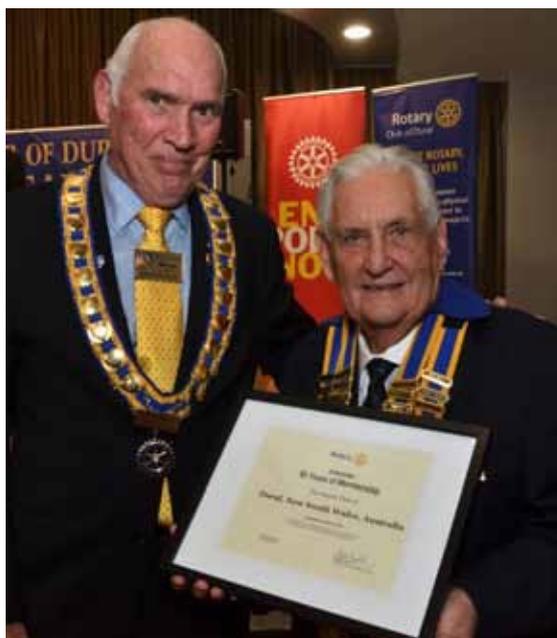
Mr Bradbury steps into his new role with a high level of enthusiasm and energy, keen to get to know his staff, students and the parent community. 2019 for Northholm will be a year of renewed sense of energy, focus and enthusiasm. 

In memory of Allan John Forno

Allan Forno, International Director of the Rotary Club of Dural, passed away peacefully after a courageous battle with liver cancer on October 26 2018.

Allan was an valued member of our community, having been president of the club previously and was instrumental in raising hundreds of thousands of dollars for various charities. He personally oversaw the appointment of counselors to local schools to assist with youth mental health.

He was also passionate about rugby. Allan spent 36 years as CEO of the Australian Rugby Golden Oldies, and one of the



Allan Forno (R) receiving a certificate commemorating Dural Rotary's 50 year anniversary.

many highlights was organising the 2010 World Golden Oldies Rugby Festival, hosting 5,000 participants making up over 230 teams from around the world at Centennial Park in Sydney.

Allan was a committed family member and leaves his wife Joan of almost 52 years. Cherished father and father-in-law of Deanne and Darren, Anthony John, "special father" to Kari, adored Grandpa to Peter Jnr and Jack, Special Uncle to Reini, Trenna and Colin, Bronsen, Triannah, Breeann.

We will all miss him with a passion a better man you could not find. 🌈



Western Sydney Symphony Orchestra – New Orchestral Experiences for the WEST

The Western Sydney Symphony Orchestra (WSSO) is a new community orchestra servicing the Greater Western Sydney region.

The Western Sydney Symphony Orchestra will be Directed by it's founding conductor, Artistic and Executive Director, Dr Brian Chatpo Koo. The WSSO will be partnered by professional musicians of the Sydney Contemporary Orchestra, providing opportunities for local musicians to play alongside professional musicians.

Supported by the Hills Shire Council, the WSSO will host 8 thrilling concerts in the Hills and Parramatta areas annually. The four Hills concerts will be hosted at the newly refurbished Pioneer Theatre. The four Parramatta concerts will be held at Futter Hall in the Kings School with the support of the school.

Visit our website for our concert information: <http://www.wssso.com.au/index.php/concerts>

All musicians of 18 year old or over living in Greater Western Sydney region, playing orchestral instruments at the level of grade 8 (AMEB or equivalent), AMusA, LMusA, are welcome to join us. Rehearsals will be held of an evening in the week before each concert at the TLC Theatre Baulkham High School with the support of the school.

For more information on auditioning for us: <http://www.wssso.com.au/index.php/join-us>.

Please contact Jocelyn Palmer, Coordinator for any enquiries: Phone: 0408679841
Email: jocelyn.palmer@wssso.com.au
bkoo@sys.org.au 🌈

Christine Anu

For nearly 30 years, Christine Anu has entertained audiences across music, movies, television and radio.

Christine is also the first Indigenous female entertainer in Australia to showcase her rich cultural heritage and the beauty of her first-language, bringing songs such as 'Kulba Yaday' into mainstream arenas. Over 30,000 children, young people and adults have so far joined Christine for a fabulously entertaining and informative event filled with personal anecdotes, music and storytelling.



Karen Watson Photography.

Throughout the presentation, Christine will not only share personal anecdotes about her life and illustrious career but Christine will also perform a selection of songs spanning her acclaimed music career, including songs from the Torres Strait Islands, Sunshine on a Rainy Day and our unofficial national anthem My Island Home, which was selected by the National Film and Sound Archives to be inducted into the Sounds of Australia Registry alongside Midnight Oil and the Wiggles.

7pm-8.10pm Thursday 7 February 2019 Duration: 70 minutes. No Interval. For more information contact the Pioneer Theatre. Phone 9843 0586. Email pioneertheatre@thehills.nsw.gov.au

Christine Anu: *In Conversation & Song* is suitable for children, young people and adults. 🦜

HIDDEN IN THE HILLS Silky Needle Bush

By Lachlan Turner



When venturing along walking tracks in our local bushland it is always a pleasant surprise to come across an unexpected wildflower.

One of the more noticeable and abundant varieties during cooler months would be the Silky Needle Bush (*Hakea sericea*). This attractive spreading, open shrub may grow up to 3m high in favourable conditions and can be found in both open forest and scrubby heathlands which have sandy or clay soils.

The narrow, fairly rigid leaves are about 50mm long, right angled to the branch, having a sharp tip at the end. Hence the word "Needle" in its name. The other word in its common name appears to be derived from the silky hairs that are present on new growth.



Delicately formed white flowers are mostly clustered towards the ends of reddish brown branches. These flowers possess a mild scent that can be detected if you are able to get close enough to them without contact with the sharp spiky leaves. The fruits of this shrub develop into a rounded and wrinkled, woody hard shell reminiscent of a walnut shell.

It is possible to propagate these varieties for use in a native home garden. 🦜

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Perfect Christmas Ham Glaze

Give your Christmas centrepiece the star treatment with this glorious ham glaze.



INGREDIENTS

4-5 kg whole leg ham on the bone	2 teaspoons mustard powder
30 cloves	1/4 cup (60ml) verjuice
1 1/4 firmly packed cups (250g) brown sugar	1/4 cup (60ml) maple syrup

METHOD

Preheat the oven to 180°C. Remove the skin from the ham, leaving the fat on. Score fat in a diamond pattern, then press 1 clove into each diamond. Sit the ham on a rack in a large roasting pan. Fill pan with 3cm warm water (this will prevent glaze from burning as it drips). Combine the brown sugar, mustard powder, verjuice and maple syrup in a saucepan over low heat, gently whisking to dissolve the mustard. Brush some glaze over ham and bake for 45 minutes, basting 4 or 5 times with remaining glaze, until heated through and glazed.

Rest for 20 minutes before serving. 🌈

Wines to Serve at Christmas

Miles the Wine Man



Christmas dinners present a prime time to try new wines with favourite Christmas recipes of old, particularly the leg of ham and roast turkey.

Baked, smoked, or honeyed hams beg for wines with a dash of sweet. A Riesling made lighter in style and a bit lower in alcohol will hop on the ham pairing wagon with plenty of food-friendly acidity and crowd-pleasing palate appeal. Red wines that can accommodate ham happenings tend to be lighter in body and overall style. Beaujolais, Pinot Noir, and Spain's Tempranillo grape often exhibit subtle tannins with an easier going pairing profile.



Turkey on its own presents a fairly straight-forward pairing partner, but who really eats turkey solo? Herb-filled stuffing, roasted veggies, rich sauces, and an assortment of savoury sides manage to make their way alongside the bird. It's these sides and sauces that must be taken into account when working out the best wine pairings. Sauvignon Blanc is hands-down one of the top white wine picks for turkey and savoury sides, as it tends to bring its own herbal tones to the table. Red wines include Pinot Noir, Zinfandel and young Shiraz.

I wish you and yours a very Merry Christmas and a happy holiday.

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Avoid typical DIY Mistakes

With Neil Turrell



It has come to my attention that DIY jobs are becoming increasingly popular, however with home jobs often comes very crucial, yet easily avoidable mistakes.

This month I would like to highlight typical DIY mistakes that I have come across and helpful tips to avoid having a quick DIY job turn into a time consuming mess.

1. Not taking out the required permits. Although it may seem like a time consuming bother, acquiring permits actually serve a greater purpose than just adding wealth to the government. Permits allow DIY-ers to complete a job correctly and safely. It also ensures your insurance actually covers you, as unpermitted projects will void your policy.

2. Not checking you have the correct tools and materials. There is nothing worse than starting a job and not having the right equipment to do it properly, or let alone finish it. So I recommend doing your research. Determine what your project is going to need and find out the best way to complete it. This will save you much frustration, time and money.

3. Improper preparation. Within a good quality paintjob, lies 90 per cent preparation. Before painting, clean the walls, sand them and patch any holes before you paint. If you want to cover up watermarks on walls, use primer. If you jump straight to painting over the water stain with water-based blends then you're not doing yourself any favours. The stain will continue to obtrude through, no matter how many coats you paint.

4. Inaccuracy. Successful DIY-ers follow this simple rule – measure twice, cut once. Remember it is easy enough to cut things shorter or small, you can't make them longer. So take some care and save yourself time and money in the long run.

5. Not having a clue. Don't start your first project without a clue. If you are new to DIY jobs, I suggest seeking some guidance and advice from someone you know who has successfully completed a similar job, or take some time to research. You don't want to start a job and make too many mistakes to rectify them yourself; then what would be the point of a DIY project.

So if you want to begin your own home projects, then consider the areas I have highlighted above.

It may seem a little tedious, but these little extra steps will turn your little project into a giant success. 🦋

Pool Fencing Requirements

With Alan Barnes



Pool owners should ensure that their fencing meets the required measurements below. This is to stop a young child being able to squeeze under or between gaps in a fence, or being able to climb over it.

In NSW, a pool fence must be at least 1.2m high (as measured from the finished ground level), not leave a gap at the bottom bigger than 10cm from the finished ground level, not have gaps of more than 10cm between any vertical bars in the fence and if containing horizontal climbable bars, have these spaced at least 90cm apart.

To prevent children climbing over fencing into the pool area, the laws require pool owners to make sure they maintain a 'non-climbable zone' around the pool. Any trees, shrubs or any other objects such as a barbeque, pot plants, toys, ladders and chairs must not be within the 90cm non climbable zone. This zone is measured in an arc shape from the top of the pool fence arching towards the ground. It also includes the space extending 30cm inside the pool area – this space should also be cleared of any potential footholds or handholds.

If you are unsure if your pool fence meets the many legal requirements, please call or pop in and we can discuss your individual situation.

From all at Dural Pool Shop have a very happy Christmas and a safe holiday.



DURAL POOL SHOP

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

A Travel App That Practically Packs Your Bags for You

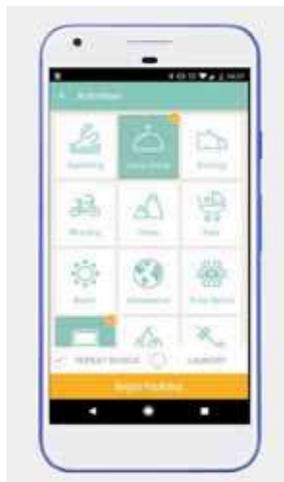
Making a checklist of everything you need to pack can be useful, but what if one's already made for you?

PackPoint is an intelligent packing app and packing list builder for serious travelers. PackPoint looks at the weather forecast for the dates and location of your trip. It will also ask you to select activities you may participate in during your trip, like a meeting for business, a swim at a pool, or a fancy dinner. It will then offer up a list of items you should pack based on these activities, along with general items you'd need on any trip. PackPoint will tell you what you need to pack based on length of travel, weather at your destination, and any activities planned during your trip.

Punch in the city you're traveling to, the departure date, and the number of nights you'll be staying there. PackPoint will build a packing list for you that considers:

- Business or Leisure travel
- Activities you plan on doing
- What you need for an international trip
- Warm weather clothes
- Cold weather clothes

You can remove items you don't think are necessary, as well as share lists with others. 🦜



Slip, Slop, Slap

Australia has one of the highest rates of skin cancer in the world.

The good news is that skin cancer is one of the most preventable forms of cancer in Australia. Here's how you can prevent skin cancer:

Seek shade when appropriate. Remember that the sun's rays are strongest between 10 a.m. and 2 p.m. If your shadow appears to be shorter than you are, seek shade. Wear protective clothing, such as a long-



sleeved shirt, pants, a wide-brimmed hat, and sunglasses, where possible.

Generously apply a broad-spectrum, water-resistant sunscreen with

a Sun Protection Factor (SPF) of 30 or more to all exposed skin. "Broad-spectrum" provides protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Reapply approximately every two hours, even on cloudy days, and after swimming or sweating.

Use extra caution near water, snow, and sand because they reflect and intensify the damaging rays of the sun, which can increase your chances of sunburn. Avoid tanning beds. Ultraviolet light from the sun and tanning beds can cause skin cancer and wrinkling.

If you want to look tan, consider using a self-tanning product or spray, but continue to use sunscreen with it. 🦜

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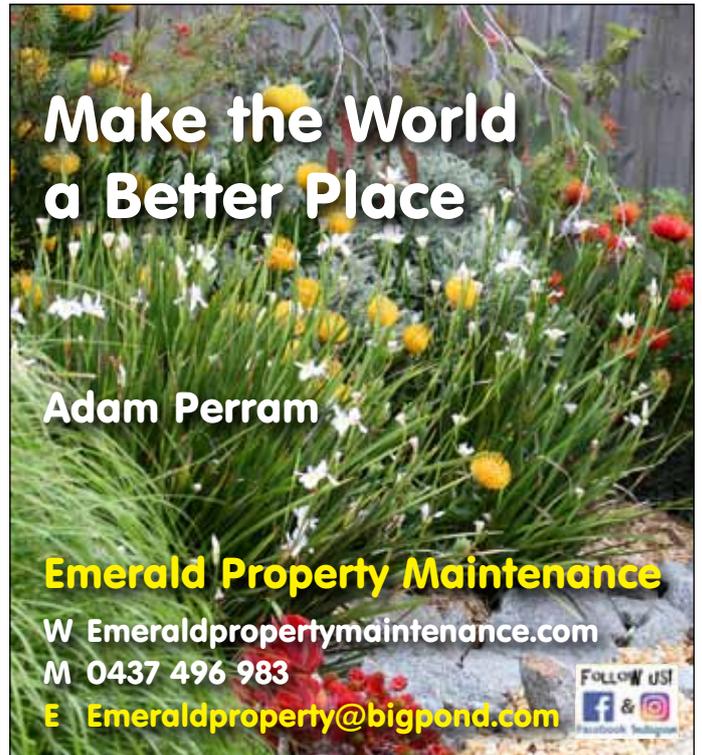
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