



FREE

Galston, Glenorie & Hills Rural COMMUNITY NEWS

April
2020

The Original Community Magazine since 1971.

STAYING SAFE AND SUPPORTING EACH OTHER

We saw in the 2002 fires and more recently through other disasters, this community always pulls together to help one another. This time we have to support one another, whilst being socially isolated, which is an interesting challenge for us all. So what can we do? Here are some suggestions:

- 1) Buy a takeaway dinner at least once a week if you can afford it, more if you like. This will help the owners of the local cafes and restaurants pay their rent and feed their families.
- 2) Buy more from our local bakeries, butchers and fruit shops and independent supermarkets. You will probably find more choice and they restock more often.
- 3) Don't forget our Pharmacies, they carry a great range of soaps, beauty products, gifts, as well as your normal pharmacological products.

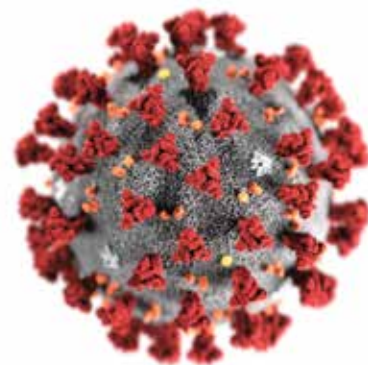
- 4) Check up on your neighbours. If you don't know them, write a note and pop it in their mailbox to introduce yourself, leave your phone number, let them know you are there if they need anything. Don't expect a response. Sometimes it's just comforting to know someone cares. This is particularly important if they are older and live alone.

Whilst we are all spending more time at home, it's a great time to write up that list of things that need done around the house. Our electricians, plumbers, builders and tradesmen are still open for business. Whilst they might be busy with existing contracts, book your needs with them now so they know they have future work in the pipeline. This is also a great time to get out in the garden. Why not start

a veggie garden. If you can't buy seedlings locally, there are lots of online seed banks which can be ordered by post.

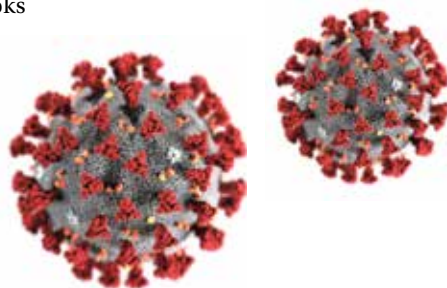
There are a few COVID19 opportunities to take advantage of:

- 1) Audible are providing free childrens audio books,
- 2) Zoom is offering free video conferencing.
- 3) Whist Dural and Galston Libraries are closed, Hornsby and Castle Hill Libraries are offering online borrowing via their apps. They have lots of e-magazines and e-books for all age groups.
- 4) If you want to maintain your fitness or get fit at home, Chris Hemsworth's fitness app is free for 6 weeks.



Check out our Government benefits list on page.... These support payments will go some way in keeping our businesses and families afloat in the months ahead.

By the time you read this the rules may have changed, as we are in a very fluid environment.




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In these difficult times we want to offer a relief for locals and hope to lighten up their day with our specialty coffee and meals made with love.

We are planning some exciting initiatives and collaborations that will get the community buzzing and hopefully keep the communities spirits up.

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ANZAC DAY DAWN SERVICE

**Message from RSL NSW State
Acting President:**

Following further discussions with the NSW Government, RSL NSW has made the decision to cancel all public ANZAC Day commemoration services across the State. The risk to vulnerable people during the current health situation is simply too high for these events to continue in their traditional format.

Given the significant concerns around the spread of COVID-19, it would be irresponsible to allow such large gatherings as we see each year on ANZAC Day to go ahead. This is not a decision we have taken lightly. The RSL has a responsibility to act in the best interests of veterans and the general public. In these uncertain times we must follow the advice of medical experts and do everything we can to protect the community.

ANZAC Day as a marker of our respect and admiration for ANZACs past and present will still be observed. Exactly what form this will take will be different from previous

years, but as custodians of commemoration, the RSL will still honour the service and sacrifice of our brave servicemen and women. In these challenging times, we will remember them.

**Ray James
Acting President**

The President of the Glenorie RSL Sub-Branch Andy Pellizzer, expresses his regrets over the decision that has been made but understands the rationale behind the decision. This is a very trying time for our community, and all of Australia.

The Glenorie RSL Sub-Branch will run a brief service at the Glenorie Cenotaph commencing at 6:00am consisting of formal protocols and wreath laying only. This will last approximately 5 – 10 minutes only. Members of the community who wish to lay a wreath can attend at this time, or at any time during the day.

Unfortunately, services held at Galston will also be impacted and cancelled.

LETTER TO THE EDITOR

By Katy Joscelyne

In this time of unprecedented concern and anxiety about the potential spread and severity of Coronavirus, congratulations are due to our Glenorie Woolworths store.

I know that many of the staff have worked long hours into the night getting shelves replenished, and I am also aware that some customers have been loud, rude, and even abusive in their single-minded attempts to stockpile and look after their own needs at the expense of others.

To the Manager, Matthew, to the Departmental heads working with him, and to every other member of the team at the checkouts and behind the scenes, you deserve our thanks and a huge vote of appreciation. The product supplies might have been interrupted, but your smiles keep coming.



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GLENORIE PROGRESS ASSOCIATION

The GPA continues to operate as usual although at the time of writing face to face meetings will be suspended until further notice. The GPA will probably conduct it's meetings over video conference. Meeting links will be issued to members via email. If you would like to be involved please email secretary@glenorieprogress.org.au.

During the next month we will continue to post on Facebook and the GPA website www.glenorieprogress.org

COVID - 19

You've been inundated with media on this matter and the GPA does not wish to burden you further. We would only like to advise that we all try and support the families and businesses in our communities as best you can and safely.

Here's how we see our exciting, innovative and creative local businesses keeping us supplied with their great food...

Chicken Fish Takeaway

Has a great selection and will deliver around this area...call Simone on 02 9652 0233 Open

6am to 8:30pm 7 days and of course you can still come to the shop for takeaway. Menu available on <https://www.facebook.com/940glenorie/>

Geranium Cottage

A great selection of home-made meals at very reasonable prices, frozen so you can cook at your convenience. Call Jim on 02 9652 0475 meals may be available at IGA Dural and look out for Geranium Cottage brochure in your letterbox.

Glenorie Bakery

Continues to provide a wonderful array of bakery goodies and is open for takeaway business as usual. You can phone ahead 02 9652 2624 or just turn up. Open 6am - Mon to Fri to 6pm and weekends to 5pm. Rob has a special selection of food to be delivered... Click on the Bakery facebook page, www.glenoriebakery.com.au and watch Rob's video... go to www.glenoriebakeryclickandcollect.com.au to order online.

Village Thai Cuisine

02 9652 2788 Call to see if takeaway menu is available as usual.

Glenorie Pizza... need we say more

<https://glenoriepizzeria.com.au/>

Woolworths

Woolworths guarantees to be able to keep up supply of all foods needed to supply us all through these trying times.

General Business

The Ray Whiteman Heritage Fence planning continues. The GPA welcomed Karl van Middeldyk of Aussie Stonemasons to the latest meeting where Karl presented the option of carving the main pillars of the fence in stone and with a local and heritage theme. The concept would be that various businesses and individuals would be able to sponsor the posts. More information will be provided as planning progresses.

Car sharing could be coming to Hornsby Shire. Councillor Warren Waddell circulated GoGet's proposal for the HSC.

The issue of horse riding on roads was raised. Commuters need to be aware that horses are



entitled to be ridden on local roads. As people work from home and social distancing is enforced, cycling and horse riding are a great way of getting out and about without putting yourself at risk (of contact). Therefore drivers need to be conscious that there may be increased activity on our roads.

Membership

New members continue to sign up to the GPA. We are growing. You can have your input on these matters by becoming a member and attending the GPA meetings. Next meeting Thursday 9th April, 7pm online (meeting link and dial in details will be circulated).

You can find out more or join or renew at www.glenorieprogress.org

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COVID-19 SOLE TRADER UPDATE

Under temporary changes to social security rules, sole traders are being encouraged to keep their business operating and should their earnings take a significant downturn, to access income support.

The measures announced to assist sole traders are as follows:

- The ATO will credit any PAYGI Instalments paid as a result of the September 2019 and December 2019 Quarterly BAS and potentially refund these amounts.
- Centrelink Benefits:
 - If your income has reduced by 20% then you are eligible for Jobseeker Payments (\$550 per fortnight) and the new supplement of \$550 per fortnight.
 - If eligible for Job Seeker access to additional payments 2 x \$750 (April/July)
 - Not applicable if accessing employee entitlements or income protection insurance.
 - Asset testing has been waived.
 - Income testing remains the same.
 - Applies to employees if they have been stood down.
 - Waiting periods have been reduced.
- How to Claim Centrelink Benefits:
 - Users with myGov accounts now able to lodge intent to claim without a pre-existing CRN or having Centrelink accounts already linked to their myGov account.
 - All claims will be back paid to Monday, if that is when they were stood down.
 - Separation Certificates are no longer required.
 - Jobseekers will be required to sign a declaration

that they are stood down or experiencing loss of income.

- Access to Early Release Superannuation - \$10k before 30 June 2020 and \$10k after 1st July 2020
- Instant Asset write off up to \$150k per asset - only until 30 June 2020
- Working Capital Unsecured loans up to \$250k which are subject to reduced bank assessment requirements.

COVID-19 - Small Business Update

The Australian Government is supporting business to manage cashflow due to the COVID-19 crisis. The measures announced to assist small business are as follows:

Boosting Cash Flow for Employers

Boosting Cash Flow for Employers provides up to \$50,000 back to small and medium business who employ staff. The payment is calculated on the PAYG lodged by the business during the March and June quarters. It will be delivered by the ATO as a credit once the March and June BAS's have been lodged. In addition to this payment, businesses will receive a further payment of \$20,000 - \$100,000 based on the March and June quarters.

Enhancing the instant asset write-off

The instant asset write-off threshold is increasing from \$30,000 to \$150,000 for new or second-hand assets first used, or installed ready to use from 12th March 2020 until 30 June 2020. For purchases made prior to this date the \$30,000 limit applies.

Backing business incentive

To support short-term business investment and economic growth, for assets purchased from 12th March 2020 until the 30th June 2021 you will be able to take advantage of accelerated depreciation. A deduction of 50% of the cost of

an eligible asset on installation will apply, with existing depreciation rules applying to the balance of the cost of the asset.

Supporting apprentices and trainees

For businesses that employ less than 20 full-time employees and retain apprentices or trainees, you can apply for a wage subsidy of 50% of the apprentices wage for the 9 months from 1st January 2020 until the 30th September 2020 up to \$21,000 per apprentice.

Unsecured Loans of \$250k

Government in a 50/50 co-operation with the banks to provide new unsecured loans up to \$250k to be used as working capital.

Government are guaranteeing repayment of 50% of the loan.

- 3 year loans
- Maximum amount of \$250k
- Unsecured loan ie no assets required to support - it is a cashflow loan
- Still subject to the banks (or other lenders) credit assessment processes.
- Government prefers it be a drawdown facility ie used if needed
- Must be applied for by 30 September, 2020

Action Plan (Small Business + Sole Traders)

Extract from article by Kate Carnell (Australian Small

Business and Family Enterprise Ombudsman)

1. Perform a Cashflow Budget
2. Talk to suppliers (Their intentions and their supply line)
3. Talk to your lenders about finance repayments - seek deferrals
4. Talk to your Landlord and discuss rental commitments
5. Discuss with the ATO any deferral of lodgements required or additional payment plans
6. Speak with your staff - can you keep them on and how to operate
7. Consider doing business differently

The information is changing rapidly as the government tries to assist the many Australian's that have been affected by COVID-19. It is important to remember if you are sole trader, any payments/ credit will only be made by the ATO once all BAS's have been lodged. If you need help with getting your bookwork up to date and lodging any outstanding BAS's, please call or email.

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DURAL FISHING CLUB GREAT CATCH

Giuseppe Militello of Glenorie had two tales to tell after his recent fishing trip 50k off Terrigal. It took him 20 minutes each to land the two huge Kingfish. Seafood will be on the menu at the Militello household for weeks to come!

Giuseppe is a member of the Dural Country Club Fishing Club Inc. Various activities are enjoyed by members of the Club during the year including monthly offshore charter, estuary and open fishing as well as organised fishing short stay holidays and social BBQs. Meetings will resume at the Dural Country Club at 7:30pm on the fourth Tuesday of the month, when the club reopens. Visitors are always welcome to the Meetings and a warm greeting extended to the new members of the Fishing Club.

Enquiries please phone George Truelove on 0418 401 410 or Bruce O'Toole on 0428 970 439.

Giuseppe Militello with his 2 Kingfish.



GLENORIE MEDICAL CENTRE WHY GET IMMUNISED AGAINST INFLUENZA?


Influenza is a very contagious infection of the airways and is especially serious for babies, people over 65 years of age and pregnant women.

The best way to protect yourself and minimise the risk of getting the flu as we get closer to the colder months is having a Vaccination. It is a safe and effective way to protect you from serious disease caused by influenza.

By getting vaccinated against influenza, you can also help protect other people, especially people who are too sick or too young to be vaccinated. The more people who are vaccinated in your community, the less likely the disease will spread.

Get your Flu Vaccination today- Contact Glenorie Medical Centre 8824 8234. All Appointments Bulk Billed.






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NEWS FROM THE FRIENDS OF FAGAN PARK



Tour group from TOFS Inc

We farewelled our only lady member recently. Jean enjoyed looking after the Netherby gardens and doubled in the office occasionally. She has relocated to New Zealand where she will be close to family. We wish her well, and she will be sorely missed.

We have been looking forward to our next Open Day on ANZAC Day, **Saturday 25th April**. However, we may be forced to abandon the event in the face of the Covid-19 pandemic. As soon

as the decision is made we will post it on our website (www.friendsoffaganpark.weebly.com) and on Facebook.

Our very active small engine man has restored to working order another engine, a 2HP hit-and-miss Rosebery. The engine was donated to us by Bob Middleton, who was well known in the district, and the donor of a number of artefacts to our collection. These engines were made in Australia (at Rosebery, Sydney – where

else!) from the 1920's right up to post war, and were common in old cement mixers and in many other applications, and were sold under many names – Buzacott, Champion, Britstand, to name a few. You will have to come to an Open Day to see and hear it running, and to get an explanation of what is meant by “hit-and-miss”.

We recently hosted a tour of the museums by a group known as TOFS – you should look up what that means! They clearly

enjoyed the visit and posed for the attached photo.

Last month I reported good progress on the International truck with the arrival of the wheels. However, preparation for painting and staining these is proving painstaking in the extreme, and it will be a while before they are finished. We are very conscious of the big investment they represent and want to ensure the end result is of a high standard. In the meantime, work proceeds on assembly of the chassis with steering components now in place, and on the engine, which is also being reassembled.

The Fagan Park museums and Netherby Homestead are open every Tuesday, our volunteering day, and we open the museums on the second Sunday each month during the afternoon. All visitors are welcome.

Contact me at the park on a Tuesday or phone anytime if you would like to join us.

Ian Browning,
Honorary Curator,
0419 435 475.

ANZAC Day Open Day at Fagan Park has been cancelled.

PETER SMITH AT WAKEFIELD PARK

By David Smith



Peter Smith

Peter Smith of Middle Dural decided to swap two wheel racing for a 4 wheel racing event on the **23-24 February** at the Formula Vee 55th Anniversary Race Meeting at Wakefield Park, Goulburn.

His father's Formula Vee Mako No.88 had been in storage in a garage for the past 17 years, it meant that a lot of work had to be done to bring this old girl back to shape. With the help of family and good friend Daniel from Kleinig Motors the process began and life was restored to her.

Now ready, the car hit the track at Wakefield Park on **Friday 22nd February** for practice. With old tyres on, Peter had trouble keeping the car in a straight line, but after a few adjustments and with the help of another driver who generously offered him a set of tyres, Peter

hit the track again dropping his times by 20 seconds per lap over the weekend.

On the Saturday, keen, excited and in race mode Peter turned up to the track and drove not only competitively but smart. Sunday he improved and went on to win the Regulatory Challenge defeating 25 other drivers senior to him.

With the weekend coming to an end, Peter was presented his trophy by Glenhaven resident Frank Kleinig, the original builder of the Mako Formula Vee and the first competitor in Australia to win a Formula Vee race 55 years ago in his own designed Mako.

Peter would like to thank all involved in helping him prepare the car and achieve a great result and a fantastic weekend of racing.



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DOORAL LEARNING CENTRE

Harmony Day is such a special day to everyone at Dooral Learning Centre, not just because we get to dress up but because it celebrates all of our favourite things; culture, inclusion and love. Adults have a lot to learn from children when it comes to inclusion, as biases and opinions for children haven't formed yet. As a result, each child is accepting and inclusive towards everyone, just as we all should be.

At Dooral, we strive to encourage children to have a strong sense of belonging both to their Dooral Family and in their broader contexts. To celebrate Harmony Day, we invited our families to watch a special parade where our children dressed up in a

variety of cultural costumes. Across our centre we have families from New Zealand, England, China, Korea, India, Hungary and Papua New Guinea, to name a few. For our children who didn't have anything to wear, we asked them to wear orange to represent communication and meaningful conversations, the official colour of Harmony Day.

The clothes paraded were gorgeous, and the children instantly knew how precious these items were. Our educators immersed themselves in the experience with Miss Angela wearing a traditional 'Lap-lap' from Papua New Guinea along with beautiful traditional tribal markings from the Nabva Paka tribe of Port Morsby.

Miss Pia wore a beautiful pink Korean kimono, and several of our educators wore Chinese 'Quipoao'. Miss Gurbir wore a traditional Punjabi dress otherwise known as a 'Salwal Kameej'. Miss Ysanne looked lovely in her very Australian cork hat. As you can imagine the children all loved the fact that their teachers were involved in such a happy day as well.

Many of children sported the colour orange while some came to school in their 'Aussie beach attire', thongs, sunnies, cozzies and a bucket hat! Don Bradman even made an appearance. Our toddlers also looked stunning in the children's 'Quipoao' and Kung Fu Suits.

Our Director Miss Silvia was eager to encourage the children to explore a traditional Chinese Lion Mask by wearing and dancing with it.

Every day at Dooral Learning Centre, there harmony is everywhere. Regardless of race, gender, age, and how long we have known each other, the relationships that have formed within our centre are so strong. We are so lucky to come to school alongside one another each day and have classrooms filled with laughter, diversity and inclusivity. At Dooral we endorse harmony. Our children are encouraged to lead their educational programs and also lead the way for how we should all interact easily and care towards one another.





from the Mayor's Desk

When crisis strikes our society it applies pressure that inevitably pushes people in one of two directions, revealing both the best and worst of humanity. We are seeing that polarisation again with the COVID-19 virus but it is reassuring to see the good people still vastly outnumber the bad. You may not be hearing about them in the media, because it doesn't fit the narrative of growing panic that surrounds us, but there are many good people offering support to those in need. Volunteers disinfecting schools; businesses paying casuals despite the growing economic pain; neighbours doing the groceries for those in isolation; young people hunting down the ever-elusive toilet paper for the elderly and disabled who can't join the hunt... the list goes on. I thank everybody who is facing the crisis in this way – calmly, quietly and with the compassion that gives our community its greatest strength.

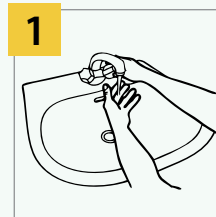
As this pandemic continues to rapidly evolve, I encourage you to follow the advice of government authorities including NSW Health and the Department of Health. Council is also keeping the community updated on our website and Facebook page.

Philip Ruddock
Mayor
Hornsby Shire Council

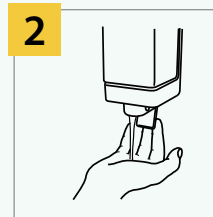
How to wash hands



A hand wash should take around 30 seconds.



Wet hands with running water (preferably warm, for comfort).



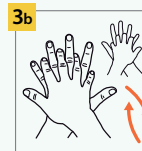
Apply soap to hands.



Lather soap and rub hands for at least 15 seconds, including:



palm to palm,



back of hands,



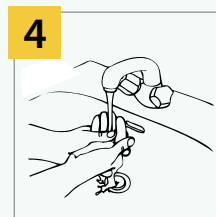
in between fingers and back of fingers,



around thumbs and



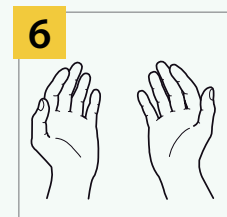
tips of fingers.



Rinse hands with water.



Dry hands thoroughly.



Your hands are clean.

Advice + Resources



We are following government advice regarding non-essential public gatherings and social distancing measures. At all times, we are acting on current advice and direction from NSW Health and the federal government.

health.nsw.gov.au

Information Line



As always, we encourage members of the community to follow the precautions recommended by NSW Health such as good hygiene practices and to seek professional medical advice if you have any flu-like symptoms.

Call the Coronavirus Health Information Line on **1800 020 080**

Keep Up To Date



Any changes to Council's services and programs will be updated on Hornsby Council's Facebook Page and on our website.

facebook.com/HornsbyCouncil
hornsby.nsw.gov.au

COVID19 ASSISTANCE

Bendigo Bank have announced a range of support measures to assist Small Business customers to manage their financial circumstances in light of the COVID-19 situation. There are three individual support packages which we have outlined below:

- Bendigo Financial Assistance Package
- Small Business Relief Package
- Small Business Stimulus

For customers who request access, both the Financial Assistance and Small Business Relief packages provide the option for a deferment of principal and interest repayments on both Consumer (Home) and Small Business loans for up to six-months. We are working to develop a simple process for customers to access this support. If you have any questions, please call our branch on 9653 2227

**Correct
as at
25th March
2020**

TELSTRA ISSUES

Many facebook users may have seen the posts from Sonja Cameron from Arcadia, Galston Residents Association (AGRA) regarding the appalling state of our phone and internet services. So far Sonja has in excess of 100 homes who are either without a phone or internet services. Given the current COVID19 recommendations with home schooling and working from home, this situation is just unacceptable.

Sonja has been in contact with Julian Leaser MP's office and they have worked hard to get a dedicated Telstra Case Manager to review the whole area. Whilst we can't report findings as this point, we understand some houses are now having their services restored. We also understand some NBN connections will be bought forward.

If you haven't recorded your address with Sonja and are still experiencing problems with your landline or internet, please email her your details on arcadiagalstonra@gmail.com

BOOKS

Amazon today canceled the subscription of books and audio stories for children and students of all ages as long as schools are closed, kids everywhere can instantly stream an incredible collection of stories, including titles across six different languages, that will help them continue dreaming, learning, and just being kids.

All stories are free to stream on your desktop, laptop, phone or tablet using the following link <https://stories.audible.com/start-listen>.

Good news ...

TO ADVERTISE IN OUR NEXT MAY EDITION

Bookings and artwork deadline April 20

Deliveries commences from April 30

MAHARAJA'S HAVELI DURAL NOW MORE THAN EVER, WE NEED YOUR SUPPORT!



Have you wondered driving past 1237 Old Northern Rd in Middle Dural, What is that building?

Many of you know once upon a time it was Mother India. It still is Indian! Maharaja's HAVELI Dural with finger licking yummy Curries Naans and Snacks.

In light of the current situation Maharajas's HAVELI is offering a Drive-Thru pickup option as well as our normal Home-Delivery service, ensuring the safety and distancing of customers and staff alike.

Our new opening hours during this crisis are Dinner (Tue-Sun 4-9pm) only.

You can place orders by calling 9651-6555. Our take-away menu is on our website www.maharajahavelidural.com.au.

We will get through this Together!

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www.hdfe.com.au

SYDNEY HILLS GYMNASTICS LEAPS INTO COMPETITIVE SEASON ON A HIGH



Sydney Hills Gymnastics achieved excellent results at Acrobatic Gymnastics & Men's Artistic Gymnastics Senior Trials 1 held this weekend 15th and 16th February at Sydney Gymnastics and Aquatic Centre. The MAG squad impressed the judges with Tom Zurcher coming 1st overall in the Level 7 Under 13 division, Lucas Engesser coming 1st overall in the Level 7 Open division and Daniel Chalabov 1st overall in the Level 8, Under 14 division. Club's graceful acrobats wowed the judges and the crowd with the club's Level 7 Women's Trio Celine Hernandez, Demi Varcoe and Marcie Parkinson coming 1st overall with their entertaining and challenging routine.

"This is a fantastic start to the season for our athletes. Our athletes and coaches have been working hard and their efforts are paying off. A huge

thank you to all the athletes, coaches, parents, volunteers and supporters as well as judges on the day Sasha Kazhamiakin, Alexey Korovin and Rajesh Malik. We look forward to an exciting season ahead," said Vassili Trofimov, Head Coach and Director of Sydney Hills Gymnastics.

The teams are back in training preparing for the rest of the 2020 competitive season.

Sydney Hills Gymnastics has been serving the Hills community since 2012. With two venues one in Castle Hill and the other in Bella Vista, their motto is "Keep Fit, Make Friends, Have Fun." They encourage innovation and artistic expression in a fun and nurturing environment for both kids and adults. Offering recreational and



competitive gymnastics, they offer classes for kids from 2 months to 18 years of age.

Sydney Hills Gymnastics (02) 9659 9010
Venue 1: 3/4 Gladstone Road, Castle Hill
Venue 2: 1/1 Meridian Place, Bella Vista
info@sydneyhillsgymnastics.com.au
www.sydneyhillsgymnastics.com.au

DURAL ART STUDIO MESSAGE

From Maree and Team

We would like to update our customers that the studio is open and classes as advised here.

Below we have outline some ideas for the moment for our regular customers and students, considering the statements made by authorities .

FOR SHOP SALES, WE ARE OPEN this week 9.30-5 , Sat 10-2 but keep an eye for changes on our website. www.duralartstudio.com Good News .. we have plenty of parking!! We have very small numbers in our shop at any time and enough space for distancing.

If you need supplies and are unsure of personally shopping please feel free to call the studio 96513546 we can do your shopping, pay over the phone and pick up at the door.

FOR CLASSES: Our groups are only small, call us to find out more info.

KREATIVE KIDS & HIGH SCHOOL after school and Saturdays and school holidays-current update, I am sorry to disappoint you but I have decided to stop these classes for now, please contact the studio for any questions.

ADULTS who regularly attend class.

Thankyou for your support and keeping in touch.

This week is your choice, please let me know if you will be coming in this week, there will be no new students. Classes will end this week for the term and I will advise you of the starting date for term 2 after the Easter and school holiday break.

We have space to spread out but please if you are unsure or feeling unwell or in contact with someone who is of compromised health leave it for now, we hope we will be returning for classes after



the Easter and school holiday break , then again who knows? I will keep you in touch.

I will be at the studio this week 9.30-5. Saturday 10 -2.

Please email or call the studio 96513546 to speak to myself, Brigid or Steve. If you wish

to confirm opening times, I also have my website, www.duralartstudio.com.au google business page and facebook Dural art Studio where I will keep the shop hours updated or contact me direct via email maree@duralartstudio.com.au.

CARLILE SWIMMING CHERRYBROOK

We would like to inform you that, regrettably, Carlile Swimming will be temporarily closed.

As swim teachers and parents, the safety and wellbeing of our swimming family is at the forefront of everything we do. With this in mind, we have taken into consideration the information and guidelines from the Federal and State Governments, the Department of Health and the Federal and State Education Departments. This has led us to the difficult decision to close our pools and suspend our swim programs until further notice.

We will continue to review this decision on a weekly basis, taking our advice from

the Federal and State Governments and the relevant Health authorities.

Please visit the news page on our website or facebook page for more information.

<https://www.carlile.com.au/news/>

<https://www.facebook.com/carlileswimming/>

We hope to reopen again soon and continue to provide industry leading swim programs and experienced, passionate teachers, to help bring out the best swimmers in each child.

**Carlile Swimming
Cherrybrook
T: 02 9980 7822
F: 02 9980 7833
33 Shepherds Drive
NSW 2126**





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TAI CHI

The Kenthurst Tai Chi group celebrated the 103rd Birthday of one of its senior members - Beryl Winsor from Dural.

Beryl has been a member of the Tai Chi group for many years. We all celebrated with coffee and cake at the Hidden Jem at Kenthurst on Wednesday 11th March.

Congratulations to Beryl.

For information on Tai Chi phone 9654 1666 or 9654 1594



SALVOS By Katy Joscelyne

At the time of going to press, our Salvos Family stores in Dural and Glenorie will be opening, as usual. Please check our Facebook page regularly for updates on any changes due to the coronavirus concern.

Every week, several hundred books are donated to us. We have a dedicated team that checks these books; we aim to rehome those which are clean and which have a wholesome content.

Authors who may appeal to men include Jeffery Archer,

Jack Higgins, Ken Follett, Clive Cussler and Robert Ludlam. Our women readers often search out Marion Keyes, Fiona MacIntosh, Caroline Overington, Kathy Lette, Janet Evanovich, Sandra Brown and Judy Nunn. Books by these authors are regularly donated to us and will be shelved alphabetically.

To encourage children to read more, you can often buy up to 5 books for \$1.

Evergreen authors include Enid Blyton, Dr Seuss, Andy

Griffiths, Ronald Dahl, Mem Fox and Beatrix Potter.

We have many different categories to make your search easier, and the aisles are labelled with the different sections that they contain. You can hone in on Biographies, Gardening, DIY, School and Uni texts, Pregnancy, Toddlers and Teenagers, Self Development, Special Diets, Cooking, Health, Pets and Nature, and Music. There is a large, free-standing Christian bookshelf with an

extensive range of enlightening and uplifting books.

When donating books to us, please flick through each volume first to check for photos and other memorabilia. We often find articles that can be treasured memories to the original owner but have no way of getting them back to you.

With Easter only days away, both stores will be closed from Good Friday on 10th April to Easter Monday on the 13th inclusive.



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THERE'S AN APP FOR THAT... FUNBRIDGE



I have just recently taken up Bridge. Much more complicated than I thought it would be but also lots of fun. Being a golfer, it seemed the next natural progression. For the last seven weeks, I have been very diligent in going to my lessons. I am sure there are readers of this article who are bridge players who would have made their way to Turrumurra Bowling club for lessons.

Being a person who loves technology, it was only natural for me to locate an App that would help me learn how to play this quite complicated game. (remember I am new at this). The App I have found and have been using is one called Funbridge. It allows you to "Play bridge

wherever and whenever you like!" It is available on both iPhone and Android and also on computers.

For those of you who already play Bridge this App helps you sharpen your skills at both declarer's play and defence before jumping in to play duplicate bridge against live opponents.

I have found the instructions offered very useful. I have also had lots of fun challenging friends. I regularly play against "Argine" who is the Funbridge computer. I can safely say I am usually beaten. At the righting of this article, Funbridge had 171,918 regular players and had over one million deals played the day before. This just proves how many people are keen Bridge players.

If you start playing regularly, you will be required to take out a subscription which if you love the game I don't think you will find onerous.

A lot of bridge clubs are closing for a month while we deal with Covid - 19. This could be the time to look at Funbridge!

There are over 2 million Apps available. These are just a few that I have found throughout the years of helping people with their Apple devices and computers.

If you are struggling to understand your Apple device, please give me a call, and we can discuss One on One sessions. Debbie on Mob: 0418296217 or email: info@debbiedoesit.com.au



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Scones Jam and Cream
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BIVIANO'S 20TH ANNIVERSARY LAUNCH SPEECH

Thank you all for coming along as we celebrated the launch of our 20th anniversary years of Biviano's Dural. We like to begin with a special thanks to Cllr Dr Michelle Byrne, The Hills Mayor and Hon David Elliott MP along with Mr Jason Joyce, Superintendent Hills LAC and Mr Michael Edgar, General Manager Hills Shire Council. Apologies to Hon Ray Williams & Dr Jim Taggart OAM and Hon Alex Hawke MP.

The last 20 years have been a whirlwind and Biviano's has been a part of so many lives and integral part of the community. It has been an inspirational adventure as we have watched The Hills District grow and evolve into an area fundamental to the success and growth of New South Wales.

In 1996, Mr Gino Belmonte opened Belmontes Café behind Maccas in Dural, where you'd rent a video and pick up a pizza before the days of Netflix and Uber eats. 1999, Raj started working with Mr Belmonte and

learnt the art of pizza making from Belmonte himself. A bit over qualified for this position, Raj had come to Australia with a master's in Business. Then, Silvio Biviano took over with Raj at his side and in January 2000, renamed it Biviano's. In 2005, Raj took over from Silvio, and the overqualified pizza chef was able to show that it's not what's on the outside that counts. It was a rollercoaster ride from then, and we're happy to say that the ride has never stopped.

In 2013 Biviano's moved to the new current building & location 628 Old Northern Road which was previously the Butterfly Café, known to the community for many years. Our dream came to light, and this is what we see today. We have been in this location now almost seven years and still growing.

A huge thank you to The Hills Council for always supporting us along the way.

For those of you a bit more on the factual side, some numbers

for you. Over the last 20 years, we have worked with over 500 staff and watched them grow and develop into passionate individuals. Over 600,000 pizzas have been made, and their style is true to the lessons which Mr Belmonte first taught Raj. We have had the privilege of seating and serving over 1,000,000 guests and have handed out over 100,000 takeaway orders for people to enjoy at home. Over the last 20 years, we have hosted more than 800 special events. We have enjoyed watching as life's treasured moments unfold, such as when a young girl, holding onto her dad's finger walk together into their favourite restaurant, Biviano's, then 20 years on walk on another man's arm with an engagement ring on her finger. We are honoured to be a part of all the memories which are being created each time a guest walks through our doors. Onto our 20th anniversary year and what a year we have in store for you. So what better way to celebrate 20 years in 2020 than

by hosting 20 events. We have a fantastic line-up for you ranging from degustation wine dinners to the Melbourne Cup Cocktail party and are throwing things into a flurry with a midnight in Paris themed NYE. To compliment a year of events, we have a few, well, a lot of ongoing promotions to get you excited. Complimentary Canapes Monday to Thursday for dinner. Complimentary Sparkling wine for lunch Monday to Friday.

We have some amazing extra special PLP exclusive benefits and a 'pretty in pink' High Tea. We have wine tasting tables on Wednesday for a few of the months and what would a 20th anniversary celebration in August be without an amazing Hills Annual Charity Gala. With the support of our community, we have raised more than \$250,000 over the past six years at The Hills Annual Charity Gala Ball by Bivianos. This year, we are having an extra special 20th Anniversary Celebration Gala Ball on the same night.





CWA NEWS



Happy Easter from CWA Galston. We'd like to wish everyone in our wonderful community a safe and happy Easter long weekend.

Thank you to everyone who joined us for afternoon tea during our March meeting. It was wonderful to see so many new faces despite the rain, and we hope to see you all again. Our next meeting will be advised through our Facebook page.

Look out for the CWA Galston's

Mothers Day craft and cake stall on the **2nd of May**. We will be outside Bendigo Bank in Galston from 9am selling all things handmade and homemade. Come and support your local not-for-profit and bag a few goodies for mum while you're at it.

For more details about our meetings or fundraising please contact Jann 0439 222 217 or Val 02 9653 1774. www.facebook.com/CWAGalston | galston.cwa@gmail.com

GLENORIE PIZZERIA

Glenorie Pizzeria is open we are however operating as 'contactless' as possible.

Please order ahead online at www.glenoriepizzeria.com.au or phone (02) 9652 1753.

We ask that customers please check our Facebook page for updates.

- We are offering NO CONTACT deliveries - we will deliver to a safe place then call you to advise your order has been delivered.
- We are providing NO CONTACT order pick up's - we will call out your order when it is ready to prevent gathering in and around the shop.
- We ask that ALL payments for pick up and delivery is made over the phone.
- Order online for quick payment

The situation seems to be changing each day and we don't know how our business will be impacted but trust that we are making every effort to ensure Glenorie Pizzeria, our team, and our customers are protected as much as possible.

We ask for your continued patience and support!



\$10 Lunch Specials

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ARCADIAN QUILTERS GROUP

What better place to finish off those patchwork projects than in your own home!!

Yes, we Arcadian Quilters are stitching away at home as our venue the Galston Community Health Centre, Cnr Arcadia Road and The Glade, Galston has elected to close their facility until further notice.

So, if you had planned to drop in to say "hello" or were

seeking further details about our group please contact Carole 9894 7749.

Meanwhile we are continuing on with our Charity Quilts and our own projects as you can see!!

Keep a little colour in your life ... and plan to join us later in the year, you are always very welcome - and that phone number again is 9894 7749.



ROYAL COMMISSION SUSPENDS ALL PUBLIC EVENTS

The Royal Commission into Violence, Abuse, Neglect and Exploitation of People with Disability has suspended public hearings, due to concerns about the spread of COVID-19 coronavirus.

The Chair Ronald Sackville AO QC said after careful consideration, the Commission has postponed the following hearings:

- Education scheduled for next week in Brisbane, Queensland,
- Justice scheduled for April in Brisbane, Queensland
- First Nations People with disability scheduled for May in Alice Springs, Northern Territory.

'The Commission has suspended all other public events until further notice.

'We had already decided to postpone community forums that were to be held in Tasmania this week.

'Face to face private sessions have also been suspended for the time being.

'The Commission's over-riding responsibility is to protect, as far as possible, the health and safety of people with disability, members of staff (who include people with disability) and the community at large.

'The Commission has decided that these measures are necessary in view of the risks to health, especially to people with disability who are often particularly vulnerable to infections,' said the Chair.

The Royal Commission has been contacting all those directly affected, such as witnesses and people who have registered for community forums, to inform them of the decision.

The Commission is considering the implications of this situation for its timetable.

'There is a great deal of important work that can and will continue despite the postponement of some of the Royal Commission's activities. For example, Issues Papers will still be published and preparations for future hearings will progress.

'People can continue to tell the Royal Commission about their experiences of violence, abuse, neglect and exploitation. They can do this in any way they choose, by phone, in writing or by making an audio or video recording.

'We will continue to provide regular updates on our website, our newsletter and on our social media channels,' said the Chair.

0436841166
DRCmedia@royalcommission.gov.au

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Online Appointments





54KM ROAD RIDE THE SACKVILLE LOOP A RIVER RUNS THROUGH IT...

By Susanna Mills

This month's road ride is a 54km loop, with the Hawkesbury River meandering through the centre. Starting in the historic town of Windsor, we cross the controversial bridge over the Hawkesbury River. We pick up the pace along Wilberforce Road, which is floodplain flat and bordered by grass farm quilts hemmed by the beautiful Blue Mountains to the west. Although this road is always busy, we are able to enjoy the manicured scenery by seeking refuge on the generous road shoulder, only really having to merge into the traffic lane once, at the bridge, just before entering Wilberforce Village. At the traffic lights we turn right onto King Road and face our first slog up through the last remnants of suburbia until we finally leave it all behind, enjoying a lovely fast roller coaster (mostly downhill) passing Ebenezer and Tractor Cafe in quick succession, until we encounter the Sackville Ferry. (14km)

The river isn't very wide here, so it is not long before we are setting up our drive trains for easy gears, disembarking with a wave and a nod to the ferrymen, to cycle up a 10km climb away from the river valley. If you pace yourself well, the Sackville Road

hill climb can actually be the best part of this ride! The road ascends gently but persistently up a verdant riverine ridgeline at first, transitioning to drier bushland on both sides of the road as you ascend. Bushland becomes acreage and soon we are regrouping with the faster climbers at the intersection of Wisemans Ferry and Sackville Roads. (25km)

It is along this lovely, silky smooth ribbon of road (Sackville Road to River Oaks Estate entrance) that you can seriously mix it up if you are bunch riding, averaging 35-40km/h if you have the legs to maintain speed. Unleash the adrenaline junkies off the front as the road twists and turns sharply down past the golf course, and regroup at Halcrows Road after the swampy S-bends of Little Cattai Creek. (36km) Enjoy cycling along more excellent, undulating road with immaculate shoulders, crossing Cattai Creek bridge, past Longneck Lagoon and the acreage outskirts of Pittown until the dovetail intersection of Cattai Road with Old Pittown Road on the left. (just before the final straight along Eldon Street into the village: 42km).

Although Old Pittown Road is a narrow, sometimes poorly maintained road, it is quiet and



Riders ready for the climb on Sackville Ferry



Bunch riders on Sackville Ferry (Credit: Michael Brown, Team Jet Black)



Return to Windsor along the wide, quiet streets of McGrath's Hill. (Credit: Michael Brown, Team Jet Black)

you can enjoy chatting to your fellow riders or just appreciate your surroundings. Old Pittown Road does ascend up to the centre of Scheyville National Park however, but you will be crossing Scheyville Road before you know it and enjoying more untouched National Parks bushland following the ridgeline along Old Pittown Road. Turn right off the ridge and head down Saunders Road, taking the first left into Oakville Road. (48km) Ride straight past Oakville Public School to the traffic circle, continuing along Oakville Road, then ride up the little rise on Wolseley Road past Arndell Anglican College on the left. Continue straight through the dip to Havelock Street on the left. (51km) I like to ride back via the wide, leafy suburban streets of McGrath's Hill, crossing the very busy A2 via pedestrian traffic lights opposite Mulgrave Road intersection. Ride the last kilometer in peace along the A2 bike path back into Windsor central and have a well-earned coffee at any of the many cafes along George Street!

FACTBOX

Traffic: Consistent construction truck traffic will be encountered on Wisemans Ferry Road. Ride in a bunch if you can, for better visibility and personal safety. If riding solo, Sunday is always the best day to ride here because the trucks don't run on Sundays. Start early, as there is always weekend tourist traffic from 10am onwards to share the road with if you miss that 05H00 alarm!

Other attractions:

Hawkesbury Regional Art Gallery & Café. Make a morning of it and time your ride to view world class visual art by Australian artists: <https://www.hawkesbury.nsw.gov.au> Open from 10am. Closed Tuesdays & public holidays.

Ebenezer Church is the oldest church in Australia-ministering to the community since 1809. Enjoy a reflective visit to the heritage graveyard and small sandstone church. Then sample the parish volunteer's legendary Devonshire teas with the best scones ever in the church gardens overlooking the river.

THE SECRET LIFE OF POWERFUL OWLS

By Georgia Cameron

(Left to right) Dr Beth Mott (BirdLife Australia), Cr Waddell, Cr Browne, Deb Fleet (Sydney Wildlife), Michael Bianchino, Mayor Ruddock, Cr Heyde, Georgia Cameron



Byles Creek Valley environmentalists Michael Bianchino and Georgia Cameron revealed the Secret Life of Powerful Owls to a captive audience including Mayor Ruddock and three Councillors at Hornsby Library on **Saturday 7 March**.

The fully-booked interactive event included original music, photos and videos designed to entertain and educate participants on Australia's largest owl, Ninox strenua, which resides in parliaments across the Bushland Shire.

Despite its impressive wingspan of up to 140cm and daily diet of a Ringtail Possum or Flying Fox, this nocturnal

apex predator is a threatened species with a vulnerable conservation status in NSW. A highlight of the presentation was a remarkable rescue, rehabilitation and release story of prematurely fledged Powerful Owllet 'Bethany' with special guests Dr Beth Mott of BirdLife Australia's Powerful Owl Project and Deb Fleet a local Sydney Wildlife volunteer carer.

Photographer and musician Mr Bianchino said it was a real hoot to see Mayor Ruddock and Councillors Browne, Heyde and Waddell attend the talk.

"But sadly recent mapping by BirdLife Australia estimated that a third of Powerful Owl habitat has been lost in the recent

bushfires," Mr Bianchino said.

Author of the 'Mikey the Powerful Owllet' books Ms Cameron said we've also suffered an unprecedented loss of Powerful Owls locally this summer – an adult male through roadkill and three juvenile Owllets, one as a result of electrocution on power lines. "We urge Council to support the local Powerful Owl Project and Sydney Wildlife through a small grant to enable community education and encourage more citizen scientists to get involved," Ms Cameron said.

"Even a symbolic gesture such as adopting the Powerful Owl as the faunal emblem of Hornsby Shire could go a long way to

recognising the significant role this majestic raptor plays in our local environment," she said.

Councillor Heyde said it's incredibly exciting that these huge owls make Hornsby Shire their home – they bring joy and wonder into our lives.

"Council should do everything it can to protect them," Cr Heyde said.

The event raised another \$155 through gold coin donations for Sydney Wildlife, bringing the duo's fundraising total for wildlife charities including BirdLife Australia, Currumbin Wildlife Hospital Foundation and Higher Ground Raptors to over \$6,000 with the support of the local community.

If you'd like to see 'The Secret Life of Powerful Owls' presentation at your community group or school, contact Michael and Georgia at woohoo@mikeythepowerfulowllet.com



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BUDGERIGAR SOCIETY OF NSW INC.

Hills Branch – Ray Galbraith

With the cancellation of the 2020 Royal Easter Show, due to the direction from the Prime Minister and COAG, that gatherings exceeding 500 people should be cancelled; this is the first time the Royal Easter Show has been cancelled because of a public health emergency since the Spanish Flu pandemic in 1919. The Show has been running for 198 years, celebrating rural and regional Australia and agriculture.

Cage Birds have been included as part of the Show for a great number of those years.

The recent Hill Branch Show, Grand Champion Award, went to Mr Barry Wise of Cessnock,

with the Reserve Grand Champion being awarded to Hills Branch member. Adrian Corner. Visitors and the general public mingled with Hills Branch members and other exhibitors, seeking information about the birds and of becoming a member of the branch.

Hills Branch was well represented at the New South Wales Show, held at Seven Hills, resulting in many of the awards being collected by members, namely:

Kathy and Ian Manton:
Best Team
Best Collection

Adrian Corner:
Champion
Intermediate
Opposite Sex

Champion Young Bird
Best Lacewing
Best Grey Green

Ray Galbraith:
Best Blackeye
Best Albino

Hills Branch meets on the **4th Friday** of each month, except December at the North Rocks Community Centre, North Rocks Road, North Rocks at 8pm, visitors are welcome.

Care to be part of a hobby that can be enjoyed by an individual, partnership or family; then contact should be made with Ray Galbraith by telephoning 9653-1538 or e-mail boxer73@bigpond.net.au



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– Catrina & David, Halls Road Arcadia



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It's with great sadness that we announce we are having to close up for a little while. Following the Prime Minister's announcement on the 22nd March, we will be closed from midday 23rd March. This will be reviewed as advice is received from authorities. Australian resilience is what sets us apart from the rest of the world. Whilst you won't be able to catch up at the RSL, ensure you keep in contact with friends and family over video chat and messages, practicing safe social distancing. This is a pandemic to take seriously. Ask your loved ones if they are okay and hang in there, we are all in the same boat and we need to stick together. Take this time to spend with your families, finish off that home DIY you've been putting off, or even take the time to plan your next big event. We will be releasing a brand-new function and wedding booklet and website over the coming weeks, keep your eyes peeled for an affordable but stylish option for your event.

We are planning new and exciting events and makeovers to bring the community an even nicer venue to celebrate at when this is all over.

Rest assured the local watering hole will be back with a BANG!

See you again soon, Glenorie RSL Management



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HILLS HAWKS SOCIAL O35'S SOCCER COMP.

By Neil Turrell



Hills Hawks FC, the proud local football club playing out of Hayes Park, has been running with a new initiative over the past two years and founded a men's over 35 social soccer competition. The six-a-side comp plays at Hayes Park on a Saturday afternoon following junior soccer. It is mostly made up of locals from the Galston, Dural, Arcadia and Glenorie district.

The competition rides on the long-term success of the Women's social comp, which plays next door at the same time on a Saturday afternoon, and has been going for more than ten years. The comp is open to all, regardless of skill and

fitness levels, and has seen the footballing debuts of quite a few players who had never kicked a ball before. The first round in April 2018 was noteworthy for the number of players who were wearing boots stored in the garage for fifteen years, and people who had clearly not run since high school falling over the deceptively flat ground of Hayes Park. Of particular note was the first ever throw-in by the long-time groundskeeper for the Hills Hawks, who threw in the ball as well as himself, and ended up nose-first in the mud much to everyone's amusement.

While the standard of soccer is reasonably high for a bunch

of middle-aged blokes, the social aspect of the afternoons is what draws people back to the game. After a solid hit-out against friends and acquaintances, the entire crew generally get together and have a beer or two, as well as a sausage sandwich if the BBQ is fired up. As most players have children or teenagers playing in the local comp anyway, many stick around to watch the dads battle it out on the field, and there is always a crowd of wives, partners, family members and general well-wishers on the sideline – who in all honesty seem to be more interested in chatting, sharing

cheese platters and drinking champagne than they do in watching overweight blokes run around after a football.

The club is proud of the early success of the O35s men's social competition, and is looking to expand from four to six teams in 2020. If you are a local who is looking for something fun to do on a Saturday afternoon; an ex-player whose knees can't handle 90 minutes any more; or just interested in getting a bit of fitness, meeting new people and having a laugh – get in touch with the club, or sign up today at: <https://www.hillshawksfc.com/>



The over 50s ladies team Sparkle won the 6 a-side competition last year

THE CARNIVAL IS OVER... AND WHAT A RESOUNDING SUCCESS IT WAS!

Dural Women's Bowling Club held their pre-Pennant Carnival on **Friday, 21st February** with 28 teams from 9 different Clubs playing two games of 13 ends, with the overall winners being Northmead. All bowlers present enjoyed a day of fun and friendly rivalry with morning tea, a raffle, 100's board and lunch served by Fedele's in

the beautifully decorated auditorium thanks to Angie and a great team of helpers.

Congratulations to Leone Lesslie on becoming our Major Singles Champion for 2020 defeating Margaret Yeend, the worthy runner-up playing in her first Major Singles Championship Final. Margaret is one of the mainstays of the Club, always working tirelessly 'behind the scenes'.



Winning
Northmead
Team



Margaret with
President Robyn



Leone

HOME AND LIFESTYLE

BUILDING WORKS AROUND HOME IN NEAR FUTURE

By Neil Turrell

As we all know, it is crazy times at the moment with the Coronavirus. To minimise the risk of infection, as much as possible, everyone is advised to stay at home.

So in saying that, I think this month I should talk about what can be done around the home as it seems we are all going to be there more than we usually would.

Winter is not far away, and I am sure that our homes will get more use than usual this winter. Why not start splitting and stockpiling firewood ready for these colder months. Also, give the main unit box a clean.

I would highly recommend that you get an independent flue cleaner to come and clean your flue. Flues are dangerous when not cleaned each season as resins build up in the roof flue.

Now is also a good time, while your deck areas are not being frequently used, to give them a clean and re-oil. This preparation will help protect them from the harsh winter elements. If you take the time during winter to give your decks the attention they deserve, then they will be in great condition once spring arrives.

Now is an excellent time to sit for 5 minutes with a cuppa and make a list of all the little jobs and

maintenance projects you haven't had time to do. Once your list is made, you can purchase your hardware items so that you have everything at hand.

Other suggested home maintenance you can do in the coming weeks are, tend to your gardens and trim hedges. Weeding will keep you actively occupied as the weather we have had lately has caused massive growth and sprouting of weeds. Clean gutters and ensure that your downpipes are not blocked. Easily overlooked by a lot of residents is the cleaning of your air conditioning filters.

Another great and rewarding activity is to spring clean (albeit early) and declutter your home.

As we are all going to be more housebound than usual, these suggestions may offer rewards for our labour and the comforts of a clean and tidy space.

Keeping busy will be beneficial to your home, your mind and your health.

Take care and stay well

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UPBEATS

Upbeats is about recognising the good news stories which are happening in our community.

Let's all take a deep breathe to focus on our values and priorities.
Positivity is a movement in the right direction toward peace
harmony and recovery.

Wise Words

And the people stayed home. And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still. And listened more deeply. Some meditated, some prayed, some danced. Some met their shadows. And the people began to think differently.

And the people healed. And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal.

And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed.

Kitty O'Meara



Love Life

In this time of recalibration here are some suggestions to keep busy, your mind and spirit uplifted and your body healthy.

Keep Active

We are so fortunate to have access to public parks, bush trails and quiet streets. So take a walk, ride a bike and enjoy nature while keeping active. Appreciate the open space and play ball games with your children. A set of tennis with friends can meet all the rules of social distancing. Fly a kite, if you don't have one research on how to make one. Double points with this idea as you get to create, then use.

All those 'one day I'll get around to it' chores or desires can happen now. Not only will you feel a great sense of reward, but you also will have made a difference in your day.

Practice

Return to buried passions.

Pull out the pencils or paints and create your art. Keep practising.

Dust off your musical instruments and make music or at least noise until your practice results in music.

Calligraphy

Embroidery

Knitting

Purpose

Sort out all your photos. A really emotion journey filled with laughter and reflection.

Work in the Garden.

Start a veggie patch.

Make the windows gleam.

Air and wash the bedding.

Sort out your wardrobe and donate the unwanted.

Make sewing repairs.

Entertainment

The internet will give you hours and hours of potential activities; sing with karaoke, learn dance moves, play puzzles

If you need a different kind of entertainment other than reading or TV, listen to audio books or podcasts.

Start an online course

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Children will find their own amusements given 3-4 days of boredom...it's magic if you can just trust the process. To get you over the hump you can try these ideas, depending on they ages.

- make videos
- put on a concert
- play dress ups
- learn card tricks
- make board games
- write stories and illustrate
- make a nature display
- make a cubby house
- have a tea party
- climb a tree

For Health

- Make (and consume) bone broth which is fortified with garlic, ginger, chilli, turmeric and loads of herbs.
- Cook meals from scratch using fresh ingredients.
- Drink plenty of water (apparently not cold water or ice cubes)
- Drink plenty of warm drinks.
- Keep active
- Go to bed before 10pm
- Have an afternoon nap just because you can

Health for your mind

Give your day structure and if you happen to break the routine enjoy that spontaneity.

Give yourself time to be inspired, you will be surprised how ideas will flood in once you give your mind the space (and get a little bit bored).

Meditate

Write a journal

Do an online course

Looking on the brighter side I have asked community members to share with me what they see as positives during their enforced introspection.

No more ironing husbands shirts

Having the time to teaching the children how to cook

Long held promises are being kept like cleaning out the garage

Sitting with the children and playing games

Deep conversations

Connecting with old friends via messages or video calls

Creating a vegetable garden and being mindful of the food we eat

Having thought and care for others

Spending valuable time with the family



Being Neighbourly especially if you know the neighbour is elderly or living solo.

Be kind and thoughtful in ways that you know they may need help

If you are going to the shops buy a treat for them or ask what they may need

Drop off homemade soup (obviously made with that bone broth you made earlier..haha)

Pick and present a bunch of flowers

Offer a book which you have enjoyed or a current Magazine

Share a crossword, make a copy ,complete as much as you can then compare answers to solve

Have a chat

If you have home grown produce, share

Be Kind when out in the world

- smile
- offer a compliment
- be courteous and considerate
- make eye contact with others
- ask questions
- dance in the aisle of the supermarket
- skip...if you can..haha!

Friendly Service

By Christine Stockman

We rarely go to Castle Towers lately, as it's too cosmopolitan and people generally are so fast moving. Yesterday, however, my Mum, who is 90 years young, and I went there to buy a few things, including shoes from "The Athletes Foot", her favourite shop for shoes. On entering, we saw two young men were present to serve customers. The taller one, who appeared the senior, came to attend to us. He was SO NICE, SO FRIENDLY. He mentioned his Grandma having the shoes we liked. Though those shoes were not available in Mum's size, he brought an array of others, especially "Rockport" for Mum to try. SO KINDLY was he, we asked his name. He replied "Charlie", to which Mum replied "Pardon" and I said "Charlie, Mum, like "Charlie and the Chocolate Factory". He responded ' That's right, that's my name.' We chatted more about the shoes, then he inquired what we were doing next. We replied that we were going to buy a baby gift for Scarlett, a great-grandchild. He liked the name and wished us all the best in getting the right gift. While paying for the shoes we had chosen, I asked his age. He is 19 years old. The Seniors discount given was a delightful surprise too and we left feeling wonderfully cared for and with "Oh So Comfortable" new shoes on Mum.

Even in Castle Towers, that BIG shopping centre there's still young shop workers who serve with friendliness, smiles and have time for the Elderly.



HILLS HARMONY CHORUS A BUSY FIRST 2 MONTHS

By David Farley

Some of our guys singing at
the NSW Seniors Festival &
Expo – Darling Harbour



Men singing in Harmony is a fantastic sound! The range of voices from high to the very low is a dynamic sound and makes for beautiful music.

Based in the Hills District, Hills Harmony Chorus is a men's choir which sings in 4 part acapella close Harmony. We love our music, we love performing, and we have a great time together.

During first three months of 2020, Hills Harmony has been very active. We recommenced for our 2020 year on **16th January** and immediately started preparations for our open night held on Thursday 6th February. We had a tremendous response with 15 enthusiastic men coming along to have a look at what the Chorus does and the fun we have. Many of our visitors, having enjoyed their first evening with us, have decided to return and join the Chorus.

On **13th February** we sang for the New South Wales Senior's festival Expo at Darling Harbour International Convention Centre. This was a huge event spread over two days to which some 30,000 people attend each year. For each of our three sets during both days of the event, we entertained large, enthusiastic audiences who clapped and sang along to our up-tempo numbers. It was wonderful to see such pleasure on the faces of so many people. We also had the pleasure of singing to our State Premier, Gladys Berejiklian, as she stopped to listen on her way through the exhibition.

This event was followed with a short performance at the Hornsby RSL club on 20th February helping Hornsby Council celebrate Senior's week. Again, our performance was well received.

On **22nd February** we continued our busking theme with a two-hour busking segment at Hornsby Mall, just near the water clock. From our generous and enthusiastic audience, we were surprised and pleased at the donations we received for our performance. Thank you to the many Hornsby shoppers who stopped to listened and donated so generously.

Later this year, on **Saturday 10th October** we will be holding our bi-annual concert in the Pioneer Theatre at Castle Hill. It will be a great evening, so please jot this one down in your diaries or calendars. Closer to the day, more details and tickets will be available on our website <http://www.hillsharmony.com.au/> The concert is a charity event supporting Lifeline.

So, if you like singing and feel you would enjoy singing

with like-minded men, then we would love you to come along to one of our rehearsals held each Thursday evening commencing 7:30 PM in the Kellyville Anglican Church gym hall. Given our restrictions at the moment, it may be prudent to call ahead. The Chorus leases the hall and is not affiliated with any religious group. We promise a fun-filled evening with a light supper toward the end. Feel free to contact one of our members noted below, or, simply turn up. You will always be welcome.

David: 0417 653 227

Paul: 0419 635 537

Richard: 0423 343 565

Ladies, perhaps you have a friend, Son, Husband, Partner or Father who you know loves to sing...we'd love to see them at one of our rehearsals. So, spread the word!!



GALSTON CONCERTS NEW TALENT PLANS

After a regretful decision to postpone the **Sunday 22 March** opening of The Galston Concerts 2020 series in Galston Uniting Church plans are underway for an even rosier future.

The concerts team are planning interim ways to connect with the Galston audience.

Co-Artistic Directors of the concerts, Galston residents Robert Harris and Dorit Herskovits, noticed a real sense of loss from audience members on hearing of the postponement.

"Many see the concerts as highlights of each month, potentially an even brighter spot in these strange isolated times".

"So we'll approach our performers to offer on-line videos linked into our monthly e-newsletters."

"Bulletins will also include clues about the music of each concert with links

to you-tube options. Not quite a live concert but whetting our appetite!"

"We're also looking ahead to an even brighter future by nominating a local multi-talent as The Galston Concerts Young Musician of the Year 2020".

"Jack Theakston, his family long-time Kenthurst residents, is a music scholarship student at Hills Grammar, Principal Cellist of the Hills Shire Symphony Orchestra and a frequent performer on Galston Uniting's historic pipe organ."

"Perhaps more impressive will be news that his piano, organ and cello skills attain state, national and international successes, all at the ripe old age of 13. More news of Jack when we announce the award."

A decision may soon be made on the re-scheduling of the next concert from **24 May** until a future date. Enquiries to join the Galston database should contact 0428 248 348.

Jack Theakston - Cello





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HEALTH ADVICE ON CORONAVIRUS

By Julian Leeser

Our Government is taking all possible steps to protect the health of Australians and the economy. Our actions have first been to initiate travel restrictions on the basis of expert medical advice. This has helped to first contain and now slow the spread of the virus in Australia.

Australia's Coronavirus Emergency Response Plan was initiated on the 27 February 2020 two weeks ahead of the World Health Organisation declaring a pandemic. We will continue to stay ahead of this and get through as a country.

Each of us can help minimise the spread of the virus by doing three key things:

- Wash your hands frequently with soap and water
- Cover your cough/sneeze and dispose of tissues
- Avoid contact with others if you are unwell

You only needed to get tested for

COVID-19 if you have developed symptoms and have returned from overseas in the previous 14 days or if you have been in contact with someone with COVID-19 and develop symptoms.

If you are in either of these categories, self-isolate and call ahead before visiting your doctor, hospital or a clinic to be tested.

If you have returned from overseas or have been diagnosed with COVID-19, you must remain in self-isolation for the full 14 days.

Visit health.gov.au or call 1800 020 080 for the Australian Government's latest information and advice about the national response to COVID-19 and health.nsw.gov.au for the NSW Government's latest health advice and the situation in our state.

The Federal Government's economic stimulus package

We are also taking every possible step to protect the health of the

economy, to keep people in jobs, keep businesses open and ensure we bounce back as an economy stronger on the other side.

A total of \$189 billion is being injected into the economy by the Government in order to keep Australians in work and businesses in business.

This includes \$17.6 billion for the Government's first economic stimulus package; \$90 billion from the RBA and \$15 billion from the Government to deliver easier access to finance; and \$66.1 billion in today's economic support package. The package will cushion the blow from the coronavirus for businesses and households to help us get through to the other side of the crisis.

The economic support package includes:

- Support for households including casuals, sole-traders, retirees and those on income support.

- Assistance for businesses to keep people in a job.
- Regulatory protection and financial support for businesses to stay in business.

This package is a timely response to the economic challenges that Australia faces as a result of coronavirus. Australians is one of the best prepared countries to respond to the economic and health impacts of the coronavirus.

For more information on the economic stimulus package or to check your eligibility contact: <https://treasury.gov.au/coronavirus>

For more information please visit [Australia.gov.au](https://australia.gov.au) for all the information you need on coronavirus, including the most recent advice on schools, social distancing and compulsory shutdowns, and travel restrictions.

SEEDS OF HOPE FOR NSW KOALAS

By Matt Kean

To celebrate World Wildlife Day, the NSW Government has announced six new koala habitat restoration projects, which include planting 50,000 koala feed tree seedlings, in the Northern Rivers and Far South Coast regions.

Environment Minister Matt Kean said he was pleased to provide up to \$150,000 in funding to a wide range of organisations, including Lismore City Council, Friends of the Koala, Far South Coast Landcare Association, Border Ranges-Richmond Valley Landcare Network and Bangalow Koalas to restore koala habitat.

"While we're still determining the full impact of this season's bushfires on koalas and other wildlife, we know that more than 25 per cent of koala habitat in

eastern NSW was affected by fires," Mr Kean said.

"By planting more trees and restoring habitats, we can help our koalas and other native animals recover from these devastating bushfires.

"These projects also acknowledge the passion of our regional communities and local organisations, who spend their time and money caring for their local koala populations and getting involved in tree planting, weed control and site preparation activities.

"These grants are part of the \$1 million investment to deliver local actions in partnership with the community under the NSW Koala Strategy."

The NSW Koala Strategy, which provides \$44.7 million



in funding, is the biggest commitment by any State government to secure koalas in the wild. It sets out the NSW Government's long-term goal to stabilise then increase koala populations across NSW.

The NSW Koala Strategy is supported by the Saving our Species program, which is working to secure the future of NSW threatened plants and animals, including the koala.

Further information on how the NSW Government is supporting conservation through community actions is available on NSW Koala Country, a website that celebrates some of the inspiring people and organisations who dedicate their time to helping protect our koalas.

Find out more about the NSW Koala Country website at www.koala.nsw.gov.au



RURAL ROUND UP

By Councilor Warren Waddell



It would be hard to discuss issues throughout the Shire without addressing the impact of COVID-19 (Coronavirus) on our community. Council is constantly following updates from state and federal government and decisions

relating to our facilities are being communicated daily. For assistance or further information refer to the Council Facebook page or Council website. Alternatively, call our switchboard on 98476666.

It was great to visit the "Taste of Seafood" event at Wisemans Ferry a couple of weekends ago. Despite wet weather, the event was a huge success. I look forward to the detailed design work for the new boat ramps coming out, which

will further improve this area of the town. The project is a collaboration with the Hills Shire Council and RMS. Besides being a fantastic and much needed facility, it will bring increased visitation to the area.

In addition, long-term improvements to Laughtondale Gully Road, Laughtondale are planned due to the impact of storm events.

Further staged works to look forward to around the villages will include the curb and drainage extension along Arcadia Road from the Glade; improvements to the bus terminus area in Glenorie; and the installation of the missing pedestrian link at Mid Dural Rd roundabout.

This week, I visited our local chapter of Rotary Club at their book sorting facility. A couple of years ago, I assisted Galston Rotary Club in finding permanent premises. Since then, they have attracted an enormous number of second-hand books to sell at their primary fund-raising event in June. Rotary direct the funds raised to many activities like the annual Colour Fun Run and to initiating projects like outdoor gym equipment for Galston Park. All book donations are welcome.

In light of COVID-19 please call 0414 366 665 for drop off points.



Matt Kean MP

Member for Hornsby
Minister for Energy and Environment



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*Contact
Matt*

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*Join me in honouring the service
and sacrifice of the men and
women who have served Australia.*



JULIAN LEESER MP

Federal Member for Berowra

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History

SPENCER & LOWER HAWKESBURY RIVER COMMUNITIES

THE SPENCER RFS RECOVERY PARTY SATURDAY 29TH FEBRUARY 2020

By Robyn Downham

The initial Christmas party for the Spencer RFS was scheduled for Saturday 5th December 2019 but alas due to the horrendous bushfires engulfing the Lower Hawkesbury River whereby Wisemans Ferry Road was closed from Mangrove Mountain through to Wisemans Ferry the party had to be postponed.

A second attempt to hold this significant event was planned for 15th February 2020 but again had to be postponed due to torrential rain and no power. Third time lucky the Spencer RFS finally got to have their Recovery Party and what a party it was!

The night was perfect – clear sky, comfortable temperature and no mozzies! The incredible Spencer RFS volunteers along with enthusiastic locals made a mammoth effort to decorate the tennis court with party lights. The tables were adorned with RFS coloured balloons and the spectacular buffet in the Spencer Community Hall was sensational thanks to chefs Adam Dayes and Brad Maisiey from the Spencer Community Progress Group plus the numerous helpers too many to mention.

People came from far and wide to show their appreciation and gratitude to the Spencer RFS including dignitaries

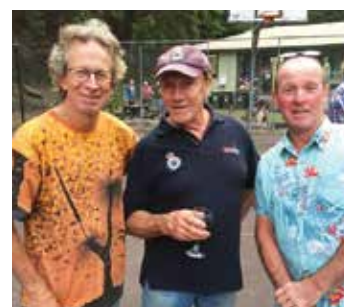
Vicki Campbell the District Superintendent from the Central Coast RFS District (and the Central Coast Australia Day Ambassador for 2020), Liesl Tesch MP, Joshua de Lore on behalf of Lucy Wicks MP and Kate DaCosta representing the Greens. Liesl gave a rousing speech thanking the Spencer RFS for their commendable effort in fighting the bushfires, especially throughout November & December with massive backburning and managed incendiary drops from the helicopters that basically protected not only our Community but the whole of the Central Coast. Liesl even applauded the Spencer RFS for it's contributions to the bushfire efforts throughout the challenging summer when she addressed Parliament a few days later.

The MC (extraordinaire) for the evening was Frank Donnelly from Marlow who performed his duties like a true professional. There was a challenging pinata for the children, lots of great raffle prizes won on the night, and the atmosphere was filled with much laughter. We were entertained by not one but two bands, some of whom were from Oyster Shell Road. The first band called 'Zenbirdie' played

to an audience for the very first time and sounded fantastic. The second band 'The Allsorts' just blew us right out of the park well tennis court to be exact. None of us wanted the night to end as the music was so good.

The Deputy Captain Alison Wade who managed so much during the bushfire period also wanted to mention the generous donations the Spencer RFS received during the year and especially throughout this crucial time. Significant donations came from Lee Duce who organised the Central Coast charity car & bike poker run and the Central Coast Classic Motorcycle Club. A lot of people made donations in the way of supplies, in particular, the Central Coast Disaster Relief Group who even provided homemade meals. The Spencer RFS would also like to make a special thank you to all the people who made donations over the past few months.

The night was a fitting tribute to the incredible bravery, generosity, dedication, resilience and selflessness of the Spencer RFS. Even though we will never be able to express how truly grateful we are for your efforts, we thank you for your courage and the sacrifice you made to keep our Community safe.



RAMBLINGS FROM ROUGHLEY HOUSE

By Max Roughley

What a difference the February rains have made to Roughley House. The gardens have returned to their green lushness, it seems, almost overnight.

At the beginning of the year, there wasn't much green to be seen, but it returned for the first of our 2020 afternoons house tours at "Jazz at The Pines". So far, we have had

groups such as the Oakhill/ Dural Probus Club visiting the old house and the Convict Road Interpretive Centre to enjoy the experience and learn more about our local history.

The "Jazz at The Pines" afternoons are conducted by the Hills-Kellyville Rotary Club. The bands schedule so far this year being The Geoff

Power Jazz Band and The Greg Poppleton Jazz Band. These afternoons continue to be a very popular attraction with people attending, bringing their lunch and drinks with coffee, tea and homemade cakes available at a small cost. For the comfort of everyone tables and chairs are supplied by The Hills Shire Council. Why not come along.





DURAL & DISTRICT HISTORICAL SOCIETY INC.

NEWS FROM HISTORY COTTAGE

In past years many readers who have had a family member may have gone to great pains to deny what was then considered a "skeleton in the cupboard", the stain of a convict ancestor, how times have changed. Better research facilities, and acceptance of the truth and a knowledge of society in late Georgian times, have given us the real story of how those convicts helped make the Australia of today. Our district and surrounding areas has much evidence of those times. There are world heritage constructions, but there are also people descended from those convicts who worked and prospered.

Our April meeting has been cancelled however it is our

hope that our guest speaker Jo Hambrett will return at a future date to speak on the topic, "My Family & Other Convicts ... friendship, marriages, adventures, trials and tribulations". Jo enjoys picking through the rich seams of her Family History convict ancestors, uncovering connections back to the First Fleet and revealing names well known to our area such as Best, Hughes, Small and Parker.

The Society library has ample reference material and is an excellent place for those who would like to follow Jo's example. Society members are also there to assist.

The tour of the Historical Aircraft Restoration Society,



Aviation Museum in Albion Park on the 17th March was a revelation to members. This museum is a national treasure, holding unique aircraft, all with connections to Australia's aviation history. It is open daily and is thoroughly recommended.

A recent research request about Foster's Waterhole brought to light some early photographs. As this was such an important spot for many readers, there must be many more stories and photographs to see. If any reader can make these available for scanning, it would be appreciated.

WISEMANS FERRY MENS (& WOMENS) SHED 'THE DON'T WORRY TOUR' TO WINDSOR

By Robyn Downham

On a steamy Wednesday morning in late February the intrepid travellers from the Wisemans Ferry Men (& Womens) Shed set off in the Community bus to explore the past in Windsor the third-oldest place of British settlement on the Australian continent. Settlement was first established circa 1791; this area was known as the 'Green Hills'. The town was proclaimed in 15th December 1815, and Governor Lachlan Macquarie renamed the town nostalgically Windsor due to its resemblance to 'Windsor-on-the-Thames'.

So what could possibly go wrong? For starters the air-conditioning refused to kick start, then the bus came perilously close to running out of petrol just before Pitt Town. None of us could stop laughing. It was hilarious. We all felt like we were in the scene from 'One Flew Out Of the Cuckoo Nest' when McMurphy (Jack Nicholson) steals the hospital bus from the mental institution, escaping with several other patients to go on a fishing trip. During all this frivolity we

explored cemeteries, stopped at the "commodious inn" Macquarie Arms Hotel built in 1815 with convict labour in Thompson Square (the oldest public square in Australia dating back to 1795) located at the top end of Windsor and during colonial times visitors and locals witnessed convict floggings, hangings and even the sale of a wife!

We toured the historic township looking at the Georgian buildings such as John Tebbutt's Observatory famous for discovering the 'Great Comet of 1861', the Windsor Court House, St. Matthews Anglican Church (Francis Greenway's most outstanding building), and opposite this church was a beautiful park which we thought was called McQuade Park but on further inspection saw the sign 'Don't Worry Oval'. From that moment on, that became our theme for the rest of the day.

There were several attempts that morning to visit the Hawkesbury Central Library to see a couple of exhibitions, but we couldn't work out the correct entrance or where to park. Suddenly we



came across the underground car park and as we were about to enter a voice shouted from the back of the bus to stop! We narrowly missed decapitating the bus. So consequently, the visit to the library was aborted. Lunch at the local Chinese restaurant beckoned instead. The 'Don't Worry Tour' continued in the afternoon to beautiful Ebenezer to visit the historic Tizzana Winery established in 1887 by Florence-born surgeon Dr Thomas Fiaschi who imported French and Italian vine cuttings and began the early stages of what we now call boutique wines. We listened to the history of the winery before learning about and then tasting the Tizzana wines.

It was a tough way to spend the afternoon, but we somehow managed to continue the 'Don't Worry' theme. To complete the day we had a quick stop on our way back to Wisemans Ferry at Hawkins Lookout. A photo with the undaunted travellers looking out at the mighty Hawkesbury River.

We all can't wait for the next 'Don't Worry Tour'!

Visit the Mens (& Womens) Shed on a Tuesday and Saturday and experience a new life activity to improve your mental health.

We are located behind the Bowling Club or you can ring to discuss our activities on 1300 388 556.



GALSTON HIGH SCHOOL

LEARNING TO LEAD, LEADING TO LEARN

By Amelie Stuut (Year 11 House Leader)



Over the **1st to 3rd of March**, Galston High School's student leaders attended a leadership camp at Vision Valley. Over sixty students, comprised of the four leadership teams within the school (prefects, Student Representative Council, house leaders and student librarians) attended.

The purpose of the camp was to assist students in building

leadership skills, planning for the year ahead and developing cooperation between the leadership teams. Activities included traditional leadership skills such as public speaking drills, group challenges and leadership workshops along with physical challenges and group exercises including abseiling, flying fox and game nights.

Overall, the camp was really enjoyable and it helped every student learn new skills and gain confidence. Vision Valley supplied delicious food and accommodation and the organising teachers made it great fun. Every student would have taken something away from the camp. I know I learnt more about the people at my school, I made new friends, I gained house spirit and I learnt how to be confident in my opinion and to speak up more often. The camp was full of great experiences and lessons and, as students, we are grateful to be a part of the leaders of our school and to be given an opportunity like this.

Robbie flies high

Year 11 Galston High School student Robbie Cullen Year 11 recently represented Cherrybrook Little Athletics Club at the NSW Little Athletics

State Combined Event held in Tamworth. Over two days of competition, Robbie competed in discus, long jump, javelin, high jump, hurdles, 100m and 800m. He equalled his best performance in high jump clearing 1.95m, and threw a personal best in the javelin with 48.63m. At the end of Day 2 competition, Robbie finished with a solid performance winning the silver medal.



GALSTON PUBLIC SCHOOL

By Carole Weiss



Only half way through Term 1 and so much is happening. Each year the whole school participates in a Peer Support program which provides a fun and engaging environment for young people to address issues such as bullying, relationships,

and self image. Modules are designed to equip young people with skills to deal proactively with life experiences, develop a sense of self worth and belonging, and to encourage taking responsibility for decisions and actions. This year

the students will be participating in a module called 'Keeping Friends,' which helps to explore the concept of friendship, build relationships and develop skills in empathy and critical thinking. The module contains 8 sessions and during this time Peer Leaders from Year 6 will facilitate small groups of 8-10 younger students, who will work together through a number of structured activities.

Following the success of the annual swimming carnival a courageous and determined Galston Public School team competed in the Beecroft Zone PSSA Swimming Carnival which was held at Sydney Olympic Park Aquatic Centre, Homebush recently. The day was a great experience for them. The competition was tough and tiresome, however all the students swam competitively and proudly represented their school.

At a school assembly held recently the K-6 members of The Student Representative Council (SRC) were inducted for 2020 and presented with their badges. These students will work with the school principal, the executive team, the teachers and administration teams. They will advocate as student voices in a number of areas this year.

If you would like to know more about our vibrant school, please contact the school office (9653 2062) and all your questions will be happily answered.





KU GALSTON PRESCHOOL

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KU Galston Preschool has been providing quality early childhood education and care to the local community for nearly four decades.

It's a preschool where 'everyone knows everyone'. Regular plays in the park are organised after preschool so children can play and connect with each other in a different environment, and social gatherings such as BBQs in the local park are often organised with families that are new to the community.

The preschool has been independently assessed and rated by the NSW Department of Education as 'Exceeding' across all seven quality areas of the National Quality Standard, however what matters most to the centre is what their families think.

"I have been to other centres, but I wouldn't send my child anywhere else now I've found

KU Galston. It is hands down the best centre in the area," said KU Galston parent, Tamika.

"Children are loved and encouraged to develop and explore their individual interests and personalities and they have a wonderful outdoor space that compliments the natural environment."

"My child has gone from an introverted 3-year-old who wouldn't speak due to a speech delay, to a confident, well rounded 5-year-old with a beautiful personality. It's all thanks to the amazing staff at KU Galston."

As well as the close relationships and strong sense of community at KU Galston, the preschool's program has a focus on environmental sustainability.

The preschool recently took part in the 'Becoming Eco Smart within KU' program which looked at different ways



the centre could incorporate environmentally sustainable activities within their curriculum, as well as ways the preschool itself could become more sustainable.

KU Galston has been reviewing their waste, minimising their packaging and reducing their environmental footprint. The centre has a recycled water tank,

a worm farm and a vegetable patch, and has been taking part in activities such as composting, gardening and a range of cooking experiences with the children.

See, hear and feel the difference at KU Galston. For more information visit www.ku.com.au/ku.galston or contact the centre directly on 02 9653 2252 or ku.galston@ku.com.au

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To learn more, visit www.ku.com.au or contact:

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37 Arcadia Road (rear section), Galston
T 9653 2252 E ku.galston@ku.com.au



PACIFIC HILLS CHRISTIAN SCHOOL RYAN SMASHES HIS SEVEN SETS!

By Rebecca Le Bas



He may only be 11, but already Ryan Kwok is proving a formidable opponent on the tennis court.

The Year 6 Pacific Hills Student first picked up a racket at the age of seven and has never looked back.

When asked what he enjoys about tennis, Ryan said he likes that it doesn't involve much contact with the opponent and is a self-game, not a team game. This makes sense considering Ryan broke his left pinky finger during a soccer match two seasons ago!

The recovery meant Ryan had to take a few months off tennis and he couldn't play two handed backhand. Proving adaptable, Ryan switched to

one handed backhand, a skill that he developed over two years.

"Tennis is a tough sport because if you have an injury and can't play for a long time, you get out of the rhythm. Breaking my pinky was a really hard time and getting back into the sport but it's made me more determined", he explains.

The budding sportsman trains weekly at the Tennis Australia National Academy at Olympic Park and when he's not on the court, you might see him playing viola in the School's concert band.

Ryan's biggest accomplishment to date was being one of only four kids selected by Tennis NSW to attend the Australian

Open in Melbourne for the Super 10's National Camp. There, he played other top juniors from other states around the nation.

Ryan continued his momentum by making it into Christian Schools Sports Association and had to play to get into the NSW Combined Independent Schools Sports Council trials. He was undefeatable and won all seven of his matches on the day! This achievement was made even more special when parents Lawson and Loris were told that Ryan was the first ever one handed backhand player to make it into the CIS team. Not only that, Ryan was the number one ranked player in NSW for his age group last year!

Despite his massive achievements, Ryan is determined to keep his feet on the ground.

"Even though I'm number one, it's just a ranking point. My parents say to be humble so I just say being number one is a number next to my name".

As for his future goals, Ryan has his sight set on going to the Nationals and provided on how well he goes in the CIS, will get to train in Perth.

"I'd like to be one of those well-known players like Roger Federer and get world grand slams".

It seems there's no stopping Ryan. Who knows if people will be making a racket about Ryan in years to come!

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NEW FACILITIES AT NEW HOPE SCHOOL FOR STUDENTS LIVING WITH DISABILITY



Minister for Education, Dan Tehan, recently visited New Hope School in Dural for the announcement of funding which will be used to build new special needs classrooms, a breakout space and amenities for our local students.

Member for Berowra Julian Leeser announced the Morrison Government would provide \$800,000 to help fund the \$4.4 million project which will further enrich students' learning experience and further enable New Hope School to provide a quality education for students living with disability.

"New Hope School has a

wonderful school community, and the new facilities will further enhance the learning environment for students and teachers," Mr Leeser said.

New Hope School is operated by Pacific Hills Christian School with the express intent of it providing quality Christian education to students with special and specific learning needs in the context of a mainstream school setting.

Dianne Dowson, the Director of New Hope School says, "The building project is designed to specifically meet the needs of students with a disability in its facilities, structure and



design. The project seeks to provide an environment that contributes to a strong sense of community that provides high care and support for the students and their families. Spaces both within the building and externally aim to assist in catering for the various needs of the students as well as providing spaces for individual and group work."

New Hope School began out of a desire to provide a highly supportive environment on the site of Pacific Hills Christian School, for those students who benefit from this level of support. New Hope School began in 2015. New Hope

School aims to develop strong partnerships with the parents/caregivers. Parents/caregivers are recognised as providing vital support and insight into the strengths, abilities and needs of their child. We value the input and support that we receive from parents as we partner with them to support the needs of their child.

Although NHS is a separate school, it is on the same campus as Pacific Hills Christian School and is part of this school community. There are many opportunities, both incidental and planned, for the two schools to participate in school life together.

THE LEARNING LOUNGE: ANOTHER EXAMPLE OF HILLS GRAMMAR'S VIBRANT LEARNING COMMUNITY

The Hills Grammar Learning Lounge is again looking forward to the extensive catalogue of specialists who will be presenting throughout the year. The Learning Lounge provides a central point where members of the School and local community are welcomed and can meet to talk, learn and experience the joy of "belonging". It's all about Collaboration, Collegiality and Connection!

This year the Lounge is hosting four dynamic and eclectic community learning programs for both staff and parents within our School, as well as exciting programs for Hills Region parents and teachers.

The School is dedicated to providing an extraordinary education through the various learning environments that are available for both students and the community. As such they

have been recognised as a leader in learning in the education sector – having attained the highest level of NESA Endorsement as a Professional Development Provider in NSW.

Director of Professional Learning, Dr Christine Furner states that "It is well documented that effective teacher learning leads to an increase in student academic outcomes, resilience and wellbeing."

Hills Grammar continues to promote their outstanding teaching as a daily reality and credits this to the teachers who are supported by the Staff Learning Lounge Program. The fundamentals of the program are designed to inspire and enrich teaching practice and expertise.

Now opening its campus to external teachers in the community for the Hills Region



Kelly and Mel Learning Lounge

Teacher Learning Lounge Program. The program will see a number of great NESA Registered courses on teacher wellbeing, pedagogy and practice, leadership and career development.

Meanwhile, the Hills Region Learning Lounge Program is offering a wide variety of courses and sessions for all parents in the local community.

The program includes forums, book clubs and guest speakers on topics like time management and personal growth as well as how to nurture children and young people. Highlights also include fantastic speakers like Dr Kristy Goodwin presenting on parenting in the digital age and Kathryn Taylor on coaching your teens!

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HILLSIDE - CHAMPION SCHOOL!

Once again the students at Hillside Public School have excelled in the pool coming first on handicap at the recent Beecroft Zone Carnival held at Homebush. Congratulations to our relay team Aaleyah, Ava, Haize and Izak on their fantastic swim, placing them first at the carnival.

At Hillside, physical education is more than a mandatory component of the NSW PDHPE syllabus. All of our students actively participate in a number of physical activities during a school week. On Monday students are lead through a variety of fitness activities capably lead by our Year 6 leaders. Activities include games, fundamental movement skills, cross country training and fitness stations. For sport this term the students have been learning throwing and catching skills needed to play volleyball during weekly sessions run by Ty. During morning tea and lunch breaks our students enjoy playing handball,

tennis, utilising the climbing equipment or kicking a soccer ball. Hillside students develop self-management, interpersonal and movement skills to become empowered, self-confident and socially responsible citizens.

This term all students K to 6 have been learning about famous artists. They have learnt about Piet Mondrian, a Dutch artist best known for his abstract paintings. They have also looked at the works of art of Henri Matisse such as *The Snail*, *The Inattentive Reader* and *The Sheaf*. They enjoyed reading about his life in the book *Henri's Scissors* and experimented with his technique which he called 'drawing with scissors'. The students thoroughly enjoy the whole school learning opportunities that are available at Hillside.

If you are wanting a school where

- the classes are small and not overcrowded,
- every student is encouraged and nurtured to do their personal best,



Zone Relay Champions

- students learn tolerance and understanding because of our peer activities,
 - there are outstanding facilities including a dedicated STEAM room (Science, Technology, Engineering, Art and Maths)
 - there are more sporting opportunities for all students as a small school,
 - there is a 1:1 ratio of iPads and Notebook computers,
 - dedicated French and music teacher
- then Hillside is your school.
- Please contact the school at organise a visit to see the wonderful variety of programs offered to all of our students. Ring 9652 1459 now!

STILL CREEK LANDCARE MAKE SURE YOUR PLANTS DON'T ESCAPE!

By Barry Lees

In gardens, some people plant non-natives (exotic plants) only. Some have natives only, and some have an interesting mix. Whatever your preference, most gardens are beautiful and provide a source of endless enjoyment. But consider this.....

Since 1770, when James Cook arrived and announced he had discovered Australia, wide areas of our native bushland have been invaded by exotic plants. Examples are privet, lantana, blackberry, wandering jew (Trad), seaside daisy, passionfruit, honeysuckle, agapanthus, pampas grass, cotoneaster, ochna, bamboo, Formosan lily, mother of millions, bridal creeper. Each year bushcare volunteers, property owners, farmers, National Parks staff, Councils and Landcare members spend countless hours and millions of

dollars trying to get rid of these weeds.

Surprisingly, 90% of all weeds were once grown only in people's gardens and have escaped into the bush. So how did they do that?

Nature is very cunning and has given plants many ways of spreading:

- Roots can grow underground into nearby bushland
- Some plants such as grasses, fireweed, fleabane have windblown seeds
- Seed is washed into bush by water after heavy rain
- Seeds remain fertile in bird and animal poo and is spread far and wide
- Seeds stick to clothing and animal fur
- Then there are those awful people who dump stuff in the

bush. I recently removed a pile of cotoneaster branches covered in red berries from the bush near the end of Crosslands Road.

So how can we prevent garden escapes?

- Don't grow exotic plants that are known to be hard to control e.g. fishbone fern, seaside daisy, common couch, honeysuckle, jasmine, any plant with windblown seed.
- Cut spent flowers off before they go to seed, especially agapanthus, cassia, Formosan lily.
- Cut seed heads off plants with windblown seed like pampas grass.
- Help the community by removing weeds from bushland near your place, with the owner's permission.

- Never dump garden waste in the bush or on roadsides.

Landcare would love it if you decided to join us, or one of the Bushcare groups in the area. For Landcare, talk to Nick on 9653 2056 or email StillCreekLandcare@iinet or go to www.stillcreeklandcare.com.au or Facebook. For Bushcare, talk to Council on 9847 6362.



Gardening

BROMELIAD SOCIETY OF AUSTRALIA CANCELS MEETINGS AND AUTUMN SHOW

It is with great regret the Bromeliad Society of Australia has taken the precaution of cancelling it's two meetings set down for **11 April, 13 June** and their very popular Autumn Show on **9/10 May**.

Guest speakers for these meetings have been rescheduled for later in the year.

BSA meetings are usually held at Castle Hill Showground in the Federation Pavilion on the second Saturday in the month from 11am.

Meetings include plant sales, club news, raffles and competitions as BROMELIAD SOCIETY OF AUSTRALIA

CANCELS MEETINGS AND AUTUMN SHOW well as providing an opportunity to meet with like-minded people in a friendly and inviting environment.

Contact Ian Hook - mobile 0408 202 269 email: ianhook1@bigpond.com website: www.bromeliad.org.au

On a more positive note the BSA's website is very comprehensive and covers the A-Z of the Bromeliad world.

For those seeking further advice during this period, please contact Ian Hook (President) via the email as mentioned above or mobile number.



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GALSTON GARDEN CLUB

It has been quite a turbulent start to the year with many states experiencing devastating fires, torrential rain and now the Coronavirus threatening our health and economy. But if you attended the Galston Garden Club meeting on the 12 March you would have thought our members were in a bubble of their own. All smiles and eager to hear our guest speaker David Aslin, Deputy Captain of the Galston Rural Fire Brigade.

At first David gave me the impression that he would have rather been fighting a raging bushfire than making a presentation to a room full of garden lovers, but he soon found his stride and spoke about his experiences fighting fires around the state and beyond. His confidence grew as at the back of the room sat a number of his crew from the Brigade, there for moral support. A show of true comradery.

David's nickname is "Old Dave" because he is the youngest of three Davids in the Brigade. (typical Aussie humour). His experiences fighting fires actually started back in August 2019, when the Brigade went to fight fires in Grafton. They stayed in dorm accommodation at the hockey field which he said were very comfortable. David was deployed for more than 50 days since August, not always with

his own Brigade but also in mixed Brigades. His deployments stretched as far as the Gold Coast, Glen Innes, Crescent Head, Blackheath, Buckety, the Gospers Fires, Wisemans Ferry, down south to Narooma.

David with the help of other brave firefighters were instrumental in putting the containment lines in around Narooma, which as we know were very successful. Asked had he seen injured animals to which he replied not many, but in Narooma they had to contend with Funnel Web spiders and the occasional snake. Not only did the Galston Fire Brigade fight fires this summer but also attended to the many fallen trees due to the wild weather in February. The Brigade was also deployed to search for a reported car that had been washed into Sallaway Creek, Galston

Our President Sue Montgomery thanked David for a wonderful presentation, then David, his crew and the club members enjoyed supper and an informal chat. It was a wonderful night enjoyed by many.

OUR APRIL MEETING HAS BEEN CANCELLED due to the Coronavirus concerns. We will keep our members and the community notified regarding the date of the next meeting.

New members and visitors

are welcome. We are an informal and friendly group and no matter what your gardening ability or knowledge, you can be sure that you can look forward to pleasant company.

Each year in October we hold the GALSTON DISTRICT OPEN GARDEN WEEKEND to fundraise for local community projects and charities. We are always on the lookout for new gardens to open so if you would open your garden or maybe you know of a great garden, please let us know.

The Garden Club meets on the 2nd Wednesday of the month at the Galston Community Centre, 37 Arcadia Rd., Galston, 7.30pm. For other information, visit our website: www.galstongardenclub.com.au



WALKS AT KU-RING-GAI WILDFLOWER GARDENS MAY 4TH



The final walk at Ku-Ring-Gai Wildflower Garden, 420 Mona Vale Road, St Ives for Term 1 to be held on May 4th will focus on Finding Fungi. Meet at the Caley Pavilion at 9-45 am, bring water and snack, wear suitable shoes and hat. Cost \$5.

Enquiries to Wendy 0419 323 035.

Please note that a decision is yet to be made by the Australian Plants Society about indoor talks for Term 2 due to the Corona virus situation.

The monthly meeting of the Australian Plants Society-North Shore Group on April 3rd has been cancelled.

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****EASTER SERVICES: (GOOD FRIDAY: 9-10AM EASTER SUNDAY: 10AM)**

JESUS SAID, “DO NOT FEAR”

Pr. Alex and Dee Valich - Glenorie Community Church



Have you ever read the Bible right through? It's the very best way to find out about God. Maybe you've wondered whether there even is a God, let alone whether you believe in Him?

Reading the Bible is the best way to find out many of the questions life throws at us... like

- * Is there a God?
- * What's He like?
- * Who is this Jesus that Christians talk about?
- * If God says He loves the world, why is there so much suffering?

* How can I stop being anxious? Worried? Fearful?

These are just some of the big questions that are very reasonable to ask.

Let me give you just a small 'bite' of an answer from the Bible.

* "I am the Alpha and the Omega, the beginning and the end," says God - 'who is and who was and who is to come.' (**Revelation 1:8**)

* "For since the creation of the world, His invisible attributes are clearly seen, being understood by the things that are made, even His eternal power and Godhead." (**Romans 1:20**)

* "For God so loved the world that He gave His only Son, that whoever believes in Him will not perish but have eternal life. For God did not send Jesus into the world to condemn the world, but that the world, through Him, might be saved." (**John 3:16-17**)

* There is no fear in love for perfect love casts out all fear. "Jesus is perfect love." (**1 John 4:18**)

* Jesus said, "I have said these things to you that in Me you may have peace. In the world you will have tribulation but be of good cheer - I have overcome the world." (**John 16:33**)

* Jesus also said, "Peace I leave with you. My peace I give to you; not as the world gives do I give. Let not your hearts be troubled, neither let them be afraid." (**John 14:27**)

God's Truth in the Bible has stood the test of time. World affairs are often difficult to understand let alone explain - but we don't want to be afraid either.

Because God is God, we could spend our entire lives seeking to know Him and never truly grasp the enormity of who He is and what He does. That's why He's given us His Word in the Bible.

It teaches us that God is love and that the opposite of fear is faith or trust in Him. "Trusting is being confident of what we hope for; convinced about things we do not see." (**Hebrews 11:1**)

So, we can choose to trust in God through what the bible tells us. We are encouraged "not to worry about anything; on the contrary make your requests known to God by prayer and petition with thanksgiving.

Then God's peace, passing all understanding will keep your hearts and minds safe in union with Jesus." (**Philippians 4:6-7**)

Faith or trust in God and the truth of the bible brings peace in the midst of life's storms.

Dr. Caroline Leaf says: Viruses are contagious

So is - **Panic**

Fear

Hysteria

Calm

Love

Enthusiasm

Kindness

Joy

Choose wisely. God bless!



GALSTON UNITING CHURCH

Earlier this week I submitted our regular editorial to this fine journal full of thoughts of our upcoming programs and Easter in particular.

Then, not three days later, the ever changing state of our COVID19 influenced reality kicked in with our State organisation recommending

all Church activities cease for a while to hopefully slow down the spread and keep people safe. We discussed it as a Church Council and complied.

So, now I'm looking at my quietest Easter in... forever! But, we're all in this together.

At Galston Uniting we're now busily thinking of ways we

can support and care for our congregation and community without meeting - a most unexpected scenario indeed.

While we've all been seeing the outcome of the response by some - less known has been some of the extraordinary acts of generosity taking place among us. So, let's use this most

unusual of times to reconsider how we see ourselves and each other and recognise (again) that we are all in this together.

On behalf of Galston Uniting, I wish you blessings, not sneezes, joy, not fever & love, not coughs. Be well and take care, it might be tough - but together - we've got this. Be well, **Geoff Smith**

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- Romans 15:13

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NEWS FROM ST BENEDICT'S

St Benedict's Fete was Postponed!

Sadly we were forced to postpone the St Benedict's fete because of the wet weather. It's now planned to be held on **Sunday 3 May**. Hopefully we will be able to enjoy all the fun of the fair that day – as long as the virus lets us.

Don't forget one of the major raffle prizes at the fete is a calf from the monastery herd. This will be very special this year as, after the rain, our cattle are doing beautifully. The picture shows a few of them enjoying the abundance of Arcadia grass.

Lent is here

Lent is the six-week period leading up to Easter. It's a time when we try to give up some small things and donate the money saved to Project Compassion. Project Compassion provides small cardboard collection money boxes that many parishioners take home to bring back, hopefully filled, at Easter. This year Easter will be on the weekend of **10-13 April**.



Funds raised by Project Compassion are used to support the work of Caritas. The aims of Caritas are to end poverty, promote justice and uphold dignity all around the world. Each week during Lent Caritas will concentrate on one person from somewhere in the world who needs to be given a hand up. Visit: lent.caritas.org.au to find out more.

St Benedict's Youth Group

The St Benedict's Youth Group for those aged between 12-17 will meet on **Friday 3 April**. For more information call Nerida 0425834017.

Weekend Mass Times

St. Benedict's Catholic Church Arcadia; Mass at the Monastery, 121 Arcadia Rd, Arcadia, at 7am every morning. Mass at the Parish Centre, Corner Fagans Rd & Arcadia Rd **7pm Saturday, 9am Sunday**. Visit the parish website for Easter Services: www.bbcatholic.org.au/arcadia.

KNOWING AND DOING THE WILL OF GOD

(a message by Rev. Ed. Long)

How often do Christians speak about the 'will of God'? We use these words frequently, don't we? In John 1. 1-17 Christ uses these words and in verse 17 gives us a wonderful secret of how we can discover the will of God. The whole story is full of instruction for us.

His brothers wanted Jesus to go to Jerusalem to the Feast {Festival} of Tabernacles. There was nothing wrong in a Jewish man going to this feast. But Jesus said that there was something else involved for Him, was it God's time for Him to go? His whole life was run by God's clock and God's time was not yet fully come.

It would be all right for others to go to the Feast, just then but not for Him. Sometimes it is hard for us to see others being allowed to do the things we would like to do, but the Lord doesn't allow us to do them. We need to follow what His will is for us personally and not look at what others are doing.

When God's time came, Jesus did go up to the feast at Jerusalem and God used Him and blessed Him there. When God's will and God's

time come together, that is the time for us to act and that is when God will bless and use us.

In verse 17 Jesus says, 'If you are really willing to do God's will when He makes it known to you, He will always show that will to you'.

Are you really willing for God's will whatever it may mean? Or do you want to know what it is first of all and then decide if you want to do it or not?

Jesus says, 'If you want God to show his will for your life, first of all tell Him you are willing to do it no matter what it is. Then He will reveal it to you in His own time and way!' Read Psalm 143:10 and make it your prayer today and always.

Wait for God to speak but don't make Him wait for you.

Come and find out more at:

Glenorie Mission Church,
1409 Old Northern Rd
Glenorie
Sunday Service - 10:00 a.m
Bible study - Wednesday
7:30 p.m

GALSTON SEVENTH-DAY ADVENTIST CHURCH THE INVISIBLE CHURCH

By Arthur Hudson

Maybe with COVID-19 Christians will become the invisible church! Empty buildings temporarily shut. Worse still though would be a church invisible in society and the community.

God forbid if we were to be shut for an extended time, that we would cease to exist. But I believe that that would never be the case, for there is God's—

"Invisible church." A calling and times a gathering of all those who recognise His voice, heard in His urging us to respond when we might see things come together for us in a way that can't be explained in any other way but a miracle—or when we come to a more complete understanding of who he is. Many have been the tales of near misses, fires stopping

at a critical point or special items being saved. At times people use the word "miraculous" or stop short of saying the word aware that in this day it is not a fashionable to attribute intervention to the Divine.

Without gathering or becoming part of the visible church, though, a significant benefit is lost. Especially in

times like these, meeting together (when we can) provides support to our anxious hearts and help with our doubts and questions.

May you take note more of that quiet voice that comes to mind and the questions about why we are here and what will be our ultimate end. And then, allow that Quiet Voice to lead you to answers and light.



GALSTON RURAL FIRE BRIGADE NEWS

By Kara Dubois

World's Greatest Shave for Galston firefighter



Jonathan Godley from year 11 at Galston High decided to take part in the World's Greatest Shave a number of months ago prior to his Dad and Galston firey, Mark Godley getting sick again. For the last two years, Mark has been in remission from Acute Myeloid Leukaemia but has since learnt it has returned. Jon wanted to do the shave to support his dad and help find a cure for blood cancer. Jon grew his hair and 70's style sideburns for a number of months before the big shave day. He received donations from RFS members, his teachers, family, and community members. On the day he was overwhelmed with the support of the brigade who came to cheer him along with his Grandparents Wendy and Kerrin Godley. Maria, the owner of Scissor & Comb Galston kindly donated the hair shave at her salon and Mark watched on via face-time from the hospital. It was a great day in an otherwise pretty ordinary time. Jonathan ended up raising \$2800 for the cause. Mark would like to thank his fire brigade family for their ongoing support and continues to keep an eye on the brigade activity from his hospital bed.

Fire at Squash Courts

Galston fires assisted other RFS brigades and FRNSW with a fire at the Dural Squash Courts on Old Northern Road. Quick responses by all involved meant we were able to extinguish the fire and stop further damage to the building. Around 30 people needed to be evacuated and luckily no one was injured.



New Portable Fridge for Truck

Thank you to Smart Group and Dometic for donating a portable 50L Waeco fridge to our brigade. It will be installed on Galston 1 to help keep food and drinks fresh on call outs and especially when out for extended amounts of time or in isolated areas.



Brigade Contact Details:

Duty mobile: 0491 119 152

Email: info@galstonrfs.org.au

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ARCADIA RURAL FIRE BRIGADE A HEARTFELT FAREWELL AND A WARM WELCOME

By Peta Gormly & Michael Elvidge

Arcadia 1 Alpha is one of two trucks at Arcadia station and has been part of the local community for nearly 20 years. It is well known as being the workhorse of the brigade. It has been a reliable truck, mainly known for its off-road driving capabilities, and has been on numerous strike team deployments. The 2019/2020 fire season called upon Alpha many times, and the truck was deployed all over the state. However, the time has now come for the brigade to farewell the truck and prepare it for its journey to a new brigade.

The brigade received Arcadia 1 Alpha in 2001. Since

then it has attended 1500+ operational activities, from motor vehicle accidents, bush fires, structure fires, to multiple day deployments in and out of our local area. Hundreds of people that have been able to experience sitting in a real fire engine at community events and we like to think that we have inspired the next generation of brigade members. Despite the trucks mature age on paper, it has been well looked after and will be sent to another brigade to carry on its working life.

On the **4th of March**, Arcadia picked up our new category 1 tanker. This new truck is only 1 of 3 new generation

vehicles in service in the state. It will further extend the brigades firefighting capabilities across a variety of incidents with improved technology, increased storage while providing additional safety improvements for the members. The new truck is out in our local area and if you see us feel free to come and say hello and have a look through it.

In other news, you may have seen a number of trucks in the Berrilee area over the past few weekends. Crews from Arcadia and other brigades in the Hornsby district have started hazard reduction preparations. Hazard reduction

burns are one of the many useful tools the service employs to assist in minimising fuel loads. Residents can also minimise the fuel loads around their homes and other assets through mechanical means. This includes garden maintenance, general home maintenance, mowing lawns, and removing hazardous objects away from the home. You can find out more on hazard reduction burns and how to prepare your property on the NSW RFS website.

Do you live in the Arcadia, Berrilee or Fiddletown area? Are you interested in joining the brigade? Contact us at inquiries@arcadiarfs.org.au



GLENORIE RURAL FIRE BRIGADE NEWS

By Heather Seacy



The recent rains through February and March have brought a great deal of change to our area turning the brown landscape to green and helping to finally extinguish the ravaging fires. It is refreshing to see life creeping back into the areas where fire and destruction has left its mark.

With all the rains, it may be tempting to move ahead with planned burns on your property. However, there is still a fire risk as

fuel loads remain high in some areas. The Statutory Bush Fire Danger Period finishes **March 31**, but any concerns with conducting a pile burn can be addressed by calling Glenorie Rural Fire Brigade on (02) 9652-2017 and you will be contacted by an officer.

Our newest recruits are moving through their training and will soon be assessed in their bush firefighting skills to join the brigade as qualified bush fire fighters. If you have considered

joining the Rural Fire Service, we encourage you to drop in on Mondays after 8pm or Saturdays between 2 and 4 pm to have a look at what we do.

Glenorie Public School recently conducted a successful Evacuation Drill, with all students and staff performing extremely well in a calm and timely manner. We would like to congratulate Principal Lyn Pearce and all participants on a job well done. Regular practice

helps everyone to respond quickly, calmly and safely.

Do you have a fire plan for your home and family? Do you know your workplace emergency plan? A plan needs to be in place before the emergency. This is a good time to create or review your plan and use these last few months as a reminder of what could happen. If you would like advice on preparing an emergency plan, come and speak with us.

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Local Pump Manufacturer, Aussie Pump runs an extensive recruitment campaign in the Hills district. The aim was to find locals looking for a fulfilling career in an industry that is vital to the productivity of the country.

The program has been a huge success with locals like Shiran Munasinghe, from Baulkham Hills, joining the team. After working in an accounting role in the city for over 15 years Shiran jumped at the chance of local employment. Shiran joined the Aussie Pumps admin team 15 months ago in the busy accounts receivable role.

"It's enjoyable and challenging with over 500 accounts to manage," said Shiran. "Our national customer base is a

pleasure to work with, but the real benefit for me is the 8 minute commute," he said.

The company are now looking for a motivated, high energy recruit to join the team as an Accounts Payable clerk. The varied role includes managing freight accounts, liaising with suppliers, reconciliations as well as processing payments to creditors. "It's small team here, but everyone is friendly, very professional and dedicated," said Shiran. "The company provides on the job support and training with plenty of opportunities to grow."

For information regarding further job vacancies, check online (aussiepumps.com.au/careers/) or contact Anne Wilde and send your resume to careers@aussiepumps.com.au.



Working locally means Shiran Munasinghe not only has a short commute, but can spend more time with his family.

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Rainfall

Rainfall recorded period
15/02/2020 to
15/03/2020 is

111.0 mm

Crossword

PUZZLE

ACROSS

1. Arthropod (6)
4. Avoids (6)
9. A placeholder name (2-3-2)
10. Starting points (7)
11. Sea duck (5)
12. External (5)
14. Less common (5)
15. Golden ____ : bird of prey (5)
17. Regard highly (5)
18. Relating to knowledge based on deduction (1,6)
20. Wanderer (7)
21. Probable (6)
22. Place inside something else (6)

DOWN

1. Arch of the foot (6)
2. Burning (8)
3. Type of tree (5)
5. Guest (7)
6. ____ Moore: US actress (4)
7. Snores (anag) (6)
8. Business run jointly by its members (11)
13. Follow another vehicle too closely (8)
14. Act of getting rid of something (7)
15. Hard substance that covers teeth (6)
16. Group of six (6)
17. One who avoids animal products (5)
19. Expose to danger (4)

Answers from March Issue

A	P	S	E		A	P	E	R	I	T	I	F
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SUDOKU

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7		3	9			6		

Community Contacts



Avicultural Society of NSW Inc.
Welcomes persons interested in Aviculture (bird keeping). The society holds monthly meetings which include presentations and talks on all aspects of bird keeping and breeding. For further information contact Paul Henry 9872464 or 0408 617686.

ACACIA (Living Life)
Exercise programme for over 65's. FREE. Every Tuesday 9.30 to 10.30 am Galston Uniting Church 11 School Road - Galston. Enquiries Melanie 9456 7103.

Aglow Australia Pennant Hills
A network of caring women, meeting on the 4th Thursday at 10am-12.30pm. Excellent speakers, child minding and morning tea. Contact Glenys on 0401 770 859. Venue Thornleigh Community Centre, Cnr Phyllis and Central Avenue Thornleigh.

ALANON Family Group
Meets 8pm each Friday at the Galston Community Health Centre. For more details call 9264 9255. Trying to live with someone who has a drinking problem? Come along to these meetings.

APEX Australia
A service organisation that is about making friends, helping others and having fun, open to anyone 18-45. Further info. Please contact Sydney DG 0412 400 452, National Office 18000 APEX0 or website. "Heart of a Community, Hope of a Nation".

Arcadia Community Hall
136 Arcadia Road, Arcadia. Available for functions. Inspections welcome. Bookings call 9847 6504

Arcadia Markets
May and November at Arcadia Public School, 140 Arcadia Rd, Arcadia. ArcadiaMarkets.com.au. Enquiries: Meegen 0419 262 850. New Stallholders always welcome.

Arcadian Quilters
Meetings held at Galston Community Health and Resources Centre, 1st, 3rd and 5th Wednesdays at 9.30am (day group) and on the 2nd and 4th Monday at 7.30pm (evening group). For further information contact Carole on 9894 7749.

Association of Independent Retirees (AIR) Ltd
Meetings are held on the first Friday of each month at 10 am. Meetings are at Yarrara Rd Pennant Hills. Contact John Guthrie on 9634 6727.

Castle Hill Art Society
Monthly Meetings and Art Demonstrations are held at Castle Hill Art Society - 155 Ridgecorp Drive, Castle Hill on the first Wednesday of each month at 7.30 pm. Enquiries Ph. 98993179

Circular Keys Chorus
Are always seeking would-be Divas. De-stress as you learn to sing acappella 4 part harmony with passionate CKC singers. Rehearsals in Castle Hill Wednesdays 7.30-10. pm. Contact Janet 9653 2959, email info@circularkeys.org or visit www.circularkeys.org

Dural and District Historical Society Inc
holds its lecture meetings on the 2nd Saturday of each month at 2pm at History Cottage, 412 Galston Rd Galston. The Cottage is also open to the public from 10am to 4pm on Wed and Sundays. Enquiries to Michael Bell 9653 1365.

Dural and District Prostate Cancer Support Group
holds its meetings on the third Monday of each month at 7pm at Anglian Retirement Village, Glenhaven Green, 599-607 Old Northern Rd, Glenhaven on Blue Gum Centre. Enquiries Denis 9629 2645 or Maurice 9654 2138.

Dural and Districts Senior Citizens' Club
Come along on any Wednesday at 11.00am to Dural Country Club to enjoy good fellowship with other senior citizens. Some play indoor bowls - beginners included - while others play Bingo and enjoy the prizes. Stay for lunch! For further information please call on 0417 99 5507 after hours.

Dural and Hills District Garden Club
Meetings at 8pm on 1st Wednesday of each month at Mid Dural Fire Station, 57 Mid Dural Road.

Further information contact Di Glasgow 0409 909 161 or email duralgardenclub@yahoo.com.au

Dural Galston Probud Club
We meet on the third Thursday of each month at 10am at the Galston Club 21-25 Arcadia Road, Galston. Probud is a mixed club for retired and semi retired people who enjoy friendship, good speakers and occasional outings. Visitors are always welcome. Come along or contact Anne 9653 1004.

Dural-Glenorie Scouts
Joeys (aged 6-7 years), Cubs (aged 8-10 years) and Scouts (aged 11-15 years) meet weekly at the Scout Hall in Galston Road, Galston. Learn new skills, challenge yourself, experience outdoor activities, make new friends, have fun! Contact Warren Payne 0419 280 967.

Dural Mens Shed
Meets at Dural Sport and Leisure Centre corner Pellitt Lane and Kenthurst Rd each Thursday and Saturday from 9am. Woodwork and Metalwork/Welding facilities. Enquiries Chris Thomas 0402478498. www.duralmensshed.org

Friends of Fagan Park
Volunteer group actively preserving the remarkable rural history of Hornsby Shire. The Friends meet every Tuesday from 9am to 4pm maintaining historic Netherby Cottage and its garden and also restoring farm machinery and implements to working order. Members of the public and new friends are always welcome! Open days are the 2nd Sunday of each month, 1.30pm to 4.00pm, and other special occasions. Contact Ian Browning. M: 0419 435 475 E: isandian@tpg.com.au

Ferry Artists Gallery
Old Northern Road, Wisemans Ferry 2775. Ph: 02 4566 4385, for info on workshops and membership see www.ferryartists.org

Galston Area Residents' Association Inc
Meets at the Galston Primary School Library, School Road, Galston on the 3rd Thursday of the month at 8 pm (during school terms). Enquiries 0403076175. New members always welcome.

Galston Branch CWA
Meets on the second Wednesday of each month at the Galston Community Health Centre. New members are sure of a friendly welcome. Enquiries to Pam 9653 1036 or Jann 0439 222 217.

Galston Community Hall
37 Arcadia Rd, Galston available for functions, air-conditioned, inspections welcome. Bookings call 9847 6050.

Galston Community Health Centre
This centre is an outreach of Hornsby and Ku-ring-gai Health Service and is situated at 17 Arcadia Road, Galston (cnr of The Glade). Enq. 9653 2235.

Galston Garden Club
New members are always welcome. Meetings held at 8pm on the second Wednesday of every month at the Galston Community Centre. For further information contact Bill Fleming on 9653 2394.

Galston View Club
will be holding its monthly Luncheon meetings at The Galston Club, 21-25 Arcadia Road Galston, on the 4th Wednesday of each month. Visitors will be very welcome. Bookings Vivien 98941189.

Girl Guides
is an exciting opportunity for girls to learn and develop life skills, meet new friends, enjoy the outdoors, make their own challenges, express their creativity and much more. Junior Guides (age 6-9) meet Thursdays 4.30-6pm and Guides (age 10-14) meet Tuesdays 6-8pm at Galston Guide Hall, 414 Galston Road, Galston. Contact admin@galstongirlguides.com for hall hire or enquiries about Girl Guides.

Glenorie Maroota Bioregional Forum
Meets at 7.30pm on the first Wednesday of each month at Glenorie Community Hall. Let us know of your local environment and heritage concerns. Contact Carolyn Hall on carolyn@dhphc.com.au

Glenorie Memorial Hall
Available for Hire. Seats up to 120 people. Tables and chairs available. Small kitchen/servery. To hire, call Pat Schwartz 0419 321 276

Glenorie Progress Association
Meets 2nd Thursday of each month at 7.45pm at Glenorie RSL Club. Contact secretary@glenorieprogress.org.au or 0418 432 587

Glenorie RSL Club
Glenorie RSL Sub-Branch meets on 2nd Tuesday of the month commencing at 7:00pm, at the Glenorie RSL Club. Enquiries to Graham Bruce, 0432 391 811

Hills Budgerigar Club
Meet on the 4th Friday of each month, except December at the North Rocks Community Hall. Everyone welcome. Enquiries to Peter on 9888 5631.

Hills Community Aid No Interest Loans up to \$1,000
for whitegoods, furniture, computers, essential repairs etc. Contact Hills Community Aid 9639 8620, enq@hca.org.au or www.hca.org.au.

Hills Farmers' and Gourmet Food Mkt
2nd Saturday of the month, 8am-12pm, Castle Hill Showground. www.hawkesburyharvest.com.au

Hills Shire Garden Club
Meetings held on 3rd Monday of the month at 1.00 pm, at Barton Hall, David Rd, Castle Hill. Enquiries 9624-5034.

Hills RSL Sub Branch
Monthly meetings held at The Galston Club, 2pm on the last Tuesday of each month. Enquiries 9653 2565.

Hornsby Ku-ring-gai Four Wheel Drive Club
is a family orientated club that meets on the second Tuesday of the month at 8.00pm at Hornsby Heights Community Centre, Galston Road, Hornsby Heights. www.hk4wd.com.au

JP SERVICES
are available at Cherrybrook Shopping Village on Saturdays from 1000 am to 12 noon; and at Carlingford Court Shopping Centre on Tuesdays from 1100 am to 0100 pm. JP's are also at Hornsby, Pennant Hills, and Epping Libraries on some days. Check with Library before attending.

The NSW Justices Association Hornsby Branch
meets monthly (except January and June) on the 2nd Monday evening at 0700 pm, at Magpies Waitara, formerly "Asquith Rugby League Club" opposite Waitara rail station. JP's welcome to attend. Varied programme. Enquiries Lydia 0417 628 873.

Pennant Hills Photographic Club
meets on the 1st, 3rd, and 5th Mondays each month at 8pm in the Uniting Church Hall cnr Boundary Rd and Bellamy St, Pennant Hills. www.phpc.org.au.

Rotary Club of Galston
meets every Tuesday at The Galston Club at 6.30 for 7pm. New members welcomed. Contact Peter 0419 011 750 peteainscow@gmail.com

Probud Club of Round Corner
NOW has vacancies for new members. Join our club and enjoy new friendships, interesting meetings and a large variety of activities e.g. Walking Group; Mah-Jong Group; Theatre Group; Tennis Group; plus overseas and extended local tours and local day trips. We meet on the 2nd Monday of the month at 9.30am for 10am at The Galston Club 19 Arcadia Road, Galston. We look forward to you joining with us. All enquiries to: The Secretary, PO Box 822, Round Corner. 2158 or come one month as a visitor.

Rowland Village Workshop Club

invites enquiries about the Club from members of the wider community who are 55 and over years of age. Contact Michael Bell on 96531365.

Soroptimist International of The Hills District Inc
meets at 7pm 3rd Monday of the month St Joseph's Convention Centre Baulkham Hills. Details: 0407 665 874

Social Dance Workshops
Pennant Hills Community Centre, Yarrara Road. \$7. Contact Wilma 0413 673 339. Old time contemporary, set and couple dances. Specialising in Australian, Irish and Scottish Folk Dance. Beginners and experienced dancers.

The Hills District Pipe Band
We practice at Harvey Lowe Pavillion, CH every Tues 7.30-9pm. Welcomes new members and gig enquiries. Follow us on facebook or www.hillsdistrictpipeband.com.au

Still Creek Landcare Group
Have a say and help in the future of our catchments in Galston, Arcadia and Berrilee. We meet at 7.30pm on the 2nd Thursday of each month. For more information Visit www.StillCreekLandcare.com.au or e-mail StillCreekLandcare@iinet.net.au or Contact Nick on 9653 2056.

CHURCHES

Christ Church
An Anglican church located at 26 Pitt Town Road, Kenthurst, has a service at 9.30 a.m. every Sunday morning. You are most welcome to join us. Phone. 96541627 or 88517428.

Galston Uniting Church
Service times 10.00am. Children's programmes KUCA for children K-6, each Friday of the school term 5.00 to 6.30pm. #ThePower (Youth Group) for those in high school. Fridays of the school term 7.00pm to 8.30pm. CRAFT group Thursday evenings of the school term from 12 noon to 4.00pm. OVER 55's for seniors 2nd Monday of each month from 10am to 12noon. Other groups of interest- Men's Choir, Ladies Choir. For all enquiries, please call the church office on 9653 2039. 11 School Road Galston or visit www.galstonunitingchurch.com

Galston Seventh Day Adventist Church
Every Saturday 9.30am to 10.45am Bible Study, 11am to 12noon Church Service at 49 Arcadia Rd Galston. Contact Minister Pr. Arthur Hudson 0415 400 798.

Glenorie Evangelical Church
Pentecostal and Evangelical - meets every Sunday at 10.00am. Ladies meeting at 10.30am last Tuesday of every month. All welcome. 1507 Old Northern Road, Glenorie. Pr Valich - Phone 0420 602 989 Church 9652 0577.

LOCAL SPORTS ASSOCIATIONS

Dural Country Club Bowling Clubs
New members are welcome. Free lessons are available to men and women wishing to learn lawn bowls and meet a new social network. Ring 0421 315 074 and 0411 375 580 to speak to one of our trained coaches.

Dural Country Club Fishing Club
Fishing Club meet at Dural Country Club on the 4th Tuesday of the month at 7.30pm. Activities include a monthly offshore charter, estuary and open fishing, organised short stay holidays and great social BBQ's. New members welcome. Contact Murray on 0407 950 939 or Bruce | 0428 970 439.

Dural Rugby Club
Enquiries, please contact the registrar Eric Flanagan, email efl66029@bigpond.net.au or phone 0412 230 328 or visit our website http://dural.rugby.net.au.

Galston Glenorie Amateur Fishing Club
Meets at 7.30pm at The Galston Club on the 1st Wednesday of each month. The meeting has a raffle at 7pm with lots of prizes and every meeting has a guest speaker. Enquiries call Lachlan on 0438 801 170 or Warren on 0416 061 428.

Galston Glenorie Cricket Club
For further details regarding season events, grades and registration, contact 0404 600 460. ggcc.nsw.cricket.com.au

Galston Equestrian Club
New Members are always welcome. Training/Competition days held on the 2nd and 4th Sunday of each month at the Rural Sports Facility Centre off Mansfield Road. Enquiries can be made to Liz on 0409 992 920 or to go to the Galston Equestrian Club's website at www.galstonequestrianclub.org.au.

Galston Netball Club
All enquiries to secretary. galstonnetballclub@gmail.com or

The Hills Trefoil Guild (Guides NSW)
The Trefoil Guild is the adult section of Guiding which links Members, former Members; female Members of the Scout Association; and women who have not been Guides but are prepared to make the Guide Promise. Our meetings are held on the 3rd Friday of the month commencing at 10am, concluding approx 12.45pm at the Guide Hall, Bounty Ave, Castle Hill. For further information please contact Evelyn on 02 9634 4987.

Glenorie Mission Church
Sunday Service 10:00 am. 1409 Old Northern Road (Cnr Muscius Rd), Glenorie. Enquiries 0414 584 303 or 0411 422 236.

Hillside Church
Meets 10:00am every Sunday at Galston Public School. Pastor Corri Byrne. Ph. 0416 233 629. For more info go to www.hillside.com

St. Columb's Anglican Church
Sundays at 9.30 am. Coffee n' craft group meets on Fridays at 9.30 am - enquiries Beverley 9653.1790.

St Benedict's Catholic Parish
Mass at the Monastery, 121 Arcadia Road, Arcadia at 7am every morning. Mass at the Parish Church, Cnr Fagans Rd and Arcadia Rd 7pm Saturday and 9am Sunday. Ph 9653 2312. Parish Priest Fr Bernard McGrath 0416 032 497

St Judes Anglican
Service Times: 8am Traditional; 10am Contemporary with Sunday Kids and Yr 5-9 Teen group; 6pm Evening church for youth and parents. 'Epic' kids club and Youth Group - Fridays (see website for details). Galston and Old Northern Roads, Dural. Phone: 9651-1119

St Madeleine's Catholic Church
28 Annagrove rd, Kenthurst. Mass times Mon-Fri 9.15am Sat 5.30pm Sun 8am, 10am and 5.30pm

visit the website www.galstonnc.nsw.netball.com.au
Glenorie Social Golf Club
Plays monthly, visit www.glenoriesl.com.au under 'Branch' for round dates and courses. Contact Stephen Osborne 0416 546 789

Hills AUSSI Masters Swimming Club
Adults 18 years to 80 + are welcome to swim with us every Tuesday at 7pm at Galston Aquatic Centre. Whether you want to swim laps for competition, fitness, or simply fun and friendship, ring Di on 0418 432 587.

Hills Hawks Soccer Club
For season details and registrations call Michael Rosier on 0418 676 768 or agmsinsulations@bigpond.com.

Hills Hawks Softball Club
Our competition is held during the summer season (September to March, excluding school holidays) at Hayes Park, Galston. We welcome new members! For enquiries please contact our registrar Hazel Postill on 0414 474 461 or visit our website: hillshawks.softball.org.au.

Hills Pumas Football Club
For information including registrations, call Sarah Sumska on 0430883385 or email registrar@hillspumasfc.com.au
Kenthurst Netball Club
Registrations. Contact Sally Coppini 0407942986 mitre@tpg.com.au

Tennis / Squash Social Group
Looking for new players. Call 9847 6050 or email tennisandsquash@live.com.au

Tennis Court for Hire Galston
At rear of Galston Community Hall. Available Day or Night, Mobile Jane on 9847 6050.

Tennis Court for Hire Glenorie
Les Shore Reserve. Available Day or Night. Phone 0404 600 460.

Local PLAYGROUPS

GALSTON

Galston Kids Playgroup is located in the lower room of the Galston Community Health Centre. We have a fully stocked indoor/outdoor play area with sandpit, cubby, ride-on toys, craft supplies and more! Sessions span over a couple of hours and are unstructured, providing lots of time for kids to play while adults chat. Bring your own morning tea (nut-free). New members are very welcome to drop in; the first two visits are free. Email galstonkidsplaygroup@gmail.com for info about current session times, or ask at the Galston Community Health Centre office.

GLENORIE

Glenorie Mission Church, Muscios Road, Glenorie. Every Thursday 9am-12pm - bring allergy friendly snacks

ARCADIA

Located at Arcadia Public School, 140 Arcadia Rd. Every 2nd Thursday 9.30 to 11am. Contact Dale 0410 532 562. Parking in Community Centre next door. Our playgroup has a very relaxed format. There is usually a craft activity, however, some kids choose not to participate in craft as they are having too much fun in the enormous sandpit. Our toys and resources cater for all

ages. We have playmats and toys for babies, musical/percussion instruments, water play and more. We request a gold coin donation when attending. All of our regular attendees become members of Playgroup NSW.

ARCADIA

Every Monday from 10am to 12noon during school terms. St Benedict's Parish, Cnr Fagans and Arcadia Roads, Arcadia. All children and their carers welcome!

DURAL/GALSTON

St Jude's Kids Crew .A playgroup for 0-5 year olds and their carers. We meet Fridays 10am to 11:30am during term time for a great morning of play, crafts, fun activities, story time and singing. Free but please bring a piece of fruit to share. Located at St Jude's Anglican Church, 965 Old Northern Rd Dural (plenty of on site parking).

KENTHURST

Thursdays, during school terms, 9.30am til 11.30 am at the Literary Institute 131-135 Kenthurst Rd, Kenthurst.

SMILE DIAL ART PLAYGROUP

Tuesday morning 10.30am to 12.30pm, includes a light lunch for all. 49 Arcadia Road, Galston

IMPORTANT LOCAL INFORMATION

HELP and INFORMATION SERVICES

General Emergencies	000
Energy Australia Emgy	13 13 88
Hornsby Hospital	9477 9123
Hills Shire Council	9843 0555
Hornsby Shire Council	9847 6666
Endeavour Energy (Outages)	13 10 03
Lifeline (24 hours)	13 11 14
Poisons Information Line	13 11 26
Police - Hornsby	9476 9799
Police - Castle Hill	9680 5399
Sydney Water	13 20 90
Telstra Faults	13 22 03

LOCAL RURAL FIRE SERVICES

(Station phones are unmanned and will operate answer phone services only. Call 000 for Emergencies)

Hills Rural Fire Service District Office	9654 1244
Hornsby Rural Fire Service District Office	9883 2000
Arcadia Rural Fire Service Fire Captain DAVID BYRNE	9655 1656
Galston Rural Fire Service Fire Captain ROB SYMONS	0409 470 205
Glenorie Rural Fire Service Fire Captain GLYNN LLOYD	9652 2017
Hillside Rural Fire Service Fire Captain ANDREW BAILDON	9652 2245
Middle Dural Rural Fire Service Fire Captain LEN BEST	0408 220 705

LOCAL JP's Bendigo Bank Galston - 9653 2227,
Cathy Vipond Hills Accounting, Glenorie - 9652 2400
Vicki Brownless - 0423 727 826 (South Maroota area),
Cherrybrook Shopping Village, Shepherds Drive,
every Saturday morning 10:00 AM to noon.

There will be a JP at Dural Library Wednesdays
between 1:00 PM and 3:00 PM.

CALLING ALL

Playgroups



If you are organising or running a playgroup in the local area, please let us know. We would like to help you promote your playgroup, and also let our new mums know what groups are open in the area.

Please send your Playgroup location and meeting days/hours to:
editorial@galstoncommunity.com.au



**GALSTON, GLENORIE & HILLS RURAL
COMMUNITY NEWS**

PO BOX 211 GALSTON NSW 2159

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info@galstoncommunity.com.au

ACCOUNTS

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accounts@galstoncommunity.com.au

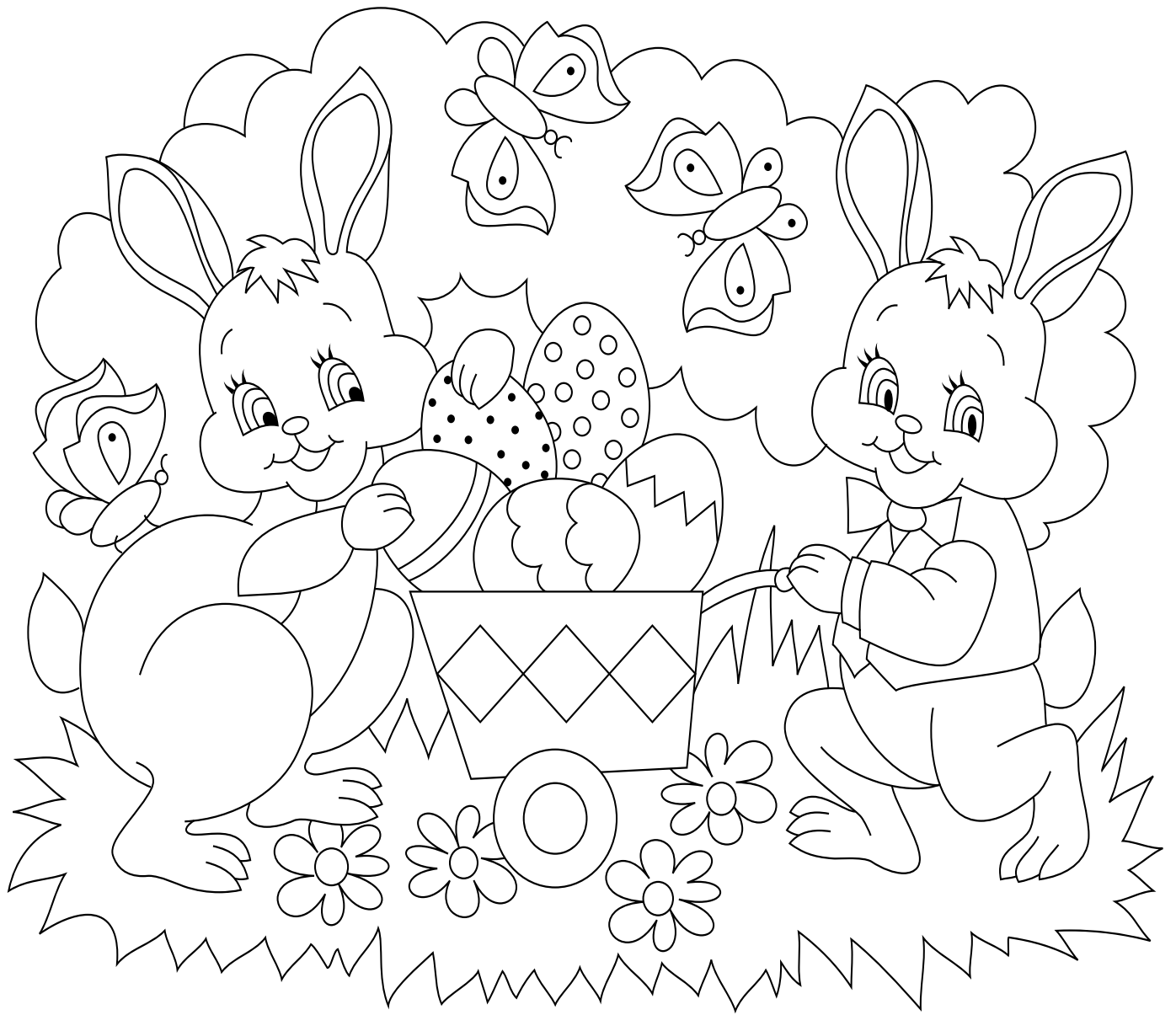
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HAPPY
EASTER!



HOW WILL RECENT WORLD EVENTS EFFECT THE PROPERTY MARKET FOR THE REST OF 2020?

As I sit here writing this month's editorial it's a little hard to believe that we have already endured bushfires, floods and now an unprecedented virus...all in the space of the first 3 months of 2020. A lot of people are now asking; How will Covid-19 affect property prices – in fact it's one of the most googled questions!

All indicators suggest that there will be a contraction in the market, after what has been a steady and in some cases increased marketplace. Shortly after the news broke of the coronavirus outbreak the Reserve Bank cut rates and the government released a stimulus package – however these can only do so much. There is forecasted negative effects of employment, which in turn will have a short, sharp effect of the economy and housing market. The recent momentum in property sales will relinquish as buyers temporarily pullback from purchasing. Rest assure, this dip in the property market is expected to fully rebound by the end of the year.

WHAT IF I'M LOOKING TO BUY?

If the buyer has a secure income, they should be using this uncertain time as a positive as it will improve their position, whilst the Coronavirus plays on the minds of those who would prefer to 'wait and see'. The buyers who are not certain about their employment future will also self-select from the property market for now.

WHAT IF I'M LOOKING TO SELL?

Sellers who may be a little more flexible with their timing to sell are likely to ride out this wave and put their plans on ice. However, there will be sellers who cannot defer the enviable and will need to sell for various reasons. The amount of property coming to the market is

predicted to be less, meaning your property will have less competition whilst strong buyers are still in a position to purchase, reducing the chances of a decline in sale price.

If you would like to know where your property sits in the market, as always I'm a phone call away from a confidential chat. It seems that this part of 2020 will be tough for the economy, with the RBA indicating a shift later in the year when we return to full form. It's vital to remember that this rebound is certain, the economy will recover, businesses will start to having foot traffic again, people will return to stadiums and Quilton will cease working double shifts! There will be casualties, but life will return to normal.

AS FOR NOW, I WISH YOU
AND YOUR FAMILY A
VERY SAFE AND VERY
HAPPY EASTER HOLIDAY!



JUST LISTED



3 Casuarina Avenue,
Glenorie

Price: \$1,200,000

JUST LISTED



130 Cliftonville Road,
South Maroota

New to market

JUST LISTED



948 Old Northern Road,
Glenorie

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