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This year our Sales Team is looking to provide the Hospital with a Electrocardiogram, valued at \$20,000. The Electrocardiogram is used to detect abnormal heart rhythms and to investigate the cause of chest pain Soames Real Estate will donate \$20 for every market appraisal done by our sales team from 1st July until 30th September. You do not have to be thinking about selling to participate, however if you do list your property for sale during this time a further \$100 will be donated. To help us achieve this important goal, call your local office today to book your appointment.

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See Soames for Homes

SWIMMER ALICE WINS HUGHES AWARD



By Cllr Mick Gallagher (A Ward)

At Cowan Oval on Sunday 17 May I had the honour to judge and present the 'Hughes Award' to Alice Lawrie of Berowra at the 2015 prize giving of the Berowra RSL Sub Branch Youth Swimming Club. Each year the \$1000 Jim & Roberta Hughes Award is presented to a swimmer that demonstrates potential and meets certain requirements, including

commitment. The award is to develop a swimmers potential by the use of squads and/or lessons from a swimming coach. "This is awarded through the RSL Sub Branch and is selected by a judge that is independent of the swim club, members and committee," said Swim Club President, Graham Leslie This year the 3 nominees were Alice Lawrie (16), Jensen Goodchild

(9), and Hayley Johnston (9). After interviewing the 3 nominees, looking at their track record, and watching their performance at Hornsby Aquatic Centre on Sunday mornings after my own swim with Hornsby RSL Adult Swim Club (The Frogs), I then had to make a tough decision.

I would have liked to have given them all the award, or divided the \$1,000 coaching fee three ways; but no. that was not possible. I then declared Alice the winner, and trust that Jensen and Hayley apply again next year.

Looking at past winners of the Hughes Award, I noted that Alice's brother Angus had also won this award in 2013.

Alice is a student at Asquith Girls High (where my own daughter Emma attended in the 1980s). Swimming is a family affair for Alice with her brothers Angus (18) and Alec (14) also club members. Her mum Barbara was Swim Club Treasurer for 5 years and is on the Youth Club Committee. Alice's dad Ian is a Swim Club volunteer and club's photographer.

"The Hughes Award was initiated by Jim and Roberta Hughes who had

been Treasurer and Secretary of the Berowra RSL Sub Branch. Roberta was a Navy WRNS (Women's Royal Navy Service) and Jim a British Marine, before migrating to Australia," said Sandra Hawkins, Secretary Berowra RSL SB. Jim & Roberta had been keen supporters of the RSL SB Youth Club. Jim passed away in 1995 and Roberta not long after. They created the award following enquiries being made by one parent to help his daughter in her swimming quests. Assisting with the many trophy presentations on the day were Berowra RSL SB members: Bob Dobson (President), Sandra Hawkins (Sect), Jim Maguire (Youth Club Delegate), and Ray Hawkins (SB Committee). For further info on Berowra RSL **SB Youth Club Swimming visit** www.berowrarslswimclub.org or

contact Club President, Graham Leslie Mob: 0427 197 373.

Photo: Cllr Mick Gallagher with Berowra RSL SB Youth Club Swimming 'Hughes Award' nominees. L-R: Hayley Johnston (9), Jensen Goodchild (9), and Alice Lawrie (16) @ Cowan Oval. Photo by Ian Lawrie of Berowra

BEROWRA WOODCHOP AROUND THE CORNER!

The 21st Annual BEROWRA WOODCHOP Festival will be held at the Berowra Village Tavern on Sunday 9th August.

Come along and see world class competitive axemen as well as great live entertainment, market stalls, food, beer and wine tasting. There are plenty of things for the whole family at the APEX WOODCHOP including market stalls, amusement rides and a climbing wall. All proceeds raised go to support local community groups.

The Woodchop festival is proudly organised by the Berowra Apex Club, supported by the Berowra Village Tavern and Hornsby Council.

BOOK YOUR MARKET STALL There are a limited number of stall

places still available, if you are



interested please make contact ASAP to woodchop@berowraapex. org.au or 0407 476 746.



Suicide Bereavement Support Group

Although a person dies, relationships are forever "The grief that does not speak knots up the overwrought heart and bids it break" Come along and allow yourself to be supported by those who really get it

Closed Group Eight weekly sessions starting
29th July at 7-9pm
Call Ceiny at our Gordon Office on 9498 8805

MALCOLM DESMARCHELIER

At the recent Berowra Rural Fire Brigade Annual General Meeting the Brigade made the inaugural presentation of a new perpetual annual award known as the Jim Hatfield Firefighter of the Year. Captain of the Berowra Rural Fire Brigade Nathan Macgregor said, "This award recognises the efforts of an individual for their ongoing commitment and contribution to the brigade and the community. The brigade looked to Jim Hatfield as one of its founding and life members as an inspiration for the award." Jim Hatfield has been a brigade member since 1946 holding various roles within the brigade including Captain. He is a recipient of an OAM for his service to the community through emergency services and environmental groups The first recipient of the Jim Hatfield Fire Fighter of the Year award is Malcolm Desmarchelier who was recognised for his contribution to the area of Community Engagement. Malcolm established a program that introduced vital educational programs and empowers our residents with the knowledge about bushfire preparation. That program has

now become a template which the

Brigade will continue to use in the lead up to our next bushfire season reinforcing the "Prepare, Act and Survive" strategy.

Photo: Malcolm Desmarchelier (L) with Jim Hatfield.





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Community **Open Day Tour** for **HORNSBY HOSPITAL's new STAR BUILDING**

he community was invited to join \$120 million stage one Hornsby State Liberal MP Matt Kean and Ku-ring-gai State Liberal MP Alister Henskens (pictured right) last Thursday to tour the soon to be opened Hornsby Ku-ring-gai Hospital STAR building. The STAR building is the centrepiece of the

redevelopment.

"For years, under Labor, the Hornsby community's pleas for a hospital upgrade fell on deaf ears." Mr Kean said.

"Now residents are seeing the

result of all their years of petitions, rallies and strong advocacy. The five-storey STAR building -Surgical, Theatres Anaesthetic and Recovery, houses:

which represents

Three 28-bed



- Eight new operating theatres (including one dedicated endoscopy procedure room);
- · Sterilising services department;
- · Pathology services;
- Kitchens:
- · New supply and loading dock
- · Health information services department (formerly known as medical records).

The work for Hornsby Ku-ringgai Hospital does not stop there. Recently another \$200 million for a stage 2 purpose built, multi-storey clinical services building.

Stage two will include: a major upgrade to the emergency department, extra inpatient beds and paediatric, imaging and ambulatory care services. Long-time Pink Ladies volunteers, including Win Newton OAM, joined the pollies and hospital staff as they toured the impressive new building, which is progressively being opened for community use from August 2015.

Photo (left): Pink Lady Win Newton OAM (at right of photo) was delighted to hear about stage 1.



On Saturday 18th July Hornsby residents may notice an increase in emergency services vehicles travelling around the Berowra area, as local NSW Rural Fire Service firefighters hone their skills as part of the annual Hornsby/ Ku-ring-gai District exercise. With event locations spread across Berowra and Cowan, the exercise sees firefighting teams conduct simulations that represent real life emergency situation, included motor vehicle accidents, gas fires, bush fires, crew safety drills and navigation.

Superintendant Mark Sugden, Hornsby District Manager said, "Exercises such as these allow members to better develop their skills and knowledge to assist the community in various life and property threatening situations."

With the 2015/2016 bush fire season soon approaching new members are being recruiting across the District. If you would like more information contact Hornsby Kuring-gai Fire Control Centre on 9883 2000.

Photo: Courtesy Adam Streichler.







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Berowra Christian School Girls FIRST IN STATE!

Congratulations to Berowra Christian School students **Jemma Harris** and **Georgia Tapner** for their outstanding results at the recent Christian School Sporting Association Gymnastics Championships held at Homebush.

After many years of hard work at Hornsby RSL Gymnastics, Jemma (Year 5) came 1st on every apparatus and then 1st overall. Georgia (Year 4) came 2nd on floor, 2nd on vault, 3rd on bars, 3rd on beam and 2nd overall.

Well done both girls!



WOW ... What a beautiful portrait!



Ome of us love our pets like they are members of our family. When they pass away, the grief is often as real as if we had lost a family member. By immortalising your much loved pet in an exclusively created pastel portrait by artist,

Josephine, this can be a fitting tribute to their memory.
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petportraitsbyjc.com.au,
Facebook/petportraitsbyjc

Photo: A feline friend ... pastel portrait created by Jo.

Lifeline's famous WAHROONGA BOOK FAIR is on again at Knox Grammar

This year Lifeline has received an amazing number of high quality book donations, so our famous Wahroonga Book Fair will be bigger and better than ever.

Over 80,000 books, DVDs and CDs will be for sale.

All money raised will go towards Lifeline Harbour to Hawkesbury's crisis support and suicide prevention programs including the 24/7 telephone crisis support hotline, and group counselling for people struggling with gambling, hoarding, financial issues, and suicide

bereavement

For more information on Lifeline go to www.lifelineh2h.org.au or 'like' us on Facebook.

What: Lifeline's massive Wahroonga Book Fair Where: Knox Grammar School,

Pacific Hwy, Wahroonga (rail access via Warrawee Station)

Dates: 9th-12th July, 2015

(Thursday and Friday from 9am to 9pm, Saturday and Sunday from 9am to 5pm)

More information: lifelineh2h.org. au, admin@lifelineh2h.org.au or 9498 8805





NOTICE OF AGM HORNSBY AOOB

The 2015 AGM of the AOOB (Australasian Order of Old Bastards) Hornsby -94 will be held at **6pm this Sunday 12 July.**Venue is the Acacia Room at Hornsby RSL Club Ltd, High St Hornsby.

For further info contact Mick Gallagher. Mobile 0418 112 675



BEWARE OF WINTER BURNS ... Warning for Parents

xperts at The Children's Hospital at Westmead are issuing a warning to parents and caregivers to be extra vigilant around hot surfaces this Winter to prevent scald and contact burns in children. In the last year 12 months, 743 children presented to the Hospital with scald or contact burn requiring treatment with statistics from the NSW Agency for Clinical Innovation Statewide Burn Injury Service Data Registry showing that 30% of initial first aid was inadequate. Head of the Burns Unit Dr John

Harvey says these accidents can happen in a second and applying the correct first-aid as soon as possible is vital.

"Burns are some of the most common childhood accidents, particularly in toddlers, and the first aid approach can have a big impact of the progression of burn depth as well as the time a burn will take to heal," Dr Harvey said.

"Toddlers are the group most at risk simply because they are inquisitive and they often have easy access to hot surfaces but the majority of these accidents are preventable.

The most common types of burns are caused from children touching heaters, ovens and irons or spilling hot water, tea, coffee, oil and foods such as noodles, soups and pasta. These injuries can potentially be very serious, especially if not treated correctly. Dr Harvey said the only proven effective first aid for burns is 20 minutes of cold running water, adding that care should be taken to cool the

burn and not the whole child (which can lead to hyperthermia).

"Many adults do not know the correct first-aid procedure for burns. If a burn occurs, the first step in treatment should always be cold running water," said Dr Harvey.

"Alternative measures such as ice, toothpaste and butter should not be used under any circumstances - they are not effective and in some cases, can in fact, cause more damage," he said.

To prevent injury, it is important to:

- · Restrict your child's access to the kitchen, BBQ's and hot ashes/coals while cooking.
- · Place a guard around heaters and fireplaces.
- Use an appropriate oven door guard to reduce the heat to a safer temperature.
- Do not leave irons or hair straighteners unattended or in the reach of children.

If your child is burnt, you should:

- · Remove the child's clothes and jewellery immediately (be careful not to remove clothing that is stuck to the
- Cool the burnt area under running tap water for a minimum of 20 minutes while keeping the child warm.
- · Do not use ice, iced water or any creams or lotions on the burn - these can make it more severe.

Seek medical advice if the burn involves the face or neck, for any burn bigger than 20c piece size or with blisters or if you have any concerns.



CommunityPOS - Helping You Raise Money



Berowra & District Community Bank® Branch of Bendigo Bank has a fantastic new service for community group customers -CommunityPOS.

Aiming to help your community group raise funds, CommunityPOS allows you to borrow an EFTPOS terminal from our Community Bank® branch when you are holding Registration Days, Fetes or Fundraising Events. This means on the day of your event, you will have the ability to take payments via card.

The EFTPOS terminal is borrowed for the time that your event is held. At the end of the event, the branch will calculate the value of your card transactions that were processed and pay them directly into your nominated Bendigo Bank account.

If your community group is interested in CommunityPOS, please contact us on 9456 2265 or visit us at Shop 9/1C Turner Rd, Berowra Heights to discuss the terms and conditions.

> Berowra & District Community Bank Branch Bendigo Bank

Ku-ring-gai Hosts Events for Seniors in July

Ku-ring-gai Council is organising two excursions this month for the over 60s

The events are part of Ku-ring-gai Council's vear-round program of activities for older residents called Seniors in Action.

On Wednesday 15 July there will be an excursion for up to 16 people to Nutcote, the home of one of Australia's most famous children's authors May Gibbs. This delightful home overlooking

Sydney Harbour inspired some of the author's best-loved stories. The excursion departs from Killara at 10.30am returning at 2.30pm and costs \$35 per person, which includes admission fees, coach travel and lunch.

On Tuesday 28 July the Council will host a tour of one of Sydney's most famous entertainment landmarks ... the State Theatre at Market Street. Up to 20 people will be taken on a behind-the-scenes guided tour of the theatre and its beautiful art deco and architectural features. The two-hour tour is on between 1pm and 3pm and costs \$17 per person - please note that no transport is provided to and from the theatre. Bookings for both events are online at kmc.nsw.gov.au/seniors or in person at the Council's customer service centre at 818 Pacific

Read more about Seniors in Action at kmc.nsw.gov.au/seniors

Highway Gordon.







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NORTH TURRAMURRA: Wed 22 July Contact: Erin 1800 225 474

HORNSBY: Thur 23 July Contact: Erin 1800 225 474

WAITARA: Fri 31 July Contact: Erin 1800 225 474 **DURAL:** Tue 28 July Contact: Daniel 1300 760 779







LETTERS TO THE EDITOR

Dear Bush Tele, I was hoping that you could help me with my fundraising efforts. My name is Konnie, and I recently moved to Mount Colah.

I registered for this year's City2Surf run (9 August 2015) and am using this opportunity to raise funds for the **NSW Nature Conservation Trust.** All funding raised will be used to protect habitat for the endangered spotted-tailed quoll. The Nature Conservation Trust works with private landholders helping them to create protected areas on their properties. Private land conservation makes a real difference for our wildlife creating important corridors in the landscape, connecting ecosystems,

enabling them to continue to function and provide the habitat required by our native plants and animals. The spotted-tailed quoll is mainland Australia's largest marsupial carnivore and plays an important role in regulating the populations of its prey.

Spotted-tailed quolls require very large home ranges. This means that protecting habitat for quolls will also protect habitat for many other species!

Over the next 8 weeks, you will see me training on different tracks in the wider Hornsby area, sporting my Quentin Quoll shirt. And while I sweat and huff and puff, please consider donating on my fundraising website: https://city2surf2015.everydayhero.com/au/konnie

Konnie, Mount Colah

FAMILY FUN DAY AT KU-RING-GAI FITNESS AND AQUATIC CENTRE

Free swimming lessons, kindergym demos, a giant pool toy and live music are on offer at the centre on Sunday 12 July between 11am and 3pm to banish the back-toschool-Monday blues! Activities include a giant inflatable pool toy set up in the heated 25 metre pool, free face painting, live music, free swimming lessons, kindergym demonstrations for preschoolers, arts and crafts for kids and a sausage sizzle hosted by the Ku-ring-gai Amateur Swim Club. The Ku-ring-gai Fitness & Aquatic Centre is located in Bicentennial Park West Pymble, just off Ryde



Road, with parking available close by.

Normal admission fees apply for the Family Fun Day and all the activities are free of charge.

For more information visit the Centre's Facebook page – Ku-ring-gai Fitness and Aquatic Centre







LOCAL WEDDING FEATURE

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- and much more...

Wedding Feature will appear in the 30th July Edition of The Bush Telegraph Weekly.

Contact Christine for more info – 0415 381 882 christine@ thebushtele.com.au

YOUR COMMUNITY DIARY DATES

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BEROWRA RSL

ph: 9456 1844 www.clubberowra.com reception@clubberowra.com

Thursday, 9 July

Berowra Garden Club. Berowra Community Health Centre, 123 Berowra Waters Rd. Rear building, front room. Speaker Jan Childs, 'getting started with floral art'. 7:30pm. Shirley 9456 7142.

Berowra Toastmasters 7:30pm, Balcony Room, Berowra Community Centre, The Gully Road. http://berowra.toastmastersclubs. org/ Enq Kate 9488 9900.

Hornsby-Berowra Men's Shed 7 Alicia Rd Mt Kuring-gai 8am-1pm. Eng Paul Woodage 9456 2793.

Aglow International Australia Uniting Church, Southem Auditorium, 24 William St, Hornsby 7pm. \$10, incl supper. Sandra 9987 4468.

Carers Support Group Berowra Community Health Centre, 123 Berowra Waters Rd. 2.30pm. Free. Enq. Marie Brooks 9456 3344.

Westleigh VIEW Club Brickpit Cafe Thomleigh, 10.30am. Trish 9484 2182. Hornsby Woodworking Men's Shed 33a Sefton Rd, Thomleigh. 9am-2pm. Enq Philip 0401 068 666. Friday, 10 July

Friday Fellowship St Pauls Anglican Church, Pierces Cnr, Wahroonga. Church service 10:30am followed by guest speaker prior to luncheon. PROBUS Club of Asquith meets Asquith Golf Club 10.30am-12.30pm. Speaker Ross Fressle on 'Databases'. Doug 9477 3962.

Saturday, 11 July Computer Club Hornsby RSL

meet in Board Room (Lower Foyer), 3-5pm. Annual fee \$5, first meeting free. Enq. Edward 0403 914 940. Hornsby Woodworking Men's Shed. 33a Sefton Rd, Thornleigh.

12-4pm. Philip 0401 068 666. **Monday, 13 July**

NSW Justices Association

Hornsby Branch 7pm at Asquith Rugby League Club. JPs welcome. John Tibbitts 9875 1383.

Dance Workshop Wilma 9489 5594, 0413 673 339.

Free Learn To Meditate Hornsby, Willow Community Centre Leisure & Learning Centre. 7:30pm-9pm Ph: 9476 3323 or 0458 498 550.

Hornsby Art Society

Demonstration by watercolourist Julie Simmons. 7.30pm Beatrice Taylor Hall, 25 Edgeworth David Ave, Hornsby, 9476 8869. Light supper. \$5 members/\$7.50 visitors. www.hornsbyartsociety.com.au

Tuesday, 14 July

Hornsby and Districts Amateur Radio Club informal meeting, Mt Colah Community Centre Piere Cl. Asquith View Club Luncheon meeting, 11am. Speaker Emma

Bedwin, "Scam Awareness", Asquith Golf Club, Lord St. Helen 9457 6118. ToughLove Parent Support 7.20-9.30pm. Red brick house, Thornleigh Community Baptist Church, cnr Duffy Ave & The Esplanade. \$6 for one parent, \$10 for both. 0434 504 369. Hornsby Woodworking Men's Shed 33a Sefton Road, Thornleigh. 9am-2pm. Eng Philip 0401 068 666. Pennant Hills VIEW Club lunch. 11am, Pennant Hills Golf Club. Speaker: Professor Jamie Vandenberg, Victor Chang Cardiac Research Institute. Bookings: Ruth 9629 2713. Wednesday, 15 July

Hornsby & District Lantern Club meeting, Leisure & Learning Centre, Warne St, Pennant Hills at 10am. Beverley 9987 4964.

Helping Hands Craft Group 9.30am-2.30pm, Asquith Leisure

Centre, Lords Ave. \$5 incl morning tea, BYO lunch. Carolyne 9456 5316. **Berowra Over 55 Club** Berowra

Berowra Over 55 Club Berowra Community Centre, Gully Rd. Cheryl Hughes 9456 2139.

Hornsby Shire Family History Group Hornsby Library 2-4pm. Topic: Demolishing 'brickwalls' in research. www.hornsbysfhg.wordpress.com Soroptimist International Dinner meeting, Pennant Hills Bowling Club, 52 Yarrara Rd, 6pm. Speaker: Anna Davis on The Uplift Project, and Days for Girls. Teela 9456 5374.

Thursday, 16 July
Mt Colah Group of the
Embroiderers' Guild of NSW. St.
John's Church Hall, 4 Royston Pde,
Asquith, 10am-1pm. 9987 4438.
Hornsby-Berowra Men's Shed 7
Alicia Rd Mt Kuring-gai 8am-1pm.



Dinner Specials

(member pricing)

Monday Rump Steak \$12.5f
& a schooner of house beer or glass of house wine
Tuesday Chicken Schnitzel \$1!

Wednesday Pasta Night \$8

Thursday

Friday KIDS EAT FREE

& FREE Jumping Castle
Saturday Seafood Platter
Sunday Roast \$40

HORNSBY KU-RING-GAI



THE GRANGE VILLAGE WEDNESDAY 22ND JULY 2015

The Grange has run the Hornsby Ku-ring-gai fetes for over 30 years. It is now a major attraction with wonderful prizes donated by many local businesses.

This is a great morning for the general community is encouraged to visit stalls, have a cuppa, enjoy a sausage sizzle, "grab" a bargain and help raise funds for Hospital Kuring-gai Hospital at the same time.

10:30am to 2pm at The Grange Village Phone 9487-3666. (No sales prior to 10:30am). Cash sales only. The Grange is located at 2 McAuley Place, Waitara (across the road from Waitara Station at the lights) or the red bus stops outside

The Grange.

All proceeds go to Hornsby Hospital.

BEROWRA ROTARY NEWS

"Be a Gift to the World", the Rotary International Theme for the 2015/16 (the Rotary new year) was promoted at the Annual Changeover Dinner (delicious meal) at Berowra RSL Club.

Cheques were presented to Adam Grove, representing Berowra Rural Fire Service Brigade and Bob Corbett (soon to retire) controller of Hornsby SES, with sincere thanks to the excellent help with the Rotary A&C Exhibition over several years.



Special guest, the new 9685 District Governor Ms. **Gina Growden**, complimented Berowra Rotary for the wide range of projects and community involvement undertaken during this past year.

These included the 35th Art & Craft Exhibition, two Plant sales, Caring for Kids (St Johns First Aid Course for new parents, grandparents and carers), Daffodil Day, Bowelcare program, ANZAC Day participation, Science & Engineering Challenge for year 9/10 students, PCYC Time4Kids Activity, TVET Hospitality Award at Ryde TAFE, Presentations of Annual Citizenship Awards at the seven Public Schools between Brooklyn and Asquith, Rotary Youth Leadership Award (three promising young people were sponsored) and the hosting of Rotary Youth Exchange Student lida-Lotta Mattila from Finland for the whole year – a wonderful achievement for a small Club! Past President Trevor Bailey thanked the outgoing Board of Directors before relinquishing the President's Collar and inducting Tom Borg as the new Berowra Rotary President for

2015 /16. His aim is to continue most Service Projects, and consider new initiatives and increase Membership through Fellowship.

TOTAN Repaired

Photo: Past president Trevor Bailey and president Tom Borg

DOGGIE RESCUE PET OF THE WEEKMeet... Pepper!

Pepper is a happy friendly 2 year old girl. A Kelpie cross Border Collie, she has lots of energy so is looking for walking twice daily and would love a jog. She has a short coat and weighs 19.5kg. Her adoption cost is \$400. For further details call DoggieRescue on 9486 3133 or email Monika@



Mid-Winter Wonder at Allegro

Allegro Function Centre will be having its first Mid-Winter bridal open day on Sunday 19 July 11am-2pm.

(Just in case you didn't know; Allegro is a stunning Mediterranean style villa overlooking O'Hara's Creek in the Hills District)

"We'll be serving a magnificent tasting menu on the day. We'll also have wedding cake specialists, wedding photographers, interesting table decorations and wedding transport options," said Allegro owner Glenn Torta.

"Couples will be able to experience the delicious menu **Executive Chef David Camwell** has put together," Mr Torta said.

The atmosphere at Allegro

Huge exposed beams and vaulted ceilings, the elevated dance floor, the open fireplace and the full size grand

piano all add to the inviting atmosphere of Allegro. French doors opening onto the balcony offer guests panoramic views over O'Hara's Creek.

Allegro – It's an elegant venue in an absolutely gorgeous setting. A place where exquisite food, impeccable service and 50 years of hospitality come together to make your wedding day a cherished memory.

The bridal open day is on Sunday 19 July from 11am-2pm and it's totally free. Register now to attend: just ring Glenn on 9654 1443, or to register online go to www.allegrofunctioncentre. com.au



BUSH TELE ABROAD

USA

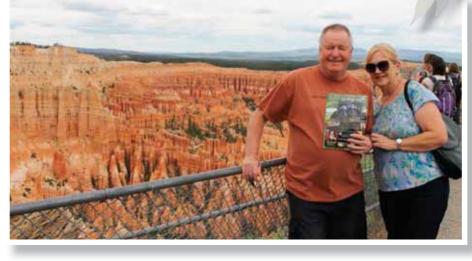
This photo of Lyn and Les Howe of Berowra Heights (pictured right) was taken at Bryce Canyon, which is in Utah and about 300 miles from the Grand Canyon's south rim in Arizona in the good ol' U.S. of A.

"We took a tour through the canyon territories of Arizona, Utah and Nevada, which included the Grand Canyon, Monument Valley (the scene of many old western movies), Bryce Canyon and Zion National Park. We also spent a few days in Las Vegas taking in the sights and having a flutter."

Do YOU have a Bush Tele Abroad photo for us?

Email to: editor@thebushtele.com.au





IRAN

Suren (right) and Sophia (left) Shahnazi (pictured left), residents of Arthurs Circle in Mt Colah, were photographed with their Bush Tele on 26th April in Tehran Iran on 'Nature' bridge during a visit.



SWITZERLAND

Geraldine Collins (pictured left)

"Recently you have printed so many photos from Bush Tele readers who are travelling far and wide around the world, so I hope you can find room for another one. I have just arrived home from six weeks in Europe, which included a day trip on the cog-rail train that runs 6km up inside the Jungfrau mountain in Switzerland, to the 'Top of Europe'. It was a fantastic experience, with wonderful views from the top, in brilliant sunshine."

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PRICELESS ## **PEARLS**

By Ralph Estherby

The moment I stepped into my office I knew that I was going to have to prioritise or something important was going to be missed.

I had a great holiday but now I was back and the reality immediately set in... hundreds of emails, lots of unopened mail, messages to return, meetings to attend, people I needed to catch up with and questions I needed to answer. But you can't do everything at once and so I had to start with those ones that 'should' be done today and then from this shorter list I had to limit it further to the ones that 'had' to be done. Surprisingly, this list was only three items long and one of them was renewing my driving licence. This is a task which comes around every five years and whilst it is not difficult, there is a form which has to be filled in and requirements which have to be met. These requirements include having a current unrestricted licence (ie: you haven't lost too many points), no outstanding parking fines, no illnesses or medical conditions which would impair your driving, the passing of an eye test and the payment of the appropriate fee. If I fulfill all of these requirements then I will walk out allowed to drive until 2020...

Imagine if you needed a licence for everything you do in your life... what would the requirements be? If you needed a 'licence to cook' - how bad could you be before you would lose it? If you had to have a 'licence to sing' would you pass or would you be forced into hanging around illegal karaoke clubs? What about a 'licence to breed' a test to ascertain your fitness for being a parent? How about a 'licence to teen' or a 'licence to update your status' what requirements or limits would you wish for? I'm glad I don't have to renew a hundred licences each year but some aspects of my life deserve to be scrutinized even though it isn't mandatory: the way I treat others; the impact I'm leaving on the world; the honesty and openness I display; and the way I respond to the One who made me and called me to His purpose. "He has shown you what is good, And what does the LORD require of you... but to do justly, to love mercy, and to walk humbly with your God?" Micah 6:8 So, would I pass that test? Do you have a comment or a question? ralph.estherby

'Breakthrough Church', meets at 9.30am Sundays at the Performing Arts Centre (Old Bowling Club). Edgeworth David Ave Hornsby, 9477 7222.

Welcome to the

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At AHC Waitara we offer Acupuncture, Massage Therapy, Psychology, Electrolysis, Naturopathy, Nutrition. This week we feature our Massage Therapist, Amy Tyler. Amy is a highly trained massage therapist and has worked in the Hornsby region for the last decade. She specialises in Oncology Massage but her training also includes Remedial, Sports and Pregnancy Massage and

Lymphatic Drainage and she is a

teacher of Oncology Massage. She aims to make a positive difference to the lives of people seeking massage treatment.

To make your appointment contact Amy on 0435 033 777. To find your therapist's contact details go to AHCWaitara.com.au

Photo: Left to right - Wai-Leng Boh, Grace Hamilton, Isabelle Dickson, Amy Tyler, Kirsty Story, Thassanee Wongklad, Beatrijs Dewulf (absent).

ABOUT ... Health Wellbeing & Community Expo

@gmail.com

Sunday July 12, 2015 @ Hornsby RSL

Health Wellbeing & Community Expo is a community event promoting health, wellbeing & community in whatever form that peaceful modality is considered to be

In your quest for a fulfilled life, come and meet people who are passionate about their way of life and helping others.

Some of the practices can include:

- Yoga
- Meditation
- Tai Chi
- Fitness
- Nutrition
- Healing Travel
- Buddhism
- Dance
- Talented Psychics

Also on show will be a great range of quality products, particularly hand-



crafted locally-made jewellery, art, soaps, candles, crystals, super food and more to assist you to a fuller life. Prominent speaker - Barry Nicolaou will be on Stage at 12 noon giving a Free 45 minute address on: "The 11 Master Secrets to Business Success and Personal Fulfilment" seminar. It takes on subjects of doubt, Murphy's Law, negativity as it relates to people, life and business and finding your place of inspiration to conquer and defeat fear-based thinking.

Also well known performer - Seda Star - will be performing on stage and sighing her book I Am the Dance. Admission is Free with a request \$5 donation on the day for this community Event.

For more information times etc. visit

www.hwcexpo.com.au www.facebook.com/ spiritualawarenessexpo







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KNIT IN AT HORNSBY LIBRARY

Local knitting enthusiasts will get their needles and yarn out at Hornsby Library for a good old fashioned Knit In for a good cause.

The library will host the event on Friday 17 July 9am-12.30pm, with people of all ages and experience levels invited to join in to knit, crochet and sew.

Hornsby Library donates the knitted wraps and squares created on the day to the not-for-profit organisation Wrap With Love, who then distribute them to people all around the world who are in need. Since the first Annual Knit In in 2008, the library has collected 3928 wraps and 12,500 squares. If you can't make it to the Knit In but want to donate wraps or squares, you can do so by dropping them off at any Hornsby Shire library.



For more information, please visit hornsby.nsw.gov.au/knit-in

Photo: Knit In at Hornsby Library has become an annual event.

ASQUITH VIEW CLUB

ASQUITH VIEW CLUB Will be meeting for their monthly Luncheon on Wednesday, 15th July 11.00 for 11.30am at Asquith Golf Club, Lord St. Mount Colah. The speaker will be Emma Bedwin on "Scam Awareness". New members and visitors most welcome.

For further details please phone Helen on 9457 6118.

'MEDIEVAL WIDOWS' Talk at Hornsby Library



Local author, Isolde Martyn, writes historical novels and has won major awards in America and Australia. Isolde is presenting a talk on Saturday 18 July on 'Medieval Widows: footloose or fettered' and also about her recent book, The Golden Widows.

The Talk is for the Plantagenet Historical Society and will be held at 2pm in the Meeting Room of

Hornsby Library. Visitors welcome.

PROBUS CLUB OF BEROWRA INC.

MEMBERSHIP NOW OPEN

The Probus Club of Berowra is now open to the Men & Women of Berowra & District.

Are you recently retired, looking for something to help you adjust? Looking to meet other retirees, looking to meet new friends and enjoy social outings, and listen to a range of guest speakers. Probus may be what you need. We are non-political, nonreligious, non-fund raising group, interested only in the social well being of the mature members of our local community. Probus also offers competitive travel insurance up to 100 years of age. (Check the policy for details). We meet 1st Thursday in the month (10am to 12 noon) in the hall adjacent to the Uniting Church in Alan Rd.

Contact the President on 9456 8888 or the Secretary on 9456 0288.

COME TO RIDGY PLAY GROUP!



Bring your Rhodesian Ridgeback to the inaugural Ridgie Playgroup at **4pm Sunday July 12, 2015** (last Sunday of School Hols) at Berowra Heights Dog Park (the Crossroads). *Please spread the word to other*

Please spread the word to other Ridgy owners that may not come to the dog park.



CLUB NEWS

Senior Futsal is about start

We are running competitions for seniors on a Monday starting 20th July and Thursday night starting 20th August all levels and abilities welcome. Junior Futsal will also be starting in September with several age groups starting from U/10's

Futsal is a variant of Football and is played on a smaller field and mainly played indoors. It can be considered a version of five-a-side football. It was developed in Brazil and Uruguay in the 1930s and 1940s.

In Brazil futsal is played by more people than football but does not attract as many spectators as the outdoor sport. Several futsal players have moved on to careers as successful professional football players.

For more information please contact Michael 9477 2310 or hornsby@pcycnsw.org.au



This column is proudly sponsored by helloworld, Hornsby - please ring 9476 5544 for all you travel needs

CARERS' SUPPORT GROUP TALK

If you care for a relative or friend join us to access information and support Topic: "Falls Prevention and Stepping On" presented by Margaret Armstrong and Nadia Williams.

Facilitator: Barbara Lewis, Manager Carer Support Service, Northem Sydney Local Health District.

The Talk is at 2.30pm on Thursday 9 July 2015 at the Berowra

Community Health Centre 123

Berowra Waters Rd, Berowra Hts. There is no cost and afternoon tea will be provided.

RSVP: Therese Pearce 9456 3344
Next Meeting Date: Thursday 13
August 2015

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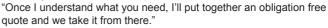
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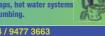


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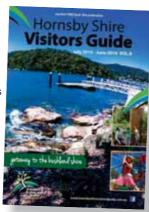
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Hornsby Police NEWS

The following relate to local issues in the Kuring gai Local Area Command.

Drink driving charges in Mt Kuring-gai and Hornsby

Two Holden Commodores were seen travelling along the Pacific Highway, Mt Kuring gai and appeared to be travelling above the speed limit and in convoy. Police

followed one Commodore into Beaumont Road and stopped the driver. As this occurred the second Commodore also travelled into Beaumont Road and passed the police car. While police were speaking to the first driver the second Commodore returned and was stopped by police and the driver was spoken to. Both drivers were given roadside breath tests with both drivers allegedly positive for alcohol. Further tests gave a result of .099 for a 22 year old male and .147 for a 24 year old male. Both were charged and had their respective licences suspended by police. They will attend court at a later date.

A second incident involved a Holden with a 52 year old male driver. About 1.05am Sunday 28th June the Holden was stopped near Hornsby Police station on Peats Ferry Road. The driver was given a roadside breath test which was allegedly positive for alcohol. A further test gave a result of .145. The driver had his licence suspended by police and he was charged. He will appear at Hornsby Court at a later date. Male urinating on public bus.

About 4am Sunday 28th June a bus driver has stopped at the Hornsby police station asking for help as it was alleged that a male passenger aged 21 was travelling on the bus and asked the driver to stop so he could go to the toilet. The driver advised he could not stop at that time and told the passenger he would have to wait. The male then went to the rear of the bus and is alleged to have urinated on the floor. The bus contained about 6 other passengers at the time. It was soon after the driver stopped and asked police to remove the male. The male was removed from the bus received a ticket for the offence. The bus continued on its journey.

Steal from motor vehicle incident in Hornsby

Between Thursday night and Friday morning, a Toyota, presumably unlocked, was parked on the street in Pretoria Parade, Hornsby. At some point a person entered the car but it appears nothing was taken. Also a Dominos Pizza delivery car was parked on the Pacific Highway, Pymble between 10.40pm and 11pm on Saturday 27th June. Someone took the opportunity to steal the Dominos sign attached to the car.

Stolen motor vehicle incident

A Mazda 6 was parked on Pretoria Parade, Hornsby, between late Thursday 25th and early Friday 26th the car was stolen while parked on

Burnt out car in Thornleigh

About 11.15pm Friday 26th June in McDonalds car park Thornleigh Police and fire brigade units were called to a car on fire. At the scene a Holden Statesman was seen well alight. Fire brigade units put the fire out. CCTV was viewed which showed the car arrived about 10.30pm then about 11.15pm a male figure is seen to throw something onto the bonnet of the car, the car has then erupted into flames with people running from the area. It is not known if the car was stolen or not. Inquiries are continuing with the owner, who lives in St Clair. Police are appealing to witnesses who may have information relating to the above incident to contact Hornsby police on 9476 9799, or phone Crime Stoppers on 1800 333 000 to report any information relating to the matter anonymously.

FOUND ... Bike in Berowra

About 10.30am ON Friday 26th June a ladies' push bike was found at the Berowra Community Centre in The Gully Road. The bike was taken to Hornsby police station for safe keeping. It is hoped the owner can be found and the bike returned. For obvious reasons details like brand and colour are not published, but the owner should know if it's missing.

Senior Constable Paul Cleary, Crime Prevention Officer, Hornsby Police Station.



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