

FREE



Galston, Glenorie & Hills Rural COMMUNITY NEWS

May
2020

The Original Community Magazine since 1971.

CELEBRATING LIFE - 10 YEARS ON

An interview with Heidi Edwards.

It's hard to believe it's been ten years since that fateful day on May 20th, 2010 when a dead tree fell on my car whilst driving on Old Northern Road at Forest Glen, just 10 minutes from my home. My two young children were left uninjured and I was left with a devastating spinal injury- quadriplegia. I still cannot remember the traumatic events of that day but I know I'm alive due to the rapid emergency response team and members of the community who were there at the scene. I know I so easily could have died but I'm still here thanks to their swift response.

The Hills community have been overwhelming in their support and are the reason I will always call it my home. Friends and people I had never met formed the "Heidi Edwards Family Fund" (HEFF) in 2010 for myself, my husband and 2 children Tegan and Alex. They have been my constant support financially and emotionally for 10 years. The HEFF fund raised money to assist me in experiencing a happier life eg. The purchase of a brand

new modified van to allow me to venture out, a Royal Caribbean cruise in 2017 to the South Pacific islands, and to New Zealand in January 2020, a constant supply of wood to keep me warm, hair and beauty treatments to raise my self esteem, and the purchase of technological equipment such as iPhones and iPads.

The passing of 10 years has seen my 2 toddlers become teenagers, now 13 & 15. It's been amazing to watch and nurture them to become confident independent teenagers.

In time my neck has become stronger and my pain, whilst still ongoing, has lessened to a manageable degree. Multiple Surgeries at Royal North Shore Hospital over the past 5 years have improved my function in my hands and arms.

My spinal cord injury occurred 3 weeks after I turned 40, I'm now 50. One fifth of my life has been spent in a wheelchair, this fact is difficult to comprehend and there are times when I find it hard to remember what it was like to actually walk. Living with a spinal

cord injury and knowing I will be confined to a wheelchair for the rest of my life is incredibly tough, there's no sugar coating it. Ask anyone who has quadriplegia like me and they will tell you the same: you have to keep moving forward as there is no other choice.

My husband and children are the reason to stay strong and carry on. I know they need me here in this world, the dark days of "Why me?" and "What's my purpose?" are answered when I look into their eyes.

I am supported and loved by my family, friends and through social media I belong to many spinal injury support groups.

Technology has improved so much in 10 years, the use of smart phones and computers have opened up a whole new world to me. A C5/6 injury means I cannot hold a pen to write but I can type with the use of just 1 finger reams of pages if I wish to. I'm excited because the next phase for me is "Home Automation" through the use of Alexa. This will mean that my independence will grow in a massive way. I will soon be



able to voice control many of my electronics myself eg. TV, entertainment system, lights, air conditioning, fans, customised bed. The list is endless. This leap in technology has been a very recent event and is going to change the whole of my family's life.

It really is hard to believe 10 years has passed. I am looking forward to spending the coming years with my family knowing that I will be with them every step of the way for each and every milestone. Life is short and I'm so lucky that it wasn't taken away from me on May 20, 2010.



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MAY RENT REVIEW: COVID-19

There's no doubt we are going through some unusual and unpredictable times and I write these words immediately after reading the freshly released NSW 'Residential Tenancies Amendment Regulation' swiftly built around COVID-19. I think both Federal and State Governments are doing their best to address a fast changing environment, and I can only imagine the many long hours that have been spent conceiving, writing and rebuilding a whole stack of rental Legislation that had taken decades to evolve.

Meg and I manage a large and varied portfolio of property covering most of the Hills District. Because we are actively involved with all our tenants and landlords, we have a good insight into how the Covid-19 pandemic is generally affecting tenants, so if I convert our information on the impact of Covid-19 into statistics it looks a bit like this: Tenants who have requested a rent reduction: 6%. Tenants who currently cannot afford to pay any rent: 1%.

Thankfully with the governments updating of legislation, there is now a frame work under which we can operate but, unfortunately for tenants, there is not much relief for their landlords to pass on, because it's built around Land Tax. For example, If we look at an average Hills District property worth \$1.3 million that's rented at \$850 a week. The owners Land Tax bill may be around \$4,000. 25% of which (being \$1,000) can be

credited to the landlord to be passed back to 'Covid-19 Impacted tenants' as rent relief. In most cases, that converts to a week or two's rent. That's it... all other negotiations must be done in 'good faith' and tenants can still be liable to repay reduced rent and ultimately evicted for non-payment of rent.

I don't know any of our landlords that want to see their tenants lose their home because of Covid-19. That's why we encourage open and transparent negotiation, because every situation is different, and it's the best way to navigate a path that works for both landlords and tenants. And, just as landlords need to be mindful that not all tenants are trying to take advantage of the situation, tenants need to be mindful that not all landlords are heartless rich people.

Fortunately, we have a great group of landlords and tenants and for landlords who don't receive rent, we don't charge. And, for tenants who can't afford rent, we'll help guide you toward the best outcome. If you need some helpful advice just call us and we'll do our best to help, even if you're not a Mode client (yet).

Neil Clark,
Principal - Mode



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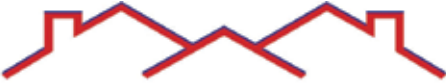
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ALLEGRO... FOOD TO GO



Allegro is now Kenthurst's newest drive-thru restaurant. What better way to get out and about legally by going for a short drive to pick up your dinner?

For the first time in more than 30 years, you don't have to be getting married or having a huge party to enjoy Allegro's delicious food.

They're now doing ALLEGRO FOOD TO GO from their portico drive thru on Fridays and Saturdays, pick up between 3.00pm and 6.00pm. Starting with a couple of their favourite dishes. Beef Ragu Lasagne Al Forno and Baked Lemon Lime Manhattan Cheesecake, and with a vegan Moroccan Tagine, a Char Siu Duck & stir-fried greens and the classic Italian dessert Tiramisu, and all made in-house and available this week.

Glenn, Kay, Chef David and apprentice Josh have been working on choosing the best, easiest, most popular menu dishes, and most likely a few new dishes in the coming weeks depending on demand, and customer requests as well. Match that with a special bottle of Hardys Riddle Sauvignon Blanc, Chardonnay or Sparkling Brut and you've got a delicious intimate private party for the family.

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RSL SUB-BRANCH ANZAC DAY COMMEMORATION



Due to the pandemic crisis, RSL Hornsby Sub-Branch, along with all other sub-branches, cancelled their annual ANZAC commemoration services. In the past years, members of our local community, including veterans, cadets, representatives of local schools, other community groups and political leaders would gather at the Hornsby, Glenorie and Galston Cenotaphs to commemorate with Remembrance Services. The Sub-Branch deeply regrets that this year's Anzac Day Services were cancelled.

While observing the current safe distancing protocols, members of the public and representatives of other community bodies were encouraged to privately lay their wreaths throughout the day.

The RSL NSW website provided guidance on a number of ways in which ANZAC Day 2020 could be commemorated.

People tuned into live services and virtual commemorative services including those broadcast by the ABC at 5.30 am from the Australian War Memorial in Canberra. There was also a 10 am service from the Anzac Memorial in Sydney broadcast on ABC and streamed live. Locally a service was recorded from St Jude's church by the Glenorie RSL Sub-Branch. If you missed it, this can be still be viewed on YouTube. (You can also find a copy on our facebook page).

At 6 am on ANZAC Day, saw many local residents 'Light Up the Dawn' by standing outside their homes with a light in remembrance of the fallen. Together – even while apart – remembering those who served and sacrificed. The last post was played by Glenorie RSL Sub-branch in Glenorie and Galston and could be heard for quite a distance in the stillness of dawn.

By commemorating ANZAC Day in such a visual way during this present crisis, we also honoured the thousands of health workers, defence force members, leaders in all levels of Government and our emergency services people who are on “active service” fighting this dreadful pandemic.

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With great sadness we advise of the passing of Beverley Lewis. Beverley and Jim bought their 6 acres in Galston in 1955 for 75 pounds and Beverley would say she thought she was considered a “local” now.

Bev was an active member of our small community and she gave so much to us all. She died peacefully at her home in Galston. She will be sadly missed by all who knew her.

A private funeral service was held for Beverley at St Columbs with her children and grandchildren in attendance. A memorial service will be held for Beverley after the COVID19 restrictions have been lifted.

“Thank You For The Music”



Beverley was known to the Galston Community as a kindly teacher at Galston, Hillside and Berrilee Public Schools. After retiring she taught Scripture and music at many of our local small schools. Whilst raising her children she also became the local Physical Culture Teacher and Brownie Leader. Beverley was also an active member of the congregation of St Columbs Church in Arcadia.

Everywhere Bev taught she managed to create a choir. She was always working on musicals, eisteddfods or c oncerts. This carried on to her starting up the “Rowland Village Singers” at her Retirement Village.

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CWA NEWS



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The devastating effects of coronavirus may mean we are getting but a small taste of what many victims of domestic violence have been living with for years. Now imagine on top of that, being trapped at home, unsafe, in fear, with the looming probability of physical and psychological abuse.

Victims are essentially being directed to be locked in their homes with their abusers, and reports indicate there has

already been a substantial increase in cases since the outbreak of COVID-19. Women's Community Shelters expect greater demand now, more than ever, from vulnerable women and children.

Women's Community Shelters are open, operational and working around the clock to keep up with demand at this critical time, empowering women in crisis to create a better future.

35-year-old Sara* arrived at the Hornsby Ku-ring-gai Women's Shelter (HKWS) after ending her 14-year marriage. The trauma of her miscarriage caused by domestic violence finally gave her the strength to leave. As Sara talked with her caseworker, their eyes never met - Sara was too ashamed to interact with anyone. She thought it was normal to always be put down and live with constant violence.

Within three days of arrival at the shelter, a case plan to turn Sara's life around had been prepared, including English classes, TAFE courses and a scholarship using her remarkable culinary talents. Caseworkers at the shelter assisted Sara to move to convenient, comfortable transitional housing and regularly receive outreach support. Thanks to excellent mentoring, skill and dedication, Sara successfully completed a three-month scholarship and was offered full time work. Word spread of Sara's amazing talents and a premier fine dining restaurant is now her employer.

HKWS is expanding its team and outreach program, even though their income is declining due to the inability to fundraise because of social distancing. Many of you that would like to donate may not be able to right now, but if you can, please do so by visiting <https://hkws.org.au/donate/>. Even a small amount will make a difference.

And there are other ways in which we can all help. Please stay home unless absolutely necessary. There is a direct link between a victim's visibility in the community and their safety. The longer you continue to go out unnecessarily, the longer they are trapped in an abusive environment.

If there's anybody that you are worried about, check in on them in every safe way that you possibly can and remain connected. You can also make a report anonymously about anyone in the community you believe may be in danger.

<https://hkws.org.au/donate/>

*Sara is not her real name

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HOME SCHOOLING

REMOTE LESSONS LEARNED

By Kellie Davies

I'm locked in a mental battle as my deadline draws near. Steeling my nerves against the unyielding repetition of 'Thank you, next' by Ariana Grande sung in duet with my seven year old daughter, who can hold a tune ... I'm just not sure if it's the same tune Ariana is singing. For almost an hour the whining tones have flowed down the hallway, now assaulting my ears. I've written and re-read the same lines a thousand times and I'm just about to break.

Sound familiar?

It should, because by now all instant, at-home educators are being subjected to a specific torture of their own. Where the tapping of computer keys and adult directives used to fill our days, we are now competing with study hook-ups, musical instrument practice, interconnected video learning games or the incessant chatter as teens abbreviate their way through phone and FaceTime conversations.

And what's with the food orders? Why do our kids eat so much and so often?

By now most of us can't unsee the many hilarious posts and memes doing their internet rounds illustrating the potential

pitfalls of schooling from home. So, what can we learn from those resilient to the task of home schooling? Here are the top 3 tips for a fuss-free remote learning day.

Routine, routine, routine.

To make sure the kids aren't rocking up to their 'login' time wearing last night's pjs, try keeping a school-time routine – snacks included. This will inevitably assist other daytime routines – perhaps it's not only the kids assuming new working quarters for the quaran-time being?

Planned activities.

Even if it's a walk around the streets of home, physical activity helps kids think, gives them clarity and the ability to return to their home desks refreshed and ready with brains untangled. Scavenger hunts are returning to favour for added stimulation – I googled hundreds free to download.

Hand over the control.

Mainstream schools timetable academic work earlier in the day so if you can help your child build their own subject scheduling in a similar way then allow them the choice of afternoon activities, the mental



load will get easier as the day progresses.

From personal experience flexibility is absolute key here – if it's not working, do something else. Home is not school and most parents are not teachers, so be kind to yourself. Pandemics are just another area of content the instruction manuals forgot to include – a little planning at this time will help ease the stress that this containment is already causing.

As I push 'send' on my latest article, Ariana (with Miss Seven's vocals in tow) again reminds me that this is a period of learning. From correct hand washing to schooling from home and lockdown – survival of interesting times indeed, but as we re-skill into our new normal looking back wistfully at lives of such personal freedom, I'll be the first one to scream at the back end of Coronavirus, "thank you, next."

ARCADIAN

QUILTERS GROUP

How fortunate are we to have The Internet!!!

How quickly we have ALL started using, enjoying and sharing via our phones, our iPads etc ... what we do, where we have been and in our case what we are making.

In my sewing room Big Ted (whom I made many years ago) is my companion.

He oversees my stash, passes judgement on my choices, sometimes rather harshly but mostly he just sits and nods?

The Arcadian Patchworkers are a very busy group and thanks to our imaginative President and

her clever committee we ladies have direction for "a block a week" using our colour wheel ideas, and, when we next meet, our blocks will be combined to become whole bed quilts and shared in our Community.

Some members are also enjoying the challenge of a Mystery Quilt project.

These patterns too come weekly and when finished ... there it is ... "another beautiful quilt" ... this finished project might be too cuddly to part with given winter is on the way?

Stay positive, stay safe!





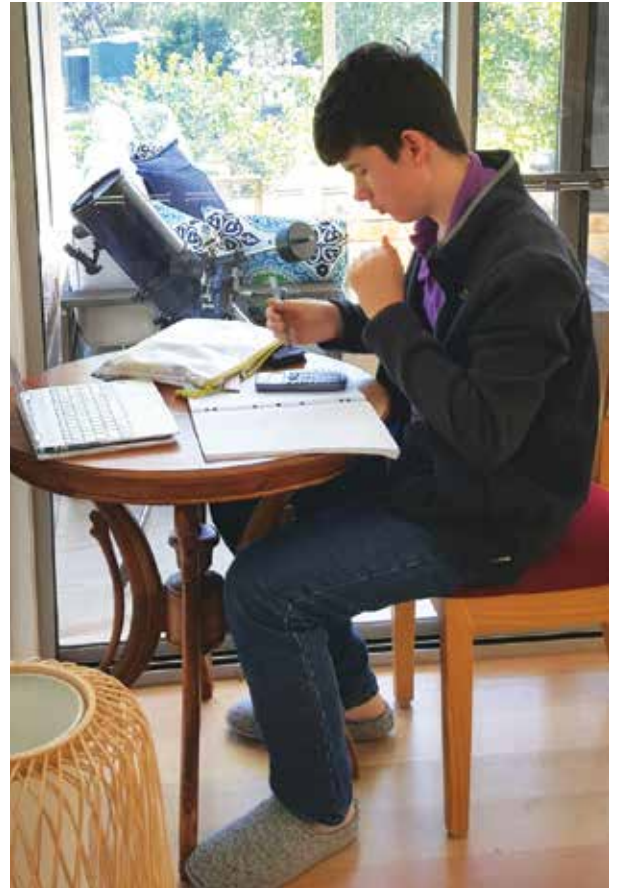
EDUCATION IN QUARANTINE

By Cameron McArthur

For a student like me, the COVID-19 pandemic made things very uncertain at first, because each day that passed was another day they could decide to close down schools. That eventually happened on Tuesday 24th of March but, by then, my family had already pulled me out. Even though most teachers tried their best to help, the transition to online education was challenging, as there was suddenly a lot of responsibility placed on students. In essence, no one could make them stick to the timetable at home, and there weren't immediate repercussions for not doing work. And teachers would begin setting an awful lot of that.

Keeping up with all of it was draining. While students could contact teachers, they didn't feel like it was worth it to send a message to ask some throwaway question, which meant these tiny problems would snowball. Also, I don't think teachers were communicating with each other, and this made homework feel like a constant mess of which all students were in charge of keeping track of. I remember spending a whole weekend just doing major assignments which still needed a lot of work, thanks to the maths homework that was all set on one day and due the very next. Three times, I had to tell my maths teacher I couldn't prioritise maths work, as it had been such a constant burden, and though I still managed to pull through each time, I got more and more frustrated. I can't imagine how difficult it would have been had I not taken things seriously on day one. The school was forced to dedicate the final week of term to letting us catch up without receiving new work, because even top students weren't keeping up.

Thankfully, the term is over now, and I feel like a holiday of planning will hopefully help the school coordinate things a bit better for next term. In my new void of spare time, I'm trying to bring back my guitar skills I learned years ago, and I have all the time in the world to realise I was never half as good as I thought I was. Until school starts back up, I think every student should take the time to stay in shape and learn a new skill. What else are you going to do?



GALSTON ROTARY CLUB'S GIANT BOOK FAIR

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Our book collection will finish on 10th June from The Galston Club and Century 21.

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NEWS FROM THE FRIENDS OF FAGAN PARK



The Leyland Cub truck

Well, like all other organisations, we have had to cancel all our activities for the time being. It is a shame really, as we had good momentum going on the International truck restoration. We are concerned that we have not yet put any preservative treatment on the wooden part of the wheels, and as soon as we can, two of us will try and achieve that. One of our members has fabricated a stand so the wheels can be worked on at a reasonable height. It may interest readers to know that the wood in the wheels came from the Amish community in Pennsylvania USA. The

timber is all US grown, the spokes being hickory, and the felloes (the outer part) steam bent American ash. So, the provenance of these rebuilt wheels is true to their origins. While everyone is enduring forced isolation, it is an opportunity to review your community activities. Consider volunteering at Fagan Park – it is one day per week (Tuesdays), times are very flexible, and we offer a variety of activities. We are not all about mechanical things – there are the Netherby Gardens to maintain, the beautiful Homestead to take charge of, and we have a

major cataloguing project on hold at the moment, which needs one or two enthusiastic people with an interest in all things old and some computer skills. We would very much like to get this project going. We would also like someone to focus on publicity and promotion – Fagan Park has virtually no visibility in Council publications. So, there are plenty of things to interest new volunteers. A little Fagan Park history. Back in 1932, Bruce Fagan purchased a brand-new Leyland Cub truck, thought to have been on display at the Royal Easter

Show at which Bruce was exhibiting his prize Jersey bulls for which he had become quite famous. Fast forward to around 1980 and the truck was sold at the clearing sale. In the late 1990's it surfaced in a yard in Canowindra in Central Western NSW, and Council agreed to purchase it and bring it back home. The truck was restored to 'as new' condition by the 'Friends,' and made its debut in 2009, and been the 'pride of the fleet' since then. **If you would like to contact us, call Ian 0419 435 475, or Vern 0405 703 413.**

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LOCAL ROOFING CONTRACTOR WINS NSW AWARDS

A Sssshhhh noise comes from the extensive audio system in the Hyatt Regency's Grand Ball Room, "I'd like to kick off the evening with the presentation of the first category" Marty Fields is the compere for the evening, hosted by the NSW Metal Roofing Association to recognize Excellence in Metal Roofing across NSW. Marty continues, "the Winner of our first category of Roofing for a Residential Home, value < \$50,000 is **Metal Masters Home Improvement**, for their work on a Collaroy Plateau Home.

The Home built by Revolution Building is built high on the hill and has commanding views over the beach at Collaroy, and Long Reef Point. A lifelong dream for the homeowners, the home was architecturally designed and has multiple low-pitched roof sections. Proprietor of **Metal Masters**, Shaun Clancy, who was understandably very excited with the win said "the roof design incorporated a number of skylights, box gutters, wall cladding and an extensive amount of flashing work. Judges commented the level of detail and considerable care that went into the installation really caught their attention, and ultimately resulted in a unanimous vote for category winner.

The MRCAA has hosted this event for a long time and, in recent years, has nurtured the Residential categories with "entries now seeing record numbers and remarkable levels of quality", said President Manny Tabone. "The passion for perfection amongst the contractors is something our industry can be very proud of".

The Metal Masters entries also included a massive Heritage themed home at Richmond consisting of 1700m² of galvanized Corrugated roofing at a 30 degree pitch. Built by local Kenthurst Builder; Jakin Homes, this home built on the banks of the Hawkesbury River is a magnificent home. We entered this home in the \$100,000 plus category explained "Mr Clancy, and we were equally proud to be 3rd place for this home, given the quality of the entries submitted.

"These Awards hosted annually are very important for us, but at the same time very humbling when being recognized as the highest accolade our industry affords. Just as important is the passion and pride we take in our work, and that all the guys that work for me can be extremely proud of what they have achieved" said Mr Clancy.



Collaroy Plateau winning home



The view over Long Reef



Heritage themed Richmond home

Winner 2019 MRCAA Residential < \$50k R/up
 2018 MRCAA Residential > \$50k
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 Winner 2016 MRCAA Single Residential
 Winner 2015 MRCAA Single Residential

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EASTBEND UPDATE

Due to current covid19 restrictions it has been thought best to put the May meeting of Eastbend Rural Communications on hold for the time being.

The committee continues to work behind the scenes on local issues and we will keep you updated on further developments.

If you want help with anything please contact the Secretary Vicki Brownless on livingheritage@gmail.com or Tessa Corkill at 2archaeics@gmail.com or 9652-1470.

ELIIT

By Inge Sildnik

In this unusual climate of COVID19, so many of us have been affected. I find it very surreal. My business, like many others in the area, has had to change our ways, literally overnight. During this time, I genuinely believe that we need to look after ourselves first - physically, mentally, spiritually and nutritionally in whatever way that means to you and then each other. Although we are not able to trade as usual, we are still here. We are offering live streaming yoga and pilates classes as well as one on one sessions. You don't need any equipment, just a desire to move and connect with others. If you can't join one of our classes, you can join our online membership where you have access 24/7 to workouts, tips and tools and meditations. We are here to support you. For more information www.eliit.com.au info@eliit.com.au 0455455398

BOOST YOUR HOME EQUITY

By Neil Turrell



As today's current market is slowing down, I thought this month I would highlight some low cost tips to boost the value of your home and build valuable home equity.

Firstly, make additional home loan payments when possible. This will enable you to chip away at your home loan, meaning equity will grow even though the property value remains stable.

Secondly, quality renovations and improvements will increase the overall value of your home. If you are working within a tight budget; some of the most effective improvements are also the cheapest.

Start with making an entrance. Updating the entrance to your home not only refreshes the overall appearance of your house but also adds street appeal. New doors cost as little as \$180 from major suppliers. Another handy tip is to add pot plants for colour.

It's worthwhile to consider painting the interior or exterior of your home to give the property an instant makeover. Pale colours make a room appear more

substantial, and opting for a consistent colour scheme throughout the house will create a great sense of space and flow. Remember, open-plan living and large rooms are currently in fashion in today's property market.

Updating the floors is another great option to refresh the overall look on your home and boost equity. Every day they are lived in, floors take a beating. Sometimes it is as simple as just getting a professional carpet cleaner to freshen your carpets. Or revive and update the look by installing a new fashion carpet. Just by adding pot plants or new pavers in your backyard will automatically refresh and update the look of your home.

So if you are considering selling or want to make financial provisions, consider updating your home to boost its overall equity.

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COVID-19 IMPACT ACTIVATES FIRST NATIONAL EMERGENCY APPEAL IN LIFELINE'S 57-YEAR HISTORY



By Lu Sierra

Covid-19 pandemic sees Australians reach out to Lifeline in record numbers 13 11 14 now receiving a call for help every 30 seconds.

Lifeline, Australia's leading suicide prevention service has recently launched a national emergency appeal in response to the increased pressure it is facing due to the COVID-19 pandemic.

The campaign titled 'You've Got 30 Seconds To Save A Life' comes at a time when Australians have been turning to Lifeline in record numbers as they grapple with COVID-19 on the back of the summer's bushfire devastation.

In March, Lifeline answered almost 90,000 calls for help, an increase of 25% over the

same time last year – this equates to one call every 30 seconds. As the service braces for continued increases in the call rate throughout this time of uncertainty, Lifeline is appealing for donations from those who are in a position to give, to help save lives.

COVID-19 has reduced the fundraising revenue for Centres across the country. With the closure of 250 retail stores and the cancellation of mental health community training programs, book fairs, fundraising dinners and other events, Lifeline needs to raise \$5 Million to fill the gap left by COVID-19.

Funds raised through the campaign, 'You've Got 30 Seconds To Save A Life,' will

support Lifeline's 40 centres around the nation to continue to provide crisis support through 13 11 14, as well as suicide prevention services direct to the community.

To help Australians who may be feeling worried, anxious, or overwhelmed by the COVID-19 outbreak, Lifeline has compiled the following mental health and wellbeing tips and strategies:

- Manage your exposure to media coverage
- Follow a "calm yet cautious" approach - do your best to remain calm and be mindful not to contribute to the widespread panic. Ensure you are following directives issued by the government, medical advice and observe good hygiene habits.

- Show compassion and kindness to one another- we strengthen our sense of community by connecting with and supporting each other.
- Actively manage your wellbeing by maintaining routines where possible, connect with family and friends (even if not in person), staying physically active, eating nutritious foods and seeking additional support by contacting Lifeline or further professional support as required.

To donate to Lifeline, visit: <https://fundraise.lifeline.org.au/emergency-appeal>

To arrange an interview, please contact: media@lifeline.org.au or phone: 0408 407 376

WARRAH



Just when we thought things could not get any more dramatic, life sent us all another curveball. In times of great upheaval it's calming to focus on the things that remain constant – the natural rhythms of nature, the harvest, the satisfaction of physical labour outdoors, preparing and eating a nourishing meal.

On the farm we have been harvesting the last of the summer crops and preparing for the cooler seasonal veg. The ground has been soaked by the rains from February, and only recently have we seen some regular sunshine return. There are chickens in the newly completed chicken run, and at least one of the hens is laying.

Our Therapeutic Gardening team has been able to do a bit of nursery work

again. It is gratifying to see Warrah participants getting the chance to sow seeds and grow seedlings for the farm. Work on our spiral garden project has continued with individual Warrah participants. They have begun making mud bricks for the sensory garden, which will be a focus once our programs can resume as normal.

Our beloved cows, Elke and Frangipani have a great time grazing our fallow paddocks, eating scraps from the shop and leaving their magic manure behind. Recently the crew from Biodynamic Sydney visited us for their annual mission to prepare Horn Manure (500). This preparation is produced during the cooler months to use in spring as a fertilising spray. Fresh biodynamic cow manure is pushed into old cow horns and buried in rich topsoil for 4-6 months. Come spring, the horns are dug up and this beautifully fermented, nutrient dense compost is collected and used to enhance and rejuvenate the soil.

Our Specialist School has launched its new website – warrahspecialistschool.nsw.edu.au. It includes some lovely aerial views of the rural campus and images of students busy at school and on the farm.





from the Mayor's Desk

As we chart a course through these difficult waters together we are all going to need the support of each other. Hornsby Shire Council is doing what it can, with the \$3.5 million Hornsby Helps package, and I thank all of my fellow Councillors for their supportive approach to help our community. We are trying our best to ease the financial burden on our residents and stimulate the local economy, mainly by foregoing rent, waiving fees and providing rate relief where needed.

Everybody needs to play their part and we are appealing to residents to be aware of the social distancing guidelines that are needed in the battle against COVID-19. The more space we can all keep between ourselves, the harder it will be for the virus to spread. This is a life-saving measure, as it will prevent the virus from finding a path to the most vulnerable members of our community. Please stay home and only go out when it is absolutely essential, and when you do keep at least 1.5 metres away from other people. This applies in our open areas as much as anywhere else.

Stay up to date with all of the latest news, particularly as it affects our local community, by following Council on Facebook and signing up to our eNews. You can find all of the details of the Hornsby Helps package, as well as how you can apply for assistance, by visiting our website at hornsby.nsw.gov.au.

Take care of yourself and each other.
Together we will be able to get through this.

Philip Ruddock
Mayor
Hornsby Shire Council

Stay up to date with Council news and information regarding COVID-19

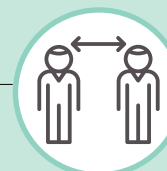


COVID-19 section on our website
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Social distancing



At all times, social distancing rules apply. This includes use of all outdoor recreation areas including parks, reserves and walking trails.

Please respect others and if you see anyone not following the government guidelines, you can report them to Crime Stoppers on **1800 333 000**.

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 state and federal government.

health.nsw.gov.au | nsw.gov.au/covid-19 | australia.gov.au

THE LEGACY OF GRIEF

A STUDY OF A FACE

By Kerron May



I longed to give her a hug, to give some reassurance to relieve some of her sadness but in the current circumstances we find ourselves, this basic contact is forgone. I wanted to tell her that even though her loved one had gone, they lived on through her, her children and her children's children. For this is the legacy of life over death, one of the great joys of remembrance: it continues long after we have gone, through the next and subsequent generations. It is perpetuated through a mannerism, a glance, an appearance or briefest glimpse of the departed loved one.

We live on through our children and grandchildren. Death when it comes robs us of the company of a particular loved one and its mate grief can extract a dreadful toll in distorting memories but the physical legacy left is an expression of the essence of that person can see in yourself and children and your children's children and is a far greater reminder of your lost loved one.

Faces express our emotions. They can be happy, cheerful, thoughtful, angry, sad reflecting any sentiment in between: faces are the measure of our feelings.

Recently I saw a friend one of whose parents had recently died. She looked sad and distressed; her eyes were red ringed from shed tears and her whole demeanour was one of loss in the clutches of overwhelming grief.

Love and remembrance will always overcome death and grief no matter what the future holds. My friend you might have lost the physical person but you have the indelible memory of past shared life experiences. Be grateful for what you had and weep not for what might have been, take joy in what is and always remember you had someone you loved and someone who loved you.



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LOCAL GOVERNMENT ELECTIONS POSTPONED

By Nick Cook

The New South Wales Government has decided to postpone the local government elections that were scheduled for September this year, in response to the ongoing COVID-19 situation.

A new date has not yet been set, but the NSW Government intends to hold the elections in September 2021.

Hornsby Shire Council has welcomed the decision, with Mayor Philip Ruddock saying it would have been impossible to hold an adequate election under present conditions.

"There are few things more important than elections in our democratic society and we need to make sure they can be done properly," Mayor Ruddock said.

"Moving the election date will not have a significant impact on Hornsby Shire, as our term was one year short because of the complications surrounding local government reform."

Meanwhile, Council has temporarily closed all non-essential services, in

line with the advice of the state and federal governments.

The majority of Council's staff are now working from home, wherever possible.

"Council is not immune to the disruption and inconvenience caused by this unprecedented scenario," Mayor Ruddock said.

"We are working hard to keep essential services, such as waste collection, operating as normal.

"In the meantime, I urge everybody to visit Council's website if they have a question because many services are available online.

"While you are there, make sure you visit the library website, where a number of fascinating resources will help you pass the hours of self-exclusion.

"This is going to be a very difficult time for all of us and we will need mutual support to get through it together."

SALVOS

By Katy Joscelyne

In accordance with the current Government regulations relating to the control of the spread of the Coronavirus, our Family stores at both Dural and Glenorie are closed until further notice.

As many of our customers are discovering, this enforced Social Isolation is a wonderful opportunity to attend to unruly gardens, look at long overdue house maintenance projects, and clean out cupboards and bookshelves!!

With regard to your generosity in nominating your pre-loved articles to us, we ask if you can PLEASE store them safely at home until we re-open. With no turn-

over of goods due to the stores being closed, we are stocked to capacity, both in the shops and in the Dural warehouse. If you leave bags and boxes outside our doors, they may never reach us. In the past, many carefully packaged items left out of hours have been pulled apart and damaged.

Volunteers and staff are waiting for the word to "Re-open!!" We will be looking forward to receiving your donations then, and to giving you a warm welcome when you come through our doors.

Please check our FaceBook page for updates in between the releases of this local monthly community newspaper.

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LOCAL AUTHOR KELLIE M DAVIES

TREATS US TO A TASTER OF HER 2ND BOOK IN HER TRILOGY

Kellie M Davies, author of *The Clandestine Chronicles*, pens a brief explanation behind her floundering around in paddocks outside of the quaint English village of Long Compton, home of the Rollright Stones.

For me, writing a novel entails so much more than the mere story told via words on a page.

I like to immerse myself in the experience of research. After an unforgettable two weeks near Creston, Montana in the USA inhaling everyday life and scenes for 'Mabon', 'Yule', the second book in my series, led me to a picturesque location about forty minutes northwest of Oxford.

Protagonist Lucy DeBane and her sister Abigail find

themselves unveiled as a witch in the local Long Compton pub, the Red Lion. I had travelled there to find out how characters Lucy and her sister Abigail get themselves out of a witchy situation - running through the paddocks surrounding Long Compton, miles up a hill and into the stone portal disclosed by the sister's supernatural

presence. The Whispering Knight stones (said portal) are remains of an actual burial chamber but for the purpose of plot, I was in situ researching the stones and their possible relationship to the third DeBane sister's disappearance.

Here's a snippet for your tastebuds!



I leaned forward to look out the plane window, hesitating at the greasy smudge a passenger had left on the plexiglass. Beyond the glistening metal wing, the outside world was in miniature - tiny hills, tiny square fields, tiny houses. It all shined an iridescent emerald in the bright foreign sun.

How was I ever going to find her down there in that tiny world?

Mathilda was gone, without a word. It was an organised manoeuvre, too precise for someone as vague as my sister - more at home picking daisies and gazing at stars than dealing with the mundane of plotting some clandestine plan.

Abigail instantly withdrew. From dynamic, she'd become a shell, so Abi was packed up, on a plane and presently in England - on the hunt for her twin. She'd been given 3 days. If Abi had no leads on Mat by the third, back up would be sent - me.

The in-house witch feud over my volunteering had caused a gaseous purple vortex in the cellar that gained momentum every time a voice was raised. But I was mentally in England before the Mustang's tyres had screeched to a halt at the airport curb.

I folded down the page corner and laid my latest knowledge conquest on my lap; a plain cover grimoire of advanced mixtures - melange. The window once again beckoned.

Mat, where are you?

A low hum answered and beat dull, like an ancient drum sounding its verse against my chest - my amulet was calling. I pressed a finger to its polished centre, then traced the casing; dragon to knight and floral plumes in between, snatching my hand away before the call was heard.

Evlynn - would the vapour vamp appear here? On the plane?

The last time she'd shown her face, Evlynn had remorselessly murdered her niece Elania, tortured my Gil - almost beyond repair, and wildly suggested I join her in England. I was fulfilling her divination, she'd be amused by that, at least.

The plane's descent pushed my patience. I huffed hot, wet air to fog up the window then drew a small sigil for protection under the greasy smudge. To say my witchcraft skills had 'arrived' was like saying 'look at the light snow' during a blizzard, they had consumed me from the second I had begun my training. And controlling these inherited gifts ... Ha!

I picked up the grimoire, and flipped back to the marked page. The title 'Controlling your Desires' shouted out exactly what I was thinking. I needed control - just long enough to find a witch, kill another and return to love.



A BIG WELCOME TO OUR NEW TRADIE BANKER

By Gary Mangan

Galston and District Community Bank would like to introduce their newest member to join the team, Jack Barron.

Jack, a former Galston High School student, left school to pursue a career in banking. He has been employed on a full time traineeship basis with the Galston Community Bank.

Gary Mangan, Branch Manager, likes to call this role a 'Tradie Banker'. He stated "our bank has been in the community since 2002. Our staff at the branch have been stable which has ensured consistency and a sound knowledge of our customers and products. More recently we have seen the need to look into the future and ensure the community bank has the best staffing going forward for the next 20 years. With this in mind the traineeship programme has been

implemented and if successful we hope to employ a further 'Tradie Banker' in the coming year".

We would like to remind all our customers to stay safe. We remain open to assist and help the community with their banking needs through the current Covid-19 Pandemic and beyond. We have some customer number restrictions, social distancing measures and hygiene protocols for the safety of all our customers and staff. We would like to thank our customers for complying. We are open 9am to 5pm Monday through Friday and customers can call the branch directly on 02 9653 2227.

Jack's Comment:- I am thrilled to be working with a great team and I look forward to getting to know people in this great community.



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A PHONE-TASTIC INITIATIVE



This is me and Danae from iPulse phone repairs with some of the newly-donated phones they will make safe for vulnerable women



Hornsby Councillor, Emma Heyde, is helping turn Hornsby's e-waste into a way of helping women experiencing domestic violence. Councillor Heyde has been collecting unwanted phones from residents across the Shire. The phones are delivered to Andrew Mackenzie at iPulse Phone Repair in Dural. Andrew, and his technicians, wipe the phones and recondition them for free, ready for the Women's Community Shelters, to give to clients. A clean, un-tracked phone provides a woman with a safe way of reaching out for help. "My goal was 100 phones," said Councillor Heyde. "And I've collected 109 in a week. The community has been amazing in helping turn e-waste into a valuable resource."

Any phones that are too old to be used can be stripped for parts that are used to repair other phones. This avoids the need for important new phone parts. "It's an awesome example of how we can do more locally to recycle e-waste. The basic ingredients in this story are generosity from the community and Andrew's skill in repairs. Add in the love and support from the incredible team at Women's Community Shelters and it adds up to a great way of supporting vulnerable people who need special care," Councillor Heyde said. If you want to participate, please contact Emma on eheyde@hornsby.nsw.gov.au

IMMUNE BOOSTING TONIC RECIPE (ANTIVIRAL, ANTIBACTERIAL, ANTI-FUNGAL)

A DIY immune boosting tonic recipe or a natural antibiotic recipe that will make your immune system stronger and powerful enough to fight easily any viral, bacterial or yeast infection. Great for those looking to boost their immune system while sick during the cold and flu season or to fight an infection fast without antibiotics in a more natural way. Combining garlic, ginger, lemon and honey makes one of the best and effective immune boosting tonic recipes. All it's ingredients have anti-fungal, antiviral and antibacterial properties and work synergistically, meaning they work even better when combined. This specific immune boosting tonic recipe is even easy to ingest

Ingredients

- 2 small fresh lemons (~1/2 cup) - (with the skin or not, cut into large chunks)
- 1/2 cup fresh ginger - (peeled, cut into chunks)
- 1/2 cup fresh garlic cloves - (peeled)
- 1/2 cup raw honey - organic

Instructions

Add all ingredients roughly chopped in a blender, pulsing for a few seconds until everything turns into a paste.

The mixture contains not only the juice but also the fibers from the whole fruit/vegetable which makes it even more beneficial for your gut microbiome.

Notes

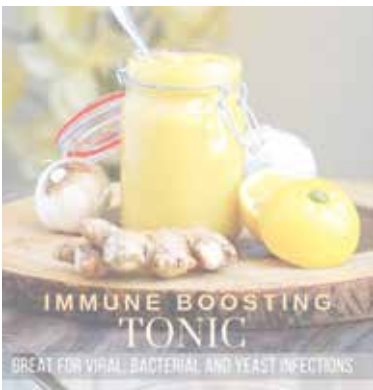
This immune boosting tonic is best taken on an empty stomach in the morning and/or half an hour before meals and before going to bed.

As a preventive measure you can take one or two teaspoons per day based on personal requirement.

Storage:

Store the immune boosting tonic in a seal-able container (preferably glass) in the fridge. The longer it sits in the fridge the more potent it gets; but the taste gets milder and more pleasant.

This recipe was found on the 'Healthy Taste of Life' website, a highly recommended site for those interested in health and wellbeing.





Neighborhood Watch

REPORT

Please report all suspicious incidents to local police or the police assistance line on 131 444.

Unfortunately we are seeing a slight increase in criminal activity over the past few weeks. April saw properties broken into and items such as a chainsaw, nail gun and motorbike (2) stolen from properties in Galston and Middle Dural.

Crime stats from March show 1 x Steal from Vehicle Middle Dural, and in Galston 1 non-DV related assault, 2 Break and Enter Non-Dwelling (ie sheds) and 1 Malicious Damage.

Keep your sheds and gates locked at night, report any suspicious activity daytime and night time to Crime Stoppers: 1800 333 000.

Report crime anonymously

Report suspicious activity asap

Police Assistance Line (PAL): 131 444

For non-urgent minor crime

After reporting your suspicious activity to police, please also alert neighbours using our facebook page www.facebook.com.au/NHWGGAD.

VIRTUAL RELAY



The 19th Hills Relay For Life will be stepping out online on **May 16 from 2pm to 6pm**.

COVID-19 restrictions have forced the much-loved Cancer Council fundraiser from its annual home at Castle Hill Showground into homes and gardens.

Organisers are asking people to follow and like the Hills Relay For Life Facebook page so they can still take part in the event.

The broadcast will be a mixture of video and live video links to teams and activities during the day.

As well as the opening ceremony and candlelight ceremony of hope there will be activities, craft, a cooking segment with Janelle Bloom, zumba with Nina and so much more.

There will also be a pet section.

To find out more email danielle.sammutter@nswcc.org.au

Castle Hill branch of the CWA has copies of the Country Women's Association Cookbook which was first compiled in 1931.

Copies cost \$29.95. To order email lynnmjones@hotmail.com

DARBY AND JOAN- IN LOCKDOWN

By Carmel Liddell

With heaps of time to spare,
Joan sat in her office chair
to face her computer -
minus a tutor -
and buy stuff online with flair.

Her gifts were varied and many.
Joan spared not a cent, not a penny.
For Darby she bought
a flagon of port,
and kippers for her moggie, Benny.

Darby was merry on port for a while.
Till he developed a twinkle and smile.
But once a-quiver
he could not deliver
and that wiped the smile off his dial!

Now Joan, to keep Darby content,
thought sleep would be good for her gent.
And whilst tipping wine
she bought pills online
but her order - was not what was sent...

Darby forgave - but never forgot.
Those little blue pills in a pot.
His Viagra haze,
lasted for days...
and the couple had fun - quite a lot!

Half -truths were told 'bout that faddle.
If asked, Joan would always skedaddle.
But she never denied
she was happy inside,
now that Darby was back in the saddle!

HILLS HAWKS FOOTBALL CLUB

So our children can still practice and improve their soccer skills during COVID19, Hills Hawks Football Club have teamed up with T3 Australia.

T3 Australia are running a virtual training sessions. To find out when the next sessions are on, please visit their facebook page

www.facebook.com/HillsHawksFC

An example of the training can also be viewed at

<https://www.facebook.com/t3australiafootball/videos/>

SYDNEY HILLS DISTRICT BRANCH OF THE ASSOCIATION OF INDEPENDENT RETIREES **WE ARE CHANGING! ZOOM! ZOOM!**

The Committee has been working to bring ZOOM MEETINGS to our members. This means we can stay connected and encourage new members during the current Caronavirus crisis.

The next Monthly Meeting will be held via ZOOM in June 2020.

Meetings commence at 10.45am.

For information on speakers or to joint, please contact:

Mal Steel: airsydneyhills@gmail.com

DURAL GALSTON PROBUS CLUB

We are a mixed club for retired and semi-retired people who enjoy friendship, interesting speakers, outings and holidays.

Visitors are very welcome.

However meetings at the Galston Club have been suspended temporarily due to the corona virus.

Contact Tina Kase 0428 888411

DURAL & DISTRICT PROSTATE CANCER SUPPORT GROUP

Regrettably due to the current situation our organisation has decided to suspend its monthly meetings at this time to ensure that the health of our attendees is not compromised.

However, if anyone requires information or support during this time please contact Denis 9629-2645 or Maurice 9654-2138

HERBS AND HARDBACKS - HELPING HORNSBY STAY HEALTHY

Library Service

Hornsby Shire Council is continuing to adjust to the challenges of COVID-19, launching services to deliver books and plants to people's homes.

"These are challenging times that affect everybody and Council is working hard to find ways to make it easier

for our community members," Hornsby Shire Mayor Philip Ruddock said.

"At the same time we are doing everything possible to adjust our operations so we can get on with the services we have been entrusted to deliver."

The library's Pick and Drop service will allow members to choose items - including books, DVDs, CDs and other media - from the extensive catalogue to be delivered to their door.

"If you're not sure what you want, you can simply describe your interests and our dedicated staff will choose something especially for you," Mayor Ruddock said.

"The goal is to support social distancing, helping to keep people's minds active as they remain isolated in their homes."

Staff will arrange a pick-up once the four-week loan period has expired. If you are not yet a library member you can join online.

Visit www.hornsby.nsw.gov.au/pick-and-drop to find out more and access the service.

Hornsby Library also launched a Facebook page to keep residents up to date with available services, while also entertaining and engaging them with posts about a range of topics.

Vegetable Seedlings

Another new Council initiative is the Nursery Express service, which will deliver vegetable seedlings from our Community Nursery to people's homes.

"A lot of people are seeing this time

in isolation as an opportunity to develop their green thumbs and we want to encourage that," Mayor Ruddock said.

"It would be a great side benefit of this unfortunate situation if we come out the other side with a host of backyard vegetable patches scattered across the Shire."

To access the Nursery Express service visit www.hornsby.nsw.gov.au/nurseryexpress.

"We are determined to do everything in our power to help our community through this unprecedented situation, while continuing to provide the services that are at the core of our mission statement."

Let our library team select something for you, based on your interests. If you're not already a member join online and begin your library journey with us!

<https://www.hornsby.nsw.gov.au/library/pick-and-drop-library-services>





GLENORIE PROGRESS ASSOCIATION

The GPA continues to operate as usual through this period. Our last meeting was conducted via zoom, very successfully. That means it is even easier for you to join us at our next meeting from the comfort of your home.

\$300,000 for Cattai Ridge Road

The Hills Shire will fund improvements to Cattai Ridge Road including:

\$250,000 to widen the shoulder of the road in sections nominated by a safety audit and; \$50,000 to design an upgrade to the intersection of Cattai Ridge Road and Halcrows Road.

Anyone who rides or drives on Cattai Ridge Road will appreciate that any improvement to safety is very welcome and improving the shoulder (particularly for cyclists) and the intersection will go a long way in terms of safety.

Thank you to councillor Peter Gangemi from The Hills Shire Council for letting us know and supporting these improvements.

COVID-19

Please continue to support our local businesses during this time. The innovation and adaption to the circumstances demonstrated by each one is amazing. It has been fantastic to see the Glenorie Bakery supporting other local producers by selling their produce, and due to popular demand Glenorie Chicken & Fish introduced Sushi on Tuesdays. I am told they were sold out by 10:30am. Glenorie's Shear Envy Hair has stayed open the whole time, practicing strict hygiene and distancing measures along with all of the other local businesses.

At the time of writing there are no known local cases in Glenorie. We have been blessed this year. The bushfires never crossed the river and no cases. You can say a little prayer of thanks for that.

Taking advantage of our natural surrounds for exercise

Living in the Glenorie area provides numerous benefits and one of those is lots of opportunities to run or walk on extensive trails that highlight the natural beauty that surrounds



us. Here are some suggestions that may be close to you:

- **Gentlemen's Halt walk.** From the end of Canoelands Rd a 10km walk with amazing views over the Hawkesbury
- **Ben Bullen Rd Fire Trail** short walk into the gully with soaring timbers and a rainforest feel at the end of Ben Bullen Road
- **Fern Gully Fire Trail** – as the name suggests a decent into a beautiful ferny gully. The trail is located off Halcrows Rd, look for the yellow sign quarter of the way down the road (towards Wisemans Ferry Rd) on the right
- There are many other trails at the end of Neich Road, Sermelfi Drive not to mention the national parks of Cattai and Marramarra.... Get out there.

Memorial fence

Great progress is being made on the Ray Whiteman Heritage Memorial Fence. Karl van Middeldyk of Aussie Stonemasons has made a plywood mock pillar to demonstrate how the carved pillars will look in situ. They look great. It is intended that each upright stone pillar in the fence will have a carving that tells a part of the heritage of the area. These pillars will be an opportunity for sponsorship by local businesses or families.

project, thank you Warren.

A NSW Community Building Partnership grant of \$20,000 was awarded to the project and Robyn Preston, our local state MP continues to alert us as to any other funding opportunities, thank you Robyn.

We hope that by next ANZAC day, we are able to conduct a dawn service at the cenotaph in a setting that is compliant with the safety requirements, respectful of our heritage and the sacrifice that affords us our freedoms and celebrates the life and contribution of Ray Whiteman.

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 14th May, 7pm** online
<https://zoom.us/j/666073316>

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

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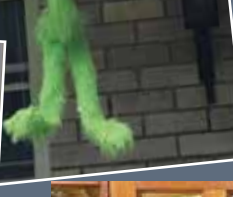


GOING ON A BEAR HUNT

Teddy Bear Hunts are uniting neighborhoods during Coronavirus Quarantine

To help make the Coronavirus more bearable, teddy bear hunts are popping up in neighborhoods around the world and kids are loving it. Here are our local representatives.

Contributions from Linda, Andrea, Hayley, Maryanne and Ingrid



THE CHALK ART CRAZE

Local children are participating in 'The Chalk Art Craze' which is a great activity for children to tap into their creativity. Here are some of our local contributions.

Thanks for the contributions from Cat, Lori, Yassy and Melanie



TAKE AWAY MEALS

RESTAURANTS AND CAFES OPEN FOR BUSINESS

Restaurants in Glenorie and Galston have been covered in this guide,
Dural restaurants will be listed in The Dooral Roundup

Please note that most deliveries are within a 5km radius so please confirm with the establishment.

Cafe Sasanqua

8 Cattai Ridge Rd, Glenorie
9:00 AM - 2:30 PM Tuesday- Sunday
Pickup or takeaway

 **9652 0969**



Chicken and Fish

8940 Old Northern Rd, Glenorie
6:00 AM - 7:30 PM
Pickup, takeaway or local delivery

 **9652 0233**



Chizzos Pizzeria

Shop 2, 362 Galston Rd, Galston
5:00 PM - 8:30 PM
Pickup, takeaway or local delivery

 **9652 3223**



Galston Chinese Restaurant

7/362 Galston Road, Galston 963 1811
Takeaway

 **9653 1811**



Galston Deli

Shop 2, 354 Galston Rd, Galston
Monday - Friday 5:30 AM til 4:00 PM
Saturday - 5:30 AM til 5:00 PM
Pickup, takeaway or local delivery

 **9653 1128**



Geranium Cottage

828 Old Northern Rd, Middle Dural
9:00 AM - 4:00 PM
Frozen takeaway and delivery over \$50

 **9652 0475**



Glenorie Bakery

Shop 4 930 Old Northern Rd, Glenorie
6:00 AM - 6:00 PM weekdays
6:00 AM - 5:00 PM weekends
Pickup or takeaway

 **9652 2624**



Glenorie Pizza

940 Old Northern Rd, Glenorie
5:00 PM - 9:00 PM
Pickup, takeaway or local delivery

 **9652 1753**



Maharajah Haveli


1237 Old Northern Rd, Dural
5:00 PM - 10:00 PM
Pickup, takeaway or local delivery

 **9651 6555**



SteamYard Cafe

354/356 Galston Rd, Galston
Pickup, takeaway or local delivery

 **0406 620 020**



Sugar Salt Cafe

344 Galston Rd, Galston
Monday-Sunday 7:30 AM - 3:00 PM
Friday night Wood fired Pizza 3:00 PM - 8:00 PM
Pickup, takeaway and delivery

 **9653 2808**



Thai Square Cuisine Galston

Shop 1, 362 Galston Rd, Galston
Sunday- Thursday 4:00 PM - 8:30 PM
Friday- Saturday 4:00 PM - 9:00 PM
Pickup, takeaway or local delivery

 **9653 3333**



The Local Collective

4/346 Galston Rd, Galston
Monday-Fri 6:00 AM - 3:00 PM
Saturday-Sun 7:00 AM - 3:00 PM
Pickup, takeaway and delivery

 **9653 1461**



The Galston Club

21 - 25 Arcadia Rd, Galston
Pickups and takeaways
Dinner & Drinks

 **9653 2017**



Village Thai Cuisine

930 Old Northern Rd, Glenorie
5:00 PM - 9:00 PM
Pickup, takeaway or local delivery

 **9652 2788**



UPBEATS

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

Galston Library and the Librarian Christina

We are all aware of the changes to our life brought about by the virus. Some are minor and some quite devastating. In its own way the inability to visit the library and borrow books has had a profound effect on some of our daily lives. I greatly miss reading.



The most profound effect, however, is that we will need a new Librarian as Christina is to retire. Christina has developed a meeting place as well as a place for books. Older people have found a place to meet and share their lives and issues. Christina knows them all by name, and she listens with great empathy. At the other end of the scale, young mothers come in with very young children who look to devour the children books. Not only does Christina know the mothers names but also all the children. The library lights up with sounds of the community. In between there are borrowers of all ages drawn into her web. Make no mistake; she is a skilled advisor and well able to help people with the vagaries of the internet and can source requests if that is possible. There are a great number of people that will feel the loss not the least of which is me. We wish her good health in her retirement. We hope that when the library reopens she might pop in from time to time and light up our lives again.

Ian Kerr Galston.

Things to be Grateful For

This morning, with my favourite magazine, I took my morning snack and tea outside to sit in the warming autumn sun. Followed by a tour of my very lovely garden ending up at the veggie patch.

I am grateful for my eggplant as she had given me a beautiful big, fat fruit, and reminded her that while I am very happy with this one a few more would be appreciated. I encouraged my lovely red coral lettuce not to give up yet as I still need some for salads. I checked out my persimmons and thanked it for the abundant crop it has produced this season. It is wonderful to pick and eat delicious home grown fruit.



contributed by Elizabeth

A Message to the Community from Compass Travel & Cruising Galston

All of Us at Compass Travel & Cruising want to thank our wonderful clients and the community in general for all the love, support and kindness shown to our "little" business in this unprecedented time of crisis for the travel industry as a whole.

We have been in Galston Village for nearly 35 years and are not going down without a fight!

So, while our shop front may be closed for now (hopefully only temporarily), we want to assure you that we are working very hard behind the scenes to get everyone home, and just as importantly, away again when the time is right to resume travelling. For the foreseeable future our phones and emails are operational Monday to Friday 10 am – 2pm only.

Our number stays the same 9653 2028 and email is holiday@compasstravel.com.au

Please continue to look after your families and stay safe during these uncertain and troubling times. Your wellbeing and that of our staff remains our primary concern, and we look forward to happier days ahead when the world re-opens for business once again!

BOOK
WITH AN
AGENT WHO IS
PART OF
AUSTRALIA'S
BEST

A MEMBER OF
**TRAVELLERS
CHOICE**

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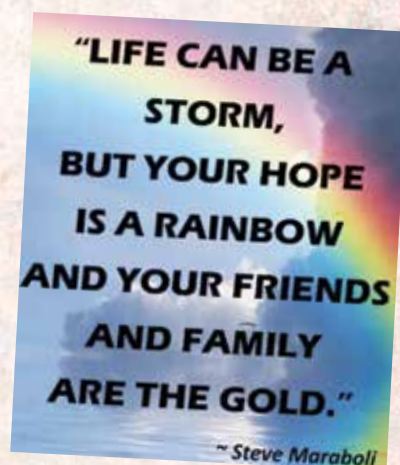
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Rainbow Inspiration

Given that rainbows bring the promise that the troubles of today will surely pass, it is little wonder that the symbol of a rainbow is currently being widely used. By holding firmly to the image, the rainbow will bring fresh beginnings and new prosperity.



Bizarre

I saw a comment on Facebook yesterday,

"Take care of yourself during these bizarre times" I pondered the word, 'bizarre', and decided that I like that word.

Since then, I've been hearing all sorts of phrases explaining these 'Now Times'.

Of course, there have been grim ones like fearful times, lonely, isolated, restricted times, times of separation, uncertain times and difficult days: but I've also heard of slightly more positive ones like alarming times, unprecedented times, unique and extraordinary times, tricky, odd, crazy times, interesting, strange, fast-changing and challenging times.

Our society is changing and so unpredictably. We don't know what's coming next. It's been like this all year, what with the drought, fires, flooding, the toilet paper panic and now this Coronavirus scare. What is next?

It seems we must go with the flow and I say "look up and be wise and Do what we are able to help and encourage others."

By Christine Stockman



Wedding Bliss

Despite having their wedding plans, for the 4th of April dashed, local couple Sandy Crew and (now husband) Lindsay Le Compte, decided that it was still their desire to be married. Given that only 5 people could attend, they could easily bring forward their wedding date.

So, on a sunny afternoon a week before their original date, they married in their stunning Glenorie rose garden. Five present, the bride's son, groom's daughter and me, who performed the ceremony. Despite social distancing, the couple still kissed as I declared them to be husband and wife.

Even before the necessary distancing restrictions, I have always enjoyed small weddings. /...~÷ as there is something pure and magical about the intimacy of the ceremony and the couple's declaration of love and commitment. There was laughter, and there were tears, but most of all, we all felt the power of love. Sandy and Lindsay are still planning a celebration day to share their joy but, until then, they are comforted by the fact that they are now legally bound together.

ps...The original date for the wedding turned out to be a wild weather day so bringing their date forward was perfect.

contributed by MarryMeMary



Street Library

Ingrid Hobson, while cycling, spied this wonderful initiative in Somerville Road Hornsby Heights.

Kudos to the person who came with the idea and made it happen.



ACKNOWLEDGEMENTS

Bean Everywhere Dural, have amended their fleet due to the COV19 and are now doing home delivery. They have given the locals happiness during these crazy times.

Kevin

Glenorie Bakery has created an amazing local alley supporting all the local producers from flowers to fresh fruit and vegetables filling the bakery where their customers usually sat at tables. This week they heard of a tomato farmer with excess tomatoes in Maroota so they have been making it into fresh passata for the community. It's inspiring to see a small family business reaching out to support our local farmers in this time of crisis.

Melanie

Big thanks to the lovely lady in Post Office Road who puts out her fresh lemons and limes for free!

Wendy

Chicken Fish needs thanking for their amazing support to the community. From the get go they were making take home meals, supplying veggies fresh from the market and doing home delivery on take away. They did this from the start of the panic buying when people were really having problems getting veg and fruit. They also had hand sanitiser. All the profits of some of their ventures went to the farmers and they are continually supportive of our community by hiring locals. For Easter, a special trip was made to the fish markets to supply seafood which was amazing and very reasonably priced. They've always supported the farmers as most of the community will already be aware.

Louise

Our neighbours bought us some pasta and pasta sauce when they went out shopping. It was a lovely surprise to find them on our doorstep.

Christie

My neighbours next door (Sue and Jo) offer to buy me groceries every few days when they are going to Woolworths. I have severe asthma, auto immune diseases and had pleurisy last year so I haven't left my home in a month. My husband is stuck overseas working and can't get home, so having such kind people looking out for me has really humbled me. I am so grateful for their kindness. We really do live in the most beautiful community.

Cathy

Cathy, our Zumba Class supporter has been wonderful, keeping the class connected by way of messenger and emails. She has a huge heart, a listening ear and compassion for all. Thanks Cathy, we all value your high spirited communication.

Lisa

I want to thank my husband for being my constant companion, I feel so fortunate to have someone to share this experience with, providing me with comfort and support. Mostly I want to thank him for telling me daily how beautiful I am even though I know I'm not... haha!

Mary

The other afternoon my husband and I were doing our daily walk along Cairnes Road. A lady who said her name was Jackie and who lives at the top of the hill along Cairnes Road, asked us if, being older, we'd like a veggie box from donations overflow and she very kindly gave us one. There was even a little packet of Easter chocolate eggs... We can't leave the street or the house much, as my mum is 92 and very worried, so this random act of kindness made us very grateful. One day we'll pay it forward. Thank you Jackie.

Katalin

I totally admire and appreciate the doctors and staff at Glenorie district medical centre for their care and dedication to the community during this challenging time ensuring all are as safe as possible. The receptionists being on the Frontline 24/7. Their commitment is OUTSTANDING.

Ulla

David from Feely Earthmoving came and cut up a huge tree on my property. I didn't tell him about it, he just came and did it. Lovely family.

Rachel

Dave from the IGA has been a wonderful support and help to the community, especially to the residents of Rowland Village. Everyone is trying to help others out but sometimes someone shines a little more brightly. Thanks Dave, we see the great work you are doing.

Lisa



WHAT'S OUR NEW NORMAL?

By Susanna Mills



The COVID-19 pandemic has forced us all to focus on the things that really matter- namely our health and our personal relationships. But even though, as I write this, we are still mandated to stay home, isolate and social distance, we are all beginning to wonder what our 'new normal' is going to look like.

In Australia, we have been very fortunate not to be subjected to a full civic lockdown, which has occurred in more densely populated countries. Furthermore, we have been permitted to exercise outdoors in and around our places of residence. And after our apocalyptic bushfire season, everyone has a newfound appreciation of the sublime autumn weather and greened up scenery after finally being blessed with good rains.

Locally, there have been quadruple the number of dogs being walked, families and children cycling together to

our beautiful local parks like flocks of brightly coloured birds, young people bursting with energy out jogging or power-walking together and many pairs of previously reclusive elders purposefully out walking absolutely everywhere! (Cue the Louis Armstrong song, 'What a Wonderful World'.)

What has also become clear, worldwide, are the breathtakingly pristine day and night skies and all the spaces monopolised by traffic infrastructure, silent and devoid of traffic. There have been reports of birds heard singing in the streets of cities like Bangladesh for the first time in decades, Dolphins frolicking in the lagoon of Venice, the Great Wall of China and the Himalayas visible to horizons that were totally obscured by air pollution for a hundred years. It is clearly evident for all to see that Creation has heaved a collective sigh of relief.

But it's not over yet. There are winners and losers from this



situation. We need to continue to be brave and learn from this, see opportunities, all the while aiming at remaining engaged with one another and our natural and built environments or we won't get our 'new normal' right. We get precisely one shot at this.

We Ride Australia highlighted a letter endorsed by over 100 experts across our medical, academic and planning professions- sent last month to every transport minister of Australia regarding the role of walking and cycling as a means of pandemic prevention and economic recovery. Here is an excerpt;

"Walking and cycling, whether for essential workers to commute to and from work, or for the purposes of recreation, provide easy opportunity for physical activity and adherence to social distancing. Physical activity has substantial and wide-reaching physical health benefits (such as reducing the risk of cardiovascular disease, cancers, dementia and diabetes), and is also beneficial for mental health.

Furthermore, safe cycling and walking will be imperative in reactivating our economy when social distancing measures are relaxed. This will enable people to travel to work and school using transport modes that are both safe and healthy.

There are numerous examples across the world of the rapid roll-out of social distancing infrastructure to support cycling and walking during the COVID-19 pandemic. Measures have included reduced speed limits, widened footpaths,



emergency cycle lanes, streets closed to motor traffic or removal of manual pedestrian buttons. New Zealand have recently announced substantial funding to support the roll-out of interim measures to make it safer and easier for people walking and cycling,⁸ and the UK have given local authorities the power to quickly and easily make roads car-free, widen footpaths, or install temporary cycle lanes.⁹ As yet, we have not seen a similar response in Australia, despite the urgent need.

Thus, we call on decision makers to take urgent steps to enhance walking and cycling during the pandemic through these or other measures to ensure that safe physical activity and social distancing can occur on our streets now and when the economy is reopened. "

READ the full letter here: https://www.weride.org.au/wp-content/uploads/2020/04/PublicHealthLetter_FINAL-embargo-b.pdf



HOW LOCAL BUSINESSES ADAPT



Why I now offer my Zumba classes via Live stream:

A month ago, I felt my world get swept from under me when it was announced we now have a serious world pandemic. My main priority was to keep everyone safe, so I shut down all my classes even before the government's lockdown laws.

After a few days of tears and feeling like a bird with its wings clipped because I couldn't dance and share my passion anymore, I made a decision to offer my classes online. It has been a huge learning curve to teach myself everything and

anything I could with this new technology but giving up was not an option. I realised I can do hard things especially when the WHY I was doing this way too strong.

Now that we are up and running, I get to see and feel the joy at a time of anxiety and worry. For that one hour or so, we are all connected. In this new norm with so many changes, I feel my livestream classes give us that one constant to get up, get moving and get happy. We get to interact on our little screens and dance and laugh together. After our class, most of us stay back to continue with our coffee

chats, sharing funny stories and sometimes even having a cry together. I am overjoyed that I can offer movement and music as the best therapy for everyone's physical, emotional and mental health at a time of uncertainty.

**Livestream on ZOOM
class schedule:
Monday nights at 6:30pm
Wednesday & Friday at 10:00am**

ZIN Studio online classes, starting from Saturday April 25 (accessible anytime from 9am to 2pm)

For more info:
zumbanina@gmail.com

My experience as a participant of online Zumba

The truth is, it's not as good as feeling the energy of the real experience. Moving and exercising with others is invigorating and motivating.

However, doing online Zumba is way better than not doing anything at all. Nina chooses our songs, guides us through the movements, and once you are in the zone, you forget that you are in your own home. As you get to see some of the other members, you do feel that you are part of a connected group all with the same aim, to keep fit, enjoy the music and to soak up the revelry of other class members. It is still fun and surprisingly an excellent workout.

We do our classes via Zoom and Nina sends us the link the night before. Once the Zoom app is installed on your computer the rest is easy. I actually attend classes more regularly now and use them as structural pivot points in my week.

Nina has such a joyful soul, by the end of the class, we feel uplifted, restored and recharged. The final song is always an inspirational choice, and the past few classes have had poignant messages. If you would like to hear some of these songs and lyrics here are a few for you to be inspired by... 'Let it Be', '3 Birds' by Bob Marley, 'What the World Needs Now', 'The Circle of Life', 'Don't Worry' be Happy - Bobby McFerrin, 'Here Comes the Sun' and the stirring, 'What a Wonderful World' - Louis Armstrong

contributed by Mary



Crazy hat day at zumba online classes



DURAL COUNTRY CLUB BOWLS

Dural Country Club Women's Mitchell Plate Side were off to a flying start at West Pennant Hill s Bowling Club in early March when they came home with 4 ½ points out of 5...followed by a 4 point win against Northmead!

Sadly however, amidst growing concerns and uncertainty in relation to the spreading of Covid-19 and to provide a safeguard to all members, volunteers, Clubs and their staff, all Bowls Events are to be suspended for an indefinite period.

Our ladies will miss their happy 'get togethers' for organised games – but look forward to playing once again in the not too distant future!



TECHNOLOGY NEWS

THERE'S AN APP FOR THAT... ZOOM...



Well, a month ago I hadn't actually heard of Zoom. It has now become one of the leaders in video communication. I now have at least 3 or 4 calls scheduled with family and friends over the

next week. Last night we lost in a Zoom Trivia game against some Trivia buddies as, of course, our usual venue is not open. I have also helped one of my clients so that she can listen and watch her church service on Sunday mornings through Zoom. Another client wants to join in for the Village's Friday chat sessions.

I have helped at least two clients set up their Zoom over the phone which is a testament to how easy it is to set up. I think the thing that has made Zoom so successful so quickly is not only, its ease of use but also, the ability it has to schedule meetings. However, there have been discussions with regards to the security of the app and there are some organisations who will not use it. Therefore, you need to make sure that you are happy with the privacy policy before using Zoom. Also, even though you can sign up free for Zoom there are limitations with call times.



Another App that can be used to communicate via video with people is Facetime. It is an app specifically for those who have Apple Devices which I find extremely easy to use. You can also, create group chats with this App and even link it from your messenger



group. Skype is also available along with other options such as WhatsApp and Facebook Messenger. These all have the option of making calls using video.

Which app to use? My suggestion is to work out who you want to communicate with and ask what App they would prefer to use.

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



History

DURAL & DISTRICT HISTORICAL SOCIETY INC. NEWS FROM HISTORY COTTAGE

By Michael Bell

In the light of the current directions for gatherings, the Historical Society must cancel its programme for the first half of 2020. Our proposed meetings for the **9th May** and the **13th June** and the two day tour for the **18/19th May** will not take place, while the meeting for the **11th** and the tour on the **14th July**, may also need to be cancelled. The effort our guest speakers put into their presentations is much appreciated and our enjoyment is only transferred to a later date.

Many of us are now finding there is time to do some of those things set aside for when we could "get around to it". The residents of our community during the Great Depression were in the same position. Some turned their attention to using local material to earn extra income, to build shelter or to improve their surroundings.

One of the best woods for the bakers' ovens came from the Casuarinas. It is still possible to see smaller examples these in the remaining woodlands as well as the occasional stump of a much larger specimen. These were harvested and sold to local bakers in Galston, Dural and Hornsby and provided much needed cash.

The huge trees of the time gave an excellent slab for building. All that was needed was hard work



and time, to provide a simple slab cottage or farm shed and some of these can still be seen by the keen observer. Another ready raw material much used was the local sandstone. In block form, it was used to construct examples that can still be seen throughout our community. Less obvious are the flagstones around many of those cottages of the late 1920s. Garden edges, paved shady areas under now large trees and low walls are evidence of time well spent during those hard times. Our

local history also records how caves also provided shelter for those in even more straightened circumstances.

There was also a community desire to improve the local amenity. One such building is the Arcadia Community Hall, once the School of Arts. Over many difficult years, funds were raised for the construction of a public hall. In 1934 a weatherboard clad, unlined, iron roofed building came into being. There have been many

more community fundraising activities, Council financial assistance and additions but the old Hall continues to serve the community, thanks to the foresight of those earlier residents who saw a way to serve their community when they came together to use some of their spare time during hard a hard time in our history.

History lets us look back so that we can make a better future. Maybe now is such an opportunity.

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BUDGERIGAR SOCIETY OF NSW INC.

Hills Branch – Ray Galbraith

Since the last article, when it was advised that the Royal Easter Show was cancelled; further deterioration in the Corona Virus has seen all Shows at National, State and Club level cancelled, along with all bird related meetings and associated activities.

Sadly, Hills Branch advises the passing of Peter Dodd, a foundation member of the branch, long term Past President, whilst also in various positions on the Hill Branch Committee. Peter was also awarded Life Membership of the Branch.

Peter was a New South Wales Judge and National Judge, providing many years of service to the Society in those positions. A great number of current and retired judges have been mentored by Peter. Always a source of information and advice to new and junior members, he had the depth of knowledge about the budgerigar,

that breeders and exhibitors in general would seek out his assistance.

For many years, Peter also held the position of President of the Budgerigar Society of New South Wales, along with various other positions at a State level. Life Membership was bestowed on Peter.

As an exhibitor, Peter was renowned as a leader in the breeding of the Blackeye Variety but also bred the Clearwing Variety at a very high standard. At the 2019 National Titles, Peter was awarded the Gold Logue (1st) for the Clearwing Variety and 3rd in the Blackeye Variety, after competing at Club, then State level to allow representation of N. S. W. at the 2019 National Titles.

Know the Variety;

- Blackeye Self: Yellow or White body, Wings and Tail to match body colour. Black eye with White iris.

- Clearwing : Green or Blue body, Wings clear white or yellow, clear tail, Blackeye with white iris.

Budgie Facts;

- There are two species of pet budgie, the English budgie and the Australian budgie which is a little smaller and more like the birds you see in the wild. The English budgie has been developed over many years from the Australian budgie that found its way to England many years ago.
- Budgies can poop every twenty minutes. No wonder their cages get dirty quickly!



Hills Branch meets on the 4th Friday of each month except

December at the North Rocks Community Hall, North Rocks Road, North Rocks, at 8pm visitors are welcome. NB No meetings until all restrictions in respect of the Coronavirus have been lifted.

Care to be part of a hobby that can be enjoyed by an individual, partnership or family? 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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LOST AND FOUND: ENDANGERED GANG-GANG COCKATOOS SPOTTED IN THE SHIRE

By Georgia Cameron

The recent sighting of Gang-gang Cockatoos in the sky over Hornsby Shire Council's Community Nursery has lifted the spirits of Byles Creek Valley residents who last observed the endangered birds in late 2016.

Hornsby Shire Council Community Nursery & Bushwalk Program Coordinator Mr Ross Rapmund saw a pair fly over the award-winning nursery. There have been more sightings from other parts of Pennant Hills and West Pennant Hills according to Council's Facebook page.

"It's possible that these birds are refugees from fire-affected parts of NSW," Mr Rapmund said.

In 2001, with less than 18 to 40 breeding pairs in the Hornsby and Ku-ring-gai Local Government Areas, the Gang-gang Cockatoo (*Callocephalon fimbriatum*) was listed as locally endangered under the Threatened Species Conservation Act.

The population once extended across Baulkham Hills, Castle Hill, Cherrybrook and Dural. Clearing for farmland, residential releases and infrastructure resulted in numbers dropping significantly according to the NSW Scientific Committee.

In 2013, only 14 birds were recorded in the Hornsby LGA. This is one of the last known breeding grounds in metropolitan Sydney, with the Byles Creek

Valley wildlife corridor representing a stronghold and providing suitable habitat with large tree hollows.

The adult male Gang-gang is a show-stopper recognised by its scarlet red head and crest with a slate grey body and wings. Females have a dark grey head and wispy crest. They are sometimes mistaken as a Galah in flight.

They are relatively quiet, compared to the screeching Sulphur-crested Cockatoo, sounding like a creaky gate or a cork being pulled from a bottle.

Their diet consists of seeds, berries, fruits and nuts from native and introduced trees and shrubs as well as insects and their larvae. Similar to many cockatoos, they are often left-handed!

Like Powerful Owls, Gang-gangs form close monogamous pairs and need mature trees for breeding. Pairs share parental duties including nest preparation, incubating and caring for young after fledging.

The Gang-gang Cockatoo is the emblem of the Byles Creek Valley Union Inc which was started in the 1980s by Ms Robyn Smith to fight development in the wildlife corridor. Ms Smith has been instrumental in documenting and monitoring the species for the past four decades according to the



Adult male Gang-gang Cockatoo © Patricia Brown



Adult female Gang-gang Cockatoo © Patricia Brown

organisation's President, Ms Patricia Brown.

"After moving into Malton Road Beecroft in 2011 we would see Gang-gangs most weeks. They would fly from Byles Creek Valley through to Copeland Road East and we assumed then off to Lane Cove National Park," Ms Brown said.

"Our last photo was taken at the end of 2016, but from this time onward we have not seen them although on occasions had thought we may have heard them in the distance," she said.

"The lack of sightings seems to be coincidentally linked with the fragmentation of their habitat through ongoing clearing in this area for development, which is sadly a known threat to their existence."

"It is wonderful that there have been new sightings of this amazing but critically endangered local population."

Hornsby Shire Councillor Emma Heyde also recalls Gang-gangs visiting the big gums around her garden a few times every year when she moved to Cheltenham nearly 25 years ago.

"Our heating and drying forests are not providing the food and shelter birds and animals need, and bushfire is a huge risk – we need strong action on climate change to give them a chance," Cr Heyde said.

"The other threat to Gang-gangs is cats. Seeing cats prowling day and night in my street which is close to the bush is extremely disappointing," she said.

In 2017, Hornsby and Ku-ring-gai Councils partnered with the NSW Office of Environment & Heritage 'Saving our Species Program' and local media to create a survey of the threatened Gang-gangs to determine their numbers and movement.

The Gang-gang population's dramatic decline is likely due to a number of factors including loss of habitat and hollow bearing trees, increased urbanisation and potentially the arrival of other predatory birds. This places Gang-gangs at a high risk of extinction locally according to the survey.

The species are even doing it tough in the Southern Highlands according to Churchill Fellow, Peggy McDonald, the Founder of Higher Ground Raptors.

"Psittacine cirovirus disease (PCD – commonly known as beak and feather disease), habitat loss, bush fires, illegal poaching and the influx of bigger stronger cockatoos not native to their areas has seen their numbers dwindle dramatically," Ms McDonald said.

"They will feather pluck and toe chew very easily if stressed or miserable," she said.

More information on Gang-gang Cockatoos is available at BirdLife Australia <https://birdlife.org.au/bird-profile/gang-gang-cockatoo>

If you spot a Gang-gang Cockatoo in Hornsby or Ku-ring-gai Shire please complete the quick survey at <https://www.surveymonkey.com/r/ganggang>



Pairs of Gang-gang Cockatoos on deck in Byles Creek Valley © Patricia Brown



FACING CORONAVIRUS TOGETHER

By Julian Leaser

Coronavirus is changing the way we live, the way we work, the way we commute (or don't), the way we consume, the way we educate our children, the way we gather in community and the way we relate to each other.

It is not just a health issue, though its potential to test our health system is unprecedented.

The privations of the present make us grateful for the things we have – our family, the beauty of our neighbourhood and the acts of kindness of our neighbours and those people doing essential work in our local shops and government services making our lives easier.

But we cannot ignore the darker side of what coronavirus is doing to our society.

The change in life is putting a great strain on the mental health of many Australians as they understandably but wrongly question their sense of self-worth.

Can I say to anyone who is struggling: "You matter. Your life matters".

The Government is investing in growing the capacity of Beyond Blue's coronavirus hotline 1800 512 348, Lifeline 13 11 14 and Kids Helpline 1800 55 1800. Additional funding has also been provided to help people experiencing domestic

violence especially through 1800 RESPECT.

I want to thank the front-line health and community service that is helping us through these difficult times.

The unprecedented economic challenge we are facing is putting a huge strain on our community.

I will never forget seeing the Hornsby Centrelink queue stretching more than a block and a half filled with many Australians who would never have imagined themselves standing in a Centrelink line.

The Federal Government has made the decision to spend

\$320 Billion on JobSeeker and JobKeeper and related measures to help people who have lost their jobs and help people who still have their jobs to keep their jobs.

For information on the Federal Government's response visit australia.gov.au – a central website to help Australians navigate the support Australian Government is providing during coronavirus.

To receive updates with the latest announcements from the Government and helpful information email me julian.leaser.mp@aph.gov.au and follow me on Facebook [JulianLeaserMP](https://www.facebook.com/JulianLeaserMP)



MANAGING WELL BEING AND MENTAL HEALTH DURING COVID-19

By Matt Kean

This year, school holidays could be a difficult and confusing time for children and young people who may be used to seeing friends and relatives or going on holidays. It may also be a particularly stressful time for parents trying to work while entertaining children indoors.

The Coronavirus Mental Wellbeing support website is regularly updated with advice and strategies to help manage wellbeing and mental health

during this time: <https://coronavirus.beyondblue.org.au/>
Below are some ways for parents to assist their children with their mental wellbeing.

1. Communicate effectively with children about COVID 19 and their mental wellbeing

Emerging Minds (<https://emergingminds.com.au/>) has a range of fact sheets on communicating with your child about COVID19

2. Utilise online digital tools for young people to assist them with good mental wellbeing

A free comprehensive guide to support and guide children to have safe experiences online is available at: <https://www.esafety.gov.au/key-issues/covid-19/advice-parents-carers>

3. Ensure your own Mental Wellbeing as a parent

It is also important for parents and carers to look after their

own mental health and wellbeing. Some sites you could investigate include: Emerging Minds, Raising Children, The Brave Program, Mensline, PANDA, Mum Mood Booster, COPE, This Way Up, Australian Psychological Society and Sleep Health Foundation.

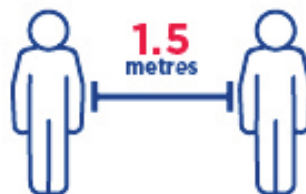
Please contact my office if you need further assistance to access any of the above mentioned information.



COVID-19 symptoms



Practise good hygiene



Practise social distancing



Stay home if you can

IMPROVEMENTS AT GALSTON AND MID DURAL ROAD ROUNDABOUT

By Matt Kean



I know the news has been focussed on COVID-19 pretty much all the time, however, work is still being done on our roads. I have some good news for those who travel on Galston and Mid Dural Road. Starting in May you will see some improvements under the NSW Safer Roads program at the roundabout between Galston and Mid

Dural Roads. Transport for NSW will be installing a new pedestrian refuge island as well as footpaths near the roundabout.

These improvements are about increasing the visibility of cyclists and pedestrian along with improving safety for all road users.

In order to minimise the impact for residents the work will be carried out on 15 night shifts between Sunday May 24th and Friday June 12th. Work will be carried out 8pm-5am Sunday through to Friday, which weather permitting should ensure the work is done as quickly as possible with minimal impact on the local community.

I know this work will be welcome improvements for those who travel through this intersection regularly.

If you have any question please contact my office on 9476 3411.



RURAL ROUND UP

By Councilor Warren Waddell

Well another month on and the full impact of COVID-19 (Coronavirus) is apparent within our community. A clear shift in how we perform our work commitments (if you still have work) and the impact on our businesses has been the most obvious. The requirement to maintain a safe social distance has challenged us all but has also inspired innovation in the way we trade, socialise and maintain fitness.

I doubt I have ever seen as many people out walking their dogs or simply walking in general.

It has been particularly heartening to see how many

individuals and businesses have looked to how they might assist their fellow rural residents. There are too many to mention but I have seen examples of recognisable businesses at locations in Galston and Glenorie promoting local produce, value-added food options and delivery services. To assist those businesses in the food and beverage sector Hornsby Shire Council has decided to defer or waiver inspection fees through its Hornsby Helps initiative

In addition, Council has initiated its own delivery options. The library's Pick and Drop service allows residents

access to books, DVDs, CDs and other media delivered to their door. The Nursery Express service delivers vegetable seedlings from our Community Nursery to your home.

The Council Administration has had to make some difficult decisions, but arrangements are revised as new information and updates come to hand. Councillors have begun remote conferencing as we continue to meet our obligations to the community. The March public meeting was successfully run via teleconference and as a result we were able to move a number of outstanding items. Of particular

importance was our support for recommendations to have more direct control over the approval process of aged care (SEPP5) facilities. A report has been endorsed seeking a suspension of such approvals by the State as we look to how we as a Council could better manage their placement throughout the rural area.

For assistance or further information in respect to COVID-19 and our assistance initiatives, refer to the Council Facebook page or Council website. Alternatively, call our switchboard on 9847666 or contact myself anytime on WWaddell@hornsby.nsw.gov.au.



Matt Kean MP

Member for Hornsby
Minister for Energy and Environment

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- ➔ Assist with accessing Federal Government services
- ➔ Attend your local community event
- ➔ Arrange congratulatory messages

Please contact my office if I can be of assistance.

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Authorised by Julian Leeser MP, Liberal Party of Australia, Level 11, 423 Pennant Hills Road, Pennant Hills NSW 2120.



GALSTON CONCERTS NEW IDEAS

The Galston Concert for Sunday 24 May in Galston Uniting Church has been postponed because of ongoing public health advice.

The "Cellissimo" program for cellos, piano and organ will be re-scheduled for a date later this year or in the 2021 Galston series.

Meanwhile the concerts team has created new ways to link to the Galston audience.

A March e-bulletin sent to the concerts database included links to on-line performances of music from the series curtain-raiser postponed from 22 March.

"Feedback suggests the music links have been a big help" says concerts spokesperson Rob Harris.

"Not the social buzz of the live concerts and afternoon teas but a great way to relax – and a value-added help to household chores – seem to be the verdicts."

The April e-bulletin will link to themes of Easter, Autumn and ANZAC Day and likely cameo videos from musicians of the series as a way of keeping in touch until live concerts return.

"We've also confirmed the very talented Kenthurst resident Jack Theakston as The Galston Concerts Young Musician of the Year 2020".

"In addition to Jack's local links as a student at Hills Grammar and the Hills Shire Symphony Orchestra he is already achieving on other stages."

"A member of the Sydney Conservatorium's Rising Stars program on Saturdays Jack was also selected to be a member of the 2020 Australian Youth Orchestra".

"Jack will join our line-up of on-line performers in coming months".

Enquiries to join the Galston database should contact 0428 248 348.





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PACIFIC HILLS CHRISTIAN SCHOOL ACCELERATED LEARNING

By Craig Hingston



Who would have thought that a STEM competition would provide students from Pacific Hills Christian School at Dural with the opportunity to represent their nation?

The Year 12 students have been selected for Team Australia which will be competing against teams from 50 other countries at the F1 in Schools World Finals in Singapore.

The students are in their first season of competing in the F1 in Schools STEM Challenge – the biggest science-

technologies-engineering-maths program in Australia and in the world (with over nine million students participating). They designed and made a very quick miniature F1 car capable of accelerating from 0-100 KM/H in under two seconds!

Their Pacific Hills team survived the Regional Finals, they won the NSW State Finals and took out several awards and finished in the top four at the recent National Finals in Melbourne. The Hills-based students are collaborating with a school from Sydney's south west to

create an even faster car for the international showdown. They will also have to upgrade their technical portfolios, pit display, verbal presentation and team marketing to a whole new level. Given that this is their final year at Pacific Hills, having to prepare for the HSC, they are going to be quite busy! And, it will be worth it. The team which is named World Champions of F1 in Schools receives a scholarship to study at a university in London! Team Australia is the most successful of the 50 nations having won

the World Final a record six times!

Teachers Greg Conway and Gloria Quee have devoted many hours to supporting this campaign and couldn't be happier.

"We are absolutely thrilled that Frontier Racing is representing Australia and Pacific Hills at the F1 in Schools World Finals 2020. We are very proud of each team member who has worked extremely hard, challenged and extended him/herself throughout the competition."

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GALSTON HIGH SCHOOL OPEN DAY, SCHOLARSHIPS AND HIGH POTENTIAL CLASS 2021

By Luke Cosgrove



Galston High School recently held its annual Open Day with a great turnout of parents and prospective students ready to make the transition to high school in 2021.

"The Open Day was an enormous success," said Ms Jillian Turlas, principal of the school. "Those who attended had the chance to see exactly

why we say that Galston High school is a small community with big opportunity."

"As always," she continued, "we had our student leaders conducting tours of the school on the day. Who better to answer questions on life at Galston High School?"

"Some of the most common questions we

received were around how to apply for a spot in our High Potential class or receive an academic scholarship. With the current disruptions to normal life, we decided to extend the application dates for both of these popular programs, mindful that some families may need the extra time to apply.

Parents and carers can now apply up until to Friday, 8 May."

Galston High School offers scholarships of over \$1000 value for 2021 Year 7 students across a variety of academic and sporting categories, including:

- Academic Achievement/Personal Best

- English/Literacy
- Mathematics/Numeracy
- Science and Technology
- Creative and Performing Arts
- PDHPE/Sport
- Leadership and Public Speaking

Galston High School's 2021 Year 7 High Potential program offers students the opportunity to put their education in the fast lane in an academically-selective class with a targeted mix of additional educational experiences, tailored teaching and learning and a cohort of like-minded students.

More information and applications can be found via www.galston-h.schools.nsw.gov.au

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SCHOLARSHIP AND CHARACTER AT NORTHHOLM



Tyler Old



Piper Elsley



Max



Cassar, Niamh



Chelsea

As Term 1 came to a close in April, Northholm Grammar reflected on and celebrated the superb sport and leadership achievements already accomplished by students this year.

In January, Year 11 student Niamh Cassar competed in the 2020 New Zealand World Orienteering Cup trials, the "Lonely Mountain Sprints" in New Plymouth, NZ. Over 10 days she competed in four races and secured one win and three second places, finishing with second place overall in the Under 18s category. During the same event, Niamh participated in the Elite Open Relay and placed 17th out of over 100 teams from across the world.

Northholm student Chelsea Harkins competed in swimming competitions across Australia in the summer, with exceptional results. After finishing fourth in the 17 Years 5km in the NSW Open Water Championships, Chelsea qualified to attend the 2020 Australian Open Water Swimming Championships in Adelaide over the Australia Day long weekend. The event is Australia's pinnacle open water swimming event, showcasing the country's top and emerging talent, and Chelsea was thrilled to place 14th in the Girls 17 Years 5km. More recently, she participated and placed second in the 16-19 Year Old category at the Manly Sun Run Aquathon, which involves 7km of running and a

500m swim, and sixth in the 16-18 Years in the Manly Cole Classic.

Tyler Old and Piper Elsley were recently announced as 2020 participants in the leadership program Max Potential. This innovative development program connects a select group of high school students with local community and business leaders for one-on-one coaching, workshops and community service projects over a 22 week period.

And finally, each year four students from Hills Shire high schools are selected to be Secondary School ANZAC Ambassadors for Castle Hill RSL. This year Northholm proudly congratulated Max Williams for being named as a

2020 ANZAC Ambassador. To be chosen, students must exhibit leadership and teamwork skills, in addition to demonstrating their knowledge of the ANZAC story and ethos. With ANZAC Day services cancelled across the country, Castle Hill RSL encouraged their members to join the community to 'Light Up the Dawn' by commemorating in their own front yards, driveways and balconies.

Northholm Grammar Principal Christopher Bradbury, staff and community are proud of the personal development and excellence of these Year 11 students, who have shown great determination and strength of character as they strive to achieve their personal best.

HILLSIDE PUBLIC SCHOOL STUDENT ACHIEVEMENTS ACKNOWLEDGED

The whole school assemblies are always a highlight of the school calendar at Hillside. Students are recognised by the teachers for being Respectful Responsible Learners through the school Merit Award scheme. Our Aussie of the Month and Kindness Awards are also eagerly sort by all students. Our Year 6 Leaders have the added responsibility of selecting suitable students to receive the Bus and Uniform Awards as well as running the assemblies. The Student of the Week Certificates are awarded to students who have gone above and beyond in the classroom and playground. Besides receiving a certificate the recipients receive a short character reference written by their peers. It is always wonderful to hear how supportive and caring the students are of their peers.

Towards the end of last year the school received notification that it had been awarded a Local Schools Community Fund grant for the purchase of touch screen televisions for two of the classrooms. The televisions were installed at the end of term 1, replacing the older interactive whiteboards. Thank you to the Federal Member for Berowra, Julian Leaser for approving this grant for our school. The teachers and students are very excited at being able to utilise this new technology during their lessons when school returns.

Exciting times also see that our original school building is being refurbished as an extra classroom for use by all the students. The building has been sitting vacant for many years and the repair and refurbishment will ensure the school has a designated room for

our music and French programs offered to all students during weekly lessons.

Our Open Day is being held during Term 3 on Tuesday 25 August. Please reserve the date in your diary now so you can come and see our great school in operation. Further details will be published soon.

Looking for a school where all students are acknowledged

for their achievements, where every student in year 6 is a school leader and where every student has their individual learning styles catered for in our differentiated programs? We are enrolling now for 2021!

Call for an appointment now on 02 9652 1459. Every Day is Open Day at Hillside.

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Northholm
Grammar

Gardening

STILL CREEK LANDCARE OUR LOCAL CREEKS: ARE THEY HEALTHY?

Recently the Covid-19 virus has disrupted many lives in many countries around the world, with tens of thousands of deaths. But a few years ago around the world, there were over a million children dying each year due to diarrhea from unhealthy water supplies. No such problems in Australia, although plenty of urban waterways are not swimmable.

How are our creeks in this area? Very good, not pristine but still very good.

How can we keep our creeks clean in this area? By:

- using low or nil phosphorus detergents
- maintaining our septic systems in good condition

and pumping out when required

- keeping grazing animals away from waterways to prevent erosion
- using fertilisers sparingly and collecting livestock manure

At Still Creek Landcare and at other citizen science groups in the Hornsby area, we test creek water monthly and you can see our results for the last 11 years on our website.

This is part of the Streamwatch program, now administered by Greater Sydney Landcare Network. The Hornsby Shire Council also tests water quality at many sites. Currently Council

and 4 local Streamwatch groups are jointly testing at 6 sites for 6 months to compare test results and then assess the accuracy of results to decide what to do next with this community citizen science monitoring and reporting activity. Currently, this joint work is suspended but will resume when normal life resumes.

For our water test results see stillcreeklandcare.com.au/our-catchment/water-quality/

Interested in doing testing? Contact Nick on 9653 2056 or stillcreeklandcare.com.au/

Photo: Courtesy of Ann-Marie Sieve a local waterfall.



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GALSTON GARDEN CLUB



It has been a month since the Galston District Garden Clubs last meeting and during that time the Executive decided to postpone the April meeting. We did think our last supper of wrapped biscuits instead of our usual sticky bun slices might have been a good reason to cancel the next meeting. Then came the announcement from the Prime Minister that all large gatherings would cease due to the Covid-19 until further notice.

Not letting this Virus get the better of us, the Club has begun a Facebook page to keep in touch with its members. It was a suggestion from Anita that set the Executive into action. There is always something changing in our gardens and posting photographs and comments is a wonderful way to lift our spirits. The members have picked up the challenge and run with it. Many post with wonderful colour.

Summer has been and gone, and we say hello to autumn when the leaves begin to develop those signature tints. The start of the new season might have you wondering 'what jobs should I be looking to tick off at home?

Autumn is an ideal time of year to plant, particularly trees, shrubs and perennials because air temperatures have cooled, soil is still warm and you have had some rainfall to increase soil moisture. When the soils warm and moist, new plantings will establish good root growth before slowing down in winter.

You will see benefits again in early spring, when the plants you planted in autumn have had time to establish and show wonderful new growth ahead of the next summer's heat.

Autumn is also a good time to begin transplanting shrubs or trees, and to make new plant from cuttings.

Take 10-centimetre cuttings from hardwood herbs such as rosemary and bay or natives such as banksias, grevillea and coastal rosemary. Remove the lower leaves, dip cuttings into the appropriate hardwood hormone powder and pot them in small containers of free-draining potting mix.

Keep the cuttings just moist and shelter them from the direct sun and out of the wind – you could use a plastic bag supported by wire. By spring, you should have rooted cuttings ready to pot up.

Another job would be to fertilise your garden choosing a well-balanced fertiliser – one that has equal ratios of nitrogen, phosphorus and potassium, and contains calcium. This will encourage plant cells to thicken making your plants more resilient to fungus and disease during the cold and wet of winter. Use Bush Tucker for your natives. Enjoy the Autumn.

Until further notice, our Club meetings have been cancelled. We will keep our members and the community notified regarding a date for 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. Unfortunately, due to the current situation with the COVID-19 and not knowing when restrictions will be lifted, the Executive have cancelled this year's Open.

Under normal circumstances, the Garden Club meets on the 2nd Wednesday of the month at the Galston Community Centre, 37 Arcadia Rd., Galston, 7.00 pm. For other information visit our website: www.galstongardenclub.com.au

STILL CREEK LANDCARE NOTICE: FREE NATIVE PLANTS!

Our Trees for Weeds programs over the last few years have been very successful. So much so, that our generous benefactor once again has funded free local native plants to landowners who live in Hornsby Council's rural area, or Hills Shire along Old Northern Road.

We want the plants to go to people who are getting rid of weeds on their properties and want to revegetate with native plants. If your previous plantings have not survived the Drought, Extreme Heat or been eaten, you are welcome to apply and restock your losses or increase your planting.

We're not excluding good projects like revegetating roadside nature strips, creating wildlife corridors or similar environmental activities.

If that sounds like you, contact Nick Chartorisky on 9653 2056 or at StillCreekLandcare@iinet.net.au.

We will help you work out what plants would suit your property from the varieties available at the Nurseries we source from.

We will then deliver the plants and can provide advice on how to plant and care for them. In addition to the free plants we will supply some Terraform, an organic soil conditioner. Terraform helps in the early development and establishment of the plants..

The minimum number of plants will be 1 tray of 40 tube plants. Plants can include trees, shrubs or groundcovers. Trays and tubes are to be returned Still Creek Landcare when you have finished with them.

You cannot buy local native plants from retail nurseries, so this continues to be a special opportunity. The plants are top quality and ready to plant.

For more information about Landcare go to stillcreeklandcare.com.au or on Facebook.

WALKS AT KU-RING-GAI WILDFLOWER GARDENS



All Walks & Talks at Ku-ring-gai Wildflower Garden are cancelled until further notice due to covid-19. However you can still enjoy walking at this bushland location.

The Ku-ring-gai Wildflower Garden is open for walking only. http://www.kmc.nsw.gov.au/Services_facilities/Facilities_and_venues/Ku-ring-gai_Wildflower_Garden

Please follow social distancing and no more than two people in a group (does not apply to people within your own household). Please note dogs are NOT allowed in the Wildflower Garden.

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



GALSTON SEVENTH-DAY ADVENTIST CHURCH

By Arthur Hudson

As I write this I am sitting in from of my tent, camping in the backyard. I have all that I need—a stove, gas, mozzie zapper, phone and laptop. An ornate fire-bowl has kept me warm and entertained these last two nights. I'm doing this because the well-planned overseas hiking trip I was dearly looking forward to was impossible to take. I live in a country where payments to employers to keep on employees is currently possible and we

have a social welfare system that supports unemployed people.

My Facebook pastoral web page has put me in touch with people I have not met and maybe never will, meet. Their countries and governments are not as financial as Australia. Some are Christians who are living where a garden is not a hobby but an essential to maintaining life. This is where faith in something or someone comes in. How will we be if our country's

finances are unable to take the long term strain of paying this off? How about families being stretched to pay mortgages that are worth more than the value of their homes. This is the unassailable position of hope and faith that the Christian has in a world of "What if's." It's worth thinking about and once you do considering the community that you become part of that doesn't stop once this crisis is over. Just a thought.



GOD OUR REFUGE

(a message by Rev. Ed. Long)

The 46th Psalm is about the greatness and power of God. But it is also a testimony by one of God's people concerning what he had found God can do for him and for others.

God is our refuge—a place in which to hide. Have you ever had to stay inside your house while a storm is raging outside? Have you found how wonderful it is to have God as your hiding place when Satan attacks you? Then you know what the Psalmist is talking about.

God is also our strength. We seem so weak at times especially when we are being tempted to sin. But God is there with us. He can give us strength for every situation, if we only ask Him for it. He can be a very present help in times of trouble. How can you explain these things to young Christians? They may not understand the words of this Psalm, but you can tell them what God has meant to you. Could you tell them how when you were tempted, God

was there to help you stand for Him? Could you tell them how to ask God for His power and strength just when you need it? This is one of the greatest helps you could possibly be to young Christians. But don't just tell them about yourself. Make sure you point them to what the Word of God says, not only here in this Psalm, but also in verses such as 1 Corinthians 10:13 and Ephesians 6:10. Turn back to the Psalm now and look at verse 10. What does

God say? 'Be still and know that I am God.' Don't be impatient with God. Let Him work in His own time and way. It will always be best for you and yours. A prayer for today:- Lord help me to show someone else today what it means to really trust in you. Glenorie Mission Church services are being held on line until restrictions are lifted. Please check out our web site: www.glenoriemission.au or phone 0411 422 236

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JESUS IS ALIVE

Pr. Alex and Dee Valich - Glenorie Community Church

The last few weeks have certainly been challenging for everyone- to say the least! Other words that come to mind are: sad, frightening and confusing. It's certainly been a time of adjustment in all our lives- in ways we never thought would happen, not only here in our beautiful district and nation of Australia but all over the world. Words are powerful - and we are all now living with a new set of words:

- * Covid-19
- * Self Isolation
- * Social Distancing
- * Home Schooling
- * Hand washing for 20 seconds while singing "Happy Birthday" twice!!!
- * Stay Home

Home deliveries and take-away services have increased exponentially and many many people are suddenly out of work across all levels of industry.

At the same time, families are spending extra time together- board games are out on the table and bike riding is a common sight.

Apart from the adjustments needed within our own family, our church life has taken on a whole new meaning!! We are pre- recording our weekly Sunday services, to upload onto YouTube or our website and FB page. Now this might not seem unusual because social media has been around for a long



time- but we are at church every week speaking, singing and praying to an empty church!! No smiling faces in front of us, no buzzing sounds of conversation. Our team's skill set has been stretched and we are well out of our comfort zone on a regular basis!!! I think people in every walk of life are experiencing these challenges.

- * What gets us through each day?
- * What will get us through this uncertain time?

= GOD'S SET OF MOST POWERFUL WORDS!

"The words of the Lord are pure words." **Psalm. 12:6**

**** Do not fear.**

"Peace I leave with you; my peace I give to you; not as the world gives do I give; let not your heart be troubled neither let it be afraid." **John 14:27**

**** "Come to Me, says Jesus, all you who are burdened and are heavy laden and I will give you rest. Take My yoke upon you and learn from Me; for I am gentle and humble in heart - and you will find rest for your souls." Matthew 11:28**

**** Pray**

"I lift up my eyes to the hills; where does my help come from? My help comes from the Lord, the Maker of Heaven and earth." **Psalm 121:1**

**** Walk in unity.**

"Behold how good and pleasant it is when brethren dwell in unity... for there the Lord commands a blessing." **Psalm 133**

**** Stay connected with each other.**

"A new commandment I, Jesus, give to you; that you love one another as I have loved you." **John 13:34**

As we take time to focus on the truth of God's Words, we are encouraged and can take steps of hope into each new day.

God bless!

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- Romans 15:13

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www.glenoriemission.org

NEWS FROM ST BENEDICT'S

St Benedict's Fete was cancelled!

Although we had to cancel the St Benedict's fete this year because of the coronavirus shutdown, the fete raffle will still be drawn on Sunday 3 May and the winners contacted. The first prize will be a post-shutdown week in a three bedroom apartment opposite the beach at beautiful Hawks Nest. Second prize is a calf from the monastery herd (looked after by the monastery if necessary), third prize is a bike and fourth prize a PlayStation 4. Good luck to all.

We celebrated Easter on Zoom

A small group of parishioners took part in online Zoom meetings to mark the special days of Easter. Thanks to our catechist coordinator Miriam Brown and her clever family, we were able to share prayers, music and the joy of catching up with each other,

at least on our respective computers or tablets. We held the first online service on Palm Sunday, the Sunday before Easter that marks Jesus's triumphant arrival into Jerusalem, and those taking part were encouraged to arrange a suitable background for their computer cameras. Miriam and family created this appropriate tableau for our Palm Sunday service.

Parish activities and services

All the parish activities, including masses, the sacramental program, playgroup, youth group etc., are cancelled for the immediate future. Please check our website for happenings and information as to when they will be back on www.bbcatholic.org.au/arcadia. Click on the News and Events tab to find the weekly Parish Bulletin that will keep you up to date.



GALSTON UNITING CHURCH



ABOUT BEING A CHURCH ...WHEN YOU CAN'T OPEN THE DOORS



The rapid changes brought on by COVID-19 certainly caught us all by surprise as churches and other organizations were forced to close their doors to enable social distancing. The advice to close the church came from our NSW/ACT Synod. It forced us to re-think what it means to be a church, so our Elders and Church Councilors came together in a hurriedly called meeting for this purpose. Minister, Rev Geoff Smith, volunteered to put a printed service together for the following Sunday two days away, to be distributed by email and post-box drop. Elders and Church Councilors would henceforth do deliveries of printed and other material and keep in touch with church members by phone or email. Now, it was apparent that this would be only a hurried first step, so that when student minister Fil Komatsu, suggested to Geoff that he knew how to put a service together on Facebook, a new adventure in technology had begun. To quote the Bible, "the Lord works in mysterious ways His wonders to perform". So our thanks go to Fil and Geoff for

the tremendous amount of work that they have put in from a standing start, to make this happen. For not only did they need to wrestle with unfamiliar technology with an internet that worked only sometimes, but a printed version of the service needed to go out for those who didn't have internet. While we're far from being 'made for TV', we've been learning all the time and clearly linking people together. In fact, we've been getting many, many more people watching than normally come to church!

You can find our first attempts at livestreaming Church at Galston Uniting Church on Facebook (don't forget to 'like' us) or "Google" Galston Uniting Church Facebook posts.

If you or someone you know needs assistance or just someone to chat to, please do not hesitate to get in touch. The church office is still open, at the moment, on Tuesdays and Fridays.

Minister Rev Geoff Smith
11 School Road, Galston.
Phone 9653 2039
www.galstonunitingchurch.com



ARCADIA RURAL FIRE BRIGADE

By Peta Gormly



Since our last article was written, the brigade's activities have certainly changed. In response to Covid-19 the brigade has scaled back all activities, has been conducting online meetings to stay connected, and is following strict procedures to ensure we remain operational for the community. Arcadia, like the rest of the service, is taking this very seriously and wish to assure the residents of our community that the brigade is still here supporting them.

We have since left the Bush Fire Danger Period of 2019/2020 and have experienced that sought-after rain that has reinvigorated our surrounding land. Each year

the message stays the same, do not become complacent and use this time to continue property preparations for bush fires and ember attack, continue working on and improving fire safety plans. The Bush Fire Danger Period typically is from October 1 - March 31, and pile burns conducted within this time require a council permit and a NSW RFS permit. From April 1, Hornsby shire residents will require the council permit, which is available on the council website. Piles must comply with the standards set out. This includes the time of day the piles can be burnt, the type and size of material that can be burnt,

the size and location of the pile itself, having continuous access to a water source, and being conducted in a safe manner. Furthermore, the local Fire Control Centre, which is Hornsby Fire Control Centre (9883 2015) for Hornsby shire residents, must be notified with a minimum of 24 hours' notice, as well as your neighbours. Be aware though, if we receive a Triple Zero (000) call we must investigate and if the pile burn has not adhered to the rules it will be extinguished, and in some cases fines can apply. Smoke from pile burns can be seen kilometres away so it is possible that it can still be called in to Triple Zero. You are helping us if you abide by these rules.

As we enter winter, fireplaces, heaters, electric blankets and heat packs are used frequently. Did you know you should have your chimney and flue checked yearly? Chimney fires can happen quickly and occur due to the build up of residual creosote from unburned gases. This can appear as sooty powder, gummy residue, or a hard glaze. Remember never to place materials on or close to fireplaces or heaters as they too can cause fires. Heat packs should also never be taken to bed due to the increased

fire risk, and electric blankets should also be inspected for any damage.

Throughout summer we talk frequently about having a bush fire survival plan, but have you considered what your structural fire survival plan would be? That is your plan if your house caught on fire. You should have 2 ways of escaping each room and ensuring each member of the household knows it, keeping keys near locked doors and windows to open them easily and quickly, have an agreed meeting place outside away from the structure, and once you've left the structure not to re-enter. You can find out more on the NSW RFS and FRNSW websites.

In April we received news that Commissioner Shane Fitzsimmons would be moving on from his role as commissioner of NSW RFS and moving to the role of Commissioner of Resilience NSW. We wish him all the best in this new role and thank him for his 35+ years of service with NSW RFS. We also wish to congratulate Rob Rogers in his new role as commissioner of NSW RFS. Shane, there is always a spot on the truck for you, be sure to stop by for a friendly chat!

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GALSTON RURAL FIRE BRIGADE NEWS

By Kara Dubois

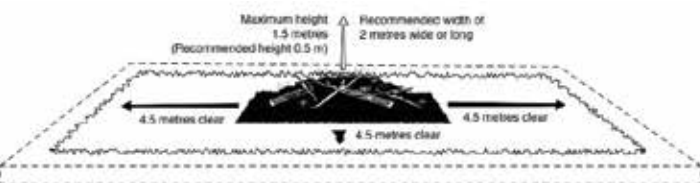
Call-outs and pile burns



Galston Pumper and Galston 1 recently responded to a tree down, blocking Arcadia Rd and causing a small power outage in the local area. We helped with traffic control and awaited the safe removal of power lines. We also attended a local pile-burn hazard reduction in Galston to ensure it all went according to plan.

Pile burns

If you are planning a pile burn soon and are unsure over the rules, as a reminder permits for pile burns are required all year-round. Please make sure you contact your appropriate council for advice on a permit. NSW RFS Fire Control and your neighbours should also be notified, and piles must adhere to the approved standards.



Hazard Reduction Season

The cooler weather provides better conditions to perform hazard reductions. A hazard reduction may use a controlled burn as one way of preparing for future bush fires. While hazard reduction burning is strategically planned to minimise the potential impact of smoke on public health, some members of the community may need to take action to mitigate the risks of smoke from hazard reduction burning by planning ahead.

You can get updated information on where and when hazard reduction burns will be taking place by going to www.rfs.nsw.gov.au and selecting the 'Fire Information' tab.

Galston Fires in Focus:

Each month this year the Galston Rural Fire Brigade will feature a short interview with one of our members. It is a great way to discover just how diverse your local fire brigade can be.

Jarrah Tinmouth

How long have you been a part of Galston Rural Fire Brigade?

» 6 Years

What is your role there?

» Deputy Captain

When you're not at the brigade, what do you do for a living?

» I work in IT at a managed services company as a senior engineer.

What made you join the RFS?

» Before joining the Galston brigade, I was part of Kenthurst brigade when I was 19 because I had a friend who was already there and we had just gone through the 2002 fires. Where I was living at the time, backed onto bush and we had a very close call in those fires.

Have you learnt skills in the RFS that you've used elsewhere?

» Yes, being part of the RFS requires you to work as a team, and more recently I completed my crew leader training to take on more leadership roles within the brigade. This has helped me grow my leadership style with my day to day work.

What makes the RFS family so unique?

» The mindset – everyone is there for a common goal, and that's to help people. Everyone is from a different background and brings a different skillset, but we all utilise those skillsets amongst ourselves to provide the best outcome for the community.

What is a fond memory you have of your time at the brigade?

» During the most recent bush fire season, I went on several deployments over a 3-month period. Despite the challenging conditions we faced, I met a lot of great people from brigades all over Australia.

How is being in the RFS rewarding?

» The satisfaction you have of knowing you're helping your community in times of need. Also, the great friendships you make along the way.

BRIGADE CONTACT DETAILS:

Duty mobile: 0491 119 152

Email: info@galstonrfs.org.au





GLENORIE RURAL FIRE BRIGADE NEWS

By Heather Seacy

It's OK! Amidst the global pandemic, Glenorie RFS Brigade is abiding by social distancing and other emergency services guidelines and remains undeterred and ready for action if calls for help come in...

Glenorie brigade has responded to incidents this month including fire calls, fallen trees, and a motor vehicle accident.

Covid-19 health and safety restrictions meant March and April have been much quieter months at the Brigade, with bush firefighting courses, training and exercises postponed. However, a qualification in Advanced Resuscitation Training was safely conducted under strict conditions to ensure members would be able to deliver these vital skills, if required.

Pile burns are now permitted following the end of the Statutory Bush Fire Danger Period but remember to follow the guidelines regarding limited pile size and be aware of fuel loads near your house and on your property. Be sure to notify your neighbours and your local fire brigade 24 hours prior to lighting, and some councils require permits for pile burns,

if you have any questions, please call Glenorie Brigade on (02) 9652-2017.

Ocean Cruises for our teams... On a lighter note, prior to the current viral outbreak, many Glenorie members and their families were invited to board the Spectrum of the Seas super cruise liner, latest addition to Royal Caribbean's global fleet, as part of a "thank you to first-responders" as their way of expressing their appreciation for the tireless work undertaken by our volunteers through the demanding bushfire season of 2019-2020. The Spectrum of the Seas is one of the largest cruise ships in the world and was crewed and launched less than a year ago and in January it was diverted away from its destination port of Shanghai to visit Sydney. First-responders from around the nation were invited to get together with their families to reconnect and spend quality time relaxing as guests of Royal Caribbean.

One thanks deserves another... local Glenorie Brigade members showed their appreciation to Captain Charles and the crew



of Spectrum of the Seas with a Glenorie Fire Brigade T-shirt and NSW Rural Fire Service cap that we are sure will become a keen favourite.

A generous donation from Bunnings Dural of a new barbecue to replace our well used one was warmly welcomed. The brigade would like to extend a public thanks to our friends

and supporters at Bunnings and all those in the community who have donated generously to our volunteer work.

We are here for you... health and distancing restrictions will remain in place for some time, but this will not affect your ability to receive assistance if needed. Ring 000 in an emergency.



CORONA CRISIS

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AUSSIE'S RECRUITING... GREAT OPPORTUNITIES!

At a time when many in the community find themselves out of work or with little income, one local company is openly recruiting. Aussie Pumps is finding it hard to keep up with demand of essential products like water blasters and steam cleaners.

The company has reported a huge surge in their large range of the high pressure cleaning equipment from councils, government, and even aged care facilities, as well as cleaning contractors, fast food outlets and food processors.

Aussie's steam cleaners are making a real difference by using steam to sanitise rather than using chemical cleaning agents.

Australian Pump Industries is a glowing example of how a progressive, innovative start-up can become a powerhouse of innovation in a highly competitive market.

From a simple beginning, the local company started with a winning philosophy to provide gear that works better, is safer, faster and smarter than those imported even from advanced first world places like Europe or the United States.

"Our product range keeps growing, opening up opportunities for bright, ambitious people who want to work in a high speed, innovative environment that helps our customers every day!" said Operations Manager, Hamish Lorenz.

The company doesn't discriminate! "It's the right people we're looking for, irrespective of race, age or gender. Some of our senior managers started as interns!" said Lorenz.

The company's growth ensures great opportunities for ambitious people. Interested? Send your resume to Anne Wilde today careers@aussiepumps.com.au.



Aussie's range of blasters and steam cleaners are in high demand to beat the Coronavirus.

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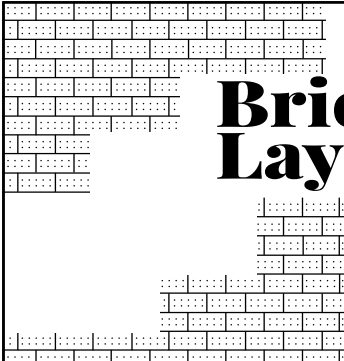


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Contact Annina 0466 436 634 pipeband.hillsdistrict@gmail.com



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Rainfall

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16/03/2020 to
15/04/2020 is

121 mm

Crossword

PUZZLE

ACROSS

1. Alludes to (6)
7. Essential or fundamental (8)
8. Large dark antelope (3)
9. Leg bone (6)
10. ___ Sharif: Egyptian actor (4)
11. Regal (5)
13. Sleep (4-3)
15. Pointless (7)
17. Type of small fastener (5)
21. Platform leading out to sea (4)
22. History play by Shakespeare (5,1)
23. High value playing card (3)
24. Vaccinate (8)
25. Slants (6)

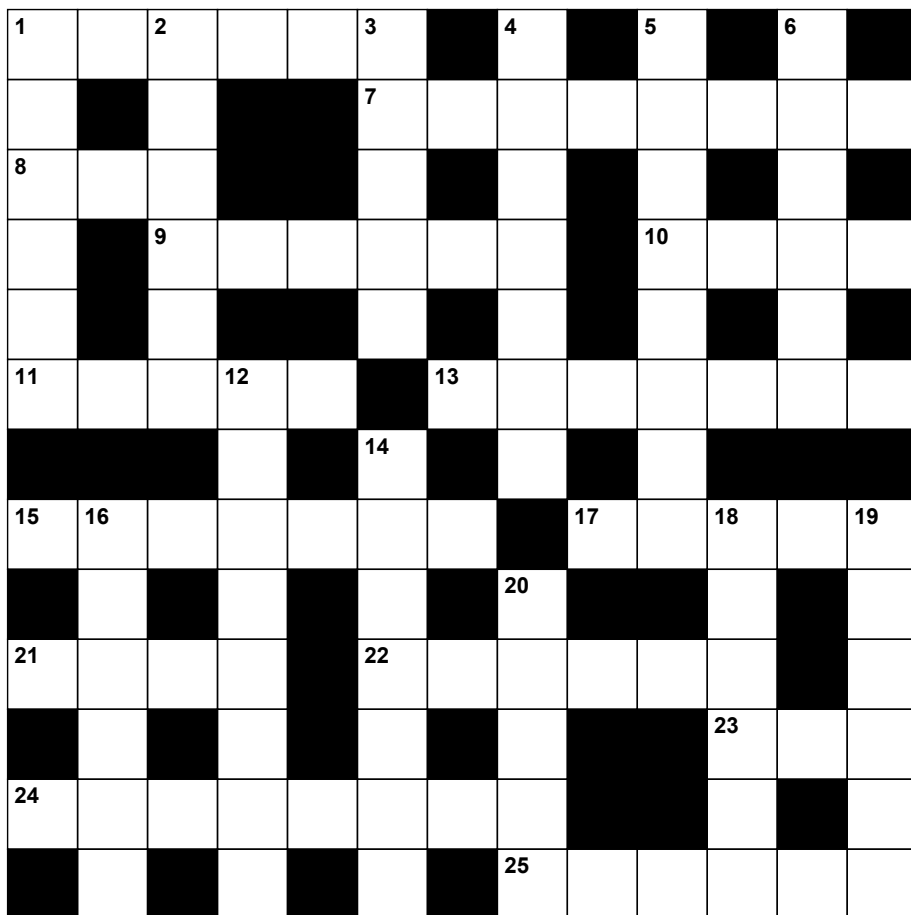
DOWN

1. Quality of being thorough (6)
2. Light in texture and airy (of food) (6)
3. Nasal passageway (5)
4. ___ case: item or carrying documents (7)
5. Uncertain if God exists (8)
6. Disease of the body (6)
12. Tank for keeping fish (8)
14. Vivid purplish-red colour (7)
16. Self-evident truths (6)
18. Give a new and improved appearance to (6)
19. Steering devices (3)
20. Leg joints (5)

Answers from April Issue

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SUDOKU

Rating: ★ ★ ★ ★ ☆

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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 Ridgeway 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 Probuc Club
We meet on the third Thursday of each month at 10am at the Galston Club 21-25 Arcadia Road, Galston. Probuc 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@dhpch.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 7:00pm 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 Shires 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

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

Probus 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 Community 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 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 efl86029@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.

Hillslife Church

Meets 10:00am every Sunday at Galston Public School. Pastor Corri Byrne. Ph: 0416 233 629. For more info go to www.hillslife.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 Annangrove 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 agminulations@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 Sumskas 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

All playgroups have been temporarily suspended, the following notices are for future reference

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

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

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.



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

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AGENT OF THE YEAR

CAROLYN WHEATLEY WINS BACK TO BACK LOCAL SALES AWARDS!

This is the second year running that Carolyn Wheatley has taken out the industry accolade of Agent of the Year for property sales in Glenorie. This award is determined by the positive interactions that Carolyn's clients have experienced and they have taken time out to nominate her. It's no secret that Carolyn prides herself on ethical operations, consistent hardwork and repeat business being the proof in her success! Thank you to all the buyers and sellers in the past year who have paid testimony to Carolyn's dedication to helping families make their next move.



Recent world events have changed the way we conduct business, not the level of business. We are as busy as ever, with sellers who need to sell and genuine buyers who need to buy. To find out how Carolyn is matching buyers and sellers to continue to sell property during restricted times, contact her today.

CALL CAROLYN WHEATLEY

0407 120 483

carolyn.wheatley@belleproperty.com

belle
PROPERTY